

# HomeFront

Issue nº15 - A Publication for the Racially Conscious Home **PUBLICATIONS**

**SAMHAIN**

CRAFTS CORNER

CANDLE CARE

RECIPES  
and more...

**INSTILLING A  
POSITIVE BODY IMAGE  
IN OUR DAUGHTERS**

**HOMEFRONT VEGETABLE GARDEN**



FAMILY



HEALTH



HOME & GARDENING

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Samhain Samhain, tis the season of the Kelts and our New Year..The leaves are falling from the trees, the nights get darker earlier and that pending Winter chill is in the air....Look around you, respect mother nature and her bounty, ignore the crime, the hordes of invaders and spend a quiet moment and remember why we are proud to be European, Why we are Proud of what our people have created and accomplished, we are in a era of fight or perish so which one do you choose? Breath in the air of your homeland! Remember the Sacrifices Our Ancestors made for these lands we now inhabit. From the Green Lands of the Kelts to the Cold Lands of the Norse!

HomeFront is done for 2012 and we will be back for Ostara 2013, we wish all our readers and supporters a wonderful rest of 2012. Our next publication due out will be our Annual addition of Morrigan Rising which will be ready for the end of the year.

We always need new writers for HomeFront so if you think you can become a productive part of the HF team contact us with your idea's. We also need tips, idea's, recipes (with pictures you took), images of your children, information from Dad's, basically anything you think would be suitable for HomeFront.

We would love to have more Mothers and Fathers on board who Homeschool their children, we need as much information as we can get from those who are actually out there and doing it, right now we no longer have Homeschooling Moms or Dad who are part of HF.

If you would like to be part of a group of people who have dedicated their free time to building a Folkish Community for our Kin then please jump aboard. [waueuropa@yahoo.com](mailto:waueuropa@yahoo.com)

In Sisterhood  
WAU

# FRUGAL HOME

## COLORX CLEANER..

1 Empty Empty Plastic Spray Bottle  
1/4 Cup Bleach  
1 Teaspoon Laundry Detergent  
Fill the rest of the bottle with Water and Shake!

Just like most Home Cleaners, this one is mostly water, too. Doesn't it just make you crazy that we are all paying too much money for what is mostly water? Next issue we will feature make your own Febreze, i know my mother spends €5 a week on a bottle and you can make your own for a few cents....and we've found no difference in our homemade one at all, a savings of €20 a month just on that one item alone..

## CREAM OF TARTAR..

Use a few tablespoons of cream of tartar with hot water or hydrogen peroxide and clean any aluminum pans which have discoloration or any rusty drains, pans, or stains.

Do you have copper kettles? Mix some cream of tarter with lemon juice and rub the copper with it. Rinse and be amazed!

DAB  
INSECT BITES WITH  
A LITTLE LEMON IF  
YOU DON'T HAVE ANY  
ALOE VERA ON HAND, THIS  
WILL HELP THE HEALING  
PROCESS & REDUCE ANY  
SWELLING.

## STRAWBERRY EXFOLIATING BODY SCRUB:

125ml whole milk yoghurt  
60g fresh strawberries  
1 tbsp honey  
30g wheat bran

Blend the yoghurt, strawberries & honey in a blender until smooth. Stir in the bran. Wet your body in a warm shower & apply the scrub to your legs, arms & body. Massage gently into your skin then rinse off pat your skin dry.

## COOLING BATH VINEGAR:

500ml apple cider vinegar  
1 fresh thinly sliced orange  
1 fresh thinly sliced lemon  
6g fresh mint

Chop the mint coarsely. Place the orange, lemon & mint in a glass canning jar along with the apple cider vinegar & cover with a lid. Allow the mixture to steep for 2 weeks. Strain into a bottle. Use 60ml of the mixture per bath.

## AROMATHERAPY FOOT SOAK:

125g baking soda  
60g borax  
5 drops lavender essential oil  
2 drops grapefruit essential oil  
1 tsp almond oil

Add hot water to a plastic tub large enough to hold both your feet comfortably. Add the baking soda & borax & stir to dissolve. Mix the lavender & grapefruit essential oils with the almond oil & add to the foot bath.. Soak your feet for 10 minutes or longer if you wish. While your feet are still damp, gently remove any dry skin with a pumice stone.

## MARBLE MASSAGE:

Add a layer of marbles to any foot bath of your choice & enjoy rolling your feet on the marbles while you soak them.

by Simone



# THINGS WE SHOULD TEACH OUR DAUGHTERS

- 1: Ways to express her feelings - not eat them or purge them.
- 2: To work with what she's got and love what she's got. Tall, short, fat, thin, your daughter is beautiful - inside and out. Make sure you tell her all the time and make sure she believes it.
- 3: To like and respect herself and demand respect from those around her. She might end up lonely at times, but at least she won't be a doormat.
- 4: To value herself enough to defend herself - physically and verbally.
- 5: To be strong and confident in her abilities and not be afraid of failure. Teach her that sometimes she will fail, but she can't let that fear stop her from trying something.
- 6: That she has the right to get loud. Make sure she knows girls can and do get angry, they can have opinions and they can throw "lady like" behaviour out the window if necessary.
- 7: To never text/email/snail mail naked photos of herself to anyone. Ever. Ever. Ever.
- 8: To never steal her best friend's boyfriend. "Boys come and go, but girlfriends are forever."
- 9: That having her underwear and half her arse hanging out the back of her jeans is not attracting anyone substantial nor does it make her look attractive.
- 10: That smart girls get further in life than promiscuous girls.
- 11: To walk away from the teen magazines, there is so much pressure put on young girls these days about how they should look and dress that it's nauseating.
- 12: To be able to laugh at herself and have a sense of humour.
- 13: That the "Queen Bees", "Wanna Be's" and "mean girls" are a waste of time and she should just invest in one or two great friends.
- 14: That tragedy will happen in life, learn from it. Don't let it make you bitter. There are lessons to be learned and most are from our mistakes and tragedy that occurs.
- 15: To be passionate about the things that matter to her and to fight for the things she believes in.

*A man loves  
his sweetheart the  
most, his wife the best,  
but his mother the  
longest.  
Irish Proverb*



# INSTILLING A POSITIVE BODY IMAGE IN OUR DAUGHTERS

*By Talena*

Growing up & reaching those dreaded teenage years can be very distressing on our daughters, they not only have to adjust to all the changes happening with their bodies but also with all the social pressures coming from school, her peer groups and the media.

As many as one-third of high school girls believe they are overweight, when they're actually not. The fact is that these girls are so inspired by models and skinny actresses that the media portray as perfect women that they don't want to follow the height-weight charts that doctors advise for them. Instead, they want to be lean and fit like movie stars so they can carry off similar clothes. But the truth is that teenage girls undergo hormonal changes and have a developing body which only means that their bodies will be fuller than that of a fashion model, as well as the fact that a fashion model virtually starves themselves to look the way they do.

Sadly, an unhealthy body image can make impressionable teenagers resort to crash dieting and even result in eating disorders. Both anorexia and bulimia have severe health-damaging consequences.

If you want your daughter to see beauty in her body, you need to take a close look at how you speak of your own. Most young girls find their mums beautiful, so imagine how they feel when you as a mother do nothing but put yourself down, the way you feel about your own body influences the way your daughter will feel about hers. Speaking kindly of your own body and respecting in by healthy eating and exercise will give her the permission to do the same with hers.





***ENCOURAGING A HEALTHY BODY IMAGE IN YOUR TEENAGE DAUGHTER IS SOMETHING YOU MUST TAKE SERIOUSLY. IF YOU PLAY AN ACTIVE PART IN YOUR DAUGHTER'S LIFE YOU CAN INSTILL HEALTHY EATING HABITS AND A GOOD BODY IMAGE IN HER.***

## **WAYS IN WHICH WE CAN HELP OUR DAUGHTERS [ACHIEVE A HEALTHY BODY IMAGE](#).**

### **1. BE A GOOD ROLE MODEL**

Encourage a balanced diet and regular exercise. And if your daughter feels she is fat, don't disregard her point of view. Instead, make a pact with her that you will help her out and cook healthier meals and go on long brisk walks with her. This way, she will believe that you are a friend she can depend on and will learn healthier alternatives to losing weight.

### **2. TALK ABOUT MEDIA MESSAGES**

If you feel she is easily impressed by certain movie actresses and models and wishes to look like them, have a talk with her about how the media distorts beauty. Since it's impossible to shield our daughters from our society's unhealthy messages about beauty, we can use those same messages to open a dialogue about how things aren't necessarily what they seem. Critical thinking skills are one of the best tools we can offer our daughters.

### **3. DISCUSS EATING DISORDERS AND THEIR IMPLICATIONS**

If you are scared your child may resort to unhealthy means to lose weight, have a talk with her. Explain to her how a developing body needs a certain amount of nutrition, and failing to provide that can have serious repercussions.

### **4. GET HELP**

If all else fails and you are concerned about the amount of weight she is losing, take her to an expert. Together a pediatrician and a child psychologist can make a whole lot of difference.

STUDY:

# TELEVISION SHOULD BE BANNED

## for children under the age of 3

A review written in the Archives Of Disease in Childhood, an influential medical journal, suggests that doctors and government health officials should set limits similar to those for alcohol on the amount of time that children spend in front of the TV, computers and screen games. Children's obsession with the fore-mentioned is causing developmental damage and long-term physical harm, the review states.

According to the author, psychologist Dr Aric Sigman, the time that teenagers spend looking at screens at home is on average six hours a day in Britain and nearly eight hours in North America. Sigman states that negative effects on health take place after around two hours of sitting still, which later on increases risks of obesity and heart problems.

Since the critical time for brain growth is the first three years of life, babies and small children should interact with their parents eye to eye, and not with screens.

As the technology advances, paediatricians all over the world are becoming increasingly concerned of how the exposure to screens – mobile phones, TVs, games consoles etc. – affects the developing brain of children and young people.

The American Academy of Pediatrics has issued guidance, saying "media – both foreground and background – have potentially negative effects and no known positive effects for children younger than 2 years". The Canadian Paediatric Society has also recommended that no child have a TV, computer or video game equipment in his or her bedroom.

The issue is, however, controversial. Dorothy Bishop, professor of developmental neuropsychology at Oxford University, has questioned Sigman's paper, saying that although the topic is important, his work is not "an impartial expert review of evidence for effects on health and child development". Furthermore, she states that "Sigman does not appear to have any academic or clinical position, or to have done any original research on this topic".

Sigman has commented not to have chosen a work at any university, but works in health education. "I go into

schools and talk to children, usually about alcohol – trying to delay the age at which they start drinking," he responded. In his opinion limiting the use of electronic media was a similar public health issue.

Dr Louise Arseneault, senior lecturer at the Institute of Psychiatry, has commented Sigman's paper in a more positive manner. She considers the findings of the study "intriguing and add to an increasing body of evidence suggesting that a sedentary lifestyle is not optimal for the future of young children". Moreover, Lynne Murray, research professor in developmental psychopathology at the University of Reading, has stated that there is "a well-established literature showing the adverse effects of screen experience on the cognitive development of children under three". Murray says, however, that the adverse effects could be decreased if there was "a supportive partner – usually adult" watching and interacting with the child.

Justine Roberts, co-founder of Mumsnet, has expressed her concern on how to compete with technology. "It would be great if someone could invent a lock that could automatically ensure a daily shut down of all the different devices in and around the home after a designated period. Until such a thing is invented, it's going to be an ongoing battle to keep on top of everything," Roberts stated.

Source: The Guardian





# 10 TIPS FOR HELPING YOUR CHILD LEARN HOW TO READ

by Courtney - Australia

*Parents and siblings play a significant role in a child's reading development. I cannot stress to parents enough that it is vital to practise reading with your children at home. However, in today's society many parents find it hard to find time to sit down and read a book.*

*I have put together 10 tips to help your child reading at home and ways that busy parents can make a difference as well.*



## TIP ONE: PREDICTING

Before you begin to read get your child to look at the cover of the book and predict what is going to happen in the story or what kind of information might be in the book. As you are reading the book, stop at a random point and ask them to predict what happens next. This is an activity you can do while you are cooking dinner or doing the dishes while listening to your child read.

## TIP TWO: LOOK AT THE PICTURES

If your child gets stuck on an unfamiliar word, prompt them to have a look at the pictures for clues.

This is more effective with beginning readers who are reading simple books. It may also be a valuable activity in more advanced readers to look at how a picture can add meaning to the writing.

## TIP THREE: QUESTIONS

Ask your child lots of questions about what they are reading. If they are beginning readers ask simple questions. These questions will normally begin with; what, who, when and where, to get the basic facts of the story. For more experienced readers ask more in depth questions that begin with; why or how, to get them to explain different elements of the story.



Again this is something you can do while you are cooking dinner or driving them to school or to soccer training.

#### TIP FOUR: REREAD, REREAD, REREAD

Reread all books that your child likes to read, whether it is the book they bring home from school, from the library or any books you have at home. This will allow children to become familiar with stories and will build their confidence with reading. Also, when a child loves a story they will love reading it, so let them read a book that you have read a million times before.

#### TIP FIVE: READ A RANGE OF BOOKS

Don't just read picture books with your children. Try and read as many different kinds of texts as you can. Some texts might be; a magazine, newspapers, cookbooks or shopping lists. If you are cooking and are using a recipe ask your child to help you read the recipe. It not only helps their reading but also increases their awareness of different layouts writing can be in.

Beginning readers may not be able to read what is written in a magazine or newspaper but you can have valuable conversations about what is happening in the pictures. This is called Visual Literacy and is a skill that is taught through all grades of schooling.

#### TIP SIX: CLARIFY

Whenever you are reading with your child ask them if they know the meanings of some of the words. If they don't know the meaning of a word get them to reread the sentence to see if it gives you any clues. If still unsure read the sentence before and after the

one the word appears in. Then if your child still isn't sure use a dictionary to find the meaning. Using a dictionary is a valuable skill that promotes independence in reading.

#### TIP SEVEN: DON'T CORRECT EVERY MISTAKE

When your child is making lots of mistakes don't worry about correcting them all. You need to allow time for children to self correct their mistakes. Self-correction is the most valuable learning experience for them. Also you want to make you child feel like they are succeeding in their reading. Keeping your child's reading experience positive is vital.

#### TIP EIGHT: READ TO YOUR CHILD

When you read to your child you can build an excitement and passion for reading books, so always make it fun. Use different voices and make it dramatic. Children need to hear what good reading sounds like, even if it is a recipe. Good modeling leads to good reading habits.

#### TIP NINE: SOUND OUT

Your child may come to you and ask you what a word says but always try to get them to have a go first. Encourage your child to try to sound out the words they are struggling with. This is an opportunity for children to try and find sounds that are familiar to them, not just an opportunity to spell the words out.

#### TIP TEN: PRACTICE MAKES PERFECT

The best piece of advice I can give you is to make sure your child is always practising. Even if you forget about the first nine tips I have given you, remember this one. It is the most important!

If you ever have any concerns about your child's reading make an appointment and talk to their teacher.







# CHILD LOSS AWARENESS MONTH OCTOBER!

Today in the USA, An estimated 26,000 SADS deaths occur annually in the U. S., many of them at or near full term. Stated another way, 1 in every 115 deliveries is a "still" baby. Despite advances in so many areas of obstetrics, the incidence of stillbirths in many states has been rising in over the past decade. When it comes to your child and your pregnancy you cannot be tooled with enough information, sadly many of us are given the information after our children have died, decreased fetal movement is a huge alarm bell, your unborn child having hiccups isn't cute like i thought it can be a sign of distress, pregnancy diabetes can also be a cause, age has no factor in stillbirths, most of the women are in the 20's that are affected, most of them are full-term, most of them complained or mentioned decreased fetal movement only to be told it's normal because baby has less room when you are over 35 weeks gestation, a lot of you get to leave the hospital with your new crying baby, imagine leaving the hospital with a care package that has a lock of your child's hair, their footprints and the number for the funeral director who will bury or cremate your perfectly beautiful infant child.. Tool yourself with the information needed...

## DID YOU KNOW?

GLOBALY, OVER 3 MILLION BABIES ARE STILLBORN EVERY YEAR!

IN IRELAND APPROXIMATELY 500 BABIES DIE AROUND THEIR TIME OF BIRTH.

TODAY IN AUSTRALIA AND NEW ZEALAND, APPROXIMATELY 6 BABIES WILL BE STILLBORN.

TODAY IN THE UK , 17 BABIES ARE STILLBORN OR DIE SHORTLY AFTER BIRTH!

# DENTAL CARE FOR OUR CHILDREN

by WAU Southoz



It is disturbing to see the amount of dental decay in very young children, so I thought I would put together a few tips on keeping our children's teeth healthy.

Teeth are some of our children's most important possessions. How you look after their teeth from the time they are babies will make a difference to how they grow and how healthy they are. This means not only how you clean them but also how you protect them from things that can harm teeth. Tooth decay is preventable.

- Remember that teeth actually begin to form in the second trimester of pregnancy. At birth your baby has 20 primary teeth, some of which are fully developed in the jaw. To prevent build-up of bacteria run a damp washcloth over your baby's gums following feeding. Never allow your baby to go to sleep sucking on a bottle, when the sugars from juice or milk remain on your baby's teeth for hours, they may eat away at the enamel, creating a condition known as bottle mouth. Plain water is best for babies under 6months of age.

- It is recommended that you child visit a paediatric dentist before their first birthday, the dentist will explain proper brushing & flossing techniques. Such visits can help in early detection of potential problems, as well as helping kids become accustomed to visiting the dentist.

- Never put anything sweet on a baby's dummy.

- Babies should stop using bottles by the time they are 1 year old, NEVER EVER give your baby soft drink or cordial, water is always the best option.

- Healthy snacks and drinks are important for children. Try to keep away from too much sugar, especially between meals.

- Start cleaning your baby's teeth as soon as they appear in the mouth, remember that as soon as your child has two teeth you should start flossing them. Clean the teeth with a small, soft toothbrush, remember that children under 18 months do not need toothpaste.

- Brush the teeth twice a day - after breakfast and last thing before going to sleep at night.

- Children aged 18 mths to 5yrs should use toothpaste designed for children, parents need to supervise the use of toothpaste and tooth brushing by their young children. Children do not have the skills needed to fully clean their own teeth until they are 8 to 9 years old.

- You need to put the toothpaste on yourself until the children can do it properly. From 6yrs on children should use a pea sized amount of adult toothpaste.

- Spit the toothpaste out – DO NOT rinse the mouth after brushing



## ESSENTIAL VITAMINS FOR YOUR CHILDREN

Vitamin A is very important for keeping your child's immune system strong and healthy, it can help their vision in dimly lit areas and it supports healthy skin. Good food sources for Vitamin A are milk, cheese and eggs. Foods such as carrots, green leafy vegetables, red peppers and apricots contain beta-carotene, which the body can turn into vitamin A.

Vitamin C helps maintain healthy tissue in your child's body. Our bodies can't store vitamin C, so you need to get some every day. Young children, who can be fussy eaters, might not get enough from their diet alone so make sure they are getting it in whatever way possible. You can find vitamin C in lots of foods, including peppers, broccoli, oranges and sweet potatoes. From the start try and get your children to eat their fruits and vegetables to avoid fussy eaters.

Vitamin D helps your body absorb the calcium it needs without one another they are no good, keeping your children's bones and teeth healthy. Babies born with low levels of vitamin D will sometimes develop softened bones, which can lead to rickets. The best source of vitamin D is summer sunlight which is great if you live in a warmer climate, but it can be hard to get enough in other parts of the world to last through the winter months, so a vitamin supplement may be required.

## DO YOU GET YOUR 5 A DAY?

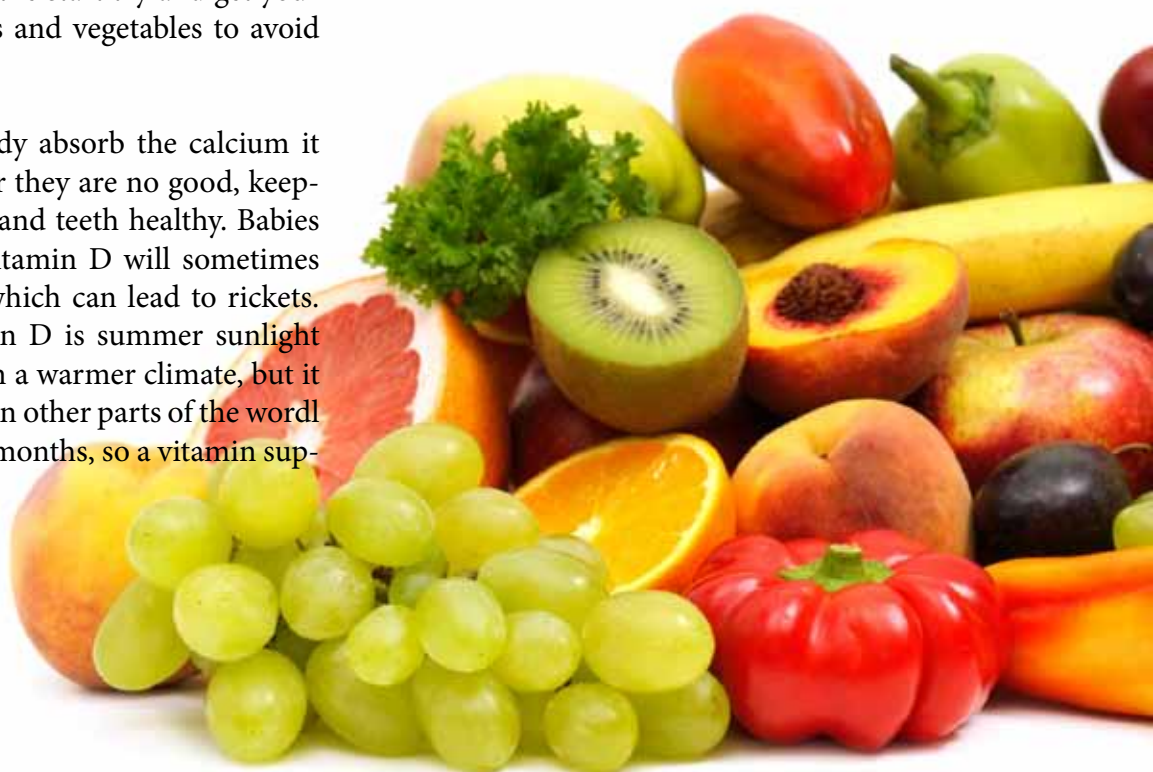
Do you get the most benefit from your five portions? you need to eat a wide variety of fruit and vegetables. Fruit and vegetables don't have to be fresh to count as a portion and they don't have to be eaten on their own either, they can also count if they're part of a meal or dish.. So let's eat up Folks!

One adult portion is roughly 80g...

Here's a guide to what makes a fruit / veg portion:

- 1 medium piece of fruit, such as an orange, banana or apple
- 1 medium tomato
- 1 small glass (150ml) of pure fruit or vegetable juice
- 1 heaped tablespoon of raisins, currants or sultanas
- 2 medium broccoli florets
- 3 heaped tablespoons of fresh, tinned or frozen veg, such as carrots, sweetcorn or peas.

Remember: certain foods, such as beans/pulses and fruit juice, only count as one portion no matter how much of them you eat or drink in a day, so try eat your fruits and veggies in their natural state, i love to keep a container of cherry tomatoes beside me as i work on HomeFront that way they are easy to pop into your mouth and I'm eating something of value



# LEAD Poisoning

by WAU USA

Recently having found out that my three year old had higher lead levels was a very scary moment. Having our house tested by the city Health Department made it worse. Every surface in our house from the window sills to the old fashion radiators was covered in lead paint. Even the walls that had been painted over the years had lead paint were the new paint had started cracking. Contacting our landlord proved to be useless. So this is what I learned:

## WHAT IS LEAD POISONING?

Lead is a poison that is harmful to your children's nervous systems. Even low-level lead poisoning can reduce intelligence, motor control, hearing and emotional development. Children with blood levels as low as 10 micrograms of lead per deciliter of blood – think one drop in 16 gallons of water - can have health problems. Adults can also have problems when exposed over time but leads effects on young children are worse. Young bodies absorb lead more readily and children are involved in more hand to mouth activities; plus lead tastes sweet. A blood test is the best way to detect lead poisoning since there are no immediate symptoms to alert you to a problem.

## WHAT CAUSES LEAD POISONING?

Lead based paint in the home is the major source of lead poisoning. Lead based paint for interior or exterior residential use was banned in 1978. Therefore, paint hazards are primarily a problem for homes built before 1980. The most likely interior surfaces coated with lead based paint include: stair trim, door trim, crown moldings, baseboards, window sashes, frames and walls both in kitchens and bathrooms.

## ACTIONS TO TAKE IMMEDIATELY IF YOU SUSPECT A LEAD PROBLEM:

Have your children tested for lead poisoning. This can be done at your doctors office or the local health department.

Test suspected surfaces for lead content. Do it yourself kits are available at hardware stores. Some local health departments also will test for lead. Clean up damaged paint with wet paper towels.

## SHORT TERM SOLUTIONS:

Cleaning solutions. To keep dust levels down wash painted surfaces twice a month. Purchase a cleaner specifically recommended for lead paint, or use an automatic dishwasher detergent. Rinse the surface with clear water after washing. HEPA vacuums. Use a high efficiency particulate air filter vacuum to clean up lead dust or debris. Call you local health department to find out the location of the nearest HEPA vacuum available for loan. Painting. Keep painted surfaces in good repair. Intact lead paint is not a danger to a child until it deteriorates or is damaged. Never use power sanders or open flame torches to remove old paint. Clean up debris continually and don't let children in the work area. While painting has been shown to reduce lead levels it is not a permanent solution.

## PERMANENT CONTROLS:

The only ways to take care of lead based hazards are to remove them or cover them. Never use an ordinary vacuum cleaner to clean up the work area. Use a damp mop or rent a HEPA vacuum. Change your clothes before leaving the work area as a precaution.





# DANDELION HEALTH BENEFITS

1) Cancer: Dandelion root extract is unique, and is one of the only things found to help with chronic myelomonocytic Leukemia and It is effective in treating Breast Tumors.

2) Detoxification of vital organs: Because of the diuretic abilities of dandelion root, it is beneficial for flushing out the Liver, Kidneys and Gallbladder. It works great to purify the blood and cleanse the system. This also makes it a good herb for fighting Infections. It is also used for Arthritis, Osteoarthritis, Gout and Rheumatism

3) Dandelion tea actively ameliorates disease—it is a potent disease-fighter—and helps the body heal, helps Boost Immunity and Heart Disease, and age-related Memory Loss.

4) Treating Anemia: Because of the high content of iron in dandelion root, it is beneficial for building red blood cells in the body to treat anemia.

5) Treating Diabetes: Dandelion root has been shown to lower blood sugar levels in patients. In Europe, it's used to treat Type-1 and Type-2 diabetes.

6) Digestive System: Dandelion root, when made into a tea, is beneficial for relieving constipation, flatulence and fullness.

7) Treating High Blood Pressure: Dandelion root is a natural Diuretic. When combined with its high potassium content, it is an effective treatment to lower blood pressure.

8) Dandelion tea helps reduce High Cholesterol.

9) High Nutritional Value: Dandelion root contains vitamins A, B-complex, C and D as well as the minerals Iron, Zinc and Potassium. This combination of vitamins and minerals also makes dandelion root a High Antioxidant Food.

10) Mood Enhancer: Due to the high amount of vitamin B-complex, dandelion root can help to stabilize mood and Treat Depression.

11) It is very beneficial to Menopausal Women

12) Dandelion root is also used to treat skin disorders such as Acne, Eczema and Psoriasis.

13) Laxative: Dandelion root is also a mild laxative and is used to help with regularity.

14) Dandelion tea helps with weight control—especially with Weight Loss.

(Composting spent dandelion tea Blossoms, Leaves, and/or Roots, after drinking your dandelion tea, improves soil composition.)

(There are very few side effects linked to using dandelion root. Allergic Reactions to the herb have been reported. People taking prescription lithium, a diuretic, medication to lower blood pressure or medication to lower blood sugar should not take dandelion root. Women who are Pregnant or Breastfeeding should consult their doctor before taking this herb.)

## LAVENDER TEA ON ICE:

*The beneficial constituents of lavender include flavonoids, tannins, coumarines, and essential oil containing camphor, geraniol and linalool. You can get fresh lavender from your local health food store. Let the tea steep for about 7 to 10 minutes. Then strain, try adding a sweetener, lemon then pour over ice and just enjoy!*

Here are a few health benefits attributed to lavender tea: But please know, we all have choices in life and one must do what's best for self! BUT PLEASE NOTICE IT SAY "MAY HELP"

Lavender tea may help ease insomnia.

Lavender tea may help calm nervousness and anxiety. It may also be used to alleviate stress and uplift flagging spirits.

Lavender tea may help treat an upset stomach, as well as flatulence and colic. It may also be used to treat stomach and bowel infections.

Lavender tea may help alleviate depressive and migraine headaches.

Lavender tea, when applied topically, may help alleviate colds, cough, asthma, bronchitis and similar problems in the respiratory system.

Lavender tea may help induce sweating and consequently reduce the body temperature during fever.



# Carbon Monoxide

## THE SILENT KILLER

*My cousin and his girlfriend both died from Carbon Monoxide Poisoning in their rented accommodation, their landlord never installed a detector and they were both found dead sitting on their couch together, be aware, be prepared and make sure your family are safe in their home...*

### CAUSES..

You can be in danger of Carbon Monoxide poisoning at home if dangerous amounts of Carbon Monoxide accumulate in the home. This can happen as a result of any or a combination of the following:

- Faulty or damaged heating appliances
- Heating appliance not maintained or serviced
- Rooms not properly ventilated
- Blocked chimneys or flues
- Indoor use of a barbecue grill or outdoor heater
- Poor installation of heating appliances
- Improper operation of heating appliances
- Property alterations or home improvements, which reduce ventilation
- Running engines such as vehicles or lawnmowers in garages
- Using cooking appliances for heating purposes

Symptoms of Carbon Monoxide poisoning can be similar to those caused by other illnesses such as a cold or flu. They include..

- Unexplained headaches, chest pains or muscular weakness
- Sickness, diarrhea or stomach pains
- Sudden dizziness when standing up
- General lethargy

**Symptoms of Carbon Monoxide poisoning can be similar to those caused by other illnesses such as a cold or flu. They include..**



### WHAT TO DO?

If anyone in your house has any of the symptoms outlined above get fresh air immediately, then go to your doctor and ask him/her to check for Carbon Monoxide poisoning.

Stop using the appliance immediately and do not use it again until it has been checked by a registered installer or a qualified service agent.

The amount of CO which the blood absorbs depends chiefly on two things: how much CO is in the air and the time of the exposure. Adverse effects of CO on humans are reduced by periods of breathing fresh air. The degree of recovery depends on the number and length of those periods. The general state of health and degree of physical activity of a person exposed to CO are other factors involved in the effects of Carbon Monoxide on the body. If you or your family experience symptoms and you believe CO may be involved you should seek urgent medical advice. Inform your doctor of your concerns. CO will leave the blood when you go out into the fresh air and tests for CO may be inaccurate if taken hours after the exposure has ceased.

Again, if you find a person ill or unconscious near any fuel burning appliance, be careful in case you also become a casualty. Get fresh air immediately by opening windows and doors.

Sources: Carbon Monoxide Factsheet Europe.



# MANAGING YOUR WEIGHT

## and trying to shed those pounds..

Being overweight can lead to health conditions such as high blood pressure, heart disease or diabetes. Being underweight could also affect your health, my sister and I are the same height but built completely different, so for me to weigh as little as she does would not suit my frame and vice versa, so don't go with those medical guides for weight as they don't take your body type into consideration, i look better at 155lbs and my sister looks better at 135lbs.

**AS WELL AS STAYING ACTIVE, EATING WELL WILL ALSO HELP KEEP YOUR WEIGHT IN CHECK. FOR EXAMPLE:**

Eat a balanced diet, with lot's of veggies in there, i eat plenty of fruit but tend to focus more on veggies, and when i eat fruit i eat the darker fruits like blackberries, blueberries, plums etc. Fruit is a good pre gym food.

You must drink plenty of water, try aim for six to eight glasses of water (or other fluids) a day to prevent dehydration. When the weather is warm or when we get active, we may need more. But avoid fizzy drinks that are high in added sugars. I know water can get boring so i squeeze in some fresh lemon and limes to add a little zest, a good way to make sure your hydrated is from checking the colour of your urine it should be clear..

Drink less alcohol as it is high in calories, and if you are pregnant it can be harmful to your baby. I drink very rarely and when i do it is never more than two drinks, the term beer belly doesn't exist for no reason!

Try not to skip breakfast – it doesn't help you lose weight. In fact, eating breakfast can help people control their weight. A healthy breakfast is an important part of a balanced diet, and provides some of the vitamins and minerals we need for good health. I have always found eating breakfast to be a chore and I still don't enjoy eating in the morning, i eat a small bowl of weetabix with low fat milk and most days i have to force it down, but I have been trying to eat it so you can try too....



*Be Healthy!*

## NATURAL WAY TO RELIEVE MENSTRUAL CRAMPS

**BE HYDRATED:** dehydration can worsen the cramps. drink a lot of water make sure you are hydrated.

**GINGER:** During times of a painful menstruation, use ginger as an effective home remedy. Pound a piece of ginger and boil it in a cup of water for a couple of minutes. Sweeten the infusion with sugar and drink three times daily after meals.

**HOT WATER BOTTLE:** Place a hot water bottle on your stomach to relieve cramps.

**DRINK HOT LIQUIDS:** When your pelvic region feels congested and cramped, allow the warmth of hot liquids to increase your blood flow and relax your muscles. Some of the best drinks include hot herbal teas and warmed up lemonade.

**CINNAMON (DARCHINI):** The anti-inflammatory and antispasmodic properties associated with cinnamon can ease the symptoms of menstrual cramping. Sprinkle cinnamon on your breakfast foods or add to a tea.

# AVOCADO

*Do you know that the inside of the avocado peel is actually valuable, it's most precious oil is hidden away in the peel of the avocado as is also a wonderful facial moisturizer. To be technical, the oil contains a humectant, a substance that holds moisture. Using gentle upward strokes, lightly massage your face with the inside of the peel. Let the oil residue remain on your skin for about 15 minutes. At that time you may either leave the oil on your skin and go to sleep or, if you intend to put on make-up, wash your face gently with three or four rinses of tepid water and pat dry. The oil will be invisible but it is there, ready to hold your foundation or powder in place for hours.*

## PUFFY EYES

We don't really know

WHY Avocado is so effective on under-eye puffiness, but it IS. The procedure is very simple: peel an avocado, remove the pit, and slice a half into quarter-inch crescents. Lie down, secure a few slices under each eye, and rest for about 20 minutes. The result is corrective magic!

## DRY SKIN MASQUE

Go to your kitchen and beat the yolk of an egg until it is light and frothy, then add the mashed pulp of a half avocado, blending it well (you may use a blender at this point). Cleanse your face thoroughly before using this masque (or any masque). Spread the avocado mixture over the face and neck evenly; relax on a your bed for about 20 minutes. Remove with clear tepid water and a face cloth, followed by a rinse of cold water or a mild skin lotion. The result should be a marked improvement in skin texture, and all-around revitalizing.

## OLIVY SKIN MASQUE

Put the white of an egg, a teaspoon of lemon juice, and the mashed pulp of a half avocado into a blender. In seconds, you should have a lovely green mixture. Wash your face and neck thoroughly, then apply masque evenly on those areas. Relax for 20 minutes; remove with tepid water and a face cloth. Follow with cold astringent or skin tonic.

## AVOCADO MOISTURISING BODY SCRUB

110g mashed ripe avocado  
110g cucumber  
40g almonds

Puree the avocado & cucumber until smooth then grind the almonds into a coarse meal in a blender & combine all together. Wet your body in a warm shower & apply the scrub to your arms, body & legs. Massage gently into your skin with a circular motion. Rinse well & pat your skin dry.



# HANDY TIPS

Peel a banana from the bottom and you won't have to pick the little stringy things' off of it.

Take your bananas apart when you get home from the store. If you leave them connected at the stem, they ripen faster.

Store your opened chunks of cheese in aluminium foil. It will stay fresh much longer and not mould!

Add a teaspoon of water when frying ground beef. It will help pull the grease away from the meat while cooking.

To really make scrambled eggs or omelettes rich add a couple of spoonfuls of sour cream, cream cheese, or heavy cream in and then beat them up.

Add garlic immediately to a recipe if you want a light taste of garlic and at the end of the recipe if your want a stronger taste of garlic.

Reheat Pizza - Heat up leftover pizza in a non-stick skillet on top of the stove, set heat to med-low and heat till warm. This keeps the crust crispy. No soggy micro pizza. I saw this on the cooking channel and it really works.

Expanding Frosting - When you buy a container of cake frosting from the store, whip it with your mixer for a few minutes. You can double it in size. You get to frost more cake/cupcakes with the same amount. You also eat less sugar and calories per serving.

Reheating refrigerated bread - To warm biscuits, pancakes, or muffins that were refrigerated, place them in a microwave with a cup of water.. The increased moisture will keep the food moist and help it reheat faster.

Newspaper weeds away - Start putting in your plants, work the nutrients in your soil. Wet newspapers put layers around the plants overlapping as you go cover with mulch and forget about weeds. Weeds will get through some gardening plastic they will not get through wet newspapers.

Reducing Static Cling - Pin a small safety pin to the seam of your slip and you will not have a clingy skirt or dress. Same thing works with slacks that cling when



wearing panty hose. Place pin in seam of slacks and -- ta da! -- Static is gone.

Measuring Cups - Before you pour sticky substances into a measuring cup, fill with hot water. Dump out the hot water, but don't dry cup. Next, add your ingredient, such as peanut butter, and watch how easily it comes right out..

Reopening envelope - If you seal an envelope and then realize you forgot to include something inside, just place your sealed envelope in the freezer for an hour or two. Viola! It unseals easily.

Conditioner - Use your hair conditioner to shave your legs. It's cheaper than shaving cream and leaves your legs really smooth. It's also a great way to use up the conditioner you bought but didn't like when you tried it in your hair..

Get Rid of Ants - Put small piles of cornmeal where you see ants. They eat it, take it 'home,' can't digest it so it kills them. It may take a week or so, especially if it rains, but it works & you don't have the worry about pets or small children being harmed!

INFO ABOUT CLOTHES DRYERS - Dryer sheets cause a film over that mesh that's what burns out the heating unit. You can't SEE the film, but it's there. This is also what causes dryer units to catch fire & potentially burn your house down with it! The best way to keep your dryer working for a very long time (& to keep your electric bill lower) is to take that filter out & wash it with hot soapy water & an old toothbrush (or other brush) at least every six months.

Simone





# HOMEFRONT VEGETABLE GARDEN

*At HF we decided to start this new “column” about how to grow your own vegetable garden either you have a small patch of land on your backyard or not.*

**AS AN INTRODUCTION, THE THINGS YOU MUST HAVE IN MIND ARE:**

## **WHERE ARE YOU GROWING YOUR VEGETABLES?**

If you have your own land you must have in mind if your soil is good and fertile. You can fertilize your land by adding some manure; the most popular nowadays are horse or chicken manure, but I personally use worm compost by my own experience this is the best fertilizer I ever tried.

If you don't have the luck of having a land where you can grow vegetables you can grow them in containers. The most important things you must have in mind are: having a good drainage system in your containers so your plants don't drown; buy organic fertile soil; in warmer months you need to water your plants daily because the soil in containers gets drier and hotter.

**NEVER, EVER** grow vegetables or plants you will eat in containers not meant for gardening, like water bottles, milk bottles etc although lately we see all over the internet these “re-using” movements, ecofriendly tips blah blah these ideas are merely decorative. These containers are not meant to grow plants and are not prepared to be exposed to the weather conditions. It will contaminate your soil and your plants with toxics that eventually you will end up eating.

## **SUN PLEASE!**

Be sure your vegetables have enough sun exposure; be aware that some vegetables need plenty of sun; others will dry out if exposed to too much sun.

## **SEEDS OR GROWN PLANTS?**

Always grow everything from seeds, plant nurseries are awful places to buy your vegetables because they are grown with lots of chemicals, if you are buying a plant to eat never buy it from a plant nursery, grow it from the seed, it's safer.

Know your weather

Here at HomeFront we are writing about vegetables grown in southern lands of Europe, where we have a great weather all year round and can grow virtually everything most of the year, we are lucky but most of the places do not have that luck so you need to be careful with seasons and never plant vegetables out of season, it probably will be a waste of time and resources.

## **PLAGUES AND BUGS**

There are a lot of plagues that can kill your plants or damage them badly, but there are a lot of bugs that are useful for your soil and will eat the plagues. Maybe in further issues we will address this subject deeper, for now just keep in mind bees and ladybugs are our best friends =) Even wasps do a great job pollinizing our flowers. This summer it was the wasps that saved my cucumbers, they did a great job pollinizing the cucumber flowers.





# HERE WE GO!!!!

## GROWING RADISHES

*In this issue we are going to write about our experience growing Radishes, since is one of the easiest things you can grow and if you are wondering how to start your vegetable garden and have no experience this is great as a starter.*

Nowadays there are a lot of radish varieties for all seasons and weathers. Traditional varieties of radishes will grow between spring and beginning of autumn.

Make a planting bed with 1cm deep and plant them in rows spaced to 6 to 8 cm.

When the first seedlings appear, pick up the extra ones, and leave only one per "hole". Seeds will sprout in 4 or 5 days.

Radishes need a lot of water and plenty of sun, you will need to water them daily.

In 30 days your radishes will be ready to harvest. Pick them from the soil, with a knife remove the leaves and the extra root.

Clean up the soil and store them in the refrigerator up to 3 weeks.

### DID YOU KNOW?

Radishes are native from Europe!

They grow white and turn purple when they are mature!

They are ready to harvest one month after the seed is planted, and that is why radish mean quick root!

*If you have any ideas, questions or doubts about any gardening subject send us an email and we will try to answer you in our next issue.*



**TIP:**  
I ALWAYS MAKE A SALAD FROM THESE "BABY LEAVES", JUST ADD SOME GARLIC AND OLIVE OIL TO THEM =) BUT DON'T EAT GROWN RADISHES LEAVES.



# GREEN HOMEFRONT

Avoid using hotel toiletries - Don't take the toiletries from your hotel, these are mainly plastics that will go to landfill. Instead, fill small bottles with your own shampoo from home.

Close your refrigerator door - Ensure that your refrigerator's seals are fully functional and don't leave the refrigerator doors open for too long. Refrigerators turn themselves off when they become cool to save energy, but when the air inside them warms, they switch on.

Recycle Baby Blankets into Wash-Up Rags - We all know how children are with food and liquids, you know how messy they can be. Using a disposable paper towel for every messy face, hands or spill is not only expensive, but it's wasteful and bad for the environment (paper towels cannot be recycled).

Reuse your yogurt pots - Yogurt pots are notoriously difficult to recycle. Yogurt pots are made from polystyrene, which is a plastic that is not typically recycled. Since you can't recycle yogurt pots.

- \* As with all plastic containers, where possible keep them for storage
- \* You can also use them for filling with fruit squash or juice before freezing to make ice lollies!
- \* Schools & playgroups may use them as craft materials
- \* They can be used in the garden as pots for seedlings or cane covers
- \* They can be cut into strips and used as plant labellers. You just need a permanent marker to write on them.
- \* Puncture the bottom of 2 pots, thread a string between them, and then children can use them as a cheap telephone!

Think about all the amenities that become trash (nice, unused and filled products that are only cap opened) when people go to their hotels and open them. A bottle of shampoo just to smell it etc they are creating huge

amounts of trash even if they think it's ok because they didn't use it.

Use cloth bags when you go shopping, they fit easier in your pocket on the way to the market and are reusable and great for the environment.

Recycling your old baby blankets to use as rags... old t-shirts and socks that have lost their mats work great too. I like to cut the t-shirts and baby blankets into squares and keep them in the kitchen to use as needed.

Filter water at home and use your own bottle. It's WAY better for the environment, and way cheaper.

Cereal box liners are tear-resistant and great for crushing crackers or pounding meat.

Store your grocery bags in a old tissue box. When all the air is out of them, you can fit plenty in the box.

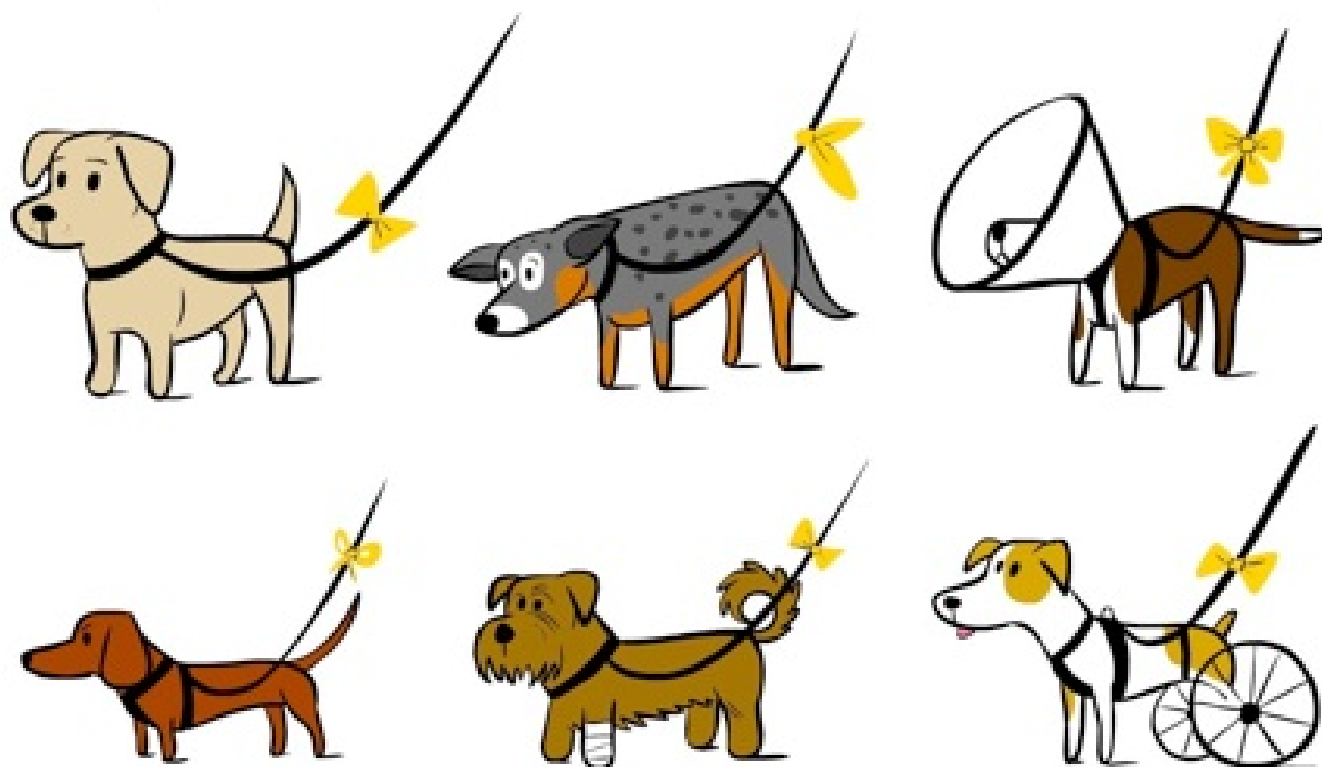
## HomeFront

To remove smoke smells from clothes, whether from cigarettes or bonfires, add half a cup of bicarb into the rinse cycle when washing. Alternatively, soak smokey clothes in a solution of bicarb before you put them in the washing machine by adding half a cup to enough warm water to cover the clothes in a bucket. Leave for half an hour to an hour then into the wash.



# THE YELLOW DOG PROJECT.com

If you see a dog with a **YELLOW RIBBON** or something yellow on the leash, **this is a dog who needs some space**. Please do not approach this dog with your dog. Please maintain distance or give this dog and his/her person time to move out of your way.



There are many reasons why a dog may need space:

HEALTH ISSUES

IN TRAINING

BEING REHABILITATED

SCARED OR REACTIVE AROUND OTHER DOGS

## THANK YOU!

Those of us who own these dogs  
appreciate your help and respect!



# PET CARE

Discourage cats from using parts of your garden & plants as a litter tray by spraying the area with lemon juice & scattering cut up lemon rinds. They hate it!!

I actually use this one for my animals to stave off fleas. After washing & drying off your pet be sure to sprinkle some bicarb on their beds, also sprinkle on their coats or trouble spots & work in well. This not only repels fleas but it dehydrates them aswell causing them to die. Cheap, safe & no harm to the environment.

You can also sprinkle bicarb on your carpets & furniture, leave overnight & then vacuum the next day to rid of any that may be lurking around

Make up a natural flea spray for your dog by slicing 2 lemons into a bowl then pour almost-boiling water over them to cover & leave to soak overnight. Strain liquid & pour into a spray bottle. Liberally spritz the dog all over & rub into their coat. You can also spray their bedding but watch it doesn't get to soaked. Citrus oil kills & repels fleas & your pup will smell lovely too! Do not use this for cats however as they find the smell deeply offensive.





# Homemade DOG FOOD

BY COUNTRY ROADS

1 lb shredded meat (beef, chicken, pork) or hamburger  
2 cups barley  
1 cup rice  
1/2 cup mixed dried beans/peas any varieties  
1/2 cup shredded/minced carrot  
1/3 cup bacon grease or beef drippings  
4 beef or chicken boullion cubes



All goes into a large stewpot and fill with water. Cook until thick.

I add minced garlic starting in February thru December and save the garlic/onion skins for the dog's house (bedding) to help cut back on fleas and other vermin.

I'm not particular about the cut of meat and will sometimes purchase liver if there's nothing on sale.

Our dogs are healthy, allowed large soup bones to maintain their teeth and have not had flea/parasite or worming problems since using this diet.

And yes, dogs love cracklins! crunch crunch !





## SWEET AND TANGY CHICKEN

8 chicken thighs - You can use a whole chicken or other parts. We love thighs the best. And we want them on the bone with the skin.

1 package dry french onion soup mix

1 (8 oz bottle) Russian dressing (I prefer Wishbone Russian dressing)

1 small jar of apricot preserves or about a cupful.

Mix all ingredients, except chicken, in a bowl.

Place chicken pieces in a baking pan. Sprinkle with pepper. No extra salt is needed.

Pour sauce over chicken and make sure it's coated well.

Roast uncovered at 400 degrees for 1 hour to 1 hour and 15 minutes until chicken is done. Baste several times during cooking.



## MAKE YOUR OWN VANILLA EXTRACT

Any size airtight jar or bottle that you like  
3 – 4 vanilla beans  
vodka

Add the vanilla beans (split and chopped) to your jar/bottle then all you need to do is fill them up with the vodka, and then put in a cool dark spot for 6-8 weeks and shake every week. Of course the more vanilla beans that you add to the vodka the stronger the flavour will be!



*Had a lot of tomatoes this year, this is one of the recipes I used for breakfast:*

## BAKED EGGS IN TOMATO CUPS

4 medium sized tomatoes on the vine

4 large eggs

1 tbsp butter

Freshly minced or dried thyme

Salt and pepper

Heat oven to 375. Slice off the tops of tomatoes. Carefully scoop out the pulp. Place tomatoes on a shallow baking pan. Crack an egg into each tomato cup. Add a ¼ teaspoon butter, sprinkle with thyme and season with salt and pepper. Bake for 25 minutes. Remove and serve immediately with toast. If you like your egg yolks to be more runny, bake for only 20 minutes.



## CLEANING TIPS



**BAKING PANS** - To remove the burned bits stuck to the bottom of a baking pan, apply a liberal amount of paste made from baking soda & water. Leave over-

night, discard what has come away & then wash the pan in hot, soapy water.

**BBQ PLATE** - While the grate is still hot after cooking, sprinkle it liberally with salt to absorb all the grease. Then, once it is dry, simply brush the salt deposit away. If you have one that needs cleaning before you can cook on it, give it a scrub with salt water. Use a soft brush & wipe the surface dry with a cloth. Smear the surface with a little vegetable oil or linseed oil to prevent it from rusting.

**DRAINS** - Pour 1/2 cup of either washing soda or baking soda down the drain, followed by 1/2 cup of vinegar. Leave it for an hour or so to do it's work, then pour in 1/2 cup of salt & 5 or 6 cups of boiling water.

**GREASE** - It might be enough to sprinkle the spot with flour or talc & leave it for a while to absorb the grease. Then shake away the flour & wash the garment as usual. If not then run very hot water through stain if possible & apply eucalyptus oil to absorb the grease. Then wash as usual.

**On carpet** - Sprinkle flour or talc over the stain leave for several hours. Vacuum up & then blot with a damp cloth sprinkled with eucalyptus oil.



# AUTUMN... FALL... SECOND HARVEST...

The Autumn Equinox has many names and not all are familiar to our readers: Festival of Dionysus, Fall, Mabon, Michaelmas, Labour Day, Alban Elfed, the Cornucopia, Feast of Ailon, Night of the Hunter, Second Harvest, Wine Harvest, the Witch's Thanksgiving. For the Kelts this is our Second Harvest, when Acorns fall from Majestic Irish Oaks, when i was a child we would use the bottom part of a fallen acorn as a seat for the Faeries that we would leave out for them, even as an adult when i see one i sit it up correctly by the tree for easy access...

Now that the Autumn Equinox is here it means that day and night are now equal in length and this happens when the Sun is at 0° of Libra. The "Harvest Moon" is the name given in the past because night harvests were possible by the light on the Full Moon nearest to the Autumn / Fall Equinox. Often, the Harvest Moon is bigger and brighter and red in colour, the warm colour of the Moon shortly after it rises is caused by light from the Moon passing through a greater amount of atmospheric particles than when the moon is overhead, i only got to see a Red Harvest Moon once in 2007 if memory serves me right.

There are many traditions about the cutting of the last sheaf of wheat at the end of the harvest and that a young Maiden should cut this..In some parts of Ireland and the UK, a corn dolly was made from the last sheaf of corn (English name for wheat) harvested. The corn dolly often had a place of honour at the families dinner table, and the doll was kept until the following spring, the doll was then plowed back into the ground in hopes that this would bless the new crop for their family. Maybe those of you with land could implement such a tradition for your family.

For Our Folkish Traditions  
HomeFront





We are told there are two possible sources for the origin of the name Samhain. One is from our Aryan God of Death, Samana, and the other is from the Irish Gaelic word "samhraidhreadh", which literally means "the summer's end", which i happen to think is the proper name origin for Samhain since this date marked the end of summer and the beginning of winter for us Kelts. With the day after Samhain being the official date of our Keltic New Year. The reason our ancestors picked this date in time as their new year rather than Yule, when the rest of Western pagans celebrate it, was because the sun is at its lowest point on the horizon as measured by the ancient standing stones of Britain and Ireland. We still have bonfires all over Ireland for Samhain and we still Invite deceased ancestors and other friendly spirits to join our Samhain festivities, we all look forward to being reunited with loved ones who are otherwise separated by time and dimensions of existence.

HomeFront



# Samhain Craft Corner

## BALLOON SPIDER

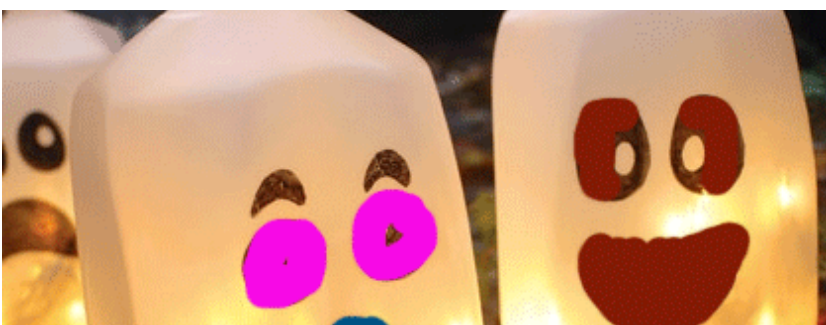
The balloon spider is hung with a blue tack and double sided sticky tape, i use black and red balloons but you can use any colour balloon you wish, for the legs i use Crepe paper which is tissue paper and it comes in a ton of different colours, you can make your spiders in various sizes and colour and hang them from corners or above the entrance to your door etc. so many cool options....You can even put a glow stick inside your balloon once you've blown up your balloon for outside spiders that will glow in the dark...



## SPOOKY GHOSTS....

- 3-4 Clean plastic milk containers
- 3-4 different coloured permanent marker
- 1 Craft knife
- Strings of Various Coloured Stringed Lights.

Draw ghost eyes and mouths on each jug, Tip: You should leave the caps on while you do this, so the jugs don't dent. Use the craft knife to cut a small 2 inch hole in the back of each jug (a parent's job). Arrange the your spooky ghosts near each other and string the lights between them, stuffing several bulbs into each of the jugs, you can get any coloured lights you want, you can also put a glo stick inside the milk carton also, great and easy craft for Halloween..



## PAPER BAG GHOULS

Create your own gaggle of ghoulish lunch bag faces to set along your window ledge and welcome -- or ward off! -- your trick-or-treaters.

What you'll need

- Paper lunch bags
- Magazine photos of people or printed out halloween faces from online
- Scissors
- Glue
- Stones



### HOW TO MAKE YOUR GHOULS

- Cut facial features from magazine photos and glue them to paper lunch bags, we have also printed out pictures of ghouls and horror movie characters and glued them on, you are only limited by your Samhain Imagination..

- Give each gargoyle a personalized hair-do by fringing the top of the bag, then twisting the fringe or curling the edges around a pencil, you can even colour the hair green, black, orange etc. we have also used coloured crepe paper and attached it to the paper bag hair..

- Finally, place a stone in each to weigh it down, then set them out for all to see -- and for them to see all.



# Candle Care

Always keep your burning candle within sight, make sure when leaving a room for any extended amount of time that you blow the candle out or put the lid back on..

Keep your candles out of the reach of children and pets, don't place lit candles in areas easy accessible by either.

Place your burning candles at least 10cms apart, this ensures that they won't melt each other, or create drafts that can cause the candles to flare, or the glass to crack.

Never burn a Candle on or near anything that can catch fire, place your candles away from drapes, bedding, carpets, books, paper, flammable decorations, etc. Candles should be burned away from other sources of heat such as television sets and direct sunlight.

Trim the wicks to 1/2 an inch each time before burning. Long or crooked wicks can cause uneven burning, dripping or excessive smoking.

Always use a candle-holder specifically designed for candle use, the holder should be heat resistant, sturdy and large enough to contain drips or melted wax. Make sure the candle holder is on a heat resistant surface to avoid damage.

Keep the wax pool free of wick trimmings, matches and debris at all times, debris in wax can cause excessive flames and smoke.

Always read and follow the instructions with each candle, do not burn your candle for longer than recommended and try not burn them for longer than 4 hours at a time..

Keep burning candles away from drafts, vents, ceiling fans and air currents. This will help prevent rapid, uneven burning, and avoid flame flare ups and sooting. Drafts can also blow lightweight curtains or papers into the flame where they can catch fire..

Don't burn a candle all the way down. Extinguish the flame if it comes too close to the holder or container, the heat may cause the glass to crack..

Extinguish a candle if it flickers too much, smokes, or if the flame becomes too high. The candle isn't burning properly. Let it cool, trim the wick, check for drafts and then relight. Use a snuffer to extinguish a candle. It's the safest way to prevent hot wax splatters.



# IRISH

## IRISH INVENTIONS

1661 - Modern Chemistry.....Robert Boyle came up with the foundation of modern chemistry in 1661, in his publication The Sceptical Chymist.

1700's - Chocolate Milk - Sir Hans Sloane - Added milk to chocolate for the first time and invented chocolate milk..

1759 - Guinness .... Arthur Guinness .... Need we say anymore?

1800 - Soda Water..... Robert Percival Professor of chemistry at Trinity College In Dublin....

1878 - The Submarine.... John Phillip Holland - County Clare, Ireland...

1894 - Colour Photography & Radiotherapy for Cancer Treatment ..... John Joly - County Offaly...

1899 - Rubber Soles - Humphrey O'Sullivan - County Cork, Ireland.. Corn born Humphrey attached a small piece of rubber to the soles of his shoes in order to reduce the pain of standing on his feet all day..

1911 - The Armoured tank ....Dublin, 49 Tanks fought in the Battle of Somme, the first battle in which tanks were used..

1944 - Aircraft Ejection Seats ... James Martin - 7,300 lives in 93 air forces have been saved.

1944 - The Atomic Bomb - Ernest Walton, County Waterford, Ireland. Waltons Nuclear particle accelerator, built with John Cockroft in 1929, used 600,000 volts to Split the Atom..



*We all know someone who has had breast cancer be they survivors or sadly a breast cancer victim who has passed, my grandmother and aunt both had breast cancer so it is something i am very aware of and proactive about, when it comes to your health there is only one option and that is to be PROACTIVE. Be your own health advocate!*

## *HomeFront*

### KNOW YOUR BREASTS

- 1) Know what is normal for you
- 2) Know what changes to look and feel for
- 3) Look and feel
- 4) Discuss any changes with your Doctor with no delay..
- 5) Attend for breast screening when called or advised..

### LOOK AND FEEL FOR CHANGES

- Change in size or shape, one breast may become larger than the other..
- Changes in the nipple - in direction or shape, pulled in or flattened, or unusual discharge...
- Changes on or around the nipple - rash, flaky or crust-ed skin.
- Changes in the skin - dimpling, puckering or redness.
- Swelling in your armpit or around your collarbone.
- A lump, any size, or thickening in your breast.
- Constant pain in one part of your breast or armpit..



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