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April / May 2017 Issue

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Calendar of Events

..... ONGOING

MAR 23 - JUN 03 Craft Ontario '17, Toronto

..... APRIL

APR 01 - APR 02 Celebration Of Colour Quilt Show, Newmarket
APR 06 - APR 08 Eat & Drink Norfolk, Simcoe
APR 07 Bravo Niagara! Presents Jon Kimura Parker, Niagara-on-the-Lake
APR 08 - MAY 30 Contemporary Canadian Art Quilts, Kitchener
APR 08 - APR 09 Reflections of Georgian Bay Quilt Show, Tiny
APR 14 36th London Arts & Crafts Spring Show & Sale, London
APR 16 Happy Easter!
APR 21 - APR 22 Quilts on the Seaway 2017, Cornwall
APR 21 - APR 23 Niagara Food & Wine Expo, Niagara Falls
APR 21 - OCT 27 Stratford Festival, Stratford
APR 22 - APR 23 Rayside Balfour Stitchery and Quilting Guild Quilt Show, Azilda
APR 22 - APR 23 Quilts 2017, Napanee
APR 22 - APR 23 Stitches In Our Time Quilt Show, Burlington
APR 22 - APR 23 Elora Vintage & Antique Show, Elora
APR 23 Antiques & Artifacts Auction, Port Hope
APR 23 Friends of Music present pianist Charles Richard-Hamelin, Port Hope
APR 28 - APR 29 Creativ Festival, The International Centre, Toronto - www.creativfestival.ca
APR 28 - APR 30 Superior Quilt Show 2017, Thunder Bay
APR 29 - APR 30 Quilting in the Valley - Quilt Show, Arnprior
APR 29 - APR 30 Home Craft Health and Leisure Show, Mt Forest

..... MAY

MAY 01 - MAY 31 Scotiabank CONTACT Photography Festival, Toronto
MAY 05 - MAY 06 Chatham-Kent Quilters' Guild Quilt Show: Stitches in Bloom, Chatham
MAY 05 - MAY 06 Quilt Show - Quilting in the Village 2017, London
MAY 05 - MAY 07 RVQG Quilt Show, Pickering
MAY 07 - SEP 03 OH! CANADA - 2017 Grand National Quilt Show, Kitchener
MAY 11 - MAY 28 SING! The Toronto Vocal Arts Festival, Toronto
MAY 12 - MAY 14 Ottawa Valley Quilters Guild "Festival of Quilts 2017", Ottawa
MAY 14 Happy Mother's Day!
MAY 17 - JUN 10 Quilt 150 Squared Show and Sale, St Marys
MAY 19 - JUN 19 "Live a Little" exhibit by Henny Bremer & "Seams Like Magic" exhibit by Shakespeare Quilt Club, at The Quilt Place, Shakespeare
MAY 22 - MAY 27 Canada Sea to Sea to Sea - Ailsa Craig Quilt and Fibre Arts Festival, Ailsa Craig
MAY 23 - MAY 27 St. Jacobs Quilt and Fibre Art Festival, St Jacobs
MAY 26 - MAY 28 Celebrating Our Canada, Reflections from the 1000 Islands, Fri & Sat 10am-5pm, Sun, 10am-3pm, Admission \$8.00, Brockville Memorial Civic Centre Magedoma Dr., Brockville
MAY 26 - JUN 4 Huron Fringe Birding Festival, Port Elgin
MAY 27 - MAY 28 Lindsay Creative Quilters' Guild our 30th Anniversary & Canada's 150th Birthday, 10am - 4pm, Admission: \$5.00 • Lindsay Curling Club, 18 Peel Street, Lindsay

..... JUNE

JUNE 14 - JUN 17 Quilt Canada 2017, The International Centre, Toronto - www.canadianquilter.com

Dearest Readers,

In our last register, I mentioned how nice the Winter had been so far, and how it was warming up so quickly, and that Spring was just around the corner... yeah right. Wow, was I wrong! Snow, snow and more snow came at us during most of February and March! Rest assured dearest readers, I am officially out of the weather predicting business!

Now, however, I can say with certainty, that yes, Spring is finally here! Yes, finally. I missed green so much that when I saw a little patch of grass yesterday, I almost took a picture of it!

You just feel it in the air, nature is getting ready to perform its' magic, and given our Winter this year, I will be on the lookout to enjoy it more than I have in the past. I, for one, am going to make it a point to try and slow down (I know, easier said than done) and allow myself to soak up all the sights, sounds and smells that we associate with this wonderful season of fresh starts and renewal. Oh, and of course, I'll be dragging my loved ones along for the ride! How about you?

How about your UFO's (unfinished objects)? This is also a great time of year to finish up and tie off any loose ends on our crafting projects. I find that finishing projects is also a great way to make room for buying more stuff for all of our new projects! ;)

As always dearest readers we appreciate your readership and support. I never get tired of stating this fact, without your support, we would not be here!

Remember to let our wonderful advertisers know how you found out about them.

Just say, "I saw it in the Country Register!"

Enjoy this wonderful time of season, have a very Happy Easter and a wonderful Mother's Day!

Best regards,

Harriet



Meet our COVER ARTIST:

Deb Dunn is a self-taught artist who loves working with and exploring a variety of mediums. A visionary artist, she has spent years developing her own unique, earthy, bohemian style.

Born in Sussex, England, Deb immigrating to Canada as a child and has called Burlington, Ontario home for over 30 years.

Nature is her inspiration, and when not in her Sparrow Studio, she can always be found on long woodland walks with her husband and their beloved black Labrador retriever, camera in hand, taking pictures and enjoying all four beautiful seasons.

These daily meanderings leave her rewarded with fresh ideas, found treasures, and heart and pockets filled. Placed on her art table, they will eventually find themselves in a painting. She lives by her mantra "the loveliness of daily-ness" because she believes that each and everyday is a gift. A wife, mum and grandmum, she feels blessed at this phase of her life to be doing what she is so passionate about, putting her heart and soul into each creation.

Deb's paintings, photography, writing and hand crafted one-of-a-kind items have been featured in over 30 national magazines. Her work can be found in private collections across Canada, the United States and Europe.

Prints, cards, hand sewn items and weavings are available for purchase through her Etsy shop vintagesparrowstudio.etsy.com. She welcomes visits to her blog <http://deb-posted-from-home.blogspot.com> where she shares what she is working on and to learn more about the person behind the paintbrush.

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Countryberries Designs

Spring!



This pattern is free for you to use. Please give the artist credit. Not for commercial use. Enlarge this pattern to your desired size. This pattern was designed for wool applique and embroidery but can be needlepunched, hooked or even painted. Have fun!



Designed by Kathy Graham

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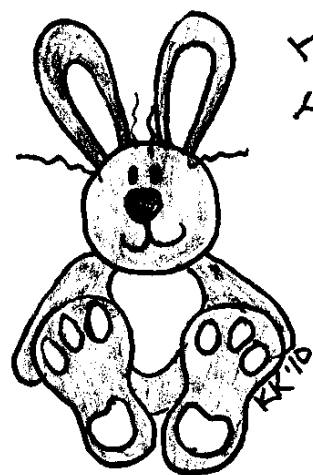
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An Awakening Springs Forth

by Kerri Habben

I offer you a story of renewal as spring blossoms upon us.

When my grandmother was in her nineties, she enjoyed crocheting lap robes for a local hospital. At her passing at almost 100 in 2006 she had achieved 6500 hours of volunteer hours in 13 years of giving.

As she worked on these blankets sometimes she'd say, "These colors are so nice together. Would you like it if I made it a little bigger and you can keep it?"

Her talent in blending and matching tones and hues truly was a natural gift, so given that and our love for her and her work, Mom and I always answered with an enthusiastic response in the affirmative.

We brought each one home and over the years, especially during the last decade, we've developed a system of which blankets we use each season. We also always travel with one of them, carrying a little bit of my grandmother with us.

Recently we decided that it was indeed time to donate some of the blankets. We could not in good conscience keep many of them stored when their intention had been to keep others warm. So there we were, me in the attic at the head of the pull-down stairs and Mom waiting at the bottom. I opened one plastic tote, tossed some blankets down and went to another tote. Then I peeked in a few other boxes and down went more.

Suddenly we were in the living room with 40 blankets. 40 in addition to the ones we already use regularly. We'd thought perhaps there were about 20, but like a mother and grandmother's love, there is always more.

We chose some for family, some for dear friends like family, and yes, we found some that we just want to keep "for now."

After that there were still 25 blankets, and we decided to carry them to the Salvation Army Community Center as on the news there had been a segment about extra need after Hurricane Matthew's devastation in early October. Now winter was almost upon us.

So into boxes went the remaining 25. A gentleman came right out to assist me as Mom stopped the car by the curb. We each held a box, me telling him about my grandmother, her good work, how long she crocheted, etc. It is entirely possible I prattled on some, but the man was kind and simply listened. We emptied the boxes onto a long table, and the man suddenly gazed upon me with wide, soul-filled eyes.

"You ain't keeping nothing your grandma made?" He sounded quite aghast, bordering on appalled.

I hastened to reassure him that we were indeed surrounded by her life's work (91 years worth) in many forms, including a multitude of blankets.

When he sighed with relief, I was affirmed we'd made the proper decision.

However, something else affected me along with the man's sincerity. As we'd emptied the boxes, the blankets spilled forth in a sea of color and a burst of pure energy. Like a garden in spring-time, they came to life after a long dormancy.

Before me was part of a long-beloved soul, one I suddenly saw for the first time all over again. My grandmother's love breathed, and her exquisite blankets were prepared to serve.

As Mom and I drove away I studied the Salvation Army sign, offering a meal and a message. I knew that wherever my grandmother's blankets would call home, it was me who'd been saved the most.

Kerri Habben is a writer, photographer, and crochet instructor living in Raleigh, NC. An avid crocheter and knitter, she learned these skills from her grandmother and mother. Many of her yarn creations she donates to those in need. Kerri has gathered a decade of essays she is working to publish. She can be reached at 913jeeves@gmail.com

Madeline's Musings

by Madeline Lister

Under Her Mother's Sewing Machine

My Mother's sewing machine . . . If I only knew where it was, I'd walk 1000 miles to reclaim it.

**"The spool pin connected to the machine head;
the machine head connected to the balance wheel;
the balance wheel connected to the leather belt;
the leather belt connected to the band wheel;
the band wheel connected to the Pitman;
the Pitman connected to the treadle,
with Singer forged into its brace. . .
Now hear ye the word of your mother,**

'Get out from under there before you pinch your fingers!' "

Oh, and don't forget the polished wooden cabinet with its flip-up lid, and the numerous drawers filled with wondrous gadgets.

Such was my Mother's sewing machine, and I was the Treadle Master. Being focused on what was going on under the machine, I don't recall much of what went on above. Not that Mommy couldn't use her legs. She was quite capable of planting her feet on the treadle, and making that wheel go 'round. She'd been doing it for years, on my grandmother's machine. Perhaps it was her way of keeping me close at hand.

Kneeling on a pillow at the backside of the cabinet, I'd place my little hands atop her house shoes and pump away. Now slow, now faster, now back off a bit. All precisely orchestrated by Mommy's need at any moment. How I loved the rhythm, the hum, the power of that machine!

Occasionally I would perch on the sewing stool, stretch down with my tippy toes, and make the treadle go. Now fast, now slow, now away to the races! Now let go, and watch the wheel spin down on its own. Then do it all over again. Such glorious fun. I was hooked for life.

Yet I was not destined to be a Treadle Master forever. One fateful day, dethroned by Nikola Tesla, Mommy's sewing machine was given away. The magic wheels and treadle were replaced by a foot control and a power switch, the fine sturdy cabinet by a plastic carrying case, and the strong forged insignia by a stick-on logo. Progress, I was told. Get over it. Move on.

And, so I did. To more bells and whistles than I would ever learn to use. My first portable sewed on buttons and made a dozen variations of a buttonhole; zigzagged, blanket stitched, and blind hemmed; filled the bobbin without it being taken out of its case. Clothes for myself, for my children, and tailored trousers for my husband. Drapes and pillows, diapers and crib sets, and even a quilt now and then.

Sara, my 4-year old daughter snipped my threads; this, like my mother, so I'd keep her close at hand, Before long, she'd turned scraps into teddy bear bandages, and empty spools into necklaces. With an empty shoe box and my trimmings, she started a stash long before we knew what "a stash" was. A decade later, while recuperating from a skiing accident, she sought out those bits and pieces, creating what was to be the first of her many quilts.

In 2004 I purchased a quilting machine and went into business. Sara, now all grown up, joined me. What a great time we had! Mackenzie, her infant daughter, so we'd keep her close at hand, grew up in her "tent" under the longarm. She toddled on safaris in and out and around displays of fabric, morphed measuring tapes into slithering snakes, and was read to by our quilties.

And so, the tale carries on. Five generations, all connected by this common thread, the sewing machine. My daughter is now a quilt pattern

Cornwall • Perth

designer. Recently I received an email from Sara with the subject line: I'm officially a Northcott designer! She gave instructions on how I could access her bio and view her patterns, ending with, "I'm so excited!" As was I.

I clicked on the link she provided. A beautiful picture of herself with Kenzie was followed by this statement, "Sara's love of handmade design began as a small child playing with fabric scraps under her mother's sewing machine." I cried. Her great-grandmother would have been delighted.

Happy treading to you,

Madeline Lister

Madeline Lister writes from the tranquil Trent Lakes district of central Ontario, Canada. Since retiring at the end of 2015 from the quilt shop she founded, Madeline's filled her days with writing and quilting, traveling with her husband Carl, and FaceTiming with their three grandchildren. You can exchange comments and ideas with Madeline by email: madelinesmusings@gmail.com.



L to R: Daughter Sara, Granddaughter Mackenzie, Mother Goldie (95 at the time of this picture), and I.

Picture taken at my retirement party, January 2016. U~Quilt~It was sold, and continues to operate at the same location.

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Geese have been on my mind lately. The noble Canada goose (*branta Canadensis*) with its distinctive call and V-shaped flight pattern is one of our longed-for harbingers of spring. Living on the North American flyway as we do, we are familiar with hearing the swoosh of their huge wings as they fly just above the roof of our house on their way north in the spring – sometimes we can almost touch them. For the last several years a pair has decided to stay here; they nest on our neighbours' dugout, and we have been privileged to watch them raise their goslings.

However, interesting as Canada geese may be, quilters pursue quite a different bird – the flying goose. On the surface this block seems simple; a few cuts, two short seams, and it's done – “fun and done,” one might say. If it were only that simple! For several years I have searched for a technique – thinking there must be one – to produce the perfect, accurate, completed goose. Apparently I was in good company: I've found numerous techniques and rulers from various sources, which must mean that other people have had problems with geese too.

There is a formula that works every time for quilters who don't mind tossing numbers and fractions around, assured that their calculations are correct every time. Unfortunately I'm not one of those people, so I've spent some time looking for alternate methods that wouldn't tax my math-challenged brain.

One of the simplest methods to be sure your geese are the right size is to cut the background pieces (“sky”) 1/8” larger than the pattern requires, sew, and then trim to the desired size. Another non-ruler method, resulting in four geese in one operation, is found in many contemporary quilting magazines, particularly ones with the Fons and Porter imprint.

Surprisingly, I found several purpose-designed rulers that made the job much easier; I wish I had looked sooner. Following, in no particular order, is a list of some rulers I have used and found to be helpful. The list is by no means exhaustive, but you might wish to check some of these rulers out at a quilt store.

Flying Geese x 4 No Math Ruler by Lazy Girl Designs, true to its name, takes any guesswork or math out of the “cut-four-at-once” method above. Flying geese with finished dimensions from 3/4”x1” to those 3 1/2”x7” are made possible by this ruler – and you get four geese at once.

E-Z Flying Geese Ruler by Kimberly Einmo (E-Z Quilting) is a triangle. The quilter uses the pink line printed on the ruler to size and cut the centre triangle (the goose), then rotates the ruler and uses the green printed lines to cut the side triangles (sky). Both components are cut from pre-cut strips of the width desired. One flattened point on the ruler lets you eliminate dog ears as you cut. With this ruler, finished geese range from 1 1/2”x3” to 6”x12”.

Calling All Geese by Eleanor Burns of Quilt in a Day fame is somewhat larger than the first two rulers, and it is different in that cutting notches and paths which guide the rotary cutter are cut into the ruler itself, so the final cuts will be extremely accurate. Written directions (included) illustrate a novel method of sewing the geese first, and then cutting them to size, using the ruler and its slots for accuracy.

A seam is clipped which allows the seam allowance to be pressed in opposite directions for a smoother finish. This method produces two geese at once, which can range in size from 1”x2” to 5”x10” finished.

Square In A Square Ruler (Jodi Barrows) can be used effectively for flying geese (Jodi's Option 3). Since this method requires a book, Jodi's ruler and personalized instruction in uses of the ruler – preferably from Jodi or people she has trained – I will not go into detail except to say I have used these materials and methods and they work.

And for something completely different and very useful... **Bloc-Loc Flying Geese Rulers**. They come in sets of three, and are used to size geese that are sewn but not yet trimmed. Recessed channels on the back of each ruler fit snugly over the seams of the goose, letting the quilter centre and trim very accurately and very easily. The set I use has rulers for three sizes of geese: 1 1/2” x3” finished, 2”x4” finished, and 3”x 6” finished. Other sizes are available in other sets. Recently I taught a flying goose class, and my Bloc-Locs were very popular. (A similar ruler for half-square triangles is also available). *Disclaimer: I have no connection with this company.*

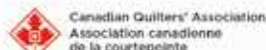
Whether you hear the call of the goose from the sky or your sewing room, if you are less than satisfied with your present geese or methods of making them, think about trying one of the above. It's always great to learn something new.

Barbara Conquest writes her column from Blue Sky Quilting in Tofield, AB. © Barbara Conquest.

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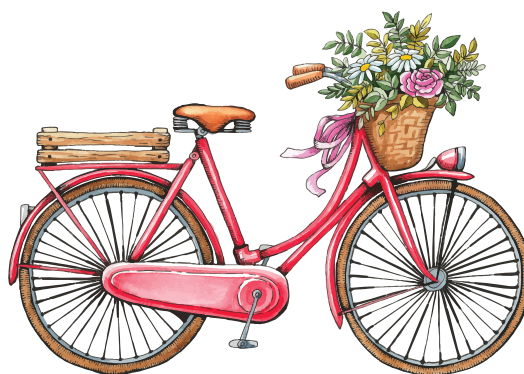
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Joyful Tasks of Spring

Creating a welcoming setting at the entrance to our home is one of the joyful tasks in spring. Finding special plants and sturdy antiques to create a special display is truly a personal choice and our efforts are always rewarded. A careful selection of perennial herbs to enhance our walkways provides beauty that returns each year. The visual appeal coupled with fragrance that only nature can provide gives us a soulful lift that is one of spring’s special blessings. Gathering large antiques that are suggestive of the outdoors helps us to decorate our outdoor space and many times these items may be used to help us complete our gardening chores. Antique wheelbarrows or wooden carts are primitive symbols of summer but also offer a way for us to clear out garden beds with ease or help us to easily fill our favorite antiques with soil to plant our annuals which can provide vibrant pops of color.

Symbols of the Season

The addition of other symbols of the season can also enhance our outdoor displays. Bee skeps, so named because they attract bees to a garden area, can be placed in the center of a garden as a focal point to enjoy. Traditionally the interior of a bee skep was rubbed with the fragrant herb, lemon balm to attract bees. Classic sundials are also signature accents to the country garden. Whether reproduction or antique, sundials can be mounted on a wooden hewn post and carefully set in the yard on a sunny day, so as to be in the ideal spot for telling accurate time. Decorating your outdoor space with these traditional accents helps to calm the spirit as they bring us back to a much simpler time.

With the Ease of Nature

As the season of spring transitions easily into summer our time is often spent more leisurely. We ease into our days as nature does and we feel a deep sense of pride when we know we have created a space that beckons us to enjoy all that nature has to give.

Annice Bradley Rockwell is an educator and owner of Pomfret Antiques. She is currently working on her book, New England Girl. NewEnglandGirl2012@hotmail.com

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Row by Row Junior

by Jeannette Kitlan

Summer 2017 will be alive with learning when kids hit the road to participate in Row by Row Experience's brand new program, Row by Row Junior. It's designed for kids ages 6 to 14. They travel along with an adult, collect free row patterns designed just for them to make, and learn to sew with family help and support from www.rowbyrowexperience.com.

"Row by Row On The Go! is our theme for 2017 and we're taking kids along," announced Row by Row Experience founder, Janet Lutz. "We hope to enhance your Row by Row experience with kid-friendly materials that foster the love of fabric and machine sewing," adds Janet. "We want to get kids sewing and we're excited to offer it to you this summer through our participating shops."

Row by Row Junior follows the same time schedule as adult Row by Row Experience, June 21 through Labor Day. It has the same basic guidelines for registered brick and mortar quilt shops. Children need to be present in the shop to get the free pattern handout, but anyone can buy a kit. Grandmothers can buy them as Christmas presents. Travelling family members can bring them home as gifts or souvenirs.

The Row by Row Junior program includes five appealing row patterns. Shops choose one (or more) of these patterns as their free pattern handout. Row by Row designed the patterns so you can be sure they are kid-friendly. Have fun traveling to collect all five. Make it an adventure to see how shops creatively use different fabrics to make up their chosen row. Enjoy the experience at each shop you visit. It's a perfect summer activity for the whole family.

Blue "I Made This!" ribbons will be awarded to the first five kids who return to a shop with something they've made using a Row by Row Junior pattern. Any sewing effort will be celebrated, not just quilting. Red "I Made This" ribbons will be awarded to kids in Canada and the UK.

The Row by Row Junior curriculum includes an extensive collection of free online activities, Road Trip journal pages, and support materials for learning to sew at home for both girls and boys. A Junior page, where you can find all these goodies, is under construction at www.rowbyrowexperience.com.

Shops participating in Row by Row Junior will have an icon placed by their name on lists so you can find them. Some shops will plan kid's classes and special events. Other shops will just have their row on display and the free pattern available.

"We want our kids to learn how to sew and carry on this craft that's so dear to us," explains Janet Lutz. "Travelling to new places, collecting something just for them, visiting Grandma, summer vacation...this is all part of the wonder and excitement of Row by Row Experience. It's a great time to nurture the love of fabric and sewing. Please join us."

For more information about Row by Row Experience and to find participating quilt shops in your area visit www.rowbyrowexperience.com.

About Row by Row Experience

Row by Row Experience is the popular, summertime travel event now entering its seventh successful year. Over 3100 brick and mortar quilt shops all over the US, Canada, and Europe participated in 2016. Consumers collect a free row pattern, representing a theme, from each shop they visit. If they return to a shop with a quilt made with rows from eight different shops they win a prize. Find more information about Row by Row Experience in our full press kit here: https://siterepository.s3.amazonaws.com/3190/full_media_kit.pdf

More about Row by Row Junior here:

<http://rowbyrowstudio.com/2017/02/19/all-about-row-by-row-junior/>

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QUICK AS A BUNNY CAKE



It's spring ~ & time for bunnies! This isn't a gourmet cake, it's a **KIDS** cake, quick & easy; & sure to produce a kiss for you. ♥

- 1 pkg. cake mix, any kind (I found a white one with "confetti" colors inside)
- 1 box. container white frosting
- 1 8oz. can crushed pineapple (drained)
- 1 tsp. grated lemon peel (zest)
- green & red food coloring
- 1 14 oz. pkg coconut

for the eyes: round chocolate candies; nose: with scissors cut dried apricots or prunes ~ use pink frosting for cheeks; teeth: cut marshmallows, dried apples or apricots; bow-tie: tiny colored candies. Oh, be creative, any fruit, nuts or candy you have on hand.

Bake cake in two 8" layers as directed on pkg; cool. Put frosting in a bowl, fold in lemon peel & pineapple. Cut cake as pictured below & arrange bunny on a large tray. Put 2c. (or so) coconut in a plastic bag & add about 3 drops green food color ~ shake bag till it's all pastel green. Distribute coconut around bunny so he's in a bed of "grass". Set aside 3/4c. of frosting; mix 1c. coconut into the rest & frost head & ears ~ sides too. Int. reserved frosting with 1 drop red coloring ~ frost bow, center of ears & little pink cheeks. Now give him a face with candies & fruit, decorate his bow tie with colored candy. Sprinkle fresh flowers (violets, pansies or forget-me-nots), or candy eggs, or even tiny carrots around the bunny in the "grass" &...

VOILÀ!
he is done!

AND HE IS BEAUTIFUL!
AND YOU ARE AMAZING! ♥

With love from
the Heart of the Home
& me...
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Traveling with a group.... the best way to see the world!

Have you ever wanted to see other parts of the world, combining your love of quilting and interest in traveling? Curious to see what quilting and textile art is all about across the pond? So are we.

Canadian quilter, Kim Caskey (that's me!) has partnered with Debbi Cagney (Houston, Texas) to create Celtic Quilt Tours, LLC, offering fabulous quilting and textile tours to countries such as Ireland, Scotland, France and Wales. If there is one constant in every country we've visited, it would be that well-known fact that quilters are quilters worldwide. We have met such warm and generous people on our travels, and have formed lasting friendships with quilters around the world.

It's always interesting to experience quilting in another country. Of course, quilting in North America is huge and leads the way for the rest of the world, or so we like to think. What is particularly interesting of quilting in Ireland and Scotland is their use of woollens, tweeds and tartans within their projects. The quality of these woollens is extraordinary and adds such a flavour to basic patchwork.

Not only do our travels take us to the must-see places like Blarney Castle, Guinness Factory, Book of Kells and the odd pub in Ireland or Edinburgh Castle, Stirling Castle and Isle of Skye in Scotland, but we also arrange tours through some of the most interesting textile and woollen mills. Visits to Harris Tweed, Skye Weavers and a kilt making factory in Scotland; The Ros Tapestries, Magee Woollen Mills, Avoca Handweavers and Triona Design in Ireland - to name a few. We also arrange stops at local quilt and patchwork shops, as well as organize an exclusive quilting class led by an international instructor - Paula Rafferty and Nikki Foley of Ireland and Ann Hill and Susan Briscoe of Scotland, for instance.

Our tours are scheduled to

coincide with a national or international quilt festival - National Quilt Week in Ireland (early June), Scottish Quilt Championships in Scotland (September), Birmingham Quilt Festival in Wales (August), European Patchwork Meeting in France (September). Visits to these festivals are always very inspiring and motivating, not to mention full of interesting fabrics and textile items to add to our stash.

Of course, not all our travelers are quilters. Our clients are a very diverse group. We've had quilters of all ages and skill levels, their non-quilting friends and spouse or family members join us. Our travelers Canadian and American residents for the most part, but we've also welcomed travelers from Australia, The Netherlands, Ireland and Scotland. We are overwhelmed with the kind comments we regularly receive. Word of mouth has spread like wildfire, as our tours are most often sold out within a month of announcing registration is open.

Traveling with a group of like-minded people is the best way to meet new people with an instant bond. Many single travelers join us and are quickly welcomed by the whole group. "Summer camp on wheels" is often used to describe the atmosphere on tour!

Each tour is priced to give our traveler the best value, while providing a high level of comfort, service and travel experience. We limit our tours to one coach each (~40 travelers), allowing everyone to get to know each other. All you need is a love of travel, interest in meeting new people and a willingness to have fun!

So, if you've ever wanted to see other parts of the world in a safe and fun environment, we'd love to have you join us!

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Quilts That Redeem
The Rest of the Story

By Sherry Osland

I just finished a vintage quilt for a customer. It is displayed on the “customer wall” in the back room of my studio. It is such that people entering the front door, can almost immediately see through to that wall and - voila!! – there is their quilt! It is displayed like the work of art it is and for possibly the only time it ever will be. The flat, pieced top dropped off is now transformed and dimensional, i.e. a quilt!

It has been interesting to note that this is yet another vintage quilt since the first of the year. Is there a connection somehow between the old and the new? Looking back? Going forward? Bringing the old into the new? I don’t know, but I do know that the quilt makes people stop and look at it. Quite possibly, it evokes memories of their own special quilt made by their mom, grandmother, aunt, etc. Maybe it takes them back in time to standing by a precious lap that held all the fabric pieces cut from cardboard patterns. The pieces, carefully arranged across both knees, just waiting to be hand-sewn together to celebrate a birthday, graduation, wedding or perhaps a birth.

I took a minute to sit and enjoy the quilt. I thought about its journey to my studio. I had asked the customer its “story.” It is not unlike the timeless story of many other quilt tops. It is made of muslin and scraps from dresses of a mother and her two daughters. Two quilts were made almost exactly alike. One was finished and is now almost thread bare from use. The other unfinished top was put away and eventually forgotten. The mother made



all her and her daughters’ dresses, and the time frame was probably from the 1930s to the 1940s. (One of the daughters graduated high school in 1939 and the mother died in 1962.) This same daughter’s family is gathering later this month to celebrate her 97th birthday. How appropriate that this quilt top was unearthed during the cleaning of the woman’s home once she downsized to a smaller place. As a newly finished quilt, it will also be in attendance at the birthday celebration – along with the “twin” threadbare quilt.

IF Paul Harvey had told this story, he might have gotten to this point and said, “Noowww, for the *REST* of the story.”

One needs to consider the limited time for family members cleaning a huge house with 50-plus years of accumulation needing to be sorted and cleared out. Decisions were made for certain things to be passed on to family members; some things taken to Goodwill; other things were put into a burn pile. The quilt top was covered just “in the nick of time” as it was recognized for what it was and retrieved from one of those piles . . . the burn pile (!) And that, my friends, is THE REST OF THE STORY.

Sherry Osland of Praise Works Quilting; in business and ministry for 16 years. Contact: 785-263-5528 sherryo51@hotmail.com Exs. of work [facebook.com/Praiseworksquilting](https://www.facebook.com/Praiseworksquilting) Quilts That Redeem (Seeing God’s Hand at Work) (selected QTR stories) \$15

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Essential Oils

By Wanda Headrick

Watching the flowering pear trees evolve from bare branches to spheres of snow white blooms the last few weeks has made me realize that Spring is turning from hope to reality. Then we get a day of cool, gusty, south wind, making one aware Spring is still just flirting with us, but not quite here to stay! Personally, I am ready for it now! I love spring: the warm sunshine, the arrival of robins, blue birds, cardinals, meadowlarks and others. Flowers are everywhere – shrubs, trees and daffodils. The grass turning green, the wheat growing into a beautiful thick carpet covering the fields, the smell of ranchers performing the spring ritual of “controlled burns,” and yes, even seeing the dandelion’s blooming in the yard! It makes me want Spring to come and stay -- now! That is why today I want to share a blend of oils that are very uplifting to me, as they make me feel happy and full of energy.

Grapefruit essential oil (*Citrus paradisi*) is expressed from the peel of the ripe grapefruit. The oil is mainly produced in the USA, West Indies, Brazil, Israel and Nigeria. Often considered to have similar properties to lemon, another citrus essential oil, it too has a fresh, sweet citrus odor. Grapefruit is considered to be non-toxic, non-irritating, non-sensitizing and non-phototoxic to humans. It is still a wise “best practice” to not use grapefruit on the skin before exposure to the sun for extended periods of time. The grapefruit personality has been described by Salvatore Battaglia as a warm, happy person who is bursting with energy, loves life and people.

Bergamot essential oil (*Citrus bergamia*) is another citrus oil, cold pressed from the nearly ripe fruit of the small bergamot tree. The bergamot tree is a very delicate tree that grows mainly in a narrow coastal strip in the southern part of Calabria, Italy, but is also grown in the Ivory Coast, Guinea, Morocco and Corsica. The Bergamot fruit is not edible because the pulp is too sour. As a result, the bergamot tree is primarily cultivated for its essential oil. Bergamot essential oil provides the pleasant flavor to Earl Grey Tea and is one of the most popular essential oils for use in perfumery. It is considered to be phototoxic to human skin and should be used with caution before exposure to the sun for extended periods of time. It and all other pure essential oils should always be diluted in a “fixed /carrier” oil before being applied to the skin to decrease the chance of skin irritation. The Bergamot personality has been described by Salvatore Battaglia as young, fresh, caring, considerate and full of energy. This does not mean young in years, but young in heart with a joyful approach to life!

Now you know why I love to blend the two oils together to use in a diffuser, humidifier or simply place a few drops on a Kleenex to place under my pillow case, or place in the car when traveling. There are many other oils that can be added to this blend to change the aroma for different needs.

Spring Welcome Spa Blend

- Grapefruit essential oil 300 drops
- Bergamot essential oil 300 drops

Blend the above pure essential oils together in a 15 mL amber bottle with a euro-dropper insert and tight fitting lid. Allow it to set for four days for the true aroma. You can always add more or less of one oil or the other to reach the essence that fits your liking. Use in a diffuser, humidifier or on a cotton ball or Kleenex as suggested above. Enjoy!

To change the essence: substitute Eucalyptus for a few drops of Grapefruit and Bergamot. Lavender can also be used in place of part of the drops of Grapefruit and/or Bergamot essential oils. Other essential oils that blend well are Cedarwood, Geranium, Cypress, Lemon, Palmarosa, Patouchli, Ylang Ylang, Rosewood, Frankincense and Chamomile. Explore, experiment have fun and above all enjoy the aroma as you Welcome Spring!

If you wish to purchase the above essential oil blend already blended instead of blending your own, please contact me by phone at 620-394-2250 or by e-mail @ info@flintheillsaromatherapy.com

To purchase Pure Essential Oils and other supplies go to www.flintheillsaromatherapy.com. Or e-mail: info@flintheillsaromatherapy.com Flintheills Aromatherapy can be reached by phone @ 620-394-2250.



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A Cup of Tea with Lydia

by Lydia E. Harris



Celebrate New Life with an Egg-ceptional Easter Brunch

Do you have Easter traditions? I have enjoyed several from childhood to grandparenthood. As a young child, on Easter morning I would hop up and look under my bed for my Easter basket. Our family also colored Easter eggs and enjoyed mother's homemade Paska, a lemon-flavored sweet bread with frosting and sprinkles on top.

When I became a mother and later a grandmother, we continued these traditions. After five lively grandchildren were born, we added Easter egg hunts to the fun.

This Easter I'm thinking of trying something new: an Easter brunch—with tea, of course. That sounds simpler than preparing a dinner. For those attending an Easter sunrise service, coming back for brunch would be perfect. Here are some ideas to consider.

Egg-cellent Food

Since eggs are such a focal point at Easter, prepare your favorite egg dish. Perhaps quiche, eggs Benedict, scrambled eggs, or my Eggs-tra Special Brunch Dish. For a more hearty meal, add sliced ham, sausage links, or crisp bacon.

Breads or Rolls

Paska is our family's favorite Easter bread (find recipes online). But hot cross buns, waffles, or pancakes would be delicious as well. My daughter and family enjoy Empty-Tomb Buns, made with refrigerated biscuits, cinnamon and sugar, and large marshmallows. To make the buns: flatten the biscuit, place a marshmallow in the center, and seal it inside the biscuit. Then roll it in a mixture of cinnamon and sugar. Place aluminum foil on a baking sheet before adding rolls (makes cleaning up easier). As the rolls bake, the marshmallows melt, leaving the inside hollow. Just like the tomb on Easter Sunday, these buns are empty. What a sweet surprise!

Fruits and Veggies

For fruits, serve a fresh fruit tray with vanilla yogurt on the side for dressing. Or layer fruits, yogurt, and granola to make parfaits. Or prepare a frozen fruit cup using a mixture of canned and fresh fruits in a base of concentrated orange juice. Add your favorite fresh veggies, including carrots, for color and nutrition.

Desserts and Beverages

Often the breads are enough without dessert. But if you want more, make individual banana or coconut cream pies. Sprinkle with coconut you have tinted green with food coloring. Add jellybean eggs to make a colorful dessert. Another idea is my recipe for Easter Nests posted here: (<http://mentoringmoments.org/easter-nests-chocolate-bake-cookies-delights>).

For a delicious breakfast beverage, make a punch by combining equal parts of sparkling apple cider and mango nectar. Also, set out an assortment of teabags with and without caffeine, and let everyone make their own favorite blend.

Easter Activi-Teas

When I hide eggs for the grandkids, I use a different color of eggs for each grandchild. I fill about a dozen for each child with candy, money, and little gifts such as erasers and stickers, depending on their ages. Sometimes we leave one egg empty to represent the empty tomb. My six-year-old granddaughter has already reserved the pink eggs for this year.

Often we plan activities to tell the Easter story. One year we wrapped each child in toilet paper like a mummy so they could easily burst out exclaiming, "I'm alive!" And the cleanup was easy.

Another year I made a tomb in a downstairs bedroom using a blanket over a card table. I let the grandkids take turns being the angel in the tomb. When we looked inside, they would shine a flashlight and say, "He is not here; He is risen!" Later that day, when I looked for our grandson, Alex, I found him sitting in the tomb eating his Easter candy. What a sweet tomb!

With Easter coming up on April 16, it's time to plan a special event to celebrate new life. Perhaps you'll consider an Easter brunch. However you celebrate, I hope you make rich memories over tea.

*Lydia E. Harris holds a master's degree in home economics and wrote the book, *Preparing My Heart for Grandparenting* (AMG Publishers). Her grandchildren call her "Grandma Tea."*

From Lydia's Recipe File:

Eggs-tra Special Brunch Dish

Easy to make, always a favorite.

Ingredients:

- 12 eggs
- 2 cups cottage cheese (1 pint)
- 1/2 cup melted butter (less if desired)
- 1/2 cup flour
- 1 teaspoon baking powder
- 2 cups shredded cheddar cheese (about 1/2 pound)
- 2 cups shredded Jack cheese (about 1/2 pound)

Directions:

1. Preheat oven to 350 degrees.
2. In a large mixing bowl, beat eggs thoroughly.
3. Add cottage cheese and beat until mixed.
4. Add butter, flour, and baking powder. Mix well.
5. Fold in cheeses.
6. Pour into a greased 9 x 13 inch baking dish.
7. Bake for 40 minutes, or until knife comes out clean when inserted near center.

Serves 10 to 12.

Variation: Cut recipe in half if desired. Or make individual servings in custard cups. If you choose one of these options, reduce baking time.



Fannie Farmer: COOKING FOR THE SICK

Long before Julia Childs captured the attention of American housewives with her French cuisine in the 1960s another American revolutionized home cooking with her standardization of measurements and practical recipes for the Bostonian housewife.

Fannie Farmer, the polio survivor turned student, turned principal, and later author, was well known for her scientific study of food. She reworked old recipes and taught the science behind food at the Boston School of Cooking where she became the principal at 36 years old. Her students were motivated by her fortitude and constant strive toward precision and perfection.

Marjorie Mills, the Boston Herald's longtime food editor, described Fannie Farmer as 'limping briskly about her platform kitchen, teaching some 200 students. She was a prim girl with vibrant enthusiasm who arrived early at school laden with market supplies and was the last to leave at night.'

"(Farmer) was an extraordinary woman of charming personality, boundless energy and original ideas," read a 1947 article in The Boston Globe, which referred to Farmer as a "New England spinster school ma'am."

"Her bright blue eyes, red hair and vivacious personality made people overlook her plain face and the pince-nez she always wore," said Elizabeth Schlesinger. "She was plump and had no interest in dress, but a maid who accompanied her on lecture trips saw that she always looked well."

She set the example for standard measurement, changing the terms "a pinch of this" or "a teacup of milk", to implementing measuring tools such as tablespoons, cups, and teaspoons. Her descriptions were written as, "a cupful is a measured level, a teaspoon is a measured level, etc." These standards earned her the name, "the mother of level measurements."

Fannie Merritt Farmer's self-published collection of recipes, *The 1896 Boston Cooking-School Cook Book*, was 600 pages, contained almost 1,500 recipes, and sold for \$2. (The title was later changed to *The Fannie Farmer Cookbook*.) The publishing company did not believe the book would sell but Fannie knew better and she bought the first 3000 copies with her own money. Nicknamed "The Bride's Bible" the investment proved worthy, selling 21 editions and 360,000 copies during her lifetime.

She taught basics of cooking to the regular housewife with the goal of improving the wife's ability to care for the health of the family. It was her later work, motivated by her own infirmity during childhood, that led to her writing the 1904 book, *Food and Cookery for the Sick and Convalescent*.

She knew that people who were ill would need special foods and diets to help them get well. She taught nurses and hospital dieticians about these special needs and lectured doctors at the Harvard Medical School.

Quotes from her book:

- *With the progress of knowledge the needs of the human body have not been forgotten. During the last decade, much time has been given by scientists to the study of foods, and their dietetic value, and it is a subject which rightfully should demand much consideration from all.*

- *I certainly feel that the time is not far distant when a knowledge of the principles of diet will be an essential part of one's education. Then mankind will eat to live, be able to do better mental and physical work, and disease will be less frequent.*



- *Progress in civilization has been accompanied by progress in cookery.*

Fannie's book covered the science behind food, labeling what we now refer to as proteins, carbohydrates, sugars, starches, and calories. Chapters were devoted to the science behind early childhood growth and development, and the importance of healthy food in a child's diet. 113 years later we still use these same basic

(story continues on next page 20)

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(story continued from page 19)

principles with regards to feeding our children foods that aid so importantly to their diet. She spoke about sending a child to school with a meal stating their success as school depended on a healthy breakfast. Fannie made the case for sugar, but warned about the effects of sugar on teeth, and how care must be taken to avoid sugar after the child had brushed their teeth for the evening.

Chapters covered digestion, food and health vs. drugs, food for the sick, cooking for the sick, and the importance of water. The chapter regarding alcohol included the science behind different types of alcohol and this warning, "Distilled liquors are responsible for 9/10ths of the evil results of intemperance." Only doctors and dietitians should administer alcohol during these times.

1. When the pulse is persistently weak.
2. When there is persistent high temperature
3. When there is nervous exhaustion.
4. When there is tremor or low delirium.
5. When the digestive system fails to do its work.
6. When the ages are feeble or exhausted.
7. Cases of shock or accident.

She writes about circumstances that may require wine, or brandy, or malt liquor. Measurements are given as to how many ounces so that the patient would not become intoxicated.

Tea drinkers would be interested to know that tea leaves are steeped 3 minutes only, because after 5 minutes too much tannin is released. Tannic acid stimulates digestion, but on an empty stomach it acts as a diuretic.

"Excessive tea drinkers are apt to become nervous, to suffer from insomnia and mental depression. The habit must be closely guarded, for the habitual, excessive tea drinker often become a nervous wreck."

The cookbook is an impressive collection of recipes and the science behind each category of food is well documented. Fannie Farmer certainly pioneered the science of food and her research toward helping the sick can be accurately termed as remarkable.

If you would like to read more of Food and Cookery for the Sick and Convalescent, I will have a link to the Library of Congress File Number on my website at www.kimberlychaffee.com

Kimberly Chaffee is a freelance writer and business owner. She is married with four children and enjoys raising dairy and milk goats on her small hobby farm. You can reach her with comments at pittsewing@gmail.com



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Wonderful Under Glass

by Simone Gers

One of the best trips that my husband Tray and I ever took was when we went to London to watch our son, Tanner, compete in the London Paralympics. While he didn't place, the whole experience was amazing. Of course, Tray planned enough time for us to antique.

Tray, his sister, her husband and I spent a whole day in Portobello Market in Notting Hill. Within a half block, my role shifted to one very familiar to me—that of pile watcher. They'd already collected so much that it was impossible to wander the narrow aisles and blending in with the crowd was not easy. So, I was leapfrogged down the street with the pile. I am often the pile-and-people-watcher and have just as much fun as they do.

Toward the end of the day, Tray came rushing out of a place, waving his hands, saying, "Simone, Simone, you've got to come in here and see this!"

"Okay," I said, wondering what could be more awesome than the things he'd already collected.

Once the family had the pile in possession, I walked with him into what looked like a small storefront that opened up after we walked through a back door and turned into a small mall with an indoor fair-like atmosphere.

He took me over to a stall that had the most gigantic glass cloches I'd ever seen—three of them. Imagine a cloche large enough to cover your squash or zucchini plants. They were at least two feet in diameter. They were so heavy that I could hardly lift one. Tray was in love. He held them like babies, caressing the glass. He would look from cloche to me and back again. I know that look. Yet even he admitted they were too big for carry-on luggage. These were definitely not fitting in the overhead bin. It was a dilemma. After spending an hour trying to figure out how much the shipping would be, he finally realized it was just too much. In the end, he settled for a small antique book on cloche gardening.

That day, I knew there was no way reason would talk him off the cloche mountain because cloches are the best of many of Tray's worlds—he has been an avid gardener since the age of fourteen and he loves creating studies of his favorite finds under glass. The first time he came home with a cloche was about 35 years ago, one of our first Christmases together. We lived in a 500 square-foot home. There wasn't room for a tree.

When he burst through our door so pleased with himself, I asked, "What's that for and where are we going to put it?"

He said, "I'll show you—it's a surprise."

And off he went into the bathroom/closet and shut the door. Imagine his pride when he came out with a cloche filled with his antique ornament collection. He was beaming. It was beautiful, especially to me with my love for all things shiny. It looked great on the antique tiger-oak chest in the den. And that was the first piece of his, er, "our" cloche collection. I didn't even know what a cloche was.

Some date the advent of the cloche to Italy in the 1600s and claim that soon after the French adopted cloche gardening. Cloche is French for bell. In the 19th Century, French market gardeners used the glass bells in fall and spring to cover the out-of-season vegetables that fed Parisians. Barn-shaped cloches were used to warm plants across Europe. On warm, sunny days, farmers would prop up one side of the cloche to vent the air and then lower the glass to protect the plants from the cold at night. In the early days, there was no knob on the top. Once knobs were added to the top, farmers quickly discovered that leaves burned from the sun's rays passing through the glass balls so many chopped off the ball. The cloches that survived with the ball on top were often those not used.

Sitting here at our kitchen island, I can see three cloches. In front of me next to the stove, a cloche covers an antique ironstone mortar and pestle—holding nuts all sitting on top of a silver pedestal cakeplate. Just to my left on the island, a cloche covers three antique sheep. To my right in the den, an antique cross is featured under a cloche.

Tray has pared the kitchen collections down for a while but, until recently, he had a small collection of old trophies and, of course, one was under a beautiful cloche we found in one of the street markets in Paris. One of my favorites is a small cloche that covers a picture of our boys when they were six and seven years old and altar boys. The picture stands in an old metal frog and their sterling silver first communion rosaries drape across the frog and pool on the base.

Another favorite is a small cloche that covers a collection of antique wire-framed glasses—you know, the delicate, small round gold ones.

When my mother wanted to toss out her grandmother's Jesus statue

because the wire was showing in the extended arm, Tray cringed. The minute the car doors closed, he said, "That's going to look great under a cloche." I knew what he meant. He paired it with my great-grandfather's prayer book and a bird and placed the whole cloche in front of the mirrored door of a tall wooden cabinet so we were able to see front and back at the same time, which made the whole display even more special. Sure, each of these gems would be lovely on its own but under a cloche, whether alone or grouped, they sparkle.

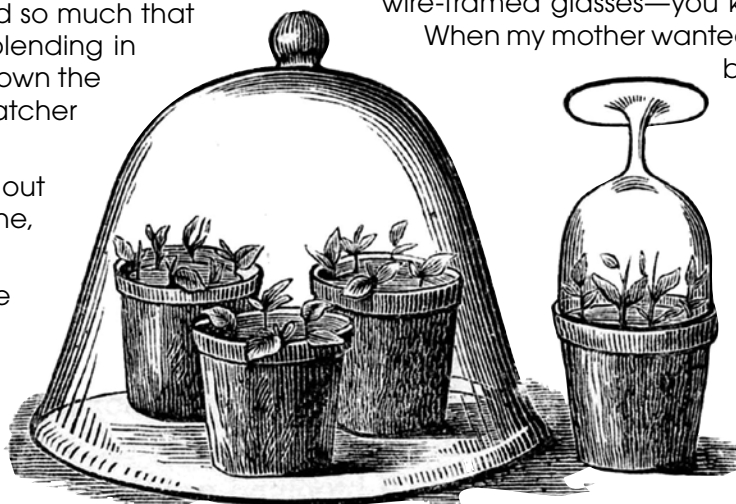
Denise, one of the vendors at the market, has been making cloche vignettes—small, curated collections under glass that are just so precious. Last market, Tray had a large cloche filled with very old, very small clay pots, all atop an old breadboard. It was gorgeous.

When they were putting all of the clay pots in the cloche—it took three of them—Lisa asked, "Should we count the pots in case someone wants to buy the whole thing?"

The cloche was so big and was very heavy and they were already a third of the way in, so Tray said no. Well, hours after the market opened, one of our awesome customers couldn't resist and said, "I'll take the whole thing." I could really relate because each pot had old green moss and mold in places, and under the glass, the green seemed greener and the chips and cracks looked so special. I couldn't help but wonder what the tiny pots had been used for as I counted to 169 and wrapped everything up. I hated to take it apart—it just looked so pretty.

And that's what I love about a cloche. No matter how mundane, no matter how exquisite, beloved treasures look wonderful under glass.

Simone Gers began her antiques journey 35 years ago when she married Tray, an avid collector. They still have the first piece they bought together—a pegged farm table that was so decrepit it was behind the antique store—and they have been upcycling vintage finds ever since. The Gers own Gather A Vintage Market in Tucson, AZ, a monthly market (www.gatheravintagemarket.com). Simone has taught writing and literature at the college level for many years.



Town and Country Cooking

From Ho-Hum to Yum-Yum

by Janette Hess

When circumstances call for a sandwich, why not skip the ho-hum deli meat and instead concoct a more flavorful filling?

Red Pepper Cheese is a versatile treat that may be served as a sandwich filling or a party spread. If you wisely choose to grill it between slices of buttered French bread, the hot, gooey result will be anything but ho-hum.

Pulled pork is a perennial favorite, but instead of going the barbecue route, try slow-cooking the pork in pineapple juice and then serving it with internationally inspired sauces. It's high time you let your taste buds travel!

Tuna salad can be conventional or it can be surprising, so why not, in honor of a new season, go with surprising? This month's Italian-inspired tuna salad is best served open-faced as a tuna melt. Yum!

Grilled Sandwiches with Red Pepper Cheese

¾ cup chopped roasted red peppers
(approximately 6 ounces drained weight)

1½ cups (6 ounces) shredded mild cheddar or Colby cheese

1 cup (4 ounces) shredded sharp cheddar cheese

2 generous tablespoons finely diced pepperoncini

Generous 1 tablespoon finely minced red onion

1/3 to ½ cup regular or reduced-fat mayonnaise

1 teaspoon horseradish

1 teaspoon Dijon mustard

16 slices French bread

Soft butter or butter spread

Drain and rinse roasted red peppers. Discard any charred pieces before chopping. Combine with cheeses, pepperoncini and red onion. In separate bowl, combine 1/3 cup mayonnaise, horseradish and mustard. Stir into pepper and cheese mixture, adding additional mayonnaise as needed to create an easily spreadable mixture. Divide among 8 slices of bread. Top with remaining slices. Butter and grill until bread is nicely browned and cheese is warmed.

International Pulled Pork Sliders

2 to 2½ pounds boneless pork loin or pork roast

2 teaspoons salt

1 teaspoon garlic powder

Freshly ground pepper

1½ cups pineapple juice

1 tablespoon soy sauce

1 tablespoon liquid smoke

20-24 cocktail buns, lightly buttered and toasted

Mayonnaise of choice (see below)

Place pork in slow cooker and rub with salt, garlic powder and freshly ground pepper. Add juice, soy sauce and liquid smoke. Cook on low for 7 to 8 hours, or until pork is very tender. Remove from slow cooker and discard all visible fat. Shred pork with two forks; chop shreds into manageable pieces. Strain juice from cooker and skim fat. Use juice to moisten pork if needed or desired. Serve pork on lightly toasted cocktail buns with mayonnaise of choice.

Cuban Mojo Mayonnaise: Combine ½ cup mayonnaise with 2 tablespoons mojo sauce (found in Hispanic foods section). Serve with pulled pork sliders.

Asian Cilantro Mayonnaise: Combine ½ cup mayonnaise, 1½ teaspoons Asian hot chili sauce, 2 tablespoons soy sauce and 2 heaping tablespoons finely chopped cilantro. Serve with pulled pork sliders.

Italian Tuna Melts

1 4.5-ounce can solid white albacore tuna, packed in water

¼ cup regular or reduced-fat mayonnaise

1 tablespoon Italian salad dressing

¼ cup finely chopped celery

2 tablespoons finely chopped pepperoncini

2 teaspoons dried parsley

3 or 4 thick slices Italian bread

3 or 4 slices provolone cheese

Drain tuna and combine with remaining ingredients. Spread on slices of lightly toasted Italian bread. Top with provolone cheese. Place under broiler until cheese begins to melt. Serve immediately.

A trained journalist, Janette Hess focuses her writing on interesting people and interesting foods. She is a Master Food Volunteer with her local Extension service and enjoys collecting, testing and sharing recipes.

GIRLFRIEND WISDOM



I believe for every drop of rain that falls
A flower grows
I believe that somewhere in the darkest night
A candle glows.....

How many of you are singing the next line of this song.....
"I believe for everyone that goes astray
Someone will come to show the way...I believe, I believe".
This 1953 song was commissioned and introduced for the first time on early TV. A song composed for the specific purpose to offer hope and faith to the populace after a time of the Korean War. Time passes by and life brings us opportunities to raise our voices and sing again our beliefs. It is a good practice, it grounds us in our daily lives, helps us remain calm within our hearts and souls.

GIRLFRIEND WISDOM:
Find a peaceful moment each morning, the beginning of a new day, and either sing a few lines of an uplifting song, or hum a sweet melody that gives your beliefs attention and strength. Its Spring, take a walk and see the beauty of neighborhood flowers that are using their strength and might to rise up and catch the warmth of the sun. Shake your head, "Yes",
I Believe ~ I Believe.

Joy & Blessings, 

I Believe was written by Ervin Drake, Irvin Graham, Jimmy Shirl and Al Stillman.
Girlfriend Wisdom is written and illustrated by Jody Houghton®.
Color files of this writing and artwork are available: www.JodyHoughtonDesigns.etsy.com

The Knitting Savant Start Now - An Invitation to Beginning Knitters

By Andrea Springer



Those of us who choose to knit in public spaces often find ourselves in random conversations with complete strangers. These exchanges usually begin with "What are you working on?" or "Is that knitting?" often followed by "My mother/sister/ grandmother/ (insert crafter's name here) used to knit" and on occasion, "I never learned how."

Life is short. If you want to learn to knit, start now. Here's how.

Find an instructor. Call me "old school" but I think the best way to learn to knit is from another knitter. This craft has been passed from one person to another for hundreds of years. A practiced knitter can teach you the basics – how to cast stitches on the needle, the knit and the purl stitch, and binding stitches off the needle – and having an encouraging presence help you adapt knitting to your natural style will help you be successful. Your Local Yarn Shop is a terrific resource for classes, as are public libraries and knitting and fiber guilds.

Find needles and a skein of yarn. Start with a basic yarn – worsted weight or heavier – and straight needles in an appropriate size for the weight of the yarn – 10" long in wood or bamboo. It's important to be able to easily see how the process works and the stitches you're making. Be sure to choose yarn that feels good in your hands in a color that inspires you, because this new skill is fun and should bring you joy. Yarn that makes you smile is an important part of the process! Your Local Yarn Shop and/or your instructor can help you find the right tools to learn with.

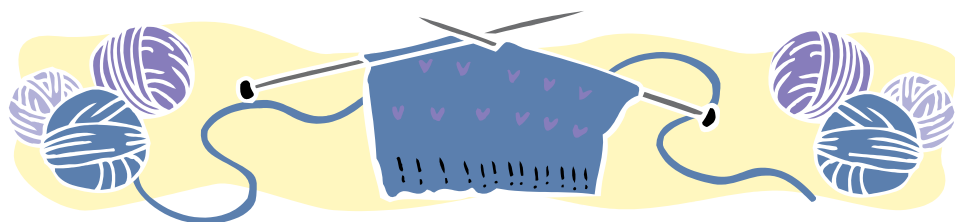
Knit something basic. The cable sweater you saw that makes you want to learn to knit is a great project goal, but not necessarily the first thing you try to make. Think dishcloths, scarves, very simple hats and bean bags for beginning projects. There are thousands of beginning patterns available at your public library and online. Ask your instructor or knitting friends for recommendations.

Practice. As with anything in life, we learn by doing. Knit a little every day – even if it's just 15 or 20 minutes. Ask any veteran knitter, and they'll tell you every knitted project is created one stitch at a time, over and over and over again. We make mistakes, we tear out, we rework, and we finish (most of the time). Each project builds our skills – with practice.

Join a knitting group. This isn't a requirement to learn to knit, but it definitely adds to the experience. Knitting can be a solitary social activity and having a tribe of crafty friends to help and inspire you while you're learning makes a difference. Again, your Local Yarn Shop, library, or local pub may host a group or two you can join.

If you've always wanted to knit, the best time to learn is now. Here's your open invitation!

Andrea Springer blogs at www.knittingsavant.com where she helps folks remember that they have everything they need to be successful in knitting and in life. You can share comments or ideas with her at andrea@knittingsavant.com or follow Knitting Savant on Facebook and Twitter.



Lily and Lacey helping in studio. If these two could talk: "I can't believe she picked that fabric." "Me either." "What was she thinking?" "She needs to let us help next time."

My 'Fur'less Mom

by Deb Heatherly

If you have pets, you undoubtedly wish you could understand what they are trying to tell you. They do their best to communicate with us and with each other. If she could talk, here is what our Lily might say.

Life changed at our house recently and our 'fur'less mom is home a lot more. That means we have to behave—or at least get into trouble quietly and in a spot where she can't see us.

Ever since she rescued me from the middle of the road (where the mean people left me), our lives had been pretty much the same from day to day. Mom would wake up, feed us and play with us, then head out the door to work. Most days she did not return home until time to feed us again. We missed her a lot but she told us if we wanted kitty food, kitty litter and treats, then she had to go to work. Many days she returned home to a mess and I always blamed it on Gracie. (Even though Gracie is too old and grumpy to have any fun and Lacey and I had done the deed.)

This summer, all that changed. We moved to a new house where we have lots of stairs to run and play on and our 'fur'less mom stays at home with us. She still goes to work but now her work is downstairs in what she calls the studio. We like having mom at home and now we get to help.

For instance, just this week when she went upstairs for lunch, I helped by knocking everything off of her cutting table. She gets pretty messy as she works and, with my help, she got to organize it all again. The day before that, I helped rearrange the quilt blocks she was working on. (In a much better pattern if I do say so myself!) I even hid the one I did not like, giving her the opportunity to make another one that was much better than the first.

Sometimes her color choices need a little help. When this happens, Lacey and I try our best to point her in a different direction but last week nothing helped. I finally had to throw up on the red she wanted to use in order to get her to try something else. Little does she know just how much we help her with these difficult design choices.

Lacey and I are also concerned about mom's health. We often bring her toys, like pretend mice and little balls, and we insist she take a break during the day and play with us. This makes her get up and stretch as well as give her eyes a break from that box she stares at for hours on end when she is writing patterns. She always thanks us and we make her smile. (Well, at least most of the time.)

You see, there was that one day when she didn't smile very much. I was just doing my job and trying to protect her from caffeine. I'd heard on the TV that too much of that stuff is not good for 'fur'less parents. So when mom wasn't looking I took my foot and knocked over her diet Pepsi. Yes, I knew exactly what I was doing (which she pointed out to my 'fur'less dad when he got home), but I love her and want to keep her away from things

(story continues on next page)

Espanola

(story continued from previous page)

that might harm her. Even so, that was not a good day. After she cleaned up the mess, she was pretty grumpy for the rest of the afternoon and I do not think I'll try that again. She and her diet Pepsi are on their own.

Finally, we are also in charge of protecting mom while she works. Maggie, the dog, thinks that's her job but all she does is bark. She also goes outside a lot so this important job falls to me. Mom says I do a great job and told me I was a very brave girl last week when a ladybug snuck into the studio and I single handedly killed it all by myself. (Take that, Gracie! Like usual, I was working while you sat on the couch and slept.)

Boy, being assistants to a quilt designer is tough work, but we are more than happy to be able to help. Maggie, Lacey, Gracie and I are excited that our 'fur'less mom now works from home and we look forward to helping her design rulers and patterns for many years to come.

Deb Heatherly is a freelance writer and Creative Grids® designer. Deb is the designer of the Creative Grids® CRGDH1 Cat's Cradle tool, the Creative Grids® CGRDH2 Strippy Stars tool, and the Creative Grids® CGRDH3 Turbo 4 Patch Tool. When not at home, she can be found traveling the country to speak and teach Creative Grids® workshops for guilds and quilt shops. Visit her website www.Debcatsnquilts.com for more information. Contact her at Debscatsnquilts@aol.com or visit her Facebook page at www.Facebook.com/DebscatsnquiltsFranklin.

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THINGS I'VE LEARNED ALONG THE WAY:

Inspiration is everywhere but becoming **AWARE** takes practice.

Thinking small is a tricky way of starting something big.

Do your **best** but after that embrace the words **"GOOD ENOUGH."**

Remember the beauty you believed in as a child & use it as your muse.

TIME HAS PASSED THROUGH ME & BECOME A SONG. ♥ Holly Near

Conscious Creativity takes courage ~ read books about your heroes. If they could do it, **YOU CAN TOO.**

Find the still point within ~ the quieter you are, the more you can hear.

Hear your inner voice. If it's not saying nice things **Change it...** It is yours & it is trainable.

Take risks. What do you have to lose? Nuttin' Honey ♥

Original is more interesting than perfect.

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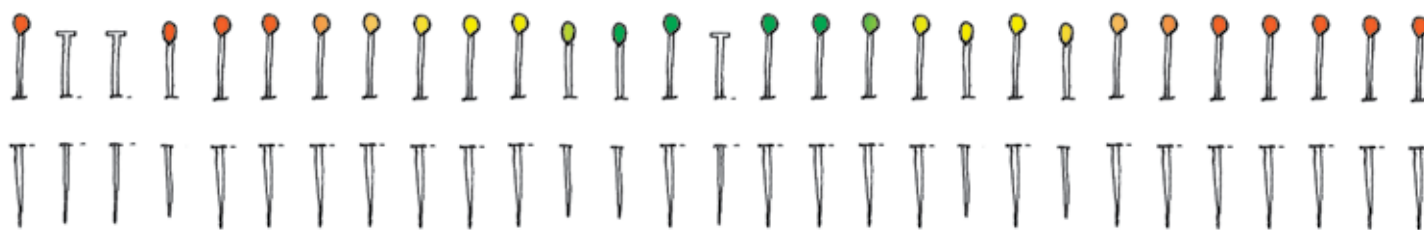



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Color Pop!!

Mystery Quilt 2017 for The Country Register
Designed by Ann Jones

For questions contact Nine Patch Quilt & Fabrics, Nevada, MO
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PART 2:
Block 2- you will make 38 of these blocks. Block size: 4 1/2" X 4 1/2".
This is a log cabin style block and it is very important that you measure at each step! Make sure you use a scant 1/4" seam.

Cutting instructions for 1 block:
Background fabric: One (1) 1 1/2" square
One (1) 1 1/2" X 2 1/2" rectangle
Two (2) 1 1/2" X 3 1/2" rectangle
One (1) 1 1/2" X 4 1/2" rectangle

Color D: One (1) 1 1/2" square
One (1) 1 1/2" X 2 1/2" rectangle

Sew 1 1/2" square background piece to 1 1/2" color D square. Sew Color D rectangle to these according to diagram. Press towards the color. Square this up to 2 1/2".
Add your 1 1/2" X 2 1/2" background and then the 1 1/2" X 3 1/2" neutral per the diagram. Press towards the background. Square up to 3 1/2". Add 2 remaining pieces and make sure your block is 4 1/2" square.



Block 3 – you will make 10 of these blocks. Block size: 10 1/2" X 10 1/2".
This is basically the same block as Block 2 only bigger!

Cutting instructions for 1 block:
Background fabric: Two (2) 2 1/2" square
One (1) 2 1/2" X 4 1/2" rectangle
One (1) 2 1/2" X 6 1/2" rectangle
Two (2) 2 1/2" X 8 1/2" rectangle
One (1) 2 1/2" X 10 1/2" rectangle

Color E: One (1) 2 1/2" X 4 1/2" rectangle
One (1) 2 1/2" X 6 1/2" rectangle

You will assemble this block similar to Block 2 above. Follow the diagram for the placement of your colored pieces. Make sure you square up your block as you go.



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April Showers Bring May Flowers



This pattern is free for you to use. Please give the artist credit. Not for commercial use. Enlarge this pattern to your desired size. This pattern was designed to be painted but can be needle-punched, hooked or appliqued and embroidered. Have fun!

Designed by Kathy Graham

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