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The Country Register of Kansas

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Floral Basket by Kristen Parker. Read more about Karen on page

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From My Desk... to yours

By Cindy Baldwin

Today, as I write this, is the official last day of summer. Fall has arrived. Don't get me wrong, I had a great summer. I had grandkids time with the two grandsons from Leavenworth and saw lots of our local grandchildren. Our wheat harvest went smoothly and summer field work went fine. We've started cutting corn, signaling the start of fall harvest -- which often seems like it goes on forever.

But, I'm an autumn kind of gal. Cooler days and nights, bright colors of fall leaves and mums blooming, K-State football games on television. How can you go wrong. Our family also has a bunch of fall birthdays to celebrate -- six to be exact. It's good times.

Even though the calendar says tomorrow is the start of fall, it starts for me with the Kansas State Fair. Living in McPherson, just up the road from the fairgrounds, going to the Fair has been a given all my life. The Fair starts, the traffic on K-61 picks up considerably, and you go to the Fair. One of my favorite stops is the Domestic Arts Building where I scan through the quilts, foods and knitted and crocheted items to find the names of people I know. I'm always properly impressed with those people who not only find time to craft and cook -- but have their act together so they actually get their output entered at the proper time. It was hard enough to do when my kids were in 4-H, forget it now that it's my stuff. As usual, I saw a number of entries with the names of shop owners who advertise in The Country Register or readers who have entered contests or subscribe to the paper. It's always fun to see what they have entered -- especially when they win one of those coveted ribbons.

A new tradition for Dwight and I during the Fair is attending the Master Farmer/Master Homemaker meeting. A special recognition at this year's banquet was seeing a Quilt of Valor presented to David Reissig, one of our Master Farmer members. The quilt, which had been made by Alta Hildebrand of Stafford, was presented to David by Anita Davis. A number of our readers and shop owners are involved with the Quilts of Valor program and, seeing the emotion when David was presented with his quilt, made it clear why it is so rewarding for you to participate.



Alta Hildebrand, David Reissig and Anita Davis during David's Quilt of Valor presentation.

Fall also marks the beginning of the busy fall festival season in towns across the state and another round of Shop Hops and Fun Runs. Check out this issue of The Country Register for the many options for doing some day tripping in every part of the state. And, as always, let our advertisers know you heard about them from The Country Register. -- Until next time.

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The Country Register of Kansas Vol. 20 No. 2, Oct/Nov. '17

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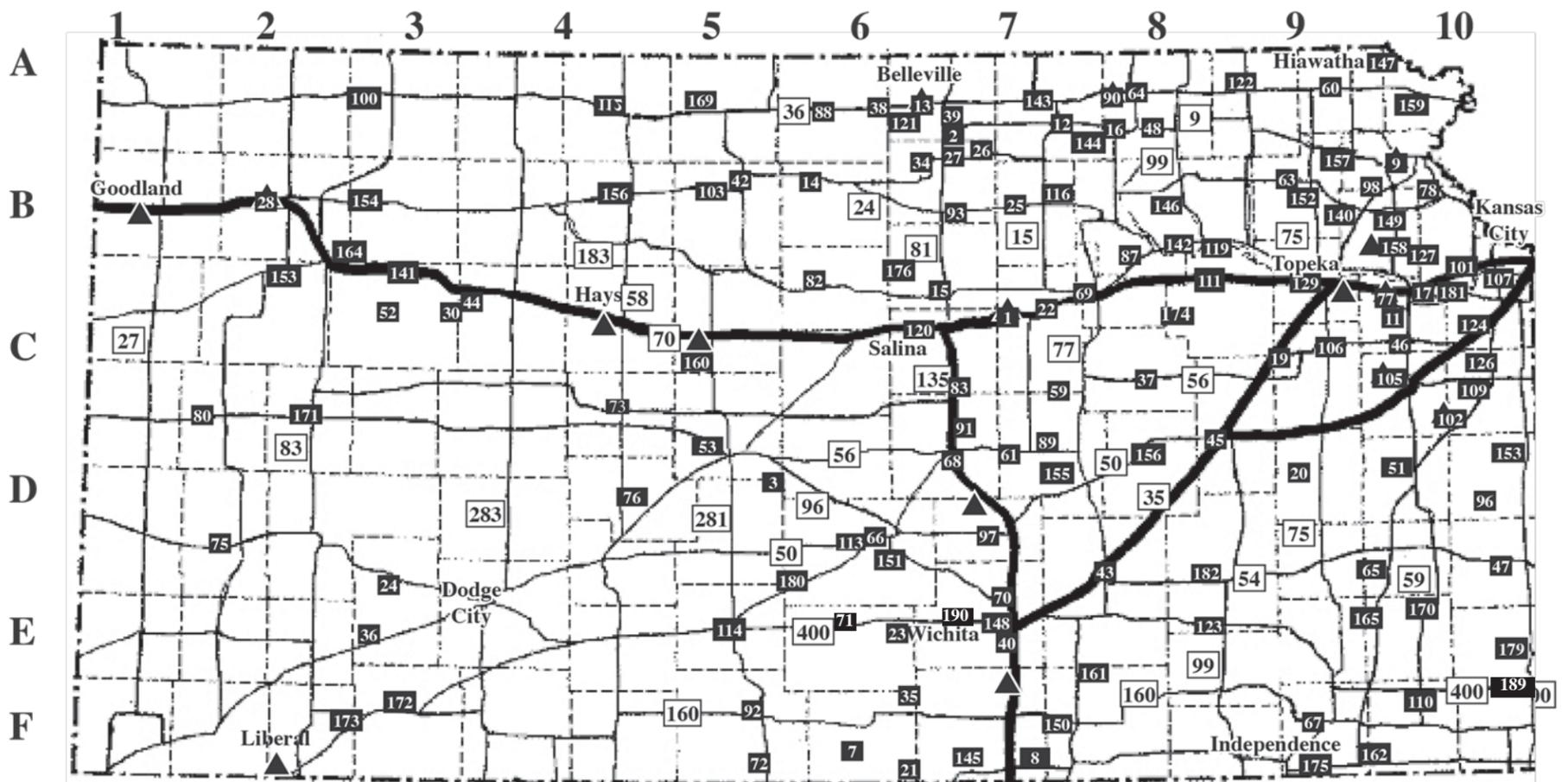
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Pieces From My Heart . . .

By Jan Keller

The Big "C"

The Big "C" ... everyone realizes almost immediately the reference is to the dreaded diagnosis of CANCER. It matters little that there have been giant strides in cancer treatments and survival rates. Everyone fears the thought of themselves or a loved one or friend being diagnosed with any form of the disease.

Lymphoma. That was the diagnosis my husband John received early this past April. Immediately our world was turned upside down. Our calendar was filled with almost daily medical appointments for one doctor or another, surgery, a bone biopsy, a PET scan ... and on and on it went. Ultimately, we learned John's course of cancer treatment would include the predictable regimen of chemotherapy followed by radiation.

It may not have been the summer we would have chosen, but we made the best of the circumstance and quickly settled into a routine: an all-day chemo infusion every three weeks followed by several days of not feeling very good, and then around day five or six feeling bad for two to three days, and then gradually improving and feeling better and better until it was time for the next infusion. As I write, John has finished his final chemotherapy infusion and will soon move on to daily radiation treatments.

No, it hasn't been a lot of fun, but there have been blessings. Most notably, blessings bestowed on him and us by his various caregivers — from doctors to schedulers — folks who deal day after day with folks, like John, who are battling the Big "C." As an example, one lady who greeted John as we arrived at the hospital's infusion center was so happy and full of smiles. Her mood served as a contagious dose of happiness ... and that's just the beginning. From there John goes to get rigged up to tubing that's then connected into his surgically implanted port. Through this direct line into John's heart, amazing and jovial, highly trained nurses administer his specific recipe of chemotherapy drugs. We usually arrived at the infusion center around 9 a.m. and stayed all day. One especially difficult day, John was the last patient remaining in the department, causing his nurse to stay late — and yet she remained happy and eager to accommodate.

The first time we met John's doctor, we were greatly impressed with the way he directed his focus and his questions directly to John. He never seemed to be rushed, and it was as if John was the most important appointment of his day. Frequently, for these pre-chemo appointments, instead of the oncologist, we would see his physician assistant, Lisa. Like the doctor, Lisa never seemed to be in a hurry and was eager to answer any question we might have. She was also interested in learning about what our lives are like apart from cancer — and likewise, we came to learn a little about her and her family.

Lisa and her husband, Scot, are from Louisiana and the ever-so-proud parents of a daughter. For them it works to reverse the traditional roles. As Lisa heads off for a day in the clinic, Scot gets their daughter ready for school and does the bulk of the household chores as well as the cooking. Somehow at one appointment, we got to discussing Cajun cooking and how much John likes red beans and rice. That's when we learned Scot had a great recipe, and Lisa said she would see if Scot would write it down so she could share it with us.

You see, for John and me, The Big "C" has taken on a new meaning. ALL the caregivers, like Lisa, seem to go the extra mile and make a real difference for the cancer patients they serve. They have shown us that The Big "C" stands for CARING!

SCOT'S RED BEANS & RICE

Thanks Scot for giving permission for me to share this recipe with my readers!

- 1 lb. andouille sausage, chopped into 6-inch chunks
- 1 onion, chopped
- 3-4 cloves garlic, minced
- 2 cups chicken stock
- 2 teaspoons Penzey's Cajun Seasoning
- Salt to taste
- 4 15.5-ounce cans dark red kidney beans, low or no sodium, rinsed and drained
- White Jasmine Rice

Sauté andouille sausage and onion in large pot until onion is translucent. Add Cajun seasoning and few cloves of garlic and sauté about 1 minute longer. Add chicken stock and one can of rinsed and drained red beans. Then add 3 cans of rinsed and drained MASHED red beans. You need enough liquid to let the beans simmer for 15-20 minutes. Err on the side of less liquid since you can always add more. You want to end up with nice, creamy beans. Adjust Cajun seasoning and salt to taste. Serve over white jasmine rice.

Jan Keller is the publisher of The Country Register of Colorado.



Cover ArtistKristen Parker

Kris Parker was born in 1969 in central Virginia. Her love of drawing took her to Virginia Commonwealth University School of the Arts, where she graduated with a BA in Painting and Printmaking. After college she worked a variety of jobs ranging from studio sculptor to zoo keeper which, interestingly, never took her too far from her love of art and animals. She now resides, not far from her hometown, on a small farm with her husband and two kids. She draws plenty of inspiration from the surrounding wildlife and their many farm animals; cows, sheep, milk goats and possibly the sweetest donkey ever.

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Back Porch Break . . .

Grateful for the Golden Days

by Nancy Parker Brummett

In places that experience a change of seasons it happens every fall. As the days grow shorter, they seem to take on a golden hue that bathes and blesses us. I don't know how sunlight can change color, but it clearly does. These are the golden days, and we need to embrace them and bask in them before the snow flies.

Life has golden seasons, too, doesn't it? Several couples we know are celebrating their 50th anniversaries this fall. My husband and I are in a second marriage, so we laugh that we'll have to be wheeled into the activities room in assisted living if we make it to our 50th celebration—we'll be 90 and 91. "Look, honey! There's a cake!" one of us might exclaim.



Which doesn't mean we don't appreciate that these are golden years for us, too. We both have our health, the time and inclination to engage in activities that bring us joy, and ministries that make life worth living. We have more family members geographically close than ever before, and we love getting to spend time with them. In our own way, these are our golden years, and we are glad we know it.

I find myself wondering how to spend these glorious, golden days of fall, however. What could I do to celebrate all things golden besides binge watch episodes of "The Golden Girls" — which is never a completely bad idea by the way. Maybe I could buy some goldfish to entertain the cats. I'd love to go gallivanting with a litter of golden retriever puppies. Or pluck a golden pear from a tree. Or listen to a golden oldies station on the radio and reprise some dance moves from the 60s and 70s! Or better than all that, perhaps I should look for golden opportunities to make a positive difference in the world — even to live out the golden rule.

What about you? How will you celebrate these golden days of autumn? Even if life has thrown some crises your way, can you look for the golden aspects of each day? Can you find some time just to sit on a park bench and let the warm autumn sun reach down into your soul? An unattributed quote on Pinterest read, "These are days we dream about when the sunlight paints us gold." Yes! The glorious days when the sunlight paints us gold. Let's enjoy them fully.

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

Become Inspired!

Decorating, Entertaining and Living in the Early American Style

By Annice Bradley Rockwell

The season of fall brings with it a host of blessings. Cooler, crisp days are welcomed after the often-unrelenting heat of an August sun. This natural transition to a season that is adored by many country shopping enthusiasts beckons us to change our home interiors as well as our outdoor spaces to reflect the beauty of autumn. We are also drawn to enjoy outdoor country shopping events that showcase all of the wonder of fall.

Capturing the Essence of Fall

One of the most beautiful ways to capture the essence of fall in the inside of your home is to bring some of nature's bounty indoors. Vibrant pumpkins can easily be found in a myriad of varieties that hold up well in a country display. A Casper variety of pumpkin is another option, which is a gorgeous creamy white and can bring a primitive or sophisticated touch to your home décor. Long strands of bittersweet with the leaves still on them can be brought inside and easily shaped to form a cascading garland around a cupboard or fireplace mantel display. Outdoor elements can also be enhanced by bittersweet. Woven around a primitive fence, this natural vine gives a touch of color that only appears this special time of year. The natural texture and color of dried cornhusks can also lend a nuance of fall's bounty. Birdhouse gourds and long-neck gourds also suggest the season of fall and can be found at many country fairs and shops as they have grown in popularity.

Country Fall Festivities

In addition to the bounty of nature, fall also brings with it plenty of festive opportunities to celebrate the spectacular season of fall. Outdoor country antiques events are often planned for this time of year and, along with beautiful displays of antiques, can often include samplings of food that say true fall. Warm apple crisp, hot cider and doughnuts, or a treat of sweet barbecued ribs are a delight at an outdoor show and make for a memorable day trip. Talking with antiques dealers about their wares and finding a perfect piece to complement your own vignettes can make for a very happy day. Charming country shops bring the country shopper a unique fall experience as well. Shop displays layered with color and texture entice customers to include similar pieces in their own displays. Scents of the season like New England maple butter, warmed apple pumpkin, and cornbread and honey are offered at country shops in the form of attractive jar candles, luscious room sprays and oils to enhance your welcoming fall setting.

Without a doubt the season of autumn is a much-anticipated time. Meandering back roads that are ablaze with the gorgeous glow of turning leaves as you venture to an antiques show with friends can be a soulful and uplifting experience. Finding ways to bring the abundance of natural fall indoors to create a unique space that reflects simplicity can be equally rewarding. However you decide to embrace the beauty of fall, let this transitional time of wonder inspire you and share that reverence 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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We have two lucky winners for this issue of *The Country Register*!
In addition to our \$50 gift certificate winner, another lucky reader will be receiving a copy of *Double Wedding Death* by Arlene Sachitano.
The winner of the \$50 gift certificate to their favorite advertiser is Carissa Honkomp out of Arkansas City, Kan. Carissa does her shopping at Flinthills Aromatherapy where she says, "The owner is so helpful in explaining the benefits of aromatherapy. I have benefitted from their products."
The winner of the book, *Double Wedding Death*, is Joan Cooper of Leavenworth. Joan likes to do her shopping at First City Quilts where she is greeted like a good friend. Joan also mentions that *The Country Register of Kansas* keeps her up-to-date on quilt shows, plus quilting tips and recipes. She will receive her book from the author.

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Random Acts
by Maranda K. Jones
Grandma's House

The Elms and the Pines surround the yard,
While the grass and gravel border the barn.
The wagon wheel gate leads out to the pasture
That held the cattle until they sold last year.
Across the road is the wheat field
Waiting for summer to produce a good yield.
The long dirt driveway leads up to the house
White with brown trim, sitting as quiet as a mouse.
The aroma from the kitchen fills every room,
The silverware clangs, "Dinner will be ready soon."
Pictures of her family cover the walls,
The living room, the bedrooms, and also down the halls.
The waterwheel lamp hangs in the corner
By the big picture window looking out to the north.
The front door stands straight and isn't used as much.
The backdoor opens wide for friends and family and such.
When I am there, time seems to stand still.
My childhood comes back as we head down the hill.
No wonder my children find it a favorite place to come.
My grandma's house is my second home.

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Let Us Give Thanks

By Janet Young

As I write this, Louisiana has just experienced the worst, or at least comparable, flooding equal to what they experienced when Katrina hit a few years ago. Florida has just weathered a hurricane dumping rain and damaging winds throughout before raging up the coastline. California continues to battle wild fires where scores of people have had their homes burnt to the ground. These accounts are only a few of the disasters that have reached our shorelines recently. Nationally, there continues to be devastation after devastation reported almost daily.

As we approach Thanksgiving, I'm reminded how we who have escaped such loss have so much for which to be thankful, while those who have suffered such tragedy may be feeling down and discouraged. When put in the proper perspective, they have much for which they can still be thankful. Granted, some have had the added sorrow of losing a loved one(s) or even their pets. That is not easy to accept, yet they go on. In this difficult time, we, the American people, have showered them with an outpouring of love through donations of time, food, money, household items and even helping them to rebuild their homes.

In this worst hour of need is when neighbors helping neighbors sprang into action. Boat owners in Louisiana went with police to help rescue people from their rain-swollen homes. These acts are an out-pouring of love for our fellow-man. After the storms strangers were there to help in any way they could.

Suffering the losses these people have endured may impact them forever, yet they will go on, because they are a people who through their faith, hope and love will not give up; but continue to fight their fears as they rebuild their homes and lives once more.

As we sit down at our Thanksgiving table this year, be thankful that, except for the grace of God's many blessings, there go you and I. We could be without a home, eating our turkey dinner in a shelter wearing donated clothing.

This Thanksgiving and Christmas season reach out in love to those in need. An invitation to dinner, even a cup of tea served in a dainty teacup can reach the hearts of those less fortunate.

This Thanksgiving may we especially be thankful for all God has provided for us. And may His Light shine through us, as we reach out to others in need. For in that one moment, we provide these dear people the opportunity to forget their hardship and experience the love and courage to go on.

Janet Young, Certified Tea and Etiquette Consultant from the Protocol School of Washington, is a Founding member of Mid-Atlantic Tea Business Association, freelance writer/national tea presenter, and owner of Over The Teacup Inc. You can email her at janet@overtheteacup.com.



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The Knitting Savant ...

Inheritance

By Andrea Springer

Sometimes life drops a happy coincidence in your lap. One of my favorite recent coincidences was running into the daughter of a former coworker at a volunteer event. She was a young thing when I worked with her mother, and it's been a delight to get to know her as an adult. Her mother has passed on a few years ago, but my friend remembers her in small ways every day. Earlier this year she asked if I could help go through her mother's knitting bag and then, teach her how to knit. My response? "Absolutely."

Many of us have had the good fortune (or misfortune, depending on your perspective) of being the recipient of someone else's "stash". Sometimes it's the knitting bag with yarn, tools, a pattern or two and maybe an unfinished object (UFO), and sometimes it's boxes of yarn, books, needles and magazines – all curated by a crafter with a vision. It's fun looking through vintage patterns and notions, oohing and aahing over that half-finished baby sweater, but then what? Here are a few things to consider:

Yarn – Check yarns that you know are older than a decade. Acrylics may be perfectly fine to knit with, but natural fibers tend to degrade over time. The easiest way to test is to pull a length off of the skein and see if it pulls apart easily. If so, it's past its prime. Sometimes the outside of the skein is weak but the inside yarn "hangs together" like it's supposed to and can be used in projects. The deteriorating yarn can sometimes be used in a needle felting project, but sometimes, it just needs to be tossed.

You may find partial skeins – some with labels and some without. If you have the label, you can weigh the partial skein on a kitchen scale and calculate the remaining yardage based on the total yardage and ounces provided. If you don't have the label, you'll need to determine the type of yarn it is (DK, worsted, bulky, etc.) based on the "wraps per inch" or "wpi". Grab a ruler and the mystery yarn and count the number of times you can wrap it over one inch. You can find a handy reference chart for "wraps per inch" conversions at ravelry.com.

Needles – While needles and notions are fairly standard over generations, not all needles over the years were marked with sizes. Use your trusty needle gauge to check sizes.

My friend found some yarn and a pair of needles in her mother's bag and has started her knitting journey. Over the last year, she's moved from making practice swatches to knitting fingerless gloves and has new projects on the horizon. It's been a lovely way to use the creative tools she inherited and lets us both remember the special person her mother was.



Andrea Springer blogs at www.knittingsavant.com where she helps folks remember that they have everything they need to be successful in knitting and in life. You can share comments or ideas with her at andrea@knittingsavant.com or follow Knitting Savant on Facebook and Twitter.





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Mikey the Calf

By Tammy Page

We recently had a mother cow have twins in one of our pastures away from the farm. By the time my husband could check in on momma and her babies, momma had forgotten about one of them. Apparently, momma had delivered one, moved around while having the second one and either forgot about the first or decided not to claim him. We don't know why this happens or what the cause of it is, but unfortunately, a newborn calf can die very quickly if it is not claimed by its momma and has not nursed soon after birthing.

The owners of the pasture we rent, the Beamers, had noticed that the forgotten calf was lying by himself and had not been claimed by the cow. They had gathered the calf up, brought it into their garage, put it in a large dog crate and fed it some whole milk from a bottle. We had not been aware that the calf had been abandoned and did not know of its plight until the next morning. When my husband arrived, the calf



Mikey the calf

was very weak, and he was not sure Mikey would live through another night. Milk replacer was bought and antibiotics were given and our pasture landlords said they would keep the calf there and feed him every few hours and try to get him stronger. We agreed to let the calf stay with them and would be back the next day.

The next day I went with my husband to check on Mikey. As we walked up to the garage door, I could hear the caretaker talking to Mikey, telling him he was a good eater. When we entered the garage, there was Mikey with his head up and frothy milk residue all around his mouth. My husband picked him up and took him out to the yard. He slowly wobbled his way to the fence where his momma and some other cows were grazing. Poor Mikey went straight to his momma, but she did not acknowledge him. Why or how could a momma ignore her own baby? I felt so sorry for him. I went and got him and herded him back to the garage and his little pen. He let us all "love" on him as he made his way straight back into his little straw-covered bed.

Mikey stayed with the Beamers for another day and then was brought home to our barn. He's made himself at home in his big pen in the barn where he can catch the morning sun by the gate. Every morning and every evening he gets a full bottle of milk replacer along with electrolytes for added energy. He's slowly growing and gaining strength day by day. His odds of living and growing into a full-grown bull have increased tremendously.

Have you wondered why his name is Mikey? Well, the pasture where he was born belongs to the Beamers, and Carol Beamer, who gave him whole milk to save his life, said "that's Mikey, he'll eat anything." Readers may remember that there was once a cereal commercial about a little boy named Mikey who would eat anything.

Only time will tell if Mikey thrives and grows to adulthood. One thing for sure, if he does, he'll be one spoiled calf.

Wit and Wisdom . . .

Laughter is internal jogging

by Cheryl Potts

Humor is a gift from God. It's a sign of a happy, healthy spirit from within. It's been said that "good humor is the health of the soul. To be healthy, one must have a happy mind." If you are fortunate enough to have a friend with a sense of humor -- it's totally worth its weight in gold! Some people have a gift of cheering up and giving comfort and laughter to those around them.

There's not a conversation, shopping spree or scenic drive that my friend doesn't break out into a silly song, goofy poem or sound effects. "Life is always worthwhile to the person who can laugh, love and lift," and pass it on to others. Despite the sagging economy and discouraging world news, there is always something to be grateful for. We often need to intentionally look for things we can thank God for. "You'll add to your joy when you count your blessings." It's definitely a mind-set that can become a daily life saver and then a way of life. A happy spirit, pleasant demeanor and laughter can do more for your physical health than you realize. "Laughter is a tranquilizer with no side effects." Scientific research totally backs this up! God's Word said it first in Proverbs 17:22 "A cheerful heart is good medicine."

Personally, I don't think you can look beyond the world's troubles without having a relationship with the Heavenly Father. "Laughter, if it comes from the heart, is a lovely thing." He's the only one who can give hope, peace and joy to our heart! Scripture also admonishes us to "Rejoice in the Lord always, and again I say rejoice!" (Philippians 4:4) It's a double reminder.

In conclusion, humor is to life what shock absorbers are to automobiles. He who laughs, lasts!

Cheryl Potts is now a retired Elementary Reading Specialist (34 years), privately tutoring reading in her home, directing a homeschool choir, writing part time and a proprietor of a craft shop named "Gramma's Drawers" which sells antiques, and home-made gifts and crafts. We are located at 2222 County Route 2, Richland, N.Y. 13144, open Tuesdays and Thursdays from 1-6 p.m.



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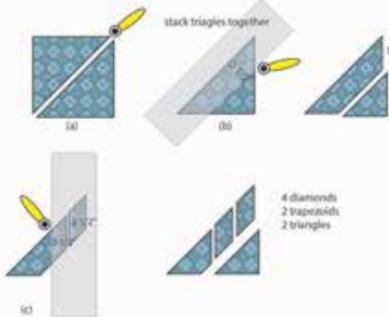


Scrappy Summer Star
64" x 64"

Please read through all the instructions before beginning this project. 1/4" seams are used throughout unless otherwise stated.

- Cutting:**
 From EACH of the 14 printed fabrics cut: (2) 10" x 10" squares (28 squares)
 From EACH (16204-10R and BLE102) cut: (2) 10" x 10" squares (4 squares, 32 total)
 From the background fabric cut: (8) 10" x 45" strips. Subcut into: (32) 10" squares
 From the binding fabric cut: (2) 2 1/2" x 45" strips

Blocks:
 Start by cutting your square in half diagonally (a). Place the two triangles on top of one another for faster cutting. From the diagonal edge of triangle, measure over 2 1/2" and cut (b). You now have a trapezoid shape and a triangle shape. Set aside the triangles. From the edge of the trapezoid strip measure over 2 1/2" and cut (c). This gives you a diamond shape. Repeat for another cut. From the 10" square you now have 2 triangles, 4 diamonds and 2 trapezoids (d). Repeat this for all remaining prints and all background squares.



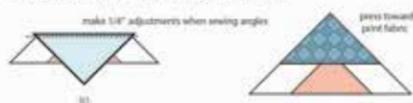
Once your shapes are all cut from both sets of 10" squares you can start sewing the blocks back together. Rearrange the fabrics so that each block has a scrappy look. Your block consists of 1 triangle, 1 trapezoid and 2 diamonds from the print fabric and the same from the background fabric.



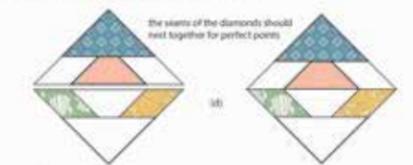
Sewing:
 All seams are 1/4". Start by sewing a diamond background to each side of a printed trapezoid (a). Repeat for opposite background trapezoid. Press all seams in this quilt towards the print fabric (b).



Next sew your triangles to the trapezoid unit (c)



Repeat for opposite side and sew together to make one block (d). Trim block to 8 1/2" square. Make 64 blocks.



Assembly:
 Lay out your blocks 8 across by 8 down. Pay attention to the rotation of the block as you go. Sew blocks together in rows. Press rows in opposite directions. Then sew the rows together.

Quilt as desired and bind!



Older

By Jo Branham

This is the time of year when I am glad I'm grown up. Most of the rest of the year I wish I was a kid again, but Fall makes me happy to be an adult. Now I love the cooler days and the colors of the leaves as they begin to turn. But I remember, as a child, how tense and unhappy I would get as August and September rolled around. It meant the beginning of school, and I positively disliked school. As a character in one of my favorite books says (when his mom tells him not to say he hates someone), I disliked school so much I wish it would get run over by a big old truck.

I was a good student, and I enjoyed learning. I just didn't want to leave home. Most years I would struggle through the first month or two, until school became an unavoidable habit I got used to. There were numerous trips to the nurse's office with the hope that they would send me home. That didn't happen often, but it did work sometimes.

My two worst years were second grade and my junior year of high school. I missed nearly a whole semester both of those school years. My parents were at their wit's end trying to figure out what was wrong. They begged, pleaded, bribed... and sometimes they even yelled at me. But I would refuse to walk out the door and get on the bus.

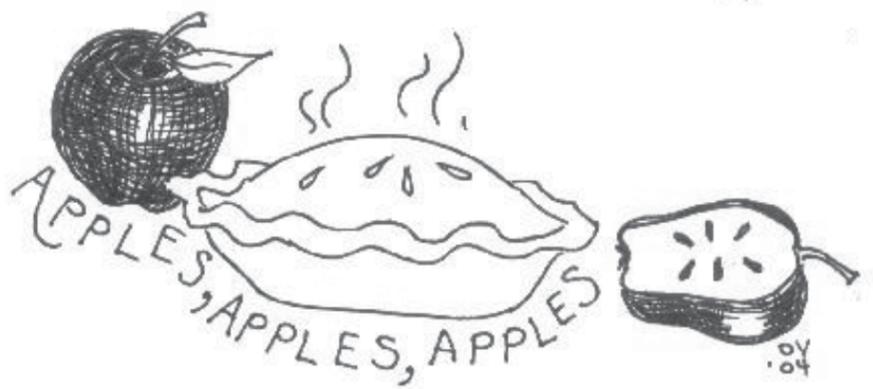
Somehow I made it through school without being held back any grades. What a relief! No more school.

About a year after I graduated my mom brought a magazine to me and told me to read a certain article. Wow. I hadn't been on the brink of a nervous breakdown or going crazy as some people suggested. My problem had a name: agoraphobia. The Mayo Clinic defines agoraphobia as an "anxiety disorder in which you fear and avoid places or situations that might cause you to panic and make you feel trapped, helpless or embarrassed. You fear an actual or anticipated situation, such as using public transportation, being in open or enclosed spaces, standing in line, or being in a crowd." That was me. I was afraid of being afraid. I was afraid I would get in a situation where I would become afraid or have a panic attack, so I just wanted to stay home.

As I grew older, the fear gradually lessened but did not completely go away. It still raises its ugly head sometimes. When I first started overcoming agoraphobia, I wouldn't go anywhere alone. I would have a panic attack some mornings on my way to work, which is only about five miles from my home. But knowing what the problem was, and talking with other people who face the same fears, has helped me grow and learn how to deal with it.

I do not spend my days huddled at home. I work. I go shopping. I run around and occasionally do shop interviews for The Country Register. And now I can do all these things by myself! When I feel an attack starting (and you can feel it coming on), I begin to pray and try to keep my mind busy. If I'm with someone, I will start talking to them to try to occupy my mind. If I'm on the road driving somewhere, I will pray and try to think of other things or call someone and chat on the phone. God is good, and He is faithful.

I'll be perfectly honest with you, though. If I had it to do over again, and I knew what the problem was... I still would dislike school. I would dislike it very, very much.





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Quilting with Barbara . . .

Using up those scraps

By Barbara Conquest

After 50-odd years spent in the educational system as both student and teacher, it isn't surprising that to me the first day of September feels like the true New Year – a time of fresh beginnings. Rather than averting my eyes every time I pass the ever-growing pile of scraps in my workroom, I've decided that this will be my Year of the Scraps. I won't be alone; several of this fall's quilting magazines feature articles on this topic. It is also possible to find much help from recognized experts in books and on websites.

Bonnie Hunter, (www.Quiltville.com) author of several books on using scraps to good advantage (e.g. the iconic *Adventures with Leaders and Enders*, C&T, 2010) could be called the reigning queen of scrap quilting, and it's unlikely she will be deposed any time soon. However, several others appear eligible to join the royal scrap-quilter family, perhaps as duchesses? Princesses?

Joan Ford, author of three ScrapTherapy™ books, comes to mind, as does Amanda Nyberg, co-author of the popular *Sunday Morning Quilts*. Both these ladies have new books available detailing their methods of storing, sorting and using the scraps we all wish we didn't have. Nyberg, while acknowledging the economics and satisfaction of making scrap quilts, also feels "scrap quilting is a great way to honor the women (and men) who have gone before us, who stitched quilts from what they had on hand and who handed down this wonderful craft to us." The title of her new book *No Scrap Left Behind: 16 Quilt Projects that Celebrate Scraps of All Sizes* (C&T, 2017) is an accurate indicator of the book's contents. She has a use for scraps of any size, including selvages. She sorts her scraps first by colour, then by size and shape: squares, strips, triangles and snippets. The sixteen projects in the book make use of these shapes while effectively transforming a pile of scraps into useful items.

Joan Ford, who founded the ScrapTherapy™ program in her first book *Cut the Scraps* (Taunton, 2011) states, "The Scrap Therapy concept is about sorting, cutting and storing scrap fabric using a simple, sensible, and logical process, and then using the sorted scraps in inspiring patterns that incorporate varied techniques," and in lively prose this is exactly what she does. Illustrations and detail are accompanied by much valuable additional information about other aspects of quilting. Twenty patterns for scrap projects, from quilts to totes, follow.

The second book in the series, *Scraps Plus One*, (Taunton, 2013) takes the scrap quilting process somewhat further, using scraps plus one added element. This "plus one" may be one colour, one neutral, one focus print, one theme, one shape, one fat quarter. . . added to the scraps you plan to use. You may have this plus-one element on hand, or (gasp!) you may have to buy it. Even if this is the case, you're still going to be cutting down your scrap collection. Any of the twenty patterns included will get you off to a good start.

Ford's most recent book in the series, *The Versatile Nine Patch* (Taunton, 2017) concentrates on possible uses of three main ScrapTherapy™ sizes of squares: 2", 3 1/2" and 5". The nine-patch blocks don't stay standard nine-patches for long! We know about hidden nine-patch blocks, but what about the transformed, elevated and nested variations? You won't believe what can be done with a few – or a hundred – nine-patches! All are illustrated and explained down to the last stitch in the eighteen designs included. Some projects require the use of printed fusible interfacing (Quiltsmart™), in itself worthy of further exploration under the tab "Freebies and Fun Stuff" at www.hummingbird-highway.com.

The authors mentioned above are only three of many who have written about their methods of utilizing fabric scraps, and I plan to experiment with some of them. Others undoubtedly have equally-effective procedures that work for them. If you find one that works for you, use it! Let's clean up those albatrosses a.k.a. scraps (so we can buy more)!

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Prescription for Adventure ...

Autumn loss or autumn opportunities?

By Naomi Gaede Penner

Autumn is my favorite season. I look forward to the invigorating chill in the air, hot cups of tea and mugs of coffee, the comfortable feel of flannel shirts and flannel sheets, the lingering fragrance of wood smoke from fireplaces, and dog-walking with the music in my ears of freshly fallen leaves crunching beneath my feet.

I smile in amusement watching my creamy-white retriever run wild zigzags in the open field, invigorated by the crisp temperatures. She finds areas collecting wet run-off and after wading to her knees, she dashes out and hurls herself into the tall grass, thrashing and rolling in contentment, then standing up with a grin.

Autumn can be a welcome relief from the heat of summer and the random schedules with vacations and kids out of school. Pumpkin patches and colored leaves often evoke fond memories of Halloween trick-or-treating, or of Thanksgiving gatherings with warm pies and interacting multi-generations. On the other hand, these images can be a stabbing reminder of emptiness from the loss of children who won't be around for the holidays due to military enlistments, rebellion, or estrangement; or the pleasure is dampened by poor health that prevents participation in the seasonal, and previously revealed in, activities.

My mother knew the loss of family. She'd been uprooted to Alaska, away from her small community of Peabody, Kansas. She felt family absence more keenly in autumn, which, like a closing door, nipped away the pleasures of gardening and bonfire picnics, and pushed her into the black and white world of winter. Already in mid-August, the frontier frost touched the cabbage, and chainsaws, biting into firewood, whined. Evening and morning darkness strangled the sunlight. Upcoming holidays would not be celebrated with a table full of cousins, aunts and uncles. And so along the Yukon River, she watched and waited for handwritten letters describing familiar activities, a new twist to a recipe and how many tenths of rain had fallen the previous week.

There were losses. There were also opportunities. Her resourcefulness turned indoors. Her need for relationships turned outward. She contentedly poured molten colored wax into tin cans and then whipped up white wax frosting to lather around brightly colored candles. If ambitious, she'd sprinkle on glitter before the wax dried. These would be future Christmas gifts for school-teachers and friends. Christmas lights went up early, strewn around inside windows to bring a cheerful contrast to the obscurity beyond.



Taffy watching the deer.

My siblings remained in Alaska. They mourn, but manage, the short autumn.

My sister in Fairbanks heads to the Barnes & Noble where the sudden warmth mists her glasses. She stomps snow off her boots, heads for Starbucks coffee, and then with a tall cup in hand, sinks into an overstuffed chair and puts her feet on the hearth of the huge round fireplace made of heavy stones. In the long days of summer, this opportunity was not as prized.

Another sister pulls out fabric and patterns and mulls over choices for a flannel quilt. A cup of tea and praise music in the background will brighten the corner where she sews. No pulling weeds now.

My brother's focus shifts from his gold claims, mowing the homestead taxiways, and painting outbuildings, to composing and recording music in his studio and picking berries. There's nothing else that demands his attention besides preparing his snowplow and playing indoor pickleball.

For me? Autumn 2017 means the opportunity to sort through old letters, play with words, do research and synthesize these bits and pieces into my fifth book, "The Bush Doctor's Wife." For my dark-eyed fluffy dog? She'll be sniffing the air for snow, stretched out in the mid-day sun or sitting silently with her nose pointed toward a herd of deer. All her senses will be engaged in the opportunities of autumn.



Find and purchase Naomi's Prescription for Adventure books, at www.prescriptionforadventure.com or by calling 303.506.6181. In Kansas, available at: Faith & Life (Newton) or Kansas Originals (1-70 at Wilson.)

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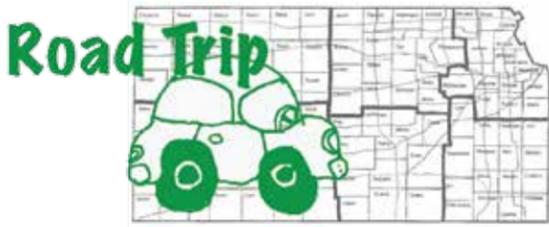
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Road Trip • Westmoreland



Westmoreland

- The Tin Station
- West Pharm
- Rock House Antiques
- Blue Barn Farm

a little jewel filled with antiques and primitives displayed in an easy-to-browse arrangement.

“I actually bought the building thinking I would use it for my taxidermy business, but my friends and I saw the potential of the building. I decided to use it for another love – antiques and primitives,” Vicki said.

Like most stores of its type, The Tin



Heading to Westmoreland

By Cindy Baldwin, Country Register editor

One of the first, if not the first road trip I took for The Country Register of Kansas was to Westmoreland. That was nearly nine years ago shortly after I became the publisher of the paper. Since then, the downtown area of this county seat town has seen some big changes. Only one business I visited on that first trip is still open with the original owner, and the only other that is still open has new owners and a new name. The rest have closed as their owners have either passed on or moved into retirement.

So a business trip to nearby Manhattan, prompted me to make the 30 minute trip to Westmoreland to see what it had to offer for those looking for a bit of shopping experience – or in the case of Blue Barn Farm– experience a little adventure.

I left Manhattan and took the scenic route northeast on Highway 13. I typically take Highway 99 north from I-70 heading through Wamego, but a friend recommended I go this way, and I’m glad I took the advice. I drove across Tuttle Creek Dam and into pasture country enjoying the view and soon came to Westmoreland. Main Street is a mix of new and old buildings, some of which date back to the early days of the community. One of those is my first stop. The Tin Station.

The Tin Station

209 Main St
785-477-4509
Hours: Tuesday- Saturday 9-5



The Tin Station is housed in a building that has had several transformations over the years. It’s been a gas station, a feed store, and for many years was the receiving station for animal pelts, which were then processed by the owner – leaving Westmoreland residents with a vivid memory of grime and stench.

Walking into the shop, you would never guess about its past. Owner Vicki Taylor has kept much of the original tin in the décor and its historical roots as a station in the name, but hours of elbow grease and hard work have made the shop



Above: Some of the kitchen related items at The Tin Station. Looking for cast iron? More interested in barn related items - how about a saddle?

Left: Fresh flowers are available for special order or choose from the flowers kept on hand in the flower display case.

See Road p.14



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Westmoreland
December 2

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details coming
soon!

Buhler

From WESTMORELAND pg 13

Station's inventory is always changing. Vicki likes to have a good turnover of merchandise and enjoys rearranging the shop on a regular basis.

"It's interesting. I'll have something here for quite a while and move it to another spot in the shop. One of my regulars will come in, see it and want to know when I got it in," Vicki said.

As I browsed through the shop, I admired a library table that reminded me of the one I used as a desk growing up, a drop-leaf table that was the spitting image of my grandparents' Duncan Phyfe set, an old Singer sewing machine, a wood burning cook stove complete with an impressive array of cast iron skillets, glass ware and dishes,



Sewing machine at The Tin Station



Chris Stockwell serves a customer some of her Morning Glory bakery goods available on Wednesday and Friday.

kitchen appliances, lamps, artwork – even a saddle. And, in tribute to Vicki's taxidermy skills, a mounted deer head.

In addition to the antique inventory, Vicki stocks new gift items from candles to jewelry and has a vendor who brings in handcrafted gift items for sale.

But, the Tin Station is more than just an antique shop. It is also an outlet for Morning Glory Bakery and a flower shop.

The back room of the shop has tables and chairs for customers to relax, visit and enjoy fresh pastries baked by Chris Stockwell, owner of Morning Glory Bakery.

The bakery has been selling its fresh-baked goods at The Tin Station since the spring. On Wednesdays, Chris offers lunch items, typically bierocks, hot pockets and brownies. On

Fridays, she satisfies your sweet tooth with pastries and cookies. The day I was there, the goodies included cinnamon rolls, pecan rolls and several cookie varieties. She typically is open until the merchandise is gone. If you go for the goodies – make sure you get there in the morning or you will be out of luck.

"We've hosted groups of Red Hat ladies who come to shop and have coffee," Vicki said. "And, we are a gathering place on the mornings Chris is here."

Vicki also offers fresh flowers and tries to always have some on hand for last minute needs. She takes orders for flowers around holidays – such as Valentine's and Mother's Day – associated with flowers and for proms. Flowers can be ordered for special occasions, funerals etc., at any time.

An artist, Vicki offers a variety of art classes at the shop on Thursday evenings.

Vicki is one of a group of Westmoreland residents and business owners who are eager to show what Westmoreland has to offer to visitors. The Tin Station – and Morning Glory Bakery – does a great job of welcoming people to town.

I left The Tin Station and headed down the street to my next stop the West Pharm.

West Pharm

402 Main
785-457-3611
Hours: Mon:-Fri 8-6, Sat 8-noon



You might wonder why a pharmacy would be on my tour of Westmoreland businesses. Well, just like The Tin Station, there's a lot more to the West Pharm than meets the eye.

The West Pharm was one of my stops on my first road trip to Westmoreland, but it was called Hoffman Pharmacy. Owners Bill and Trudy Hoffman retired over a year ago and the store was purchased by pharmacists Heath Eisenbarth and Johnny Schlodder. While the residents of Westmoreland appreciate having a pharmacy in town, the real draw of the shop for shoppers like me



Naked Bee products and K-State and KU items are available.



is the 1950s-vintage soda fountain that takes up one side of the shop.

Shoppers can sit in one of the booths or on a stool at the fountain bar and enjoy an old-fashioned fountain drink – including root beer floats – or a dish or cone of one of the eight flavors of ice cream



Above: The 1950s vintage soda fountain is a popular spot at the West Pharm for fountain drinks and ice cream.

Lower Left: The shop carries a selection of gift items, including for the younger set.



Heath said he is really enjoying his relationships with community members. "Westmoreland is thriving and growing. We are really happy to be able to offer not only pharmacy services, but other items that keep people here in town to shop."

Don't overlook West Pharm when you are in Westmoreland. You might find just what you need – and it's always a good time for a root beer float.

After finishing your fountain drink, there are shopping opportunities. In addition to school supplies and greeting cards, West Pharm also carries a nice selection of gift and school licensed items and home decor. They also carry Naked Bee products.

Rock House Antiques

321 Main St
785-456-5230
Hours: Friday 10-5 & Saturday 10-2 or by appointment



Across the street from the West Pharm stands a rock-faced building which drew the attention of Jill Lenauer when she moved to Westmoreland several years ago – even though its natural beauty was hidden by an added false front. At the time, it housed the newspaper.

"As soon as I saw it, I wanted to do something with it," Jill said.

She and her husband purchased the building and began restoring it, tearing off the added front to find tall windows and doors and gutting the interior to open up the space for what she loves – primitives and collectibles.

"I've always wanted to do a destination shop," she said. "I have an



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antique shop in Missouri (now being run by a relative) and I wanted to do something like that here after I moved to Westmoreland. I've been collecting stuff since I was 18. I just love it."

She describes the shop itself as rustic and cozy. Filled with an eclectic mix of primitives and collectibles and the unusual. I was particularly intrigued by an old wooden casket

of undetermined age. Positioned close by were an antique high chair, vintage clothing, a collection of old typewriters on a roll-top desk next to old metal toys that had been well-loved and used during by some little boy or girl. Adding to the atmosphere were white Christmas lights strung throughout the store.

Jill considers herself more a decorator than a collector, so when she finds a new piece she envisions what it would look like in her home. She's a firm believer that the things you buy for your home should be more than utilitarian – they should be fun and they should be unique. She is glad to give visitors ideas to use things in their homes to make them "cool."

She is drawn to big furniture pieces. When I was there a long, rustic table was positioned not far from a vintage pool table – which is available for young or old people to play a game.



Jill has a sense of whimsy and the eclectic as she finds objects to stock her shop -- from toys to caskets, you will never know what you will find.



As I sat and visited with Jill at the big, antique bar installed at the front of the shop, I recognized the same casual and friendly feel that I had felt at the other Westmoreland businesses I had stopped at. Even though the bar isn't a working one, there are soft drinks and water in a cooler, which she



offers to shoppers as they chat.



If you are needing a quick gift, there is a display of Pickwick & Co candles, Shelly's Jellies and hand embellished towels.

"I didn't want a stuffy antique store," Jill said. She added that she wanted a place with cool stuff, in an interesting building where people were comfortable hanging out. She has a particular interest in saving and restoring old buildings.

I think she achieved her goal. I left Rock House Antiques and headed out of town to my last stop – Blue Barn Farm.

Blue Barn Farm

9955 Huff Rd
785-457-1037

Hours Sat & Sun in October 12-6 pm or by appointment



Blue Barn Farm is northwest of Westmoreland via either Hwy 13 or Hwy 99. My GPS found it with no problem and, during pumpkin season owner Mary Jo Hanner has signs posted. Pumpkins are what it's all about this time of year at Blue Barn Farm, a family friendly pumpkin patch and corn maze.

The Hanners have lived on their acreage for several years, moving there from California via a short stay in Abilene. They hadn't really intended to start a pumpkin patch.

"I threw out some seeds in this patch of ground and they grew. Then I had to do something with them, so I advertised pumpkins and they were a hit. The next thing I knew, I was in the pumpkin patch business," Mary Jo said.

The pumpkin patch features a variety of pumpkins in different sizes and colors. During pumpkin season, there are old-fashioned pumpkin-related activities available for families to do – all at no additional cost. Families can choose to pick their own pumpkins or purchase one from the those picked by the Hanners.

"We don't charge a fee to come to the pumpkin patch or do the activities," Mary Jo said. "People pay for the pumpkins and any refreshments they might purchase, but the other activities are free. We're providing a fun activity for families."

Mary Jo said she hadn't realized how much that meant to families until one mom who had a large family in tow, told her how nice it was to be able to take the whole family. They couldn't afford to pay an entrance fee for all their children, plus pay for activities and pumpkins. The pumpkin patch has also been "discovered" by K-State students who have found it to be a very economical date.

The pumpkin patch is open from the last week of September through Halloween, but Blue Barn is also available throughout the year for parties and family gatherings with plans to open as an event center suitable for weddings, receptions and similar events



Serving area in the Carriage House. During pumpkin season, this building serves as a store and concession area. It will be the staging center for caterers for events.

See ROAD TRIP pg 16

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Leavenworth

next May.

Mary Jo walked me around the property as she described her vision for Blue Barn Farm from outdoor weddings by the picturesque pond to campouts for kids to receptions in the barn to kids' birthday parties. The goal was to put the person hosting the party in



During pumpkin patch season, all the attention is on the pumpkins and the corn maze. Pumpkins were still in the grow stage during my visit



The pond on the property of Blue Barn Farm is a focal point for fishing and boating parties and will serve as an outdoor wedding venue.



control of the budget. With a lot of experience planning charity and fundraising events, Mary Jo is aware of how expensive finding a venue, catering etc. can be.

"We want them to be take this palette and make their own event – as simple or as elegant as they want it to be," she said. She is developing lists of vendors in a wide range of price points from which guests can choose. The farm has a building right next to the barn for use of caterers. Before the spring, an addition will be added to the barn so it will accommodate 100-150 people at tables.

As we walked around Mary Jo's lovely property, I could see it – a Monet painting in a peaceful setting in the Flint Hills. She intends to start booking for events in Spring 2018.

Whether you are looking for a fun, economical family activity this fall or a venue for

a wedding, you won't find a more gracious host than Mary Jo at Blue Barn Farm.

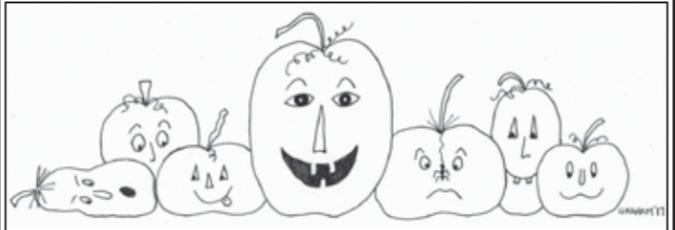
As I headed back into the sunset going home, I thought about the four businesses I had visited in Westmoreland and the welcoming atmosphere I found. Four very different businesses, but the same attention to the customer and shopping experiences and activities that appeal to a wide range of interests.

When in the Westmoreland area, you might consider staying at the Bed and Buggy Inn. The Bed and Buggy Inn is located between Westmoreland and Highway 24 just off Flush Road. They were featured in my original road trip to Westmoreland story. My husband and I have had the pleasure of staying with Shari Dodd twice, and it was a great experience. If you are traveling in the area and need a place to stay consider the Bed and Buggy Inn. The city also has an RV park with full hook-ups for those who enjoy camping.

Other attractions in Westmoreland include the Rock Creek Museum and several historical areas including the Veterans Memorial and the historic hand dug well. Westmoreland is located along the Oregon Trail and has a rich pioneer history.

Westmoreland is developing an active antiques/primitives district in their downtown with several other businesses that I wasn't able to visit. Hours are variable with these businesses..

Countryberries Designs Pumpkin Patch



This pattern is free for you to use. Please give the artist credit. Not for commercial use. Enlarge this pattern to your desired size. This pattern was designed to be painted, but it can also be needlepunched or hooked. It would be cute done as a wool applique with embroidered details. Have fun!

Designed by Kathy Graham

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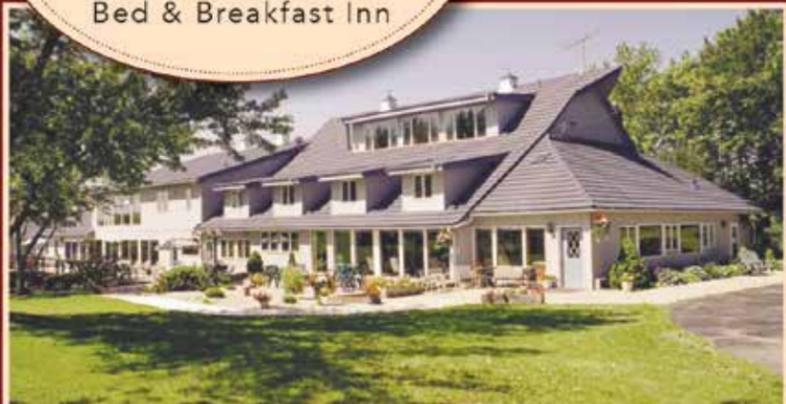
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Birthday Chocolates for Aunt Carmen

by Kerri Habben

Eight years ago, I accepted a writing assignment of ghostwriting in its most literal form. It was a gift, and one that I treasure. It was September 2009, and my aunt was becoming 90.

Living across the United States, my mother and I contemplated what to send for this milestone. Then I remembered Mr. Goodacre. Or perhaps Mr. Goodacre thought of me. Either way, an idea was born.

My aunt had recounted about when she was a child of twelve and Mr. Goodacre, a boarder in their home, would bring her a particular brand of chocolates called Evangeline. These chocolates had to be shared with her parents and her brother (my dad), and they had to last the entire week. Otherwise, the next week there would be no box of chocolates. My aunt described this man as an older, kind British gentleman.



Evangeline chocolates for Aunt Carmen

Mr. Goodacre compelled me to search on the web for Evangeline chocolates, whereupon I discovered a chocolate company in St. Stephen, New Brunswick, Canada. They had marketed their chocolates under the Evangeline name from 1908 until the 1970s. With a bit of math and hope, I surmised that these chocolates had been available in 1931 in New York City's boroughs -- the time and place my aunt described.

I had a delightful conversation with Cheryl when I called the company. She said they had a few commemorative Evangeline boxes remaining, thus the chocolates would journey from New Brunswick to Northern California.

It was then that my unprecedented assignment came my way. Mr. Goodacre wished to write a letter to my aunt to be sent with the chocolates. Of course, he expressed his difficulty at writing since he had passed away many years ago, so he called upon me to compose this letter.

I beg his understanding in sharing a portion of it:

"Of course, there was a caveat to my gift then. You were but a child. How was I to reveal that life is a balance of sweetness, of sharing, and of discipline without insisting the chocolates last a week?"

"You may devour these chocolates at whatever pace you choose. You may eat all of them if you like. And you can enjoy them whenever you want."

"I have only one request. Enjoy them knowing that, while you once ate these chocolates at your home in Brooklyn, love knows no address and no time."

Mr. Goodacre lamented he could not reimburse me for my letter writing. I assured him that I had been amply rewarded. For there was joy and love in Aunt Carmen's voice as she said, "It was as if he wrote the letter himself."

And that was my aunt. She could make me feel like I'd won the Nobel Prize for Literature when all I'd done was help Mr. Goodacre write a letter.

Late this September is my aunt's 98th birthday. We dearly wish that we could send a gift, chocolates or otherwise, but she passed away suddenly at the end of October last year.

We have a treasured photograph of the Habben family all together on the porch from the late 1920s. Great-Grandma and Aunt Edie are visiting from Quebec, and Grandma Habben wears a corsage. The smiles speak for themselves.

If our Father's house has many mansions, perhaps there are front porches. On this birthday, Aunt Carmen can celebrate with the family all together for the first time in many decades.

Perhaps there will even be an endless box of chocolates delivered by Mr. Goodacre, himself.

Kerri Habben is a writer, photographer and crochet instructor living in Raleigh, NC. An avid crocheter and knitter, she learned these skills from her grandmother and mother. She donates many of her yarn creations to those in need. Kerri has gathered a decade of essays she is working to publish. She can be reached at 913jeeves@gmail.com.

SHOP NEWS

Buffalo Gallery/Pigeonhole Studio opens in Scandia

SCANDIA, Kan. – The Buffalo Gallery-Pigeonhole Studio opened in September at 302 4th Street in downtown Scandia. Owners Connie Levendofsky and Marla Wilson are combining their artistic talents and love of all things vintage in the shop, which will feature an eclectic mix of their individual creations as well as vintage and rustic pieces. Levendofsky designs original copper jewelry pieces and repurposed license plates, while Wilson repurposes vintage items. She is a regular contributor to The Country Register with her Salvage Style column.

A grand opening is planned for Saturday, Oct. 14 from 10 am to 5 pm. The shop is another addition to a Scandia business district that caters to those looking for the unusual, the original, antiques and rustic pieces. Stop by and see what they offer.

Hours are Tuesday through Saturday 10-5.

Mea Bernina moves to new location

LAWRENCE, Kan. – Mea Bernina has moved to a new location in Lawrence. The shop is now located at 2120 W. 25th. Phone number and hours remain the same.

Quilted Memories has a new look

OVERLAND PARK, Kan. – Quilted Memories Quilt Shop is relocating to 11301 W. 87th Terrace in Overland Park. Phone number will not change.

Editors note: Both Mea Bernina and Quilted Memories are on the Great Plains Shop Hop in October. Remember that they have moved if you are planning on going on the shop hop.

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Memories of Autumns Past

by Deb Heatherly

Cooler days and changing leaves bring with them the transition from summer to fall. I look forward to this time of year when the hustle and bustle of summer is over, and everyone settles back into a routine. Decorations in rich reds, oranges and golds abound at every turn, and memories of autumns-past fill my mind and senses. I can already taste the cinnamon spice, pumpkin pie and candied apples, which are all a part of this season, and hear the rustle of the leaves that will crunch beneath my feet.

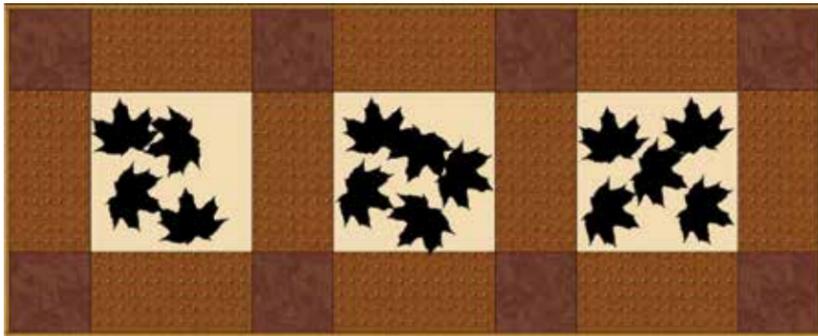
Here in the mountains of western NC, fall means that a glorious display will take place right outside of our windows. Depending on the elevations, the mountains will put on a show from late September into mid-November. The higher up you are, the earlier the leaves will begin to 'show off.' Last year I tried to capture this production by taking daily pictures of some of my quilts with the colorful seasonal display in the background.

Since I grew up in coastal SC, fall never had the same impact that it does here in the mountains, but I distinctly remember gathering leaves in kindergarten and then pressing them between wax paper sheets to create placemats. This memory resurfaced the first year that I moved to the mountains and manifested itself as a table runner.

I purchased a variety of washable silk leaves from the hobby section of a local store. (These leaves have no stems and are just single leaves for crafting.) Next, I purchased 1/2 yard of a fine tulle in a gold/brown color to top them with. Instead of wax paper, my silk leaves were set between 8 1/2" squares of light background fabric and then topped with 8 1/2" squares of tulle. After gluing the leaves to the background squares, topping the squares with the tulle, and basting the edges of the blocks, I used the blocks to piece my simple runner. I used 4 1/2" strips of a leaf-themed fabric for the sashing and border and added paper pieced leaves as corner stones.

NOTE: You can also omit the paper pieced leaves and just put a pretty, contrasting fabric in this spot. If you omit the paper piecing, cut the squares for the cornerstones 4 1/2". You may even omit the cornerstones and just use a pretty print for a solid border. Have fun and make your own unique creation. (NOTE: Tulle will melt when ironed so be very careful. An appliqué pressing sheet is very helpful.)

Once the top was complete, I layered it with batting and backing for quilting. By stitching through the tulle, batting, and backing to add veining to the leaves, the leaves became secure within the blocks and this veining became a part of the quilting. More quilting and binding completed the project. A childhood memory had become modern day home décor.



Memory Leaf Table Runner

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, and 4-Patch Panache. Visit her web site at www.Debcatsnquilts.com and visit her facebook page www.Facebook.com/Debscatsnquilts. Creative Grids® fans are invited to join her new Facebook group, Grids Girls.

Run for the Border

Shop Hop

Search for the Stars

October 5,6,7 & 9
9am-6pm Closed Sunday

<p style="text-align: center;">Kansas</p> <p>Quilting on the Square - Holton Sarah Kathryn's - Hiawatha</p> <p style="text-align: center;">Missouri</p> <p>Quilter's Boutique - Rock Port</p> <p style="text-align: center;">Nebraska</p> <p>Sew Enchanting - Nebraska City Needles I - Auburn Fabric Fairie - Auburn Heavenly Treasures - Pawnee City Creative Collectible Quilts - Humboldt</p>	<p>Goodie Bags Free Patterns & Scavenger Hunt at every shop!</p> <p style="text-align: center;">Prizes</p> <p>Grand Prize \$50 Gift Card to each shop</p> <p>Second Prize \$25 Gift Card to each shop Patterns, Precuts, Fat Quarter Bundles, & more!</p>
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Veterans Day Facts

Veterans Day is one of those holidays that often slips by. There isn't mail, federal offices are closed and many towns have celebrations and parades to recognize veterans. But what makes it different from Memorial Day?

Veterans Day is set aside to recognize veterans of our armed services. Originally called Armistice Day, it was first marked on November 11, 1919, the first anniversary of the signing of the armistice that ended World War I at 11 a.m. While President Wilson, called for a day of remembrance. It wasn't until 1926 that Congress requested President Coolidge to issue annual proclamations calling for observance of Nov. 11 with appropriate ceremonies. A Congressional Act approved in 1938 made November 11 a legal holiday which was to be dedicated to "the cause of world peace and to be thereafter celebrated and known as Armistice Day."

Following World War II, veteran Raymond Weeks had the idea to expand Armistice

Day to celebrate all veterans, not just those who served in World War I. U.S. Representative Ed Rees from Emporia, Kan., presented a bill establishing the holiday through Congress. President Eisenhower signed the bill into law in 1954. Later in 1954 Congress amended the bill to be known as Veterans Day since.



For a few years, Veterans Day was celebrated on the fourth Monday of October when many federal holidays began being celebrated on Monday beginning in 1971. In 1978 it was moved back to its original day of Nov. 11. If November 11 falls on a weekend, some governmental groups celebrate it on the following Monday or the previous Friday.

Another interesting thing is that Veterans Day falls only one day apart from the birthday of the United States Marine Corps, the Marine Corps customarily observes both occasions as a 96-hour liberty period.

There is some confusion about whether the holiday should be spelled with an apostrophe, as in Veteran's Day. However, it is considered a day to recognize all veterans so it is usually spelled without one.

This year on Veterans Day, thank a veteran for their service.

It's Party time with Lesley

Thanksgiving around the world

By Lesley Nuttall

I have always loved to plan parties, and I find it interesting how some of our main events and customs had their beginnings. Many countries have different names for their *Thanksgiving* even though its all about being *thankful*. Thanksgiving is a great "family event" and the concept around the world remains the same; to give "thanks" to God for our blessings. Originally the day was about being thankful for the bountiful fall harvest. In the year 2000, the United Nations proclaimed the year as "the international year of Thanksgiving."

In *Canada*, our *thanksgiving* can be traced back to 1578 when explorer Martin Frobisher held a celebration on Baffin Island, (now called Nunavut, Canada's newest territory). It was about giving thanks to God for surviving his long journey from England through storms and icebergs. In 1957 our *Thanksgiving* date was officially set as the second Monday in October. Canada's celebrations include colorful parades, watching the football games, family gatherings with lots of food including roasted turkey with stuffing, ham, mashed potatoes with gravy and pumpkin pie.

In the *United States*, some historians believe the first *Thanksgiving* took place in Florida in 1513 with Juan Ponce De Leon's landing, or Francisco V. De Coronado's service of *Thanksgiving* in the Texas panhandle in 1541. America's first President, George Washington designated a special day for a national *Thanksgiving*, and later it was President Abraham Lincoln who declared *Thanksgiving* a national holiday to be held the last Thursday in November each year. *Thanksgiving* Day in the United States is a festive time with carved turkey and cranberry sauce, sweet potatoes or yams, corn and pumpkin pie. An amazing event is Macy's annual Thanksgiving Day parade. Some folks enjoy relaxing and watching the football games on television. A tradition is the annual "pardoning" of a live turkey by the U.S. President who spares the bird from the chopping block, and it is able to live out its life in a petting zoo.

Australia has numerous different festivals throughout the year. The *Lavender Festival* is held in the first three weeks of January. In February they have the *Hops Festival* which continues into March; and in March they also have the *Apple and Grape Harvest*. They celebrate for three or four days with street carnivals, a parade, grape crushing, apple competitions and fireworks. They end their festivities with the crowning of an 'apple 'n grape' ambassador.

In *Africa*, their African *Harvest* festivals are held in August and include a lot of religious ceremonies. Singing, dancing and beauty competitions are also part of their celebrations. Some of their entertainment also includes bull or bird fights. A western African tradition is the *Yams, (Homowo) Festival*, which lasts for three days. Yams are a very important crop in Africa, especially in Ghana. The people dress in brightly colored togas made from kente cloth, (which is the best known of all African textiles). They dance and sing to the sounds of drums.

In *China*, their celebration is called the *August Moon festival*. On the 15th day of the eighth month of the Chinese lunar calendar, they celebrate in honor of the harvest of rice and their wheat crops. During the Moon festival, families get together to view the full moon, which is a symbol of harmony, abundance and luck. On this day they believe that the moon is the roundest and brightest. Instead of pumpkin pie, they serve moon-cake. The children enjoy puppet shows and a parade of brightly lit lanterns.

In *Rome*, September is wine harvest time in most regions of Italy. After their harvest is finished, they spend several weeks celebrating the success of the harvest. Their harvest festival is known as *Cerelia*, and commences on October 4. Music, parades and sports activities are all part of their celebrations. They are famous for their huge bowls of salad, and of course numerous pasta entrees.

As you can see, everyone around the world celebrates with *thankfulness* for their good harvest. Whether they call it *Thanksgiving* or by another name, it all means the same! But we don't need a special *harvest* to be *thankful*. I wish you all a wonderful *Thanksgiving* and the blessings bestowed upon you and your family! Make this a *Thanksgiving* full of wonderful new memories to last a lifetime!

Honey-Glazed Sweet Potatoes:

- 3 medium sweet potatoes
- 2 tbsp butter or margarine
- 3 tbsp honey
- grated peel from 1 orange
- 2 tbsp fresh orange juice

- 1) Wash, pare and thinly slice potatoes. Melt butter in a large non-stick pan.
- 2) Add potatoes, cover and cook over medium heat, 8-10 minutes until tender. Turn often.
- 3) Combine honey, peel and orange juice and pour over potatoes.
- 4) Continue cooking, tossing gently until the potatoes are thoroughly glazed with the mixture.

Yield: 4 servings (double as desired)

Lesley is the Author of *Secrets of Party Planning*. She lives with her husband in Dryden, ON, Canada © 2016, Lesley R. Nuttall

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Town and Country Cooking

Oktoberfest!

By Janette Hess

In the Bavarian region of Germany, Oktoberfest is a 16-day folk celebration that begins mid-September and continues into early October. This fall, create your own festival of German-inspired flavors by serving hearty Bavarian Baked Ham, Sauerkraut Soup or German Chocolate Dessert Bars.

Bavarian Baked Ham starts with a salt-free rub and finishes with an extra tasty ham in savory pan juices. Although you and your family will want to gobble down every slice, remember to reserve a portion for your batch of that perfect fall concoction, Sauerkraut Soup. Note that neither recipe calls for added salt, because cured meats already contain enough salt to get the job done.

Just for fun, bake a batch of German Chocolate Dessert Bars. According to culinary lore, the original German Chocolate Cake has absolutely no connection to German ethnic cooking, so, by extension, neither do German Chocolate Dessert Bars. But these bars are a delicious combination of chocolate, pecans and coconut, and they deserve to top off any festive meal, German or not.

Bavarian Baked Ham

- ½ fully-cooked, bone-in, smoked ham (8 to 10 pounds)
- 2 teaspoons dried marjoram
- 2 teaspoons caraway seeds
- 1½ teaspoons garlic powder
- ½ teaspoon paprika

Place ham, cut side down, in shallow roasting pan. Rub seasonings onto ham. Cover loosely with aluminum foil. Bake at 325 degrees for 20 minutes per pound, or until internal temperature of ham reaches 135 to 140 degrees. Remove from oven and baste with pan juices. Re-cover with foil and allow ham to “rest” for at least 15 minutes before carving.

If desired, reserve pan juices to drizzle over ham slices. Skim fat before serving. If too salty, dilute with hot water.

Sauerkraut Soup

- 1 medium onion, diced
- 2 carrots, peeled and sliced
- 1 stalk celery, diced
- 1 tablespoon butter
- 1 32-ounce bag sauerkraut, well drained with excess juice pressed out
- 4 cups chicken stock
- 1 pound fully cooked sausage (such as kielbasa), sliced
- 1 generous cup ham cubes
- 2 large potatoes, peeled and cubed
- 2 teaspoons dried dill
- Freshly ground pepper
- 1 cup cream or evaporated milk

Place carrots, celery, onion and butter in slow cooker. Cook on high setting for 1 hour. Add all ingredients except cream or milk. Reduce heat to low setting and cook for 6 hours. Add cream or milk and serve hot. Makes approximately 12 cups of soup.

German Chocolate Dessert Bars

- 1 boxed brownie mix (approximately 18 ounces), mixed according to package instructions
- 2 ounces sweet “German” chocolate OR semi-sweet chocolate
- ¼ cup butter
- ½ cup white sugar
- ½ cup brown sugar
- ½ cup milk
- ¼ cup corn syrup
- 1 teaspoon vanilla extract
- ¼ teaspoon salt
- 3 eggs, lightly beaten
- 1 cup finely chopped pecans
- 1½ cups sweetened, flaked coconut

Prepare 9- by 13-inch glass baking dish with oil or cooking spray. Spread brownie batter in pan. Bake at 350 degrees for 15 minutes. While brownies are baking, melt chocolate and butter together over very low heat or in microwave oven. Cool slightly and then combine with remaining ingredients. Carefully spread over brownie layer and return to oven. Bake an additional 35 minutes, or until topping is set and toothpick inserted into center comes out clean. Cool before cutting. Store in refrigerator. Makes 18 to 24 bars, depending on desired serving size.

Note: Homemade brownies may be used in place of a mix for the first layer. Select a recipe that normally results in an 8- by 8-inch pan of brownies.



A trained journalist, Janette Hess focuses her writing on interesting people and interesting foods. She is a Master Food Volunteer with her local Extension service and enjoys collecting, testing and sharing recipes.

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Hiking with the cows

By Teresa Braaten

There is an amazing walking trail in the sand hills of North Dakota that is just a 15-minute drive from our farm. Apparently, it isn't well known in our area, because I heard about it from a friend for the first time last year. It's part of the North Country National Scenic Trail that starts in central North Dakota, runs all the way past the Great Lakes, down through Ohio, across to Pennsylvania and finally ends in upstate New York, just shy of Vermont and more than 4,500 miles from where it began. In our neck of the woods, the trail is maintained by a local Boy Scout troop, and you watch the trees for colored tape on pieces of wood to know that you're still on the trail.

When my middle daughter, Ana, and I trekked the trail last fall, it was a beautiful, sunny day, and the leaves were just beginning to turn. We stopped at the top of one of the hills and sat on a bench overlooking the flat, golden farmlands below. We talked about what a hidden gem this was and how we couldn't believe it had been here all this time, and that we'd never walked it before. We knew we'd be back. Well, fall got busy with harvest and college, and we didn't make it back out there until the last day of July.

We'd had a busy day. I'd just returned from visiting relatives in Canada, and Ana had taken her last final of the summer and spent some time with friends. When she got home that night around 7, she wanted to eat supper and go walk that "awesome trail from last fall" before it got dark. I asked her if she wouldn't rather go in the morning, but since she finally would have a chance to sleep in, she wanted to go that night.

Not being one to say no when one of my busy, pretty-much-grown children actually wants to spend time with me, we were off. We planned to walk quickly so that we could get back to the car by at least 9:30 p.m. before it was too dark. We started off with the excitement I remembered from last fall. Stopping on the little bridge, we watched the water trickle by and talked about how we thought the stream had been dry last fall. Crossing the bridge, we entered the wide, open prairie pasture. This is a working pasture, and we had to dodge the occasional cow pie as we followed our path. Unlike last year, however, there were cows in the pasture as we walked through. A good 200 feet away from us, we admired them from a distance and even took a selfie with the cows in the background.

As we continued on our way, the cows apparently grew interested in us and started walking closer and closer. As they closed in on us quite quickly, we started to walk faster and faster, our hearts beating like we were being chased by wolves. When they were close enough to really scare us (I grew up a city girl, and my kids have no experience with farm animals either), we broke into a run toward the steps that breach the barbed wire fence. One cow, who for this purpose we will call "Big Bessy," decided she either wanted play with us or wanted to make us into "hamburger," also broke into a run and was right on our heels. As the steps to safety were still quite a distance, we ducked behind a large tree. This stupefied Big Bessy, and she slowed to a walk. While this bought us a minute to think and catch our breath, it also gave Big Bessy's friends time to catch up!

With no options, other than attempting to climb the giant tree with limbs 30' in the air, we made a quick decision to make another run for the steps. We caught the cows off guard as we jumped from our hiding spot and made it to safety, stumbling over the steps while screaming like a couple of crazy women. I'm laughing to myself and wondering today if perhaps we won't end up on YouTube when they download the footage from the trail cameras along the way.

We erupted into fits of giggles along the way as we safely proceeded along the cow-free trail. As the path started to weave toward another part of the pasture, we once again saw a set of stairs in the distance with several cows standing there looking at us. Seriously, did they know we'd be coming? Without much thought, we turned on our heels and retreated nearly a half mile to the fork in the trail. This time, we went uphill, away from the pasture. On this path, we were once again met with the gorgeous view overlooking the fields that we had seen last year. Stopping again to rest on the bench and drink in the beauty of the lush green fields of corn below, we giggled more about those silly cows and debated whether or not to be scared of them. Were cows dangerous? We've never contemplated that question.

As we walked on under the dense canopy of leaves, we realized we were quickly

losing light and needed to find our way out – a path away from the cows – quickly! Right then, my cell phone died, and I started telling my daughter to watch out for the tarantula pit and the quicksand. She laughed me off until I said, sounding serious, that there are cougars in the area. While I was laughing to myself, Ana went into panic mode and almost sprinted along our tree-lined path.

We once again found ourselves presented with steps over the fence into the pasture, and of course, there were cows, although this time, a little farther away and not looking directly at us. Would they see us? As we were standing back debating this, a deer sprinted across our path and into the pasture startling us and scaring the cows so that they moved even closer to us. The pasture option was out!

At that point, we decided to scale the side of the barbed wire fence that ran the length of the pasture and around a stock tank and into a farmer's yard. While this sounds reasonable, the area outside the barbed wire was overgrown and quite steep in places. At one point, when I was ahead of Ana by quite a bit, I looked back and was only able to see the very top of my 6-foot daughter's blonde head sticking out above the grass. Now that was a real ravine!

As we worked our way around the fence and into a farmer's yard, it was all I could do to not tell Ana a story about the farmer with the gun who recently shot two trespassers on his land. (I have an evil sense of humor when it comes to my children. Maybe it makes them tough. Maybe it makes them paranoid. Either way, it probably makes me not the best mother.) As we quietly and quickly worked our way across the farm yard, we were presented with the option of getting back into the pasture, which we knew would lead us to our vehicle, or taking the road, which may put us some distance from our car in the dark. We knew that by taking the road, we'd eventually get to the highway and be able to find our vehicle. So, we took the road, avoided the cows and ended up just on the other side of the field in which our vehicle was parked.

I think we laughed the entire 15 minutes back home, with Ana saying she felt like we'd done the running of the bulls in Spain. So much for calling this day, "Run of the Mill." It was definitely a "Cows, Deer and Cougars, Oh My!" kind of day.

In all honesty, though, this is a trail worth checking out. The section we did in Happy Valley just off Highway 18 out of Wyndmere takes just an hour. Pack a lunch, bring your running shoes and get out and hike. Just make sure to figure out the pasture rotation of the cows. We'll be sending in a drone before us the next time we go.

To see the this entire 4500 mile plus trail, go to: <https://www.nps.gov/noco/planyour-visit/brochures.htm>

Teresa is a mother of three and real-life farm wife from southeastern North Dakota. She can be reached at tabraaten@rrt.net



The author, her daughter and the cows on the hiking trail.

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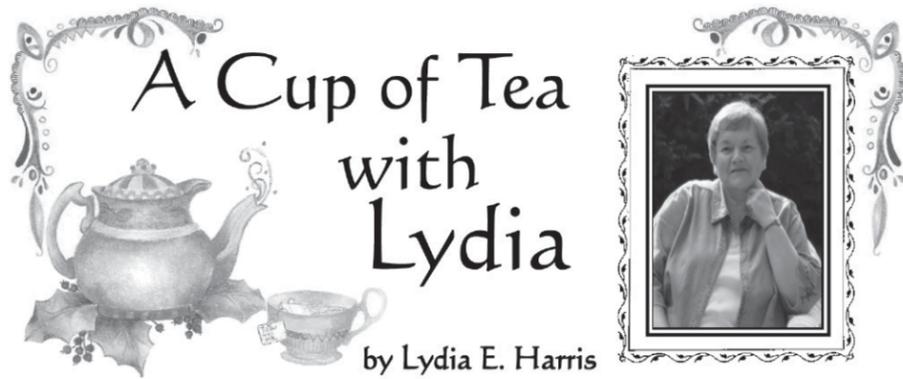
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Taste the World with an International Tea

Although Jeanetta and her husband didn't travel around the world, their cross-country drive from Missouri to Seattle called for a tea party with an international flavor. I combined foods from other countries with a traditional tea menu to create a unique taste experience. Since our weather can be unpredictable, I set up two tea tables: one on our deck and another in our dining room for our 'round-the-world tea.

First Course: Taste of Russia

It was pleasant outside when they arrived, so I seated them outdoors. The table was set with a blue-and-white pin-striped cloth, blue cloth napkins and hydrangeas arranged in a teacup planter. I also used my tea ware from other countries: blue-and-white teapot from Hungary, windmill salt and pepper shakers from Holland and Russian teacups.

For starters, they could choose from a cup of Russian borscht made from my mother's recipe or hearty corn chowder with sausage. The salad selection included cucumber orzo salad and three-bean salad.

I served warm English scones and toppings right away so they could nibble on them throughout our teatime. Homemade lemon curd, assorted jams, crême fraiche (French cultured cream) and butter made the scones taste delicious. Since it was a warm day, they chose a refreshing rhubarb slushy punch for their beverage.

Second Course: Taste of France

The next course included quiche, a classic French dish, which is served in other countries as well. I also prepared two variations of chicken salad to spread on crescent rolls or eat plain. One was made with chicken, chopped celery, mayonnaise and pepper. To the other salad, I also added chopped grapes and a dash of curry powder for a flavor from India.

Third Course: Taste of England

By now, our guests wanted to go inside, so we savored English trifle, cookies and tea around our dining room table. I offered Dove's chocolate truffle tea and Harney & Sons wedding tea to sip with dessert.

The trifle was easy to make by slicing pound cake and spreading strawberry jam between some slices and lemon curd between others. I filled clear plastic cups for individual servings by layering pound cake, vanilla cream pudding, fresh berries, and fluffy whipped cream. Then I repeated the layers to fill the cup and added a few berries on top for a garnish.

International Par-TEA Tips

I kept my international emphasis simple by adding one main food from another country to each course. But you can make your tea more elaborate by offering more foods and teas from other countries.

When you select foods, consider ones from your heritage or favorites from travel. I served borscht since my parents lived in Russia. The quiche and trifle were foods from countries we toured early in our marriage.

To make it easier on the day your guests come, prepare the food ahead. My borscht was waiting in the freezer, and the salads, lemon curd and trifle were prepared and chilling in the refrigerator.

To create an international setting, use maps, globes, flags and keepsakes from the countries you feature. Over tea, share travel stories or plans for future trips. Play background music from the countries and perhaps teach everyone how to say a word or two in that language. For example: thank you in Russian is *spasibo* and in French *merci*.

Traveling On

Keith and Jeanetta enjoyed all the foods, and I sent them on their way with scones and toppings. "Thank you for a wonderful international tea," Jeanetta said as she hugged me. Her husband agreed. "This trip has already been worth it to share tea with you." Although they arrived tired from travels, the teatime refreshed them, and they were eager to continue on to spend time with their children and grandchildren.

Now that I've tasted part of the world over tea, I'm ready to tour other places with tea guests. Won't you join me? Until then, *auf wiedersehen*.

Lydia E. Harris holds a master's degree in home economics and wrote the book *Preparing My Heart for Grandparenting* (AMG Publishers). Her grandchildren call her "Grandma Tea."

From Lydia's Recipe File: Borscht

A hearty vegetable-beef soup with cabbage and beets.

1. Soup stock

In large kettle simmer until tender:

- 2 pounds chuck roast
- 3 quarts water
- 4 teaspoons salt
- 4 whole black peppercorns
- 1 bay leaf

Remove meat. Cut into bit-sized chunks and refrigerate until ready to use. Cool broth and refrigerate; skim off fat.

(I do this the day before I want to cook the soup. When the soup stock is ready then continue.)

2. To the soup stock and cooked meat add:

- 2 cups carrot chunks
 - 2 cups cubed potatoes
 - 2 stalks celery, cut into 1/2 inch slices
 - 1 large onion, diced
 - 1 15-oz can sliced beets (include some or all liquid to taste; adds red color and sweetness)
 - 2 cups diced tomatoes (fresh or canned)
 - 2 teaspoons dill weed
3. Simmer for 30 minutes. Add:
- 1 small head cabbage, chopped or coarsely shredded.

Simmer another 20 to 30 minutes.

Serve with sour cream and a sprinkle of dill weed.

Variation: Cook soup with chicken meat and stock instead of beef.



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Essential Oils ...

Nutmeg Essential Oil (*Myristica fragrans*)

By Wanda Headricks

The thought of nutmeg suggests a freshly fragrant, warm-spicy, slightly woody, aromatic essence. Nutmeg comes from the dried kernels of the *Myristica fragrans* evergreen tree seeds. All parts of the tree are aromatic. The dried finger-like husks surrounding the nutmeg seed inside the fruit's shell produces what is known commercially as Mace, another household spice. Thought to have originated in the Molucca Islands, the tree is also found in Penang, Java, the West Indies, Indonesia, Granada, Sri Lanka and other countries. Nutmeg essential oil is a pale-yellow, mobile liquid oil produced by steam distillation or steam and water distillation of freshly pulverized, dried nutmegs.

Nutmeg has a long history of use in the food flavoring and medicine industry. It is thought the original trading of nutmeg on the international market came from the Hindu colonists of Java. Though it was not prevalent in the Roman and Greek culture, the first records of nutmeg in the European culture are around 540 AD by Actius of Constantino-ple, who is believed to have purchased nutmeg from Arab traders. The Arab traders hid the true source (Java and India) of nutmeg and other spices to avoid competition. Since then multiple countries have controlled the nutmeg trade.

Nutmeg has been used for intestinal ailments for centuries in India. The Egyptians used nutmeg for embalming. Nutmeg is one of the ingredients used by the Italians to make incense to guard against the plague.

Therapeutic actions considered present in nutmeg essential oil include analgesic, anti-rheumatic, anti-septic, anti-spasmodic, digestive, stimulant, and others.

The warming property of nutmeg essential oil makes it an excellent oil to add to a massage oil for muscular aches and pains as well as rheumatism. As with all pure essential oils, nutmeg essential oil should always be diluted in a carrier oil before being applied to the skin as a massage. The stimulant action of nutmeg essential oil is considered beneficial for general fatigue. One of the most useful benefits of nutmeg essential oil is considered to be as a digestive stimulant. According to Shirley Price in *Aromatherapy for Health Care Professionals*, direct inhalation by infusion or topical application by massage of nutmeg essential oil has proved effective in promoting patients' appetites, often within 24 hours, without side effects. This could be a powerful benefit to the seriously ill and those in long-term care.

Appetite Stimulant Diffuser Blend

Bergamot Essential Oil	80 drops
Lime Essential Oil	90 drops
Nutmeg Essential Oil	150 drops
Ginger Essential Oil	150 drops
Black Pepper Essential Oil	60 drops
Cypress Essential Oil	70 drops

Blend the above essential oil together in a 15mL (1/2 ounce) amber bottle with a euro-dropper lid. Use 3-20 drops at a time in a diffuser or humidifier. How much you add to a diffuser humidifier depends on the area of the room where it is being used. It is always advisable to start with a smaller amount and add more oils as needed. For safety, pure essential oils should not be continuously diffused more than two hours at a time in a closed environment. Remember pure essential oil is very concentrated.

Fall - Winter Respiratory Diffuser Blend

Sweet Orange Essential Oil	120 drops
Nutmeg Essential Oil	90 drops
Ginger Essential Oil	60 drops
Tea Tree Essential Oil	30 drops
Eucalyptus Essential Oil	30 drops
Thyme Essential Oil	30 drops
Geranium Essential Oil	30 drops
Hyssop Essential Oil	30 drops
Cypress Essential Oil	60 drops
Clove Bud Essential Oil	60 drops
Cinnamon Leaf Essential Oil	60 drops

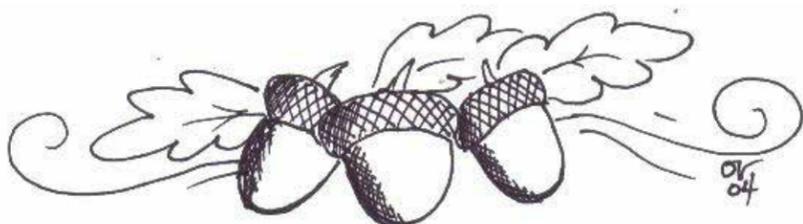
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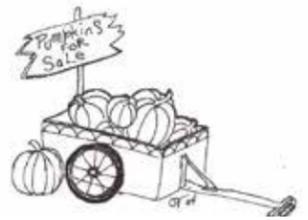
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October: Familiar and Little Known
Holidays

October is known for Halloween which always falls on the 31st, the last day of the month. Two other more well-known holidays are Columbus Day, which is on the 9th this year, and Sweetest Day on the 21st.

This is the month of the working man/woman. There are many job-related holidays. On the 1st you can celebrate Fire Pup Day. Animals are important too!

The 2nd is National Custodial Workers Recognition Day, the 8th is Clergy/Pastor/Ministry Appreciation Day, the 12th is National Farmer's Day, and National Boss's Day is on the 16th. The medical field is well represented this month with National Emergency Nurse's Day on the 11th, National Pharmacy Technician Day on the 17th, and the 18th is National Medical Assistants Recognition Day. And don't forget your clients and customers on October 19th, Get To Know Your Customers Day.

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Life on the Farm ...

We Keep the Darndest Things

By Donna Jo Copeland, Farmeress Breezy Manor Farm, Mooresville, IN

Farmers and farmeresses are downright amazing. Our brains, our priorities are so different from mainstream/corporate society. We trek through rain and snow for midnight barn checks in our pjs and wellies then bound out there again at 5 am, usually smiling. We miss meetings, meals and church for barn and hay needs. We wear the same jeans until they are stiff with sheep lanolin and mud. Then we wonder at the feel of fresh washed jeans just off the clothesline.

We hang onto work gloves until they are ragged and threadbare, often wearing two at a time in hopes of covering the holes. Our red-heeled work socks sport mends of many hues — any color wool yarn to keep the cold out. Darning is one of the first sewing chores most of us learned.

Our workshops are filled with old screws, nuts and pieces of lumber in case there is a need one day. Old horse harness and horseshoes hang next to broken handled pitchforks. Odd panes of glass stand along the wall.

And this farmeress kept a 2x12 rough sawn poplar board in the garage for 30 years.

The story: When I was a kid, my grandpa gave me and my brothers a Welsh pony to ride. As time went on, we grew up and the pony went back to grandpa. When I got

married and moved to this farm, grandpa brought the pony back for my kids to ride. By now she was old and very fat and sweet. My kids remember Butterbutt (that's what they called her) standing under the trees in the pasture and letting my dairy goats stand on her back to munch the leaves.

As my kids grew, I gave Butterbutt to my school bus driver's son for his kids. They enjoyed her remaining years.

On my farm Butterbutt shared a pole barn with my dairy goats, two 2x12x12 boards separated them. Every day she rubbed her butt on those boards, one especially was worn smooth. I can still see her.

One day I was teaching my son the way of clutch and gas pedal in the pickup as we moved hay in the pasture. Telling the child to ease out on the clutch and gently press the gas...he popped the clutch and lurched forward into the corner of the barn.

I pulled the only unbroken 2x12 out of the rubble and stored it in the garage. For 30 years, people have asked me why I kept it and said I needed to get rid of that old board. But I wanted something made from it, keep the memory.

Enter a good friend and woodworker who took it and with his own salvaged wood for legs and square cut nails made me a work table. Bless him!

And, it's perfectly beautiful! Residing on my front porch as a work table for fiber and such. I put two coats of sealer on it hoping for another 30 years. I pat it every day as I walk past.

I think Butterbutt is smiling. I know I am through my tears.



The table the author had made from an old board salvaged from her barn.

Southern Coleslaw Dressing

- | | |
|--------------------|-------------------|
| 4 T. Butter | 1 T. lemon juice |
| ½ t. celery salt | ½ t. dill |
| ½ t. pepper | 1 ½ T. flour |
| ½ c. white vinegar | 1 t. onion powder |
| 2 beaten egg yolks | 1 c. sugar |
- Large head of cabbage, shredded

In saucepan over medium heat melt butter, whisk in vinegar, flour, lemon juice and seasonings. Blend well. In a separate bowl beat egg yolks, add 1 T. warm vinegar mixture to temper. Slowly add egg mixture to vinegar mixture, whisking continually. Remove pan from stove and beat in sugar until dressing is thick. Pour over cabbage and refrigerate at least 2 hours.

Also good over potatoes for potato salad.



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Episode 57: Blue Eyes Cryin' in the Rain

By Jeff Cappis

It was a dark and stormy night. (Don't you just love it when a story starts that way?) The rain was drivin' down and the lightening was going off like flash pods all around. I was heading home to the acreage, when I got word that a small mudslide had closed down the highway up ahead. With nowhere else to go, I pulled into a roadside coffee shop figuring I'd wait it out. The road would be cleared in an hour or two.

It was a rustic little coffee shop. The power was out, but the owner had a power generator so we had minimal lights, a juke box, and the coffee maker was working. At any rate, it was comfortable and dry, so I didn't mind waiting it out there. After a few moments of chatter, the cook got busy cleaning in the kitchen.

At first I thought I was the only one (besides the cook) in the restaurant. But, then I noticed there was some one sitting off in a dimly lit corner of the coffee shop. At best all I could make out of this person was a slight silhouette with brief details only when lightning lit up the room.

I was trying not to leer, so I kind of watched out the corner of my eye. I got more curious. After three or four lightning flashes, I surmised that this was an older woman. She was hunched over her coffee and holding it with two hands. She appeared forlorn. What would bring her out on a night like this? Mine was the only vehicle in the parking lot. Did she walk? Was she waiting for someone? Maybe she was stranded. The gentleman in me wondered if I could offer some assistance. I quietly called the cook over. He came right away.

"Who is that woman over there?" I asked. The cook looked at me for a moment, then over into the corner. A lightning flash momentarily lit up the woman again and the room. Still looking into the corner, the cook got a smile on his face.

"Don't worry about it, that's nobody." He winked at me, put a toothpick in his mouth, then went back to work in the kitchen. Well, at least I could assume that wasn't his mother sitting there. I wondered why the cook would have so little regard for this woman. What kind of a man was he really? I was still concerned though. I thought perhaps I could just wander over and see if there is anything she needed. That wouldn't be rude or intrusive, right?

I quietly got out of my chair and wandered over towards her table. The walk across the room seemed unusually long and when I got there, I was still surprised at how little I could make out of her only a few feet way. It was as if she was camouflaged by the darkness.

"Please excuse me," I started, "I couldn't help but notice you here alone in the dark. Is there anything I can do for you?" No answer. In the next lightning strike, I could see her raising her coffee cup to her lips. "Are you meeting someone here? My cell phone is working. Perhaps I could call someone for you." I waited for a moment then I saw her hand moving out into the still very dim light with a finger pointing towards the juke box.

"Please play *Blue Eyes Crying in the Rain* for me."

"Sure," I said. Seemed like a simple request, but I was glad to do it. I found the

song and dropped a quarter in the machine. I was surprised that such an old song was in there. As I headed back to my chair it began to play. The cook came over and I got comfortable again.

"Can I get you some more coffee?"

"Sure," I replied. "And I'll buy one for that lady in the corner." For the second time the cook looked at me for a moment, then got a smile on his face. He looked over into the corner, then back at me.

"There's nobody there." I looked at him like he must be crazy or blind. He realized this, then explained, "That was a ghost. Trust me. I've never actually seen her," he then paused, "but I can always tell when she's around."

"How?" I asked.

"Somebody always plays *Blue Eyes Cryin' in the Rain*, and tries to buy her a coffee."



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October 2017

- Month of October...Cottage Lane Pumpkin Patch, Ellis, p. 7
- Every Sat. & Sun. in October... Blue Barn Farm Pumpkin Patch, Westmoreland, p. 13
- 5-6... BarnFest, Concordia, p. 8
- 5-7, 9...Run for the Border Shop Hop, Various, p. 18
- 5-8... Central Kansas Quilt Shop Hop, Various, p. 25
- 7... Fall Festival @ Craft-ee Crafters Craft Mall, Topeka, p. 18
- 12 & 19... Duffle Workshop, Kechi Quilt Impressions, Call for info p. 25
- 13-14...13th Annual Threads Across Nebraska, p. 27
- 14-15...47th Annual Sugar Mound Arts & Crafts Fair, Mound City, p. 15
- 15... Visit the Found Things Booth at the Unique Antique Market, Wichita, p. 25
- 17-22... 2017 Central Kansas Yarn Hop, Various, p. 11
- 20... Viking Jean-ious Study Event, A-1 Singer, Wichita, p. 24
- 20-21...2017 Fall Great Plains Shop Hop "Table Talk," Various, p. 15
- 20-22...Fall Retreat @ Seams Like Olde Times Quilt Shop, Ellis, p. 7
- 21... 3rd Annual Craft Show, Plains, p. 5
- 21, 28 & 31...Hospital of Horror haunted house & fundraiser, Westmoreland, p. 13
- 21-22...46th Annual Maple Leaf Quilt Show, Baldwin City
- 21-22...Visit the Flinthills Aromatherapy Booth at the Mother Earth New Fair in Topeka, p. 4
- 22... Afternoon Tea at Kechi UM Church, Making a Holiday Ornament. Call Kechi Quilt Impressions for reservations p. 25
- 31...Bus Trip to Missouri Star Quilt Co., Hosted by Quilts & Crafts, Wamego, p.

November 2017

- 1-5... Houston International Quilt Festival, Houston, TX,
- 4... Holiday Open House @ Sew Country, Belleville, p. 8
- 8... Holiday Ladies Night Out in Scandia, p. 8
- 9-11... Jingle All the Way Shop Hop, Various
- 9-11... Holiday Open House @ Elsie Grace's, Frankfort, p. 17
- 9-11... Christmas Open House, Family Home Treasures, Home p.17 1
- 10-11...4th Annual Quilter's Fun Run "Let it Snow," Various, p. 11
- 17-18...Holiday Open House @ Needle in a Haystack, Severy, p. 23
- 18... 38th Annual Burlington Christmas Craft Festival, p. 9
- 24-Dec. 2...Holiday Open House @ Chris' Corner Quilt Shop, Ottawa, p. 21
- 25... Barnes Annual Lighted Horse Parade & Soup Supper, Barnes, p. 17
- 25... SMALL BUSINESS DAY check out specials at our advertisers

December 2017

- 1-2...Christmas Open House @ Craft-ee Crafters Craft Mall, Topeka, p. 18
- 2... Christmas in Westmoreland p. 13
- 2... Kansa Prairie Quilters' Annual Quilt Show, Oskaloosa, p. 20

The Dropped Stitch

by Sharon Greve

Pumpkin Protection

People have been making jack-o-lanterns at Halloween for centuries. As far back as the 1500s, the practice originated in Ireland from a myth revolving around a blacksmith named "Stingy Jack." Stingy Jack invited the devil to join him for a drink.

However, he didn't want to pay for the drinks from his own pocket, so he convinced the devil to turn himself into a coin that could be used to settle the tab. The devil did so, but Jack skipped out on the bill and kept the devil-coin in his pocket with a silver cross so the devil couldn't shift back to his original form. Jack eventually let the devil loose, but made him promise not to seek revenge on Jack, and he couldn't claim his soul when he died.

When Stingy Jack eventually died, God would not allow him into heaven. The devil kept his word by rejecting Jack's soul at the gates of hell. As a parting gesture, the devil gave Jack a single burning coal to light his way as he was sent off into the dark and windy night to "find his own hell." Jack put the coal into a carved-out turnip. He has been roaming the earth with it ever since. The ghost lights seen in Ireland's swamps were said to be Jack's improvised lantern moving about as his restless soul wandered the countryside. He and the lights were named "Jack of the Lantern" or "Jack O' Lantern."

In Ireland and Scotland, people made their own versions of Jack's lanterns by carving scary faces into turnips or potatoes, placing them in windows or near doors to frighten away Stingy Jack and other wandering evil spirits. The Irish legend immigrated to the New World where the American native pumpkin made perfect "jack-o'-lanterns." By the mid-1800s, Stingy Jack's nickname was applied to pumpkin lanterns that echoed his own lamp, and the pumpkin jack-o'-lantern got its name.

Thus, Jack O' Lantern's days of wandering ended and his yearly reign began over America's windowsills and front porches.

CROCHET PUMPKIN DOORKNOB COVER...old stash pattern

Materials: 1 skein tangerine/orange yarn; 1 skein avocado/green yarn; size to meet gauge.

Crochet hook: size 4 or E or size for yarn used.

Gauge: 5 hdc = 1 inch 2 rows hdc = 1 inch

Terms used: Chain (ch), slip stitch (sl st), stitch (st), half double croch (hdc), single crochet (sc), double crochet (dc).



PUMPKIN (tangerine/orange):

Row 1: ch 20, sl st in next 4 sts, work in back loop only, hdc each of next 12 sts, sl st each of next 4 sts, ch 1, turn.

Row 2: work in back loop only throughout, sl st each of next 4 sts, hdc each of next 12 sts, sl st each of next 4 sts, ch 1, turn.

Rows 3 through 9: repeat Row 2.

Row 10: work side of pumpkin in both sts, sl st each of next 4 sts, decrease 6 sts along each side by sl st in 2 sts as 1, sl st each of next 4 sts, 4 sl sts along top and bottom, join (36 sl sts).

Row 11: ch 3, hdc in each sl st and across top and bottom, join (36 sts).

Row 12: ch 5, skip first hdc, *hdc in next st, skip next st, ch 1*, repeat from * around, join, cut yarn.

TENDRIL (avocado/green):

ch 20, 3 sc in second ch from hook, 3 sc in each ch, ch 55, break yarn. Weave ch through holes of pumpkin. Attach yarn, ch 20, work 3 sc in each of the 20 sts just made, sl st in next st, cut yarn.

STEM (avocado/green):

ch 3, *dc in each ch (3 dc), ch 3, turn*, repeat from * 3 rows. Cut yarn. Sew stem to top of pumpkin.

OPTIONAL: Embroider jack-o-lantern face.

WATCH OUT FOR "STINGY JACK"!

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Snowflakes inspire one-of-a-kind quilt

By Linda Everhart, Kansa Prairie Quilt Guild

Sometimes I look at a quilt and wonder how the artist came up with the design. Did it evolve on a design board, start as colored pencils on a stark white sheet of paper, or perhaps tumble out of a child's backpack as a discarded art project.

Join us for a peak behind the scenes when Kansa Prairie Quilters makes this "No Two Alike" Quilt. The process began with a visual photo idea of a snowflake quilt pattern, then everyone took it from there. Guild members began to share or design traditional Dresden Plate patterns and assorted snowflakes. Ideas came from old patterns, fresh ideas and from the web. Designs were selected, and a dedicated guild member made kits for distribution to quilting members with Dresden Plate blocks, with no two alike. The kits included many sizes and colors of Dresden plates and were precision cut by one member. Ten volunteers took part in the actual sewing. The background began with two widths of fabric and a center seam; then a border with 1" to 1-1/2" squares on point was added. This is doable with tweaking and adjusting to make the border fit the background fabric!

When the Dresden blocks were ready for applique, the guild assembled the top during a regular meeting. The background quilt top was laid on a table. Members threw snowflakes at random to compliment the quilt. The designing was by the seat of our pants along with some initiative, knowledge and intuition. This was challenging as every quilter had

different ideas, and moved snowflakes around and around. How did we know it was right or wrong? There is no such thing when no two blocks or snowflakes are alike, and everyone has different ideas. Maybe blow a whistle when times up. Finally, when members were satisfied, or tired of moving blocks, photos were taken, and the snowflakes pinned in place to be hand appliquéed by volunteer quilters.

A delightful snowflake pattern was quilted on the applied snow-



The No Two Alike quilt designed and crafted by the Kansa Prairie Quilt Guild members. Example of tatted quilt detail shown below left.



flakes with silver thread. The color was not too strong of a white thread, but a nice shade of gray to enhance the snowflake design, allowing it to stand out, but not overpower it. Binding followed the quilting.

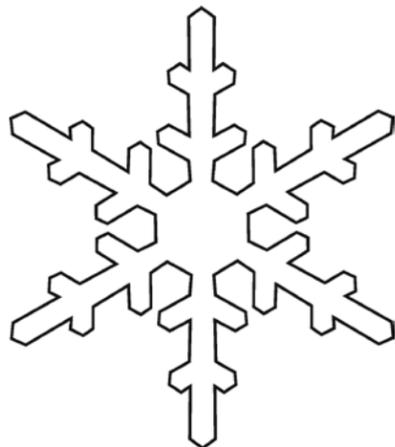
The quilt was embellished with tating made by a talented guild member who volunteered her expertise to further make this a one-of-a-kind quilt. Tating, a technique to hand-make lace, originated in the early 1800s, was popular until the mid-1900s and is almost a lost art. However, interest in tating is growing again and tating classes can be found in various quilt and yarn shops.

Our guild member made elaborate, artistic pieces of tating in various shades of white, blue and variegated thread with a variety of tating patterns. Snowflakes, some with tatted edges, and others attached much like a delightful snowflake doily finished this remarkable quilt. Embellished tating made a traditional quilt go beyond the usual and added a touch of world elegance to this one-of-a-kind guild quilt. It truly is a delightful beauty!

Photos of the quilt were printed on post-cards so quilt members could offer opportunity tickets for this annual fund raiser. The quilting group donates the proceeds to various service organizations in the community each year. Guild Choices include these organizations; God's Storehouse, Meals on Wheels, Jefferson County Friends of Hospice, Council on Aging, Willow Domestic Violence, Mental Health Center or Alpha Christian Home and change the recipient(s) according to needs each year.

I hope you are as inspired as we are! Follow us in our footsteps by beginning with one or two snowflakes, break a few rules, be adventurous and go beyond. There are many free patterns available to choose from, or you can draw your own. This quilt is an expression of art and there is "No Two Alike."

Editor's note: The "No Two Alike" quilt can be seen and will be given away at the Kansa Prairie Quilt Guild Show in Oskaloosa on Dec. 2 (see ad in this issue of The Country Register for more details).



One of the Snowflake patterns used in the No Two Alike quilt.

Salvage Style . . .

Photo Display

By Marla Wilson

At first glance, this photo holder may look like it is made from a shutter, but it is not. It is actually the front from an old, school locker door. It works much better than a shutter, because the louvers are a very thin metal, so any clip, clothes pin, or even magnets, work on it. It is also somewhat bendable, light weight and easy to cut.

I first cleaned up the metal. I liked the patina with the different colors it had been painted through the years showing. For the base piece I used a panel I had salvaged from an old wood door. I painted "family" at the top of the panel with a coordinating color, and after it dried, I sprayed it with a clear coat. I then cut the metal piece to fit the area I wanted to cover. As I said, the metal is quite thin and easy to work with. Attach the metal to the base piece with small screws. If painting isn't your thing, you can purchase initials made from wood or metal.

A simple initial at the top would work well. I thought about putting a "W" since our last name is Wilson.

I am very pleased with how this turned out. The photos are very simple to change out, so when the grandkids get new pictures, I do not have to mess with frames.



Marla Wilson is the owner of The Rusty Wheel, a gift boutique in Scandia, KS. The shop features her floral designs and repurposed "junk," as well as kitchen and baby gifts, home decor and fashion accessories. Follow The Rusty Wheel on Facebook, or www.therustywheel.vpweb.com or contact her at stumpy1954@hotmail.com.

GIRLFRIEND WISDOM



Choose something that brings you joy, peaks your curiosity, gets your blood moving, sends you to the library, or a desire to take a class and learn new skills. Find a hobby you love! Studies have shown that participating in leisure activities reduces stress. We pursue a certain type of hobby because we enjoy the subject matter or activity. When we enjoy something it helps relieve stress in our lives. Some hobbies even create a calm atmosphere and we find ourselves humming a tune, or smiling with pure delight. Many hobbies provide great brain exercises as we construct, cut, assemble, envision, analyze, and strategize. Those activities improve our memory. Some hobbies keep us moving, stretching, bending, reaching that benefits our flexibility and gives us a little exercise.

How about self-esteem? Telling our stories, showing our crafts, sharing what we did and how we did it - who knew that having fun could have so many great benefits in life. There are more than 16 million quilters in the United States and I have never met a happier group of men and women! They are involved in their communities, love to Show & Tell, they love to give of their time and talents. **GIRLFRIEND WISDOM: Find A Hobby you Love and enjoy the Benefits!**

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