

HOUSE HOLD HINTS WAYS TO USE OLD COFFEE GROUNDS

Don't throw away those coffee grounds so fast! Check out all these ways to use your old coffee grounds before tossing them...

1. **Face Scrub**- Mix $\frac{1}{4}$ cup grounds with one egg white and massage onto face to exfoliate and moisturize.
2. **Deodorizer**- Place used grounds on a cookie sheet to dry. Keep in a bowl in your refrigerator or rub them onto your hands to get rid of odors. Also, fill old panty hose and hang in your closet or refrigerator to fight odors.
3. **Kitchen Scrubber**- Scrub away grease and grime from pots and pans by sprinkling coffee grounds onto the surface. Use your regular sponge on top of them to get off any caked-on mess.
4. **Plant Food**- Plants that like acidic soil, such as rosebushes, azaleas, rhododendrons, evergreen and camellias benefit from the coffee grounds.
5. **Fertilizer**- Mix with soil as a natural fertilizer for plants. Feed to worms to promote your garden's health. This also boosts small-seed growth.
6. **Compost**- the nutrients in coffee are a great addition to your compost bin. Fact: Coffee has the most antioxidants in a majority of Americans diets.
7. **Dye**- By soaking grounds in hot water, you can make brown dye for fabric, paper or Easter eggs.
8. **Kitty Repellent**- To keep kitty from using the garden as its personal powder room, sprinkle coffee grounds mixed with orange peels around your plants.
9. **Insect Repellent**- Sprinkle old grounds around places you don't want ants, or directly on the ant hills. Used grounds also repel snails and slugs.
10. **Furniture Scratch Fix**- Steep grounds and apply a bit of the liquid to touch up furniture scratches with a cotton swab.
11. **Puffy Eye Reducer**- When waking up with puffy eyes, take the whole used filter out (make sure it's not too hot) and hold it over eye(s) for a minute or so. This method can be a little messy but it works, as the caffeine helps to reduce the swelling.
12. **Cellulite Reducer**- Mix $\frac{1}{4}$ cup warm used coffee grounds with 1 tablespoon olive oil. Stand over an old towel applying the concoction to cellulite. Wrap the areas with plastic wrap for 5-10 minutes. Then, remove and rinse in the shower. Do this at least twice a week to see results. (Most expensive cellulite creams contain coffee!).
13. **Dust Controller**- When cleaning out the fireplace, throw a good amount of wet coffee grounds over the ashes to keep the dust from spreading.

What is Celibacy?

Celibacy can be a choice in life, or a condition imposed by circumstances.

While attending a Marriage Weekend, Frank and his wife Ann listened to the instructor declare, "It is essential that husbands and wives know the things that are important to each other."

He then addressed the men. "Can you name and describe your wife's favorite flower?"

Frank leaned over, touched Ann's arm gently, and whispered,

"Gold Medal-All-Purpose, isn't it?"

And thus began Frank's life of celibacy!