



Lasting Image

The days are getting shorter and the kids are back in school—which means that fall is upon us! It's time to wrap up the gardening and settle into the routine of our favourite tv shows, hobby groups, and of course—our cross stitch projects!!!

We hope you all had a great summer and got the R&R you deserve! We have some tips and recipes, and special offers this month, so read on and enjoy!

NEW!!!

We have recently received a new order in from Hoffman's—which means we have a bunch of new patterns in stock!! Come and check out Sue Hillis' "Boos Brothers" and "Sock Hop" or Imaginat-ing's new Halloween designs! Crystal Winter from Keslyn's or Stoney Creek's "Landmarks". Stoney Creek released a couple of new Christmas books, we've received our latest Victoria Sam-pler order (White Christmas, Gingerbread sampler, and the new Stumpwork butterfly pattern among others) and much more!!

Wichelt 14 count aida tropical colours! Perfect for that extra colourful project, or for Halloween stitching! Come and check out the **Tropical Green**, **Tropical Orange** and **Tropical Yellow** They are beautiful colours and would be so much fun to stitch on!!

We also ordered in a few more colours of Crescent Silks for people to check out. They are such beautiful colours, and they are so luxurious to the touch!!! You just HAVE to come and fondle them!!

Framer's Choice!!

We'd like to introduce a new offer at Lasting Image! Over the years we have accumulated a large amount of small mat pieces and short frame pieces. We'd like to be able to use up some of these materials so we're offering our customers a sweet deal!

If you have any small pieces (aprox 7X9 or smaller) of cross stitch or art that you would like framed, bring them in and say "**Framer's Choice!**". Leave them in our capable hands to pick out a beautiful framing combination and frame it at a steal of a deal!!! (\$35.00—\$48.00 range—a great price for XS framing) It's a great way to get those little projects that are lay-ing around framed so you can enjoy them!!



5 MINUTE CHOCOLATE MUG CAKE

A pinch of salt
4 tablespoons cake flour
4 tablespoons sugar
A pinch of salt
2 tablespoons baking cocoa
1 egg
3 tablespoons milk
3 tablespoons oil
3 tablespoons chocolate chips(optional)
small splash of vanilla
1 coffee mug

Add dry ingredients to mug, and mix well. Add the egg and mix thoroughly. Pour in the milk and oil and mix well. Add the chocolate chips (if using) and vanilla, and mix again.

Put your mug in A 1000 WATT microwave and cook for 3 minutes. The cake will rise over the top of the mug, but don't be alarmed!

Allow to cool a little, and tip out onto a plate if desired. EAT! (this can serve 2 if you want to feel slightly more virtuous).

And why is this the most dangerous cake recipe in the world? Because now we are all only 5 minutes away from chocolate cake at any time of the day or night!

Have a recipe you'd like to share?? Send it to us!!

Check out this web page—there are some amazing pin-cushions there made in all sorts of ways! It goes to show that when people use their imaginations they can create the most amazing things!

[Pincushions](#)

Les Marottes de Nathalie

[Adorable cows!!!](#)

In the spirit of Halloween, Check out this free chart site! This amazing woman has made more cows in more designs than you can shake your needle at!!! There is something for everyone—even cows in costumes!! and they are cute as can be!



TIPS

For many people fall means we're back to our schedules and things like kid's sports, work, etc—but it's important for you to make time to relax and do something you enjoy - like stitching!!! Here are few hints to help you keep on track:

Organize your materials—it's frustrating when you only have a short time to spend stitching and you end up having to look all around every where for your supplies! If you are organized before you start a new project it will be easier to just pick it up and work on it.

If you don't have a special stitching spot—make one! It might be a cozy corner of your couch or your recliner chair. Maybe you have a stitching or craft room. Make it your special space and keep your supplies close to hand.

Don't feel guilty if you take a few minutes during your day to stitch. Thread up a needle and stitch the needle's worth and then you can get back to your chores. A quick break will make you feel better and keep you energized!

Keep your cordless phone by your chair—that way if it rings you can just pick it up instead of trying to get out from underneath your stitching and running around like a chicken with it's head cut off!!

SPECIAL ORDERS

Saw it online? Saw it in a catalogue? Your friend borrowed it and never returned it?

Let us help you find it! All you have to do is ask!!

Need help with stitches you've never heard of before??!! Drop in and Sandra or Marlene will be happy to help you figure that stitch out!



FOR YOUR INFORMATION!

Jen at Dragon Dreams has decided to pursue other interests. She will no longer be designing patterns on a regular basis, but only for occasional magazine publications. She has made this decision due in part to problems over the last few years with copyright infringement.

Sugar Maple Fabrics has closed its doors as well. We have on a small selection of their fabrics in stock, so come in and take a look before they are all gone!!



FRAME OF THE MONTH

Skeleton Crew stitched by Jennifer in Alexandria, Virginia! This is a gorgeous pattern, and we were lucky enough to be able to frame it for Jennifer!
Thanks Jennifer!

Wheat City Needle Arts Guild

We meet every 2nd and 4th Monday of the month.
Come and join us for some stitching fun!!

You don't need to be an expert stitcher to join—we have stitchers of all levels, and you will make new friends, share your love of stitching and learn some new things!
We meet next on **Monday, Oct 27 at Riverheights Terrace!**



NOTES OF INTEREST

- We are open 9-5 every week day, and from 10—5 on Saturdays.
- We have ordered in some Crescent Silk colours so that people can see what they are like. We can special order these threads on demand, so they are easy to get!