

A light blue plastic basket filled with tulips and decorated Easter eggs. The tulips have yellow and red variegated petals and green leaves. Two decorated eggs are visible: one is pink and light blue with white floral patterns, and the other is orange with yellow and light blue stripes and dots. The basket is filled with straw.

The Country Register

Available across the U.S.A. & Canada

Minnesota's Guide to Specialty Shopping & Fun Events

March/April 2022

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Minnesota's Guide to Specialty Shopping & Fun Events



Kim Keller, Publisher

2920 144th Ave. NE

Ham Lake, MN 55304

763-754-1661

minnesota@countryregister.com

www.countryregister.com/mn

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MA22

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Favorite Shop Advertised: _____

My Favorite Shop because: _____

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Do you tell the shops you saw their ad in the paper? _____

What stores would you like to see in The Country Register?
(include town) _____

Please make sure to tell the shop owners you saw their ad in
The Country Register! It's the only way they know you saw them
here and that their advertising dollars work!

And the Winner Are...

Diane Jacobs of Albert Lee, MN won a \$25 gift certificate! Diane says Quilter's Cottage in Kiester, MN is her favorite shop because of "Connie and the girls are always so helpful and encouraging!"

Nora Liepa, Bette Deming, Janet Huls, Mary Sieverding, Karla Petermann and Darlene Timm all won a copy of Mini Teatimes!

Congratulations!

The Country Register Publisher Contact List

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.

Barbara Floyd, founder • barbara@countryregister.com • 602-321-6511

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Months March/April 2022

Volume 28 Number 2

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Deadline For the May/June 2022

Edition is April 10th!

Happy Easter!

City Listing

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Lone Rock, IA.....	8	Wabasha.....	10
Luverne.....	5	Worthington.....	4&5
Mankato.....	5		

Where in Minnesota?

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

(Answer on page 6 of this issue)



Happy Easter!



Special Events

March

- 11-13.....March Mania Sale - Antiques of the Midwest - Wells
- 30-April 2.....Moving Sale - Gone To Pieces Quilt Shop - Kimball

April

- 1-May 31.....All Minnesota Shop Hop
- 6-9.....Moving Sale - Gone To Pieces Quilt Shop - Kimball
- 6-9.....Country Roads Shop Hop - Crafty Corner Quilt Shop - Worthington
- 6-9.....Country Roads Shop Hop - Humble Heart Quilt Shop - Wells
- 6-9.....Country Roads Shop Hop - Michele's Quilting and Sewing Center - Blue Earth
- 6-9.....Country Roads Shop Hop - Old Alley Quilt Shop - Sherburn
- 6-9.....Country Roads Shop Hop - Prairie Quilting - Windom
- 6-9.....Country Roads Shop Hop - Quilter's Cottage - Kiester
- 6-9.....Country Roads Shop Hop - River City Quilts - Mankato
- 6-9.....Country Roads Shop Hop - Stitchin' It Up Quilt Shop - Lamberton
- 8-9.....Prairie Piecemakers Quilt Guild Quilt Show - New Ulm
- 13-16.....Moving Sale - Gone To Pieces Quilt Shop - Kimball
- 20-23.....Moving Sale - Gone To Pieces Quilt Shop - Kimball
- 22-23.....Anniversary Sale - Quilt Haven on Main - Hutchinson
- 23-30.....Crossing Borders Spring Fling Shop Hop - Prairie Quilting - Windom
- 23-30.....Crossing Borders Spring Fling Shop Hop - Sewing Basket - Luverne

May

- 7-8.....Shepherd's Harvest - Lake Elmo
- 7-9.....Junk Bonanza - Shakopee
- 12-14.....Fishing Opener Party - Quilted Dog - Cloquet

Jelly Bean Easter Garden

"Plant" jelly beans the night before Easter. After the kids go to bed replace the beans with lollipops from the Easter Bunny!



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Ann's Lovin' Ewe

by Ann Stewart

The Necessary Four-Letter Word



Thirty-year-old 2019 Miss USA pageant winner and lawyer recently jumped from the 29th floor of her New York high rise. French rugby player Jordan Michallet, married and expecting a child, signed a three-year contract, crashed his car, then leaped to his death. An aerospace engineering student about to graduate shot himself three days after Thanksgiving. He was smart, handsome, had a great family, and mentored fellow students. We didn't see it coming. The ripple effect of his loss has been profound. These three had it all—and yet.

Suicide is the tenth leading cause of death in the US but the fourth leading cause in 15-19-year-olds. Though more males commit suicide than females, those figures are changing as emergency room visits for females attempting suicide are up 51%.

Why am I writing about this in *The Country Register*?

If you are sixty, you've spent 1/30th of your life in the pandemic. But if you're 20, then you have grown up with social media, sometimes disconnected from personal connection. One-tenth of your life has been spent behind a mask and on Zoom. Your high school and college years have been drastically altered, and you do not have decades behind you to give grounding and perspective for the future.

"The future wellbeing of our country depends on how we support and invest in the next generation," says US Surgeon general Dr. Vivek H. Murthy. "Even before the pandemic, an alarming number of young people struggled with feelings of helplessness, depression, and thoughts of suicide—and rates have increased over the past decade." He goes on to acknowledge the pandemic's devastating effect on their mental health.

So what can we do?

"We have to figure out how to make 'emotional well-being' just part of our vernacular," says Michelle Palmer, Executive Director of the Wendt Center for Loss and Healing. "Most of us are really struggling with it. A lot of people just need one or two people in their life that they can connect with. Being able to help people feel connected is really really important."

As a country, we need to recognize that a yearly "mental" is just as important as a yearly physical. That should be a given. Counseling is imperative. Too often depression has gone unrecognized, hidden, and unspoken. Youth need the opportunity to talk to someone.

Perhaps with more connections in solid relationships, sharing can happen more freely and openly and depression can become more apparent.

Here's where we ALL come in. If connection is needed, maybe you can help provide it. You have skills that may not be tech-savvy, but they are relational. You can sew, knit, make quilts, talk, and share wisdom. You've been through things that could show the youth or your colleagues that this, too, shall pass. There is something they can grab onto RIGHT NOW. Something tangible. Invite a little or big friend over to make or bake or knit something. Do something together. Talk. Give them something to look forward to. Speak the four-letter word.

In ALL THINGS NEW (a must read), author John Eldredge compares faith, love, and hope. Although faith looks to the past and love is in the present, hope anticipates the future.

"Hope is unique; hope looks forward, anticipating the good that is coming. Hope reaches into the future to take hold of something we do not yet have, may not yet even see. Strong hope seizes the future that is not yet; it is the confident expectation of goodness coming to us.

It might be helpful to pause and ask yourself, How is my hope these days? Where is my hope these days?"

And so my reader friend, ask that question of yourself and others. Where is your hope these days? "

Author L. R. Knost encourages, "Do not be dismayed by the brokenness of the world. All things break. And all things can be mended. Not with time, as they say, but with intention. So go. Love intentionally, extravagantly, unconditionally. The broken world waits in darkness for the light that is you."

Dear reader, we need hope. Could you find someone who needs "the confident expectation of goodness," a light for someone who is broken?

1293 Hale Place • Windom, MN 56101
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Hours:
M-F 9-5 • Sa 9-12

Make sure to visit us this spring for these fun events!
Country Roads Shop Hop: April 6th - 9th
Crossing Borders Spring Fling Shop Hop: April 23rd - 30th
Call for more information!

Countryberries Designs

Spring Tulips

Designed by Kathy Graham

This pattern is free for you to use. Please give the artist credit. Not for commercial use. Decide on a project such as a wool applique table runner. Create a pattern using as many flowers as you wish. Enlarge this pattern to your desired size. Iron fusible webbing, onto wool (1 piece large enough for all pattern pieces in that color) following directions on package. Cut out individual pieces. Remove paper backing. Arrange flower pieces on your background piece and iron according to webbing directions. Using 3 strands of embroidery thread, whip stitch the pieces in place. Back stitch down the center of the leaves. If your project is small you can omit the embroidery. Fuse a piece of wool or cotton to the back of your background piece. Blanket stitch around the edge of your project using a contrasting color thread. Have fun!

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Hours:
Monday-Friday 10-6
Thursday 10-8
Saturday 10-4

Spring Fling Crossing Borders 2022




SAVE THE DATE

Shop Hop

April 23 - April 30, 2022

Featuring 9 great quilt shops in Minnesota and South Dakota!

HOPPERS WILL RECEIVE A FREE RUNNER PATTERN AND 5 - 2 1/2" STRIPS AT EACH SHOP! Drawings & Prizes! Grand Prize winner will receive a Viking Opal 670----- valued at \$1349.99!

Shops include: Minnesota: Stitchin' It Up (Lamberton); The Sewing Basket (Luverne); Prairie Quilting (Windom); Crafty Corner (Worthington); Old Alley Quilt Shop (Sherburn); South Dakota: Always Your Design (Dell Rapids); My Timeless Day (Canton); Dutch Rose Quilt Shop (Sioux Falls); Shanty Stitchers (Beresford)

204 East Main • Luverne, Mn • 507-920-8715
www.sewingbasketluv.com • Email: sewingbasketluv@gmail.com



COUNTRY ROADS SHOP HOP

April 6th - 9th, 2022
(Wed - Fri 9-5 • Sat 9-4)

Join your friends in the fun of a Country Roads Shop Hop!

LOCATIONS INCLUDE

The Humble Heart Quilt Shop - Wells Quilters Cottage - Kiester Michele's Quilting and Sewing Center - Blue Earth Crafty Corner Quilt Shop - Worthington	Prairie Quilting - Windom Old Alley Quilt Shop - Sherburn River City Quilts - Mankato Stitchin' It Up Quilt Shop - Lamberton
--	---

1st and 2nd place prizes at each shop!
1st Place - \$100 Gift Certificate 2nd Place - Prize
10% Discount Storewide
Progressive Pattern: "Cabin Fever Quilt"
Collect part of the pattern at each shop!

The Graceful Bald Eagle

by Lesley R. Nuttall

I have always loved Bald Eagles! In my former hometown, my husband and I would drive out to the town garbage dump to see all the bald eagles. There was always at least a dozen sitting or flying around. It was their hang out place, as there was a large lake close by, and lots of huge trees for their nesting and resting. My obsession with the bald eagles inspired me to write about this beautiful bird of prey.



Did you know that the bald eagle isn't even bald? Their white head feathers make them appear bald when they are flying. This large bird can be found in United States, Canada, Mexico, and Alaska. The largest bald eagle lives in Alaska. The average life span is around 20 years, but the oldest ever recorded was 38 years old.

The bald eagle is the National bird of the U.S.A. This large bird was chosen as their emblem on June 20, 1782 and was confirmed official in 1787. They symbolize strength and freedom! Their emblem can be seen on postage stamps, logos, and coins. The Aboriginal people consider the bald eagle to be sacred; and a flying eagle or one perched very high in a tree is considered to bring good luck due to being closer to Heaven. Did you know that the bald eagle is mentioned 34 times in the Bible?

The bald eagle's body is covered with brown feathers, except for its white feathered head, and long white tail, slightly wedged. It has featherless legs, and yellow feet with short toes, with very powerful huge talons to catch their prey when they swoop down. They also have a yellow hooked beak, and their irises are a very bright yellow. Both the male and female bald eagle look identical, but the female is 25% larger than the male. Both are called bald eagles, but the female can sometimes be called, formel.

The wingspan of the male bald eagle can be up to 6.6 feet, while the female's wingspan can be up to 8 feet. These eagles are very powerful in the air. They can travel 35-43 mph in the air, and when swooping down for prey, their speed can get up to 75-97 mph. Such an amazing bird!

These birds of prey are carnivores and enjoy a variety of food. Fish is the most common, but will also feed on small birds, and any small animals it can lift. They can carry at least half their own weight. They do like to live near the water for easy food supply, and they also prefer old growth trees for nesting. Their large nests can be seen ¾ the way up in a tree, with a canopy of branches for perching and roosting as well as protection from the environment and other dangerous prey. In warmer climates, they stay year around, but in the colder climates, they do migrate south.

Keep your eyes peeled to the sky and watch one of these beautiful birds perform! Enjoy!

© Lesley is the Author of Secrets of Party Planning and writes other short stories and poetry. She lives in Thunder Bay, ON, Canada with her husband.





Shop Hours:
M-F 10 am - 5:30 pm
Sat 9 am - 3 pm
1st Sunday of the month 1 pm - 4 pm

www.oldalleyquiltshop.com



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Country Roads Shop Hop
April 6th - 9th, 2022
(Wed-Fri 9-5, Sat 9-4)

Amazing Prizes
Free Progressive Pattern
"CABIN FEVER" 60" x 72" Quilt

Old Alley Quilt Shop | Crafty Corner
Prairie Quilting | The Humble Heart
Quilters Cottage | Michele's Quilting | River City Quilts |
Stitchin' It Up Quilt Shop



All Minnesota Shop Hop
April & May 2022

Get the Magazine with all hop information and passport right here at Old Alley Quilt Shop

Crossing Borders Spring Fling Shop Hop

April 23rd - April 30th, 2022
Saturday, April 23rd - April 26th 9 - 5pm
Wednesday April 27th 9 - 5 pm
April 28 - April 29th 9 - 5 pm
Saturday April 30th 9 - 3 pm

Free Runner Pattern, 5 jelly roll strips & drawings at each shop!

Old Alley Quilt Shop | Crafty Corner | Prairie Quilting |
Dutch Rose | Shanty Stitchers | Always Your Design |
The Sewing Basket | Stitchin' It Up Quilt Shop | My
Timeless Day

Rainbows and flowers!
Spring showers us in colors.
Ev'rywhere we look!

Laughing daffodils,
Mocking, bow before the Breeze,
Then talk with the Sun.

Like dainty teacups
Gathered for a spring picnic,
Tulips cheer our hearts

© Barbara Kalkis©2020, BarbaraKalkis01@gmail.com
From: Little Ditties for Every Day...a collection of thoughts in Rhyme and Rhythm

Blue Earth • Kiester • Wells

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Upcoming Shop Hops: Country Roads April 6th - 9th
and All Minnesota Shop Hop April and May 2022



EASTER POP-UP

More information available at Humble Heart, 49 So. Broadway, Wells, MN or at 507-553-6021

Feb 3rd - April 24th, 2022

Items at 10 - 75% off Retail With New Deals added Daily

Hours: Thursday 6pm - 9pm, Friday 10am - 8pm,
Sat. 10am - 6pm, Sunday 12pm - 5pm


At Northbridge Mall, Albert Lea, MN Across from Plaza Morena



Country Register Recipe Exchange

Cherry Club Salad

submitted by Patti Lee Bock



2 packages of cherry jello	1 cup cold water
2 cups boiling water	1 can cherry pie filling
8oz package cream cheese, room temp	1 small can crushed pineapple - drained
1/2 cup chopped pecans	

Mix jello, boiling water and cold water together. When it starts to set add 1 can cherry pie filling. Beat cream cheese until fluffy. Add pineapple and pecans. Spread on set jello.



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Hours: Monday - Friday 10am - 4pm • Saturday 10am - 1pm

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- Longarm Quilting by Patchwork on the River

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April 6th, 7th and 8th



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Where in Minnesota?

The answer is...
Pliers and Roach in Vining, MN

Located in Nyberg Park in Vining, MN these pliers and roach measure 14 feet high! Ken Nyberg is the creator of the huge and whimsical sculptures found throughout Vining and Otter Trail County. Visit www.nybergsculptures.com to see more sculptures as well as where to see them in person!




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MARCH 11-13

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March 13: 10-4



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New Ulm Event Center: 301 - 20th St. S

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Demonstrations • Door Prizes • Food • Basket/Project Raffle

Special Guest: Doug Leko
Free Trunk Show: Friday at 2pm and Saturday at 11am

Friday, April 8: 9am - 6pm
Saturday, April 9: 9am - 4pm

Admission: \$8.00

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Some Bunny Loves You

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Friday, April 8th and Saturday, April 9th



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Saturday, April 9th: 9am-4pm

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Hours: Mon 10-7 • Tues-Fri 10-5 • Sat 10-4
* Unable to visit in person? Shop on-line for your convenience! *




Random Acts

by Maranda K Jones

Cleansing Rain

As the calendar flips again
And a new month shows its face,
We renew our spirits and zest for life,
Welcoming change with growth and grace.
The season for spring cleaning
Right on time, months three and four,
Sweeping us off our feet,
Bringing beginnings to our door.
A clean slate, a fresh start,
A chance to be renewed.
Beauty will surround us with
Bright and beautiful blooms.
Right outside our windows
Buds and sprouts adorn the yard.
Curb appeal is easy--
Clearing your mind may be hard.
The inside is what matters.
It's more than tidying your home.
It's purifying your heart,
Making your choice be known.
Pull back the curtains,
Open the window to your soul,
Let the light shine in
And prepare to be made whole.
Leave behind the darkness of winter.
Move forward to greener land.
Walk through showers of cleansing rain
As Jesus takes your hand.

© 2022 Maranda K. Jones



Maranda Jones' new book *Random Acts* is now available at amazon.com
The book includes her reader-acclaimed articles from the last decade



This month in Minnesota History

March 1, 1881: The first state capitol building burns. Three hundred people escape safely, but the building, including the law library, is a total loss. Luckily, most of the Minnesota Historical Society's artifacts are rescued from the basement. A second capitol is built on the same site, a square block bounded by Wabasha, Cedar, Exchange, and Tenth Streets, but is later replaced by the structure designed by Cass Gilbert.

April 15, 1912: The schoolchildren of St. Paul select the city's official flower, the sweet pea, in an election sponsored by the city's women's clubs. Other choices included the coreopsis, marigold, petunia, and aster. News of their choice is overshadowed by reports of the Titanic's sinking.

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



The Quilted Steeple, the Upper Midwest's premiere quilting and crafting retreat, has added a Fabric Store!

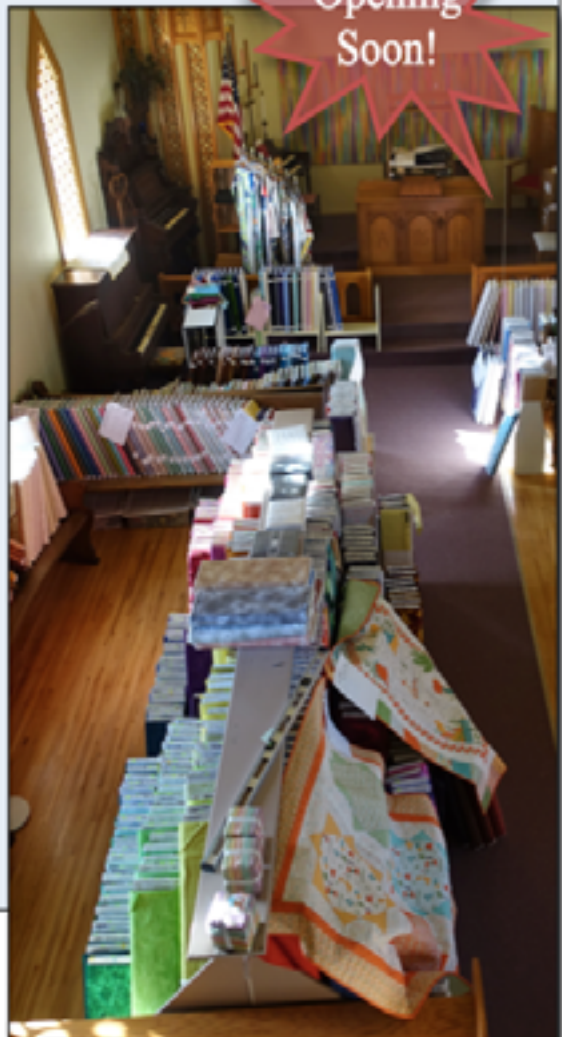
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Wit And Wisdom

by Judyann Grant

Lost Things

I was out for an early March walk when, once more, I found myself searching for a lost item ... a few months back, in late autumn, my husband was replacing a portion of our house's roof, pulling up deteriorating shingles and soggy boards. It was a big project and not one completed in a day's time. After work one evening, he covered the exposed beams with a heavy tarp held down by even heavier bundles of shingles. He also left a few tools up there knowing he would begin work at sun-up. During the night a cold, brisk October wind blew in. We lay in bed listening to the ends of the tarp whipping around; then we heard one of the heavy tools slide across the roof. Taking inventory, the next morning, Don discovered his pry bar had been the tool that got away. About two-foot-long and two inches wide, the heavy metal bar was painted a bright yellow. Should be easy enough to find. Only it wasn't. Don searched the surrounding ground before heading back up to work. I searched the ground. Our children came over and searched. We offered our grandchildren five bucks if they could find it. No luck.

Through-out the remainder of autumn and into the winter, on clear snowless days, I continued the search. Now it was nearly spring, and the pry bar was still nowhere to be found.

As I searched yet again, the memory of another search crossed my mind ... One summer day, when I was a young teen, a visiting pastor inadvertently left his Bible on top of his car when he drove away from our small country church. When I heard about the missing Bible, I determined to be the one to find it. In true Nancy Drew fashion, I hopped on my bicycle and scoured the roadsides looking for clues: bookmarks or bits of scribbled notes that had been tucked between the pages. Up and down I went, pedaling several miles in both directions, sure that I would find the missing Bible. Though I gave it my all, I never did find it. To my knowledge, no one ever did.

So often we lose tangible things in our everyday lives. Big things, little things, important things, necessary things. Many times, we find them, but sometimes we don't.

Jesus, likewise, came seeking that which was lost—but of greater value than things, He came seeking us. Through Jesus, we who have been lost in sin, have a way to reconnect with our heavenly Father. Many don't want to be found, but those who do, are called the children of God (John 1:12).

My husband ended up buying a new pry bar to replace the lost one, as I'm sure the pastor ended up buying a new Bible. Jesus' desire is that no one will suffer the consequences of eternal separation from the One Who loves us most. Until the Lord returns, we each have time to be found by Him.

-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



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

Red Cabbage

submitted by Patti Lee Bock of New Ulm

- 1 onion - peeled and chopped
- 2 tblsp oil
- 1 small head red cabbage
- 2 baking apples
- 1 tblsp red current jelly
- 2 tblsp cider vinegar
- pinch of salt and pepper
- dash of allspice

Saute onion in the oil for about 5 minutes until soft. Shred the cabbage, peel and slice the apples. Add to the onion. Stir the remaining ingredients into the onion mixture and bring to a boil. Stir until the jelly dissolves. Cover and simmer gently for about 45 minutes until the cabbage is tender.

N	X	X	H	S	O	A	V	F	I	Q	B	W	O	A	E	Y	T	V	F
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B	I	E	U	M	I	D	W	A	R	P	E	E	L	E	D	O	U	W	B
T	D	R	V	J	W	M	Y	L	L	E	J	T	N	E	R	R	U	C	A
F	E	R	N	Q	Q	A	R	H	A	R	A	I	L	D	K	Q	Q	G	G
K	J	B	E	E	X	I	E	R	Y	G	H	J	U	R	L	K	V	X	E
P	S	H	T	M	H	A	A	Q	E	Z	B	T	G	S	I	Z	C	H	
J	K	U	J	H	M	G	M	A	B	O	O	J	U	T	N	Q	F	U	U
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GIRLFRIEND WISDOM



There are over 6,000 species of frogs. They live on every continent except Antarctica. They simply go about their business taking care of the water or the tree or garden where they live. In going about their "business", they do their part in maintaining a balanced eco-system. Life lessons from Nature are so clear and orderly. We humans could take some guidance from the frog-world. Balanced living takes commitment. Balanced living means considering all aspects of our lives: relationships, work, fitness and health, and emotional well-being.

Life is full and very busy so we need to take time for ourselves to keep up with all the responsibilities. All batteries get run down, even ours. So recharge your body physically and mentally everyday and enjoy some "you time". Haven't you seen a frog resting in the sun on a lily pad? Recharge time! The tasks to address our work and relationships can be met with more focused energy and creativity by balancing the scales with a contribution in the rest and play categories. The goal is to balance our own eco-system! If over 6,000 species of frogs can do it - so can we!

Joy & Blessings, *Jody*

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

Traveling Gift Bag's 25th Anniversary

by Susan Springer



Several years ago, my mother gave me a birthday gift in a special gift bag. For her birthday, I placed a gift in the same little bag. Every year thereafter we would pass the bag back and forth, chuckling at our clever birthday frugalities.

This year, my mother turned 90 and, as usual, I placed her special gift in the bag, which is just starting to show signs of wear. At the time, the bag retailed for about one dollar and came complete with a little clip-on birthday tag in the shape of a cake with a candle. The clip-on tag has seen some hard times but the bag is still going strong.

Some years we were in a panic trying to find the blasted bag. But having been lovingly tucked away, it was soon found and gave another year of service to us.

In these times, finding joy in simple pleasures is enormously satisfying and saving money on the cost of a new bag each year means we can give each other even nicer gifts! The photo is my mother on her 90th birthday holding the shared gift bag at her birthday tea party.

Susan Springer, Owner of Your Cup of Tea, conducts Tea and Etiquette workshops in Victorian & English tea traditions throughout the Pacific Northwest. Ms. Springer holds a degree in Family & Consumer Sciences and is Certified in Tea & Etiquette through the Protocol School of Washington DC since 2005. She can be contacted at suki_wa@hotmail.com.

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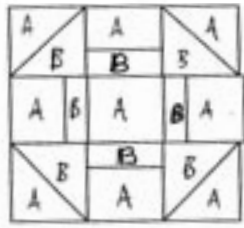
Mystery Quilt 2022 for The Country Register

Designed by Ann Jones

If you have any questions contact Erica at Nine Patch Quilt & Fabrics, Nevada, MO
ericaskouby@gmail.com or 417-667-7100. Miss one of the parts?

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Fabric requirements:
Fabric A - neutral tones - 10 Fat quarters
Block 1 (Color set 1): I used yellow and white for the main focus block so it is a very special quilt. This quilt is near and dear as it is in memory of someone I lost this year to acute leukemia and also in honor of a good friend who is currently fighting her second battle with cancer. I used fabric from the first friends stash and fabric from the second quilt shop so it is a very special quilt. There are 4 blocks in this quilt. Each has a different color wave. The quilt finishes at 54X72. compliment with the other blocks
Block 2 (Color set 2): I used subtle prints for the main focus block so it is a very special quilt. This quilt is near and dear as it is in memory of someone I lost this year to acute leukemia and also in honor of a good friend who is currently fighting her second battle with cancer. I used fabric from the first friends stash and fabric from the second quilt shop so it is a very special quilt. There are 4 blocks in this quilt. Each has a different color wave. The quilt finishes at 54X72. compliment with the other blocks
Block 3 (Color set 3): It is a 6 1/2 X 6 1/2" block. Choose a fabric that coordinates or choose something light that is a background fabric and "supports" the other fabrics.
Block 4 (Color Set 4):
Fabric H - You need 4 shades of 1 color varying from light to dark (H1/H2/H3/H4) - 1/4 yard each
Fabric I - medium/dark (you might want this to be green as it is the stem of the flower) - 1/4 yard
Fabric J - neutral- 1/2 yard
Optional 4 inch border: 1 yard - finished 1/2 yard with dark border, 2/3 yard if you add more blocks (Make 20)- Color Set 1
Fabric A:
Part 1: Block 1 - Chum Dash Block - 6 1/2 X 6 1/2" block (Make 20)- Color Set 1
For EACH block, Cut:
Fabric A:
2 - 3X3" squares (total of 40 needed)
1 - 2 1/2" X 2 1/2" square (total of 20 needed)
1 - 1 1/4" X WOF (width of fabric) (total of 20 strips needed)
Fabric B:
2 - 3X3" squares (total of 40 needed)
1 - 2 1/2" X 2 1/2" square (total of 20 needed)
1 - 1 1/4" X WOF (width of fabric) (total of 20 strips needed)
Mark a diagonal line on the wrong side of Fabric A - 3" blocks. Place Fabric B - 3" block right sides together with Fabric A. Sew 1/4" seam on either side of marked line. Cut along marked line. Press open towards the darker fabric. This will yield 4 half square triangles. Square these up so each measures 2 1/2" square. With right sides together, sew the 1 1/4" WOF strip of Fabric A to the 1 1/4" WOF strip of fabric B. Press seam. Sub-cut into 2 1/2" segments. Press open towards the dark fabric.
Follow the diagram to make your Chum Dash block.



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Crockpot Nuts**



submitted by Terri Spencer

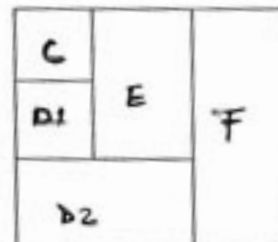
choose something
1 cup sugar
1/2 cup brown sugar
1 1/2 tsp cinnamon
1 egg white
2 tsp vanilla
4 cups nuts
1/4 yard each
Mix sugar and cinnamon together. Whisk egg white and vanilla until frothy. Line crockpot with crockpot liner or spray. Add nuts. Add egg white mixture and mix until well coated. Stir in cinnamon mixture. Cook on low for 3 hours stirring every 20 minutes. At last 20 minutes, stir in 2 tablespoons of water. Mix well. Finish cooking. Spread nuts on parchment paper and cool for at least 15-20 minutes.

Part 1: Block 2- Log Cabin variation - 6 1/2 X 6 1/2" block (Make 32)- Color Set 2

For EACH block, cut:

- Fabric C:
1 - 2 1/2" X 2 1/2" square (total of 32 needed)
- Fabric D1:
1 - 2 1/2" X 2 1/2" square (total of 32 needed)
- Fabric E:
1 - 2 1/2" X 4 1/2" rectangle (total of 32 needed)
- Fabric D2:
1 - 2 1/2" X 4 1/2" rectangle (total of 32 needed)
- Fabric F:
1 - 2 1/2" X 6 1/2" rectangle (total of 32 needed)

With right sides together, sew C to D1, press towards D1. Next sew E to C/D1 making sure C is at the top and E is on the right side. Sew D2 to the bottom. Press towards D2. Sew F. See diagram.





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LAUGH

and leave your worries behind

by Sue Baldani

April is National Humor Month, and after the last couple of years we've endured, we all need some laughter in our lives. There are a number of ways to enjoy everything from a chuckle or a giggle to a full-blown belly laugh.

If you're up for a night out with others, check out a comedy club or take in a funny movie. Or, go out to dinner with friends and tell amusing stories from the past. Chances are they've heard them all already, but rehashing happy memories with good pals never gets tiring. If you would rather stay home in your pajamas and order in, find a comedy on television or stream an old movie that has brought you to tears, in a good way, in the past. To make it even better, invite family and friends over to laugh along with you.

Laughter can happen during even the simplest moments. If you have pets, sometimes all you have to do is watch them play. We have two black cats, Boo and Grover, who often make us laugh out loud with their antics. We love their World Wide Wrestling feline tournaments where they wrestle like they're each trying to win the heavyweight championship belt. It's all in good fun, of course, since they truly adore each other. After a good match, they usually curl up and take a long nap.

Children are often another source of amusement. Watching them interact with other kids and listening to what they say can often bring a fresh and entertaining perspective on even the most serious subjects. They also usually have a great repertoire of jokes. Even if they are a little corny, you can't help but giggle at least a bit.

Laughter truly is the best medicine. Find the humor in your daily routine, and it may truly change your entire life for the better. And if you can't find anything or anyone to laugh at, you can always think about something crazy you've done in the past and laugh at yourself. Keep smiling!

Susan Baldani lives in New Jersey and writes articles about small town life, décor, books and food for various publications across the U.S., Canada, and the UK. You can contact her at suebaldani@yahoo.com, through her website at www.mywritingwall.com, or on Twitter @mywritingwall.

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Happy Easter!

Back Porch Break

by Nancy Brummett

St. Patty's Day

I don't know of a drop of Irish blood in me, but everyone's Irish on St. Patrick's Day, right? I enjoy the celebratory mood and have always been fascinated by the history of the man celebrated.

Interestingly enough, St. Patrick was neither named Patrick at birth nor Irish! Maewyn Succat was born about 387 AD to a wealthy Roman family in Britain. When he was 16 he was kidnapped by Irish pirates and was a slave in Ireland for six years before he escaped. Instead of being bitter, however, he found God while in captivity and God planted in his heart a desire to share his joy in the Christian faith with the Irish—the very people who captured him.

After years in the Catholic Church back in England he was dubbed St. Patrick in his fifties and was commissioned bishop to Ireland. He faced many obstacles when he returned to Ireland, but eventually his messages of God's love won over kings, chiefs, and whole clans. He won the hearts of the Irish people through his missionary efforts to rid Ireland of slavery and human sacrifice. The grateful people mourned his death on March 17, 460 AD.

That's the true story, but the myths abound as well, don't they? It's said that St. Patrick drove all the snakes out of Ireland, but since snakes weren't native to Ireland those may have been metaphorical "snakes" representing the pagan religions that practiced human sacrifice. The three-leafed shamrock is Ireland's national flower and it's said that St. Patrick used it to illustrate the Trinity to his listeners. Then there's the wearing of the green—maybe just a tip o' the hat to spring, the shamrock and the old Irish flag.

I've always loved The Breastplate Prayer of St. Patrick, one version of which reads in part:

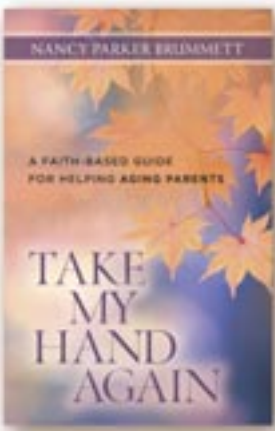


Christ be with me, Christ within me,
 Christ behind me, Christ before me,
 Christ beside me, Christ to win me,
 Christ to comfort and restore me.
 Christ beneath me, Christ above me,
 Christ in quiet, Christ in danger,
 Christ in hearts of all that love me,
 Christ in mouth of friend and stranger.

Certainly St. Patrick's prayer is as applicable in our day as it was in his. So it is well and good to celebrate his faithful life with all the divine joy in which he believed.

Nancy Parker Brummett is an author and freelance writer in Colorado Springs, CO. "Like" her author page on Facebook, or learn more about her life and work at www.nancyparkerbrummett.com.

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Life's Recipe

by Becky Van Vleet

Not so long ago, I was going through my 45-year+ recipe box I received for a wedding shower gift. You know, the kind with tabbed dividers that hold three by five lined cards and you actually write out recipes! I had not browsed through it for quite some time, and I was hunting down a specific recipe. My fingers stumbled upon "Life's Recipe" on a piece of paper that was nestled in with other cards behind my "Meat" divider.

I recognized it from years long gone by. Before continuing my specific recipe search, I paused a moment to read it. And then I drew a breath and pondered on the ingredients and instructions for "baking" this recipe. I have never discovered the author. I am thinking someone never got credit for how this life recipe has traveled around to thousands of readers all over the world. But then again, when I read it, I'm sure the person who wrote the recipe would not even want the credit.

Maybe you've never seen this, or maybe you have, but a re-read could be beneficial for many of us. Enjoy!

LIFE'S RECIPE

- 1 Cup good thoughts
- 1 Cup consideration for others
- 2 Cups sacrifice for others
- 3 Cups forgiveness
- 2 Cups well-beaten faults



Mix these thoroughly and add tears of joy and sorrow and sympathy for others. Flavor with little gifts of love and kindly service. Fold in 4 Cups of prayers and faith to lighten other ingredients, and raise the texture to great heights of good living. After pouring all this into your daily life, bake well with the tear of human kindness. Serve with a smile!

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 eight grandchildren. Becky is a children's picture book author, and her website is devoted to family stories and creating memories: www.beckyanvleet.com

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Spring and Summer Seedlings in Zone 4



It is no surprise to those of us that live in Minnesota that winters get long. Really long. Once Christmas is over the cold frigid days of January and February seem to drag on forever. Then one day we walk into a hardware store and lol and behold they have vegetable and flower seed displays set up! The question is though, living in zone 4, when is a good time to start seeds. In

zone 4 we can get frost until May 31st and as early as October 1st. That doesn't leave for a very long growing season! That being said, many seeds will need to be started inside to reach optimal growing outside during the summer months. Here is a list of when to plant those seedlings inside!

10-12 weeks before last frost:

- Vegetables: brussel sprouts, leeks, broccoli
- Herbs: chives, mint, thyme, parsley, oregano
- Flowers: fuchsia, pansy, viola, petunia, lobelia, snapdragon, impatiens, poppy

6-9 weeks before last frost:

- Vegetables: celery, peppers, shallots, tomatoes, lettuce, melons
- Herbs: coriander, dill, sage, basil
- Flowers: Daisy, coleus, alyssum, saliva, zinnia, aster, marigold, sweet pea

3-5 weeks before last frost:

- Vegetables: cabbage, cauliflower, kale, pumpkin, cucumber
- Herbs: chamomile, fennel
- Flowers: Phlox, morning glory



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A New Tilt on an Old Quilt
 Unique Finds at Junk Bonanza



I've seen hundreds of beautiful and unusual quilts in my many years of vintage shopping, but I must admit that I have never seen one of these. A quilt jacket may be more common to the most serious of quilters, but it's certainly news to me, and maybe to you.

Despite its obvious artistic merit, you have to give additional credit to the maker. Here's a jacket made of old quilts which were made of recycled fabric originally. That may well be recycling to the second power. Most admirable and creative.

Think about all of the time put into crafting the original quilts, plus the time to make this colorful jacket. It's mind-boggling and "eye-boggling."

This unusual piece was brought to our attention by the folks at the Junk Bonanza, the twice-yearly vintage market in Shakopee, MN. Their upcoming sale is April 7, 8,



and 9, and will feature 150+ hand-picked vendors. After missing the last two years due to the pandemic, the Junk Bonanza is back!

The sale is famous for its beautiful both displays, thousands of decorating ideas, and unique, one-of-a-kind vintage items, including some quilts, of course.

Learn more at www.junkbonanza.com Look for them on Facebook and Instagram. The sale is all indoors (so weather isn't a problem), with plenty of free parking.

If you are interested in going, tickets are available now on their website, or can be purchased at the door.



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 April 7, 8 & 9

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- Friday 8th 9 - 5
- Saturday 9th 9 - 4

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GENERAL ADMISSION \$12 PER DAY
 Tickets available at the door.

Happy St. Patrick's Day!

Pieces From My Heart

by Jan Keller

Easter Options



I wasn't sure if my family would come!
I had forewarned them I would not be serving them a typical Easter Sunday dinner with ham and all of the trimmings. Instead, I was preparing a Jewish Seder Meal, complete with leg of lamb and roasted eggs. Much to my delight, however, everyone on both sides of the family came and I had to use our pingpong table to seat everyone—and they all seemed to tolerate my unusual (at least to us) meal.

It was years ago when I prepared and served our clan this Seder Meal that I hoped would be a rewarding experience—a meal that might shed new insight into and understanding of the Old Testament faith shared by both Jews and Christians.

A ceremonial Seder Meal takes time. It's certainly not an eat-and-run experience!

The preparation is tedious and only certain foods are permissible, and no flour or leavening is to be used. Only matzos or matzo meal is allowed for baking breads, cake or any other type of pastry or dessert.

In addition to acceptable or adapted recipes that your family might like and enjoy for any special holiday meal, several special items set a Seder Meal apart and make it different, including a roasted shankbone of a lamb, roasted eggs, bitter herbs (ground horseradish will work), parsley, charoses and, of course, matzos.

The roasted and unbroken shankbone is a reminder of the Paschal Lamb, a special Old Testament animal sacrifice offered on the altar of the Great Temple in Jerusalem on the Passover holiday. For Christians, Christ became the ultimate Paschal Lamb sacrifice. The legs of the men who died on the crosses beside Christ were broken. Christ's were not.

The second offering, a roasted egg, was known as the Festival Offering—which over time led to Easter Eggs.

Bitter herbs or Moror, serve as a reminder of the bitterness of the slavery that was experienced by the Jewish people when they were under the Egyptian rule.

Because both the Easter and the Passover holidays coincide with the arrival of Spring, Karpas, or green parsley, serve as a reminder to give thanks for the earth's rich bounty.

Charoses is a delightful combination of apples and nuts blended together with cinnamon and wine. The finely chopped apple concoction is meant to resemble the mortar used in bricks the Jewish slaves made to build the ancient Egyptian cities.

Matzos commemorate the unleavened bread the Jewish people ate when they hurried to leave Egypt and the bondage of slavery. God miraculously opened the Red Sea to facilitate their escape as the Egyptian soldiers chased them.

Throughout the Seder Meal the Haggadah is followed. The Haggadah is a formal order of ritual that helps bring special significance to Old Testament events. The entire family is included as active participants in this ceremonial meal.

Some might question why a Christian family would bother going through this Jewish ritual. For me, it seemed like an effective way to make the Old Testament more relevant and alive while connecting it with the New Testament—for Jesus and his disciples were together eating their Seder Meal when our Lord initiated the sacrament of Holy Communion—and the Passion of Christ that followed.

I recall what a challenge it was for me to put together an entire meal of authentic Seder dishes that I hoped my family would eat and actually enjoy. One such recipe was Passover Toffee. Though it isn't truly toffee, it is a delightful, easy and tasty confection. You might not want to go to the effort of making an entire Seder Meal, but you might consider making this toffee to generate an interesting conversation on Easter Sunday.

PASSOVER TOFFEE

- 3 1/2 to 4 whole Passover matzohs (seasonally available in any grocery store)
- 1 cup butter (2 sticks)
- 1 cup brown sugar
- 1 cup pecans or walnuts, chopped
- 1 bag (12 ounce) chocolate chips

Preheat oven to 375°. Grease an 11"x7"x1" baking pan or a similar-sized cookie sheet and cover with a layer of matzohs.

In a saucepan, boil butter and brown sugar for 5 minutes and then pour syrup over matzohs. Sprinkle with nuts. Bake 10 minutes and then cool 10 minutes. Meanwhile, melt chocolate chips over hot water and spread over baked and cooled matzohs. Allow topping to set and break toffee into serving-sized pieces. (If you're in a hurry you can refrigerate toffee for 15 minutes to speed up the setting.) Enjoy!

©2022 Jan Keller. No reprint without permission. Jan shares other pieces of her life in her books, *Pieces From My Crazy Quilt*, and *The Tie That Binds*. These books can be ordered by calling 719-866-8570, or writing: Black Sheep Books, 11250 Glen Canyon Drive, Peyton, CO 80831

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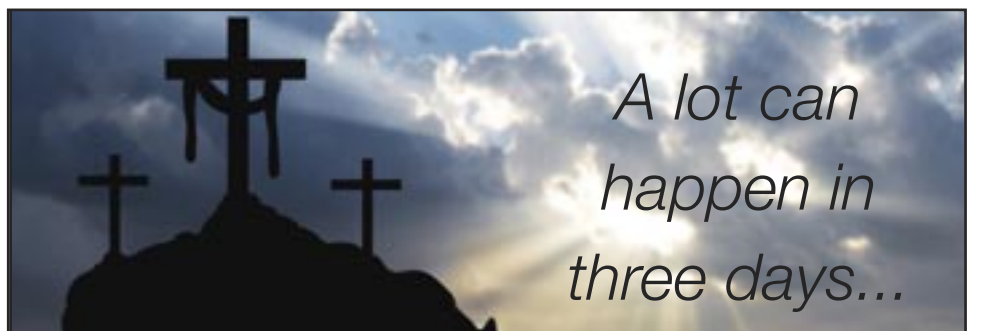
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2022 Shepherd's Harvest Sheep and Wool Festival



Shepherd's Harvest Sheep and Wool Festival is Minnesota's premier event for wool and sheep lovers, the largest fiber festival in the state. Over 100 vendors of fiber and fiber animal related products show their wares at the Festival through a juried selection of vendors of unique products. If its fiber related, you probably will find a vendor with just what you have been looking for.



Numerous classes are offered in the fiber arts — geared for all levels of experience — from the beginner to the expert. Each year, we offer some classes in the less well known fiber

arts so students can expand their crafts expertise. Don't miss the demonstrations and exhibits and get a firsthand look at a wide variety of sheep breeds.

Here's a look at the 2022 Festival highlights:

Vendors - Our vendors are from all over the country! Numerous vendors of fiber and sheep related items providing endless shopping for rugs, slippers, hats, jewelry, hand dyed yarn and fiber, handwoven baskets, weaving and knitting supplies, emu oil and oil products and sheep milk soaps to name a few!

Demos and Events - Saturday and Sunday are filled with ongoing events and demonstration throughout the day in the demonstration building A, or outside on the Green and Shearing Shed. Demonstrations include machine knitting, combing wool fibers, pin loom weaving, knitting "in the round", shearing and herding dogs!



Stock dog demonstrations will be available Saturday and Sunday. Koru Farm owned by Dan and Janis Reuter will be demonstrating how dogs can help their humans on the farm. They will also offer assessments on your dog!

In and Around the Barn - A highlight of the Shepherd's Harvest will be the "living catalog" of sheep breeds. A wide variety of wool and meat breeds will be on display. You can expect to see everything from Black Welsh Mountain to CVM~Romeldale Sheep. Visitors will have

the opportunity to talk with shepherds about their particular breed and sheep may be sold by private treaty.

Sheep Barn Demos - Come play in the Sheep Barn during the festival, where you will also find many varieties of fiber sheep and goats, as well as the shepherds who care for them. Demos include "Extreme Sheep Make-Overs" - Shearing, sheep handling and basic sheep care demo.

Fleece Competition - There are a great variety of types of fleece. For judging, they are placed in different groups according to color, white or natural colored, and grade, or fiber diameter, into fine, medium or long wools. There will also be a purebred class for each breed where the fleece is judged according to breed standards. A silent auction will be held for all judged fleeces offered for sale by the exhibitors!

Classes - Classes to build your skills are offered all day Friday, Saturday and Sunday!

This year's event will once again be held on Mother's Day Weekend, May 6th - 8th (classes only on Friday, May 6th). For more information visit www.ShepherdsHarvestFestival.org, or contact Jerry Pedersen at info@ShepherdsHarvestFestival.org



Coffee Cake in a Mug

Cake Ingredients:

- 3 tbsp flour
- 1/4 tsp baking powder
- 1 tbsp sugar
- 1 egg
- 2 tsp oil
- 1/4 tsp vanilla extract

Streusel Ingredients:

- 1/8 tsp cinnamon
- 1 1/4 tsp brown sugar
- 1/4 to 1/2 tsp oil or butter
- tiny pinch of salt
- 2 pecan or walnut halves



1. Combine batter dry ingredients in a small bowl and mix well.
2. Add wet ingredients and stir until just mixed.
3. In another small bowl, combine all streusel ingredients.
4. Fill a mug with half the batter mixture.
5. Sprinkle on two-thirds of the streusel.
6. Spoon on the remaining batter.
7. Sprinkle the rest of streusel on top.
8. Microwave around 1 minute.

Recipe by Chocolate Covered Katie

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It's Spring fever. You don't quite know what it is you want, but it just fairly makes your heart ache, you want it so bad. *The Adorable Mark Twain*

"...Ma Nature's LYRICAL with her yearly miracle, Spring, Spring, Spring..." *Crosby & Astaire*

MY OH-MY WHAT A WONDERFUL DAY

Happy Spring! ♡ With Love, Susan Branch ... P.S. I'm putting all my best quotes into a new book! Watch for it here... www.susanbranch.com

A TOUR OF MINNESOTA'S STATE PARKS

Lake Vermilion-Soudan Underground Mine State Park

Adventure abounds at Lake Vermilion-Soudan Underground Mine State Park! Tour the historic underground mine, take a boat out or cast a line on Lake Vermilion, or hike through acres of old growth pine forest. The park is located on a rugged ridge on the south shore of Lake Vermilion and offers a unique combination of recreational opportunities, including picnicking, hiking, fishing, boating, snowmobiling, and tours of a former iron ore mine. Scenic stands of white and Norway pine, mixed with some balsam, aspen and birch, cover the upland areas.



Mining has been a part of this parks past since 4,000 B.C. Starting with Native Americans the lands rich geology has been utilized for many purposes. From quarried rock outcrops to the Iron Ore production of more recent years the land brought people and the culture of the area to life.

After a number of expeditions into the area by a geology team who verified the quality of the ore, Tower formed the Minnesota Iron Company to buy land on the east side of the lake. Captain Elisha Morcom and his crew of miners arrived in 1884 to establish Minnesota's first Iron Ore Mine. On July 31, 1884, the first shipment of ore left for Two Harbors. By the 1890s, the mining process was converted to an underground operation and soon it was to be known as the "Cadillac" of underground mines.



Electricity came in 1924. A new hoist, pumps, electric crusher, and other equipment was added. The high grade, extremely hard ore was in high demand. After World War II, the high cost of operating the Soudan Mine reduced profits. Changing technology and high operating costs forced the mine to close in 1962.

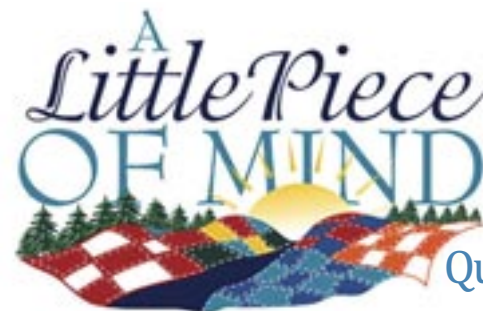


United States Steel Corporation donated the mine, and 1,200 acres around it, to Minnesota for a state park in 1963. In 2010 the remaining 2,848 acres was purchased from U.S. Steel for protection of Lake Vermilion shoreline and to bring in a new era for state parks. In May 2014, the boundary between the parks was legally erased and Lake Vermilion State Park and Soudan Underground Mine State Park were merged to become one park.



Public tours typically run daily from 10 am to 4 pm starting Memorial week-end going through September and then weekends into October. Tours are available year round by reservation. Call the park office for specific tour times and availability.

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



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The All Minnesota Shop Hop Magazine will go on sale Mid-February at all participating stores.

It's your passport to embark on the Great Sewing Adventure™ across Minnesota!



ALL MINNESOTA SHOP HOP

ALL MINNESOTA SHOP HOP



Happy Easter!

1st Annual All Minnesota Shop Hop Will Be Held from 4/1 – 5/31

Great Sewing Adventures™ will be held across Minnesota from April 1st to May 31st, 2022! **The All Minnesota Shop Hop** brings together sewing and quilting enthusiasts from throughout the United States for one of the nation's largest Shop Hops. Shop Hoppers will travel the state of Minnesota visiting more than 55 stores for this first annual spectacular event.

Each participating store offers shoppers a fun collectible thank you gift, and the chance to experience each of their unique personalities. Participants have their passport stamped at each store they visit to qualify for hundreds of fabulous prizes and store prize giveaways.

The All Minnesota Shop Hop Magazine goes on sale in February and features everything you need for your "Great Sewing Adventure Across Minnesota™." The magazine is your guide to all things about the event, participating stores and sponsors:

- Magazines sales help fund the event and will be available to purchase at participating **All Minnesota Shop Hop** stores in February.
- Besides the official passport, the magazine contains patterns, articles and other resources for sewing and quilting.
- The magazine also notes special Shop Hop store hours and includes regional and state maps that make it easy to plan your route.
- Each person in your party will need a passport to register for prizes.
- You will want to reference your magazine all year. Many shoppers even find value in keeping multiple copies – one for the sewing room and one for the car to use it to find a quilt shop whenever they are meandering through Minnesota.
- Be inspired by the patterns, projects and articles.
- There is no purchase necessary to participate or to win prizes.
- If you are not in Minnesota to pick up your copy in person, many of the stores will be selling the magazine online. Set a reminder to be sure to get your copy early to start planning your tour!

All Minnesota Shop Hop fabric is a 2022 exclusive that you will want to check out. The camping and outdoor themed fabric is only sold at Shop Hop stores during the shop hop. When it's gone, it's gone. When you see it, be sure to get your supply since it will sell out quickly.

Take your time—you will have TWO MONTHS to visit all of the stores! Enjoy the unique personality of each Shop Hop store. Get to know the staff. Discover the secrets and special items individual stores have that keep you inspired and excited about sewing.

Collectible Quilt Squares are a special 'Thank You' and each participating store has created a unique 4-inch quilt block capturing the fun and creativeness of sewing and quilting. The quilt blocks are only available to those embarking on this Great Sewing Adventure Across Minnesota™!

- Collect the fabric blocks and combine them with the exclusive **All Minnesota Shop Hop** fabric to make a one-of-a-kind project.
- Regional Quilt Blocks – Collect the stamps from all stores in a Region and you will be sent a free 6-inch, on-point quilt block to commemorate your accomplishment. (You must turn in your passport to receive Regional quilt blocks. You will receive one block for each region completed.)
- State Quilt Block – Purchase a commemorative 8-inch finished state block at many of the stores. A special state block will also be awarded to participants who collect stamps from all stores!

Prizes—Be sure to visit our website's Prize Page for more information about the hundreds of prizes available through the 2022 **All Minnesota Shop Hop**. This will be updated leading up to the event so check back often. Be sure to have your passport stamped at each store you visit. All winners are selected by random drawing from qualifying passports postmarked by June 3, 2022. There are Grand Prizes, Regional Prizes and General Prizes awarded during the live drawing in mid-June.

For complete details about the All Minnesota Shop Hop, including "Insider Tips for Shop Hopping," visit the website at <https://MinnesotaShopHop.com>. And be sure to join the Facebook GROUP at <https://www.facebook.com/groups/AllMinnesota-ShopHop>.

Put Some Spring In Your Spring Cleaning

by Judy Sharer

Not many people I know admit they look forward to spring cleaning their home or apartment. With spring just around the corner, planning ahead could save time, energy, and even some frustration. The concept of spring cleaning may have become an outmoded idea. In the days where heating was primarily with fireplaces or coal-fired furnaces, spring would reveal rooms sooty with months of grimy smoke and residue from burning materials that pollute. Windows were filmy inside and out, mirrors, walls, furniture suffered from the effects of poor ventilation. Spring is the season where it's warm enough to throw open the doors and windows and let in the fresh air. The bright light of a warming sun was a welcome release of making it through another hard winter. The suggestions that follow are not necessarily relegated solely to cleaning in the spring, they have practical application for year-round maintenance from small jobs to major undertakings.



Here are some suggestions that work for me:

Start by making a list of the rooms in the order you want to clean them and what specifically you want to accomplish for each room. Maybe it would help to put those with major problems that require a significant investment of time like a stain on the floor or a facelift with a new color of paint at the top of the list.

Plan ahead. Being prepared helps you complete the job more efficiently. If you start a project like cleaning the closet, make sure to have bins or boxes to put the things in that you want to donate to charity, sell in a yard sale, or give away. Making piles that sit on the floor doesn't do much good. You aren't seeing that instant gratification you need to keep going, and the clean slate that gives you a sense of accomplishment to tackle the next room.

Purchase cleaning supplies ahead of time.

Clean from top to bottom whether it's the refrigerator or the bathroom. The bottom crisper or the bathroom floor should be the last item to be cleaned.

Start in one area and work your way around the room, completing each side before moving on.

Put some spring into your cleaning. Turn on music. Dance a little. It will make the time go by quickly and make the work more fun.

Remember the whole house doesn't have to be done in one day, or even a week. Separate into reasonable tasks. Everyone can help. While you're working on the refrigerator, one of the kids can check for expiration dates on food items in the pantry and put expired items on the table. Make tasks for children age appropriate. Using the small tool to vacuum the baseboard could be a big deal for a youngster.

Celebrate a job well done. Perhaps order a pizza or enjoy a bowl of ice cream when you finish a task. Even if it's only you doing the work, make sure to celebrate.

Make a deal with a friend. You help them for a day and have them return the favor. Remember you're together to work as well as enjoy the camaraderie. Keep focused on the tasks at hand. It's easy to get off course when you're having fun.

Before buying new furniture or appliances, change the carpeting in the living room or paint the bedroom, a clean house saves you the embarrassment of what's hiding behind the refrigerator when it's replaced. Oh, what those installers have seen! Happy Cleaning!

Judy Sharer is the author of a historical western romance/family saga series titled *A Plains Life*, published by The Wild Rose Press. If you're a quilter, you'll enjoy Judy's romances which have a thread of quilting that runs throughout the series. They are available wherever online books and eBooks are sold. Look for book four in the series this fall/winter and visit Judy's website for more details. judysarar.com

Country Register Recipe Exchange Pepper Cabbage

submitted by Patti Lee Bock



- | | |
|-----------------------------------|---------------------------------------|
| 1 head of cabbage, finely chopped | 3/4 tsp celery seeds |
| 1/2 cup dark vinegar | 1 tsp mustard seeds |
| 1 cup sugar | 1 red or green pepper or some of each |
| 1/4 tsp salt | |

Combine vinegar, sugar, salt, celery seeds and mustard seeds. Let stand 5 minutes. Chop pepper in a blender and combine with chopped cabbage. Add vinegar mixture. Mix well. Refrigerate overnight or for several hours.

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Become Inspired!

by Annice Rockwell

A Long-Anticipated Masterpiece

After the long season of winter where all is seemingly silent and still, nature was in fact working miracles under the surface of snow. Ever-productive and ever-working, nature patiently waits for the perfect moment to reveal her long-anticipated masterpiece—spring. With ever-so-subtle hints greeting us kindly when we are awake to them, we feel almost honored to have the chance to bask in the comfort of the first warm, sunny day. We treasure the happy little blooms of the bluets bursting through the sun-warmed ground. We look ahead to full-blown spring when we witness the frozen, frosty ice that once provided winter skating joy to the town's children on Sunset Pond, begin to thaw to slowly reveal the welcomed open water characteristic of happy spring.

HER FAMILIAR RETURN

Despite our attempts to hold on to the feeling that comes with that first hint of warmth, nature often reminds us that she is still the one in control. But our delayed gratification somehow makes that full transition to spring even more rewarding.

As we hear the familiar chirps of the returning birds as they make their friendly presence known to us again, we are reminded of the comforting cycle of nature. We are restored by the powerful patterns on which we can depend even in troubled or uncertain times. The essence of nature's unfolding masterpiece can be felt through all of our senses. On a midday hike through seemingly untraveled trails, the scent of earth rises up to greet us and we awaken to it. The trail itself offers hints as to the welcomed transition to spring. A tightly woven bird's nest recently built into the tallest laurel bough is symbolic of a hardworking mother bird expecting more than just the arrival of spring. In the local maple swamp the beavers have been busy gathering saplings and making our rural landscape somehow new to us now. The green tufts of growth on the stream suggest that winter is indeed coming to a close, and with just a little more patience spring will grace us with a spectacular beauty all her own.

UNRIVALED ENERGY

As we look ahead to the days of spring, we often feel recharged with a sense of energy that is unrivaled. Perhaps it is because this new spirit of renewal was truly earned. We tend to feel gratitude for the lengthening days of sun, and it provides us with the much-needed time to work outside preparing our yards for the season to come. Whether we are building a new garden bed or designing handcrafted birdfeeders to highlight a special spot just off of our country porch, we are naturally drawn outside to enjoy the beautiful, soulful energy of spring. As careful observers we note spring's progression as we tend to our outdoor tasks. Little by little our surroundings take on more vibrant colors through nature's artful hand. Yellow daffodils surprise us with their tall, proud proclamation and bold, red tulips take center stage as focal points for our new gardens. Our lawn, once donning a frozen carpet of gray, is now springing to life in green as nature completes her remarkable transformation. And somehow as we feel this beautiful masterpiece all around us, we have a deeper knowing. We know that just like nature, after our long, seemingly still winter, we too will now break through to bloom.



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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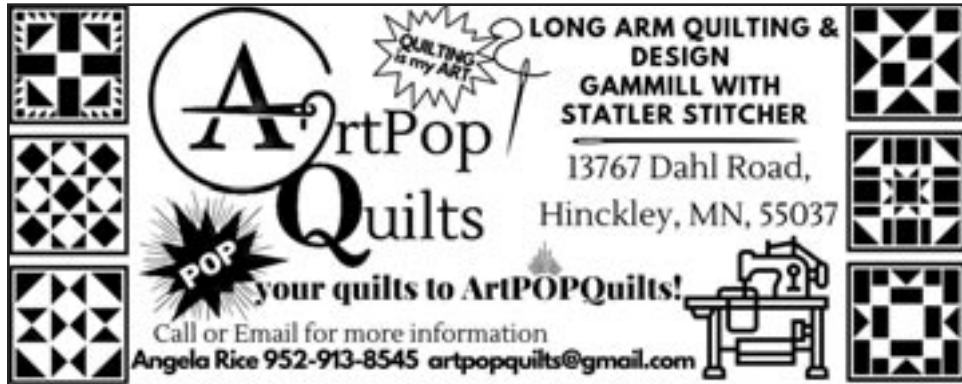
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time to watch the flowers grow!



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Precious Hands on a Tea Tablecloth

by Susan Springer

Our family had a tradition at my grandmother's home. Family and guests would trace their hands on her muslin tablecloth and sign their names. Grandma would embroider their hand tracing shortly thereafter.

It was always fun to see growing hands in the children and remember family and friends who dined at her table. When my grandmother passed away, the tablecloth was given to an aunt.

I started the tradition myself in the 1980s when I found a lovely muslin tablecloth with decorative edging at a local thrift store. The lucky find saved me a lot of work and whoever made the cloth did a great job.

I then began my own mission to duplicate the "family tree on a tablecloth" tradition.

Over the years I collected many hand tracings of beloved friends and family. The age range was six months to mid 80s. I recently pulled it out from storage and could place my palm on several who have passed away. I miss them.

The hand tracings helped me reconnect to precious memories tucked away. Placing my hand on their tracings gives me that warm fuzzy feeling of sweet remembrance.



Tuffet Pin Cushion Tutorial

The Art of Home

by Jacquelynne Steves

This is my Tuffet Pin Cushion tutorial. Are these the cutest, or what? I can't get enough pin cushions, and judging by Pinterest, neither can anyone else (wink.)

These adorable little pin cushions remind of the "tuffets" that were going around the internet a couple of years ago. I got this idea because I've been saving up those little tiny dog food cans (when you have a little tiny dog, you accumulate a lot of those!) I hated to throw them away, and early on I got the idea that they'd be just the right size for a pin cushion base. Now, if you don't have little tiny dog food cans lying around, you have a couple of options. You could:

A. Get yourself a little tiny dog, or B. Substitute a similar sized can.

(I happen to prefer option A, I'm just sayin'!!) Keep in mind that if your can is a slightly different size, you may need to cut your fabric circle a little smaller or larger to accommodate. You can go crazy making these, using up all your little bits of fabric and trim and buttons....

I've used a combination of rice/beans and polyester filler for the stuffing. If you like to use crushed walnut shells, etc. that's fine, too. See this blog post about different types of stuffing for your pin cushions.

You will need:

-Circle pattern download and print from: www.jacquelynnesteves.com/wp-content/uploads/2018/04/Tuffet-Pin-Cushion-pattern-Jacquelynne-Steves.pdf

-Small can (about 3 1/2 oz), cleaned and dried with label removed

-Scraps of fabric, ribbon, rick rack, trim, etc.

-Buttons

-Embroidery floss, wool thread, twine, or other decorative thread

-Spray paint (optional)

-Tacky glue

-Strong sewing thread (like hand quilting thread)

-Sewing needle

-Filling for pin cushion, such as rice/beans/sand/crushed walnut shells, etc.

If desired, spray paint the can and allow to dry thoroughly.

Glue fabric strip and/or trim to the can.

Cut a circle of fabric. Use sewing thread to make a running stitch all around the circle, about 1/4" from the edge. Place a ball of polyester filling in the center and pull the thread to tighten. Add more polyester filling until the "tuffet" is packed quite tightly. Tie off the thread securely.

Cut a piece of embroidery floss 31" long. Bring the thread through the bottom of the tuffet, leaving a 4" tail, and come up through the top center of the tuffet.

Bring the thread over the top, back through the bottom, and again through the top, pulling it a little taut. (A)

Continue around the tuffet in this way. (B) Tie off the thread with the thread tail that you left at the bottom (C)

Trim off excess thread. (You can also just skip this whole entire step, and make a "muffin top" pin cushion instead of a tuffet!)

Cut an 8" piece of embroidery floss and attach the button- bring the thread through the top of the tuffet, through the bottom and then back up through the top. Tie a knot on the top and cut off the excess.

Fill the can about 2/3 full of rice or beans. Place glue along the top edge of the can. Carefully "squish" the tuffet slightly and insert into can. Allow glue to dry.

Decorate your pin cushion with some cute and colorful pins. They are really the finishing touch to make your pin cushion irresistible!



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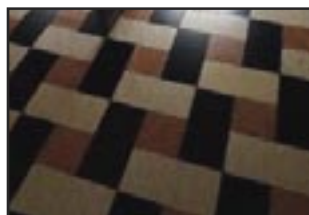
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KISSed Quilts

by Marlene Oddie

Sintra Entrada



While traveling in Sintra, Portugal, back in 2019, I saw a tile pattern in three colors in the floor of the entrance to the Sintra Palace. It looked a bit tricky since the rectangles and squares don't come together in straight lines. Playing with the design and adding a secondary design with a series of colors and values created a very interesting trick to the eye.

This design uses the same row pattern throughout the quilt, but because of the color and value shifts, the design appears to change across the quilt.

I've designed the construction process using strip sets, which makes it go together fairly quickly.

The quilt is shown in the new Twilight Glow collection from Island Batik. The fabric prints used in the borders have star bursts.

If you've got a colorful set of 2 1/2" strips x width of fabric that you've been wanting to use, just add one light and one dark coordinating yardage and optionally whatever you'd like for borders. You can pick up the Sintra Entrada pattern at my website. Be sure to post what you make and tag us or send me an email with a picture of your quilt.



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/>.

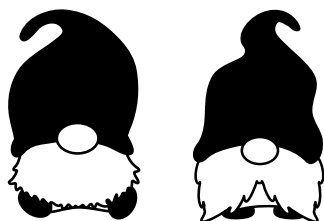


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