

A FREE COMPANION TO THE BOOK

Lost Skills of Our Grandparents

Your Start-Here Guide

*The first ten skills, in order · a seasonal home rhythm · and a
Family Skills card to begin with.*



I know how it feels to close a book full of skills and not quite know where to begin. So here is a small, free companion to get you moving — stick it on the fridge, or slip it inside the book's cover.

Don't try to learn all thirty-seven at once. Start with just one thing, this week. The rest will follow, the way they always have — one pair of hands teaching the next.

It's yours, free — no strings, nothing to buy.

— *Hazel*

Hazel Calloway · Bayside Press

START HERE, IN THIS ORDER

Your First 10 Skills

Each one builds a little confidence for the next. The page numbers point you straight into the book — go learn the how there.

1 MENDING & MAKING

Sew on a Button So It Never Comes Off Again → p. 75

A five-minute win. Do one button and you'll believe you can do the rest.

2 IN THE KITCHEN

An Everyday Loaf by Hand → p. 16

The loaf that turns a kitchen into a home. No machine, no fuss.

3 IN THE KITCHEN

Stock & Broth from Kitchen Scraps → p. 20

Turn peelings and bones into gold — the thriftiest habit in the book.

4 THE PANTRY

Small-Batch Refrigerator Pickles → p. 37

Putting food by with zero canning nerves — in the fridge by supper.

5 FIXING & KEEPING

Sharpen a Knife, Scissors & Garden Tools → p. 115

One sharp knife makes every kitchen job easier — and safer.

6 A THRIFTY HOUSE

Clean the Old Way & Make Your Own → p. 136

Replace a whole cabinet of sprays with vinegar, baking soda, and soap.

7 IN THE KITCHEN

A Gravy & White Sauce You Never Measure → p. 27

The roux ratio by heart — the small magic behind a hundred dishes.

8 MENDING & MAKING

Mend a Hem & a Torn Seam by Hand → p. 79

Now that you can sew a button, you can save a whole garment.

9 THE GARDEN & GROWING

Start from Seed on a Windowsill → p. 53

The first green shoot that makes a gardener out of anyone.

10 A THRIFTY HOUSE

Stretch a Chicken (or a Roast) Across the Week → p. 147

One bird, three meals, and stock to spare. The old thrift, made delicious.

A ONE-PAGE CALENDAR OF WHAT TO DO WHEN

A Seasonal Home Rhythm

Not a to-do list — just the old rhythm of the year, at a glance, so you always know roughly what season it is in the kitchen and the garden.



Spring

Wake the house and the garden up.

- Start seeds on the windowsill
- Air out the house; wash the winter windows
- Put away — and mend — the heavy woollens



Summer

Catch the harvest at its peak.

- Make quick refrigerator pickles
- Put up jam as the fruit ripens
- Dry herbs while they're fragrant



Autumn

Gather in and batten down.

- Can the tomato glut the tested way
- Fill the cool larder for winter
- Re-caulk & weatherproof before the cold



Winter

Cook warm, mend by lamplight.

- Cook from the larder; stretch a chicken
- Keep the comfort kit stocked
- Long-evening mending: hems, buttons, socks

PHOTOCOPY THIS PAGE & FILL IT IN TOGETHER

A Family Skills Card

One extra copy of the Register page from the back of the book — to start capturing your own family's way of doing things, in your own hand.

Our Family's Skills

A skill worth keeping, and the person it came from. Write slowly — a little at a time, over the years.

Entry

Our family's method for _____

Who taught me / where it came from _____

The year _____

Notes & variations:


Entry

Our family's method for _____

Who taught me / where it came from _____

The year _____

Notes & variations:

 *There's a full set of these — one for every room of the book — waiting for you in the Keepsake Pack.*