

How to Catch a Sweetheart

If you go in one door and out the other, you will catch a new sweetheart.

If you encourage a stray dog, he will bring you a handsome sweetheart.

The first turtle-dove you hear in the spring will coo in the same direction as your new sweetheart. (Kentucky)



"For the first 3 weeks I dated this girl, I thought her name was 'un-uh.'"

If you build a good fire, your sweetheart loves you.



To tell your future love life, drink a mixture of mistletoe berries, honey and vinegar before going to bed. [Editor: mistletoe berries are poisonous!]

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Popular Dieting Myths

Hanging out with really fat people makes you look thinner.

If no one sees you eating, the calories don't count.

Breaking up cookies and eating the pieces burns up lots of calories.

Food licked off knives and forks contains no calories.

Any food you eat in the movies doesn't count after they turn the lights out.

Adding hot sauce to your food makes the pounds "burn off."

If the person you're with eats more than you do, your calories don't count.

When you eat standing up, you burn off more calories than you consume.

