

# Is it a Cookbook, a Scrapbook or an Heirloom?

## Actually, it's all 3 of these!

---Rayne Storm (Samhain '09)

Note: Samhain is a time to come together as a family and remember our ancestors. We tell stories and we laugh a little, we may even cry a little - but most of all we keep their memory alive. This project takes the idea of remembering our Ancestors, and the recipes that bring us together for great family feasting to create a one of a kind item that can be passed down...from generation to generation.

### Materials:

- \* a 3 ring binder (I chose a 1" binder – but I have a small family)

- \* Sheet Protectors...these are important... nothing worse than spilling something on a recipe and losing the secret ingredient... plus the cookbook is intended to last a long time, hopefully it will be added to and then passed down through the family.

- \* Scrapbooking Supplies and Craft items... plus GLUE STICKS (please don't use school glue), cardstock, scissors, rulers, pencils, hole puncher, glitter, special markers and pens...ect... the supplies will vary.

Scrapbooking can be very expensive so get creative...use construction paper and other "unique" craft items you have around...like regular kid stickers, ribbons or charms, fancy cardstock or tissue paper. For a cost, stores have a wide variety of other things too... like punch out designs, frames, photo corners, charms, stickers...the list goes on... so start with what you have for supplies and only buy something to add when you need to.

- \* LOTS of Family Recipes

- \* COPIES of Photos of Ancestors (and family too) ... and some great stories too....

- \* AND your parents/family... this is a project that should be done as a family!

### Instructions:

There aren't a lot of instructions ... none really, other than to create and keep on creating...

But here are a few tips:

- \* Use the width of a ruler to mark a "frame" on the cardstock. Decorate, color, paint and design on the "frame". Now you can either paste a recipe or photo into the blank center... use photo corners to hold a recipe or photo in the center, or print off your recipe or photo right onto the decorated cardstock... [Parents you can set your word document to have 1.35" margins (all around) to allow for the decorative borders]

- \* Make a listing of the recipes inside: either as a Contents page or as an Index

- \* Here's a great gift-giving idea: Make a few copies (photocopies) of the cookbook/scrapbook and give them to family members at Yule... what a wonderful gift to receive... a book of treasured family recipes.

- \* Here is a thought: Add a few blank pages to encourage family members to add a few recipes of their own...to continue on the tradition you have started.

- \* Other ideas: Add a Family Tree to your Cookbook, add the original recipe cards, don't forget to include family members that are alive too...add something about your family and your favorite recipes, plus add sayings, stories, and other memorable moments about your family & ancestors.



**PARENTS:** Remember to give your kids some creative control... you would be surprised what they come up with. Children 5 years and up can easily handle background designs for pages, and other creative aspects. Children under 5 years are great as “glue stick supervisors”... there is nothing they can't and won't glue for you, or they can add full page pieces of artwork to add to the warmth of this cookbook & conversational piece.

## Now our ancestors, their memories and some Great Recipes will not be forgotten!

### ABOUT THE IMAGES:



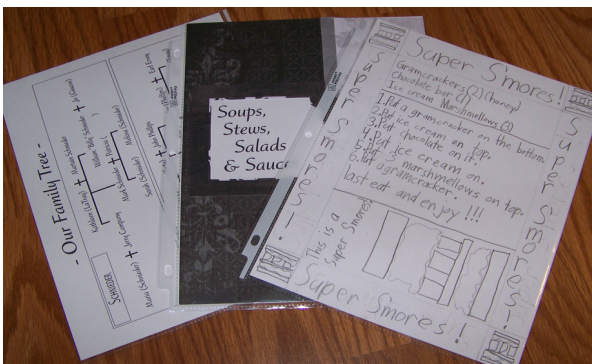
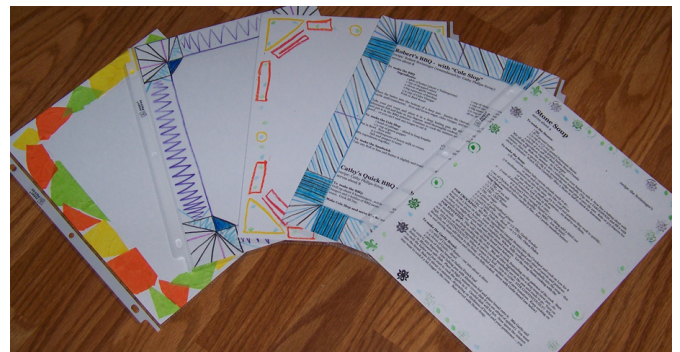
Full variety of completed pages. After a week of working on it... our copy is about 1/2 done... we are still waiting to get recipes from other family members... but I can't wait to finish it up and get them copied for a wonderful Yule present.

Our cover...just for ideas (I needed to do something - I couldn't let Alex have all the fun...so I did the cover, divider pages and some of ancestor pages)



These are some of the ancestor pages; some with pictures & recipes on them, some with the original recipe sheet or card on them. Some just give DOB and DOD with a picture, some tell a story and some just give a bit of insight. (the original recipe cards are NOT glued in... I used photo corners so I wouldn't damage the frail paper.

Here are some of their wonderful borders. (left to right) tissue paper, marker, no boundaries design, ruler width frame border, and stamps. the last two already have recipes printed right on to them. (not shown...some of the full page artwork the kids did just to “fill in” and round out the cookbook.



Here are some other options...from left to right...a family tree page, a divider page, and a recipe for “Super Smores” that Alex made up and designed... he doesn't want to color it until he comes up with another recipe for the back. (not shown: the contents page/index)