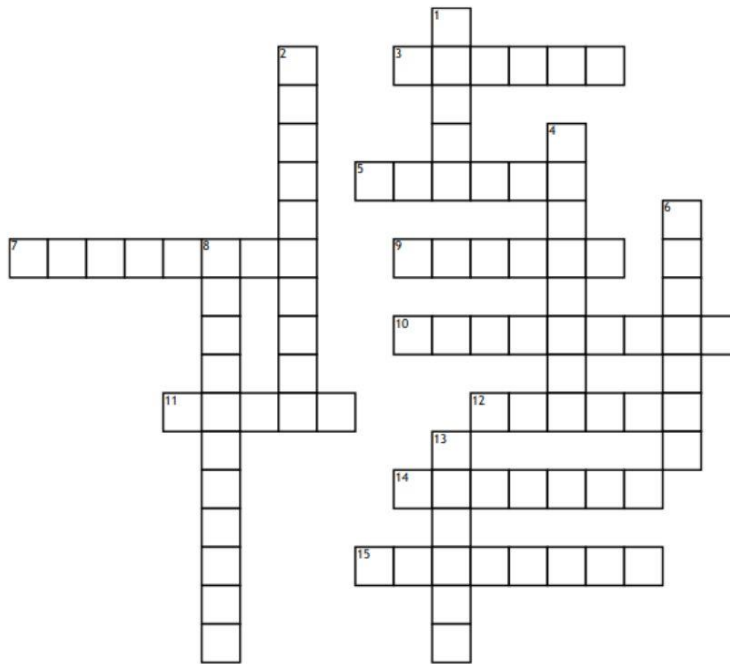


# Forever Stalwart in OHIO



## Across

3. Eloquent Minister in Mentor Ohio.  
 5. Boston Baker.  
 7. Musical instrument Diantha loved.  
 9. Titus' brother disenchanted with Mormons.  
 10. Led 80 souls to Kirtland Ohio.  
 11. Early missionary and friend to Sidney Rigdon.

12. Billings' daughter born the year the church was organized.

14. Early missionary and scribe to Joseph Smith.

15. Second person baptized in Kirtland Ohio.

## Down

1. Approached Morley and Billings to establish a Community Farm.

2. Herb Titus planted and harvested for Isaac.

4. Early missionary who became a sheriff and hanged three outlaws.

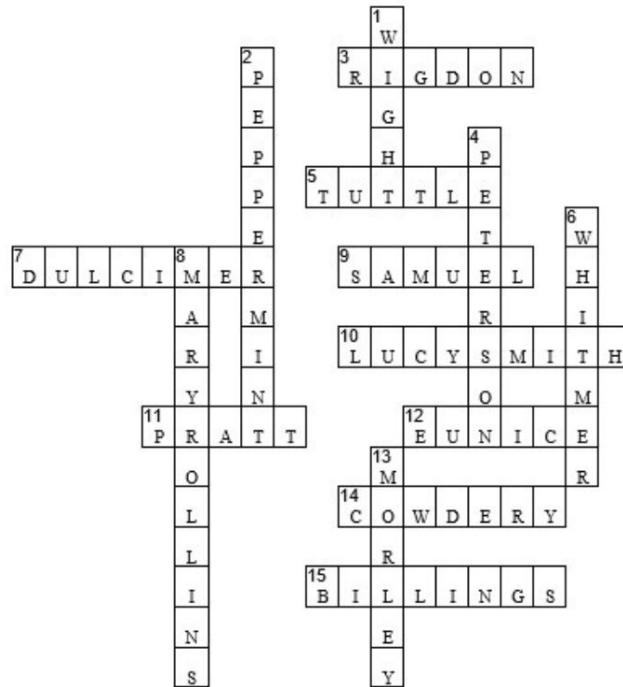
6. Early missionary from Fayette New York.

8. 12-year old who read Isaac's BofM before he did.

13. A fifer in the War of 1812.

Find clues to this puzzle in Volume One: Forever Stalwart in Ohio: A Time of Discovery

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Answers to Crossword Puzzle for Volume One Forever Stalwart in Ohio: A Time of Discovery

# The Power of Peppermint Oil



*"Titus Billings did something that surprised him as much as it did Diantha. He placed both reins in one hand and with the other reached over, took one of her hands and pulled it close to him. Her hand was softer than anything he could remember touching in all of his 23 years. Pulling it to his lips he kissed it with reverence. Then Titus Billings held the feminine hand of Miss Diantha Morley by his side until the homestead came into view."*

(Quote from book, page 23,  
"Harvesting Peppermint" chapter.)

**Peppermint Essential Oil is one of the most versatile and refreshing oils available.**

## Benefits of Peppermint Oil

- Supports digestion
- Promotes clear breathing
- Provides cooling and soothing relief
- Boosts energy and focus
- Helps ease head tension

## Common Uses

- Add a drop to water for a refreshing drink
- Apply diluted to temples for head comfort\*
- Diffuse for mental clarity
- Use in foot rubs for cooling relief



My favorite peppermint use is to place a drop in the palm of one hand and touch that drop with the thumb of my other hand. Then touch the roof of my mouth with that oiled thumb.

Results are remarkable.

**I don't go anywhere without doTERRA Peppermint Oil! ~ Susan B. Mitchell**

Essential Oils can be applied three ways:

- Topically** to the bottom of feet (where pores are larger, allowing product to seep into the bloodstream quickly) as well as on the location of pain or wound.
- doTERRA "Gift of the Earth" essential oils are safe for internal use. (Be careful. Not all oils are.)
- Aromatically** oils can be diffused into the air. They clean the air, remove and replace odors and offer healing as inhaled.



My Books

I met a friend coming out of the doTERRA pick-up center as I was entering it. When I asked how he was he informed me that he would soon be better because he just bought "Breathe" an oil blend of peppermint and seven other oils. **"My wife doesn't snore when we diffuse Breathe at night!"** he said with earnest relief. ~Susan B. Mitchell



My Oils

# Popular Recipes Using Peppermint Oil

If you already have food-grade of essential peppermint oil, you can use it in these common DIY recipes:

Use Case	Recipe	Key Ingredients
Pest Repellent	Bug Spray	2 cups water + 10-15 drops peppermint oil
Oral Care	Mouthwash	2 cups distilled water + 10 drops peppermint oil
Body Care	Sugar Scrub	1 cup sugar, 1/2 cup coconut oil, 8 drops peppermint oil
Health	Chest Rub	1 cup coconut oil, 10 drops eucalyptus oil, 10 drops peppermint oil
Confectionery	<a href="#">Peppermint Bark</a>	Dark chocolate, white chocolate, 1/2 tsp peppermint oil



Add a drop of peppermint oil to your Brownie Mix or put a drop in the frosting on top.

## Peppermint Essential Oil Recipes

- Peppermint Hot Chocolate**  
 Mix 2 cups milk, 1 cup chocolate chips, and 2-3 drops of peppermint oil.
- Homemade Buttermints**  
 Beat 1 stick of butter with 4 cups powdered sugar and 2 tablespoons milk. Mix in peppermint oil to taste before rolling and cutting into pieces.
- DIY Mouthwash:** Combine 10 drops of 100% pure peppermint oil into 2 cups of distilled water, ideally stored in a dark glass bottle.
- Focus Diffuser Blend:** Mix 2 drops peppermint, 2 drops cinnamon, and 1 drop rosemary essential oil to your diffuser.
- Peppermint Rollerball:** Add peppermint essential oil to a 10ml roller bottle and fill the remainder with a carrier oil like fractionated coconut, almond, or olive oil.
- Peppermint Bark:** Blend peppermint oil with white or milk chocolate for holiday bark.
- Peppermint Cleaner:** Combine 1/2 cup white vinegar, 1/2 cup water, 12 drops Peppermint oil.



I love doTERRA Essential Oils and have used them for years. My 72-Hour Kit is well stocked with important oils that I would not want to be without anytime, especially in an emergency.

I would love to share experiences and samples if you're interested.

Text or Call me, Susan, (801) 822-3028.

<https://www.doterra.com/US/en/site/sbmitchell>



# Muffin's Magic Peppermint . . .



**SEE it!**



**SMELL it!**



**HEAR it!**



**TASTE it!**



**FEEL it!**

## Boil for 10 minutes:



sugar (2 cups)



small can milk



10 marshmallows



1 cube butter

## Stir in:



A bag of chocolate chips

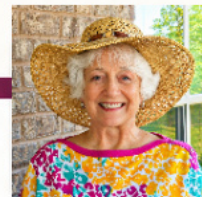


Teaspoon of Vanilla and a dash of salt.



Add a drop of pure doTERRA Peppermint oil.  
(Remember, essential oils are potent "a little goes a long ways"  
and NOT all oils are safe for internal use!)

## . . . Fudge



Learn more about doTERRA  
"Gift of the Earth" Essential Oils  
on my website:

<https://www.doterra.com/US/en/site/sbmitchell>

