



Yet another suggestion for looking younger

You may recall I wrote in one of my earlier newsletters about how to look thinner in photos. My suggestion was that one should always go and stand beside a heavy person. Just recently I read the following article in the Globe and Mail newspaper, and thought it provided some very practical advice.

One of the geniuses at the Globe reported a study that showed one can look years younger by hanging around with older people. Brilliant! Even better, I suppose would be to hang around with heavier, older people, especially during photo sessions.

Now I wonder why all of those young women at the gym are always volunteering to stand beside me when a photo is being taken??

Monda Rosenberg, Food Editor of Chatelaine Magazine described my fruitcakes as 'wonderful' and said, "You make one of the best-tasting fruitcakes in Canada."

There may be a store near you that carries my fruitcakes so please check the Stores section of my site.

Please feel free to e mail me any time if you need any further information.

A New Diet Strategy for the New Year

I hate to report I gained five pounds from all of the Christmas excess! I'm now back to my healthy eating regime, but I'm finding it super hard. I want chocolate very badly, and to keep my mind off it I've had to take up the unusual hobby of needlepoint. It works though, as I've found keeping my hands busy is helping prevent them from shoveling bad food into my mouth.

I'm hoping you've found some strategies that work for whatever pesky issue you're trying to conquer. I think once we've identified the problem we can start to think of ways to overcome it.

This month's tested recipe - quick, easy and delicious!

Cheese Popovers

- This makes 12:
- 4 eggs
 - 1 ½ cups milk
 - 1 tbsp melted butter
 - 2 ¼ cup flour
 - ¾ tsp salt
 - 4 ½ tsp baking powder
 - ½ cup aged cheddar, grated

Heat the oven to 450F. Beat the eggs, add milk and melted butter. Add the dry ingredients and beat with a whisk for a couple of minutes until thoroughly combined and frothy. Grease 12 muffin tins and heat them for a minute in the hot oven. Then add the batter and sprinkle each with the cheese. Bake for 20 minutes.

The Joy of Hobbies

We know working with our hands to create something can be beneficial in a lot of ways. It can be excellent stress relief, and a great way to focus on something totally to the exclusion of everything else. One day last week I actually spent 8 full hours working on a needlepoint kit! I know it sounds insane, but once you get started on these things it can be really hard to stop.

Perhaps you used to do something and have forgotten all about it, and maybe you need to try to find that obsession again. Ever yearn to buy that colouring book? I do.

Besides the wildly interesting needlepoint, there are so many great ideas to explore. See the list of sites to the right if you want some great suggestions.

Please don't say piffle to this idea of working with your hands to create something. Even though we now have electronic games whereby we can simulate all manner of human activity, they still can't replicate creativity.

Imagine the pride you'll feel when you wear your lovingly-made purple and red tie-dyed shirt to the store, wearing a unique stained glass broach and carrying your personally appliquéd bag. You just know heads will turn!

If you wish to unsubscribe, please e mail me, and I will remove your name from the list!

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<http://www.ideashelper.com/hobby-ideas-21.htm>

Here's a great site for people who want to try to write and make some money at it:

<http://www.thejournalist.ca/jobsearch>

And finally, for those of you who have no idea what needlepoint even is, here's a site where you can see the finished product.

<http://www.bethrussellneedlepoint.com/new-design.htm>



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