

MMMMM----- Recipe via Meal-Master (tm) v8.00

Title: Basic White Hand Bar

Categories: Tightwad, Soap, Crafts, Cleaners

Yield: 1 half pound

1 c Cold water

2 tb Pure lye crystals

1 c Fat; rendered and strained

#### SUPPLIES

Two 1-quart lye-proof cooking pots (stainless steel, stoneware, or enameled cast iron)

rubber work gloves

goggles, safety glasses, or face shield

face mask

1 cup white vinegar (used as safety precaution only)

stainless steel or wooden spoon

dairy, meat, or candy thermometer

hand eggbeater

flexible plastic soap molds, such as margarine tubs or cardboard or wooden boxes lined with plastic wrap.

**BE SAFE.** Lye is very caustic it can destroy skin by chemical action. handle it very carefully.

This is a basic, pure bar of soap. Adding oils, coloring, or scents makes it richer, prettier. or more fragrant.

Place water in a lye-proof pot. Put on rubber gloves and other safety gear. Have the vinegar handy. Very slowly add lye crystals to water, constantly stirring until lye is dissolved. As lye is added to water, the water temperature will rise to around 150 degrees F. Place the thermometer in the water and allow it to cool to 95 to 98 F.

As the water is cooling, slowly heat rendered fat in a lye-proof pot until it reaches 95 to 98 F. When both lye and fat are in the same 95 to 98 F temperature range, slowly pour lye into fat, stirring constantly until well-mixed. Beat mixture very gently with the eggbeater to the consistency of thick honey. Avoid splashing.

Pour the mixture into molds. Cover with a blanket and set aside to dry for 24 hours, well away from children or pets. After 24 hours, carefully turn the soap out of the molds and leave in a dark, airy place for at least two weeks. A fine white powder may appear on the surface when the soap is a few days old. This is sodium carbonate.

Wash it away when the soap is mature; it tends to make the skin dry.

Note: Lye is crystalline sodium hydroxide or potassium hydroxide It is usually sold in the drain cleaner section of supermarkets and hardware stores Buy pure lye crystals or flakes. not lye sold as a liquid drain cleaner. Red devil is the most common brand available.

Source: Rodale's Book of Practical Formulas  
Typed by Fran McGee

MMMMM----- Recipe via Meal-Master (tm) v8.00

Title: Vegetable-Oil Soap  
Categories: Tightwad, Soap, Crafts, Cleaners  
Yield: 5 & 1/2 lbs

#### INGREDIENTS

1 qt Cold water  
10 1/4 oz Pure lye crystals  
23 oz White vegetable shortening  
42 oz Olive oil  
16 oz Coconut oil

If you have trouble getting animal fat, or don't want to render it down, this soap is for you. This formula makes a mild soap rich with coconut oil and olive oil.

#### SUPPLIES

2 quart lye-proof cooking pot plus 8-quart lye-proof cooking pot (stainless steel, stoneware, or enameled cast iron)

rubber work gloves  
goggles, safety glasses, or face shield  
face mask  
1 cup white vinegar (used as safety precaution only)  
stainless steel or wooden spoon  
dairy, meat, or candy thermometer  
hand eggbeater  
flexible plastic soap molds, such as margarine tubs or cardboard or wooden boxes lined with plastic wrap

\* BE SAFE. Lye is very caustic; it can destroy skin by chemical action. Handle it very carefully.

Place water in the 2-quart lye-proof pot. Put on rubber gloves and other safety gear. Have the vinegar handy. Very slowly add lye crystals to water, constantly stirring until lye is dissolved. As lye is added to water, the water temperature will rise to around 150 deg F. Place the thermometer in the water and allow it to cool to 95 to 98 degrees.

As the water is cooling, slowly heat the vegetable shortening and oils in the 8-quart lye-proof pot until it reaches 95 to 98 F. When both lye and fats are in the same 95 to 98 F temperature range, slowly pour lye into fat, stirring constantly until well-mixed. Beat mixture very gently with the eggbeater to the consistency of thick honey. Avoid splashing.

Pour the mixture into molds, cover with a blanket, and set aside to dry for 24 hours, well away from children or pets. After 24 hours, carefully turn the soap out of the molds and leave it in a dry, airy place for at least two weeks. A fine white powder may appear on the surface when the soap is a few days old. This is sodium carbonate. wash it away when the soap is mature; it tends to make the skin dry.

\* Notes: Lye is crystalline sodium hydroxide or potassium hydroxide. It is usually sold in the drain cleaner section of supermakets and hardware stores. Buy pure lye crystals or flakes, not lye sold as a liquid drain cleaner Buy coconut oil from drug stores and health food stores.

Source: Rodale's Book of Practical Formulas  
Typed by Fran McGee

MMMMM----- Recipe via Meal-Master (tm) v8.00

Title: Lavender and Spice Luxury Bar  
Categories: Tightwad, Soaps, Crafts, Cleaners  
Yield: 6 pounds

1 qt Cold water  
13 oz Pure lye crystals  
38 oz Rendered and strained fat  
3 c Coconut oil  
1 1/2 c Olive oil  
1/2 oz Finely ground lavender  
1 tb Ground cinnamon

This hand and face soap is scented with lavender and cinnamon and enriched with coconut oil and olive oil.

## SUPPLIES

2 quart lye-proof pot plus 8-quart lye-proof pot (stainless steel, stoneware, or enameled cast iron)

rubber work gloves

goggles, safety glasses, or face shield

face mask

1 cup white vinegar (Used as safety precaution only)

stainless steel or wooden spoon

dairy, meat, or candy thermometer

hand eggbeater

flexible plastic soap molds, such as margarine tubs or cardboard or wooden boxes lined with plastic wrap

\* BE SAFE. Lye is very caustic; it can destroy skin by chemical action. Handle it very carefully.

Place water in the 2-quart lye-proof pot. Put on the rubber gloves and other safety gear. Have the vinegar handy. Very slowly add lye crystals to water, constantly stirring until lye is dissolved. As lye is added to water, the water temperature will rise to around 150 degrees F. Place the thermometer in the water and allow it to cool to 95 to 98 F. As the water is cooling, stir rendered fat and oils in the 8-quart lye-proof pot. Slowly heat until fats reach 95 to 98 F. When both lye and fat are in the same 95 to 98 F temperature range, slowly pour lye into fat, stirring constantly until well mixed. Beat very gently with the eggbeater to the consistency of thick honey. Avoid splashing. Stir in lavender and cinnamon.

Pour the mixture into molds, cover with a blanket, and set aside to dry for 36 hours, well away from children or pets. After 36 hours, carefully turn the soap out of the molds and leave in a dry, airy place for at least two weeks. A fine white powder may appear on the surface when the soap is a few days old. This is sodium carbonate. Wash it away when the soap is mature; it tends to make the skin dry.

Notes: Lye is crystalline sodium hydroxide or potassium hydroxide. It is usually sold in the drain cleaner section of supermarkets and hardware stores. Buy pure lye crystals or flakes, not lye sold as a liquid drain cleaner. Red Devil is the most common brand available. Buy coconut oil from drug stores and health food stores. Buy dried lavender at herb shops and craft shops.

Source: Rodale's Book of Practical Formulas

Typed by Fran McGee

MMMMM----- Recipe via Meal-Master (tm) v8.00

Title: Olive-Almond Soap

Categories: Soaps, Tightwad, Crafts

Yield: 3 pounds

- 2 1/4 c Cold water
- 6 oz Pure lye crystals
- 18 oz Rendered and strained fat
- 12 oz Olive oil
- 12 oz Coconut oil
- 2 oz Fine almond meal
- 10 Drops yellow food coloring  
-(optional)
- 8 Drops essential oil  
-(optional)

The almond meal in this soap makes it an especially good cleanser for your skin. For a beautiful, sweet-smelling soap, add food coloring and your favorite essential oils.

#### SUPPLIES

- 2 quart lye-proof cooking pot plus 6- to 8-quart lye-proof cooking pot (stainless steel, stoneware, or enameled cast iron)
- rubber work gloves
- goggles, safety glasses, or face shield
- face mask
- 1 cup white vinegar (used as safety precaution only)
- stainless steel or wooden spoon
- dairy, meat, or candy thermometer
- hand eggbeater
- flexible plastic soap molds, such as margarine tubs or cardboard or wooden boxes lined with plastic wrap

\* BE SAFE. Lye is very caustic; it can destroy skin by chemical action. Handle it very carefully.

Place water in the 2-quart lye-proof pot. Put on rubber gloves and other safety gear Have the vinegar handy. Very slowly add lye crystals to water, stirring constantly until lye is dissolved. As lye is added to water, the water temperature will rise to around 150 F. Place the thermometer in the water and allow it to cool to 95 to 98 F.

As the water is cooling, slowly heat the rendered fat and oils in the 6 to 8 quart lye-proof pot. Heat until fat reaches 95 to 98 F. When both lye and fat are in the same 95 to 98 F temperature range, slowly pour lye into fat, stirring constantly until well-mixed. Beat very gently with the eggbeater to the consistency of thick honey. Avoid splashing. Stir in the almond meal and, if you are using them, food coloring and essential oil.

Pour mixture into molds, cover with a blanket, and set aside to dry for 24 hours, well away from children or pets. After 24 hours, carefully turn the soap out of the molds and leave in a dry, airy place for at least two weeks. A fine white powder may appear on the surface when the soap is a few days old. This is sodium carbonate. Wash it away when the soap is mature; it tends to make the skin dry.

Notes: Lye is crystalline sodium hydroxide or potassium hydroxide. It is usually sold in the drain cleaner section of supermarkets and hardware stores. Buy pure lye crystals or flakes, not lye sold as a liquid drain cleaner. Buy coconut oil at drug stores and health food stores. Buy almond meal at health food stores, or make your own by grinding fresh almonds in a food processor. Buy essential oils at drug stores, cosmetic counters, and herb shops.

Source: Rodale's Book of Practical Formulas  
Typed by Fran McGee

MMMMM----- Recipe via Meal-Master (tm) v8.00

Title: Decorated Soaps

Categories: Tightwad, Soaps, Crafts

Yield: 1 decoration

1 ea New bar soap with 1 plain  
-side  
Water  
Small decorative picture on  
-thin paper  
2 tb Chipped or shredded paraffin  
-wax  
Small heatproof custard cup  
Small pot of hot water  
Small shallow pan or dish  
Old towel or foil covered  
-baking sheet  
Clear plastic wrap

## SUPPLIES

Perfect as gifts, these decorated soaps can be made in any size with a variety of decorations.

Yield: decorated bar soap

BE SAFE. Paraffin is flammable. Heat it over hot water; never place over direct heat.

Moisten a plain side of the soap with water, then place the picture on it, pressing down so it adheres to the wet soap.

Place paraffin in the cup. To melt, set the custard cup in the hot water. Pour the melted wax into the shallow pan, then dip the picture side of the soap into the wax. Set the wax-coated soap on the towel or baking sheet and allow to harden. Wrap the finished soap in plastic wrap to protect it until ready to use. For more bars, simply multiply the ingredients as needed.

Note: Buy paraffin in the canning section of supermarkets and hardware stores.

Source: Rodale's Book of Practical Formulas  
Typed by Fran McGee

MMMMM----- Recipe via Meal-Master (tm) v8.00

Title: Liquid Pump Soap  
Categories: Tightwad, Soaps, Crafts  
Yield: 2 & 1/2 cups

### INGREDIENTS

2 c Mild laundry soap flakes  
10 oz Hot water  
2 tb Baby oil or mineral oil

### SUPPLIES

1 qt Bowl  
Spoon or paddle  
24 oz Recycled soap pump bottle

If you like the convenience of liquid pump soaps, but not the exorbitant prices, make your own. This formula makes a thick, creamy liquid soap.

Place soap in the bowl, stir in water, and mix. \*add oil and blend well. Pour into the pump bottle. Since the soap does tend to separate, shake it occasionally before using. Adding oil helps keep the mixture from drying up.

Variation: To make a scented soap, add a few drops of an essential oil, such as rose oil.

Source: Rodale's Book of Practical Formulas  
Typed by Fran McGee

MMMMM----- Recipe via Meal-Master (tm) v8.00

Title: Laundry Soap  
Categories: Tightwad, Soap, Crafts  
Yield: 5 pounds

11 c Cold water  
1 cn 100 percent pure lye  
-crystals (13 oz)  
9 c Rendered and strained fat  
2 c Borax

#### INGREDIENTS:

This soap is easy and economical to make. If you don't have a supply available, your local butcher or supermarket may be able to supply you with fat at low cost. Because this is a true soap rather than a synthetic detergent, fabrics come out of the wash soft and fluffy without the use of fabric softeners. It's especially nice for towels. SUPPLIES 2 8 quart, lye-proof cooking pots (stainless steel stoneware, or enameled cast iron) rubber work gloves goggles, safety glasses, or face shield face mask 1 cup white vinegar (used as safety precaution only) stainless steel or wooden spoon dairy, meat, or candy thermometer stainless steel potato masher or wooden meat mallet 2 shoe boxes or similar size wooden boxes lined with plastic wrap blender, food processor, or hand grater

**HOW TO HANDLE LYE SAFELY WHILE MAKING LAUNDRY SOAP:** Lye is a highly caustic, crystalline substance that dissolves easily in water. Lye crystals alone react with skin moisture to cause burns; a water solution of lye can also cause serious burns. Lye is also highly caustic if swallowed. When adding crystalline lye to water, wear rubber gloves, a face mask and goggles. Keep 1 cup of white vinegar on hand at all times while handling lye. If lye solution splashes on

your skin, flood the area first with vinegar and then with cool water to stop the burning. Adding lye to water causes a chemical reaction that generates heat and gives off harsh fumes. Be sure your work area is well ventilated before you begin making soap. Be sure to add the lye crystals to water, **DO NOT ADD THE WATER TO LYE!**

To dissolve crystals, use an 8 qt pan mad of stainless steel, stoneware or enameled cast iron. Use the same type of pan to hold the rendered fat for the final soap making step. You may also use a glass pan, but it must be especially made to withstand high temperatures, like pyrex. Use a long-handled stainless steel or wooden spoon or old broomstick for stirring. When working with lye, never use aluminum, tin, iron or nonstick-coated Opans, such as teflon or silverstone. If you must store a partially used can of lye crystals, keep the leftovers tightly sealed. You can also keep them in a jar. **LABEL THE JAR!!** Lye crystals exposed to moisture will sometimes form a solid mass and become unusable. If you have children in your howe, avoid the possibility of accidental poisoning by discarding unused crystals. Simply pour small amounts (less than 1/2 cup) of the crystals down a kitchen drain and immediately flood with a heavy stream of cold water for 2 to 3 minutes.

**TO RENDER FAT:** To render fat, begin with clean, fresh animal fat, such as beef tallow or pork lard. First cut a\*way all traces of sinew, muscle, or cartilage. Place the chunks of fat in a heavy casserole or cooking pot and heat over low heat until completely melted. Strain the melted fat through a double layer of cheesecloth into an empty soap making pot or into a clean glass jar, warmed first with hot water, then dried thoroughly. This prevents cracking when pouring the hot fat into 1 the jar. Cover tightly and store in the refrigerate for if you are not making soap immediately.

**SOAP MAKING DIRECTIONS:** Place water in a lye-proof pot. Put on the rubber gloves and other safety gear. Have the vinegar handy. Very slowly add lye crystals to water, constantly stirring until lye is dissolved. As lye is added to water, the water temperature will rise to around 150 degrees. Place the thermometer in the water and allow it to cool to 95 to 98 degrees F.

As the water is cooling, slowly heat rendered fat in an 8-quart lye-proof pot until it reaches 95 to 98 degrees. When both lye and fat are in the same 95 to 98F temperature range, slowly pour lye into fat, stirring constantly until well-mixed.

Set the entire mixture aside, well away from children and pets, stirring slowly and evenly every half hour, for several hours. The

mixture will begin to look like cottage cheese. As chunks form, break them up with a potato masher or meat mallet. Allow the mixture to stand for two to three days, stirring occasionally and breaking up large chunks of soap.

After three to four days, the soap should be a nearly dry, solid, but crumbly mass. Place the soap in a plastic-lined box and allow it to dry further for another one to two days. When completely dry, grate the soap in batches in a blender or food processor or on a hand grater until very fine. Mix the entire batch of grated soap with borax. Store in boxes, plastic bags, or jars. Use as you would commercial soap flakes in your washer or for hand laundry.

\* Notes: Lye is crystalline sodium hydroxide or potassium hydroxide. It is usually sold in the drain cleaner section of supermarkets and hardware stores. Buy pure lye crystals or flakes, not lye sold as a liquid drain cleaner. (Red Devil is the most commonly found brand) Buy borax /99.5 percent pure sodium borate\* in paint supply stores, hardware stores, and in the detergent section of supermarkets.

Source: Rodale's Book of Practical Formulas  
Found for you by Fran McGee

MMMMM----- Recipe via Meal-Master (tm) v8.00

Title: Detergent Booster  
Categories: Tightwad, Soap, Cleaners  
Yield: 2 quarts

5 c Masonry Sand  
3 c Washing soda

MMMMM-----SUPPLIES-----

1 Gallon sealable container

\*Be Safe. Washing soda is toxic and may irritate skin, eyes and mucous membranes. Do not use this formula to hadwash clothes.

Add sand and soda to the container, cover, and shake to mix.  
at 1 to 2 tablespoons detergent booster to each washer load.

NOTES: Buy masonry sand at well-stocked building supply stores. Buy washing soda, also called sal soda, in the detergent section of supermarkets and hardware stores.

Source: Rodale's Book of Practical Formulas

Found for you by Fran McGee

Title: Heavy-Duty Laundry Pre soak  
Categories: Tightwad, Cleaners, Soap  
Yield: 2 gallons

2 ga Hot water  
1/2 c Chlorine bleach

**SUPPLIES:**

1/2 cup automatic dishwasher detergent  
clean plastic bucket (2-gallon)  
stirrer

Mix all ingredients in the bucket. Soak white cottons and washable synthetics for 2 hours (longer if heavily stained). For bleach able, colorfast colors, allow the mixture to cool first, then soak for 30 minutes. Pour off liquid and launder as usual. Detergent

Source: Rodale's Book of Practical Formulas  
Found for you by Fran McGee