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From the Publishers

Thank you for picking up the May-June issue of The Country Register! I saw my first healthy looking tulips yesterday and I couldn’t help but feel that spring is finally here.

It’s the perfect time of year to dust off those projects you let sit through the long winter: Sit outside with UFO’s and a glass of lemonade or re-decorate a tired room with beautiful antiques and primitives.

It’s also an excellent time to learn something new. I started sewing classes this past month, after months of letting my brand new (to me) sewing machine sit around unused. Since before Christmas I’d been putting it off as “too time consuming” - but now I have more time! - machine sit around unused. Since before Christ

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I recently had the honor of baking a cake with a topping similar to my mom's chocolate cake with 'sticky' frosting. As a rare treat, up until Hostess went out of business, I would buy a package of Suzy Qs and get my birthday cake fix because it tasted so similar to my mom's chocolate cake with 'sticky' frosting.

Now, as a grown woman, I rarely make a layer cake, and frost my large rectangular cake in a way that will touch you forever. You'll love the way she spins 'yarns' that are woven into a vivid depiction of life and love.

When I was a little girl very old, the first thing I ate when refreshments were served was cake. It was like a light bulb moment for me when I realized we could use our quilting skills to earn money. (That I could buy clothes for them.) But I can use my quilting skills to earn money; and here’s my recipe: just in case you have a desire to create something that’s then given to a friend as a special friendship. Sometimes I wonder if I got this idea as a little girl. At the age of three, I thought that if I could just get older and get married, I would no longer be a baby. But as I got older, I realized that life was not always as I thought. It was not always as I wanted. It was not always as I hoped. It was not always as I imagined.

I don't think any of my grandchildren like nuts or coconut, but they like chocolate, so I decided to give it a try. I used a recipe for seven-minute icing—more commonly known as 'Seven Minute Icing.' After reviewing many recipes for this old-timey treat, I combined elements from here and there and was pleased with the results. When it came to the icing on the cake, this remains my favorite; and here's my recipe:

**SEVEN MINUTE ICING**

1 1/2 cups sugar
1 1/2 teaspoons cream of tartar
1 tablespoon white corn syrup
1 teaspoon salt
1/2 teaspoon vanilla
3 cups water
1 1/2 teaspoons vanilla

1. Combine sugar, cream of tartar, corn syrup, salt, water and egg whites in a large glass mixing bowl (the bowl needs to fit on top of a large pot and work as the top section of a double boiler). Beat with an electric mixer for one minute. Place the large mixing bowl on top of the pot of boiling water, being sure that the boiling water does not come within the bottom of the glass mixing bowl. Beat constantly on high speed for five to six minutes. After about five minutes, add an electric mixer for seven minutes. Remove from heat and beat in vanilla. Immediately frost the cake and serve as soon as possible.

Yield enough icing to frost a 2-layer cake.

Enjoy more of Jan's Column

Send to
The Country Register at
vermont@countryregister.com

and we'll use it in a future issue!

**2013 Marks The 25th Year of The Country Register!**

**Outdoor Activities Word Scramble**

Unscramble the words. Key is below.

1. rafting
2. hiking
3. football
4. gardening
5. shooting
6. camping
7. sports
8. bicycling
9. dodgeball
10. backpacking

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**Make a Friend—Save Your Life!**

By Marilyn Childe

Now when you’re in the driver’s seat are you ready to make friends for your health?

I am reading Friendship Don’t Just Happen: The Guide to Creating a Meaningful Circle of Friends by Shana Nielson, the founder of www.friendship.com. I encourage others to read this book to find out what I have learned from reading it. Nielson makes friends seem easy. I have been making friends since I was young. I had some close friends who would understand and appreciate me. Nielson talks about how to make friends, but also about how to keep friends.

Some people come into our lives and are gone soon. It is easy for us to make friends, but it is hard to keep friends. Nielson talks about how to make friends, but also about how to keep friends.

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**Have a recipe you’d like to share?**

Send it to
The Country Register at
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Life is like a quilt, put together from a unique patchwork of memories, friendships, passions, and skills. In each of these books, syndicated columnist Jan Keller is down to earth and refreshingly transparent as she opens the door to her dreams, triumphs and struggles in a heart-warming way that will touch you forever. You’ll love the way she spins ‘yarns’ that weave the pieces of her extraordinary journey into a vivid depiction of life and love.

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**2013 Marks The 25th Year of The Country Register!**

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Piecing Life Together
by Barbara Polston
Do What You Love

Writers should pay attention to the rushes of their salons and publishers. This writer is no exception. I received a message from my Country Register publisher that the theme for the upcoming issue would be “gardening, outdoor projects, and summertime fun.” I think she was hoping that I might structure my column around these topics. Let’s see...

“Gardening” would be a challenge. I don’t have a lawn. I have what is called “desert landscaping,” which means dirt and rocks. My plantings are absolutely no maintenance—they are trimmed by landscapers about twice a year and that’s that. The extent of my gardening is to sweep dried leaves off my back patio. Even that doesn’t happen as much as it should. Gardening, as a topic, seems out of the question.

“Outdoor projects” is a challenge as well. My philosophy is that the outdoors should remain rural. While I appreciate the beauty of the mountainside sahara and the forests, a glimpse now and again is enough for me. I prefer my glimpses of the outdoors to remain there. While I appreciate the beauty of the mountains, the seashore don’t have a lawn. I have what is called “desert landscaping,” which means dirt and rocks. My plantings are absolutely no maintenance—they are trimmed by landscapers about twice a year and that’s that. The extent of my gardening is to sweep dried leaves off my back patio. Even that doesn’t happen as much as it should. Gardening, as a topic, seems out of the question.

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From the Recipe Box: Ribbon Jello

1 sm. lime jello
1 sm. orange jello
1 sm. lemon jello
1 sm. cherry jello
Water
2 envelopes Knox gelatin
1/2 cup cold water
2 cups milk
1 cup sugar
1 pint sour cream
2 t. vanilla


Make jello mixture using 1 cup boiling water and 1/2 cup cold water.

Pour jello jello into 9 x 9 pan. Chill 45 minutes. Top with 1 1/2 cup white mixture. Chill 45 minutes.

Continue layering jello and white mixture, ending with cherry jello layer. Chill 45 minutes between each layer.

Courtesy of Janice Treadway, Maryland.

A Cup of Tea with Lydia

By Lydia E. Harris

Celebrate Your National-TEA!

What’s your ethnic background? Does your name reveal your ancestry?

With just a last name of Harris, it’s not surprising my husband is half English and Scottish.

But he’s also half Czech. So if I thought in my past to reflect my husband’s ancestors,

I would use English, Scotch-Scottish, or Czech foods and customs to honor his back-

ground.

What’s your national-TEA?!

If you highlighted your heritage at a tea party, what foods and customs could you include?

Would you plan an all-American party? Or does your heritage combine ethnic backgrounds?

Since my maiden name is Smerconish, I could plan a German menu for my national-TEA.

And because my parents were Mennonites, I could incorporate traditional Mennonite foods.

What’s to eat?

Once you decide which aspect of your heritage to showcase, select favorite foods.

Perhaps you’re French and would enjoy quicks, croves, or mousse. Or if Scandianavian, a

surprised who includes own bread with cardamom might try out.

Your host/guest may also influence your menu. If I invite my siblings, I’m more likely to

serve German-Mennonite foods. I might even break from serving traditional tea cakes and

bake scones (my current, favorite). Small round cakes of cake might replace finger

sandwiches. And the black tea would be served with sugar and lemon.

But we’re not limited to serving foods from only one culture. It’s fun to combine

national menus and include delicacies from several countries. Ask guests to bring foods

from their heritage to share. Perhaps someone with a Spanish background will bring a
cold gazpacho soup, while an Italian guest will bring pasta sald. A Scottish guest might

bring shortbread, while an Australian friend might bring scones, a moose pie. The

possible-TEAS are endless.

I planned an international tea and invited my group of ladles and their husbands.

Including foods from several cultures allowed me to go beyond dainty trifles and serve

beverages foods too many enjoyed. But we all agreed from tea cornucopias.

What’s for fun?

To extend your heritage theme, you could select clothes, customs, entertainment, and
decorations to go with your national-TEA. Small flags or a flower arrangement using the colors

of your flag can work as a centerpiece. For decor, our Norwegian friend enjoys wearing her

traditional colored dress. Ethnic background music adds to the flavor of the food.

Check the library for CDs.

As our extended family gatherings, we often opt out our national background and use

cards and decorations to share in our heritage. Small round cake or miniature cakes,

a country theme sums me to a TEA. After all, as the saying goes: You can take the girl out of

the country but you can’t take the country out of the girl.

Your guests might feel themselves to reflect conversations that include family backgrounds,

stories, and recipes. Encourage your guests to share snippets of their heritage and what it means to them. You’ll become better acquainted as you celebrate your family backgrounds.

I hope that you will enjoy your national-TEA. To celebrate my heritage, I might even use our favorite German phrase: ‘Wasn’t you join me?`

My name is Lydia E. Harris and I am also Prairie. Amer (English: Father, Mom this two help. Help you without you help. Amazing)

Contact LydiaE.Harris@netzero.com. Courtesy of Lydia E. Harris, 2013. No reprints without the author’s permission.

From Lydia’s Recipe File: Pavlova

This dish is popular in Australia and New Zealand. The crisp meringue shell with

melted marshmallow center and fruit topping tapped with whipped cream and fruit.

Preheat oven to 250 degrees. Beat until foamy:

4 egg Whites

1/2 cup sugar, until soft peaks, fold in:

1 cup full cream milk, 1 teaspoon vanilla

After mixture forms stiff peaks, fold in:

1 cup full cream milk, 1 teaspoon vanilla

Spoon meringue mixture onto a cookie sheet covered with paraffin paper, forming a 9-inch round. Bake for 1 to 1 1/4 hours until outside is crisp to touch and inner cream color. Turn off oven and open oven door. Leave pavlova in oven until cool.

Place on flat serving dish. Top with one or more cups sweetened whipped cream. Decorate with berries of your choice, kiwi, or bananas.

Serves to 8. Refrigerate leftovers.

(Recipe adapted from The Graceful Art of Tea by Nan Taylor)
To My Grandmother’s Wooden Chopping Bowl

by Kerri Habben

In 2005 I wrote an essay about mothers and food. I gave my grandmother a copy. Uncharacteristically, she said nothing upon reading it. Then one day as I was cleaning around her easy chair, she said, “Leave that blue folder there. I read what’s in there.” I smiled at her and snuck back at me. “I know,” I answered. Years of maturing and love spoke for themselves.

My grandmother had tightly the essay by her stories of her own mother, Nanna, who had died in 1930. Nanna’s 9-year-old daughter had described the cakes her mother baked every Friday and how hot cocoa awaited them on snowy days. My mother remembered how Nanna packed a potato, and we still use some of the dishes she did.

We are not always entirely fair to the woman who lived in the times before our own; in a world and extraordinary circumstances we cannot fully understand. It is too easy to believe that just because opportunities and rights were limited, a woman’s essence and love spoke for themselves.

I see her, chopping stroke upon stroke, and love spoke for themselves.

In your center is a feathery outline absorbed into the wood, In a circle upon circles, there is a concentric water mark along your outer edge, perhaps the lines and scratches inside of you have left their own watermark. Perhaps the lines and scratches inside of you are as ancient markings on a canyon wall. Perhaps the lines and scratches inside of you are as ancient markings on a canyon wall. Perhaps the lines and scratches inside of you have left their own watermark. Perhaps the lines and scratches inside of you are as ancient markings on a canyon wall.

Lemongrass Drain Opener

Lemongrass Essential Oil has properties that are antiseptic, anti-microbial, fungicidal, bactericidal, antiseptic, and act as a disinfectant. It helps cut through grease, clogged drains, and is great for repelling mosquitoes. Commercial drain cleaners can contain extremely toxic chemicals, and they can be harmful to our lungs, and they can be harmful to drain pipes. Use the following recipe to open up clogged drains and for monthly maintenance.

Lemongrass Pure Essential Oil

Mix all the above ingredients together in a large bucket and use as needed for cleaning your home for Spring and throughout the year to keep your home healthy and happy.

Pure Essential Oils give added cleaning power without exposure to the toxic chemicals from synthetic fragrances (which often contribute to headaches and other health issues).

It is FUN and over time, less expensive.

I have included some ways to use Pure Essential Oils in cleaning your home for Spring and throughout the year to keep your home healthy and happy.

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Cooking with the Oldies.....

Refreshing Summer Slaw

by Barbara Floyd, Founder of The Country Register

There are times in your menu planning that call for a good crunchy slaw as a side dish. With summer in the near future we will be looking for some interesting salads. Over many years, more than 50 years to be exact, my favorite slaw has been from Vada’s Steak House in Breckenridge, MN. I am sure it was served at our wedding dinner reception there in the dead of winter of 1962 because it was kind of like the trademark of that restaurant. We townsfolk loved the Lutheran Cookbook that came out a bit before that because Vada had her recipe for the slaw in it. That cookbook is now on my daughter’s shelf up in Walla Walla out on a farm. It would probably sell, if it were for sale, at the Love of Junk, Walla Walla’s Vintage Market that I am co-ordinating on that farm for on June 14-15. (www.loveofjunk.com).

Meanwhile, here in Phoenix I have enjoyed doing some entertaining for large groups. Instead of the usual box of greens tossed with a few other veggies and dressing, I recently was craving some tangy, crunchy slaw that would taste like Vada’s. I know the recipe by heart. Finely chopped green cabbage in any amount you wish along with a good amount of course shredded carrots is the original recipe. Toss lightly with a coating of olive oil (back in the “good old days” it was corn oil). Then mix equal portions of sugar and apple cider vinegar, salt and pepper to taste. mix well to dissolve the sugar and pour over slaw, stirring often. If you have a medium sized bowl of slaw, try 1/4 cup of sugar and 1/4 cup of vinegar. I tend to do less sugar, more vinegar because I like the thought of less sugar and love the taste of the vinegar to come through. Now, after all these years I have taken a few liberties with Vada’s recipe. Color is good when it comes in the form of real food. This salad is much prettier and healthier with the addition of such things as some shredded or chopped red cabbage, green onions, radishes, sweet red peppers chopped and various fresh hot peppers diced very fine and to your own liking. This will add a little kick for the tastebuds and compliment Mexican food, burgers or any type of meat you maybe will serve with slaw such as pulled pork. This slaw keeps well for several days refrigerated so it is a good make it ahead, get it done kind of salad.

Barbara Floyd, Founder of The Country Register resides in Phoenix, AZ and since retiring from active publishing she entertains a bit more and is enjoying a couple of volunteer jobs. Summers she escapes to Walla Walla and Tri-Cities, WA where she enjoys the company of three children and six of her ten grandchildren plus much more family.