

# COUNTRY LIVING



D I G E S T

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## 1. CAULKING LOG HOMES

A common problem with many log homes is gaps between log courses. Over time, as moisture slowly evaporates from the logs, they shrink and create gaps. These gaps can cause drafts that reduce energy efficiency. They allow moisture to collect between logs increasing the possibility of decay and create entry points for all kinds of wood boring or nesting insects. Many log



homeowners purchase silicone to caulk areas that have large gaps. In many cases there is a good possibility that this will fail. Sometimes this situation may be even worse than doing nothing at all because moisture will enter openings in the failed caulking and will not evaporate as quickly. This will greatly increase the likelihood of decay and insect problems.

Some common elements are essential for caulking success. First, you should select a caulking specifically designed for log homes. The logs should be free of dirt and oils. One of the most important elements of caulking is the use of backer rod in the log joints. Backer rod acts as a filler and insulator which reduces the amount of caulking necessary. But most importantly backer rod will allow the caulking to adhere to two points, the log above the joint and the log below. The caulking will not adhere to the backer rod. This allows the caulking to stretch like a rubber band. Without backer rod the caulking will adhere to the top and bottom log plus the area inside the joint. This is called three point adhesion. If the gap expands it is very likely the caulk or substrate (the log surface) will fail.

So, what can you do if you have a milled, chinkless log home with drafts and gaps between your logs? First, your logs need to be cleaned. If you know what finish is on your logs you should contact the caulking manufacturer for compatibility. Most finishes are compatible. If you do not know the finish, you can test the caulk with your existing finish or have it stripped, followed by a borate application then re-stain with a compatible stain. Once the logs are ready you can begin caulking using a backer rod wherever possible. If some gaps are too small to accept backer rod, it is acceptable to caulk assuming the logs have had adequate time to settle. Whether you plan to caulk yourself or hire a log home professional this will greatly increase energy efficiency while eliminating water and insect infiltration. You can find very helpful information on many different websites from professionals or manufacturers of log home caulking products such as Sashco and Permachink. The benefits will be well worth the time and money spent.





## 2. LOG HOME STAINING

Many homeowners decide to stain their own log homes. This article was written to provide information on the steps needed to prepare the logs and techniques used in the application process which is important to ensure a long-lasting, beautiful finish.



### Log Preparation

Log preparation is the most important step when staining your log home to ensure the finish will adhere correctly and to maintain a long lasting, beautiful finish.

**Logs must be clean** - The logs must be free of dirt, dust, mildew, algae etc. The existing finish can be removed by using blasting media; such as: corn cob, glass, walnut media, chemically stripped or power washed.

**Sound** - The logs should be free of any decay or insect infestation. The decayed areas should be removed and the logs repaired or replaced. If there are signs of insect infestation, the logs should be treated by a professional exterminator and any holes should be properly filled and caulked prior to staining.

**Dry** - Moisture content of the logs should be no greater than 20%. If you are not certain the logs are dry, a moisture meter should be used.

**Textured** - Stains will adhere best to a surface that has texture. Media blasting as well as power washing provides texture to the log surface.

### Borate

Although this is an optional step, borate offers protection from insects and decay. Borate can only be applied to clean, bare wood such as when the logs are first milled or if the finish has been removed. A borate additive can also be added to your stain to help deter insects.

### Types of Stain

When choosing a stain, it is important to use a quality product designed specifically for log homes. Stains are formulated to protect logs from water, insects, UV damage, stretch with log movement and allow moisture within the log to escape. Stains are water or oil based. Whichever you decide, please choose an environmentally safe product, low in VOC's. Many log home finishes require a three coat system. Two pigmented coats followed by a clear top coat. There are also two and one coat system stains available. The costs of the stain can vary and you can usually save money by purchasing larger five

gallon buckets. The average quality three coat system can last four to five years depending on the amount of weathering the log wall is exposed to. Some less expensive or one coat stains may require more frequent maintenance coats.

### **Staining Tips and Techniques**

- Be sure rain is not in the forecast.
- Invest in a quality brush designed for your particular stain (water or oil based).
- Prep the area by covering windows, doors, electrical wires, gutters, shrubs...
- Check stain specifications for the climate application (usually 50 - 90 degrees).
- Start at the top, staining the fascia board first.
- Stain soffit areas.
- Continue with the top log course.
- To prevent lap marks stain the entire length or to a natural break in the log.
- Natural breaks can be a window, door, butt joint or log end.
- Scaffolding works best to stain an entire log without stopping.
- Stain can be applied using a sprayer or brushed on.
- Two people are required if using a sprayer, with one vigorously back brushing.
- Spend extra time brushing stain in knots, as stain tends to drip from these areas.
- Continue working your way down the log wall, staying between the log ends.
- Once the log wall is complete, start at the top of the log ends and work down.
- Log ends absorb more stain, tend to drip and require more back brushing.

Spend the extra time to prep your logs, use a quality log home finish and follow the manufacturer's instructions. For future maintenance a light cleaning to remove mold spores and dirt followed by an additional top coat will keep your log home looking great.



### 3. OFF GRID ENERGY STAND ALONE POWER SYSTEM

If you are looking at an off grid energy stand alone power system to get your house running on renewable energy, then there is no better way that you could do it in terms of efficiency and cost effectiveness, than to do it cheaply yourself by using a do-it-yourself guide.



The stand alone power systems that run on renewable energy are now becoming widely used, and especially in the US. Lots of people are starting to turn to the use of renewable energy systems as a way of surviving during a difficult economy, and also because of the declining environmental condition.

If you want to save money on converting your house to become more efficient and use renewable energy resources such as wind and solar power, then using a do-it-yourself guide is a great way to save on investment, and also learn a lot in the process.

There are several do-it-yourself guides on the Internet, but only a couple of them are any good. I have done a bit of research on this, and have found that most of the information you will find on the Internet on how to build a wind powered generator or a solar panel yourself will be very scattered and random. And although potentially you could find the information free, teaching you how to do the installation of your own stand-alone power systems in your home, the great thing about do-it-yourself guides is that all the information is very precise and it is all packaged into one place.

in fact one of the best guides I found, includes video step-by-step instructions, this makes it really easy and you simply have to follow along with the process and you will be over build your own home energy systems.



## 4. WOODWORKING INDUSTRY

**W**oodworking industry association executives are the industry elite. Woodworking industry holds its market share will increasingly depend on the implementation of advanced woodworking machine tools within its production approach.

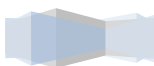
### Woodworking



History in the United States, unlike Europe, there has been scant education for drafting as specifically tied to the woodworking industry. Promotion of wood use and the woodworking industry -Government made on 17 March 2005 a decision-in-principle on the promotion of wood use and the woodworking industry. German experts attending wood processing equipment and machinery fair in Ho Chi Minh City said Vietnamese woodworking industry has enormous potential for further development. The development of automation in saw-mills is also evaluated, showing the trends and potentials of new control methods to give a comprehensive coverage of the woodworking industry today.

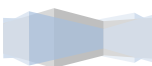
Lahti - the city of carpenters - is a home for plenty of services connected with the woodworking industry. Within the woodworking industry, there is constant pressure to find technologies that add significant value by reducing production costs and minimizing environmental impacts. The Directorate of Technical Support received information regarding potential fire and explosion hazards in the workplace associated with improperly installed cyclone dust collectors in the woodworking industry. The woodworking industry is geographically concentrated; its location is influenced by the source of its primary inputs as well as by the location of growing economies with high construction activity.

Woodworking Middle East is a trade platform aimed at meeting the A-Z requirements of the region's woodworking industry. The event, besides bringing together some of the leading names in the global woodworking industry, will showcase various types of wood, as well as technology, including equipment, machinery, accessories and consumables related to the woodworking industry. In other words, Woodworking Middle East will showcase the entire range of veneers, plywood, laminates, glues, lacquers, fittings, accessories and supplies to machinery and consumables used in the woodworking industry. Woodworking Middle East: An absolute must for those who are part of this growing industry The Middle East woodworking industry, as a consequence of the massive growth in the region's construction sector, is expanding at a pace unheard of before.



Woodworking Middle East is the region's first and only focused platform that is solely aimed at accessing the potential of the region's booming woodworking industry. If the woodworking industry is your core business and you don't wish to lose your focus by participating in trade shows with large generic profiles, then Woodworking ME is the place to be. Wood Machinery Manufacturers of America has dedicated its time to the help US machinery, tooling manufacturers and any additional businesses that support them to increase productivity as well as raising awareness and promoting the advancement of the woodworking industry/tooling industry. The UNIMERCO Group is one of the world's biggest manufacturers of tooling systems for the woodworking industry. Among other products, UNIMERCO manufactures cutter heads, combi-tools, CNC-tools, window tooling and diamond tools for all segments within the woodworking industry".

Woodworking manufacturers generally have two very real reservations about using an outside service: cost and control. Woodworking industry in timber and wood industry in use is multitude of very different woodworking knives.





## 5. HOMESTEADING AS A LIFESTYLE

**H**omesteading is the lifestyle of self-sufficiency. Tools of the homesteader are subsistence farming, preservation of food, and creation of other house hold needs. This is a really general definition.

The traditional homesteader lived a self-sufficient lifestyle away from neighbors and community. That has really changed, where you can find homesteaders living the lifestyle in cities. It's a real surprise to find that city homesteaders are growing much of their produce, raising honey bees and raising chickens.



There is so much motivation that all sorts of people are jumping in on the homesteading band wagon. I think that with so much going on in our world and economy, people want to feel they have some control. Couple that with all the homesteading videos on the internet, and you have the motive and the means.

Most homesteaders start by growing their own produce. Hopefully the seeds will be non-GMO. Don't let it stop you if you don't have land. You can grow in a windowsill or 5 gallon buckets. Even hydroponics and aquaponics open up new opportunities on how you can grow.

One of the biggest goals for a beginning homesteader is a compost pile or compost bucket. You can make tons of compost from a bucket full under your sink. So much happiness is brought to your heart when plants grow from compost you made yourself.

Chickens seem to be the most logical next step. Chickens are about the most efficient animal to keep. A few hens will keep eggs in the house and the occasional chicken soup. If you live in the city, check with zoning to see if you can keep chickens. Some major cities have passed laws that allow you to keep 3 hens for eggs. If you don't have that allowance, try and get a group together and change the laws.

If you seek out this lifestyle, you'll find that life is better. You feel closer to the circle of life and more fulfilled. So many projects present themselves like rocket stoves, wood working, tool making, clothes making, bee keeping, live stock, alternative power and the list goes on and on.

Starting out with the right information is key. Gaining information from experienced homesteaders is a top priority. Get information from connecting with likeminded people, read books, and watch some videos. I wish you the best of luck on your new journey and congratulate you for taking a step towards self-sufficiency.



## 6. GREEN DIY ENERGY REVIEW FOR THE HOMEOWNER

**G**reen DIY Energy is increasing in popularity among consumers. Green energy is considered to be natural, renewable and non-polluting. The main types of green energy are solar and wind-powered. These power sources save money and help to fight global warming by reducing carbon dioxide emissions.



Green energy saves homeowners a lot of money by reducing monthly energy bills. State and federal government also provide rebates and tax incentives for using these types of power. DIY kits for solar panel or wind turbine installation can save the homeowner even more money by not having to pay for professional installation.

Paying outside contractors to install solar panels and wind turbines can be very costly, drastically decreasing savings for the consumer. This is where DIY, or Do-It-Yourself, kits come in. The type of kit should be carefully chosen, however. Instructions can be daunting for those who have not had much experience with home improvement projects.

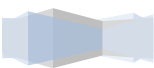
The easiest DIY energy kit should be dedicated to a specific need, like heating a swimming pool. The solar energy provided by the kit should be able to stand alone and not require connections to existing household plumbing or electrical wiring. The kit should be complete with all necessary parts, instructions, and clear diagrams. A description of the level of homeowner expertise for installation is also beneficial. The kit should provide a backup plan during low or no energy conditions, like darkness and cloudy days. Lastly, the kit is most useful if it is modular. This means another kit can simply be purchased, assembled, and connected with the originally installed green power source as energy needs increase.

The main type of Green DIY power is produced by solar panels. These are large panels that have many smaller plates that collect light from the sun and change it into energy. One thing to consider in deciding to purchase a solar panel DIY kit, is the amount of sunlight in the area. Solar panels work on the amount of available light, not heat. During winter, with shorter days and frequent overcast skies, solar panels will not collect as much energy. However when there is a lot of sunshine, extra power generated by solar goes back to the grid and runs the electrical meter backward. This saves the homeowner money.



Another commonly constructed type of green DIY energy is wind power. A wind turbine is connected to a tower. It collects kinetic energy from the wind, converting it to energy compatible with the home's electrical system. On windy days when enough energy can be generated by the turbine, power used from the electrical grid is proportionally decreased. If more wind power is produced than is needed, it can be sold back to the electrical utility.

Green DIY energy is a burgeoning industry. Kits and multitudes of online instructions abound. While most DIY projects are relatively simple, the homeowner should take care to purchase a kit that matches his or her level of expertise. Once this green energy is installed, the consumer can enjoy increased savings on energy bills, and can feel good about helping to preserve the environment by diminishing his or her personal carbon emissions.





## 7. HOME DIY BATHROOM UPGRADES

**W**hen it comes to home renovations, a popular area that is often targeted is the bathroom. With the range of affordable home DIY options available, this area of the house can be revamped with just a little effort and know how.



### **The shower zone**

An effective way to reduce renovation costs when it comes to remodelling the bathroom is to revamp your shower enclosure. Even after thoroughly cleaning your tiles, especially in older homes, you may find that the grout is still stained with mould or mildew. No amount of scrubbing can remove it, and re-tiling can be expensive. Rather than replacing the tiles, a great home DIY job is to remove the grout and replace it with a fresh lot. Take the advice of the home DIY expert at your local hardware about the best products and methods to use.

### **Cutting paint costs**

When dealing with a space the size of an average bathroom, painting it is not a major project. So much of the wall area is taken up with mirrors, showers, and tiles that often there is just a small area left to be painted. Because bathrooms can be subject to mould growth, it is important that you prepare the surfaces well before applying the type of paint, recommended at your home DIY store, for use in damp areas.

### **Think outside the square**

Many of us have been conditioned to using traditional materials, especially in the bathroom. By doing a little research and learning some 'how tos' you can create unique bathroom features as really rewarding home DIY projects.

You can achieve an inexpensive granite look for the top of a vanity by painting the bottom of a piece of glass black and fixing it to the top of your cabinet - or why not bring the outdoors in by giving your shower floor a pebble-crete makeover (great for beach houses!). Using lighting creatively can also change the look of a bathroom - but be sure to consult a licensed contractor where warranted.

Innovative storage options are provided with the use of baskets, boxes, cabinets and shelving. Plan to use your available space wisely to avoid a cluttered look. Add a finishing touch to your home DIY bathroom makeover by investing in some luxurious fluffy towels in colours to match or contrast with your theme.





## 8. TINY HOUSES

### **The entire rave!**

Tiny houses, small portable building made into homes, are popular. "Small spaces allow for a small budget!" claims Vera Smith of St. Louis, Missouri. I want a small home, one that I can pay off in a few years.

Tiny houses are the entire rave. HGTV (Home and Garden TV, a cable network) hosts "House Hunters" with tiny houses being showcased in several episodes. It appears that the truest "Tiny house" comes with wheels that roll on down the highway, or skids allowing for placement first, with the easy-to-move option. Personally, if I buy a house on wheels it will be a camper.



The idea of building and living in a tiny home does appeal to me. Does it appeal to you? The appeal is spreading far and wide. For a lot of reasons, the young and old are opting for more affordable home ownership.

### **How much does a tiny house cost?**

What I didn't like about HGTV's rendition of Tiny Houses was the price of a single tiny house. At the prices they were quoting there should have been a BOGO sale (Buy One Get One Free).

On more than one episode the cost was upward of 50K, in one case 80K in cost and for only 250 square feet. What they paid for was the expert interior design, because trust me, the home didn't cost near that much to construct. I don't care if it were shipped from one side of the country to the other, and made with the most expensive front door and windows on the market, no home, no 250 square foot structure costs eighty-thousand dollars!

### **Small portable buildings built on skids**

The skids have a life time guarantee, if you're purchasing from the right portable buildings manufacturer. The quality of the structure is impeccable, built like a million dollar, much larger structure.

Not all portable buildings are made equal. Some are built with 16 inch centers others aren't. Some manufacturers put in spare wood in corners, and cut other corners wherever possible. A quality structure for a small building is almost always built with true Amish Craftsmanship.



Watch for companies that make the claim of the highest quality. You don't have to be Amish to build a great building. What you do need is a history in building quality buildings. What do previous customers say about the quality of the buildings they purchased?

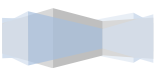
Do your research and spend time making your decision. Most people can be easily sold, don't be one of those people. Home ownership is a serious investment. You need all your eggs in a basket, all the facts gathered, so as to make a quality decision. The popularity of houses makes is apparent. Don't be sold quickly.

## **Conclusion**

Don't spend 80 K on a small building, get real.

Wouldn't you rather purchase a small portable building on skids and easily place it anywhere? Maybe you truly do want wheels vs. skids. If so, have someone put it on a trailer, it still doesn't have to cost 80K.

If you choose to place your home on solid ground, the skids allow for easy moving later. Your building is truly portable. A small structure sets the pace for small utility bills and maintenance. For today's busy population, for a lot of reasons, we spend more time at work and school or out of the house than we do inside the house. If your home is truly a motel room, add it up and save by buying a tiny house of your own.



## 9. FURNITURE AND FRENCH COUNTRY LIVING

The country of France is unique in many ways. In addition to the beautiful countryside, you can meet such interesting people while visiting there. Their history is fascinating and has many interesting aspects of French country living that is still in effect today.



In ancient times, while the wealthy had many luxuries, the people living in the country had very little. As a result, they had to make do with what was available. As part of the French country living, they used the woods and other materials of nature that were at hand.

Using the local wood they made beautiful carved furniture and incorporated the colors of nature into their clothing and household linens. As a result, this concept has continued up to modern day living. When you talk of the furniture and linens of France this type is at the top of the list.

Visiting the museums in France, today, you are able to view the many ways these enterprising people were able to create beauty from what little was on hand. Even after all these years the colors are still outstanding in the materials that have survived. Recognizing the outstanding characteristics of these creations is at the fore of home decorators today.

At the present time this type of furniture is in demand throughout the world. Many people have refurbished their entire home on this concept and, as a result, have a home that gives you the feeling of quiet and the beauty of nature at her best. You can investigate this furniture by visiting a number of Internet sites.

Many decorating magazines have also featured this furniture, pointing out how well it blends in with any decor. Regardless of your preference for color and the layout of the various rooms, there are different styles and designs that can fit in beautifully. Upon viewing what is available, it is very easy to visualize how it can change the complete appearance of any area where it is used.

Many people, when consulting with decorators, often find this type of home decorating advised for anyone wishing to present a feeling of simple, yet elegant, living in their home. At the same time, using this theme, it is possible to instill the concept of nature at

its best. Using this theme can completely change your home from being drab to something beautiful.

Well known for the quality of artists and craftsmanship in the carving of this furniture as well as the hardy fabric's intricate design insures its longevity. Additionally, for those with eclectic tastes. French country living fits in with many other design styles. Using this type of furniture will expand on the possibilities of a different design in your home.





## 10. HOW TO COOK AND PREPARE ONIONS

When only the flavor of onions is desired in a salad or a cooked dish of some sort, such as a dressing for fowl, hash, or any similar combination of food ingredients, the onion should be added in the form of juice and pulp rather than in pieces. Then it will not be possible to observe the onion when it is mixed with the food nor to come across small pieces of it when the food is eaten. To prepare an onion in this way, peel it, cut off a crosswise slice, and then grate the onion on a grater over a shallow dish. Add the juice and pulp thus obtained to any food that calls for onion as a flavoring.



When onions are to be used as a vegetable for the table, they require cooking, but first of all they must be peeled. This is at best a rather unpleasant task, because the fumes from the strong volatile oil are irritating to both the eyes and the nostrils. However, it may be done more comfortably by keeping the onions immersed in cold water during the peeling. Remove only the dry outside shells, and, if the onions are large, cut them in halves or quarters. However, as the various layers are likely to fall apart when the onion is cut, it is advisable to select medium-sized or small onions, for these may be cooked whole. After the onions have been peeled, they may be cooked in a variety of ways.

Perhaps the simplest method of cooking onions is to boil them. To allow the strong volatile oil to escape instead of being reabsorbed by the onions, and thus improve the flavor of the onions, the cover should be kept off the vessel while they are cooking. The water in which this vegetable is cooked has not a very agreeable flavor, so no use should be made of it. Peel the desired number of onions and if necessary cut them into halves or quarters. Place them in sufficient boiling water to cover well. Cook in an uncovered vessel until tender enough to be easily pierced with a fork, but not so soft as to fall apart. Then pour off the water, season with more salt, if necessary, and a little pepper, and add 1 tablespoonful of butter for each four persons to be served. Serve hot.

A cream sauce added to onions makes a very appetizing dish. In fact, most persons prefer creamed onions to any other method of preparation. Prepare the onions according to the directions given in Art. 49. When they are tender enough to be easily pierced with a fork, drain. Melt the butter, and add the flour, salt, pepper, and hot milk. Cook until the sauce thickens, pour over the stewed onions, heat together for a few minutes, and serve. If variety in the preparation of onions is desired, baked onions should be tried. Select medium-sized onions, peel them, and then boil them whole in boiling salted water until they are almost tender. Drain off the water, place the onions in



a shallow dish, brush with butter, and sprinkle with salt and pepper. Place in a hot oven and bake until brown on one side; then turn them and brown on the other side. Serve hot.

When large onions can be secured, a very appetizing as well as attractive dish can be prepared by stuffing them and then baking them brown. Onions cooked in this way will appear. Peel the onions and cook them in boiling salted water until almost tender. Remove from the water and take out the inner portions of the onions, leaving the outside layers in the shape of a cup. Chop the portions of the onions which have been removed and mix with the bread crumbs. Melt the butter, add to it the chopped onion, bread crumbs, salt, pepper, and celery salt, and stir all together for a few minutes over the flame. Add the milk, and if the 1/4 cupful is not sufficient to make the stuffing moist, add more. Fill the onion shells with the stuffing, place in a hot oven, and bake until brown. Serve immediately.

Parsnips are an important root vegetable, being closely allied to carrots. They are used to a certain extent during the summer when they are immature, but generally they are allowed to mature so that they may be stored for use as a winter vegetable. Parsnips have an advantage over many vegetables in that they have excellent keeping qualities and are particularly hardy, being able to withstand considerable freezing and thawing when they are left in the ground during the winter. However, as they grow older, they develop a woody texture, as do beets and turnips, and so at the end of the winter require longer cooking than at the beginning.

In food value, parsnips are somewhat higher than other root vegetables, containing a large amount of carbohydrate, which occurs in the form of sugar. Although they are wholesome and nourishing, they have a peculiar, sweetish flavor that is due to the volatile oil they contain and is objectionable to some persons. Still, those who are fond of this flavor find that parsnips afford an excellent opportunity to give variety to the diet, for they may be prepared in a number of ways, most of which are similar to the ways in which carrots are cooked. In preparing parsnips for cooking, scrape them, if possible, instead of peeling them, so as not to waste any of the edible material. Then, too, try to obtain medium-sized parsnips, for they will be of much better quality than the larger ones. If uneven sizes must be used, the larger ones should be cut before being cooked, so that they will be similar in size to the smaller ones and therefore cook in the same length of time.

A very simple way in which to prepare parsnips is to mash them. Clean and scrape the desired number of parsnips and put them to cook in sufficient boiling salted water to cover. Cook until tender enough to be pierced with a fork, the length of time required to do this depending entirely on the age of the parsnips. When tender, drain off the water and force the parsnips through a colander or a sieve. Season with butter, salt, and pepper, and serve hot. Parsnips are sometimes cut into dice and then served with a



cream, sauce. When it is desired to prepare them in this way, the accompanying directions should be carefully followed.

Clean and scrape the parsnips and cut them into dice 1/2 inch in size. Put these to cook in sufficient boiling salted water to cover, cook until they may be easily pierced with a fork, and then drain. Melt the butter in a double boiler, and add the flour, salt, and pepper. Stir in the hot milk, and cook until the mixture thickens. Pour this sauce over the parsnips, heat together for a few minutes, and serve.

Parsnips that are browned and sweetened with sugar seem to meet with greater favor than those prepared by other methods. To prepare them in this way, clean and scrape the desired number of parsnips, and slice them in thick slices, or, if they are small, cut them in halves lengthwise. Put them to cook in boiling salted water and cook until they may be easily pierced with a fork, but are not tender enough to fall to pieces. Melt some fat in a frying pan, and place the slices of cooked parsnips in it. Brown on one side, turn, and then brown on the other. Sprinkle with a little sugar and, if necessary, additional salt. Serve. In addition to beans and lentils, the class of vegetables called legumes includes PEAS, which, both green and dried, are used for food. In composition, there is a decided difference between the two varieties of peas, the green ones being about equal to green corn in food value, and the dried ones having a food value nearly four times as great. In each case, the food substance in the greatest amount is in the form of carbohydrate. In green peas, this is in the form of sugar, while in dried ones it is changed into starch. Peas also contain protein in the form of legumin, there being three times as much of this substance in dried peas as in green ones. The amount found in green peas is sufficient to be of importance in the diet, but the percentage of this substance is so great in dried peas that they may be used very satisfactorily as a meat substitute.

Numerous varieties of green peas are found on the market. A few of them are cooked in the pods, especially when the peas are very young, and are eaten pods and all, just as are string beans. Most of them, however, are allowed to mature further and only the peas are eaten, the shell being discarded. When green peas are purchased, they are always found in the pods. For the peas to be most satisfactory, the pods should be fresh and green and should appear to be well filled. Flat-looking pods mean that the peas have not matured sufficiently. After being purchased, the peas should not be removed from the pods until they are to be cooked. However, if it is necessary that they stand for any length of time after they are shelled, they should be kept in a cool place in order to prevent them from shrivelling. Their cooking is similar to that of any other fresh vegetable; that is, they should be cooked in boiling salted water in a covered vessel until they are tender enough to be easily crushed between the fingers or pierced with a fork. With this preliminary preparation, they may be dressed in any desirable manner.

Dried peas, because of their nature, require a different kind of preparation from green peas. In fact, their cooking is similar to that of dried beans. They require long slow cooking and are improved if they are first parboiled in water to which a pinch of soda



has been added. They are not used extensively except in the making of soups or occasionally for a purée or a soufflé, but as they are very high in food value and can be used as a meat substitute, they should have a prominent place in the dietary of most families. Many of the ways in which dried beans and lentils are prepared are fully as applicable in the case of dried peas. When peas are young and tender, no more appetizing way to prepare them can be found than to boil them and then serve them with butter. Select fresh green peas with full pods, wash in cold water, and remove the peas from the shells. Put to cook in enough boiling salted water to cover well, and cook until tender. Pour off all but a small amount of the water, using the part poured off for making soup or sauce. Add 1 tablespoonful of butter for each four persons to be served, and season with additional salt if necessary and a dash of pepper. Serve hot.





## 11. THE SMALLEST HOMES IN THE WORLD

There are lots of benefits that are waiting for you when you choose to build and live in a tiny house. It sure is a big change of lifestyle, especially if you are used to living in a huge place. But you will know the many things that a tiny house could do to you with intensive research and, of course, with experience. There is no need to be afraid when you take this leap and finally choose a tiny house as a place of your residence. People are often blinded and deceived by big houses because of the aesthetics and the large amount of space that we can't all deny to be pleasing to the eyes. But not a lot of people know the many downsides of owning a huge space as well. One of them is having to pay for a big amount of monthly bills because that's what a huge space would require you to do every month. Here are some of the tiny houses that you could check out to inspire you change your lifestyle.



1. Tumbleweed Houses- this was made happen by Jay Shafer, who owns Tumbleweed Tiny House Company. He lives in houses that are not exactly the usual size that most people would call ideal. His lifestyle turned into a lucrative income when he



started designing tiny homes that look cosy for his clients.

2. Micro Compact Home- if you think Tumbleweed Houses are tiny, well this one is the understatement of the word small. It is called micro compact home for a good reason. But the best part is despite the fact that it is only a 2.6m-cubed house, you can still have a room with two double decks in it. You can also find a bathroom here with a lobby and dining area that could fit four to five people. Check out more tiny houses on MNN's website below.

Source: MNN

Link: [MNN](http://MNN)



## 12. CASA MAR AZUL

So long as you are not living in a primitive culture that is lacking in technology, you likely have heard about tiny homes. This small and spacious feeling house is located near Mar Azul, which is a village near the sea in Buenos Aires. The home was built by BAK Arquitectos with the intention in mind to keep it



easy to maintain a low in cost for the person staying there. When you walk through the pine tree forest, you will be welcomed with the homes spacious deck that incorporates the natural world in the building, rather than simply cutting down the trees that 'get in the way'.

This home in the woods has a single-level floor plan, which has been built with 2 bedrooms. What is more interesting about this tiny house is the bathroom that is placed at the center. It is different to a typical house that has a bathroom at the corner, which cannot be seen directly by the visitors. As another feature, it has sliding doors that separate the main area from the living room. The main material used in constructing it is concrete, which gives the home an open and industrial feel which is warmed up with the soft pine wood also used to decorate. The designers at BAK Arquitectos have not forgotten about the light. They installed two linear skylights to bring daylight into the center of the house. The exterior walls are also big and bright and allow the people inside to really feel at one with nature. I guess the only difficulty would be in keeping these big windows clean so you do not wreck your view. A small price to pay for this connection with nature.

All in all, this well designed home will give you inspiration for that perfect summer home or getaway. For more photos, visit the website 'Small House Bliss' below.

Source: SMALL HOUSE BLISS

Link: [SMALL HOUSE BLISS](#)



## 13. SOLAR POWERED HALO HOME BUILT BY STUDENTS



**B**eing an environmentalist doesn't just mean you recycle, or you don't support the use of plastic materials, it is a lifestyle that starts at home. Students who are from Chalmers University of Technology in Sweden have proven that by coming together to build a home that is both socially and environmentally conscious. It is called HALO. 25.

Scholars designed this house and everything in it will astound you. From the fact that you won't have to use artificial energy living in it because it is powered by the sun, to the wide spaces that you could enjoy doing pretty much whatever you want.

With a whopping size of 645 sq foot, HALO is not your typical house. It has little rooms inside and a huge space for entertainment, enough for people to be active rather than just be glued on social media. The materials are all from their local wood and just like the usual Scandinavian home, all the furniture are portable. This makes the space even more spacious and functional. The roof is curvy, and they used monocrystalline silicon photovoltaic solar cells that are also on acrylic, as a high strength polymer covers it. That specific material was mounted on a waterproof polycarbonate membrane that is thin and was shaped into a canopy.

This project placed third during the Solar Decathlon 2013 competition in China, and it is all because of its world-class technology, plus their genius ways of maximizing the potentials of their resources. This is one brilliant project that we could all be inspired to learn from. If you put your heart and mind on a project, the result will always be great.

Check out more information about this house on "Inhabitat" website seen below. We hope that this drives you to create an eco-friendly house as well.

Source: Inhabitat

Link: [Inhabitat](http://Inhabitat)





**S**tudios and lofts are rising in the market these days and are selling fast. For some reason, a lot of people find living in them more reasonable than being in huge spaces or mansions by the hills. There's nothing wrong with living large, but if you want to be practical, getting a studio seems to sound just right. With the right designer and architect, anyone can turn a simple small space to something that looks grand even when it's just a studio or a loft.



In search for some inspiration that binds our point here, we found a “granny loft” that was turned into something that looks like a vacation house. An Australian family thought it would be a good idea to have their loft, as a space as to where their grandparents living abroad could stay whenever they decide to visit them. It serves as a private area for their grandparents, but it's still linked to their main house.

The veranda and the deck link this loft to them and it's cool how it was arranged that way. The skylight helped make this house looks less small, since light passing through it during the daytime made the space look wide.

Kudos to the architect who worked on this little house, especially when he also connected the kitchen and the living room. When you see it from the inside, you can assume that he knows how to save space. We love how he turned the kitchen counter into shelves and a sitting area at the same time. Like we said earlier, the architect knows how to work on spaces and making every inch count.

From here you will see the advantage of hiring a professional architect to work on your small house. Go ahead and visit the Small House Bliss' website for more information.

Source: SMALL HOUSE BLISS

Link: [SMALL HOUSE BLISS](#)





## 15. A SMALL FAMILY HOUSE IN COPENHAGEN

Houses these days differ in designs, structures, and sizes, of course. Wealthy people usually go for bigger houses, no matter if they have lower or higher number of family members. Well, you cannot blame someone if they have the means to buy a luxurious house. Practically speaking, however, there are lots of lower income families who opt for smaller houses. With this, they can maximize the house space without spending too much for home-related expenses. One small family house that will not cost you a hefty amount of money can be found in Copenhagen, Denmark.



This small family house is economically built by a brilliant architect named, Sigurd Larsen. It measures 80 square meters (861 square feet). It is composed of three bedrooms and a bathroom at the back portion of this house. Kitchen, small entry and utility area, general storage room, closets, laundry machines, and water heater are also available. This house has a simple rectangular shape. Adding to its simplicity is the fact that its gable roof has no dormers, valleys, or hips. What made this house low cost are the alternatives being built on some house parts. For instance; it does not need to have a large roof beam since its central bearing wall already supports the roof ridge, making the house have vaulted ceilings. The walls can be ordered from a certain property construction company. In this way, you can cut the cost of your beautiful small family house.

This house has no hallway in order to maximize the entire floor area. This is intentionally made this way; thanks to the idea of the ever brilliant Sigurd Larsen. This house will let you enjoy a wide space at its front, and this is great for socialization or social gatherings. When you are bored, you can stay in its large, private garden. Lastly, its interior finish is made from three durable materials; concrete, white plaster, and birch veneer plywood.

For some more information and pictures of this small house, simply visit Small House Bliss website below.

Source: SMALL HOUSE BLISS

Link: [SMALL HOUSE BLISS](#)



What are your thoughts about living near a pond? “Well, it would be charming to wake up in the morning with a beautiful pond in sight.” I agree with you, nice fella! Therefore, living in this Pond House won’t be a problem for you, is that correct? “It’s not going to be an issue at all, my dear.” Nice one! \*winks\* And you won’t mind if I talk about this Pond House we have here, would you? “I’ve been waiting for you to tell me all about it!” Oh, sorry! Well, let’s not keep you waiting! Come with me and let’s explore this pond house! \*winks\*



This Pond House is located in Gramastetten in Austria. This house is designed by Hammerschmid Pachl Seebacher Architekten. It is designed for clients who want a small house with a garden. The house is placed at the one end of the pond to give the dwellers a longer view over the water. According to Small Bliss House, the house is raised on metal post, just above the water level. The house’s interior is made of white oiled birch wood, with gray fireboard for the fireplace. The spruce boards façade are painted with black Swedish mud color.

The house is a simple rectangle of 50 meters-squared. The house consists of a kitchen, living room, dining room, a spacious bathroom, and a bedroom, which are all arranged in one line. What’s unique in this house is that the wall facing the pond and windows are rolled into one. Hence, you can see the pond every where you are in the house. The opposite wall is lined by cabinetry with a few small windows. Two doors are also provided to give access to the deck projected off the pond side of the house. The deck is divided into two parts. One part is considered an outdoor room with a steel framework for hanging shade cloth. Also, a bridge crossing the end of the pond is built across the deck.

Now, I know that living near a pond is heavenly. However, it won’t be such a heavenly feeling once you fail to take care of it. You want to wake up in the morning with a beautiful pond in sight, you say. To keep your charming mornings, don’t forget to maintain the cleanliness of your pond. Ok? I’m just giving you a small lecture about cleanliness. \*big smile\* Well, I know you want to see this amazing Pond House. Why don’t you click on Small Bliss House’s link below and start planning your own Pond House!

Source: SMALL HOUSE BLISS

Link: [SMALL HOUSE BLISS](#)



## 17. A QUAINST STONE COTTAGE IN BRITTANY

Small or tiny homes are becoming an alternative to those bigger homes. It is common to find a little cottage tucked away in the country. A cottage can be your perfect hideaway from the stressful way of city living. Keep in mind that cities have different factors that will contribute to an unhealthy lifestyle. Air and water pollution, foods that contain dangerous chemicals, you name it, and cities have it! This is the



reason a lot of city people may also be considering owning a tiny house where they can have a simple place to retreat to and enjoy a more of the country experience. When it comes to tiny houses, this quaint stone cottage can give you some inspiration.

This stone cottage is located in the Brittany which is in the beautiful country of France. Its structure is made from stone, and you can be sure that it is built to withstand wind and rain. The interiors of this cottage are lightly colored which establishes a brighter mood. There is a staircase over the eating area and an open beam ceiling. It only has two small size windows, but it does not affect the level of brightness that its interiors have. There is a woodstove that keeps the room warm and cozy.

The cottage also has storage and utility rooms. These rooms along with the bathroom located on the ground floor. The upstairs space features a skylight and although it only has one bedroom, there is enough space you could easily have two bedrooms.

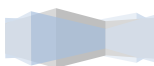
The furnishings are quaint.

The exterior of this little cottage is so perfectly nestled in its surrounding areas. Ivy grows up its walls, and the many shrubs and trees make this a picture perfect little home. This little cottage was on the market but since has been sold.

If you would like to see picture pictures of this lovely cottage please visit the 'Small House Bliss' website below.

Source: SMALL HOUSE BLISS

Link: [SMALL HOUSE BLISS](#)





## 18. THE WORLDS COOLEST TREE HOUSES



**H**ey guys! What about if we stay in a tree house this summer? Cool? “Oh yeah! That’s the best idea ever!” “I want to try that. I’ve never been in a tree house before.” “That sounds neat. But we got a problem.” A problem? What is it? “Where should we go? At what tree house should we stay in and enjoy summer?” Young fella, don’t make the whereabouts a problem because I know some of the coolest tree houses in the world! Believe me, guys. You’re going to love them. “Well? Why don’t you share some of those and we’ll see?” Again, not a problem. \*winks\* Here are some of the world’s coolest tree houses.

We have Sanya Nanshan Tree house Resort and Beach Club. A tree house with a beach resort? Guys, this is it! Sanya Nanshan Tree house Resort and Beach Club has four tree houses in old and beautiful Tamarind trees: the Guan Yin Spa Tree house, Hawaiian Hale Hotel Tree House, Beach Club Tree House, and the Big Beach in the Sky. The Big Beach in the Sky is the choice of most tourists. This is a two-level playhouse and can occupy up to six people. \*looks at each other\* High five! Anyway, this tree house has a lovely view of the South China Sea. You’ll forget your 160\$ per night once you see the fantastic ocean view. \*winks\*

Another tree house that will take your breath away is the Mirror cube Tree House Hotel. This tree house hotel has--- “Where is it?” \*silence\* Oh, right. This is one of the most amazing features of this tree house. If you want to hide from your ex-boyfriend this summer, spend your time here! It’s like hiding among the trees. Cool? “Yeah!” This tree hotel in Sweden is the most unique tree house ever! According to Mirror cube’s website, the base consists of aluminum frame around the tree trunk and the walls are covered with reflective glass. The interior is made from plywood with a birch surface, and the six windows offer a panoramic view. The Mirrorcube Tree House Hotel can accommodate 2





persons for 550\$. If you want to spend some time alone, the price goes down to 470\$. All prices include breakfast buffet. But take note, the rates will increase starting on the 15th of September, 2015. "Question here!" Shoot. "Is that per night?" Yes, dear one. It is per night.

There are more cool tree houses in the world to visit. Just click on Mail Online's link below for more tree houses and their photos. Whichever you choose guys, just enjoy and let it be the best vacation ever.

Source: Mail Online

Link: [Mail Online](#)



## 19. TINY HOUSE ON WHEELS

**H**ave you been dreaming of a house that you can carry anywhere you go? Or perhaps it is the one carrying you? Many of us dream of a small house that can be with nearby even when you go camping, fishing, hunting, or just trekking around the globe. If so, then that long dream of yours can now become a reality. Thanks to the developers of 16' Tiny House on Wheels with Vacuum Insulation Panels (VIPs). Since this tiny house has been built on wheels, you can bring it anywhere you want to go. For recreational activities like camping, there is no need for you to bring a tent because you can stay in your very own house. The modern feel of this tiny wheeled house is truly perfect for the modern day person who likes best of both worlds. Its outside appearance is quite sweet to look at as well. It has two different colors and designs, giving the effect of dual house.



Speaking of modern amenities, the interior is well equipped. The walls are built with mirror tiles. Because of this, you will feel like you have wider space inside, even though it is such a small house. Don't you just love these types of visual tricks? Its walk-in shower will be much appreciated after long days adventuring. Even though the kitchen is smaller than the usual, it does not limit it to have a rack, 2-eyed stove, and medium-sized fridge. Isn't it amazing to have? What you will love the most about this tiny house



is the fact that it has lighter weight. So, you can never have problem in pulling it with your car.

Now who says bringing your house anywhere you go is impossible? Well, not anymore! Visit Goods Home Design website below to see the full details and amazing pictures of this tiny house.

Source: Goods Home Design

Link: [Goods Home Design](#)



**H**ave you ever dreamed of building your own, tiny little log cabin out in a beautiful stretching wilderness with nature as far as the eye can see? That awesome feeling of waking up in the morning to the sound of birds singing, fresh air blowing and with no neighbours in sight (unless you count the deer as your neighbours).



The calm and beautiful serenity of living in nature in a cosy off-grid log cabin may have a great appeal to many people. After-all, you could say that this kind of lifestyle is hard-coded into our DNA as our ancestors and ancestors before them lived this way. They were connected with the land. With the earth, with its soil, with the nature around, the weather and the trees. It's a part of our genetic code to feel comfortable, at ease and at peace in this type of beautiful surrounding.

The dream of building a log cabin is a dream indeed shared by many, however the busy modern life and hustle and bustle of modern living as well as the cost factors involved, make it difficult for many people to ever imagine a day when they might be able to own a log cabin of their own.

Well, for those dreamers, we have found something very special for you. Did you know that it was possible to build your very own rustic and primitive log cabin for under \$100 in materials? Probably you are in state of shock as well as doubting upon the cost that you have read. Believe it or now, it's possible, but it requires a whole log of do-it-yourself gusto. We have found a fantastic guide that will teach you how to build your own log cabin for under \$100, and we hope that you will enjoy and like it!

Source: Mother Earth News

Link: [Mother Earth News](#)

