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Alice: continued from page 6

but listens daily to *Morning Edition* and *All Things Considered* on National Public Radio.

The Wallaces and Mrs. Yarbrough said they enjoyed Wednesday's performance as much as they ever had, and they noted with laughter that there had been some changes made over the years. "There were a few things tonight that Miss Brewer never would have approved of," Mrs. Wallace said with a smile. "Yes!" Mrs. Yarbrough agreed. "That red dress would have been one of them," she laughed.

Winter moisturizing treatments with eggs

By Caroline Kerr

Your hair, skin, and nails are under attack. The dry heat in your dorms, homes, and classrooms combined with the chilling weather causes dryness, itchiness and flakiness.

Products abound at Wal-mart to combat the wintertime weather. Depending on the ones you use, lotions and moisturizers can get expensive. And it's maddening to buy a product you think is great, and then find out it doesn't work at all.

Rather than go through all that hassle, why not make your own beauty treatment? Putting together a homemade beauty treatment is easy to do. All of the ingredients are found at the grocery store: olive oil, eggs, vinegar and pineapple juice.

The advantage to making your own treatments is that you and your friends can share the cost and you make only the amount you need. Also, the products are natural and won't irritate your skin.

Cuticle Softener

Smooth and nourish your cuticles with a gentle soak. Olive oil moisturizes dry, scaly skin and the pineapple juice exfoliates dead cuticles.

- 1/2 tsp. cider vinegar
- 1 tsp. olive
- 2 Tbsp. pineapple juice
- 2 Tbsp. egg yolk

Mix ingredients in a small bowl. Soak nails for 15 minutes; wipe off excess. Gently push back softened cuticles with an orange cuticle stick. Finish with a manicure.

Dry-Hair Healer

Soften your hair with a moisture-rich mask. Avocados, high in saturated fatty acids, help stimulate your scalp to produce its own natural oil. Egg yolks (also found in mayonnaise) contain lecithin, a natural softener.

- 1 avocado
- 1/2 cup mayonnaise
- 2-3 egg yolks

Mash avocado in a small bowl; blend in mayonnaise and eggs. Apply liberally through the hair with a wide-toothed comb. Cover with a disposable shower cap. Leave on for 15-30 minutes; rinse. Shampoo as needed.

Soothing Foot Mask

This treatment softens rough calluses and makes feet feel wonderfully pampered.

- 1/3 cup olive oil
- 1/2 cup heavy cream
- 2 Tbsp. mayonnaise
- 1 egg yolk

Thoroughly blend all ingredients and spread mixture on feet. Wrap feet in cellophane and cover with an old pair of cotton socks. Leave on for 30 minutes; rinse. Finish with a pedicure. Paint your toenails a bright color.

Information provided by the North Carolina Egg Association.