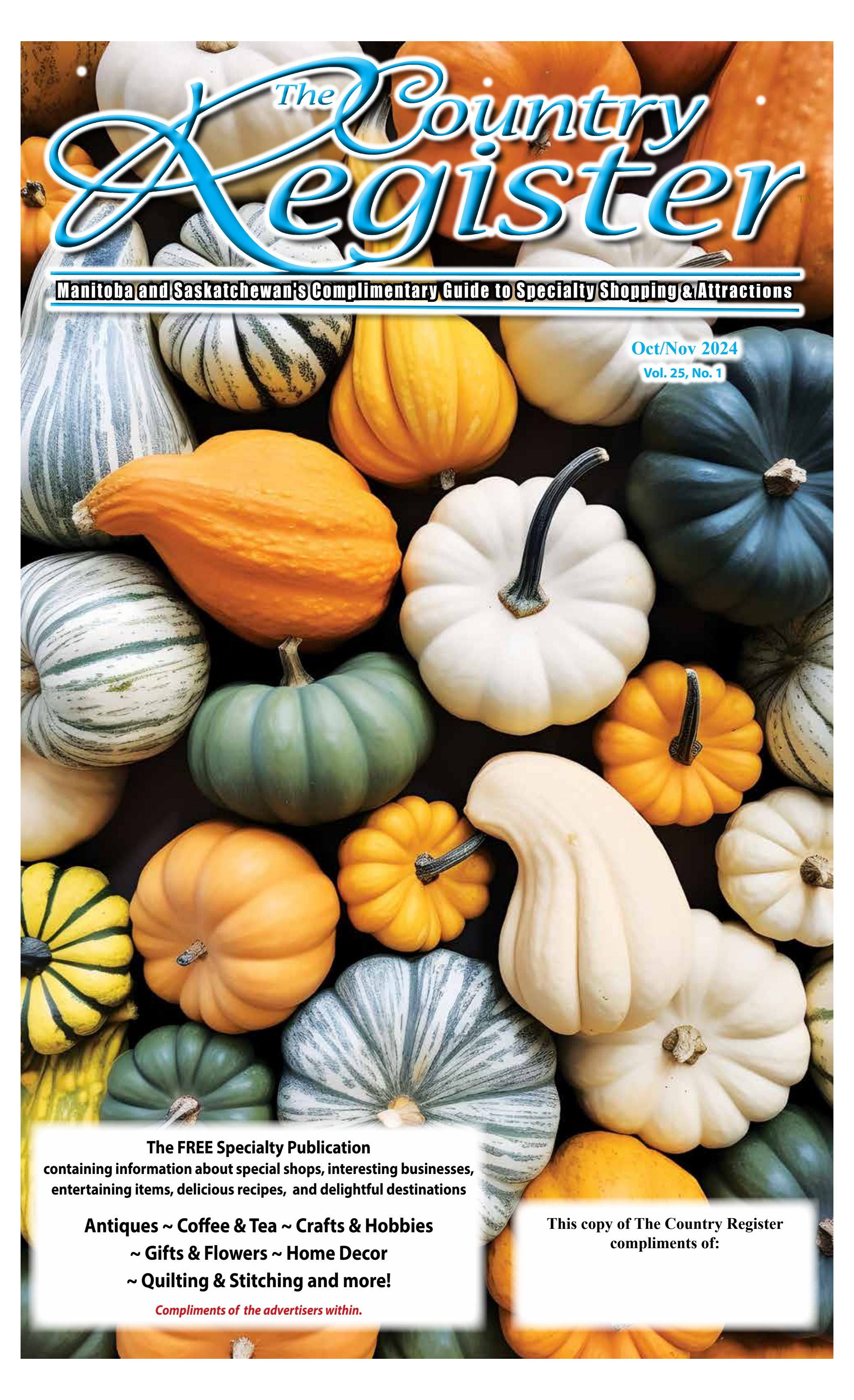




The Country Register

Manitoba and Saskatchewan's Complimentary Guide to Specialty Shopping & Attractions

Oct/Nov 2024

Vol. 25, No. 1

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Keeping In Touch

Cindy and Joe Ashfield <old.stuff@sasktel.net>

It is a beautiful fall morning as I sit in our sunroom, pen in hand. The sunrise has been a blistering red/orange globe striking through the birch tree branches.

I would like to talk about some ideas I have held that have gradually reshaped themselves lately. I have become a frequent visitor at our Care Home. Is that the first noticeable change - “Care Home or Nursing Home”? Over the years, I have visited various Nursing Homes around Saskatchewan. In my head, I perceived a hospital-like setting....desk near the entryway, with a notice board displaying resident’s names and room numbers. The desk is still there, but there may be a few others sitting there along with the nurse. They may be residents or care aides, chatting, reading something or doing some craft. Or, perhaps they are just being “part of the family”. No notice board. And there is the difference.

Above our desk, where the home separates into two wings, there is a banner hanging from the ceiling that says, “Home Sweet Home.” That is the mindset of all the staff that makes our home function. When did this family shift happen? I am told that it has come along gradually over the past few years. Coming back to the front door & looking around, you may see some of the family sitting in their wheelchairs or the lounge chairs watching the big screen TV. Do not make the mistake of thinking that they haven’t had the chance to choose. Perhaps that morning, there was a baking session in the activity room. That often leads to a gathering in the dining room in the afternoon for a reason to celebrate an occasion such as Mother’s Day or Father’s Day, or any of the other days marked as special. Everyone, guests included, is welcome to join in for the afternoon. Staff & friends bring pets to share, and someone brought some horses to the grounds so family could interact with them. That may have charged some old delightful memories. There may be a family picnic, sometimes a bar-b-cued dinner or wiener roast. Does this sound like home life? Occasionally, the little ones from “Wiggles and Giggles” come calling, to the delight of the group gathered in the activity room that morning. When the sun is right, there are lots of places inside and out to soak it up. There is a certain comfort to be found in a sunny spot having a snooze. Let’s liven the place up in the afternoon. Many times during a month, area musicians arrive to entertain with an afternoon concert followed by coffee & cake. And all the while, as in any family, it is a choice. How does the day unfold? We all have our daily rhythm. What time is breakfast? It is all morning, just whenever you get up, and what you have to eat is whatever you choose....dinner and suppers are at a normal

time served to all at once. Isn’t that much like home was?!

Does this mean that the “institutional” side of care.....medicines, special physical care and so on is sidelined? Absolutely not. It is merely done as always, but not obviously the only focus. Everyone who cares for our family has been certified and trained specifically to meet the needs of the people who live in our home. Taking time to stop and listen, I’m hearing friendship and thoughtfulness when there is an interaction with all staff. The doors are open to callers when they choose to visit, just like they were at home.

But stop and look again. Many who call this place home are in wheelchairs, and dementia has invaded their lives. We all move imperceptively through our lives, adjusting to physical and circumstantial changes, and life goes on. The changes we see in the family here, whether mental or not, are physically more noticeable. Taking an extra few minutes to get to know others may surprise you...it did me one day lately. I was wearing one of my hand-knit sweaters and stopped to say hello to a new member. He is a big fellow and, I thought, likely a farmer who worked physically over the years. Well, guess what! He asked who made my sweater! It turns out this farmer is also a knitter. I have found when I engage most that, it isn’t long before they want to share some of their life, and it is always interesting. I was recently given a poem that was presumably written by a resident in the geriatric ward of a Care Home. It is well known in nursing circles in Saskatchewan, and I feel it would be well to keep these thoughts in mind when we visit our people in their last homes.

Look on the internet for the poem “Crabby Old Lady” or ask a nurse to tell you about it.

Until next time, with thoughts of Christmas and the New Year ahead.



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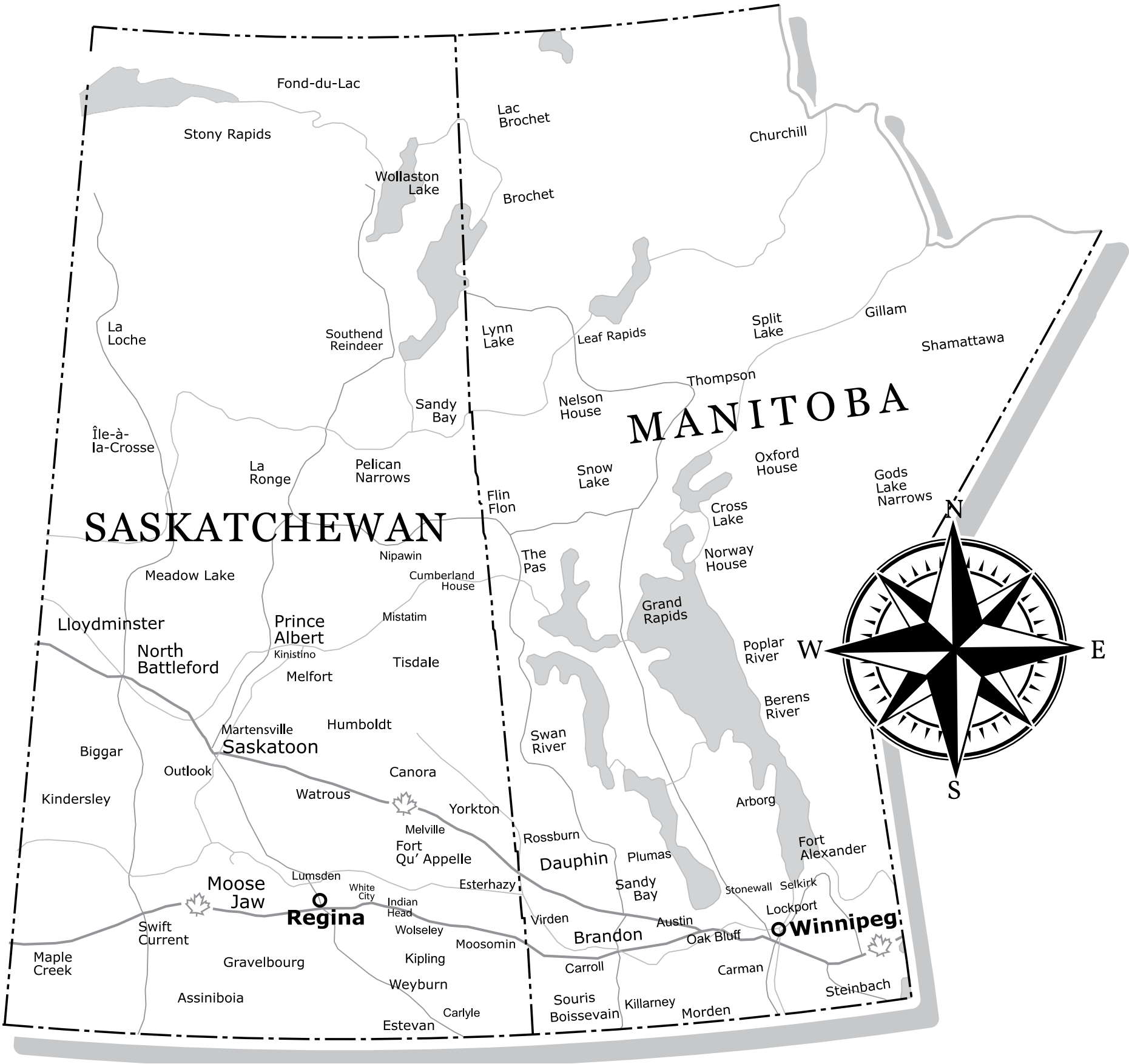
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Kirby & Colleen Gust

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2 Minute Lift

TWO MINUTE READS TO FLIP OUR SCRIPT

BY: KATHY J. SOTAK

So Now What? How To Deal With Regret

I took a seven-year hiatus from weight training. I don't recommend it. I got squishy, grumpy and complacent.

Why did I stop? It's simple. I moved across country and did not re-incorporate it back into my weekly routine. I let life get too busy, then when I looked up almost a decade had lapsed.

Back in Minnesota before the hiatus, I lifted weights with instructor Alan. He showed up faithfully on Wednesdays and Saturdays and so did I. He taught his class both exceptional form and fun. (For example, for the proper squat technique, simply pretend you are sitting down on a toilet.)

Every class was an engaging group effort. He pushed us safely to the edge of our limits. We cheered for each other when we wanted to stop. At the end, we would count the final reps backwards, shouting to give our muscles no choice of quitting. It made me physically and mentally stronger.

Above all else, Alan had a spark in his eyes. He loved lifting weights and made us find our love for strength training too. When my family started planning for our cross-country move, life got really busy. At those

final remaining classes, I would think, "Next time I'll say goodbye to Alan. Next time I'll let him know I'm moving and thank him for his profound impact on my life."

Next time.

You already know where I'm headed. I got too busy. I forgot to say goodbye to Alan. I forgot to say thank you.

I wonder what went through Alan's head. I was one of his faithful participants for years, who showed up every Wednesday and Saturday rain or shine. I set up my barbell and weights in the same spot – first row

to his right. Then I disappeared. Did he think I moved to a different gym? That I was unhappy with his class? Where did she go? Why didn't she say goodbye?

Seven years later, now that I'm lifting weights in a different state with different instructors, my memories of Alan have resurfaced. I hear his form corrections in my head, making sure I isolate my triceps and carry the perfect posture for dead lifts. I have superior form with clean and presses, thanks to Alan. However, underneath all of this is a brewing regret that I did not say goodbye.

What do I do now, with this regret I can't shake? Do I bury it and pretend it doesn't bother me? I can't do that. I think life is asking me to forgive myself, realizing yet again I am not perfect. Then, I will pay it forward by telling someone I admire that I admire them.

What teachers do you have in your life that have had an impact on your life? Perhaps this is a call to action for you to tell them too. They may be informal teachers, like neighbours or friends who live their values through every cell, have passionate hobbies or have left an imprint in your heart.

As I work on creating rips in my muscles, we are both invited to create ripples of kindness as we forgive ourselves and pay it forward.

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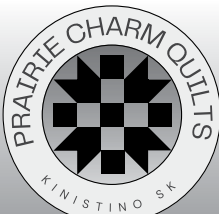
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Heckling

A politician campaigning out west for a political seat ran into an unfriendly crowd at one stop and was suddenly pelted with tomatoes and overripe fruit halfway through his speech.

His presence of mind, however, did not fail him, and his next remark as he wiped the missiles off his face and shirt turned boos into cheers. "My critics," he said jauntily, "may not think I know much about farm problems - but they'll have to admit I'm being a big help with the farm surplus!"

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PIZZA MONKEY BREAD

My friend, who is also named Colleen shared this recipe with me. I really appreciate it when friends share their favourite recipes.

- 32 oz. refrigerated canned biscuits, cut into quarters
- 6 oz. pepperoni, sliced
- 2 cups mozzarella cheese or marble cheese, shredded
- ½ cup parmesan cheese, grated
- ⅓ cup butter, melted
- 1 tablespoon Italian seasoning
- ½ tsp garlic powder
- ¼ tsp garlic salt
- Red pepper flakes, optional
- Fresh parsley, for garnish
- Marinara sauce, for dipping

Preheat your oven to 350°F. Grease a bundt pan very well with nonstick cooking spray and set it aside.

Cut the refrigerated canned biscuits into quarters and slice the pepperoni pieces in half.

In a large mixing bowl, combine the biscuit pieces, sliced pepperoni, mozzarella cheese, parmesan cheese, melted butter, Italian seasoning, garlic powder, and garlic salt. Toss until all ingredients are evenly distributed.

Transfer to bundt pan: Transfer the mixture into the prepared bundt pan, spreading it out evenly.

Bake for 35-40 minutes, covering the pan with foil for the last 10 minutes to prevent excessive browning.

Invert and serve: Once baked, carefully invert the bundt pan onto a large plate to release the pizza monkey bread.

Garnish and serve: Garnish with fresh parsley and serve warm with marinara sauce for dipping.

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Reader Submitted Recipes

Japanese Chicken Wings

M. Klinger, Moosomin

- 3 lbs. chicken wings
- 2 eggs, slightly beaten
- 1 cup flour
- 1 cup butter or margarine

- SAUCE:
- 3 Tbsp soy sauce
 - 3 Tbsp water
 - 1 cup sugar
 - ½ cup vinegar
 - 1 tsp Ac’cent (optional)
 - ½ tsp salt

Cut wings in half. Dip in slightly beaten egg and then in flour. Fry in butter until deep brown and crisp. Put in shallow roasting pan.

Combine ingredients for sauce together and pour over chicken wings. Bake at 350°F for 1 ½ hours. Spoon sauce over wings during cooking.

Heavenly Dreams

June Palmer

- ⅓ cup dates, cut fine
- ¾ cup walnuts, chopped
- 1 cup icing sugar
- 1 egg white, beaten stiff
- 1 tsp vanilla

Mix all together and drop by teaspoon on well greased baking sheet. Bake 10 or 15 min. in slow oven 350°F.

Let cool on pan, then remove.

Oven: 350°F

- ¾ cup syrup
- ⅓ cup water
- 1 cup flour
- 1 ½ tsp baking powder
- ½ tsp salt
- ¼ cup brown sugar
- ½ cup milk
- 1 tsp vanilla
- ¼ cup melted butter
- ¼ cup chopped nuts

Combine syrup & water – bring to boil.

Combine remaining ingredients except nuts – mix till smooth.

Pour into greased 1 qt casserole.

Sprinkle with nuts.

Pour syrup mixture over batter. (do not mix)

Bake: 35-40 min.

Serve warm with ice cream or whipped cream. Delish!

Delicious Squares

Lorraine T., Weyburn

Grease 8x8 or 7x11 pan. Put whole graham wafers on the bottom.

Bring to a bubbly boil

- 1/3 cup butter or margarine
- 1 cup brown sugar
- 1 beaten egg
- 1/3 cup milk
- ADD – ½ cup walnut or pecans or shredded coconut
- 1 cup crushed wafers

Put on wafers. Chill in fridge.

Ice with butter icing with vanilla or almond flavour.

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- ½ cup apple cider vinegar
- ½ cup honey
- ½ cup brown sugar
- 1 Tbsp. olive oil
- 1 Tbsp. ground cinnamon

In a bowl, combine the apple cider vinegar, honey, brown sugar, olive oil and cinnamon.

Mix until you have a smooth, slightly gritty paste.

After soaking your feet, gently massage the scrub onto your feet, focusing on rough spots like heels and soles.

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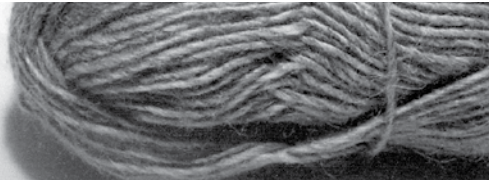
9	7	6			1		5	
	3	1		8	9	7		
				3	7	9	4	
7		9		5			8	
			8	9		5	6	7
2		5	3				9	
	5		9		3			2
						4		5
	1	7	2		5	8		



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Fill in the puzzle so that every row across, every column down and every 9x9 box contains the numbers 1 to 9.
Answer on page13

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Velveeta Fudge

1 cup butter
8 oz. Velveeta
½ cup unsweetened cocoa powder
2 cups powdered sugar
2 tsp vanilla
1 cup chopped pecans or walnuts (optional)

This was a gotta-try. I have a vague memory of this being a retro recipe, and once I made it, I swear I've had it at a potluck or two over the years. This makes a softer, less sweet fudge, so you can increase the icing sugar if you want a firmer, sweeter fudge.

Sift the powdered sugar and unsweetened cocoa together in a large bowl and set it aside.
Melt cheese and butter in a double boiler on the stove top.
Pour the melted ingredients into the dry ingredients and mix well.
Add the vanilla and stir everything together.

Pour into an 9" x 9" greased dish and spread out.
Optional: sprinkle pecans or walnuts on top.
TIP: the cheese and butter can be melted in the microwave, instead of on the stove top. Just make sure you stir every 30 seconds.

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— Lauren DeStefano

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A Cup of Tea with Lydia

Priori-TEAS

By Lydia E. Harris

I love all things tea and all things writing. So, years ago, when I received a call from the editor of *TEA: A Magazine* to write an article, I was doubly excited.

“I have a tea shop I need written up for my next issue,” she said. “Are you interested?”

Interested? Of course! Who wouldn’t want to be published in this prestigious magazine?

It would require a trip to Whidbey Island, about an hour’s drive and ferry trip away, and would need to be completed in three weeks. It sounded appealing. But the day before, I learned our daughter had developed problems in her last trimester of pregnancy and was put on bed rest. She needed my help with meals, housework and caring for her two-year-old son. Though I love all things tea and writing, they can’t always be my priority.

I paused and swallowed hard. “I would love to write the article,” I said. “But I can’t at this time.” I explained my situation and asked her to keep me in mind for future writing.

My daughter was my priori-TEA. I knew I had made the right decision. Even so, during the next weeks, I kept thinking about the assignment I had declined and wished I could have accepted it.

After the birth of our second grandson, Alex, a healthy baby boy, my daughter was on her feet again. To my surprise, I received an email from the same editor. “I didn’t publish the piece on the tea shop yet. Could you write it now?”

I smiled. The timing was perfect. I sensed God had honored my priority towards my family and had saved the assignment for me. Now I did have time to make tea and writing a priori-TEA.

My husband and I enjoyed our trip to Whidbey Island to visit Anna’s Tea Room, which was new to us. We received a warm Victorian welcome from the proprietor, who was eager to tell us about the tea shop while we sipped delicious blends of tea. I enjoyed a black flavored tea while my husband sipped an autumn blend that combined Earl Grey and apricot teas. We also sampled tasty foods, including a decadent chocolate dessert.

I returned home eager to share my warm memories with readers.

When the copy of *TEA: A Magazine** with my article arrived, I was thrilled. The background palette for my two-page spread used my favorite pastel colors—pink, periwinkle, and blue. It looked so beautiful, and I felt gratified to see my priori-TEAS rewarded.

My husband and I returned to Anna’s Tea Room several times over the next years and took our granddaughter Clara there for a tea outing. “It’s so fancy,” Clara said as she touched the lace curtains.

During our last visit, we sadly learned that Anna’s Tea Room was closing. However, the owner generously shared her recipe for the rich chocolate dessert on her menu. I’ve included the recipe for Chocolate Satin Pie for you to enjoy. When I serve it, my tastebuds dance and I’m reminded of the time God rewarded my priori-TEAS.

*This magazine was published from 1994 to 2012 and I had the joy of writing for it several times.

From Lydia’s Recipe File:

Chocolate Satin Pie

Melts in your mouth and is easy to make.

Purchase a ready-made 9-inch chocolate pie crust or make your own. (See recipe below.)

Pie Filling Ingredients:

- 1 12-oz. can evaporated milk
- 2 large egg yolks, beaten
- 2 cups semisweet chocolate chips (12 oz. bag)

Directions:

1. In a medium-sized saucepan, combine the milk and egg yolks. Cook over medium heat, stirring constantly with a wooden spoon, until the mixture thickens. Do not boil.
2. Remove from heat and stir in chocolate chips. Stir until melted and combined.
2. Cool filling. Then pour it into the pie crust and chill for several hours or until thickened.
3. When ready to serve, top with whipped cream.
4. If desired, garnish with nuts, shaved chocolate, or swirls of chocolate syrup. Or for the holidays, top with crushed candy canes.

Serves 8 to 10

Variations: Spread a layer of peanut butter on top of the pie crust before adding the cooled chocolate pudding.

For a sweeter dessert with a milder flavor, use milk chocolate chips instead of semi-sweet chips.

You can also freeze this pie and serve it slightly frozen.



Homemade Chocolate Pie Crust

- 24 Oreo cookies (or any chocolate sandwich cookies)
- 5 T. butter, melted
- 9-inch pie pan

1. Crush cookies with frosting in a food processor or place them in a plastic bag and crush them with a rolling pin to make fine crumbs.
2. Place cookie crumbs in a mixing bowl. Add butter. Stir with a fork.
3. Press cookie crumbs into the bottom and sides of the pie pan. Chill for 30 minutes.

Lydia E. Harris is a tea enthusiast and the author of three books for grandparents: *GRAND Moments: Devotions Inspired by Grandkids*, *In the Kitchen with Grandma: Stirring Up Tasty Memories Together*, and *Preparing My Heart for Grandparenting*, all available at amazon.com.

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Cheddar – It’s Pretty Grate

By Colleen Gust

Cheddar cheese is a globally beloved cheese variety that stands as a symbol of culinary excellence and cultural heritage. Its rich history dates back centuries in England, where it is believed to have originated in the 12th century. Initially crafted by local farmers to preserve surplus milk, Cheddar quickly gained popularity for its robust flavour and long shelf life. The cheese-making tradition in Cheddar flourished, eventually spreading to other regions of England and beyond, including North America.

Cheesemakers craft Cheddar using time-honoured methods that start with fresh, high-quality milk, preferably from grass-fed cows. After pasteurization, the milk is inoculated with starter cultures, which initiate the fermentation process, converting lactose into lactic acid. Rennet is then added to coagulate the milk, forming curds cut into small pieces and gently stirred to release the whey.

The curds are then heated and pressed to expel more whey, resulting in a firmer texture. The pressed curds are milled, salted, and placed into moulds to shape the cheese. Finally, the cheese is aged in carefully controlled environments; the aging process contributes to its complexity, with young Cheddar exhibiting a mild, buttery taste while aged varieties develop sharper (hence sharp or old Cheddar), more pronounced flavors. The texture can range from firm and crumbly to smooth and supple, depending on the age and handling of the cheese.

Its versatility makes it a staple in kitchens. It can be enjoyed as a flavorful snack or incorporated into various dishes, including sandwiches, salads, soups, and casseroles. Its melting properties are ideal for grilled cheese sandwiches, macaroni and cheese, and sauces. It also complements savoury ingredients such as cured meats and pickles, making it a staple on charcuterie platters.

Additionally, we should mention Velveeta and Cheez Whiz, cheddar-like products marketed for their convenience and versatility in recipes ranging from macaroni and cheese to dips.

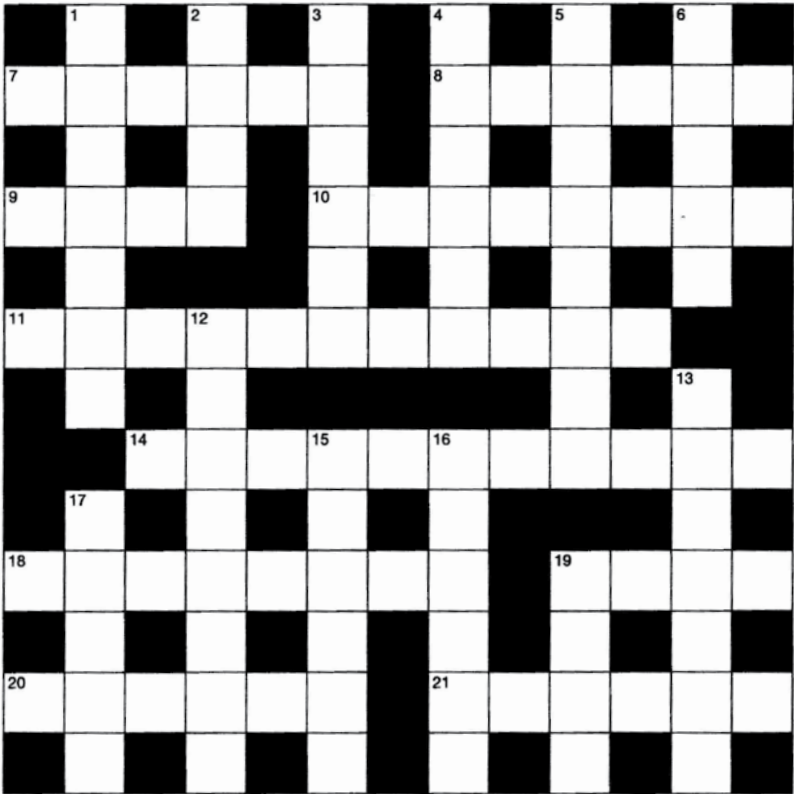
Velveeta was invented in 1918 to conserve waste from broken cheese wheels at a cheese producer. It was developed by adding cheese byproducts like whey to the scraps, resulting in a velvety consistency. Due to its velvety texture when melted, it was named Velveeta. During World War II, Velveeta cheese became a staple in military rations due to its long shelf life and versatility. After the war, Velveeta's popularity soared as home cooks embraced its convenience and adaptability in recipes ranging from macaroni and cheese to casseroles and dips.

In 1950, the Kraft company, conscious of the English market and its love of Welsh rarebit, began developing a pre-packaged cheese sauce for use on Welsh rarebit. Kraft developed Cheez Whiz, an (intentionally) mild-tasting cheese sauce perfect for Welsh rarebit. In 1952, Kraft introduced the product in Britain, where it was a hit. A year later, in July 1953, Cheez Whiz came to North America and became a staple in kitchens. I know it wouldn't be Christmas in our house if we didn't have celery and Cheez Whiz. Did you know that Cheez Whiz is considered the smartest cheese, ‘cause it’s a whiz! Of course, we have to have a few cheesy puns!

So, let me appeal to your Cheddar judgement...Cheddar with its versatility plays a vital role in celebrations and gatherings, bringing people together to share the joy of good food and company.



CROSSWORD - Answer on pg. 18



- ACROSS**
7 Gangster’s hat? (6)
8 Autobiography (6)
9 At some distance (4)
10 Large hill (8)
11 Inference (11)
14 Publicizing (11)
18 Merriment (8)
19 Blemish (4)
- DOWN**
1 Fragrance (7)
2 Building entrance (4)
3 Road surface (6)
4 Measure (6)
5 Feelings (8)
20 Braking parachute (6)
21 Postage tokens (6)
- 6 Conform (3,2)**
12 Bad Romance singer (4,4)
13 Miserable (7)
15 One or the other (6)
16 Beat decisively (6)
17 Transport (5)
19 Young horse (4)

Remembrance Day was first observed in 1919 throughout the British Commonwealth. It was originally called “Armistice Day” to commemorate armistice agreement that ended the First World War on Monday, November 11, 1918. at 11 a.m.—on the eleventh hour of the eleventh day of the eleventh month.



Answer to Suduko on Pg. 10

9	7	6	4	2	1	3	5	8
4	3	1	5	8	9	7	2	6
5	2	8	6	3	7	9	4	1
7	6	9	1	5	4	2	8	3
1	4	3	8	9	2	5	6	7
2	8	5	3	7	6	1	9	4
8	5	4	9	1	3	6	7	2
3	9	2	7	6	8	4	1	5
6	1	7	2	4	5	8	3	9

ADVICE

1. What the old give the young when they can no longer set them a bad example.
2. The one thing it is more blessed to give than to receive.
3. You never know whether it’s good or not until you no longer need it!

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Borderline Treats

by Kirby Gust

With Halloween just around the corner, the citizens of Jonathan and the farms surrounding the small town that sits smack dab on the Saskatchewan/Manitoba border start to think about what Carl will do for his annual "trick-or-treat contest." Carl and his wife, Mary, run a small-town store handed down through many generations of Mary's family. Carl is, in fact, the first non-blood descendant to run the store. Mary has a career as a schoolteacher and only helps at the store in the summer. This leaves Carl, a city kid from Saskatoon, to run the day-to-day tasks of learning the dos and don'ts of running a business in a small prairie town.

Carl's trick-or-treat contest started off innocently enough one fall. He had put a small handwritten sign in the window that read, "Ask us about our new products." Carl had brought in some of his childhood favourites that he grew up with in the city. Things the locals had never seen, well, maybe had seen them, but they never bought them. These are things that Carl soon learned the locals had no interest in. He soon learned to stick to the basics like Cuban Lunches and Cherry Blossoms. He also kept a steady supply of Wig Wags until they were no longer available in the late 80s. Carl has learned to keep Curly Wurlys in the store in recent years. They are not great sellers, but he has learned to enjoy them as a light mid-afternoon snack.

One especially slow day at the store, about a month after Carl had put up the sign to check out the new products, he came up with an idea. He would make up a gift basket full of local non-perishable favourites, candy bars, Ritz Crackers, and that sort of thing, and then he would give it away to the first customer to finally ask about the new products mentioned on the sign. This did not go as well as Carl had imagined. It took so long for someone to ask that he had to replace most of the stuff in the basket at least twice because the products were encroaching on their best-by dates. The basket went unclaimed for over a year. His sign in the window slowly faded from sun exposure and, after a year, was almost impossible to read.

Carl had learned the year before, his first in Jonathan, that he was expected to give out candy at the store on Halloween. Carl, who had never given out candy or was even allowed to trick or treat himself in the big city, had immensely enjoyed this. Carl's mom, who was a doctor and had worked her residency in the emergency room, had seen too many cases of sick kids from overeating candy and injured adults from doing dumb Halloween "tricks" to let this happen to her only child. Carl's dad, the avid reader, would turn all the lights off in the house on Halloween night and hide in his den with only a candle lit to read by. What he didn't realize was that from the street, you could see the flicker of the candle through the drapes. The kids passing by thought it was part of an elaborate Halloween skit and would insistently ring the doorbell to see what awaited them.

Carl may have enjoyed his first real Halloween, but the local kids, on the other hand, did not. These kids had always looked forward to trick or treating at the store. Mary's Grandfather, Leif, had started the tradition in the '60s. A time when almost every household still gave out homemade treats - popcorn balls, puffed wheat cake, rice crispy squares or homemade fudge. The store was the only place where they would get what they called "store-bought candy," a huge treat at the time. Store-bought candy was a lot like sliced bread at the time. It seemed like a great treat until you got it home and had to eat it, yet those flavours stayed with them throughout the years and became flavour time machines when the

candy touched their tongues.

That first year, Halloween came around as it always does; it had arrived about three months after Carl had brought in all of his childhood favourites from the city, and seeing as how not one single person had asked about or bought one of the candies, Carl decided that those would be the "store bought" candies of the year. You need to understand that Carl had odd tastes when he was a kid. He grew up with a mother who was too busy to cook and would buy frozen meals and warm them up. When Carl was a kid, TV dinners were new and all the rage for families to have as a treat on nights when there was no time to cook. However, for Carl, anything homemade was a treat. Carl's mom had implemented a steady diet of boxed fish and chips and TV dinners into their diet. Now, don't get me wrong, she was, after all, a doctor and knew these were not the best food choices to make for her family health-wise, but she was a woman doctor at a time when the only way to succeed and be somewhat respected was to work twice as hard as the male doctors. Because of this, Carl would crave anything with flavour as a child, and he chose things with lots of flavour. Things like Thrills Gum, Sen-Sen and Fisherman's Friend. These were the "store-bought" candies Carl handed out that year. There was no such thing as vandalism in Jonathan in those days at Halloween. However, that year, the kids made an exception. On Halloween night, a group of kids that had trick or treated at the store earlier in the day gathered outside of Borderline Goods. One by one, they watched each other pop a few squares of Thrills Gum into their mouths. They laughed at each other as their faces puckered up from the soapy flavour. They would chew until they could stand the flavour no longer, then pulling it out of their mouths, would stick it to the store's front window over Carl's sun-faded new products sign. Today, it is still talked about as the first Halloween window soaping in town.

This brings us back to Carl's second Halloween in Jonathan. A full fifteen months after he had put up his "ask about our new products" sign. The first group of kids that came into the store yelling "trick or treat" were only there to see what Carl had, no pun intended, in store for them this year. They were pleasantly surprised to see Carl handing out regular candy. As they stood there in amazement, and truth be told, a little bit disappointed, one of the kids said, "Let's get out of here before he gives us some of the new stuff he's trying to get rid of with that sign in the window." In amazement, as the kids ran for the door, Carl realized this kid was the first to mention the sign and, therefore, was the rightful winner of his basket giveaway. "Hey, hang on for minute there..." Carl shouted. Only one kid had said it, but they all stopped and started to apologize at the same time. "No, no, no," said Carl, "I'm not mad at you; I'm happy." I have been waiting to give away a prize to the first person who mentioned my sign in the window for over a year." "What kind of prize?" said the tallest kid in the group. "Your leftovers from last Halloween?" They all laughed, including Carl. "Look," Carl said as he produced a basket full of stuff from behind the counter, "this is the basket." noticing that it was full of things that only adults would enjoy, the kids all started pointing to the shortest kid in the group. "He said it" they all shouted in unison. "Is this true?" said Carl. "I'm sorry," the kid whispered. "Don't be sorry said Carl. Here, I'll tell you what I'll do." Carl dumped the basket contents onto the counter and then handed the empty basket to the kid. "what's your name," he asked. "JJJJJimmy," the scared kid answered, "Jimmy Stubbs." "Nice to meet you, Jimmy," said Carl. "Here, take this." Jimmy looked at the empty basket, "I'm sorry," he said again. "I, I didn't mean anything by it..." thinking that Carl had emptied it to punish him. "Quit saying you're sorry," said Carl. "Sorry," mumbled Jimmy.

Carl reached out and grabbed Jimmy's arm, and before Jimmy could pull away, Carl shoved the basket handle into his hand. "Have you got it?" said Carl. "I guess so?" Jimmy said with a confused look. "Get a good grip; you are going to need it." Carl said. "Are these good friends of yours, Jimmy?" "I guess so," Jimmy said again. "Then you won't want to disappoint them," said Carl. "Disappoint them?" Jimmy questioned. "Yes," Said Carl, "There are four of you, right?" Carl did not wait for an answer before he continued. "I am giving you five seconds to fill that basket with whatever you want from the store." "Five seconds?" the tallest boy yelled with disgust. Ignoring him, Carl said, "For each friend. And five seconds for yourself." "That's twenty seconds," Jimmy muttered under his breath as he looked longingly at the shelf of chocolate bars, the jars of stick candy and the bins of Mojos. "Correct, twenty seconds," Said Carl, "but for everything you drop on the floor, I get to take two things out of the basket when your twenty seconds are up. Deal?"

"Deal," said Jimmy. "When do I start?" Looking at the clock on the wall with its second hand slowly twitching its way around the numbers, Carl said, "NOW."

The other kids started to yell out their favourite candies in what sounded like a Price Is Right audience trying to help a contestant. Jimmy lunged forward; he began by grabbing a handful of Coffee Crisp bars, then a handful of KitKats; as he reached out for a handful of Crispy Crunches, Jimmy realized he had not done anything to deserve this other than to make a wisecrack about last Halloween. As the clock ticked by the seconds, Jimmy's heart sank lower with every tick. Unbeknown to Carl, he picked the nicest kid in town when picking Jimmy for this Halloween treat. Jimmy was born older, as they say, and had matured leaps and bounds past his friends. Jimmy's hesitation shocked these friends, and they started to yell at him to hurry up. Jimmy sprang into action; he leapt to the bin that held the Mojos, 2 for a penny and grabbed a handful, shoving them into the basket; he "accidentally" knocked two chocolate bars onto the floor. Carl could see all this happening as if it were in slow motion. As Jimmy reached for another handful of mojos, Carl yelled, "Times up." Jimmy still had three seconds left, but Carl wasn't about to let him knock more stuff out of his basket.

No one but Carl noticed that he had called the game three seconds early. Jimmy looked up and said, "I dropped two chocolate bars." he knew the rules Carl had laid out and held out his basket for Carl to take out four of the other chocolate bars. "Two times two is four," Carl said as he reached for the basket. "I'll just take these four." To Jimmy's and his friend's

amazement, Carl removed four mojos. "Game set match," thought Jimmy. "What an idiot," thought his friends about Carl.

Carl was so impressed by Jimmy that night and in their meetings in the months to come that he offered him a part-time job at the store. Jimmy apologetically turned it down. He knew it would interfere with his schoolwork, and his mother, being a widow, needed his help more around the house than Carl did around the store.

Every year since, Carl has held his annual trick-or-treat giveaway. The first kid to find his hidden clue wins. He puts the clue out about a week before Halloween, and whoever finds it gets to return the day of Halloween and gets twenty seconds to fill the basket. He hides the clues for the game, much like the original sign, in plain sight. As we all know, the hardest things to find are usually in plain sight. There have been years when the game has gone unwon. If you had been in the store trying to win his game this Halloween, you would have had to read the price sign above the bananas very carefully: "Bananas 20 seconds a pound."

Borderline Good is a series of fictional stories written by Kirby Gust. The stories are set in a fictional town on the Saskatchewan/Manitoba border. All the characters appearing in this work are fictitious. Any resemblance to real persons, living or dead, is purely coincidental.

Kirby's Korner

Oh Lord the Flies

I'm not sure how the summer has been where you live, but ours was warm and infested. The flies were so bad this year that sitting outside for a relaxing cup of tea in the afternoon was nearly impossible. And as if the flies weren't bad enough, the wasps were also out in full force to plug the skies. We were lucky in our household; Colleen and I each had only one wasp sting. I added to my total stings for the summer by getting on the wrong side of hornet one day while out watering tomatoes. The hornet sting was wholly unprovoked and way worse than the wasp sting. The one thing we have not seen, at least up to this issue's publishing date, is a single cricket. We have heard horror stories of crickets being so bad that they are like molasses, covering the landscape as far as the eye can see and completely covering roadways. Yet, we are still to see or hear one.

Flies, or house flies as they are commonly known, come in many different sizes and are all part of the subspecies Muscoidea. Muscoidea is known as a superfamily in the scientific world, and it has approximately 7,000 described species. I am sure all 7,000 made an appearance in our yard this summer.

The story of the fly is an

interesting and tragic one. Female flies lay their eggs on decomposing matter such as food waste, carrion (carcasses of dead animals) or feces. The females usually lay about 500 eggs over their life span, about 100 eggs at a time over a few days. These eggs soon hatch into a larva known as maggots. It takes maggots 2 to 5 days to morph into flies. These flies then, in turn, live from 2 to 4 weeks. Less if they get near me. They also have the ability to hibernate through winter, explaining why they are always the first insects to flutter about in the spring.

The house fly is suspected to be the most widely spread insect in the world. It lives on every continent except Antarctica. But don't let the cold weather of Antarctica fool you into thinking that they don't survive in the cold. They are well known to flourish in the Arctic.

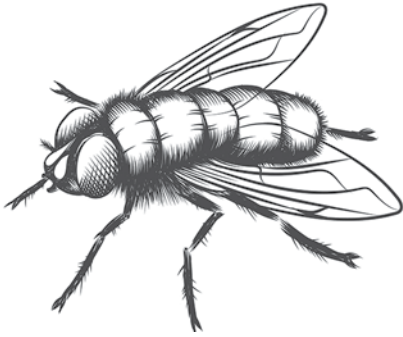
Even though house flies can be a great nuisance, buzzing around you as you try to relax, work, eat or sleep while contaminating any food they can land on with their feces, they do have their rightful place in the medical world. Maggots were thought of as a huge problem during the American Civil War. Union and Confederate surgeons got rid of maggots using chloroform on the wounds of soldiers, but because of

the shortages of medical supplies, chloroform was not always available. This led to an accidental discovery that maggots were more efficient at digesting necrotic (damaged and decaying cells) than a scalpel or nitric acid.

Flies were so prevalent during the American Civil War that it said they were responsible for more deaths than hostile fire. The Civil War was a fly's dream come true, as it were. Horses, mules, oxen, and human feces were scattered everywhere. Wounded and dead soldiers would sometimes litter the battlefields. All this rotting matter provided many places for the females to lay their eggs. Add all these things together, and you get prime breeding grounds for flies and the perfect conditions for the larvae and maggots to thrive.

These flies that ate off this decaying matter would then land on the soldier's food, spreading pathogens that caused cholera, dysentery, diarrhea, and typhoid. As Canadian recording artist Corb Lund sang in his reprised song, I Wanna Be In The Cavalry, "Then the Typhoid hit with its fevered fits, TB and Dysentery that proved, in the end, to have killed more men than the vilest enemy."

Back here in Canada, in 1921, a "swat that fly" contest was held for children in Montreal in hopes



of helping with the spread of tuberculosis. At the time, Canadian public health believed the control of houseflies also meant the control of TB infections.

Maggots are still used in modern medicine to remove unwanted tissue from certain kinds of wounds. Fly larvae are also used in forensic science to help solve crimes. Their presence or lack thereof can help determine how long a homicide victim has been deceased, as the presence of the flies and the progression of their larvae are so consistent that it is like a stopwatch of when the victim passed. I realized as I write this that flies are what we should fear at Halloween, not ghosts and goblins.

With fly traps, fly swatters, bug sprays, and screens on our windows, we have it better now than at any time in human history when it comes to flies, but still, just once, it would be nice to spend an afternoon outside during our short summers without having to shoo them away relentlessly.

Ogden Nash said it best in his 1942 two-line poem.

"God in His wisdom made the fly
And then forgot to tell us why."

Oh NO!!! Carl has a screw loose!!! Did you find Carl's loose screw in our last issue?

Regular readers of The Country Register will know that Carl runs a small town store that sits smack dab on the Manitoba and Saskatchewan border, and that Carl fancies himself as a bit of a handyman, but his eyesight is not what it used to be. Can you help him find it? It looks like this.

This is not a contest, just some fun for you, our readers.



It was on page 9. Carl must have dropped it when he was looking for recipes for him and Mary.

Cooking for TWO

Beef Burgundy Stew

There was no special occasion to serve this dish, but I made it often because my mother, who was an excellent cook, loved it. I serve it with either noodles or rice.

Barbara R., Regina

- Yield: 2 servings
- ¼ cup flour
 - ¼ tsp salt
 - ¼ tsp pepper
 - ¾ lb. boneless beef sirloin steak, cut into thin strips
 - 2 Tbsp vegetable oil, divided
 - 1 medium onion, thinly sliced
 - 1 garlic clove, minced
 - ⅔ cup beef broth
 - ⅔ cup burgundy wine or additional beef broth
 - ½ tsp dried basil
 - Hot cooked egg noodles

In a large, resealable plastic bag, combine the flour, salt and pepper; add beef, a few pieces at a time, and shake to coat.

In a small skillet, brown beef in 1 Tbsp oil on all sides, remove and set aside. In the same skillet saute the onion and garlic in remaining oil until tender.

Return beef to the pan; stir in the broth, wine or additional broth and basil. Bring to a boil. Reduce heat; cover and simmer for 25-30 minutes or until meat is tender. Serve with egg noodles.

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And Sew On

by Wayne M. Bosman

It might have been the cowboy shirts. Or maybe the black corduroy pants.

Either way, some of my earliest memories center around Mom's sewing machine. When I was quite young, Mom made most of my brothers and my clothes. Dad hadn't settled into a career yet and making your own clothes was a thrifty way to keep the budget balanced. There were four of us brothers, all under five years old and it seemed that by the time each child outgrew an outfit there wasn't much left of it to hand down to the next youngest.

When my two older brothers were at school during the day my brother Ron and I spent a good bit of time in Mom's bedroom watching her work at the old Singer treadle driven machine. We were both fascinated with it, watching the treadle go up and down and listening to the steady sounds as she used her "spare" time keeping us in clothing. She still remembers when Dad got her the electric motor for the machine. It was 1947.

The cowboy shirts were a memorable special project for her, finishing one for each of us before Christmas. I remember the corduroy pants for the softness and warmth in the Wisconsin winter. Mom grew up in a time when many, if not most, of her friends made their own outfits. She had a drawer full of patterns that she had made or wanted to make.

Eventually, as we became teenagers and as she had to spend more time being the unpaid worker at Dad's growing business, the Singer started to gather dust. She made some clothes for my sister, who was six years younger, and did alterations on the tight pants that were the style then. By the time bell bottoms were in vogue, the Singer was retired.

As time went on, my fascination with sewing machines remained. I spent 49 years as a car mechanic and learned to value machines of all types for their simplicity and usefulness. Every once in a while I would happen on a sewing machine that spurred my curiosity. I would usually end up buying it and spending happy hours getting it back in working order. I never learned to actually sew with them, so they would end up in the hands of someone who could.

The latest acquisition is a 1984 Montgomery Ward machine that cost \$10 at an estate sale. I always have mixed feelings when I get something from an estate sale. Someone is clearing out all of the personal items from another person's life. The buyers are looking for useful things and it is easy to forget that someone loved and used those things. When I opened up the machine, the care that the previous owner had put into it was evident. The tools are neat, clean and organized. There was a small sampler of some of the stitches, but even more, it felt loved. I went online to find an operators manual and threaded the machine. It worked beautifully. My wife Kerri's eyes lit up as she tried it out.

Kerri learned to sew from her mother. Her skill of choice is crocheting, so she only pulls out her mother's 1960 Singer when she decides to make a new apron or alter a dress for dancing. Because she really enjoys the handwork, she has hand-sewed each of my grandchildren pillowcases that are personalized to each's particular interests and favorite colors. National Parks, sports teams, zebras, the Eiffel Tower, flamingos, dinosaurs and sea creatures have all appeared on the pillowcases. She always does the final stitches with a little prayer that laying their heads on the things that they love will bring good dreams. It can't hurt, can it?

Wayne M. Bosman is a retired auto mechanic living in Cape Carteret, NC. He has the good fortune to be married to Kerri Habben Bosman, who is a regular contributor. His email is wbosman1@gmail.com.

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Become Inspired. . .Join a Quilt Guild

By Susan Clay

Looking for new ideas for your quilting? One of the best things I did for my quilting was to join a Quilt Guild. When I joined a guild, little did I know I would not only meet new friends, but that I would also come away with new inspiration at every single meeting. Are you a beginning quilter who would like to have some basic ideas for different projects? Join a Quilt Guild. Are you an experienced quilter who feels your design level has become a bit stale? Join a Quilt Guild.

Think of a Quilt Guild as the modern evolution of the Quilting Bee. A quilting bee is loosely defined as “a social gathering at which the participants make quilts.” Imagine walking into a room where all the people there love quilting. Imagine five people huddled over a table comparing the construction technique of a specific quilt block. Sounds like fun, doesn’t it? Well, trust me. . .it is.

We quilters all know quilting can be an isolating hobby. We go into our “spot,” whether it be a dining room table, a special sewing corner, or an entire room dedicated to our love of quilting. Now, imagine sitting in a room full of people, all at different quilting skill levels, who share your love of quilting. Oh wait. . .does that sound intimidating? As a true introvert myself, it’s really not. You have the common denominator of the love of quilting.

Just at a basic “Show and Tell” of a guild meeting, where members show off a project or pattern, we will find beautiful examples of design modifications. If there is a specific project being shown by all members at a meeting, the variety and interpretation of the project can be endless with color and fabric selection. Experienced quilters can often find that

looking at a quilt pattern through the eyes of a new quilter gives an entirely new perspective.

Many quilt guilds meet just once a month. However, with the presence of social media, texting, and messaging in our lives, we don’t need to limit our sharing just to the physical guild meeting. Most guilds now have a Facebook page and many have an Instagram account. We can share our love of the craft often if we so wish.

When a quilt guild friend recently told me about her new quilting project and sent a picture, it was inspiration for me. She had added a seasonal quilted piece to her front vestibule. Though I don’t have a vestibule to decorate, I do have a perfect outside spot to hang a small quilted seasonal piece.

And that, my friends, is what we gain from belonging to a Quilt Guild. It’s what “Show and Tell,” sharing, and posting pictures does for us. . .it gives us inspiration and ideas. Never underestimate the power of your quilted project on one another. So when you have finished that special table topper, baby quilt, throw, or bed-sized quilt, don’t hide it away. And remember “Perfect is the enemy of finished”. Please share it with your new guild friends. Be The Inspiration!

“Google“ to search for your local quilt guilds or some advertise in this publication. You may be surprised at the choices available to you. Many guilds have open membership and others begin membership in January. It doesn’t matter when you join; what is important is that you join! You will always be inspired. . .Trust me.



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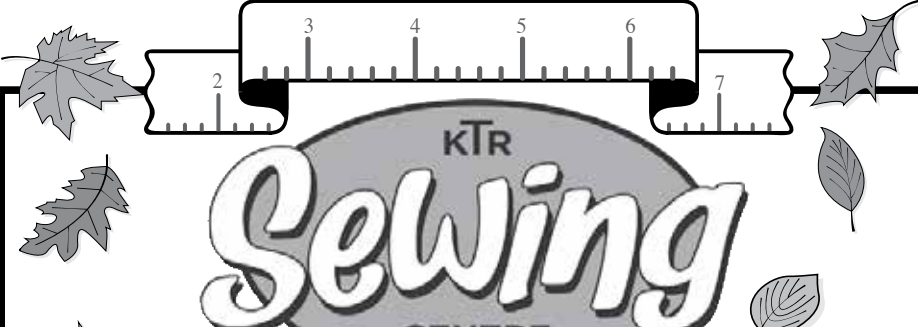
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Autumn Trivia

Fall was called “harvest” because of the “harvest moon” that occurs when the full moon is closest to the autumn equinox. Before man-made lighting, this moonlight was essential to a prosperous harvest.

Weight gain around this time of year may not only be due to comforting fall foods like pumpkin pie and cider, researchers have found that lack of vitamin D reduces fat breakdown and triggers fat storage.

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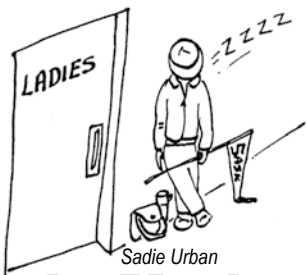
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Stories of Yesteryear
Reader Submitted Stories
Oh For the Life of a Farmer's Wife!

by Bernadette Grewel



EDITORS' NOTE: We'd like to share this letter from Bernadette.

- Rod Kidder is "Metro" from the Christmas Album *11 Days from Christmas*
- Myrol Brothers have received the Saskatchewan Country Music Award's 'Legends and Legacy Award'.

I grew up in town and after teaching in country and town schools I married a farmer. I thought farming would be great, but it was not so wonderful. We lived in an old house with no plumbing, no kitchen cupboards and no road.

It seemed to me that farming was a series of one crisis after another and for years I would lie awake at night worrying about what the next one would be, so I decided I would write poems about the fun things that happened to our family and the neighbours, so I would get a better perspective about farming.

My stories are all true with a bit of exaggeration.
I went with Rod Kidder of CJWW and the Myrol Brother to over 60 places in Saskatchewan and Manitoba.
I hope you will enjoy them.

What Do You Do When the Knob Falls Off in Your Hands?

I often have trouble in toilets
In the Bus Stops and in Shopping Malls.
It is something that I can never explain
Is it something to do with the walls?

I am afraid to hang my purse on the hook
If a hand should reach over the door.
And if I should flush, what if something goes wrong
And every thing floods on the floor?

One time at a dance, some old lady locked in
The janitor was given a call.
He came with a wrench and a hammer
And began crawling over *my* wall.

One autumn, we went to our first football game,
The Rough Riders at Taylor Field
I went to the "Ladies," I couldn't get out.
The lock on the door would not yield.

I hollered and yelled, and I banged, and I kicked
But nobody else was around.
The game - it had started, and no one would hear,
A solution just had to be found.

Then I thought of Rosalyn Carter
She and Jimmy were touring St. Paul.
This had happened to her on the campaign trail
and she calmly crawled over the wall.

I looked up and down, the wall was too high
And the cold cement floor made me shudder.
But I chucked all my things to the front by the door.
And managed to squeeze myself under.

So now when I go to the bathroom
My husband stands outside alone.
If I'm gone for too long, he sends somebody in
For he knows that I'm accident prone.

Double Meaning

In a swank photography studio a society matron was looking at a new picture she'd had taken. "Why, that picture's an outrage!" she stormed. "Now I ask you, does it look like me?"

The sauve photographer was flustered for a moment, but quickly regained his composure. "Madam," he said, bowing slightly, "the answer is in the negative."

Answer to Crossword on Pg. 13



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Steinbach, MB

Zucchini Pizza Casserole

My husband was doubtful about this recipe, but he enjoyed it! This was one of my make-ahead meals – it keeps well in the fridge until the final bake.

- 4 cups shredded unpeeled zucchini
- ½ tsp salt
- 2 large eggs
- ½ cup grated Parmesan cheese
- 2 cups shredded mozzarella cheese, divided
- 1 cup shredded cheddar cheese, divided
- 1 pound ground beef
- 1 large onion, chopped
- 1 can (15 oz.) Italian tomato sauce
- 1 green pepper, chopped
- 1 jalapeno, chopped (optional)

Preheat oven to 400°F. Place zucchini in colander; sprinkle with salt. Let stand 10 minutes, then squeeze out moisture.

Combine zucchini with eggs, Parmesan and half the mozzarella and cheddar cheeses. Press into a greased 13x9-in. or 3-qt. baking dish. Bake 20 minutes (the edges should be golden brown)

Meanwhile, in a large saucepan, cook beef and onion over medium heat until meat is no longer pink, breaking meat into crumbles; drain. Add tomato sauce; spoon over zucchini mixture. Sprinkle with remaining cheeses; add green pepper and jalapeno. Bake until heated through, about 20 minutes longer.

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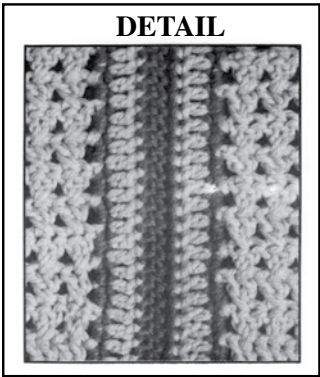




Peaches N Cream Afghan



MATERIALS: Patons Canadiana (50 g) or Patons Super Wool (50 g), or any 4-medium worsted yarn.
Main colour B - 25 balls
Contrasting colour A - 8 balls
One 5.00 mm (U.S. H or 8) crochet hook or whichever hook you require to produce the tension given below.
TENSION: 16 dc and 8 rows= 4 ins (10 cm).
MEASUREMENTS: Approx 54 x 69 ins (137 x 175 cm) excluding fringe.



PANEL (Make 7).
With B ch 23 **loosely**.
Foundation row: (Right side, lower edge). 1 dc in 4th ch from hook. Crossing over in front of dc, 1 dc in ch to right of dc just worked. *Miss 1 ch. 1 dc in next ch. 1 dc in missed ch. Repeat from * to last ch. 1 dc in last ch (22 sts in row). Ch 2. Turn.
2nd row: Miss 2 sts. 1 dc in next st. 1 dc in 2nd of 2 missed sts. *Miss next st. 1 dc in next st. 1 dc in missed st. Repeat from * to last st. 1 dc in top of turning ch. Ch 2. Turn.
Repeat 2nd row for pattern until panel from beginning measures approx 66 ins (168 cm) ending with **wrong** side facing for next row. Fasten off.
BORDER: With right side of panel facing, join A at lower edge. Ch 1. Work 1 row sc evenly around panel, working 3 sc in each corner. Ss in ch 1. Fasten off.
With right side of work facing, join B in corner st. Ch 2 (counts as 1 dc). 1 dc in each sc working 3 dc in each corner st. Ss in top of ch 2. Fasten off.
With right side of work facing, join A in corner st. Ch 1. 1 sc in each dc working 3 sc in each corner st. Ss in ch 1. Fasten off.
TO MAKE UP: With **wrong** sides of 2 panels together and lower edges matching, join A in top corner st. Working into back loop of facing panel and front loop of back panel, ss panels together along long edges. Fasten off.
Join remaining panels in same manner.
EDGING: With right side of work, join A in corner st and ss around entire afghan. Fasten off.
To make fringe: Cut 25 ins (64 cm) lengths of A and taking 6 strands together; knot into fringe evenly across top and bottom edges of afghan. Separate half of 2 adjoining groups and knot strands together as illustrated. Make 1 more row of knots in same manner. Trim evenly. Do not press.

Cheese & Garlic Muffins

*Hard to go wrong with these; plus they're quick to make.
Funny story: I offered a muffin to a coworker, and he almost tossed it because of the green specks - he thought the parsley was mold!*

- 2 cups flour
- 1 Tbsp baking powder
- 1 tsp salt
- ½ tsp sugar
- 2 cups grated cheddar
- 2 garlic cloves, minced
- 1 tsp dried parsley
- ¼ cup vegetable oil
- 1 egg
- 1 cup milk

Preheat oven to 350°F. Grease a muffin tin.
Combine flour, baking powder, cheese, garlic, salt, sugar and parsley in a bowl
In another bowl, mix together oil, egg, and milk.
Pour the wet ingredients into the dry ingredients and mix until just combined. Spoon the mixture into the muffin tins.
Bake for 22-25 minutes or until golden and a skewer inserted comes out clean.
Cool in the tin for 5 minutes and then transfer to a wire rack to cool completely.

Not All Of It

U	P	A	S	S	A	G	E	T	N	E	M	G	E	S
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M	I	S	S	U	A	A	R	I	E	F	N	T	M	T
T	H	E	C	Y	S	M	T	A	C	C	B	N	N	N
C	S	H	H	T	R	R	O	I	G	N	T	E	I	C
N	D	E	A	C	O	A	E	U	F	M	N	O	A	F
C	C	T	P	P	O	G	I	E	N	O	E	E	R	N
C	T	C	T	F	T	I	N	D	P	T	N	N	M	I
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