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Mondays:

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Thursdays:

3pm CST • Love To Sew Boutique, weekly......p.7

Annual Great Wisconsin Quilt Show Will Be in Madison on Sept. 7, 8 & 9

The 9th Annual Great Wisconsin Quilt Show will welcome quilting enthusiasts to the Alliant Energy Center in Madison on September 7th, 8th and 9th. The event hosts quilt lovers from across Wisconsin and throughout the United States to create, learn about and celebrate quilts.

Presented by PBS Wisconsin and Nancy Zieman Productions, The Great Wisconsin Quilt Show is the ultimate adventure for quilters of all skill levels. The central attraction is the ten-category juried and judged Quilt Contest exhibit showcasing the incredible talents of quilters from across the country. Featured quilts range from traditional sizes and shapes to innovative pictorial quilts.

Additional exhibits featured at the event showcase other quilt challenges completed by Show participants, including the Modern Mini Quilt Challenge, the Kids Quilt Challenge and a themed quilt challenge. This year's theme, "Back in 1973," takes quilters back in time. All quilts must represent the fashion, pop culture, music, art, decorating styles, colors, kid's toys and/or quilt designs from 50 years ago.

Also included are more than 100 educational lectures and workshops led by expert quilters; shopping opportunities from trusted vendors featuring the latest fabrics and notions; and a community service project, Quilt to Give, for which attendees donate their materials and skills to create quilts for those in need.

Thanks go to Premier Event Sponsors: Husqvarna Viking Sewing Machines and Pfaff Sewing Machines. Additional thanks go to Associate Event Sponsors: Ana's Sewing Studio, BERNINA of America, Brother International Sewing Corporation, Global Artisans, Janome, Juki America, Inc. and Linda Z's Sewing Center.

For more information about **The 9th Annual Great Wisconsin Quilt Show**, visit: quiltshow.com, email: quiltshow@pbswisconsin.org or call 866-297-6545. Ticket sales and class registration open July 10.



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The Country Register of Arkansas, Illinois, Missouri, Oklahoma & Texas July/August 2023 Issue

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Chello SUMMER

Random Acts

by Maranda K Jones

Two Scoops

"Vanilla, please." I will pick vanilla every single time. My favorite flavor may be the simplest, but it always makes me happy. And ice cream does make me happy! The happiest and simplest summer moments involve ice cream.



Once you have put away the gardening gloves that spent the sunny day pulling weeds, moving rocks, and watering flowers, you wipe the dust off your face and wash your hands. "One scoop or two?" is music to your ears as you grab a spoon for the two scoops in the bowl. Pop the top on the chocolate syrup and pour it on. Cut up strawberries before you sprinkle the sweet treat with black pepper. Add a little whipped cream to the top and enjoy the perfect sundae. The chocolate and strawberries add sweetness to a full day of play. The cool creaminess feels like the perfect pay for a hard day's work.

My sister and I often helped outside, much like mentioned above. When we were too young to fight over who would drive the riding lawn mower, our mom enjoyed the time on the tractor, and we pulled weeds out of the rock bed. Then one of us would get distracted by the kittens playing with the leaves, telling the other to watch. We'd pull a long stem of grass and extend our arm toward a fluffy feline, offering it as a toy hoping to entice a kitten into our laps for some cuddles. Then the mama cat would remind the kittens they were barn cats in training and not pets. Duchess would carry the kittens by the scruff back to the litter and teach them to hunt. We watched and listened to her communicate, correct, and coach her babies with amazement and admiration at their hunting instincts. We filled her bowl with milk, an ice cream sundae in feline form.

While feeding the cats, we would feed the dogs too. Giving them time to eat before the next game of fetch, we would scoop and rake to make sure they had a clean yard to play in. And us too! After putting the shovels back in the garage, we passed by the ball bin and grabbed a basketball. We aired it up and gave it a test bounce before starting our game of "horse." We both loved to dribble and shoot, so we never needed reminders to practice. Dad always managed to squeeze in a game or two, getting us to spell H-O-R-S-E before he did, and then he would go back to his D-I-Y projects around the house.

Mom parked the mower and picked green beans from the garden. We snapped the ends while she ran the water and prepped the rest of supper. Dad soaked and lit the charcoals before adding the burgers to the grill. We ran through the sprinklers to cool off and clean off before sitting down on the patio together. To the west we could see the sun stretching down toward the mountains behind the freshly mown field. At the table we could see the family who worked and played together, sitting down for a simple meal. We talked, laughed, and enjoyed our cookout. As usual, as we were finishing up, my dad asked, "What's for dessert?" And as usual, my mom answered, "We have ice cream!" Then with his best waiter skills, Dad took orders for flavors and amounts. "One scoop or two?" And I always picked vanilla.

© 2023 Maranda K Jones

Maranda Jones' new book **Random Acts** is now available at amazon.com

The book includes her reader-acclaimed articles from the last decade

Cowgirl Poet, Quilter, Entertainer



Yvonne Hollenbeck

The Flag Out On The Ranch

It was an old and faded flag but it was always there, for everyone to see it freely waving in the air. He'd say "I always fly it every time I get a chance, although I know it's odd to see it out here on this ranch."

Each morning he would put it up, at night he'd take it down; it seemed so strange to do this when he lived so far from town. But when you'd ask about it, his face would beam with joy he'd tell how he went off to war when he was but a boy.

He said it changed him to a man and changed him much too fast from scenes imprinted on his mind, but that is in the past.

He lost a lot of buddies but somehow his life was spared; it pleased him so when folks would fly their flag to show they cared.

Then said, "I hope you'll fly one, and never take it down even though you're in the country and a long long way from town. 'cause there's still a lot of people fighting hard to keep us free although it may be for a cause in which you disagree."

Now, ever since that day when he explained this all to me I know just why he flies it when it's just for him to see. It's to show appreciation for those who gave their best, and that flag is always flying on his ranch there in the West.



Order Yvonne's new book, "A Stitch in Rhyme" at www.yvonnehollenbeck.com — just \$15 + \$3.50 postage.

© Yvonne Hollenbeck; 2023

Yvonne Hollenbeck, from Clearfield, SD, performs her original poetry throughout the United States, captivating audiences in her wake. She is one of the most published cowgirl poets in the West and is not only a popular banquet and civic entertainer, but also co-writes songs with many western entertainers. Yvonne also pens a weekly column in the "Farmer-Rancher Exchange" and writes articles about life in rural America in various publications throughout the West. For more information, visit https://www.yvonnehollenbeck.com









Are You A Winner?

If you do not want to miss out on a chance to win either a beautiful quilt or a featherweight machine or a Pfaff Passport machine, then come to A Celebration of Quilts 2023, Footloose in 2023, hosted by the Central Oklahoma Quilters Guild. The Celebration will take place from 9 a.m. to 5 p.m. on July 28 and 29 (Friday and Saturday) at the Cole Community Center, 4400 NW Expressway, Oklahoma City, OK.

The Celebration includes a quilt show featuring traditional, modern, pictorial, group, challenge, and art quilts. Also, for your shopping pleasure, there will be lots of vendors from various states and a booth filled with wonderful recycled treasurers. You could win a great door prize.

Attendees may purchase a 3-chance raffle ticket for a chance to win a beautiful 90" \times 90" quilt, or a featherweight machine with accessories or a Pfaff Passport machine. Money from raffle ticket sales will be used to fund the guild's charity projects. Tickets are \$1 each or 6 for \$5. Drawing Saturday at 4 p.m. Need not be present to win.

Serving those interested in the art of quilting for over 30 years, the Central Oklahoma Quilters Guild has over 200 members, both men and women, with ages ranging from teenagers to octogenarians and skill

levels from beginner to master. The Guild schedules a variety of workshops and educational programs covering a wide range of quilting topics for the membership, and publishes a monthly newsletter with information on upcoming programs, special events, and other information. Monthly meetings include programs presented by quilting authors, designers and teachers, a number of which are nationally known.

Studies show that the relationships developed among quilters through their social interaction in both large and small groups are very positive.

The Guild strives to serve the community by the love of quilting and provides hundreds of quilts annually to Infant Crisis Center, OU Childrens Hospital, Battered Women's Center and other agencies in the Oklahoma City area.

For more information about the Central Oklahoma Quilters Guild or the Celebration, go to www.centralokquilters.org.

Celebration Admission price: \$10 one day; \$15 both days; free parking.





by Lydia E. Harris

Making Memories with a Simplici-TEA

Sometimes the simplest get-togethers create the sweetest memories, especially if you share a cup of tea.

We hadn't seen our friends Ron and Tami for many years. Now they were coming to Seattle to visit relatives, hear a world-renowned singer, and visit Milt and me. It would be a treat to connect with them again.

Tami and I both love all things tea, so I asked, "Would you like to join us for tea and scones?"

"I'm not eating flour or sugar," Tami replied. "But a cup of tea would be perfect."

With lots of tea choices and numerous individual teapots, we could sample several blends.

Since I was baking custard for my grandkids the day before our guests

From Lydia's Recipe File:

Grandma's Yum-Delicious Baked Custard

(From In the Kitchen with Grandma, page 160)
Healthy and easy to make. A favorite of Grandma Tea's grandchildren.

| Gather

2 cups milk, scalded

2 large eggs

1/3 cup sugar (omit for sugar-free)

- 1 teaspoon vanilla
- 1/4 teaspoon salt

nutmeg to sprinkle on top



Cook:

Preheat oven to 350 degrees.

- 1. Microwave milk on high about 3 minutes to scald it.
- 2. In medium-sized bowl, beat eggs slightly.
- 3. Mix in sugar, salt, and vanilla. Then stir in milk.
- 4. Pour into a 1 1/2-quart baking dish or 5 or 6 custard cups.
- 5. Set custard dish(es) in a pan and fill pan with 1 inch of water.
- 6. Lightly sprinkle nutmeg on top of custard.
- 7. Bake for 45 minutes if made in a baking dish, until a table knife inserted 1 inch from the edge comes out clean. If made in custard cups, test for doneness after 35 minutes.
- 8. Serve warm or chilled. Refrigerate leftovers.

Makes 6 servings

were coming, I also made custard without sugar for them—just milk, eggs, salt, vanilla, and a dusting of nutmeg on top. Quick and easy.

Then, to my delight, the mailman delivered a large tray of dried fruit and nuts from my pen pal. The label didn't include processed sugar, so I could share my gift with Ron and Tami.

As I prepared for our teatime, the sun shone and a lilac-scented breeze blew—perfect for afternoon tea on our upper-level deck. The shade of the canopy and the surrounding trees gave our deck the feel of a treehouse. For a friendly welcome, I set the table with linens, silver tableware, fresh lilacs, and floral china plates, cups, and teapots.

We began our teatime by smelling different teas and selecting flavors to try. Paris tea and green Earl Grey tea with lavender won the first round. Ron and Tami enjoyed sipping new flavors and thought the tea assortment was the entire menu. But surprise! I brought out a large platter with dried fruit and nuts. I also served the custard in colorful egg-shaped ramekins and offered fresh blueberries to sweeten the pudding. They savored it all.

One of the best parts of sipping tea with friends is catching up on each other's lives—taking time to listen, care, share our hearts, and pray. In a sense, time seems to stand still as you linger over tea. But at the same time, it seems short and flies by. All too soon our simplici-TEA was over, and it was time for photos, hugs, and fond farewells.

To my delight, later Tami emailed, "Time together with you and Milt over tea was the highlight of our trip."

"How could that be?" I asked her.

"But you spent time with relatives and heard Andrea Bocelli, right?"

"Yes, everything was amazing. But your tea was a pleasant surprise. Ron and I thoroughly enjoyed it."

Of course, we enjoyed the sweet teatime with them as well. From their appreciative response, here are my tips:

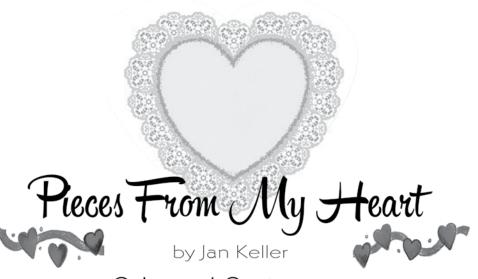
1, 2, 3 for a simplici—TEA.

- 1. Set a pretty table.
- 2. Offer a fragrant tea assortment.
- 3. Surprise guests with easy-to-prepare nibbles.

Sometimes the simplest teatimes create the sweetest memories.

Until our next teatime—adios, aufwiedersehen, goodbye, and adieu. May God bless you!

Lydia E. Harris is a tea enthusiast, grandmother of five (Grandma Tea), and author of In the Kitchen with Grandma: Stirring Up Tasty Memories Together and Preparing My Heart for Grandparenting. Watch for her new devotional book for grandparents, scheduled to release in September for Grandparents Day. Her books are available through bookstores and online.



Color and Controversy

"Hey, you look like a jellybean—a bright red jellybean!" quipped a teenage friend, referring to the shiny bright red coat I was wearing.

"Don't you like it?" I asked, allowing my insecurity to surface.

"Yeah!" he replied. Then, after a big grin spread across his face, he added, "If the fire alarm sounds, you're all ready to go!"

I like my jellybean coat. When I first saw it, I was reminded of a cinnamon candy apple. Not only is the coat a vibrant and shiny color, but I got it for an incredibly low, low price. I was so proud of my lucky find it never occurred to me maybe the price was so cheap because nobody else would buy it.

Over the years I walked out the door wearing my jellybean coat countless times. I enjoyed my red coat because I felt totally alive, bursting with energy, and noticed—just like summer's beautiful bright blossoms in a myriad of colors that help make summer such a beautiful season!

An early trailblazer of women television personalities was Virginia Graham. Her "Girl Talk" program aired each weekday afternoon way back when I was a teenager. My favorite Virginia Graham quote is, "If you're going to be as big as a barn you might as well paint it a pretty color!"

Me? I think red is a very pretty color, and I wear red all year—not just when celebrating Christmas and Valentine's Day.

I consider red slacks basic to my wardrobe, and I can't remember a time when I didn't own at least one pair.

After recently buying a new pair of red slacks to replace my old faded red pair, I've been reassessing my thinking.

This reappraisal is due to the reaction of a friend who, after learning of my purchase, with a tone of astonishment commented, "I wouldn't own red slacks!"

"Why wouldn't you wear red slacks?" I incredulously asked.

"I'd feel so-so conspicuous!" she replied.

Since that conversation, I've been taking my own confidential survey by asking anyone and everyone, "Do you own red slacks?"

The results are in, and I've become aware that red is a very controversial color. Women either wouldn't think of wearing red or wear red and think nothing of it.

My final decision about personally wearing red shall remain confidential though noticeable and obvious!



©2023 Jan Keller No reprint without permission Jan shares other pieces of her life in her books, Pieces From My Crazy Quilt, and The Tie That Binds These books can be ordered by calling 719-749-9797, or writing: Black Sheep Books, 11250 Glen Canyon Drive, Peyton, CO 80831





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weave the pieces of a treasured tapestry into a vivid depiction of life and love

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Time to Chill Out

by Colleen Gust

With summer on the way, we'll all be using our fridges more between storing fresh produce and making warm-weather desserts. I'm old school (plus I grew up without air conditioning), so I try not to use the oven as much during heat waves, or at least only during the cooler parts of the day.

I told my hot coworker how I felt – he felt the same way, so I turned on the air conditioner (I still find my coworker hot even though we've been married a long time). Which brings me to the question, when a refrigerator and a microwave get married, who gives a speech? The toaster.

The invention of air conditioning is close to our hearts as it's a printing plant-related story. In 1902, the first modern air conditioner was invented by Willis Haviland Carrier, an engineer tasked with solving a humidity issue at a printing plant (pressroom) in Brooklyn, NY. Borrowing from the concepts of mechanical refrigeration established earlier, Carrier's system used the then-current baseline of mechanical refrigeration, sent air through metal coils filled with cold water. This cooled the air while simultaneously removing moisture to control room humidity. If you're familiar with printing, the paper is on a roll fed through the press. Excess humidity causes the paper to weaken and tear right off. Once this happens, the pressmen must remove the torn paper from the press (you'd be amazed how it can wrap itself around the rollers) and then refeed the paper (called a web) through all the rollers. A web break on a large press can shut down the operation for at least 20 minutes. Not an insignificant timeframe when the distribution vans are waiting.

Air conditioning has become a standard feature over the past decades. Did you know that about 80% of households in the States have some sort of air conditioning? In Canada, this rate is closer to 60% - obviously, for many of us, we only have a couple of months to deal with the heat.

I do have a great joke that only air conditioners will get... On second thought, I'm not gonna say it. I can already tell you're not a fan.

Artificial refrigeration has been around for centuries. In 1748, Scottish professor William Cullen demonstrated how rapidly evaporating a liquid into gas created a cooling effect.

Numerous inventors in the 1800s contributed to the modern cooling systems. This led to widespread commercial refrigeration by the turn of the 20th century for industries like breweries and meatpacking plants.

Fred W. Wolf invented the first home electric refrigerator in 1913, which was a refrigeration unit on top of an icebox. Mass production of home refrigerators took off in 1918 when William C. Durant introduced the first home refrigerator with a self-contained compressor.

The first home refrigeration units cost between \$500 and \$1,000 about the equivalent of \$10,000 to \$20,000 in today's dollars. Obliviously home refrigerators were considered a luxury item during the first years of their use.

In the late 1920s, refrigerators were increasing in popularity in homes. Home refrigeration greatly expanded during the 1930s following the introduction of Freon™, a safer alternative to toxic gases previously used in the vapour compression process.

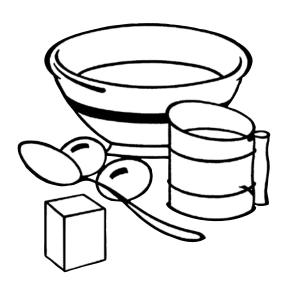
The fridge has undoubtedly been a game changer in households. No more getting ice for the ice box, plus the ability to store food at safe temperatures. Refrigeration started to gain popularity as the shift from rural to cities began, and people moved further away from food production, as not only do we have to store the food safely once it arrives at our home, there is a whole industry involved with refrigerated transit trucks to transport the food to market.

Refrigerators have had a slow and steady increase in features over the years. I definitely remember my mom (and now me, as I have her

ancient fridge in my basement) having to defrost the freezer on the refrigerator. My mom used to yell, "Put the jelly in the fridge!" I replied, "There's no room!" as I tried to jam it in. My mom also couldn't keep the olives in the fridge. Because I always eat olive them.

Be prepared when opening the fridge, as you might see the salad dressing. We now have pull-out shelves, deli boxes, designated vegetable and fruit boxes, side by side, freezer at the bottom. There are even smart fridges available that can communicate with other smart devices in your home or include a family hub to keep the family organized or entertained. Which makes me wonder, if I download something illegal on my Samsung smart fridge, does that make it copyright in-fridge-ment?

If your fridge is tiny, what veggie should you avoid buying? The answer is any kind of fungi because they take up too mushroom.



FRENCH SILK PIE

I consider this pie a classier chocolate pudding pie, as it's not as sweet. A friend's husband really enjoys this pie. We supplied dessert for his birthday one year, and I had to bring two pies!

- 1 baked graham cracker crust
- ½ cup butter, softened
- 34 cup granulated sugar
- 1 tsp vanilla
- 2 oz. semisweet baking chocolate, melted
- 1 Tbsp cocoa
- 2 eggs

WHIPPED TOPPING

- 1 cup of whipping cream
- 2 tsp granulated sugar
- ½ tsp vanilla
- Chocolate curls for garnish (or grated chocolate)

Cream the butter, sugar and vanilla.

Add in the melted chocolate and cocoa. Mix well.

Beat in the eggs, 1 at a time. Beat for 5 minutes at medium speed after each addition.

Pour into the graham cracker crust. Chill for at least 4 hours

WHIPPED TOPPING: Beat the whipping cream, sugar and vanilla together until stiff. Spread over the pie.

Garnish with chocolate curls.



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MISSOURI STATE QUILTERS GUILD

The Missouri State Quilters Guild was founded in 1988. Our founding principles are to encourage quilters to meet other quilters statewide. To serve our communities through the art of quilt making. Provide great workshop and guest speakers through an annual meeting and retreat. To share quilting information through a Missouri network of cyber-piecers. Keep guilters informed of current trends, to promote guilt making and preserve its heritage. To provide relief and comfort for the poor, distressed or the underprivileged by contributing services, and /or materials related to quilts and quilt making. At our last meeting several Quilts of Valor quilts were presented. These were given to Veterans in Missouri.

We provide grants for education, research, craftmanship and documentation that will have a long-term impact on preserving the heritage of quilting and further the art of quilts and quilt making.

Our guild encourages members to apply for our pursuit of excellence award. The awards are given at our retreats every year. It encourages members to reach out with other quilters on a local, state and national level. Points are awarded based on your participation and awards range from Bronze up to Diamond level. Check out our website at MSQG.org. for more information

Our retreats are held in October and the spring, usually April. This year's fall retreat "Once upon a time in Missouri" will be held on October 6, 7, and 8, 2023 at the Regalia Resort in Lake of the Ozarks. Classes are already scheduled, and speakers are to be announced soon. All this information will appear in our Newsletter.

Our retreats are held every fall and spring. They are so much fun. It's great to catch up with guilters from all over the state and surrounding states. You make friends that last a lifetime. We get the opportunity to take classes, learn new quilting techniques, and even have time to sew on our own projects. We have lots of good food and snacks. Also, lots of laughter and we get to see what others are doing. We have wonderful speakers. In the past we have had speakers like Ricky Tims, Angela Walters, and Mary Fons and they always do a class. These are just a few of the speakers we have had in the past. They inspire us to try something different or new.

Newsletters are sent to members four times a year. They include information about upcoming retreats, news related to guilting and even a pattern or two. They also include information on our members. Professional services like Longarm quilters, machine repairs, and workshops that can be found throughout the state are given to everyone.

For membership go to MSQG.org and click on the membership link, or contact Cheri'Hofeldt at 27387 Courtney Place Court, Warrenton, MO 63383. It is only \$25 to join for one year. We accept all Missouri and surrounding state quilters to join us and see what fun it is connecting with other quilters. We look forward to seeing you soon!

Writing From Life by Jeanette Lukowski

Returner? Donator?

An episode of a comedy show from years ago keeps hitting me sideways these days, as the focus of the particular episode was about "re-gifting" something someone gave you, but you never use. Meant to make us, the audience, giggle, it also left me questioning the protocol for such situations. I lost track of the question as other things in life drew my attention away—until about a month ago.

I am in the thick of helping someone downsize. It is one of those painful struggles, as she keeps referring to her new apartment in the senior rental community as "the nursing home." It's not a nursing home. It's supposed to be independent living on her terms, right?

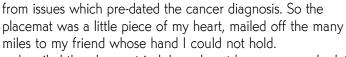
My problem is "the stuff." She's not good at letting any of it go. The rationale is what doesn't make sense to me. Last week, I asked about passing a set of glasses to someone else who has just moved to a new apartment. "Oh, none of those glasses are mine," the woman replied.

Wait. They are in your kitchen cupboard, where they have been for about 20 years. If that doesn't make those glasses yours, who do they actually belong to?

"Those glasses were a gift to my mother. They should go back to the couple who gave them to her as a gift."

Let me pause here and describe the plain, clear glass glasses. They are as generic as anything you might find on the retail shelves of any big-box store, or gracing the table of any restaurant as water goblets. Seriously, they are plain, nondescript glasses. The recipient of the original gift is deceased; it's also quite possible the gift givers are deceased as well. Why can't they just be passed along to someone else in need?

This past January I received an email announcing that a dear friend from school (3rd through 12th grades) had passed. Having been regular correspondents since we headed our separate ways for college—then life—I knew she was battling cancer. I even made her a special placemat when the prognosis worked its way towards terminal. She didn't invite me to visit her: I didn't ask to visit because I knew this second marriage was suffering



I mailed the placemat in July and sent her more regular letters of chatty nonsense until her husband's email reached me in February. My friend had died in January.

I privately mourned my own loss—then cringed when his third or fourth email arrived in my mailbox with a photo of the placemat. "Did you make this for her?" he asked.

"Yes, I did."

"She kept it by her side up until the end," he replied a week later. I smiled—and then quietly prayed that he not send it back to me.

© Jeanette Lukowski 2023. Jeanette is a mother, grandmother, teacher, and author who lives in Mankato, MN. She is inspired by the lives of strong women. Her email address is: writingfromlife@yahoo.com





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Friendship truly is a Golden Thread that ties our hearts and souls together. If you and your friend have trust, equality, compassion, honesty, and independence, you already have the foundation of a strong and healthy friendship. It often takes time and effort to foster deep, and meaningful friendships. Time is a key element here - a quick check in - a text message, "Thinking of you today - have a great one!" It all adds up in deepening a heart-felt friendship.

GIRLFRIEND WISDOM:

Send a quick note to a friend today - maybe you will get one in return and you will have a great day too!

Joy & Blessings,

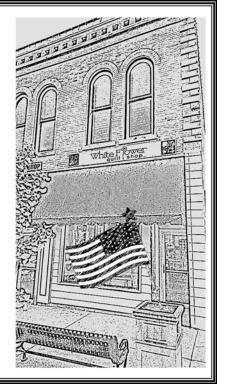








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Girlfriend Wisdom is written by Jody Houghton®. For color files of this writing contact Jody at: jodyhoughton@msn.com or www.JodyHoughtonDesigns.etsy.com

The Continuity of Grace

by Kerri Habben Bosman

On this overcast day, I am sitting contemplating Grace. The framed photograph of an old man praying hangs above my roll-top desk in our living room.

The old man prayed from their dining room while my husband Wayne and his siblings were growing up. He prayed after everyone left home and had families of their own. Perhaps he prayed harder during sad times and grace was needed most. Maybe he prayed more as grandchildren, great-grandchildren, and in recent years, great-great grandchildren came along. He prayed through all the sunshine and through every storm.

He is praying right now as I study him. As he always will. For grace, not just Grace, continues on.

The original photograph, Grace, taken around 1918 by Eric Enstrom, was originally black and white. It depicts a peddler named Charles Wilden, who lived in a sod house in Bovey, Minnesota. On the table in front of him is a loaf of bread and a knife to cut it, a bowl of gruel, and a dictionary. (It has been interpreted as a Bible, but the original prop was a dictionary.) On top of the book are the old man's glasses, lens side down as if he tossed them there in exhaustion or frustration. In 2002, the colorized version of the photograph became the official state photo of Minnesota.

Our rendition of the old man praying lived for generations on the dining room wall in a home in Wisconsin. The piece was an anniversary present to Wayne's parents from his Aunt Tootie and Uncle Jack when Wayne and his brothers and sister were young children. My mother-in-law is now 102 years old and for some years has been asking everyone in the family what they would like from her home someday. Some items have already been moved, and others have designations on the back. Wayne asked for the picture of the old man and Mom first offered it to us over two years ago. We didn't take it then because there would be a blank space on her wall. On a more recent visit, he had been taken down and replaced by a framed cross-stitch piece. Thus, the praying man journeyed south with us to North Carolina.

One definition of grace is "unmerited divine help or strength." It is there before we are even aware of it. It is there when we can't feel it and it leads us back to ourselves if we've forgotten the way. It reminds us to set down the luggage of life when we are carrying too much. It is there through uncertainty and hardship. And grace is with us always, as with the old man prays on.

Each person inclined to prayer has his or her own method. For me, prayer is simply about breathing out and breathing in, all the while being grateful for being alive. To place everything on the table that you've been carrying and set aside the weight of the world. If I look at the old man's tossed eye glasses first, I sense his release of expectation and casting aside of his burdens. I study his face as he prays. I see that he has journeyed to the core of himself and what truly matters. His steadiness reminds me to stand still, savor every breath and say thank you for grace.

Before every meal together, Wayne and I hold hands and pray silently. When we visit Mom, each evening before dinner, we take hands and say the same blessing that the family has always said. While the prayer may be said by rote, the words themselves are imbued with meaning. These moments of grace shared together permeates to who we are and how deeply we love.

All the while, the old man prays on.

Kerri Habben Bosman is a writer in Chapel Hill, NC. She can be reached at 913 jeeves@gmail.com.



Chipso Soap Was Early Blessing

by Rachel Greco

Before there was a laundry soap called Tide, there was Chipso, the first laundry detergent advertised as "doing the hard work" for the modern housewife.

Chipso, created by Proctor & Gamble, appeared in the 1920s and was popular until 1946, when P&G's newest detergent Tide became an overnight sensation, causing sales of Chipso to die off.

Originally produced for commercial laundries, Chipso was touted as a flake brand in a box that promoted the use of safe suds for washing. The company was quick to note its mildness, declaring that it was soft on the hand and did not contain lye. As a result, it did not deteriorate clothing. It was good for woolens, silks, and dainties, and it did not fade colors.

Soap powders at the time Chipso became popular tended to form into balls, whereas the new product was made into chips that easily dissolved in water. Magazine ads in the 1920s and 30s promoted Chipso as a "new dirt-loosening method" that made "light work of washday!" These ads described how women had to loosen the dirt before they could remove the dirt in clothing. They stated that by not having to manually loosen dirt on washboards, Chipso could be used to soak clothing. After soaking, women who used Chipso merely had to squeeze the dirt away.

Declaring that by washing "the Chipso way," a housewife would save time and energy. Ads also promoted the fact that in hot water Chipso became instant suds. They soaked clothing clean, and made washing dishes take one-third less time.

Chipso was made at P&G factories in Ivorydale, Ohio, Kansas City, and Port Ivory, New York. Before gaining popularity, Chipso had been part of a lawsuit brought by a company whose product was called Chase-O. Chase-O claimed Chipso was too close in name to their product. The outcome of the suit must have been favorable to Chipso because the product continued to be sold from the 1920s through the 1940s.

When Chipso first came onto the market, laundry could take as much as two to three days to complete. 1920s-era housewives used washboards, beaters, brushes, prolonged soakings, and pre-treatment. They used boilers to boil the clothing, wringers to get water from the

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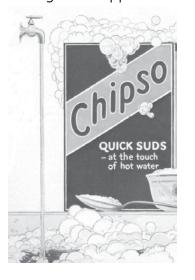
(story continued from previous page)

clothing, and clotheslines for drying everything. This made for backbreaking work. Since Chipso made everything so much easier, it is no wonder that the product became so popular.

One unfortunate set-back for Chipso was that the compounds in the product included phosphates which threatened drinking water supplies and

commercial fisheries. As a result, phosphates were banned from use in the 1970s and Chipso was no more.

Rachel Greco owns Grandma's Attic, a traditional quilt shop in Dallas, Oregon. A quilt historian and avid reader, she gives talks on needlework, the role of women in American history, and their connection to fabric. Rachel has written several books and patterns and runs Grandma's Quilt Club, a monthly quilt class where participants collect quilt block kits, learn about quilt history, and make new friends. Contact her at https:// grandmasatticquilting.com



GRILLED PINEAPPLE

Our family is all about being outside in the summer, so it's nice that this can be done on the BBQ. Like all produce, sizes vary, so if you grab a big pineapple, you'll want to increase the amount of sauce.

1 pineapple cored and cut into spears

½ cup brown sugar

½ cup butter, melted

1 tsp cinnamon

Place pineapple spears on a bowl. In separate bowl, whisk together the butter, brown sugar and cinnamon. Pour onto the pineapple and mix well.

Grill on the BBQ on medium heat about 7-10 minutes or until it is starting to turn golden brown. I always like to brush the excess sauce from the bowl back on top of the pineapple before serving.





Words can be found in any direction Types of Pies (including diagonals) and can overlap each other. WMNDJAGBIBXFJPZATEC M D E H G E O S Y L R B L G J W C R H В TOMHBSHQVENUSKHCB CAKKVVCHOHI T B Z H G M Y L J OCCROZU ZRNEEVCAWI HGKYNHKE EZATFEBBCEKSEKEEKFB H S D C X X R N X Y O B B E E L S T C A C B G E X E O R DEMMCKQSHNA CEPKOMR XRKIAKL - 1 MRETMKRALKCBVI BKAWRRELU YESEUOE LPPAOIARXE YTHGSONBHWZNCJZZO A Z W S N D T A B G N P G H K E K A N O E W G C E A P O O B U B U U C Y R V W W Z T O R Q J J E F A Y C Z S B M Q F N O M E L D F D P F K G P Z A T S Apple Chiffon Lemon Rhubarb Blueberry Coconut Lime Silk Buttermilk Cream Meringue Steak Cheesecake Custard Peach Strawberry Cherry Galette Pecan Chicken Hoosier Pumpkin

PINEAPPLE FLUFF PIE

We usually have company on Saturday night, so this is a great recipe if I want to spend the day in the garden as it comes together quickly and doesn't use too many dishes.

- 1 cup heavy whipping cream
- 1 8 oz. cream cheese, at room temperature
- 1/4 cup sugar
- 1 (20 oz.) can crushed pineapple, squeeze to drain thoroughly
- 1 graham cracker pie shell

In a mixing bowl, whip the heavy cream to stiff peaks. Alternatively, you may use 2 cups of whipped topping.

In a separate large bowl, beat the cream cheese and sugar together until light and fluffy.

Fold in the whipped cream, then the drained crushed pineapple.

Spoon the cream cheese and pineapple filling mixture into the pie shell.

Chill thoroughly until filling is set, about 2 to 3 hours.



LEMON ICEBOX PIE

This classic recipe has a sweet yet tart flavour and a creamy texture. I've also substituted limes in for the lemons for a key lime taste. You can always purchase a graham wafer crust to make this recipe effortless.

CRUST

- 1 ½ cups graham wafer crumbs
- 1/3 cup butter
- 1/4 cup sugar

FILLING

- 2 (14 oz.) cans sweetened condensed milk (less than 3 Tbsp)
- 3 large egg yolks
- 3/4 cup + 2 Tbsps lemon juice (about 5 lemons)

TOPPING

- 1 cup heavy cream
- ½ tsp vanilla extract
- 3 Tbsp sweetened condensed milk

Preheat the oven to 325° F. Mix together the graham wafer crumbs, butter and sugar. Pour into a 9" pie plate. Press the crumbs into the bottom and up the sides. Bake until the crust starts to brown, about 15 minutes. Let cool completely.

Increase the oven temperature up to 375°F. Reserve 3 Tbsp of the sweetened condensed milk. Whisk remaining condensed milk and egg yolks together in a bowl until smooth. Slowly whisk in lemon juice. Pour the filling into the cooled crust. Bake the pie until the edges begin to set, but the centre still jiggles – about 15 minutes. Let cool on a wire rack for 1 hour. Refrigerate until chilled and set (at least 3 hours). Beat together the cream, vanilla and the reserved condensed milk until stiff peaks form. Spread over chilled filling.



One dazzling-sun day follows another here at Sweetmeadow Farm. We keep sunblock on tap and the stock-tank-turned-swimming-pool is kept filled with crystal-clear, chilly well water. Some days we call this tank our Hillbilly Hot Tub. Other days we call it Sweetmeadow Spa. But every day we call it Bliss as it is the ultimate refreshing reward for all the sweaty mowing, gardening, canning, weed-eating, and hay-making going on around here. Stationed at the edge of our woodlot, it is a private, quiet place to close our eyes and relax from our labors. There is peace in deep listening to the sounds of nature everywhere around us. Loud locusts provide the soundtrack. Purple martins and circling hawks provide the aerial show. The wide variety of bird calls challenges my identification skills. I study the seconds between the male "Poor-Bob-WHITE" calling to his mate and her reply from a distance, exactly four seconds later, is simply "Bob-WHITE." In just two seconds, "Poor-Bob-WHITE" repeats his fervent plea. This back and forth calculated conversation goes on seemingly forever. We consider ourselves lucky to have our own resident hedgerow quail because this species has become near-extinct in many areas that were once heavilypopulated. Fun fact: If you hear a similar call during night hours, it is a bird from a different family and commonly known as a Whippoorwill.

We are in high clover this time of year! Sweetmeadow Farm was given its name years before we built our house. After purchasing our land over a decade ago, we made many treks up from our job in Texas to do tree/bramble clearing and to cultivate the meadows and pastureland. One of our goals was beekeeping and so we began sowing a variety of clovers in the fields. I was stunned to see that clover can grow as high as my thigh once they become established! Presently, it isn't the absconded bees enjoying our sweet crimson clover blossoms but the gentle bovine family wading through its delectable depths.

Summertime is my favorite time of year for flower arranging. I once worked as a floral designer in a shop where the arrangements were strictly constrained by online descriptions. Freestyling was not allowed! Thankfully, there is an increased awareness that an artistic combination of natural elements stuck any way one desires into any vessel one finds interesting can be considered a thing of beauty! Creative flower arranging truly is a soul-full art and everyone qualifies as an artist. I particularly love using a store-bought can of tomatoes with a bright artistic label, washed out well, and stuffed full of carnival-colored zinnias and sprigs of herbs. I also admire my white daisies and blackberry bramble arranged in a vintage blue enamel coffeepot. Here and there around the farm I find Joe Pye weed, yarrow, Queen Anne's Lace, milkweed, wild rose, honeysuckle, etc. Foraged wild finds will enhance any bouquet of garden blossoms. Try it! If you do not have your own flowers, check out all the lovely options at your local farmers market. Give yourself flowers today even if just a single spritely sprig in a tiny old medicine bottle.

One thing (on a list of many things!) we missed while living in Mega-City, Texas, was seeing stars overhead. We could see a bright planet or two. It was not uncommon for us to pack up the lawn chairs and drive an hour west so that we could treat ourselves to the sight of hundreds of twinkling lights in the dark heavens. We had to adjust our brains to the idea that they had been up there all the time! I'm happy to say that we no longer have to go star-chasing because there is starshine over

Sweetmeadow. The Perseid Meteor Shower is a happy event that occurs on my birthday each August. When the kids were young, we would lie out for hours atop the trampoline on our Kansas farm to see who could count the most shooting stars. Now, Hubbins and I haul our comfy outdoor recliners out to the center of the meadow and try to stay awake long enough to see at least 4 or 5 falling stars. Ha. Just to say we did. I must admit that it is a very special feeling knowing that the whole universe is joining the celebration of my launching another annual trip around the sun

Have you ever heard of someone designing and building their whole house around the location of the kitchen window? Now you have. I consider my double kitchen window, facing the western horizon, my big screen TV. Favorite "scheduled programming" includes watching Hubbins as he moves cows from one paddock to another and gets his face licked by the calves, as he chainsaws the hedgerow, hoes the kitchen garden, and makes hay while the sun shines. I can detect by the angle of his walk when it is time to meet him with cold water or a "suggestion" that he must please stop and rest. Other favorite "shows" are the hens' activities, frolicking yard bunnies, antics in the birdbath, sunflowers and hollyhocks growing, and weather changes. My kitchen window affords me the opportunity to study the predictable location of sunset movements from left of window to right and left again as the seasons turn. On June 21 and December 21 the sun sets exactly behind the mid-window frame. It fascinates me that we cannot sense the rapid movement of our planet spinning on its axis. But don't think I just stand still at my window all day pondering existential concepts! My window on the world of Sweetmeadow is a continual engaging backdrop as life goes on in the farm kitchen. Besides the never-ending dishes to do, there are eggs to wash, potatoes to peel, tomatoes to rinse, and zucchini to grate. There are canning jars to ready, sugar syrup on the stove to stir, and pressure cookers to gauge. There is bread dough to turn, yogurt in the Instant Pot to bottle, freezer bags to fill, and another pitcher of iced tea to brew. There are kitty bowls to change, a stovetop to de-grease, counters to disinfect, and a floor to mop. There are roses to trim, cookbooks to peruse, and cookies to eat. And all the while, over my shoulder, there hangs my constant big screen streaming "It's A Wonderful Life."

You say tomato, I say you simply MUST try this unique recipe! It requires a MUST HAVE ingredient. Whenever a substitute is used, it is much less tasty!

SUMMER CRACKER SALAD

1 large beefy tomato, finely diced

3 green onions, finely chopped

1 ½ cups HELLMANN'S mayo

2 hard boiled eggs, chopped

1 sleeve saltine crackers

In a medium bowl, mix well the first 4 ingredients.

Crush crackers with your hands into big pieces. Stir to cover all with mayo mixture.

Must serve immediately!

Season salt/pepper to taste. Sometimes I've added diced fried bacon.

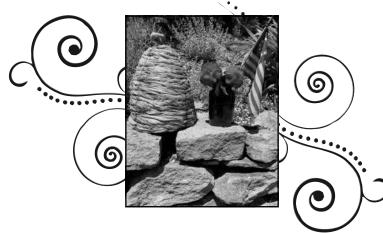
"Dwell in the land and feed on God's faithfulness."

Psalm 37:3

Sweetmeadow Farm is located in the beautiful Missouri Ozarks. Lori and her husband are semi-retired and enjoy relishing the seasons on their small farm. Lori can be contacted at sweetmeadow812@amail.com.

Become Inspired Decorating, Entertaining and Living in the Early American Style

by Annice Bradley Rockwell



Summer's Proud Arrival

Summer days bring with them a sense of leisure and a longing for time spent enjoying the vibrant landscape that has sprung to life in vivid color. Quaint village towns proclaim their pride with American flags dotting their main streets and bright red geraniums filling the window boxes of the neatly tended Federal style homes. Summer has finally arrived. Town parades mark the season, and the sounds of fife and drum hearken back to earlier days. Young men alongside their elders are dressed in full colonial attire and fall into step as they remind happy spectators to remember sacrifices made for freedom. Antique cars polished and waxed to a high sheen for this spectacular summer's morning are filled with families dressed in straw hats and festive red, white and blue. Their happy waves are a true image of the height of our year.

Shoreline Strolls

Summer evenings also bring opportunities to celebrate and make memories. A stroll along a shoreline town with a warm breeze is a country treat made even more special with a stop at the local ice cream shop where the colorful, creamy flavors entice and delight. Boardwalks lit with radiant moonlight give us a chance to hear the waves up close crashing onto the shore with a stately lighthouse in the far distance still doing its work after over a century of use. And there is something about a warm summer's night that makes us not want it to ever end. We often find ourselves prematurely missing these long, leisurely days due to their fleeting nature. Perhaps this is what makes summer so special.

Capturing the Magic

We are ever grateful for summer's arrival because it is a celebration of all of our best. Our proud towns, our beautifully tended gardens and our fun gatherings all seem to rise up to meet it and the result is pure joy. This summer, take time to make memories out of simple yet spectacular moments. Pursue outings that provoke patriotic pride. And as you feel the wonder of the season, capture that summertime magic, and share it with those you hold dear.

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

Strawberry Pretzel Slice

I had to try this as I'm a salt person over sweet, and using the pretzels is such a different base. If you don't feel like making this with pretzels a graham wafer crust would work fine.

BASE

2 cups crushed pretzels (about 8 oz/225 g)

34 cup butter, melted

3 Tbsps sugar

FILLING

2 cups Cool Whip®

1 package (8 oz/225 g) cream cheese, softened

1 cup sugar

TOPPING

1 pkg (6 oz/170 g) strawberry jello

2 cups boiling water

32 oz/900 g frozen, sliced strawberries, thawed

½ cup sugar

BASE: in a bowl, combine the pretzels, butter and sugar. Press into an ungreased 13x9 baking pan. Bake at 350°F for 10 minutes. Cool

FILLING: In a small bowl, beat the cream cheese and sugar together until smooth. Beat in the Cool Whip. Spread over the pretzel crust. Refrigerate until chilled.

TOPPING: Dissolve the gelatin in boiling water in a large bowl. Stir in the strawberries and sugar. Chill until partially set. Carefully spoon over the filling. Chill until firm, approx. 4-6 hours.

OPTIONAL: Top with additional Cool Whip and pretzels.

Rhubarb Cheesecake Squares

I've also made this recipe with the sour cherries from our garden. I'm always looking for ways to use up our garden produce!

1 1/4 cups flour

½ cup old-fashioned oats

½ cup brown sugar, packed

½ cup cold butter, cubed

1 package (8 ounces) cream cheese, softened

34 cup sugar

½ tsp salt

1/4 tsp ground cinnamon

1/8 tsp ground nutmeg

1 large egg, lightly beaten

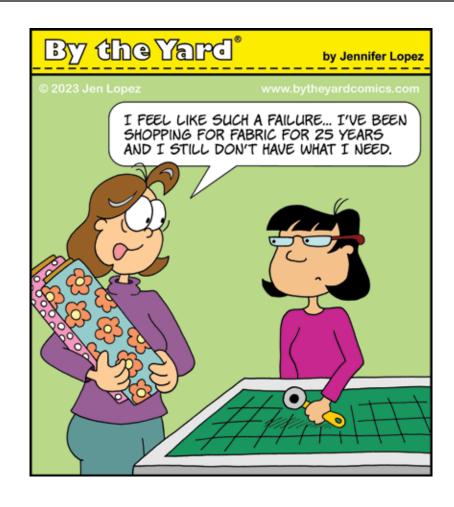
½ tsp vanilla extract

 $1 \frac{1}{2}$ cups diced rhubarb

Preheat oven to 350°F. In a small bowl, mix flour, oats and brown sugar; cut in butter until crumbly. Reserve 1 cup mixture for topping. Press the remaining mixture onto the bottom of a greased 9" square baking pan.

For filling: beat cream cheese, sugar, salt and spices until smooth. Add the egg and vanilla; beat on low speed just until combined. Fold in rhubarb. Spread over crust. Sprinkle with topping.

Bake until golden brown, and the filling is set about 40 minutes. Cool on a wire rack for 1 hour. Refrigerate, covered, until cold, about 2 hours.









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