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May-June 2018

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The Country Register

Available across the U.S.A. & Canada

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The Country Register of New Hampshire

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The Country Register began in Arizona in the fall of 1988, to provide effective, affordable advertising for shops, shows and other experiences enjoyed by a kindred readership. Since then the paper has spread to many other areas, all of which are listed below. Look for the paper in your travels. To receive a sample paper from another area, mail \$3 in the U. S. A. or \$4 in Canada to that area's editor. Advertising rates are available upon request. If there is not a paper in your state, contact the editor of the Arizona paper at 1-888-942-8950. The Country Register is available at each shop that advertises and often at other unique locations. We hope you enjoy this bi-monthly publication and let the advertisers know you appreciate them bringing to you.

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In This Issue

Cover Story	2
Shop Locator	15
Events Calendar	3
Cup of Tea with Lydia.....	5
Mystery Quilt	11
Air Fryer Article	9
Poppies for Remembrance	7
Gardening & Junque	13

A Note from the Editor....



Just wanted to take a quick moment and thank all the wonderful readers and advertisers of *The Country Register!* Everyone has been so welcoming and helpful while we make the transition over to the new ownership of the paper. We are so excited to announce that you can now find *The Country Register of New Hampshire* (and soon to be Vermont) online at www.countryregister.com/newhampshire where you are able to download and print out the paper from home or on the road! Over the next few issues we will be making minor changes to the paper and we hope you all enjoy them! Thank you for your support and hope you are having a wonderful spring!

~ Michelle

Our Search for Cover Artwork —

Across the U.S. and Canada, you can always tell *The Country Register* by it's cover. Our publishers seek to find cover art or photos from the state the paper represents. To that end, we are seeking the work of artists from New Hampshire to feature on our covers. The art must be in good taste and consistent with the theme of the papers.

If you would like your work to be considered, please send an email indicating your interest to michelle@countryregisternhvt.com.

About our Cover Artist

Melissa Rossetti Folini is a writer, retired Library Director, photographer, and licensed Zumba Fitness instructor. She is the author of "Story Times Good Enough to eat," several published short stories and poems centering on the highlights and humor of living in the Granite State. Melissa has also been repurposing and selling collectibles, antiques, crafts and homemade goodies for 3 decades in various shops around New Hampshire and occasionally out of her home in Southern NH. Melissa's current projects, writing snippets, and shop items for sale can be found on her Facebook page <https://www.facebook.com/MelissaFoliniBLW>.

The Deadline for the July-August Issue is June 1st for Ads & Articles.

Our feature articles will focus on:
Summer Destinations and Projects

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QUILTERS, Get Ready for Row by Row Season!

It's that time of year when brick and mortar quilt shops say thank you to their traveling customers. Stop into any participating shop across the US, Canada and Europe while traveling on summer vacation and receive a free themed row pattern. "Sew Musical" is the new theme for 2018 but that's not the only thing new this year. Four other terrific changes are sure to jazz up your RxR experience this summer.

First, are the new shape options shops can use to design row patterns. A big square, a chunky panel, and a long, skinny strip join the classic row for enhanced variety. It will be exciting to see how quilt makers put the new shapes together.

Second, is the extended pattern collection period. This year, folks will be able to collect row patterns and purchase kits after Labor Day. The patterns won't be free like they are June 21 through September 4 but you can still get them. Fall travelers will love this change.

Third, is a big, beautiful new RxR website to inspire and inform. It has a built-in Google map to locate participating shops and see their rows. Use it as your go-to travel companion on any mobile device.

Fourth, is the addition of "CharmStamps" to the lineup of popular collectible "FabricPlates" designed by ZebraPatterns.com. "CharmStamps" are sweet 5" fabric squares personalized for shops. Look for them everywhere and have fun using them in sewing projects.

Our special programs, Row by Row Junior for kids age 6-14 and The 9th Row where we give back to the community, continue this summer too. Ask about them when you visit shops. They are a great way to enrich your summertime fun and include the whole family.

Early reports indicate Row by Row "Sew Musical" will be a chart topper at quilt shops this summer. We hope you tune in and travel along with us. For more information, visit www.rowbyrowexperience.com.



Have a Happy
Memorial Day
From The Country Register

May/June Events

- May- Spring Sale-50% off Select Yarns - **Knitters Garden**
- May 2nd-6th Celebration of Needlework - Nashua, NH
- May 4th-6th **Sage Farm Antiques** Garden Glam
- May 5th-6th Vintage Market on Squam Lake-**Log Cabin Antiques**
- May 11th-13th Garden Party - **Bittersweet Blessings**
- May 12th-13th Garden Center Opening Weekend - **Cardinal's Farmhouse Sampler**
- May 18th-20th 27th Anniversary Party - **Countryberries**
- May 25th-28th Memorial Day Weekend Sale - **Bittersweet Blessings**
- June 1st-3rd **Sage Farm Antiques** Firefly Summer
- June 9th **Winterberry Barn** will be closed for day
- June 15th-28th Go Big or Go Home Sale - **Bittersweet Blessings**
- June 29th-
July 15th Christmas in July - **Bittersweet Blessings**

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Free Pattern



Use this pattern for embroidery, wool applique, punch needle or rug hooking, painted projects or whatever your imagination can dream up! Reduce or enlarge pattern as desired.

Free Embroidery Pattern!

May not be sold or used for commercial purposes. For more fun and creative inspiration, please visit:
www.JacquelynneSteves.com

LIFE IN SKUNK HOLLOW Hidden Treasure

by Julie A. Druck

One of our family's favorite pastimes during this season of the year is yard saling. Every Saturday is a potential treasure hunt! That doesn't mean that every week we come home with a trunkful of treasures. Sometimes it's just fun to look! We've discovered over our years of yard saling that every sale has a slightly different "feel" to it. There are those that contain nothing but junk (and the sellers should have carted the stuff to the dumpster instead of going to all that work!). Some sales have lots of goodies priced super, super low. At those, we often find ourselves buying items for family and friends and neighbors and enemies because we can't let the stuff sit on the table for those prices! Other sales are very much geared to the guys, with hunting and fishing and sporting goods galore. Some are nothing but we-had-our-last-baby-and-it's-time-to-get-rid-of-all-this-baby-stuff sales. One of my favorite types of yard sales are those where elderly people are cleaning out their attics – they often contain such fascinating knick-knacks from decades long ago.

I was reminded recently of a sale-like-none-other that we went to in the vicinity of our little mountain cabin in northern Pennsylvania. We stopped at a house that was having a sale advertised in the local newspaper. The first thing I noticed was the large sign labeled "Fairfield House" in the front yard. I was immediately intrigued. The house itself wasn't much – it had a building block look to it, with additions stacked on here and there. But something about the name on the sign made me wonder if it had once been an inn or a bed-and-breakfast back in its glory days. The next thing that caught my eye was a garage sale sign that was displayed jauntily on a metal stand. It was the type of stand that might have once served as a holder for the placards in old plays where each act was announced by a pretty lady. We piled out of the car and meandered our way back the drive, coming upon a beautiful old gas lamp for sale. It was so similar to the lamppost in C. S. Lewis' *The Lion, The Witch & The Wardrobe* that I should have known right then and there that something magical was afoot.

Upon first glance, the sale looked a bit like a going-out-of-the-craft-business liquidation. With grapevine forms and artificial berries and all

manner of fake flowers spread out on the driveway, I mentally categorized this sale as a goldmine for crafters. But as I stepped into the dim light of the garage, I knew that we had come across a type of sale that we'd never experienced before.

The first thing that came to me was the realization that classical music was being played in the background – a bit unusual for a garage sale setting but intriguing. As my eyes adjusted to the low lighting, I caught a glimpse of a man in the far corner. In that moment of assessment, I knew intuitively that he must be an artist of some sort, probably very intelligent, a bit (more than a bit?) shy with a melancholy air surrounding him. He looked a little sad, a little sweet, a little chubby and definitely like someone who has a life story just begging to be told.

The man watched quietly as we browsed through the wares – and, oh, be still my heart! – those wares were something to see. Beautiful old dishes, a '60s fondue set, Bing Crosby records, and books that hadn't been read in a long time: item after item that resulted in tiny gasps of pleasure from my vintage-loving heart. And it wasn't just the items in and of themselves that were beautiful, but everything in that garage was displayed, positioned and labeled meticulously with a description of the item and its price. Everywhere you looked were vignettes – lovely little groupings of items that complimented one another perfectly. I can't begin to describe the pleasure that roomful of beauty brought to me. It was truly a work of art.

As the rest of my family had meandered out of the garage and back down the drive, I was hesitant to leave. I lingered a little longer, relishing the inspiring atmosphere, and then slowly made my way out of the garage. Part of me wanted to buy something just to draw the artist from the corner and see how he would interact with me. And yet, another part was hesitant, thinking that to move a single thing felt like marring the beauty of his masterpiece.

I turned then, quietly telling him to "Have a nice day." He lowered his head and mumbled something I missed. I wish now that I had, instead, thanked him for the gift of the lovely memory he had given me that day. In my mind, what I took from that sale was far better than driving away with a trunkful of cheap yard sale booty.

Julie Druck is from York, Pennsylvania, and writes from her farm in Skunk Hollow. She'd welcome your comments at thedrucks@netzero.com.

The Thrill of the Hunt

by Deb Heatherly

Warmer days have finally arrived and many will take to the road on vacations to various locations. Whether it's trips to the mountains, the beach or to visit friends and relatives, if you're like me, they are an excuse to explore interesting places along the way.

I'm always on the look out for quilt shops, antique stores and businesses that repurpose older items into new uses. My daughter once described it as an adult treasure hunt and I think she is right. I love the thrill of finding things to bring home, as well as the unexpected memories triggered by spying something from my past.

Many times, it's a game or a toy that brings back special memories. I vividly remember sitting and playing Chinese Checkers with my cousins on summer nights after a long day at the beach. I had a round metal set that opened so that you could store the marbles inside. When I recently ran across a similar set, I felt myself smiling. I swear I could almost hear my cousins laughing and smell the Coppertone my mom would slather on my sunburnt shoulders.

Sometimes it's the excitement of finding new additions for a collection or seeing a friend do the same. My friend Cacia is constantly on the lookout for lavender transfer ware and it was exciting for us both when she found a piece on a recent trip. She had explained to me earlier that the pieces she looks for are getting harder and harder to find. She loves to use the pretty plates on special occasions and now, even though it's not something I collect, I find myself searching for pieces for her.

Plates, games, dolls—almost anything vintage appeals to me—but my favorite things to look for are vintage sewing machines and sewing collectibles. I love to imagine the people who used them and what they created. Was it a grandmother who was teaching her granddaughter to sew her first seams? Was it an expectant mom making tiny layettes for the baby that was soon to enter the world? Or was it a quilter like myself piecing scraps together to create quilts to keep her family warm? Pin cushions, darning eggs, needle cases—no matter what it is—each piece holds a childlike wonder to me and I will have to admit that many of those finds end up following me home.

One of my all-time favorites is a red metal thread holder. Its paint is peeling in places and its center pincushion was lost long before this treasure came to live with me but I love it all the same. I'd like to know its history



and how it ended up in a second-hand store. I'm sure it was once a prized piece for some lucky seamstress and I think this little beauty deserves a much better retirement than the shelf of miscellaneous goods that I found it abandoned on. It looked very out of place sitting between plastic flowers and a chipped cup and saucer. If inanimate objects had feelings, I'd almost say it was sad. That's why I just had to bring it home. It now sits in a place of honor in my sewing room.

While any sewing themed item makes me happy, I will have to admit that by far my biggest weakness is old metal toy sewing machines. I collect the tiny machines, the boxes they came in and even advertisements about toy sewing machines. I've almost run out of places for my hubby to put up shelves to hold them but that does not stop the search.

I blame this obsession on my upbringing and it happened like this. You see, I learned to sew at a very young age on my mother's Kenmore. She was a very accomplished seamstress and after seeing my serious interest, she bought me a 'real' machine of my very own. I fondly remember making my clothes and, by the age of ten, proudly wearing my self-made fashions to school. I loved that machine and it was one of my most prized possessions but I've often wondered if my never having a toy machine is what fuels my fascination with these little cuties. I like to tell my mother that my addiction to them is all her fault. She then reminds me that I would never have been able to make the things I made on a toy.

I'll close by quoting the old saying, "Don't judge a book by its cover." Sometimes the most out of the way places yield the most fun rewards. My advice to you is to be on the lookout for adventure. You never know what you will find. And, hey, if you spot a lonely toy machine, give me a shout. I know where it can find a good home.

Deb Heatherly is a designer for Creative Grids® rulers and tools. When not in her studio, she is on the road doing Creative Grids® lectures and workshops for guilds and shops across the country. She is the designer of the Creative Grids Cat's Cradle tool, Strippy Stars tool, Turbo 4 Patch, and the Ultimate Flying Geese tool, and the author of the books 'Cat'itude, Strippy Stars, 4-Patch Panache, and her newest, The Ultimate flying Geese Book. Visit her web site at www.Debcatsnquilts.com and on Facebook at www.Facebook.com/DebscatsnquiltsFranklin. Creative Grids® fans are invited to join Deb's Facebook group, "Grids Girls," for tips and inspiration.



A Cup of Tea with Lydia

by Lydia E. Harris



Celebrating Fif-TEA Years

When my parents celebrated their 50th wedding anniversary in 1974, they seemed so old to me. My husband and I had been married for only seven years at the time, and I wondered if we would reach this amazing milestone—43 years down the road.

Surprising Anniversary

To our joy, we did reach our fif-TEA-eth anniversary. Remembering my thoughts about my parents' age, I asked my husband, Milt, "Are we old?"

"No," Milt replied, "just older." I smiled.

And so, young at heart and thankful for each other, we celebrated our fif-TEA-eth anniversary on June 24, 2017. The 36 relatives, who came from four states and represented four generations, ranged in age from six months to 81 years. As we gathered in my niece's home, we celebrated with a short program: singing together, sharing five scenes from our marriage (read by our kids and grandkids), and thanking God for His love and faithfulness throughout our marriage (Psalm 115:1).

The menu included tea, but rhubarb punch was the big hit on that warm summer day. In addition to finger foods, we enjoyed a delicious raspberry-filled white cake with creamy frosting that said, "To God be the glory." An overflowing chocolate fountain topped off the event.

On another sunny day, to continue celebrating our 50th anniversary, we invited my college roommate and her husband over. They had also been married for 50 years and were part of our wedding party. We shared memories as well as tea and "golden anniversary" pie a la mode on our deck. (See pie recipe elsewhere.)

Surprising Gift

Our 50th isn't the only anniversary we have celebrated. Sometimes we marked our milestone with family or friends, but most often the two of us went out for breakfast, dinner, or to explore a tearoom. And some anniversaries included unexpected surprises.

One that stands out was when we stopped at a friend's home after eating out. She was recovering from surgery and was glad to see us. Although she didn't know it was our anniversary, God did, and He had a surprise waiting. My friend had collected lovely tea things over the years and was ready to share them with someone who would cherish them. Knowing how much I was steeped in tea, she offered me her valuable Petit Point china tea set for six. It included a teapot, cups and saucers, plates, and serving trays. She also gave us a small Czechoslovakian teapot with a matching sugar and creamer set. With my husband's Czech heritage, this was extra special. We felt God smiling on us with this TEA-lightful anniversary surprise.

Forever Young

No matter if we're young or old, celebrations and teatimes connect us with others. For us, spending time with our grandkids and sharing tea with them and others keeps us young. Recently, our youngest granddaughter, now seven and knowing my age, said, "Grandma, you don't seem that old." When I asked, "How old do I seem?" she replied, "About the age of my friends."

As my husband said, we may be older, but we are definitely not old! And that's something to celebrate.

I'm ready for another cup of Wedding Tea.* Will you join me?

*Harney & Sons: white tea flavored with vanilla, lemon, and rose buds and rose petals—a gift we received from my niece on our fif-TEA-eth anniversary.

Lydia E. Harris, known as "Grandma Tea," wrote the book *Preparing My Heart for Grandparenting* (AMG Publishers). She holds a master's degree in home economics.



From Lydia's Recipe File:

"Golden Anniversary" Pie

I have made this pie several times and served it to friends who were also celebrating 50 years of marriage.

If you like peaches and apricots, it's a real treat.

Ingredients for 8" pie:

- Pastry for 2-crust pie (purchase ready-made or prepare your favorite recipe)
- 1 cup fresh, sliced apricots
- 1 cup fresh, sliced peaches (about 2)
- 1 cup fresh, sliced nectarines (about 1 large)
- 2/3 cup sugar
- 2 tablespoons minute tapioca
- 2 tsp. butter

Directions:

1. Preheat oven to 425 degrees.
2. Prepare crust and line an 8-inch pie pan.
3. Combine fruits, sugar, and tapioca.
4. Pour fruit mixture into the pastry-lined pan.
5. Dot with butter. Cover with top crust.
6. Seal and flute edges of crust. Moisten the top crust with a little water. Sprinkle on coarse sparkling sugar. Make a few slits in the top crust.
7. Bake 30 to 35 minutes, or until crust is golden brown and juice bubbles through slits in the crust.
8. Remove pie from oven and place on cooling rack.
9. Serve warm with ice cream, if desired.

Makes 6 servings

Tip: For a 9-inch pie, increase apricots to 2 cups, sugar to 1 cup, and tapioca to 3 tablespoons. May need extra baking time. If fresh apricots are not available, use drained canned apricots.

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First Lady Rosalynn Carter

by Jan Keller

Rosalynn Carter, perhaps more than any other First Lady, was known as her husband's best friend and a trusted advisor. Perhaps their presidential campaign strategy could be considered one of divide and conquer. For during Carter's Democratic primary campaign, Rosalynn visited 34 different states alone, and by the time election day rolled around, she had visited many more. By travelling separately, they managed to connect with twice as many people.

Speaking with great confidence, folks seemed to relate with the pretty, brown-haired Rosalynn, and she maintained constant faith in his final victory.

Actually, the entire Carter family was involved in getting Jimmy into the White House—even 9-year-old Amy. Their three sons worked nonstop on the campaign—and Miss Lillian, the president's down-to-earth mother was especially popular.

After the election, Rosalynn was quoted, saying, "I think the wives of Presidents need to be informed and speak out on matters important to them. I intend to do that."

Today, Rosalynn Carter is happy to have settled back in Plains, GA. where she continues her involvement with their close community as well as travelling all around the world with Jimmy as they work to further the accomplishments of The Carter Presidential Center in Atlanta.



Public Domain



AMY CARTER'S PEANUT BUTTER COOKIES

1/2 cup butter	1/4 teaspoon salt
1/2 cup shortening	2 eggs
1/2 cup chunky or smooth peanut butter	1 teaspoon baking soda
1 cup granulated sugar	1/4 cup warm water
1 cup light brown sugar, packed	3 cups sifted flour

Preheat oven to 400°. In a large mixing bowl, cream together butter, shortening and peanut butter. Beat in the granulated and light brown sugars and salt. Beat in eggs, one at a time. In a small bowl, dissolve baking soda in warm water. Add to the butter-sugar mixture and stir well. Stir in flour and mix until dough is smooth. Wrap dough in plastic wrap and refrigerate for 1 hour or until the dough is firm enough to be workable. Roll dough by hand into 1-inch balls. Arrange balls on ungreased cookie sheets, leaving 1 to 2 inches between cookies. Gently press each ball flat with the tines of a fork and then press again, crosswise, to flatten to 1/4-inch thickness and to create the characteristic crisscross pattern. To prevent fork from sticking, occasionally dip it in flour. Bake for 15 minutes until golden brown. Let the cookies stand for 10 minutes before transferring them to wire racks to cool completely. Store in a tightly covered container. Yield: 5 dozen cookies.

ROSALYNN CARTER'S RAISIN-OATMEAL COOKIES

1 cup flour, sifted	1/2 teaspoon baking soda
1 1/2 cups quick-cooking rolled oats	1/4 teaspoon cinnamon
2 egg whites, slightly beaten	1 cup light brown sugar, packed
1/3 cup vegetable oil	1/2 cup skim milk
1 teaspoon vanilla	1 cup raisins

Preheat oven to 375°. In a large bowl, sift together flour, baking soda and cinnamon. Stir in the oats. In another bowl, combine egg whites, brown sugar, oil, milk, vanilla and raisins. Add the flour mixture to the egg mixture and mix well. Drop batter a teaspoon at a time onto a greased cookie sheet. Bake for 12 to 15 minutes, depending on texture desired. A shorter baking time results in a chewy soft cookie and a longer time in a crisp cookie. Yield: 3 dozen cookies.



ALONG THE PRESIDENTIAL TRAIL *Part of a series by Jan Keller*

Jimmy Carter - 39th President of the United States

Jimmy Carter, the only president to ever set foot in North Korea, has been back in the news. The recent *New York Times* article of October 21, 2017 cited Carter's willingness to participate in a United States delegation and for a productive partnership with President Donald Trump related to diplomatic developments with North Korea.

It might seem surprising if Carter should participate in diplomatic talks with Kim Jong-un, but life can be unpredictable, as Jimmy Carter knows. Two years ago he beat his brain cancer diagnosis, and 40 years ago many were surprised when he successfully shifted gears from peanut farming and moved into the White House.

The Watergate Scandal propelled Carter to the presidency. He announced his candidacy in 1974, and spent the next two years travelling around the country speaking and meeting as many people as possible and campaigning as an outsider. His core message was one of values and, at a time when Americans were disgusted with Washington politics, he repeatedly told voters, "I'll never tell a lie."



Photo by John Keller

Our visit to The Carter Presidential Center

In the 1976 general election, Carter faced and defeated Republican incumbent Gerald R. Ford, who had assumed the presidency following Nixon's resignation.

Born in Plains, Georgia in 1924, James Earle "Jimmy" Carter Jr. attended and graduated from the U.S. Naval Academy at Annapolis. Shortly after graduating in 1946 he married Rosalynn Smith, also of Plains. Following a seven-year career in the Navy, Carter returned home to rebuild his family's struggling peanut warehouse business. The couple had four children, Jack, Chip, Jeff and Amy.

After taking office in 1977, Carter brokered two America's treaties with Panama. In 1978, Carter presided over meetings at Camp David between Egypt's Anwar el-Sadat and Israel's Menachem Begin. The outcome of the meetings, called the Camp David Accords, marked the end of a 30-year war between Israel and Egypt.

Carter also reopened diplomatic relations between China and America and signed a bilateral strategic arms limitation treaty (SALT II) with Soviet leader Brezhnev.

Carter's presidency was stymied by persistent energy woes which began in the early 1970s, rising inflation, and high unemployment rates.

In November 1979, Iranian students took the US diplomatic staff hostage and Carter refused to bow to their demands and failed to free the hostages. This failure led to a negative perception towards Carter's administration, which was perceived as incompetent



Public Domain

President 1977-1981

and inefficient. In the 1981 general election, Carter lost election to Ronald Reagan. Iran finally released the hostages on January 21, 1981, the day after Ronald Reagan was inauguration. Reagan invited former President Carter to greet the freed hostages in Germany.

When Carter and his wife Rosalynn returned to Georgia, they established a nonprofit organization in 1982 in Atlanta named The Carter Presidential Center.

Through the Presidential Center, Jimmy Carter continues to participate in diplomatic missions around the world, particularly with conflict resolution and assisting regions plagued by a myriad of diseases. In 1994, they worked with Haiti to promote peaceful transfer of government and promoted a ceasefire between Muslims and Bosnian. Jimmy Carter received the Nobel Peace Prize in 2002 for the role he played in Camp David Accord and his ongoing work with the Carter Center.

Many Sundays President Carter continues to teach Sunday School at Maranatha Baptist Church in Plains, GA. He also volunteers with Habitat for Humanity and is Distinguished Professor at Emory University. In addition Carter has written many books, including one on his childhood memories, an historical novel, and a collection of poetry. In 2002, Carter was awarded the Nobel Peace Prize. The prize committee announced the award was due to Carter's efforts on the Camp David accord between Israel and Egypt during his presidency, and his continuing work through the Carter Center.



Poppies for Remembrance

By Melissa Rossetti Folini

“In Flanders field the poppies blow, between the crosses, row on row, that mark our place; and in the sky the larks still bravely singing, fly...”

These famous words are from the poem “In Flanders Fields” by John McCrae. McCrae was a Medical officer from Canada stationed in Flanders during World War 1. After a particularly bloody battle in Ypres, on the border between France and Belgium, McCrae was tending to the wounded as best he could but he was overwhelmed and unable to save many soldiers including that of a close friend. In the aftermath of that loss and countless others in May of 1915, while the battle still raged, he penned those now famous words. He was trying to find a way to come to grips with the horrors and realities of what he was seeing and experiencing. The poem was originally published anonymously in December of 1915 but it struck such a chord with people around the World that McCrae’s identity was eventually revealed.

Lines from the poem were used on Victory Bond posters and recruitment posters alike. The poppy which did indeed bloom over the soldiers graves in Flanders Field had long been a symbol of life, and now, due to the catastrophic casualties of war, it has become a symbol of remembrance as well. By 1921 silk poppies made by French war widows were among the first “remembrance flowers” sold in North America. Since then every year millions of poppies made from paper, felt, plastic, and ribbon are distributed by Veteran’s and volunteers as a reminder of not only the first “Great War” but of all the wars thereafter. The proceeds from the sales of these handmade poppies go towards programs that support Veterans and their families. So, on Memorial Day or Veteran’s Day, if you see a Veteran holding out their bouquet of poppies consider the sacrifice made by our military members then and today, and tuck a poppy in your pocket or on your hat as a symbol and a promise to “remember.”

If you’re interested in growing your own “remembrance poppies” the Alpine Poppy is suggested for Southern New England areas. The perennial Iceland poppy which is a hardier variety, is said to winter well even in the Northern Mountain areas of New Hampshire and Vermont.

Melissa Rossetti Folini is a writer, retired Library Director, photographer, and licensed Zumba Fitness instructor. She is the author of “Story Times Good Enough to eat,” several published short stories and poems centering on the highlights and humor of living in the Granite State. Melissa has also been repurposing and selling collectibles, antiques, crafts and homemade goodies for 3 decades in various shops around New Hampshire and occasionally out of her home in southern NH. Melissa’s current projects, writing snippets, and shop items for sale can be found on her Facebook page <https://www.facebook.com/MelissaFoliniBLW>



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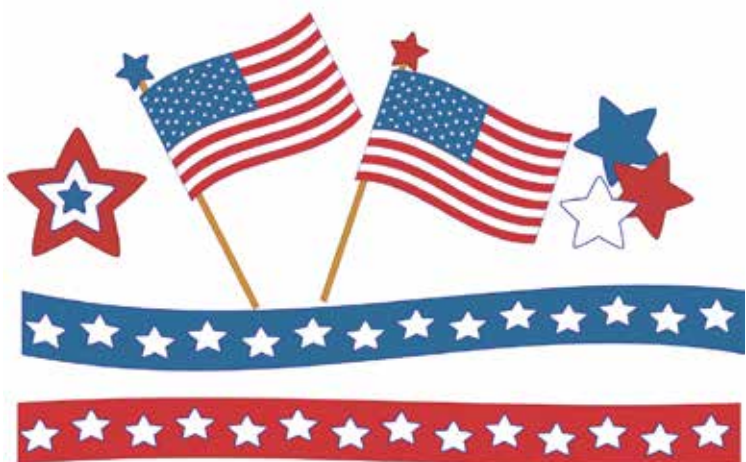
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Spring Greens

by Melissa Rossetti Folini

Spring brings us the bright green grass we've been longing for that was hidden under a frozen, snowy carpet for months. It signals the start of planting season and the stark branches have started to bud and leaf, promising a bounty of beautiful fruit and blossoms in the coming months. While we wait for the soil temperature to warm up enough to host our seeds and seedlings there are some nice green plants that can be started indoors and in fact with the right sunlight in a kitchen windowsill, provide a touch of green all year long.

Basil is one "green" that can be grown indoors year-round and is a kitchen staple for many!

The most common types of basil are: Genovese which is great for pesto and sauces, Sweet Italian Large Leaf basil, and Opal basil which makes a tasty and eye-catching vinegar.

As it turns warmer we think of salads and lighter dishes not the heavier, creamy comfort food of winter.

Following are some tasty recipes and uses for Basil:

Caprese Salad

¼ c Fresh Basil (torn into smaller pieces or you can chiffonade (slide into thin strips))

2 c. Grape or cherry tomatoes

1 lb. Bocconcini or Ciliegine (smaller) mozzarella balls (I use the size closest to the size of the tomatoes I'll be using)

Salt & pepper to taste

Your favorite Italian dressing – enough to coat to your taste, it should not be "swimming" – Or you may choose to just use a drizzle of Extra virgin olive oil and a dash of Balsamic vinegar

Toss all in a bowl and garnish with a trio of basil leaves.

Best served the day you prepare it. Can be chilled for an hour as well before serving.

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Basil Pesto

2 cups packed fresh basil leaves (Genovese or whatever you have)

1 garlic clove minced

Salt & pepper to taste

2/3 cup of Extra Virgin Olive Oil*

½ cup grated parmesan (optional)

In a blender or food processor, pulse the basil, garlic, salt and pepper until finely chopped. With it still running, gradually add enough oil to form a smooth and thick consistency.

*Reserve some of the oil for the top of the jar if you are not serving right away.

Stir in the cheese if desired. (If freezing do not add any cheese.)

If you are storing in jars put a thin coat of your oil on the top, seal tightly, and keep in the fridge for up to 2 weeks. Or use immediately on your favorite pasta dish!

I like to hollow out cherry tomatoes and add a dollop of pesto inside and use as an appetizer!

Opal Basil Vinegar

Rice, white wine vinegar, or distilled vinegar

Garlic cloves (optional)

Mason Jar or Quart Jar

Decorative bottles of any size with a cork or stopper

Fill a quart mason jar with basil leaves and any other herbs you wish; such as chive blossoms, tarragon etc.

Cover/Fill with rice wine vinegar or a mixture of ½ white wine vinegar & ½ white distilled vinegar. Cover jar and leave in a sunny location for approx. 2 weeks.

Then strain into decorative bottles adding some fresh herbs if desired.

Cap the bottles and use for salads or drizzle over vegetables - in between uses just leave the bottle in the window to catch the light.

Melissa Rossetti Folini is a writer, retired Library Director, photographer, and licensed Zumba Fitness instructor. She is the author of "Story Times Good Enough to eat," several published short stories and poems centering on the highlights and humor of living in the Granite State. Melissa has also been repurposing and selling collectibles, antiques, crafts and homemade goodies for 3 decades in various shops around New Hampshire and occasionally out of her home in Southern NH. Melissa's current projects, writing snippets, and shop items for sale can be found on her Facebook page <https://www.facebook.com/MelissaFoliniBLW>



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Help I've Fallen In Love and I Can't Stop Air Frying!

written by Michelle Hatch

It's true...it's almost a sickness! In this day and age we all know how bad deep fried foods are for us...but nothing is better then crunchy on the outside, soft on the inside FRIED French fries. Well nothing except maybe pickle chips, or is it the roasted veggies that call to me, or the chicken wings that are beyond crispy yet tender, nah it may be the pierogis that are these wonderful crispy mashed potato filled pasta pleasers, or better yet the steak tips that taste fresh off the grill with the nice little crispy parts but juicy in the center? But how can you get all these amazing things and not feel guilty you ask?

The air fryer ...a simple countertop appliance that works miracles. I could truly go on and on about my air fryer. The air fryer uses little to no oil and doesn't emit that unpleasant fried oil smell. I have cooked dozens of things in the air fryer (think meatballs, pork chops, any and all vegetables, potatoes, frozen foods right out of the freezer, marinated and breaded meats, if it isn't nailed down then I have air fried it). It has gotten to the point in my household that I am ready to purchase another air fryer as my kiddos (Madison, 7 and Colby, 8) believe that this machine makes everything taste so yummy, and they are always running to the dinner table when they hear it came out of the air fryer. In fact, Madison loves to help me make dinner in the air fryer and is always requesting her favorite meatballs and roasted veggies be served that evening.

The sickness goes on...not only am I in love with my air fryer but anyone that comes over to my house or sees my posts on social media then also catches the bug. I can attribute more then a dozen air fryer purchases due to the fact that folks have eaten in my home or seen pictures of the food that comes out of the air fryer. There are thousands of recipes online, and so many different ways to make our guilty pleasures in the food world feel like we are cheating on our healthy lifestyle but still keep us on track. If you haven't tried an air fryer I highly suggest you look into it...or visit a friend's house and hopefully they will prepare a delicious delight in the miracle machine for you to enjoy. Until then, here are a couple of easy recipes my family has enjoyed.

(more recipes on p. 12)

Air Fryer Honey Garlic Chicken Wings

Air Fryer Crispy Honey Garlic Chicken Wings are great as an appetizer or a main course. Healthier then deep frying, these wings are so crispy and delicious. Use the recipe for the included sauce or toss with any sauce such as buffalo or even add a nice salt and vinegar dry rub mix. The possibilities are endless.

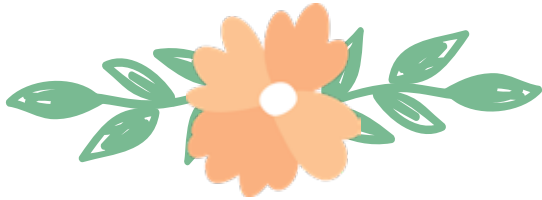


Ingredients

- 16 Pieces Chicken Wings
- 3/4 cup Potato Starch
- 1/4 cup Clover Honey
- 1/4 cup Butter
- 4 Tablespoons Fresh Garlic minced
- 1/2 teaspoon Kosher Salt if desired
- 1/8 cup Fresh Water (or more as needed)

Instructions

1. Rinse and dry chicken wings. Add Potato Starch to bowl and coat chicken wings. Add coated chicken wings to Air Fryer.
2. Cook at 380 degrees for 25 minutes, shaking the basket every five minutes.
3. When Timer sounds, cook at 400 degrees for 5 minutes. All skin on all wings should be very dry and crisp.
4. Heat a small saucepan on low heat. Melt butter and then add garlic. Sauté the garlic for 3 minutes.
5. Add honey and salt and simmer on low for about 20 minutes, stirring every few minutes, just so the sauce does not burn. Add a few drops of water after 15 minutes to keep Sauce from hardening.
6. Remove chicken wings from Air Fryer and pour over the sauce.



GIRLFRIEND WISDOM

In this season of flowers and trees in their great colorful glory, may we find a sense of joy that motivates us to rise up in our faith and give us hope for fresh passions in our home projects, our families, our work, and our friendships. May we walk with a spring in our steps as we climb the stairs of our daily lives. Open every window and take a deep breath of air

Progress takes action and this time of year, as we look around, there is plenty of action - bees are buzzing, hummingbirds are zipping around from flower to flower.

Nature teaches us so many wonderful lessons if we only take the time to observe them. From the smallest seeds to the tallest trees we are amazed and in awe each and every season.

GIRLFRIEND WISDOM:

Action doesn't mean, "hurry". Nature has a message for you.

Nature does not hurry, yet everything is accomplished.
Lao Tzu



Joy & Blessings, *Jody*

Girlfriend Wisdom is written and illustrated by Jody Houghton®. Color files of this writing and artwork are available: www.JodyHoughtonDesigns.etsy.com

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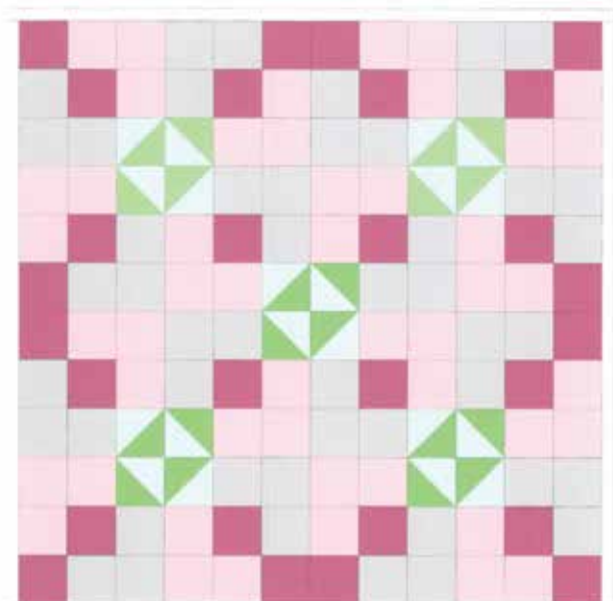
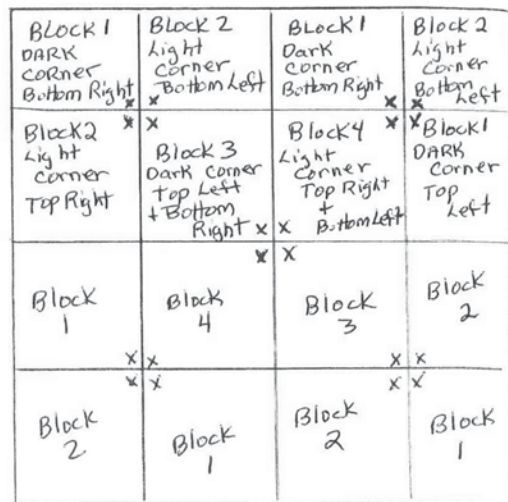
PART 3: Quilt Assembly

Follow the diagram below for the placement of your blocks. Make sure Blocks 3 & 4 are in the center of the quilt.

Border:

Cut: Four (4) 4 1/2" X 48 1/2" strips of light fabric C
Two (2) 5" pre-cut Fabric A squares in a light color
Two (2) 5" pre-cut Fabric A squares in a dark color

As previously directed, use your 5" pre-cut square, pairing a light with a dark to make 4 Half square triangle blocks. Press seams towards the dark and square to 4 1/2". Sew a half square triangle block to each end of two of your border strips. It is up to you to point the dark half in or out. Sew the other two border strips to opposite sides of your quilt. Press the seams toward the border. Add the two border strips with the half square triangle pieces to the remaining 2 sides of your quilt. Press seams toward the border. Your top is done! Quilt as desired and add your binding.



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Quilting with Barbara

Spring, you say? Bring it on! Winters in northern climes like ours can be long and miserable, so for temporary relief in March we spent a few days on Vancouver Island where spring enters Canada in February or March, rather than April or May as in the rest of the country.

My winter-induced lassitude disappeared as soon as I saw the first green grass and a few crocuses shortly after we deplaned, and in a day or two I decided to stop at a few quilt shops to add to my stash. The welcome and enthusiasm from staff at two stores in particular, Kismet in Port Alberni and Kaleidoscope near Duncan, reinforced my stash-building tendencies, and I was lucky enough to find several useful pieces to add to my collection in just a few minutes at each store. As all quilters know, time is of the essence when someone who doesn't quilt is waiting for someone who does. So how could I be quick and efficient and keep peace in the family? Upon reflection, I realized my search which on the surface seemed random really conformed to a few personal unwritten principles and procedures which I had unconsciously developed over the years and would like to share.

First, check out the marked-down fabrics, even the ugly ones. They too need a home and you may find them surprisingly useful. Case in point: a few years ago I bought several metres of a fabric I considered ugly (I didn't like the colours) because the price -- but not the quality -- was extremely low. I assume other shoppers shared my attitude because there was so much left on the bolt. This fabric lived in my stash until this past winter when I hauled it off the shelf. Because I had bought a sizeable quantity it made perfect backing for a single quilt, a lap quilt and a wall hanging! Ugly no longer, it was a perfect complement to the tops, and inexpensive too. Win-win.

Try for variety in your stash -- dark, medium, light, bright, pastel, large prints, small prints, abstracts, florals... We tend to buy our favourite colours over and over, which narrows variety. The impact of a quilt depends greatly on contrast. In fact, some veteran quilters consider contrast more important than colour. If you have an assortment of fabrics of different values and colours, there's a good chance that you'll find just what you need in your stash, avoiding an emergency trip to a shop.

Look for neutrals -- greys, tans, creams, tone-on-tones -- especially if they are on sale. Neutrals are needed in most projects, so buy as much as your budget allows. You'll use them.

Avoid directional fabrics unless you have a concrete plan for them. They must be cut and placed carefully; your options will be limited and fabric wasted if they can be used in only one orientation.

Avoid theme fabrics if buying for your stash. Even if the colours are perfect, an inappropriate print may destroy the intended mood of the quilt. Exception: when you are collecting them for future use in a theme quilt. (Ask me how many pieces of cat fabric I have).

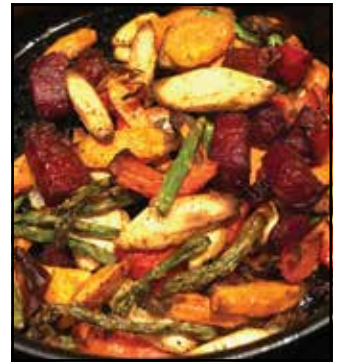
The most important guideline? When you see a fabric that you simply must have, BUY SOME, no matter the cost (within reason). If you have diligently accumulated a varied group of fabrics, it is very likely something you already have in your stash cupboard will complement this special purchase, and you will be well on your way to starting a new project. Happy hunting!

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

Air Fryer Vegetables

Ingredients:

Use your imagination on the vegetable choices for this "recipe". In our family we tend to love our root vegetables so we are often using carrots, parsnips, beets, etc as well as asparagus, onion, squash, pepper, and broccoli.



Directions:

Heat your air fryer to 400 degrees. Cut your vegetables of choice into 2" pieces of roughly equal size. Throw them all in a bowl and toss with just enough olive oil to lightly coat (2-3 teaspoons will usually cover it). Sprinkle with any seasoning you desire...we tend to like sea salt, pepper and rosemary on our veggies. Toss this all around in your bowl to evenly coat. I personally like to set the timer for 7 minutes at a time and toss the basket each time the timer goes off. Depending on your vegetable selection and how roasted you like them, it will usually take 20-25 mins for them to cook.

Pieces From My Heart

by Jan Keller

Moms, Mud, Apples & Screens

I wouldn't say I was a clean freak, but this mom liked my two boys to be presentable. Sure sometimes they got dirty, but it wasn't my idea.

Then, when Dad had us spending summers in a college town so he could get his masters degree, we settled for a couple of months each year into the married student housing complex. There I met and mingled with other mothers of toddlers. It was a fun time—filled with potlucks, card games and leisurely visits while watching our offspring swing, slide and teeter-totter at the communal playground. I think all of us moms pretty much sought "neat and tidy."

But ... there was this one mom. Though I don't even remember her name, first or last, I'll never forget her. She was memorable—so much so that I found her behavior downright shocking. You see, there was this literal mud hole in the middle of a grassy area where water sat. All of the Moms knew of the water-logged spot and we all tried our hardest to keep the kids away from it. Every one of us, that is, except for the memorable mom, who actually TOOK her children to play in the mud!

One day, intrigued, I found myself watching this mom with self-righteous judgment of her actions. How could she? Why would she? I didn't get it!

But after her kids were muddy messes, their mom took them by the hand and together they walked over to a water spigot with a short hose attached and proceeded to hose them down. The tikes were spic and span; and after a few more moments of playing on the swings and slides, their clothes had dried and they all happily headed home.

It's been a few years since my daughter-in-law Kim shared muddy photos of my twin granddaughters. It seems the girls were making mud pies in the back yard. They were having a really good time—at least until Morgan decided to throw a pie at Reagan.



Morgan

The photos clearly tell the story: Morgan, sports a smug I'm-pretty-proud-of-myself expression while Reagan looks devastated. Through Reagan's tears she has a why-did-you-have-to-do-that expression.

Those quick photos have become my very favorite of my granddaughters and provide insight into how their mom lets them play.



Reagan

I'm so very glad Morgan and Reagan have grown up in a nurturing environment where it's okay to get a little mud on their snack of apple slices instead of continually being handed an Apple with a screen.

Wise moms know it's a good thing to hear the screen door close as their children go outside to play—and if they get muddy—there's always the nearby water spigot and hose.

Gardening & Junque

“He who plants a garden, plants happiness”

~ Chinese Proverb

by Joyce Thompson

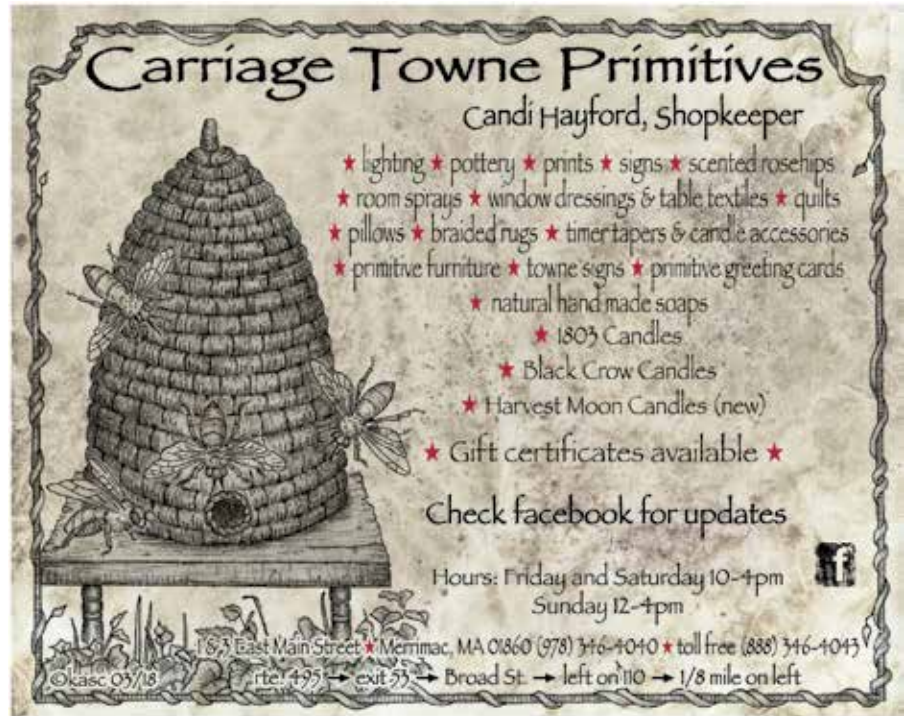
Here in the Northeast, the winters can seem so long, so once the first crocuses peak their tiny buds through the semi-frozen ground we consider it SPRING! Two things that go hand-in-hand on my list of favorites is gardening and “junque.” Gone are the days of simple terra cotta planters and plastic window boxes. Nowadays, the sky is the limit with re-purposing ideas, and what better place to start out than in the garden. Here are a few ideas to get the creative juices flowing:

Blue glass: In some cultures, and ancient times, blue glass was thought to be used to ward off evil. Throughout the years, cobalt glass became highly sought after as a collector. It looks especially nice in a garden when it catches the sun light. “Bottle trees” are becoming more popular ... typically made of forged wrought iron, blue bottles can be placed on the various limbs of these tree-like structures in a decorative manner to catch the light and the eyes of the passerby. Why stop at just blue, other colors can make a statement as well.

Glassware and china: Repurposers have gotten so creative using teacups and saucers in the garden. These work so well as bird feeders and garden art. Who knew that grandma’s mismatched cups and saucers would wind up in the garden? Another idea is to use those pretty, but possibly chipped plates and saucers as a border around a small area, by pushing them half way into the ground. No room for a big outdoor garden... a small creamer or pitcher, or teacup, makes an adorable windowsill planter. Prisms from chandeliers and old lamps also can be hung with fishing wire to create the illusion of falling water from a watering can, or just as simple suncatchers.

Wooden ware: Old nail kegs and wooden barrels are an absolute favorite for the primitive look in the garden. When filled with pansies or petunias the look is delightful. How about an old chair ... brighten up the porch by filling up the seat with a nice bunch of geraniums. Wooden crates of all shapes and sizes give a rustic look for the porch or garden areas also.

Metal: I love using enamel ware for planters. It doesn’t matter how rusty and dented the old pail or wash basin may be, it takes on a beautiful new life as a planter! Milk cans, wire baskets, and even old feeders from the farm can be made to look so eye-catching when filled with flowering plants and



greenery. Even old kitchen-ware, such as colanders and sifters, can make a statement as a new type of hanging basket.

Succulents: Pick up any home décor magazine or take a peak on sites like Pinterest and you’re likely to see a deluge of ideas for planting succulents. These little wonders are able to thrive on very little water, so they work out well when crowded in together. Deep dishes, pottery pieces, even china teapots can create a new home for these thriving fellows.

The ideas are endless for fellow junk-lovers and green thumb enthusiasts to combine the love of nature and all things old. It’s time to get out into the shops and look for some unique pieces to adorn your gardens ! Hopefully these quick ideas get your creative juices flowing faster than the melting snow of the long winter of 2018.

Joyce Thompson is the owner of Joyce’s Junque. She started out over 20 years ago with a flea market booth with a popcorn stand, called “Joyce’s Junque and Junk Food” ... the love affair with junque has continued. She stays active with booths in group shops as well as working her “real” full-time job in the corporate world. She can be found at <https://www.facebook.com/joycesjunque/>

How to Make a Fitted Bed Sheet



Photo by Ellen Ault

Good quality sheets are expensive and may not match your decor. Customize your bedding and save money, too! Discover how affordable wide backing fabrics really are.

Bonus Fact:

Most knit fabrics are wide enough to make super soft and snugly children’s sheets.

Fabric Requirements for 108” backing fabrics

Twin Size	1 1/2 yards
Full Size	2 1/4 yards
Queen Size	2 3/4 to 2 1/2 yards
King Size	3 yards

Fabric Requirements for Knit Fabric 54” - 60” Wide

Make these sheets a little smaller for a snug fit.

Twin Size	2 1/2 to 2 3/4 yards
Full Size	2 3/4 to 2 1/2 yards



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Make a fitted sheet

- Pre-wash your fabric. Do not skip this step!

- Measure your mattress. Width _____ Length _____ Depth _____

OR Use Standard Mattress Sizes:

Twin	38" x 75"
Full	53" x 75"
Queen	60" x 80"
King	76" x 80"

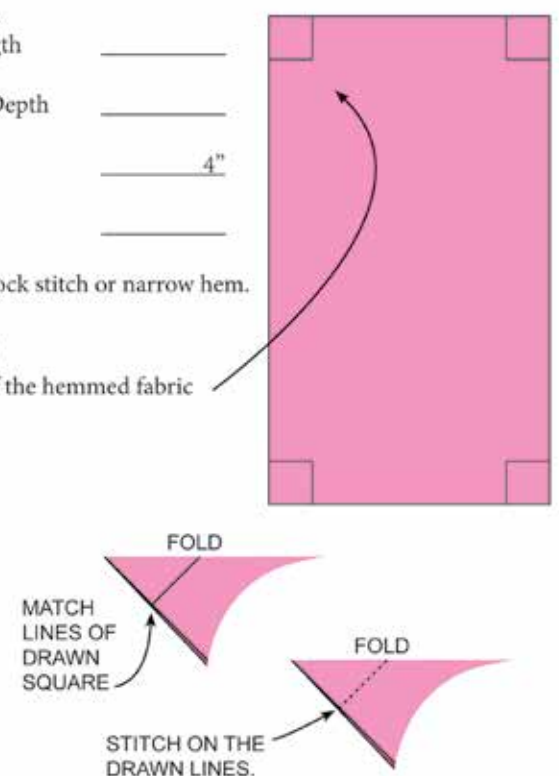
- Cut your fabric.

Add:	Width	_____	Add:	Length	_____
PLUS	2 x Depth	_____	PLUS	2 x Depth	_____
PLUS		4"	PLUS		4"
Dimensions	_____		Dimensions	_____	

- Finish all the edges of your fabric with a serger, over lock stitch or narrow hem.
- Add 2” to the depth dimension of the mattress. Example: Mattress is 6” deep so your dimension is 8.”
- Draw a square of that dimension on the wrong side of the hemmed fabric in each corner.

- At each corner, match the drawn lines of the square with fabric right sides together. (The fabric will fold at an angle.)
- Stitch on the line, starting at the fold.
- Serge 1/4” from the stitching, cutting away excess fabric at the same time.
- OR
- Trim away excess fabric 1/4” from the stitching. Zig zag the seam allowance to finish.

- Cut four lengths of elastic 12 inches long.
- Fold each piece of elastic in half and clip or pin the fold to the hem of fabric at the corner seams.
- Measure along the hem in opposite directions from the center and pin each end of the elastic to the hem approximately 10” - 12” from the center.
- Stitch the elastic ends to the hem.
- Stretch the elastic to lay it flat against the hem. Stitch slowly and pull it gently as you sew.



Wanting to Visit Washington State? Love of Junk, Walla Walla's Vintage Market Gives You One More Reason!

by Barbara Floyd

There are endless reasons to visit Washington State as it is beautiful including the coastal area, the mountains, the farmland and the high desert areas. Walla Walla in Southeastern WA has become a major well known destination. Whoever thought this small city would rise to becoming a destination? Ask the visitors who flood this area and you will hear various reasons. Probably the biggest reason is their fame as a wine producing region because of the rich farm land and the weather that produces wonderful grapes. I was told by a lavender farm that is a few miles west of Walla Walla that the weather in this valley is most like France and that is why the lavender flourishes. That probably applies to the grape harvest there and the reason Walla Walla is home to over 140 wineries, tasting rooms and hosts several large annual wine-tasting festivals.

With wine comes great restaurants and delicious menus. It is a city rich with history of the Oregon Trail, farmer's markets and farms selling organic fruits and vegetables. Everyone knows where to come for fresh asparagus, apples, pears, berries and Sweet Walla Walla onions. There are a growing number of specialty shops in the quaint historic picturesque Downtown Walla Walla, three colleges, the arts, music, the Walla Walla Museum, and the fact that Walla Walla has often been named a top place to retire draws even more people.

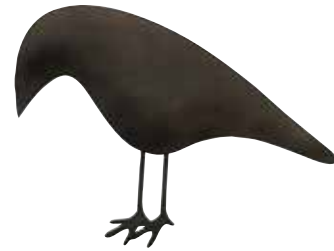
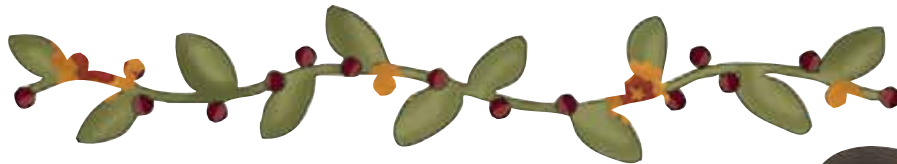
Setting in the midst of all of this is the Swenson Farm, owned by Doug and Brenda Swenson, my oldest of four children and her husband. They are surrounded by the wineries. I don't think their thirty foot grape vine will ever get them into the business. The dog usually finds the clusters of small sweet grapes and devours them before we realize they are there. I spent the summer on this farm after semi-retiring six years ago from active publishing of The Country Register which I founded in Arizona nearly 30 years ago. Doug and Brenda were trying to formulate a sustainable income from their land which

was not big enough to make a living off of. At the same time it was big enough it had to be productive. Lots of ideas were tossed around. My vision was a Vintage Event with good food, a great view of the Blue Mountains, lots of green grass, a large metal building, a red barn and plenty of parking plus a camping area. The perfect storm for a successful event. My Mid-Century loving daughter and at that time living in a hundred year old home loved that idea and volunteered my services to put the Love of Junk, Walla Walla's Vintage Market together. So much for being semi-retired as I continue to pull this event together from my Phoenix home in the winter and then go to Walla Walla the end of each May. Can you tell I just hate doing this?

This year, 2018, the event will be June 15-16 and it is our 6th annual event. As envisioned there will be over 70 outstanding vintage vendors, the best of food trucks, live music and lots of happy people coming to the farm. It is held from 9-5 on Friday and 9-4 on Saturday. We can guarantee you a very fun time but we can't guarantee the weather. It hasn't stopped the crowd yet...a little rain doesn't hurt junk! Vendors are prepared for weather and the customers come prepared to enjoy whatever the day brings.

The Country Register is a marvelous way to advertise our event and to inspire other vintage events and shops to advertise in their local Country Registers and neighboring states. It is my belief that Vintage shops have become the new "country" farm style gift boutiques and home decor stores of today's popular trends. They are home to many sought after styles including antiques, chalk painted furniture and wonderful accessories, that we can enjoy to make our homes fun, cozy, classy and personal. The Country Register would bring lots of new customers to these shops. Most editions are online and the publications are free gifts from all advertising shops and events. For the list of publishers: www.countryregister.com

Barbara Floyd can be reached at barbara@countryregister.com



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No Pets Please

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SHOP LOCATOR

2 WHITE MOUNTAINS

Tin Roof Primitives – Center Conway

EVENTS

Celebration of Needlework
May 2nd-6th – Nashua

3 LAKES REGION

Cardinal's Farmhouse Sampler – Farmington

Country Essentials – Rochester

Homespun Treasures – Loudon

The Four Corner Antique Store – Rochester

6 MERRIMACK VALLEY

A Knitters Garden – Chester

Bittersweet Blessings – Chester

Center Scoop – Chester

Countryberries – Deerfield

Country Hills Gifts – Northwood

J&F Farms – Derry

Manchester Craft Market – Manchester

Olde Post Restaurant – Chester

Patches Quilt Loft – Manchester

The Victorian Cupboard Sewing Studio – Salem

7 SEACOAST REGION

Log Cabin Antiques & Gifts – Kingston

Pumpkin Hollow Primitives – Nottingham

Sage Farm Antiques – Hampton

MAINE

Winterberry Barn – Buxton

MASSACHUSETTS

Carriage Towne Primitives – Merrimac



Become Inspired!
Decorating, Entertaining and Living
in the Early American Style
A Pure Part of Our Past

by Annice Bradley Rockwell



As we approach the month of May in New England it is often with a sense of deep appreciation. Gone are the days of wind and cold and now we are divinely blessed with longer days that often beckon us to linger outside just a little longer. Gardening chores that await us give us the opportunity to focus on something pure that was an important part of our collective past.

Preparing the soil for our perennials and planting them with an eye for aesthetics is an investment of time that will yield abundant pleasure in the years to come. Looking upon the fragrant blooms of lavender or smelling the wafting scent of lemon balm as we brush up against it on an early summer's morning we are indeed reminded that from our hard work always comes reward. Seeing these spring-like signs of the season appear year after year reinforces the wonder of nature to restore and renew.

Creating a Colonial Kitchen Garden

Creating raised garden beds in which to grow vegetables and herbs is an efficient way to garden and it is one that is steeped in tradition. Raised beds typically make lighter work of gardening tasks such as planting, weeding and watering and their design conjures up memories of colonial kitchen gardens.

Kitchen gardens were often planned to be just off of the kitchen of the home for culinary and medicinal use. Having the herbs virtually right at hand was a planned convenience that also served to add beauty to the

homestead's landscape.

Some of the herbs used in a kitchen garden include thyme, mint, rosemary, lavender, basil and chives. Each with its very own distinctive look and flavor, they added a fresh taste to colonial dishes. Today having your own kitchen "clipping garden" offers similar culinary and aesthetic joy. Using rock, brick or wooden timbers to define the space, garden herbs can be planted where they can be readily used and enjoyed. Typically hardy, these perennials can be used fresh or preserved dry to be enjoyed in the winter months when the herb garden is in its seemingly sleeping state.

Returning to a Simpler Time

As warmer days begin to become more common, take the time to create spaces in your yard that can be enjoyed and used to create a look centuries earlier. Feel the pleasure of connecting to a simpler time by going out to the herb garden on a June morning to gather a fresh bouquet of herbs just after they have dried from the morning dew. See the work of gardening not as a chore but as a peaceful delight. And as you seek to shift to the season of summer the hard yet happy work of your gardening efforts will provide you with blessings beyond what you had ever planned.

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

Choose your roads
wisely & be sure
a few of them are dirt.

Grow everything to make ORGANIC
vitamin-rich salads for your table.

Use kitchen scraps to make rich
COMPOST to fertilize your
GARDEN.

Hello everyone, I'm in England right now ~ hoping you're following along virtually through my blog at www.susanbranch.com as we wander the backroads of England, Ireland, and Wales ~ join me for a picnic in Beatrix Potter's Garden in the Lake District on May 11! With love from the Heart of the Home & me... ♥ SUSAN BRANCH