



DOWNLOAD



## Vinegar and Oil: More Than 1001 Natural Remedies, Home Cures, Tips, Household Hints and Tempting Recipes (Hardback)

---

By Bridget Jones

Anness Publishing, United Kingdom, 2010. Hardback. Book Condition: New. 298 x 234 mm.

Language: English . Brand New Book. The first half of this volume covers the history, folklore and science of vinegar before moving on to a thorough guide to its many varieties. Find out how to treat many ailments and how to care for your skin and hair before learning how to mix your own natural pesticides, limescale removers and furniture restorers. Blend relishes and vinaigrettes and whip up salads and pasta dishes with 60 simple recipes. The second section looks at the history and traditions surrounding oil and its production. Read about over twenty types of oil, then see how it can act as a massage aid, protect against cardiovascular disease and cancer, treat dry skin and hair, polish furniture and fix creaky hinges. In the kitchen, find out how to make use of the many types of oil in a variety of culinary techniques and recipes.



READ ONLINE

[ 9.5 MB ]

### Reviews

*A whole new e book with a new perspective. I could comprehend almost everything using this written ebook. I am very happy to inform you that here is the greatest ebook i have read in my very own life and may be the best publication for ever.*

-- **Dee Halvorson**

*Totally among the best publication I have ever go through. This really is for all those who state that there had not been a well worth studying. I am just very happy to let you know that this is actually the very best pdf we have go through inside my very own daily life and could be the very best ebook for actually.*

-- **Miss Audra Moen**