

EDGAR COUNTY

HOME & COMMUNITY EDUCATION ASSOCIATION NOVEMBER/DECEMBER, 2019

ATTENTION: Please send your schedule of meetings and hostesses and any announcements and information you would like included in the newsletter to Rebecca at the Extension Office, 210 W. Washington St., Paris – schiver@illinois.edu

Please have this information to our office by the 20th of each month.

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*****Edgar County H.C.E. Board Members*****

Co-President	Pat Brazelton	pbraze@nwcable.net	217-463-2217
Co-President	Kate Morecraft	silly1kate@me.com	217-822-4956
First Vice	Paula Coombes	prcoombes@wildblue.net	217-465-4057
Second Vice/Secretary/VCH	Cindy Bruce	cndlu347@gmail.com	217-948-1021
Treasurer	Carole Halloran	jchalloran.jtj@gmail.com	217-884-2374
Cultural Enrichment/Comm. Outreach	Dona Hoult	hillcrest30@frontier.com	217-822-2419

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Illinois Extension, Edgar County
210 W. Washington St., Paris, IL 61944
217-465-8585 web.extension.illinois.edu

"There is always, always, always something to be thankful for."

<u>Date</u>	<u>Time</u>	<u>Unit</u>	<u>Hostess</u>
November 12		Bell Ridge	Nancy Hansel
November		Chrisman Night	
November		Redmon Night	
November		Stratton	
December 10		Bell Ridge	Kate Morecraft
December		Chrisman Night	
December		Redmon Night	
December		Stratton	

Thankful

We can't forget the fun we had at the Annual Meeting held in May, 2019
CELEBRATING AROUND THE WORLD



Marge Houghland

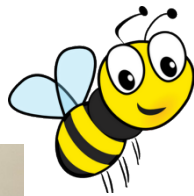


Kathleen Emery, IAHCE Director



Edgar County HCE officers:
Kate Morecraft, Pat Brazelton, Dona Houtl,
Paula Coombes, Carole Halloran and Marge
Houghland

COUNTY-WIDE MEETING "MMMMM GOOD HONEY" SEPTEMBER 2019



Presenter Mel Ogle



Participants enjoyed the delicious coffee
cake & apple salad.

From the Edgar County HCE Co-Presidents:

HAPPY Fall!! We have the chilly part and now we're awaiting the colors! Our county-wide meeting this month was INTERNATIONAL NIGHT! INDIA! Such an interesting country.

The Board has added a fun time in January. A fun time and at the same time, helping the kitchen at the 4-H Multi-Purpose Building. We discovered during the Food Stand weeks that we need to introduce some new items in to the kitchen area. We are hosting a Kitchen Shower for this on January 21 plus having some games with prizes. Instead of a dark, dreary, winter afternoon, we're going to spice it up with fun and games, prizes, snacks and gifts for the kitchen! Take that, WINTER! There is a list elsewhere in the newsletter for ideas for the kitchen.

At the Honey County-Wide meeting, we had a good time and the food was delicious even if we worked hard and made it ourselves. If you didn't get there, hope you got to read about it in the Prairie Press. That was a HONEY of a deal!

Remember to update your volunteer hours. The year-end is getting closer!! See you at the Kitchen Shower. It will be a FUN DAY!

Have a Happy Thanksgiving and a very Merry Christmas!

The Presidents: Pat and Kate



Laughter: Halloween is my favorite holiday, where you can trespass on a stranger's property and make a non-negotiable demand.



From the Edgar County HCE Treasurer, Carole Halloran:

Money for Friendship Project Fund (Pennies for Friendship) should be mailed to me no later than November 5, to give me time to get it mailed to IAHCE. The name of these funds was changed so a portion can be kept for Illinois projects. Last year, Edgar County received \$50 for their speaker at International Night. Hopefully, we can receive reimbursement for other programs presented in Edgar County.

Please mail to: Carole Halloran, 13556 N. 800th St., Paris, IL 61944

Lentils: Ingredient in International Night recipe "East Indian Lentils"

Lentils heal: Blood sugar spikes, high cholesterol, weight gain, constipation, anemia, heart disease, reproductive health, cancer

"Lentils contain the highest amount of protein of any plant. They are also a great source of dietary fiber, which helps control blood sugar levels, and provide excellent amounts of iron, folate, magnesium and potassium. They are consumed in the Blue Zones, regions of the world identified by author Dan Buettner as having the longest-living and healthiest people. Lentils, which belong to the legume family, have more fiber than beans. A quarter cup of dry lentils contains about 13 grams of fiber and red about 15 grams. A quarter cup of kidney beans has about half that."

Author in Readers Digest: Dr. Robert Graham is an internal, functional and integrative medicine specialist and the found of FRESH Med at Physio Logic in New York City. He also received a culinary degree from the Natural Gourmet Institute.

Pumpkin Seeds (taken from October 2019 Readers Digest)

Pumpkin seeds are a great source of zinc, iron and magnesium. They provide a good amount of protein and healthy omega-6 fatty acids, along with anti-oxidants and various forms of Vitamin E. Their high fiber content supports healthy digestion, heart health and blood sugar regulations.

WE'RE HAVING A KITCHEN SHOWER FOR KITCHEN SUPPLIES FOR THE 4-H BUILDING

**Tuesday, January 21, 2020 1:30 p.m.
4-H Fairgrounds, Multi-purpose building**

**Come one, come all and help resupply the
kitchen.**

Games and prizes will be given.

Refreshments will be served.

Items needed:

Commercial type kitchen utensils



Tongs

Spatulas

Pancake turners

Long-handles spoons and slotted spoons

Measuring cups

Long, extra-heavy oven mitts and potholders

Dish towels - flour sack type and terry cloth

Dish rags

**3-4 cookie sheets, heavy duty with lip and just
a little bigger than a 9" x 13" pan**

Electric roaster

**Just about anything that you would use in your
kitchen. If you need more ideas, contact one of
your board members. Commercial utensils can
be found at GFS.**

2019 4-H Fair Report

Income Collected:

Deposit 7/22/2019	\$ 960.40
Cash from register for BBQ supplies	21.68
Deposit 7/23/2019	2348.65
Deposit 7/24/2019	1565.00
Deposit 7/25/2019 (beginning cash)	715.00
Deposit 7/25/2019	2081.63
Deposit 8/2/2019 GFS refund	49.47
Deposit 8/9/2019 \$508 Extension meal tickets \$80 4-H Federation meal tickets, \$202.75 Farm Credit meal tickets, \$191 individual charges/purchases	981.75
Deposit 8/27/2019 \$83.75 individual charges, \$182.50 4-H Assoc. sold pop at breakfast, \$198 4-H Assoc. Bought leftover pop, minus our share of ad \$32.50, Minus our share of dumpster \$138	293.75
Individual charges to collect	30.75
TOTAL:	\$9048.08

Expenses Paid:

Coca Cola	\$1294.50
Staples – cash register/adding machine supplies	22.87
FirstMid – starting cash for Food Stand	715.00
Ruler Foods – buns and hot dogs	165.29
Kate Morecraft – Walmart \$26.20, GFS \$718.58, \$164.98, \$85.99, \$116.07	1111.82
Edgar County Locker – porkburgers, hamburgers BBQ meat	1574.21
Circle K – ice (cash)	2.21
Save-a-lot – additional buns (cash)	10.22
Walmart – additional BBQ supplies (cash)	9.25
4-H Assoc. – Ingrum dumpster \$138 & Ad \$32.50 Illinois Dept. of Revenue – sales tax	
TOTAL:	\$4905.37

Net profit as of 9/1/2019 **\$4142.71**

Revenue to be collected:

Remaining charges

Expenses to be paid:

Sales tax

Projected Net Profit \$4142.71

**Edgar County Home and Community Education
Statement of Receipts and Disbursements
August 2019**

	Budget Amounts	August Totals	2019-20 Totals
Cash Balance August 1, 2019			\$6,548.26
Receipts:			
ECHCE Annual Meeting	\$500.00	\$0.00	\$95.00
Membership	840.00	0.00	886.00
Food Stand/4-H Fair	8000.00	1324.97	9017.33
Friendship Project Fund	100.00	0.00	156.25
Special Activities, Promotions & School Supplies	250.00		206.34
Miscellaneous	480.00	0.00	127.28
Transfer from Premiere			2500.00
Other (E.S.)	<u>0.00</u>	<u>0.00</u>	<u>1705.25</u>
Total	\$10,170.00	\$1,324.97	\$14,473.45
Disbursements:			
Trust Fund	\$1,250.00	\$0.00	\$1,250.00
Mailing Expenses	250.00	35.50	143.21
Special Activities, Int'l Night, Spec. Event, Craft Day	500.00	0.00	0.00
State Conference Expenses	1500.00	0.00	0.00
IAHCE Fall District Meeting	150.00	0.00	80.00
ECHCE Annual Mtg/New Board	565.00	0.00	72.50
Food Stand Improvements	350.00	0.00	0.00
Food Stand Mileage/Supplies	4800.00	0.00	4905.37
Sales Tax	90.00	0.00	0.00
IAHCE Dues (\$5)	350.00	0.00	0.00
Bonding (3 years)	100.00	0.00	0.00
Filing Fee	15.00	0.00	0.00
Promotions, school supplies, subscriptions, gifts	100.00	105.00	105.00
Friendship Project Fund	100.00	0.00	0.00
Scholarship	0.00	0.00	500.00
Miscellaneous	50.00	0.00	46.00
Transfer to Premier	0.00	2000.00	2000.00
Other (E.S.)	<u>\$0.00</u>	<u>\$0.00</u>	<u>\$250.00</u>
Total	\$10,170.00	\$2,140.50	\$9,362.08
Cash Balance August 31, 2019			<u>\$6,732.73</u>

Premier	Commercial Interest Checking	\$3923.22
	Balance August 1, 2019	2000.00
	Interest	.13
	Balance August 31, 2019	\$5.923.35

Ck#	Date & Description	Amount	Line item
747	8/8 HCE Premier – returned money taken 6/5 minus \$500 scholarship paid out	\$2000.00	Transfer from Premier
748	8/8 Paris Chamber of Commerce 2019 membership	105.00	Promotions
749	8/27 U of I Extension	35.50	Mailing expense

Total \$2140.50

Deposit	Date & Description	Amount	Line Item
8/2/19	GFS refund	\$ 49.47	food stand/4-H Fair
8/19/19	\$508.02 U of I Extension meal tickets \$80 4-H Federation – meal tickets \$202.75 Farm Credit – meal tickets \$191 Individual charges & purchases	981.75	food stand/4-H Fair
8/27/19	\$83.75 Individual charges \$182.50 4-H Assoc. breakfast sold pop \$198 4-H Assoc. bought left over pop (-\$138) HCE share of dumpster (-32.50) HCE share of newspaper add	293.75	food stand/4-H Fair
	Total	<u>\$1324.97</u>	

Friendship Project Fund

Bellridge
Chrisman Nite
Happy Homemakers
Redmon Night
Stratton

Total **\$0.00**

From Dona Hoult, Edgar County HCE Cultural Enrichment Officer:

The Cultural Art Show was held on October 15 during HCE week. The entries were down this year, but we still had six categories entered. Those selected to go to State Conference in March 2020 were entered by Shirley Rideout, Marge Houghland, and Dona Hoult. Thank you for all entries.

Also, we are collecting school supplies to help local schools in Edgar County. They can be dropped off at the Extension Office or at your local meeting.

Plans are being made to hold a Kitchen shower January 21, 2020 to help stock the kitchen at the 4-H building. More details are included in this newsletter. There will be games, refreshments, and fun. Several prizes will be given. Mark your calendars now.

Any questions, call Dona at 217-822-2419. Thank you.

**Edgar County Home and Community Education
Statement of Receipts and Disbursements
September 2019**

	Budget Amounts	September Totals	2019-20 Totals
Cash Balance September 1, 2019			\$5,732.73
Receipts:			
ECHCE Annual Meeting	\$500.00	\$0.00	\$95.00
Membership	\$840.00	12.00	678.00
Food Stand/4-H Fair	\$8,000.00	0.00	9017.33
Friendship Project Fund	\$100.00	0.00	156.25
Special Activities, Promotions & School Supplies	\$250.00		206.34
Miscellaneous	\$480.00	0.00	127.28
Transfer from Premiere			2500.00
Other (E.S.)	<u>\$0.00</u>	<u>0.00</u>	<u>1705.25</u>
Total	\$10,170.00	\$12.00	\$14,485.45
Disbursements:			
Trust Fund	\$1,250.00	\$0.00	\$1,250.00
Mailing Expenses	\$250.00	\$0.00	\$143.21
Special Activities, Int'l Night, Spec. Event, Craft Day	\$500.00	\$58.62	\$58.62
State Conference Expenses	\$1,500.00	\$0.00	\$0.00
IAHCE Fall District Meeting	\$150.00	\$0.00	\$80.00
ECHCE Annual Mtg/New Board	\$565.00	\$0.00	\$72.50
Food Stand Improvements	\$350.00	\$0.00	\$0.00
Food Stand Mileage/Supplies	\$4,800.00	\$0.00	\$4,905.37
Sales Tax	\$90.00	\$0.00	\$0.00
IAHCE Dues (\$5)	\$350.00	\$0.00	\$0.00
Bonding (3 years)	\$100.00	\$0.00	\$0.00
Filing Fee	\$15.00	\$0.00	\$0.00
Promotions, school supplies, subscriptions, gifts	\$100.00	\$0.00	\$105.00
Friendship Project Fund	\$100.00	\$0.00	\$0.00
Scholarship	\$0.00	\$0.00	\$500.00
Miscellaneous	\$50.00	\$50.00	\$96.00
Transfer to Premier	\$0.00	\$0.00	\$2,000.00
Other (E.S.)	<u>\$0.00</u>	<u>\$0.00</u>	<u>\$250.00</u>
Total	\$10,170.00	\$108.62	\$9,460.70
Cash Balance September 30, 2019			<u>\$5,636.11</u>

Premier	Commercial Interest Checking		
	Balance September 1, 2019	\$	5,923.35
	Interest		0.15
	Balance September 30, 2019	\$	5,923.50

CK #	Date & Description	Amount	Line Item
750	9/03 Dollar Tree: supplies for Honey Lesson	\$8.62	Special Activities
751	9/03 Sam's Steakhouse gift card for Rebecca	50.00	Miscellaneous
752	9/17 Mel Ogle: speaker Honey Lesson	50.00	Special Activities
	Total	<u>\$108.62</u>	

Deposit	Date & Description	Amount	Line Item
	09/27/19 Dues from Dorothy Farnham	12.00	Membership
	Total	<u>12.00</u>	

Friendship Project Fund			
Bell Ridge			
Chrisman Nite			
Happy Homemakers			
Redmon Night			
Stratton			
Total		<u>\$0.00</u>	

Honey – Some Tips on Best Storage Practices

Store in an airtight container: Store purchased jars or bottles, glass jars and stainless-steel containers with airtight lids are suitable.

Keep in a cool, dry area: Honey should ideally be stored around 50 degrees. However, storing it at cool room temperatures between 50-70 degrees is generally okay.

Refrigeration: Honey kept in the refrigerator is preferred, but it may crystallize faster and become denser.

Warm if crystallized: If honey crystallizes, you can return it to liquid form by gently warming and stirring it. However, do not overheat or boil it as that will degrade its color and flavor.

Avoid contamination: Avoid contaminating honey with dirty utensils such as knives or spoons, which could allow bacteria, yeasts and molds to grow.

If in doubt, throw it out: If your honey tastes off, is foamy or you notice a lot of free water, it may be best to throw it out.

Remember that different types of honey may look and taste different. For specific storage instructions, refer to the ones printed on the label of your individual product.

SUMMARY: Honey should be kept in an airtight container in a cool, dry area. It is most important to limit the amount of moisture that can get into the container as a higher water content increases the risk of fermentation.

IAHCE mail lesson for 2019 is Honey. This information was provided by them. Information written by Kris Gunnars, BSc on September 5, 2018.



Edgar County HCE Board Meeting – September 2, 2019

The board met at Pat Brazelton's with Pat, Kate Morecraft, Paula Coombes, Carole Halloran, Dona Hoult, Marge Houghland and Cindy Bruce present.

The Pledge of Allegiance and the Homemaker's Aim were led by Kate.

Minutes of the last meeting:

After Cindy read the minutes and corrections made, they will stand as approved.

Treasurer's Report

Carole reported that the balance as of August 31, 2019 of the regular account is \$5732.73 and the Premier Account is \$5923.35.

Food Stand Fair report was

Income collected	\$9048.08
Expenses paid	\$4905.37
Net profit as of 9/1/2019	\$4142.71

District Meeting report

Kate gave out info. packets for those not able to attend. There is a SAVE the DATE for March 10-12 for STATE CONFERENCE at Effingham.

Marge is to publicize the meeting for the September 17 County-Wide meeting at the 4-H Building. Copies of each unit's membership list with names, addresses, etc. are still needed if they have not already been submitted.

County Wide Meeting

September 17 at 4-H Building

Registration at 5:30 p.m., meeting at 6 p.m.

Carole, Paula and Kate will make salads

Marge, Dona and Pat will make coffee cakes

Cindy to make a sign to frame for the registration table

There will be a vote on the proposed budget for 2019-2020 by those members present

The lesson on honey will be presented by Mel Ogle.

There will be a booklet with recipes and refreshments served.

There will be an officers' training

The board will meet at 4 p.m. to set-up.

Food stand thank you's have been sent.

Marge said she is having a hard time finding recipe ingredients, spices for the International Night on India. She will check the internet to see what she can find. Pat said she would make a small flag for India.

A motion was made and 2nd to get Rebecca a gift certificate from Sam's Steak House in Marshall. Motion carried.

Meeting adjourned to meet again on October 7, 2019 at 6 p.m. at Pat Brazelton's home.



Edgar County HCE Annual Meeting Minutes – September 17, 2019

The ECHCE board presents Bee's Around the World on Tuesday, September 17, 2019 at the 4-H building. Twenty-nine members and guest were present.

Kate Morecraft led us in the Pledge of Allegiance and Pat Brazelton led us in the Homemakers Aim. Carole Halloran introduced Mel Ogle, who gave a slide presentation about bees and honey. After her presentation, coffee cake and apple salad made by board members was served.

Marge Houghland shared that International Night would be October 15 at the 4-H Building. She then asked for volunteers to take recipes to fix the foods for the night. These recipes will be foods that people serve in India. School supplies should also be brought in that night from each member or as a unit.

Recipes using honey were given to those attending.

In addition, if your unit has not turned in a list of members, their addresses and phone and email addresses or if you are a mailbox member, please send them to:

Cindy Bruce, secretary. Cindy is trying to get a correct list of all units and all HCE members of Edgar County.

Cindy Bruce

PO Box 75

Kansas, IL 61933

Cndlu347@gmail.com

Thank you,
Cindy Bruce
Secretary



Edgar County HCE Board Meeting – October 7, 2019

Meeting was called to order with the Pledge of Allegiance and the Homemakers Pledge led by Kate Morecraft.

Those present were Kate Morecraft, Pat Brazelton, Carole Halloran, Dona Hoult, Marge Houghland and Cindy Bruce.

Minutes from the last meeting were read and they will stand as read.

Carole gave the treasurer's report. The balance of the regular account is \$5,636.11 and the premier account balance is \$5,923.50 as of September 30, 2019. Full report is on file.

Kate read a thank you from Rebecca. She also said members need to go to the City Council meeting to get a proclamation for HCE. The council meets Tuesday, October 15 at 5:30 p.m.

Marge has taken recipes, etc. from the Bee's Around the World to the library for anyone wishing to have them. Members thought the Bee's Around the World went well and all attending had a good time. She also took lesson sheets and recipes to Rebecca to make copies for International Night.

International Night is October 15. The board is to meet at the 4-H Building to set up. We will have food made by members from recipes from India. Recipes will be available. Registration will be at 4:30 p.m. and the meeting will start at 6 p.m. Our speaker on India will be Marilyn Daughhetee.

Cindy will be making a list of all members of Edgar County HCE.

The Friendship Project (Pennies for Friendship) will be collected.

Meeting adjourned to meet Monday, November 4, 2019 at Pat Brazelton's home at 6 p.m.

Thanksgiving Facts

Source: <https://www.history.com/topics/thanksgiving/thanksgiving-facts>

Thanksgiving is a day when many Americans gather together with family for an afternoon of food and football, but just how far do people travel to spend turkey day at Grandma's house? Which state grows the most cranberries, and how big was the world's largest pumpkin pie?

Discover the answer to these questions, as well as many more facts about popular Thanksgiving foods and traditions.

Thanksgiving Over the Years

Though many competing claims exist, the most familiar story of the first Thanksgiving took place in Plymouth Colony, in present-day Massachusetts, in 1621. More than 200 years later, President Abraham Lincoln declared the final Thursday in November as a national day of thanksgiving. Congress finally made Thanksgiving Day an official national holiday in 1941.

Sarah Josepha Hale petitioned for a national Thanksgiving holiday for close to 40 years, believing that "Thanksgiving, like the Fourth of July, should be considered a national festival and observed by all our people."

Sarah Josepha Hale, the enormously influential magazine editor and author who waged a tireless campaign to make Thanksgiving a national holiday in the mid-19th century, was also the author of the classic nursery rhyme "Mary Had a Little Lamb."

In 2001, the U.S. Postal Service issued a commemorative Thanksgiving stamp. Designed by the artist Margaret Cusack in a style resembling traditional folk-art needlework, it depicted a cornucopia overflowing with fruits and vegetables, under the phrase "We Give Thanks."

Thanksgiving On the Road

The American Automobile Association (AAA) estimated that 54.3 million Americans traveled 50 miles or more from home over the Thanksgiving holiday weekend in 2018.

Thanksgiving On the Table

According to the U.S. Census Bureau, Minnesota is the top turkey-producing state in America, with an average production total of 44-46 million annually. Six states—Minnesota, North Carolina, Arkansas, Missouri, Virginia, and Indiana—account for nearly two-thirds of the 248 million turkeys that will be raised in the U.S. this year.

The National Turkey Federation estimated that 46 million turkeys—one fifth of the annual total consumed in the United States—were eaten at Thanksgiving.

In a survey conducted by the National Turkey Federation, nearly 88 percent of Americans said they eat turkey at Thanksgiving. The average weight of turkeys purchased for Thanksgiving is 15 pounds. The annual turkey consumption for 2018 was 16.2 million pounds.

Cranberry production in the U.S. reached 418.6 thousand tons in 2017. Wisconsin and Massachusetts are the top cranberry growing states.

Illinois, California, Pennsylvania and New York are the major pumpkin growing states. Together they produced 2 billion pounds of pumpkin in 2017.

The sweet potato is most plentifully produced in North Carolina. 2016 United States sweet potato production topped 31/54 million hundred weight in 2016 with an estimated value of \$705.69 million.

According to the Guinness Book of World Records, the largest pumpkin pie ever baked weighed 3,699 pounds and measured 20 ft. in diameter. It was baked on September 25, 2010 by the New Bremen Giant Pumpkin Growers in Ohio. The crust was made of 440 sheets of dough and the other ingredients were canned pumpkin, evaporated milk, eggs, sugar, salt, cinnamon and pumpkin spice.

Thanksgiving Around the Country

Three towns in the U.S. take their name from the traditional Thanksgiving bird, including Turkey, Texas (pop. 421); Turkey Creek, Louisiana (pop. 441); and Turkey, North Carolina (pop. 292).

- Originally known as Macy's Christmas Parade—to signify the launch of the Christmas shopping season—the first Macy's Thanksgiving Day Parade took place in New York City in 1924. It was launched by Macy's employees and featured animals from the Central Park Zoo. Today, some 5-6 million people attend the annual parade and another 44 million watch it on television.



Quirky Vintage Photo from the Macy's Thanksgiving Day Parade

Christmas Gift Basket Ideas

Adapted from pinterest.com

Homemade Holiday Gift Baskets

If you have ever been given a basket full of goodies, you know how fun it is to be on the receiving end. Especially if the items in the basket are colorful, well arranged, and tailored to the recipient's taste, the basket is bound to be a hit.

It's convenient to give a basket with a variety of items when you may be unsure of the ONE perfect gift that will delight someone. Putting together a few items in a gift basket can also save you money. If including edible items, make treats using ingredients you have on hand. If you have another talent like sewing, knitting, candle making, or painting, there may be a small cost involved with materials, but you can still create awesome gifts for cheap.

If you're making several gift baskets, items can be made in bulk. Then, small amounts of each item can be divided up for each basket. There is no need to give large quantities of things in a homemade gift basket – consider it a sampling. **There are no rules.** A gift basket doesn't have to be in an actual [basket](#). Use the bottom part of a shoebox, covered with [pretty paper](#). Use a large [bowl](#) from the dollar store and nestle items in tissue paper to set them off in an appealing way. Use a shallow [reusable tote](#) or pretty plastic basket with a large bow tied around the handles.

Presentation is everything. Stuff the bottom of the container with repurposed tissue paper, making sure at least the top layer is pretty and colorful. Arrange the basket so that each item can be seen, moving smaller items to the front. You can wrap colored [tulle](#) around small things and gather at the top with a ribbon. [Labels](#) can be a cute touch, and will help add a little more personalization to the gifts. **Think about your recipient(s).** If they love sweets, include some edible goodies. If they just moved, give something practical they can use in their new home. If the recipient has a stressful lifestyle, put together a spa basket with pampering items. Here are some ideas to include in your basket:

- homemade cookies – in a clear bag or container
- cinnamon roasted almonds – in a glass jar or small clear bag
- chocolate-covered ANYTHING – pretzels, cherries, peanuts, etc. wrapped in clear bags or glass jars
- cookie mix in a jar – layered attractively in a mason jar, with baking directions attached
- homemade vanilla extract – wrapped in colored tulle and tied at the top with sparkly ribbon
- handmade soaps – wrapped in some clear plastic wrap with ribbon around it
- hand-knitted ANYTHING – dishcloths, scarves, potholders, etc.
- homemade cloth napkins – choose a festive material and bundle a set with a thick ribbon
- homemade bath bombs – stack 3 or 4 in a clear bag tied with ribbon and a label
- homemade laundry soap – in a clear plastic container
- homemade play dough – for the kiddos, make a few colors all in separate plastic containers
- homemade lip balm – in small tins with labels
- handmade ornaments – decorated and dated
- personalized letters/cards – use pretty stationery or handmade cards to tell the recipient why he/she is special to you
- hand crafted candles – wrapped with a thick ribbon

Use this list as a starting point for ideas... just remember to be creative and *have fun* creating your own original baskets.

Easy DIY Mason Jar Gift

All you need is a mason jar and some Hershey Kisses. Create a cute little tag that reads... "We Wish You A Merry Kiss-Mas". Cover the lid with a piece of material tied with ribbon or jute.

The Legend of the Christmas Stocking

Source: Smithsonian.com

*The stockings were hung by the chimney with care,
In hopes that St. Nicholas soon would be there.*

- A Visit From Saint Nicholas

As far back as 1823, when Clement Clarke Moore (or possibly Henry Livingston Jr.) wrote "A Visit From Saint Nicholas," stockings were hung near the fireplace, awaiting a visit from Santa Claus. At the end of the poem, St. Nick "fill'd all the stockings; then turn'd with a jerk,/And laying his finger aside of his nose/And giving a nod, up the chimney he rose."



Stockings have been centuries (except, *Times* wrote that Christmas tree almost completely supplanted them as the tradition of choice.)

an essential part of the Christmas tradition for briefly, in the mid-1800's, when the *New York Times* wrote that Christmas tree almost completely supplanted them as the tradition of choice.)



The most popular legend about why stockings are hung at Christmas goes something like this: A recently widowed man and father of three girls was having a tough time making ends meet. Even though his daughters were beautiful, he worried their impoverished status would make it impossible for them to marry.

St. Nicholas was wandering through the town where the man lived and heard villagers discussing that family's plight. He wanted to help but knew the man would refuse any kind of charity directly. Instead, one night, he slid down the chimney of the family's house and filled the girls' recently laundered stockings, which happened to be drying by the fire, with gold coins. And then he disappeared.

The girls awoke in the morning, overjoyed upon discovering the bounty. Because of St. Nick's generosity, the daughters were now eligible to wed and their father could rest easy that they wouldn't fall in lonely despair. Whew! While obviously far-fetched, this tale of unknown origin and date is most widely referenced when it come to the history of the Christmas stocking.

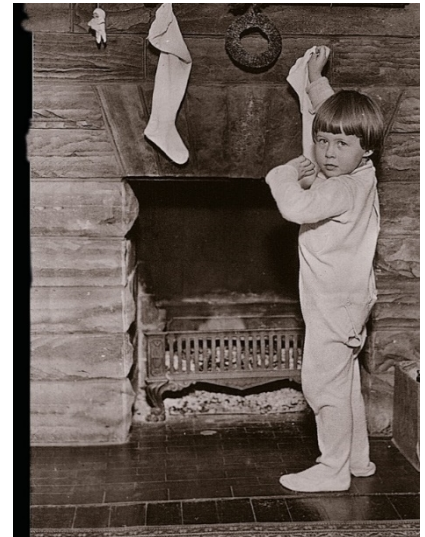
Dec. 25, 1950



"He filled all the stockings -"

For some, the ritual has translated into hanging a nondescript sock (the bigger, the better, of course) pulled from Dad's drawer. For others, it has meant a personalized, decorated, maybe even handmade, foot-shaped bag hung year after year.

And sometimes, it means not hanging the stocking by a fireplace at all!



Whichever stocking set-up you prefer, there's one more related factoid that'll impress guests during your holiday party. Oranges tend

to wind up in Christmas stockings, right? Ever wonder why? Some say it's from a time when fresh fruit was more difficult to come by and finding an orange in your stocking was a huge treat. But a different version of that beautiful-daughters-distraught-father legend swaps the gold coins left by St. Nick with three gold balls left in each stocking. Understandable, the solid gold balls tradition isn't so easy to replicate; that's why their citrus look-alikes have found their way into stockings alongside tchotchkes and baubles, but hopefully not coal!

If you celebrate Christmas, what's your stocking of choice? A tube sock, a silk stocking, the traditional red and white variety or something else completely?



Chicken Pot Pie Recipe

Source: allrecipes.com

Prep: 20 minutes

Cook: 50 minutes

Servings: 8 Yield: One 9' pie

Ingredients

1 pound skinless, boneless chicken breast halves – cubed
1 cup sliced carrots
1 cup frozen green peas
½ cup sliced celery
1/3 cup butter
1/3 cup chopped onion
1/3 cup all-purpose flour
½ teaspoon salt
¼ teaspoon black pepper
¼ teaspoon celery seed
1 ¾ cups chicken broth
2/3 cup milk
2 (9 inch) unbaked pie crusts



Directions

1. Preheat oven to 425 degrees F
2. In a saucepan, combine chicken, carrots, peas and celery. Add water to cover and boil for 15 minutes. Remove from heat, drain and set aside.
3. In the saucepan over medium heat, cook onions in butter until soft and translucent. Stir in flour, salt, pepper and celery seed. Slowly stir in chicken broth and milk. Simmer over medium-low heat until thick. Remove from heat and set aside.
4. Place the chicken mixture in bottom of pie crust. Pour hot liquid mixture over. Cover with top crust, seal edges and cut away excess dough. Make several slits in the top to allow steam to escape.
5. Bake in the preheated oven for 30 – 35 minutes or until pastry is golden brown and filling is bubbly. Cool for 10 minutes before serving.

Upcoming Events:

Eating for Cognitive Health Thursday, November 7 6:30 p.m. Marshall Library, Marshall
Join Mary Liz Wright, Illinois Extension Nutrition and Wellness Educator, as she addresses how healthy eating can help to delay cognitive decline and give tips on how to make healthy cognitive eating a part of your routine. There is no charge to attend and everyone is welcome.

Extension Office Closed Thursday & Friday, November 28 & 29, 2019

Thanksgiving Break

Tuesday, December 24, 2019 through Wednesday, January 1, 2020

Christmas Break

Healthy Desserts Tuesday, November 12 6 p.m. Paris Public Library

Is it possible to have a healthy dessert? Mary Liz Wright, Extension Nutrition and Wellness Educator will present this free class on having your dessert and staying healthy too. Pre-registration is not required.

Gardening for Birds webinar Tuesday, December 3 1:30 p.m. Extension Office

Join us for this free, live webinar as you plan a thoughtful way to incorporate birds into your garden. This program is free and open to the public.

Holiday Workshop for Kids Monday, December 9 4-6 p.m. \$5

Shewey's Paint Your Own Pottery Studio, 203 E. Jasper St., Paris

Registration must be received by November 18 in order to guarantee presentation of workshop.

Phone 217-465-8585 to register. 4-H'ers and non-4-H'ers welcome.

Eating Well as You Age Wednesday, December 11 1:30 p.m. Paris Public Library

Join Mary Liz Wright, Extension Nutrition and Wellness Educator for this informative Program. Pre-registration is not required.

State Conference SAVE THE DATE March 10 – 12, 2020 Effingham, IL

Energy Efficiency presented by Ameren May 12, 2020 Extension Office

June major Lesson

Storing Fruit & Making It Last

Bananas: Wrap banana stems with plastic wrap to slow the ripening process. Did you know you can freeze bananas? Place brown or spotted bananas in the freezer and always have ripe bananas for baking banana bread.

Apples: Remove all bruised or spotted apples and store on the counter (eat within one or two days.) Store other apples in the crisper drawer in the fridge (or the coldest spot.) Consider throwing a wet paper towel over the top. They will last even longer.

Oranges: Oranges last about a week at room temperature. To extend that time to 2-3 weeks, store in the fridge.

Lemons: Store on the counter out of the sunlight. They will last about a week. For longer lasting lemon, store them in the fridge in an airtight self-sealing bag in the crisper drawer. Slide the humidity level all the way to the left or to the lowest setting. They will last up to four weeks.

Limes: Store limes in the fridge in a loose plastic bag for one to two weeks. After two weeks, you can still use them but they will lose some flavor. You can also store lime wedges or slices for about a week in a plastic bag. Lime juice is good even longer. You can store lime juice for four months in the freezer.



RETURN SERVICE REQUESTED

November & December, 2019 NEWSLETTER

**KITCHEN SHOWER FOR THE
4-H BUILDING KITCHEN
Tuesday, January 21
1:30 p.m.
4-H Fairgrounds
Multi-purpose Building
Details inside**