

# The Florida Register

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July & August 2025



# The Florida Register

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# The Florida Register



Visit [www.facebook.com/TheFloridaRegister](http://www.facebook.com/TheFloridaRegister)

Are you organizing a local arts, crafts, quilt or antique show this Fall? Need exhibitors and crafters? Need to tell shoppers about the event? Then use The Florida Register to get your message out! If your event is before Nov. 15, be sure to advertise in the Sept/Oct issue so our readers have time to plan to attend! FALL SEPT/OCT DEADLINE: AUG 1<sup>ST</sup>

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## Just A Note...

### SUMMER FUN!

During your summer travels, stop by a few advertising shops! You never know when you might get a minute to find a shop to visit and our publication can lead the way. You can stay out of the heat by shopping (in-person or online) and support these small, local businesses.



Amy, Grace, Rachel and David

Please be sure to visit our Facebook page and "Like Us." From our website, you can find links to our advertiser's web sites, view the current shows and events listing, register to win a \$25 gift certificate to your favorite advertising shop, subscribe to the paper, and more!

Have fun exploring the shows and shops holding special events that are summarized in our Shows & Events Listing – mark your calendar now for all these great events!

Please make a point to let the shop owners know that you saw their ad in our publication – it is important. Advertisers want to know that their ad in our paper is worthwhile, and they like it when you mention you saw their ad. Without the advertisers, our publication would not exist, so they need to know the paper is working for them. Also, feel free to pick up extra copies of the paper for your friends.... We'd love for you to share it with them.

If you know a shop that should be advertising in the paper, please let us know (via email, phone, or mail). We are always looking for new shops to add to our list of great advertisers.

Christmas is coming (yes, really)! It is less than 6 months away. Why not start your shopping now and stash away a few gifts so you are ahead of the game come December?! Many shops have Christmas in July sales, summer sales, etc., etc. Take advantage of those events to make early progress on your holiday shopping. Just make a list of what you purchased and where you stashed it for safe keeping.

Grace did an internship earlier this summer and then in July she is studying abroad for a month. Early August she moves into a rental house off campus at UGA with 2 friends and starts the school year (summer flew by). We recently visited Rachel in Raleigh. David helped her build a shed (whew that was a project). We explored the city some and enjoyed some amazing meals.

We wish you a wonderful, relaxing, and SHOPPING summer!

Amy & David



## Shows & Events

September/October events due by August 1

Mail a check for \$25 with your event info to the address at the top of page 2.

### Facebook Live or App Events

- Mondays 3:30 pm ..... Quilted Twins (pg. 12)
- Mon-Sat 5:30 pm ..... Quilts and Lace (pg. 23)
- Tuesdays 6 pm ..... Inspire Quilting & Sewing (pg. 16)
- Wednesdays 7 pm ..... Crafty Quilters (pg. 15)
- Fridays 3:30 pm ..... Quilted Twins (pg. 12)

### July

- 3-5 ..... Anniversary Celebration at Beyond the Stitches in Crystal River (pg. 6)
- 11 ..... Beginning Quilting 101 Class at A Quilting Palette in Lady Lake (pg. 8)
- 11 ..... Hello Pumpkin event at Quilts and Lace in Melbourne (pg. 23)
- 11 ..... Edge to Edge Evolution event at Quilts and Lace in Melbourne (pg. 23)
- 12 ..... 4th Anniversary Celebration at My Sewing Barn Quilt Shop in Milton (pg. 3)
- 15-18 ..... Summer Camp at Sewing Garret in Daytona Beach (pg. 22)
- 18 ..... Beginning Quilting 102 Class at A Quilting Palette in Lady Lake (pg. 8)
- 25 ..... Happy Hour Quilting at Quilts and Lace in Melbourne (pg. 23)
- 25-Aug 9 ..... Visit the 6 participating shops during the Central Florida Shop Hop (pg. 2)
- 25-Aug 9 ..... Visit A Quilting Palette during the Central Florida Shop Hop in Lady Lake (pg. 8)
- 25-Aug 9 ..... Visit Nana's Quilt Shop during the Central Florida Shop Hop in Brooksville (pg. 16)
- 26 ..... Christmas in July at Quilt A Bit in Greenacres (pg. 24)

### August

- 1-31 ..... 1 Year Anniversary Specials all month at Inspire Quilting & Sewing in Plant City (pg. 16)
- 7-8 ..... 19th Anniversary Sale at Nana's Quilt Shop in Brooksville (pg. 16)
- 16 ..... Grand Opening at The Common Thread in Ocala (pg. 6)
- 16 ..... Summer Game Night at Quilts and Lace in Melbourne (pg. 23)
- 21-23 ..... Beat the Heat Summer Retreat at A Quilting Palette in Lady Lake (pg. 8)
- 29 ..... Happy Hour Quilting at Quilts and Lace in Melbourne (pg. 23)

### September

- 18-20 ..... 38th Annual Quiltfest at Prime Osborn Center in Jacksonville (pg. 20)
- 18-20 ..... 3-Day Handi Quilter Event at Jax Quilt Show with Miss D's Quilts in Jacksonville (pg. 21)
- 20 ..... National Jelly Roll Day Event at A Quilting Palette in Lady Lake (pg. 8)
- 25-27 ..... Retreat with The Common Thread in Ocala (pg. 6)

### October

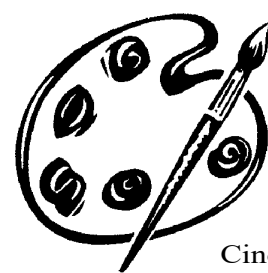
- 6-10 ..... Florida Sewing Sew-City Conference at Lake Yale Baptist Conf Cntr in Leesburg (pg. 8)
- 10-11 ..... Treasure Trove of Quilts Quilt Show at The Regent in Riverview (pg. 18)
- 12-17 ..... Quilting & Sewing Camp at Blue Lake (AL) with Stitcher's Quest in Mary Esther (pg. 4)
- 24-25 ..... Quilter's Crossing Quilt Guild Show at Countryside Rec Center in Clearwater (pg. 18)

### November

- 14-15 ..... 42nd Annual Fantastic Quilt Show at Venetian Center in Leesburg (pg. 8)

## Milton, Pensacola

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### About The Cover Artist Cindy Jacobs

Paint and create! That pretty much sums up everything Cindy Jacobs loves to do. As a designer, Cindy thinks it's so much fun to decorate homes, faux paint walls, make jewelry, and to refinish or refurbish furniture and cabinetry. As an artist, Cindy loves to dabble in graphic arts and calligraphy and thinks that designing fonts is super fun! Cindy loves photography and enjoys painting in both watercolor and acrylic. Cindy also creates artwork with pen and ink and three-dimensional paintings with plaster, metal and wood ornaments or any combination of all of the above! Cindy appreciates every different texture, medium and subject!



Cindy's inspiration comes from fond recollections of growing up on the farm in Nebraska. The long summer days of her childhood and winter fun building snow forts and going on exciting toboggan rides behind the tractor created unforgettable pictures in her mind. Family was a big part of Cindy's life; aunts, uncles and cousins! The love of family, farm and her strong faith is reflected in the verses and images of her artwork.

Cindy has four amazing grown children who managed to pick out four super-amazing mates! From that gifting she has been blessed with seven grandchildren, five with us and two who are in heaven with Jesus.

Cindy loves creativity and believes it is something that comes from within, a gift given by the Lord. Cindy prayed for the "work of her hands" from Proverbs 31:31 and you will see this particular scripture reference by Cindy's autograph as a thank you and tribute to THE Author of all art! (Think nature and all its grandeur!)

To view Cindy's art prints, go to [www.PennyLaneFineArt.com](http://www.PennyLaneFineArt.com) or call Penny Lane Fine Art at 800-273-5263 for more information.

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**30<sup>th</sup> ANNIVERSARY**  
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**Crestview, Mary Esther**

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Advertiser's Name \_\_\_\_\_ Page #: \_\_\_\_\_  
My Name \_\_\_\_\_  
Address \_\_\_\_\_  
Telephone \_\_\_\_\_

Yes! There is a prize for one of the correct entries.

Amy, Rachel and Grace posing for photos before dinners during our visit to see Rachel in Raleigh.

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**Whippin' Up Some Fun: The Cool History of Cool Whip**

by Colleen Gust

In the world of desserts, one creamy concoction stands out as both a culinary delight and a Midwestern icon: Cool Whip. This fluffy, dreamy topping has been swirling its way into North American hearts since its debut in the late 1960s, bringing joy and a whole lot of whipped goodness to kitchen tables everywhere.

**A Whipped Cream Revolution**  
Cool Whip didn't just appear out of thin air (or thin cream, for that matter). It was born out of a stroke of dessert genius by the food scientists at Kraft Foods back in 1966. They were on a mission to create a more convenient alternative to traditional whipped cream—something that could withstand the summer heat at picnics without turning into a soupy mess.

Cool Whip may look like whipped cream, but it's actually a carefully engineered marvel of food science, and maybe something that is best unknown, as unlike traditional whipped cream, which is made by beating heavy cream until it forms fluffy peaks, Cool Whip is a blend of water, hydrogenated vegetable oils, high fructose corn syrup, and a few other ingredients designed to keep it stable, fluffy. Legend has it that the name "Cool Whip" came from the excited shouts of the test kitchen staff when they finally nailed the perfect fluffy consistency. "Cool! Whip!" they exclaimed, and thus, a creamy legend was born.

**Whip It Good:**  
Now, let's talk about why the prairies has a special place in its heart (and fridge) for Cool Whip. Maybe it's because Westerners appreciate a good dollop of comfort with their pie. Or perhaps it's because Cool Whip pairs perfectly with all those Jell-O salads and casseroles that grace every church potluck and family reunion.

Researching this article I came across this unusual recipe: Cool Whip Pickle Dip. Yes, this exists. Pickle juice and chopped pickles folded into Cool Whip, sometimes with a little ranch seasoning for an extra kick. If you love the sweet-and-sour contrast of dipping Wendy's fries into a Frosty, you might just love this.

One thing's for sure: Cool Whip isn't just a topping; it's a cultural institution. It's the secret ingredient in Auntie Myrtle's heavenly pumpkin pie, and the fluffy cloud that makes any dessert feel like a hug on a plate.

Whether you're spreading it, piping it, or sneaking spoonfuls straight from the tub (no judgment here), Cool Whip is more than just a dessert topping—it's a creamy reminder that life is sweeter with a little fluff on top. So next time you're in the freezer aisle, grab yourself a tub of Cool Whip and whip up some smiles. Your taste buds—and your inner child—will thank you.

© Colleen Gust, Publisher of The Country Register of Manitoba & Saskatchewan

**Win A \$25 Gift Certificate**

We give away a \$25 Gift Certificate each issue to redeem at a local advertiser's shop! You can register online at [www.theregisterweb.com](http://www.theregisterweb.com) with the link "Register to Win" or complete the form (photocopy is acceptable) and mail to: P.O. Box 2419, Cumming, GA 30028.

Please also include a favorite recipe, quote, tip or a craft project you want to share with other readers.

The drawing will be made prior to the next issue. The winner will be mailed information on redeeming their certificate and also announced in the next issue.  
Note: We do not place your information on any mailing list.

**And the Winner is...**  
Our winner from last issue is Sandi Scarlett. Sandi will receive a gift certificate to spend at The Village Quilt Shop in Fruitland Park. She enjoys this shop because they have "gorgeous fabric and great people." **Congratulations Sandi!**

**The Florida Register Gift Certificate Entry Form**  
ALL ITEMS MUST BE COMPLETED TO BE ELIGIBLE FOR THE PRIZE DRAWING

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My favorite advertiser in this issue is: \_\_\_\_\_  
I enjoy visiting this shop because: \_\_\_\_\_  
Please tell us about a local business you'd like to see advertising in The Florida Register.

**Root Beer Float Pie**

This just tastes retro, and the discussion around the supper table was that it would fit in A&W's product line. I could also see this recipe working with Coke or orange soda.

Ingredients:  
12 oz./1 L container Cool Whip thawed  
¾ cup cold root beer  
½ cup milk  
1 pkg (3.4 oz./102 g) vanilla pudding mix  
1 graham cracker crust (9")  
Maraschino cherries, optional

In a large bowl, whisk together root beer, milk and pudding mix for 2 minutes. Fold in half of the whipped topping. Spread into graham cracker crust.  
Spread remaining whipped topping over pie. Freeze at least 8 hours or overnight.  
If desired, top each serving with a maraschino cherry.

Submitted by Colleen Gust, The Country Register - SK & MB

**Icebox Limeade Pie**

I remembered this pie from the '80s and had to search out the recipe. You can also use lemonade and pink lemonade for a different version.

Ingredients:  
1 prepared graham cracker crust  
6 oz./295 mL frozen limeade concentrate  
12 oz./1 L container Cool Whip thawed  
14 oz./300 mL can sweetened condensed milk  
1 lime juice and zest

Directions: Mix the limeade, Cool Whip, sweetened condensed milk, and juice of 1 lime together in a large bowl. Stir until completely combined. Pour into the pie crust and cover with the plastic lid. Freeze overnight, at least 8 hours, before serving. Top with lime zest, if desired. Before serving, remove pie from freezer for 10 minutes for easier cutting.

Submitted by Colleen Gust, Publisher of The Country Register of Manitoba & Saskatchewan

**Philadelphia No Bake Cool Whip Cheesecake**

This is a lighter tasting version of cheesecake, so it's perfect for the summer months. I would recommend the lemon rind over the lemon extract, but that's just a personal preference.additional flavor.

Ingredients:  
2 (8 oz.) packages cream cheese, softened to room temperature  
1 cup white sugar  
1 Tbsp vanilla extract  
1 tsp lemon extract (optional), or finely grated rind of 1 lemon  
12 oz./1 L container Cool Whip thawed  
1 (9") prepared graham cracker crust  
pie filling or topping of your choice

Combine cream cheese, sugar, vanilla, and lemon extract in a large bowl; beat with an electric mixer until smooth and creamy. Fold in Cool Whip. Pour mixture into graham cracker crust and smooth evenly. Top with pie filling and refrigerate until firm, 2 to 3 hours.

Submitted by Colleen Gust, The Country Register - SK & MB



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**Writing From Life**  
 by Jeanette Lukowski  
 Public Opinion

A number of months ago, an online quilter presented viewers with an interesting cheer of encouragement: "If you have ever considered entering your work into a quilt show," she said, "do it!"  
 I don't know if those were her exact words, or if they merely represent the way my brain retained the message. What I do know is that her words hit their mark! Yep, this is the year I am jumping off the couch. I'm sharing my unprofessional quilting abilities with the public in very intentional ways—eek!

First up: a contest with what I think of as a local quilt store. I didn't pursue this competition with the goal of winning. Rather, I really just wanted to see if my work would be good enough to be accepted into their collection of pieces to be displayed at quilt shows for the year. For the woman who doesn't have the courage to share finished projects with her local quilt guild, this is a huge leap! I blame (or credit) this year's fabric colors and theme of the contest, as they intrigued me. After the required fabrics and thread arrived, I pulled out a sketch pad and plumbed the depths of my creativity. It took longer than I expected to complete the small (20" square) project—partly because I was hesitant to begin, and partly because the techniques I experimented with were new to me—but I was able to submit my application fee and submission photographs a week before the deadline. (The verdict will come sometime this month.)

The second leap: I submitted a larger (approximately 80" square) quilt project to the county fair for the town in which I now live. I had purchased the fabric for this project in December 2023, and finished binding the quilt before I moved in March 2025. Inspired by the quilt shop's owner, this project is built around a theme presented by a fabric designer. The unconventional designs embodied in the fabrics might be the exact thing which peeks the interest of younger people, and I'm totally in support of drawing new quilters into the ranks! (If my first, small project isn't accepted by the quilt store's contest, I'm thinking I will add it to the county fair's summer exhibit.)



My dear friend is a phenomenal quilter, and shares her work all of the time. She shares at monthly guild meetings on a regular basis, and has been awarded a number of blue ribbons on projects she has submitted to her county fair (too many for me to count anymore). Does she question her ability as much as I question mine? Or, is she just motivated to share because we both agree that the world needs a bit more beauty?

Although I'm nervous to hear what people think about my projects, I will admit that the "anonymity" of these two venues gave me a bit more confidence to "just submit!" as the online quilter encouraged viewers. I'm nervous, but exhilarated!

© Jeanette Lukowski 2025. Jeanette is a mother, grandmother, teacher, and author who lives in Alesandria, MN. She is inspired by the lives of strong women. Her email address is: writingfromlife@yahoo.com

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## Clutter Happens Respecting Your Space

By Julie Pirtle

As an Organizer, I do my best to heed my own advice. However, everybody has their corner of the world that they would not like to share with anyone. The space that never seems to stay tidy. The space that gets ignored until company is coming. Mine is my desk.

Actually, it's really NOT my desk. It is a built-in desk with cabinets that sits in the family room. It houses our file drawer, the printer and all the printing supplies. Yet somehow, the Gremlins that live in my home think it's fun to let all the "important stuff" pile up, instead of filing it away where it belongs.

Unfortunately, we don't have Gremlins. It's me. AND...guess what? I am expecting out of town company. Yep. I had to tackle it. I just spent the last 2 hours putting everything away where it belongs. I threw out 10,000 pounds of receipts. I fed my starving paper shredder until it was full. (I guess I should feed it more often.)

As I was doing this dastardly and unpleasant task, I did a lot of thinking as to why I let it get this way. After all, I do this for my clients on a regular basis! I looked around at the adjoining family room and appreciated how comfortable and welcoming it is to me. Yet...here in the corner...is this disaster of good intentions gone awry. "You need to respect your space" said the voice in my head. Epiphany.

Every night I sit in that room curled up in my comfy chair. Every night (and numerous times during the day), I look at the mess and berate myself for allowing it to get out of hand.

The amount of time that I have spent thinking and making excuses about getting it done FAR exceeds the time it took me to complete the task. Weeks of procrastination were truly unnecessary.

Respecting our space is really respecting OURSELVES. Filling space with unnecessary and irrelevant items doesn't just create clutter in our physical environment. It fills

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## Pieces From My Heart

by Jan Keller

### Berry Good Donuts!

Simplify ... that seems to be my adopted life objective. I used to pride myself on baking and cooking yummy meals and treats, but no longer. Is my identity wrapped up in garnering praise and compliments in exchange for hours spent in the kitchen? I think not ... especially in the summer!

Many months ago, I happened upon an online photo of a jazzed up glazed donut, and I saved it to my desktop. I didn't want to forget what I considered a truly great idea for an easy-does-it dessert. I thought the photo presented what might be an especially appropriate refreshment or dessert idea to serve at a shower, luncheon or tea party.

Recently, and on an absolutely ordinary day, I came home with everything needed in hand—fresh strawberries, glazed donuts, and a spray container of whipped cream. When my husband was engrossed in front of the television, I very carefully sliced across a couple donuts with a sharp serrated knife. (Honestly, that was the greatest challenge to putting together this show-stopping dessert. Once that was done, all I had to do was spray whipped cream on the bottom half of the donut, top it with a few slices of strawberries, and then cover with the donut's top half. For a little extra pazazz, I filled the donut's hole by spraying a dab of shipped cream and topping it with another strawberry slice.

When our "Berry Good Donuts" were ready to sample, John and I both paused for a moment because they looked almost too good to eat ... but soon we both took a bite and simultaneously agreed our donuts were really berry, berry good!

Since that first taste test, I think a variation might be to get glazed donut holes, cut them in half, fill with a dab of whipped cream and a strawberry slice for a yummy miniature "Two Bite Berry Good Donut Delight."



©2025 Jan Keller No reprint without permission Jan shares other pieces of her life in her books, *Pieces From My Crazy Quilt*, and *The Tie That Binds*. These books can be ordered by calling 719-866-8570, or writing: Black Sheep Books, 11250 Glen Canyon Drive, Peyton, CO 80831

us with stress and unhealthy emotions.

What about when our space is invaded by clutter from others in our lives? A couple of common situations I come across with clients are huge issues. Often there are adult children (that no longer live at home) who refuse to remove their worldly possessions and will "do it later."

Inheriting the estates of people in our lives is also a clutter challenge. The guilt of letting these items go can be debilitating, even if we aren't using them (and don't even like them!).

When we don't respect our own space, nobody else will. Give a deadline to those adult kids to haul it away (and mean it!). Purge those estate items and find ways to use and enjoy what you keep. Claiming your space is the most important step of respecting it.

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## Wit & Wisdom

Julieann Lattimer

### The Joy of Fishing

"Never too old to learn." I've heard that saying often through the years. Never really gave it much interest, but recently I tried something new. I went fishing. My brother is an avid fisherman. He has all the "nuts & bolts" for fishing—and then some! My erroneous idea that fishing was a rather economical hobby was soon realized. A real fisherman needs a lot more than a line, sinker and a worm to catch those elusive, cagey fish. Fancy feathery, colorful lures have replaced goopy wiggly creatures (thankfully, I didn't have to touch a worm!)

When he asked if I wanted to go fishing one morning, I accepted his invitation. He recently got a new boat so I thought it would be fun to take a ride. The ride was enjoyable, but to my surprise the best part was the anticipation of catching a fish. He cast the line out and my job was to watch the six poles for that abrupt jerk, then reel in the catch! (I had the fun part.)

I was thrilled when I reeled that first fish in. But when he removed the hook and put it in our holding tank, my enthusiasm waned at the thought that I was taking a life. I felt like a murderer. But that moment of remorse soon dissipated and I relished the anticipation of the next big catch.

My brother is very selective of which fish to keep and which to throw back. "Too small" he'd say. "They need more time to grow". Lucky little fishes! My biggest challenge was not dropping the pole while struggling to get them into the boat. That might have ended my new-found hobby.

Drifting along the calm water, basking in the sunshine, waiting for that anticipated tug on the line gives one a lot of time to contemplate the wonders and truths of God's Word. As we debated over which ones to keep and which to release, I thought about God and His faithfulness not to throw us back—no matter our size or our failure to measure up to His standards. He loves us unconditionally, bathes us in His mercy, and keeps us in His care.

Jesus said, "I give eternal life to them, and they shall never perish; no one shall snatch them out of my hand." (John 10:28)

Guess who just arrived? My brother bearing a gift—my very own fishing pole!!! Phew! Now I don't have to worry about losing his over the side of the boat.

Anchors Aweigh!

©2025 - In the early 1990's four Christian friends, with a shared interest in writing, began meeting once a month to learn the writing trade. The four were each active in their various churches. As part of an outreach ministry, they decided to write an inspirational newspaper column as a way to reach a wider, and perhaps mostly secular, audience. Contact the authors at: [witandwisdomwriters@gmail.com](mailto:witandwisdomwriters@gmail.com)

Tonight, I plan to relax in my family room without the constant self-talk running through my head. The desk is clean. The shredder is no longer growling in hunger. I can find what I need in my files. Life is good.

I challenge you to tackle "that" space in your life that needs attention. Banish the negative brainwaves. Don't wait for company. Do it for YOU! You've got this. I know you do!

\*\*\*Julie Pirtle lives in Eagle Point, Oregon. She is a Professional Organizer and owner/operator of Clutter Happens. She also works with clients nationally through video consultations. The Clutter Challenged can reach her at [clutterhappens@gmail.com](mailto:clutterhappens@gmail.com), on Facebook: [clutterhappens](https://www.facebook.com/clutterhappens) or her website [www.clutterhappens.com](http://www.clutterhappens.com)

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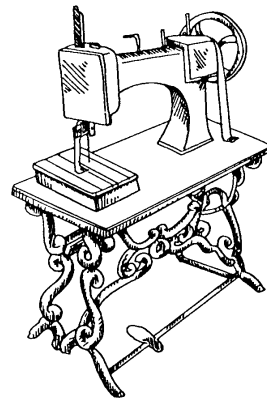


Making An Old Singer Sing

by Wayne M. Bosman

My name is Wayne and I am a sewing machine addict. If there were meetings to cure this condition, I wouldn't go to them anyway. I picked up my love of sewing machines very young and have no desire to lose it now.

Some of my earliest memories involve Mom working at her old treadle sewing machine, sitting almost in her way with my little brother Ron, both of us fascinated with the way the treadle made the big wheel go around. Mom's machine had been converted to an electric motor by then, but we loved to play with the treadle. Ron grew up to design and build assembly lines for a living. I worked 49 years as an automotive and aircraft mechanic. Is that where it started?



Mom's old Singer was retired in 1972, replaced with a Sears Kenmore. That machine now sits next to our dining room table, where Kerri makes a point of using it for everything she makes for my 8 grandchildren. She tries to pass along some of the love that Mom put into the machine.

Fifty years ago, the old treadle machine moved upstairs to my brothers' and my unused attic bedroom. One of my nieces claimed it while still in her teens, and there it sits, twenty-some years later, waiting to be part of her grownup life.

Mom is 104 now but still fourteen years younger than that sewing machine. She is fortunate enough to still live in the house that she and my dad bought in 1946, and that machine is still in that attic. A few times a year we drive the 1000+ miles from North Carolina to her home in Wisconsin. We stay with Mom for a few weeks. We don't do much while we are there. At 104, she simply can't. She and Kerri spend time sitting at the kitchen table solving the world's problems and talking over recipes. I mostly poke around and look at old things.

Last visit, I decided it was time to examine the old Singer machine in the attic. No one had used it since Mom got the "new" machine in 1972. Unlike many sewing machines, it was not moved out to the barn and forgotten. The lovely old sewing machine table looked the same as it did when it was retired. I wish that I aged that well.

I opened the table and rotated the machine into position. The handwheel didn't turn, but I was undaunted. I travel with sewing machine oil and tools. Doesn't everyone? I vacuumed all the accessible parts and oiled judiciously. After a few applications, I got the needle bar unstuck and the machine rotated freely. Fifteen minutes later she was ready for a test run. Beautiful straight stitches!

I brought a sample to Mom and sat down to hear her stories about her first sewing machine. The machine had been my grandmother's. She got it soon after she and Grampa married. After Mom displayed a talent and inclination to make her own clothing during the Great Depression, Grandma passed the machine on to her. It served her well for many years, from making diapers and baby clothes to cowboy shirts for her four sons. When my younger sister was born in 1957, only the patterns changed. Doll clothing came next, but having time to sew with five growing children limited her time at the machine.

The old Singer may stay in the attic there for quite a while yet before it migrates to its' next home. The classic cabinet is its' main attraction to the current generation. For me, the years of work that Mom did with it have given it an aura of love that sticks to each stitch.

© Wayne M. Bosman is a retired auto mechanic living in Cape Carteret, NC. His email is wbosman1@gmail.com.



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### How Do You Choose Fabric

by Deb Heatherly

People have told me time and time again that choosing fabric is the hardest part of the process when making a quilt. When I owned my quilt shop, customers would tell us that they just did not know what would look good together, once the quilt was complete. Here are a few suggestions.



If you have a local shop, go in and let them help you. My employees had "a great eye" and loved helping customers put together stunning fabric combinations. Once you voice your preferences such as bright, muted, floral, novelty, etc., let them point you toward those fabrics and help you audition pieces that look great together.

Do you have a fabric in your stash that you've had forever because you absolutely love it, but have no clue what to use it for? Take that fabric with you to your local shop and ask them to help you pull companion fabrics that will make you smile. There's nothing like being surrounded with lots of options and many times the perfect combo might contain fabric you would never have purchased on your own. Be open to suggestions but remember you have the final say.

Kits are another great way to pick your next project. Many times, shops will have a sample hanging that catches your eye. They already have that fabric or something similar in a kit, so it's a win, win! You already know you are going to be happy once the quilt is finished because it will look similar to the one that was in the shop. Grab that kit and let the fun begin!

What about a scrappy project? To me using scraps is like visiting old friends. I love to reminisce about the quilts that each of the fabrics was used in. For a challenge, toss them in a bag and without peeking, vow to use each one in the order they were pulled. This can be a fun thing to do with a group of friends. You can even take turns pulling from each other's bags. Laughter and fun are sure to follow.

Finally, let the project go to the dogs, or in my case cats. When unsure of a fabric to begin, lay out several on the floor and let your dog or cat decide. Max loves this game and will quickly walk on them all and then pick one to lay on. When we play that game, I always take his "advice" and begin selecting companions to go with his choice. It makes for some interesting quilts and you never know what will jump start your next masterpiece.

My last piece of advice is to just do it! Start sewing and see what evolves. Every quilt is a work of art and there is always someone who would love to snuggle under it, build forts with it or use it on a teddy bear picnic. Get sewing and think of the possibilities.

- © Deb Heatherly is a designer for Creative Grids® rulers and the author of eight popular pattern books. Creative Grids® fans are invited to join her Facebook group, "Grids Girls," for tips and inspiration, and two free mysteries each year. <https://www.facebook.com/groups/770429649800457/>. Shop Owners are invited to join her group just for you, "Grids Girls for Quilt Shop Owners Only" <https://www.facebook.com/groups/273593657256524>. Visit Deb's website at [www.Debcatsquilts.com](http://www.Debcatsquilts.com).

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Food and Photographs Worth A Thousand Words

by Kerri Habben Bosman

"Love that someone is there for it," the text reassures. I am transported to a high school gym on an evening this past January as I sent my stepdaughter, Kira, photos of her daughter cheerleading. I had inundated her with images, so I said I hoped I wasn't being a pest. She answered, "Not at all! Love that someone is there for it!"

It was the last text I ever received from Kira. She wasn't at the game because she was in a cancer center three hours away. Her condition deteriorated suddenly, and a week later she passed away. As all the family and I sat with her those days, I quietly said to her that we would love her children as our own. She has three children, Kaylie (20), Emma (18), and Hunter (15).

In these months since Kira's death, we've continued being there for her family just as we did when she was with us. My husband, Wayne, and her husband, Nic, work on projects in their garages together, and this spring we went to nearly all of Hunter's high school lacrosse games. His team won the State Championship in May. He'll be his team's main goalie next year. And he has a 4.0 grade point average. Not that we're proud of him or anything.

Often, Wayne and I pick up Hunter from school or after practice. We take him to and from his friends' houses and to see his girlfriend's soccer games.

When Hunter and I are sitting in the car, I silently pray. I ask that Kira's love for Hunter surround us. I ask that my own love for him be infused with hers, and that he will feel our combination of energies supporting him.

Because he is a teenager, he says little during our drives. But as we ride along, the quiet isn't awkward. It is just a comforting silence.

My mother taught me that food sometimes speaks louder than words. So, I cook Hunter's favorite meals and bake brownies and cookies for him to share with the lacrosse team. Sometimes he says something like "those meatballs were delicious," or "you make the best sandwiches." And I am filled with a happiness I cannot fully explain.

Throughout his lacrosse season this past spring, I shot photos at nearly every game using my zoom lens. Over the months I could see my own improvement at capturing the moments. I not only take photos of Hunter; I take pictures of other players. After each game, I send the photos to Hunter, and he and his friends on the team enjoy them. By the end of lacrosse season, I was on the side of the field with the team photographer and the local newspaper reporter.

After one mid-season game, I said to Hunter I'd found a good spot to take pictures. He answered, "I know I saw you." From then on, I never left the side of the field until the game was over. I wanted him to see me there supporting him, whether he had a shut-out or let in a few goals.

I know my role as a bonus grandmother; Hunter has his mother, who is always within him. He has his grandmother, who has been there his whole life-and then there is me in this unique space of loving him through his grandfather's and his mother's eyes. And through my own eyes, which sometimes fill up with tears when I know he isn't looking. They are not tears of grief, they are a tangible release of this not completely definable love that overflows within me. In those moments, I know that my car-ride prayers have been answered.

And that somehow, some way, Kira knows someone is there.

© 2025 Kerri Habben Bosman is a writer living in Cape Carteret, NC. Her email is 913jeves@gmail.com.

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Building Harmony Old Harmony

by Jeff Cappis

Cathy and I are considering our retirement. We're still a ways off yet and won't afford it for a while. (well, I never will). There are reminders all around us though. We have the usual number of elderly relatives, our backs hurt in the morning and our dog Pudge is 17 years old.

17 is a good number of years for a little dog. It's not a bad life either. He naps constantly and only gets up to eat, drink, step outside or find another place to nap. He doesn't hear too well, see or smell (well, actually, he smells the same at both ends- but that's another story).

He is often unaware of what's going on around him. I can sneak up to him wearing hiking boots. A year ago, we were building an addition on the house. He walked behind a dump truck and sat down just as it was about to unload. He couldn't hear 2 tons of gravel shifting in the back of the truck. He didn't see it; he was looking the other way. I had to move pretty fast that day.

Another time, we were taking him for a walk when we noticed an owl perched in a tree. The owl noticed Pudge too. Cathy saw it first. When this owl stood up and spread its wings, Cathy began yelling to get Pudge's attention. He just kept strolling on ahead of us. When the bird went to swoop down, we spilled our coffees on ourselves. I threw gravel, Cathy ran yelling, waving her arms and swinging her coffee cup. Pudge stopped to sniff something smelly. The owl missed him by inches. It skidded across the road in a cloud of dust and into a bush. Pudge didn't notice. he was looking the other way.

He once walked up to a moose and watered it's leg, probably thinking it was a tree. The moose didn't actually notice until Pudge had finished and moved on. He'd been looking the other way.

Pudge doesn't eat as much as he used to either. He seems to have outgrown the need for squeaky toys and the need to act tough.

This is all a mixed blessing. In his ignorance, Pudge lives a pretty stress free life now. I believe he enjoys living out here in his old age. His worst problem is trying to decide where to nap. Our biggest problem is the gas he passes. (Well, he's the one who always gets blamed for it any how).

Now, I don't know how old I am in dog years, but I'm starting to show some of the same symptoms. I could nap all the time. My eyesight isn't what it once was. I seem to know less of what's really going on around me over time. Even Cathy says she has to yell at me so I'll listen.

No wait- maybe that's a problem with my attention span. Well at any rate, like Pudge, I'm beginning to take life a little less seriously. I can also see how as time goes by, I'll require less and less to keep myself satisfied. I find myself doing more and more things because I want to, not have to. For all I know, I'm already psychologically retired.

I look forward to reaching Pudge's point in life though- taking life at my own pace and letting the world take care of itself. He is a reminder that I am aging, but he also gives me something to look forward to, if I'm not looking the other way.

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**GIRLFRIEND WISDOM:**  
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Joy & Blessings, Jody

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

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**Summer Fun!** by Janet Young

It has been said, "The most precious jewels you'll ever have around your neck are the arms of your children". Most mothers would agree with that. Only now, you are in the middle of summer with a house full of one or more children, who are probably telling you daily how bored they are. What to do? Why not do some of your favorite activities with a twist.

For example, suppose they want to set up a lemonade stand. There are various ways you can get them involved. They set up the table, make signs, and why not let them help make home-made lemonade. This could be a challenge even for you, but together you can squeeze the lemons, add the sugar syrup and water, stir it up, and add the ice cubes. The twist, is in the making of real home-made lemonade.

Another project might be to go picking for strawberries. When you get home, you clean them up and make some strawberry shortcake with the help of the kids. There are lessons to be learned from this activity from beginning to end. First, they learn where strawberries come from, and then how to make shortcake from scratch.

In the evening you might want to get the fire pit going and tell scary stories (appropriate for the age of the child). Or, put up a sheet outdoors and have movie night. Stargazing is another fun thing to do. Watching the sunset or sunrise is a beautiful awareness of nature.

There should always be time set aside daily for reading. Perhaps you could set up a tent in the yard or inside where you can gather for reading, and to slow down and relax for a little while. A corner nook would also make a nice reading area filled with pillows, a soft blanket and books. Another approach would be to go to the park, and pick up trash. Or, write a letter to a resident of a retirement home.

For exercise try volleyball or pickleball since it is all the rage right now. Perhaps your child would like to hike on a trail, or ride their bike on the trail or at the park. How about a water balloon battle on a hot sunny afternoon? Another day have a picnic, or a tea party. Remember part of the fun is allowing the child to help prepare the menu.

The list goes on and on. You adjust the activity according to the interest or the age of the child. The thing to remember is the memories you are making together. It won't be long before the neck-hugging will stop, and will be replaced by a quick kiss as they hurry off to play with their friends.

Remember summer is a time for fun and relaxation. These ideas are nothing new, and I know as a mother, how difficult it is to entertain your children all summer long. But if you focus on how you are impacting their lives, and on the memories, you are creating, take pause and everyday ask God to give you the strength to do this one more day. He will see you through.  
Happy Summer!

- © Janet Young is a Certified Tea and Etiquette Consultant, Co-Founder of Mid-Atlantic Tea Business Association, and prior owner of Over The Teacup

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### The Guinea with Nine Lives

by Becky Van Vleet

What fun it is for this Colorado grandma to visit her daughter and son-in-law's homestead in Tennessee. Add two sweet granddaughters, and life doesn't get any better. I've never seen a more glorious garden which produces everything under the sun it seems. Picking fresh blueberries is a wonderful way to start the day. And I never mind sharing a few with the chickens and guinea fowl that meander around the property.

At my last visit a few weeks ago, I noticed one of the guineas was a little standoffish, not quite as social. But I soon learned from my granddaughters, Belle and Ava, that Ginny Guinea boasts nine lives. Really? I thought only cats could brag about that.

Ginny developed a limp her first year when one of her legs tangled with a wire in the guinea run while she was trying to scamper away. With her limp, she was never quite able to travel around the yard at the same speed as the other guineas. No matter. She hobbles where she wants to go, continues to lay her precious eggs, and never complains.

But birds of the air have taken notice of her slowness. The hawks in particular. No doubt their birdbrains have accurately assessed that a wounded guinea wanders around on the homestead. Easy prey. But the hawks are apparently clueless for Ginny's perseverance. She holds her own. No hawk as yet has been able to carry her off for a tasty snack, though they've tried. Belle and Ava have witnessed the attempts after threatening hawks alerted them to run outside to check. Poor Ginny would be hiding in bushes minus feathers.

After one vicious attack, Ginny was a bareback. All her feathers across her back had been stripped by a greedy hawk. The girl was bleeding. Belle and Ava didn't think she'd survive. But they hoped for the best as they gently placed the suffering guinea back in her coop. And with tender loving care, Ginny made a comeback.

But one day, Belle thought for sure Ginny had succumbed to a menacing hawk. She'd trained their labrador, Luna, to join the family rescue team. On this particular day, Belle and Luna dashed to the back yard at the alarm squawk from the guineas. All the chickens and guineas must be protected after all, and especially Ginny. While Luna scared away potential hawks, Belle counted the chickens and guineas to ensure their safety and well-being. All were accounted for except Ginny.

Belle's heart sank. She summoned her mother and Ava to the yard for the rescue mission, if there would even be one. When Belle discovered a fresh-plucked guinea feather, then another, then another, she followed the trail until she noticed a big pile of feathers next to a tree. Calling out to her mother and Ava, she thought for sure the hawk had flown away with Ginny for an appetizing lunch. The evidence pointed to Ginny's demise.

But then—Belle heard a faint cackle from a bush. Could it be Ginny? No. Belle and Ava thoroughly investigated the bush. Not once, but twice. About to give up, Belle and Ava sauntered to the house, grieving. But another chirp drew them back. And there was Ginny, standing upright next to the bush, minus a few feathers, as if to say, "Were you worried about me?"

Not only did Ginny recover and grow her feathers back again, she continues to humbly strut around their homestead today. Unassuming. Persevering. Overcoming. Thank you, Ginny. Good character traits for all of us.



Becky Van Vleet, a retired school administrator, lives near Colorado Springs with her husband, Troy. They are the parents of four grown children and enjoy spending time with their nine grandchildren. Becky is a children's picture book author, and her website is devoted to family stories and creating memories: [www.beckylvanvleet.com](http://www.beckylvanvleet.com).

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When November and December are upon us, find your list and smile when you discover how much shopping is already done!

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**A Cup of Tea with Lydia**

Celebrating Eight-TEA Years of Life

by Lydia E. Harris

Years before my birth, God began weaving my life through the prayers of others. Unbeknownst to my parents, my five sisters were praying for a baby sister.

My mother had already given birth to eight children and was approaching 44 years of age, so another child was not on her prayer list. Nonetheless, when my sisters saw used baby clothes hanging on the clothes line to dry, they knew their prayers were being answered.

As my birth approached, my brothers predicted, "It's going to be a boy. We already have too many girls."

"Did you pray about it?" the girls asked.

The boys sheepishly hung their heads.

"We did!" exclaimed my sisters with confidence, "and we prayed for a girl."

I'm thankful God answered their prayers with my birth. After my mother's long delivery, the doctor said I was a dead baby. I've been proving him wrong for 80 years.

In the Bible, Psalm 90:10 (NKJV) states, "The days of our years are seventy years; and if by reason of strength they are eighty years." So here I am!

You only turn 80 once, but thanks to God, family, and friends, I celebrated my birthday several times.

**Birthday Gifts and Cards**

My celebrations started early when a colorful quilted placement arrived, designed and sewn by my sister's twin daughters. The instructions said to use the placement to create a lovely setting when I sipped tea. What a wonderful marker to remember this milestone.

Another package came from my pen pal and also highlighted my love for tea. It included refreshing mint tea, pound cake, and paper birthday plates and napkins for teatime with my husband. She also sent a charming necklace with teacups dangling from its chain.

A gorgeous rose bouquet, gifts, a check for \$80, and cards from family and friends—filled with love, kind words, and sometimes a tea bag—added to the celebration. I even received a tasty homemade peach-mango pie.

**Birthday Gatherings**

For my first celebration, two of my close friends took me out for lunch. The menu of soup, salad, and breadsticks was delicious, but the best part was catching up with my friends.

One friend's gift included homemade banana bread and delicious Almond Bars (see recipe) to savor over a cuppa' tea. The other friend downsized her teacup collection and shared four of her lovely teacups with me. They won't sit idle. I've already shared tea and cookies with others using these gifts. Can you ever have too many teacups? Perhaps. But I like too many.


My second party was a family birthday lunch with our children and grandchildren, with some arriving from out of town. The meal included my favorite homemade foods, topped off with the best-ever chocolate birthday cake made by my granddaughter. We also enjoyed a Zoom call with our out-of-state grandson, who had recently completed four years in the army and then married.

My third par-TEA was with my 87-year-old sister and her granddaughter. They arrived with a huge helium balloon, a kalanchoe plant with bright yellow flowers, and a homemade hummingbird cake with cream cheese frosting. I opened my cupboard with fragrant teas and prepared a pot of peach herbal tea and a second teapot of Harney & Sons Birthday Party tea, which makes a pink brew with a fruity flavor.

With so many gifts and celebrations, I certainly felt loved and honored.

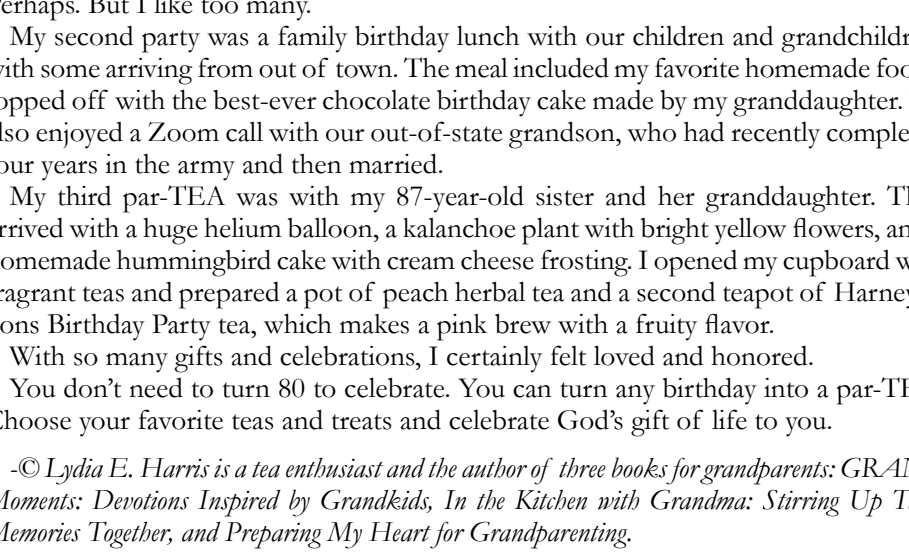
You don't need to turn 80 to celebrate. You can turn any birthday into a par-TEA. Choose your favorite teas and treats and celebrate God's gift of life to you.

©Lydia E. Harris is a tea enthusiast and the author of three books for grandparents: GRAND Moments: Devotions Inspired by Grandkids, In the Kitchen with Grandma: Stirring Up Tasty Memories Together, and Preparing My Heart for Grandparenting.



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**Taking Back Time**

by Barbara Kalkis

Do you find time speeds by faster and faster every year? Every month? Every week? Every day? Do you often feel that there's never enough time to do the things you want to do? Do you stress over all the tasks you must accomplish? If not, you may stop reading. You have found Nirvana. If you have answered yes, then I have a cure for you. Just kidding. There is no cure. I know. I've tried them all: (1) Running. [Exhausting.] (2) Jogging. [Boring and exhausting.] (3) Tai Chi. [Induces sleeping on your feet.] (4) Yoga. [Calm that lasts only as long as the class.] (5) Meditation. [Allows your mind to drift before reaching the higher plane of peace, so you can stress over time-critical decisions like what to cook for dinner and mentally write a shopping list, and bam! the door to tranquility slams shut. Well, that was a successful meditation.]

Carving down-time out of my calendar eluded me until the day I scheduled a "play-date" with myself. I had just finished making five birthday cards and was admiring my work. My "work" included folding paper into card shapes, selecting appropriate rubber stamp images for each recipient, coloring and then pasting them into position. For me, coloring images, layering color on color over and over is my favorite step, but all the nuances of cardmaking are rewarding. Knowing that each card is designed specifically for one recipient increases the satisfaction of this hobby.

I'm not pro at making greeting cards but, along with designing something "from scratch", I get a sense of achievement. There's satisfaction knowing I've used my time in a fulfilling way. With that done, I've taken back my time.

I have a few hobbies. Work and maintaining a home takes up a lot of time in ways that I cannot always control. Hobbies keep me grounded and give me a sense of satisfaction and relaxation that only typically comes on a vacation.

All hobbies are activities, but not all activities are hobbies. That's what makes hobbies so essential. Hobbies are activities that we like to do at an emotional level. We want to learn something and then improve our skills. We can freely improve and innovate the work we do in our hobbies. We stretch our creativity or try something different knowing there's no risk at failing. It just makes us try again. Hobbies are relaxing. They help us concentrate, stretch our minds to think "outside the box," and devote our energy in ways that the workplaces and chores cannot. Time drifts by while we are "hobbying". Hobbies nudge us to see the world in a different way. For me, it's watching videos of experts in the craft of cardmaking, reading craft magazines and studying examples of artistic creations in them; learning a new technique in applying color. Learning new design techniques.

All of us adults and kids seem to be involved in many activities but not random hobbies. Do those activities inspire creativity, or are they more of a drill, based on a structured skill, like learning how to spell? Is there time to simply experiment, play around, try a new idea, make a few mistakes on the way to a creative breakthrough, or lie on the grass and interpret cloud shapes? Regardless of the hobby we choose, it is rewarding to stop the hustle and hassle of activity and invent, experiment, and drift through time in the happiest way possible.

©Barbara Kalkis, 2025. Barbara spends her time writing, teaching, and working in tech. She's author of Little Ditties for Every Day...A Collection of Thoughts in Rhyme and Rhythm. Contact her at [BarbaraKalkis01@gmail.com](mailto:BarbaraKalkis01@gmail.com).

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**From Lydia's Recipe File**

**Almond Bars** - Makes 2 dozen or more bars, depending on size

Ingredients:	1 3/4 cups all-purpose flour
1/2 cup (1 stick) butter, softened	2 teaspoons baking powder
1 cup granulated sugar	1/4 teaspoon salt
1 egg	1 tablespoon milk
1/2 teaspoon almond extract	1/2 cup sliced almonds

Directions:

Preheat the oven to 325 degrees.

In a large bowl, cream together the butter and sugar. Mix in the egg and flavoring. In a medium-sized bowl, mix together flour, baking powder, and salt. Combine the dry ingredients with the creamed mixture. Press the dough into the bottom of a well-greased 9x13-in. pan. Use moistened fingers to smooth the top of the dough. With a pastry brush, brush a little milk across the top of the dough. Sprinkle with sliced almonds. Lightly press the almonds in. Bake 18–20 minutes or until beginning to brown around the edges. Do not let the bars brown. Cool in the pan for 5 minutes. Then cut into bars with a knife. If too soft to cut, cool longer. Carefully transfer the bars to a wire rack. Cool completely before icing.

Icing Ingredients:

1 cup powdered sugar  
1/4 teaspoon almond extract  
1 to 2 tablespoons milk

Directions: Add a tiny bit of milk at a time to the powdered sugar. Add flavoring to the icing.

Tip: If too thick, the icing won't drizzle nicely over the bars. If too thin, the icing will melt into the bars. If unsure, test a bit of it on the edge of one bar before drizzling the icing over the entire batch.

When icing is firm, store Almond Bars in a covered container. Place wax paper between layers of cookies.

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### KISSed Quilts Fireworks on Display

by Marlene Oddie

It is that time of year when we celebrate our nation's independence, often with fireworks! Can you believe next year is 250 years? Many years ago I enjoyed seeing the fireworks on the Mall in Washington, D.C. What are you doing to prepare for the celebrations? I've got a quilt that might inspire you!



The Island Batik division of Lumin Fabrics has produced a patriotic batik collection called Jubilee that I thought was just perfect to make into a quilt that some how represented Fireworks.

With these fabrics, I created stratas—a collection of strips sewn together like layers. Next step is to cut triangles from the strata which yields two versions of triangles. Use each, paired with a single fabric to get squares. Join four of the same squares to get two different 4-patch blocks and alternate them in the quilt. This is a quick way to show off these fabulous Jubilee fabrics. I imagined the night sky and fireworks exploding in the air.

This quilt design I'm calling Fireworks Display. Ask at your local quilt shop that carries Island Batik fabrics for these fabrics and pattern. You can also find this pattern and some fabrics while supplies last here at KISSed Quilts.

© Marlene Oddie (marlene@kissedquilts.com) is an engineer by education, project manager by profession and now a quilter by passion in Grand Conley, WA at her quilt shop, KISSed Quilts. She quilts for hire on a Gammill Optimum Plus, but especially enjoys designing quilts and assisting in the creation of a meaningful treasure for the recipient. Fabric, patterns, kits and templates are available at <http://www.kissedquilts.com>. Follow Marlene's adventures via <http://www.facebook.com/kissedquilts> and <https://www.instagram.com/marlene.kissedquilts>



### Salt Cellar Pincushions

Upcycling the Past for Modern Purposes by Lesley Storts

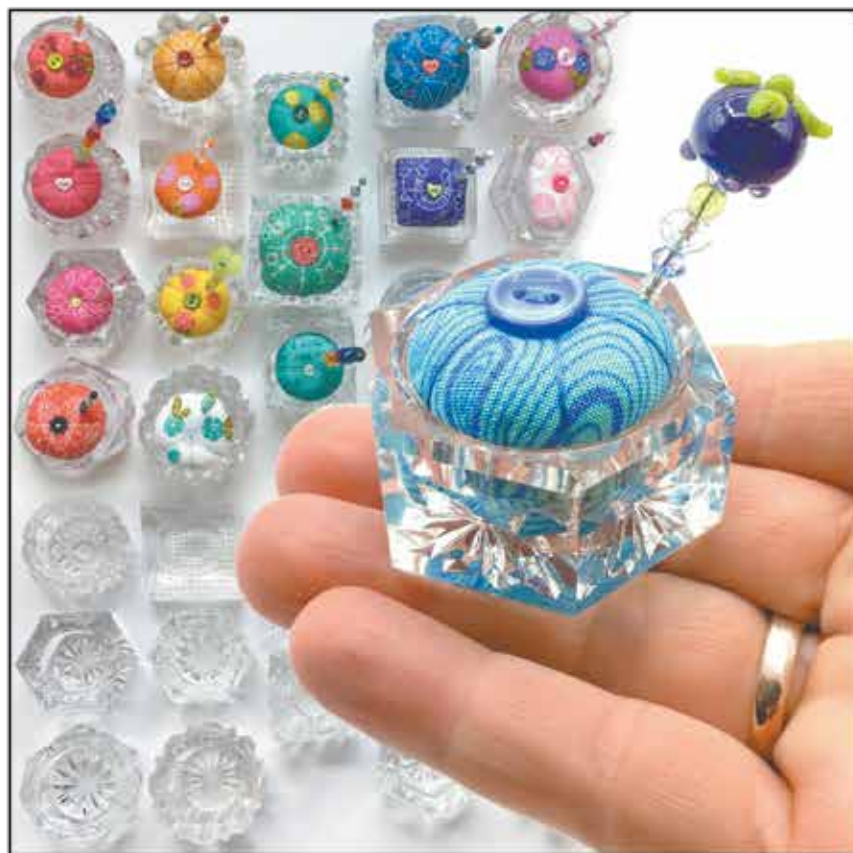
My journey into collecting salt cellars started when I purchased three salt cellar pincushions from a vendor at the NQA (National Quilting Association) show in Columbus, Ohio, in 2014. I thought they were adorable and I was fascinated with the mix of glass and fabric. In the summer of 2015, my daughter and I began making our own pincushions. We also began, in earnest, to search for salt cellars. Central Ohio is rich in antique glass. Since the 1800's, there have been many glass factories located in Ohio. We found salt cellars in antique stores, thrift stores, auction houses and even yard sales. Eventually I found my way to eBay and purchased many salt cellar sets. My favorite way to search for salts is in person at antique stores. The hunt is so fun!

The most common question I get from people is, what is a salt cellar? The short answer: a dish to hold salt that has been ground or crushed. Prior to the early 1900's, salt was not pourable and free flowing like we use it today. Depending on the climate you lived in, salt would frequently clump up even if it had been recently ground or crushed. Morton Salt website <https://www.mortonsalt.com/heritage/> provides a short history of salt and their part in how we use and consume salt today. Morton Salt began adding an anti-caking agent so that salt would not clump. If you are familiar with their logo - a girl holding an umbrella and their slogan regarding salt free flowing even if it is raining - you now know where that originates! Salt cellars were eventually replaced with salt shakers.

Like most hobbies, salt cellars have a devoted fan base of collectors and sellers. There are a couple of books I use to reference my collection: *5,000 Open Salts, A Collector's Guide* by William Heacock and Patricia Johnson and *The Open Salt Compendium* by Sandra Jzyk and Nina Robertson. Additionally, there are numerous online groups that provide resources for research and collectors. Open Salt Collectors group can be found at <https://www.opensalts.info/> and they also have an active Facebook group.

Salt cellars have a rich history dating back to 1st Century A.D. In America and Europe, the bulk of glass salt cellars were made between 1850-1910 in hundreds of operating glass factories. Author Patricia Johnson estimated that there are likely more than 10,000 different types or styles of salt cellars. Some differences are very small such as shape or size. If one manufacturer had a popular style, others would mimic with some slight alteration. At times, this has made research and identification difficult.

For me, salt cellars are the unique base I use to create little works of art that are utilitarian for anyone who sews. The durability of salt cellars, considering they are glass, is amazing. I estimate that I have made more than 1,500 pincushions over the past 10 years. The average salt cellar measures between 1¼-1½ inches in diameter by 1 inch tall. They are small but mighty!



Lesley Storts is a longtime quilter, crafter and fiber/textile artist. Part of her craft and fabric works include custom pincushions made in antique glass. Additionally, Lesley is a longarm quilter providing edge to edge and custom quilting. To learn more, visit her website: [www.stortsmarket.com](http://www.stortsmarket.com), find her on Instagram: @lesleystorts @stortsmarket or Etsy: StortsMarket

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### Ten Things I Love About Summer

by Nancy J. Nash

1. Rare days. The poet James Russell Lowell wrote:

"What is so rare as a day in June? Then, if ever, come perfect days..."

You wake up in the morning, and the sun is shining in a clear blue sky that holds a few puffy white clouds. You don't need a sweater. The air is comfortably warm and dry, and life seems perfect. This is a rare June day, the month when summer officially makes its debut. Birdsong is everywhere.



2. Ice cream. It's the universal treat. I'm reminded of this as I sit in our local "homemade" ice cream shop. People stand in line to choose all sorts of flavors, from black raspberry to mocha moo. It doesn't matter if you are young or old, or what your ethnicity or walk of life. Is there a person anywhere who doesn't like ice cream?

3. Outdoor eating. Whether it's a juicy burger or fresh potato chips or a slice of sweet watermelon, food seems to taste better outdoors!

4. Trees. The light green leaves of May have given way to the darker greens of June. Somehow, I think of the trees in our yard as grand and gentle guardians of us humans. They are there, quiet and sturdy, as we come and go in our busyness.

5. Deer grazing in a meadow. Recently I spotted a doe with a fawn in the back pasture. The fawn was so tiny that it fit under the doe and craned its neck, evidently seeking to nurse. Then it walked and pranced and followed its mother. A week later, I saw them again. As the doe leapt gracefully across the pasture, the little one followed like a streak of lightning. Deer are among the loveliest of animals, are they not?

6. Fireflies. The pasture behind our house is a showcase for these bioluminescent insects at the start of summer. At first their briefly flashing pinpoints of light appear chaotic, but then they seem to form patterns, as if an invisible conductor is orchestrating musical notes made visible in the darkening night. Who doesn't find them fascinating?

7. Fireworks. You know there are fireworks nearby when you hear a loud boom and see a flash of light above the horizon. The skyline on evenings around the Fourth of July is filled with sparkling kaleidoscopes of colors. Fireworks never cease to amaze me as they shimmer against the night sky before dropping from view.

8. Porch breezes. Whether you're repotting a plant on the back porch or watching the world go by from the front porch, gentle breezes are welcome friends. Have you ever noticed how even a warm August breeze can be soothing to the soul?

9. Flowers. The variety of colors, sizes, and shapes delight us. Do we ever tire of looking at them? My favorites include Queen Anne's lace, pansies, verbena, and Sweet William. Simple or intricate, bright or muted, natural or elegant, they invite us to abandon our cares.

10. Katydid and crickets. They begin to sing in August, reminding us that the season is beginning to wind down. Take time to savor summer's lingering sounds!

- 2025 Nancy J. Nash. Nancy J. Nash is the author of *Mama's Books: An Oregon Trail Story*, and *Little Rooster's Christmas Eve*, each available on amazon.com. She has a B.A. in English composition from Mount Holyoke College and an M.F.A. in Writing for Children from Simmons College. She can be reached at [nancynash341@gmail.com](mailto:nancynash341@gmail.com)

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Grace and her boyfriend Zeke during his family's trip to Maine.

Rachel and her boyfriend Matthew outside one of their favorite restaurants in Raleigh.

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*~ Beth & Kelley*

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