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June / July 2017 Issue

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# Calendar of Events

## ONGOING

MAY 15 - JUNE 10  
MAY 7 - SEPT 3

Quilt 150 Squared Show and Sale, St Marys  
OH! CANADA - 2017 Grand National Quilt Show, Kitchener

## JUNE

JUNE 1 - JUNE 4  
JUNE 1 - JULY 31  
JUNE 2 - JUNE 3  
JUNE 2 - JUNE 3  
JUNE 2 - JUNE 29  
JUNE 3 - JUNE 25  
JUNE 8 - JUNE 11  
JUNE 9 - JUNE 10  
JUNE 9 - JUNE 11  
JUNE 10 - JUNE 11  
JUNE 10 - JUNE 11  
JUNE 10 - JUNE 18  
JUNE 14 - JUNE 17  
JUNE 14 - JUNE 25  
JUNE 17 - JUNE 18  
JUNE 18  
JUNE 22 - JULY 2  
JUNE 23 - JUNE 24  
JUNE 23 - JUNE 24  
JUNE 23 - JUNE 25  
JUNE 24 - JUNE 25  
JUNE 24 - JULY 1

Orangeville Blues and Jazz Festival, Orangeville  
Hosta Fest, Peterborough  
Muskoka Quilts!....from the heart, Muskoka  
Sesquicentennial Quilt Show & Sale Westmount Congregation, Orillia  
Quilts on the Wall Exhibit, Toronto  
Welland Rose Festival, Welland  
Quilts on the Wall Exhibit, Ailsa Craig  
Quaker Quilt Guild Quilt Show - Quaker Quilt Guild, Norwich  
Westboro Fuse, Ottawa  
Peony Festival, Oshawa  
Quilting Among Friends Quilt Show, Alliston  
Sound of Music Festival, Burlington  
Quilt Canada 2017, Toronto  
Luminato Festival, Toronto  
Niagara Homegrown Wine Festival, St. Catharines  
Happy Fathers Day!  
Td Ottawa Jazz Festival, Ottawa  
Toronto Craft Beer Festival, Toronto  
Sew Much to Celebrate, Eh, Markdale  
Perth Kilt Run, Perth  
50h Annual Kitchener-Waterloo Multicultural Festival, Kitchener  
Stars and Thunder - Timmins International Fireworks  
Competition and Music Festival, Timmins  
Historyfest and Canada Day, Sault Ste Marie  
Ottawa River Festival, Rockland-Lefavre-L'Orignal-Hawkesbury-Chute-Blondeau  
Georgian Triangle Music Festival, Wasaga beach  
1000 Islands Regatta & Festival, Brockville  
Whitchurch-Stouffville Strawberry Festival, Stouffville

JUNE 27 - JULY 1  
JUNE 29 - JULY 3  
JUNE 30 - JULY 1  
JUNE 30 - JULY 1  
JUNE 30 - JULY 2

## JULY

JULY 1  
JULY 1 - AUG 26  
JULY 2  
JULY 2 - AUG 6  
JULY 2 - SEPT 3  
JULY 3 - JULY 23  
JULY 3 - JULY 30  
JULY 4 - AUG 26  
JULY 4 - AUG 30  
JULY 6 - JULY 9

Happy 150th Birthday Canada!  
Peterborough Musicfest, Peterborough  
Canada 150 Celebration Train Ride, Uxbridge  
Westben Arts Festival Theatre, Campbellford  
Scottish Tea at Hutchison House Museum, Peterborough  
Td Salsa in Toronto Festival, Toronto  
29th Annual Beaches International Jazz Festival, Toronto  
4th Line Theatre 2017 Summer Season, Millbrook  
Quilts by Miss Gayle, Collingwood  
Td Sunfest '17 Canada's Premier Celebration of World Cultures, London  
Mariposa Folk Festival, Orillia  
Kincardine Scottish Festival & Highland Games, Kincardine  
Almonte Celtfest, Almonte  
Muskoka Yoga Festival, Bracebridge  
Elora Festival, Elora  
Hottest Street Sale Under the Sun, Owen Sound  
Incredible Edibles Festival, Campbellford  
Art in the Yard, Elora  
11th Annual Fusion of Taste festival, Etobicoke  
Brockville Pride Week and Pride Parade, Brockville  
Toronto Caribbean Carnival, Toronto  
Sound and Light Show on Parliament Hill, Ottawa  
Rock the Park Music Festival, London  
Liuna Bluesfest Windsor, Windsor  
Muskoka Arts & Crafts 54th Annual Summer Show, Bracebridge  
Home County Music & Art Festival, London  
40th Annual Orillia Scottish Festival, Orillia  
Stayner Art Fest, Stayner  
Hawberry Quilt Show, Kagawong  
26th Annual Hobbyfest, Sarnia  
Hanover Sights & Sounds Festival, Hanover  
Kemptville Live Music Festival, Kemptville  
Northern Passages, Toronto  
Sun Life Financial UpTown Waterloo Jazz Festival, Waterloo  
Dog Fest Muskoka, Bracebridge  
Ottawa International Chamber Music Festival, Ottawa  
Cambridge Arts Festival, Cambridge  
Big on Bloor Festival of Arts and Culture, Toronto  
Collingwood Elvis Festival, Collingwood  
Td Niagara Jazz Festival, Niagara-on-the-Lake  
Quilts at the Creek, Black Creek Pioneer Village  
Quilts at the Creek, Toronto  
Coney Island Ninth "maybe Annual" Music Festival, Kenora

JULY 7 - JULY 9  
JULY 7 - JULY 9  
JULY 7 - JULY 9  
JULY 7 - JULY 9  
JULY 7 - JULY 23  
JULY 8  
JULY 8  
JULY 8 - JULY 9  
JULY 9  
JULY 10 - JULY 15  
JULY 11 - AUG 6  
JULY 11 - SEPT 16  
JULY 12 - JULY 15  
JULY 13 - JULY 16  
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JULY 19 - JULY 23  
JULY 20 - JULY 23  
JULY 21 - JULY 23  
JULY 21 - JULY 23  
JULY 22  
JULY 22 - AUG 4  
JULY 22  
JULY 22 - JULY 23  
JULY 28 - JULY 30  
JULY 28 - JULY 30  
JULY 29 - JULY 30  
JULY 29 - JULY 30  
JULY 30

## Dearest Readers,

Oh Canada! Happy 150th Birthday!

I just had to get that out of the way... sooo exciting! I for one am thrilled to be celebrating Canada's sesquicentennial this coming July 1st.

Wherever you live, a celebration probably won't be very far away! What are you planning on doing?

We live just outside of Ottawa, so for the first time we are thinking of braving the crowds and to stand shoulder to shoulder, with tens of thousands (probably more) of our fellow Canadians celebrating the 150th anniversary of the Confederation.

What a wonderful reminder of just how great our country really is, and how truly blessed we are to live here.

Talking about anniversaries, this issue marks our 2nd year of bringing you the Country Register! I wish to thank you, my dearest readers, personally, and on behalf of our entire team, for the unwavering support you have given us and our excellent advertisers. I have said it so many times, but it is still the honest truth... without you, we would not be here!

The past two years have just flown by, but I can truly say that our entire team is just as excited today as we were two years ago to bring you The Country Register of Ontario!

Thanks and best regards,

Harriet



## Meet our COVER ARTIST:

**Mural Mosaic** is a process invented by artist Lewis Lavoie that takes individual paintings and places them in a specific order to create a large painting. The first Mural Mosaic was created in 1997 for a retaining wall next to an art gallery in St. Albert, Alberta, Canada. Five years later, in 2004, Lavoie took his process and involve other artists. During a 24-hour "paint-a-thon" to raise money for a local charity, Lavoie pre-prepared panels with color tones and shapes, then using the color guidelines on the prepared panels as inspiration, artists created a painting using their own style. When all the panels were reunited, the final image was a success.

Lavoie and his partners Phil Alain and Paul Lavoie began the Mural Mosaic journey to bring communities together using their murals as examples of "Unity through Diversity". This is represented by bringing the uniqueness of individual creative styles together on numerous panels to create one united image. The most unique aspect of this artistic process is that artists are given an individual panel with the freedom to paint what they want within the "theme" of the mural subject, however, the final image created by Lavoie is kept secret until mural unveiling.

Since 2004 over 1000 artists have helped make it possible for Mural Mosaic to create stunning collaborative murals. Artists range from aspiring students and recreational artists to professional and internationally acclaimed artists. Our murals have also featured special guests including renowned musicians, politicians, actors, athletes and various celebrities. Murals could not be successful without their valuable contribution.

We encourage our web viewers to explore each painting and learn more about each artist through the external links on each artists panel web page.

We hope you will see as you explore that Mural Mosaic is about unity through diversity. <http://www.muralmosaic.com>



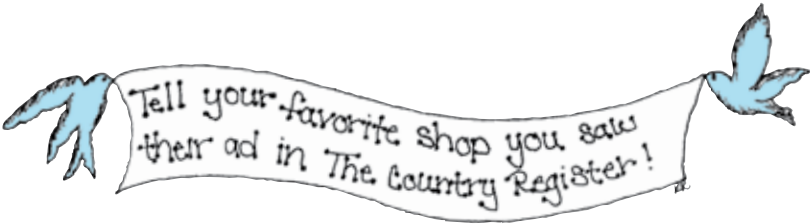
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*Our Search for Cover Artwork –*  
Across Canada and the U.S, you can always tell *The Country Register* by it’s cover. Our publishers seek to find cover art or photos from the province/state the paper represents. To that end, we are seeking the work 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](mailto:OntarioCountryRegister@gmail.com)



**Row by Row Experience®**  
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More Than 3,000 Brick and Mortar Quilt Shops Boost Revenue \$30 Million with 1.4 million Participants

SYRACUSE, NY – September 6, 2016 – In an effort to compete against rising online sales, Janet Lutz, owner of Calico Gals quilt shop in Syracuse, created a unique ‘shop hop’ six years ago to drive traffic to struggling stores. Since its inception, Row by Row Experience® (RxR) has grown to more than 3,000 participating stores across the U.S., Canada and Europe, boosting sales industry wide by \$30 million in 2015. RxR runs from the first day of summer through Labor Day and is expected to reach more than 1.4 million participants worldwide.

“I was struggling to get people into my store after it became easy to order fabric and supplies online,” said Lutz, who adapted the ‘shop hop,’ a sales device commonly used in the fabric industry, to create RxR, an annual quilting, traveling, and collecting event.

RxR started in the summer of 2011 with 20 shop owners in New York who agreed to provide a free quilt pattern to visitors. Promoted primarily through Facebook, shoppers are encouraged to visit eight different stores to collect eight different rows to incorporate into a quilt. Visitors are invited to come into a store not just to shop but experience the people, fabrics and feel of a small business catering to their passion. RxR quilters also compete for a prize at each store by presenting their quilt before October 31, the official end of the 2016 RxR season. The first quilter who presents her quilt receives a fabric prize and photo mention on the state RxR Facebook page.

“We want people to experience our store,” said Lutz, who wants shoppers to buy goods and enjoy themselves, remembering what a good time they had while visiting her store. During the visit, quilters typically buy \$40-\$50 in fabric, sewing accessories and other RxR collectibles. RxR participants, or ‘rowers,’ who are traveling also visit other small businesses, purchasing goods and services to boost local economies. Some collectors have even booked their family summer vacations around RxR store destinations in locations such as the Jersey Shore, Hawaii and Alaska.

(story continues on page 12)

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# Madeline's Musings

by Madeline Lister

## Cool Lick'n

"And Madie, what would you like?"  
 "Chocolate, and a bag of chips, please."  
 "And Madie, what would you like?"  
 "Chocolate, and a bag of chips, please."  
 "And Madie, what would you like?"  
 "Chocolate, and a bag of chips, please."

Ever notice how some things never change? Same question, same answer, every time. I sometimes wondered why they kept asking. Grrrr! Parents . . . Didn't they know all I'd say would be, "Chocolate, and a bag of chips, please"? Dark, rich, icy-hard chocolate ice cream in a cone, and a 5-cent bag of the saltiest chips you could find.

"How about strawberry, or orange pineapple? Just for a change . . ."

Who needs a change when all one wants is chocolate, and a bag of chips?! Sixty-plus years later, nothing's changed. Well . . . maybe a Fudgesicle and a \$3.69 bag of regular Fritos, if you can't find hard chocolate and salty chips.

What is it about ice cream that brings out such a passionate spirit? Not just any ice cream. Oh, no! For my sister, it's Tiger Tail (yuck!). True to her Gramma, our Mackenzie must have chocolate. And for my DH, a scoop of plain old vanilla, please and thank you. How about Neapolitan? Guess that's OK, providing you like vanilla, strawberry, or chocolate.

And the cone . . . ever bite off the bottom so you could draw out the delicious cream that collected there?! On a hot day, did you ask to have your treat in a cup instead, so it wouldn't melt and stain your brand-new pants, or drip on your bare legs?

Ah, the combos! Cake and ice cream. Banana splits. Milkshakes. Pie a la mode. Ice cream sandwiches. Someone even suggests ice cream and French Fries! To each, his own, I suppose. If it must be "healthy", I opt for strawberries and ice cream. Chocolate ice cream. And the ratio of one to the other usually leans in favour of the IC. Oh, did I miss ice cream and pickles?

There's little that's not celebrated sometime on the calendar. So, I went looking for an Ice Cream Festival Day. Would you believe, there are over 20 such days! Everything from the classic National Ice Cream Day in the middle of National Ice Cream Month, July, to one harried mother's creation, Ice Cream for Breakfast Day, the 1st Saturday in February. I couldn't find a Pie and Ice Cream Day, but if you prefer it in a shake, celebrate that version on September 12. Wouldn't you know . . . Chocolate ice cream has its own day, June 7.

For a while we tried making our own ice cream. Such an event was generally touted to be the perfect get-the-family-together-on-the-weekend enticement. The more old-fashioned, the better. We purchased a wooden bucket with a hand crank. We stocked up on such dairy ingredients as were listed in the recipe. And dropped over to the local hardware store for the freezing essentials. Fast forward a few hours. Bucket's scraped clean. The box of cones, empty. Everybody's set back in lawn chairs or on picnic blankets. Cool and satisfied. According to one third grader with ice cream from ear-to-ear, "The funnest part is lick'n them beaters!" But it's hard to change an institution . . .

A drive to the local dairy bar on a balmy summer's evening. This was a tradition in my husband's family. We would join the queue that wound up and down the rows of cars. Eventually, somewhere, 'way up there, we'd

Cornwall • Perth

make it in the door. Double and triple-deckers, all the same, or mixed . . . your choice. Folks milled around, absent-mindedly licked away at their cones, and shared small talk. Starry-eyed teenyboppers twisted to the '60s and '70s hits crooning across the parking lot. The local deputy, with his tin whistle and a wave from his hand, tried to control the traffic. All sort of Mayberry-style.

Today, the ice cream man on his bicycle competes with mall kiosks parading flavors I can't pronounce. There's fat-free and gluten-free and flavor-free (so says DH). As for the dire warnings of its being bad for our health . . . not going there. So, tell me, why is it that the kid in all of us still cries, I scream, you scream, we all scream for ice cream?

Happy cool lick'n to you,

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 video chatting with their three grandchildren. You can exchange comments and ideas with Madeline by email: [madelinesmusings@gmail.com](mailto:madelinesmusings@gmail.com).



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## Trying Something New

by Marlene Oddie



Ever want to try something new but you were afraid to? Here are a few things I've tried recently that are new to me.

You may have seen my recent ad for the Rondure Retreat—an intensive three days for making my Rondure quilt design. Although I didn't expect anyone to actually get the quilt done, we did make it through all learning skills and got a lot of it done. To my great delight, I've since heard from at least one student who has already finished it. Hosting the retreat was trying something new for me and we learned that it probably was too intense, but a five day, two learning skills per day, with some extra time each evening to use at the quilter's discretion might be a better format.

Each month, Island Batik Ambassadors are given a challenge. In April it was Adventurous Appliqué. I had worked on a paper pieced heart, design by RaNae Merrill, earlier in the year but hadn't decided what to do with it. The idea of an 'adventure' and this heart got me thinking about the adventure a balloon takes when accidentally released. Trying to appliqué something that is already paper pieced was new for me and I thought using the trapunto technique would also be a fun adventure. I used my domestic machine to add the first layer of batting and then loaded it on the longarm to do the rest, which included a double layer of batting using 80/20 and wool to make sure the clouds still looked fluffy, too.

One aspect of my co-authored book, You Can Quilt! Building Skills for Beginners, is that it allows you to try something new just one block at a time. Another adventure was to take the orange peel shapes (Chapter 10) and change the sizes to 2", 4" and 6". This fits the golden ratio principal and makes for easy placement on the quilt top with just a simple press of the fabric folded on the diagonal both ways you can place the interfaced shapes. When you like it, press it in place and then add a zig zag around all shapes.

Although I normally hesitate to work with appliqué, I did enjoy working on these projects. I hope you'll take the initiative to work on something you might normally hesitate about and just have fun with it.

Marlene Oddie is an engineer by education, project manager by profession and now a quilter by passion in Grand Coulee, WA at her quilt shop, KISSED Quilts. She enjoys long-arm quilting on her Gammill Optimum Plus, but especially enjoys designing quilts and assisting in the creation of a meaningful treasure for the recipient.





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## Building Harmony

### Episode 54: Dreams of a Child

By Jeff Cappis



The imagination of a child is an amazing thing. Remember how you used to while away the hours in a make believe world become real in your imagination? I lost that until recently.

A few years ago when my grandson Kane was much younger, I wanted to engage his imagination by expanding his world. I chose to do it with a cheap telescope. We found it in a beat up box covered in dust at the back of a closet. You would have thought Kane had discovered gold by the look in his eyes. I knew right then that I'd be missing some

TV shows that night, by the look in mine.

That night I set the telescope up on the deck. The only thing we could see through this cheap telescope with any clarity was the moon. It was full and the sky was clear that night, so with a little effort I found the moon through the eye piece and brought it into focus.

Kane saw craters amidst the grey of the surface. He saw the way it had a bit of a glow through the slightly foggy lens. He'd never seen anything like this before. This excited him so much that he started jumping around, causing him to hit the telescope. It pivoted on it's tripod and the other end smacked me between the eyes. Kane had seen the moon. I saw stars.

As I put him to bed that night, he was still excited. "I want to build a rocket that will go to the moon and bring back some of those glowing rocks! They glow you know. I saw it. That's how you can see the moon at night!" I smiled knowingly, then got another world expanding idea.

"I have a model rocket. Maybe we could launch that tomorrow," Kane got real excited again.

"Maybe we can send it to the moon and bring back some glowing rocks!" How could I ignore that kind of enthusiasm? "Sure," I said with my tongue in my cheek, "we'll get some moon rocks."

I next day we set about building my old rocket kit. It was simple enough: a cardboard tube with some balsa wood fins and a plastic nose cone. A small rocket engine went in the other end of the tube. Kane painted it red because that color "goes fastest". He put tape on the sides so that rocks would stick to it as it went past the moon. I thought these things showed great engineoity, coming from a 3 year old.

Then came the time of the great launch. We took the rocket outside and set it up on it's launch pad. I carefully hooked the wires up to the engine and handed the launch button to Kane. "O.K., on the count of three, push the button. Ready? O.K. One...". The rocket took off. (I forgot, he couldn't count to 3 yet).

The rocket made a loud swoosh noise as it fired into the sky. We watched it for 10 or 15 seconds as it got so small we lost it in the clouds. I knew there was little or no chance we would get it back. It would most likely blow off course or get stuck in a tree. Kane didn't even wait for it to come down.

"It's going to take at least a cookie break and a glass of milk to go to the moon and come back."

"At least," I replied, so we went inside and had cookies and milk. When we were done, Kane put on his shoes and said, "It should be back by now. Let's go and see."

We did and I was astounded. There it was, crashed in the middle of our gravel driveway, all beat up and bent. It had obviously gone straight up, and then come straight down practically pile driving itself into the small rocks.

Kane was beside himself. "Look! It brought back rocks!" Yeah, a whole driveway's worth, I thought to myself. Kane set about picking up a half dozen or so off colored rocks. "See? Moon rocks!" The kid held them

like treasure. We took the rocks and the pieces of rocket inside where to proudly displayed them on his dresser.

That night, as I put him to bed once more, all he would talk about was how we should build an even bigger rocket to bring back even more moon rocks. I tell you, that was so cute I could have hugged him all night. What an imagination. I kissed him on the forehead and wished him a good night's sleep.

He did sleep well too, by the glow of the rocks on his dresser.

© 2017 Jeff Cappis. Jeff is a writer and cartoonist who lives in Bragg Creek, Alberta.



## Cook's Library With Patsy

### The Quest for the Perfect Pie Crust

By Patsy Terrell

I've been on a quest for the perfect pie crust for a very long time. The one I grew up with was lard, flour and water – as little water as possible. When lard fell out of favor, we started using vegetable shortening. As we all know, pie crust has never been the same.

I can make pie crusts that are good. I can make pie crusts that are pretty. But doing both simultaneously is nearly impossible. I'm not the only one. The Midpoint Café on Route 66 in Adrian, Texas, advertises their "Ugly Pies." I can state for the record their pies are delicious. I don't remember too much about their beauty standards.

Making pie crust is far simpler than some would have you believe. Once you get the hang of it, you can do it in five minutes. Plus you never have to buy one again, and you'll have the adoration of everyone you share pie with.

The tricks to flakey pie crusts are:

1. Keep it cold.
2. Don't overwork the dough.

These are both for the same reason, and also the reason your mama told you not to add any more water than necessary. The goal is to keep the fat and flour in layers (actually blobs of fat covered in flour, but let's not get overly technical) because that's what creates the flakiness. Keeping everything cold makes the fat less likely to blend fully with the flour. If you keep working the dough until it's all blended – especially with your warm hands – you'll destroy the blobs and your potential for flakey crust. That was all the easier to do if you put in too much water.

This is why pretty is difficult for me. I leave my crust almost crumbly when I begin to roll it out. It's barely holding together. I know it will be flakey, but to have those pretty edges, I would need a smoother dough. I'm never willing to risk it, but if you practice enough you'll find the sweet spot. I just let mine be homely.

I explained to a new boyfriend a long time ago that I knew my pie crusts were ugly. He looked at the pie and said with some reverence, "It's not ugly. It's homemade. It's beautiful." And that, my friends, is how you get more pie!

Some recipes call for a little vinegar, but the science is not on the side of vinegar in pie crusts. The idea is that the acid keeps the flour from creating long strands of gluten, which can make the crust tough. The reality is gluten forms better in a slightly acidic environment. Some suggest using vodka -- because it's only about 60% water you have more liquid to make the crust prettier, but the other 40% of the vodka vaporizes during cooking. But I don't keep vodka around, so I don't use it. Some recipes are

(story continues on next page)



(story continued from previous page)

made with oil, and you can press them directly into the pan without rolling out. But the rolling out – smooshing those layers of fat and flour – also leads to more flakiness.

This is the recipe I love after trying dozens of them.

Pie Crust Extraordinaire

- 4 cups all-purpose flour

1 3/4 cups shortening

3 tablespoons sugar
- 1 teaspoon salt

1 egg

1/2 cup water

Mix all-purpose flour, sugar, and salt. Cut in shortening with a pastry cutter until crumbly. Separately mix egg and water, then blend into flour mixture. Chill, then roll out as needed. This will make crusts for two pies if you make them thin or one hearty pie with a top and bottom crust.

Patsy Terrell doesn't quibble over crusts. She has rarely met one she didn't like. Find more recipes and photos, and sign up for a monthly newsletter, at [cookslibrarywithpatsy.com](http://cookslibrarywithpatsy.com).



Tea Tree (Melaleuca alternifolia)

By Wanda Headrick

The last several months many customers, friends and acquaintances have asked what essential oil would help with ticks. My answer it always Tea Tree Essential Oil (Melaleuca alternifolia). There seems to be a heavy infestation of ticks throughout the area and multiple reports of people seeking medical treatment for tick bites. Tick bites need to be taken seriously, so if you have symptoms of a bite you should seek medical care for treatment soon and not delay or “wait to see.”

Because we live in the country, ticks are a part of life, which we do take seriously. If we find a tick we get the Tea Tree essential oil, place a drop on the tick and wait until it releases. Then, remove the tick. This has worked successfully for us for our animals and ourselves for many years. It will occasionally require a second drop on the tick before it will release, but that is not the norm.

The Aborigines in Australia have been using the indigenous Australian Tea Tree in their medications for centuries. They simply crushed the leaves of the Tea Tree in the hand and the volatile oil was inhaled to relieve colds and headaches. The name “Tea Tree” was first used by Captain Cook in 1777 when the leaves of the melaleuca or leptospermum tree were brewed to make a tea to prevent scurvy. The name Melaleuca is derived from the Greek word melos (dark, black) and leukon (white). This name was thought to be given to the first species described, M. leucadendron, which had white paper bark on the higher stems and branches and a black lower trunk. The common name of paperbark refers to the paper-like bark, which can often be peeled from the larger trees in broad strips. The common name of

“Tea Tree” applies to several species of leptospermum and melaleuca. Tea Tree essential oil is water or steam distilled from the Melaleuca Alternifolia Tree which produces a pale-yellowish green to almost clear mobile liquid with a warm, spicy, aromatic odor. Tea Tree oil was first distilled in Australia in the 1920s. W.R. Penfold, Curator and Economic Chemist of the Sydney Technological Museum states “An analysis of an essential oil extract from a variety of tea tree growing in profusion on the North coast of New South Wales was brought to my notice about 12 months ago, showed that it was non-toxic, non-irritating and 11 to 13 times stronger than carbolic as a germicide (Rideal-walker coefficient). ”

The article continues describing ways tea tree had been used during the analysis. Today Tea Tree is considered to have antimicrobial, antifungal,

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Pure Cinnamon Leaf Essential Oil .....20 drops

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(story continued from page 5)

Suppliers in the \$3.8 billion quilt, craft, and sewing industry are amazed at the success of RxR. "Row by Row fabrics have exceeded all our expectations for success," said Sari Brown Ohara, vice president of sales for Timeless Treasures, New York City based fabric manufacturer, the official supplier of RxR fabrics. "Sales of the Row by Row fabrics have exceeded any other specialty fabric program we have done. Row by Row taps into people's interest in travel and collecting."

Across the U.S. and Canada, shop owners have seen tremendous growth from RxR. "We've had higher sales and more customers because of Row by Row," said quilt shop owner Brian McCoy, Bolts & Quarters Quilt Shop in Parkersburg, West Virginia.

Some shop owners credit RxR for saving their store during a typically slow time of year in the summer months. RxR state coordinator and manager of Sew Irresistible in Houghton, Michigan, Carol Laske said, "Shop owners tell me Row by Row 'saved my store,' because it brings new customers from all over the country. One shop owner told me Row by Row saved her entire town!"

The success of RxR also extends to the 9th Row, a charitable component of the quilting program. The 9th Row kit is available at nearly 300 quilt shops that will donate a portion of the proceeds to local charities fighting hunger and homelessness.

Visit [www.rowbyrowexperience.com](http://www.rowbyrowexperience.com) to learn more about the program, explore store maps, watch videos and download an infographic on the impact of the quilting program.

#### About Row by Row Experience®

Row by Row Experience® (RxR) is the brainchild of Janet Lutz, owner of Calico Gals quilt and fabric store in Syracuse, NY. Started in 2011, RxR engages quilters, collectors and travelers from all over the world to join in the fun of collecting free quilt patterns each summer while visiting brick and mortar stores. More than 3,000 quilt and fabric stores in the U.S., Canada, and Europe participated in RxR in 2016 contributing to \$30 million in revenue. RxR plans to expand to Australia in 2017. For more information, visit [www.rowbyrowexperience.com](http://www.rowbyrowexperience.com) or [rowbyrowstudio.com](http://rowbyrowstudio.com).



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## New CANADIAN FABRIC COMPANY Wins BEST DOUBLE BOOTH at Spring Quilt Market in St. Louis

There is a new fabric company in town and their name is Sweet Bee Designs out of Lethbridge, Alberta. They were first time exhibitors at Quilt Market in St Louis and won best double booth. That is quite a feat for a new company. Congratulations Sweet Bee Designs!



*Sweet Bee Designs' Booth at Quilt Market in St Louis*

Sweet Bee Designs is passionate about fabric and dedicated to creating fresh, inspiring designs. Great care and time is given to each collection resulting in beautiful fabric for quilters and sewers to create with.

Their two talented Designers are Deane Beesley out of Alberta and Shari Butler – Doohikey Designs (formally of Riley Blake Designs), who has recently joined Sweet Bee Designs.



### Deane Beesley

For as long as she can remember, Deane Beesley has been surrounded by creative, inspiring, crafting people. One of her fondest childhood memories is sitting beside her Grandma on a floral print couch, learning how to crochet! From there she learned latch hook, macramé and knitting. Deane also loved to draw. Doodling in every one of her mom's recipe books became a daily habit. Her talented mom Linda also made Deane's childhood clothing,

so it's no wonder she soon learned to sew as well!

In her early 20's, Deane took a Beginners Quilting Class and fell in love! She was hooked! Quilting was her calling. Deane soon started working at her local quilt store and became quite proficient and excelled at her craft. Making quilt, teaching classes, writing patterns and selling sewing machines made her realize how much she loved the quilting business. A few years later she had the opportunity to own her very own quilt store!

But her dreams never stopped there. Deane's passion for creating led her to a career in fabric design.

Her love for vintage and modern marry beautifully in her artwork. She loves to experiment with different types of media including drawing, painting and stamping.

Deane draws her inspiration from many places, but #1 in her heart is family. To bring her thoughts to life on fabric and then make a quilt from is what sings to her soul.

### Shari Butler, Doohikey Designs

Since childhood Shari Butler has always been involved with the arts and crafts following in the footsteps of her mother. Whether it's from tickling the ivory keyboard, singing a song, or doodling on a piece of paper, She always has something brewing in her creative mind and spirit.

Shari's beautiful work is populated with vintage like characters and whimsical designs that are inspired from her childhood. With the opportunities of freelancing with some national companies, she was inspired to follow her own dream and to search for her own creative niche.

Shari fell in love with quilting, sewing and the idea of fabric. She loves and is inspired by the idea that someday when someone makes a quilt with her designs it will be passed down from generation to generation. When she discovered the community of quilting, she found her passion and dream job in designing fabric, patterns and now notions.

Her style is vintage with a modern twist in her surface designs. She is always exploring the arts, and how to increase her skill set through all different types of media. She is always seeking new endeavors to expound her artwork into other markets. As a surface designer, she's always in the creative mode.

Shari is the creator of Binding Babies™ a new craft and quilt notion.

Shari lives in Utah with her husband, Dan and their two puppies, Reeses and Benji.







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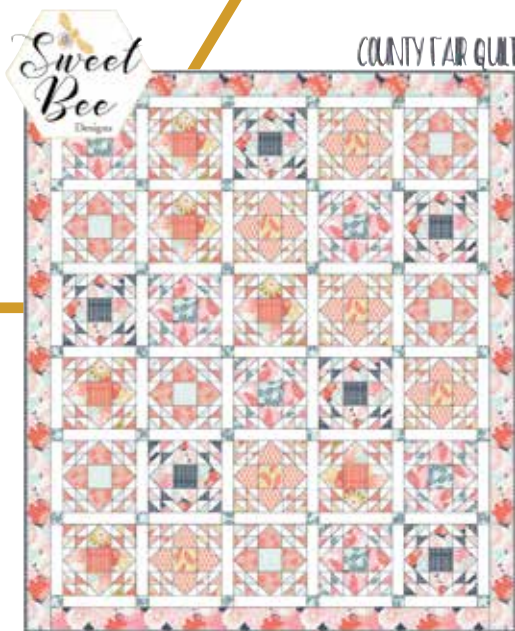
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## TASHA TUDOR Simple Living, Extraordinary Life

by Kimberly Chaffee

The year was 1915, Babe Ruth hit his first home run, the RMS Lusitania sunk on passage from New York to Britain, and in a hospital room in Boston a little girl was born. Her birth was not notorious, nor was it inconsequential. She came into the world, named Starling, after her father's middle name, but soon renamed for the Heroine in War and Peace "Natasha". Her parents called her Tasha and her early creative moments paved the way for a life spent inspiring others. Her talent for the expressive nature of her watercolors and pencil drawings, mostly of children, earned her world-renowned fame.

Tasha Tudor, the daughter of famous portrait artist Rosamond Tudor, began her prolific career as an illustrator at the age of 19. Her self-published book, Hitty's Almanac, was the first in nearly 100 books she either wrote or illustrated. Her professional career was launched with a book she wrote and illustrated named, Pumpkin Moonshine. It was a story about a little girl trying to get a huge fat pumpkin home for carving.

She received many awards and honors. The illustrations in Mother Goose and 1 is One earned her Caldecott Honors. Her books featured simple and often rhyming text accompanied by detailed and realistic drawings with soft colors. Text and pictures were often bordered by intricate details such as flowers, birds or other charming objects and animals.

During her teenage years she wanted to learn to cook and sew. Her Scottish nanny Gady, not only imparted knowledge of cheese-making, but she taught Tasha how to make ice cream. Gady also taught Tasha the secrets to flavoring food using fresh herbs. She enjoyed cooking and later authored and illustrated, The Tasha Tudor Cookbook.

Her success with Mother Goose allowed her to buy a large farm in New Hampshire, where she spent happy years not only raising her four children, but also Welsh Corgi dogs. She loved the Corgi dogs, and made them the stars in three of her books, Corgiville Fair, The Great Corgiville Kidnapping, and Corgiville Christmas. She thoroughly enjoyed their companionship and idiosyncrasies. At one point, Tasha had 13 Welsh Corgis following at her heels.

Her favorite time period was the 1830s, and mimicked living a lifestyle that impressively kept out the modern world. Although she was born in 1915, the simplicity of the 1830's marked her soul, and resonated into a more simplistic way of living.

In 1971 Tasha wanted to downsize from the farm and therefore moved to Vermont. Her son Seth cleared some of the land and built her a Cape Cod-style home. He used only hand tools to construct the house. She nicknamed it "Corgi Cottage". Other outbuildings were added to house her Nubian milking goats, birds, and other animals. She cooked with fresh eggs from her own chickens, used fresh goats milk, and grew and dried fresh herbs from her garden to flavor her food. She mastered crafts such as candle dipping, weaving, doll making, knitting, sewing, and soap making.

She wore long frocks, petticoats, aprons, lacy kerchiefs, and handknit shawls as if she truly lived 150 years earlier. It was in Vermont her excitement and passion allowed her to master gardening. Her cookbooks, which she was also known for, included recipes using fresh herbs from her culinary garden. Her life seemed tied to the land. She believed in herbal medicine

(story continues on page 25)



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# A Cup of Tea with Lydia

by Lydia E. Harris



## Summer Spontanei-TEAs

Our new deck and sunny Seattle afternoons beckoned me to serve tea outdoors. Simple spontanei-TEAs. As I did so, I gathered a few tips to share with you.

### Tea with Our Granddaughter

Our six-year-old granddaughter, Anna, was the first guest I served on our new deck. No matter what the season, she loves having an egg hunt as part of her snack or lunch. I keep colorful plastic eggs in a kitchen drawer, and together we fill a dozen eggs with foods she likes. Often she selects small crackers, candies, apple slices, carrot circles, and cubes of ham or cheese. We make sure to include a sampling from different food groups, not just sweets. Then I hide the eggs, and Anna enjoys the hunt. After she finds them, she sits at the table and empties the contents onto her plate.

This time Anna's egg hunt was extra special since it ended outdoors. I had spread a colorful tablecloth on the deck table and added a bouquet of sweet-smelling white and purple lilacs from my yard. Together we enjoyed the sunny warmth as she nibbled her foods. Sometimes Anna enjoys peach herbal tea sweetened with sugar cubes. But this time she chose another favorite beverage—chilled mango nectar. Our shared time was plenty sweet without the sugar cubes.

**Tip 1: Prepare foods you know your guests will enjoy.**

### Tea with Neighbors

For my next spontanei-TEA, I invited our neighbors to come see our new deck. Robert and Sara live two houses down the street, and Robert is a talented handyman. Since he has helped us with tasks around our home and built his own deck, I knew he would enjoy seeing ours.

They gladly accepted our spur-of-the-moment invitation, even though Robert is recovering from a stroke. I quickly spread a cloth on the deck table and served them homemade rhubarb dessert à la mode. For beverages, I offered tea and sparkling cider. Together we christened our deck and enjoyed a sunny visit.

Later, Sara told me our invitation meant so much to Robert that he mentioned it to his speech therapist the next day. It made me realize that some of the simplest things we do can brighten someone's day.

**Tip 2: Something that seems ordinary to you may delight someone facing challenges in life.**

### Tea with My Sister

A few days later, my sister Ruth e-mailed that she would be in the area for a ladies' brunch and could stop by for a cup of tea afterwards. Although I had planned to run errands, I changed my schedule and shared a spontanei-TEA with her.

I covered the deck table with a blue-and-white pinstriped sheet and added a blue table runner Ruth had sewed for me. My orchid in a cup became the centerpiece, and yellow paper plates and napkins made the table look as sunny as the day. Since she wasn't hungry, I used my miniature forget-me-not children's tea set and served mini cheese balls

with crackers followed by hazelnut and salted caramel ice cream in tiny teacups. Ruth preferred iced tea, so she sipped mango black tea with a splash of mango nectar, served in a tall glass with a fancy straw. We enjoyed our leisurely chat, and my suntan proves we shared a warm time.

**Tip 3: Be flexible, and make memories while you can. People are more important than projects.**

### Summing Up These Summer Teas

In each of these spontanei-TEAs, food was not the focus. Friendship was. I kept things simple and served foods I had on hand. None of these teatimes required a lot of fuss. Being available to bless others was what mattered.

If you are cold, tea will warm you;

If you are too heated, it will cool you;

If you are depressed, it will cheer you;

If you are excited, it will calm you.

—William E. Gladstone

As nice as it is to share tea in the summer sun, you don't need sunshine to create memories that warm hearts. Rain or shine, I'm ready to share tea with others. Will you join me?

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."





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## Quilting with Barbara

I heard a meadowlark today. Canada geese are honking overhead, bits of green and yellow dandelions are emerging from their winter hibernation, new lambs and calves are frolicking... It must be quilt show season! Quilters and vendors are coming out of their winter-induced seclusion with new quilts and products to showcase, and we're all ready for some road trips, aren't we?

Speaking of road trips, some are better than others; when travellers find something unexpected and interesting, that's serendipity. A few weeks ago while we sun-starved northerners absorbed the sun and warmth of some of the southwestern states, we chanced on publicity advertising "Urban Lights," the 27th annual quilt show of the Desert Quilters of Nevada staged in Henderson, a city adjacent to Las Vegas. It wasn't difficult to sacrifice a few hours in the sun to view the hundreds of quilts in many categories on display and check out the myriad patterns, ideas and fabrics offered by thirty vendors from several states. That day we discovered that Las Vegas

and area isn't all glitz, glamour and gambling, although keeping to the theme of urban lights, glittery entries were plentiful. Would-be touchers and feelers of displays (a no-no, as we all know) were discouraged by signs such as, "Touching quilts makes chocolate taste like liver!" and "Touching quilts instantly adds ten pounds!" The food trucks parked outside on the patio with their novel offerings were a wonderful discovery for hungry, foot-weary viewers, and, incidentally, removed the responsibility of providing food and drink from the sponsoring guild. Serendipity indeed.

So look around. There are posters and publicity for quilt shows wherever you look (e.g. this issue of Country Register). Refresh your quilting self by looking at others' handiwork.

Travellers in Canada this spring will find heavy emphasis on maple leaves, moose and Mounties, those stereotypical symbols of Canada, because July 1, 2017, is our sesquicentennial (150 anniversary) of Confederation. Expect Canada-themed quilt shows and loads of Canada-themed fabrics in shops. What about making a souvenir cross-country quilt? These fabrics will likely disappear from shop shelves as fast as they appeared. Remember millennium-themed fabrics? I thought so. Of course those looking for Row-by-Row fabrics and other gems won't be disappointed.

See you on the roads and at the quilt shows!

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





# Book Review

## The 7 Rings

A Journey to a Balanced  
Life of Peace, Passion,  
and Purpose

by Brian Watson

The 7 Rings combines the business and leadership acumen of a successful, global CEO with the inspiration and passionate motivation of a friend. Simply put, it's an inspiring field guide for making life balance a reality, from someone who has had their share of struggles and disappointments. Bridging both the corporate and non-profit worlds, this book challenges readers to discover their life's purpose and encourages them to live wholeheartedly in all that they do.

Within each of the "7 Rings," Brian Watson offers fresh insight into the art of servant leadership and prioritizing one's life with numerous examples of people, both historical and contemporary, who have inspired him. In addition, each chapter includes thought-provoking quotations and action-igniting questions for practical application.



**ABOUT THE AUTHOR:**

One of America's most dynamic entrepreneurs, Brian Watson knows how to integrate his personal resources, professional goals, and spiritual commitment in an authentic, seamless blend that's hard to find. As the founder and CEO of Northstar Commercial Partners, as well as the founder of the rapidly growing non-profit, The Opportunity Coalition, he understands the obstacles we often face in what America's Founding Fathers called "the pursuit of happiness."

Brian's passion is "doing well by doing good," and making a positive impact for others in the world. Throughout all of his endeavors, Brian seeks to create opportunity, empower people, and strengthen communities.

SOFT COVER • 208 PAGES • \$14.99 • ISBN: 978-1-942306-87-0

### You Could WIN "The 7 Rings"

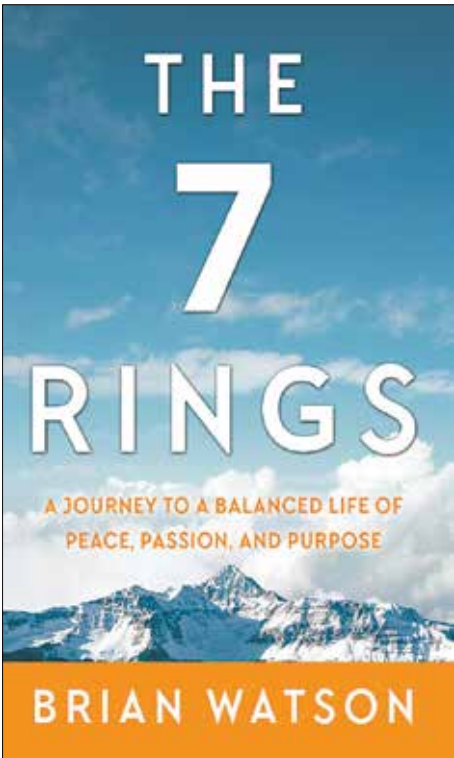
You can register to win a copy of *The 7 Rings*. Clip and mail in this form OR write *The 7 Rings* on the Gift Certificate Entry Form to be registered to win both the Gift Certificate and the book. If you prefer, just send the information below on any paper or note card to: The Country Register, 16755 Oak Brush Loop, Peyton, CO 80831. Winners will be notified and receive their prize by mail.

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Girlfriend Wisdom:  
Find a statement that "rings your bell" to empower you to STRUT YOUR STUFF! You'll make the world a better place. Guaranteed!

Joy & Blessings, Jody

Girlfriend Wisdom is written and illustrated by Jody Houghton®.  
Color files of this writing and artwork are available: www.JodyHoughtonDesigns.etsy.com





## Textiles on Tour

One of the best and most interesting things for a quilter to do when traveling is to visit quilt shops and textile related exhibitions. Our Celtic Quilt Tours offers just that – blending the must-see historic sites of beautiful countries with a nice mix of all things textile – quilt exhibits, quilt shops, mills, fabrics, tweeds, woolens, yarns, etc.....

Our tours are organized to coincide with quilt and textile festivals of each country we visit. Our travels through Ireland coincide with National Quilt Week (NQWI), generally held during the first week of June each year. NQWI showcases the work of Irish quilters and textile artists with displays and exhibits all over Ireland.

This year, a number of exhibitions are planned for Ireland in June. Now in its third year, selected work of the Irish Quilters Showcase, spearheaded by Paula Rafferty, will be displayed in three different locations. The Wild Atlantic Way Exhibit is in the UK, Freedom Exhibit will be displayed in the Basket Centre (Co. Kerry), and the new exhibit NESW will be displayed at Spike Island, Co. Cork. Another exhibit is planned for the Courthouse Gallery in Ennistymon, Co. Clare (running until June 24), entitled Layered Stories, and features the brilliant work of Tracy Watson and Joke Buursma. Many other pop-up exhibitions are planned for various locations all over Ireland.

Of course, what would a quilt tour be without a visit to local quilt shops! Ireland boasts a number of quaint, authentically Irish quilt and haberdashery shops and we always look forward to our visits. Besides that wonderful Irish welcome, Cead Mille Failte, these shops offer a wide range of fabrics and uniquely Irish quilt patterns and kits including Celtic Knot work, Irish cottages and landscape, and of course, sheep! As well, we visit a few textile mills for hands-on weaving demonstrations of natural, locally produced fibers.

Our travels through Scotland take us through some of the most beautiful scenery of the country. Sprinkled throughout our itinerary of must-see castles like Stirling, Edinburgh and Dunvegan (to name a few), we visit traditional Scottish quilt shops in Inverness, Perth, Beaulieu, Melrose and Glasgow. These shops offer not only unique and traditional quilting cottons, but also a variety of tweeds, tartans and woolens. Our Scotland tour always includes a visit to the Scottish Quilt Championships, where the best of the best quilts of Scotland are showcased, along with a huge vendor

mall!

In 2018, not only will we return to Ireland with a brand new itinerary, but we will tour through Wales and England, visiting famous places such as the Victoria and Albert Museum, The Welsh Quilt Center, Liberty of London, not to mention Highclere Castle (of Downton Abbey fame) and Windsor Castle. As if that's not enough, we will spend two full days taking in the well-known Birmingham Quilt Festival!

Our tours offer something for everyone – not just for quilters. We are pleased to welcome spouses and friends to join us as we travel through these beautiful countries. If you're interested in joining us, please don't hesitate to contact me! Our tours fill up very quickly and we'd love to have you along!

Kim Caskey, 780-288-9008, Edmonton, AB

[www.celticquilttours.com](http://www.celticquilttours.com)





## The Knitting Savant

### My (Local) Knitting Heart

By Andrea Springer



In the early 1970's, my mother went to a yarn shop and took me – a young knitter – along on the errand. I'm sure she didn't know the impact that first visit would have on me, or that we would bring home a bag full of red, white and blue yarn and a poncho pattern. I entered that poncho in the County 4-H Fair, took home a blue ribbon, and became a lifelong knitter – all because of the inspiration and encouragement at a local yarn shop.

A decade ago, our area had eight Local Yarn Shops (LYS) in a 50-mile radius (a quick drive in our part of the world). As I write, that number is down to three. Knitters and crocheters still gather to work on projects and enjoy each other's company, but in my interpretation, there's a big hole where skeins of yarn, tools and inspiration once lived and breathed.

Our yarn shop closed over a year ago, and I'm not going to lie – I miss it terribly. We still have a big box retailer in town, but when my LYS closed their doors, I made a commitment to continue to buy my knitting supplies from local retailers.

Why am I so loyal to local?

On almost every occasion, I get great customer service and, more often than not, from the owner of the shop. Their knowledge of the products they sell, insight into trends and their personal assistance keep me coming back to the experts. Shop owners are on the front lines of fiber craft every day, and I find their expertise is valuable.


I like that almost every local yarn shop I've ever visited has offered instruction for knitters of all skill levels – from beginners to advanced practitioners. Having problems with a pattern or need assistance with a mistake? Your LYS has your back, giving you guidance, work arounds, moral support and in the most extreme instances, ripping out your mistake when you can't bring yourself to do the deed. In my experience, online instruction videos are great for reference, but it's the one-on-one coaching and encouragement that makes a good (and confident) knitter.

The LYS is a great place to meet people. I met some of my favorite folks at our weekly Knit Night – people I would have never crossed paths with had we not had a common interest and place to gather. They've taught me new skills, supported me when things were tough, and helped me look at the world in new ways. We forged deep personal bonds all because of our LYS.

For me, buying yarn isn't just about dollars and cents. We all like a bargain when we shop, but as a friend once said, "Sometimes things cost more than money." Each purchase I make at an LYS is an investment in the community I'm shopping in. It's supporting an entrepreneur, energizing a shopping district, funding a local school system through sales tax dollars, and keeping a source of creative expression and friendship alive. Here's to our Local Yarn Shops – may we continue to support the service they provide all of us.



Andrea Springer blogs at [www.knittingsavant.com](http://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](mailto:andrea@knittingsavant.com) or follow Knitting Savant on Facebook and Twitter. (c)2017, Andrea

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(story continued from page 16)

for herself and her animals. If a goat was sick and off it's feed, a few leaves of comfrey usually set the goat straight. Her Corgi's had garlic added to their feed to ward off fleas.

Her daily activities included rising at dawn to milk her goats, collect pears, gather herbs to dry in the rafters, and a myriad of other farming chores. A television was not in her home, nor did she believe it belonged there. Tasha used antiques and chose not to live in modern times if she could avoid it. She was revered throughout the world for her wide-ranging interests and devotion to rural living.

Japanese citizens were introduced to Tasha Tudor when she illustrated the Japanese version of *The Little Prince* in 1976. Tasha's work in Japan has grown and several new books have been published as well as several museum exhibitions. A new Japanese film called, *Tasha Tudor: A Stillwater Story*, will play only in Japan, April 15th of this year. The trailer to the movie is available on my blog page at [www.kimberlychaffee.com](http://www.kimberlychaffee.com)

There is no way to capture the essence of Tasha Tudor in one article. Her illustrations reveal what she found inspiration in and valued throughout her life. Tasha died in 2008. She left us with a desire within our daily lives to live simplistically, encouraging us to slow down and enjoy our families, holidays, and the nature around us. If you would like to learn more about Tasha Tudor I encourage you to visit two websites.

1. [www.tashatudorandfamily.com](http://www.tashatudorandfamily.com)
2. [www.tashatudormuseum.org](http://www.tashatudormuseum.org)

Kimberly Chaffee is a freelance writer and small business owner. She is married with four children and enjoys raising dairy and meat goats on her small hobby farm in Western, PA. You can reach her with comments at [pittsewing@gmail.com](mailto:pittsewing@gmail.com)



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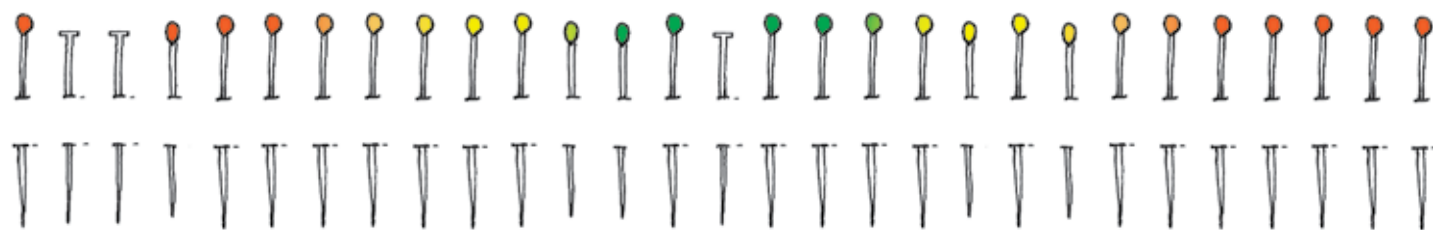



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## Color Pop!!

Mystery Quilt 2017 for The Country Register  
Designed by Ann Jones

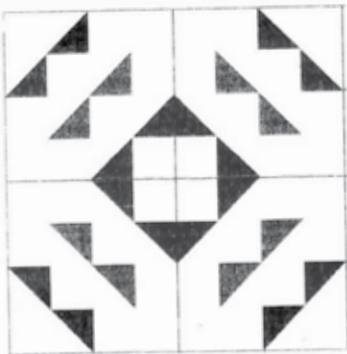
For questions contact Nine Patch Quilt & Fabrics, Nevada, MO  
www.ninepatchnevada.com or 417-667-7100 or ericaskouby@gmail.com

### PART 3:

Cutting instructions: You may want to wait until your quilt top is assembled and then measure the width of your actual quilt top before cutting and adding these pieces since your seam accuracy may not be the same as mine! It will need to be very close to these measurements though!!!

Background fabric: One (1) strip 4 1/2" X 72 1/2"  
One (1) strip 4 1/2" X 80 1/2"

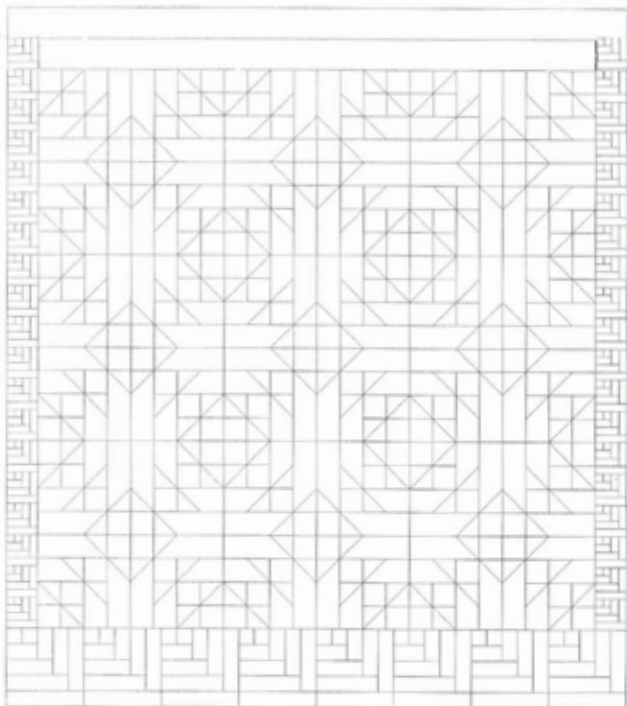
Piece the center of the quilt as shown using the 36 block (Block 1) from Part 1. Sew the 4 1/2" X 72 1/2" neutral strip to the top of the quilt (measure as you may need to adjust the width). Press towards the long strip. You will have 3 of these block sets across and 3 block sets down to make the center of your quilt top.



Sew nineteen (19) 4 1/2" blocks together (Block 2) from Part 2. You will make 2 sets. It does not matter which way you turn your blocks. They can all go the same way or different directions. You choose. After you have these sewn, add one to each side of your quilt. Be careful not to stretch these blocks when you are sewing and pressing. PIN PIN PIN!

Next sew your 10 1/2" blocks together and it again, you decide if they go in the same direction or not. Sew these to the bottom of your quilt.

Sew the 4 1/2" X 80 1/2" piece to the top of the quilt. (again measure to make sure as you may need to adjust the size).



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## From Lydia's Recipe File: Summer Sippers

### 1. Refrigerator-Brewed Iced Tea

1. Place four teabags in a quart jar. Fill with cold water and cover.
2. Steep in the refrigerator for three hours.
3. Remove teabags and serve over ice.

This works well with any flavor or type of tea.

### 2. Sparkling Rhubarb Punch

Mild-flavored and delicious

**3 cups chopped rhubarb**

**3 cups water**

**3/4 cup sugar**

**1 6-oz can frozen pink lemonade (or use half of 12-oz can)**

1. Combine all ingredients in a large saucepan; simmer on medium heat for 10 minutes.
2. Strain. (Pulp can be used as sauce separately.)
3. Chill thoroughly before serving.
4. When ready to serve, combine equal parts of punch base and 7-Up, Sprite, or lemon-lime soda.

**Tip:** Prepare punch base ahead and freeze. Before serving, thaw it slightly; then break it apart with a fork. Add soda pop and stir. This makes a refreshing, slushy punch.

### Frosty glasses:

For a sweet touch, moisten the glass rims with water and dip them in sugar. Chill glasses in the freezer until ready to use.







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