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Kirby's Korner

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.



The Country Register® International Contact Information

If you would like to receive a copy, please send \$4 to the editor. Please allow time for mailing and delivery. Editor email addresses available at <https://countryregister.com/new-publishers>. Many Country Register papers are available online. Check them out at **www.countryregister.com**.

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Leduc, AB



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Edmonton, AB



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CONNECTIONS

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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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High River, AB

RED BARN
Quilt & Needle Arts Display

SATURDAY, SEPTEMBER 12, 2026

Sheppard Family Park
"Threshing Bee" Event

1201 — 5 Street SE,
High River, AB

10:00 a.m. — 3:00 p.m.



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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.

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Word Origins - Snob

When commoners registered at Cambridge University, it was necessary for them to place sine nobilitate, meaning “without nobility,” after their names. This was shortened to s. nob. and soon became “snob,” a pretender to position.

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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.

Barrhead, AB

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[@accuquilt](#) [baby lock](#) [brother](#) at your side [elna](#) [f](#)

Quilting With Barbara

by Barbara Conquest of BlueSky Quilting

WHY AM I DOING THIS?

A few weeks ago, after struggling with a quilt that simply would not co-operate, a thought flashed through my mind: Why am I doing this? In fact, why would anyone quilt? Seriously. I began to consider the question. Seriously. Originally, making quilts from good scraps of worn-out clothing was an economic necessity for many households that could not afford to waste anything. This is rarely the case today, so why are there still so many quilters, young and old?

Upon reflection, I realized there are almost as many reasons for quilting as there are quilters. Every person, deep down and often well hidden, harbours a streak of creativity which may manifest itself in quilting, an activity which allows one to choose or originate patterns and to arrange colours. Many people, myself included, are fascinated by colour with its limitless permutations and combinations and its effect on emotion. Colour permeates our lives: restaurants choose their décor colours and lighting to influence their customers; wearing certain colours, different for everyone, gives us a sense of wellbeing. Those of a “certain age” will remember the popular book Colour Me Beautiful and its spinoffs.

Certain grandmothers, aunts and friends, although they have never quilted before, cannot resist making a quilt for a special baby. They may never make another one, but chances are that they’ll be hooked and will make more, possibly for subsequent family members or others. It’s possible that they will join countless others to broaden their group of recipients to include “charity” or “comfort quilts” for sick or needy children (think the 1,000,000 pillow case challenge), wounded veterans (Quilts of Valour), the homeless and disaster victims... and so many more.

Some of us want to leave quilts as legacies for future generations whose graduations, weddings and other rites of passage we will not be here to attend.

People who simply must follow trends often enter the quilting world

Tofield, AB



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in their quest to keep up with their friends. Inevitably, some of them will leave, but more will stay until quilting is not a novel new craft, but a way of life.

To others, the benefits of quilting are less tangible but no less important – companionship, common goals and social contact. Anyone who has ever belonged to a quilt guild can attest to the joy of sharing skills, information and time with other like-minded people. No matter how old one is, there is always something new to be learned, and that is an attraction for many. It has been said that to stop learning is to stop living.

And a talented and devoted few -- competition quilters -- create original projects that the rest of us can only admire from afar as they win some of the thousands of dollars in competition prize money available from many sources, from small local fairs to sponsored prizes of thousands of dollars from large companies and organizations. Prize money is a tangible reward, but it’s not hard to imagine that the resulting satisfaction and recognition are just as important to the winners as the money.

What are your reasons for quilting?
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Ham and Asparagus Frittata

A supper favourite in our house in the summer months.
Quick and Delicious! - Lynn Burdett Gremlynn Prairie
Points Quilt Shop. See Summer Days and Summer Food
on page 16.

- 6 eggs
- 8-10 spears of asparagus, sliced to 1" pieces (re-
move woody ends first!)
- 3 oz (or more or omit altogether for vegetarian
option) diced ham
- 3 sliced mushrooms, if desired (I don't always
have them on hand, so this is hit or miss)
- 1 cup of your favourite grated cheese

Preheat oven to 400 F

In a mixing bowl beat eggs together until frothy, milk or cream
and salt and freshly ground black pepper to taste.

Meanwhile, have a 10" cast iron pan heating on medium heat
with 1 tbsp of either bacon fat (I keep a jar of this gold in my
fridge) or 1 tbsp of olive oil. Heat until fat/oil shimmers.

Add in: chopped onion, reserving 1 tablespoon for top of Frittata,
asparagus, diced ham, and mushrooms.

Sauté veggies and ham for about 2-3 minutes, until they are
heated through.

Pour in your beaten egg mixture. With a heatproof spatula,
move the eggs around so they begin to set, for about 2-3
minutes. This will finish setting as it bakes in the oven. Remove
from heat.

Add grated cheese (we like Swiss in this dish) over the top and
sprinkle on the reserved green onions.

Bake in the oven 25-30 minutes, until inserted knife comes out
clean and frittata is set.

Remove from the oven and let cool about 5 minutes before
slicing into wedges. Serves 2-4 depending on if this is the main
course or a side. I like to serve with freshly baked biscuits and
jam. Enjoy!

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Spool Knitting and the Knitting Nancys

- by Daw-Marie Nokleby (See Doll Club of Edmonton Ad on Page 4)

For many, it is their first introduction to the art of knitting, often during childhood. It is a craft known by a myriad of different names: spool knitting, loom knitting, French knitting, tomboy knitting or corking.

This simple pastime has roots that go much deeper and far back in history than most people would ever suspect.

Spool knitting is done on a device which, in its simplest form, can easily be constructed from a wooden spool (with a hole in the centre), with four to six nails pounded into one side, spaced evenly around the hole.

The device itself is variously known as a Spool Knitter, a Knitting Nancy, Knitting Jenny, Knitting Nelly, Bizzy Lizzy, Apple Pie Knitter or Knitting Loom.

They are thought to have evolved from an ancient Roman device with two prongs known as a "lucet" (as some of them take a similar form with a hole in the middle), but that is only a supposition. The earliest written reference to these types of knitting frames is from the early sixteenth century in a legal decision involving sock knitters who were using a similar but larger frame.

When you increase the size of the frame and add a larger number of nails, you are able to produce larger tubes to knit items such as socks and even hats. Modern plastic sets of knitting frames are certainly not new innovations. As a matter of fact, it is said that the reason for the term "French knitting" is because knitting looms were used to create the iconic French hats worn by peasants during the French Revolution from 1789-1799!

Using the traditional small spool gives one a resulting long, thin tube of yarn. You may have wondered if there was any real purpose



to this cordage, well - in fact, there is! If you head back into the mists of time you will find that this cord - not actually made of yarn but of a material closer to a strong but not too thick string or twine - was used to make sturdy, strong and flexible reins for horses!

As kids, we often had no real goal in mind. Sometimes all we wanted was to create the longest cord or tube. There is actually a world record for the longest result from a spool knitter - it is a surprising 12.26 miles (19.7 km).

If a product other than the tube itself is desired, the long tubes of knitted yarn produced by a spool knitter can be sewn together to produce mats, rugs, baskets and bags.

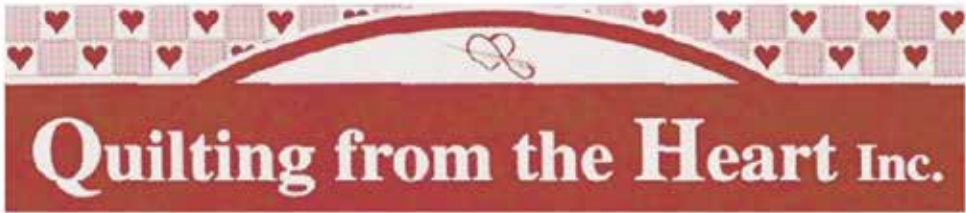
The knitting device or looms themselves are often popular collectibles. In Europe in particular, the form of the wooden device is often fashioned to look like a simple doll - a head on top of a torso.

These Knitting Nancy's are given faces and colourful painted outfits and even traditional ethnic costumes. Others are designed and painted to resemble animals, mushrooms and flowers.

From these various looms, more complicated devices with hand cranked mechanisms would eventually develop. These marked the earliest automatic knitting machines, originally designed for hosiery and later for other items as well.

It's such a simple craft, a carryover from childhood. You can find it in a modern children's craft section in a toy store, yet it would have been perfectly at home in a Victorian nursery. From the practical production of horse reins to the evolution of circular knitting machines, a child's first introduction to knitting to popular collectible; who would have thought that there was so much history behind a spool with nails in it...

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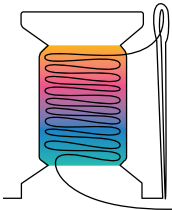
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Writing From Life - By Jeanette Lukowski

Read More Books

I am an avid book reader. Are you? My go-to genres are always subject to change, but tend to lean towards Fiction more than any other. Sure, I’ve read a Science Fiction or Fantasy novel from time to time, but when I heard Margaret Atwood describe her novels as being more Speculative Fiction than Science Fiction, I paused.

In a world which doesn’t seem to change too quickly—but when the changes come, they feel too sudden and disruptive to me—the increasing numbers of categories by which books are catalogued has felt somewhat overwhelming! As a child, the public libraries I visited in Chicago seemed to have two groups: Fiction on one side, Non-Fiction on the other side, and Plays—I later discovered—were found in a file cabinet near the circulation desk. Three groups.

As I grew older, I started to notice sub-categories: Mystery, which was my teenaged go-to, and Biographies, which helped with school research projects (like my fascination with Amelia Earhart).

These days, I walk into a brick-and-mortar bookstore, and see categorical labels extending into the twenties? Or more? Granted, the bookstore has double (or triple) the square footage of those public libraries of my youth, but still. In libraries from coast to coast, the Fiction novels are universally catalogued alphabetically, while Non-Fiction works are still catalogued according to the Dewey Decimal System.

I credit book clubs and college campus speaker presentations with expanding my reading horizons to now recognizing—and reading—sub-

categories such as Historical Fiction (and the aforementioned Speculative Fiction).

If I’m being completely honest with both myself, and you, I was never a fan of history. In school, history classes meant nothing more to me than memorizing names and dates. Sometimes, places. I didn’t care about “Charles becomes Henry” in France during the 16th century; I was just irritated that “IX” was followed by “III”? No pneumatic device to help me remember that.

Reading Historical Fiction, surprisingly enough, has changed me. Last month, for instance, I was reading a fictional work about women who served as nurses during the Vietnam war, and this week I am reading a novel presenting the perspective of the daughter of a historical figure from the turn of the century.

Never claiming to be based on actual transcripts of conversations, or explaining why a historical figure made any of the particular decisions he or she is recorded as making, the experiences of humans possibly impacted by those decisions are explored.

Thinking back to my earlier comments about Amelia Earhart, for instance, what if there was a book written from the perspective of an imagined neighbor, childhood classmate, or even love-interest of the missing pilot? While the novel wouldn’t tell me what happened on that day in July of 1937 when she disappeared, might it not be fun for readers to imagine how flight training exercises with twenty- or thirty-year-olds felt before, during, or after her historic solo flight?

Maybe I should write it.

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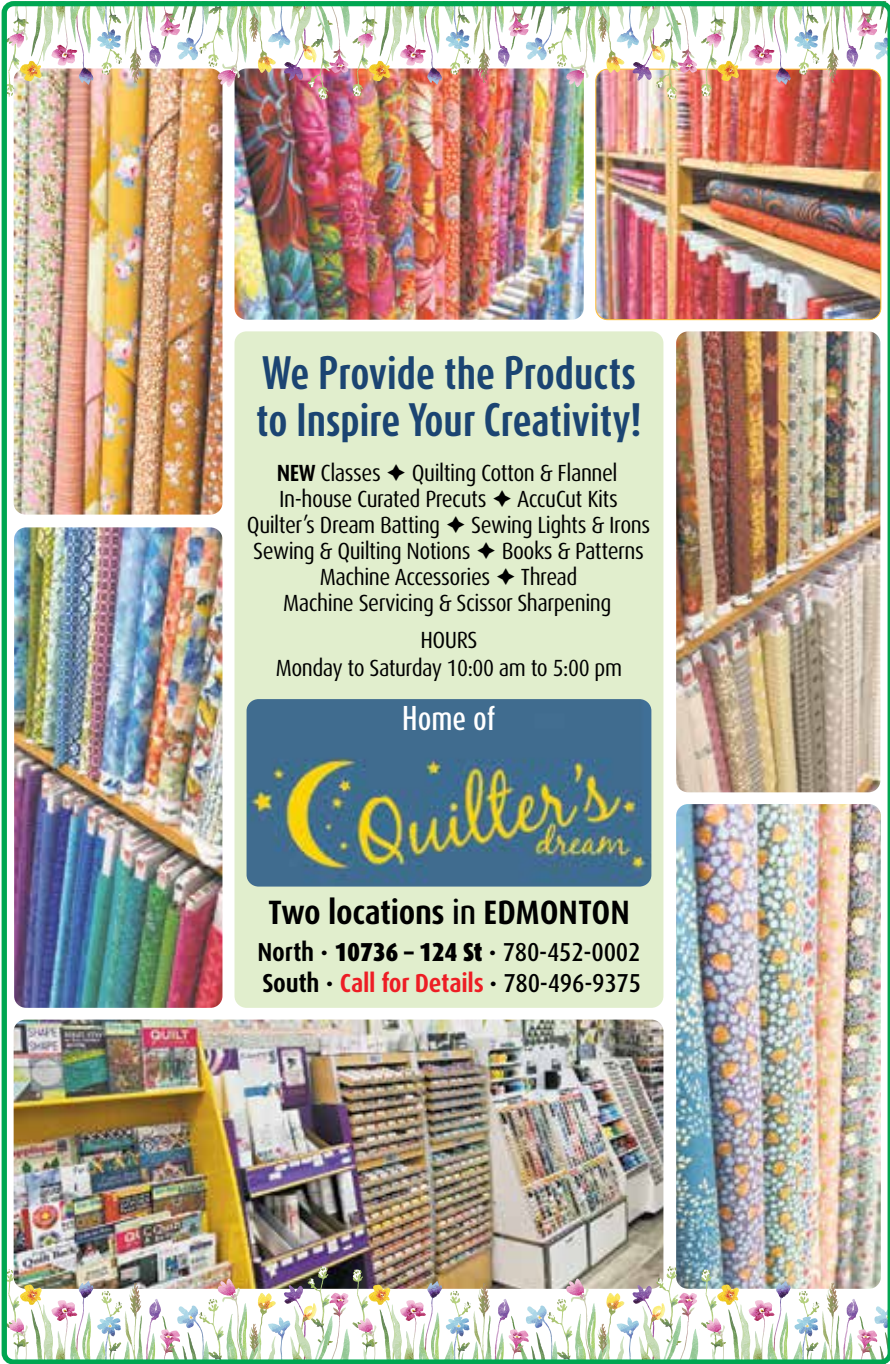
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Prairie Gardening: Saskatoons

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.

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.

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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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.

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

Cindy and the late Joe Ashfield have been longtime contributors to the Country Register. Cindy has kept up the tradition of writing stories of her home and garden after Joe's passing in 2025.

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ROAD TRIPS, QUILT SHOPS, AND THE JOY OF THE JOURNEY

There’s something timeless about a summer road trip. The open highway, coffee in hand, favourite music playing, and the anticipation of discovering something wonderful just around the next bend. For quilters and textile lovers, road trips offer something even more special — the opportunity to explore creativity one quilt shop, museum, and fabric-filled destination at a time.

Across Canada, quilting road trips have become a beloved tradition. Whether it’s a carefully planned “shop hop” through Alberta, a scenic textile trail across British Columbia, or discovering hidden gems while travelling through the Maritimes, these journeys combine adventure with inspiration.

Many quilters also plan their travels around spring and summer quilt shows, guild exhibits, or a quilting retreat, turning a weekend event into a memorable creative getaway. Quilt shows and retreats are wonderful places to gather ideas, admire beautiful workmanship, attend demonstrations, and reconnect with fellow makers who share the same passion for creativity.

Quilt shops each have their own personality and charm. Some specialize in modern fabrics and vibrant colour palettes. Others feel like stepping back in time, filled with reproduction prints, cozy samples, and stories shared over the cutting table.

What I love most about these road trips is that they slow us down enough to notice the details. We begin to see colour combinations in prairie sunsets, quilting patterns in old grain elevators, and texture in weathered barn wood or coastal rock formations. Creativity has a remarkable way of appearing when we allow ourselves to wander and

observe.

Road trips also connect us with people. Quilters are storytellers by nature, and quilt shops often become gathering places where travellers exchange ideas, favourite patterns, and local recommendations. Some of the best travel memories begin with someone saying, “If you’re heading that direction, you must stop at this little shop...”

Of course, the spirit of the quilting road trip doesn’t stop at provincial borders. Some of the most inspiring journeys happen farther afield, where textiles are merged with another culture and way of life.

That’s one of the reasons I love leading Quilt & Textile Tours internationally. Travel opens our eyes not only to beautiful landscapes and historic places, but also to the traditions, artistry, and creativity that connect makers around the world.

Ireland, in particular, has a magical way of capturing the hearts of travellers. As we prepare for our Ireland 2027 Quilt & Textile Tour, I find myself already dreaming about the slower pace, winding country roads, natural patchwork landscape, charming villages, historic castles, woolen mills, textile experiences, and the warmth of Irish hospitality. There’s something deeply inspiring about standing in a centuries-old landscape while surrounded by rich textile traditions that continue to influence makers today. It’s this inspiration that keeps me going back time after time.

And just like a Canadian quilting road trip, the memories often come from the unexpected moments — laughter shared on the coach, finding the perfect piece of fabric tucked into a small village shop, or seeing colours and textures that suddenly spark a brand-new creative idea.

Whether your summer plans involve exploring your own province, venturing across Canada, or dreaming about a future textile adventure abroad, road trips remind us that creativity thrives in movement, curiosity, and discovery.

Because sometimes the destination is only part of the story. For quilters and makers, inspiration often happens along the way.

“The best inspiration often comes from the road — and the fabric of new experiences.”

“We travel because distance and difference are the secret tonic of creativity. When we get home, home is still the same. But something inside our minds has changed, and that changes everything.”

Please see Kim Caskey Tour’s ad on Page 4

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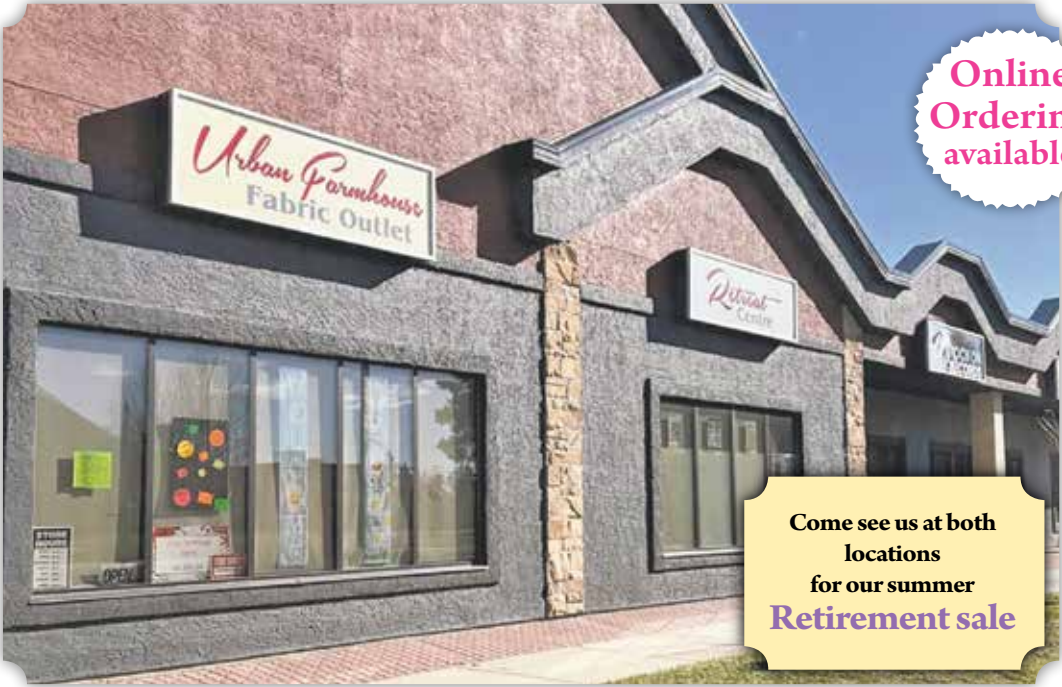
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Gremlynn's in the Kitchen

Thoughts and recipes shared by Lynn Burdett (Gremlynn),
Prairie Points Quilt Shop, Ponoka County, AB

Summer Days and Summet Food

Greetings Earthlings!

Summertime! The longest day of the year has been and gone. We are enjoying taking in the late summer evenings on front deck, cold beverage in hand. Throughout the summer we will have our supper on the front deck whenever possible. We enjoy listening to the pond spilling over the water falls below us and watching birds splashing about. It is a wonderful way to end our busy summer days.

The first flush of the garden is upon us. We have been enjoying fresh spinach, asparagus, spring onions and garlic scapes. By June, the greenhouse is offering cucumbers, peppers and ripe tomatoes that Don started back in March. The garden is bursting with the first pickings of strawberries and rhubarb. By early June, the peas and beans have fully emerged from their sleeping seeds. In July, their flowers are about to burst and will soon become pods. The first herbs have been harvested and enjoyed fresh, with the promise of more to come to be dried or frozen for winter's use. The daily question around our place becomes, "Have you eaten your cucumber yet today?" as we begin to struggle with the burden of abundance during this growing season. Every day we walk through the gardens and greenhouse to see "what's for supper tonight?" It is the season of fresh produce, Pico de Gallo, Herbed Frittatas and raw veggie plates. It is not uncommon to see either of us walking around with a hand full of pea pods, a couple of baby carrots, a stalk or two of asparagus or several cherry tomatoes. Don is already digging into the potato hills to "see if anything is ready yet". I have always wished that we could spread this season out to 8 or 9 months so everything wouldn't come in stacked, one ripening against the next, needing to be either consumed or processed within this short window of time. But these are the facts of Prairie summer gardens.

We do enjoy the seasonal produce as it becomes available. There

Caroline, AB



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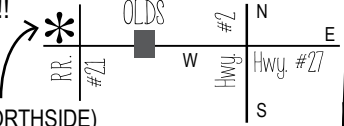
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WEBSITE: www.thestitchery.net

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Map showing location of The Stitchery relative to Olds, AB. The location is marked with a star at the intersection of Range Road 21 and Highway 27, west of Olds.

are times when I feel that I cannot stare down one more cantaloupe, but I also know that I won't be eating any in January. In living this chosen lifestyle, "fresh" produce purchased in the winter months, tastes like "disappointment" to us. I do buy bananas, citrus fruits, table grapes and avocados – things we can't grow here, so I have nothing to compare them to – but we have been so disappointed with "fresh" strawberries in January, that it simply something I never buy. Lettuce doesn't taste right during the winter months either – it has a bitter aftertaste I don't care for, so we have chosen to do without. We are so very fortunate to have local commercial greenhouse growers in our area, so we do purchase cucumbers, green peppers, mushrooms, cherry and grape tomatoes throughout the winter for fresh consumption. These do taste quite comparable to what we grow ourselves during the summer months and they are a nice addition to the stews and roasts of the winter menu.



See recipe on page 9

Eating seasonally from the garden, we get our fill of fresh during the growing months and we are quite content with root vegetables throughout the winter. By February though, I am on the hunt for something green, crisp and fresh. The days are getting longer by this time so Don will plant a tray or two of lettuce and spinach in a cold frame, inside the high tunnel. This barely has a chance to sprout, when I am out there, with my trusty shears to "assess the situation." We do grow green onions all winter in our south facing house windows. These tend to tide me over until the ground thaws and new growth begins to emerge. Unfortunately, unless we are willing to use grow lights, our daylight during the winter months just isn't enough to grow year-round, even in our South facing windows. As the days get longer in February and March, things begin to get that boost they need to begin to grow and thrive again!

By eating seasonally, our menu has become quite simplified over the years. It has made us more mindful of the produce we freeze, preserve and store for the winter months. It would be tragic to put up as many jars of stewed tomatoes or salsa as I do, to not use it up

Bentley, AB



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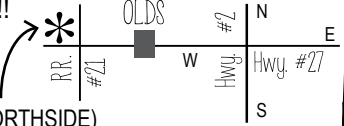
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from one year to the next. Because we grow as much as we do, it is necessary to use and preserve the surplus bounty as it becomes available. We love the fact that we know what is in and on our food. We grow organically and sustainably, as this method works for us. I look forward to the slower soup and stew season as much as I look forward to the bountiful fresh, grazing season. In both seasons, we enjoy what is available. By the end of the harvest, into November, I am actually looking forward to Crock-Pot meals and oven roasts. By March though, bring on the salads, fresh produce and cucumbers!

Our lifestyle may not work for everyone, but it certainly works for us and has made us more aware of how far food needs to travel to arrive at our homes. Living this 100-meter diet is sustainable and economical, not to mention very convenient and appreciated. We know how everything is handled from seed to plate. And we love knowing this.

Now, if you will excuse me please, I need to go out to the garden and see what we're having for dinner tonight!

Cheers until next time!

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Iced Oatmeal Cookies

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 (and up to 4 days). 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.

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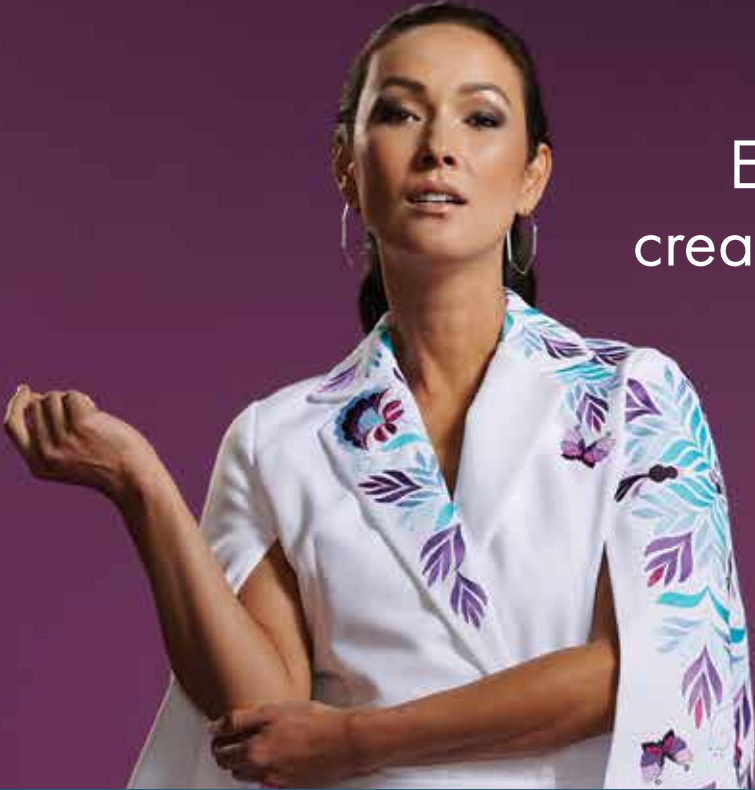
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MEASUREMENTS: Approx 48” x 63”

MATERIALS

Bernat® Softee® Chunky (3.5 oz/100 g; 108 yds/99 m)
Contrast A True Gray (28044) **12 balls**
Contrast B Natural (28008) **4 balls**
Contrast C Wine (28532) **1 ball**
Size U.S. N/P (10 mm) crochet hook or size needed to obtain gauge.

CROCHET SKILL LEVEL: Easy

ABBREVIATIONS:

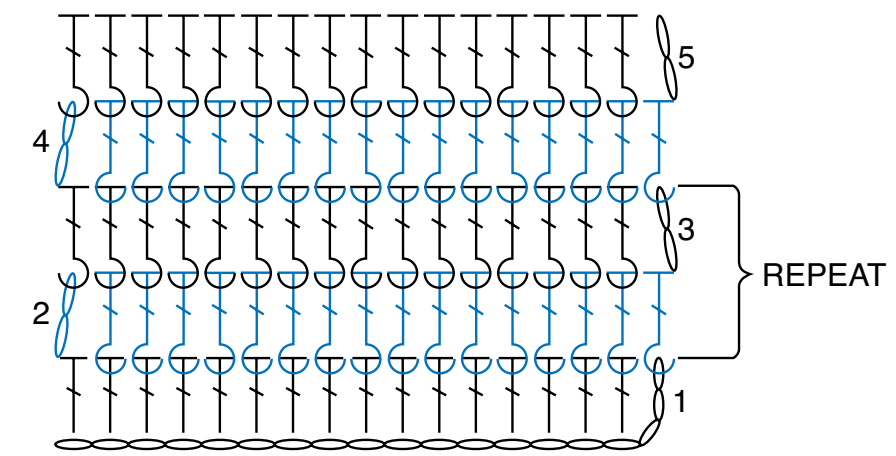
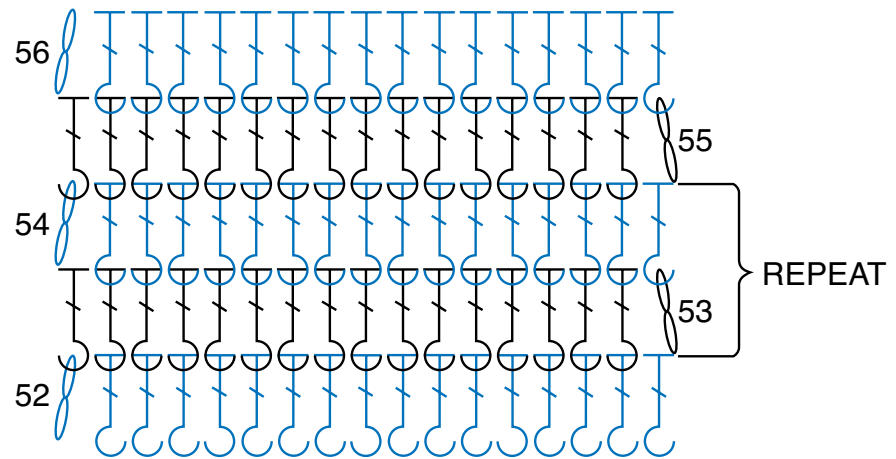
Approx = Approximate(ly)
Beg = Begin(ning)
Ch(s) = Chain(s)
Dc = Double crochet
Dcbp = Back post double crochet. Yoh and draw up a loop around post of next stitch back of work inserting hook from right to left. (Yoh and draw through 2 loops on hook) twice.
Dcfp = Front post double crochet. Yoh and draw up a loop around post of next stitch at front of work inserting hook from right to left. (Yoh and draw through 2 loops on hook) twice.
Pat = Pattern
Rep = Repeat
St(s) = Stitch(es)
Yoh = Yarn over hook

GAUGE

6½ sts and 4½ rows = 4” [10 cm] in pat.

INSTRUCTIONS

Note: To change colour, work to last 2 loops on hook. Draw loop of next colour through 2 loops on hook to complete st and proceed in next color.
Ch 2 at beg of row counts as st.
With A, ch 83.
1st row: 1 dc in 4th ch from hook (counts as 2 dc). 1 dc in each ch to end of chain. Turn. 81 dc.
2nd row: Ch 2. 1 dcbp around each of next 3 sts. *1 dcfp around next st. 1 dcbp around each of next 3 sts. Rep from * to last st. 1 dcbp around last st. Turn.
3rd row: Ch 2. *1 dcfp around each of next 3 sts. 1 dcbp around next st. Rep from * to last 4 sts. 1 dcfp around each of next 4 sts. Turn.
4th to 51st rows: Rep 2nd and 3rd rows 24 times more.
52nd row: As 2nd row. Break A. 53rd row: With B, ch 2. *1 dcfp around next st. 1 dcbp around next st. Rep from * to last 2 sts. 1 dcfp around each of last 2 sts. Turn.
54th row: Ch 2. 1 dcbp around next st. *1 dcfp around next st. 1 dcbp around next st. Rep from * to last st. 1 dcbp around last st. Turn.
55th to 64th rows: Rep 53rd and 54th rows 5 times more. Break B.
65th to 68th rows: With C, as 53rd and 54th rows twice more. Break C.
69th to 74th rows: With B, as 53rd and 54th rows 3 times more. Fasten off at end of last row. Weave in ends.



REDUCED SAMPLE OF PATTERN

STITCH KEY

- = chain (ch)

└ = double crochet (dc)
- └ = front post dc (dcfp)

└ = back post dc (dcbp)

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Did You Know These Things Had Names?

- Your tiny toe or finger is called a minimus.
- The wired cage that holds the cork in a bottle of champagne is called a agraffe.
- The ‘na na na’ and ‘la la la’, which don’t really have any meaning in the lyrics of a song, are called vocables.
- When you combine an exclamation mark with a question mark (this this?!), it is referred to as an interrobang.
- The space between your nostrils is called columella nasi.
- The armhole in clothes, where the sleeves are sewn, is called an armscyde.

Road Trip, Anyone? - by Marsha Boes

Have you ever gathered a few quilting friends together and taken a quilting road trip? Several of us did this recently and had such a wonderful time visiting quilt shops and having lunch that I thought it would be fun to share some ideas that seemed to work for us:

- Find out where the quilt shops are located within a day’s drive from your town. *The Country Register* is a great guide for shops.
- Come up with a date and how much time everyone can commit to the trip. Once the time commitment is determined, the route can be established. We had 5 ½ hours and were able to visit four shops plus enjoy lunch. As the leader/driver, I tried to find a balance between being a “taskmaster” and allowing all the time we needed to see everything. I did have a fifth shop in mind to visit just in case time allowed, but it wasn’t a matter of reaching a goal of visiting a certain number of shops, but rather enjoying the ones we could get to on our trip.
- Once you have a date and a route, you can find out which of those shops will be open on that date. Many of our area shops are closed on Sunday, for instance.
- It’s important to know when the shops are open each day, so you can determine the route and not arrive too early or too late.
- If you will be eating at a restaurant, it’s important to have an idea which city you will visit near a mealtime. The Internet can be an asset or you can call the shop and ask if they have a recommendation. If there are any dietary restrictions among those in your group, be sure to choose a place that accommodates those needs.
- A few days before the road trip, it's a good idea to contact everyone with a reminder of the time and location where you will meet before taking off for the day.
- Bottled water and light snacks are nice to have available but not necessary.
- If the quilt shops you plan to visit have a website, check to see if they have any special sales or coupons on the date you will be there.

If there are specials that require a coupon, make a photocopy for each friend to have available.

This road trip with friends who share a love of quilting was enjoyable for all of us in part because we visited shops and a restaurant that were new to us. We were able to help each other make choices in our fabric selection, and the time in between each stop let us to get to know each other in a whole new way. It was a delightful day! We found all four quilt shops we visited in *The Country Register*.

A quilter since the early 1970s, Marsha Boes is from Salem, OR. Her first quilts were gifts for her mom and mother-in-law and she had her children use fabric crayons to draw some pictures that she transferred to fabric squares and made quilts for Christmas presents. The majority of the quilts she makes today are quilt-as-you-go method and she and her friends donate 5 to 7 quilts each month to charities in the Salem area. Since retiring a year ago, Marsha has more time for other things she also enjoys, including sewing, crocheting/knitting, reading and spending as much time as possible with her 8 grandchildren. Marsha says, "Thanks to The Country Register, I have begun a list of all the quilt stores we will visit and during our travels, I plan to look them up."

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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 Cheesecake Squares

I've also made this recipe with the sour cherries from our garden. I'm always looking for ways to use up our garden produce!

- 1 ¼ cups flour
- ½ cup old-fashioned oats
- ½ cup brown sugar, packed
- ½ cup cold butter, cubed
- 1 package (8 ounces) cream cheese, softened
- ¾ cup sugar
- ½ tsp salt
- ¼ tsp ground cinnamon
- 1/8 tsp ground nutmeg
- 1 large egg, lightly beaten
- ½ tsp vanilla extract
- 1 ½ cups diced rhubarb

Preheat oven to 350°F. In a small bowl, mix flour, oats and brown sugar; cut in butter until crumbly. Reserve 1 cup mixture for topping. Press the remaining mixture onto the bottom of a greased 9" square baking pan.

For filling: beat cream cheese, sugar, salt and spices until smooth. Add the egg and vanilla; beat on low speed just until combined. Fold in rhubarb. Spread over crust. Sprinkle with topping.

Bake until golden brown, and the filling is set about 40 minutes. Cool on a wire rack for 1 hour. Refrigerate, covered, until cold, about 2 hours.

Cochrane, AB

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Did You Know These Things Had Names?

- The space between your eyebrows is called a glabella.
- The way it smells after the rain is called petrichor.
- The plastic or metallic coating at the end of your shoelaces is called an aglet.
- The rumbling of the stomach is actually called a wamble.
- The cry of a newborn baby is called a vagitus.
- The prongs on a fork are called tines.
- The sheen or light you see when you close your eyes and press your hands on them is called phosphenes.
- The tiny plastic table placed in the middle of a pizza box is called a box tent.
- The day after tomorrow is called overmorrow.

Strathmore, AB



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Word Origin:

Word Origins – Gobbledygook

This expression first came into use during World War II and is currently defined to mean “inflated, involved, and obscure verbiage characteristic of the pronouncements of officialdom.” Congressman Maury Maverick of Texas is given credit for its invention. When asked how he happened to invent the word, he said: “Perhaps I was thinking of the old bearded turkey gobbler back in Texas who strutted around in ludicrous pomposity while gobbedy-gobbling. At the end of his gobbles there was a sort of gook to serve as an exclamation point.”

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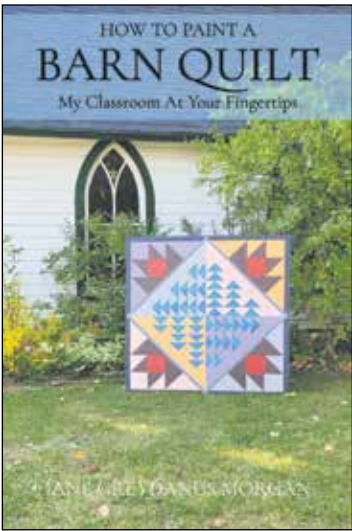
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Taurus the Bull, Tea and Me - by Barbara Kalkis

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."

Calgary, AB

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.

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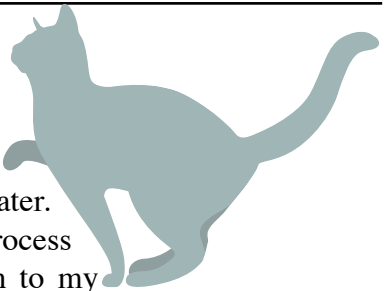
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Avoiding ‘Cat’-astrophe - by Deb Heatherly



Let’s face it, cats are as drawn to quilting do-dads as much as we are. A game of bat the spool across the floor and under the furniture can keep the most curious feline amused for quite some time. Thimbles can be used for the same type of feline hockey game. Jelly roll strips can be dragged from room to room with the pride of capture in a game of ‘kill the snake,’ while expensive cat toys sit idle. If your fur babies are anything like mine, a simple cardboard box and a few dropped supplies create imaginative play and contentment like nothing else.

Which brings me to this true story.

At my previous studio it became obvious that our Max loved fabric strips. So much so, that if I was working with strips, I got in the habit of giving him his own strip to play with. If I did not, he would wait until I was not looking, jump on the cutting table, and then drag my strips, one by one, up the stairs. They were always deposited near his toy box for “safe keeping” and easy to retrieve later, albeit a little worse for wear with teeth and claw marks.

Because I was used to his obsession, I thought nothing of his continued habit a few years later when we moved. Much to his delight, during this particular project, I cut an extra black strip just for him.

“Here you go,” I said to him. “A snake just for you.”

He happily grabbed my offering and began to carry it around. I swear I could see him smile.

For days he carried it up and down the steps. For some reason, this black strip held his attention longer than others ever had. The black strip was never left near his toybox, because he seemed to always be dragging it somewhere. Maybe deep down, because of the fabric color, his primaeval instincts had kicked in and to him it really was a snake. This went on for over a week.



Having gotten used to finding it on the steps,

I simply stepped over it and left his toy where I knew he would find it a bit later. On this particular day, I was in the process of stepping over the strip, when much to my surprise, the strip began to wiggle and move. I am sure I walked on air and gasped for air when I realized that this particular strip was indeed a black snake and not a strip at all.

“Snake! Come quick!” I called to my husband

He thought I was joking at first because he too had been stepping over Max’s pretend snake for days, but he soon realized that something in my tone needed further investigation. Minutes later a broom, a dustpan, and a bit of maneuvering to keep Max from grabbing this ‘strip that moved’ and the snake, who was probably as scared as I was, was safely taken out to the woods and released.

For days I wondered...had the snake just found its way inside or had I actually been stepping over what I thought was a black strip for several days? I am glad that I will never know for sure.

In the meantime, no more black strips for Max. Hot pink and neon orange seem like a much better choice from here on out.

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.Debcatsnquilts.com.

Southpaw

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

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LESSONS FROM THE PAST

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 kneeled 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.

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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.



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.

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Rhubarb Mojito

Rhubarb is definitely a love-it or hate-it fruit, so if you dislike rhubarb this probably isn't for you!

½ cup rhubarb syrup
Juice of 1 lime
8-10 fresh mint leaves
Sparkling water/club soda
Ice cubes
Lime slices & mint for garnish

QUICK RHUBARB SYRUP
2 cups chopped rhubarb
1 cup water
¾ cup sugar

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.

HOW TO WRITE GOOD

1. Avoid Alliteration. Always.
2. Prepositions are not words to end sentences with.
3. Avoid cliches like the plague. They're old hat.
4. Comparisons are as bad as cliches.
5. Be more or less specific.
6. Writers should never generalize.

Seven: Be consistent!

1. Don't be redundant; don't use more words than necessary; It's highly superfluous.
2. Who needs rhetorical questions?
3. Exaggeration is a billion times worse than understatement.

*Homegrown tomatoes, homegrown tomatoes
What would life be like without homegrown tomatoes
Only two things that money can't buy
That's true love and home grown tomatoes.*

John Denver

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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?
10. Why are they called "stands " when they are made for sitting?
11. Why is it call "after dark " when it really is "after light "?

Letters Worth Writing Home About

by Kerri Habben Bosman

Since I could write, I have loved writing letters. One of my favorite gifts as a child was new stationery, the kind that came in a pretty box with matching paper and envelopes all bound together by a ribbon. I was the kid that couldn't wait to write "thank you" letters.

It helped that I saw family writing letters. Dad often used his clipboard with watermarked paper on top of a ruled guide so that each line he wrote would be properly spaced. His handwriting was exceptional, having grown up when penmanship was an indicator of character. Uncle Henry, who lived across the street from us, always had his old Royal typewriter on their dining room table except for family dinners. I loved using his typewriter. I'd leave him a note if he wasn't in the room and then the next time I came over one was waiting for me. When he died in 1992, I placed a typed note in his suit pocket. It read: "I came by to see you today. I pray that I shall live well enough to see you again."

Ten years later by coincidence, I became pen pals with the son of someone Uncle Henry knew in the 1930s. I never met Harold in person, but we were both writers. We sent works-in progress for the other's suggestions. We wrote for 12 years.

When I was 20, my dad suggested I write to the widow of a captain he'd worked with before retiring after 40 years as a ship dispatcher. He thought we'd have a lot in common. We did, and we telephoned and wrote letters for over 20 years. When Dad died in 2001, I called Jane, ready with the prepared speech I'd used in the "letting people know" calls. Except that when I tried to talk to Jane, my throat suddenly became a glob of wet marbles. Her response to my garbled words has stayed with me. "Old shipmates are always old shipmates."

Perhaps the most important letters I have ever written are the over 700 letters sent to my mother-in-law. I wrote to her at least two times a week from when I first met her in 2019 to her passing in late 2025 at the age of 104. She lived 1,021 miles from us in Kenosha, Wisconsin. My letters shared all that was happening for us and all of our family here. Most of us rely on emails and texts now, but Mom didn't. She needed letters to be read and reread with a cup of tea and a cookie or two.

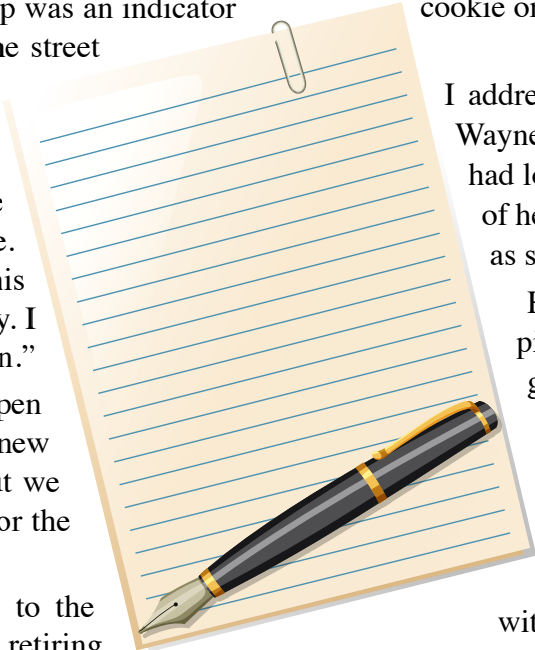
In person I called her "Mom," but in my letters I addressed her as "Mary," her given name. By the time Wayne and I married in 2020, she was 100 years old and had long been "Mom," and "Grandma Mary." With most of her peers no longer with us, I wanted her to see herself as she'd been her whole life.

Her letters were written on handmade cards with pictures and details of the kids, namely her grown grandchildren, their spouses and ever growing great-grandchildren. She knew when laundry was in the dryer and what was for dinner. She knew how the garden was growing and how each of us was evolving too. Most importantly, she knew she was a part of each of us all the time. Each letter ended with: "Wayne sends his love, as do I. We think of you

every day."

Selfishly perhaps, I miss writing to Mom. At 104 she had earned a peace beyond our temporal and limited world. But I am also comforted because old shipmates in our sea of life will always be old shipmates. And I pray that I shall live well enough to see her again.

Kerri Habben Bosman is a writer in Cape Carteret, NC.
Her email is 913jeeves@gmail.com.



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Borderline Good

By Kirby Gust

Borderline On Time

Carl and his wife Mary have owned and operated the country store in Mary’s hometown ever since her father, Jón, retired at an unusually young age. Like most small-town stores, theirs had fallen on hard times, mostly due to the big-box stores that had opened in most larger centres. Jón said he was retiring to pass on the store to its fourth generation. Mary’s great-grandfather had built the original store when he first came to Canada. Carl had his doubts about Jón’s reasoning. Jón came from a family that in the “old country” made their living at sea. Carl suspected that the apple hadn’t fallen far from the tree, and Jón knew a sinking ship when he was in one. But as luck would have it, Carl and Mary were able to make a living behind the cash register, and came to be quite pleased at how everything turned out.

Carl couldn’t have been prouder that their country store sat right smack dab on the Saskatchewan/Manitoba border. Almost as proud as he was of the name “Borderline Good” - the wooden “s” at the end of the store’s sign having fallen off. The “s” along with the rest of the sign had hung on the front of the store for close to 80 years. The “s” was taken by a summer storm with precision timing, as the storm was a few years before selfies and right in the middle of an oil boom. Add that to Carl’s procrastination on replacing the “s,” and the store had now become a tourist attraction.

People, young and old, mostly couples, drive in from both provinces and beyond to take pictures under the iconic sign. Once pictures are taken and laughs are had, most, not all, step inside the store and are taken, in an instant, from a time of modern technology to when things were simpler, and time itself seemed to move more slowly. Today, the time is only slower on the Saskatchewan side of the store during the summer months. Carl has two clocks, one on each side of the store. From early March to the end of October, the clocks display this one-hour discrepancy for all to see, with the Saskatchewan side of the store an hour behind the other.

In the summer months, Carl extends his hours by opening at 8 a.m. Manitoba time (7 a.m. Saskatchewan) and closing at 6 p.m. Saskatchewan time (7 p.m. Manitoba) “just keeping things fair,” he tells everyone. In November, he changes to winter hours when the two provinces are on the same time; he opens at 8am and closes at 5 pm. Carl often wishes that Manitoba and Saskatchewan could be in different time zones in the winter as well; he thinks opening at 8 am Saskatchewan time (9 am Manitoba) and closing at 5 pm Manitoba time (4 pm Saskatchewan) would make for a better story than just opening later and closing sooner.

When customers enter the store, they first notice the smell of the old building mixed with powdered lemon laundry soap and deli meats. Then the wood-veneered hand-crank cash register. For locals, this never gets old, but for first-timers, the shock of time travel needs to settle in before they notice the rest of the store. The store motto hangs behind the till: “Our quality service is borderline good...our goods are borderline quality,” and also a sign that warns not to trip on the border, a segmented row of painted red and white hardwood floorboards running north and south along the store’s floor.

The Saskatchewan side of the store is stocked with groceries and dry goods, and it features a deli counter where Carl makes sandwiches to

order for locals and tourists alike. Fresh homestyle bread is delivered every morning from a bakery in a nearby town. The Manitoba side of the store is more like a museum than a hardware section. The shelves are filled with modern-day stock mixed with things that have gone unsold for years, like Pyrex percolator coffee pots and hand-crank milk separator filters. A set of Red Wing crocks sits in the same place they have since 1918. Stoneware was brought in from Minnesota until Medalta Stoneware Limited started shipping east from Medicine Hat, Alberta, in 1921. The old items are now for display only, that is, unless someone makes Carl an offer he can’t refuse. Let’s face it, running a popular tourist attraction in a hundred-plus-year-old building comes with its fair share of unexpected expenses.

Carl and Mary have managed to outlast most other small-town country stores in the two provinces their little store straddles, all thanks to Mary’s grandfather’s name-choosing many years ago, a freak summer storm, and a modern-day obsession with capturing every living moment on smartphone cameras.

If you ask Carl, which most people don’t but he tells them anyway... If you ask Carl, he will tell you that if he hadn’t had the foresight, the business sense, and the ability to ignore Mary’s nagging about replacing the “s”, the store would have been forced to close, along with many other rural stores, years ago. If you ask Mary, which people often do...Mary will tell you that their success has more to do with Carl’s marginal attempts to avoid things that need doing than with his borderline excuses for not doing them.

Either way, they are a small-town success story that has, as usual, had more to do with hard work than luck. Everyone remembers their lucky days, while the days of hard work are more common and easily blend into memories of other days of hard work, so much so that the details easily mix into one repeatable story or are forgotten altogether. Years from now, Carl and Mary’s hard work and luck will be forgotten, but their memories will live on.

Borderline Good is the first story in a series of fictional stories written by Kirby Gust for the Country Register. 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.

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Chickpea Salad

Our household loves, loves, loves chickpeas so this was an easy sell. If you don't think you'll like the mint, just leave it out. Another good addition is Tajin spice. The pickled red onions makes more than you need for this recipe, but we use them up on burgers and hot dogs.

SALAD

- 2 Tbsp extra-virgin olive oil
- 1 lemon, zested and juiced
- 1 garlic clove, grated
- 1 tsp Dijon mustard
- 1 tsp sea salt
- Freshly ground black pepper
- 2-19 oz./540 mL cans of chickpeas
- 2 large tomatoes, coarsely chopped
- ½ English cucumber, coarsely chopped
- ½ cup Pickled Red Onions
- ½ cup kalamata olives, pitted and halved
- ½ cup chopped fresh parsley
- ¼ cup chopped fresh dill
- ¼ cup chopped fresh mint (optional)

QUICK PICKLED RED ONIONS

- 1 small red onion
- 1 cup white vinegar
- 1 cup water
- ¼ cup white sugar
- 1 Tbsp sea salt

QUICK PICKLED RED ONIONS: Thinly slice the onion and place the onion in a quart jar. Heat the vinegar, water, sugar, and salt in a small saucepan over medium heat. Stir until the sugar and salt dissolve, about 1 minute and it starts to simmer. Pour over the onions. Set aside to cool to room temperature, then store the onions in the fridge.

The pickled onions will be ready to eat once they're bright pink and tender - about 1 hour for very thinly sliced onions, or overnight for thicker sliced onions.

SALAD: In a large bowl, whisk together the olive oil, lemon juice, garlic, mustard, salt, and several grinds of pepper. Add the chickpeas, tomatoes, cucumber, pickled onions, and olives and toss to coat. Add the parsley, dill, and mint and toss again. Season to taste.

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Writing From Life

by Jeanette Lukowski

Road Trip Season



This might make me sound silly, but while many people were spending the grey and somewhat gloomy days of January and February packing up and putting away the remains of their December holidays, I’m was thinking about where to travel during the upcoming summer months.

Perhaps this pattern began when I was a child, when my mother would drive us the five-hundred-plus miles to visit her parents, siblings, and a variety of cousins. If we were lucky, we made the drive two times a year—for winter holiday weekends, and the week-long summer vacation—but while the winter drives included my father, summers were most often reserved for my older sister, my mother, and I.

When my sister was in high school, there were additional drives to explore out-of-state colleges added; after my sister headed off to college, the summer drives naturally shifted more to just me and my mother in the car. Life sure looked different in the front seat than it had all of those years in the back!

Then, the magical year of holding a driver’s permit arrived. What glorious adventures those five-hundred-plus miles became! The open road of interstate highways, when my mother would drift off into a light nap in the passenger seat...I had never felt such freedom. Were those the moments when the passion for summer road trips was ignited?

Choosing a career as a teacher was decided by life’s circumstances rather than the summer months of “unemployment,” but I quickly learned to appreciate them. I began by planning little day trips the kids and I could take to places like zoos or historical farms, which provided educational experiences for visitors; as the children got older, I planned other scenic drives which included a night or two in hotels, adding evening swims in the hotel pool to our trips focused on dinosaur digs and Girl Scout badge checklists. After my mother retired, she would join us as we headed to destinations such as Mount Rushmore—or job interviews I was offered in other states—but the drive my kids and I took to the Grand Canyon was part of a weekend birthday-gift-to-myself trek.

It’s impossible for me to calculate all of the miles I’ve driven a car because, for me, the “prize” has been the scenery I’ve seen along the way. Last month, for instance, as my now-grown son drove me in his car’s passenger seat to my mother’s burial (she purchased the plot years before her retirement—and subsequent move to be closer to her grandchildren), what did I spy on the interstate as we neared Madison, Wisconsin? None other than the Oscar Meyer Wienermobile! No kidding.

Reaching the Spring Equinox in March, my thoughts naturally turned towards summer road-tripping season. Where might I go? I admit to feeling a bit more apprehensive about driving by myself the older I get, but to stay home all summer?

© Jeanette Lukowski 2026. 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

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 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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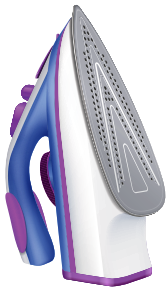
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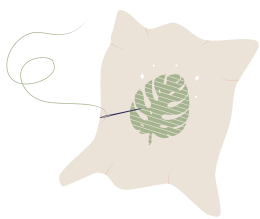


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Think Sustainable



by Bizz McKilligan, The Green Thimble, Victoria

SUMMER BREAKS FOR SEWISTS: TAKING CARE OF YOUR TOOLS WHILE YOU'RE AWAY

Summer often brings a change of pace for many crafters. The cozy afternoons spent sewing, quilting, knitting, and creating are often replaced with family visits, road trips, camping adventures, and vacations to far-off destinations. While some dedicated makers tuck an embroidery hoop, a small knitting project, or the final hand-stitching on a quilt binding into their luggage, most of us leave our sewing machines, irons, and larger projects behind for a few weeks.

That seasonal pause presents the perfect opportunity to give our tools the attention they deserve.

One of the most important pieces of maintenance is regular sewing machine servicing. Even if your machine seems to be running well, most manufacturers recommend professional maintenance every two to three years. Be sure to check your owner's manual, or ask your local dealer, for the specific recommendation for your machine.

Many sewists assume that machines only need servicing if they are heavily used, or are experiencing a problem. In reality, both frequent use and infrequent use can create problems. Machines that see a lot of sewing gradually lose lubrication and accumulate lint, dust, and thread debris. Machines that sit unused for long periods can experience a different issue: lubricants begin to thicken or gum up, causing mechanisms to become sticky or, in severe cases, seize altogether.

If you're planning to step away from your craft room this summer, a little preparation can help ensure everything is ready when you return.

A summer getaway can be an ideal time to schedule routine maintenance. While you're enjoying a break, your machine can be receiving the attention it needs, so it's clean, lubricated, and ready for many more hours of sewing when you return home.

It's also an excellent time to have scissors sharpened. Sharp scissors are safer, more accurate, and far more enjoyable to use than dull ones.

Before packing things away, take a few moments to organize your fabrics, threads, and notions. Store fabrics away from direct sunlight to prevent fading, and keep materials protected from dust, moisture, and curious pets who may decide your fabric stash makes the perfect napping spot.

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Don't forget about your iron. Flush it with fresh water, use a descaling treatment if recommended by the manufacturer, clean the soleplate, and empty the water reservoir before storage. Many irons include a self-cleaning feature that can help remove mineral buildup and keep steam flowing properly.

Finally, cover your sewing machine, retract rotary cutter blades, remove batteries from any battery-powered accessories, and make a note of any projects currently in progress. A quick photo and a few written notes can make it much easier to pick up where you left off.

When autumn arrives and it's time to settle back into your favourite creative pursuits, you'll be glad you spent a little time caring for the tools that help bring your projects to life.

Sudoku answer from Page 36

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 on Page 37

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

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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](https://www.amazon.com) or can be ordered through local bookstores.

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E	Z	M	C	E	N	G	O	G	I	I	C	E	O	E
I	N	E	A	N	R	I	N	V	S	V	U	Y	N	U
E	E	K	I	S	N	A	E	S	O	E	E	E	G	P
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Answer on Page 35



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!

CROSSWORD

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Crusades (9)

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Of enormous size (8)

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Ball (6)

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Awkward (6)

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Get wind of (4)

22

Diseased (3)

~ Answer on Page 35 ~

Fees

On a lecture tour, Louis Untermeyer, the poet, told a Texas audience all his best stories. After the lecture, he was presented with his check, which he realized had been rather a burden on the committee. With a wave of his hand, he offered it back to be put to some good use. The committee faltered. They retired to a back room to decide what to do. The problem settled, they returned, accepted the check and then said it would be the beginning of a special fund. "And the purpose of this fund?" asked Mr.Untermeyer. Their eyes fluttered unhappily. "It's a fund to get better lecturers next year, they said.

Oliver Wendell Holmes handled the question of topics for public functions in the following manner: "My fee," he was wont to say, "If I select the subject is \$150; if your committee selected the subject, the charge is \$250, but in either case the speech is the same."

In the preliminary correspondence (before a visit to a town), Elbret Hubbard rarely failed to mention that his fee for lecturing was, say, \$200 - but to lecture to be a guest at a private house was \$250. He charged \$50 extra when obligated to receive "entertainment."

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If you have a craft-based or creative-based, non-profit group in Alberta people could get involved with, please send contact information. We would be happy to add it to our directory. Email: albertacountryregister@gustomedia.net

YOUR GROUP LISTED HERE FOR FREE!

Airdrie & District Quilt Guild meets the second Tuesday of each month at 7:00 pm (Sept-June) at Woodside Seniors Centre, 411 Woodside Dr SW, Airdrie. For info: www.airdriequilts.com/ADQG or email guild@airdriequilts.com.

Alberta Quilt Study Society is open to anyone interested in Alberta’s quilts and their makers. For more info: abquiltstudy@gmail.com or website: abqs.com.

Athabasca Quilt Guild meets from 9:00 am to 4:00 pm on the first Saturday of each month (Sept-May) at the Train Station in Athabasca. Bring your own sewing machine and projects for the day of quilting and socializing. After lunch, there is a short business meeting. New members are always welcome! Questions, please contact Kelly Black at 780-689-1421.

Barrhead Country Quilters host a sew day once a month, from September to May, for individual and group projects. Call Shirley at 780-674-2418 for information on the dates, times, and location of sew days (which include the monthly meeting). Follow us on Facebook. New members are always welcome.

Barrhead Stitchers & Rippers are a non-profit group of sewists who volunteer to sew for various local organizations, including Healthy Families, Hillcrest Lodge, Christmas Shoe Boxes, Valour House, and Homes for Heroes. We meet on the second and fourth Wednesdays of every month. New sewists are always welcome. For more information or to make a donation, please contact Nancy at 780-674-5903 or nzylinski@xplornet.com.

Battle River Quilter’s Guild meets on the third Wed. of every month, 6:30 pm, Bethel Lutheran Church (back door), 4102-73 St, Camrose, AB. New members are always welcome. Contact Faith Gabert at 780-226-9345.

Beiseker Quilters Guild meets the second Wednesday of the month, 9:30 am to 3:00 pm. For more info, call Tish at 403-947-4840 or tish2384@gmail.com.

Black Gold Quilt Patch Guild meets on the first Tuesday of each month at 7 pm. Location is Telford House, 4907 46 St., Leduc. Lots of free parking, easy access and a lovely meeting venue. For more information, contact president@bgqpg.com. Follow us on FB and IG @blackgoldquiltpatchguild.

Bow River Quilters Guild meets in Calgary at the Al-Azhar Centre, or via Zoom, the first Friday of each month (Sept. to June). Sew days, workshops, quilting for local charities and classes for members and guests are offered. New members of all skill levels and interests are welcome. For membership, contact: brq.membership@gmail.com.

Boyle Gathering Stitches Quilt Group sews every Tues. starting at 10 am in the Boyle Community Centre basement. All stitchers welcome. For more info, contact Shirley at 780-519-7061 or Bernadine at 780-213-1374.

Cactus Rose Quilters Guild, Medicine Hat, meets the second and fourth Wed. each month, except July and August, and only the second Wed. in Dec. and June. Meetings held at the Kinplex Social Room, 7:00 pm. FB: Cactus Rose Quilters’ Guild (in Medicine Hat). Search FB: Cactus Rose Quilters’ Guild #2.

Calgary Guild of Needle & Fibre Art meets second Wed. of each month (Sept-June), 7:00 pm at the Scandinavian Centre, 739 - 20 Ave NW, Calgary. For more info: www.cgnfa.com or website: cgnfa@gmail.com.

Calgary Modern Quilt Guild meets on the third Thursday of each month at 7:00 pm at the Wildwood Community Assoc., 4411 Spruce Dr SW, Calgary. New members welcome. Contact: CalgaryMQG.com or CalgaryMQG@gmail.com. FB: CalgaryModernQuiltGuild IG: @CalgaryMQG.

Central Alberta Quilters’ Guild meets the first Wed. of each month at Red Deer Elks Hall, 6315 Horn Street, Red Deer. Website: centralalbertaquilters.org, click on Contact Us for more information. New members are always welcome.

Chestermere Lakeside Quilters Guild meets twice a month at the Chestermere Recreation Center, meeting room #1. Meetings and sew days are held every second Saturday, 9:00 am to 5:00 pm. Quilting experience is not necessary; new members are welcome. For more information, contact Teena at 403-285-8309.

Chinook Country Quilters, Okotoks, meet every Mon. (Sept-June) at St. Peter’s Anglican Church, Okotoks. New members welcome! Info: call Leanne 780-713-8213 or Pegi 403-933-7960.

Chinook Guild of Fibre Arts meets Mon. (Sept-June) from 9:00 am to 2:00 pm, Wed. 9:00 am to 2:00 pm (throughout the year), and the second and fourth Thurs. from 6:30 pm to 9:00 pm (throughout the year) for ALL fibre enthusiasts (rug hooking, needle working, quilting, crocheting, embroidery, etc.). All meetings at River Park Church, 3818 14A St SW, Calgary, AB. For more info, contact: cgfa@ymail.com.

Claresholm Log Cabin Quilters is a fun group that gets together every Wed. from 1:00 to 4:00 pm at Claresholm Seniors’ Drop-In Centre, 5009 - 2nd St E. Create and donate quilts to patients in hospitals and care centres, learn new patterns and techniques, etc. Come and join us, beginners always welcome! For more info: Norma Waddell at 403-625-3440, email: normaw625@gmail.com, or Bev Ramm at 403-625-3539, email: bev1909@gmail.com.

Cochrane Big Hill Needlearts Guild meets the first Wed. of every month, 7:00 pm at the Stitching Corner, #2 185 – 1 St E, Cochrane, AB. Website: www.cbhng.ca. Email: cbhng.ca@gmail.com. New members welcome.

Cochrane Big Hill Quilters (separate from above) meet the second Monday of the month at Cochrane Alliance Church, 902 Glenbow Drive, Cochrane, at 7:00 pm. The group also meets a few times a month for sew days. For more information, contact Marian Smiley at Marian.smiley@icloud.com.

Country Lane Quilters Guild meets the first Saturday of the month (Sept-June) from 9:30 am to 3:00 pm at Christ Church, Hwy 549, Millarville, AB. The business meeting is in the morning, and then project work after the coffee break. We are a fun group working on our own quilts and make some for the local charities in the Foothills Division. New and experienced quilters welcome. Contact clqgmillarville@gmail.com or stop by to say hi.

County Quilters Guild, Stony Plain, AB. Meet fourth Tues. of the month (Sept-May) at 7:00 pm, Stony Plain Royal Canadian Legion. Contact us at www.CountyQuiltersGuild.ca or CountyQuiltersGuild@gmail.com.

Czar Quilt Guild meets at the Czar Cultural & Rec Centre (Czar Hall) the second and fourth Wed. of each month (Sept.-June). Call Carol Penman at 780-857-2152 for info.

Dalemead Quilters’ Guild meets second Thur. (7:00 pm, Sept-May) Indus Arena, Indus, AB (4.8 km east of Calgary on Hwy 22X, north on Hwy 791 for 100 metres). Info: Carol McNab 403-936-5857 or mcnabca@efirehose.net.

Daysland Crocus Quilters meet weekly on Tues. and Weds. in the basement of Providence Place, 6120-51 Ave, Daysland, AB. Contact: Marg 780-374-2167, Dorothy 780-608-4206 or Maureen 780–781-9494.

Diamond Valley Quilters meet in Turner Valley (Diamond Valley) at the Sheep Creek Arts from 10:00 am to 3:00 pm every Wed. (Sept-June). We do group projects and charity quilts. All quilters are welcome, young and old. Our annual quilt show is on the first Saturday in June. Info Sheila, 403-931-3989 or sheepcreekarts@live.ca.

Doll Club of Edmonton - dollclubedmonton@gmail.com. www.dollclubofedmonton.com. FB: @groups/dollclub.

Edmonton & District Quilters Guild. For more info, see website: www.edqg.ca.

Edmonton Modern Quilt Guild meets on the first Tuesday, both by Zoom and in person. Doors open at 6:30 pm, meeting at 7:00 pm, at the Focus on Fibre Art Association studio, 10554-110 St NW, Edmonton. Contact yeg. emqg@gmail.com, www.emqg.ca. FB: Edmonton MQG, IG: EdmontonMQG.

Edmonton Needlecraft Guild meets at 7:30 pm on the second Tuesday of the month (Sept-June) at the Spirit of Hope United on Whyte Church, 7909-82 Ave, Edmonton. Additional events on the Facebook page. We welcome beginners to advanced embroiderers and everyone with an interest in fibre arts.

Focus on Fibre Art Association (FFAA) is a not-for-profit association that provides opportunities to members and member organizations for engagement with the larger fibre art community. We offer workshops and events that promote skill development and host competitions and exhibitions that showcase artists’ creativity. Visit our website at www.focusonfibreart.org to see what’s happening month-to-month in the FFAA Studio/Gallery in Edmonton. The annual membership fee is from January 1 to December 31. FB: focusonfibreart IG: focusonfibreartassociation

Fort Saskatchewan Quilting Guild meets the third Monday of every month at 7:00 pm at the First United Church, 10409 - 100 Ave, Fort Saskatchewan, AB. Everyone welcome. Email: fortsaskquiltguild@hotmail.com for more info.

GANG (Grandmothers of Alberta for a New Generation) Phyllis: 780-469-6327 or Judy: 780-434-0036. www.edmgrandmothers.org.

Gone to Pieces Quilting Group, Rocky Mountain House, AB. A group of women who meet at the Lutheran Church from 9:00 am to 4:00 pm, on the second Saturday of each month (year-round) to quilt and chat. All ages, beginner quilters welcome. For more info, contact Monica at 403-322-1559.

Goodridge Creative Quilters meet every Tues. (Sept-April), Goodridge Jubilee Hall from 9:00 am to 4:00 pm. Join a great bunch of gals, work on your own projects, the annual Quilt til You Wilt, bi-annual quilt show... also create quilts for those in need. For more info, contact Marnie Pratch: 780-635-2257, Debbie Vezeau: 780-726-3651 or Patti Janz: 780-635-2600.

Griffiths Quilting and Crafts Group meets at Griffith Centre in Black Diamond (Diamond Valley) every Monday from 11:30 am to 4:00 pm and one Saturday most months. Their quilt show is held on the third Saturday in September. For information: Beth at 403-803-1554 or bethstade@stade.com.

Hearts & Hands Quilter’s Guild, Drayton Valley, fosters the art of quilting for all who are interested while creating an atmosphere of learning and friendship. New members welcome! Meet the third Thurs. of each month at 7:00 pm and each Wed. from 9:30 am to 4:00 pm, 5056-50th Ave, Drayton Valley. For more info, please contact Christine Willoughby at 780-542-5725.

Hearts Sew Giving, Rocky Mountain House, AB. This non-profit society sews quilts and gives them to the residents of Rocky Mountain House and Clearwater County who are battling cancer or a life-changing illness. The group meets every second Tuesday of the month (Sept-June) from 9:30 am to 3:00 pm at the Pioneer Centre, Rocky Mountain House. For more information, contact Jane Hamilton at 403-845-2574.

Heritage Park Quilt Guild meets the first and third Wed. of each month (Sept. to June) at Heritage Park, Lower Level, Gasoline Alley, 7:00 p.m. We have an education-based program with 20 meetings per year, plus an additional four day-long workshops per year. All quilters and guests welcome! For more information, contact heritageparkquiltguild@gmail.com.

Heritage Time Out is where practitioners of quilting, knitting, crocheting, card making, as well as a “do-as-you-wish” table, meet at McDougall United Church (8516 Athabasca Street SE, Calgary) on Wednesday mornings from 09:00 to 11:30 during the school year, September 10th to November 26th, 2025, January 7th to March 25th, and April 1st to June 17th, 2026. Please contact Jennifer at McDougall United Church, 403-252-1620, or email heritagetimeoutcalgary@gmail.com, attention Cynthia, for further information. Calgary Heritage Time Out is also on Facebook and Instagram.

High Prairie Quilt Guild meets third Fri. of each month, St. Andrew’s School staff room (Sept.-June). Annual quilt show, classes, retreats, and drag-and-brag! New members welcome. For more information, call Marla at 780-523-3082.

High River & District Handicrafts Guild meets every Fri., 9:00 am (Sept-June) at the Lutheran Church, 910 12th Ave W. We welcome all crafters. For more info, contact Carol at 403-601-2790.

Kalyna Country Quilters meet on the second Saturday of every month at 10:00 am at the Mundare Senior Centre. For more info, call Val, 780-764-3727.

Kinosoo Quilters Guild meets one Saturday a month (9:00 am - 5:00 pm) to sew together and the second Wednesday each month for a 7:00 pm meeting at the Anglican Church Hall, 4810 50 Ave, Cold Lake, AB. For more information, find the Kinosoo Quilters Guild on the web or on Facebook, or email Kinosooquilters@gmail.com.

Lakeside Quilters Guild meets twice a month at the Chestermere Recreation Center, meeting room #1. Meetings and sew days are held every second Saturday, 9:00 am to 5:00 pm. Quilting experience is not necessary; new members are welcome. For more information, contact Teena at 403-285-8309.

Lethbridge Centennial Quilters Guild meets fourth Tues. of the month (except July, Aug and Dec) at 7:00 pm, CASA Community Room, 230 8th St S, Lethbridge. Email: Jackie, mignaultjac@gmail.com; cell: 403-849-1733. www.lethbridgequilters.ca.

Lethbridge Modern Quilt Guild meets on the first Tuesday of every month (except July and August) at 7:00 pm in the Richardson Oilseed Community Room at Lethbridge Community College, 3000 College Drive S, Lethbridge, from September 2024 to June 2025. New Members welcome. The first meeting is free. Please contact lethbridgemqg@gmail.com for details.

Millrise Quilters Guild meets the first and third Wed. of the month at 50 Millrise Blvd SW, Calgary, or via Zoom Sept-May. For more info, please email millrise.quilters@gmail.com.

Mountain Cabin Quilters Guild, Canmore, meets on the third Wednesday. of each month. All quilters and sewists welcome. For info: mountaincabinquilters.ca or visit the Facebook page.

Mulhurst Bay Quilt Club meets every Wed. at Mulhurst Bay Community Hall. On the first Wed. of every month, we work together on compassion quilts for the community and the surrounding area. All levels of quilters welcome. For info, contact : Dorene Slater at dslat49@gmail.com.

Parkland Modern Quilters Guild Sew-in Saturday is held most Saturdays in Stony Plain at the Founders Building, Stony Plain Parkland Museum, from 10:00 am to 4:00 pm. Bring sewing machines and quilt projects for a great day. Schedule on the Facebook page. All quilters welcome, \$5.00 for the day.

Peace by Piece Quilting Guild meets on the second Tuesday of every month (Sept-June) at 7:00 pm at Hope Lutheran Church, 3527 Boulton Rd NW, Calgary. Charity Work, demos, challenges, sew days, retreats and connection with fellow quilters. New members are always welcome! For more information, please email: pxpquiltguild@gmail.com.

Piecemakers Guild of Calgary. New members welcome. Meets second Mon. of month for evening group and third Mon. morning each month for day group, Southwood United Church, 10690 Elbow Dr SW, Calgary. Members support a number of charities. Demos, challenges, workshops, programs, etc. Info: Linda Nixon, 403-888-3647 or email: lindanix22@gmail.com.

Piecemakers Quilt Club meets every Tuesday, from 10:00 to 3:00 pm (Sept-June), at the Alder Flats Western Pioneer Seniors Centre. The last Tuesday of each month we use for charity work. We welcome all quilters at any level. For more info, contact Diana Rowan at 780-388-3793.

Pincher Creek Quilters Guild, Pincher Creek, AB, meets every Tuesday afternoon at 1:00 pm at St. John’s Anglican Church, Main St. Our monthly meeting is on the third Tuesday of the month. We always have a quilt on the frame we are hand-quilting. New members are always welcome. Every other month is a sew-and-quilt day from 10:00 am to 4:00 pm. Bring your sewing machine and quilt project, or learn a new project. Drop in and join us. For information, contact Jo at jblegs@telus.net.

Pins and Pine Needles Quilt Guild, Whitecourt, AB. Contact pinsandpineneedlesguild@gmail.com or visit www.ppnqg.com. FB: Pins and Pine Needles Quilt Guild.

Quilting for Humanity, Athabasca. Contact Yvonne Doroshenko, 780-675-4851, Box 1103, Athabasca, AB T9S 2A9, or email: ydoroschenko@mcsnet.ca.

Quilts of Valour Canada: Lezley Zwaal, founder: 780-983-3210. For more info, email: QoV@QuiltsofValour.ca, or www.QuiltsOfValour.ca.

Redwater (and area) Quilters Guild meets two Saturdays a month at Alliance Church in Redwater. Combine learning new quilt patterns for personal enjoyment with creating items to donate to charitable organizations. Interested and prospective quilters contact Vicky Dybaylo Shears at 780-580-0051, Valerie Foster at 780-383-3816 or Carol Van Meter at 780-942-3599.

Sew Crazy Quilters is a small guild with a focus on learning new techniques and sharing our love of quilting. They meet from 3:00 to 5:00 pm on the second and fourth Thursdays of the month (Sept-May) at Fellowship Hall of First Baptist Church. For information, contact Debbi at debrepel6@gmail.com.

Sherwood Park Quilt Guild meets the second Thursday of each month from (Sept-June) at 7:00 pm at the Robin Hood Learning Centre, 141 Broadway Blvd, Sherwood Park. New members welcome. See our website spqg.ca. Follow us on Facebook. For more information, contact us at info@spqg.ca.

South Pigeon Quilters and Sewists meet weekly at 10:00 am in the Ma-Me-O Hall Seniors Centre. We welcome everyone from around Pigeon Lake and area. Feel free to drop in and check out our group. Call Linda Kerr for more information: 780-907-5650.

St. Albert Quilters Guild meets every Tuesday, 1:00 pm to 3:00 pm, and Thursday, 1:00 pm to 9:00 pm, at St. Albert Place (we have a studio at City Hall). For membership, please contact SAQuiltersGuild@hotmail.com.

St. Andrew’s Quilting Group in Edmonton meets each Tuesday from 9:15 am to 1:00 pm in the basement of St. Andrew’s United Church, 9915-148 St, Edmonton. Contact Doreen at 780-455-0169 or Lynne at 780-459-4814 for more info.

Stitch ‘n Time Guild of Calgary meets second and fourth Mon. of the month. A mix of traditional and modern styles. New members of all ages are welcome. Contact Linda at lindapar@me.com.

Sylvan Lake Quilters Guild meets on the first Wed. of the month, Sylvan Lake Memorial Presbyterian Church, 7:00 pm to 9:00 pm. Contact us on our FB page.

Tangled Threads Quilt Guild has gathered for 20 years in Bonnyville. Monthly business meeting on the first Tuesday of the month at Bonnyville Seniors Drop-In Centre in Pioneer Hall. Sewing days are scheduled throughout the month. Please contact Paula Vasseur at 780-826-2952 or pvasseur@hotmail.com, or Rita Bell at 780-826-4260.

The Cotton Pickers Quilt Club meets the first Thursday of every month (Sept-June), 7:00 pm at Parkside Seniors Centre, Taber, AB. Five-day retreats every second week, Monday to Friday. For additional information, contact Val Leahy at 403-330-4156 or email tabercottonpickers@gmail.com.

The Flying Needle Quilt Guild meets on the second Saturday of the month (Sept-June) at Millarville Community Church, 9:30 am, just east of Hwy 22 on Hwy 549. New members welcome. Contact Mary Dymond at mkdymond@gmail.com for further info.

Three Hills Pieceful Stitchers meet on the second and fourth Tuesday (Sept-Nov, Jan-Apr), and only on the second Tuesday in Dec., 9:00 am-5:00 pm at The Community Drop-in Centre, 499 3rd Ave SE, Three Hills. Work on individual projects, demos and friendship is included. New members of all skill levels are welcome. Contact Sharon at 403-443-7467 or Bev at 403-443-1059 for information.

Tofield Country Quilters Guild meets first and third Fri. at Bardo Lutheran Church, 5609 48th St., Tofield. Demos, classes and more for members and guests. FB: Tofield Country Quilters. Email: tofieldcountryquilters@gmail.com.

Valley Peacemakers Quilt Guild, Peace River, meets on the second Tuesday of each month (Sept – June) at 7:00 pm in the Peace River Art Hub (10018 101 Street). Guests welcome. Contact us at quiltguildvpm@gmail.com or visit www.valleypeacemakersquiltguild.ca.

Vermilion Quilters meet five days a month at the Red Feather Ridge Retreat and Conference Centre near Vermilion and enjoy individual projects, demos and fellowship. New members of all skill levels and interests are welcome. Learn more about us on FB: Vermilion Quilters Guild. Contact: Lyn Yaremchuk at 780-581-5455.

Victoria’s Quilts Canada. Our mission is to provide handmade quilts to people with cancer. Inquiries:

Calgary Branch vqcalgary@gmail.com

Edmonton Branch vqedmonton@gmail.com

Okotoks Branch victoriasquiltsokotoks@hotmail.com.

Westlock Crazy Quilters meet on the first Thursday of the month (Sept - May) at Brookside Village in Westlock. We offer courses, have sew days each month and make charity quilts. New members of all skill levels are welcome. For more info, call Jodi at 780-307-5451 or Veronica at 780-349-4890. Find us on Facebook.

Wetaskiwin Quilter’s Group meets the fourth Monday each month. Contact Eileen, 780-352-7436, or Marlene, 780-352-9901.

Wheatland Quilters, Strathmore, AB, meet on the second and fourth Thursdays of the month at the Strathmore Agriculture Grounds. Call Wendy at 403-901-3756 or wheatlandquilters@gmail.com.

Whitecourt Pins and Pine Needles Guild meets every second Thurs. of the month.

Wild Rows Country Quilters meet on the second and fourth Tuesdays each month at Wawa’s Quilt Store in Bowden, just off QE2, to work on charity projects and their own. New members welcome. Call Pat at (403)350-9792 for more info.

Yellowknife Quilters Guild meets the second Thurs. each month (Sept - June) at Baker Centre. Quilters of all skill levels and interests from across the Northwest Territories are welcome. Facebook: yellowknifequilters.guild.3, Twitter @YKQuilters or www.ykquiltersguild.ca. For more information, email quiltingyk@gmail.com. w



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SUMMER SCHEDULE

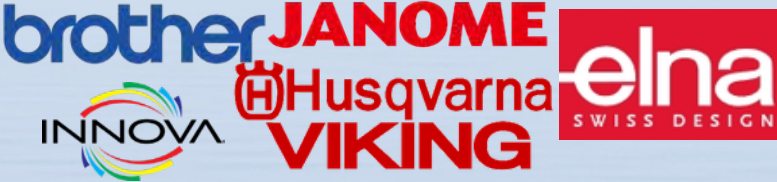
- Annual Summer Longarm Quilting Sale
 - Runs July 6th - 20th
- The Annual MLQC Sidewalk Sale
 - Saturday, July 25th
 - Discount prices on clearance items
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- Brother's New Product Launch
 - All day event: September 12th
 - Hands on and Demo's through-out the day
 - See the newest products from Brother
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- There's more to come! Stay connected by following us on social media and signing up for our newsletter for the latest sales, classes, events, and quilting inspiration.



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