

# The Plain and Practical

Year Three, Issue Sixteen, Third Month 2010

“Live simply, that others might simply live.” Elizabeth Seaton

## No Electricity Tonight

I’ve lived enough years on farms or out in rural places, so that when the lights go out all I do is sigh and light candles, and stick an upside-down flashlight in my back pocket. I was at Peggy’s place once, a perfectly sensible woman who had birthed five children and had done a stint working with incorrigible hormone-poisoned teenagers at an alternative school. During a thunderstorm, the power cut, and she screamed. I waited there in the dark until I thought she was done.

“What was that for?” I asked.

“I dunno, it just startled me.”

“Dang, I’m the rest of the way deaf, now.”

Another friend, Diane, just moved to the country after a life in suburban condominium developments. I looked around the house, and said, “You’re going to need an alternative heat source, you know. The power probably goes out all the time.” She pooh-poohed my comment and it wasn’t a week later that an ice storm hit and they had to drive on treacherous roads to rent a hotel room when the temperature in the house hit forty degrees. They had a wood stove parked on bricks and vented out through the corner of the living room window, the next day.

I also had told Diane not to put the previous owner’s refrigerator contents down the brand-new garbage disposal. “Out here in the country, the disposal’s not for much more than crumbs and the occasional noodle that falls in. You aren’t set up for all that volume.”

“No, it’s brand new, I just had Bob put it in.” The next time I ran into her, she was buying cleaning supplies because the pipes had frozen and backed up into the house, and she had two plumbers over there snaking the drains and cutting into the frozen ground to find the clean-outs. Bob refused to put her in a replacement disposal, and taught her to use a strainer in the sink instead.

Not too long ago, only ten percent of the homes in Knox county, Kentucky, were reported on the county literature to have indoor plumbing. My family always felt that Knox county was where the rich people lived. Max’s family came from higher up in poorer hollers and valleys and a bit by the Ohio River and some up near Athens and Vinton counties. Mexie’s folks harkened from the Tug River Valley area, Louisa Kentucky, and around Greenup County. Max worked two summers helping cut the right-of-ways up and down the hills for the Rural Electrification Project, bringing electricity to local farms, allowing Edgar and Kizzie to have a radio in the house by the time I was brought there. That Knox county report? It was from the year I was born: 1961. So the skills of living without a refrigerator or toilet or light switches or electric fences is only one generation back, for me.

I got a notion a few years ago, to move in with Grandpa Max and finish going to school at Ohio University. He lived within sight of the Albany, Ohio location of the Athens County Airport, and I used to walk up on a cornfield behind the house and admire the red, blue and flashing white lights spread out over acres of pavement. One day I got the opportunity to see the airport up closer.

“That your van out there?”

I’d answered the side door of Max’s place. We’d just had a gangbuster of a storm, knocking out power, and leaving branches the diameter of my arm all over the yard. I could see by the dim light at the end of a red sunset evening, a short Crabtree-ish man, maybe seventy, seventy-five years old, standing in the rain. He wore a brown padded coat, wet about the shoulders, and had the hands of a blacksmith or coal miner.

“Yes, it is.” I figured he needed a ride somewhere.

“Then if you have gas, you needs to get over to the airport and hep them out.”

Then he turned and walked away.

The house was dark, so I took a little time bumping around with a flashlight and finding my purse and keys, (continued on page 2)

## Homegrown Heroes: Who are George Wieler Jr, Peter Reimer, Steven Bricker, and Ryun Lawrence?

They are the four Mennonites who have manned the mobile cannery for the Mennonite Central Committee (MCC) for 2010, which for sixty years has provided assistance for communities across the U.S. and Canada to can meats to be donated to ease suffering around the world. A recent Budget article dated Wednesday, February 10, 2010, reported that the Holmes Tuscarawas Relief canning facility near Berlin prepared 35,000 pounds of turkey this year. More than 200 volunteers arrived each day to work! Due to the effort of the MCC, four shipping containers with 40,000 cans of turkey in each container, is on its way to Haiti.

Churches purchase the meat with donations, and the group has to purchase cans, boxes, labels, and other supplies with help from the public. They needed \$70,000 to can all that turkey! Some of the areas canned pork and others canned beef.

Is this a project that appeals to your Christian beliefs? If so, contributions and letters of support can be sent to: Holmes Tuscarawas Relief, P. O. Box 66, Berlin, OH 44610. Or, if you prefer the headquarters, Mennonite Central Committee, 21 S. 12th St. P. O. Box 500, Akron, PA 17501-0500.

## Making Informed Life Choices

Due to many complaints from young people who report that their military recruiter promised training or benefits they did not receive once they entered the service, the American Friends Service Committee (Quakers) have prepared a number of books and pamphlets that can help young people make informed decisions about their military and civilian options for paying for college, having a rewarding training experience, travel, and service to others. One is titled “Questions for Military Recruiters” with common questions on one side, and the military regulations on the other, 15 cents each in packets of 100, printed in color, or free downloads from <http://www.afsc.org/Youth& Militarism/ht/a/GetDocumentAction/i/57823>. Another is titled “Do you know enough to enlist?” and examines the realities of military service, free downloads or call 215-241-7176 to order.

Those who recruit our children and families should be honest, being representatives of our government, and answer questions truthfully. And making an informed decision is the responsibility of those considering military service, as well, especially since in times of war this may be a life and death decision.

March, 2010				Third Month		
S	M	T	W	TH	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

14th Daylight Saving Time Begins

17th St. Patricks Day

20th First Day of Spring

28th Palm Sunday

30th Passover

There's no such thing as bad weather, only unsuitable clothing. Alfred Wainwright

All of us could take a lesson from the weather. It pays no attention to criticism. Unknown

## Here's a “Cold Woodchuck” puzzle—

Below are different kinds of wood—and after you figure them out, get a piece of paper and see if you can put them in order of which ones offer the best BTUs when you’ve chucked them into your woodstove! Answers on page three.

H	K	E	O	L	M	C			
M	E	L							
L	E	P	P	A					
R	C	Y	O	K	H	I			
O	O	T	T	O	O	D	W	N	C
E	S	A	N	P					
H	C	E	E	B					
S	A	D	O	O	W	S	B		
B	K	Y	E	A	R	R	C	H	
H	Y	C	R	R	E				
K	A	A	A	R	C	T	M		
E	E	D	B	L	R	X	O		
S	P	A	O	D	N	R	E	O	

## Continued

then got in the van and drove seven different roads to get to the view from our living room window. I had to circumvent the Freeway To Nowhere, you see.

By then, it was getting hard to identify dark shapes. A boy of about ten or twelve stepped out of the shadows, waving a narrow orange cone, the kind police use to disperse the fairground crowd on Demolition Derby night when there's dust and dark both in the air. I followed his motions and then saw the other vehicles on the far end of the runway.

I heard "Whoa!" from the passenger side, and reached over to unlock the door for a thinnish man, maybe late forties, soaked to the skin. "Up over there would be best," he pointed.

So I sat for thirty minutes with my van's headlights illuminating my little piece of the airstrip, along with the others old rough-hands was able to round up. After awhile, the "whoa" man came back on an ATV and told me thanks, they had been able to reroute the last two airplanes to nearby airports ahead of the storm. I followed the other trucks out the main gate and the boy with the light was still there. He grinned and waved his farewell as we all went by.

While I had been sitting there thinking, I remembered riding through some poorer hollers with my grandparents one summer vacation, delivering textbooks our school had discarded, doing a bit of unionizing on the side. Max and Mexie still had their contacts up along the creeks; teachers dedicated to following their hearts amongst their own kind. And that was how we spent our summer, moving my world from the few familiar acres of Michigan, to include the Southern Highlands, initiating me into circles of their people, Max and Mexie's and Unk Hi's and Aunt Virginia's. My legal adoption followed five years later, but after that summer, I felt Max and Mexie were my parents, that their blood was mine, that our history was all of a piece cut from old cloth that sailed here from Scotland and Wales. I put my fingertips on fiddles as they were played, and drank tea of leaves gathered from berry vines in the woods, and squeezed my toes into the moss of old cemeteries filled with men and women I already knew intimately from family stories.

Mexie took me into the woods that summer, and showed me the plants, telling me what ailments each was good for, how to find your way out if lost, how to stay alive if necessary. Max, ever the good scout, taught me to see the bent saplings Indians had left to mark trails, and their marks hidden under stone shelf overhangs. Under his tutorage I grew to understand the animal tracks in the mud of the streams, and to know poison ivy in all its seasons.

On a Sunday morning, I was taken to an abandoned strip mine by Unk Hi, and shown the devastation of the runoff, stagnant dead streams with nary a crawdad left, orange and vile green and slimy. Every sense was assaulted: smell, taste, sight—even the silence from the lack of bird life was an eerie experience I never forgot. Before that time, there wasn't anything in my head when I flipped on a light switch or filled a bathtub with hot soapy water—after that experience, I was more aware of the consequences of coal power—the human cost, the ecological cost. I thought about that sky with no birds across it, that raped ground so poisoned not a blade of grass could survive on a thousand acres. When I'd gotten home to Michigan, I'd formulated a question for great-grandfather Edgar. I asked him while he was on the porch, sharpening a shovel edge with an Arkansas stone and some used oil.

"Pawpaw, how come you never worked in the mines?"

He seemed surprised. "How come you to ask?"

"Seems some folks did and some folks, like teachers, didn't, and I can't figure out why people would go do that kind of work."

He thought out a response for me.

"I allus made sure I didn't end up like those folks, so poor that they couldn't afford sunshine," he finally answered.

"It's best to work up here while you can." He gestured to the yard, the trees, the sky. He bent again to the work in his hands.

"There'll be plenty of time to be in the ground later, when your work is done, is how I see it."

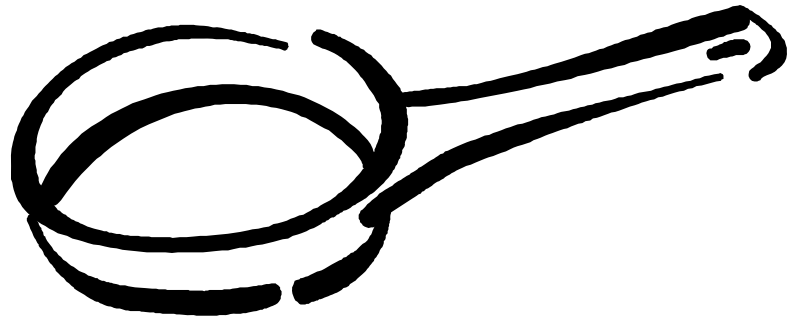
## Editor's notes

Owners: Craig and Valerie Hibbard. Expenses covered by Editors until successful enough to stand on its own. Ads selected by Editors and given freely, and we reserve the right to refuse any ads. Email comments to [valerie@plainandpractical.com](mailto:valerie@plainandpractical.com), or mail to: 3406 Kingston Avenue, Grove City, OH 43123. We'd like to hear your comments. You may read PNP free on the web at [plainandpractical.com](http://plainandpractical.com), or order print copies by writing or emailing the editors.

As of 2:31 p.m. on February 12, 2010, the total cost for the wars in Iraq and Afghanistan, since 2001, was

**\$959,974,806,926.00**

**National Priorities Project** [www.costofwar.com](http://www.costofwar.com)



## Non-Stick Madness (can't use that brand name—or Else)

I've been doing some research for a friend of mine, who is designing and marketing healthy soaps and other skin products. While helping her out, I've been learning some discouraging facts about the unhealthiness of the non-stick coatings used on pans, carpeting, fabrics, and other household goods. From wallpaper treatments to rubberized area rugs, electric heaters to shoes, non-stick manufacturing treatments are easing into our lives from every angle.

Here's what I've learned so far, and where I found each fact. I lack the background in chemistry and biology to fully understand, but what I can grasp is that the chemicals end up in our bodies. What the consequences are, no one really knows fully. But I am concerned enough that this weekend I am getting a stainless steel skillet, and finding two cast iron skillets downstairs in my re-enactment stash, and putting my three non-stick skillets in the recycling bin (not donating, since I don't feel they are safe for people any more). There is a great deal to study on the matter, for those of you who wish to investigate further for yourselves.

1. PTFE is the nonstick coating polytetrafluorethylene, and is referred to by the brands Teflon, Innovex 75T, and Thermo-SpotT, and can cause the death of birds if overheated, anywhere air currents flow in your home. Bird death also was reported at the San Antonio Zoo, where PTFE-coated heat lamps had been installed for them. (at [starlingtalk.com/warning](http://starlingtalk.com/warning) you can see a thorough list of reputable references).
2. When heated, the pans emit polymer fumes. PTFE was discovered in 1941. The fumes are odorless and colorless. The fumes begin at temps as low as 285 degrees F. (water boils at 212F, fried food at 350-360F). [Xenophilus.wordpress.com](http://Xenophilus.wordpress.com) has complete references to medical resources in his blog article, where these facts were printed.
3. PTFE and PFOA, its newer replacement, have been found in the bloodstream of 95 percent of Americans. It is pervasive in the environment and may be from the products, or from the process of creating the products. ([psychologytoday.com/articles/2006](http://psychologytoday.com/articles/2006)).
4. Ted Emmett, professor of occupational and environmental medicine at the University of Pennsylvania School of Medicine, has found the people exposed to the contaminated water near an Ohio Teflon plant have PFOA levels 60-80 times higher than the general population (same article as #3, above).
5. The US government has pressed manufacturers to eliminate PFOA emissions entirely by 2015 (see above).
6. John Hopkins Medicin Center found (in 2006) PFOA was present in the umbilical cord blood of 99% of the 300 infants they tested. ([naturalnews.com/026678\\_Teflon](http://naturalnews.com/026678_Teflon))
7. Links have been found between PFOA and higher rate of thyroid disease (Pamela Brust, Parkersburg News and Sentinel, published January 23, 2010).
8. This article says DuPont kept 1984 tap water tests secret after they found their Teflon contaminant in the tap water of the Little Hocking Water Association in Ohio, just across the river of its plant in Parkersburg, West Virginia: [www.ewg.org/node/8735](http://www.ewg.org/node/8735) (dated 2002), by the Environmental Working Group. This site contains a complete time line of the testing and results related to this cover-up, including the medical dangers to the plant workers themselves— a startling read.

Love worketh no ill to his neighbour: therefore love is the fulfilling of the law. And that, knowing the time, that now it is high time to awake out of sleep: for now is our salvation nearer than when we believed. The night is far spent, the day is at hand: let us therefore cast off the works of darkness, and let us put on the armour of light. Romans 13: 10-12

One of the reasons I like to be involved in Etsy.com, the place where I have a “store” for selling my handmade items and also my supplies I come across for others, is that they have many, many work-at-home Christian moms who are trying to augment their family income while still being Keepers At Home.

God's Word embroidered on a quilt makes a sweet gift for your child or grandchild. I make custom quilts with the verse of your choice embroidered around the border, or in one or more of the quilt blocks. The quilt can be any size from a baby crib quilt to a large bed sized quilt. You can also choose the colors in the quilt. To see examples of my work, check out my online Etsy store, [www.kimbuktu.etsy.com](http://www.kimbuktu.etsy.com) Or you can write me at: **Kimbuktu**, P.O. Box 1253, Latham, New York, 12110 for a color brochure.

**Fashion Green T Bags**—Strong reusable bags fashioned from gently worn tank and t-shirts. We also sell aprons created from used dresses and skirts. Profits donated to our local food bank. Many bags are available in \$4-6 range, and can be used hundreds of times--solids and slogans both! See our Etsy store at <http://fashiongreentbags.etsy.com> or telephone us at (330) 678-5566, Monday through Saturday 12 to 6 p.m. Bulk orders (at reduced prices) welcomed.

#### **Artist Impressions from Life**

I sell landscape & portrait paintings which I paint on location, standing at my easel. I love to do quick pencil sketches at festivals. God is Spirit. He is Life. He is the creator of life. I find it exhilarating to study the actual subjects of God's handiwork. The experience of translating what I see into a painting gives a felt sense of connection to life in that moment of time. My landscape paintings are usually sized from 8"X 10" to 20" X 24". I currently have a painting in the Hoyt, New Castle, PA, will display and do on the spot portraits at a festival in Downingtown, PA 5/16/09. I will show my work at a local coffee shop in Columbiana in July and August. I have work in the Butler Artist Sales Gallery at the Butler Institute of American Art in Youngstown, Ohio. I paint with other artists in many locations throughout Ohio, PA and elsewhere. For information write or call Nancy Hawkins at Impressions from Life, 5190, Kirk Road, Columbiana, OH 44408, Phone 330-429-5686 <http://artistimpressionsfromlife.blogspot.com>

#### **Awareness of Others**

Where the sun comes up  
about ten in the morning  
An' the sun goes down  
'bout three in the day  
You fill your cup  
with whatever bitter brew you're drinking  
An' you spend your life digging coal  
from the bottom of your grave

*You'll Never Leave Harland Alive*  
Darrell Scott

If you can't feed a hundred people, then feed just one.  
Mother Teresa

"I'll lend you for a little time a child of mine," He said.  
For you to love - while he lives  
And mourn for when he's dead.  
It may be six or seven years  
Or twenty-two or three,  
But will you, till I call him back,  
Take care of him for Me?

*A Child of Mine*  
Edgar Guest

#### **A Business Quandary . . . Or Not?**

Today, a fellow fiber seller wrote and informed me that by giving out information on an Ohio wool cooperative where people could get low-priced, US-raised sheep's wool for a very fair price, that I was hurting her and all the other wool sellers—and some other more unkind comments. Her shop sells wool she imports from overseas, dyed with acid dyes for spinners, not natural-colored wools raised right here by our own farmers, baled and handled at a farmer's co-op, the extra of which are baled and then carded and milled here in the US in Texas and California. She doesn't take the raw fiber and process it herself, she imports ready-made fiber.

At first my feelings were hurt, and I raised this up to God to help me understand that woman's anger towards me. And I remember my grandmother saying, "Of all the sins, the easiest one to spot is Jealousy, you'll recognize it right away." And the hurt feeling instantly evaporated.

I'm on the side of our local farmers, the co-op employees, the truckers and the mills who process our product. My concern has been eased.

Last week, a young woman suffering from a terminal disease in California, mentioned that she missed Ringalos, which aren't made anymore. Her aunt called several distributors, in hopes that somewhere some unsold boxes might still exist. She received a call from the production plant in Canada, that they were stopping their production line, making some Ringalos for this child, and would be shipping them at no cost to her. If you have time to send a thank you note, please do so. Kind deeds are what should be foremost in our thoughts, even in a world that seems to think Profit is King.

**Old Dutch Foods, Inc.**  
**2375 Terminal Road**  
**Roseville, MN 55113-2577**  
**Attn: Mr. Matt Colford**

#### **To Defend Those Who Believe**

In 2006, Matthew Snatchko initiated a religious conversation with three women who were shopping in a public mall. The women gave Snatchko permission to broach the subject, in front of witnesses, but a store employee said the women looked “nervous” and told Snatchko to leave. Snatchko refused, was arrested by mall security, taken to the police station in handcuffs, and booked into the local jail. He was later released and not charged with a crime, but this was seen as an opportunity to challenge the constitutionality of restrictions on conversations about politics and religion in public places, and the Pacific Justice Institute has taken up Snatchko's cause. He is now suing the mall company, which manages 55 similar malls in the United States. The mall company says “by roaming the mall and randomly approaching other mall visitors” Snatchko made it impossible for the mall to “regulate his expressive activities.” They are now headed to the Appellate court.

If you are looking for somewhere to send a few dollars or a letter of support, which will make a difference for Christians to practice their beliefs without punishment, here is the information.

Pacific Justice Institute  
P.O. Box 276600  
Sacramento, CA 95827-6600

Pacific Justice Institute is a non-profit 501(c)(3) legal defense organization specializing in the defense of religious freedom, parental rights, and other civil liberties. Pacific Justice Institute works diligently, without charge, to provide their clients with all the legal support they need.

*"Through our dedicated attorneys and supporters, we defend the rights of countless individuals, families and churches...without charge."*

#### **What is Unleavened Bread?**

Leaven = yeast. Every once in awhile, I am asked to make unleavened bread for those who practice communion, someone wanting to see “what it tastes like,” or other reasons. Unleavened bread is actually as close as your grocery store—Ry-Krisp, Wheat Thins Original, Triscuits, and other unleavened crackers are available to you. Flatbreads, such as matzoh or lavash, tortillas, masa, pita breads, etc., are all made without yeast, and usually available in the deli section.

And you can make simple pancakes—those qualify! Here's a recipe:

4 eggs  
1/2 t salt  
2/3 cup milk  
1 T sugar  
2/3 c. sifted flour  
2 T soft butter

Heat oven to 400 degrees. Butter well two 9” cake pans. Beat eggs until light yellow, add remaining ingredients, beat until smooth. Pour into pans and bake for 20 minutes, then reduce heat to 350 and bake 10 minutes. Slide onto hot plates. Serve with lemon slices, powdered sugar and butter, syrup, jelly, honey, etc. Yield: two 9” pancakes.

Answers to the puzzle on page one, numbers represent millions of BTUs per cord:

Hickory, 50.9—Apple, 48.7—Beech, 44.2—Hackberry, 38.2—Tamarack, 38.2—Cherry, 36.7—Elm, 35.9—Boxelder, 32.9—Hemlock, 29.2—Ponderosa, 28—Aspen, 27—Cottonwood, 24.8, Basswood, 24.8. Are you warmed up now?

### *A Few Plain and Practical Resources for Self-Sufficiency*

(Editor's Note: Most are known personally to us, some are by reader referral—you'll need to make your own decisions regarding giving your custom. This issue of PNP also has other sellers listed throughout for further resources for you.)

#### Bulk Food Stores and Mail order Foods

**Barry's Farm Foods**, 20086 Mudsock Road, Wapakoneta, Ohio 45895, you can use paypal, and also can purchase their wares off of Ebay.  
**Yutzy's Bulk Foods**, 614-873-3815, 6010 Converse Huff Road, Plain City, Ohio 43064  
**Countryside Bulk Foods**, 4230 West Pike, Zanesville, OH 43701, telephone 740-450-1595  
**Bulk Food Depot**, 5457 Radford Road, Athens, OH 45701, 740-594-5053.  
**Apple Hill Ltd.**, 8690 Vermilion Road, Amherst, OH 44001-9475. Telephone 440-965-7077  
**Coon's Candies**, 16451 County Highway 113, Harpster, OH 43323, telephone 740-496-4141  
**American Harvest** 51323 County Road 16, Coshocton, OH 43812, 740-622-2855  
**Swiss Village** 309 S. Broadway St., Sugarcreek, OH 44681, telephone 330-852-2896

#### Sewing and Crafting Supplies

**Scrap Leather, lacing, and hides**, all American leather, Real Leather People, P. O. Box 251, Sonora, KY 42776 or 270-369-8880 or sales@realleatherpeople.com  
**Make your own brooms**—Broomcorn and supplies at R.E. Caddy, Box 14634, Greensboro, N.C. 27415, 336-273-3609.  
**Sewing Supplies**, Home-Sew Inc., P. O. Box 4099, Bethlehem, PA. 18018-0099, 1-800-344-4739, homesew.com.  
**Linen and wool fabrics**, 1-888-546-3654, Fabrics Store.Com, 6325 Santa Monica Blvd., Suite #102, Hollywood CA 90038  
**Countryroad Fabrics and Gifts**, 2195 N 700W Shipshewana, Indiana, 46565, good resource for fabrics, snaps, prayer caps, and more.  
**Knit Picks**, P. O. Box 870760, Vancouver, WA 98687, 1-800-574-1323. Fine quality wool and wool blend yarns—their natural color, dye your own selections are especially well priced. Many sock yarns, patterns, and superior quality needles. Online also.  
**Raw Wool for Spinning at \$2-4 pound**, also well priced natural roving, and shepherd's supplies, Mid-States Wool Growers Co-op, 9449 Basil Western Road, Canal Winchester, OH, 43110-9278, 614-837-9665, call for hours and directions.  
**Wm. Booth, Draper**. 18th century reenactment supplies, I get my linen thread, horn thimbles, and other well-made, old fashioned items from this resource, 2115 Ramada Drive, Racine, WI. 53406, or, <http://wmboothdraper.com>, or 815-648-9048.

#### Clothing Patterns and Ready Made

**Modest clothing patterns for women and girls**, Candle on the Hill, R 139 E. Townline Rd., Athens, WI, 54411, or email: info@candleonthehill.net  
**Gohn Brothers**, Box 1110, Middlebury, Indiana 46540-1110, toll free number 1-800-595-0031. All sewing done by local seamstresses to your measurements, at very reasonable prices for good quality.  
**Prayer caps** (crisp mesh style), Plain and Simple Head coverings, Bayley Thompson, P. O. Box 185, Bagdad, KY 40003.  
**Aprons, Dresses and Coverings**, Mennonite Maidens, <http://www.mennonitemaiden.com>, or orders by phone, 703-622-3018 or 304-492-5590. Wide variety of all offerings, reasonable prices.  
**GVS**, clothing for the entire family, baby supplies, toys, stationary, sewing supplies—many hard to find items. Highway 5, Versailles, MO 65084.

#### Housewares and Home Needs

**Non-electrical tools and household goods**, Lehman's, 877-438-5346, or write for a catalog, 289 N. Kurzen Rd., Dalton, OH 44618.  
**Healthy natural soaps and salves**, Cindy High, 905 Egeler Lane, Dexter, MI 48130  
**Quaker Hill Farm**, children's books, P. O. Box 10, Harrisville, MI 48742 (recently featured on Animal Planet!) Quaker Anne has all kinds of good things made from her farm, web site is [www.quakeranne.com](http://www.quakeranne.com)  
**Sisterthreads** is a group of three Christian women who sew together in the daughter's house amongst her four children, one of which is special-needs. Although they focus on quilts, they also do a variety of purses and organizers for knitting needles, crochet hooks and other sewing items. By mail: Sister Threads, P. O. Box 91, Herrietta, MI, 49638, or telephone, 231-389-0253.  
**Lora Yapp**, 76 Twp Rd 1336, South Point, OH 45680-7888, for lemongrass soap, as well as many other kinds. Several sampler sizes for fair prices. Available in multiples for favors, too.  
**Home Remedies**, Wellness Service, 420 Weaver Road, Millersburg, PA, 17061, books, suppliments, oils, massage tools.  
**Treadle Sewing Machine support group**, TreadleOn, <http://www.treadleon.net/> Parts, repairs, maintenance, advice.

#### Support for Becoming or Learning About Being Plain

**You can write or email to me:** see editor's box. I can provide rough sketches for clothes and will gladly answer any questions to the best of my ability—Valerie  
**Quaker Jane**—a@quakerjane.com, she has the best and most thorough site for those who have questions about becoming Plain  
**Quaker Anne**—See Quaker Hill Farm under “housewares,” above  
**Headcovering statement** based on scripture—Plainly Dressed's web page, <http://plainlydressed.com/headcoveringinformationfile.html>

#### Christian Reading Materials/Non-mainstream Informational Resources

**Keepers At Home magazine** (Plain homemakers) \$13 year/4 issues. 2673 Township Road 421, Sugarcreek, OH 44681  
**An Encouraging Word**, P. O. Box 374, Covert, MI, 49043, \$20/year includes yours and one gift subscription.  
**Plain Interests newspaper** (Plain lifestyle), 420 Weaver Road, Millersburg, PA, 17061. Monthly, \$16 yearly.  
**Pendle Hill Bookstore** (a Quaker publishing house and retailer of Quaker literature), 338 Plush Hill Road, Wallingford, PA, 19086-6099, or telephone 1-800-742-3150 ext. 2. Bookstore email, bookstore@pendlehill.org  
**Rod and Staff Publishing**, cookbooks, homeschooling, religious reading, 606-522-4348, P. O. Box 3, Hwy. 172, Crockett, KY 41413-0003.  
**Homeschooling, Pastoral, and Bible Study Reference Supplies**, Christianbook offers free catalogs, call 1-800-CHRISTIAN, or write your request to Christianbook, 140 Summit Street, Peabody, MA 01960.  
**The Budget**, a Mennonite rural newspaper, P. O. Box 249, 134 N. Factory Street, Sugarcreek, OH, 44681. Several editions, so ask for information, 330-852-4634.  
**Farm And Dairy**, rural interests newspaper for farmers, P. O. Box 38, 185 E. State Street, Salem, OH 44460, 1-800-837-3419.  
**Ridgeway Books**, toll free at 888-822-7894, or 3129 Fruit Avenue, Medina, NY 14103. Extensive Christian selection, ask for catalog.

Our Little Grocery Store Update: The idea of a full, board-licensed kitchen is becoming more appealing, as it would allow us to teach canning, freezing, dehydration, and pickling classes with a licensed instructor. I've started building a stock of kitchen items that are sewn and woven and crocheted, so my hands are busy throughout the day. I am volunteering one day a week at a food cooperative in Clintonville, Ohio, to learn more about retail food marketing and pricing. Blessings, VH