

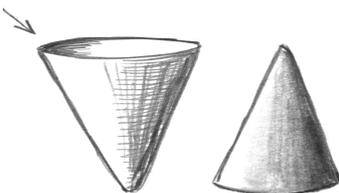
# Creative Ideas from the 20's and 30's

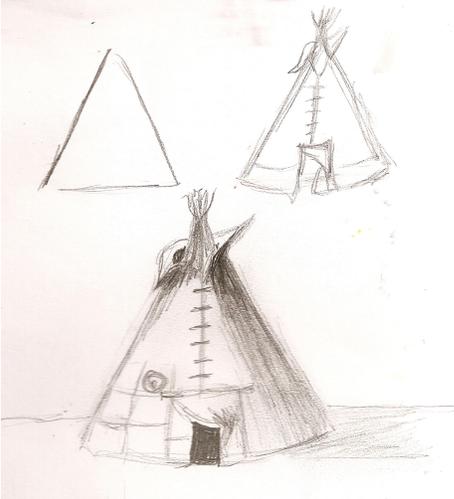
By Sharon Jeffus Copyright 2011

I have always wanted to share my ideas in a weekly column and this is just the beginning! Spending hours at my mother's rest home and talking with the residents about depression days was how all this got started.

Every week I will have an idea to do with your children that costs little or nothing; a wonderful recipe from the depression days to save money on food, and ways to conserve and use recycled items in creative ways.

The first thing I want to suggest is to make a tepee. Wow...there is so much you can learn from this. First, kids can learn how to turn a triangle into a cone shape. Here is a picture of the Wigwam Hotel on Route 66. This is part of American history. Suggest creating a "Wigwam Hotel" in your back yard or make a diorama of it from scraps. If you do this life size, be sure and have the kids do something constructive while setting this up; planting a tree, creating a garden area, etc.





Making a teepee is an easy thing to do. Draw your design first. As you can see from the illustration, you can use shading to make your triangle look like a teepee. You need a glue gun, some sticks, and some fabric, card stock paper, or paper plate cut into a half circle. What a wonderful time to spend with your children. As the economy gets worse, making things and doing things with family will get more popular. You can even make an Indian village and study Catlin, the artist who pictured the American Indians. He did the picture below. You can order an ebook about him with lots of creative art ideas at [visualmanna.com](http://visualmanna.com) for just \$2.00.



Go to these websites for instruction on making a teepee:

[http://www.shelterpub.com/\\_shelter/www\\_teepee.html](http://www.shelterpub.com/_shelter/www_teepee.html)

<http://tlc.howstuffworks.com/family/camping-activities-for-kids1.htm>

<http://www.diynetwork.com/how-to/how-to-build-a-backyard-teepee/index.html>

Yes, but how do you make a doll house out of the shell of an old computer? That will be in the next column, along with a history of doll houses.

In the depression, (I was talking to some ladies in their 90's at my mother's nursing home), things were so tough they had to make cakes without butter or eggs. How do you do that?

**Cake without butter or eggs:**

- 1 cup warm water
  - 1/2 cup unsweetened natural cocoa powder
  - 1 1/2 cups all-purpose flour
  - 1 cup granulated sugar
  - 3/4 teaspoon baking soda
  - 1/2 teaspoon salt
  - 1/2 cup sunflower oil or corn oil
  - 1 tablespoon vanilla extract
  - 2 teaspoons distilled white vinegar
1. Preheat oven to 375 degrees. Coat an 8-inch round cake pan with vegetable oil and cocoa.
  2. Stir water and cocoa in a small bowl until smooth. Combine flour, sugar, baking soda, and salt in a large bowl, and make a well in center. Add cocoa mixture, oil, and vanilla. Stir until smooth and then stir in vinegar. Pour into pan.
  3. Bake until a toothpick inserted into center comes out clean, 30 to 35 minutes. Let cool on a wire rack for 20 minutes. Run a knife around edge of cake, invert it onto rack, (you may need to pat the pan) and turn cake right side up. Let cool completely. Transfer cake to a serving plate or a cake stand. Cake can be stored at room temperature for up to 2 days.

Dig some sassafras roots for a great tea. How do you recognize these wonderful plants?

The plant that is a tree has leaves that look a little like a mitten.



[http://www.mountainroseherbs.com/learn/sassafras\\_root\\_bark.php](http://www.mountainroseherbs.com/learn/sassafras_root_bark.php)

Sassafras tea, made from the root bark or just the bark, has been experienced for over three centuries in the lower Mississippi valley and the bark oil is used to flavor medicines and candy. My husband dug some roots of these plants and we made a delicious tea. He washed the roots well and then boiled them. You can make root beer from this tea. Go to this website for the delicious recipe: <http://honest-food.net/2010/07/04/sassafras-and-homemade-root-beer/> Find your plants in the areas darkened in the map below.



The “Great Depression” started around 1929 and ended with World War 2. In America today, many people have depended others and wasted huge amounts of materials. Our ancestors made quilts instead of throwing fabric away. They even made sawdust dolls...things were not wasted.

This continuing column will be about ideas to use for you and your family.

True individual freedom cannot exist without economic security and independence. People who are hungry and out of a job are the stuff of which dictatorships are made.

**[Franklin D. Roosevelt](#)**

Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same.

**[Ronald Reagan](#)**

Coming up next week: How to make a dollhouse from an old computer, how to make old toy cars into folk art, how to make flour from cattails and to cook with them (they are even good insulation), using old records creatively and more.