Soap Made From Wood Ash & Animal Fat

Categories: Health/Fitness, Self-Sufficiency

It is vital to be able to effectively wash your hands with some form of soap to break down oil and dirt and remove bacteria. Having access to soap to wash your body and most importantly your hands, should not be underestimated. You won't stay healthy for long if you don't keep clean. If for what ever reason you can't buy soap, or you are living off-the-grid, you need to know how to make it...

Below is an excellent tutorial from http://www.frontierfreedom.com on how to make soap from wood ash (to make lye) and animal fat or lard.

See: Making Soap From Wood-Ash Lye