





# FØREWØRD

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T A + // HHH



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# CONTENTS

## CONSUMABLES

OPEN WOUND ANTISEPTIC	PG. 5
ICEWARG SPECIALTY HANGOVER CURE	PG. 6
INFLAMMATIØN PØTIØN	PG. 7
CØUGH PØTIØN	PG. 8
BURN PØULTICE	PG. 9
STRAWBERRY TART	PG. 10
SWEETRØLL	PG. 12
BREAD LØAF	PG. 13
GRUNØX STEW	PG. 14
HEARTY STEW	PG. 15
APPLE PØRRIDGE	PG. 16
WARGRUN RATIØNS	PG. 17
CIDER	PG. 18

## TØØLS

HUNTING TRAP	PG. 21
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## CRAFTED ITEMS

REFINED WØØD PLANK	PG. 23.
WAR PAINT	PG. 24



# CONSUMABLES

Welcome to Hvala's consumable recipes. These include recipes for things like cooking, potions and poultices.

Each of the finished crafted items in this section of the book are able to be used only once.



~MMT IT H NK



# OPEN WOUND ANTISEPTIC

ÐHKKMK T ÞQNR HÞNRIMH

PÞULTICE: AVERAGE

AVAILABLE TÞ: All races

NUMBER ÞF INGREDIENTS: 7

EFFECT: Plus 10 HP. Removes 'Open Wound' Debuff.

## INGREDIENTS

1 x 10004 Absorbent Moss

1 x 10081 Cattail

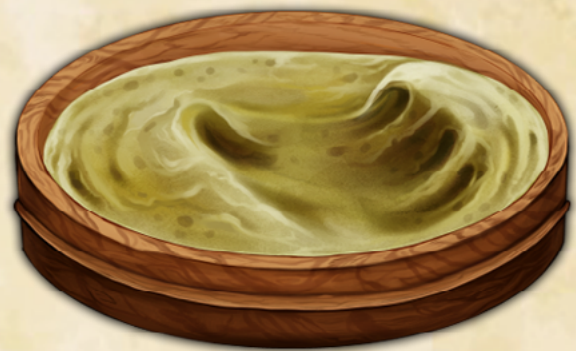
1 x 10100 Cowberries

1 x 10162 Garlic Mustard

1 x 10174 Ground Ivy

1 x 10237 Oats

1 x 10326 Straw



## METHÞD

I. Dice all of the ingredients as finely as you can.

II. Once diced, pull out your mortar and pestle and crush everything up, adding a little of each ingredient in at a time.

III. Put a little bit of liquid in the mortar. A splash of water will do. I NAM TÞ HÞIT H IT TÞQNRIMH

IV. Mash everything together.

V. If the mix is too dry, add a little more liquid. If the mix is too wet, add a little more of the absorbent moss. do not let it get sloppy.

VI. Once well combined, slap it on a wound to chase away infection. IT ÞQNRIMH BMTTMR Þ N ÞQNRIMH NMMMR H HÞQNR TÞH

TÞM QCMY ÞQNRIMH MTHMMCTH H M MHHMMTMR QMR T  
QY MÞN NMMMRH HÞ TÞM ÞQNRIMH QY NMMMR H N  
HMMMRQNRH QMMR MÞ QCMY ÞQNRIMH QNRNR ÞQNRIMH  
QYTMH TÞM QM ÞQNRIMH NAM



# ICEWARG SPECIALTY HANGØVER CURE

MMMM TNN T NMMXMM

PØTIØN: AVERAGE

AVAILABLE TØ: All races

NUMBER ØF INGREDIENTS: 4

EFFECT: Plus 15 HP. Removes 'Poison' Debuff.

## INGREDIENTS

1 x IO747 Arctic Thyme

1 x IO288 Ribwort

1 x IO347 Vervain

1 x IO375 Yarrow



## METHØD

I. Prepare the thyme, ribwort and yarrow by stripping the leaves from the stem.

II. Grind the stripped leaves. TNN ØMM HNM PRW NM N PØRTØR MM ØMHITM  
BN T MM ØMM ØMR ØY BØMM PM ØØ

III. Grab some ice. ØVØMM TNN ØMMØP MM PM TNN NØTHNM ØMMH HTØ IT

IV. Take the yarrow and chew it - stem and all. Combine the paste with the leaves and ice in the mortar and pestle.

V. Add more ice until the mixture is particularly soupy. Bottle and/or serve.

I MMØMM ØY TNN ØMMØM PRØ ØMM HØMMT PMN  
M ØMM HNM PRW PRØ NM ØHNM H TNN PRØMM  
KØRTN ØMHØITM ØWØMMØN NØVHM TNN ØWØMMH  
ØMMØ TNN ØMPØW ØØHT MMØ MMØ TNN  
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TNN ØØHT H TNN ØMM HNM PRWMM MM Ø ØMMØMM  
IT ØMMØ PMØ ØØMMØ NØVM ØMMØ HTMMØMM ØØ ØM



# INFLAMMATION POTION

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POTION: AVERAGE

AVAILABLE TO: All races

NUMBER OF INGREDIENTS: 5

EFFECT: Plus 10 HP. Removes 'Sprain' Debuff.

## INGREDIENTS

1 x 10045 Blackberries  
1 x 10075 Burdock Root  
1 x 10176 Hazelnuts  
1 x 10215 Mayweed  
1x 10363 Wood Sorrel



## METHOD

I. Grab a pestle and mortar ᚱᚱᚱᚱᚱᚱ ᚱᚱᚱᚱ ᚱᚱᚱᚱ ᚱᚱ ᚱᚱ ᚱᚱ ᚱᚱ ᚱᚱ ᚱᚱᚱᚱᚱᚱ Take three to four hazelnuts and grind out until it is a fine powder. Place the powder in a separate bowl.

II. Take two burdock root stems and slice into thin pieces. Grind these into a paste while simultaneously adding the hazelnut powder into it.

III. Add four to six blackberries and mayweed and repeat the same process.

IV. Take the wood sorrel and strip the leaves from the stem. ᚱᚱᚱᚱ ᚱᚱᚱᚱ ᚱᚱᚱᚱ ᚱᚱ ᚱᚱ ᚱᚱᚱᚱ ᚱᚱᚱᚱ ᚱᚱᚱᚱ ᚱᚱᚱᚱᚱᚱ

V. Take your paste and place it into a regular bowl. With the remaining wood sorrel, slowly pour and stir until unified.

VI. Place your potion into the desired bottle, and you're done!

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## PÖTIÖN: EASY

**AVAILABLE TO:** All races

NUMBER OF INGREDIENTS: 5

**EFFECT:** Plus 10 HP.

## INGREDIENTS

1 x 10100 Cowberries

1 x IO174 Ground Ivy

1 x IO214 Marsh Mallow

1 x IO367 Wormwood

1 x IO375 Yarrow



## METHOD

I. Separate the leaves from the berries on your cowberries and store them somewhere cool PMT BM

II. Carefully brush off any dirt on the leaves and petals

III. When done correctly, drying will preserve the leaves and concentrate the flavors. Hang all ingredients in small bunches upside down in a warm dry place out of direct sunlight

IV. Depending on the humidity in the air, it'll take a week for these herbs to dry up. If you need them sooner, try very carefully placing them by a small fire.

V. When the leaves and petals are completely dried, strip them from the stems and store in an airtight glass jar that's kept in a dark, cool place.

VI. Take those berries out and mash them with a pestle and mortar until they're a paste, add some water to make it less thick and more runny. Then add it into a kettle and add more water, and boil.

VII. Place dried herbs in a strainer over a cup, and pour the boiling water over it. And your cough potion should be ready to use, no more sore throat!

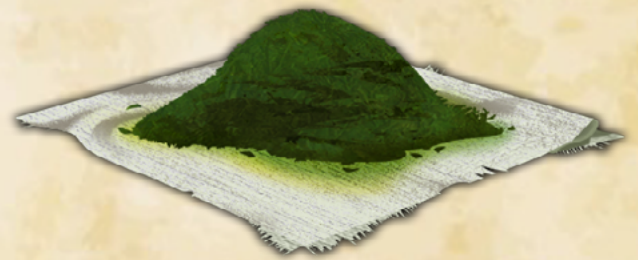
P N M T N R I T S R H E E O R P M T I O T W N O R R L O R M T N O R T A N N I B M M A H  
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 P N M N R V M T O M T O B M T T O I M M I T S R Y T T T M M M T



4001NM 1N1T B1R1

**EFFECT:** Plus 10 HP. Removes 'Burn' Debuff.

1 x IOOO4 Absorbant Moss  
1 x IOO43 Bitterroot  
1 x IOO81 Cattail  
1 x IOI74 Ground Ivy  
1 x IO237 Oats  
1 x IO236 Straw




I. Prepare your area and soak the straw in a bowl or bucket of water. The straw should be soaked for a day before commencing the poultice. The ground Ivy and bitterroot should also be dried for a week before beginning the process.

II. Gather the cattails, skin them from their reeds and grind the head of the plant in a mortar and pestle, discarding the reed.

III. Remove the ground cattails and place in a large mixing bowl and then place the ground ivy in the pestle and grind that. Once a fine powder, add that to the mixing bowl also. Repeat the process with the bitterroot and oats.

IV. Once all parts are in the mixing bowl, add a splash of water some old healers have mentioned that a small amount of spit can help the coagulation process and mix well. Continue adding a dash of water until it creates a paste-like slurry. It should not be too wet as to be sloppy but should be moist enough that it easily moves around the bowl.

V. Place the concoction on the affected area, then, apply the absorbent moss on top, pressing down firmly.

VI. Take your well-soaked straw and weave it into a series of tight bindings and tie the poultice in place. 

ZONITUMS BM QYTM PLMA TO ZODI BY HYSTOMA BOME MA PNEA  
 LIT ZONIX BM FORM LORM TNY TNET PNNN H BORMA PNIM TMM  
 BTRY ZONITUM NY BM LOPMPNEA TBLN TO JMMC TO JMTNMR  
 BRTMITY PM THE ITJ MMTMITY RETNMR BMRPBNW



# STRAWBERRY TART

4N7M 7N7T 4PMM7 7QQT7N

CØØKING: AVERAGE

AVAILABLE TØ: All races

NUMBER ØF INGREDIENTS: 6

EFFECT: Plus 25 HP.

## INGREDIENTS

2 x IO357 Wild Strawberry

1 x IO148 Flour

1 x IO546 Butter

1 x IO539 Eggs

1 x IO327 Sugar



## METHØD

I. Cleanse the wild strawberries in cold water to strip them of dirt and pests. On the side, sift a cup of flour and half a cup of sugar into small bowls for later use. Alongside leave out one stick of butter to warm to room temperature and a single egg.

II. Combine the cup of flour clean, dry paw into a larger bowl, stirring slowly to break up any lumps and bumps in the dry mixture. While the oven heats to a temperature of 350 degrees for lowland and 450 for high elevation and tundra climate.

III. Create a sizable hole in the middle of the dry mixture to add a cracked egg P1TN 1Ø 4NMM7 into the center.

IV. Cream softened butter and sugar together in a separate bowl with a spoon or whisk. Add the creamed sugar butter in with the flour and egg, mix together thoroughly either with the spoon used to cream the butter and sugar or with a cleaned paw until a dough is created.

V. Allow dough to rest for 20 minutes.

VI. Flour a large flat surface generously and lob half of the dough upon it. Flatten said dough out after it is floured with a paw or a rolling pin or something similar to it. The dough should be thin like vellum.

VII. Drape dough over an oven safe pan that has many little tartlet indents - cutting off the excess and re-adding it to the other dough blob.



VIII. Bake the dough for 15 minutes or until flakey and pull out of the oven to cool still in the pan of choice.

IX. Chop strawberries into thin quarters with clean claws or sharp tools like a knife; chunks or mince as in preference of the warg. Add to a bowl.

X. Stir in slowly half a cup or cup of sugar with a squeeze of lemon or citrus.

XI. Add the strawberry sugar mixture into the baked tart dough tins equally.

XII. Flatten out the remaining dough and lay it atop of the tart wells, making sure each tart is covered.

XIII. Remove excess dough and discard; cut little slits atop of the tarts either plain or decorative depending on the warg and business. Allowing the filling to breathe while being baked.

XIV. Bake for 25 to 30 minutes or until the crust is golden brown.

XV. Take out, remove the tartlets from the pans and allow to rest until warm as not to scald paw and maw.



TNM BMHT PMN TO PMHX BRHWMMH PMAM PRMXXH  
MXX HMMCMHTMTM MRPMH H TNRQNN TNMR HPMMT  
TQQTN PITN TNM HMMHQBMM HPMMT TRMST QY  
HNMWMMH HTRMFBMRBMH CMMNMMH PRQD TNM PMH  
BMHMTN PMAMN TRRT NRHT



HPMMTMR TNEY NQXMM

# CØØKING: EASY

**AVAILABLE TO:** All races

NUMBER OF INGREDIENTS: 3

**EFFECT:** Plus 5 HP.

## INGREDIENTS

1 x 10148 Flour

1 x IO546 Butter

1 x 10<sup>327</sup> Sugar



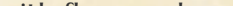
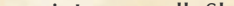
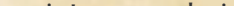
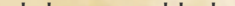


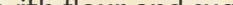






## METHOD

1. Sift the flour into a bowl.

II. Add a pawful of sugar to the bowl and mix with the flour. Create a well in the center.

III. Let your butter soften I find leaving it in the center of your main room at home in the middle of the table is the safest place until it is almost melted and add it into the center well of the flour.

IV. Mix the butter with flour and sugar mixture well. Shape into your desired shape and bake.   
           

V. Melt sugar and a dab of butter in the bowl. Drizzle mixture over freshly cooked Sweetroll. Serve.

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BRM RPN

# CØØKING: EASY

**AVAILABLE TO:** All races

NUMBER OF INGREDIENTS: 5

**EFFECT:** Plus 10 HP.

## INGREDIENTS

2 x 10148 Flour

1 x IO546 Butter

1 x 10<sup>5</sup>39 Eggs

1 x 10303 Salt




## METHOD

1. Place the flour, eggs, a pinch of yeast and water and place in a large bowl.

II. Add a pinch of salt.

III. Mix the mixture together and when doughy, lay on a flat, clean surface.

IV. Knead out the dough until all the bubbles have been pushed out of it. 

V. Place in a covered pot and place in the fire, covering it in coals.

VI. Let it bake for one hour under the coals and uncover, pulling out the pot and revealing your delicious bread loaf.

TNRM H TO RMNM H TNH PORM NORM NMHH TO  
MT RMNH TNH E NOW OF RMNH TO MT TMR NOP  
PMH LNBTH RMNHMH RM NMVH BN MNH RMH  
TO RMHHT TREVOR OF TMHTM TNH KORM RMNH  
TNH LRM MH H E RMNHMR TO MT OF TH NOP  
LHMR PM RMNH RM



# GRUNØX STEW

TNM NMERTMHIT ØY HTMPH

CØØKING: EASY

AVAILABLE TØ: Icewarg

NUMBER ØF INGREDIENTS: 3

EFFECT: Plus 30 HP.

## INGREDIENTS

1 x IO789 Grunox Steak

1 x IO240 Onion

1 x IO268 Potato



## METHØD

I. Chop up your grunox steaks into small pieces BNT XØT TØØ HTMT PNST NRM PM  
CNP PØØØPØØ set aside. Sprinkle with salt and extra spices for taste, and let sit for ten to  
fifteen minutes.

II. While waiting, chop up your onions and potatoes and set off to the side.

III. Once your seasoned steaks have absorbed some of that flavor, brown the meat in a pan over the  
fire until seared. Save the grease. NTMH TNM NMERTMH NØØØM ØØN ØY N NMERT  
NØØØTØØ TNM IT PM XØT ØM TNM PHMT HM TNM NM NØØØM N  
NØØØT Ø NMERTMH NM NØØØ ØØT NMNTØØ

IV. Combine the grease, broth, and vegetables in a stew pot and cook over a low fire for three to four  
hours. Stir occasionally. Add some flour or additional spices for thickening and taste within the last  
hour of cooking.

V. Serve and eat. HNØØØ HMØØM N TØØØ ØY IV NTMH NØØØ NM NM NØØØØØ  
ØØ VMNTØØ ØT NØØØ TØØØ TNM MYØØØ TØ HMØØM ØØØ II

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# HEARTY STEW

Æ NMMRTN AMM

CONSUMABLE: FOOD

AVAILABLE TO: All races

NUMBER OF INGREDIENTS: 4

EFFECT: Restores 30 HP.

## INGREDIENTS

2 x Meat (any type)

2x Vegetable (any type)



## METHOD

I. Arrange your meat and vegetables on your surface.

II. Roughly chop them up into pieces. MIVHKNW PONR PORTR MIMPH KMM PINM  
NON HO HO PHAM IT MVM PORR HETHKNW

III. Place a pot or cauldron over a fire or stove and fill with water or stock. PNSTMVMB NON  
NEVM BMVPH

IV. Once simmering, throw in your meat and vegetables. Let it boil for a good couple of hours. Add whatever spices you like.

V. Once ready, spoon into a bowl and serve!

IT HKNHKT PVTTR PNO NON RM DR PNMBM NON KOPM PRON  
Æ NMMRTN HTMP H TMM AMN NON HKT AKOP NON PMBM  
PHKNW OI Æ KOPH MHA PRONPH WNT IT NY BM PHAM PRON  
PNSTMVMB NON NEVM OI DRP MHA TMM BMHNT H MPMH  
TMM HMM Æ HMMNONH NMMRTN AMM PHMMH NON AMT KOPH  
KOPHKNW TNET H



# APPLE PORRIDGE

AMNKNH MHA HCNH

CONSUMABLE: FOOD

AVAILABLE TO: Woodwarg  
NUMBER OF INGREDIENTS: 3  
EFFECT: Restores 5 HP.

## INGREDIENTS

2 x Fruit (any type)  
1x IO3O3 Salt

## METHOD

- I. Take whatever fruit you have on paw and slice it into pieces.
- II. Once sliced, take one quarter of the fruit and set it aside. Take the rest of the slices and dice them.
- III. Sprinkle some salt over the diced fruit.
- IV. Take some leftover oats and either milk or water and let the oats soak. Mix in the diced apple and add some more salt. TNH KMH MVM HON NWN BQQA QMHYHBM BNT IT PIT BM PQRTH IT
- V. Once all mixed together lay the sliced apple on top and there you go! Delicious apple porridge!



VM VMVR BMM MBM TO KHA QNT PND MYKTHH NMM NC  
PITN TNH HHN BNT K VMVR HQ I PIT KHA TNMR MBSVM MHA  
QMT M MCHM TBMM PNMBM TNMM MM FOR IT H QAM QY AN  
MYVQHRTM HHNMM NMRTN MHA YNT QY MCHH TNHMM



TOMMY BATT KIN

# CONSUMABLE: FOOD


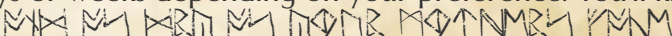
**AVAILABLE TO:** Stonewarg  
**NUMBER OF INGREDIENTS:** 3  
**EFFECT:** Restores 15 HP.

## INGREDIENTS

2x Meat (any type)  
1x IO3O3 Salt



## METHOD

- I. Take whatever meat you can find and slice it up into long thin strips.
- II. Once sliced, take the meat and lie it over drying racks up off the ground, preferably in the sun.
- III. Sprinkle some salt over it. 
- IV. Let the meat dry for several days or weeks depending on your preference. You'll know when it's done, for it will be stiff as a board. 
- V. Take your dried meat and roughly chop it into smaller pieces and there you have it. Rations as if from Wargrun itself!

TNM CRIPATIVM PRNH QY TNM LITQWMPRWN NRM BMYTMKTMX H  
TNM PRN TNMYM RETQWY CRMWMT TNMPWMTVMY MT DBMX  
PMET MX TNMYM QYM PONTX XOT PHN TO MET PMRM TNMN  
XOT LITERVWY QYM NLY TO MYM IT TO TNMA TNM YMT  
TNMN PMWYM TO RQWY NNMY TMRRITQRMX MX MYCWX  
TNM PRN TNMN NRYM QY LITNN E BMTN H LCRMWYVM



# CIDER

DRINK FOR THE NUMB TUMMY

CONSUMABLE: FOOD

AVAILABLE TO: All races

NUMBER OF INGREDIENTS: 3

EFFECT: Restores 8 HP.

## INGREDIENTS

3x Fruit (any kind)

## METHOD

I. Chop up all your fruit into roughly the same size pieces and place in a large mortar and pestle.  
K H MMH HTMM NQNR NEMHQTNRH PNM HNM KOT NQNH

II. Using your mortar and pestle crush the fruit thoroughly until it looks like jam.

III. Strain the juice into a large vat. KOT N BMT

IV. Sprinkle with sugar and salt and leave it for three months to ferment.

V. Once done fermenting, pull out the vat and give it a good mix with a ladle. QR N HTNH  
It should be ready to pour so drink up!



EMRNMH KOT M LRMHTWKONH N BMVMBEWM M QTNRH  
HNN M TMM RNH PHM MH MMH Q NVMT TMM NAMR H  
HTM M MYMMMT NQNM FOR TMM HNMHNM PRM FNT  
QK HMMNQH KEMQRH MH KOTMH TNET PM MVM NQNM M  
DRNH M TMM MYT PRM







# TØØLS

Welcome to Hvala's tool recipes. These are methods to create things that might usually be created in a blacksmith or somewhere that works with metal.

Each of the finished items in this section of the book can be used in other activities, usually as a bonus!



NVMMR IT H



FORM 4770M-4770M-4770M-4770M

## FØRGING: AVERAGE

**AVAILABLE TO:** All races

NUMBER OF COMPONENTS: 4

**EFFECT:** Guarantees a successful hunt.

## INGREDIENTS

1 x IO197 Leather Strap

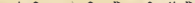
2 x IO187 Iron Ingot

1 x IO283 Refined Wood Plank



## METHOD

I. The hunting trap is an essential part of any savvy hunter's tool kit. You must collect each of the components and have them at the ready.

II. Commence by carving the wood plank into a shape that will make a solid base. 

III. Then, slice down the leather strap until it is a short thong.

IV. Tie the thong around the wood plank.

V. For the real forging, place the iron ingots into the forge and heat up to very high temperatures until it glows red.

VI. Once malleable, use your hammer and tongs to shape a crescent shape with pointed teeth out of half of it. Leave a little bit to the side.

VII. Repeat with the other half, leaving a little bit of that to the side.

VIII. Place both crescents into a bucket of water and let them set hard.

IX. Take the leftover pieces, and fashion them into the tongue and pins that will hold the trap together.

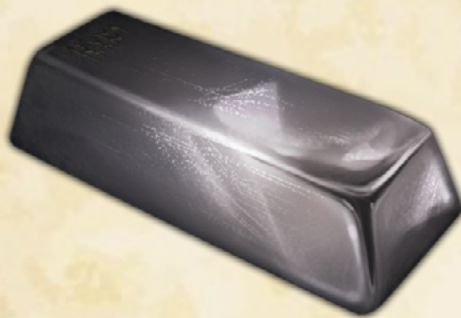
X. Once all are cooled, assemble the trap and start hunting!

[illegible]



# CRAFTED ITEMS

Welcome to Hvala's crafted item recipes. These are methods to create components that will be used in other recipes and will make up a part of a bigger item!



ÞÓÐ ÞÓÐNEM 40 44111111



$\frac{1}{2}$   $\frac{1}{3}$   $\frac{1}{4}$   $\frac{1}{5}$   $\frac{1}{6}$   $\frac{1}{7}$   $\frac{1}{8}$   $\frac{1}{9}$   $\frac{1}{10}$

## CRAFTED ITEM

**AVAILABLE TO:** All races

NUMBER OF INGREDIENTS: 2

## INGREDIENTS

2x Rough log



## METHOD

- I. Chop your wood, splitting it evenly.
- II. Once split evenly, use your tools to ensure each of the sides are smooth and refined
- III. Sometimes apparently for lonely wargs they make very good friends.
- ON NOX NON KONX  
NIM PRUN E PRIMX FOR MVMBN ONNIMON

PLWNTA KHM POKK NLM TNH K TMM AMN TO NVNZEKON K  
 BTHXW BOKH K NON POKK TNET NLM TTRMM BWMNMR  
 PRWY HTO TMM BMTIONH QY TNDONNT MHH MXXMRNNE  
 TNDONNONT TMM BMMH LHM FMRR MHH FORX PRYT TMM  
 TMM POKK ON MHH WTMHH TMMRMH TMM YTOYMPRW TDD



# WAR PAINT

IT4 XOT AMMNK IT4 VMBN HMBKON4 HTNKK

## COSMETIC ITEM

**AVAILABLE TO:** All races

**NUMBER OF INGREDIENTS:** 3

**EFFECT:** Restores 5 HP.

### INGREDIENTS

2 x Fruit (any type)

1x IOO48 Clay

### METHOD

I. Take your fruit and roughly chop it into small pieces.

II. Once in small enough pieces, place in your mortar and pestle and mash the fruit into a paste.

III. In a fresh bowl place your clay and mix that until it is soft and supple. NAM NODR MAN  
MYTMR N YMP PNM4

IV. Take your fruit paste and strain it through a clean cloth into your clay.

V. Mix well and you're ready for eyeshadow.

PNM4 TNM FR4T NMM4 OY PR PRBM BRPT BMT PMM4 ONR  
NVNHTK44 NNT4RM44 OY PMR44 E4O TNMM BRONMMNT PITN  
TNMM TNM FR4T PMN4 OY NT4M44T444 M44 4O PR CMT PM4  
BDR4 BMKDR4TH44 TNM MPM4 M444 M44 BOM44 OY PR444  
MR444 TNM PDR44 HTN T4444 PM N4M IT TNONMMIM4  
CMM444 T4 TN44 XOP TN44 PMN4 4O XOT N4M IT YOR IT4  
OR44444 C4R44444 BNT YOR

