

Thursday, February 26, 2009

Have a Pillowcase? Make a Skirt out of it

I saw this project in an old magazine that I picked up at a tag sale. The magazine was dated 1910 and the title is illegible. But, I thought it was such a wonderful project I wanted to share it here at TU.

If you have a few pillow cases that don't seem to find their mates or if you just want to start with a discount store or thrift store find you can do that as well. Here's what you need to do.

Start with a pair of scissors and cut a strip just below the seam of the pillow case. Be sure and line the pillow case up with its self so you get the cut just right.

Next you want to hold the pillow case up and see how it looks and if it is light material consider lining it with a smaller piece of material. You can even try the pillow case on and see if it is going to fit around your waist.

Turn the pillow case inside out and iron the raw edge down so that it will fold and stay folded down on its own. Next place push pins through the entire length of the seam. This will make it easier for you to hem closed. I placed a length of twine rope under the seams raw edge to give my skirt a bit of give and a decorative touch to the pillow case.

Next you want to sew the hem down as you remove the push pins. And you're done. Put the skirt on and go out on the town.

You can put any sort of twist onto this project. You can make shorts or pants or even a shorter skirt. The possibilities are endless really.

For a similar version of this project try these links below:

[Version 1](#)

[Version 2](#)

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Posted by Shelly Hardage-Wilkerson in [~Projects~](#) at 10:27

Tuesday, February 24, 2009

It's Fat Tuesday, meaning Mardi Graaaaaaas is Here

So today marks the 172nd year where Mardi Gras has been celebrated and don't bother calling any businesses that are located in Louisiana, because this is their holiday and are closed. School, banks and any other business wanting to celebrate the holiday, shut their doors today. This means you can eat and drink all you want all day today and get "fat". Literally. Drink, sing and be merry. The celebration started on January 6th and the parade on Fat Tuesday marks the end of the celebration.

The celebration of Mardi Gras-Mardi meaning Tuesday and Gras meaning Fat, Gives everyone the excuse to party hardy. Today is a great day to cook some of the most wonderful dishes that Mardi Gras brings to the table or in this case, your own table.

Make a King Cake today and don't forget the little babies and the purple (meaning justice); green (meaning faith); gold (meaning power), sprinkles on the top.

The little babies signify a new birth. If you get the baby in your piece of cake, you will be blessed with child soon.

"Throw me somethin'! Mister! Even if it's a Moon Pie!"

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Posted by Shelly Hardage-Wilkerson in ~Holidays~ at 11:07

Monday, February 23, 2009

Essential Oils are a must in our House

I have a wide variety of essential oils and I use them almost everyday. From booboos on Skylar's knees and elbows to coughs and paper cuts. You can even use essential oils to make a healthier room spray instead of the synthetic ones sold on the market. Here are a few things you can use essential oils for.

- Lavender (*Lavandula officinalis*): Can be used to sooth, calm and relax your mind. Place lavender oil on your pillow at night for a more peaceful sleep.
- German chamomile (*Matricaria recutita*): Can be used to sooth, calm and help balance your racing mind. Place a few drops of the oil in a hot mug of water with a few drops of lemon juice and drink before bed or before a big event.
- Geranium (*Pelargonium graveolens*): Can be used to balance, uplift and help refresh you. Place geranium oil in your favorite unscented lotion and use when your mood gets down.
- Ylang Ylang (*Cananga odorata*): Can be sued to sooth, erotic and even euphoric. Place ylang ylang in with your shampoo or your conditioner and when you apply it to your scalp it can help sooth and relax you before the day ahead.
- Atlas Cedarwood (*Cedrus atlantica*): Can be used for fortifying, helping to calm the mind and to help open up your mind as well. Place the oil in with your bath salts and apply to your next warm bath.

This is just a few suggestions for just a few of the oils available. To pick up an essential oil and begin trying the great benefits. Of course with every oil, they all have some form of contraindication so be sure and find out if you have an allergy before using any of them. Never use essential oils straight, always dilute them in some form of carrier oil if applying them to your skin directly.

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Posted by Shelly Hardage-Wilkerson in ~Natural Thoughts~ at 16:37

Friday, February 20. 2009

Private Eyes are Watching you

Our own personal "watch cat".

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Posted by Shelly Hardage-Wilkerson in ~Meia~ at 16:26

Man in Action

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Posted by Shelly Hardage-Wilkerson in ~Jeff~ at 16:24

Blog Export: «TU», <http://thoughtsunveiled.com/serendipity/>

Thursday, February 19, 2009

DTV Switch changed to June 12th, 2009

Read more about the switch here.

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Posted by Shelly Hardage-Wilkerson in ~Random Thoughts~ at 13:10

Wednesday, February 18, 2009

Adding to the Vintage Theme in our House

I picked this 1940s night stand up at an antique store in downtown Lebanon for \$25. I thought it would be the perfect addition to our vintage theme we currently have going on in our house. I can't wait to find more pieces to add to our collection of great vintage furniture.

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Posted by Shelly Hardage-Wilkerson in ~Photos~ at 11:55

Are you one of the Unhappy? You can change!

Unhappy people watch TV, happy people read/socialize, says study

A new study by sociologists at the University of Maryland concludes that unhappy people watch more TV, while people who describe themselves as very happy spend more time reading and socializing. The study appears in the December issue of the journal Social Indicators Research.

It has been said for many, many years that unhappy people are the ones that are the fattest. But, it has also been said that those who pack on a few pounds let themselves go because they just don't care.

When someone doesn't care anymore, they get lazy. Lazy to walk, lazy to socialize and even lazy to care. Television is such a no-effort activity, therefore if you eat while watching television you are bound to pack on the weight. Those who don't care are the ones that can't see the difference in dinner in front of the television and dinner at the dining room table.

The bottom line, if you are fat, you are unhappy with something in your life. Whether it is your job, your marriage, yourself as a whole, your kids, your house, whatever the case may be. The best thing to do is to change your habits. Here are some tips to get you on the right track. And they work!

- A bad habit takes three weeks to break.

Change your unhappiness for three weeks and see the change. I had a habit of purchasing peanut butter cups in the morning while I was headed to work and that was my breakfast for about a year and a half. I never knew that this was the reason for my mid-afternoon crash when I came home from work. I finally started making breakfast at home and eating before I left the house. It was a solid breakfast and it kept me going all day long. It was hard for the first few weeks not to stop and buy the same thing I had been buying all this time. Change can happen and it's made me a better person over all.

- Be grateful for what you have, there is someone out there that has less than you. And don't care about what other people do with their time or their money. Don't find flaws in someone else's items that will only make you into a bitter person.

I have an in-law who is placed on a pedestal and is donned upon constantly for what she has done in her life and what she buys as well as how perfect her marriage, job and kids are. For awhile I started thinking that my life wasn't good enough. I would hear things that she did and the things she had accomplished and to try to keep up I would talk about what I had accomplished in my life and what my family was doing and at times my husband would hear how it was annoying everyone in the in-law side of the family to hear about my accomplishments. I am never and have never been one to brag till I tried to play the catch up game with this woman and the pedestal she was held on so high in her family. I was getting to the point where I thought no matter what I did, I would never compare to where the rest of the family has placed this individual and her life. I would get depressed anytime I was around her or anyone else in the family talking about her and bragging how happy her life was and everything in it was perfect in everyway, shape, fashion and form. It seemed to be an endless cycle and it was making me very unhappy.

Then one day my husband and I just realized, you know, it doesn't matter what anyone thinks about us, we are totally different from this person and her lifestyle and what she does with her family. I stopped comparing life's and trying to keep up with "the Jones". I stopped going around those who drained me of my light and my family's light. Plus, instead of being depressed when someone would talk about her and what her family and she have done lately, it now is annoying to me. Its one thing to brag about something your child has done, but to try to take away the light from someone else's children is evil. I now pity her at times. She has to brag to stay in the lime light in order to keep her happiness.

Don't ever let someone bring you down. When you aren't around it, a funny thing happens, you end up not caring as much about the issue and you end up focusing more on yourself.

- If it's your job you hate look for ways to change it. The best thing to do right now is to make better your own situation in your job.

If that means putting in night classes to get a better job then do it. Stop talking about it and do it. Talk is a waste of time anymore. With the economy the way it is, now is the best time to get back in school before leaving that job you hate so much. If it's not the job, but the coworkers, talk to your boss about switching to a different area away from them.

I worked in a cubicle for three years and the guy beside me was so annoying. He would talk to his girlfriend on the phone constantly bad when the boss would come around to assign more work he would always brown nose his way to the bosses favorite list. I finally went to the boss and told him what was going on and how I felt. I was a good worker and I wanted to know what my options were. The boss from then on out would monitor the phone calling and he was eventually caught and reprimanded for his actions. His girlfriend would call the office every minute of every day and he was told to tell her to stop or he would be looking for work elsewhere. The calls never stopped and he eventually was let go. Of course the work environment was better, but I also got his work load and moved up the ladder in time. I realized that he was the one holding me back the whole time. I was glad he was let go, but I was also thrilled I was able to show my full work potential after he was gone as well.

- You have to change yourself mentally before you can change yourself physically.

You are the only person that can change yourself. Get it in your head that you can do this, you can be healthy and you can be happy. **YOU CAN BE HAPPY!**

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Posted by Shelly Hardage-Wilkerson in ~Random Thoughts~ at 10:39

Tuesday, February 17, 2009

First Time in Five Years that our Christmas Cactus has bloomed

With the move to Oregon I lost a lot of my plants and flowers that were in pots and planters. The movers that moved us into the moving truck seemed to stack plants on top of some plants and also stack furniture on top of some others. Jeff's 8 foot tall cactus got damaged badly in the move and ever since then he hasn't found one that is even similar to what he had before. The Christmas cactus took a bit of damage and never bloomed since then, but this year it did and the blooms were beautiful! I am so glad it still has some life in it deep down past the scars of the move.

Posted by Shelly Hardage-Wilkerson in ~Photos~ at 14:04

Monday, February 16. 2009

The Thread

Posted by Shelly Hardage-Wilkerson in ~Photos~ at 13:01

What Pet will the Obama's Choose?

Hoover's dog "Piney"

Harrison's goat "Whiskers"

Taft's cow "Pauline"

Clinton's cat "Socks"

Kennedy's ducks

What will be next? [Click here to read more.](#)

Posted by Shelly Hardage-Wilkerson in ~Random Thoughts~ at 12:19

Free Hugs

Posted by Shelly Hardage-Wilkerson in ~Random Thoughts~ at 12:13

Blog Export: «TU», <http://thoughtsunveiled.com/serendipity/>

Saturday, February 14, 2009

Happy Valentine's Day

Make a Smilebox recipe

Posted by Shelly Hardage-Wilkerson in ~Holidays~ at 08:48

Thursday, February 12, 2009

The Music of Hardage

Beautiful Day---Hardage feat.Jocelyn Brown

I'm falling ---Hardage feat.Dino

The Genius of love - Hardage feat.Mark King

To learn more about Hardage, [click here](#).

To hear more from Hardage, [click here](#).

Posted by Shelly Hardage-Wilkerson in ~Hardage~ at 14:11