

All about quilts

They may appear to be recession hobbies but quilts are in fact big business and personal treasures at all times by PATTI DESJARDINS

Quilts are warm and comforting when temperatures dip and economies dive. Country-style furnishings – especially quilts – are fashionable this autumn according to the home decor media. People often reassess their priorities during times of financial uncertainty, and as a result, embrace leisure activities such as crafts because they provide gratification like little else.

In truth though, the appeal of quilts has never diminished. These vestiges of our pioneer past have changed over time and with new technology, yet stayed distinctly rustic. As a hobby, quilting is a big business but quilts themselves have remained personal items.

A quilt is a bed covering of batting sandwiched between two layers of fabric. The top layer has pieces arranged in patterns with bucolic names like Log Cabin, Bear's Paw, Churn Dash, Straight Furrows, Flying Geese, and Harvest Sun. The bottom is plainer cloth and the two



> Tellingly many people can no longer evaluate the quality of a quilt or even differentiate handmade stitches and ones produced by a machine. In general, patchwork pieces should be aligned and without puckering, no thread knots should show, and stitches should be uniform. Experienced quilters sew between six and eight stitches per inch and a fine quilt could have 50,000 stitches.

are joined by "quilting" on a frame.

Quilts are products of their time. Early quilts of Upper Canada were made of loose wool covered by handmade cloth;

crazy quilts of velvet and silk were popular during the 1880s; bright prints followed the introduction of colourfast dyes; bleached, sugar bags were used in the Depression; barkcloth was a fad in the 1950s; and garish, geometric patterns characterize the 1960s.

Pioneer women made quilts to keep people warm but they also expressed their creativity in patterns and colours, showcased their sewing skills, cultivated friendships, and brightened their plain farmhouses. Most quilts were made from fabric scraps: unworn areas of clothing such as shirttails and skirt hems. Quilt patterns utilized small pieces because a well-worn garment yielded more salvageable two-inch pieces than twelve inch ones. Today most quilts are made from new, matching fabric pieces, not old scraps.

Rising prosperity in the twentieth century, widespread use of central heat-



> Rising prosperity in the twentieth century, widespread use of central heating, and women's broad participation in the labour force could have lead to the decline of quilting, but did not.

"Authere" Sept - Oct 2009

ing, and women's broad participation in the labour force could have lead to the decline of quilting, but did not. Quilts changed from items of thrift and necessity to products of leisure activity and affluence. Many quilt historians credit a quilt show at the Whitney Museum of American Art in 1971 as a pivotal point when the perception of quilts changed from utilitarian craft to art form. Also, some activists in concurrent forces of social change, specifically the Women's Movement and back-to-the-land trend, championed the labour, skill, and artistry involved in quilts.

In the 1980s technological advances changed the construction of quilts. Long-arm quilting machines, tilttable tables, rotary cutters, mats, and rulers enabled quilters to produce bed coverings in a time-honoured tradition with time-saving equipment. Not long ago, the Internet opened up networks of goods,

services, and information.

As quilting blossomed as a leisure activity, similar to golf or fishing, it generated spinoffs. There are bed and breakfast lodgings that cater to quilters, annual quilt shows that attract thousands of visitors, numerous web-sites, and regional quilt guilds. Novels such as Jennifer Chiaverini's *The Elm Creek Quilt* series are set in the world of quilting, and murder mysteries such as those penned by Jill Paton Walsh have the solution hidden in intricate quilt patterns.

Our grandmothers and great grandmothers undoubtedly never expected their quilts to become family heirlooms or collectibles. They intended them to cover familial beds for years, then the hired man's cot, and finally garden plants under threat of early frost. They could not know that their gay patchwork would stitch us to a rural past.

The Minnie Williams Quilt 1917.

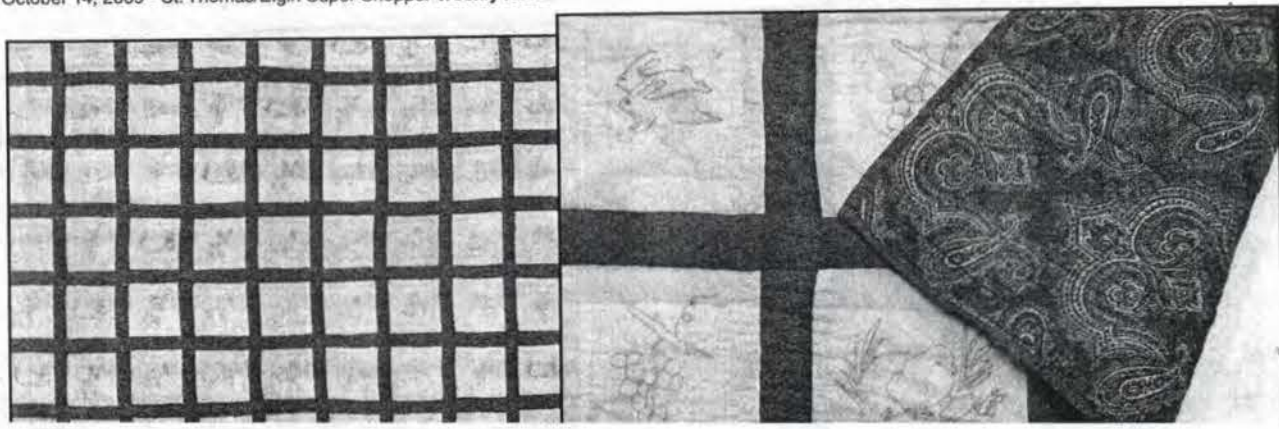


ST THOMAS CENTRAL United Church Quilt 1919.

The West Lorne Methodist Church Quilt 1890.

October 14, 2009 - St. Thomas/Elgin Super Shopper Weekly News

www.stthomassupershopper.com



The Minnie Williams Quilt, 1917

Minnie Williams was the teacher at SS#5 (Malahide) Dunboyne, who received this quilt from her class as a present on the occasion of her leaving to get married in 1917. She had been teaching over 40 students in the small confines of the rural one-room school house which continued to be use until 1964. "Signature Quilts: Community Patterns" is an Elgin County Museum exhibition that showcases unique quilts from the 1890s to the 1960s that runs until February 28, 2010.

Delivered to over 30,000 addresses - WEEKLY

www.stthomassupershopper.com

St. Thomas/Elgin Super Shopper Weekly News - October 28, 2009

The West Lorne Methodist Church Quilt, 1890

Amasa Woods, a wealthy merchant who assisted many congregations in the County and built the first hospital in St. Thomas, had donated a new bell to the Wesleyan Methodist Church in West Lorne. This quilt was created in 1890 in order to raise funds for the building of a bell tower to house it. Note that the names are inked, not stitched. The quilt is part of "Signature Quilts: Community Patterns", an exhibition at the Elgin County Museum that showcases unique quilts from the 1890s to the 1960s made up of hundreds of signatures. The show runs until February 28, 2010 at the Elgin County Museum, 450 Sunset Drive in St. Thomas. For more info, call 519-631-1460, ext. 160.





please join us September 20, 2009
at 2 pm for the opening of

Signature Quilts: Community Patterns

Over 20 colourful quilts each containing hundreds of names embroidered and hand-lettered by church and other community groups to raise funds. These quilts originate from communities all over Elgin County and cover a period stretching from the 1890s to the 1960s.

exhibition closes February 28, 2010

Dutton Methodist Church Quilt 1890 (detail)

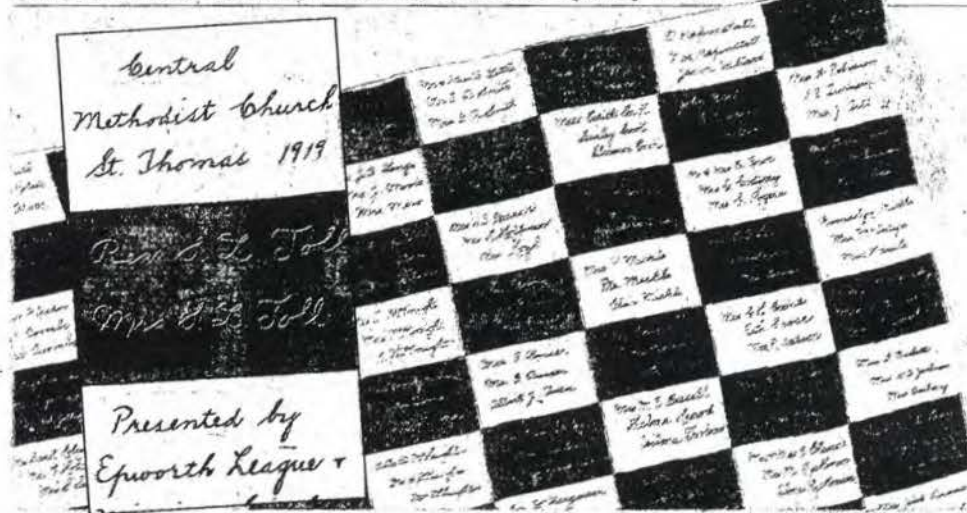


Elgin County Museum

Elgin County Administration Building, 4th Floor
450 Sunset Drive (Hwy 4), St. Thomas, Ontario

Tuesday to Saturday, 10 am to 4 pm • Gift Shop • Admission by donation
519.631.1460 ext. 160 • www.elgin-county.on.ca

St. Thomas Central United Church Quilt, 1919



This quilt was presented to Rev. S.L. Toll upon his departure in 1919 from the Methodist Episcopal Church, now known as St. Thomas Central United Church. The congregation was originally composed mainly of railway workers, many of whom worked for the Canada Southern Railway, and of shopkeepers who had come to town following the railway boom. "Signature Quilts: Community Patterns" is an exhibition at the Elgin County Museum that showcases unique quilts from the 1890s to the 1960s each made up of hundreds of signatures. The show runs until February 28, 2010 at the Elgin County Museum, 450 Sunset Drive in St. Thomas. For more information, call 519-631-1460 x160.

Weekly News Oct 21st 2009



Wallacetown Unite Church Ladies
group 'B' Signature Quilt Circa
1929-1931.



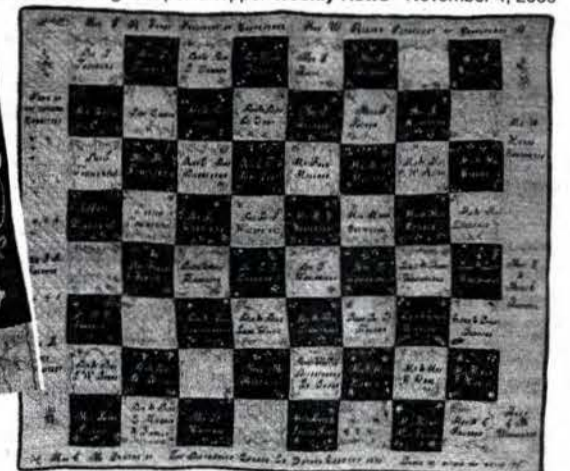
Delivered to over 30,000 addresses - WEEKLY

www.stthomassupershopper.com

St. Thomas/Elgin Super Shopper Weekly News - November 4, 2009

Dutton Methodist Church Quilt, 1890

When the Methodist Church in Dutton burned down in 1890, the congregation immediately started a rebuilding campaign. This quilt was made by the Ladies Aid to help fund the new church, which still stands at the corner of Mary and Nancy Streets in Dutton. It is remarkable for recording the names of the architect, contractor and building committee in its colourful design. "Signature Quilts: Community Patterns" is an exhibition at the Elgin County Museum that showcases unique quilts from the 1890s to the 1960s made up of hundreds of signatures from people in Elgin County. It runs until February 28, 2010 at the Elgin County Museum, 450 Sunset Drive in St. Thomas. For more information, call 519-631-1460, ext. 160.



Message from the EFA

Welcome to the 2010 Elgin Car-a-van Tour. The Elgin Federation of Agriculture is pleased to offer you the opportunity to explore the Agri-food industry in West Elgin County. This tour provides lots of new things to see and learn for families and friends of all ages. All you need is a car, your tour map and an open mind to truly enjoy the day.

We wish to thank the farm families and agri-business hosts for opening their gates and sharing their knowledge.

After the tour's completion, we hope you have a greater appreciation for the skills and dedication of today's farmers. Since agriculture producers are less than 2% of the population, we need your support to be able to continue to provide high quality abundant food using environmentally sound practices.

Enter the draw

"Basket of Elgin Produce"

\$100 value



Ballots will be available at Great Lakes Farm Equipment & Erie Gardens.

Drop box at the Great Lakes Farm Equipment. Draw time: 3 pm.

Things to Remember

- Keep in mind the safety of the animals. Avoid any sudden noises or movements and please ask for permission from the farmer before physically interacting with the animals.
- Stay within the area of the site that has been designated for the tour. You will experience pleasure at some sensations and possibly irritation at others.
- Plan ahead. Please review the map and site descriptions. You can start at any site. Watch for signs along the route for additional directions.
- Dress for comfort. Good walking shoes and a hat are recommended because most of the activities will be outside.
- Ask questions! The farmers and volunteers will be happy to try and answer any question you have about the sites

Enjoy the Tour

The Car-a-van Tour is presented by:

Elgin Federation of Agriculture
450 Sunset Road, Suite 228
St. Thomas, On N5R 5V1
Telephone 519-633-0114
Hours: Tues, Thurs, 10 am to 2 pm
Website: www.elginfarmers.ca

&

Elgin County District
Women's Institute
Faye Thorne, President,
Port Stanley, ON

2010 Elgin Federation of Agriculture Car-a-van Tour

Sunday, October 3, 2010, 10 am to 3 pm



This self-guided tour allows you to pick and choose which farms you would like to visit. Signs will help guide you along the route.

Great Lakes New Holland Farm Equipment

Great Lakes New Holland, the largest New Holland dealer in Eastern Canada opened the Talbotville outlet in 2006. Since beginning near Mitchell in 1977, the business has grown to include stores near St. Mary's (1985), Tavistock (2007) and is still family owned. Located beside the Cargill grain elevators on Talbot Line, this location carries a full line of New Holland Agriculture—tractors, hay equipment, combines, pull type and self propelled forage products.

McCallum Farms

The McCallum Brothers, David and Paul grow corn, beans and wheat and use these bins for drying and storage. The original bins were built in 1992 and held about 60,000 bushels of grain. After several updates, the capacity now is 275,000 bushels. Stop in to find out how the grain is dried and what it is used for.

Aberlin Dairy Goat Farm

Lambert and Linda Dekort established Aberlin Dairy Goat Farm in May of 2000 when 50 bred does were purchased as an addition to the cow milking herd of 35. Following a fire in January 2003 which destroyed the cow dairy barn, the farm rebuilt, expanding the dairy goat herd to 150. Today the herd sits at 250 – 300 milking goats, and 150 dry and young stock. Milking takes place in an 18 stall parlour, which will soon be doubled. The Ontario Dairy Goat Co-op picks up the milk which is distributed to Woolwich Dairy to make cheese and other products. Kidding season is usually twice per year with spring being the busiest, and fall kidding will start in September.

Erie Gardens

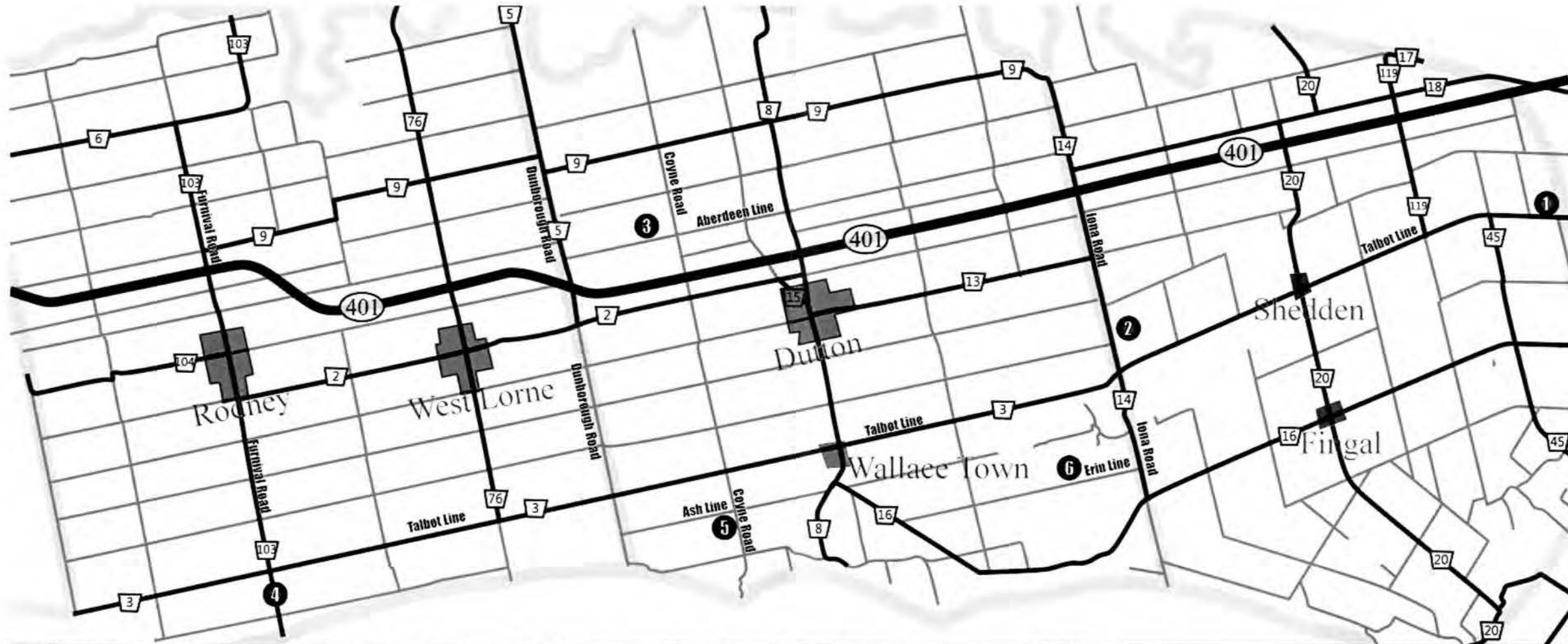
Peter and Mary Jocius started the garden centre in 1982 and grow a variety of annuals and perennials as well as rare, hard to find trees and shrubs. The garden mums, kale and other fall plants and planters fixings will be ready for you when you stop. You might even be able to purchase some sweet chestnuts.

Lavender Sense

Lavender Sense is a premier grower and supplier of exquisite lavender products. The lavender fields and beautiful century old farmstead are nestled beside 25 acres of Carolinian forest. Come enjoy a stroll in the fields, browse the boutique, take a Carolinian forest walk or stay at the retreat. Seasonal pick-your-own lavender is available. The proprietors, Pamela & Jesper Andersen are ready to welcome you between 10 am & 5 pm. Situated just west of Wallacetown, south of hwy 3 off Coyne Road. www.lavendersense.com

Van Brenk's Fruit Farms Inc.

Rien and Helen Van Brenk established the fruit farm and nursery in 1973. As a result of years of dedication and hard work the farm has grown to a 130 acre commercial family operated orchard. The next generation is involved, with son Brian as owner and manager of the farm, while daughter Katrina, handles the book keeping and human resources department. Together they are dedicated to continuing their family tradition of producing quality fruit trees, apples, pears, plum and sweet cherries. Come visit the red house to pick up farm fresh fruit or pick your own.

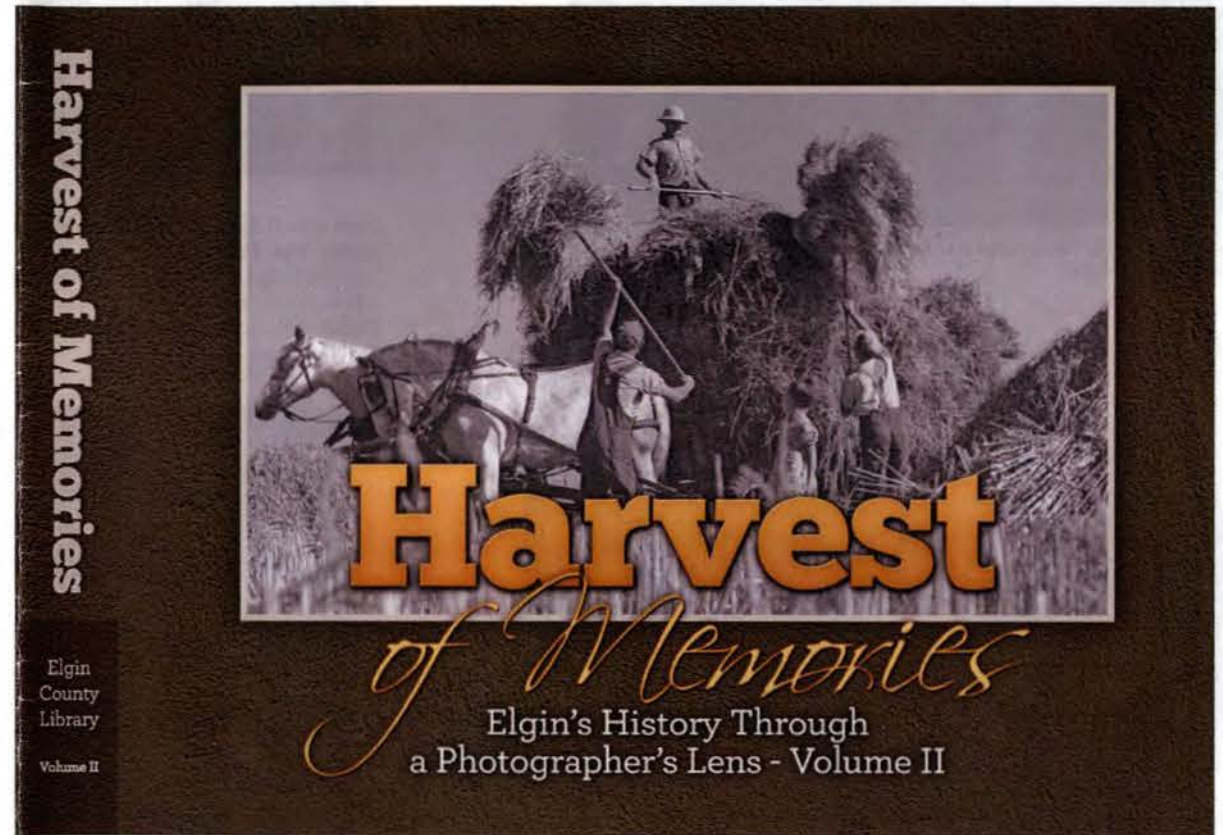


<p>1: Great Lakes New Holland Farm Equipment 39019 Talbot Line Paynes Mills Southwold</p>	<p>2: McCallum Brothers 9893 Iona Road Iona Station Southwold</p>	<p>3: Aberlin Dairy Goat Farm 27289 Aberdeen line Dutton / Dunwich</p>	<p>4: Erie Gardens 8966 Furnival Road New Glasgow, West Elgin</p>	<p>5: Lavender Sense 28011 Ash Line Wallace Town Dutton / Dunwich</p>	<p>6: VanBrenk's Fruit Farms & Nursery Ltd. 31760 Erin Line Fingal Dutton / Dunwich</p>
---	---	--	---	---	---



The eight-horse hitch of heavy horses owned by Ontario Premier Mitchell Hepburn leads the opening parade at the 1940 IPM

Sitting in the wagon are Jack Sanders, Bill Tapsell and Jim McKinley. The match was held on the grounds of the St. Thomas Psychiatric Hospital, then in use as an RCAF training facility, and the surrounding farms.





James Fuller with his car, the second automobile to come to West Lorne, c. 1910



High school competitors, International Plowing Match, Springfield, 1960

Two students were chosen from West Elgin High School to take part in the International Plowing Match at Springfield: Gerald Brown, 19, of R.R. 1, Dutton, left, competing in his third IPM and Don Jewell, 18, also of R.R. 1, Dutton.



Pere Marquette Station, Shedden, ca. 1923

The Pere Marquette was taken over by the Chesapeake and Ohio Railway in 1948. A sign board promoting the Western Fair in London can be seen behind the pole.



Richmond brass band, 1893

Jim ____, Allan Andrews, Bert Green, Lorne Laing, Will Procnier, Will Philmore, Charles Walsh, George Walsh, John Johnson, Jim Johnson, Will Firby, Joe Pearson, Lew Benner, Hiram Morse, Peter Mitts



Massey-Harris combine, Simons Brothers farm, Sunset Drive near Fruit Ridge Road, c. 1946

This was thought to have been the first combine ever used in Elgin County.



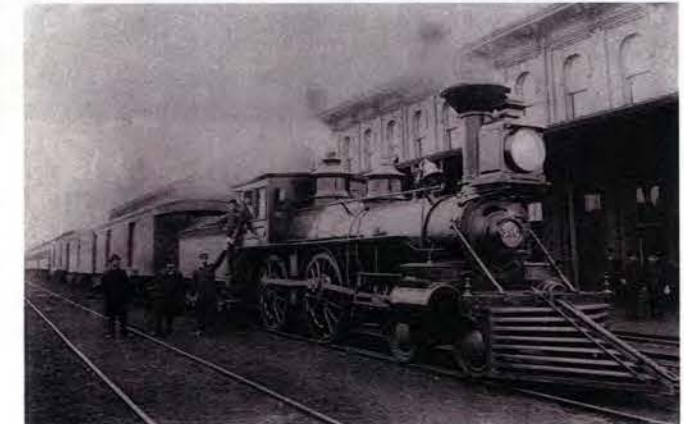
Swiss Cottage, 369 Talbot Street West, c. 1897

The house, which still stands, was built in 1884 by Enos Scott, the owner of a pork packing plant.



Chambers furniture store, Springfield

Left to right: Herbert McTaggart, George Muller, Mr. and Mrs. H. Chambers and sons Gordon and Willie.



Michigan Central Railway Engine No. 380, an early tall-stack wood-burner of the 1880s, next to what is now the CASO station

A conductor is handing up the "orders" to the engineer, detailing the route and destination of his run.

Lavender fields forever

Aug 20th 2010

Pamela and Jesper Andersen abandoned a corporate lifestyle to create a pastoral lavender farm and retreat on a 50-acre property in southwestern Ontario

By Ellen Ashton-Haiste

Not long ago, Pamela Andersen came across an eight-year-old personal journal and discovered a long-forgotten entry. Sometime in 2002, then immersed in the fast lane of the corporate world, a leadership coach and trainer married to a senior business consultant, she had written: "I would like us to open a lavender farm."

In a serendipitous turn of events, that's exactly what Pamela and her husband, Jesper, both in their mid-50s, have done, launching Lavender Sense a year ago in the southwestern Ontario hamlet of Wallacetown, just north of Lake Erie in Elgin County.

When they decided to relocate to the London area from Montreal a few years ago to be closer to Pamela's parents, growing

lavender wasn't on the radar. But their interest in the plant and its products goes back some 20 years. So when they fell in love with a century farmhouse on 50 acres, half of that Carolinian forest, it seemed like a match made in heaven.

From hatching the idea late in 2008, things happened quickly. By spring they were planting 4,000 mature plants — Provence and Grosso, the two most widely grown varieties in Provence, France which, coincidentally, is on the same longitude as southern Ontario although the European climate is more temperate due to its proximity to the Mediterranean. That summer, they harvested their first crop and welcomed about 1,000 pick-your-own customers.

In July, they also opened a bed-and-breakfast, now two rooms with a third on the way and busy enough that reservations are recommended. Their dream is to offer more than just a lavender farm. They want to create a destination, a retreat, a sanctuary.

"We want this to be a place people are drawn to," Pamela says.

She notes that a common comment by visitors is how peaceful the place is. "There is a shift in how they're feeling. That's neat to hear."

An important future feature will be a non-denominational chapel, adjacent to their first lavender fields, slated to be completed by 2012, to be used for anything from weddings to concerts to art exhibits and even culinary tastings. "It's up to whoever comes, whatever they want."

They've also created a year-round outdoor art gallery in a forested clearing, featuring the work of eco-artist Rick Sommer. Sommer's folk art is made completely from recycled materials. The Andersens are also scouting for other local artists to include in their outdoor gallery and adjacent barn.

And, there are trails through the Carolinian forest — a 15-minute walk and a two-hour hike at present with more to come. There, says Jesper, hikers will see abundant wildlife, including deer, wild turkeys, many birds of prey and even some bald eagles.

But lavender will always be the anchor. "It's truly a gift from nature," Jesper says, touting its many benefits.

Known for its uses in aromatherapy, particularly for calming and relaxation, the plant also has medicinal and therapeutic benefits.

A member of the mint family, it traces its history back some 2,500 years to the Mediterranean region, Middle East and India. The name "lavender" comes from the Latin *lavare*, meaning "to wash." The Romans used it in their baths and clothes. Because of its antiseptic properties, it was used in World War I to disinfect floors and walls.

Lavender oil, distilled primarily from the flowers, is used as a disinfectant, an antiseptic, and anti-inflammatory. Applied to the temples, it's said to soothe headaches, including migraines, and motion sickness. An infusion of lavender is claimed to



Pamela and Jesper Andersen launched their specialty farm, Lavender Sense, in Elgin County last year. (Ellen Ashton-Haiste photo)

soothe and heal insect bites, sunburn, cuts burns and even acne.

The oils are also used for internal conditions, including indigestion and heartburn.

Eventually, the Andersens hope to offer an interpretation centre that will show visitor how lavender is collected, dried and distilled into oil. They will also offer their own oil when their plants are more mature. They currently offer honey and other products derived from the parent plants of their own crop.

"We're excited about this," Pamela says of their endeavours. "We were led to do this."

For more info visit lavendersense.com.



A tool of the trade is pictured at the Lavender Sense farm Ontario's Elgin County. (Ellen Ashton-Haiste photo)

West Elgin

Chronicle

www.thechronicle-online.com

Serving the communities of
West Elgin, Dutton-Dunwich,
Southwold, Newbury, Wardsville,
Muirkirk, Duart, Clachan
and surrounding area

Thursday, August 4, 20
2011

It's in you to give



Jesse Cnockaert The Ch

On July 29, Kathryn Minnema of Dutton/Dunwich rolled up her sleeve at a Blood Donor Clinic that was set up in the Dutton Community Centre. Minnema isn't sure how many times she's donated in her life, but she said that it's been over 25 times. Beside Minnema is RPN S.J. Hutchins of London.

Barn quilt goes up in Elgin County

Jesse Cnockaert
The Chronicle

It looks like barn quilts as a tourist attraction is catching on in Elgin County.

The first barn quilt in Elgin County, an 8x8 foot painted mural, was erected August 26 near Lavender Sense, a lavender farm on Ash Line, Wallace town.

"Let's see how it can build some traffic," said Jesper Andersen, Lavender Sense owner. "Tourism is a relatively easy thing to do."

A barn quilt mural is made of two sheets of high-grade plywood which has an individual quilt block pattern transferred to the plywood and painted with specifically chosen outdoor paint and sealed to withstand the weather. Twenty-five barn quilts have already been erected in the town of Wardsville and in the municipality of southwest middlesex. Those barn quilts were each given a pattern inspired by the lifestyle of George Ward, the founder of Wardsville, and they were made to celebrate the 200th anniversary of the founding of Wardsville. The murals, being on display on the side of the road, are intended to draw tourists who will drive across the region visiting each mural.

Local artist Rick Sommer, who runs the Made on Earth art gallery on Longwoods Road, was a consultant on the Wardsville barn quilts. Jesper Andersen said he met Sommer when he visited Lavender Sense, and they got to talking about making another barn quilt.

"About six weeks ago, we decided to pick a pattern that would reflect the colours of lavender," said Andersen. "The sign means 'Welcome with open arms'."

Andersen says he hopes that many more barn quilts will appear in Dumfriesshire and Elgin County in the future, so as to drive up tourist traffic while embellishing the countryside.



"Welcome with open arms"

Jesse Cnockaert The Chronicle

An 8x8 foot mural, known as a barn quilt because of the pattern, was erected at Lavender Sense on Ash Line. Jesper Andersen, owner of Lavender Sense, hopes that others will put up their own barn quilts and that these will become a tourist draw. Andersen's barn quilt is decorated with a pattern that means 'Welcome with open arms'.



Talks at the Elgin County Museum

AN EVENING WITH CLARK MCDUGALL

Catherine Elliot Shaw, curator of the McIntosh Gallery at The University of Western Ontario and guest curator at the Elgin County Museum, will lead a walking tour of the new exhibition *Clark McDougall: A Life on the Land*. This exhibition focuses on the late artist's interest in the landscape and farms of Elgin County and includes paintings from both public and private collections in the area. It also includes archival material (slides, sketches, drawings and sketchbooks) from the Clark McDougall Archives donated several years ago to the McIntosh Gallery by the family.

When: Wednesday, September 29, 2010 at 7:30 pm OR
Wednesday, October 27, 2010 at 7:30 pm

BARNs: OUR DISAPPEARING HERITAGE

Dr. John C. Carter will present a slide presentation showing examples of barns he has photographed during his travels, and will talk about how barns were created, how they disappear, and investigate different types of barns, outbuildings, and their uses. Dr. Carter has had an interest in barns since childhood and has had many opportunities to see barns raised. As an historian, he has been able to document barns throughout Ontario for more than 20 years. Please bring any photos, diary accounts, or personal recollections about barns that you wish to share.

When: Wednesday, November 3, 2010 at 2 pm

- All are welcome. Free admission.
- Talks and tours take place at the Elgin County Museum, 450 Sunset Drive, 4th floor, St. Thomas
- For more information, phone 519-631-1460, ext. 160



Extreme Makeover

Andrew Hibbert

West Lorne: It has been called an extreme makeover by those involved and probably would merit being on one of those TV reality shows. The concept though was sound, to create a unique cultural hub for the region of West Elgin centred in West Lorne with the goal of enhancing rural economic development in the region through cultural heritage tourism.

The reality was a little more complicated and has been three years in the making. Take a former Bank of Montreal building, built in 1914, to be a meeting centre and photographic display area for the project. Add an 1883 timber frame barn, donated by Mary Gillett of Dutton, to the bank building to become a state-of-the-art "kitchen" where you can



The new Kitchen area of the Arts & Cookery Bank in West Lorne.

learn to "cook up" great ideas and fabulous food. The original timber frames and barn wood are wonderfully paired with the twenty-first century cookery.

Add to that the original Stable, now a digital photo lab and interactive photo classroom with classes starting in the fall of 2010. Blend the two together architecturally with a classical entrance and make it all work seamlessly with local help and a lot of donated funds.

They say, "it takes a village to raise a child", but in West Lorne it has taken the whole West Elgin region to raise the Arts & Cookery Bank. The exciting new facility has been pulled together through the efforts of more than 100 local volunteers and dozens of local tradesmen.

Delivered to over 30,000 addresses - WEEKLY

Oct 20th 2010

www.theweeklynews.ca



Food and laughter

John Mairleitner, chef and owner of Tall Tales Café in Wallacetown, shows Pamela Andersen, Pam Page and Debra Bagshaw some cooking tips for a perfect harvest feast.

His class was the first of a new interactive cooking series called 'Nine Wednesdays' at the Arts & Cookery Bank in West Lorne.

(Photo supplied)

March 2011

BATTLE HYMN OF AGING

(TUNE: " BATTLE HYMN OF THE REPUBLIC")

WE REACH THE AGE OF FIFTY-FIVE,
OUR SILVER YEARS ARE HERE,
THEY TELL US THAT THE AGE BEGINS
A HAPPY NEW CAREER,
FOR NOW OUR GOVERNMENT BECOMES
OUR PERMANENT CASHIER
AS WE GO BRAVELY ON.

CHORUS:

GLORY, GLORY HALLELUJAE,
GLORY, GLORY HALLELUJAH,
GLORY, GLORY HALLELUJAH,
AS WE GO BRAVELY ON.

OUR SOCIAL SECURITY
FROM OTTAWA IS SENT,
WE BUY A LITTLE BIT OF FOOD AND
MAYBE PAY THE RENT,
AND AFTER THAT WE'RE STONY BROKE
AND LEFT WITHOUT A CENT
BUT WE GO BRAVELY ON. (CHORUS)

WE DON'T KNOW HOW TO MAKE IT
AS WE LIVE FROM DAY TO DAY,
WITH INCOME FIXED, AND PRICES UP,
THERE IS ALWAYS MORE TO PAY.
SO MINDING OUR ARTHRITIS,
LET'S GET ON OUR KNEES AND PRAY
THAT WE'LL GO BRAVELY ON. (CHORUS)

AND FIRST OF ALL, LET'S THANK THE LORD
THAT WE ARE STILL ALIVE,
THE DREAMS WE HAVE MAY STILL COME TRUE,
WHEN WE ARE NINETY-FIVE,
SO PLEASE, DEAR LORD, GIVE US THE
STRENGTH OUR TROUBLES TO SURVIVE