

Welcome to...

The Country Register of Kansas

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From My Desk... to yours



By Cindy Baldwin

Welcome to Spring! Even though the weather still seems to be having a hard time making up its mind whether it's going to be winter or spring, I'm cheering on spring. My daffodils are blooming – some of them, anyway – so it must be time. After all, Easter is less than two weeks away as I write this, so bring on the warm weather.

For those readers who have been following our sheep saga, we can now report that all the mamas have had their babies and lambing season is over for this round. The last one to come through was our oldest grandson's second ewe. We were beginning to think she was just fooling us about her pregnancy, but she had twins. Which meant that even though Rowan had to wait the longest – he ended up with the most babies. His other ewe had triplets, giving him five lambs.

The births came just in time as the Leavenworth grandkids came the first weekend of their spring break to help us "work" the flock, giving everyone shots, wormer and transforming all the ram lambs into wethers.

The weekend was just what my husband had imagined when he first thought up the project. From the 7-year-old to the 15-year-old, each grandchild had a job to do. All the boys vaccinated their own lambs – Isannah, age 7, decided she would stick with marking all the sheep as they came through the chute. And our daughter, daughter-in-law, son and my husband all played a role. I took pictures to record the event. It was a great time of working together and for the grandkids to see how quickly a flock of sheep can multiply. We went from the original 12 ewes and a ram to a total of 32 sheep. The children learned that raising animals doesn't always go as planned as we lost two lambs – one stillborn and one a small, weak triplet that didn't make it.



Working sheep: Rowan taking a break from moving sheep from the barn into the chute, Isannah marking, Banks running the squeeze chute and Eli (between Grandpa and Aunt Kim) helps give vaccinations.

As we listened to the grandkids discuss whether they wanted to keep their female lambs to add to their flock numbers or sell them for some money for their savings accounts, my husband and I agreed it has been a really good Christmas present – that just keeps on giving. We're looking forward to our next lambing season.

Spring also brings some great opportunities for road tripping and exploring some new communities and shops. In this issue you'll learn about the Big Kansas Road Trip to north central Kansas, some wonderful quilt shows in Lansing and Ottawa, a learning opportunity for longarm quilters in the Kansas City area and other fun events on our calendar of events including the Prairie Star Shop Hop in April in the southwest part of the state including shops in Oklahoma and Colorado and the 50th annual Garnett Square Fair. And, all of these are happening at the same time as the All Kansas/Nebraska Shop Hop during the months of April and May. This is the second year for the AKNSH and it promises to be even better with more participating shops than last year and some other fun activities. These next two months allow you to double dip! Visit a quilt show, explore fun things to do and see on the BKRT, and also visit participating shop hop shops as you travel for the price of one tank of gas. You can't do better than that.

Support your independently owned Kansas businesses, learn a new skill and have an adventure. Here comes spring!!!

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On Our Cover...

Tulips - a sure sign of Spring

Every effort is made to have an error-free paper, however, mistakes do occur. Please double check dates, times, and locations with a phone call before traveling a great distance.

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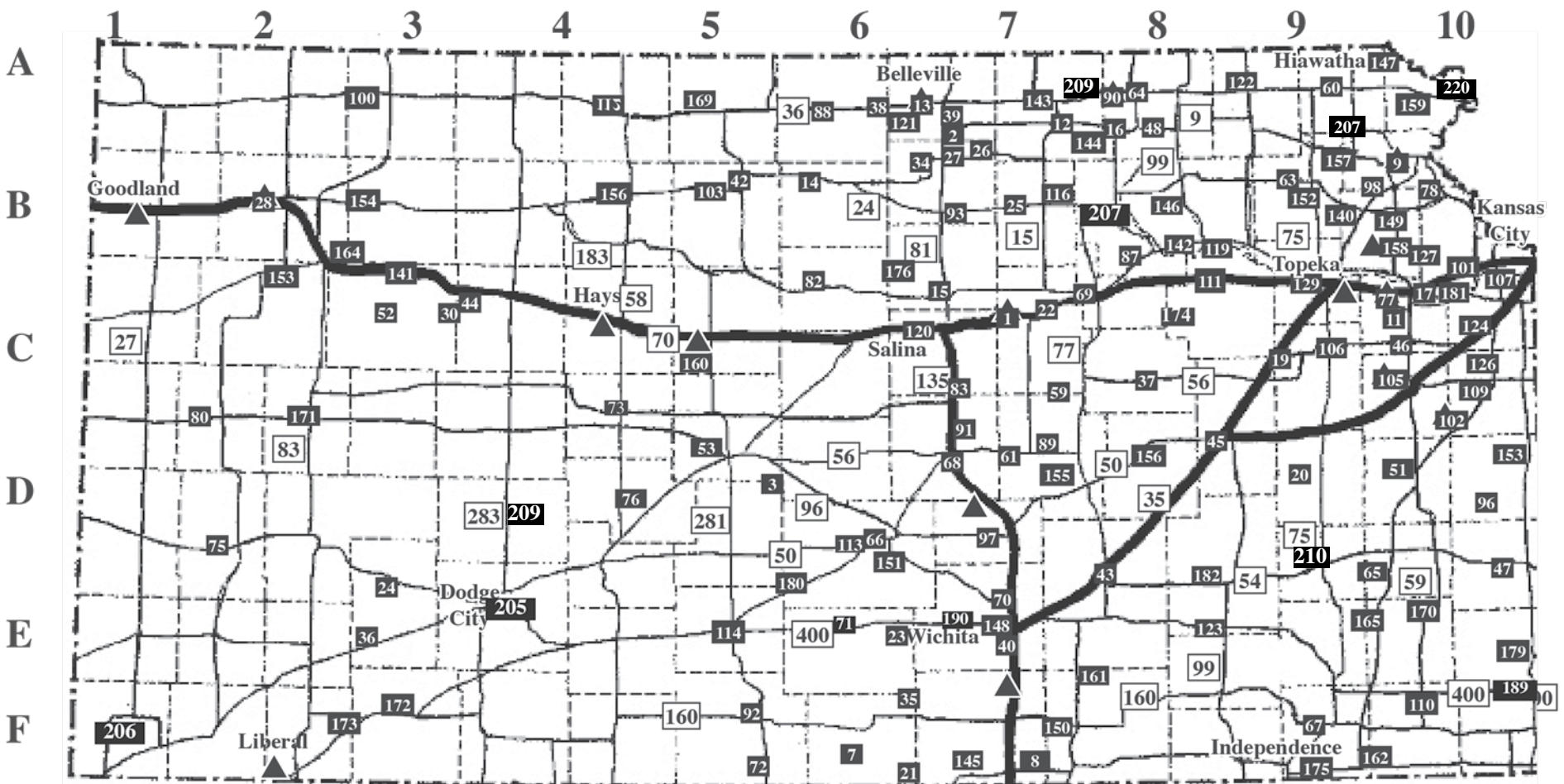
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Clutter Happens

Antiquated ME

by Julie Pirtle

Antiques. I just love them. I've always had a sentimental side when it comes to items that have been passed down to me from family members of long ago. I also enjoy strolling down the aisles of antique shops and discovering items to enhance my collection.

A few years ago, I ran into a bit of a hiccup at most every shop I went to. Somehow, I started finding items on display that were from MY childhood! Of course, these numerous shop keepers were all making a mistake. Right? I mean, I am not OLD enough to have toys from my past be considered "vintage".

VINTAGE. I suppose they can't all be wrong...which means that somehow along the way I have slipped into the category of antiquated. Heavy sigh. Accepting that, though, explains a lot of things that have come to mind lately. Of course, entering a new decade of life this summer with a "6" in front of it can also make a girl do some thinking. Pondering. Pontificating. Here are some of my random thoughts on the matter. It can be a bit scary inside my brain so read at your own risk!

Turning 50 is the age that the entire retirement machine started to focus on me. The daily mail doubled in volume with helpful flyers that wanted to assist with planning my funeral, provide me with dentures and take care of my estate. At 60, I swear they are now following me down the street and trailing my car. Persistent, aren't they?

I just love the awkward struggle that younger people have when they are checking me out at a store or restaurant. They look at me kind of funny, making me think that I might have something on my face. It's then followed with the question, "Would you like to take advantage of our senior discount?" In the last couple of years, I've swallowed my pride and now just ask for the senior discount. It's so much easier, but not as much fun as watching them struggle!

Can anybody tell me what happened to the double stuff that is supposed to be in my chocolate sandwich cookies? It is certainly not double. It BARELY qualifies for the amount that should be in a standard cookie. These days, the standard cookie is almost naked from lack of stuff. I miss the double stuff. (Let's not even get into the shrinking size of a half-gallon of ice cream. Sheez.)

I've always liked my natural hair color. Then -- without a warning -- it started to turn GREY. Not just grey, but also unruly and thick. What is the deal with THAT? In the beginning, I just pulled them out. It wasn't long before I realized it was a losing battle and time to ward it off with my best friend in a bottle — hair dye. Some say that letting it all go grey is "natural". This girl says no way! Natural is what I've had my entire life, and I'd like to keep it that way!

Speaking of hair, how come nobody ever told me that I would start to lose it where it should be and grow it where it shouldn't? I have receding hair at my temples and a full-grown biker's beard and mustache to deal with every morning! I must spend at LEAST two hours daily plucking whiskers off my face to avoid looking like the Wicked Witch of the West on a BAD day! The not so funny irony to this is that the whiskers are now turning grey as well! I did not sign up for this.

Fifty-five is when I noticed that my body decided it was going to turn on all the warning lights on my internal dashboard. Vision changed. Parts of my body that I didn't even know I had started to ache. My brain slipped down into my derriere. (I know this because when I can't remember what I was doing, I just sit down, and then I remember!) Worst of all were/are the hot flashes caused by menopause.

MEN...O...PAUSE. Yep. I think there is a reason it is called this. MEN, "O", you'd better PAUSE when I'm flashing. Just sayin'. In those moments of hormone imbalance, I am not to be held responsible for my words or my actions. I can be dangerous. Run far from me and be afraid. Very afraid.

Learning to accept these changes as they appear isn't always easy. Just like the antiques we have around our homes, we can be a bit cracked, chipped and losing some of our paint. But if we look at it like we look at our beloved antiques, those are the qualities that make them interesting. Giving the same grace as we age is a gift to ourselves. Sometimes we just need dusted off and polished a bit. Now...where did those tweezers go? Guess I'll go sit down so I can remember. C'mon. We've got this. I know we do!



Julie Pirtle is a Professional Organizer and owner/operator of Clutter Happens in Mesa, AZ. She also works with clients nationally through Video Consultations. The Clutter-Challenged can reach her at clutterhappens@gmail.com, on Facebook: clutterhappens or her website www.clutterhappens.com.



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Writing From Life

by Jeanette Lukowski

Experimentation

This month's sewing project is a wedding shower gift for a friend's youngest daughter. Since this friend has three daughters, the challenge has been to make different quilted gifts for each of their weddings. This project, then, is a scrappy heart wall hanging, which in its pre-sewing state measured 38" square.

Although I made a different scrappy heart project for a friend last year, the two projects are definitely different. For one thing, the first heart finished at a modest 14" x 18" size.

Beyond size, the first heart followed a pattern designed as a traditional bed quilt. Although the pattern repeated the hearts over and over in neat and tidy rows and columns, I extracted enough details to make one singular heart. By contrast, this current project follows an idea presented by my angel-of-inspiration (she who encourages me to try new things) after she took the class paired with a quilt guild presentation we had attended together. The focus of both the presentation and the class: creating projects utilizing a 2-1/2" grid fusible base. My friend created several projects using the technique; this scrappy heart is my first.

Some quilters purchase a kit from the quilt store, but I am more interested in experimentation; quilting is my experimental playground. Thus, the curiosity about the technique—and the birth of this particular project that has no specific pattern to follow. Rather, I simply printed the picture of my friend's heart project, and counted the squares.

My first task was finding a store in my area which sold the fusible grid. (I like to shop "local," which means wherever I feel like driving on any given day.) I carefully did the math in the store in October, and placed the bag in the sewing room when I got home.

Unfortunately, when I finally began the project in January, I discovered I didn't purchase enough fusible! Adaptation shrunk the design a bit, but I continued cutting 2-1/2" squares of fabric to match the changes.

For those who don't like to pin, the fusible grid is definitely a contender! Just lay out the fabric within the grid lines, apply warm iron, and presto! The fold lines appear without much nudging.

The "shrink" when seams were added kind of shocked me, though. The heart and background unit went from 38" square down to 30" square. Ah, but the precision of those matching, nested seams.

Will the extra layer of fusible make it difficult to quilt? The next wild-card I will face as I proceed.



Which brings me around to classes. One part of me thinks I would enjoy taking a class from a local quilt store because I like the challenge of trying new techniques! The other part of me becomes reluctant, though, when I learn that participants are told which specific fabrics the instructor or store have selected.

What if I want a different color or theme? Will I be able to take the class if I don't buy "that" fabric? Hmm.

© Jeanette Lukowski 2023. Jeanette is a mother, grandmother, teacher, and author who lives in Mankato, MN. She is inspired by the lives of strong women. Her email address is: writingfromlife@yahoo.com



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The Everywhere Blanket

By Ann Stewart

One dear friend would bring an old quilt to our outdoor gatherings. The comforter was cheery, bright and obviously hand stitched. It always made us happy when Leslie unfurled it and our families could climb aboard as if on a magic carpet. Though I initially questioned why she would “sacrifice” a potential heirloom, I understood that she was using it, and it was bringing more joy than being stuffed in a hope chest.

When I first married and “de-bachelorized” certain rooms in our townhouse, I replaced my husband’s blue and white floral comforter in our guest bedroom with a quilt from my apartment. His bedspread became the blanket we left in our car. It was so versatile: a tablecloth for when we picnicked on the lawn at Wolf Trap concerts, a great cushion for steel bleachers while in the grandstands, or for extra warmth as we traveled.

Later our girls came along, and we dubbed it “The Everywhere Blanket,” because it was used everywhere for everything. They loved that blanket and the convenience of having it along for every ride, tucked in the trunk so that spontaneous picnics and excursions were easy and fun. Though there’s nothing special about the puffy comforter itself, whenever I see its blue and white pattern, happy memories spring to mind.

And so, one Christmas when I saw two cheery, old vintage quilts for a modest price, I had a plan. My college daughters needed to make happy memories with their own Everywhere Blankets. But the Everywhere Blanket gift came with this stipulation: Use it, don’t protect it.

They were to enjoy their blanket. If they spilled on it, the stain wasn’t a blemish, but an autograph of the event, a fond marking of memory. They didn’t have to fear the first smudge, the quilt was already broken in and timeworn. I explained that if they splattered a little Ethiopian picnic food, they could point out that spot and remember the day it happened. Besides, if the quilt looked dirty or worn, it would show it was used, and had purpose; it was well loved.

Since then, the quilts have been spread on the University of Virginia lawn as a soft surface for studying, for a surprise Valentine’s party on the carpet of the dorm, and a Fourth of July picnic in the gardens at UVA. The everywhere blanket is a place where they don’t worry about anything except relaxing and hanging out with friends. Christine admitted her’s has spills, but that she had made memories without worrying about the stains. Probably one of the greatest compliments was when her roommate called out before leaving for an event, “And don’t forget the Everywhere Blanket.”

Because I bought them used, we didn’t know the quilt’s history and had no past to preserve and protect. Instead, they were a present to my daughters that will continue to make memories in the future.

Recently, I purchased a small baby quilt only to discover later that the stitching was far from perfect. Though no work of art, it could be a work of heart. I will give it to a new mother with this stipulation: Use it. Don’t protect it. It’s the pretty and happy blanket that can be crawled on, spit upon, with celebrations of her first roll over, or when she first raises her head to smile. What memories you’ll have to connect with the sweet quilt. Carry this pretty, happy baby quilt everywhere you go. It’s not perfect, but it’s perfectly suited for your baby and all to enjoy.

What do you have that you’re saving or set aside that needs to be used? What needs to be hauled around to be part of making memories? What needs to be appreciated? Even used up! With upcoming spring and summer weddings, one unique gift idea is a vintage picnic basket with a timeworn Everywhere Blanket tucked inside! Insert this column and the instructions: Use it. Don’t protect it. Make memories.

C 2023
Looking for Easter ideas? Preparing My Heart for Easter is a good place to begin!



Random Acts

by Maranda K. Jones

Take Five

Girl Happy, the best Elvis Presley movie ever made, shows spring break at its finest! Fort Lauderdale was the place to be, and everyone was headed to Florida. Shelly Fabares plays Valerie, the well-behaved daughter of a Chicago mobster named Big Frank. Her father thinks she needs a chaperone, however, and hires a band to follow her on holiday without her knowing. Elvis leads the band as Rusty Wells, and well, just thinking of the music and mayhem makes me smile!



Being the sensible, rule-following girl she is, Valerie could have taken care of herself, and self-care seems to be the theme of most modern spring breaks. Not everyone is heading to Fort Lauderdale as they were in the past. Swimmers started going there for training in the 1930s when the Olympic sized pool opened. Many swim coaches thought that was a great idea, as did other young people, and crowds continued to grow out of control through the 1960s when this musical romantic comedy was released.

This movie is the perfect escape. We all need a little escape now and then. We need a break. We need to take five.

A guest speaker at our school stressed the importance of taking care of ourselves. She said the practice of taking action to preserve or improve one’s own mental and physical health is vital to our well-being. It is important to take care of ourselves before we can effectively help others, whatever line of work we follow. Following her advice that suggests even the smallest action might make a difference, think about what you could do if you were able to take five.

Take five days. Enjoy a getaway to a favorite place or explore somewhere new. Not everyone has a five-day vacation from school in the spring, but those who do may spend their time traveling. A five day stay-cation at home could also be the ultimate time off, especially for someone who is always on the go.

Take five hours. Learn a new recipe, and take the time to shop, prepare, and enjoy the meal. Prep your lunches for the week or pick out clothes for the days ahead. Tackle a project and feel that sense of accomplishment. Try something new or do something you already enjoy. Catch up on sleep. Visit a friend, spend time with family, and show love to someone. An afternoon walk with your pet could get you outside and moving. Be a tourist in your own town. Go off the grid, turn off your phone, and appreciate the silence.

Take five minutes. Sip a cup of coffee. Eat a piece of dark chocolate. Call a friend. Send a text. Watch a funny video. Think of someone to forgive. Send a thank you note. Stand in the sunshine.

Take five seconds. Name five things you’re grateful for. Name five things you’ve accomplished. Rub lotion on your hands. Stretch your neck. Yawn. Pray. Smile. Choose to be happy.

© 2023 Maranda K. Jones Presley, Elvis, performer. Girl Happy. MGM, 1965.

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Slices of Life

Finding an Overseas Job: Part 2

by Sherry Osland

Editor's Note: Part 1 of this Slices of Life was published in the Feb/March issue of The Country Register of Kansas. If you missed it, you can read it online at www.countryregister.com/kansas.

With hindsight, part of the miracle of going to Australia to teach, was finding my way around ALONE. I was now in San Francisco, forging ahead on my own. I admit to being directionally challenged. I took a cab to my pre-booked hotel so I didn't have that challenge. I had a meeting at the Australian Consulate Monday morning for my passport. I did a trial run to make sure I knew the way so as not to be late. The rest of the weekend, I was a tourist. I spent time at Fisherman's Wharf, bought an ebony crochet hook from a man making them on a portable small lathe along the street, a small leather wallet from another vendor and some earrings from another. Absolutely nothing that needed room in my suitcase! Then, I rode the trolley and went to the Golden Gate Bridge. One evening, I was dressing to go to the Chinese New Year's festivities. I had the TV on, and it came on the news that another strangling had taken place in the city. The Zebra serial killer was still on the loose. When I looked up the address of where the woman had been strangled, it was within a couple blocks of where I was planning to go. I stayed in that night and watched the parade on TV. I went to the Consulate Monday morning and was cleared to enter the country (passport, required money, vaccinations) in 10 minutes.

When I got to the airport, it was pure CHAOS! We were on a 747 and the chaos stemmed from the baggage check in. I'm thinking I was the only one to have adhered to the rules of one suitcase and 77#. There were even BICYCLES lined up to load. There was a general BUZZ . . . "where are you going?" Most ALL the people I spoke with were going to Melbourne. I only came upon one man going cross-continent to Perth. (I confess to stereo-typing . . .) He looked a bit Mafia-like and spoke with a heavy Eastern accent. I avoided him. [Later, after getting to know him, with a red face, I shared that he had seemed scary to me. He laughed and told HIS hectic and hilarious venture in just getting there.]

With our baggage finally loaded, we boarded and were off! I can say I've been to Hawaii because we refueled there, but all I know is that it was dark (11:30 p.m.) and very muggy. In less than an hour, we were in the air again. The week prior had been full of stress for everyone getting to that day. The flight was 24 hours. We flew right through the day of my seat mate's birthday. I later figured up, we had been served 3 meals, 2 sandwich brunches, one huge breakfast and all the various kinds of juices there are between all the time zone and crew changes (orange, guava, papaya, you name it!) [A side-note interjected here. When we finally got to Perth - totally wrung out! - a very kind official welcomed us to a very nice meal, because he was so very sure we would all be so hungry from our travels. Argh! Yes, we were polite and followed through, but just a twinge green.]

We landed in Melbourne and lost most of the crowd. They had teaching positions in Victoria. As memory serves, there were around 24-26 teachers going on to Perth. I still avoided the scary guy, but we were mixed throughout the crowd on a smaller commercial flight. Fortunately, I sat beside a very nice man who briefed me somewhat on terms and usage of words: station (ranch); kiosk or canteen (concessions or snack bar); bikkies (cookies); sheilas (females); blokes (males); lollies (candies); chips (French fries), etc. He was most patient.

Perth, from the air, was a beautiful sight. Lots of red tiles and not so many skyscrapers. It looked inviting. [We later learned the buildings can't be so tall because of the water table. The city is located on a river and next to the ocean.] I didn't mention earlier that when I left Kansas, we were in the midst of one of the worst and coldest winters. Because it was so cold -- but mostly because of my suitcase situation -- I wore layer upon layer under my heavy coat. When we landed at Perth on that hot summer day, it was 105*!! I wore everything because it was all too heavy and clumsy to carry. I knew I (and others) looked ridiculous, but . . . what to do?

Then, BEHOLD! Unbeknownst to us, as a newly instituted State Education program, we were BIG NEWS and were met at the airport by State Education officials AND a TV news crew with cameras rolling!! We were all so red-faced from the trip and the heat and literally wrung out. I'm not sure they got a very impressive interview with anyone.

Herbs and Spices - What's the difference?

By Judy Sharer

Do you know the difference between herbs and spices? When recently asked this question, I couldn't provide an answer. I knew they were all from plants but thought the terms were interchangeable. I've been cooking and baking with them all my life but to learn the difference provided much insight!

Off to Google, the expert research assistant. . . "In broad terms both herbs and spices come from plants, but herbs are the fresh part of the plant while spice is the dried root, dried stalk, seed or dried fruit of the plant and is almost always dried, not fresh. Both herbs and spices add flavor to the dish, however herbs are more subtle while spices have stronger flavor." Interesting article by Simi Jois.

Herbs are live plant parts used in its fresh form to flavor or garnish foods or dishes while spices are used in its dried form or ground into powder to flavor, color, or preserve foods.

Wikipedia will tell you the history of herbs and spices date back to the 8th century BC. They are used not only in culinary creations but are also steeped in boiling water for teas, used for medicinal purposes, cosmetics and during religious rituals.

Salt, on the other hand, although used to season foods is not an herb or a spice. Salt is an organic mineral compound that comes from evaporated salt water or that is mined from salt rocks. Salt has been a treasured commodity for thousands of years and is one of the oldest methods used to prevent foods from spoiling. There are several types of salt commonly used for different purposes like curing, pickling brines, and canning.

The growing season in the northeastern part of the country, where I make my home, is June through September. This summer, I plan to grow the herbs I use the most in my cooking to have fresh on hand. Then, come fall I will dry them to use as spices throughout the winter until spring when I can grow them again. I may even buy a mortar and pestle to grind some powders.

This spring join me in discovering all the different varieties of herbs available at your local plant nursery or garden center. I'm excited to grow fresh herbs and experiment with drying each plant's various aspects to make them into spices and enjoy some in tea!

Judy Sharer is the author of a historical western romance series titled A Plains Life, published by The Wild Rose Press. Book One, Settler's Life, Book Two, Second Chance Life, Book Three, Civil War Life and Book Four, Love-Challenged Life are available wherever online books and eBooks are sold. If you're a quilter, you'll enjoy Judy's series with a thread of quilting throughout the story. Visit Judy's website judysharer.com for more details.



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Written by Sherry Osland of Praise Works Quilting in Abilene, formerly writing the Quilts That Redeem column for The Country Register. For examples of quilting (as well as pictures of Hand-braided rugs and Quilts That Redeem books, for sale) go to: facebook.com/praiseworksquilting Contact information: sherryo51@hotmail.com or 785-263-5528.

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A Letter to My Mother, Five Years Later

by Kerri Habben Bosman

Dear Mom,
 I know that you don't need this letter contemplating the fifth anniversary of your passing. It is more for me, the one who is compelled to recognize you and this benchmark in some concrete way. I struggled at first because the words were buried too deeply.
 Yet here I am, because I couldn't not write to you.
 It is March again. You passed away on the 13th. You and I had 45 full years together, and I am thankful for every moment. We were given the time to be mother and daughter and best friends and to share and grow together in every evolution of our lives.



I hope that you know how much fulfillment life has brought to me. As your illness progressed to its end, I know that you worried what the future would bring.
 A year and a month after you passed away, I found the right someone to love -- the man I'd been waiting for all of my adult life. My husband, Wayne, amazingly has many of the traits that I treasured in you. He is steadily, authentically and unapologetically himself. He gives me the same true measure of honesty you always did. He also knows exactly what to say to me when my self-depreciative streak rises. Most importantly, he loves me and our family with a complete and unrelenting dedication. And I love him and them the same way.

Looking back, I know that I grieved quietly for you. That was because you were and are such a part of me. I know that, in some ways, I am very different than I was when you were alive. However, that is what time and healing ask of us, as you and I experienced together more than once.

I like living in the present. Every moment I am given will never occur exactly that way again. And in doing so, I readily treasure every day of my life and the people I share it with.

But I can also look into the well of yesterday and no longer ache. I can dip a bucket into it and drink of the past with a fulfilled and thankful heart. I can feel the joy, sorrow, hope, renewal, and everything in between. The past and the present bubble together in a beautiful symmetry.

You remember how we used to stop at a memorial in Northeast Pennsylvania every year on the way to our favorite spot in Ontario. The stone was for a lady named Josephine Miller. We never knew her but the poem for her resonated with us. The line that I always return to is this, "So when all that is left of me is love, give me away as best you can."

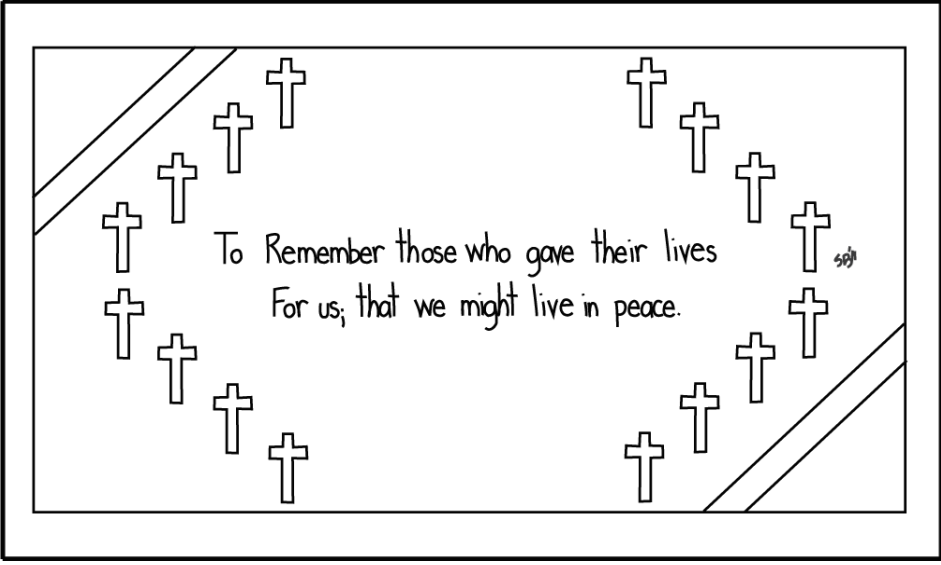
That is how I honor you. Your love is there when I pour coffee for Wayne and myself in the morning. It is in every stitch of everything I knit or crochet. It is in every bit of food that I prepare. Your love is in the two letters a week I write to Wayne's mother, who is 102 years old. She has a youthful spirit with an enduring faith and quiet wisdom. She, too, loves all of us with a complete and unrelenting dedication.

Your love is what makes strawberries jump into the grocery cart because the grandchildren enjoy them. It is why I bake them cookies just because the sun rose that day.

It is not for me to yet know what it all means in the great beyond. Yet, I always imagine you enfolded within an essence of the purest, the truest and the most enduring love.

Hug everyone for me. I'll keep on giving your love away, one moment at a time.
 Love,
 Kerri

Kerri Habben Bosman is a writer in Chapel Hill, NC. Her email address is 913jeeves@gmail.com



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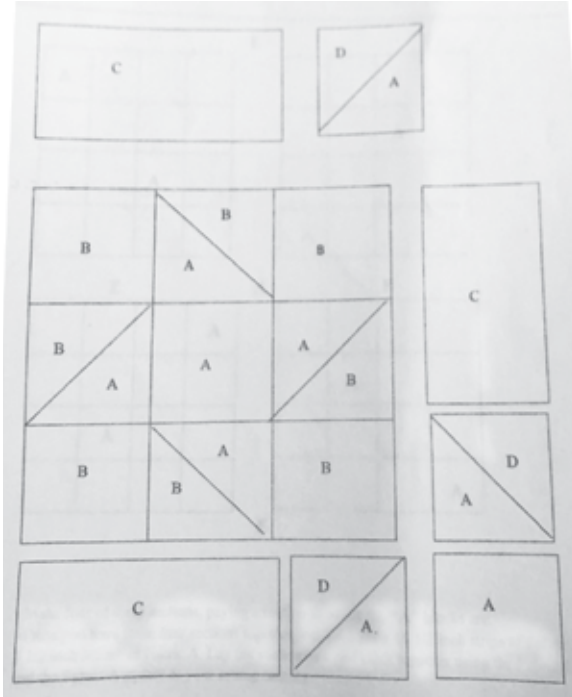
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Part 2 of 3

Lay out the block per the diagram, using Four 2 1/2" Fabric B squares and One 2 1/2" Fabric A square along with your half square triangles. Be sure your Fabric A is in the correct position before sewing or you won't see your star!

Sew Fabric C rectangle to your Fabric A/D half square triangle (make 2). Sew 2 1/2" Fabric A square to one of the sections. Assemble per diagram. You will be making 16 of these blocks. They should square up to 8 1/2". You will have a total of 16 blocks.



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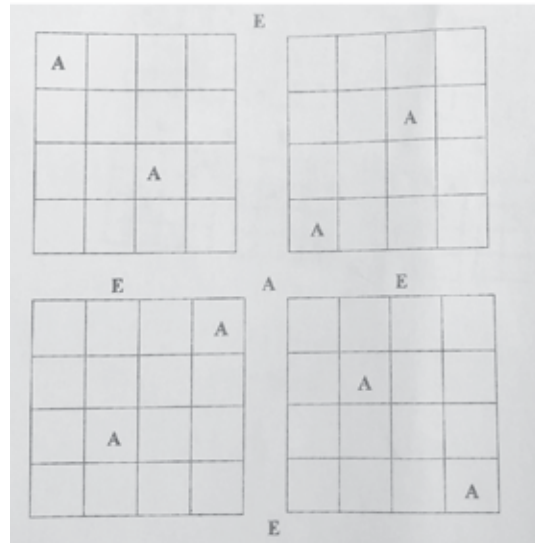
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Now that you have 16 blocks made, let's put them together. Cut the following for sashing # 1.

Sixteen - 2 1/2" X 8 1/2" of Fabric E

Four - 2 1/2" squares of Fabric A (cornerstone)

Following the diagram, sew Four of the friendship blocks together using sashing strips and cornerstone. You will make Four of these sections. Make sure you pay attention to where your Fabric A blocks are!



Make four of these sections, paying attention to where the "A" blocks are.

Once you have these four sections together, cut 4 - 2 1/2 x 16 1/2 inch strips of Fabric E and 1 - 2 1/2 x 2 1/2 inch square of Fabric A. Lay the sections out and piece together using the Fabric E for the sashing and the Fabric A square as your setting sashing.



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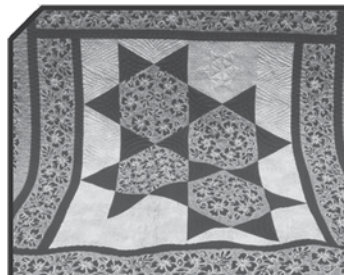


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Big Kansas Road Trip Coming to North Central Kansas

The Big Kansas Road Trip will take place in Jewell, Republic and Smith counties on May 4-7. The event, a project of the Inman-based Kansas Sampler Foundation, moves to a different part of the state each year.

Like the four previous BKRTs, this one in North Central Kansas is a multi-day event that feels like a tri-county open house of communities and their attractions, locally owned shops and restaurants. It's a time to travel back roads and take in short activities that help locals tell their story.

Marci Penner, co-director of the Kansas Sampler Foundation said, "All we ask is that communities be good at being themselves. The public wants to have first-hand experiences in our rural communities and countryside to get to know them as they are. That's what this four-day event delivers."

A menu of things to see and do is presented in a variety of ways from a printed guide to a web site (www.bigkansasroadtrip.com), with updates on a BKRT Facebook page. Each person, family or group attending can choose where they want to go and make their own schedule. It's adventure ala carte at your own pace.

Penner said, "It's impossible to know how many attend the BKRT each year because everyone is spread out over three counties. No one gets overloaded, but everyone gets more traffic than usual."

Visitors to the 2022 event in southeast Kansas came from every region of Kansas and sign-in sheets showed that there were many people from out-of-state as well.

County seats in this year's road trip are Mankato (Jewell County), Belleville (Republic County) and Smith Center (Smith County). A few highlights in the counties are the Home on the Range cabin (near Athol) and the geographic center of the 48 contiguous states (Lebanon) in Smith County; a WPA-built courthouse (Mankato) and Lovewell Lake and State Park in Jewell County; and the Pawnee Indian Museum State Historic Site (near Republic) and the National Midget Auto Racing Museum (Belleville) in Republic County.

The Kansas Sampler Foundation switched from the Kansas Sampler Festival format to the Big Kansas Road Trip in 2018. The goal is to educate the public about rural communities and get them addicted to exploring!

Here is a sampling of things to see and do:

Jewell County:

- Roller skate in a Quonset Hut in Formoso on Saturday night
- Play trivia at Sam's Place in Esbon on Friday night
- Try some "Pie on the Porch" in Burr Oak on Friday
- Kayak on Lake Emerson near Jewell on Saturday
- Sit in on a livestock sale in Mankato on Friday
- Visit homes in Mankato on Saturday night for wine tasting

Republic County:

- Walk the angle of the dirt auto racing track, Belleville
- Shop at multiple intriguing stores in Agenda, population 66
- Pick fresh asparagus on a farm south of Courtland
- Watch blacksmith demonstrations in Cuba each day
- Enjoy coffee and kolaches with the locals in Munden
- Attend meal fundraisers for the fire department in Republic

Smith County:

- Take in the great view at the Statue of Liberty replica between Harlan and Gaylord
- On Saturday, Athol offers a full-day of activities to learn about the area
- Get a tour of vintage wedding finery near Kensington
- Enjoy pie on the porch in Smith Center, Thursday-Saturday
- Check out the old-fashioned gas station visitor center in Lebanon
- Take a tour of the meat locker in Kensington on Friday

You'll find more tempting locally-owned restaurants available than you'll have time (and room) to enjoy. Shopping ranges from art studios to home décor. Do what you can — and then come again with more time.

Penner said, "If you have the Explorer spirit and want to get down to the granular level of knowing rural Kansas, this is friendly space to do that."

The mission of the Kansas Sampler Foundation is to preserve and sustain rural culture. For more information on the BKRT, go to bigkansasroadtrip.com or contact wendee@kansassampler.org.

Editor's note: While on the BKRT, stop in at Country Register of Kansas advertisers Hidden Treasures in Mankato and Sew Country in Belleville. And, use your Register to find other advertisers as you drive to North Central Kansas.



See the cabin in Smith County where "Home on the Range" was written. Just one of the things to see and do on the Big Kansas Road Trip.

A Quiet Spot

By Janet Young

Spring is a season of hope. After a cold hard winter, everyone looks forward to the longer days, birds singing and warmer breezes that ushers in the beginning of a new season. It is a time to fling open the windows, fly a kite and dig in the dirt in celebration of this invigorating season of the year.

Not only is earth awakening, but our bodies are coming alive as well. We want to get out and enjoy the great outdoors. One way you can enjoy outdoors in addition to the above suggestions, might be to create a quiet space where you can enjoy tea to start or end your day or to enjoy reading your favorite book. It can be out in the yard, on your porch, deck, or patio. All you must do is set the stage for a comfortable, peaceable haven for quiet relaxation. Whatever your choice, it will revitalize your mood.


If you decide to host an outdoor tea party, perhaps the spot you pick to host this party should be one that can remain functional throughout the summer months as well. For example, as we stated earlier, a porch, deck or enclosed patio would allow you to enjoy alone time in the morning or evening before you begin your day, or at the end of your day to relax and prepare for bed.

How would you make your area of choice more inviting? Well, comfortable outdoor furniture, pillows, flowers and/or plants, a blanket or two for the cooler evenings and candles or lanterns to illuminate the night might contribute to a refreshing environment.

Think of all the activities you can enjoy in this new haven of rest. For example, if you have children, you might want to play board games, toast marshmallows, or do some stargazing. What a change from Tik Tok and Google. You might even find your kids more enjoyable as they remove themselves from the world of technology -- or at least minimize the time spent on their devices. One more way to announce that spring is here would be to serve seasonal foods, especially if you are hosting a tea party. Asparagus tea sandwiches, a flower-shaped lemony scone that has been cut from a cookie cutter, chocolate dipped strawberries, and iced tea or a fruity hot tea of choice.

We all need a quiet place where we can meditate and unwind after a hectic day or before a potentially busy one. I hope you will find that quiet haven, so that you can take time to enjoy nature, as well as discovering a new way to enjoy Spring and all it has to offer. Happy Spring!

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



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Back Porch Break

by Nancy Brummett

Time to Spring Forward

Twice a year the discussion comes up about Daylight Saving Time and whether it's time to do away with it. However, as of now it's still in effect so most of us spring forward as requested. Sunday, March 12, was the designated day this year.

Newspapers, TV reporters and church bulletins all reminded us to "spring forward" and set our clocks an hour ahead as we went into Daylight Saving Time, but you may wonder why we go to the trouble. If setting clocks, sleep disruptions or forgetting the change altogether and showing up at church an hour late seem like unnecessary irritations, consider these little-known facts.

First proposed by Benjamin Franklin in 1784, Daylight Saving Time (the officially correct name, not Savings) is adopted in all states except Hawaii, parts of Indiana and Arizona (except for the Navajo Indian Reservation, which does observe DST). Over the years studies have proven that we save thousands of barrels of oil per day during DST due to decreased use of electricity. More evening daylight also decreases traffic accidents and exposure to the types of crime usually committed after dark.



So, although the counter arguments and debates continue, we have to admit there may be some real benefits besides those lazy, summer outdoor evenings we all look forward to enjoying.

Still, if Daylight Saving Time annoys you, think of other ways you might spring forward that you actually enjoy! Maybe this year you'd like to spring forward down the sidewalk as you take up a new exercise routine. Once around the block is a good start, and by the end of summer you may find out you enjoy walking so much you're going several miles.

Spring forward into a new hobby. Preferably one you've been thinking about for a long time but never made it a priority. Good advice with any new venture is to dip your toe in the water before diving in. Is your new hobby watercolor painting? Take a class at a local community center before investing in a lifetime supply of paints and canvases. You can always invest later once you know you love it.

Getting a start on gardening will help you spring forward toward summer. Even in colder climates seeds can be started in windowsill containers and as the tiny shoots begin to grow our hopes for the warmer season to come grow with them. However, you spring forward this year, don't dismay about that lost hour. We get it back in the fall.

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

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Mac 'n Cheese
recipe by Patti Lee Bock of New Ulm, MN

2 tbsp butter - <u>divided</u> in half	1/2 cup velveeta - <u>cubed</u>
1 tsp <u>salt</u>	10.5 oz can cheddar cheese soup
16 oz elbow <u>macaroni</u>	1 cup colby cheese - <u>shredded</u>
3 cups milk	2 cups cheddar cheese - shredded and divided

Preheat oven to 350°. Grease 9x13 baking dish with 1 tablespoon butter. Cook macaroni according to box directions. Let drain while you cook the sauce. Combine milk, remaining butter, velveeta and cheese soup. Cook about 10 minutes on medium heat to make sure everything is melted. Stir often. Pour cheese sauce over macaroni. Add colby cheese and 1 cup of cheddar cheese. Stir to combine. Put in casserole bowl and top with remaining cheese. Bake 20-30 minutes.

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April Showers

By Tammy Page

April showers do indeed bring May flowers as promised by the poet, Thomas Tusser of England. His exact words in the 1500s were "Sweet April showers do spring May flowers."

After the nasty, icy and cold months of unpredictable weather, the warm showers are a welcome sight. In my neck of the woods -- farm country -- they are often popping up here and there, stopping and then starting up again within hours. The farmers expect it to give them time in the barn to get everything greased and polished for the upcoming planting season. This is the time to repair and replace parts on equipment that are worn from last season. It's a time to rejuvenate right before the long hours of planting season.

My son-in-law farms several thousand acres so his spring is always busy working on machinery, ordering seed corn and making finishing touches before he heads to the fields. He works tirelessly, sometimes 18-20 hours a day plowing and planting. He misses family events just so he can get his crops in the ground before another rain shower begins. As I drive to work, I can see him in the fields and again as I come home from work. He is one of the hardest working men I know. Our daughter indeed married one just like her dad.

As the April showers begin, don't forget your umbrella -- or at least have one handy



by the back door and another in your car -- because you never know when a "pop up" shower is going to happen. All this rain is so beneficial to the ground, for the growth of crops, flowers and weeds -- yes weeds too. Sometimes the rain can be a nuisance. The downpours that are "raining like cats and dogs" can cause a normal, dry lot of heifers to become a mucky, slippery mess. Trying to carry 5-pound buckets full of feed through the inches of thick mud is sometimes impossible. I must admit I have witnessed someone slip and fall. All you can do in those moments is laugh it off and start all over again all the while trying to find a better route to the feed trough.

By the end of the April showers come May flowers that peak out of the greener grass with speckled colors of yellow and purple. Each year my bed of mini crocus and daffodils seem to spread on their own and it's as if God himself scattered seed all over the ground. When our first mowing is needed, I make sure to ask my husband to be sure to bypass my little flower garden so that I can enjoy them just a little bit longer. Although the stems are very short for little hands to break off, I love getting bouquets picked by my grandchildren and don't mind a bit that my flowers have been diminished. Those are the most precious gifts I could ever receive when a grandchild brings me a tiny-stemmed bunch of flowers with a grin on their face as big as can be.

Although I enjoy the warmer weather that comes with the showers, I look forward to June even more. By the time June arrives the flowers are in full buds, and some have bloomed making my world a little brighter and more colorful.

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ASPEN GROVE

Quilting Stories with Sam

By Sam Hilhorst

The first week of January brings feelings of new beginnings. And, in all honesty, the topic for this segment's writing was again brought to my attention through the eyes of my eldest daughter. When she came home from her first week (more like two days) of school, my little first grader pulled out a handful of paperwork she had completed. "Mom, look at all my school stuff." Acknowledging her, I told her, "We'll look at this later," and continued with supper prep.

As we finished supper at the table, we pulled out L's schoolwork and took a peek. Most were typical school spelling work, journals and coloring activities, but one caught my eye - "My Book of Resolutions" Opening the four-page hand-crafted book were her super sweet first-grade resolutions to help mom more, to play games with her friends more, to help in the classroom. It was the final page that I asked her about, as it rather confused me. The fill in the blank resolution was: Here is my resolution about Mother Earth, to which my six-year-old wrote, "be kind to animals." I remember looking right at her and saying, "L, you already do that and are so wonderful to animals, so that's not really a resolution" Without haste, my smart and sassy young lady said, with attitude, "Well, mom, you know it's a new year, and I need to remember to keep doing it."



A couple days later, I started the process of prepping and planning my upcoming year at Aspen Grove Quilting. Walking into my cozy shop, I looked around and saw my project boxes neatly sitting along the top of my cabinets. Each box contains an individual project that needs completion, ranging from starting blocks, sewing blocks together or just completing binding. I sat down and thought, what projects do I want to start this year? Again, looking at my fabric for inspiration, those darn project boxes caught my eye once again! No ... new year, new project, right? Ding, it was like a reminder went off in my brain. Remember what L just told you?! "Well, mom, you know it's a new year, and I need to remember to keep doing it." New year, same project? That sounded peculiar; who's talking to me? This can't be my thoughts. And it wasn't! It was my little six-year-old's words repeating in my mind, telling me to finish doing what I started because it was going to feel just as good.

Prepping for 2023 took quite a twist for me and my shop, from planning new projects to falling back on old ones. That is not how I anticipated my year to start. A quick attitude shift and I pulled out my step ladder and started to take down project boxes. As each box came down, I could feel my excitement building. I forgot about that one, or I remember how excited I was when I found that fabric, or oh, that pattern is so cute! Today, I look around my workspace, and a dozen clear boxes are scattered on the worktop. Each one brings a smile to my face and fills my heart with anticipation as I now patiently await each final project -- it feels just as good!

Reflecting back on that moment of reading L's resolution book, I realized that her resolution meant more to me than it likely did to her. Boy oh boy, that little girl smacked me in the face with some strong words. A new start, but a continued action. What a wise take on how to perceive resolutions. Resolutions, perhaps, are not always about making a change or starting over but rather continuing what we are already doing, doing it well, and continuing through the experience of finding ourselves, bettering our lives or enjoying the moments.

As you enter the new year, I hope you can continue doing the things that bring you joy. Continue appreciating life's little moments that warm your heart. And, of course, continue that project that has been tucked away for weeks, months, or even years. Hopefully, continuing that project, reaching completion, and admiring your accomplishment will bring the same overwhelming joy that being nice to animals does for my wise little girl.

See you next edition -- chat soon!

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Prescription for Adventure
By Naomi Gaede-Penner

Garden Tales

Kansas

The flat wagon jolted along the dirt road as it returned from the cornfield. I was a preschooler, surrounded by my sister, mother, grandmother, aunt and uncle, and cousin. The sun beat down on my face, and my heart was warmed by feeling a part of something bigger than myself -- a family group and a farming heritage. Occasionally, a caterpillar squirmed out of a husk and frightened me. Soon after we arrived at the farmhouse, the womenfolk sharpened their knives and cut the kernels off the cobs to package and freeze. I stood back, too young to help, yet fascinated.

My mother had grown up with edible crops in the field, along with a garden by the stock tank that yielded thumb-sized potatoes fried in butter, tomatoes, string beans and peas cooked in white sauce, heavy with black pepper.

Thick memories. Deep happiness.

Alaska

When my Kansas mama left the farm for Interior Alaska, she carried farming in her fingers. Along the Yukon River, she planted leaf lettuce, peas, green beans, carrots and onions. The Native people stood back and watched her plant tomatoes.

"They won't get ripe," the villagers whispered.

The 24-hour midnight sun was warm and sent the nourishment of light onto the plants. The vegetables grew quickly. She pulled the lettuce and added canned milk, a bit of sugar and sliced boiled eggs. Then she gathered other produce as well; but, by early August, frost touched the garden, and the tomatoes were still green. They found a place on the windowsill. My mother encouraged them to turn red. They tried. But it wasn't Kansas.



My South Russia Mennonite mama made a lot of borscht out of one Alaskan cabbage!

Arizona

In February, I spent time in Arizona with a longtime friend. She took me to her garden at the community plot. A garden? In winter?

"I think in reverse here," she explained. "Instead of quilting in the winter, I quilt during the summer heat, and in winter, I dig and plant outside."

When we returned to her house, laden with rewards of her hard work, she instructed me, "Chop this ..."

After donning an apron -- one her grandmother had made -- I chopped and chopped: red and white Swiss chard, kale, green onions, carrots, snap peas, parsley, spinach, beet tops, broccoli, and green cauliflower. This assortment was tossed into a skillet and turned into a delicious Italian stir-fry.

Backward gardening. Summer. Winter. The rewards were the same.

Wisconsin

"So, growing up in Wisconsin, did you have a garden?" I asked this same friend.

"Oh yes, we had so much abundance: leaf lettuce, peas, beans, onions, tomatoes, corn and more," she told me. "And we froze vegetables, canned beet pickles and watermelon pickles. Then, we had strawberries, along with wild raspberries, and we found blueberries where there had been a forest fire years before. We had to watch out for snakes because of swampy land, and can you believe the town of Blueberry was nearby?"

That made such a lovely picture in my mind.

Colorado

Colorado is now my primary residence, although several times a year I return to our Gaede-Eighty Homestead in Alaska. My brother plans to put in a garden this summer, "just like Mom had." I can't wait to see giant cauliflower, enormous cabbage, broccoli, and who knows what else?

Meanwhile, here on the prairie land of Colorado, I've given up vegetable gardening -- and even trying to grow flowers. Drought, wind, deer, rabbits and hard soil thwart my efforts. I've resigned myself to hardy, persistent, colorful snapdragons and Hobby Lobby fake flowers. Sometimes, we have to do what we have to do. Sometimes, I forget and water the fake flowers, too.



Naomi's non-fiction Alaska books are available at prescriptionforadventure.com, or by calling 303.506.6181. In Kansas, available at Faith & Life (Newton) and Kansas Originals (1-70 at Wilson.) "The Bush Doctor's Wife" is also available on Amazon. You can follow Naomi on Facebook at "Prescription for Adventure."



Zen Garden

by Marlene Oddie

When I first started designing for Island Batik, I did a quilt called Woven Braid. I revisited that design recently with slightly different value colorations and using the new Zen Chic collection from Island Batik. The Zen Garden quilt emerged!

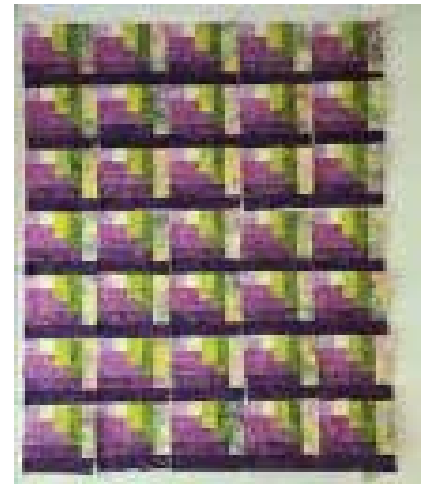
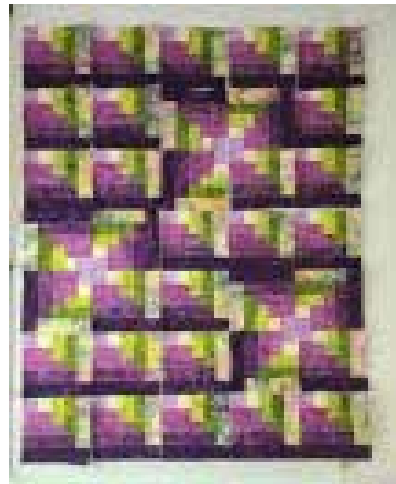


This quilt is made by two colorations of the same block. It starts with the first six logs being the same fabrics. Then the blocks are split into two groups and each group gets their own fabrics (similar values but different prints) for the remaining logs. Each block is sort of a quarter of a log cabin block and the center is not the lightest value. By alternating the block colorations there is more interest to the eye. There are also lots of opportunities for other settings of the blocks.

The quilting is 'Jessica's Ginkgo' pantograph from Urban Elementz that was inspired by the ginkgo print in one of the fabrics.

The pattern includes yardages and directions for five quilt sizes.

Here are a few examples of the other settings:



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Island Batik has created this beautiful Zen Chic collection. The fabric collection has beautiful shades of green and purple and some mixed color prints as well. It is shipping now.

Ask for this collection and new pattern at your local quilt shop or find the pattern on my website.

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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Uncovering Secrets Old Tools Hold

By Donna Jo Copeland, farmeress

Being a dinosaur, living in a “prehistoric” farmhouse, pursuing an ancient profession assures each day is an adventure. Some days are mild – chores and fiber. Other days are spent chasing old tools, furniture and secrets.

This past winter I had the honor of helping a fellow fiber enthusiast clear her out-of-control home and move in with her daughter. One of the pieces I brought home required much, much cleaning but revealed a treasure. A pre-1860 Hoosier style kitchen cabinet with wooden sugar and flour bins, flow glass windowpanes, poplar countertop and bread board. I call her Little Princess as she is one-third the size of my great-great-great aunt’s 1895 Hoosier Cabinet. Her finish is rough but, with Howard’s Feed and Wax after a vinegar wash, she has a patina that is awesome. I won’t refinish her but leave her shine to warm my kitchen. Mary recalls that she came from an aunt’s farm in northern Indiana, but she doesn’t know the history before that. I feel another’s hands as I work on her, bringing her back. Currently Princess holds most of my dyes, her bins keeping my dried dyestuffs.

And then another friend posted online. She had an 1840 barn frame loom she had rescued from a log cabin in Wisconsin that she no longer had room for and was selling.

Remember me saying a few years ago that I had fallen in love with barn looms and for 50 years had wanted one for my very own? Well, I found Lady Mary, a linen loom, and she came down to me. Friends and I built a loom house for her as she was too big and heavy to fit in my old farmhouse. We have woven together since then, and she is very happy in the loom house sitting in the sheep pasture.

But I thought about the loom Peggy had for sale. I gave myself 24 hours to think and measured the kitchen three times. Yes, she would fit. I called my conscience, Kathy, who said go for it. So, on one cold January day, the very next day, Claire came in pieces in the bed of a pickup truck. It took three men to get her hauled into the kitchen, a very snug fit. And now I am wondering if a table and refrigerator are really necessary!

In cleaning her up, Claire revealed some secrets. She’s had a rough life -- incredible hammer blows, huge nail holes on the breast beam, carved hash marks on posts and beater, warped harness wood, string heddles with some needing replaced, rotten wood in places. But she shines, soaks up the Howards Feed and Wax, its great stuff.

As my hands caress her scars and feel her love, I get visions of other weavers -- feel they were women as she is a small barn loom, smaller by about 18 inches than Lady Mary. A 4-harness loom she has woven old coverlets, which is just what I intend to do once refurbishment is finished. Then I hope to have Claire ready to weave, I have chosen the pattern already, by High Summer. I will spin Maid Marian for the pattern weft and dye it with natural dyes grown here. Gulp.

As a true dinosaur I sometimes forget my age and abilities. But undaunted, I persevere.

Like Lady Mary, as I weave on Claire, she will reveal many more secrets to my heart. I feel so rich to own and use two barn frame looms from the 1800s. Such treasures, such history, such secrets. There is comfort and peace in using these old tools of my trade. And I have a few great walking wheels for the spinning.

I feel so sad that the youth of today will never know the joy and peace in using these tools of our ancestors, learn their secrets, feel their love. Today we have lost so very much.

My Favorite Wheat Bread

In a bowl mix, 1 ¼ cup warm water, 3 cups unbleached flour, 1 ½ T. dark honey, 1 ½ t. sea salt, 3 T. dry milk, 2 T. canola oil, 2 ½ t. dry yeast. Mix well. Cover and let rise, turn out and knead several minutes, put in greased bread pan, let rise til double. Bake in 400 degree oven for about 45 minutes. The heels are wonderful warm with apricot jam!



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Designed by Kathy Graham

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Acronyms

By Gayle Cranford

I'm surrounded!!! They're everywhere! I can't seem to escape them!
I'm speaking about acronyms. I despise them!

I have been made aware that the English language is difficult to learn for various reasons. Case in point: "there, their, they're" or "two, too, to." Having been raised with English as my only language, and having had excellent English teachers in elementary and high schools, I have learned to navigate the language... somewhat...except for acronyms and some undecipherable abbreviations! Why make the language more difficult with forgettable short-cuts, I say.

Acronyms can destroy my reading pleasure at times. And don't mention having to read anything medical, governmental or digital (as in the computer)! They're rife with those abominations! Governmental language is actually known as GovSpeak. To whom does it speak?

NBC, ABC, MSNBC, CBS, PBS are all clear to me...but it has probably taken my lifetime by osmosis to discern the differences in those communication acronyms. One can easily find the TV channels with names like Fox and Newsmax. (Did you notice my clever use of the acronym "TV"?) So proud!

Try to read a medical report and face the acronyms SSRI, MFI, CPR, BMI, BP, CXR, RPR, NSAID, RX, TPR, HCSW, MRSA and UTI. It's mostly only medical personnel who can interpret them, but I would be willing to bet that even doctors scratch their heads at times. Some medical acronyms are obvious because of normal frequent usage, but there are always new ones to decipher...like FLCCC, mRNA, FDA, NIAID, XBB, SARS and COVID. We've certainly been forced to understand those in particular and in a very short time, haven't we?



WEF, CCP, FBI, CIA, DOJ, USDA, FISA, FOIA, NASA, EPA and DOD are now common to most of us. But GovSpeak's website has a VERY long list of other tortured acronyms. Heaven help us! Shouldn't "we the people" have a say in this?

Feel pity for those who deal with computer acronyms on a daily basis; I find that those are endless. Here are a few: URL, ATM, Bcc, CRT, DVD, ROM, JPEG, HDTV, GIF, OCR, PCB and IMAP. Good for you if these make any sense to you. That list may be even longer than GovSpeak's.

In some written pieces, the authors are considerate enough to initially explain any subsequent frequently used acronyms that will pop up. That bit of "help" is useless to me though, because, having already forgotten the authors' assistance, I stumble through their pieces by mostly ignoring those nasty capital letters, thus making further reading illogical and frustrating.

I'm sure that, by now, you understand my frustration with acronyms. Perhaps, you feel the same way...especially if you are in my ancient age bracket.

You probably already realize, too, that this bothersome avoidable problem is only going to grow and worsen. Screaming about it doesn't help at all! I know. I think that we are just doomed to accept the inevitable. Acronyms are here to stay and propagate.



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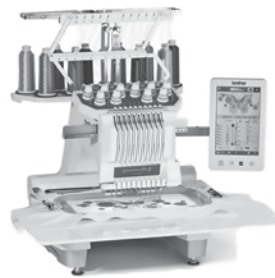
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and just wait for the setting of sun?

What do you do when you've no bills to pay
and you've got enough money to burn?
When having a job and going to work
as for you, is not a concern.

It must be real lonely with nothing to do,
'cause not many folks fit that mold.
I'd think that a friendship with someone like you
would wither and soon would grow cold.

So, don't hope for riches or fortune or fame,
and no work that's destined for you.
Be thankful for having a job everyday
or you'll end up with nothing to do.

Order Yvonne's new book, "A Stitch in Rhyme" at
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Yvonne Hollenbeck, from Clearfield, SD, performs her original poetry throughout the United States, captivating audiences in her wake. She is one of the most published cowgirl poets in the West and is not only a popular banquet and civic entertainer, but also co-writes songs with many western entertainers. Yvonne also pens a weekly column in the "Farmer-Rancher Exchange" and writes articles about life in rural America in various publications throughout the West. For more information, visit <https://www.yvonnehollenbeck.com>

We could never learn to be brave and patient if there were only joy in the world.

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By Sheila Tinkham

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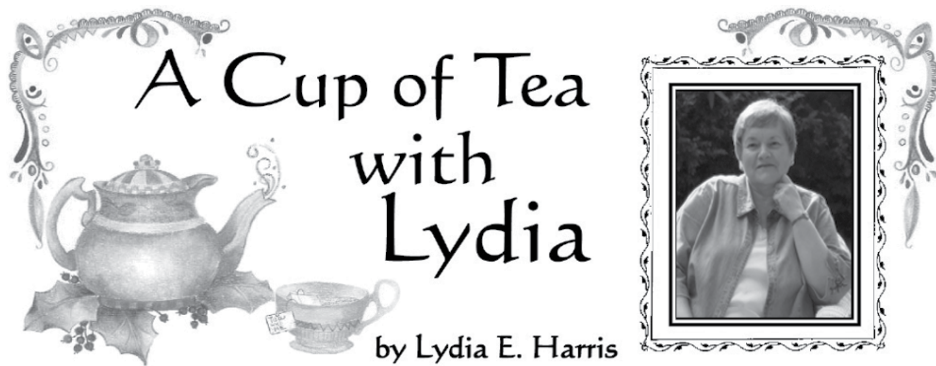
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Easter Memories and Hope

Spring blooms with fresh hope and energy. We see new life all around us as tulips bloom, chicks hatch and baby bunnies are born. Spring includes several holidays, the main one being Easter, which is one of my favorites.

I love Easter because of special traditions and memories, but mostly because we celebrate the triumph of Jesus's resurrection. My childhood Easter memories include awaking on Easter morning to find a plate of candy and surprises under my bed. I also recall the joyful music and messages at the church where I grew up.

Now, decades later, I still enjoy church services and treats, but I also enjoy sharing flowers and tasty foods with others. When our children were young, we prepared and delivered the goodies together. Later, my grandkids helped me.

Maybe you would like to try some of the ideas we used:

Oatmeal cookies molded into Easter eggs and decorated with frosting.

Sugar cookies cut into crosses and decorated with sprinkles.

Chocolate no-bake cookies shaped into nests and filled with green coconut "grass" and jelly bird eggs.

For an inexpensive "basket," we decorated empty plastic produce containers from berries or tomatoes, adding paper handles. We filled them with Easter grass and home-made goodies.

Hot cross buns also make a wonderful treat to share with others. I've included an easy, tasty recipe from my cookbook. They go well with a few packets of tea, such as Earl Grey or mild-flavored Darjeeling.

For gifts of flowers, I buy large bouquets and divide them into smaller ones, adding greens from our yard. For a recent Easter, I purchased a dozen roses, then went door to door and handed each neighbor a rose and said, "Christ a-rose!" This brought a smile and the simple reminder of the Easter message.

Each Easter I recall the greeting my father taught me as a child; the one he learned in Russia as a boy. "Christ is risen!" Dad exclaimed, and I joyfully replied, "Christ is risen indeed!" Why not proclaim this message of new life and hope in your home this Easter?

Lydia E. Harris is a tea enthusiast and the author of two books for grandparents: *In the Kitchen with Grandma: Stirring Up Tasty Memories Together* and *Preparing My Heart for Grandparenting*, both available at amazon.com.

From Lydia's Recipe File: Hot Cross Buns

Start with frozen rolls, add fruit and spices, and create a yummy aroma in your kitchen. Add frosting crosses to celebrate Easter. Taken from Lydia's cookbook *In the Kitchen with Grandma: Stirring up Tasty Memories Together*, page 35.

Prep time: 25 minutes

Rising time: 1 hour or longer

Baking time: 15 to 20 minutes

Gather

Rolls

18 frozen yeast rolls

1/3 cup golden raisins

1/3 cup brown sugar

1 tsp. cardamom

1 tsp. cinnamon

1 egg

1 T. water

Frosting

1/2 cup powdered sugar

1 T. softened butter

1 tsp. milk

1/4 tsp. vanilla

Make

Thaw the rolls according to the package directions until you can cut through the dough, but the rolls are still cold.

While the dough thaws, mix together the raisins, brown sugar, and spices.

Grease or spray a 9 x 13-inch pan with nonstick cooking spray.

To make each hot cross bun, combine one and one-half rolls. On a lightly floured surface, press the rolls together and flatten the roll to a 3-inch circle. Add about 1 tablespoon of the filling mixture and press it into the flattened dough.

Roll up each bun like a jelly roll, and then shape it into a round ball by tucking the ends underneath. Place the shaped rolls into the baking pan with the seam on the bottom and the rounded side up, leaving spaces between them for them to rise. Cover the rolls and set them in a warm place to rise for 1 hour or until they fill the pan.

Preheat the oven to 350°.

Before baking, beat the egg with a fork, add 1 tablespoon water, and brush the buns with the egg glaze.

Bake the buns according to the package directions, about 15 minutes or until the buns are brown. Remove the pan of rolls from the oven and place it on a cooling rack.

While the rolls cool, mix together the frosting ingredients. If the frosting is too thin, add more powdered sugar. If too stiff, add a few more drops of milk.

When the rolls are completely cool, add the crosses. To make crosses on the buns, snip off a small corner of a plastic sandwich bag. Add frosting in the snipped corner and seal the bag. Squeeze the frosting through the hole to make a cross design on each roll. Makes 12 buns.

Shortcut: Use ready-made frosting for the crosses.





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Elsie Grace's Future

By Nan Lisher

This is a bittersweet message from Elsie Grace's Gift Shoppe, and it's going to be a long one! For the past 24 years, I have been blessed to be able to do what I love every day. Coming to work has always been fun and different every day. You never know who will walk through the door to brighten your day or, maybe, brighter their day. I have loved every aspect of it. I've been blessed with so many friends.

I believe that God is always working in our lives, and we are so busy working and trying to figure life out, we don't see it! Twenty-four years ago, I walked into the Gift Box on the corner of Hwy 9/99; Marge Haecker was the owner. I expressed an interest in buying her shop whenever she decided to retire. Guess what – I owned a gift shop one month later! With the help of my late husband, Ron, and my mom, I had two great years to “get settled” in my new adventure. Most of you know of the tragedy on April 7, 2002. I was now on my own, but with the love and support of my family and the entire community, I was never really on my own. I couldn't have done it without all of you. I had to learn to work smarter and harder.

That being said, I've decided it's time to slow down. I've been blessed with always having awesome help. Sara, my right hand, and I have worked side-by-side for over 35 years. Some of you will remember Nan's Cookin Nook. I've been blessed to work with Bill, BJ, Carol, Shelia, Barb, Lorrie and Diane. I've also had the best high school help anyone could ask for.

It's been a fun run – stressful at times, but so worth it! I'm not sure which part of the business has been my favorite part. I loved baking pies, cinnamon rolls, cookies and cakes, and making lunch for 24-plus years. I loved going to market, looking at new catalogs and finding just the right unique merchandise for the shop. The Dry Food Mixes have been a part of my life for 30-plus years. Sara and I created each mix (20 to be exact) one ingredient at a time; there were lots of trial and errors! We peddled it on weekends, went to wholesale markets and made endless samples in every way, shape and form. The mixes are sold wholesale across the United States.

Then there's the FUDGE – oh my goodness, the FUDGE! If you've ever bought or received a box of fudge from Elsie Grace's, have you noticed the decorated boxes? Sara decorates each and every one of those boxes. She also makes all the cute gift tags that go on all of our gift sacks!

I would love to see Elsie Grace's Gift Shoppe and Fudge Factory remain on the corner of Hwy 9/99. My plan is to try to sell the business by July 1, 2023. If this doesn't happen, I will begin liquidating and be closed by October 1, 2023. This is an extremely hard decision, but I've been told numerous times, “You'll know when you're ready” – and they are right. When you know, you know!

It's a busy corner and I can envision an awesome face lift! We have a large customer base that comes from different states, cities, towns, communities, rural areas and even a few foreign customers!!

It's a great feeling to hear customers say you've got the best gift shop around, we stop every time we come through Frankfort, best fudge we have ever had, your pie is to die for, it tastes just like grandma's, and we know we can find the perfect gift here.

This is a great opportunity for someone wanting to begin an adventure with an already established, thriving business. It's already set up and your customers are already here! The opportunities are endless. If you are interested in buying Elsie Grace's Gift Shoppe and Fudge Factory, stop by or call 785-292-4438. Let's talk! The business for sale sign will be placed in the window soon!



Nan Lisher welcoming you into Elsie Grace's Gift and Bake Shoppe and Fudge Factory in Frankfort.

Shop News

Wool Market and DIY School adds exclusive hand-dyed yarn line

HUTCHINSON—The Wool Market & DIY School, Hutchinson, has announced the launch of its own exclusive line of shop-dyed yarns – Hank's Market Hand Dyes. The yarn will be dyed on-site by hand dyer Karrie Ruebke in the new dye studio constructed in the shop.

The inaugural line includes two yarn weights – Hank's Standard Sock, a fingering weight that's 75% superwash wool and 25% nylon, and Silky, Sassy Sport, a 75% superwash merino and 25% silk sport weight. In addition to the line being for sale in store and online, The Wool Market & DIY School is also accepting custom orders in quantity for specific projects.

The Wool Market & DIY School is located at 5th and Main in downtown Hutchinson.

Let It Sew opens in Salina

SALINA -- A new quilt shop opened in Salina in March. The shop is owned by Eric and Crystal Boyle. Located at 2501 Market Place, the couple are planning a grand opening on April 15.

Let It Sew is a full service quilt shop offering fabric and longarm quilting services. They are also authorized dealers for Bernina, Janome and Bernette sewing machines. Eric will be offering repairs on those machines and all other brands in the shop.

Interestingly, Eric, is the quilter in the family, but Crystal is also knowledgeable about fabric and sewing and is excited about helping customers create their own family heirlooms. See the shop ad in this issue of The Country Register.

Since they opened after the **Quilt Shop Directory** came out in the Feb/March issue, **please add the shop information to your copy.** Let It Sew, 2501 Market Place, 785.515.2438. Hours are Monday-Friday 9-6 and Saturday 10-5.

Add Sew Believable to Quilt Shop Directory

WATHENA -- We have just learned that we missed a shop in our Quilt Shop Directory in the last issue of The Country Register. Please add Sew Believable, LLC to your copy of the directory.

Sew Believable opened in 2022 and is located at 314 Saint Joseph St., Wathena, KS. The phone number is 816.752.3765.

Owned by Stephanie Harbeston, Sew Believable offers quilting fabric and longarm quilting services. See the shop's ad in this issue of The Country Register. Wathena is located in northeast Kansas on US Highway 36 near the Missouri River.

We remember two quilt shop owners

We have learned of the passing of two Kansas quilt shop owners in March. Both were long-time advertisers in The Country Register of Kansas.

Jeanne Heki, owner of Grandma J's in Wilson, passed away March 16 after suffering from several health problems including kidney failure. Jeanne was in the process of closing Grandma J's, which featured not only cotton quilting fabric and batiks, but also an amazing variety of sewing and craft supplies, kitchen and other household items. A nurse by training, Jeanne found much pleasure in quilting and providing affordable fabric and notions to her customers. Her obituary can be found online at plumeroverlease.com. She is survived by three children.

Becky Rageth, owner of The Emporium in Salina, passed away March 21 after a battle with cancer. An avid quilter, Becky opened The Emporium in 1998. She had greatly expanded the fabric lines in the shop in the last few years and had participated in the All Kansas/Nebraska Quilt Shop Hop in its inaugural year. The shop is also participating in the 2023 AKNSH. Becky is survived by two children. Her son, Bryan Rageth, is continuing operation of the shop. Becky's obituary can be found online at ryanmortuary.com.

The Country Register of Kansas offers our condolences to the Heki and Rageth families. Jeanne and Becky will be missed by their families, friends and customers.

Retreat Center Opens in Kechi

KECHI -- The Turtle Hideaway Quilt Retreat Center is now open at Rock RD ad 254 north of Wichita in Kechi just in time for shop hoppers on the All Kansas/Nebraska Shop Hop. There is a minimum two-night stay during the Shop Hop months of April and May. For more information or to make reservations, call 316-304-7210 or email turtlehideaway@gmail.com

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Kirby's Korner

They Just Don't Make Things Like They Used To

By Kirby Gust

Besides making a living at publishing the *Manitoba and Saskatchewan Country Register*, building the odd piece of fine furniture here and there, and restoring antiques, I also dabble in some retail work a few days a week by working at our local hardware store. Working part-time at our local hardware store is a dream come true, albeit quite a bit sooner in life than I had planned.

You see, I had always dreamed of landing a job in a hardware store after I retired. I "do not sit well," as my wife would say about me, and we both know that in retirement, that wouldn't be any different. A part-time job at a hardware store would be a perfect fit for me. To my wife's amusement and irritation, I'm sure, I have been volunteering my time for years in the big box stores helping people find what they need and sharing my know-how. Usually, while an actual store employee stands by in bewilderment or, in most cases, walks away completely uninterested. Don't get me wrong, some big box store employees are very good at their jobs, but the stores are too large for all of them, especially the younger ones, to learn everything. This lack of knowledge is exasperated if they have never worked in the trades as I have.

The experience of working my retirement dream job long before I actually retire is made all the better by working with some of the best people I have ever known. I get paid to hang out with my new friends and share my years of experience, which hopefully helps people with their home improvements and maintenance. I like to say, "I may not know the best way to do it, but I've made enough mistakes over the years to know how not to do it!"

The big stores are a massive shift away from what the family-owned hardware stores used to be. In the old family-owned stores, the owner behind the counter knew "what and where" everything in the store was and what it was used for. They not only put the items on the shelves back then, but they also determined the need for them and ordered them. In modern times a computer keeps track of the lion's share of inventory and orders new supplies. The big box store worker putting the incoming stock on the shelves in the middle of the night is just putting SKU numbers such and such on a shelf or hook number such and such and are rarely the ones to lead a customer back to that same shelf or hook when needed.

In today's terms, the relatively small hardware store I work at is much more like the days of old stores. All the staff are very friendly and knowledgeable. The same person who stocks the shelves is also helping customers find what they are looking for. If they get asked a question to which they don't know the answer, they know who to go to on staff that does. It is not, however, unaffected by modern-day influences.

If you went into a hardware store of yore and needed a new kitchen tap, say, you had two, maybe three choices from which to choose. If you needed a new toilet, they might have had two in stock, both exactly the same, but you were free to choose the one you liked best. Today if you need a new set of taps, you have hundreds of choices that range in style, function and finishes. Thankfully, society has learned from the '70s and no longer wants pink or blue toilets with matching tubs and sinks. That being said, there is still a wide range of toilet styles that vary in shape, size and flush lever style. I've even seen one that had Bluetooth; for what exact purpose, I don't know or care to know.

Anyway, to get back to my original intent of this column about things that are just not what they used to be... I have been able to keep up somewhat with modern technology and think of myself as able to understand the evolving world around me. This did not, however, prepare me for the first time I saw someone pay for their purchases with a watch.

One day while working a till shift at the store, I was processing a customer's purchases when I noticed the person in line behind them repeatedly looking at their watch, and I'm not afraid to admit, this made me a little uneasy. When it came time to scan the items of this person, whom I thought must have been in a hurry, I did my best to get them on their way as quickly as the till scanner would let me. I then witnessed a quick pass of a wrist over the counter that made the debit machine beep.

It wasn't until the till spewed out a "transaction approved" retail slip that the whole interaction became clear to me. The customer wasn't being impatient; they were simply using facial recognition technology to authorize their watch to make a credit card transaction. After the feeling of being rushed to do my job had passed, I mentioned my uneasiness to the said customer, and we both had a good laugh about it. He admitted that the technology was pretty new to him as well, and he was nervously testing it while waiting in line to see if it would indeed recognize him when the time came to use it.

This past Christmas, my wife and I gave each other watches that tell the time, sure, but they also count the number of steps we take in a day, monitor how well we are sleeping and keep tabs on our active and resting heart rates, and make suggestions from time to time on how to live healthier lives. Oh ya, we could, if we so choose, use them to pay for things.

I often wonder what my dad, a man who thought that the salad fork was the dumbest invention in history, would think of today's gadgets. My dad was not against new things, only new things that he deemed unnecessary, and I could not imagine him having a phone in his pocket while a perfectly good one hung on the kitchen wall. Seeing someone pay for a meal or a simple cup of coffee with a watch instead of cash would have been too much for him to handle, in my opinion. On the other hand, my mom would have loved the technology that allowed her to text and FaceTime with family and friends any time of day or night.

The experience of a watch being used for something other than to tell time got me thinking about what else has been around for years and is still used today, albeit in an entirely different way than it was initially intended.

For example, once upon a time, horses were the only real means of transportation on the prairies. After the mass production of automobiles, it was said that only poor families still had horses. Well fast forward 100 years or so, and it's easy to see that that is no longer the case. Today well-to-do people own horses until stable fees, feed and veterinary bills for said horses pile up and drain their bank account to the point they can no longer afford to have horses. I once saw a cartoon that showed a horse pulling a carriage

i

in one frame, and the next showed a horse trailer being pulled by a truck. The caption read, "well played horses, well played."

Another example is wells, which used to be a necessity for survival on the dry prairies. Although many municipalities and farm families still rely on a good well or wells to keep them from having to haul water for use in their day-to-day lives, most of the well owners I know only have a well for one reason. That reason? Their well keeps their grass from turning brown during a summer dry spell.

I could go on with many more examples, and I am confident that if I revisited this topic five years from now, I could write a whole new story on the matter. Who knows, I may not even use a keyboard and computer to write *Kirby's Korner* by then; I might just need to use my new watch

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Town and Country Cooking

By Janette Hess

Cruciferous cooking

What do Brussels sprouts, broccoli and bok choy have in common, besides being trendy and nutritious? For starters, all are related to cabbage, a cruciferous, fiber-rich vegetable that may be served raw or cooked, depending on the season. This spring, why not leave the cabbage behind and go for other forms of cruciferous vegetables?

Brussels sprouts currently are enjoying a huge surge in popularity, mostly because we've finally learned that they are much better baked than boiled. When tossed in oil and then oven-toasted with walnuts just to the point of caramelization, they become a sort of vegetable candy. Who could have imagined?

Broccoli and garlic have become somewhat inseparable on modern menus. In the recipe for Garlic-Roasted Broccoli, two forms of garlic -- minced and powdered -- help prove the appropriateness of the pairing. A bit more exotic, Sautéed Bok Choy is a quick, savory take on Chinese cabbage. Soy sauce, garlic and ginger give this dish its distinctly Asian flavor.

Try one or all three to satisfyingly expand your intake of cruciferous vegetables.

Roasted Brussels Sprouts with Walnuts

- 1 to 1¼ pounds Brussels sprouts, washed and thoroughly dried
- 3 tablespoons walnut oil
- 1/3 cup walnut pieces
- ¼ teaspoon kosher salt
- 2 tablespoons freshly grated parmesan cheese

Trim and discard sprout ends. Cut sprouts in half. (Save loose leaves for use in salads or slaws.) Toss sprouts with walnut oil and salt. Transfer to large, rimmed baking sheet. Roast at 400 degrees until sprouts begin to caramelize, approximately 25 minutes. Remove from oven, give sheet a good shake and then add walnuts. Roast an additional 5 minutes. Transfer to serving dish. Add additional salt, if desired, and sprinkle with parmesan cheese. Makes 4 servings.

Garlic Roasted Broccoli

- 16 ounces fresh broccoli florets (approximately 8 cups)
- ¼ cup olive oil
- 2 cloves garlic, minced
- 1 teaspoon garlic salt
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- Freshly grated parmesan cheese (optional)

Place florets in large bowl and thoroughly toss with oil and minced garlic. In separate dish, combine salts and black pepper. Sprinkle seasonings over broccoli and toss until all seasonings adhere to broccoli. Scatter on large, rimmed baking sheet and bake at 425 degrees for 20 to 25 minutes, or until broccoli shows signs of browning. Shake pan halfway through cooking time. Garnish with parmesan cheese before serving, if desired. Makes 6 to 8 servings.

Sautéed Bok Choy

- 2 teaspoons sesame seeds
- 1 bunch bok choy
- 2 tablespoons peanut oil
- 1 small carrot, grated

Sauce:

- 3 tablespoons soy sauce
- 2 teaspoons brown sugar
- 2 teaspoons rice vinegar
- 1 teaspoon freshly grated garlic
- ½ teaspoon freshly grated ginger

In small, dry sauté pan, toast sesame seeds over medium to medium-high heat, stirring constantly. When seeds begin to brown, remove from heat. Allow to continue toasting in pan until evenly browned. Remove from pan and set aside. Whisk together sauce ingredients and set aside. Wash bok choy and trim away bottom 1 to 1½ inches. Pull head apart and split each leaf along rib. Chop into 1-inch lengths. Heat peanut oil in large, open pan or wok. Add chopped bok choy and sauté over medium-high heat for 5 minutes; add grated carrot. Continue cooking and stirring an additional 1 to 2 minutes, or until just tender. Remove from heat, toss with sauce and sprinkle with sesame seeds. Serve immediately. Makes 4 servings.



A trained journalist, Janette Hess focuses her writing on interesting people and interesting foods. She is a Master Food Volunteer with her local Extension service and enjoys collecting, testing and sharing recipes.

Hidden Blessing

by Cheryl Potts

Two days before Easter as I was baking banana bread, the oven quit working. I thought it strange that after an hour I wasn't smelling a sweet aroma. When I checked the oven, it was lukewarm. I pulled the three loaf pans out by hand, placed them in the refrigerator wondering if you can re-bake bread. Then I panicked...Saturday was when my family was coming for Easter dinner! Now what?

I called my neighbor, who at times feels like my very own employee, to see what I should do. He gave me the number of an appliance repairman in the area. Thank goodness he was able to come and look at my stove on Friday. I breathed a grateful prayer.

Joe was able to replace the "ignitor" in the oven, a part which he had in his repair truck. I breathed a "hallelujah" prayer. However, he stood up and blew out the flame to my scented candle and said, "M'am, you've got two gas leaks in the connectors." He showed me where the pipes were "bubbling." I gasped a prayer as a headache was forming. "I'll turn off the gas, but you'll have to call a plumber to repair the copper pipes and fittings." I dialed my employee. My neighbor was able to come that afternoon to see what parts he needed to purchase, then came back that same evening to finish the repair on my oven. I breathed a relief prayer.

Around that time my children got home. So, we ordered pizza. My neighbor kid-dingly commented that he could have been repairing a nasty hole in the back half of my house had it not been discovered. God had given a "hidden blessing" in the form of a burned-out oven ignitor to protect me from a gas explosion.

And by the way, you can re-bake banana bread.

"Now to Him who is able to do immeasurably more than all we ask or imagine... Ephesians 3:20. Thank you, Jesus.



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Recipes

It's The Yeast I Could Do

By Colleen Gust

Someone posted they had just baked some synonym buns. I replied, you mean just like the ones grammar used to make? Now, I'm blocked.

Playing around with yeast and baking bread and buns is a lot of fun – just like puns! Even though it is a shame that bread puns are always so crumb-y.

But I should stop loafing around and discuss yeast. I just realized that yeast is classified as a fungus. The word “yeast” is Old English and means “foam” or “bubble.” Archaeologists believe yeast is one of the earliest domesticated organisms and dates it back to 5,000 years ago. Commercial yeast production started in 1872 when a manufacturing process to create granulated yeast was made. In North America, naturally occurring airborne yeasts were used almost exclusively until commercial yeast was marketed at the Centennial Exposition in 1876 in Philadelphia, where Charles L. Fleischmann demonstrated how to use it and the resultant baked bread. During World War II, he developed a granulated active dry yeast which did not require refrigeration, had a longer shelf life than fresh yeast and rose twice as fast. After this innovation, the original yeast was toast.

Yeast is, of course, used as a leavening agent, which converts the sugars in the dough into carbon dioxide. This causes the dough to expand or rise as gas forms pockets or bubbles. When the dough is baked, the yeast dies and the air pockets “set,” giving the baked product a soft and spongy texture. An easy way to explain this to kids that they'll enjoy is that the yeast eats the sugar, giving them gas, which becomes the bubbles.

Did you know that aquarium hobbyists often use yeast to generate carbon dioxide (CO₂) to nourish plants in aquariums? The low cost of yeast makes it a widely used method.

I've experimented with using yeast to make root beer. That was memorable, as we over-fermented it and had exploding bottles and a very sticky mess to clean up! I've also experimented with kombucha, a lightly sparkling beverage with a hint of apple cider vinegar. Using the kombucha “mother” does make you wonder if this is something we should be drinking. Kefir is something that I go through spells of making. It's a fermented milk beverage that is a drinkable yogurt that's easy to make. I guess we're not part of the “upper crust” since we make our own healthy beverages.

Yeast is also used as a nutritional supplement. Yeast extracts such as Vegemite and Marmite are examples of this. There is also nutritional yeast. This yellow powder is a vegan substitute for cheese powder.

With it still being winter and we're inside, and we don't mind having the oven going, this edition's focus is on bread. Remember, it may be winter, but at yeast, we have each other.

Pumpkin Yeast Bread

We love pumpkins in our household. Pumpkin bread is one of our favourites, so when I saw a recipe for pumpkin yeast bread, I knew it was going on my “gotta try list”. We preferred the bun version of the recipe with the rosemary. Kirby took some in to work and everyone wanted to know what the topping was.

Makes 2 loaves or 1 loaf and 12-16 buns

2 Tbsp instant yeast
 ½ cup lukewarm milk
 2 eggs
 1 ½ cups pumpkin puree
 3 Tbsp vegetable oil
 5 ½-6 cups of all-purpose flour
 ½ cup brown sugar, packed
 2 ½ tsp salt
 ½ tsp cinnamon
 ½ tsp ginger
 1/4 tsp nutmeg
 1/8 tsp cloves

Place all the ingredients into a large bowl, and mix and knead -- by hand, using a mixer, or in a bread machine set on the dough cycle -- to make a smooth, soft dough.

Put the dough into a lightly greased bowl. Cover and let it rise until doubled, about 75 minutes.

Gently deflate the dough and turn it out onto a lightly oiled work surface. Divide it in half.

Shape each half into a loaf and place it in greased 9" x 5" loaf pans. Alternatively, shape half into a loaf, and the other into 12 to 16 buns.

Cover the pan(s) and let the loaves/rolls rise until almost doubled about 45 minutes. Preheat the oven to 350°F.

Bake the bread for 30 to 35 minutes, or until its crust is a deep golden brown, and a digital thermometer inserted into the center registers about 190°F. Bake the rolls for about 20 minutes, until golden brown.

Remove the bread from the oven and turn it out onto a rack to cool.

Variation: Brush with melted butter, coarse salt and finely chopped fresh rosemary after shaping into buns.

Cranberry Almond Ring

This is a nice recipe as it uses up a bit of Christmas baking leftovers...oranges, almonds (I make my own ground almonds in the food processor) and cranberries. I usually overbuy on all those items.

4 ¼ to 4 ½ cups all-purpose flour, divided
 ¼ cup white sugar
 2 ¼ tsp active dry yeast
 2 tsp kosher salt
 ½ cup plus 1 Tbsp water, divided
 ½ cup milk
 ½ cup butter
 2 tsps. vanilla extract
 3 large eggs

Zest of 1 orange
 1 cup fresh or thawed frozen cranberries, halved (patted dry if frozen)
ALMOND CREAM
 6 Tbsp butter, softened
 ½ cup granulated sugar
 1 1/3 cups ground almonds or almond meal
 1 large egg
 ¼ tsp almond extract
 ½ cup all-purpose flour
ORANGE GLAZE
 1 cup confectioners' sugar
 1 tsp orange zest
 1 Tbsp plus 2 tsps. orange juice

In the bowl of a stand mixer fitted with the paddle attachment, combine 2 cups flour, sugar, active dry yeast, and salt.

In a medium saucepan, heat 1/2 cup water, milk, butter, and vanilla over medium heat until a thermometer registers 120°F to 130°F. Add warm milk mixture to flour mixture and beat at medium speed until combined and cooled slightly 2 minutes. Add 2 eggs, orange zest and beat at medium speed until combined. With the mixer on low speed, gradually add 2 1/4 cups flour, beating just until combined.

Switch to the dough hook attachment. Beat at low speed until a soft, somewhat sticky dough forms, about 12 minutes. Add up to the remaining 1/4 cup flour, 1 tablespoon at a time, if the dough is too sticky.

Lightly oil a large bowl. On a lightly floured surface, shape the dough into a smooth round. Place dough in bowl, turning to grease top. Cover and let rise in a warm, draft-free place until doubled in size, about 1 hour.

In a small bowl, whisk together the remaining 1 egg and the remaining 1 Tbsp of water.

Lightly punch down the dough. Cover and let stand for 5 minutes. Turn out dough onto a lightly floured surface and roll into a 24x12-inch rectangle. Spread the Almond Cream onto the dough, leaving a ½-inch border on one long side. Sprinkle with cranberries. Brush the border with egg wash. Starting with the opposite long side, roll up dough, jelly-roll style; pinch the seam to seal. Gently shape the log to even thickness, if necessary. Trim edges flat. Place the log on a sheet of parchment paper. Form dough into a circle. Brush trimmed ends with egg wash, and press together, pinching dough to seal.

Using a serrated knife, cut three-fourths of the way into the dough, being careful not to cut all the way through the dough. Make a second cut 1 inch from the first cut. Repeat the process around the circle until you reach the first cut. Gently turn each slice onto its side, slightly overlapping with the previous piece. Slide parchment onto a baking sheet. Cover and let rise in a warm, draft-free place until puffed, approx. 30 minutes.

Preheat oven to 350°F. Brush egg wash onto the dough.

Bake until lightly golden and a thermometer inserted in the centre registers 190°F, 40 to 50 minutes, loosely covering with foil to prevent excess browning, if necessary. Let cool on the pan for 10 minutes. Drizzle with Orange Glaze. Serve warm or at room temperature.

Almond Cream

In a mixer, beat butter and sugar at medium speed until creamy, about 2 minutes. Beat in almond meal until combined. Add egg and almond extract, beating on low until combined. Beat in flour. Refrigerate until ready to use.

Orange Glaze

In a small bowl, whisk together all ingredients until smooth.

Oat Bread

This bread is a rather lovely way to get your oats in if you're trying to lower your cholesterol. Since this recipe makes 2 loaves, it does freeze well. We're a smaller family and having two loaves sitting out at once is too much.

5 ¾ to 6 ¼ cups all-purpose flour
 2-1/2 cups rolled oats
 ¼ cup sugar
 5 tsp active dry yeast
 2 ½ tsp salt
 1 ½ cups water
 1 ¼ cups milk
 ¼ cup butter

In a large bowl, combine 3 cups flour, oats, sugar, yeast and salt; mix well.

In a small saucepan, heat water, milk and butter until very warm (120°F to 130°F). Add to flour mixture.

Blend on the low speed of a mixer until dry ingredients are moistened. Increase to medium speed; beat for 3 minutes. By hand, gradually stir in enough remaining flour to make a stiff dough. Turn the dough out onto a lightly floured surface. Knead for 5 to 8 minutes or until smooth and elastic. Shape dough into a ball; place in a greased bowl, turning once.

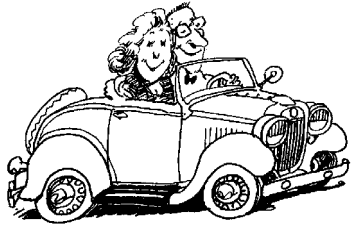
Cover; let rise in a warm place for 30 minutes or until doubled in size. Punch down dough. Cover; let rest for 10 minutes.

Divide dough in half; shape to form loaves. Place in two greased 8 x 4 or 9 x 5-inch loaf pans. Cover; let rise in a warm place for 15 minutes or until nearly doubled in size.

Heat oven to 375°F. Bake for 45 to 50 minutes or until dark golden brown. Remove from pans to wire rack. Cool completely before slicing.

Colleen Gust is an avid baker and gardener and lives with her husband outside of Regina, Saskatchewan. Kirby and Colleen Gust are publishers of the Manitoba & Saskatchewan Country Register.

Calendar of Events • Gift Certificate Entry



CALENDAR OF EVENTS

When making a road trip, always call ahead to confirm times and dates. We make every attempt to provide accurate information, but there are instances when things change. Always check weather conditions and travel safe.

April

- April 1 – May 31...2nd Annual All Kansas & Nebraska Shop Hop, Various, p. 13
- 21-29...Prairie Stars Shop Hop, Various
- 22....37th Annual Sunflower Piecemakers Quilt Show, Ottawa p. 9
- 29...Local Yarn Shop Day - Support your local yarn store

May

- 6...Victory Day, Concordia, p. 18
- 6...Great White Way (Hwy 9) Road Rally, Frankfort, p. 5
- 6...Sunflower Piecemakers Quilt Guild Quilt Show, Lansing, p. 13
- 13...50th Annual Square Fair, Garnett, p. 10
- 18...MoKan Machine Quilter's Guild, Overland Park, p. 8

June

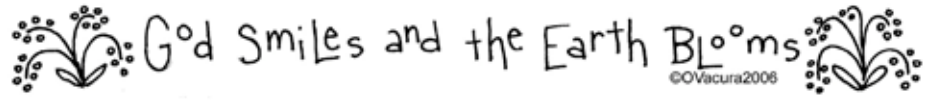
- 1-3...Orphan Train Celebration, Concordia, p. 18

August

- 9-12...Handi Quilter's Truck Event sponsored by Quilter's Yard, McPherson, p. 12

November

- 1-5...Houston Intl. Quilt Show, 2023 Quilter's Motor Coach Trip by Pack and Go Tours, p. 23



AND THE WINNER IS

April/May 2023 Gift Certificate Winner

Our lucky winner for the April/May '23 issue of The Country Register is Sherry Jagels from Hepler, Kan., who will be receiving a \$50 gift certificate to Beehive Quilt Shop in Wellington, Kansas. Sherry enjoys shopping at Beehive because of the large selection of inventory, great classes and they have her favorite lines of fabric. What a wonderful all-around shop! We hope you enjoy your time shopping and learning! Sherry also left us with a wonderful idea for some future recipes in the paper, "some crock pot recipes we can put in and forget, so we can sew and quilt all day." We love the idea and will be looking for some good ones!

**Take a Break and Go Shopping
WIN A \$50 GIFT CERTIFICATE**

In this issue of *The Country Register*, we will give away a \$50 gift certificate. Use your gift certificate to go shopping at your favorite *Country Register* advertiser. The winners will be announced in the next issue. Deadline for entry is **MAY 15, 2023**. (Names are not sold, given away or used for any other purpose.)

Facebook Live • Directory of Advertising Shops

These are the ones we know; more will be added as we discover them. If you are an advertising shop who hosts a scheduled Facebook Live program, let us know so we can include you.

Monday:
2 p.m. -- Quilter's Paradise
4 p.m. -- The Quilted Sunflower - weekly

Tuesday:
6 p.m. -- Make It Sew, Quilter's HQ, weekly
7 p.m. -- Facebook Live Flash Sale, Birds of a Feather Quilt Shop, weekly

Thursday:
9:00 a.m. -- Prairie Point Quilt & Fabric, weekly

Friday:
9 a.m. -- Yellow Dog Quilt Shop, weekly
1 p.m. -- Charlotte's Sew Natural, weekly
5:30 p.m. -- "Come As You Are" Sales Party, Wool Market and DIY School, weekly

Saturday:
9 a.m. -- Overbrook Quilt Connection (2nd, 3rd, 4th & 5th Sats.)
9:30 a.m. - Overbrook Quilt Connection (1st Sat.)

Look for updated Directory in each issue of *The Country Register*. You can have Facebook remind you when an event is starting -- great for those times when a shop posts an unscheduled Facebook Live event.

Drawing Entry Form

Name _____ Phone _____

Address, City ST _____

E-mail address: _____

If I win, I would like my \$50 Gift Certificate from: (list a current advertiser from this paper)

I enjoy visiting the above chosen shop because:

I picked up this issue of *The Country Register* at _____

Do you tell the shops you saw their ad in the paper? Always Sometimes Never

Comments and/or Suggestions about *The Country Register*? Please include a note.

To enter, complete this form and mail to:
The Country Register, 988 9th Ave, McPherson, KS 67460

Want to save a stamp?

Just email the above information to: kansas@countryregister.com
OR enter on the website at www.countryregister.com/kansas click on the **Contact Us** tab and fill in the necessary information.



2023 Quilter's Motor Coach Trip

You Know You've Always Wanted to Go - Now's Your Chance!

• **Houston International Quilt Show**
November 1-5, 2023
Pick up in Beloit, Salina & points south along I-135
This trip is usually a sell out so reserve today

More Information or to reserve your space contact
Jayne Heller
Pack and Go Tours
785-529-2382 or 785-658-7272
rjheller53@yahoo.com

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GIRLFRIEND WISDOM



The origin of words and sayings is a great interest of mine as a writer. Many times in everyday conversation with friends and family, we use ancient terminology and don't every think about it. When I designed this chubby little red Cardinal for my fabric panel, it made we wonder - where and when did this saying start? Research tells me that "When Cardinals appear Angels are near"... has been associated with divine messengers since Christian times. According to some religious traditions, cardinals are believed to be the embodiment of angels. The cardinal is a beautiful bird and its bright red color has long been associated with faith and strength.

GIRLFRIEND WISDOM: Faith and Strength are desired qualities in our daily lives and if a chubby little bird can bring joy and add to our Faith and Strength - I'm going bird watching!

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

By the Yard®

by Jennifer Lopez

www.bytheyardcomics.com

SURE, I COULD BE WORKING ON MY QUILT SHOW ENTRY RIGHT NOW, BUT THEN WHAT WOULD I DO THE NIGHT BEFORE THE SHOW?



© 2022 Jen Lopez

French Toast in a Mug Cake

Ingredients:

- 1 egg
- 1/4 cup milk
- 1/4 tsp vanilla extract
- 1 tsp sugar
- 1/4 tsp cinnamon
- 2 slices of white bread (stale works best)

Directions:

1. Lightly grease a microwaveable mug.
2. Add the egg, milk, vanilla, sugar, cinnamon.
3. Mix all together.
4. Break up the bread into cubes.
5. Add the bread cubes into the mug and push it down into the egg mixture.
6. Microwave for 1:00 to 1:30 minutes.



Photo by Brooklyn Farm girl Garden

Recipe by Cooking Perfected

