

INTERESTING TIPS

Here's a few "gee, I didn't know that" random tips.

1. Peppers with 3 bumps on the bottom are sweeter and better for eating. Peppers with 4 bumps are firmer and better for cooking. Interesting.
2. Hair cells are most active in the morning. So, to stop thinning hair—eat eggs! Perfect.
3. Shrink fat cells with sunshine! Research reveals that exposure to blue light from the sun triggers the release of stored fat that lies right below your skin's surface—even when you wear sunscreen. I have to say I don't think this is true because I am not any thinner after laying out in my pool.
4. Club soda removes stains and cleans sinks. It really does!
5. To get rid of ants—even fire ants, put small piles of cornmeal where the ants are. They eat it, take it "home", can't digest it, so it kills them. It may take a week or so, but it does work!!
6. Cottage cheese will remain fresher longer if you store it upside down in the refrigerator. This slows the rate of bacteria growth. I wonder if that works with sour cream?

