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Dearest Readers,

Spring has sprung! Ok, at the time of this writing there may be a little snow left on the ground, but it is definitely here! I hope you all had a wonderful Easter and are enjoying the transition to Spring as much as I am. So much to look forward to... as the weather warms I find that our creativity and sense of adventure warms up too.

Just like nature, we can take this precious season to freshen things up and renew ourselves. Need inspiration? Just look at the rebirth of nature all around us... a rolling grassy field, all of the gorgeous, lovely flowers, new leaves, new foliage, a bird taking a bath! So simple, yet so true. Just give yourself the gift of time to absorb these wonders and you will be amazed.

It's also a great time of year to get out there and explore (remember to take us with you!). Check out that town or city you've been meaning to visit, go to a museum, search out arts and crafts shows and events that are all coming very soon. So many things to do, too many to list.

I may sound like a broken record but, as always, we appreciate you and thank you for your continued readership and support. You have our pledge to continue bringing you a light, entertaining and informative register. Without you we would not be here!

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

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

Best regards,
Harriet

P.S. Happy Mother's Day to all! Cheers, H

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Our Search for Cover Artwork –

Across Canada and the U.S, you can always tell *The Country Register* by it's cover. Our publishers seek to find cover art or photos from the province/state the paper represents. To that end, we are seeking the work of artists from Ontario to feature on our covers. The art must be in good taste and consistent with the theme of the papers.

If you would like your work to be considered, please send an email indicating your interest to OntarioCountryRegister@gmail.com

**Meet our cover artist:
Leah Dockrill**



Before she settled in to her fulltime art career, Leah Dockrill spent many years in other professions – teaching, library science, and the practice of law. During her teenage years and early adulthood she had been engaged in visual art – painting in watercolour, drawing, weaving and other textile arts. When she decided to leave the practice of law to follow her dream of being a professional artist, Leah, who was largely self-taught in these various media, enrolled in studio courses at the Toronto School of Art and the Art Gallery of Ontario. Since then her life has been one of continually expanding and developing her knowledge and skills, and pursuing a vocation that she loves.

Currently Leah's visual art practice is multi-faceted. The bulk of her work consists of paintings on canvas and includes both realistic and abstract landscape, large bold florals, and other themes .She uses mixed media and other non-traditional techniques, such as heavy textural applications. Inspiration for her art ranges from the mundane to the majestic and almost anything can stir her imagination. A potential painting first comes to life in her mind's eye, and she experiences a unique excitement watching the project emerge and unfold. Every piece is a labour of love.

During her art career Leah has exhibited her work primarily in Ontario, but also in Halifax, Calgary, Montreal, and Victoriaville, Quebec. Selected public exhibition venues include the Leighton Art Centre, Calgary; The Halifax Club and the Nova Scotia Archives, Halifax; Propeller Centre, Toronto; the (formerly) Hummingbird Centre, Toronto; Scarborough Arts Council, Toronto; the Art Gallery of Northumberland, Cobourg, Ontario; Gallery on the Grande, Waterloo; the Women's Art Association of Canada; Latcham Gallery, Stouffville, Ontario; Laidlaw Art Gallery, Mississauga; Musee Laurier, Victoriaville, Quebec; Joseph Carrier Gallery, Toronto.

She has been an elected member of the Society of Canadian Artists since 2000. Leah lives in Toronto with her husband and two elegant Maine Coon cats.

Some examples of her work can be viewed at www.leahdockrill.net as well as www.normanfelix.com and www.societyofcanadianartists.com.





Calendar of Events

..... APRIL

- APRIL 7 - APRIL 27:** Wizard at the Port Hope Capitol Theatre, Port Hope
- APRIL 9 - APRIL 10:** Toronto Storytelling Festival, Toronto
- APRIL 16:** Sunshine Quilt Show, Orillia
- APRIL 15 - APRIL 17:** Niagara Food & Wine Expo, Niagara Falls
- APRIL 2 - APRIL 3:** Maple Run Studio Tour, Pakenham
- APRIL 2 - MAY 22:** Expressions 41: Place in the World, Kitchener
- APRIL 21 - APRIL 23:** Piecemakers 2016 Quilt Show, St. Marys
- APRIL 21 - APRIL 23:** Quilt Show - Huron Prth & Stonetowne Quilters' Guilds, St Mary's
- APRIL 22 - APRIL 23:** Cheapside United Church Quilt Show, Haldimand County
- APRIL 22 - APRIL 23:** Creativ Festival, Mississauga
- APRIL 29 - MAY 1:** Quilted Expressions, Oakville
- APRIL 30 - MAY 1:** A Tale of Flowers Quilt Show, Agricultural Building Dryden Fairgrounds, Dryden

..... MAY

- MAY 6 - JUNE 5:** Celebrating 20 Years of Quilting, Kirkland Lake
- MAY 6 - MAY 7:** A Show of Many Hands - Port Perry Patchers, Port Perry
- MAY 6 - MAY 7:** Brockville & District Multicultural Festival
- MAY 6 - MAY 8:** Art in the Attic, Almonte
- MAY 6 - MAY 9:** Sew Full of Love Quilt Show, Ottawa
- MAY 8:** Happy Mother's Day!
- MAY 13 - MAY 14:** Elliot Lake Quilts North, Elliot Lake
- MAY 14 - MAY 15:** Stitches From the Heart Quilt Guild, Sault Ste Marie
- MAY 21 - SEPTEMBER 5:** My Corner of the World - Art Quilt Exhibition, Stratford
- MAY 24 - MAY 28:** St. Jacobs Quilt Show, Village of St. Jacobs
- MAY 27 - MAY 28:** D.O.T.S. Quilt Show, Dunnville
- MAY 27 - MAY 29:** Windsor/Essex County Shop Hop 2016
- MAY 27 - MAY 29:** Carassauga Festival of Cultures, Mississauga
- MAY 27 - MAY 29:** Springlicious, Niagara Falls
- MAY 28 - MAY 29:** Warkworth Lilac Festival, Warkworth
- MAY 28:** Family Artfest, Belleville

..... JUNE

- JUNE 15 - JUNE 18:** Quilt Canada 2016, The International Centre, Toronto

..... JULY & BEYOND

- JULY 9 - JULY 10:** Prince Edward County Quilters Guild Quilt Show- Wellington Community Centre, Essroc Arena, Wellington
- JULY 23 - JULY 24:** Quilts at the Creek, Toronto
- OCTOBER 1:** Jenny Doan Live, hosted by Fabric Fusion, The Centre, Dryden



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Val and Leslie, Owners



Spring Word Scramble

Unscramble the words. Key is below.

- | | |
|--------------|---|
| 1. srag | a lawn |
| 2. oeassn | spring, summer, autumn and winter |
| 3. tlteurbfy | insect with two pairs of large colorful wings |
| 4. yiwdn | strong winds |
| 5. duldep | small pool rainwater |
| 6. oerlwf | blossom of a plant |
| 7. eratwhe | short term state of the atmosphere |
| 8. arnaicot | waterproof coat |
| 9. erebez | gentle wind |
| 10. ptruso | shoot of a plant |
| 11. nuynb | young rabbit |
| 12. itrhb | begining of life |
| 13. enssuhin | direct sunlight unbroken by cloud |
| 14. warbino | multicoloured arch in the sky |
| 15. fdiafdol | bulbous plant with yellow flowers |
| 16. kiclesr | waterproof coat or jacket |
| 17. algheoss | waterproof overshoe |
| 18. pgrsn | March, April and May |
| 19. apdelto | toad in its larval stage of development |
| 20. whta | melting of ice |

1. grass 2. season 3. butterfly 4. windy 5. puddle 6. flower 7. weather 8. raincoat 9. breeze 10. sprout 11. bunny 12. birth 13. sunshine 14. rainbow 15. daffodil 16. slicker 17. galoshes 18. spring 19. tadpole 20. thaw





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"A little MADNESS IN THE Spring is WHOLESOME even for a Queen."
from ♥ EMILY DICKINSON

It's Spring fever. You
don't quite know what it
is you want, but it just fairly
makes your heart ache, you
want it so bad.

♥ The Adorable Mark Twain

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THE FAVORITE CHILD

By Janet Young

The witty and humorous Erma Bombeck once wrote about the favorite child. She went on to say that every mother has a favorite child, and goes on to give examples. For instance, the child who messed up at a piano recital, the child who wears leg braces to keep his toes from turning in, or the child who ran the wrong way with the football.

Erma explains that mothers can't help it. That they have a special closeness, with whom they share a love that no one else can understand. After all they are human. Without exception a favorite child is most likely to be immature, self-centered, bad-tempered yet at the same time he is vulnerable, lonely, and not quite sure how he is doing in this big wide world. But nonetheless in the eyes of his mother, he is wonderful. She prays for him, guides him, and encourages him, never giving up on him...somehow always believing in this child, when others may have given up.

Erma sums it all up by saying all mothers have their favorite child...the one who needs you at just that right moment in time, for whatever reason they need you whether it is to cling to you, shout at you, hurt, hug, or unload on you. But their greatest need is for you to just be there. Children need love, especially when they do not deserve it.

The question becomes how? How can we as mothers let our children know we are there for them even in the midst of their missteps, and that we also rejoice with them as they make the team, or improve their grades.

There is no easy answer, and every child is different. But, I believe relationship building from day one is the key. Part of that relationship, as the child grows is open communication, which is the ability to make your child feel as though he can share anything with you, without fear of reprisal.

To reach that comfort level, frequency and an environment of peace and serenity should be present. What better way to do that; then, through a ritual that is familiar with your child. Something you have established with him over the years. In this case, as most of you know, I am a big proponent of tea. Tea is an act of civility. I wholeheartedly think incorporating the ritual of tea early on in a way that works for your family's schedule is a great way to open the doors of communication, of connecting. They will soon learn that having tea is a safe place for them to unload their worries.

Over tea you are showing interest in their lives, that you care about them no matter what. As mothers we are striving everyday to do what is right for our child. It's not easy. But, I can almost guarantee you that your child will grow into an adult who will never forget your teatime chats. This particular memory will linger long in their hearts and minds.

So, this Mother's Day as you think about your favorite child, just be there with an open heart, mind and spirit, but also how about reaching out with a nice, warm cup of tea.

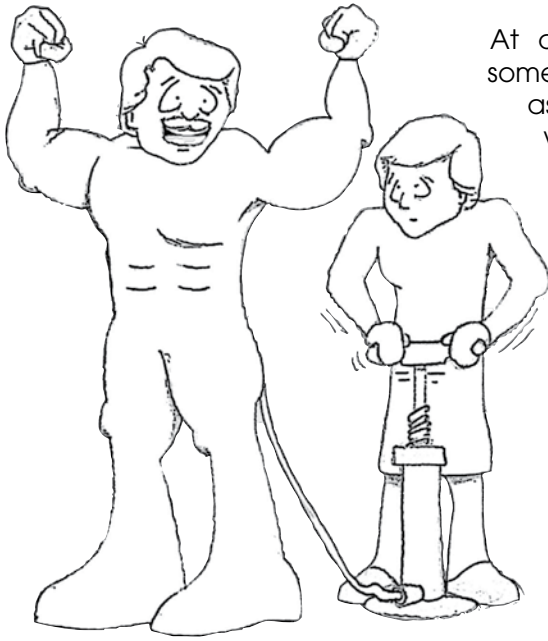
Janet Young, Certified Tea and Etiquette Consultant from the Protocol School of Washington, is a Founding member of Mid-Atlantic Tea Business Association, freelance writer/national tea presenter, and owner of Over The Teacup Inc. You can email her at janet@overtheteacup.com





Building Harmony That's What a Younger Man Would Do

by Jeff Capps



At a family party the other day, somebody who was looking for me asked my 5-year-old grandson where I was. My grandson pointed over to me and replied, "He's that old man over there..."

Old? I'm not old. What was he talking about? I'm 55. That's not old. Some say that the 50s are the new 40s. With math like that, how can you go wrong? As a matter of fact, I got so worked up about being called old, I considered getting off the sofa and setting him straight. But, in the end that seemed like too much effort and my back was a little sore, so I let him off the hook.

It did get to me, though. After some thought, I realized you really are only as old as you feel so I met my age head-on. I decided to put a little more bounce in my step. Ramp up my energy a bit. I began to work physically harder.

I have almost two acres of lawn to mow around here every week, so I used a push mower. Sure it's more work, but I'd get some exercise, fresh air, and besides, it does a nicer job than the tractor mower.

It started out fine. But halfway into the first strip of thick green lawn, the push mower began to blow smoke. The thick grass made the going tough and I started choking on the lawnmower exhaust. By the end of the second strip of lawn, I was gagging and exhausted from pushing. I swung the lawnmower around to start the next strip and—ow!—something in my back knotted up. It took me twenty minutes to crawl back to the house. I was laid up for three days. Cathy finished the lawn with the lawn tractor in twenty minutes.

When I was better, I decided to collect firewood and headed into the forest with my chain saw. Energetic, manly work—right? That really got my blood pumping. The work and the fresh air did me wonders. I hauled logs, navigated rough terrain and generally strained for every chunk of wood. I felt great! I felt young again. I was daring. And, when I dared to drag a whole tree down the hill, I strained my shoulder and pulled a few ligaments. I was laid up for a week. Cathy ordered a winter's worth of firewood for \$300/delivered.

With the drive of a younger man, though, I pressed on. I moved rocks—foot injury, 1 week. I moved tons of dirt with a shovel—more back problems, 5 days. I built a new, large cedar deck—injuries too numerous to list here, can't even estimate the time I spent whining about it. Everything I threw myself into threw me back. Every time, Cathy found an easier way to take care of it.

One day, I was recouping from an incident with a damaged power line that I thought I could repair. Turns out I couldn't. Cathy called the power company and they sent a crew out right away to fix it (which they do for free) and it made me think again.

All this effort to stay a little younger was actually aging me faster. Maybe that's how young people become old people. We do become wiser, though so older people know how to get things done with less effort.

The exception is my wife. She didn't get older, just wiser. Right, honey?

So, the next time you're straining for something or doing something hard, for Pete's sake, act your age—and get somebody else to do it. Preferably someone younger. I'm going back to my sofa.

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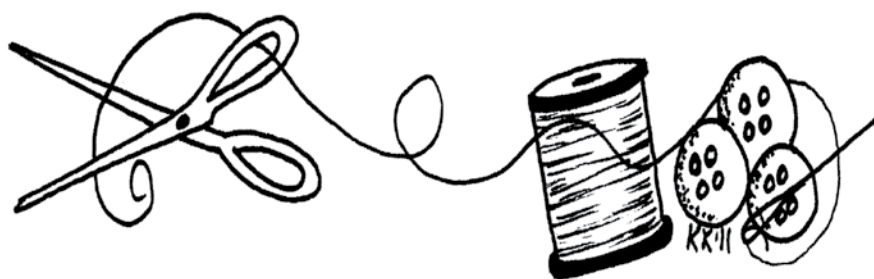
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A Cup of Tea
with Lydia

by Lydia E. Harris



Make Memories with a Forget-Me-Not Tea

One May Day, Jeff, our grade-school-aged neighbor, left a forget-me-not plant on our doorstep. What a sweet gesture! I planted the flowers, never dreaming they would multiply and blanket my yard with blue forget-me-nots. True to the plant's name, I haven't forgotten Jeff (now a dad with young kids of his own) because these dainty perennials still pop up in my yard every year.

Since forget-me-nots bloom in May and June, they remind me of special occasions I don't want to forget during this season: Mother's Day, Father's Day, bridal showers, weddings, and graduations. Celebrations can become even more memorable over a cup of tea. So let's plan a sunny forget-me-not tea party to honor special people in our lives.

Pick the occasion, and let your creativi-Tea bloom.

- Mothers and grandmothers would love to gather and be honored for Mother's Day.
- Graduations from preschool to college are milestones to celebrate.
- Bridal showers and weddings certainly mark memorable events.
- Birthday parties are highlights for those honored.
- Friendships can blossom and grow any time of year with a forget-me-not tea.

Set a beau-Tea-ful table.

Whether you host your party indoors or outdoors, decorate with lots of color and flowers. If you have forget-me-nots growing in your garden, arrange them in a vase, teapot, or cup and saucer. Since I have plenty in my yard, sometimes I dig up plants and pot them in foam cups, then place them close together in a large basket to create a showy centerpiece. After the tea party, I offer each guest a cup with forget-me-nots to take home.

After you dress the table with a fabric tablecloth and centerpiece, select floral teacups and teapots to go with the forget-me-not theme. For one of our anniversaries, my husband bought me a teapot decorated with forget-me-not flowers. And my pen pal sent me a teacup with the same pattern to celebrate our friendship. Most teacups have lovely floral patterns, and using a mixture of colors and designs creates a fun setting. So use whatever china you have. No china? Suggest that guests bring a favorite teacup and saucer and share the story that goes with it. Or simply use floral paper cups, plates, and napkins.

If desired, place a packet of forget-me-not seeds by each place setting along with a place card with a quote, such as: "I will never forget you (Isaiah 49:15). Love, God." Or "Earth laughs in flowers" by Ralph Waldo Emerson.

Plan an unforgettable menu.

For my daughter's bridal shower, I prepared a sit-down tea with a three-tier plate stand laden with assorted crustless sandwiches, scones, and petite desserts. But now, decades later with less energy, I'm content to serve a few delicious foods presented attractively.

It's easy to pick up the flower theme by cutting scones with a flower-shaped cutter. Make a thumbprint in the center of each one and fill with strawberry or apricot jam before baking. If you serve sandwiches, cut the bread with a flower-shaped cutter, fill with your favorite spread, and decorate with small bits of fruits, nuts, or veggies.

If your menu includes fruit, arrange pieces of fruit on skewers and set several upright in a drinking glass or vase as a bouquet. story continues on page

Favorite desserts, cakes, or cupcakes can be garnished with marshmallow flowers or even real forget-me-not blossoms, which are edible.

(Story continues on page 10)

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(Story continued from page 8)

Offer at least two types of tea: one with caffeine and one without. A fragrant, floral blend, such as rose, would be nice. Republic of Tea carries Downton Abbey English Rose, which makes a rose-colored, fragrant brew. Or order flowering teas that bloom in the teapot.

Multiply meaningful memories.

Life goes by too quickly to not celebrate special occasions. Pick a reason to celebrate with a forget-me-not tea, invite special people you want to remember, and gather to make memories you won't soon forget.

And before I forget, I want to plan a forget-me-not tea. Won't you join me?

Lydia E. Harris holds a master's degree in Home Economics. She is blessed with five grandchildren who call her "Grandma Tea." Lydia authored the book, Preparing My Heart for Grandparenting (AMG Publishers).

From Lydia's Recipe File:

Forget-Me-Not Pudding Cups

This pudding not only tastes delicious, it looks super-cute served in child-sized teacups and garnished with a marshmallow forget-me-not flower on top.

Pudding ingredients:

- 1 package (3.9 oz) instant chocolate pudding
- 1 cup milk
- 2 cups frozen whipped topping, thawed
- 10 chocolate sandwich cookies, such as Oreos

Directions:

1. Using a wire whip, stir together pudding and milk for about 2 minutes.
2. Blend in whipped topping.
3. Place cookies in resealable plastic bag and crush with rolling pin.
4. Mix half the cookie crumbs into the pudding. Save the rest to sprinkle on top later.
5. Refrigerate pudding until ready to serve.
6. To serve, spoon pudding into small teacups and sprinkle remaining crushed cookie crumbs on top to resemble dirt. Garnish with Marshmallow Forget-Me-Nots.

Makes about 2 1/2 cups pudding.

Marshmallow Forget-Me-Nots (small and large)

Ingredients:

- large and mini-marshmallows to shape into flowers
- blue sugar sprinkles
- small yellow candy for flower centers (e.g., gumdrops, Jujubes™, mini M&M'S®)

To make small Marshmallow Forget-Me-Nots with mini-marshmallows:
(Garnish for dessert served in small teacups.)

1. With kitchen scissors, snip mini-marshmallows in half diagonally to make petals.
2. Put petals into a resealable bag with colored sugar. Shake to coat cut sides.
3. To make each flower, arrange five marshmallow petals, sugared side up, on top of pudding cups. For the flower center, add yellow sprinkles, candy, or frosting. (If your fingers get sticky, dip them in cornstarch for easier handling of petals.)
4. If desired, make a few marshmallow leaves by shaking cut mini-marshmallows in a bag with green sugar. Arrange on top of pudding near the flower.

To make larger Marshmallow Forget-Me-Nots w/ large marshmallows:
(Garnish for pudding served in punch cups or regular-sized teacups.)

1. Place rounded side of marshmallow in your hand (like a log). Flatten slightly between palms of hands.
2. With kitchen scissors, cut each marshmallow into four pieces. Shake in bag of colored sugar to coat cut sides.
3. Arrange five petals on top of pudding cups; add yellow center. Add a mint leaf if desired.

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"Everyone is about as happy as they make up their mind to be."

Everyone seems to have very busy days, just too much to do, too many things to get done. Are they joyful tasks? Or could the tasks be completed joyfully? How about a treat along the way? Something to make errands and tasks just a little more fun.

Yesterday, I was going to pick up office supplies with my son. I saw a red car that I thought was my neighbor, so I waved. Oops, no, it wasn't my neighbor. In the middle of a sentence, my son said, "wrong make, wrong model". We giggled until tears were streaming down our faces. Silly, I know but for us it was a moment of fun. I can't wait to tell my neighbor so we can giggle some more. Find those silly little things as you go about your day to take a joyful attitude about rather than a serious comment or thought. Who knows that lady in the red car might have needed a Cheshire Cat grin and exuberant wave from a member of her community. Hope it made her day!

Girlfriend Wisdom:
May you find something in your day
that makes you giggle until
Tears of Joy
are streaming down your cheeks.

Jody
Joy In Your Day,
Girlfriend Wisdom is written and illustrated by Jody Houghton.
visit: www.JodyHoughtonDesigns.etsy.com for a copy of this column.



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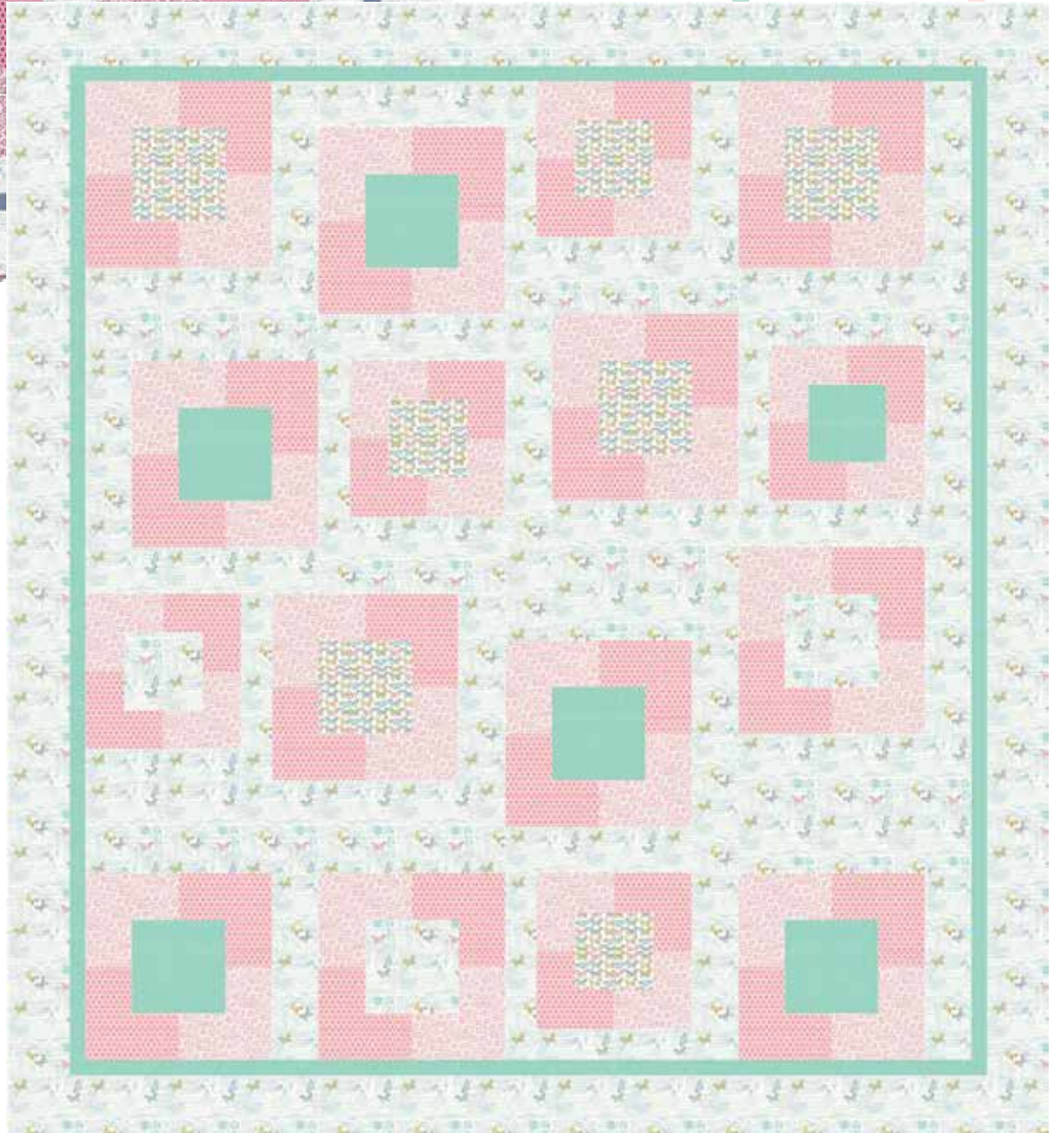
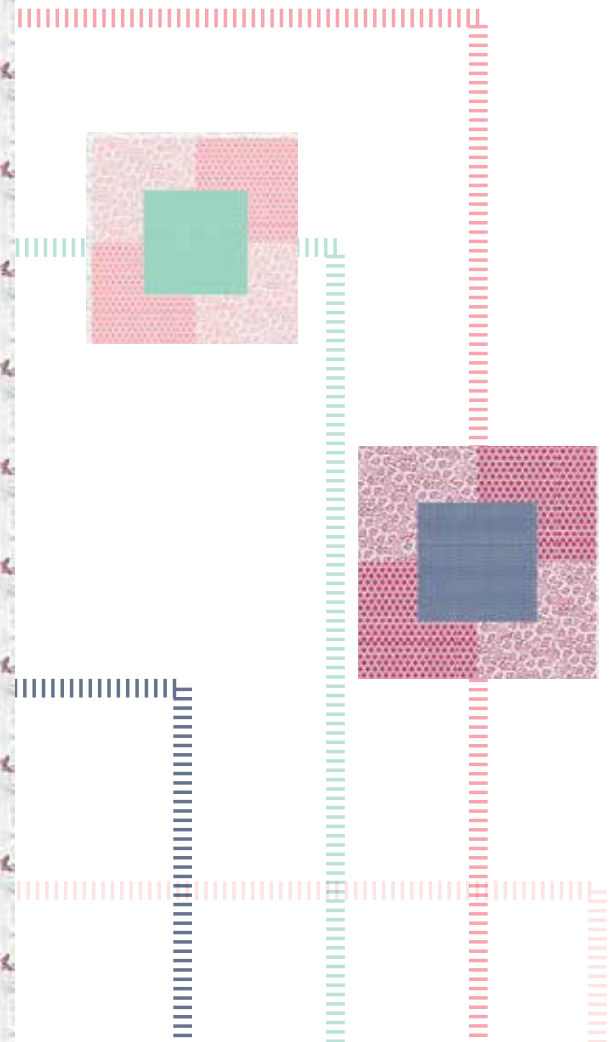
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- 0.75 Flowers in Red F7703B
- 3m Writing in Blue F7705B

Cutting Instructions

Butterfly Print

1. Cut one strip 6 ½"XWidth of Fabric (WOF)
 - a. Cut four 6 ½" squares and three 5 ½" squares.

Dots Print

1. Cut one strip 6 ½"XWidth of Fabric (WOF)
 - a. Cut five 6 ½" squares and one 5 ½" square.
2. Cut seven strips 1 ½"XWOF for border.

Circles Print

1. Cut two strips 6 ½"XWOF
 - a. Cut eleven 6 ½"X3 ½" squares from each.
2. Cut two strips 3 ½"XWOF
 - a. Cut eleven 3 ½" squares and one 2 ½" square from each.
3. Cut one strip 6"XWOF
 - a. Cut ten 5 ½"X3" and ten 3" squares.

Flowers Print

1. Cut two strips 6 ½"XWOF
 - a. Cut eleven 6 ½"X3 ½" squares from each.
2. Cut two strips 3 ½"XWOF
 - a. Cut eleven 3 ½" squares and one 2 ½" square from each.
3. Cut one strip 6"XWOF
 - a. Cut ten 5 ½"X3" and ten 3" squares.

Writing Print

1. Cut one piece 28"XWOF-Cut these strips along the 28" length
 - a. Cut one 27 ½"X6 ½"
 - b. Cut one 12 ½"X9 ½" and one 15 ½"X9 ½"
 - c. Cut one 12 ½"X3 ½" and one 15 ½"X3 ½"
 - d. Cut one 12 ½"X5 ½" and one 15 ½"X5 ½"
 - e. Cut one 15 ½"X6 ½" and two 10 ½"X5 ½"
 - f. Cut one 10 ½"X3 ½" and one 12 ½"X3 ½"
 - g. Cut one 15 ½"X5 ½" and one 12 ½"X3 ½"
2. Cut one strip 2 ½"XWOF
 - a. Cut one 2 ½"X10 ½", one 2 ½"X13 ½" and one 2 ½"X12 ½" strip
3. Cut one strip 3 ½"XWOF
 - a. Cut one 3 ½"X21 ½" and one 3 ½"X12 ½" strip
4. Cut one strip 3 ½"XWOF
 - a. Cut one 3 ½"X25 ½" and one 3 ½"X12 ½" strip
5. Cut one strip 3 ½"XWOF
 - a. Cut one 3 ½"X27 ½" and one 3 ½"X12 ½" strip
6. Cut one strip 3 ½"XWOF
 - a. Cut three 3 ½"X12 ½" strips
7. Cut one strip 6 ½"XWOF
 - a. Cut two 6 ½" and one 5 ½"square plus one 2 ½"X10 ½" and one 3 ½"X10 ½" strips
8. Cut eight strips 4 ½"XWOF and set aside for outer border.
9. Cut eight strips 2 ½"XWOF and set aside for binding

Square Blocks

You will need to make eleven 12 ½" and five 10 ½" square blocks. The blocks are all assembled in the same order.

1. Sew a 3 ½" Flower square to a 3 ½" Circle square. Make twenty-two.



Step 1



Step 2

2. Sew these units to the sides of the 6 ½" squares. Make eleven blocks in assorted colours (four Butterfly, five Dot and two Writing squares).



Step 3



Step 4

3. Sew a 6 ½"X3 ½" Flower square to a 6 ½"X3 ½" Circle square.Make twenty-two.
4. Sew these units to the top and bottom of the units from step 3.

The 10 1/2" squares are made the same way. Use the five 5 ½" squares (three Butterfly, one Dot and one Writing squares) for the centers. The side Flower and Circle squares are 3" and the squares for the top and bottom measure 5 ½"X3".

Quilt Assembly- Make the top in columns

Unit 1

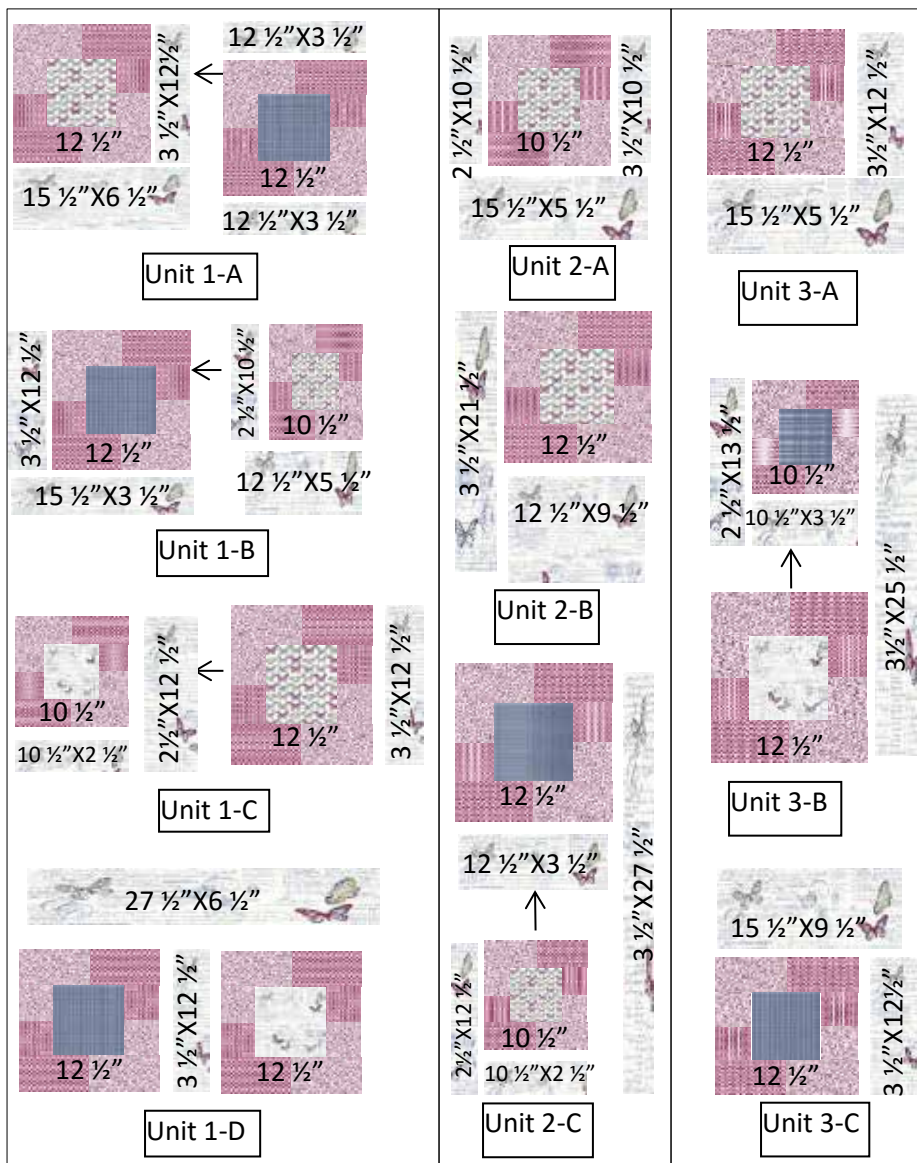
1. 1-A uses a 3 ½"X12 ½"Writing square, a 12 ½" Butterfly block and a 15 ½"X6 ½" Writing square sewn to a 12 ½" Dot block and two 12 ½"X3 ½" Writing squares.
2. 1-B uses a 3 ½"X12 ½"Writing square, a 12 ½" Dot block and a 15 ½" X3 ½" Writing square sewn to a 10 ½" Butterfly block, a 2 ½"X10 ½" and a 12 ½"X5 ½" Writing square.
3. 1-C uses a 10 ½"X2 ½" Writing square, a 10 ½" Writing block and a 2 ½"X12 ½" Writing square sewn to a 12 ½" Butterfly block and a 3 ½"X12 ½" Writing square.
4. 1-D uses a 12 ½" Dot block, a 3 ½"X12 ½" Writing square and a 12 ½" Writing block sewn to a 27 ½"X6 ½" Writing square.
5. Sew unit 1-A to 1-B, 1-C and 1-D in a column.

Unit 2

1. 2-A uses a 2 ½"X10 ½"Writing square, a 10 ½" Butterfly block and a 3 ½"X10 ½" Writing square sewn to a 15 ½" X5 ½" Writing square.
2. 2-B uses a 3 ½"X21 ½"Writing square, a 12 ½" Butterfly block and a 12 ½" X9 ½" Writing square.
3. 2-C uses a 12 ½" Dot block and a 12 ½"X3 ½" Writing square sewn to a 2 ½"X12 ½" Writing square, a 10 ½" Butterfly block and a 10 ½"X2 ½" Writing square. These are sewn to a 3 ½"X27 ½" Writing square.
4. Sew unit 2-A to 2-B and 2-C in a column.

Unit 3

1. 3-A uses a 12 ½" Butterfly block, a 3 ½"X12 ½" Writing square and a 15 ½"X5 ½" Writing square.
2. 3-B uses a 2 ½"X13 ½"Writing square, a 10 ½" Dot block and a 10 ½" X3 ½" Writing square sewn to a 12 ½"Writing block. These are sewn to a 3 ½"X25 ½" Writing square.
3. 3-C uses a 15 ½"X9 ½" Writing square, a 12 ½" Dot block and a 3 ½"X12 ½" Writing square.
4. Sew unit 3-A to 3-B and 3-C in a column. Sew columns together.



Inner Border

For each inner side border piece, sew two 1 ½" strips of Dot fabric and trim. Add the side borders first (the sides should measure 63 ½").

Sew three 1 ½" strips of Dot fabric together and cut in half. Trim to make two long pieces and sew the top and bottom inner borders (57 ½").

Outer Borders

For each side border piece, sew two 4 ½" strips of Writing fabric and trim. Add the side borders first (the sides should measure 65 ½") and then the top and bottom (67 ½")

Layer, baste, quilt and bind. Don't forget the label! Try an all-over meander stitch for the quilting: draw some swoops and swirls or butterflies with your machine.



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Cook's Library with Patsy

By Patsy Terrell

My first collection was probably rocks. Like so many collections, it wasn't planned, it just happened. Even as a very young child I loved rocks, especially when they were wet from the rain. My mom had

already raised two children by the time I came along late in life so she was pretty casual about child-rearing and saw no reason I couldn't play in the rain as long as it was warm enough.

As a result, my collection of rocks grew quickly. Arrowheads regularly popped up on the farm, so you can see how rocks began to accumulate. I confess I still pick up a pretty rock here or there. My front porch hosts a collection and the flower bed has some scattered around, too.

I'm not sure what the official definition of a collection is, but I've heard it's three or more. However, the circumstances under which I heard this were questionable, so I'm not fully convinced. I first heard it a few years ago when a boyfriend was helping me move a desk up the stairs. He jokingly made a comment about my "desk collection." I insisted there was no such thing. He mentioned this concept of "three," and I just let it drop because, well, why make a fuss? I do have more than three desks. I'm a writer. I need desks, plural.

Cookbooks didn't become a collection until a trip to Minnesota in my early twenties. I was attracted to the books that talked about the history of the area and offered heritage recipes. Once I started seeing them as little history books, they were irresistible. And, once I had noticed them, I realized they were found everywhere. They started coming home with me from various spots. Before you knew it, I needed a room to hold cookbooks.

At some point, I started making photocopies of recipes I used regularly and putting them into notebooks so they were easily located again. It also allowed me to make notes about changes. They became my own history as I noted the particular event I had first made the recipe for, or who especially liked it.

Today I'm sharing one of those recipes that has been around for a long time – at least in my world. I first made it for a dear friend, Miss Joy, who loves a little something sweet in the morning. It's a coffee cake with an extraordinarily delicious topping, which I doubled in this recipe as written below. Because, well, it's delicious!

Patsy Terrell and her rocks, cookbooks and desks make their home in central Kansas. Other collections fill the nooks and crannies of the house. See more photos and sign up for her newsletter at cookslibrarywithpatsy.com.

Coffee Cake for Miss Joy

- 6 cups all-purpose flour
- 2 tablespoons baking powder
- 1 1/2 cups white sugar
- Salt to taste
- 1 1/3 cups shortening
- 2 cups milk
- 4 eggs
- 1/2 cup butter, melted
- Topping
- 2 cups brown sugar
- 1/2 cup all-purpose flour
- 2 teaspoons ground cinnamon
- Pecans to taste (optional)

Instructions

Mix flour, baking powder, sugar and salt together. Cut in shortening and set aside.

In a separate bowl, beat egg with fork, add milk and stir.

Add liquid mixture to dry mixture and stir until just blended. It's okay for it to have some lumps.

Pour into greased and floured 9 by 12 pan. Drizzle top with melted butter.

In separate bowl, mix topping ingredients and sprinkle on of batter.

Bake at 425 degrees for 15-20 minutes, or until a toothpick comes out clean.



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Quilt Shows – Social Events of the Spring Season

Regional quilt shows are not that different from other quilt shows. They all take pride in exhibiting quilted articles created by their members as well as entries submitted by the public. Since some shows are not judged or juried shows, but exhibits where everyone can showcase their skills for display only (although a select few items are 'For Sale'), the only prize awarded at these types of shows are the "Viewers' Choice Awards" which are awarded as the result of anonymous voting taking place by the viewing public during the first day of the event.

In the quilting world, being able to see a grand collection of quilted items all gathered in one place is inspiring, and it offers encouragement for others to test their creativity.

This is not your grandmother's quilting! You will be dazzled by the variety and types of quilts on display. The expertise in design and craftsmanship is brilliant and, unless you are a quilter, you are probably not aware of some of the recently developed techniques or fabulous fabrics used in today's quilts.

One of the first things you will be made aware of at most quilt shows is that the hosting guild usually provides free "white gloves" for use by the visiting public. Because repeated handling of the fabric art can damage the items, these gloves are available to assist viewers with seeing (not touching) the cherished articles.

A variety of local and regional vendors are typically on site offering new products, demos, expertise, classes, and tips and trends, along with

the friendly service characteristically found at quilt shows. Quilt Show Workshops are open to the public, and regionally recognized speakers have always been a big draw at the Saturday night banquet, along with the opportunity to mix 'n mingle and exchange creative ideas - so be sure to register early!

Most quilt shows offer a Door Prize, and/or a Raffle Quilt to be won through ticket sales. A 'Sew & Sell Boutique' will offer for sale members' handmade articles alongside select donated items.

Penny Auctions or Silent Auctions are two other events made available to guests during the show. The Tea Room is a welcomed site to those who have strolled at length through the aisles, viewing the displays in an effort to decide which item deserves their single Viewers' Choice vote.

Quilt shows are well known for their ability to attract a crowd, and present guests with a stimulating, memorable experience.

So make a date, grab the girls, load up the car or the van... and go be inspired!

See you at the Quilt Show!

For a show near you, check **The Ontario Country Register** Events Listing, published in every edition.

Visit <http://www.sunsetcountryquilters.org> for Dryden and area's Sunset Country Quilters Guild 2016 Quilt Show, and for information on how to enter items.



FABRICATION!

I am fairly new at our quilters' guild, and I was anticipating attending my first out of town quilt show.

We had a nice hotel booked, and I was planning to be away for two nights and two days.

My son enquired about my plans and summarized it this way...



"So (sew), you are not going on a vacation... it's a fabrication!"

With a smile, I told him that wit comes from his father's side.

Submitted by a reader from
Sarnia, Ontario.
Her son was in his twenties at the time.



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Madeline's Musings

North & North-North They all call it Canada

Fritz Grundland "Freddy Grant", 1952

First, let us consider North. The interactive map says 44.561054,-78.448686. But North is so much more than its geological pin on the map. It's Grandma and Pop's cottage; a hideaway nestled against the limestone escarpment overlooking a placid lake; it's Central Ontario's Land Between. A place where, bearing the haunting cry of the loon, cool mists rise to meet the morning sun; where the embers of campfires mirror the evening sky; on the darkest nights a myriad of stars touch the earth. And where every season is a drawing card, dealt out with Nature's abandon to all willing to sit at her table. From her perspective we shall learn of the uniqueness of North.

Spring...heralded by squawking geese and the boom of shifting lake ice. Snows crawl farther back as the sun climbs higher in the heavens. Fiddleheads emerge from their mossy beds; pussy willows line the ditch. The pillaging porcupine stretches his prickly self along a branch to soak up the timid warmth of mid-day; and the squabbling blue jays find a succulent dinner beyond the winter feeder.

The day the ice goes out summer begins. The boat is launched; the ensign's unfurled; the patio furniture's arranged on the deck. Hot soup and oven-fresh biscuits are replaced by potato salad and hamburgers grilled on the BBQ. Pleasure crafts churn the lake into a

maelstrom. Kinfolk and chums multiply; fins and snorkels, beach towels and floaties litter the dock; and the omnipresent mosquito puts an end to the bliss of a summer's evening.

The days grow shorter; the sun sets further to the south; there's a chill in the air. The boat's in storage; the dock is up; the beds have been changed for the last time. Fall flings her colours across the pallet, and we catch our breath. A gilded birch, scarlet maples, the carrotty orbs of the mountain ash, the mahogany oak. Scuttling clouds mirrored on the black waters of the lake. Little critters frantic in their business of stowing away provisions. And we wait.

How quietly winter steals upon us. The mercury stays closer to its bulb; in the morning there's an icy skin out on the water; hoarfrost wraps our North in its crystalline deposit. And then it snows. While all is hushed the blanket thickens; now driven by icy blasts; now falling gentle as a goose's down. The hemlock bows beneath its weight; foraging game reveal their whereabouts; a thousand diamonds sparkle in the waning light.

Full circle. In the Land Between. For generations, each season a promise of things to come in our North.

And what of North-North? It's where the grandboys, all two of them, and their folks, and Grannie-Mother and Papa live. By car, three and one half hours north-west of the Land Between, 'long-side the great wilderness of Algonquin Provincial Park. You know you're there when the rolling farmlands give 'way to colossal rock cuts bordering on ancient communities like Magnetawan and Manitouwabing Lake. Anchored to the timeless granite of the Canadian Shield, it's a land jealous of its isolation, yet having a heart disposed to share her rugged beauty with all who treat her with respect.

Never is the adjective more and the suffix -er more correctly applied than when comparing North and North-North. Except perhaps for warm, everything North-North is more & -er. Spring takes longer; county roads are muddier; the black flies peskier. Summer is shorter; blueberries yummiier; the fishing's more rewarding. Autumn is grander; the wildlife fatter; and life is slower. Winter's jewels are more dazzling; power losses more frequent; and the snow most definitely deeper.

But most important, North-North is where we go to stay connected with our kith and kin; where our kids are sending down roots for their kids; where the young'uns are known by name at the local Foodland. The syrup on our pancakes is from Bill's maple bush 'cross the creek. Grannie Grace tells spell-binding accounts of people and travels in lands far away. And everyone chips in to pile the winter's supply of wood for Mr. Barker who's had a stroke.

In Fritz Grundland's *They All Call It Canada*, he states a truth we too readily bypass. This is our home, whether North, or North-North. Those beyond our borders may call it Canada, but we'll always call it home. I'd love to hear what your little corner of Canada, or wherever you call home, means to you. Won't you drop me a note, and we'll share your thoughts in another Musing.

Happy North & North-North to you,

Madeline Lister, Trent Lakes, Ontario Canada

PS Here's my address: madelinesmusings@gmail.com.

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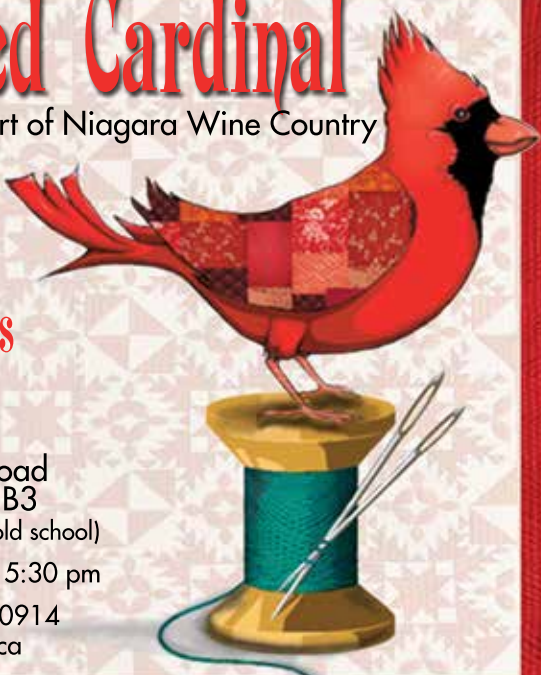


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DIRTY KNEES
A Little Madness

by AnnMarie Rowland (c) 2016

The ritual phone conversation with my mom is one that has become a race to see who can get the call dialed first, each of us waiting until we're certain that the other is awake and the first cup of coffee is out of the way; on the first day of Spring, her favorite season.

I dial the phone. Caller ID tells her it's me, so instead of "Hello.", she begins reciting the little poem at the same moment that I do. "Spring has sprung, the grass is riz..." Now, the next line should be "Wonder where the birdies is." But instead, we have each rehearsed our own version. As her voice chirps, "I know where my daughter is!" Mine muses, "Have you any crocuses?" We fall into laughter and wish one another a happy first day of spring.

If this seems a little mad, that's ok. Emily Dickenson said, "A little madness in the spring is wholesome even for a king." You're in good company if these early days of warmth and sunshine have you feeling a bit giddy.

I took a walk down the hill to the river a few days ago. Just enough snowpack remains in the valley here to make walking easy, but at the river's edge, where the relative warmth of the water helps to melt it away, I was able to catch the wonderful scent of the earth with the sun shining down upon it. Tiny paw imprints marked the places where raccoons, skunks, opossums and deer had made their way to the edge of the water as well, to have a sip of springtime. I watched squirrels chase around after one another in their springtime ritual, and just stood still to let birdsongs fill what at first seemed like quiet.

It was still cold, and that is good. In each place where a blade of grass hung toward the water, droplets had collected, then more droplets, until all along the edge of the river was a fringe of ice ornaments that resembled "Shiny-Brights", the old-fashioned glass Christmas baubles that my parents

kept from the 40's; narrow at the top, then wider, then cinched in at the waist, wider again, and tapered to a point just above the surface of the river. The sun shone through them and it was spectacular. Only in spring.

The sap is running in the maples now, sending maple syrup makers into the woods as well to collect as much as they can in the short time available. Sapcicles hang from branches, just out of reach, reminding us that we can't have everything.

Yes, spring is here. It's time to get the garden tools out, wipe them off, clean up the yard, and get ready to get our knees dirty again. Even if you don't have a garden of your own, look for a way to spend a little bit of extra time outside. Get a little bit of earth on you. Drink it in.

Author Margaret Atwood wrote; "In the spring, at the end of the day, you should smell like dirt." If that's madness, then I'm all for it.



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By Jackie White

If you quilt, then you want to be where every other quilter will be on June 15-18, 2016 and that is at Quilt Canada 2016 in Mississauga, ON! After decades of trial and error, we have finally created the best Quilt Canada conference ever! And boy is it done in style and in full quilting fun!

When you walk through the doors, your entry fee instantly gives you a chance to win a \$14,500 DOOR PRIZE of a long arm quilt machine Insert AVante pic..

The Quilt Canada conference is hosted by the Canadian Quilters' Association and is open to the public. Anyone who quilts, sews, or is thinking about either, is encouraged to attend. Or if you just want to look at art, which truly is what the showcased quilts are, come on over! Everything is under one roof, on one floor at the International Centre in Mississauga.

The conference runs four days (June 15-18) during which you can drop by for a day or two or three or four. Everything's on our website at www.canadianquilter.com for you to peruse. We host so many activities during the conference that you will want to plan ahead of time.

There are teachers geared up to deliver dozens of workshops and lectures on all topics quilt related! There are varied prices to suit all budgets. Janome and Handiquilter supply all the machines in all the workshops, so you don't have to worry about bringing your machine!

There will be over 400 exquisite quilts hanging in one centre waiting for you. The esteemed National Juried Show where the best of the best quilts in Canada have been juried and judged, will be on display, with the ribbons showing prominently so that you may feast your eyes on them! You'll see several concurrent quilt shows that will make your head spin with creativity.

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The International Gathering of the Guilds is taking place at Quilt Canada 2016 with an Irish guest speaker. It is a great quilt social with a huge show and share and people bring in their quilted item to show to the group. This is so much fun and so laidback as you get to chat and share with fellow quilters.

Let's talk about the venue. It is at the International Centre in Mississauga, ON. This is a huge convention centre, with everything all in one place, and all on one floor, and wait for it... no stairs! It's the biggest venue ever booked for Quilt Canada. And it will be filled with vendors, workshops, lectures, demos and quilts, so you will be in quilt heaven. To top it off there are food vendors on site, FREE parking and the Centre is also on transit routes (buses & train) with major highways and feeder routes close by for those travelling by car.

You can find out more about the workshops, lectures, location, teachers, events and everything else conference related on our website at www.canadianquilter.com.

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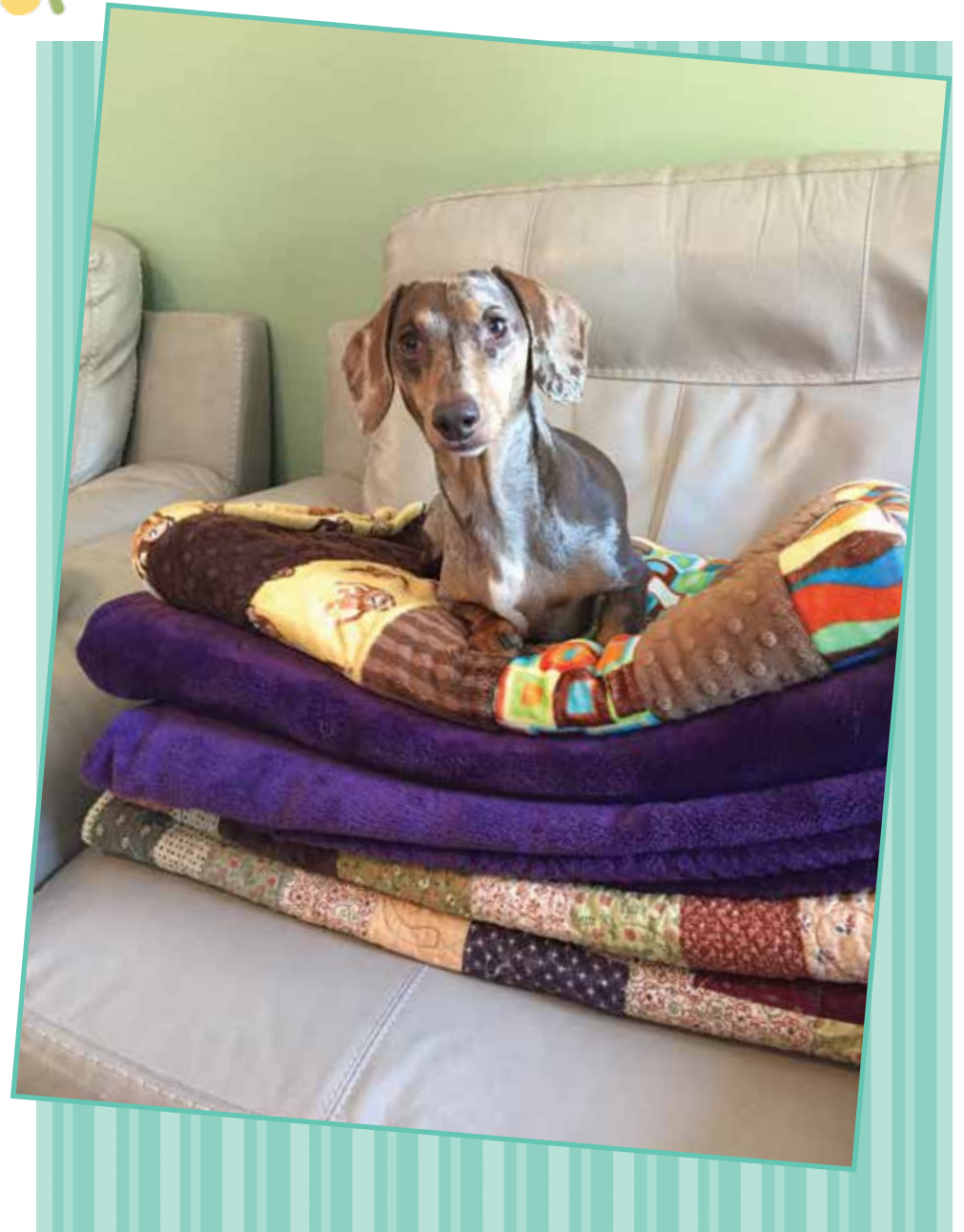
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Quincy's philosophy within the quilting community is that of inclusiveness. We aim to complement the local quilt shops we all love so dearly! Our mission is to: 1. Fill a gap for those quilters in Canada who love the online shopping experience. 2. Provide a solution to those quilters who do not have access to a local quilt shop. 3. Supplement the local quilt shop merchandise offerings. After all, no one quilt store can carry every quilting item that is available on the market!

Quincy's Quilting is based out of Edmonton, Alberta and opened for business on January 2nd, 2015 and is owned and operated by Jocelyn Smith. Quincy's Quilting is named after one of Jocelyn's miniature dachshunds. Quincy can be quite vocal at times when giving her opinion on what merchandise to offer for sale – especially if her lunch or dinner is late being served.

Jocelyn's love of quilting comes to her from her mother, who has been an avid crafter all her life. Deciding to leave her corporate life as a banking professional in the past, Jocelyn brings a keen business sense to Quincy's Quilting. She attended her first quilting class in 1990, which resulted in her first UFO! Since that time she has continued with her love of exploring the use of colour through cross stitching, sewing, scrapbooking, and of course quilting!! Jocelyn is a huge fan of the current adult colouring book trend and also enjoys both traditional and "modern" quilt designs. Her guilty pleasure is fabrics designed and created by Tula Pink and Kaffe Fassett.

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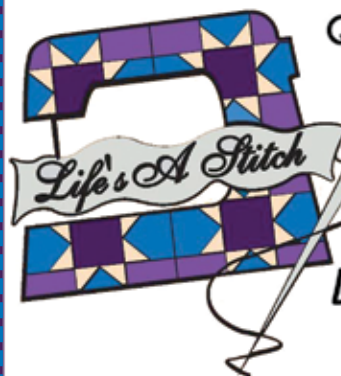
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Double Gauze Swaddling

What could be more precious than a homemade gift for that Special Baby? In addition to making a gift that is heartfelt, it should also be practical. There isn't much point in putting so much care and effort into something if it won't be used.

Keeping your baby warm and comfortable while they sleep is vital, but there are certain factors that need to be considered to also keep them safe. Along with making sure that the room is warm and comfortable it is also recommended that the crib is clean and clear of clutter. The use of blankets and other loose materials in a crib such as soft toys or a pillow increases the risk of suffocation.

Today, an old technique "SWADDLING" (used when my siblings and I were born) is being recommended. Swaddling helps the baby to maintain body heat and allows them to sleep comfortably on their backs.

This brings me to a new product in the Shoppe – Double Gauze. This fabric is made of two layers of loosely woven cotton, stitched together every centimetre or so to keep the layers together. These two gauzy layers make for incredibly soft fabric, perfect for baby items, clothing or quilts.

When I first received the double gauze, I thought that the layers would make the fabric pucker or be difficult to manage when sewing, but in fact, that is not the case at all. It sews very well and has a nice drape, perfect for garments, swaddling blankets, in quilts and even curtains. It makes a super soft quilt back and it can be mixed with quilting cottons and linens in baby quilts.

Swaddling blankets do not need to be overly big. A 42 or 43 inch square of double gauze for the front and a super soft flannel for the back is perfect. Sew the two pieces' right sides together using a half-inch seam allowance. Leave a three-inch gap, snip off the corners and turn the piece right side out. Iron the blanket and make sure the corners are nice and pointy. Also make sure to iron the gap closed with the half-inch raw seam tucked in.

Now, using embroidery thread, perle cotton or even hand quilting thread, sew a small running stitch around the entire blanket. This will give your baby blanket a beautiful hand finished look and will close the three-inch gap. This finishing stitch can also be duplicated by a sewing machine. Using a thicker thread – 40 weight or even 28 weight will give this little blanket a hand finished look by machine.

Make one or make a dozen! When those babies arrive, you will be ready with a beautiful handmade and very practical gift. Of course you could add a burpie cloth to match... endless possibilities!

Luci Andreacchi @Circle of Friends
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Tangerine Essential Oil

By Wanda Headrick

If you are feeling like me, you are more than ready for Spring to be here. Even though the winter has been mild in Kansas, it seems I am wishing for Spring to come more than normal. That has been a good reason for me to reach for the pure tangerine essential oil to diffuse throughout the house.

Pure Tangerine Essential Oil – (Citrus nobilis) – is a cold-pressed essential oil from the peel of the ripe tangerine fruit. It has a slight orange color and a fresh, light, tangy and sweet odor reminiscent of mandarin and orange essential oils. The biological origin of the tangerine fruit is very similar to the mandarin fruit and both are considered to be varieties of the same species. The tangerine is a larger, more globoid fruit than the mandarin, and its peel is usually yellow or pale yellow to reddish, this is why you get a cold-pressed essential oil with a slight orange color. Pure tangerine essential oil does not have the characteristic dryness of pure mandarin essential oil, and is a much “thinner” oil. That means it comes out of a euro dropper bottle much faster!

The tangerine tree was introduced into the United States from China through Europe. It is sometimes called “Dancy Tangerine” after Colonel G.L. Dancy who first started growing the fruit from seedlings in the southern states around 1871.

Some of the chemical properties tangerine essential oil is considered to have include: antiseptic, anti-spasmodic, cytophylactic (an agent that encourages the growth of skin cells), sedative, stomachic (a digestive aid and tones the stomach), and as a tonic (an agent that strengthens and improves bodily performance).

Tangerine essential oil is thought to have an almost hypnotic effect on the mind that is helpful to reduce stress and tension through its soothing action on the nervous system. Tangerine essential oil is also uplifting, brightening, and like orange essential oil, considered to be like sunshine in a bottle. For the digestive system, it is considered to have the same calming effect on the intestines as orange and mandarin essential oils. These benefits include helping relieve flatulence, diarrhea, constipation and a stimulating effect on the flow of bile, which in turn helps with the digestion of fats. Tangerine essential oil is considered a tonic to the vascular system, particularly the peripheral circulation, which nourishes the veins and arteries of the extremities, therefore activating and relieving tired, aching limbs. Tangerine essential oil is recommended for acne, congested and oily skin and it can help bring back color to pale skins due to its re-energizing action. It is considered a beneficial skin tonic that can help smooth out wrinkles and stretch marks. It is a popular massage oil of choice in pregnancy since it is useful for helping to decrease stretch marks and also has a vitamin C content.

Tangerine essential oil is safe to use during pregnancy and should be used daily from about the fifth month of pregnancy for decreasing stretch marks. Tangerine essential oil (and all citrus essential oils) can be phototoxic, so care should be taken not to expose the skin to strong sunlight after using it as a massage oil on the skin.

Essential Oil Blend for Stress and Tension

Tangerine essential oil	250 drops
Geranium essential oil.....	30 drops
Lavender essential oil.....	50 drops
Neroli essential oil	20 drops
Roman chamomile essential oil.....	30 drops
Coriander essential oil.....	20 drops
Bergamot essential oil	150 drops
Patchouli essential oil	20 drops

Mix all oils together in a 15 mL (.5 oz) amber or cobalt bottle with a euro-dropper insert and a tight fitting lid. Shake to mix. You can use the blend at this time, but the scent will change for at least four days as the oils blend together. This is what I consider a Spa Blend of pure essential oils. You can use this blend in a diffuser by adding 6-10 drops to the diffuser and allowing it to diffuse into the room (the amount you would use depends on the size of the room you are diffusing the oil into. This blend can also be added to warm bath water for a relaxing soak. You can use up to 20 drops in a bath tub of warm water. The relaxing effects will be increased by adding ¼ cup Dead Sea salt or Himalayan sea salt to the bath water. When you add essential oils to a warm soaking bath, it is always best to put your essential oils into 1 tablespoon of whole milk or ½ and 1/2. The fat content helps the oils dissipate throughout the water better, and you do not get any oils “pooling” on the top. The milk is also good for your skin. If you want to make a massage oil from this blend, add 6 drops of the blend to 2 teaspoons of a carrier oil of your choice like olive, pumpkin, grapeseed, or sweet almond oil and use as a whole body massage.

Stretch Mark Massage Oil Blend

Tangerine essential oil	60 drops
Lavender essential oil.....	20 drops
Neroli essential oil	10 drops
Rose essential oil	5 drops
Palmarosa essential oil	10 drops

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Vitamin E oil	5 drops
Wheatgerm oil	2 oz
Apricot Kernel oil	1 oz
Avocado oil	1 oz

Blend all the above oils together in an amber brown or cobalt blue colored bottle with a tight fitting lid. Shake to mix. You can use the blend immediately, but remember the essence of the blend will change for at least four days. If you do not like the smell, you can always add more drops of an oil that you prefer. Massage on the areas of stretch mark and over the whole tummy area daily from the fifth month of pregnancy on. It is okay to use it more than once daily.

Wrinkle Soother Massage Oil Blend

Tangerine essential oi	50 drops
Lavender essential oil.....	0 drops
Rose essential oil	5 drops
Geranium essential oi	10 drops
Frankincense essential oil	10 drops
Benzoin essential oil.....	20 drops
Palmarosa essential oil.....	20 drops
Rosewood essential oil.....	20 drops
Carrot seed essential oil.....	10 drops
Vitamin E oil.....	10 drops
Pumpkin seed oil.....	2 oz
Grape seed oil	2 oz

Blend all the above oils together in an amber brown or cobalt blue colored bottle with a tight fitting lid. Shake to mix. You can use the blend immediately, but remember the essence of the blend will change for at least four days. If you do not like the smell, you can always add more drops of an oil that you prefer. Massage into your face and neck are each night before bedtime. It usually takes up to six weeks to start noticing a difference in your skin. When you first start using the blend, you will notice that your skin absorbs more of the oil blend than after you have used it for several months.

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

To purchase Pure Essential Oils and other supplies go to www.flinthillsaromatherapy.com. Or e-mail: info@flinthillsaromatherapy.com

We can be reached by phone @ 620-394-2250. Wanda Headrick, owner of Flinthills Aromatherapy, draws on her extensive knowledge of essential oils to share non-chemical remedies to keep readers and their homes healthy.

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