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What Does “ Ms. ” Stand For?

During a recent shopping mission to the supermarket under full commando gear and mask, I took a double take when I came upon the meat section. It looked sparser than the toilet paper aisle.

Where ' s the Beef ... and Chicken?

Who says math can't be fun?! These math puzzles with answers are a delightful challenge. The post 30 Math Puzzles (with Answers) to Test Your Smarts appeared first on Reader's Digest.

30 Math Puzzles (with Answers) to Test Your Smarts

including Dash Diet for Dummies. Weiss is a registered dietitian nutritionist in the Boston area. She is the author of five cookbooks and runs a podcast, Liz ' s Healthy Table.

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New Dietary Guidelines for Americans

Rinds from hard cheeses like Parmesan make a great base for homemade stocks or as an add-in to homemade soups for extra flavor. Just rinse off the rind, then throw it into a pot of soup or broth ...

13 Food Scraps You Never Knew You Could Eat

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Lipids for Dummies -- Howard Weintraub, MD, Offers Solid Advice for Lowering LDL-C

After years of ‘ dieting ’ and depriving herself - but never losing weight - Louisa decided it was time to try something different, so she played Weight Watchers. The structure and support ...

Louisa ’ s confidence improved dramatically after losing over 1 stone in weight

This type of bedwetting is called secondary enuresis and may be due to an underlying problem such as urine infections or diabetes which will need treatment. Whatever his type of bedwetting your ...

Why is my son still wetting the bed?

She's the founder of the American Honey Tasting Society and the author of several books on beekeeping and honey; her latest is Honey for Dummies, which she co-wrote with Howland Blackiston.

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