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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

A Few Old-Fashioned Fun Things

By Arleen M. Kaptur

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There are just too many toxic chemicals in some of the things that our children play with. They are also very expensive. Here are a few safe products that will delight your youngster for hours.

Play dough:

3 cups flour, 1-1/2 cups salt, 1-1/2 cups water, 2 tbs. oil, food coloring

Mix all together. Divide into small portions and add food coloring for the color you want. If too moist, add more flour. Store in covered containers and keep cool.

Not to be eaten just played with.

Finger paints:

3 tbs. sugar, 1/2 cup cornstarch, 2 cups cold water, food coloring

Mix sugar and cornstarch in pan. Add water and stir. Cook over medium heat, stirring constantly.

Mixture will boil, then thicken. Cook about 5 mins. Remove from heat; cool. Separate into 4-5 cups.

Add food coloring a drop at a time. Add a drop of dish detergent in each cup to make clean-up a breeze.

Paint on paper, cardboard or posterboard.

Soap bubbles:

1/2 cup dish detergent, 5 cups cold water, 2 tbs. sugar

Mix gently and pour into bottles. Makes great bubbles.

Face paint:

1 tsp. cornstarch, 1/2 tsp. water, 1/2 tsp. cold cream, food coloring

In each cup, mix the ingredients. Add a drop or two of food coloring, a different color for each cup. Stir and paint to the delight of all your children and their friends.

Brings back some fond memories, doesn't it?

ENJOY!

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Arleen has written numerous novels, books, cookbooks, and newsletters:
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The Old Fashioned Books Vs. Free Audio Books

By Paton Jackson

In the last two decades a new concept has arisen – The concept of listening to a book instead of reading the book. The audio book technology is still developing but audio books are getting more and more popular. However, the old fashioned book is still the much more common than any other method. In this article we will elaborate on the differences between these two book methods:

1. Size and Weight - The audio book does not have the limitation of the the size and the amount of the printing words. The advance in technology imposes the size of the audio book. The newest audio books could be stored as an audio file in mobile electronic devices as Ipod or Palm pilot.
2. Convenience – The audio book has the limitation of listening only from certain predefined points or from the exact point one stopped listening the last time. Reading an old fashioned book is much more flexible of course. If you only want to go through a book without reading it from start to end, do not even consider having an audio book.
3. Listening to an audio book could be done anywhere anytime - while exercising in the gym, driving through the heavy traffic to work etc. It helps you make the most of your time. Reading the old fashioned book requires certain conditions like concentration and quiet and relaxed surroundings.
4. Price - Surprisingly, in general the old fashioned books costs less than audio books. Depending on the different titles and different methods of audio books it can vary. Among the audio books, audio books on MP3 files are the less expensive ones.
5. The experience - the experience of reading a book is unique and can not be the same as listening to audio books. In addition, audio books do not have paintings in them like some of the old fashioned books.

Summing up, we believe that audio books and the old fashioned books could exist together one besides the other and not one instead of the other.

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