



Food Ideas



Pucker Up: Lots Of Uses For Lemon Juice

(NAPSA)—Lemonade, marinades and salad dressing aren't the only things you can make with that bottle of lemon juice in your refrigerator; it can do a lot more.

The next time life gives you lemons, don't make lemonade. Instead, try some of these handy household cleaning tips and health-and-beauty uses that have been collected over the years. Some are true, while others may be old wives' tales, passed down from generation to generation.

Create blond highlights. Rinse your hair with one-quarter cup lemon juice and three-quarter cup water. Follow it up by sitting in the sun.

Whiten, brighten, strengthen fingernails. Soak fingernails in ReaLemon juice for 10 minutes, then brush with a mixture of equal parts white vinegar and warm water. Rinse well.

Get rid of dandruff. Apply one tablespoon lemon juice to your hair. Shampoo, then rinse with water. Rinse again with a mixture of two tablespoons lemon juice and two cups water. Repeat every other day until dandruff disappears.

Eliminate blackheads. Rub ReaLemon over blackheads before going to bed. Wait until morning to wash off the juice with cool water. Repeat for several nights until you see a big improvement in the skin.

Clear up facial blemishes. Dab lemon juice on the blemish a few times a day. After six to eight weeks the blemishes should disappear. The acidity of the juice is enough to safely peel off the upper layer of skin.

Tooth whitener. For an occasional whitener for your teeth, mix together one teaspoon baking soda and ½ teaspoon lemon juice. Apply a coat of this paste to your teeth, using a cotton swab. Brush clean with water and rinse. Be careful not to do this too often as lemon juice is very acidic and may damage tooth enamel.

Relieve constipation. Before breakfast, drink four tablespoons ReaLemon in one cup warm water. Sweeten with honey.

Deodorize a cutting board. To rid your cutting board of the smell of garlic, onions or fish, wash it with lemon juice.

Clean a microwave oven. Add four tablespoons ReaLemon to one cup water in a microwave-safe, four-cup bowl. Boil for five minutes in the microwave, allowing the



Lemon juice has lots of uses, from cleaning sinks to soothing and smoothing the skin.

steam to condense on the inside walls of the oven. Wipe clean.

Clean brass, copper and stainless steel kitchen sinks. Make a paste of lemon juice and salt; scrub gently, then rinse with water.

Eliminate odors in your humidifier. Pour three or four teaspoons of ReaLemon into the water.

Remove rust and mineral discolorations on cotton T-shirts and briefs. Use one cup lemon juice in the washer.

Remove fruit/berry stains or garlicky and fishy odors from hands. Rinse hands with lemon juice.

Relieve a cough. Mix four tablespoons ReaLemon, one cup honey and one-half cup olive oil. Heat five minutes, then stir vigorously for two minutes. Take one teaspoon every two hours.

Relieve rough hands or sore feet. Apply lemon juice, rinse, then massage with olive oil.

Write with invisible ink. Use a Q-tip as a pen to write in lemon juice on a piece of white paper. Once it dries, hold the paper near a hot light bulb. The writing will turn brown.

Remove ink spots from clothing. While ink is wet, apply ReaLemon liberally to the spot, then wash the garment on normal cycle with regular detergent in cold water.

For more information and recipes, visit www.realemon.com.