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What does Ms. stand for? Despite the period, it's not an abbreviation! Here's the real answer, and why it's important in women's history. The post [What Does "Ms." Stand For?](#) appeared first on Reader's ...

## **What Does "Ms." Stand For?**

During a recent shopping mission to the supermarket under full commando gear and mask, I took a double take when I came upon the meat section. It looked sparser than the toilet paper aisle.

## **Where's the Beef ... and Chicken?**

Who says math can't be fun?! These math puzzles with answers are a delightful challenge. The post [30 Math Puzzles \(with Answers\) to Test Your Smarts](#) appeared first on Reader's Digest.

## **30 Math Puzzles (with Answers) to Test Your Smarts**

including [Dash Diet for Dummies](#). Weiss is a registered dietitian nutritionist in the Boston area. She is the author of five cookbooks and runs a podcast, [Liz's Healthy Table](#).

## **New Dietary Guidelines for Americans**

Rinds from hard cheeses like Parmesan make a great base for homemade stocks or as an add-in to homemade soups for extra flavor. Just rinse

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off the rind, then throw it into a pot of soup or broth ...

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After years of 'dieting' and depriving herself - but never losing weight - Louisa decided it was time to try something different, so she played Weight Watchers. The structure and support ...

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## **Why is my son still wetting the bed?**

She's the founder of the American Honey Tasting Society and the author of several books on beekeeping and honey; her latest is Honey for

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Dummies, which she co-wrote with Howland Blackiston.

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