

# The Self-Sufficiency

# Shoppe Newsletter



Issue No. 41

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## The Importance of Self-Reliance

- **For Yourself**
- **For Your family**
- **For the Planet**

Society has become very dependent on commercialism. Nearly everything we use in our day-to-day living is now manufactured or processed (with the expectation that the consumer will, in response, 'buy'). Besides the 'convenience' factor this highly commercialised lifestyle has taken away our autonomy (control) - leaving us very dependant on commercial offerings for survival.

Knowledge and skills of times past have been eroded or lost as generations pass and more people know only what's available on the shelves and sales floors of retail outlets. It's a precarious situation - what would happen if manufacturing, commercialism, importing, world finance, etc. were to change due any one of many, many factors that could cause such change? What skills would we have, personally, to rely on if day-to-day commodities were no longer or temporarily available?

I once had a discussion with someone who worked in a local charity distributing food to needy people. She commented that her charity no longer accepted offers of 'unprocessed food', i.e. fresh meat, vegetables and fruit - because many people no longer had the basic skills required for preparing or cooking such food to make it consumable. Whole chickens, raw mince, fresh potatoes, etc. were, therefore rejected in favour of easy to use frozen or packaged food. My thoughts were: How would these people survive if much of the processed food currently available (much of it already coming from overseas) if they had to rely on the basics?

I do not entirely blame the consumer - it's been very advantageous in terms of 'profit' for the retail world for people to demand more and more commercial goods. Powerful advertising has been a clever tool in convincing people to forget about the complexity of 'doing it yourself' and opt for convenience and ready-made (or ready-processed and manufactured).



There are many other factors that come into play resulting in this change in society.

1. It has had a negative impact on our health and lifestyle (poor diet and resulting health issues, lack of exercise, chemical over-load, etc.).

2. Monetary dependence - more money required in order to afford these products. Processed and/or packaged goods are also more expensive.
3. Impact on the planet - manufactured and processed products require resources and energy to create and dispense (waste, residue).

What can we do about it? Start now in changing behaviours - just a few small changes will do much for not only yourself - but your family, the planet and your purse! I often say to people the best place to start is in general areas easier to adapt - household cleaning is a good example. Using non-commercial alternatives for cleaning the home is much easier than, for example, changing your personal deodorant to using vinegar! Yuck I hear people say!

Green Cleaning is the term I use to categorise 'cleaning alternatives', that is, cleaning without the use of products or chemicals that are toxic to humans, animals and/or the environment. Not only is it better and safer it is also much cheaper. The only issue that arises is behavioural - habitually changing so that you no longer feel inclined to reach for something commercial when a cleaning need arises. So let's get started on Green Cleaning.....



## **Green Cleaning is Clever Cleaning**

**Why buy commercial cleaning products when your home can be cleaned just as effectively using cost effective, non-toxic, safe alternatives?**

**It does not matter with what the home has been cleaned - as long as it is clean. Family, friends and relatives will be just as impressed with a clean home whether it be with expensive commercial products or cheap safe, chemical free alternatives. In fact they most likely would not be able to tell the difference!**

### **The Power of Advertising**

Through very clever and powerful advertising we have equated 'cleanliness' with the use of chemically based commercial products. Most of these products contain powerful chemicals (usually toxic) that are often quite expensive to purchase. In most cases a range of separate products are sold for different cleaning tasks (which boosts sales for the manufacturer) when in fact one single cleaning product can be used for a range of cleaning tasks.

### **The 4 Advantages of Green Cleaning:**

**SAFER** Cleaning without the use of chemicals will benefit the health and well-being of you, your family and the environment. Green cleaning methods are less likely to cause sensitivities and reactions.

**CHEAPER** Green cleaning saves you money. It's more economical to use a few simple alternatives for all your cleaning rather than purchasing numerous commercial products for individual cleaning tasks.

**BETTER for ENVIRONMENT** Green cleaning contributes significantly less to the problem of toxins (from chemically laced cleaners) leaching into the environment or as residue from the manufacture of commercial cleaners. It also means less containers (of which disposal is a problem)

**REASSURANCE**: It's re-assuring to be familiar with safe alternatives for cleaning. It allows for more 'control' over what chemicals are introduced into your household and fosters less dependence on commercial offerings.

## What to use:

I do all my cleaning with four basic items: bicarb soda, vinegar, bar of soap and eucalyptus oil - and for a little extra cleaning strength I'll make a spray using cloudy ammonia (see recipe below) - which discourages me from buying commercial cleaning products if I feel my simple alternatives are not working as effectively as I would like. Here's a run down on what each of these items will do:

**Bicarb Soda:** Abrasive cleaning, scouring, stain removal, deodorising, whitening, water softener.

**Vinegar:** General cleaning, deodorising and disinfecting.

**Eucalyptus Oil:** Deodorising, disinfecting (when added to other ingredients), stain removal (hard-to-remove stains), odour enhancer, rejuvenating leather and vinyl

**Pure Soap:** Soap (bar of soap) can be used as a replacement for the entire range of detergent based products you are currently purchasing - it's definitely much cheaper and less chemically orientated. Turning soap into soap jelly (see recipe below) is the best way.

## Useful Recipes



### **Economical Soap Jelly** (*Turning a bar of soap into 20 litres of soap jelly*)

Grate one bar of soap. Put one half in one 9 litre bucket. Put the other half of grated soap in another bucket. Add ½ cup washing soda\* and 2 litres of boiling water to each bucket. Stir both buckets until mixture has dissolved. Top each bucket up to full with water. Leave to cool. To use: 1 cup per full wash tub (for clothes washing) or use as a detergent alternative for all other cleaning tasks: dishes, floors, walls, mats/carpets, hair shampoo, liquid hand wash, etc. \*Sodium carbonate - available from supermarkets.  
(From e-Booklet No. 50 Recycling Soap)



### **All-purpose Spray Cleaner** (for extra cleaning power)

Mix together 1/3 cup each of water, cloudy ammonia (or vinegar) and liquid soap-jelly\*. Add 8-10 drops eucalyptus oil. Mix and pour into a recycled spray container. Cleans everything when extra cleaning power required: Stains on clothing (apply before washing) or spray onto surfaces to clean grime, grease and dirt from walls, vinyl, stove top, tiles, around light switches, etc. \*use bio-degradable dishwashing detergent if soap jelly is not available. (From e-Booklet No. 23 Green Cleaning)



### **Homemade Disinfectant**

Half fill a recycled plastic bottle (an old vinegar bottle is ideal) with cheap (white) vinegar. Fill the remainder of the bottle with water. Add a 4 drops eucalyptus oil and 2 drops green food colouring. Apply lid and shake. For Lavender disinfectant use lavender oil and pink/purple colouring. (From e-Booklet No. 33 Versatile Vinegar)



## **Green Cleaning Workshop@Home**

*Do all your cleaning with just four basic household items.  
Never walk down the supermarket cleaning lane again!  
Safe, cheap and environmentally friendly.*

**Recipes and procedures for making:** Deodorising powder, Disinfectant, Air-freshener, Furniture polish, Heavy duty cleaning powder, Soap jelly, Lemon dish washing soap, All-purpose surface cleaning/stain removal spray. *Plus many other recipes & cost saving ideas! All the information you'll need to get started in Green Cleaning.*

**Price: \$25.00** To order download from [www.theshoppe.com.au](http://www.theshoppe.com.au) or contact:  
pam@theshoppe.com.au OR send \$25.00 (plus \$3 postage) to:  
The Self-Sufficiency Shoppe, P.O. Box 390 Park Holme 5043

Other Workshop@Home titles available:

◆ **Natural Skin Care** ◆ **Soap-Making** ◆ **Natural Hair & Body Products**  
(see [www.theshoppe.com.au](http://www.theshoppe.com.au) or contact The Shoppe for more information)

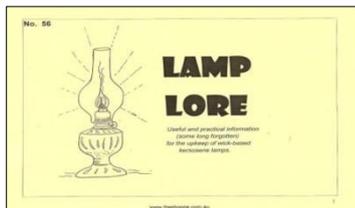


## e-Booklet No. 34 - Practical Candle-making

When I began researching the craft of making candles I was stunned at the cost of the basic materials (from craft suppliers) to make candles. So I set about devising a way of making candles cheaply and easily using plain white candles and wax crayons for colouring. In fact the whole process of candle-making via this method involves using just recycled and/or low cost materials - which is

much cheaper and environmentally responsible than the commercial option. You'll find all the information in e-booklet No. 34 Practical Candle-making.

**Price: \$12.00 Download from [www.theshoppe.com.au](http://www.theshoppe.com.au) or see purchasing details below**



## e-Booklet No. 56 - Lamp Lore

In times past cleaning, repairing and maintaining household lanterns was an important part of the household routine and involved certain knowledge and skills - not so sought after in today's world. So, before being lost 'forever' I've put some of this information in the booklet 'Lamp Lore' (No. 56 in the booklet range). If you are a collector of old lamps (like

me) then you will appreciate knowing a little about the long-term care of such lamps.

**Price: \$12.00 Download from [www.theshoppe.com.au](http://www.theshoppe.com.au) or see purchasing details below**

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There are 3 ways to purchase publications:

### **Method 1. From the website:**

All information is available for **immediate download**. This is the quickest way to access information.

1. Go to [www.theshoppe.com.au](http://www.theshoppe.com.au)
2. Click on 'Shoppe Publications' or 'Workshop@Home'
3. Scroll down to find your chosen title
4. Click 'ADD TO CART'
5. Click 'Continue shopping with The Shoppe' to order more booklets or
6. Follow the prompts: 'Proceed to Check-out' to pay. (You do not need to have a Paypal account to order via this method. You can pay by debit or credit card, Mastercard, Visa, American Express or Paypal)
7. When payment has been processed your Booklet or Workshop@Home format will appear immediately for download in PDF (Acrobat) format on the screen.
8. Save to your computer for printing (full booklet or just relevant recipe pages) or use ebook reader.

### **Method 2. Internet Banking or Direct Payment:**

Electronic funds transfer into The Self-Sufficiency Shoppe account. Booklets can then be emailed or posted\* to you. Email: [pam@theshoppe.com.au](mailto:pam@theshoppe.com.au) for The Shoppe's bank account details for payment transfer. \*Please add \$3 to the price of each booklet to cover printing and postage costs.

### **Method 3. By Mail**

Send cheque/money order to The Self-Sufficiency Shoppe - P.O. Box 390, Park Holme, 5043 (add \$3 per booklet for printing & postage). Your booklets will be downloaded and printed for you and sent to your address. Please add \$3 per booklet for postage and printing costs.

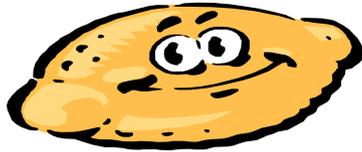
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## Lemons, Lemons Lemons!

It's lemon season again - backyard lemon trees are now producing juicy, flavoursome lemons in abundance. Lemons have a multitude of uses - cleaning, culinary, hair care, skin care, deodorising, preserving, and more. I recently took part in a local 'Remember When' display for the elderly.

My stall offered good ol' homemade lemonade. People loved it - the taste took them back to the days when cordials were homemade - and synthetic flavours and colours were something yet for the future!

Here's my recipe:

### Homemade Lemonade

3 cups sugar  
3 cups water  
Juice of 12-15 lemons  
Rind of 3 lemons

**Method:** Dissolve sugar in water in saucepan on stovetop. Add juice and rind. Simmer 5 minutes.

Leave to cool slightly – pour into clean storage bottles. Use as a cordial base by diluting to taste (about 1 part cordial to 10 parts icy water). Store undiluted cordial in fridge. Lasts up to 2 months



### Homemade Sugarless Lemonade

*(Many people have asked for a lemonade recipe without sugar - I, too, take care to keep my sugar level under control - so here's a sugar free recipe)*

Combine juice of 12 lemons with 6 cups cold water. Add 30 sachets sugarless sweetener (or equal quantity loose sweetener). Mix well.

*To be served undiluted with added crushed ice - but on tasting you may prefer it diluted to taste. Tastes wonderful with a little added chopped mint.*



You'll find lots more lemon recipes in **Booklet No. 10 - The Humble Lemon** \$8.00

**Download from**  
[www.theshoppe.com.au](http://www.theshoppe.com.au) or see page 4



## More than just kerbside recycling

Don't overlook the value of using recycled containers for practical uses in the home. It would seem that due to the wonders of kerbside recycling people now consider the job is done for them and recycling containers in the home not necessary. But think of the energy and money saved when a simple recycled glass jar or plastic pot is used in place of something new - it surely must bring a smile on Earth's gentle face when we reuse materials created from precious resources in place of buying new.

I've put together a series of booklets on recycling that offer hundreds of suggestions for saving money (and doing the right thing for the planet). As an example I find the Maconna coffee jars wonderfully useful - their airtight lids keep biscuits fresh much better than plastic pots and when filled with sweets or treats, tied with decorative ribbon make wonderful gifts.



For more reading here's some relevant e-booklets numbers:

- No. 15 – 60 Ways to Recycle a Tin Can**
- No. 16 – Waste Not Want Not**
- No. 17 – Home Paper-Making**
- No. 31 – 50 Ways to Recycle Newspaper**
- No. 32 – Home-Made Envelopes & Other Paper Projects**
- No. 48 – 60 Ways to Recycle Plastic Supermarket Carry Bags**
- No. 63 – Making Play-toys from Recycled Materials**
- No. 77 – Recycling Rags**

See [www.theshoppe.com.au](http://www.theshoppe.com.au) (Shoppe Publications) for more information or contact The Shoppe for publication list.



## Garden Plants are Hidden Gems

Garden plants are so very practical with many hidden uses - cleaning, perfuming, adornment, personal use, healing ..... the list is probably endless. Yet in our consumer, commercialised world we tend to overlook the practicalities of natural resources - such as plants from the garden - in favour of chemically orientated commercial products.

We nurture and care for our gardens all year yet are not fully informed about the many practical plant uses. Plus plants from the garden come cheap - growing freely in the garden (and in some cases - like lavender and rosemary - on the kerbside).

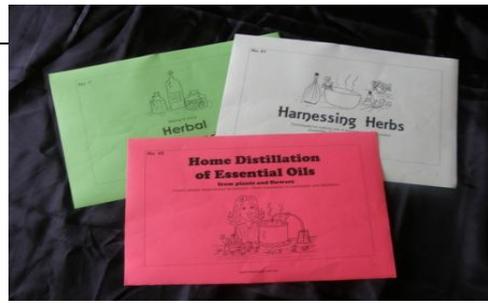
Here's some quick and easy (and environmentally friendly) ways to use herbs and plants from the garden that maybe you had not considered:

- Place sprigs of herbs (rosemary, thyme, lavender) directly into bottle of cheap vinegar for use as a natural disinfectant
- Throw handfuls of fresh garden plants - roses, herbs, jasmine - into the bath for a naturally healing and perfumed bath.
- Place a muslin bag containing fresh herbs into a jar of Epsom salts to make natural soothing bath-salts (body or feet)
- A vase of fresh aromatic flowers is a natural chemical free way to deodorise a room
- Gently simmer fresh flowers on the stove to perfume and deodorise the home.
- Make a quick perfumed body or facial wash by simmering highly perfumed flowers and plants in water for 3-5 minutes. Strain and bottle ready for use.
- Herbed cooking or salad oil saves adding fresh plants to the dish. Place sprigs of herbs (and fresh garlic) in a bottle of oil. Leave to steep on window-sill for 5-7 days before use.
- Throw handfuls of fresh mint in the pet's bed area to help deter fleas.



### Handy hint: What herb/plant to use?

Follow your nose - your perception of smell will tell you what you like best - and use that!!



## Practical Plants Booklet Set

Resourceful and practical ways to utilise common garden plants - such as distillation of essential oils, making perfumes and fragrant oils, floral waters, herbal vinegars and much more.

**Contains 3 Booklets:**

No. 7 – Herbal Vinegar, No. 45 – Home Distillation of Flowers and Plants, No. 61 – Harnessing Herbs.

**Price: \$24.00**

**(Available for instant download-see page 4)**



## 'Ways With' Booklet Set

*Utilizing what's in your garden to the absolute fullest!*

**10 Booklets:** Ways With MINT, Ways With PARSLEY, Ways With TOMATOES, Ways with LAVENDER, Ways with ROSES, Ways with ZUCCHINI, Ways With ROSEMARY, Ways With THYME, Ways With NASTURTIUMS, Ways With SAGE:

You'll be surprised at the many hidden uses for garden plants, flowers & produce growing right near your back door!

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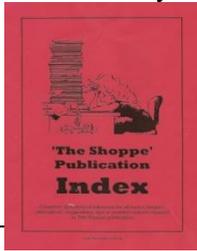
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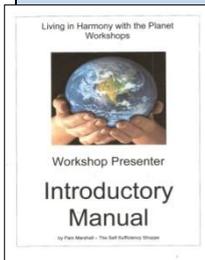
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## Natural Skin Care Workshop @ Home

*Make your own facial skin care products using ingredients from the home and garden!*

*Complete natural facial skin care regime (cleanser, astringent, moisturiser) using affordable, safe and environmentally friendly ingredients*

**Recipes and procedures for making** ♦ Facial cleansers ♦ Facial scrub ♦ Oatmeal bag  
♦ Herbal astringent ♦ Antibacterial astringent ♦ Herbal moisturiser ♦ Lip salve  
♦ Lipstick ♦ Lavender Hand cream ♦ Bath-salts

**The Basics:** *For this workshop you'll need:* Oatmeal, honey, herbs (from the garden), almond or grape-seed oil, cider vinegar, coconut oil, olive oil, rock salt, beeswax, food flavouring & colouring, recycled jars.

**Price: \$25.00**

**To order download from [www.theshoppe.com.au](http://www.theshoppe.com.au) or**

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# The Self-Sufficiency Shoppe



Rekindling our Relationship with Earth  
Safe, economical, chemical free and  
environmentally responsible alternatives to  
consumer products

website: [www.theshoppe.com.au](http://www.theshoppe.com.au)

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Using affordable, environmentally friendly ingredients from home & garden.  
Procedures & recipes for: Natural Skin Care, Green Cleaning, Hair & Body Products, Soap-Making,  
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'The Shoppe Newsletter' contains recipes, useful information, comments on environmental issues, etc.  
All back issues available on website

Speaker available for meetings, events, gatherings on all topics mentioned above.  
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