

YESTERDAY'S REMEDIES

(NAPSA)—Your grandmother's homemade hair treatments—your dad's homegrown gardening tricks—a more natural way to relieve a stuffy nose—sometimes there's no substitute for a simple home remedy.

“Great hints get passed down through the generations for good reason—because they work,” says Helpful Hint guru “Heloise,” who has been a purveyor of such advice



for generations. From at-home spa treatments to fume-free natural furniture polish, Heloise currently offers solutions using simple ingredients on a new Web site: simplehomeremedies.com. The site is a forum where visitors can learn and share their own favorite tips. Some of Heloise's no-nonsense advice includes:

- Brittle, flaky nails? Rub decolorized iodine on the tips of your nails every night for a week to notice a dramatic difference in strength and texture.

- Notice a stale odor when you turn on your bagless vacuum? Skip the perfumed air fresheners. Soak a cotton ball in an aromatic essential oil, such as clove oil, orange or peppermint and put it in the bagless compartment to freshen the room each time you vacuum.

- See a few roaches scurrying around? Don't panic. Mix powdered boric acid with equal or larger parts of flour, cornmeal or sugar. Sprinkle where crawling insects frequent, such as cracks and crevices, around baseboards, under the refrigerator, etc. NOTE: Boric acid should not be ingested by humans or pets.

The new site includes a featured ingredient each month and site visitors are invited to submit their own hints utilizing that ingredient. Heloise will choose a hint at the end of every month and award that person a gift basket that includes an assortment of more natural health care products and Heloise books.

For more information, visit www.simplehomeremedies.com.