

Welcome to...

The Country Register of Kansas

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The Country Register began in Arizona, in the fall of 1988, to provide effective, affordable advertising for shops, shows, and other experiences enjoyed by a kindred readership. Since then the paper has spread to many other areas, all of which are listed below. Look for the paper in your travels.

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• Indicates these editions are available to view online

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 - Colorado: Jan & John Keller, 11250 Glen Canyon DR, Falcon, CO 80831-8458, 719-866-8570
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 - Ontario: Harriet Ramos, 103-575 Lacolle Way, Orleans, ON, K4A 5B6, 613-612-8465

On Our Cover...

Pumpkins on a ladder.

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

Seasons

I've been thinking a lot lately about seasons. As I write this, the calendar says we've slipped from summer into fall -- even though the days of persistent drought and temperatures in the 90s haven't seemed to have received the message yet. But, still, the rhythms of fall are all around me. Field corn has been cut and the popcorn will be harvested this week. The soybeans and milo are ripening, waiting their turn for a visit from the combine. My flowerbeds are just looking tired after struggling all summer to keep going. And, my weekends are full of football from my grandsons' rec league ball to our local high school to the K-State Wildcats (and all your favorite college teams) to the Chiefs. It really must be fall.

I've mentioned in previous columns that October is my favorite month of the year. There's something about the sunlight, the warm days and cool nights and the changing colors of leaves that I just love. It's also a major birthday month for my family -- my daughter, my daughter-in-law, a grandson, a granddaughter, my brother, my sister-in-law and one of my best friends all claim October as their birth month. Plenty of reasons to celebrate besides the cooler weather.

This October brings another reason to think about seasons. I will be entering a new season of my own as this issue of *The Country Register of Kansas* marks my retirement from publishing and editing the paper. After 14 years of owning the paper, I will confess I'm not sure how not having ads to design, stories to write and deadlines to meet is going to go. My husband is also making plans to cut back on some of his farm responsibilities as our son takes over more of the decision making and work load.

After almost 50 years of marriage and work to grow our farm, we're trying to reimagine what it means to be "semi-retired." For a farmer -- and life-long farm girl/wife -- whose lives have always been built around the rhythm of planting, harvesting and watching the weather, it's not an easy process. I will continue to manage the office end of our Papa Baldy's popcorn business, while he takes care of the field and connecting with potential markets. But, we're looking forward to seeing where this new season of life will take us. We intend to see more of the grandsons in northeast Kansas and do some traveling. We've even bought a travel trailer to help us "get off the farm" and find some new experiences. I might even have more time for shop hops and visiting Country Register advertising shops and events.

The question you may be asking is, "What is going to happen to The Country Register?" I am actively seeking a buyer for the paper and am hoping for a seamless transition without a break in the publication schedule. As we go to press, there has been interest, but no firm commitments, and I am hopeful. If you or someone you know is interested in owning and publishing *The Country Register of Kansas*, please contact me and we'll talk. Contact information is at the top of this page. Owning The Country Register of Kansas has been a wonderful experience. I've met some amazing people who started as business clients and have become friends. I've visited some wonderful shops and communities across the state and heard from loyal readers. It's been very good.

I would like to say a special thank you to the staff who've helped me make *The Country Register* what it is. Beve Anderson, sales person and Wichita area deliveries who came with the paper when I bought it from Kristel Lewis, and Lonnie Capps, administrative assistant, who started with me as a high school student and stayed on, providing amazing support for 13 years. Also a huge shout out to the many contributing writers over the years including Jeanette Hess, whose cooking column has been featured from the beginning; Naomi Gaede Penner, who's been bringing us stories of Alaska and life for almost as long; and Sherry Osland, who started as an advertiser and ended up a writer. And, of course, our loyal advertisers and readers. We couldn't have done it without you.

Keep shopping local and supporting independent businesses and communities. Maybe we'll meet on a road trip one of these days. So long ... Cindy



Lonnie Capps and me holding the red folder that we used to collect ad orders as they came in. Looks like after 14 years it's ready to retire, too.



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The Country Register is FREE to you courtesy of the ADVERTISERS!

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

Where is The Country Register available?

- 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

- Number to LEFT of each city is the city's # on map below
- Coordinates AFTER city will help locate that city on map below (accuracy not guaranteed, please check official map before traveling)
- Page numbers are that city's ad locations in The Country Register

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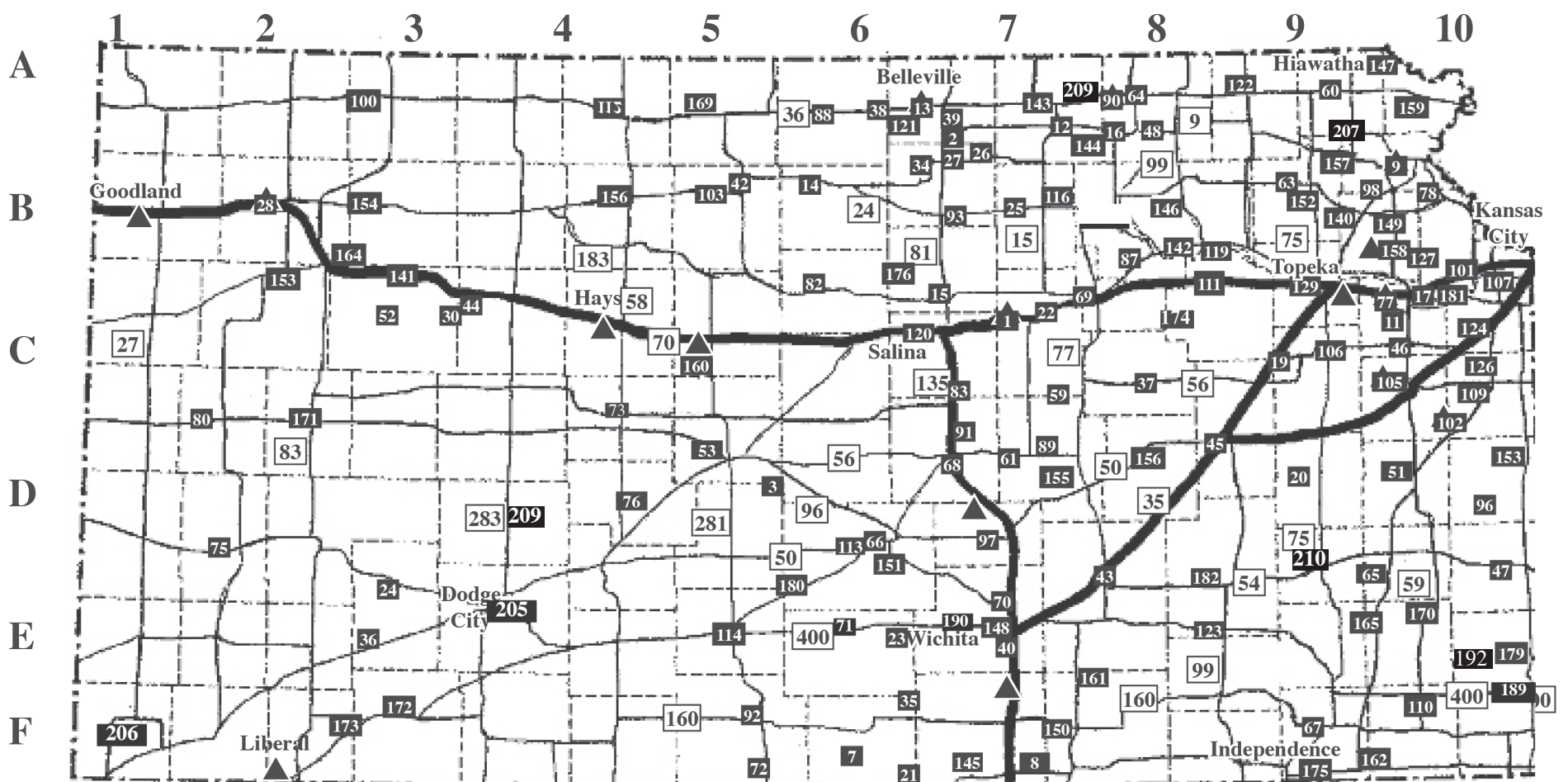
Upcoming Events Shop Hops & Quilt Shows:

- Central Ks Yarn Shop Hop (ad in this issue)
- Central KS Quilt Shop Hop (ad in Aug/Sept issue)
- Run for the Border Shop Hop (ad in Aug/Sept issue)
- Stitches in Time Quilt Show (ad in Aug/Sept issue)
- Burlington Christmas Craft Fair (ad in this issue)
- Maple Leaf Festival Quilt Show (ad in this issue)
- Annual Threads Across Nebraska (ad in Aug/Sept issue)

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Map Index:

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



Autumn KK '07

AND THE WINNER IS . . .

Burns wins gift certificate drawing

The lucky winner of our \$50 gift certificate to an advertising shop of her choice is Gretchen Burns of Mission, KS! Gretchen has been a loyal *Country Register* reader and has entered our gift certificate drawing throughout the years. Gretchen will be heading to Li'l Red Hen Quilt Shop in Paola where, "the owner, atmosphere and selections are friendly, pleasing to the eyes and has a wide variety to choose from." She mentions that when visiting the shop she, "feels at home." Congratulations and we hope you enjoy your time shopping on us!



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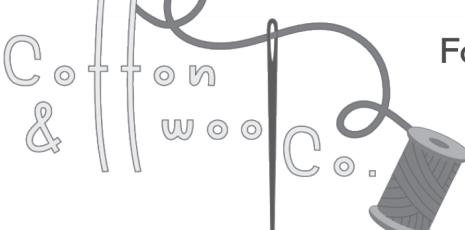
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Building Harmony . . .

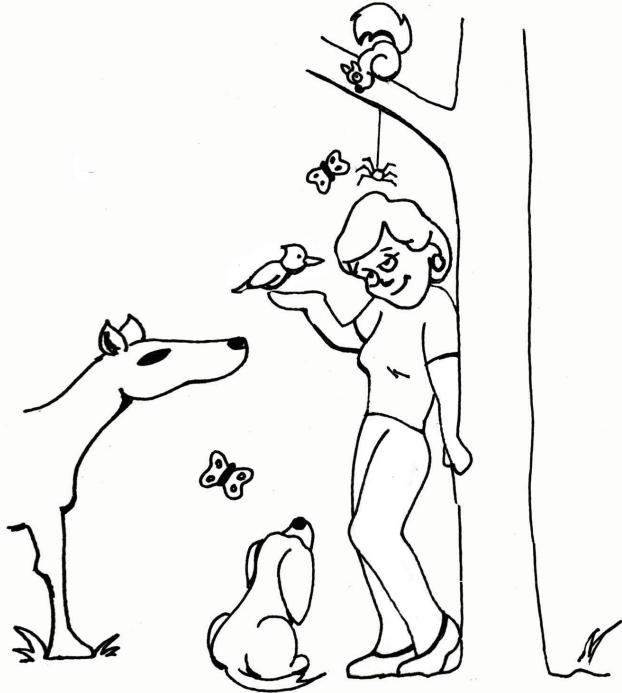
By Jeff Cappis

The Lady of the forest

I'm a night person, my wife, Cathy, is a morning person. I love her anyway. What is it about morning people that they have to jump out of bed at the crack of dawn and do more before 9 a.m. than most of us do all year? She likes to get the housework out of the way early, so she has more time to relax and do things like, well, housework. She never stops. Me on the other hand, I like to get up when the sun is warm and spread my work out over the day. Cathy loves me anyway.

One sunny summer morning, after she'd done all the laundry, cleaned the house (twice) and did enough baking for the next two Christmases, she went outside to clean the forest. I'm not kidding. We clean the forest! There isn't a twig to be found within 300 feet of the house. I'm never sure where to empty the vacuum cleaner.

The soft, warm, sunlight filtered through the trees around her. Our small dog named Pudge was at her side. She softly hummed a song to herself. As she carefully picked up small branches, butterflies began to collect around her. Curious squirrels came out on



their branches to watch, and deer grazing nearby, lifted their heads, moving in closer. A couple of cats that had been quietly hunting mice wandered in followed by a mother moose and her young. The robins in the trees quietly joined in her song. It must have been something when the squirrels began chattering along. The moose sang bass and an owl kept tempo. Soon the whole forest sounded like a well-tuned church choir complete with angels, singing in four-part harmony as they followed Cathy softly humming her gentle song.

The next part of this story is hard to believe. A spider (that I believe was playing the strings), slipped off a branch and dangled on its thread right in front of Cathy's face. Cathy doesn't really like spiders too much, so she began to scream. Not for long though. She was taken out by a robin going after the spider. The cats then went after the other birds that flew into the squirrels. One terrified squirrel (with its nails out), was knocked out of a tree onto the mother moose. This startled the moose, and she took off into the mess followed by her young. Deer were running everywhere. Even the mice were scattering. Pudge thought this was all a great game and ran around barking. The owl couldn't decide between the mice or that stupid barking dog.

There was big carnage going on inside the forest. Cathy came running out with a panicked robin on her head and a spider stuck to her nose. She was only passed by Pudge and an owl that didn't quite fit Pudge's doggy door. By the time she got to the front step, she was a mess. It was all she could do to crawl up the last few steps to the deck by the front door. There she sat. The sun was warm. It was about that time I came out in my robe and a cup of coffee in my hand.

"What a peaceful day," I said, taking a sip. "So calm. I can see why you get up early for this. Man, Cathy, you're a mess. What did you get up to this morning?"

It's hard to drink your coffee with the whole mug in your mouth. Morning people are sure grumpy.

copywrite 2023 by Jeff Cappis Email: jcappis@telus.net

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Drawing Entry Form

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Please enter me in the drawing for Lydia Harris' New Book _____

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Milestones and Falling Leaves

By Donna Jo Copeland, farmeress, Breezy Manor Farm

In September I started my 74th trip around the sun, which in itself is a milestone. But on the 20th of July I celebrated another huge milestone. The last day of county and state fair judging for me. After 50 years I decided it was time to retire. No special reason, just felt it was time. I have thoroughly enjoyed judging bunnies, sheep, fleeces, quilts, pies, knitting, fiber arts and other projects. For a half century my summers have been well seasoned with lemon shakeups and sawdust.

Plans are for the next 20 summers to be filled with more teaching fiber arts, workshops and encouraging others down the farm and fiber rabbit hole. Share my knowledge. It came up today in a conversation about dwindling numbers, we need to get another generation involved and doing tactile pursuits. So, crone that I am, I'm taking up the challenge!

With the passing of summer overwrought with ridiculous road reconstruction and horrid storms, I look forward to fall settling down to cornflower blue skies, falling leaves and cool evenings. Wool projects.

One such challenge involves my dark, narrow, steep with a 90-degree turn stairway. For over 50 years (yes, a pattern in my life) it has bugged me. So, one fine day I bought a gallon of Ambrosia Mist, a pale celery, satin paint, scrubbed the stairs and painted. Nice and bright but I couldn't find the steps in all that brightness, so I painted a leaf on each step. Perfect.

Then something I have thought about for years...I began hooking small rugs for the risers on those steps. I am nearly halfway done. The designing is fun and they go quickly. I decided to staple them in place. So far, the cats have ignored them. Downside is I close off the stairway in winter, so no one but my resident ghosts will enjoy them.

My 19th century farmhouse needs lots of repairs (roof, foundation, paint, plumbing, etc.) but I do what I can, and it's nice to puff things up a bit. As I trek up the stairs several times a day, bright and welcoming is nice. Of course, the paint will wear but that's okay. My house is lived in.

With the new stairway done, the room at the top of them needs attention. I'm ripping up 42-year-old carpet and painting that floor. Think I will spend the winter with Lady Mary weaving rag carpet for this room. It is destined to be my rug hooking studio with its nice south window overlooking the sheep.

Fall is probably my favorite season. The colorful leaves, fragrance of wet leaves, cool nights by the fire, wool sweaters. It's also a time for winter prep. And that list is LONG.

It's a time to sit in the swing (if I get mine replaced after a tree fell on it), knitting in hand, dogs at my feet, watching the leaves gently drift on the breeze. It's sad in a way. But leaf fall denotes a job well done by the trees. With the weird summer weather behind, I hope fall is kind.

I ask you all to take time to just savor the milestones and falling leaves in your life.

Oops, just realized I have been rambling without mentioning the most important beings on my wee farm. The heat has been hard, and I have lost some. I have almost sort of decided I might possibly not be buying any more livestock, we will see. Plan to concentrate on the bunny barn...angoras and meat bunnies. I like knowing where my meat comes from. Any type of livestock farming, any size, is hard sometimes. But we do it, and I am thankful I still can.

Nearly time for evening chores and probably another storm coming in tomorrow. Be well and thankful y'all. Take a few minutes and a cup of tea, sit in the swing.



Mom's Persimmon Pudding

1 pint pulp
1 pint sugar
1 pint milk
3 cups flour
1/3 cup melted butter
3 eggs

Combine and mix well by hand. Put in the top of a double boiler and cook for 3 hours, checking water level frequently. Serve warm with a scoop of vanilla ice cream, simple country fare.

"Ann's Lovin' Ewe"

By Ann Marie Stewart

September is a Grand Time

We've celebrated Mother's Day, Father's Day, and maybe even our birthday. But when is Grandparents' Day? This year it was on September 10, the first Sunday after Labor Day.

I grew up in the same state with both sets of grandparents, two hours from one set and 45 minutes from the other. That closeness meant I spent nearly every weekend at one of their farms. As we drove down River Road in Duvall, Washington, my little brothers and I would chant, "We're almost to Grandma's house! We're almost to Grandma's house!" Fond memories include swimming in the Snoqualmie River, eating green beans from Grandma's garden, and dipping Sinterklaus cookies into hot tea with lots of cream and sugar. At my other grandparents' home, Grandpa told lots of stories, and Grandma served warm brown bread, Maple Bars and homemade borscht. I can almost taste the red raspberries that ringed her garden where we'd also nibble on fresh peas. We loved ziplining from one end of a barn to the other, clam digging at Birch Bay, and riding the Ferris Wheel with Grandma. Their heritage of faith, and the blessing of their love and prayers linger long.

My parents continued the memory making with my daughters. Though we live on one coast and they live on the other, their influence was still life changing with less frequent but concentrated reunions. When Christine was 9 months old, she affectionately dubbed her grandpa, "Bumpa." As she grew older, if she became anxious, I would say, "Call Grandpa," and my retired attorney dad would counsel her from 2500 miles away. When my husband and my parenting was too intense or mixed with frustration, the grandparents showed love and grace. They were only a letter, phone call or text message away.

I also created and adopted the idea of GIFT (Grandparents in Future Training.) When I'd get to know kind people who were my parents' age but didn't have grandchildren, I would ask if they would grandparent my two girls. Thus Gampa George, Gamma Sharon and Aunt Rae were born into our lives. These additional grandparents gave gentle instruction, babysitting relief, and poured prayer and fun into my daughters' days. They were indeed a GIFT for all of us and a profound influence with their wise perspective and love.

And that love and influence lingers beyond death. When my father was given a terminal diagnosis, we flew to Washington to see him one more time. Our family gathered around his bed and ate ice cream bars and told stories. My dad's was a life well-lived and well-loved. For those final days, my daughter Christine sat next to his bed holding his hand. I'm not sure if it was because my dad, her Bumpa, knew she needed it, or if he longed for her touch. But after he passed, my daughter made plans for a career in nursing.

Someday when I'm a grandma, I want to be just like my dad and make grandparenting my favorite career. What kind of memories will my grandchildren and I make together? I hope one of them is Grandparents Day. Then again, though I was in my teens 40 years ago when Jimmy Carter declared the first Sunday after Labor Day a National Holiday, I'm not sure I ever honored the day. Nonetheless, I hope my four grandparents knew how dearly I treasured their love.

If you have a grandparent who is still living, take a minute to honor them and if your children have grandparents, encourage them to honor their grandparents. We can never underestimate or imagine the influence, perspective, and wisdom of grandparents. The impact they can make will last for generations.

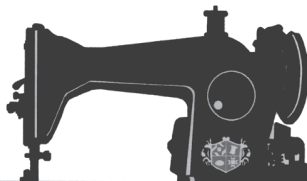
For ideas on grandparenting or gifts for grandparents, I suggest Country Register's "A Cup of Tea with Lydia," author of three books for grandparents.

In the Kitchen With Grandma: Stirring Up Tasty Memories Together
Preparing My Heart for Grandparenting: For Grandparents at any Stage of the Journey
and her upcoming release: *Grand Moments: Devotions Inspired by Grandkids*
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Life Without "Buckets"

By Barbara Kalkis

Sudden flashes of enlightenment are so common that we even have a term for them. They're called "Ah-Hah!" moments. However, I find that some of my instant insights are more like "Huh??" moments. I realized this flaw a few years ago when I had the brilliant idea that my friend and I should attend a cowgirls-only weekend at a guest ranch.

Since the only horses we had ever ridden were actually ponies at summer fairs, and we were just tots at the time, and we're both city people, you may ask, "How did you ever get this idea into your head?" Easy. It seemed like a good idea at the time. One of those "ah-hah" thoughts that should have been a "huh?" My other defense is that my friend agreed to it.

The ranch owners agreed to our desire to stay behind as all the other women climbed into the saddle every morning. While they cantered off for the day's excursion we hiked, explored the area (*in the car*) and lazed away afternoons reading and chatting. In the evenings, we enjoyed conversations with the "cowgirls" over delicious dinners and homemade pies. Stunning scenery, perfect weather, peaceful days and star-filled nights made the entire experience idyllic. Or so I thought.

Checking out at the end of the weekend, I told the cashier that I would return sometime. Then the "Huh??" moment arrived. As my friend completed her transaction, the cashier extended a warm invitation to return. I expected the same response I had given. Instead, she laughed airily and replied, "Oh no! I have too many other trips on my bucket list to ever return here."

I turned to see the cashier looking stunned and realized that I had the same look on my face. But for different reasons. The cashier was clearly shocked at my friend's rebuttal. Me too, but I was more shocked to hear the term, "bucket list" outside of a movie. Was I missing some important life requirement? Should I keep a list of my hopes and dreams as if they are items to be completed and checked off in order to move on to new adventures?

What's in Your Bucket? Lists or Goals?

Since Covid, bucket lists seem more popular than ever. Parties, picnics, luncheons, business events -- gatherings small or large -- seem to include a conversation about bucket lists. Once mentioned, a verbal ping-pong game begins. Who went where? Who didn't go there, but went somewhere else? Conversations morph into wilderness adventures, river and ocean cruises -- taken two at a time! -- elegant hotels, charming cafes, trendy night spots! The bucket lists are long enough to make Santa Claus's head spin. They overflow with activities that take several years, a fat bank account and dogged determination to complete.

It's great to have lists of things to do. We all have them, but lists are different than goals. Lists are tasks to be checked off. Goals are dreams that have a completion date attached to them. That is their beauty. Goals can be fulfilled at home or any place we choose. They are priorities for any time of the year.

Crafters are spontaneous thinkers, idea people. We fill our lives with art that we've created and with stashes that will become something at some point in time. As each season unfolds with its own palette of colors and life happenings, crafters see the potential to create new beauty. It doesn't require a trip to see potential. Contentment and joy are not list items.

That's not a "huh?" realization. It's the "ah-hah!" moment to cherish.

©Barbara Kalkis. Barbara is a high-tech marketer and public relations consultant, but her first loves are teaching and writing. She's the author of **Little Ditties for Every Day: A Collection of Thoughts in Rhyme and Rhythm**. Contact her at BarbaraKalkis01@gmail.com.

Front Porch

By Gayle Cranford

Growing up in the '40s and '50s, my town was a town with front porches. Nearly every house on my street had a front porch and even some back porches. Originally, our old home had a small back porch. The house lacked a proper kitchen, so my father braced the back porch with cement blocks and changed it into a kitchen...however small.

Our front porch was a place where my playmates and I gathered to play. Sometimes, we'd spread an old blanket and sit for hours cutting out or creating paper dolls. We sewed clothing from scraps of cloth for our dolls. Primitive as the pieces were, still, we were learning how to thread and use needles.

Sometimes, neighborhood friends would gather to play board games on the porch... especially in weather not conducive to other activities. For my brother, who was always fascinated by weather changes, the front porch was his "station" for watching electrical storms. The adults in the neighborhood frequented each other's porches to catch up on news or gossip.

And, then, porches began to disappear in newly constructed homes everywhere. An old era had died, and the new one lacked something important...community.

I'm not sure when front porches reappeared in new construction, but lovely front porches have again become popular. Many are graced with beautiful railings, some wrap around corners, and many sport beautiful furniture especially made for such locations. The porch has again come into its own. They're not mere attachments to a house anymore. They're integral to the overall design, augmenting the curb appeal.

I see neighborhood developments here in Florida now that are very, very inviting and appealing. The house designs are nearly like turn of the 20th century cottage designs. Some of these neighborhoods have houses built close together with narrow streets that shout out "community, friendliness, parties, neighborliness" as were found in the '40s and '50s of my youth.

But I believe that today's world is just too busy for the residents in these beautiful neighborhoods to live the lazier, friendlier "front porch" kind of lives of the past. Hopefully, those porches will instigate a much-needed change in today's American culture.

- Gayle Cranford lives in Florida with her daughter and their dog. She enjoys writing, walking in their neighbor, dining out with friends. At 86 years young, she is often compared to the energizer bunny.



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A Tribute

To Cindy: This has been a hard ad to work-up, knowing it will be the last one and your last issue of The Country Register. Still wishing that someone will take it over and continue. I have enjoyed working with you the last 14 years. You have helped me in so many ways of how a business should be run. I will miss our little chats about K-State football and the bowl games. Your visits to my shop and the two stories you ran on me in 2009 and 2020 for the 60th anniversary. Wish you could still be writing when I have my 65th in 2025. Wishing you the best of luck in your semi-retirement from farming and as editor of The Country Register.
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Being Socially Kind

By Barbara Polston

I saw one of those Facebook posts again. A quilter posted a picture of her recently completed block, doing so to solicit advice with a desire to improve. Her post began, "Please be kind..." This told me that she had posted before and probably felt dragged over hot coals with the negative comments she received. I am sure it took a lot of courage, and perhaps the passage of time, to risk posting again. Sadly, I see these types of posts with more regularity than seems necessary.

It seems that our creative muscle is sensitive and easy to damage, sometimes beyond repair. I remember a grade school teacher criticizing a drawing of which I was proud. She found nothing worthy in my effort. I did not draw, other than doodles in margins, for quite some time after that.

Several years ago, I designed and made a wall quilt to showcase a crochet doily my mother made circa 1939. The doily was made from variegated thread that, according to Mom, had just been introduced to the market. The thread changed through a range of soft colors – pinks, blues, greens and yellows. The doily was set on a circle of white cloth in the middle of a blue and white log cabin pattern. Given the nature of the doily and its history, I chose to use the traditional red for the log cabin centers. Although my quilting was not perfect, I was happy with my quilt and entered it into a show. While there, I eavesdropped on two women commenting on it, only to be met with such hurtful negativity. My heart was crushed. Visiting with a friend, I shared what I had heard and how hurt I was. Her advice, "You did not make the quilt for those ladies. You made it for yourself and your family. If you love your quilt, if your family loves your quilt, that's all that matters." The quilt hung over my family room fireplace for many years; I loved it every time I saw it.

I have held on to my friend's advice and shared it with others feeling crushed by negative comments, more than once. But I remember the hurt inflicted by my grade school teacher and two anonymous women at a quilt show.

Of course, we do not like every quilt, every painting, every drawing, every embroidery that we see. Social media makes it too easy to share our dislike without regard to the person who will read those comments and have their creative muscle damaged, perhaps beyond healing. Maybe, if we see someone asking for advice, and we have nothing positive to contribute, we should just scroll by without comment. If we have something constructive to say that we believe will help the maker improve, perhaps we could find something to complement and frame our criticism gently. For example, "Love your central design. Consider stronger contrast against the background to really make it pop."

I hope we can all work together to be socially kind and keep those creative muscles healthy!

©Barbara Polston, Tucson, Arizona, 2023

Barbara Polston, the author of *Quilting with Doilies: Inspiration, Techniques, and Projects* (Schiffer Press, 2015) and *Meet Puppy Brian and Puppy Brian and the Grey Cat* (www.puppybrian.com), lives in Tucson, Arizona where she has failed at retirement, but getting more time to stitch in a variety of forms. Contact Barbara at barbarapolstonquilter@gmail.com.

The Gift

By Juleann Lattimer

It's that time of year again? Another birthday. These days I don't look forward to another one. Time is going too fast. At this point in life, I am not interested in acquiring more things. In fact, I'm trying to scale down. "What would you like for your birthday?" I was asked. What if I could choose anything I wanted?

I remember many years ago my grandmother offered to my brother on his fifth birthday anything he wanted. I was envious. She never made that offer to me. One hot August day I went with them to the store, anxious to find out what he would choose -- anything he wanted. I looked at all the enticing toys that I would have chosen if given the offer. It would have been a difficult decision with so many choices on the shelves. There were many I would like. But five-year-old Jack only took minutes to decide. He chose a rope. A rope! With all the more age appropriate choices, he chose a rope!

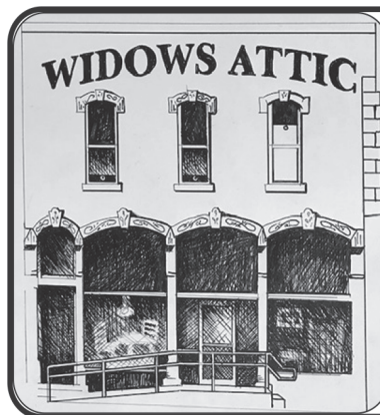
We tried talking him out of it, showing him one toy then another, but he was adamant, "I want this rope!" What a wasted wish! I would never have been that foolish -- which might be why she never made me that offer. It's been way over 50 years, and I still have not forgotten it.

So, what would you ask for if given the same opportunity? A new car... a bigger house... a Gucci handbag... diamond necklace?

God gave Solomon the same offer -- anything he wanted. Solomon did not ask for riches or power. He asked for wisdom. That pleased God. While Jesus prayed to his Father, He asked for his Father's will. That pleased God.

"Ask and it shall be given to you... for everyone who asks receives... for what man is there among you when his son shall ask for a loaf, will give him a stone? How much more shall your Father in heaven give what is good to those who ask Him?" (Matthew 7:7-11)

What will you ask for? Why settle for a rope? When He offers us so much more, things money can't buy, but what He offers us is priceless... peace, joy, hope, comfort, heaven.



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The Power of Hope & Positivity

by Lesley R Nuttall

Who would have thought that being left-handed could be an advantage? Left handedness is determined in the womb. While only ten to twelve percent of the population are lefties, more are men.

Many have benefited in a positive way! The advantage has been in competitive sports; boxing, tennis, baseball and martial arts because of how rare they are. As the left-handed use the right side of their brain more, it enables them to be more creative and intuitive, which gives them a higher level of imagination --art comes more naturally, as does multitasking.

A lot of famous left-handed have made their mark in history as musicians, artists, inventors, writers, poets, engineers and actors. The list is long, but a few are Picasso, Mozart, Michelangelo, Mark Twain, Beethoven, Lewis Carroll, Babe Ruth, Charlie Chaplin, Marilyn Monroe, Paul McCartney, Oprah Winfrey, Brad Pitt, Tom Cruise, Julia Roberts and many Nobel prize winners. Albert Einstein was ambidextrous and so was Leonardo Da Vinci. He was well known as a painter, but did you know that he was also an inventor? Over seventy-five inventions were reconstructed from his illustrations and writings, including the motor vehicle, helicopter, armored fighting vehicle, cross-bows and the parachute.

Of course, there are also many right-handed people who have accomplished the same but didn't have to contend with the negativity that lefties do. Centuries ago, the belief was that left meant sinister/evil. Many earlier U.S.A. Presidents were ambidextrous. For photos, due to the stigmatized evil shame, they always held their pen in the right hand. Some in the past few decades were also lefties.

Some children who were forced to use their right hand became ambidextrous, which was a positive advantage, while others became shy, anxious, had attention disorders and stuttered. It is hard to believe children were punished for using the wrong hand. Some had their left hand tied behind their back or to the school desk or made to stand in the corner facing the wall. Others, like me, were hit on the knuckles of their left hand with a ruler. It did hurt! Later in the 20th century, left handedness became less stigmatized, but the '40s, '50s and '60s were brutal for young children starting school. The challenge may have been hard but being positive made us stronger!

There are disadvantages to being left-handed. In the beginning, everything was geared for the right --scissors, vegetable peelers, hand can openers and clothing with buttons or zippers as well as most tools. Today, we can still see so many things for the right -- turning on our cellphones, keyboards with numbers on the right, credit card swipe terminals, even bank pens on the right. There are some opportunities now to purchase items made for the lefties.

As a leftie, I have always felt blessed, and never thought my left-handedness to be a burden. Now in my 80s, I am still able to write stories, poetry and sew. I still play my accordion since I taught myself at age 12. With the power of hope and positivity in my heart and soul, I will continue to feel blessed!

There is even a Left-handed International day celebrated in August! Congratulations to all the left-handed who proved it could be done. Be proud of yourself!

©2023. Lesley R. Nuttall, author of Secrets of Party Planning, lives in Thunder Bay, ON. Canada with her husband. Send email to lesleyrose@shaw.ca

Two Minute Lift

By Kathy J. Sotak

Let Me Introduce You To Jada

A story about Jada, Joy and her Job.

As soon as Jada touched my hair, her mouth gaped open and expressed, "I LOVE your hair!" This was last weekend's salon visit with a new stylist. She caressed my hair like a potter molds their mud, and then it was time to get to work.

Her sheer enthusiasm for my head of hair caused me to ask her a few questions. *How long have you been a stylist? What made you choose this as your profession? And so on.*

She started her story of when she was a little girl, she LOVED to do people's hair. Her siblings' hair, her mother's hair and all of her friends'. With a big smile, Jada explained how grateful she is, because she is able to **do what she loves.**

(As an aside, one of the questions I asked is "What type of hair do you like cutting and styling the most?" Her answer was men's hair, because their shorter haircuts are more technical in nature, and she loves that challenge.)

Jada married her joy with her job. How lucky is she! Imagine a world where we all married our joy with our job. Imagine we all had the courage to take that path.

For me, in my late teens / early twenties I had very distinct joys emerge. Guess what? I let fear overtake my brain, and I did not follow that path. Luckily, over the past twenty-plus years, I've discovered new joys. Even though I've chosen not to go back and re-start my career, I've discovered ways to weave new joys into my work.

How about you? Where are you at with the joy-job continuum? If you are one of the lucky ones -- be grateful. If not, can you start to find ways to weave them in? I bet you can find a way to do it.

Even if you can't find a way to marry them with your work, at least give yourself permission to experience a little more joy. Maybe you always wanted to learn how to play ukulele. Maybe you want to learn how to sail. Maybe you were sparked with joy in a painting class in college and haven't touched a brush since. **Give yourself permission.**

After all, Jada is cheering us on!

Thank you for reading! I love your email replies or comments on the site, to hear what resonated most with you.

This email is the primary way I share these stories. If inspired, pass along a lift to someone else's day, by forwarding to a friend or share on social:<https://2minutelift.com/jada/>

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Labeling Your Quilt

by Marlene Oddie

When you get to the very last step of your quilt, it might be easy to forget or not bother, but what happens to a cherished quilt when one day you are gone, and the recipient's child is wondering where the quilt came from? Have you seen beautiful quilts at the local thrift shop, cast away by a family member who may not understand the sentiment behind the quilt?

Early on in my quilting journey, it was explained to me that a label on a quilt is a fundamental part of documenting this craft. These quilts can generally last longer than our lifetime, so having the information about the quilt attached to it with a label is the simplest way we can keep track of its origin. You might find other unique details at <https://marketplace.unl.edu/iqm/fabrics/quilt-label.html>.

So, what should be in a label? When I'm doing sample quilts, I often include more technical specifics that help those who will be working with the samples -- i.e., the fabric collection used, sizing and batting content. But in general, labels should include:

Name of the quilt - yes name it, make it fun, tie it into the sentiment of the reason the quilt was made.

What is the reasoning for making the quilt or gifting the quilt -- refer to the occasion in which it is being given or created.

Is it based on someone's published pattern? If so, what is the name of the pattern and who designed/published it?

Who pieced it? -- Probably you, so print your name or sign it.

Who quilted it? -- If it is you, then you might want to combine with the item before and this one just by saying Made by - you're doing it all. But if you Quilt for Hire or had someone else do the quilting, it is appropriate to recognize their contribution to the quilt.

Location and Date -- You can be as specific or not with this but give it a general location (I do the quilting in Grand Coulee) and at least the year should be sufficient. If it is on a special occasion, you might include a specific date closer to the top and disregard the year shown here at the bottom.

As a long-arm machine quilter for hire I am willing to create labels such as the example shown here using my inkjet printer and I sign them where my name is shown. These can be printed on pre-treated fabric that is iron-on or sew-in or use Bubble Jet Set 2000 to pre-treat your own fabric and then fix the printing with Bubble Jet Rinse before drying and sewing the label onto the quilt back. There are pre-printed styled labels that you can easily write on the information you deem appropriate with a fabric pen. You might also machine embroider a label or have pre-printed/woven signature labels/ribbons that you can sew into the binding giving it at least some connection to the maker. Labels should be adhered in the lower left corner if facing the back or peel back the lower right corner when facing the front.

May your quilt's label be the connection to the legacy you have left behind.

Marlene Oddie (marlene@kissedquilts.com) is an engineer by education, project manager by profession and now a quilter by passion in Grand Coulee, WA, at her quilt shop, KISSed Quilts. She quilts for hire on a Gammill Optimum Plus, but especially enjoys designing quilts and assisting in the creation of a meaningful treasure for the recipient. Fabric, patterns, kits and templates are available at <http://www.kissedquilts.com>. Follow Marlene's adventures via <http://www.facebook.com/kissedquilts> and <https://www.instagram.com/marlene.kissedquilts>.

Classic Cars for a Classic Guy

Happy Birthday Jeffery!

Pattern is Big Blocks, Designed by

Christa Hankton

Pieced and Finished by

Aunt Cathy Peak

Quilted by

Marlene Oddie

Grand Coulee, WA 2023



Sample Quilt Label

A Moment in a Day of a Life.

by Kerri Habben Bosman

I have consciously collected very detailed moments for over 20 years now, and I wish that I had thought of it sooner. It is more than simply being present. I try to memorize every aspect about a particular time and space.

I begin with everyone around me. Then I pay attention to the temperature, surrounding sounds and aromas. I hone in upon myself, right down to how my bones feel against a surface. Lastly, I choose one particular sensation as a catalyst to remind me of that moment.

The first time I did this was in 2002. My mother and I were sitting with my 96-year-old grandmother in her cozy room at the assisted living community. She had moved there a few months before. Mom and I had spent most of that summer cleaning out her house to sell. I was stretched out upon my grandmother's twin bed. Huba (as I called my grandmother) was crocheting in her recliner and Mom was cross-stitching in my great-grandmother's rose chair. I had been crocheting, but I was tired. I quietly watched them as they were immersed in their tasks.

Perhaps the idea came to me because we'd just been through that murky process of sorting through a lifetime. Not just my grandmother's things, but also family who had passed before her. It occurred to me that if I memorized this moment, it would always be with me.

The hallway still smelled of what they'd served for supper, and Canada geese had just honked by. I grew cold every time the air conditioning came on. My lower back ached from moving furniture earlier in the day. Mom's right hand was on the top of her embroidery hoop, and her left hand was meeting the needle and thread underneath. She peered at her work through her favorite purple reading glasses. Huba finished up a ball of yarn and bent for the next. As was her custom, she was making a lap robe to donate to the hospital.

Thus, over two decades later, I can always sit "just one more time" with these two strong, solid and loving women who raised me.

One moment I collected recently took place this past July. We were staying with my 102-year-old mother-in-law, whom I also call Mom. It was a Friday evening, and we sat outside the home she has lived in since 1946. My husband, Wayne, had picked up fish dinners. The three of us ate outside at the picnic table that has served well for generations and countless meals.

Cars passed on the nearby road with occasional thumps of truck tires. It was a mild summer night with a slight breeze arriving off and on. In the tree to our left, red wing blackbirds had gathered and then had flown off in one motion. We'd watched the leaves shimmer back into place. The air smelled of a summer evening; a scent of flowers from somewhere and that hint of humidity that hits your nose every once in a while.

Mom prepared her food in that gentle, yet certain, way she does everything. She eased her fish to the side and evenly spread her sour cream into her baked potato. We'd just held hands and said the blessing. I ran my fingers over the table, feeling the slight roughness of the wood as I watched the sunset in the distance behind Wayne's back. The orange orb began to slip into the horizon, casting lingering light at a slant across the yard before settling upon Mom's treasured statue of the Blessed Mother. We all gazed at her for a bit as the sun fully descended.

Whereupon Wayne nodded and smiled at us before quietly affirming, "A moment in a day of a life."

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





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Collector's Corner

Winchesters of the West, Iconic Lever Action Rifles of the Old Frontier

by Jim Olson

When envisioning images of the "Old West," the mind often conjures scenes of sprawling landscapes, fearless cowboys, outlaws -- and the ever-present lever action Winchester rifle. This firearm, symbolic of an era defined by exploration and frontier spirit, was wielded by frontiersmen, Native Americans, cowboys, lawmen and adventurers who found themselves in the American West during its heyday.

This remarkable period, spanning roughly from the aftermath of the War Between the States to the turn of the 20th century, is compact but loaded with legends and tales that have transcended time.

Although our modern exposure to the Old West is primarily through movies, it's undeniable that the films have played a pivotal role in bringing the essence of this era to a wider audience. Western movies are known for showcasing the iconic lever action Winchester rifle. However, it's essential to recognize that historical accuracy is not always a priority in films. Notably, many Western movies feature Winchester model 1892s and 1894s, rifles that were introduced well after the events being depicted onscreen.

This brings us to the focal point of our discussion: the classic Winchester lever action rifles that defined the West. Throughout the Old West era, seven distinct lever action Winchester models were introduced: the models go by the year of their initial release: 1866, 1873, 1876, 1886, 1892, 1894, and 1895. While other Winchester firearms emerged during this time as well, these lever action rifles stand as the quintessential icons of the period.

For those aspiring collectors and enthusiasts looking to get a foot in the door, the models '66, '73, '86, '92, and '94 are prime subjects for exploration. To study these five models is to acquire a wealth of knowledge and understanding about approximately 90% of the Winchester firearms associated with the West.

*The model 1866, renowned as the "Yellow Boy," stands as the inaugural iconic Winchester rifle under the Winchester name. Recognizable by its gleaming brass frame, this rifle represents not only a collector's treasure but also a priceless historical gem.

*The Winchester 1873 boasts a distinctive feature -- an unmistakable rectangular brass spot on the frame's underside. While the '76 model shares a similar characteristic, the '73 earned the moniker "The Gun That Won the West" because it was so prolific. This rifle likely saw more action than any other during the Old West era.

*In Winchester's lineage of designs, the model 1886 takes center stage. Conceived by visionary John Browning, this lever action model was engineered to handle larger calibers more effectively than its predecessors. Its excellence was so universally recognized that even Theodore Roosevelt counted it as his favored firearm.

*A model 1892 featuring an iconic large loop lever, has etched itself into the memory of thousands of movie enthusiasts, thanks to legends like John Wayne and Chuck Connors using one onscreen. The model 1892 was an upgrade meant to replace the 1873s and catered to those who preferred .44 and smaller calibers. It remains one of the most recognizable Winchester rifles of old Western movies.

*Then emerges the model 1894, a game-changer which introduced smokeless-powered cartridges. Linked to figures like Tom Horn, this rifle significantly popularized the .30-30 caliber. Surprisingly, only about the initial 350,000 of the 1894 models were crafted before the 20th century, elevating their value as collectibles compared to their post-1900 counterparts.

Mastering these five models, each with its own distinct appearance, marks a significant step toward gaining Winchester expertise. However, the journey doesn't stop there. Exploring models like 1876 and 1895, as well as branching into the single-shot models and lever action shotguns, unveils a realm of diverse classic Winchester Arms from the Old West worth looking into.

Collecting these relics of a bygone era has become a passion for many, and you might be among those captivated by the allure of classic Old West arms. From each, you grasp not only the tangible craftsmanship of a bygone era, but also a piece of history that continues to inspire fascination and respect for the frontier spirit.

Numerous folks enjoy collecting classic Winchesters arms of the old West period, perhaps you are one of them!

Jim Olson, Western Trading Post, 403 N. Florence St., Casa Grande, AZ 85122. Learn more at www.WesternTradingPost.com, email info@westerntradingpost.com or call 520-426-7702. Jim Olson © 2023



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Please Fly!

by Becky Van Vleet

Recently my husband and I enjoyed watching an Andy Griffith episode on Netflix entitled "Opie the Bird Man." (Season 4, episode 1, 1963) Opie got himself into a jam when he accidentally shot a mother bird with his new slingshot. And soon poor Opie realizes there are three baby birds now abandoned in the nest. But with new courage and trying to make things right with his horrible blunder, Opie becomes a surrogate mother to the little birds. Nestling the little creatures into a bird cage, Opie sets out to gather worms as he cares for his new babies. He takes great pride in his successful endeavors. But Opie becomes quite anxious when his pa prepares him that it's time to let the growing birds out of the cage so they can fly away. Opie becomes worried and sad. He tenderly cups each bird in one hand before upwardly throwing them into the air, shouting, "please fly, please fly."



Over the next few days, I thought about Opie's courage to let the little birds fly away. And it made me think about how we parents invest our love and our hearts into our children, preparing them for the future, preparing them to be independent. We worry, we are sad, but we know it's time to let them "fly" into the world. And I don't believe the preparing of children to become independent young adults only lies with the parents. I believe this groundwork and influence falls upon all adults --grandparents, aunts, uncles, neighbors, pastors, teachers, babysitters, coaches, club leaders and so many others.

Whenever we demonstrate honesty by taking an item to lost and found instead of keeping it, we are training children to be honest adults. When we hold the door open for others, we are influencing children to have good manners. When we pick up clothing items we try on in dressing rooms instead of leaving them on the floor, we are encouraging tidiness and respect for the store. When we are not texting when driving, our example to children says safety behind the wheel is imperative. When we are not cussing, children will choose their words more carefully when they are older. When we are not taking a Walmart basket home to keep for personal use, children will understand that stealing is wrong.

As adults, we are always training and grounding children within our sphere of influence. Our actions and behaviors today will create memories for tomorrow in our children when it's time for them to fly away. And let's hope the memories are positive ones for the new "baby birds" to emulate.

Becky Van Vleet, a retired school administrator, lives near Colorado Springs with her husband, Troy. They are the parents of four grown children and enjoy spending time with their nine grandchildren. Becky is a children's picture book author, and her website is devoted to family stories and creating memories: www.beckylvanvleet.com.

Shop Offers Exclusive Yarn to Shop Hop Goers

by Cindy Baldwin, Publisher-Editor of The Country Register of Kansas

The fun of a shop hop -- besides a great road trip with friends to see a perhaps "new to you" shop -- is finding that fabric, yarn, tool or pattern that isn't readily available anywhere else in the state. For yarn enthusiasts trekking their way through the Central Kansas Yarn Shop Hop October 17-21, they will have the opportunity to satisfy that urge at most of the six participating shops. And for those shoppers who enjoy working with small batch, hand-dyed yarn, they won't want to miss the Wool Market and DIY School in Hutchinson

Hand-dyed yarns have become very popular the last few years, and there are several hand-dye fiber artists working in the state, selling their yarn at craft and fiber events, through independent yarn stores or online. But, the Wool Market and DIY School boasts an in-house dyer producing a line of hand-dyed yarn that is exclusive to them. This is not your mass produced yarn with thousands of yards in the same dye lot. These handcrafted skeins are often one-of-a-kind with subtle variations even in the same colorways that make them unique.



Where it all happens. Dyeing pans set on burners to heat the water and yarn. Just some of the dye base pots on shelf above.

The dyer behind Hank's Hand-dyes, the store's exclusive line named after the store's mascot -- a cartoon sheep named Hank -- is Karrie Ruebke. I recently was able to visit the dye studio where Karrie works at The Wool Market and she showed me the process that leads to all those fun colorways the store sells.

Karrie has been a yarn lover for years, but she became serious about dyeing her own yarn about five years ago, keeping extensive notes as she experimented with different dyes and processes. She began working with The Wool Market and DIY School's owners, Andrea Springer and Steve Snook, in March to develop a line for the store.

"I first met Andrea when she taught a class I took at Yarn (a former yarn store in Hutchinson). She was a great teacher and we hit it off," Karrie said. "When I moved back to the area from Colorado after losing just about everything I owned in the Marshall fire in 2021, we reconnected. I had to rebuild my (yarn) stash that I lost in the fire, and so the Wool Market was a frequent destination."

Andrea knew that Karrie loved hand dyeing yarn, that she had a great eye for color and that The Wool Market's customers loved using locally produced hand dyes, which the store had been purchasing from in-state dyers and selling on consignment. It just seemed like a great idea to develop an exclusive line for the shop combining Karrie's expertise and Andrea's understanding of what colorways her customers liked.

"Karrie needed a place to work, and we had the space for a dye studio," Andrea said. "It's been fun to offer something made right here. Karrie's been a good partner."

They started small with a merino superwash sock yarn (Hank's Standard Sock) and in the past few months expanded to kid silk lace weight (Sable's Silky Lace) DK (Hank's Standard DK), a 100% worsted (Hank's Wooly Good Worsted) and recently added Hank's Rainbow Roving, which is made from locally produced wool. The shop has also started dyeing mini skeins, which have proven to be very popular.

"We just added the worsted weight because this time of year people are looking for a heavier weight yarn for blankets, hats and sweaters," Andrea said. "We've been strategic about how we've introduced new lines."

Karrie is a kettle dyer who is drawn to rich, vibrant colorways. She keeps a diary with notes and pictures of what she produces for reference so popular colorways can be reproduced. She typically uses three or more dye bases in a batch, and, while she has a good idea how the dyes will blend with each other, there are often surprises with some batches looking quite different from a previous batch using the same dye formula. The

shop recently had to change the base yarn they use and have found that the new yarn takes the dye much differently than the old yarn did.

"I don't know why batches will vary -- maybe it's something in the water that day that's different," Karrie said, adding that some of the most popular colorways have been "mistakes" that turned out to be just right.

Karrie said one of their colorways was born when a skein in a yellow colorway accidentally ended up with a spot of green dye. To save the skein, she dumped in a darker green and it became one of the shops most popular colors -- Tall Grass Prairie -- for more than two months.

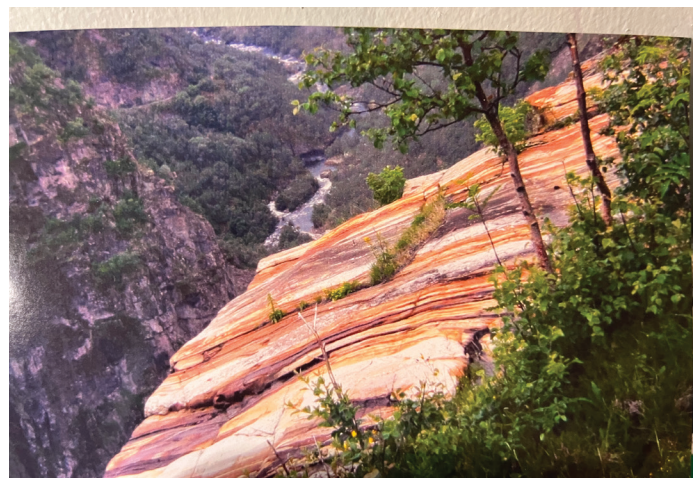
The shop's most popular signature color is a pink/red colorway called Patsy's Lipstick named after Andrea's long-time friend, the late Patsy Terrell. The colorway was very close to Patsy's favorite lipstick shade. It was the first colorway developed in the shop and still is in demand.

With nearly 75 dyes to work with, there are an endless number of color possibilities, according to Karrie. So how does she decide what colorways to produce?

Karrie said they usually start with the inventory on hand, replenishing the colorways that are proving to be popular. She noted that Andrea has a really good sense of what colorways are selling. Not surprisingly, it is often seasonal with color purchases reflecting nature. Karrie often uses pictures to inspire her in the dye studio. She is currently working on fall tones using pictures of fall leaves to suggest color blends and shadings. Last week one of her batches reminded her of an old red flannel shirt.



Patsy's Lipstick, center, the shop's most popular hand dyed colorway.



Transforming a picture into a custom skein. Original picture of a waterfall and rock formation, above, and left: Karrie's interpretation picking up colors from the original picture. Note how the orange and purple striping mimics the rock formation and reflects vegetation colors.

Customers can also request special dyes. Recently a customer brought in a picture of a waterfall and rock formation that she had taken on vacation. Karrie used the colors in the picture to dye a specialty colorway that gave the customer another souvenir of her vacation that she could turn into something she could wear.

It takes about 14 days to produce that type of custom dyed skein.

Karrie's dyeing method involves putting the skeins of base yarn in a dye kettle filled with hot water -- in her case a stainless steel pan -- and then pouring the dissolved dye over the yarn, rather than putting the dye in the water and then adding the skein. This gives her more control over where the dye goes, the depth of the color and the color striping if she is working on variegated yarn.

"Variegated yarn

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is very popular right now," Karrie said, "but even my solids are very tonal. That's the beauty of small runs. We can change up what we are doing to meet what the customers are wanting."

Karrie said she is very aware of how the yarn will stripe by the length of a dyed area and has figured out the best proportion of dye application for length of repeat, width of stripe and to avoid color pooling.

Dyed yarn is left in the kettle to cool until the dye is "exhausted" or completely absorbed into the yarn, leaving the water clear or nearly clear. Depending on what she is going for, she might add another application of dye, call it finished or start all over and overdyed it for a completely different colorway. The more

water is used in the dye bath, the more the colors blend.

"We don't waste anything. We reuse the exhausted water for the next batch if possible and yarn that isn't selling is redyed," Karrie said. She also dyes skeins that she calls No Dye Left



Above: Dyed yarn cooling in a dye pot. Yarn hanks are placed longways in the pan with five hanks in the batch. Colorway variegates from darker gray, to silver to purple in each hank. Left: hanks drying before being twisted into skeins. Bottom: A few of the finished skeins hanging on the display wall.



Behind by keeping a wet skein on her worktable onto which she wipes the dye off her work gloves. She often ends up with some very attractive color combinations that have proven to be popular with customers. And they are definitely one-of-a-kind creations.

Finished yarn is spun to extract as much water as possible and then the hanks are hung to completely dry before being twisted into the finished skeins displayed in the shop. The dyeing process takes 30-45 minutes with additional drying time.

Karrie said her favorite dye days are when Andrea tells her to just play and see what she comes up with.

The dye studio has produced as many as 100 skeins in a week, but it varies with how



Andrea Springer, owner of The Wool Market and DIY School stands next to a cardigan and scarf knitted in Hank's Hand Dyes yarn with hand dyed display behind her.

many empty hooks need filling on the display wall.

Seeing what other people make out of her yarn has been the most satisfying thing about the dye studio -- especially when the colors work just like she imagined they would. The most frustrating is when colors don't turn out the way she wants, and they have to be redyed. It's all part of the process.

Andrea said that the exclusive hand dyed yarn has been a great addition to the shop to which customers have responded well. "Karrie's vibrant colors have been very popular and have sometimes we have designed a project inspired by what Karrie has created. She is a real artist in what she does."

There will be a special edition colorway exclusively available for the shop hop.

Make sure you don't miss this stop on the Central KS Yarn Shop Hop. You can purchase your Shop Hop passport at your local participating shop. Each one has something unique to offer. If you are a yarn enthusiast, you

don't want to miss visiting each of these six exciting shops.

Participating shops in the 2023 Yarn Shop Hop include:

- The Shivering Sheep • Abilene
- Erickson Valley Farm • Gypsum
- Wool Market and DIY School • Hutchinson
- The Creation Station • Newton
- Yak n Yarn • Topeka
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| apple | cool | foliage | moon | spider |
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| chestnuts | cornucopia | harvest | pinecone | squirrel |
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| cider | crisp | jacket | rake | winterize |
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 Prescription for Adventure ...

Thanksgiving Day Turkey...uh, Moose

By Naomi Gaede Penner

When people think of Thanksgiving, they think of turkey. They typically do not think of moose. At least that was the case of my Kansas-bred parents until November 1956, when my father, Elmer Gaede, who had intended to be a dairy farmer, morphed into a physician with Public Health Services in Alaska. At which point, he traded the familiarity of a tractor seat for a 75 hp two-seater Piper J-3 airplane. Here's his story of an Alaskan Thanksgiving:

"Well, Paul, what do you say we try a moose hunt?" I asked my buddy.
 "Sure, Doc," he replied with a grin.

Neither of us had ever hunted anything larger than a coyote or jackrabbit; all the same, we acquainted ourselves with hunting regulations and studied maps of various hunting areas. My J-3 was equipped with skis, so once we spotted a moose, we could land on a nearby frozen lake. Thus, on Thanksgiving Day we took off for our big adventure.

Forty minutes later, we spotted three moose beside a lake. I called to Paul in the backseat, "This is going to be easier than I expected."

"Yes, our moose is waiting for us," he shouted back with boyish enthusiasm.

We landed without incident, but much to our chagrin the moose had fled into the woods. We were puzzled. Then we surmised the obvious: unlike cattle, moose would have to be stalked. With snow bursting behind us, we took off to search for another moose.

A half-hour later, we spotted a lone bull. With Moose Hunting Lesson #1 firmly in my mind, I decided to land on an adjacent lake and stalk the moose through the woods.

In contrast to the first snowcushioned lake we'd landed on, this lake was windblown with glare ice. Yet, as an inexperienced new pilot, I landed as usual. The plane hurtled across the lake. We sat speechless as the trees near the shoreline loomed taller and taller.

"Hang on!" I yelled. Then we hit the slightly inclined shoreline – and merely bounced to a stop.

After regaining our senses, we grabbed our guns and proceeded to hunt for the moose. Nothing. Suddenly, a slight movement caught my eye. A full-rumped, enormous animal lumbered soundlessly through the dense forest. Definitely larger than a coyote or a jackrabbit. I aimed and fired – one shot. The monster dropped to the ground with a crash.

We ran through the ankle-deep snow, then, nearly knocking each other over, we stopped in our tracks. What if the beast unexpectedly resurrected? We warily poked it with our guns. It remained motionless.

"We did it!" We hollered in unison, slapping each other on the back and laughing in relief and astonishment.

Then, with sobering reality, we stared at each other. It must have weighed 1,000 pounds. What were we to do now? Indeed, I was a farmer, yet butchering in this situation was different -- no barn, no rope and no rafters to hang the critter. And knives that felt like plastic against the tough hide.

"Look, Doc," Paul commented when our task was nearly completed. "The clouds have moved in. And how are we going to get all this meat in the plane?"

The moose seemed to be like a fishing story -- growing in size.

"Maybe we should take a hind quarter with us now, cover the rest with the hide, and come back another time," I suggested.

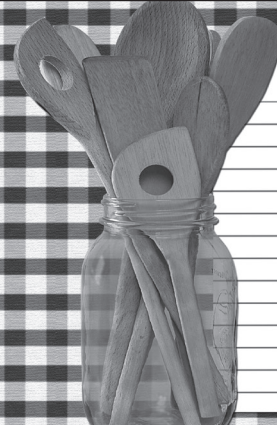
We worked quickly. With a heavy load, we took off into a darkening sky, with a rapidly emptying gas tank, back towards Lake Hood, which had no landing lights. We inched our way through the blackness.

At long last, the skis reached down to hard-packed snow at our destination. We'd been flying on fumes and a prayer, and before either of us moved, we mumbled thanksgiving to the good Lord for safety. It had been a long day.

And what did my wife, Ruby, think? Well, she was a farm girl, and even though this was the largest animal she'd ever carved into meal-sized portions, she gamely went about the task. Later, as a seasoned Alaska cook, she won a prize for her Moose Roast recipe.



Paul's wife and Ruby cutting up the Thanksgiving moose.

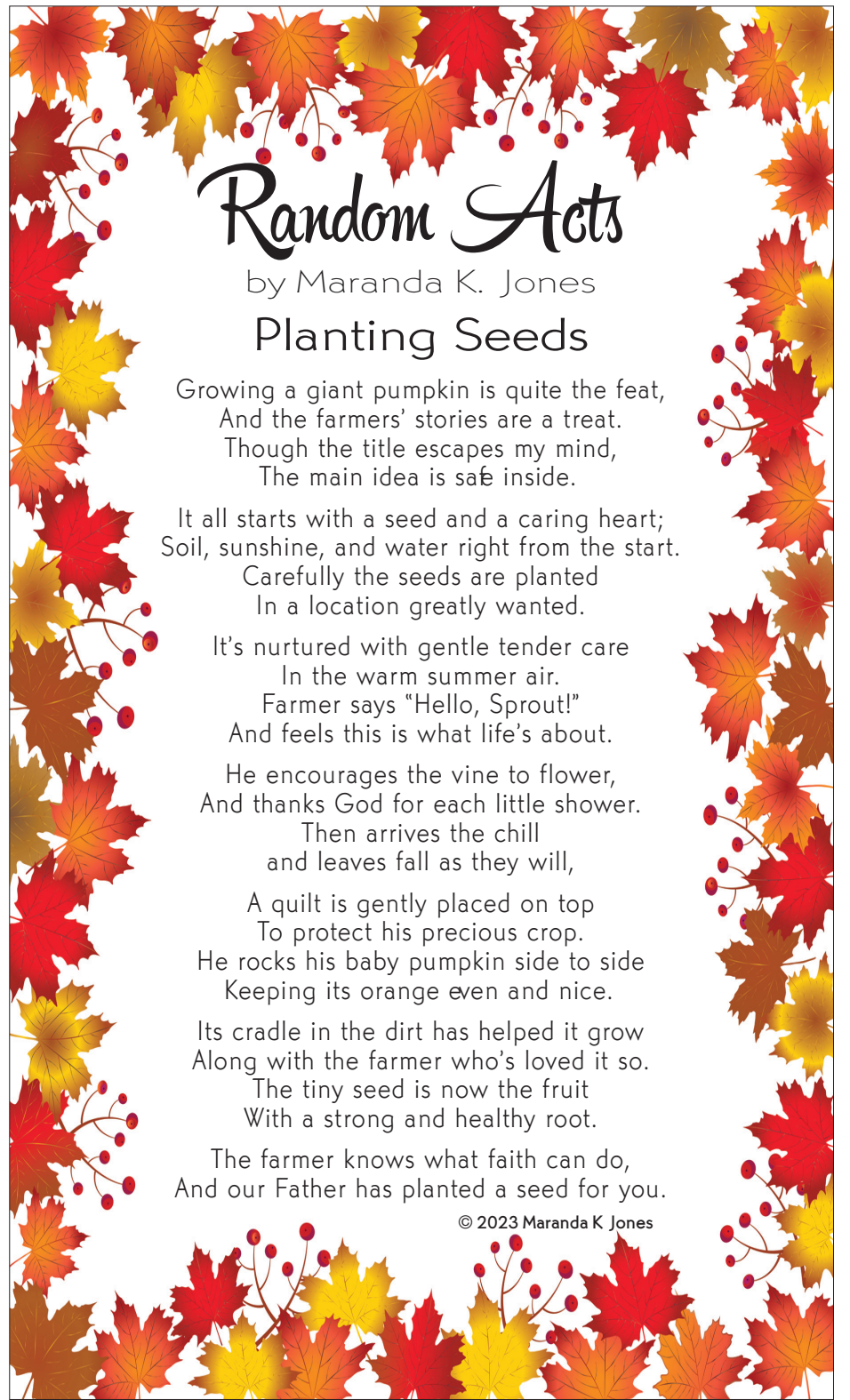


Ruby's Superb Moose Roast

In a bowl, soak 5 lb. moose roast in a brine of
 ½ C. Salt ½ C. Brown sugar
 2 T. Worcestershire Sauce

Add enough water to cover the meat. Turn meat every 2 hours while soaking for 8 hours. Remove meat from brine and allow meat to drip excess brine. Place meat in smoker for 8 hours. Next put meat in roaster and cover with 2 cups water and bake at 325 degrees for 2 ½ to 3 hours.

Naomi's non-fiction Alaska books are available at prescriptionforadventure.com, or by calling 303.506.6181. In Kansas, they are available at Faith & Life (Newton) and Kansas Originals (1-70 at Wilson.) "The Bush Doctor's Wife" is also available on Amazon, in both paper and e-book formats. You can follow Naomi on FaceBook at "Prescription for Adventure."



Random Acts

by Maranda K. Jones

Planting Seeds

Growing a giant pumpkin is quite the feat,
 And the farmers' stories are a treat.
 Though the title escapes my mind,
 The main idea is safe inside.

It all starts with a seed and a caring heart;
 Soil, sunshine, and water right from the start.
 Carefully the seeds are planted
 In a location greatly wanted.

It's nurtured with gentle tender care
 In the warm summer air.
 Farmer says "Hello, Sprout!"
 And feels this is what life's about.

He encourages the vine to flower,
 And thanks God for each little shower.
 Then arrives the chill
 and leaves fall as they will,

A quilt is gently placed on top
 To protect his precious crop.
 He rocks his baby pumpkin side to side
 Keeping its orange even and nice.

Its cradle in the dirt has helped it grow
 Along with the farmer who's loved it so.
 The tiny seed is now the fruit
 With a strong and healthy root.

The farmer knows what faith can do,
 And our Father has planted a seed for you.

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Pieces From My Heart

By Jan Keller

Eat Well, Laugh Often and Love a Lot

A popular French saying: Mangez bien, riez souvent, aimez beaucoup!
 John and I have been married 55 years and it seems we've taken the above French advice to heart throughout our marriage, as well as during our recent celebratory trip to the French-speaking Canadian province of Quebec -- except in reverse order, we've Loved a Lot, Laughed Often and Eaten Well.

As with any lasting marriage, it has been critical for us to 'love a lot' as we've faced and maneuvered through a wide variety of life's challenges. Compromise has often been necessary. Related to our trip, I've always wanted to visit France, but John didn't -- so our trip focused on Quebec and the maritime provinces of New Brunswick, Prince Edward Island and Nova Scotia, including Cape Breton Island -- but this column focuses on Quebec City.

When we embarked on this trip, we got up at 4:45 a.m. and headed to DIA to catch our flight to Toronto and then on to Quebec City. Anyone who has flown lately knows things rarely go as planned. We arrived at the airport in time to eat breakfast prior to boarding. After that, nothing went as planned as we endured lengthy delays. We finally landed in Toronto with the knowledge we had missed our flight on to Quebec City. We were able to catch the last flight out headed to our destination. We finally arrived in Quebec City at 11:45 p.m., where we had a rental car reserved and only had 15 minutes to get off the plane and figure out which way to go. John took off hoping we were in time to get our reserved car, while I headed to baggage claim. Finally, at 1 a.m., we arrived at the Fairmont Le Chateau Frontenac Hotel. It took a few days, but soon we both could look back upon our travel adventure and 'laugh'.



Overlooking the St. Lawrence River, our hotel is perched very visible and high upon a hill and reportedly is the most photographed hotel in the world. From its founding in 1608 by French explorer Samuel de Champlain, Québec City has seen many battles

and sieges. To defend against attacks, a wall was built around Québec City in 1690.

The town was conquered by British forces in 1759, the Citadel was built between 1820-1832. Quebec is Canada's only French speaking province and Quebec City is North America's only 'walled' city and today is so European in feel and flavor I felt like we were in France.

We started our days by visiting the hotel's breakfast buffet, including decadent French Croissants. Yum!

On our first morning we went on a guided city bus tour, including 'Place Royale', the site of the first commercial street in North America. Here the city pays homage to its French beginning, complete with a statue of France's King Louis XIV in the center of the square. We also drove a few miles north to Ile d'Orleans, with beautiful fields of red strawberries, and Montmorency Falls.

Our last evening in Quebec City we returned to the various shops along the narrow cobblestone streets of Lower Old Quebec City, which happens to be North America's first commercial district.



We delighted at every turn with incredible sights, like this street, Rue du Petit-Champlain with colorful umbrellas suspended above. There were also the sounds of street musicians and agile acrobats!

Hungry for pizza, we went to "Sapristi," with its delightful outdoor patio. Soon we were seated at a small table where we could watch the people. When the waitress came, we ordered our pizza, only to have her ask, "And do you want French Fries?"

John and I, a bit puzzled by the question, declined. As we waited for our pizza, I noticed EVERYONE, no matter what they had ordered for dinner, had added French Fries to their meal. As I considered and pointed out this realization to John, and not wanting to miss out on anything special, we decided we better add fries to our meal, too. Served in a mini cast

iron skillet, which kept them hot, along with mayo and ketchup, the French Fries were AMAZING!

Those French Croissants and French Fries were indeed 'eat well' culinary delights we'll long remember!

We only scratched the surface of all Quebec City, a UNESCO World Heritage Site, has to offer -- and it would be wonderful to one day return!

©2023 Jan Keller No reprint without permission. Jan shares other pieces of her life in her books, *Pieces From My Crazy Quilt*, and *The Tie That Binds* These books can be ordered by calling 719-866-8570, or writing: Black Sheep Books, 11250 Glen Canyon Drive, Peyton, CO 80831

Back Porch Break

by Nancy Brummett

Porch Pumpkins

As a child I wouldn't have imagined that someone would grow or buy a pumpkin for any reason other than to turn it into a jack-o-lantern. How we'd look forward to cutting off the top and getting the squishy insides out so we could begin to carve a scary or happily grinning face, secure an old candle sub inside and bask in the glow! Those pumpkins would sit on the front porch until they shriveled up and looked like toothless old men.

Who knew pumpkins would one day become sought after not for their ability to greet trick-or-treaters, but to add color and design to a front porch and to sit there, imagine this, uncarved? Yet this is what has happened. Now farmers grow pumpkins in white tones and shades of green to add to the perennial favorite, orange. Design-oriented homeowners, especially those blessed to have front porches with steps, mix these colorful gourds in with mums in shades of gold, white or magenta, hay bales and corn stalks to create gorgeous displays that announce fall is here.



If I'm blessed to go to the South during October, I'm amazed at the extent to which people go to create these colorful autumn arrays. Not only do porches of homes have pumpkins stacked up to greet visitors with the warmth and hospitality of the season, but every shop and business gets into the spirit as well.

One year I went to a little town in northern Tennessee with my sister and brother-in-law. In Allardt, founded as a community of German immigrants, they annually hold the Great Pumpkin Festival and vendors sell pumpkin-designed everything! T-shirts, plaques, candles, lawn banners -- all feature pumpkins welcoming visitors who come to see which farmer grew the largest pumpkin of the year. And the entries are huge. Each year the winning pumpkin weighs well over a ton! Because who doesn't love a great pumpkin, Charlie Brown?

So whether you grow 'em or buy 'em, treat yourself to a plethora of pumpkins this fall. Create a front porch that delights all who drive by and welcomes all who visit with the very essence of the harvest season. Don't have steps? No problem. Position a wooden ladder or upside-down bushel basket on your porch and stack pumpkins up against the wall. And don't forget to add some colorful mums or a cheerful scarecrow. Happy fall, y'all!

Nancy Parker Brummett is an author and freelance writer in Colorado Springs, CO. Follow her on Facebook, Instagram and Linked In or subscribe to her blog posts at www.nancyparkerbrummett.com.



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GIRLFRIEND WISDOM:
Seek out what brings you JOY
and you will find your true Uniqueness!

Joy & Blessings,

Girlfriend Wisdom is written and illustrated by Jody Houghton®.
For color files of this writing, contact Jody at: jodyhoughton@msn.com

Chillin' IN THE FALL

By Janet Young

As the weather turns cooler and the nights grow longer, you may want to take advantage of this perfect weather to host an outdoor event before the cold arctic air comes blasting across the plains.

Of course, the traditional hayrides, or going to a farm where you can go through a corn maze, or perhaps go to a pumpkin patch and pick pumpkins that you can take home and carve into a famous Jack-o-lantern is always a great way to spend the day. But suppose this year you are looking for something different. Perhaps a night-time event that includes the whole family, as well as inviting some neighbors and friends.

First, begin by asking your attendees to wear an ugly flannel shirt. After all, why should holiday sweaters be the only garment to get the reputation for being ugly. Later on, you can have a contest to see which shirt is the ugliest. If you want to have a food station, you could ask each guest to bring a dish, or plan your own menu instead. Cover the table with a flannel tablecloth to carry out the theme. You can probably purchase flannel by the yard at a craft store or fabric store.

After you enjoy your refreshments, it is time to gather round the bonfire. If someone in your group plays the guitar, this would be a perfect time to have background music playing as you sit around the bonfire toasting your marshmallows etc. If no one plays an instrument, perhaps someone who can sing fairly well, could lead the group in singing around the fire.

As the night winds down take time to judge the flannel shirts. Perhaps each participant can tell a story about the shirt or explain how it has become their prized possession for comfort. A prize can be given to the winner(s).

This is just a suggestion to get you started on one more outdoor celebration before the cold weather hits, and before we turn our attention to Thanksgiving, Christmas and New Year.

In the meantime, we wish you HAPPY CHILLIN' in the Fall!

-- @ Janet Young

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Oktoberfest definitely isn't the wurst

By Colleen Gust, owner/publisher of the Sask/Manitoba Country Register

Feeling a little Brat-ty today as Oktoberfest has absolutely moved me to cheers. I hope you'll be im-Pretzed by this story.

The Munich Oktoberfest is known as the world's largest *Volksfest* (folk festival), featuring a beer festival and a travelling carnival. It is held every fall in Munich, Bavaria, Germany. It is a 16- to 18-day folk festival running from mid-September to around the first Sunday in October. Locally, it is called *d'Wiesn*, after the slang name for the fairgrounds, Theresienwiese. Oktoberfest is an integral part of Bavarian culture, having been held since 1810. There have been years without celebration, though. Because of World War I, Oktoberfest was cancelled from 1914 to 1918. In 1923 and 1924, Oktoberfest was cancelled due to hyperinflation. During World War II, (1939 to 1945), Oktoberfest was not held. After the war, from 1946 to 1948, Munich celebrated with an "Autumn Fest" instead.

The Munich Oktoberfest originated when King Ludwig I married Princess Therese of Saxe-Hildburghausen in October 1810. The citizens of Munich attended the festivities held on the fields in front of the city gates to celebrate the royal event. The fields were named *Theresienwiese* («Theresa's Meadow») in honour of the Crown Princess and have kept that name since. However, the locals have abbreviated the name simply to *d'Wiesn*. This wedding party launched what is now the annual Oktoberfest tradition, with the festivities growing from year to year.

Since 1950, the festival opens with the same routine: At noon, a 12-gun salute then they tap the first keg of Oktoberfest beer with the proclamation "O'zapft is!" ("It's tapped!").

During Oktoberfest, it is common to wear Bavarian hats (*Tirolerhüte*), which contain a tuft of chamois hair. Historically, the more tufts of chamois hair on one's hat, the wealthier one was considered to be. Today due to the invention of imitation chamois, this tradition has declined.

To keep Oktoberfest appealing for seniors and families, a "quiet Oktoberfest" was developed in 2005. The orchestras in the tents only play brass music until 6 p.m., for example, traditional folk music. I might not be a senior, but I think I'd be leaving at 6 p.m. too, which is probably good as I've been eating so much sausage and cheese that my clothes barely fit me anymore... You can say it's really the Wurst Käse scenario.

Other cities across Canada and the world also hold Oktoberfest that are modeled after the original Munich event. **Canada hosts the world's second-largest Oktoberfest in Kitchener-Waterloo.** Many Canadians of German ethnicity live near Kitchener and Waterloo. This is considered Canada's most famous Bavarian festival and was founded in 1969. Since then, Kitchener-Waterloo Oktoberfest has evolved into a much larger festival. While Oktoberfest is perceived as a festival with sausages and giant pitchers of cold beer, it is so much more than that. There is a range of **family-friendly activities, music and competitions.** While we celebrate Oktoberfest in Canada, we do bring over the tradition of wearing traditional German clothing. The Lederhosen and Bundhosen from the 18th century are traditional clothes for men and the dirndl dress for women.

Here are some German inspired recipes to help you celebrate Oktoberfest at your house.

Sage Pork Chops with Apple Cider Pan Gravy

The sauce on this is delicious, plus it's easy to prepare. It also cooks up quickly, which is vital if you're trying to get supper on the table on a weeknight!

- 4 pork loin chops
- ½ tsp salt
- ¼ pepper
- 3 Tbsp dried sage leaves
- ¼ cup flour
- 2 Tbsp butter
- 2 Tbsp vegetable oil
- ½ cup chicken stock
- ½ cup apple cider or juice
- ¼ cup whipping cream

Sprinkle the pork with the salt and pepper and rub in the sage. Dip in the flour to lightly coat.

In a large skillet, heat the butter and oil over medium heat. Brown the pork on both sides. Remove from the pan.

Add the chicken stock and apple cider to the skillet. Bring to a boil, and stir to loosen the browned bits from the pan. Add the cream. Cook and stir until thickened. Reduce the heat to medium. Add the pork. Cook covered until the pork reaches at least 145°F. approximately 5-7 minutes.

German Apple Cake

We have two apple trees in our yard, and I always try to utilize our harvest. I had to try this recipe as it looked quite pretty with the hasselback (sliced not quite all the way through, in thin even layers) cut apples. Our garden apples are a bit smaller than McIntoshes, so I prep a couple of additional apples.

- 5 small McIntosh apples peeled, quartered and cored
- 1 Tbsp lemon juice freshly squeezed
- 1 tsp cinnamon
- 2 eggs
- ½ cup granulated sugar
- 1 tsp vanilla extract
- ¼ cup milk
- ¼ cup butter melted and cooled slightly
- 1 ¼ cups flour
- 1 tsp baking powder
- ¼ cup icing sugar for garnish

German Apple Cake cont.

Preheat oven to 350°F. Prepare a 9" fluted pan with removable bottom or a spring form pan by greasing the bottom and sides very well. Place the prepared pan on a baking sheet.


Prepare the apples. Peel, quarter and slice off the core portion of each apple (you should have 20 quartered pieces). To cut the apples hasselback style, with a sharp knife slice the tops of each piece 6 times, close together, without cutting right through. Place the apples in a medium-sized bowl and toss with lemon juice and cinnamon. Set aside.

In your mixing bowl combine eggs, sugar and vanilla on medium low speed. Add milk and melted butter and stir again until well combined.

Add flour and baking powder to wet ingredients slowly until all the flour has been absorbed and the batter is smooth. Batter will be thick.

Spread batter into the prepared pan smoothing it evenly. Arrange apples on top of batter with the scored sides up leaving at least a ½" or 1" border around the outside edge of the pan so the apples are not touching the edge of the pan. Press the apples down lightly.


Bake for approximately 45 minutes until the cake is lightly golden-brown. Cool cake in the pan on a rack for 30 minutes then transfer cake from the pan to a platter. Sprinkle cake with icing sugar.



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Slices of Life . . .

By Sherry Osland

First Experiences in Perth, West Australia

From my last article, I'm in Perth, West Australia, preparing to enter the classroom as a first-year art teacher. I'm sure there's going to be the good, the bad and the ugly as well as cultural differences to get used to. First things first was acclimating from jet lag (24-hour flight) AND the jolt of hitting 105 degree temps having come from the worst winter in Kansas a few days earlier. I was also adjusting my ears to new words and accents; Perth being home to many nationalities.

New words and slang were mostly learned in context -- some good and some not so good. In my journal, I even made a list: bloke (a good sort of fellow); sheila (girl); ear basher (guess!); bull dust (slightly more polite wordage); sandgropers (slang for West Australians); banana benders (Queenslanders up North); prawns (shrimp); canteen (concession stand, snack shop); kiosk (same -- to buy snacks); larigan (vandal); peanut paste (obvious); chips (French fries); rubbish bin (trash can); lollies (candy); bikkies (cookies); sweets (general for all sweets whether candies or desserts).

New experiences, not just in words, but also in transportation systems: driving on the wrong side of the road, city trains and the bus system. With a population of 700,000, it was all so complex and confusing to this small-town country girl. I decided I needed a practice bus run for getting to Balga, my appointed school. GOOD THING!! The driver of a wrong bus I took pointed out one of my mistakes. Thank you very much!

For anyone now having or having had their first year of teaching, you already know what my first few weeks AND year were like. Doubts and questions about everything mixed in with those intermittent magical moments that made me know the classroom was where I wanted to be. It was actually a good thing that there were a few of us still staying at the Noalimba Immigration Reception Center while looking for housing. We could meet each evening over our meal to compare notes. We were our only support group, and it was a safe place to share our particular woes.

One guy was over an hour and a half late his first day. He had taken the wrong bus going in the totally opposite direction and ended up at a school he thought was his. He was met with incredulous looks when he asked to be taken to the "Principal's Office." Ahem . . . first of all, we were in Australia (not the US) . . . it's the Headmaster's Office. Second of all, "no worries, mate. This is Perth Technical College." Oops!!

I was fortunate to have a ride to school the first couple of days. Then, there was a miscommunication. In waiting for my no-show ride, I had missed the last bus for getting me to school five minutes before first period. In a panic, I ran to a street for taxis routed North, jumped in a cab and said "Balga High School as quickly as you can!" My journal reads, "Scared me stiff but we made it only five minutes late!" That's the KEY statement . . . "five minutes late." I had no time to stop at the office first. I went straight to class, thereby missing any information pertinent for my day.

I was to meet with a class for the first time so I had decided I would CONFIDENTLY (falsely or otherwise!) enter and follow what I had watched my co-worker do. Boys lined up on one side of the hallway, girls on the other, the teacher enters first, asks them in, they stand at their desks, teacher says "Good morning," students reply the same and then they're told to sit down. Class begins!

When I walked into the classroom, they were already standing at their desks. My first thought was, hum . . . all wrong, firmly need to correct that! I greeted them then turned and wrote my name on the blackboard, pronouncing it as I wrote. When I turned back around, there was a very short man (in shorts, knee high socks, shirt and tie -- a dress code new to me) asking me what the deal was. He had been standing at the back of the room, short enough to be hidden by the students standing at their desks. HE was the teacher (!) He told me the number of the room I was to be in (we switched rooms on Mondays!), and I more-or-less slinked out and found "my" room. You know the expression "could've died?" Yep!! Remember my statement ". . . no time to stop at the office for the day's highlights"? THAT never happened again. Argh!

I tried to console myself with the thought that in 100 years none of this would matter, and I'd be able to laugh about it. Well . . . it's been 50 and there's a slight chuckle that allows me to share this. But truth be told, my face still turns red at the thought of that horrific morning. So! This one is for all first-year teachers. . . may you be comforted.



Written by Sherry Osland of Praise Works Quilting in Abilene, formerly writing the *Quilts That Redeem* column for *The Country Register*. For examples of quilting (as well as pictures of Hand-braided rugs and *Quilts That Redeem* books, for sale) go to: facebook.com/praiseworksquilting Contact information: sherryo51@hotmail.com or 785-263-5528.

Small Town America Still Exists, In Kansas

By Melody Benoit

Small towns are indeed alive and kickin'. Albeit unknowingly posing for Norman Rockwell's camera while going about everyday life, one can still observe in-real-time snapshots of how it used to be -- and still is. Being a small-town dreamer trapped in the big city, the lure of places where they still roll up the sidewalks is hard to wake up from. During a mid-west venture this past June (a wedding to attend, followed by a family reunion of sorts) we found ourselves in the front row at many of the "Norman Rockwell" photo-shoots. Phrases "we used to do it this way" or "back when it was done that way" are countered with this-and-that-way are still the way.

The appeal of a small town is the offer of a rich variety of something to see and plenty to do for everyone. Our time was short, the list long and our feet complaining, but what trip would be complete without scouring through local quilt/fabric shops, antique stores, farm implement dealers and historic points of interest. My to-do list started with a call to Lucky Charm Quilts in Chapman, to verify the shop's summer hours. A live person answered the phone, and the first thing I hear is laughing and chit-chatting in the background. "I take it you're open, be there soon," couldn't wait to get there. A quaint little shop full of charm and customers that were as nice as the shop assistant. I wasn't sad this would be the only shop I would have time for on my "get fabrics from local independent shops list". Stepping up into the shop was stepping back in time. Leaving the shop with a respectable fabric selection, I am satisfied I will create many of my one-of-a-kind aprons using my Kansas fabrics. Stepping out of the store, the bench under the window is being held down by the husbands daring not to be found in the fabric store, just as it used to be and still is.

My husband joins me as we head down the sidewalk towards Londeen's Hardware. Photo-shoot staged, the rickety screen door slams behind us as we enter to "welcome, let me know if you're looking for anything particular, head upstairs, everything up there's half off or make an offer." We're game, all the way to the back of the store and up the steep side staircase, a time capsule awaits us at the top. . . My husband scored a 1970s home improvement journal in the original cellophane wrap, I spy a large Tupperware bowl full of glass flower frogs, no price. Back down the stairs and a grand total of \$1.50 for all six glass frogs, out the door I go to wait for my husband, this time I am on the bench. Generational family ties thrice removed, he's chatting with the new owner, just like it used to be in the fill-in-the-blank hardware store, and still is.

Buckle up, look at the map, and next small town: Abilene. Our scavenger hunt here will be best suited to antique stores. Yesterday's Rose and Abilene Downtown Antique Mall/Mud Creek Antiques prove successful. Armed with our dwindling wish list, we check off a locally crafted weathervane and a 1:16 Scale Oliver Super 88 tractor (completing my husband's list). Vintage tablecloths, needle point samplers, colorful hankies and the most sought-after object on my list; gingham check aprons. Not just the plain everyday ones, but the elusive adorned in chicken scratch needle work variety aprons. I was not disappointed. Checking out at our last stop, my husband is once again engaged in a family tree discussion with the cashier, she noticed the name on his credit card, and yes, his cousin babysat her children back when. . . Only in a small town, it's still that way.



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A Cup of Tea with Lydia

by Lydia E. Harris



A Celebration Tea

In September, many students head back to school, and we celebrate Grandparent's Day on September 10. In our family we also celebrate our son's birthday, a relative's wedding -- and this year, the release of my new grandparenting book. What events do you have to celebrate? Why not do so over a cup of tea!

My grandma friend, Val, wanted to recognize the release of my new book, *GRAND Moments: Devotions Inspired by Grandkids*. She had read each of the forty devotions as I wrote them and had encouraged me to keep writing. "We'll go out for lunch to celebrate when you're done," she said. I looked forward to her kind gesture.

With the book finished, we decided to share a takeout lunch with tea on my deck rather than eating in a restaurant. The weather was balmy, and, as Grandma Tea, I could live up to my title and prepare the setting for our Celebration Tea.

I set a cheery table with a lemon-yellow cloth and topped it with a table runner my oldest sister, Helen, sewed for me when I wrote my first book -- a grandparenting Bible study. Helen chose a colorful fabric with lots of children on it and wanted me to use it at my book signings. "Then you'll always have children with you," she said. It provides a warm, homey feel, and I use it for many occasions.

Grandma Val brought a fragrant yellow rose from her garden that made a lovely centerpiece. The table looked beautiful with china teacups, teapots and cloth napkins. The takeout meal from a nearby restaurant tasted delicious and seemed elegant served on my wedding china.

"I brought my favorite tea that you introduced me to," Val said as she pulled out Peppermint Bark teabags.

"Shall I introduce you to a new tea blend?"

She was eager, so I brewed a teapot of Apricot Sunrise black tea.

While we savored the meal in the fresh air, a hummingbird flew by. "This is much nicer than inside a restaurant," Val said, smiling. I agreed, and read the thoughtful card she gave me.

For dessert, we enjoyed an unplanned smorgasbord. Val brought cupcakes and cookies, and I added rhubarb squares, lemon pie and baked custard (from a recipe in my cookbook). We didn't sample everything. Even so, Val commented, "I don't know when I've eaten so much dessert!"

Of course, we talked about my newly completed book: *GRAND Moments: Devotions Inspired by Grandkids*. "I love stories about children," Val said.

"Yes, I do too," I replied. "I think many will enjoy the stories and quotes from grandchildren and how they relate to wisdom in the Bible."

Val and I concluded our celebration with smiles, dancing tastebuds and prayers. We enjoyed our "grand moments" together. I hope you will too, as you celebrate a new season over a cup of tea.

Lydia E. Harris is a tea enthusiast, grandmother of five (Grandma Tea), and author of *In the Kitchen with Grandma: Stirring Up Tasty Memories Together*, *Preparing My Heart for Grandparenting*, and her new release—*GRAND Moments: Devotions Inspired by Grandkids*. Her books are available through bookstores and online.



From Lydia's recipe file:

Grandma's Blueberry Tarts

(taken from *GRAND Moments: Devotions Inspired by Grandkids*).

You can substitute huckleberries if available.

Gather (Crust for Tart Shells)

- 1 cup all-purpose flour
- 1 tsp. sugar
- 1/4 tsp. salt
- 1/3 cup shortening or butter
- 2 to 3 T. cold water

Make

Preheat the oven to 450°. Spray muffin cups with nonstick cooking spray. Combine the dry ingredients. Cut in the shortening or butter. Add water to moisten. Mix well, and roll 1/8-inch thick on a floured surface. With a 3-inch cookie cutter, cut 12 circles from the dough. Place circles in muffin tins to make tart shells. Prick sides and bottoms 3 or 4 times to prevent puffing. Bake for 5 to 9 minutes until lightly browned. Cool in muffin tin. Makes 12.

Gather (Fresh Blueberry Filling)

- 1 1/3 cups fresh blueberries, divided
- 1/2 cup granulated sugar
- 1 T. cornstarch
- 1 T. water
- 1 tsp. lemon juice
- whipped cream for topping
- fresh mint leaves for garnish, optional

Make

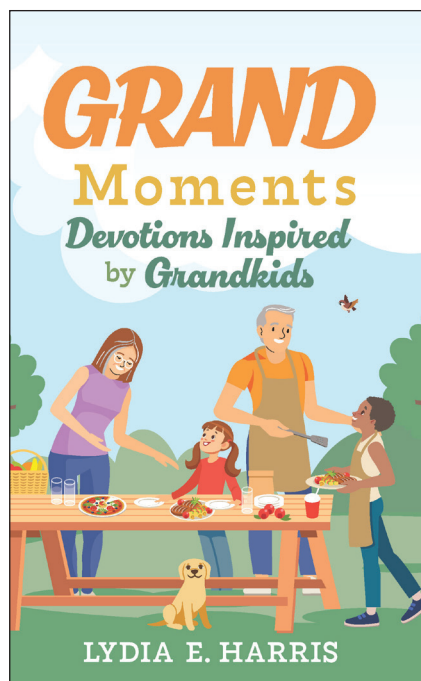
In a 1-quart saucepan, combine sugar and cornstarch. Stir in water and lemon juice. Add and mash in 1/3 cup berries. Bring to a boil; simmer a few minutes to thicken, stirring frequently. Remove from heat. When sauce is cool, gently stir in one cup fresh berries. Refrigerate until ready to serve. Spoon berry filling into tart shells. Top with whipped cream. Garnish each tart with a sprig of mint and a few berries.



Book Giveaway - Enter to Win! Grandma Tea's New Book for Grandparents

Enter to win a copy of *GRAND Moments: Devotions Inspired by Grandkids* by Lydia E. Harris ("A Cup of Tea with Lydia" columnist). The book includes forty devotions that combine heartwarming stories from grandchildren and wisdom from the Bible to inspire grandparents in every season. It also includes 13 tasty recipes to make and enjoy with grandchildren and others.

To enter to win a FREE book just fill out the gift certificate entry form in this issue of the paper and follow instructions there either to mail or email your entry. Lydia will send the winner the book. Good luck!



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Town and Country Cooking

By Janette Hess

All-day granola

Granola's not just for breakfast anymore!

This fall, bake a big batch of nutty, sweetly-spiced granola to treat yourself first thing in the morning. Then, before indulging in a second bowl full, set aside enough to make snack-friendly Granola Oatmeal Cookies or dessert-appropriate Granola Apple Crunch.

Sweetened with honey and brown sugar, Harvest Granola features a seasonal blend of cinnamon and pumpkin pie spice. These flavors, along with the crunch of the granola, transfer deliciously to bakery-style Granola Oatmeal Cookies. Truly, these are the perfect cookie for fall.

In the recipe for Granola Apple Crunch, granola saves a few steps by standing in for traditional streusel topping. Served warm with an appropriate topping, this dessert will become a new fall favorite.

Harvest Granola

- | | |
|--|---------------------------------------|
| 5½ cups old-fashioned oatmeal, divided | 1 teaspoon cinnamon |
| ½ cup walnut pieces | ½ cup honey |
| ½ cup pecan pieces | 1/3 cup canola or other vegetable oil |
| 1 cup flaked coconut | 2 tablespoons water |
| ¼ cup ground flaxseed* | 2 teaspoons vanilla extract |
| ¼ cup dark brown sugar | 1/4 teaspoon salt |
| ½ teaspoon pumpkin pie spice | Cooking spray |

Optional add-ins:

- 1 cup raisins or finely chopped dried apples
- ½ cup unsalted, roasted pepitas (a type of pumpkin seed)

Finely process ½ cup oatmeal. Transfer to large mixing bowl along with remaining oatmeal, walnuts, pecans, coconut, flaxseed, brown sugar and dry spices. Stir to combine. In separate microwave-proof bowl or large glass measuring cup, whisk together honey, oil, water, vanilla extract and salt. Heat for 10 to 20 seconds in microwave oven. Whisk to combine and stir into oatmeal mixture. Lightly spray 2 rimmed cookie sheets with cooking spray. Evenly spread granola mixture on cookie sheets; press down with fingers. Bake at 250 degrees for 40 to 45 minutes, rotating sheets and very lightly tossing mixture with flat spatula half way through cooking process. Remove from oven when mixture is golden brown. Add additional ingredients, if desired. Allow granola to cool completely on baking sheets before bagging or transferring to airtight container. Granola will naturally break into a nice mixture of clusters and loose pieces. Makes approximately 7 cups granola.

*If desired, substitute an additional ¼ cup oatmeal, processed to fine, for flaxseed.

Granola Oatmeal Cookies

- ¾ cup (1½ sticks) unsalted, room-temperature butter
- 2 cups flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 cup packed brown sugar
- 1/3 cup white sugar
- 2 teaspoons vanilla extract
- 1 egg
- 1 egg yolk
- 1½ cups oat-based granola, such as Harvest Granola

Several hours before mixing up cookies, remove butter from refrigerator and allow to completely soften to room temperature. (Do not rush this step.) Line 2 cookie sheets with parchment paper. Stir together flour, baking soda and salt; set aside. In mixing bowl, beat together soft butter and sugars. Beat in egg, egg yolk and vanilla extract. Stir in dry ingredients before folding in granola by hand. Form dough into ¼-cup balls and place on lined cookie sheets. Bake at 325 degrees for approximately 15 minutes, or until cookies are set and edges are lightly browned. Allow cookies to cool slightly before sliding parchment paper and cookies onto counter. When cookies have cooled to room temperature, store in air-tight container. Makes 12 to 13 large cookies.

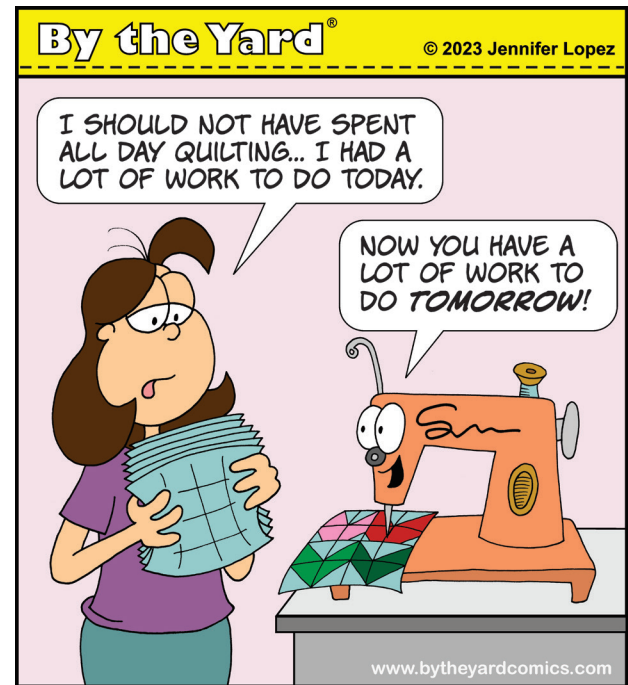
Granola Apple Crunch

- 4 or 5 medium apples, peeled, cored and sliced
- ¼ cup water
- 4 teaspoons lemon juice
- ½ cup sugar
- 2 tablespoons flour
- 1 teaspoon cinnamon
- 1/8 teaspoon salt
- 1½ cups oat-based granola, such as Harvest Granola
- ¼ cup (½ stick) butter, cut into small pieces
- Cooking spray

Place apples in sprayed 8- by 8-inch glass baking dish. Combine water and lemon juice; pour over apples. Thoroughly combine sugar, flour and cinnamon and salt; lightly toss with apples. Bake at 350 degrees for 45 minutes. Remove from oven and sprinkle with granola. Dot with butter. Return to oven and bake an additional 5 minutes, or until butter has melted. Serve warm with vanilla ice cream, whipped cream or a drizzle of vanilla icing. Makes 9 servings.



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.



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Shop News ...

New Retreat Center Opens in Conway Springs

CONWAY SPRINGS -- Blank Canvas Lodge is now open for crafting group retreats. Owners Jenn and Dave Potts opened the facility, located at 301 S. Church St. in Conway Springs, for events and vacation rentals in January and for craft retreats in June.

"I started to go to retreats with friends who were scrapbookers and really got into it and loved the retreat weekends, but our group started having difficulty finding places that could accommodate us," Jenn said in explaining her interest in opening a retreat center. "This building came up for sale just down the street from my house, and I thought it would be perfect."

The remodeled, historic building features work space and sleeping accommodations for 14, a fully equipped kitchen, lounging areas and is handicapped accessible. Originally a church, the Lodge's work area features 15-foot ceilings and 7-foot windows on the main floor. The bright and airy space has been remodeled in a modern open concept with kitchen, dining area, work space and gathering area all on the main floor, while keeping some of the architectural touches, such as woodwork and windows, that pay homage to its original use. Jenn, an art teacher and avid scrapbooker, has given a cozy and artistic look to the sleeping rooms -- each with its own design concept. Dave has done the remodeling work on the building, bringing her creative ideas to life, she said.

Blank Canvas Lodge is set up for quilting groups, fiber enthusiasts and -- of course -- scrapbookers. Old Town Business Quilt Shop is located in Conway Springs and is "on call" if needed during quilting group retreats.

To learn more about Blank Canvas Lodge and check for availability, visit its webpage at www.blankcanvaslodge.com, Facebook page or call at 316-530-2717. Email at info@blankcanvaslodge.com.

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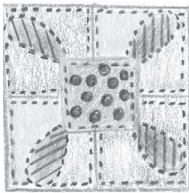
McPHERSON -- Amberle Fowler has opened Floss and Needle, a new embroidery shop, in McPherson. With her grand opening in September, the shop may be new -- but Amberle brings years of experience to assist stitchers with their needs.

"I've always loved cross stitch and dreamed of having a shop some day. But, I thought it was just a pipe dream," Amberle said. "And, now it's a dream come true."

Amberle's motivation to turn her dream into a business was the closure of long-time stitching fixture Heart's Desire in Wichita. One of the few places where quality thread and foundation fabric could be found in the region, Amberle said the shop's closing was "devastating." When her husband suggested she open her own shop, she decided to do it.

Writing From Life

by Jeanette Lukowski



[...Blank...] of the Month Club

I remember hearing about a Block-of-the-Month program at a local quilt store perhaps 10 years ago? While I was intrigued by the name, I was too distracted by other things to ask questions that day. Perhaps a year later, in the summer (when life feels a little more relaxed for me), I finally got around to asking.

For that store, Block-of-the-Month was connected to a class offered once a month. During the day. In the middle of the work week. Not an option for my work schedule. But the idea stayed with me.

A few years later, I ran across a store promoting a different kind of Block-of-the-Month program. Simply purchase the four necessary fat quarters to create the block (she supplied the pattern for free); if you returned to the store the following month, with your finished block, you would then receive that month's free pattern -- and get a discount on any additional fat quarters purchased to make THAT block. I was hooked! I received and made my January block and February block -- but then the store experienced a fire, and closed on February 28. No March block pattern. Or April, or May...you get the idea.

It took me six years to figure out a different project in which to use those two blocks-of-the-month.

Not one to abandon an idea, though, the idea resurfaced on its own in about January of 2022. I was trying to figure out a wedding gift, when I remembered a cute little panel of seasonal gnomes I had purchased during the previous summer. What if I made mini wall hangings with the gnomes?

Viola, Gnome-of-the-Month began. I measured the center framing of each gnome, pulled out some graph paper and started configuring. Using 2-1/2" squares of fabrics, I could outline each gnome's frame with seasonal designs specific to that month! Batting, backing fabric which wraps around to become faux binding in the front, and a hanging pocket across the top; each finished wall hanging measures roughly 10" x 13".

The pace of creating 12 mini wall hangings in a month-and-a-half almost killed me, though. Okay, not literally killed me, but I get bored by the redundancy of working on a singular project for a long time. Knowing I had purchased two of the gnome panels -- and had decided to use the second to make myself a set of Gnome-of-the-Month mini wall hangings -- I worked on a variety of other projects until about November of 2022.

I hung the first of my new mini wall hangings on December 1 and returned to working on other projects. Then, sometime mid-December, I began working on January's gnome. To my surprise, the joy of working on the gnome mini wall hangings had returned!

That's when it hit me: the [whatever]-of-the-Month program is enjoyable...if I only focus on completing one of whatever each month. An idea for any craft! Big or small, quilting or hand-work, scrappy or color-themed. Variety!

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

Floss and Needle carries all the standard DMC colors and can order anything the customer needs. The shop also carries three lines of overdyed floss and is hoping to soon add a silk line. Aida, Evenweave and linen fabric are stocked in the shop along with a full line of accessories. If she doesn't carry it, Amberle can order it for customers.

Amberle said her entire career had been in insurance, but cross stitch made her happy. "I love talking to stitchers," she said. "They get you."

Stop in and see what Floss and Needle has to offer. The shop is located at 206 S. Centennial DR in McPherson in the strip mall just off I-135. Hours are Tu-W-F: 10-5:30, Th: 10-7 and Sat: 9-4. 620-937-5143.

Elsie Grace's Having Liquidation Sale, Closing

FRANKFORT -- It was announced in the August/September issue of *The Country Register* that Elsie Grace's in Frankfort was temporarily closing for remodeling, and new ownership would be taking over the store. Unfortunately for all those who loved the shop, those plans have changed. According to Elsie Grace's owner Nan Lisher, the expected purchase did not go through. She has opted to go ahead with her planned retirement and is in the process of liquidating inventory. As of the printing of this issue, the store plans to be open limited hours in October. Please check Elsie Grace's Facebook page or call before coming to verify days and times of business.

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Mon thru Sat 10-5

Central KS Quilt Shop Hop

Oct 5-14

Passage of Time & 10 Shops

Cynthia's Birthday Sale

Oct 26-28

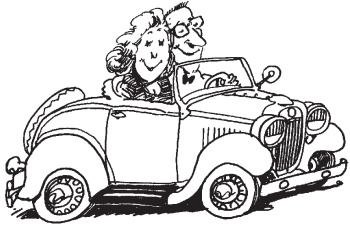
Twelve Days of Christmas

Nov 24*-Dec 16

Thurs, Fri & Sat

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CALENDAR OF EVENTS

When making a road trip, always call ahead to confirm times and dates. We make every attempt to provide accurate information, but there are instances when things change. Always check weather conditions and travel safe.

October

- 1...Manhattan Short Film Festival @ The Brown Grand Theatre, Concordia, p. 9
- 1-31... Cottage Lane Pumpkin Patch, Ellis, p.8
- 1-31...Melissa & Doug Sale @ Seneca Variety, Seneca, p. 18
- 5-14...25th Annual Central Kansas Quilt Shop Hop, Various,
- 6...Kinderbell Deck the Palms Spark Event @ A-1 Singer Sewing, Wichita, p. 4
- 7...Stitches in Time Quilt Show, Ulysses, .
- 7...JVLM Fabric Reduction Sale, Overbrook, p. 17
- 12-13...2023 Quilter's Motor Coach Trips – 2-Day Shop Hop Trip,
- 13-14...18th Annual Threads Across Nebraska,
- 17-21...Central Kansas Yarn Shop Hop, Various, p. 14
- 18-21...Run for the Border Shop Hop
- 21...Fall Festival @ Craft-ee Crafters Craft Mall, Topeka, p. 17
- 21...Elvis (Joseph Hall) & Michael Jackson (Michael Knight) @ The Grand Brown Theatre, Concordia, p. 9
- 21-22...Maple Leaf Festival Quilt Show, Baldwin City, p. 17
- 26-28...Cynthia's Birthday Sale @ Needle in a Haystack, Severy, p. 22

November

- 1-5...Houston Intl. Quilt Show, 2023 Quilter's Motor Coach Trip by Pack and Go Tours,
- 2...JVLM Fabric Inventory Reduction Sale, Overbrook, p. 17
- 2-4...Jingle All the Way Shop Hop
- 3-5...Annual Flea Market and City-wide Garage Sales, Horton, p. 18
- 4...Fall & Christmas Open House @ Sew Country, Belleville, p. 9
- 11...Burlington Christmas Craft Festival p. 21
- 17...ZZ-KC (ZZ Top Tribute Band) @ The Brown Grand Theatre, Concordia, p. 9
- 17-18...Husqvarna Viking New Top of the Line Machine Event @ A-1 Singer Sewing, Wichita, p. 4
- 24-Dec. 2...Annual Holiday Sale @ Chris' Corner Quilt Shop, Ottawa, p. 21
- 24-Dec. 16...Twelve Days of Christmas @ Needle in a Haystack, Severy, p. 22

December

- 1-2...Christmas Open House @ Craft-ee Crafters Craft Mall, Topeka, p. 17
- 1-2...Handi Quilter Educator Susan Manry: ProStitcher and Designer Software @ A-1 Singer Sewing, Wichita, p. 4
- 1-24...Season of Savings @ Seneca Variety, Seneca, p. 18
- 2...Christmas Open House & Craft Show @ Birds of a Feather, Dodge City, p. 7
- 11...Ditto Pattern Projection Technology: Sew Comfy Project @ A-1 Singer Sewing, Wichita, p. 4
- 17...The Nutcracker (Ballet Midwest) @ The Brown Grand Theatre, Concordia, p.9
- 29-30...5th Weekend Fabric Sales @ Seneca Variety, Seneca, p. 18

February

- 12-24...Cabin Fever Shop Hop, Watch for Details!

Facebook Live • Directory of Advertising Shops

These are the ones we know; more will be added as we discover them. If you are an advertising shop who hosts a scheduled Facebook Live program, let us know so we can include you.

- Monday:**
2 p.m. -- Quilter's Paradise
- Tuesday:**
6 p.m. -- Make It Sew, Quilter's HQ, weekly
- Thursday:**
9:00 a.m. -- Prairie Point Quilt & Fabric, weekly
- Friday:**
9 a.m. -- Yellow Dog Quilt Shop, weekly
1 p.m. -- Charlotte's Sew Natural, weekly
5:30 p.m. -- "Come As You Are" Sales Party, Wool Market and DIY School, weekly
- Saturday:**
9 a.m. -- Overbrook Quilt Connection (2nd, 3rd, 4th & 5th Sats.)
9:30 a.m. - Overbrook Quilt Connection (1st Sat.)

Look for updated Directory in each issue of The Country Register. You can have Facebook remind you when an event is starting -- great for those times when a shop posts an uncheduled Facebook Live event.

Cowgirl Poet, Quilter, Entertainer



Yvonne Hollenbeck

The Little Red Geranium

I wrote this about my Grandmother, who lived in a sod house for many years.

*The church that day was crowded,
it was filled clear to the brim,
as the organist was playing
her favorite old hymns.*

*I thought how folks would miss her,
for the most of ninety years
she'd been doin' things for others,
and the thought brought me to tears.*

*Pretty flowers lined the altar,
but among the large bouquets
sat a little red geranium,
and it looked so out-of-place.*

*I wondered how it got there,
but I didn't wonder long
for the service was beginning;
first a prayer, and then a song.*

*Then the pastor started talking
and he left the Speaker's Stand;
he picked that scraggly plant up
and held it in his hand.*

*He said he went to see her
just before she passed away,
how she gave that plant to him
with instructions for this day.*

*She first told him a story
that he'd tell to us today,
because she asked him if he'd share it
just before she passed away.*

*Her folks came West to homestead
when she was just a girl
and her mama got so lonely
in this strange and foreign world.*

*But one day a kindly neighbor
brought a red geranium,
she gave it to her mama
and that was to begin*

*a long and lasting friendship;
then every year towards fall
her ma would make some starts from it
and she would give them all*

*to others that were lonely,
or sick, or needed care;
she'd take a red geranium
and leave it with them there.*

*She said her mama told her
it reminded her of God,
how He made us in His image
from a little clump of sod.*

*With a little bit of kindness
and a little bit of care,
plants, like His love, could multiply
and be for us to share.*

*Then she married and was living
in a soddy in the hills,
and always had geraniums
blooming in those big wide sills.*

*Red was the only color
in her drab and dingy home
reminding her that God was there
and she was not alone.*

*Then came those awful thirties
when the hills were parched and brown;
those pretty red geraniums
were the only thing around*

*that seemed to keep on growing,
and how she loved them so;
she kept right on a-giving them
to visitors when they'd go.*

*Now her life on earth is over,
but before she went away
she started many little plants
to give to you today.*

*She hopes you all will take one
and you'll have it in your home,
then when you're feeling lonely,
you will know you're not alone*

*because blossoms fade and leaves wither;
seasons come and seasons end
but your plant will live and grow
if you share it with a friend.*

*We all were taught a lesson
at the funeral that day:
The greatest love we will receive
is the love we give away!*



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

© Yvonne Hollenbeck; 2023

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



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I Can Do This!

By Deb Heatherly

This year I had planned to make gifts for my family and friends and had every intention of beginning over the summer. My intentions were great, until life moved faster than I anticipated. Now, here I am with fall on my doorstep, once again wondering if I will be shopping instead of sewing this holiday season.

Like Santa, I made a list and checked it twice. No one has been naughty, and I want to make something really nice for each person on my list. Hmm . . . what can I make that they will really appreciate?

Food items like sugared pecans, fudge and mixes that make individual cakes in a mug should be a welcome treat. With careful deliberation, I added these beside several names, and I can make all those items closer to time. For now, I'll sew cute little bags or stockings for them to go in. Or, maybe I'll make pillowcases to use as wrapping. I can whip those up in a weekend and will be able to present two gifts in one - I really like that idea!

Now that those gifts are decided, what about those I plan to quilt something for? I am thinking of table runners to the rescue! My strippy stars runner pattern goes together quickly and will work for everyone else on the list. I'll make some in a Christmas theme and others to match the recipient's kitchen color. I could even make them reversible so that they could be used throughout the year. That's something to ponder if I get busy right away.

With the Creative Grids® Strippy Stars Tool, the star points on the blocks are made from squares and strips, and as a bonus are super-fast. The star points float so there is virtually no way to cut off the points (okay, if you were taking 1/2" seam allowances you might, but that would be the only way). The Strippy Stars Tool helps you draw sewing lines for the star points and the strips are added by using those lines in a foundation piecing technique. I once made an entire quilt with 25 strippy stars blocks set on point in six hours. If my math is correct, that means I could make the three blocks needed for eight runners in a day. This gives me hope that this gifting season will work out after all. Now to choose fabric and start sewing!

If you want to make strippy stars runners, the directions are found below.

Tool needed:

The Creative Grids® Strippy stars Tool

Fabric needed:

Light Neutral: 2 FQs (Fat Quarters) of similar neutrals OR you can cut all these squares from the same color.

From FQ # 1: Cut (12) 4 1/2" light neutral squares for block corners

From FQ # 2: Cut (12) 4 1/2" light neutral squares for star point backgrounds

2 1/2" strips: 4 strips WOF (Width of Fabric) for star points. These may be different for a scrappy look, or all the same.

Dark for block centers:

Cut (3) 4 1/2" squares for block Centers. If you are using a cute design, you could also fussy cut these squares.

Border: 1/3 yd: Cut (3) 3" strips WOF

Binding: 1/3 yd: Cut (4) 2 1/2" strips WOF for binding

Directions:

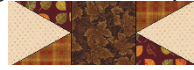
Use the Strippy Stars Tool to mark the sewing line on the (12) 4 1/2" star point backgrounds. (Use the 4" line on the tool because the squares will finish at 4" when sewn into the blocks and all Creative Grids® Specialty Tools are all marked in finished sizes.)



Using the direction that came with the Strippy Stars Tool and the 2 1/2" strips to complete (12) star point units. (A strippy stars tutorial can be found in the files on my Grids Girls Facebook group. Simply join the group to access the files. There is also a video on YouTube)



Add 4 1/2" background corner squares to (6) of the star Points. Make (6) rows pressing to the corner squares.

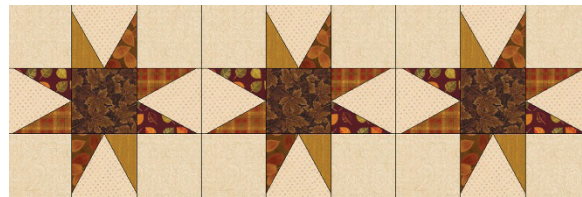


Sew a dark 4 1/2" center square between the remaining star points. Make (3) rows pressing to the center square.



Nest the seams and sew the rows into (3) blocks as shown. Press as desired. Blocks should be 12 1/2" and will finish at 12".

Sew the three blocks together side by side. Add borders, then quilt and bind.



Deb Heatherly is a designer for Creative Grids® rulers and the author of eight popular pattern books. Creative Grids® fans are invited to join her Facebook group, "Grids Girls," for tips and inspiration at <https://www.facebook.com/groups/770429649800457>. Shop Owners are invited to join her group just for them at "Grids Girls for Quilt Shop Owners Only" at <https://www.facebook.com/groups/273593657256524>. Visit Deb's website at www.Debcatsnquilts.com.



AUTUMN COZY

Back-to-school, flannel jammies, chilly mornings—
and time for hot chocolate! Make ahead,
simply the best!♥

Cocoa Mix

Mix all ingred. & keep in airtight container.

- 3/4 c. unsweetened cocoa
- 3/4 c. sugar
- 1/2 tsp. cinnamon
- 1/2 c. crushed peppermint candy (opt.)



TO MAKE COCOA:

Add 2 Tbsp. Cocoa Mix to 8 oz. (1c.) hot milk; stir until dissolved. Pour hot cocoa over marshmallows. Good with cinnamon toast.♥

Hi all! Happy Fall! Our new 2024 Calendars have arrived! Come claim yours at www.susanbranch.com 'Tis the season!♥

With Love from the Heart of the Home Come... Susan Branch