

# Oatmeal Honey Soap Recipe

*The Prairie Homestead Cookbook* Jill Winger 2019-04-02 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.

*How to Make Soap* M. Usman 2016-04-18 Table of Contents Preface Chapter 1: Soap Making Methods Compared 1. Cold Process Soap 2. Hot

Process Soap 3. Melt and Pour Soap Chapter 2: Tools You Need Chapter 3: Know the Lingo Chapter 4: Safety When Making Soap Chapter 5: Making Soap Chapter 6: How to Color Soap Chapter 7: Tips on Selling Soap Chapter 8: How to Make Your Own Recipes Chapter 9: Soap Recipes Homemade Pumpkin Soap Recipe Green Tea & Lemongrass Soap Recipe Honey Soap Recipe Goat's Milk Soap Aloe Vera Soap Recipe Olive Oil Soap Conclusion Images About the Author Publisher Preface Many believe that soap making is an activity for big companies with hundreds of employees or sophisticated machines. But this is probably the farthest thing from the truth. Anyone can make soap at home. And the process is not as dangerous as you would think. In fact, homemade soap can be better than the ones you can buy in store—it all depends on what you put in the soap. Even being a busy bee isn't an excuse for not making your own soap—the process takes just a few hours. And in these few hours, you can make enough soap that can last for months. In this book, I will walk you through the process of making soap. In our journey, we will start by comparing soap making methods. From there, we will go on to look at the tools you need to invest in. In all this, we won't forget to look at how you can stay safe in this whole process. Since tastes differ, we will also dedicate a chapter on what you can use to color your soap. Also, you will find tips on how to start a soap making business. I'm sure you will find the book helpful. So without further ado, let's get started. *Easy Herbal Homemade Soap Recipes: Homemade Soap Making for Beginners* Samantha Roberts 2017-03-08 Tired of spending money on chemically laced soaps? It is time to understand the power of homemade soaps. Here is a homemade soap recipe book to ensure you are able to make your own with ease. Herbal homemade soap recipes are great for beauty and health related issues. Samantha Roberts will teach you how to create soaps such as Honey & Dandelion Soap. Apple Cider Soap, and many more!

Soapmaking Jennifer Tynan 2016-07-01 90 Soap & Bath Recipes for Natural Healthy Skin is a complete guide to soap making at home for the hobby and craft soap maker who wants to explore the idea of opening a cosmetic business. Everything you need to know about making soap, safety precautions, and marketing your creations. Complete with photos of our creations. NOW!!! Bonus Chapter with an all natural nontoxic bug repellent recipe and offer! Included in this book are 90 original soaping recipes. 50 cold process method soap creations, 20 hot process cooked soap recipes, and 20 additional recipes including lotions, shampoos, conditioners, sugar scrubs, and all the bathroom treats a girl wants. Recipes in this book include: 50 Cold Process Recipes: 1. Sage & Citrus Cold Process 2. Pink Sea Salt & Kaolin Clay Linen Bars 3. Chocolate Cupcakes 4. Vanilla Cupcakes 5. Cold Process Coffee Soap 6. Oatmeal & Honey Milk Soap 7. Amish Baby Bottom Soap 8. Lavender & Lemon Verbena 9. Classic Bastille Cold Process 10. Quick & Easy Castille 11. Black Cherry Dream Swirl 12. Raspberry Lemonade 13. Natural Basil & Tomato Soap 14. Bubble Gum Soap 15. Lemmon Poppy Cold Process 16. Take Me to the Beach 17. Avocado & Coconut Milk Soap 18. Ginger Pomelo Goat's Milk Soap 19. Summertime Watermelon Soap 20. Summer Grass & Flower Cold Process 21. Coconut & Lime 22. Natural Rosemary & Mint 23. Cucumber & Clay 24. Vibrant Orange 25. Orange & CLove Spice 26. Green Tea & Lemon Grass 27. Strawberry & Goat Milk Soap 28. Mango Butter with Ylang Ylang 29. Raw Honey & Dandelion Soap 30. Homemade Green Tea & Turmeric Soap 31. Carrot Soap 32. Pumpkin Pie Latte Soap 33. Lemon Peel & Blueberry Soap 34. Lemon Grass & Coconut Milk Soap 35. Soothing Calendula Soap 36. Soothing Camomile & Goat Milk Soap 37. Oatmeal & Beer 38. Pink Sangria Refreshing Fruit 39. White Chocolate & Lavender Soap 40. Infused Hibiscus Soap 41. Rose water & Lemonade 42. Honey & Beeswax 43. Woodland Pine 44. Frosted Cranberry Winter Wonderland 45. Eucalyptus Splash Soap 46. Sweet Pear Soap 47. Fresh Apple Juice Soap 48. Lemongrass Swirl 49. Basil & Sage Spice Soap 50. Jewelweed Soothing Soap (Poison Ivy Soap) 20 Hot Process Recipes: 51. Honey, Oatmeal, & Milk 52. Popular Hemp Soap 53. Lavender Vegan Soap 54.

Soothing Goat's Milk Soap 55. Camomile & Clay Nurturing Soap 56. Cocoa Butter & Goat Milk Hot Process 57. Almond Cherry Hot Process 58. Guinness Stout Hot Process 59. Fresh Avocado Soap 60. Tea Tree & Eucalyptus For Men 61. Apple Butter & Goat Milk Soap 62. Blackberry Preserve Winter Soap 63. Apple Crisp Cinnamon Soap 64. Hot Apple Pie Soap 65. Basic Crisco Recipe 66. Grapefruit Citrus 67. Lemongrass Mint 68. Calendula & Camomile Tea 69. Cocoa Butter with Ginger & Thyme 70. Blueberry Frosted 20 Bath Product Recipes: 71. Bubble Bar 1: Christmas 72. Bubble Bar 2: Watermelon 73. Bubble Bar 3: 4th of July 74. Silk Nurturing Massage Bar 75. Honey & Oatmeal Bath Fizzies 76. Oatmeal & Aloe Lotion 77. Cinnamon Lip Balm 78. Lemon & Almond Body Frosting 79. Melon Sugar Scrub Cubes 80. Buggy Go Away Body Spray 81. Beautiful Bath Salts 82. Hair Shampoo 83. Hair Conditioner 84. Hemp Lotion 85. Foaming Soy Milk Bath 86. Cooling Cucumber Face Mask 87. Summer Shimmer Lotion 88. Hair Conditioner Leave in Spray 89. Liquid Soap 90. Peach & Jasmine Bath Cookies

The Natural Soap Making Book for Beginners Kelly Cable 2017-08-08 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

**Make It Up** Marie Rayma 2016-12-27 Ever think of making your own beauty products -- handmade, high performance, healthy alternatives to just about every chemical laden product you currently put on your face and body? It's easier than you think! In Make It Up author Marie Rayma shares the recipes she has developed through years of trial, error, and testing to come up with the very best. This is real makeup and skincare: bright lipsticks, quality mineral powders, long-wearing eyeliners, and masks and cleansers that yield results. Rayma walks you through natural ingredients available online or at health food stores. These awesome oils, butters, clays, and minerals will replace the petroleum products, artificial colors, and lab-created mystery fragrances that have untold effects on our bodies. Products can be tailored for individual needs -- from swapping out ingredients not suitable for sensitive skin to whipping up the perfect colors suited for any complexion. With easy-to-follow instruction, Make It Up provides more than 40 essential cosmetics and skin care projects so you can make just what you want, when you need it.

**The Natural Soap Book** Susan Miller Cavitch 1995-01-01 The definitive resource for making vegetable-based soaps from scratch, from buying supplies to cutting the final bars.

[Lovin Soap Studio Cold Process Soap Recipes](#) Amanda Aaron 2018-01-23 This recipe book contains 50 recipes for cold process soap and 64 essential oil blends. Recipes include classics such as Oatmeal Lavender, Oatmeal Milk & Honey, Aloe & Cucumber and Pumpkin Spice. Some recipes are more unique, including Summit Soap, Yarrow Shave Soap, Pumpkin Lavender, Almond Orange and Mocha Mint. The recipes are categorized into seven categories including Basic Bars, Designed Recipes, Salt Bars, Bar Soap for the Face, Exfoliating Bars, For the Fellas and Alternative Liquids. Each recipe, except for those in the Basic Bars category, includes an essential oil blend and some contain additives for color or exfoliation. 20 more essential oil blends are listed at the end, giving you 64 blends total! Though it does contain basic steps, it is not an advanced soapmaking book and doesn't go into details on advanced soapmaking topics. The recipes and essential oil blends in this book are

provided to inspire creative formulation on your part. Sure you can use a recipe as-is, but don't be afraid to experiment and change things up!

**Homemade Soap** Jesus Pfau 2021-07-16 There are four common methods you can use to make soap: melt and pour, cold process, hot process, and rebatching. Before diving into your first batch of homemade soap, familiarize yourself with the four most common methods of soapmaking. Some of these processes are easier than others. Knowing how each one works will help you decide which tutorials you want to tackle. Our book with handmade soap recipes will teach you how to create the best handmade soap - a soap that contains natural oils and organic additives - honey, oats, calendula flowers, chocolate and more. Homemade soap is enriched with oils such as olive, sea buckthorn, peach, wheat germ oil and many more oils that have a moisturizing, rejuvenating and anti-cellulite effect.

**Lovin' Soap Studio Cold Process Soap Recipe Book** Amanda Gail 1915-05-09 This book is a recipe book containing 50 recipes for cold process soap and 64 essential oil blends. Though it does contain basic steps, it is not an advanced soapmaking book and doesn't go into details on advanced soapmaking topics. The recipes and essential oil blends in this book are provided to inspire creative formulation on your part. Sure you can use a recipe as-is, but don't be afraid to experiment and change things up.

**Soap Making** Carol Varney 2020-04-18   Buy the Paperback version of this book, and get the kindle eBook version included for FREE\*\*Are you looking for a new hobby? Do you enjoy scented products?Are you sick of purchasing soaps without feeling confident in the ingredients or the company?Are you seeking new ways to prepare your own soap?Do you want over recipes for making soap at home?Do you need a new idea for gift-giving?If you answered yes to any of these questions, you have stumbled upon the right book! Within its pages, you will discover a new way to enjoy beautiful soap and many other self-care products to either use yourself or give as special, homemade gifts! Regardless of your experience with soapmaking or your skill level, you will find that you can confidently create your own soap by the end of this book. The book

describes four different processes/methods for engaging in this new hobby, and each one contains plenty of recipes for you to try. There is surely a method out there for everyone. Whether you are a beginner or a pro, you will surely find a bunch of new ways to enjoy preparing your items of choice. These are a few of the topics that will be covered in Soap Making. Four Methods For Making Soap & Recipes: ●Cold Process●Melt and Pour●Hot Process●Rebatching Essential Safety Equipment Needed: You will discover many items for safety are essential while preparing your soap at home. Gloves and eyewear are at the top of the list. However, you need to know what works best and what is absolutely necessary when working with so many chemicals-especially if you are a beginner. Other segments include: ●Basic Ingredients Needed: Essential Oils, Fragrance Options, ●Working With Lye●Beginner Recipes●More Advanced Recipes●Variety Homemade Soap●Storage For Homemade Soap●Glossary Of Terminology These are some of the aromas awaiting you in so many different recipes! ●Mango - Cocoa & Shea butter●Bubble gum fragrance oil●Grapefruit-Lemongrass Energize Fragrance oil●Blueberry - Strawberry & Banana fragrance oil●Lemon sugar fragrance ●Hot fudge brownies fragrance oil ●Pumpkin pie fragrance oil ●Peppermint & Coconut Essential oil, and tons of others Choose from 298 recipes - from molded soaps in bars, facial scrubs, bath bombs, liquid soaps, fragrance bars, and so much more. The recipes have been tested and you will be pleasantly surprised to see how the aromas are viciously tantalizing! ●Adorable Baby Show Gift Soap●A Few Halloween Options●Not A Fancy Soap ●Hot Fudge Brownie Soap●Calendula - Honey & Oatmeal Soap●Vanilla Honey Oatmeal Bar●Mild Sweet Orange Morning Soap●Unscented All-Natural Soap●Exfoliating Milk & Honeybee Soap You will even find a few things for your beloved pooch! You know what to do to add this great batch of recipes to your digital files. Get started today and start your favorite hobby, give the best gifts for special occasions, and make a few extra bucks!

*Soap Making* Julia Lee 2017-02-01 Soap Making 20 Best Homemade Organic Soap Recipes For Absolute Beginners Thinking about a great gift for you loved ones? You want to surprise them with something unique

that will remind them of you? Well, why don't you try soap making? It may sound like something that requires a ton of professional equipment, but you can make fragrant and healing soaps in your own kitchen. You will need some mixing bowls, spoons, a digital scale, thermometer, and molds. Yes, you read that right! And this book will teach you how to use all these. To make sure that your final product is what you have imagined it to be, you will first have to get introduced to the basics of soap making. You'll see that it is not rocket science. After you learn what lye, oils, and other additives are used for and how they work together, I bet you will get impatient to start making your own soaps. And now, you only need recipes. I've thought about that as well. So, I prepared a number of recipes for you. They are beginner-friendly, and the instructions are really easy to follow. You will use only natural ingredients that will not only make your skin smooth and silky but will also give it a nice fragrance. Here are the soap recipes that you will learn to make: Cleansing Coconut Oil Soap Lemon Soap Olive Oil Soap Activated Charcoal Soap Silky Lime and Ginger Shampoo Soap Soothing Tea Tree Soap Tender Apple Cider Soap Energizing Mint Soap Coconut Lime Soap Fragrant Coffee Soap Dandelion & Honey Soap Tender Lavender Soap Honey Soap Pumpkin Soap Calendula Soap Oatmeal Soap Cucumber Soap Orange Soap Anise Soap Aloe Vera Soap Simple ingredients? Yes! Simple procedure? Yes! Then, what are you waiting for?

**Milk Soapmaking** Anne L. Watson 2008-11 The smart simple guide to making lovely milk soap from Cow, Goat milk and plant milk.

**Kale & Caramel** Lily Diamond 2017-05-02 Born out of the popular blog Kale & Caramel, this sumptuously photographed and beautifully written cookbook presents eighty recipes for delicious vegan and vegetarian dishes featuring herbs and flowers, as well as luxurious do-it-yourself beauty products. Plant-whisperer, writer, and photographer Lily Diamond believes that herbs and flowers have the power to nourish inside and out. "Lily's deep connection to nature is beautifully woven throughout this personal collection of recipes," says award-winning vegetarian chef Amy Chaplin. Each chapter celebrates an aromatic herb or flower, including basil, cilantro, fennel, mint, oregano, rosemary, sage,

thyme, lavender, jasmine, rose, and orange blossom. Mollie Katzen, author of the beloved Moosewood Cookbook, calls the book "a gift, articulated through a poetic voice, original and bold." The recipes tell a coming-of-age story through Lily's kinship with plants, from a sun-drenched Maui childhood to healing from heartbreak and her mother's death. With bright flavors, gorgeous scents, evocative stories, and more than one hundred photographs, Kale & Caramel creates a lush garden of experience open to harvest year round.

Soap Making for Beginners: the Simple Guide to Making Luxurious Homemade Soap Recipes for Soft Skin (30 Soothing DIY Natural Soap Recipes for Beginners) Karen Wells 2015-06-11 Get Soft, Moisturized Skin With This Simple & Complete Guide for Homemade Soap Making From Scratch! Do you want beautiful, soft skin instead of harsh, dry skin? If so, then you'll be amazed at what homemade soap recipes can do for your skin... Most commercially produced soaps are full of damaging, harsh chemicals and end up doing more harm than good to our precious skin. Soap is something we use everyday, and we don't need to be putting harmful chemicals on our skin! If you want to stop damaging your skin and start nourishing it instead, then this book is for you! In this book you will learn how to craft luxurious, natural, skin-softening soaps that will enhance your skin's beauty and keep it looking vibrant, healthy, and glowing. This Is the Ultimate Soap Making Guide for Beginners Most other homemade soap making books out there don't cover all the bases for beginners and sadly, they leave readers hanging and clueless. This book will show you everything you need to know as a beginning soap maker, including: The wonderful health benefits of natural soap ingredients The fun and interesting history of soap making Basic soap making terms, ingredients, and equipment needed How to craft soap safely and inexpensively Detailed, step by step instructions for making your own soap, including 10 nourishing beginner recipes How to add fragrances, essential oils, colors, and more! How to package your soap for gifts or selling it! And much, much more Here are just a few of the fun, fragrant homemade soap recipes in this book: - Luxurious Lavender Soap - Grapefruit Rosemary Soap - Honey Oatmeal Soap \*\*\*Don't waste your

time spending weeks trying to learn everything from different websites on your own!\*\*\* Trust me, you'll end up feeling confused, terrified and doubtful that you can ever create your own soap successfully. This book is here to save you from that and instead empower you to start making homemade soaps in no time, since everything you need to know is packaged here in this book, step by step! "This book is very well-organized and contains information that was not in other books, such as how to store soaps for gifts, even how long one can store them before they start to lose their fragrance. There are so many more positive things I could say about it, but if you are looking for the best book on the subject, again, it gets 5 stars, where the other books that I bought on this subject did not come anywhere near being so helpful." - Testimonial from actual reader Get my FREE BONUS soap recipe "Luscious Lemon Verbena Essential Oil" inside this book as an added bonus! This special recipe is one of my favorites and is loaded with essential oils that will make you smell delicious! Whether you're looking for a way to take better care of your skin, or are just looking for a fun and crafty hobby; homemade soap making is the right choice! And it's fun! Order your copy today and start enjoying the wonderful world of homemade soap making... your skin will love you for it too!

*Natural Soapmaking* Marie Browning 1999 Provides recipes for making soaps, bath salts, bath oils, massage oils, facial scrubs, and bath tea bags, and includes instructions on creating gift packages and labels.

**Chickens in the Road** Suzanne McMinn 2014-10-07 Suzanne McMinn, a former romance writer and founder of the popular blog [chickensintheroad.com](http://chickensintheroad.com), shares the story of her search to lead a life of ordinary splendor in *Chickens in the Road*, her inspiring and funny memoir. Craving a life that would connect her to the earth and her family roots, McMinn packed up her three kids, left her husband and her sterile suburban existence behind, and moved to rural West Virginia. Amid the rough landscape and beauty of this rural mountain country, she pursues a natural lifestyle filled with chickens, goats, sheep—and no pizza delivery. With her new life comes an unexpected new love—"52," a man as beguiling and enigmatic as his nickname—a turbulent romance that



reminds her that peace and fulfillment can be found in the wake of heartbreak. Coping with formidable challenges, including raising a trio of teenagers, milking stubborn cows, being snowed in with no heat, and making her own butter, McMinn realizes that she's living a forty-something's coming-of-age story. As she dares to become self-reliant and embrace her independence, she reminds us that life is a bold adventure—if we're willing to live it. Chickens in the Road includes more than 20 recipes, craft projects, and McMinn's photography, and features a special two-color design.

Easy Homemade Melt and Pour Soaps Jan Berry 2019-11-19 Create Beautiful Herbal Soaps The Safe, Easy & Fast Way Feel good about pampering yourself with these artisanal soaps featuring natural botanicals, colorants and exfoliants. This comprehensive, beginner-friendly guide to melt-and-pour soapmaking from Jan Berry, author of Simple & Natural Soapmaking, includes 50 inspiring recipes plus design tutorials and a stunning natural colorant gallery. Her method is incredibly easy; all you need to do is melt your soap base, infuse it with healing herbs or flowers, add essential oils and natural colorants, and pour it into a beautiful mold. As soon as your soap is dry, it's ready to use! This method is a safe soapmaking technique that doesn't require handling lye. Plus, because it's so simple, many projects make for excellent family-friendly crafts. Kids will love helping out with simple soaps like Sunflower Sunshine Bars or playing with Aromatherapy Soap Dough. As you work through the projects, Jan leads you through a variety of techniques step by step. From simple herbal infusions in Wildflower Honey Soap to advanced methods of layering and swirling as in the Ocean Waves Soap, there's always another project to excite beginner and advanced soapmakers alike. Here, you'll find all the information and inspiration you need to make soaps that are gentle on your skin and fun to make!

**A Green Guide to Natural Beauty** Karen Gilbert 2011 Most of us use a huge variety of beauty products on our skin and hair every day - from shower gel and shampoo to moisturiser and hand cream - but the majority of these products contain a variety of chemicals. In A Green

Guide to Natural Beauty, natural skincare and fragrance expert Karen Gilbert shows you how to make your own lotions and potions at home, using easy-to-obtain, natural ingredients and easy-to-follow methods. For the face, there are moisturizers, face masks and cleansers; for the body choose from scrubs and shower gels, soaps and body lotions. And when you need some extra-special pampering, try the recipes for lip balms, massage bars, bath oils and eye gels. So try your hand at making a neroli hydrating spritz or a jojoba and aloe vera moisturizer, mango and lime body butter or lemon and tea tree foot balm, bergamot and grapefruit wake-up wash or cocoa butter lip balm - the hardest part is choosing which of the pampering projects to try first! Each recipe has clear step-by-step photographs to guide you, and there are numerous variations to try. - Make your own beauty gifts for friends, or hold your own pampering parties. - Just as we are all now more aware of what we eat and how we grow our food, attention is now turning to skincare products - people are looking for a low-cost, natural alternative to highly priced, highly perfumed, highly packaged shop-bought items. - In CICO's 'Green Guide' series.

The Food Lab: Better Home Cooking Through Science J. Kenji López-Alt 2015-09-21 A New York Times Bestseller Winner of the James Beard Award for General Cooking and the IACP Cookbook of the Year Award "The one book you must have, no matter what you're planning to cook or where your skill level falls."—New York Times Book Review Ever wondered how to pan-fry a steak with a charred crust and an interior that's perfectly medium-rare from edge to edge when you cut into it? How to make homemade mac 'n' cheese that is as satisfyingly gooey and velvety-smooth as the blue box stuff, but far tastier? How to roast a succulent, moist turkey (forget about brining!)—and use a foolproof method that works every time? As Serious Eats's culinary nerd-in-residence, J. Kenji López-Alt has pondered all these questions and more. In The Food Lab, Kenji focuses on the science behind beloved American dishes, delving into the interactions between heat, energy, and molecules that create great food. Kenji shows that often, conventional methods don't work that well, and home cooks can achieve far better results using

new—but simple—techniques. In hundreds of easy-to-make recipes with over 1,000 full-color images, you will find out how to make foolproof Hollandaise sauce in just two minutes, how to transform one simple tomato sauce into a half dozen dishes, how to make the crispiest, creamiest potato casserole ever conceived, and much more.

*The Natural Soap Book* Susan Miller Cavitch 1995-06-30 Making your own soap is fun, easy, and rewarding. In this introductory guide, Susan Miller Cavitch shows you how to craft your own all-natural, wonderfully smelling soaps. Illustrated directions take you through the whole process, from buying supplies to cutting the final bars. With easy-to-follow recipes that range from classics like oatmeal and honey soap to more adventurous combinations using goat milk and borage, you'll be inspired to make uniquely personal soaps that are gentle on your skin and a pleasure for your nose.

**DIY Artisanal Soaps** Alicia Grosso 2016-01-09 "A DIY guide to making homemade soap"--

**Smart Soapmaking** Anne L. Watson 2016-12-27 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)

*Once Upon a Chef: Weeknight/Weekend* Jennifer Segal 2021-09-14 NEW YORK TIMES BESTSELLER • 70 quick-fix weeknight dinners and 30 luscious weekend recipes that make every day taste extra special, no matter how much time you have to spend in the kitchen—from the beloved bestselling author of *Once Upon a Chef*. "Jennifer's recipes are healthy, approachable, and creative. I literally want to make everything

from this cookbook!”—Gina Homolka, author of *The Skinnytaste Cookbook* Jennifer Segal, author of the blog and bestselling cookbook *Once Upon a Chef*, is known for her foolproof, updated spins on everyday classics. Meticulously tested and crafted with an eye toward both flavor and practicality, Jenn’s recipes hone in on exactly what you feel like making. Here she devotes whole chapters to fan favorites, from *Marvelous Meatballs* to *Chicken Winners*, and *Breakfast for Dinner* to *Family Feasts*. Whether you decide on sticky-sweet *Barbecued Soy and Ginger Chicken Thighs*; an enlightened and healthy-ish take on *Turkey, Spinach & Cheese Meatballs*; *Chorizo-Style Burgers*; or *Brownie Pudding* that comes together in under thirty minutes, Jenn has you covered.

**Masala & Meatballs** Asha Shivakumar 2018-01-09 *Where Indian Flavors & The American Palate Meet* Indian cuisine is full of intense and exciting flavors that you’ll love, but can scare o the home cook...until now. Asha Shivakumar, who grew up in India before moving to the states, breaks that barrier with bold but approachable dishes that tow a delicious line between Indian and American food. These aren’t fusion recipes—these are beloved classics eaten all over India selected specifically for people used to American food. Think *Masala Chicken Wings*, *Chickpea-Roasted Garlic Fries*, *Potato and Chickpea Burger*, *White Chicken Curry Pot Pie* and so much more. *Masala & Meatballs* is packed with surprising recipes that are bursting with flavor, masterful photography and heartfelt stories of growing up in India and then raising a family in the United States. With each turn of the page you’ll expand your palate, boost your cooking bravado and experience a whole new thrilling world of flavors.

**Simple & Natural Soapmaking** Jan Berry 2017-08-08 *Create Fabulous Modern Soaps The Truly Natural, Eco-Friendly Way* With this new comprehensive guide, herbalist Jan Berry offers everything the modern-day enthusiast needs to make incredible botanical soaps. Beginners can join in the sudsy fun with detailed tutorials and step-by-step photographs for making traditional cold-process soap and the more modern hot-process method with a slow cooker. Jan presents 50 easy, unique soap recipes with ingredients and scents inspired by the herb garden, veggie

garden, farm, forest and more. Sample soap recipes you won’t want to miss are *Lavender Milk Bath Bars*, *Sweet Honey & Shea Layers Soap*, *Creamy Avocado Soap*, *Citrus Breeze Brine Bars*, *Mountain Man Beard & Body Bars* and *Classic Cedarwood & Coconut Milk Shave Soap*. Featured resources are Jan’s handy guides to common soapmaking essential oils and their properties, oil and milk infusions with healing herbs and easy decoration techniques. The book also contains Jan’s highly anticipated natural colorants gallery showcasing more than 50 soaps that span the rainbow. Soap crafters of all levels will enjoy referencing this book for years to come. \*All recipes are sustainably palm-free!\* Expand your herbal product collection with these other books in Jan Berry’s bestselling series: - *Easy Homemade Melt & Pour Soaps* - *The Big Book of Homemade Products for Your Skin, Health & Home* *The Family Garden Planner* Melissa K. Norris 2020-11-03 *Don’t Just Plant Your Garden...Plan It* Fifth-generation homesteader Melissa K. Norris has found gardening to be one of the easiest and most complex things there is. It really is as simple as plopping a seed into the soil, giving it adequate light and water, and watching it grow. But if you want to get the most out of your garden and produce more food each year, you need a plan to help you stay on track. This indispensable guide includes everything you need to plan your garden, execute your plan, and record your results, saving you time and hassle—and allowing you to have fun with the process. You’ll discover a series of charts and worksheets to identify which gardening zone you are in, which crops make sense for your family, and how much you’ll need to plant. Then you’ll refer to a set of monthly instructions based on your gardening zone and put together a customized plan using yearly, monthly, and weekly charts to help you stay on track. The more you use this planner, the more you will get out of your garden, and the more you’ll enjoy providing your family with healthy, organic fruits and vegetables all year long.

**Soap Making** Lora Brenner 2016-02-24 *Soap Making: Essential Guide For Absolute Beginners* 20 *Homemade Organic Recipes* Thinking about a great gift for you loved ones? You want to surprise them with something unique that will remind them of you? Well, why don't you try soap



making? It may sound like something that requires a ton of professional equipment, but you can make fragrant and healing soaps in your own kitchen. You will need some mixing bowls, spoons, a digital scale, thermometer, and molds. Yes, you read that right! And this book will teach you how to use all these. To make sure that your final product is what you have imagined it to be, you will first have to get introduced to the basics of soap making. You'll see that it is not rocket science. After you learn what lye, oils, and other additives are used for and how they work together, I bet you will get impatient to start making your own soaps. And now, you only need recipes. I've thought about that as well. So, I prepared a number of recipes for you. They are beginner-friendly, and the instructions are really easy to follow. You will use only natural ingredients that will not only make your skin smooth and silky but will also give it a nice fragrance. Here are the soap recipes that you will learn to make: Cleansing Coconut Oil Soap Lemon Soap Olive Oil Soap Activated Charcoal Soap Silky Lime and Ginger Shampoo Soap Soothing Tea Tree Soap Tender Apple Cider Soap Energizing Mint Soap Coconut Lime Soap Fragrant Coffee Soap Dandelion & Honey Soap Tender Lavender Soap Honey Soap Pumpkin Soap Calendula Soap Oatmeal Soap Cucumber Soap Orange Soap Anise Soap Aloe Vera Soap Simple ingredients? Yes! Simple procedure? Yes! Then, what are you waiting for?

**My New Roots** Sarah Britton 2015-03-31 At long last, Sarah Britton, called the “queen bee of the health blogs” by Bon Appétit, reveals 100 gorgeous, all-new plant-based recipes in her debut cookbook, inspired by her wildly popular blog. Every month, half a million readers—vegetarians, vegans, paleo followers, and gluten-free gourmets alike—flock to Sarah’s adaptable and accessible recipes that make powerfully healthy ingredients simply irresistible. My New Roots is the ultimate guide to revitalizing one’s health and palate, one delicious recipe at a time: no fad diets or gimmicks here. Whether readers are newcomers to natural foods or are already devotees, they will discover how easy it is to eat healthfully and happily when whole foods and plants are at the center of every plate.

**The Baker's Daughter** Sarah McCoy 2012-01-24 In this New York Times bestseller, two women in different eras face similar life-altering decisions, the politics of exclusion, the terrible choices we face in wartime, and the redemptive power of love. In 1945, Elsie Schmidt is a naive teenager, as eager for her first sip of champagne as she is for her first kiss. She and her family have been protected from the worst of the terror and desperation overtaking her country by a high-ranking Nazi who wishes to marry her. So when an escaped Jewish boy arrives on Elsie’s doorstep on Christmas Eve, Elsie understands that opening the door would put all she loves in danger. Sixty years later, in El Paso, Texas, Reba Adams is trying to file a feel-good Christmas piece for the local magazine, and she sits down with the owner of Elsie's German Bakery for what she expects will be an easy interview. But Reba finds herself returning to the bakery again and again, anxious to find the heart of the story—a story that resonates with her own turbulent past. For Elsie, Reba’s questions are a stinging reminder of that last bleak year of World War II. As the two women's lives become intertwined, both are forced to confront the uncomfortable truths of the past and seek out the courage to forgive.

**PlantYou** Carleigh Bodrug 2022 Tacos, pizza, wings, pasta, hearty soups, and crave-worthy greens—for some folks looking for a healthier way of eating, these dishes might all seem, well, off the table. Carleigh Bodrug has shown hundreds of thousands of people that that just isn't true. Like so many of us, Carleigh thought that eating healthy meant preparing the same chicken breast and broccoli dinner every night. Her skin and belly never felt great, but she thought she was eating well—until a family health scare forced her to take a hard look at her diet and start cooking and sharing recipes. Fast forward, and her @plantyou brand continues to grow and grow, reaching +470k followers in just a few short years. Her secret? Easy, accessible recipes that don't require any special ingredients, tools, or know-how; what really makes her recipes stand out are the helpful infographics that accompany them, which made it easy for readers to measure ingredients, determine portion size, and become comfortable enough to personalize recipes to their tastes. Now in her

debut cookbook, Carleigh redefines what it means to enjoy a plant-based lifestyle with delicious, everyday recipes that anyone can make and enjoy. With mouthwatering dishes like Bewitchin' Breakfast Cookies, Rainbow Summer Rolls, Irish Stew, and Tahini Chocolate Chip Cookies, this cookbook fits all tastes and budgets. PlantYou is perfect for beginner cooks, those wishing to experiment with a plant-based lifestyle, and the legions of "flexitarians" who just want to be healthy and enjoy their meals"--

**Natural Soap Making** Elizabeth Letcavage 2013 This title explores how to make cold-process soap (soap from scratch) using only natural fragrances, colourants, and texture additives. The book provides information on different kinds of oils and botanical additives and the special properties they give to the soap. It also includes 12 special soap recipes along with tips for creating your own natural recipes

**Soap Crafting** Anne-Marie Faiola 2013-08-13 Make your own custom-tailored and perfectly formed cold-process soaps! Learn how to use milk jugs and yogurt containers for molds, and how coffee, avocado, and even beer can add unique dimensions to your creations. This encouraging introduction to the art of soapmaking makes it simple to master the techniques you need to safely and easily produce your own enticingly fragrant soaps.

*The Natural Soap Making Book for Beginners* Susan M Cavitch 2024-02-24 Introducing "The Natural Soap Making Book for Beginners: Soap Making Business: How To Make 10 Different Types of Soap From Home." Authored by seasoned soap maker Susan M. Cavitch, this comprehensive guide is your ticket to crafting exquisite soaps from the comfort of your own home. Whether you're a novice seeking to explore the art of soap making or an aspiring entrepreneur eager to start your own soap-making business, this book has you covered. With step-by-step instructions and invaluable tips, Cavitch walks you through the process of creating ten distinct types of soap using natural ingredients. In this comprehensive guide you will discover; 1. Soap Making Business Fundamentals: Understanding the basics of starting a soap-making business, including legal requirements, sourcing ingredients, and

equipment needed. Recognizing the importance of market research, identifying target customers, and developing a unique selling proposition. 2. Soap Making Techniques: Exploring different soap-making methods, such as melt and pour, cold process, and hot process, and their respective advantages and challenges. Learning about essential safety precautions, equipment, and ingredients necessary for successful soap making. 3. Types of Soap Bases and Ingredients: Understanding the characteristics and uses of various soap bases, including melt and pour bases, glycerin bases, and natural oils. Choosing high-quality ingredients, such as essential oils, botanicals, and colorants, to enhance the properties and aesthetics of homemade soap. 4. Benefits of Homemade Soap: Exploring the advantages of homemade soap over commercially produced alternatives, including customization, natural ingredients, and creative freedom. Recognizing the soothing, moisturizing, and nourishing properties of homemade soap, as well as its potential to promote skin health and well-being. 5. Soap Making Recipes and Instructions: Accessing step-by-step guides and recipes for crafting a variety of homemade soap types, including Lavender Dreams Soap, Citrus Burst Soap, Oatmeal Honey Soap, Shea Butter Bliss Soap, Herbal Garden Soap, and Activated Charcoal Detox Soap. Learning about the specific ingredients, techniques, and benefits associated with each soap recipe. 6. Brand Building and Marketing Strategies: Understanding the importance of establishing a strong brand identity, including defining brand values, identifying target audiences, and creating cohesive branding elements. Exploring various selling options, such as online platforms, farmers' markets, and local stores, to reach a wider audience and maximize sales opportunities. Implementing effective marketing tactics, including SEO optimization, social media marketing, email marketing, and customer engagement strategies, to promote brand awareness, attract customers, and drive sales. 7. Customer Retention and Relationship Management: Recognizing the significance of providing exceptional customer service, collecting and acting on customer feedback, and fostering customer loyalty through incentives, rewards, and personalized experiences. Creating engaging content, building

community engagement, and continuously adapting and improving marketing efforts to enhance customer retention and drive sustainable business growth. 8. Nourishing properties of all soap types 9. Designing luxurious bars with moisturizing additives .....and lots more. It's time to transform your passion for soap making into a rewarding and fulfilling venture.

**Goat Milk Soapmaking** Amanda Aaron 2017-09 Soapmaking is a wonderful hobby that combines both science and art. No matter your reason for jumping into the craft of soapmaking, one thing is for certain...your skin will thank you! What we put ON our bodies is just as important as what we put IN our bodies. When you make your own soap, you can control what you put on your body by choosing skin loving oils and butters such as olive oil and shea butter, beneficial additives such as herbs and clays and natural essential oils such as lavender and tea tree that you can mix and combine to create powerful aromas. Many people with skin conditions, such as eczema, or other sensitivities do well when using gently formulated handmade soap. Many soap makers begin their soapmaking journey to help relieve their skin condition or a family member's skin condition. After reading this book you'll be able to make decadent goat milk soap for your family and friends. Goat Milk Soapmaking includes: Full color, step-by-step Instructions for making soap using any type of milk. Goat milk is the most popular but you can use these directions for making camel milk soap, cow milk soap or even a vegan milk soap such as almond milk soap. Helpful charts explaining oil properties/fatty acid profiles and additives. Essential oil blends to get you started with choosing how to scent your goat milk soap. 24 natural goat milk soap recipes with essential oil blends for scent and natural colorants and additives to make each unique. Helpful resources including common soapmaking terms, abbreviations and a supplier list.

[Homemade Soap Recipes](#) Martha B. McKay 2020-05-26 If you want to stop buying commercial soap bars which are usually less healthy than promoted, the best idea is to embrace soapmaking. Soapmaking is gaining in popularity as people are becoming more aware of the fact that commercial soaps often include unhealthy ingredients and chemicals

which may be good in the short-term, but eventually, damage the skin in the long-term. Besides this, people are also becoming aware of the fact that soapmaking can turn from an interesting hobby to a prospective business. Whether you want to save some bucks with soapmaking, have your own business or simply enjoy this hobby, the book covers all soapmaking basics you should familiarize yourself with so that you know what to expect. Soapmaking has many benefits and depending on your preferences; it can help you save some money, have some fun, invest your free time into something good and productive, and much more. However, the biggest advantage of soapmaking is making your own soap bars customized to your preferences. You modify the soap recipes down to the last ingredient, and there are infinite numbers of techniques to explore colors, fragrances, oils, and herbs to use. The vast majority of what you need, you already have somewhere in your kitchen, such as herbs and essential oils. Once you become aware of the fact that commercial soaps are loaded with chemicals, soapmaking becomes the next logical step to take in personal hygiene if you want to save your skin from soap bars loaded with chemicals which are toxic in other circumstances. Making your own natural, soap bars in the coziness of your home is the best way towards creating a healthier, more natural environment for yourself as well as for your family. When you make your own, fully customized soap bar to suit your preferences and your skin, you can avoid using undesirable ingredients; you can be proud of your accomplishment, you can even make gift soap bars for your family, friends and your loved ones. With so many different benefits and opportunities with soapmaking, making your homemade soaps becomes a huge joy, especially if you prefer frugal living. The book can help you kick-start your soapmaking journey towards becoming a soapmaking professional as inside you will discover: All soapmaking basics you should familiarize yourself with The history of soap and where it was used first How soap bars were made in the past and how they are made today Four different soapmaking methods and how they work Pros and cons of each method and how they work What is the process of saponification and how it works Which ingredients, equipment, and tools

you need on this journey Amazing, fabulous melt and pour soap recipes Cold-processed soap recipes using different essential oils and herbs Hot-processed soap recipes including honey oatmeal, and apple soap bars And much much more... With so many soapmaking benefits and with so many opportunities, wait no more and start your soapmaking journey right away with the book by your side to guide you. ☐☐ Go Ahead And Get Your Copy NOW! ☐☐

**Pure Soapmaking** Anne-Marie Faiola 2016-02-20 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 Anne-Marie Faiola, author of Soap Crafting and Milk Soaps, 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.

**Southern Plate** Christy Jordan 2010-10-05 My name is Christy Jordan and I like to feed people. I come from a long line of Southern cooks who taught me home cooking is best, life is good, and there is always something to be grateful for. I created Southern Plate so that I could share the recipes and stories that have been passed down through my family for more than nine generations. You won't find fancy food or new-fangled recipes in this cookbook—just easy, no-fuss Southern favorites such as Chicken and Dumplings, Homemade Banana Pudding, Aunt Looney's Macaroni Salad, Fried Green Tomatoes, and Daddy's Rise-and-Shine Biscuits. (I want to make one thing as clear as possible: How your mama made it is the right way! I'm going to bring it to you how my mama made it, which is the only right way for me.) These stories and recipes come from my heart. They are a gift from my ancestors, but the ability to have them heard is a gift from you. Take a seat at the Southern Plate table; you're with family now.

**Keeping a Family Cow** Joann S. Grohman 2013-11-01 The cow is the most productive, efficient creature on earth. She will give you fresh milk, cream, butter, and cheese, build human health and happiness, and even turn a profit for homesteaders and small farmers who seek to offer her bounty to the local market or neighborhood. She will provide rich manure for your garden or land, and will enrich the quality of your life as you benefit from the resources of the natural world. Quite simply, the family that keeps a cow is a healthy family. Originally published in the early 1970s as *The Cow Economy* and reprinted many times over, *Keeping a Family Cow* has launched thousands of holistic small-scale dairy farmers and families raising healthy cows in accordance with their true nature. The book offers answers to frequently asked questions like, 'Should I get a cow?' and 'How Much Space do I need?' in addition to extensive information on: • The health benefits of untreated milk; • How to milk a cow effectively and with ease; • Choosing your dairy breed; • Drying off your cow; • Details on calving and breeding; • The importance of hay quality and how to properly feed your cow; • Fencing and pasture management; • Housing, water systems, and other supplies; • Treating milk fever and other diseases and disorders; • Making butter, yogurt, and cheese, and, of course . . . . Everything else the conventional dairy industry doesn't tell us! Now revised and updated to incorporate new information on the raw milk debate, the conversation about A1 vs. A2 milk, fully grassfed dairies, more practical advice for everyday chores, and updated procedures for cow emergencies. *Keeping a Family Cow* has not only stood the test of time, it still remains the go-to inspirational manual for raising a family milk cow nearly forty years after its first publication. Joann Grohman has a lifetime of practical experience that has been bound into this one volume and presented in the spirit of fun and learning.

**Garden Alchemy** Stephanie Rose 2020-02-18 *Garden Alchemy* is a hands-on guide for do-it-yourself gardeners who want to turn their garden into gold using natural recipes and herbal concoctions (while saving both time and money!). This gardening recipe and project book is packed with over 80 ideas to naturally beautify your garden, using

organic methods that regenerate your soil and revitalize your plants. By following the processes that are closest to nature, it brings the gardener in sync with the garden, allowing plants to thrive with less effort and less cost. Recipes for mixing your own potting soils and homemade organic fertilizers give you the freedom to choose what ingredients make their way into your garden. Step-by-step instructions for building a compost pile, concocting soil tests, and constructing inexpensive DIY seed-starting equipment are accompanied by gorgeous, full-color, step-by-step photography. You'll also find recipes for natural pest deterrents and traps, garden teas, and growth-boosting foliar sprays to help your garden grow strong all season long. Garden Alchemy starts with home experiments to help you get to know your soil and customize recipes for your individual needs. The rest of the chapters share how to decipher and combine natural ingredients to make the best quality amendments and elixirs. Detailed descriptions of earth-based materials demystify common ingredients, such as mycorrhizae, biochar, and greensand, and help you learn how to fix common garden problems with minimal effort. The simple method of making use of what you have available supports plants better than brand-name products. Dozens of recipes and projects include: Homemade seed bombs, disks, and tapes Granular and liquid natural fertilizer recipes DIY rooting hormone Herbal anti-fungal spray Plant propagation instructions Soil care recipes to adjust the pH and manage fertility 13 specialty potting mixes 7 clever traps for common garden pests Written by Stephanie Rose, the creative gardener, permaculturist, and herbalist behind the popular website Garden Therapy, this fun and beautifully illustrated book is packed with great ideas and inspiration for DIY gardeners who want to embrace their creativity and have more control of the garden's care.

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