

The Country Register

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

June/July 2026

Vol. 26, No. 5



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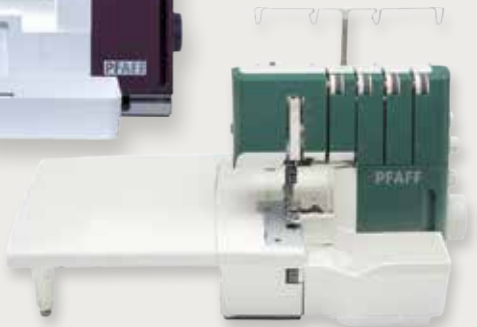
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Keeping In Touch... "Odds and Ends"

By Cindy Ashfield <old.stuff@sasktel.net>

It's time for another column. I wonder what the family wordsmith may have chosen to say this time? There are lots of spring thoughts that come to my mind. "Odds and ends" that, for me, define this time of the year. I looked up in my dictionary (yes, I still use one) the definition for "odds and ends". It didn't make the BOLD print, but tucked under "odds" was this: things left over; extra bits; odd pieces; scraps; remnants. Well, that certainly describes what the end of winter looks like, but spring - no.

Spring invites me outside to watch our returning birds... geese, crows, robins, and their followers. All sightings, making us hopeful of the returning warm days. A walk around the yard brings the reward of colourful spring blooms, scilla, tulipia, and daffodils. The tulips and perennial flowers are all showing promise of later colour. Joe and I used to climb the Qu'Appelle Valley hills as soon as the south-facing slopes were bare of snow, picking crocuses.

More and more folks are joining the winter enthusiasts who walk past our house. Time is taken for a chat to catch up on all their news. Perhaps it's a summer vacation or visitors coming. I wonder if more people are planting a garden this year? We have all watched food prices rise beyond anything we may have expected. Everything is relevant, though. I am old enough to remember when, as a teenager, I babysat (now referred to as child care) for twenty-five cents per hour or mailing a letter for the cost of a five-cent stamp. Incomes have risen, but the cost of living seems to have outstripped that somewhat. So, my flower gardens are once again sporting veggies, and I'm asking the faithful perennial flowers to add a spark of colour. I found last year's raised beds to be a great way to garden, and I hope to add another this year. I'm trying something new this year. I have ordered some sweet potato cuttings and plan to grow them in a growing bag, which should give me the opportunity to move them to a warmer spot in the fall. The growing bag is a first time try out for me. I also want to remind any new gardeners of the University Garden Line. (306) 966-5865 or email: gardenline@usask.ca. I have found this service to be most helpful in the past. I wonder how many of the winter daydreams I had about my ever-changing yard will actually be a reality?

We live in a changing environment. I think that weather patterns have given us a milder winter that seems to stretch out a little longer. So with all the hope that the warmer, brighter days bring, what are your plans? I'm starting my summer attending a wedding... young love planning a lifetime together, this fills their grandma full of anticipation. Perhaps visitors are coming. Plans for road trips are not altered too much beyond necessary road repair delays, which, for me, is easier than the "white knuckle" driving caused by icy, snow-covered roads.

By the way, back to my dictionary, looking for "wordsmith", one of my words describing Joe. There was nothing in the book, but rather an online definition. My writing this time has been poking at the "this and that" part of how spring leads me into summer. Whatever your plans, whether busy or relaxing in the sun, til next time in the Register, I hope that it celebrates you, being you.

Addendum: I am just in after a day of enjoying yard work. I may tell you that the dandelions are doing very well this year, and the ticks are enjoying a healthy spring as well.

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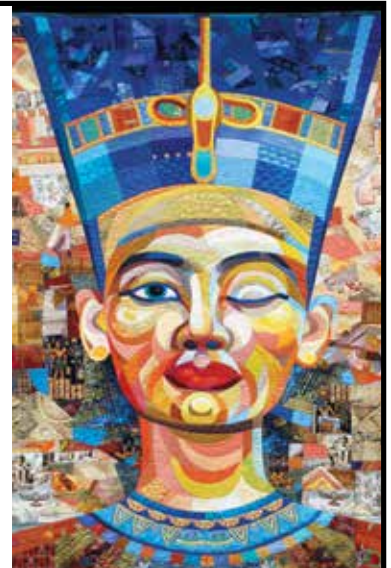
On The Cover

Photo courtesy of Quilt Canada and CQA/ACC

Quilter: Galyna Grotto

Title: The Golden Age. Nefertiti

Galyna's quilt won 3rd place in Depiction of Human or Animal Form at the 2025 National Juried Show.



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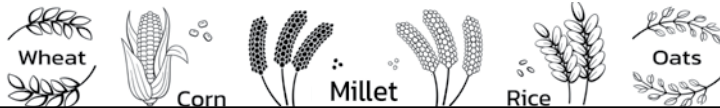
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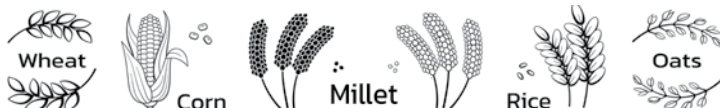
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Stories of Yesteryear



Reader Submitted Stories

Food for Thought... - By Sharon Atkinson

- Do you remember that on the farm, after dinner, when they didn't have company, they would have a lay down of half an hour before doing dishes or before the men went back to whatever they had been doing outside

- Grandma would always call it a receipt instead of a recipe.

- During seeding or harvest, Auntie Doris would deliver afternoon lunch to the field. Water in a quart sealer, sandwiches of thick homemade bread with baby roll cheese, or jam or baloney and usually some cookies

- At Christmas, Grandpa loved the traditional homemade mincemeat pie. He just couldn't fathom the fact that I didn't like it. I think there was Christmas pudding with a sweet sauce offered as well. We would also have ribbon candy, nuts, and oranges for the afternoon lunch after the big turkey dinner. Many years before turkey became the bird of choice, they used to have a goose instead of turkey.

One particular year, they had a mother goose with baby goslings. The little goslings must have met a tragic end as they couldn't be found. They think the baby goslings were preyed upon by a skunk because when Auntie Doris, wearing a black skirt, went out to the shed where the car was stored, she was attacked by a very upset mother goose.

- Auntie Doris did a lot of canning of a variety of fruits for the winter months ahead. They also canned meat.

- They had a separator that they used when they still milked cows. It would be set up in the kitchen. Auntie Doris had a fondness for buttermilk. I don't know about you, but that was not my thing at all. I thought you might as well put melted butter in the milk. Not fond of cow's milk period. We were town kids who were used to milk in glass bottles delivered by a milkman and pasteurized.

Just like the meals that were regimented, they didn't vary the menu much

at all. Breakfast. Puffed wheat in a big plastic bag might be on the kitchen table, or eggs or porridge and, of course, toasted homemade bread. The toaster had two sides that come down for you to insert the slices. The homemade bread was so thick that they had to prop the sides up as the toaster couldn't accommodate the size of the slices.

They might have bacon at breakfast, but when the price of bacon went up, they substituted fried baloney to go with the eggs. Usually, a chicken was roasted on Sunday for dinner. The rest of the week was roast beef. Supper was always boiled eggs and the mashed potatoes left over from dinner, fried in a pan on the old cook stove with leftover carrots (if that was the vegetable for dinner). Of course, in the summer, they had lettuce, radishes, green onions, boiled peas or beans, all from the garden

No fried chicken, not french fries ever (I still think of you, Ron, and travelling with Uncle Joe overseas with him wanting you to request mashed potatoes in a fast food restaurant!)

The cake was usually a white cake. They made two or three kinds of homemade cookies. No experimenting with new recipes or types of food. No pasta, no cabbage rolls, no hamburgers, pizza, etc. Don't even think about Chinese food ever being partaken of. Grandma usually had consommé soup at dinner with a couple of slices of carrots floating in the soup. And it was always loose tea, not tea bags ever. The water was heated up on the cook stove. Never the scent of fresh coffee enticingly floating through the air.

- I also remember the root cellar down in the coulees where they stored the potatoes and carrots, etc. There were sometimes salamanders crawling over the gunny sacks. (Salamanders and lizards make sense to me.) They have legs. Snakes in my book don't qualify!

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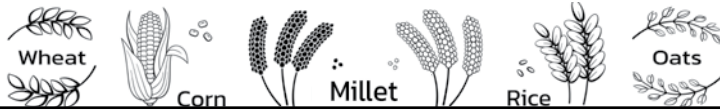
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Cinnamon Streusel Oatmeal Muffins

A good basic oatmeal muffin. Feel free to add in some apples or raisins for a bit of variety.
Makes 12 muffins

- 1 ½ cups flour
- 1 cup old fashioned or quick cooking oats (Not instant oats)
- ¾ cup packed light brown sugar
- 2 tsp baking powder
- 1 tsp ground cinnamon or pumpkin pie spice
- ½ tsp salt
- 1 cup buttermilk or whole milk
- 2/3 cup butter melted
- 2 large eggs lightly beaten
- 1 tsp pure vanilla extract

STREUSEL:

- 1/3 cup quick cooking oats
- 1/4 cup all purpose flour
- 1/4 cup light brown sugar
- 1 tsp cinnamon or pumpkin pie spice
- 2 Tbsp cold butter cubed

Preheat oven to 375°F. Spray a 12 cup standard size muffin tin well with baking spray or use cupcake liners.

In a medium-size mixing bowl, use a whisk to sift together flour, oats, brown sugar, baking powder, cinnamon and salt.

In a separate bowl, whisk together buttermilk, butter, eggs and vanilla. Mix wet ingredients into the dry ingredients until fully moistened. Mix well.

Divide batter evenly between muffin cups.

STREUSEL: In a small bowl mix together oats, flour, sugar and cinnamon. Use a pastry blender or 2 knives to cut in cold butter until it resembles crumbs. Sprinkle evenly on top of muffins.

Bake for 18-20 minutes or until a toothpick inserted into the center comes back clean.

Cool for 10 minutes in the pan then remove to a cooling rack or platter.

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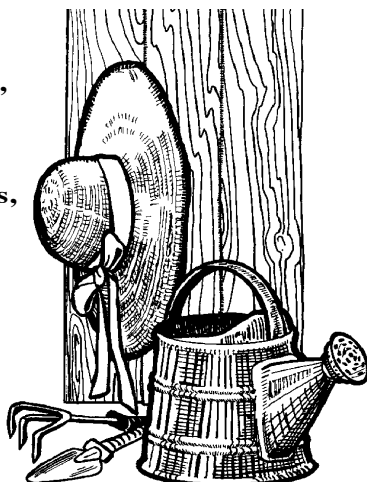
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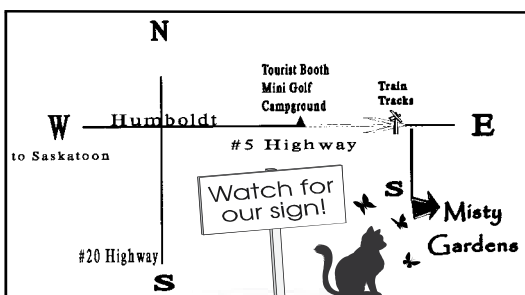
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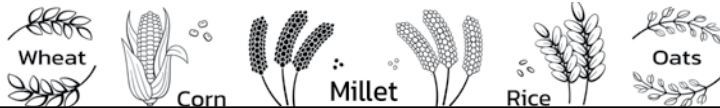
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Life - to be Continued - by Wayne M. Bosman

Last year was a momentous and chaotic one for our little family with the passing of both my daughter and my mother, but life continues on. With spring's annual rebirth going on all around us comes an inspiration to see what life has in store for us in this new season of life. While I am still slowly opening my eyes and heart to the joy of life, Kerri has already started exploring hers.

For her, the place to start was to revisit things that she has enjoyed in

Assiniboia, SK

the past. She has always loved local history and been an avid seamstress. She has spent the last few years teaching preschool to indulge her love of young children. A natural meeting point of these things fell into place for her this spring.

When we moved to the North Carolina coast a couple of years ago, a new local history opened up. Because life can be busy, we never had time to explore the history of the region. We had passed right by the History Museum of Carteret County many times, always vowing to stop in. We have time now. What we found was an opportunity for her to pursue three of her loves.

The museum started a program aimed at opening up fourth graders to how their area was settled and grew to what it is now. Kerri fit right in. Over the years she made a number of true to period dresses that she wore giving tours at historical sites. Most of them still fit, although

some apparently shrank or something....

She augmented them with new dresses and aprons that she spent enjoyable evenings creating. One of her characters that she got to portray for the Museum program was a locally well-known woman who was a Civil War era spy for the Confederacy. Miss Emeline spent the war smuggling supplies to Confederate soldiers across Union lines. The voluminous skirts of the era coupled with a lady's personal modesty gave her plenty of hiding places. Kerri stitched together a slip with pockets capable of holding a pair of boots, two pairs of pants, bandages, sewing articles and an entire ham without looking out of place. She put her hair up in a way common to the era and hid notes in her hair that she gave to the fourth graders during their field trips.

The children loved it all. Opening a window for them to a time when there was no internet, no television or even radio. Telephones were not yet invented, much less cell phones. Cars? No. Malls? No. For most families, a trip to town was a major undertaking to sell what they produced or to buy what they couldn't. Kerri would come home from the museum excited and enchanted by the questions the children asked, and how some children's eyes lit up when something caught their imagination.

Kerri, for her part, started sewing things by hand whenever she could, to try to make everything as true to life as possible. No more zippers, which weren't invented yet. Elastic, invented in 1820, was technically okay, but the likelihood of it being available here was small. Buttons, hooks and ties were the order of the day. Dyeing by hand was common, especially with indigo as a local cash crop. She hasn't tried that yet.

For Kerri, Spring has sprung. For me, the first tentative shoots are emerging from my fallow soil. I hear the birds more now, insistently calling out their springtime message. I look over my unfinished projects and actually finishing some! I look out at the ocean, waiting for the schools of fish to migrate through, following a rhythm that only they understand. I stay still, grateful that I have a life to be continued.

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

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Attitude

"My mother once sent me to pick a quart of raspberries," reminisced a well-known citizen recently as he let his thoughts stroll back to the days of his boyhood in the country. "I didn't want to pick a quart of raspberries - I wanted to do anything but that. I trudged unwillingly toward the berry patch.

"Then a happy thought came to me: I would pick two quarts of berries and surprise the family! That changed everything. I had such a good time picking those two quarts that I've never forgotten it. I redeemed an undesirable situation by changing an inner attitude."



READER SUBMITTED RECIPES

“Dad’s” Cookies

Marilyn K., Moosomin, SK

- 1 cup white sugar
- ½ cup brown sugar
- 1 cup butter
- 1 egg
- 1 tsp vanilla
- ¾ cup coconut
- 2 cups oats
- 1 tsp baking soda
- 1 cup flour
- 1 tsp baking powder
- 1 cup chocolate chips

Mix the ingredient in order given. Shape into 1” ball, press down with fork. Bake 13 min. at 350°F

Weiner Wraps

Nanny Rene, Regina, SK

- 1 ½ cups flour
- 1 ½ tsp baking powder
- 2 tsp salt
- 1 tsp white pepper
- ½ tsp onion powder
- ½ tsp garlic powder
- 2 Tbsps. Parmesan cheese
- ¼ cup grated old cheddar
- 1 egg
- 2/3 cup milk

Mix all dry ingredients. Beat egg well. Mix egg and milk to dry ingredients. Dough should not be sticky. Turn out onto floured surface & knead lightly. Roll part of the dough into rectangle – ¼” thick. Trim all sides. Cut to fit weiners. Wrap and seal well. Put on cookie sheet with sealed side down. Cut a few slashes on top with a sharp knife. Continue with rest of the dough

Bake at 400°F for 12-15 minutes.

You could brush them with egg white & sprinkle with coarse black pepper or finely chopped herbs. Mmmm, Mmmm good!

White Cake

Mary R., Tisdale, SK

2--8 inch layers
Bake @ 350°F 30 minutes

- ½ C butter or margarine
- ½ C white sugar
- ½ C honey
- 2 egg yolks
- 2 C flour sifted
- 2 t baking powder
- ½ t salt
- ½ C milk
- ½ t flavoring
- 2 egg whites

Beat egg whites till stiff. In another bowl cream fat, sugar, & honey till light fluffy. Add egg yolks, beat well. Add sifted dry ingredients alternately with milk. Add flavoring & fold in the stiffly beaten egg whites. Put into greased or paper lined pans & bake.

Green Bean Bake

Marilyn K., Moosomin, SK

- 1 can mushroom soup
- ½ cup milk
- 1 tsp soya sauce and a bit of pepper
- 10 oz. tin green beans
- ½ cup browned onions
- ¼ cup breadcrumbs
- 1 tin mushrooms (optional)

Put into casserole dish and microwave until boiling; top with breadcrumbs.

Ma’s Corn Fritters

Nanny Rene, Regina, SK

- 2 cups flour
- 4 tsp baking powder
- Few shakes parmesan
- Grated cheddar
- Salt & pepper
- 1 can cream corn
- Leftover kernel corn

Make a thick batter. Spoon into hot oil and fry until lightly browned

Hermits

Mary R., Tisdale, SK

Bake 375°F, 10–12 minutes
Makes 7 dozen

- ½ cup margarine & brown sugar
- 1 cup honey
- 2 eggs
- 3 tablespoons milk
- 2¼ cups flour
- 1 teaspoon soda
- ½ teaspoon cinnamon & allspice
- 1 cup raisins, dates, & currants
- ½ cup nuts

Mix together like any drop cookie onto greased or parchment-lined sheets.



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KISSed Quilts - by Marlene Oddie

Celebrate Earth Day!

In celebration of Earth Day, I'm sharing two new designs with fabrics shipping June 2026 to a local quilt shop.

I revisited an old friend when using a new Lumin Fabrics/Island Batik collection – Fossil Finesse. I originally designed this 'jewels' quilt in 2009 for a wedding. The version was called Peacock Jewels. With this new collection I used two slightly different background whites so you can see uniquely bordered jewels but also see white stars. The jewel tones and motifs in this fabric collection felt perfect for this quilt pattern. I enjoyed custom quilting it to really show it off!



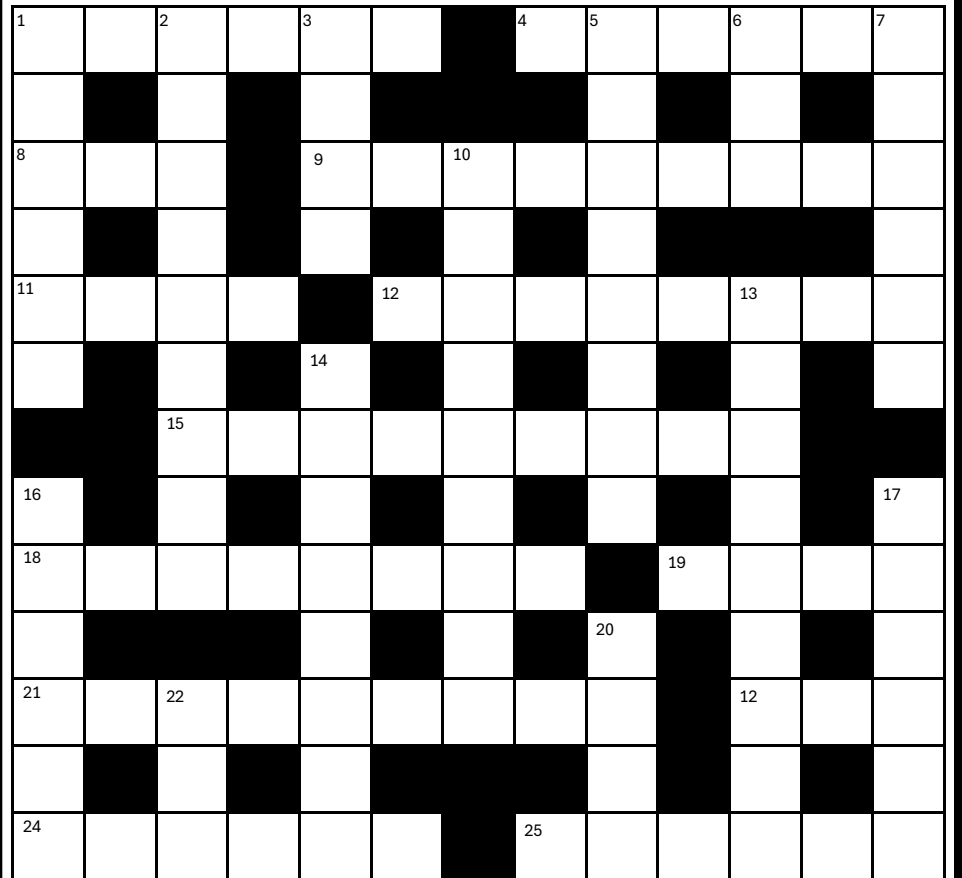
Earth's Essence is another Lumin Fabrics/Island Batik collection shipping soon. I used a fat quarter bundle of the collection to make this City Windows pattern. It really maximizes the use of a fat quarter and shows off some of those larger print elements in the collection.

Ask at your local quilt shop that carries Island Batik fabrics for these fabrics and patterns.

Marlene Oddie (marlene@kissedquilts.com) is an engineer by education, project manager by profession and now a quilter by passion in Grand Coulee, 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>



CROSSWORD



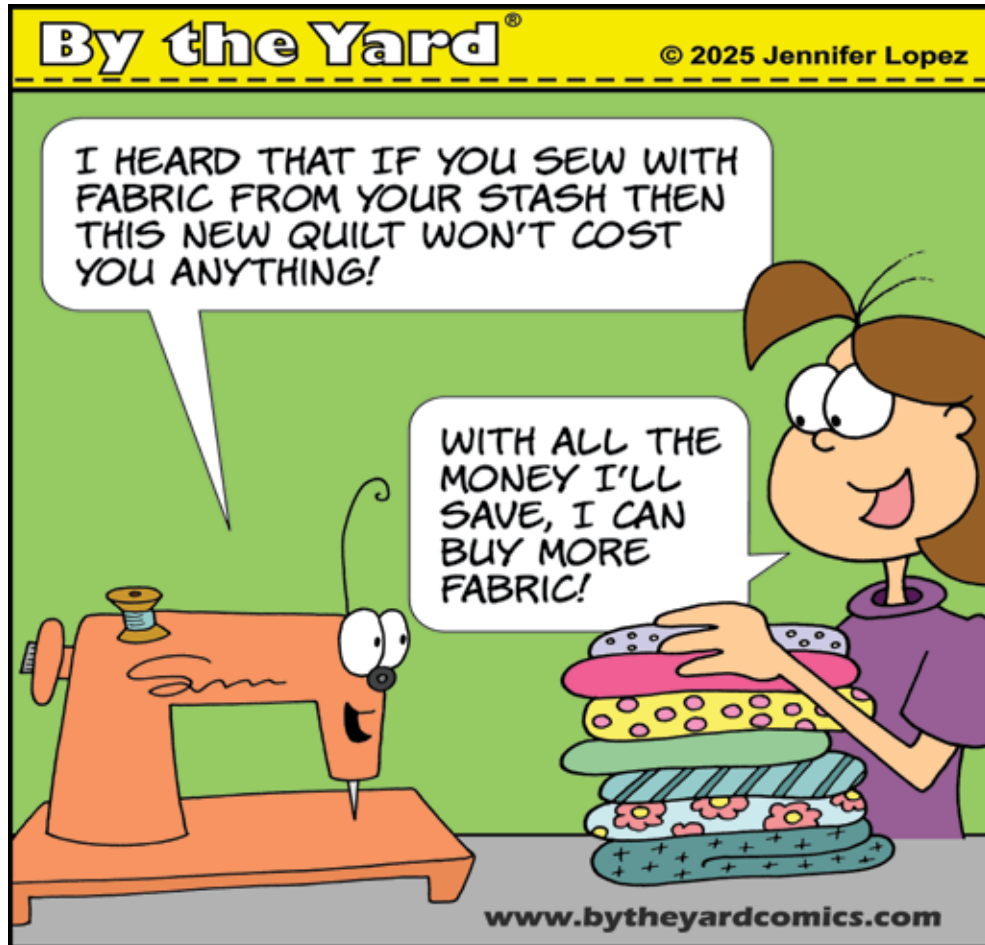
ACROSS

- 1 Beliefs contrary to a religion
- 4 Desolate (6)
- 8 Farmyard milk producer (3)
- 9 Recipient (9)
- 11 Muslim ruler (4)
- 12 Exchanged (8)
- 15 Modify (9)
- 18 Five-sided polygon (8)
- 19 Cry noisily (4)
- 21 Being (9)
- 23 Treasure (3)
- 24 Tangle up (6)
- 25 Reliable (6)

DOWN

- 1 Electronic investigator (6)
- 2 Edited (9)
- 3 Mockery (4)
- 5 Fail to notice (8)
- 6 Letter-width units (3)
- 7 Financial returns (6)
- 10 Rebuke (5,4)
- 13 Crusades (9)
- 14 Of enormous size (8)
- 16 Ball (6)
- 17 Awkward (6)
- 20 Get wind of (4)
- 22 Diseased (3)

~ Answer on Page 16 ~



Yorkton, SK

Victor Hugo, titan of French literature, was once called upon to comfort a friend who had arrived at his fiftieth birthday and was depressed at the idea of growing old. "You should rejoice, my friend," Hugo told him, "that you have escaped your forties, which are the old age of youth, and have at last arrived at the age of fifty, which is the youth of old age."

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Ranger Cookies

I made these after Sunday breakfast recently. Despite everyone just having eaten, there was a sizable dent made in the cookies!

- 1 cup sugar
- 1 cup brown sugar
- 1 cup butter, softened
- 1 tsp vanilla
- 1 tsp salt
- 2 large eggs
- 2 cups flour
- 1 tsp baking soda
- ½ tsp baking powder
- 2 cups oats
- 2 cups Rice Krispie cereal
- 1 cup sweetened coconut flakes
- 1 cup chopped pecans

Preheat your oven to 350°F and line cookie sheets with parchment paper.

In a stand mixer with a paddle attachment or with a hand mixer, cream the sugars and butter together. Add in the vanilla, salt and the eggs and mix until well combined. Turn the mixer to low and stir in the flour, baking soda and baking powder until all the lumps are gone. Stir in the remaining ingredients.

Using a spoon, form the batter into balls and place 2 inches apart on each baking tray. You should be able to get 12 per tray.

Bake for 10-12 minutes or until the edges are golden brown. Let them cool on the baking sheet for a few minutes before removing them to a wire rack to cool completely.

Rice Krispies were introduced in 1928, with the iconic "Snap, Crackle, Pop" mascots debuting in 1933, created by illustrator Vernon Grant. The famous treats were invented in 1939 by Kellogg's employees Malitta Jensen and Mildred Day as a promotional recipe, which first appeared on cereal boxes in 1941.

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Rice Krispies Treats Trivia

Origin: Created by Mildred Day and Malitta Jensen in 1939, inspired by popcorn balls sold at county fairs.

First Recipe: The original 1941 recipe included 1/4 cup butter, 1/2 pound of marshmallows, and 5 cups of Rice Krispies.

Record Breaking: The largest Rice Krispie Treat ever made weighed over 10,000 pounds.

Original Purpose: The recipe was designed to help the Campfire Girls group fundraise.

Commercial Production: Kellogg's began selling premade bars in 1995.

Did You Know?

In the 1950s, a fourth gnome named "Pow" was briefly introduced, representing a different sound.

Rice Krispies are naturally gluten-free, making them popular with celiacs.



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Rhubarb Trivia

Rhubarb is botanically a Vegetable: Despite its common use in sweet desserts, rhubarb is a vegetable belonging to the buckwheat family.

"Pie Plant" Nickname: In the 19th century, it became popular in pies and jams due to increased, affordable sugar availability.

Legal Fruit Status: In 1947, a US court declared it a "fruit" to avoid higher import tariffs on vegetables.

"Pop" Noise: Forced rhubarb grows so fast in dark sheds that it makes a popping sound as it grows.

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Taurus the Bull, Tea and Me - by Barbara Kalkis

I am not a believer in astrology or horoscopes, but I learned that some traits of my April birthday sign, Taurus the Bull, hit uncomfortably close to home. It is true that I am logical and goal oriented. I like to think I'm dependable, loyal and a hard worker, but sometimes stubborn and slow to accept change. (Finally! An excuse for why I've not remodeled my kitchen!). However, if I dwell too long on the longer list of a bull's "earth signs," I visualize myself on an 1800s farm, stolidly plowing a field or dragging a covered wagon from St. Joe, MO, to Sacramento, CA gold country. Not a pretty picture.

One source states that Taureans love good food and great meals. Right! Supposedly, we are great cooks. Wrong. Unless you want 10 different ways to make canned tuna fish. My favorite meals are those with easy-to-be-with friends. One such group is my cardmaking group. Every month we meet for breakfast in a cozy mom-and-pop café. My go-to breakfast there is two poached eggs, potatoes and rye toast with coffee. Yes, I know I'm supposed to be talking about the wonders of tea, but it's important to understand that there's always an exception to the rule. Part of it is a matter of taste. Somehow, coffee and eggs cooked in any style just go together in terms of flavors. The other part is that I've never really found a restaurant that makes good hot tea.

This insight occurred to me one morning as we gathered. We all ordered coffee, except for Denice. She had ordered tea. While we were drinking hot coffee, I observed that her tea bag was floating aimlessly around in her cup, like a goldfish in bowl. The water was just too cool for the tea's flavor and color to be released. That's when I reconfirmed my restaurant rule to drink coffee or iced tea "out" and hot tea "in."

My kitchen may be light on exotic herbs and spices, unless you count sea salt as "exotic," but I have a plethora of tea varieties, ranging from white tea to green tea to black tea to herbals, from fruited teas to florals and fermented brews. Coffee aficionados can rave about the merits of Columbian versus Ethiopian coffee beans, but those comparisons fade against tea. You cannot put a rose or chrysanthemum, ginger or peppermint in coffee unless it's the froth on top of a drink that isn't really coffee. If you have a cold, drink tea with lemon. An upset stomach? Tea with ginger. Stressed? Chamomile. Celebrating summer? Peach tea. Crave a standby at lunch? Jasmine works

fine. Need a sweetener? Use honey. Tea easily adapts to flavors. Consider Genmaicha tea combines roasted rice with Matcha tea for a smoky, tasty exotic flavor. Try putting rice in coffee and see what that gets you.

Preparation time is an important difference between tea and coffee. Coffee is fast. Place coffee grounds in a pot or pop a packet in a coffee machine and in moments you have hot coffee. Tea takes time. Boil water. Place a tea bag or an infuser containing tea leaves into the pot. And wait. Wait until the tea diffuses the water with flavor. In shops, coffee drinkers expect their drink to be made and paid for in an instant. With tea, we know that good drinks take time. Tea slows the pace of life to a moment that lets us grapple with whatever emotion we are feeling. Somehow, tea makes everything manageable. Even learning that your astrology sign contrived to hit some of your personality traits right on target.



©Barbara Kalkis, 2026. Barbara loves writing, teaching communications, and consulting on high-tech topics. Her poetry book is Little Ditties for Every Day: A Collection of Thoughts in Rhyme and Rhythm. Contact her at BarbaraKalkis01@gmail.com.

Perspective

A friend called on the English writer, Gilbert K. Chesterton, one day and found him packing his bags for a trip. Since they were old friends, he felt free to ask Chesterton where he was going.

"To Chamberwell," answered Chesterton.

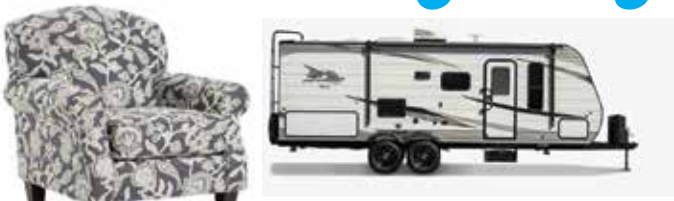
"Aren't you getting absent-minded, like the proverbial professor?" chided the friend. "You are in Chamberwell. That is where you live."

"Yes," said Chesterton, "and that is why I am going away. I'm too close to Chamberwell to see it properly. Things have become too familiar for me to notice them."

That is why it is a good thing for the average person to get away from their daily work once a year. It breaks the routine and interrupts old habits. When he comes back with a refreshed mind, he sees his job in a new light, and often he finds he can make little improvements that help him do an even better job than before.

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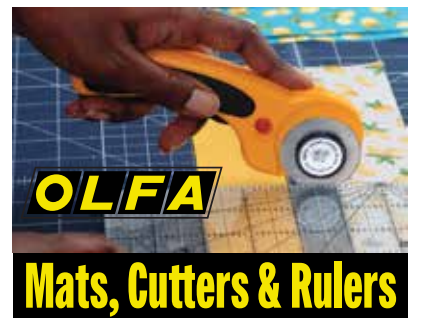
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Grain Expectations: A History of Breakfast Cereal

By Colleen Gust

Few foods have woven themselves into the fabric of morning life quite like breakfast cereal. From steaming bowls of porridge in pioneer homesteads to brightly coloured boxes lining modern supermarket aisles — each one promising to make you stronger, smarter, or inexplicably more athletic — cereal has a long and surprisingly rich history. You might even say it's a-maize-ing. Canada, for its part, has played a meaningful role in shaping it, and not just because we needed something warm to eat for nine months of the year.

The story of cereal begins long before the modern box. As far back as 10,000 years ago, the agricultural revolution led people to break their fasts with porridges of wheat, rice, and corn. The development of ceramic pots allowed grains to be cooked over a fire, revolutionizing how people could prepare and consume them. Warm cereals like oatmeal and porridge have the longest history as traditional breakfast foods, and cereal grains — particularly oatmeal — became an especially important breakfast staple in North America.

The ready-to-eat cold cereal we recognize today is a more recent invention, emerging in the latter half of the 19th century. It had its roots in the vegetarian movement, as food reformers pushed back against the era's meat-heavy breakfasts of eggs, bacon, sausage, and beef. Apparently, someone had to draw the line at steak for breakfast, and that someone was a 19th-century health reformer with strong opinions and a lot of bran. In 1863, Dr. James Caleb Jackson invented the first cold cereal, called Granula, made from baked graham flour and bran — though it required 20 minutes of soaking before it was edible, which rather undermined the convenience angle. A few decades later, Dr. John Harvey Kellogg accidentally left a batch of boiled wheat to soak overnight, resulting in wheat flakes — and the breakfast cereal industry was born. His brother William later invented cornflakes using a similar method and founded the Kellogg Company in 1906. History has been built on worse mistakes.

While the cold cereal revolution largely ignited in the American Midwest, Canada developed its own beloved contributions. Perhaps none is more iconic than Red River Cereal, a hot porridge made with a blend of cracked wheat, rye, and brown flaxseeds, first created in 1924 in Manitoba by Gertrude Edna Skilling. Rooted in the agrarian heritage of the Prairies, it embodies Canadian identity as a "pioneer food," symbolizing resilience and self-sufficiency — two qualities that come in very handy when you live somewhere that has eight months of winter. The cereal takes its name from the Red River of the North, flowing through the valley surrounding Winnipeg — fitting, given that wheat, rye, and flax were in no short supply across the Canadian heartland.

Red River Cereal gained cultural significance as a staple hot breakfast item, particularly in northern and prairie regions. When production was discontinued in 2021, fans across the country were devastated. Fortunately, Arva Flour Mills — North America's oldest continuously operating water-powered flour mill, milling since 1819 — acquired the brand in 2022 and revived it using the original recipe, to the delight of loyal Canadians from coast to coast.

On the cold cereal side, Shreddies has been a Canadian favourite since 1939, originally called "Cubs" before being renamed in 1941. Several Post cereals, including Shreddies, are still made in Niagara Falls, Ontario, while many Quaker cereals are produced in Peterborough, Ontario, using 100% Canadian wheat. Canadian breakfast cereal may also be fortified with specific micronutrients including thiamin, niacin, and vitamin B6 — a standard set

by Health Canada to support public nutrition.

Cereal's usefulness extends well beyond breakfast. In kitchens, it has long been a versatile pantry staple for cooking and baking — the quiet overachiever of the cupboard.

Rolled oats — the base of so many hot cereals — are a cornerstone ingredient in classic baking. They bring a hearty texture to oatmeal cookies, muffins, loaves, and squares. Homemade granola, sweetened with maple syrup and toasted golden, is a perennial favourite, equally at home atop yogurt, stirred into smoothie bowls, or eaten straight from the jar.

Red River Cereal, in particular, has inspired a devoted community of home bakers. Added uncooked to cookie dough, the cracked grains stay nutty and crunchy even after baking, lending a distinctive chew reminiscent of a granola bar. It also makes a wonderful addition to hearty whole wheat bread — many Canadian home bakers cook a pot of Red River in the morning and fold the leftovers into their bread dough later in the day, which is either brilliant meal planning or a very long breakfast, depending on how you look at it.



Corn flakes and bran cereals serve as crispy coatings for baked chicken or fish — a pantry hack beloved by home cooks across the country and a deeply satisfying way to use up the dusty box that's been lurking in the back of the cupboard since last February. Crushed cereal also makes an excellent topping for casseroles and baked macaroni and cheese. Shreddies and similar whole-grain cereals can be ground into a coarse flour substitute or used to add texture to meatloaf and veggie burgers, proving that no cereal, however humble, need go to waste.

Whether it's a steaming bowl of Red River on a January morning so cold your breath fogs up the kitchen window, a bowl of Shreddies inhaled before the school bus arrives, or a tray of maple-glazed granola bars cooling on the counter while you pretend you're the kind of person who bakes on weekends — breakfast cereal is deeply embedded in food culture. It connects generations, reflects the country's agricultural heritage, and, perhaps most importantly, requires absolutely no cooking skill at 7 a.m. And for that, we are grateful.



Original
680 g

method and founded the Kellogg Company in 1906. History has been built on worse mistakes.

Word Find

P	S	S	T	W	L	K	V	L	R	O	E	E	I	A
R	E	O	U	V	N	I	U	I	Z	Z	I	P	D	I
N	I	A	E	D	S	G	G	I	T	S	P	N	C	I
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I	N	E	A	N	R	I	N	V	S	V	U	Y	N	U
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U	K	O	E	P	Y	Y	I	L	N	L	R	D	O	H
Y	C	N	W	O	K	S	G	A	L	E	I	N	O	R
C	A	G	U	H	S	A	M	O	M	M	O	E	M	A
W	M	O	I	I	N	A	W	M	G	U	G	R	E	T
Y	A	S	M	N	Z	R	A	U	I	R	R	D	N	E
G	I	E	N	O	I	A	M	T	L	R	A	N	O	S
W	N	D	N	V	O	G	S	S	E	A	N	I	K	D
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|-------------|--------------|
| AMAZON | MURRAY |
| CONGO | NIGER |
| EUPHRATES | NILE |
| INDUS | RIO GRANDE |
| MACKENZIE | YANGTZE |
| MEKONG | YELLOW RIVER |
| MISSISSIPPI | YUKON |

Cereal Trivia


Since its debut in 1979, Honey Nut Cheerios grew in popularity to become Cheerio's best-selling flavor, a title its held since 2009. Over the years, more than 50 additional flavors have been released, including earlier editions like Frosty O's and Cinnamon Nut Cheerios, which helped pave the way for its success.

Cheerios debuted in 1941 as Cheerioats; a year later, Cheeri O'Leary, the first female mascot in the cereal aisle, was introduced. She wasn't around long but she was perfectly timed with the rise of women in the workforce during WWII. By 1945, the name was officially changed to Cheerios.



2 5 9
1 7 6

SUDOKU



4	2	7	5					
			2	4	8	7	5	
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9	5				3	1	2	
1	7				2			5
3		2	1	5				9
	6				5	3	8	
5			8	2	7		6	
	4							7

Answer on Page 16

Canadian Trivia

Only one part of the former New France remains legally part of France. This small archipelago named Saint Pierre is home to ~6,000 citizens and is located off the coast of Newfoundland and Labrador.

Scientists believe that Canadian geese have their own language with up to 13 different calls.

Canadians drink more fruit juice per capita than any other country

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The Best Summer Vacation Ever

by Becky Van Vleet

In 1963, a dozen eggs cost fifty-five cents, bread about twenty-two cents, and a gallon of gas about thirty cents. No dishwashers in most homes. Only landline phones with rotary dials, most with long coiled cords. We learned current events by picking up a newspaper, turning on the radio, or watching black-and-white televisions. If we were lucky, we could pull in three major networks with aluminum foil wrapped around the tops of the antennas. No internet, no computers. Every day living was slower-paced. And it was at this time that my parents made plans for our family of six to take a vacation by car across the country from Indiana to California in June of 1963.

Anticipation ran high. After all, it was the first vacation for all six of us. Mother and Daddy planned in advance, saving every penny. We'd stay in motels along the way, they said, whatever that entailed. As a ten-year-old, I'd never stayed at a motel. But I was about to discover what that was like.

On the morning we left Indianapolis, we squeezed into our black-and-white 1959 Chevrolet Impala (no AC). The trunk was crammed with our suitcases and two cameras. With the hand-cranked windows rolled down, I found myself in the back seat between my two older sisters. My little sister sat up front between Mother and Daddy. Without seatbelts, we at least had some wiggle room to move around. We set off with my mother handling the maps to guide my dad along the highways.

Motels and swimming pools. I'd seen them, but had never experienced one. Indescribable bliss. I kept asking myself if life could get any better! I didn't even mind being squished between my sisters, though I did feel a twinge of jealousy as they stretched their arms out the windows to get a "tan". They even switched sides, explaining that both arms needed equal sun exposure.

When we arrived in Colorado Springs, we stayed a few days at the Silver Saddle Motel, exploring the area. Surrounded by mountains, which were a first for me, my older sisters acted as my guardrails in the back seat as we wound our way up to the summit of Pikes Peak, navigating the twisting switchbacks. Snow in July? Unbelievable! But there it was, at the very top. My mother was quick to grab some and shape a snowball while my dad started rolling the movie camera to capture our family enjoying the snowy antics.

At Garden of the Gods, we enjoyed an Indian performance, captivated by their swift dance moves in moccasins and vibrant feathered headbands. My heart raced as we climbed aboard the vertical train cars of the Manitou Incline. That experience might have prepared me for the incredibly steep descent to the river at the base of Royal Gorge. Talk about exciting. I held my breath the entire way down.

My first experience with rock candy happened at the Royal Gorge. I gripped the stick and enjoyed each lick, pinching myself to confirm it wasn't just a dream. Despite all the exciting adventures in the Colorado Springs area, I couldn't wait to get back to our motel to swim.

When we drove through Utah, we stopped to tour the Mormon Tabernacle in all its splendour and beauty.

Driving and more driving. Sometimes Daddy would have to pull off the side of the road so he could review the maps with Mother. (Quite a contrast

from today's GPS.) Eventually, we arrived in Carmichael, California, where we unpacked the car to stay with Uncle Art and Aunt Marcia. My excitement mounted when I met these new family members and four cousins for the first time. I couldn't wait to see my Grandma Troyan again. It had been a long time. When Uncle Chet and Aunt Beverly joined us, the family reunion was complete.

While the sightseeing along the way was incredibly enjoyable, nothing compared to our Troyan family gathering. The air filled with laughter and heartfelt hugs. The movie camera hummed, recording each happy moment.

A few days later, we toured Sutter's Fort State Historic Park in Sacramento, close to where my aunt and uncle lived. To top things off, we drove to the National Redwood Forest to view the magnificent sequoia trees. My eyes nearly popped when we drove THROUGH one of the giant trees. Shocked. How was that possible? A visit to Chinatown in San Francisco and riding a trolley car added another adventure. I could hardly contain my excitement as our family scuttered across the Pacific Ocean beach.

For the return trip, we took a different route to visit old church friends in southern California and to visit the Painted Desert in Arizona.

But nothing prepared me when we stopped at the Grand Canyon. As a young girl, I could barely comprehend the vastness and breathtaking beauty of this magnificent landmark.

Over the years, my husband and I have taken our four daughters on unforgettable vacations, exploring sights across the United States. As empty nesters now, we continue our travels, experiencing the world's wonders. However, no trip has left a mark on me like the family vacation to California when I was a young girl. More than sixty years later, I still enjoy watching our old home movies (now on DVDs) of that trip. Whenever I see rock candy today, I'm taken back to the Royal Gorge. It really was the best summer vacation ever!

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.beckyvanvleet.com.



Answer to Suduko puzzle on Page 15

4	2	7	5	3	1	8	9	6
6	9	1	2	4	8	7	5	3
8	3	5	7	9	6	2	4	1
9	5	4	6	7	3	1	2	8
1	7	6	9	8	2	4	3	5
3	8	2	1	5	4	6	7	9
7	6	9	4	1	5	3	8	2
5	1	3	8	2	7	9	6	4
2	4	8	3	6	9	5	1	7

Answer to Crossword puzzle on Page 10

H	E	R	E	S	Y	L	O	N	E	L	Y
A	E	H	V	M	I						
C	O	W	A	D	D	R	E	S	S	E	E
K	R	M	R	R							L
E	M	I	R	R	E	P	L	A	C	E	D
R	T	G	S	O	A						S
S	E	L	D	K	P						C
P	E	N	T	A	G	O	N	B	A	W	L
H											
E	X	I	S	T	E	N	C	E	G	E	M
R	L	I									A
E	N	L	A	C	E	T	R	U	S	T	Y

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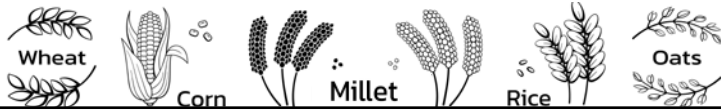
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Iced Oatmeal Cookies

If you're looking for a delicious treat with a cozy spice flavor, try making these classic iced oatmeal cookies. They have soft centers, crisp chewy edges, and are topped with a vanilla icing that sets after a few hours. To get a uniform texture, pulse the oats before adding them to the cookie dough.

- 2 cups whole rolled oats
- 2 cups flour
- 1 tsp baking soda
- 1 tsp salt
- 1 ½ tsp cinnamon
- ½ tsp nutmeg
- 1 cup butter, softened
- 1 cup packed brown sugar
- ½ cup white sugar
- 2 large eggs
- 1 Tbsp molasses
- 1 Tbsp vanilla

- ICING**
- 1 ½ cups icing sugar
 - ¼ tsp vanilla
 - 1 ½ - 2 Tbsp milk

Pulse the oats in a food processor 10-12 times until you have a variety of texture—chopped oats with some oat flour. Whisk the pulsed oats, flour, baking soda, salt, cinnamon, and nutmeg together in a medium bowl. Set aside.

In a mixing bowl, beat the butter, brown sugar, and sugar together on medium-high speed until creamed, about 2 minutes. Add the eggs, molasses, and vanilla and beat on high speed until combined, about 1 minute.

Add the dry ingredients to the wet ingredients and mix on low until combined. Dough will be thick and sticky. Cover and chill the dough for at least 45 minutes in the refrigerator. If chilling for longer than a few hours, allow to sit at room temperature for at least 30 minutes before scooping and baking because the dough will be quite hard.

Preheat oven to 350°F. Line baking sheets with parchment paper.

Scoop the cookie dough, about 1 ½ Tbsps of dough per cookie, and place 3 inches apart on the baking sheets. Bake for 11-12 minutes or until lightly browned on the sides. The centers will look very soft.

Remove from the oven and allow cookies to cool on the baking sheet for 5 minutes before transferring to a wire rack to cool completely before icing.

ICING: In a medium bowl add the icing sugar, add the vanilla and 1 Tbsp of milk. Use a fork to mix. Add only enough extra milk to make a very very thick icing. I only add about 1 more Tablespoon of milk. Lightly dip the tops of the cookies into the icing. By just dipping the tops lightly, the cookies get a pretty crackled effect. Icing will set after a few hours.

Cookies stay fresh covered at room temperature for 3 days or in the refrigerator for up to 10 days.

Pieces From My Heart

- by Jan Keller

CONSISTENCY

It would be helpful if children were born with an instruction booklet mapping out the exact techniques for perfectly raising each particular child to adulthood. With an individually charted road map to follow, painful experiences for both parent and child could be avoided. Even if my children had arrived with instructions, I probably wouldn't have read them any better than I read the instructions that accompany kitchen appliances. I prefer to take the independent approach and wing it on my own—at least until difficulties force me to seek assistance.

Consistency was one of my major parenting objectives. I felt providing my children with consistent discipline throughout their formative years would create a strong base for their individual growth and development. Reflecting on this lofty goal brings the realization I blew it! Failed!

As the mother of an inquisitive three-year-old, I can still hear myself saying, "I already answered that question. I'm busy fixing your lunch. Stop chattering and go play." In contrast, when my children were 13-years-old I said, "Sit down for just a minute and talk to me. You never talk to me anymore!"

I remember shopping for school clothes when my kids were five and ready to start kindergarten. I told them, "These are just the kind of clothes all your classmates will be wearing—and the kind you'll want to wear, too." But when they were 15, my tune had changed to, "Who would want to look and dress like everyone else in your school?"

Don't act like such a baby," I pleaded with my six-year-old. "Aren't you ever going to grow up?" Then at 16, my message changed to, "You've got plenty of time. Slow down! Don't be in such a hurry to grow up!"

There were days when my children seemed to make it nearly impossible for me to accomplish my household chores. When they were seven and underfoot, I said, "It's such a pretty day—so nice outside—you don't even need a jacket. Why don't you go outside and ride bikes with your friends?" By the time they were 17, I flipped and said, "I don't think you need to go anywhere tonight! You're hardly ever home anymore because you're always going off with your friends!"

On second thought, maybe I didn't fail.

I was consistent—I was consistently inconsistent!

©2026 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

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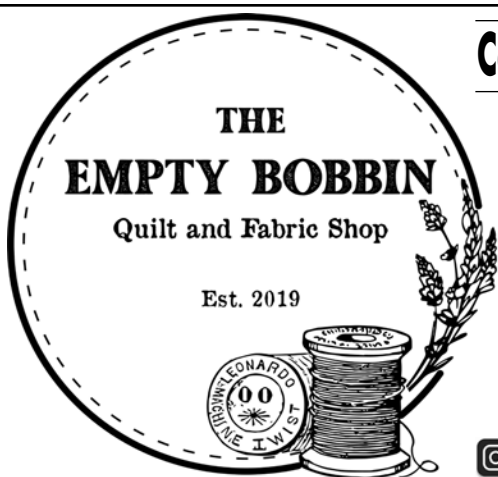
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Did You Know?

The word **robot** is synonymous with automation. It was popularized in the 1920s when the Czech playwright Karel Capek brought his play, "R.U.R." to the United States. These initials stand for Rossum's Universal Robots, a firm manufacturing mechanical men. The word "robot" stems from the Czech word robotnik, which means "slave" which in turn comes from robota, which means "to work."

Swan River, MB



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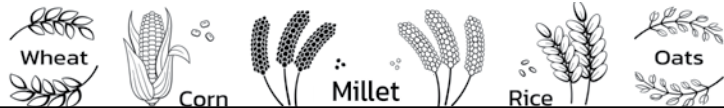
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by: Kirby Gust

Borderline Commute

If you have had a feeling that this year's spring has been a little unusual, even for the Canadian Prairies, you are not alone. Where else do you have to scrape the thick frost off your windshield in the morning, then run the heater on high to keep the inside of the window from fogging up, only to come out after work in the afternoon to get into a scorching hot car? Who among us hasn't sat there in the afternoon with the air conditioning blowing on full blast, wondering why it's not getting cooler, only to have the truth hit you like an August heat wave, the dial on the climate control was still turned all the way to the red, where it was needed only a few hours before. Carl has had this exact problem lately.

Regular readers of *The Country Register* know that Carl and his wife, Mary, run a small-town grocery store that also stocks a variety of hardware and gardening goods. Their store, by a habit of fate, is situated smack dab on the border of Manitoba and Saskatchewan. The store is known throughout the two provinces and other parts of Canada as Borderline Good. Its real name is Borderline Goods; the "s" has been missing for over twenty years after being taken away by a gust of wind during a typical summer prairie storm. Carl likes to pretend that he would love to put the "s" back someday, but everyone knows that isn't true. Especially since he had the sign replaced a few summers ago. Carl insists, mind you, that the workers just forgot to put it up when they replaced the sign, and they will be back to fix it someday. "You know what those sign companies are like." He will tell you. Inside the store, Carl has a slogan behind the counter written on an old green chalkboard: Our quality service is borderline good...our goods are borderline quality.

The store has been run by Mary's family since 1881, when her great-grandfather settled in the area. Carl is the first non-family member to run the store. Carl and Mary met at university. Mary was hired for a teaching position close to her hometown the day after graduation. Mary was so excited about the news that she told Carl even before she told her parents. Carl was very happy for her but confused. He, too, had graduated, but from what he wasn't quite sure. School and university, for that matter, were a burden to Carl. Carl never liked school. He wanted to do things with his hands. Fix things, build things, maybe even destroy the odd thing with a wrecking bar or sledgehammer before fixing it. Carl and Mary had planned to get married the summer after graduation. That was all fine and good, but what was Carl going to do in a small town farming community where everyone else already knew how to break and fix stuff?

Carl's answer came soon after Mary's parents found out about her new teaching job. Mary's dad, Jon, got off the phone with Mary and promptly dialed Carl's number.

"Hello!" said Carl.

"You'll be looking for something to do once you and Mary settle down here." Jon said without saying "hello". It wasn't a question.

"Need someone to run the store, ya know." Said Jon. "I'm not getting any younger."

"You want me to run the store?" Carl said, hesitantly; his voice was filled with confusion.

"You'll do about as good as any." Said Jon encouragingly.

With a warm, positive invitation like that, how could Carl refuse?

Carl and Mary, with her parents' help, bought a cute little house just a few blocks from the store. Carl has walked to work, rain, snow, sleet, or shine, for the last 30 years. That all came to an end this past winter when Carl was walking to work one January morning in the rain. At least it was rain until it hit the ground, and froze. Carl stepped off the curb to cross the street, heading towards the store's front door, when the ground slipped out from under him; the same ground caught him aggressively on his way down. Carl was not hurt too badly, but enough to keep him from walking to work for the foreseeable future.

Carl had never commuted before. That is, if you could call his drive a commute. When he was in school and university, he rode his bike whenever he could and took public transit when riding was ill-advised. Carl had never had use for a vehicle.

Carl, who didn't even have a driver's license until after he was married, had never scraped a windshield in his life, unlike his wife, who started every winter morning during the school year wishing just once that her husband would be gentlemanly enough to scrape her windshield as he passed by their car on his way to open up the store every day. Even on days that were so cold that Carl had to start the car for her on his way by, he never scraped the windshield. She had a heater for that, didn't she?

Once Carl had his fall and needed a little help getting to the store in the morning, Mary found someone she could ride with to the school where she taught, so Carl could have the car. The first morning Carl drove to work took him by surprise. Ironically, he had to walk out to the car in freezing rain. The windshield was frozen solid with ice, the car was cold, and he didn't know where Mary kept the scraper. Too embarrassed to go back inside to ask her not only where it was but how to use it, he sat there

with the engine running for close to twenty minutes before he felt the car was thawed out enough and the windshield was clear enough for him to safely back out of the drive. Two minutes later, he was unlocking the store's door. It wasn't lost on Carl that his "commute" was ninety percent shorter than the time it took him to warm up the car. He needed to find that scraper. Carl drove to work in freezing rain 3 more times this winter. He couldn't, can't, wait for spring to arrive.

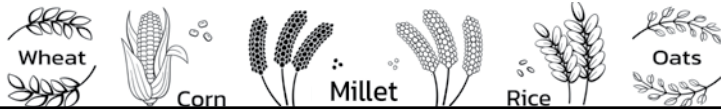
Mary started her bedding plants in mid-March this year. She usually waits until early to mid-April, but the weather was so nice in March,

she was sure spring was going to come early. Then it snowed in early April, again in mid-April, and again at the end of April, and again in mid-May.

Carl and Mary do not have a greenhouse or anything that could even serve as one, other than a sheet of clear plastic that Mary puts over her plants on cooler nights shortly before planting season. What they do have is a back deck. Carl sets up makeshift tables every spring for Mary to set her many trays of plants on as she hardens them off. For the past 20 years, they have used Marjorie Harris's instructions for hardening off their bedding plants: gradually harden them off by putting them outside in the shade for a few hours a day, and gradually exposing them to sunlight until it is warm enough to leave them out. Mary had been hardening their plants off and was about to start introducing them to full sunlight in early April. Then it snowed. She had to keep the plants in the house for a week and thought she had better start over with the hardening-off procedure.

When it was nice enough to take them out into the shade once again, she thought she might rush the process a bit to get them exposed to the sun. Then it snowed again. By early May, she was starting to wonder if she would ever get them outside again. One day, it was nice enough to take them out and put them in the shade for a few hours, and the next day, the weather would change so drastically it wouldn't have been warm enough in full sunshine.





Borderline Commute *continued*

I make it sound like Mary spends a lot of time taking plants in and out of the house in the spring, but that's not at all true. Carl is in charge of the plant transportation logistics. Their deck is only shaded for a few hours in the early afternoon. Carl has to put up his "Back in 10 minutes" sign in the store window so he can run home and take the plants outside. He must then do the same thing again in a few hours so he can run home and bring them back inside.

If you remember, Carl has been driving to work for most of the winter after his fall. This has included his trips back home to take plants in and out. He was doing this because he had hurt his back when he slipped and fell, and walking to work was just too painful. It was Carl's neighbour, Nancy, who pointed out that he no longer needed to drive back and forth to work. "Why are you still driving to work?" she said one day over the fence, as she could see Carl putting Mary's plants out. "Because I hurt my back." Carl said with a bit of snappiness in his voice, "You know that".

"How far is the store from here when you walk?" she asked.

"It's about a 5-minute walk!" Carl snapped back, "Why?" He was really starting to get annoyed at her now. She kept interrupting him, and he had to get these plants out so he could get back to work after all.

"Just wondering..." Nancy stated matter-of-factly, "Seems to me you have gotten used to driving, and it's more of a habit now than a necessity."

"What are you going on about?" asked Carl. "My back is still sore."

"I don't doubt that for one minute." Said Nancy, "But how long does it take you to move all those trays of bedding plants out of or into the house?"

"A lot longer with you bothering me," thought Carl.

"I've watched you." Said Nancy, "It takes you about 10 minutes twice a day. And how long does it take you to walk to work again?"

"Oh!" Carl mumbled. "I see what you mean."

Carl walked back to work after putting the plants out.

Last I heard, Mary's plants were still in the house. When the hard frosts came over the Victoria Day long weekend, Carl started referring to them as her new houseplants.

Borderline Good is a series of fictional stories written by Kirby Gust. The stories are set in a fictional town on the Saskatchewan Manitoba border. All the characters appearing in this work are fictitious. Any resemblance to real persons, living or dead, is purely coincidental.

Trivia On October 4, 1957, Soviet scientists launched Sputnik I, the first man-made satellite, which circled the earth every one-and-a-half hours.

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Kirby's Korner

That's So Weird

I heard two stories this week that made me think about how much the world of technology has changed. The first was a teenager of today talking about this cool new music she and her friends had found online. It was parody songs written and performed by what must be a new app called Weird Ai. Yes, you read that right, Weird Ai not Weird AI. The thing that really got me about that story was how the teenager thought it was more likely that artificial intelligence would make such music than actual recording artists.

The second story was about Thomas Y. Levin, a professor and media theorist at Princeton University who collects 20th-century "voice letters". These voice letters were really the first ever voicemail. Starting in the 1930s, recording booths were opened where anyone could pop in and record a personal message for a loved one or friend. They would pay a small fee and then receive a lightweight vinyl record with their recording on it. This record could then be put in an envelope and mailed anywhere in the world.

I don't know about you, but when I see that I have a voicemail on my phone, it's almost annoying, because you know there is a 10-to-1 chance it is just a scam call that went to voicemail, and there is nothing there once you get through all the menu options. I think that would have been quite the opposite ninety years ago.

I can almost imagine the excitement of receiving one of these lightweight vinyl records in the mail. I can only imagine someone waiting all day after the mail arrived for everyone in the family to get home so they could listen to it. What if the family didn't have a record player? Not only would they have had to wait to get the whole family together, but they would also have had to find a neighbour or another family with a record player they could use. And you could bet if that happened, both families would have gathered around to listen. There would have been no private messaging.

From what I hear time and time again from our readers of *The Country Register*, we provide a bit of the latter. "When is the new issue coming out?" or "I check every time I go into my favourite shop in hopes that the new one is out." These are just some of the things I hear from our readers. It gives us great pleasure to know that, in a new world where everyone wants what they want and wants it right now, we can provide something worth waiting for.

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The Dinner Table

- By Tammy Page

With Mother's Day recently, and the memories fresh in my mind of my mom setting bowls of hot, buttery mashed potatoes on the dinner table I am reminded of what the dinner table in our home means to me.

I raised my children in the '80s, '90s and '00s when the beliefs of spanking your children when they misbehaved was accepted, you knew your neighbors and the dinner table was the center of the home where meals, homework and visiting was the norm. But, as the 20's came about, things changed in the family home. No longer were families gathering at the dinner table for their meals instead they moved to the living room or bedroom with their plate in hand while also watching television or scrolling through their phone. Most families had so many activities going on such as sports, practices, after-school activities or part-time jobs that they rarely were home together. Parents are now scurrying here and there all over town picking up one child or another. By the time everyone arrives home, it's too late to eat together at the family table. Dinner is not the home-cooked roast and potatoes it once was, it's now a quick, ready-made microwave entree that can be cooked in a matter of five minutes.

Even when I worked full time and the kids were in elementary and middle school, I still came home, kicked off my shoes, changed my clothes and immediately started supper. While I was in the kitchen, in the next room my kids were working on their school assignments. Today most kids don't have homework, instead finish their work in the classroom. I can remember having homework every night from several classes when I was in school and my children did too. There were some nights that supper would be delayed

because the amount of homework was astronomical. Even when we had late nights, we all sat down at the table together each night. It was a time to re-live the daily happenings. We'd discuss how the sports were going, the upcoming games, the projects at school and the activities coming up such as a friend's birthday party to attend.

The dining table was also a catch-all for laundry piles to be taken upstairs to put away in their rooms, for unpacking school folders with papers that had been completed that day in class, for lunch boxes, purses and keys to land. It had to be cleared each day so that we all could sit there for the evening meal.

Today, it's just my husband and I that sit at the table for six. The other place settings are empty except for mail piles and things that need to eventually be taken to their rightful places. The dining table is not always used for meals either. I have to confess that my husband and I eat a lot of our meals in front of the television these days. If I had my way, I'd rather have it full of homework again, spilled milk and three kids trying to talk all at the same time. I'd be happy to spend my evening browning ground beef for spaghetti, stopping at the request of a child to help with algebra or literature end of the chapter questions. I'd relish in the requests for another serving or dessert after "cleaning their plate". I yearn to hear a child recite a prayer over the meal or even wish for those bickering remarks they made to each other. Oh, how I miss those days. Time has gone by way too fast; family values have changed and things have gone by the way-side. I hope that these customs return so that today's family can experience this connection that we had.

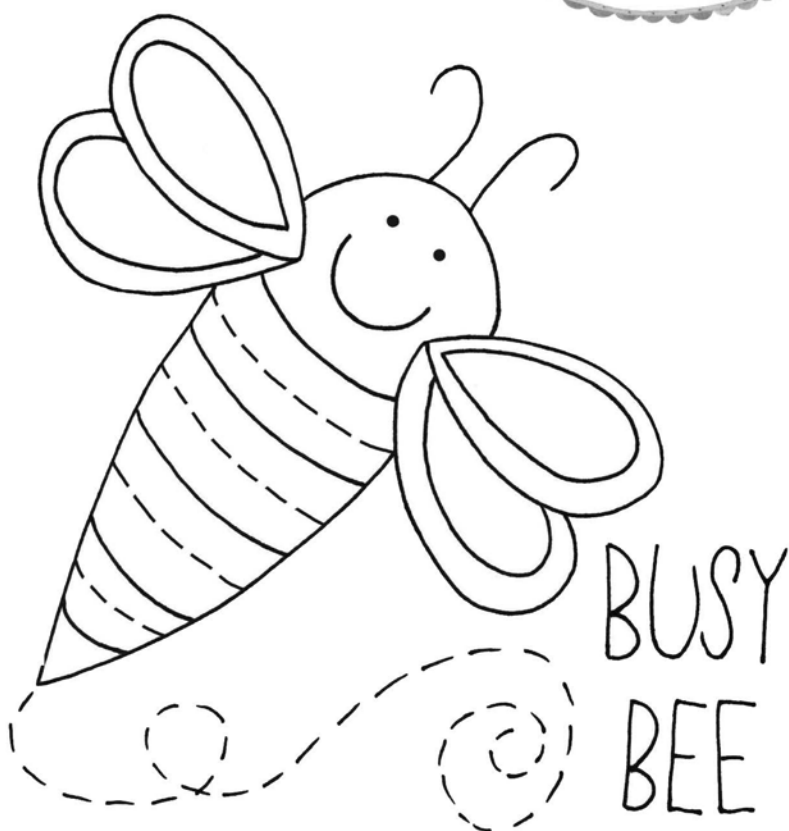
-Tammy Page writes from her family farm in Indiana.

Why?

1. Why are they called "stands" when they are made for sitting?
2. Why is it call "after dark" when it really is "after light"?
3. Doesn't 'expecting the unexpected' make the unexpected expected?
4. Why do a 'wise man' and a 'wise guy' mean different things?
5. Why do 'overlook and 'oversee' mean opposite things?
6. Why is phonics not spelled the way it sounds?
7. If work is so terrific, why do they have to pay you to do it?
8. If all the world is a stage, where is the audience sitting?
9. If love is blind, why is lingerie so popular?

Free Pattern

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Prairie Gardening: Saskatoons

The Saskatoon bush (*Amelanchier alnifolia*), also known as the serviceberry or juneberry, is a resilient, deciduous shrub native to the Canadian Prairies, the northern United States, and parts of Alaska. Renowned for its sweet, blueberry-like berries, the Saskatoon bush holds a special place in both the natural landscape and the culinary traditions of the regions where it grows.



Photo by Georg Eiermann on Unsplash

Saskatoon bushes typically range from 6 to 15 feet in height and feature simple, oval-shaped leaves that emerge in early spring. In May or June, the plant produces clusters of small, white, five-petaled flowers, which not only signal the arrival of spring but also attract pollinators such as bees and butterflies. By mid to late summer, these blossoms give way to the bush's signature berries: deep purple to almost black when ripe, with a flavor often described as a cross between blueberries and almonds.

The berries are more than just a tasty summer treat. Saskatoons are packed with nutrition, being high in fiber, protein, and antioxidants, as well as vitamins C and E, manganese, calcium, and magnesium. Historically, Indigenous peoples of the prairies relied on Saskatoon berries as a key food source. The berries were often dried and mixed with dried meat and fat to make pemmican, a high-energy food that could be stored for long periods.

Today, Saskatoon berries are celebrated for their versatility in the kitchen. They can be eaten fresh off the bush, but also shine in a wide array of recipes. Classic Saskatoon pie is a must-try, featuring the berries' unique flavor in a flaky pastry crust. For a lighter option, try adding the berries to muffins, pancakes, or scones. Saskatoon berries also make excellent jams and jellies—simply simmer with sugar, lemon juice, and a bit of water until thickened. For a refreshing summer dessert, fold fresh berries into whipped cream and serve over shortcake, or blend them into smoothies for a healthy boost.

Saskatoon bushes are prized among gardeners for their hardiness and adaptability. They thrive in full sun but tolerate partial shade, and can grow in a variety of soils, from sandy to heavy clay. Once established, they are drought-tolerant and can withstand frigid prairie winters, surviving temperatures as low as -40°C.

Beyond their culinary value, Saskatoon bushes play an important ecological role, providing food and shelter for birds and other wildlife, and helping prevent soil erosion with their extensive root systems. Whether for their beauty, their bounty, or their benefit to the ecosystem, Saskatoon bushes are truly prairie gems.



A Cup of Tea with Lydia

Creating Beau-TEA-ful Floral Bouquets

By Lydia E. Harris

“Your table looks lovely,” my friend said as she admired the bouquet I had arranged for our teatime. My favorite part of serving tea is creating a lovely setting. If possible, I like to include fresh flowers on the table along with the pretty teacups, linens, and tasty tidbits. Whether tea parties are simple or sumptuous, fresh flowers create a fragrant and beau-TEA-ful welcome.

Would you like to try your hand at arranging a floral centerpiece? If so, here are some tips to get started.

Quick and Easy Arrangements

1. Select flowers and greenery from a local market or your garden. Choose mixed bouquets to complement your dishes and table linens for a spring garden feel. Or pick a single accent color for a more striking look. If possible, arrange the centerpiece the day before so you can focus on preparing food on the party day. Set the bouquet in the coolest part of your home overnight so flowers won't open and wilt.



2. Use an upright vase that fans out at the top and allows flowers to spread naturally rather than stand at attention. A neutral or clear vase will complement rather than compete with the arrangement. Fill the vase about three-fourths full of water. Keep the flowers in water until you are ready to arrange them.

3. Arrange the flowers in your hand, adding one flower stem at a time until the head of the bouquet looks attractive and is the size you wish. Hold the bouquet next to the vase to determine the proper height. Then use a sharp knife rather than scissors to cut the stems diagonally to the correct length. Scissors pinch the stems shut so they cannot drink water. Remove the leaves below the water line to eliminate decay and to extend flower life.



4. Place the flowers in the vase and let them fan out. Then trim the stems of the outer flowers slightly shorter. Be sure the bouquet is low enough so guests can see one another across the table. For added color, tie a ribbon around the mouth of the vase to coordinate with the napkins. Add more water as needed and enjoy your lovely bouquet.

5. For a spur-of-the-moment tea time or when you do not have time to arrange flowers, simply float blossoms and leaves in a glass bowl. Flowers like camellias and hydrangeas work well for this.

Creativi-TEA

Glass vases or bowls aren't the only option to use for containers. Anything that holds water will work. To make a small bouquet for a card table, use a cup and saucer, a small cream pitcher or even a gravy boat.

For a larger table, consider a teapot. One of my favorite containers is a cracked floral teapot I bought at a rummage sale for a nickel. I place a small jar inside to hold water and arrange the bouquet so ivy trails over the sides to hide the crack. Select any container with personali-TEA.



Fresh flowers perk up not only your table but your guests as well. The welcoming beauty and fragrance of flowers cheerfully announce that “It’s Time for Tea!”

To add a special touch, you could serve flowering tea at your teatime. (See Lydia’s Idea File for more information.)

After teatime, I sometimes send the flowers home with guests so the beauty and fragrance of our time together can linger.

I’m ready to plan a beau-TEA-ful teatime. Won’t you join me?

Lydia’s Idea File: Flowering Tea Balls

April showers bring May flowers and sometimes they even bloom in teapots. You can purchase flowering tea balls to brew tea. The tea balls are made by hand-stitching tea leaves and flowers together in various shapes before drying them. When you brew a blooming tea ball in glass cups or teapots you can watch them unfurl before your eyes, creating delicious tea along with a beautiful display. Adding them to a menu is like serving champagne or caviar—it seems elegant and a bit extravagant.



Local tea merchants or tearooms may sell flowering teas. Or check the internet for other sources. Many can be found on Etsy, including organic ones. Flowering tea adds a special delight to teatimes. They also make popular gifts, especially for occasions like Mother’s Day.

Lydia E. Harris enjoys serving tea to family and friends. Her books for grandparents are: *Preparing My Heart for Grandparenting*, *In the Kitchen with Grandma*, and *GRAND Moments: Devotions Inspired by Grandkids*. All are available at amazon.com or can be ordered through local bookstores.

Why???

1. Is it good if a vacuum really sucks?
2. Why is the third hand on the watch called the second hand?
3. If a word is misspelled in the dictionary, how would we ever know?
4. If Webster wrote the first dictionary, where did he find the words?
5. Why do we say something is out of whack? What is a whack?
6. Why does “slow down “ and “slow up “ mean the same thing?
7. Why does “fat chance “ and “slim chance “ mean the same thing?
8. Why do ‘tug’ boats push their barges?
9. Why do we sing “Take me out to the ball game “ when we are already there?




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Oh NO!!! Carl has a screw loose!!!
Did you find Carl’s loose screw in our last issue?

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



It was on page 7.

Carl must have dropped it when he was writing a letter to Kerri Habben Bosman.

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.

Not a contest, just a bit of fun for our readers.



2 Minute Lift

TWO MINUTE READS TO FLIP OUR SCRIPT

BY: KATHY J. SOTAK

A Historian Takes Her Daughter To The Cemetery



Imagine being an eleven-year-old girl and are told enthusiastically, “Get in the car, we are going to the cemetery!”

That was my mother beginning a new detective’s journey, with an invitation for me as her apprentice in training.

I knew by then my mother followed her curiosities. I watched her pick up (and lay down) several hobbies and projects throughout her life. Her primary role was homemaker and chief operating officer of the household. Of course, she did the expected things of the era like knitting, gardening and embroidering. She also followed her yellow brick road of peculiar interests, like learning tatting – a near-obsolete form of lace-making, restoring ruined photographs from the late 1800s and professionally valuing old silver coins.

I was the baby of the family. After three decades of child-rearing and that job near complete, her attention went elsewhere: she became a self-appointed historian, overnight. I believe she felt it was her duty to make sure legacies lived on. This included her ancestors, her husband’s ancestors and our community.

Somehow, in the roles and responsibilities section of her historian job role, appeared *cemetery investigator*. My mother had a suspicion that there were more graves buried than headstones appeared. With this as our hypothesis, we started this journey at our county’s courthouse on a beautiful summer day. I recall that I wished to be *anywhere but there*.

The clerk invited us back into a dark and musty corridor and I recall the creak of metal filing drawers – like the rusty tin man that hadn’t moved in ages. Out popped the proper binder with names of those buried in our community’s rural cemetery.

I moaned and groaned as my mother drove to our next stop: the cemetery. I became even more desperate to end my training by convincing my mother she could do it by herself. But she made it sound like a magical journey of meaning as we walked the rows of stones.

“There should be a headstone here. Baby [last name] was buried here, 1921-1921.” We knelt down with garden tools in hand, which served as official archaeology instruments.

“Be careful,” my mom said as we gently tapped the trowel into the soil an inch down, “we don’t want to wreck the headstone.”



I didn’t believe we would find anything, but then I heard a distinct “clink” of the trowel followed by an excited “gasp!” from my mother. Unbelievable to me, under two inches of topsoil and grass we found our first headstone.

Slowly we pulled up soil and grass, exposing decades-old cement. We went back home to get paint brushes – I mean, more *archaeological tools* – to gently sweep away the dirt to see if we could read any of the imprints.

Sure enough, we soon read the inscription: “Baby [last name]. 1921-1921.”

We repeated that exercise for every plot that indicated a grave but no headstone appeared. In several cases, we found small cement markers buried under topsoil like the example above. In most there was none. With love and responsibility in her heart, my mother found the funding (perhaps from the county or from our church) to purchase small proper headstones that would remain for decades to come.

I didn’t realize how much that experience would shape my life. My mother helped to restore the remembrance of every life in our community. Every single life made a difference. I’ll never know the story of the family whose baby died after only a few months. I just know that that life made an impact – even now a century later through me and those who read these words.

Over time we visited more cemeteries, looking for family ancestors. My mom would point out the extra-beautiful headstones, making sure I learned to respect intricate details that most overlook. Sometimes we would find a special inscription that made my mom think about the legacy she wanted to leave. It made for a beautiful conversation as we walked through the rows of those that had passed before us.

Today when I visit a cemetery, it brings a pang of excitement. It sparks this memory that only my mother and I shared. I think about her legacy that lives in my heart. I think about the legacy I want to live.

I don’t know what my kids will remember about me. It likely won’t include cemeteries – but perhaps I’ll find a detective journey of my own.

They will be my perfect apprentice.

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Peanut Butter Cornflake Cookie Bars

Growing up, we were not a Rice Krispie square household. To be honest, none of us cared for it, and I still avoid it to this day. However, my mom would occasionally make cornflake bars. They most definitely are not any healthier!

- 1 ½ cups creamy peanut butter
- 1 cup sugar
- 1 cup light corn syrup
- 6 cups cornflakes

In a large saucepan, combine peanut butter, sugar and corn syrup. Cook and stir over medium-low heat until sugar is dissolved. Remove from heat; stir in cereal. Spread into a greased 13x9-in. pan; press lightly. Let stand until set, about 1 hour.

Rhubarb Mojito

I haven’t tried this recipe yet, but I wanted to include it since rhubarb is in season. Typically, I only share recipes I’ve tested myself, but my rhubarb froze this spring and is just now starting to sprout again as we put together the paper in mid-May.

- | | |
|--------------------------------|---------------------------|
| ½ cup rhubarb syrup | QUICK RUBARB SYRUP |
| Juice of 1 lime | 2 cups chopped rhubarb |
| 8-10 fresh mint leaves | 1 cup water |
| Sparkling water/club soda | ¾ cup sugar |
| Ice cubes | |
| Lime slices & mint for garnish | |

To make the syrup. Simmer the rhubarb, water, and sugar for 15 minutes. Strain and cool.

In a glass, muddle the mint leaves with lime juice. Add ice and rhubarb syrup. Top with sparkling water. Stir gently and garnish with the mint & lime.

Canadian Trivia

In 2011, Newfoundland and Labrador had the highest share of its population that reported English as their mother tongue. English was the native language of more than 97% of the entity’s population.

In the late 1960s, politicians in Canada attempted to introduce a new word into the national lexicon as a generic greeting, so it could be used like «ciao» or «aloha.» The short-lived term “Chimo” originated in the northern Canadian Inuktitut language.

Known for polar bears that live there in the fall, Churchill on Hudson Bay in Manitoba is named after one of the UK’s most famous Prime Ministers.

Torrington, Wyoming, got the TOR airport code instead of Toronto, because Canadian airport codes all start with “Y”.

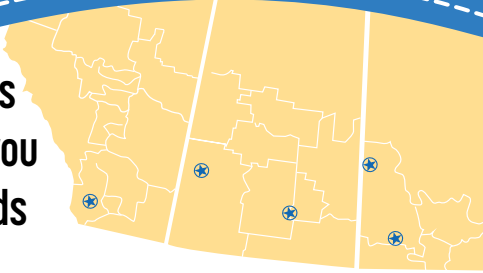


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Priddis, AB

Funeral Potatoes

My coworker, Seth, couldn't believe I'd never had these before. His mom makes them a couple of times a year for special occasions, and he called them "Christmas potatoes". I understand that in the mid-western States this dish frequently makes an appearance at after-funeral gatherings which gave rise to the name.

- 2 cups sour cream
- 1 can (10-3/4 ounces) condensed cream of chicken soup
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 package (30 ounces) frozen shredded hash brown potatoes, thawed
- 2 cups shredded cheddar cheese
- 1 small onion, finely chopped or grated
- 2 cups crushed cornflakes
- 1/4 cup butter, melted

Preheat oven to 350°F. In a large bowl, mix sour cream, condensed soup, salt and pepper; stir in potatoes, cheese and onion. Transfer to a greased 13x9-in. baking dish.

In a small bowl, mix crushed cornflakes and melted butter; sprinkle over potato mixture. Bake, uncovered, 50-60 minutes or until golden brown.

Canadian Trivia

Beating out Australia, India, and Turkey, Canada is the world's largest grower of lentils and produces more than half of the world's total lentil exports.

In Canada, Quebec has the largest percentage of its total area occupied by water

Established in 1663, and located in the province of Québec, Université Laval is the oldest post-secondary institution (i.e., college) in Canada.

First released in 1991, the Heritage Minutes are a bilingual series of PSAs that are produced by Historica Canada, a non-profit organization that also famously publishes an encyclopedia.

Dan Harron was awarded the Order of Canada for playing a reporter at KORN, the "Hee Haw" radio station.

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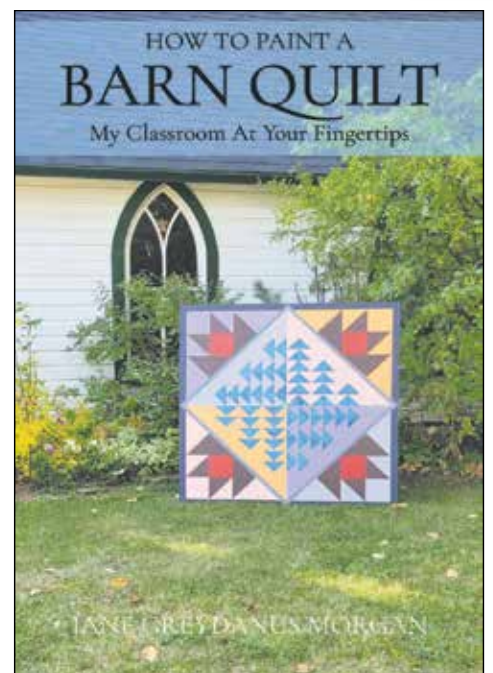


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