Homefront

Issue No 5 - A publication for the Racially Conscious Home & Family

The Colour of Hate

CRIMES COMMITTED AGAINST WHITES ARE IGNORED

Raising a family

WE CREATE OUR CHILDREN WITH LOVE

DADDY'S LITTLE GIRL

CHILDHOOD CAN BE FUN!!!

SELF DEFENSE
Tips For Women

CELEBRATING WINTER
Celebrate the birth of the Sun

ASPARTAME
The Truth

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editorial

Welcome to the 5th Issue of HomeFront.

Issue Number 5 of HomeFront is completed and we are more than happy with the tremendous amount of support we have received within the USA and Europe, we are receiving a lot of emails about purchasing paperback issues, HF is purely an online publication and a paperback version is not available. We would like to take this opportunity to thank our writers for all their hard work and dedication to HomeFront Publications.

In this issue of HomeFront we have our regular features such as Family Recipes - The Natural Home and the Pagan Origins of our seasonal holidays. We hope that we can learn together, to grow as women and men, and that you and your family are inspired to work together as a team.

HomeFront will Make a Difference

We hope that our faithful readers enjoy this Winter issue of HomeFront and find something new to enrich your own HomeFront!

HomeFront issue No 6 is due out on March 21st

Enjoy the fifth issue of HomeFront!

Faith ~ Folk ~ Family

Finding time for yourself

By ToDieFor14

Finding time for yourself when parenting and housekeeping can be challenging at times. It may seem like every time you want to relax your child demands your attention, or chores around the house are pilling up to be done. You need to keep your sanity in order to be focused on your child day in and day out. Here are some tips that may help you find time during your everyday routine:

-Set up a gated area in the middle of the living room floor with some toys so they can play.

- Set up toys for your child to play with in a pack-n-play or their crib.

It will do no harm to your child to play alone for a few minutes while you shower or get an important chore done. Make sure and find toys appropriate for their age group. As a general guide usually toys will have an age range listed.

If you are not comfortable having your child out of your sight, you could always do this:

- Get a baby carrier.

This is great for parents who need both hands to do chores around the house. Most babies enjoy being able to look around at everything that you are doing.

- Get a mega saucer (it's like a non-moving walker)

Your child might give you an extra 15 minutes (or more depending on your baby) to yourself a day playing in this with all the gadgets. This one is good for babies that are a bit older, maybe 6 months and older, because they have to be tall enough for their legs to reach the bottom of it.

NATURAL HOME

Congestion

Do you wake up in the mornings feel all stuffed up and congested, i make myself a cup of hot water with a squirt of lemon juice in it. I then drink it hot and it clears up my congestion very quickly.
Maria

Urinary Tract Infections

The cranberry has proven to be many womens' best friend. Studies have shown that consuming cranberries helps treat and prevent the reoccurrence of a urinary tract infection (UTI), also known as cystitis, bladder infection, and painful bladder syndrome. UTIs are infections of the kidney, bladder, and urethra. While men get UTIs, as well, women make up the majority of sufferers. One in five women will develop a urinary tract infection during her lifetime.

Harvard Medical School conducted a study in 1994 which showed that women who drank 10 ounces of cranberry juice on a daily basis were 58 percent less likely to have UTIs.

Folk remedies dating back to Colonial days called upon cranberries to treat an array of ailments, such as stomach and liver problems, gallbladder attacks, nausea, appetite loss, scurvy, blood disorders, and—even then—cancer.

Daddy's Little Girl

By Grand_Inquisitor

My wife recently asked me what stage of babyhood that I liked the best. I thought about the question and replied that they all had their charm. For example, I can remember all of those nights when we would be sitting in bed and she would tell me that the baby was kicking around, the excitement that I felt the first time when I felt my baby kick in her tummy. Later on, I would read to her or even play music to her and feel her kicking around, one night when we were playing her the new Cradle of Filth cd in the womb and she started going nuts. I said to my wife "Either she hates it or she loves it. Maybe she is making a mosh pit in the womb."

This is not too mention that you are wondering what the little tyke will look like. Will she look like me or my wife? And then there is the anticipation of the eventual birth. So as you can see, even the pre-natal time of childhood can be fun.

And then comes the time when the big moment comes; the drive to the hospital, the anxious wait to go in the delivery room and the unforgettable experience of witnessing childbirth. My dad once told me that that would be the greatest day in my life and he was right. I can still remember vividly how awe experiencing it was, and how I finally was able to see what the little baby looked like who I spent the last 9 months of my life dreaming about, talking to and feeling her little kicks, punches and movements inside of my wife.

So the newborn stage has its own charm; you finally get to interact with your baby; her gaze is constant on you as you give her a bottle or hold you. During this stage you see the precursor to crib rage: when every three hours or so a baby will awake and scream until her little tummies are filled with milk and their terrible pangs of hunger are extinguished.

Around three months is when the “I don’t want to sleep” syndrome appears. For us, our baby started to sleep through the night at three months; she would sleep for about 8 or 9 hours straight and then we would put her down for naps during the day. Sounds simple right? Well with our baby, these daytime naps would sometimes be easier said than done.

I mean in theory, whenever a baby gets tired, she should just take a nap, right? Well if we were lucky, this is what would happen, but most of the time we would put her down to sleep and she would start to scream, yell and kick in a fit of terrible rage; or what I call crib rage. What is crib rage? Well it is sort of like road rage or even ‘roid rage: it is angry behavior that is caused by a specific situation, in this case it is when a baby is in a crib and she either wants to get out of the crib, be fed or perhaps a dirty diaper is the culprit. As time goes by, the crib rage just gets worse. What used to be tiny little kicks coming from tiny little legs against the sides of her crib or music box now turn into bellowing booms emanating from the bedroom; toys located in her crib become projectiles, and the screams become louder and more piercing. Sometimes, there are even victims of crib rage.

One of our cats likes to sleep in her room. There was one time when we put her down for a nap at about three months or so we heard her screams and the sound of scratching at her door. We opened up the door and the cat burst out full speed. I guess that our cat didn’t like her screaming. Another time, this time at six months of age, my wife heard the sound of scratching at the door along with the sounds of our cat crying. When my wife opened the door, she caught our baby in a fit of terrible crib rage throwing her toys at our cat. Of course in between yelling she was mischievously smiling as her toys hit their furry target. Once when my wife put her down for a nap, the baby screamed and even threw a toy at her; as the toy raced by her head my wife turned around and looked at her; a devilish grin formed at her mouth “Thththth” came from her mouth as she smiled. My wife left the room and she heard a thud as another projectile toy hit the door.

A few weeks ago we put her down for bed and we heard this loud, booming noise. “Is that her?” we wondered, so we muted the television and heard it again. We went upstairs and there she was kicking the side of her crib adjacent to the wall, with her little feet going between the spaces of the crib rail and hitting the wall. We turned the lights on and she stood up, smiling away as she gnawed at the top her crib railings. As soon as the door closed, the screams and booming noise continued.

I theorize that my baby doesn’t like to sleep because she is afraid that she will miss something. This is what I call the “I don’t want to sleep syndrome” which is often the cause of this crib rage. As she gets older, this becomes more acute; if we have some company over then she really doesn’t want to sleep because she will really miss something.

Ironically enough, as I write this now, I can hear the cries, yells and kicks of my baby in a fit of crib rage. My favorite is when she goes “Da da da da da da da da” between yelling and kicking the sides of the crib. So I go down the checklist: she has just been fed, just pooh-ed before she went down and had a nap, so most likely it is just the “I don’t want to sleep syndrome” so I know that I will have to resist the cute calls for my name and the rest and stand my ground for the greater good of having a well rested baby.

10 Tips To Beat Bad Breath!

By Anne

Tip #1
Good Oral Hygiene – By brushing and flossing twice a day you will keep bad breath causing bacteria away.

Tip #2
Scrape Your Tongue – Sounds alien to most of us, but it is very important to keep your tongue clean. Tongue scraping is the easiest, most effective way to rid yourself of bad breath. Simply use a tongue scraper or upside down teaspoon : go back as far as you can and bring it forward several times. Do this daily before brushing.

Tip #3
Have Some Yogurt – Eating 6 ounces of yogurt per day will significantly decrease bad breath causing bacteria.

Tip #4
Eat Fibrous Veggies – Carrots, apples – any veggie with a rough texture, will scrap the back of your tongue as you swallow.

Tip #5
Drink Tea – Tea contains compounds that slow the growth of the bacteria that causes bad breath. Green, black or white – hot or cold will work wonders.

Tip #6
Keep Yourself Hydrated – As you become dehydrated, you body will produce less saliva. Bacteria thrive in a dry mouth.

Tip #7
Snack On Parsley – Parsley contains high amounts of chlorophyll, which is a natural breath freshner.

Tip #8
Chew Sugarfree Gum – Chewing gum will increase saliva, but for dental health – always chew sugarfree gums.

Tip #9
Choose the Correct Mouthwash – Choose an alcohol free mouthwash. Alcohol will dry your mouth and that fresh, minty feeling will begin to fade within 10 minutes of use.

Tip #10
Watch What You Eat – Avoid the notorious bad breath causes – garlic, onions, strong cheeses or anything spicy

Kitchen Tips "Chicken"

By Vicky

Rotisserie cooked chickens ensure even cooking and they seal in moisture, As the chickens rotate, they baste in their own juices, so the meat becomes succelent while the skin gets crispy and flavourful. A typical 2 1/2 lb bird will yield about four cups of meat, plenty to serve a family of four. If you are trying to lose weight you should defintely remove the skin, you will cut out 51 grams of total fat, 14 grams of saturated fat, and 567 calories per chicken. It is easier to remove the skin and shred the meat while your chicken is hot.

Buying precooked chickens cost about $6, the same chicken uncooked probably costs around $4, but you'll spend an hour or so at home roasting it, i like to roast my own and add my own seasonings, but when i am pressed for time i always buy precooked chickens. Most chickens are cooked daily, some stores print the hour it was roasted right on the label, try purchase a chicken that was roasted within the last 2 hours, if you are buying one from a fridge make sure it was cooked that day. At home, refrigirate it immediately if you don't plan on serving it right away. Following the reheating instructions on the package to guarantee a safe meal for your family, and used cooked meat within two days.

General Tips

Toenail fungus? Use Vick's Vapor Rub on the nail.

If you accidentally leave a load of clothes in your washer overnight and they have that sour smell, just add about 1/2 cup white vinegar and run through a rinse cycle. They'll smell sweet again!

Make a paste of salt and white vinegar to clean brass and copper.

For easy peeling baked sweet potatoes, rub the skin with vegetable oil before baking. The skins will peel right off.

To clean mini blinds, hang them outside on the clothesline and spray the blinds with a scrubbing bubble-type bathtub cleaner. I buy the generic brand at the dollar store for a buck. Just watch the grease and dirt drip off the blinds as it also cleans the cords. After a few minutes of giving the scrubbing bubbles a chance to do their job, rinse with a hose and let dry.

To prevent snow from sticking to your shovel – coat the shovel with some paste car wax.

Stinky garbage disposal? Toss a lemon in and turn it on.

If you get a spot of grease on your rug, pour some baking soda onto the spot, brush it in and leave it for a day then vacuum.

To dry shampoo your pet, rub baking soda into their fur then brush it out.

To keep your car windows frost free in winter – apply a solution of 1 part vinegar to 3 parts water over the glass.

Store your luggage with a bar of soap inside of it to keep it from getting that mildewey smell.

Make your own furniture polish by using two parts olive oil to one part vinegar. Warm slightly before using.

Just about everything can be cut in half - use only half a dryer sheet, half the recommended amount of detergent, etc. Try it on anything you can think of - if it works, you save money, if it doesn't, what do you lose?

Use plain baking soda or salt as a fire extinguisher.

Put rice in your salt shaker to keep the salt from clumping together.

Another way to remove odors from your fridge is to place a vanilla extract soaked cotton ball inside.

Store your plastic wrap in the refrigerator – this will keep it from sticking.

If you have a spill in your oven - sprinkle salt on it right away. Once the oven cools wipe it up.

Sharpen your scissors by using them to cut fine grade sandpaper.

To freshen the air in your house without paying for canned spray - squeeze a few drops of a fresh lemon into the dust bag of your vacuum.

Spray the inside of a clean mayonnaise jar white. Store it in the refrigerator as a hiding place for money or valuables.

Did you know you can freeze milk? Next time it is on sale, pick up several gallons and freeze it!

A shot of vodka added to a vase will keep your cut flowers fresher much longer.

Brown sugar will not harden if stored in the freezer.

Freeze scouring pads. They last much longer.

Poke an egg with a small sewing needle before hard-boiling, and the egg will peel with ease!

To get salt stains off of your winter boots, rub then with a cloth dipped in vinegar.

To get rid of the gunk on your iron, sprinkle a piece of plain paper with table salt and hot iron it – no steam.

To keep track of earrings in your jewelry box, store them in an old button.

Newborn Development

Your 4 month old

By Anne

At four months old, your babies' belly is a bit bigger meaning she can go longer periods of time without a feeding. She should have just about doubled her birth weight. A lot of parents start their babies on solid foods at four months of age. Talk to your health care provider about starting her off on cereal now that her digestive tract can handle more solid foods.

About this time, she will begin her first attempts at rolling over! She will raise her head and push up with her arms, kicking and wiggling. Don't be alarmed if she cries after that first successful rollover – she's liable to startle herself once in that new position! Encourage her by increasing her tummy time. Encourage her to roll in each direction by placing toys on either side, just out of her reach.

She has discovered her hands and feet and now has the ability to grab onto things and bring them in for a close up look and a taste. Watch out for choking hazards.

Encourage language development by mirroring or mimicking her sounds back to her. If she coos, coos back. Hold her up to your face and speak to her with the sounds she makes, she will attempt to repeat back. Use animated facial expressions in reaction to her "words".

It's also about this time when babies may begin to prefer one person over another, usually their main caregiver. Enjoy every minute!

What is Meningitis?

By Maria

A high fever is one symptom of meningitis, an infection of the membranes lining the outer surface of the brain. Both viral and bacterial meningitis are potentially fatal, especially in babies, and urgent medical attention is essential. Each year, there are a number of reported cases of bacterial meningitis, but the figure is now falling because of the success of the HIB vaccine.

The most common types of bacterial meningitis are meningococcal, pneumococcal, and hemophilus influenza type B (HIB)

The germs that cause bacterial meningitis are very common and live in the back of the throat. People can carry them for weeks without becoming ill. Only rarely do they become the body's defenses and cause meningitis. Recognizing the symptoms could mean the difference between life and death. Meningitis may develop quickly within a few hours.

High pitched, moaning crying Persistent vomiting.
Increasing drowsiness.
An aversion to bright lights.
Purple-red rash or bruises. These can occur anywhere on the body and are due to blood poisoning.
Stiff neck.
Bulging fontanels, the soft areas on the baby's skull bones fuse together.
Not all these symptoms may appear together.
The Meningitis test.

If your child develops a rash anywhere on the body, press the spots or bruises with a glass or your finger. If they do not turn white, see your doctor immediately.

Sources: Julie G Baby care

SELF DEFENSE TIPS FOR WOMEN

All tips will be given with the assumption that the attacker is male. All techniques will obviously work against female attackers, but it is always best to assume worst-case scenario

Palm heel strike – as opposed to striking with a closed fist, strike with the palm of the hand (because women normally have smaller hands, this protects against broken bones in the hand and wrist). Suggested targets include the chin (this drives the jawbone into the cyanic nerve) and the bridge of the nose.

Elbow strike – Again, instead of punching, strike with the elbow to the face if the attacker is in front of you at close range or to the body if they are behind you.

Head Butt – At very close range such as a bear hug, strike with the forehead. Suggested target is the bridge of the nose.

Foot Stomp – Most effective if victim is wearing boots/high heel shoes. Use especially when grabbed from behind. Stomp will full power, driving the heel first unto the top of attackers foot.

Sidekick – Keep all kicks to low targets in order to maintain balance. Preferred target is the knee. Kick directly to the front or side of knee causing break/dislocation. This is a real aggression ender.

Knee – Drive knee straight up when attacking the groin (this causes the testicles to be driven into the pelvic bone). Drive straight into other targets such as the thigh (there is a nerve center in the upper side of the thigh that when hit properly will paralyze the leg).

Eye Gouge – when in close range drive your thumb into the corner of either eye. If it does not dislodge the eye itself it will cause intense pain and cloud vision long enough to facilitate escape.

Self Defense should always be considered a “life and death” situation. There are no rules and survival is the only goal. When the attacker is bigger or stronger you must counter attack until there is a way to escape. Escape as soon as possible. Remember, this is not a governed fight, unless you have killed your opponent they are still a threat to you. Run away as soon as you can.

General Safety Tips:

Travel in Groups – If you are going to be out at night or in a high-risk area, it is always safer to be in a group. A criminal will always go after the easiest target.

Stay in Lighted Areas – If you must be out at night, keep to well lit areas. A dark alley or parking lot is an invitation for an attack.

Carry a Weapon – If you cannot carry a gun, a bladed weapon is very effective. But, be comfortable with using it. Pick one that is the right size and weight for your hands. There are multitudes of videotapes available that teach knife fighting. Keys are even a good weapon, by holding a key between your index and middle finger and forming a fist around it. If you are accosted either drive the key into the eye of your attacker, or use it to rake across both eyes. This should give you time to run.

Be Aware of Your Surroundings – This may be the most important tip. Do Not walk around looking down at the ground oblivious to what is going on around you. I call this the victim pose. It is fun to go to any public place and watch how many people walk around like this. They are walking talking victims waiting to happen. Always be looking around and ahead of you. Look people in the eye if they cross your path, this shows confidence and an awareness that will make you an undesirable victim.

Train for Survival – I highly recommend taking a self-defense course. But if that is not available, practice these techniques until they are natural to you. In a real incident you will not be thinking clearly and it is not the time to try something new.

LEARNING TO WRITE

By WAU NC

It is never too early to early to start your child on age-appropriate exercises to promote the development of his writing ability. As with other new skills, the learning process occurs in stages, with each building upon the previous and every child moving at his own pace. By encouraging your child's interest in and practice of writing, you will help him along and may find that he is writing far sooner than you would have expected.

In this article, I will be sharing the particular steps that I have taken with my son. Though for organizational purposes I am laying everything out in a seemingly rigid manner, each phase lasted for in indistinct amount of time. I basically provide my son with the instruction, encouragement and tools necessary for each stage and he moves at his own pace. As soon as I recognize mastery, we move onto the next level. My goal here is to provide a layout that can serve as a guide and be tailored to fit your child's needs.

The most important part of the entire ordeal is to figure out what method suits your child's learning style. By making the activities fun, he will explore writing on his own and you will not be forcing anything upon him. If he seems to be frustrated, back off a bit and figure out what needs to be changed. I know it sounds obvious and possibly condescending, but I also know from experience that sometimes we can be so eager for our child to learn something that we can also be a little overbearing. At the same time, it's equally important to keep your child from developing a quitting attitude by offering encouragement and making sure he follows through when necessary. It's a tough balance, and I'm just trying to help others find that!

In our household, we have utilized three different tools: traditional workbooks and worksheets, wipe-off workbooks and plain old blank paper. Workbooks can be somewhat expensive, so I recommend checking into the myriad of free printable worksheets available on the internet. Still, the fact that each can only be used once becomes wasteful, so wipe-off books are a favorite in our home. An added benefit is the repetition of the same exercise a number of times rather than immediately moving onto a new page helps reinforce the lesson. I've found a number of wipe-off books in office supply stores for decent prices, along with other neat educational tools that are worth checking out if you haven't already. Anyway, onto the method…

The first phase is writing readiness, which is familiarizing your child with the process of forming lines and then introducing the concept of direction. With this stage, as well as the others, it is helpful for your child to be familiar with what it is he is trying to write, so simple shape recognition would truly be the first step. With that down, your child can begin with simple straight lines. Draw a line along a sheet of paper for your child to follow; you can have him trace the line with his finger first, or whatever works for him. After he is able to follow a line, try having him trace other forms, such as squiggles and circles. Also put together lines to form boxes and triangles, etcetera. To introduce direction, place different colored dots at each end of the form being drawn, and use one as a starting point and the other as an end point. Be sure to be consistent in which color means what! I'm cheating a bit here and basically laying out the activities that were in the wipe-off book we used; the methods were great, and if you can find a copy of Before I Print by Trend Enterprises, it is well worth grabbing!

As mentioned earlier, before moving on to the alphabet it is important for your child to be able to recognize letters so he has a purpose in his writing. As there are 26 letters to choose from, plus their lowercase counterparts, there are a number of ways to go about introducing the alphabet. I decided to start at the beginning with regard to both numbers and letters. Our first few weeks, we tackled upper- and lowercase A and the number 1 and incorporated these into our daily "school time" lessons. Now, my son is four years old and this is how I've actively introduced writing to him. Beforehand, over the past two years or so, he has had worksheets and coloring books and casual exposure to writing but I never formally sat with him and showed him how to construct letters. This is my tactic that I began employing once I felt he was ready and he expressed an interest. Starting with a blank piece of paper, I drew a couple of large As with solid lines, followed by As with dotted lines. Below I repeated the same pattern with a lowercase a and the number one. Each day, I drew the figures a little smaller. I also switched to a single solid form and a single dotted form followed by dots (think connect-the-dot style). Once he was able to write each letter and number freestyle, without lines or dots, we moved on. Each week would include review of the previous, building upon past lessons.

Over the past month, something has "clicked" in his brain and he has started to draw distinct figures (like stick people and animals) and has started writing with ease. We have found that if I write something for him, he can copy the letters fairly accurately. We are continuing with our formal lessons so he learns the proper construction of the letters, and I've found that as we make progress each letter requires a little less time for mastery. I believe that repetition and consistency have been keys here, along with the sheer pleasure he gains from the accomplishment of forming recognizable letters.

Hopefully you find something in all this that you can employ with your own child. Fit it to his learning style and incorporate activities that he enjoys and he will be eager to work with you on writing!

Aspirin and children

By Maria

Aspirin should never be given to children under 12 years old unless specifically prescribed by your doctor, as it has been linked to a very rare condition called Reyes syndrome (which is inflammation of the brain and liver). Reye's syndrome is a serious illness that can lead to death. Because it may be hard to tell if your child has one of these infections, it's best not to use aspirin.

The incidence of Reye's syndrome has declined greatly since a peak in 1980. Many people assume the decline is due to the warnings against children taking aspirin, but that may be only part of the reason.

Don't assume that the children's medicines you find in your pharmacy/store will be aspirin-free. Read the label carefully to make sure. Aspirin is sometimes referred to as "salicylate" or "acetylsalicylic acid." Ask your Doctor or pharmacist if you're not sure whether a product is safe.

Playground Safety

Children love to go to on trips to the playground, once your little one can sit upright you can put them in one of the swings and push them gently to and fro.

Playgrounds usually have special areas for babies and toddlers. Keep to them, as older children as we all know play more boisterously. Watch out for children running behind the swings, we have all seen what can happen when a running child makes contact with a moving swing.

If there is a baby slide, your child will enjoy going down on it, with you holding them firmly at all times. Check to see that the slide is made in one continuous piece with no jointed panels and that the surface beneath is designed to cushion any falls.

Women and the Media

By Vic Dee

Sitcoms' from the 60's and 70's consisted of small humor inside the classic all American family. They had a father who went to work each day and made money to support his family; a mother who cleaned the house, made lunch, and prepared dinner; and their precious children; Billy was the high schools' leading quarterback and dearest Lucy made the best of grades and had that innocent girl next door personality. You could say the family lived prosperously in their perfect home and perfect town. Any quirky drama consisted of the neighbors' cat which got stuck up in a tree or a verbal disagreement between the bully's and the jocks at a local hang out.

Shows on television have changed since then. Today you see sitcoms often of broken homes portraying the struggle of a single mother. The mother which is able to have a career, be home in time to make dinner, help her children with their homework, and clean, then just before she goes to bed she finds some time for herself. Their struggles consist of Jennifer caught in the act of 'fooling around' with her boyfriend Brad, or James who was caught with Marijuana. The media is giving women in the United States the idea that they too can be "super mom" by having a successful career and run a healthy family household at the same time.

The average single mother absolutely must work full time, or more, to simply provide the bare basics for her child or children. The amount of work required to meet the financial responsibilities of the household dictates that the parent will not have adequate time to show her child or children enough love and nurturing. Children learn more about morality and responsibility through constant love and attention than any lecture, given by an outside source, ever could. A mother should be with her child or children to provide them the support and reassurance a child needs while growing up. When an adolescent is not shown how to responsibly handle themselves in an emergency situation or how to take care of them-selves disaster can strike. The unfortunate consequences of the absence of a healthy parent-child relationship are often teen girls becoming promiscuous at an early age and perhaps a teen pregnancy in result. For boys, the absence of a father can create self esteem issues and make them physically aggressive or become delinquent and act out against the law.

There is a feud between homemaker moms and career driven moms. Many of the career bound mothers feel that their will-power to be a successful woman will help influence their daughters to be more independent and to not be so dependant on a male to be the breadwinner. They feel that a strong woman presence will help their sons understand that the oppression of women is not appropriate and that all women have an opinion. Women are able to achieve the same test scores as men and are able to perform all of the same tasks be they small or large. There is equal opportunity between men and women and both are applicable in any work environment. Mothers with a career and mothers who stay at home constantly go back and forth about the message they are sending to their children. Stay at home mothers don't believe that maintaining a career as a women is a negative thing, but believe that a mom would be there at all time to take care of her children. While a career driven mother will commend a stay at home mom on her willingness to be at home all the time they strongly appose their dependency on their husbands.

What is depicted on the television screen is often what is most socially acceptable to a society. Television shows that promote the strength in single parent families are just as superficial as the television shows in the early 19th century of the happy working class family in black and white. Today's sitcoms' don't show women the hard ache and trials and tribulations that most women face when they're working long hours and hardly get to see their children. Viewers don't get to see that almost every aspect of a single parent home becomes an economic statistic be it poverty, teen pregnancy, drug abuse, criminal delinquency, lack of self confidence, or just what the title implies - a broken home and family. The focus in the media on strong willed career driven women gives a superficial hope to women who are single parents that some day their families could be just as happy.

Constipation while Pregnant

By Vicky

Constipation is very common in pregnancy. This is apparently due to the body's high level of progesterone which relaxes the bowel and makes it less efficient. If you are anaemic, your Dr. may prescribe iron supplements, which can also add to the problems of constipation.

Eat lots of fibre, raw fruit and vegetables etc. which will help prevent constipation. Drink plenty of fluids and don't put off going to the bathroom, when you need to go. Strong chemical laxatives are not recommended during pregnancy as they may induce miscarriage.

Establish an eating routine. Eat your high fiber foods or prunes first thing in the morning so that your digestive system will have the whole day to work.

Stay away from mineral oil as a laxative. It may prevent nutrients from being absorbed by your body.

Stay away from castor oil as a laxative. Castor oil can cause premature uterine contractions.

Puffiness During Pregnancy

By Sarah1488

Some pregnant women can experience a certain amount of puffiness, or swelling during pregnancy, it is caused by an increase in fluid volume. Puffiness usually occurs in your fingers, ankles, feet and sometimes in your face.

Hot weather, prolonged standing and tiredness may worsen this condition, you should only become Concerned if the white indentation marks known as “pitting” occur when you apply finger pressure. Pitting oedema is linked with high blood pressure and protein in your urine; this may be a sign of pre-eclampsia.

How to prevent it:

• Make sure you at a healthy, balanced diet , get plenty of exercise, and drink plenty of fluids.

• Avoid overeating and over-exerting yourself, and set aside time during the day to rest and relax.

What can help?

• Acupuncture can bring relief.

• Herbalism Dandelion leaves, golden rod, corn silk, and couch grass are gentle diuretics that need to be prescribed by a herbalist.

• Aromatherapy Massage with essential oils may also be helpful.

• Homeopathy Constitutional treatment (one that aims to raise your general level of health by taking your character and disposition into account as well as your physical symptoms) is recommended for oedema.

Self-help suggestions

• Rest with your feet up at intervals throughout the day, and sit rather than stand whenever you can.

• Supplement your diet with brewer's yeast, garlic, raw onions, apples, and red grapes or grape juice.

Sources: BabyCare Tips UK

Celebrating Winter

By Morrigan

By the time the Winter Solstice is upon us, I am ready to celebrate the birth of the Sun God in very simple traditional ways. Here are a few ways to celebrate Yule without running yourself ragged.

Tuck some fresh sprigs of berried holly around your house for protection and good luck, If you can't find berried holly you can use plain ole holly. Make sure to keep the berries out of reach for children. We also do a Yule Holly Fire spell every year, last year we done the Yule Fire spell with 4 other friends and a teenage boy who was the son of a comrade, we all had a wonderful time participating, we will include the spell at the bottom of the page.

You can also hang some pine roping over your doorways to ward your home and to encourage good health and joy; we started this ritual last year and will continue to do it in our family. Many families have been doing this for years. Some folk say that by doing this you are inviting the faeries of winter into your home so they can have a warm place to celebrate the Yuletide festivities, who doesn't need a little bit of Faery magick in their home.

We also decorate our home with Yule ornaments mostly suns and stars, you should always check our your local $1 store, I found some beautiful red Sparkly suns their last year and I still have them hanging up from last year. The most important thing about this holiday is to enjoy it, celebrate your life and family and be grateful for all you have.

Yule Fire Spell..

On the darkest night of the year, gather together three dried leaves of holly and pulverize them into powder. On a clean, four-inch by four-inch piece of parchment paper, write a single word in red ink that represents what quality or trait you would like to be born within yourself along with the newborn Yule Sun. Sprinkle the holly powder into the center of the paper and twist the whole thing closed with the holly powder inside. Light the wick of a red candle, and from this flame, lights the holly-filled paper on fire. As it burns, see your wish fulfilled. The spell is done. We put our holly in the microwave to dry it out, and then we crush it with our mortar and pestle.

The Colour of Hate

By WAU

It's true that hate crimes committed against whites are largely ignored, while those against non-whites are grossly distorted and misrepresented to the public. One of the ways in which hate crimes are misrepresented might surprise the readers, especially in the south-western United States: Hispanics who commit Hate Crimes are categorized as "white" in the hate crimes statistics! In fact, the official forms police use to document hate crimes, does not even have a listing for "Hispanics" when it comes to the race of the offender – though Hispanics are listed as a victim category.

Because of this, if a mongrelized Mexican, Cuban, or whatever is attacked for a racial reason, he is listed as Hispanic, but if this same Hispanic attacks a black or another Hispanic for racial reasons, he is listed as WHITE!

True enough, the category of 'Hispanic' is somewhat vague. Technically, a Hispanic person can be of any race. However, here in the USA the overwhelming majority of Hispanics are mix bred people from Mexico, Cuba, and the Caribbean. To classify these several millions of people as White when it comers to crime statistics is absurd and downright dishonest.

This issue recently came to light in a rather embarrassing way (for the multiculturalists, that is). Crime statistics were released to the public proudly proclaiming the fact that the murder rate for husbands and wives (including live in partners) killing their mates had dramatically fallen. But, when analyzed from a racial standpoint those same statistics became unfashionable. It seems the only category that had not fallen, and in fact had actually gone up a little, was the killing of White Women!

When the so called experts attempted to figure this out, the answers were not quite as politically correct as they wanted them to be. The only two reasons they could find were 1) More white women were cohabiting with non-whites, and, 2) again, Hispanics were being classified as whites (it turned out that a lot of dead white women were actually Hispanic).

Actually, the concept of 'hate Crimes' is still somewhat nebulous itself. I found two recent examples that I think are very frightening. On April 19th, 2000, a 29 year old black man walked up to a ten year old boy on the street and, after saying he hated whites, he slit the boy's throat. He also attacked witnesses who came to help the child (the boy, Kevin Shifflett, died). When the police investigated the murder they found that the black man had just been released from jail 12 days earlier for attacking another white man with a hammer. Amongst his personal effects they found a note that said: "…Kill the raccess whiate kidd's anyway." While the Negro may not have been much at spelling, he obviously knew exactly what he was doing, and why. But, amazingly enough, police did not label this a hate crime, and even released a statement saying race had 'nothing to do with it'.

Four months later, just across the border in Maryland (the above happened in Virginia), a 36 yr. old White man was charged with a hate crime for defacing a statue of a black man. A STATUE! The man was accused of placing a pillow case (with eye-holes cut out) over the head of the statue of black

legislator Aris T. Allen, and taping small confederate flags to the statues hands.

The contrast between these two incidents is astonishing. This latter incident, which was actually little more than childish vandalism, is labeled a hate crime, but the premeditated murder of a white child is not. But that's not all……

As we pointed out in this article, these hate crimes are reported in a manner that seems to imply whites are not discriminated against. Look, for instance, at the massive media coverage in 1998 when three men in Texas chained a Negro to the back of their pick up truck and dragged him to his death. This was national news for weeks on end; there were protests and demonstrations, new Hate Crimes Bills introduced to the legislature, and an endless chorus of white liberals self-flagellating themselves with White Guilt. It was the most sensationalized race crime in years.

However, on August 1st 1998, in streeter, Illinois, when a black man tied a White Woman, Patricia Stansfield, to the back of his truck, and dragged her three miles by the neck to her death, there was hardly a peep. Even local residents didn't hear about this crime.

About WAU

Women for Aryan Unity cannot be a Mass-Organization, and thus it does not accept disciples, as do conventional movement groups. At this time in the Movements history, when the great task of redefining a Woman's role in the cause is posed; of reinventing the concept of "feminism" within the parameters of Race and Revolution, WAU can only be a group of equals, a staff of educators and disseminators, not hangers on, joiners, or pseudo – soldiers.

The issue is a matter of finding our peoples path toward a new revolutionary mindset, and thus WAU cannot tolerate masses of reactionaries, semi-literate troublemakers, or infantile militants. The same persons who would have WAU accept racialist Role Players would commit us to erroneous positions. It is the nature of the hangers on; this movement has unfortunately thrived on for decades to demand slogans, to transform real issues into stupid dogmas from which they can derive their role and their pseudo – intellectual security.

Fractionalization is proof of this, how many groups constructed on mass organization principles, have produced other groups, often opposing each other? Even WAU has experienced this, with comrades demonstrating their "Superiority" not by maturely going on their own way, but by revolting against the very sisters who brought them along, it is through this despicable process that the movement has produced generations of self appointed leaders, ever seeking new submissive disciples.

WAU intends to leave such people outside and fight those who want to transform our cause into a slogan; such people are extremely handicapped and uninteresting in their unity, compared with those who strive to be something rather than merely joining something. Those who, on the contrary, have a true feeling for the mission of WAU, and have glimpsed its direction in the world, are welcome to join because the work we talk about is to be found in our sisterhood and friendship,

Healthy Bodies: By WAU NC

Making Time for Your Health

Well this article was supposed to be an in-depth look at weight training for women, but alas, I have found myself out of time for the amount of research I was hoping to do. It seems that I've been running out of time on a lot of things lately, between college finals, visitors from out of town, family life, an upcoming trip, holiday headaches…it seems a whole lot has been put on the back burner, and that includes my own health. I admit it- I have not done a proper workout in over a week. I could provide a myriad of excuses, but none would really be justification for my negligence, which could have easily been avoided with some simple time-management. So with the new year approaching, my personal goal is to make sure that I always make time for myself to do what I ought to be doing- exercising my body, eating right, and keeping stress levels low. Since I know that many of us have trouble finding the time to take care of ourselves, I'm going to lay out some of my strategies I plan in implementing. I hope you find something that can work for you!

1. The number one thing to keep in mind is that your health IS important! While it may be natural for some people to put the needs of others first (such as children or a husband), that is no reason to neglect yourself. It's all too easy to use others as an excuse, particularly when looking for a way to get out of exercising or to justify snarfing down cookies when someone else is doing it. Make time for yourself, set limits for yourself, and stick to them. It sounds corny, but by making excuses, the only person you are cheating is yourself.

2. Divide workouts into shorter sessions throughout the day. Unless you are training for a marathon, you're not going to hurt anything by breaking up your workout. In fact, you may find that you have more energy to dedicate to your second workout and that you put more effort into it overall. If it helps to plan out workouts ahead of time, do that. Create a schedule of what you will do and when if that's the sort of person you are.

3. Plan out your menu for the week ahead of time. Whether it's meals for the entire family or just yourself, planning ahead will save you time and energy. Prepare as much ahead of time as you possibly can, like on a Sunday afternoon or whatever works for your family, to cut down further on prep time. Planning ahead will also help you keep your diet in check since you will know what you will be eating, rather than mindlessly grabbing for whatever you can find while your stomach is growling at you.

4. Keep a food and exercise journal. It doesn't take that long. If you are trying to lose weight, keeping a log will serve three purposes. First, it will keep you honest. Chances are you won't feel too good about writing down that you wolfed a couple of donuts, so that will stay your hand. Second, you will have a quick and easy tally of your daily caloric intake, so you will know how you are doing during the day if you track calories. Finally, you will have a record to look back on if you need to. Wow, so you lost four pounds last week? Go back and see what you ate, how you exercised, and work with that to keep it up.

5. Plan ahead. Period. You'll notice a constant theme here. Planning is how I keep myself sane; I am a list addict. Planning may not be for everyone, but for me it is my key to success of any sort. And I have slacked on planning lately. I let myself get swamped down with family visiting, finals, housework, and wound up being sick on top of all that. As a result, I've eaten crap, haven't gotten any workouts in, and have been a big ball of stress. It shows in both my body and my attitude, and it just makes things all the worse. By keeping a plan that I can follow and stick to, I can better manage my time and fit it all in without becoming overwhelmed. Try it. You may like it too.

6. Finally, de-stress on a regular basis. I just bought a huge tea sampler from a warehouse store. That box of tea has been my savior this week. Find something that just calms you and indulge in it whenever you start feeling tense. Tea. Classical music. Think about whatever makes you relax and just say "ahhhhh," and keep a big box of it handy.

Whatever your resolutions are this New Year, best of luck keeping to them. Seeing as how I hope to manage my time just a bit better, the next article will be all about weights as I had initially promised!

BRUTAL ATTACK "DIETING"

By WAU Australia

Food is a sin Oh I mustn't or I really shouldn't and the typical response It will go straight to my hips, I guess we are not encouraged to say, "Oh no, I couldn't possibly, it would go straight to the production of skin cells, my nervous system and my toenail growth" According to diet law, 'indulging' or 'giving in to temptation' i.e. having a mars bar is a 'sin'. Kicking a dog is a sin. Changing history so you can make Billions is a sin; sorry but eating food just doesn't make the grade. Fanatical Christian girls where praised in years gone by for refusing to eat, fainting and having hallucinations (aka Visions from God). Their wasted bodies were seen as proof that they could live on faith alone, to be thin and deprived was to be good, and I say the poor things needed a sandwich. Maybe it started with that weirdo bible story, woman eats apple, and next thing you know everyone ousted out of the garden, and all of the sudden we have to put up with the likes of ticket inspectors, Celine Dion and hip hop, all placed on us by a vengeful God, because of an apple.

On a diet? 30 % of Australian women are, and sheep follow sheep. They are dreaming about a roast with the works, avocados while eating crisp bread that takes like cardboard, feeling desperate, miserable and wondering why they are insanely hungry. They are on a diet and its not going to work, stick to it for long enough and they'll be gaining weight to boot. It won't work because they don't have the 'willpower' (diet buzz word), because the body and mind have special powers to deal with starvation they are putting themselves through, it was the same power that kept our ancestors alive when they walked from the European Alps to visit the U.K. When you diet, you lose water and muscle, the dehydration makes you initially weigh less and helps get you into your miniskirt for a gig. Your mind screams out for food, meanwhile the body saves fat and stores more fat every time you eat, your body is coping with starvation. Brutal cravings for mash potatoes and puddings begin; you can't be bothered to make either so you settle for burger and mars bars.

When you diet, your body is programmed to expect starvation and famine, so, believe me, its gunna store fat when it has a chance. So what's the secret to staying a healthy weight? Work with your body, feed it regularly with healthy food, exercise and enjoy treats when the mood takes you.

Dieting makes you sick and depressed:

Diet; lose weight, put it back on, its far worse then maintaining a heavy weight. Starvation causes stress, threatening your immune system and your organs (remember you need those parts to live) also, if you chose to diet, look forward to irritability, depression, anxiety, nervousness, fatigue, listlessness, poor sleep patterns and poor concentration. Eating is a natural survival instinct, lots of you claim to believe in natural law, so be natural and eat some lasagna.

Dieting makes you stupid (for example Posh and Ginger Spice):
Dieters perform much worse on testing on reaction times, rapid information processing and memory, reduces concentration and ability to focus.

The solution:

There is a solution, no more hunger, no more expensive meal supplements (a biscuit or a 'power' shake is not a meal, damnit!!!). Now girls, you are going to have to be dead brave here and be willing to buy fresh food, food that looks and tastes good and food you will enjoy, lets just hope you have enough "will power" to handle that. Take away food restrictions and let food become less of an obsession, you eat what you need and your body finds its natural weight. And pretty soon, if you listen hard enough, your body screams out Broccoli!!! Capsicum!!! As loudly as it once did for 3 Picnic bars, fairy bread and bag of mixed lollies. And if you don't fit into the skirt and top you where planning to wear to the next gig, the best way of dealing with it is, to get your self another outfit. For the health of women in the movement, WAU supports shopping all Saturday for a kick ass outfit.

The Pagan origins of Yule

By Morrigan

Yule, also known as the Winter Solstice, starts when the Sun enters the sign of Capricorn and the temperature is at zero degrees (the beginning of energy). This is the longest night and the darkest time of the year. On the Solstice, the sun rises around 9 a.m. and sets around 3 p.m. The rebirth of the Sun is the primary focus of most Yuletide celebrations. In many traditions, the Goddess is responsible for this rebirth.

Irish Christmas traditions are similar to those found in many western countries: the basic Christmas rituals, such as gift-giving, attending Mass, and decorating trees, are shared by most nations where Christmas is celebrated. One of the main reasons for the rapid propagation of Christianity throughout Europe during the first millennium was the willingness of Christian leaders to incorporate the rituals, beliefs and customs of other religions. Few of the ancient displaced religions were more assimilated than the Druids, Wiccans and Pagans.

Yule coincides with the Christian celebration of Christmas (the birth of Christ being very similar to the rebirth of the Sun, itself symbolic of the rebirth of the God), which is no coincidence, as the early Christian Church chose to celebrate the birth of Christ (which is actually believed to have happened in March, amongst other pointers, Shepherds don't take their flocks out to pasture in the Middle East in winter!) at this time to try and woo the Pagan peoples away from their own faith. Many other Gods of Pre-History share similar life stories to that of the life of Jesus, including the Nativity and their birth timing of the Winter Solstice.

Alban Arthuan is one of the ancient Druidic fire festivals. Taking place on December 21st through 22nd (due to the method the Druids used to measure one day), Alban Arthuan coincides with the Winter Solstice. Translated, it means "The Light of Arthur," in reference to the Arthurian legend that states King Arthur was born on the Winter Solstice.

The custom of burning the Yule Log, the Yule-associated tradition that is most familiar to people today, was performed to honour the Great Mother Goddess. The log would be lit on the eve of the solstice, using the remains of the log from the previous year, and would be burned for twelve hours for good luck.

Another tradition still used today is that of the Christmas tree, originating in Germany and Scandinavia, Pagan families would bring a live tree into the home so the wood spirits would have a place to keep warm during the cold winter months. Bells were hung in the limbs so you could tell when a spirit was present. Food and treats were hung on the branches for the spirits to eat and a five-pointed star, the pentagram, symbol of the five elements, was placed atop the tree. German Martin Luther is credited with being the first person to decorate his tree with candles, after seeing how beautiful the stars were one night, and wanting to show his children, though nowadays much safer Fairy Lights are often used.

Sources: Yule Traditions by Ravenwolf

Reading the labels

By Vicky

Common terms used in product labeling include.

Fragrance Free – May contain a single fragrance, often to mask the smell of the other ingredients.

PH balanced – a pH value close to that of human skin (about pH5.5)

Hypoallergenic – Excludes substances most likely to cause an allergic reaction, but is still not allergy proof.

Unperfumed – Contains no perfume at all.

Natural Remedies: By Stacey

Stretch Marks

During your early stages of pregnancy, discoloured lines known as stretch marks may appear on the surface of your breasts as you gain weight. A few months later weight gain on your buttocks and tummy may also result in stretch marks. Depending on your skin tone, they start out as pink, reddish brown; they vary from woman to woman. After giving birth, the stretch marks will fade and gradually become more like your normal skin colour, my sisters faded in colour but are still on her skin, i guess having 2 children will leave its marks.

Stretch marks may in some cases be prevented by using a good aromatic oil daily from early on in pregnancy. Here's a recipe to try: fill a dark glass bottle with 50ml wheatgerm oil, or a mixture of wheatgerm and almond oil for a thinner solution. Add 3 drops of lavender essential oil and 15 drops of the neroli essential oil. Massage daily after bathing.

How to prevent them

You can also try taking a daily supplement of vitamin E to help increase skin elasticity. Also apply pure vitamin E oil locally to prevent or reduce stretch marks. Continue using regularly until after the birth.

Homeopathy has also been known to help. Take Calc fluor 6X three times daily for a week starting in early pregnancy; continue taking on alternate weeks for the rest of your pregnancy. This remedy will help to increase the tissue elasticity of dry or delicate skins.

Sources: Amazing Baby care UK

Fruit! It does a body good

By Anne

Whatever ails you, chances are Mother Nature has a cure for you!

- **Beets** for your liver and prostate health.
- **Papaya** soothes the digestive tract.
- **Cherries** are said to be great to help with Arthritis pain.
- **Coconut** is thought to keep your stomach healthy and in good working order.
- **Raw apples** will ease even the toughest constipation.
- **Strawberries** are a great natural source of iron.
- **Lemons** work for acid stomach.
- **Watermelon** and celery are thought to keep your kidneys healthy.
- **Bananas** are said to ease nerves.
- **Both raw** apples and grapes are thought to ease tobacco cravings.
- **Figs** are a natural cancer-fighter.
- **Garlic** is a natural “antibiotic”.
- **Parsley** will ease chronic bad breath.
- **Carrots** are awesome “eye” food to keep your vision keen.
- **Kelp** is a natural source of iodine. It’s little known that green peppers are quite high in Vitamin C.
- **Honey** is good for your heart.
- **Oranges** keep blood vessels open.

Family Recipes

Gingerbread Men

By WAU NC

Ingredients:

½ c butter, softened
½ c sugar
1 egg yolk
1 c unbleached white flour
1 c whole wheat flour
½ tsp salt
½ tsp baking powder
½ tsp baking soda
1 tsp ginger
2 tsp pumpkin pie spice
Items for decorating

Preparation:

Cream together butter and sugar; stir in molasses and egg yolk. In a separate bowl, combine remaining ingredients. Stir into butter mixture until smooth; cover and chill for an hour or more. Roll the dough on a lightly floured surface, ¼ inch thick. Cut into shapes; for nicer looking cookies, brush flour off with a pastry brush. You may add items for facial features and buttons, such as raisins or nuts, prior to baking. Place figures 2 inches apart on ungreased cookie sheets. Bake @ 350 degrees for 8-10 minutes and cool on wire racks. Cool completely before icing or decorating further.

Brown Soda Bread

By Vicky

I absolutely LOVE this bread, since it is hard to find in the USA i have started to make it myself. My Mother used to make this all the time, so both my sister and I are addicted to it, you can buy it in Ireland from bakerys and it is so good, it took me a few times to get it right and tasting like my Moms. I usually toast it and put butter on it, or eat it with soups and stews..My camera isn't working so the below image isn't my bread, it looks exactly the same though.

Ingredients:

600 grams of brown wholemeal flour
180 grams of plain (white) flour
2 teaspoons of baking soda
1 teaspoon of salt
1 tablespoon of soft brown sugar
2 tablespoons of olive oil
0,6 litre of buttermilk (sour milk)

Preparation

Sieve the plain flour and baking soda into a large bowl. Add your wholemeal flour, salt and brown sugar and mix well. Add the olive oil and buttermilk and mix well for 2 minutes with a wooden spoon. Lightly oil a 1kg bread tin. Add the mixture. Put in a preheated oven at exactly 180 C. Bake in preheated oven until golden brown, about 30 to 45 minutes.

Date Balls

By WAU NC

These treats are a favorite of my husband's around the holidays!

Ingredients:

2 eggs
1 c granulated sugar
1 c chopped dates
1 TB butter, plus extra for rolling
1 tsp vanilla
½ c walnut pieces
2 ½ c crisped rice cereal
1-2 c flaked coconut

Preparation:

Have the coconut ready in a bowl to roll the balls in when they are ready, as you will need to work somewhat quickly. Combine the eggs, sugar and dates in a medium saucepan and bring to a boil over medium heat. Allow the mixture to boil for five minutes; stir constantly to keep from scorching. If your heat is too high and/or you cook this for too long, it will take on a coarse, hard consistency and the cookies will not turn out properly. I stir mine with a heat-resistant spatula and it works great. Remove from heat and stir in the butter and vanilla completely. Add the walnuts and cereal; your mixture will resemble "rice krispie treats." Butter your hands and roll into smallish balls, then roll in coconut. The trick here is to keep from burning yourself on the hot mixture but to also work quickly enough to keep it from cooling as it will no longer stick together. If you find that you are having trouble forming balls as it cools, butter your hands a little more and that will help stick things together a bit. Allow to set for a few moments and serve. Store date balls in an airtight container.

Visit our Website for more Family Recipes and much more

http://www.homefrontpublications.org

The Truth about Aspartame

"THE ONLY "CURE" IS TOTAL EXCLUSION FROM THE DIET!"

Aspartame is marketed as NutraSweet, Equal Spoonful, Benevia, NatraTaste and since the patent on it has now expired it likely will come on the market under many different names. On the European Common Market, Aspartame is banned for all children's products. Why is this not the case in Canada and the U.S.? Because Monsanto - which owns the NutraSweet Company which manufactures Aspartame - pays off the FDA, the American Medical Association, The American Dietetic and Diabetic Associations, Congressmen and Senators and virtually anyone who gets in the way, and in other countries too. The Canadian Broadcasting Corporation caught them red handed and aired a program where Monsanto was trying to bribe Canadian Doctors at Health Canada.

More on the Monsanto company: Monsanto is the world's largest manufacturer of poisons, not only of the citizens of the world but also of the environment. In 1995, Monsanto ranked 5th among US corporations in the EPA's Toxic Release Inventory, having discharged 37 million pounds of toxic chemicals into the air, land, water and underground.

NutraSweet (Aspartame) is composed of linkages of aspartic acid, phenylalanine and methanol. The aspartic acid acts as a neuroexcitatory agent. When NutraSweet is digested, it yields 10% methanol (wood alcohol). The wood alcohol (methanol) is widely distributed throughout the body including brain, muscle, fat and nervous tissue. It is then metabolized to FORMALDEHYDE which enters the cells and binds to the proteins and DNA (the genetic material).

Cytogenetic effects (changes in DNA) have been shown to result from FORMALDEHYDE exposure and DNA damage occurs from FORMALDEHYDE. The nature of the injury generally involves breaking and then creation of cross linking within the genetic material which alters the cells.

Aspartame is NOT a natural substance!
Aspartame is NOT a Diet Enhancement product!
Aspartame is NOT safe - for ANYONE!
Aspartame is NOT a food "additive"
Aspartame is an UNREGULATED and UNSAFE DRUG! (It was originally slated to be a peptic ulcer drug!)
Aspartame in liquids turns to FORMALDEHYDE above freezing!
Aspartame is even worse for DIABETICS!
Aspartame poisoning is cumulative!
Aspartame byproducts get stored in your FAT!
Aspartame has 92 "Official" Side Effects (the worst is DEATH!)
Aspartame MIMICS a wide range of problems.
Aspartame side effects are USUALLY MISDIAGNOSED!
Aspartame is unfit for human consumption!
Aspartame's approval by the FDA is a SHAMELESS tragedy!
Aspartame's approval for use in EVERYTHING is far worse!

Who are the culprits? FDA, Searle, Monsanto, NutraSweet and more!

TOTAL recovery may not be possible!

To read more on Aspartame click on the following source links: http://www.dorway.com/
http://www.healingdaily.com/detoxification-diet/aspartame.htm

Health: By Maria

Wash your hands

A common mistake is lathering up to frequently. It's especially important to wash your hands before, after and during food preparation, before eating and after using the bathroom; after touching animals or animal waste; when your hands are dirty; before putting in contact lenses; and more frequently when you or someone in your home is sick.

How to wash your hands: Wet your hands with warm water and apply liquid or a clean bar of soap (You don't need an antibacterial soap.) Rub your hands vigorously together and scrub surfaces. Continue for about 20 seconds. Speak up if you notice that your health care provider doesn't wash their hands between patients.

Jaundice in New-born Babies

Do not be alarmed if the whites of your baby's eyes and their skin turns a slight yellow colour after 3 days. This is a condition called jaundice and is caused because your baby's liver cannot work fast enough to dispose of a pigment called bilirubin.

Premature babies are more likely to suffer from jaundice. It usually clears up after a few days and this can be aided by exposure to sunlight (through a window).You may also be encouraged to feed your baby as often as possible.

Sometimes when the bilirubin levels are very high a baby may need to be exposed to controlled amounts of ultra violet light in the form of phototherapy. Ultra violet breaks down the pigment levels in the skin. This will be carried out in hospital. Your baby will be placed in a special crib sometimes in Special Care. This is a routine treatment and is very effective.

Sources: BabyCare Tips UK

Raising a family

By D. Dodd

We create our children with love. Let's raise them with love. They come into this world looking up to us - reaching out to us for guidance and nurturing.

Motherhood is a fortress of generation past, present and future. Our women are the ones who bare our children, if they didn't work alongside with their men our future generations would cease to exist. Men also have many obligations to fill and they should do so with honor and pride, raising a family isn't an easy task, but with dedication and undying love nothing is impossible.

Our communities are infested with diverse cultural practices. Foreign manners are disclosed and our children are being subjected to this on a daily basis. Their heads are being filled with debris from cultures other than their own. Perhaps if we could look at these things as educational exercises then they might have some merit, but they are not being used for educations sake. They are being used to disassemble what our ancestors worked so hard to put together.

We create our children with love. Let's raise them with love. They come into this world looking up to us - reaching out to us for guidance and nurturing. We have the ability to share our perceptions with our children and to teach them about faith, order, security, strength, patience, labor, reason, and yes even of struggle.

The most precious gift, besides love that we can give to our white children is the gift of recognition. Recognition of who and what they are. We can teach them to recognize and to hold dear the integrity of being white and proud.

Motherhood - A fortress of generations past, present and future. As women.... as mothers, you can do your part to secure a promising future for our race. - White Purity is our Nations Security.

Print out and colour

Homemade Yule Ornaments

By WAU NC

All of these projects were done with my four year old with materials we had on hand. We've decided that lights will be the only item on our tree that we don't make ourselves, so last year we started making our own ornaments to decorate our home and tree with. Here is what we've done this year, along with photos to supplement my instructions.

SALT DOUGH ORNAMENTS

2 c flour
½ c salt
¾ c water

Combine in a large bowl until a workable dough forms. Roll out on a smooth surface rather thin, about 1/8 of an inch. Cut out with your favorite cookie cutters; metal ones work the best. Use a straw to poke a hole to hang the ornaments by and transfer to a cookie sheet lined with parchment paper (or very lightly oiled). You may want to smooth the edges gently with your finger for a cleaner look. Bake at 200 degrees for 2 hours and cool on a wire rack. Once cooled completely, paint with tempera or acrylic paints and add a clear coat to finish, if you would like.

TAKE-OUT TREE TOPPER

I was inspired last night when cleaning up from a take-out dinner; we had two thin aluminum pans that I decided to wash rather than toss into the recycling bin. I trimmed away the edges and using the butt of a screwdriver, I smoothed out the lines while in the metal (with a piece of cardboard underneath). By rubbing in a circular pattern, it created a brushed-looking finish. Then I took a screw from my drawer of stuff (you know you have one of those too) and created my design. In order to place the star atop the tree, I folded up a scrap piece of metal and formed what looked like ½ of a napkin ring with the edges turned up. I placed the ring around the top bough and set the star on the other side, resting on the hooks.

SPARKLING PINE CONES

The photo does not do this project justice; these are my favorite ornament on our poor little fake tree and they are very pretty. Collect some pinecones outside and rinse them gently inside. Bake for about an hour at 200 degrees on a foil-lined baking sheet in order to dry out and kill any remaining bugs. Brush on white school glue and sprinkle on iridescent white glitter for an icy look, or any color of your choice. Tie a ribbon, string or bit of twine and hang.

SPIRAL HANGERS

These are a bit hard to describe, so look to the picture for guidance. This is a nice way to use old holiday cards that look pretty but seem to pile up. Cut the fronts off of cards, and then cut a spiral pattern. You can trim the corners off for a more rounded look; do not cut the strips too thin as it will hang down much too far. Cut a slit in the top to thread a ribbon or string through and hang.

Recent Recalls

CPSC, Maxim Enterprise Inc. Announces Recall of Mini Learning Cube Toy Sold at Target

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission, in cooperation with the firm named below, today announced a voluntary recall of the following consumer product. Consumers should stop using recalled products immediately unless otherwise instructed.

Name of Product: Little Tree Mini Learning Cube

Units: About 12,000

Manufacturer/Importer: Maxim Enterprise Inc. of Lakeville, Mass.

Importer/Distributor: Target of Minneapolis, Minn.

Hazard: Small wooden pegs in the top corners of the toy can come loose posing a choking hazard to young children.

Incidents/Injuries: Target has received three reports of incidents including two reports of children mouthing pieces of the learning cube. In one incident, an 18-month old girl swallowed a piece of the recalled learning cube after one side came loose. The piece became stuck and she had to have it removed in a hospital emergency room. In a second incident, a child started choking when she put two of the toy's wooden pegs in her mouth. In the third incident, a consumer reported the wooden pegs popped out of the learning cube. No injuries were reported in the third incident

Description: The recalled learning cube is an 8-inch square wooden box with a different activity on each side, including an abacus, blocks with apples and bananas, shapes that can be moved in a zigzag cutout, and a blackboard. The wooden cover has spiral bead maze with wooden beads that slide up, down and around.

Sold at: Target stores nationwide from June 2005 through November 2005 for about $15.

Remedy: Consumers should immediately take the recalled learning cube toy away from young children and return it to Target for a $15 giftcard plus applicable state tax.

Consumer Contact: For additional information, contact Target at (800) 440-0680 between 8 a.m. and 7 p.m. CT Monday through Friday, or visit Target's Web site at www.target.com

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