

The Country Register™

Manitoba and Saskatchewan's Complimentary Guide to Specialty Shopping & Attractions

April/May 2024

Vol. 24, No. 4

The FREE Specialty Publication
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Keeping In Touch

Cindy and Joe Ashfield <old.stuff@sasktel.net>

I am writing this mid-March, and if you are from our area, you may recall the two snowstorms that blew through about twelve hours apart. The remains of the storms are still evident, but we are coming to the official first day of spring and an early Easter this year.

By the time you are reading this, we look forward to better driving conditions and days that have stretched out our sunlight hours, so I wondered if it might be time to do a little exploring. I wouldn't have to go too far from home to find all sorts of opportunities... it's garage sale season, open-air flea markets or farmer's markets. A group of friends (sewers and knitters) have a crafting day at our local library twice a month, and I joined them this morning. I mentioned an idea that has been floating around my head for a while. I wondered if it might be fun to get together as a group, travelling from town to town and visiting the Thrift Stores. Over the past few years, more and more of these "gems" have popped up in communities everywhere. Often, these stores are managed by volunteers, and any profits are used for certain causes in the community. Some are privately owned. As I see it, there are all kinds of bonuses resulting from these shops. The first obvious one is the simple fact of recycling articles instead of tossing them away. This is great for families with growing kids. If you enjoy a bargain (who doesn't these days?), the Thrift Store is the perfect place to find one. Perhaps you are searching for an old movie, some music from your past or what ever else. I have found more than a few treasures on a foray with my girls, who are from out of province & like to find out what may be out there from Saskatchewan. They are searching for things such as unusual cookie jars or vinyl LPs or something to take home for grandkids. The friends I talked to mentioned that they like the chance to buy something and dismantle it, say, a man's sports jacket. From that, there will be buttons for the button jar & the result is a quality fabric that gets re-purposed into something else entirely. I have always liked to sew, so when I was a teenager (long ago) those pencil slim skirts were popular. I could get enough fabric out of an old coat to make one. There are many sites online with all sorts of ideas about how to make something old "new again".



Arranging a trip would take some organizing, though. First, might be a call to the town office to see if there is any information about a store. Finding a day when all are open is next. Depending on the number of people who might like to join in, would mean deciding on your transport. The good news there is that with all sharing the cost it could be your first bargain. Perhaps the driver could be treated to lunch? It might be well to let the shops know that a group is coming as well. The day could include an interesting stop for lunch somewhere. The other bonus that comes to mind for me is that a lot of the little communities have all sorts of other hidden treasures.... one-of-a-kind type, such as you might find at craft shows, etc. I know of friends who self-organized a trip each spring to visit all the surrounding greenhouses. The fabric stores often have this sort of tour that they promote in fall when quilters are getting ready for winter projects.

Can you tell that I am looking forward to getting outdoors again? As the snow goes the first signs of a new beginning will soon be showing up. We have tulips and a few other spring bulbs growing on the south side of the house, and the snow has been gone for a while. Watching each day just never grows old for me. The spring migration has not yet started, but Joe says that you can always count on the crows being back by the 21st of March. We'll see in about a week if he is right again this year. Whatever your plans for the coming summer months, I hope that you take time to enjoy spring with all its promise. Til next time in the *Register*.

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The Country Register began in Arizona, in the fall of 1988, to provide effective, affordable advertising for shops, shows, and other experiences enjoyed by a kindred readership. Since then The Country Register has spread to many other areas, each of which is published and independently owned by the people listed below.

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Last issue’s winner of
Can You Find This Ad
Contest are:
our mystery ad was ...Barnswallow Quilt Show
Get your entries in before May 15th
to be eligible for this issue’s contest.
Can You Find This Ad?

Vorgeen Wacker
&
Michelle Cowell

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2 Minute Lift

TWO MINUTE READS TO FLIP OUR SCRIPT BY KATHY J. SOTAK

That Time I Didn’t Watch TV For a Year Spoiler: I got grit

My first addiction developed at age twelve. Coming home from school, straight when I got off the bus, I’d grab a snack then switch on the heavy knob on the television (if you heard the satisfying “click” of the knob in your head just now, thank you).

My eyes were glued for the rest of the day. I usually watched two PBS kids shows then turned to sitcoms. I begrudged that 60-minute period when only news was on (national and local). Then game shows, sitcoms and prime time shows until homework and bed. I had memorized what was on every channel (we only had four) and had every day of the week planned out.

As a parent today, I now know my parents felt hopeless as they watched my curiosities and outer world dissolve. I had been stolen by another world.

My parents became desperate and creative. Out of the blue, my parents gave me a challenge: **stop watching television for one whole year, then we’ll reward you with \$500 cash.**

FIVE HUNDRED DOLLARS? As a twelve-year-old in the 1980s, I had no choice but to say a wholehearted **yes!**

I don’t even think it was that hard – or if it was, I forgot. Each day with the knob turned off, I stepped back into this world and back into a kid. I read books, colored, played, walked, explored, then played some more. I laughed, I talked and I smiled.

When that 365-day mark came around, my parents gladly gave me five hundred dollars in exchange for my full-color life. What did I do with the cash? I contemplated buying a television as a poor prank to my parents, however I was smart and bought my first computer. It was the late 1980s, and having a computer was instrumental for me, at a time when they were just getting into homes, schools and businesses.

Have you ever done something bold, scary and a little uncomfortable? I bet you have. How did it transform you?

The success I had at age twelve **gifted me with grit.**
Ah, you know it too.



This grit makes itself known when we need to tap into it. Grit is like a pebble stuck in your shoe but you ran the race anyway. Grit is like that coarse sandpaper that hurts as I type that sentence. Grit is not wanting to be proven wrong. Grit is not wanting to fail.

Grit is you wanting to prove it to yourself above anything else. For an inspiring display of grit, watch the movie “Nyad” on Netflix, the true story of Diana Nyad and her historic swim at age 60 from Cuba to Florida. Then let that inspire you to be the star in your own movie of grit. Grit is why humans haven’t gone extinct. (Well, grit and love. Please reach out to me if you think something else deserves a spot on this list.)

Thank you, **grit.** You’re right there in the bottom of my shoe when I need you the most.



Wacky Definitions:

GARDENER

1. One who learns by trowel and error
2. Someone who thinks that what goes down must go up.



Watch the Magic

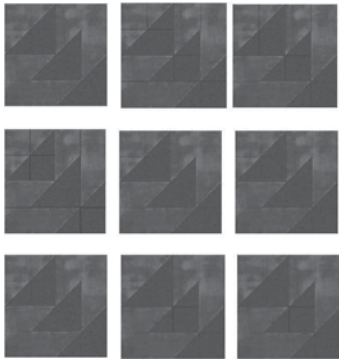
Mystery Quilt - 2024

Designed by Ann Jones, Nevada, MO

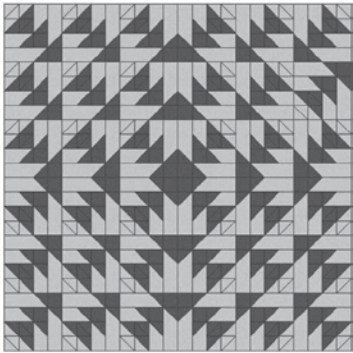
If you have any questions contact Erica at Nine Patch Quilt & Fabrics, Nevada, MO
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PART II:
Piecing the Quilt Top (Option #1):

- Following the diagram below, piece together like a nine patch. Make four sections.



- We’re now going to take these four sections and sew them together like a 4 patch, turning them so the dark patches form the center diamond. See Diagram below for guidance.



- This completes the baby quilt version of this Mystery Quilt. Quilt and bind as desired. Thanks for joining me! If you want to make a bigger quilt, leave the quilt top as above (don’t quilt it!!) and look for Part III in your next Country Register.

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I Only Have Pies For You

By Colleen Gust

Pies are universally beloved for their comforting flavours, flaky crusts, and endless variety. While traditional sweet pies like apple or cherry often steal the spotlight, let's also touch on the world of savoury pies, including quiche and pizza, which showcase the artistry and creativity of pie-making, and that's because pie is always a "berry" good idea.

Quiche is a savoury classic from France with endless variations and a custard-like filling enriched with eggs, cream, cheese, and various ingredients. From classic combinations like Quiche Lorraine with bacon and Gruyère cheese to modern twists featuring vegetables, seafood, or even tofu for a vegetarian option, quiche offers versatility to suit any palate or occasion. It's also a favourite in this house on hot days in summer as it's lovely with a fresh garden salad.

Let's not forget pizza, although not traditionally categorized as a pie, embodies the essence of pie-making with its circular shape, dough base, and customizable toppings. Originating from Italy but embraced worldwide, pizza offers a canvas for culinary experimentation, from traditional Margherita with tomato, mozzarella, and basil to adventurous creations like barbecue chicken, Hawaiian, and chicken tikka masala. Speaking of Hawaiian pizza, did you know that it is a Canadian invention? Sam Panopoulos, a Greek-born Canadian, created the first Hawaiian pizza in 1962 at the Satellite Restaurant in Ontario. Sam took his experience cooking Chinese dishes, which commonly mix sweet and savoury flavours, into creating a pizza with ham and pineapple.

Beyond quiche and pizza, regional variations of savoury pies abound across the globe. British cuisine boasts hearty meat pies like steak and kidney or the beloved Cornish pasty, while Australian cuisine is famous for its meat-filled pies, often enjoyed with a dollop of tomato sauce. In North America, pot pies reign supreme, especially post-Christmas and Thanksgiving, when many turkey leftovers get upcycled into pot pies.

With spring here, the tangy and vibrant lemon meringue pie, with its lemon filling and sweet, toasted meringue, offered a refreshing contrast to a heavy Easter meal for us. A French Silk Pie is another favourite with friends – it's what one friend requests instead of cake for his birthday! I'm a massive fan of coconut cream pie – although I usually "cheat" and buy those. Maybe that's why I love them – I didn't have to make it, and that's a huge treat. I guess that's why the pie shop is so popular – it's raking in the dough.

While savoury pies are great, nothing beats the specialness of sweet pies. From the comfort of apple pie to the creamy decadence of coconut cream pie, every slice offers a moment of pure indulgence. Sweet pies evoke nostalgia and comfort with every bite and are perfect for any occasion. Remember, when you post a picture of your pie baking on Facebook, it doesn't have to be pie-ture perfect.

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Microwave Coconut Cream Pie

This recipe came about as I tested coconut cream pie recipes, and my husband commented that it should be more coconut-y. It's a bit of a different variation, but adding coconut to the crust and using coconut milk amplifies the flavour.

CRUST

- ¾ cup graham wafer crumbs
- ¾ shredded sweetened coconut
- 6 Tbsp butter, melted
- 1 tsp sugar

PIE FILLING

- 1 cup sugar
- ⅓ cup flour
- 1-400 mL can coconut milk
- ½ cup milk
- 3 egg yolks
- 2 Tbsps butter
- 1 ½ tsps. vanilla
- ¾ cup shredded sweetened coconut

TOPPING

- 1 cup whipping cream
- 2 Tbsp sugar
- Toasted shredded coconut for topping

CRUST: Mix the graham wafer crumbs, coconut, melted butter and sugar. Spread evenly on the bottom and sides of the pie plate and bake at 300°F for 15 minutes.

PIE FILLING: Mix sugar and flour in a large microwave-safe bowl. Add the milk, coconut milk and egg yolks and mix with a wire whisk until well blended. Microwave for 5 minutes. Stir and microwave for 3-5 minutes more. This will depend on the power of your microwave. You will want the consistency of pudding. Remove the bowl from the microwave and add the butter and vanilla. Stir. Add in the coconut and stir until well blended. Pour into the crust. Chill

TOPPING: Whip the cream and sugar together until stiff peaks form. Spread on top of the pie and top with toasted shredded coconut.

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Kirby's Korner

Green Thumb? Don't You Mean Lucky Thumb!



We adopted a new kitten in September of last year, and once we got him home and settled in, we soon found out he was a plant lover. We first discovered this when we couldn't find him one day. He had found a great resting place in the kitchen picture window. He had wrapped himself around the giant geranium we had brought in for the winter and had been sleeping for ages. We found him there with the help of the potting soil we noticed on the floor. He had dug himself a nice comfy hallow to lie in before settling down for his nap.

He loves everything about our plants except for eating them, and this is a good thing. Cats are well known for chewing on and often getting sick from eating houseplants, so it is with much relief that we don't have to worry about him eating something that might not agree with him. We ensure that there are never poisonous plants in the house because we have always had a cat or two around.

Now that we have bedding plants growing in the grow light stand, we truly understand his love of growing things. He was there helping when each seed was carefully dropped into the potting soil. He was there sleeping on top of the clear plastic dome that covered the planting tray as the heated grow pad helped to keep the seeds warm as they germinated. Once the tiny plants breached the soil, he watched and inspected every drop of water added to the soil, often testing it with his quick flicking tongue for freshness and temperature as it flowed from the watering can. I'm not sure how he will take it once he realizes he is an indoor cat and the plants soon won't be indoor plants any longer.

I bring up our precious little fellow because he has found that sleeping on our asparagus fern, *Asparagus aethiopicus*, is one of his favourite pastimes. He has slept on it so much now that no greenery is left on the poor plant. Our only hope is that once it is outside again, it will recover from his dedicated attention. We honestly do hope that the fern comes back to life, as we have had said fern for close to 30 years.

His asparagus gardening talents got me thinking and asking myself, "How old are some of our plants?" As the old saying goes, "When you are a kid, the days seem short, but the years feel long; when you are an adult, the days feel long, but the years seem short." That statement

never sounded more true than when I realized we had a plant old enough to be a good mutual fund.

We have been bringing in some of our outdoor plants for so long that I can't remember when we started doing it, and because of this, we have never been houseplant people. Mainly because we just don't have room for both. I know that the asparagus fern was the first plant we tried to save for the winter. We had picked it up in one of those 4-inch green plastic pots at a greenhouse in Moose Jaw, and by the end of summer, we had transplanted it twice because it kept outgrowing its home. When the threat of the first frost appeared in September of that year, we just couldn't leave this beautiful specimen of thriving life to stay outdoors and freeze.

Fast forward a few months, and our decision to bring the fern indoors seemed like one of the dumbest things we had ever done. No matter how much we tried to care for it, it insisted on drying up and dropping its razor-sharp needles

with work gloves on and shovel in hand; I envisioned clearing the ground of turf and weeds to start the foundation for a good compost heap. When I reached that hidden corner of the yard, I found a planter beaming with life as the fully needled-out green branches of the asparagus fern filled the void that once hovered over the sad-looking planter. Once closer, I found ten or twenty of what I can only guess gave the plant its name. there were long sprouts that looked precisely like asparagus, except they were only about a 1/8 of an inch or less in size, and they had reached up 2 feet looking for some much-awaited sunshine.

Fast-forward 30 years, and we have been sweeping up and vacuuming bushels of needles every winter since. The fern has outgrown its pot a few more times, and once it had reached a pot size so that we could no longer go larger and still get it in and out of the house, we started just splitting it in half or quarters and replanting some

No root stimulant is required, just a fresh pot of moist potting soil and a dark spot to let the roots develop for a few weeks before you move it into the sunshine to flourish. The way I do the cuttings is to break off one of the vines and then cut that vine with my fingernails into short little sections with one or two leaves on them. I then just push one end of that vine; it doesn't matter which end as the ivy will turn itself around if the vine was growing the other way before, into the soil, and there you have it. Come back in a few days, and you will see the tiniest little ivy leaves developing on the vine as it starts its new life.

Once we have filled all of our planters in the spring with wave petunias and anything else that catches our eye at the greenhouse, you will find Colleen walking around the yard with an ivy vine in her hands, pinching off small chunks of vine and pushing them into the soil wherever she sees a bare spot. Every year, the ivy is the star of the show in our planters.

Before I ramble on too long, I have another plant to tell you about. One that started as a rare houseplant in our home. Purple shamrock (*Oxalis triangularis*), also known as false shamrock. Shortly after adding the shamrock to our household, we realized we were just not taking care of it, as it was forgotten once the outside plants were taking up most of our free time. So we moved it out with the others. It soon succumbed to sunburn and wilted up into a dried-up mess. However, shortly after that, it started growing again, as it has been ever since. One year, I forgot to bring it inside for the winter, and when I found it in the spring, the planter it was in had absorbed enough radiation from the sun to thaw out and little green sprouts were pushing up through the soil. Those little green sprouts soon turned into deep purple bushes of triangle leaves.

Colleen and I have often been accused of having green thumbs. The truth is, we have no real idea of what we are doing when it comes to growing things other than watering them and leaving them to do what they do. These green thumbs are primarily because we don't have the time to care for our plants like the gardening manuals suggest. We just water and feed them when we have time, and their will to live and thrive takes care of the rest.



Our back yard in full splendor. (July 2022)

on the floor. Every few days, we would sweep up a dustpan full of needles and say, "As soon as it's warm enough to lug this thing back outside...". Well, as you know, that never did happen, and when spring came, I took the planter with its one tiny narrow dried-up asparagus fern twig that was left sticking out of the soil and placed it near to where my soon-to-be compost bin would sit. I had planned all winter on the where-tos and the how-tos of building a compost bin, and this fern was likely to be its first edition. Well, spring happened, and anyone with a yard and garden knows how busy those first few weeks of the growing season can consume your spare time. It was mid-June when I finally found the time to start working on the new compost bin. I ventured out one morning

of it into the pot. The remaining plant and roots finally reached the compost bin it had narrowly avoided many years earlier.

We have German ivy (*Delairea odorata*), slightly younger than the fern. I say "German ivy" and not "a German ivy" because the ivy has been split up into hundreds, if not thousands, of cuttings over the years. Each year, I pick two to bring in for the winter, and sometime in January, I will make cuttings and start a whole new crop of them. Sometimes the original will make it through the winter, and others, not so much. But we always have those cuttings to fill our planter boxes in the spring. German ivy has to be one of the easiest plants to grow and divide. One leaf with a bit of stem attached is all you need to make a whole new plant.



Ham, Onion & Cheese Pie

This recipe is an excellent way to use up leftovers. Measurements are approximate, and feel free to add and subtract ingredients (I've added leftover boiled turnips). I've also used frozen puff pastry and phyllo instead of a pastry crust.

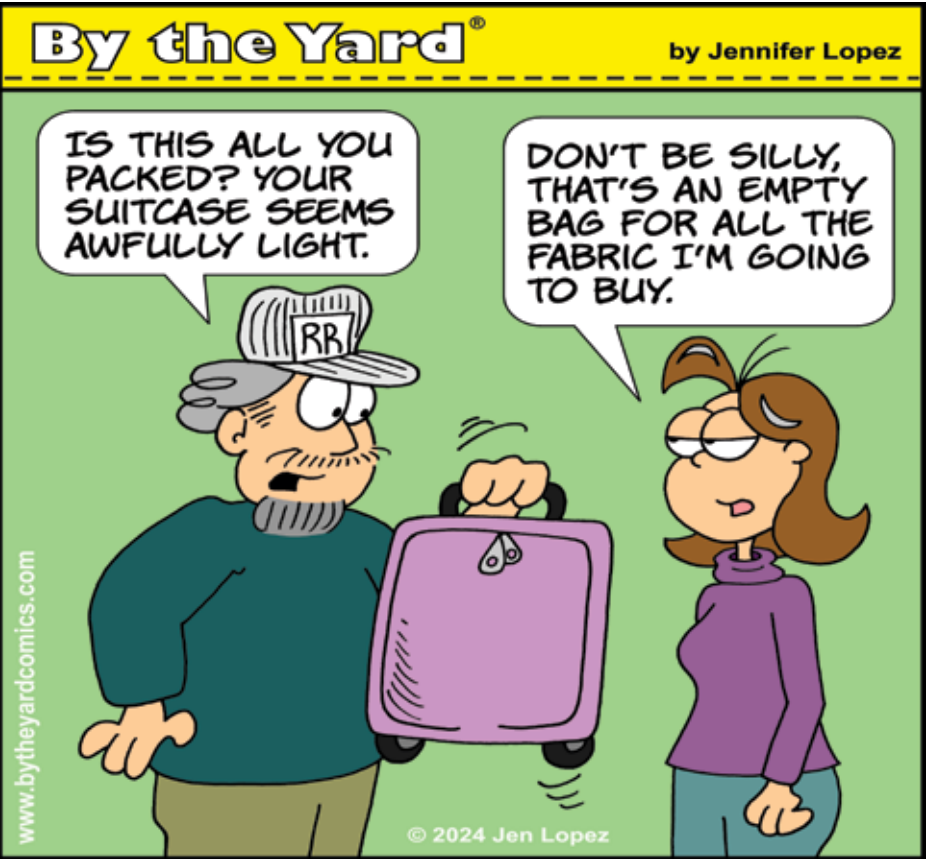
- Vegetable oil
- 1 onion diced
- 2 carrots, finely cubed
- 3 stalks celery
- 1 large potato, finely cubed
- 2-3 cups cooked ham, finely cubed
- 3 Tbsp butter
- 4 Tbsp flour
- 2 ½ cups milk
- ¾ cup cheddar, grated
- 1 tsp dry mustard
- Salt & pepper
- Favourite pastry crust

Finely cube the vegetables and sauté in vegetable oil until tender. Add in the cooked ham.

Melt the butter in a saucepan over medium heat. Add the flour and cook, stirring for 1 minute. Gradually stir in the milk and cook, stirring until smooth and thickened. Simmer for 2 minutes, stirring continuously. Remove from heat and stir in the dry mustard and cheddar.

Pour the sauce over the ham/vegetables, add salt & pepper to taste and stir well. Spoon into a deep dish pie plate or 8x8 pan. Roll the pastry crust and cover the pie. Make a couple of slits in the top of the pie for the steam to escape.

Place the pie on a baking sheet and bake at 400°F for approximately 40 minutes until the pastry is golden brown.



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The word kerchief came to us originally from the French *couvrechef*, meaning “a covering for the head.” The English added “hand” and gave it the meaning “a covering for the head held in the hand.” Thus, when we say “pocket handkerchief,” we really mean “a covering for the head which is held in the hand and contained in the pocket.”

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Grandmothers and grandothers in Canada have rallied in response, and raise funds in their communities. For nearly 18 years, Grandmothers 4 Grandmothers Regina (G4G Regina) has been fundraising in the Regina community, with tremendous support from a wide range of people and organizations, as we support the life-enhancing programs run by grandmothers in Africa and the community-led organizations that support them.

Now, we are planning for our popular
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Donation drop-off days are Wednesdays, April 3, 10, 17 from 4 – 7
and Saturdays, April 6, 13, 20 from 10 – 2.

The sale itself will be held on
Friday, April 26 from 4 – 8 and Saturday, April 27 from 10 – 3.
All this is happening at
St. James United Church, 4506 Sherwood Drive, Regina.

Should you have any questions, or would like to join our group, please don’t hesitate to contact us at g4gregina@gmail.com or visit our website at www.grandmothers4grandmothersregina.ca.

SOUTHPAW

This term used in baseball to designate a left-handed player is believed to have originated in Chicago where the team’s baseball park faced west. A man who pitched left-handed in that park would be doing so with his south paw.

Saskatoon, SK

Countryberries Designs Hippity Hoppity

This design has so many possibilities! Make a wool appliqued pillow top, a table mat or wall hanging. Create a punchneedle or hooked rug piece. If you’re a painter, create Hippity on paper, wood or canvas. He’d make a cute note card too! Enlarge this pattern to your desired size. Whatever craft you choose, have fun! Not for commercial use. Please give the artist credit.



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A Cup of Tea with Lydia

By Lydia E. Harris
Spring into TEA

I grew up on a dairy farm in Blaine, Washington where my mother served afternoon coffee and fresh homemade zwieback (yeast double buns) on Sunday afternoons. This German Russian tradition was called faspa. Often friends dropped in unannounced during that time. Mother would quickly set out a spread of sliced cheese, meats, rolls, home-canned fruit and sweets to serve them.

My parents’ hospitality made an impression. I enjoyed these spur-of-the-moment visits with church folks and wanted to follow my mother’s example.

Hospitali-TEA

Years later, when a friend gave me *If Teacups Could Talk* by Emilie Barnes, I became inspired to invite family and friends for a cup of tea. Since I was also just beginning to write for a publication, I decided to write a column I entitled, “*A Cup of Tea with Lydia*.” When I told my writing mentor about my idea for a tea column, she said, “That would bore me to tears.”

It hasn’t bored me to tears. Now decades later, I still enjoy going out for tea, serving tea to others and writing this tea column. I hope you enjoy the column too.

A friend asked me, “How do you keep coming up with ideas to write about?”

“I just keep serving tea,” I replied. I don’t usually plan for teatime to have a topic for the column. But often after serving guests, I realize, “This could make a good tea column.” The tea party inspires the column, not the reverse.

Impromptu Teas

If teacups could talk, mine would have many stories to tell. Like what happened a month ago when my granddaughters (13 and 20) planned to stop by. “Would you like to come for tea?” I asked. And they did.

Without much time to prepare, I planned a menu around the food I had on hand. I made crustless cucumber-and-cream cheese sandwiches, scone blossoms from my cookbook *In the Kitchen with Grandma* and served sweets from my freezer.

Placemats, floral teacups and saucers and a three-tier plate stand filled with food welcomed them to the table. The bottom plate held fresh-baked scones, Norwegian krumkake, and cookies. On the side, homemade whipped cream, jam and lemon curd accompanied the scones. The middle plate held the sandwiches and



edible small trees for a garnish. A slice of summer sausage was the tree base, thin cucumber slices were folded back and forth for the tree, with a cheese star on top—all held together with a toothpick. The smaller top plate contained cupcake liners filled with fresh raspberries and small chunks of melon.

They each had their own small pot of a favorite herbal tea—Country Peach Passion—and the three-tier stand rested on the table between them. What a delightful way to spend an impromptu visit! Now my teacups have another story to tell.

Spring Teas

Spring is a lovely season to share tea. How about an Easter brunch or a Mother’s Day teatime? Or perhaps you have a birthday or shower to celebrate. I’ve included an easy three-ingredient recipe to serve. It will add a colorful sweet and salty crunch to whatever else is on the menu.

I can’t wait until my next tea party! Won’t you join me?

From Lydia’s Recipe File:

Spring Pretzel Flowers

Colorful and easy to make.

Gather:

- Pretzels (square-shaped, called snaps)
- White vanilla candy melts
- Pastel M&Ms

Make:

- Place one candy melt on each pretzel.
- Heat a few at a time in the microwave to soften, not melt (time varies, but check every 15 seconds).
- Remove from the microwave. Place an M&M in the center of each candy with the M side down.
- Add 5 or 6 candies of another color around the center as petals of a flower.
- Chill to harden the candy melt.

Make as many as you need, at least two per person. Variation: Use round crackers or cookies (e. g. shortbread) as the base. Spread with ready-made vanilla icing. Add M&Ms.

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

All are available online and wherever books are sold.



Lemon Meringue Pie

I know that lemon meringue filling is traditionally cooked on the stovetop, but I’m a massive fan of the microwave for recipes with an egg base. By using the microwave, you’re not standing over a hot stove, and it’s a lot more difficult to scorch or curdle the eggs. You can swap traditional pie shell for a graham wafer crust for a more spring-like taste.

FILLING

- 1 cup granulated sugar
- 1/3 cup cornstarch
- 2 cups hot water
- 3 egg yolks
- 2 lemons, juiced
- 1 Tbsp butter
- ¼ tsp salt
- Baked 9” pie shell

MERINGUE

- 3 egg whites, room temperature
- ¼ tsp cream of tartar
- 6 Tbsp granulated sugar



FILLING: Put the sugar and cornstarch in a medium microwave bowl. Stir to mix. Stir in the water and egg yolks. * Temper egg yolks by mixing a bit of hot mixture with them before adding. Stir.

Microwave on high for 2 minutes. Stir thoroughly. Microwave again for 3 minutes. The mixture should be transparent.

Add in the lemon juice. Stir. Microwave for 2 minutes. Add the butter. Stir. Pour into the pie shell. Cool

MERINGUE: Beat the egg white and cream of tartar until stiff froth forms. Add in the sugar gradually while beating until stiff and the sugar is dissolved.

Pile the meringue onto the filling, making sure you cover all of the filling. Bake at 350°F for 10-15 minutes until browned.



Open the Door! That’s What They Are For

by Barbara Kalkis

My doctor gets the credit for making me think about doors. No, it wasn’t for therapy, although I sometimes wish someone would tell me what to do in certain situations. Mostly, however, I just wish I had a butler, the way some kids wish for a pony. But I digress.

It was a busy day at the doctor’s office. The nurse escorted me to the examination room, apologizing that Doctor was running a bit late. No problem. Alone time helps me settle into my surroundings and shake off a list of “what-if’s”, which is challenging when the counters are stuffed with bandages, gloves and other “tools of the trade”, and the walls are plastered with cautions, warning signs of diseases and posters of body parts you forgot you had. And did not need a reminder of.

Crammed amongst the barrage of medical information, I was intrigued to see a huge, handsomely framed poster showing row upon row of doors. It was so completely out of place that I wondered if it contained some secret hidden message. In any case, it was a welcome change in the windowless room.

There were no words, no title, just close-up photos of formal doors in every style and color that could grace the front of a house. Windows or no windows. Embellished decorations or plain. Stern glossy black doors fitted with gleaming brass handles, locks and kick-panels. Gray doors, suggesting owners who could not commit to a color. Heavily varnished doors showcasing the wood’s grain.

Interspersing traditional styles were the flashy doors. The owners seemed intent to match door color to decorations on their porches. Grecian urns held massive red geraniums that exactly mirrored the door color. Green doors stood between boxwoods shaped into miniature trees with globes of tiny leaves. Bright yellow, pink, sky-blue, and lilac doors indicated cheery souls within who were brave enough to shun tradition or homeowner association color codes.

As I studied each photograph, I wondered what made this artwork more compelling than a simple scene. Dedicated to over-thinking things and having nothing to do while half-dressed, I decided that there is some deeper meaning to a door than a realtor’s suggestion for “curb appeal.” Scenes invite us to walk into an environment. Floral bouquets inspire appreciation of beauty.

Doors hold many more meanings. They are solid, sturdy, strong. You can

count on a door for privacy. They provide security. They communicate the personality of their owners. They are the first indication of the kind of people that live behind them. Think of welcoming door wreaths at Christmas or circlets of spring flowers or 4th of July miniature flags and stars. Doors can keep us out. They also are the gateway to walk through.

In life, we all encounter many doors, real and abstract. The real doors are easy to deal with. We knock and hope they are opened. The abstract doors are harder to define. Those doors might stay closed to a new job or other opportunity. Many more doors are gateways to a new chapter in our lives – perhaps a move, the vacation of a lifetime, a new friend, or special person to share our lives with, a child or grandchild.

Whatever the door represents is up to each of us to decide. I like to think of a door as the entry to some new adventure, a new beginning, a new start, a new chapter, even a new season in the circle of a year. We just need to knock, walk through and the future will be open to us.

©2024Barbara Kalkis. Barbara Kalkis spends her time teaching, writing, and working as a marketing consultant. She is the author of Little Ditties for Every Day: A Collection of Thoughts in Rhyme and Rhythm. Contact her at BarbaraKalkis01@gmail.com.

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What if they all brought some of their treasures, along with her surplus from collecting for years, and they hosted a small antique market for the public in her event tent?



the vision that Max initially had . . . a hand-picked variety of Saskatchewan-only market vendors, horse and hay wagon rides, antique cars, live old-time fiddle music showcasing Saskatchewan talent, great food and refreshments, old-fashioned children's games, as well as a Pioneer Museum, Old-Time Photo Booth, and The Farmer's Daughter Country Store located in her grand-parents' 1938 big red hip-roof dairy barn.

Today, the 50 vendor booth spaces showcase EVERYTHING country . . . antiques/vintage furniture/collectibles/farm primitives, hand-made jewelry/purses/wood-work, home-made baking/preserves/dog treats, local honey, quilts, home decor, garden art and so much more.

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In a Jiffy Cream Cheese Pie

This isn't a traditional cheesecake texture; it's more mousse-like. I recommend making this the evening before to give it additional time to firm up. It can certainly be topped with canned cherry pie filling, but I usually bring out a bag of frozen prairie cherries from the freezer, add some sugar, and simmer until thick.

CRUST:

- 1 1/4 cups graham cracker crumbs
- 1/3 cup butter, melted
- 1/4 cup sugar

PIE:

- 1 – 8oz pkg. of cream cheese, very cold and straight from the fridge, should be a bit soft
- 1 can sweetened condensed milk
- 1/3 cup fresh lemon juice; don't use bottled
- 1 tsp vanilla extract

TOPPING

- 1 can cherry pie filling

Combine all crust ingredients and press into a 9-inch pie plate. Refrigerate for 1 hour before adding the filling.

Whip the very cold cream cheese until fluffy. Then, pour in the sweetened condensed milk while continuing to beat until blended. Don't beat for too long, though; too much air will be whipped in, and the mixture will be too thin. Add lemon juice and vanilla; beat until just combined, scraping down the bowl sides as needed.

Pour the mixture into the crust and refrigerate for 6-8 hours or overnight. The longer this pie is refrigerated, the better it will set up. Serve the pie with cherry pie filling or other desired topping.

Crossword Puzzle

The first crossword puzzle was put together by Arthur Winn and appeared in the supplement of the New York (Sunday) World, December 21, 1913. The first crossword puzzle book was issued April 10, 1924

Humboldt, SK



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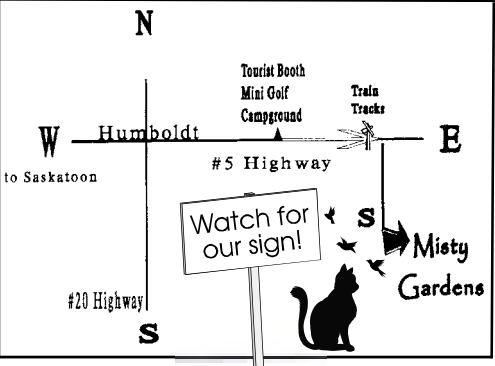
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Heart Scents for Babies - by Leah Cathleen

I fell down a rabbit hole one day. Have you ever done that? Started googling one thing, and ended up an hour later fascinated by facts about something completely different? About a year ago, I was scrolling through sewing projects and I stumbled across an article about scent cloths for NICU families. The idea behind these is a simple one – with extensive scientific research supporting it. A NICU parent wears a piece of flannel next to their skin and it absorbs their scent. The parents leave the flannel in the incubator with baby. This promotes two-way scent bonding between the parent and child.

I got goosebumps when I read about this and I got fired up. I have flannel! Loads of flannel! I can sew! I got busy and started phoning around to find ‘the group’ in Calgary creating these. I was ready to jump on board and sew to my heart's content. After several calls, I realized there was no co-ordinated effort to sew these and get them into the hands of local NICU families.

That got me thinking. Maybe we can start something here. I started by contacting NICU managers and asking if this was something they would accept in their units. Heart Scents was the result of these conversations. Great idea! Now what? We created a pattern, instructions, website and Instagram page to get the ball rolling. A group of us now carry sample hearts in our pockets and talk about Heart Scents to everyone we meet. We’re amazed at the number of personal NICU stories we’ve heard.

The Heart Scents mission is two-fold. Firstly, with our gift of flannel hearts we aim to promote scent bonding for NICU families. This community support is heartwarming to a family going through a challenging time in their lives.

Secondly, we encourage people to gather and create flannel hearts. These gatherings foster a sense of community and belonging and promote connections between volunteers. Coming together, in service to others, is a powerful way to build stronger relationships in our community.

Here is a message we received from a parent “My son was born very early and spent 88 days in hospital. These pieces of fabric were the most special tokens of connection during all the times of separation. Thank you thank you thank you for who you are and what you are creating in the world. Thank you for the love, it means so much.”

The easy part is understanding the importance of these small pieces of flannel. The challenging part is keeping up with the constant need for these. The catchword that has become our mantra is ‘Sustainable’. We are deeply committed to ensuring this is not a ‘flash-in-the-pan’ movement. The need for these little hearts will never go away and we are committed to this for the long term. In Calgary alone, there are over 2,800 NICU admissions in a year. Each

family receives two hearts which means we need over 5,600 hearts a year. There are days that number is overwhelming. Then someone drops off a bag or box with 15 hearts, , 75 hearts or 300 hearts! This uplifts us and we realize just how kind and generous people are. We have quilt groups creating hundreds of these. A local RV group created hearts on their craft morning while camping together. Several Snowbirds are creating these over the winter down in Arizona. Girl guide groups are working together to make hearts. The upswing is starting and our aim is to keep it going.

You are invited to help us meet the high demand for 'Heart Scents'. There are so many ways to help! You can sew the flannel hearts. We encourage you to host your own Heart Scents workshops. Gather people together to create Heart Scents - as many hands make light work.

If you don't sew - no problem - we are also accepting donations of flannel and thread to distribute to sewing volunteers and we now have a flannel 'library'! When available, anyone may sign out some flannel yardage, sew it into Heart Scents and bring it back within a month. Another excellent way to help Heart Scents is to spread the word! Talk about this with your guild, friends, family, co-workers, sports team. This is a special project that strikes a chord with everyone who hears about it.

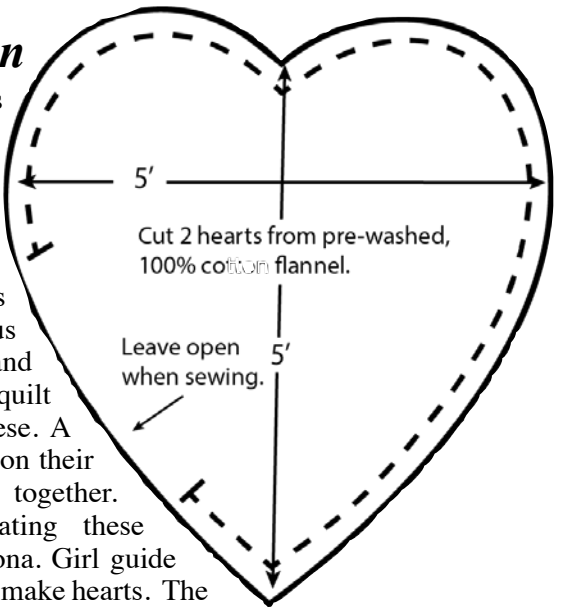
Follow @heartscentsforbabies on Instagram for more information or email us at heartscentsforbabies@gmail.com .

Instructions and pattern are found on our website at <https://heartscentsforbabies.weebly.com/>.

Heart Scents has drop-off locations throughout Calgary, Airdrie and Edmonton. If you would like to be a drop-off location for your community, please contact us directly for more information.

If you are interested in starting a program similar to Heart Scents in your community, please contact us. We are happy to share knowledge!

Please do not bring Heart Scents directly to any hospital as all hospitals must follow strict protocols for donations.



Outlook, SK



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Wacky Definitions:

Photograph Album
The strange views people take of things.

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Reader Submitted Recipes

by Lorraine T., Weyburn

Fluffy Pumpkin Pancakes

- 2 cups buttermilk (or 2 tablespoons vinegar + enough milk to equal 2 cups)
- 1 cup pumpkin puree
- 2 eggs
- 3 Tbsps butter (melted and cooled slightly + more for cooking, if desired)
- 2 tsp pure vanilla extract
- 2 ½ cups flour
- 1/3 cup sugar
- 1 Tbsp. baking powder
- ½ tsp baking soda
- 2 tsp pumpkin pie spice blend
- ½ tsp salt
- Butter and maple syrup for serving

To a large bowl, add the buttermilk. If using the vinegar plus milk option, let sit for about 10 minutes to allow the milk to turn to buttermilk. Add the pumpkin, eggs, butter, and vanilla and stir with a whisk to combine.

In a medium bowl, stir together the flour, sugar, baking powder, baking soda, spices, and salt.

Pour the dry ingredients over the wet and mix just until incorporated. Do not overmix.

Let batter rest for about 5 minutes.

Heat a non-stick griddle to 325°F degrees or set large frying pan over medium heat. Melt a little butter on the cooking surface, spreading it evenly, if desired (if the surface is non-stick, you may not need to do this). Using a 1/3 cup measure pour the batter onto the griddle or into the frying pan. The pancakes are ready to flip when they look a little dry around the edges and start to form little bubbles, 1 to 2 minutes. Flip and cook on the other side until golden brown and completely cooked through, 1 to 2 more minutes.

Serve topped with butter and maple syrup, if desired.

Kipling, SK

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Chocolate Chip Cookies

- ¾ cup margarine
- 1 cup brown sugar
- ½ cup white sugar
- 1 tsp. vanilla
- 2 eggs
- ½ tsp. salt
- 2 cups flour
- 1 tsp. baking soda
- 1 pkg. of semi-sweet chocolate chips

Cream margarine, add sugars, vanilla. Add eggs and beat well. Combine dry ingredients to creamed mixture.

Stir in chocolate chips. Drop by teaspoon onto ungreased cookie sheet. Bake at 375°F for 10 minutes or until bottoms are lightly browned.

Wacky Definitions:

EXECUTIVE

A person who talks with visitors so the other employees can get their work done.

Oh NO!!! Carl has a screw loose!!!

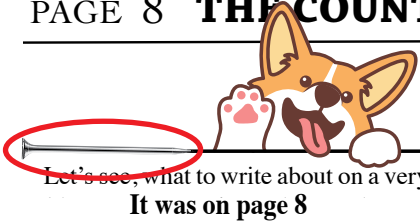
Regular readers of The Country Register will know that Carl runs a small town store that sits smack dab on the Manitoba and Saskatchewan border, and that Carl fancies himself as a bit of a handyman, but his eyesight is not what it used to be.

Can you help him find it?
It looks like this.

This is not a contest, just some fun for you, our readers.

Did you find Carl's loose screw in our last issue?

PAGE 8 THE COUN'



Carl must have dropped it when he was over visiting Cindy & Joe Ashfield.

Carlyle, SK

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Stories of Yesteryear
Reader Submitted Stories
Stories From Down on the Farm
By Judy Ann Stupak

I walk into my sewing room and sit down. It's been years. Once this was my sanctuary; my place of escape. When the children went to bed, I retreated to the sewing room for an hour or two of peace. No questions. No begging. No crying. No arguments.

Each piece of fabric called my name. Even organizing it was fun. What would it become? Was it enough? Could I mix this with that? Would it look better with the body of this pattern and the sleeves of another? Should it have buttons instead of a zipper? What about beads or lace?

Most days our kitten would join me. He had his own basket. Even after he outgrew his basket and I had abandoned my precious sewing room, it continued to be his retreat. Somehow he managed to fit his massive body into a little basket, with fur hanging over all the edges.

As a kitten though, he added joy and humour to the room. One of his favourite tricks was to grab the head of a pin, pull it out of the pincushion with his teeth and throw it as far as he could with the flick of his head. Pin by pin he would continue until there were no pins in the pincushion and a pile of pins laying on the floor.

Another favourite past time of his was to play with ribbon. My industrial-sized spools of ribbon were threaded on a rod close to the ceiling. From his perch on the table he would reach up and grab an end with his teeth. He would then jump down, run out of the room and unravel as much of the spool as he could. The work of rewinding and cleaning up was worth the humour. It was our special place.

Once this was a place of dreams. I took classes. I learned everything I could. New techniques. New equipment. Could I sell what I made? If I made 1, could I make 10? If I made 10, could I make 100? People complimented my work. Major craft shows solicited my business. Could I make an income doing what I loved?

Now everything is coated with dust. The sewing machines have turned yellow with age. Most of the things I made were given away or donated. Tools, books, and supplies line the shelves in the storage room. Paint, glass, fabric, cement, ornaments. Do I really want to do this again? Can I still create magic? My cat is now a senior. He crawls out of his basket with a dazed look and comes to sit beside me purring. Yes, I remember when this was our room.

Purge. Yes, that is what I need to do. Good-bye to the fabric and lace from the 90's. Good bye buttons and zippers. Good-bye doll making supplies. Good-bye silk ribbon embroidery. Goodbye beads and jewelry making supplies.

But wait. Here are some quilting patterns my mom gave me. The winter before her stroke she made a quilt for each grandchild – 13 in total. My 2 children were fortunate recipients. The quilts were well used and loved. Could I duplicate her quilts? Should I try?

There is a quilt store down the street that I haven't visited for years. Maybe tomorrow, I will see if there are classes coming up. There might be a sale on fabric. Maybe even on machines. Oh boy I can't wait!

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By: RESHA & TIM from HUMBLE LIFE ACRES

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From winter to spring is when nature slowly comes back to life. It's a time of renewal and gratitude. Nature slowly waking up in stages and, emerging from a much-needed rest bringing back life in full bloom. It is a perfect time to be in the moment, honor nature, be in present time and really take it all in. Taking time to notice the new leaf emerging from the trees, the blossoms beginning to bloom, the birds singing louder finding the perfect nest spot. All of the world's most important pollinators, insects and bugs all have their place in this process and in nature's ecosystem. Animals from small to large all need their space and environment to just be nature.

If you think about it, some of them have a limited time from Spring to late Fall. They all know what is important and make the best of their time. We can learn from nature in this way. In fact, it is vital more than ever that we understand how valuable time is.

One of the biggest challenges we face is finding balance and equilibrium in our world that is filled with technology. The world then feels like its spinning faster, we are going at a faster pace then ever it seems. Sometimes we do not realize how much we are immersed in this and busy doing so many other things. We can easily lose sight from over sensory and all the information hitting us on a constant cycle, of repeat day in and day out. Before you know it, you take a step back, find that something isn't right or seeming like you're not as close to your life partner as you should be. They are busy, you are busy, the kids are busy and there are 100 things on the to do list that keep on going. Getting through it, feeling like there is so much noise, chaos that it can start feeling like it is survival mode and little time to just breathe. Being so tired and exhausted day in and day out that the simplest of things are a chore.

Really if you look at it this way, we are trading time whether its with our computers, phones, tv, multi tasks and just trying to stay on top of all. It is a massive challenge that can break us at any point. We become tired, irritable, less communicative and start to lose our ground and become disconnected with the people around us. Social media and technology have become an addiction that slowly creeps up on us that we may not even notice how much it does. It is a lot like the frog in boiling water scenario – the water slowly gets hotter and hotter not really noticing it until its intense. Sometimes this can be short term or sometimes it can be over a long period of time.

The point is, we lose that time. Sometimes we don't even notice it until someone points it out. If we are lucky. Or worse, when it's near the end of our time and when we look back, we wish we had more time. It's a tough pill to swallow but it is reality. No one ever wants to hear that "it seems like you would rather spend time with your phone then with me". Especially when that is not your intent at all but in the same breath, they are right. Sometimes it can be harsh because it feels like you're doing all these things and just want some time to relax. Especially when it feels like the world wants every piece of you. This can apply to anything really. As it is anything that takes away too much time from the things that really matter. Trust me, it is not easy to hear that at all. But hearing it and communicating it so all points of view are discussed helps resolve it. It then repairs the cracks in the foundation that could have either been detrimental or never filled. Giving opportunity, new perspective and

making the necessary changes to not have it be so intrusive and live a more abundant life.

If you want to live with no regrets and all in. Then what is stopping you? What is taking you away from doing that? How can you change some of the time spent here to be more present whether it's for yourself, a loved one or friend. Time is wealth and where you spend it matters. Whatever that may mean to you.

Going back to nature. It has a short amount of time between seasons. Through each season that comes and goes. Especially Spring and Summer, it makes the best of it. More than ever, we need to get back to the basics and the things that matter. You can still do the things you need to do in todays world. Its just seeing it in a difference perspective so you can enhance your life, have more balance and breathe. It is being aware of it in a different perspective so it doesn't creep up like the frog in the boiling water. Connecting with one another, with nature and with gratitude. It is essential like the air we breathe. The reason they call it the present is because it is the gift.

We don't realize how much attention and time is given away to the things that don't really matter. As an example: endless scrolling on your phone when some time can be spent doing that, but the rest is being Present.

All it takes is to take a step back, and evaluate where you spend your time. How you can make little changes to ensure that you re-gain time towards the things that really mean the most? You can have best of both worlds. It's learning balance and being aware of how you're spending your time.

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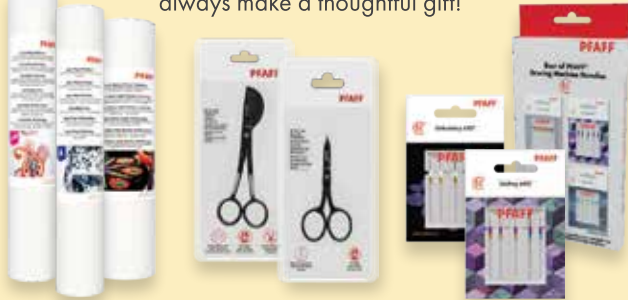
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