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[www.theshoppe.com.au](http://www.theshoppe.com.au)

Publication and Product  
**Catalogue**

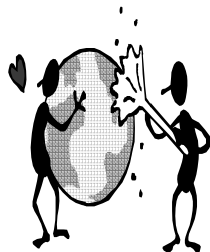
Current as of: 12/4/07

# Publication List

(Use this list to tick ✓ titles of your choice)

✓	Title No	INDIVIDUAL TITLES	Price \$
	1	<b>Homemade Toothpastes &amp; Mouthwashes</b> - Natural recipes using simple, cheap ingredients.	1.00
	2	<b>Recipes for Homemade Deodorants:</b> Chemical free sprays & powders	1.00
	3	<b>Simple Soap-Making:</b> Basic soap recipes with numerous variations	1.00
	4	<b>Making Beeswax Products:</b> Recipes & tips using beeswax as base	1.00
	5	<b>Homemade Cleaners &amp; Polishers:</b> For furniture, shoes, floors, general, etc	1.00
	6	<b>Making Whitewash:</b> Simple, safe homemade alternative to paint	1.00
	7	<b>Making &amp; Using Herbal Vinegars:</b> Cosmetic, culinary & cleaning uses	1.00
	8	<b>Uses for Pot Pourri &amp; Fragrant Oils:</b> Simple pot pourri and uses	1.00
	9	<b>Amazing Bicarb:</b> 60 practical uses for bi-carb soda.	1.50
	10	<b>The Humble Lemon:</b> Practical, environmentally safe uses for lemons	1.50
	11	<b>Making Butter:</b> An old fashioned technique rekindled!	1.00
	12	<b>How To Make Do:</b> Kitchen alternatives for improvising & saving money	1.00
	13	<b>Making Simple Salves &amp; Creams:</b> Simple skin-care products	1.00
	14	<b>Natural Hair Care:</b> Homemade shampoos, conditioners, rinses, etc.	1.50
	15	<b>50 Ways to Recycle a Tin Can:</b> Resourceful & practical ideas	2.00
	16	<b>From Waste to Want:</b> 70 ways to recycle kitchen waste	2.00
	17	<b>Paper Making:</b> Using recycled paper, plant fibres, lots of tips	2.00
	18	<b>Homemade Glues, Pastes &amp; Putties:</b> Simple and safe recipes to make	1.00
	19	<b>Composting for Beginners:</b> Recycling 'nature's way' - simple to follow	1.50
	20	<b>Homemade Insect Repellents &amp; Deterrents:</b> Safe & cheap alternatives	2.00
	21	<b>Safe &amp; Organic Sprays:</b> For garden, home, office, etc	1.50
	22	<b>Air-Freshener &amp; Deodorizer Substitutes:</b> Natural alternatives.	1.50
	23	<b>Green Cleaning:</b> Safe and economical cleaning suggestions	1.50
	24	<b>Back-To-Basics Cleaning:</b> Sensible, environmentally safe cleaning	1.50
	25	<b>Soap-Making Recipes:</b> Variety of recipes for making soap (advanced	1.50
	26	<b>Beautiful Hands:</b> Natural recipes & suggestions for hand-care	1.00
	27	<b>Fantastic Feet:</b> Foot-care the natural way. Recipes & tips.	1.00
	28	<b>Home Flour Grinding:</b> Types of grinders, techniques, grains	1.00
	29	<b>Making Bread:</b> Basic recipe with variations, includes yeast alternatives	1.50
	30	<b>Natural Skin-Care</b> Recipes, simple alternatives to commercial items	2.00
	31	<b>50 Ways to Recycle Newspaper:</b> Lots of clever ideas!	1.50
	32	<b>Home-made Envelopes:</b> Simple template for envelopes	1.00
	33	<b>Versatile Vinegar:</b> Environmentally safe uses, also how-to-make vinegar	1.50
	34	<b>Practical Candle-making:</b> Using simple home-based items & equipment	2.00
	35	<b>Natural Pet-Care:</b> Home-made pet-food, insecticides, general care	2.00
	36	<b>Recycling &amp; Improvising in the Garden:</b> Fertilizers, sprays, repellents, tips	2.00
	37	<b>Beautiful Baths</b> Bath salts, oils, bags and bubble-bath	2.00
	38	<b>Sweet Scents:</b> Suggestions for using dried flowers & herbs	2.00
	39	<b>Beginners Flower Pressing:</b> Homemade flower press, pressing flowers, etc	1.00
	40	<b>Budgeting for Beginners:</b> Lots of great ideas - packed full!	2.00
	41	<b>Keeping Hens:</b> For city & country. A simple 8-point plan.	2.00
	42	<b>Eggstatic:</b> The many uses for eggs: culinary, cosmetic, health, etc.	2.00
	43	<b>Practical Gifts to Make:</b> Using recycled materials.	1.00
	44	<b>Home Hair-Dressing:</b> Cutting, styling, trimming, hair-accessories	2.00
	45	<b>Home Distillation of Essential Oils:</b> From plants & flowers	2.00
	46	<b>Preserving Without a Preserving Outfit:</b> 5 step process with recycled jars	1.00
	47	<b>Making the Most of Your Soapsaver:</b> Alternative to detergents, etc	1.50
	48	<b>60 Ways to Recycle Plastic Supermarket Bags:</b> Re-using & recycling	2.00
	49	<b>Bringing Back to Beverage:</b> Recipes & alternatives to commercial drinks	1.00

	50	<b>Recycling Soap:</b> Using & recycling soap leftovers	2.00
	51	<b>Uses for Eucalyptus Oil:</b> For cleaning, deodorising, skin-care, repellents	1.50
	52	<b>Salubrious Sauces:</b> Homemade alternatives to various commercial sauces	1.00
	53	<b>Homemade Spice Mixes:</b> Making culinary spice & herb blends	2.00
	54	<b>International Meals on a Budget:</b> Cheap alternatives to expensive meals	2.00
	55	<b>Handyman Hints:</b> Recycling, practical alternatives for the handyman	2.00
	56	<b>Lamp Lore:</b> Rekindled skills for lamp-care, usage, wicks, fuel.	1.50
	57	<b>Homemade Incense:</b> Making cones, powder & shaped incense	1.50
	58	<b>Old-time Oatmeal:</b> Uses for oatmeal as a water softener, soap alternatives	2.00
	59	<b>Caring for Natural Woods &amp; Fibres:</b> Also cane, canvas, sea grass matting	1.50
	60	<b>Making Yoghurt:</b> Various techniques for making & flavouring yoghurt	2.00
	61	<b>Harnessing Herbs:</b> Techniques for drying, infusions, herbal products	2.00
	62	<b>Making Cheese:</b> Cottage, hard, goat's, cream cheese & more	2.00
	63	<b>Making Playtoys from Recycled Materials:</b> Clever ideas!	1.00
	64	<b>Coffee Substitutes:</b> Making coffee from natural sources-also herbal teas	1.00
	65	<b>Natural Sweeteners:</b> Natural suggestions to use place of refined sugar	2.00
	66	<b>Back-to-Basic Pottery:</b> Finding clay naturally, home firing, decorating	2.00
	67	<b>Gift-Giving with a Difference:</b> English wash balls, kitchen notepad, perfumed beads, sewing kit, & much more	1.50
	68	<b>Ways with Wool:</b> Creative things to make & do with wool & fabric scraps	2.00
	69	<b>Simple Basketry:</b> Cheap, natural, environmentally friendly information	2.00
	70	<b>Homemade Breakfast Cereals:</b> Healthy, cheap & easy alternatives	1.50
	71	<b>Natural Hair Dyes &amp; Colours:</b> Safe, cheap and easy-to-make chemical free alternatives to commercial hair dyes and colours.	1.50
	72	<b>Drying Food:</b> Various techniques, types of food, solar-drying, equipment	2.00
	73	<b>Food Storage Techniques:</b> to prolong the freshness & usefulness of food	1.50
	74	<b>Ways with Fruit:</b> Cordials, jams, conserves, pickling, glace, chutneys, etc	2.00
	75	<b>Natural Dyes &amp; Colours:</b> For food, fabrics, etc. from natural sources	1.50
	-	<b>Reference Guide (Index book) – A to Z listings of information &amp; recipes</b>	5.00
	-	<b>Ways With – Lavender</b> - Culinary and personal uses	2.00
	-	<b>Ways With – Roses</b> - Personal, culinary, perfuming, health	2.00
	-	<b>Ways With – Mint</b> - Always growing rampant. You'll be surprised at its many uses	2.00
	-	<b>Ways With – Parsley</b> - More than just a culinary additive	2.00
	-	<b>Ways With – Rosemary</b> - The most versatile of herbs – with many uses!	2.00
	-	<b>Ways With – Thyme</b> - This popular ornamental has lots of interesting uses	2.00
	-	<b>Ways With – Sage</b> - Used since ancient times past but long forgotten!	2.00
	-	<b>Ways With – Nasturtiums</b> - Used for centuries for skin-care, culinary, healing	2.00
	-	<b>Ways With – Tomatoes</b> - A multitude of other uses!	2.00
	-	<b>Ways With – Zucchini</b> - Solving the problem of too many zucchinis	2.00
	-	<b>Commonsense Home Remedies</b> – Practical suggestions using ingredients from house and garden. Listings from A-Z	5.00
√		<b>BOOKLET SETS</b> – Containing titles specific to a particular topic	\$
	-	<b>Green Cleaning</b> - contains No.'s 23, 24, 9, 10, 33, 51, 50, 47	10.00
	-	<b>Natural Skin Care</b> – contains No.'s 30, 13, 58, 26	5.00
	-	<b>Soap-Making</b> – contains No.'s 3, 25, 50, 47	5.00
	-	<b>Beeswax Polishes</b> – Contains No.'s 4, 5, 30, 13 PLUS 50g block beeswax	6.00
	-	<b>Personal Care</b> – Contains No.'s 1, 2, 14, 71, 27	5.00
	-	<b>Green Fingers</b> – Contains No.'s 36, 19, 21	4.00
	-	<b>Recycling for the Planet</b> – No.'s 15, 16, 17, 31, 32, 40, 48, 55, 36	12.00
	-	<b>Air fresheners &amp; Deodorisers</b> – Contains No.'s 22, 38, 57, 8	5.00
	-	<b>Kitchen Skills</b> – Contains No.'s 12, 11, 60, 56, 52, 49, 62, 53, 70, 28, 72, 73, 74	11.00
	-	<b>Ways With</b> - Contains No.'s all ten Ways With titles	18.00
	-	<b>Chemical Free Household</b> - Contains No.'s 10, 33, 51, 6, 4, 58, 20, 18, 75.	10.00
	-	<b>Full Booklet Set</b> – Contains No.'s all 75 titles (No.'s 1 to 75) plus Index Book	95.00



## The Essential 'Green' **Household Alternatives**

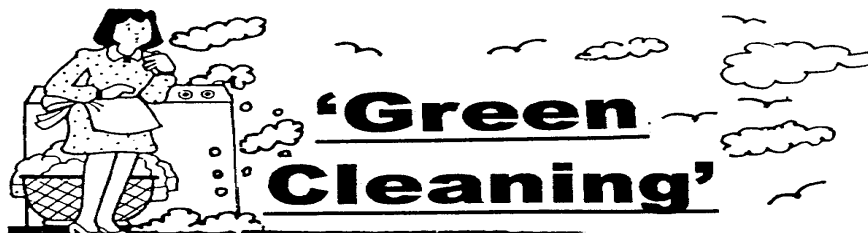
Some basic household materials are 'essential' for every household because they have innumerable uses, are cost effective, easily accessible, safe plus environmentally friendly.

Item	Uses	Location	Information Source
<b>Vinegar</b>	<b>White:</b> Cleaning, Disinfecting, Deodorising, Anti-bacterial agent, Culinary, Insect Repellent, Preservative  <b>Cider:</b> Hair conditioner, Skin astringent, Personal Deodorant, Therapeutic Uses	<b>Supermarket</b> <i>(Tip: Cheaper purchased in bulk. Use cheaper vinegar for cleaning &amp; expensive cider vinegar for personal use).</i>	(Information Booklet) <b>No. 33</b> Versatile Vinegar (includes info on making vinegar) <b>No. 23</b> Green Cleaning <b>No. 22</b> Home-made Air fresheners <b>No. 30</b> Nat. Skin Care <b>No. 2</b> H/M Deodorants Also: <b>No.'s 27,5,37,7,12, 14,59</b>
<b>Bicarb Soda</b>	Abrasive Cleaner, Deodoriser, Whitener, Stain Removal, Teeth cleaner	<b>Supermarket</b> <i>(Tip: Its cheaper from bulk supply stores).</i>	<b>No. 9</b> Amazing Bicarb! <b>No. 23</b> Green Cleaning <b>No. 1</b> Homemade Teeth Cleaners <b>No. 12</b> How to Make Do Also: <b>No.'s 2,14,27,35</b>
<b>Pure Soap</b> <i>(Any bar of soap will do. Choose soap that best suites you &amp; your budget)</i>	Cleaning/Cleaning Products, Personal Cleaning, Garden Spray (insect repellent), Deodorising, General Household Use	<b>Most retail outlets</b>	<b>No. 50</b> Recycling Soap <b>No. 23</b> Green Cleaning <b>No. 14</b> Natural Hair Care <b>No. 21</b> Safe Org. Sprays Also: <b>No. 3,25,5,47,55,37</b>
<b>Oatmeal</b>	Mild abrasive cleaner, Skin Wash & Cleanser, Water Softener, Culinary, Hair-care, Soap alternative	<b>Health-food shop</b> <i>(Tip: Grind rolled oats in food-processor)</i>	<b>No. 58</b> Old-time Oatmeal <b>No. 30</b> Nat. Skin Care Also <b>No.'s 37,50,26</b>
<b>Eucalyptus Oil</b>	Stain Removal, Deodorising, Disinfecting, Cleaning, Therapeutic, Insect Repellent	<b>Supermarket</b> <b>Health-food shop</b>	<b>No. 51</b> Uses for Eucalyptus Oil <b>No. 23</b> Green Cleaning Also: <b>No.'s 20,21,38,35</b>
<b>Salt</b>	Abrasive Cleaner, Disinfectant, Soot remover	<b>Supermarket</b>	<b>No. 24</b> Back-to-Basics Cleaning. Also: <b>No. 59,37</b>
<b>Lemons</b>	Mild Bleach, Cleaning, Deodorising, Skin Care, Hair Care, Disinfectant, Culinary, Insect Repellent, Therapeutic	<b>Greengrocer Garden Centres</b> <i>(Tip: Practical if lemons are free/cheap)</i>	<b>No. 10</b> Humble Lemon Also: <b>No.'s 30,5,14,37, 22,12,20</b>
<b>Beeswax</b>	Emulsifying agent (for skin creams, salves), Sealant, Preservative, Polish	<b>Beekeepers or Specialty shops</b>	<b>No. 4</b> Making Beeswax Products Also: <b>No.'s 30,13,5,55</b>

By using the above items the following can be removed from your shopping list: oven cleaner, dish-washing detergent, laundry detergent, carpet deodorant, surface spray, floor cleaner, carpet shampoo, wooden surface cleaners, surface sprays & cleaners,

abrasive cleaners, deodorizing agents, bathroom cleaner, mould remover, disinfectant, toilet cleaner, drain cleaner, window cleaner, water softener, stain remover, skin cleansers and astringents, hair shampoo, toothpaste, shower gels and personal cleaners, liquid hand soap, some pet care products, hair conditioner, floor & wood polish, insect repellents, garden sprays, air fresheners and room deodorizers

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### The SIX essential items for all your household cleaning that are cheap, successful and safe

1. **Bicarbonate of Soda:** For abrasive cleaning, scouring, stain removal, deodorizing and water softening.
2. **Vinegar:** For disinfecting, cleaning, deodorising, grease removal, whitening, wood & vinyl cleaning
3. **Lemons:** For disinfecting, grease cutting, deodorizing, whitener and mild bleach.
4. **Pure Soap:** (Soap flakes or a simple bar of soap). For general cleaning and grease removal
5. **Eucalyptus Oil:** For disinfecting, stain removal, and general cleaning.
6. **Cloudy Ammonia:** For 'extra' stain removal only if required. Good for heavy grease and dirt cutting.

### For Further Information, Formulas and Recipes:

- Green Cleaning (No. 23):** Why 'Green Clean'? Covers reasons why Green Cleaning is an essential responsibility for every household. \$1.50
- Back-to-Basics Cleaning (No. 24):** Sensible, environmentally safe cleaning alternatives – using common household products. \$1.50
- Amazing Bicarb - 60 Uses for Bicarb Soda (No. 9):** - a very useful pamphlet indeed! A practical, money-saving guide on the multitude of uses for bicarb soda \$1.50
- Versatile Vinegar (No.33):** As a mild acidic agent (like lemons) vinegar has lots of useful cleaning and deodorizing properties \$1.50
- The Humble Lemon (No.10):** Covers numerous cleaning and deodorizing techniques using lemons. \$1.50
- Uses for Eucalyptus Oil (No. 51):** Covering topics of cleaning and stain removal using eucalyptus oil. \$1.50
- Recycling Soap (No. 50):** Turning a simple bar of soap (or soap scraps) into a variety of liquid soaps and cleaners. \$2.00
- Homemade Polishers & Cleaners (No. 5):** Recipes for furniture polish, furniture cleaners, spray cleaners, beeswax polish, shoe polish & more - using natural ingredients such as beeswax, oil & vinegar. \$1.00
- Simple Soap-Making (No. 3):** Making homemade soap from the very basics (caustic soda, water & lard) with variations for other types of soaps. \$1.00
- More Soap-Making Recipes (No. 25):** Further ideas for making soap – including alternatives for soap. \$1.50
- Making the Most of Your Soap-Saver (No. 47):** Offers a multitude of ideas for using a simple soap-saver for recycling soap scraps and using a simple bar of soap for anything and everything in terms of cleaning. \$1.50
- Uses for Oatmeal (No. 58):** for cleaning and water softening. Oatmeal was considered a safer, viable & cheaper alternative to soap in times past \$2.00
- Caring for Natural Woods & Fibres (No. 59):** Recipes and ideas for cleaning, polishing and rejuvenating various woods, cane, bamboo, cork, canvas, wool etc. \$1.50



-The Self-Sufficiency Shoppe Products-

# Getting Started

How to Make Your Own Alternatives

*A range of starter products and sample packs that shows you how easy and cheap it is to use and make your own chemical free alternatives!*

## Why Make Your Own?

- 1. SAFER/BETTER** - for you and your family (in terms of sensitivities to chemicals and long term reactions).
- 2. CHEAPER** – than purchasing processed commercial products. All ingredients are available from the home or garden or supermarket and very economical!
- 3. ENVIRONMENT** – it's better for the environment because you use less containers (the disposal of which has become a problem) & contribute less to the remaining residue from making commercial products (waste)
- 4. REASSURING** – to know that there are alternatives and YOU HAVE CONTROL over what you and your family use and what's in it.

## Starter Products



Try before you make! Individually handmade products with recipe leaflet for making refill. Products are free from preservatives and added chemicals and come in recyclable containers.

**Sage Toothpowder** - Made from organic celtic sea salt, bicarb soda and fresh sage 50g cosmetic jar Price: \$13.50

**Herbal Skin Cream** – Made from beeswax, grape-seed oil and herbal infusion. 60ml cosmetic jar Price: \$16.50

**Beeswax Lip Salve** – Made with beeswax, olive and coconut oil. 20ml glass container Price: \$10.25

**Lavender Deodorant Spray** – contains cider vinegar, lavender oil and distilled water. 100ml spray bottle Price: \$13.50

**Oatmeal Bags** – A safe, gentle skin care alternative. 3 per pack Price: \$10.25

## Sample Packs

Aides to getting started on the path to natural, safe alternatives. Packs contain product sample with instructions and recipes for use:



**Oatmeal Sample Pack** – 25g pure oatmeal – a natural skin-care alternative used for centuries. Ideal chemical free alternative to soap. Contains instructions for making oatmeal facial scrub and oatmeal bag (alternative to soap).

Price: \$7.50



**Rice flour Sample Pack** – 25g rice flour – a natural chemical free alternative for talc. Use unscented or add your own fragrances. Contains recipe for homemade deodorant powder. Price: \$7.50

**Herbs – Rosemary & Thyme** – 25g dried herbs – Both are natural deodorant and anti-bacterial agents ideal as a base for deodorants or for skin care. Contains recipes and instructions for making herbal infusion, herbal deodorant and deodorising foot powder Price: \$7.50

**Sprouting Starter Pack** – Contains alfalfa sprouts, muslin, rubber band and instructions. Make healthy sprouts using a recycled jar! Great for kids! Price: \$7.50

Two hurdles to overcome:

**First step** – Overcome the belief that commercial offerings are ‘the best’ for you. Big business and advertising are very powerful mediums that most of us have grown up with and become ‘conditioned’ into believing. Their interests are about money, profits and ‘progress’ – and not necessarily about YOU, your well being or your family’s well being or the well being of the environment. Start believing and accepting that what you have made and/or use (in terms of natural & simple alternatives) ARE good for you & WILL do the job just as well.

**Second step** – Get used to how natural/homemade alternatives work. Big companies have invested millions of \$\$’s into creating the types of products that you will buy. When changing to more natural alternatives they will be different in many ways – in how they feel, look, behave & smell!



## Become Shoppe Distributor!

- Purchase booklets and stock at wholesale prices for resale to local contacts and customers
- Meet similar-minded people interested in the environment, self-sufficiency and making their own products
- Learn more about how to ‘make your own’ and pass this info on to others
- The Shoppe has an extensive mailing list of customers looking for local contacts for purchases/info.
- Earn extra income running workshops on self-sufficiency related topics

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 -Living in Harmony with the Planet Workshops-

## Workshop Presenters Wanted

**Self-Sufficiency is the Way to the Future for the Planet**

Earn extra income doing what you do best!

Use your practical knowledge to encourage and educate people about the benefits of self-reliance and environmental responsibility..

For more information about becoming a Shoppe distributor or a Workshop presenter contact ‘The Shoppe’: [www.theshoppe.com.au](http://www.theshoppe.com.au) or email: [theshoppe@chariot.net.au](mailto:theshoppe@chariot.net.au) or send 2x50c postage stamps to P.O. Box 390 Park Holme 5043 for information package

# Publication & Product Price List

Code	Number	Item/Title	Distributor Price	Retail Price
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## Booklets/Information Pamphlets:

			wholesale	retail
IP	1	Homemade Toothpastes & Mouth....	50 c	1.50
IP	2	Homemade Deodorants	1.00	1.50
IP	3	Simple Soap-Making	50c	1.00
IP	4	Make Beeswax Products	50c	1.00
IP	5	Homemade Cleaners & Polishers	50c	1.00
IP	6	Making Whitewash	50c	1.00
IP	7	Making & Using Herbal Vinegars	50c	1.00
IP	8	Uses for Pot Pourri & Fragrant Oils	50c	1.00
IP	9	Amazing Bi-carb!	1.00	1.50
IP	10	Humble Lemon	1.00	1.50
IP	11	Making Butter	50c	1.00
IP	12	How to Make Do	50c	1.00
IP	13	Making Simple Salves & Creams	50c	1.00
IP	14	Natural Hair-care	1.00	1.50
IP	15	50 Ways to Recycle a Tin Can	1.50	2.00
IP	16	From Waste to Want	1.50	2.00
IP	17	Home Paper-making	1.50	2.00
IP	18	Homemade Glues Pastes & Putties	50c	1.00
IP	19	Composting for Beginners	1.00	1.50
IP	20	Natural Insect Repellents	1.50	2.00
IP	21	Safe Organic Sprays	1.00	1.50
IP	22	Air-Fresheners & Deodorisers	1.00	1.50
IP	23	Green Cleaning	1.00	1.50
IP	24	Back-To-Basics Cleaning	1.00	1.50
IP	25	Soap-Making Recipes	1.00	1.50
IP	26	Beautiful Hands	50c	1.00
IP	27	Fantastic Feet: Foot	50c	1.00
IP	28	Home Flour Grinding	50c	1.00
IP	29	Making Bread	1.00	1.50
IP	30	Natural Skin-Care	1.50	2.00
IP	31	50 Ways to Recycle Newspaper	1.00	1.50
IP	32	Home-made Envelopes	50c	1.00
IP	33	Versatile Vinegar	1.50	2.00
IP	34	Practical Candle making	1.50	2.00
IP	35	Natural Pet-Care	1.50	2.00
IP	36	Recycling & Improvising in the Garden	1.50	2.00
IP	37	Beautiful Baths Bath	1.50	2.00
IP	38	Sweet Scents	1.50	2.00
IP	39	Beginners Flower Pressing	50c	1.00
IP	40	Budgeting for Beginners	1.50	2.00
IP	41	Keeping Hens	1.50	2.00
IP	42	Eggstatic	1.50	2.00
IP	43	Practical Gifts to Make	50c	1.00
IP	44	Home Hair-Dressing	1.50	2.00
IP	45	Home Distillation	1.50	2.00
IP	46	Preserving Without a Preserving ..	50c	1.00

IP	47	Making the Most of Your Soap-saver	1.00	1.50
IP	48	60 Ways to Recycle Supermarket Bags	1.50	2.00
IP	49	Bringing Back the Beverage	50c	1.00
IP	50	Recycling Soap	1.50	2.00
IP	51	Uses for Eucalyptus Oil	1.00	1.50
IP	52	Salubrious Sauces	50c	1.00
IP	53	Homemade Spice Mixes	1.50	2.00
IP	54	International Meals on a Budget	1.50	2.00
IP	55	Handyman Hints	1.50	2.00
IP	56	Lamp Lore	1.00	1.50
IP	57	Homemade Incense	1.00	1.50
IP	58	Old-time Oatmeal:	1.50	2.00
IP	59	Caring for Natural Woods & Fibres	1.00	1.50
IP	60	Making Yoghurt	1.50	2.00
IP	61	Harnessing Herbs	1.50	2.00
IP	62	Making Cheese	1.50	2.00
IP	63	Making Play-toys from Recycled Materials	50c	1.00
IP	64	Coffee Substitutes	50c	1.00
IP	65	Natural Sweeteners	1.50	2.00
IP	66	Back-to-Basic Pottery	1.50	2.00
IP	67	Gift-Giving with a Difference	1.00	1.50
IP	68	Ways with Wool	1.50	2.00
IP	69	Simple Basketry	1.50	2.00
IP	70	Homemade Breakfast Cereals	1.00	1.50
IP	71	Natural Hair Dyes & Colours	1.00	1.50
IP	72	Drying Food	1.50	2.00
IP	73	Food Storage Techniques	1.00	1.50
IP	74	Ways with Fruit	1.50	2.00
IP	75	Natural Dyes and Colours	1.00	1.50
WW	1	Ways With: Parsley	1.50	2.00
WW	2	Ways With: Mint	1.50	2.00
WW	3	Ways With: Rosemary	1.50	2.00
WW	4	Ways With: Thyme	1.50	2.00
WW	5	Ways With: Roses	1.50	2.00
WW	6	Ways With: Lavender	1.50	2.00
WW	7	Ways With: Sage	1.50	2.00
WW	8	Ways With: Nasturiums	1.50	2.00
WW	9	Ways With: Tomatoes	1.50	2.00
WW	10	Ways With: Zucchini	1.50	2.00
CM	1	Commonsense Home Remedies	4.00	5.00
IX	2	Index Book (Resource Guide)	4.00	5.00

**Booklet Sets:** Containing titles specific to a particular topic or special interest.

BS	1	Full Pamphlet Set (No.s 1 to 75)	75.00	95.00
BS	2	Full Set x 3 (For retailer/distributor 3 of each of No.s 1 to 75. Total: 225 pamphlets).	210.00	N/A
BS	3	Green Cleaning Booklet Set	8.00	10.00
BS	4	Natural Skin Care Booklet Set	4.00	5.00
BS	5	Soap-Making Booklet Set	4.00	5.00
BS	6	Beeswax Booklet Set	5.00	6.00
BS	7	Personal Care Booklet Set	4.00	5.00

<b>BS</b>	<b>8</b>	Green Fingers Booklet Set	3.50	4.00
<b>BS</b>	<b>9</b>	Recycling for the Planet Booklet Set	11.50	13.50
<b>BS</b>	<b>10</b>	Air-Freshener & Deodoriser B. Set	4.00	5.00
<b>BS</b>	<b>11</b>	Old Time Kitchen Skills Booklet Set	12.50	16.50
<b>BS</b>	<b>12</b>	Ways With Booklet Set	15.00	18.00
<b>BS</b>	<b>13</b>	Chemical Free Household B. Set	8.00	10.00

**Sample Packs:** Aides to getting started on the path to natural, safe alternatives. Packs contain product sample with instructions and recipes for use:

<b>SP</b>	<b>1</b>	Oatmeal Sample Pack – 25g pure oatmeal – natural skin-care alternative	5.00	7.50
<b>SP</b>	<b>2</b>	Rice flour Sample Pack – 25g rice flour – natural alternative for talc.	5.00	7.50
<b>SP</b>	<b>3</b>	Herbs – Rosemary & Thyme – 25g dried herbs – natural deodorants and anti-bacterial agent	5.00	7.50
<b>SP</b>	<b>4</b>	Sprouting Starter Pack – with alfalfa sprouts, muslin, rubber band and instructions. Make healthy sprouts using a recycled jar!	5.50	7.50

**Wholesale prices apply to Shoppe Distributors only.**  
**How to Become a Shoppe Distributor:** Purchase a full pamphlet set (i.e. 75 pamphlets at \$95.00). Read and fill in the Distributor Application Form and send to The Self-Sufficiency Shoppe.

**Starter Products:** Try before you make! Individually handmade example products with recipe leaflet for making refill. Products are free from preservatives and added chemicals and come in recyclable containers.

<b>Code</b>	<b>Number</b>	<b>Item</b>	<b>Distributor Price</b>	<b>Retail Price</b>
<b>SP</b>	<b>5</b>	Sage Toothpowder - Made from organic celtic sea salt, bicarb soda and fresh sage 50g cosmetic jar	10.50	13.50
<b>SP</b>	<b>6</b>	Herbal Skin Cream – Made from beeswax, grape-seed oil and herbal infusion. 60ml cosmetic jar	12.50	16.50
<b>SP</b>	<b>7</b>	Beeswax Lip Salve – Made with beeswax, olive and coconut oil. 20ml glass container	7.50	10.25
<b>SP</b>	<b>8</b>	Lavender Deodorant Spray – contains cider vinegar, lavender oil and distilled water. 100ml spray bottle	10.50	13.50
<b>SP</b>	<b>9</b>	Oatmeal Bags – Safe, gentle skin care alternative. 3 per pack	7.50	10.25

**Containers:** Please use recycled jars whenever possible. However some types of containers in the quantity required may be difficult to find:

<b>CO</b>	<b>1</b>	Cosmetic jar – 60ml – amber glass – black lid. (ea)	1.25	1.60
<b>CO</b>	<b>2</b>	Sample Jar – 20ml – clear glass – white lid. Ideal for lip salve or cream (ea)	1.00	1.50
<b>CO</b>	<b>3</b>	Spray Mist Bottle – 100ml – recyclable plastic with sprayer (ea)	1.60	2.10
<b>CO</b>	<b>4</b>	Mini-sample pots – plastic – 10ml with attached clip-top lid – suitable for lip salve (25)	2.50	2.95

CO	5	100ml sample pots with lids (plastic) – for workshops (50)	6.50	8.50
CO	6	50ml sample pots (plastic) suitable as soap moulds (25) (lids extra – \$1.75 w/sale for 25)	2.50	2.95

**Paper Bags:** Very environmentally friendly – non-bleached & biodegradable.

		<b>Heavy duty brown paper carry bags with handles &amp; gusset</b>		
PB	1	Extra large (45cmHx42cmW) ea	2.20	2.75
PB	2	Large (40cmHx32cmW) ea	1.20	1.50
PB	3	Medium (35cmHx24cmW) ea	1.00	1.25
PB	4	Small (26cmHx19cmW) ea	.90	1.15
		<b>Brown Paper Bags:</b>		
PB	5	Large (35cmHx23cmW) pack of 10	4.48	5.60
PB	6	Medium (24cmHx20cmW) 10	3.25	4.05
PB	7	Small (20cmHx14cmW) 10	2.20	2.75
PB	8	<b>MISC:</b> Biodegradable wooden teaspoons (plantation wood) 25	4.48	5.60
PB	9	Wax Paper – environmentally friendly 'plastic wrap' 60m roll	2.85	3.25

**Raw Materials:** All stock supplied in brown paper bags or recyclable containers

Code	Number	Item/Title	Distributor Price	Retail Price
RM	1	Almond Oil – pure – 125ml	6.50	8.50
RM	2	Almond Oil – pure – 250ml	9.20	11.50
RM	3	Beeswax – 50g	2.50	3.00
RM	4	Beeswax – 200g	6.50	8.50
RM	5	Bicarbonate of Soda – 1 kg**	2.50	3.00
RM	6	Coconut Oil – 60ml in amber cosmetic glass jar	3.50	4.25
RM	7	Eucalyptus Oil** – Sth Aust 25ml	4.10	5.15
RM	8	Eucalyptus Oil** – Sth Aust 50ml	7.35	9.20
		Herbs – dried:		
RM	9	Bay Leaves 50g	1.20	1.50
RM	10	Chamomile 50g	1.95	2.45
RM	11	Mint 50g	1.20	1.75
RM	12	Rosemary 50g	1.20	1.50
RM	13	Sage 50g	1.50	1.85
RM	14	Thyme 50g	1.20	1.50
RM	15	Oatmeal (medium) 500g	2.95	3.65
RM	16	Rice flour 500g	1.90	2.80
RM	17	Rose Pot Pourri 25g	1.80	2.60
		Spices:		
RM	18	Cassia Bark 50g	1.50	1.85
RM	19	Cinnamon Sticks (short) (10)	1.50	1.85
RM	20	Cinnamon Sticks (long) (5)	1.50	1.85
RM	21	Nutmeg (whole) (10)	1.95	2.75
RM	22	Grated Soap 150g	1.95	2.45
RM	23	Washing Soda 350g	2.05	2.50

\*\*Items are not available for postage/mail orders due to postage regulations

**Natural Fibres:**

NF	1	Cheesecloth square (16cmx16cm) Ideal for oatmeal/pot pourri bags ea	.95	1.15
NF	2	Muslin square (16cmx16cm) ea	.85	1.10
NF	3	Candlewick (medium) 1 metre	1.00	1.50
NF	4	Cotton Cord (thin) 10 metres	.65	.95

Please refer to 'Shoppe Order Form' below for details about how to order. Postage extra.

# The Self-Sufficiency Shoppe **-ORDER FORM-**

Name: ..... Phone: .....

Address: .....

..... Postcode: .....

email: ..... Date: .....  
(your email address ensures you receive ALL Shoppe correspondence)

Number Required	Item (Code, Number and Description)	Price (each)	Price (total)

(See reverse side for postage/packaging details)

**Total**

**Payment Options:**

- Cheque     Money order
- Internet or direct bank payment (see over for details)
- Credit card (via PayPal: [www.paypal.com](http://www.paypal.com))

Postage (see over)

**Total Cost of Order**

\$

Send your order to: **The Self-Sufficiency Shoppe**  
**P.O. Box 390 Park Holme 5043 SA**  
 email: [theshoppe@chariot.net.au](mailto:theshoppe@chariot.net.au)

## **Ordering Information**

Please order via your local Shoppe Distributor.

If you do not have a local distributor or are ordering wholesale (for Distributors only) please use this form.

- **Postage & Packaging Costs:** If ordering directly from The Self-Sufficiency Shoppe additional postage costs apply.  
Please add postage & packaging costs to your order as follows:  
If your order is -  
Less than \$50.00 – add 30% (of total value of the order).  
Over \$50.00 – add 20% (of total value of the order).  
Over \$100.00 – add 10% (of total value of the order).  
Over \$200.00 – add 5% (of total value of the order).
- **Payment:** All orders must be pre-paid via cheque or money order or direct bank payment (details below), Please make cheques/money orders payable to The Self-Sufficiency Shoppe.
- **Internet Banking or Direct Payment:** into the The Self-Sufficiency Shoppe Account: Account details National Aust. Bank (BSB) 085183 (Account No.) 46-678-8020
- **Send your order to:** The Self-Sufficiency Shoppe P.O. Box 390 Park Holme 5043 SA. Internet banking or direct payment orders may be emailed to: [theshoppe@chariot.net.au](mailto:theshoppe@chariot.net.au)
- **The Shoppe Newsletter Mailing List:** Your name and address/email address will automatically be placed on the mailing list for Newsletters. If you would prefer NOT to receive newsletters please indicate so on order form.

***If you have any queries regarding ordering please phone (08) 8374 2531 between 10am and 6pm weekdays (leave a message if necessary)***