

Columns

Looking at color schemes for Victorian bungalow

Spring has sprung and it is time to get out the paint brushes and repaint all the trim on this old house; it is time to make my mark on the exterior.

I am a bit handicapped in that the house I bought three years ago was sided beige with a red roof before I purchased it and my original decision to remove the siding and repair and paint the clapboard will have to wait another year or so due to the rise in construction prices. Last year, while discussing the task with my painter, we decided to repaint the front porch and columns this summer while hoping that the siding removal cost might become more affordable in the next few years. The house is unique with the red/rust colored roof but I would not have chosen that color.

I am a mauve and burgundy person (we painted our other Victorian house four shades of mauve and burgundy) but it is too costly to reroof a perfectly good roof so I will go with the flow and design around the red/rust. I say red/rust because when red samples are put next to it the color looks rust and vice versa so I think I will choose colors which will accent both.

Last summer I played around with shades of avocado and putty on the back of the house and everyone seems to like those colors but I was afraid the house would take on a Christmas look if I painted the columns avocado. Being unsure ended up being a good thing because the neighbor across the street is also painting his house and he has chosen shades of green. There are enough green houses in the historic district so I decided I will just use the avocado as a small accent color.

Hubby was the color expert in the family; I would suggest a color combination and he would make a water color of my ideas. That way I could see the end result even though he already had imagined it; I needed to visually see it on paper.

I am flying by the seat of my pants on this house so there is no telling what it will end up looking like. Luckily my painter has an art degree and even though he was not receptive to my water color idea at least he can visualize more clearly than I might be able to and make alternative suggestions. Of course, I could make the house all shades of beige from dark to lighter but I wanted to add a bit more color; after all, it is a Victorian bungalow, so why not do it up right.

I must say that I have had a ball researching Victorian Painted Lady colors again in between all my genealogy and health research. There is something so refreshing, to me, to look at Victorian, Colonial and Georgian house colors on the East and West coast of the USA.

I know we are in the Midwest and most of our big old houses were white but I think we need a bit of cheerfulness in house design. There is a beautiful Victorian bungalow in Tadoussac, Quebec, Canada, which is painted beige with a red roof and they used green and putty in their color scheme so I think I will go Canadian.

The neighborhood is a buzz with all kinds of outdoor activities. It almost seems loud after two years of quiet from pandemic isolation. Between the sounds of lawn mowers, tree trimming equipment and power washers I actually

closed my windows for a bit of peace. I am glad things are getting back to normal and there is more outside activity; it was pretty lonesome gardening the last two summers without the sounds of kids playing and all the usual noise of summer.

Many of my friends spent the last week removing leaves and debris from their gardens, just in time for the spring flowers to bloom and they we had two nights of frost. I decided to let my beds rest a bit longer even though the man who helps me with the grass and leaves thought I should remove everything. I had some beautiful spring flowers which seemed thankful for the extra coverage. I planted quite a lot of Lilly of the Valley last year but I think it must not like my yard because none it has grown. Some of the other ground cover rooted well and the Phlox has bloomed nicely. I do so enjoy spring blooming flowers but they seem to have a very short life. I also think the squirrels had a feast on all the new bulbs I planted; there is an entire small bed in which nothing survived. I almost wondered if I had forgotten to plant the bulbs but a quick look informed me that there were half eaten bulbs upturned in the ground. Oh well, the animals need food too.

The herb bed is showing life and I love the fragrance that is emitted by the new plants as I clean out the dead growth from last season. That job always makes me hungry so I try to pick a few pieces of new growth for a spring salad or my favorite cream cheese and herb sandwich. Yesterday I had a couple leaves of new growth tarragon, a nice cutting of chives and last year's

Memories and Musings

By Cheri Sims



dried sage on my sandwich. Yummy. I love the first cutting of chives and will be making chive Quiche and muffins this week. The recipe below is the original chive muffin recipe but I eliminate the dill and cayenne pepper and increase the chives to one cup. I also use the same recipe when I add grated cheddar cheese to the mixture, I just decrease the yogurt to one cup.

I also called prairie gardens in Champaign to see if they were able to order a flat of santolina this year for my small "S"

design in the herb garden. Santolina is the plant all the botanical gardens use for their clipped edging and Hubby loved that look so we have planted and maintained an "S" in our gardens for many years. I do love tradition in the garden.

Enjoy Spring!

Chive muffins

- 1 cup all-purpose flour
- 1 cup yellow cornmeal
- 1 tablespoon white sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- ½ teaspoon baking soda
- ½ teaspoon cayenne pepper

- ¼ cup chopped fresh chives
- ¼ cup chopped fresh dill
- 1 ½ cups plain yogurt
- 2 large eggs
- 3 tablespoons butter, melted

Preheat oven to 425 degrees F (220 degrees C). Grease 12 muffin cups.

Whisk flour, cornmeal, sugar, baking powder, salt, baking soda, and cayenne pepper together in a bowl. Stir in chives and dill.

Whisk yogurt, eggs, and melted butter together in a separate bowl; add to the dry ingredients and stir until just blended into a batter.

Pour 1/3 cup batter into each prepared muffin cup.

Bake in preheated oven until golden and a toothpick inserted into the center comes out clean, about 20 minutes. Cool in the pans for 10 minutes before removing. Serve warm. <https://www.allrecipes.com/recipe/222516/chive-and-dill-muffins/>.

Meteor shower peaks Sunday

Tomorrow brings a total solar eclipse to our planet Earth though we won't see it unless you have relatives to visit in northern Australia. We're on the wrong side of the Earth for this one, but you can watch a livestream broadcast tonight (www.timeanddate.com). Look under "Sun and Moon."

Saturday evening, a lovely Moon sits below Venus in the west just after sunset. Sunday night the Moon is above the planet. Look for the Earth-shine on the seemingly unlit side of the Moon.

Sunday morning is the peak of the Lyrid Meteor Shower. It's not the most potent show-

In the night sky

By David Leake



er of the year but bright fireballs have been seen plus the morning sky will be Moonless. You may see around 15 meteors in an hour. There are records of the Lyrid shower going all the way back to 687 BC! Why not take part by looking between 2 a.m. and 4:30 a.m. Sunday morning. It's the

weekend. Find a dark spot and just look up. No telescope is needed.

David Leake is retired Planetary Director of Staerkel Planetarium at Parkland College and co-founder of the Champaign-Urbana Astronomical Society, Inc.

Try this recipe for raisin pecan oatmeal cookies

Last week I printed several wonderful recipes from Marian Burris of Reno, Nev. Here is one more from Marian. This cookie recipe sounds like a winner!

Raisin Pecan Oatmeal Cookies

Submitted by Marian Burris

- 1 1/2 cups pecans
- 2 sticks butter, room temperature
- 1 cup dark brown sugar, lightly packed
- 1 cup granulated sugar
- 2 extra-large eggs, room temperature
- 1 tsp vanilla extract
- 1 1/2 cups all-purpose flour
- 1 tsp baking powder
- 1 tsp cinnamon
- 1 tsp kosher salt
- 3 cups old-fashioned oatmeal
- 1 1/2 cups raisins

Preheat oven to 350 degrees. Place pecans on a sheet pan and bake for 5 minutes, until crispy/ Set aside to cool. Chop very coarsely.

In a bowl of an electric mixer fitted with the paddle attachment, beat the butter, brown sugar, and granulated sugar together on medium-high speed, until light and fluffy. With the mixer on low, add eggs, one at a time, and then add vanilla.

Sift together the flour, baking powder, cinnamon and salt into a separate bowl. With the mixer on low speed, slowly add the dry ingredients to the butter mixture. Add the oats, raisins and pecans and

mix just until combined. Using a small ice-cream scoop or a tablespoon, drop dough 2 inches apart onto a cookie sheet. Bake for 14 minutes, until lightly browned. Transfer cookies to a wire rack and cool completely.

If you prefer to make bar cookies, try this recipe that comes from Jeannine Muchow of Altamont, Illinois. She says she doesn't remember where she got this recipe, but it is very good. If you love nuts and coconut, you will love these.

Nut Crunch Bars

Submitted by Jeannine Muchow

Let's Cook

By Linda Hoskins



- First Layer:**
- 1/2 cup Crisco
 - 1/2 cup brown sugar
 - 1 cup flour
- Second Layer:**
- 2 Tbsp flour
 - 1/2 tsp baking powder
 - 1/4 tsp salt
 - 2 eggs
 - 1 cup brown sugar
 - 1 tsp vanilla

- 1 cup shredded coconut
 - 1 cup chopped nuts
- Cream the Crisco, add 1/2 cup brown sugar. Mix well. Add 1 cup flour, mix until crumbly. Press evenly in a greased 7x11x1 1/2 pan. Bake at 350 degrees for 15 minutes.

While baking, prepare the

second layer: Mix 2 Tbsp flour, baking powder and salt. Set aside. In another bowl, beat eggs until light. Add 1 cup brown sugar gradually beating well. Add vanilla. Add flour mixture, mix well. Add coconut and nuts. Pour over the first layer as soon as it comes out of the oven. Bake for 30 minutes, Cut into bars until hot.

Makes 24 bars.

If you have a recipe to share, please send to letscook!@heraldpubs.com (don't forget that exclamation mark in there!) Or you can mail it to Mascoutah Herald, PO Box C, Mascoutah IL 62258. Thanks and Happy Cooking.

The time to fix the roof is when the sun is shining!

Once you fall behind with pain and inflammation in your body, your ability to control these problems yourself becomes extremely limited. Thankfully, you can always take positive steps to control pain and inflammation, even if you haven't been provided this information in the past by any medical professional.

Our healthcare system has been designed to be reactive not proactive. We have been conditioned to ignore symptoms of poor health until it is too late. Getting in front of pain and inflammation is a perfect example of this belief. It's only when you can't move anymore you seek help for it.

But what if you learned to take care of your pain and in-

flammation differently? What if you could keep yourself from getting crippled and you could live your daily life without waiting for the other shoe to drop? Don't you deserve to feel good all the time? I think you do!

So, learning to control your pain and inflammation consistently has been a passion of mine since I broke my neck when I was 15 years old. This was the reason I became a chiropractor. I continually work on my pain and inflammation daily. This helps me have better energy, feel better and really look forward to my future.

Here is the three different things you can do today to "fix your roof" of pain and inflammation now, so your future

health can be better. First, embrace new information on pain and inflammation allowing you to take control of your health. Become proactive, not reactive with your problems. Second, become aware of the root causes of the inflammation within you chemically. What foods, chemicals, social settings and environments

Real Life Wellness

By Dr. Bill Hemmer



cause you to have an increase in your overall inflammation. Lastly, identify the physical things you can do it keep your inflammation in check. Things like exercise and postural considerations are important here.

The easiest way to embrace new information is to keep an open mind and wander off

your normal path as you look for new information. I often look at different websites and articles just to see if someone has a new take on an old problem. Just don't take what is said as gospel (from me or anybody else) until you have seen it in multiple sites and references that make sense to you.

The most important way to control your pain and inflammation chemically is through your diet, the chemicals you are exposed to, and the environment you find yourself in daily. If you eat an anti-inflammatory diet, minimize the amounts of hazardous chemicals you expose yourself to and spend your days in a place you like and feel good about,

your chemical side of the pain and inflammation can be under control.

Finally, when you physically control your pain and inflammation by working on your posture and performing simple exercises every day. This is why I wake up early and perform my daily exercise and stretching. If I don't, my pain and inflammation increase dramatically, and I have more problems with my daily activities.

If you don't control your pain and inflammation, it will control you. Use these three tips to stop that from happening.