

# The Plain and Practical

Year Three, Issue Fourteen, First Month 2010

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

## Hidden Truths

There are people who do not hide things. My friend Nelly said she decided almost twenty years ago to never, ever tell a lie again, and she's succeeded. She feels that this goal has greatly augmented her creative abilities, enhancing her skills to omit, disseminate, insinuate, misrepresent through concealment, and generally be tactful.

Some people, usually not parents, are open with their deeds, willing to expose themselves for a good joke and to make others comfortable. For example, my artist friend Bobbie in Westley, Virginia, doesn't care what you might think. While visiting her house, there was a knock on the front door. She was busy stirring a pot on the stove, so I answered the summons.

A large, seedy-looking man stood on the tiny porch. His glasses had duct tape at the bridge, and his work boots were flapping at his ankles, tenaciously held by laces with multiple knots. He held out a plastic grocery bag.

“Hullo there, would Bobbie be able to come to the door?” he asked, peeking around behind me.

Bobbie walked up, and seemed genuinely thrilled to see this rundown character.

“So soon! This is wonderful!” She peeked inside the plastic grocery bag he offered, went to her purse in the hall stand, and retrieved a five dollar bill. She gave him the money and said, “I can use as many as you can get, as long as the heads are okay.”

I followed her into the kitchen, where she upended the sack over the boiling pot and into the water plopped an entire dead squirrel, fur, tail, and all.

“I need the skulls for my sculptures,” she told me, “Bernie finds all the road kills and brings them to me while they're still fresh.”

Most of the things we hide from others is due to our embarrassment, or fear that the “real story” might come out. Sometimes it's to cover a family secret, or to politely mask plain old disgust.

I had some chicks handed to me one June morning. They had been hatched as part of some teacher's biology lesson, but she hadn't planned what to do with them once they filled the tiny terrarium in the classroom. The chicks followed me around (imprinting isn't just at birth, you know) and for the entire summer I went outside after breakfast every day and dug up worms and grubs. I would hold these up and drop them into their hungry beaks. I would see some den of maggots during the day, go get my chicks, and stand in as a five-foot featherless hen, showing them how to scratch and devour the revolting vermin. I returned to school to find that the neighborhood kids were calling me Chickenhead and that I was thought to be a bit wanting in the brains department. Up until then, I'd been proud of my accomplishment. Do you have any idea how dedicated you have to be to raise four un-penned chickens for an entire summer? These were top-drawer hens, bigger than any the farm had ever seen, (continued on page two)

## The Garden Catalogs Are Arriving!

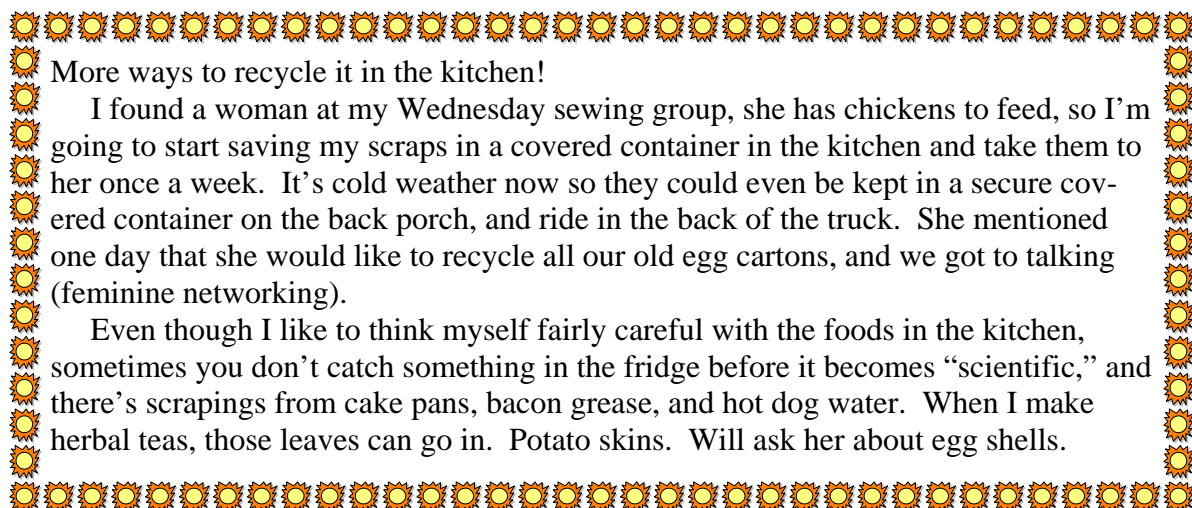
By far, the prettiest to arrive in the mailbox is the **Baker Creek Heirloom Seeds**, with pictures so beautiful you could recycle an old picture frame and take scissors to its pages. Most of my seed money is going to end up with them, I like all five of their patty pan squash varieties, huge peppers and long exotic pole beans (2278 Baker Creek Road, Mansfield, MO 65704, 417-924-8917).

But they don't have Scarlett Runners Beans, which is way over on page 10 of the **Vermont Bean Seed Company** catalog, and now they are tempting me with a cousin, the Sunset Runner, which has pink blooms. I just think there's nothing prettier than going out in the garden and seeing all these quaint little pinches of color topping the vines, and then reaching in and pulling out those healthy green beans. This is THE catalog if you also have long-term possession of your garden, because it also has berry vines, fruit trees, and multiple year crops like asparagus ((334 West Stroud Street, Randolph, WI 53956-1343, 1-800-349-1071).

**Jung's** has a whole page of carrots this year, as well as three pages of corn, and I don't mean with big pictures, they are well stocked. If you have enough of a spread to consider a few rows of corn, you ought to have a look-see at this beautiful catalog (335 S. High Street, Randolph, WI, 53957-0001, 1-800-247-5864).

Then there's the **R. H. Shumway's** “Illustrated Garden Guide,” big as a newspaper, with a cover suitable for pinning to the bulletin board just to sigh over. It's the herbs in this one that snag my wallet every year. I just sprinkle the seeds down on prepared soil and cast a little potting soil over them, and boy-oh-boy, do they come up (be patient, it might be a week or two). 334 W. Stroud Street, Ste. 1., Randolph, WI 53956-1341, or 1-800-342-9461.

If I had a quarter acre free to play with, in hot sun all day, I'd be surely sending in a chunk of apron-money to **Harris Seeds**. They have a pumpkin and squash section that makes you dream of cold sheds piled high with winter goodness, all the familiar varieties and an enticing collection of unusual new ones to try. Reach them at Garden Trends, Inc., 355 Paul Road, P. O. Box 24966, Rochester, NY 14624-0966, or 1-800-544-7938.



More ways to recycle it in the kitchen!

I found a woman at my Wednesday sewing group, she has chickens to feed, so I'm going to start saving my scraps in a covered container in the kitchen and take them to her once a week. It's cold weather now so they could even be kept in a secure covered container on the back porch, and ride in the back of the truck. She mentioned one day that she would like to recycle all our old egg cartons, and we got to talking (feminine networking).

Even though I like to think myself fairly careful with the foods in the kitchen, sometimes you don't catch something in the fridge before it becomes “scientific,” and there's scrapings from cake pans, bacon grease, and hot dog water. When I make herbal teas, those leaves can go in. Potato skins. Will ask her about egg shells.



January, 2010				First 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						

1st New Year's Day

6th Epiphany

18th Martin Luther King Jr. Day

January 15th New Moon

January 30th Full Moon

Charles Perrault was born on January 13, 1628, and is credited with writing the Mother Goose series of children's stories—Sleeping Beauty, Little Red Riding Hood, and Puss in Boots.

## New Year's Tasks

There's a number of things you can do this first couple of weeks, which will make your life a bit more comfortable in the coming cold months—take care of your feet!

Some cold night, get all your footwear together and have yourself a sit. Clean them, put in new inserts cut from old wool blankets or bought at the drug store. Check the laces by taking them out, hand washing and pressing them, looking for breakage or wear, and replace if needed. Give them a good polishing, and re-apply waterproofing when needed. Fill in holes, add a stitch or two, even old slippers should get a little TLC.

I keep peppermint lotion around and in the winter that's what my feet smell like (just so's you know). That's so pleasant, a good bath at the end of a cold day, and then the lotion and a thick pair of socks for the night.

Keep a warm pair of boots with the appropriate socks, in your vehicle for emergencies, too.

**Hidden Truths—continued**

sleeping with the dogs on the side porch, pecking on the door when it was time for me to come turn over a spadeful of breakfast.

One of our family secrets, a harmless one with all the involved parties dead now, is the Chicken Crap Quilt.

Remember that I grew up learning to piece woolens or cottons, along with all the other necessary skills of self-sufficiency, and I knew all of the quilts in our household and their history. There were Double Wedding Rings and several Nine-Patches and a striped Tied Quilt and a Flower Basket and a collectable one we hid in a trunk with the Running Man symbol, which everyone now associates with Nazis, although the fabrics in that quilt predate 1900. Mexie would say, “run up and get my blue nine-patch from Sadie off the guest bed, I’ve caught a draft in here” or “If you’re going to sleep over at Joanne’s, you should take the big striped Tied Quilt you made.” Aunt Virginia had fine hand skills, and had made up some decorative pillows with green velvets and rich embroidery, for our two green velvet loveseats in the parlor. My sewing “assignments” from Mexie and Kizzie included patchwork pincushions, eyeglass cases, small bags, and footstool covers.

So it was with much surprise that Max pulled up one day with an oak desk, a loaner for what was to be my first attempt at college, and the thing was wrapped with a red and purple quilt and fifty feet of hemp rope. It was standing big in the back of his farm flatbed.

“Where on earth did this quilt come from,” I asked, astonished. “And who made it?”

He shot me a look, untying the rope and loosening the windings around the desk. “Tell you what. I’ll give you this quilt but you can never tell Mexie you have it, or put it where she’ll see it.”

I quickly accepted the offer. And he told me the story of the quilt, as we shook it off and put it on the porch, loaded the desk into the front room, and stood in the driveway leaning on the truck.

When Max’s first wife May died in childbirth, he was left with a baby boy and a full-time teaching job at a small one-room southeast Ohio schoolhouse. This included the duty of driving a small bus with benches against the sides and back, picking up all the children to bring them to school and taking them home at the end of the day, good weather or bad. So the infant boy was given to Max’s mother, Kizzie, to raise up for the time being. Max knew of Mexie, a widow teaching in a nearby school district, courted her, and when the baby was sixteen months old, they married. Mexie and her two children moved in with Max, they picked up the baby from his mother’s, and this little brady bunch set up housekeeping as a family in the house on top of the hill overlooking Edgar and Kizzie’s farm.

I’m sure you see the problem. Kizzie had been taking care of the baby, down-talking Mexie or any need of Max’s to remarry, and getting a little too used to caring for a baby again. She liked having Max stop by for dinner every night on his way up the hill, and there’s a reason Max didn’t marry the first time until he was twenty-seven—it simply wasn’t encouraged. Kizzie was one of those women who like to run everyone’s life her own way, you see.

So the first anniversary rolls around, and since Max and Mexie didn’t have a real honeymoon, and it had been a little early in the mourning process for any shindig at the time of the wedding, they invited lots of folks and laid in party foods. People got the idea and brought wedding-type gifts, silver plated platters, linen dishtowels, embroidered pillowcases, and the like. Kizzie came in late, carrying a large paper-wrapped bundle. When her gift was opened, it turned out to be a bedspread-sized silk and satin crazy quilt, blue satin sections intermingled with burgandy, grays, and coral-colored prints. The backing was dark gray cotton, and it was hand-quilted by drawing pencilled circles around a small plate, and letting the circles overlap into a double-wedding ring pattern from edge to edge, with red quilting thread.

Now, things were not going badly at this point. She’d presented a lovely quilt, people were admiring the work and the nice way with the colors, and then Kizzie drew herself up and made The Announcement, which doomed the quilt to poor treatment for the next fifty years.

“That blue you see there, that pretty satin? That’s from the gown May was wearing when she died givin’ birth to this little child, here, my grand-baby boy, who I raised from the time he was born.” Other conversations in the room ended. Mexie set her teacup down hard on the sideboard and was walking out of the room, while Kizzie added, “She was more woman than you’ll ever be to my Max!”

So when Kizzie would walk up the hill to visit them, they would see her coming and get the quilt out of a trunk and throw it on the bed, letting her think they used it. Later, it didn’t even leave the trunk, Mexie claiming (in the interest of keeping a Crabtree-Johns feud from starting) that it was too warm this time of year for a quilt.

When Max and Mexie relocated to teaching jobs in Detroit, the quilt went with them. And from the time I came to live with them in Armada, to when the quilt arrived wrapped around my father’s desk in Utica, I had never once laid eyes on this yardage that fomented such anger over so many decades.

(continued next column)

After Max left, I took a big black trash bag from the kitchen, bagged the quilt, hopped in my truck and headed for the dry cleaners. On the way, I stopped by the library, checked to see when the guys would be coming in from work (whether it would be a two- or three-job day), and bought a newspaper to look for garage sale ads. The bag rested in the back of the truck, sucking up heat from the late-August sun, while the truck rested here and there around town on various pieces of blacktop.

My plan was to have the quilt cleaned, then survey and repair the holes I’d observed, as best I could. I would then make a sleeve for it and hang it in a stairway to my upstairs studio. If Mexie actually wandered up there, she could practice a little tact and maybe remember that this was all a very long time ago.

At the cleaners, I hefted the bag up onto the countertop in front of the Asian man who owned the place.

“I have a really dirty quilt,” I told him. “I think you should charge me extra, it’s so dirty.”

He began untying the knot at the head of the bag. “All quilt and blanket, five dollar,” he told me.

“But it’s got . . .” I couldn’t think of polite language to express my meaning. “It’s got chicken crap all over it.”

About that moment, he got the knot undone and a “poof” of hot, summer-heated air whooshed out. He quickly clasped the bag closed with both hands, turning his head to one side and closing his eyes.

“Okay, *this* one I charge eight dollar.”

*“Now a thing was secretly brought to me, and mine ear received a little thereof.” Job 4:12*

**Winter Word Scramble Puzzles! Answers on page three.**

M R T S O W O N S \_\_\_\_\_

C I E T S U R \_\_\_\_\_

T H O T E A L O O H C C \_\_\_\_\_

D R E E I A B G N G R \_\_\_\_\_

T E S U K C E A S \_\_\_\_\_

Y U L F F F I L E S Q U R R \_\_\_\_\_

G H N S I I R E V \_\_\_\_\_

T R I B N L L A T L H G I U S N \_\_\_\_\_

C C N N R H G I U P F T T O O S E \_\_\_\_\_

Z R O N E F D P N O \_\_\_\_\_

L E O G D N W W L L O I \_\_\_\_\_

N N E E I C P O \_\_\_\_\_

F T R D S N W S I \_\_\_\_\_

P L O O W I E D \_\_\_\_\_

W O S N V L E O H S \_\_\_\_\_

T K L I I N W G N \_\_\_\_\_

K E A C T U I R F \_\_\_\_\_

M A R W P P E I S L R S \_\_\_\_\_

K H I T C S S K C O \_\_\_\_\_

**Editor's notes**

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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. There is an entire Team of Christian crafters on there, as well, so lovingkindness is always nearby at the click of a few keys on the computer.

One of the nicest people I’ve encountered, is a woman who does careful, thoughtful work with the words of scriptures—here is the description I asked her to write for you:

“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.”

When you are making purchases of any kind, try to flow those monies towards people who believe as you do. In tough economic times, when jobs are scarce and everyone is losing benefits or experiencing shortfalls, this is even more important. Our Christian Neighbor needs us.

A few years ago, a friend pointed out to me Psalm 118:8, “It is better to take refuge in the Lord than to trust in man.” Some say this is the center of the Bible, and that the shortest chapter of the bible is Psalm 117, and the longest is Psalm 119. There are several arguments back and forth (it matters, for example, which translation of the Bible you use). Some of my friends use the King James Bible, and others use translations which are easier for them to read and understand without additional persons to ask, such as the Good News Bible. Still others feel themselves to be complete and faithful Christians and couldn’t tell you where the bible is in their home at any given time, because they do not study it.

Although raised with a Bible in my great-grandparents’ daily use and possession, as well as occasional visits to a Methodist Sunday School (infrequent), my lack of Biblical knowledge embarrasses me. Small children are toddling around with more Scriptures committed to memory than I possess. This year I intend to remedy this situation and improve my understanding, and have ordered some books I think may help. Your suggestions are much appreciated, and if a sturdy list presents itself, I’d like to share it here in the PNP for others to see, as well.



#### 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>

**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.

#### Answers to the puzzle on page two:

**Snowstorm, Ice ruts, Hot chocolate, Gingerbread, Suet cakes, Fluffy squirrel, Shivering, Brilliant sunlight, Crunching footstep, Frozen pond, Golden willow, Pinecone, Snowdrift, Woodpile, Snow Shovel, Twinkling Star, Fruitcake, Warm Slippers, Thick Socks.**

There was a forum (discussion group) on Etsy.com last week. I participated. We were sharing ways to save money in the kitchen on grocery bills, and there were some good suggestions I’d like to pass on to you:

1. Save the leftover veggies and meat scraps during the week, and make a pot pie with them—a can of mushroom soup with a little water added, makes a good “sauce” to pour over the contents before adding the top crust.
2. Consider other kinds of bread to add grains and variety to your diet—frybreads, flat breads, drop biscuits, muffins, cornbread, and home-rolled crackers. Pair one of these with a cup of soup and a slice of cheese, and you have a meal.
3. Instead of bought yogurts, consider making your own occasionally.
4. A good dessert after dinner is a cut apple or other fruit, or a small portion of instant pudding—which is available in sugar-free!
5. If you go out to eat, remember to bring home your leftovers—they can be “stretched” with a little rice (Chinese), a side dish of pasta (Italian), or worked into a casserole or soup the next day.
6. If you are a senior, consider getting Meals On Wheels brought to your home.
7. If you have a family to feed, consider getting the large institutional-sized containers, especially for ketchup, tomato sauce, baked beans, pickles, salsa, and other staples.

#### Wherever You Draw The Line, Leave A Little Slack In It?

One of the ladies at my sewing group brought up an interesting point. Now that I’m looking for a different Meeting to belong to, these ladies are currently providing the only Christian Fellowship I am receiving, in person, anyway. It is a wonderful thing to have their guidance and support. We are from many Christian branches, so our conversations are interesting because you witness many points of view.

She was discussing with another woman about whether or not Harry Potter films were anti-Christian. They seemed fairly harmless to her, kid stuff, but another woman responded, “They don’t talk about Jesus and they cast witching spells,” and obviously that was all she needed to hear for herself to be convinced the films were anti-Christian. A goodly, but kindly toned debate followed.

A church near here has “anti-yoga” exercise classes. Their web site purports that since Yoga is an ancient and divine practice derived from India, intended to unite one’s temporary self with the Hindu concept of God (Brahman), it is not focusing on Jesus, or The One True God of our Christian faith. While I don’t think doing yoga will “turn you” into a non-Christian, it is worth looking into other stretching and isometric routines and perhaps someone can develop a program for churches to offer members, which is not based on a pagan religion, for those who want the health benefits but are uncomfortable with the original material used to develop yoga as a lifestyle.

It’s just coming out now, in light of recent scandals, that Tiger Woods is a practicing Buddhist, his mother’s religion. Now, as someone who previously practiced Zen meditation (before I was Saved) I’m the last to point fingers, you’d think. But now in my Christian faith, I think it’s important that our children have role models of their own faith. Respect others, yes. Learn about their beliefs and know how those beliefs are interwoven into their prayers, foods, religious practices, yes. But keeping ourselves Christian is the most important task to hand.

As a Quaker, Peace is something I work towards (in small ways perhaps) every day. I struggle to remove violent words and tones from my own voice. I strive to make my own movements—especially driving!—movements of calm and quiet. In my home, I turn off the vicious slander of the radio’s commentator and choose Christian music instead. So I advise always to look for Peace—especially in respecting and loving each other. But for each of us, where we draw our lines of acceptance or rejection, that is our free choice.

### *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  
**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.

Store Update: We're still looking at properties for renting. The idea of a full, board-licensed kitchen is getting more appealing, as it would allow us to teach canning, freezing, dehydration, and pickling classes with a licensed instructor, as well as generate rental monies. I've started building a stock of kitchen items that are sewn and woven and crocheted, so my hands are busy throughout the day with placemats, tea cozies, aprons, casserole carriers, and many more practical items. Please keep our dream in your prayers. There are so many ways we could use this store to support the health of a community.