



The Self-Sufficiency Shoppe Newsletter

Issue 16

P.O. Box 390 Park Holme 5043 Sth Aust.

www.theshoppe.com.au

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Natural Skin Care v. Commercial Cosmetics

In today's society cosmetics have become a very profitable domain for large manufacturers and commercial companies – with millions of dollars being expended to make 'better' skin-care products and entice YOU, the consumer to spend big. As a result the consumer has effectively lost all control over what commercial skin-care products contain and what they do. Most products are overpriced – with some more expensive lines well beyond the budget of the ordinary consumer. Clever advertising has led to confusion about exactly what the product can do, what it contains (that may be harmful or cause reactions) and whether the high price is justified. And in most cases animals are used for testing these products purely for the benefit of human 'beautification'. Terrible!

Hidden Components:

Commercial cosmetics contain many dubious ingredients – here's some examples: **Mineral Oil** (a petroleum industry by-product that clogs pores and coats the skin so that it cannot 'breathe' or eliminate toxins), **Propylene glycol** (often included in brake fluid and anti-freeze it can be absorbed into the system via the skin and cause reactions such as nervous conditions, headaches, allergic reactions, etc.), **Talc** (a known carcinogen), **Bismuth Oxychloride** (clogs pores to cause irritation – particularly so for sensitive skins). **Stearic acid** (a preserving agent sourced from the native palm forests of Asia). There are many other ingredients and chemicals depending on the nature of the product – some also include vitamins, extracts, sunscreen and more.

The Simpler the Better:

The answer to all of these issues and to regain control over what you use on your skin is to 'make your own' or use simple natural alternatives. There are, in actual fact, lots of natural skin-care alternatives that are cheap, effective, safe to use and NOT tested on animals! Most are easily accessible from home, garden or shop. And contrary to popular belief - simple homemade alternatives can be just as effective as commercial products – if not better.

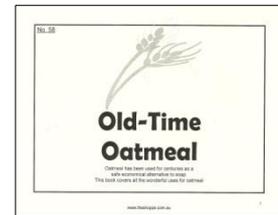
The Self-Sufficiency Shoppe offers a range of natural skin care information. In fact 'green cleaning' and natural skin care are the most popular of all the topics covered by The Shoppe:

Publications: Information Booklets

No. 30 Natural Skin Care: Covers suggestions and examples for homemade cosmetics and skin care using just 5 basic easily located ingredients: Herbs (rosemary, thyme & sage – from the garden), Oatmeal, Cider Vinegar, Oil & Honey/Beeswax. You can use the whole range or just one or two that suite your personal skin requirements, time factor and budget – it doesn't matter. **Price: \$12.00**



No. 58 Old-time Oatmeal: Oatmeal is (what I call) a wonder product for the skin! It's a gentle chemical free skin cleanser that can be used in place of soap, detergents and cosmetic skin cleansers. It works very effectively (cleans and leaves skin soft and smooth). It has been used for centuries as a skin cleaner – and its cheap,



natural, Australian grown (and made) and biodegradable! Suits all skin types – dry, normal, oily and sensitive. **Price: \$12.00**

No. 13 Making Simple Salves and Creams: Recipe and procedure for making both skin creams and lip salves – very easy to do. Uses only 3-4 natural ingredients and enables you to make cosmetics for not only yourself but friends and family! **Price: \$8.00**



all

No. 26 Beautiful Hands: Simple natural alternatives and recipes for hand-care. **Price: \$8.00**



Natural Skin Care Booklet Set

5 booklets - No. 30 Natural Skin Care, No. 13 Making Simple Salves and Creams, No. 26 Beautiful Hands, No. 58 Old-time Oatmeal, No. 37 Beautiful Baths

Price: \$39.00 (Download from www.theshoppe.com.au)

Other Publications:

Ways With Rosemary, Ways With Thyme, Ways With Sage, Ways With Lavender, Ways With Roses, Ways With Nasturtiums, etc. (10 titles) – ALL these common garden plants have many skin care uses – each book contains properties, numerous recipes and suggestions for use. **Price per booklet: \$12.00** (Full set of 10 booklets: \$96.00)

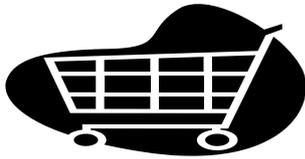
No. 27: Fantastic Feet! Natural ways to care for your feet – includes suggestions for dealing with common food ailments. **Price: \$8.00**

Personal Perspective

For my personal skin care I've been using oatmeal as a cleanser for some years. I use a small bag or handkerchief filled with oatmeal to clean my skin every evening before bedtime. It removes makeup and grime and leaves my skin soft – without the need to apply a moisturiser. One bagful of oatmeal will last 3-4 washes, I then replace the contents with fresh oatmeal. (Oatmeal is available from health food stores or use rolled oats ground or processed to a finer consistency). As a moisturiser I use my own homemade herbal skin cream (as mentioned above). I find only a very small amount is required so a homemade batch will last months – in fact I make moisturiser only about twice a year – so it's not at all time consuming! I like the fact that it does not contain sorbolene (a mineral oil and the base for nearly all commercial skin creams) and is made from completely natural and chemical free ingredients. I like to use my own herbs from the garden (either in the skin cream or oatmeal bag). In my opinion 'Nature is the best healer' – fresh garden plants will do as much, if not more, to heal the skin than expensive commercial products. That's all – I neither buy or use any other skin products. My skin is healthy and blemish free. People often comment that I have lovely clear skin – I often feel a bit guilty as I really do not put a lot of time, energy (or money) into my skin-care & consider myself rather lazy and 'over-frugal'! Pam



The Self-Sufficiency Shoppe downloads – all publications can be downloaded from www.theshoppe.com.au or send payment plus \$2 for printing and postage costs to The Self-Sufficiency Shoppe, P.O. Box 390 Park Holme 5043.



The Wise Shopper

*Advertising is a powerful medium – its purpose is to entice or manipulate the consumer into spending dollars for the purpose of 'profit and progress'. Much of that enticement is subtle and unnoticed on the surface – but not so for our wallet or purse! By becoming a little wiser in the shopping department and making a few simple changes to our behaviour we gain some control over the 'power of advertising'. Here's a few shopping tips from **Information Booklet No. 40 Surviving the Hard Times** (\$12.00):*

- Always write a shopping list of your requirements before going shopping and buy only what is listed.
- Take along a calculator and keep a running tab on what is being spent. Take only the amount of money you will require for the items listed.
- Make sure your monthly bills are paid or accounted for before shopping. That way if you over-spend it's not likely to cause money shortages or problems.
- Always shop on a full stomach! That way you won't be tempted into buying unnecessary nibbles and treats.
- Closely examine your shopping list and ask yourself: How much of it is 'essential' and how much is 'luxury'? What can be substituted with cheaper or homemade items or deleted altogether? It has been said that up to 70% of shopping lists could be deleted or substituted with a cheaper option. Is this so of your list?
- At the supermarket don't be tempted or influenced by clever advertising. Supermarkets are specially laid-out to extract the most from their shoppers – e.g. placing 'impulse items' like lollies and treats near the check-out or the more expensive items at shelf eye-level.
- Make use of the 'specials'. Use it as a means to 'stock up' and save money in the long term. Read the advertising flyers that arrive in your letterbox or the 'specials' pages of the newspaper (usually mid-week). The local newspaper is particularly useful in this area. It tells you what's available locally - without having to travel long distances - which is a little impractical when pursuing a saving of a few cents here and there.
- Find the cheapest supermarket near you. Some supermarkets can be quite expensive - particularly the 7-day supermarkets. Become aware of the 'usual' prices of items you buy and make a note which shops sell above that price.
- Usually the generic brands (Home Brand, Savings, Black & Gold, etc.) are much cheaper than the common brand names. The quality is not that much different but the savings are significant.
- Weekend markets usually have lots of excellent bargains. So shop around and make comparisons. Discount or 'bargain' stores are sometimes quite good without the expensive 'department store' price tag.
- Bulk foods are usually cheaper than prepackaged foods because you don't pay extra for the packaging (not to mention it being better for the environment!). Markets and direct sales from growers (i.e. road-side stalls, farmer's markets, etc.) are a good source of bulk, cheap produce. And bulk foods where you are encouraged to bring your own bags or containers are not only environmentally sensible but often offer cheaper prices.
- Quite often, on Mondays (after the weekend) and Tuesdays (after a long weekend) many food items are greatly reduced in price because they are either just over or near their expiry date. Another good 'bargain time' is just before closing time on Saturdays or Sundays. In fact, many stores sell slightly 'out-of-date' stock at greatly reduced prices.
- Asian and Continental-type food importers (or similar stores) that sell to the general public will often have an array of imported and local items - from grains, oils, seeds, pasta, spices, etc. at very cheap prices. Grind whole seeds and spices to a finer quality - it is cheaper plus tastes much better freshly ground. (Refer Information Booklet No. 53)
- Watch the 'credit trap'. It is the biggest burden for consumers and an overwhelming temptation. Keep tabs on how much credit you are using each month and don't over-commit yourself. Credit cards can be advantageous ONLY if used carefully and wisely.

More ideas in No. 40 'Surviving the Hard Times' Price: \$12.00

All publications can be downloaded from www.theshoppe.com.au or send payment plus \$2 for printing and postage costs to The Self-Sufficiency Shoppe, P.O. Box 390 Park Holme 5043.

Curry aids the brain

WASHINGTON: An ingredient in curry may help stimulate immune system cells that eat up the brain-clogging proteins that mark Alzheimer's disease, U.S. researchers say.

They said they isolated a compound in turmeric, a yellow spice that gives Indian curry powder its distinctive colour, that appears to stimulate a specific response against Alzheimer's symptoms.

It may be possible to infuse this compound into patients and treat the incurable and fatal brain condition, Dr Milan Fiala of the University of California Los Angeles said.



Make Your Own Curry Powder

Last issue of The Shoppe Newsletter mentioned the amazing healing ability of turmeric. Interestingly since then I came across this newspaper clipping from 'The Advertiser' about a new scientific discovery: turmeric! I love a good curry and make my own blend of homemade curry powder. It's cheap and very economical to make - in the 'Old Time Kitchen Skills' Workshop participants make their own blend of curry powder and are amazed at how easy it is to make (and adapt the ingredients according to their personal taste).

How to make: In a clean recycled jar place the following:

1 tablespoon each of ground coriander, turmeric, cumin, ground black pepper.

½ teaspoon each of mustard, ginger, fenugreek, cardamon (optional), chilli

(optional) and **½ teaspoon** garlic powder if available – but not essential. (For a spicy-hot blend add more chilli). Mix well. **How to Use:** To enhance the flavour of

spices dry roast the mix in a pan for 1-2

minutes. Use immediately or store in

airtight jar ready for use. **In cooking:**

Sauté onion & garlic. Add the spice mix

and cook 1-2 minutes. Add meat (500g)

and stock or water or vegetables or lentils.

Simmer til tender.



(Information Booklet No. 53 *Homemade Spice Mixes* has many more spice and herb blend recipes – Price \$12.00).



More on Recycling:

Last issue of The Shoppe Newsletter covered the topic of kerbside recycling – I have since found in my local newspaper – 'The Advertiser' – the following article about how 'recyclable' rubbish from kerbside collection is stockpiling to the point that it is becoming a problem! If you have an interesting cutting from your local newspaper please send it to The Shoppe – it might make good reading material for others in future Shoppe newsletters.

Warning as recycling stockpile grows

CRAIG BILDSTIEN
CITY EDITOR

MORE than one million tonnes of rubbish collected for recycling is estimated to be stockpiled in the Wingfield precinct.

This has prompted the Environment Protection Authority to warn waste companies it will not tolerate stockpiling of rubbish collected for recycling.

It has foreshadowed tough

new regulations to ban companies from storing waste earmarked for recycling for extended periods.

EPA chairman and chief executive Dr Paul Vogel admitted yesterday it was "a serious issue" and has called for a full audit of the precinct.

He promised "a total revamp" of regulations governing the industry to ensure operators complied with development and environmental law.

The EPA board, which inspected this month, has formed a sub-committee to produce recommendations by September.

Dr Vogel anticipated changes to licence conditions, which would impose limits on how long firms could stockpile waste and restrictions on the types of waste.

The EPA has already begun prosecuting firms for ex-

ceeding maximum storage heights and for operating without licences.

Mike Haywood, general manager of ResourceCo at Wingfield, said his company needed to store up to 400,000 tonnes at a time to ensure it had appropriate volumes for sale. He said 99 out of each 100 tonnes of product was recycled.

The state landfill levy will increase from \$11.20 to \$23.40 on Sunday.

Shoppe Mailing List

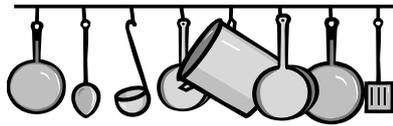
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Receiving The Shoppe Newsletter by mail: Not all issues of the Shoppe Newsletter are posted to mailing list recipients. Over the years the Shoppe mailing list has grown substantially and mailing the Newsletter is now a mammoth task. Nearly all businesses & enterprises now offer their Newsletters only by email. I'm an 'old-fashioned girl' - not everyone wants/can join the 'computerised age' – so I plan to continue to offer the Newsletter via post when I can – i.e. as finances and time allow. All Newsletters are available on the website. Donations of postage stamps are appreciated. Pam

Footnote: My heartfelt thanks to the many people that responded to the above in last newsletter with postage stamps, words of thanks for the work I do and with recipes and support!

Pam

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My Favourite Recipes

Following on from last issue of *The Shoppe Newsletter* many readers responded by sending in their favourite recipes. Thanks to everyone. Please keep sending them in – it's great to share tried and tested recipes, skills and information.

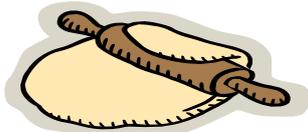
Basic Biscuit Recipe (with 23 – or more – variations)

Ingredients: 4 oz butter, 4 oz castor sugar, 7 oz SR flour, 1 egg.

Method: Cream butter and sugar. Add egg and flour. Roll into balls of required size and press with fork dipped in cold water (or roll flat and cut into shapes) Place on tray - bake approx. 15 minutes. Leave to cool slightly before removing from tray.

Variations: To basic recipe add/replace any of the following (after beating in eggs). Then follow recipe as above.

1. Brown sugar
2. Quick oats/rolled oats
3. Glace Cherries
4. Gem biscuits – press top of biscuit with thumb and fill with teaspoon jam
5. Coffee powder
6. Nuts (almonds, pecan, cashews, walnuts, macadamias, peanuts, etc.).
7. Spices (cinnamon, cloves, ginger, mixed spice, nutmeg)
8. Golden syrup/Molasses/Treacle/Malt
9. Honey
10. Flavouring/essence (vanilla, almond, peppermint, lemon/orange rind & juice)
11. Liqueur
12. Peanut Butter
13. Glace ginger
14. Dried fruit
15. Cornflour & icing sugar (shortbread)
16. Chocolate or chocolate bits
17. Coconut
18. Custard Powder
19. Cocoa
20. Milo
21. Arrowroot
22. Horlicks
23. Semolina



(The combinations are endless – try something different each time with what's on hand or in the garden.

From a W.Aust. reader)

Send in Your Favourite Recipe

to The Shoppe Newsletter
P.O. Box 390 Park Holme 5043 or
email: theshoppe@tpg.com.au

Date Biscuit Slice

Ingredients: 125g butter, 1 cup chopped dates, 1/3 cup raw sugar (optional), 1 egg, 2 cups crushed wheatmeal biscuits.

Method: Melt butter over slow heat. Add dates and sugar, stir till dates are soft. Add egg – stir – add remainder of ingredients. Spread onto a flat tray (10"x8") and press down firmly. Mark slices when cool – refrigerate overnight and then cut into slices next day. Keep in fridge – can be frozen. Coconut can be sprinkled over top before pressing if desired.

(Dear Pam, I have a precious plastic soap saver which I use every time I wash the dishes – having had it a number of years.

A tip to save electricity: I boil half a jug of water to make my herb tea – then store the remainder of hot water in a thermos for later use such as steaming vegetables or making warm drinks.

Heather, Aberfoyle Park SA



Uses for Zucchini

Dear Pam – I always have lots of zucchini from the garden – so I have found some alternatives for their use.

- Use slices of zucchini to sooth sore puffy eyes. Place fresh slices of zucchini over closed eyes.
- Mashed zucchini will provide immediate relief to sunburnt skin
- Make a zucchini juice & milk skin lotion by mixing together equal amounts of zucchini juice (fresh zucchini vitamised or processed to a fine pulp) and milk. Use as an after cleansing astringent. Good for all skin types, but lends well to oily skin.
- Zucchini is similar to cucumber in that it cools and refreshes the skin. Use slices of zucchini as a simple cleanser to wipe over the skin for removal of make-up, grease and grime.

Thanks for the great Newsletter.

Rosemary – Unley SA