



# Forgotten Ways for Modern Days: Kitchen Cures and Household Lore for a Natural Home and Garden

*Rachelle Blondel , Dottie Angel (Foreword)*

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**A beautifully designed guide to natural beauty products, home cleaners, health remedies, and other household tips inspired by the techniques of our ancestors.**

Using ingredients from your kitchen cupboards, garden, and vegetable patch (or your local supermarket), *Forgotten Ways for Modern Days* draws on the wisdom of homemakers, gardeners, and crafters of the past, introducing their knowledge and time-tested tips. From brightening your whites by putting eggshells in your washing to making beeswax furniture polish to herbal hair rinses, Rachelle Blondel brings the crafty ways of our grandparents into modern times.

## **Forgotten Ways for Modern Days: Kitchen Cures and Household Lore for a Natural Home and Garden Details**

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# **From Reader Review Forgotten Ways for Modern Days: Kitchen Cures and Household Lore for a Natural Home and Garden for online ebook**

## **Martha says**

Some of the recipes/tips here are things that would take months to prepare, so with that said, I wish there was a clearer indicator of how much prep time. In addition, there are some descriptions on how to use some herbs, oils, and treatments but do not tell you what it's benefits are. It's just on a few of them.

Some of the items are hard/expensive to get, and others are actually in the kitchen.

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## **Sarah Baker says**

A great introductory book for anyone looking to "green" their lives. Instructions for basic natural cleaners, cheats for stubborn stains, and even directions for some simple sewing projects. It was not as handy for me since I've already got 90% of this in my head or in my notes, but I'd recommend it to anyone first starting out.

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## **Tamara says**

Tips I'll take with me:

For a DIY indoor plant food, soak egg shells in water for a few days, then water your plants with the mixture.

For whiter whites, add lemon juice, white vinegar, a couple of tablespoons of borax or a mesh bag of egg shells to your load.

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## **Mary Beth says**

This was a very knowledgeable author with lots of old-fashioned recipes and projects for around the household. Included are how to make your own cleaning products, health items and even blankets and food items. It is a good book for people who want to step away to a less caustic alternative to harsh chemicals. I found a few items I would consider trying myself.

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## **Silence says**

You can find this and other reviews at: [owlsandvowels.org](http://owlsandvowels.org)

Sometimes the old ways really are better. Especially if you are looking for a gentler, greener way to be. Blondel has pulled together tips and tricks that cover everything from tackling stains to upcycling old fabrics into shabby chic quilts. The book is broken down into seven parts and I have listed the highlights I enjoyed under them:

- Cleaning

- All-Purpose Orange Cleaner – this two ingredient, all natural cleaner is easy and effective. She also adds some variations to the base to make things like Kitchen Cleaner or Furniture Wipes.
- The Wonders of Lemons – I had no clue these little guys were so useful, but I'm into her tips for whitening your nails, writing secret messages, and removing limescale.

- Laundry

- Stains – if even half of these tactics work, I'm all in. As a Youth Services Librarian I am usually a walking disaster. I'll take all the help I can get.
- DIY Wool Dryer Balls – Adorable and ecofriendly!

- Kitchen

- Reusable Beewax Food Wrap – Think plastic wrap, but organic cotton and delightful.
- Jar and Bottle Care – She gives some tips and tricks on how to clean the inside and outs of bottles. You know all those cool upcycled projects you need jars for? Yeahhhhh.

- Around the House

- Odds and Ends Comforter – Shows how to hand sew or machine sew a twin comforter using scraps.
- Top Tips for Saving Energy – While a lot of these felt obvious to me, it never hurts to have a reminder.
- The wonder of Eggshells – Everything from candle making to calcium supplements.

- In the Garden

- Herbs and Gardening – Tips and tricks for how to grow herbs, what they are good for, and general gardening knowhow.
- Bees and Chickens – tips and tricks on how to support wild bees and raise your own chickens.

- Natural Health

- Honey & Lemon Soother – Packed with vitamin C and yummy to boot, this home remedy is great. She also includes some other helpful / natural choices for common ailments.
- Lemon Balm Ointment – While I'm not sure this balm will do everything she claims, it smells really nice and is moisturizing.
- Fragrant Bath Teas – I like anything that's for the bath, and all of these sound like they smell like heaven. Perfect for gifts too.

- Natural Beauty

- Solid Beeswax Perfume – Perfect DIY gift.
- Care When Using Essential Oils – This is really a PSA that Blondel gives about essential oils and their potency. No one wants to waft lavender for miles.

As you can see there are a lot of goodies in this book! All of the projects have limited / easy access material lists, which is nice. They also seem easy enough for all skill levels. The only drawback for this book is that I wish there were more pictures, but it does include images of the items you really need one for. Overall, I feel this is a really nice addition to any housekeeping book collection.

Rating: 5 out of 5 stars

Who should snag it: Anyone looking to go green will want to give this book a try.

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### **Damona says**

A very good, very accurate book. I'm familiar with many of these herbs and oils, and I like the simple directions for most of the recipes. I'll definitely be keeping this on my reference shelf!

I received an uncorrected proof of this book.

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### **Justin says**

Best book of natural recipes I've seen so far (that's why it gets a relative 5). I became less interested in the recipes as the book wore on, otherwise I probably would have bought this. To explain, I found the recipes for cleaners useful, but I don't see the need to make my own facial masks.

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### **Denise says**

Two stars for aesthetics and sparking a few ideas, but this book is all over the map. It is marketed as a natural leaning book encouraging homemaking built in ancestral roots, but then complains about ridding your closets of chemicals ("all the chemicals, throw them out!") and suggests burning smudge sticks to rid your dark corners of bad energy. Many of the recipes I doubt after an early cleaning recipe suggests mixing dish soap and vinegar (alkali and acid) which would make the ingredients less effective, not more. There is also a lot of touting about essential oils without cautions regarding pets or children. Overall it seems like the author took a lot of time with aesthetics and very little with research. If you want to browse a pretty look book, this could be what you want. If you are looking for a natural homemaking book to simplify your home, I recommend a book like The Hands-On Home by Erica Strauss.

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### **Aurora says**

So many useful tips and tricks! I need to buy a copy to keep around the house. Almost everything in here is doable which is where a lot of other books of this type fall short.

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### **Fionnaigh Reid says**

full of useful tips and ideas from everyday stuff

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**Juli Anna says**

This one only gets two stars because it's so pretty. Besides the eye-candy factor, this book is pretty useless. There are ostensibly useful recipes for household cleaners and body products, as well as a few craft projects, but none of them are original in the least and some of them are downright wrong (any cleaner that calls for both vinegar and soap is totally useless--chemically, the acid will de-saponify the fats in the soap and render the whole thing a useless, globby mess that has no cleaning power). This book's real purpose is as lifestyle porn, a role it fill flawlessly.

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**Mandyhello says**

several good ideas, very pretty layout

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**Julie Webb says**

Well organized and full of great recipes and ideas for the home and garden. Includes sections for cleaning, laundry, kitchen, around the house, in the garden, natural health and beauty. Lots of little anecdotal information that really flesh out this book. Take the plunge and switch to natural, you can do it. It's normal and, until recently, what everyone did as part of life. Great message and confidence inducing for anyone apprehensive.

Worth owning.

Happy Reading :)

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**Courtney says**

Some pretty good stuff, nothing too earthshattering. Lovely photography.

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**Valerie says**

My favorite thing about this book is that it inspired me to continue my quest of eliminating chemicals and toxins from my life and get back in touch with old fashioned ways and sensibilities. However, I just didn't find that many awesome takeaways from this book. Any easy and quick browse.

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