



BA/BFA Senior Honors Book Gallery

2010

Bitter Homes and Gardens

Laura K. Czys, '10
Illinois Wesleyan University

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Exercise In
Your Own
Home

page 15

Bitter Homes and Gardens

MAY 2009 \$3.49

Stealing Flowers

Simple & Illegal

Old to New
Makeshift Jewelry

Fun With Condiments

11



17



3



Ideas

3 JAR UP YOUR LIFE

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Indoors

7 THE ART OF ORGANIZATION

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8 CLEAN FREAK

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10 PACK RAT

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Outdoors

11 FIVE FINGER DISCOUNT

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12 BRING PUBLIC CHARM TO YOUR PRIVATE SANCTUARY

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Life and Style

13 OLD TO NEW

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Healthy You

15 FITNESS

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15 EXERCISE EQUIPMENT

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16 TREADMILL

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16 EATING HEALTHY

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Family Matters

17 UPGRADE THE CHEAP WAY

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18 MAKE YOUR OWN...

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18 REACH OUT

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19 ALL ANGLES

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Food

20 FUN WITH CONDIMENTS

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21 FEELING FANCY?

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22 CHOOSE WISELY

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In Every Issue

23 LETTERS

dolorem ing eui blandre ea core magna feusim ex et praessi

letters CONNECT WITH US



FRIENDS WITH ANIMALS

Even without money, I still find friendship with my happy little kitten Blue Eyes. He keeps my lap warm when its cold and I love him so much in return. I also love to hear him tell me about his day and all of his adventures.

Crazy Cat Lady, Los Angeles, CA

IN ORDER TO save money on floor mops, brooms, and dusters, I've decided that it is much more cost efficient to simply use my cat.

After tranquilizing him, I am able to push him across my floors with a stick without any struggle. I never have to replace him, except after 5 or more years when he has passed away, and even then I can get a month of use. Best thing is that he cleans himself regularly, so no washing is necessary!

Rebecca Smith, Seattle, WA

that you recommended. I am very happy to say that the next month, my electricity bill dropped by 20%! I was surprised at how much of a difference a simple change like that made. Thank you very much!

Susan Miller, Little Rock, AR

I JUST READ the letter above this one, and I have to disagree with Ms. Miller. The disadvantage of using low-watt fluorescent bulbs is that the light they give off isn't natural-looking, and that can give rooms a negative energy.

Carmen Lynn, Louisville, CO

IN YOUR ISSUE from December there was an article titled "The Night Santa Went Naughty," in which Santa teams up with Comet and tries to avoid having to deliver presents. Even if the story didn't have anything to do with homes or gardens, I found it delightful and I look forward to reading more about Santa's shenanigans next Christmas.

Ken Horton, Concord, NH

AFTER READING your article on energy consumption, and being fed up with paying high electricity bills, I recently decided to switch every light bulb in my house to those low-watt fluorescent bulbs

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Rebecca Berry, Arcata, CA

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Anna Brucculeri, Saint Cloud, MN

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Karissa Ball, Titonka, IA

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Sara Moss, Belle Fontaine, AL

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Erin Stith, Fort Lauderdale, FL

LETTERS & COMMENTS Bitter@HG.com **SUBSCRIPTION HELP** BitterHG.com/service **WRITE** 704 Farnum Rd., New York, NY 10036-4107

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EACH SERVING: 334 cal, 10 g fat (10 sat. fat), 111 mg chol, 1102 mg sodium, 20 g carbo, 2 g fiber, 2 g pro. Daily ValuesL 11% vit A, 10% vit C, 2% calcium, 30%iron.

CONDIMENT CASSEROLE
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START TO FINISH: 40 minutes

- INGREDIENTS**
- 2 bottles of Ketchup
 - 1 bottle of Dijon Mustard
 - ½ cup of mayonnaise
 - 1 package of Ramen
 - ½ cup of ranch dressing
 - ½ cup of barbeque sauce
 - 1 box of noodles, any kind
 - 4 tsp of milk

PREPARATION

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EACH SERVING: 334 cal, 10 g fat (10 sat. fat), 111 mg chol, 1102 mg sodium, 20 g carbo, 2 g fiber, 2 g pro. Daily ValuesL 11% vit A, 10% vit C, 2% calcium, 30%iron.

PICKLED PIZZA
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START TO FINISH: 25 minutes

- INGREDIENTS**
- 2 Jars of Pickle Relish
 - 1 bottle of Dijon Mustard
 - ½ cup of mayonnaise
 - 4 cups of water
 - 1 package of Ramen
 - 2 cups of cheese
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PREPARATION

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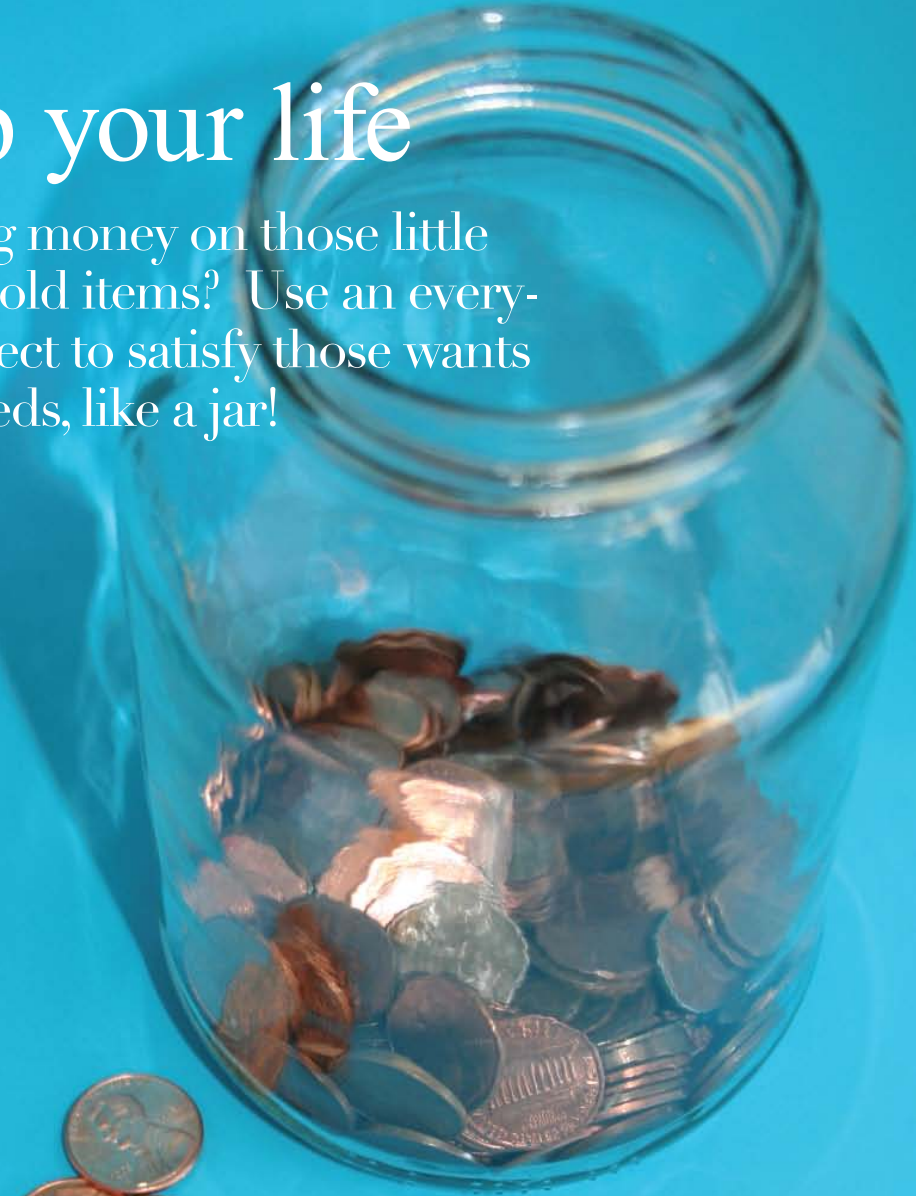
ideas

JAR UP YOUR LIFE

3

Jar up your life

Wasting money on those little household items? Use an everyday object to satisfy those wants and needs, like a jar!



1. PENNY SAVER
Its a piggy bank right out of the refridgerator!



2. SET THE TABLE

Set the table with jars! A jar can be a bowl, a glass, a serving dish, and can even be used for left overs! It is a cheap way to get all the dishes you need and also gives your kitchen a fun theme!

3. SHINE SOME LIGHT

Jars can make great homes for candles. Tall or small!

4. NEED A PEN?

You can find one in the jar on the counter. Jars can be great organizers.

5. WORK OF ART

Need a center piece? No problem! A handful of jars arranged in a fun design, add some flowers and candles and you have a masterpiece!

6. HOME SWEET HOME

Use that old sauce jars to home the family pet!

7. SWEET TOOTH

Candy dishes are always fun! Put your favorite candy in a jar for those special cravings.

8. COOKIE JAR

Go back to the traditional cookie jar!

RED AND YELLOW SOUP

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START TO FINISH: 15 minutes

INGREDIENTS

- 2 bottles of Ketchup
- 1 bottle of Dijon Mustard
- ½ cup of mayonnaise
- 4 cups of water
- 1 package of Ramen
- dash of pepper taste taste

PREPARATION

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Makes 4 servings

EACH SERVING: 334 cal, 10 g fat (10 sat. fat), 111 mg chol, 1102 mg sodium, 20 g carbo, 2 g fiber, 2 g pro. Daily ValuesL 11% vit A, 10% vit C, 2% calcium, 30%iron.

RADIOACTIVE DIP

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START TO FINISH: 5 minutes

INGREDIENTS

- 1 cup of Ketchup
- 1 cup of Dijon Mustard
- ½ cup of mayonnaise
- ½ cup relish
- veggies, crackers, or bread for dipping

PREPARATION

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FEELING FANCY?

MAKE YOUR OWN KETCHUP!

INGREDIENTS

- home grown tomoatoes
- corn syrup
- vinegar
- salt
- onion spice

PREP: Duipsumsan hendre dit wis et, si. Gue commodo lobore conse magnisis nulpote magniametum nos ad min hent wis atisit alit wisi.

WHAT'S COOKING

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CONDIMENTS

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FEELING FANCY?

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CHOOSE WISELY

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Fun With Condiments

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9. STORING MEMORIES

Instead of those high priced frames use a jar to hold your precious memories. The more jars, the more memories!





10. ADD SOME COLOR

Flowers can always help bring color to the room and why add to that expence? Instead of going to the store, use that old jelly jar that had been taken up space in the recylce bin.

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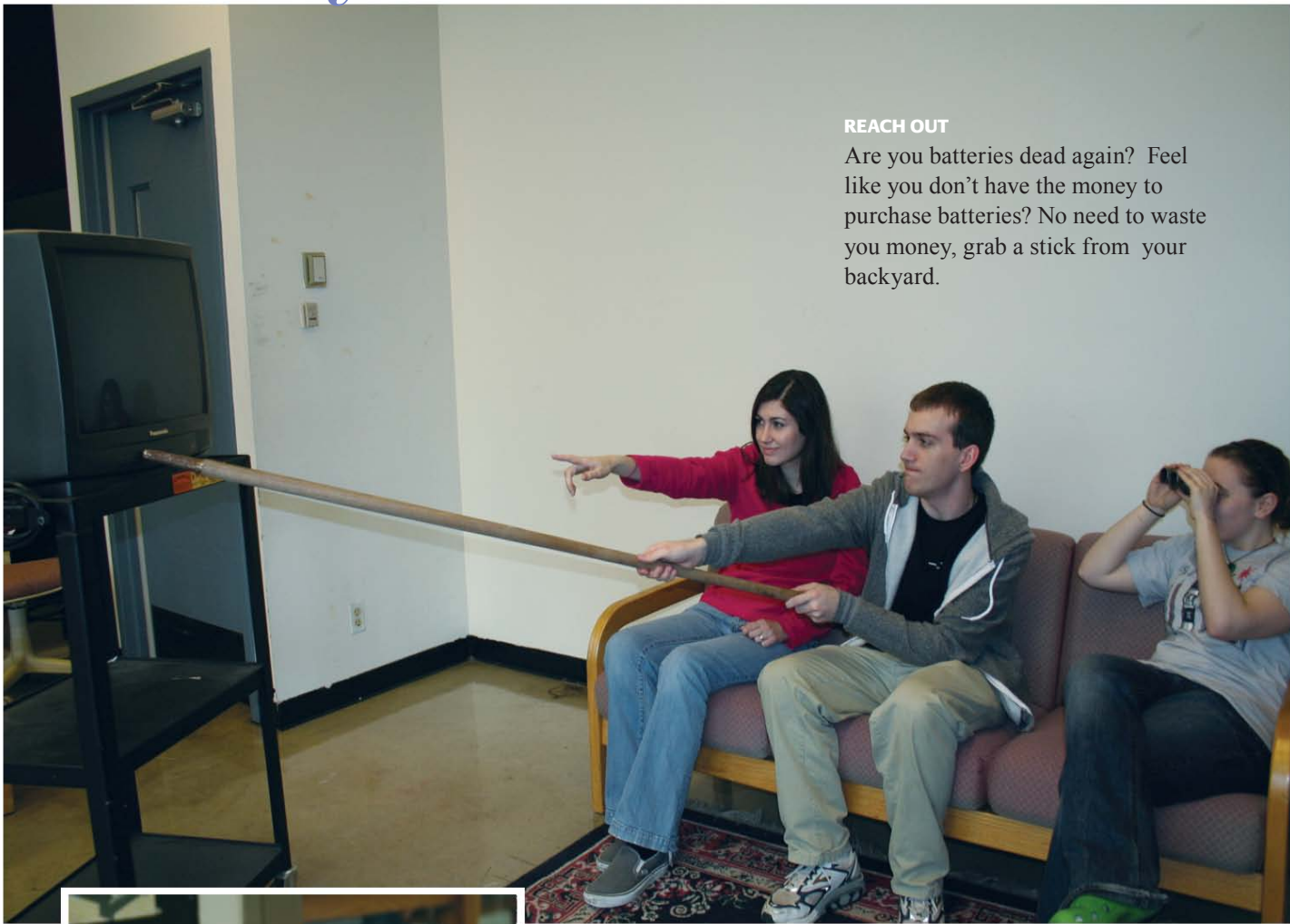
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SEE ALL THE ANGLES

Have a small family room? Not a problem! With the use of mirrors your small space can be transformed into a great family bonding experience!



REACH OUT
Are you batteries dead again? Feel like you don't have the money to purchase batteries? No need to waste you money, grab a stick from your backyard.



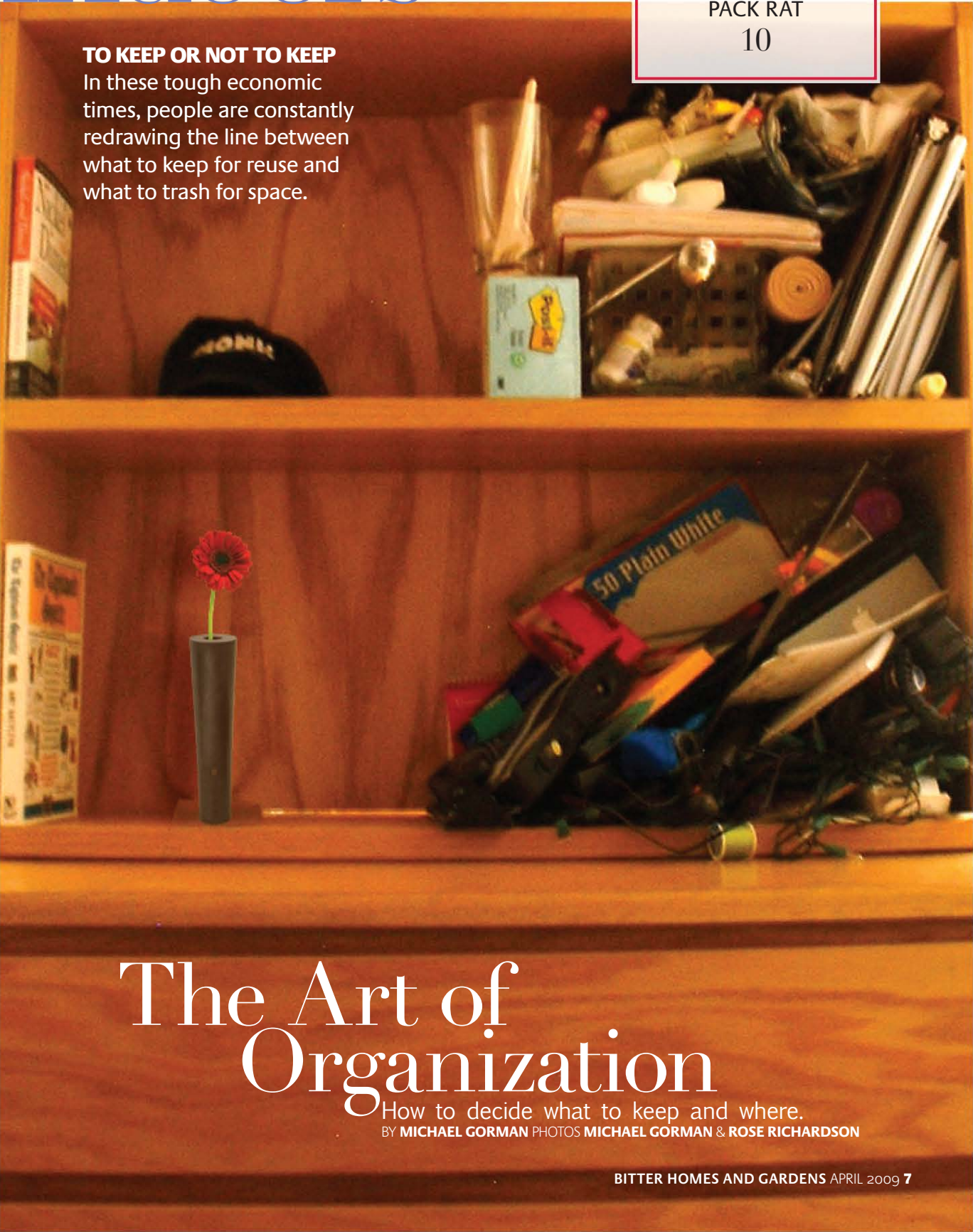
MAKE YOUR OWN BIG SCREEN
A great way to magnify your experience without maximizing your expenses is to simply pull the binoculars!

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indoors

CLEAN FREAK
8
PACK RAT
10

TO KEEP OR NOT TO KEEP
In these tough economic times, people are constantly redrawing the line between what to keep for reuse and what to trash for space.



The Art of Organization

How to decide what to keep and where.
BY MICHAEL GORMAN PHOTOS MICHAEL GORMAN & ROSE RICHARDSON

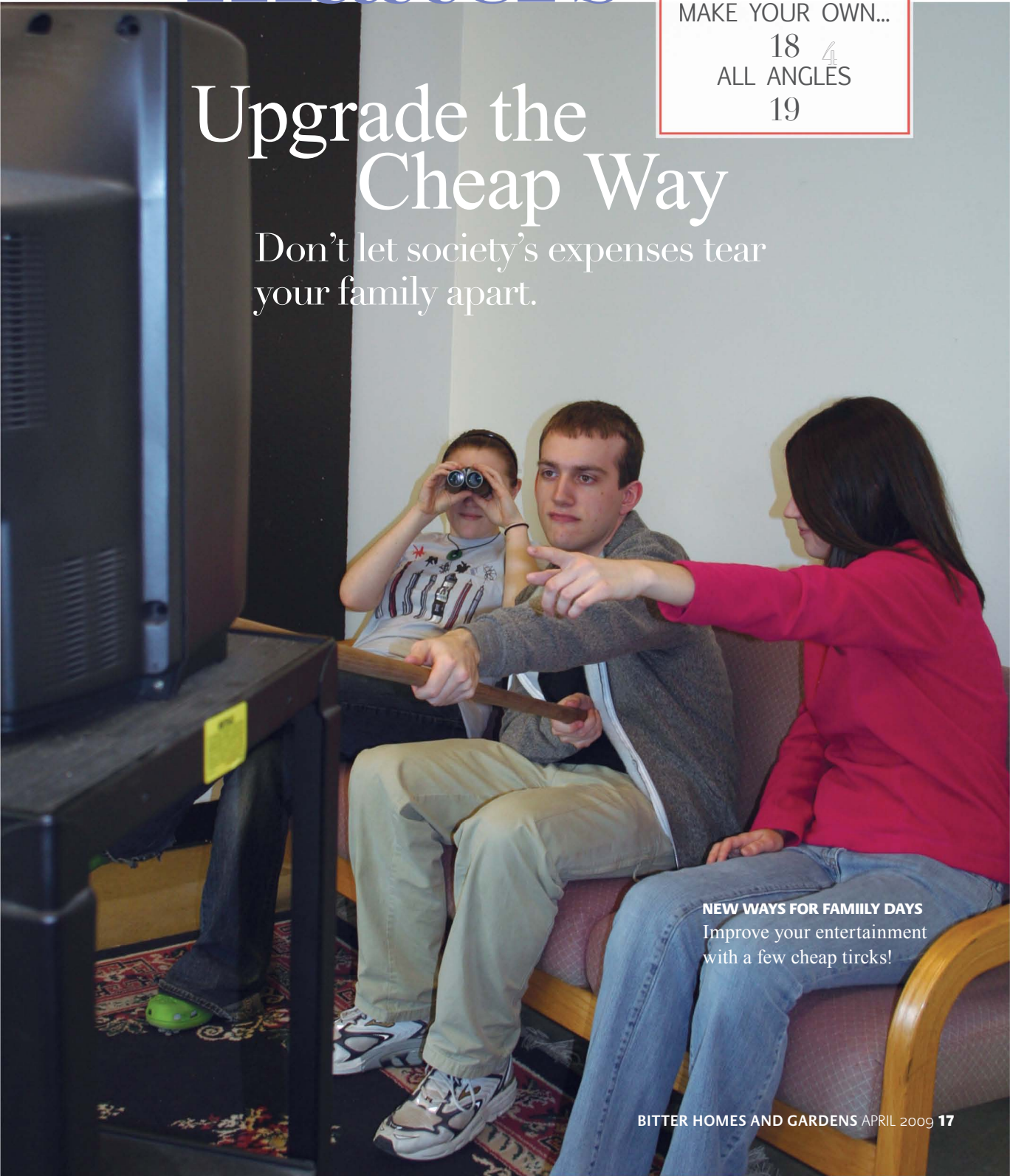


family matters

UPGRADE THE CHEAP WAY
17
REACH OUT
18
MAKE YOUR OWN...
18
ALL ANGLES
19

Upgrade the Cheap Way

Don't let society's expenses tear your family apart.



NEW WAYS FOR FAMILY DAYS
Improve your entertainment with a few cheap tircks!



NO CARB DIET

Tree bark and other wild plants are hard for the human body to digest. These make the perfect snack when on a diet, and you can find them in the backyard.

EXERCISE ATTIRE

Yoga clothes are getting to be too pricy for your budget. Eliminate that cost by wearing clothes you may find by the side of the road. Try to find items that seem gently used. Pre-owned clothes are great for exercising because they are already broken in.

EASY-TO-AFFORD TREADMILLS

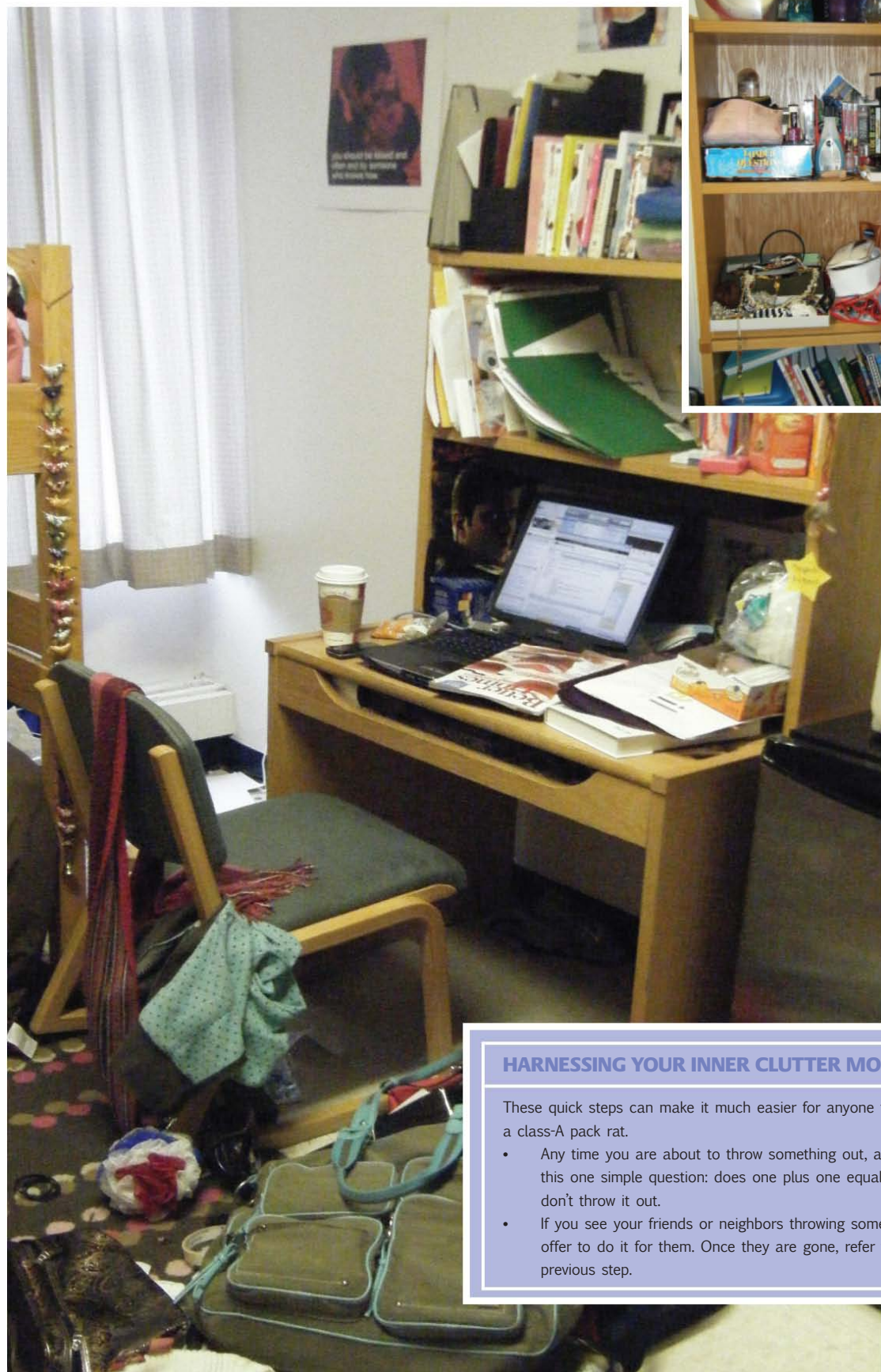
Now that you no longer have expensive exercise equipment, you've got to be more creative! Here's how to use your imagination to own the treadmill of your dreams.

- Start by picking a spot in an open room of the house
- Begin to run in place
- If a family member walks by and asks you what you are doing, simply reply, "I'm clearly using my new treadmill!" This will help you to believe in your illusion



Throughout the ages, there have been debates about the mantra to follow: "reduce, reuse, recycle" or "a cluttered home breeds a cluttered mind." In today's economic climate, we can all be sure of one thing, though: we all need to do what we can to stay afloat in spite of our losses. To some, that means they can't throw anything out, saving even the lowliest breadcrumb lest it be needed in absentia. To others, today is purging time: by getting rid of everything inessential to their survival, they can concentrate better on the most important things in life, from finding a job to organizing their coupons.

In the space pictured to the left, as you can no doubt see, the former CEO has abandoned his life of luxury for a more simplistic existence. Gone are most of his material possessions, leaving only two sets of clothes, a sleeping bag, and a book: "Go Put Your Strengths To Work" by Marcus Buckingham. After his wife of more than thirty years forced him out of their suburban home, he took a temporary job supervising a residence hall at a community college in rural Oklahoma.



SURVIVAL

Turning your home into a metaphorical dumpster does have its advantages: for one, you have everything you'll really need to survive.

THIS SPACE

This particular space, owned by a famous housekeeping icon with a background of insider trading who asked to remain anonymous due to sheer embarrassment, is a prime example of how much people can collect when they put their minds to it.

HARNESSING YOUR INNER CLUTTER MONSTER

These quick steps can make it much easier for anyone to become a class-A pack rat.

- Any time you are about to throw something out, ask yourself this one simple question: does one plus one equal two? If so, don't throw it out.
- If you see your friends or neighbors throwing something out, offer to do it for them. Once they are gone, refer to the previous step.

healthy you

Gym at Home

Now that you have no money for gym memberships, or even gym equipment, you can make use of household items.

FITNESS
15

EXERCISE
EQUIPMENT
16

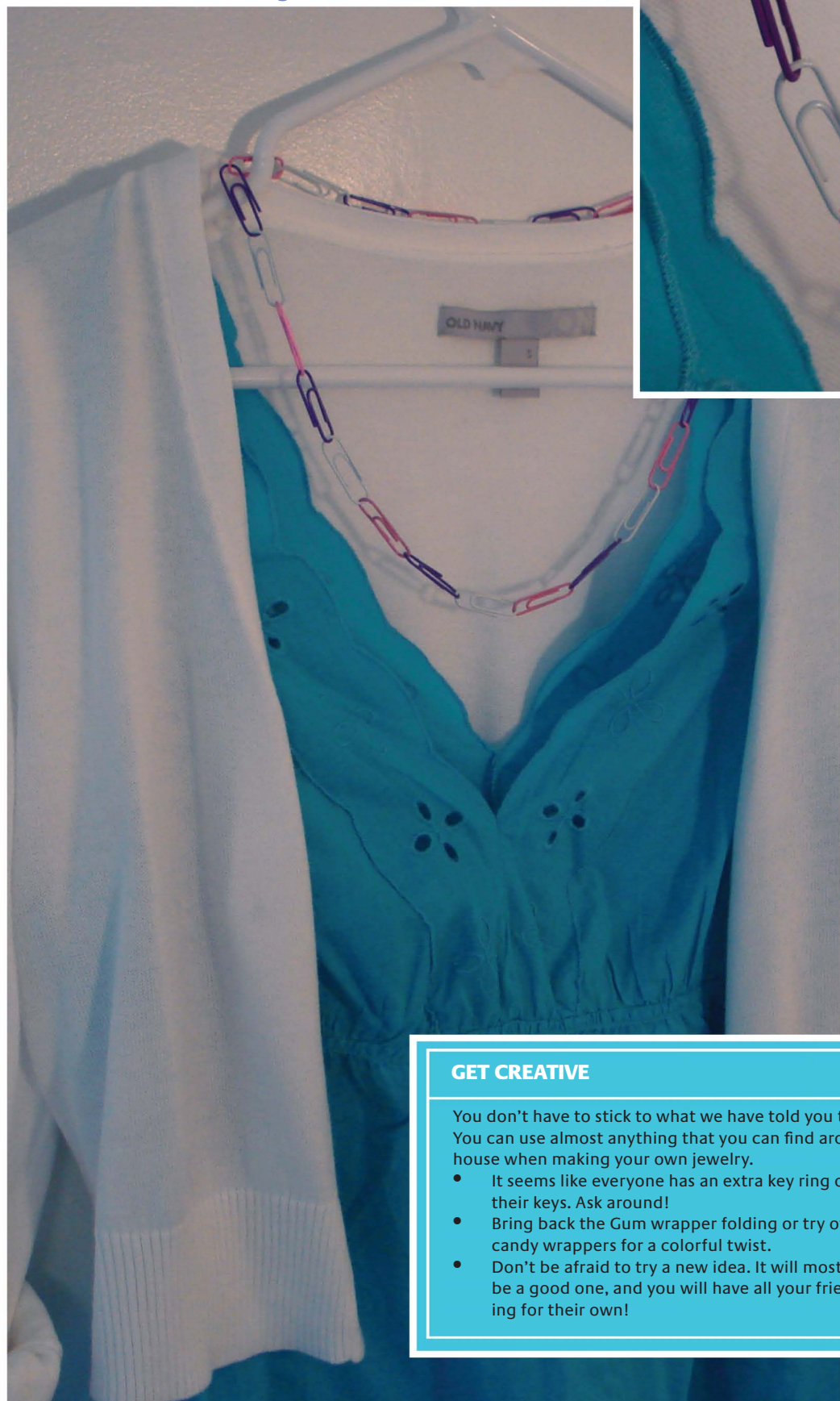
TREADMILL
16

EATING HEALTHY
16



PUMPING IRON-ING BOARD

15-20 reps with your ironing board is the perfect bicep exercise! Just lift with your legs, and not your back. Also, do not try to lift heavier things like the couch.



BUYING TIPS

When buying paperclips, don't immediately go for the plain silver ones. The colored clips may be a bit more expensive, but it is well worth it when they can double as an accessory!

PAPERCLIP NECKLACE

Hook paperclips in your favorite colors together for a unique multicolored accessory. Change it up for each outfit, and use them for their intended purpose at the end of the day. Try making a long chain, and then when you need a clip at the office, you always have one. You can then just shorten your necklace if need be.

GET CREATIVE

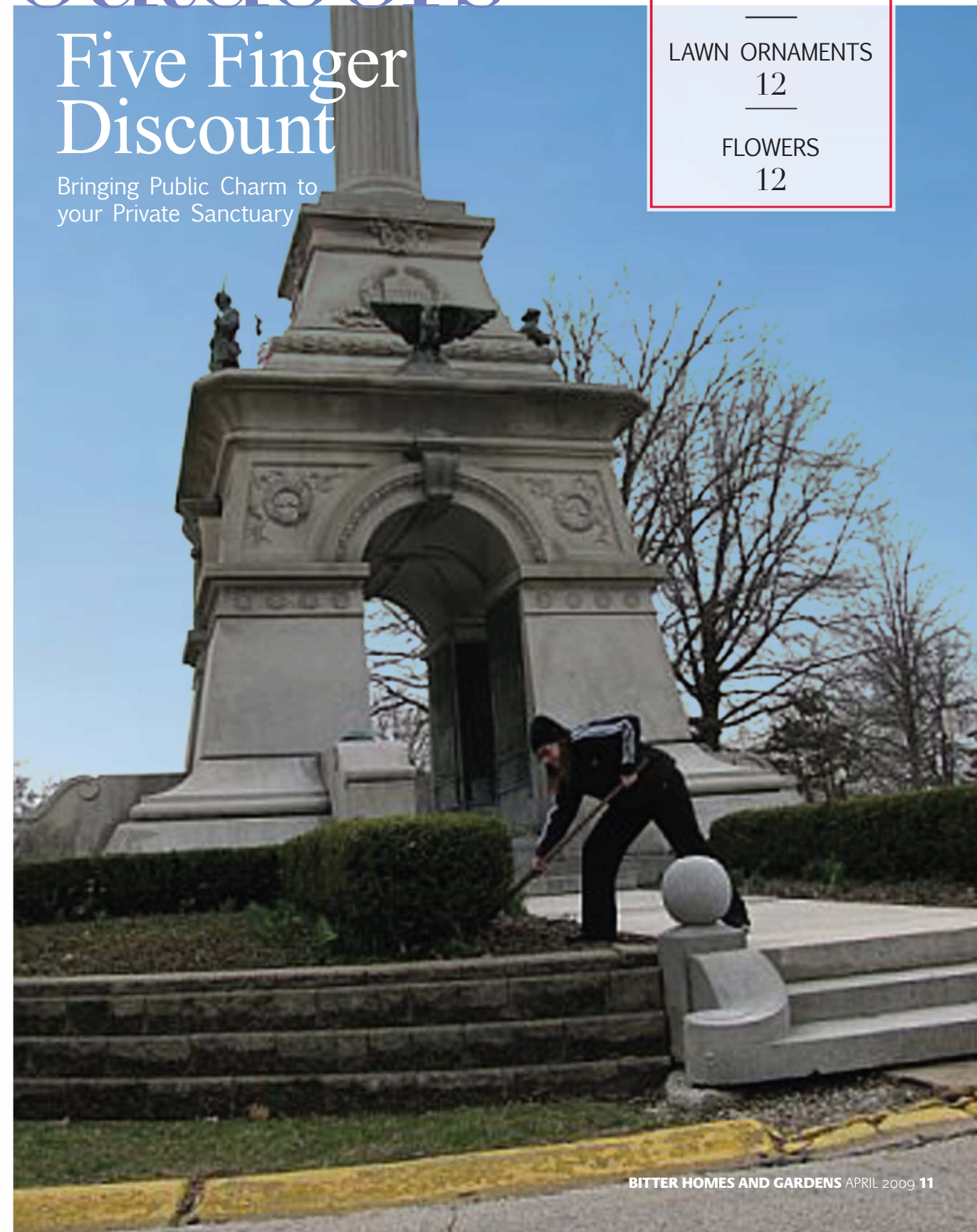
You don't have to stick to what we have told you to use! You can use almost anything that you can find around the house when making your own jewelry.

- It seems like everyone has an extra key ring or two on their keys. Ask around!
- Bring back the Gum wrapper folding or try other candy wrappers for a colorful twist.
- Don't be afraid to try a new idea. It will most likely be a good one, and you will have all your friends asking for their own!

outdoors

Five Finger Discount

Bringing Public Charm to your Private Sanctuary



IN THE GARDEN

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BORROWING

11

LAWN ORNAMENTS

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FLOWERS

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DIGGING FOR FUN Churches, School yards, and neighborhood parks are all great places to find beautiful, unique plants, flowers, and lawns ornaments. Just bring your shovel and start digging away. Simply replant them in your own yard.

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life & style

STYLE
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GET CREATIVE
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Old to New

Ever thought there could be more to your junk? This spring, bring your recyclables into your wardrobe as your own unique, one-of-a-kind accessories.



Did you know?
When you get tired of your homemade accessories, recycle them! You will do good for the environment, and sometimes you can even get money for them!

POP CAN TABS
Want to do something unique with your recycling? Take the tabs off of your pop cans and turn them into a one of a kind necklace! String them together using ribbon to match every outfit in your wardrobe. Can't afford all of that ribbon? Make just one with a neutral color to match more outfits!