

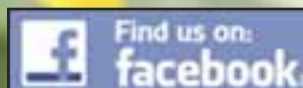
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Minnesota's Guide to Specialty Shopping & Fun Events

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September/October 2020



Happy Halloween



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Months September/October

Volume 26 Number 5

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Deadline For the Nov/Dec Edition is October 10th!



Minnesota's Guide to Specialty Shopping & Fun Events



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 (include town) _____

Please make sure to tell the shop owners you saw their ad in
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 here and that their advertising dollars work!

And the Winner Is...

Donna Klinkner of Madelia, MN won a \$ 25 gift certificate to *The Thimble Box* in New Ulm, MN. Donna says *Thimble Box* is her favorite shop because "Their new location displays a great selection of fabrics. They offer lots of help and enthusiasm!"

Debrorah Steenbakker of Hinckley, MN won the book donated by Patti Lee Bock containing beautiful and inspiring quotes.

Judy Henkel of Finlayson, MN won a copy of "Double Knit Death" by Arlene Sachitano.

Congratulations!

Happy Fall Y'all



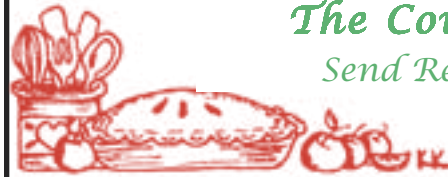
City Listing

Baxter.....7	Madelia.....20
Blue Earth.....18	Menomonie, WI.....15
Cloquet.....6	New Prague.....16
Cook.....5	New Ulm.....17
Darwin.....7,8	Nisswa.....7
Duluth.....4,5	Oklee.....5
Eagan.....12	Owatonna.....16
Eden Valley.....11	Sandstone.....6
Ellsworth, IA.....21	Sherburn.....19
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Fergus Falls.....7	Waite Park.....10
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Kiester.....18	White Bear Lake.....13
Kimball.....11	Windom.....23
Lake City.....14	Winona.....15
Luverne.....22	Worthington.....22



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12 Days of Holiday Baking!
 Send your recipes in now for the November/December 2020 issue of The Country Register!



Send Recipes to: The Country Register
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Where in Minnesota?

Somewhere in Minnesota the image to the right can be found. Where is it?



(Answer on page 12 of this issue)

The Country Register
 Guide to Specialty Shops & Events

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Be well rounded.
 Get plenty of sunshine.
 Have a thick skin.
 Keep growing.
 Be outstanding in your field.
 Think big!



Back To School!



Special Events

<u>September</u>	
10-12.....	The Great Wisconsin Quilt Show
16-19.....	Country Roads Shop Hop - See Ad Page 21
19.....	National Jelly Roll Day Celebration - Gone To Pieces Quilt Shop - Kimball
26.....	Fall Quilter's Market - See Ad Page 10 - Annandale
<u>October</u>	
1-3.....	Pumpkin Pie Party - Quilted Dog - Cloquet
3-10.....	Crossing Borders Shop Hop - Crafty Corner Quilt Shop - Worthington
3-10.....	Crossing Borders Shop Hop - Prairie Quilting - Windom
3-10.....	Crossing Borders Shop Hop - Old Alley Quilt Shop - Sherburn
3-10.....	Crossing Borders Shop Hop - The Sewing Basket - Luverne
12-17.....	7th Anniversary Celebration - Quarry Quilts & Yarns - Sandstone
<u>November</u>	
2.....	"I Voted" Sale - Quilted Dog - Cloquet
6-7.....	A Christmas Gathering - Tattered Edges - Nisswa
12-14.....	Hometown Holiday Road Trip - See Ad Page 10

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Christmas Sale: November 27th-29th



Country Register Recipe Exchange
Candy Apple Punch
 submitted by Patti Lee Bock of New Ulm, MN

6 cups cranberry-apple drink 15 hard cinnamon candies
 3 cups water 6oz can limeade concentrate - thawed

Combine all ingredients in a large pitcher. Cover and chill 8 hours or until candies are dissolved. Pour mixture into a large Dutch oven and cook over medium heat until thoroughly heated.

Country Register Recipe Exchange
Orange French Toast
 submitted by Shirley Ross of Alexandria, MN

4 eggs 1/8 tsp nutmeg
 2/3 cup orange juice Sliced French bread
 1/3 cup milk 3/4 cup butter (divided)
 1 tsp. vanilla 1/3 cup thawed O.J. concentrate
 3/4 cup sugar (divided)

In a mixing bowl, beat eggs, O.J., milk, vanilla 1/4 cup sugar and nutmeg. Arrange bread slices in 9"x13"x2" pan. Pour egg mixture over the bread. Cover and refrigerate up to 24 hours.

For syrup: place 1/2 cup butter, remaining 1/2 cup sugar and O.J. concentrate in a saucepan. Cook and stir over low heat until butter is melted. Don't boil. Cook 10 minutes and beat until slightly thick.

Place remaining 1/4 cup butter in a 15"x10"x1" pan. Place in 350° oven just until melted. Arrange bread slices in a single layer on top of melted butter. Bake 20 minutes. Serve with orange syrup.

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Reckless Abandon

by Aminta Geisler
it isn't fair



It isn't fair!

Do you know how many times I have said that phrase?
Too many times.

As a kid, I remember righteous indignation boiling to the surface and spilling out of me when I faced an injustice.

It isn't fair! I would yell as I stomped my foot.

Usually, it was over something as important as who got the last piece of candy: me or my little brother. You know, life-changing stuff like that.

Guess what my parents would say in response?

Life isn't fair, Minta.

In other words: get over it. Don't expect things to be fair here on earth because they are not and never will be.

Isn't that the truth?

Even though I know life isn't fair, I still struggle with wanting fairness.

This year in particular, I have seen unfairness more than any other year of my life. And I have repeated that phrase "life isn't fair" over and over in my mind as I try to make peace with our circumstances. It helps a little, but I found a verse that helps me even more:

Psalm 97:1-2, "The Lord is king! Let the earth rejoice! Let the furthest coastlands be glad. Dark clouds surround him. Righteousness and justice are the foundations of his throne."

As I lean into God's Word, I read over and over that he is righteous and just. In other words, God redefines fairness. When I want to complain about something that feels unfair, I can trust him because of who he is. He is righteous, which means morally perfect and without sin, and he is just, which means that he restores what was wronged and gives back what was stolen. God's righteousness and justice are better than my idea of "fairness."

One day, when Christ returns, there will be sweet justice and righteousness. I won't have to worry about fairness anymore! Until that day, I need to rest in his promises and release my need for immediate fairness, trusting that eternal justice will be much better.

And not only for me, but for all people. The world is full of injustice and unfairness, and it seems to be getting exponentially worse. It's scary the evils that are being committed against certain people groups and my heart hurts for the level of pain and persecution they face on a daily basis. My trials pale in comparison. And while I believe we should work with diligence and urgency to bring them immediate relief, I also wait with great anticipation for the day when Christ shall come, bringing with him the heavenly armies to impart justice.

I still say life isn't fair, but I've added my own spin:

Life isn't fair, but God is righteous and just.

Friends, is there a situation in your life that isn't fair? Are you wrestling with the injustice of it? I encourage you to pray and lay it at the Savior's feet, trusting him to handle the outcome. He is righteous and he is just. He sees you and he can sustain you through any unfair circumstance.

Aminta Geisler is married to her best friend, Ben, and is a stay-at-home-mom of two teens and two toddlers. A self-proclaimed Jesus freak, she loves making old furniture new, studying God's word, and all things pizza. You can read more about her journey of reckless abandon for Jesus on her blog @amintageisler.com, in her monthly newsletter, or by following on Instagram @amintageisler

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★ 7th Anniversary Celebration! ★
October 12th - 17th

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Cinnamon Apples



- 1 large green apple
- 2 tbsp of butter
- 1 tbsp of sugar
- 1 tsp of cinnamon
- granola and/or ice cream for topping

1. Chop up green apple into bite-sized pieces.
2. Place half the apples into mug.



3. Top the apples with 1 tbsp of butter.
4. Place the rest of the apples on the butter layer.
5. Top with the last tbsp of butter.
6. Top the whole thing with the sugar and cinnamon.
7. Microwave for 2 minutes.
8. Remove from the microwave and stir to coat all the apples.
9. Top with granola and ice cream!

A TOUR OF MINNESOTA'S STATE PARKS

Great River Bluffs State Park

This is beautiful bluff country! The park contains two Scientific and Natural Areas, King's and Queen's Bluff. The park's landscape features half-dome bluffs with sheer rock cliffs, steep valley walls, and rolling uplands. The park includes a diversity of plant communities including maple-basswood forests, old hickory, pines, goat prairies, and old fields



The East Overlook gives you an excellent view of the mighty Mississippi River. On the far side of the river is Wisconsin and back waters that make up the Upper Mississippi National Wildlife and Fish Refuge. Bald eagles are a common sight here!



The Hill of Many Timbers Overlook sits above Kearns Valley. The Kearns Valley Overlook is at the end of the group camp trail. Both the Timbers Overlook and Kearns Valley Overlook have signage posted to protect the delicate goat prairie grasses and flowers as well as animal habitats.

To access the South Overlook take a short walk from the picnic grounds and enjoy a look at the Mississippi River Valley from 500 feet above.



Another overlook accessible from the picnic grounds is the North Overlook. This is the most popular point in the park. Interpretive panels tell the story of the Mississippi River Valley and identify landmarks in the distance.

The King's Bluff trail offers a breathtaking view of the Mississippi River Valley. This trail is the most used trail in the park. It is 1.25 miles of easy walking from the parking lot to the end of the trail which stops at Kings Bluffs Overlook.



Explore the diversity in this park: oak-hickory and maple-basswood forests, pine plantations, fields, and goat prairies offer visitors excellent hiking and a diversity of wildlife. Look for ruffed grouse, wild turkeys, coyotes, and many species of songbirds.

Before making a trip to Great River Bluffs State Park, or any State Park, make sure to check the DNR website for changes and regulations due to the coronavirus pandemic!

Information from www.dnr.state.mn.us/state_parks. Visit the website for more information, pictures, hours and fees.

Enjoy Fall in Your Own Unique Way

by Judy Sharer

The Autumnal Equinox occurs when the sun shines directly above the Earth's equator and then passes from the northern to the southern hemisphere. The event takes place this year on September 22. On this day, day and night are equal in length. And from this point on, until the Winter Solstice, days will become shorter and colder and nights longer.

The season heralded by the Equinox goes by three different names: fall, autumn, and harvest, the last a holdover from agrarian times. Harvest appropriately describes the season, especially if you enjoy canning or processing the bounty of your garden or taking advantage of farmers' markets for fresh produce.

Americans usually refer to this season as fall, while Europeans are more likely to call it autumn. Understandably, to farmers, it is harvest time.

Traditional events that occur in the fall include: Columbus Day, Election Day (remember to vote on November 3), Veterans Day, Thanksgiving, and the anniversary of Pearl Harbor.



Whether you call this season fall, autumn, or harvest time, get out and enjoy the warmth of the sun, the bounty of your garden, or the fresh produce in your grocery store. Fall shows the beauty of Nature in its finest display, especially when the glory of trees in full color is always a feast for the eyes.

Those who enjoy handicrafts such as quilting, knitting, weaving and crocheting, may be inspired to incorporate some of the beautiful color combinations that occur in the fall into a quilt, a sweater, scarf, or afghan. For photography hounds, artists, and especially those who enjoy the crisp air and outdoors, fall is the time to relish the beauty of your surroundings. You may also want to stock the pantry for the long stretch of winter just around the corner.

Judy Sharer is the author of *A Plains Life* series published by The Wild Rose Press. *Book One, Settler's Life* and *Book Two, Second Chance Life* are now available wherever online books are sold. *Book Three: Civil War Life* will be released winter of 2020. If you're a quilter, you'll enjoy Judy's sweet historical romances which have a thread of quilting that runs throughout the family saga series. Visit Judy's website for more details: judysharer.com



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Favorite Shop _____



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Entries will be included in the November/December issue in the *12 Days of Holiday Baking* special!

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the serenity of the prairie and lakes while watching the birds and wildlife in a picturesque country setting. Relax in plush accommodations and experience all the amenities our unique and comfortable studio room has to offer.

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The Gathering Place welcomes you and wants you to feel at home by offering four beautifully decorated bedrooms with ten comfortable single beds and linens. All beds are twin single beds so there is no sharing needed! No bunk beds either! Relax in 2 full baths with fresh towels.



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Now more than ever we all need to enjoy ourselves and connect with those we love! Let us at The Gathering Place help you with that! Reserve your special get-away today! Call 507-327-3537 or find us online at www.gatheringplacemn.com. We look forward to seeing you!



Cheerios: Always In Fashion!

by Cathy Elliott for *The Country Register*



Once upon a time when I was little more than a tot, my mother sewed me a shiny-new dress for the first day of kindergarten. Made of white, polished cotton, it shone like a pearl and swished when I walked. Mother added delicate lace trim around the neck and sleeves. But my favorite part was the pattern of colorful circles scattered over every inch of fabric. I called it my "Cheerios Dress" because it reminded me of the popular breakfast cereal.

To be sure, Cheerios in a bowl of milk were pale. Listless. Nothing like the multihued, mini-donuts decorating my dress. However, Fruit Loops hadn't yet been invented. So the Cheerios tag stuck. It became my favorite frock. I wore a crisp, layered slip under the full skirt and parted each layer to make it stand out like a ballerina's tutu. It rustled as I sashayed from the family's Ford station wagon up the path to my classroom door. When I plopped on the floor with the other kids, my skirt billowed around me like bloated mushroom. Only prettier.

I paraded around in that dress so often, Mother surprised me with a tiny, twin-edition to fit my doll, matching mine in every detail. Almost. No slip for baby doll. She did score the fashion edge after I found Kelly-green tights to fit her bendable legs. Then pulled red, patent leather shoes onto her feet. How I longed for red shoes, too. But that was beyond the budget. So I luxuriated in the feel of layers of netting under that oh-so-puffy skirt. And dreamed of dancing in the ballet.

Because I still have the doll and her twinny-dress, each glimpse of her reminds me of my first day at kindergarten long ago, wearing the shimmering outfit. The doll's dress fabric is still crisp and shiny as ever and its texture brings a smile to my heart. In fact, I beam whenever I see a box of Cheerios on the store shelf. Like a secret coupon, it delivers an unexpected bonus to my heart. A reminder of my mother's love and selfless spirit. And...a balloon-skirted dress worn on the first day of school...once upon a time.





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Jack-o-Lantern Sandwiches
submitted by Patti Lee Bock

- 1 cup mayonnaise
- 1 cup deli ham (or leftover baked ham)
- 1 cup shredded cheddar cheese
- 1 green onion - finely chopped
- 3-4 bagels - halved
- green peppers cut into small triangles
- 3-4 slices of crisp cooked bacon

Combine mayonnaise, ham, cheese and green onion in a bowl. Spread the mixture on the cut sides of the bagel halves. Arrange bagels on a broiler pan. Broil for 5 minutes or until cheese is melted and bubbly. Add cut pieces of green peppers for eyes and nose. Add bacon strip for mouth. Enjoy your Jack-o-Lantern sandwich!

J V E S Z S A N D W I C H G T T E C L B
 J O L E G E A G Q Y K E X Y B O M U F A
 X R T C Q M Y I C W Q V V G A V M J N C
 G A Y E E E R U T X I M N E C L A K E O
 N Z I I U J E F E B D D E A F C Y U I N
 Y Q D P C H O P P E D A L G U Y O N V N
 K G S W B R O I L E R X E G Y S N X T Q
 C B M E L T E D M L M K M R W C N X I W
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 E G R E E N P E P P E R S J T S I L F S
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 P H M Q T G O D W L B W I Q U C B G S F
 I C R T F W M Q A J E S V H G I G D R U
 M Z Z I E R W A D V V S X X D C N T K I
 Y C A X L Z Q B H Y V K J R S U Y I L L



Ann's Lovin' Ewe

by Ann Stewart

Fall is . . . here

September is my favorite month. Yes, it is my birthday (hint hint) but it's more than that. It's the turn of the calendar page that feels more like the beginning of a new year. It's yellow buses picking up eager kindergartners for their first day of school. It's meeting up with friends you haven't seen over the summer, it's children in red uniforms kicking soccer balls, football games in packed stadiums, and auditions for the start of a new theatre season.

Except not this year.

But, yes, it's still my birthday whether I want to get older or not. And I love it because . . .



Fall is

cornstalks at the corner store
carved pumpkins decorating doorsteps
brightly colored leaves to fall into after raking
the whispered breath of fog as you exhale summer

Fall is also

a misty morning fog lifting over the fields
chilly walks beneath a canopy of color
a sudden rainstorm that pelts your face
dark, early evenings with star studded skies

Fall tastes like

crispy gala apples straight off the tree
juicy blackberries along the trail
paw paw fruitfalling ripe on the grass

Fall is

the second haying of bales dotting the pasture
a garden harvest unfolding its goodness
trees dropping chestnuts along our gravel drive

Fall means

playing games together as a family
taking the time to write a letter
cooking hearty soups made from garden veggies

Fall tastes like

a homemade apple pie fresh out of the oven
pumpkin pie spice latte sipped in the cold
the spicy fragrance of sugared ginger cookies
hot spiced apple cider stirred with a stick of cinnamon

Fall feels like

a warm red scarf and a textured knit hat
the softness of plaid flannel sheets
cozy sweaters and the return to denim
slippers and boots and thick nubby wool socks

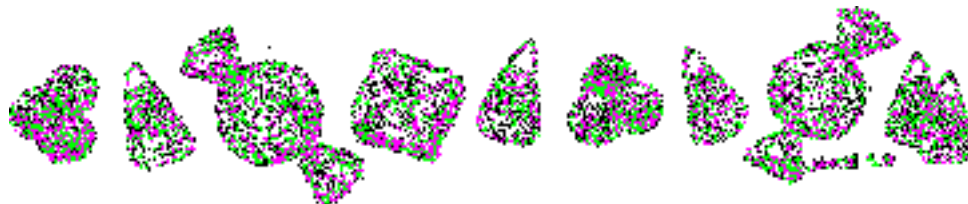
Fall changes with

the surprise of a sudden Indian summer day
a sudden rainstorm that pelts your face
the first flickering fire luring you to cozy up to the hearth
a time to read, reflect, and write in your journal

Fall is a gateway to

a heart of giving thanks
a hint of snowanticipating the advent of . . .
another season to celebrate

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Wit and Wisdom

by Juleann Lattimer

Home Sweet Home



"Grammy, will you go on spring break with me?" Really? A senior citizen on spring break?

Are you kidding? But my college-aged granddaughter was not kidding. Feeling a bit apprehensive, but flattered that she would want me, I said, "Sure, I've never been on spring break before." So we booked it- a five day vacation to sunny Cancun, Mexico. Throughout the winter, she would message me...can't wait...only 5 weeks more...back and forth we planned our March getaway.

That's right...March...2020. When the date arrived I was feeling even more apprehensive with the outbreak of this massive virus going around, but so far Mexico was not a danger zone and we were flying out of Canada-so we went.

It was a week in paradise...basking in the sunshine on a white sandy beach...reading under a grass hut umbrella...sipping cool drinks (diet coke of course!) floating down the lazy river. No news...TV in Spanish, so we were completely in a blissful vacuum enjoying the last normalcy we would see for a long time.

Reality hit when we arrived at the airports. My dread was facing the custom officer. Worried thoughts and frantic travelers jerked me back to reality. Could we get through? Would we be quarantined in Canada? Even the recent memories of our wonderful vacation faded as I faced the possibility of not being able to get home. At that moment "home" was the most comforting word in the English language.

Long story short...I prayed our way through customs and we were able to arrive safely and healthy back home. Now being home 24/7, I have to remind myself of that urgent desire to be home. I am enjoying my lovely home that God has blessed me with and it gives me lots of time to ponder...

This is my temporary home...but someday I'll stand at the entrance of my eternal home...and I will again face "customs." Will I get through? Will I hear my Savior's words, "Well done my good and faithful servant...enter." Actually the only question I will have to answer is, "Do you believe in the Lord Jesus Christ? Are you His child?" Thankfully I will not have to approach heaven's "customs" with the same trepidation I did at the US border, because I know for certain my eternal home is waiting for me. How about you? Will you be my neighbor?

If you enjoy reading articles from the Wit and Wisdom Writers such as Juleann, you may also enjoy the books authored by the group. Contact the authors at:witandwisdomwriters@gmail.com.

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Halloween—1950s & '60s Fun

by David Kish

I grew up in the late 1950s - early 1960s in an Old Italian neighborhood in Norwalk, Connecticut. Everyone was friendly and knew everyone by name for blocks around. Back then, Halloween was more than just collecting candy in costume—it was a guessing game.

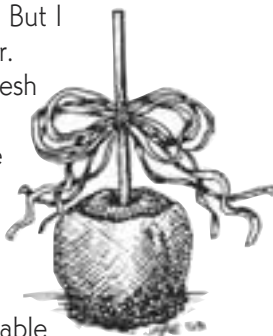
As the youngest of four boys, I was always the last to wear a passed-down Halloween costume. My first costume was a silky, red devil body suit and plastic devil mask. I had a big orange plastic pumpkin bucket with black strap handle for my candy.

No one went out before dusk so I would keep looking at the clock and asking Mom when I could go out. Back then, children went out by themselves in complete safety. My brothers were 7 to 14 years older than me and did their own thing so I ventured out on my own. As soon as Mom gave the ok, I started going from house to house, happily yelling "Trick or Treat" when someone opened the door.

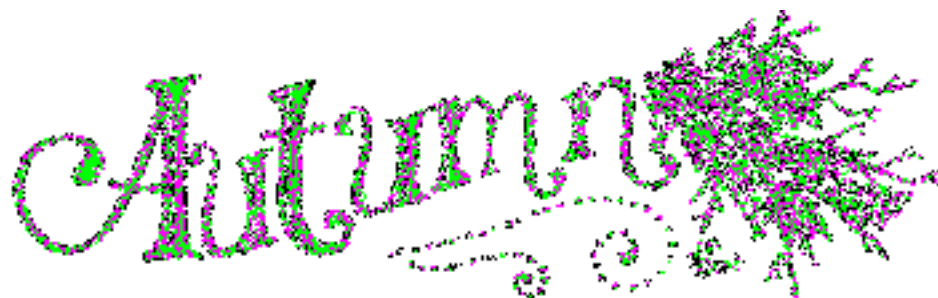
Increasing the night's fun were neighbors trying to guess who you were before giving you any candy. I always stayed silent while they guessed. Of course, some got it right while others probably played the game by making believe they didn't know who you were.

There was a corner candy shop and the owners lived above. Kids would gather on the sidewalk in front of the closed, dark shop and wait for the owners to open their window upstairs. Then they would toss nickels and dimes to the trick or treaters on the sidewalk below. The owners would come downstairs, turn on the lights in the shop and open the doors for us all to come in and exchange the coins for the candy of our choice. When I think about it now, I wonder why I didn't just pocket the money since I had a whole bucket full of candy! But I was a kid with a sweet tooth and the more candy the better.

Across from the candy shop lived a lady who gave out fresh candied apples and nearby was another house where you'd be handed a small bag of peanuts. I would eventually make my way home in the dark and my Mom and I would sit on the living room rug and dump out the pumpkin bucket so we could go through all the candy. Mom would look for Mary Jane candy and peanuts, which I was happy to give her. The rest went into a special "candy drawer" in a lamp table and I would eat a few pieces a day as I fondly remembered a wonderful night!



David Kish is a Fiber Artist, Teacher and Writer who enjoys writing short articles about his memories growing up. He has lived in the Southwest since 1992 and has retired in SE New Mexico.



Back Porch Break

by Nancy Brummett

In Case You Didn't Know

Sometimes scientific research produces results that are amazing, and sometimes the end result of all that time and money spent is simply duh-mazing. The conclusion is so obvious any one of us could have arrived at it ourselves.

For example, friendship has been the topic of many research studies over the past few decades. One Harvard study followed a class of graduates for 80 years to determine, among other lifestyle factors, how friendship affected their well-being. Other friendship studies Google lists cover how long it takes to make a friend, what attracts one person to another in a friendship-building sort of way, how marriage partners often value their friendship over their sex life, and even how friendship can make the difference in later years in the fight against isolation and loneliness. This is all well and good, but didn't we know this before? Anyone with even one friend reaps the benefits and knows the value of friendship. Do we really need scientists to tell us it's important?

Another topic for research? Gratitude. Studies show that grateful people are generally less depressed, less stressed, and for the most part happier than people who fail to recognize all the many things in their lives for which to be thankful. Robert A. Emmons, Ph.D., wrote a book titled *Thanks! How Practicing Gratitude Can Make You Happier*. In the book the author, who is editor-in-chief of the *Journal of Positive Psychology*—examines "what it means to think and feel gratefully and invites readers to learn how to put this powerful emotion into practice." Scientifically speaking, Emmons states, "regular grateful thinking can increase happiness by as much as 25 percent." I read enough of the book to say the material is well-presented and interesting, and I'm sure his study is empirically sound, but for the most part I already knew that. You?

And then there's the subject of kindness. A recent AP article on kindness reported that a University of California Riverside psychology professor conducted numerous experiments over 20 years and "repeatedly found that people feel better when they are kind to others, even more than when they are kind to themselves." Subjects who went out of their way to do an extra three acts of kindness each week for others, even small things like opening a door, "became happier and felt more connected to the world." OK, then. No surprises there!



As I read the results from all these studies I couldn't help but think our mothers were right. To make a friend be a friend. Be thankful for what you have and express your gratitude to others. Treat people the way you want to be treated (The Golden Rule). In other words, find a friend, be grateful for that friend, do something kind for that friend...and be happy! No scientific study required.

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

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Country Register Recipe Exchange Spanish Corn

submitted by Shirley Ross of Alexandria, MN



- 2 bags (12oz each) frozen corn
- 1/2 pound, cubed American cheese
- 2 eggs
- 6 tbsp melted butter
- 1 cup milk
- 1 tbsp sugar
- 1 - 1 1/2 tbsp diced pimientos
- 1/2 tsp salt
- 1/4 tsp pepper

Stir together all ingredients in a large bowl. Pour into a greased baking dish. Bake, uncovered, at 350° for 1 hour or until bubbly.

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Become Inspired!

Decorating, Entertaining and Living in the Early American Style

by Annice Bradley Rockwell
 Anticipation for Change

The season of fall is a time of traditional transformation. It brings with it a sense of anticipation for change. For the country homeowner this includes making our home's interior even more warm and inviting as the evenings come upon us more quickly and the comfort of our home wards off the chill of change.



Fall is a perfect time to decorate our homes with the abundance of autumn. Dried herbs that retain warm colors can be bundled and tucked into our early antiques to add texture and a subtle reminder of summer's hard work. Sweet marjoram when harvested late, provides a deep, warm purple color which blends beautifully with the tiny, dried mustard blooms of the once wide-open coreopsis, suggesting that nature's beauty in all of its phases is a treasure to be enjoyed. Dried gourds in common or unusual varieties and cornstalks picked at our local farm along with autumn blooms can grace our side porch to welcome us home to spectacular fall.

WARMTH UNRIVALED

Layers of fall's bounty can be easily incorporated into our country displays. Dried bittersweet tucked in and around our aged pewter and early redware adds simple warmth and distinct beauty. Large, primitive trenchers etched with age can be filled with dried cornhusks and petite pumpkins right from our own gardens. Country jar candles in scents such as Colonial Hearth Bread, Pumpkin Butter or Spiced Apple Cider bring the aromas of the season to life and remind us that within our home is warmth unrivaled.

Without a doubt, the season of fall surrounds us with a sense of wonder as nature washes our landscape with radiant colors all aglow. Nature's transformation leaves us truly inspired and as we are greeted by her increasingly crisp, cold days, we are ever-grateful for the country comfort of home.

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

GIRLFRIEND WISDOM



Companionship
 defined as an association as a Companion,
 a feeling of Fellowship or Friendship.
 Companionship is the state of spending time with someone - the state of having a companion or being someone's companion - someone we like to hang out with! These are my characters Charity and Star - they are Quilting Sisters - they like to hang out together and make projects, mostly for charitable giving. Good work for the greater good in their community.

GIRLFRIEND WISDOM:
 We are in a place and time to honor the relationships we have with people we call our Companions in deeper Fellowship. Appreciation, Gratitude, Compassion, Companionship.
 Let's hang out together, and make good things happen!

Joy & Blessings,
 Jody

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

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The Dropped Stitch

by Sharon Greve



Knitting Fights Aging

It's not surprising that women make up the vast majority in the Century Club. It's been predicted the United States will have 5.3 million people aged over 100 in year 2100. The United Nations projects life expectancies in most developed countries, up to year 2300, will be between 100 and 106 years. In short, people will live longer and longer.

The repetitive action of hand-knitting is generally relaxing and can be well-suited for meditational or spiritual practice. Rhythmic and repetitive action can help prevent and manage stress, pain, and depression, which in turn, strengthens the body's immune system, as well as creating a relaxation response in the body which can decrease blood pressure, heart rate, help prevent illness, and have a calming effect. Pain specialists have found that the brain chemistry is changed when one knits, resulting in an increase in "feel good" hormones (serotonin, dopamine, and endorphin) and a decrease in stress hormone.

Knitting has also been linked to reducing the risk of developing dementia and Alzheimer's disease. Mental exercise makes the brain more resilient. While there is still a lot not known about the prevention of age-related memory loss, the Mayo Clinic found knitting is a cognitive exercise that may reduce Alzheimer's risk by 30-50%.

How can that be you ask?

1. Improved hand-eye coordination helps build up neural networks, which can serve as a neuro-protective reserve against Alzheimer's.
2. Learning new things helps prevent Alzheimer's, due to always learning new skills and techniques.
3. Knitting is a form of emotional self-care, which helps reduce stress, a key component of reducing early Alzheimer's.
4. There is a correlation between depression and Alzheimer's. Knitting battles depression. Engaging the brain with challenging tasks can help ward off dementia and reduce the risk of Alzheimer's disease. So add some complexity to your knit project from time to time.

Many things can be done to improve the individual's quality of life. These tasks are based on repetitive motion so the individual can continue to remember how to do them through body memory even when cognitive memory is failing.

1. Making things helps the older person feel productive even when Alzheimer's takes other skills away.
2. Knitting keeps the "fidgety hands" busy to avoid picking at themselves or destroying things as a result.
3. Yarn is great for sensory stimulation that evokes positive feelings and serves as a form of self-expression. Touching something soft elicits a calming response.
4. Calming activities, of which knitting is one, are relaxing to reduce Alzheimer's stress and anxiety.
5. Teaching kids to knit helps the person feel they can still offer something to the younger generation.
6. Sustained social contacts have been shown to support health and longevity—join a group, big or small.

Maximize the health benefits of knitting by staving off stress, and ultimately, stress-related illnesses such as depression, Alzheimer's and heart disease. Knitting can provide immediate relief no matter where you are. Knitting can travel with you, so a powerful tool is at your fingertips all the time. Eleanor Roosevelt took her knitting bag everywhere.

Be healthy—KNIT!

©2020 Sharon Greve...Fiber Artist, Writer/Author, Historian

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Pumpkin Harvest



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 Designed by Kathy Graham

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Finding Peace: Observing Geese

by Jeanette Lukowski

Growing up in an apartment in Chicago, my early encounters with geese were the stories told by Mother Goose, and the childhood game, Duck-Duck-Goose.

In Wyoming, I met a man who complained about geese eating the grass he spent so much money watering and growing.

In Minnesota, flights of Canadian geese signal changes of seasons.

Mid-March of this year, I began a regular walking-program of sorts through a local "park" (like New York City's famous Central Park). By April, I noticed the first goslings—and the random walkers stopping to feed the wild geese and ducks.

One pair of geese had four goslings trailing behind; another pair had six goslings; another pair had eight, nine, ten...twelve?!

My intrigue got me wondering things like how does a goose sit on so many eggs? Did she and her "husband" take turns?

Days passed, and my intrigue turned into lingering. The very same goose hissing at the woman offering food in an upturned palm would eventually relinquish—and snatch food from the woman's hand. Why all of the noise beforehand? Just accept the food, and say thank you.

Protecting their brood also seems very important to the geese, but to take bites out of another family's goslings seems harsh to me. Do they even know which gosling is which, when the family groups mingle and merge in the feeding frenzy? Or doesn't it matter who the gosling belongs to, because the adults eat first?

Fighting posture also intrigues me.

When I first noticed an adult goose approaching another adult goose with its head nearing the ground, almost in a flattened out "s" curve, I thought it was a submissive move. My logical brain believed it was goose-speak for communicating to the others that it just wanted to get some of the food being thrown, until the first goose began running headlong into the assembled group, and nipped another in its feathery-down.

A month later, I realized the family-groups were spread out throughout the park, while clusters of geese, mallards, and pigeons co-mingled on the beach-of-singles. About twenty adult geese, ten green-headed mallards, and a handful of pigeons relaxed in the sun until the lady in front of me stopped walking—and opened her plastic baggie of food. The geese absolutely swarmed! Honking as they ran up from the riverbank, newcomers flapped their wings to shed water as they lowered their heads into "s" curves as they chased others out of the way, and indifferently stomped over the smaller mallards nibbling bits of food already strewn on the ground. The geese who were chased away simply circled back around for another crack at reaching the breakfast buffet.

I watched, and found myself humorously chiding the more aggressive geese: "Oh, stop being such a silly goose, and thank the nice lady for your breakfast."

Life is full of quirks—and I just realized how much of a silly goose I've been, complaining about Covid-19 making me lose my routine and a few lifestyle luxuries.



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Flower Photography

by Albert May

Flower photography is one of the most popular forms of photography. You can photograph flowers in any condition and lighting.

Any lens can be used in flower photography, from the ultra-wide angle lens (17mm), to the super-telephoto lens (300 mm or 400 mm), but if you are serious about close up flower photography, look into purchasing a macro lens.

Most point-and-shoot digital cameras come with a built-in macro mode. Your digital camera's macro feature lets you get very close to your subject, and that is important when photographing flowers.

A tripod is essential because it reduces the chance that you'll get a blurry image. Many tripods, even when fully collapsed, are too high for photographing low growing flowers. That is why you need to get a tripod that allows you to get close to the ground. A special kind of tripod, called a tabletop tripod, is great for photographing small flowers and other objects.

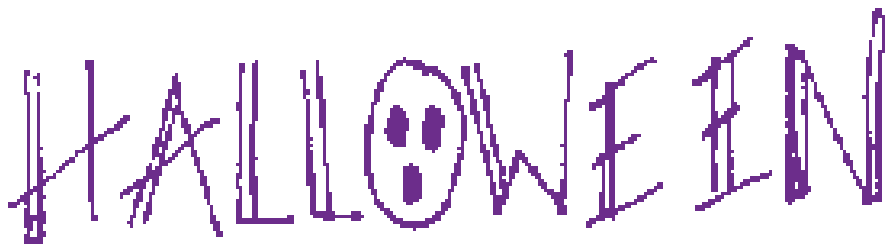
Use a color-saturated type film. A film with an ISO 50 or ISO 100 will give you bright colors. Don't use film faster than ISO 400 for flower photography.

The ideal lighting for photographing flowers is the soft, diffused light of open shade or a cloudy day. Night photography is also an option. A flower photo can be very attractive when illuminated by flash. Wind is the most annoying factor when photographing flowers, so be patient and wait for the wind to die down before you take a picture.

Whether you're photographing flowers indoors or outdoors, consider unusual angles. Try photographing your flowers in early morning light and photograph them again in late afternoon light. Use warming filters to create mood. Add water droplets to the petal of your flower and give it that dewy, morning look. Experiment with backlighting and try to highlight the transparency of the petals.

Don't forget that, although most people love color photography, creative flower photography can be in monochrome as well.

The only way of developing successful techniques in flower photography is to practice, and also to learn more about flowers. Botanical gardens and nature preserves are some of the places where you can not only take photos of flowers but also learn more about them.





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A New Chapter for an Old Cabinet

by Kerri Habben Bosman

This morning I walked across our front yard to look in a drawer. To my delight something was missing. Then I opened the cabinet door. I smiled when I saw a space where a book had been.

Since early summer we have had a little free library. Both Wayne and I have wanted to share books in this way for a long time. Our library lives in an old pine cabinet my dad put together.

We knew it needed some protection from the elements, Wayne granted me full artistic license to paint it. He understands my occasional and sudden passion for spray paint. The spring after my mother died, I redid the whole shed that way. It was somehow comforting, although it took awhile for my nasal passages to recover.

Dad's cabinet fulfilled my spray paint yearnings this summer. I used varying shades of blue, teal, and yellow.

The best part arrived when we invited our favorite artists over one Sunday afternoon. They kindly volunteered their time and talents. We had purchased some art supplies, but their immediate creativity and vision required more. They refused any offer of refreshment and diligently went about their task.

The back of our library presents a breathtaking view of Maroon Bells in Aspen, Colorado. The front has an impressionist seascape while one side has elegant swirls of magenta. The remaining side offers a pastoral scene with delicate purple flowers beside a rushing creek. Above this is a nearly cloudless sky broken otherwise only by a male cardinal in flight. Afterward we sprayed it with a clear protective coating.

Although if anything needs a touch-up, the artists live close by. They likely would be swayed by packages of fruit snacks. Or ice cream. What a gift grandchildren are! We contentedly sat in our lawn chairs and watched them create their masterpieces. Now during our morning coffee, we smile at our little library and the memory of that summer afternoon.

The upper part of the cabinet has shelves filled with books for children and adults. There is fiction, nonfiction, poetry, and more. Our first "customer" was a little girl who carried home my childhood copy of Charlotte's Web. Often people leave books. Thus we've even borrowed from our own library.

We applied chalkboard paint to the inside of the doors. There is chalk if anyone wants to share a thought of their own. Hand sanitizer is on the shelf.

There are two drawers. The bottom one is broken, but in the top one we place little things for a giveaway. I crochet most of it. In the summer it was washcloths. Now I am working on small blankets and hats for the coming months.

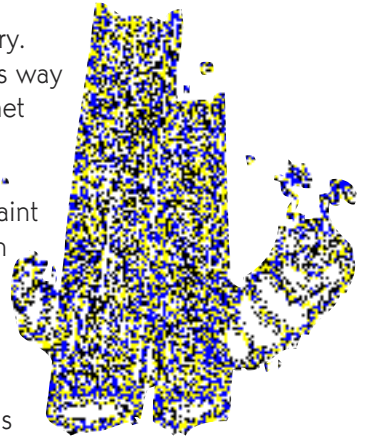
We've watched the shadows gradually shift. The shaft of sunlight that slanted across the shade garden in June migrated to the little library in July. Now it dapples upon the bark of the maple tree beside the driveway. As Wayne says, it is like we live on the top of a sundial.

Today what had migrated from the drawer was a blanket of crocheted squares my grandmother and I made. In her later years she gave lap robes to a local hospital. At her passing in 2006, she had earned 6500 volunteer hours.

Our library was assembled by dedicated hands now stilled. It was painted by young hands that already make our world better. It is filled with a variety of books for anyone who wants or needs one. We find enduring joy in sharing this with our neighbors and our community.

We gently turn the page into autumn. And a simple cabinet continues its journey, one book at a time.

Kerri Habben Bosman is a writer in Chapel Hill, NC. She is currently working on a book of essays and poetry. She can be reached at 913jееves@gmail.com.




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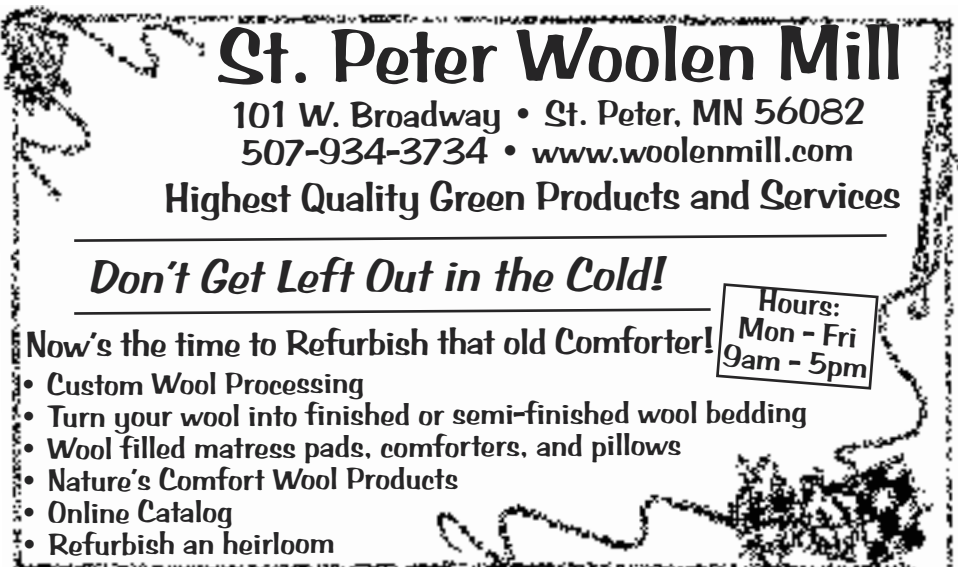
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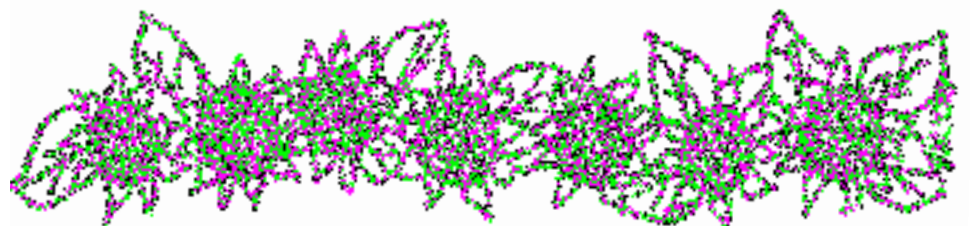
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ALONG THE PRESIDENTIAL TRAIL

Part of a series
by Jan Keller

Benjamin Harrison — 23rd President of the United States

Benjamin Harrison was born in 1833 in North Bend, Ohio and was the grandson of the nation's ninth president, William Henry Harrison. They are the only grandfather/grandson to be elected to the presidency. He was raised on a farm adjacent to his grandfather's estate, near North Bend, Ohio and always felt he had very large shoes to fill. Benjamin was tutored at home. He liked to read and was always more comfortable with his books than with people.

In spite of his private demeanor, Benjamin Harrison became a popular speaker with Civil War veterans because of his own military service. Harrison was the last of the past Union generals to rise to the presidency.

Harrison, a graduate of Miami University in Oxford, Ohio, went on to study law. In 1853 Harrison married Caroline Lavinia Scott. They moved to Indianapolis, Indiana in 1854. She was outgoing and loved holidays and celebrations—and as First Lady, Caroline put up the very first White House Christmas tree.

Harrison quickly became active in the new Republican Party, supporting its first presidential candidate, General John C. Fremont in 1856 and working for Abraham Lincoln in 1860. In 1862, he joined the Seventieth Regiment of the Indiana Volunteers during the Civil War and rose to the rank of brigadier general.

Following the war, Harrison returned to political life and, in 1880, became a U. S. Senator. As a senator one of his initiatives was pensions for Civil War veterans. Ten years later when Harrison was president, the legislation was enacted. The final bill allowed any disabled Union veteran who had served at least 90 days to be eligible to receive the pension whether or

not his disability incurred in conflict. The act also allowed widows of veterans as well as children under the age of 16 to collect the pension benefits. The result of the pension act has been far-reaching due to a barrage of May-December marriages. According to a *U.S. News & World Report* article dated May 26, 2017, "The Civil War ended more than 150 years ago, but the U.S. government is still paying a veteran's pension from that conflict. Irene Triplett, the 86-year-old daughter of a Civil War veteran Mose Triplett, collects \$73.13 each month from her father's military pension."

Searching online, I learned Mose Triplett was nearly 50 years older than his second wife, Elida Hall, who was Irene Triplett's mother. Mose was nearly 84 when Irene was born. Irene Triplett, the last surviving Civil War pension recipient was living in a North Carolina nursing home when she recently died on May 31, 2020.

Other accomplishments of Benjamin Harrison include conservation measures for our forest reserves, U.S. expansion in the Pacific, and the building of the Panama Canal. He supported the landmark Sherman Antitrust Act, which was the first bill ever to attempt to limit the power of America's giant corporations. Harrison also endorsed two bills designed to prevent southern states from denying African Americans the vote, and he named former slave Frederick Douglass minister to Haiti.

On the international scene, Harrison arguably was the most active President since Abraham Lincoln. He convened the first Pan-American Conference in 1889. He negotiated an American protectorate over the Samoan Islands, attempted to annex Hawaii, and worked to modernize and expand the U. S. Navy into a world-class fleet. He moved quickly and decisively when American



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interests were threatened, taking the nation to the brink of war with Chile over an assault on American sailors, and standing firm against Britain and Canada to protect fur seals in the Bering Sea. Harrison saw trade as an important part of foreign policy and negotiated a number of important reciprocal trade agreements that set the pattern for American trade policies well into the twentieth century.

Harrison lost his bid for reelection in 1892, partly due distraction caused by his wife's health. Midway through this first term Caroline became ill and died October 25, 1892 of tuberculosis. Her services were held in the East Room. Upon leaving office, Harrison reportedly felt as though he had been freed from prison.

In 1896, Benjamin Harrison married his deceased wife's niece, Mary Dimmick, a widow nearly thirty years younger than he was. He remained active in public life until his death from pneumonia on March 13, 1901.

Benjamin Harrison is buried beside his first wife Carolyn at Crown Hill Cemetery in Indianapolis, IN. Mary Dimmick Harrison died in 1948 and is buried nearby in the Harrison family plot.



Photo by John Keller



Photo by Jan Keller

Pieces From My Heart

by Jan Keller

The Guise of Disguise

There's something magical about getting all dressed up in a costume. A disguise can cast a liberating spell that allows for the donning of all sorts of characterizations.

Many preschools are equipped with an accumulated menagerie of discarded clothing because many children love to play dress-up. This hodgepodge of various hats, shoes and necessary accompanying accessories provides the guise of a disguise that enables children to more actively engage their creativity and imagination to play pretend. Simply by covering their own clothes with an appropriate costume, it's possible for them to forget who they really are and become a fireman, cowgirl, doctor, nurse, policeman, ice skater, football player, super hero—or even the President.

What little girl hasn't gotten into her mother's makeup and smeared lipstick all over more than just her face or gotten all dressed up in her grandmother's hat, gloves, dress and high-heeled shoes and had a grand time, even though she fell down on her way to a pretend tea party?

When my sons were young, they would get out their father's duffel bag, put on his basketball shorts, and then try to dunk their miniature ball in the basket that hung by suction cups to the refrigerator door. "Yea, two points!" they excitedly cheered. Then, while gleefully clapping their hands, the too-big shorts would fall down around their ankles and trip them.

Halloween is fun because pretending is fun.

It's fun to put on a scary mask and make frightening noises.

It's fun to paint a funny face and become transformed into a hobo or a clown.

It's fun to put on a costume and become anything or anyone you can imagine.

Masks, makeup, and costumes create a false facade that distorts and retards recognition and reality. They also can be uncomfortable and hot—or even difficult to take off or remove.

Sometimes the desired face a person presents to the world is achieved with the help of an artfully crafted disguise to hide any vulnerability, need, imperfection or embarrassment.

Sometimes it's difficult to distinguish Halloween from Election Day.

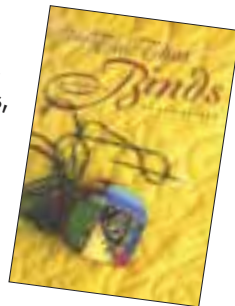
©2020 Jan Keller. No reprint without permission. Jan shares other pieces of her life in her books, *Pieces From My Crazy Quilt*, and *The Tie That Binds*. These books can be ordered by calling 719-749-9797, or writing: Black Sheep Books, 16755 Oak Brush Loop, Peyton, CO 80831



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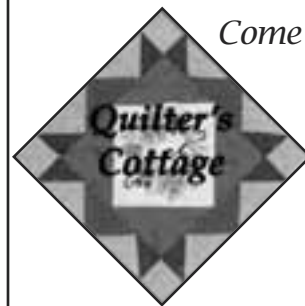
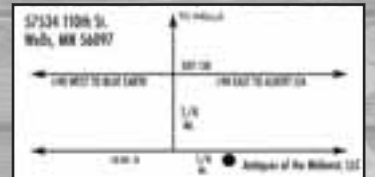
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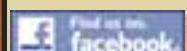


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The Wives of Benjamin Harrison

by Jan Keller

CAROLINE SCOTT HARRISON

Benjamin Harrison was sworn into office on the 100th anniversary of the inauguration of our first president, George Washington. The Centennial Celebration heightened the nation's interest in our heroic past. The year was 1890 and in keeping with the grand event, Caroline Scott Harrison lent her prestige as first lady to the founding of the National Society of the Daughters of the American Revolution and served as its first president general. She also took a special interest in the history of the White House, but the mature dignity with which she carried out her duties never overshadowed her fun-loving nature that had charmed "Ben" Harrison when they met as teenagers.

"Carrie" Scott was born in Oxford, Ohio, in 1832, the second daughter of Mary Potts Neal and Rev. Dr. John W. Scott, a Presbyterian minister and founder of the Oxford Female Institute. As a pupil there, she infatuated the reserved young Ben, then an honor student at Miami University. They were engaged before his graduation and married in 1853. They moved to Indianapolis in 1854 and had three children: a son Russell, a daughter Mary, and an infant daughter who died in 1861.

Caroline was a devoted wife and mother and enjoyed painting and was a gifted pianist. While her husband was off fighting in the Civil War, in addition to caring for their children, Mary volunteered at their church and at an orphans' home.

When the Harrisons moved into the White House, their daughter, Mary and her family, their son Russell and his family, and Mary Dimmick, Caroline's niece, were among the eleven relatives who moved in with them. In addition to elegant dinners and receptions, Caroline worked for local charities, and helped raise funds for the Johns Hopkins University medical school on the condition it admit women. In the winter of 1891-1892, she tried to fulfill her social obligations even though she was sick. Caroline Harrison died of tuberculosis at the White House in October 1892. After services in the East Room, she was buried at her own church in Indianapolis.

After the period of official mourning ended, the Harrisons' daughter Mary McKee served as hostess for her father during the last months of his term.

In 1896, Benjamin Harrison married his late wife's niece and former assistant, the widow Mary Scott Dimmick.



Caroline Harrison



Mary Dimmick Harrison

MARY DIMMICK HARRISON

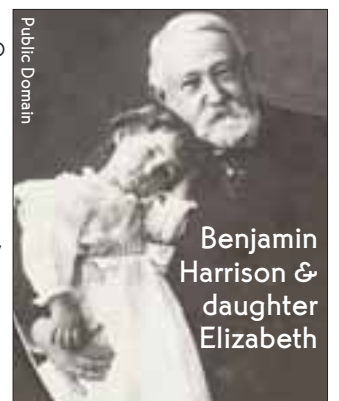
Mary Dimmick and Benjamin Harrison were not blood relatives, but they had grown fairly close during those White House years when she worked as an assistant for her aunt and First Lady Caroline.

When President Harrison left the White House he returned to his large home in Indianapolis and grew lonely. It would have raised eyebrows if Mary to move in as his "housekeeper" or "ward". Finally, four years after Caroline died, when he was in his middle-sixties, Mary was in her late-thirties, the former president and Mary Lord Dimmick decided to marry.

Russell and Mary, Harrison's children and Mary Dimmick's blood first cousins, were scandalized by their father's impropriety. They were furious at their father and his actions—not so much that he wanted to remarry, but who he wanted to marry. They declined to attend the wedding of their father and their cousin, who became their step-mother. A year later, when Harrison and his new bride had a baby, the estrangement of the family was permanent.

Benjamin Harrison had grandchildren who were more than a decade older than his new baby Elizabeth, who was also their aunt.

Russell and Mary never spoke to their father again. When Benjamin Harrison died a few years later, they never came to his funeral, and Mary Dimmick Harrison lived to be nearly ninety.



Benjamin Harrison & daughter Elizabeth

Caroline Harrison's Deviled Almonds

4 servings

- 1/2 pound almonds, blanched
- Cayenne pepper, to taste
- 4 tablespoons butter
- Salt, to taste

Note with recipe: You can buy blanched almonds but they cost more than those that still have their skins on. Blanch them yourself by dropping into boiling water for 1 minute and then rinsing with cold water. Then slip off each loose skin.

Directions: Heat a large skillet over medium heat. Add the almonds and butter and saute almonds until they are light brown. Drain on paper towels. Place the almonds in a cake pan and lightly season with cayenne and salt. Serve hot.

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Monitoring Trends to Predict the Future

by Dave Emigh

Shady Lawn Antiques re-opened in mid-February following our annual Winter Furniture Restoration Break. It was a celebration of sorts; people were happy we were open again. And we were excited to show off all of our 'new' inventory and the furniture that we had restored.

Once we re-opened, we began working through plans for an actual Spring Celebration Event. During the planning there was some quiet background noise about a corona virus outbreak that had started in China. How wrong we were to think that we were so isolated that the virus would have little or no effect on us.

In fact, the COVID-19 pandemic was our Spring Event. The three-month business closure was certainly an Event, but it was not exactly a Celebration.

I do actually have some positive things to write about—but, first, I would like to say that I describe my writing style as a reflection on 'antiques, history and life in the Walla Walla Valley (from the perspective of Shady Lawn Antiques).'

This provides some context for my current dilemma. On one hand, I would like to write a piece entirely on antiques, history and life that does not mention COVID-19. You know, something that allows for a momentary escape from the constant cloud that this virus has created. But the fact is that it is impossible to address life in the Walla Walla Valley without acknowledging that elephant in the room.

That being said, at Shady Lawn Antiques we continuously observe and monitor a wide variety of trends. It is our way to predict how factors around us will affect our business. Those trends prompt us to clean, repair and display inventory in a timely manner relative to the trends.

Some trends occur seasonally each year. For example, garden items sell best in the spring, major pieces of furniture sell best in the fall, and Christmas decorations sell best if they are on display by early November.

Local events also elicit interest in specific items. When there is a car show, people are looking for automotive items. These include car emblems, literature, license plates and gas and oil related items. Western and cowboy items are popular during our SE Washington Fair and Rodeo and the nearby Pendleton Round-Up.

Walla Walla has an annual fall Quilt Show (which is unfortunately cancelled this year). We clean and price the fabric and vintage sewing items that we have in storage. We also make sure to restore treadle sewing machines and wooden sewing machine drawers prior to the Show.

Another trend is people seeking out items that they have seen in recently released decorating magazines and/or on television shows. These media trends are among the most important for our prediction of contemporary new areas of interest.

Currently we find ourselves in a bit of a predicament. Those (recently published) media pieces were in production prior to the COVID-19 pandemic. Therefore they may not be entirely relevant in our current situation. It is difficult to predict if our typical model of following trends may be broken.

I am certain that we will achieve some clarity on this issue as we observe the items that we are currently selling. The good news is that, after a month into our COVID-19 re-opening, there does not seem to be much change in the types of items that people are purchasing.

We are also constantly attentive to what is happening in society in general. 'Working-from-home' is a trend that we are currently following. It appears this trend will last for some time into the future and may become permanent in some cases.

We are responding by showcasing and marketing our antique home office type furniture. These pieces include desks, bookcases, storage units and file cabinets. One example is a unique stacking bookcase with a drop front desk unit built into it. This compact, yet extremely functional, piece would work well even in the smallest room.



Fortunately, through our twenty-six years of business, we have developed a flexible business plan. Therefore we can adapt. It has always been true that with every change in lifestyle trends, new opportunities are created. It is no different this time.

Dave Emigh and his wife Jill are the owners of Shady Lawn Antiques in Walla Walla, WA, perfectly located in the 1870s wood frame creamery buildings that Dave's great-grandfather purchased in 1897. A professionally trained woodworker, Dave, along with his son Nick, specialize in the restoration of oak furniture. Shady Lawn, in its 25th year, has become a regional destination for oak furniture and is also known for a well-curated display of country, rustic and rare and unique "small" antiques. Glimpses of the ever-changing Shady Lawn inventory can be seen on Facebook and at www.shadylawnantiques.com



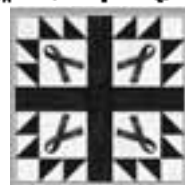
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Country Register Recipe Exchange Corny Crunch Bars

submitted by Patti Lee Bock of New Ulm, MN



- 2 cups light corn syrup
- 2 cups sugar
- 2 cups crunchy peanut butter
- 2 - 10.5oz packages of corn chips

In a large saucepan combine corn syrup and sugar. Bring to a boil over medium heat stirring occasionally. Remove from heat. Stir in peanut butter. Place corn chips in a large bowl coated with non-stick vegetable spray. Stir in peanut butter mixture. Gently press into a buttered 8"x12" baking pan. Cool in pan on a wire rack until firm. Cut into squares.

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Prescription for Adventure

by Naomi Gaede-Penner

Bread and Life

Ruby pulled open the oven door and lifted out golden-topped crescent rolls. The yeasty aroma filled the kitchen, and the burst of hot air fogged her glasses. She set the pan on top the stove and wiped her glasses with her well-worn apron.

At the table, Naomi and Ruth, her grade-school daughters, sat ready with small plates, a knife, oleomargarine and grape jelly. "I'm glad we're having company tonight," said Naomi, not that Ruby only baked when there were dinner guests.

Baking bread was in Ruby's DNA. Her Mennonite ancestors had migrated across the ocean from South Russia with zwiebach, double-decker rolls, packed into trunks. The zwiebach, translated as "twice baked," had been toasted, and the crisp, crunchy pieces had endured the days of travel without molding. Even after her family had settled into farm life in Central Kansas and didn't need to preserve food for such long-term sustenance, they would toast zwiebach and crush it. The crispy crumbs were added into a cup of milk or hot Postum, a roasted-grain coffee substitute, created by Post Cereal founder C.W. Post in 1895.

Ruby also baked raisin, rye-graham and molasses breads in two-pound Fleischmann's yeast cans. The soft circular slices had no crust. Decades later, Naomi would treasure those same cans, and make cinnamon bread as well.

When Ruby's physician husband, Elmer Gaede, accepted a position with Public Health Services in Tanana, Alaska, a remote Athabascan Indian village, she learned about Sailor Boy Pilot Bread, a 3-inch-round, thick cracker, which had come over with sailing ships in the mid-1800s. The flat, dry, saltless cracker became a staple in the Alaskan villages and continues to be so today. Whether zwiebach or Pilot Boy Bread, the concept was the same: long shelf-life and basic nourishment.

In March 2020, flour and yeast flew off the shelves. What instigated the buying frenzy? What need was acute? What did "bread" mean on an emotional or physical level? Did it remind people of sitting as a child in the safety and warmth of grandma's kitchen, watching her knead dough on a floury pastry cloth and anticipating the mouthwatering outcome? Or, did the first-time making of bread offer a sense of confidence that the newbie baker could take care and provide for him or herself? Was it touch therapy of massaging the pliable dough? Was it a womb-like experience of protection in a world where predictability of everyday life had been shattered? Whatever the reason, homemade bread took on a significant, primal meaning—and the ingredients flew off the store shelves.

Every culture has a "bread," whether tortillas, Naan, fry bread, Challah, baguettes, cornbread, flatbread, pita, lavash, pandesal or injera. The Bible often speaks of bread. God sent bread down from heaven so the wandering Israelites would be fed. Jesus fed the 5,000 with five loaves of bread. Jesus broke bread with his disciples. In John 6:35, Jesus said, "I am the Bread of Life. Whoever comes to me shall never hunger..." He understands our basic needs. He is our comfort and hope. He is good therapy. He is good bread. He is the warmth of grandma's kitchen.

Naomi and her Therapy Dog, Taffy, try to bring comfort and cheer to local nursing homes. You can find and purchase her "Prescription for Adventure" books, at www.prescriptionforadventure.com or by calling 303.506.6181.



Quilt Label Poetry

Having only been quilting for a short time, thus a quilt kit I purchased because I thought it was for beginners. Little did I know I was about to be introduced to the Y-Seam—and lots of 'em! On top of that, it was the first quilt I long-armed, realizing once finished that my poor tension had caused a lot of looping on the back. I had to rip out every stitch and start completely over. It was a learning experience for sure, but I am proud I persevered!

A Work of HEART

by Shari King

*The Quilt of Long-suffering, thus you were dubbed
for excessive Y-seams—so many I flubbed.*

*After quilting you once, I had to tear it all out;
your second time quilted, better stitching no doubt!*

*With such happy colors, who would have guessed
you'd be such a challenge--at times, seemed possessed!*

*The plan was to gift you, but now I can't part.
After all we've been through, you are
MY "Work of HEART"!*



If you have a quilt label poem or memory you would like to share, please email it to Jan@CountryRegisterCO.com or Jan@CountryRegisterNM.com

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Life in Skunk Hollow



by Julie A Druck
Back to Learning

It never fails. When the commercial jingles start announcing back-to-school sales, I get that feeling in the pit of my stomach: a combination of excitement and anticipation and joy. No, I'm not a student or a teacher—though I once was both. I'm simply a lover of learning.

I can't remember a time when I didn't love to learn. Elementary school was pure delight - going to the school library to pick out fresh books; making dioramas based on favorite stories; talking with Mrs. Bahn, the best teacher ever. (And yes, I proudly admit I was Teacher's Pet.) Heck, I even liked homework. My husband STILL has fun teasing me about the editorial I wrote in our 5th grade newspaper about how homework is good for us!

Junior High, Senior High and Business School all held a fascination for me in one form or another. Eventually I went from student to teacher when we chose to homeschool our three sons for nearly 20 years. (Even then, I learned just as much as I taught.) And now I'm relishing the sweet experience of helping to teach our little granddaughter her colors and shapes and numbers.

My love for learning hasn't diminished, and though I'm no longer part of a formal schooling environment, the interest and joy remains. Now that I'm not "officially" a student or teacher, I've had to figure out how I can continue to cultivate that passion. None of the following ideas are complicated or particularly original, but perhaps you'll find one that will inspire you to re-discover to the joys of learning: **Consume a varied diet of books.** I'm typically reading at least three different books at any one given time—a fiction, a non-fiction, and a theological/spiritual book. The non-fiction could be anything from a biography to a nature memoir to a historical subject. Reading from different genres provides opportunities to be introduced to a wide range of topics.

Make reading a book more than just reading a book. I get far more from what I'm reading by using a couple of tips: Little sticky tabs enable me to mark quotes that I want to write in my journal to ponder further. And when I begin a book, a sticky square pressed onto the inside flap provides a place to jot down some themes or ideas the book presents. These notes allow me to then more easily write a book review on my computer. That review is part of an on-going list that I keep to remind me of things I've learned from each book I've read. This list also comes in handy when providing book recommendations for other literary-minded friends.

Take advantage of travel time. I have an hour's commute one way every Wednesday for my part-time job. That time is used for learning in the form of audio books. I alternate between children's books (some of the Newberry Medal winners are really outstanding) and adult fiction. My adult picks are often long classics that overwhelm me in print form but are more easily swallowed in the audio format. When my husband and I travel to our family cabin once a month, we listen to non-fiction—typically about historical subjects. A small notebook kept in the console lets me jot down a great quote or just a word or two to remind me later of something I might want to research further.

Spend your surf time in study. At the encouragement of one of my daughters-in-law, a relatively new format of learning for me is via podcasts. Abby has introduced me to several podcasts and videos about homesteading, herbal remedies, cooking, and the like. I also have a variety of spiritual podcasts that I listen to as well. This avenue offers a massive amount of opportunities for learning on a myriad of topics.

Choose movies that align with a love of learning. My husband and I are constantly seeking out movies—again, from a variety of genres, past and present—that open our eyes to new perspectives, share great lessons, and teach us about historical figures or events with which we aren't familiar. I keep a list of possible movies to view, as well a list of films we've watched. Writing up a short summary of each allows me to interact a little more with the information I've learned, as well as providing a summary of movies we've seen.

Share the love. A like-minded friend and I spent two years studying different topics. We'd take turns choosing an area of study and meet once a month at a local coffee shop to learn together. For several months we discussed the works and backgrounds of poets from different time periods. For another span of time, we did a book study on the art of care giving. One of my favorite studies was when we used an art project book that provided interesting activities to develop the eye for detail and creativity. The possibilities for this type of shared learning are endless.

Remember: *All of life is an opportunity to learn. Have fun!*

Develop a passion for learning. If you do, you will never cease to grow.

—Anthony J. D'Angelo

Random Acts

by Maranda K. Jones

FORWARD MAIL

*The cards are written
The envelopes addressed
A stamp in each corner
Post office handles the rest*

*A letter from their teacher
to wish them welcome thoughts
to send them some love
before the first day they're taught*

*Picturing their faces
imagining their smiles
as the pen travels across the page
and greetings cover miles*

*Hoping students are ready
to leap into the fall
Excited to open their mail
before entering the halls*

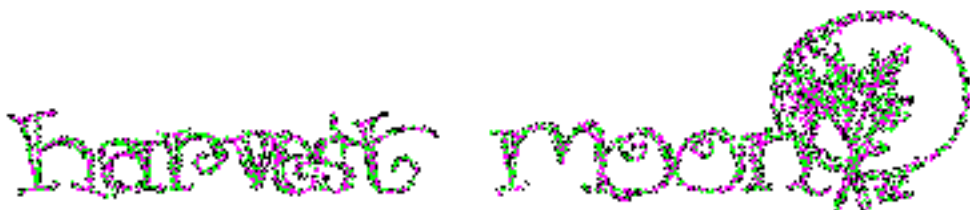
*They'll read words of comfort
They'll feel that I care
for them and their families
They know that I'll deliver*

*School is back in session
At least in our small place
We are better together
Forward in our faith*

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Maranda Jones' new book **Random Acts** is now available at [amazon.com](https://www.amazon.com).

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



Happy Halloween

Fruit Pizza

This yummy dessert pizza is colourful and easy to make... children of any age will love to help you decorate!



Pizza Crust

- Two cups of flour
- 1/2 cup of icing sugar
- One cup of cold butter

1. Preheat oven to 350°F (175°C). Prepare a pizza pan by lightly spraying with cooking oil.
2. Combine flour with icing sugar. Cut in butter with a pastry knife until the mixture resembles coarse crumbs. Press mixture into prepared pizza pan.
3. Bake crust in oven until barely browned, approximately 12 to 15 minutes. Remove from oven and cool on a wire rack.

Cream Cheese Spread

- One 8-ounce package of cream cheese (softened)
- 1/3 cup sugar
- One teaspoon of vanilla extract

4. Beat cream cheese and vanilla extract until well blended.
5. Once pizza crust is completely cooled, spread cream cheese mixture to edges of crust.

Fruit

- Slices of kiwi, strawberries and pineapple, as well as an assortment of blueberries, blackberries and raspberries.

6. Arrange fruit on pizza top in any way you like.

Glaze for Fruit Topping

- One cup of apricot jam or jelly
- Two tablespoons of water

7. Heat jam or jelly in a small pan over medium heat until melted. Let mixture cool slightly, then brush gently over all the fruit.
8. Refrigerate pizza until needed.
9. Slice pizza into wedges with large knife or pizza cutter and serve. Enjoy!





Snippy Doodle

This was the way our kitchen smelled on fall days when I came running in from school. It still says "Mom" to me. An old-fashioned, simple coffee-cake with a crunchy-cinnamon-sugar topping.♥

1 heaping TB. butter, room temp. (plus extra for greasing the pan)

1 c. granulated sugar

1 egg, beaten

1/2 c. whole milk

1 c. flour

1 tsp. baking powder

1/2 tsp. salt

Mixture of 1 TB. granulated sugar and 1 tsp. cinnamon

Taking
Delight
in the
Little
Things



Preheat oven to 350°. Butter an 8" x 8" pan and set aside. In a medium bowl, cream butter and sugar thoroughly. Stir in egg, then milk. Sift together flour, baking powder, and salt, and stir into liquids. Pour into pan and sprinkle with sugar-cinnamon mixture. Bake 35 min., until edges pull away from sides of pan. Cut into squares. Eat while warm.♥

For more autumn fun: www.susanbranch.com

Become Inspired!

Decorating, Entertaining and Living in the Early American Style

by Annice Bradley Rockwell
Anticipation for Change

The season of fall is a time of traditional transformation. It brings with it a sense of anticipation for change. For the country homeowner this includes making our home's interior even more warm and inviting as the evenings come upon us more quickly and the comfort of our home wards off the chill of change.



Fall is a perfect time to decorate our homes with the abundance of autumn. Dried herbs that retain warm colors can be bundled and tucked into our early antiques to add texture and a subtle reminder of summer's hard work. Sweet marjoram when harvested late, provides a deep, warm purple color which blends beautifully with the tiny, dried mustard blooms of the once wide-open coreopsis, suggesting that nature's beauty in all of its phases is a treasure to be enjoyed. Dried gourds in common or unusual varieties and cornstalks picked at our local farm along with autumn blooms can grace our side porch to welcome us home to spectacular fall.

WARMTH UNRIVALED

Layers of fall's bounty can be easily incorporated into our country displays. Dried bittersweet tucked in and around our aged pewter and early redware adds simple warmth and distinct beauty. Large, primitive trenchers etched with age can be filled with dried cornhusks and petite pumpkins right from our own gardens. Country jar candles in scents such as Colonial Hearth Bread, Pumpkin Butter or Spiced Apple Cider bring the aromas of the season to life and remind us that within our home is warmth unrivaled.

Without a doubt, the season of fall surrounds us with a sense of wonder as nature washes our landscape with radiant colors all aglow. Nature's transformation leaves us truly inspired and as we are greeted by her increasingly crisp, cold days, we are ever-grateful for the country comfort of home.

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