

The Country Register™

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

February/March 2024

Vol. 24, No. 3

The FREE Specialty Publication
containing information about special shops, interesting businesses,
entertaining items, delicious recipes, and delightful destinations

Antiques ~ Coffee & Tea ~ Crafts & Hobbies
~ Gifts & Flowers ~ Home Decor
~ Quilting & Stitching and more!

Compliments of the advertisers within.

This copy of The Country Register
compliments of:



Saskatoon, SK



Sew charming crafts

College Park Mall 106B - 3929 8th St E, Saskatoon, SK

**306-934-5577**

Mon-Sat 10am-5pm Thurs 10am-8pm

www.sewcharmingcrafts.ca



Surprise a special friend or loved one this Valentine's Day with a GIFT CERTIFICATE, redeemable for longarm quilting or selections from our inventory.

The Brett Lewis fabric line has arrived!

Shopping in the store?
Don't forget to browse the designated sale area.

All stock in our bricks-and-mortar store is available online.
If you see an item in our website inventory, it's in stock!
Online & phone ordering * in-store pickup & express mailing.
Classes are posted on our website in the calendar!

*fabric * wide backings * batting **
** thread * rulers * notions * pressing mats **
** longarm services **
** yarn * DMC embroidery floss * aida cloth **

Saskatoon, SK



FLOOR MODEL SALE NOW ON

GREAT DEALS LARGE EMBROIDERY MACHINES

creative icon™ 2

CONTINENTAL M17

Solarus 2

Follow Us On Social Media





Check Out Our Website for Up Coming Classes!
306-652-6031
#4-1730 QUEBEC AVE SASKATOON SK
www.thesewingmachinestore.com

Experience

1. The name given to our mistakes.
2. What you get when you're expecting something else.
3. What you have left after you've lost everything else.
4. The best teacher - but often late to school.
5. That accumulated body of practical wisdom that enables us to have handy, whenever we are offered and unpleasant task, a completely logical reason for not doing it.

Saskatoon, SK



Prairie Lily Knitting & needlework shop

Mon. - Fri. 9:30 - 4:30 • Sat. 10 - 4 • Closed Sundays & holidays

- KNITTING YARNS
- PATTERNS
- BOOKS
- DMC & ANCHOR FLOSS & TAPESTRY YARNS
- CROSS STITCH FABRIC
- CHARTS
- TAPESTRY CANVAS
- MAIL ORDER

#7 - 1730 Quebec Ave.
Canadiana Business Centre
SASKATOON, SK.

306-665-2771

www.prairielylknittingandneedlework.com

Saskatoon, SK

Quilting supplies at your fingertips

Online or in-store

Fun, friendly, helpful service

Regular online updates of new fabric, books, patterns and notions

Phone service, mailout and curbside pickup offered!

Authorized dealer

BERNINA

made to create

Sewing & Longarm Machines

Current fabric collections by:

- Moda
- Robert Kaufman
- Riley Blake
- Free Spirit, Tula Pink, Kaffe Fassett
- Ruby Star Society
- Dashwood Studios
- Dear Stella
- And more...

We clean and service all makes and models of sewing and longarm machines!

Follow Us!





Periwinkle Quilting & Beyond

A Happy Place to Make and Learn

270 - 2600 Eighth St. E., Saskatoon, SK • 306-933-3072

Mon to Sat 9:30 - 5:30 • Thurs. nights 'til 9:00

www.periwinkle.biz/shop

Martensville, SK



Your Fabric And Custom Apparel Store!

Serving Martensville, Saskatoon Warman and the Surrounding Communities



Saskatoon's Best Source for **FABRICS & EMBROIDERY**

D&S Family Fabrics

is Saskatoon's fabric and embroidery one-stop shop. We offer fabric, sewing notions, customizable clothing and promotional goods to individuals and businesses. Our friendly staff work hard to provide exceptional customer service.

Come see our brand new retail space!
It's fresh, bright and filled with beautiful fabrics.
The chic atmosphere keeps the creative juices flowing.

You will be pleasantly surprised when you discover this little prairie gem for yourself!

Choose from our large selection of fabrics & custom apparel for your project

Sask Exclusive Go! Dealer





17 Centennial Dr N ~ Martensville
(306) 242-0888, (306) 222-3673

HOURLS: Tue-Fri: 11 am to 5 pm, Saturdays: 10 am to 3 pm
Closed Sundays and Statutory Holidays



Watch the Magic
Mystery Quilt - 2024

Designed by Ann Jones, Nevada, MO

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

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

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

Fabric Requirements:

Quilt Option #1

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

Quilt Option #2 (additional fabric needed)

Fabric A – 2 yards Fabric B (dark) – 1/2 yard
Binding (dark) – 3/4 yard

PART I:

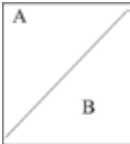
Making the Block: (Make 36 blocks) Cut (per block):

Fabric A

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

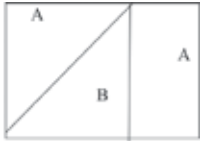
Fabric B

1 – 5 x 5
2 – 4 1/2 x 4 1/2 inch

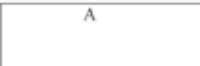


- On the wrong side of Fabric A, 5 x 5, mark a diagonal line. Matching right sides together of A & B, sew 1/4 inch on either side of the drawn line. Press.
- Cut on the drawn line. Press towards B.
- Square these two blocks to 4 1/2 x 4 1/2. See diagram below. Set aside.

- On the RIGHT SIDE of the above A/B square, right sides together, sew the 2 1/2 x 4 1/2 Fabric A. Set seam, press open towards A.
- On the bottom, right sides together, sew a 2 1/2 x 6 1/2 Fabric A. Set seam, press open towards A.



- On the two 4 1/2 x 4 1/2 B squares draw a diagonal line on the wrong side.
- On the above set, right sides together, place a 4 1/2 x 4 1/2 Fabric B in the BOTTOM RIGHT CORNER, making sure the corners and sides line up.
- I strongly encourage you to pin these together at this point so that the 4 1/2 x 4 1/2 B block doesn’t shift when you sew.
- Take your time, and sew on the diagonal line. I found it to be more accurate if I set my needle position a stitch to the right of the diagonal line so I wasn’t sewing directly on it. That gives the fabric room to fold over and “square up” to the corner. Set the seam and press open towards Fabric B. See Diagrams below.



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

- Following the instructions and diagrams above, right sides together, sew a 2 1/2 x 6 1/2 inch Fabric A to the RIGHT SIDE of the above block. Set seam and press towards A.
- On the bottom side, right sides together, sew a 2 1/2 x 8 1/2 inch Fabric A. Set the seam and press towards Fabric A. At this point, your block should be 8 1/2 x 8 1/2 inches.
- Taking the second 4 1/2 x 4 1/2 inch Fabric B block, right sides together, place it in the bottom right corner, making sure your corners and sides match. Pin in place. Sew along the diagonal line. Set seam and press open towards Fabric B. Again, make sure block is square and then trim extra fabric and save for another project. See diagram below.



- Make 36 blocks total, following the above directions.



Saskatoon, SK



15% OFF

In Stock Fabrics*

*excludes broadcloth

COUPON VALID FROM MARCH 4-15



Visit us for all your sewing needs

brother®
Sewing Machines



Century Textile
and Sewing Supply

SASKATOON
1841 AVENUE C NORTH
(306) 652-0994
1-800-667-9760



SASKATCHEWAN:

Carlyle:
Sew & Sews..... Pg.10

Esterhazy:
Erin’s Pharmacy..... Pg.8

Humboldt:
Haus of Stitches..... Pg.7
Misty Gardens..... Pg.7

Kipling:
Paperclip Cottage Cafe..... Pg.8

Martinsville:
D&S Family Fabrics..... Pg.2

Mistatim:
Cotton Meadow Fabrics..... Pg.6

Moose Jaw:
Quilters Haven..... Pg.6

Moosomin:
Sew Creative & Interiors..... Pg.10

Nipawin:
Elaine’s Fabric & More..... Pg. 6

Outlook:
Broderick Garden Centre..... Pg. 6

Regina:
Bird Films..... Pg.8
Corben Tours..... Pg.8
Humble Life Acres..... Pg.6
Regina Antique Mall..... Pg.8
Queen City Antique & Vintage Market.... Pg.8

Saskatoon:
Century Textile..... Pg.3

Periwinkle Quilting and Beyond..... Pg.2
Prairie Lily Knitting..... Pg.2
Sew Charming Crafts..... Pg.2
The Sewing Machine Store..... Pg.2, 9 & 16

Wolseley:
Tilli-Beans Bakery & Coffee Shop..... Pg.8

Yorkton:
Colette’s Sewing Machines Plus..... Pg.10
Modern Stitch Co..... Pg.10
North 40 Fabrics..... Pg.10

MANITOBA:

Arborg:
Sew Happy Quilts N More..... Pg.12

Ashern:
Mama Bear’s Quilt Shoppe..... Pg. 12

Austin:
Big Wheel Quilt Shop..... Pg.14

Brandon:
Brandon Sewing Centre Ltd..... Pg. 9
George Strange’s Prairie Showcase..... Pg.12
Mama Bears Quilt Shoppe..... Pg.12

Carroll:
SLM Alpacas..... Pg. 12

Morden:
Aspen Grove Quilting.....Pg.11
Barnswallow Quilt Show.....Pg.11

Oak Bluff:
Mook Fabrics..... Pg.13

Rosburn:
Gone Scappin’ In Bloom..... Pg.12

Stanley:
Aspen Grove Quilting.....Pg.11

Steinbach:
Fay’s Fabric Villa..... Pg.14

Stonewall:
Up Along Quilting..... Pg.14

Swan River:
Empty Bobbin Quilts & Fabric..... Pg.9 & 12

Thompson:
Needle’s Eye Fabrics..... Pg. 9

Virden:
Flower Attic & Gifts..... Pg.14

Winnipeg:
Carellan Sewing Centre.....Pg.9 & 16
Design Wall (online only)..... Pg.15
KTR Sewing Centre..... Pg.15
Mook Fabrics..... Pg.13

OTHER:
Husqvarna/Viking..... Pg.16
PFAFF..... Pg.9



TO ADVERTISE IN OUR APRIL/MAY 2024 ISSUE

BOOK YOUR ADS BEFORE March 12th

Ads received after deadline will be accepted on a space available basis only and may be subject to late charges

Phone: (306) 585-0274 E-Mail: countryregister@sasktel.net

Web Site: www.countryregister.com

Mail: Box 801 Stn Main, White City, SK S4L 5B1

141st Edition

The Country Register, Manitoba & Saskatchewan

Kirby & Colleen Gust

Editors, Publishers, Advertising Representatives

ISSN 1700-9340

The Country Register Story

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.

Look for the paper in your travels.

To receive a sample paper from another area,
mail \$4.00 to that area's publisher.

The Country Register is available at each shop that advertises
and at other unique locations.

We hope you enjoy it and let the advertisers know.

The Country Register is not responsible for the return, nor promises the use of any unsolicited manuscripts, photos or other materials. We reserve the right to refuse advertising which in our opinion may not fit the standards of the publication. Reproduction or use of any material contained herein without written permission is expressly prohibited.

Responsibility for products advertised in this newspaper lies with the advertisers themselves. Though The Country Register will not knowingly publish fraudulent materials or fraudulently obtained materials, we are not liable for any damages arising from the purchase or use of material or products advertised herein.

CANADA

*Alberta: Marcy Horswill, Ste. 114, 919 Center St. NW, Calgary, Alberta, T2E 2P6 (587)-585-3545
British Columbia: Jenifer Smith & Justin Stonehill, 8726 Palmer Pl., Summerland, B.C. V0H 1Z2 countryregisterbc@gmail.com
Colorado: Jan & John Keller, 16755 Oak Brush Loop, Peyton, CO, 80831 (719) 749-9797
Ontario: Harriet Ramos, 103-575 Lacolle Way, Orleans, ON K4A 5B6, 613-612-8465 ontariocountryregister@gmail.com
*Sask.-Manitoba: Colleen Gust, Box 801 Stn Main, White City, SK, S4L 5B1, (306) 585-0274, countryregister@sasktel.net

USA

*Arizona: Barbara Stillman and Lolly Konecky, 515 E Carefree Hwy, #1128, Phoenix, AZ, 85085, 602-942-8950
*Arkansas: Richard & Lenda Brown, P.O. Box 32581, Oklahoma City, OK, 73123, phone/fax 405-470-2597
*California & N. Nevada: Barbara Stillman and Lolly Konecky, 515 E Carefree Hwy, #1128, Phoenix, AZ, 85085, 602-942-8950
Colorado: Jan & John Keller, 16755 Oak Brush Loop, Peyton, CO, 80831 (719) 749-9797
*Connecticut: Dave & Amy Carter, Box 365, New Market, MD, 21774, 866-825-9217, ads@countryregisteronline.com
*Delaware: Merle and Gail Taylor, P.O. Box 1330, Powell, OH, 43065 (888) 616-8319
*Florida: Dave & Amy Carter, Box 365, New Market, MD, 21774, 866-825-9217, ads@countryregisteronline.com
*Georgia: Linda Parish, P.O. Box 389, Lexington, GA 30648 (706) 340-1049, tcrqa@windstream.net
*Idaho (N): Kelsey Ruzicka, PO Box 2015, Belle Fourche, SD, 57717 605-568-0181 kelsey@moxiemarketingmw.com
*Idaho (S) WA & OR: Barbara Stillman and Lolly Konecky, 515 E Carefree Hwy, #1128, Phoenix, AZ, 85085, 602-942-8950
*Illinois: Richard & Lenda Brown, P.O. Box 32581, Oklahoma City, OK, 73123, phone/fax 405-470-2597
*Indiana: Merle and Gail Taylor, P.O. Box 1330, Powell, OH, 43065 35763 (888) 616-8319
Iowa: Linda Glendy, P.O. Box 6, Tama, IA 52339, (641) 751-2619, iowacountryregister@mchsi.com
*Kansas: Cindy Baldwin, 988 9th Ave., McPherson, KS 67460, 866-966-9815, kansas@countryregister.com
*Maryland: Staci Lute, Box 115, Taneytown, MD, 21787, 443-909-0531, staci@the-registerweb.com
*Mass.: Dave & Amy Carter, Box 365, New Market, MD, 21774, 866-825-9217, ads@countryregisteronline.com
Michigan: Bill, Marlene & Leslie Howell, 3790 Manistee, Saginaw, MI 48603-3143, (989) 793-4211
*Minnesota: Kim & Mickey Keller, 12835 Kiska St. NE, Blaine, MN 55449, 763-754-1661, fax 763-862-9939
*Missouri: Richard & Lenda Brown, P.O. Box 32581, Oklahoma City, OK, 73123, phone/fax 405-470-2597
*Montana & N. Idaho: Kelsey Ruzicka, PO Box 2015, Belle Fourche, SD, 57717 605-568-0181 kelsey@moxiemarketingmw.com
*Nebraska: Barbara Stillman and Lolly Konecky, 515 E Carefree Hwy, #1128, Phoenix, AZ, 85085, 602-942-8950
*Nevada (N): Barbara Stillman and Lolly Konecky, 515 E Carefree Hwy, #1128, Phoenix, AZ, 85085, 602-942-8950
Nevada (S): Glenda Dunn, 4568 Carol Circle, Las Vegas, NV, 89120, (702) 523-1803
*New Jersey: Merle & Gail Taylor, P.O. Box 1330, Powell, OH, 43065 (888) 616-8319
New Mexico: Jan & John Keller, 16755 Oak Brush Loop, Peyton, CO. 80831, 719-749-9797
*New York: Mike & Wendy Rothfuss, 322 E Kenwood Dr., Louisville, KY 40214, 502-468-3938
*North Carolina: Barbara Stillman and Lolly Konecky, 515 E Carefree Hwy, #1128, Phoenix, AZ, 85085, 602-942-8950
*North Dakota: Kelsey Ruzicka, PO Box 2015, Belle Fourche, SD, 57717 605-568-0181 kelsey@moxiemarketingmw.com
*Ohio: Barb Moore, P.O. Box 37, Cable, OH, 43009, (800)842-2730, (937) 652-1157, ohiocountryregister@yahoo.com
*Oklahoma: Richard & Lenda Brown, P.O. Box 32581, Oklahoma City, OK, 73123, phone/fax 405-4702597
*Oregon & S. Idaho: Barbara Stillman and Lolly Konecky, 515 E Carefree Hwy, #1128, Phoenix, AZ, 85085, 602-942-8950
*Pennsylvania: Merle & Gail Taylor, P.O. Box 1330, Powell, OH, 43065 (888) 616-8319
*Rhode Island: Dave & Amy Carter, Box 365, New Market, MD, 21774, 866-825-9217, ads@countryregisteronline.com
*South Carolina: Barbara Stillman and Lolly Konecky, 515 E Carefree Hwy, #1128, Phoenix, AZ, 85085, 602-942-8950
*South Dakota: Kelsey Ruzicka, PO Box 2015, Belle Fourche, SD, 57717 605-568-0181 kelsey@moxiemarketingmw.com
*Texas: Richard & Lenda Brown, P.O. Box 32581, Oklahoma City, OK 73123, 405-470-2597
*Virginia: Dave & Amy Carter, Box 365, New Market, MD 21774, 866-825-9217, ads@countryregisteronline.com
*Washington - OR & S.ID: Barbara Stillman and Lolly Konecky, 515 E Carefree Hwy, #1128, Phoenix, AZ, 85085, 602-942-8950
*West Virginia: Merle & Gail Taylor, P.O. Box 1330, Powell, OH, 43065 (888) 616-8319
*Wisconsin: Scott & Jennifer Hughes, P.O. Box 276, Altoona, WI, 54720, 715-838-9426, countryregisterofwisconsin.com
*Wyoming: Kelsey Ruzicka, PO Box 2015, Belle Fourche, SD, 57717 605-568-0181 kelsey@moxiemarketingmw.com

* indicates these editions are available on-line at www.countryregister.com

In This Issue

Mystery Quilt (Part 1 of 3) Page 3
Map page..... Page 4
Find this ad contest Page 5
2 Minute Lift: Build Your Life on Shoulds Page 6
Reader Submitted Stories.....Page 7 & 12
Keeping in Touch with Cindy and Joe Ashfield..... Page 8
Reader Submitted RecipesPage 11
A Cup of Tea with Lydia Page 13
Irish You a Happy St. Patrick's Day Page 14
Humble Life Acres Page 15

Recipes

Slow Cooker Irish Stew Page 10
Brownie Pie (Gluten Free).....Page 11
Marinated CarrotsPage 11
Tea BiscuitsPage 11
Royal Rings..... Page 13
Irish Soda Bread Page 14

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

Or, maybe it was a nail! All Carl is sure of is that he dropped something while he was hurrying to open the store. Whatever it was, he thinks he dropped it amongst the pages of The Country Register and he needs your help to find it.

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?



It was on page 6

**Carl must have dropped it
when he was reading
“Be Productive”
by Judy Ann Stupak**



**Last issue's winner of
Can You Find This Ad**

**Tara Hynes
&
Louise Wilson**

Contest are:
our mystery ad was ...D&S Family Fabrics
*Get your entries in before January 15th
to be eligible for this issue's contest.*

Can You Find This Ad?



Pictured in the magnifying glass above is a small portion of one
of our ads. Can you find the ad that it came from?

Just fill in the form below and send along to us at:

The Country Register P.O. Box 801, White City, SK S4L 5B1

*******SAVE ON POSTAGE! Put your friends' entries in with yours!*******

**YES! There will be two \$50 prizes drawn for correct entries.
Winners names to appear in next issue.**

Advertiser's Name: _____

My Name: _____

Address: _____

City/Province/Postal Code: _____

Telephone: _____

Where Did You Pick Up the Country Register? _____

**The Country Register
Subscriptions**

The Country Register is distributed by its advertisers as a complimentary gift. **Please stop by your favorite shop and pick up your new copy every two months.** However, for those unable to get to a shop, subscriptions are available (In Canada) for \$4.34 per issue (plus GST) to cover the cost of postage and handling.

Name: _____

Address: _____

Phone: _____

You will be notified when your subscription is due

**For a 1 year subscription
Please send \$27.30 to:**

The Country Register
P.O. Box 801 Stn Main
White City, SK S4L 5B1

The Country Register
Available across the U.S.A. & Canada
www.countryregister.com



Mistatim, SK



COTTON MEADOW
FABRICS

Mistatim, Saskatchewan

Quality Fabrics • Notions & Patterns
Anything Quilting

Our Mobile Unit makes
Pop-Up Shops,
Vending for Quilt Retreats,
Shows, etc. a delightful option

Nancy (306) 852-7108
nancyw7108@gmail.com

Follow us on facebook 

Have you ever noticed?
The Roman Numerals for
forty (40) are XL.

2 Minute Lift

TWO MINUTE READS TO FLIP OUR SCRIPT

BY: KATHY J. SOTAK

Don't Build Your Life On Shoulds: Choose every morsel of the day

I had two meetings the other day. The purpose of both was me seeking counsel from two distinct teams regarding unrelated topics. It was a typical work day.

However, both meetings had one common denominator. I was asked the same question by different people in each meeting: “Kathy, what do YOU want?”

Even though they were referring to business outcomes, my mind must have taken it to my heart. I woke up that night at 3:02 a.m., with their voice ringing in my head. “Kathy, what do YOU want?” I then realized this was a pivotal question for my own personal life.

“What do YOU want?”

I *shouldn't* want more. I already have a lot of beautiful things. I am blessed with a kind husband, boisterous kids, family, friendship, home, career, dogs, chickens and great health. But any good life is filled with retrospection, introspection and a bit of dreaming for the future. Right?

It rings again. “What do YOU want?”

I really don't think I've ever answered that question. My life was built on auto-pilot with too many *shoulds*:

- I *should* go to college then build a dependable career
- I *should* be responsible then do the practical thing
- I *should* put my dreams in a box
- I *should* wait until –

To clarify – no one should on me. I did it myself. I simply followed the societal program of *shoulding*.

“What do YOU want?”

I looked at the clock again at 4:00 a.m. on the dot, still lacking the courage to answer that question. I spent a lifetime asking others that



question, but forgot to ask myself that same one.

This question is a gift. I've now identified where I'm on auto-pilot and flipped the manual switch to intentional choice. It has shifted me to **micro-choose every morsel of the day.**

Our **micro-morsels** are small but **they transform to be big and life-altering.** The theme of my micro-morsels are moments of joy. Like digging up my favorite childhood music. Buying a hula-hoop. Dancing more around the house. Making the impractical decision of getting a second, high-shedding large-breed dog. Learning how to brew kombucha. Baking sourdough bread with my very own starter. Then eating it with zero guilt and all joy. Starting a new skills-trade group in my community to build connection and enrichment. More fires in the fireplace.

Will you join me in this walk? Let's do less **shoulding** and more choosing. Together, we will **walk the longest, most treacherous 18-inch journey from our head to our heart, to answer that question.**

“What do YOU want?”

Regina, SK

Inspired by Nature, Gratitude & Living in the Moment



www.humblelifeacres.ca



whipped tallow



Vitamin A D E, K
Glowing Skin
Moisture that lasts
Does not clog pores
Relieves & Soothes
Natural Ingredients

Face & Body Moisturizer

Nipawin, SK



Elaine's
Fabric &
More

We carry fabrics from Northcott, Wilmington, Free Spirit, Henry Glass, Gordon Fabrics, Suzi

We have wide back Cotton, Flannel, and Minky Cotton and Polyester Batting by the Metre.

\$12.00/m Sale Fabric
NOW REDUCED TO
\$8.00/m

Tuesday to Saturday 9:00 am to 5:00 pm

223 C Nipawin Road East • Box 3332
Nipawin, Saskatchewan • Phone #306-862-9789

Moose Jaw, SK



Quilters Haven

Fabric ♥ Patterns / Books ♥ Notions

WATCH OUR FACEBOOK PAGE
FOR ANY CLASS UPDATES,
NEW FABRICS & IMPROMPTU EVENTS



422 Main St. N., Moose Jaw, SK
Ph. 306-693-8523 / email: quiltershaveninc@sasktel.net

Open: Monday - Friday 10:00 am to 5:00 pm & Saturday 10:00 a.m. to 4:00 p.m.
Arlyce Thompson / Heather Carruthers

Outlook, SK



BRODERICK
GARDEN CENTRE

FABRIC | CRAFTS

Over 2,000 Bolts of quality quilting cotton

Annual Winter Sale

February 18-25 (online) February 20-24 (in-store)

Designers:



Manufacturers: Northcott, Moda, Art Gallery, FIGO, FreeSpirit, Hoffman, Robert Kaufman, Ruby Star Society, Wilmington, Cotton & Steel, Etc.



Bag
Making Supplies!

We carry all bag making supplies:
Cork, canvas, custom waxed canvas, hardware
by Emmaline Bags and Sallie Tomato

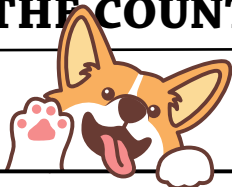
Wide backing: 108" cotton and flannel, 90" minky and 90" Cuddletex

Plus!!

We have a large selection of quilting patterns

420 Saskatchewan Ave E, Outlook, SK
(306) 867-8999

HOURS: 9 a.m.-5:30 p.m. Monday to Saturday
Shop online at www.broderickgardens.com



Keeping In Touch

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

Let's see, what to write about on a very cold January morning. The good news about January days is that the minutes of sunlight are stretching out...seems more noticeable at the end of the day, to me.

Wolseley, SK

Travelling the **Trans-Canada?**
Tilli-Beans is the perfect place
to take a break ...
"Simply the Best"

Tilli-Beans

Bakery & Coffee Shop

109 Sherbrooke St. - Downtown
Wolseley, SK • 306-698-9090

For me, this is a good time for warming up the inside of the house while we are waiting out winter's chilly weather. We have a large woolen blanket that I bought from a Canadian Woolen Mill in P.E.I., called McCauslands. When I phoned to order it, I talked to the fellow who owns the mill. How often does that happen these days? This is also the time of the year for long johns for some and warm woolen sweaters. Many of ours I have knitted and are years old. And then there is the afghan that my mother crocheted, that is not only warm, but brings a warm memory with it. Probably, people would call our meals "comfort food." There are rich, thick stews, pots of soup bubbling on the stove & a slice of homemade bread,

which make up some of the menu. The smell of bread baking in the oven has a warmth of its own. These are followed by some of the old recipes for dessert once in a while. I like to experiment a little this time of the year, but the old stand-bys are still a favourite!

How many of you have a pet? There is something about the unwavering friendship of a pet that "warms the heart." For us, dogs were our choice. Joe liked Black Labs & he named his Annie. He says he found them to be friendly, warm & kind. When he went away for a few hours, Annie would wait by the living room window & watch for his return and was right there to greet him when he came in. My little Cock-a-poo, Sarah, was like that as well. But for us, there was one other dog who seemed to adopt us. He was a Golden Retriever who belonged to our neighbour down the street, who was still a working man. When I asked the dog's name, my neighbour said, "Oh, just call him Hey You"...so we did. He always joined me

on my daily walk around the outskirts of town. One spring day I was kneeling in a flower bed in the front yard after dinner and I guess Hey You thought it was time for our usual walk. When he found me, I reached up to give his ear an affectionate scratch, but my hand got only as far as his chest. He gently took it in his mouth. The message was quite clear to me that it was time for our walk, so away we went, which was exactly right for both of us. For some folks, it is a favourite breed. Queen Elizabeth liked Corgis. Often these days it is rescue dogs that are made available. Perhaps it takes a little longer for that bond to grow, but what a great way to give your dog a second chance.

By now, my seed catalogue pages are all dog-eared, and if you are a gardener like me, your thoughts are filled with garden plans. I like to start a few things indoors and always watch for the first sprouts with all their promise. Let's hope it won't be long before outside activities have changed from clearing snow to all the activities that spring brings. Til next time in the Register!

Esterhazy, SK

I.D.A.

ERIN'S I.D.A. PHARMACY

ESTERHAZY'S ONLY LOCALLY OWNED & OPERATED PHARMACY!

- Fast & Professional Service!
- Free Compliance Packaging
- Minor Ailment Prescribing
- Sigvaris Stockings
- Medication Reviews
- Injection Services
- Free Delivery

422 Main Street • Esterhazy, SK
306-745-2525

Regina, SK

REGINA ANTIQUE MALL

1175 Rose Street, Regina
21,000 Square Feet of
Antiques • Collectables
• Curiosities

Open: Tuesday - Saturday 10 am - 5:30 pm
Sunday - Monday (By Chance) 1 pm - 5 pm

Phone: (306) 525-9688
E-mail: antique@sasktel.net

Regina, SK

MISSOURI STAR TOUR

May 4 to 13, 2024

Two Days & Trunk Show at Missouri Star Quilt Company
International Quilt Museum Behind the Scenes
Amish Country Tour • Many Quilt Shops
All Breakfasts, Three Lunches & Four SEWcials

Corben Tours

GROUP TOUR SPECIALISTS
cbconsult@myaccess.ca • 306-533-0860
www.corbentours.ca

Regina, SK

Bird Films

Preserving Memories through Photos

- + Digital Cameras, Binoculars, Microscopes & Telescopes
- + Passport Photos while you wait
- + Online Digital Prints & Photo Gifts
- + Full Digital Print Services
- + Poster Prints & Canvas Gallery Wraps
- + Slides, Negatives & Prints Scanned to CD
- + Video Transfer to DVD
- + Photo Restoration & Retouching

Full In-house PHOTO GIFTING SERVICE !

- + Metal Prints, Natural Wood Prints, Hardboard Easels
- + T-shirts, Coffee Mugs, Key Chains, Bookmarks, Puzzles
- + Coasters, Fridge Magnets, Mousepads & much more !

www.birdfilms.ca

3 - 4621 Rae Street, Regina, Sask.
(306) 586-0311

PROFESSIONAL PHOTO + PRINT EXPERT

THANKS FOR SUPPORTING A LOCALLY OWNED BUSINESS.

Kipling, SK

Call for Take-Out!

PAPERCLIP COTTAGE

503 MAIN STREET, KIPLING
"World Famous House!"

736-2182 or 736-8798

Out of the ordinary... not out of a box!

OPEN 9:00 a.m.-3 p.m. MONDAY TO FRIDAY...

HOMEMADE Soups & Sandwiches, Salads, Wraps, Desserts and Meat Pies

Have Lunch on our DECK!!

- Custom Baking to order • Catering

Specials on Facebook/Paperclip Cottage

Regina, SK

Queen City

ANTIQUE & VINTAGE Market

CALEDONIA CURLING CLUB, REGINA

April 19 & 20, 2024
September 13 & 14, 2024

FRIDAY 12-8 SATURDAY 10-4

Queencityvintage1@gmail.com

ADMISSION \$6

VENDORS/INFO CALL 306-552-8528 OR 306-530-7171



Slow Cooker Irish Stew

I usually double this recipe and it fills up my extra-large, oval slow cooker to the brim. It's hard to go wrong with a hearty stew, but if your family is balking at the leftovers, try reheating it with a can or two of coconut milk added, canned chickpeas and curry spices.

1 Tbsp oil	3 sticks celery sliced	1 sprig rosemary, or ¼ tsp dried rosemary
1.5 lbs. beef stew meat in 1-2 inch cubes	2 cups beef broth	2 bay leaves
2 onions peeled and very thickly sliced	2 Tbsp Worcestershire sauce	2 Tbsp cornstarch stirred into 3 Tbsp cool water to make a slurry
3 cloves garlic minced	4 Tbsp flour	
1 lb. potatoes peeled and cut into chunks	½ tsp salt	
4 carrots peeled and cut into chunks	Ground black pepper to taste	

Heat the oil in large skillet over medium-high heat. Add beef and brown; remove and add to 4-6 quart slow cooker.

Add the onions to hot skillet and sauté over medium heat until softened. Pour in about ½ cup of the beef broth, scraping any browned bits off the bottom of the pan. Pour into the slow cooker over the meat. Place the potatoes, carrots and celery in slow cooker. Whisk together broth, Worcestershire sauce and flour in a measuring jug. Pour over meat and vegetables in slow cooker, stir. Add in the herbs, close lid and cook on LOW for 7-8 hours or on HIGH for 4 hours.

To thicken: open the slow cooker and pour in cornstarch slurry, stirring to combine well. Simmer WITHOUT the lid for 15-30 minutes on HIGH, until thickened.

Moosomin, SK

Winter Clearance

at Sew Creative & Interiors
January 29 - February 24, 2024

Jogging Fleece <i>Prints and Plains</i> 30% OFF <small>(card holders receive 35% off)</small>	All In-Stock Sewing Notions 25% OFF <small>(card holders receive 30% off)</small>	HOME DECOR All In-Stock Home Decor Fabrics 25% OFF <small>(card holders receive 30% off)</small>
Skating & Dance Lycra Stretch <i>Prints or Plains</i> <i>Assorted Colors & Patterns</i> 30% OFF <small>(card holders receive 35% off)</small>	All Clearance Fabrics Buy 1 metre at Reg. Price GET 2 METRES FREE!	Many More In-Store Specials! <small>Cardholder refers to those who hold a special discount card with Sew Creative & Interiors PLEASE INQUIRE</small>
All Baby Quilt Panels & Baby Prints 25% OFF <small>(card holders receive 30% off)</small>	All Winter Fashion Fabrics 30% OFF <small>(card holders receive 35% off)</small>	
Broadcloth \$4.99/m	Flannelette <i>Prints and Plains</i> 20% OFF <small>(card holders receive 25% off)</small>	

Sew Creative & Interiors

See us for all of your sewing and decorating needs, custom draperies, and a complete line of Hunter Douglas window fashions

622 Main St • Moosomin, SK • 306-435-2518

Carlyle, SK

Fabric Shop

Sew & Sews

We are updating our Website and Point-of-Sale System to serve you better and offering **MORE PRODUCTS**

Check us out at **117 Main Street Carlyle**
306-453-2562

or at www.sasksewandsews.com

Yorkton, SK

#7 - 385 Broadway St East • Linden Square Mall
Yorkton, SK S3N 3Z3 • 306-620-7081
Hours: Monday-Friday 10:00-5:00, Saturday 10:00-3:00

YORKTON'S NEWEST FABRIC STORE

NOW A **BERNINA** made to create **DEALER**

WE CARRY:
ART GALLERY
FABRICS, MODA,
RUBY STAR SOCIETY,
TULA PINK AND
KONA SOLIDS &
MANY MORE

High Quality Fabrics at Reasonable Prices

FOLLOW US ON SOCIAL MEDIA TO LEARN MORE ABOUT OUR UPCOMING CLASSES

Website - www.modernstitchco.com

Facebook - Modern Stitch Co.

Instagram - modern_stitch_co

Yorkton, SK

North 40 Fabrics

Notions, Fabric, Trims, Craft Supplies

CELEBRATING 7 YEARS IN BUSINESS

★ Thank you for shopping local! ★

23B Smith Street West
MON-SAT 10-5

Colette's Sewing Machines Plus

206 Smith Street East, Yorkton, SK 1-306-782-3520

Your one stop shop for a wide selection of.....

Fabrics - Notions – Patterns – Quilt As You Go – Diamond Dots and much much more.

Now carrying for all your refurbishing and repurposing needs....
Dixie Belle Paint, WoodUBend, redesign with Prima
Chalk and Silk Paints, Transfers, Decoupage, paints supplies etc

Follow my Social Media.....**Like, Subscribe & Share**

Colette's Corner for tips, tricks, techniques and follow along project videos.

Colette's Sewing Machines Plus

colettessewingcorner

Colette's Corner

Authorized Dealer
brother
and
JANOME

Shop On Line colettessewingmachinesplus.com

We service all makes and models of sewing machines and sergers



Reader Submitted Recipes

Brownie Pie (Gluten Free)

Cheryl R., Regina

- Crust:**
- ½ cup butter, softened
 - ¼ cup brown sugar
 - 1 cup gluten free flour mix
 - ½ tsp xanthan gum
 - ½ cup coconut, fine grind

Preheat oven to 350 F. Grease a 9-inch pie pan.

In a bowl, cream the softened butter and ¼ cup brown sugar together. Use a pastry cutter to blend in the gluten free flour mix, xanthan gum and fine grind coconut. Press mixture into the bottom and side of a 9-inch pie pan. Bake for 5 – 8 minutes. Remove from oven to cool.

- Filling:**
- ½ cup butter
 - 1 ⅓ cups chocolate chips, mini size, gluten free
 - 2 large eggs
 - ½ cup light brown sugar
 - ⅓ cup sugar
 - 1 ½ tsp vanilla extract
 - ½ cup gluten free flour mix
 - ½ tsp xanthan gum
 - ¼ tsp salt

Melt ½ cup butter in a saucepan over medium heat. Add 1 cup of the chocolate chips and heat for a few more seconds, then remove from the heat. Set aside for 5 minutes. Whisk to smooth the chips and butter together.

In a medium bowl, combine the eggs, white and brown sugars, and vanilla, then stir until evenly blended. Add the melted chocolate and whisk to blend. Add the gluten free flour mix, xanthan gum, and salt and stir until combined. Add in the remaining 1/3 cup of chocolate chips. Pour the filling into the pie crust and smooth the top.

Bake in oven for 25 – 30 minutes, or until a crust develops and the filling rises slightly. A tester inserted into the center will not come out clean.

Serve warm with a whipped topping or ice cream. Serves 8.

Note: This recipe can be adapted replacing the gluten free flour with regular flour, and omitting the xanthan gum.

Stanley/Morden, MB

ASPEN GROVE QUILTING

Come see us at the Vendor Market during the Barnswallows Quilt Show

Morden, MB
May 3 & 4

MORDEN, MB

Long Arm Quilting Service

\$0.0225 per square inch

Computerized Edge to Edge

Batting and Backing available

CONTACT US

204-208-0018

info@aspengrovequilting.com

aspengrovequilting.com

Marinated Carrots

Alma F., Saskatoon

- 3 lbs. sliced carrots
- 1 or more Spanish onions
- 10 oz. can undiluted tomato soup
- 1 tsp. pepper
- ⅓ cup oil
- ¾ cup vinegar
- ¾ cup white sugar

Cook carrots – drain and put in a bowl.

Sit onion into vinegar and add to carrots.

Combine remaining ingredients in saucepan and bring to boil. Then pour over carrots and onions, and cool in fridge.

Keeps up to 2 weeks.

Tea Biscuits

Lorraine T., Weyburn

- 2 cups flour
- 4 tsp. baking powder
- 1 tsp salt
- ⅓ cup margarine
- 1 cup milk

Mix flour, baking soda and salt. Cut in shortening until mixture is the consistency of cornmeal.

Make a well in center of the ingredients; add liquid slowly When all the liquid has been added, stir dough rather vigorously until it comes freely from the side of the bowl. Turn dough onto lightly floured board knead lightly for a few minutes. Roll or pat out to desired thickness – about 1/2 an inch. Cut dough with 2 inch floured biscuit cutter. Place on ungreased baking sheet. Baking in hot oven 450°F 12 to 15 minutes.

Morden, MB

Barnswallow

Quilt Show

May 3-5, 2024

Morden Access Event Centre

Friday 10 am - 8 pm

Saturday 10 am - 5 pm

Sunday noon - 5 pm

Featured Quilter Allison Halstead

Light lunch available at “Two Old Crows”

Guild Boutique

Merchant Mall (Fri. & Sat. only)

Rainbow Auction

Fibre Arts Network Exhibit “For the Birds”

Challenge Quilt Prizes Sponsored by Road 17N

For more information:
204•362•5315
barnswallowquilters.wordpress.com
Mordenquilters@gmail.com



Carroll, MB

Add a little warmth to your life

Wear alpaca!



- Handspun yarn
- Knitted items
- Duvets
- Raw fiber
- Landscape Dyes

SLM Alpacas

NOW A DEALER FOR ASHFORD PRODUCTS (LOOMS & WHEEL)

Joel & Pat Lovatt
RR 1, Carroll, Manitoba
(204) 483-2309 plovatt5@gmail.com
find us on facebook at SLM Alpacas and Shopify at slmalpacas.ca

Have You Ever Noticed?
The easiest way to find something lost around the house is to buy a replacement.

The sole purpose of a child's middle name is so he knows when he's really in trouble.

Brandon, MB



George Strange

Bookmart & Prairie Showcase

Custom Framing & Canadian Made Products
3 floors of over 40,000 used and vintage books

653 - 10th Street
Brandon MB R7A 4G6

ph # 204-728-2633
www.georgestrange.net

prairieshowcase@wcgwave.ca
bookmart@wcgwave.ca

Ashern & Bandon , MB

Mama Bear's Quilt Shoppe

Visit our 2 Locations!

#4 Main St. Ashern, MB. 204-768-2120 Mon.- Sat. 10am-5pm

707 Rosser Ave. Brandon, MB. 204-725-5227 Mon.- Sat. 10am-5pm

Ashern, Brandon. Its a quilters BEARADISE
Quilting Cottons **Notions** **Patterns**

If you haven't already booked your group retreat there are still some spots available at Mama Bears Quilt Retreat Centre.
Call 204-768-2120 for more info.
We are Manitoba's only quilt retreat centre!!

Check us out on facebook for all our new fabrics and events happening.

mamabearsquiltshoppe@hotmail.com

Arborg, MB



Sew Happy Quilts n More

884 - 1st Ave. Arborg MB
204-376-2314

Just Remember.... Irony is opposite of wrinkly!

- Cotton • Notions
- Yarn • Flannel • Zippers
- Longarm Quilting

info@sewhappyquilts.ca

Monday- Friday 9-5 Saturday 10-4. Closed Sundays and holidays.

Stories of Yesteryear

Reader Submitted Stories

Stories From Down on the Farm

Addicted

by Judy Ann Stupak

Alright. I admit it! I have an addiction. It's Sunday night and 5 bunnies line the sofa - a visual display of a weekend's work. It would have been 6 but my 14 year old daughter rescued one for her collection. Guess we still haven't totally lost her to the teenage world! Oh, and I also cut out 4 more bunnies - just in case I can sneak in the time to make 1 or 2 (3 or 4? 5 or 6?) during the evenings this coming week.

While sewing, I also discovered a new technique for gathering ribbon. Now I have yards and yards of gathered ribbon, waiting for further inspiration. Should I make flowers? But what shape? How will I hold it together? Put it on what? I need time to think... I put it on the counter where I will see it every time I walk by the sewing room.

This weekend though, the house got a brief dusting. Just don't look close. The floors never got washed (again!), piles of laundry didn't quite find their way back into drawers, and I never phoned my brother. I really meant to do all those things. But I just didn't find the time.

Now it's Monday. Off to work for another week. Visions of bunnies dance in my head. I could make some in silk, in satin, in velvet, two-tone blue, pink, white. I could make them big or small; dressed, undressed. Easter is in 4 weeks. How many can I make? How to market them? But, no time for bunnies now. I have to work. Concentrate. Concentrate. Oh, this is ssssoooo boring. Write a memo, phone a client, attend a meeting. Well, lunch is coming. I'll go browse ... look in the stores ... look through magazines at the bookstore. Maybe I'll see something different, something inspiring.

The work day is over. My heart wasn't in it. I could have done more. I could have stayed late to finish that report. I could have volunteered to take that trip next month or sit on a committee. But, that would take away from more important things - like bunnies! At lunch, I found Christmas ribbon on sale - 70% off! I bought - well, let's just say I bought enough for any project I might need it for in the future.

The children are in bed. They had piano lessons, then one had hockey; the other, soccer. Somewhere, we found time to eat. Now I turn on the news and go into my sewing room. Spools of thread, ribbon, notions and tools line the pegboard. The ironing board remains set up at all times. Sewing machines sit, waiting for my command. Fabric and patterns fill the closets. Remnants of my last 5 projects are on the countertop. This is my world. Heaven on Earth. I have full control. Today it may be bunnies; tomorrow it could be jewelry, flower arranging, painting, or something else. There is no one to impress... no pressure to perform... no bottom line to worry about... no corporate ladder to climb... no business plan to follow... no office politics... no family strife. At my fingertips is a piece of string, a scrap of fabric, wire, ribbon and fiberfill. A bunny appears.

Rosburn, MB



G S B

Gone Scrappin' In Bloom
flowers / gifts / scrapbooking / cafe

OPEN WITH RESTRICTIONS until further notice! Please call the store for hours.
204-859-3334

local & Manitoba made products ♥ gifts & antiques ♥ and so much more!
Located in a 1939 general store in Rosburn, MB.
Only 20 minutes from Russell or 40 minutes from Clear Lake! Highway 45!
www.gonescrappin.ca A true Country Store to discover in a small town!



@gonescrappnbloom



HARD ICE CREAM

Swan River, MB



Empty Bobbin

Quilt and Fabric Shop

126 6th Avenue N.
Swan River, MB R0L 1Z0
204-614-0262 (store)
204-281-1311 (cell)
theemptybobbin@hotmail.com

COUNTRY CHIC PAINT WE CARRY 

We offer a diverse and modern selection of fabric & notions featuring the latest designers, quilting and sewing trends.

PFAFF DEALER & COMPUTERIZED LONG ARM QUILTING
@theemptybobbinfabricshop

WEBSITE: theemptybobbin.ca



A Cup of Tea with Lydia

By Lydia E. Harris

Tea Parties That Say, “I Love You”

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

Tea Parties at Home

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

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

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

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

Tea Parties to Go

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

Tea Parties by Mail

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

The box included two floral china teacups, several tea blends, shortbread cookies, and other treats. I also sent paper plates, napkins, silk flowers, and a few small gifts. Just as

Barbara’s tea party brightened my day, now I could return the favor via mail and add cheer to her life.

Tea Parties in 2024

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

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

From Lydia’s Recipe File:

Royal Rings

Ring-shaped cookies with sweet candy jewels

(Recipe from Lydia’s book *GRAND Moments: Devotions Inspired by Grandkids*, pgs 213-14)

Gather

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



Make

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

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.

Oak Bluff, MB

MOOK

FABRICS

Customer Appreciation Sale

25% OFF

March 4 - 9

25 South Landing Drive Oak Bluff, MB

204.306.9680

*exceptions may apply. Cannot be combined with any other offer. In store only.





Irish you a happy St. Patrick’s Day



by Colleen Gust

St. Patrick’s Day celebrates Saint Patrick (and the arrival of Christianity in Ireland), and the heritage and culture of the Irish. Wearing of green clothing or shamrocks, plus parades and festivals are common ways to commemorate the day.

Saint Patrick’s Day is a public holiday in both the Republic of Ireland & Northern Ireland, and in Newfoundland and Labrador (for provincial government employees).

How did the story of St. Patrick start? At sixteen, Patrick was kidnapped by Irish raiders and sent as a slave to Ireland. Patrick spent six years there working as a shepherd, and during this time, he found God. Patrick eventually fled to the coast, where he caught a ship to take him back to Britain; and Patrick then went on to become a priest.

According to tradition, Patrick returned to Ireland to convert the pagan Irish to Orthodox Christianity. He evangelized in the northern half of Ireland and converted thousands. His efforts became the story in which he drove “snakes” (heathen practices) out of Ireland, even though actual snakes were not known to inhabit the region. On Saint Patrick’s Day, it is now customary to wear shamrocks and green clothing, as he used the shamrock, a three-leaved plant, to explain the Trinity.

Today, we celebrate St. Patrick with parades and festivals, Irish traditional music, and the wearing of green attire or shamrocks. Which reminds me, what do you call a fake Irish stone? A shamrock.

Christians may also attend church. The Lenten restrictions on eating and drinking alcohol are lifted for the day. Perhaps because of this, drinking alcohol, particularly Irish whiskey and beer, has become associated with the celebrations.

One of the longest-running and largest Saint Patrick’s Day (le jour de la Saint-Patrick) in North America occurs each year in Montreal. Did you know that Montreal’s city flag includes a shamrock? The parade has been held yearly without interruption since 1824, so it’s time to paddy like the Irish do!

The Toronto Maple Leaf’s hockey team was known as the Toronto St. Patrick’s from 1919 to 1927 and wore green jerseys. In 1999, when the Maple Leafs played on Saint Patrick’s Day, they wore green St Patrick’s uniforms.

St. Patrick’s Day gives us a reason to celebrate Irish cuisine too. Most of us immediately think of Irish stew when asked about Irish food. Slow-cooked to perfection, the meat becomes tender, and the vegetables absorb the rich broth, creating a comforting and filling dish. It’s said that every Irish household has a unique twist on the classic stew, a closely guarded secret passed down through generations.

Potatoes, known as the “Irish apple,” have been pivotal in Irish cuisine since

their introduction in the 18th century. A favourite is colcannon, a dish made by combining mashed potatoes and cabbage with butter, a simple comfort food.

We must also pay homage to the “full Irish” breakfast, which includes fried eggs, bacon, sausage, black pudding, grilled tomatoes, and toast.

Another food staple that comes up when mentioning Irish cuisine is Irish soda bread. Soda bread, which is quick bread leavened with baking soda, has a crusty exterior and tender interior, which makes it the perfect vehicle for a generous spread of butter or a dollop of jam. And, why do Irish bakers use baking soda? It’s faster than Dublin the dough with yeast.

St. Patrick’s Day, a global celebration of Irish culture, serves as a testament to his enduring legacy, fostering a sense of unity and pride among the Irish and enthusiasts worldwide. Ireland, with its vibrant traditions and enduring spirit, stands as a testament to the enduring legacy of St. Patrick, embodying resilience, community, and a deep-rooted appreciation for life’s simple joys.

Irish Soda Bread

This is quite good served with the Irish stew. I usually mix up the bread first thing in the morning, and then start chopping up ingredients for the stew while the bread bakes.

- 3 cups all-purpose flour
- 1 Tbsp baking powder
- 1/3 cup white sugar
- 1 tsp salt
- 1 tsp baking soda
- 1 egg, lightly beaten
- 2 cups buttermilk
- 1/4 cup butter, melted

Preheat the oven to 325°F. Grease a 9x5-inch loaf pan.

Combine flour, baking powder, sugar, salt, and baking soda in a large bowl. Blend egg and buttermilk together; add all at once to the flour mixture and mix just until moistened. Stir in the melted butter. Pour into prepared pan.

Bake in the preheated oven until the top is golden brown, about 65 to 70 minutes. A cake tester inserted into the bread should come out clean. Cool on a wire rack. Wrap in foil for several hours, or overnight, for best flavor.

Steinbach, MB



Fay's Fabric Villa

Call 1-204-380-4019 for Details

Steinbach, MB

Stonewall, MB

COMPUTERIZED LONG ARM QUILTING

STONEWALL MB - \$0.02 PER SQUARE INCH

MULTIPLE DESIGNS AVAILABLE ON WEBSITE

PLEASE CONTACT TO DROP OFF AT LOCAL WINNIPEG QUILT SHOP OR SEND IT DIRECTLY TO US & RECEIVE FREE RETURN SHIPPING!

CONTACT US

Stonewall Manitoba
(587) 783-9755
upalongquilting@gmail.com
www.upalongquilting.com



Austin, MB

Big Wheel Quilt Shop

Austin, Manitoba 204-385-2970 or 204-856-7698

Selling Accuquilt fabric cutter and dies as well as quilt fabric.

We have sewing classes, do custom fabric cutting for quilts. For information and to order the Accuquilt Go! fabric cutter, dies or quilt kits feel free to call or e-mail bigwheelquiltshop@gmail.com pay by PayPal www.bigwheelquiltshop.com

Big Wheel carries:

- Cottons, Batiks, Flannels • Batting
- Buttons • Sewing Notions
- Custom Quilts • Accuquilt Products
- Rada Knives • Kitchenware
- Waterless Cookware

Custom Embroidery and Long Arm Quilting available

Hours: Wed. to Sat. 10am - 5pm, closed Sundays
Please call ahead, as hours can change. Times on Mon. & Tues. can be arranged



Virden, MB



Flower Attic & Gifts

www.floweratticandgifts.ca
(204) 748-1869
EST. 2009

- Cut flowers and Arrangements
- Flowering plants and Tropicals
- Fruit and Gift baskets
- Purses and Jewelry
- Giftware and Home Decor
- We are a Fusion mineral paint retailer

Enter as Strangers ... Leave as Friends

261 - 7th Ave. Virden, MB 204-748-1869 or 866-898-5602



Humble Life Acres

Inspired by Nature, Gratitude & Living in the Moment

By: RESHA & TIM from HUMBLE LIFE ACRES

The Gift of Today and Living in the Moment of your Journey



As we are gifted a New Year, its great time to focus and reflect on all of the good things that have happened to us in the last year. Often times we don't realize just how much we have grown, experienced or have done in a matter of 12 months. Yet sometimes when we look back on it, the years go by fast and we wonder where time has gone. The key is to not live too much in the past or the future. As our "Now" time gets lost. It's a challenging thing to do as we were really never taught these ways or perspective. It has always been future driven thinking or sometimes we get caught up in memories of our past whether its wishing something did or didn't happen. The only time we can embrace and enjoy is 'Now'. Being in nature allows us to be more in the present moment. Hearing the birds, feeling the sunshine in your face, noticing the bark designs on the tree or veins of the leaf, or insect crawling on it. Witnessing the sunrise and taking a moment to notice the sunset. That is how you become more in present time and learn to live in a more fulfilling "Now" time. When you do more of that, the mind gets calmer and you learn to slow down. Appreciate the moment and living in the moment.

We cannot change the things in our past but you can make peace with the things that may need that to heal. When we keep carrying that around then it becomes like a heavy backpack that we keep carrying through the years which has taken up a lot of time, and weighs us down. If we live too much in future and running to that, then we lose precious time of what is today and right now. There is definitely a balance and some days it isn't easy but when we are mindful of this and make the effort to be Present then like anything else it gets easier. Being in the moment and truly enjoying day with gratitude is where the magic is. It's like putting on a special pair of glasses and seeing things differently than what you are used to.

Waking up each day on earth is a gift! We get to experience so many things and interactions in just one day. Let alone one year. When you think of it in that perspective, each day is truly a blessing. To add to that, it is also seeing that everything is happening for you not to you. It is all a part of the experience on the journey of life.

My husband I started a new journey a few years ago and moved from city life of 20 years to country life. He grew up in the country most of his youth, but I have always been a city girl. We dreamed of having our own chickens for a long time and space to have a large gardens but mostly to have the space to just be free. After years of us looking at different acreages and going through the motions of 'it has this many check marks on our list but doesn't have this'. We soon realized that we need to make it our own. It was enough talking about it and start just doing it.

Fast forward to today, we have our own flock of laying hens, we are bee keepers and strive to live more self -sustainable by also living in harmony with nature and the land. The biggest deterrent is getting used to the fact

that you are not going to know everything. It's comfortable to have that for sure but realistically its learn as you go, learn as you experience it and learn from others. The real recipe is harnessing our history by learning from our ancestors and others, the old-fashioned way and add a dash of modern thinking with existing knowledge. There are quite a few cups of learning as you go.

The biggest deal is not seeing the first step as success or failure. Especially when you're learning or doing something new it needs to be more like: try this version then try it again to get to the version of your success. The other thing is to stop caring about what other people think. You are living your life not others and while its nice to have support and insight from others sometimes it can be not helpful. You do you! Trust in the flow and know that with patience, time and determination, you will get to where you want to be. In fact, it will better than you initially thought! From today and each day this New year and chapter: Enjoy today and see each day as a Gift! Live in the present time and remember; "The best time to do all of the things you've always wanted to do, is while you are alive... Right Now!"

'Never get tired of sunrises, sunsets, calming rain and watching the stars at night. If your lucky you'll get to witness the magical light. Fill your cup with Gratitude and sip it slowly. Slow down to enjoy the journey. Treat yourself with love, compassion, understanding and patience. This beautiful life is meant to be experienced and to learn. To be in harmony, love and surrender to the flow. Not saying it's all rose colored glasses, but if you put the glasses on you will see a world that is magical. If you listen close, you will seek to understand. The wealth is time. What we have is: Now. The gift is in the small, beautiful things. Enjoy the Journey!

With Gratitude:
Resha & Tim at Humble Life Acres
www.humblelifeacres.ca Email: humblelifeacres@gmail.com
Connect with us on Instagram & Facebook @humblelifeacres

Humble Acres is a new advertiser. Please check out their ad on Page 6.

Winnipeg, MB (online only)



designwall.ca

offering in-house

Gammill Edge-to-Edge Long-Arm Quilting

&

Purveyor of fine quilting cotton,
exclusive retailer of Cherrywood Hand-dyed Fabrics
& proud retailer of Aurifil thread in any size, any colour,
any time!

ONLINE ONLY designwall.ca (shipping everywhere)

Winnipeg, MB

Quilting Fabrics, Patterns, Notions
650 King Edward Street
Winnipeg, Manitoba
Ph: (204) 942-0035
• mail@ktrsewing.com
• www.ktrsewing.com

Manitoba's Largest Showroom for:

Try our Web Store with over 6,000 items to purchase by going to our website and click the SHOP ONLINE button!

Regular Hours: Tues.-Sat. 9:30 am-5:30 pm • Sunday, Monday & Holidays Closed



 **Husqvarna®**

VIKING®



Create a cozy connection
with HUSQVARNA® VIKING®!



Easily create beautiful sewing and embroidery projects with the JoyOS ADVISOR™ system



DESIGNER RUBY™ | 90
sewing & embroidery machine



BRILLIANCE™ | 75Q
sewing machine

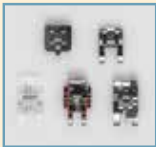
SIGN UP FOR OUR NEWSLETTER AT
husqvarnaviking.com/en-CA

Be the first to learn about new products to enhance your sewing experience, along with information about events and special promotions.

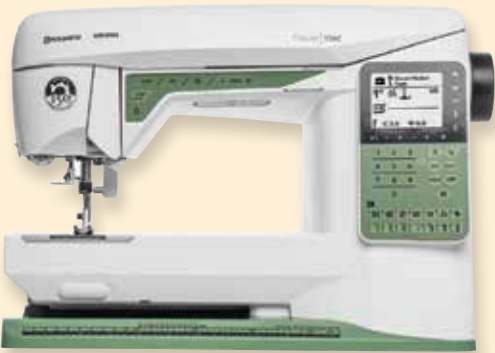
husqvarnaviking.com

VIKING, DESIGNER RUBY, BRILLIANCE, TRIBUTE, JOYOS ADVISOR, and SAPPHIRE are exclusive trademarks of Singer Sourcing Limited LLC or its Affiliates. HUSQVARNA and the "H" Crown Device are trademarks of Husqvarna AB and are used under license. © 2024 Singer Sourcing Limited LLC or its Affiliates. All rights reserved.

LAST CHANCE!
Available while supplies last.



Limited Edition Accessory Kit
included with 5 Presser Feet



TRIBUTE™ | 150C
150th Anniversary HUSQVARNA® VIKING® special edition sewing machine



SAPPHIRE™ | 930
sewing machine

VIEW ALL OUR
CURRENT
PROMOTIONS



At Participating Canadian Dealers – Find Great Deals and Specials Offers In-Store – Contact Your Local Dealer Today!

MANITOBA

Carellan Sewing Centre
Winnipeg
(204) 488-2272

SASKATCHEWAN

The Sewing Machine Store
Saskatoon
(306) 652-6031

 **SINGER®**

SE9180

Sewing & Embroidery Machine

NEW from SINGER®

Introducing a must-have sewing & embroidery combo machine at an exceptional price!

- Large 7" colour-touch screen
- Semi-automatic needle threader
- Over 200 built-in stitches and over 150 built-in embroidery designs
- WiFi connectivity and mySewnet™ enabled



Plus, access to browse thousands more designs on **mySewnet™ Library** directly on-screen!



SINGER and the Cameo "S" Design are exclusive trademarks of Singer Sourcing Limited LLC or its Affiliates. © 2024 Singer Sourcing Limited LLC or its Affiliates. All rights reserved. MYSEWNET is the exclusive trademark of Singer Sourcing Limited LLC or its Affiliates. © 2024 Singer Sourcing Limited LLC or its Affiliates. All rights reserved.