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# Castile Soapmaking The Smart Guide To Making Castile Soap Or How To Make Bar Soaps From Olive Oil With Less Trouble And Better Results Annes Soap Making Books

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The Mothercraft Manual  
 Soaps  
 SMART LOTIONMAKING  
 The Natural Soap Making Book for Beginners  
 MILK SOAPMAKING  
 The Household Guide  
 Smart Soapmaking  
 Clean & Green  
 All Natural Soap Making  
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 Smart Housekeeping  
 Whole Naturals Liquid Castile Soap  
 Free Beginner's Guide to Soapmaking  
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 The Prairie Homestead Cookbook  
 The Western Question in Greece and Turkey  
 Clean My Space  
 Homemade Bath Bombs & More  
 Grow Hair Fast  
 Bar Soap Making Handbook  
 Castile Soapmaking  
 Ancient Mesopotamia  
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 Smart Lotionmaking  
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 Castile Soapmaking  
 Milk Soapmaking  
 Liquid Soapmaking  
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 Guide to Soap Making Using Buttermilk and Cream  
 Homegrown & Handmade  
 Smart Sourdough  
 The Soap Maker's Private Manual  
 Cool Soapmaking  
 Castile Soapmaking  
 Dungeon Master's Screen  
 The Soapmaker's Companion

*Castile Soapmaking The Smart Guide To Making Castile Soap Or How To Make Bar Soaps From Olive Oil With Less Trouble And Better Results Annes Soap Making Books*

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## LEWIS CARMELO

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*The Mothercraft Manual* Flatiron Books

Jill Winger, creator of the award-winning blog The Prairie Homestead, introduces her debut The Prairie Homestead Cookbook, including 100+ delicious, wholesome recipes made with fresh ingredients to bring the flavors and spirit of homestead cooking to any kitchen table. With a foreword by bestselling author Joel Salatin The Pioneer Woman Cooks meets 100 Days of Real Food, on the Wyoming prairie. While Jill produces much of her own food on her Wyoming ranch, you don't have to grow all—or even any—of your own food to cook and eat like a homesteader. Jill teaches people how to make delicious traditional American comfort food recipes with whole ingredients and shows that you don't have to use obscure items to enjoy this lifestyle. And as a busy mother of three, Jill knows how to make recipes easy and delicious for all ages. "Jill takes you on an insightful and delicious journey of becoming a homesteader. This book is packed with so much easy to follow, practical, hands-on information about steps you can

take towards integrating homesteading into your life. It is packed full of exciting and mouth-watering recipes and heartwarming stories of her unique adventure into homesteading. These recipes are ones I know I will be using regularly in my kitchen." - Eve Kilcher These 109 recipes include her family's favorites, with maple-glazed pork chops, butternut Alfredo pasta, and browned butter skillet corn. Jill also shares 17 bonus recipes for homemade sauces, salt rubs, sour cream, and the like—staples that many people are surprised to learn you can make yourself. Beyond these recipes, The Prairie Homestead Cookbook shares the tools and tips Jill has learned from life on the homestead, like how to churn your own butter, feed a family on a budget, and experience all the fulfilling satisfaction of a DIY lifestyle.

**Soaps** Shepard Publications

This work is a history of the Pacific, the ocean that became a theatre of power and conflict shaped by the politics of Europe and the economic background of Spanish America. There could only be a concept of & the Pacific once the limits and lineaments of the ocean were set and this was undeniably the work of Europeans. Fifty years after the Conquista, Nueva España and Peru were the bases from which the ocean was turned into virtually a Spanish lake.

*SMART LOTIONMAKING* Shepard Publications

**SPECIAL NOTE!** -- ANNE WILL PERSONALLY ANSWER ANY QUESTION OF YOURS AFTER READING THIS BOOK. ASK ON HER WEB SITE, AND YOU'LL NORMALLY HEAR BACK WITHIN HOURS! Maybe you've made melt-and-pour soap and want to move on to something more challenging and rewarding. Maybe traditional soapmaking appeals to you, but you figure that working with lye is too difficult or dangerous. Or maybe you're already doing it, but outmoded ideas and methods are complicating the process and slowing you down. No matter which of these fits you, you'll find "Smart Soapmaking" practical, helpful, and refreshing. Written by a former professional soapmaker, this book explodes the myths about soapmaking and shows you how to make luxurious soap from scratch with the least fuss and bother. With both customary and metric measurements, plus a list of suppliers in five countries, "Smart Soapmaking" is the first truly international book on the craft! // Anne L. Watson is the first author to have introduced modern techniques of home soapmaking and lotionmaking to book readers. She has made soap under the company name Soap Tree, and before her retirement from professional life, she was a historic preservation architecture consultant. Anne and her husband, Aaron Shepard, live in Friday Harbor, Washington. // \*\*\*\*\*RECOMMENDED BY THE HANDCRAFTED SOAP & COSMETIC GUILD\*\*\*\*\* "Should become THE book for soapmaking. . . . It's about time someone wrote a book like this. Most are idealistic and inaccurate. This book has a wonderful common sense approach that is SO long overdue. . . . I can recommend it with 100% confidence." -- Susan Kennedy, Oregon Trail Soaps, Rogue River, Oregon "Smart it is . . . . A simple, no-nonsense book that cuts through the curmudgery of stifling soap bibles like no other." -- Shellie Humphries, Harstine Island, Washington "Way overdue. . . . A gift of common sense caution, proven methods, tried-and-true shortcuts, and some excellent recipes as well, for both the professional/experienced soapmaker and the eager beginner." -- Deb Petersen, Shepherd's Soap Co., Shelton, Washington "A great book for beginners, with clear and easy instructions." -- Anne-Marie Faiola, Bramble Berry Inc., Bellingham, Washington "I learned more from Smart Soapmaking than from any other soaping book, and I have read quite a few. . . . It's written with the average person in mind, not a chemistry major. Directions are very simple and easy to understand. It really takes the mystery out of making soap." -- Jackie Pack, Stuart, Virginia "Groundbreaking . . . . Anne L. Watson [is the] universally respected and loved author/crafter/curator of this lost art for thousands of aspiring soapers. . . . Unquestionably the best book with which to begin. To be precise, it's probably the most accessible, most reader-friendly, and most immediately useful container of information a first-time soapmaker could hope to find." -- Wishing Willow (blog)

**The Natural Soap Making Book for Beginners** Simon and Schuster

**SPECIAL NOTE!** -- ANNE WILL PERSONALLY ANSWER ANY QUESTION OF YOURS AFTER READING THIS BOOK. ASK ON HER WEB SITE, AND YOU'LL NORMALLY HEAR BACK WITHIN HOURS! For centuries, the name Castile has been associated with the highest quality in soap. But Castile -- made from olive oil, traditionally in factories -- has proven hard to translate to craft soapmaking. It has earned a reputation as difficult to make, slow to cure, and lacking in rich lather. Until now. Anne L. Watson, author of "Smart Soapmaking," continues her soapmaking revolution with the first practical book on making Castile soap bars at home. With the secrets revealed in this advanced guide, you'll be making lovely, quick-curing, lather-rich Castile quickly, safely, and reliably. // Anne L. Watson is the first author to have introduced modern techniques of home soapmaking and lotionmaking to book readers. She has made soap under the company name Soap Tree, and before her retirement from professional life, she was a historic preservation architecture consultant. Anne and her husband, Aaron Shepard, live in Bellingham, Washington. // CONTENTS GETTING STARTED (Facts and Myths About Castile) THE KEYS TO CASTILE (Moving It from Factory to Kitchen) WHAT DO I PUT INTO IT? (The Ingredients of Castile) WHAT DO I USE TO MAKE IT? (Gathering the Equipment You Need) Recipe: Anne's Classic Castile STEP-BY-STEP CASTILE SOAPMAKING (From Prep to Cleanup and Beyond) MORE RECIPES! (Different Castile Soaps You Can Try) Recipe: Milk Castile Recipe: Herbal Castile Recipe: Oatmeal Castile Recipe: Cleansing Castile Recipe: Gardener's Lemon Poppy Seed Castile Recipe: Castor Castile Recipe: Coconut Castor Castile Recipe: Tropical Castile WHY? WHY? WHY? (Frequently Asked Questions) WHERE TO FIND MORE

**MILK SOAPMAKING** Shepard Publications

**NO STARTER -- NO WASTE -- NO CHEAT -- NO FAIL 100% NATURALLY FERMENTED BREAD IN JUST 24 HOURS WITH YOUR HOME PROOFER, INSTANT POT, SLOW COOKER, SOUS VIDE COOKER, OR OTHER WARMER** There's sourdough, and then there's SMART sourdough -- a whole new approach to an ancient bread! Most sourdough recipes lead you through days or even weeks of developing a starter before you can make your bread -- and then into a lifetime of maintaining that starter. But this book is based on the belief that all that rigmarole is no longer needed. With modern methods of regulating temperature, and with the easy availability of baker's yeast, honest-to-goodness naturally fermented sourdough bread can be made from start to finish in less than a day. With all the benefits of naturally fermented sourdough, it's only the hassle of making it that has discouraged home bakers. Well, hassle no more. The age of smart sourdough has arrived. // Mark Shepard began baking his own sourdough bread in 1979 and went on to publish the bestselling booklet "Simple Sourdough." In 2012, he began developing a sourdough method that's even simpler and more reliable -- one that could be used by anyone, with no fear of failure. Mark now lives in Bellingham, Washington, with his wife and fellow author, Anne L. Watson. // "A guidebook that introduces a quicker, easier, and more modern method for creating homemade sourdough bread . . . His straightforward strategy is particularly notable in that it takes less than a day and doesn't use a starter. The author provides useful chapters spotlighting how bakers can customize dough formation and taste variations based on loaf size, sourness level, and flavor diversifications; methods for rye, buckwheat, tomato basil, chocolate cherry, and other loaves are included, as well as sections on bread bowls, pizza crusts, and pancakes. . . . Generously illustrated with charts, illustrations, and photographs. Overall, Shepard's book will encourage home bakers of any skill level to embark on a new, quicker, and easier way to make their own bread. . . . A splendid and novel approach that takes the mystery out of a formerly time-consuming process." -- Kirkus Reviews, April 22, 2022 "A fresh new look at making your own sourdough. . . I love Mark's attention to detail. No matter your setup, tools, or needs, he's got you covered. . . I questioned his use of a pinch or two of baker's yeast, but his research and experiments have me sold. His recipes combine the advantages of cultivated yeast and naturally occurring sourdough bacteria to make bread that actually rises and doesn't take days to make."—Holly Howe, author of "Fermentation Made Easy! Mouthwatering Sauerkraut" "Mark Shepard shares how to make sourdough bread, with its characteristic flavor and health benefits, without maintaining a long-term starter. It's relevant to anyone looking to save time in the kitchen, learn a new technique, or just read a very detailed and interesting book on sourdough."—Emily Buehler, author of "Bread Science: The Chemistry and Craft of Making Bread"

**The Household Guide** New Society Publisher

The wildly popular YouTube star behind CLEAN MY SPACE presents the breakthrough solution to cleaning better with less effort Melissa Maker is beloved by fans all over the world for her completely re-engineered approach to cleaning. As the dynamic new authority on home and living, Melissa knows that to invest any of our precious time in cleaning, we need to see big, long-lasting results. So, she developed her method to help us get the most out of our effort and keep our homes fresh and welcoming every day. In her long-awaited debut book, she shares her revolutionary 3-step solution: • Identify the most important areas (MIAs) in your home that need attention • Select the proper products, tools, and techniques (PTT) for the job • Implement these new cleaning routines so that they stick Clean My Space takes the chore out of cleaning with Melissa's incredible tips and cleaning hacks (the power of pretreating!), her lightning fast 5-10 minute "express clean" routines for every room when time is tightest, and her techniques for cleaning even the most daunting places and spaces. And a big bonus: Melissa gives guidance on the best non-toxic, eco-conscious cleaning products and offers natural cleaning solution recipes you can make at home using essential oils to soothe and refresh. With Melissa's simple, groundbreaking method you can truly live in a cleaner, more cheerful, and calming home all the time.

**Smart Soapmaking** Independently Published

In this comprehensive guide, Susan Miller Cavitch covers everything you need to know to make your own soaps. Learn the basic techniques for crafting oil-, cream-, and vegetable-based soaps, and then start experimenting with your own personalized scents and effects. Cavitch provides tips for making more than 40 different specialty soaps, showing you how to design colorful marbled bars and expertly blend ingredients to create custom fragrances. You'll soon be making luxurious soaps at a fraction of the cost of boutique products. Important Notice Early printings of this book contain a recipe variation in a sidebar note on page 36. As a result of further testing, author Susan Miller Cavitch and Storey Publishing strongly recommend that you do not try this variation. Adding honey when you are combining the sodium hydroxide and water may result in a stronger reaction with more intense heat. The mixture may bubble up quickly and come out of the pot, posing a potential hazard.

**Clean & Green** Penguin

**SPECIAL NOTE!** -- ANNE WILL PERSONALLY ANSWER ANY QUESTION OF YOURS AFTER READING THIS BOOK. ASK ON HER WEB SITE, AND YOU'LL NORMALLY HEAR BACK WITHIN HOURS! Soapmakers may love to add a variety of materials to soap, but they find that some cause more trouble than others. In the heat of the chemical reaction, an ingredient might discolor, or lose its scent, or develop a bad smell. Or it might cause problems during soapmaking, giving off noxious fumes, or making the soap harden so fast that there's no time to pour it in the mold. Help has arrived. Anne L. Watson extends the low-temp techniques from her book "Milk Soapmaking" to making soap from a variety of special ingredients, including cucumber, citrus, pine tar, beer, and wine. Soaps that have long challenged home soapmakers will now pose no problem at all. // Anne L. Watson is the first author to have introduced modern techniques of home soapmaking and lotionmaking to book readers. She has made soap under the company name Soap Tree, and before her retirement from professional life, she was a historic preservation architecture consultant. Anne and her husband, Aaron Shepard, live in Bellingham, Washington. // CONTENTS GETTING STARTED (From High-Temp Soapmaking to Low) WHAT DO I PUT INTO IT? (The Ingredients of Cool Soapmaking) WHAT DO I USE TO MAKE IT? (Gathering the Equipment You Need) PROJECT #1: MILK SOAPS Recipe: Anne's Cool Milk Soap COOL SOAPMAKING STEP-BY-STEP (From Prep to Cleanup and Beyond) PROJECT #2: CUCUMBER SOAPS Recipe: Basic Cucumber Soap Recipe: Cucumber Yogurt Soap Recipe: Cucumber Green Clay Soap Recipe: Cucumber Apricot Soap Recipe: Cucumber Avocado Soap Sidebar: Designing Cucumber Soaps PROJECT #3: CITRUS SOAPS Recipe: Basic Citrus Soap Recipe: Orange Yogurt Soap Recipe: Citrus Honey Soap Recipe: Ruby Red Grapefruit Soap Sidebar: Designing Citrus Soaps PROJECT #4: SOAPS WITH ACCELERANTS Recipe: Sweet Bay Soap Recipe: Pine Tar Soap Sidebar: Designing Soaps with Accelerants PROJECT #5: BEER and WINE SOAPS Recipe: Basic Beer Soap Recipe: Chocolate Ale Soap Recipe: Red Wine Soap Recipe: White Wine Soap Recipe: Anne's Coconut Beer Soap Sidebar: Designing Beer and Wine Soaps WHY? WHY? WHY? (Frequently Asked Questions) WHERE TO FIND MORE

**All Natural Soap Making** Independently Published

For more than three decades, Riquette Hofstein has been helping men and women reverse hair loss and grow healthy new heads of hair. Based on her extensive research of what works and what doesn't, Riquette really can help create permanent restoration of hair growth. Find out: -- What you're doing wrong that's making your hair fall out -- The secrets of using herbs and vodka to grow your peach fuzz back into a fine head of hair -- What the makers of Rogaine don't want you to know -- Riquette's famous haircut that makes hair grow faster -- The only right way to shampoo -- How to stimulate healthy hair growth from the inside out Riquette reveals her exclusive, simple, seven-step program that has helped thousands of people re-grow their hair. Grow Hair Fast also includes Riquette's recipes for the best homemade hair-care products with special herbs, oils and mixtures that she has developed, plus important information on chemical and surgical hair-loss solutions.

**Manual of Toilet Soapmaking** Sourcebooks, Inc.

The pure luxury of soaps made with coconut butter, almond oil, aloe vera, oatmeal, and green tea is one of life's little pleasures. And with the help of author Anne-Marie Faiola, it's easy to make luscious, all-natural soaps right in your own kitchen. This collection of 32 recipes ranges from simple castile bars to intricate swirls, embeds, and marbled and layered looks. Begin with a combination of skin-nourishing oils and then add blueberry puree, dandelion-infused water, almond milk, coffee grounds, mango and avocado butters, black tea, or other delicious ingredients — and then scent your soap with pure essential oils. Step-by-step photography guides you through every stage of cold-process soapmaking.

**Smart Housekeeping** Shepard Publications

Soap making can be such a fascinating endeavor to learn. Soap making affords you the want to be in a attribute to manipulate the entirety you put in it. There's limitless of combos of factors you can use for soap. Glitter, tea leaves, fruit purees, or even beer-the possibilities are severely endless! For this month's hobby, we'll locate out out the fundamentals of cleaning cleaning cleansing cleaning soap making. You'll be delivered to the many methods of cleaning cleansing cleaning cleansing cleaning soap making such as the bloodless process, warmth process, melt-and-pour, and rebatch methods. We'll begin with the exquisite so that you can decide out if you day out this workout formerly than than investing in it too far.

**Whole Naturals Liquid Castile Soap** Shepard Publications



Every Dungeon Master needs a screen to conceal notes and dice rolls and to have valuable charts and information close at hand. This Forgotten Realms accessory includes a 32-page booklet of tables and topography and a four-panel screen containing a wealth of information and featuring original artwork on the front.

*Free Beginner's Guide to Soapmaking* Shepard Publications

SPECIAL NOTE! -- ANNE WILL PERSONALLY ANSWER ANY QUESTION OF YOURS AFTER READING THIS BOOK. ASK ON HER WEB SITE, AND YOU'LL NORMALLY HEAR BACK WITHIN HOURS! Maybe you'd like to make your own soap, but you're worried that working with lye is too difficult or dangerous. Maybe you're scared off by "beginner" books that go on for hundreds of pages and leave you less confident than before. Or maybe you're already making soap, but you wonder if methods you've learned are slower and more complicated than they need to be. Whether beginner or advanced, you'll find "Smart Soapmaking" practical, helpful, and refreshing. Written by a former professional soapmaker, it explodes the myths about soapmaking and shows you how to make wonderful soap from scratch with the least fuss and bother. You'll get a wide variety of recipes, plus you'll learn how to modify them and create new ones. Want to make a luxurious gift soap? Or one that's all natural, with no artificial ingredients? Maybe a moisturizing soap for dry skin? Or one with a trending oil not yet in books? With "Smart Soapmaking," you can do all that and more, to get exactly the soap you want. // Anne L. Watson is the first author to have introduced modern techniques of home soapmaking and lotionmaking to book readers. She has made soap under the company name Soap Tree, and before her retirement from professional life, she was a historic preservation architecture consultant. Anne and her husband, Aaron Shepard, live in Bellingham, Washington. // \*\*\*\*\*RECOMMENDED BY THE HANDCRAFTED SOAP & COSMETIC GUILD\*\*\*\*\* "The only book [you'll] ever need." -- Mother Earth News, Feb.-Mar. 2019 "Should become THE book for soapmaking. . . . It's about time someone wrote a book like this. Most are idealistic and inaccurate. This book has a wonderful common sense approach that is SO long overdue. . . . I can recommend it with 100% confidence." -- Susan Kennedy, Oregon Trail Soaps, Rogue River, Oregon "Smart it is. . . . A simple, no-nonsense book that cuts through the curmudgery of stifling soap bibles like no other." -- Shellie Humphries, Harstine Island, Washington "A great book for beginners, with clear and easy instructions." -- Anne-Marie Faiola, Bramble Berry Inc., Bellingham, Washington "I learned more from Smart Soapmaking than from any other soaping book, and I have read quite a few. . . . It's written with the average person in mind, not a chemistry major. Directions are very simple and easy to understand. It really takes the mystery out of making soap." -- Jackie Pack, Stuart, Virginia "Groundbreaking . . . . Anne L. Watson [is the] universally respected and loved author/crafter/curator of this lost art for thousands of aspiring soapers. . . . Unquestionably the best book with which to begin. To be precise, it's probably the most accessible, most reader-friendly, and most immediately useful container of information a first-time soapmaker could hope to find." -- Wishing Willow (blog) "BRILLIANT to find the recipes are in grams as well as ounces." -- Jude Birch, Aussie Soap Supplies, Bicton, West Australia

*How to Survive the End of the World as We Know It* Storey Publishing

In "Liquid Soapmaking" you will find clear explanations accompanied by full color photography, tables and charts illustrating how to: a) Successfully create sparkling clear soaps quickly and easily every time. b) Formulate liquid soap so you never have to dissolve a stubborn soap paste again. c) Make the most luxuriously thick shower gels ever. d) Color, fragrance and thicken your liquid soap. e) Add nutritive value with herbal extracts and infusions. f) Extend the shelf life and stability of your soap. g) Formulate your own recipes.

*The Spanish Lake* Smart Soap Making

Do you think making soap at home is messy or difficult or complicated? Do you think you have to spend a fortune to get all natural luxurious soap that you need to pamper your skin? ALL NATURAL SOAP MAKING: ULTIMATE GUIDE TO CREATING NOURISHING NATURAL SOAP AT HOME FOR YOU AND YOUR FAMILY PLUS 25 AMAZING SOAP RECIPES is a complete guide to creating your own all natural organic soaps that will feed your skin with the essential vitamins and nutrients your skin deserves. Also included in the book are 25 amazing soap recipes which include Melt and Pour soap recipes, Cold Process soap recipes and Hot Process soap recipes.

**Scientific Soapmaking** Createspace Independent Publishing Platform

It has been reported that a factory producing soap-like substances was found in the ruins of Pompeii (C.E. 79). However, this report appears to be a misinterpretation of the survival of some soapy mineral substance, probably soapstone, at the Fullonica where it was used for dressing recently cleansed textiles. The ancient Romans were generally ignorant of soap's detergent properties and made use of the strigil to scrape dirt and sweat from the body. The word "soap" (Latin sapo) appears first in a European language in Pliny the Elder's *Historia Naturalis*, which discusses the manufacture of soap from tallow and ashes, but the only use he mentions for it is as a pomade for hair. He mentions rather disapprovingly that among the Gauls and Germans, men are likelier to use it than women. According to one legend, "soap" takes its name from a "Mount Sapo" where ancient Romans sacrificed animals. Rain would send a mix of animal tallow and wood ash down the mountain and into the clay soil on the banks of the Tiber. Eventually, women noticed that it was easier to clean clothes with this "soap." The location of Mount Sapo is unknown, as is the source of the "ancient Roman legend" to which this tale is typically credited. In fact, the Latin word sapo simply means "soap." Borrowed from a Celtic or Germanic language, the term is cognate with the Latin term sebum (meaning "tallow"), which appears in Pliny the Elder's account. Roman animal sacrifices usually burned only the bones and inedible entrails of the sacrificed animals; edible meat and fat from the sacrifices were taken by humans. Under such circumstances, animal sacrifices would not have included enough fat to make much soap. The legend about Mount Sapo is probably apocryphal. A twelfth-century Islamic document describes the process of soap production. It mentions the key ingredient, alkali, which later becomes crucial to modern chemistry, derived from al-qaly or "ashes". By the thirteenth century, the manufacture of soap in the Islamic world had become virtually industrialized, with sources in Nablus, Fes, Damascus, and Aleppo. Soapmakers in Naples were members of a guild in the late sixth century

(then under the control of the Eastern Roman Empire), and in the eighth century, soap-making was well known in Italy and Spain. The lands of Medieval Spain were a leading soapmaker by 800, and soapmaking began in the Kingdom of England about 1200. Castile soap, made from olive oil, was produced in Europe as early as the sixteenth century. In modern times, the use of soap has become universal in industrialized nations due to a better understanding of the role of hygiene in reducing the population size of pathogenic microorganisms. Manufactured bar soaps first became available in the late nineteenth century, and advertising campaigns in Europe and the United States helped to increase popular awareness of the relationship between cleanliness and health. By the 1950s, soap had gained public acceptance as an instrument of personal hygiene.

*Pure Soapmaking* Smart Soap Making

SPECIAL NOTE! -- ANNE WILL PERSONALLY ANSWER ANY QUESTION OF YOURS AFTER READING THIS BOOK. ASK ON HER WEB SITE, AND YOU'LL NORMALLY HEAR BACK WITHIN HOURS! For centuries, the name Castile has been associated with the highest quality in soap. But Castile -- made from olive oil, traditionally in factories -- has proven hard to translate to craft soapmaking. It has earned a reputation as difficult to make, slow to cure, and lacking in rich lather. Until now. Anne L. Watson, author of "Smart Soapmaking," continues her soapmaking revolution with the first practical book on making Castile soap bars at home. With the secrets revealed in this advanced guide, you'll be making lovely, quick-curing, lather-rich Castile quickly, safely, and reliably. // Anne L. Watson is the first author to have introduced modern techniques of home soapmaking and lotionmaking to book readers. She has made soap under the company name Soap Tree, and before her retirement from professional life, she was a historic preservation architecture consultant. Anne and her husband, Aaron Shepard, live in Friday Harbor, Washington.

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**The Prairie Homestead Cookbook** Shepard Publications

Read James Wesley, Rawles's posts on the Penguin Blog In the vein of Sam Sheridan's *The Disaster Diaries*, a comprehensive guide to preparing for the apocalypse! With the recent economic crisis, formerly unimaginable scenarios have become terrifyingly real possibilities- learn how to prepare for the worst Global financial collapse, a terrorist attack, a natural catastrophe-all it takes is one event to disrupt our way of life. We could find ourselves facing myriad serious problems from massive unemployment to a food shortage to an infrastructure failure that cuts off our power or water supply. If something terrible happens, we won't be able to rely on the government or our communities. We'll have to take care of ourselves. In *How to Survive the End of the World as We Know It*, James Rawles, founder of SurvivalBlog.com, clearly explains everything you need to know to protect yourself and your family in the event of a disaster-from radical currency devaluation to a nuclear threat to a hurricane. Rawles shares essential tactics and techniques for surviving completely on your own, including how much food is enough, how to filter rainwater, how to protect your money, which seeds to buy for your garden, why goats are a smart choice for livestock, and how to secure your home. It's the ultimate guide to total preparedness and self-reliance in a time of need.

*The Western Question in Greece and Turkey* ANU E Press

"This splendid work of scholarship . . . sums up with economy and power all that the written record so far deciphered has to tell about the ancient and complementary civilizations of Babylon and Assyria."—Edward B. Garside, *New York Times* Book Review Ancient Mesopotamia—the area now called Iraq—has received less attention than ancient Egypt and other long-extinct and more spectacular civilizations. But numerous small clay tablets buried in the desert soil for thousands of years make it possible for us to know more about the people of ancient Mesopotamia than any other land in the early Near East. Professor Oppenheim, who studied these tablets for more than thirty years, used his intimate knowledge of long-dead languages to put together a distinctively personal picture of the Mesopotamians of some three thousand years ago. Following Oppenheim's death, Erica Reiner used the author's outline to complete the revisions he had begun. "To any serious student of Mesopotamian civilization, this is one of the most valuable books ever written."—Leonard Cottrell, *Book Week* "Leo Oppenheim has made a bold, brave, pioneering attempt to present a synthesis of the vast mass of philological and archaeological data that have accumulated over the past hundred years in the field of Assyriological research."—Samuel Noah Kramer, *Archaeology* A. Leo Oppenheim, one of the most distinguished Assyriologists of our time, was editor in charge of the *Assyrian Dictionary* of the Oriental Institute and John A. Wilson Professor of Oriental Studies at the University of Chicago.

*Clean My Space* Penguin

Start making soap the all-natural way-the essential beginner's guide. Are you an aspiring "soaper" not sure which soap making books to start with? The *Natural Soap Making Book for Beginners* will help you take the plunge This complete beginner's guide to cold-processed soap making shows you the basics, so you can get creative with natural, healthy ingredients-and get squeaky clean, too. Unlike other soap making books, *The Natural Soap Making Book for Beginners* starts from scratch with colorants and fragrances both free of artificial ingredients. Discover how to make basic bars, Castile soap, shampoo bars, salt soaps, milk soaps, and more. You'll even find nut-free and vegan recipes. This natural choice in soap making books includes: Soap making primer-Learn cold-processed soap making with illustrated step-by-step tutorials, safety guidelines, and troubleshooting tips. All-natural ingredients-Make luxurious, nourishing soaps using essential oils, clays, and other natural elements. Over 55 recipes-Create specialty bars including Mulled Wine Soap, Allergy Relief Bar, and other recipes you won't find in other soap making books. Of all the soap making books, this one will soon get you started "soaping"-with a splash