



## Frontier Frugal: Thrifty Hints and Recipes from Times Past

By Hugh Morrison

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Reduce, reuse and recycle - the nineteenth century way! This book is packed full of helpful hints and recipes from the early 1800s to the early 1900s, when the United States and Canada expanded their frontiers and intrepid pioneers set up frugal, self-reliant homesteads. It is not just for homesteaders or self-sufficiency purists - whether you live in a country cottage, a city apartment or a college dorm, this book contains a wealth of hints to help you save money, live a greener lifestyle and downsize . It shows how to avoid expense and waste by using leftovers in new ways, substituting costly ingredients for more affordable ones and overcoming common household problems using everyday items. If you would like to find out how to make filling meals for just pennies - make cheese from sour milk - get rid of shiny elbows on suit jackets - cook with free wild plants - bring stale food back to life - make tea taste better and go further - use meat bones to shine shoes - or just brew...

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