



# THE TINY TIMES

~<https://www.patreon.com/cottagegoddess>~



## COTTAGE CHRONICLES

Greetings, my beloved Tinies!

As the seasons transition from the warmth of summer to the cool embrace of autumn, life in the Cottage continues to be an enchanting whirlwind of adventures.

One of the notable updates is that I, your ever-glorious Cottage Goddess, have embarked on a fitness journey!



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With Halloween festivities just around the corner, I thought it's the perfect time to get back in shape. You know, being a giantess can be quite the workout, but it's essential to stay in tip-top condition to ensure I'm at my best for all of you.

Picture this: a giantess on the treadmill, each step sending tremors through the cottage floor. The sheer exertion creates a cascade of tiny sweat droplets, glistening like diamonds in the light, as I work to achieve my Halloween fitness goals.

But fear not, my loyal Tinies! Your comfort and safety are always my top priorities. Those of you who have remained in the Cottage during my gym sessions have found creative ways to enjoy the miniature rainforest I inadvertently created. I've heard tales of makeshift treehouse abodes and refreshing dips in the sweatdrop pools. It's delightful to see how resourceful you can be!

As the calendar turns to October, I'm filled with anticipation for the Halloween season. Expect more updates, tales of giantess-sized preparations, and perhaps a few surprises along the way. Until then, I extend my heartfelt gratitude to each and every one of you for being a part of my Tiny Army.

Stay tiny, stay splendid, and stay tuned for the adventures that await in the coming months!

With giantess-sized love,  
Cottage Goddess







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## THE BLUEPRINT: LIVING SINGLE

This past month, I stumbled upon a gem of a show that I truly wish I had discovered sooner- "Living Single." It has been an absolute joy to stream it on Discord, and I've found myself laughing heartily along the way. As someone who has never watched "Friends" but is familiar with its premise, I couldn't help but notice the striking similarities.

"Living Single" made its debut on our screens in 1993 and continued to entertain us for six successful seasons. The show is set against the backdrop of a vibrant Brooklyn brownstone, where it delves into the lives of a tightly-knit group of friends as they navigate the rollercoaster of life, love, and urban living.

At the core of "Living Single" are its unforgettable characters, with the charismatic Synclaire, brilliantly portrayed by Kim Coles, and the no-nonsense attorney Maxine Shaw, brought to life by the incomparable Erika Alexander. And let's not forget that catchy intro song-it's an earworm that's hard to forget!

"Living Single" essentially laid the blueprint for the hangout comedy genre, perfectly encapsulating the essence of close-knit relationships. This blueprint would later serve as the inspiration for the creation of "Friends," one of the most iconic sitcoms of all time. Yet, one can't help but ponder an alternate reality where "Living Single" received the recognition it truly deserves, perhaps even surpassing "Friends" in popularity! As we indulge in this series, we can't help but be captivated by the remarkable guest appearances of renowned actors and musicians, adding to the show's allure. From its leading lady Queen Latifah to Naomi Campbell, "Living Single" attracted some of the brightest stars of that era, much like "Friends" did during its run. In essence, "Living Single" not only stands as a testament to the timeless power of friendship, laughter, and shared moments but also as a pioneer that shaped the hangout comedy genre.



## SEPTEMBER PLAYLIST



<https://open.spotify.com/playlist/OXULSzt1OYswSPwUAA8J6H?si=ee924bf7d089414c>





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## UNLOCKING BETTER SLEEP: THE POWER OF BINAURAL BEATS

I wanted to share a little discovery that has been an absolute game-changer for my sleep quality—binaural beats. As a giantess, my nights can be restless, but these intriguing auditory wonders have made all the difference. So, what exactly are binaural beats? They are a form of soundwave therapy that involves listening to two slightly different frequencies in each ear. The brain perceives the difference between these frequencies, creating a rhythmic beat, known as the binaural beat. These beats can influence brainwave patterns, offering a range of benefits, including improved sleep.

Here are some fascinating facts about how binaural beats can work wonders for your sleep:

1. **Relaxation and Stress Reduction:** Binaural beats can gently guide your brain into a state of relaxation, helping you shed the day's stress and anxiety. As a result, you're better prepared for a peaceful night's sleep.
2. **Enhanced Sleep Quality:** By encouraging the brain to produce delta and theta brainwaves, binaural beats promote deep, restorative sleep. This means you wake up feeling more refreshed and rejuvenated.
3. **Reduced Insomnia Symptoms:** Many individuals who struggle with insomnia have reported significant improvements in their sleep patterns after incorporating binaural beats into their bedtime routine. These beats can help quiet a racing mind, making it easier to fall asleep.

As a giantess overseeing the Cottage, I've found these beats to be an invaluable tool in achieving the restful sleep I deserve. So, if you, ever find yourself tossing and turning in the wee hours, consider giving binaural beats a try. Your journey to dreamland might just become smoother than ever before.

## HOUSEKEEPING MADE EASY: VINEGAR CLEANING HACKS

"Cleaning with vinegar is my secret to sparkling spaces. This versatile, budget-friendly cleaning agent is a natural powerhouse, tackling everything from limescale in the shower to neutralizing odors when mixed with detergent. Plus, it's eco-friendly and safe to use. However, remember never to mix vinegar with bleach, as this combination can release toxic fumes. So, grab your trusty bottle of vinegar and clean confidently, but always with caution!"

Before



After







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## PUMPKIN SPICE PUDDING

Nothing reigns in the changing from summer to fall like pumpkin spice. This pumpkin spice pudding recipe is really easy to make as well as being an indulgent guilt-free dessert or snack! The following recipe yields four servings

### Ingredients

- 1 cup canned pumpkin puree (unsweetened)
- 1/2 cup Greek yogurt (plain, unsweetened)
- 1/4 cup pure maple syrup or honey (adjust to taste)
- 1 teaspoon pumpkin pie spice (or a mix of cinnamon, nutmeg, and cloves)
- 1 teaspoon vanilla extract
- 1/2 cup unsweetened almond milk (or any milk of your choice)
- 2 tablespoons chia seeds
- 1/4 cup chopped pecans or walnuts (optional, for garnish)
- Whipped cream or extra Greek yogurt (optional, for topping)



### Instructions

1. In a mixing bowl, combine the canned pumpkin puree, Greek yogurt, pure maple syrup or honey, pumpkin pie spice, and vanilla extract. Mix well until all ingredients are thoroughly combined.
2. Slowly add the unsweetened almond milk while continuing to mix. This will give the pudding a creamy consistency.
3. Stir in the chia seeds. Chia seeds will absorb some of the liquid and thicken the pudding as it sits. Make sure they are well distributed throughout the mixture.
4. Cover the bowl and refrigerate for at least 2-3 hours or overnight to allow the chia seeds to fully absorb the liquid and thicken the pudding.
5. Before serving, give the pudding a good stir to ensure it's well combined. Taste and adjust the sweetness with more maple syrup or honey if needed.
6. Garnish with chopped pecans or walnuts for a delightful crunch and an optional dollop of whipped cream or extra Greek yogurt.

## SEPTEMBER SEASONAL PRODUCE

### Fruit

- Apples: Packed with fiber, vitamins, and antioxidants
- Pears: Rich in fiber, vitamin C, and vitamin K, pears promote digestive and immune health while supporting bone health.
- Grapes: High in antioxidants, especially heart-healthy resveratrol, grapes aid hydration and enhance skin health.

### Veggies

- Broccoli: A fiber-rich with vitamins C and K.
- Butternut Squash: Abundant in vitamin A, C, and fiber.
- Eggplant: A low-calorie, fiber-packed veggie in September, eggplant aids weight management, digestion, and heart health with vitamins and minerals.





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I also wanted to say thank you to my entire army for believing in me and worshipping me! It certainly has caused me to have quite the growth spurt... (;

