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The Country Register[®]

of TN & KY

Kelly and Chris Kennedy, Publishers
Neil Myler, Sales & Marketing

5804 Whiterose Way
New Market, MD 21774
(443) 243-1118 • tcrtnty@gmail.com

Country Register Publishers' Contact Information

Send \$3 to any publisher below to receive a paper from that area.
The Country Register Founder: Barbara Floyd, 602-237-6008,
info@countryregister.com, located in Phoenix, AZ

USA

- Indicates the State has a web-viewable version of The Country Register.
- Alabama: Dave & Amy Carter, P.O. Box 365, New Market, MD, 21774, 866-825-9217
- Arizona: Barb Stillman & Lolly Konecky, 515 E Carefree Hwy, #1128, Phoenix, AZ 85085, 888-942-8950
- Arkansas: Richard and Lenda Brown, P.O. Bo 32581, Oklahoma City, OK 73123, 405-470-2597
- California & N Nevada: Barb Stillman & Lolly Konecky, 515 E Carefree Hwy, #1128, Phoenix, AZ 85085, 888-942-8950
- Colorado: Jan & John Keller, 16755 Oak Brush Loop, Peyton, CO, 80831, 719-749-9797
- Connecticut: Michael Dempsey, 10213 Fanny Brown Road, Raleigh, NC 27603, 919-661-1760
- Delaware: Merle and Gail Taylor, P. O. Box 128, Owens Cross Roads, AL 35763, 888-616-8319
- Florida: Dave & Amy Carter, P.O. Box 365, New Market, MD, 21774, 866-825-9217
- Georgia: Linda Parish, P.O. Box 389, Lexington, GA, 30648, 706-340-1049, 678-641-7728
- Idaho (N): Dee Sleep, 10563 Chicken Creek Road, Spearfish, SD 57783, 605-722-7028
- Idaho (S) WA & E. OR: Barb Stillman and Lolly Konecky, P. O. Box 84345, Phoenix, AZ, 602-942-8950
- Illinois: Richard and Lenda Brown, P.O. Bo 32581, Oklahoma City, OK 73123, 405-470-2597
- Indiana: Gail & Merle Taylor, P. O. Box 128, Owens Cross Roads, AL 35763, 888-616-8319
- Iowa: Linda Glendy, P.O. Box 6, Tama, IA, 52339, 641-751-2619
- Kansas: Cindy Baldwin, 988 9th Ave., McPherson, KS 67460, 866-966-9815
- Kentucky: Chris & Kelly Kennedy, 5804 Whiterose Way, New Market, MD 21774 443-243-1118
- Maine: Gail Hageman, 221 Winslow Rd, Albion, ME 04910, 207-437-2663
- Maryland: Dave & Amy Carter, P.O. Box 365, New Market, MD, 21774, 866-825-9217
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- Nevada (N): Barb Stillman & Lolly Konecky, 515 E Carefree Hwy, #1128, Phoenix, AZ 85085, 888-942-8950
- Nevada (S): Glena Dunn, 4568 Carol Circle, Las Vegas, NV, 89120, 702-523-1803
- New Hampshire: Kathleen Graham, 330 North Road, Deerfield, NH, 03037, 603-463-3703
- New Jersey: Merle and Gail Taylor, P. O. Box 128, Owens Cross Roads, AL 35763, 888-616-8319
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From the Publishers

Finally fall! What a beautiful summer, but it was hot! As I'm writing this the local kids are just getting home from their first day back at school and Halloween candy is on the shelves of the supermarket.

It's a great time of year to take a road trip. Visit your favorite shops or attend an event - or maybe find your next new favorite! Just remember to let them know you found them here, in *The Country Register*! Happy autumn!





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Events

Events

September

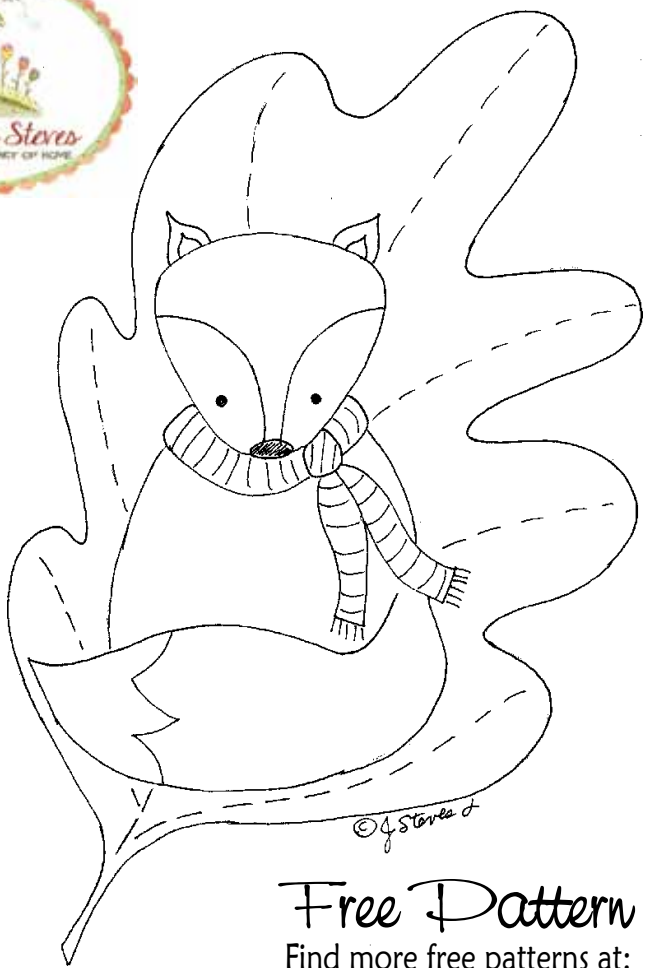

- 8-10.....Wisconsin Public Television Quilt Expo in Madison, WI (p. 4)
- 16-17.....A Symphony of Quilts in Seneca, SC (p. 4)
- 23-24.....Heartland of Kentucky Quilt Show in Elizabethtown, KY (p. 4)
- June 21-September 6.....Row by Row Experience at Hooked on Quilting and Fabric World (pages 5 and 7)

October

- 6-8.....Stitchin’ Camp at Hooked on Quilting in Fayetteville, TN(p. 5)

The Country Register Story

The Country Register began in Arizona in 1988 to provide effective and affordable advertising for shops, shows and other experiences enjoyed by a kindred of readership. Since then, the paper has spread to many other areas, all of which are listed on the opposite page. Look for the paper in your travels. To receive a sample paper from another area, mail \$3 in the USA or \$4 in Canada to that area’s editor. Advertising rates are available upon request. If there is not a paper in your state and you are interested in publishing a paper, contact the editor of the Arizona paper at 602-942-8950. The Country Register is available at the shops that advertise and often at other unique locations. We hope you enjoy this bi-monthly publication and let the advertisers know.



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Stashbusting Tip for Quilters - Quilt with Compassion

by Beth Camp

If you are like me, you likely have more fabric than projects. For the last two years, the president of our local quilters’ guild has challenged us to take another look at fabrics that pile up without a home and put them to work.

When Venita Aldrich, an inspired Spokane quilter, started “Because We Care” to make comfort quilts for patients taking chemotherapy, I was thrilled to jump right in. The wheelchair size of these quilts (roughly 44” x 55”) is just big enough to allow quilters to play around with design and use up fabric. These projects also can be finished within a reasonable amount of time.

In 2015, our small group of about nine quilters, contributing either time, money or quilt tops, made 47 comfort quilts. So far this year, we’ve made 20. All of our quilts are backed with warm flannel and donated to patients taking chemotherapy at Cancer Care Northwest here in Spokane.

Perhaps a project like ours can inspire you to take another look at your stash of unused fabrics. How do you get started?

Our library at Washington State Quilters-Spokane just added a lovely book by Lindsay Conner, www.lindsaysews.com, that can be used to create fresh quilts from your fabric stash—with an added plus. Her advice encourages groups to work on charity quilts. Conner says, “If you can’t find a quilting bee to join, start your own!”

Modern Bee: 13 Quilts to Make with Friends (StashBooks, C & T Publishing, 2013, 128 pp), takes the reader through the process of setting up a quilting bee, with blocks for beginning and intermediate quilters. Organized so that each month introduces a new project (and pattern), her traditional and modern designs are bright and airy.

You can expect clear instructions on how to set up a quilting bee (face-to-face, online, or via snail mail). Her practical advice delves into issues faced by new groups, such as, ‘What if the blocks are not the same size?’ Guidelines on how to finish that quilt from borders, to binding and backing, along with inspiring stories about quilters who enjoy working with groups, are also included. Lindsay’s book and her blog show off her enthusiasm for new designs. I am quite intrigued by her string circles, another stash-buster to play with.

A second and inspirational book, *Making a World of Difference One Quilt at a Time* (New World Library, 2015, 262 pp) by Ruth McHaney Danner, <http://ruthdanner.com>, offers moving profiles of some 54 quilters and/or quilting groups who have made a commitment to quilt for others in need.

Danner tells heart-warming stories about how and why these quilters make quilts to give away. Some quilts are created for children in hospitals, for veterans, those at hospice or shelters, to raise money for scholarships or for international organizations dedicated to easing poverty, among many other causes. Each chapter ends with a Binding Stitch note that highlights additional resources and ways for you to start a project of your own.

One quilter explains why she gives her quilts away, “It just feels like the right thing to do – put warmth and comfort out in the world”

Why not consider making a comfort quilt? No matter whether your finished quilt goes to a cancer patient, a senior center or children’s hospital, it will be appreciated. And your fabric stash just might be a little smaller.

Beth Camp is a member of Because We Care and Washington State Quilters – Spokane Chapter. She quilts and writes historical fiction in Spokane, WA. Contact Beth at <http://www.bethandwriting.blogspot.com>

Harvest Time



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Out of State & Events



Heartland of Kentucky Quilt Show
Pritchard Community Center, E-Town, KY
September 23, 2016 9am-6pm
September 24, 2016 9am-5pm
Admission: \$5.00
QUILTS, VENDORS, REFRESHMENTS, PRIZES
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Upstate Heritage Quilt Trail Displays Works of Art in S.C.

by Victoria Hurst

Quilts are so much more than just blankets. They tell the story of individuals, families and communities. They are works of art that keep us warm without and within. The Upstate Heritage Quilt Trail (UHQT) serves to memorialize these multi-rooted traditions of crafting, commemorating and communicating between generations. The UHQT has engaged the beautiful areas of South Carolina's Oconee, Anderson and Pickens Counties with a creative and communal way to display works of art based on this rich tradition.

This September, you can venture through the foothills to A Symphony of Quilts, which will feature 22 different categories of quilts, vendors selling a wide variety of consignment and craft items and a silent auction. Sponsored by the Lake and Mountain Quilt Guild, The Symphony of Quilts, held at the Shaver Rec Center in Seneca, will provide travelers and locals the opportunity to peruse this rich heritage at the event and in the surrounding area.

The UHQT's interactive map will help you trace a trail through the Upstate that will lead you to many of the area's quilt blocks. Whether you find quilts displayed on the side of a local business, on a home, or on the side of an antique barn, you will be delighted by a wealth of treasures along your way. In addition to the interactive map, the website provides suggested itineraries that will lead you to places of note, such as the Oconee Heritage Center, Patriots Hall, the Oconee Heritage General Store, the Blue Ridge Arts Center, and Ballenger House, to name just a few of the many stops hosting quilt displays.

While in the Upstate, travelers can also venture over to Clemson to see several displays. The Clemson Area Transit bus (CATbus) station features the 180th quilt added to the trail, "Cathedral Window," made by CATbus administrative assistant Holly Brown. Take the CATbus over to the South Carolina Botanical Garden, where you can find Elizabeth Thackery's beautiful "Oconee Bell" quilt located inside the historical Hunt Cabin, built in Seneca around 1825. The Arts Center in Clemson, which is also home to the Clemson Area African American Museum, has a large display on its shared building's facade of Anna Mae Willis's "African Village."

The CATbus also services routes to Seneca and Pendleton so it could be used as a means of exploration if riding in the car has become mundane. On the historic Pendleton town square, you can visit the Mercantile, a local staple for gifts and sundries, and you can view "Carolina Dogwoods" by Susan Earl Congdon. If you take just a few steps to the right of the building, you can look up and see the work of Pendleton quilter Christine Tedesco adorning the tower of Hunter's Store Warehouse: "Town of Pendleton." There is also work by Pendleton-area students on the old gymnasium, "The Dog House," which is just past the Mercantile on East Queen Street. These are just a small sampling of what you can find along your way.

The trail is designed not only so viewers can enjoy the quilts but also to showcase all that the Upstate has to offer. The images on the Upstate Heritage Quilt Trail are as beautiful and diverse as the stories behind them and range in style from floral, geometric, pictorial and traditional to crazy, abstract or modern. The quilts tell the stories of those who originally designed and created them as well as those who cared deeply enough to carry them on by adding them to the trail to share with others.


The trail can be whatever you make it, whether you want an intricately woven design or more patchwork experience. Come up, down or sideways this fall to see the beautiful colors of a region rich with tradition and craftwork.

For more information or guided group tour inquiries, go to www.uhqt.org, visit Upstate Heritage Quilt Trail on Facebook, email info@uhqt.org, call 864-723-6603 or write to PO Box 333, Walhalla, SC 29691.

Victoria Hurst is a writer, traveler and Clemson native who is now based in Charleston.

Explore and Discover

Heritage, Artistry and Craftsmanship of Quilting in Upstate South Carolina




Upstate Heritage Quilt Trail

Follow the Upstate Heritage Quilt Trail
with its 180 "painted" quilt blocks as you visit community "fabric" quilts on display throughout the area including a not to be missed event...

A Symphony of Quilts
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Upstate Heritage Quilt Trail has a self-guided tour that celebrates the history of quilting in Oconee • Anderson • Pickens Counties SC See our interactive map at www.uhqt.org

For guided group tour information or general inquiries,
Contact: PO Box 333, Walhalla, SC 29691 or 1.864.723.6603
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Random Acts

by Maranda K. Jones

Dress Rehearsal



"I am 'Woman Woman!'" Presley proudly announced as she paraded through the house in her pajamas. With Wonder Woman's emblem on her tummy, sparkly gold sandals on her toes, she puffed out her chest and punched her fists to her hips. Hard to believe this once shy sister will turn seven this fall. When Presley was three, she once leaned her head over on her folded arms, resting on the arms of the chair and sighed, "Mama, I don't have any super powers." Assuring her that we all have different strengths, we talked about her special role in our family. She is the only one in our house who is both a big sister and a little sister. She fits the part of heroine well, always keeping the peace between her older brother and younger sister.

Presley's profession of choice would be a princess, rather than a peace-keeping superhero, and the line of dresses in her closet proves that point. From a maid who loses her glass slipper to a mermaid who loses her voice, she loves to dress up as her favorite princesses. She loves that they are daring and caring, strong, yet graceful. Those frilly dresses and shiny tiaras actually make her feel tough, brave, and empowered. Her confidence has grown through dramatic play, promising her the starring role in her own story that she has always deserved.

When she is not leading her own parade, Presley follows suit with her siblings in their costumes of choice. She may travel to space with an x-wing fighter pilot, serve as the sidekick sister to a cosmic explorer, or blast off to infinity and beyond with the one and only Buzz Lightyear. She sneakily spies and does detective work donning a fedora, giggling and grinning when discovered by her subject. She pens prescriptions, takes temperatures, and scrubs in for surgery when the other two Dr. Joneses need assistance in their medical clinic. She swordfights pirates, finds hidden treasure and holds her own alongside dark knights. She also deserves an award for supporting actress.

A wide variety in their wardrobe allows our children to change identities and become whomever they would like. They host ballroom dances while wearing their Sunday best. They put on aprons to serve in their restaurant, serving burgers and fries. They put out fires, arrest bad guys, and protect and serve just like our nation's finest. This dress rehearsal for life is why our box of Halloween costumes is never out of their reach. With just a quick change of clothing, our children conquer the world. We marvel at each new achievement, and it is our privilege to watch their personalities unfold more each day.

We often ask children what they want to be when they grow up, but we all know there is something wrong with that question. We know that we are right now. If we put off being until we are fully grown, we may discover that it has passed us by. Adults usually expect a response to that question with a noun: a doctor, a scientist, a librarian, a baseball player, just to name a few. We want children to be happy, healthy, and loved. We want children to know they do have super powers.

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



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Meet the Cover Artist:

Bernadette Deming



Bernadette Deming was born and raised in New York, where she currently resides. She and her husband, Marty, live on 100 peaceful acres surrounded by wildlife. She loves spending time with her three children and their friends. She prefers the simpler things in life and enjoys decorating with twigs and bird nests, eggs and leaves, and things from nature. Bernadette's hobbies are bird watching and gardening. She also collects ice cream and old-fashioned candy themed antiques.

Bernadette has painted all of her life and remembers painting on stones when she was a child. At the age of twelve, she participated in her first craft show and has been creating things ever since. Bernadette likes to sculpt clay Santas and snowmen, but her true passion is painting. Her artwork is best described as American primitive. She enjoys painting with acrylics and she looks forward to developing new ideas and having a ball painting! Bernadette looks for inspiration everywhere and tries to find humor and whimsy in everyday life. She thanks God for the gift that He has given her and she appreciates the happiness that her work brings to others. Her best friend says that Bernadette's paintings make her smile . . . she occasionally tries to "steal" artwork when she comes to visit!

To view Bernadette's art prints, go to www.PennyLanePublishing.com or call Penny Lane Publishing at 800-273-5263 for more information.

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Nature's Palette

As summer slowly melts into fall we notice a vibrant shift in the days. The air becomes much more crisp, New England foliage ripens to the colors that only nature's palette can provide and we become increasingly aware of the beauty that belongs only to fall.

A Season of Change

Fall brings with it an excitement for the home decorator. Home interiors, porches, yards and patios can be transformed easily with the bounty of nature to capture the essence of this special season of change. With nature's bounty all around us, we have countless ways to use the produce of fall to enhance our home displays. And experiencing the abundance that is provided by nature is a special part of the joy of autumn. Venturing to a local apple orchard on a sparkling fall afternoon, one could spend time enjoying the experience of being among the apple trees actively harvesting a full bushel basket or two to be brought home to use for homemade apple pie or to serve as a colorful accent in a country basket or wooden trencher. Hayrides through a pumpkin patch offer a similar experience that truly embraces the wonder of fall. Bringing back a collection of hand-selected pumpkins, squash, corn stalks and gourds we have the perfect elements to recreate the ambiance of autumn to surround us throughout the season.

Our interiors bask in the glow of fall as we incorporate our carefully chosen touches of nature in and among our favorite pieces. Candles in the comforting scents of New England Buttery or Pumpkin Cornbread suggest a setting of warmth and coziness as the evenings begin to creep more quickly into our days.

An Inspiring Experience

One of the biggest attractions in fall to a home decorator is a trip to an outdoor fall festival or shop. While sipping a cup of hot mulled cider, one can stroll the grounds of a harvest gathering and find special treasures to bring home. From country antiques, to the festive food of fall, a harvest festival is an outing of fun that should be shared. Visiting country shops staged with the beauty of fall can be an equally inspiring experience. With a desire to entice shoppers to visit, shopowners work especially hard to recreate their spaces to encourage and inspire the eager country shopper.

As the fall season advances, spend time enjoying that natural beauty that abounds. Make an event out of the experience of gathering portions of the bounty of fall. Take time to treat yourself to a treasure of the past and create an inner setting of warmth to bring you a sense of being truly welcomed home. As you plan to pursue the pleasures of fall, take time to share the simple yet spectacular joys of fall with those you hold dear.

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

Pieces From My Heart

by Jan Keller

The Hills Are Alive



Former First Lady Betty Ford sits in the garden created in honor of her strong support of and contributions to the Vail Valley community. Date: August 1989

With the "Sound of Music" at the Gerald Ford Amphitheater, it's possible to meander the trails and likewise embrace the sights and scents of beautiful flowers blooming in the adjoining Betty Ford Alpine Gardens. At an altitude of 8,200 feet, the gardens are located off of the frontage road near Vail, CO. Renown as the world's highest botanical garden, it's free and open Memorial Day to Labor Day for the peak flower season; but is actually open year round and in the winter it's possible to snowshoe through the site.

The Alpine Gardens, founded in 1985, today include a Perennial Garden, Meditation Garden, Children's Garden, Schoolhouse Garden, and the Alpine Rock Garden—complete with a beautiful 120-foot waterfall.

The Alpine Gardens seem an appropriate way to honor Betty Ford, who embodied grace, beauty and authenticity. As a child she loved to dance and one of the most memorable photos of her as first lady was taken of her dancing on top of Cabinet Room table on the day before departing the White House,

prior to the inauguration of President Jimmy Carter.

Betty was a popular first lady; so much so that during her husband's 1976 presidential campaign, lapel buttons proclaimed: "Betty's Husband for President!"

First Lady Betty Ford was an advocate of women's rights and supported passage of the Equal Rights Amendment. She also shared her candid opinions on the provocative issues of abortion rights, pre-marital sex, and marijuana use, drawing scorn from many conservatives. Public opinion initially ran two to one in criticism of her remarks, but soon her approval rating soared to 75%.

In September, 1974, First Lady Betty Ford checked into Bethesda Naval Hospital for a radical mastectomy. Her decision to publically share news of the cancer and her surgery helped remove the stigma associated with the taboo subject of breast cancer; ultimately impacting the lives of millions of women across the country.

Beginning in the 1960s, Betty Ford began taking pain medication for a pinched nerve and became dependent. Her need for these drugs dissipated during her White House years; but later her use of prescription drugs and alcohol increased. In 1978, her family forced Betty to confront her addictions. Soon after completing treatment, she bravely disclosed her addictions and treatment to the public. As a former first lady, she knew she could have an impact, so in 1982 she established the Betty Ford Center, which continues to help people recover from chemical dependency.

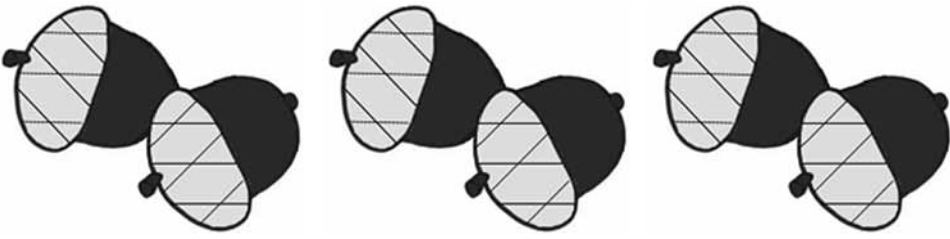
Gerald Ford died in December, 2006 and Betty in July, 2011. They are buried at the Gerald R. Ford Presidential Museum in Grand Rapids, MI—but in Vail, CO they are fittingly remembered by the amphitheater and alpine gardens which are alive and continue to bring music and beauty to all who visit these special sites.

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The Betty Ford Alpine Gardens

Photo by Jan Keller



Corbin - Kentucky

Over the Teacup

By Janet Young

THE DAWNING OF A NEW DAY

Traditionally with the dawning of a new year we tend to want to make resolutions that will improve our life such as vowing to lose weight, stop smoking, or starting an exercise program. However, before long the vast majority go back to their old habits and their resolve is gone until the next year. But, why...why do we let a whole year go by before we resolve to try again? Perhaps it's time to change our mindset for every day is a new day – a new opportunity to start anew.

Using that strategy, with the new school year beginning, now would be the perfect time to determine you are going to start out strong and not give up. When things get tough, seek help through your parents, a teacher, or tutor to keep your grades up and to prove to yourself that you can do it.

October is another popular month for weddings. This is the time to rejoice in your new life together and strive to keep your vows to each other fresh and renewed every single day.

If today you have found yourself dissatisfied or disappointed with the way things are going, remember tomorrow is a new day – another chance to turn things around – another opportunity to make a difference in your situation. Life is not always easy. But remember, each new day affords us the ability to start anew. So, as you head out the door to work, or school, or starting a new life together, today is a new day. The past is just that – the past. Today you will resolve to take that first step toward making positive changes in your life.

To get started, why not sit down and over a cup of tea begin to draft a plan as to how you will reach your goal. Remember, mornings are the most beautiful time of the day. Wake up anticipating the day and what it offers – a chance to start again, and a hope that you can try once more. Don't let anyone or anything stop you. Step out and let the process begin, perhaps learning through your experiences as you go.

Someone once said, "Every day may not be good, but there's something good in every day." So persevere to the end. As you move forward; remember tomorrow is a new day, and so, you just pick yourself up and start anew.

With hope in your heart may you greet each new day with a sense of purpose and dedication toward reaching your goal. May you have a happy new day!

Janet Young, Certified Tea and Etiquette Consultant from the Protocol School of Washington, is a Founding member of Mid-Atlantic Tea Business Association, freelance writer/national tea presenter, and owner of Over The Teacup Inc. You can email her at janet@overtheteacup.com.

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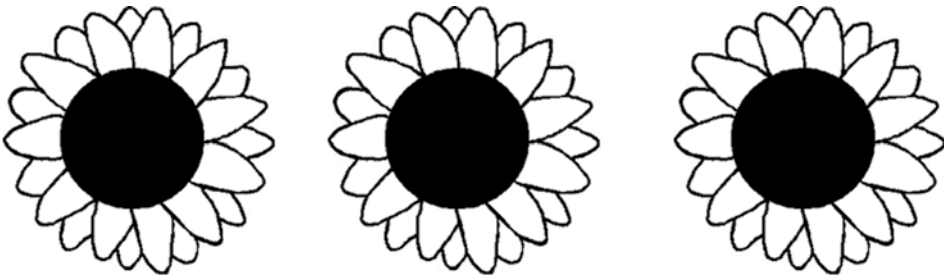
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GIRLFRIEND WISDOM

CATS

I LOVE KITTY LOVE



Playful, Curious, Adventurous, Agile are just a few words that describe our pets of the Cat family.

It is said that

Curiosity gives a cat all nine of its lives.

A great quality for keeping life fresh and exciting. NASA named its robot on Mars "Curiosity" because its mission is exploration, investigation and learning.

Cats can also leap amazing distances compared to their body weight. A Leap of Faith is just that, a stretch beyond our comfort zones. A cat doesn't even run before it leaps, it simply springs into action.

GIRLFRIEND WISDOM

May we observe and learn the lessons our cats strive to teach us:

Be curious, playful and adventurous. Agility will keep you flexible and ready for your next big Leap of Faith.

Joy & Blessings, *Jody*

Girlfriend Wisdom is written and illustrated by Jody Houghton®.
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From the Recipe Box:
Pineapple Cake

- Ingredients:**
2 cups flour
2 cups sugar
1 cup walnuts
1 t. baking soda
1 can crushed pineapple w/juice
2 beaten eggs
1 t. vanilla

Mix dry ingredients in 13 x 9 baking dish. Add eggs, pineapple with juice and vanilla. Bake at 350o for 40 – 45 minutes.

Frosting:

- 1 (18 oz) package cream cheese
1/2 stick butter
3 1/2 powdered sugar
1 t. vanilla

Mix together cream cheese and butter. Add sugar and vanilla. Mix thoroughly.

Autumn Word Scramble

Unscramble the words. Key is below.

1. _____	eobtrco	tenth month
2. _____	eahloenlw	the evening before All Saints' Day
3. _____	dgruo	inedible fruits with hard rinds
4. _____	rslirequ	rodent having a long bushy tail
5. _____	nlasoase	occurring at a particular time of the year
6. _____	owlo	fabric made from the hair of sheep
7. _____	etesl	mixture of rain and snow
8. _____	papel	fruit with red or yellow or green skin
9. _____	fzluennai	highly contagious viral disease
10. _____	nakigr	collecting leaves
11. _____	betepmers	ninth month
12. _____	tinerw	season after fall
13. _____	ailatgtgin	pre-game party
14. _____	inkigh	a long walk usually for exercise or pleasure
15. _____	sfotr	weather cold enough to cause freezing
16. _____	starvhe	to gather
17. _____	tshesnuct	nuts of the chestnut tree
18. _____	msupinpk	yellow round fruit of the squash family
19. _____	uuecdodis	tree that drops its leaves
20. _____	girinatgm	birds flying south

1. October 2. halloween 3. gourd 4. squirrel 5. seasonal 6. wool 7. sheet 8. apple 9. influenza 10. raking 11. september 12. winter 13. tailgating 14. hiking 15. frost 16. harvest 17. chestnuts 18. pumpkins 19. deciduous 20. migrating

30TH ANNIVERSARY



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SAIL AWAY WITH ME

ALL GOOD NEWS



This year marks the 30th Anniversary of the publication of my first book, Heart of the Home, Notes from a Vineyard Kitchen. And I am celebrating in two wonderful ways: First, with a brand new, revised, and expanded edition that includes new water-colors, lots of easy, homey recipes and quotes by distilled genius. It debuts September first, and hopefully will find it's rightful place into the Christmas stockings of newlyweds, aunties and sisters, moms, and best friends. ♥

And after that, we board the Queen Mary 2, departing NYC on September 8, for a transatlantic crossing. Visit my blog at www.susanbranch.com and do some armchair traveling, as we hide our readers in our suitcases and smuggle them onto the ship. Wander the back roads of England & Scotland with us, Sept. thru October, amid colorful fall foliage, along hedgerows, through gardens, into tearooms, castles and cottages, and to the wild places where it's rumored, the fairies still live. I promise to take lots of pictures! ♥



HERE ARE NO RULES OF ARCHITECTURE FOR A CASTLE IN THE CLOUDS. ♥ G.K. CHESTERTON

With Love from the Heart of the Home Come...

Susan Branch