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OLD-TIME COUNTRY WISDOM AND LORE FOR HEARTH AND HOME 1,000S OF TRADITIONAL SKILLS FOR SIMPLE



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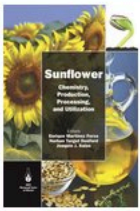
Recommended Course Materials & Supplementary Reference Resources

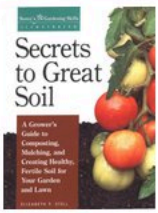
Please note: Below are recommended reference materials that accompany this subject. Scan the QR code next to any title to view syllabus details.



Politics in Argentina, 1890-1930 The Rise and Fall of Radicalism (David Rock)



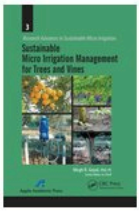
Sunflower chemistry, production, processing, and utilization (Dunford, Nurhan Turgut Martínez Force



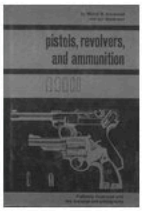
Secrets to Great Soil (Storeys Gardening Skills Illustrated) (Elizabeth Stell)



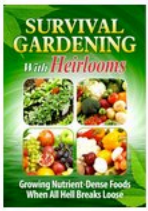
Space Drawing Perspective (Dong Ho Kim)



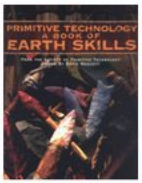
Sustainable Micro Irrigation Management for Trees and Vines (Megh R. Goyal)



Pistols, Revolvers, and Ammunition (Michel H. Josserand, Jan A. Stevenson)



Survival Gardening with Heirlooms Growing Nutrient-Dense Foods When All Hell Breaks Loose



Primitive Technology - A Book of Earth Skills (Wescott David. (ed.))



Prepper Supplies Survival Guide The Prepping Supplies, Gear Food You Must Have To Survive

— OLD-TIME —
COUNTRY WISDOM & LORE



FOR HEARTH AND HOME

1000s of Traditional Skills for Simple Living

JERRY MACK JOHNSON



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s I was growing up in the ranch country of West Texas, I accept fact that Nature could satisfy almost any need, if we but had the owledge of her secrets. My elders appeared to exhibit an unending pply of that vital knowledge with their ability to heal with herbs, t edict weather and animal behavior, and to locate underground wat th a forked twig.

We didn't have bottled air fresheners in those days; instead, they rang from the ground. I remember Mother picking mint sprigs from und an old water spigot, drying them, and crumbling their brittle ves into small china pots, placed strategically throughout the hous I can't forget the way our house gleamed, despite the lack of toda hly touted cleansers. Homemade soap and plenty of elbow grease pt both clothes and home sparkling.

Many an old recipe handed down from before Grandma's time wa ponsible for the tantalizing smells that permeated our kitchen.

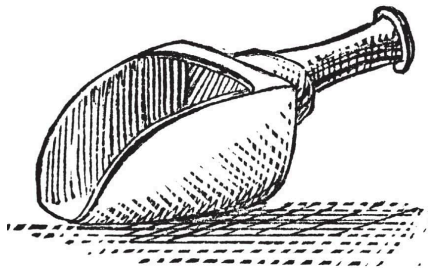
Much of what we had then we made ourselves. There seems to be of us an elemental desire to create with our own labor something eful from the earth's materials. Nothing affords so much satisfactio its ownership and use as a thing we have made with our own hand their making, economy and pleasure are bound up together.

This book contains wisdom and know-how that has been passed m generation to generation by word of mouth from folks in every rner of our country. Although this book by no means contains all th owledge that has been passed down to us, it is a representative mple.

There is no work of humans that cannot be aided by the proper ding of Mother Nature's signs. Nature says, "be still and look at m ten to me, for I have many things to show and tell you." Every day ery hour, every minute, nature is talking to each of us. We only nee look and listen.

"Of this fair volume which we World do name

—W. Drummond
“The Lessons of Nature”

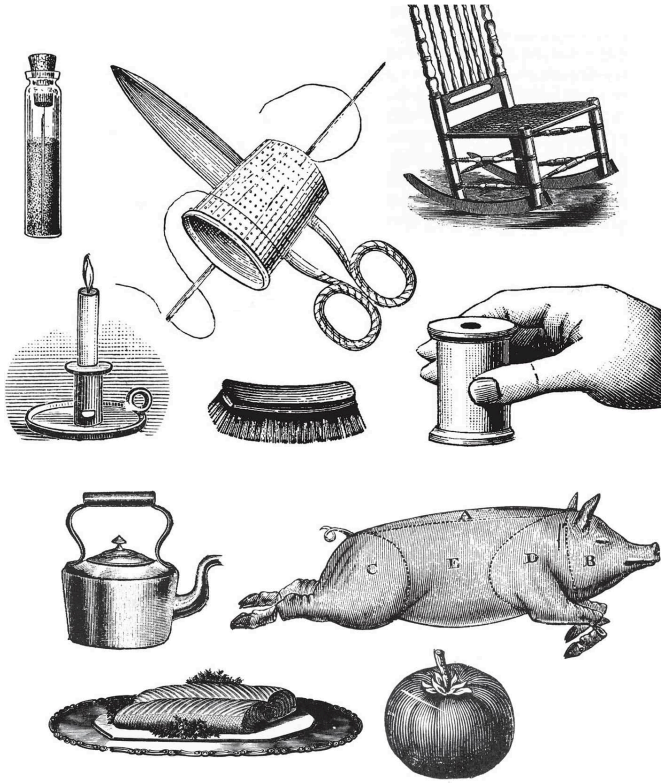




RT I: HEARTH AND HOMESTEAD
cents, Salts, and Such
ural Remedies
pic-and-Span
Ways with Fibers and Fabric
ays with Leather
Ways with Paint and Paper
ays with Wax
Ways with Clay
ne Thing and Another

RT II: THE COUNTRY TABLE
Farm Foods and Kitchen Wisdom
From the Springhouse
Grains and Sprouts
Breads, Spreads, Pretzels, and Crackers
Raccoonberry Wine and Other Potables
Garden to Pantry Shelf
From the Dry House
Meat, Fowl, and Fish
Sweet Things

pendix: Weights and Measures
ex
out the Author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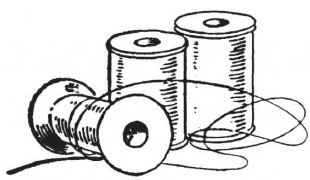
PART I

HEARTH AND HOMESTEAD

. SCENTS, SALTS, AND SUCH
. RURAL REMEDIES
. SPIC-AND-SPAN
. WAYS WITH FIBERS AND FABRIC
. WAYS WITH LEATHER
. WAYS WITH PAINT AND PAPER
. WAYS WITH WAX
. WAYS WITH CLAY
. ONE THING AND ANOTHER







ir Care

ampoos and After-Shampoo Rinse

d-Time Shampoo

epare a shampoo by dissolving 1 ounce of salts of tartar in 2½ cups soft water. To this add 4 ounces of bay rum and 1 ounce of Castile ap shavings. The salts of tartar will remove dandruff; the bay rum ll cut oil and act as a preservative for the shampoo; and the soap w anse scalp and hair.

semary-Lavender Shampoo

1 cup rosemary leaves
½ ounce lavender oil
⅛ ounce Castile soap

rinkle 1 cup rosemary leaves into a vessel holding 4 cups of water; mer for fifteen minutes. Strain the contents, returning the liquid t vessel. Put in the soap; heat until dissolved. Take the pot from the ve and add the lavender oil, beating it in until well blended. Bottle use.

tural Shampoo Rinse

urn the following ingredients in a blender:

1 ounce olive oil
1 egg
1 tablespoon lemon juice
½ teaspoon apple cider vinegar

ash your hair with this natural shampoo. Rinse.

ter-Shampoo Rinse

ep 2 teaspoons of dried nettles in boiling water. When the solution ewarm, strain it for use as the final rinse after shampooing your ir.