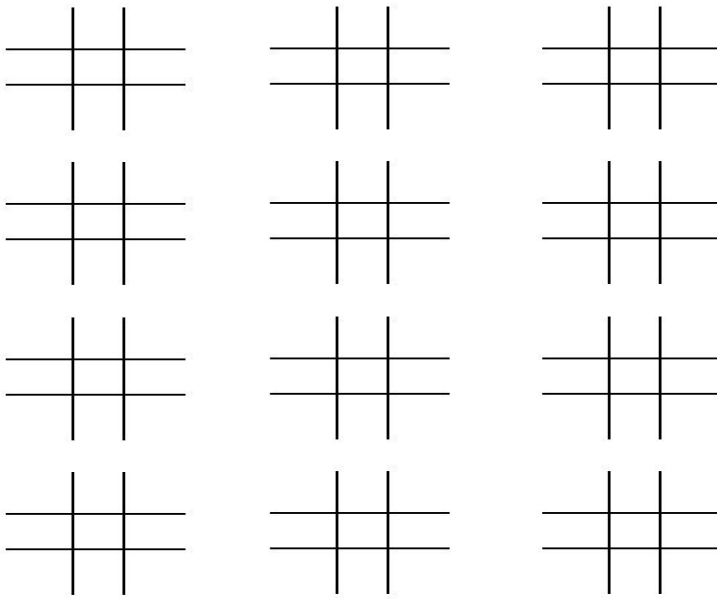




# TIC TAC TOE



One player is Xs and the other is Os. The players take turns writing Xs and Os on grid, trying to get 3 in a row while trying to make sure their opponent does not. Whoever gets 3 in a row wins.

## THIS WEEK IN HISTORY

### Make Your Own Hair Perfume

It is pleasant to perfume the hair after washing it when the hair is half dry. The following ingredients are required to make this fragrant perfume.

- 6 tablespoons powdered charcoal
- 5 tablespoons powders myrrh
- 1 tablespoon powdered benzoin
- 1 tablespoon potassium nitrate
- 2-3 drops oil of bergamot
- 2-3 drops of sandalwood
- mucilage of tragacanth

Mix the powders together and sieve, and then add the oils. Add the potassium nitrate, and then sufficient mucilage of tragacanth to make a stiff paste.

Heat the mixture over a water bath and then make into little cones and dry. Just light one of the cones and let the smoke go into the damp hair.

The smell is highly aromatic and exotic.

### A Quick Hand Treatment

Hands are the most visible parts of you, but they also take a lot of abuse. You use them in everyday activity, and yet, they are the ultimate accessory. You must give them the same attention you give your face. \* Soften your hands even while you do the dishes. Add a little almond oil (about a teaspoon) to dishwater. The water will soften rough skin while the oil seals the moisture. \* Slough off dead skin cells with a solution made of sea salt lemon. Brush it into hands with an old toothbrush. Do this twice a week to soften hands and remove discoloration. \* Wash hands thoroughly with warm water, then, using a coarse washcloth, rub briskly. While skin is slightly damp, apply a mixture of one teaspoon honey and one teaspoon olive oil. Place hands in small plastic bags, then in a pair of cotton gloves for thirty minutes. The heat helps the treatment penetrate. \* Warm a cup of milk in the microwave for thirty seconds (or until warm, but comfortable to the touch). Soak your hands for five minutes to strengthen nails and hydrate skin. Not only is milk loaded with lactic acid, a natural alpha hydroxy acid that gently exfoliates dead skin, but its high calcium content will strengthen fragile nails.

## SUDOKU

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone - one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

**SOLVE TIME:** Under 13 min. - Genius; 13-17 min - Scholar; 17-21 min - Smart; 21-25 min - Not bad; 25+ min - Keep practising

**DIFFICULTY LEVEL : MEDIUM**

See Answer on page 32

	8		7		6		9	5
					2			
7		5					8	3
		4	3					9
8								1
2					4	6		
5	7	6					1	8
			1					
9	1		2		8			7

### Low Fat Cookie Cakes

Make these low fat cookie cakes for your next party. They are in bite-size portions for the convenience of your guests. Important Tips: 1. Do not grease mini muffin cups. Your batter needs friction against side of cups to rise properly. 2. Use 2 teaspoons of lemon juice or vinegar for each teaspoon of cream of tartar if you don't have the latter on hand.

Cake flour ¾ cup  
Unsweetened cocoa powder ¼ cup  
Egg whites 10 large  
Cream of tartar 1 tsp  
Salt ¼ tsp  
Granulated sugar 1 cup  
Semi-sweet mini choco-

late morsels 8 oz + 4 Tbsp

•Preheat oven to 350 degrees F.

•Sift flour and cocoa powder together, then set aside.

•Whisk egg whites, cream of tartar, and salt on medium speed until foamy. Switch to high speed and continue whipping until egg whites begin to stiffen.

•Gradually add granulated sugar while still whisking until egg whites are stiff but not dry.

•Carefully fold in the sifted dry ingredients, followed by 8 oz of chocolate mini morsels.



•Fill each mini muffin cup with a heaping tablespoon of batter. Sprinkle a few chocolate mini morsels over the top.

•Bake for about 15 minutes or until tops are dry to touch. Cool to room temperature before removing from cups. You can easily wow your guests with 4 dozens of irresistible cookie cakes from this recipe.

# HOROSCOPES

February 2010 — Week 3



December 22– January 19

Stay true to your heart this week, Capricorn, and all will turn out well. A financial crisis passes. Make a mental note not to get into the situation again.



March 21– April 19

Broken promises are not the end of the world, Aries. Before you get into a tizzy, find out what's going on behind the scenes. You will be amazed at what you uncover.



June 22– July 22

This week is all about relationships. Make sure yours are solid and can withstand troubled waters, Cancer. A business associate presents you with an incredible opportunity.



September 23– October 22

Your supervisor ups the ante, but you don't have reason to worry, Libra. You have what it takes to get the job done right. A love letter ends the week on a high note.



January 20– February 18

Way to go, Aquarius. Your proposal is well received. An amazing turn of events at home ignites the flames of love. Enjoy your evening out on the town.



April 20– May 20

A routine checkup uncovers a problem. Don't delay, Taurus. Nip it in the bud. Love blossoms and relationships deepen. A deadline draws near.



July 23– August 22

A friend clues you in to their troubles. Do what you can to help, but don't overwhelm them, Leo. A wrinkle in travel plans smoothes itself out.



October 23– November 21

Game over, Scorpio. You have held out for far too long. Give in and watch the passion sizzle. A charitable cause beckons. Hear the call.



February 19– March 20

Love is in the air. Seize the moment and hold on tight, Pisces. A message from afar makes everything right at home. Bring everyone together to celebrate.



May 21– June 21

This is one buck you don't want to pass. No matter how hard it may seem, Gemini, take up the cause and forge ahead. You won't believe what happens.



August 23– September 22

Romance heats up and passion burns bright, Virgo. Take that special someone out for dinner and let the sparks fly. An auto issue resurfaces.



November 22– December 21

Reach out, Sagittarius, and be reached. This week is all about connection. Connect with those you know and those you don't, and enjoy the rewards.

## TIPS FOR A LIFETIME

1. Stuff a miniature marshmallow in the bottom of a sugar cone to prevent ice cream drips.
2. Use a meat baster to "squeeze" your pancake batter onto the hot griddle - perfect shaped pancakes every time.
3. To keep potatoes from budding, place an apple in the bag with the potatoes.
4. To prevent egg shells from cracking, add a pinch of salt to the water before hard-boiling.
5. To get the most juice out of fresh lemons, bring them to room temperature & roll them under your palm against the kitchen counter before squeezing.
6. To easily remove burnt-on food from your skillet, simply add a drop or two of dish soap and enough water to cover bottom of pan, and bring to a boil on stovetop-skillet will be much easier to clean.
7. When a cake recipe calls for flouring the baking pan, use a bit of the dry cake mix instead-no white mess on the outside of the cake.
8. If you accidentally over-salt a dish while it's still cooking, drop in a peeled potato-it absorbs the excess salt for an instant "fix me up."
9. Brush beaten egg white over pie crust before baking to yield a beautiful glossy finish.
10. Place a slice of apple in hardened brown sugar to soften it back up.
11. When boiling corn on the cob, add a pinch of sugar to help bring out the corn's natural sweetness. (ah, an old 1940's Fannie Farmer trick!)
12. To determine whether an egg is fresh, immerse it in a pan of cool, salted water. If it sinks, it is fresh-if it rises to the surface, throw it away