

HomeFront

ISSUE Nº 12 - A PUBLICATION FOR THE RACIALLY CONSCIOUS HOME & FAMILY

Publications

OVER TO YOU

**KID FRIENDLY MOV-
IES AND MUSIC**

FAMILY RECIPES

HALLOWEEN



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WELCOME TO HOMEFRONT ISSUE NO 12

Autumn is finally here and i think most of us are happy the scorching sun is now gone. Who doesn't like to go for a walk with their family on a crisp Autumn day, or sit in a park and watch your children run through a pile of crispy golden leaves that have fallen off a nearby tree. Our parks are now adorned with beautifully coloured leaves..

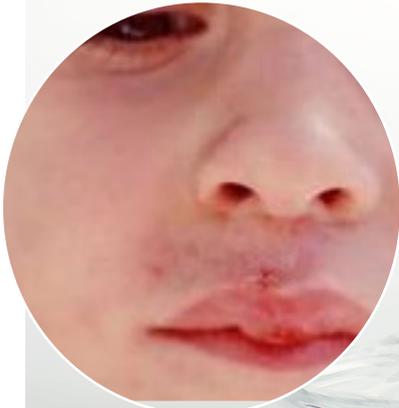
Autumn in Europe is connected with the harvesting of our crops; like many of our other seasons, they have been marked by rites and festivals revolving around the season's importance in food production. Animals gather food in autumn in preparation for the coming winter, our people would traditionally also get everything ready for the harsh winter that will soon be knocking at their door by getting the last of their crops harvested and put them away for the upcoming cold months. Before the 16th century, harvest was the term usually used to refer to Autumn. In Our Western culture, personifications of autumn are usually pretty, well-fed females adorned with fruits, vegetables and grains that ripen at this time.

Autumn is also associated with Halloween which derives from The Irish Celtic Festival Known as Samhain. Samhain is our fire festival. Sacred bonfires were lit on the tops of hills in honour of the Gods. Samhain bonfires, called balefires, were once lit on every hilltop in Britain and Ireland as soon as the sun set on October 30. We still to this day do bonfires in Ireland for Samhain. In County Waterford Ireland, Samhain is called oídhche na h-aimléise, "the night of mischief or con." Also, the first Jack O Lantern was made of a turnip, not a pumpkin. You can check out past issues of HomeFront for related topics and stories and Samhain.

We hope you all enjoy this issue.

HomeFront

NATURAL HOME



Cold Sores..

Anyone who gets a cold sore has the herpes simplex virus in their bodies, so there really isn't much you can do to keep yourself from getting them every now and again. Some people have found that not eating well, feeling stressed, not getting enough sleep, getting sick, or spending time in the sun without sunblock make them more likely to get cold sores. So avoiding these triggers might be helpful. If you have a cold sore right now, do not share utensils, glasses, napkins, or towels as you can spread the virus...

Mommy Exercise Time

Finding it hard to find time to exercise now that you're a new parent? With all the new responsibilities, you may find it hard to find time for exercise. But exercise is important! One of the best exercises is walking. You don't need special equipment and you can take your baby with you in their stroller or baby carrier. You might want to make walks a family affair!

Sara



DO YOU KNOW WHAT YOUR CHILD IS LEARNING IN SCHOOL TODAY?

By Talena...

I was horrified to discover that the Australian Curriculum Studies Association has produced a glossy book of over 116 pages filled with the most staggering Islamic dawa and propaganda which is to be introduced into our schools in the coming year. Having scanned through the text, I was shocked at the contents and false pro-Islamic claims that will be pushed into schools and onto our children without of course, any opportunity to put counter views, not to mention the massive amount of evidence from Islam itself that clearly show Islam to be anything but the sweet, victimised religion portrayed in this book!

This entire brainwashing of our children has clearly been planned over a long period of time. Who is behind it and who paid for this propaganda exercise, which will no doubt sell well to Muslim teachers and others who hate our society and are happy to facilitate Islam? Information sessions for teachers are already being given and this has been done as a 'fait accompli' with no time for others to object to this Islamic abuse of our secular schools.

This book is called 'Learning from one another – bringing Muslim perspectives into schools'. In it our children are told not only how to be Muslims but are given activities like finding Mecca and given Islamic prayers. Why do our children need such information? Why does Islam need to be pushed into the classroom? I thought our secular schools were NOT to promote religion. Will our children be tricked into chanting the few lines needed to make them Muslim as has happened in Britain?

This is nothing more than a conversion exercise on children given no chance to hear the truth about Islam or to hear the 'perspectives' of ex-Muslims who fear for their life even in Australia. Such ability to proselytize in our schools has been removed from all other religions, and we are extremely concerned that Islam has, once again, contrived to receive what appears to be special status to advance their religion.

What is needed is a book that teaches Muslims

who have voluntarily entered this country, how to live is THIS SOCIETY where we do not tolerate many of the acts and attitudes allowed under Islam's text, Mohammad's example and Islamic law! Strangely these things e.g. paedophilia, clitoridectomy, beating and raping females, ploughing females like fields and referring to them in the most offensive terms, insisting the female's shameful body be completely covered or else, polygamy, slavery with laws allowing the rape of tiny pre-pubescent slave girls, killing infidels, taking all the infidels property and land and the horror laws associated with dhimmitude and slavery, violent jihad and a brothel-like paradise for Muslim men, plus the demand that Muslims not 'assimilate' but use every means to rule and enforce totalitarian Islam and so much more...seem to be missing!

This is something that is happening all over the world in our white countries, recently in Boston Massachusetts a Wellesley Middle School had a social studies trip to a mosque, the permission sheet given to parents claimed that children would examine the mosque architecture, they were not told it was pure Dawa and the boys would be praying to Allah. The students were being blatantly mis-educated about Islam, and the 6th grade boys were invited to the front of the Mosque to join in a prayer to Allah alongside the Muslim men, Teachers did nothing to intervene.

This is a devious attempt to smuggle Islam and Sharia via the school-door into our political system and our way of life. Brainwashing schoolchildren into a false belief that Islam is a religion of peace and far superior to any other religion must not continue. All Australians whether a parent or not should be outraged, this cannot be allowed to happen.

Come on people, it really is 'now or never'. If Islamisation, creeping Sharia and the destruction of our beautiful nation is to be halted it is going to have to be done by YOU.

KID FRIENDLY MOVIES AND MUSIC

With all the smut on TV and both blatantly obvious and hidden race-mixing propaganda in movies, I wondered what Racially Aware parents are letting their children watch and the same goes for music. Do you have favorite DVD's or Music that just gets played often, do you not turn on the TV at all in front of children or are there some shows you recommend for various age groups of White children?

VIGDÍS

..TV..

I love the Barbie movies for kids, i have about 5 that i have watched quite a few times myself Another good DVD is Nanny McPhee.

Vicky WAU - Ireland

We actually prefer not to let my daughter watch TV, there is just nothing on of any value these days. Though nature documentaries are always good, I also like the old Warner Bros Looney Tunes cartoons. Also as Vicky said, you can't go past the Barbie movies. Anyway kids should be outside playing or being creative, instead of sitting in front of the Idiot box & becoming brain-washed..

Talena - Australia

We try to keep our kids focused on species movies meaning "Ratatouille, Cars, Toy Story, Over the Hedge etc..." But we also let them watch other movies like "Shooter, 300, Nanny McPhee, Red Dawn, Mary Poppins, Willy Wonka and the Chocolate Factory (The Original One, not the Prarie Depp ones). Also Lord of the Rings, SAW (I-VI) etc... There are a few shows on TV that they watch, but we are very attentive to what it is.

B14MI

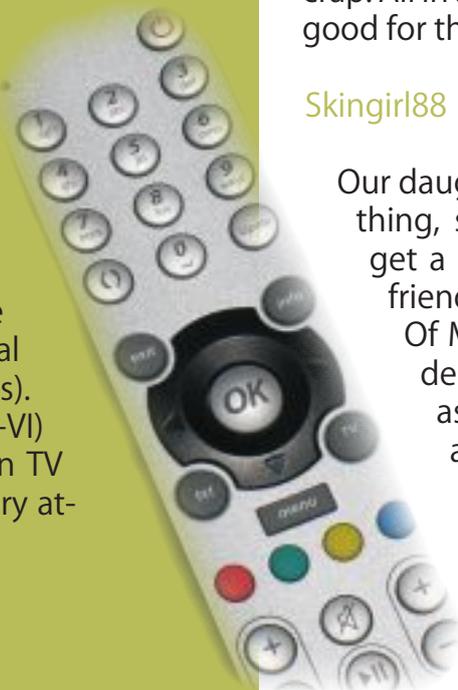
I honestly don't think there are any shows for kids on TV that don't put out some form of effed up message. Its either pro fag or interracial. Its OK to be gay! & there always has to be a pretty white girl with a 1/2 breed, its damned disgusting.

My kids don't watch TV, we basically do the movie thing. My kids are getting a little older so they're not really into the barbie movies anymore but we have watched them & they are great for that age group. Its crazy how bad TV has become. Literally shoving the crap down their throats. Although, I have in the past used some of the shows as examples & the kids call it before I do sometimes..."ewwww, shes with a black guy" or whatever. But I definitely don't feel comfortable with them watching that crap. All in all I think it was said best that its not good for them to watch a lot of TV regardless.

Sktingirl88

Our daughter prefers to read, which a good thing, she's a book worm! When we do get a movie to watch, it's usually family friendly, she fell in love with the Sound Of Music, Mary Poppins, Alice In Wonderland, Star Wars and as many times as I've seen these movies, I will sit and watch them with her.

Fortress14 - Northwest USA



I let my daughter watch the majority of the kids shows we get here. I try to steer her around the really bad ones like Dora or Sesame st etc... Personally my way of thinking is that she is going to be exposed to this stuff whether we like it or not, if not at home then when she starts school etc. Better to let her see it and explain it in terms she will understand. Then when she enters the world and doesn't have a choice about having it rammed down her throat she will already have a basic opinion formed and know not to just swallow all the crap. genocidal

88 - Australia

..MUSIC..

If it's not going to be outright racially aware music, you just have to play it by ear. I'm extremely out of touch with shit like that, so the policy here is, they bring the name of the artist they are interested in to me, and I will listen to and read about them. If they pass with me it's OK, if they don't then they are hell banned from my house. Take this policy on with preteens and young teens and you will be amazed with the shit you will end up investigating.

Crew38

I guess what you listen to may influence your childrens tastes for music. But having a teen and 2 adolescents myself, its based on who your kids are hanging out with too. Making it even more difficult. There is no easy answer. One thing for sure, there is NO rap played in my house, when I'm around....My kids don't even like it... Thank GOD..

rfwar14 - Florida

Seems like this is a really tough question. I too have never thought much about what is "good music" for kids because I focus too much on what is "bad". I have to wonder what we could play for children who are not fond of our typical power music. Classical, maybe?

VIGDIS - Florida



Depends on the age group that one is referring too. I would still think anything from celtic and old Irish to Skrewdriver, Saga, and Prussian Blue..

SteveTats - Floroida

Here's how i have gone about it, I have a 9yo son and a 6yo daughter. I play RAC every day and sing the lyrics and they know many songs word for word, also i play songs about a parents relationship with their children like, Butterfly kisses and daddy let me drive. It reinforces family values and teaches racial pride at the same time.

Briza - Australia

My daughter is 10 1/2 months and her favorite show is Mickey Mouse Clubhouse. I work from home full-time, so during the day I have her in my office with me with some toys and Mickey Mouse DVDs. She loves them, and I don't have to worry about her being exposed to anything that contradicts our values.

Jamie Florida

HOMWORK TIP...

Set up a homework-friendly area. Make sure kids have a well-lit place to complete homework. Keep supplies — paper, pencils, glue, scissors — within reach.



Book Worms

Your home should be filled with reading material and it's a good way to help your children become enthusiastic readers. What kind of books should you have in your home? Ask other parents and friends what their children are reading, i like to read over all books my daughter will read just to make sure their is nothing inappropriate in the book. If your children are too young to have a preference, your local librarian can offer suggestions about age-appropriate books, but even then still check the book out for yourself. You can collect board books or books with mirrors, different textures for younger children. Older kids will enjoy a larger variety of books ranging from fiction, nonfiction, and poetry plus dictionaries and other reference books on animals, countries etc.

LET'S GET MOVING

Encouraging your children to be physically active is important at any age. We know for a fact that kids who are active at a young age tend to stay active later in life, which means they have a lower risk of becoming obese or developing heart disease later in life.

Your children's exercise should be from from playing outside, running, playing tag, kicking a ball around etc. So please make sure they are getting plenty of time outside being active, Keep TV time to an hour or less each day maybe more at the weekend if you watch family movies together.

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DO YOURSELF A FAVOR

Becoming a parent is an exciting change, but it will take time to feel comfortable in your new roles. Parents and babies learn together. Do not expect to know how to do everything overnight.

During the first weeks after your baby is born, you may be surprised by your strong feelings. You may feel down or on the verge of tears for seemingly no reason. For mothers, these feelings may come from the changes your body undergoes to return to normal. You may also feel thrilled and proud.

For the time being, keep your days as simple as possible. When you are having a rough time, talk with someone close to you.

Sara



Babies... Babies... Babies....





Every baby is different.

The relationship between parents and their babies depends on both. Busy, active parents may understand a fast-moving, active baby better than a very sleepy, quiet one. Calm, mellow parents may understand a happy, alert baby better than an active, jumpy one.

Every baby is born with their own unique style of behavior or temperament. If your baby acts the way you expect, parenting may come a little easier. But if you didn't get the type of baby you expected, don't despair! It may take a little more work, but getting to know your baby is worth it.

Watch your baby closely, and see how they react. Your baby can give you clues about the way they like to be handled.

Sara

WARNING:
Avoid talcum powder.
It can inflame baby's lungs. If
you want to use baby powder,
use one based on cornstarch,
not talcum.

Apples For Baby!!

Skim Milk either 1%, or 2% milk is recommended for kids after 2 years of age. These often have added vitamin A and vitamin D, since these can be lost when the fat is removed.

PEELING FRUITS AND VEGETABLES FOR YOUR BABY...

There are several reasons why you might want to consider peeling fruits and vegetables for your baby. I for one have seen toddlers choking on the skin of an apple or pear, so for me personally i will peel the skin off fruit if it has a tougher type of skin that warrants some extra chewing, and there are plenty of babies who can eat fruit and vegetable skins with no problems whatsoever, sit with your child when they are eating new foods, for me even when they have established that they can eat certain foods make sure that you are in the same room always, even as adults we have found ourselves choking on food.

- * Peeling fruit makes them easier for your baby to digest.
- * Because the taste of the peel may not be to your baby's liking.
- * To prevent choking.
- * To avoid added waxes.
- * To remove pesticide residues.

Morrigan

Apples are among the most perfect fruits for use in your baby food recipes, they are always in season, there is an abundance of choices and they are good for you.

* Allergies to apples are extremely rare but like with everything you give your baby watch for any type of allergic reaction.

* Apples are easy to digest, but make sure you peel off the skin and chop up small pieces for baby to chew on, remember if baby hasn't enough teeth to chew they will most of the time just swallow. I've stewed some down into an apple sauce type consistency.

* They are versatile and work well in sweet OR savoury recipes

* They are very quick and easy to prepare

* Organic apples are best

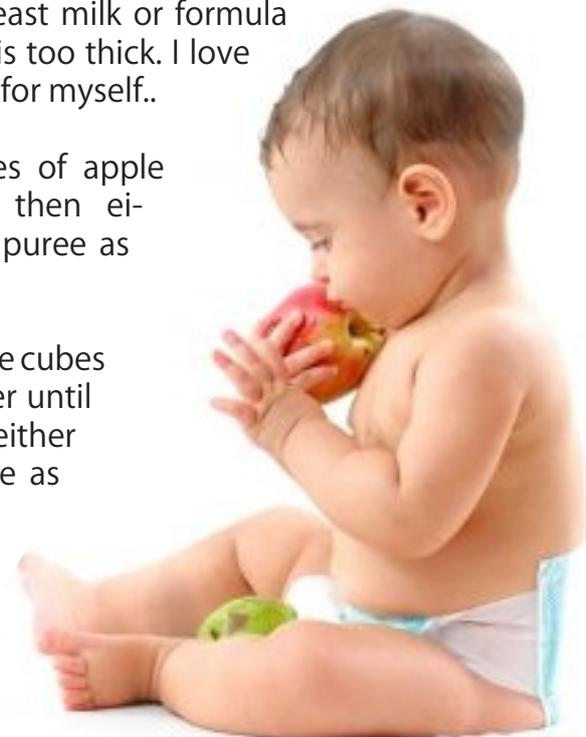
* Babies love them!

Some tips of preparing apples for your baby...

* Baking an apple, first start by washing it, removing the core and seeds etc, wrapping it up in aluminum foil and placing it in an oven pre-heated to 350 degrees F, 180 deg C for around 45 minutes (or until tender). Then just puree or mash it, adding a little breast milk or formula if the texture is too thick. I love this way even for myself..

* Steam cubes of apple until tender, then either mash or puree as above.

* Simmer apple cubes in a little water until tender, then either mash or puree as above.



First Food Idea's..

Once your baby is enjoying their first solid foods three times a day, start to increase the amount and introduce variety. The consistency should still be mashed / pureed.

For breakfast my whole family has always started off with Baby rice cereal, Ready Brek or Weetabix.

For lunch / dinner vegetables are the perfect food to introduce as your babies first solid food for baby, veggies are both nutritious and easy to digest. Some parents prefer to introduce vegetables before fruits, if your baby gets used to the natural sweetness of fruits first, they might not be so willing to accept vegetables later.

Once your baby is enjoying these vegetables and fruits, how about veggies and fruits together for some unique and surprisingly delicious flavours, apples and carrots are wonderful together, taste for yourself and see! We also recommend apples or bananas with sweet potato, they taste great together.

All families have days when life is so hectic that they open a jar of baby food for convenience, don't worry, it will do your baby no harm and can save you the stress of quickly trying to prepare food for a hungry, crying baby. However, commercial baby foods are not ideal to give your baby on a regular basis, reports have shown that added water and thickeners are used to bulk out the contents of jars and cans. Some meat based baby foods may contain as little as 20 percent meat, and some food have a lot of sugar in them. Homemade is best, i certainly wouldn't eat canned food for dinner everyday so i would hardly expect a child to grow up healthy and nourished from prepacked foods.

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WHEAT AND YOUR BABY...

The UK Department of Health states that these foods should not be introduced before baby is at least 6 months of age and should never be used as first weaning foods for a baby with a family history of coeliac disease or allergies. A real wheat allergy is fairly uncommon and should not be confused with wheat intolerance. A wheat allergy is a response from the immune system to certain wheat proteins. It is identified quite easily because reactions usually take place within 2 hours - and sometimes within minutes of wheat being consumed. Signs of an allergic reaction include a Rash - Hay-fever type symptoms, breathing difficulties, Should your baby display these or any other symptoms, seek medical advice immediately.

The Journal of the American Medical Association states how experts believe that introducing gluten to a baby's diet during the first 3 months of life increases the baby's risk of developing coeliac disease by 5 times. It also indicates that the risk is high if the introduction of gluten is delayed past 7 months. Coeliac UK recommends that, after 6 months of age, foods containing gluten are given to baby regularly in normal, adequate amounts.

As with any new food, you should always discuss the introduction of wheat and gluten with your child's doctor BEFORE giving them to your baby.

Aoife



How do we get our finicky little angels to eat healthy foods?

I've got a couple of tips. My son's not too picky, and he really likes fruit and some vegetables such as raw carrots and green beans (fresh)... so anyway, here goes. Please pitch in if you guys have any ideas.

FROZEN FRUIT

Smoothies can be a great way to get your kids to eat healthy, especially in hot weather. Throw in some lowfat yogurt for calcium, and even a small serving has huge nutritional benefits.

Freezing your own fruit can save you money. How many times have you bought berries and half of them get moldy in the fridge? (Is it just me?) If you freeze your own berries when they're in season, it's much cheaper than buying a bag of frozen ones. You can freeze peaches, bananas, mangoes, pineapple...the list goes on and on.

Frozen fruit instantly cools down hot oatmeal, and gives it a nice nutritional boost. Think chopped up frozen Peaches or (our favorite) frozen blueberries.

LITTLE EXTRA'S

Wheat Germ- I add it to oatmeal, bread, I use it in pasta dishes (has an effect sort of like adding bread crumbs). You can add some to meatloaf, yogurt, cold cereals. It's a great source of folic acid as well as fiber and tons of minerals. Keep it in the fridge.

Flax Seeds-These can be added to just about anything as well. They are rich in omega-3's which lower bad cholesterol and promote brain health. I have noticed that they take on kind of a sweet flavor like roasted nuts when I bake them in bread. Add them to salads for yourself (if your kids won't touch a salad)

SAUCE

You can sneak a lot of stuff into sauce. If you've got a picky eater at home, try making pasta sauce with carrots and broccoli (or whatever veggies you like) and running some of it through the blender so they don't know what's in it.

With a creamy sauce, or a gravy, you can substitute whole wheat flour, but it has kind of a sweet, nutty flavor so you might balance that out in a savory dish by adding some caramelized onions and/or frozen peas...

Okay, that's it off the top of my head. My son's up...



QUESTION TIME:

CAN I FEED MY BABY HONEY?

Honey should not be fed to infants younger than 1 year old. Clostridium bacteria that cause infant botulism usually thrive in soil and dust. However, they can also contaminate certain foods — honey in particular. Infant botulism can cause muscle weakness, with signs like poor sucking, a weak cry, constipation, and an overall decreased muscle tone (floppiness). Also remember some crackers, yogurts and cereal may have honey added so make sure you know what your child is eating and that it's safe for your child.

PARENTS SHARE...



We all know a consistent bedtime routine should be the cornerstone of your family routine. Your child's development will benefit from a plenty of restful sleep, and it's also vital for Mom & Dad to have time to yourselves, so what are your Bedtime Routines?

Well, my son's two, and he's pretty agreeable so I just brush his teeth and sing him his ABC's. Lately we've been doing ABC flash cards before bed, too. You're more likely to remember something that you study right before bed because your brain more readily creates new synapses while you're sleeping, plus you don't forget it throughout the course of the day. That makes bedtime ideal for small lessons like these. **Misty USA**

After we've cattle-prodded them into the dungeon and tripled-locked the reinforced door, mine are usually ok for the night, I guess... It's all soundproofed down there so it's hard to say.. Now, two or three bedtime stories and then five year old goes to sleep in my bed but the three year old is usually ok in his own. I carry the older boy in later once he's asleep. **Justin Australia**

We usually have bath time around 7pm and then we get into some comfy pj's and read a book, a quick cuddle and night night. Thankfully we have a drama free bedtime routine. **Stacey USA**

After we read one of my son's favourite books we put the book away and turn the light off. Before leaving his room i give him a big hug and a kiss. **Mark UK**

Consistency is key, allowing children to rough-house or run around is not a good idea right before bed, most kids don't want to go to bed and we all know that some kids will get out of bed time after time and not getting angry is huge, just put your kids back into bed and kiss them goodnight and close the door. Let your kids choose what bedtime activity they want, i.e. book, favorite toy to sleep with "one that is a not an interactive toy" letting them pick out their favorite pj's etc. i found with these simple routines that bedtime is 90% of the time drama free.... **Maria USA**

DIAPER RASH...

Diaper rash is when the the skin is irritated and is often red, cracked and very painful to the baby. It can appear as small red spots and in severe cases, blisters appear and the skin becomes inflamed and sometimes infected. Most babies will have a diaper rash at some point. Prolonged exposure to urine and feces can irritate the skin and cause a diaper rash so make sure your baby is always clean and fresh so you can avoid a painful diaper rash. Breast-fed babies seem to experience less cases of diaper rashes than their bottle-fed counterparts, breast-fed babies tend to have stools of a smaller volume, which in turn are less irritating to the skin. An infant or young child with a diaper rash may be more irritable, and they may cry during a diaper change, especially when the skin in the diaper area is being cleaned or touched. To avoid a diaper rash change your babies diaper regularly, make sure to clean their skin gently and keeping it dry. Please avoid products that may irritate the skin or cause pain (such as wipes that contain alcohol), rinse your baby's bottom with warm water and a mild soap after each diaper change and air- or pat-dry the area thoroughly, like we already mentioned please try an avoid wipes with alcohol in them as they can dry out your baby's skin and cause irritation. Some experts suggest allowing your baby to go without diapers for several hours each day to give irritated skin a chance to dry and "breathe."

Many common non-prescription diaper rash products contain zinc oxide. In general, the more zinc oxide a product contains, the thicker the product will be. Zinc oxide in concentrations up to 40% is suitable for treating a diaper rash. Lower concentrations (i.e., below 15%) can be used daily to prevent diaper rash, a barrier cream will help reduce the skins contact with urine.

Make sure baby is happy, dry and clean..

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EAR INFECTIONS

After having an ear ache for a few days now i can only imagine how much it sucks to be an infant with no way to let Mom & Dad know what is going on, or a parent wondering why their baby is crying. The usual reason for an ear infection are colds as they cause the tubes that normally allow air to flow in and out of the middle ear to swell and become blocked, fluid builds up behind the eardrum, distending the sensitive tissue.

Some clues that your little one may have an issue with their ears is tugging at the ear, fussing while nursing or bottle-feeding. Older kids may complain of ear pain, "A dose of acetaminophen or ibuprofen and a bit of cuddling can get you through the night," your child should be checked over by their doctor (who can judge whether the infection is likely to be bacterial by how red and bulging the eardrum looks), there's no need to rush to emergency in the middle of the night unless everything you have tried does not ease their pain. Most ear infections don't require antibiotics: Approximately 80 percent clear up without medical treatment. Some doctors will wait two or three days and treat symptoms if they persist, be wary of a Doctor who is always happy to put your child on an antibiotic for every ache and pain.

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TEETHING

Babies Skin

And when you need to call the doctor

Not all baby skin problems are insignificant. Some rashes are caused by allergies; others may signal the onset of an illness. Consult with a doctor if:

- the rash looks infected and seems painful
- the rash is getting worse
- the rash is not improving with home treatment
- your baby seems ill or fretful
- they are running a fever that hasn't broke
- you feel worried about the rash

On average, babies begin teething at six months and finish by 30 months usually in this sequence:

- 6–8 months - 4 lower incisors
- 8–10 months - 4 upper incisors
- 12–15 months - first molars
- 20–24 months - upper and lower eye teeth
- 20–30 months - second molars

Cold and hard things like frozen wet washcloths, teething rings, an unopened ice pop, basically anything cold helps to numb tender gums, if your baby is OK with you putting your fingers in their mouth, rubbing their gums can be very soothing. Never tie a teething ring around a baby's neck — it could get caught on something and strangle the baby, also wipe your baby's face often with a cloth to remove the drool and prevent rashes from developing.



MY BABY HAS COLIC WHAT CAN I DO?

Taking care of your baby when they have colic can be truly exhausting and sometimes even though we don't like to admit it frustrating. Doctors still aren't sure exactly what causes colic, but trying these tips might make it easier on your baby — and on you. Some breastfeeding moms feel that colic improves when they change their own diet so you can also check into that.

- * play music to soothe them
- * walk or rock your baby
- * place them in a swing or take them for a ride in the car
- * burp them more often
- * place them across your lap while rubbing their back gently

BABIES TEETH

Good dental care for your children starts even before their first tooth comes in. You can run a damp washcloth over a baby's gums daily and this will help clear away harmful bacteria that may be in their mouth. Parents can brush their children's teeth as soon as they come in with an infant toothbrush, using water without toothpaste. A small pea sized amount of toothpaste may be used with supervision around age 2 or 3, when kids are able to spit it out.

RECOGNIZING DEHYDRATION

If your child has fever, diarrhea, or vomiting, or is sweating a lot on a hot day or during intense physical activity, you should watch for signs of dehydration, it doesn't have to be hot for you or your child to be dehydrated, prevention is always best so make sure your children are getting plenty of fluids when they're sick or physically active, your family should consume more fluids than they lose, signs of dehydration are...

A dry or sticky mouth, you as an adult know that feeling so watch out for your children showing these symptoms.

Eyes that look sunken into the head are a sign of dehydration.

The soft spot (fontanelle) on top of baby's head that looks sunken.

Lack of urine or wet diapers for 6 to 8 hours in an infant (or only a very small amount of dark yellow urine)

Lack of urine for 12 hours in an older child (or only a very small amount of dark yellow urine)

Fatigue or dizziness in an older child is also a sign to watch out for...



Neonatal Jaundice

Jaundice (yellowing of the skin) is a common, temporary and most often a harmless condition of a newborn baby (about 60 % of infants develop it). Normally it occurs at the age of two or three days, in case where the infant is healthy and full-term. Often this type of jaundice is mild and disappears itself. The symptoms are eased by sufficient feeding and good bowel movements. Also sunlight fastens the disappearance of bilirubin from the body.

Premature babies suffer more often from jaundice. In this case, the symptoms appear later and last usually longer.



REASONS BEHIND JAUNDICE

In most cases jaundice occurs because the liver is not yet developed fully. The yellow color is caused by bilirubin which is a breakdown product of hemoglobin. Newborn babies have a higher level of hemoglobin, which is also different of its consistency than during the later years. After the birth, red cells degrade and bilirubin is being released. If red cells degrade faster than normally, also more bilirubin is being released, and especially the liver of preterm babies cannot yet process the breakdown products. Normally, however, the liver eliminates it

from the blood circulation. This with newborns, bilirubin accrues into the blood until the liver starts to function better.

In some cases, breast milk is causing jaundice, as well. This type of jaundice appears at the age of ca. one week and may last over a month. It is, however, not dangerous.

Jaundice may also be caused by the difference between the blood types of the mother and the child. In this case, jaundice is often more visible and the baby suffers from the symptoms quickly after the birth.

HOW TO TREAT JAUNDICE

If necessary, a blood test will be taken of the baby. This blood test reveals the bilirubin concentration of the blood. If jaundice is very visible, blue light therapy may be needed. During this treatment the baby is held under a blue light lamp with his eyes covered. Usually the therapy lasts from one to three days, until the bilirubin levels have fallen.

Sometimes a more efficient and faster treatment is required if jaundice is very visible. This occurs mostly in the case where the blood types are different. In this procedure, exchange transfusion (of the blood) is carried out to remove the bilirubin from the baby's system. This is, however, rare.

If intense jaundice is not being treated, it will be harmful for the baby.

Source: Hospital District of Helsinki and Uusimaa

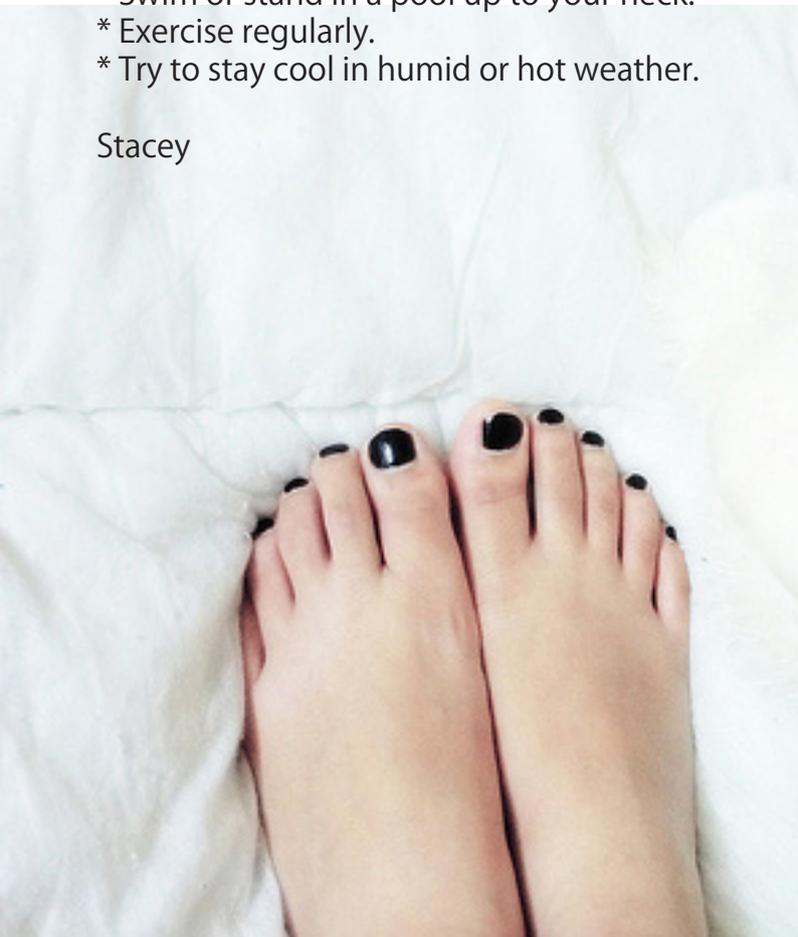


SWOLLEN ANKLES WHEN PREGNANT

To help reduce and/or prevent swollen ankles, give these tips a try...

- * Avoid standing for long periods of time, rest when you can..
- * Prop up your feet when sitting and avoid sitting with your legs crossed.
- * Stretch frequently when sitting for long periods, make sure you aren't stuck in the same position for too long, sitting for too long can be as bad as standing for too long.
- * Lie on your left side when sleeping if at all possible.
- * Put maternity support stockings (that go to your waist) on before getting out of bed in the morning. Not always easy but ask for help if you need it.
- * Drink plenty of water.
- * Swim or stand in a pool up to your neck.
- * Exercise regularly.
- * Try to stay cool in humid or hot weather.

Stacey



PREGNANCY TIP

When you are pregnant try to limit activities that could possibly raise your core temperature too much, including the use of saunas or hot tubs, taking long hot baths or showers, becoming overheated when outside in hot weather or when exercising. Make sure to drink plenty of cool liquids, and take a break from what you're doing so that you don't get too hot.



IS IT OK TO OCCASIONALLY DRINK ALCOHOL DURING PREGNANCY?

In my opinion no, although it may seem harmless to have a glass of wine at dinner or a mug of beer out with friends, no one has yet determined what's a "safe amount" of alcohol to drink during pregnancy, and with all the studies that have contradicting results i think it's best to avoid it all together. Alcohol is one of the most common known causes of mental and physical birth defects and can produce severe abnormalities in a developing fetus, so why would you put your baby at risk? you wouldn't give them wine or beer when they are newborns would you? So why do it when they are in the womb...



CUDDLING

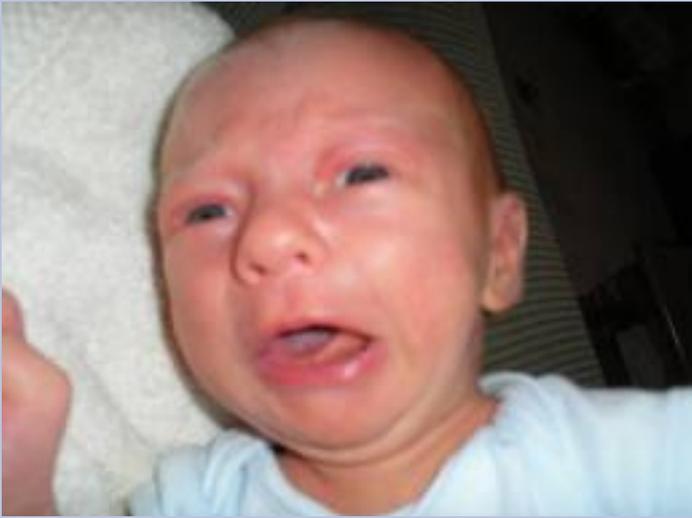
Most babies love to be held, rocked and cuddled. But other babies don't need as much. If your baby seems to need less cuddling, it doesn't mean that he doesn't like you. It may be the way your baby is made and part of what makes him a unique new person. Some very active babies don't like to slow down long enough to cuddle. Watch this kind of baby closely. Is there a time of day, maybe first thing in the morning, after naps, or at bedtime, when he slows down and is more ready to be held?

Other babies may be extra-sensitive to the surrounding world. Bright lights, loud noises, sudden changes, and holding can sometimes be too much. These babies are often jumpy. For this type of baby, try to reduce the stimulation level. Turn down the radio or TV, put a dimmer switch on the nursery light, and handle him gently.

Show love to him in other ways. Smile and make eye contact when you talk to him. Sing to him. Remember, all babies want and need to be held lovingly sometimes and not just when they are crying.

Sara

FEAR OF STRANGERS



Mixed up with a baby's fear of separation from you is a new fear or wariness of people he doesn't know well.

Sometimes your baby will just have a serious, watchful stare at new people. Other times, he will look at the new person, then look away a few times before warming up and smiling. and sometimes he may cry and try to get away from a new person.



Usually, your baby is afraid of what the stranger does rather than who that person is. Try to see things from your baby's point of view. You don't want a stranger hugging you; your baby doesn't like it either. So don't just hand him to someone he doesn't know well. Hold him while he gets to know the person. Have the new person smile, talk to him, and perhaps offer him a favorite toy.

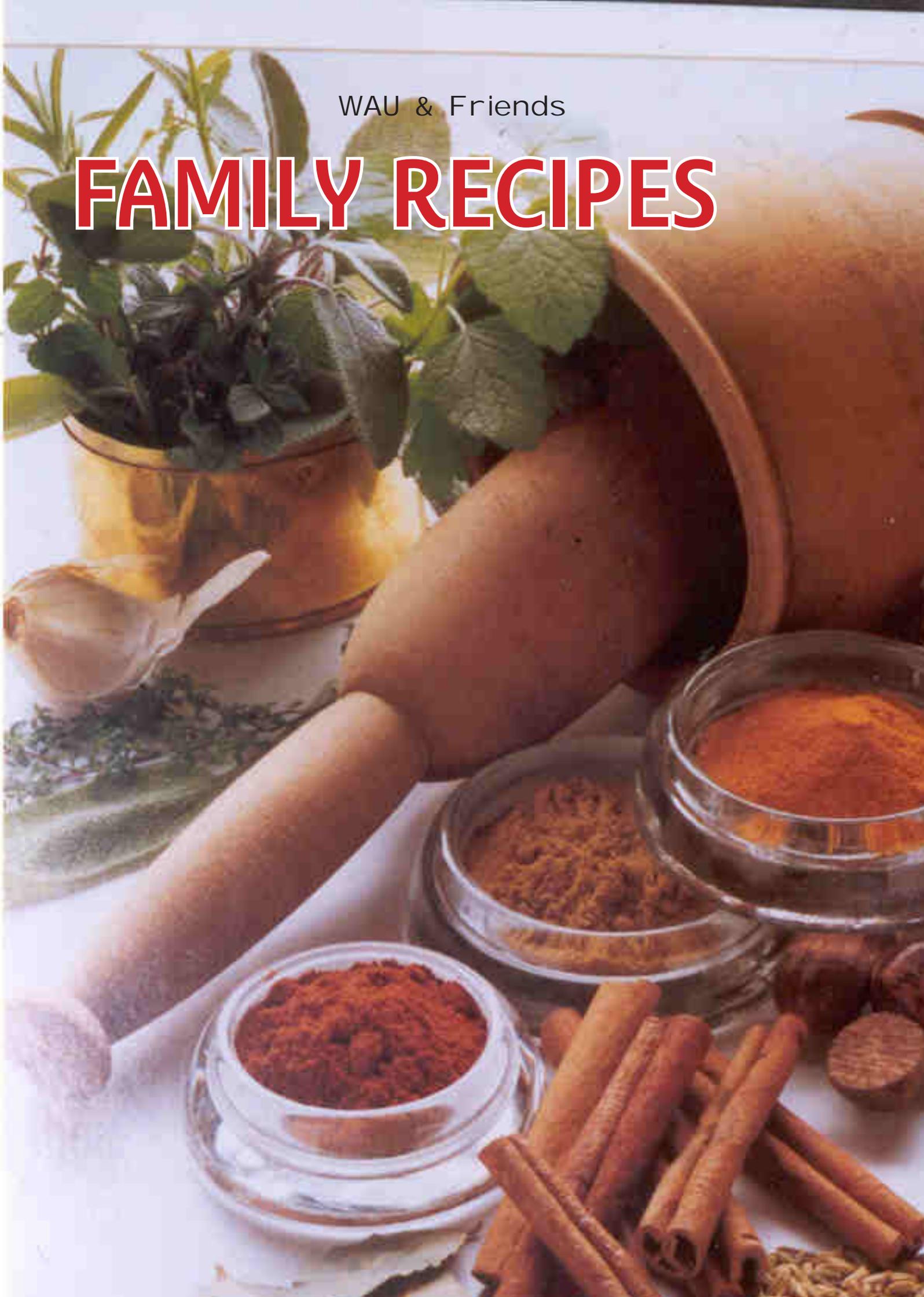


Let your baby make new friends at his own pace. Grandparents or friends may have a hard time understanding why your baby gets upset when they pick him up. Assure them that it will be worth the effort to get acquainted slowly.

Sara

WAU & Friends

FAMILY RECIPES





STEAK, MUSHROOM AND CHEESE PIE

By Talena

800 grams Diced beef
25 grams Seasoned flour
1 Onion: diced
125 grams Mushrooms; (optional)
2 cloves crushed garlic
1 x 420gram tin of Tomato soup
150 ml Beef Stock
150 ml Beer
1 Bay leaf
1 cup grated tasty cheese
Milk to glaze
Pastry

PREPARATION

Heat oil in a large saucepan and sauté the garlic, onion and mushrooms for 1 minute. Meanwhile toss the beef through the seasoned flour, then add to the oil, cook for 2-3 minutes until lightly browned, then add the soup, stock, beer and bayleaf. Stir and simmer for 1.5 hours, stirring occasionally. When cooked & thick in consistency, spoon into pie dish and top with cheese. Cover with pastry, decorate with surplus pastry and brush with milk. Bake at 200 C for 40 minutes until golden.



Tina's Applesauce..

I used 5 Qts. of apples (3 (2#) bags of Macintosh & 1 (3#) bag of Golden delicious.

Peel & core the apples. Chop small. Put into 5 qt kettle with 2 cups of water.

Bring water to boil and turn down to med-low. Stir about every 5 minutes or so... until apples are cooked down.

Once cooked down to consistency you like add 1C. white sugar & 1/2 C. brown sugar & stir until dissolved.

Easy as apple pie.

FYI, for a less chunky applesauce use only the macs or Jonathans. The goldens give you a chunky applesauce, which is what I prefer.



Tina's Miracle Whip cake with a coco glaze

Cake Mixture ...

1 C. Sugar
1/4 C. Cocoa Powder (sifted)
1/2 tsp. Salt
1 C. Cold Water
2 C. Flour
...2 tsp. Baking Soda
1 C. Miracle Whip

1. Sift all dry ingredients together
2. Add miracle Whip and cold water; beat well
3. Pour into 9x13" pan & bake for 20-30 minutes @ 350F

Coco glaze..

1 C. Powdered sugar (sifted)
1 1/2 Tbsp. Cocoa Powder (sifted)
1 Tbsp. Butter (melted)
...Milk

Mix first 3 ingredients together. Add milk until frosting becomes desired glaze consistency.

I use a Bundt pan; cook time 30-35 minutes in that one



TRIPLE **CHOCOLATE** COOKIES

Ingredients

1 3/4 cups all-purpose flour
1/2 cup Baking Cocoa
1 teaspoon baking soda
2 cups (12-oz. pkg.) Semi-Sweet Chocolate Morsels, divided
1/3 cup butter or margarine, cut into pieces
1 can (14 oz.) Sweetened Condensed Milk
1 large egg
1 teaspoon vanilla extract
1/2 cup chopped nuts

Directions

PREHEAT oven to 350° F. Lightly grease baking sheets.

COMBINE flour, cocoa and baking soda in medium bowl. Melt 1 cup morsels and butter in large, heavy-duty saucepan over lowest possible heat, stirring until smooth. Remove from heat. Stir in sweetened condensed milk, egg and vanilla extract; mix well. Stir in flour mixture. Stir in nuts and remaining morsels (dough will be soft). Drop dough by rounded tablespoon onto lightly greased baking sheets.

BAKE for 8 to 10 minutes or until edges are set but centers are still slightly soft. Cool on baking sheets for 2 minutes; remove to wire rack to cool completely. Makes about 3 1/2 dozen.

BARMBRACK / BÁIRÍN BREAC

(IRISH FRUIT BREAD)

Barmbrack is a tea bread popular in Ireland, especially around Halloween and to be honest i never had it anytime other than for Halloween. I like mine plain with no butter or jam and when i want to fancy it up i will use some raspberry jam. BarmBrack traditionally contained various objects baked into the bread and was used as a sort of fortune-telling game. In the barmbrack were: a pea, a stick, a piece of cloth, a small coin (originally a silver sixpence) and a ring. Each item, when received in the slice, was supposed to carry a meaning to the person concerned: the pea, the person would not marry that year; the stick, "to beat one's wife with", would have an unhappy marriage or continually be in disputes; the cloth or rag, would have bad luck or be poor; the coin, would enjoy good fortune or be rich; and the ring, would be wed within the year. Other articles added to the brack include a medallion, usually of the Virgin Mary to symbolise going into the priesthood or to the Nuns, although this tradition is not widely continued in the present day. Commercially produced barmbracks for the Halloween market still include a toy ring that looks like a wedding band, i know my sister and I would get jealous if the other one got the ring. I'm glad we don't now put all these items in our Báirín Breac i think I'd be kinda upset if i got the stick lol

INGREDIENTS

- * 3 cups flour
- * 1 teaspoon grated nutmeg
- * 1 teaspoon allspice
- * 1/2 teaspoon salt
- * 1/4 cup butter (1/2 stick) cut in pea-sized pieces
- * 2 tablespoons free-flowing brown sugar
- * 3/4 ounce active dried yeast (3 packets)
- * 1 1/4 cups milk
- * 2 eggs, beaten
- * 1/2 cup sultanas
- * 1/2 cup raisins
- * 1 cup currants
- * 1 cup candied mixed peel (optional i don't like using it)
- * 1 small egg, beaten, for glazing

In a medium bowl, sift together flour, nutmeg, allspice and salt. Using fingers or a pastry cutter, work in butter. Do not expect mixture to form a mealy texture. Stir in all but 1 teaspoon sugar.

In a medium bowl, mix together sugar and yeast. Heat milk until it is warm (110°). Whisk into yeast and sugar combination. Let cool slightly. Stir in eggs. Mix well and add to dry ingredients.

Stir in sultanas, raisins, currants and peel. Mix well. Turn mixture onto a floured work surface and knead about 3 - 5 minutes, or until dough is elastic.

Place dough in greased 8 inch round cake pan. Cover with cloth and put in warm, draft-free place to rise, about 1 to 1 1/2 hours.

Preheat oven to 400° F.

Brush top of bread with egg. Bake in preheated 400°F oven for about 40 - 50 minutes, or until a tester comes out clean.

WAU Ireland





Italian **ORANGE** semolina cake

1 C semolina
1 C almond meal
1 teaspoon baking powder
1 C caster sugar
3/4 C light olive oil
finely grated zest of 2 oranges and a lemon
1/3 C fresh orange juice
2 tablespoons lemon juice
3 eggs

*Preheat oven to 160c. Lightly grease a square cake pan.

*In a medium bowl, combine smolina, almond meal and baking powder. In a large bowl combine sugar, oil, orange and lemon zest, juice and eggs. Beat with electric mixer untill pale. Fold in semolina mixture. Spoon into prepared pan and bake for 50-55 mins.

*Poke a few holes in the cake with a toothpick and pour over orange syrup and allow to stand for 5 mins, serve warm with double thick cream and orange segments or slices.

ORANGE SYRUP- combine 3/4 C water (or OJ) in a saucepan with 1/2 C sugar, stir untill dissolved. Simmer for 5mins, add shredded rind of an orange, simmer for a further 5mins

This is a realllly easy yummmmy cake to make and my whole family loves it why i dont have a picture to go with it because they all scoff it down before i get a chance to take one.

HALLOWEEN



HALLOWEEN FOOD TIPS...

Some of my favorite things to make for Halloween foods are mummies and squid out of hot dogs. You wrap the dogs with strips of crescent roll dough and poke eyes with a tooth pick and bake. The kids love them. Squid are easy too, use scissors to cut the dogs halfway up in several sections poke eyes and drop in boiling water. The legs naturally curl. I also like to make "monster joes". They are just regular sloppy joes with a roasted red pepper tongue and green olive eyes stuck to the bun with tooth picks.



Healthy Teeth Tip :

The worst time to give your child candy is right before bed, the average child will eat 3 cups of sugar via Halloween candy.

PUMPKIN TIP

We just carved our pumpkins and since its early I rubbed petroleum jelly on the cut parts to keep the oxygen from rotting them too quick.

Spring

HALLOWEEN CANDY TIPS

Feed your children before they go out to discourage them stuffing their faces with candy while out trick or treating..

Tell your children about the Halloween Pumpkin Helpers who will come by and leave a toy in place of the bag of candy if they leave some out that night.

Toss out the most brightly coloured candy, colours mean additives so avoid them.

Let your children know ahead of time the limit on the amount of candy they can eat on Halloween.

Remind your children that if they don't eat it all now, they will have more for later. Encourage sharing the candy with friends. Not only does it reduce the amount of candy in your house, it also enforces sharing which is never a bad thing, or they can make Halloween care packages for a sick friend or elderly neighbour.



HOW TO CARVE A JACK O LANTERN

First off decide on a design that you would like to carve into your pumpkin. Doing this first will give you an idea of what you need as well as an idea of the size of pumpkin needed. You need to pick a pumpkin that will suit the design in mind..

When you go to pick out your pumpkin pick the nicest and healthiest looking pumpkin you can find. You'll want to pick the one without bruises, nicks, and cuts. Make sure your pumpkin is ripe as well. Another thing to make sure of is that your pumpkin has a long stem. This will become the handle to your lid. If you want to, you can also wash the pumpkin off so that it is clean and stays healthy longer.

We put down newspaper down on a flat surface so as not to get your workspace messy and it also makes for an easier clean-up. Measure 2-5 inches down from the stem, this will be where you will cut around, making your lid. After you have cut your lid, remove it. On the underside, scrape off excess gunk, making the surface smooth then start scooping the pumpkin guts out "the best part" make sure you get out as much as possible, also make sure the bottom is flat so that if you are putting a candle inside it will stand up..

Once all the scooping is done start to trace your design on the pumpkin with a marker that is washable so it comes off easily once you are done. After you have your design on the front of your pumpkin and are happy with it, begin to cut the shapes with a sharp knife or carving tool..Once you have all the pieces cut out you should now see your design start to form.

Last place your candle or an LED (battery operated light) in your pumpkin and watch it glow. You'll want to leave your pumpkin outside in the cool air, which also extends the life span of your pumpkin.

Vicky WAU

HALLOWEEN COSTUMES

sexualizing our Daughters.

As an Australian we don't really celebrate Halloween here, not to the extent that the Americans do, but this year we have been invited to a friends' 40th birthday party & she is having it as a Halloween party. So I find myself for the first time looking into Halloween costumes and saw there was a program on TV where a woman was talking about going to buy Halloween costumes for her 11yr old daughter & 8 yr old son, so with interest I watched. This lady went into a store in a major shopping centre, which had candies out the front to encourage children and the stores entire client base was mothers & their children. All the costumes were thrown in together and whilst the boys had fun costumes such as Toy Story characters, Shrek and the likes, this mother was appalled to find that all that was available for young girls were costumes such as Major Flirty, an army dress aimed at 6yr olds & dresses that were provocatively short and suggestive. All the female adult costumes were Playboy ones. She was horrified and disgusted to find mixed in with all the other costumes one portraying bestiality and even more horrified when her 8yr old son asked her "What is that man doing to that sheep, Mummy?" So as any concerned parent would do she approached the store manager, (the only woman working in the store who wasn't dressed in a Playboy costume) and asked how they thought that these costumes were appropriate for children or appropriate to have displayed amongst children's ones. Well in answer to her question the mother was told to leave the store and security was called.

Why is it that a 6yr old needs to be portrayed as a sex object & what is wrong with parents that they accept this and dress their children in this way, whatever happened to our little girls being allowed to be innocent little girls, why do they need to be sexualized. How did one of our ancient Pagan festivals and the custom of wearing costumes and masks, in an attempt to copy the spirits and placate them turn into the sexualising of our daughters? So now I go with much trepidation in the search of suitable Halloween costumes for myself and my daughter....

Talena Australia





PUMPKIN Cake recipe

By Maria

PUMPKIN CAKE WITH CREAM CHEESE FROSTING

Cook time: 40 minutes

Ingredients:

2 cups sugar
1 cup vegetable oil
4 large eggs
2 cups all-purpose flour
2 teaspoons baking soda
2 teaspoons ground cinnamon
1/2 teaspoon ground ginger
1 teaspoon baking powder
1/2 teaspoon salt
2 cups pumpkin puree or cooked mashed pumpkin
cream cheese frosting (see recipe below)
1/2 cup chopped pecans

Preparation:

Directions for pumpkin cake Combine sugar, vegetable oil, and eggs in a large mixing bowl; mix well. Sift

dry ingredients into a separate bowl; stir into oil mixture, beating well. Stir in pumpkin puree.

Pour batter into two greased and floured 9-inch round layer cake pans. Bake at 350° for 35 to 40 minutes. Turn out onto racks to cool. Frost pumpkin cake with cream cheese frosting and sprinkle with chopped pecans.

Cream Cheese Frosting:

1/4 cup butter
1 package (8 ounces) cream cheese, room temperature
1 pound confectioners' sugar, sifted
2 teaspoons vanilla extract

Combine all ingredients in large mixing bowl; beat well until smooth. Makes enough for 2-layer pumpkin cake.



Cool Creepy Halloween Items to Add to Your Favourite Punch

- dry ice
- frozen grapes
- ice cubes in Halloween shapes
- plastic eyeballs
- plastic spiders
- gummy worms

Bloody Vampire **PUNCH**

- 1 quart or litre of cranberry juice
- 1 litre of 7-Up or Sprite
- 1 package of frozen strawberries in syrup, thawed
- Grenadine (pomegranate syrup)

Place strawberries in punch bowl. Add cranberry juice. Stir. Pour in 7-Up or Sprite. Pour in grenadine. Do not stir. The grenadine looks like blood! It looks so good and also tastes great..

Sewer Water Halloween Punch

If you want to serve an alcoholic punch for your Halloween party, this recipe creates a gross-looking punch worthy of its name and it tastes yummy..

- 1 bottle (700mL) vodka or vanilla vodka
- 7 cups fresh orange juice with pulp
- 1.5 liters Dr. Pepper

Ice

Combine all ingredients except ice. Fill a separate container or ice bucket with ice. Fill each punch glass with ice before serving. You can use a lemon wedge as garnish if you like.

HALLOWEEN SLIME

I learned how to make this awesome "slime" polymer with glue today. I thought it might be appropriate for Halloween parties. The texture is kinda like that "slime" Nickelodeon used to sell. Anyway, here it is...

YOU WILL NEED:

Elmer's school glue
20 Mule Team Borax
Water
Food Coloring

Plastic baggies and/ or plastic cups and spoons.
Also, 2 water bottles work well for the following two solutions:

IN ONE BOTTLE:

One cup Elmer's school glue and One cup water in one bottle... Shake well.

In another bottle, mix 1 cup water and 1 table-spoon borax. You want total saturation, so it's good if there is a little settled on the bottom of the bottle. To this, add a few drops of food coloring.

Pour some of the glue mixture into a plastic baggie or cup, then add some of the borax solution so that your final product is about 1 part Borax mix- 3 parts glue mix. You don't have to be terribly exact. Stir/ squish around and there's your slime! Awesome, huh? It's not sticky at all and it's as cheap as you could want. Should keep the kids busy for at least an hour.

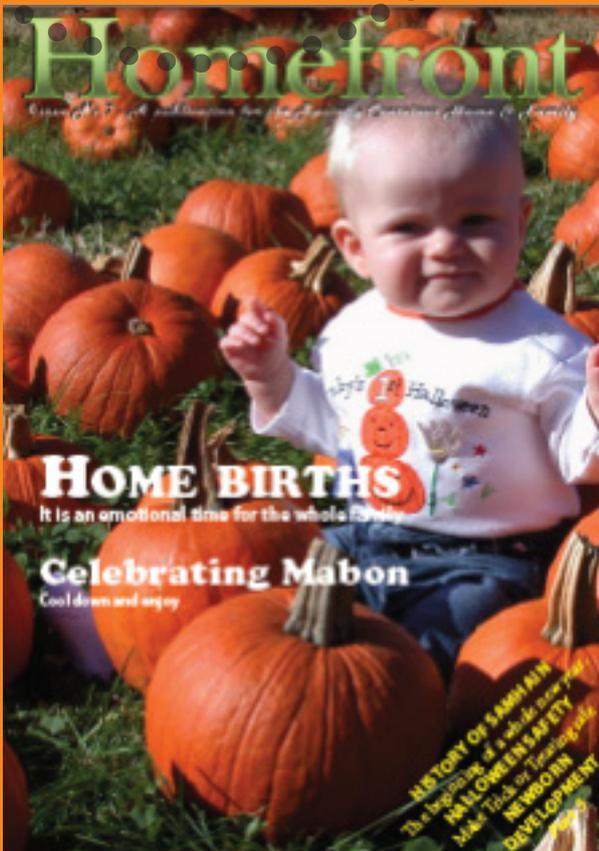
Misty



Past HALLOWEEN ISSUES

ISSUE NO 9 – AUTUMN 2009
File Size: 10Mb

Featured Contents:
Why is folic acid so important?
How to relieve menstrual pain
How to Get Rid of Head Lice
Tips To Avoid Food Poisoning
The Risks of Smoking During Pregnancy
What do you know about HPV?
Fruits and nuts snacking
Having a pet



ISSUE NO 4 – AUTUMN – 2007

Featured Contents:
The right chores for your child
History of "Jack O Lanterns"
"Burn fat or build muscle?"
Home births
Secondhand smoke
Encouragement drives ambition
Getting your baby dressed
History of Samhain

Download at Homefrontpublications.org

Made me think...

I had a conversation while at Hammerfest with a brother about part time racialists, internet nazis, basement comrades, and we laughed as we chatted back and forth but it is a truly sad state of affairs. We talked about brothers that we have seen come and go within the so called "movement".

The conversation went to "remember back when we....." and the old stories are revisited as they often are when old friends get together. But, he made a statement that has stuck in my head for over a week "We all like to tell our stories from years ago, but where are the stories from yesterday or last week?" It rang so true, and we all do it, it is fun sometime to tell the war stories- most of the time it is reliving a moment when a true bond was formed, or you stood up to the enemy, brought that young brother into the fold, or did something to show your desire to stand above the rest and fight for the survival of Our Race!! But, how did we make a difference last week or yesterday? So, I challenged myself in 4 areas within my personal life to live first and foremost as a proud Aryan:

The true racist strives to maintain the high moral characteristics that have been maintained by his ancestors throughout history. These moral characteristics include but are not limited to the following:

1) SACRIFICE: A true racist strives to maintain the high moral characteristics and virtues of his ancestors by putting his God and his race first. He makes necessary sacrifices and adjustments for the advancement of his people. Selfishness is his greatest enemy. He does not act out in any manner which would jeopardize his cause. He never hesitates to do something positive for the movement when asked and it is in his ability to do so.

2) DISCIPLINE: Self control and discipline are necessary characteristics for a true racist. He is the master of his emotions and does not allow his emotions to control him. He strives at all times to carry himself in a manner which reflects pride and genetic superiority.

3) EDUCATION: A true racist constantly strives to

educate himself and others around him. He has the political, religious, and historical knowledge to represent his beliefs. He trains himself in tactical skills, military, culture and all other knowledge that will maximize his potential. He spends less time with activities that have no value to himself, his family or his kindred.

4) FAMILY ABUSE/NEGLECT: A true racist fully understands that the women and children are the future of his race. He lives and breathes the fourteen words, which are: "We must secure the existence of our people and a future for white children." He treats all women and children with love and respect and provides for his own family. He will defend the health, virtue, and prosperity of women and children at all costs.

We are better than the enemies of our people, and we must prove that each and every day!!!

Stevetats - Crew38 Florida



FEMINISM

It seems obvious for most women to sooner or later raise a family with their life partner. Yet still it is so for many, strangely enough, that it is not as obvious to take care of your children then afterwards. One of the most frequently used arguments from both men and women is that they want to make career, or put into more nicely words: to gain a secure economy before you start a family.

For a long time the feminists have put a big effort into gaining social status and a nice employment with a big paycheck by the side of their family. I guess their wish is that the men should be at home with their children while they are being busy climbing their career ladder. What they have missed out disastrously is the fact that when you are putting a new life into this world, you are no longer able to put yours first anymore.

How can money and "status" be valued higher than the upbringing of your own child? "By the side of the pure bodily the woman should during the pregnancy think of the child she carries and make herself worthy the motherhood pure spiritually" (Alette Béen, Vårt hems barnavård, The Child Welfare of our Home, 1927).

OECD's (Organisation for Economic Cooperation and Development) statistic yearbook of 2005 gives you a terrifying picture of how something that has been so obvious in former times—to stay at home with your children, has changed markedly so that nowadays it is only for a lucky few. It shows that in the year of 2003 almost 73% of the Swedish women were working, which puts Sweden at the world top along with Norway.

The career ladder has no end. You frequently put up higher goals to break the former one. No shit, Sherlock, that you get burned out when you have two fulltime jobs. Your child's upbringing has to be seen as an important role and not as a sacrifice!

In a study of Magnus Henreksson's, he is establishing that parents with small children and each of their career is heavily torn between two jobs, the work at home and the children, which leads to even more break-ups and divorces. The work at home takes at least 70 hours a week for one family. When a 40-hour working week is added to this, there is very little time left for the relationship, he says (Folkets Nyheter, #3/2004).

Our world is now ruling in a decadent epoch where lack of commitment leads to catastrophe, obviously when, on this issue for example, feminist race-traitor politicians wants to introduce male taxes and form a feminist party in Sweden. I guess they won't give in until every family is shattered and the entire world is ruled by lesbian-girl-power-macho-broads!

But the hope is yet not doomed, for WE have our pride and honour, which they cannot take from us! WE are not, unlike them, in need of bringing on some sort of victim mentality to suffocate any inferiority complexes!

We have the power to form our own destiny, and we will win!

United we stand, Divided we fall. Give in never, Victory forever!

Kicki

Originally appeared in WAU's Zine Morrigan Rising..

KEEP YOUR COMPUTER SAFE

Keep your system up to date. And make sure any protection software automatically updates, the latest versions ensure viruses can't obtain your personal information and corrupt your files.

Stay away from file sharing software, such as limewire and bittorrent, i personally have had viruses from files downloaded from both sites..

Don't click on attachments or links in emails you weren't expecting.

Back up all important files and emails. If you think your computer has been compromised install an anti malware program.

Vicky WAU



From the Family of Bruce Carroll Pierce

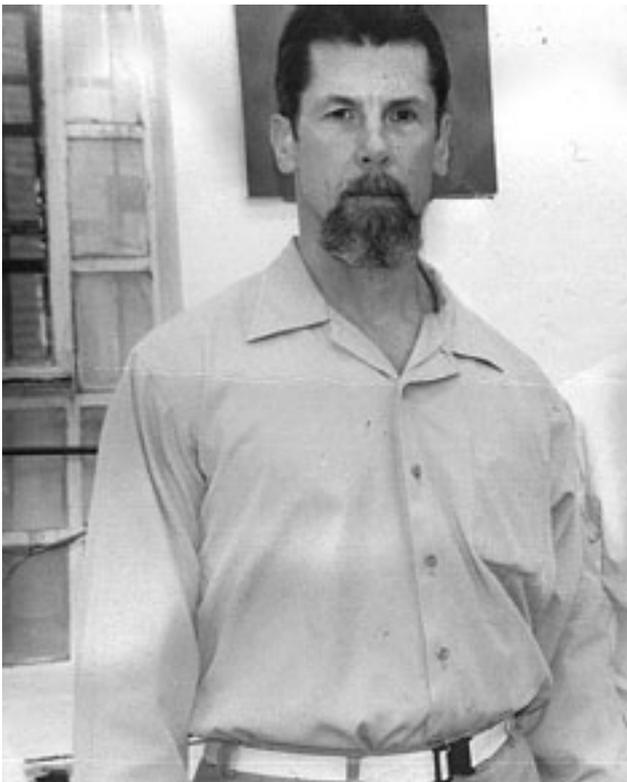
Hello Vicky and others at FTO!

After arriving here in Montana and having a chance to make plans with the rest of the family we are going to Plains Mt. this coming Monday 9-20-10 to spread dad's ashes on the land where he built the cabin and where we called home when we were all still together. We are planning on leaving around 9am to arrive there and have a small family ceremony around 11am.

My family and I are so very grateful for all the support and wonderful comments that have been made on dad's behalf posted on Free the Order from so many people around the world. It has helped so much with our grieving knowing he had touched and had influence on so many of our people.

Thank you Vicky again for everything you had done and the other's with FTO for dad, I know how proud the site made him knowing it helped with himself and fellow members.

God Bless everyone and thank you again!
Jeremy C. Pierce



COMING SOON

MORRIGAN RISING
- Jan 1st -

Will do a year in review for WAU, with interviews, news, articles etc. it will be free and people can download from the site...

CONGRATULATIONS

Congratulations to NordicHeathenVinlander and family on the birth of their second child Alaric little brother to Sister Sarah..

Congratulations to MrsBadger88 and family on the birth of their son Warrick Douglas..

Congratulations to Fredrick Bakke from Norway & Carol on their pregnancy, we wish you both the best with the upcoming birth of your first child together.



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