THE MODERN DAY

## EMEMILIA SER

FEBRUARY 2024 NO.11

FANTASTIC TEA BAG ART

COOKING
THROUGH
THE AGES

WHAT MY KITCHEN TAUGHT ME

A Well—Stocked Kitchen for Effortless Meals CHARM ON A BUDGET



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## EDITOR'S NOTE

Dearest readers,

February has arrived, and so has our special issue dedicated to the Heart of the Home – the kitchen! As we bask in the warmth of this space, we're embracing the nostalgia, the laughter, and the countless memories created around the heart of every household. In every home, the kitchen isn't just a place where meals are made. It's a sanctuary where stories are shared and love is infused into every dish.

This issue is a celebration of the heartbeat of our homes.

We're taking a trip down memory lane with our feature on creating a retro kitchen style. From checkered floors to vintage appliances, discover how to infuse your cooking space with a bubbly, nostalgic charm that transports you to the good old days.

We're also looking into the connection between gardening and the heart. Learn about heart-healthy herbs that not only add flavor to your dishes but also contribute to your well-being!

Join us as we reminisce about the significance of the kitchen in our lives. Unearth the stories behind beloved family recipes, cherished cookware, and the traditions that make our kitchens truly the heart of our homes.

In this issue, we've also dug into the history of the kitchen.

Whip up some love in your kitchen with our collection of heartwarming recipes.

So, dear friends, let's get started on this lovely adventure and rediscover the heartbeat of our homes. May this February issue fill your hearts with inspiration, warmth, and a renewed appreciation for the kitchen – the true heart of every home.

Maché Myburgh



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#### **DISCLAIMER**

This magazine may contain controversial views, and these views are not necessarily those of the editor.

As with all things, take what you can use and ignore the rest. We are all here to learn together.

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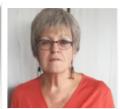
Amber Myburgh

Amber is a homeschooling student who adores cats, plants, crocheting little plushies and all things cozy. In her spare time, she loves writing stories, and doing art. She makes an absolutely amazing breakfast pizza and has a weird love of scented dishwashing soap. She enjoys animation and sometimes doing digital art. She also runs her own YouTube channel and <u>Instagram</u> account.



Antoinette

I'm Antoinette Marlow. Eclectic homeschool mom for 13 years, illustrator of children's books for five years, author for the last two years. I love drawing, art, nature, and learning random unimportant bits of information. I have three children, a vegetable garden, and one dog. Website



Heather Botha

I'm Heather Botha, married to Thom for 48 years. I have two grown-up sons and one gorgeous grandson. I was a schoolteacher for 44 happy years. I enjoy arty activities, so I create all kinds of things in that line. Other passions are cooking, baking, flower arranging, knitting, reading, and writing of all sorts. Spending time with lonely old folk is close to my heart.



Barbra Rice

I'm Barbra Rice. I'm a homeschooling mother of 6 from 24 to 3, and as of yesterday, a grandmother of one. I live in Goshen Indiana, USA, where I'm chasing the simple life, but not homesteading. That's hard.

### A SPECIAL THANKS TO ALL OUR PATRONS!

Kimberly Daniel Bethany Nicole Barbra



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**Sharon Darling** 

I'm Sharon and I love cats, crafting, reading and gardening. My husband Aaron and I are passionate about following the Creator and have been married for 21 years. My blog torahwoman.com has the goal to help other women in their walk with God with a focus on bringing glory to Him in all aspects of life. I try to encourage adjusting our thinking and approach to Biblical womanhood through an emphasis on the importance of routine prayer and Bible study, strengthening our marriages and families, and encouraging and supporting each other.

## A GUIDE TO A

## WELL-STOCKED KITCHEN

FOR EFFORTLESS MEALS

by Maché Myburgh



Creating a well-stocked kitchen lays the foundation for seamless meal planning, helping to ensure that you're always ready to whip up delicious and nutritious dishes. Let's have a look at a basic foods checklist that will help transform your pantry, fridge, and freezer into a culinary stash place for simple, satisfying meal ingredients.

#### In the Pantry:

In the heart of your pantry, good grains as the foundation. Opt for whole grain varieties, oatmeal for cozy mornings, and a flapjack mix for indulgent brunches.

#### Breakfast:

- Maize meal (mieliepap)
- Homemade granola (\*recipe at the end of this article)
- Oats
- Homemade flapjack mix (\*)

Next, make sure you have a variety of canned, jarred, and other prepackaged foods, stocking up on fruits, beans, and peanut butter with lower sodium content. Dried fruits and an array of sauces from tomato to salsa add versatility to your pantry shelves. Don't forget the essential grains, pasta, and sides. Choose whole-grain varieties of bread, tortillas, pasta, and rice to anchor your meals.

## Canned, Jarred, and Other Packaged Foods:

- Meat and poultry (dried biltong sprinkle or canned chicken are legitimate things!)
- Beans, lentils, and other legumes
- Soup mix
- Peanut butter
- Dried fruit
- Sauces
- Salsa and chutney

#### Grains, Pasta & Sides:

- Bread (baking your own ensures filler-free sandwich loaves)
- Tortillas or taco shells (homemade is great!)
- Pasta (dried or homemade)
- Rice

In the produce section, keep onions, potatoes, pumpkins and beetroot on hand for their versatility and long shelf life. For those moments of snacking delight, include crackers, popcorn, and an assortment of nuts, such as almonds and walnuts. Turn to the baking and cooking supplies section for essentials like instant dry milk, flour, sugar, and a collection of seasonings and spices. Complete the pantry with oils for cooking and vinegar for that perfect touch. Elevate your dishes with condiments and salad dressings.

#### Produce:

- Onions
- Potatoes
- Pumpkin
- Beetroot

#### Snacks:

- Crackers or pretzels
- Popcorn
- Nuts

#### Baking & Cooking Supplies:

- Instant dry milk
- Flour
- Sugar
- Seasonings & spices
- Oil
- Vinegar



Now, let's have a look at the fridge, the cool sanctuary of freshness. Stock up on essentials like milk, cheeses in various forms (block, shredded, sliced), and yogurt. Also keep the fridge stocked with eggs, an array of fruits, veggies, and some butter.

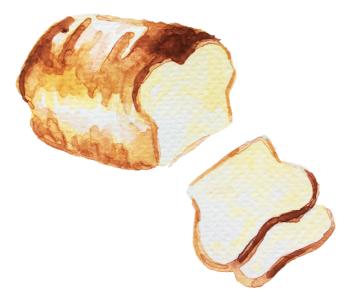
#### In the Fridge:

- Milk
- Cheese
- Yogurt
- Eggs
- Fruits
- Veggies
- Butter

Lastly, let's explore the wonders of the freezer, your secret weapon for preserving freshness. Fill it with an assortment of fruits, veggies, meats, waffles, and breads for quick and easy meals.

#### In the Freezer:

- Peas and corn
- Homemade cauliflower rice
- Meat and seafood
- Homemade fruit puree
- Waffles and muffins (homemade)



Armed with this lovely checklist, your kitchen is ready to go. You're stocked for an array of delectable and stress-free meals! Tailor it to your liking, add what you use on the regular, and let the joy of cooking fill your home with delicious aromas and happy tummies. Happy cooking!

#### Homemade Granola Recipe

#### *Ingredients:*

Base Ingredients:

- Rolled oats (old-fashioned or quick oats)
- Nuts (almonds, walnuts, pecans, cashews, etc.)
- Seeds (pumpkin seeds, sunflower seeds, flaxseeds, chia seeds, etc.)
- Sweetener (honey, maple syrup, agave nectar, or a combination)
- Oil (coconut oil, olive oil, or melted butter)

#### Optional Add-Ins:

- Dried fruit (raisins, cranberries, apricots, dates, etc.)
- Shredded coconut
- Chocolate chips or chunks
- Spices (cinnamon, nutmeg, cardamom, etc.)
- Vanilla extract
- Salt.

#### Method:

- Preheat and Prepare:
  - Preheat your oven to 325°F (163°C).
  - Line a baking sheet with parchment paper or lightly grease it to prevent sticking.

- Mix the Dry Ingredients:
  - In a large mixing bowl, combine the rolled oats, nuts, seeds, and any desired spices. Use quantities based on personal preference and the amount of granola you wish to make. Aim for a good balance of oats, nuts, and seeds for texture and flavor diversity.

• Prepare the Wet Ingredients:

• In a separate bowl, mix your chosen sweetener and oil. Adjust the ratio based on how crunchy or sweet you prefer your granola. Keep in mind that the sweetener also helps bind the ingredients together.

Combine and Coat:

 Pour the wet mixture over the dry ingredients, ensuring even coverage. Use a spatula or clean hands to mix thoroughly until all the dry ingredients are coated with the sweetened oil mixture.

· Spread and Bake:

- Spread the granola mixture evenly onto the prepared baking sheet. For chunkier granola, press the mixture down slightly to encourage clumping.
- Place the baking sheet in the preheated oven and bake for 20-25 minutes, or until the granola turns golden brown. Stir the granola halfway through the baking time to promote even browning.

• Add the Extras:

- If including dried fruit, add it to the granola during the last 5-10 minutes of baking to prevent burning.
- For chocolate lovers, stir in chocolate chips or chunks after the granola has cooled to avoid melting.

· Cool and Store:

 Once baked, remove the granola from the oven and allow it to cool completely on the baking sheet. As it cools, it will crisp up and become crunchy.

 Once cooled, break the granola into clusters of your desired size and transfer it to an airtight container for storage. Properly stored, homemade granola can last for several weeks.

Tips:

- Experiment with different combinations of nuts, seeds, and sweeteners to create unique flavor profiles.
- Keep an eye on the granola while baking to prevent burning, as oven temperatures can vary.
- Customize the level of sweetness by adjusting the amount of sweetener used.
- For extra crunch, add a pinch of salt to enhance the flavors.
- Feel free to get creative and incorporate your favorite ingredients to make the granola truly your own.

#### Homemade Flapjack Mix

Ingredients:

- Base Ingredients:
  - Around 2 cups rolled oats (old-fashioned or quick oats)
  - Around 4 cups all-purpose flour or whole wheat flour
  - Around 2 tablespoons baking powder
  - A pinch of salt
  - About 1 cup of sugar (granulated sugar, brown sugar, or a combination)
- Mix these together and keep them in a container in the pantry, ready to use. When you're ready to cook them, add the liquid ingredients.

#### To about 2 cups of dry mix, add:

- Liquid Ingredients:
  - 2 eggs
  - About 1 cup milk
  - Butter or oil (melted butter, vegetable oil, or coconut oil) for frying
- Optional Add-Ins:
  - Vanilla extract
  - Cinnamon or other spices (nutmeg, cardamom, etc.)
  - Dried fruit (raisins, cranberries, chopped dates, etc.)
  - Nuts (chopped almonds, pecans, walnuts, etc.)
  - Chocolate chips or chunks

#### Method:

- Mix the Dry Ingredients in a Bowl.
- Prepare the Wet Ingredients:
  - In a separate bowl, whisk together the eggs and milk until well combined. For a richer flavor, you can use melted butter, but oil works well for a lighter texture.
- Combine Wet and Dry Ingredients:
  - Pour the liquid mixture into the bowl of dry ingredients.
     Stir gently until all the ingredients are just combined. Be careful not to overmix, as this can result in tough flapjacks.
- Add Optional Add-Ins:
  - If desired, fold in any additional ingredients such as vanilla extract, spices, dried fruit, nuts, or chocolate chips to enhance flavor and texture. Be mindful not to overmix the batter once the add-ins are incorporated.

- Heat the Griddle or Pan:
  - Preheat a non-stick griddle or frying pan over medium heat. Lightly grease the surface with butter or oil to prevent sticking.
- Cook the Flapjacks:
  - Once the griddle or pan is hot, pour a ladleful of batter onto the surface to form each flapjack. Use the back of the ladle to spread the batter into circles of your desired size.
- Flip and Cook:
  - Allow the flapjacks to cook until bubbles form on the surface and the edges start to look set, typically 2-3 minutes. Carefully flip each flapjack using a spatula and cook for an additional 1-2 minutes on the other side until golden brown.
- Serve and Enjoy:
  - Once cooked, transfer the flapjacks to a plate and serve warm with your favorite toppings such as maple syrup, honey, fresh fruit, yogurt, or nut butter.

#### Tips:

- Experiment with different variations by adding your favorite ingredients to the batter.
- Adjust the sweetness level by varying the amount of sugar used in the batter.
- Keep the heat on medium to prevent the flapjacks from burning while ensuring they cook evenly.
- Store any leftover flapjack mix in an airtight container in the refrigerator for up to a week, or freeze for longer storage.

Happy flapjack making!



COLOR PHOTOGRAPH BY H. I. WILLIAMS

A sweet summer breeze, a leisurely

cool supper out of doors, the radio
playing softly—that's real contentment for party-goers and givers!

BY DOROTHY KIRK

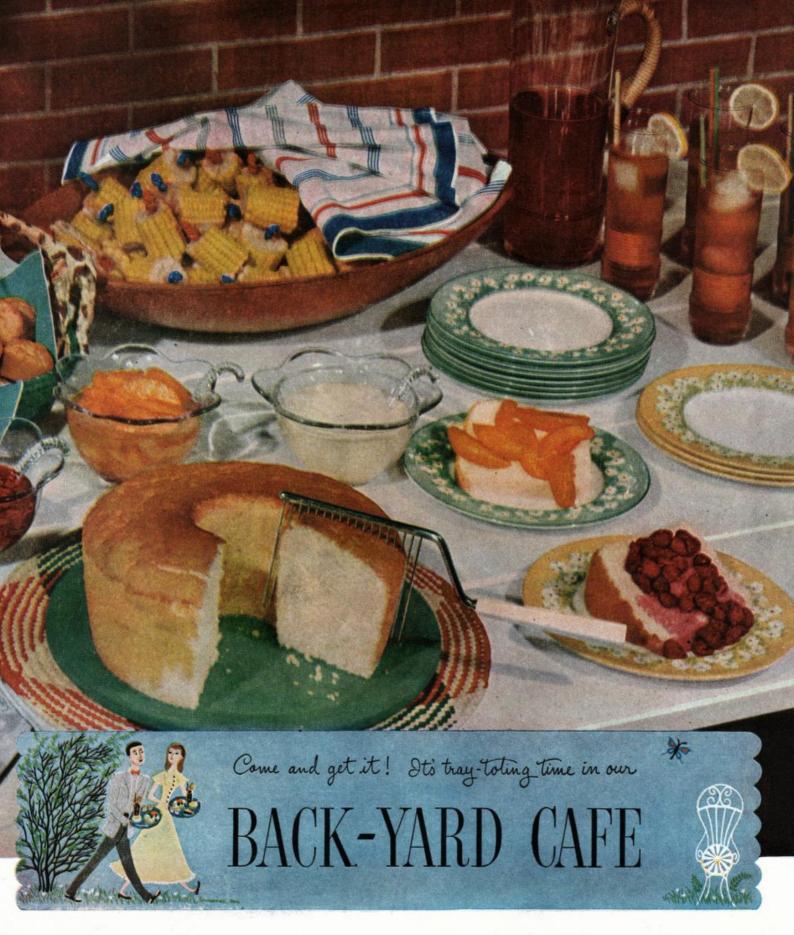
• Barbecues, picnics, campfires all have their charm—but when you want a pretty supper party, that's when a back-yard café is right up your alley! You know how little dining pavilions pepper city sidewalks in summer—gay with striped awnings, twinkling lanterns and small tables hedged in with shrubbery?

Well, you can mock this pretty pleasantry right in your own back yard—and what an easy kind of entertaining it is! Our favorite's a serve-yourself affair with lots of good chilly things plus cheese muffins and corn on the cob for hot extras.

• We've planned for twelve because, with summer on the wane, everyone's eager to cram in a lot of outdoor gaiety. Dessert (best course of all) centers around a new kind of cake—big, beautiful and light. It's ideal for a crowd because it makes about twenty servings. Keeps well too, so you can make it a day or two ahead. With it goes a trio of sundae sauces—crushed sweetened raspberries, sweetened sliced peaches and a shimmery sherry fluff. Here's to you!

#### FROSTY MINTED SOUP

Combine 4 cans of condensed green pea soup with 4 cups milk, 1 cup light cream and 1/3 cup of finely chopped mint leaves; beat with rotary beater until smooth. Chill thoroughly. Makes 12 servings.



#### TUNA TURNOVER

Gelatine, unflavored, 4
tablespoons (4 envelopes)
Cold water, 1 cup
Tomato juice, 4½ cups
Grated dried onions, ½
teaspoon or onion, scraped,
2 teaspoons
Salt, 1 teaspoon
Lemon juice, 6 tablespoons

RNOVER
Worcestershire sauce,
½ teaspoon
Sugar, 2 teaspoons
Grated tuna fish, canned,
2 6½-ounce cans
Eggs, hard-cooked,
chopped, 2
Celery, chopped fine,
1 cup

Stuffed olives, chopped,

Mayonnaise or mayonnaisetype dressing, 1 cup

Soften gelatine in cold water. Heat 2 cups of the tomato juice to boiling; add gelatine and stir until dissolved. Stir in onion, salt, lemon juice and Worcestershire sauce. Divide mixture in half (about 1½ cups each). Into one half, stir sugar and the remaining 2½ cups of cold tomato juice. Pour into a 9-by-9-by-2-inch pan. Chill until almost firm. While this

layer is chilling add tuna fish, eggs, celery, olives and mayonnaise to the other half of tomato mixture, stir until well blended. Gently spoon it over the nearly firm clear tomato layer. Continue chilling until firm. When ready to serve unmold on lettuce greens. If you're feeling whimsical, cut a triangle from each corner and upsa-daisy them to make a diamond center. Trim with twists of thin lemon slices and black olives. Makes 12 servings.

#### BACK-YARD CAFE

#### CHEESE MUFFINS

Flour, enriched, 3 cups Baking powder, 41/2 teaspoons Salt, 1 teaspoon Sugar, 1/3 cup American process cheese, grated, 1 cup Eggs, slightly beaten, 2 Milk, 11/2 cups (or use half evaporated milk and half water) Salad oil, or melted shortening, 1/4 cup

Sift flour, measure, add baking powder, salt and sugar; sift again. Add cheese. Combine eggs, milk and slightly cooled shortening or salad oil. Pour into flour mixture and stir just enough to moisten dry ingredients. Do not beat. Fill greased or oiled muffin pans 3/3 full and bake in hot oven 400° 20 to 25 minutes. Makes 36 small muffins or 18 to 20 medium size.

#### "CHIFFON" CAKE

Cake flour, 21/4 cups Sugar, 11/2 cups Baking powder, 3 teaspoons Salt, 1 teaspoon Salad oil (not olive oil), 1/2 cup Egg yolks, unbeaten, 5 Cold water, 3/4 cup Vanilla, 2 teaspoons Egg whites, 1 cup (7 or 8) Cream of tartar, 1/2 teaspoon

Sift flour, measure, add sugar, baking powder and salt. Sift again. Add salad oil, egg yolks, water and vanilla, beat until smooth. Beat egg whites and cream of tartar with rotary beater or electric mixer until whites form very stiff peaks. Gradually pour egg-yolk mixture into beaten whites, folding together gently until just blended. Do not stir. Pour into an ungreased

10-inch tube pan, 4 inches deep. Bake in moderate oven 325° for 65 to 70 minutes. Let cake cool upside down, placing center tube over neck of funnel or bottle so cake does not touch table. When cold, loosen cake from sides and center tube with a spatula. Whack edge sharply and remove cake.

#### SHERRY FLUFF

Eggs, 2 Confectioners' sugar, 1/2 cup Salt, dash Sherry, 3 tablespoons Heavy cream, 3/4 cup, whipped

Separate egg yolks from whites. Beat whites until just stiff, gradually beat in half the sugar, add salt. Beat yolks and remaining sugar until thick and lemon-colored. Fold the two mixtures together. Stir in sherry and whipped cream. Makes about 3 cups.

## PICK OF THE FRUIT

BY DOROTHY KIRK FOOD EDITOR

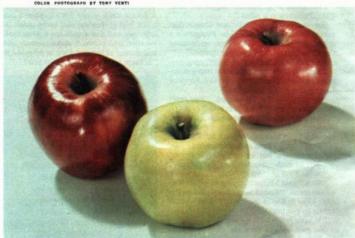
Pinch the penny and not the fruit is a sound shopping rule-and knowing how to select luscious fruit wisely will do just that for you! Know your marketing place-it should have a rapid turnover and clean cool facilities for storage and display.

Know how to handle fruit-don't be too affectionate! Rough handling bruises, leaves telltale marks that start fruit on the road to decay. Know the difference between blemishes-often price is reduced because of poor appearance although quality is tops.

Buy to fit the use-"the bigger the better" is not always true. Save by buying fruit in season locally or at the peak of the shipping season-particularly for canning and freezing.

COLOR PHOTOGRAPH BY TORY VENT

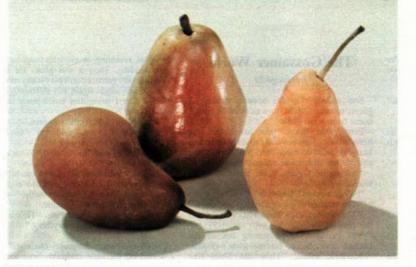
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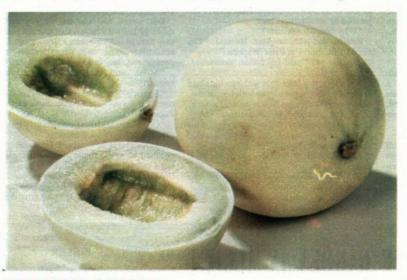
APPLES should be firm to the touch and blessed with a bright lively color if you want really succulent flavor. (Red, green or yellow-the rule applies!) Pick the variety best suited to the purpose: For general cooking, tart or slightly acid fruit is best-Wealthy, Starr, Northwestern Greening or Stayman Winesap. Best for baking-Rome Beauty and Rhode Island Greening. For snacks, picnics, dessert-crisp tender juicy McIntosh, Delicious or Northern Spy.



AVOCADOS—or alligator pears—are rugged individualists when it comes to size, shape and color-ranging from green to mahogany to black or the speckled Fuerte-with thick or thin, smooth or rough skin. The good buy is heavy for its size and fairly firm or just beginning to soften-with no bruises or skin breaks. When it yields to gentle pressure between your palms it's ready to eat-smooth and buttery in texture, delicate, tempting and nutlike in flavor.



PEARS of quality are firm (but not hard), clean, free from blemish and not shriveled. Color doesn't indicate ripeness in this fruit—some kinds are ready to eat though green, others may be a rich yellow and still not ripe. How to find out? Look for pears that yield readily to gentle pressure at the base of their stems. First to appear in the market is the Bartlett—favorite for dessert and home and commercial canning. Then Fall Russets (Bosc) and Anjous.



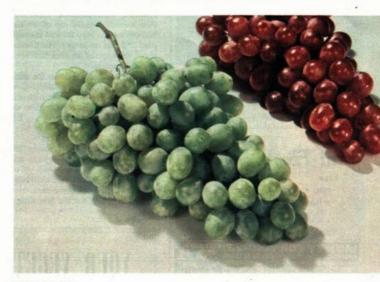
HONEYDEW MELONS are ripe and ready to eat when the skin is smooth and a creamy golden green. The blossom end should yield to slight pressure. (Unlike the cantaloupe, this melon is usually picked when underripe so if the stem is attached, pay it no mind.) Before cutting, shake the fruit to be sure seeds are loose. When fully ripe it has a pleasing fragrance and the meat is a shimmering greenish white in color, fine-textured, juicy and sweet.



BANANAS are shipped to market when green and as they ripen they take on a sunny yellow hue. They're fine for baking, fritters and such when green-tipped or yellow from stem to stern. When the skin is flecked with small brown spots, bananas are right for hand-to-mouth eating. If you're buying them several days ahead, choose the yellow-ripe or green-tipped ones—they'll go on ripening at room temperature. And never never put bananas in the refrigerator!



CANTALOUPES should be picked from the vine when ripe. To get a good one, look for a smooth even scar with no stem attached—a rough spot or a bit of stem means the melon was picked green. Your good cantaloupe should be firm and covered with thick meshlike netting that's a light golden yellow. A ripe melon has a characteristic musky fragrance and the blossom end yields slightly to gentle pressure. When you shake it you can hear the seeds rattle inside.



GRAPES should look sparkling fresh with the individual berries plump and well hitched to the stems. High color indicates good flavor and lots of sweetness. The white or green variety, for example, is at its peak when the color is just turning amber. Two favorites are California's Thompson Seedless—small, sweet, pale green and available from August till early winter—and the Concord—a blue slip-skin grape famous for rich royal purple juice and jelly.



ORANGES—best known are the navel and Valencia types. Navel oranges are richly colored, seedless, firm-fleshed, have a thick easy-peeling skin and separate into segments readily. The Valencia is juicier, has some seeds, is not so round or vivid, has thinner skin. Size has no relation to quality—smaller fruit, heavy for its size, yields proportionately more juice. Greenish tinge developed at some seasons on Valencias is only skin deep: actually fruit is full-ripe.

# COOKING THROUGH THE AGES: A JOURNEY FROM BANQUETS TO BUILT-INS

by Maché Myburgh

**Embracing the Flames: The Transformative Power of Fire** 

Imagine, dear friends, a time when a fire was much more than a source of warmth—it was the spark that ignited the shift from nomadic wandering to settled homes. As flames flickered, our communal spirit danced to life, drawing us together for grand banquets and shared warmth that would define our domestic lives.

Feast and Art: The Golden Days of Egypt, Greece, and Rome

Transport yourselves to the golden days of Egypt, Greece, and Rome, where meals were not mere sustenance but grand celebrations of abundance, resembling intricate works of art (yes, and showcases of overindulgence at times).

## **Egyptian Hearth: Bread and Cakes on Wood Stoves**

Our journey commences in Ancient Egypt, a realm where the aroma of freshly baked bread and cakes filled homes, sizzling on wood stoves.

These hearths not only provided sustenance but also symbolized the heart of the home, where families gathered around the warmth and aroma of their culinary creations.

## **Grecian Elegance: Kitchens Find Their Indoor Haven**

Fast forward to Greece, a land where aristocrats turned meals into social spectacles. Kitchens, once attached to houses or nestled in exposed patios, evolved to find their place indoors. Now, not only did they serve as culinary sanctuaries, but they also brought warmth to the entire home.

## Roman Luxuries: Communal Kitchens to Private Retreats

Oh, the allure of Roman banquets! Romans, not having kitchens in their homes, relied on communal kitchens in city centers for their gastronomic delights. But, as the sands of time continued to flow, kitchens sought independence, securing a cozy, tucked-away spot within the home.

Medieval Tales: A Stove, a Bucket, and the Struggle for Hygiene

As we journey into medieval times, imagine kitchens as a simple stove on the floor, accompanied by a hanging bucket. Here, in these humble spaces, animals were slaughtered, food prepared, and supplies stored. Just imagine culling a chicken inside the house! Oh, my... I simply couldn't! Yet, the lack of hygiene, coupled with unwelcome pests, prompted a gradual distancing from the once-intimate act of cooking.

Amid these challenges, the kitchen persevered, evolving and adapting through the ages. Stay tuned as our journey unfolds, revealing the intricate dance between hearth and home.

**Revolutionizing the Hearth: 19th- Century Inventions** 

Dear friends, now hold onto your apron strings as we whisk through the 19th century—a golden era of kitchen inventions! Chimneys emerged as unsung heroes, liberating kitchens from smog and smoke and granting them newfound independence. But that's not all—iron stoves, gas pipes, and fridges finally joined the party and changed kitchens forever.

## The Industrial Symphony: Kitchens as Workspaces

As the wheels of progress turned, the Industrial Revolution beckoned kitchens to step into a new role—the workspace. Experimentation became the order of the day as culinary pioneers sought to optimize processes and enhance efficiency. The clinking of utensils and the hum of innovation echoed through the kitchen corridors.

Pondering Optimization: Early 20th-Century Musings

In the early 20th century, a wave of contemplation swept through kitchens. Christine Fredericks Mary Pattison, a visionary in the United States, donned her apron and embarked on a quest to unravel the secrets of kitchen circulation in 1922. It turned out that the flow and layout of a kitchen greatly impacted efficiency! Who knew?

## The Birth of Familiarity: Margarete Schütte Lihotzky's Frankfurt Kitchen

Meanwhile, across the seas in Germany, a culinary visionary by the name of Margarete Schütte Lihotzky unveiled the Frankfurt Kitchen in 1926. This design, dear friends, may feel oh-so-familiar to us now. A compact yet efficient marvel, it laid the groundwork for the kitchens we know and love today, blending functionality with a dash of elegance.

### **Electrifying Culinary Evolution: The Rise of Time-Saving Appliances**

As the electrical network dawned upon us, a culinary revolution quietly unfolded. Kitchens, once humble abodes of pots and pans, now brimmed with the hum of timesaving appliances. Picture newfangled electric mixers, the rhythmic hum of refrigerators, and the convenience of toasters—culinary companions that transformed the kitchen into an empire of efficiency.

## The Kitchen's Metamorphosis: From Separate Entity to Home Hub

In this electrifying era, the kitchen underwent a metamorphosis. No longer a separate entity governed by cooks and maids, it gracefully took center stage as the heart of the home.

Delightful design and decor elements adorned this sacred space, turning it into more than just a place to cook. It became a blend of style and functionality.

#### Cold War Elegance: American Kitchens as Symbols of the American Way of Life

Fast-forward to the Cold War, when American housewives became culinary trendsetters. Kitchens, once utilitarian, transformed into symbols of the coveted American Way of Life. Gleaming appliances, stylish countertops, and the scent of freshly baked pies became cultural markers, flaunted with pride as American households embraced the era of prosperity.

**21st-Century Fusion: Kitchens Merging with Open Floor Plans** 

As the 21st century unfolded, kitchens found a new haven within our homes through open floor plans. No longer confined to the back corners, kitchens architecturally became the heart of our living spaces. The sizzle of pans and the laughter of families echoed through these open spaces, blurring the lines between cooking and communal living.

#### **Perspective**

Yet, my dear friends, let us not forget the shadows that linger. Despite the culinary renaissance, some still face kitchens without structure or sanitation. Inequities persist, casting a stark contrast between the luxurious havens of the more well-to-do and the struggles endured by others less fortunate in their culinary realms. Today, at the same time, high-end kitchens with gleaming appliances co-exist in the same world as kitchens consisting of only an earthen floor, open fire and cast iron pot.

From Banquets to Built-Ins: A Tale of Luxury and Struggle

Our journey through kitchens, from the grand banquets of yore to the modern built-ins, narrates a tale of luxury and struggle. As we revel in the marvels of our contemporary kitchens, let's acknowledge the road it took to get here. Necessity is the mother of invention, and I truly hope that kitchens will continue to be a place of warmth and togetherness. I fear that the machine revolution is slowly chipping away at the structure of our family lives, and the kitchen is no exception. Make we remain hands-on, infusing love into the food we cook, instead of leaving the whole task to a convenient machine with a timer. After all, the secret ingredient in our dishes is LOVE...





# NIFTY GADGETS FROM A BYGONE ERA

by Antoinette Marlow



As I look around my kitchen, there are so many handy gadgets that I cannot do without! They were all designed years ago, but they still work and make my life easy... So, here is the list of my gadgets that are from a bygone era.

#### Whisk

This gadget is used to whisk eggs, a quick gravy, or yummy custard. This is easy to use and easy to clean.

#### **Breadboard**

Oh, the humble wooden breadboard... Used to cut vegetables, meat, and more. It saves my counters and keeps my good knives sharp!

#### **Knives**

This is a must in any kitchen, from a paring knife to a chef's knife. I keep them in my drawer, but you can keep them in a knife holder on your counter too.

**Wooden Spoons** 

This wonderful kitchen item is perfect for stirring hot treats like fudge without burning your hands! A variety of sizes is handy for stirring various things, like gravy and egg custard.

#### **Mortar and Pestle**

This wonderful item is used to grind garlic and pepper to get the most flavor out of it. Most kids today have no idea how to use it!

**Rolling Pin** 

This is a favorite gadget of mine. I use it for everything from rolling out cookie dough to making pizza. Such a simple design, but such a wonderful tool for making yummy food!

#### **Glass Bottles**

I have some bottles that I have bought, but also some I've inherited, and many coffee jars that I have recycled. These serve to store all sorts of things: various nuts, raisins, peach jam, and more. And then, when oranges are in season, jars of marmalade. I also enjoy making pickled onions, beetroot, and garlic. Recently I tried to make preserved ginger. Glass is super to store things in!

#### **Spice bottles**

A nifty gadget in my kitchen that is an unsung hero. I love adding spices to my food and the bottles are right there with my fave herbs and spices.

#### Slow cooker

A favorite with busy moms, you can put your roast and vegetables in it in the morning, and supper is done at suppertime! My favorite dish to make is chicken with brown onion sauce. This gadget saves both electricity and time!

#### Pressure cooker

This gadget can cook your food faster, save you money, add variety to meals, and save you money. It can be used to make broths, extract gelatine, tenderize tough meat, and also for canning, and preservation.

#### **Thermometer**

A thermometer in the kitchen is handy. One can use it to measure the temperature of fudge and meat, taking the guesswork out of the equation.

#### Pvrex bowls

These are the best bowls! They are clear and don't break easily.

#### Grater

Ah, the humble grater. This gadget is used to grate carrots for salads and the rind of lemons for lemon meringue.

#### **Stovetop kettle**

This kettle is handy for when there is no power. It also adds to the cottage feel in your kitchen.

#### Pans of all sizes

A design as old as time itself. It is handy to fry things or make a quick meal. It can be used for browning, searing, reducing, or frying

#### Tins

Tins have made a return, so ask your granny to not throw those antique tins away! I have a licorice allsorts tin that I love! Tins can be used for storage and to add a "cottage feel" to your kitchen.

#### Simple food processor

This handy item can be used to make pie dough, chop up vegetables, blend salad dressings, and make pancake batter.

#### Scale

This is a must-have item in your kitchen, useful for measuring ingredients to make scrumptious treats for the family. It is also handy to portion bulk buys into smaller, easier-to-store portions. It is also a handy item to teach hands-on math.

#### **Plastic containers**

Plasticware is handy to store items or leftovers. Plastic containers are also handy in other ways in the kitchen. I store pasta, oats, sugar, and more in these containers. They are also super handy at functions to put cookies in, since if you forget them there, it doesn't matter too much. My favorite containers are ice-cream dishes as they stack nicely and store a fair amount.

#### Clock

A handy item in the kitchen to make sure you are on time for things.

#### Can opener

I always have cans in my kitchen, so a can opener is essential. This is also a necessary and handy item to have when camping.

#### Colander

Here is another essential item in my kitchen. Used for draining pickling onions, washing string beans, draining egg shells out of soapy water, and of course, draining water off of pasta!

#### Measuring cup

This is an item I cannot do without, from measuring oats for breakfast to measuring ingredients for birthday cakes, it is a must-have item,

#### **Peeler**

We use this item to peel vegetables and more recently even some fruit with tough skin. You can also use it to make carrot ribbons for stirfry!

#### **Spatula**

This item is used to get the last tasty drop of goodness out of the cookie bowl, and of course, the kids can take turns to lick it!

#### **Slotted spoon**

This spoon is so handy to dish up vegetables, serve pasta, and serve rice.

#### **Electric mixer**

This gadget is super handy for whisking egg whites, cream, or egg nog.

#### Blender

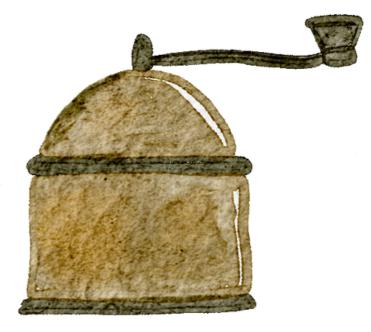
This has been around for some time and started out as a drink mixer to make malted milkshakes. Now blenders can be used to make soups, mayonnaise, smoothies, and more. **Baking trays** 

We have a few baking trays: some bought, a few inherited, and some given as gifts. They are durable and reusable, making batch after batch of yummy baked goodies.

#### Casserole dishes

These dishes are ceramic and can be used to make yummy substantial meals. They can also be used to keep your food warm as they retain their heat well.

So, that's what I use regularly in my kitchen. I hope it's inspired you to dust off and use some golden oldies in yours!





# WHAT MY KITCHEN TAUGHT ME

by Barbra Rice



Primarily I have an 'ingredients-only' household. I am also a homeschooling mother and grandmother. For this reason, you can imagine that I spend a lot of time in my kitchen cooking and cleaning. It seems to me that no matter how many times I tidy up or scrub down I can't get ahead of the dirt. The endless mopping, chopping, scrubbing, and grubbing leaves me feeling pretty inadequate as a keeper of the home. I can't help but think that others just seem to do things better than me...

Sometimes I daydream about crawling into the brain of a friend and seeing my kitchen for the first time. What are their thoughts? Would they see the smudge on the fridge? Would they care if they did?

I guess I daydream like this because I tend to look around quite a bit when I'm in other people's houses. I don't know if it is considered intrusive, but I look, I study, I imagine the ways they may be using their space, and ultimately, I compare the way my friend uses and cleans their kitchen to the way I use mine.

Then I ponder whether I could improve on anything I'm doing. I suppose if people knew that about me they wouldn't be inviting me into their kitchens. With that said, I have been in a lot of different kitchens and there is always a lesson to be learned.

It's been almost 30 years since I moved out of my parents' home and had a kitchen all my own. I have had many blessings in the last 30 years, but what I consider a luxury is the fact that I have always had a beautiful and well-equipped kitchen. Only one of my homes had an ugly kitchen, but it didn't last long because after a few years, we fixed it up and it wasn't ugly anymore.

I have lived an incredibly blessed and full life. Not only have I had many beautiful kitchens to call my own, but I have visited a variety of kitchens. I've been in a kitchen that had marble floors and a Roomba sweeping up the dirt, to a kitchen in the slums of Peru with only dirt for floors and chickens scurrying about. I've been in hoarded kitchens and spotless kitchens. I've eaten fresh caught turtle (not something I would eat now) in the hollers of Appalachia, and fresh shot elk in a billionaire's mountaintop mansion.

From the mimosas I have enjoyed in my sister's tiny, urban, DC kitchen, to sweet tea in an enormous Bedouin tent in the middle of the Jordanian desert, to a traditional cream tea in my widowed friend's Victorian townhouse outside of London, I have seen how the world uses their kitchens.

Certainly, I have had the blessing of being exposed to a variety of cultures and customs. I have considered each precious experience and tried to do my best to learn from them all. While vastly different, the one thing that all of these encounters have in common is that my hosts' selflessly prepared their souls' very best offerings, and laid their hearts down on the table for their guest's approval and appreciation. I feel quite humbled to know that I have partaken in this beautiful act of humanity and I pray that the owner of every kitchen I left felt my heartfelt gratitude.

So, what have I learned from my romps around the world to other kitchens? What have I learned in my simple country kitchen? While the learning is endless, some of what I have learned can be broken into 4 categories: patience, perception, preference, and patina.

#### **Patience**

No mother is more patient than when she allows her insistent toddler to help with tasks around the house. Today my three-year-old was fighting me for a broom because she wanted to sweep. We had a little tug of war and I thought 'Why not'? So I gave her the broom and she swept the floor for a little, then she swept the bathtub and got the broom all wet. Then she put the wet broom that she had just used to sweep around the toilet onto the clean sink where our toothbrushes sometimes lie. Then her five-year-old brother joined us in the tiny room and contributed his helpful part. I ended up redirecting them with a mop to the hallway so that I could finish my task. Meanwhile, their twenty-yearold sister was downstairs putting dishes away and making tacos for tonight's dinner. Fifteen years ago that helpful twenty-year-old was also brooming bathtubs and making things difficult.

My kitchen and time have taught me that clumsy toddlers turn into really capable and really helpful adults if you don't squelch their desire to contribute, and that takes patience.

**Perception** 

It could always be better, but it could also always be worse! One summer afternoon I was making myself some tea. I had a shelf above my stove full of various spices. The day before I had purchased a pretty expensive jar of raw honey and was looking forward to using it in a healthy cup of green tea. The time had come for my coveted brew; the boiling water was poured over the silky tea pyramid and the only thing left to complete my healthy afternoon pick-me-up was an addition of raw honey.

As I reached for the jar on the shelf above my stove, I lost my grip and dropped it. I heard an awful shatter and before I looked down to see my expensive honey oozing between shards of the broken jar on my stove, I thought to myself 'Gosh! I just spent \$30.00 on this jar of honey and it will be a while before I can afford another jar.' Hesitantly, I looked down to see the mess I had made and to my surprise the jar of honey was intact. The shattering sound I heard was my glass stovetop. Oh, how I wished it had been the jar of honey! Sometimes our perception of what we think is just the worst, actually isn't, and instead of crying over that spilled milk, we can say to ourselves "This too is for good" and move forward from there.

I thought it was pretty horrible that my stovetop shattered, but the need to get a new stove was the start of fixing up my ugly kitchen. It ended up being a blessing.

#### **Preference**

I was so excited to move into my first apartment at eighteen years old and have a kitchen of my own. I finally had the freedom to do as I pleased! One of my first declarations of independence was to buy a can of aerosol whipped cream. This is because when I was a child I was not allowed to touch the whipped topping in the aerosol containers. It had to be handled "just so" and it would be ruined if you didn't push the spout just right to get the whipped cream out. Because I must have held a grudge about not being allowed to handle the can, I went directly out to buy one of those cans of whipped cream of my own. When I got back to my apartment, before I placed the can into the fridge, I put the spout into my mouth and sprayed in all the whipped cream I wanted.

At that moment I felt like I had reached the pinnacle of adulthood. Fast forward 30 years, and I wouldn't repeat the whipped cream episode! While I have the freedom in my kitchen to do what I want, I also realize I live with others and I need to have common courtesy. But, there are some things I do in my kitchen that my kids don't like. My adult children feel I clutter the place up too much, or they think that my aesthetic might be garish. Some folks might think it's gross that I leave my butter uncovered in the cupboard.

It may not be everyone's cup of tea, but my kitchen has taught me that I get to choose how things work and what things look like; and in turn, they get to do that in their kitchens too. So we may not all have the same preference, but our differences are what makes it fun to visit other kitchens.

#### **Patina**

When we moved into our current home, we knew it was a fixer-upper and we were ready to take on the job. The kitchen was the first area we were going to update. Our friend who had grown up Amish offered to build us cabinets at his price, and I was able to get a lovely set of appliances from a scratch-and-dent store. We only paid a fraction of the price for all of these big-ticket items. It was a huge blessing. But, the blessings didn't stop there. I was able to find an overstocked, hammered, copper sink for next to nothing! I was so excited when the sink was delivered to my home. It was beautiful, and so shiny!

After opening the box I took out the care instructions. This is the gist of what it said: Ketchup will stain your sink; lemon juice will stain your sink; soda will stain your sink; Cosmetics will stain your sink; abrasive chemicals will stain your sink; even oil from your fingers will stain your sink. Most everything will stain your copper sink! Don't fuss about it and embrace the patina! "Embrace the patina" has been the motto of my life since I read that. What wise words! I couldn't believe it was in professional packaging for a high-end sink.

So, what has my kitchen taught me? Our dishes get worn, our table gets scratched, our floors bubble up, and our countertops get chipped. But all of these things have happened because our children come in from outside, all wet, and drop their towels on the floor; our dog felt a little anxious when we left for that trip so he chewed on the chair; we posted a lot of toddler art on the fridge with those heavy magnets, so it's a little scratched. All those things happened because, most importantly, we learned to live and love in our kitchen!

Here are two more phrases I live by: Done is better than perfect Not Great, but Not Gross (I coined that one!)



## TEA BAG ART

#### by Heather Botha

Being a passionate junk journal creator, I stumbled across tea bag art one day. Being creative and enjoying challenges, I decided to give it a try. This appealed to my artistic interest, so I started experimenting.

What you'll need:

Lots of different dried-out and emptied tea bags
Water paints or Acrylic paints
Small paint brushes
Soft pencil (B5 is good)
Koki pens (Sharpies) and fine liner (I like a thicker nib. Gel pens are also good)
A spirit of adventure!

There are many different techniques to try, however, I never did any research before starting, I just rushed in and did my own thing! If this type of thing takes your fancy, then Google it for more ideas.

To start off, get as many used tea bags as you can. I like the ones with tags attached as a lot more can be painted and written on them. Collect a variety as they have different appearances and colors when dried. Fruit teas produce delicate colors. No need to purchase lots of different teas; ask friends to pass on their different tea bags! A friend of mine whose son travels all over Africa collects wonderful teas for me.



To avoid mold, set the bags out to dry thoroughly. Flatten them first. Dry them in the sun if possible. When the tea bags are dry, cut a small hole near the bottom of each bag and tap the dry tea leaves out. These can be used in your compost. Store your 'stash' once they're ready to work on. Once I get started, there's no holding me back! If a tea bag is very dark, I sometimes put it in some diluted bleach water. Rinse this water out once the tea bag has been soaked, then dry it.

I don't prepare my teabags first, I just go ahead and draw my picture with a soft pencil to avoid perorating the teabags. A B5 pencil is good. Now the painting can be done with either acrylic or water paints. I use the cheap kiddies' watercolor paints in a box. No need to use expensive paints.

Something that's best to use, and gives the best results are small, fine brushes. Once again, expensive ones are unnecessary. At Chinese shops, you can purchase the nail painting set which works fabulously.

Get ideas for simple images by looking on Google if you don't feel you are good at drawing.

Put some absorbent paper under your work. If you have something to hang your little bags on then you can do that for quicker drying. When painting, ensure that the paint is not too wet on your brush, but rather thickish. Wait for the paint to dry when painting a few colors next to each other. Work on a few teabags at once so that your work dries in between.



Once the paint is completely dry, use koki's (sharpies) or a fine liner to outline your work. Some tiny details can be added with these as well. Write any words onto the bags if you so wish. Add your signature and a date.

Don't complicate things, rather just have fun. Share your work, show friends, and attach a work of your art to a greeting card! These are special touches that make gifts truly special.







## PAPER PLATE CRAFT

by Amber Myburgh

#### What you'll be needing

Pair of scissors

Yarn (any 2 colors of your choice)

Paper plate

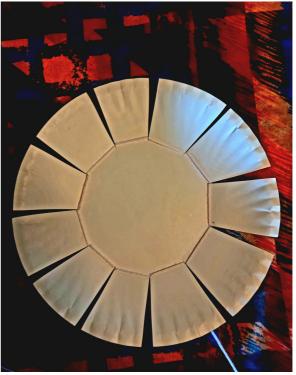
#### **Instructions**

#### Step no. 1

Using a pair of scissors, cut 7 flaps (or any other odd number). Next, fold all the flaps inward and tie your first yarn color onto one.







#### Step no. 2

Start weaving over-under, all around until you're ready to change colors (I did this 10 times with my first color).

#### Step no. 3

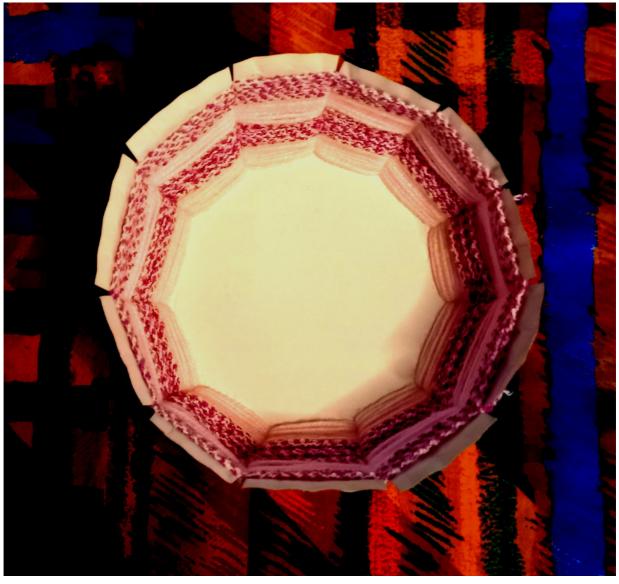
Tie on your next color and continue weaving until the end.

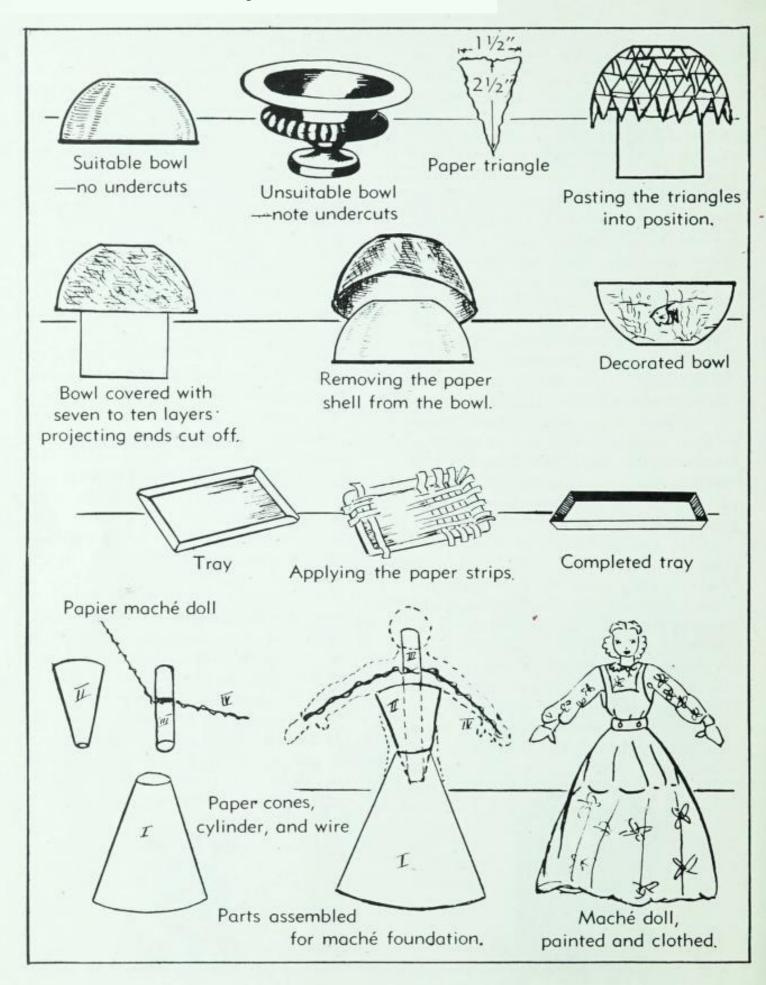
#### Step no. 4

Cut off your yarn (remember to make the tail long enough to weave in). Then weave in your ends.

And voila! You're done!







#### PAPIER MACHE BOWL

Materials required—bowl having no undercuts—see diagram—paper triangles of ordinary newspaper and comics, previously moistened, torn, not cut to size, waxed paper triangles, paste, brushes, scissors, sandpaper, tempera colours, shellac, stand (a large tin can or pint sealer is ideal for this work), vaseline.

1. Place the inverted bowl over the stand.

 Cover the bowl liberally with vaseline so that the papier maché bowl may be

slipped off more easily later.

3. From the centre of the underside of the bowl, radiate the waxed paper triangles so that they completely cover the surface of the bowl and extend beyond its lower edge. When applying the triangles to the bowl, see that the paper is smoothed out to eliminate wrinkles, that the edges slightly overlap, and that they extend beyond the lower edge.

 With cupped hands firmly press the layer of waxed paper to the sides of the bowl. Repeat this operation for each additional

layer.

- 5. Cover each triangle of the first layer of newspaper generously with paste and cover the bowl as with the waxed triangles. The layer does not have to be dry before the next layer is applied. Use a different kind of paper for alternate layers. Seven to ten layers will make a firm bowl. Allow to dry.
- Cut off the excess paper extending beyond the rim of the bowl.

7. Sandpaper the outside of the bowl.

- Carefully pry the papier maché shell from the bowl by using a pliable flat stick or nail file: knives have a tendency to cut the maché bowls.
- Remove the wax paper layer. Sandpaper the inner surface until smooth.
- Plan the colour scheme and pattern for the surface.
- Cover the bowl completely with a background colour. Allow to dry.

- Apply the border or unit design. Allow to dry.
- 13. Shellac both surfaces. Allow to dry.
- Clean paste and tempera brushes in water; the shellac brush in alcohol.

#### PAPIER MACHE TRAY

Use long wide pieces of paper instead of the triangular pieces. A stand is unnecessary. Either the outside or inside of the metal tray may be used to get the shape. More layers of paper are required to make the tray strong enough to serve its purpose.

#### PAPER MACHE FIGURES

- Tear a single piece of newspaper into very small pieces; soak in hot water overnight.
- Add a mixture of paste (recipe given below) and sawdust until the whole mass has the consistency of putty.

3. Assemble paper cones, cylinder, and wire

as shown in the diagram.

 Use the paper pulp to model head, shoulders and arms for the figure. Allow to dry.

 Sandpaper pulp to a smooth finish. Use tempera or water colours to apply features.

This foundation may be used for a class activity, The United Nations in Costume.

RECIPE FOR LIBRARY PASTE

4 parts fine starch

1/2 part glucose

21 parts of water 1/16 part carbolic

1/16 part formaldehyde

few drops of the essence of lavender

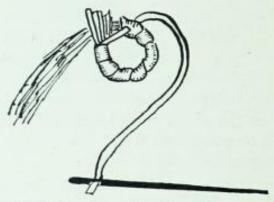
- Mix starch and glucose in warm, not hot, water.
- Stirring constantly, bring the mixture to a boil.
- Add carbolic and formaldehyde as a preservative.
- 4. Add lavender.
- Remove from heat when the mixture has the consistency of thick cream.
- 6. Bottle when hot.



Winding raffia about the core

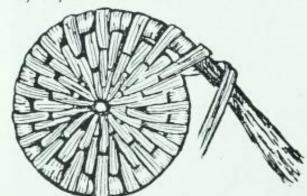


Fastening raffia under the wound end



Making the starting ring

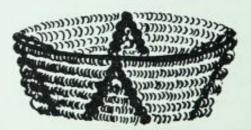
Lazy Squaw stitch in action



Adding an additional sewing strand

Finishing the basket by tapering the core





Completed basket showing pattern

#### RAFFIA BASKET

Materials required-raffia, darning needle.

- Thread a blunt darning needle with a long single strand of raffia.
- Take several strands of raffia to serve as the core of the coil and start wrapping them at the free end as illustrated in I. Keep the edges of the raffia strand close to one another, to cover completely the core strands.
- 3. Double the needle back under the wound end to secure the raffia as in II.
- Twist the wound end into a small ring and make it secure by piercing the wound end with the needle threaded with the strand. (See diagram III.)
- 5. Spiral the raffia strand a few times about the uncovered core, and then pass the needle through the hole in the ring. Continue to spiral the strand about the uncovered core, securing it to the centre until three complete coils have been made.
- 6. When starting the fourth coil, instead of threading the strand through the centre hole as before, put it through the space between coil 2 and 3. Next, wind the strand about the uncovered core (which eventually will be coil 4) at least twice, and then pass the needle under coil 3. This will make two short stitches and one long one, the latter being the stitch which binds

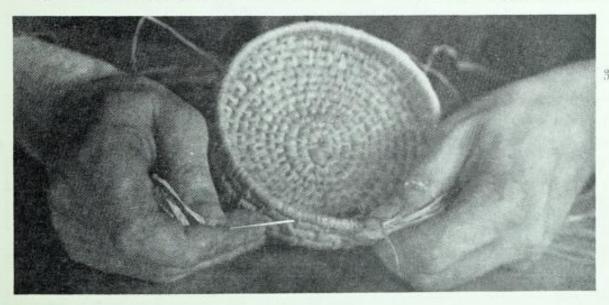
- the coils together. Continue with two short stitches and one long one until the fourth coil is completely made. Proceed in the same way to make as many coils as are necessary for the base of the basket.
- 7. If the core of raffia becomes thin, add more raffia by placing 5 or 6 strands on the used core just before the end is reached. Join the new strands to the old core by wrapping both with the winding strand. Diagram V illustrates how to add a new winding strand.
- 8. To make the walls of the basket, the new coil is not placed at the side of the last coil—this would only make the base larger but on top of the previous coil using the same stitch. The height and shape of the basket is a matter of individual choice.
- Diagram VI illustrates the method used in finishing the basket.

#### QUESTIONS

- 1. What is the most important "must" in reedcraft?
- 2. What difference is there between the in-and-out and the pairing weaves?
- 3. How can the surface of a basket be given an interesting pattern?
- 4. How is the starting ring of a Lazy Squaw raffia basket made?

#### ENRICHMENT ACTIVITIES

- Read the article on Basketry in the Encyclopaedia.
- Gather information on the Lake Villages of the New Stone Age with the aim of finding out the
  - role played by Basketry in this period of the world's history,
  - 3. To what extent were the native tribes of North America interested in Basketry? Collect information about their weaving methods and materials. Consult The Picture Gallery of Canadian History—Vol. I—Jeffrey—Ryerson Press, pages 46 and 47.



The Lazy Squaw Stitch in action

## STEP BACK IN TIME: CRAFTING A TIMELESS RETRO KITCHEN

by Maché Myburgh

You best buckle up, because we're about to turn your cooking space into a showpiece of vintage pizzazz and bubbly nostalgia. Here are the must-haves to bring that retro kitchen dream of yours to life!

#### **Pastel Palette Perfection**

Imagine a world where avocado green, baby blue, and cherry red dance together like a scene from a 1950s diner. Pick a pastel palette for your kitchen to capture that dreamy retro vibe. Whether it's the cabinets, walls, or accessories, let those colors pop!

#### **Checkered Floors**

Step into your kitchen and onto a floor that's straight out of a retro diner! A classic black-and-white checkered pattern is just what you need to transport yourself to a bygone era. It's chic, it's sassy – it's the perfect foundation!

#### Vintage Appliances that Wow

Oh, my friend, you need appliances that make a statement! Look for retro-inspired fridges, microwaves, and toasters. Think chrome finishes, bold colors, and bold designs. These babies will not only cook up a storm but also steal the show.

#### **Playful Patterns**

Polka dots, stripes, or funky floral prints – let those patterns run wild! Curtains, tablecloths, and even dishware adorned with playful designs will add that extra zest to your retro kitchen. Mix and match for an explosion of flamboyant joy!

Quirky Collectibles
Hit the thrift stores for quirky
collectibles that scream retro fun. Vintage salt and pepper shakers, cute cookie jars, or even a rotary phone – these little treasures will be the cherries on top of your retro sundae.

Formica Countertops for the Win Bring on the durability and style with Formica countertops. They were all the rage back in the day and

are making a fabulous comeback. Choose a vibrant hue to complement your pastel paradise, and voilà – you've got yourself a kitchen straight from the past.

**Retro-Inspired Furniture** 

No retro kitchen is complete without the right furniture. Look for chromelegged tables, vinyl-covered chairs, or a cozy booth if you have the space. Comfort meets style!

**Sputnik-Inspired Lighting** 

Let there be light – but not just any light. Go for lighting fixtures inspired by the iconic Sputnik design. Think atomic shapes, sleek lines, and a touch of futuristic glam. It's the celestial touch your retro kitchen deserves.

Vintage-Inspired Cookware

Equip your kitchen with cookware straight from the good ol' days. Think enamel-coated pots, colorful Pyrex bowls, and charming aprons. Cooking becomes a joyous affair when you're surrounded by such delightful tools!

**Kitschy Wall Art** 

Finally, adorn those walls with kitschy artwork that tells a story. Vintage ads, neon signs, or even framed recipes work wonderfully!

There you have it, friends! Ten essential elements to transform your kitchen into a retro wonderland. Get ready to sashay into your culinary refuge and cook up some memories!



# VINTAGE CHARMON A BUDGET: THE SECRETS OF THRIFTY DECOR HUNTING

by Maché Myburgh

My dear friends, gather around as I spill the tea on my favorite topic – vintage decor on a budget! Many of you may have asked, "Where do you find all those delightful vintage pieces?" Well, my secret isn't highend boutiques or fancy antique shops. Oh no, it's all about thriftiness and creativity! Let me share some practical tips to fill your home with vintage flair without breaking the bank.

**Family Treasures:** 

Start by asking your dear mother, grandmother, or even your lovely great-aunt. My vintage haven is practically a family affair, thanks to my mom's penchant for antiques. Her house is like stepping into a treasure trove! Don't hesitate to ask if any family members have tucked away old treasures. Granny might have vintage baking sheets or old magazines you could frame. Family heirlooms not only carry sentimental value but also come with a fabulous price tag — usually free!

**Yard Sales Extravaganza:** 

Picture a sunlit weekend morning, my dear friends. The birds are singing, the air is warm, and I, the crazy brunette, armed with a list and coffee thermos, am ready to embark on a yard sale adventure. Yard sales are the treasure troves of vintage wonders, and the early morning hunt is pure bliss! Seek out older neighborhoods filled with retirees and empty nesters for the best vintage finds. It might feel like finding a needle in a haystack, but the thrill of stumbling upon a dirtcheap vintage gem is utterly priceless!



**Auction Elegance:** 

For those in areas with auctions, consider yourself lucky! Google to find auctions nearby and make an appearance. Be prepared to watch and wait until the perfect piece comes up. The suspense is part of the charm!

**Thrifty Treasures at Thrift Stores:** 

Yes, you heard it right – Goodwill and Salvation Army hold more than meets the eye. Exercise a discerning eye to distinguish vintage from mere junk. You can find beautiful pieces just waiting to be restored at bargain prices!

**Online Vintage Hunt:** 

Embrace the wonders of online shopping! While Amazon or Takealot may not offer authentic antiques, it does offer a delightful array of vintage-inspired items.

## Flea Markets Wonderland:

Venture into the otherworldly realms of flea markets, where vintage wonders abound! Stroll through rows of eclectic stalls, and you might stumble upon a forgotten gem waiting to shine in your home. Negotiate with the vendors, and you'll often find reasonably priced treasures with a unique story.



**Estate Sales Extravaganza:** 

Estate sales are a haven for vintage enthusiasts. These sales often occur when someone is downsizing or has passed away, offering a chance to obtain remarkable pieces at very affordable prices. Keep an eye on local estate sale listings, and you might just discover a hidden treasure trove.

**Community Garage Sales:** 

Embrace the community spirit at garage sales, where neighbors come together to declutter their homes. It's a fantastic opportunity to find vintage items that may not have made it to the antique market. Pop on your sunglasses and explore the local garage sales for budget-friendly finds.

# Resale Shops and Consignment Stores:

Resale shops and consignment stores are goldmines for budget-conscious vintage enthusiasts. These stores often have a wide range of unique pieces, ranging from furniture to decor items. Visit regularly, as their inventory is ever-changing, and you might snag a fabulous find at a fraction of the original cost.

## **Church Bazaars and Thrift Sales:**

Keep an eye out for church bazaars and thrift sales in your community. These events often feature donated items, and you might stumble upon charming vintage pieces. Attend with an open heart, and you may find not only affordable treasures but also support a good cause.

# **Online Vintage Marketplaces:**

Explore online marketplaces specializing in vintage items. Platforms like Etsy, eBay, and Ruby Lane offer a vast array of vintage pieces from various sellers. Filter your searches based on your budget, and let the digital treasure hunt begin!

## **Curbside Charm:**

One person's trash can be another's treasure! Keep your eyes peeled during neighborhood cleanup days or when people discard items by the curb. You might be surprised by the vintage pieces awaiting rescue. Exercise caution, of course, and ensure the items are clean and safe to bring into your home.

# **Swap Meets and Community Exchanges:**

Engage with your local community through swap meets and community exchanges. These events provide an opportunity to trade items with fellow residents. Bring your unwanted items and see what others have to offer. It's a fantastic way to give and receive vintage treasures without spending a cent.

Remember, my dear, the joy of vintage hunting lies in the thrill of the discovery. The hunt is all about dedication and time, but the joy of discovering hidden treasures is immeasurable. So, grab that shopping list, and hit the less trodden trail. Trust me, the effort is well worth the vintage rewards!



# CULTIVATING A HEART-HEALTHY GARDEN: A BOUNTY OF HERBS AND VEGGIES FOR A THRIVING HEART

by Maché Myburgh

When it comes to heart health, a nutrient-rich diet takes center stage, and what better way to achieve this than by growing your own hearthealthy garden? Not only does it offer the freshest ingredients for healthy meals, but it also boosts your cardiovascular well-being. Let's explore the virtues of cultivating heart-loving herbs and veggies right in your backyard.

# Herbs That Whisper Sweet Nothings to Your Heart:

### Cinnamon:

- Heart Benefits: Studies reveal that cinnamon reduces total cholesterol, LDL cholesterol, and triglycerides, and safeguards against diabetes, a precursor to heart-related risks.
- Culinary Uses: Sprinkle on oatmeal, blend into smoothies, or enhance chili for a heartwarming touch.

### Cardamom:

- Heart Benefits: Linked to lower blood pressure and reduced risk of blood clots.
- Culinary Uses: Ground or in pods, a fragrant addition to Asian or Mexican cuisine or a delightful snack when toasted and tossed in heart-healthy olive oil.

### Garlic:

- Heart Benefits: Garlic significantly lowers blood pressure and reduces total and LDL cholesterol.
- Culinary Uses: Enhance soups, stews, and casseroles or sauté with veggies in heart-loving olive oil. For enthusiasts, a garlic supplement is also an option.



Ginger:

 Heart Benefits: Research suggests that ginger consumption may lower the risk of high blood pressure.

 Culinary Uses: Add raw ginger to salads or toss it into stir-fries and Asian dishes for a hearthealthy kiels

healthy kick.

# Curcumin (Turmeric):

 Heart Benefits: Curcumin prevents blood clots, lowers cholesterol, reduces inflammation, and may guard against heart failure.

 Culinary Uses: Blend with roasted vegetables, rice, or soups. Some opt for a turmeric supplement for concentrated heart benefits. Golden milk is simply delightful on a cold winter evening!

# Heart-Nourishing Veggies Straight from Your Garden:

Rosemary:

 Antioxidants Galore: Rich in carnosic acid, rosemary aids in weight management and cholesterol improvement.

 Garden Glow: Flourishes in six hours of daily sunlight.

### Avocados:

- Vitamin E Elegance: Packed with vitamins E, B6, and carotenoids, avocados reduce the risk of heart disease.
- Container Cultivation: Grow your dwarf avocado plant for a convenient harvest.

### Lemons:

- Citrus Symphony: Bursting with vitamin C and antioxidants, lemons combat heart disease and inflammation.
- Harvest Hues: Ripen in six to nine months.



# Beets:

• Iron-Clad Nutrients: High in iron, potassium, and vitamins, beets offer a heart-healthy medley.

• Harvest Hint: Best when picked small, between one and two

inches across.

Spinach:

• Swift Greenery: A fast-growing, cool-season crop rich in folate, iron, and essential vitamins.

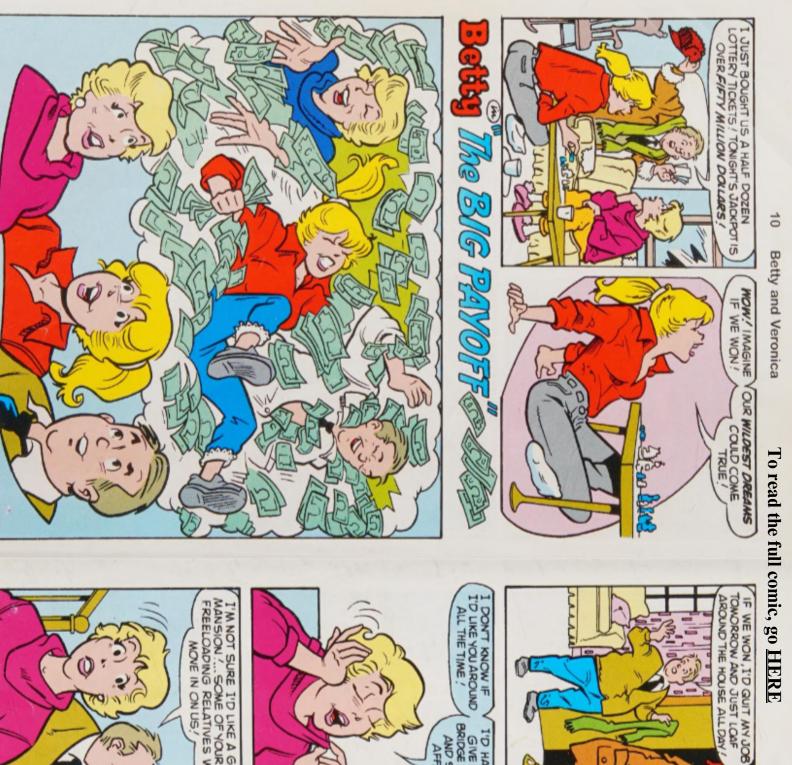
• Soil Serenade: Flourishes in fertile, loamy soil for optimal heart benefits.

Red Bell Peppers:

• Potassium Parade: High in potassium, riboflavin, and vitamins A, B6, and C.

• Vibrant Harvest: One cup packs 317% of the recommended daily vitamin C.

Incorporating these heart-loving herbs into your daily culinary repertoire not only enlivens your dishes but also nurtures your cardiovascular well-being. Growing some of them is an easy adventure that is sure to pay off! Now, let's venture into the vibrant realm of heart-healthy vegetables that you can easily cultivate in your garden. Happy gardening to your heart's content!





Color Blind

12

Betty and Veronica









BETTY!







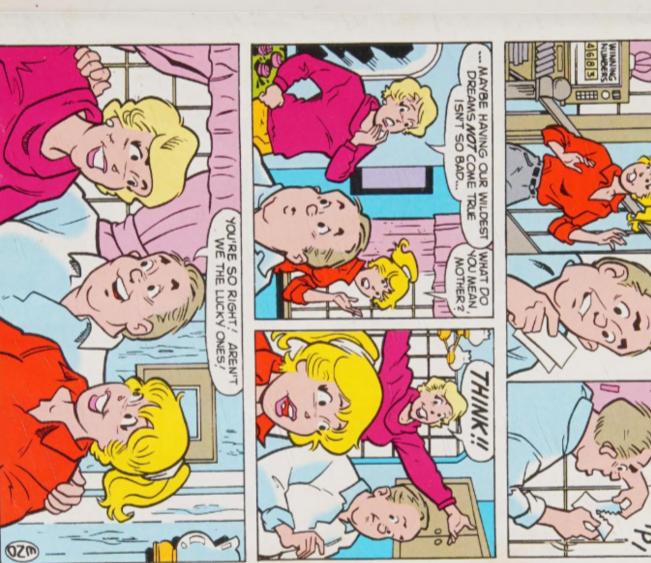


TO ALL SORTS OF PARTIES!









# BUILDING GOOD HABITS

# HOW TO RAISE WELL-MANNERED KIDS (PART 2)

by Sharon Darling

Manners and good habits are very loaded topics that we could discuss endlessly. Tucked inside the December 2023 edition is Part One, where we spoke about how these can mean different things to different people, and things how things like culture, needs, family, past trauma, adoption, individual challenges, and where one lives all play a role. We also touched on how we help our children grow while growing ourselves.

So many things regarding manners are basic that almost everyone would probably agree on. It is okay to have differences, which can vary widely culturally and even within families. What might be considered polite or rude to some could be the exact opposite to another. It is a good idea to

review overall what is considered rude or polite when traveling or visiting new places. Some things do not define good character but do matter in interactions with others in some cases.

So, I guess they are related but do not by themselves prove a good or bad character. It all comes down to respect...

Do we have it for others, or not? We all have had our times, I assume, when others thought we were rude and we had no idea that was how we came across. Showing grace, mercy, and kindness to these kinds of differences is a good idea. The sooner our kids learn this, the better their interactions with others will be. I am obviously not referring to things that are wrong or oppressive. I also am not saying to ignore things that go against what the Creator would want from us regarding manners, habits, and behaviors. We know some things are important to Him, like treating others well and showing respect for them.

Not everyone who is rude in our eyes is doing things on purpose or being uncaring. Even people who may be considered rude could use some grace. For example, chewing with an open mouth is a big issue for a lot of people who believe it is disgusting, rude, obnoxious, etc. However, what if someone has pain, a sore that hurts, a deformity of mouth, braces, or other orthodontic devices that may make it difficult to chew with a closed mouth?

What about someone who has less control, understanding, or cognition? What if this person was never taught proper manners? Do we treat them poorly, look down on them, or get disgusted? Do we think of ourselves as better than them?

Those are all not good ways to respond to most things. We all fall short of the glory of God. We ought to always keep that in mind. No one is better than any other. We are all made in His image. Teaching these things to our children is a wonderful learning experience.

Remembering that circumstances and situations truly can affect habits and manners is good practice. Do we hold a child who has less ability to understand these things to the same standard as another who has no mental barriers? Should we consider someone rude or less civilized because they are unaware of the proper utensil or dish to use? Not everyone has the means to have these things or to practice them either.

We would be wise to keep in mind the needs of our children as we work with them, as well as their age and ability to understand. It would be quite unfair to hold a toddler or a child with less ability to understand things to the same standards as everyone else. Of course, some things are wrong but we have to help them to the degree we can, so that they can learn.

As we are teaching our children how to build habits and manners, we should grasp all opportunities to remind, reinforce, practice, and help them to live these lessons out in their day-to-day lives.

Gently showing and reminding them will help build good habits. It takes time to learn things.

We should not tell them what is expected once, and then never or rarely bring it up again. We know what it is like to try to remember things and work towards improvement. Most of the time, I believe, our kids are not intentionally forgetting their manners or habits they are trying to build. We know what it is like to try and break bad habits. We need patience, kindness, gentleness, grace, mercy, forgiveness, and more, so let us be sure to extend them as well.

When trying to get the kids to learn good manners that become a habit, practicing with them is good. If you want them to learn better table manners, pretending with a tea party is good practice for little ones and can be a lot of fun. Perhaps, talking about what is desirable with them and why something is or is not. Let them practice, and show them what is expected without only pointing out what they do wrong. Ask them what they think is good or not so good. Depending on their age and ability to understand, ask them why or why not. But, do these without making it miserable or barking orders at them. The point is to help them, not make them feel inadequate.

How we treat people is where the rubber meets the road. This is where our character comes out. Children need to be taught the difference between being kind or unkind, being mean or nice, showing compassion or being harsh, being selfish or selfless, and the list can go on and on. Refer to Part One in the edition mentioned above for ideas to consider and to teach.

If we do not want our kids to bully anyone, we should not do it either. If we do not want our kids to yell at others and they do, we should ask ourselves if they learned that from us...

Our examples speak much louder to them than harping on them or demanding they behave in certain ways when we do not. That does not help them to do better. We can make it harder for them when they see us living out the very things that we tell them not to do. If we tell them kindness matters, but they rarely see us being kind, we are not walking our own talk.

What are the standards we hold ourselves to? Do we hold our children to higher standards? Do we make statements like "You are the child and you do as I say" while thinking that it does not matter what we do? The fact is, it does matter. They should be listening, absolutely, but are we a stumbling block to them?

I realize that some parents set wonderful examples, yet end up with rebellious, ill-behaved children. The point is, that we should be striving to be the best we can be and hold ourselves to high standards. Now, we ought to be realistic about ourselves and our family. Sometimes we set ourselves up for failure because we have completely unrealistic expectations. Nobody is flawless. There will be days, weeks, and seasons when will not be doing well. These are times of grace. We do not want to inadvertently cause our youth to feel like they will never measure up or be good enough.

So, talk often and practice, practice, practice what you would like to instill in them that is good. When they fall short, first evaluate and consider the proper response. We all can be quite hard on ourselves at times and know that we did not do well. When they are convicted of poor manners and bad habits, how do we respond? Consider how we want others and our Father to respond to us.

Remind them what their responsibilities are in interactions. Help them to see how to respond to those with different abilities and ages. Manners are a big part of interactions with others.

I could never cover all the manners, habits, situations, circumstances but I do hope that this gives others pause in their interactions and how to work with kiddos. We all have our moments that we do not do so great. We all have moments when we are rockin' it. Let us continue striving towards the goal.

Remember our hope to hear "Well done my good and faithful servant". May we never stop seeking His kingdom (Matt 6:33) and diligently talk to children (Deut 6:7). That helps them learn and grow. Let us walk in the Spirit and concern ourselves also with the weightier matters. What is important to the Father and Messiah ought to be important to us. Let us not neglect these things and work to produce good fruit that is pleasing to Them.





# Haikus by Maché Myburgh

Fiery flamenco Fascinating dancing sky Clouds cover the sun

Flaming fingers dance Curling through exploding sky Clouds bursting open

Herb shop scents and vials Various green hues call me Explore the unknown

Warming rays of sun Dance on pure white rose petals Magnesium glow



Frida Kahlo by Maché, Amber, Allison and Abigail







### I Choose

by Maché Myburgh

I choose to sing
Even though I know full well
That it's off key
The beat hit and miss
The lyrics half made up
But passion covers a multitude of sins
So I sing

I choose to dance
Even though my feet are both left
My rhythm is absent
And my partner is
The broken broom long forgotten
But passion covers a multitude of sins
So I dance

I choose to live
Even though I rarely know
What waits around a dodgy corner
The hills are sky high
And the valleys crushing
But passion covers a multitude of sins
So I live

# The Star (A Limerick) by Amber Myburgh

My mother once told me about a star That I admired from afar We stood upon a bridge And upon the star did wish Children of imagination we are

# Mark (A Limerick) by Amber Myburgh

There was a dude named Mark Who had a pet lark He bought a soda pop Then, fell a drop Oh hark! A shark! Hop goes Mark

# **Puppet Masters** by Maché Myburgh

Africa, the home of tribal spears And invisible lines And age-old conflicts to cling to

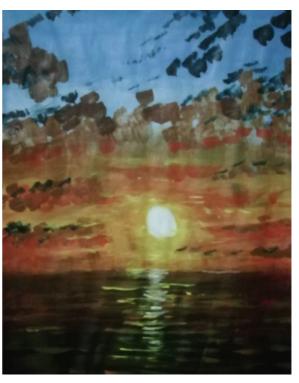
Cyanide runs in the veins of some Poison spouting from their mouths Because of the Queen none of us wanted

Divisions, invisible markers to separate The classes, the smells, the influence Of those 'less desirable'

The royals still trample the poor Their purple robes drenched in blood As the hungry children cry out

"Remember Apartheid" they chant, like a meditation "Shhhh, go back to sleep. Hate, hate, hate! Don't wake up and see us for the hyenas we are"

The tribes continue their valiant war, Ebony, ivory, bronze, and gold Too blind to see the puppetry strings



Impression Rebirth by Annatjie van der Walt