

HomeFront_{Publications...}



Teeth Grinding

Drying Fruit

Going Organic

HomeFront Recipes
The Case against Ritalin

Welcome to Issue No13 of HomeFront magazine. Summer is finally here and I'm sure you are all busy trying to entertain your children while they are off school; we hope you all have a fun filled summer. We've spent a lot of this summer at the beach when the weather actually reflects the season, it has been a pretty rainy summer so far so thankfully that gives us more time to huddle up and get HomeFront ready.

We would like to encourage all our readers to support a new book called "Unbroken Warrior – The Richard Scutari Letters" It is a wonderful book full of admiration and respect for our friend Richard Scutari, information pertaining to the book can be find in this issue of HomeFront, WAU Ireland was honoured to be able to submit a small piece on what it has meant to have Richard Scutari as a longtime friend and teacher...

Our editorial this issue is a small one... So enjoy this issue of HF and we will have a new issue out sometime close to Yule...

Faith, Folk and good Earth...

WAU

As a Former Fetus I Oppose Abortion



WAU14.COM

WOMEN FOR ARYAN UNITY
UNITED UNDER THE BANNER OF FOLKISH IDEALS AND PRESERVATION

Harmful Household Cleaners



* Chlorine Bleach: If mixed with ammonia, vinegar or other acid-based cleaners, it will release toxic chloramine gas; short-term exposure to this gas can cause mild asthmatic symptoms or more serious respiratory problems. Never mix bleach with these other substances, i tried it once with Ammonia and it's not a pleasant smell at all...

* Petroleum distillates: Found in metal polishes, these chemicals can irritate the eyes and lungs; longer-term exposure can damage the nervous system, kidneys, eyes and skin.

* Ammonia: Can irritate eyes and lungs and cause headaches.

* Phenol and cresol: Found in disinfectants, and if ingested can cause diarrhea, fainting, dizziness, and kidney and liver damage.

* Nitrobenzene: Found in furniture and floor polishes, and if inhaled can cause shallow breathing; if ingested can cause poisoning and death. This substance has also been linked to cancer and birth defects.

* Formaldehyde: Used as a preservative in many household products, formaldehyde is a suspected human carcinogen that can irritate your eyes, throat, skin and lungs.

* Naphthalene: Found in mothballs, this suspected carcinogen may damage the eyes, blood cells, liver, kidneys, skin and the central nervous system.

* Paradichlorobenzene: Another chemical in mothballs can harm the central nervous system, liver and kidneys.

* Hydrochloric acid or sodium acid sulfate: Found in toilet bowl cleaners, these chemicals can burn the skin and cause blindness if splashed in the eyes, or can burn the stomach if ingested.

Health Benefits of Cinnamon



Cinnamon is a great source of manganese, fiber, iron, and calcium.

A study released by researchers at the U.S. Department of Agriculture in Maryland showed that cinnamon reduced the proliferation of leukemia and lymphoma cancer cells.

Cinnamon has traditionally been used to treat toothache and fight bad breath. Small pieces of cinnamon can be chewed, or gargled with cinnamon water which serves as a good mouth freshener.

People who eat cinnamon on a regular basis report a lower incidence of urinary tract infections. Cinnamon is diuretic in nature and helps in secretion and discharge of urine.

When added to food, it prevents bacterial growth and food spoilage, making it a natural food preservative.

Paste of honey and cinnamon is often used to treat insect bites.

HALITOSIS: A STRANGE NAME FOR A COMMON PROBLEM



Halitosis is the medical term for a condition involving basically continuous bad breath. Having bad breath from time to time is not unusual, especially after a night out drinking (we've all been through that!) or after eating certain foods; rather, halitosis is a condition of a continuous nature. Permanently having bad breath can seriously undermine your social and professional life and that is why it should not be ignored.

As every other abnormal condition, halitosis has different causes, and finding the cause is the first step to reaching the solution.

Halitosis may have different causes, including:

- Poor oral health: if you don't properly and frequently brush and floss your teeth, the bacteria's caused by the decomposition of the rests of food in your mouth will cause malodorous breath and, in addition, a bad taste in your mouth.
- Tobacco products: yes, not only smoking has terrible effects in your respiratory and cardiac system, but also in your breath. Smoking also causes that your teeth get stained.
- Periodontal disease, also called gum disease: it is caused by the accumulation of plaque in the teeth. Toxins are formed by the bacteria developing in the teeth and consequently, it causes breath.
- Dry mouth (xerostomia): this conditions involves a decrease in the production of saliva; saliva helps to cleanse the mouth from rests of food and other debris, if there is a "shortage" of saliva in your mouth, it may contribute to cause bad breath.
- Eating certain foods, such as onion as garlic. After food is digested, it is absorbed into the bloodstream, passed to your lungs and is eventually exhaled through your mouth. That is why sometimes merely brushing your teeth after eating such foods is not enough to eliminate bad breath, it just covers it up. In addition, even if this cause of bad breath is temporary, it may become permanent if you eat such foods on a daily basis.
- Certain medical conditions: diabetes, gastrointestinal disorders, chronic acid reflux, and liver or kidney problems, among others.

Is it Possible to Prevent Halitosis?

There are some precautions you can take to try and improve your breath. Bear in mind that, if your bad breath is being caused by a medical condition, the halitosis will not improve or disappear until such medical condition is diagnosed and adequately treated.

Clean your mouth well. Brush your teeth after every meal and replace your toothbrush every three months. Floss your teeth at least once a day. You can also use mouthwash. It can also be a good idea to always have a toothbrush and toothpaste set in your workplace or in your purse. Quit smoking, if possible (this is a hard one, we know!).

In order to keep your mouth moist and avoid the dry mouth condition, drink a lot of water; you can also chew gum, preferably sugar-free, or a candy to increase the production of saliva, which helps to wash away food, rests.

Take care of your oral health. Visit your odontologist at least twice a year to check for caries and to get a professional teeth cleaning. Do not overlook your oral health; it is just as important as caring for the rest of your body!

If you feel that your bad breath is seriously affecting your life quality, you should consult with your physician. Halitosis can be cured or, at least, its symptoms can be successfully treated.

WAA Argentina

What are we, as parents doing to our children?

Obesity in our Children is something that is very easily prevented, so why is it that so many of them are Overweight or Obese. Figures show that between 1985 and 1997 the number of overweight 7–15 year olds in Australia had almost doubled and the number of obese children has more than tripled. Currently one in four of our children are either overweight or obese. At the current rate, it is predicted that nearly half of young Australians will be overweight or obese by 2020.

The rise in the number of overweight children is disturbing because it causes so many health problems and can lead to social problems. Obesity can have a major impact on how children feel about themselves and how they interact with others. Obese adolescents are more likely to have low self-esteem, which may impact on other aspects of their lives such as the development of friendships and competency at school.

Once a child is overweight it requires a lot of effort and commitment for them to return to a healthy weight. The only way to maintain a healthy weight, is to use (or 'burn') the energy from the foods you eat. If you eat more than you use, your body will store the extra energy as fat. Once overweight or obese our children are more than likely to remain obese as adolescents and become

overweight or obese adults.

Now this is not just an Australian problem, but a worldwide one that is happening in many countries. The level of childhood obesity is increasing at alarming rates. So why is it, that we as parents are allowing this to happen to the people we love most, our Children? Especially when we all know that people who are overweight, and particularly those who are obese, have higher rates of death and illness than people of healthy weight, both overall and from a range of specific conditions. These include cardiovascular disease, high blood pressure, Type 2 diabetes, sleep apnea, osteoarthritis, psychological problems and reproductive problems for women.

Being obese as a child or adolescent increases the risk of a range of diseases and disorders in adulthood, regardless of whether the adult is obese or not. It's important to identify and start to reverse the condition before children become adults. Ideally, overweight and obesity should be prevented.

The main causes of obesity in children being...

- Food choices – such as choosing high fat and sugary foods instead of healthier options.
- Lack of physical activity – Australian children are less active than they were in the past.
- Spending a lot of time on sedentary pursuits – Australian children watch, on average, around 2½ hours of television a day, as well as spending time using computers and other electronic games. It seems that these pastimes are replacing active ones.
- Overweight parents – a family's

eating patterns can have a major influence on whether a child maintains a healthy weight. Some overweight parents may be less concerned about their children also being overweight than parents who have a healthy weight.

- Genetics – some rare gene disorders cause severe childhood obesity. In many other people, particular genes acting together probably make some children more susceptible to obesity. If there is a family tendency to become overweight, parents need to be even more aware of making healthy food choices for the whole family.

How to keep your children a healthy weight.

- Prepare healthy meals, with lots of fresh vegetables and salads.
- Remember that sweets are treats, and are not intended for everyday consumption.
- Walk your children to school, if you can.
- Send your children to school with healthy lunches; do not use the school canteen/cafeteria.
- Turn the T.V off and get your children outside playing.
- Have your children playing a school sport or enroll them in an out of school sport/activity.

With the majority of families having both parents working these days, I know it is hard to find the time to prepare a healthy meal, but we really need to make the time as we are literally killing our children by feeding them takeout regularly. A simple healthy meal does not take long to prepare and really aren't your children worth that time.

WAU Australia

Learn To Say NO!



Kindness is always a good virtue; we want to please others by doing favors for them because it benefits both them and ourselves by giving us the satisfaction of helping others. Sometimes, however, a constant tendency to please other people can make us "too" kind and exhaust us. We might do this because we try to hide guilt or low self-esteem, or we might simply be afraid of being rejected and abandoned.

A person who is too kind is always corresponding to the needs of her environment, even though it would mean that she would have to give up her own plans and hopes. I'm sure many of us have a person in their family or workplace who is always willing to do small favors. "Could you... oh you're so kind." The kind person is quietly cursing for saying yes once again but agrees because he wants to please others... until the day he finds himself on the verge of burnout.

One simply has to learn to say "I'm sorry but I'm not available right now" or "unfortunately I have other plans at the moment". If you feel confused and feel like you're pressed against the wall, forced to make a decision, remember that you never have to do anything; if you don't know what to do, don't do anything before you have figured out what to do - or do nothing! People are not mind-readers, they are often not aware of how busy or tired you actually are. It's ok to say you don't have time.

If you're too kind you might also take responsibility for other people's problems, as well. Remember that you can always offer help and empathy - within limits - but there is no need to feel guilt even if you weren't able to solve everybody's problems. Besides, in many cases it's better to listen than to get involved too much.

Another tendency is to be afraid of feedback - both good and bad. Remember that feedback cannot make you happy or develop you if it's not honest. Feedback can depend on the giver as much as it can depend on the recipient. Often feedback is not intended to insult you but to develop you so that you can improve your work in the future. Criticizing your work is not the same thing as criticizing you as a person, so don't take it too personally.

Furthermore, you should never be afraid of other people's opinions in the extent that it's restricting your own life. Instead of pondering "what do other people think" ask yourself "so what!?" This is me and I am true to myself, and you can be true to yourself without being rude to others.

Whose life are you living to please? It is impossible to please everyone, and neither is it necessary. Pleasing should always be voluntary and sincere, not something that you use as a merchandise on the way to the so-called "better self". We are afraid to say no because we don't want people to think we're rude or selfish. The fact is however, that we only have this life and we're the only ones responsible for it. We are not living it to please others but instead we should aim to do as our heart says all the time. This way we can look back without regrets of what could have been done different to make our lives complete and worth living.

"No man is free who is not master of himself" -Epictetus

The Cure – A Natural remedy for skin problems in dogs

Treatments for your dog's skin ailments have become so sophisticated that they have lost their effectiveness in many cases. It is heartbreaking to see your dog scratching & biting furiously & going from floor length hair to near baldness while being tested for allergies and undergoing expensive treatments. This treatment really does work; I have used it on my own dogs with amazing results.

The Cure puts an end to mange, flea bites, non-specific dermatitis, itchy skin, ant bites, infected wounds, hot spots almost anything that irritates your dog's skin. It also helps relieve some allergy symptoms. It stops itching immediately, soothes and softens the skin and goes right to work healing the ailment. It is easy to administer, although a little bit messy. If you dog has already lost a lot of hair, the best method is to make a large bowlful of the mixture and then dip the dog in it (this will only work on small dogs obviously!). Let it stay on for 24 hours and then bath him. You can dab the worst places with a more concentrated (i.e. paste-like) mixture daily until the skin is completely normal. For bites and small lesions, dab the infected area with a fingerful of the paste and forget it. It will be cured almost overnight.

Recipe for Mixture

- Mix together one quart of methylated spirits.
 - One ounce of camphor
 - Three ounces of Precipitated sulfur
- then
- Mix together one ounce boracic acid dissolved in one pint of boiling water
 - Allow to cool and then add to sulfur mix
 - Always shake well when transferring from stock bottle. This mix will keep.



For preventative medicine, inspect your dogs weekly. Look on their tummies for brownish-red spots the size of a pin head. We have found this condition very often leads to hair fall-out if left untreated. Many dogs can live with the “dots-on-the-tum” and are not affected, but many can't. Dab some sulfur oil on the dots and they will go away in 48 hours.

WAU Australia

Beauty Tip... When you exfoliate it brings a renewed freshness to your skin. But overdoing it is not good for your skin. To protect your skin from getting rough try doing a mild scrub only once or twice a week. The dead skin cells will be eliminated with this technique.

Beauty Tip: Dry Skin Facial Mask... Mash 30 ml

avocado, add 5 ml rosewater and 5 ml honey. Apply and leave on skin for 20 minutes. Rinse off with tepid water and end by splashing the face with cold water.

Frugal Home Tip... Vinegar as an Organic Herbicide... When gardening with vinegar you can use it as an organic herbicide, vinegar is your homes best companion with a lot of varied

uses. If you have weeds coming up in between paving slabs on your driveway or pathway that you cannot remove by hand, don't use a herbicide that is known to damage the environment, use an eco-friendly vinegar mix as an alternative. Take 1 liter of boiled water, 2 tablespoons of salt and 5 tablespoons of vinegar. Mix altogether, and while still hot, pour onto the offending plant.



Sisters “The true meaning of sisterhood is a sense of love and support for one another. Sisters are there when no one else seems to be, and that provides sisterhood with a very close relationship”

At one time or another even the strongest among us, need support and encouragement

I never used to think my twin sister needed support and encouragement; we had always supported ourselves as we had grown up that way. We grew up without a mother or father to guide and protect us so we grew up thinking to only look out for ourselves.

It wasn't till quite recently I finally learnt the true role of what being an older sister means. I think with sisters, it is a lifelong friendship you cannot gain from just anyone. With my sister, we can go on without saying “I love you” – just because we know that the love is there, and we show that through the respect we show each other and the protection we provide. Anyone who has a sister-or even a twin at that matter would understand the bond you have is completely different to having a relationship with anyone else. My sister and I play little pranks on my granddad every day without fail; we quote movies to each other all the time and even sit next to each other in silence without having to make small talk. We can sit comfortably in each other's silence, knowing that we are always going to be there for each other when times get hard.

For the past five months, my sister has gone through what appears to be the biggest hurdle in her life so far. I don't blame her for believing her world is falling apart around her. It is from this I have learnt what it means to be a supportive sister. I had never been this to Rachael; I had always been like a high school friend.

My biggest regret is never guiding her, never trying to protect her from the things that would eventually lead to where they are now. I was always there as someone she could mess around with- never as someone she could cry to and tell all her pain to. This is partially my own fault for not showing her that i was mature enough to play the bigger sister.

It wasn't till I heard her crying every night, when I finally realized that i needed to finally step up from being that immature friend to being the older sister that she needed. I think it is important for all of us to see how important it is to play that role of a sister, to be that someone who will always be there for them when they feel they have no one left.

It is important that we ask them if they are okay, to pay full attention to them and listen with an open heart and to the best of our abilities provide support they need. More times than often we assume that our sister's needs are similar to our own and go on without even providing them with the support they actually need.



By letting them know that there is someone in the corner who cares about them is always a blessing to them. It gives them that safe haven knowing that there will always be someone there for them when times get rough. That little feeling alone is strong enough to keep someone going, to give them the hope that they will never be alone.

Every day we should celebrate the family and friends we love and care about and would miss if they were gone from our life. I Guess the point i am really trying to get at though is that we all should be looking out for our sisters, never take them for granted and always provide them the best support we can possibly give. **Sammy WAU Australia**

Over To You

Should I give my baby a pacifier / soother? And why did you choose to give or not give one to your baby?



Babies associate sucking with comfort, that's a given. I chose to allow my baby a soother because in a lot of cases, babies will find their fingers and suck their thumbs instead. I've seen the dental damage thumb sucking causes both on children and adults - overbites, buck teeth and misaligned teeth. I've seen red raw and infected thumbs. So I chose a soother. You can take away a soother when you deem the time is right but you can't take away their thumbs! I have an adult friend who still sucks her thumb in her early thirties - her thumb is constantly inflamed and her two front teeth

push outwards in the centre ... **Margy UK**

When I was pregnant, planning my new life as a mother, I vowed never to give my son a pacifier. When he was just a day old, the hospital staff gave him a pacifier against my wishes. I had read about the difficulty some mothers have with "nipple confusion". I was trying to breastfeed, and I feel that we definitely had latching issues after that. Eventually, we worked out the breastfeeding thing and I did occasionally give him a pacifier. I never gave it to him constantly, just when we were in a strange place, or in some other situation he might not be comfortable with, and only when he really seemed to need some extra soothing. I didn't give it to him at home for the most part. I think that a pacifier probably isn't necessary, but if you do use it, I would shoot for moderate use. I would also avoid it entirely for the first few weeks if you are going to breastfeed.

They don't need to have it in their mouth for 24 hours a day, but giving it to my son occasionally soothed him when he needed it, and made it easy to take away later. Oh! I stopped giving it to him when he started teething, although some mothers don't so I guess it's not a big deal... **Misty USA**

I gave a pacifier to all 4 of mine. Evelyn was the only one who really enjoyed it for an extended period of time. There are newer ones that don't cause tooth issues. I did put her to bed with it and had no issues. I like anything that will sooth the baby. A lot of people still think that crying is "good for the baby's lungs". This is a load of poo in my opinion. If it were true then bleeding would be good for the veins... **Spring USA**

My daughter was given a pacifier when she was born to teach her how to suck, as she was born at 34 weeks, but once she had the sucking down pat she never used it again... Thou my son had one for the first 6mths, as was stated above moderation is best & taking it off them before they get too old. Nothing worse than seeing a 4yr old walking around with a pacifier... **Talena WAU Australia**

Well they do have some cool pacifiers out there now. But all are very good points made. I think the best reason is, they do not fall into a deep sleep sucking on a pacifier. I lost a child to SIDS and they

sucked pacifiers so I think as long as you are a good parent and know when to take it away why not let them have it... **Brent NC**

My Daughter was hot and cold with her pacifier, and she ended up completely giving it up when she found her fingers. She'd mostly just chew on it when she was teething. As stated by others, giving it in moderation and when you know your child isn't hungry or otherwise needing something, there's no harm in allowing a pacifier for comfort. Now the only time my daughter even sucks her thumb is when she's tired... **Jamie Florida**



We did for our first boy, but it was such a pain to get him to give it up that we didn't with the second one, like most kids with one; he got really reliant on it. And I don't know if this has anything to do with setting behaviour patterns, or if it's just natural differences between my boys or the fact the younger one had an older brother, but the younger is more self-reliant... **Justin Australia.**

In Norway it is recommended, because the suckling while sleep is believed to lower the risk for SIDS. The experts believe that SIDS happens when the baby are in the deepest sleep, and when suckling somehow they counteract it.

I tried with my son, with several different types, but he wouldn't have any. It just stimulated the gag reflex of the poor baby, so I had to give it up. Probably wouldn't have been any danger after all, he woke up every other hour to get breast fed until he was almost a year old.



My son never went for the thumb either. **Bjarka Norway**

None of my sons ever took to a pacifier. My oldest would actually pull it out of his mouth and throw it when he was first born. He never used any soothing aids except his bottle. It was hard to get him off the bottle. We were able to break him of it a few months before my second was born simply by taking it away completely. He kept chewing the tip off the nipples, so we knew it was time.

My middle boy was a thumb-sucker. He would only suck his right thumb, never his left. He actually got a sore on his thumb from sucking. We put a Band-Aid around his thumb when that happened. He couldn't suck it and wouldn't suck the other. After the sore healed, he never went back to thumb-sucking. My youngest sucks two of his fingers. He only does it when he's sleepy and I don't have the heart to pull his fingers out of his mouth because he looks so cute when he does it.

My husband and I never used pacifiers, either. He never needed any soother. I, on the other hand, had a hard time letting go of the bottle for nap and bed time. I think I was about four when my bottle "disappeared." I know my parents should have gotten rid of it sooner, but they tended to spoil me, since I was their "miracle baby" that came along after they gave up hope of having more children.

LizzieK USA

When children get sick...



I am writing this because my son is fighting his second stomach virus in a month and I'm sure there are plenty of parents across the country dealing with similar issues. As much fun as it is to wash everything in your house over and over again, there are steps you can take to curb

vomiting, and take care of your sick young in'. This advice is good for anyone over a year old (so adults too!).

1. NO FOOD for 4 hours MINIMUM after a vomiting episode.

2. FLUIDS in SMALL amounts. 2-3 tsps. Every 5 minutes for the first 4 hours, then you can double it. (I usually just start with a tablespoon) This may sound tedious, but it's going to help your child's body retain essential moisture and electrolytes, plus it's not a bad alternative to washing all your towels, sheets, blankets, clothes, etc.

3. EATING. After 4 hours, give easily digestible foods in small amounts (Personally, I give a few bites every 15 minutes). Some good choices are white bread, saltines, crackers, pretzels, natural applesauce, bananas, etc. You're basically just looking to "bulk up" the intestine. Remember though, that smaller amounts are better. If you get over-confident and give your kid a whole cup of apple juice, it's going to get messy. Don't force feed them. It's not going to hurt them not to eat normally for a couple of days. Keep giving these kinds of foods over the next 24-48 hours. Also, if there is diarrhea, avoid sugary foods (bananas too). They draw water into the gut and will make it worse.

4. SLEEPING. If your child falls asleep immediately after vomiting, let them sleep. It's the best thing for them. It gives their intestinal tract a chance to clear itself out. You don't need to wake them up every 5 minutes (don't wake them up at all) for fluids. Just let the body take care of business. You can use this opportunity to wash the bed linens 😊

5. FEVER. Any doctor will tell you that a low grade fever (less than 104) is not necessarily a bad thing. You really don't have to break the fever unless it gets up over 103. Personally, if my kid is uncomfortable, I will give him something. ACETOMINOPHEN is not as effective as Ibuprofen, but it's easier on the stomach, so in the case of a stomach bug, it's your fever/pain reducer of

choice.

6. WHEN TO WORRY. Look for signs like this if your child is throwing up and a fever is present:

FEVER over 105- seek medical attention. A fever of 107.6 is enough to damage your child's brain, and may indicate an autoimmune disorder or exposure to toxins.

A CHILD UNDER 2- A fever longer than 48 hours ...over 2- A fever longer than 72 hours.

DISCOLORATION- of the skin, ears (ear infections often cause fever), or eyes- consult a doctor.

DIZZINESS or confusion-consult a doctor.

Blood or "coffee ground" looking material in the vomit-consult a doctor.

DEHYDRATION- Your child should be urinating at least once every 12 hours. The inside of the mouth should be moist (lips may be chapped, that's not a big concern), tears should be produced when they cry (don't pinch them!). If you're worried about one or more of these things, consult a doctor.

This advice is intended for otherwise healthy children over a year of age (everyone over a year of age). It is in no way intended to replace the advice of your doctor. Of course, if you have a bad feeling, or a concern that you want to address, contact your local nurseline or your doctor's office. All I'm saying is, if your 2 year old throws up and has a fever of 102, you don't need to rush them to the emergency room. Relax, and take care of it the smart way to save yourself some grief.

Misty

Drying Fruit...

Drying food to keep for later use is one of the oldest and most simple ways of preserving food, something that our fore-mothers done. So when you have an excess of fruit this season think about drying them as well as bottling and making jams and jellies. Dried fruit can easily be reconstituted with boiling water and left to stand overnight. In the morning you can stew them and serve them with yogurt for breakfast, or you can dry your fruit for picnics and camping. The only downside to drying fruit is that you can really only dry small quantities at a time.

Parents Corner: Young Children & mobile phones:



I have a nine year old daughter & recently she has been asking me if she can have a mobile phone as quite a few of her friends own them. In the t

technological world that we now live in and with kids today being so technologically savvy, does it really mean that we need to give our children mobile phones at the age of nine or younger? I believe that kids this young need to socialise with other kids of their own age playing in the park, riding their bikes, or playing various other outside or inside games. Having a mobile phone is good in the case of an emergency, but at the age of nine, a child is not likely to be anywhere other than school, a friend's house or with family and all of these places have phones that the child can use, or that you can call them on.

Though a study conducted by the CSR has found that 22 per cent of Aussie kids aged between four and nine, 60 per cent aged between ten and fourteen and 84 percent aged fifteen to eighteen all own mobile phones. And a staggering 25 per cent of primary school children are allowed to take their mobile phone to bed with them. The problem is so bad that children's sleep patterns are being disrupted as they stay up to 3 or 4am sending text messages.

What the hell? Why do four-year-old children need mobile phones? I've been told that it could be so that parents know where their children are. Really? You wouldn't know where your four-year-old was? Where is a four year old going to go on their own?

I think the reason for this, is basically the attitude of the 'give them what they want style of parenting' that seems to be happening more and more frequently these days, as parents seem to be too busy or too lazy to stand up to their children & find it easier to just give in. So what are we teaching our children with this, that if they whine & throw enough of a tantrum they will get what they want, well I want my daughter to have values and morals and to realize that if she wants something, then she needs to work for it.

Basically that while younger kids may clamour for one, they are no more than a fashion accessory. They are expensive devices, not toys, and they require some maturity and a sense of responsibility to ensure they don't get dropped from out of their bag, put through the washing machine or become the instrument of inappropriate text messages or images. Gee, my daughter can't even remember to bring her hat or jacket home from school; I could just imagine her with a mobile phone.

So I have come to the conclusion that NO, she does not need one and she is not going to get one until she is of an age where she will be responsible enough to take care of it and has an genuine need for one.

I asked some of our readers for their opinions on young children

having mobile phones, and have displayed these below.

Mary USA: Maybe I'm just old-fashioned -- after all, I joined the cellphone bandwagon just a couple of years ago when my boss demanded I get one -- but I just don't think 8-year-olds really need cellphones. Yes, kids that age are great with technology, but that's not the real issue. Eight is an age for hanging with friends, not talking for hours on the phone with them. Eight is an age for riding bikes and forgetting where you've left your backpack. Eight is an age at which parents and kids can pre-determine pick-up times.

Jenny, England: I think it is very irresponsible to give your children technological advances at a young age. My children won't be allowed anything of any sort until they can get a job, move out, and take care of themselves. My children aren't even allowed to watch TV. Why? Because too much time sitting & not becoming involved in the community leads to obesity, crime, etc. It's time to be parents and stop being friends.

Gudrun Australia: I don't think they need them, plus in my opinion it is not a good way to teach them about personal economics seeing as though they would not personally have to pay the bill etc. Even my son who just turned 16 does not have, and does not need a mobile phone. Kids 'need' these things to keep up with the trends, because they learn from their parents and peers that material objects and gain bring status, friends and personal happiness. I think of the gadget age as a similar type of thing as the drug culture, "I wanna be cool and fit in so I do as all the other hip and up and coming people

do". Reflection on our society sadly, on how we value people, our values and friendship etc. Kids have forgotten how to do anything these days that does not involve gaming systems, internet or texting, everyone needs to encourage their kids to read, learn and grow in more healthy and normal ways.

Vigdís Florida: I am not a fan of children having a cell phone, unless it is the type that can only dial a preselected number (like home, mom's cell, etc.). Phones are a nuisance and distraction in school and web enabled phones open kids up to a host of bad Internet stuff and people. Considering it is 3am and I am laying in bed with the iPhone, swapping between Facebook, the forums, email, the "Angry Birds" game and text messaging, I feel qualified to make the claim that there is such a thing as "phone addiction". Hahhahahaha All kidding aside, it can seriously feed an existing tendency to shy away from people and retreat to the perceived safety of online/phone/email interactions only. Kids and teens need to have friends and go do things, not live in the Matrix.

Confessor Priestess, Australia: I on the other hand have bought my 8 year old a mobile for Christmas. It is a prepaid one, have put locked numbers in it and she can't call anyone else. I did this as she lives with her dad and she says she wants to be able to call me whenever without asking her father. She calls me more now which is good for her and I. Normally I don't like it, but in this different situation, it works for us...

WAU, Ireland: I hate mobile

phones, i just got one after having none for 7 years and only because we have no house phone and if I go into labour at home alone I need to be able to call Shawn, I would hope that a kid under the age of 13 is either @ home or their parents know where they are. Nowadays all you see is people on mobile phones texting, I find it very annoying.

David, Australia: My 12 and 13 yr. old daughters have them. I think too young, but their mother disagrees. Not only do they spend all day talking shit, it doesn't motivate them to do something else. Contrary to belief, I do think they emit EMF waves which are not good for developing brains. I encourage them to text. I also boot them off the computer and tell them to climb a tree....

Jason, Perth Australia: My daughter, Jasmine, has been terrible this long weekend because of her addiction to Stardoll on the internet, so I'm against young children having mobile phones.

Brendan, Perth Australia: From a young person's point of view, I never needed one until high school. A couple of kids in primary school did have one, but in my view, it is not required. I was allowed one when I got a job and paid for my own credit.

Mel, New Zealand: I have been going through the same thing with my 10year old Daughter. She wants one as her friends at School have them. I refuse to get her a Cell Phone until she is at the age where she will be responsible enough to be alone without any Adult supervision. At this stage she doesn't need one as she is not

old enough to be without an Adult companion. When she is old enough to be in town or away with friends, I will reconsider this situation but until then I don't think she has a need for one at this age.

WAU America: My 16 and 17 year old have them. It's part of their father's phone plan. They both pay \$20 a month out of their own pockets and although that certainly doesn't cover the bill it does give them a sense that if they want one, it costs money. I'm in favor of them having one. Although I know their friends and in general where they will be and when they are going to be home, it helps me check up on my car, which I haven't seen much of since the 17 year old got her license.

Micke SHS Switzerland: It depends on the level of maturity, around 14 years, I think.



Going Organic... Here are ten excellent reasons to consider purchasing organic goods from the market. Take these into consideration the next time you are shopping!

1. To Protect Future Generations

"We have not inherited the earth from our fathers; we are borrowing it from our children." Lester Brown. The average child receives four times more exposure than an adult to at least eight widely used cancer-causing pesticides in food. Food choices made now determine your child's future health.

2. To Prevent Soil Erosion

Soil is the foundation of the food chain in organic gardening. In conventional farming, however, the soil is used more as a medium to hold plants in a vertical position so they can be chemically fertilized. Soil structure is neglected and the topsoil is washed or blown away.

3. To Protect Water Quality

Water makes up two-thirds of our body mass and covers three-quarters of the planet. Pesticides and other chemicals widely contaminate ground water and rivers and pollute our primary source of drinking water.

4. To Save Energy

Modern farming uses more petroleum than any other industry. More energy is now used to produce synthetic fertilizers than to till, cultivate, and harvest crops. Organic farming is still based on labour-intensive practices such as hand weeding, green manure, and cover crops instead of chemicals.

5. To Keep Chemicals off Your Plate

Many pesticides and herbicides were registered long before extensive research linking them to cancer and other diseases could be established. They are poisons designed to kill living organisms and can also harm humans. In addition to cancer, pesticides are implicated in birth defects, nerve damage, and genetic manipulations.

6. To Protect Farm Workers

Farmers have a much larger risk than non-farmers of contracting cancer. An estimated one million people are poisoned annually by pesticides.

7. To Help Small Farmers

Most organic farms are small, independently owned family farms of less than 100 acres. Many family farms have been lost in this past decade. Organic farming could be one of the few survival tactics left for family farms.

8. To Support a True Economy

Although organic foods might seem more expensive

than conventional foods, conventional food prices don't reflect hidden costs such as pesticide regulation and testing, hazardous waste disposal, and clean up and environmental damage. If the hidden environmental and social costs of chemically produced conventional produce were added to that produce, it would be more than double the price of organic food.



9. To Promote Biodiversity

The conventional farmer uses monoculture, the planting of large plots of land with the same crop year after year. This approach leaves the soil lacking in natural minerals and nutrients, which have to be replaced by chemical fertilisers in increasing amounts. Single crops are also more susceptible to pests, making farmers more reliant on pesticides. Insects have become genetically resistant to certain pesticides, and despite the increased use of chemicals, crop losses are increasing. Organic farmers encourage natural predators on their farms and are content with a smaller harvest. They also practice crop rotation to add health and energy to the soil.

10. For a Better Taste

Organic farming starts with the nourishment of the soil, which leads to the nourishment of the plant and, ultimately, our palate. Ask the many chefs who prefer to use organic foods.

Think it is too expensive to go organic? You might be surprised at the prices and the wide range of available products. Also, it is healthier, as you can't buy organic junk food and will find yourself eating delicious whole foods instead. Not only that, but you'll no longer be buying junk or fast food, so that saves you money as well. Organic chicken and eggs tend to be free range; I prefer to think of the chickens I eat to have been happy wandering around, digging in the dirt, chatting to their favourite hen friend, before they have a painless (I hope) death and winding up in my fridge... maybe I should really go vegetarian.

WAU Australia

Tip: Putting toothpaste on a bee stings helps with the pain – Samantha.



Baby Food.....

Rice Pudding....

- * 2 cups of precooked rice, drained
- * 1 banana, chopped into pieces
- * 1 to 1 1/2 cup milk or baby formula

Directions...

In a blender mix all of the ingredients. Once done, puree. Pour in a plastic bowl and refrigerate until the rice puree pudding has cooled. You can add other fruit if you wish.

Mayonnaise

Ingredients

2 egg yolks, pasteurized
1 1/2 cups of vegetable oil
The juice of half a lemon
A good pinch of salt

Have all the ingredients at room temperature

In a mixing bowl, whisk up your egg yolks until they are aerated and frothy. Squeeze in your lemon juice, and add the salt. Start adding the oil very slowly, making sure that the oil gets fully incorporated into the eggs as you are whisking, before adding more.

Mayonnaise is not at all difficult to make, but it does require a little patience at the start. Add the oil very slowly, and whisk thoroughly, and you won't have any problems.

Keep drizzling and whisking until you reach the halfway point of the oil. After this point, you can start to add the oil a little bit faster, but make sure that you whisk it all until fully incorporated before adding more oil. When all the oil is incorporated, season with salt and pepper to taste, and you are finished.





Beautiful skin for your whole body.

- Water cleanses. Drink 1.5 + liters of water every day, it keeps your skin elastic.
- Nutrients from food. Eat versatile and healthy - fish, vegetables and berries. Internally taken vitamins and minerals strengthen the skin of your body.
- Peel now and then. Peel the skin of your body once or twice a week. As the dead skin cells are removed, the nurturing substances of the body lotion also absorb better.
- Dry brush once in a while. It makes your blood circulate and improves the colour of the skin.
- Check your detergents. Avoid soaps that dry your skin. Use mild detergents with ph. 5.5
- Lotion for clean skin only. Apply the body lotion on a dry and clean skin only. After sauna or bath, wait about 20-30 minutes before you spread the lotion so that the pores are closed.
- Don't forget the feet! When treating calluses on your soles and toes it's important to pay attention on regular washing and moisturizing.
- Dry elbows? Before going to bed, apply some extremely moisturizing lotion on your elbows and put on a long-sleeved shirt. When you wake up the elbows should be visibly softer.



Toddler Teeth Grinding

Recently my 2 year old started grinding his teeth. As a mom, I was concerned not only because of the potential to hurt his teeth or jaw but because it was annoying. Like "nails on a chalkboard". While seeking advice, I found this was a fairly common concern for some parents.



Teeth-grinding is usually just a really annoying but common thing for toddlers. First of all you need to rule out any medical causes, such as dehydration, nutritional problems and pinworms. This can lead to grinding but are extremely rare. Other than those cases, it's probably not a reason to worry. It's likely related to all those new teeth growing in. Your child is just getting used to them. Grinding is a way to feel where they are, make weird new sounds with them, and "sand down" the sharp points that come with the new teeth. It could also be a way to ease the pain that comes with teething. It is also a huge way to irritate you, if you show that it bothers you. Watch how you react, getting upset about it might just make your child do it more often.

Remember, the majority of toddler teeth grinding isn't caused by or reflective of a parenting problem. Try to think of other ways to occupy your child, such as singing, word games, and crunchy snacks. Just don't pay too much attention to the grinding itself. Try to ignore it the best you can. The more you pay attention to it, the more likely they are to increase it. After a few weeks of practicing this, your child should be on to the next phase.

WAU Wisconsin...



Easy Cooking with HomeFront: Baked Potato and Rosemary

Scrub and clean 6 potatoes i use red and whites ones. Place on your baking tray, pour 4 tablespoons of olive oil onto the tray and swirl around coating the potatoes with the oil, sprinkle rosemary on the potatoes and swirl again, then sprinkle them with rock salt and pepper, to taste.

Place in preheated moderate oven until cooked which can vary depending on your oven, i usually let mine cook for about 45 minutes to an hour on 375. These potatoes are yummy; i will also sometimes add other stuff like parsnips, carrots, brussel sprouts, onions and peppers when looking for variation...

Keeping your home canning supplies clean...



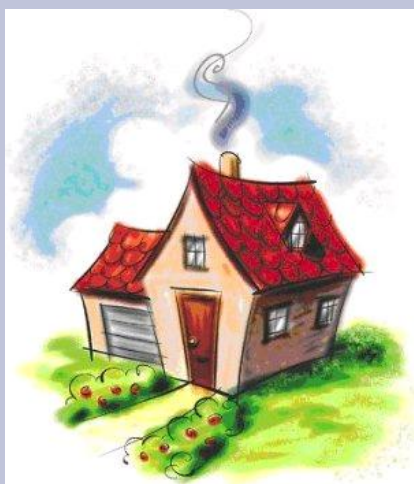
All your home canning equipment must be kept clean and should be well sterilized. If not, your fruit and vegetables will end up spoiling and all the time and effort you put into doing it will have been wasted..,

Lids: Wash all your lids in hot soapy water, place the tops in very hot water for at least five minutes. Invert them to drain the water, also keep them hot until ready to use. Prepare lids that have a sealing composition by pouring hot water over them. Allow to stand until you are ready to use them...

Rubber Seals: Scald the rubber seals quickly. Do not boil them as this will weaken the rubber, pour hot water over them quickly.

Utensils: Sterilize all other utensils that will be used for your home canning process, wash them first in hot, soapy water, and then place them in a pan of boiling water.

Jars: Wash all your jars well with soap and hot water. Place them, filled with water, either upright or sideways, well apart in a deep pan of cold water. Bring the water slowly to the boil. Boil for 15 minutes.



HomeFront Tips.....

Water: Use a bucket to catch water while the shower warms up. You can then reuse this water in your garden.

Honey and Your Digestion: Honey is good for your digestive system because it neutralizes the acid in your system. Its ability to absorb moisture enables it to kill bacteria and clear up infections. Honey also contains minerals that are essential for good health, and for this reason, is often recommended as a daily tonic.

Herbal Tea Tip: Save your unsprayed organic citrus rinds for added vitamin C and flavour.

Can I freeze cooked fish? Cooked fish is not recommended for freezing unless it is incorporated in fish cakes, fish pies, fish casseroles etc.

What can I do with leftover wine and beer? You can add them to both stews and casseroles.

Recipe Tip: A stick of cinnamon or 1/2 teaspoon of cloves added to the water when stewing apples, peaches, pears or prunes will give them a lovely spicy flavour.

About My Homeland - Ireland..



The Newgrange passage tomb in County Meath was constructed around 3200 BC, making it more than 600 years older than the Giza Pyramids in Egypt, and 1,000 years older than Stonehenge.

The Irish tricolor flag, created in 1848, was designed to reflect the country's political realities. Orange stands for Irish Protestants, green for Irish Catholics and the white stripe for the hope that peace might eventually be reached between them.

The longest place name in Ireland is Muckanaghederdauhaulia, in County Galway.

Ireland is the world's only country with a musical instrument for a national symbol: the harp.

Bram Stoker was working as a civil servant in Dublin when he wrote "Dracula" in 1897.

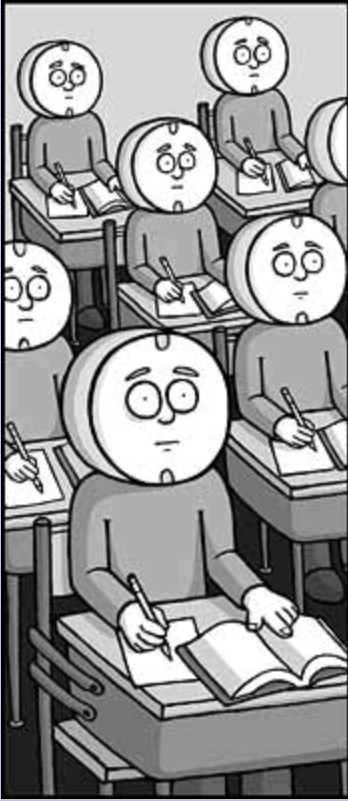
The Vikings founded Dublin in 988.

Historians believe St. Patrick's real name was "Maewyn Succat."

Killary Bay, on the Mayo-Galway border, is the only true fjord in Ireland. A fjord is a long, narrow inlet from the sea between high slopes.

WAV Ireland

The Case Against Ritalin



There is a major problem affecting today's children, and that is the most commonly prescribed medication, Ritalin. In our culture, children get diagnosed with Attention Deficit Hyperactivity Disorder, and it is escalating. It is estimated that one in ten boys suffer from this so-called "disorder." But, does the problem actually lie with the way children's lives are structured in our modern society? What needs to change, what needs to be done to correct this problem?

There is a problem in our culture with a "diagnosis" for everything under the sun. If you are different from your peers, if you speak out strongly for or against something, if you are an independent thinker, it can be considered a mental disorder. Our society is pill-crazy. People look to medical professionals to have all of the answers. But, is there really an answer, or is there more of a problem of accepting our own natures, and learning to live with them in the modern world?

Every child in school is told, "Don't do drugs." Yet, we are so quick to drug them with Ritalin, for "acting up." Let's look at the nature of children and compare them to what they're forced to endure. Most of us are old enough to remember our childhood has endless summer days of playing outside, riding our bikes everywhere, walking to and from school, we didn't have cell phones and computers. We had recess at school, where we got to run around and play rough, and if we got hurt, we just dusted ourselves off and moved on. Something changed in the next generation, coincidentally, at the time more TV's, computers, video games, and junk food started to move into our homes. Parents started working longer hours, and the TV and computer became the babysitter, causing children to become inactive. If it weren't for school, some children probably would not even see the light of day. The following is by a foster father with a boy on Ritalin:

"When this little guy first arrived he could barely keep his attention on anything for more than a minute, he was so keyed up and distracted. I laid down some ground rules and gave him some time. I took him out with a bike, since he was unsure of how to ride...By the end of his stay he was so settled and happy that at one point he even asked me if he could call me Dad. I just about lost it. This child didn't need Ritalin use: all he needed was fresh air-and love."

There we have it. Kids need to be active. Of course, there will be the real and rare case of a neurological disorder. But activity is a kid's best medicine (that goes for anyone). Let's face it, school is long and boring for kids. Many schools no longer even have the mid-morning recess my generation had in grade school. Then, there are the children with bright, highly intelligent and inquisitive minds who get bored in the classroom. It is tragic that these children are suppressed because the school system does not allow for them to be active, physically and mentally.

The statistics say that 17 percent of white boys are on Ritalin. It is 9 percent for African-American boys, 7 percent for white girls, and 3 percent for African-American girls. Why are boys more likely to be on Ritalin? We need only to observe the differences between the sexes. Boys tend to be more aggressive and physically active, but they have few outlets in which to do so. Although, there are also exceptions among girls. A highly intelligent girl may have trouble concentrating in school. Parents must ask themselves how much physical activity and mental stimulation their children are getting. Assess the intelligence level of their children and find out if they are simply bored with school. Author and pediatrician had this to say:

"People call drugs like Ritalin a godsend for emotional and behavioral problems...But I think the way they're overused is absolutely horrifying. When I was asked by the National Institutes of Health to be a scientific discussant on the effects of these drugs at a conference they held, I reviewed the important literature, and I found that when animals are given them, they stop playing; they stop being curious; they stop socializing; they stop trying to escape. Ritalin use makes good caged animals...We're making good caged kids. It's all very well to talk about it taking a whole village to raise a child, but in practice, we're acting as if we think it only takes a pill."

Dr. Peter Breggen is an expert on the dangers of prescription drugs. He, along with many scientists, believe ADHD cannot properly be identified. He writes the following statement: "There is no physical test that can detect the supposed existence of ADHD. There are no specific physical symptoms associated with it. The ADHD diagnosis is made by comparing the child's behaviors with a description of the disorder as defined and accepted by experts and practitioners in the field. There are no objective diagnostic criteria for ADHD no physical symptoms, no neurological signs, and no blood tests. Despite claims to the contrary, there are no brain scan findings and no biochemical imbalances. No physical tests can be done to verify that a child has ADHD."

Gerald Golden, a professor of pediatrics and neurology, stated: Attempts to define a biological basis for ADHD have been consistently unsuccessful. The neuroanatomy of the brain, as demonstrated by neuroimaging studies, is normal. No neuropathological substrate has been demonstrated....

So, how does a child get diagnosed for ADHD? According to the Diagnostic and Statistical Manual of Mental Disorders, 4th Edition (DSM-IV), there may be a pattern of negative, hostile, and defiant behavior lasting at least six months. During this time, child may lose his/her temper, often argue with adults, refuses to comply with rules, is touchy and easily annoyed, and can often be angry, resentful, and spiteful. No real physical or medical problem is described. These symptoms are all emotional. Therefore, we can conclude that the child is suffering from emotional problems, which usually stem from an individual not having his or her needs met. What is happening is that the most intelligent and exceptional children are not being allowed to be who they are. Dr. Beggin calls this, "conformity enforced by physical suppression of the brain." Of course, this must not be an excuse for general bad behavior; children still do require proper discipline. But the fact is, teachers and parents are being urged to medicate children for "hyper activeness." Ritalin ends up doing more damage to a child's brain, producing chemical imbalances and abnormalities interfering with the child's normal brain. Instead, what must be examined is why the child is angry. Extreme behaviors are often matched with deprivation and confusion in their lives, lack of attention, and lack of normal family structure. Underlying problems need to be identified, such as breakdown in the homes and community, and parents looking for an easy way to keep their children under control. Ritalin only subdues signs of their suffering, not make the external stressors go away.

The drugging of children should raise moral and ethical questions, parents and teachers need to question how they are meeting the needs of children. Parenting and schooling in the 21st century must change. Bringing up children is hard work, and it should not frighten us. Both parents and teachers must understand the nature of children and accommodate them, if they wish children to succeed and grow up to be bright and normal adults.



Maria Christina



Feedback from our readers...

Love HomeFront, impressive site. Keep up the good work.
Reader from Wisconsin...

I've been looking through the new issue & some of the articles on the site, and they're very interesting, I'll be bookmarking it. **Reader from North Carolina...**

Thanks for the printable version; it's nice to not have to read it on the computer. **Reader from Canada...**

What an excellent publication thanks for sharing!! **Reader from California...**

Hey, thanks for this great resource! There's something here for everyone--even though my kids are 18 and 16, I found several helpful tips (especially in the summer issue).
Reader from Chicago...

This is a WONDERFUL publication. I can say that seeing as I'm single at the moment, and don't have any kids, that I don't usually look at these types of publications- However, I have two wonderful Nieces that have stolen my heart, and I will forward this link to my Sister-in-law! I'm sure she'll be able to find something useful in there for little Vivian and Lilly. This is a very well-done publication, and I think that HomeFront will continue to get better with each new issue. **Reader from Nebraska...**

Well - my Mom got a chance to sit and read the whole thing this morning and she calls up, crying! "I'm so proud of you girls, I wish things like this had been around for me when I was struggling with 4 kids and a truck driver husband who was home once a month!" There's nothing like hearing something like that from your Mom! - **Reader from NJ...**

Nice website. I am going to turn my wife onto it! Recycling yogurt pots, awesome idea to use them from sprouting seeds! **Reader from Florida**

I should have paid attention in school. Viking Girl makes me feel stupid. Very nice, something to work with the kids on. **Reader from the Northwest USA...**

Already downloaded! Another great issue thanks! - **Reader from Florida...**

Good work! There were several really interesting articles and recipes I'll have to try. I just read the whole thing, ha-ha. **Reader from Wisconsin**



Slow Cooker Lamb Shanks

4 Lamb Shanks
 1 onion
 2 carrots
 1 cup beans or peas
 3 tablespoons gravy
 2 tablespoons plain flour
 2 teaspoons vegetable stock
 2 teaspoons brown sugar
 2 cloves garlic – crushed
 2 tablespoons tomato paste

1. Place lamb shanks in a frying pan and lightly brown.
2. Slice the vegetables and place lamb shanks and vegetables into a slow cooker.
3. Mix the gravy, flour, vegetable stock, garlic, tomato paste and sugar with 3 cups of hot water.
4. Pour over meat and vegetable and cook covered on low for 8 hours. Serve on a bed of mashed potato. Serves 4

WAU Australia...

Trifle...

Ingredients

Raspberry Jelly Crystals
 6 Lady Fingers
 Custards
 Cream...
 Hundreds and Thousands

Directions

Break up lady fingers and put them in the bottom of your dish, make up your jelly crystals as directed on package and pour over lady fingers. Let your Jelly set, once cooled and set make up your Custard, i use Birds Custard and make as directed on package, once done i pour it over the cooled and set Jelly and put it in the fridge to set, this can take about 30 minutes, once the custard is 100% set and cooled put your whipped cream on top and sprinkle with whatever you wish, i use hundreds and thousands (aka Sprinkles) for mine just like my Mom did...



5-

WAU Ireland

Head Lice treatment

Head lice is more than a nuisance, it's disgusting to think that creepy-crawly little critters have taken up residence on yours or your child's head & as a mother of a primary school aged child I've unfortunately had personal experience with trying to rid mine & my daughters hair of dreaded head lice. While there are many different products readily available in the treatment of head lice I have found that they are very expensive and that the majority of them don't work at all, whilst others are made of extremely dangerous chemical compounds. Many head louse medicines contain dangerous pesticides developed to kill mosquitoes and for the aerial spraying of other pests.



So after trying many different so called treatments that never worked and only caused my daughter pain & discomfort, I finally found one that was inexpensive, safe for my daughter & it actually worked. Essential oils are amazing for every day household uses, or for natural remedies such as this one, for preventing and removing head lice.

Because of its constituents (referred to as terpenoids), Tea Tree Oil is both an antiseptic and has antifungal properties.

Here's what you'll need...

Ingredients:

- 1 teaspoon Tea Tree Oil
- 4 tablespoons of Olive oil (or Coconut oil)

Directions:

1. Mix ingredients together.
2. Rub into scalp.
3. Let sit for 10-15 minutes, working to kill lice.
4. For best results, use nit comb once the 15 minutes is up (before washing hair).

Tea Tree Oil has a cooling effect, so you may experience a tingling sensation similar to menthol, but not nearly as intense.

You can also kill lice living in your clothes, sheets, and blankets by adding 12+ drops of Tea Tree Oil into the washer, along with your detergent.

To follow-up: Repeat these steps within 7-11 days to prevent re-infestation.

For future head lice prevention add:

- 12 drops Tea Tree Oil to shampoo you normally use
- or 12 drops to ¼ pint water and put in a spray bottle. Mist hair each morning with this solution. Lice do not like this, so hair is kept free of unwanted guests.

Note: You'll end up with leftover Tea Tree Oil as well as Olive or Coconut Oil. You can save it for future head lice battles (which you shouldn't have if you use the preventative recipe), or you could always experiment with other remedies!

Getting kids to school on TIME!



Missing a few minutes each day may not seem like a big deal but your child may be missing more than you realise if he or she is continually late. Anecdotal evidence suggests that getting children to school or pre-school on time can be one of the most difficult tasks for parents. How can you get your dawdling kids out the door without yelling yourself hoarse? Here are a few techniques and ideas for you to try to get your punctually-challenged children to school on time:

Establish a morning routine: Make sure your children know what is expected of them in the morning, and also what you will do. Resist nagging but be willing to take them to school even if they haven't fully prepared for the day.

Identify and remove distractions such as television: If your children are regular watchers before school change the routine and keep the TV off. It should only be turned on when children are completely ready for school.

Teach some of the basics of time management: The average adult underestimates by about 25 per cent the time it takes to do various jobs. Make sure you have realistic time estimates and stop packing so much into the time you allocate. Encourage older children to estimate how long it takes to do activities such as getting ready in the morning. Then they can measure the time taken to do these tasks and compare their estimates with real time.

Arrive at school ten minutes early: Plan to arrive at school early rather than be there on time. This idea works well for perpetual latecomers, whether young or old.

Model a good routine: It is pointless expecting children to be organised in the morning if you are in a muddle yourself. Set a good example by being as methodical as possible and avoid sleeping in unless your children are so organised that they get you breakfast in bed. And pigs might fly as well.

To save on time in the mornings, make your child's lunch the night before and have your child pack their bag the previous night, this can save precious minutes in the mornings.

Self-Reliant Children



Many of us do everything for our children. This not only robs your children of the opportunity to learn self-reliance—a vital key to their self-esteem. One of

the best things you can do is to help your kids learn how to do things for themselves. We all want our children to become happy successful adults and one way we can help them along the way is to teach them to be self-reliant.

Let your child make some decisions: Even young children can make sound decisions if you give them

options. For example, do you want to wear the green shirt or the blue shirt? Would you like a Jam sandwich or a cheese sandwich? Encourage your child pick up their own toys, encourage your child to save money they get for chores when they want a new toy etc.

Encourage your children to try tasks on their own, you will find that when they can actually do it they have a real sense of pride in tasks they do, some examples are - putting their laundry in a basket or putting it away, shoe-tying and making their bed are great places to start with young children. Older children can help with cooking dinner, setting the table, putting out the trash and preparing their own lunch for school.



Old Fashioned Rose Water Recipe

Items Needed:

Rose Petals
Distilled Water
Enamel Pot (any size)

Directions:

Fill the bottom of an enamel pot with the rose petals a few inches deep. Pour distilled water over the petals until they are just covered. Turn on heat for the water to be steaming hot, but do not boil. Let the water steam until the petals have lost their colour,

the water has taken on the color of the rose petals and you see rose oil skimming the surface. This will take approximately 60 minutes. Strain the water and squeeze out the liquid from the rose petals, this is your rosewater.

Rose Water Beauty Aid Additive...

Add 1 part rubbing alcohol or vodka or witch hazel to 10 parts rose water to use as a facial astringent or toner.

Rose Water Guidelines...

Natural rosewater should last about ten days if stored in the refrigerator. You can also add one tablespoon of vodka as a preservative to extend the shelf life to one month.

Roses have three outer petals, which are made to protect the rose. These petals are thick and full of nutrients essential to your rosewater. When these petals are removed, the roses open more, so most florists will remove these petals before selling them. If you purchase your roses from a florist, ask for roses that still have these protective petals.

Rosewater is for external use only and should never be ingested.

Morrigan

Natural Beauty Tips: Using Cucumber

There is a lot to be said for cucumbers. I use them at least 5 times a week for my husband's post workout Salads and since i don't like to actually eat them myself i figured I'd research other ways to use them.

- For your Face...Add a dash of lime juice and rose water to cucumber juice and apply it over the facial skin to brighten a dull & greasy complexion.

- For your hair...Drinking a mixture of cucumber juice and that of carrot regularly stimulates hair growth. The high content of silicon and sulphur in cucumber juice nourishes the hair, nails and skin.

- For your hair.... You will need one egg, one eggshell's worth of olive oil and one quarter of a peeled cucumber

Blend the egg, olive oil and peeled cucumber. Spread evenly through your hair, leave on for 10 minutes, and then thoroughly rinse. For the best results year-round, continue this treatment monthly.

Morrigan



Kids' Corner

We got my daughter this great book, it's a Hands-On History book on Vikings & covers who they were & contains fun activities you and your children can do, such as Mold Thor's Hammer, Paint a Viking Stone, Make a Viking Chest, Wear a Jarl's Helmet, Make a Battle Banner, Dye Material the Viking Way & many more. As my daughter & I go through some of the activities I will add them here. Today we did an easy one which was Drink

Viking Apple Juice:

You Will Need:

2 Apples
knife
500ml water
1 tsp. clear honey
saucepan
sieve
wooden spoon
heatproof jug
mug.

- 1: Wash the apples. Ask an adult to remove the pips and cores, and chop the rest into thin slices.
- 2: Put the apple slices, cold water and a teaspoon of clear honey into a saucepan.
- 3: Ask an adult to heat the mixture, stirring well until it starts to boil. Then remove from the heat.
- 4: Ask an adult to strain the mixture into a jug. Once it's cooled a little, pour some into a mug & drink!
- 5: Before you drink, wish your friends "Good Health!" just like a Viking would have done.



Talena WAU Australia

The Frugal Kitchen...

Make your own jams, jellies and marmalade. It is not just on homesteads and farms where you end up with a lot of fruit that needs to be used. You may also notice that when you go shopping certain fruits will be readily available and a lot cheaper than usual, mainly because these fruits are now in season and there is an excess of them, this is the time to buy these seasonal goods.

Homemade jams and jellies also make good gifts for family members, i know our family loves when we make up a batch of raspberry jam and gift them, plus there is nothing more satisfying then eating homemade scones with homemade Jam dolloped on top...

FACTS ABOUT MY HOME

WISCONSIN, USA

Wisconsin is nicknamed “The Badger State”, but this refers not to the state animal but to its early miners who often lived like badgers, beneath ground.

The House on the Rock was designed and built in the early 1940's. It is considered an architectural marvel and is perched on a 60-foot chimney of rock. The 14-room house is now a complex of rooms, streets, buildings, and gardens covering over 200 acres. The Infinity Room contains 3,264 windows.



In 1882 the first hydroelectric plant in the United States was built at Fox River.

Wausau is the Ginseng Capital of the World.

The nation's first kindergarten was established in Watertown in 1856. Its first students were local German-speaking youngsters.

The original Barbie is from Willows. Barbie's full name is Barbie Millicent Roberts.

Milwaukee is home of Harley Davidson Motorcycles.

The first Ringling Brothers Circus was staged in Baraboo in 1884.

The Republican Party was founded in Ripon in 1854.

With an average of 2,500 performers, Milwaukee's Summerfest is the nation's largest music festival.

Famous Wisconsinites include: Harry Houdini, famous magician and escape artist; Douglas MacArthur, well known World War II and Korean War general; Frank Lloyd Wright, America's most famous architect; William H Rehnquist, Chief Justice of the United States Supreme Court.

WAU Wisconsin....

Tomato Sauce

Wash 2kg ripe tomatoes and look for any that rotten and discard, I always use good quality tomatoes. I can't see any reason to make sauce if it's not the very best you can make. Roughly chop the tomatoes into a large stainless saucepan or stockpot. Roughly chop up 500g apples, cored with skin on and add to the tomatoes. Roughly chop up 500g onions and add to tomatoes and apples.

Put into cheesecloth or muslin - 4 tablespoons whole cloves, 2 tablespoons whole allspice, 1.5 tablespoons whole black peppercorns and teaspoon of fennel seeds. Tie bag with string (butchers twine) so it forms a bag.



Now add to the tomatoes, apples and onions - 500g white sugar, 2 tablespoons salt, 1.25 teaspoon cayenne pepper and 1.25 cups malt vinegar and drop in the spice bag.

Note: Salt should be preserving salt (no iodine or anti-caking agent). I tie the spice bag onto the handle so I don't lose it. Bring to the boil.

Now cook uncovered for 1- 1.5 hours depending on the tomatoes used and thickness of the sauce. Take spice bag out of the pot and at this point I use a stick blender and whizz up the sauce. Then either push through a sieve or mouli.

I sit the mouli over a jug and then the sauce is ready to pour in hot sterilized jars, using a funnel so not to drip hot sauce on yourself.

I wash jars and lids in hot soapy water, rinse in very hot water and then place in the oven set to 120 degrees Celsius for half an hour. I put the lids into a plastic microwave jug and add boiling water. Then I use stainless steel tongs to take the lids from the water, taking care not to touch the inside of the lids (can contaminate). Take care removing jars from the oven.

Screw lids on tightly and leave to cool before labeling and putting in a cool dry cupboard. Once you make your own tomato sauce you'll never buy the supermarket sauce again!!

WNU Australia

Congrats - Well Done - Welcome



Welcome to the World **Caitlin**, daughter to Alex & Tim,
sister to Lincoln. Xoxoxox



Congratulations to Kerry & Pono who are due to have
their **baby girl** in July 2011.



Congratulations to Fredrik & Carol from Norway on the
birth of their baby boy **Nikolas**.



WAU would like to Welcome **Sammy & Laura** into our
family and sisterhood...



Congratulations to **Samantha** on her recent marriage...We
wish you love and happiness in your new life together...



WAAU ARGENTINA

Birth, Growth, Maturation, Death....



The cycle of life and ideas cannot be ignored for nothing is immune from time and truth and as the saying goes *"You can fool some of the people all of the time and all of the people some of the time but you cannot fool all the people all of the time"*. So goes the farce and lie of a multicultural Canada which was birthed with *Pierre Trudeau*, this social experiment and genocide of our European People grew with a steady indoctrination and mantra of "Only one race the human race" "celebrate diversity" and the best "we are being enriched by these other cultures".

Then the maturation of this diseased idea of a multicultural Canada with the state backed iron fist in a velvet glove of fines and imprisonment of those who did not go along with this "Utopian Ideal". A demonizing and marginalizing occurred "racist" "bigot" "hater" dehumanizing words for those who dared question the Zionist puppet masters.

Well not only did we the true European Folk persevere through the relentless attacks of media and government and made it through the Canada Human Right Tribunals where "Truth is no defense", it seems our greater Folk those of the "mainstream" are awakening from the illusion they have been kept under. The final death throes of the multi-cult lie, no longer afraid of mere words like "racist" it has come down to the truth which can no longer be ignored. For what has happened to Canada and its founding people!? The demographic change to our major cities is too obvious even for those most pie in the sky adherence to ignore.

Thus a mainstream book which could be bought at any mainstream store written by a mainstream personality [Lowell Green's book Mayday Mayday](#). Let us continue our struggle and fight for our Folk "Let truth prevail though the heavens fall"!!!

Canadian Patriot



Enemy Within

A sickening display on remembrance day in Britain as Muslims burned poppies and chanted "British soldiers burn in hell" The reaction of the corporate media has been a joke especially considering when some

Christian minister in the southern United States was going to burn a Koran in protest of a mosque being built near ground zero in New York, every politician, talk radio host and T.V personality condemned the act of ignorance and intolerance. So where are those voices of condemnation NOW!!

We have come to not expect much from politicians and media though the German chancellor has spoken the obvious truth about "multiculturalism" ...saying it has failed when will the rest of the world step up and admit the same?

The facts are in the 70 years since the end of WW2 we have lost not only our world hegemony and empire but have also lost control of our own Countries!! It all started slowly of course with your friendly hardworking non-white corner store owner or that over friendly darkie at work who just wants to support his family and was happy to be in such a peaceful beautiful country such as ours. Thus they preyed upon our natural kindness and hospitality for those less fortunate and took advantage of these European traits for their own selfish gain.

Now look at what has happened because of this "Christian charity" immigration turned into an outright invasion and with their numbers and the ZOG government behind them their courage is bolstered as they yell "institutionalized racism" "evil colonialism" "Neo Nazism" if they don't get what they want or the native European population is critical of these foreign invaders. Now the true colours of these animals be it from Australia to Norway and every other predominantly white/European country around the world. These foreign bastards show the true hate they have for OUR culture and the despise they hold for us and OUR way of life and now showing nothing but contempt and disrespect for our war dead and the ones who fought built and bled for the lands and social programs that they now leach off of the ungrateful parasites!!

We must Awaken and take a sober look around our once great lands and in the name of our forefathers who have passed and are being dishonored and in the name of our future generations who will certainly be in peril. Take action, speak up and prepare yourselves for the coming shock!! For as a wise man once said to his Folk "Be tough as leather fast as a greyhound and hard as Krupp steal"

B&H Vinland

HomeFront Tip: Keep Tabs on sex offenders...

This is one of the great things about the USA that you can actually keep tabs on sex offenders in your area, here in Europe (i guess in most countries) due to privacy laws you cannot access peoples criminal backgrounds.... my neighbour could be a child molester, a murderer or a rapist, basically anything, and i would never know... even when pedophiles are caught and arrested here and the news covers the story they are forced to blur out their faces out. For those in the USA <http://www.familywatchdog.us/>

WAU Portugal

Natural fabrics

I was doing my laundry and i was wondering do any of you own any type of old, real antique cloth? What are they made from and are they in a good shape?

I own 3 sleeping dresses that are about 100 years old, i still wear them regularly and they are in such a good shape that no one would tell they are 100 years. On the other hand i own lots of brand new sleeping dresses that after a few machine washes are in a pretty bad shape and ready to go in the trash...

So the question is, why aren't we producing anymore good pure and natural fabrics that can last for decades?, instead we are producing and buying unnatural fabrics that are not worth what we pay for them... also do you consider what type of fabric you buying when you buy clothes?

WAU Portugal

Oven Fried Potatoes...

My great grandparents were farmers and their main product was olives and olive oil (and lambs for wool), so everything in their home had olive oil, they used it to fry, to cook, to bake, to season etc. and as a substitute of butter, fat and other grease. My great grandma used to do this recipe in the kitchen fireplace and with more

olive oil, although since i don't have fireplace and don't want to use much fat this is my version.

*note the laurel leaves i use are still from my deceased great grandparents' home. The leaves had been dried more than 5 years ago before my great grand parents died and they are still good without bugs or mold. If you dry and store herbs correctly they can last a long time



Ingredients:

Potatoes

Salt

Olive oil

Laurel Leaves

Directions:

Slice the potatoes. Display them in rows in an oven tray over a sheet of cooking paper. Add salt and a few mashed laurel leaves. The leaves are only good for the aroma, don't eat them, they taste bad, sprinkle with olive oil, you don't need to use too much oil to get crunchy potatoes.

Leave in the oven until the potatoes start to get crunchy and look golden brown in colour. Turn the potatoes over and when they are done serve it as a side dish.

I eat this with grilled octopus, since i know you all think octopus is gross i will not publish it haha

Tips:

*Make sure you cut slices with same size otherwise they will not cook evenly.

* I've seen a few similar recipes on-line with other seasonings like paprika, pepper, bacon etc., so use your imagination

WAU Portugal



Cooking with the boys.....

Hot German Potato Salad

Ingredients

8 peeled potatoes
8 slices bacon
3/4 cup chopped onions
2 tablespoons plain flour
2 tablespoons white sugar
2 teaspoons salt
black pepper
3/4 cup water
1/3 cup white vinegar

Method

1. Bring to boil a large pot of salted water. Add whole potatoes and cook until tender but still firm; approx. 20-30mins depending on size. Drain, cool and thinly slice.
2. Cook bacon in a deep skillet over medium heat until brown. Drain, crumble & set aside, reserving drippings.
3. Sauté onions in bacon drippings until golden-brown.
4. In small bowl, whisk together flour, sugar, salt & pepper. Add to sautéed onions & cook & stir until bubbly, then remove from heat. Stir in water & vinegar, then return to stove & bring to boil, stirring constantly. Boil & stir for one minute. Carefully add bacon & sliced potatoes into the vinegar/water mix, stirring gently until potatoes are heated through.

Pete S.C.H.S



Vichyssoise

My family loves this recipe, so I make enough to freeze some and reheat later. It is normally served cold but it's heavenly when warm...

12 medium leeks (bulbs only)
8 medium baking potatoes
2 1/2 Qtrs. chicken stock (homemade is cheaper and so much better)
1 1/2 cups butter
2 cups heavy cream
1/2 tsp salt
1 tsp pepper
2-3 tsp fresh basil



Slice the bulbs of the leeks into slivers and wash . cook over med/low heat for 20 minutes in the butter and a bit of the salt until translucent, add the peeled potatoes sliced thin with the stock , rest of the salt , pepper , and

most of the basil cook at a simmer till the potatoes are fork soft .

Put it in blender or use an immersion blender to make it a puree, whisk in the cream, return to the pot if serving warm and put a bit of the fresh basil on top when serving. I also like to put some diced fried bacon or ham on top. It adds a nice look and really adds some great crunchy flavor.

I hope you all enjoy. At \$2 per leek, you can see why I substitute sweet onion most of the time but, the leeks are a better flavor. This makes about 10 servings.

101%texas

Basic Chicken Stock

If you buy whole chickens, instead of cut up chickens, you will save money while getting parts that are all the same size. Most packages of whole cut up chickens are from several different birds. This causes some parts to take longer to cook than others when making things such as fried chicken. Butchering a chicken is pretty simple, just research it online and you should be able to find an easy step by step process.

When butchering a chicken, save the back, neck , tips of the wings and round tips of the legs . Throw these parts in a freezer bag into the back of your freezer and wait till you have a soup pot full. You can also make this with any chicken parts. Around here we see bags of legs and thighs for 10 -20 cents a pound

Recipe :

Chicken parts
Onion
Celery
Carrot
Fresh parsley
Fresh sage
Fresh basil

Add all ingredients to stock pot , tie herbs together with cotton string. Cover with water by about an inch, bring to a boil then reduce to simmer. As it cooks you will see a gray scummy substance come to the top. Skin off and dispose of. Do this for several hours until you stop seeing anything rise and have a golden clear liquid. This takes a while and requires a lot of skimming. Strain stock through cheese cloth lined colander. Place stock in fridge. Once cold skim off solidified fat. Measure out into smaller portions (I use 1 cup) and freeze for later use.

101%texas



Cabbage Soup

This is a tried, tested and true recipe for me. No matter what it always seems to come out great and it's easy to prepare with hardly any dishes! So please give it a try and enjoy!

Ingredients:

3 Tablespoons of Olive Oil
1 medium-small onion chopped
2 cloves of garlic chopped
5 cups of water
2 14.5 ounce cans of chicken broth
3 chicken bouillon Squares
1 1/2 teaspoons of salt (can add more as you go if needed)
1 teaspoon of Black Pepper
Half head of Cabbage cored and coarsely chopped
1 14.5 ounce Can of Diced Tomatoes
1 14.5 ounce of whole kernel corn



Directions:

Pour olive oil in Stock pot and heat Stir in Chopped onion and Garlic. Cook until transparent (about 5 minutes). Stir in Chicken Broth, Water, salt and pepper. Bring to a boil then add chopped cabbage; simmer until it wilts (10-15mins) Stir in Diced tomatoes and Can of corn. Return to boil then simmer for 20-30 minutes.

Samantha

OVEN TEMPERATURES

- Found a recipe you want to try but, unfortunately, it only gives oven temperatures in degrees Fahrenheit and you cook by gas - what is the gas mark equivalent?
- What is meant by "cook in a moderate oven"?
- My new cooker has Celsius markings, how do I convert my old recipes?

Degrees Fahrenheit	Degrees Celsius	Gas Mark	Description
225	110	1/4	Very slow
250	120/130	1/2	Very slow
275	140	1	Slow
300	150	2	Slow
325	160/170	3	Moderate
350	180	4	Moderate
375	190	5	Moderately hot
400	200	6	Moderately hot
425	220	7	Hot
450	230	8	Hot
475	240	9	Very hot

Quick and Easy Breaded Pork Chops

The only problem with making schnitzels is that they can be quite large and it is difficult to cook them all at once, the upside is they cook fast and I usually just put the ones that are cooked in the oven to keep warm. I serve mine with fried potatoes and red cabbage, other times I serve them with fried potatoes and a side of baked beans...



Ingredients:

- 4 – 6 pork chops, trimmed of fat, I get thin cuts with no bone
- 1 1/2 cups of Italian bread crumbs
- 1 egg
- 3/4 tsp. Seasoning Salt,
- olive oil for frying

Instructions:

- Heat on high about 2 tbsp. olive oil (or butter) in a large flat-bottomed frying pan, enough just to cover the bottom.
- Beat one egg
- Mix bread crumbs and Seasoning Salt in another flat container (I use the lids of my containers)
- I pound my pork chops before I dip and bread them, I also smear them with mustard, I put the mustard on my chopping board to avoid picking up the mustard bottle during the process so I can avoid contaminating it with hands that have been touching raw pork. Take your first pork chop and dip it in your egg mixture, then coat with bread crumbs. Place into hot fat. Repeat with remaining pork chops.
- Turn pork chops when nicely browned on one side.
- Cover frying pan and lower heat to gently continue browning and cooking the pork chops until done. Turn once or twice during cooking. They cook very quickly when the pork is thin.

Cooking Hints

- You can use an **oil/butter mixture**. Pure butter tastes great, but adding the olive oil makes it a bit healthier. If you prefer, just use oil.
- The **Seasoning Salt** can be whatever brand you like, a friend uses a celery type seasoning salt to his mixture and it's really good. Use any that you like, or just use salt and pepper to season.
- Add **Parmesan cheese** to bread crumbs or other herbs of your choice to vary recipe.



Traditional Anniversary Gifts by Year



First: Paper

Second: Cotton

Third: Leather

Fourth: Fruit or
Flowers

Fifth: Wood

Sixth: Candy or Iron

Seventh: Wool or
Copper

Eight Bronze or
Pottery

Ninth: Pottery

Tenth: Tin

Eleventh: Steel

Twelfth: Silk or Linen

Thirteenth: Lace

Fourteenth: Ivory

Fifteenth: Crystal

Twentieth: China

Twenty-Fifth: Silver

Thirtieth: Pearls

Thirty-Fifth: Coral

Fortieth: Ruby

Forty-Fifth: Sapphire

Fiftieth: Gold

Fifty-Fifth: Emerald

Sixtieth: Diamond

Frugal Tips....

Toothpaste: To save wasting toothpaste, place a clothes peg on the bottom of the tube and wind the tube over it.

Shampoo & Conditioner: Add water to shampoo and conditioner to make it go further - this won't reduce their effectiveness. Simple solution to prevent shampoo bottles slipping in less able hands is to slip a stretchy athletic wrist-band over the bottle and VOILA! No more slipping.

Hand care: Apply hand cream before putting on rubber gloves to do the washing up. The heat from the water will help the cream soak into your hands and leave them nice and soft.

To strengthen fingernails, dip them into a salt solution (2 teaspoons of salt to a glass of water) for 2/3 minutes

To relieve eczema, put some dry oats into a disposable dishcloth (like J-Cloths) and make into a parcel. Hang under the hot tap whilst filling a bath - the water will now be very soothing.

Cooking cheaply...

The biggest mistake most people make when they are trying to save money on their food bill is buying cheap snacks and junk food. As a result they end up overweight and bad health is the result, if you look at the demographics for overweight people you will see that most of them live on less money than their healthy counterparts.



There are some food items that should be found in every kitchen. They are:

- Flour
- Pasta
- Eggs
- Seasoned vegetables

Pasta (even organic and whole grain) is cheap, my husband and I eat pasta at least twice a week with baked chicken or ground beef, and some days we just eat it with pasta sauce, and we just add mushrooms, peppers and onion. . You can also make a pasta salad which is something we do a lot in the summer with sandwiches; you can experiment with pasta sauces, or just eat it with cheese. It doesn't take any special skills to make pasta and it can be prepared very fast.

Eggs are also going to help you in achieving your "cooking cheap" goal. There are so many ways to prepare eggs and they are pretty inexpensive. They are a great source of protein, I make eggs for husband after his workout , I boil them, scramble, make omelets with onions peppers, mushrooms, peas, tomatoes you can add just about anything, I also scramble them up with onions and potatoes and put them in a tortilla wrap, so many options for the humble egg.

Vegetables are very good for you. They have much more nutritional value if you buy them organic or at least buy them locally; we have lots of farms by us so we buy locally as often as possible, I roast mine a lot with some olive oil, rosemary and olive oil, there are so many ways to prepare your veggies.

Flour is another must in your home. I bake scones a lot and if you were to buy a pack of scones they cost roughly \$4- \$5 and I can make an abundance of scones for very little money, to can all sorts of things to scones, we make raisin scones, blueberry scones, strawberry scones. Baking can seem a little daunting and something I am not yet confident in but practice makes perfect.

Lughnasadh - August 1st

The grains are ripe for us to harvest. Our trees and gardens bear forth the fruits of summer. This is the time of Lughnasadh.

Lughnasadh is the Celtic harvest festival and it takes place on August 1st, it takes its name from the Irish God Lugh, one of the chief gods of the Tuatha De Danann, giving us Lughnasadh in Ireland, Lunasdal in Scotland, and Laa Luanys in the Isle of Man. (In Wales, this time is known simply as Gwl Awst, the August Feast.)

Lughnasadh is the word we use for the funeral games of Lugh the Irish Sun God (pronounced Loo). The celebration is not for Lugh but for his mother Tailte, the last queen of the Fir Bolg, who died from exhaustion after clearing a great forest so that the land could be cultivated. Tailtiu's name is from Old Celtic Talantiu, The Great One of the Earth, she may originally have been a personification of the land itself.

As autumn begins to emerge, the Sun God has now become old, he is not yet dead though. Lugh symbolically loses some of his strength as the Sun rises farther in the South each day and the nights grow longer.

As the years passed, traditions surrounding the feast at Tailte began to solidify into events and ceremonial activities designed to celebrate not only Tailtiu and the bounty of the harvest that her original sacrifice provided but also to honour the work and sacrifice of human beings as they strove to provide sustenance for their families and community.

Here is a traditional Irish recipe that my Grandmother used to make, its pretty simple to do and tastes really good.

Boxty (Potato Griddle Cakes)

1 cup hot unseasoned mashed potatoes
2 tablespoons butter or margarine, softened
2 eggs, beaten
1 cup grated unpeeled raw potatoes
1/2 cup flour
2 teaspoons baking powder
1 teaspoon salt
1/4 teaspoon pepper
1/4 cup milk
Butter or margarine, for frying

In large bowl mix together mashed potatoes and 2 tablespoons of butter. Stir in the eggs and grated potatoes, then the flour, baking powder, salt, and pepper. Blend in milk. Put 1 tablespoon of butter on a hot sizzling large nonstick frying pan. Drop the potato mixture, about 2 1/2 tablespoons at a time, making small pancake type boxties. Flatten slightly. Fry over medium-high heat until crisp and browned, turning once. Repeat with remaining potato mixture, adding butter to the frying pan as needed. Serve hot.

An old Irish rhyme:

*Boxty on the griddle,
boxty in the pan,
if you can't make boxty,
you'll never get a man. WAU Ireland*



The Nine Noble Virtues

Courage

Truth

Honour

Fidelity

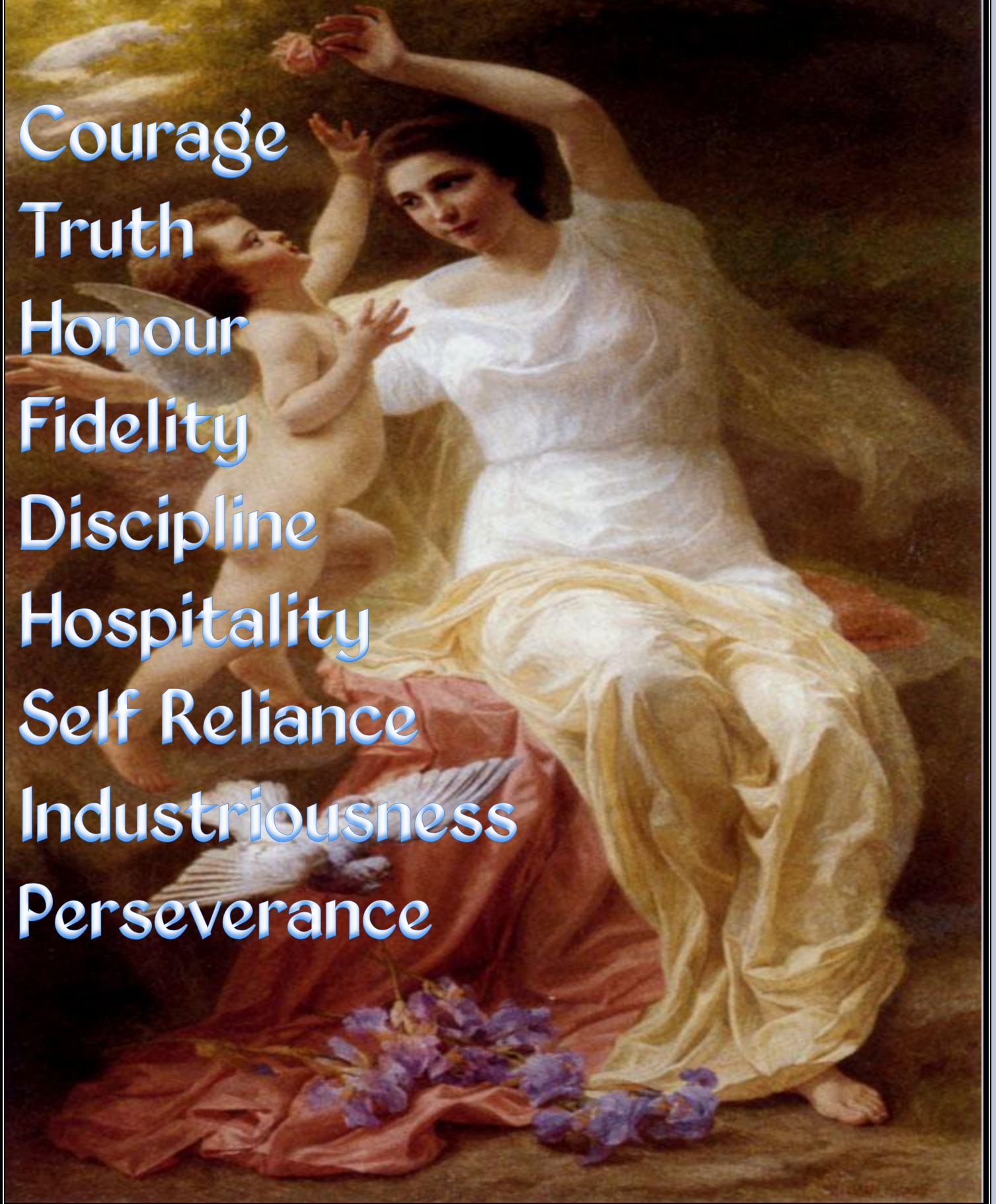
Discipline

Hospitality

Self Reliance

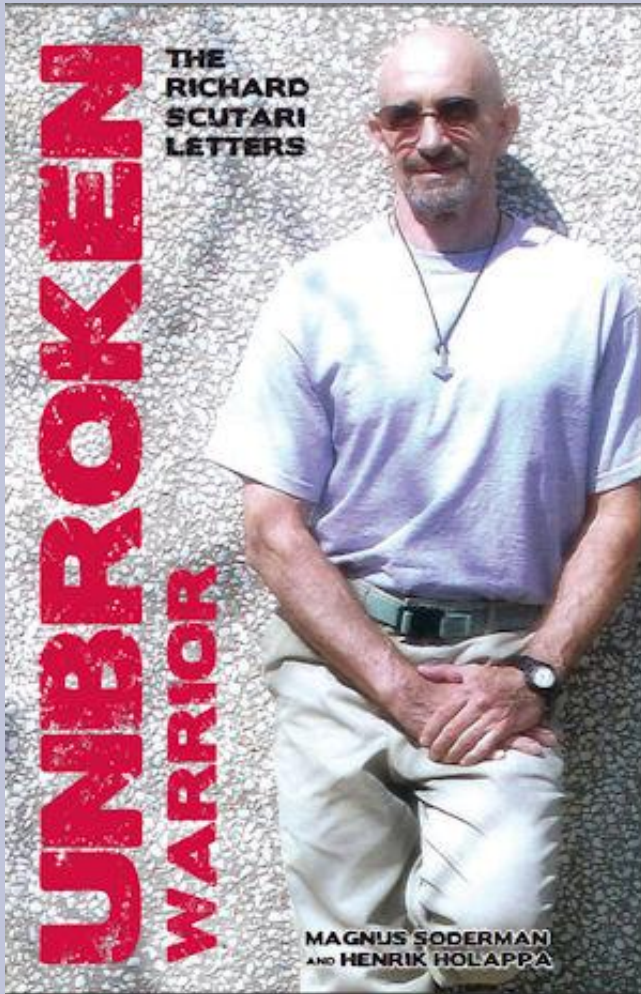
Industriousness

Perseverance



Unbroken Warrior

The Richard Scutari Letters



For over 30 years Richard J. Scutari has been active for the white nationalist movement, first and foremost, he is known for his activities in the Order (Silent Brotherhood) in the early 1980's, which resulted in his imprisonment. Since his capture by the FBI in 1986, Scutari has remained an influential person via his essays and letters he sent to those in America and Europe.

Richard Scutari's longtime correspondents, Magnus Söderman and Henrik Holappa, have gathered and assembled together Scutari's written works in the form of letters, essays, and quotations ranging from the mid 1990's

to the first decade of 2000. Söderman and Holappa reveal to their readers 14 letters – that have had the greatest impact on them – composed by Richard Scutari that is sure to fascinate the reader and extends their way of thinking.

Unbroken Warrior is a biography, but at the same time it is a dedication, for a man that has been able to share his knowledge of history, politics, religious matters, his world view as well as cultural affairs to his correspondents over the years. In spite of one's political stance this book shall become a valuable digest for everyone who cares about race and the values Richard Scutari represents - loyalty, courage and honor.

From customers abroad we accept only pay in advance (Paypal or bank payment).

Format: Softcover

Pages: 146

Language: English

More information: <http://www.kampboden.se> - email info@kampboden.se



MUFFINS WITH SMARTIES

INGREDIENTS

250 gr. Flour
2 Teaspoon Baking Powder
75 gr. Smarties
1 Egg
60 gr White Sugar
60 ml. Vegetable Oil
200 ml Yogurt

INSTRUCTIONS

Bowl 1: Mix the flour, the baking powder and smarties.

Bowl 2: Beat the egg, sugar, vegetable oil and yogurt. Beat to form a cream.

Mix the cream (bowl 2) with ingredients in bowl 1.

Pour the mix into muffin pan, filling 2/3 each.

Bake for 20 or 25 minutes or until muffins turn golden brown.
180 degrees.

*Decorate each muffin with chocolate, peanut cream, butter cream..
And some smarties!



WAU FRIGGA AWARD 2012

Coming to a Country near you...

One of the most important roles a woman may play in her life is that of the Mother. As a nurturer and an educator, the way she raises her children will have an immeasurable effect on their adult selves. As mothers, it is our job to ensure that our children are brought up with strong values, that they have healthy bodies as well as minds, and that they have the tools necessary to make responsible decisions when they finally leave the nest. Yet at the same time, we want them to enjoy the simplicity and innocence of youth while it lasts, and to shelter them from the sickness that permeates the world outside the haven that we, their mothers, have created for them.

This balancing act is not an easy one, and the task of molding a person, before they can make choices for themselves, is a heavy responsibility. For this reason, WAU have always shown love and respect to our special WN mothers out there.

If you know of a mother who deserves recognition for her dedication to Faith, Folk, and Family, please consider submitting your story to **WAU** for our 3rd WAU Frigga Award...



~I am fighting as an ordinary person for my lost freedom, my bruised body and my outraged daughters.. Boudicca ~



Safety Recalls

[Sassy Refreshing Rings](#)

Jan. 31, 2011 - About 37,000 Sassy Refreshing Rings Teethers are recalled because pieces of the black plastic can come off while baby is chewing on the teether/rattle. This poses an ingestion hazard. No injuries were reported. Call 800-323-6336 or visit sassybaby.com for information on returning the product for a replacement.

[Summer Infant Baby Monitors with Cords](#)

Feb. 11, 2011 - About 1.7 million Summer Infant baby monitors with cords are recalled because the cord poses a strangulation hazard when placed too close to baby's crib. Two infant deaths have been reported as a result of being tangled in Summer Infant baby monitor cords. All Summer Infant baby monitors with cords that were purchased in 2003 or later are included. Call 800-426-8627 or visit SummerInfant.com to order new warning labels or download new safe installation instructions at SummerInfant.com. Keep all baby monitors, of any brand, at least three feet away from cribs to prevent entanglement and strangulation.

[Pampers Natural Stages Pacifiers](#)

Apr. 5, 2011 - About 29,000 Pampers Natural Stages pacifiers are recalled because they don't meet federal safety standards and could pose a choking hazard. The pacifiers are made of silicone and were available in yellow, pink and blue. They were sold in packages of two. The stage 1 pacifiers have an oval-shaped mouth guard and have Pampers molded into the handle side of the mouth guard. Stop using the pacifiers and call 800-447-1224 to receive a refund or coupon for a replacement purchase.

[Dream On Me Cribs](#)

May 24, 2011 - About 22,000 Dream On Me drop-side cribs are recalled because the drop side hardware can break or fail, allowing the side to detach. If it detaches fully, there's a risk of falls. If the drop side detaches partially, it can form a dangerous gap that could allow a baby to become entrapped, leading to suffocation or strangulation. The recall includes full-size cribs manufactured between January 2006 and December 2009 with model numbers 612, 613, 615, 616, 617, 619, 628, and 639. The model number and manufacturer name can be found on a label inside one of the end panels on the full-size cribs. The recall also includes some portable cribs with a drop side. On these cribs, the mattress support can also break and the slats can loosen or detach. Portable cribs manufactured between August 2007 and November 2009 with model numbers 621, 625 and 627 are included. Stop using the cribs immediately and call 877-201-4317 or visit dreamonme.com. A repair kit will be available for the full-size cribs. The portable cribs will be replaced with a fixed side model.

Pagan Days of the Week

Sunday is named after Sunna (Sol), Germanic Goddess of the Sun, from which the word sun also is derived.

Monday was named after the Moon Goddess. Old English *mon (an) dæg* "day of the moon"

Latin *dies lunae* "day of the moon" Ancient Greek *hemera selenes* "day of the moon".

Tuesday was named after the God Tyr; he is the Germanic God of War and the Patron God of Justice, the precursor of Odin.

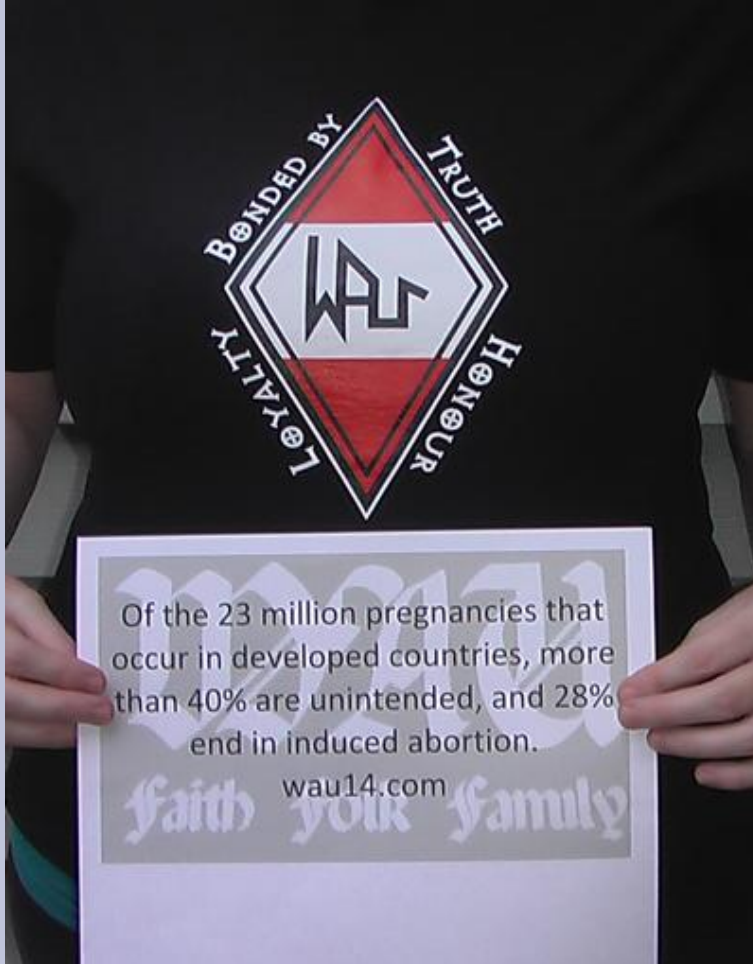
Wednesday is the midday of the week and is named after the Norse God, **Odin**. He was also known as Woden or Wotan. Unlike many of the other days of the week, this day did not correspond roughly with the Roman designation for the day. The early Scandinavians and Germans believed that Odin was the chief God of Asgard and as such deserved to have a day of the week named for him. The Anglo Saxons used the word, Wodnesdaeg.

Thursday was named after the God **Thor** who is the Norse God of Thunder. He is represented as riding a chariot drawn by goats and wielding the hammer Mjollnir. Rolling thunder is the sound of Thors chariot wheels as he rides the skies. He is the defender of the Aesir.

Friday was named after the goddess Frigga who is the Goddess of Fertility. When Norse tribes converted to Christianity Frigga was banished to a mountaintop and denounced as a witch. She was known as Frigga, Frigg, Frija, and Fri, but Frigedaeg (Friggs day) became Friday in the English calendar. In old German, she was called Frija; in Anglo-Saxon, Frig; and in Old Norse, Frigg. According to Teutonic mythology, she was the second and principal wife of Odin and Goddess of the clouds and sky, of married love, and housewives.

Saturday is the only day of the week that has retained its Roman origins in the wake of the English invasions of the Anglos and Saxons. This may have been because there was no Norse God to correspond to the Roman God of Time and the Harvest, Saturn. The Anglo-Saxons simply adapted the Roman, **dies saturni**, making it Saterdaeg. Saturn presided over the Roman festival known as Saturnalia.

Voice of the WarMaiden



Abortion is an issue not often addressed within our movement, I cannot actually ever recall coming across pro-life / anti-abortion facts and information on any racially based website. Most use the reason "but what about non - whites who have abortions etc.? All I have to say is "Why would I as a white racist even care what non- whites get up too? They are not my priority or even my concern, my concern is focused on the amount of young white women murdering / aborting white babies at an average of 2000 per day in the USA.

Our homelands are being flooded by non-whites who seem to always arrive in our countries pregnant, and continue to breed on a constant basis, I'm not saying we should follow that path, but more often than not white families are choosing to abort children rather than keep their children, mainly because it wasn't a convenient time to be pregnant or their jobs are way too important, those are the choices that make or break a race of people.

In order to secure some sort of future for our folk we need to populate our lands with our own kind. By deciding to deal with this issue we hope to open the eyes of those not aware of the reality of abortion, the majority of women who choose abortions have already given birth. Mothers who have had one or more children comprise over 60% of all abortions. Breast cancer risk increased 140% following an abortion. (*British Journal of Cancer* 1981; 43:72-6) Placenta previa is a condition producing extremely severe, life-threatening bleeding in future pregnancies. Risk increased 600% following an abortion. (*American Journal of Obstetrics & Gynecology* 1981; 141:769-72) Increased bleeding during subsequent pregnancies. (*American Journal of Obstetrics & Gynecology* 1983; 146:136-40)

I mourn the loss of our murdered children; i hope that our Gods / Goddesses cradle you in their arms for eternity. We hope that you have found love and peace in the arms of another. We will fight for the lives of your future Sisters and Brothers.

To say a child is unwanted says nothing about the child,
but it says much about the person who does not want
his or her child...

Advertisement



Skuld is one of W.A.U's many paperback publications, this magazine is one of a kind; it is dedicated 100% to Aryan Women. The purpose behind Skuld is to honour Aryan Women past and Present. Our next issue will feature Women from WW2 Era.

Being a woman is a very tough job. We are usually forced to mesh both warrior and mother into one. Many types of women past and present have made our roles in today's society unique. We are labeled as many different things by many different kinds of men and women; one thing that cannot be denied is that we as women are both fierce and motherly all in one.

Throughout history, war has been seen as a man's job; however women have always been involved in battles and sieges, not to mention duels, prizefights and so on. The most common occasion on which women would take part in battles was when their home was being attacked. A woman knew how to defend herself and her land. Proud women like Boudicca, Joan of Arc, Freydis Eriksdottir, Duchess Gaita of Lombardy, Countess Matilda Tuscany and many more.

Women have conquered the skies, art, and medicine and much more. As we have been forced to believe that women before us were content with being shackled to the kitchen sink, Skuld will tell you differently. Each issue of Skuld will focus on many different types of Aryan Women, both historical and mythological.

The first 4 issues can be viewed and downloaded @ wau14.com under our printable section...

WAW Sisterhood