

THE LOST WAYS

TABLE OF CONTENTS

| | |
|--|-----------|
| DISCLAIMER | 4 |
| TABLE OF CONTENTS | 6 |
| THE MOST IMPORTANT THING | 19 |
| HOW THE EARLY PIONEERS BUILT THE SELF- FEEDING FIRE | 24 |
| What You'll Need..... | 26 |
| How to Build the Self-Feeding Fire Fast..... | 26 |
| Tips..... | 29 |
| THE SURVIVAL FOOD OF THE U.S. CIVIL WAR - HOW TO MAKE HARDTACK BISCUITS | 30 |
| Ingredients | 34 |
| Hardware..... | 34 |
| LOST PIONEER RECIPES FROM THE 18TH CENTURY | 43 |
| Mud Apples | 43 |
| Gorge Pasta | 44 |
| Hot Water Cornbread..... | 44 |
| Sweet Potatoes in Cream and Butter | 45 |
| Scrambled Egg, Asparagus and Bread Dinner | 46 |

THE LOST WAYS

| | |
|---|----|
| 1875 Cottage Cheese..... | 46 |
| Blue-Flower Featherbed | 47 |
| Side Pork and Mormon Gravy | 47 |
| Cooked Cabbage Salad | 48 |
| Corned Beef | 48 |
| Soda Biscuits | 49 |
| Skillet Trout | 50 |
| Lemon Pie Filling..... | 50 |
| Winter Red Flannel Hash | 51 |
| Mormon Johnnycake | 51 |
| Fried Apples..... | 52 |
| Spotted Pup | 52 |
| Oatmeal Pancakes | 52 |
| Spider Corn Bread..... | 53 |
| Potato Pancakes | 53 |
| Bean Soup..... | 54 |
| Pepper and Eggs | 54 |
| Bean Sausage..... | 55 |
| Poor man’s Meal..... | 55 |
| Dumplings..... | 56 |
| Beans & Ham Hocks..... | 56 |
| Glazed Turnips | 57 |
| Milk Toast | 57 |
| Cinnamon Sugar Toast..... | 58 |
| Cornmeal Mush | 58 |
| Elk Backstrap with Spiced Plum Sauce..... | 59 |
| Vinegar Lemonade..... | 60 |

HOW NORTH AMERICAN INDIANS AND EARLY PIONEERS MADE Pemmican.....61

Nutritional Qualities 63

THE LOST WAYS

| | |
|---------------------------------|-----------|
| Directions | 65 |
| Ingredients: | 65 |
| 1. Rendering the Fat | 65 |
| 2. Dried Meat Preparation | 72 |

| | |
|----------------------------------|-----------|
| How Much Do I Need? | 79 |
|----------------------------------|-----------|

HOW THE SHERIFFS FROM THE FRONTIERS DEFENDED THEIR VILLAGES AND TOWNS81

| | |
|--------------------------------|-----------|
| Crime in the West | 84 |
|--------------------------------|-----------|

| | |
|------------------------|-----------|
| Equipment | 86 |
|------------------------|-----------|

| | |
|---------------------------|-----------|
| Organization | 90 |
|---------------------------|-----------|

| | |
|--------------------------|-----------|
| The Sheriff | 91 |
|--------------------------|-----------|

| | |
|------------------------------|-----------|
| Deputy Sheriffs | 92 |
|------------------------------|-----------|

| | |
|--------------------|-----------|
| Posses..... | 93 |
|--------------------|-----------|

| | |
|-------------------------------------|-----------|
| Bringing it up to date | 94 |
|-------------------------------------|-----------|

| | |
|------------------------------|-----------|
| Showing the Flag..... | 97 |
|------------------------------|-----------|

| | |
|------------------------------|------------|
| Raising a posse | 100 |
|------------------------------|------------|

MAKING YOUR OWN BEVERAGES: 103

BEER TO STRONGER STUFF 103

| | |
|---|------------|
| Making Beer – Basic Recipe | 105 |
|---|------------|

THE LOST WAYS

| | |
|--|------------|
| Ingredients..... | 105 |
| Creating the Malt: Malted Barley | 106 |
| Making the Yeast | 107 |
| A Word on Hops | 108 |
| Making the Beer | 108 |
| | |
| A Bit of the Stronger Stuff:..... | 110 |
| | |
| Distilling your Own ‘Moonshine’ | 110 |
| Making a Still | 110 |
| An Alembic Still | 111 |
| A Homemade Still | 113 |
| A Schematic of a Homemade Still..... | 115 |
| | |
| SPYCRAFT | 117 |
| | |
| MILITARY CORRESPONDENCE DURING THE 1700S TO 1900S..... | 117 |
| Rectal Acorn, Silver Ball, and Quill Letters..... | 118 |
| Invisible Ink..... | 120 |
| Mask Letters | 123 |
| | |
| WILD WEST GUNS FOR SHTF AND A GUIDE TO ROLLING YOUR OWN AMMO..... | 127 |
| Modern Firearms | 127 |
| Handguns..... | 128 |
| Rifles | 129 |
| Ammunition..... | 130 |
| | |
| Reloading Components | 132 |
| The Cartridge Case..... | 133 |
| Processing Brass Cartridge Cases | 134 |

THE LOST WAYS

| | |
|--|------------|
| Primer Pocket | 135 |
| Bullets and Projectiles | 136 |
| The Cast Lead Bullet | 137 |
| Casting Bullets | 138 |
| The Bullet Mold | 138 |
| The Lead Melting Pot | 139 |
| The Ladle | 140 |
| The Melting Process | 140 |
| The Casting Process..... | 141 |
| Swaging Bullets | 142 |
| Machining Bullets..... | 144 |
| The Final Word on Lead Bullets..... | 144 |
| Powder | 145 |
| Black Powder | 145 |
| Smokeless Powder | 145 |
| Primers | 146 |
| Primer Size..... | 146 |
| Reloading Equipment..... | 147 |
| The Lee Loader | 148 |
| The Single Stage Press..... | 148 |
| The Progressive Press..... | 149 |
| Reloading Dies..... | 150 |
| Reloading Bench..... | 151 |
| The Tumbler | 151 |
| The Powder Scale | 152 |
| Manuals..... | 153 |
| Storage of Ammunition and Components..... | 153 |
| How Much Ammunition is Enough?..... | 154 |
| Recycling..... | 155 |

THE LOST WAYS

Work Practices 156

HOW OUR ANCESTORS MADE HERBAL POULTICE TO HEAL THEIR WOUNDS 158

What is a Poultice? 159

A Few Poultice Recipes 162

Cataplasma Aromaticum 162
Soothing Poultice: 163
For Stomach Aches: 163
A Mustard Poultice 164
A Native American Recipe to Treat an Abscess: 164
A Word of Warning from The Past 165

WHAT OUR ANCESTORS WERE FORAGING FOR OR HOW TO WILDCRAFT YOUR TABLE 166

Arrowhead (Sagittaria Latifolia)..... 167
Asparagus (Asparagus Officinalis)..... 168
Bulrush (Scirpus acutus, Scirpus validus)..... 170
Cattails (Typha Latifolia, Typha angustifolia)..... 171
Chickweed, Common 173
Chicory (Cichorium Intybus)..... 174
Cleavers 176
Dandelion (Taraxacum Officinale) 177
Henbit (Lamium Amplexicaule) 178
Lady's Thumb (Polygonum persicaria) 179
Lambs Quarters (Chenopodium album, Chenopodium
berlanieri) 180
Mint (Mentha piperita, Mentha spicata)..... 182
Mulberry (Morus alba, Morus rubra) 183
Mustard, Black (Brassica Nigra) 184

THE LOST WAYS

| | |
|---|-----|
| Peppergrass (Lapidium Virginicum) | 186 |
| Pigweed (Amaranthus Retroflexus, Amaranthus Hybridus) | 187 |
| Plantain (Plantago major, Plantago minor) | 188 |
| Pennycress, Field (Thlaspi Arvense) | 189 |
| Prickly Lettuce | 191 |
| Purslane (Portulaca Oleracea)..... | 192 |
| Quickweed (Galinsoga Parviflora) | 193 |
| Reed Grass (Phragmites communis)..... | 194 |
| Shepherds Purse (Capsella Bursa-pastoris) | 195 |
| Sour Dock (Rumex crispus)..... | 197 |
| Storksbill (Erodium Cicutarium) | 198 |
| Watercress (Nasturtium Officinale) | 199 |

HOW OUR ANCESTORS NAVIGATED WITHOUT USING A GPS SYSTEM 201

| | |
|---|-----|
| Shadow Tip Method | 201 |
| Watch Method | 203 |
| Using the Stars | 203 |
| Letting the Sun Guide You | 206 |
| Letting the Moon Guide You at Night | 207 |
| Moss and Other Vegetation | 207 |
| Making a Compass | 208 |

HOW OUR FOREFATHERS MADE KNIVES..... 210

| | |
|------------------------------------|------------|
| Forging a Knife Blank | 211 |
| Forging the Blade | 212 |
| Forging the Tang..... | 213 |
| Grinding the Blade | 214 |
| Hardening the Blade | 215 |

THE LOST WAYS

Making the Handle 218

To Make Your Own Knife 219

HOW NORTH CALIFORNIA NATIVE AMERICANS BUILD THEIR SEMI-SUBTERRANEAN ROUNDHOUSE..... 222

Building the Semi-subterranean Roundhouse..... 226

Supporting Poles:..... 227

Roof Construction:..... 228

Roundhouse Entrance 230

Fire Pit..... 231

Summary..... 232

OUR ANCESTOR'S GUIDE TO ROOT CELLARS 234

History 235

The Right Space for the Job..... 236

Climate..... 236

What to Keep Where 238

Creating the Ideal Conditions..... 240

Humidity 241

Dirt Floors 241

Wet Cloth or Paper 242

Standing Water 242

Bury Your Treasure 242

A Condensation Nightmare 242

Ventilation 243

Storage Ideas 244

THE LOST WAYS

| | |
|--|------------|
| In-Garden Storage | 245 |
| Insulation..... | 245 |
| Things That Do and Do Not Belong in Your Root Cellar | 246 |
| Proper Storage..... | 247 |
| Cull the Crops | 248 |
| Preparing Vegetables for Root Cellar Storage..... | 248 |
| Curing Winter Vegetables for Storage | 249 |
| Pests | 250 |
| Organization | 251 |
| | |
| GOOD OLD FASHION COOKING ON AN OPEN FLAME..... | 254 |
| | |
| Cast Iron Cooking..... | 255 |
| Care and Use | 256 |
| | |
| Roasting Meats..... | 259 |
| On a Spit..... | 259 |
| On a String..... | 260 |
| | |
| Dutch Oven Cooking | 262 |
| The Right Temperature | 263 |
| Companion Tools..... | 264 |
| | |
| Recipes Past and Future..... | 265 |
| Colcannon..... | 266 |
| Meat Pies..... | 266 |
| | |
| LEARNING FROM OUR ANCESTORS HOW TO PRESERVE WATER | 274 |
| How Can I Make Sure That the Water Is Clean?..... | 280 |

THE LOST WAYS

Where Should I Hide or Store My Stock of Water? 284

HOW AND WHY I PREFER TO MAKE SOAP WITH MODERN INGREDIENTS..... 287

History 287
Why Modern Ingredients 289
Understanding The Process 289
Irreplaceable Ingredients..... 290
Machinery and Equipment for Making Soap at Home 291
Possible Soap Additives 292
Essential Oils 293
So, How do You Make Soap? 294
Methodology 295

TEMPORARILY INSTALLING A WOOD-BURNING STOVE DURING EMERGENCIES 301

Why a Wood-Burning Stove 302
Temporarily Installing Your Wood-Burning Stove 303
Temporarily Installing the Chimney..... 305
Heating with Wood..... 306

MAKING TRADITIONAL AND SURVIVAL BARK BREAD 309

How to Make Sourdough Starter (The Rising Agent People Used Before 1900) 311
How to Make Tasty Bread Like in 1869 313

Making Bark Bread (Famine Bread)..... 315

TRAPPING IN WINTER FOR BEAVER AND MUSKRAT JUST LIKE OUR FOREFATHERS DID **319**

 Why Our Forefathers Trapped 320

 The Best Places To Trapp For Beaver And Muskrat 321

 Their Local Habitats..... 322

 The Types Of Traps You'll Use For Beaver And Muskrat. 323

 Finding the Land Trails 326

 How To Set The Foot Hold Trap 327

 How to Set a Body Grip Trap 328

 Tanning..... 329

 Selling at the Trading Post..... 331

 And There You Have It..... 331

HOW TO BUILD A SMOKEHOUSE AND SMOKE FISH **333**

 Cold Smoking..... 334

 Before We Start: Woods for Flavoring Your Fish 335

 Cold Smoking the Fish 336

 First Things First: Curing the Fish 336

 Making a Cold Smoker..... 337

 Creating the smoker 338

 Hot Smokin'!..... 343

 Recipes Using Smoked Fish 345

PRACTICAL SURVIVAL LESSONS FROM THE DONNER PARTY **348**

The Story of the Donner Party **350**

 The Fatal Decision 351

 Escape and Rescue Attempts 356

THE LOST WAYS

Survival Lessons from the Donner Party 357

**LEARNING FROM OUR ANCESTORS HOW TO
TAKE CARE OF OUR HYGIENE WHEN THERE
ISN'T ANYTHING TO BUY 363**

Soap Making 364
Basic Recipe for Soap..... 364
Making Lye Water from Wood Ash 365
Collecting the Fat..... 366
Cooking up the Soap: The Cold Process Method..... 367
Preparation..... 368
Recipe: 368
Making Your Own Signature Soaps 369
Medicinal Soaps..... 369

Homemade Toothpaste 370
Basic Baking Soda Recipe..... 370
Clay Toothpaste..... 371
To Taste 371

**HOW OUR FOREFATHERS MADE SNOW SHOES
FOR SURVIVAL..... 372**

Anatomy of a Snowshoe 373

Making Survival Snowshoes..... 375

Using Your Snowshoes..... 378

HOW OUR FOREFATHERS BUILT THEIR SAWMILLS, GRAIN MILLS AND STAMPING MILLS

| | |
|------------------------------------|-----|
| | 379 |
| How the Overshot Wheel Works..... | 381 |
| Making That Force Usable..... | 385 |
| Gears..... | 386 |
| Belts..... | 389 |
| For Reciprocating Saws..... | 390 |
| Don't Forget Lubrication..... | 392 |
| Building Your Own Water Wheel..... | 393 |

GINGER BEER MAKING SODA THE OLD FASHIONED WAY..... 395

| | |
|---------------------------|-----|
| The Deadliest Drink?..... | 396 |
| Drunken Sailors..... | 397 |
| Beer Gets Boring..... | 398 |
| Spicing It Up..... | 399 |
| An Easier Brew..... | 400 |
| An Unusual Organism..... | 401 |
| Doing It Yourself..... | 402 |