

WHEATPASTE INSTRUCTIONS

TO MAKE WHEATPASTE:

1. BOIL ONE CUP OF WATER

2. MIX ONE PART WHEAT FLOUR WITH FOUR PARTS COOL WATER

3. ADD MIXTURE TO BOILING WATER

4. BOIL AND STIR FOR TWO MINUTES

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VNS Matrix (Virginia Barratt, Julianne Pierce, Francesca da Rimini, and Josephine Starrs), A Cyberfeminist Manifesto for the 21st Century (1991)