



# The Self-Sufficiency

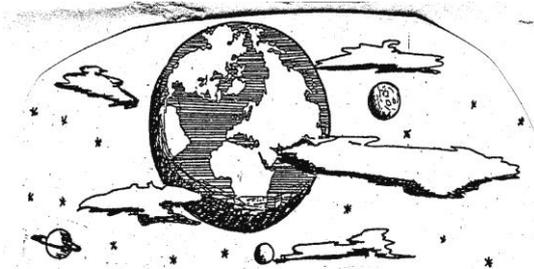
# Shoppe Newsletter

Issue 11

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## Living in Harmony with the Planet



### Rekindling Our Relationship with Earth

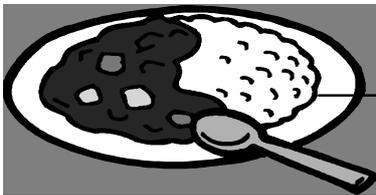
Humanity is facing serious environmental problems that become more apparent as each day passes. Our Earth is a fragile place that struggles to cope with the ravages of human behaviour. The reality is - as hard as it is for us to face - we are living beyond our means. Our lifestyle and lack of consideration for the environment extends beyond what planet Earth is able to sustain. The future really does not look too good. It's now commonplace to talk about 'ice-caps melting and raising the sea level', 'droughts and subsequent water restrictions', 'temperature increases that will affect food production (global warming)', 'increased seismic and earthquake activity', etc, etc. Yet some 20 years ago such things were not given a second thought. And I believe that as time goes on these types of topics will even more dominate our daily lifestyle and concerns about the future.

The western culture (our way of lifestyle) is not infallible – in earth's history every great culture eventually collapsed or 'turned in on itself'. A 'smart' culture is one that anticipates these planetary changes and works with them. 'Smart' humans are humans that respect the planet and adapt and make changes to avert or 'work with' the future consequences. In the current planetary circumstances our western culture with its survival highly dependant on the earth's resources is doomed. The big question is: Where do we plan to go when we've depleted this planet to the point that it can no longer sustain humanity? The answer: No-where! In the face of current circumstances our western society and its monetary system based upon 'progress' and 'profit' seem obsolete and outdated. 'Profit' and 'progress' are completely useless when there's nothing left to sustain human survival.

## The Way Forward is Backward

Human existence on planet Earth is all about 'balance': balancing the way we live with the planet's continued survival. Quite obviously our current lifestyle (in particular the western culture) is well beyond that balance. Humanity must learn to curb its extravagant existence back to a time when we lived within our means. What this means is a less 'processed' lifestyle, relying less on wastefulness and exploitation of resources and more on a simplistic existence where personal sacrifice for the sake of the planet is considered a necessity – not a choice. Do we really need that new plasma screen TV? Do we really need highly packaged foods? Do we really need the luxury of car travel? Do we really need 24 hourly air-conditioned environments? The list goes on and on. We might think we do – but when considered in the context of the planet's resources and our future – then we do not.

The message is that its time to change our ways – for the sake of the planet. Its time to reconnect with the Earth – and rediscover a harmony with the planet that has been lost in the rush for 'progress'.



## Home-Made Spice Blends

I find it interesting to note what eBooklet Titles are popular with customers – and surprisingly No. 53 'Homemade Spice Mixes' is one of my best sellers. My reason for writing it was a frustration with the tiny bottles

of expensive spice mixes (full of additives!) available from the Supermarket. I questioned whether I could make up my own blends in larger volume containing my choice of ingredients at a cheaper price. The result is No. 53 – containing a range of spice blends – from various curry blends, cultural blends (such as Moroccan, Mexican, etc.), herb mixes, bouquet garni – in fact there are over 30 different blends. I have a permanent, well-fingered copy of this little booklet in my spice box and refer to it often. It has saved me many dollars that would have been wasted on commercial blends. Here's one of the most popular recipes from the booklet:

### Seasoned Salt

To each tablespoon of **salt** add one teaspoon each of the following: **garlic powder, onion powder, celery seed (crushed), black pepper and paprika**. Then add 1/2 teaspoon each of **chilli** (optional), **cumin, cardamom and coriander powder (nutmeg and clove powder - also optional)**. Use this mixture as it is or, for greater flavour, dry roast it in a pan for about 1-2 minutes before storing in a jar.



**Uses:** A wonderful flavoursome additive to nearly every savoury dish! Use as seasoning when cooking meat, fish & poultry. Add to salads and dressings. Adds flavour to soups, casseroles, stews, legumes and vegetables - works best when added to dishes while sautéing or browning onions, garlic, etc. . When browning meat, etc. coat first with seasoned salt for great flavour!



### e-Booklet No. 53 - Homemade Spice Blends

Alternatives to commercial preparations. Make your own personal blends according to taste. Save money. Covers: powder blends and pastes: including potato wedge mix, Cajun, various curry blends, seasoned salt, herb seasoning, lemon pepper, mixed spice, tandoori, Mexican, Chinese five spice, Moroccan - over 30 different recipes. 25 pages

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

send payment plus \$2 for postage and packaging to The Shoppe address)

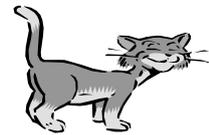


## Homemade Pet Food

***I'm an avid animal lover – and believe its one of humanity's core responsibilities to care for all creatures (great and small) that dwell upon our great planet. Homemade pet food is cheaper, chemical free and tastier for your pet. Here's a few recipes from e-Booklet No. 35 - Natural Pet Care***

### HOME-MADE CAT FOOD

Place the following in a large saucepan: 500g lamb mince, 1 cup mixed diced (raw) vegetables, 1 cup each of unprocessed bran and brown rice. Add one dessertspoon vegemite (pets love the taste of vegemite!), 1 crushed clove of garlic (to keep fleas at bay) and one cup of water.



Bring to boil, simmer until rice is cooked and all juices absorbed.

(Add more water if necessary – but not too sloppy). Leave to cool. Divide into meal size portions and freeze.

### HOMEMADE DOG BISCUITS

Mix together 1 ½ kil. wholemeal flour, 1 kil. oatmeal, 200g meat meal, 2 tablespoons skim milk powder, 1 tablespoon baking powder and a little salt\* (optional). Mix sufficient water to make a stiff dough. Roll to 1cm thickness. Cut into strips. Bake in moderate oven approx. 20 minutes. The addition of milk to this recipe makes it ideal for puppies.



***And I recently visited the vet with one of my cats due to a gum infection – so this bit of my own information rang true!!***

“Chewing on a raw meaty bone is essential for clean, strong teeth (free of plague which causes ulcerated gums). Give your dog or cat a raw bone at least twice weekly (uncooked chicken wings are more manageable for cats and small dogs than bigger bones). DO NOT feed them cooked bones – they are brittle and likely to lodge in your pet's esophagus or digestive tract”



### e-Booklet No. 35 - Natural Pet Care

Chemical free, money saving and practical. Includes homemade dog and cat food, dog biscuits, healthy food options, making a birdseed cake, natural insect repellents, homemade flea collar, deterring pets from the garden (and furniture!), dealing with bad breath, puppy care, fur-balls, and more.

23 pages **Price: \$12.00**

(Download from [www.theshoppe.com.au](http://www.theshoppe.com.au) or send payment plus \$2 for postage and packaging to The Shoppe address)



## The Essential Household Alternatives

Some basic household materials are, what I call, 'essentials' for every household because they have innumerable uses, are cost effective, easily accessible, safe plus environmentally friendly.

Item	Uses	Location	Information Source
<b>Vinegar</b>	<b>White:</b> Cleaning, Disinfecting, Deodorising, Anti-bacterial agent, Culinary, Insect Repellent, Preservative  <b>Cider:</b> Hair conditioner, Skin astringent, Personal Deodorant, Therapeutic Uses	Supermarket <i>(Tip: Cheaper purchased in bulk. Use cheaper vinegar for cleaning &amp; expensive cider vinegar for personal use).</i>	(e-Booklet) <b>No. 33</b> Versatile Vinegar (includes info on making vinegar) <b>No. 23</b> Green Cleaning <b>No. 22</b> Home-made Air fresheners <b>No. 30</b> Nat. Skin Care <b>No. 2</b> H/M Deodorants Also: <b>No.'s 27,5,37,7,12, 14,59</b>
<b>Bicarb Soda</b>	Abrasive Cleaner, Deodoriser, Whitener, Stain Removal, Teeth cleaner	Supermarket <i>(Tip: Its much cheaper from bulk supply stores).</i>	<b>No. 9</b> Amazing Bicarb! <b>No. 23</b> Green Cleaning <b>No. 1</b> Homemade Teeth Cleaners <b>No. 12</b> How to Make Do Also: <b>No.'s 2,14,27,35</b>
<b>Pure Soap</b> <i>(Any bar of soap will do. Choose soap that best suites you &amp; your budget)</i>	Cleaning/Cleaning Products, Personal Cleaning, Garden Spray (insect repellent), Deodorising, General Household Use	Most retail outlets	<b>No. 50</b> Recycling Soap <b>No. 23</b> Green Cleaning <b>No. 14</b> Natural Hair Care <b>No. 21</b> Safe Org. Sprays Also: <b>No. 3,25,5,47,55,37</b>
<b>Oatmeal</b>	Mild abrasive cleaner, Skin Wash & Cleanser, Water Softener, Culinary, Hair-care, Soap alternative	Healthfood shop <i>Tip: Grind rolled oats in food-processor</i>	<b>No. 58</b> Old-time Oatmeal <b>No. 30</b> Nat. Skin Care Also <b>No.'s 37,50,26</b>
<b>Eucalyptus Oil</b>	Stain Removal, Deodorising, Disinfecting, Cleaning, Therapeutic, Insect Repellent	Supermarket Healthfood shop	<b>No. 51</b> Uses for Eucalyptus Oil <b>No. 23</b> Green Cleaning Also: <b>No.'s 20,21,38,35</b>
<b>Salt</b>	Abrasive Cleaner, Disinfectant, Soot remover	Supermarket	<b>No. 24</b> Back-to-Basics Cleaning. Also: <b>No. 59,37</b>
<b>Lemons</b>	Mild Bleach, Cleaning, Deodorising, Skin Care, Hair Care, Disinfectant, Culinary, Insect Repellent, Therapeutic	Greengrocer Garden <i>Tip: Practical if lemons are free/cheap</i>	<b>No. 10</b> Humble Lemon Also: <b>No.'s 30,5,14,37, 22,12,20</b>
<b>Beeswax</b>	Emulsifying agent (for skin creams, salves), Sealant, Preservative, Polish	Beekeepers or Specialty shops	<b>No. 4</b> Making Beeswax Products Also: <b>No.'s 30,13,5,55</b>

By using the above items the following can be removed from your shopping list:

- oven cleaner
- dish-washing detergent
- laundry detergent
- carpet deodorant
- surface spray
- floor cleaner
- carpet shampoo
- wooden surface cleaners
- surface sprays & cleaners
- abrasive cleaners
- deodorizing agents
- bathroom cleaner
- mould remover
- disinfectant
- toilet cleaner
- drain cleaner
- window cleaner
- water softener
- stain remover
- skin cleansers and astringents
- hair shampoo
- toothpaste
- shower gels and personal cleaners
- liquid hand soap
- some pet care products
- hair conditioner
- floor & wood polish
- insect repellents
- garden sprays
- air fresheners and room deodorizers



## How to Purchase e-Booklets

There are 3 ways to purchase publications:

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

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

1. Go to **www.theshoppe.com.au**
2. Click on 'Shoppe Publications'
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 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 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 \$2 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.

**If you have any problems or queries contact: pam@theshoppe.com.au**



# 'The Shoppe' Publication List

*I've been researching, collecting and writing information (much of which is no longer available) on 'using alternatives' for over 30 years. I've put together these booklets to share my knowledge and huge collection of recipes, ideas & information. All titles can be downloaded via The Shoppe website.*

*Pam (The Self-Sufficiency Shoppe)*

Title	Price
1. Homemade Toothpastes & Mouthwashes .....	\$8.00
2. Homemade Deodorants.....	12.00
3. Simple Soap-Making .....	12.00
4. Making Beeswax Products.....	12.00
5. Homemade Cleaners & Polishers..	8.00
6. Making Whitewash.....	8.00
7. Herbal Vinegars & Oils.....	8.00
8. Uses for Essential Oils .....	12.00
9. Amazing Bi-carb!.....	8.00
10. Humble Lemon .....	8.00
11. Making Butter.....	8.00
12. How to Make Do .....	12.00
13. Making Simple Salves & Creams	8.00
14. Natural Hair-care .....	12.00
15. 50 Ways to Recycle a Tin Can	12.00
16. From Waste to Want .....	12.00
17. Home Paper-making .....	12.00
18. Homemade Glues Pastes and Putties .....	8.00
19. Composting for Beginners .....	8.00
20. Natural Insect Repellents .....	12.00
21. Safe Organic Sprays .....	12.00
22. Air-Fresheners & Deodorisers ..	8.00
23. Green Cleaning .....	12.00
24. Back-To-Basics Cleaning .....	8.00
25. More Soap-Making Recipes ....	12.00
26. Beautiful Hands .....	8.00
27. Fantastic Feet .....	8.00
28. Home Flour Grinding .....	8.00
29. Making Bread .....	8.00
30. Natural Skin-Care .....	12.00
31. 50 Ways to Recycle Newspaper .	8.00
32. Home-made Envelopes.....	8.00
33. Versatile Vinegar .....	8.00
34. Practical Candle-making .....	12.00
35. Natural Pet-Care .....	12.00
36. Recycling & Improvising in the Garden .....	12.00
37. Beautiful Baths .....	12.00
38. Sweet Scents .....	12.00
39. Beginners Flower Pressing .....	8.00
40. Surviving the Hard Times.....	12.00
41. Keeping Hens .....	8.00
42. Eggstatic .....	12.00
43. Practical Gifts to Make .....	12.00
44. Home Hair-Dressing .....	12.00
45. Home Distillation .....	12.00
46. Preserving Without a Preserving Outfit .....	8.00
47. Making & Using Soap-savers .....	8.00

48. 60 Ways to Recycle Plastic Super-market Bags .....	\$8.00
49. Bringing Back the Beverage .....	8.00
50. Recycling Soap .....	12.00
51. Uses for Eucalyptus Oil .....	8.00
52. Salubrious Sauces .....	8.00
53. Homemade Spice Mixes .....	12.00
54. International Meals on a Budget	12.00
55. Handyman Hints .....	12.00
56. Lamp Lore .....	8.00
57. Homemade Incense .....	8.00
58. Old-time Oatmeal .....	12.00
59. Caring for Nat. Woods & Fibres....	8.00
60. Making Yoghurt .....	8.00
61. Harnessing Herbs .....	12.00
62. Making Cheese .....	8.00
63. Making Playtoys from Recycled Materials .....	12.00
64. Coffee Substitutes .....	8.00
65. Natural Sweeteners .....	12.00
66. Back-to-Basic Pottery .....	8.00
67. Gift-Giving with a Difference .....	12.00
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70. Homemade Breakfast Cereals ..	8.00
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72. Drying Food .....	12.00
73. Natural Food Storage	8.00
74. Ways with Fruit .....	12.00
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78. Companion Planting Guide .....	8.00
79. Natural Baby Body-care .....	12.00
80. Uses for Stale Bread .....	12.00
Publication Index .....	free download
Ways With – Lavender .....	12.00
Ways With – Roses.....	12.00
Ways With – Mint.....	12.00
Ways With – Parsley.....	12.00
Ways With – Rosemary.....	12.00
Ways With – Thyme.....	12.00
Ways With – Sage.....	12.00
Ways With - Nasturtiums.....	12.00
Ways With – Tomatoes.....	12.00
Ways With - Zucchini.....	12.00

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