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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!

Rainy Day Fun For Kids!

By Cyndi Roberts

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Need something fun for the kids to do on a rainy day?

Make your own play dough and finger paints for hours of creative fun!

Play Dough

Mix 2 cups flour
2 cups salt
4 teaspoons cream of tartar
in a saucepan.

Gradually add: 2 cups water
2 tablespoons vegetable oil
small amount of paste food coloring
of your choice

Cook and stir over low heat for 3 minutes or so,
until mixture sticks together.

Turn onto board and knead until smooth and of play
dough consistency.

This will keep for several months and can be used
over and over if you store it in an airtight
container in the fridge.

Rainy Day Fun For Kids!

Remember finger painting when you were young?
It's so messy, but it can be a real treat for your
children on a rainy day.

Homemade Finger Paints

Soak 1 envelope of unflavored gelatin in 1/4 cup
warm water. Set aside.

Stir together 1/2 cup cornstarch

3 tablespoons sugar
in a saucepan and gradually stir in:
2 cups water
Cook and stir over low heat until blended.

Remove from heat and add softened gelatin.
Divide mixture into individual containers for each
color you want.

For each color, add a drop of liquid detergent first,
and then add food coloring a drop at a time.

This will keep for several weeks in the fridge.

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Every day may not be good, but there's
something good in every day!

Cyndi Roberts is the editor of "1 Frugal Friend 2 Another" bi-weekly newsletter, bringing you creative, practical tips to help you with budgeting, cooking, shopping, parenting and much more as you strive to "live the Good Life...on a budget". To subscribe visit the "1 Frugal Friend 2 Another" website at <http://www.cynroberts.com>

Luggage For Kids

By Jerry Smith

Traveling with children is never easy and sometimes it's not even fun. There is help on the way to alleviate this problem. Luggage makers have created kid-sized luggage in bright colors and unique designs.

Like adult luggage kid luggage has wheels. Some brands of kids luggage have wheels that are gender

Rainy Day Fun For Kids!

based. Your children will feel grown-up pulling their own bags. Besides watching kids pull their luggage is cute.

Included in kids luggage are backpacks with animals that 'hug' your child. Backpacks and other luggage for kids are bright colors, cartoon characters, sports themes, flowers, dance, music, and space. Luggage can be personalized with their names. There are bags for boys in the shapes of cars.

Styles of luggage for kids include duffel bags, sport bags, backpacks with pockets for a radio or CD player. There are tote bags that will hold your child's toys and/or books. Other themes are flowers, animals, and camouflage design.

Kids luggage are sized for kids and designed for their needs. The kids luggage is also a way to ease your burden as they have their own carry on bag. Having kids use their own luggage can help them to care for their things and allows them to have fun as well.

Many backpacks and other luggage for both adults and kids have holders for bottles and have waterproof snack pouches. There is also an element of convenience with kids luggage. Be creative and have fun traveling with your child or children.

Jerry Smith can help you. Find out how thousands of people have been helped with the advice and information. Visit this link for details:



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