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NEBRASKA

Jan-Feb 2024



Your guide to specialty shopping & events in Nebraska

The Country Register of Nebraska

515 E Carefree Hwy #1128 • Phoenix, AZ 85085

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Flurry Frenzy Shop Hop Fun January 27th to February 3rd

The **2024 Metro Area Flurry Frenzy Shop Hop** will be held in the Nebraska Metro Area from Saturday, January 27th to Saturday, February 3rd. Shop hoppers will have eight days to visit eight participating quilt shops during the fun local quilting event.

Participating Omaha shops are: in Omaha - **Country Sampler**, **Mangelsen's**, **Celtic Quilter** and **Fabric Bash (LaVista)**; in Lincoln - **Calico House** and **Cosmic Cow**; in Blair - **Acme Fabric Company**; and in Louisville - **Around the Spool Quilting Company**. Be sure to check with each shop to see what specials they have planned during the Shop Hop.

Passports can be picked up at participating shops beginning on January 27th. During the hop, the shops will have their own hours. Each shop will provide a free fat quarter, a stamp on the passport and a notion demonstration. After visiting all eight shops during the dates allowed, turn in your passport to one of the participating shops to be eligible to win a \$25 gift card.

It's that simple! And yes, it is FREE! You must be 18 and over and only one passport per person, please.

2024 METRO AREA FLURRY FRENZY

Saturday, January 27th - Saturday, February 3rd

✖8 Days to go to

8 Quilt shops to get

8 FREE Fat Quarters and a chance to win a

\$25 Gift Card to one of your favorite quilt shops!

Check with each shop for their

- Notion Demonstrations
- Flurry Frenzy Special

Pick up a passport at one of our participating shops and join in! We would love to see you!

PARTICIPATING SHOPS

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Mangelsen's
3457 S 84th St, Omaha, NE | (402) 391-6225

Celtic Quilter
5080 S 108th, Omaha, NE | (402) 512-7195

Fabric Bash
10351 Portal Rd #111, LaVista, NE | (402) 884-2096

Calico House
5221 S 48th St, Lincoln | (402) 489-1067

Cosmic Cow
6136 Havelock Ave, Lincoln | (402) 464-4040

Around the Spool Quilting Company
110 W 2nd St, Louisville | (402) 588-0042

Check stores for current hours

Making Choices Brings Change

by Barbara Kalkis

Sometimes it seems as if all the wise sayings in the world have already been said by those old standbys: the Bible, Einstein (*Did the man ever say anything useless?*), Confucius, various Greeks who all seemed to be philosophers and the wisest people known universally as “Mom” and “Anonymous”.

As one year ends and another enters, I realize that Mom and “Anonymous” have given me some of the best guidance. Mom’s advice was practical. If I asked to do something that all my friends were doing, she would reply, “Just because everyone else jumps off a bridge, doesn’t mean you should.” (*While teaching me to think before acting, that comment ruined me for diving into pools or running freely into the ocean. I still tiptoe into the shallows and slowly edge my way to the deeper water.*)

When Covid struck in 2020, we were forced into solitude and standing 6 feet apart. While online meeting software emerged to save our collective sanity, it was still a time of separation. It seemed that the silver linings to the covid ‘cloud’ were that we could slouch around in our pajamas, watch TV or browse the internet until the need for food drove us into the kitchen and postpone cleaning since visitors were not likely to show up on the doorstep.

That initial shutdown motivated me to develop a fresh philosophy about how I wanted to spend my time (or die of boredom). B.C. (Before Covid), I had been a sometime crafter – a dabbler making greeting cards, writing poetry, commentaries, or letters, sewing, embroidering and perfecting the art of single crochet. (*Potholders for everyone at Christmas. Bonus! They double as a face cloth, hot pad, bar cloth and dolly's winter blanket.*)

In those gloomy days, I discovered three wise-saying gems. The first was from the Bible: “In the world you will have trouble but take courage. I have conquered the world.” That saying comforted me. The second saying came from Loralee in our cardmaking group. She sent an email telling us to embrace “Prolific Creativity.” Her comment inspired me. “Anonymous” provided the third saying. It sits on my desk next to my computer, so I see it every day. The faded paper is curled and brittle. The advice says, “*The Three C's of Life: CHOICES, CHANCES, CHANGES. You must make a choice to take a chance, or your life will never change.*”

If you recognize this saying, it’s because it was published in *The Country Register*. I don’t know the edition or publication date. I do know these words have guided me to focus on choosing activities I enjoy and enthusiastically pursue them. I more readily take chances to do something different. Mostly, I’ve learned that change is refreshing.

As we complete one year and welcome a new one, let’s leverage our “Art Advantage” and resolve to play, create, dream, invent, design, decorate and build more. We love art, let’s live it. Welcome inspiration, seek beauty in the world around us. And if it’s not there, let’s bring it in. Creativity energizes our thinking, opens us to visualize what *can be*, not just what is. Hobbies keep us searching for new ideas. They spur us to turn our appreciation of the world into art. We simply need to make a date with ourselves to play and be creatively prolific again and again.

A *House* can be an architectural achievement, but *Home* is where we find comfort, soothe our spirits and make the choice to set our heart and art free. Go for it. Happy New Year!

©Barbara Kalkis. Barbara spends her time writing, teaching, and working as a marketing consultant. She's the author of Little Ditties for Every Day: A Collection of Thoughts in Rhyme and Rhythm. Contact her at BarbaraKalkis01@gmail.com.

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Become Inspired

Season of Winter

by Annice Rockwell

Peaceful Dwellings

As the festive, fast-paced excitement of the holidays draws to a close, we are given a chance to create a protective sanctuary of peace to enjoy the season of winter. Winter weekends might find us venturing to nearby antiques shops searching for perfect pieces to add to our room arrangements. Early baskets, blue decorated stoneware jugs, early treen and country lighting are all wonderful investments that add touches of warmth to our indoor vignettes. Tavern tables flanked with wing-back chairs can be moved closer to the hearth now for a cozy fireside arrangement in which to enjoy a piping hot meal of chicken pot pie and homemade cranberry chutney.

Symbols of Comfort

Our outdoor additions can be equally fulfilling. Setting up the evergreen tree that graced our keeping room during the holidays as an outdoor sanctuary for our wildlife can add visual interest and appeal. Adding natural decorations such as pinecones filled with peanut butter and birdseed can provide a special winter treat for our feathered friends.

As the snow falls and blankets the roads, our home takes on a whole new look against the new backdrop of white. Silhouetted against a stark landscape its features often stand out now as a symbol of comfort and shelter against the season's cold and blustery days.

Shift to Stillness

Being outside in the elements to gather our seasoned wood for the fire, we are reminded of how blessed we truly are to have the safety of home. Unexpected snow days where a depth of snow provides a day off from our normal daily work provides us with time, we can spend enjoying the pure beauty of nature. A winter walk enveloped by the stillness of winter is a country treat meant to be savored. Despite its initially withered and worn appearance, the woods are actually quite vibrant and alive. The sun's radiant rays on the snow create a brilliance that only belongs to winter. As it is enjoyed, we may catch a glimpse of small creatures endeavoring to forage. We might take advantage of a spectacular new view of our maple swamp as its bare trees allow us to see even more of its fringed beauty.

Continued on next page...

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Let's Make Something Beautiful Together!!!

Season of Winter, continued from previous page...

Winter's slower pace grants us the blessing of quiet time. Along with this calm rhythm often comes the ability to nurture our ideas and plan for the season ahead. Whether it is being excited about beginning a new business venture or repurposing a small room in our home to be used for a hobby we have come to love, the winter season is the ideal time to allow our concepts to come together and take shape. This season embrace the shift to stillness. Take in the slower moments that allow you to enjoy observing the beauty that abounds in nature. And when you experience that beauty, share that wonder with those you hold dear.

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

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15 Quilters Commandments

by Deb Heatherly

- I hope this gives you a chuckle. As quilters I think we all can relate.
- 1: I promise to do my part. Money cannot buy happiness, but it does buy fabric and fabric makes me happy. Since I know that my friends and family want me to be happy, when I buy fabric, I am doing my part to keep everyone happy.
 - 2: I will put blame where it belongs. My need to buy fabric is the fault of the designers who create the fabric. I promise to stop buying when they stop creating.
 - 3: I will plan ahead. My stash is my retirement plan. One day I may have to actually use it. Until then, I'll buy more new fabric when I need to actually cut and sew, and always buy extra so I make sure to feed my stash.
 - 4: I will not envy my neighbors stash. Instead, I will diligently shop until I accumulate an even bigger one.
 - 5: I will practice equality. For every new "toy" my husband buys, I will spend an equal amount of money buying fabric.
 - 6: I will contemplate. I promise to think daily about all of the projects I will one day make from my stash. For now, just planning them is enough.
 - 7: I will utilize space wisely. It is important to come up with new ways to hide, (I mean store), my stash.
 - 8: I will be energy efficient. Stacked neatly, my stash acts as insulation.
 - 9: I will exercise my mind. I will do this by thinking of new ways to sneak (aka transport) the fabric into the house without being seen.
 - 10: I will be a good homemaker. This will be accomplished by coming up with creative ways to display and blend my stash into the home décor. Charm packs can be coasters. Yardage can be a tablecloth. What-nots can be placed on jelly rolls as lifters and to add a pop of color to a display.
 - 11: I will not whine. No, if a friend buys the last piece of a certain fabric that I wanted, I will not whine. I do reserve the right to guilt her until she shares.
 - 12: I will support the local container store. I will buy the largest containers possible because they will hold lots of fat quarters. As a bonus, when stacked in the kitchen cupboard behind cereal and cookies, they will be camouflaged from my husband.
 - 13: I will actually complete a quilt or two. By doing so I will need to replace the used fabric and my family cannot accuse me of hoarding. I will also keep in mind that quilts come in all shapes and sizes. A table topper counts as a completed project.
 - 14: I will always be there for my fellow quilter. Especially when she needs fabric therapy. I promise to accompany her on all buying trips and will clean out my car before the trip so there is plenty of room for the purchases. I will further support her by offering to store her purchases in my car until she can sneak (aka transport) them into her own house without her husband seeing.
 - 15: Finally, I will practice DUI. "Developing Ultimate Inventory." This supports my local quilt shop and keeps them in business so I can continue to develop my stash.
- 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. <https://www.facebook.com/groups/770429649800457/>. The annual Grids Girls winter mystery begins in January. Shop Owners are invited to join her group just for you, "Grids Girls for Quilt Shop Owners Only" <https://www.facebook.com/groups/273593657256524>. Visit Deb's website at www.Debcatsnquilts.com.

Nuts & Bolts Chocolate Chip Cookie Recipe

- | | | |
|-------------------------|-------------|---------------------|
| 1 cup Crisco shortening | 1 cup sugar | 1/2 cup brown sugar |
|-------------------------|-------------|---------------------|
- Mix until creamy
- Add:
- | | |
|-------------|------------------------|
| 2 eggs | 2 tsp. Watkins Vanilla |
| 1 tsp. soda | 1 tsp. salt |
- Then add 2 cups of Semi-Sweet chocolate chips. Mix until well blended.
- Add 2 1/2 cups of flour. Blend well.
- Bake at 375 degrees for 12 - 13 minutes.
- Who doesn't like a chocolate chip cookie?! Thanks to Earleene Kellogg from **Nuts and Bolts Fabric** in Edgemont, SD for sending in this recipe. She said the cookies are a favorite at the shop so, stop in for a treat!

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New Exhibitions in 2024 at the International Quilt Museum

The New Year is officially here, and along with it are many new exhibitions at the International Quilt Museum (IQM).

"Multifaceted: The Work of Katie Pasquini Masopust" is on display in the Von Seggern Gallery through May 4. Pasquini Masopust's art quilts have garnered a substantial following among quilt enthusiasts and collectors, and it's not hard to understand why.

These beautifully crafted, dynamic quilts span a near 30-year career and are often created in series by the artist. Explore Pasquini Masopust's quilted themes of nature, music, graffiti and grids in this steller exhibition that expands the conceptions of quiltmaking.

"World War I Quilts: The Sue Reich Collection," now showing in the Coryell Gallery until April 13, 2024 features several historical quilts that richly illustrate the needlework of the time. From 1917 to 1919, quiltmakers responded to global tumult in a variety of ways: they told stories of loss, they shared patriotic messages and used quilts to raise funds in support of the Red Cross.

Reich's collections of World War I and World War II quilts were donated to the IQM in 2022. She also supports U.S. veterans and service members through the Quilts of Valor (QOV) program. As part of Reich's commitment to QOV, museum-goers can submit handwritten messages that will be incorporated into a quilt for a veteran.

In the Gottsch Gallery through April 20, 2024, explore historic quilts of the 1930s in "A New Deal for Quilts." With quilts from the era and historical images, this exhibition shares the stories of quiltmakers' response to the Great Depression as well as the ways the U.S. government embraced quilts and quiltmaking in the New Deal.

At times, government programs used the symbolic heft of quilts to communicate values and behaviors that benefited individuals and communities during the Depression. While quiltmaking represented the thrifty values of the 1930s, quilts were feel-good objects that bolstered people's morale and provided comforts of home to Americans in precarious living situations during these trying times.

Dr. Janneken Snucker's accompanying book "A New Deal for Quilts" is also available through the IQM's museum store. This beautifully illustrated book contains over 100 images including full-color, full-page images of 1930s-era quilts and dozens of historical black-and-white photographs of people making, using and enjoying quilts.

The International Quilt Museum at the University of Nebraska-Lincoln is home to the largest publicly held quilt collection in the world. With more the 8,800 quilts and quilt-related objects from more than 65 countries, from modern studio art to traditional textiles, there's something for everyone to appreciate at the museum.

Visit the IQM during regular opening hours Tuesday through Saturday from 10 a.m. to 4 p.m. Enjoy FREE access to the galleries from 4 p.m. to 7 p.m. on the first Friday of each month.

For more information, visit internationalquiltmuseum.org.

National Quilting Day March 16, 2024 at International Quilt Museum in Lincoln

The 13th National Quilting Day will be held at the International Quilt Museum at the University of Nebraska in Lincoln. This tribute to quilting will be held on Saturday, March 16, 2024, from 9 a.m. to 4 p.m.

The Museum is the home of the largest known public collection of quilts in the world. Quilting Day 2024 is a FREE community event for all ages and includes free Museum admission, demonstrations, lectures, displays and access to the current exhibitions.

Lunch will be available for purchase for those who want to spend the entire day at the Museum. Free parking is available in all University parking lots north of the Museum and across 33rd Street at Hardin Hall (including restricted lots). The International Quilt Museum located at 1523 N. 33rd Street on the corner of 33rd Street & Holdrege Street.

Popular lectures will be offered during both morning and afternoon in identical sessions. Come, sit down, relax and enjoy this year's informative programs:

9:30 a.m. & 1:00 p.m. *Making Scraps POP!*, Bonnie Kuicera
10:15 a.m. & 1:45 p.m. *Feed Sacks, an American Fairytale Exhibition*, Sarah Walcott and Jamie Swartz

11:00 a.m. & 2:30 p.m. *The Modern Quilting Bee, Bee Sew Quilty*

This year's family-friendly event features Habitat for Humanity, Lincoln Modern Quilt Guild's community outreach project, Quilts of Valor to award a quilt to a local veteran at noon, Learn to Quilt for all ages, Make and Take Projects for the entire family and Handwork Demonstrations and Display – come sit and stitch! Collection Care in Action will be featured in the Conservation Workroom where guests can learn from volunteers and staff how the Museum cares for textiles. The Museum is always looking for additional volunteers.

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Quilt Exhibitions in the International Quilt Museum galleries will feature Feed Sacks, An American Fairy Tale; World War I Quilts, The Sue Reich Collection; Multifaceted, The Work of Katie Pasquini Masopust; A New Deal for Quilts, SAQA 12x12 and Under the Tuscan Sun, The Works of Ana Marie Brenti.

What's new in the quilting industry? AccuQuilt, Aurifil & Handi Quilter, as well as local shops— Bernina Sewing Center, Cosmic Cow, Nebraska Quilt Company and Millard Sewing Center— will have all the latest machines and products for visitors to see.

With all that is being offered, you will want to be sure to attend **National Quilting Day 2024!** Updates and additional details will be available on the websites and Facebook pages of sponsoring groups: International Quilt Study Center & Museum: www.internationalquiltmuseum.org; Lincoln Quilters Guild: www.lincolnquiltersguild.org; Nebraska State Quilt Guild: www.nsqg.org; Omaha Modern Quilt Guild: omqg.blogspot.com and Lincoln Modern Quilt Guild: lincolnmqg.blogspot.com.



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Giveaway Winner from Nov-Dec Issue

We have one giveaway winner from our last issue. Debbie Bullock from Geneva will be sent a \$25 Gift Certificate to be spent at her favorite *Country Register* advertiser, **The Quilt Basket** in York. Debbie told this is her favorite shop because, "They are a wonderful quilt shop with helpful associates and friendly smiles!"

We love hearing from our readers about how they enjoy *The Country Register* and use it to hunt for great finds, interesting items and special events. In this issue, there is another \$25 Gift Certificate giveaway so be sure to enter and tell us where you pick up the paper. Remember to take a copy with you when you travel in and around Nebraska this winter! We wish all a very Happy New Year!

Those Were the Days!

The Sorrowful Saga of "Sad" Irons

If you've never really appreciated the age in which you live, this subject should certainly make you feel better about your place in time. I am referring to the household chore of ironing clothes. Particularly the era of "sad irons."

Regarding that descriptive name, its origin is not what you think. Read on. We'll get to the explanation.

Today ironing has become a much easier task. We have a proliferation of non-iron fabrics and such. And for items that require a touch up, there is technology, like lightweight irons and materials that make the job as stressless as possible.

But there was a time (ask grandma or great-grandma) when it was part of a two or three-day routine. Monday was the backbreaking job of hand-washing and scrubbing clothes – a chore so time-consuming that a whole day was reserved for the labor. Then there was a day, or two, for drying the wash after being laboriously hung out on a line. And finally, another entire day dedicated to the misery of pressing out wrinkles in the entire load of unforgiving fabrics.

That gets one thinking. Why do we iron clothes in the first place? Why can't wrinkled garments be fashionable? I am sure any woman who has done the strenuous job, would universally agree that ironing was another asinine brainchild of a man, who immediately assigned the task to a woman.

When was and who ordained that smoothing wrinkles should be fashionable, we are still unsure. But we do know the Chinese were performing the thankless task with heated metal surfaces, more than 1000 years ago. If the term "wrinkle" first appeared in the 15th century, it had to follow that "ironing" out "wrinkles" would follow soon after.

Pressing wrinkles with a hot, flattened iron surface emerged in the 17th century. Originally fashioned by blacksmiths, each was an individual creation. As foundries arose, manufacturing became standardized. Over time, the efficiency of irons was improved by a pointed oval, polished surface topped with an iron handle.

To heat, the iron was placed atop a cooking stove or in a hearth fire. The cumbersome devices could top ten pounds in weight, and cause burns to the hand by heat transfer to the handle. Women wore an oven mitt or wrapped the handle in a towel to avoid injury. Because of inefficiency, the irons cooled quickly. And needed to be reheated frequently. Another challenge was keeping the sole plate clean so as not to damage garments. All-in-all, ironing was one of a housewife's most miserable jobs.

Some welcomed relief came in 1870 when 19-year-old homemaker Mary Florence Potts, of Ottuma, Iowa, was awarded a patent for a dramatic improvement to sad irons. In her application Potts highlighted features like a hollow iron that could be filled with non-conductive materials like paster that kept heat concentrated on the base. Later, to reduce weight, asbestos was often used, adding another danger to ironing. Most notable was a detachable wooden handle that made managing the iron cool to the touch.

"Mrs. Potts Cold-Handle Sad Iron," as it came to be called, was sold as a boxed set of three irons and one removable handle for 70 cents (about \$21 today). That way at least one iron could always be kept hot, thereby reducing ironing time. Potts also made both ends of the iron pointed because heat was most dissipated from the ends. When one end cooled, the other could still be used.

Right on the heels of the Potts patent, Henry W. Seely received a patent for an unreliable electric iron in 1882. It wouldn't be until the 1920s, that the electric iron would come into popular use.

Because some rural areas didn't get electricity until well into the 20th century, Mrs. Potts Sad Irons were continually manufactured virtually unchanged until 1951. For her invention, Florence Potts, became one the most successful woman inventors of her time.

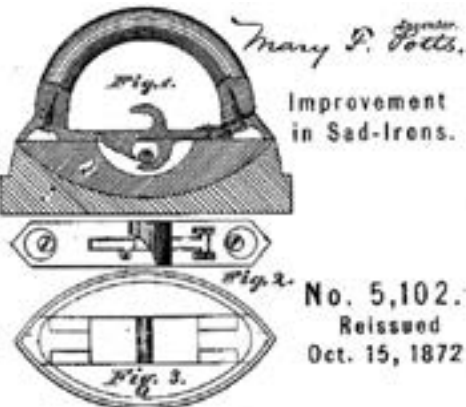
As for the origin of the term "sad iron," it was not a reflection on the drudgery of hours spent pressing clothes with a hot, heavy iron. The word "sad" is a 17th century derivative of the Old English word "sald," meaning solid, referring mostly to the heft of the iron. The first appearance of the name in print came in 1759, in an ad for the appliance in an edition of the Newport (Rhode Island) Mercury. Flat irons, a less-popular alternative name, were likely in use much earlier because it is believed they originated in Europe as early as the 13th century.

As new fashions appeared in the late 19th and 20th centuries, specialty irons evolved.

Continued on next page...



The history of sad irons represented attempts to make it as practical an appliance as possible, resulting in many iterations as seen in this catalogue page. artcom



The first major advancement in sad irons came in 1872, with the novel invention of 19-year-old Mary Florence Potts, for whom her creation was named.

A Cup of Tea with Lydia

by Lydia E. Harris

Tea Parties That Say, "I Love You"

"Love Makes the World Go Round" is a song from the 1960s musical *Carnival*. Sixty years later, the lyrics still inspire me. In this new year, we have many opportunities – including Valentine's Day – to share love with others. Here are a few ideas for tea parties that say, "I love you," which could help us make the world go 'round.

Tea Parties at Home
Last year, when my extended family celebrated the engagement of my niece Lena and her fiancé, Dylan, the couple requested ideas for dates. I set a "date" for them to come for tea.

On a sunny afternoon, I served Dylan and Lena tea outdoors on our deck. A large red heart, a potted pink Gerbera daisy, and two wedding cake toppers decorated our setting. One came from my sister's wedding cake and featured a bride and a sailor – like the navy man she married. The other bride and groom had graced my cake 56 years earlier.

While we nibbled croissants filled with chicken salad and sampled other treats, I enjoyed getting to know Dylan and hearing about their wedding plans. In honor of their recent engagement, I had baked Royal Rings, a cookie shaped like a ring with sweet candy jewels. (See recipe below from my book). I also served several tea blends and rhubarb punch, a popular family beverage. We sipped tea from my mother's pink floral teacups. Since Lena was named after my mother, Helena, I gave her the set of teacups as a gift. And because this was a "date" for them, I offered them dates to eat.

I sent them home with the flowering centerpiece and a few favorite cookies. They said good-bye with beaming faces, anticipating the joy of their not-too-distant wedding day.

Tea Parties to Go
My friend Barbara and I enjoyed making memories together in tearooms. But when I became ill and couldn't get out, Barbara made the hour's drive to my home with a tea party to go. In addition to a tea lunch, she brought a cheery yellow floral teacup. "This is your sunshine cup," she said as I sipped tea from my new cup and savored homemade goodies. The tea and her kind gesture warmed more than my body. It also warmed my heart and added joy to my life.

Tea Parties by Mail
If you can't deliver a tea party in person, you could share love by mailing a tea party. That's what I recently did for my friend Barbara. Now, years after she brought me a tea party to go, her health has declined, and she lives in a skilled nursing facility. Since I can't make the long drive to bring her tea, I mailed a tea party in a box. I contacted her daughter in advance and arranged to have her share the tea party box and enjoy teatime with her mother.

The box included two floral china teacups, several tea blends, shortbread cookies, and other treats. I also sent paper plates, napkins, silk flowers, and a few small gifts. Just as Barbara's tea party brightened my day, now I could return the favor via mail and add cheer to her life.

Tea Parties in 2024
As I recall the song "Love Makes the World Go Round," another song plays in my mind. During my childhood, I learned the song "Brighten the Corner Where You Are." I still embrace those words and seek ways to add love and joy to the lives of others. Teatimes are one way that works for me. And when I bless others, it also adds joy to my life.

Throughout the year, I hope you will join me and look for ways to show love to others. Perhaps we'll serve tea in our homes, deliver a tea party to go, or mail one in a box. Whatever we do, let's make the world go 'round with our love.

Lydia E. Harris is a tea enthusiast, grandmother of five, and the author of three grandparenting books: *GRAND Moments: Devotions Inspired by Grandkids* (2023); *In the Kitchen with Grandma: Stirring Up Tasty Memories Together*; and *Preparing My Heart for Grandparenting. All are available online and wherever books are sold.*

From Lydia's Recipe File: Royal Rings

Ring-shaped cookies with sweet candy jewels

(Recipe from Lydia's book *GRAND Moments: Devotions Inspired by Grandkids*, pages 213–14)

- Gather
- 1/2 cup soft butter (1 cube)
 - 2/3 cup sugar
 - 3 egg yolks (save whites for another use)
 - 1 teaspoon vanilla
 - 1 1/2 cups flour
 - 1/2 teaspoon baking powder
 - 1/4 teaspoon salt
 - Multicolored sprinkles
 - Candied fruit or small candies that won't melt (such as Boston Baked Beans, Juicy Fruits, or Dots)

- Make
1. Preheat oven to 375°.
 2. In a large bowl, cream together the butter and sugar.
 3. Add egg yolks and vanilla to creamed mixture and beat until light and fluffy.
 4. Combine flour, baking powder, and salt. Sift dry ingredients into the sugar mixture and mix well.
 5. Shape into 1-inch balls.
 6. Push your finger through each ball to shape it into a ring. Make sure the opening is at least 1/2-inch wide, so it doesn't close while baking.
 7. Dip the top side of each ring into colored sprinkles. Place on a lightly sprayed baking sheet.
 8. Add a piece of candied cherry or small candy on each cookie for a jewel.
 9. Bake 10 to 12 minutes or until golden brown.
 10. Carefully remove cookies to a cooling rack. Makes 24 rings.





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"Sad" Irons, continued from previous page...

Distinct irons were needed to handle elaborate decorated clothing, ruffles, pleats, fluting and the like.

Unless you are glutton for punishment and want to see just how unpleasant ironing can be, you might want to consider another use for these mechanisms of misery. Door stops come to mind. Or paperweights. Or with painted ornamentation, intriguing decorative items.

VALUE: The best thing about collecting sad irons, is they can be acquired for relatively inexpensive cost. While rare or unusual examples can top \$30, many can be purchased for less than \$10. How you decide to use them is up to you.

Good Books & Video: *The Evolution of the Sad Iron*, by A.H. Glissman, published in 1970 remains the definitive and informative resource on the subject.

A Collector's Guide to Pressing Irons & Trivets by Esther S. Berney is another comprehensive history.

The Hagley Museum & Library has created a short video telling the story of Mrs. Potts. <https://shorturl.at/twzA3>

Virtually an antique himself, Jay Mark, has more than a half-century experience in the antiques business. He owns *Those Were The Days!*, an online specialty bookstore. A recognized historian, he also teaches, lectures and frequently writes about antiques and history. Reach him at jaymark@twtdbooks.com © 2024

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How Quilting Can Promote Relaxation and Mindfulness

by Steve Baker

We all know what quilting is, but let's explore how quilting can promote relaxation and mindfulness and share tips for incorporating these practices into your quilting routine.

The Benefits of Mindfulness in Quilting

In today's circles where mental and physical health are so important, we hear a great deal about mindfulness. It is the conscious practice of being thoroughly present and engaged in the current moment. It involves non-judgmental awareness of your thoughts, feelings and physical sensations. When you practice mindfulness, you're able to let go of distractions and focus on the task at hand. This can lead to a range of benefits, including reduced stress and anxiety, improved emotional regulation and increased coping skills.

The Comfort of Repetition

One of the key ways that quilting promotes mindfulness is through the repetition of simple, familiar motions. When you quilt, you may find yourself repeating the same stitch pattern or motion over and over again. At first, this may seem tedious or monotonous, but over time, it becomes a soothing, comforting process. Repetition is comforting because it creates a predictable rhythm that you can rely on. It can be particularly helpful when you're feeling stressed or anxious, as it provides a sense of stability and routine.

Practical Tips for Practicing Mindfulness While Quilting

If you're looking to incorporate more mindfulness into your quilting practice, here are a few practical tips to keep in mind.

1. Create a Comfortable Space: The environment you quilt in can have a big impact on how relaxed and present you feel. Create a comfortable, inviting space that feels safe and soothing to you. You may want to add soft lighting, calming music, or other elements that help you to feel relaxed and focused.

2. Choose Simple Projects: When you're first starting out with mindful quilting, it can be helpful to choose simple, repetitive projects that allow you to settle into a meditative rhythm. A straight-forward patchwork quilt or simple block pattern can be a great starting point.

3. Breathe: Breathing exercises can be a helpful way to relax and center yourself before and during your quilting practice. Start with a few deep, slow breaths before you begin to center your thoughts and continue to focus on your breath throughout the process. This takes practice so be forgiving and understanding with yourself when you lose focus.

4. Take Breaks: While quilting can be a soothing and meditative practice, it's also important to take breaks when you need them. If you're feeling tired or overwhelmed, step away from your project for a few minutes and do something else. Take a walk, read a book, or simply sit quietly and breathe. Returning to your quilting project with a fresh mind can help you to feel more engaged and energized.

Quilting is a wonderful way to promote mindfulness and relaxation but like all new skills, it takes practice. Give yourself grace during the process. It doesn't matter if you're a long-time quilter or a beginner, adding mindfulness to your quilting practice can help you to achieve greater emotional balance and wellbeing.

Steve Baker is the Director of Marketing at SewEndipitous located at 1093A Albright Road in Rock Hill, South Carolina. For more information visit the website www.SewEndipitous.com

Building Harmony

Working From Home

by Jeff Capps

Writer's block. This is the worst thing a writer can experience. I'm lucky enough to be able to work from home on our acreage. I have hills and trees outside my office window to inspire me, which is good, because life out here is what I write about. Our experiences out here give me a wealth of material, but lately I've been having trouble getting started. I can't seem to get the ideas to flow. I actually lose sleep over it.

This morning, after only 3 hours sleep, I was awakened by the sound of a jackhammer. At first, I thought it was a city crew doing road work, but then it occurred to me; we live on a gravel road, nobody uses jackhammers out here and we haven't seen a road crew for years. I got up and went to look around. The sound led me outside.

As it turns out, there was a woodpecker trying to peck a hole into our house! Tired and grumpy, I tossed some gravel at him and he flew off. Now I couldn't sleep, so I poured a coffee and went back to my computer. Still the ideas weren't coming. After 30 minutes of staring at a blank screen (and getting more depressed), the jackhammer came back.

I went outside and tossed some more gravel at the bird on the roof. He took off. With a low grumble I stomped back inside to my blank screen to get more depressed. Not for long though, soon Jack was back and I wound up going outside again, tossing more gravel.

This went on all morning. We were beginning to have more gravel on the roof than in the driveway. Every time I went back to the computer, I was madder and more determined to get some kind of story written.

By noon my blood was boiling, still no story on the computer, I'd had 4 cups of coffee (and had to go to the bathroom), and that @\$% bird was hammering on my house again. I snapped! Going outside once more, I was determined to blast that bird back to the stone age once and for all! I picked up a good size rock and swung back... then I had to stop.

Taking aim, my eyes locked on him and I noticed something for the first time that morning. What I saw was a beautiful red, black and yellow little bird. I hadn't really looked at him before. Perched on the very edge of the house he just looked at me innocently. I dropped the rock. A calm came over me when I realized that this fragile little creature was just trying to make a home for his family or maybe the constant knocking was a mating call. If it was, he must have been very desperate. He had no idea this was my house, the poor devil was probably just trying to get by. Just like me. I finally felt at peace with the world around me. It was nice.

I guess Jack felt differently. He kicked down some gravel, squawked real loud, and pointed his butt at me. Then he went back to hammering with a vengeance. All I could do was watch. As he slammed away, his head was a blur. He wacked at that house with his beak for 20 minutes. Then he stopped, staggered around the roof and fell off into a bush. Last time I saw him, he was wobbling down the driveway trying to get his bearings.

The steel gutter he'd been banging on was undamaged.

Now I find myself back staring at a blank screen on the computer and banging my head on the desk. I sure hope I can come up with something to write about.

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Mystery? Quilt

This time, we are going to mix it up a bit – we're doing size options! The first size finishes 48 x 48. The second size finishes 60 x 76. Since the first size is baby quilt size or a lap cover for the car, someone wheelchair bound, etc., you can choose fabrics accordingly. If you want the bigger quilt, that will be Part 3.

The other neat thing about this quilt is, it's designed with just two fabrics. The key is to make sure you have a light to medium – I used a subtle print - that is complimented or enhanced by a dark – I used a tone on tone black. Erica has had this line of fabric in her store for a bit and every time I pass by it, I slow down and drool over the rich shades and tones in it. So, the quilt is designed around this line of fabric.

Fabric Requirements:

Quilt Option #1
Fabric A - 2 3/4 yards Fabric B (dark) - 2 yards
Binding (dark) – 1/2 yard

Quilt Option #2 (additional fabric needed)
Fabric A – 2 yards Fabric B (dark) – 1/2 yard
Binding (dark) – 3/4 yard

PART I:
Making the Block: (Make 36 blocks) Cut (per block):

Fabric A
1 – 5 x 5 inch
1 – 2 1/2 x 4 1/2 inch 2 – 2 1/2 x 6 1/2 inch 1 – 2 1/2 x 8 1/2 inch

Fabric B
1 – 5 x 5
2 – 4 1/2 x 4 1/2 inch

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Watch the Magic
Mystery Quilt - 2024
Designed by Ann Jones, Nevada, MO

If you have any questions contact Erica at Nine Patch Quilt & Fabrics, Nevada, MO
ericaskouby@gmail.com or 417-667-7100. Miss one of the parts?
Check www.countryregister.com

On the wrong side of Fabric A, 5 x 5, mark a diagonal line. Matching right sides together of A & B, sew 1/4 inch on either side of the drawn line. Press.
Cut on the drawn line. Press towards B.
Square these two blocks to 4 1/2 x 4 1/2. See diagram below. Set aside.

On the RIGHT SIDE of the above A/B square, right sides together, sew the 2 1/2 x 4 1/2 Fabric A. Set seam, press open towards A.

On the bottom, right sides together, sew a 2 1/2 x 6 1/2 Fabric A. Set seam, press open towards A.

On the two 4 1/2 x 4 1/2 B squares draw a diagonal line on the wrong side.

On the above set, right sides together, place a 4 1/2 x 4 1/2 Fabric B in the BOTTOM RIGHT CORNER, making sure the corners and sides line up.

I strongly encourage you to pin these together at this point so that the 4 1/2 x 4 1/2 B block doesn't shift when you sew.

Take your time, and sew over the diagonal line. I found it to be more accurate if I set my needle position a stitch to the right of the diagonal line so I wasn't sewing directly on it. That gives the fabric room to fold over and "square up" to the corner. Set the seam and press open towards Fabric B. See Diagrams below.

At this point, you will have three layers of fabric in the bottom right corner which is a bit bulky. If your corner matches up and your block is a square 6 1/2 x 6 1/2, then you can trim the excess fabric so the block isn't too bulky. Cut the excess "triangle" and set aside. These triangles can be sewn together and squared into 3 1/2 x 3 1/2 half square triangles for another project!

Following the instructions and diagrams above, right sides together, sew a 2 1/2 x 6 1/2 inch Fabric A to the RIGHT SIDE of the above block. Set seam and press towards A.

On the bottom side, right sides together, sew a 2 1/2 x 8 1/2 inch Fabric A. Set the seam and press towards Fabric A. At this point, your block should be 8 1/2 x 8 1/2 inches.

Taking the second 4 1/2 x 4 1/2 inch Fabric B block, right sides together, place it in the bottom right corner, making sure your corners and sides match. Pin in place. Sew along the diagonal line. Set seam and press open towards Fabric B. Again, make sure block is square and then trim extra fabric and save for another project. See diagram below.

Make 36 blocks total, following the above directions.

Countryberries Designs

Frosty Pillow

This Snowman has so many possibilities! He was designed to be a wool applied pillow top with bells or buttons but could also be a table mat or wall hanging. He could be a punchneedle or hooked rug piece. If you're a painter, create Frosty on paper, wood or canvas. He'd make a cute note card.

Enlarge this pattern to your desired size.

Whatever craft you choose, have fun and be creative! Not for commercial use. Please give the artist credit.

Designed by Kathy Graham

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