

Exotic Beauty Aids Often Use Same Food Items Already in Your Home

You don't have to look any further than your refrigerator or pantry for the "working" ingredients of some of today's more exotic beauty preparations.

If you don't believe it, look on the labels of the cosmetics you're using. Likely to be listed among the ingredients, are papaya, lemon, almond, apricot, avocado or any number of other natural foods.

It's possible to create some of your own home beauty aids using these materials, says Harriet R. Tutterow, extension clothing specialist, North Carolina State University. Some of these preparations are very easy to make.

Try keeping fresh lemon, lime, grapefruit or orange peels

in a covered jar by the sink. Use them for a quick treatment on your hands after they've been in water. Or throw one or two of the peels into your bath water for a refreshing and fragrant pick-up.

Another hand-care idea that uses citrus is a mixture of equal parts honey and orange juice. This should be left on about 10 minutes before rinsing.

Then there is the lemon rinse. Oiliness in hair can be reduced by using a rinse of lemon juice after shampooing, says Miss Tutterow. Dilute the juice of half a lemon in warm water and pour it over your hair. Then rinse with warm water.

It is hard to imagine the effect some of the more inventive home beauty aids might have.

Take the treatment for puffy eyes. Home beauty enthusiasts suggest putting a slice of avocado or cucumber, or a cold tea bag on or under the eyes for a few minutes while resting.

Two recipes for facial masks might well vie with commercial preparations in their pore-tightening effect. The first is for a lemon mask using one egg white, a half cup of lemon juice and dry oatmeal. Mix the egg white and lemon juice with enough oatmeal to make a paste. Apply this to your face and neck and allow it to dry. Then rinse with warm water.

And here is a recipe for a cucumber facial mask. Combine one-half cup cucumber pieces, with peel, one egg white and two tablespoons of dry milk powder in a blender. Blend at high speed until smooth. Spread the mask on your face and let it remain about 30 minutes. Rinse it off with lukewarm water.

Use a meat thermometer whenever possible, especially for large cuts. For roasts, place thermometer in the center of the thickest part. For turkey or baking hen, insert thermometer in the center of inner thigh.

Refer to the chart below as a guide to doneness.

Fresh Beef—Rare, 140; Medium, 160; Well done, 170.

Fresh Veal, 170.

Fresh Lamb—Medium, 160; Well Done, 170.

Fresh Pork—Loin, 170; other roasts 185.

Cured Pork (Cook-Before-Eating)—Ham, 160; Shoulder, 170; Canadian Bacon, 160.

Cured Pork (Fully Cooked)—Ham 130.

Poultry—Chicken, 165-170; Turkey, 185; Boneless Roasts, 170-175; Stuffing, 165.

North Carolina's spring Irish potato crop is the smallest since 1964, according to the Crop Reporting Service. The crop is estimated at 1,568,000 hundredweight, 2 percent below last year. Acreage is up slightly but a wet period in March hurt yields.

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Proper Grinder Use
When using a food grinder, put a piece of sandpaper, rough side down, on the counter and fasten the grinder over the paper to prevent slippage.

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Quick Tips on Meat and Poultry Cooking Released

The U. S. Department of Agriculture (USDA) offers some "quick tips" on meat and poultry cookery for safer, better eating.

First, thaw meat and poultry thoroughly in the refrigerator, if possible. Then cook promptly after thawing. If you cook frozen meat and poultry, allow at least half again as much time as needed for thawed products.

Cook at low to medium heat—300 to 350 degrees Fahrenheit. Always cook pork, poultry and ground beef all the way through.

Reheat leftovers thoroughly.

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