



## August Program: Sewing Table Exercises

### **Fat Quarter: Purple or Pink**

Bring a purple and/or pink fat quarter to the meeting and you will be entered to win a basket of Fat Quarters.

#### **MOM'S ZUCCHINI BREAD**

- 3 c flour
  - 1 t salt
  - 1 t baking soda
  - 1 t baking powder
  - 3 t ground cinnamon
  - 3 eggs
  - 1 c vegetable oil
  - 12 ¼ c sugar
  - 3 t vanilla
  - 2 c grated zucchini
  - 1 c chopped walnuts ( I used pecans)
1. Grease and flour two 8x4 inch pans. Preheat oven to 325 degrees F.
  2. Sift flour, salt, baking powder, soda and cinnamon together in a bowl.
  3. Beat eggs, oil, vanilla and sugar together in a large bowl. Add sifted ingredients to the creamed mixture and beat well. Stir in zucchini and nuts until well combined. Pour batter into prepared pans.
  4. Bake for 40 to 60 min, or until tester inserted in the center comes out clean. Cool in pans on rack for 20 min. Remove bread from pan and completely cool.

This recipe is a good salad dressing that can be kept in the fridge.

#### **GARLIC DRESSING**

- 1 t salt
  - ½ t white pepper
  - ¼ t cayenne
  - ½ t celery salt
  - ¼ t dry mustard
  - 2 T vinegar
  - Dash of Tabasco sauce
  - 1 c salad oil
  - 1 clove garlic, minced
- Combine ingredients in bottle; cover and shake vigorously. Makes 1 ¼ cups.

### HospitalityNote...

Now that we are meeting at the library, the guild will no longer have snack time. You may still bring your own snack and non-alcoholic drink.

*The recipes on this page were submitted by Madeline Gieselman.*

This is the recipe I used for the chicken that was served at the picnic at my house in June. After browning the chicken, we put some barbecue sauce in the bottom of a baking dish, added the chicken and poured more sauce on top. We baked it until the chicken was done.

#### **SKILLET BARBECUED PORK CHOPS**

- ¾ c barbecue sauce (I used KC Masterpiece Original)
- 2 T cider vinegar
- 3 T brown sugar
- 1 T paprika
- ½ t ground cumin
- ½ t salt
- ½ t pepper
- ¼ t cayenne pepper
- 4 bone-in rib or center-cut pork chops, ¾ to 1 inch thick (I used chicken breasts)
- 1 T vegetable oil

Whisk barbecue sauce and vinegar in small bowl. Combine sugar, paprika, cumin, salt, pepper and cayenne in separate bowl. Whisk 1 t spice mixture into barbecue sauce mixture.

Pat chops dry with paper towels and rub all over with remaining spice mixture. Heat oil in large nonstick skillet over medium-high heat until just smoking. Cook chops until well browned, about 4 min per side. Reduce heat to medium-low. Brush chops with barbecue sauce mixture, flip and cook until sauce is caramelized, about 1 min. Brush once more with sauce, flip and cook until second side is caramelized and meat registers 145 degrees, about 1 min longer. Serve, passing remaining sauce at table.

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## RHQ Meeting Minutes, July 13 2009

Meeting was called to order by President Madeline Geiselman at 7 PM July 13, 2009 .

### Old business included:

June Minutes approved as printed in newsletter by: Elizabeth Brewer Second: Muriel La Madrid

July Birthdays : 4 present

Board Members Retreat approved by vote, with allocation of \$ 200. Approved: Jule Egglely Second: Mary Tripp

### New Business:

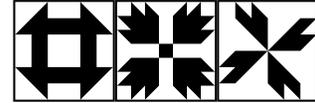
Fat quarter winner: Mary Peters (20)

Name Tag winner: Sally Miller

Stash for Cash: Anastasia Gonzales \$ 29.50

Attendance winner: Jeanette Buchheit

Members present: 69 Visitors: 2



**Community projects:** Reports a total of 25 quilts have been given away, several Kids quilts, family services and Lutheran Family Services

On July 25, 2009 our appraiser friend, Ann Hazelwood, will be at Barnes & Nobel from 1-3PM to promote her books. All are invited to visit her there.

### Special Events:

Anastasia reported our next Iron Quilters session will be Aug.3 at the Golden Needle. Sign ups are encouraged this evening. \$5 for the whole day, bring your own lunch.

Discussion and vote held to determine our potential move to the New Cape Library for our monthly meetings.

After much debate, it was proposed and accepted to make the move starting next month August 10, 2009. Meeting will begin at 6:45, with socializing at 6:30 PM. We must be out of the building by 9PM.

There will be NO organized snacks each month, but members are free to bring their own food or drink.

Kitchen is available for our yearly dinners.

The program will be presented first, to give guest speakers ample time for their presentations. Business meeting will follow.

Decision and vote taken regarding our Library. It was determined we would offer for sale any books in our Library to members first. After all considerations and offers made, we will later offer any remaining materials to the Library for public use.

Motion made by Betty Phillips, Second by Caroline Tilghman. Vote taken and passed.

### Opportunity quilt:

Our beautiful quilt was displayed and tickets now available for purchase. Mary Green and Barb Miller have done an incredible job creating the pattern and making the quilt, with the help of several guild members. Congratulations.

### Program:

Nelda Steffens, Muriel LaMadrid, and Judy Robinson offered suggestions and material recommendations for marking quilts and borders for quilting.

### Show and Tell: 10 participants

Muriel LaMadrid, Madeline Geiselman, Karla Kiefner, Caroline Tilghman, Chris Ludwig, Marjorie Fichter, Joycelyn Kasten, Mary Tripp, Mary Green, and Carol Gallaher.

Meeting was dismissed at 9:15PM by Madeline Geiselman

Respectfully submitted,

Carol Gallaher, Secretary

Mary Lou McNair sends this note:

Please tell everyone how much fun it was for me to see them all at Madeline's. Miss my Cape friends. I remembered most everyone, with a little help with some names, only got a few people confused. Sorry Darla, some kind of brain cloud. And it was fun to meet all the new folks. Sounds like you have a big year planned. Hope to see everyone in Paducah in April.  
Love, Mary Lou McNair

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**THE IRON QUILTERS CHALLENGE**  
**NEXT CLASS IS AUGUST 3RD. SEE ANASTASIA GONZALES IF**  
**YOU'D LIKE TO JOIN THIS FUN GROUP.**

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## The History of 'APRONS'

Submitted by Muriel LaMadrid

I don't think our kids know what an apron is.

The principal use of Grandma's apron was to protect the dress underneath, because she only had a few, it was easier to wash aprons than dresses and they used less material, but along with that, it served as a potholder for removing hot pans from the oven. It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears. From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids.

And when the weather was cold, grandma wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove.

Chips and kindling wood were brought into the kitchen in that apron.

From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls.

In the fall, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, Grandma walked out onto the porch, waved her apron, and the men knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes.



## Are you making a quilt for the 2010 Show?

The quilt show is only 13 months away — two blinks the way time flies. The theme for the show is Seasons (summer, spring, winter, fall, not salt and pepper). There are all kinds of free patterns to give you inspiration. Try <http://www.freequiltpatterns.info/> and scroll down to where it says Seasonal Quilt Patterns under Category Pages



## Tips, Recipes, and Notes

\* \* \* \* \*  
 \* Madeline and Muriel are \*  
 \* going to continue to vol- \*  
 \* unteer for Senior Center \*  
 \* meal delivery. It's a fun \*  
 \* way to help lots of peo- \*  
 \* ple. If you'd like to take \*  
 \* over one of their Thurs- \*  
 \* days, give Muriel \*  
 \* LaMadrid a call. \*  
 \* \* \* \* \*



### You Know you are a Quilter If.....

There's more Fabric in the House than Food

"Fat Quarters" are not the heaviest part of your body

Your ironing board is always set up but you never iron clothes

You think of your job as an interruption of your quilting time

People are always picking threads off you

"Featherweight" Doesn't mean Boxer

Your "UFO's" are not from outer space

You clean up your sewing room & they think you are leaving

<http://www.quiltvisionusa.com/>



### Dump Cake

*Submitted by Sally Miller*

- 1 can (large) Crushed Pineapple (drained)
- 1 can (large) Cherry Pie Filling
- 1 box Yellow or White Cake Mix
- 1½ or 2 sticks of butter or margarine
- ½ cup chopped Pecans (optional)

Mix cherry pie filling and pineapple in a 9 x 13 pan (spray with non-stick spray)  
 Top with cake mix  
 Cut butter or margarine into small pieces and place evenly over the top  
 Top with ½ cup chopped pecans  
 Bake at 350 for 1 hour.

### \*\*Peach Dump Cake\*\*

Substitute

- 1 can Peach Pie Filling
  - 1 can (large 29oz.) Sliced Peaches (drained)
- Use these ingredients instead of the Cherry Pie Filling and Pineapple
- When making the Dump Cake I usually use 2 sticks of margarine cut up into small patties. Best when served warm with ice cream or Cool-Whip.



 For Sale Bernina 2000 DE over-  
 lock, Serger. In new condition.  
 This was the top of the line when  
 I had the shop. Easy to thread,  
 can be a free arm, swing-out  
 presser foot, several nice fea-  
 tures. Has instruction book and  
 lots of thread. You can do a 4  
 thread, 3 thread super stretch, 3  
 thread overlock, flatlock, roll  
 hem and 2 thread overlock,  
 flatlock, roll hem. Call if in-  
 terested. Nancy Pleimann 270-  
 5329. \$400.00  




# Quilt Shows and Other Area News

Find a quilt show: <http://quickquilts.com/>

## BOOTHEEL QUILTERS' GUILD 7TH BIENNIAL QUILT SHOW

Saturday and Sunday, August 8<sup>th</sup> and 9<sup>th</sup>  
10:00 AM – 4:00 PM  
Admission: \$1.00 donation  
Clinton Building, 501 Campanella St., Sikeston  
Alice Happe-Show Chairman 573-471-3854

## GEE'S BEND QUILTS AT MISSOURI HISTORY MUSEUM

April 12 to September 13, 2009. . The Missouri History Museum is in Forest Park. Please note, there is a lot of major road construction in St Louis and the detours change almost daily.

## HARVEST OF QUILTS VIII SHOW

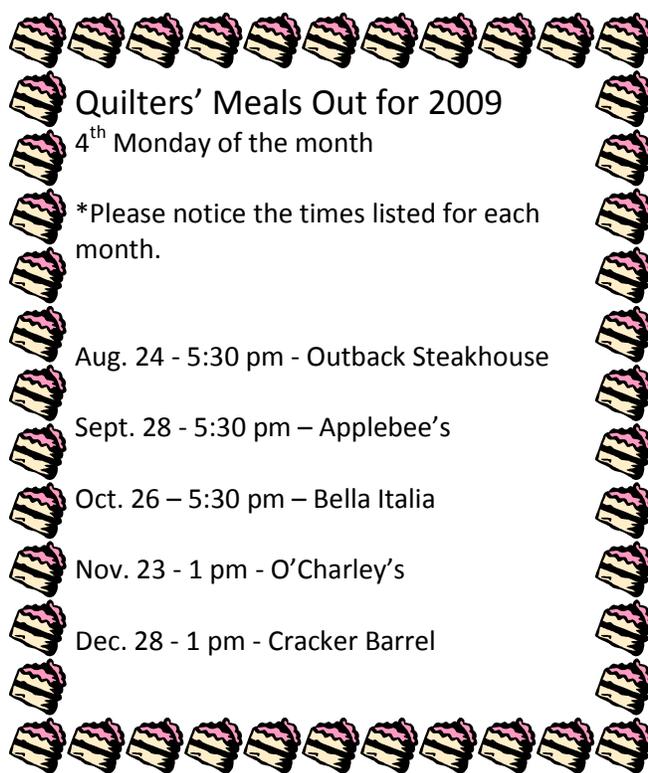
Through a Quilter's Eye  
September 19 & 20, 2009  
Saturday 9 am to 5 pm, Sunday 11 am— 4 pm  
Vanderburgh 4-H Center Auditorium  
201 E Boonville--New Harmony Rd  
Evansville, IN 47725  
[www.raintreequiltersguild.org](http://www.raintreequiltersguild.org)  
Kathy Weinzapfel 812-985-5906

## ALTENBURG MUSEUM—APRON SHOW

On display till September  
<http://www.altenburgmuseum.org/> Lutheran  
Heritage Center and  
Museum in Altenburg.  
Open daily from 10 am to 4 pm  
573-824-6070

## PADUCAH STITCH 'N' QUILT GUILD ANNUAL SHOW

Quilt Show, Silent Auction and Craft Boutique  
9:00AM to 3:00PM  
September 12, 2009  
Broadway Church of Christ  
2855 Broadway  
Paducah, KY  
Linda Weatherford, Community Liaison  
[wxfords@aol.com](mailto:wxfords@aol.com)  
270-554-7066



## Quilters' Meals Out for 2009

4<sup>th</sup> Monday of the month

\*Please notice the times listed for each month.

Aug. 24 - 5:30 pm - Outback Steakhouse

Sept. 28 - 5:30 pm – Applebee's

Oct. 26 – 5:30 pm – Bella Italia

Nov. 23 - 1 pm - O'Charley's

Dec. 28 - 1 pm - Cracker Barrel

Neiman Marcus Brownies

From Ruth LaClair

Grease and flour a 9 by 13 sheet cake pan

### CRUST

Stir together (it will be stiff)

1 box butter pecan cake mix (can use yellow cake mix)

1 stick melted butter

1 beaten egg

Press into the pan, making a ridge at the edges.

### FILLING

With a mixer, beat

8 oz softened cream cheese

2 beaten eggs

1 lb. box powdered sugar

1 stick melted butter

Pour this on top of the crust layer

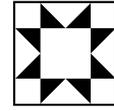
### TOPPING

Sprinkle ½ cup chopped pecans on top

Bake 300 degrees for 50 to 55 minutes



# August 2009



\* indicates a birthday

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 IRON QUILTERS CLASS <b>Community Projects</b>	4 *Dee Roe	5 *Cheryl Amos	6	7	8
9	10 Guild Meet- ing, 6:30 social time, 6:45 meeting time, Cape Library *Mary Belle Dohogne	11	12	13	14	15
16	17 *Joyce Hollo- way *Cindy Spaeth *Carol Wichern <b>Community Projects</b>	18	19	20 *Kimberly Stueve	21	22
23	24 5:30 pm Outback Steakhouse	25 *Marie Todd	26 *Carolyn Andrews	27	28	29
30 *Karen Yates-Bey *Christina Ludwig	31					

2009 Officers

President—Madeline Gieselman  
Vice President—Nelda Steffen  
Secretary—Carol Gallaher  
Treasurer—Barb Miller  
Historian—Pat Smith

2009 Committee Chairman

Audit—Glenda Nations  
Community Projects—Nancy East  
Hospitality—Darla Snider  
Library—Deanna Easley  
Membership—Mary Tripp  
Yearbook—Sally Miller  
Pattern of the Month—Vickie Howard  
Quilt Show—Madeline Gieselman  
Opportunity Quilt—Mary Green and Barbara Miller  
Newsletter/ Website—Linda Tansil  
Publicity—Sally Miller  
Senior Meal Delivery—Muriel LaMadrid  
Special Events—Anastasia Gonzales

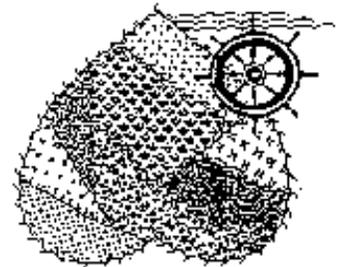
**Upcoming Guild Activities....**

**Guild Meeting:  
August 10  
6:45 Cape Public Library**

**Quilters' Dinner Out  
5:30 pm August 24  
Outback Steakhouse**

**Quilt Show  
September 25 and 26, 2010  
Theme: Seasons**

Please send all information to be published in the newsletter by the 20th of the previous month to Linda Tansil or email [newsletter@riverquilters.org](mailto:newsletter@riverquilters.org)



*River Heritage Quilters' Guild  
PO Box 1905  
Cape Girardeau, MO 63702-1905*