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July/August 2024



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The Country Register

Minnesota's Guide to Specialty Shopping & Premier Events



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Special Events

July

2-13.....	Gimmie 5 Sale - Quilted Steeple - Lone Rock, IA
4.....	4th of July Celebration - Morton
13.....	Rope Bowl Class - Up North Quilt Shop -International Falls
16-31.....	Christmas in July - Quilted Steeple - Lone Rock, IA
17-20.....	Party Express Shop Hop - Michele's - Blue Earth
18-Aug 20.....	Crazy Days - Quilt Haven on Main - Hutchinson
22-Aug 17.....	Customer Appreciation Party - Quilt Haven on Main - Hutchinson
24-27.....	Rock County Fair - The Sewing Basket - Luverne, MN
26-Aug 17.....	Quilt Minnesota Shop Hop

August

2.....	Braham Pie Day - Braham
7-9.....	Renville County Fair - Bird Island
16-18.....	Blue Earth Quilt Expo - Quilter's Cottage - Kiester
19-24.....	Moving Sale - Highland Quilting - Sauk Centre

September

26-28.....	Our Quilting Legacy Quilt Show - Des Moines, IA
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October

3-5.....	Junk Bonanza - Shakopee
5-6.....	Celebrating Our Stars Quilt Show - St. Cloud

Lake City

Become Inspired!

by Annice Bradley Rockwell

Long-Awaited Days of Freedom

The long-awaited days of summer arrive in often brilliant fashion. We are drawn into the captivating essence of this season of freedom that seems to always have something in store if we are open to it. Radiant mornings filled with sun and almost cloudless skies start our days off on a relaxing note as we listen to the beauty of the call of the ospreys or the rhythmic washing of the waves onto the sandy shore. Days off might find us in shaded solitude reading a recommended book from cover to cover in one sitting. Planned day trips with friends offer us a much-needed chance to reconnect and recharge with happy conversation over a delicious light lunch followed by a cool woodland hike.



SPECTACULAR SEASON OF SUMMER

Our weekend getaways to a quaint coastal town spark our curiosity and the anticipation of the trip reaches its peak as we journey forward with all new things in store. Family-owned lobster shacks, offering clam chowder and hot, buttered lobster rolls on perfectly weathered picnic tables are an afternoon treat not to be missed. Fully packed antiques shops dot the main streets and overflow onto the sidewalks on these happy, sunny days. Patriotic flags adorn the streets along with vibrant, deep red geranium blooms filling each storefront window box. The spectacular season of summer is in full swing and for that, we are grateful.

MIDSUMMER NIGHTS

After a fun-filled day of antiquing, ducking into local boutiques and maybe even dipping into the ocean for a refreshing swim, we can sense the mid-summer night still has gifts to give. Reserving a table for two at a dockside restaurant to soak in the views of the fishing boats coming in is a promise worth keeping. As you enjoy a seaside meal, the daylight finally gives way to night, but not before giving you its explosive farewell. The summer sunsets seem to light the sky on fire as a grand finale to an ideal summer day.

Perhaps it is their fleeting nature that makes these days of summer so precious to us. When we embrace the fact that we have a hand in creating them, we can envision and design memorable moments that hold the power to fulfill us and keep us connected to all that we love.

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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Country Register Recipe Exchange

Easy Kabobs with Sausage and Zucchini



16 oz package pre-cooked sausage
4 small zucchini
2 red bell peppers

1 small red onion
1/4 cup Newman's Own Classic
Oil and Vinegar Dressing

Cut the zucchini, peppers and onion into same-sized pieces. Make sure the zucchini is slightly smaller than you'll cut the sausage. Put the vegetables into a ziploc bag and pour in enough Italian dressing to moisten all the vegetables. Let the vegetables marinate for an hour or so or even all day. Brush or spray the grill with non-stick spray and preheat grill to medium heat. Cut sausage into chunks, about 5 pieces per sausage. Drain the marinated vegetables. Thread vegetables and sausage onto skewers. Grill kabobs over medium heat for about 15 minutes.



Show us your finished projects!

Tell us all about a project you are proud of! Send in a picture and be featured in a future issue of The Country Register!

Photo and project details can be emailed to:
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
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While manners and etiquette differ between cultures,
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either to a stranger or a friend - is a smile. Right? It carries the
qualities of appreciation, value and honor. Such a quick and easy
response or statement with huge rewards for both yourself
and the receiver. I've been adding one more phrase,
"Thank you - for your kindness".
It is just a little extra -
GIRLFRIEND WISDOM!



Joy & Blessings,


Girlfriend Wisdom is written and illustrated by Jody Houghton®.
For color files of this writing, contact Jody at: jodyhoughton@msn.com

A Quilting Legacy – 'Then and Now'

by Judy Ann Stupak

Wow. What a change. Mom quilted from the mid-1970s to the late 1980s; I picked it up 20 years later. The reason I didn't start earlier? Time & space. Who has months to work on the same project? Who has the space to have a quilt spread out for months on end? I did not realize how much things had changed. I did not realize you could make a quilt in a weekend and have someone else take care of the space issue for you.



What has changed? All of mom's quilts were cut with scissors; I have rotary cutters which are far more accurate and much faster. She did not have specialty rulers; I have many- some are large, others small. Some cut curves, squares, diamonds, hexagons, triangles, or jewel shapes. Beside scissors, her only notions were pins and a measuring tape; I have many—all designed to improve efficiency and the look of the final product.

Mom's closest fabric store was 15 miles away; a trip to the city, over 3 hours away. The store did not just sell quilting cottons and notions like many stores do now. It had fabric for all occasions—baby, bridal, Sunday dresses, and denim for work wear. But it didn't even just sell fabric. It sold ready-to-wear clothes for all ages and all sexes. It sold shoes, hosiery, accessories, toys, and craft supplies. A real general store. Needless to say, the selection of fabric available for quilting was limited at best, so most of mom's quilts were made with cottons from bargain bin bedsheets. In contrast, I have access to beautiful fabrics. Some already pre-cut and matched. If I need a quilt quickly or if I can't make color theory work for my quilts, it doesn't matter. Someone else has done the work for me. In addition, I can buy the fabric anywhere—at one of the local shops, at a quilt show, whether it be in my travels, or on-line from anywhere in the world.

Mom made each quilt from start to finish. She drafted the pattern, cut the fabric and quilted the layers. I have many options. If I don't want to draft my own pattern, I can look through magazines or books. I can go on-line for free patterns, or purchase one and instantly download it. I can quilt it myself, I can rent a long arm, or I can contract it out. Her first quilts were sewn on a treadle sewing machine. She was so excited when she got her first mechanical sewing machine! Now, almost all machines are computerized and come with larger throats and specialty feet. Many quilters have more than one.

Mom learned English along with the rest of us as we went through school. By her second decade in Canada, her circle of friends and activities had expanded. One of her favorite outings was the monthly quilting bee at church. Most ladies in the community did not work, so the outing was a great opportunity to socialize, and the group included women of all ages. Most often the quilts, made of scraps and recycled garments, were donated to charitable causes. Quilt groups everywhere have continued the rich tradition of donating quilts to a cause. Families affected by fires or floods, women in shelters, children in hospitals, Alzheimer patients, just to name a few. As soon as a need is known, quilts are being donated.

The quilting group was Mom's only source of quilting education. She loved being exposed to new ideas. She always came home inspired. She was eager to try everything new. In addition to quilts for charity, they also made a quilt for each child as they graduated from high school and went away to college. Mine was done in a new pattern someone had come across—the Bowtie block. It was white with bowties of pink and purple. Made of Fortrel. For a while every quilt mom made was done in bowtie blocks. It was the only block she knew. Then there were the "Precious Moment" blocks done in liquid paint. There were whole cloth quilts. There were quilts edged with Prairie Points.

Now, there are hundreds of blocks, hundreds of patterns, and hundreds of ways to share information. I can attend classes locally, watch TV programs or go on-line for information. I can learn from professional quilters who come to us or I can go to them. I can meet with quilters in another town, or another country. I can take quilting cruises or tours anywhere in the world. There really is no limit to what we can learn or the friends we can make. There are quilters, quilt shops, and other sources of inspiration the world over.

I still have three of the quilts Mom made. As a wedding gift she made us a quilt in white with matching pillow shams. She drafted the pattern, hand stitched it, and crocheted the binding around the edge. The quilt has three roses in each corner, with cross-hatching in the center.

The winter before her stroke, Mom made a quilt for each of her 13 grandchildren. They were very basic, but reflected her style—a combination of a print and solid, made of bedsheets, stitched in the ditch, with one layer of echo stitching.

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Where is it?
(Answer on page 15 of this issue)



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Life in Skunk Hollow

by Julie A. Druck

What's Inspiring You Right Now?

Our youngest son, Eli, and I have lately taken to sending each other our monthly inspiration list. It all began several months ago during a phone conversation. He told me that he had recently been enjoying asking various people the question: "What's inspiring you right now?" He was intrigued to hear all kinds of responses and proceeded to share with me what was on his own inspiration list. I loved the question, and it got me considering what I would add to such a list. That led to keeping a little notebook and writing down whatever was inspiring me for the month which I then began to share with Eli.

This simple practice has resulted in some interesting discoveries. One being that things that inspire me aren't always things that make me necessarily want to go out and do something. Yes, there are times when seeing a beautifully decorated cupcake in a shop spurs me to go home and bake. And sometimes reading an inspiring biography ignites a desire to be a better person. But Eli and I have discovered that sometimes an object or animal or person or idea simply inspires you in the moment without further need of action. I know that doesn't fit the typical definition of inspiration being "a process that mentally stimulates one to do something." But sometimes inspiration is simply the beauty of a moment in and of itself. Inspiration has this way of enriching your life without necessarily requiring anything beyond that. And that enrichment leads to yet another discovery which comes from recognizing what inspires us, and that is: gratitude.

When one begins to list things that are inspiring, one simultaneously ends up creating a list of blessings for which to be thankful. Eli and I have included all sorts of things on our lists: herons and bees, cupcakes and Beatrix Potter, touring historic homes and going to yard sales, sunsets and alligators, the beauty of watching people do what they are gifted at and going to a jazz concert. All these things and dozens and dozens more are all things for which we can give thanks. And one's heart is always in a better place when it's living in a nearly continual state of gratitude for things that inspire one's life.

Lastly, we've both realized as we look for inspiration, that the practice itself is inspiring. Why? Because it drives us to pay attention. Looking for inspiration helps us to be present, to be fully in a moment. It makes us hone in on things and consider what's meaningful and enlightening and thought-provoking and joyful. And that links to yet another definition of inspiration: "the drawing in of breath." Inspiration is the very air we breathe, and I for one am thankful for the thousands of things every day that make me sigh with contentment and joy. So I dare you to start paying attention to what breathes life into you. And I'll get you started by asking: "What's inspiring you right now?"



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Alice the Rooster

by Tammy Page

My daughter, Amanda has hatched chicks in her classroom for many years. She orders them and gathers the incubator and supplies, and takes it to her first-grade classroom for the children to experience the birth of a baby chick. She handles the eggs ever so gently and teachers her students to do the same. They take turns turning the eggs, checking to make sure the incubator is working properly and learning about the life stages of becoming a full-grown hen.



Once the chicks hatch and are big enough to go to their new homes, some children have begged their parents to bring one home, and if it's not to be, Amanda takes them home to add to her own brood. She's always had a few each year to add to her existing chicken population. She diligently fusses over them, putting them in their own carrier to keep them safe from the fussy hens in the chicken coop. The hens tend to pick on the new ones letting them know who's boss in the hen house. And, it helps to keep them safe from any other thing that can get to them before they get old enough to defend themselves.

You never know what color or breed of chick you're going to get although promised they sometimes still get mixed up. Amanda tries to get only hens but it's not always a sure thing. This is what happened to Amanda a few years back.

As the baby chicks hatch and start to run around they get named by Amanda and her boys and names are based on their colors and their personalities. One such chick looked a little different as a comb started to grow and didn't look too feminine. Yes, a rooster got in the mix somehow! Amanda was not too thrilled because she didn't want a male nor did she want another batch of chicks.

One day she was texting a friend about the mix-up and instead of spelling "almost" the autocorrect on her phone was picked up as Alice. So, as silly as it sounds the rooster became Alice and still is called that to this day.

Alice has turned out to be a naughty rooster chasing everyone around the yard. It's not uncommon for Alice to be waiting near the back door waiting to flog someone. He's been known to chase from the back door all the way to the hen house. Amanda has many a time grabbed a plastic bag or snow shovel as she goes out to gather the eggs. You never know when Alice might be lurking around the next corner. Amanda has been known to leave Alice out of the locked hen house at night in hopes a night animal might have him for dinner. Apparently, he's too mean and clever to get caught by a varmint.

So, it's either find a new home for Alice or pray for an intervention. Either way, he definitely Rules the Roost on the Clark farm.

Blue Earth

Pieces From My Heart

by Jan Keller

Mom's 100th Birthday Party

The cake has been cut, visiting with friends and relatives from near and as far away as Florida has ceased—and now we're left with wonderful memories to treasure from Mom's 100th Birthday Party!



Mom was pleased by her party, telling a friend, "I don't often use this word, but my 100th Birthday Party was **SPECTACULAR!**"





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August 20, 1892: On St. Paul's East Side, a five-story building collapses into Swede Hollow. The structure, home to twelve stores and twenty-five families, had been built on a landfill. Luckily, the tenants manage to evacuate the building before its slide into the hollow.



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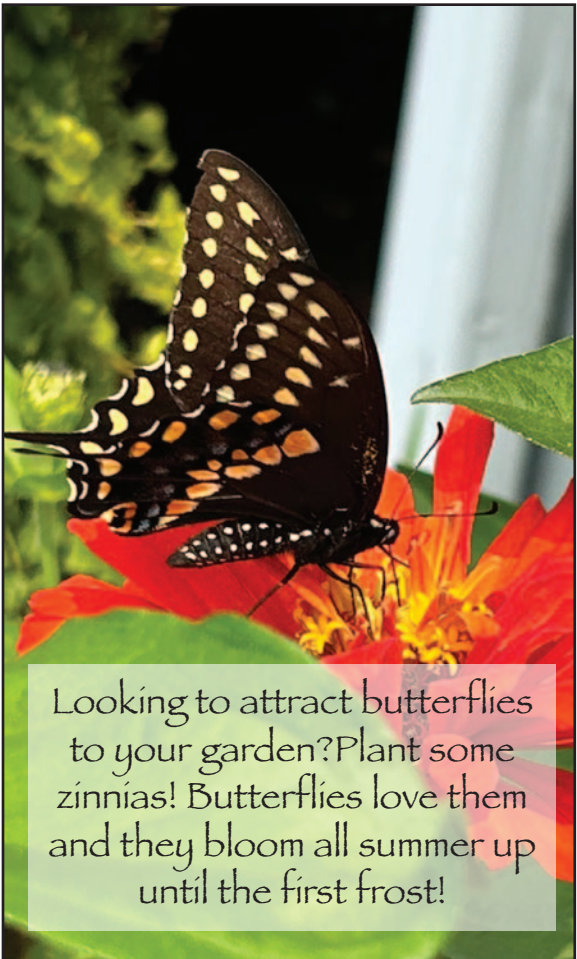
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Camping

by Lila Liebl

It was a HOT HOT summer night at the camps. Stars were shining, moon was beaming, frogs were singing, mosquitos biting, lightning bugs blinking, bees are buzzing and woodsie noises in the night.

Oh, to cook up a campfire meal; I can smell it now.
We were singing songs, roasting marshmallows and the fire was crackling.
Now to get some ZZzz - sleep.
Tossing and turning. It's weird out here.
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The Summer My Father Built a House

by Nancy Nash

One summer, I helped my father build a house. Well, ok, I was only four years old, so I couldn't offer much assistance, but I provided inspiration. Dad wanted a home for his family, which involved tons of planning and work, and I loved to accompany him to the worksite. I believe he relished his children's excitement and awe as ground was cleared, foundation laid, and the house took shape.

As a young man, my father was a carpenter who took construction jobs in summer and sold Christmas trees in early winter. It was the tree business that paid for the materials to build our house. Dad took a course in preparing blueprints, and he designed a modest "ranch" house, as it was called. It had a cellar, a main floor, and porches in front and back. The living and dining rooms blended with no wall between them. Each had a window, so it was good for viewing songbirds in the front yard and deer in the back pasture.

In between whatever other work he had, Dad spent hours and days at the site, often laboring alone or with the help of a relative or other workman.

One day when I was present, Dad took a pan and filled it with cement, sand, gravel, and water. He mixed it together with a triangular-shaped trowel to form concrete. Sometimes he pressed the trowel into the gooey substance and held it there for a moment. To my surprise, the result bore the shape of an evergreen tree! Then he pressed the trowel down multiple times in different positions to create an evergreen with overlapping branches. I was amazed and delighted. We called it a Christmas tree, and he made one each time he filled the pan. After I had admired in turn each new work of art, which is what it was to me, the trowel smoothed the pattern away. I believe the concrete was then used to set cinder blocks in place or to form the curving sidewalk to our front door.

Some days my brother showed up at the work site. As an older sibling, he knew more about the world than I did. He had heard of a Mount Suribachi in a far-off land called Iwo Jima. Upon eyeing a huge mound of dirt plowed up by heavy equipment, he dubbed it Mount Muchibachi. It was perhaps 15 or 20 feet high and perfect for climbing. So now we had a mountain looming beside our house! I imagine my parents got a chuckle out of that!

Mount Muchibachi, like the evergreen trees formed in cement, eventually vanished. Dad leveled it and smoothed it into a patch of soil before we moved in. The following spring, he planted a lawn. Later, he located large rocks on the premises and built a stone wall. One autumn, on a trip to Vermont to buy Christmas trees to sell locally, Dad came across a large, dark brown rock laced with white quartz. He arranged to acquire it and bring it home. It still garners admiration from its place on the lawn.

The home remains in the family, though my parents have both passed away. Visitors comment about how well-made the house is, with thoughtful touches and marks of ingenuity. I agree. Even better, I feel the comfort of my parents' love in a deeper way when I am there.



Country Register Recipe Exchange

Honey Lime Fruit Salad

submitted by Karina



- | | |
|--|----------------------------|
| 1 pound strawberries - hulled and sliced | 9 oz can pineapple chunks |
| 3 kiwi - peeled and sliced into half moons | 3 tbsp honey |
| 2 mangoes - peeled and sliced | 1 tbsp fresh squeezed lime |
| 10 oz blueberries | 1 tbsp pineapple juice |
| 1 cup green grapes - halved | (from canned pineapple) |

Place washed and prepared fruits into a large bowl. Combine the honey, lime juice and pineapple juice in a separate bowl. Pour the syrup on the fruit and mix well.

Free Pattern

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



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.

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Part 3 of 3

Version 2 – Let's Add a Few Things!

With this part, we're going to expand upon the above idea and add some movement. We're going to add, essentially, two borders. I'll do each border separately, giving the option of sizes. If, after adding rows and the first border, you decide this is the size you want, then you're done. You can quilt and bind as desired.

If you want the second border, which gives more movement and a finished size of 60 x 76, then continue with the instructions. Read the instructions carefully before starting the next steps and refer to the Diagram as you need. Are you ready?

Fabric Requirements for Extra Rows and First Border:

This was given initially, but just as a reminder...

Fabric A – 2 yards

Fabric B (dark) – ½ yard

Binding (dark) – ¾ yard

Making the Block:

- Read through these instructions BEFORE doing the next steps. It will make more sense.
- For this part, make 12 more of the block in Part I, using the instructions already given.
- Lay out the already pieced 48 x 48 quilt top and, following the design already in place, add a row of 6 blocks to the top of the quilt top and 6 blocks to the bottom of the quilt top. At this point, your quilt top should be six (6) rows across and eight (8) rows down.

First Border Fabric:

2 – 2 ½ x 48 ½ strip of Fabric A 2 – 2 ½ x 68 ½ strip of Fabric A

- Right sides together, sew a 2 ½ x 48 ½ strip on the top and bottom. Set seams and press open.
- Right sides together, sew a 2 ½ x 68 ½ on each side. Set seams and press open.

Second Border - Snowball Blocks & Strips:

Snowball Block (Make 40 blocks)

Cut (per block):

1 – 4 ½ x 4 ½ inch of Fabric A

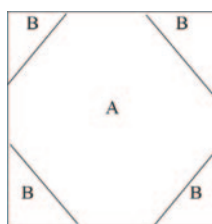
4 – 1 ½ x 1 ½ inch of Fabric B

- On the wrong side of the Fabric B, 1 ½ x 1 ½ blocks, draw a diagonal line.

- Placing right sides together, place a Fabric B block in the corner of the Fabric A, 4 ½ x 4 ½, matching the corners. Sew on the diagonal line. Repeat for each corner of the Fabric A block. See Diagram.

- Set the seams you just made and then press each B back to meet the corner.

- Make sure the finished blocks measure 4 ½ x 4 ½. Make 40 of these blocks.



Watch the Magic

Mystery Quilt - 2024

Designed by Ann Jones, Nevada, MO

If you have any questions contact Erica at Nine Patch Quilt & Fabrics, Nevada, MO

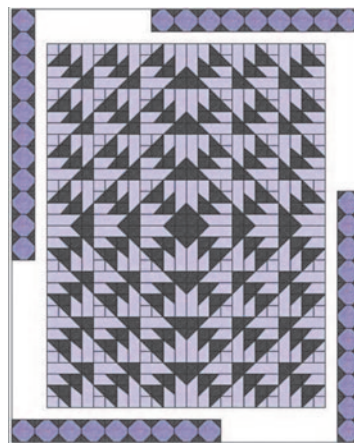
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Connecting Strips:

Cut: 2 – 4 ½ x 24 ½ inch strips of Fabric A 2 – 4 ½ x 28 ½ inch strips of Fabric A

- Sew 10 snowball blocks together. Set seams and press open, either side. Set aside. Do the same thing with another 10 snowball blocks.
- Right sides together, attach a 4 ½ x 24 ½ strip of Fabric A to one end of a 10 snowball "chain." Repeat for the second snowball chain. Set seams and press towards the strip of Fabric A.
- Right sides together, we're going to sew to either side of the quilt top. Pin the snowball chain plus fabric strip to the left side, starting with the snowball block end. It's important that you start here and make sure the snowball block lines up even with the edge of the quilt. Set the seam and press towards the snowball/fabric strip side.
- Repeat this for the other side, but start with pinning the snowball edge to the bottom edge of the right side. (It will be opposite of what the other side is.) Set the seam and press towards the snowball chain/fabric strip side.
- Next, we're going to construct the top and bottom borders. Sew 9 snowballs together. Set seams and press either side. To this, right sides together, sew a 4 ½ x 28 ½ strip of Fabric A. Set seam and press towards the strip. Lastly, right sides together, sew one snowball to the end of the strip. Set seam and press towards the strip of Fabric A. Repeat this step so you have two sets.
- To the top of the quilt, right sides together, pin together starting with the single snowball block to the top left side, making sure the snowball blocks match. Set seam. Press towards the snowball chain.



- To the bottom of the quilt, right sides together, pin together starting with the single snowball block to the bottom right side of the quilt top, making sure the snowball blocks line up. Set seam. Press towards the snowball chain.

This finishes the quilt top. Quilt as desired and bind.

Hope you enjoyed this Mystery Quilt!

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Banana Nut Mug Cake

Ingredients:

- 1 small-medium banana
- 1 tbsp vegetable oil
- 1 egg
- 1 tbsp milk
- 4 tbsp brown sugar
- 4 tbsp all-purpose flour
- 1 tbsp chopped pecans
- 1/4 tsp baking powder
- 1/4 tsp cinnamon
- pinch of salt
- 2 tbsp whipped cream for topping



Directions:

1. Take all the banana and place in the bottom of a mug except for a few slices.
2. Mash the banana.
3. Add the egg and whisk until well combined.
4. Add the milk and oil and combine well.
5. Add the sugar, flour, baking powder, salt and cinnamon.
6. Whisk until well combined.
7. Stir in the pecans.
8. Microwave for 3 minutes.
9. Cool.
10. Once cool, top with the whipped cream and reserved banana slices.

Recipe by Kidsactivities.com

Cooling Off At The Swimming Hole

by Judy Sharer

We had a swimming hole on our farm that I loved to visit on a hot day. My family would all jump in the back of the hay wagon hitched to the tractor and Dad would drive us to the spot. A small creek wound its way through the property. There was one place before it went through a culvert under the road that was deep enough to swim.

We didn't go often because of all the chores there were to do on the farm, but when we did go, we made an afternoon of it. Mom packed a picnic lunch with real sandwiches made with chicken salad or homemade ham spread. We'd have potato or macaroni salad and usually cupcakes or brownies for a treat. After eating we would have to wait an hour before swimming. You've probably heard the old wives' tale, 'You can't go swimming for an hour after you eat.' I believe that was our parents' way of saying they needed a break before we got back in the water again.

We didn't complain, we just found flat stones and had contests to see whose rock would skip across the top of the water the most times. Sometimes we sun-bathed to work on our tans, or took a walk along the creek to see if we could catch a snake or frogs. Most farm girls aren't afraid of snakes. I wasn't.

After the waited hour was up, my brother and I took turns jumping off the rocks or swinging on a rope that hung on a sturdy branch over the water. My sisters and I would play Marco Polo, or see who could hold their breath under water the longest.

This was back in the day when one-piece swimsuits were what girls wore and you had to wear a swimming cap so you wouldn't get your hair wet and to protect water from getting in your ears. One of my sisters even used a nose plug. Today, when I go swimming, it's often in a two-piece swimsuit, in a friend's pool, where I recline on a plastic floating raft enjoying the sun! Oh, how times have changed. It's nice to take trips down memory lane, especially this time of year, and enjoy memories of bygone days.



© 2024 Judy Sharer is the author of a historical western romance series titled *A Plains Life*, published by The Wild Rose Press. Book One, *Settler's Life*, Book Two, *Second Chance Life*, Book Three, *Civil War Life* and Book Four, *Love-Challenged Life* are available wherever online 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 judysharer.com for more details.

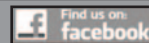


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Alexandria

Country Register Recipe Exchange

Creamy Coleslaw

submitted by Heidi



To prepare the coleslaw:

1 pound package coleslaw mix 1/2 cup sugar 1/4 cup kosher salt

For the dressing:

2/3 cup mayonnaise 2 tbsp sugar 2 tbsp cider vinegar
1 tsp celery salt 1 tsp kosher salt 1 tsp black pepper
2-3 green onions - chopped 1/4 cup chopped parsley

Pour the coleslaw mix into a strainer and place in the sink. Sprinkle with the 1/2 cup sugar and 1/4 salt. Lightly toss. Let sit for 5 minutes to draw out the moisture. Rinse well with cold water. In a medium bowl mix all the dressing ingredients. Whisk well and pour over the cabbage mixture. Toss to combine. Refrigerate for 30 minutes or overnight.



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A Quilt Good Enough to Eat

by Janet M. Bair

Summer is a blaze of color. I love picking fresh blueberries from our two bushes. Plump red tomatoes, yellow corn, and purple eggplants are my favorites at our local farm stand. Green zucchini, yellow squash, and ripe peaches are all hard to pass up.

At a recent quilting event, I bought a gallon sized bag of fruit and vegetable prints for \$2.50. Not only was it a good deal, but the prints of the fruits look good enough to eat. There were prints of strawberries, raspberries, cherries, blueberries and peaches in brilliant colors, just waiting to be sewn into a new creation. I had fun thinking of what to make out of all the small scraps but have finally decided to make a picnic quilt for my grandchildren. They love eating outdoors and like to take their dolls and teddies outside for an "adventure." Maybe the quilt will let it be a clean adventure which my daughter will be happy about.

It struck me though, that we take for granted all of the vibrant colors we have available to work with. Fabric was not always so colorful. We can walk into any fabric shop and find a wide assortment of colors to choose from, even glitter infused fabrics let alone the more tropical looking batiks.

I was reading an interesting quilting book, and one bit of information caught my eye. Being a librarian for most of my life, I had to do a little research. Before the 1850s, fabric was colored from plant-based materials—indigo, woad, madder, turmeric, or animals—shellfish purple, cochineal.

In 1856, eighteen-year-old British chemist, William Perkin, discovered one of the first synthetic dyes, an aniline purple or mauveine as he called it. Before his accidental discovery, purple dye was difficult to produce. Many small sea snails were needed to produce enough dye to color a whole dress.

Royalty could afford to wear purple but with the new fade-resistant aniline dye, this brilliant, vibrant color became affordable for the masses. Consequently, purple became extremely fashionable in Paris and London in the late 1850s to early 1860s. Perkins built a successful factory and business out of his discovery, so it was a happy ending to his accidental mistake.

I am very happy to have access to purple fabric because I think it is a lovely color. Sometimes mistakes lead to nice discoveries. We sew something upside down on a quilt and it looks even better than we planned. We cut something out and find we didn't measure accurately but somehow, we fix it. We miss a turn while driving and end up on a beautiful road we would never have traveled on. We are painting a picture and glob some paint where it shouldn't be. We can always paint over it. Don't panic over mistakes. Sometimes our journey will have them but we should not be defeated by our mistakes. We just need to pick up our needle and thread or paintbrush and carry on.

"We can make our plans, but the Lord determines our steps." (Proverbs 16: 9 TLB)

© Janet M. Bair of Ansonia, CT. You may contact her at librarybair@hotmail.com



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

Apricot Glazed Spareribs

recipe by Janeen Brown, Brown Family Favorites Cook Book

1 cup apricot preserves 1 tsp soy sauce
1/4 cup onion, chopped 1 tsp ground or fresh chopped ginger
1/4 cup ketchup 1/2 tsp salt
2 tbsp brown sugar 1 slab of ribs
1 tbsp oil

Combine preserves, onion, ketchup, brown sugar, oil, soy sauce, ginger, and salt. Heat to boiling. Stir and allow to simmer just until it begins to thicken. Baste ribs as they grill. Turn frequently and continue to baste each time.

Note: Try boiling the ribs seasoned with garlic powder, salt and pepper until tender. Then refrigerate until you want to serve them. Put them on a hot grill and baste and grill for 10-15 minutes until heated through. They will be tender and juicy, but not have a smoky flavor.

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Random Acts

by Maranda K. Jones

Ten Years Later

Black and white photographs with postage stamp edges frame the summer travel by car. They make me nostalgic for times gone by. My grandparents traveled with their siblings and children throughout national parks and spent their vacation time visiting family. My grandma Erma’s brother and sisters made her so happy. She loved visiting with them and always looked forward to staying with them at their homes. She spent a lot of time with Lem and Louise as well as Jack and Janet. She liked playing cards with them and thoroughly enjoyed giving her brothers-in-law grief. Their only brother probably enjoyed the break too.

Grandma and her five sisters knew how to get in and out of mischief. Some of the details were left out when they shared these old stories, but the looks they gave each other told us more than the words coming out of their mouths. They remembered. They smiled. They pretended to be sick to get out of doing the dishes. They hopped the train on more than one occasion. They would talk boys into giving them rides to the movies, and then they would ditch them once they got there. Whatever they were doing, they enjoyed being together.

Erma’s three sons made her very proud. She admired them for being both scholars and athletes. She always tried to make it to their games, plays, and concerts, and she made each boy a scrapbook with their programs and newspaper clippings. Dennis said she even saved a less than perfect elementary report card, which stunned him. She knew Gary would have a good arm. When he was two years old, they were driving up Pikes Peak for a picnic. Halfway up the mountain, he threw the can opener out the window. She always argued with my dad about liking pickles. She insisted that he LOVED pickles, and Randy maintained that he did not, and does not, even like pickles. This debate was still going on up until her death. They did agree that he loved peanut butter sandwiches, and she made him one for school every single day. They all loved homemade ice cream and would wait excitedly at the oven with butter and jelly, waiting for the bread to be done baking.



Erma was an excellent cook and baker. Although her cakes were among the best, she was always frustrated that she could not replicate the burnt sugar cake that her mother-in-law used to make. She loved family celebrations, especially the beef and noodles with angel food cake that her sons prepared for her each year on her birthday in August.

Grandma admitted she yelled at her boys a lot, but she always enjoyed being a mother. Dennis loved to run through the pastures, and when he was six, he was running until he felt something give underneath his feet. He looked down and saw a coiled rattlesnake. He took off back toward the house, and when his dad got home, they killed it. He ended up sleeping between his mom and dad for quite some time after that.

While Grandma and Granddad went dancing, my dad and his brothers liked to watch horror movies on the black and white TV. When the movie was over, they would race back to their room. The last one there had to turn off the light. Erma’s husband was not her first love, for he was killed during the war, but her first impression of our granddad was definitely a good one. She thought that he was kind of cute. Then she went on and on about his good looks. He had nice looking hair! He had these curly eyelashes! They were married in Raton, New Mexico by a justice of the peace. She wrote, “I wore a suit and Harvey did too!” When they weren’t busy working, they enjoyed playing cribbage, going fishing, going dancing, and live music.

Erma’s childhood was full of live music, for her father played the harmonica, violin, banjo, ukulele, mandolin and guitar and her mother sang. They also had a phonograph when she was young. Like her sons, she enjoyed both academics and athletics. She read a lot when she got the chance, and always liked math, spelling, English and literature. She enjoyed the swings, teeter totter, playing ball and tag. She had only a few toys—toy dishes, an iron, and a doll with a rocking chair. She borrowed her brother’s bike and learned to ride it. She had many chores and many fond memories.

Grandma Erma’s mind remained strong even when her body grew weak. She enjoyed helping others however she could. She enjoyed her neighbors wherever she lived. She enjoyed the simple things in life.

Here we are, ten years later, left with only memories and photographs. She never hesitated to tell us how much we meant to her, and in her journal she wrote, “I know for sure I have the most beautiful family in the whole wide world. They are very caring, good, and really precious to me.”

© 2024 Maranda K. Jones

Maranda Jones’ new book **Random Acts**
is now available at [amazon.com](https://www.amazon.com)

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

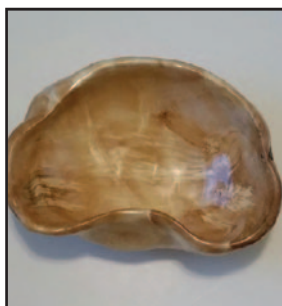
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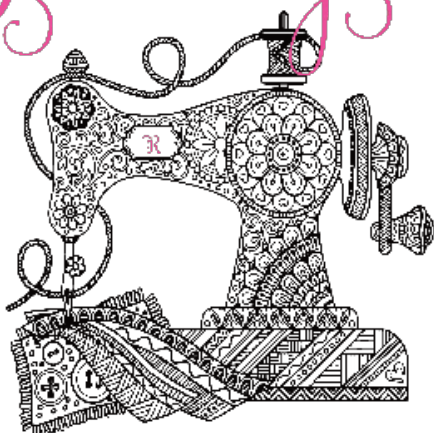
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Gets you in at 8:00 AM, on Thursday... for two hours of early shopping. Also good for admission on Friday and Saturday at regular times.

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39th Annual MS River Road Run

"We ride because we can,
and for those that cannot"

It all began in 2002 when we purchased a Honda ST1100 cycle and received a pledge letter from my Uncle Bob. Uncle Bob started riding a cycle when he was in his 60's after he retired. Then Bob was at a cycle dealer and saw a brochure about the MS River Road Run and decided that was a good event to get involved with and to enjoy riding a cycle. We hadn't owned a cycle for several years and took this opportunity to hit the road on our newly purchased cycle. We decided we would ride in the MS RRR.



In the early years, the route was about 350 miles on Saturday and about 250 miles on Sunday for roughly 600 miles for the weekend. The route was and is still mainly on scenic state and county roads. In those early days the ride was put together by the MS Society Office in Minneapolis, with some volunteers. The MS Office asked Denise and I to

volunteer with the group starting in 2003. We have been Volunteers with the MS RRR since that time, in several different capacities.

In 2013 the MS RRR became a Do-It-Yourself event. That meant that the MS Society did not organize the Ride or the Volunteers. A group of us got together and have organized the Ride each year since that time. One of the changes we decided on was to ride about 250 miles on Saturday and on Sunday, via a more direct route back to the Twin Cities, ride about 100-150 miles.

Most people with MS are diagnosed between the ages of 20 & 50, but research estimates upwards of 10,000 children under the age of 18 live with MS worldwide. Nearly 1 million people are living with Multiple Sclerosis in the United States. The unpredictable physical and emotional effects can be lifelong. The progress, severity and specific symptoms of MS in any one person cannot yet be predicted, but advances in research and treatments are giving hope to those affected.

With your support, the National MS Society has achieved as much progress in the last 5 years as the 70 years that preceded it - changing all aspects of life for people affected by MS. The Society has invested more than \$1.1 billion to fund MS research to get us closer to a cure. The Society would not be able to move this incredible work forward without the support of our generous donors. Together, we are stronger than this disease. Together, we fuel breakthroughs. And together, we ensure every person affected by MS has access to the resources, support, and community they need.



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The money raised from this year's fund-raiser will be used for research to find a cure for MS. We have a personal stake in this ride! Denise's niece, Lori Serbus, had MS for about 23 years. Lori passed away on Dec. 30, 2004, from complications caused by MS. We want to help others like Lori that have this devastating disease.

This will be our 23rd year riding on the MS River Road Run. This year's ride will be August 17-18 and begin at Leo's South in Lakeville, MN. We will be riding scenic back roads through Minnesota and Wisconsin going through places like Welch Village, Pepin, Gilmanton, Arcadia and ending at Riverport Inn & Suites in Winona, MN for the night with a banquet.



Special Notice: Denise and Carl are setting a goal this year to raise \$4,500 for MS. An anonymous donor has offered to donate an extra \$250.00 if we surpass that goal. If we surpass \$5,000.00, they will raise that amount to an extra \$500.00.

Please help us reach that goal with your pledge. Please mail your check (made out to "The MS River Road Run") to us at 524 Glendale St., Owatonna, MN 55060. All checks received by us will be in the hands of the MS Society within several days.

To read more details about the MS River Road visit www.msriverroadrun.org

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Wit and Wisdom

by Judyann Grant

Our Own Worst Enemy

The sparrow landed on the yew bush outside the living room window. The site offered shelter, shade, protection and privacy. All was perfect except for the "other" sparrow. From dawn until dusk, every day for weeks, the sparrow fought with the squatter. No matter where I was in the house, I heard peck-peck-peck as the bird spent time and energy trying to chase away his own reflection!

Though I "tsk-tsked" the creature for letting a foolish distraction keep him from his purpose, I am often guilty of the same behavior. I have things I want to accomplish, but I get distracted and spend valuable time and energy in fruitless diversions. I think the Apostle Paul suffered from the same condition.

In Corinth, AD57 on his third missionary journey, he wrote: "I do not understand what I do. For what I want to do I do not do, but what I hate I do. As it is, it is no longer I myself who do it, but it is sin living in me. For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing." (Romans 7:15-19)

In the time he wasted banging his beak against the window, the bird could have built a cozy nest, brought home a mate and fledged a family. As I watched him, I thought about the stalled writing project that has lain dormant on my desk for weeks. With the time and energy, I had expended on lesser pursuits, I could have finished the project twice over. I made a determined decision to stop being my own worst enemy. I set upon a plan of action and got back to work.

As of this writing, the sparrow remains single. No nest. No mate. No fledglings. One thing I'm assuming he does have though is—a massive headache!

Judyann Grant and her husband, Don, live on a few country acres in central New York. They plant several large vegetable gardens each spring with seedlings they begin from seeds during the cold days of February. They are blessed with three wonderful daughters, nine awesome grandchildren and an assortment of fun-loving grand-pets. Contact the author at: witandwisdomwriters@gmail.com



America in Stitches

The Threads That Bind Us

by Barbara Kalkis

America's 248-year-old whodunit: An urgent request. A good deed. A needle, thread, and fabric. A missing piece of paper. The nation's enduring symbol. America's national holidays are all quite straightforward in their purpose. Memorial Day is a day of remembrance. Labor Day celebrates work. Veteran's Day is for those who have served in our military forces. July 4th – Independence Day – celebrates the formal creation of our country. It's probably the most fun since it's become synonymous with summer, parades, picnics and the all-important summer BBQ.

It also holds the mysterious question that took 200 years to solve. We remember slices of history made on that July 4th in Philadelphia, Pennsylvania. After months of negotiations and debates, representatives of 13 colonies signed the Declaration of Independence. It was a moment of massive courage. With their signatures, colonists pledged allegiance to their new country of united states and became traitors to the King of Great Britain. Not only did they have to return home and "sell" its concepts to their colony, but they also began a war of independence in earnest. They signed anyway. Diving into details, they adopted a 'great seal.' Francis Hopkinson, one of the signers, designed the elements. We know this because he wisely presented the delegation with a paper invoice. A simple act, it became fuel for the mystery. The delegates also determined to have a flag to represent the united nation. (We will leave the question of how men prioritize tasks to another day.) George Washington, commander of the Continental Army, accompanied signers Robert Morris and George Ross to visit Betsy Ross, widowed wife of Ross's nephew and a highly successful seamstress.

Betsy Ross had learned sewing as a child and was apprenticed to an upholsterer when she married John Ross. They had a thriving upholstery business and, after John was killed in the early skirmishes of 1776, Betsy continued working mending tents and making flags for military units. The men handed her a design featuring 13 6-pointed stars. Betsy famously took her scissors and, with one snip, made the stars with 5 points, as these were easier and faster to sew. She sewed the flag with a canton of thirteen stars representing each colony. They were positioned in a circle on a field of blue. Red stripes symbolize valor; white for purity; blue for loyalty. Sadly, Betsy did not think to give the Father of Our Country a paper bill. In the 1800s, nearly a century after she created our national symbol, people questioned whether she really made the flag or simply took credit for it. After all, there was no paper invoice. Only one paper fee to Betsy Ross survives. She made a flag for the Pennsylvania navy, and they recorded their payment on paper. However, Betsy repeatedly made the claim, and was quoted on it. In 1873, her grandson published her story, and it became history.

In 1952, on the 200th anniversary of her birth, the US Post Office created a 3-cent stamp showing Betsy sewing the flag under the watchful eyes of Washington, Morris, and Ross. With the literal and figurative "stamp" of approval from the United States Post Office, we have the government's official view of the mystery. (This is good news for all the kids who write to Santa Claus.) For crafters everywhere who joyously sew, create and share their love of handiwork, Betsy Ross elevated crafting with highest praise: "My needle is my pen; my thread, the ink. With each stitch, I write the history of this nation.—The stitches may seem insignificant, but they hold together the fabric of our nation."



Barbara writes, teaches, and consults for high-technology organizations. She is the author of Little Ditties for Every Day: A Collection of Thoughts in Rhyme and Rhythm. She loves history and crafting.

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Duluth

KISSed Quilts**A new idea for using those pre-printed placemats**

by Marlene Oddie

New fabric collections occasionally do a block print likely intended as a placemat. I've made several styles of placemats, but it seems that there is always a lot of binding!

Northcott's new collection shipping now, Autumn Gathering, has such a print that lends itself to being reimagined as a quilt that could be used as a table topper.

This quilt design uses the printed placemats, a border print, two coordinates, binding and backing from the collection.

The pattern details the fussy cutting of the mitered border print. The center portion measures 40" and the overall size is 64" x 64".

You can find this pattern on my website or ask at a local quilt shop near you. Be sure to tag us if you make this up in these fabrics or something else. #fourplacemattabletopper

Happy Stitching!

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



Country Register Recipe Exchange

Crockpot Goulash



- | | |
|---------------------------------|--------------------------------|
| 1.5 pounds ground turkey | 1 tsp ground paprika |
| 1 green bell pepper - diced | 2 tsp dried Italian seasoning |
| 1/2 large onion - diced | 1 tsp kosher salt |
| 2 - 14.5 oz cans diced tomatoes | 1/2 tsp ground black pepper |
| 2 cups beef broth | 2 cups elbow macaroni noodles |
| 2 tbsp tomato paste | 2 cups shredded cheddar cheese |

Add the ground turkey, diced green pepper, diced onion, canned tomatoes, beef broth, tomato paste, paprika, Italian seasoning, salt and pepper to your slow cooker. Cover and cook on low for 6-8 hours or high for 4-5 hours. Stir in the dry macaroni noodles during the last 30 minutes of cooking. Cover and continue cooking until the noodles are soft. Once the noodles are fully cooked, stir the goulash to incorporate the ingredients. Top the goulash with shredded cheddar cheese. Cover and continue cooking just long enough to melt the cheese.



Fun Fact:
The Liberty Bell in Philadelphia is tapped 13 times every 4th of July to honor the 13 original colonies.



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Recipe and picture from xoxobella.com

Fizzy Strawberry Lemonade

- 2 tbsp sugar
- 3 strawberries - hulled
- 1/2 lemon, freshly squeezed
- 1.5 cups sparkling water

Slice strawberries and place them in a tall glass. Add sugar and lemon juice. Stir and let sit for 10 minutes. Pour sparkling water over berry mixture in glass. Add ice and top with strawberry and lemon slices. Add more sugar if desired.



SKIP & GO NAKED

These are really delicious! And pink, like Double Bubble gum. All my friends have a "Skip & Go Naked" story & now you can too! (THAT IS, IF YOU WANT ONE.)

Makes 2 Big drinks

- 2/3 c. cold beer
- 2/3 c. frozen pink lemonade concentrate
- 1/4 c. vodka
- straws or stirrers



Fill blender container 1/2 way with ice. Pour in beer, lemonade & vodka, blend well & serve. I served delicate little sherry glassfuls to my girlfriends at lunch - icy, pink perfection (just like us!).

HAPPY SUMMER! Come visit my blog to see what's going on! www.susanbranch.com