



## Practical Household Uses of Salt: Home Cures, Recipes, Everyday Hints and Tips

By Margaret Briggs

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, Practical Household Uses of Salt: Home Cures, Recipes, Everyday Hints and Tips, Margaret Briggs, This title offers home cures, recipes, everyday hints and tips. It is a celebration of one of nature's most powerful ingredients and how to use it for health and in cooking. It includes a brief history of salt, its industrial uses and importance in customs, religions and rituals. It is a guide to the medicinal benefits of this essential mineral, such as taking salt baths, gargling salt and swimming in salt water. How to cook with salt while maintaining a well-balanced diet, with recipes for meat and fish, salt crusts, sauces, seasonings and bread, and preserving fruit and vegetables. We cannot do without salt - every living creature needs the essential sodium in salt. Historically, salt has been the cause of wars, uprising and revolutions. It has been used as money, and has been a powerful force in the economic rise and fall of civilizations. This book explores the history and uses of salt, proving that it is much more than just a white granular substance you sprinkle from a salt cellar on to your food. In Roman...

DOWNLOAD



READ ONLINE  
[ 2.34 MB ]

### Reviews

*Absolutely essential go through ebook. It can be rally exciting throgh studying period of time. Its been written in an exceptionally simple way in fact it is only right after i finished reading this pdf where basically modified me, modify the way i believe.*

-- **Iliana Hartmann**

*It is an amazing ebook i have possibly study. Indeed, it is engage in, nevertheless an amazing and interesting literature. I am just very easily can get a pleasure of reading a published book.*

-- **Christopher Ferry**

## See Also



**Baby Bargains Secrets to Saving 20 to 50 on Baby Furniture Equipment Clothes Toys Maternity Wear and Much Much More by Alan Fields and Denise Fields 2005 Paperback**

Book Condition: Brand New. Book Condition: Brand New.



**On the Go with Baby A Stress Free Guide to Getting Across Town or Around the World by Ericka Lutz 2002 Paperback**

Book Condition: Brand New. Book Condition: Brand New.



**Cook with Kids**

Absolute Press, 2011. Hardcover. Book Condition: New. Brand new book. Fast shipping form our UK warehouse in eco-friendly packaging. Fast, efficient and friendly customer service.



**Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities**

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...



**Homeschool Your Child for Free: More Than 1,400 Smart, Effective, and Practical Resources for Educating Your Family at Home**

Random House USA Inc, United States, 2009. Paperback. Book Condition: New. 2nd. 229 x 185 mm. Language: English . Brand New Book. Provide a solid education at home without breaking the bank. Introduced in 2000, Homeschool Your Child for Free gave countless...



**Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: ( Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures)**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after...