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Staying in

Healthy habits

By now we all know green tea is good for us. Besides being loaded with antioxidants to ward off certain types of cancer, it also can help you burn more calories so you can shed weight. But what if you're not a tea drinker? Make this Green Tea Smoothie and you'll still get all the benefits: Brew 1 green tea bag in ¾ cup boiling water. Cool and refrigerate. Then puree 1 ripe banana, ½ cup crushed ice, ½ cup fresh orange juice and ½ teaspoon minced fresh ginger with cooled tea in blender until smooth. Add honey to taste. Serves 1.

Kate Lawson / The Detroit News

Get fashionable

Planning a night out this weekend? You'll want to look your best. Here are tips and tricks for using mascara, courtesy of cosmetics experts:

• **The darker, the better:** Colored mascaras are OK, but to get the most oomph from your lashes, basic black is best. Why bother with

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Living

brown? It's almost not worth the effort. And auburn colors can end up making eyes look bloodshot.

- **Brush this way:** For an application twist, try holding the mascara wand vertically and wiggle it between the lashes to deposit extra color. Then, do a horizontal sweep to remove any clumps.
- **Take it all off:** Mascara should be removed before washing your face. Remember, the eye area is very fragile -- pulling and tugging are no-nos. Washcloths are an option, but use a clean one each time. Best bet is something you can dispose of afterward. Ponds cold cream is reliable, but use a soft tissue. Avoid using gritty toilet paper; it could leave flecks in and around the eye area.
- **When to let go:** All cosmetics have a shelf life. With mascara, it's best to discard a tube after three months, especially if it's dry, flaky or has a smell.
- **Extend your options:** If you are interested in looking into lash extensions, there's a Web site -- www.xtremelashes.com -- that lists businesses (by state) that are certified to offer the service.

Sacramento Bee

Fast & easy

Table salt is all you need to remove baked-on food from inside the oven. The trick is to cover the area with salt while the oven is still warm. After it cools, scrape the food away and wipe with a damp sponge.

Marge Colborn

The Detroit News

We tried it

True artisan bread comes out of bakeries, but for those of us who don't live near a good one, there's another choice -- flash-frozen bread ready to undergo a final baking at




Wikipedia.com

Eyelashes with mascara on them
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home. We tried two varieties of Pepperidge Farm's Hearth Fired Artisan Bread, the Rosemary Olive Oil Petite Loaves and the French Demi-Baguettes. Each 14-ounce package contains two loaves, nicely sized for a single meal.

The loaves lent the enticing aroma of freshly baked bread to the kitchen as they cooked, and looked authentically rustic when they left the oven. The Rosemary Olive Oil had a pleasant flavor with just enough rosemary to lend an herbal note, and it's fine for a quick meal. Bread connoisseurs may want to keep dropping by a real bakery, though. The loaves' interiors were moist, with an almost gummy texture, even when baked for several minutes longer than directed. \$3.89 at Kroger

Cox News Service

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