

Welcome to...

The Country Register of Kansas

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On Our Cover...

Our cover artist is one of our favorites, Monica Sabolla Gruppo, whose art is available through Linda McDonald, Inc. in Charlotte, NC. We are always looking for Kansas artists and photographers to feature on our cover. Please send us recommendations.

Every effort is made to have an error-free paper, however, mistakes do occur.

Please double check dates, times, and locations with a phone call before traveling a great distance.



From My Desk... to yours

By Cindy Baldwin

As I write this, Memorial Day weekend is fast approaching, kids are getting out of school, and families are gearing up for summer activities. As regular readers of this column know, our summer activities are centered on farm activity, with wheat harvest our primary focus in June -- along with planting other spring crops and getting irrigation started. It's a busy time filled with long hours in both the field and the house as we keep everyone fed and coordinated from one field to the next. My main task during harvest is keeping the crew fed -- which often is 10-12 people for both lunch and supper, and often means hauling it all to the field.

I don't know about you, but I find myself getting into a rut when it comes to cooking, especially during crunch time. It's easier to just rely on the old favorites rather than try new recipes. That's why I was particularly excited to see the recipes featured by our cooking columnists in this issue of the paper. I have some great ideas to spice up my menus to feed those harvest crews. I'm also being challenged to try some new cooking methods. Have any of you been bit by the electric pressure cooker bug?

A class taken with my daughter-in-law given at our local kitchen store convinced me that an electric pressure cooker could provide benefits in quicker cooking, less loss of nutrients and great taste -- without worrying about the thing blowing up on my stove, something I remember happening to my grandmother. So I purchased one, called it my Mother's Day present, and now I'm experimenting with new recipes and fixing old favorites in a new way.

You know what? It's fun and stimulating to learn something new and has definitely picked me up out of that boring, cooking rut I'd been in. I think the whole family is enjoying the change.

I would challenge you to try something new this summer. Maybe it's a brand new-to-you craft or just a technique you've been wanting to try. Maybe it's taking a class or a trip to a part of the state you've never been to. Maybe it's finally getting a handle on a garden or repurposing your first piece of junk found at a garage sale into something new and useful. Not sure where to start?

Our Country Register advertising shops are there to help you with a class, inspiration or just good, old-fashioned advice. You won't go wrong with one of them. Check the ads in this issue and see all the fun activities/events our advertisers have planned for you. Pick a date, pick up a friend and take off on an adventure.

June 21 marks the beginning of Row by Row for 2016. This is the third year in Kansas for what has become a wildly popular event in the quilting world and continues until the early part of September. It's a great excuse to take a road trip with quilting friends. See the complete list of participating shops on page 27.

JJ-16 **The Country Register of Kansas**

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The Country Register of Kansas Vol. 18 No. 6 JUNE/JULY '16

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Please let them know if you enjoy the paper & thank them!

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- Advertisers' businesses • State-owned tourist information centers
- Some locally-operated visitor centers
- Most Lawrence grocery stores • Other various locations
- Online www.countryregister.com/kansas

ADVERTISERS BY CITY INDEX

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- Coordinates AFTER city will help locate that city on map below (accuracy not guaranteed, please check official map before traveling)
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Colby B-2
Goodland B-1
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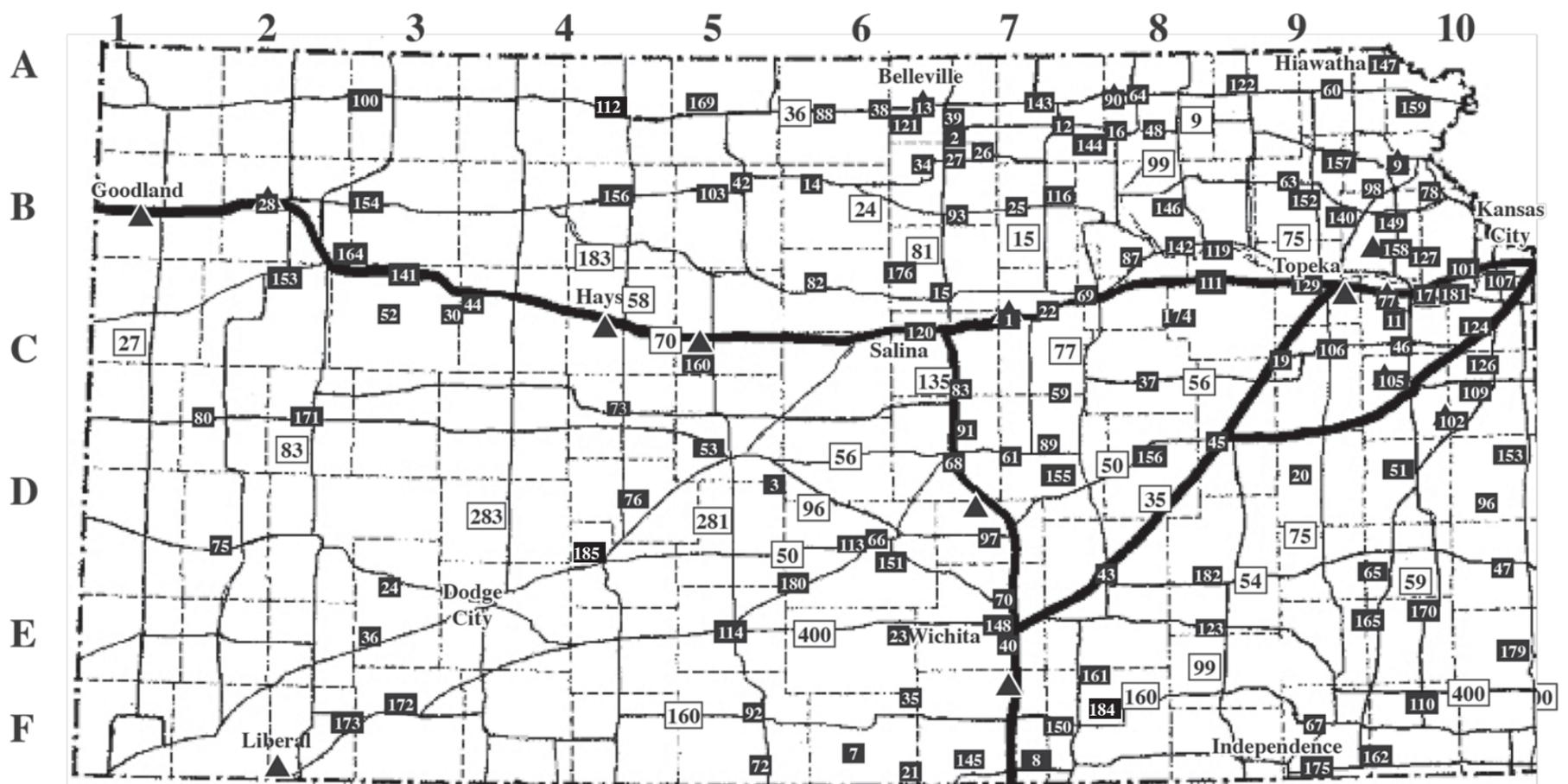
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Ad deadline for the AUG/SEPT 2016 issue is JULY 8!

IF YOU MISS THE DEADLINE, CONTACT US AND WE MIGHT BE ABLE TO SQUEEZE YOU IN!

Map Index:

- # City numbers = white number in black box
- # Highway numbers = black in white box
- p Information Centers with papers = black triangles





Essential Oils . . .

Lime *Citrus medica/aurantifolia*

By Wanda Headrick

Just thinking of the warm summer days that will be coming soon makes me think of drinking a cool tasty lime-aide, with maybe a little cherry or strawberry added. So it seems like sharing information on lime essential oil would be an interesting topic to discuss in this article.

The small, spreading evergreen lime fruit tree is cultivated in many warm-climate countries, notably Italy, the West Indies and the Americas. It produces a more greenish and globular fruit than a lemon. There are two main types of limes. One type includes Key, West Indian and Mexican cultivars, the fruit of which is small, moderately seedy, round with a greenish flesh and a smooth thin peel. This variety is mainly grown in Mexico, Peru and the West Indies. The other is a Persian type. The fruit is larger (about 2 inches in diameter), seedless and mainly sold as fresh limes or lime juice. This type is mainly grown in Florida and Brazil. There are two types of lime oil: expressed lime oil and distilled lime oil.

Distilled lime essential oil is produced by steam distillation of the whole fruits or from the juice of the fruit. It produces a pale-yellow to almost clear mobile liquid with a sharp, fresh, citrus fruit-type odor. Prolonged storage affects the pleasant fresh aroma of distilled lime oil and, with age, it will develop a harsh terpene like odor. Distilled lime oil is extensively used in flavoring food and beverages, especially soft drinks like Ginger Ale and cola drinks.

Expressed lime essential oil is cold-pressed from the fruit rind of green limes. Cold pressed lime essential oil produces a yellowish-green to olive-green mobile liquid with a fresh, sweet, rich citrus fragrance. Cold-pressed lime essential oil is used in high-grade men's toiletries and perfumery.

It is thought the lime tree was originally introduced into Europe by the Moors, then brought to America by the Spanish and Portuguese explorers around the 16th century. Ships bearing lime fruit were called "Lime Juicers" because the crews depended upon the lime juice to prevent scurvy, a dietary deficiency causing general weakness. It has since been realized that limes are a good source of Vitamin C.

Lime essential oil is considered to contain properties that are antiscorbutic (helps prevent scurvy), antiseptic, antiviral, aperitif (encourages appetite), astringent, bactericide, disinfectant, febrifuge (cooling), and reducing high body temperature), haemostatic (arrests bleeding/hemorrhage), insecticide, restorative, and a tonic (improves bodily performance).

Expressed (cold-pressed) lime essential oil contains a higher amount of bergaptene, which is well documented to cause photosensitivity in the presence of strong sunlight and possibly irritate sensitive skin. Therefore, cold-pressed (expressed) lime essential oil should not be used on the skin before going out in the bright sunlight for any length of time. Cold-pressed lime essential oil is considered to be similar in therapeutic action to those of lemon essential oil.

Lime essential oil is activating and stimulating to the mind, especially in cases of anxiety and depression. It is refreshing and uplifting to a tired mind. It may help cool feverish conditions that accompany colds, sore throats and flu. It can help ease coughs, congestion of the chest and sinusitis. It also acts as a tonic to the immune system to help keep down infections and assist in restoring energy after an illness. Like most citrus essential oils, it works as a digestive stimulant and can be useful to those who suffer from anorexia since it encourages appetite by stimulating digestive secretions. Lime essential oil is also thought to help with the effects of alcoholism through its disinfecting, restorative properties. On the skin, lime essential oil acts as an astringent, toning and refreshing as it clears greasy skin. Its antibacterial property is often found useful in the treatment of acne. Lime essential oil is also known to stem bleeding from minor cuts and wounds and to be helpful in treating rheumatic pain.

Lime essential oil can be used in a topical application (take care not to apply before going out in bright sunlight for any length of time) as a massage, a compress, and a bath, or in other skin care. If using as an Inhalation, it can be used as a direct inhalation in a diffuser, vaporizer, humidifier or even on a Kleenex or cotton ball. It can also be made into a spray for your room, linen or body.

Some other essential oils that lime blends well include, but are not limited to: chamomile, lemon, lemongrass, grapefruit, mandarin, Melissa, sweet orange, tangerine, angelica, basil, bergamot, clary sage, dill, fennel, geranium, helichrysum (immortelle), hyssop, jasmine, lavender, marjoram, neroli, nutmeg, palmarosa, peppermint, rose, rosemary, yarrow, and ylang ylang.

Relaxing Lime Spa Blend

Lime Essential Oil (Cold-Pressed)	120 drops
Sweet Orange Essential Oil	120 drops
Geranium Essential Oil	40 drops
Ylang Ylang Essential Oil	60 drops

Blend all the above pure essential oils in a 15mL (.5oz) dark colored bottle (amber or cobalt blue) with a tight fitting lid and a euro dropper insert. Allow to set for 4 days to thoroughly blend the oils. The blend can then be used in a room diffuser, added to a warm relaxing bath, added to a humidifier or made into a massage oil by adding 6 drops of the Relaxing Lime Spa Blend to 2 teaspoons of your favorite carrier oil (like Olive, Almond, Grapeseed Oil) and used as a whole body massage. You can always add more or less of a specific oil to make the essence to your own liking. Enjoy!

Uplifting Lime Spa Blend

Lime Essential Oil (Cold -Pressed)	120 drops
Peppermint Essential Oil	20 drops
Rosemary Essential Oil	20 drops
Nutmeg Essential Oil	60 drops
Patchouli Essential Oil	32 drops

Blend all the above pure essential oils in a 15 mL (.5oz) dark colored bottle (amber or cobalt blue) with a tight fitting lid and a euro dropper insert. Allow to set for 4 days to thoroughly blend the oils. The blend can then be used in a room diffuser, added to a warm relaxing bath, added to a humidifier, or made into a massage oil by adding 6 drops of the Relaxing Lime Spa Blend to 2 teaspoons of your favorite carrier oil (like Olive, Almond, Grapeseed Oil) and used as a whole body massage. You can always add more or less of a specific oil to make the essence to your own liking. Enjoy!

For all supplies and Pure Essential Oil go to Flinthills Aromatherapy, Inc. at www.flinthillsaromatherapy.com or call @ 620-394-2250. To contact us by e-mail: [info @ flinthillsaromatherapy.com](mailto:info@flinthillsaromatherapy.com)

New Fabric Designed for 2016 Row by Row Experience

Debra Gabel, designer and founder of Zebra Patterns, has created a collectible fabric line to celebrate the upcoming 2016 Row by Row Experience™ "Home Sweet Home." The collection features an adorable map, quilters' license plates, a coloring book design, neighborhood full-color scenic design and more! This is the third year that Debra has created a fabric line for this unique quilting event.

Row by Row Experience™ is like a shop hop, but it's not... there are no fees, no cards to stamp, and quilters have all summer to travel and visit participating shops to receive a free row pattern, win prizes and purchase the exclusive fabrics. The unique fabric line for 2016 is hitting shops now. . In addition, Exclusive Fabric Plates™ by Zebra Patterns will be available in many Row by Row quilt shops. Collect a bunch to create fun projects, sewing studio wall art or even a fun backing for your quilt. There are 65 shops participating in Kansas. Check the Kansas Row by Row Facebook page for more info. Or the Row by Row website, www.rowbyrowexperience.com.

**AND THE WINNERS ARE . . .**

The \$50 gift certificate winner of the June/July 2016 Issue of the Country Register of Kansas is Jean Lile. Jean is from Leon, Kan., and does her shopping at Needle in a Haystack out of Severy, where she will be using her gift certificate. She gave the great comment that "Cynthia (owner of Needle in a Haystack) is always very helpful and friendly." Also, Jean wrote that she always enjoys the articles and helpful hints contained in the Country Register.

We also had two drawings held from entries at the Kansas Sampler Festival in Winfield the first weekend in May. We enjoyed meeting many of our readers and introducing even more people to *The Country Register of Kansas*. If you stopped by the booth to say hello, thank you. Cindy and her husband, Dwight, enjoyed your comments as you told us the things you enjoyed in the paper.

Winning a free one-year subscription was Mary Lou Bessett of Andover, Kan. Richard Corbin, Towanda, was the winner of a free ad for his business, Fulton Valley Farm, in a future issue of The Country Register of Kansas.

You, too, can be a future winner of a gift certificate to your favorite Country Register advertising shop or other prizes through the year. It is easy. Just fill out the gift certificate form on this page and return it to The Country Register or, if you prefer, you can enter online at www.countryregister.com/kansas. Choose the Contact Us tab and just provide all the information asked for on the paper entry form. One thing is for sure. If you don't enter, you won't win.

Take a Break and Go Shopping WIN A \$50 GIFT CERTIFICATE

In this issue of *The Country Register*, we will give away a \$50 gift certificate. Use your gift certificate to go shopping at your favorite Country Register advertiser. We are also giving away a copy of *From Kansas Wheat Fields to Alaska Tundra* by Naomi Gaede Penner.

The winners will be announced in the next issue.

Deadline for entry is JULY 15, 2016.

(Names are not sold, given away or used for any other purpose.)

Drawing Entry Form

Name _____ Phone _____

Address, City ST _____

E-mail address: _____

If I win, I would like my \$50 Gift Certificate from: (list a current advertiser from this paper)

I enjoy visiting the above chosen shop because:

Enter my name in the book drawing for "From Kansas Wheat Fields _____ (yes)

I picked up this issue of *The Country Register* at _____

Do you tell the shops you saw their ad in the paper? Always Sometimes Never

Comments and/or Suggestions about *The Country Register*? Please include a note.

To enter, complete this form and mail to:

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Want to save a stamp?

Just email the above information to: kansas@countryregister.com
OR enter on the website at www.countryregister.com/kansas click on the **Contact Us** tab and fill in the necessary information.

Dirty Knees ...

Losing Yourself in the Garden

By AnnMarie Rowland

Spring is nearly over, and summer is fast approaching. I'm always leery of the weather during April and May; seventy degrees one day, in the forties the next, and always the chance of a late frost. Michigan weather is predictably unpredictable. Thankfully, there are plenty of outside chores to do while waiting for steadier temperatures.

I spent some time this past week raking. Ok, I spent a lot of time raking, and something unexpected happened after several hours a day of moving leaves and scratching up thatch. My blue jeans grew. Yes, they did. They got bigger; looser. Actually, I got a little smaller, which made me curious, so I did a bit of research and learned that gardening really is as good for the body as it is for the soul.

According to the information I read, an hour of raking the lawn at a "moderate rate" burns 387 calories, if you weigh 150 pounds. (Add approximately 30 calories per hour for every ten pounds over 150 that you weigh, and subtract the same for every ten pounds under one hundred fifty.) This is great news! Four hours of raking burns almost 1,550 calories! Digging, spading, pushing a lawn mower and planting seedlings and shrubs all burn even more calories. Gardening compares with playing tennis, swimming in a lake, walking a 13-minute mile, shooting baskets, lifting weights or even dancing the Twist.

Even if you think of what you do in the garden as "puttering," chances are that the energy expended is more than what you might have used if you had kept your knees out of the dirt, in favor of chores like ironing, preparing meals, vacuuming, taking out the

Those Who Plant the Seed One Day Reap the Harvest. ©Vickiura 2007

trash, wiring, plumbing and washing the car (or the dog). These burn fewer calories than weeding.

Let this be a reminder to you as you set out that working in the garden is physical. You'll be moving in ways that you might not have moved since last summer; stooping, bending, squatting, lifting and reaching. Take a few minutes before going out to stretch your muscles. Take it slow. Think of getting back to the garden as a new fitness program, and treat your body gently. Don't try to do everything in a day. Of course, this is nothing you haven't heard before, but somehow we seem to forget when the warm days of spring come along and the songbirds beckon us to come outside.

Don't forget to increase the amount of water that you drink as you're working, use sunscreen and wear a hat to help protect your winter skin from the sun. Finally, to avoid blisters, wear two pairs of brown jersey gloves. They'll rub against each other, instead of against you. If you prefer leather gloves, slip a pair of jersey ones inside.

So now, if you haven't done it yet, get your rake out of the shed, meander out to the yard and start losing yourself in the garden. You'll feel better on the inside, look better on the outside and your garden will be ready for planting once the season is fully upon us.

Family Home Treasures 

Hours: Tues-Fri - 10-5:30; Sat - 10-4 Like us on Facebook

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Random Acts . . .

Right Turns

by Maranda K. Jones

"You're still not answering, even though you told me to call, so I'm leaving you another message."

The annoyed tone in my sister's reply made my mom and me smile as we listened to yet another voice mail. She seemed thoroughly disgusted with us. She seemed stressed that she was unable to connect with us. She missed us.

We wanted so badly to be with her on her special day, but we were not there. Yet. Our surprise arrival for her college graduation was well underway. My mom and I were traveling from Colorado to Oregon, entertaining ourselves along the way with phone tag. Unable to answer while flying to Portland, we listened after we landed. The rental car heard our giggling at the messages we had received during our flight. We teared up at the anticipation of the look on her face and the sound of her voice. We called again to hear more of her plans for graduation weekend, carefully concealing our secret.

"I don't know why I keep missing you. I have to go now. I have a hair appointment and a pedicure and will try to catch you later. Call me back."

When we hung up, the excitement in my chest was undeniable. I likened it to when I was a kid running up the basement stairs after turning out the light, because I felt like someone was chasing after me. I could not get to the top of that stairwell quickly enough, and now I could not wait to see my sister. We drove around Eugene, wondering where she might be primping and preparing for the following day.

We shopped for a few items we had neglected to pack. We bought some snacks and drinks. And we waited. We were on a stakeout. Keeping a low profile, we gave her some time to finish her appointments and then started to circle her house. First time surveying the situation, we found that her car was not in the driveway. We did another loop, surrounding our target, and another. At this point, we had to make our move. Sarah was home.

She stood in front of her garage, visiting with her husband and best friend, watching us closely as we parked the unfamiliar vehicle on the street in front of her house. All three were unaware of our surprise visit, and the fact that I kept this a secret was just as surprising. Mom and I walked up the short paved hill while three concerned faces with dropping jaws stared at us, waiting for recognition to kick in. Then suddenly it did. Sarah gasped and met us with open arms, squeezing us in headlocks as she cried, "You're here! I can't believe you're here!"

Sarah asked why we never told her we were coming, and Mom replied, "It was more fun this way." Pete and Kim told us later that she had seen the driver slowly circling their house and commented, "That lady looks like my mom!"

Turns out they were both right.

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Taking tea with children

By Janet Young

Parenting experts are espousing the benefits of connecting with our children. Connection goes beyond being physically present to our child; rather, it is acknowledging their feelings and helping them work through their emotions. A child who feels accepted and appreciated will grow strong in your loving guidance throughout his childhood.

This process starts in infancy and continues until adulthood. That is not to suggest there will be no bumps in the road, but, if a firm foundation has been built early on, as a parent you have much more sway in influencing your child.

Perhaps one of the most memorable rituals you can establish with your children, beginning in the toddler years, is to take tea. In the beginning it can be a playtime experience. Using toy plastic teacups, you can enjoy an afternoon snack over tea. Invite their doll or teddy bear, and you can begin teaching them social skills as well as the principle of sharing.

Between the ages of six and eight years of age, you can begin teaching them some etiquette rules. As time goes on, this ritual is an open invitation to sit and talk uninterrupted (cell phones off) for a few brief moments or for as long as your child lingers.

If you are so blessed as to be home when your child comes home from school, this would be an ideal time to have the tea kettle whistling as he or she walks through the door. If that is not an option, perhaps the ritual can be practiced as an evening snack. For a very young child, you could read him a story as bedtime is just around the corner. Herbal teas are fairly caffeine-free so you need not worry about tea upsetting your child's sleep pattern.

When the teenage years roll around, if you have instituted tea at an early age, you might have the advantage of him opening up about something that might be troubling him. A simple gesture, yet it helps to keep the lines of communication open. We listen, we give our undivided attention, and above all, we don't criticize him. Teenaged children are maturing, but by no means are they at their peak level of life's experiences to always make the choices that we would hope they might choose. But, over tea, with its calming environment, perhaps you will be able to have a civil discussion. This is the time to show your acceptance and appreciation to a child (your child) who is struggling to know what to do next.

Who knew the power of tea? By following a simple tea ritual you will teach social skills (etiquette), kindness, manners, sharing, all the while building a relationship of connectedness to last a lifetime. Taking tea is a memory-maker. Perhaps this year will mark the beginning of a new ritual of taking tea. If you have not already indulged in this routine, I would encourage you to begin today. It just may be the best present you give to honor your family.

The Dropped Stitch . . .

Precious Gifts

by Sharon Greve

The most fun projects for knitters/crocheters/quilters are those precious gifts for babies. Why, even the grumpiest person can't help but smile with every stitch while working a baby project.

Of course, every baby needs a special blankie. A durable, washable "snuggle" yarn or fabric is recommended as blankies get a lot of hard use. They are a best friend for many years. A bright color scheme or interesting pattern is best; light pastels are difficult for babies to see. For a group shower gift, friends and co-workers can contribute creative fiber squares for a patchwork blankie. It is best to avoid lacey holes that trap little fingers and toes — ouch! Here are some suggested popular uses and sizes.

Tag-along: 12" x 12" or 18" x 18"

Preemie: 20" x 25" or 20" x 30"

Crib: 36" x 42"

Stroller: 36" x 36"

Babies beyond newborns dislike items pulled over their heads, so they protest — loudly and physically! Just ask any mom who has had to wrestle her child to get them dressed! Pullovers/sweaters with a wide head opening are easily accomplished with shoulder buttons as well as a V- or Henley neckline. Boy or girl? Make buttonholes on both bands of a cardigan. When baby arrives, sew buttons on the appropriate side. The buttons can be moved to the other band if the next child is of a different gender. Velcro

See Gifts on p. 7



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From Precious Gifts p. 6

and zippers are quick closures. Re-enforced collars and seams with grosgrain ribbon maintain garment shape. A growing baby likes and quickly responds to stimulation colors that are bright and bold. Consider making a size larger than newborn or 3 months so baby has something to wear for the next growth spurt.

Caps, with so many fun patterns available these days in your local yarn shop for all knitting/crocheting skills, are quick projects using a skein or less of yarn. They are needed for warmth and protection of a fragile skull. Seasonal cap designs, such as flowers, pumpkins and snowmen, are adorable and fun for baby and creator. Traditional ribbed or cable knit/crocheted caps are cute and very quick to make.

Circumferences:

- Newborn to 3 months: 11 inches
- 6 months: 12-1/2 inches
- 9 months: 14 inches
- 12-18 months: 15-1/4 inches

Miniature cute booties keep baby's tiny feet warm and protected. They're quick to make, require small amounts of yarn/thread/fabric and can be embellished with intarsia, embroidery, appliques or even felted. Be sure to avoid buttons or other items that might entice baby to take a bite as all babies love to play with their feet. Colorful sandal, sneaker and cowboy boot patterns are attention-getters, for sure. A pair attached to a wrapped baby gift as decoration is awesome.

Washable, stuffed teddy bears, dolls or other animals are always a favorite with babies. They are so much fun to make and hard to part with when finished. Short on time? Consider making fiber balls and blocks sized for tiny hands to grasp. Keep in mind that buttons, glued felt or other small pieces that can be pulled off can become choking hazards. Keep in mind that really small toys can be crammed into the mouth causing safety

hazards. A mobile is fun to make as an active toy, but should have short hanging cords to be out of baby's reach when learning to stand in the crib.

Baby projects are precious gifts!

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Marketing tips for crafters —
Simple steps to sell what you make

by *Barbara Kalkis*

Summer might be a lazy time of year for regular folks, but not crafters. You count the days to holiday show season and begin calculating how many more items you can make before your first event. Most times, crafters concentrate on projects, but think of the sales process at the last minute. Perhaps this approach results in a successful show. Sometimes, however, you sell very little and wonder why.

Finding an answer is the key to thinking like a marketer, because selling isn't just luck. Whether you sell afghans or automobiles, every sale begins with marketing. Marketing improves your chances of selling by telling shoppers who you are, what you make, and why you are unique.

Craft shows are an excellent platform for sales. They act as your storefront, giving you a well-known selling location. Show organizers publicize events using a variety of methods. While these marketing tactics draw audiences to a show, they don't automatically translate into sales for you.

Many factors go into successful marketing. Use this checklist to get started, or update what you are doing now:

Business Cards are a mandatory marketing tool. They state who you are, what you do and how to contact you. They fit in a wallet as a constant reminder. Instead of reciting a website that's hard to remember, you can easily give them away or post them on store bulletin boards. Include your name, your business name, phone number with area code, and a short description of your craft. If you wish to be contacted by email, it's best to set up an email address specifically for your business. This same rule applies to social media sites, such as Pinterest and Facebook.

Postcards are a handy size for providing all your information: your name, company name, contact data, something about yourself and product pictures. Computers include postcard applications for easy creation. Heavy 100 or 110-pound index paper is sturdy enough to travel well in your purse, through the mail and onto a refrigerator door!

Social media. The internet is an easy, effective -- and popular -- way to reach family, friends and a global audience. Be very sure you have enough product to support volume requests and factor shipping costs into your prices.

Labels tell shoppers exactly what an item is. They also introduce you and give shoppers a connection to you through your mutual love of art. Provide your name or company name and your contact phone number or email address.

Instructions. Make it easy for an item to be used or given as a gift. Not every cook knows how to use your quilted pouch to microwave potatoes so they taste oven-baked. Cloth items may need special washing instructions.

Idea cards might contain a recipe, a special way to use an herbal product or an optional use for an item. Once, I admired some lovely small crocheted doilies but returned them to the shelf because I didn't have a use for them. The crafter suggested them as a replacement for coasters. Sold! Now I use them when I have guests for dinner.

A Crafter biography helps people know you as an artist. How did you discover your art? What makes your crafting unique? Do you display your products somewhere? Teach classes? Write a blog? Post items on a site? Limit your word-count to 100 – 150 words.

Samples and/or demonstrations. Food samples draw an audience. Demonstrations teach shoppers how to use your product and encourage them to buy it and try it. Both activities let you start a conversation that's about crafting and not selling. Remember, people buy when they feel connected to the craft or the crafter.

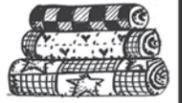
Happy marketing! Successful selling!

Barbara Kalkis learned to craft from her creative mom, but she has honed her marketing skills over a career that spans 36 years, including 21 years as the owner of her own business, Maestro Marketing & Public Relations. When not writing or teaching, Barbara dabbles in art journaling, crochet and crafts her own greeting cards under the name "By- BarbaraDelights." She believes crafting is an art of the heart with a business brain. You can contact her at BarbaraKalkis01@gmail.com.

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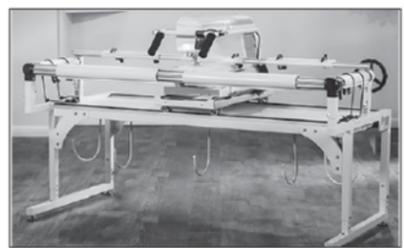
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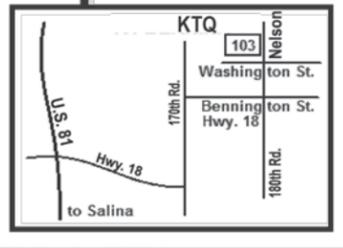
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The Knitting Savant ... Have Project, Will Travel

By Andrea Springer

These summer months are great for getting out and exploring new places. Whether we're going an hour away or traveling around the world, few of us go empty handed because let's face it, knitters have to knit. Raise your hand if the first items written on your packing list for a trip is the knitting you'll be taking along. Trust me, you're not alone.

These are times we need a small "grab and go" project, something that can be dropped in a purse or backpack at a moment's notice. Here are some qualities to look for in a successful "traveler" project.

Small Projects – In my experience, if the project is larger than a standard plastic gallon zipper bag it's not a great "traveler." Socks, scarves, dishcloths, hats and baby items work well for knitting on the go. So does "swatch" knitting. Have an hour's car ride ahead? Consider working a few gauge swatches in preparation for a larger project, testing out different yarns and needles and practicing the stitch pattern.

Simple Pattern – Choose a project with a pattern you like, but that doesn't demand your complete attention and concentration to execute. It should be easy enough that you can pick up the needles at any point and know where you are and what to do next. If you do need a printed pattern, keep it to one sheet of paper so it can be easily folded and tucked into the project bag.

Travel Tools – Socks are my favorite "travelers" so I keep a project bag packed and ready to grab when needed. It includes a small pair of scissors, a small tin with a few stitch markers and tapestry needle, a six-inch ruler, a small crochet hook, three 40" circular needles in different sizes, and my favorite sock pattern on a 3 x 5 card. Consider the project you're traveling with, the knitting tools you use most and put together your own travel kit.

The LYS Wild Card – Part of the fun of traveling to new places is exploring local yarn shops along the way. I love seeing what projects other knitting communities are working on and the yarns they're excited about. I like supporting local businesses and make it a point to purchase something at every LYS I visit. It's also a chance to get inspired by a pattern or yarn, taking me in a new direction and kicking off a brand new travel project en route.

As knitters, we're fortunate to have the thing we love to do be so portable and travel so well. Here's to a summer full of new adventures, local yarn shops and finished projects!



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

Time, travel and treasures are part of summertime fun

by Simone Gers

"What are we going to do this summer" is a driving theme at supertime in April. As each day gets longer and daylight shines into the evening, my husband Tray and I are often outside, walking around the garden and thinking about garden projects -- moving furniture around, freshening potted plants and cleaning up a bit. But when the weather shifts into summer heat, we'll enjoy the yard from inside and begin plans in earnest for getting away.

When we have the time, we love to travel and hunt for treasures. Sometimes, we'll search the Internet for fairs and special events in small towns. We'll use these events to ground our travels. Then, from those big events, we'll head out in the van and search for new treasures in towns we've never seen before. We love talking to locals and asking what's cool to see or where's a good place to eat. We've met some of the nicest folks who share a love for hunting and collecting. When the van is full, we head for home.

That's when the real fun begins. Tray will unload and look with pride at all of his projects. He'll take stock of what needs shoring up, painting or repurposing. And in those bright summer evenings, he's happy tinkering in the garage. Meanwhile, inside, the cleaning and polishing projects spill around the house like the aftermath of Christmas morning. Sometimes, the whole house is a complete mess, overflowing with treasures.

It usually takes a few months for us to work through all of the projects and decide what we'll keep and what will go to our store. It's always fun to shift things around and change our spaces. When the dust settles and everything is rearranged or moved, the end of summer will be fast approaching. The treasures and travels become props in stories we share with our friends and family. All of our industrious work is, for us, a whole bunch of summertime fun.



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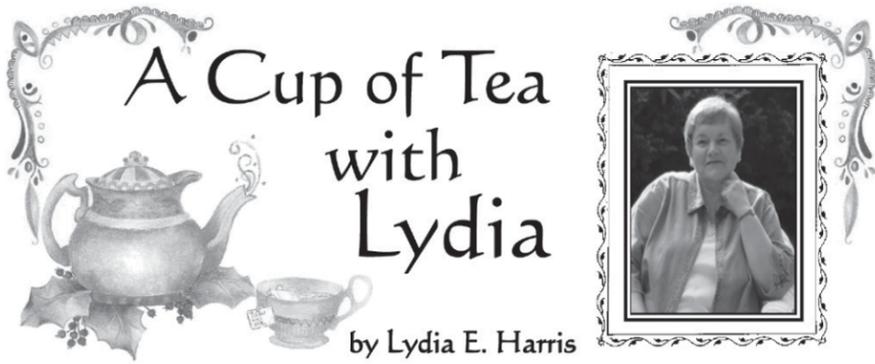
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Make Memories with a Forget-Me-Not Tea

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

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

Pick the occasion, and let your creativi-Tea bloom

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

Set a beau-Tea-ful table.

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

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



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

Plan an unforgettable menu.

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

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

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

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

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

Multiply meaningful memories'

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

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

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

From Lydia's Recipe File: Forget-Me-Not Pudding Cups

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

Pudding ingredients:

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

Directions:

Using a wire whip, stir together pudding and milk for about 2 minutes. Blend in whipped topping. Place cookies in resealable plastic bag and crush with rolling pin. Mix half the cookie crumbs into the pudding. Save the rest to sprinkle on top later.

Refrigerate pudding until ready to serve.

To serve, spoon pudding into small teacups and sprinkle remaining crushed cookie crumbs on top to resemble dirt. Garnish with Marshmallow Forget-Me-Nots.

Makes about 2 1/2 cups pudding. **Marshmallow Forget-Me-Nots** (small and large)

Ingredients: large and mini-marshmallows to shape into flowers
blue sugar sprinkles

small yellow candy for flower centers (e.g., gumdrops, Jujubes™, mini M&M'S®)

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

With kitchen scissors, snip mini-marshmallows in half diagonally to make petals. Put petals into a sealable bag with colored sugar. Shake to coat cut sides.

To make each flower, arrange five marshmallow petals, sugared side up, on top of pudding cups. For the flower center, add yellow sprinkles, candy, or frosting. (If your fingers get sticky, dip them in cornstarch for easier handling of petals.)

If desired, make a few marshmallow leaves by shaking cut mini-marshmallows in a bag with green sugar. Arrange on top of pudding near the flower.

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

Place rounded side of marshmallow in your hand (like a log). Flatten slightly between palms of hands.

With kitchen scissors, cut each marshmallow into four pieces. Shake in bag of colored sugar to coat cut sides.

Arrange five petals on top of pudding cups; add yellow center. Add a mint leaf if desired.

Perky posy variation: Instead of decorating with Marshmallow Forget-Me-Nots, decorate with a fresh or silk flower. Stick a two-inch piece of green straw into the pudding, and place a colorful flower into the straw, stem first.

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Cook's Library With Patsy . . .

By Patsy Terrell

Cookbooks are more than just recipes. They are time capsules as well. Looking through old cookbooks tells you that our tastes certainly change over time.

I once read where aspic was described as being edible plastic wrap. That has stayed with me, perhaps because it has the ring of truth. But, few people have eaten aspic since 1953 or so. Truthfully, I have never eaten it. By the time I came along it had fallen out of favor, and it seems no one has thought to resurrect it. That alone is telling.

I grew up in the '60s and '70s, when people on TV were eating things like fondue. On the farm, we were eating the same things we had been eating for decades - fried chicken, mashed potatoes, green beans and other things we could get fresh. We were eating farm to table long before it was cool.

My collection includes quite a few cookbooks from earlier eras. I love not only the recipes, but also the illustrations. It used to be very expensive to print full color, so many books have what is called spot color, meaning just one or two colors were used, and they were done in such a way that they didn't have to overlap. It was much cheaper and gives a distinctive look that now says retro.

One of my favorite cookbooks is a very worn copy of the *Boston Cooking School Cookbook*. It belonged to my mom, and although I rarely saw her open it, I assume she used it at some point. Regardless, I'm happy to have it on my shelves now. I can't say I've ever gotten a recipe out of it, but it was one of those "how to cook anything and everything" books that were popular as gifts to new brides.

It's always fun to look at a book from the edge and see which pages are crinkled from splatters. [Do pages crinkle from splatters, or are they discolored?] You know those were favorite recipes that were made again and again.

Even if I never cook anything from those books, I do love looking at them. The recipes transport me back to family dinner tables laden with Mom's special dishes. Even if it's not our personal history, the nostalgia is powerful.

This month I'm sharing one of my favorite summertime recipes - three bean salad. This is my favorite mix of oil and vinegar. This is perfect for picnics, cookouts or the dinner table. As a bonus - it doesn't require any actual cooking, so it doesn't heat the house during these warmer months.

Three Bean Salad

- 1 can yellow wax beans
- 1 can green beans
- 1 can kidney beans
- 1 onion, sliced thin (optional)
- 1 green pepper, sliced thin (optional)
- 2/3 cup vinegar
- 3/4 cup sugar
- 1/2 cup oil
- salt and pepper



Drain beans, mix, and add onions and peppers to them. Mix other ingredients until sugar dissolves and pour over bean mixture. Let flavors meld overnight in the refrigerator.



Patsy Terrell has more cookbooks than she needs, but not as many as she wants. Don't expect to find aspic on the table. See recipes and graphics from some of her vintage cookbooks at cookslibrarywithpatsy.com.

Shop News

Hoffman Pharmacy Changes Ownership, Name

WESTMORELAND, Kan. - Bill and Trudie Hoffman, owners of Hoffman Pharmacy in Westmoreland, have announced that they have sold their business to Johnny Schlodder and Joe Gilliland. The Hoffmans will be retiring after providing the pharmacy needs of the Westmoreland community since 1968. "It was time to retire," Trudie Hoffman said. "We are glad that we have found someone who will keep the pharmacy open."

Schlodder and Gilliland will take over management of the pharmacy, soda fountain and gift shop on June 15. The name will change to The West Pharm, but Schlodder said customers and visitors to the shop will see few other changes for now. "We plan to keep the soda fountain and gift and supply area as it has been," Schlodder said.

That will be welcome news to the fans of the 1958-vintage soda fountain who drive on a regular basis from as far away as Topeka, Lawrence and Manhattan for a shake or malt made the old-fashioned way and for visitors to the community from across the state. Schlodder said he and Gilliland are eager and excited to become acquainted with the community and provide their pharmacy needs. Joining them as a pharmacist in the shop will be pharmacists Heath Eisenbarth.

We wish Bill and Trudie the best in retirement and welcome Johnny and Joe as new owners of the business.

Aunt Sadie's Quilt Shop Closes

WINCHESTER, Kan. - Downtown Winchester will not be the same for the quilters who stopped at the small community to shop at Aunt Sadie's Quilt Shop. Aunt Sadie's is scheduled to close as a retail quilt shop the end of May, according to co-owner Jody Robertson. Jody and her mother, Sadie Wingert, opened Aunt Sadie's Quilt Shop 12-1/2 years ago in conjunction with their longarm quilting service. The shop had become well known for Jody and Sadie's friendly

SEE Shops p. 19

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Road Trip - Cowley County

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- Land Rush Antiques Winfield
- Field to Fabric Quilt Shop

Load up the car, grab some friends and get ready for a road trip! Recently The Country Register had a booth at The Kansas Sampler Festival in Winfield. I had done a road trip to Cowley County advertisers several years ago, but some new shops have opened since then that I hadn't been to. So, my husband and I left enough time to stop in and meet the people at Land Rush Antiques in Arkansas City and Field to Fabric Quilt Company in Winfield. We also dropped in at other advertisers in the two communities that have been profiled in that earlier article. We had a great time and experienced some great shops.

Cowley County is located along the Oklahoma border just east of I-35 and within an easy drive of Wichita. Come along with me on my Road Trip. First stop - Arkansas City.

Land Rush Antique Mall

208 South Summit Street • Arkansas City, Kan.

620.307.4848

Like the shop on Facebook

Hours: T-F 10-6 (closed Monday)

Sat-10-4; Sun - 1-4

Land Rush Antique Mall owner Lisa Koller tagged along with her antique-dealing grandfather as he looked for potential finds and took his advice to heart.

"He used to say anything you ever needed could be found at a garage sale," Lisa said.

Even though the antique bug skipped her parents' generation, Lisa inherited her grandfather's love of antiques, collectibles and "things old." She has made that interest into a career, first organizing and conducting estate sales in the Wichita area and now with the antique mall. The mall is located in a



historic building in the middle of Arkansas City's downtown. Antiques and collectibles are displayed in 4,000 square feet of the main floor with plans to open up another 5,000 square feet in the lower level by the first of next year.

Even though there is an amazing amount of items displayed in the mall, the high ceilings and arrangement of booths gives a spacious feel to the space. Lisa, her son Derek, who owns the building, and daughter Amanda White, a co-owner of the business, have put in hours of work over several years to restore the building, with a very positive result.

In addition to Lisa and Amanda's finds, a number of vendors also display in the shop, each adding their own personality and interests to the ever changing mix.

"You really can find just about anything you are looking for here, and if you don't, come back next week and it might have come in," Lisa said.



Above: Vintage quilts and aprons. Left: Antique secretary desk. Just one of the furniture pieces in the store when the editor visited.

Lisa has found that the current trend of mixing new and old things in home decor has changed what people are looking for when they come to a shop such as Land Rush Antique Mall. There are still people looking for fine antique furniture and collectible glassware, dishes, jewelry and toys -- but there are also those looking for rusty, vintage or quirky pieces to repurpose for the home or garden. She offers something for everyone's interests.

And, a quick survey of the shop offered primitives, antique furniture, repurposed items, advertising and western memorabilia. Looking for old window frames or doors for a project -- she's got them. Looking for a new themed cookie jar for your collection -- there they are. Wanting a nice antique furniture piece for your living room -- that vendor has it. Vintage clothing -- right over here. Vintage pictures, cowboy/western-related items or 1950s television memorabilia -- check. Odd things that you aren't really sure

what they are, but it looks interesting on display -- they have those things, too. And, they also carry Homestead House Milk Paint for those who like restoring their own pieces, locally processed jams, jellies and salsas. They even have a display of begonias courtesy of an award winning begonia grower.

One of the advantages of having a number of vendors who do a good job of curating their offerings is that a broad range of interests are met. Vendors are bringing in new items into their booths every day.

Lisa said she is always interested in seeing what the vendors or individuals who are looking for information about an item bring in. But, she is most interested in the history or story behind the piece. One of the most interesting stories is connected to a vintage green bicycle brought in by a man who had bought it at a sale. The bike, which was an unusual style, was featured on their facebook page. Shortly after the picture posted, they



1950s vintage bicycle may have been identified by from a photo on Facebook by the original owner. Mall owners love learning the stories behind the pieces they display.



The mystery straw Stetson cap.

received a call from a woman in New York who told them she had grown up in Arkansas City and believed that the bike had been hers in the early 1950s. The bike had been sold at a garage sale when she no longer rode it, but it had looked like the featured bike. She told them she had painted her bike that same shade of green, but it had originally been blue. When Lisa checked the bike where some of the green paint had chipped -- it was blue.

Interesting stories like that come up every day, Lisa said. She's currently working to solve the mystery behind a straw billed cap with a Stetson hat band and the name Kelly Gray stamped on the band. She's never seen one like it and is trying to find out more.

I found Lisa, Amanda and their staff to be very friendly and helpful.

"I think you'll find that our prices are good and that you will find things here that you won't see other places," Lisa said. "And, we are open on Sunday along with our next door neighbor Bee Tween Friends, which has both new and old in it's merchandise mix, which makes us a great destination for people driving a distance or from out of state."

If you enjoy and appreciate vintage, repurposing or antiques, you won't want to miss Land Rush Antiques in Arkansas City.

After a quick break for an amazing cherry limeade at Graves Drug Store's old-fashioned soda fountain in Arkansas City, we headed north about 15 miles to our next stop in Winfield -- Field to Fabric Quilt Company.

Field to Fabric Quilt Company

907 Main • Winfield, KS

620.229.8540

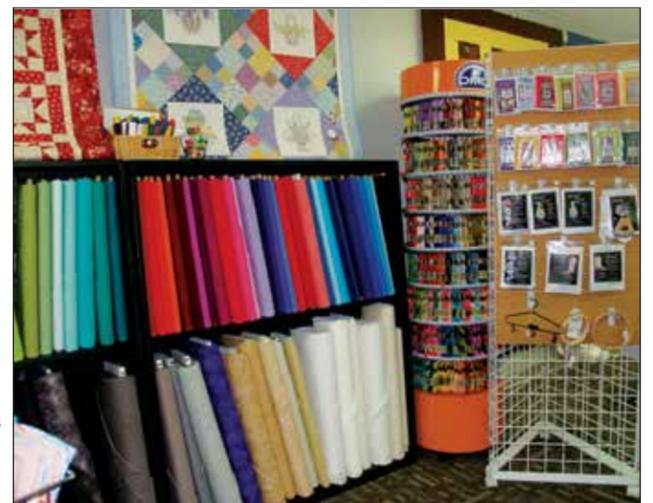
Like the shop on Facebook

Hours: M-F 9-6 Sat-9-3

If there was any business that has a perfect name, it is Field to Fabric Quilt Company. Located in the heart of Winfield's downtown, the business was started by partners Sally Ray and Carolyn Seelinger in 2014 and will be celebrating two years in September. Sally, Carolyn and their husbands grow cotton on their farms located in rural Winfield and have been involved in the cotton industry in Kansas for 30 years when the Southern Kansas Cotton Growers Cooperative was organized. These ladies know their cotton AND their 100% cotton quilting fabric.

Both Sally and Carolyn have been sewing since they were in 4-H and have quilted for over 30 years. They have been doing their own longarm quilting for six and eight years, respectively. The friends had talked about opening a quilt shop over the years and when the local shop closed, decided to take the plunge. Their experience is reflected throughout the shop, from the arrangement -- there's even a sitting area for husbands and non-quilting friends -- to the fabric selection, to the colorful samples lining the walls, to the classroom.

I found Sally and Carolyn to be warm and welcoming and their shop bright and well



Field to Fabric carries all American Made colors and the complete DMC floss color line.

Road Trip



Above: Classroom at Field to Fabric. Below: Longarm quilting machine used in the shop.



arranged as they showed me around the shop. The inventory leans to the more traditional with lots of blenders. They carry the complete color line of American Made cotton fabric, one of the signature marks of the shop. They also carry Paint Brush Studios Vintage by Barb Eikmeier along with Moda, Blank and other popular fabric lines.

Field to Fabric carries a big selection of baby flannels and chenille fabric, which sewn together, make a wonderful baby burp cloth. It only takes a 1/4 of a yard of each fabric to make a great gift for a new mother. They stock collegiate branded fabric, 108" wide backing, including Fit for a Queen pre-cut 108" by 108"

backing material. They also carry a full line of DMC floss, patterns, notions and tools. They will special order books on request.

"We have lots of variety, but our selection is not overwhelming," Sally said. "Deciding what to carry was a problem, there is so much out there. But, we listen to what people ask for, we look at what's selling and try to maintain variety when we order."

The ladies cut fat quarters out of every bolt in the shop. that adds up to a lot of fat quarters as they have built their inventory to around 1,500 bolts. They also will custom cut for their customers.

Carolyn and Sally both provide longarm services at the shop and currently are about six to eight weeks out on quilting. The shops bright and spacious classroom area is open to sewing groups to use, they regularly hold UFO sewing days and try to have a class about once a month, which is taught either by them or a guest teacher. This year's block of the month is Vintage Sampler by Barb Eikmeier. The sample quilts spill out of the retail area, line the hallway to the classroom and the classroom walls. There is abso-



Sample quilt made by Sally Ray.

lutely no excuse for not being inspired when visiting Field To Fabric Quilt Company.

The shop will be participating in the 2016 Row by Row Experience and will be a stop on the Central Kansas Shop Hop this summer, so there are at least two reasons to make Winfield one of your quilting destinations this summer and fall. You won't regret it.

I very much enjoyed my time at Land Rush Antique Mall and Field To Fabric Quilt Company, as well my stops at other Cowley County advertising shops including McDonald's Sewing (see a list of those shops on page 16). My only disappointment was that timing and a severe thunderstorm prevented me from meeting Leah Henderson with Quilting With Leah in Burden, which is northeast of Winfield, but hope to catch her on my next trip. With some great restaurants and shops in both Winfield and Arkansas City, it makes a great road trip that I hope to repeat again soon.

Quilting by Leah

207 Main St • Burden, KS
620.438.2823 or 620.218.2356 (cell)
Like the shop on Facebook
Hours: by Appointment

My intention while in Cowley County was to meet Leah Henderson, owner of Quilting by Leah. However, severe weather put an early end to The Sampler Festival and convinced my husband and we should be heading for home, cutting our trip short before we made it to Burden where Quilting by Leah is located. I did visit with Leah by

Continued on ROAD TRIP p. 16

GIRLFRIEND WISDOM

Graduations, Weddings, Mother's Day. This is a time of year for Celebrating events, Moments in Time, and Special Relationships - our Mothers. Events and special relationships give us a benchmark in the timeline of our lives. We can later say, "Oh, yes, that was the year I graduated from school, so it must have been". A benchmark is a point of reference that we can use to compare another event or situation. It is important to remember, to honor, to celebrate, to see our own timeline. It would be a good exercise to write your Life's Timeline.

GIRLFRIEND WISDOM: On a piece of paper write your date of birth at the top and continue down the paper and list all of your Benchmarks. Graduations, jobs, geographic moves, major disappointments, and major successes. Go back over each Benchmark and fill in some details. Those details may awaken more influential benchmarks.

The story of our lives is important to remember where we have been, what happened in our lives and how we grieved, learned and grew, honored and celebrated each event. It all runs together so quickly that we forget until we purposefully stop to take a moment in time and create another Benchmark to Celebrate our own lives and say, "Oh, yes, that was the day I realized how blessed I am".

Joy & Blessings, Jody

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

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Calico Cottage - Hastings, NE / Sew Bee It Quilt Shop - Hebron, NE
The Quilt Basket - York, NE

From ROAD TRIP p. 15

phone to learn more about her business.

Leah's quilting studio is located in her home, located on Burden's Main Street, about 20 miles northeast of Winfield on Highway 160. She has been longarming for just over a year, using an Avanti Handi Quilter with a 12' bed. She has been quilting for others since January and has been steadily growing her business.



Leah became interested in learning to quilt from her mother-in-law who has quilted for many years. When she decided to start her own quilting business, she spent several months volunteering to quilt to improve her skills. A local church was making a number of quilts for a children's home and gave them to her to quilt, providing her a lot of learning opportunities. She enjoys playing with baby quilts because their size gives her the opportunity to try new techniques in a small format.

Most of her quilting is freehand and she enjoys visiting with her customers to discuss how they would like the quilt done.

"I visit with my customers to find out what they want and then try to accommodate that if possible. I'm finding that quilting is very addicting -- I love it. The quilt tops that are brought to me are so beautiful and there has been so much time and effort put into them that I want to do the best job possible. The quilting should enhance their creations," Leah said.

Leah charges by the square inch. She typically has a four-week turn-around time. She is currently offering a half-off special to anyone who mentions this article when bringing in their first quilt.

Quilting by Leah is open by appointment.

I'm looking forward to meeting Leah the next time I'm in the area.

While in Cowley County, visit these other Country Register Advertising Shops featured in a previous road trip story:

- Flinthills Aromatherapy - Atlanta -- essential oils, also available online
- iYarns -- Winfield -- fine yarns, in the same block as Field to Fabric Quilt Co.
- Bee'Tween Friends -- Arkansas City -- New & Used shop, wide variety of vintage and repurposed items, next door to Land Rush Antique Mall
- McDonald's Sewing & Vacuum/ McDonald's Used Books -- Arkansas City -- Sewing machines, vacuums, lessons -- and reading material. One block south of Land Rush.

Salvage Style ...

By Marla Wilson

Red Wagon Coffee Table

I used the bed from a child's old red wagon for this project. This one still had good graphics (Radio Flyer), so I did not paint over it. I just cleaned it up and sprayed it with clear polyurethane. The dents and rust are what makes it interesting.

You will need a base for your table. I had a vanity bench which had seen better days and was just the right size for this wagon. I removed its top and repaired the base, making sure it was nice and sturdy. I cleaned, sanded and painted it. You could use table legs or spindles and build your own base. Look around, you might have something unusual that would work. That's what salvage style is all about.



For the top, I built a frame that fit snugly into the wagon and was flush with the top. Then I nailed used lathe on it length wise. Again, there are lots of materials that would work for this. After a coat of paint, everything gets screwed together.

This one-of-a-kind coffee table is a fun reminder of our childhood days. After all, who didn't have a little red wagon?



Marla Wilson is the owner of The Rusty Wheel, a gift boutique in Scandia, KS. The shop features her floral designs and repurposed "junk," as well as kitchen and baby gifts, home decor and fashion accessories. Follow The Rusty Wheel on Facebook, or www.therustywheel.vpweb.com or contact her at stumpy1954@hotmail.com.

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You Can't go Home Again

If you've lived longer than the first place you ever lived, you've heard that catchphrase and/or experienced it. I'm coming off of a weekend spent in the last home of my childhood, along with my other four siblings and a close cousin to whom we have given sibling status. We spent the weekend at Rock Springs Ranch State 4-H Center southwest of Junction City, Kan. Since this is a state-wide publication and RSR is also state-wide, many will be familiar with the setting. My family lived, loved, worked and experienced life there from 1964 – 1984. "Home" was the limestone house tucked a little ways north of where the highway curved at the entrance into the camp. Anticipation was high with great expectations for the weekend, both for reliving old memories and for making new ones.

With the passing of our mother, we inherited tubs, tins and albums of vintage photos; many of them never seen by us before. Who knew my Dad to be the shutterbug that he was during his 36 months overseas during WWII in Algiers, Italy and France? Or who knew Mom was so beautifully photogenic that a very enamored young man took so many pictures of her – and them – as a couple? I, for one, was overwhelmed with the responsibility of being the "keeper" of ALL these photos. What to do?! That's when and why I called for the Sievers' siblings to circle-the-wagons and deal with this . . . it was just too big for one person to handle. The decision was made to "go back home" to Rock Springs Ranch and have a working weekend of sorting, organizing, adding documentation and scanning the photos into a software program. (So very thankful for our cousin-sibling with the ability to orchestrate this!) The future end-result will be individual flash drives for all who want one. YES!!!!

We all stayed in Asa Payne cottage (for those who know). Arriving late Friday afternoon, we chose our respective rooms, unloaded and settled in – making up our beds and greeting one another before dinner. As a bit of a side note, I have to add that I had chosen to bring my own bedding. After all, as a quilter, part of my anticipation for the weekend was to sleep under a very special quilt. While growing up, my siblings and I had a most precious aunt whose purpose in life was to spoil us! She was a single woman and, as such, had LOTS of time for us. She took us places, bought each of us our first banana split, filled big Dutch ovens with homemade cookies, made infamous Christmas candies, sewed dresses for my sisters and me, made all of us quilts, etc. etc. As an adult, I was honored to make a quilt for her that she treasured. When she passed, the quilt returned to me, and I chose to use it for our weekend of memories. . . seemed so very appropriate.

After breakfast Saturday morning, work began in earnest in the Eyestone Conference Center. Tables were lined up, tubs of photos unloaded, gifts and talents assessed for who would do what and the computer, scanner and screen set up. With mindsets of "get r done," we dug into the task at hand. The first photo (late 1800's) was a tin-type of our great grandfather nicknamed "The General". He had been in the Civil War. We also had a photo of his wife, our great grandmother. A little later, a picture surfaced that was of our paternal grandfather as a dapper young man. In a suit and tie, he posed with one of his friends. We noted, with ironic interest, that his friend was to eventually become one of our maternal great uncles. They were with two beautiful young women dressed to the hilt and wearing stylish, huge hats. But . . . wait! That isn't our grandmother he is with! And the other lady isn't anyone who became our great aunt! Hum . . . that's interesting. (Laughter). By the time we broke for lunch, we had nine photos scanned and documented.

WHAAAT??? Uh oh!!

Enter . . . two more family members of the younger, computer-savvy generation joining us for lunch and the rest of the weekend. Hallelujah!! It was fun, for me, to sit and listen to the "foreign language" of them discussing ways and means with my computer guru cousin and brother. The rest of us re-focused on the sorting and editing and passed on fewer - but representative - photos to them to scan and document.

It was a bit of a mind-boggling whirlwind going from the late 1800s to the last years of our parents lives: 2009 and 2015. By 4 p.m. Sunday, we found ourselves standing around having finished everything we had only hoped to have accomplished. We looked incredulously around at one another – had we forgotten anything? Our questioning arched-eyebrow looks changed to straight-line brows . . . We had done it!!! Great sighs of relief followed. Hugs all around and the realization that we need to do this again. We can stay current on family photos and have more time to make new memories; more walking the grounds and sharing memories of "back when" and "this is where . . .", more time to play Pictionary in the cabin, to sit longer around the fire at the Council Circle eating s'mores and sharing . . .

And my aunt's quilt? No big deal to anyone else in the overall grand scheme of the weekend. But . . . to me . . . it's the realization that while we truly "can't go home again," we can bring bits and pieces of it with us into our future lives. We can pull memories out from where they are normally tucked safely away -- in our hearts and minds. AND we might even have a few tangible pieces that can also be brought out from where they are normally tucked safely away. Memories in the form of a quilt that can wrap around and embrace me . . . and be embraced.



Written by Sherry Osland of Praise Works Quilting in Abilene. In business and ministry for 15 years. For examples of quilting (as well as pictures of Hand-braided rugs and Quilts That Redeem books, for sale) go to: [facebook.com/praiseworksquilting](https://www.facebook.com/praiseworksquilting) Contact information: sherryo51@hotmail.com or 785-263-4600

Pieces From My Heart . . . Growing Into Dad's Shoes

By Jan Keller

"Yea! Two points!" exclaimed our preschool-age sons, who were engrossed in their serious game of kitchen basketball. The hoop, attached to the refrigerator by suction cups, was strategically located at the appropriate height to allow these pint-sized hoopsters to dunk the ball.

They idolized their dad and wanted to be just like him. Their interactions with him were highlights filled with the imperceptible important lessons best taught by example. To make playtime more fulfilling, they carried Dad's duffel bag into the kitchen and wore one of Dad's town team uniforms. It was important the hoop not be too high because, as one hand directed the scaled-down ball to score, the other hand was needed to hold up Dad's trunks. Guarding wasn't any easier because one hand had to hold up the shoulder straps of Dad's numbered top to keep it from dropping off their shoulder and falling to the floor. Nothing fit; and the shoes, countless sizes too large, hindered the little men from making smooth moves. But it didn't matter. Nothing could have been more important than attempting to be just like Dad!

"Hey Dad, can I borrow your sport coat? Where are your matching argyle socks? I sure hope you haven't worn them!"

The coat fits, the socks are located and all too soon it was the day of their big game. Our sons became the players and Dad increasingly joined the bleacher brigade as spectator and fan.

As the boys strived for independence, they developed distinct personalities—but they also unwittingly learned, by observation, the lessons Dad taught by example.

There was a time, a brief time, when the boys could wear Dad's shoes; but the fit was never perfect. Those days are gone and now our sons have their own teenage sons -- and Dad is also Grandpa.

"To everything there is a season" . . . and now what a joy it is to realize our sons and our grandsons are fully capable of going their own way, wearing their own shoes.

© 2016 Jan Keller. No reprint of this article 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, 16755 Oak Brush Loop, Peyton, CO 80831



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KK '08

Decorative and Unique Plant Markers

By Ann St. Martin Stout

Add a little fun to your garden while identifying your herbs and other plants this summer. Follow the directions to create three unique plant markers.

Materials: (to make all three styles)

- Coat hanger
- Colorful Beads
- Lightweight wire
- Letter Beads
- Game letters (I used Scrabble®)
- Paint Stir Stick
- Craft Paint
- Small screws
- Wine corks
- Rubber Band
- Glue
- Outdoor spray sealer - optional
- Tools: Wire Cutter, pliers, paintbrush, drill, screwdriver

THYME:

Cut a wire clothes hanger at the lower corners. Keep both pieces. Straighten the hook (this part will go in the ground or pot). Bend wires closer together and thread three to four pony beads (or whatever kind you have) onto the wire. Twist the two wires together to hold beads on. Thread more beads on above the twist.

Using pliers grasp the ends to the hanger and turn inward forming a loop. With a one-foot piece of flexible wire and letter beads, create the name of the herb. Colored beads can be put between letters or on ends of name. Twist wire on loops to secure as shown.

A drop of glue between each letter may be necessary to keep the letters correctly lined up.

DILL:

If you think paint stir sticks and game letters are for work and play only, think again. Use an already painted stir stick or paint it with a few drops of craft paint or workshop paint. Create a few layers using different colors for interest.

Attach game letters by inserting a short screw through a pre-drilled hole from back of stir stick into back of game letters to hold them in place. If you are very confident with a particular type of glue, you can glue the letters in place, instead. A button or other flat embellishment can also be added to the plant marker.

Spray finished marker with outdoor sealer to protect from weather.

BASIL:

Drill a hole through the length of three corks -- or the number of corks needed to accommodate your plant name. Using the straight length of hanger wire, left from previous project above, slide drilled corks onto wire alternating with pony beads. A small rubber band, tightly secured just below the corks, will keep them from sliding down the wire.

Add a few beads above top cork. Using pliers, curl the top of the wire into a loop. Or you can cover sharp end of wire with half a cork instead of forming loop.

When finished, line corks up with a blank side writing aligned. Using a permanent marker, neatly print two letters on each cork as shown until herb name is complete. A drop of glue helps keep name lined up.

Ann St. Martin Stout lives in NH where she "uses life's bits and pieces to create a life and home." Ann blogs at www.LeavesAreFree.tumblr.com, and enjoys comments at LeavesAreFree@gmail.com



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Building Harmony: Episode 47

That's What a Younger Man Would Do

By Jeff Cappis

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

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

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

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

It started out fine. But halfway into the first strip of thick green lawn, the push mower began to blow smoke. The thick grass made the going tough, and I started choking on the lawnmower exhaust. By the end of the second strip of lawn, I was gagging and exhausted from pushing. I swung the lawnmower around to start the next strip and ... OW! Something in my back knotted up. It took me 20 minutes to crawl back to the house. I was laid up for three days. Cathy finished the lawn with the lawn tractor in 20 minutes.

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

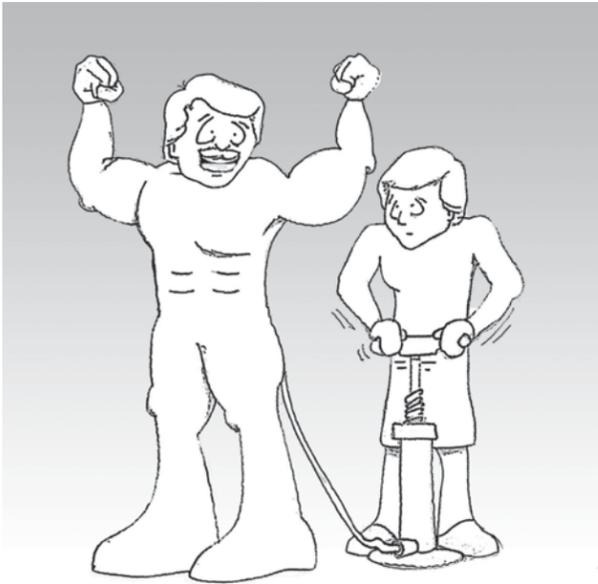
With the drive of a younger man though, I pressed on. I moved rocks -- foot injury; 1 week. I moved tons of dirt with a shovel -- more back problems; 5 days. I built a new, large cedar deck -- injuries too numerous to list here; can't even estimate the time I spent whining about it... Everything I threw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

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

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

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

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



From Shop News p. 13

service and creativity. It was part of the Great Plains Sew Down Shop Hop group of shops and had been a participating shop in the Row by Row Experience in 2014 and 2015.

Even though the retail shop has closed, the pair are not retiring, but transitioning the business. Jody and Sadie will continue to offer longarm quilting services from another location. The phone number and email will remain the same for those wishing to schedule a quilt to be finished, and they will continue their Aunt Sadie's Quilt Shop Facebook page to communicate with their customers.

Duesing Retires from Sunflower Quilt Shop

HIAWATHA, Kan. – After 15 years in business in downtown Hiawatha, Sunflower Quilt Shop closed its doors on May 28.

Owner Linda Duesing started the full-service quilt shop in Hiawatha's downtown in January, 2001. The quilt shop was a second career for Duesing, who had earlier retired as a public school teacher. She had been quilting for 20-25 years prior to opening Sunflower Quilt Shop. The shop has participated in the Run For the Border Shop Hop group, the Tips, Tools and Tricks group, Row by Row and other shop hop groups over the years.

In response to being asked what she has found the most rewarding about owning the shop, she said, "All the people we met and all the people we helped with their quilts. It was always fun when they brought in their finished quilts to show us how they turned out. But, it was time for me to hang up the rotary cutter."

Best wishes on your retirement, Linda.



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Prescription for Adventure ...

Harvest: From Kansas Wheat Fields to Alaska Tundra

By Naomi Gaede Penner

As a preschooler, harvest time on my Grandparent Leppke's farm, outside Peabody, Kan., was an annual ritual I never forgot, even when our family moved from Kansas wheat fields to Alaska tundra.

July brought golden-headed wheat and harvest time – and soaking humidity and 100 degree heat. The farmers waited, carefully watching for just the right time. For several days prior, Grandpa would drive out to each field, climb out of the his red, 1951 Dodge truck, and walk out into the wheat. He'd snap a head or two from a stalk. In the palm of his hand, he'd rub the head in a circular motion to shell out the kernels and gently blow the chaff away. One by one he'd take each kernel into his mouth, biting his teeth against it, listening for a "pop" as he bit it in two. Even when the sound and feel were right, and even when the urge was to hurry and harvest, he'd combine a few bushels and take a coffee can full to the Co-op for a moisture test, hoping for less than 13 percent.

Family and friends worked together, returning to their home places if they had moved to the city. Even as a child, I could feel the adrenaline.

Grandpa, Dad, my older cousin, Dean, and young uncle Wilbur stumbled out of bed at 5 am. Before preparing equipment for the fields — greasing combine bearings, pumping gas into trucks, checking engine oil and checking for loose machinery belts — they downed thick, buttered slices of homemade bread and frosted cinnamon rolls, cereal and milk. After the dew dried, they climbed onto the combines. A snack



Photo: Paul Penner's vintage combine. Courtesy of Paul Penner (previous president of Wheat Growers of America) Hillsboro, Kansas

was taken to the field in the mornings, and then at noon, dinner was served there as well. At 4 pm, Grandma, Mom and other full-skirted women relatives returned with "lunch," carrying baskets of homemade cookies, cake and donuts. Jars of tepid tea, ice already melted by the glaring sun, barely quenched the sweaty, straw-hatted workers' thirst. And regardless of the Kansas summer heat, Grandpa preferred a jar of hot Postum, a "healthy" coffee substitute from the 1890s, made from powdered roasted grain.

Women weren't merely servers of hospitality. They drove trucks alongside the combines, caught the reappings and transported them to the grain Co-op in Aulne, four miles north of the farm. I sat beside Grandma on these runs. Hot, dry wind blew through the open windows, carrying dust, chaff and the occasional grasshopper. All was well in my world as I sipped from a shared bottle of strawberry or orange soda pop.

Exhausted, sweat-drenched men ended their day at 8:30 or 9 pm, when dew dampened the fields. Fried chicken or pork chops, mashed potatoes and gravy, creamed peas, sliced cucumbers in vinegar dressing, and peach pie were eaten in the near silence of numb fatigue. Windows that had been shut in the morning to fend off heat and dust were pushed up, inviting any breeze to bring whatever coolness the night had. Grandma and Mom finished washing dishes as hard-shelled June bugs clung scratchily to screens and crackled underfoot outdoors. Crickets chirped while everyone collapsed into bed and fell immediately into dreamless sleep, too tired even to dread the alarm coming in five or six hours.

Everyone worked anxiously with an eye to the sky, watching clouds, always vigilant for a weather change; for wind, rain and hail are harvest's bitter enemies. Days and nights blended together in fatigue. Depending on rain, muddy fields, and machinery breakdowns, harvest would last for three to four weeks.

Sunday was the only day of rest. No matter whether clouds boiled in the skies and threatened destruction, Grandpa and the other men put on crisp suits and ties, and Grandma and the women smoothed out wrinkles in their Sunday-best dresses to sit on hard pews in the motionless heat of un-air-conditioned buildings. Here, they lifted their voices to sing hymns, and then listened to sermons and prayed, always mindful of Who made the wheat grow and Who gave the harvest. I sat beside Grandma. Through these country church experiences that were mixed into the everydayness of life, my parents' and grandparents' trust in God soaked into me, watered deep by shared experiences, singing in harmony, putting coins in the offering plate, hearing familiar Bible stories and echoing "Amen."

Throughout my life, when our many moves threatened to unhinge my security, I revisited those early experiences, trying to find and feel those moments of stability, until eventually they became idealized.



Excerpt from "From Kansas Wheat Fields to Alaska Tundra: a Mennonite Family Finds Home." Find and purchase Naomi's Prescription for Adventure books, at www.prescriptionforadventure.com or by calling 303.506.6181. In Kansas, available at: Faith & Life (Newton) or Kansas Originals (1-70 at Wilson.) Follow her on Facebook (Prescription for Adventure) or read her blogs at blog.prescriptionforadventure.com.

Drawing for "From Kansas Wheat Fields to Alaska Tundra: a Mennonite Family Finds Home." To enter, fill out the Gift Certificate form in this issue of The Country Register of Kansas and check the book offer box.

Back Porch Break

by Nancy Parker Brummett



Graduations and weddings, oh my!

May and June are traditionally the months when families gather for graduations and weddings, and never has this been truer for our family than this year!

We have four graduations and a wedding within just a few weeks. As the plans begin to come together, I'm reminded once again of the similarities between these two celebrations.

When a large family is involved, both graduations and weddings can be a logistical challenge. Who can come and who can't? Where will everyone stay? What transportation is needed and who can provide it? And then the always unanswerable, but ever-present question: will the weather cooperate? What's the backup plan for outdoor ceremonies or celebrations?

There are 21 people in our immediate blended family. Three granddaughters are graduating from high school this year -- and one granddaughter is graduating from college and getting married! As all the flight and hotel reservations are being made, the gifts selected and the parties planned, I keep seeing the faces of these four dear honorees -- not as they are now, as proud graduate or beaming bride -- but as they were as toddlers and little girls.

I was privileged to go with my granddaughter Amanda to try on her wedding dress for the first time. Seated in the "salon" area of the bridal shop while the assistant helped her into her dress in the fitting room, I wondered if I would cry when I first saw her. I knew I was supposed to cry. I'd seen that in the movies and commercials again and again. But what if I didn't? She'd be disappointed, wouldn't she?

Then she stepped into the room looking absolutely radiant -- with the same excited smile on her face that I remembered from when she was four and twirling around in her latest "play dress up" outfit in our living room. The tears naturally flowed.

So what do all these honorees have in common? A sense of accomplishment. A bit of apprehension as they move into an unknown future. And, hopefully, parents and grandparents searching for a tissue during "Pomp & Circumstance" or "Here Comes the Bride" -- and trying to remember how to switch their smart phones from still photos to video.

If we can give our graduates, brides and grooms anything this season, may it be the reassurance that plans may change, dreams may take a different shape, blessings may come in disguise, but love is forever. The love of parents, grandparents, siblings and starry-eyed new spouses. It's the love that makes the celebrations worth having. It's the love that makes the memories.

Nancy Parker Brummett is an author and freelance writer in Colorado Springs, CO. "Like" her author page on Facebook, or to learn more about her life and work, visit www.nancyparkerbrummett.com.

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Spring Word Scramble

Unscramble the words. Key is below.

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

Wit and Wisdom . . .

In a big jam

by Cheryl Potts

One of my favorite times of the year is strawberry picking season. Ah – the first bowl of strawberry shortcake with the juice-soaked biscuits, is the best!

This year I decided to stretch the season a tad more by making some freezer jam. Since it had been many years since I made jam, I needed to dig out my recipe.

In my excitement and over exuberance, I bought 19 quarts of strawberries from one of our Amish neighbors. This was before I consulted the recipe card for the needed amounts of ingredients. I still consider myself a novice at canning, so I had no idea what I was getting myself into!

The first night I was up till after midnight washing, cutting and mashing two large roaster pans of berries. Mashed strawberries go a very long way, especially when you only need two cups of them for each batch! Each step of the process was well-timed: cook the pectin, add the pectin, let it sit for three minutes, pour into jars, ya-da, ya-da. However when midnight rolled around and I was only half finished with the mountain of strawberries, I wondered “why” I got myself into this predicament. In fact, I found out later, it is more cost effective to buy the strawberry jam in the grocery store.

The second night, I tried to move a little faster, but by midnight again -- I decided to bag up the rest of the strawberries, throw them into the freezer and call it good. All I know is, with twelve quarts, twenty-four pints and five half-pints, I’m likely to have strawberry freezer jam for the next 15 years!

All this to say, at times we get “weary in well-doing” but in the end it’s worth it! Colossians 3:23 states, “Whatever you do, work at it with all your heart, as working for the Lord, not for man.

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Trail Bouquet Quilt Project

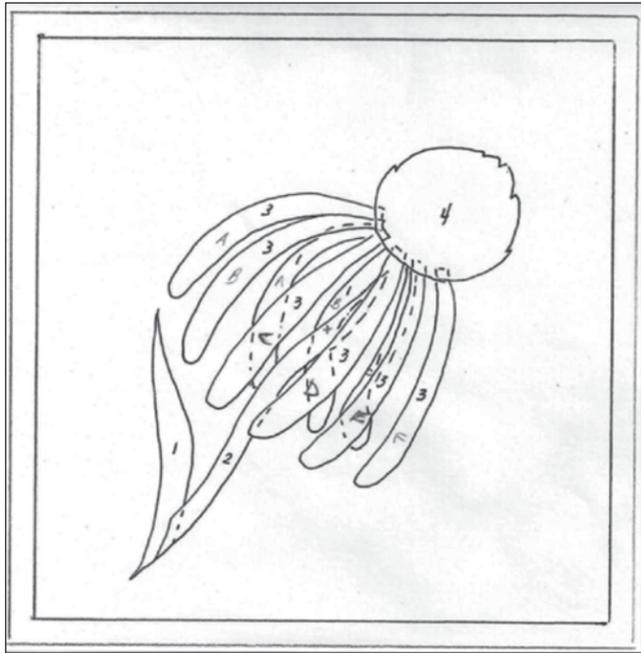
Designed by Vicky Lawrence

Editor's note. This issue we feature the fifth set of blocks in our Trail Bouquet quilt designed by Vicky Lawrence. Vicky's quilt studio is located in Overbrook Quilt Connection, Overbrook, KS. She has been recognized for her quilt designs at major quilt shows, and we are pleased to share this design with our readers. The series started in the October/November 2015 issue of The Country Register of Kansas. If you missed previous issues, fabric requirements and general directions are included again in this issue. Full-size patterns from previously published flower blocks can be downloaded from our website www.countryregister.com/kansas. Click on the current issue tab and then the link for quilt patterns.

Trail Bouquet No. 5

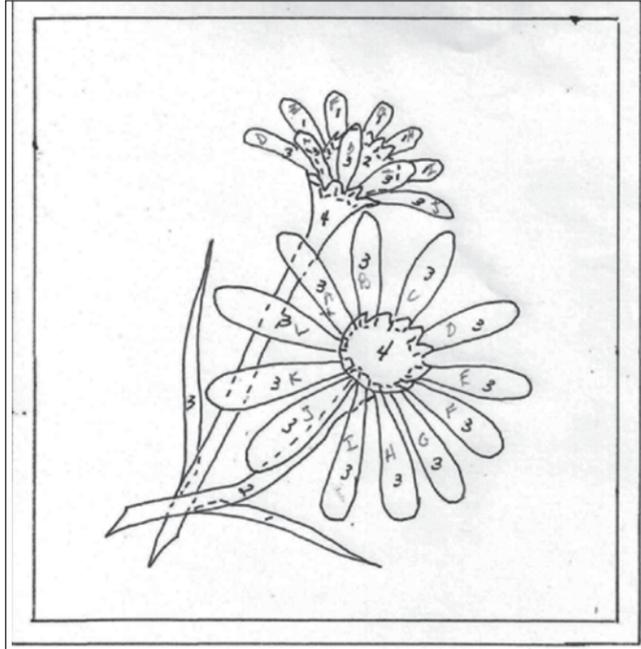
We are going to make two more flowers for our quilt. And, now is the time to start thinking about the fabric you will use to complete your quilt. I take a sample of the blocks to the quilt shop and pick out the fabrics that will compliment them. The unfinished squares are 6 1/2". If you are fusing you can draw on the line. If you are hand appliqueing you will need to add a seam allowance to turn under.

When you have finished all the applique blocks, you will trim them down to 6 1/2" to fit into your quilt.



Purple Cone Flower

Not a true purple, it's more of a pink. This flower is found in almost all of the state except southeast corner. Thrives in prairies and dry, rocky soil. Petals are pink and the center is more of an orange-brown.



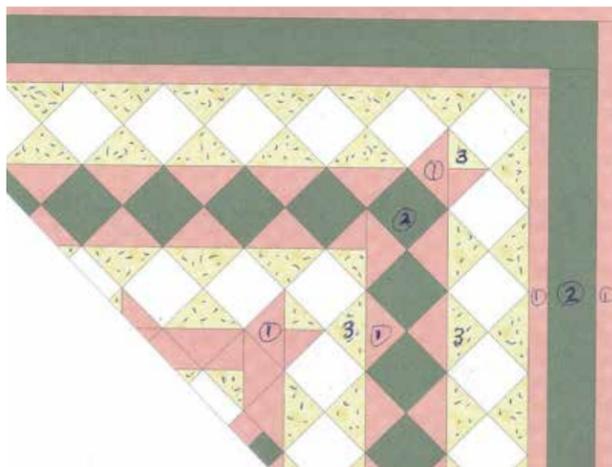
Smooth Blue Aster

Flower is a pale lavender with yellow centers. Found in the eastern part of the state in open dry soil.

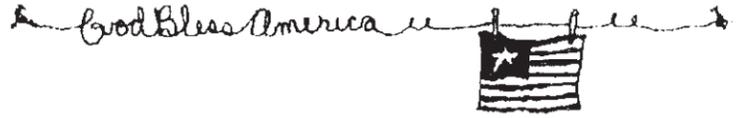
Right is a corner of the quilt (the whole quilt was in the first step). The number on the piece will coincide with the number in the fabric yardage.

- #1 -- 4 1/2 yds. (Includes binding)
- #2 -- 2 1/2 yds.
- #3 -- 2 3/4 yds.

View chart in color on the Country Register website www.countryregister.com Click on link to quilt project.



Note from the designer: This quilt commemorates the prettier side of the great struggle our ancestors made to travel across this country to make a life for themselves and all who would follow. Our bouquet will represent only a small portion of the flowers seen in their travels. We will use the ones they saw while traveling the Santa Fe, Oregon and Chisholm trails in our state. The first month we purchased the fabric needed for the background, cut for the background and the first flowers. For this quilt, the fusible technique will be used, however, if you want to hand applique the flowers, please add around the images to have enough to turn under. We will need 51 flower blocks to complete the quilt. Flowers are repeated several times. It is your choice if you want more of one flower or fewer. Fabrics for the flowers are not included in the fabric measurements as the flowers can be done from fat quarters, fat eighths or your fabric stash.



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Town and Country Cooking . . .

By Janette Hess

Summertime classics revisited

In summers of the past, potato salad wasn't complete without heaping spoonfuls of mayonnaise. Roasted vegetables always were relegated to a kebob. Deviled eggs couldn't be seen in public without a generous dusting of paprika.

But, oh, how times have changed. Olive oil is now the ingredient *du jour* in potato salad. Roasted vegetables have found their way into all sorts of summer salads. Deviled eggs have partnered with a multitude of interesting toppings, including olives, pickles, smoked salmon and, of course, shrimp.

This summer, add a generous dash of imagination to classic summer dishes.

Marinated Potato Salad

- 2 pounds small red potatoes, boiled and cut into bite-sized pieces
- ½ cup finely diced red onion
- ½ cup finely diced celery
- Generous ½ cup chopped fresh parsley
- 1 teaspoon dried dill
- 1 teaspoon celery salt
- ½ teaspoon salt
- ½ teaspoon garlic powder
- ½ cup olive oil
- 1½ teaspoons Dijon mustard
- 2 tablespoons freshly-squeezed lemon juice
- Freshly ground black pepper to taste

In large bowl, toss potato pieces, onion, celery and fresh parsley with dill, celery salt, salt and garlic powder. Cover and chill to allow flavors to blend. Before serving, whisk together olive oil, mustard and lemon juice to create dressing. Pour desired amount of dressing over potato mixture and toss to coat. Add freshly ground pepper to taste. Makes 8 generous servings.

Couscous Salad

- 1 small zucchini squash
- 1 small yellow summer squash
- 1 red or yellow bell pepper, seeded and sliced
- 2 tablespoons canola oil or olive oil
- ¾ teaspoon Greek seasoning
- 1 cup couscous
- 1 cup vegetable or chicken broth
- 3 green onions, thinly sliced
- 1 tomato, seeded and diced
- Freshly ground pepper
- 2 ounces (½ cup) crumbled feta cheese
- ¼ cup slivered, toasted almonds (optional)
- Olive oil for drizzling

Using spoon or small melon scoop, remove pulpy center from squash. Slice squash. Place squash and bell pepper in bowl and toss with oil and Greek seasoning. Transfer to grilling pan and cook on pre-heated grill until vegetables are just tender, approximately 10 to 15 minutes depending on temperature of grill. While vegetables are cooling, heat broth to boiling in microwave-proof bowl. Stir in couscous. Cover tightly until liquid is absorbed, about 5 minutes. Cool to room temperature. Dice vegetables and add to couscous along with onion and tomato. Season with freshly ground pepper. Serve chilled or at room temperature. Before serving, sprinkle with crumbled feta cheese and drizzle with olive oil. Add toasted almonds, if desired. Makes approximately 8 servings.

Deviled Eggs with Smokey Shrimp

- 12 eggs
- ¼ cup regular or low-fat cottage cheese
- ¼ cup plus 2 tablespoons regular or reduced-fat mayonnaise
- 1 tablespoon Dijon mustard
- 2 teaspoons tarragon or champagne vinegar
- ½ teaspoon salt

Place eggs in large pan and cover with cold water. Slowly bring to boil. Remove from heat, cover and set aside for 15 minutes. After 15 minutes, drain and cover with very cold water. Cool eggs completely before peeling and slicing lengthwise. Remove yolks to separate bowl; add cottage cheese and mash with a fork. Add mayonnaise, mustard, vinegar and salt. Using electric hand mixer, beat until very smooth. Spoon mixture into egg halves and garnish with pieces of Smokey Shrimp. Chill until serving time.

Smokey Shrimp Garnish

- 12 large raw shrimp, fresh or frozen
- 2 teaspoons olive oil
- ½ teaspoon smoked paprika
- Olive oil cooking spray

If needed, thaw and peel shrimp. Pat dry. Using sharp knife, split each shrimp in half and remove sand vein. Place shrimp in small bowl and toss with olive oil and smoked paprika. Preheat sauté pan over medium to medium-high heat and spray with olive oil cooking spray. Place shrimp in pan and cook for 2 minutes before turning over. Cook an additional 1 or 2 minutes, or until shrimp are opaque. Remove from heat and chill before using to garnish deviled eggs.



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

Countryberries Designs

Butterfly and Daisies

This pattern is free for you to use. Please give the artist credit. Not for commercial use. Enlarge this pattern to your desired size. This pattern was designed as a tile in my watercolor class. The pattern can be repeated and or flipped to create a new design. It can be appliqued, embroidered, needlepunched or hooked. Try painting and repeating it in different mediums. Have fun!



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My Journey with Lazarus

by Kerri Habben

There is much I could tell you about Lazarus.

First, and most importantly, we have traversed many miles together. We've walked back and forth, and throughout the journey, he has been, for the most part, a consistent partner in fulfilling one of life's responsibilities.

Certainly, he has slowed down over the years and at times has preferred a state of rest. Like most of us, he sometimes had to overcome inertia. There were moments he simply wanted to sleep. In short, his engine could hum, but he was beyond his prime. At times, though, a new spark unplugged his former vitality and he would seem years younger.

Lazarus also had his stressful moments. On occasion, he would grow tense and react strongly. But it was more a reflex than out of anger.

Sometimes his belt slipped down. His cutting edge wasn't quite as sharp as it once had been. Then early last autumn, Lazarus and I were walking together across the lawn when it happened. He clunked out.

I say clunked because Lazarus is, after all, a lawnmower.

I have a suspicion that you are reading this pondering two things. Why would a person name their lawnmower and how did it come to be "Lazarus?"

I confess that I enjoy bestowing names upon things. Our old printer was "Herr Gutenberg." The rain barrel is "the Baron." The composter is the "Madame" due to its resemblance to a long, black skirt worn in more elegant eras.

The lawnmower did not have a name at all until a couple of years ago. At the end of one summer, it stopped working, and we assumed that it was, well, dead.

Seasons rolled around to another spring, and I was able to start the lawnmower. It seemed the engine was, indeed, alive. Thus, it came to pass that he was called Lazarus.

The last couple of years have been difficult ones for Lazarus, but he has been mowing our lawn for about 14 years. We all have the right to grow weary. It evolved that, when I went down to the shed -- which does not have a name-- I would express a hope as I left the porch.

"Well, let me go see if I can wake up Lazarus."

There were times Lazarus struck a nerve, literally. The starter cord would retract and snap back to hit my arm, sometimes leaving a bruise or making my fingers go numb. I would instinctively blurt out a bevy of words not exactly appropriate for the likes of a Baron or a Madame. However, sudden pain can momentarily override a lifetime of good upbringing. So, we had our moments.

But I must tell you what I will remember most about Lazarus. He was the first substantial home and garden tool that was brand new to me.

In a delightful way, most of what I use around the house is Dad's saw, Poppy's hammer, Uncle Henry's gardening gloves. Lazarus came into my life when more outdoor



responsibility had barely landed upon me. His arrival and my own new journey coincided as I grew into my turn to tend to our patch of earth.

So, Lazarus, rest in peace, friend. You have served faithfully and well, and I thank you.

We bought a new lawnmower on Valentine's

Day. It is red. Now, if you'll excuse me, the sun is shining, the grass is too long, and I have a date with Cupid.

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





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From the Other Side of the Machine

By Wm. "Chip" McGuire

Quilting is a dangerous and addictive activity which needs to be federally regulated! This is, of course, a very provocative and argumentative statement, and I've arrived at the conclusion after several years of observation and reluctant participation. Very reluctant! And it all started when some friends introduced my normally sane spouse to the newest sewing genre of quilting. Chief among them was a summer friend who lives, sleeps and breathes quilting and has several blue ribbons for her creations with which to seduce unsuspecting, vulnerable home sewers.

The first inkling I had about what this quilting thing was, was when our spendable income started to spiral downward with the purchase of a new sewing machine. I'm sorry, a quilting machine. And for just a little more, it also did embroidery. And with the purchase of a laptop computer the embroidery attachment would actually work. "But wait, if you buy it right now we'll supply upgraded software which will allow so much more." The machine -- now correctly called a sewing computer -- laptop, attachment and upgraded software now rang up at three times the cost of our first car. And, none of this takes into account the cost of classes, workshops, clubs, and of course, the mileage associated with them.

But wait; with all of this hardware what are you going to sew on? Of course you need to buy the entire stock from every fabric/quilt store within a hundred miles of your current location. And, Apple I-phone's Siri should be imprisoned for causing distracted driving.

Every time we're traveling... "Hey Siri, quilt stores near here, Hey Siri, quilt stores near here," every 10-12 minutes, on and on for hundreds of miles. I've contacted the Federal Department of Transportation about what can be done to curtail this distraction, but apparently all of the males in that branch of the federal government have quilting wives, because they all responded there was nothing that could be done. But they'd be happy to meet with me at a Quilters' Husbands Anonymous meeting at Flannigan's pub for a ritual pint of Guinness.

The next federal agency I communicated with was HUD, Housing and Urban Development. This seemed like a natural since our abode was shrinking by the day. Physically the exterior of our house was unchanged, but the inside was a different story. By now the quilting hardware had doubled with an exponential growth in the necessary, accompanying fabric.

We used to have a very spacious, comfortable "family room" in our basement: TV; stereo; easy chair; queen-sized couch, which opened to a queen-sized bed; even a small pool table. I had my Lionel electric trains mounted on the walls, along with a collection of vintage railroad lanterns, pictures and other memorabilia. Every available space, and some that wasn't available, is now crammed with fabric shelves/cabinets, and not one, not two, not three, but five sewing machines. I still subscribe to the machine moniker. One of these monsters even required the making of a PVC frame to support a quilt while being quilted. I tell my friends that it's really an adult toy, which my wife enjoys. She doesn't think that's at all funny.

Our family room no longer exists. It is one huge fabric warehouse/quilt factory. But wait, there's more!

For several years I've preached to the addicted spouse that quilting is a very dangerous activity; dangerous to our family economy, our home and to her personally, but she just scoffs at this notion, at least until Oct. 31, 2015 that is. Happy Halloween... "trick or treat!"

Our Blue Ribbon friend proposed that the two of them go to the Houston Quilt Show, and the spouse's sister who lives in Houston, says "Sure, come on down. You can stay here and use one of our cars." -- I used to like that sister-in-law. Off they went, and for three days enjoyed quilting nirvana, then headed back to their respective homes, Blue Ribbon to central North Carolina and Susceptible Minion to Western New York.

The return went badly right from the arrival at Houston's Hobbie Airport. Due to severe weather in Houston, the flight to Chicago and the connecting flight to Buffalo was delayed for over an hour. Upon arrival in Chicago's Midway Airport, the spouse had to hurry from one end of the long concourse to the extreme other end to reach the connecting flight's gate. While walking very fast -- not running, she insisted -- she "stubbed" her right leg, causing instantaneous pain in her right knee.

Six, suffering weeks later, a visit to the orthopedic surgeon produced a diagnosis of a torn meniscus in the right knee. After x-rays, cortisone shots, failed physical therapy, an MRI and finally arthroscopic knee surgery, the knee is on the mend. I only tell the spouse once a day how I had warned her that quilting was a dangerous activity to her well being, and I get an "uh huh" in return.

Now since this knee injury occurred as a direct result of a quilting activity, it only stood to reason that it was an occupational hazard, as part of a dangerous activity, and thus should fall under the jurisdiction of OSHA, a branch of the Federal Department of Labor dealing with safety and health. More communication with Washington followed.

However, they too must be husbands of quilters as they also informed me there was nothing that could be done. And they too would be willing to meet with me at a QHA meeting at Flannigan's. One brave soul speculated that the distaff members of congress were blocking appropriate protective quilting legislation, but to please say nothing lest his quilter wife hear of his transgression.

Finally, let us contemplate that lethal, little weapon, "the stitches-taker-outer." This is one dangerous, sadistic instrument, especially in the hands of someone inexperienced in their use -- like a husband! Surely, the Feds have laws controlling them. But no! Neither the ATF, which deals with weapons, nor the TSA have anything about their sale, distribution, transportation, or use. But, officials of both mumbled something about an Irish pub, Guinness and some sort of club.

So, there it is; quilting is a dangerous activity. But, since the Feds can't, or won't do anything, I guess I'll just have to suffer with it. Soon, I'm traveling to DC and Flannigan's, and when I walk in to the Quilters' Husbands Anonymous meeting I'll just announce, "Hi. My name is Chip, and I'm a quilter's husband!" I may even try to start a QHA chapter here in Western New York. O'Lacy's seems to be a good location to raise a pint or two to our mutual suffering.

Chip and his wife live in Western New York and are retired teachers. Chip was an elementary and middle school teacher for 36 years and Terry taught at the New York State School for the Blind and also in elementary and middle schools. We've been married 50 years having met at our college radio station.

FATHER'S DAY

By Jo Branham

Father's Day will soon be upon us. Is it time to add another tie to that collection that Dad never wears? Maybe he needs socks or underwear? My dad did not wear ties, so I always went with the socks and underwear. After my mom passed away and Dad remarried, he and my stepmom loved flowers. He really enjoyed working in the yard. So for Father's Day [and Mother's Day, usually] we would get planters so they could plant the flowers in their yard if they wanted to.

There are a number of different theories about who started Father's Day celebrations.

*Grace Golden Clayton, perhaps excited by the success of Anna Jarvis' Mothers' Day event, worked on setting up a Father's Day event in her home town of Fairmont, West Virginia. They held it on July 5, 1908. Unfortunately the town was too busy with Fourth of July preparations and did not promote Father's Day. Clayton was a quiet person and did not pursue promoting it on her own -- so it was not celebrated for a number of years after this.

*Harry Meek, President of the Chicago Lions club celebrated Father's Day with his organization in 1915.

*The person most recognized for getting the ball rolling on the Father's Day celebration was a woman in Spokane, Wash., named Sonora Smart Dodd. Her father was a Civil War veteran and the single parent of six children. Upon hearing a Mother's Day sermon in her church, she went to her pastor and said she thought fathers should also have a special day to honor them. Other pastors agreed with the idea so work began on organizing the event. The first Father's Day event in Spokane, Wash., was held on June 19, 1910. It faded out in the 1920s as Dodd was busy with her studies and did not work on promoting it. After school, in the 1930s, she began working on it again and gradually the celebration became more widespread. Companies who made ties, tobacco pipes and other items considered gifts for men began to help with the promotion of Father's Day.

Father's Day, for some reason, did not have the same appeal as Mother's Day. Congress refused to even consider making it a holiday for a number of years, because they were afraid it would become too commercialized. However, in 1966, President Lyndon B. Johnson issued the first proclamation honoring fathers and designating the third Sunday of June as Father's Day. President Richard M. Nixon signed it into law in 1972.

And we have been celebrating ever since.

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Second Wind Secrets ...

Unexpected Journey

By Kelly Illick



I think it's true of all of us. We start life out in a certain direction and then life happens, and inevitably, our trajectory is totally different than what we ever thought possible. Ten years ago when I started writing this food column, I never dreamed that there would be such a change in my course. It's been an unexpected journey for me. Perhaps you've noticed some changes if you've followed my past columns.

I started publishing my favorite recipes that I cooked here at Second Wind. Over the years I have shared a lot of great decadent recipes, but many were quiet calorie laden and rather unhealthy. I really thought by now that I'd have published the cookbook I've always dreamed of, but things have changed and so much of what I used to bake and cook has changed.

Our family food story has been an interesting one. I started grinding my own grain and making homemade bread more than 25 years ago. It started just because we liked it so much better than Wonder Bread (which is what I not so affectionately call most store-bought bread). Over time I became more aware of how it brought such better nutrition to our table. I even taught some classes on bread making and sold grain grinders.

A few years later into the journey, I started becoming more aware of the nutritional choices I made for our family. I woke up to the damage of bringing copious amounts of soda into our home, so that ended. What a wise decision that was; I just wish I had done it sooner.

In raising five children, I had one rather picky eater. For our evening meal, I started using dessert to motivate and reward the eating of supper. That is an incentive that I have severe regrets about. Looking back, I wished I'd have done dessert with a little more moderation.

Then the curve ball came when I found that my hubby needed to eat gluten free. This was the big game-changer for me. In grinding my own grain, I thought I was doing the very best for my family's health. At this point the quest for answers to many questions began. It has unearthed many concerns.

I'm starting to see that my quest for better understanding of the food we eat has really just opened my eyes to the tip of the iceberg. Everyday there's a new discovery. Many of these discoveries are not real pleasant. It would be easier to keep my head in the sand but I cannot do that.

I'm learning that the things we regularly eat in the typical Western diet contains so little micronutrient density. Much of what we eat is essentially devoid of many of the vitamins and minerals we need. Our bodies are reeling from the high-glycemic, high-sodium, low-fiber, low-nutrient, acid-based diet we are consuming.

Couple all that with the bill of goods we bought into, making us believe that saturated fats were bad for us, when in all truth we need saturated fats. Time magazine ran a cover story in 2014 titled "Eat Butter" with a subtitle that read "Scientists labeled fat the enemy. Why they were wrong." This was years after its 1961 cover that had Ancel Keys on it. In this article they presented claims that saturated fats clogged our arteries and caused heart disease. In short time, food manufacturers declared war on butter, brain-washing people that margarine was a healthier fat. Thankfully we've come to our senses on that. Butter won the war. But I'm finding there's so much to learn.

What I'm seeing, is that many people "in the know," look at the low-fat diet as a disaster that has actually caused us to eat far more carbohydrates than our bodies can handle, causing obesity and many other health problems.

Fat is needed, but the right fats. Every fat is not created equally. For example, I've taken a closer look at canola, which was marketed to us as a "healthy oil." I've come to the conclusion this is not a healthy oil. After much research my top five oil picks are olive, coconut, avocado, grapeseed and yes...butter. Each has its best application and is worth studying up on.

In choosing oils "cold-pressed" and/or "expeller-pressed" is preferable. Plus, know it's important to pay attention to the smoke point. Smoke point is the temperature at which oils start to lose nutrients, break down and develop off-flavors. For this reason, I use olive oil in my salad dressing, but I would not use it to fry my fish, due to its low smoke-point.

So where am I going with all this? I'm not sure. It is an opportunity for me to explain to you why my recipes are changing. I think taking a close look at our Western diet and the food that conglomerate America is growing, manufacturing and marketing is a worthy use of our time. I'm exploring the many options that are outside the box of big supermarkets.

I'm looking forward to growing more of my own food. Our family is enjoying and benefiting from the fact that my hubby has his own chickens. I love it when he brings in a basket full of eggs each day. I love that I know what they have been eating. I love growing our own grass-fed beef. I find that I mourn the loss of our little family farms. I also find that I consume less and less processed food. All this is good...really good.

All of these eye-opening discoveries about the food we eat has made me look closely at what I now bring into our home and what is presently here. I've been purging my fridge of sauces and dressing that are filled with preservatives and unhealthy oils. I've been experimenting more and more with homemade salad dressings and sauces. This is one of our family favorites. It's easy to whip up and so refreshing.

Refreshing Citrus Dressing

- juice from one freshly squeezed orange
- 2 tablespoons Bragg's organic apple cider vinegar
- 2 tablespoons olive oil or avocado oil
- 1/4 cup honey or Stevia to taste (try 1/2 teaspoon for a start) or there is always sugar to taste
- pulp left in your juice squeezer, with seeds removed
- 4-5 drops food-grade lemon essential oil

Mix all ingredients in a pint jar. Shake well. Drizzle on top of the following ingredients of your choice. The shelf life is just a few days due to the fresh squeezed orange, but it's really so easy to mix up

I love to use this refreshing dressing with mix of fresh greens, spinach, sweet onion, thinly sliced strawberries, segments from 5-6 clementines, a small chunk of fresh pineapple, feta cheese crumbles and candied pecans. My hubby and sons think this is a "girl salad" unless I add some grilled chicken breast. It makes for a great salad. Enjoy!

Quilting with Barbara ...

Serendipity

By Barbara Conquest

Chance? Serendipity? Luck? Fate? Coincidence? Whatever we call it, seemingly -- random occurrences can have tremendous effects on our lives.

Years ago, I left what many would consider a dream job in the Canadian Rockies, which resulted in far more prosaic and sometimes monotonous employment in the city. It was at this second job, just before leaving it for university, that I met my husband of now over 50 years. Chance? Destiny? Fate? Sometime later, while sitting at the lunch table with a new member of staff who said she was from "a wee island nobody has ever heard of," we discovered common ancestry on the small Hebridean island of Tiree. My people had immigrated to Canada three generations ago; hers were still living there. This chance observation resulted in a long-standing friendship and several trans-Atlantic journeys, and, incidentally, my visit to the exact property from where my people had emigrated.

When we travel we like to pre-plan only the "bones" of a trip -- flights, car rental, and usually first and last night hotel reservations, because having to search for a place to lay our heads before and after long flights is a process we prefer not to leave to chance, serendipity or fate. (We've learned this from some rather unpleasant experiences). The rest of the time we like to wing it.

We also prefer to eat at small local restaurants when we're on the road, eschewing the reliability and similarities of chains for the quirks and surprises of small independents. Thus it was that we found ourselves at the Sunrise Kitchen in Deming, New Mexico, a few weeks ago. After a great lunch we wandered outside where my husband spotted a quilt shop, Sew and Sew, just around the corner and suggested we check it out. I protested faintly, tempted to let my lunch settle in the air-conditioned car while we moved on, but when a husband tries to persuade his wife to investigate a new-to-her quilt shop, who can refuse?

Well! This shop had exactly what I had spent a week looking for, and lots of it. I had found a few southwestern-themed prints here and there, but this shop had bolts and bolts of them in many colorways -- in addition to a wonderful selection of other beautiful fabrics I hadn't seen elsewhere. My credit card got a good workout, I got exactly what I had been searching for, and even some I hadn't known I needed!

Chance? Luck? Coincidence? Perhaps all three, or perhaps, as my husband frequently says, "What a wonderful husband you have. Listen to him!"

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

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Calendar of Events • Statewide • Topeka



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June 2016

- 3-4...Orphan Train Celebration, Concordia
 - 4...Sidewalk Sale @ Craft-ee Crafters Craft Mall, Topeka, p. 22
 - 4... Chalk Paint Workshop, SK Designs, p. 9
 - 9-11...10th Anniversary Sale and Celebration @ Itchin' to Stitch, Severy, p. 19
 - 10...2nd Annual Ladies Night Out in the Garden @ Scandia, p. 8
 - 10... Berroco Trunk Show, Unwind in Manhattan, p. 7 through July 31
 - 11...Quilts in the Courtyard, Outdoor Quilt Show, Holton, p. 5
 - 11...11th Annual Westmoreland Car Show, Oregon Trail Festival & BBQ, Westmoreland, p. 6
 - 11...Bed Turning @ Smoky River Quilt Shoppe, Oakley, p. 17
 - 16-18...Common Threads Quilt Show, Century II, Wichita
 - 17-18...Love of Junk, Walla Walla's Vintage Market, Walla Walla, WA
 - 17-18...Shop Kechi Event - quilt technique demos at Kechi Quilt Impressions
 - 18-25...Annual Spring Sale @ Chris' Corner Quilt Shop, Ottawa, p. 21
 - 21-Sept. 6...Kansas Row by Row Experience, Various, p. 27
- See individual stores for special kick-off events/specials
- 23...APQS Road Show @ Lee's Summit Location, Fabric Recycles, Overland Park, p. 7
 - 23... Chalk Paint Workshop, SK Designs, p. 7
 - 24-25...Kechi Fair with parade at 10 a.m.

July 2016

- 1-3...Anniversary Sale @ Needle in a Haystack, Severy, p. 19
- 1-4...3rd Anniversary Celebration @ The Rusty Wheel, Scandia, p. 8
- 7-9 & 14-16...Flower Power Heartland Shop Hop, Various, p. 15
- 8-9...Eudora Quilt Show, p. 23
- 9...Anniversary Sale @ A Quilt Corral, La Crosse, p. 16
- 9... Chalk Paint Workshop, SK Designs p. 7
- 14-16...Sizzlin' Santa Sale, Colby, Oakley, Leoti, Various
- 15-16...Shop Kechi Event, Quilt Impressions technique demos & tea at 2 p.m.
- 22-23...Stamp & Scrapbook Expo, Kansas City, MO, p. 27
- 29... Chalk Paint Workshop, SK Designs p. 7

August 2016

- 27-28...Prairie Plowing Days, Concordia

September 2016

- 24-25...Cider Days Fall Festival, Topeka, p. 22 & 27
- 29-October 2...2016 Central Kansas Quilt Shop Hop, Various, p. 27

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Artfully Quilted by Barbs, Osage City	Prairie Point Quilt & Fabric Shop, Shawnee
Charlotte's Sew Natural, Newton	Quilt Cabin, Colby
Chris' Corner Quilt Shop, Ottawa	Quilt Cottage Co., Hays
Colby Sew & Vac, Colby	Quilted Memories LLC, Overland Park
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Field to Fabric Quilt Company, Winfield	Quilting on the Square, Holton
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Harper's Fabric & Quilt Co, Overland Park	Seams Like Olde Times Quilt Shop, Ellis
Heavenly Kneads & Threads LLC, Humboldt	Sew Country, Belleville
Hen Feathers Quilt Shop, Wichita	Sew What Quilt Shop, LLP, Marion
Hidden Treasures Quilt Shop, Mankato	Silver Threads & Golden Needles, Burlington
Itchin to Stitch, Severy	Smoky River Quilt Shoppe, Oakley
Joyce's Quilting & Fabrics, Lincoln	Stitch and Chatter, Stockton
Kansas Troubles Quilters, Bennington	Stitch On Needlework Shop, Lawrence
Kechi Quilt Impressions, Kechi	Stitch Up A Storm, Norton
Kessler Creations, Hillsboro	Stitches Quilt Shop, McPherson
Li'l Red Hen Quilt Shop, Paola	Stitching Traditions, Topeka
Lucky Charm Quilts, Chapman	Sunflower Creations, LLC, Copeland
Material Girls Quilt Shop, Abilene	Sunflower Embroidery Quilting & Fabrics, Bonner Springs
Material Girls Quilt Shoppe, Wichita	The Quilt Bugs, Phillipsburg
Mea BERNINA Sewing, Lawrence	The Quilted Sunflower, Spring Hill
Meadows Quilting & Sewing, Leavenworth	The Quilters Patch, Edna
Needle in a Haystack, Severy	The Sewing Center, Wichita
No Place Like Home Quilt Shop, Minneapolis	ThreadWorks, LLC, Chanute
Out Back Quilt Shop, Troy	Uniquely Yours Sewing & Quilting, Salina
Overbrook Quilt Connection, Overbrook	

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Building & Enjoying Fairy Gardens

By Celia Benedict

One of the latest trends of outdoor fun is the planting of a “Fairy” Garden. These are showing up all over the internet and most of the better garden centers have displays of the types of accessories and plants needed to plan and plant your own little bit of whimsy.

I have hosted ‘Fairy Garden’ parties for some young friends (5 to 13 year olds) for the past two years, and we’ve had a great time! The best time is early to mid-June, you don’t want it to be too cold.

You will need a good sized planting pot, preferably a deep and wide bowl, at least 10 inches wide or more; potting soil and a selection of small plants that will not outgrow the container. The favorites among my small guests were the polka dot plant and Irish moss as well as a variety of the small tropical palms and the sedums sold in the 2-inch pots at the garden center. Look for any miniature or dollhouse-size furniture that will blend in with the greenery, the more rustic the better!



We first filled the bottom of the pots with chunked up Styrofoam or chopped up sections of pool noodles to keep the weight of the container down and provide some drainage. The chances are that the pot is going to be moved around to find the “perfect spot” and it should be heavy enough to stay where it’s put, but light enough to be moved if needed.



Distribute a good three to five-inch layer of the potting soil to just below the rim and start to place in your plants. Create a layered effect - shorter ground covers at the front and taller more tree-like plants towards the back. And getting down to a fairy’s eye level to see how the garden will look if you are only three inches tall is vital! Use coloured aquarium gravel to create paths and add garden benches, fence sections, gates and other pieces to the pot.

The girls all planted their own, while wearing dollar store butterfly wings on their backs. We also added small wooden birdhouses from the dollar store that the girls paint-

ed with a waterproof patio paint, and covered with silk plant leaves, moss and feathers to make fairy homes. All in all, it was great fun and the gardens were taken home to be cared for all summer and survived well until the frost!

I highly recommend this as a fun activity with kids, but I’ve also done it with adult friends and had just as much fun! Go see what’s growing at your local garden nursery, and start planning now.

Happy Summer!

Written and contributed by Celia Benedict. Celia distributes and promotes The Country Register in the Calgary area.

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paint just in the grain. For a stronger effect, repeat steps 1 and 2. Old White, Pure and Duck Egg Blue are good colours for this effect.

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