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July/August 2023

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...shall not be construed to... Augustus 7

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The Country Register began in Arizona, in the Fall of 1988, to provide effective, affordable advertising for shops, shows, and other experiences enjoyed by a kindred readership. Since then the paper has flourished and spread. Look for the paper in your travels.

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Months July/August 2023

Volume 29 Number 4

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**Deadline For the Sept/Oct 2023
Edition is August 10th!**

City Listing

Alexandria.....16	Morton.....8
Blue Earth.....7	New Prague.....14
Braham.....18	New Richmond, WI.....13
Cook.....20	New Ulm.....8
Cloquet.....20	Oklee.....19
Detroit Lakes.....19	Owatonna.....9
Duluth.....24	Pipestone.....5
Eagan.....15	Richmond.....12
Eden Valley.....16	Rush City.....18
Hill City, SD.....19	Sandstone.....18
International Falls.....20	Sherburn.....6
Kiester.....7	St. Peter.....9
Lake City.....10&12	Wabasha.....10
Lone Rock, IA.....12	Wells.....7
Luverne.....5	White Bear Lake.....15
Madison, WI.....13	Windom.....4
McGregor.....22	Winona.....10
Menomonie, WI.....12	Worthington.....4

Special Events

June

1-August 31.....Row by Row Experience - Calico Cat Quilt Shop - Pipestone

July

12-15.....Party Express Shop Hop - Michele's Quilting and Sewing - Blue Earth

27-29.....Rock County Fair - Sewing Basket - Luverne

27-29.....Christmas in July - Quilter's Cottage - Kiester

28-August 19.....Quilt Minnesota Shop Hop - Various Shops

August

4.....Braham Pie Day - Braham

11-13.....Blue Earth Valley Expo - Quilter's Cottage - Kiester

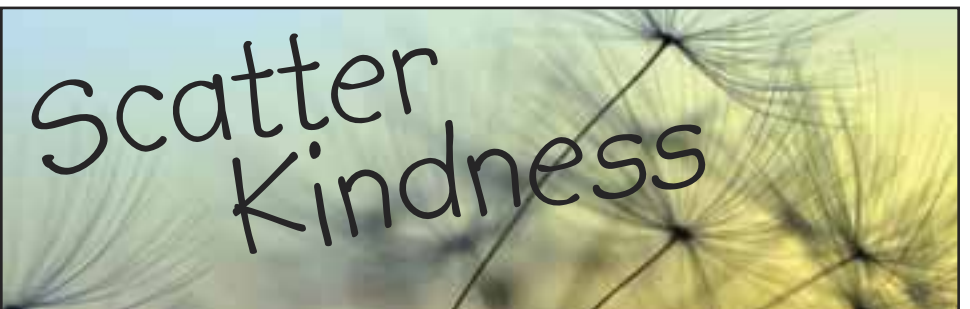
September

7-9.....The Great Wisconsin Quilt Show - Madison, WI

9-10.....Hill City Quilt and Fiber Arts Show and Sale - Hill City, SD

22-24.....Fall 2023 Quilt BusTrip - Old Alley Quilt Shop - Sherburn

22-24.....Fall 2023 Quilt BusTrip - Quilted Steeple - Lone Rock, IA



Minnesota's Guide to Specialty Shopping & Fun Events



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Happy Independence Day!

Your Shop or Event Would Fit Right In!




Our readers love to discover an eclectic mix of interesting shops and events...and they've been looking for YOU!

The Country Register of Minnesota

Where in Minnesota?

Somewhere in Minnesota the image to the right can be found. Where is it?

(Answer on page 20 of this issue)





This month in Minnesota History

July 25, 1917: In New Ulm, a group of at least 6,000 attends a rally at Turner Park to protest the policy of sending draftees of German descent to fight in World War I.

August 12, 1940: A tractor truck made by the Minneapolis-Moline Power Implement Company receives nationwide attention during army battle maneuvers at Camp Ripley. Soldiers would call it the "jeep."

From The Minnesota Book of Days (Minnesota Historical Society Press)

Back Porch Break

by Nancy Brummett

A Dust Bowl Perspective

This is my 46th summer in Colorado—and probably the first one about which I haven't complained. You see, having grown up in Tennessee, it's hard for me to accept that March is for blizzards, not blossoms. By the time May comes around and the grass finally starts to green up, I've pretty much given up on spring, and summer seems unpredictable at best.



But this year I have a new perspective! Due to reading the book *The Worst Hard Time: The Untold Story of Those Who Survived the Great American Dust Bowl* by Timothy Egan, I may never complain again. As I read through this riveting account of the dust storms that blanketed America's High Plains in the mid 1930's, I could almost taste the dust in my mouth. My heart went out to the women whose journals recounted day after day of dark skies, dust and silt seeping in around windows and cascading down walls—and year after year when the only difference between one season and the next was the temperature, because nothing ever grew, and everything was always coated with a thick coat of dastardly dust.

One woman, Hazel Lucas Shaw, was reported to have staged a silent protest as her house was coated with dust inside and out, yet again. She just put on her white gloves and sat perfectly still at her kitchen table. I understand.

Cattle choked and died in the fields during those years, unable to get their breath. More tragically, thousands of people died also, including many infants who succumbed to dust pneumonia in spite of having their cradles covered with wet sheets day and night. But like the pioneer women the century before, the women living through the dust bowl years were convinced tomorrow would be better. So they waited.

One thing they waited for was rain, but even that didn't bring relief. There was so much dust in the air that the rain fell like giant blobs of mud. And did I mention the swarm of grasshoppers that ate the few tiny sprigs that began to grow one spring—as well as devouring the wooden handles of any tools left outside? Plagues of Biblical proportions!

Reading through these hardships gave me a new perspective on our fickle but beautiful summers in Colorado. We may not have a long, productive growing season, but we do have hummingbirds, blue skies and cool nights.

As I'm writing this, an afternoon thunderstorm is rolling over the mountains and I know there's a good chance it will bring hail to decimate my plants. But that's OK! Should that happen this summer, I'll just collect the damaged blooms, put them in a little bowl, set the bowl in the middle of my kitchen table, and gaze at it with gratitude to God. Things could always be worse.

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.

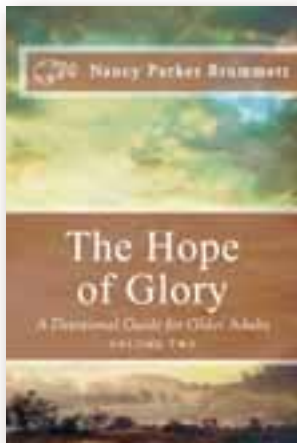
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From Columnist
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Become Inspired!

by Annice Bradley Rockwell
Summer's Proud Arrival

Summer days bring with them a sense of leisure and a longing for time spent enjoying the vibrant landscape that has sprung to life in vivid color. Quaint village towns proclaim their pride with American flags dotting their main streets and bright red geraniums filling the window boxes of the neatly tended Federal style homes. Summer has finally arrived. Town parades mark the season, and the sounds of fife and drum hearken back to earlier days. Young men alongside their elders are dressed in full colonial attire and fall into step as they remind happy spectators to remember sacrifices made for freedom. Antique cars polished and waxed to a high sheen for this spectacular summer's morning are filled with families dressed in straw hats and festive red, white and blue. Their happy waves are a true image of the height of our year.

SHORELINE STROLLS

Summer evenings also bring opportunities to celebrate and make memories. A stroll along a shoreline town with a warm breeze is a country treat made even more special with a stop at the local ice cream shop where the colorful, creamy flavors entice and delight. Boardwalks lit with radiant moonlight give us a chance to hear the waves up close crashing onto the shore with a stately lighthouse in the far distance still doing its work after over a century of use. And there is something about a warm summer's night that makes us not want it to ever end. We often find ourselves prematurely missing these long, leisurely days due to their fleeting nature. Perhaps this is what makes summer so special.

CAPTURING THE MAGIC

We are ever grateful for summer's arrival because it is a celebration of all of our best. Our proud towns, our beautifully tended gardens and our fun gatherings all seem to rise up to meet it and the result is pure joy. This summer, take time to make memories out of simple yet spectacular moments. Pursue outings that provoke patriotic pride. And as you feel the wonder of the season, capture that summertime magic, and share it with those you hold dear.



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

Time to Chill Out

by Colleen Gust
Colleen publishes *The Country Register of Manitoba & Saskatchewan*



With summer here, we'll all be using our fridges more between storing fresh produce and making warm-weather desserts. I'm old school (plus I grew up without air conditioning), so I try not to use the oven as much during heat waves, or at least only during the cooler parts of the day.

I told my hot coworker how I felt—he felt the same way, so I turned on the air conditioner (I still find my coworker hot even though we've been married a long time). Which brings me to the question, when a refrigerator and a microwave get married, who gives a speech? The toaster.

The invention of air conditioning is close to our hearts as it's a printing plant-related story. In 1902, the first modern air conditioner was invented by Willis Haviland Carrier, an engineer tasked with solving a humidity issue at a printing plant (pressroom) in Brooklyn, NY. Borrowing from the concepts of mechanical refrigeration established earlier, Carrier's system used the then-current baseline of mechanical refrigeration, sent air through metal coils filled with cold water. This cooled the air while simultaneously removing moisture to control room humidity. If you're familiar with printing, the paper is on a roll fed through the press. Excess humidity causes the paper to weaken and tear right off. Once this happens, the pressmen must remove the torn paper from the press (you'd be amazed how it can wrap itself around the rollers) and then refeed the paper (called a web) through all the rollers. A web break on a large press can shut down the operation for at least 20 minutes. Not an insignificant timeframe when the distribution vans are waiting.

Air conditioning has become a standard feature over the past decades. Did you know about 80% of households in the States have some sort of air conditioning? In Canada, this rate is closer to 60%—obviously, for many of us, we only have a couple of months to deal with the heat.

I do have a great joke that only air conditioners will get.—On second thought, I'm not gonna say it. I can already tell you're not a fan.

Artificial refrigeration has been around for centuries. In 1748, Scottish professor William Cullen demonstrated how rapidly evaporating a liquid into gas created a cooling effect.

Numerous inventors in the 1800s contributed to the modern cooling systems. This led to widespread commercial refrigeration by the turn of the 20th century for industries like breweries and meatpacking plants.

Fred W. Wolf invented the first home electric refrigerator in 1913, which was a refrigeration unit on top of an icebox. Mass production of home refrigerators took off in 1918 when William C. Durant introduced the first home refrigerator with a self-contained compressor.

The first home refrigeration units cost between \$500 and \$1,000—about the equivalent of \$10,000 to \$20,000 in today's dollars. Obviously home refrigerators were considered a luxury item during the first years of their use.

In the late 1920s, refrigerators were increasing in popularity in homes. Home refrigeration greatly expanded during the 1930s following the introduction of Freon™, a safer alternative to toxic gases previously used in the vapor compression process.

The fridge has undoubtedly been a game changer in households. No more getting ice for the ice box, plus the ability to store food at safe temperatures. Refrigeration started to gain popularity as the shift from rural to cities began, and people moved further away from food production, as not only do we have to store the food safely once it arrives at our home, there is a whole industry involved with refrigerated transit trucks to transport the food to market.

Refrigerators have had a slow and steady increase in features over the years. I definitely remember my mom (and now me, as I have her ancient fridge in my basement) having to defrost the freezer on the refrigerator. My mom used to yell, "Put the jelly in the fridge!" I replied, "There's no room!" as I tried to jam it in. My mom also couldn't keep the olives in the fridge. Because I always eat olive them.

Be prepared when opening the fridge, as you might see the salad dressing. We now have pull-out shelves, deli boxes, designated vegetable and fruit boxes, side by side, freezer at the bottom. There are even smart fridges available that can communicate with other smart devices in your home or include a family hub to keep the family organized or entertained. Which makes me wonder, if I download something illegal on my Samsung smart fridge, does that make it copyright in-fridge-ment?

If your fridge is tiny, what veggie should you avoid buying? The answer is any kind of fungi because they take up too mushroom.



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Designed by Kathy Graham

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- Quilted Sleeps



July 28 - August 16, 2023

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<https://www.quiltminnesota.com/southwest-region-sw.htm>

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Oh! So! Good!

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230 FIX Stop in for a visit at 230 Fix Coffee and Ice Cream Shoppe!

Pieces From My Heart
 by Jan Keller
 Color and Controversy

"Hey, you look like a jellybean—a bright red jellybean!" quipped a teenage friend, referring to the shiny bright red coat I was wearing.

"Don't you like it?" I asked, allowing my insecurity to surface.

"Yeah!" he replied. Then, after a big grin spread across his face, he added, "If the fire alarm sounds, you're all ready to go!"

I like my jellybean coat. When I first saw it, I was reminded of a cinnamon candy apple. Not only is the coat a vibrant and shiny color, but I got it for an incredibly low, low price. I was so proud of my lucky find it never occurred to me maybe the price was so cheap because nobody else would buy it.

Over the years I walked out the door wearing my jellybean coat countless times. I enjoyed my red coat because I felt totally alive, bursting with energy, and noticed—just like summer's beautiful bright blossoms in a myriad of colors that help make summer such a beautiful season!

An early trailblazer of women television personalities was Virginia Graham. Her "Girl Talk" program aired each weekday afternoon way back when I was a teenager. My favorite Virginia Graham quote is, "If you're going to be as big as a barn you might as well paint it a pretty color!"

Me? I think red is a very pretty color, and I wear red all year—not just when celebrating Christmas and Valentine's Day.

I consider red slacks basic to my wardrobe, and I can't remember a time when I didn't own at least one pair.

After recently buying a new pair of red slacks to replace my old faded red pair, I've been reassessing my thinking.

This reappraisal is due to the reaction of a friend who, after learning of my purchase, with a tone of astonishment commented, "I wouldn't own red slacks!"

"Why wouldn't you wear red slacks?" I incredulously asked.

"I'd feel so—so conspicuous!" she replied.

Since that conversation, I've been taking my own confidential survey by asking anyone and everyone, "Do you own red slacks?"

The results are in, and I've become aware that red is a very controversial color. Women either wouldn't think of wearing red or wear red and think nothing of it.

My final decision about personally wearing red shall remain confidential though noticeable and obvious!




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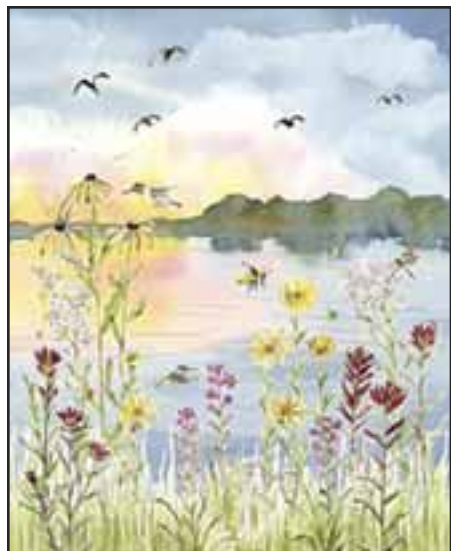
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The Power of Hope & Positivity

by Lesley R Nuttall

Who would have thought that being left-handed could be an advantage? Left handedness is determined in the womb. While only ten to twelve percent of the population are lefties, more are men.

Many have benefited in a positive way! The advantage has been in competitive sports; boxing, tennis, baseball, and martial arts because of how rare they are. As the left-handed use the right side of their brain more, it enables them to be more creative and intuitive, which gives them a higher level of imagination—art comes more naturally, as does multitasking.

A lot of famous left-handed have made their mark in history as musicians, artists, inventors, writers, poets, engineers, and actors. The list is long, but a few are Picasso, Mozart, Michelangelo, Mark Twain, Beethoven, Lewis Carroll, Babe Ruth, Charlie Chapman, Marilyn Monroe, Paul McCartney, Oprah Winfrey, Brad Pitt, Tom Cruise, Julia Roberts, and many Nobel prize winners. Albert Einstein was ambidextrous, and so was Leonardo Da Vinci. He was well known as a painter, but did you know that he was also an inventor? Over seventy-five inventions were reconstructed from his illustrations and writings, including the motor vehicle, helicopter, armored fighting vehicle, crossbows, and the parachute.

Of course, there are also many right-handed people who have accomplished the same but didn't have to contend with the negativity that lefties do. Centuries ago, the belief was that left meant sinister/evil. Many earlier U.S.A. Presidents were ambidextrous. For photos, due to the stigmatized evil shame, they always held their pen in their right hand. Some in the past few decades were also lefties.

Some children who were forced to use their right hand became ambidextrous, which was a positive advantage, while others became shy, anxious, had attention disorders, and stuttered. It is hard to believe children were punished for using the wrong hand. Some had their left hand tied behind their back or to the school desk or made to stand in the corner facing the wall. Others like me, were hit on the knuckles of their left hand with a ruler. It did hurt! Later in the 20th century, left handedness became less stigmatized, but the 40s, 50s and 60s were brutal for young children starting school. The challenge may have been hard but being positive made us stronger!

There are disadvantages to being left-handed. In the beginning, everything was geared for the right—scissors, vegetable peelers, hand can openers, and clothing with buttons or zippers as well as most tools. Today, we can still see so many things for the right—turning on our cellphones, keyboards with numbers on the right, credit card swipe terminals, even bank pens on the right. There are some opportunities now to purchase items made for the lefties.

As a leftie, I have always felt blessed, and never thought my left-handedness to be a burden. Now in my 80s, I am still able to write stories, poetry and sew. I still play my accordion since I taught myself at age 12. With the power of hope and positivity in my heart and soul, I will continue to feel blessed!

Left-handed International day is August 13th! Congratulations to all the left-handed who proved it could be done. Be proud of yourself!



Ann's Lovin' You

by Ann Stewart

Summer is . . .

Summer is an all-too short parenthesis between spring and fall that begins on Memorial Day and ends with Labor Day. If I could bottle summer moments to savor long after sunshine turns to rain and blue skies turn grey, I'd pick these. How about you?

Sliced homegrown tomatoes seasoned with salt
 Picking blueberries straight from the bush and into the mouth
 Raspberries from my brother's garden, sprinkled on shortcake and ice cream
 Watermelon chunks served in a colorful bowl
 The smell of freshly mowed grass
 Mist rising off the water as the sun rises
 An early morning water ski on a calm lake
 Farm-fresh sweet and juicy strawberries
 Impromptu gatherings with friends on sunny afternoons
 Serendipitous dates outside a coffee shop
 Fireflies lighting up the grass
 Blackberry stains on my fingers and mouth
 The squeals of children running through the sprinkler
 The sun warming your face as you lay in the sand
 Wearing shorts, flip-flops, and a casual tee-shirt
 Cantaloupe and honeydew scooped into balls
 Singing along with the Beach Boys while driving home
 A family reunion complete with hugs from long distance relatives
 Wiggle room in the work schedule
 The aroma of basil and mint lingering on my fingertips
 Margin instead of mayhem
 College kids home for a summer of sharing tales
 Whistles, horns, and cheering at the neighborhood swim meet
 Wet hair and no makeup or jewelry
 Late afternoon thunder and lightning storms illuminating the sky
 An early morning walk on the bike trail
 Dew dropped spider webs clinging to a tree
 A gentle breeze blowing through an open window
 Cutting a colorful array of wild flowers from my garden
 Savoring a stack of summer reads
 A return trip to a place you once called home
 Laying in a hammock reading until falling asleep to the rhythm of the swing
 Fourth of July sparklers and fireworks
 Dining alfresco while listening to a concert
 Barbecued hamburgers and chilled summer salads
 Having the excuse: "I'm on vacation"
 Two favorite flavors of ice cream in a waffle cone
 Iced sweet tea and lemonade after working in the garden
 Poolside chats and laughter as lights linger late into the evening
 The sun setting a brilliant purple and pink over the short hills
 Though June 21 is the official start of summer and September 23rd the end, let's extend the memories. Which summer experience can you savor long after summer is over?



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Red White and Blueberry Mug Cake

Ingredients:

- 1 box angel food cake mix
- 1 box white cake mix
- non-stick spray
- water
- 1 can blueberry pie filling
- 1 can cherry pie filling
- sprinkles: red white, and blue stars

Directions:

1. Combine the cake mixes in a gallon ziplock bag.
2. Shake bag to mix thoroughly.
3. Lightly coat the inside of the microwaveable mug with non-stick spray.
4. Stir together 3 tablespoons of the cake mix with 2 tablespoons of water.
5. Fold in 1 teaspoon of sprinkles.
6. Without mixing, add a heaping teaspoon of blueberry filling and cherry filling.
7. Microwave on high for 1 minute.
8. Top with cherry and blueberry pie filling and sprinkles.



Recipe by The Monday Box

My Little Feathered Friends

by Becky Van Vleet

Take a look at the wreath in the picture. Do you see anything other than the wreath itself?

Tucked behind my summer wreath has been a miracle taking place with my little feathered visitors. Mrs. Wren has been residing in the nest and Mr. Wren helped her build it. I was not too surprised when Mr. and Mrs. Wren came back to visit me again. Yes, they chose my wreath to birth their little chicks last summer as well.

Trying my hardest not to disturb them, I secured the chain on our front door and reminded hubby and grandchildren not to use the front door on the inside nor the outside. A feathered family will be birthed on our front porch I reminded the family, and they must not be disturbed.

Watching the process has been fun—the building of the nest, Mrs. Wren fulfilling her duties to rest on her treasured eggs—never complaining, the sweet chirping of the fledglings after they hatched, both mom and dad flitting away and darting back to keep their chicks filled with food, and then the flying lessons of the little ones. Talk about team work. My little feathered friends have nailed it!

The wee baby birds are totally unaware of the act of flight and the laws of aerodynamics, but they instinctively know they are born to fly. How do they know? They are God's little creatures and He designed them in this manner.

The sweet acappella songs from their carefree spirit I've heard from this family every morning for a few weeks have blessed me. I am surrounded by wars and rumors of wars, yet my little bird family knows nothing about the troubles of the world. They are just simply going about their business, singing every morning at the crack of dawn.

It doesn't matter the circumstances, birds still sing. I love how Maya Angelou puts it: "A bird does not sing because it has an answer, it sings because it has a song."

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



Hello Summer!



Search for the underlined words in the recipe in the word search below!

Easy Peach Cobbler

recipe courtesy of Trisha Yearwood

- Two 15oz cans sliced peaches in syrup
- 1/2 cup (1 stick) butter
- 1 cup self-rising flour
- 1 cup sugar
- 1 cup milk

- Homemade Whipped Cream:
- 2 cups whipping cream, chilled
- 4 tbsp sugar

Preheat oven to 350°. Drain 1 can of the peaches, reserve the syrup for the other. Place the butter in a 9x13 inch oven proof baking dish. Heat the butter on the stove or in the oven until it's melted. In a medium bowl, mix the flour and sugar. Stir in the milk and the reserved syrup. Pour the batter over the melted butter in the baking dish. Arrange the peaches over the batter. Bake for 1 hour. The cobbler is done when the batter rises around the peaches and the crust is thick and golden brown. Serve warm with fresh whipped cream.

Homemade whipped cream: Chill a large metal mixing bowl and wire beater attachment in the freezer for about 20 minutes. Pour the chilled cream and sugar into the cold mixing bowl and beat until it forms soft peaks, about 5 minutes.

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Find Your Art & Heart

—at Any Age

by Barbara Kalkis



While touring the Sierra Mountain foothills to see the sights, a friend and I made an early morning stop in a neighborhood known as “Old Town.” It is like many locations around the country. You know the ones—pockets of a city that harken back to days when things were made by hand, when markets carried goods in brands you thought were gone and lost forever, when restaurants were called cafés and the food was made to order and cooked in an oven not a microwave.

These sanctuaries welcome and nurture working artists and crafters who carve, paint, weave, set gems into unique jewelry, collect novelties or used books, and simply wait to chat with the next browsing tourist. Working artists possess all kinds of interests. That’s what makes every “old town” so alluring. Every nook and cranny bursts with creativity.

YNOT Starts a Business. Why Not?

My friend and I arrived well before most stores opened so we decided to explore the area’s landmarks and historical markers to while the time away. Later, we sauntered up the sidewalk until we came to an open doorway. It led down a long hall dotted with tiny shops. All were still closed except for one tucked into the end of the row. A simple sign said “YNOT”. The door was open. We looked at each other and shrugged. Like two Alices in Wonderland, we stepped into another world.

It was a dazzling realm of wild colors and textures. Paintings of animals, flowers, fields and landscapes filled every inch of the walls and narrow aisles. Each one was done in the three-dimensional style achieved by a palette knife. One vineyard scene drew the viewer into the painting to ramble between rows of grapes.

Suddenly, we heard a welcome. The artist had been quietly working on a painting and could not pause until he finished a section of his latest creation. As we commented on the beautiful works he had produced, he told us about himself. At age 77, he decided to take art lessons. He took one and instantly knew he wanted to be an artist. So he went home and told his wife that they needed to convert one of their rooms into his art studio. She replied, “Not here, you won’t.”

Her crisp retort made me think what Mrs. Columbus must have said when Christopher told her he had discovered a new continent and needed three ships—immediately—to cross the Atlantic Ocean to prove it. Or Joan of Arc telling her parents that she was leaving the sheep in the pasture—and home—to get the rightful man crowned King of France and, oh, by the way, lead the French army to boot-out the English invaders. Both seemed crazy. Both were successful.

Like Columbus and Joan of Arc, the artist pursued his dream. He leased the space we were in. He even named the shop after himself, with a small twist. Spelling his name backwards, the studio is called YNOT, a double meaning that captures his decision to start a new career. Now 83 years old, Tony spends his days blissfully painting.

Aren’t working artists like Tony inspiration for all of us? They prove that discovering what we love to do can happen at any age! They live the motto, “Do what you love. Love what you do.” They prefer happiness to sensibility. That takes real courage and effort. It may not bring wealth, but it makes us richer to follow the path of our heart’s delight. You can’t put a price on that.

©Barbara Kalkis. Barbara follows her heart writing, teaching, and consulting with high-tech clients. She’s author of Little Ditties for Every Day: A Collection of Thoughts in Rhyme and Rhythm. Contact her at BarbaraKalkis01@gmail.com.

Country Register Recipe Exchange Fresh Tomato Salad



submitted by Patti Lee Bock of New Ulm, MN

- 4 yellow tomatoes, chopped
- 4 red tomatoes, chopped
- 2 cucumbers, peeled and chopped
- 1 red onion, thinly sliced
- 3-4 sprigs fresh basil, chopped
- salt and pepper to taste
- 1 cup vinaigrette dressing
- Garnish - fresh basil

Combine all ingredients in a clear glass bowl. Serve immediately at room temperature. Garnish with basil.



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Country Register Recipe Exchange

Apple - Ham Grilled Cheese

submitted by Shirley Ross of Alexandria, MN

1 cup chopped tart apples	8 slices sourdough bread
1/3 cup mayonnaise	8 slices American cheese
1/4 cup chopped walnuts	4 slices cooked ham
1/4 cup softened butter or margarine	

Combine the apples, mayonnaise and walnuts. Butter one side of each slice of bread. On the unbuttered side of bread, place a slice of cheese, 1/3 cup apple mixture, a slice of ham and a second slice of cheese. Top each with remaining bread slices, buttered side up. Brown sandwiches in a skillet or panini maker over medium heat, turning once, until golden brown and cheese is melted.

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September 7, 8 & 9

The 9th Annual Great Wisconsin Quilt Show, held in Madison on September 7-9, will welcome quilting enthusiasts to the Alliant Energy Center in Madison on September 7th, 8th and 9th. The event hosts quilt lovers from across Wisconsin and throughout the United States to create, learn about and celebrate quilts.

Presented by PBS Wisconsin and Nancy Zieman Productions, The Great Wisconsin Quilt Show is the ultimate adventure for quilters of all skill levels. The central attraction is the ten-category juried and judged Quilt Contest exhibit showcasing the incredible talents of quilters from across the country. Featured quilts range from traditional sizes and shapes to innovative pictorial quilts.

Additional exhibits featured at the event showcase other quilt challenges completed by Show participants, including the Modern Mini Quilt Challenge, the Kids Quilt Challenge and a themed quilt challenge. This year's theme, "Back in 1973," takes quilters back in time. All quilts must represent the fashion, pop culture, music, art, decorating styles, colors, kid's toys and/or quilt designs from 50 years ago.

Also included are more than 100 educational lectures and workshops led by expert quilters; shopping opportunities from trusted vendors featuring the latest fabrics and notions; and a community service project, Quilt to Give, for which attendees donate their materials and skills to create quilts for those in need.

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For more information about The 9th Annual Great Wisconsin Quilt Show, visit: quiltshow.com, email: quiltshow@pbswisconsin.org or call 866-297-6545. Ticket sales and class registration open July 10.

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Life in Skunk Hollow

by Julie A Druck

Sweet Summertime Memories



Aren't memories such a gift? I am so thankful that we were created with the ability to remember, to retain and recall memories. Oh, I know, not every memory is a good one, yet how marvelous it is to be able to "go back in time" and meander through sweet memories.

A flood of such memories never fails to wash over me on my once-a-month walks back through the neighborhood where I grew up. I had the joy and privilege of living next to my grandparents. Their home was one of the first houses built in a brand-new development in the early 60s. At the time, the neighborhood was known as Brigadoon after the wonderful old story of how an idyllic Scottish village was visible only one day every hundred years. My grandparents made my childhood feel like Brigadoon. With memories of Valentine making, sleep-overs in the back bedroom under the old quilt, New Year's Eve gatherings with apricot nectar punch and little sausages cooked in grape jelly, lessons in typing and cross-stitch, and board game playing in the basement, my grandparents wove a spell of magic and safety and joy for my sister, Jenna, and me.

On a recent walk through Brigadoon, I was reminded that summertime was an especially rich season stuffed full of fun doings: Playing garage "down back" as we rode our bikes around the driveway and stopped to fill up with "gas," using the long leaves of the mimosa tree for money. Sitting on the screened-in porch on summer nights, playing cards with my grandparents and smelling the incredible fragrance of that same mimosa wafting on the evening breeze. Taking turns riding in the wheelbarrow on the return trip of dropping off mown grass in the meadow. Spending afternoons in their cool, dark basement where Jenna and I would dance to music from their 8-track player while our little disco ball went round. Smelling my grandmother's raspberry pudding baking in the oven, jam-packed with the wild raspberries that we picked in the woods across the creek with my grandfather.

I could go on and on as each memory I pull out reminds me of another and yet another. What a privilege it is to give a child the gift of sweet memories. When my own grandchildren come to our little house now, we spend lots of time baking and crafting and reading and nature walking. And as we do, I often find myself thinking: I'm creating memories for them to treasure, just as my grandparents made for me. And it's a blessing all around. But you know, I can't decide which is sweeter: re-living my own childhood memories or making memories for my own dear grandchildren?

MAMMAW'S RASPBERRY PUDDING

- | | |
|----------------------|-------------------------|
| 1 egg | 1 C. sour milk |
| 3/4 C. sugar | 2 C. flour |
| 1 T. butter, melted | 1 qt. black raspberries |
| 1/2 tsp. baking soda | |

Preheat oven to 350 degrees. Grease an 8x8" pan. Beat egg and sugar until fluffy. Add melted butter. Dissolve baking soda into milk. Then add milk to batter, alternating with flour. Fold in raspberries. Bake for 45 minutes or until golden brown and done through. Serve warm or cold with or without milk poured over. Store in frig. (NOTE: My grandmother also made this as a cherry pudding with a quart of cherries she bought at the farmers' market. Also, I've made it with blackberries—I suggest increasing the sugar by 1/4 cup if you do.)

Julie Druck is from York, Pennsylvania, and writes from her farm in Skunk Hollow. She'd welcome your comments at thedrucks@netzero.com.

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Brain Teasers

A man is looking at a photograph of someone. His friend asks who it is. The man replies, "Brothers and sisters, I have none. But this man's father is my father's son."

Who was in the photograph? *His son.*

I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I? *A map.*

You see a boat filled with people. It has not sunk, but when you look again you don't see a single person on the boat.

Why? *All the people were married.*

What disappears as soon as you say its name? *Silence*



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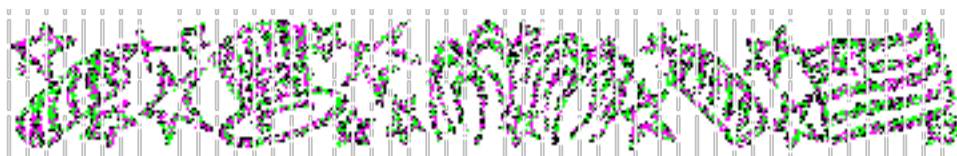
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Jams and Jellies

by Judy Sharer

Do you have a favorite jam or jelly, or do you, like me, enjoy them all?

Growing up, I was the child who helped Dad pick berries. My other sisters were afraid of snakes and, "That's the girls' job," my brothers would say to get out of work. I didn't mind picking berries and I wasn't afraid of snakes. Dad and I would take our pails and be off. We always picked in the mornings when it was cooler.

Dad knew just where to go to pick each kind of berry, and what time of year to pick them so they were perfectly ripe. Blueberries were my dad's favorite. He called the jam that Mom and I made with them 'liquid gold'. Everyone in the family knew when a jar of blueberry jam was open, Dad got first dibs.

After a morning of picking, when we got the berries home, it was my job to fill the sink with cold water and wash the fruit. I remember standing on a step stool to reach the sink.

After measuring, sweetening, and cooking, I remember listening to make sure each jar lid popped which meant they were sealed.

When Dad retired, he planted blueberry bushes, red raspberries, strawberries, and grapes in the back yard. Also, there was a crabapple tree, and we made jelly from that fruit every other year. Crabapple wasn't a favorite.

Today, my cupboard is always filled with three or four kinds of homemade jams and jellies. My favorite, you might ask? You guessed it—blueberry. Dad's favorite is my favorite too! Spread on a hot biscuit, scone, or topping a scoop of vanilla ice cream, the warm memories of picking with my dad and cooking with my mother come flooding back.

Why not make some jam and jelly memories of your own this year?

—Judy Sharer is the author of a historical western romance/family saga series titled *A Plains Life*, published by The Wild Rose Press. All four books are available online wherever books and eBooks are sold. If you're a quilter, you'll enjoy Judy's series with a thread of quilting throughout the story. Visit Judy's website judysarar.com for more details.



Chipso Soap Was Early Blessing

by Rachel Greco

Before there was a laundry soap called Tide, there was Chipso, the first laundry detergent advertised as "doing the hard work" for the modern housewife.

Chipso, created by Proctor & Gamble, appeared in the 1920s and was popular until 1946, when P&G's newest detergent Tide became an overnight sensation, causing sales of Chipso to die off.

Originally produced for commercial laundries, Chipso was touted as a flake brand in a box that promoted the use of safe suds for washing. The company was quick to note its mildness, declaring that it was soft on the hand and did not contain lye. As a result, it did not deteriorate clothing. It was good for woolens, silks, and dainties, and it did not fade colors.

Soap powders at the time Chipso became popular tended to form into balls, whereas the new product was made into chips that easily dissolved in water. Magazine ads in the 1920s and 30s promoted Chipso as a "new dirt-loosening method" that made "light work of washday!" These ads described how women had to loosen the dirt before they could remove the dirt in clothing. They stated that by not having to manually loosen dirt on washboards, Chipso could be used to soak clothing. After soaking, women who used Chipso merely had to squeeze the dirt away.

Declaring that by washing "the Chipso way," a housewife would save time and energy. Ads also promoted the fact that in hot water Chipso became instant suds. They soaked clothing clean, and made washing dishes take one-third less time.

Chipso was made at P&G factories in Ivorydale, Ohio, Kansas City, and Port Ivory, New York. Before gaining popularity, Chipso had been part of a lawsuit brought by a company whose product was called Chase-O. Chase-O claimed Chipso was too close in name to their product. The outcome of the suit must have been favorable to Chipso because the product continued to be sold from the 1920s through the 1940s.

When Chipso first came onto the market, laundry could take as much as two to three days to complete. 1920s-era housewives used washboards, beaters, brushes, prolonged soakings, and pre-treatment. They used boilers to boil the clothing, wringers to get water from the clothing, and clotheslines for drying everything. This made for back-breaking work. Since Chipso made everything so much easier, it is no wonder that the product became so popular.

One unfortunate set-back for Chipso was that the compounds in the product included phosphates which threatened drinking water supplies and commercial fisheries. As a result, phosphates were banned from use in the 1970s and Chipso was no more.

Rachel Greco owns Grandma's Attic, a traditional quilt shop in Dallas, Oregon. A quilt historian and avid reader, she gives talks on needlework, the role of women in American history, and their connection to fabric. Rachel has written several books and patterns and runs Grandma's Quilt Club, a monthly quilt class where participants collect quilt block kits, learn about quilt history, and make new friends. Contact her at <https://grandmasatticquilting.com>



Country Register Recipe Exchange Rhubarb Pork Chop Bake

submitted by Shirley Ross of Alexandria, MN



4 bone-in pork chops (1/2" thick)	3/4 cup packed brown sugar
2 tbsp vegetable oil	2 tbsp flour
1 1/2 tsp fresh rosemary or 1/2 tsp crushed, dried rosemary	1/2 tsp ground cinnamon
salt and pepper to taste	1/4 tsp ground allspice
4 slices bread with crust removed	2 1/2 fresh/frozen rhubarb (cut into 1/2" pieces)

Brown the pork chop on both sides with the oil. Sprinkle with rosemary, salt and pepper. Combine the rhubarb, bread cubes, brown sugar, flour, cinnamon and allspice. Spoon 1/2 of the rhubarb mixture into a greased 11 x 7 x 2 baking dish. Top with pork chops and remaining rhubarb mixture. Cover and bake in 350° for 25 minutes. Uncover and bake 5-10 minutes longer or thermometer reads 145°

Happy 4th of July!

Summer Foods Facts



Watermelon is part of the cucumber, pumpkin, and squash family and consists of 92% water. On average, Americans eat 15 pounds of watermelon annually.

Between Memorial Day and Labor Day, Americans eat over 7 billion hot dogs.



Popsicles were accidentally invented by an 11-year-old boy in San Francisco in 1905. He left a glass of soda sitting outside and by the next morning the soda had frozen. Cherry is the most popular flavor in the U.S.

July is National Ice Cream month. Americans eat an average 20 quarts of ice cream a year. Vanilla is the most popular flavor, with chocolate coming in a distant second.

Americans will eat 150 million hot dogs on the 4th of July. That is enough to stretch from Washington DC to Los Angeles more than 5 times!

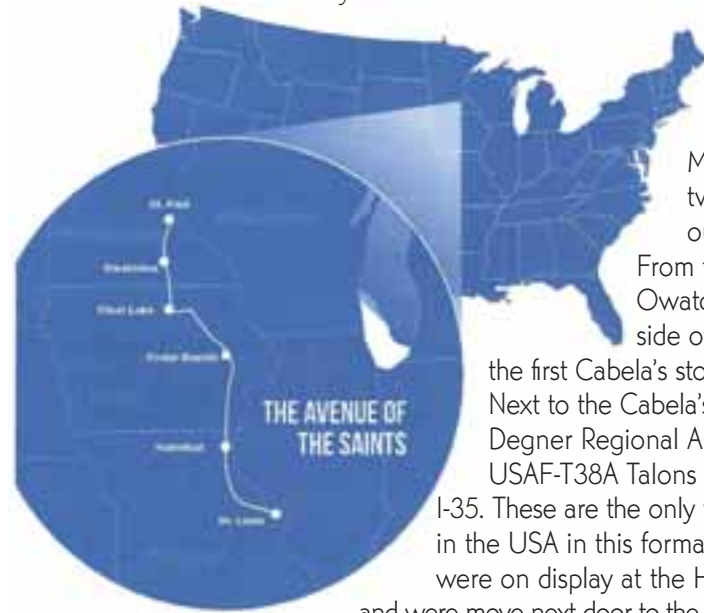


August 10th is National S'mores Day. The first known S'mores "recipe" was published in the Girl Scout handbook in 1927.

An average strawberry contains about 200 seeds.

Traveling the Avenue of the Saints

By Carl & Denise Wieman



Part one of "Traveling the Avenue of the Saints" took us from St. Paul to the Mall of America. In part two we will continue our adventure south!

From the MOA we head to Owatonna. On the north side of Owatonna is home to

the first Cabela's store outside of Nebraska. Next to the Cabela's store is the Owatonna Degner Regional Airport which has three USAF-T38A Talons at the entrance along I-35. These are the only three that are on display in the USA in this formation. They originally were on display at the Heritage Halls Museum and were move next door to the airport after the museum

closed in 2001.



From Owatonna you will head south to Clear Lake, IA, home of the Surf Ballroom. This is the ballroom where Buddy Holly played his last tour, during the 1959 Winter Dance Party Tour, featuring Buddy Holly, Ritchie Valens, J.P. "The Big Bopper" Richardson, Dion & The Belmonts and Frankie Sardo. It was this fateful show that made the most lasting mark on the Surf Ballroom, when the plane that was flying from Clear Lake to Fargo, ND crashed outside of Clear Lake.

On January 13, 2021, The U.S. Department of the Interior designated the Surf Ballroom a National Historic Landmark, recognizing its enduring role in the history of American music. The Surf is Iowa's 27th National Historic Landmark.



The Avenue of the Saints heads east from Clear Lake towards Floyd, IA, home to a great restaurant that serves home cooked meals. Rick's Wagon Wheel Restaurant is just off the Avenue. This place may take a little longer to get your meal than some of the fast food places, but you will enjoy it much more.

This area goes through some flat farm land before heading back south to Waterloo, where they have the John Deere History Museum. You will enjoy the free museum even if you never lived on a farm. The museum has many interesting items along with the history of the company. There are several more museums in Waterloo, pertaining to the history of the city and its people.



Waterloo has the first stop lights since leaving St. Paul, MN. Even though there are stop lights, the road is still either 4 lanes or more for the entire length to St. Louis, MO. As you go through Waterloo, the stop lights give you a chance to slow down and relax a little from the open country road.

Heading south to Cedar Rapids, IA, the land turns to a rolling country side, as it follows the Cedar River and eventually crosses the river in downtown Cedar Rapids. Cedar Rapids has a few museums of different cultures, such as Czech, Slovak and African American. From Cedar Rapids, you can head east for about 25 miles to Anamosa, IA to the National Motorcycle Museum. It has many very old cycles on display as well as a 110 year old airplane. Some of the old bikes are on loan from owners and rotate, so every time you go, there may be different bikes to look at in the museum.

Join us next time as we travel from Cedar Rapids, IA to the end of the Avenue of the Saints in Saint Louis!

GIRLFRIEND WISDOM



Friendship truly is a Golden Thread that ties our hearts and souls together. If you and your friend have trust, equality, compassion, honesty, and independence, you already have the foundation of a strong and healthy friendship. It often takes time and effort to foster deep, and meaningful friendships. Time is a key element here - a quick check in - a text message, "Thinking of you today - have a great one!" It all adds up in deepening a heart-felt friendship.

GIRLFRIEND WISDOM:

Send a quick note to a friend today - maybe you will get one in return and you will have a great day too!

Joy & Blessings, *Jody*

Girlfriend Wisdom is written by Jody Houghton®. For color files of this writing contact Jody at: jodyhoughton@msn.com or www.JodyHoughtonDesigns.etsy.com

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Summer & The Specter of Holiday "Bots"

by Barbara Kalkis



Aah... summer! The glorious days we spend frolicking in July. The languid, lazy August nights that refresh us like no other time of year: Picnics, BBQs, family vacations, reunions, days at the beach, camping under the stars. It's in these deliciously long hot days that a crafter's mind turns to Halloween, Thanksgiving and Christmas.

Yes, the kids need clothes and shoes for school, but let's keep our priorities straight. Summer is the perfect moment to think about new designs for quilts, wall hangings, decorations, greeting cards, handmade gifts in handmade packaging. Holiday crafts and tasks require focus, concentration, preparation, planning. There's even a competitive element: spotting trends, comparing notes with friends, grabbing the perfect fabric—or paper—and patterns in stores, as well as getting everything done on time. Compared to this challenge, the kids can dress themselves. (Just kidding...sort of.)

The festive days from October through December used to be known by their colors: orange, gold and black for Halloween; burnished browns, haystack hues, and pumpkin-pie colors for Thanksgiving; and red and green, silver, white, and gold for Christmas. No longer. New colors have invaded traditional color palettes. White and green pumpkins decorate front porches; angels herald Christmas in bubble-gum pink; and beady-eyed elves sport aqua uniforms.

The bottom line? Days in July and August may seem luscious and long, but they're not. June had the longest day and it's gone. Time's a wastin' and so's daylight. It's enough to boost blood pressure readings and require mantras and yoga breathing.

Welcome the New World of "Bots." But wait! Not to worry! New technology has arrived to simplify your life. Crafting will soon become easy and carefree, thanks to a team of high-technology geniuses. Men. (Did you need me to tell you that?)

A computer software application ("app") in development aims to become your personal robot—or "bot" for short. The bot can perform many tasks: write, research, analyze, synthesize, personalize information, and much more. (Sort of like the butler I've always wanted, but without the British accent.)

Bots can search and find massive quantities of information—called "data"—stored in computer databases around the world, analyze it, and deliver it on your computer screen.

You're a crafter, an artist—what's in it for you? More than you think. Let's say you want a quilt with a rose pattern. Type the words, "Show quilts with rose patterns." The bot will scan databases of designs, select ones with roses and display them on screen. You can select one design or combine designs to create a new look. You can change roses to sunflowers or daisies, add birds or trees, and elect your own color palette or quilt size. You can tell the bot to perform changes until your ideas come to 'life' on your computer screen.

Technology fans believe bots simplify design processes, save time and research, offer ideas we wouldn't have had, and even inspire creativity.

What Bots Don't Do. Bots are a type of technology known as "artificial intelligence." It's important to remember that term because bots are not intelligent. Their intelligence is man-made; artificial. They gather data from various sources and spew out what has already been thought of and shared in some form with the world. We humans just pick and choose what we want. Bots cannot discern, so they may provide information that is incorrect, incomplete, biased, or misleading.

Creativity is a human talent. True art communicates emotion. Thinking and brainstorming are uniquely human gifts. Crafting in all its forms demonstrates intelligence that cannot be machine made. Bot or butler? I'll take the butler.

©BarbaraKalkis. Barbara follows her heart writing, teaching, and consulting with high-tech clients. She's author of *Little Ditties for Every Day; A Collection of Thoughts in Rhyme and Rhythm*. Contact her at BarbaraKalkis01@gmail.com.



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Secluded in the Northwoods, this park contains pristine lakes and is home to black bears, nesting eagles, wolves and moose. Stands of white and red pine trees tower over the birch, aspen and fir trees. Located just south of the Boundary Waters Canoe Area, the park shares a similar wilderness quality. Explore miles of shoreline by canoe. Swim at the beach, picnic in the shelter building, or fish for walleye, bass, crappies or trout. Trails in the park connect to the Taconite State Trail and offer snowmobilers, skiers and hikers plenty to enjoy. Rent a three-bedroom guest house or camper cabin any season of the year.



This beautiful northern forest park is dotted with lakes that make it a canoeing and fishing paradise. Small, clear trout lakes are set in a rugged terrain and give

visitors a look at scenic beauty.

Bear Head Lake has breathtaking view of a serene, undeveloped northern lake. More than one three-pound walleye have been caught right from the small dock! Bring your own watercraft or rent one from us!



Norberg Lake is on of the parks two designated trout lakes and conveniently located by the hiking paths. If you're looking for brook trout, this is where to go!

Cub Lake is the other designated trout lake. A little off the beaten path, it provides an even more secluded experience.



Blueberry Lake has the most remote backpack sites. If you arrive at the right time of the year you'll discover why the lake has been named after a berry!

The park offers all the campsites you could hope for. 73 drive-in Sites, 45 electric sites, 4 backpack sites, 2 canoe sites and accommodations for up to 50 people at group sites. There are also two accessible camper cabins that sleep five and three other cabins that sleep six. All are located in the campground.

Information from www.dnr.state.mn.us/state_parks. Visit the website for more information, pictures, hours and fees.



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COUNTRY REGISTER RECIPE EXCHANGE

French Silk Pie



*From Colleen Gust, publisher of The Country Register of
Manitoba/Saskatchewan*

Colleen considers this pie a classier chocolate pudding pie, as it's not as sweet. A friend's husband really enjoys this pie. We supplied dessert for his birthday one year, and I had to bring two pies!

- | | |
|------------------------------------------|------------------------|
| 1 baked graham cracker crust | ½ cup butter, softened |
| ¾ cup granulated sugar | 1 tsp vanilla |
| 2 oz. semisweet baking chocolate, melted | 1 Tbsp cocoa |
| 2 eggs | |
| WHIPPED TOPPING | |
| 1 cup of whipping cream | 2 tsp granulated sugar |
| ½ tsp vanilla | |

- Chocolate curls for garnish (or grated chocolate)
- Cream the butter, sugar and vanilla. Add in the melted chocolate and cocoa.
- Mix well. Beat in the eggs, 1 at a time. Beat for 5 minutes at medium speed after each addition. Pour into the graham cracker crust.
- Chill for at least 4 hours.
- Beat the whipping cream, sugar and vanilla together until stiff.
- Spread over the pie. Garnish with chocolate curls.

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Make Your Own Cheese

by: Rebecca Suerdieck



18th Century Receipt for Lemon Cheese from *The Cookbook of Unknown Ladies*

This technique dates back thousands of years and can be used with today's homogenized and pasteurized store-bought cow's milk. (Lactose-free cow's milk or goat's milk can be used with great success to make lactose-free cheese.) Results are a creamy soft, spreadable cheese - similar to Ricotta. This cheese can be used in sweet recipes such as cheesecakes or blintzes, or in savory recipes such as lasagna or crab dip.

Lemon Cheese

Ingredients:
 1 gallon whole milk
 1 c. lemon juice, fresh or bottled
 salt, to taste



Equipment needed: heavy bottomed stock pot, immersion thermometer, colander, cheese cloth (or flour sack towel).

Warm the milk slowly over medium heat for about 15-20 min. A thin film will develop across the top surface. When the film covers the entire top surface of the milk and there is movement of air bubbles trapped under the skin, check the internal temperature. Once the temperature is 175-185° F, remove the milk from the heat and add the lemon juice. Stir one time and then let it rest for 15 minutes. You will see the curds separate from the whey. Let it rest for another 10-15 minutes to set the curds.

Strain into a colander that is lined with a tightly woven cotton cloth or cheesecloth. Let it rest for at least 15 minutes, until it stops draining. You can also put the corners of the cloth together and hang to collect the curds.

Add salt and season to taste. Great served in recipes, or as is on crackers or pita wedges.

Recipe yields about one pound of cheese (about the size of a softball). Can easily be cut in half or doubled.


Photo: *The Cookbook of Unknown Ladies*, a handwritten collection of 18th Century receipts. Curious recipes and hidden histories from Westminster City Archives.

Rebecca Suerdieck is a Historian and Educator from Williamsburg, Virginia, who shares untold stories and forgotten skills of Virginia's past, in person and online. She is currently writing a cookbook that will feature modern recipes adapted from those used in the 18th Century. A digital download of the entire book is available on the website for \$6.95. Website: www.homemadelemoncheese.com. Email questions to homemadelemoncheese@gmail.com.

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This giant colorful serpent sits lakeside at Serpernt Lake in Crosby. It was installed in June 1977 at Crosby Memorial Park and stands 20 feet and weighs 2,500 pounds.



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The Continuity of Grace

by Kerri Habben Bosman

On this overcast day, I am sitting contemplating Grace. The framed photograph of an old man praying hangs above my roll-top desk in our living room.

The old man prayed from their dining room while my husband Wayne and his siblings were growing up. He prayed after everyone left home and had families of their own. Perhaps he prayed harder during sad times when grace was needed most. Maybe he prayed more as grandchildren, great-grandchildren, and in recent years, great-great grandchildren came along. He prayed through all the sunshine and through every storm.

He is praying right now as I study him. As he always will. For grace, not just Grace, continues on.

The original photograph, Grace, taken around 1918 by Eric Enstrom, was originally black and white. It depicts a peddler named Charles Wilden, who lived in a sod house in Bovey, Minnesota. On the table in front of him is a loaf of bread and a knife to cut it, a bowl of gruel, and a dictionary. (It has been interpreted as a Bible, but the original prop was a dictionary.) On top of the book are the old man's glasses, lens side down as if he tossed them there in exhaustion or frustration. In 2002, the colored version of the photograph became the official state photo of Minnesota.

Our rendition of the old man praying lived for generations on the dining room wall in a home in Wisconsin. The piece was an anniversary present to Wayne's parents from his Aunt Tootie and Uncle Jack when Wayne and his brothers and sister were young children. My mother-in-law is now 102 years old and for some years has been asking everyone in the family what they would like from her home someday. Some items have already been moved, and others have designations on the back. Wayne asked for the picture of the old man and Mom first offered it to us over two years ago. We didn't take it then because there would be a blank space on her wall. On a more recent visit, he had been taken down and replaced by a framed cross-stitch piece. Thus, the praying man journeyed south with us to North Carolina.

One definition of grace is "unmerited divine help or strength." It is there before we are even aware of it. It is there when we can't feel it and it leads us back to ourselves if we've forgotten the way. It reminds us to set down the luggage of life when we are carrying too much. It is there through uncertainty and hardship. And grace is with us always, as with the old man prays on.

Each person inclined to prayer has his or her own method. For me, prayer is simply about breathing out and breathing in, all the while being grateful for being alive. To place everything on the table that you've been carrying and set aside the weight of the world. If I look at the old man's tossed eye glasses first, I sense his release of expectation and casting aside of his burdens. I study his face as he prays. I see that he has journeyed to the core of himself and what truly matters. His steadiness reminds me to stand still, savor every breath and say thank you for grace.

Before every meal together, Wayne and I hold hands and pray silently. When we visit Mom, each evening before dinner, we take hands and say the same blessing that the family has always said. While the prayer may be said by rote, the words themselves are imbued with meaning. These moments of grace shared together permeates to who we are and how deeply we love.

All the while, the old man prays on.

Kerri Habben Bosman is a writer in Chapel Hill, NC. She can be reached at 913jееves@gmail.com.



Did you know?
It takes 23 gallons of
water to produce one
pound of lettuce!

Making Memories

by Deb Heatherly

School's out for the summer and, as my husband Phil and I watched a bus load of kids excitedly exiting the bus with various shouts of "no more school" and "hurray for summer," we began a conversation about our childhood memories of summer break.

Mine included trips to the beach with friends, sleep overs, family trips to Gatlinburg, fishing with my dad and getting up early to beach-comb for shells when the tide was just right, swimming in our pool, and having family cookouts in the backyard. I can remember that excitement of the last day of school and looking forward to what the summer days ahead would bring. I cherish each of those memories and can't help but smile when I think of them.

During this conversation, I found that my memories are quite different from Phil's. I grew up near the coast and he grew up in the mountains. This gave me pause as I guess I always assumed that, as kids, we all did the same types of things.

To my husband, who was born and bred in the mountains, summers of his childhood took on an entirely different meaning from mine. His summers were spent working many long hours in the garden to prepare for the winter. Then, when work time was over, he was free to go camping on the mountain with friends in an old abandoned cabin. He recalled doing crazy things that boys that age find amusing.

As Phil told me about the pranks he pulled on his friends, I was left in tears because I was laughing so hard. All I could think was I'm sure my mom was glad I never thought sticking a Pepsi bottle in a fire to see how long it would take to explode sounded like a good idea. Or that trying to pull a sleeping bag out from under a friend while he slept—like you see magicians do to dishes on a tablecloth—was a smart thing to do. Let's just say that it worked and his friend stayed asleep until he got cold sometime later. It's a wonder that the laughter of the others did not wake him because I can image these boys were pretty impressed with themselves.

It's funny "grown up" summers are very different. Now, it's our grandson Luke with whom I long to make memories. He is our daughter Tarrah's son and they live several hours away so we must squeeze in as much as possible in the precious few days we are together. When here, I know that Luke and his Poppy—as he calls his grandfather and I'm Maggie—will go fishing, just like I know we will all go to play miniature golf and eat at a local restaurant that he and his Poppy call "Skinnies." Of course, that is not its real name and this is a joke between the two of them.

Depending on the weather, we might spend a few hours tubing down the river and we always go to a movie if there is something playing that interests him. We will do as much as we can in the time he is here because this grandma knows that in a few short years everything will change. Before we know it, Luke will be off to college. Then, in the blink of an eye, he'll find his soulmate, get married, and start a family of his own.

What is my hope? It's that one day he and his wife will be watching excited children exit the bus for the last time in a school year and he'll say to her, "What are your favorite memories about summer as a kid?"

Once she shares her memories, I hope he will say, "Well, let me tell you about spending time in the mountains of NC with my Maggie and Poppy. I remember I once wiped my shoes on Poppy's back when we were fishing because I got goose poop on them and Poppy just laughed. And once when I was tubing down the river with Maggie and my mom, Maggie killed a ginormous spider. One time we planted magic jellybeans and the next morning they had grown into lollipops. And we cooked hotdogs outside over a fire pit and made s'mores, too! And...and...and..."

My wish is that there are a lot of "ands" in Luke's story and that the memories we make now will make him smile for many years to come.



Deb Heatherly is a designer for Creative Grids® rulers and the author of eight popular pattern books. You can contact her at Debscatsquilts@aol.com or call the studio, Deb's Cats N Quilts Designs, at 828-524-9578.



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Random Acts

by Maranda K Jones

Two Scoops

"Vanilla, please." I will pick vanilla every single time. My favorite flavor may be the simplest, but it always makes me happy. And ice cream does make me happy! The happiest and simplest summer moments involve ice cream.

Once you have put away the gardening gloves that spent the sunny day pulling weeds, moving rocks, and watering flowers, you wipe the dust off your face and wash your hands. "One scoop or two?" is music to your ears as you grab a spoon for the two scoops in the bowl. Pop the top on the chocolate syrup and pour it on. Cut up strawberries before you sprinkle the sweet treat with black pepper. Add a little whipped cream to the top and enjoy the perfect sundae. The chocolate and strawberries add sweetness to a full day of play. The cool creaminess feels like the perfect pay for a hard day's work.

My sister and I often helped outside, much like mentioned above. When we were too young to fight over who would drive the riding lawn mower, our mom enjoyed the time on the tractor, and we pulled weeds out of the rock bed. Then one of us would get distracted by the kittens playing with the leaves, telling the other to watch. We'd pull a long stem of grass and extend our arm toward a fluffy feline, offering it as a toy hoping to entice a kitten into our laps for some cuddles. Then the mama cat would remind the kittens they were barn cats in training and not pets. Duchess would carry the kittens by the scruff back to the litter and teach them to hunt. We watched and listened to her communicate, correct, and coach her babies with amazement and admiration at their hunting instincts. We filled her bowl with milk, an ice cream sundae in feline form.

While feeding the cats, we would feed the dogs too. Giving them time to eat before the next game of fetch, we would scoop and rake to make sure they had a clean yard to play in. And us too! After putting the shovels back in the garage, we passed by the ball bin and grabbed a basketball. We aired it up and gave it a test bounce before starting our game of "horse." We both loved to dribble and shoot, so we never needed reminders to practice. Dad always managed to squeeze in a game or two, getting us to spell H-O-R-S-E before he did, and then he would go back to his D-I-Y projects around the house.

Mom parked the mower and picked green beans from the garden. We snapped the ends while she ran the water and prepped the rest of supper. Dad soaked and lit the charcoals before adding the burgers to the grill. We ran through the sprinklers to cool off and clean off before sitting down on the patio together. To the west we could see the sun stretching down toward the mountains behind the freshly mown field. At the table we could see the family who worked and played together, sitting down for a simple meal. We talked, laughed, and enjoyed our cookout. As usual, as we were finishing up, my dad asked, "What's for dessert?" And as usual, my mom answered, "We have ice cream!" Then with his best waiter skills, Dad took orders for flavors and amounts. "One scoop or two?" And I always picked vanilla.

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Revisiting A First Love

by Barbara Polston

You know me as a quilter, but quilting was not my first love. Many years ago, I was a practitioner of counted cross-stitch embroidery. Counted cross-stitch, for those unfamiliar, is a form of embroidery worked on even-weave fabric. Following a pattern chart and using designated colors, cross stitches are wrought over the fabric weave. Extremely detailed images can be created with these tiny crosses and a rainbow of color.

I loved this work and took time, almost daily, to stitch on my current project. Until, that is, I reached my 40s and, as happens to us all, my eyesight started to change. I found it almost impossible to look at the pattern and then quickly refocus on the stitching. It became so frustrating! It was no longer fun. It was no longer relaxing. I wanted to throw my work against the wall!

I prefer to have projects to fill spare moments, preferably making something lovely. Chatting with my mother, I expressed my dismay at my cross stitch, and cross-eyed, challenge. She suggested I try quilting. The rest, as they say, is history.

Quilting has brought friends, travel, and opportunities to combine my writing skills with the celebration of quilting. It has been a pleasure to win a few awards along the way and see my quilts published in a variety of books and magazines.

Recently, I started following a cross-stitch pattern designer on Facebook. Her designs are intricate samplers and her posts always amusing. Several of my quilting friends follow her as well; some stitch her designs and one has turned a design into a stunning quilt. Chatting with one of my like-minded friends, we agreed that, if anything could get us to cross stitch again, it would be this designer's patterns.

This thought took hold. Maybe, if I worked in just one color of thread, gridded off my fabric so that I would place stitches with more surety, and used magnification, it could work. I decided to give it a go and ordered up my selected pattern, fabric, embroidery floss, and needles. A bit nervous, I prepared my fabric and dove in.

Here's something that I didn't consider. I now wear progressive bifocals. What a difference! I find I can glance at the pattern and look back at my stitching effortlessly—like I'm 30 years younger! I'm stitching a bit almost every day and overjoyed with the progress I'm making. I had forgotten how much I loved this activity.

Does this mean quilting is a thing of the past? Have I returned fully to my first love? At this point, I can't say for sure, but, maybe a bit more embroidery and a bit less sewing—at least until the current project reaches completion.

©Barbara Polston, Tucson, Arizona, April 13, 2023

Barbara Polston, the author of *Quilting With Doilies: Inspiration, Techniques, and Projects* (Schiffer Press, 2015) and *Meet Puppy Brian and Puppy Brian and the Grey Cat* (www.puppybrian.com), lives in Tucson, Arizona, where she has failed at retirement, but getting more time to stitch in a variety of forms. Contact Barbara at barbarapolstonquilter@gmail.com.



Maranda Jones' new book **Random Acts**
is now available at amazon.com

The book includes her reader-acclaimed articles from the last decade

Happy Independence Day!

COUNTRY REGISTER RECIPE EXCHANGE

Strawberry Pretzel Slice



From Colleen Gust, publisher of The Country Register of Manitoba/Saskatchewan

Colleen says she's a salt person over sweet, and using the pretzels is such a different base. If you don't feel like making this with pretzels, a graham cracker crust would work fine.

BASE

2 cups crushed pretzels (about 8 oz/225 g) 3/4 cup butter, melted
3 Tbsps sugar

In a bowl, combine the pretzels, butter and sugar. Press into an ungreased 13x9 baking pan. Bake at 350°F for 10 minutes. Cool

FILLING

2 cups Cool Whip®
1 package (8 oz/225 g) cream cheese, softened 1 cup sugar

In a small bowl, beat the cream cheese and sugar together until smooth. Beat in the Cool Whip. Spread over the pretzel crust. Refrigerate until chilled.

TOPPING

1 pkg (6 oz/170 g) strawberry jello 2 cups boiling water
32 oz/900 g frozen, sliced strawberries, thawed 1/2 cup sugar

Dissolve the gelatin in boiling water in a large bowl. Stir in the strawberries and sugar. Chill until partially set. Carefully spoon over the filling. Chill until firm, approx. 4-6 hours.

OPTIONAL: Top with additional Cool Whip and pretzels.

Free Pattern



Free Embroidery Pattern – May not be sold or used for commercial purposes. Use this pattern for embroidery, wool applique, punch needle or rug hooking, painted projects or whatever your imagination can dream up! Reduce or enlarge pattern as desired.

For more fun and creative inspiration visit: www.JacquelynneSteves.com



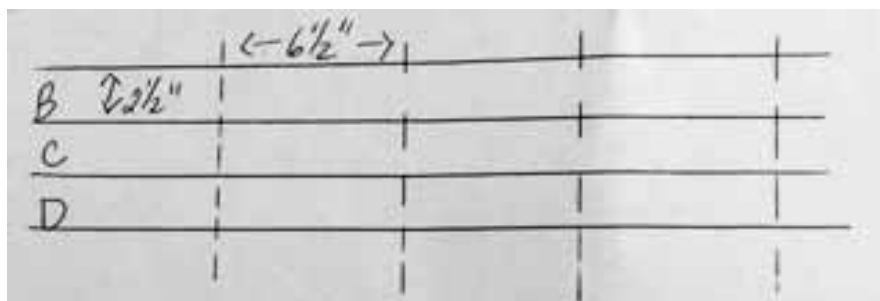
Part 3 of 3

Make sure you have pressed all of your seams well. Now we add the borders. MEASURE YOUR QUILT

Border 1: Using Fabric A -

Cut 1 1/2" strips of Fabric A. Sew together so get the length you need to make a border. Sew to the sides first and then press toward the border and MEASURE again and add border to top and bottom.

Border 2: This is a pieced border using 2 1/2" squares. From Fabrics B, C, and D, cut 2 1/2" strips. Sew these together lengthwise to make a fabric strip set. Press seams toward the darker fabric. Square up one end and sub-cut into 2 1/2" X 6 1/2" sections. Sew 4 of these together. The pieced border will probably be longer than side of your quilt. PIN it in place and adjust as necessary. Again, attach the sides first and then the top and bottom.



Border 3: Using Fabric E Cut 2 1/2" strips to make your final border. Press toward E. Quilt as desired. Fabric A was used for Binding.

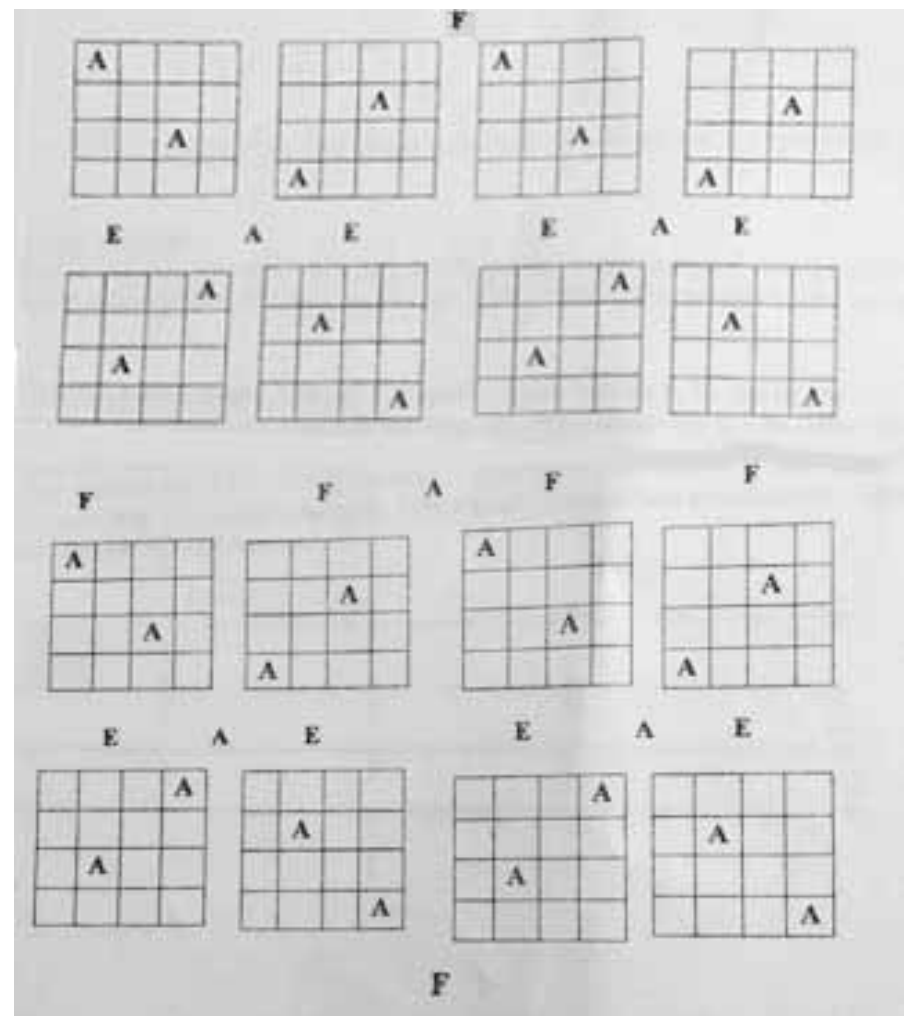
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