

# The Plain and Practical

Year Six, Issue 52, April, 2013

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

## Swartz's Butcher's Shop

“Be understood in thy teaching, and instruct to the measure of capacity; Precepts and rules are repulsive to the child but happy illustration winneth him.”

M. F. Tupper

My grandparents, Max and Mexie, were public school teachers for over forty years apiece; my great-grandmother Kizzie taught in one-room schools back in Ohio. There are superintendents, guidance counselors, and even a school psychologist lurking in my family tree. Mostly everyone's done a stint of teaching Boy Scouts, Future Farmers, 4-H, or Sunday School.

My family had a serious devotion to seeing every need for educational supplies met. A half-dozen times, this meant a trip to the butcher's shop.

Two brothers, Karl and Otto Swartz, had a meat shop out on State Route 271 in a stretch of flat Michigan road which was evenly divided by the Gem Theater, Rothko's Greenhouse, and the Landmark Co-Op. We always stopped by the butcher shop when getting tomato starters or a length of leather for harness.

This was a full-service, old-fashioned butcher shop. They cut every kind of meat and large fish; beef, chicken, lamb, pork, veal, or goat. They displayed seafood, pre-ground meat loaf mix, and marinated chicken breast. They had kabobs, sausage made in-house, and beef jerky. Triple rows of shelves in the white enameled cases held cheeses, both sliceable and soft curd. In the freezer cases were duck, goose, Cornish game hens and turkeys. With a telephone call on Saturday, you could have two steers plucked from your holding pen at your farm by Jerry's Knacker Service, and on Friday next go pick up three hundred separated and bundled white paper packages.

We did our own pigs, chickens, rabbits, and geese, but cattle, especially the way Mexie fed them, would butcher out over 900 pounds and be too much to handle at home. We'd usually do two at a time, filling up both our freezer and the one out at my great-grandparents' place.

I enjoyed joking with Karl and Otto (Karl had the mustache, Otto was the round one), and they enjoyed a kid that didn't go "Ewwww!" when investigating the back room. I would look at the countertops filled with hundreds of small labeled packages, and say, "Hey, which one's Curly and which one's Buford? Did you guys mix them up *again*?" And they'd point at each other with mock anger.

"Hey! Iz my brudder, iz his fault!" They'd pretend to be upset with each other, waving their arms. I'd pretend I was pulling my hair out, yelling, "How am I ever going to get my cows divided up right again?" It was pure farce, better than Vaudeville for a seven-year-old.

Once, my grandparents got a beef heart when their sixth-graders were studying the circulation system. It was so huge, you could put a child-sized hand inside it and make the muscles pump water from one side of the organ out the other. The texture against your wrist was hard to describe, sort of like twisted wet fabric. That was brought home, cut up, roasted, and given to the farm dogs after the children used it as an educational device.

In my own second grade class, we were studying ocean creatures--fish and shelled things and whales and the rest. There wasn't any city aquarium at that time, and the Zoo's tanks held only sleek manic penguins, so we were making do with (believe it or not) black-and-white pictures sent over by the district's resource center in a one-size-fits-all box.

That Thursday, on the long drive home in the evening, my parents and I stopped for rose bushes from Rothko's Greenhouse, and a cold dinner of soft Colby cheese and fat bologna links from Swartzs'. (continued on page 2)

## Self-Sufficiency Learning

How many of these should be on your calendar for this year? Who should be taking these sessions with you? How much will you save in time and money, if you can do them for yourself, and share the skills in your own community?

- ⇒ First Aid and CPR. A must, especially if your home is not located close to services, if you hunt or fish or farm in outlying areas, if you have someone in the home who has already had a heart attack.
- ⇒ Emergency vehicle repair. Can you change a tire, fill a fluid, wire up a tailpipe, tape up a wiper? Troubleshoot and have the equipment in your vehicle along with work gloves, reflective gear, a cell phone and numbers, marking flags, sturdy shoes and a flashlight.
- ⇒ Stored dry goods. If you suddenly lost your income or there was a national crisis, having dried safe foods set aside would help you manage and survive. Beans, rice, tofu, protein powder, spices, dehydrated vegetables, coffee and tea, will be wanted.
- ⇒ Have some way to filter/clean your rain-water or well water, with extra parts for that equipment, and extra pump.
- ⇒ Have equipment on hand that can be used for slaughtering and prepping both animal and vegetable food, and if you don't know how, have a hunter teach you. You'll want a canning pot, pressure cooker, jars and lids, and screening to make dryers.
- ⇒ Have some soaps and laundry products set back and FIFO (first in, first out) so you always have a couple months' supply. And you need to know how to do your own soaps "from scratch" and candles, burners, and other needs.
- ⇒ Do you know how to trim and keep an oil lamp? Have some on hand and know how to safely use them.
- ⇒ Are all your addresses and phone numbers inside your electronic devices? Time to have them safely on good ol' paper and pencil, well organized, and in TWO places, one away from the house, arranged to be grabbed quickly if needed.
- ⇒ Know your area. Study it in advance and have a plan where you and friends will meet if there's a fire or flood or other need.

The following quick and easy meals or side dishes are all possible, ready in minutes, if you fix up the following ingredients in advance and store them in your refrigerator: peeled boiled potatoes, brown or other rice, variety of mixed roasted vegetables, and peeled hardboiled eggs.

Rice and roasted vegetables casserole—Just mix some broth, pour it over the ingredients in a bowl, and microwave or warm in the toaster oven.

Vegetable Soup—some of the roasted vegetables, one chopped potato OR half cup of rice, and a can of tomato soup, mix in bowl and warm up in microwave or pan on stove.

Twice baked potatoes

Devilled eggs

Mashed potatoes

Rice with butter as a side dish

Home fried potatoes

Broth with 1/2 cup of rice for a light soup

Egg salad sandwich

Rice pudding

Hard boiled eggs put into pickling juice in fridge

And you can put these ingredients into other casseroles and soups, too!

## April 2013

## Fourth 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
29	30					

1st—April Fool's day

2nd—end of Passover

4th (1968) Martin Luther King, Jr., assassinated

11th—(1970) Apollo 13 mission began

15th—tax day in U.S.

19th—(1995) Murrah Federal Bldg. bombing

22nd—Earth Day

### The Salami Technique

It's striking to me how many things you do in a day, are comprised of small steps. We'll have a good hot home-cooked dinner, if I get out the crock pot in the early hours of the morning and chuck in a piece of meat from the freezer—I don't even need to know what I'll be cooking with it, just as long as it gets cooked! I'll get all my errands done if I sit down with paper and pencil and figure out what needs to be picked up, what stores will have it, and plan a route that incorporates the hours of operation. I keep all the catalogs in one spot, Gohn Bros. and GVS and Lehman's and others, and mark pages, so when one thing is ordered another can ride along and save postage.

When I had students who were overwhelmed with the task ahead of them, such as "Write a seven page research paper," I'd always say, the topic needs to be approved by this date and the first paragraph with the argument and thesis statement due by this next date and so on, teaching not only how to write papers but the important stuff of life, how to divide up tasks and tackle them in successive bits of work. Not only does this make them more controllable, but you also gain the added benefit of creating a product that is more thoroughly invested with thoughtfulness and quality workmanship. Slapping something together at the last minute is something we've all had to do, and then we stand there a little embarrassed about what we've made, knowing we could have done better "if we had more time."

Any woman who has promised a pie and shown up with a box cake mix with runny frosting, has felt that dismay. Any man who has shown up for work and realized he has forgotten an important tool at home, knows that hangdog feeling. We've all been there. The trick is to make lists, and check them twice. Your companion should be included, because two heads are better than one, and between you maybe you can verbally nudge each other "Don't forget tomorrow morning, Randall is coming over," or as you go out the door, "Did you grab the other set of keys?" When you finish a large annual task, set down on paper improvements to make next time better, "bring extra chairs," or "need to have a cooler with ice" and then you increase the chances that next time, you'll be more prepared. Most of all, complex and involved tasks should be drafted out and the whole sliced up into parts, like a large salami. For most things you make, procuring the pattern and materials is first, then adjustments to the pattern or process, approvals, cutting or assembling—whether it's handwoven rugs or a new wall in the garage, replacing a sink or taking a class for certification, there are steps to follow in almost any process. Divide and conquer!

### (Swartz's Butcher Shop, cont'd)

The brothers chatted to my parents while I eyeballed the seafood, my lessons fresh in my mind.

Max came over and stood next to me. I looked up to him and pointed, fingertip against the glass of the huge enameled case.

"Grandpa, is that an octopus?"

"Yep, it is." Then he waited, like all patient parents do, in case there were any more questions. I studied the creature.

Mexie paid, and brought the bag over to join us. She took in the situation, and called for Otto.

"Valerie would like to take that octopus to school tomorrow," she told him. Remember that my grandmother taught in the same building where I attended, many lessons behind her sixth graders, and was therefore partial to all the teachers' plans and discussions.

"I'll double pack it, with ice," laughed Otto. I laughed, too, when his big square hand plunged under the animal and jiggled it free from the bed of artificial lettuce. The tentacles bounced; the round head flopped over.

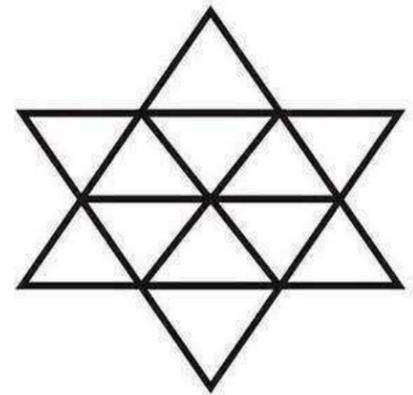
At school on Friday, the children were thrilled to touch the creature's moist suckers, to feel its full weight in their palms, to smell the unfamiliar ocean upon its skin. At the end of the day, our whole class went outside to respectfully inter the well-handled mass in the dumpster behind the kitchen, but we didn't forget our hands-on experiences. For weeks our four classroom walls were galleries of drawings and stories of our octopus and the salty ocean world.

I gave one of my drawings to Karl and Otto, who posted it next to the telephone at the butcher shop. It was still there when I left to go to college, where I did not study beef cows or octopii or how to run a retail business. Instead, I enrolled in education courses to become a teacher. My educational path took many twists and turns, but eventually I found myself in front of college art students, teaching drawing—and so much more about this wonderful world we live in.

How many triangles do you count?



How many in this one?



Answers are upside down on page 4

### Are You Seeing—And Then Applying the Golden Rule?

I am often asked questions about what it is like to be a Quaker, and those answers, for me, always include a little bit about how it's important to listen to your inner light, to seek and wait for guidance from Above. But often I am reminded, as I was today, that people often do not use their eyes to really see. Images in their day to day life pass in front of their eyes like a show on television.

When you watch as a person with a limp approaches a heavy door, you have the intelligence to know what will happen. They will have to shift their weight, grasp onto the handle, shift again, perhaps take awkward steps to maneuver their way across the threshold. When you see a young woman with a toddler by one hand and a baby carrier in the other, trying to get a cart out of the rack so she can place them safely in it, you have the intelligence to know what will happen. She will have to let go of that small child, or set the baby down, to un-jam a cart and free it. Yet every time I am at the grocery, I see otherwise normal, healthy, "good" citizens pass by these opportunities to be helpful. What your eyes observe, paired with your experience, should be directing your actions.

When a car is broken down and parked alongside the highway, people who have surely seen the news stories of people injured on the side of highways, tow truck drivers and police officers and travelers, yet they don't move their vehicle to the far lane to allow a grace zone for the stranded motorist and rescuers. They have seen, and they know, but their actions do not follow accordingly.

Is there a man in your neighborhood who goes about on a bike, and gathers aluminum cans to recycle? That is quite the kindness, perhaps you can provide him with a box of trash bags sometime, and a handshake to tell him thank you for picking up that litter, whatever his motivation. Next time you buy a map for your state or county, why not buy two, and if someone needs to use your map, then you may freely give it and still have another for yourself—chances are, when you need to share your map, there's not going to be anywhere nearby to purchase one an extra. Are you able to see the signs that a local store is struggling to stay in business? Perhaps you could ask for a few extra business cards and see if there's a way you could help support them with a referral or other good turn.

It isn't enough that we "see" and "record" and then move on without consideration or love. One of my exercises is teaching myself to open my palm and turn it outwards and LOOK at it, whenever I feel that tug towards someone struggling or my eyes water a bit when I see a sad situation. I look at my palm and say, "What can I do?" and the answer always comes, fully developed, fully explained, immediate and with a great press of truth to it, enough to make me draw in a quick breath, and feel grateful for the guidance. When you See, you Feel. See (observation) leads to Feel (compassion) leads to Love (care for one another as we wish for ourselves).

### Ways to Recycle A Wood Pallet

- Take apart, use as spacers between your stacks of wood
- Firewood for the summer fire pit
- Make outdoor furniture
- Repair fences
- Two of them together will stake out a goat
- Line the pigpen so your fence lasts longer
- Lay out on a path and fill with gravel and sand for a walkway
- Four fastened together makes a quick and easy compost bin
- Two fastened at the top make a dandy sign stand at the road
- Two fastened at the top will hold climbing squash, tomatoes
- Three for sides and one on top, and a tarp, make a quick shelter
- Zig-zag them with zip ties for a quick divider fence

### This Month's Crazy Idea—

I saw a neat thing in a nearby restaurant, and thought, bet that took a lot of work to get by the local board of health, but it would be easy-peasy to do at home. They had a rack right in the kitchen, and hydroponically grown herbs growing in trays under a grow-light. Fresh cilantro, basil, oregano and other green wonders grew right there in the kitchen, guaranteeing that not one morsel of goodness was lost between harvest and usage.

At home, where we have a choice of soil in flowerpots and windowboxes, or the restaurant's hydroponic water growing system, we too can year-around have fresh herbs for seasoning our meats and vegetables. Imagine in addition to your kitchen-made yogurts and that nice cabbage slaw from the refrigerator, you could grow sprouts up on the counter and have a little lettuce and herbs from your in-house garden, too. You don't have to worry about factory-washed spinach containing e-coli, if you grow it for yourself and know exactly how it was handled in your very own home. When summer comes, move the plants outside to enjoy fresh air and warm temperatures, making room for processing and other tasks inside. When cold weather returns, bring those pots back in, position them in the paths of the sunlight as it moves past the windows, and continue to have home-grown.

### Learning New Things

I recently began volunteering at a workshop (you've seen the stories here) and suddenly realized how much this exposure is helping me with a lot of other areas of my life. It's proof yet again that what you expose yourself to on a daily basis, creeps into all the other aspects of your living and beliefs and outward behaviors. It's proof again that we should be careful where we go, who we hang out with, what our hobbies are, how we entertain ourselves.

For example, because the workshop has policies about safety and careful use of materials and time, I find myself streamlining my processes. I had a pattern that used a 38" piece of fabric, and my piles have 34" wide, 35" wide, and so on. Now I have it organized so that those wider ones are set aside, and that has made a difference in my efficiency. Thinking about fabric, much the way that I'm being taught to think about wood and metal, is a thoughtful discernment that allows me to be less wasteful of time and materials.

I also would wander through a catalog of mixed household things and finally settle onto the pages where the sewing supplies were posted, make out my order for one of this and one of that. Now, I think in terms of six months or a year—not just enough for this one project. I've been sewing for thirty years, so I don't think that's going to change overnight. Buying in bulk means less time per order, less postage since it all travels together, one check instead of several (stamps and envelopes too) and less chance of running out and having to wait a week for another order to arrive. Going through my receipts, I see I order 1000 pins a year, so just order them all at once and be done with it, right? Ditto for other supplies as well.

At the workshop, we have stacks of laundry baskets that projects are placed in at the end of the day, or until a missing part or supply comes in, and those are on shelves out of the way until they are needed again. How very much better to arrive to clean work surfaces and floors, instead of my tumbled-down mess of a studio, so I am practicing this behavior at home, too.

Whatever you learn, someday you'll use it, somewhere.

### NPR

In the morning NPR reports  
Lebanon is being bombed  
Baghdad has sectarian violence  
and Afghanistan's children are starving.  
At lunch time it is 102 and  
NPR doesn't mention our Cooling Station  
where for the last three days  
we sent volunteers to old folk's houses  
and delivered bottled water  
and made sure air conditioners were on.  
We ran errands for them in our hot cars,  
nearly burning our hands on our door handles.  
I eat my dinner with the radio and  
NPR does not tell me  
I will meet my new neighbors, a family,  
and as the Mother looks up at me  
from her black hejab, perspiring,  
I will remember my reflection earlier today  
drenched with sweat, grasping  
the handle of my truck.  
I reach for her offered hand  
and smile, unable to tell her "thank you"  
for reminding me I am one of billions.  
Before leaving in the morning  
I have left my new neighbors  
two boxes by their door, with  
pans, dishes, and Hallah food.  
When I reach the main road  
I turn off NPR  
and instead, begin to sing.

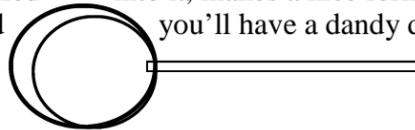
Valerie Hibbard



### Spring Cleaning

Here's some tools you can easily make yourself, that will last just as well as ones from the store, to help get into those nooks and crannies when you do your spring cleaning chores soon.

A couple loops of heavy basket reed, and a 1" x 1" stick with a hole drilled into it, makes a nice form. Slip a rectangular "bag" you've sewn, over that, and you'll have a dandy duster that gets under dressers and stoves.



And if you make several "bags" to use, these can be removed and washed and dried, so they are ready for the next day. You can have some just for furniture oiling, and others for damp-dusting.

Another helper is to crochet a round of sisal tie string, and fold it over the end of a stick:



This makes a dandy dish scrubber, you just fold the circle over the end of the stick, crochet it shut, and one screw will hold it nicely to the handle. When it's too worn to use, or soured, remove it and re-use the stick and the screw again.

By the way, I've got lots of good wood shavings at hand now, and going to sew up a pet bed for a friend's big outdoor dog. Some of the shavings are red cedar, which naturally repels pests and smells fresh. With a cotton cover, the whole thing can go into the fire pit when it's outlived its purpose, or be composted.

Remember as you clean to save those dustballs and threads and other fiber foundlings, because they are excellent for the firestarters you'll make later this summer. Waste not.

"And the angel said unto him, Gird thyself, and bind on thy sandals. And so he did. And he saith unto him, Cast thy garment about thee, and follow me. And he went out, and followed him; and wist not that it was true which was done by the Angel; but thought he saw a vision. When they were past the first and the second ward, they came unto the iron gate that leadeth unto the city; which opened to them of his own accord: and they went out, and passed on through one street; and forthwith the angel departed from him."

Acts 12:8-10

### Editor's notes

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

#### **Need something for the Home, or Clothing?**

- Lehmans, 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
- 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, 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.
- 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.

#### **Need something wholesome to read?**

- 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.
- Keepers At Home magazine (Plain homemakers) \$13 year/4 issues. 2673 Township Road 421, Sugarcreek, OH 44681
- 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)
- 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.
- Young Companion, Pathway Publishers, 2580N=250W, LaGrange, IN 46761, scripture-rich moral stories for young people, many are reader-contributed. They also produce Family Life, as well as Blackboard Bulletin, and I recommend all three as suitable literature to leave around where you find yourself spending a few moments in the day, they are uplifting, spiritual, and helpful. \$23 annually for all.
- Pendle Hill, 338 Plush Mill Road, Wallingford, PA 19086. Quaker literature resource.

#### **Want to stop and get bulk food on your next trip?**

- Clintonville Community Market, 200 Crestview Road, Columbus, Ohio, 43202, 614-261-3663
- 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

Triangle puzzle—first  
one, 104 triangles; sec-  
ond puzzle, 20 triangles.

#### **Need supplies for Making it yourself?**

- handspun yarns for knitting, soy candles, black walnuts for dyeing: Beverly Thorne, 1941 S. Camp Ten Road, Elmira, MI 49730.
- Leather: 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](mailto: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](http://homesew.com).
- Linen and wool fabrics, 1-888-546-3654, [FabricsStore.Com](http://FabricsStore.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.
- Discount fabric, Guhl's, 710 E. Main Street, Jackson, Ohio, cash only, closed Sundays.
- Makes Scents, candle supplies, wicks, waxes, jars and bottles. 10465 Columbus Parkway, Pataskala, OH 43062. 740-927-3526.

#### **Self-Sufficiency and Preparation Supplies**

- Bathtub liner for 100 gal. water storage—Water Bob, from Way Safe Florida, Inc, 14175 Icot Blvd, Suite 100, Clearwater, FL 33760 1-800-966-8044, approximately \$25. Available on Ebay as well.
- Seeds to store, \$55 for small garden, non-hybrid—Baker Creek Seeds, 2278 Baker Creek Rd., Mansfield, MO 65704.
- Archery supplies—Obsession Archery, 8289 Burden Rd. Machesney Park, IL 61115, 815-877-1212
- First aid supplies—a number of professional-level kits from \$71 to \$415, First Aid Supplies Online, 1-800-874-8767

**Honey and Honey Products:** Honeyrun Farm, 9642 Randle Road, Williamsport, Ohio. 43164, 740-225-2462. Candles of the rolled beeswax as well as poured, beeswax in all amounts for sewing and crafting, honey straws, honey and combs. On Etsy, Honeyrunfarm.

**Art and Scrap Box**—paper, drapery and wall paper sample books, yarn, wood scraps, fabric scraps, tubes, all \$7 fill a paper grocery bag: 581 State Circle, Ann Arbor, MI (734) 994-0012.

**Arts and Scraps**—more sewing and yarn than previous listing, lots of paper, mat board, interesting magazines and books to cut up, wood scrap, tile section, posters to recycle: 16135 Harper, Detroit, Michigan, 48224, (313) 640-4411, Tues-Sat. \$6.50 fill-a-bag.

**There is a free store in Commercial Point, Ohio**, the United Methodist Church runs entirely with volunteers and community donations. It's open Saturdays 9 a.m. to noon; Mondays from 6 to 8 p.m. It's on E. Scioto Street, right in the center of town, you can't miss it. Clothing and household items, they will take a cash donation if you twist their arm but it's all free. Bring your unwanted and drop them off while you're there.

Lumber Mills—I've recently needed to stock up on supplies for sculptures and have found these good resources, either I've been there myself, or they were recommended by folks I trust:

**Kreis Sawmill**—728 N. Main Street, Marysville, OH 43040, 937-537-1248. Closed Mondays; cash.

**Judson Lumber Company**, 321 W. Bigelow Ave., Plain City, OH 43064, 614-873-3911

**Almendinger Sawmill**, 5501 Caswell Rd., Johnstown, OH 43031

**Do-Over Reclaimed Wood and Products**, 15 miles south of Mansfield, in Morrow County, 419-512-5592

**Decker Custom Woodworking**, 505 W. McGormley Road, Fremont, OH 419-618-4657.

Also, if you're a woodworker, there's postings on Craigslist across the country from teachers looking to use your small scraps for kids' projects (key rings, small boxes, jewelry) and wood identification charts. Don't throw them out!

