



July 14, 2023

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But that's not what I want to talk about. I want to talk about Kraft Macaroni & Cheese. Kraft Mac & Cheese was first introduced under the name Kraft Dinner in 1937. It had dried macaroni noodles and a packet of processed cheese powder. Just like today. Kraft relies on what's called processed cheese-invented in Switzerland, I think, sometime in the 1900s or 1910s. Processed cheese adds emulsifying salts to stabilize the cheese, giving it a long shelf life. James Kraft didn't invent processed cheese, but he did get a patent in 1916 for his processing method and 20 years later Kraft Mac & Cheese was born.

The timing was impeccable. The Depression, followed closely by WWII, created a need for fast, inexpensive, and, dare I say nutritious food. During WWII milk and dairy products were rationed and because meat products were mainly going overseas to our military boys, women back home had to find cheap meatless meals for the family.

With more women working, easy to make meals were also important. Refrigeration played a part in the popularity of the product. In Canada, for instance, where Kraft Mac & Cheese is considered a food group, many homes did not have refrigerators. By the 1930s, Americans had greater access to refrigerators, but America was still in the Depression, so big ticket items were often a luxury. Thus a product like Kraft Mac & Cheese was perfect: Cheap, with a shelf life of 10 months, and only taking 9 minutes or so to make. During the war, you could also get two boxes for one ration stamp.

"Okay, what's your point here?" asked Becca. Becca, for those of you new to this newsletter, is my opinionated mini Australian Shepherd. She eats only one thing: dry dog food. And she loves it. Just ask her. Okay, maybe not a good idea.

"I'm hungry. Can we just get on with this lecture?" See what I mean. Opinionated.

"Well," I said responding to her question, "I always find it fascinating the things that my mom's generation lived through. On top of laundry, household chores, the house had to be immaculate, and she worked in a dentist's office, lived with her mother-in-law, 2 little kids

(my brothers), and she also had to cook. And she didn't have all the conveniences we have today."

"I get it," Becca said. "Life was tough. Get over it. I'm hungry. What's for dinner?" Sigh.

"What else. Kraft Macaroni & Cheese. It's one of those comfort foods. Plus when you heat up the water for the pasta it adds moisture into the air. A plus in this climate, usually. But sometimes I add tuna to it. You can also add bacon, extra cheese, pepper, hot sauce..."

"Hot sauce?" Becca said. "Yuk."

"Quiet. Where was I, ...ketchup..."

"Seriously?"

"Ketchup goes in everything," I told her. "Chopped up hot dogs, veggies, hamburger, onion, garlic, Ranch Dressing."

"You're kidding," Becca said.

"That's what the list says. I wouldn't do it. Or hamburger with a can of cream of mushroom soup and some extra cheese. Or add a packet of taco seasoning mix, extra cheddar, hamburger and top with tortilla chips, guacamole, tomato, onion and lettuce."

"That sounds good," said Becca. "Yeah, it does actually. Better than adding tuna....Hmmm."

"Or Buffalo Chicken Mac with chicken, celery, blue cheese and buffalo sauce."

"Do you have to go kill a buffalo to get the sauce?" Becca asked. "I know someone who might be interested in getting rid of that buffalo who tossed her out of her jeans after she got too close," Becca said. A Yellowstone incident.

"No, we don't have to go kill a buffalo. It's just a barbecue sauce."

"Maybe we could do mac & cheese with a silly human sauce, in honor of all people who have gotten too close to buffalo this year." Becca grinned.

"Becca, that's not nice," I admonished. But secretly I agree with her. The number of tourists each year who get gored, torn apart, injured and occasionally killed never goes away. Every year.

"So what's for dinner," Becca demanded again.

"Dry dog food. Yum."

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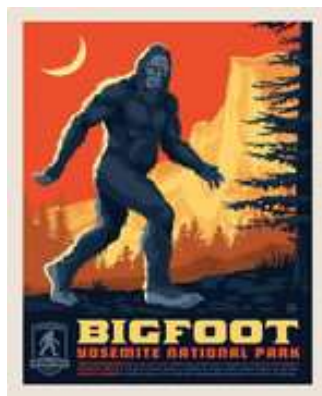
A repeating pattern of stylized, colorful spiders on a dark blue background. The spiders are in various poses and colors, including red, pink, orange, and white, with some having black and white faces.







From Timeless Treasures



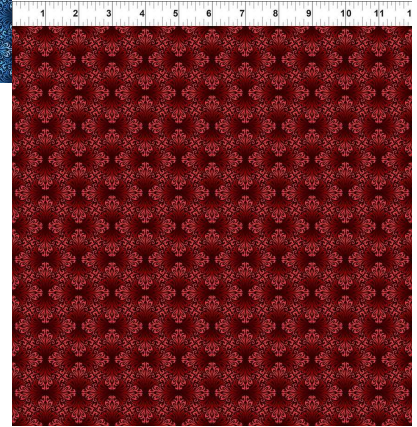
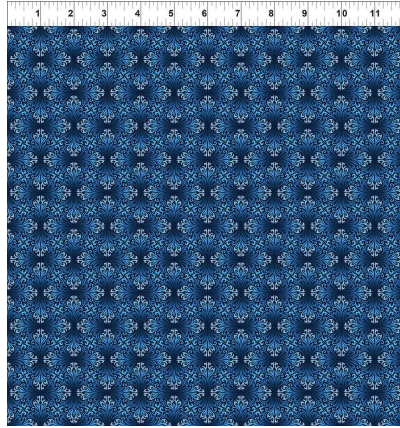
From Riley Blake. BIG FOOT is here!







From In the Beginning



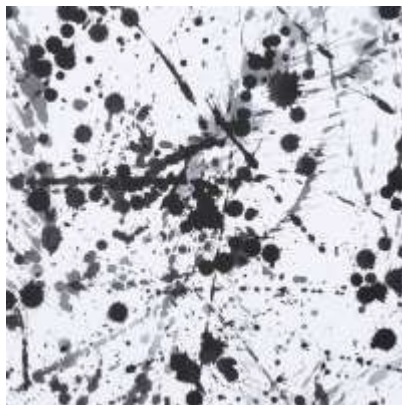
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From Dear Stella (NOTE The Hedgehogs) & Oasis (the horses)

Plus we got whites in from P & B. I won't put thumbnails

in, because they will just look white.



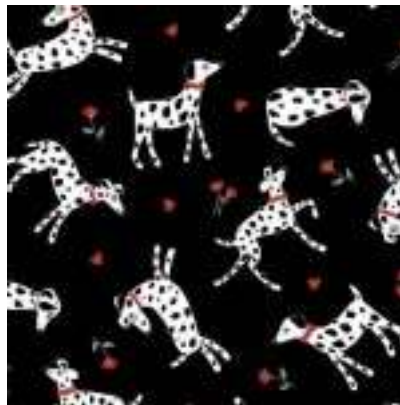
Alexander Henry







From Michael Miller







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## Spring Newsletter

Please look on the calendars above for times and dates.

### Ongoing Classes & Clubs

**Block of the Month** First Sat of month 10:30-11:15 FREE Barb Boyer

Join at any time. You get a free fat quarter if you come to class with the previous month's completed block. This year the challenge will be Starry Skies. Challenge #1 is to use at least 25 different fabrics in the quilt – should be easy. Challenge #2 is to choose backgrounds for the blocks that aren't the typical cream/white neutrals that we generally use. Instead, we will mix it up a bit, using both traditional backgrounds for some blocks, and then choosing "colors" in both light and dark fabrics for other blocks.

**Hand Embroidery Club** 2<sup>nd</sup> Sat. of the month, 10-noon FREE Kathy Sconce

If you want to learn to hand embroider or just brush up your technique, join us on the second Saturday of the month from 10 to noon. You can work on your own projects or you can join

the project we are doing, which is Garden Belles. Each block features a lady in vintage costume, in the garden, or similar outdoor setting. These are old fashioned ladies in dresses, which offer all sorts of stitchery creativity.

**Knit Pickers' Club** 2<sup>nd</sup> and 4<sup>th</sup> Wed of each month, 2-5 Carol Moler  
Come join our Knit Pickers= Club. We knit 2 days a month every second and fourth Wednesday, from 2-5. The Club is open to all skill levels and, despite the name, includes crocheters as well. We want to share what we've learned, find new patterns, and simply just sit and knit. We may work on some felting projects, fingerless mittens, mittens, and socks. We can even help you get started—teach you the basics.

**Hand Sewing Club** every Tuesday afternoon 2-5  
This club is open to everyone. Bring your hand sewing (embroidery, binding, knitting, crochet, etc) and sit & stitch.

## July Classes

**Elizabeth Hartman Quilts, your choice Sat July 29 10:30-5 Barb Boyer 10:30-4**

E.H. Quilts are made using a 45 degree flip & sew method. The trick is in the organization & keeping track where you are in the piecing. These make great kid quilts, wall hangings, ones with all the animals—bed quilts. You can start by making one animal from the quilt, and build out from there.

## August Classes

**Rail Fence Sat August 5, 1-5 \$35 Barb Boyer**

Rail Fence is an easy quilt to construct. You will design your own pattern, meaning you can choose the size of your strips and how you want to place your blocks: In the chevron style as shown in the sample, or create your own design. Six colors is all you need. And alternate block fabric, if you choose to add other things into your quilt. And borders, of course.

**Patches of Life Sat August 26 10:30-4 \$35 Barb Boyer**

This is an Eleanor Burns pattern, which uses 48 precut strips (generally one roll plus a few extra strips) and fabric for the half square triangles and the Triangle in a Square blocks, which create the illusion of curves. Class will be all about how to create the 9-patch blocks, the half square triangles, and, of course, the Triangle in a Square block.

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### CLUBS

#### HAND EMBROIDERY CLUB FREE!

If you want to learn to hand embroider or just brush up your technique, join us on the second Saturday of the month from 10 to noon. You can work on your own projects or you can join the project we are doing.

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### **Hand Work Club FREE!**

Every Tuesday afternoon from 2-5, join us to just sit & hand stitch, crochet, bind, or knit group. Bring what you're working on, sit up at the table in front by the window and work on your projects for a while. You can get advice & suggestions from your fellow quilters and share your experiences about your projects.

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### **Knit Pickers' Club FREE!**

This is another get-together class to sit & knit, work on our projects, share information and get some help. We will share techniques, suggest patterns, but mainly we'll sit & knit (or pick).

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### **Block of the Month Club FREE!**

First Saturday of the Month, 10:30-11:15. Join at any time. You get a free fat quarter if you come to class with the previous month's completed block.

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### **Toad Toters Club**

On full moon days (as noted in the calendar) you will get 20% off all purchases (not otherwise discounted) that you can fit in your bag. You must bring your bag to participate.

Full Moon Days: January 6; February 4 (observed); March 7; April 6; May 5; June 4

### **Discount Policy**

We will honor only one discount -- whichever is largest. You can't combine a 10% with a 25% discount to get a 35% discount. On this we can't be bribed.

### **Color of the Month**

**January purple; February red; March green; April yellow; May whites, June blue**

# July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1  <b>BOM 10:30</b> Fun Ways to use your panels: A strategy & design class 1-5 <u>\$35</u>
2  Beginning Quilting 1-4 Shop Is now open 1- 5!	3  <b>Full moon</b>	4  CLOSED	5  Long Arm class 10:30	6  Long Arm Rental Day	7	8  <b>Embroidery Club 10- noon</b>  Machine Binding 1-5 \$40
9  Shop Is now open 1- 5!	10	11  <b>Hand work Club 2-5</b>	12  Knit Pickers' Club 2-5	13  Long Arm Rental Day	14	15
16  Shop Is now open 1- 5!	17	18  <b>Hand work Club 2-5</b>	19	20  Long Arm Rental Day	21	22



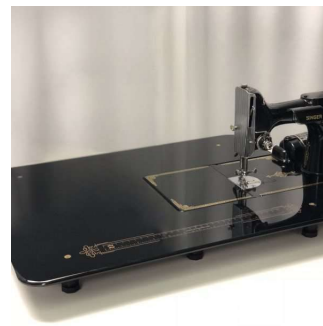
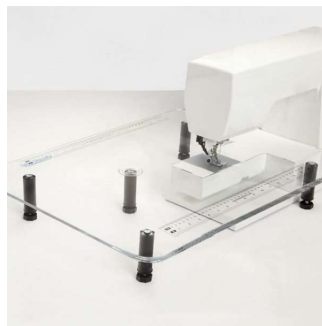
23	24	25	26	27	28	29
Shop Is now open 1- 5!		<b>Hand work Club 2-5</b>	<b>Knit Pickers' Club 2-5</b>	<b>Long Arm Rental Day</b>		<b>Elizabeth Hartman Quilts: Your choice 10:30-4</b>
30	31					<b>Color of the month: Christmas</b>
Shop Is now open 1- 5!						

# August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Hand work Club 2-5 Full Moon	2 Long Arm class 10:30	3 Long Arm Rental	4	5 BOM 10:30 Rail Fence, design your own 1-5 <u>\$35</u>
6 CLOSED	7	8 Hand work Club 2-5	9 Knit Pickers' Club 2-5	10 Long Arm Rental Day	11	12 Embroidery Club 10-noon
13 Shop Is now open 1-5!	14	15 Hand work Club 2-5	16 Long Arm class 10:30	17 Long Arm Rental Day	18	19



20	21	22	23	24	25	26
Shop Is now open 1- 5!		Hand work Club 2-5	Knit Pickers' Club 2-5	Long Arm Rental Day		Patches of Life 10:30-4 \$35
27	28	29	30	31		
Shop Is now open 1- 5!		Hand work Club 2-5	Long Arm class 10:30 Full BLUE moon	Long Arm Rental Day		Color of the month: blacks



## Nolting Quilting Machines



## Nolting Longarm Machines

Nolting has 5 main machines, each with different reaches: from 17" to 30" depending on the machine. They are sold with or without a frame, but after I saw & helped set up one of the steel frames this week, I recommend buying the frame. All machines, except for the Standard--the most economical machine-- have a stitch regulator. I recommend a stitch regulator. All machines can be equipped with a computer and there are a couple of different ones to choose from. In addition, you can get an extended table base so that you can use rulers, you can get larger bobbins on some of the models and on the frames you can get hydraulic lifts to raise and lower the tables. In the coming weeks, I will print out more information on each model.

The best entry level machine is the Fun Quilter. It comes in 17", 20" & 23" reach. It comes with the Intellistitch Equalizer stitch regulator, standard speed control, needle up/down, and fixed handles in the front & rear. This machine can also be equipped with a computer.

The Pro Machine has the Intellistitch Turbo stitch regulator, single stitch option, standard speed control, needle up/down and customizable handles in the front & rear. The Pro Machine comes in 20", 24" and 30" reach with 10-12" of inside height. There are easy dials on the front to set stitch length and other options. This machine can also be equipped with a computer.

The NV Machine is the newest in the fleet of Nolting machines. This machine has a touch screen with programmable stitch regulation. You can stitch in 4 different stitch modes plus single stitch and needle up/down. It also has an adjustable brightness LED work light. This machine can also be equipped with a computer.

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Normal Shop Hours:  
**Monday-Saturday 10-6**  
**Sunday 1-5**

**Closed first Sunday of month (and some holidays)**  
**New Hours for Winter Time (starting Nov 7-May 22)**  
**Monday-Saturday 10-5, closed Sundays unless a class is scheduled. Then we're open 1-5.**  
**Check the schedule.**

Join the fun and come feel the difference of quality fabrics.

Happy quilting!

Sincerely, Barbara Boyer  
Around the Block  
307-433-9555  
[www.aroundtheblockquilts.com](http://www.aroundtheblockquilts.com)

