



## SENIOR NUGGET NOVEMBER 2016

### ~ HELPFUL WINTER CAR TIPS ~

**Keep Headlights Clear** - Wipe wax on your headlights. It keeps lights clear for 6 weeks.

**Squeaky Wipers** - Use cloth saturated with rubbing alcohol or ammonia. Also helps avoid streaking and squeaking wipers.

**Ice-Proof Your Windows** -- Use Vinegar! Frost coming ... fill spray bottle with three parts vinegar to one part water and spritz it on all your windows at night. In the morning, no messy ice! Vinegar contains ingredients that prevent water from freezing.

**Frozen Doors** - Use cooking spray. Spritz cooking oil on the rubber seals around car doors and rub in with a paper towel. Spray prevents water from freezing to the rubber.

**Fog-proof Windows** - Use shaving cream!  
Spray shaving cream on inside of your windshield and wipe it off with paper towels. Shaving cream has same ingredients as commercial defogger.



## FOOD - HOW LONG TO KEEP IT!

### FOOD

### SHELF-LIFE

Ketchup	4-6 months in refrigerator
Jelly	1 year in refrigerator
Mustard	6-8 months in refrigerator
Peanut Butter	2 - 3 months
Mayonnaise	2 months
All Purpose Flour	10-15 months (longer in freezer)
Brown Rice	6 months in refrigerator
Vegetable Oil	3 months in pantry; 6 months in refrigerator
Olive Oil	12-18 months
Vinegar	6 months

Mark date of purchase on container; check expiration date.

Happy Thanksgiving and Birthday to those having a special

day in November

