



“Slabwood Cabins” Help Attract New Business

Alec Alberti makes his living selling firewood so he's always looking for a way to promote his business.

That's why he decided to build a pair of “slabwood cabins” made from “mortarless” stacks of firewood. One of the cabins is used to store firewood, and the other to store woodworking tools. It has a wood burning stove inside with a steel chimney flue sticking out the roof.

To build the walls of each cabin he simply stacked 16-in. lengths of slabwood on top of each other. “The walls are built without a single nail,” he says.

The slabwood cabins were erected in 2000 and are still standing in good condition.

“They've become local landmarks and good attention grabbers for my business. People stop by to photograph them all the time,” says Alberti.

“When people first see the cabins they can't believe they're really made of slabwood and wonder why they don't fall down. I tell them it's because of the interlocking technique I use and because of the framing system. The strange thing is that all the slabwood is stacked directly on the ground, with no foundation at all, yet the building never heaves or shifts.

Building the cabins was easy, once he got started, he says. The first step was to lay interlocking slabwood support stacks at each corner and also at each end of the building. The slabwood is simply piled up between the corner stacks. “I kept everything leaning inward as I built the walls up,” says Alberti.

He placed a 15-ft. long spruce pole at each end of the cabin to support the rafters, lashing the bottom of each pole to a locust pole that's buried in the ground. “I didn't want to bury the spruce poles in the ground because they would rot,” says Alberti. More locust posts are placed at each corner inside the building to support the slabwood.

The roof's frame is made from small spruce trees spaced 2 ft. apart. The rafters



Don Scott has developed a process to use stinging nettles to heal sore muscles and joints.



The leaves are chipped for the extraction process and the resins are poured onto 100 percent cotton cloth.

Stinging Nettle Heals Sore Muscles, Joints

If you have a sore muscle or joint, you should try treating it with stinging nettles. Don Scott swears by the home remedy and says it works so well he started selling patches made of nettle extract that you can use if you don't have the real stuff. He noted the pain relief doesn't last as long with raw nettles, but raw nettles act faster.

“If you have stinging nettles growing wild around your yard or farm, give it a try,” he says. “Use nettles that grow in the sun, not the kind found in the woods.”

Scott literally stumbled into the benefits of stinging nettles (*Urtica dioica*) 10 years ago. While doing tractor work in the river bottom of his farm, the tractor stalled. At the time, the former airline pilot was unable to walk due to an extremely painful knee. However, not having a way to help, he found a branch to use for a crutch and began to hobble home. Faced with going around or through a huge patch of nettles, he went through, even though he was wearing shorts.

By the time he reached home, he realized the pain in his knee was gone. After that he started using nettle compound whenever his knee flared up.

Scott was so excited about what the nettles could do that he developed a process to use dried nettles. The leaves are chipped for the extraction process and the resins are poured onto 100 percent cotton cloth, packaged and sold as the Netical Patch.

The patches work like an old-time poultice; held in place against the skin for up to several days. The solution soaks into the tissues of the skin to help relieve aches and discomforts.

never touch the slabwood walls.

He built the window frames out of 2 by 6's and nailed them to some slabwood, then placed windows off an old building inside them.

“Each cabin took about 2 months to build,” says Alberti. “I fill one of the cabins solid with firewood, and take it out as I sell

“The first year I had two ounces of solution,” recalls Scott. “The next I had 100 lbs. of patches and ran out. The following year I had sever thousand lbs. At the present time, we have 60,000 to 70,000 lbs. of dried nettles on hand,” says Scott. “We also have plenty of growers lined up in case we need more.

The patches come in three convenient sizes for a multitude of uses: #15 (4 by 6 in.) comes with an adhesive backing that sticks to your clothing in areas where needed to relieve aches, swelling and discomfort associated with the abdomen, chest, shoulder, hip and back; #30 (5 1/2 by 8 1/2 in.) is applied with an elastic wrap, self-adhering wrap or sock and is applied to areas such as arms, elbows, fingers, legs, knees and toes; and #40 (3 by 11 in.) is used for aches, swelling and discomfort associated with muscles, tendons, ankles, heels, headaches and sore throats. It's also applied with an elastic wrap, self-adhering wrap or sock.

Sold four to a packages, the price is approximately \$20 per pack. The Netical Patch can also be used on heel spurs, sprained ankles, gout, arthritis as well as any kind of inflammation or soreness due to trauma and overused muscles.

For more information visit our website or call 740 569-4499.

Contact: FARM SHOW Followup, Transdermal Innovations, Inc., P.O. Box 65, Bremen, Ohio 43107 (ph 740 569-4499; transdermalinnovations@yahoo.com; www.nettlefarm.com or www.transdermalinnovations.com).

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it. The wind blows through and dries the wood, while the roof keeps rain and snow off.”

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