

Surprising uses for your favorite ale

Q: What surprising item can help soothe achy, callused feet, tenderize meat, and help keep pests out of your garden?

A: Sounds like a dream product, but you just might have this one right in your refrigerator... it's beer! Even if you're not a beer drinker, these tips from Health.com show that it might not be a bad idea to have a bottle or two on hand for a quick at-home spa treatment or to keep your backyard garden growing!

Sole soother

The yeast in beer softens weary, callused feet. Try this treatment from Milk + Honey Spa in Austin, Texas. Pour 1 bottle of lager into a tub of warm water, and soak 10 minutes. Massage 1 cup Epsom salt and the juice of 1 lime onto feet and legs. Rinse and relax.

Cook's companion

When braising meats, try adding 1 inch of brown ale (such as Newcastle) to the pan. Beer tenderizes the meat and adds great flavor, says Frances Largeman-Roth, RD, *Health's* senior food and nutrition editor.

Garden aid

Slugs eating your veggies? Set a beer trap, says Felder Rushing, author of *Passalong Plants*. Fill a container with beer, cut a small hole in the lid, and bury it in your garden; lid should be flush with the ground. Slugs, drawn to the hops, will fall in.