

#BEAUTY

Deep Hydration for Hands and Feet

This simple blend is an effective way to nourish dry hands and feet without expensive treatments



Very rough hands and feet are common, especially with frequent washing, weather changes, or long hours on your feet. A simple at-home remedy using everyday ingredients can help restore softness, lock in moisture, and gently smooth the skin.

The Hydrating Blend

This DIY mixture combines three ingredients known for their moisturizing and skin-soothing properties:

- 2 tablespoons Vaseline (petroleum jelly): Creates a protective barrier that locks in moisture and prevents water loss.
- 1 teaspoon baby oil: Adds lightweight hydration and helps soften dry, flaky skin.
- ½ teaspoon baking soda: Acts as a mild exfoliant to help remove dead skin and improve texture.

How It Works

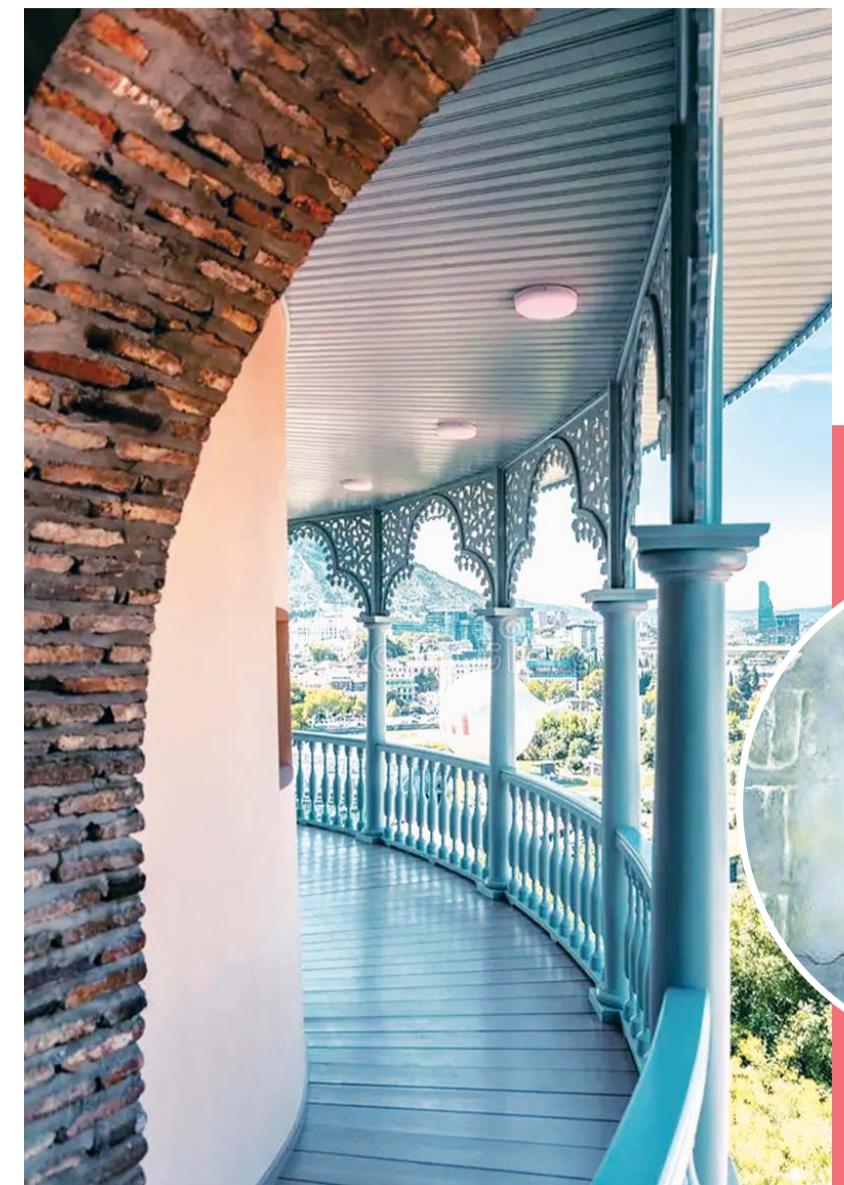
Vaseline seals moisture into the skin, making it ideal for very dry areas like heels, cuticles, and knuckles. Baby oil penetrates the skin to add softness and flexibility. Baking soda gently buffs away dry, rough patches, allowing the moisturizing ingredients to absorb more effectively.

How To Use

1. In a small bowl, mix all ingredients until smooth.
2. Wash hands or feet with warm water and pat dry.
3. Massage the mixture into the skin, focusing on rough areas.

Final Thoughts

This simple blend is an effective way to nourish dry hands and feet without expensive treatments. With regular use, skin can feel smoother, softer, and more comfortable.



Queen Darejan's Palace or Sachino in Tbilisi, Georgia.

Without Her, There Would Be No Georgia

Teimuraz was often absent, fighting, in exile, negotiating with one empire against another. Darejan managed the household, raised the children, maintained whatever stability was possible. When Teimuraz was forced into exile, Darejan went with him. Taking as many surviving children as she could. Leaving behind the ones who were hostages, or already dead, or scattered across a region where Georgian royalty had become refugees in their own land.



#EMPIRES



Christian in a region where Christian kingdoms were being systematically crushed.

And she was expected to keep having children. To keep producing heirs. To keep ensuring the royal line survived, even though survival meant watching those children face the same threats.

Over her lifetime, Darejan gave birth approximately 23 times. Twenty-three pregnancies in an era when childbirth was the leading cause of death for women. Twenty-three times risking her life. Twenty-three children born into a kingdom under constant siege, where royal children were targets for kidnapping, forced conversion, or murder.

Every pregnancy was an act of defiance against the empires trying to eliminate Georgian Christianity. Every surviving child was proof that Georgia would continue. Every daughter she raised, every son she protected. Was a victory against forced conversion and cultural extinction.

Today, we barely remember Queen Darejan. Georgian history



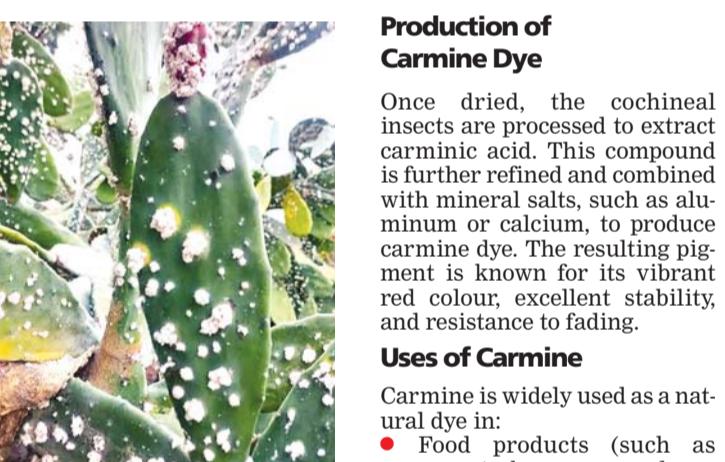
Honouring Dedication on National Caregivers Day

National Caregivers Day, observed annually on the third Friday of February, celebrates the selfless dedication of individuals who provide care and support to the elderly, disabled, or chronically ill. These caregivers often work tirelessly behind the scenes, balancing physical, emotional, and financial responsibilities to ensure the wellbeing of those they care for. The day highlights their invaluable contributions, recognizing the compassion, patience, and resilience required in caregiving. It also raises awareness about the challenges they face and encourages communities, policymakers, and families to offer support, resources, and appreciation for these unsung heroes of society.

#COCHINEAL FARMING

A Natural Carmine Dye

Because it is derived from natural sources, carmine is often preferred over synthetic dyes, especially in products marketed as natural or organic



Production of Carmine Dye

Once dried, the cochineal insects are processed to extract carmine acid. This compound is further refined and combined with mineral salts, such as aluminum or calcium, to produce carmine dye. The resulting pigment is known for its vibrant red colour, excellent stability, and resistance to fading.

Uses of Carmine

Carmine is widely used as a natural dye in:

- Food products (such as yogurts, beverages, and confectionery)
- Cosmetics (lipsticks, blushes, and eye products)
- Pharmaceuticals
- Textiles and traditional art

After several weeks, when the insects reach maturity, they are harvested by gently brushing or scraping them off the cactus pads. The insects are then dried using sunlight, ovens, or other controlled methods. Drying concentrates the carmine acid and preserves the insects for processing.

Environmental and Economic Importance

Cochineal farming is considered environmentally sustainable. It relies on a drought-resistant crop, produces minimal waste, and supports biodiversity in dry regions. Economically, it provides income for rural communities, particularly in parts of Latin America, Africa, and the Mediterranean.

The cultivation of cochineal insects on Opuntia cactus pads is a remarkable example of how natural systems can be harnessed to produce valuable materials. Through the insects' production of carmine acid, farmers are able to obtain carmine, a vibrant, durable, and historically significant natural dye that continues to be important in modern industries.

The Opuntia Cactus

Opuntia species are hardy cacti characterized by their flat, green pads called cladodes. These pads serve as both the photosynthetic surface of the plant and the habitat for cochineal insects. Opuntia thrives in arid and semi-arid climates, requires minimal water, and grows well in poor soils, making it ideal for sustainable agriculture.

Cochineal Insects and Their Biology

Cochineal insects (Dactylopius coccus) are small, scale insects that feed exclusively on Opuntia cactus pads. The insects attach themselves to the surface of the pads and feed on plant sap. To protect themselves from predators, the insects produce carmine acid, a deep red compound that acts as a natural defense mechanism.

Female cochineal insects contain especially high concentrations of carmine acid, which is why they are the primary focus of harvesting.

Farming and Harvesting Process

Cochineal farming begins by intentionally inoculating healthy Opuntia pads with cochineal insects. Farmers carefully manage the cactus plants to ensure optimal conditions for insect growth, includ-



Queen Darejan.

about kings and battles and treaties, women like Darejan were doing the biological and domestic labor that made dynasties possible.

Without Darejan's 23 pregnancies, there would have been no Georgian royal heirs. Without her household management during Teimuraz's absences, there would have been no stable base for his resistance. Without her endurance through decades of loss and exile, the dynasty would have collapsed.

Her endurance was 'women's work': childbirth, child-rearing, household management, it doesn't get the same historical recognition as military victories. Because that's what queens did: they bore the unbearable, privately, relentlessly until they died.

Modern Georgia barely remembers Queen Darejan. There are no grand monuments to her 23 pregnancies. No statues commemorating her endurance. No epic poems about the children she buried.

But every Georgian king who came after her every continuation of the royal line, every bit of Georgian independence that survived the 17th century, all of it rested on the foundation of her body, her labor, her losses.

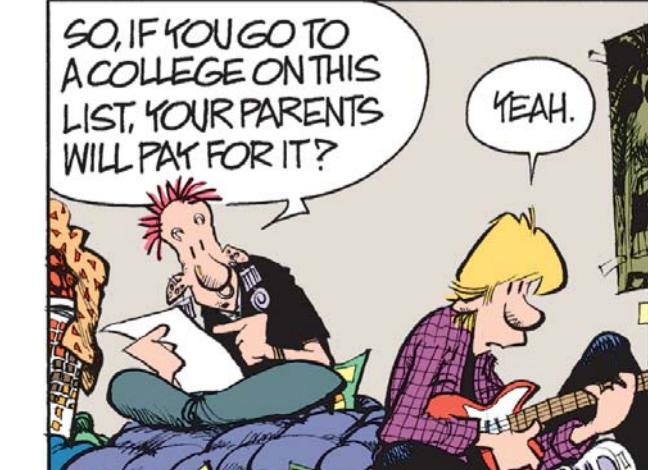
She was the invisible infrastructure of royal survival. History barely remembers her name. But without her, there might not have been a Georgia to remember.

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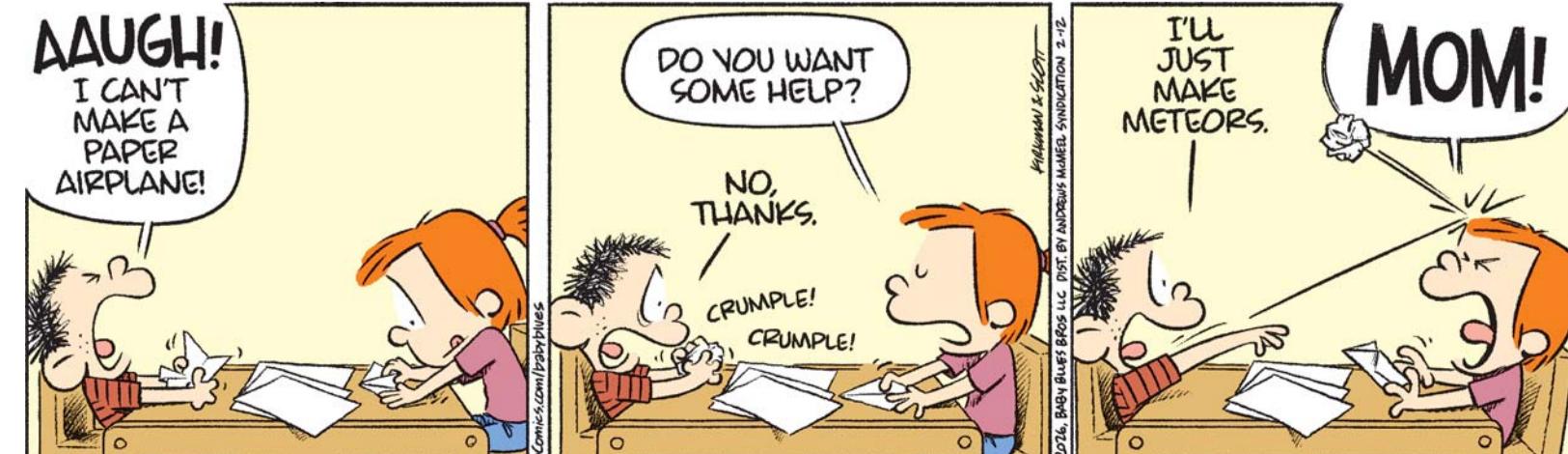
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ZITS



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BABY BLUES



THE WALL

