

HomeFront

Issue Nº 11 - A PUBLICATION FOR THE RACIALLY CONSCIOUS HOME & FAMILY

Publications

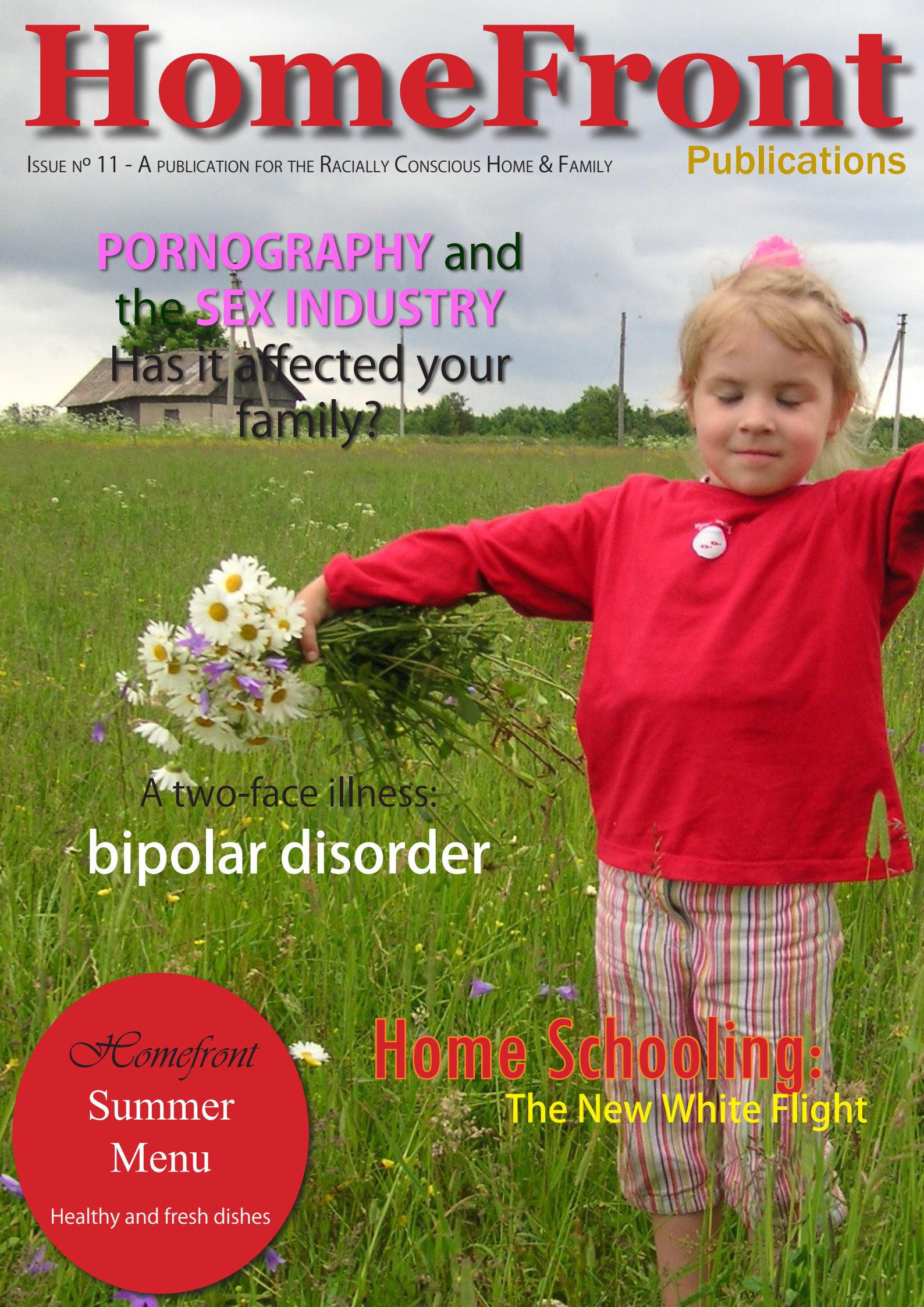
**PORNOGRAPHY and
the SEX INDUSTRY**
Has it affected your
family?

A two-face illness:
bipolar disorder

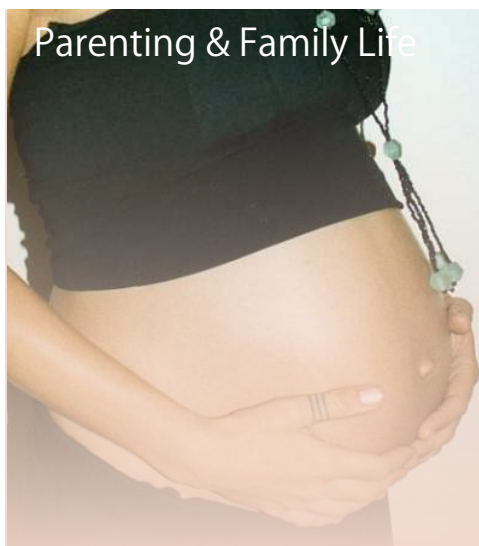
Homefront
Summer
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Welcome to the 11th issue of HomeFront, yes we are behind schedule for this issue, we didn't realise this summer would pass so quickly, with news jobs, renovating, traveling, pregnancy, and the task of taken care of the families we already have time got away from us, but we are glad to say we finally got this issue together and we are very pleased with the contents.

This summer has been an exceptionally hot one for us all, i think i managed to gain a few thousand freckles this year, for some reason my skin doesn't seem to notice or care if i wear sunscreen i still burn and freckle, so my goal next year is to cover up more and wear a cap when i go out, fair skin that gets burnt is not safe or attractive.

In our next issue we will cover a lot of issues regarding new babies to 12 months old, which will include tips on spoon feeding, recipes, diaper rashes and possible food causes, introducing a sippy cup, should your baby have juice before 6 months and much more, if you would like to submit to the next issue or can offer some feedback on pieces featured in this issue you can contact us via the HomeFront website.

Once again thank you for taking the time to read this issue..

Home Front



A collection of whole cloves, which are small, dark brown, and have a characteristic two-pronged shape, scattered on a white background.

NATURAL HOME

Mosquito Repellent

Ingredients: Lemons, Clove

Directions: Cut the lemons in a half. Stick the cloves in the lemon half and put all around your house, especially near windows.

source: <http://networkedblogs.com/6jS05>

A small, purple, felt-like sachet tied with a purple ribbon, sitting on a surface next to some dried lavender flowers.

LAVENDER ESSENTIAL OIL:

Smells great and is a commonly used and effective mosquito repellent.

Baking Soda - Boost Your Liquid Laundry Detergent. Give your laundry a boost by adding ½ cup of baking soda to your laundry to make liquid detergent work harder. A better balance of pH in the wash gets clothes cleaner, fresher, and brighter.

Woolen clothing: if your woolen clothes are deformed, put them inside the fridge in a plastic bag for a couple of days, then iron slightly.

An Apple a Day..

An apple a day, keeps the doctor away is an old saying we have all heard from our mothers. A new study has shown an apple a day can keep lung cancer at bay. Researchers have found that having an apple everyday helps keep your lungs healthy. Apples contain a compound called flavonoids that really help lung tissue stay healthy and it makes your lungs become more resilient to Lung disease. So have a apple everyday, and lead a happy and healthy life.

HomeFront



Over to you ...

PORNOGRAPHY and the SEX INDUSTRY

Has it affected your family?

This is not intended to be a man bashing piece, this piece is written based on experience, based on what I have seen. I know that Loyal and Righteous men exist but those numbers are dwindling fast. To many times I have felt the gut wrenching hurt of being the girl whose significant other would rather watch porn than live up to some sort of moral code, when did we become so weak? Have we as people always been this way? Is it a case of curiosity? I have heard every reason under the sun, am I being to self righteous?

I still think if you use the 14 words, or quote the Nine Noble Virtues, if you have held your wives hand as she gave birth to your children, cried when your child let out their first cry, then please tell me how you think it's OK to watch people degrade one another sexually for money? Please tell me how you watch people do something that you and your wife did to create your child? Please tell me how even after your Wife cried over this you still watched it? Tell me how???

Gone are the days when we thought of pornography the image of the seedy fat guy in his basement with a box of pornographic VHS tapes popped up, gone are the days when men went into strip clubs under the dark of night. In 2010 we can go online and view the seediest nastiest pornographic videos for FREE, if you go on some sites you get those nasty pornographic pop ups. If you go on facebook all you see is half dressed females doing stupid poses to attract men, if you go anywhere online that's all you seem to see..

Our Men now go to Strip clubs for lunch with the boys and can easily spend a hundred dollars to have someone's daughter rub on them for 20

minutes, or sit there while some girl whispers sweet nothings to them. Maybe as this is happening his wife is singing to their daughter, or watching her sleep and dreaming big dreams for her future, will she be a Doctor? a school teacher? a Mother? the same day dreams many mothers have had for their daughters, maybe the same daughter a mother once sang too and held so tightly to keep her safe is now grinding on you.

When we the Women voice an opinion on it we are told we nag, complain, we are Feminists, we are probably fat and ugly, we are judgmental, you name it and I'm sure one of you at some point has been told one of the above.

I go online and talk to my family, read, check emails, I have a sex drive too but I don't feel the need to participate or support a business that has caused men to become sexually depraved fools with out of controls ideal's about what women are, or what women should be doing in the bedroom, what we should look like, because in all reality most of women reading this are now mothers, your body has changed and your body now shows the marks of Motherhood, why aren't each of you being cherished each and everyday?

Dads look at your daughter and envision her future, what do you see? Did you know that every second \$3,075.64 is being spent on pornography. Every second 28,258 internet users are viewing pornography. Every second 372 internet users are typing adult search terms into search engines. Every 39 minutes a new pornographic video is being created in the United States.

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Someone's daughter is partaking in it, what is going to keep your daughter from doing it? You watch it, You pay women to dance for you, You give websites the hits they need in order to get advertisers interested in their sites, so tell me how are you going to protect your daughter when you take advantage of someone else's daughter?

Often Internet pornography is more addictive than ordinary pornography because of its wide availability, explicit nature, and the privacy that online viewing offers. I know from experience that people regularly spend extended periods of time searching the internet for new or increasingly hardcore pornography as their lusts for seedier videos increases with each click of the mouse. Unless you're deaf and blind, it's hard not to notice how porn has invaded our culture.

~ Homefront ~

Now for this issue of HomeFronts Over To You... Has Pornography and the Sex Industry in general affected your family?

Several years ago my daughter made friends with a classmate. The child was always dirty (clothes, hair, face, hands), clothes barely fit and was always hungry. I learned that the mother had 6 children from newborn to 12. The husband apparently began to look at online porn and it became an obsession. The house fell into disrepair. He would stay up late and soon lost his job. He removed himself from the family and didn't help to care for the children or even interact with them. He met a woman online from another state and walked out on his family to be with her.

The mother didn't have a job, couldn't afford day-care for the kids, and couldn't pay the mortgage. There was no food, no clothes, and in the middle of the winter, no heat. I did what I could to help and arranged for the mom to meet with some churches and agencies to provide resources. I was on the verge of moving the entire family into my home with my children when I became aware of some very sexually inappropriate behaviours of the young children. I immediately disengaged and cut ties in order to protect *my* family, but it was still a heart-breaking situation. I'm not sure what the kids saw or what was modelled for or done to them, but I'm sure the porn had everything to do with it.

Sile USA

Pornography and the sex industry has not affected me or my family but I am very passionately opposed to it. I believe that pornography and prostitution are Jewish industries and that they are destructive to the family, not to mention degrading to White women.

BreannaFand Canada

It has not affected my family, but it has affected me as a young woman. Unfortunately a lot of young women now are under the pressure to behave and be as "skilled" as a "porn star" in the bedroom to keep a man, because if they don't there are plenty of women who will. The easy availability of hard core pornography at really young ages is also rotting the brains of young boys, if a young boy has been viewing this type of pornography frequently from say the age of nine or ten and has say a first sexual experience at eighteen that's a hell of imagery that can potentially can be viewed. The problem is that in pornography extreme sexual acts become normalised, and any sexual act that does not have say anal sex, oral sex, a** to mouth or a threesome would become rather bland to a boy (or potentially a girl) who has been brought up where that kind of behaviour. This leads to very high expectations and puts a lot of pressure on the individuals partner if, he or she is not willing to partake in certain extreme sexual activities, and this leads to unnecessary marriage and relationship problems.

To add to this, I am also sick and tired of those arguments, that say its always been around. Yes nobody is going to deny that erotic art and nudity in art is nothing new, but its a far cry from what is available on the internet. The other argument, I only watch white people having sex, yes because you can guarantee that those "porn stars" only have sex with white performers.

Miss Kat Melbourne, Australia

I'm pretty sure my Psychology textbook said that men are more likely to be violent after watching violent porn, and that women in the porn often undermine their own relationship with their current girlfriend.

So yeah, I think it can be pretty destructive, although it has not affected anyone I know.

AryanBolt Florida



Many things are illegal - child abuse, wife abuse, drugs - yet that does not stop them from happening all the time.

I think individual WN's can choose not to use the product, much like with drugs. Since the porn industry is geared almost exclusively to men, WN men can choose not to look at it and WN households can decide it will never be part of their family home.

WN men can start encouraging other rites of passage for boys - how pathetic is it to look forward to getting to see a naked woman in a magazine? Many boys believe they are missing out if they don't get to look at one or go to a strip club.

Mary USA

My first husband was obsessed with it. It was pretty consuming for him. It was disturbing for me to see him that way. I think it really did affect the marriage.

Frau-Rothaarge USA

Too often, a woman's value is estimated by sex. Specifically, the extent to which a man wants to have it with her. If we're not going to change that, we might as well put porn on every channel and every station. I would love to have a daughter one day, but I can only imagine how difficult it will be to help her navigate her way through all of the trash that's promoted by mainstream society as "feminine" or the depiction of a "strong woman" because ultimately, these images serve to make us weak. I think that everyone in society is damaged. I also think it's likely that that's always been the case, whatever the cause. Today, we have a society that values sex and hedonism in general. It's not perfect, but that's what we have. For that reason, I can't condemn people who watch porn. (For that reason I don't condemn a lot of people.) They've lived their own lives surrounded by the cheap garbage, smut, and pseudo smut that passes for an entertainment industry in western civilization these days. I know that I've been affected by it, and I think all exposed to it are.

The worst thing that pornography, in particular, does is drive a wedge in between families. It's something people should probably honestly sort out before consummating their courtship but, again, we don't live in a perfect world. Understandably, it will always be a point of contention between two people who feel differently about it. If everyone were a little more forthcoming about their imperfections and the things they truly value, we'd probably do a lot better as a movement and as a people in general. Instead, we have a bunch of liars posing and trying to act righteous all the time. How can we own tomorrow if we can't even own who we are today? What do we look for in a mate anyway? We date people that listen to the same music as us, watch the same movies and television programs, wear the same style of clothes. Besides the fact that we judge potential mates based on what type of leisure activities they enjoy (as if we would spend our lives in leisurely pursuits), it can really prevent us from looking deeper into what we value as individuals and what values we want to find in our mates. That's probably the worst thing the sex industry (and its arm in the everyday media) does to us. It damages our ability to form healthy relationships based on things that really matter.

Misty WI

Believe me when I tell you this, I'd rather put a 12 gauge in my mouth and pull the trigger than to become a porn actor. It is a humiliating "trade", no wonder all those guys killed themselves. In principle, it's the same thing as prostitution.



However, I'd be branded a "fag" by a lot of men out there for saying this. Because, you know, being a man isn't about being strong or brave, it's simply about how many sluts you can hump. Deep down inside everyone knows that debauchery is humiliating. It may be "cool" at first, but once you're into it, it gets more clear by the day that what you're doing simply isn't "cool" at all. Then it all reaches a breaking point, sooner or later. That's the cold hard truth.

FBInfiltrator USA

It probably affects us all whether we know it or not considering its a multi-million dollar industry annually and Zog uses it to bankroll their other schemes.

I define porn as "the act" and it destroys the capacity for intimacy, its also almost always mentioned in "causes of divorce" lists. IMO, it is every bit as destructive to the family unit as Jewish Feminism.

WolfsCompass USA

It hasn't affected my life, thankfully, because I I've made my opinion about it known to my husband. I strongly believe that it's unhealthy and don't want it in my home. My son, who is only 3 mos old, will know this, too, when the time comes. Sex should be between one man & one woman who love each other. Period.

Zoe USA

What do they mean?

TELEVISION RATINGS



ALL CHILDREN

This program is designed to be appropriate for all children. Whether animated or live-action, the themes and elements in this program are specifically designed for a very young audience, including children from ages 2 - 6. This program is not expected to frighten younger children.

DIRECTED TO OLDER CHILDREN

This program is designed for children age 7 and above. It may be more appropriate for children who have acquired the developmental skills needed to distinguish between make-believe and reality. Themes and elements in this program may include mild fantasy violence or comedic violence, or may frighten children under the age of 7. Therefore, parents may wish to consider the suitability of this program for their very young children.

DIRECTED TO OLDER CHILDREN - FANTASY VIOLENCE

For those programs where fantasy violence may be more intense or more combative than other programs in this category, such programs will be designated TV-Y7-FV.

GENERAL AUDIENCE

Most parents would find this program suitable for all ages. Although this rating does not signify a program designed specifically for children, most parents may let younger children watch this program unattended. It contains little or no violence, no strong language and little or no sexual dialogue or situations.

PARENTAL GUIDANCE SUGGESTED

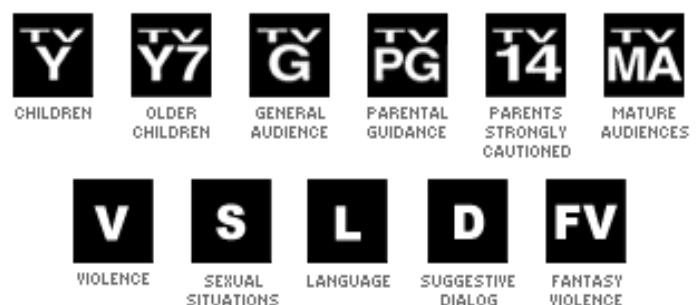
This program contains material that parents may find unsuitable for younger children. Many parents may want to watch it with their younger children. The theme itself may call for parental guidance and/or the program contains one or more of the following: moderate violence (V), some sexual situations (S), infrequent coarse language (L), or some suggestive dialogue (D).

PARENTS STRONGLY CAUTIONED

This program contains some material that many parents would find unsuitable for children under 14 years of age. Parents are strongly urged to exercise greater care in monitoring this program and are cautioned against letting children under the age of 14 watch unattended. This program contains one or more of the following: intense violence (V), intense sexual situations (S), strong coarse language (L), or intensely suggestive dialogue (D).

MATURE AUDIENCE ONLY

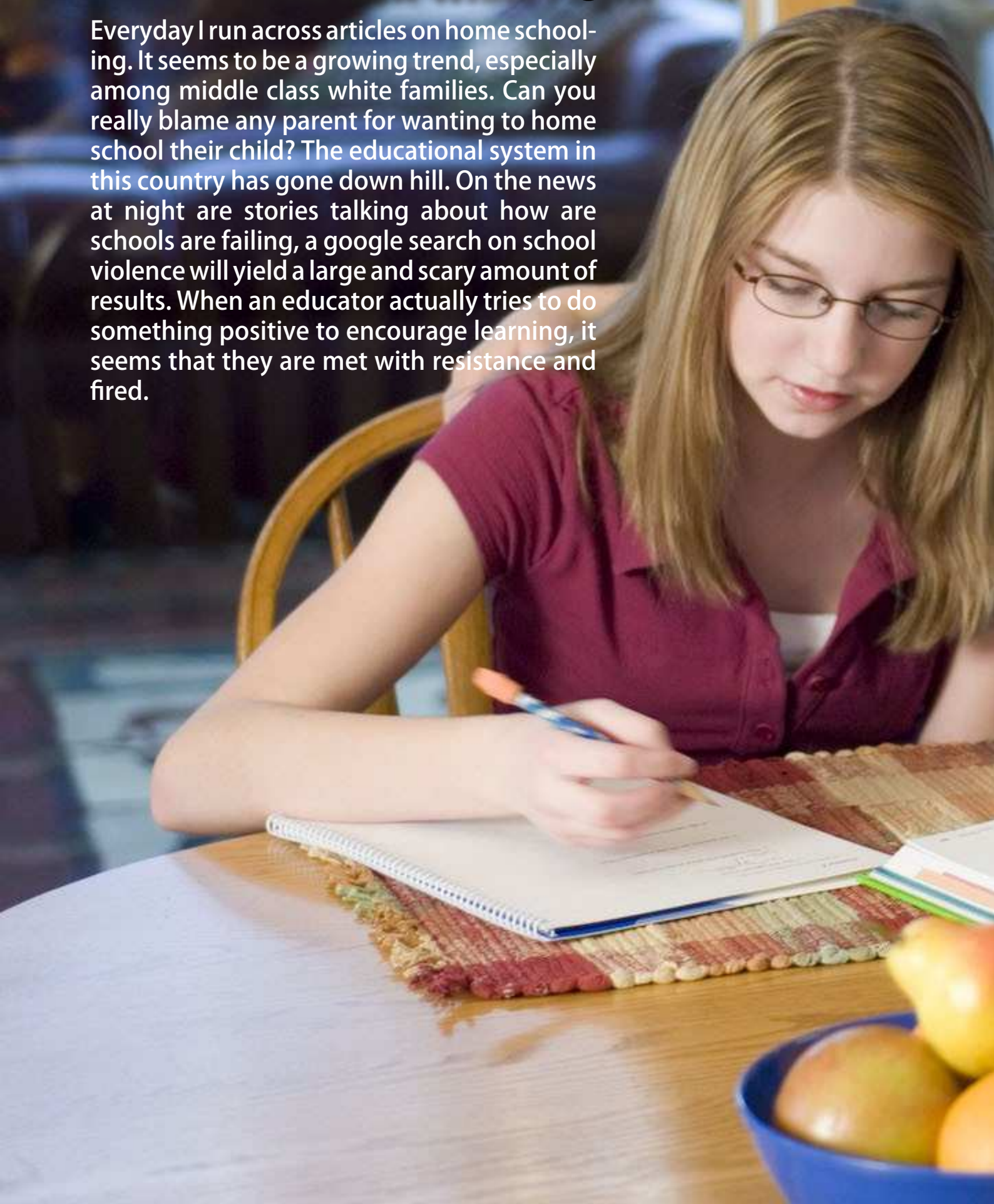
This program is specifically designed to be viewed by adults and therefore may be unsuitable for children under 17. This program contains one or more of the following: graphic violence (V), explicit sexual activity (S), or crude indecent language (L).



Information taken from a site that is no longer online.

Home Schooling: The New White Flight

Everyday I run across articles on home schooling. It seems to be a growing trend, especially among middle class white families. Can you really blame any parent for wanting to home school their child? The educational system in this country has gone down hill. On the news at night are stories talking about how schools are failing, a google search on school violence will yield a large and scary amount of results. When an educator actually tries to do something positive to encourage learning, it seems that they are met with resistance and fired.



We actually had that here where I live. Our previous school superintendent required a uniform dress code, divided up classrooms into all boy or all girl, took away cell phones and music players, and he didn't mind expelling students who were extremely problematic or very prone to violence. He turned the system around, doing a remarkable job. For his troubles, the school board decided that his services were no longer needed, hired some idiot, and in less than a years time the schools are again in trouble. The superintendent was black. Yes, I just said the superintendent was a black man who did a good job. What do you think we are here, racists? Please remember white nationalism does not automatically equate to racism, now back to what we were discussing.

I know several people who home school. Their children for the most part do better than their peers, are still allowed to participate in sports either through leagues for home schooled children or through private academies who will let children participate in extra-curricular activities for a price. In that way, they still get taught those ever important social interactions. It is by no means cheap to educate a child at home either. A friend of mine pays over \$500 a month for his special needs child to be educated at home, however, his child gets taught things that both really expensive private and public education have failed to provide. His boy now passes tests, reads at his grade level, and can do math. Not bad for a 15 year old who the public education system claimed was beyond hope. Home schooling has its drawbacks, such as accreditation, diploma validity, and in the case of some states, not recognizing a lot of home school programs.

There is also the point to be made that a lot of schools try to teach your children principles that the parents don't agree with, such as singing the praises of people whose popularity isn't growing. Some of them are at odds with educa-

tion on religious grounds, moral grounds, and the values being instilled in their children by a group of educators who seem to grow more and more liberal. Back in the late 1960's and early 1970's, white people viewed integration as a bad thing and established private schools. Looking at the way the educational system has gone, it seems that their fears weren't unfounded. A lot of people called this white flight, as it was white students being pulled out of the educational system. Now that private schools seem to be going the way of public ones, white parents are again pulling their children out of one educational system and replacing it with a home based one.

I have to wonder at the qualifications of some of these parents to teach their children. I wasn't good on some subjects, and I have no business teaching them to children. There is also the fact that a lot of the technology requirements are incredibly expensive. This turns a good many parents away. Despite the hardship and the cons though, parents are seeing this as a viable alternative to educating their children. In a day and age where 2 working parents is the norm, it requires 1 parent to make a sacrifice and stay at home to be a full-time teacher. Agree with it or disagree with it, more and more white children are being pulled out of traditional education and being taught at home. In this way, parents are able to teach their children in an environment that the child is more comfortable in. It also allows the family to teach the child the morals and beliefs that they want their child taught, not the dictates of a failing educational system. If you can afford it, I say go for it. It seems to be working so far, now we'll just have to see if the federal government steps in and put the children back into liberal indoctrination centers, ummm, I mean schools.

Carolina Patriot

effective TIME MANAGEMENT..

By Jamie

Opportunities to earn a living from the comfort of one's own home have become increasingly more prevalent in recent years, be it from data entry, medical transcription, or entrepreneurship. My family owns a small medical billing company, and I began working from home a few months after I became pregnant in the fall of 2008. I was fortunate to never have had to put my daughter in daycare, but it took most of that first year to figure out how to make this working arrangement "work" for me.

The most important skill I have learned is how to spend my time as efficiently as possible. Effective time management is the key to making this situation work for you, your employer, and your family. I work from home with a 15-month-old, so what works for me might not necessarily work for someone with older children, but the basic concept is the same: find a rhythm that allows you to be productive but still an active parent. It takes some trial and error and a lot of patience, but the reward is worth the struggle.

- . * Set a schedule, and stick to it. Try to get your day started, serve meals, and get little ones down for their naps at about the same time every day.
- . * Save tasks that require your full attention for nap time.
- . * Have a basket of toys, or stackable bins filled with things to keep your child occupied near your work space. Toddlers love to take things out, and it makes cleanup easy.
- . * Assign a comfortable space for your child next to your work area: floor mats (the foam, easy to wipe kind), a children's chair, a small drawing table, etc. Keep their activities in this area.
- . * Have plenty of DVDs and books on hand to keep them entertained. If you subscribe to Netflix, their website has a decent selection of television shows and movies for children that you can play on an extra computer (I use a laptop) for your child.

Hopefully you will find this basic guideline helpful. Obviously the day-to-day demands will change with time, and you will have to become adept at adapting to these changes and juggling the various roles you need to play. "



What are your **Children reading?**

***My Daughter who is 11 is reading Flower Fairies Of The Summer & Flower Fairies Of The Wayside by Cicely Mary Barker , they really are beautifully made books and i too have enjoyed them..
Teresa USA***

***We are reading Peter Rabbits Giant Storybook to our two little girls right now, i love the simple classic stories when reading to them at nighttime..
Stacey USA***

***Right now our little boy is enjoying Little Rabbits' First Time Book by Alan Barker, a great book for the teaching your little one's to learn to tell the time..
Paul USA***

***My 8 year old daughter is reading By the Shores of Silver Lake from the Laura Ingalls Wilder boxset and she is really enjoying it...
Becky USA...***



Make your own **baby food**...

Home prepared food can give you complete control over what goes into your baby's mouth and you have the added bonus of knowing exactly what your baby is eating - none of the dreaded "fillers" commonly found in commercial baby food. Homemade food for your baby is only as nutritious as you make it. If you overcook, for example, home-prepared baby food scores fewer nutrients than the baby food you buy in the store. You want to use freshest veggies, the most beautiful apples, but what you don't use is equally important. No Salt, No herbs & spices, No Butter, No Sugar etc. and NO HONEY!!!

If you have a sieve and a spoon you are on the right track, you can prepare most fruits and vegetables this way. First, mash cooked foods with a fork or potato masher and then press through the sieve with a spoon. Mix to desired consistency with water or cooking liquid. I personally like to keep some texture to baby food, nothing that would choke a child obviously but i have found through being a nanny that some kids when a little older have issues with lumps or texture if food they have eaten in the past is pureed. I am also personally not a huge fan of giving meat to children, when feeding my nieces or nephews i usually gave them veggies, potatoes, fruits, and rice... Vegetables are the perfect first solid foods for baby, both nutritious and easy to digest, i tend to stick to less sugary fruits like banana's and apples..

Potatoes & Veggies..

1 medium potato, peeled and cubed
1 medium carrot, peeled and sliced
1 medium parsnip, peeled and sliced

Place the prepared vegetables in a small saucepan and just cover with the water.

Simmer until all the vegetables are fork tender (5-10 mins). Mash thoroughly or - if you want it completely smooth - puree in a food processor. I also add a little milk to the potatoes and veggies..

Easy cheesy carrot mash (6 months+)

2 potatoes, peeled and cut into chunks
2 carrots, peeled (if not organic) and cut into chunks

Boil the carrot and potato chunks until tender, then drain and mash thoroughly. Add a little milk and voila..



WHY YOU should not give water to your baby BEFORE 6 MONTHS!

A baby may "fill up" on water, resulting in them consuming less breast milk or formula. This then deprives them of the nutrients essential for healthy growth and development.

Too much water can stop your young baby's body from absorbing the nutrients they need from milk. It can also lead to an imbalance of electrolytes.

The UK Department of Health recommends that parents give baby nothing but milk for the first 6 months, but advise that water may be given with solids once baby reaches 6 months of age.

Home Front



If you're **PREGNANT**

The following are some basic guidelines for taking medicine when you're pregnant:

- * Many OTC medicines have not been well studied for safety in pregnant mothers. Always talk with your doctor before taking any OTC medicine, vitamin or supplement
- * Avoid using medicines during your first trimester. This is when the risk to your baby is highest.
- * Acetaminophen (Tylenol) is generally considered safe for short-term pain relief.
- * Avoid using aspirin. It can cause birth defects, low birth weight or problems during delivery.
- * Avoid using other NSAIDs (nonsteroidal anti-inflammatory drugs), especially during the third trimester. They can cause heart defects in your baby. NSAIDs include ibuprofen (Advil, Motrin) and naproxen (Aleve).
- * Do not take OTC medicines for cough, congestion, diarrhea, constipation or nausea without talking to your family doctor first.
- * Avoid the use of extra-strength, maximum-strength or long-acting medicines.
- * Avoid combination medicines that treat many different symptoms at once. If your doctor says it's safe, use one medicine to treat one symptom. For example, you might use acetaminophen for a headache. But don't use acetaminophen combined with other active ingredients like decongestants or antihistamines. This will help you minimize the number of medicines your baby is exposed to.

Abortion is MURDER

Women for Aryan Unity Ireland - www.wau14.com

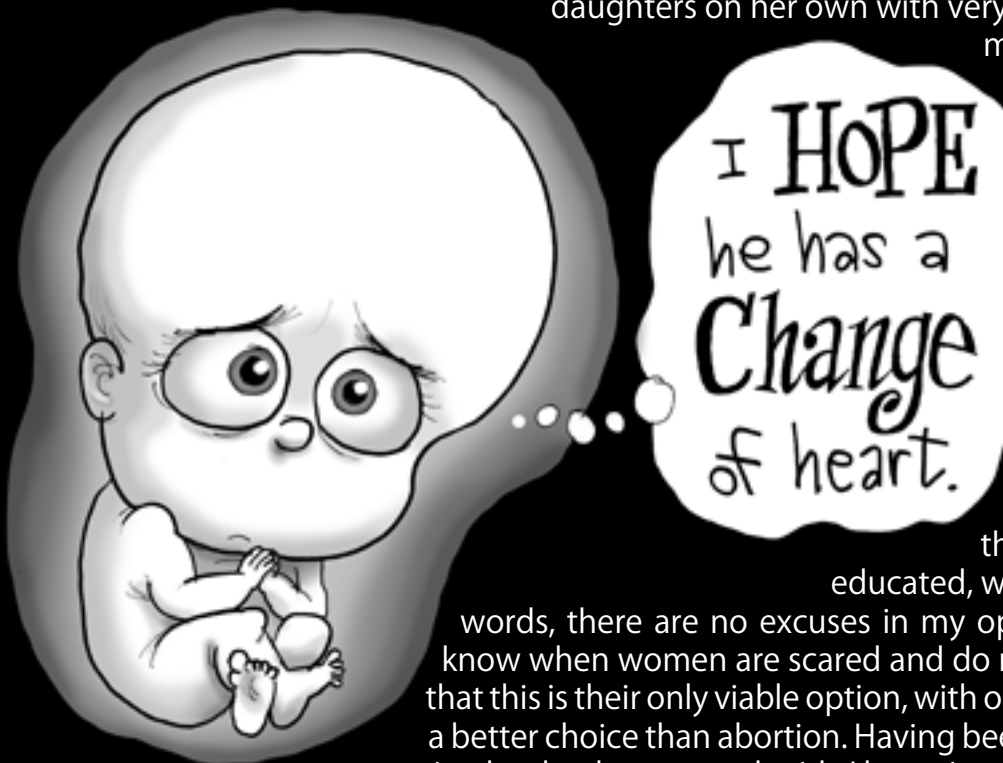
Abortion is Murder and should be illegal. Abortion is cruel and unjust. Many people may say that the unborn, commonly called fetuses, are not alive, we all know that is untrue, how would we be able to create another living being if it wasn't alive in the first place? The embryo and fetus are two stages of development while still in the womb, just like toddler and adolescent are names for humans already born. A child is a unique human being and receives a genetic code all of its own upon the time of conception. Numerous scientific reference works, medical textbooks, and some of the world's most prominent scientists and physicians say that life begins upon the time of conception. When Abortionists prematurely take a child from its mother's womb in the primitive manner that they do, they are essentially murdering an unborn child. If a woman driving to an abortion clinic and is hit by a drunk driver the driver would be charged for the death of the mother and her unborn child, but yet she was on her way to pay someone money to rip that life out of her and throw it into a trash can, how does that make sense?

The definition of cruelty is an act that causes pain or suffering, and that is just what abortion is, cruel. Many studies show that by eight weeks, the child can start to have feelings of pain. Different types of abortion include seizing body parts and ripping them off of the child and crushing the skull or snapping the spine in or to remove the child. There are also some procedure steps where the aborted children are left to die by neglect or a physical act after being removed. We have all seen the images of dead babies in trash cans with their limbs yanked from them, don't tell me that is normal, it is a vile miserable excuse for selfish ignorant feminist whores who love to chant it is their body and they can do what they want with it, they should do us all a favour and have someone rip their womb out instead.

Abortion is a highly publicized issue that women take too lightly, modern day women are pressured to think they are slaves chained to the kitchen sink if they bear children, they can do more important things like sitting behind a corporate desk and making money. My mother raised three daughters on her own with very little money and sometimes no

money, she raised three strong, loyal, hard working women, and she now has six grandchildren, and 1 great grand daughter the fruits of her hard work as a woman and mother. I know of women in the movement who have had abortions?!? These women to me are even more vile than the liberal feminists lemmings who walk our streets like drones, we are supposed to be the elite, we are supposed to be educated, we are supposed to live by the 14

words, there are no excuses in my opinion for your vile choices. We know when women are scared and do not know what to do; they think that this is their only viable option, without realizing that there is ALWAYS a better choice than abortion. Having been raised by a mother with nothing but her honour and pride I know it can be done, so quite frankly there is no excuse or reason for abortion within our movement.





By Ivana

Working out *at home*

To work out your abdominals, you only need a good mat, if possible a thick one, in order to protect your back. Don't force your back and neck. There is a huge variety of abdominal exercises to focus on different parts of the abdominal muscles (core, obliques...).

Remember always to stretch once you have finished your work out and also to drink enough water while you exercise.

Another alternative when you want to work out at home, even if it sounds silly and somewhat old-fashioned, is to purchase work out videos. I have tried it and it is both fun and useful, you sweat a lot! Why not giving it a try?

Personal trainers: this is a more expensive option but might get you faster results, since working out with somebody else (especially someone you are paying to!) will probably keep you motivated. Another idea is to exercise together with a friend, neighbour or any other person you know.

Motivation is a key factor: many people start exercising and then give up because they get bored or say that they don't have time for it; however, we think it is important to take care of our bodies just as it is important to take care of our minds. So, try and stay motivated about working out!

As you can see, there are many possibilities to work out at home. Exercising 10 minutes everyday or one hour three times a week will help you to stay fit. Of course, you must also watch out what you eat: avoid sweets, fat, junk food and sodas, let's try to keep our diets healthy by consuming cereals, fruits, vegetables and mineral water. Everything counts when it comes to losing weight or just caring for our health.

Sometimes, we want to exercise but for some reason we just don't like going to the gym. However, going to the gym is not a must if we want to be fit, we can also work out at home. It isn't necessary to buy expensive machines; at home you can work out whenever you want and as many times as you want.

Any work out routine starts with warming up and stretching. You don't need any machine for this. To warm up, you can run some laps around the block or jog. You can also practice some boxing movements, for this you don't strictly need a punching bag. You should warm up for 5-10 minutes.

Aerobic exercise (cardio)

This kind of exercise is beneficial for your heart. Plus, it helps to burn body fat and become slimmer. If you can afford one, machines for cardio work out include stationary bikes, ellipticals, and rowing machines.

A cost-free aerobic exercise is jump the rope, jog and even dance.

Muscular work out

For this, you will need weights or dumbbells. The weight and intensity will depend on the gender, age and overall physical condition of each person. When I worked out at a gym, the trainer gave me a routine consisting of 4 series of 12 repetitions each. You should always start with few weight and then increase as you feel comfortable. Never strain your muscles in order to avoid injuries.

Eat before you **WORK OUT**

By Vicky WAU

Exercising is the only true way to reduce or gain weight. To burn calories a vigorous working out is the best way to do so. Exercising with an empty stomach is a bad idea, i personally find it very hard to eat before my early morning workout, working out on an empty stomach will sometimes decrease the intensity of your workout and that will diminish your efforts, i know i can feel fatigued half way through my workout if i don't eat prior.

When you do exercise in the morning make sure you try eat a small bowl of all-bran, or a yogurt, a piece of fruit, or a slice of whole wheat bread with some cheese, eating will increase your energy levels and give your body something to burn off. After working out you should eat some protein i usually have some lean chicken and spinach to replenish my body..

And always remember water water water, if i get bored with drinking water all the time i squeeze in some fresh lime just or lemon.





ATTENTION: E-FOOD!

Recently we can watch lots of discussions in mass media about food additives. Newspapers and television frighten us with cancer, amentia and infecundity. Let's investigate where the truth ends and what are additives in reality.

Let's start from the definition itself. Food additives are special materials, added to food in order to improve some of its properties. For example, flavor, color, term of storage, taste, texture etc. Thus, additives provide many comforts for manufactures and salesmen. They let to use less qualitative basic ingredients and increase sales due to better taste, appearance and flavor.

Nowadays we are faced to a huge quantity of additives. Some of them have been forbidden for a long time, but before they got added to the "black list" they were widely used in foodstuff and beverages. In the past additives were natural: honey, salt, wine, spirits, natural colouring matters. In the 20th century synthetic additives have become very popular due to increased population and market competition.

At the beginning producers marked their products with the full name of the chemical matter but it was too long and difficult to pronounce, so in 1953 in Europe a single system of marking was created. Now it looks like letter "E" and 3 figures ("E" means "Europe").

At the same time they started the first investigations of these additives and there influence on human health. Those additives that showed their harmful effect were forbidden in the food industry. International standards for additives are determined by JECFA (Joint Expert Committee on Food Additives) and Codex Alimentarius. The Codex was accepted by International FAO/WHO Committee and is obligatory in all countries of WTO.

Almost all additives, as well as all other toxic matters, have its maximum permissible daily doze. But it is necessary to remember that some matters can accumulate in organism. Of course, it is the producers who are responsible for the level of additives' concentration in products.



For example, E250 (sodium nitrite) is usually used in sausages. Though sodium nitrite is poisonous toxic material, it is not forbidden in food industry because it is the “least evil” that provides the product with a good marketable appearance and thus increasing of sales (you can compare the red colour of store-bought sausage and the brown colour of home-made ones). The normal concentration of nitrite in high-grade smoked sausages is more than in cooked sausages because such kind of sausages is eaten in smaller quantities. One more example: pink color of yogurts is achieved with a help of cochineal E210 (powder from dried insects).

Many additives, such as lactic acid and sucrose, are considered to be safe if the conditions of their chemical synthesis weren't broken. But here we should take into account that the way of synthesis of additives varies in different countries and different producers. Also, there is always a risk of some kind of failure in the process of synthesis of a definite lot, so the same matter can be more or less dangerous in the same product. For example, synthetic acetic or citric acids can contain heavy metals, which concentration norms are various in different countries.

Some of the additives that are used were once considered harmless (like formaldehyde E240 in chocolates or E121 in gas water) later were admitted as highly dangerous and forbidden. Besides, some additives, may be harmless for one person can have strong negative effect on other person. That's why children, old and allergic people are recommended to use as less additives as possible.

Some producers avoid mentioning E ingredient on their products. They prefer to put full name of an additive, for example “sodium glutamate”. By the way, synthetic sodium glutamate is not equal to the natural one which is made from water plants. In case of frequent usage this chemical product causes changes in brains and eye grounds. Nevertheless, today sodium glutamate is added to almost all kinds of spices. Other producers put both full name and code E on the products. If the additive is less than 1% (for example harmful but beautiful



A TABLE OF MOST HARMFUL E ADDITIVES:

VERY DANGEROUS E123, E510, E513E, E527

DANGEROUS E102, E110, E120, E124, E127, E129, E155, E180, E201, E220, E222, E223, E224, E228, E233, E242, E400, E401, E402, E403, E404, E405, E501, E502, E503, E620, E636, E637

ONCOGENIC E131, E142, E153, E210, E212, E213, E214, E215, E216, E219, E230, E240, E249, E280, E281, E282, E283, E310, E954

DIARRHEA E338, E339, E340, E341, E343, E450, E461, E462, E463, E465, E466

SKIN DISEASE E151, E160, E231, E232, E239, E311, E312, E320, E907, E951, E1105

COLLY-WOBBLES E154, E626, E627, E628, E629, E630, E631, E632, E633, E634, E635

BLOOD PRESSURE E154, E250, E252

DANGEROUS FOR CHILDREN E270

FORBIDDEN E103, E105, E111, E121, E123, E125, E126, E130, E152, E211, E952

SUSPICIOUS E104, E122, E141, E171, E173, E241, E477

colorant), it is allowed not to mention it on the packing.

Many of us can say that nowadays it is impossible to eat only useful products. But we can make our ration as much harmless as possible if we won't swallow up all and sundry! It is hard to say categorically should we avoid food containing additives. We can exclude products with colourants and taste boosters but if food doesn't contain preserving agents, its storing period becomes much less and it can cause a lot of toxins amongst our population. We should remember that one of the reasons of allergies and other complications due to using additives is unfair producers. They often use cheap synthetic matters instead of natural ones and don't follow production technology and norms.

Before buying food, examine its package attentively. The less is the ingredients list, the fewer additives it contains. Don't buy products with too long storing period. Try not to eat at fast-foods. The biggest amount of E is in cheap meat preserves, chips and rusks.



What to do with your leftovers?

By Vanessa Wau

Quick Tip - *Potato peels leftovers*

Did you ever have to cook or fry a bunch of peeled potatoes? Well you no longer have to throw away the peels. Just fry them and serve them before or after dinner as a snack along your favorite dip. This is perfect for family or friend reunions when we often cook lots of potatoes to serve with main dishes.

A couple of quick and easy ways to use your left overs and don't waste any food or money.



Bread leftovers

PIZZA (quick snack)

I do this often with bread leftovers as a snack or for lunch. For this one is not really an elaborated recipes you just use your imaginations and leftovers you may have. This time i made 3 versions of it, one of spinach, one of mushrooms and one of tuna with peppers.

Ingredients:

Bread slices
Tomato
Cheese
Any topping you want



Directions:

PLACE bread slices in a tray.
SPOON some tomato over it (i use canned tomato with no season)
SPRINKLE with rosemary and a few sliced olives
ADD your favorite topping. (i did one of spinach, one of mushrooms and one of tuna with peppers)
SPRINKLE with cheese. (i always chose mozzarella)
TAKE it to the oven until the cheese is grilled and the bread too. Serve it.

I did this with boiled potatoes because it was the leftover i had, but you can do it with any boiled veggies left-overs.

Boiled potatos leftovers **TUNA BALLS**

Put in the food processor the boiled potatoes (if you boiled them unpeeled you can leave the peel on), parsley, 2tbs of canned tuna and a clove of garlic.

Mince everything. Make sure that you don't have any big piece of potato or parsley.

Make small balls with the mixture and in a plate mix a bit of bread crumbs and grated Parmesan cheese (half each).

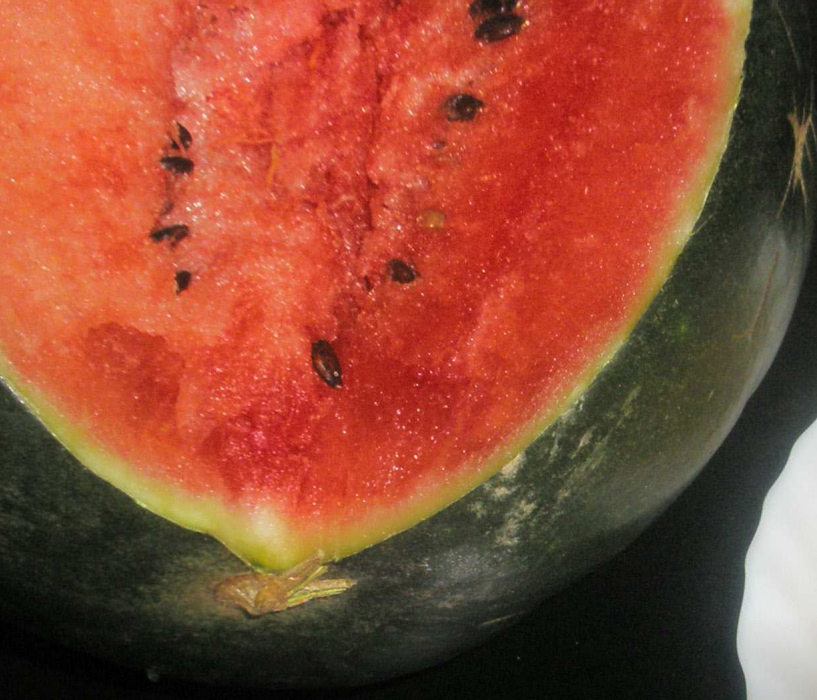
Roll over the potatoes balls in the breadcrumbs.

Take the balls to the oven at 190°C for about 20 minutes (i've a convection oven so maybe in a common oven it will take a bit more, just go checking if they are already crunchy or not). You can deep fry it but ... just avoid doing it please, use the oven instead,

When its done just serve it as a snack or with a salad as a main dish. You can also serve it with tomato sauce like meat balls. Its up to you how you will serve them.

Note:
to make the
mixture soften,
add a boiled
egg.





Fruit Leftovers

JUICE AND PUREE

I often have lots of old fruit or leftovers. When this happen you can always do something good with them like fruit salad, froze them for milkshakes etc. Today i had a whole old water melon here and this fruit when frozen dries too quickly and get all burned. So from this water melon and 3 slices of pineapple i did 1.5L of natural juice and fruit puree.

Put inside a bowl the peeled watermelon, 3 slices of pineapple and the "secret ingredient" 3 leaves of basil (or mint. Since both fruits are already rich in water you don't have to add any water to it. So with an immersion blender, blend it until you have an even mixture. When you have an even mixture pass it in a colander (with tiny holes). this might take some time. So cover it with a napkin and once in a while check if all the juice is apart from the pure.

When its done you will have a bottle of juice and a dessert bowl of puree. You can eat the puree as a dessert or use it in recipes. Despite of having all the seeds and the basil, this puree its actually pretty tasty and pretty rich in vitamins and fibers. Don't waste it!





Healthy Eating Tips


Eat a variety of veggies and fruits, grain products, dairy, and meat and meat alternatives such as tofu and beans.

For sandwiches, choose multigrain or whole grain bread over white bread. Include a protein like chicken, tuna, egg salad or a meat alternative. As for condiments, try mustard instead of mayonnaise. And always include a leafy green like lettuce or spinach, on warmer days instead of mashed potatoes with dinner add a nice salad with beets, peppers, onions, a little low fat cheese.

Encourage your children to drink as much water as possible. Fruit juice is also OK but make sure it's 100% fruit juice. Veggie juice is also a good option. And, of course keep soda to a minimum or try and avoid it completely.

For snacks, try veggies and fruit like carrot sticks, cherry tomatoes, apples pears or bananas, nuts. Try dried fruit, yogurt, raisins or granola bars. Instead of potato chips, try eating whole wheat pretzels, crackers, baked potato chips or rice cakes.

Vicky WAU



CHOCOLATE CHIP Cookies

By Carla

INGREDIENTS:

1 cup butter (softened)
1 cup shortening
2 cups light brown sugar
1 cup white sugar
4 eggs
1 tsp vanilla extract
4-1/2 cups all purpose
flour
2 tsp baking soda
2 tsk salt
2 cups of milk chocolate chips

DIRECTIONS:

Cream the butter and shorten-
ing, add the brown and white
sugar and mix well. Beat in eggs
and vanilla. Combine the flour, bak-
ing soda and salt; add to cream mixture
and mix well. Stir in the chocolate chips. The
cookies will expand a bit so make sure they are about an inch apart. I usually cook them until the
outsides are golden and the insides are just starting to cook, and then take them out and put them
on a rack to cool... This way if they aren't completely golden-brown all the way through, they still



BROCCOLI Dip

2 cups sour cream
2 packages of cream cheese (the 250g or w/e)
1 crown broccoli cut into small pieces
about 2 cups of graded cheese
1 tsp of Italian seasoning

The above amounts are for a big serving we did when all
the boys came over for dinner. Mix the sour cream and
cream cheese, add the Italian seasoning before the broccoli
and mix into the mixture, then mix in the broccoli softly careful
not to break it all into pieces and then mix in the cheese leaving
about half a cup unused. Pour into greased pan and bake at 250-300 depending on the heat of
your stove, until the cheese is melted and it's starting to bubble slightly (about 20-25 minutes),
add the half cup of cheese on the top and let make for the last 5 minutes melting the top cheese.





Misty's BBQ SAUCE...

I made some killer bbq sauce the other day. I don't measure anything unless I'm making desserts usually so I can only roughly give you a list of the ingredients:

INGREDIENTS :

Bacon grease (maybe a tbsp, other oil may be subbed, but it adds a hint of smokiness)
2 small or one large onion
3 stalks celery hearts
3 cloves garlic
1 cup cider vinegar
1 1/2 tbsp mustard powder
1/2 tsp coriander
dried red chiles to taste
3 tbsp honey
3tbsp molasses
1/4-1/2 cup brown sugar
1 tsp salt
2 28 oz cans crushed tomatoes

DIRECTIONS :

Sautee chopped onion in grease, add garlic when onions become translucent, add chopped celery, sautee until soft. add vinegar, add dry spices and chiles, add sugar, honey, molasses, and tomatoes. Simmer about 1/2 an hour, let sit to cool, remove chiles and puree. That was enough for 6 (very large) leg quarters and I had two mason jars of sauce to save.

These measurements aren't exact, but those are your basic ingredients for sauce. You might add some milder peppers or leave some of the chiles in, omit honey, add liquid smoke, you get the idea. Brush on every 5 minutes for the last 20 minutes of cooking.

I made some leg quarters with this in the oven. First, I brined the chicken over night (since it was frozen anyway). The next day I rinsed the chicken, removed larger pieces of fat, separated the drumsticks and thighs, and scored the skin. That helps the skin get crispy. I also made a mop w/ Apple cider vinegar, onion, etc.. Basically everything mentioned above except tomatoes and sweet ingredients (they burn). I did add some molasses to cut the sourness. Anyway, I brushed that on (getting under the skin) and baked it at 425 for 1/2 an hour on a sheetpan before I began adding the actual sauce.

If you were actually going to baste the chicken with the mop, you could probably add a little honey or sugar, but you need to keep it wet so that stuff doesn't burn. Hope that helps



Sun Safety

The sun shining brightly is one of the best things about summer. The heat from the sun can be the best and the worst part about summer. It's important to be aware of heat-related illnesses like sun stroke and heat exhaustion. Here are some sun tips and info to make your family's time in the sun safe:

- * You should apply sunscreen 30 minutes before the kids go outside and reapply it after swimming.
- * Children should wear sunscreen with an SPF of at least 15.
- * All children over the age of three should wear sunglasses. Opticians say that your children's eyes are more vulnerable to sun damage than the eyes of adults because they allow more light to reach the retina. Make sure the sunglasses you choose provide UV protection.
- * Make sure everyone in the family wears a hat when outside. It not only blocks sun from the face but it keeps us cooler.
- * Babies should be shaded from the sun at all times.
- * Avoid drinks with caffeine or large amounts of sugar because they actually cause us to lose fluid.
- * If your children must be outside, make sure they rest in the shade frequently and get them to drink water, fruit juice or sports drinks often- even if they are not thirsty. Kids should drink two to four glasses of liquid every hour on really hot days to avoid heat exhaustion. Heat exhaustion a form of hyperthermia. It is the result of spending too much time in the heat without drinking enough fluids.

Morrigan



A two-face illness: bipolar disorder

By Ivana WAU

Bipolar disorder, also known as manic depression or bipolar affective disorder, among other names, is a widespread severe mental condition that affects both men and women of all ages and which requires medical treatment. It should not be confused with the usual periods of happiness and joy that we all experience from time to time. The key feature of these mood swings in bipolar disorder is their intensity or severity.

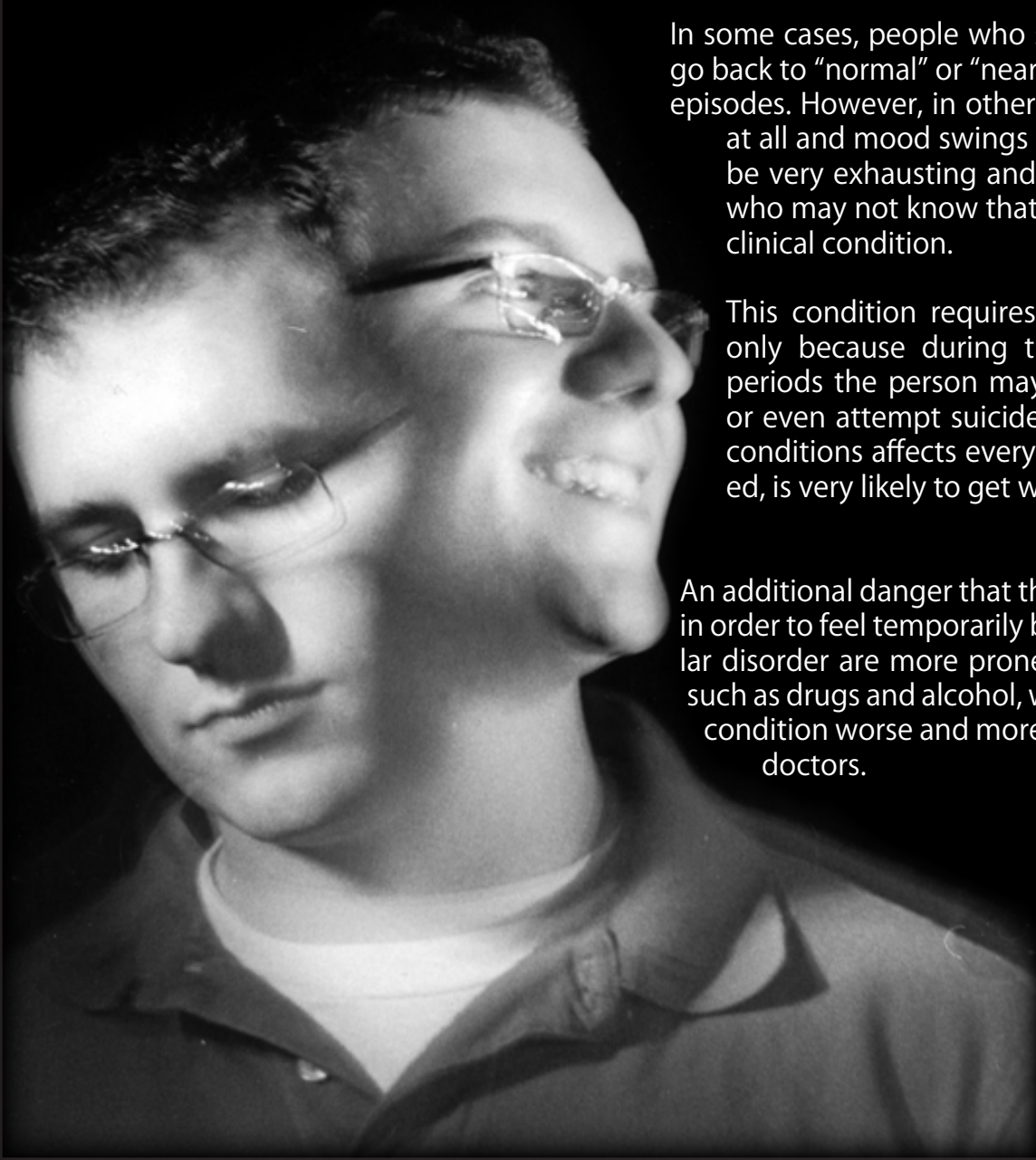


People who suffer from this condition alternate periods of extreme euphoria (the "high" period) with periods of depression (the "low" periods); these periods may last days, weeks or months, and sometimes the mood swings occur during the same day. It is common that symptoms vary depending on the age of the person affected.

In some cases, people who suffer from this disorder go back to "normal" or "nearly functioning" between episodes. However, in other cases, there is no break at all and mood swings are continuous. This can be very exhausting and frustrating for a person who may not know that he or she suffers from a clinical condition.

This condition requires medical treatment, not only because during the "low" or depressive periods the person may hurt himself or herself or even attempt suicide, but also because such conditions affects everyday life and, if not treated, is very likely to get worse with time.

An additional danger that this disorder poses is that, in order to feel temporarily better, people with bipolar disorder are more prone to abusing substances such as drugs and alcohol, which actually makes the condition worse and more difficult to diagnose for doctors.





Symptoms:

As we said before, this disorder is characterized by 2 intense, alternating "mood episodes". On the one hand, manic episode symptoms include:

- Few sleep
- Extreme and unexplained joy or irritability
- Feeling full of energy and hope
- Fast talk, jumping from one idea to the other
- Increased activity, thinking about new projects
- Impulsive and reckless behavior

On the other hand, depressive episodes include the following symptoms:

- Feeling of despair and emptiness
- Loss of interest in activities usually enjoyed
- Suicide or death thoughts
- Problems concentrating or making decisions
- Fatigue, loss of energy
- Feeling of worthlessness, continuous crying.

Bipolar disorder is categorized in 4 levels, depending on the intensity and duration of the episodes:

- Bipolar I disorder
- Bipolar II disorder
- Bipolar disorder not otherwise specified
- Cyclothymic disorder (cyclothymia)

Diagnosing bipolar disorder is not easy. Since there are no blood tests or other traditional diagnosis methods to spot it, it may often be confused with other medical conditions such as schizophrenia, specially in teenagers. Therefore, doctors or mental health specialists must conduct a complete evaluation and it is also advisable to talk to the person's close relatives or spouse to discuss changes of behavior.

People suffering from bipolar disorder will often need medication to cope with the illness and mood swings. Doctors will evaluate the appropriate medication for each particular case.

If you experience any of these symptoms and think that you may be suffering from bipolar disorder, or if your close relatives notice unexplained changes in your behavior, you may want to consult with your doctor to reach a correct diagnosis.

Recognizing the problem is the first step toward the solution. With the necessary care, it is possible to live a productive life despite of suffering from bipolar disorder.



Cold Compress

By Morrigan

There are two types of cold compress you can make.

1) For one kind, soak a pad of cotton or towel in cold or ice water. Squeeze it out so it is wet but not dripping and place it on the injury.

Replace or dip more water onto the pad after a few minutes. Continue cooling area for about 30 minutes or so.

If necessary, keep the compress in place with a bandage. It may be uncomfortable for 2 - 3 minutes but it will help..

2) For the other kind, put crushed ice in a plastic bag. Add a little salt to lower the melting temperature.

Seal the bag and wrap it in a cloth.

Place it on the injury and continue the cooling for 30 minutes or so. And like the above you can keep it in place with a bandage..



Tips on how to improve your posture

By WAU Finland



- Avoid heels that are extremely high; when walking with such heels your back sways more.
- Train the core muscles around our back and your stomach, they keep your back in balance.
- Pay attention to the posture of the head while walking and while sitting in front of a computer; many of us tend to push the head forward which worsens our posture.
- Keep moving along the day and straighten and stretch yourself. If you sit too much on your chair your body gets stuck.
- Remember to relax; tension around your back and your neck may worsen your posture and cause headaches.



Allergy Watch

By Vicky WAU

Once you start to introducing solids into your babies daily food intake you should do so one by one, that way it is easier to discover if your child is allergic to a certain food or food groups.

An allergic reaction is the one or all of the following: Swollen Stomach, Red Bottom, Skin Rash, Wheeziness, Vomiting, Diarrhea

If you or a family member has an issue with eczema or a food allergy be particularly careful when introducing new foods. A lot of babies show an intolerance to wheat products, so always go for the gluten free option when you can. We covered Celiac disease in the last issue of HomeFront, basically Celiac disease is an extreme allergic reaction to wheat, rye, oats, and barley.

Intolerance to cows milk, which affects about 2% of babies under a year, I know that my sisters children are all lactose intolerant and suffered greatly when given anything milk based as young babies, something that now doesn't seem to affect them as teenagers and adults. We will cover other foods in the next issue of HomeFront that should be avoided as much as possible.



Choking hazards

from the kitchen..

The top ten foods that pose the highest choking risk for young children are apples, fish with bones, hot dogs, peanuts, carrots, boned chicken, candy, meat, popcorn, sunflower seeds.

Always be mindful that young children don't have a mouth full of teeth yet so more often than not food is not chewed up fully. Your child's front teeth usually come in at 6 or 7 months, your baby can then bite off a piece of food, but the first molars, which break food down so it is easy to swallow do not arrive until about 15 months, and second molars around 26 months.

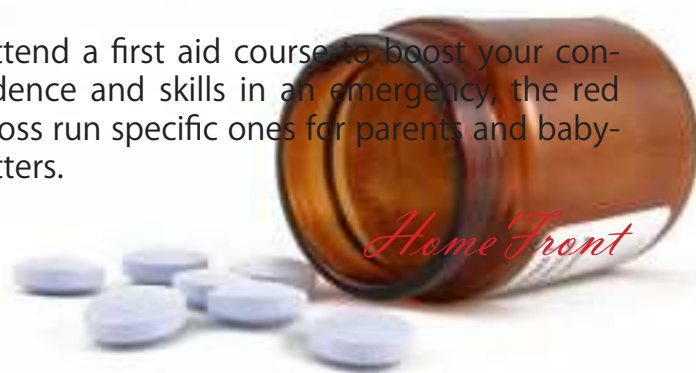


Safety FIRST

Keep Medicines out of reach, ideally in a locked medicine cabinet.

Keep a list of emergency numbers by the phone: doctor, hospital, Poison control center, and a 24 hour pharmacy.

Attend a first aid course to boost your confidence and skills in an emergency, the red cross run specific ones for parents and baby-sitters.





How to Detoxify Your Home

By Aoife *Part 1*

PFOA (pentadecafluorooctanoic acid), PTFE (polytetrafluoroethylene), and PFOS (perfluorooctane sulfonate) have all been linked to cancer and hormone disruption. Some of these chemicals do not break down they are with us forever. They are in the air our families breathe, our food, our homes and our workplaces. Major lawsuits have been won against the manufacturers using these chemicals in other countries and some companies in the U.S. have been forced to phase out their use in the next decade.

They are found in:

- * Non-stick pans (brands such as Teflon, Dupont, T-Fal, Silverstone)*
- * Stain-resistant clothes
 - * GORE-TEX
- * Microwave popcorn bags
- * Fast food containers
- * Fire fighting foam
- * Candy wrappers
- * Pizza boxes

The solution to saving your family? Remove your non-stick pans and buy stainless steel or cast iron ones that require elbow grease to keep clean. Many of you believe that if their non-stick pan is not scratched, it's safe. Not true. Toxic cancer-causing fumes are released into the air when the pan is heated at high temperatures. We will add more tips to the next issue of HomeFront.

Dealing with **acne**

By WAU Argentina

Despite being a very common problem, acne can be a very traumatizing experience during teenage years and adulthood. It is a common mistake to believe that only teenagers suffer acne: many adults, and even infants, may have acne. People who suffer acne, especially those going through their teenage years may, as a result, suffer from low self-esteem and lack of self-confidence, and may feel ostracized because of their condition.

Acne appears when the pores of the skin are clogged. When the glands produce too much oil, whose normal amount is usually produced to keep the skin lubricated, it may block the pores and accumulate dirt and bacteria and other debris. This is what causes the plug or, in more technical terms, "comedone". If such plug or comedone breaks, it releases oil and bacteria and this spreads to the surrounding area, causing inflammation. If the inflammation is deep in the skin, a cyst may be formed, which can be very painful. Acne may take different forms and may be inflammatory or non-inflammatory. Inflammatory acne may consist in papules, pustules, nodules, and cysts. Non-inflammatory acne (which is a milder form of acne), may be whiteheads or blackheads.

ACNE ARE:

- Avoid touching your face unnecessarily and keep it clean throughout the day, washing it regularly with a moisturizing soap. It is also useful to wash your hand before touching your face.
- Do not squeeze or scratch the pimples; this may lead to infections and is a sure way of leaving scars and marks in your skin.
- If your hair is oily, it is convenient to wash it daily, and try and keep it away from your face.
- Do not use oily make-up and, even if you use non-comedogenic make-up, always take it off at night to prevent the pores from blocking.
- A bit of exposure to sunlight may help to improve acne.

Generally, acne does not require much more treatment than appropriately cleaning the skin and if often subsides after adolescence, when the hormonal changes produce acne; however, if the acne is severe (for example, if cysts have formed or if there is redness around the pimples) and if it does not get better after some time of applying over-the-counter medicines, it may be necessary to resort to a dermatologist for advice.



Sometimes, birth control pills may be used to control acne, but this does not always proves effective and it may even be counter-productive. There are also more sophisticated techniques that can be used to heal acne and its unwanted effects on the skin: Photodynamic (which is a laser procedure), chemical skin peeling, and dermabrasion to remove scars. You should always consult with a dermatologist to know about the adequate solution for your particular condition. Bear in mind that each particular case demands a specific solution.

In addition, there are a number of home-made solutions to treat cases of mild acne; their effectiveness is a matter of trying! However, it is always best to seek the help of a qualified physician to solve this skin condition.



Homefront

Summer Menu

Follow step by step our original recipes, based on the ancient Mediterranean and Atlantic diets and share a great, tasty, colourful, fresh and healthy meal with your family!

This Issue
Special

//

The Mediterranean Diet is more than a diet. It is a lifelong living style. You have to adopt it, as a religion. Decades ago, it was the natural way of life of many people around the Mediterranean Basin, especially in Spain, Italy and Greece. High activity, Mediterranean nutrition, anti stress attitudes and not much money shaped a culture that can be declared soon Immaterial Human Heritage by UNESCO. Nowadays, these circumstances have changed in the mentioned countries, but many responsible people are still keeping or returning to what is considered to be the healthiest diet in the world.

Source - <http://www.mediterraneandiet.com/>



Main Dish Stuffed Mushrooms

Well this one of the many uses of my tuna stuf (yeah i use this one a lot since i have to eat fish and i hate boiled tasteless fish and since i love tuna...). I use fresh tuna although i belive you can use canned, preserved in salty water only, avoid those preserved in oil.

Ingredients:

2 big portobello mushrooms
1 medium onion
1 garlic clove
half bell pepper chopped in dice
olive oil
2 tomatoes chopped in dice
sliced olives
2 carrots chopped in small dice
dried oregano
rosemary
Basmati brown rice
stripped Fish (can be any type of fish)
1 slice of cheese



Directions:

Clean and remove the inside of the mushrooms.

Put a drip of olive oil in two pans.

Chop the onion and the garlic and divide it the two pans.

in one add the rice and let it fry, when you start to smelling the fry aroma add water and salt and let it boil.

In other pan let the onion fry and when its done add the tomatoes, the carrot and the pepper.

Let it simmer a couple of minutes, add the fish (if you want to use fish) and the olives.

When its all cooked add the oregano and rosemary.

Stuff the mushrooms with this mix and strip the cheese slice into 6 pieces. put 3 strips in the top of each mushroom. Take it to the oven until the mushrooms are soft and the cheese is melted.

By now the rice should be already done. Serve the mushrooms with the rice and with salt and pepper.





Side dish

Green salad with grilled mushrooms

Ingredients

3 lettuce leaves
half pepper bell
sliced olives
half cucumber
half dozen mushrooms



Directions

Take the pepper and the mushrooms to the oven with a bit of salt. The mushrooms will be done when they get soften with water inside and the pepper when the skin gets crunchy. Let it cold down and meanwhile stripe the lettuce, slice the olives and chop in dice the cucumber. When the pepper is cold slice it and add everything in a bowl to mix well.

Kitchen-Tips



Rusted kitchen ware: to remove rust from knives, forks or spoons, scrub onion with salt on them.

If your laminated kitchen top is stained, try leaving a little puddle of either lemon juice or washing soda dissolved in water on the stain, and rinsing it off after a few hours.

Natural Ant control - Spray white vinegar mixed with water to get rid of the ants' scent trails – if they can't smell their scent trails, they'll stop coming around.



Soup

Gazpacho (cold soup)

Well this one is real popular all over portugal and spain (and in some parts of italy as well). There are plenty of versions of this and have been a main dish during hard times among poor ppl. This is quite nutritive and great to your health.

I do this the quicker and easiest way, it doesn't look too fancy in the end but tastes good anyway

Ingredients:

1 cucumber
1 onion
1 clove of garlic
1/2 bell pepper
1 can of peeled tomatoes or 6 to 8 peeled tomato
olive oil
vinegar
salt
ice and water



Directions:

1 - In a bowl put a chopped cucumber, onion, 6 to 8 peeled tomatoes (i use a can of peeled tomatoes), 1 garlic clove and half of bell pepper.

Add olive oil, salt and vinegar. (1 part of vinegar for 2 of olive oil)

2 - Add cold water and blend it in a blender.

Add a few ice cubes.

3 - Let the ice melt and serve it with bread. (old bread tastes better)





Dessert Fruit Salad

Well this is not new and i bet you all have done this before.

Fruit salad it will work great as a dessert or a snack.

Its perfect to make kids eat fruit and you do not even have to add sugar to it if its done properly with the right fruits

You can use any type of fruit you have and even those that are getting old and none will eat them anymore (not rotten of course, and don't do the trick of cutting of the rotten part and use the rest because when a fruit have a rotten part its all rotten you just don't see it)

RECIPE

To prevent the food from oxidation in a bowl put one orange juice, one lemon juice and water enough to cover the fruit. slice into the bowl a banana, an apple, about 10 strawberries, 3 or 4 plums and 2 slices of pineapple (please don't use canned pineapple its poison for you and your loved ones and it is more expensive.) .

When its all done just mix the fruits well and check if the water and juice cover all the fruits, if not just add water enough to cover. Take it to the fridge for a couple of hours before serving.

* All the ingredients used in this recipe are organic so i do not have to add any sugar to it because organic fruits usually are more sweet than others. If you are using products that are not organic, you should consider start buying organic fruits and veggies





The Fall Of The White Race @ a 7-11

I stopped by a 7-11 today, about a few blocks from the house (fueled up for the upcoming work week, i grabbed a free used car paper). I was only there a few minutes but it was an eye opener. There was a hodge-podge of races there, each doing different things. To me they demonstrated why we, as the White Race, will be doomed if we don't wake up.

First of all there were two sets of Mexicans there. The first set were three landscapers in a large beat up pick-up truck. It was apparent they were working, on a Sunday, and a Mother's day no less. They were getting gas for their mowers, and were buying water from the machine outside.(99 cents a gallon, not 3 bucks for a pint of the fruity stuff inside)

These muds didn't speak a word while they were there. I would bet a dollar to a doughnut that they were illegals. They were out to "Get theirs". I am sure they would work like rented mules for

about 60 bucks a day, most of which they would send home. They are the reason you don't see white men cutting lawns anymore. You can't compete with a shaved chimp that works for peanuts, 7 days a week.

The second set of Mexicans was a family, apparently on their way to church. They had a semi decent Truck, and you could tell the man was probably a construction worker, because although his clothes were decent, he had on some battered work boots. You could tell he probably had "papers" and had landed a skilled construction job. He seemed to have the intelligence of an afflicted 10 year old, he actually paid with a debit card, but it took him 10 minutes to figure out how to use it. He probably was making 15 bucks an hour for framing (I saw a framing hammer and tool belt in the truck, with some large nails, but no tape measure, he was probably too flippin dumb to read it). He took a job that a white man would probably get paid 25-30 bucks an hour for. He



wasn't alone. He was probably in his late 20s and he had a wife that was maybe 23, they had 5 kids with them. They ranged in age from about 7 to a few months... This family, and others like them are breeding the white race out of existence. While whites in their 20s are out drinking, doing drugs, sponging off mommy and daddy and in general wasting their lives. These muds are laying down the foundation for the future of their race and children.

There was one black there. Actually a half black, but we will get back to that later. It was a little 11 year old black girl, and it was loud and obnoxious, demanding candy and a soda and using foul language. It stood for the typical blacks. Always wanting with its hand out, demanding a free pass. Its mom was a chubby white woman. She also stood for one of the faults of our race. We think we owe the simple mud races, who are less fortunate than us, the fruits of our labor. We idolize and praise the so called accomplishments of nigger athletes and entertainers. White people need to wake up and realize that we may as well go down to the local zoo and throw money and praise at the chimps and monkeys who run, jump and crawl so effortlessly through the branches and make funny noises. This fouled and stained white woman had fallen under the spell of liberalism and actually believed that some half savage nigger was worthy of fathering a child with her. Apparently that nigger is long gone now, but as usual the woman seemed to have not learned her lesson. She was wearing some nigger rapper T Shirt.

The owner/ cashier of the store was an Asian. His helper was an Asian. His wife stopped by with

some mail while I was there. He was a quiet, well dressed, efficient man who had his stuff together. He worked to get that store and employed his people. He only interacted with other races to gain a profit, but he did not let profit get in the way of taking care of his race (he could have probably hired a Mexican, but he took on an Asian helper).

The last person I saw was a White Man. It about broke my heart. Here was someone who had ancestors who sailed the seven seas, conquered every continent and split the atom. He was probably in his mid thirties, raggedy and pushing a cart. He was covered with Meth sores and smelled like a cross between a public restroom and a brewery. He was picking through the garbage for plastic and cans. Every person, every race there looked at him with pity and disgust. Here was a white man who simply chose the easy way out. He chose the pleasure of drugs and alcohol over the responsibility of having a trade and fathering and raising white children.

A lot of our problems, there in a nutshell, at one 7-11, on a Sunday Morning

Kids Printables

We hope you enjoy these printable colouring books and worksheets, the Viking Girl character is 100% WAU Owned, if for any reason you find an image that has a copy write on them please feel free to contact us and we will remove said image. Other than that enjoy.



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Jewish Psychological Warfare

Family Guy is one of the most popular Television shows in North America and Europe. The show is an animated cartoon that focuses around a family called the Griffins and located in the fictional city of Quahog, Rhode Island. The man of the family is Peter, a supposed Irish Catholic but you would never guess it from watching the show. The woman of the house is Lois, a Protestant. They have two sons, Chris and Stewie, and a daughter, Meg. There is also a talking dog that lives with the family, Brian. The creator of the show is Seth MacFarlane, a notorious leftist, militant atheist, Obama supporter, and an aggressive supporter of homosexual "marriage." The co-creator of the show is David Zuckerman, a Jew.

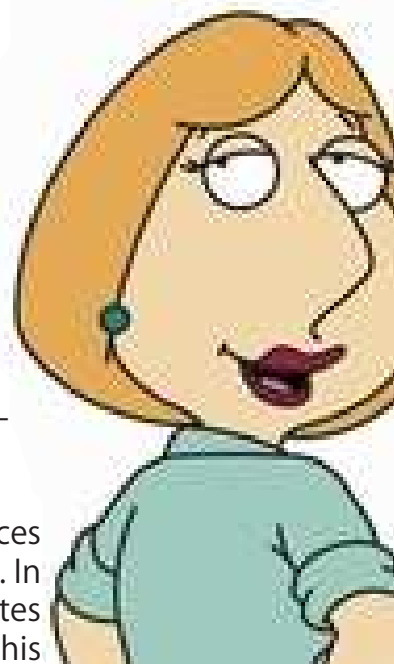
Zuckerman and other Jew personalities seem to play a key role in the writing of and over all execution of Family Guy. In an interview with Maxim Magazine, MacFarlane stated, "... most of the writers on our show are Jewish." [1] The objective of this show, like all other forms of Jewish entertainment, is distraction and demoralization of the host populace.

Let's take a look at some of the people involved with production of the Family Guy program:

- * Seth MacFarlane – Leftist (Creator, voice-actor, writer)
- * David Zuckerman – Jew (Co-creator, producer, writer)
- * Alex Borstein – Jew (Voice actress, writer)
- * Seth Green – Jew (Voice actor)
- * Mila Kunis – Jew (Voice actress)
- * Allison Adler – Lesbian Jew (Writer, "partner" of Sarah Gilbert)
- * Jim Bernstein – Jew (Writer, story editor)
- * Ricky Blitt – Canadian-Jew (Co-executive producer, writer)
- * Matt Fleckenstein – Jew (Writer)
- * Andrew Goldberg – Jew (Writer)
- * Neil Goldman – Jew (Writer)
- * David A. Goodman – Jew (Writer)
- * Alec Sulkin – Jew (dating Jewish "comedian" Sarah Silverman)
- * Matt Weitzman – Jew (Writer)

As one would expect from a Jew-produced program, the show constantly ridicules Christians and Christian beliefs.

One particular episode entitled "Brian Wallows and Peter's Swallows" references Christ in a typically Jewish fashion, alluding to a Jewish myth regarding Jesus. In this episode, Peter decides to grow a beard however, Lois tells him that she hates beards and doesn't want him to follow through with it. Peter tries to defend his





decision by saying, "Why do you think Jesus Christ was so popular? Huh? 'Cause all them magic tricks?"

The Jewish fable (Titus 1:14) that Christ was a "magician" comes directly from the Babylonian Talmud, the most authoritative religious text of Judaism. Sanhedrin 43a claims that He and his disciples practiced sorcery and black magic, led Jews astray into idolatry, and was sponsored by foreign, gentile powers for the purpose of subverting Jewish worship:

"On the eve of the Passover, Yeshu the Nasarean [Jesus the Nazarene] was hanged [i.e. on a cross]. For forty days before the execution took place, a herald went forth and cried, 'He is going forth to be stoned because he has practiced sorcery and enticed Israel to apostasy. Any one who can say anything in his favour, let him come forward and plead on his behalf.' But since nothing was brought forward in his favour he was hanged on the eve of the Passover! — 'Ulla retorted: Do you suppose that he was one for whom a defence could be made? Was he not a Mesith [enticer], concerning whom Scripture says, 'Neither shalt thou spare, neither shalt thou conceal him?'"



In another episode titled "The Father, the Son, and the Holy Fonz," another shot at Christianity is taken. Francis, the Catholic father of Peter, comes for a visit. He demands that Stewie, the infant boy of the Griffins, be baptised. After Stewie gets baptised, he falls ill. What a surprise!

The 7th Season of Family Guy (2008-2009) consists of three different episodes which all focus on evangelizing the viewer with MacFarlane's religion of atheism. The first episode of the season, called "Love Blactually," atheism and the likes of such pseudo-intellectuals as Richard Dawkins are portrayed in the highest regard while Theism is portrayed as being for the "weak-minded." As the title of this episode suggests, it also glorifies miscegenation between Black men and White women. The episode immediately following this one, entitled "I Dream of Jesus," again continues with MacFarlane's trend of mocking the image and person of Christ. Finally, the third anti-Christian episode of the season is called "Not All Dogs Go To Heaven."

Here is a summary of this episode from Wikipedia.org:

"Meg catches the mumps [...] While recovering in bed, Meg becomes a born-again Christian after watching Kirk Cameron on television and begins driving everyone crazy with her beliefs. Meg is appalled to learn that Brian is an atheist [and] tries to convince Brian to repent and convert to Christianity, but he repeatedly refuses. Finally [...] Meg spreads the word of his atheism around Quahog, which is generally intolerant of atheism, making Brian a social outcast. Upon being made a pariah, Brian is banned from every bar and convenience store in Quahog, making it impossible for him to drink. Desperate, and suffering from delirium tremens [...] Brian fakes his repentance and convinces Meg to cease all hostilities against him so he can get back to drinking. But when Meg takes him to burn books that are "harmful to God", a disgusted Brian admits his bluff and attempts to convince Meg that what she's doing is wrong.

When Meg refuses to listen, Brian points out to her that if there were truly a loving God, then he wouldn't have created Meg to be so unattractive like Peter (rather than inheriting Lois' looks), and that she wouldn't be living with people who all hold her in contempt and otherwise pretend that she doesn't exist. Feeling ashamed, Meg realizes that Brian is right and apologizes for her behavior, confessing that she doesn't know how she can feel loved. Brian then assures her that the answers are inside herself, and the real meaning of their existence is out there somewhere."



It couldn't be more obvious. In short, this episode is a recruiting tool for MacFarlane and his ideological ilk. MacFarlane's attempts to discredit Christianity to his audience consist of several tactics: Straw men (misrepresenting an opponent's position in order to make it seem ridiculous so that it is easily knocked down), Glittering Generalities (oversimplifications), Loaded Words (Using emotionally-charged words, negative or positive, to influence the reaction), and Ridicule (Attempting to arouse dislike against a person or idea by name-calling, sarcasm or jokes); i.e. arguments only people without the ability to think critically would fall for. Unfortunately, that ability isn't very common amongst the younger generation.

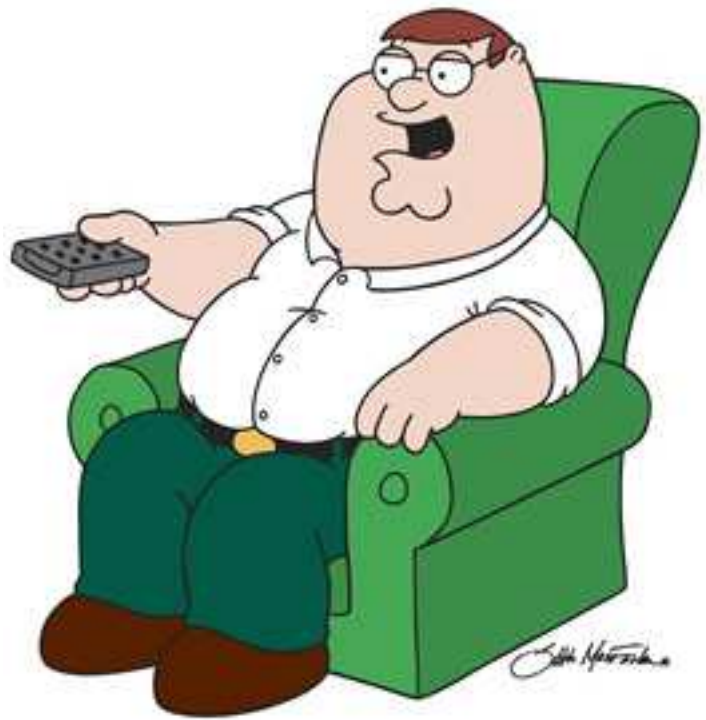


A more recent example of the show's virulent anti-Christian bias and its propagation of common anti-Christian polemics is the episode which first aired in the United States on 27 September 2009 entitled "Road to the Multiverse." The episode's plot is that Stewie breeds a winning pedigree pig for Quahog Clam Day, and reveals to Brian that he got the pig from a parallel universe. He shows Brian the remote that allows him to access different parallel universes; each depicting Quahog in the same time and place, but under different conditions. They first visit a very futuristic version of Quahog in which we are told that Christianity never existed; therefore the "dark ages" never occurred, which MacFarlane depicts as making humanity one thousand years more technologically

advanced. This is just another example of the myths being passed off as "history" today; that the Christian religion (particularly the Catholic Church) was responsible for an alleged lack of or suppression of scientific advancement and allegedly "persecuted" scientists.

In reality, the Catholic Church has been in the forefront of research and science for the past 2000 years. In fact, the Jesuits were responsible for many scientific discoveries and technological advances of the Middle Ages. The Catholic Church is responsible for the very first Universities, many of her Churches of the Middle Ages doubled as observatories for studying the stars. The Pontifical Academy of Sciences has its roots in the Academy of the Lincei which was founded in Rome in 1603 as the first exclusively scientific academy in the world. The first modern hospitals and schools, which all encouraged and supported science, arose thanks to the Catholic Church.[2] But, it should come as no surprise that the historical truth and accuracy of their propaganda is not what interests the writers of Family Guy, so much as the propaganda's effectiveness.

Family Guy creator, Seth MacFarlane, is very vocal about his atheistic religion and his overall disdain for theistic religion. However, any individual who has viewed at least several episodes of Family Guy (or those of MacFarlane's other show on FOX, American Dad!) will notice that when MacFarlane ridicules a theistic religion it is nearly always Christianity, and certainly never Judaism, as it does not appear nearly as much as Christianity does, and most of the jokes are based upon stereotypes about Jews (typically about Jews and money), and not necessarily stereotypes that are negative. When they make mock Christianity, they ridicule Christian doctrine, the Bible, Church practices, portray Jesus or God in very insulting ways, and insinuate that followers of Christianity are either "stupid," "retarded," or "hypocritical." This not merely "poking fun"



at a controversial issue as Family Guy supporters would have you believe: it is outright defamation against Christians and an attempt to portray the Christian religion in a negative light with the intent to inspire hatred and contempt against it. Further, it is used to proselytize and indoctrinate viewers with MacFarlane's own religious views and moral-relativist, hedonistic "values."

This is exactly what the Jewish-produced Hollywood films and television shows have been pushing for the last several decades. In fact, they've already conditioned many of the Gentiles in our countries into actually hating Christianity; they've conditioned them into thinking that Christians are some kind of nutcases who want to tell them how to live. Other inferences commonly applied to Christians by the Jewish entertainment industry are that they "dumb," "stupid," "gullible," "tyrannical" or "evil," ad infinitum, ad nauseum. This is the intention of these Jewish media moguls: to make Christianity unappealing to White Gentiles.

Further secular evidence of the creators of Family Guy's agenda for the demoralization of America's youth is present, as well. A few episodes of Family Guy show the dog, Brian, kissing a human in a lusty and romantic manner, as well as going off to bed to sleep with and, presumably, have sex with a human. Some instances of this can be seen in the episodes "Brian in Love," "Brian Wallows and Peter's Swallows," and "The Former Life of Brian."

The Jew is conditioning viewers, slowly but surely, toward not flinching when we hear of someone having sex with an animal.

We also find the baby, Stewie, becoming increasingly more homosexual and sexually explicit. The character, Herbert, an elderly man who lives in the Griffin's neighborhood, is also seen constantly making references to homosexuality and pedophilia. The Parents Television Council accurately notes that, "Although the show is intended to be a satire of the American family, it depends heavily on oblique sexual innuendo and sexual themes such as incest, bestiality, and pedophilia." [3]

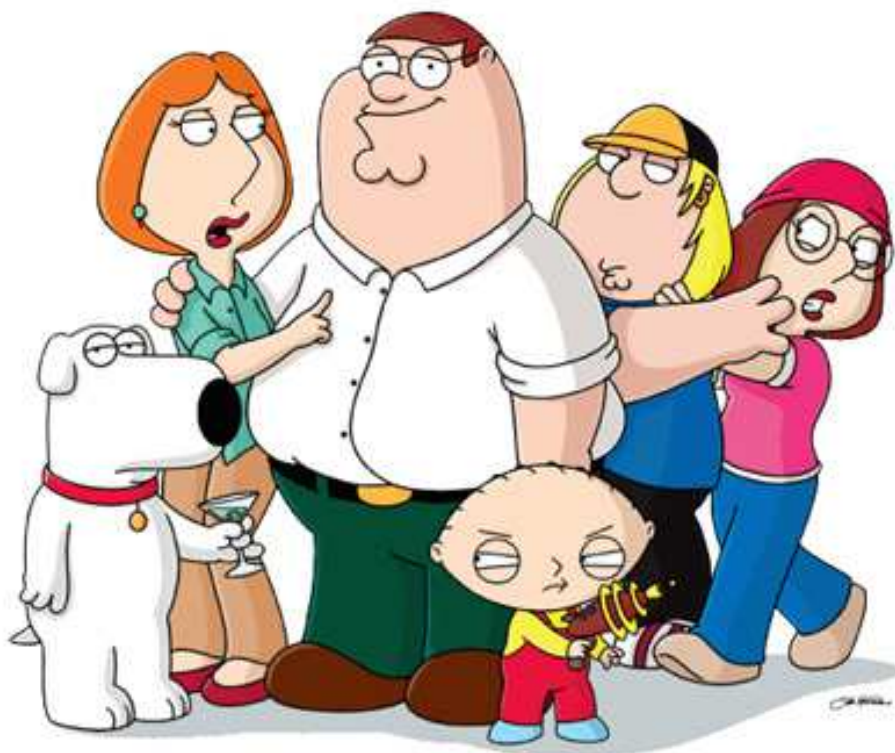
The Jew knows exactly what they're doing with this kind of programming. They are creating new, neuro-associations in subtle ways. Instead of associating disgust with a grown man having sex with a child; the programming eventually chips it away. Keep in mind that NAMBLA ("The North American Man/Boy Love Association") an organization which exists to promote pedophilia is run by Jews. Arnold Schoen, a Jew, is a key member along with other Jews.

You might also notice, at least every other episode of Family Guy will feature a joke about Hitler, Jews, anti-Semitism, Nazis, or the Holocaust; literally, at least every other episode. Several episodes in which these subjects feature a prominent role are "Road to Europe," "Family Guy," "When You Wish Upon a Weinstein," and

"Road to Germany."

Why so many jokes about Jews and Nazis? This is to control dissent. If the Jew is the one that laughingly trashes Jews, then it can be readily swept aside while the constant reminder that Hitler was supposedly an evil man who oversaw the "slaughter of millions of Jews" keeps people believing that, despite no amount of hard evidence to support the Holocaust myth. No mass graves have ever been found, only a few pictures of Jews that unfortunately died of Typhus that starved to death in the labor camps because Allied Forces were bombing the supply lines and they couldn't get enough food to the prisoners in the labor camps.

Yet, another Jew show Robot Chicken (created by Jew, Seth Green) features a reference to the Holocaust in season 3, episode 2 as well as a skit called "Dicks With Time Machines" about a time-traveler who wreaks havoc on history but then ends World War II by humiliating Hitler. The title then changes to "Heroes With Time Machines." The primary function of comedy shows such as this is demoralization and if you have the patience to sift through what the Jew-owned TV networks are feeding you and your loved ones, you'll soon find many references to Jews, Nazis, Hitler, and so forth.



Self sufficiency

By VIGDÍS

The fun part about being the "crazy person" in town who stockpiles and prepares for the worst is that it is our doors people will come knocking on when the power goes off, the stores shut down and Big Brother flexes his commie muscles.

With that in mind, I wanted to start a topic both for folks already making preparations for self sufficiency and also for those who have either not gotten started or not even thought about it.

Here is some of what I'm doing. What about you?

* ...have been setting aside PVC pipe to construct a greenhouse that is easily assembled and moved around. I am also building boxes for indoor gardening in the upstairs loft.

* ...only buy products in containers that I can either reuse or that can be composted. I fill used milk jugs with water from my dehumidifier and put them in the shed, to be used to flush toilets or do cleaning in the event of a loss of power and water to the house. Yogurt cups are collected to use for seeds in the greenhouse. Sport drink and water bottles are used for storing everything from seasonings to first aid supplies.

* ...have two large compost piles. They are "working" piles that I started 1 year ago. All paper, cardboard, lawn debris and food scraps go into them. I turn the piles weekly. They produce all the potting soil for my plants, as well as harbor earthworms (I put some in each potted plant to keep the soil turned).

* ...reading books on survival, water purification, surviving biological attacks, military field manuals, wild-game cooking, edible plants, etc. I have PDF copies of many of these if interested.

* ...utilizing houseplants to improve indoor air quality. More specifically, I use the "Golden Pothos".

On the houseplants, the recommended ratio is one plant per 100 sq ft of floor space in the house. The most effective are these:

- * English Ivy
- * Spider plant
- * Golden Pothos
- * Peace Lilly
- * Chinese Evergreen
- * Bamboo or Reed Palm
- * Snake plant
- * Philodendron (Heartleaf, Selloum, Elephant)
- * Dracaena (Warneck, Cornstalk, Red-edged)
- * Weeping Fig

Finding Hidden Talents

by Douglas Chism

Take a minute to turn the pages of this publication. Look at the illustrations and the lay out. What do you think? The women of Women For Aryan Unity did this - they put illustrations with in these pages, they wove articles and information in with format hoping that it would catch the interest of the reader, and help them in some meaningful way.

So far so good? Comrades, these women love what they do they do with this publication, it is a significant aspect of their racial advocacy. Take a flip through the pages of Morrigan Rising again and notice how these women have tied everything together with a common thread. You can be the judge, but I think these girls have a remarkable talent when it comes to designing and formatting propaganda. What about you? What talents do you have? Are there things that you enjoy doing, but secretly you wish you could do better? Or, are you trying to discover if you HAVE any talents? If your answer to either of these questions were "yes", or perhaps "maybe", then I would like to introduce you to a two-step process.

THESE STEPS ARE EASY AND BASIC. SEE IF YOU CAN USE THEM TO HELP DISCOVER WHAT YOU ENJOY DOING, AND DEVELOP THAT INTO A REAL TALENT.

STEP 1.

The most important, and somewhat self-evident first step is to recognize your talents. What areas are you strong in and have an aptitude for? Can't think of any right off hand? Well you DO have some, we all do, and here is how to discover them.

I would have never considered writing a talent of mine. But in retrospect, I can look back and see hints of wanting to be a writer as far back at the age of 10. In those days I wanted so badly to write interesting stories about people and things going on around me. It wasn't just about writing though, I liked to put those musings together in a scrapbook with different pictures so that it appeared I was actually some sort of established author. Make no mistake, there probably isn't any one in the world who could read one of my writings and see much of a future for me in writing stories, or anything for that matter. Recognizing talent, we have to ask our self a few simple questions: What exactly do I enjoy doing? What is the majority of my time spent on doing? Out of all of my activities, what seems to come the easiest? Through introspect you can figure out what you like to do, and find yourself doing often.

Start writing the answer to these revelations down. You can begin with really general subjects. For instance, perhaps you are good at learning and attaining new knowledge. Write that down. What subjects do you like? History? Culture, Philosophy, Biology?



Write those down.

The next thing to do is narrow down these generalities. The objective is to be as specific as possible when identifying your talents. Perhaps you love philosophy, and you randomly come up with axioms in your head all of the time. Maybe that signifies that you have an undeveloped talent in philosophy. Maybe you love history - everywhere you go you're taking in the historical meaning of your surroundings, and sharing that with others. You want to share what you know with others. Maybe you noticed you are proficient in imparting that knowledge? A talented future as a teacher, perhaps?

Are you having trouble coming up with ideas? Well, at the end of this article I will list several that might put you on the right track.

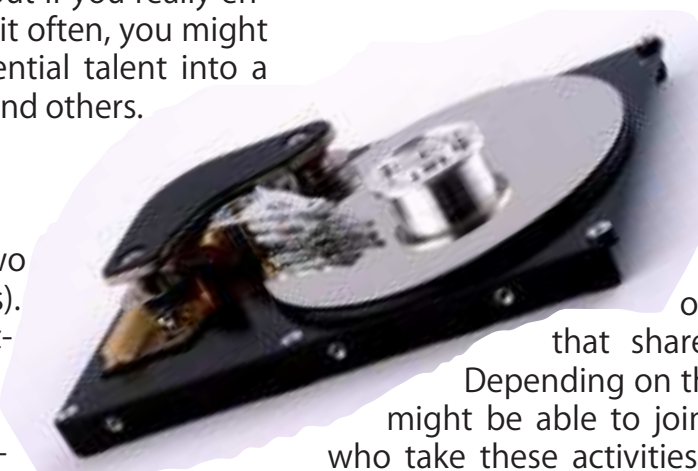
Remember this though: you may not be great at doing something right now, but if you really enjoy it, and find yourself doing it often, you might be able to develop that potential talent into a skill that can benefit yourself and others. How?? Glad you asked!?

STEP2.

Your challenge with step two is developing your talent (s). Whatever it might be (painting, writing, playing a musical instrument, or being crafty), the issue is now turning something that you enjoy, and may be good at, into a formidable talent. Developing your talents is less difficult than you might think. The first precept is this: Whatever talent you want to develop - partake in doing it A LOT. This should not be a drab activity; it should be something that is both fun and entertaining since it is something that you enjoy. Enjoying writing? Then write. Enjoy painting? Paint. Like being crafty? Make craft items. You get the point here.



The integral aspect of talent development is "challenging" yourself. It is very easy to get lackadaisical with something once you're good at it, and not apply yourself as much as you could to improve. For example: maybe you are good at writing as long as you don't try to use new words, or explore new topics. Solution: make yourself learn new words (build your word power), and read and study more on important topics of the day. It may seem boring and burdensome, but it's the only real way to get better. You can apply this principal to ANY talent.



Another approach to developing your talent is to seek out others who have the same interests. For example, find other organizations

that share your ambitions. Depending on the talent level, you might be able to join teams or groups who take these activities into the community. That is always an option.

One of the most important ways for us to develop our talents is to train or take lessons from learned people, or study with your peers who have a firm grasp of the issues at hand. This will help you become well rounded with your talents if you are willing to allow yourself to be taught or instructed. There are a lot of men and women within our sphere

of influence who have been doing what you enjoy for a long time, and have been doing it for a long time. These individuals will eagerly pass on that knowledge to you, you just have to be willing to accept positive and constructive criticism.

Along the same lines, try to always associate and mingle with those who enjoy doing what you do, only a little better. For example, if you want to become a writer, then study the work of your peers - take note of their style and grammar and apply that to your developmental process. Take note of how your observation of their work or tutelage improves upon your talents and ambitions.

Developing your talents isn't complicated; all you have to do is APPLY yourself. Nothing in life is easy, it takes dedication. The compromising thing is that it is fruitful to be dedicated to something you enjoy doing - we all benefit from the individual efforts we make.

So recognize your talents, then work to develop them. There are many ways to cultivate your talents in this short article if you think creatively. We ALL have things we love doing, EVERYONE has talents - what are YOURS?

LIST OF POTENTIAL TALENTS:

Creative writing
playing a musical instrument or singing
computer programming
painting
arts & crafts
working with children
construction/ organization
communication
logistics
problem solving
website design
cooking
sewing
gardening
farming
ranching building
teaching
fund raising .



RIP

Bruce Carroll Pierce

Bruce Pierce died about 2:45 p.m. Monday(8/16/10) at the Allenwood Federal Correctional Complex. He was incarcerated in the high security section of the facility located near Allenwood, Pa.

Bruce Pierce gave his life for our eternal struggle. As Pierce said in memorial to David Lane, "We cannot exceed such commitment, we can only strive to equal it. The cause demands no less from each of us."

Rest in peace, Brother. Hail Bruce Carroll Pierce; Hail the Order!



Bruce Pierce Introduction

My name is Bruce Carroll Pierce. I was born in the early 1950s and raised in central Kentucky.

During the early 1980s, I took an unpopular stand for God and Race with the other good men listed on this website—and though we were worsted in the end, our Cause did not suffer with our losses, and it is no less just.

I am a disciple of the Anointed Jesus and I stand by and strive to live uncompromisingly in accordance with the principles of God as found and demonstrated in His original autographs. This includes, but is not limited to, the preservation of my Race and all that God created and called "good," and the establishment of God's government in the hearts and minds of my Adam-ic-Israelite kinsmen.

To those ends I have devoted my life.

Bruce Pierce

Sneak Peek at Issue No 12...

We are going to focus on babies from Birth to one years old... sleeping tips, recipes for home-made food, diaper rashes, skin-care, cradle cap, first pair of shoes, introducing solids, foods to avoid under 6 months, finger foods, playtime, naptime, reading to baby, music, allergies, brushing babies teeth, messy eaters, Relieve baby congestion, colic, introducing dairy, etc.....

And much more.....
Due out Winter 2010

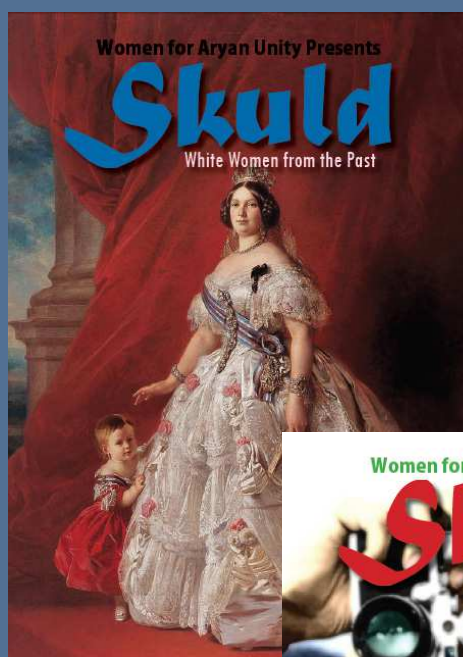
Skuld

Free Online Publication

WAU have spent many years compiling Skuld a magazine that was dedicated to Aryan Women Past & Present. After 8 or so issues we decided to stop publishing the magazine as time was never on our side with so many other projects awaiting our attention.

So instead of putting this women to the wayside we have now compiled all the women we featured so far into 4 downloadable issues.

WAU are working on compiling a new issue dedicated to Aryan Women during WW2, we will make you aware of this issue being available via our news page once we are done.. For now enjoy our past issues.

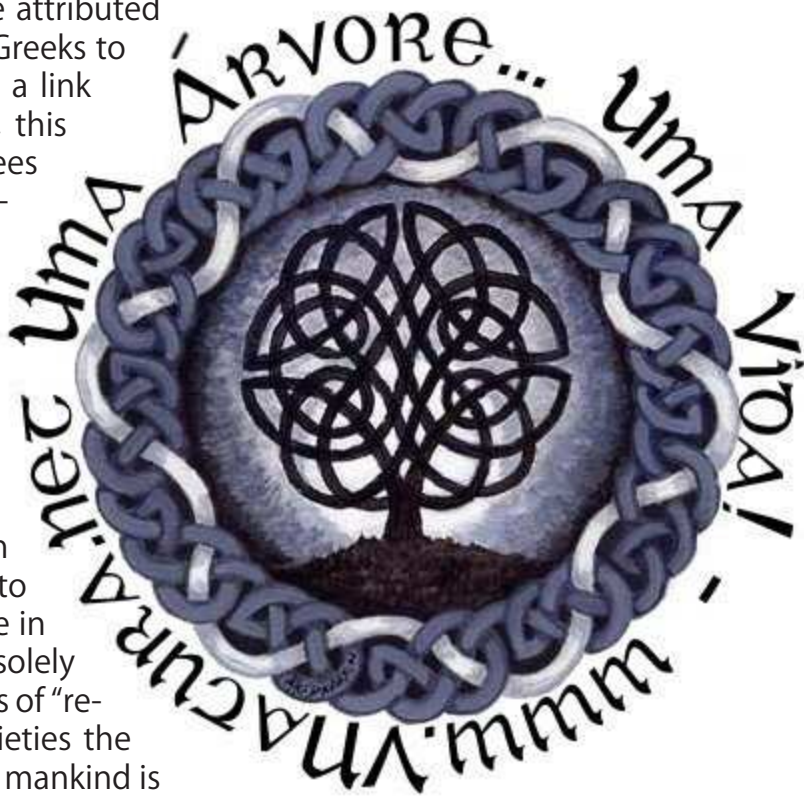


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One Tree, One Life

Since ancient times that several cultures have attributed great meaning and power to trees. From the Greeks to the Celts, many peoples worshipped trees as a link between the earth and the divine. However, this meaning that our forefathers attributed to trees has been lost throughout times – we now neglect them. Trees are killed for any reason without any respect for them. It is nonetheless true that we need wood everyday. Purchasing wood goods, such as furniture, is a much more viable and ecological option than purchasing those of PVC or other materials.

Due to this constant and out of control loss WAU Portugal we request the collaboration of all of you in this initiative – in an attempt to recuperate the meaning and power of the tree in the context of its ancestral history. Trees are solely seen as a raw material to dispose of freely. Years of “religious enslavement” consolidated in our societies the idea that nature is something to be used since mankind is above it. Only with much effort can we change the minds of those around us, but not all is lost and the future remains in our hands.



HOW TO COOPERATE?

THERE ARE 3 WAYS TO COOPERATE, ALL OF THEM BASED ON TRADITION:

1. Plant a tree in the name of your children. Whatever his/her age is, plant it to symbolically create a link between him/her and the earth. The ideal would be to plant it as soon as you are pregnant, so as to accompany simultaneously the growth of the tree and that of your baby.
2. Plant a tree for yourself. Plant one or more trees for yourself, create a link with the earth and spend some of your day taking care of them. You will see that that will help you cope with everyday stress! Visit it regularly and watch its growth. When the first leaves start to grow you will surely feel proud!
3. Plant a tree for the deceased. This is still done in some European countries but in Portugal is not very accepted or practiced. The loss of a loved one is very painful, but what better way to keep connected to him and keeping him alive than to plant him? Planting seeds on the ashes of a dead loved one is one of the ways of keeping him alive, and probably this tree will live longer than you, your children, and grandchildren.

GOALS

This initiative has 2 main goals: to curb the loss of trees that our territory has been suffering due to several reasons; and to recover our ancestral traditions where nature was seen as a mother whom we should respect.

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