

Thrifty Sister Newsletter

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Greetings, Thrifty Sisters! We have officially passed the mid point in February, making us closer to spring! Ah, happy thoughts... birds chirping, sunny days, playing in the gardens, sun dresses and flip flops... I am almost giddy with excitement!

With the tantalizing thought of spring (and summer!), one wants to make sure that they are taking care of their skin year round. Since we have moisturized and masked and scrubbed, I have yet another suggestion of “beauty items that can be found at the grocery store”.

I love salt and sugar scrubs, but once I learned how easy and inexpensive they are to make at home, I almost cringe when I see people buy these at stores. There are literally thousands of scrub recipes on line, but here is a basic recipe.

Homemade Sugar Scrub

Sugar and salt scrubs are excellent for exfoliating and sloughing away dead skin cells on problem areas like elbows, knees, and heels. All that you need to make your own are:

A clean, glass jar for storage, large-grain sugar or sea salt, Organic olive oil or coconut oil (or basically any oil – except vegetable oil – that is a no-no!!)

Combine two parts sugar and one part oil to fill the jar, stir, and you’re ready to scrub! If you want some more tips on making this scrub (and more recipes) and creative ways to customize your containers, you check out: <http://greenupgrader.com/6085/craft-project-treat-yourself-with-home-made-sugar-scrub/>

Now that we have taken care of our skin, are you wondering about that awful sound your car is making? When I was sending the “retro” copies of the Thrifty Sister to The Prairie News, I ran across this great list of car sounds and what they mean. If you need to do a sound diagnostic test, check out this previous Thrifty

Sister: <http://www.prairieneletter.org/Vol%202%20Iss%204.pdf>

Recently, I have noticed that there is a growing trend in finding our roots, saving money and being thrifty (wow, hard to believe that in 2008 my sisters and I were so trendy when this newsletter started out). I have since run across two sites that are worth mentioning. One is a article about how to think like Grandma. The jist of the article is listed below, with the actual link, if you would like to read it for yourself:

<http://www.care2.com/greenliving/think-like-grandma-and-save-money.html?page=1>

1. Plant a vegetable garden.

2. Don't spend money to "entertain" yourself.
3. Rethink the meaning of "vacation."
4. Do it yourself.
5. Make it yourself.

The other web site is fantastic and very enjoyable, with some very clever ideas:
<http://www.thingsyourgrandmotherknew.com>

And with that, my Thrifty Sisters, may you have glowing skin that is eagerly waiting for spring delights, a car that runs well and some savvy Grandma tips to keep us rolling into next week!

For previous Thrifty Sister newsletters, please visit <http://www.prairiemailletter.org> – we are re-posting the first issues, so if you have not been with us since the beginning, now is your chance to read it from the start!