

Instant Retirement Loopholes

Live Free



DIY Everything

Slashing expenses can really get addictive once you get into the HABIT. So this section is specially for the cost-cutting die-hards. You may not be one yet, but it could be just a question of time...!

Sixty Uses Of Salt

Although you may not realize it, simple table salt has a great number of uses other than simply seasoning your food. The following list will give you sixty uses of salt, many of which you probably didn't realize:

1. Soak stained hankies in salt water before washing.
2. Sprinkle salt on your shelves to keep ants away.
3. Soak fish in salt water before descaling; the scales will come off easier.
4. Put a few grains of rice in your salt shaker for easier pouring.
5. Add salt to green salads to prevent wilting.
6. Test the freshness of eggs in a cup of salt water; fresh eggs sink; bad ones float.
7. Add a little salt to your boiling water when cooking eggs; a cracked egg will stay in its shell this way.
8. A tiny pinch of salt with egg whites makes them beat up fluffier.
9. Soak wrinkled apples in a mildly salted water solution to perk them up.
10. Rub salt on your pancake griddle and your flapjacks won't stick.
11. Soak toothbrushes in salt water before you first use them; they will last longer.
12. Use salt to clean your discolored coffee pot.
13. Mix salt with turpentine to whiten you bathtub and toilet bowl.
14. Soak your nuts in salt brine overnight and they will crack out of their shells whole. Just tap the end of the shell with a hammer to break it open easily.
15. Boil clothespins in salt water before using them and they will last longer.
16. Clean brass, copper and pewter with paste made of salt and vinegar, thickened with flour.
17. Add a little salt to the water your cut flowers will stand in for a longer life.
18. Pour a mound of salt on an ink spot on your carpet; let the salt soak up the stain.
19. Clean you iron by rubbing some salt on the damp cloth on the ironing surface.
20. Adding a little salt to the water when cooking foods in a double boiler will make the food cook faster.
21. Use a mixture of salt and lemon juice to clean piano keys.
22. To fill plaster holes in your walls, use equal parts of salt and starch, with just enough water to make stiff putty.
23. Rinse a sore eye with a little salt water.

24. Mildly salted water makes an effective mouthwash. Use it hot for a sore throat gargle.
25. Dry salt sprinkled on your toothbrush makes a good tooth polisher.
26. Use salt for killing weeds in your lawn.
27. Eliminate excess suds with a sprinkle of salt.
28. A dash of salt in warm milk makes a more relaxing beverage.
29. Before using new glasses, soak them in warm salty water for awhile.
30. A dash of salt enhances the taste of tea.
31. Salt improves the taste of cooking apples.
32. Soak your clothes line in salt water to prevent your clothes from freezing to the line; likewise, use salt in your final rinse to prevent the clothes from freezing.
33. Rub any wicker furniture you may have with salt water to prevent yellowing.
34. Freshen sponges by soaking them in salt water.
35. Add raw potatoes to stews and soups that are too salty.
36. Soak enamel pans in salt water overnight and boil salt water in them next day to remove burned-on stains.
37. Clean your greens in salt water for easier removal of dirt.
38. Gelatin sets more quickly when a dash of salt is added.
39. Fruits put in mildly salted water after peeling will not discolor.
40. Fabric colors hold fast in salty water wash.
41. Milk stays fresh longer when a little salt is added.
42. Use equal parts of salt and soda for brushing your teeth.
43. Sprinkle salt in your oven before scrubbing clean.
44. Soaked discolored glass in a salt and vinegar solution to remove stains.
45. Clean greasy pans with a paper towel and salt.
46. Salty water boils faster when cooking eggs.
47. Add a pinch of salt to whipping cream to make it whip more quickly.
48. Sprinkle salt in milk-scorched pans to remove odor.
49. A dash of salt improves the taste of coffee.
50. Boil mismatched hose in salty water and they will come out matched.
51. Salt and soda will sweeten the odor of your refrigerator.
52. Cover wine-stained fabric with salt; rinse in cool water later.
53. Remove offensive odors from stove with salt and cinnamon.
54. A pinch of salt improves the flavor of cocoa.
55. To remove grease stains in clothing, mix one part salt to four parts alcohol.
56. Salt and lemon juice removes mildew.

57. Sprinkle salt between sidewalk bricks where you don't want grass growing.
58. Polish your old kerosene lamp with salt for a brighter look.
59. Remove odors from sink drainpipes with a strong, hot solution of salt water.
60. If a pie bubbles over in your oven, put a handful of salt on top of the spilled juice. The mess won't smell and will bake into a dry, light crust which will wipe off easily when the oven has cooled.

Sixty Uses Of Baking Soda

Bicarbonate of soda or baking soda has many different uses in the household.

Although much more expensive products have been developed over the years to do the same jobs, baking soda can work for you just as well, if not better. Use it in the following ways:

1. To make your own baking powder, stir and sift together 2 parts of Cream of Tartar to 1 part baking soda and 1 part cornstarch.
2. Be sure to keep an extra box of baking soda by your stove in case of grease or electrical fire. Scatter the powder by the handful to safely put it out.
3. Keep a container of baking soda in your garage as well as in your car to put out a fire. It won't damage anything it touches.
4. Baking soda will also put out fires in clothing, fuel, wood, upholstery and rugs.
5. Clean vegetables and fruit with baking soda. Sprinkle in water, soak and rise the produce.
6. Wash garbage cans with baking soda.
7. Soak and wash diapers with baking soda.
8. Oil and grease - stained clothing washes out better with soda added to the washing water.
9. Clean your fridge and freezer with dry soda sprinkled on a damp cloth. Rinse with clear water.
10. Deodorize your fridge and freezer by putting in an open container of baking soda to absorb odors. Stir and turn over the soda from time to time. Replace every 2 months.
11. Soda absorbs kitty litter odors. Cover the bottom of the kitty box with 1 part soda; then add a layer of 3 parts kitty litter on top.
12. Always add 1/2 cup soda to your washing machine load.
13. Clean combs and brushes in a soda solution.
14. Wash food and drink containers with soda and water.
15. Wash marble-topped furniture with a solution of 3 tablespoons of soda in 1 quart of warm water. Let stand awhile, then rinse.
16. Clean formica counter tops with baking soda on a damp sponge.
17. Wash out thermos bottles and cooling containers with soda and water to get rid of stale smells.
18. To remove stubborn stains from marble, formica or plastic surfaces, scour with a paste of soda and water.
19. Wash glass or stainless steel coffee pots (but not aluminum) in a soda solution (3 tbsp. soda to 1 quart water).
20. Run you coffee maker through its cycle with a soda solution. Rinse.
21. Give baby bottles a good cleaning with soda and hot water.
22. Sprinkle soda on barbecue grills, let soak, then rinse off.

23. Sprinkle soda on greasy garage floor. Let stand, scrub and rinse.
24. Polish silverware with dry soda on a damp cloth. Rub, rinse and dry.
25. For silver pieces without raised patterns or cemented-on handles: place the silver on aluminum foil in an enamel pot. Add boiling water and 4 tbsp. baking soda. Let stand, rinse and dry.
26. Reduce odor build-up in your dishwasher by sprinkling some soda on the bottom.
27. Run your dishwasher through its cycle with soda in it instead of soap to give it a good cleaning.
28. To remove burned-on food from a pan: let the pan soak in soda and water for 10 minutes before washing. Or scrub the pot with dry soda and a moist scouring pad.
29. For a badly-burned pan with a thick layer of burned-on food: pour a thick layer of soda directly onto the bottom of the pan, then sprinkle on just enough water so as to moisten the soda. Leave the pot overnight, then scrub it clean next day.
30. Rub stainless steel and chrome with a moist cloth and dry baking soda to shine it up. Rinse and dry. On stainless steel, scrub in the direction of the grain.
31. Clean plastic, porcelain and glass with dry soda on a damp cloth. Rinse and dry.
32. Remove that bad smell from ashtrays with soda and water.
33. Sprinkle a bit of dry soda in your ashtrays to prevent smoldering and reduce odor.
34. Clean your bathroom with dry soda on a moist sponge - sink, tub, tiles, shower stall, etc.
35. Keep your drains clean and free-flowing by putting 4 tablespoons of soda in them each week. Flush the soda down with hot water.
36. Soak your shower curtains in water and soda to clean them.
37. To remove strong odors from your hands, wet your hands and rub them hard with soda, then rinse.
38. Sprinkle baking soda on your wet toothbrush and brush your teeth and dentures with it.
39. Sprinkle soda in tennis shoes, socks, boots and slippers to eliminate odor.
40. Add 1/2 cup or more of baking soda to your bath water to soften your skin.
41. Putting 2 tbsp. of baking soda in your baby's bath water will help relieve diaper rash irritations.
42. Apply soda directly to insect bites, rashes and poison ivy to relieve discomfort. Make a paste with water.
43. Take a soda bath to relieve general skin irritations such as measles and chicken pox.
44. Take 1/2 teaspoon of baking soda in 1/2 glass of water to relieve acid indigestion or heartburn.
45. Gargle with 1/2 tsp. baking soda in 1/2 glass of water. Freshens and cleans your mouth.
46. Used as a mouthwash, baking soda will also relieve canker sore pain.
47. To relieve sunburn: use a paste of baking soda and water.
48. Bug bites: use a poultice of baking soda and vinegar.
49. Bee sting: use a poultice of baking soda and water.
50. Windburns: moisten some baking soda and apply directly.
51. Making Play Clay with baking soda: combine 1 1/4 cups water, 2 cups soda, 1 cup cornstarch.
52. Use soda as an underarm deodorant.

53. If your baby spits up on his shirt after feeding, moisten a cloth, dip it in baking soda and dab at the dribbled shirt. The odor will go away.
54. When scalding a chicken, add 1 tsp. of soda to the boiling water. The feathers will come off easier and flesh will be clean and white.
55. Repel rain from windshield. Put gobs of baking soda on a dampened cloth and wipe windows inside and out.
56. Add to water to soak dried beans to make them more digestible.
57. Add to water to remove the "gamey" taste from wild game.
58. Use to sweeten sour dishcloths.
59. Use dry with a small brush to rub canvas handbags clean.
60. Use to remove melted plastic bread wrapper from toaster. Dampen cloth and make a mild abrasive with baking soda.

Sixty Uses Of Vinegar

1. Arthritis tonic and treatment; 2 spoonfuls of apple cider vinegar and honey in a glass of water several times daily.
2. Thirst-quenching drink: apple cider vinegar mixed with cold water.
3. Sagging cane chairs: sponge them with a hot solution of half vinegar and half water. Place the chairs out in the hot sun to dry.
4. Skin burns: apply ice cold vinegar right away for fast relief. Will prevent burn blisters.
5. Add a spoonful of vinegar to cooking water to make cauliflower white and clean.
6. Storing cheese: keep it fresh longer by wrapping it in a vinegar-soaked cloth and keeping it in a sealed container.
7. Remove stains from stainless steel and chrome with a vinegar-dampened cloth.
8. Rinse glasses and dishes in water and vinegar to remove spots and film.
9. Prevent grease build-up in your oven by frequently wiping it with vinegar.
10. Wipe jars of preserves and canned food with vinegar to prevent mold-producing bacteria.
11. To eliminate mildew, dust and odors, wipe down walls with vinegar-soaked cloth.
12. Clean windows with vinegar and water.
13. Hardened paint brushes: simmer in boiling vinegar and wash in hot soapy water.
14. Clean breadbox and food containers with vinegar-dampened cloth to keep fresh-smelling and clean.
15. Pour boiling vinegar down drains to unclog and clean them.
16. Clean fireplace bricks with undiluted vinegar.
17. An excellent all-purpose cleaner: vinegar mixed with salt. Cleans copper, bronze, brass, dishes, pots, pans, skillets, glasses, windows. Rinse well.
18. Make your catsup and other condiments last long by adding vinegar.
19. To clear up respiratory congestion, inhale a vapor mist from steaming pot containing water and several spoonfuls of vinegar.
20. Apple cider vinegar and honey as a cure-all: use to prevent apathy, obesity, hay fever, asthma, rashes, food poisoning, heartburn, sore throat, bad eyesight, dandruff, brittle nails and bad breath.

21. When boiling eggs, add some vinegar to the water to prevent white from leaking out of a cracked egg.
22. When poaching eggs, add a teaspoon of vinegar to the water to prevent separation.
23. Weight loss: vinegar helps prevent fat from accumulating in the body.
24. Canned fish and shrimp: to give it a freshly caught taste, soak in a mixture of sherry and 2 tablespoons of vinegar.
25. Add a spoonful of vinegar when cooking fruit to improve the flavor.
26. Soak fish in vinegar and water before cooking for a tender, sweeter taste.
27. Add vinegar to boiling ham to improve flavor and cut salty taste.
28. Improve the flavor of desserts by adding a touch of vinegar.
29. Add vinegar to your deep fryer to eliminate a greasy taste.
30. Add a tablespoon of vinegar to fruit gelatin to hold it firm.
31. Steep your favorite herb in vinegar until you have a pleasing taste and aroma.
32. Use vinegar instead of lemon on fried and broiled foods.
33. To remove lime coating on your tea kettle, add vinegar to the water and let stand overnight.
34. To make a good liniment: beat 1 whole egg, add 1 cup vinegar and 1 cup turpentine. Blend.
35. Apply vinegar to chapped, cracked skin for quick healing.
36. Vinegar promotes skin health: rub on tired, sore or swollen areas.
37. Reduce mineral deposits in pipes, radiators, kettles and tanks by adding vinegar into the system.
38. Rub vinegar on the cut end of uncooked ham to prevent mold.
39. Clean jars with vinegar and water to remove odor.
40. Avoid cabbage odor by adding vinegar to the cooking water.
41. Skunk odor: remove from pets by rubbing fur with vinegar.
42. Paint adheres better to galvanized metal that has been wiped with vinegar.
43. Pets' drinking water: add vinegar to eliminate odor and encourage shiny fur.
44. For fluffy meringue: beat 3 egg whites with a teaspoon of vinegar.
45. Pie crust: add 1 tablespoon vinegar to your pastry recipe for an exceptional crust.
46. Half a teaspoon per quart of patching plaster allows you more time to work the plaster before it hardens.
47. Prevent discoloration of peeled potatoes by adding a few drops of vinegar to water. They will keep fresh for days in fridge.
48. Poultry water: add vinegar to increase egg production and to produce tender meat.
49. Preserve peppers: put freshly picked peppers in a sterilized jar and finish filling with boiling vinegar.
50. Olives and pimientos will keep indefinitely if covered with vinegar and refrigerated.
51. Add 1 tsp. vinegar to cooking water for fluffier rice.
52. Add vinegar to laundry rinse water: removes all soap and prevents yellowing.
53. After shampoo hair rinse: 1 ounce apple cider vinegar in 1 quart of distilled water.

54. For a shiny crust on homemade bread and rolls: just before they have finished baking, take them out, brush crusts with vinegar, return to oven to finish baking.
55. Homemade sour cream: blend together 1 cup cottage cheese, 1/4 cup skim milk and 1 tsp. vinegar.
56. Boil vinegar and water in pots to remove stains.
57. Remove berry stains from hands with vinegar.
58. Prevent sugaring by mixing a drop of vinegar in the cake icing.
59. Cold vinegar relieves sunburn.
60. When boiling meat, add a spoonful of vinegar to the water to make it more tender.

Bonus:

61. Marinate tough meat in vinegar overnight to tenderize.
62. A strength tonic: combine raw eggs, vinegar and black pepper. Blend well.
63. Douche: 2 to 4 ounces of vinegar in 2 quarts of warm water.

Two Coffee Substitutes From Plants Around Us

The American Beech Tree's nuts when taken out of the husks, roasted until dark and brittle, then ground, will make a fine coffee. Store this in an airtight container. They are best collected after the first hard frost when they normally drop to the ground. Once stored, they can be used all year round. You might have to fight the squirrels for them. Prepare normally.

Chicory coffee - remember that blue flower with almost leafless stalks that grow just about everywhere there's a road. They look like daisy's, but their petals are blue and are squared off at the ends. The white fleshy roots, roasted until dark brown and brittle, then ground, make an excellent coffee. Prepare like coffee. Use 1-1/2 tsp. per cup of water. Store in an airtight container. Use all year round.

Root Beer, Spruce Beer, Ginger Soda

ROOT BEER

- 1 gallon water
- 1-1/2 cups molasses
- 1 tsp. dry yeast
- 1/2 ounce each of hops, dried burdock, yellow dock, sarsaparilla, dandelion, sassafras and spikenard roots

Wash the herbs and bruise them thoroughly with a potato masher or pastry blender. Cover with the water, bring to a boil and simmer for 20 minutes over low heat. Strain into a large crock. Add the molasses and cool to lukewarm.

When the mixture is lukewarm, add 1 teaspoon dry yeast and stir. Cover the crock with a cloth and put it in a warm, draft-free place 70-80 degrees F. After 2 hours, pour into clean bottles to within 1/2 inch of the tops. Cap with capper and metal caps, but not corks. Place the capped bottles on their sides in a warm and draft-free spot (70-80 degrees F) for 5 days, then set upright in a cool place. The root beer will be ready to drink in 10 days, but will keep for the whole summer.

SPRUCE BEER

- 5 gallons of water
- 1/8 pound of hops
- 1/2 cup of dried, bruised ginger root
- 1 pound of the outer twigs of spruce fir
- 3 quarts of molasses
- 1/2 yeast cake dissolved in 1/2 cup of warm water or 1/2 cup of liquid homemade yeast

In a large kettle combine the water, hops, ginger root and spruce fir twigs. Boil together until all the hops sink to the bottom of the kettle. Strain into a large crock and stir in the molasses. After this has cooled add the yeast. Cover and leave to set for 48 hours. Then bottle, cap and leave in a warm place (70-75 degrees F) for 5 days. It will now be ready to drink. Store upright in a cool place.

GINGER SODA

- 2 gallons of water
- 2 ounces of ginger root, thinly sliced and bruised with the back of a knife
- 4 cups of light raw sugar
- 1/4 cup lemon juice
- 1 tablespoon cream of tartar
- 1 cup liquid homemade yeast or 1 yeast cake dissolved in a cup of warm water

Combine in a large pot the ginger, sugar, lemon juice, cream of tartar, yeast and water. Let the mixture stand in a warm place for 24 hours. Line a funnel with cheesecloth and strain the liquid into two clean gallon jugs. Cover them tightly and let them stand overnight. Chill well before drinking.

HOMEMADE KENTUCKY BEER (15 Gallons)

- Use 15 gallon plastic garbage can with clip on lid. You need:
- Approximately 6 oz. hops
- 3 lbs. extract of malt
- 9 lbs. granulated sugar
- 1 tablespoon molasses
- 1-1/2 teaspoons granulated yeast.

Place in vessel with approximately 2 gallons water, or more if vessel is large enough, and bring to boil. Then turn down to simmer for about 45 minutes, steeping hops into liquid during this period as hops will sit on top of the water; otherwise, flavor will be too weak.

Put malt, raw sugar and molasses into plastic bin. Then strain hops liquid through parachute silk or cheesecloth to remove all sediment and add liquid to contents of bin. Stir thoroughly with wooden paddle to completely dissolve malt and sugar into liquid.

Place the bin in a position where it can be kept for a week undisturbed at 70F. Fill up with lukewarm water to within 2 inches of top of container. Temperature of brew now be about 70 to 80F. Sprinkle yeast evenly over surface and seal. Beer will work for 7 to 10 days. A thick white broth will appear after the first 8 hours and gradually die, towards the end of the time.

When working has ceased, take 8 dozen clean 26 oz. bottles and put one level teaspoon of white sugar into each bottle. Drain off liquid into bottles taking care not to disturb too much. (This will disturb sediment and make liquid cloudy). Cap bottles tightly and correctly and store upright for 3 weeks minimum.

Cool in refrigerator in upright position and pour gently into glass mug for serving. Sediment also forms in bottle. If beer is too lively, too much yeast has been added or if bottled before, it had ceased working. Flavor of beer can be softened by adding 4 oz. of barley to the hops when bottling. Color can be darkened by increasing amount of molasses.

Your local health food store is where you can buy your ingredients. Follow directions and be careful - this is very potent.

Ten Teas From Plants Around You And Their Benefits

All teas unless specified are brewed with 1 teaspoon dry material or 2 teaspoons fresh material to 1 cup of water. Always steep. This means pouring hot water over material and letting set for 5 - 15 minutes. Always dry leaves and roots out of the sun, in dark airy places. Then store in airtight containers.

Persimmon Tea: The leaves when dried and crushed make a fine strong tea. Can be used all year round. Rich in vitamin C. Used as a healthful tonic.

Sassafras Tea: Boil fresh roots after washing, until water turns reddish brown. Can be sliced and dried for later use. Claimed by some to be a blood thinner, a blood purifier, to help bronchitis, a stimulating spring tonic. Mostly it is used for pure enjoyment.

Birch Tea (Wintergreen): Black, yellow and white birch. Dried leaves can be used year round. A large handful of fresh leaves steeped in hot water was drunk 1 to 2 cups a day for rheumatism and headaches. Said to reduce pain of passing kidney stones, and a fever reducer. Cold it was used as a mouthwash.

Blackberry/Raspberry Tea: The dried mature leaves of these brambles make a good tea. Used to help control diarrhea, as a blood purifier and tonic. Use all year round.

Blueberry Tea: The dried mature leaves are steeped until cool and drunk 1 to 2 cups per day as a blood purifier and tonic. Also used to help inflamed kidneys and increase the flow of urine. Somewhat bitter. Use all year round.

Alfalfa Tea: The dried and powdered leaves and flower heads make a very nutritious tea, but it is somewhat bland. We suggest mixing them with normal teas to stretch them and add nutrition. Its vitamin content was the reason it was used. Used all year round.

Wild Strawberry Tea: Use dried leaves normally. Pour several cups boiling water over a handful of fresh leaves in the evening. Cover and let steep overnight. Strain water and reheat in the morning. Believed to help with a multitude of things, from stomach troubles, eczema, diarrhea, etc. According to experts, it is much more healthful than purchased coffee or teas. Use all year round.

Wild Rose-Hip Tea: A handful of these steeped for 10 minutes, then strained, make a healthful tea. Can be used dried or fresh in season. Instead of boiling, place a handful in cool water overnight, then strain and reheat in the morning. Use all year round. Strong Vitamin C content. Helps with Colds and the flu. Also for sore throat.

Sweet Goldenrod Tea (Anise): Can use dried or fresh leaves or flowers. Makes a very flavorful tea. Pure enjoyment only!! Used all year round.

Soldier's Herb Tea: This common yard weed with green leaves and two seedy spikes was used by the colonials and Indians alike. One teaspoon of seeds per cup of boiling water steeped for ½ hour was used for dropsy and jaundice. A tea from fresh leaves (chopped fine), one heaping teaspoon per cup of boiling water steeped for 1/2 hour. For dried powdered leaves, use one level teaspoon and reduce time to 15 minutes. Drunk 4 to 5 times a day until relief was obtained. Used for gout, to help clean out nasal passages and to slow menstruation. Also used to expel worms. A tea cooled made from rainwater was used as an eyewash.

How To Cash In With Simple Formulas

(Most Ingredients Available in Drugstores)

You can copy any of these Formulas and sell to other Agents, or put them together in packages - under your own name - and sell to Agents.

The specialty formulas presented within the pages of this report were carefully selected for the explicit purpose of placing the beginner with limited capital in a position to manufacture quick-sell products. Every one of them represents a popular product of wide appeal and genuine merit. No expensive equipment is needed to prepare these products. In most cases, you do the mixing, compounding and packaging from your kitchen table. If directions are adhered to faithfully, results are sure to be satisfactory.

Borated Talcum Powder - Gradually rub 1/2 part Perfume Oil into 5 parts Magnesium Carbonate. Add to this 90 parts Talc and 5 parts Boracic Acid. Mix thoroughly and sieve. Put up in 12-ounce shaker boxes and sell .

Solid Perfume - Melt together 33 parts Paraffin and 66 parts White Petrolatum. Stir until cool, and then add 1 part Perfume Oil. Allow to settle. Cut into 1-inch blocks, wrap in tin foil and sell.

Suntan Oil - Mix together thoroughly 25 parts Olive Oil with 24-1/2 parts Peanut Oil refined. If desired, 1/2 part Perfume Oil can be added for scent. Put up in 6-ounce bottles and sell.

Powder Fire Extinguisher - Mix together 5 parts Common Salt, ½ part Sulphate of Soda, 1/2 part Silicate of Soda, 1/4 part Chloride of Calcium, 2 parts Baking Soda and 6 parts Ground Rice. Pack in one-pound long tin tubes with pull-off caps and sell. To use simply scatter the powder on the blaze.

Bath or Dusting Powder - Rub 1/2 part Perfume Oil into 75 parts Powdered Borax, then mix thoroughly with 25 parts Wheat or Corn Starch. Put in 4-ounce shaker boxes and sell.

Antiseptic Ointment (Astringent) - For soothing relief from bruises, cuts, bites, stings, etc. Dissolve 3.4 parts of

Plenol and 6.8 parts Salicylic Acid in 38 parts of Melted Yellow Petrolatum. Let cool, then add 38 parts of Ilyrous Lanolin with which 6.8 parts Sulphonated Bitumen has been thoroughly mixed. Put up in 3 ounce jars and sell.

Invisible Ink - Mix together 1 part Sulfuric Acid with 10 parts Water. Put up in ounce bottles and sell. To use, write with plain pen point. Writing can be read when paper is slightly heated.

Imitation Vanilla Flavor - Dissolve 30 ounces of Vanillin into 150 fl. ounces of Alcohol, add 180 fl. ounces of Glycerine. Then run in 40 fl. ounces of Caramel and 600 fl. ounces of Distilled Water. Filter to clarify. Put up in 4-ounce bottles, and sell.

Mothproofing Paper - Melt together 1 part Crude Haphthalene (inflammable) and 2 parts of Paraffin Wax. With this mixture paint unsized paper (ordinary brown wrapping paper will do fine). Use a broad brush. To use, wrap clothing in this treated paper before storing as a precaution against moths. Sell per sheet.

Bronze, Gold or Silver Ink - Fine Bronze Powder, or Gold or Silver Leaf is ground with a little Potash, and washed from the salt and mixed with water and a sufficient quantity of Gum Acacia. Put up in 1-ounce bottles and sell.

Auto Polish in Powder Form - Dissolve 2 ounces Paraffin Oil into 6 fl. ounces of Carbon Tetrachloride and mix with 16 ounces of Infusorial Earth. Pack this product in 8-1/2 ounce airtight cans and sell. To use, stir into 2 quarts of water.

Theatre Spray - Mix together 4 parts Water Soluble Perfume Oil and 124 parts Water. Sell this to theatres in gallon jugs.

Blackhead Cream - Rub 1-1/4 ounces of Preciditated Sulfur with 1 fl. ounce of Glycerine and incorporate this with 7-1/2 ounce of Ointment of Rose Water. Put up in 4-ounce jars and sell. To be used at bed-time.

Silver Polish that Replates with Silver - Mix together 3 parts Chloride of Silver, 2 parts Fine Whiting, 6 parts Cream of Tartar and 3 parts Common Salt. Put up in 6-ounce cans or bottles and sell.

Rubber Stamps - Set up the desired name and address in common type, oil the type and then put a guard about 1/2-inch high around the form. Next, pour in plaster of paris that has been mixed to the proper consistency. Allow to set. Now get long strips of vulcanized rubber about 3 inches wide and one-eighth of an inch thick, cut off the size of the intended stamp, then remove the plaster cast from the type, and place both the cast and the rubber in a screw press. Now apply sufficient heat to thoroughly soften the rubber, turn the screw hard and let it remain until the rubber receives the exact impression of the cast and becomes cold. Remove and trim neatly with a sharp knife and cement to handle. Sell for so much for 3 lines of type and so much for each additional line.

Window Defroster - This is a good seller to storekeepers who want to keep winter frosts from hiding their window displays. Dissolve 55 parts Glycerine into 1,000 parts 62% Alcohol. Add a few drops of amber. Sell to stores in gallon jugs.

Oil Orange Flavor - Orange Oil, 6 ounces; Edible Corn Oil, 1gallon. Put up in 4-ounce bottles and sell.

Oil Lemon Flavor - Oil of Lemon, 6 ounces; Edible Corn Oil, 1 gallon. Put up same as above.

Pineapple Oil Flavor - Pineapple Extract, 2 quarts; Edible Corn Oil, 1 gallon. Put up same as above.

Polishing Cloth - Dissolve 5 ounces of Oxalic Acid in 5 gallons of water, stir into this 5 pounds of Whiting. Soft pieces of cloth, such as Canton Flannel, are saturated with this mixture, gently squeezed out and allowed to dry. While treating cloth with the preparation, the mixture should be kept well-stirred to prevent the whiting from settling. Pack the treated cloths in glassine envelopes and sell.

Deodorant Powder - 1-1/2 parts Bismuth Subnitrate, 1 part Powdered Salicylic Acid, 1 part zinc Oliostearate. Grind all together in a mortar. Put up in 3-ounce shaker boxes.

Permanent Ink (Cannot Be Erased; Will Not Fade) - Dissolve 10 fl. drams of Gum Copal into 10 fl. ounces of Oil of Lavender with the aid of gentle heat. Thoroughly mix into this solution 100 grains of Lampblack and 20 grains of Indigo that has been rubbed to an impalpable powder. Put up in 2-ounce bottles and sell.

Soapless Oil Shampoo - Mix 100 parts sulfonated Castor Oil into1 part Perfume Oil. If lower concentration is desired, add water to suit. Put up in 8-ounce bottles and sell.

Foot Powder - Mix thoroughly together 10 parts Boric Acid with 0.7 parts Zinc Oxide and 2.7 parts Purified Talc.

Put up in 5-ounce shaker boxes and sell.

Marble Cleaner (used extensively on tombstones) - To 1 part Powdered Pumice, 2 parts Dried Carbonate of Soda and 1 part Chalk, add sufficient water to make a thick paste. Put up in 16-ounce cans and sell.

All Purpose Cleaner - Satisfactory for cleaning woodwork, floors, dishes, painted surfaces, porcelain, linoleum, glass, etc. This is simply Trisodium Phosphate. Put up in 1-ounce bags with instructions to mix with 1 gallon of water and sell.

Shoe Saver - Simply melt together 2 parts Tallow with 1 part Resin. To use, apply this mixture freely to the soles of shoes with a table knife. Makes them wear much longer. Put up in 2-ounce, airtight cans, and sell.

Typewriter Ribbon Renewer - Dissolve 1 part Aniline Black with 15 parts of Pure Grain Alcohol and then add 15 parts of Concentrated Glycerine. Put up in 1-ounce dropper bottles and sell. To use, put one drop on each 1/2 inch of ribbon, rewind and let set for 72 hours. Each bottle will re-ink from 30 to 40 ribbons.

Eczema Ointment - Mix together 31-1/2 ounces of Boric Acid Ointment and 31-1/2 ounces of Ointment of Ammoniated Mercury until a homogenous paste is formed. Then thoroughly incorporate into this mixture 2-1/2 fl. ounces of coal Tar Solution and 4-1/2 ounces of Liquefied Phenol. Put up in 2-ounce jars and sell.

Ink in Powdered Form - Pulverize and mix 16 parts of Nut Gals with 7 parts of Gum Arabic. Put up in 2-ounce drug envelopes with instructions to mix into one pint of warm water. This makes a good grade black ink.

Insect Repellent Pads - These are made by dipping fabric remnants, paper toweling, paper napkin stock, etc., in a simple solution made of: 1 part methyl (di-methyl) phthalate, 1 part isopropyl alcohol - 95% alcohol, 190 proof (approx.). NOTE: This is not the isopropyl rubbing compound. The alcohol serves no active purpose beyond carrying the potent ingredient, Methyl Phthalate, into the fibres of the pads. The alcohol then evaporates. Directions for Use: If the skin is heavy with perspiration, first dry, then use the pad just like cleaning tissue, for protection against gnats, mosquitoes, chiggers, flies and other insects. Do not apply close to the eyes. Perfectly safe elsewhere. For sale, a dozen or 20 small pads in a polyethylene bag makes an effective retail unit.

Kitchen Wall Cleaner - This is a syrupy, water-like liquid, until recently patented, but now produced by a number of manufacturers who wholesale it through jobbers. "Triethanolamine", pronounced Try-ethan-all-a-meen. It would be difficult to find a chemical wholesaler who does not sell it, but may not know its value as a cleaner-polish for smoked-up kitchen walls. Directions: To make an amazing kitchen wall-cleaner, add about an ounce to a quart of water. Add a trace of blue dye for eye-appeal, if you wish. Or, sell "as is" as a concentrate, for the user to dilute with water, himself. The kitchen walls, of course, must be "washable". Moisten a cloth or sponge with the solution, and wipe the soiled surfaces. Rinsing is not necessary. The solution converts kitchen grease deposits into soap, and leaves the walls gleaming like new. Never dull or powdery as do many other, more expensive wall cleaners.

Spray-On, Wipe-Off Glass Cleaner - Obviously, the base necessary for all glass cleaners is water. But to make water much more effective as a cleaner, other ingredients must be added. One of the simplest and best is a solution of 3 or 4 parts of water and 1 part of Methanol, which is also known as denatured alcohol, wood alcohol or methyl alcohol. It's inexpensive, too. This simple formula makes a quick-drying glass cleaner that will amaze you. If you want to improve it slightly, add not more than 1/2 of 1% of any synthetic detergent like Vel, Tide, Rinso Blue, and/or even less than 1/2 of 1% of trisodium phosphate, better known as TSP. This is so cheap that you may be well-advised to buy your first or experimental needs at retail. A trace of blue or red dye may be added to your product, for eye appeal. If you want a very effective solution and are impressed by instant-drying properties, just use TSP and water. The ready-to-use liquid cost about the same as plain water - but it does the job! And it leaves no chalky deposits. Few products for home use provide such a high margin of profit as this one. (Note: The above analysis is sold as information only. We cannot be held liable for any accidents that may result from your using the solution improperly.)

Liquid Dishwashing Detergent - Unlike many detergents and surfactants, this is non-corrosive, non-rusting. To this extent, at least, it is superior for cleaning car bodies, milk cans and other metal objects. Formula: "Nimex 21" from Stephan Chemical Company, one of the largest producers of Lasic synthetic detergents in the United States. It has a number of factories, which we list below. Any of these firms can and will answer your inquiries as to the distributor of their products who is located nearest to you. Dissolve Nimex 21 (any quantity) in an equal amount of water. As you stir, the liquid becomes thicker, not thinner, as you might normally expect. A trace of perfume oil, such as any chemical house can supply, may be added if desired. The perfume should be dissolved in the Nimex before adding water. Directions: For dishwashing, add a tablespoonful or so to the dishpan, the amount depending on the number of dishes and the grease deposits, etc. For car washing and the like, 2 tablespoonfuls (one ounce) to 3 to 4 gallons of water is usually ample. When hosed down, the body will dry without streaking.

Liquid Vitamin - Simply made from one product of the field. Gives you quick energy and vitality. Others have claimed that after one week, you'll be kicking up your heels and raring to go. Ideal for men and women past 40. In a porcelain or enamelware vessel, put 2-1/2 lbs. of clean Oats. Add 2 gallons of distilled or unmineralized rainwater. Set in a cool place for 48 hours. Bring to boil slowly. Strain through cloth. You will have about one gallon of liquid. Put in a jug, keep in refrigerator. Dose: A 2 oz. glass , 3 or 4 times a day. If larger quantities are made, add 1/10 of 1% of Benzoate-Soda to the gallon to act as a preservative.

Transferix for Transferring Pictures - Common yellow soap, 1-1/2 oz., 3-1/2 oz. of fl. spirits of turpentine, 1 pint of soft water (made soft by boiling, then cooled). Dissolve the soap by boiling in the water, and when nearly cool add the turpentine, then shake the ingredients together thoroughly. Put up in 1-ounce bottles. Paste a small label on the front of the bottle, and on another small separate sheet (about 3x6) have the following directions printed: Directions for Using Fluid: Apply liberally to the surface of the printed matter with a soft brush or sponge (being very careful that you do not smear the ink, which becomes soft when the fluid is applied), and allow to soak for a few minutes. Then place the plain cloth or paper over wet side of printed matter and subject it to moderate pressure - one minute - using bowl of spoon or small roller. Upon separating them you will find the picture has been transferred to the other surface.

Marvel-O Eight-in-One Product - Orthodichlorobenzene, 1 part; Carbon Tetrachloride, 2 parts: by weight. Mix. Put up in 6-ounce cans, or in such sizes are best suited to your purposes. This is truly a marvelous product on which the profit is large. It does work, too. Insect Exterminator: Used as a spray, it kills moths, their eggs and larvae, as well as bedbugs, roaches, silverfish, ants, mosquitoes, flies and other insects. Powerful Disinfectant: Adding two tablespoonsful to warm water or soap suds, it serves as a powerful disinfectant when applied to mattresses, springs, upholstery, walls, floors, wash bowls, etc. Leaves a pleasant, clean odor and guards health. Paint Remover: This wonderful product is amazingly efficient in removing lacquer, shellac and paint of all kinds.

Hand Cleaner: Excellent for the workman or mechanic, removes dirt, grime, grease and leaves the hands clean and soft. Used full strength it will not harm the hands. Spot Cleaner: Takes out dirt, grease, grime, spots and stains from any material. Leaves no ring and is non-injurious. Deodorant: Used as a spray, it becomes an effective and pleasant deodorant that kills unpleasant odors and purifies the air. Easy to use.

Quick-Action Cleaner: An effective cleaner when added to soap suds, cuts the grease and makes clothes washing easier. Also speeds cleaning action on floors, walls, linoleum, tiling, wash bowls, bath tubs, etc. A wonderful window cleaner. Metal Polish and Cleaner: Apply full strength on a soft cloth, cuts the surface dirt film with just a few easy rubs, and will not injure any metal surface. Produces a brilliant finish or restores original luster. Renews and Cleans Typewriter Platens, Ribbons and Printers' Rollers: Wash rollers with this solution. Dip ribbons in this cleaner and roll out, wait 24 hours to use.

NOTE: Above is suggested for label and advertising copy. All claims made above can be depended upon in this fantastic product. Simply and easy to prepare and very profitable. It makes a wonderful demonstrator item and is great for house-to-house canvassing.

To Improve Odor: The odor of Orthodichlorobenzene will probably have to be masked with a scenting oil, such as Oil of Myrbanc or Citronella, by dissolving the scenting oil in a small amount of rubbing alcohol and adding to the mixture. The Orthodichlorobenzene and Carbon Tetrachloride may be obtained from any wholesale drug company or chemical firm.

Attention: All container sizes given in this report are merely suggestions, and do not necessarily convey any prevailing specifications.

You become a manufacturer when you label and package any product yourself. In many localities, when you sell the goods directly, a license will be required. However, often no local license is necessary when interstate commerce is involved. City, county and state authorities should be consulted for guidance on these matters. No license is required by the federal government.

Some of the preparations outlined in this report are subject to the Federal Food, Drug and cosmetic act of 1938. Briefly, this act: 1. Authorized establishment of standards of strength, quality and purity. 2. Forbids adulteration, misbranding, deceptive containers. 3. requires clinical testing before general sales of new drugs, including new combinations of existing drugs and existing drugs recommended for new uses. You can obtain more detailed information by securing a copy of "Digest of the Federal Food, Drug and Cosmetics Act". It will be sent free on request from The Food and Drug Administration, Washington, DC.

A government permit is required when alcohol is used in any preparation. For full particulars write the nearest Bureau of Industrial Alcohol.

The federal government imposes a Retailers' Excise Tax on the retail price of cosmetics. This luxury tax must be paid by the customer regardless of how the sale is made. A Treasury Department pamphlet titled "Regulations 51" lists what specific items are covered and also gives other information. You can obtain a copy from the Superintendent of Documents, Washington, DC. Also, write to your state authorities for details on local taxes, if any.

The use of a trademark indicates that the identifying sign under which a product is sold has been registered as a trademark, and that a similar product cannot be sold under the same identifying sign. A trademark can be a word, a group of words, symbol, picture, design, or combination of these. For full details write to the Department of Commerce, U.S. Patent Office, Washington, DC and ask for a copy of "Protection of Trademarks".

Sources of Supply

Isopropyl Alcohol - For making the Glass Cleaner. In small lots you can use the 70% grade of Isopropyl Alcohol Rubbing Compound as available at low cost in all retail drugstores. In commercial quantities, use the 91% grade of Isopropyl Alcohol available by the drug from your local Chemical Dealer or Commercial Solvents Corp., 245 Park ave, New York, NY 10017.

Sales offices are located in many principal cities (see the Yellow Pages of your nearest large city telephone directory).

Things to Remember (Smart Things)

Have confidence in yourself. Don't sell yourself short. Many manufactured products with national distribution today were once manufactured in a small way by people who possessed this confidence in their ability to succeed. They did succeed, and there is absolutely no reason why you can't make products as good as the finest on the market. You must believe it!

The product, regardless of type, has not been made that cannot be improved upon. That's why some products put out by little known manufacturers are actually superior to those offered by the big companies. So, never be satisfied with the product you are making. Always try to improve upon it - you don't have to be a chemist to do it. Experiment on your own - you might be surprised at what you can do. The big companies are working 'round the clock to improve their products, which accounts for the constant change in the formulas of many products. Just take a look at the evolution of camera since Polaroid introduced its Land Camera - supposedly the "ultimate camera". So, regardless of how good a product may be, the possibility of improvements is always there and should be explored at every opportunity.

Lack of finances is no barrier to success. The unsuccessful person inevitably uses this as an alibi for his failures, but it is an overworked alibi. This person leans heavily on the old adage that "it takes money to make money". While there is nothing particularly wrong with the statement, why is it that so many people with little or no money to speak of have achieve greatness in their chosen field or profession? It is because they want success strongly enough to work for it and they have confidence in their ability to achieve it.

They were Positive Thinkers, one of the outstanding characteristics of successful people. Instead of looking upon a project with doubt, fear and skepticism, the positive thinker turns a deaf ear to all the Doubting Thomas' who tell him it can't be done. He goes ahead and does it!

The Negative Thinker, as much through laziness as anything else, seems to welcome negative comments from others so he won't have to put out the effort. It gives that person a good excuse for being a failure.

Occasionally we receive a letter from someone who practically accuses us of misleading people into believing they can make money in the Chemical Specialty Manufacturing business and then proceeds to tell us why it cannot be done. A self-appointed expert on the subject who has never tried it and never will because he has already accepted defeat - without even trying.

Always remember: What others are doing, you can do.

For every letter we receive from those defeatists, we receive countless others from people who are making a success in this business and enjoying it; but you can bet your bottom dollar they didn't achieve it listening to the Gloomy Busses and Doubting Thomas'.

A living example of this is the story of the Italian man in Montreal who went into this business on a "shoestring" with a liquid cleaner, mixing it in an open head drum and selling it for about \$80 profit per drum. After developing a

paying demand for his cleaner, he obtained formulas for other products to add to his line until the time came for him to add a good floor wax or finish. When he mentioned this to one of his customers, advising him that in the very near future he would have a good floor wax, the customer told him that he was foolish to add such a product to his line because the Johnson Wax People had the business sewed up. The Italian man replied, "Whoosa this Johnson? Neva hearda him. He neva hearda me, so I have new floor wax nexta week". He couldn't have cared less about competition, no matter how big - he had confidence in his ability to do things and he did them.

NOTE: Many proportions in this report are designated by "parts". Anyone weight, such as grams, ounces, pounds, etc., may be substituted for "parts".

Simple Directions For Using Herbs To Make Infusions, Decoctions And Ointments

It seems that many health conscious people these days are turning away from prescription drugs and turning to making their own medicines. Healing with herbs and other natural remedies is becoming popular and making your own medicines is quite an art.

Some popular methods of natural healing involve the use of making infusions, steeping to extract various properties, decoctions, the extraction of an essence by boiling and ointments.

Always remember when you are creating your own herbal remedies to use an enamel or nonmetal pot.

HERBAL TEAS

To make a cup of herbal tea, for drinking or as a face wash, boil 10 ounces of water. Pre-warm your teapot, put in 1 tbsp. or less of dried herbs or a large pinch of fresh herbs and pour the boiling water over them. Add honey, if you like. Cover and steep to taste, 3 to 5 minutes. Strain and drink.

INFUSIONS

To make an infusion, fill a teapot with one quart of boiling water. Then throw in a large handful of fresh herbs or an ounce or more of dried herbs. Add some honey, if desired, and let the mixture steep for ten to twenty minutes. Now strain and drink.

DECOCTIONS

Making a decoction involves boiling your mixture. It is usually made from the tougher parts of a plant, the roots, seeds or the bark. Put one ounce or more of the herb parts in a quart of water and cover the pot. Bring the mixture to a boil and simmer for about twenty minutes. Steep and strain the mixture. Drink or apply externally.

OINTMENTS

An ointment, unguent or salve is made by combining the decoction of a herb with olive oil and simmering it until the water has completely evaporated. A little beeswax is then added to get a firm consistency. Some gum benzoin or a drop of tincture of benzoin per ounce of fat will help preserve the ointment.

How You Can Make Your Own Pet Food

As a pet owner, no doubt you want to give your dog or cat the best care possible. And caring for your pet means feeding him the best diet you can.

Animals, because they are color blind, choose their foods by smell. Most dogs like gamey flavors best, as well as liver, fat, garlic, onions, horsemeat, lamb, beef, cheese and fish.

Cats enjoy chicken, liver, fish, turkey, lamb, and yeast, and prefer fresh to aged flavors.

Remember that cats are fussy eaters and it is not wise to continually feed them their favorite foods. Soon they will refuse to eat anything else; it is your job to see your cat has a balanced diet.

Animals do not need salt added to their diet as the natural salt in the food is enough for them.

Dogs may eat any vegetable they want, but cats should not have any starchy veggies, like peas and corn. Some dogs and cats even enjoy fruits!

It's a good idea to always add a grain, such as Kibble, wheat germ, cooked oatmeal or whole wheat bread to meat

dinner. For dogs use 75% carbohydrate foods (grains and vegetables) to 25% meat; for cats use half carbohydrate foods to half meat.

You will find, once you begin making your own pet foods, that it is really relatively simple and you will save some money as well. Remember that all pet foods should be served at room temperature; don't serve food cold from the refrigerator nor hot from the stove.

Incidentally, you should know that cats should be fed three times a day, while an adult dog needs only one meal a day.

Here are some pet recipes you can make at home:

SAUTEED LIVER

Heat 1 teaspoon corn oil in a pan. Add 1/4 pound beef liver and fry on both sides until cooked but not dry inside. Add 1/2 cup water to the pan and mix it up with all the brown bits.

For dogs, cut the liver into pieces and serve; for cats, grind the liver in a blender, using the pan juices.

CHICKEN SOUP

Combine 1 chicken liver, 1 giblet, 1 chicken heart, 1 chicken neck, 2 cups water and 1 tablespoon finely chopped parsley. Cover and simmer until the giblet is tender. Chop all the meat for dogs removing bones and mix with kibble; for cats, you may want to grind the meat in the blender.

VEAL STEW

Combine 1/2 pound stewing veal, 1 cup canned tomatoes, 1 cup water, 1 chicken bouillon cube, 1/2 onion (chopped), parsley and a dash of garlic powder in a pot and simmer. When meat is tender, remove all the bones.

For dogs, cut the meat in chunks, and mix stew with kibble or some other grain; for cats, grind the stew in blender, adding a tablespoon of wheat germ or 1/2 slice of whole wheat bread.

LIVER COOKIES

- Preheat oven to 350 degrees F.
- Combine 1/2 cup dry milk and 1/2 cup wheat germ; drizzle 1teaspoon honey on top.
- Add one 3 1/3 oz. jar of strained liver baby food or homemade blended liver and stir until everything is well mixed.
- Form the mixture into balls; place them on an oiled cookie sheet and flatten them with a fork.
- Bake 8 to 10 minutes.
- Consistency should be fudgy.
- Store in a jar in the fridge; freeze if keeping more than a few days.

LAMB STEW

Follow the recipe for Veal Stew, using chunks of lamb instead and leaving out the tomato if desired.

MACKEREL DINNER

Heat 1 tsp. corn oil in a skillet and fry 1 small mackerel until it flakes apart easily. Remove and cool. Pour 1/2 cup hot water into the pan and scrape the brown bits into it. Remove the bones from the fish and mix with the juice. For dogs, serve in pieces with kibble; for cats, grind with the pan juices.

FISH COOKIES

Follow the recipe for Liver Cookies but use instead 3 1/2 ounces of mashed and boned mackerel, either canned or freshly cooked.

BEEF COOKIES

Following the recipe for Liver Cookies, using cooked beef puree instead.

DOG MORSELS

- 2 cups whole wheat flour

- 2 tsp. garlic powder
- 2 cups white flour
- 1 cup skim milk powder
- 2 eggs
- water
- 1/2 cup melted beef or pork drippings (or lard)

Preheat oven to 350 degrees F. Mix ingredients together with enough water to make a stiff dough. Roll out and cut into Christmas shapes. Bake on cookie sheet until hard.

KITTY TREATS

- 1 1/2 cups rolled oats
- 1/4 cup vegetable oil
- 1/2 cup flour
- 1/2 cup tuna oil, chicken broth or beef bouillon

Preheat oven to 350 degrees F. Mix all ingredients into a dough. Dust hands with flour and form small, 1/2-inch-thick, round "biscuits". Set on greased cookie sheet. Bake 30 minutes (or until biscuits are slightly browned).

Cool 30 minutes before serving.

FUDGIE BROWNIES

- 1 cup cornmeal
- 1 tsp. finely ground cuttlebone
- 1 cup hulled millet
- 2 tbsp. liquid honey
- 1/4 cup whole wheat flour
- 2 eggs
- 2 tbsp. raw wheat germ
- 4 egg yolks (for larger birds add 1/2 cup peanuts)

Preheat oven to 350 degrees F. Place all ingredients into a bowl and mix well. Pat into a greased and floured baking dish. Bake for 30 minutes or until firm (if edges start to get too brown, cover with foil).

Cool and cut into small squares.

Old And New Collection Of Hints For Homemakers

HEALTH AND RELAXATION

Try a cup of baking soda in a Cup of warm water. Relax for ten minutes or until refreshed.

One tablespoon of baby oil in very warm bath water for smooth skin. Watch the wrinkles go.

Try a warm bath with feet propped up high for a relaxing twenty minutes.

Mix dry oatmeal and water into a paste and spread on face. Lie down and let it dry. Wash off with warm water. Excellent facial.

Cold Cream on eyelashes and brows keeps soap out of eyes while shampooing.

For that Bright Eyed look, place cucumber slices on eyelids while relaxing in a hot bath for ten minutes.

Remove gum from hair with nail polish remover, then shampoo.

Cornbread mix spread on face, let dry and wash off with warm water and see how clean your skin looks.

Another refresher... squeeze cotton pads out of ice water, place on eyelids and lie down, elevate feet.

To prevent hair pins from falling out, bend one prong in a "V" about halfway up and insert in hair. It will stay.

Clean your rings with toothpaste and old brush.

Artgum eraser will clean bone colored shoes.

To keep Cold Cream from spoiling and maintain its freshness, keep it in the refrigerator... and it's so cool.

Prevent wrinkled scarfs. Roll and place in toilet tissue cones.

Old lipstick tubes, thoroughly cleaned, are great for purse-sized pill boxes or for pins etc.

White shoe polish will keep a cast clean on broken bones.

Clip on earrings can be used for cuff links or scatter pins.

Cuticle remover will clear hands of nicotine stains.

Ice water and soap to remove ring from swollen finger.

Cut legs off old card table, to about ten inches high. This will make a good table for sick or bed-ridden folks.

Boil pine splinters and sip tea to stop hiccups of long duration.

Use a lazy susan at bedside to enable sick to reach more items.

Old socks worn over shoes on ice helps to prevent falls.

Tape on shoes helps prevent falls on highly waxed floors.

Emergency Sinus Relief - swap white vinegar high up in the nostrils.

Recycle Your Own Paper - Use backs of unwanted advertising mail for scratch paper pads. Roll your newspapers into a tight roll until they are log size, tie with a wire and burn in the fireplace. It will burn like a log, but even longer. Shred all of your newspapers and junk mail and save in a large bag for use in packing materials and for making paper mache items by adding flour and water.

Save cans to freeze leftovers in.

Save plastic bags from bread for freezer use.

Save plastic milk containers, fill with water and freeze. Use in camper iceboxes or coolers. Also these can be used to freeze colored water or juices in for later use in a punch bowl.

Clean vinyl with liquid window cleaner.

Avoid tears when peeling onions, slice first, then slip the bands of skin off.

Use an egg slicer to slice apples or mushrooms.

Leftover pancake batter makes good fried onion rings. Separate and let soak in batter for fifteen minutes. Fry in hot oil.

Loose door knob? Put a drop of shellac in the screw hole, then tighten. It works.

To grow thyme - thyme will grow anywhere, but it prefers a dry, poor soil. If the ground is rich, the plant will become too luxuriant and lose its aromatic qualities.

Very strengthening drink - beat the yolk of a fresh egg with a little sugar, add a very little brandy, beat the white to a strong froth, stir it into the yolk, fill up the tumbler with fresh milk and grate in a little nutmeg.

How to preserve flowers and fruit - Fruit and flowers may be preserved from decay and fading by immersing them in a solution of gum arabic and water two or three times, waiting a sufficient time between each immersion to allow the gum to dry. This process covers the surface of the fruit with a thin coat of gum, which is entirely impervious to the air, thus preventing the decay of the fruit or flower. Roses thus preserved have all the beauty of freshly picked ones, though they have been separated from the parent stock many months.

Household cleaner formula: Soap powder - 2 oz.; soda ash – 3 oz.; trisodium phosphate - 40 oz.; finely ground silica - 55 oz. Mix well and put up in containers. mMost of the above items can be purchased from drug stores or hardware and paint stores.

Household window cleaner formula: Castile soap - 2 oz.; water - 5 oz.; chalk - 4 oz.; french-chalk - 3 oz.; tripoli powder – 2 oz.; petroleum spirits - 5 oz. Mix well and pack in tight containers. Above ingredients can be purchased at local drug, hardware, paint, or nursery stores.

Fire Kindler Formula: Rosin or pitch - 10 oz.; sawdust - 10 or more oz. Melt, mix and cast in forms.

Paint Brush Cleaner - ammonia (household ammonia will do).

Sun Burn Lotion - Peanut oil (buy at grocery store).

Radiator Cleaner - Tri-sodium phosphate (buy at paint store).

Tree Wound Dressing - Lanolin (buy at drug store).

Frosted Window Paint - super saturated solution of Epsom salts.

Mosquito Repellant - Oil of Pennyroyal, rub on skin (buy at drug store).

Furniture polish and cleaner - Vinegar.

Tile Cleaner - Deodorized kerosene (buy at an oil company).

Windshield Anti-fog - Glycerine (buy at drug store).

Label Cement - Egg white is an excellent label cement.

Cockroach Exterminator - Borax (buy at the grocery store).

Ground Mole Control Powder - Black pepper placed liberally in their runs.

Battery Anti-corrode - Vaseline.

Fire Extinguisher - Plain baking soda.

Nail Bleach - Hydrogen peroxide (buy at the drug store).

Type Cleaner - Rubbing alcohol (buy at the drug store).

Wonder Car Product - Removes tar, paint, wax gum, etc. Benzol.

Cures Cigarette Habit - Take before breakfast 1/2 teaspoon each of Rochelle Salts and Cream of Tartar, also chew Ginseng root and swallow the juice.

For Great Beauty - drink a teaspoon of Figwort. This will banish every blemish from your skin as it cleanses the blood.

Chamomile teas will give one a complexion to be proud of.

SEWING HINTS

Emergency ripped hem repair - use double faced sticky tape between hem and dress.

Bobbins, thread, and other sewing notions can be hung on a bulletin board with straight pins near your machine.

Cut buttons, zippers, snaps, hooks, and eyes from all old clothes and place near your sewing machine. Pin all the buttons that are alike together with a large safety pin. Saves a lot!

Cut the cost of making a round tablecloth by using the fringe from an old bedspread.

To cover unremovable spots on children's clothes, iron transfers of animals, etc. over spots or paint with textile paints. Looks new!

To reline a jacket or coat, use the old lining for the pattern. Spray heavily with starch and press. Pin to the new material for a perfect pattern.

For a matched set of spread and drapes, buy two bedspreads and make a set of drapes from one.

For an attractive eyeglass case, fold a pot-holder and sew up one side and the end.

Worn out tops of little girls slips? Cut off at the waist and insert elastic for half-slip. Also good if she has grown too tall for it.

Use iron-on rug binding on men's trousers to prevent "waist-band curing" of trouser tops. Great for the heavy-set men.

CLOTHING HINTS

Footlets twisted twice in arch of foot prevents slipping off.

Use two rubber bands and three safety pins on sliding bra straps. Pin to each strap and in a "V" to center bra.

Use hair spray to stop runs in hose.

Clear nail polish will stop runs in hose and also makes good glue.

Use nylon net to brush lint off dark clothing.

Fold several pieces of tissue, pin through dress with tissues on back to prevent heavy broach from sagging.

Felt markers are good to cover shoe scuffs.

Grease spots which have set, in washable fabrics, can often be removed by rubbing fresh grease on spot and washing immediately.

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