



# The Self-Sufficiency Shoppe Newsletter

Issue No. 20

P.O. Box 390 Park Holme 5043 Sth Aust.  
Editor/Author//Proprietor: Pam Marshall

[www.theshoppe.com.au](http://www.theshoppe.com.au)  
email: [theshoppe@tpg.com.au](mailto:theshoppe@tpg.com.au)



## Planet before Profit

Nearly every day in the media the issue of the plight of our environment is raised – much of the information presented is quite alarming. Yet it would seem that we (or most humans) remain unperturbed by what the future holds. It's quite frightening really. I recently read a newspaper article about the 'ploys' big business are using to discount the credibility of science (and its warnings about global warming) in order to justify its destructive actions on the planet in name of 'progress and profit'.

It seems clearly simple to me – and other planetary conscious people – that 'without a planet we just do not have a future' – my philosophy is that profit and money are completely useless and worthless without a planet (or means of survival). I was recently asked to submit a business profile for The Self-Sufficiency Shoppe in response to a nomination for an award. One of the questions related to my 'profit growth' over the past four years. Well, asking me that sort of question was like waving a red flag to a bull! As far as I am concerned while the planet (and humanity) suffers as a result of our irresponsible actions any suggestion of the importance of monetary profit is ludicrous! So I contemplated for some time how I would respond to the request and came up with the following:

### Climate change 'terror'

**KARA PHILLIPS**  
POLITICAL REPORTER

A NEW "terrifying" climate change report shows temperature change predictions for the state's coast have already grown by 0.3C in just three years.

The CSIRO used computer modelling to determine the impact of global warming in SA from now until 2070 and the report updates a 2003 CSIRO study using the same models.

The state's energy resources will be even more stressed by 2070, through greater use of reliance on airconditioning.

Mr Rann described the report as "terrifying". "It is a glimpse of the future here in Australia," he said.

"This report demonstrates that the dry spells

Yesterday, the Conservation Council SA, the Wilderness Society and Greenpeace issued a plea for the State Government to "close the loopholes" quickly in its new climate change legislation.

They warned that hundreds of species could become extinct.

mechanism in place to ensure the state's biodiversity.

Mr Owen said the program and where the investment of nearly \$100 million has been made

#### DAMAGED SEAS

### Human impact on oceans revealed

**MIRA OBERMAN**  
CHICAGO

NEARLY every corner of the world's oceans have been damaged in some way by human activity and some 41

### Threat from rising oceans

**KARA JENKIN**  
ENVIRONMENT

PORT Adelaide and much of Adelaide's west will be under water by the end of the century if a warming climate continues to melt polar caps, imagery shows. The effect of oceans rising up to 14m has been illustrated online

would swamp Adelaide Airport and such landmarks as Glenelg beach and West Lakes AAMI Stadium.

Former SA Museum director Dr Tim Flannery believes time is running out to avert the gradual disaster. In The Bulletin magazine, Dr Flannery says the Arctic ice cap has entered "a death spiral" that will see

### Earth's 'lung' at risk

**BALI, Indonesia:** A loop of climate change and deforestation could wipe out or severely damage nearly 60 per cent of the Amazon forest by 2030, according to a report released yesterday by the World Wide Fund for Nature.

For the next 23 years, deforestation in the Amazon could release 55.5 billion to 96.9 billion tons of carbon dioxide. The destruction of the Amazon would also do away with a key stabiliser of the global climate system. WWF said.

### China now the worst polluter

**AGENCIES**  
LOS ANGELES

CHINA has surpassed the U.S. as the world's largest carbon polluter, the authors of an American study say.

"Our best forecast has China's CO<sub>2</sub> emissions correctly surpassing the United States in 2006 rather than 2020 as previously anticipated," researchers from the University of California said.

They compiled information on the use of fossil fuels in Chinese provinces and forecast an 11 per cent annual growth of carbon emissions from 2004 to 2010. Previous estimates set that at 2.5 to 5 per cent.

The rise in air pollution by China largely has cancelled out efforts by other countries to reduce greenhouse gas emissions in accordance with the Kyoto Protocol, the authors said.

They predicted that by 2010, "there will be an increase of 600 million metric tonnes of carbon emissions in China over the country's levels in 2000".

That would "dramatically overshadow the 116 million tonnes of carbon emissions reductions pledged by all the developed countries in the Kyoto Protocol".

"The projected annual increase in China alone over the next several years is greater than the

current emissions produced by either Great Britain or Germany," the report said.

The report by economic professors Madhur Anand and Richard Carson will be published next month. Professor Anand said results showed the "emissions growth rate is surpassing our worst expectations. That means the goal of stabilising atmospheric CO<sub>2</sub> is going to be harder to achieve."



**SMOG:** A cyclist in polluted Shanxi Province.

## **Planet Before Profit** (continued from front page)

**“Growth Performance”:** My focus is not ‘monetary profit’ – but ‘profit’ in terms awakening each person to the importance of ‘changing their daily habits’ for the sake of the planet. If just **one** person who attended one of my workshops changes just **one** small thing about their lifestyle or buys **one** less ‘consumer product’ then that’s ‘progress’! Humanity is living way beyond its means – as a result the planet is dying – we must change our ‘wasteful ways’ to bring things back into balance. A balance between ‘sufficient monetary income to live comfortably’ and ‘survival of the planet’ is the right basis for ‘growth performance.’

With such ‘extremist and non-conformist’ views I doubt I will win the award. The truth is The Self-Sufficiency makes very little ‘monetary profit’ – and if it does I quickly ‘re-invest’ it back into it’s various ventures to further spread the word to those who have not heard it. My main problem is that I wish for ‘more profit’ to speed up this process! With this philosophy I guess I’ll never fit within the standards of running a ‘real business’ nor will I be wealthy on the profits of The Shoppe – but at least I have given my best for what I truly believe in – the future of planet Earth.



## **Workshop@Home**

*Making alternatives to commercial products at home using ingredients from home and garden.*

*Safer, cheaper and better for the environment and you!*

*Easy to follow recipes and procedures.*

*Topics include:*

### ◆ **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

### ◆ **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!*

### ◆ **Soap Making Workshop@Home**

*Making plain soap simply and quickly. Easy to follow basic recipe with numerous variations.*

*Transforming a bar of soap into a range of alternative soap-based products (detergent alternatives). Safe & environmentally friendly.*

**Recipes and procedures for making:** Basic soap (like Grandma used to make) with 10 variations, Soap bag, English wash balls, Soap Crayons (for the children), Pressed Soap Shapes, Herbal wash-balls, Rose Liquid Hand Soap

### ◆ **Natural Body & Hair Products Workshop@Home**

*Natural, safe alternatives for deodorants, body powders, shampoos, hair dyes, toothpaste and foot care. All chemical free using natural ingredients (from kitchen and garden)*

**Recipes and procedures for making:** Lavender spray deodorant, herbal deodorant spray, rose deodorant/body powder, chamomile body powder, herbal hair shampoo, deodorising foot powder, teeth-cleaning powder, lemon hair bleach, dry hair shampoo

**Price: \$25.00 each or all four workshops for \$85.00**

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

*For more information go to 'Workshop@Home' at [www.theshoppe.com.au](http://www.theshoppe.com.au)*

## Hairdresser cancer risk

PARIS: Hairdressers may face an increased risk of cancer because of the dyes and chemicals they work with, says the World Health Organisation cancer research agency.

“Occupation as a hairdresser or barber entails exposures that are probably carcinogenic,” an agency report says.

The report is a review of six large investigations into cancer risk. Male hairdressers had a higher risk of bladder cancer, while women had increased risk of ovarian cancer and of non-Hodgkin’s lymphoma.

The Advertiser 23/3/08

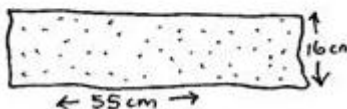


## Hair Care Alternatives

‘Hair-care’ is my favourite topic! After years of dandruff problems using commercial shampoos I eventually came to the realisation that the chemicals in commercial preparations were my worst enemy. As a result, later in life, my hair is very fine and thinning on top. When I attempted to use commercial hair colouring products my hair fell out and thinned even further! So newspaper articles such as this purporting the ‘evils’ of chemical hair products no longer surprise me!

To deal with my hair problems I use a soap-based home-made shampoo containing rosemary and lavender to stimulate hair growth – for the recipe see Information Booklet No. 14 or The Shoppe catalogue. I do not use any other hair preparations – except occasionally for something different I make up a lemon-based bleach to enhance the fairness of my hair – see Booklet No. 71 for recipe – its cheap and easy to make.

Most recently the greying temples of hair have caused me a little self-consciousness – particularly when undertaking public engagements. So I have come across the idea of wearing a ‘bandana’ (of suitably matching colour to my attire). It’s worked very well with people reporting it gives me a ‘maturity and elegance’! Besides hiding grey or thin/sparse hair it doubles as a fashion accessory and, on hot days, it becomes a practical sweat band! Plus - on a ‘bad hair day’ it’s quick option when you don’t have the time to fix it! Besides all this it’s cheap – much cheaper than commercial hair treatments. Sometimes the simplest of things can be the most wonderful inventions!



**How to Make a Bandana:** Bandanas can be purchased commercially – but this can be expensive. As an alternative they are very easy to make – even for the ‘non-sewer’. Simply cut a section of fabric 55x16cm (see illustration above). Neaten the edges by turning in and securing with thread – by sewing machine or hand (it doesn’t take long while ‘watching’ telly!). Bandanas can be decorated with items such as lace, sequins, button, ribbon, etc. for a unique creation. (While on the topic of making hair accessories Booklet No. 44 ‘Home Hair-Dressing’ has instructions for making a hair-band, hair scrunchie, bow hair clip and more



## Useful Information Booklets

**No. 14: Natural Hair Care** – Homemade hair care products and natural techniques. Price: \$12.00

**No. 71: Natural Hair Colours & Dyes** – using plants, herbs and other natural sources. \$12.00

**No. 44 – Home Hair-Dressing** – Covers hair-dressing equipment, cutting techniques and styles and making a hairdresser’s ‘cape’ & hair accessories. Price \$12.00

To order: visit [www.theshoppe.com.au](http://www.theshoppe.com.au) to download or send payment plus \$2 per book (for postage and printing) to The Self-Sufficiency Shoppe, P.O. Box 390 Park Holme 5043.



## Honey cure for tricky wounds

TRENTON, New Jersey: Amid growing concern over drug-resistant superbugs and non-healing wounds that endanger diabetes patients, nature's original antibiotic - honey - is making a comeback.

More than 4000 years after Egyptians began applying honey to wounds, Derma Sciences Inc., a New Jersey company that makes medicated and other advanced wound care products, began selling the first honey-based dressing this year after it was approved by the U.S. Food and Drug Administration.

Called Medihoney, it is made of a highly absorbent seaweed-based material, saturated with manuka honey, a potent type that experts say kills germs and speeds healing.

The Advertiser 30/12/07

## NIGHT COUGHS Honey 'better'

A TEASPOON of honey before bed seems to calm children's coughs and help them sleep better, a study based on parents' observations shows.

The folk remedy did better than cough medicine or no treatment, a report on the National Honey Board-funded study in *Archives of Pediatrics* and *Adolescent Medicine*.

The Advertiser 10/12/07



*Nature's Hidden Gem*

Honey is a natural antiseptic and healer. It contains a range of essential ingredients for energy and good health. Always use raw honey that does not contain additives - health-food shops are a good source for purchasing raw honey. Honey has a low GI making it a healthy sweet option.

In my skin-care workshops and information booklets I recommend honey as a natural skin healer, moisturiser and rejuvenator. It's best added to facial scrubs with oatmeal or to moisturisers. Here's a recipe for a honey-based facial scrub: **Facial Scrub:** Mix 4 teaspoons oatmeal with 1 teaspoon raw honey. Add spring water to make a paste. Apply to face and massage well into the skin. Leave for 5 mins. Wash off.

### Other 'Honey' uses:

- A teaspoon of honey in water every morning will give energy for the day ahead.
- A teaspoon of honey in milk will aide sleep.
- Gargle with honey to ease coughs and sore throat.
- Two teaspoons of honey a day is said to help with weight loss, alleviate migraines and joint pain!



## 'The Shoppe' Publication Downloads

90 booklet titles available for download in readable e-book format  
Green cleaning, Natural skin care, environmental and frugal living, chemical free, recycling, old time kitchen skills. Numbered 1 to 80 for easy reference.

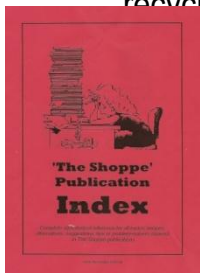
Price: \$12.00/\$8.00

Download from: [www.theshoppe.com.au](http://www.theshoppe.com.au) (go to 'Shoppe Publications')

### Free Download: 'The Shoppe Publication Index'

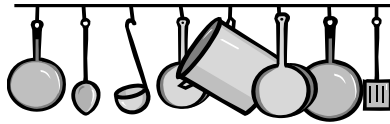
A to Z resource listings of all The Shoppe publication information - recipes, ideas, tips, advice. 20 pages

*Find what you want quickly and easily!*



## The Shoppe Mailing List

Receive Newsletters, updates and other information by email by adding your name to The Shoppe Mailing List. Simply send your email address to [theshoppe@tpg.com.au](mailto:theshoppe@tpg.com.au). Back issues of newsletters are available at [www.theshoppe.com.au](http://www.theshoppe.com.au). **Receiving The Shoppe Newsletter by mail:** Not all issues of the Shoppe Newsletter are posted to mailing list recipients - mail-outs depend on the availability of finance and time. Newsletters are free but postage is not. If you would like to the newsletter mailed to you on a regular basis send 6x 50c postage stamps to The Shoppe address to cover postage of 6 issues



## Your Favourite Recipes

### Make Your Own Breadcrumbs

Cut left-over bread thinly and place on a biscuit tray in oven while you bake something else (to save energy) – i.e. on the bottom tray or put in oven after you have baked and utilize the oven as it cools down. Crush the dried bread with a rolling pin. Store in screwtop container or honey bucket or similar container. *From a W.Aust. reader*

-----  
*Dear Pam, I'm always in a rush and hard to find the time to cook homemade food. So here are a few recipes that are quick and easy to make for the family. Thanks for your newsletter.*

*Leanne, Edwardstown SA*

### Zucchini Slice

2 zucchini (grated), 2 large carrots (grated)  
1 onion (finely chopped), 4 beaten eggs  
1 cup SR Flour, ½ cup grated cheese

#### **Method:**

Mix all together. Pour into a 20cm square greased baking dish. Bake 180°C 30-45mins. Serve cut into squares.



### Fruit Slice

**Ingredients:** 1¼ cups of dried fruit (soaked in 1 cup hot) water for 15 minutes, 2 cups SR Flour

1 cup coconut, 1 cup sugar, 6 oz margarine

#### **Method:**

Mix dry ingredients together, add fruit and water. Add melted margarine and mix well. (If mixture is too dry add extra water). Bake in a Swiss roll tin for 25 mins in a moderate oven. When cold, ice and sprinkle with coconut

### Quick & Easy Pancake Mix

1 cup milk

1 egg

1 cup SR flour

#### **Method:**

Mix or beat all ingredients together. Add more milk if too thick.

Heat a greased pan. Pour in mixture. Move the pan to spread the mixture into a circle. (For thinner pancake use half of mix).

When bubbles appear flip the pancake over and quickly cook the other side.

## **Kitchen Skills Booklet Sets**

### **Improvising in the Kitchen Booklet Set**

**Back to the days when food was unprocessed & uncomplicated!**

**8 e-booklets:** No. 12 Improvising in the Kitchen, No. 42 – Eggstatic!, No. 53 Homemade Spice Mixes, No. 54 – International Meals on a Budget, No. 70 Homemade Breakfast Cereals, No. 64 – Coffee Alternatives, No. 65 – Natural Sweeteners, No. 80 – Uses for Stale Bread **Price: \$69.00**



### **Practical Kitchen Skills**

**Kitchen skills of times past – for making butter, bread, yoghurt**

**and cheese. 4 e-booklets:** No. 11 - Making Butter, No. 29 – Making Bread, No. 60 - Making Yoghurt, No. 62 - Making Cheese. **Price: \$24.00**



### **Old Time Kitchen Skills – Preserving**

**Back to the days when food was flavoursome, unprocessed and**

**uncomplicated! 6 e-booklets:** No. 46 – Preserving Without a Preserving Outfit, No. 52 - Salubrious Sauces, No. 49 - Bringing Back the Beverage, No. 72 - Drying Food, No. 73 – Food Storage Techniques, No. 74 – Ways with Fruit. **Price: \$42.00**



**All available for instant download from [www.theshoppe.com.au](http://www.theshoppe.com.au)**



## Your Questions & Comments

*the all purpose spray but found it just turned solid after sitting and it will not spray out. Any suggestions?"*  
Patricia Donnybrook WA

*"Thanks Pam for all your tips etc. I used the soap jelly in my front loader and it seemed fine so I am very pleased indeed (I use cold water to wash). I had been meaning to replace of the normal powder stuff for ages with soap jelly. I also made up the general spray cleaner but the bottle was a bit small and the mixture was too thick!"*  
Alison

**Answer:** This is probably the most common problem people encounter when making products with soap jelly mix. Some soaps set 'thicker and harder' than others. If your mix is too thick to pour or spray (or whatever) simply add hot water to melt the mix and make 'runnier'. This may lessen the amount of suds and frothing so add a little extra water softener – such as washing soda or bicarb soda. Hope this helps!  
Pam

**Another really common question that comes up in my workshops is related to caustic soda in soap. Some people have questioned whether soap is more 'dangerous' to use than detergents because of the caustic soda content in soap. My response is:**

"Caustic soda is a naturally occurring mineral that breaks down readily in the environment. Caustic Soda makes up only a very small proportion (1-2%) of soap. It is the key component in soap that gives it its cleaning ability. Detergent, on the other hand, is a synthetic chemical compound 'alien' to humans, animals and the environment. It, therefore does not break down nor can it be 're-used' for other purposes. It works by separating cells (of dirt, grease, etc.) so that they can be more easily washed away. However, it also destroys and 'separates' other mediums it comes in contact with in the natural eco-system. The long term consequences for humans from frequent contact with the powerful chemical components of detergent is yet to be fully understood".

*"Hi There,*

*You mentioned in the last newsletter that you only boil as much water as you needed in the kettle. I drink herbal teas and like to top them up all day (sometimes I get 4 cups out of one teabag) - but found I was boiling the kettle way too much. So now I fill the kettle in the morning and boil it, then whatever I don't use I tip into a thermos. It stays hot all day, I can top up anytime as quick as, and whatever hot water is left at the end of the evening goes into the sink for the dishes (or even into the morning dishes sink). Thanks for all your info."*  
Rachel

*"Hi Pam,*

*Another hint: I boil a kettle of water and put into a vacuum flask, which then gives me at least 4 hot drinks without keep boiling another kettle saving electric."*

*Regards Pat*



**Many thanks for your letters, emails and messages. I appreciate your support and the fact that you are 'practising' my suggestions!**  
Send your recipes, comments and questions to: The Self-Sufficiency Shoppe, P.O. Box 390, Park Holme 5043 or email: [theshoppe@tpg.com.au](mailto:theshoppe@tpg.com.au)