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From Sketch to Stitch:
How the Ashli Quilt Came to Life

By Kathryn LeBlanc

People often ask where quilt ideas come from. Sometimes it's a vintage quilt, a beautiful fabric collection, or a traditional block. Other times, it's something far less expected. In this case...an acrylic lipstick organizer. One morning, my friend Ashli from Quilt2EndALZ.org sent me a photo and asked, "How would you turn this lipstick case into a quilt block?" My response? "Challenge accepted."

I started studying the organizer, focusing on its angles and repeating shapes rather than its purpose. Before long, I was sketching ideas in EQ8 (Electric Quilt 8), where those clear acrylic compartments evolved into rows of colored squares set on point, and connected by sashing & corner stones, to create a striking lattice design.

One idea led to another, and before I knew it, an entirely new quilt had emerged. With Ashli's blessing—and because she inspired the challenge—it was only fitting to name the finished pattern Ashli.

One of the things I love most about quilt design is that inspiration can come from almost anywhere: a tile floor, a garden gate, the shadow cast by a staircase—or, in this case, a lipstick organizer. As quilt designers, we learn to look beyond what an object is and instead see the shapes, lines, and patterns hidden within it.

The next time something catches your eye, take a second look. You never know—it just might become your next creative project.

These photos show the journey from: the original lipstick organizer, to the digital EQ8 design, to the finished Ashli quilt. The link to the printed quilt pattern is here: <https://authorkathrynmykel.com/store/ashli-printed-pattern/>

Kathryn LeBlanc (also known as best-selling author, Kathryn Mykel) is a creative force in the quilting world. A talented pattern designer and storyteller, she blends her passion for textiles with her love of mystery and heartwarming tales. Through both her sewing patterns and fiction novels, Kathryn inspires quilters and readers alike to embrace creativity, community, and connection. www.quilt-sandfiction.com www.facebook.com/DragonflysQuiltingDesignStudio/ www.instagram.com/dragonflysquiltingdesignstudio/ Newsletter: <https://authorkathrynmykel.myflodesk.com/magazinequilters>

Country Register Recipe Exchange

Pumpkin Bars

Ingredients:

* 4 eggs	* 2 cups flour
* 1 2/3 cups sugar	* 2 teaspoons baking powder
* 1 cup cooking oil	* 2 teaspoons ground cinnamon
* 1 15 ounce can pumpkin	* 1 teaspoon baking soda
Mix together till fluffy. Then add:	* 1 teaspoon salt

Mix together well. Pour into greased and floured (I use Bakers Joy) jelly roll pan. Bake 25-30 minutes at 350 degrees. Let cool and frost with crusting cream cheese frosting.

Crusting Cream Cheese Frosting

Ingredients:

* ½ cup butter softened	* ¼ cup solid Crisco
* 8 oz. Cream cheese softened	* 1 ½ teaspoons vanilla
* 1 ¾ # powdered sugar	* ¼ teaspoon salt

Mix butter, Crisco and cream cheese with mixer. Add remaining ingredients and mix till blended well. Store in refrigerator until expiration date on cream cheese. May need to add a little milk and mix again after storing.

*Submitted by an unknown reader

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Building Harmony

by Jeff Cappis

Taking the Guy Out of Guy Stuff

Cathy and I live together out in the country and as a result, we spend a fair amount of time together. Even the most loving couples can feel a strain from time to time so I've developed man based rules to keep harmony between us.

I'd like to pass along a little wisdom to the guys out there.

First off: I've learned that women find their husbands' "Guy" stuff annoying. This is the first thing to keep in mind. You must avoid doing guy stuff at all costs.

Snoring - bad. Chewing with your mouth open- bad. Passing wind- bad. Doing all three at the dinner table- really bad. Also, women do not like to play the "pull my finger" game. They don't think it's funny and sometimes even find it annoying.

Luckily, I have a grandson. He thinks it's hilarious. We pull each other's fingers and pass wind. Sometimes we even play it with the dog. Interestingly, my grandmother would never call it "passing wind," she preferred to call it "fluffing."

Note to the dog: If you know what's good for you, you'll quit fluffing so much around Cathy.

Generally speaking, women are more acutely sensitive to smells than we are. Here's an example of how your wife may find your attitude about this offensive.

One day a buddy of mine came out to visit us. He and I were standing around talking about the septic tank and how it works with the septic field. To show him more, I pried open the lid to the tank and was immediately hit with a horrible smell. "Whoa," I said to my buddy. "Do you want to smell something really bad?" "What's it like?" He leaned in and got hit with the same wafting smell. "Holy moly. That's bad!" We looked at each other for a moment and I leaned in a bit to just get another sniff. "Yup, bad," I said. Just to be sure, he gave it another sniff. "Yup."

At that moment Cathy stepped outside. "What are you guys doing?"

Now, I should have thought this through but I was just being honest when I said, "We're sniffing the septic tank." Cathy got a kind of disgusted look on her face. It was then that we both realized how stupid this all looked so we began acting like we'd just done something important.

"Yes sir," my friend announced, "Your bio mass looks good from here."

"The tank's structural stability looks good here too," I added so Cathy could hear. Didn't work. Still disgusted, she went inside.

Other crimes against humanity include things like leaving your clothes on the floor, dirty dishes on the counter and talking during her favorite TV show. Especially during the emotional scenes. If you come in to the show late don't ask what's going on. She doesn't want to explain and you should have been there to watch from the beginning. Here's what I do: just yank out a nose hair so your eyes well up and enjoy the emotional movie with her. She'll think you're a sensitive guy.

Please also note: many women also find guy movies a turn off. If it's full of gun fire, guts, swearing, explosions, general mayhem or Sylvester Stallone - it's a turn off. Instead offer to watch a Meryl Streep movie. As long as you don't snore you can nap through it and you'll both be happy.

Man-splaining is also a no-no. In case you've never heard the term, man-splaining is where you try to impress your wife with your knowledge of the world by constantly explaining it to her.

Truth is she already knows. They are smarter than we are. If you doubt this, ask your wife. She will wife-splain it to you. If you're as smart as you think you are, you'll just nod and agree with her.

Also help out with the housework. If she has to vacuum around you as you sit at the table dropping crumbs on the floor, you're probably already in a problem. I know, I know. A clean and orderly house is probably more of a priority for her than it is for you but the rule is: if you mess it up, you clean it up. You'd be surprised at just how much of a mess you can make just by walking across the house.

Moving on: there is an old saying, "If a man washes a plate and no one is there to see him do it, did it really happen?" If I'm doing house work and Cathy isn't around to see me do it, I always do at least one little thing wrong. That way she knows that I actually was doing something around the house. Doing something wrong is less of a crime than being accused of doing nothing at all.

That leads us to the next big point: Do not appear to be lazy. No matter how much you do, your woman will always be worried about you getting lazy. This is probably because at our core, we really are.

One day Cathy went into town to run an errand. When she left I was sitting at the table reading the news. As her car disappeared down the driveway I decided to get busy so I got up and did a bunch of chores around the house. It was a busy couple of hours and I was pleased with myself for how many things I actually got done. I decided to reward myself by relaxing and finishing the news.

That's when Cathy got home. You have to understand that when she left I was sitting at the table reading the news. When she got home I was sitting at the table reading the news. I tried man-splaining my way out of it, but ultimately people only trust what they see. The dog saw me doing chores but apparently he's smarter than I am too. When she asked him what I'd done while she was gone he just licked himself and went to take a nap in another room.

In short, even the most loving couples can feel a strain from time to time so I've developed a sense of how to keep harmony between us - I know who the real boss of the house is and it's not me.

Peace out.

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Back Porch Break

by Nancy Brummett

Falling Afresh

It's been 60 years since I spent all day every day in a school building. And yet when September rolls around I get that "first day of school" excitement all over again. To me, September feels more like the time for a fresh start than January ever does. I have to rein in my shopping excursions this time of year, however, because I have a real weakness for new pencils and pens, lined notebooks, and everything else stores set out in their back-to-school displays. I'm still enjoying a purple folio I bought one year because...well, because it was purple with a purple legal pad inside. Who could resist?

Beyond the back-to-school feeling, however, are all the refreshing signs of change. My Virginia Creeper begins to take on shades of orange and gold. The tips of the leaves on the red maple behind our house hint at the bright ruby brilliance soon to come. And there's always that one day in the fall when the light becomes noticeably different. Rather than the sun beaming down with a harsh glare, a more peaceful, golden light descends upon our world. Such a beautiful and peaceful change.

And don't we need this season to recover from the hectic pace of summer and restore our souls to prepare for the winter to come? Maybe it's because we remember the chilling winds and icy roads winter brings that we savor every golden September day. Autumn days are just too precious and fleeting to spend them holding on to summer or fearing what's to come. Rather they bring an opportunity to take a deep breath or two, clip the last of the roses to bring in the house, and curl up on the back porch with a light blanket and a good book.

We hear a lot about New Year's resolutions in January, but fall is an even better time to reflect on the months of the year behind us and embrace changes that refresh us before we head in to the holiday season. If you find joy in decluttering your office or culling clothes from your closet, fall's the time to do it. If you want to replace the grab-and-go meals of summer with some hearty stews and soups or pumpkin-flavored everything, now's the time. Refresh family menus with some new recipes from those seldom opened cookbooks!

A praise hymn by Daniel Iverson contains the lyric, "Spirit of the Living God, fall afresh on me." I want to be still long enough this fall season to feel the renewal of the Spirit within me. Then I'll have a chance of falling afresh in to the new season with joy and hope.

Nancy Parker Brummett is an author and freelance writer in Colorado Springs, CO. Follow her on Facebook, Instagram and Linked In or subscribe to her blog posts at www.nancyparkerbrummett.com.

Rachel and Matthew zip-lining and Rachel in a garden on a recent trip.

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*One person will be drawn from the correct entries to be named as the winner in next issue.
The correct entry drawn from last issue was from Tracy Malenfant of Rhode Island.*

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by Annice Bradley Rockwell

Bringing in the Harvest
As the daylight hours slowly begin to shorten, we begin to shift our thinking toward preparing for the season to come. Our vegetable gardens are likely producing plenty at this point in the year, so taking our gathering baskets out to the raised beds is a country task that brings great reward. Our beans can be harvested to accompany a wonderful homemade meal, or they can be strung by hand and hung over the hearth to dry as a handmade garland to be enjoyed all year. Our heirloom tomatoes can be harvested right off the vine to make a perfect summer sandwich with some toasted homemade bread, creamy mayonnaise and salt and pepper. The abundance of our yield can also be canned to line our buttery shelves with the blessings of our harvest to be enjoyed all year long.

Our herb gardens can also be a huge source of happiness as we plan a morning out in the sun clipping and binding bundles of fragrant herbs to be hung inside to dry. They can be used for enhancing our fall meals or to brighten one of our country displays. Even an afternoon spent clipping wild blooms such as the bright mustard tansy, yellow goldenrod or the purple Joe Pye weed can provide us with plenty of natural elements to enjoy in the beautiful season of fall.

The Warmth of Home
The spectacular sunlight of September is truly a special gift. Although more fleeting than the sultry sun of summer, the beautiful days of early fall are to be enjoyed. Paired with the daytime beauty are evenings characterized by a crisp coolness. Nights come more quickly now, so our home's ambiance stands out as being even more welcoming and warm. Taking time to create warmth in our decorating is time well-spent. Early lighting such as a punched tin hanging lantern or a mirrored sconce casts an inviting glow to warm the corner of a colonial keeping room. An antique floor lamp with a deep red-checked shade can enliven a favorite reading spot for a cool fall evening. And candles such as Pumpkin Butter or Colonial Apple Butter can be used as part of a harvest centerpiece where both their subtle flicker and captivating scent enhance the mood of the room. Gorgeous large wooden trays or boxes in early surfaces like red or mustard can be enjoyed as a focal point for fall. Filled with part of our abundant harvest, it becomes a striking natural element that takes center stage.

Simple Country Joys
Planning a day to surround yourself with the full blessings of fall is a way to connect with friends and make memories to cherish. Wrapping a schedule around a festive fall event can be rewarding and fun. Fall festivals that include local farms and creative artisans can be enjoyed alongside a trip to our favorite antiques shops that might be hosting an outdoor show filled with great antiques, unique food trucks and decorative elements fresh-from-market to enhance our home displays.

This fall, savor the transition to those cooler, spectacular autumn days. Harvest the bounty of your gardening efforts and delight in the simple country joy of creating an ambiance that truly welcomes you home.

--Annice Bradley Rockwell is an educator and owner of Pomfret Antiques. She is currently working on her book, New England Girl. NewEnglandGirl2012@hotmail.com

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And the Winner is...

Our winner from last issue is Michele Calderone. Michele will receive a gift certificate to spend at Quaboag Book Shop in West Brookfield, MA. She shops there because "I love everything about used books!" Congratulations Michele.

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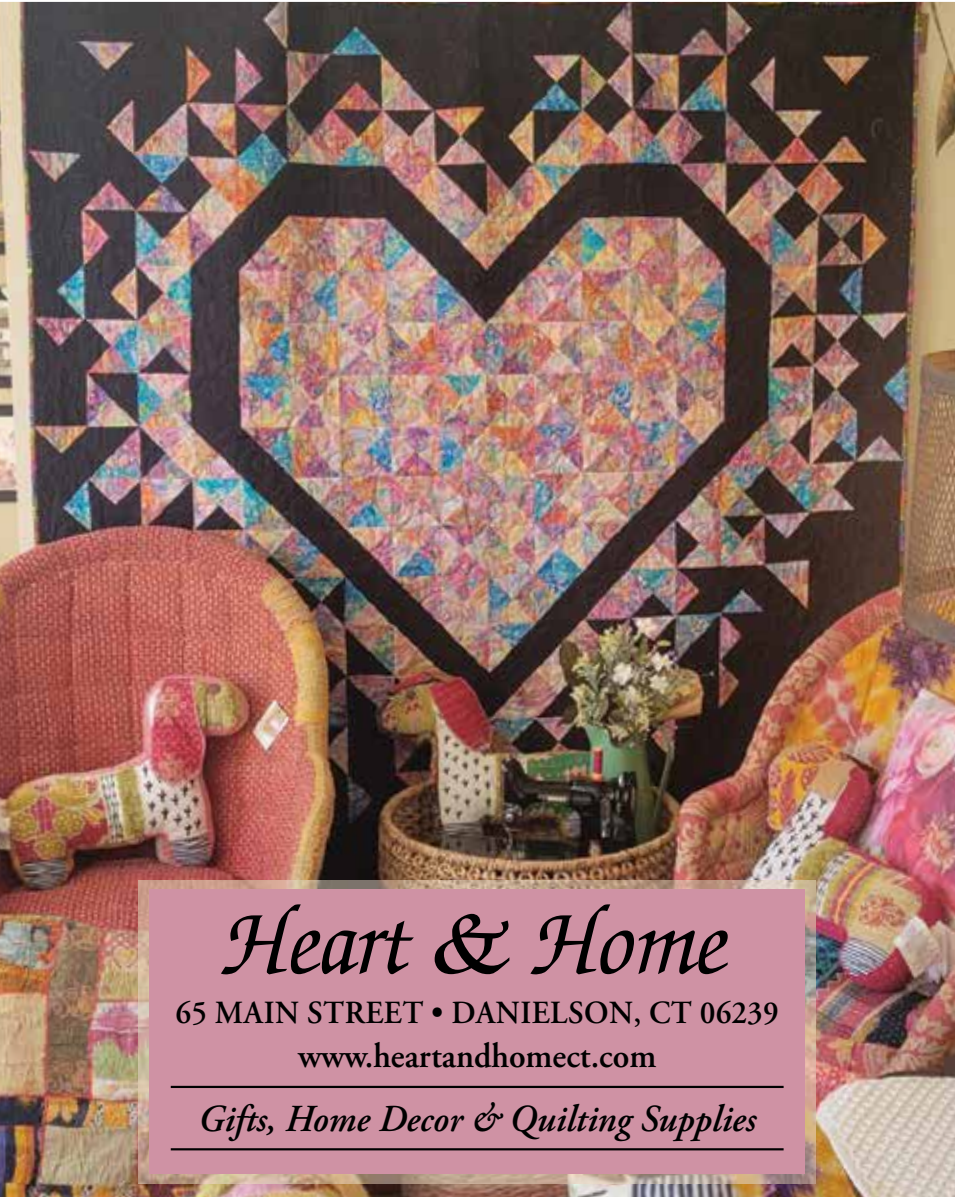
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Celebrate Fall

As the season transitions from summer to fall, what symbolizes the dawning of this new season? Is it the first frost or the chilly bite in the morning air that signifies it's time to pull out those warm bulky sweaters and socks, as you prepare to attend the first of the season's college football game.

In addition to the beauty that fall brings with the changing of the leaves, there is so much to do before the cold, crisp air of winter sets in. For example, perhaps one more camping trip where you can make s'mores over a smokey campfire. Or, go for a walk trampling over freshly fallen crisp leaves.

Why not go to an orchard to pick apples. Nothing is more fun for the children than to pick the apples and then go home to bob for apples. Or, why not teach the older kids how to make applesauce.

Then, there is a hay ride through a pumpkin patch, where you can pick a pumpkin or two to take home and decorate your front porch. Pumpkins provide a nice decorative touch with a splash of orange throughout the yard and house. What a nice decorative touch to add to your front porch or to any place you want that spark of orange.

Last, but not least why not go through a corn maze. The thrill of going through the maze without getting lost is something that you and your family will recall for years to come as memories are being made.

You know Fall has arrived when Fall beverages begin to appear at coffee shops, fast food places, restaurants etc. Drinks such as apple cider, pumpkin lattes and all things spicy, signify that Fall has officially arrived. And with the ever-increasing morning chill in the air, pots of home-made soup are a welcomed treat for your taste buds.

So, as you cuddle up in a cozy blanket or break out your flannel sheets – plan to enjoy this special season of the year. Come December or January, when the first snow falls, you will be glad you did. So,

CELEBRATE FALL

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

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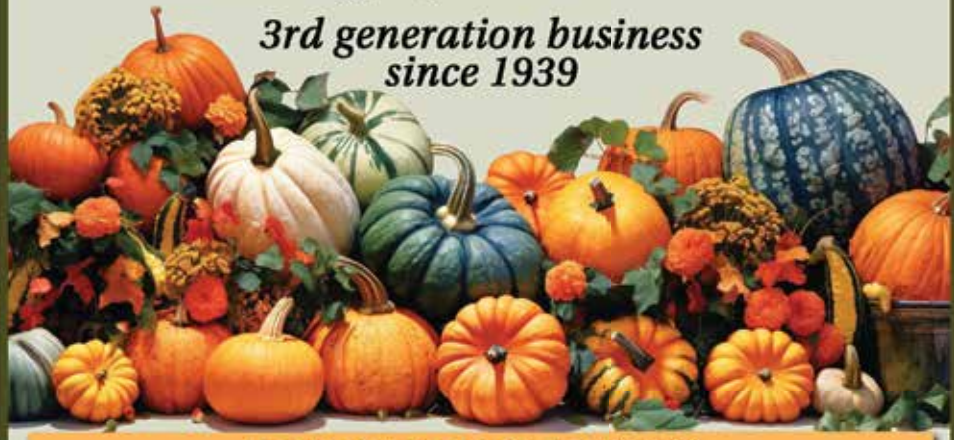
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This question is worth some time and contemplation.
The definition of contemplation is inspiring ~ concentration on spiritual things
as a form of private devotion ~ an act of considering with attention ~
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Contemplation about anything is pretty rare today. When was the last time you
spent a considerable amount of time thinking about anything? We live in a fast
pace world and we often want tasks or decisions to be resolved even faster.

GIRLFRIEND WISDOM
Find a comfy place and simply "contemplate" on one thing of your choice.
It might be a challenge ~ be patient with yourself ~ Give yourself some Grace!

Joy & Blessings, *Jody*

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

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About The Cover Artist
Nicole DeCamp

Nicole DeCamp grew up in a house full of her parent's creativity. Beds were warmed by the handmade quilts made by her mother and items such as furniture and stained glass made by her father. Someone was always creating. Nicole started as an artist at the age of 5, when her father sat her in a chair at their family-owned restaurant and allowed her to sell her work to the customers for 10 cents. Her elementary school friends would also pay her a small fee to draw pictures for them while on the playground during recess. It was during that time that Nicole knew what she wanted to do with her life...make her living by creating art and have her own business. She graduated from Indiana University, where she earned a bachelor's degree in





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graphic design and started her career as a graphic designer in the advertising industry. She spent 7 years creating websites and print related materials for large, nationally recognized clients but as an experienced artist as well, she missed drawing and painting.

As a result, Nicole transitioned and received her master's degree in Drawing and then spent 13 years designing and illustrating products for an international party supply retailer while starting her art licensing journey as a side business. In 2017 the talent, confidence and experience she developed there allowed her to branch out into having her own full time freelance design and art licensing business, ND Art and Design. She has created art for a wide range of retail products including decorative gift boxes, partyware, ceramics, fabrics and garden flags and much more.

Her work has also been featured on television and published in magazines including Food Network, People, Party and Paper, Total Licensing and Giftware News to name a few.

To view Nicole's art prints, go to www.PennyLaneFineArt.com or call 800-273-5263 for more information.

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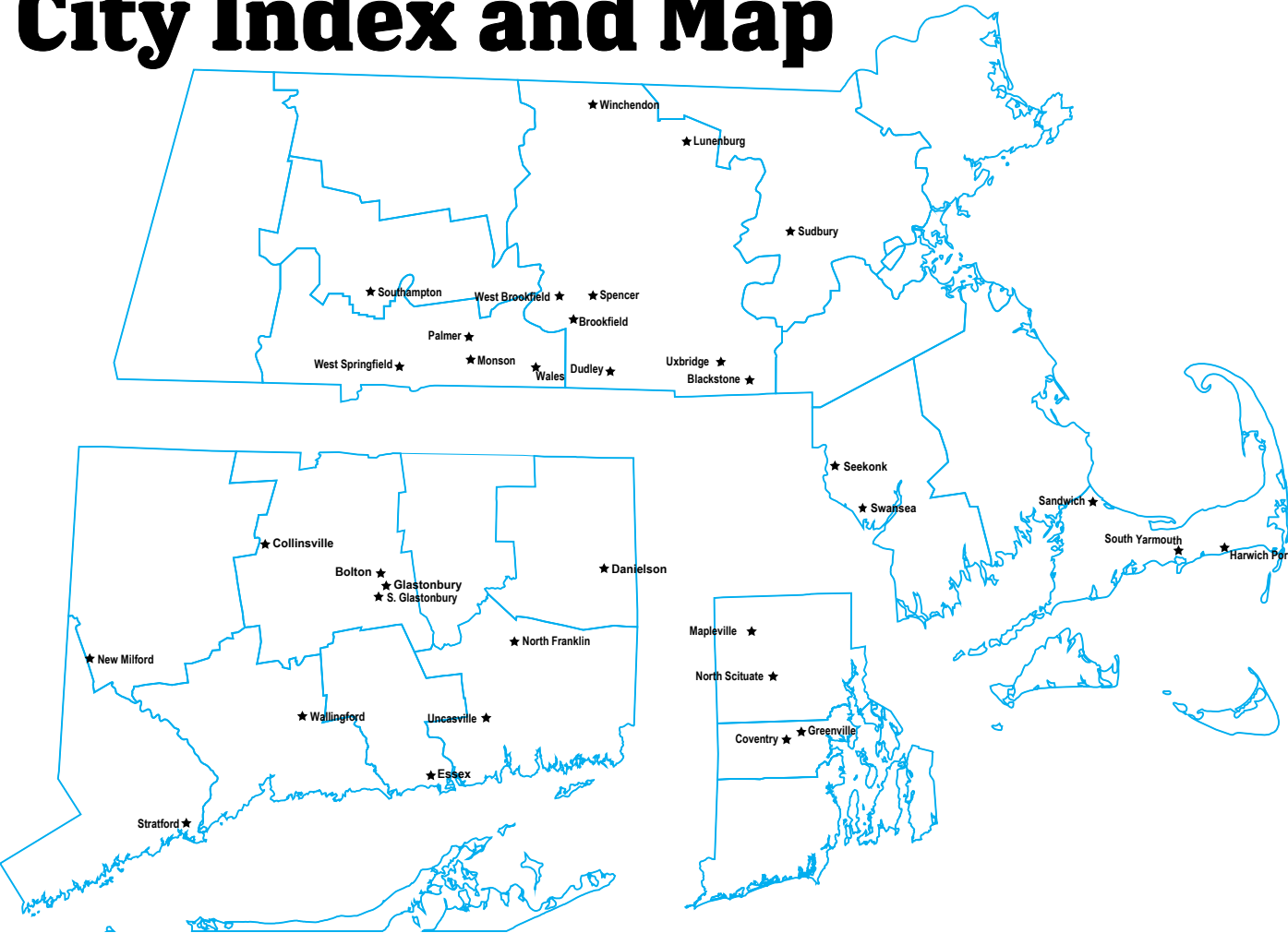
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KISSed Quilts

by Marlene Oddie

Design Ideas Sometimes Need to Percolate for...20 Years?

When presented with the new fabric collection from Frond Studios - Bells of Ireland distributed by Northcott, I immediately remembered a block design that I developed over 20 years ago. I fortunately found it in an old file cabinet and worked on creating it in Electric Quilt 8 to start playing with it on a larger scale – an entire quilt.

This collection has a beautiful canvas panel for bag making and a couple of different large print running yardage SKUs, but I chose to focus on the more color saturated SKUs combined in a way to make this beautiful Tartan—fussy cutting the printed tartan for the border.

This On Point Plaid pattern and the Bells of Ireland collection of fabrics are shipping to your local quilt shop now. If you need patterns, templates, fabrics and/or kits—please ask!

The possibilities for this pattern are endless. Find your favorite plaid color combination, a family tartan, one that works with your personal aesthetic or dream up your own.

I've written the pattern in such a way that you are making strata sets and then cutting and reassembling the entire block and the pieced setting triangles. The key is to get your color placement of the block correct so that with the sashings, cornerstones and the blocks it makes a continuous plaid.

Marlene Oddie, of Grand Coulee, WA, is an engineer by training, a project manager by profession, and a quilter by passion. At her quilt shop, KISSed Quilts, she quilts for hire on a Gammill Optimum Plus and especially enjoys designing quilts and helping create meaningful keepsakes. Fabrics, patterns, kits, and templates are available at kissedquilts.com. Follow Marlene's adventures on Facebook and Instagram.