

The Plain and Practical

Year Five, Issue 44, August 2012

“Live simply, that others might simply live.” Elizabeth Seaton

Something You’ve Made In Every Room

Visiting Sauder Village a few weeks ago really got me to thinking. You’d walk into those quiet, peaceful homes, and there would be a rope bed with its key, covered with quilts and a feather pillow or two. Next to a stove would be a rustic stool, and a rug and a wooden bucket; by the dry sink, towels and a homemade hook to dry them upon. All the sewing help you needed was in a small basket tucked into the shelves; a lifetime’s worth of reading in a single beautiful book, resting in a prominent place. Outside, a kitchen garden with your herbs and tea plants and a place to sit in the heat of the day for handwork.

My Great-grandparents, Edgar and Kizzie, lived modestly in the 1930s and 1940s and 1950s, in southern Ohio, in an area that didn’t get electricity until 1958. They had a small sturdy square farmhouse and barns on acreage that they purchased for \$600 cash, with a woods, creek, pond, and some fencing for pasture. The cousin who owned the place over the other side of the hill had the orchards and the bees and did the syrup and the molasses, so Edgar did the cows and milk and vegetable gardens, hay and corn and firewood from the woodlot. When Edgar’s son Max got old enough to need a piece of land measured off and another farmstead, Max was a schoolteacher/busdriver/coach/boyscout leader and did pigs and quarried stone in the summers, along with gardening, pickling, and meat curing in a smokehouse.

Their little home had only three things inside, that they didn’t directly make themselves. One was the cast iron stove-oven, that came with the place, and stood mightily in the middle of the kitchen. It heated water, provided warmth, was where the tins of bread, lined up, rose on its upper shelf in winter. There was a comfortable Eastland-style chair for the man of the house, next to a hand forged grate in a fireplace in the center room of the house. Up on a hand embroidered piece of linen in the bedroom, there was a ladies hairbrush set, with Bakelite handles and faux gold trim, where each night Kizzie would let down her long braids, brush her hair, re-braid it and put a cotton gathered cap over it for sleeping.

From the woolen rugs to the curtains to the towels, everything had their hand’s work in it. At that time and place, you bought bolts of fabric through the Sears mail order catalog, and thread, and I remember she had a pincushion with exactly—exactly—fifteen pins in it. When you finished sewing you hunted until each pin was returned to the tomato cushion, and needles rethreaded and stuck into the end of the ironing board for quick repairs, one white, one black, one blue.

She sewed the bedding and her clothes and his shirts and pants, on a treadle sewing machine, and pieced rough practical tie quilts from worn clothing. He made first stools and then chairs and then tables and later dressers with drawers, and if they added one piece of furniture a year, they were proud of themselves. He milked the cows and tended the fences, and she took the milk that wasn’t picked up in the cans by the milk wagon, and separated it and made their drinking milk, cooking milk, cream, and butter, and sometimes in the winter she would make cottage cheeses that were thick and rich, you spooned it into a fold of warm bread in your hands and it was nearly a meal in itself. Her “Hoosier cabinet” came after a few years and she could grind her own fresh flour and said, “the bread was much better after that.”

We live in a world where you are expected to go get all those things at the store, trading the hours of your day for the coins of another. While I can’t attempt to fix this situation, I do feel that you can recapture some of the comfort and warmth of one of those Sauder cottages, by taking your leisure time and making or trading talents with others, so that here and there around your home, you have the work of your hands nearby.

If you can crochet, rugs and all manner of household items are within your creative reach, from toasty afghans for the couch to dish scrubbing cloths to rag rugs that feel wonderful to the feet as you step onto them. (Cont’d page three)

Gathering Things For Later

It may seem like mid-summer, but the second hay is off the fields, the corn has tassled early, and there’s baby watermelons hanging in nylon stockings on my friend’s fence, so that means it’s time to start putting away for winter:

For Potpourris—save orange, lemon, lime rinds from the kitchen, as well as rose petals, some of the poppy heads, scented barks from around the woodpile like cedar, willow, and tiny hemlock cones. Even heads of wheat left in a field are pretty in the mix. Later, you can heat up an essential oil to help it (pennyroyal and lavender for moth-proofing; lemon for a mother’s trunk or closet).

For Firestarters—save any egg cartons of the cardboard (not Styrofoam) kind, and shredded wood, small cones, bits of sawdust from the woodshop, dry grasses, tiny bits of straw or hay swept from the ground or floor, torn strips of waste paper. These can be set into the egg cartons and paraffin mixed with candle stubs can be poured over the tops to dribble down in and fill the compartments. When using, you tear off one “egg” and light it from the cardboard edge and place it deep within the fire you want to start, they burn for as much as 8 minutes.

For Kitchen Cleaning—long straw grass can be braided and looped while green and hung to dry, and they are dandy pot scrubbers. When they are full of crud, you can let the chickens peck on them, or discard them directly to the compost pile so they degrade there.

For making gift soaps—rose petals worked in with essential oil and soap flakes are child-easy to work with to make lovely fresh smelling hand soaps for your guest sink.

Goldenrod blossoms can be gathered and dried, and later this winter you can use it an a bit of alum to brighten up into a cheery yellow, all your dingy towels and other linens.

Grapevines and ivy vines—it’s simple to roll these up and make into wreathes, then later, add some evergreen twigs or holly, and sell them at the farmer’s market.

And remember, when the nuts begin to fall soon, have your baskets or sacks ready for picking them and hanging them up to dry—hazelnuts, walnuts, pinenuts, and beechnuts will be laying about free for the gathering.



August, 2012 Eighth Month

S	M	T	W	TH	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

8th—Sneak some zucchini to neighbors Day
17th, National Thrift Shopping Day
Sept. 3, Labor Day

“Build ye houses, and dwell in them; and plant gardens, and eat the fruit of them” Jeremiah 29.5

When You Wake in the Morning

And you see it’s going to be a hot day, adjust your schedule:

- outside chores can be done as soon as it is light enough, and long before stores open, so hoe, pick, water, feed critters, pick up sticks and do yard work first thing.
- If you need to run any errands, do them as soon as the store is open. Don’t run errands that can be put off until a cooler or rainy day.
- Right after breakfast, set out some sun tea jars to infuse.
- Make some jello and put it into the fridge, you’ll enjoy it this afternoon.
- These hot days are wonderful for washing and putting away the wool blankets and heavy comforters and sweaters. Washing things before storing them helps remove stains, keeps moths and other pests away better. Putting in little bags of cedar chips will help, and don’t smell as strong as moth balls (also much less toxic).
- Plan something cool and easy for the afternoon, if you have AC, work indoors on sewing or small repairs or other handwork. Write letters, pay bills, make catalog choices, read your Bible and other wholesome materials.
- don’t wait to be thirsty to drink, in hot weather, make sure a pitcher of water is on the table, sip on peppermint tea or other herbal teas, encourage yourself and others to drink more fluids, which help prevent headaches and nausea from the heat.
- occasionally wipe off your face and arms with a cool wet washcloth, keeping skin very clean helps prevent oils from building up on the surface
- whenever you are outside remember to wear a hat with a wide brim for sun protection, not only against skin cancer, but to protect your eyes from strain, and to cool you.
- remember our outside friends—fill your birdbaths and watering holes for others.

Good Buys From Thrift Stores

Some things are not good deals at thrift stores—a leather purse or shoes with a designer name can run twenty or thirty dollars, and often there are fancy florist’s vases for more than buying them new. Baskets are nearly the same as new prices. But there are some things that are always good savings:

- Stationery. Boxes or the contents of boxed sets in bags, are usually only fifty cents or ninety cents. If you’re like me and you are forever scribbling notes, this is much better than the \$5.99 for new Hallmark products.
- Beads. Whether you are taking apart beaded purses, belts, lampshades, or the edges of curtains, beads are cheap at the thrift store in exchange for sitting there with a seam ripper and taking them off of other things.
- Flatware. We’re one of those couples who often pack up lunches for ourselves or carry-out for others from our meals, and forks and spoons do wander off. If you don’t care what the pattern is, there’s plenty of flatware in the thrift store, usually ten cents each, or a bagful for two or three dollars. Usually it is heavier and better quality than new stuffs.
- Blankets. New wool blankets are \$200 and up; a wool blanket can be found in the thrift store for three or four dollars up to eight. I hand wash them, put on a new binding if wanted, and boy are they warm.
- Hardcover Books. Now, I complain because most of the thrift stores charge \$2 for a hardcover book now, but really, those books started out at ten, fifteen, even twenty dollars, and if it was a college textbook or reference book, much more. Take a little time and browse.
- Cross stitch supplies. Floss, cross-stitching fabric, and small frames, are all very reasonable, more than three-quarters less than new. Sometimes needleworking kits are only \$3 and missing only the needle.
- If you want cotton fabric for sewing children’s clothing, making crafts around the home, doing patchwork or making scrap quilts, cotton skirts, sheets, and curtains are very reasonably priced and often in very good condition.
- If you need a single roll of wallpaper, whether book covers or scrap-booking or drawer liners, those are usually 90 cents to three dollars.

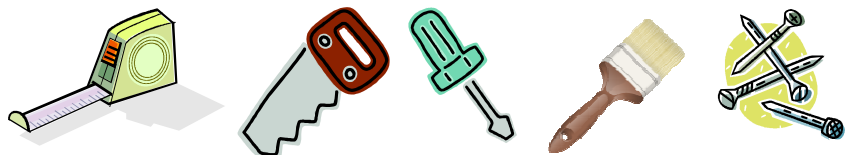
There’s An Open Bible

. . . At a restaurant I visit. It’s large, the size you’d see in a rural church up on the lectern, battered enough to demonstrate long loving use. It’s got a few ribbons marking scriptures, but each time I go in I just take a pinch full of pages and turn them and then lay my forefinger down onto a passage and read it. Sometimes it tweaks my interest enough that I have to read the whole chapter when I get home, to place it into context.

Sometimes when I’m vexed by life—either too many irons I’ve put into the fire, or a feeling of futility dealing with loose ends I can’t seem to get finished, I’ll take the large print bible from the lid of the piano, take it outside on the porch to remove myself from all the visual reminders of my busy-ness, choose a passage and read until I’ve placed my mind onto a new and better track of thoughts. It usually only takes five minutes, and I feel refreshed and comforted, able to focus again.

One of my friends keeps a bible by her bed, and at night, if she wakes and begins her worry habit, instead she’ll turn on the light and read from one of her favorite marked passages. It’s cheaper than a glass of red wine and healthier for her kidneys than taking sleeping medication, and it works for her—she hands over her concerns to God and reads His word in obedience.

Another friend has carefully and beautifully written inspirational bible passages onto kitchen parchment paper slips, and folded them into neat squares, filling little handmade draw-string sacks with them. She gifts these to people struggling through a difficulty—an illness or a loss—so that when they feel lonely or lost, they can be reminded of God’s teachings by reaching in and taking one and reading it.



The sculpture show that Valerie’s been working on, will be hanging the month of August, 2012, in the Short North district of Columbus, Ohio. Titled Holt Cothrom (Gaelic for Wood Opportunity), each piece is assembled from broken furniture, wood and metal farm scraps, printmakers spacers, and household wood objects, some found in attics of hundred-year-old buildings, others pulled from the grass around rusted farm equipment out in farm fields. Each assemblage becomes layers of black inky lines superimposed on the wall behind them.

If you’d like to visit the show, it’s at Le Chocoholique, 601 N. High Street, Columbus, OH 43215, across from the renovated depot area. Her shop is open generous hours, seven days a week, call 614-223-4009 for particulars.

We’ll be putting pics of the unsold works on a web site when the show is taken down after August, let us know if you want that link.

Fill in the Gardening Word—Here are some bible passages, can you fill in the missing gardening-related word? Select from the ones below (yes there are extras to make this more challenging). Answers on page three.

- “Thy plants are an orchard of pomegranates, with _____; camphire, with spikenard” Song of Solomon, 4:13
 “And a river went out of Eden to _____; and from thence it was parted and became into four heads” Gen 2:10
 “And the LORD God took the man, and put him into the garden of Eden to _____ and to keep it.” Gen 2:15
 “And Ahab spake unto Naboth, saying, Give me thy vineyard, that I may have it for a garden of _____” 1 Kings 21:2
 “I made me gardens and orchards, and I planted trees in them of _____” Ecclesiastes 2:5
 “It is like a grain of _____, which, when it is sown in the earth, is less than all the seeds that be in the earth” Mark 4:31
 “And one went out into the field to gather _____, and found a wild vine, and gathered thereof wild gourds his lap full” 2 Kings 4:39
 “He causeth the _____ to grow for the cattle, and herb for the service of man” Psalm 104:14
 “But woe unto you, Pharisees! For ye tithe _____ and all manner of herbs, and pass over judgement . . .” Luke 11:42
 “But she had brought them up to the roof of the house, and hid them with the stalks of _____” Joshua 2:6
 “I went down into the garden of _____ to see the fruits of the valley” Song of Solomon 6:11
 “And the house of Israel called the name thereof Manna: and it was like _____” Exodus 16:31
 “A land of wheat, and _____, and vines, and fig trees, and pomegranates; a land of oil olive, and honey” Deuteronomy 8:8
 “And all they of the land came to a wood; and there was _____ upon the ground” 1 Samuel 14:25

Mustard Seed, Oaken Tree, Herbs, Dress it, Pleasant fruits, Cypress trees, Barley, Nuts, Water the garden, Alfalfa, All kinds of fruits, herbs, Mint and rue, Grass, Flax, Reeds in the water’s edge, Coriander Seed, Honey, fields of grasses, vineyards.

Ways to Recycle A Cotton Sheet

- make totes for shopping and storing
- tear into strips and crochet into a rug
- make it a tent over the clothesline or picnic table, for play
- it's a cape for a skit
- it's a shade for the plants
- keeps dust off large objects in storage
- gather things into it, and pull up on the corners!
- make basket linings
- split and make into curtains, the casings are already there
- small worn scraps are good for oil-work
- fold and tie for a simple summer throw for babies to lay on
- white cotton ones make dandy head kerchiefs for long hair,
Or petticoats for under skirts and dresses
- a square of it will fit in the strainer for your canning
- good foundation fabric for crazy quilting
- tie up crushed pine cones and dried herbs, sprinkled with pennyroyal and mixed with cedar shavings, as a natural moth repellent

(Something, cont'd from front page)

If you can take a walk, bring back leaves for tea and some of the makings of fire-starters, materials for sachets, vines and switches for weaving, little pebbles for your garden walk. In an herb garden you can grow some of your medicines and your spices and some nice scents for your home in the winter when things seem stale.

Imagine sitting in your comfortable chair, knitting something for someone you love, from yarn you made with a simple drop spindle or traded for at the farm market. Imagine laying yourself down to sleep at night under quilts you pieced yourself from scraps and foundlings. Could you enjoy a bowl of soup more if you knew everything in it came from the work of your own hands? Would sitting on your porch be that much nicer if you sat on a bench hewn from wood you harvested in your own woodlot, with your memory of the day you went with your father and picked it out and brought it home and split it, pin it, planed it?

An old leather coat makes dandy mittens in two evenings of handwork, and lasts for years, lined with fabric from the legs of worn wool work pants. Slippers from a felted thrift store sweater, with bottoms from a suede skirt, are good house-shoes and warm enough you can turn the heat down or skip a log in the fire some times. A hand-written letter, however neat your penmanship, creates pleasure on both ends of the process, and can hold a community together, and alleviate the loneliness of someone geographically set apart.

Could you make your own wallet, maybe from a kit? How about your own peg-rack for near the front door? If you don't have a woodshop, maybe you could rehabilitate a piece of furniture found at the flea market—you'd still be able to look at it and remember your hours of care. That's the ticket, you see, not only do you have the memory and the investment of your unique self in all that you create, but you also tend to put time into things so that they last longer than that item from Wal-mart; you are personally invested in creation as well as ownership, and that makes a psychological difference.

I think it harms us not to see our hammer-marks and our stitches in the things around us. "Stuff" that appears without anything more than handing money to the clerk, is not really ours, it feels borrowed and cheap. Our surroundings should have our unique thumbprint, our skills blended into it, our memories intertwined with it. Otherwise, it's like visiting someone else's house, nice maybe, but not *home*. Fewer possessions, well crafted to last long and be maintained and repaired as needed, are better than a houseful of junk imported from someone else.

Christmas In The Summer

Now, I'm sure you think I'm off my rocker, it's nearly a hundred degrees outside and I'm in the studio looking through my yarn stash and my mitten patterns and laying my plans for the holidays. But I found long ago, people really appreciate handmade gifts that you have carefully thought out and created just the way they prefer, whether it's hand knitted, hand sewn, hand baked, or jars of summery goodness you've packed and canned for them.

And best of all, if you don't have the blessing of skill or time to allow yourself to make all these lovely things for those you care about, you can frequent craft shows, the Golden Hobby Shop down in German Village, various bulk food stores (see page 4), farmer's markets, and other venues to put your cash directly into the hands of local craftsmen and artisans.

Don't be afraid to approach a vendor with a request; if you know they live right in town, maybe you can negotiate to have fresh bread dropped off at your father's once a week. Or trade the fruit you don't have time to process, in exchange for a few jars ready to put into the cupboard. Worst case scenario, they say no, and that's all right, nothing ventured, nothing gained.

Here's some notes I've been following while I make my list and check it twice (I actually write "From Santa" on some of the gifts):

Children—hard crack candy, handknitted mittens, clothes for their favorite doll that you've made yourself. A tied quilt for their bed in their favorite color or print. Subscription for a children's reading material. How about a small tote of paper and crayons, with their name embroidered on it? You can also make your own play-dough, play blocks, dolls and stuffed animals.

The In-Laws—this is always tough because they are usually downsizing or at least, they have purchased all the objects they need around the house. Best bets are foods, and that's a category with lots of possibilities. Jars of dried spices from your garden, seeds, nuts, hard crack candy in their favorite flavor, tins of cookies or fudge, jelly or other preserves, or jars of pickles. They might appreciate an IOU for a chore, such as help with spring cleaning or painting a room, cleaning up the yard or installing a new window.

Gal Friends—this requires studying what they say and paying attention when you are visiting their home. When you see a crack in their rolling pin, or notice the kitchen needs towels, or that they are really pleased with a certain kind of glassware, those are things to remember for later on. I often find matching china or glassware in thrift stores, and just wash it up and put a little candy or hanky in it, and help friends complete their collections. Something for their hobby is always a treat, wool to spin, scraps for quilting, floss for their embroidery, all can be found at no or low cost.

Men Friends—husband has several buddies I like to remember with a little something. One from when we lived in Detroit, had huge hands and could not find mittens, so I used to make him handknitted ones. Others are happy with a plate of cookies, one we send tea to every year, another we send dried hot peppers to. One does historical reenactments, so I keep an eye out for linen shirts while thrifting so his gift costs more to mail than to purchase! Guys like repairs on their clothing if they are unmarried, and the ones that BBQ on their grills like spices for ingredients for their hobby. One friend likes to make things with leather so I pick up leather garments while thrifting, and they are a treat for him.

You can turn your hands—or those of other local crafters you trade and barter with—into making sensible, low-cost gifts to share any time of the year.

- Quiz Answers:
- Pleasant fruits
- Water the garden
- Dress it
- Herbs
- All kinds of fruits
- Mustard Seed
- Herbs
- Grass
- Mint and rue
- Flax
- Nuts
- Coriander Seed
- Barley
- Honey



Editor's notes

Owners: Craig and Valerie Hibbard. Expenses covered by Editors. Ads selected by Editors and given freely, and we reserve the right to refuse any ads. Email comments to valerie@plainandpractical.com, or mail to: 216 S. Plum Street, Marysville, OH 43040. We'd like to hear your comments. You may read PNP free on the web at www.plainandpractical.com, or order print copies by writing or emailing the editors. Valerie sells her things on Etsy, at www.apronsrecycled@etsy.com, and has a blog for diary entries, at www.plainandpractical.typepad.com

"Moreover, we continually overlook the fact that our obsession with machinery spoils our inner poise and sense of values, without which the time spared from necessitous toil ceases to be leisure and becomes time without meaning, or with sinister meaning—time to be "killed" by movies, radio or watching baseball games, or unemployment with its degradation of morale and personality."

The Value of Voluntary Simplicity, by Richard B. Gregg. Published by Pendle Hill, 1936 (new copies available by writing, see page 4).

A Few Plain and Practical Resources for Self-Sufficiency

Need something for the Home, or Clothing?

- Lehmans, 877-438-5346, or write for a catalog, 289 N. Kurzen Rd., Dalton, OH 44618.
- Healthy natural soaps and salves, Cindy High, 905 Egeler Lane, Dexter, MI 48130
- Gohn Brothers, Box 1110, Middlebury, Indiana 46540-1110, toll free number 1-800-595-0031. All sewing done by local seamstresses to your measurements, at very reasonable prices for good quality.’
- Prayer caps (crisp mesh style), Plain and Simple Head coverings, Bayley Thompson, P. O. Box 185, Bagdad, KY 40003.
- Aprons, Dresses and Coverings, Mennonite Maidens, <http://www.mennonitemaiden.com>, or orders by phone, 703-622-3018 or 304-492-5590. Wide variety of all offerings, reasonable prices.
- GVS, clothing for the entire family, baby supplies, toys, stationary, sewing supplies—many hard to find items. Highway 5, Versailles, MO 65084.
- Sisterthreads is a group of three Christian women who sew together in the daughter’s house amongst her four children, one of which is special-needs. Although they focus on quilts, they also do a variety of purses and organizers for knitting needles, crochet hooks and other sewing items. By mail: Sister Threads, P. O. Box 91, Herrietta, MI, 49638, or telephone, 231-389-0253.

Need something wholesome to read?

- The Budget, a Mennonite rural newspaper, P. O. Box 249, 134 N. Factory Street, Sugarcreek, OH, 44681. Several editions, so ask for information, 330-852-4634.
- Keepers At Home magazine (Plain homemakers) \$13 year/4 issues. 2673 Township Road 421, Sugarcreek, OH 44681
- Quaker Hill Farm, children’s books, P. O. Box 10, Harrisville, MI 48742 (recently featured on Animal Planet!) Quaker Anne has all kinds of good things made from her farm, web site is www.quakeranne.com
- An Encouraging Word, P. O. Box 374, Covert, MI, 49043, \$20/year includes yours and one gift subscription.
- Plain Interests newspaper (Plain lifestyle), 420 Weaver Road, Millersburg, PA, 17061. Monthly, \$16 yearly.
- Young Companion, Pathway Publishers, 2580N=250W, LaGrange, IN 46761, scripture-rich moral stories for young people, many are reader-contributed. They also produce Family Life, as well as Blackboard Bulletin, and I recommend all three as suitable literature to leave around where you find yourself spending a few moments in the day, they are uplifting, spiritual, and helpful to the simple life.
- Pendle Hill, 338 Plush Mill Road, Wallingford, PA 19086. Quaker literature resource.

Want to stop and get bulk food on your next trip?

- Clintonville Community Market, 200 Crestview Road, Columbus, Ohio, 43202, 614-261-3663
- Yutzy’s Bulk Foods, 614-873-3815, 6010 Converse Huff Road, Plain City, Ohio 43064
- Countryside Bulk Foods, 4230 West Pike, Zanesville, OH 43701, telephone 740-450-1595
- Bulk Food Depot, 5457 Radford Road, Athens, OH 45701, 740-594-5053.
- Apple Hill Ltd., 8690 Vermilion Road, Amherst, OH 44001-9475. Telephone 440-965-7077
- Coon’s Candies, 16451 County Highway 113, Harpster, OH 43323, telephone 740-496-4141
- American Harvest 51323 County Road 16, Coshocton, OH 43812, 740-622-2855
- Swiss Village 309 S. Broadway St., Sugarcreek, OH 44681, telephone 330-852-2896

Need supplies for Making it yourself?

- handspun yarns for knitting, candles, black walnuts for dyeing: Beverly Thorne, 1941 S. Camp Ten Road, Elmira, MI 49730.
- Leather: Scrap Leather, lacing, and hides, all American leather, Real Leather People, P. O. Box 251, Sonora, KY 42776 or 270-369-8880 or sales@realleatherpeople.com
- Make your own brooms—Broomcorn and supplies at R.E. Caddy, Box 14634, Greensboro, N.C. 27415, 336-273-3609.
- Sewing Supplies, Home-Sew Inc., P. O. Box 4099, Bethlehem, PA. 18018-0099, 1-800-344-4739, homesew.com.
- Linen and wool fabrics, 1-888-546-3654, FabricsStore.Com, 6325 Santa Monica Blvd., Suite #102, Hollywood CA 90038
- Countryroad Fabrics and Gifts, 2195 N 700W Shipshewana, Indiana, 46565, good resource for fabrics, snaps, prayer caps, and more.
- Knit Picks, P. O. Box 870760, Vancouver, WA 98687, 1-800-574-1323. Fine quality wool and wool blend yarns—their natural color, dye your own selections are especially well priced. Many sock yarns, patterns, and superior quality needles. Online also.
- Raw Wool for Spinning at \$2-4 pound, also well priced natural roving, and shepherd’s supplies, Mid-States Wool Growers Co-op, 9449 Basil Western Road, Canal Winchester, OH, 43110-9278, 614-837-9665, call for hours and directions.
- Wm. Booth, Draper. 18th century reenactment supplies, I get my linen thread, horn thimbles, and other well-made, old fashioned items from this resource, 2115 Ramada Drive, Racine, WI. 53406, or, <http://wmboothdraper.com>, or 815-648-9048.
- Discount fabric, Guhl’s, 710 E. Main Street, Jackson, Ohio, cash only, closed Sundays.

Self-Sufficiency and Preparation Supplies

- Bathtub liner for 100 gal. water storage—Water Bob, from Way Safe Florida, Inc, 14175 Icot Blvd, Suite 100, Clearwater, FL 33760 1-800-966-8044, approximately \$25. Currently sold out but new supplies arriving end of May. Available on Ebay as well.
- Seeds to store, \$55 for small garden, non-hybrid—Baker Creek Seeds, 2278 Baker Creek Rd., Mansfield, MO 65704.
- Archery supplies—Obsession Archery, 8289 Burden Rd. Machesney Park, IL 61115, 815-877-1212

Lighting a Candle—

“Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house.” Matthew 5:14-16.

I’ve read about an interesting way to make an emergency candle—we’ve seen folks without power for a week, amongst our friends, and most had one oil lamp or a handful of candles in a drawer, but not enough to last that many days. So I’ve been researching other things that can be sources of light in an emergency. Of course, all of these must be used with supervision and caution, as any open flame should be, and used only when your supply of safer methods have been depleted.

The Crisco Shortening Lamp. Pushing a few inches of wicking (also reported any heavy cotton string will do) down into a can of Crisco vegetable shortening, will make a candle that lasts up to 45 days. Use caution that the container does not tip out hot grease, the sides are flimsy when holding hot liquid so it’s best to put it into an oven dish in the middle of the table and not move it when burning or liquidified.

An alternative vessel that holds oil (remember, it will be hot oil soon) and not catch fire or lose upright stability, can be filled and given a wick. Glass jars and bottles from the recycle bin, used tuna cans, terracotta containers, and even the outside rind of oranges or grapefruits, can have olive oil poured in and a wick provided, and will burn cleanly without smell for several hours. A wick can be a thin strip of cotton fabric, if need be, but many people keep a bit of sturdy cotton string in a kitchen drawer for lacing up turkeys or tying a rolled roast, or in the junk drawer for tying parcels. A handbent piece of wire to hold the wick just at the surface, can be adjusted as the level descends.

Have yourself two oil lamps for the main room—say, the kitchen table—and one in the restroom (even if you are carrying water, you’ll probably still use the bathtub drain, and the privacy of the bathroom for washing up and changing clothes). That’s a minimum. If you’ll need to go about to barns and basements for animal care and restocking from your larder, you’ll want a lantern with a handle that is constructed to be carried safely, and fuel for that.

Best of all is to be smart and do tasks that need daylight, during the day. Keep yourself hydrated with lots of water, inside and out, and eat light meals when it’s hot and heavier full meals when you can sit down awhile and rest afterwards. A hat and long sleeves seem like more warmth, but they protect your skin, eyes, and bodily fluids (think about dessert nomads and what they wear).