

HOW TO GET GUM OUT OF YOUR HAIR



Question: How do you get chewing gum out of your hair? Do you use ... a) an ice cube? b) peanut butter? c) a nit comb?

Answer: All three!

GUM, GOING, GONE

Hold an ice cube over the affected hair. This will make the chewing gum go really hard and cold. When it does, crack it with your fingers and pick off the bits.

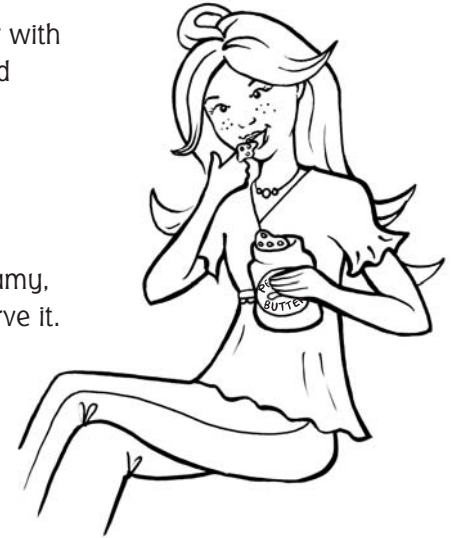
Rub any stray remaining bits of gum with peanut butter – this sounds really strange but peanut butter has a magical effect on chewing gum. Massage it in thoroughly.

Comb out the peanut butter with a nit comb (any fine-toothed comb will do at a pinch).

Shampoo and condition your hair afterwards.

Finally, tuck in to some creamy, nutty goodness – you deserve it.

Warning. Don't touch peanut butter or eat it if you have a nut allergy.



HOW TO MAKE A CRISP-BAG BADGE

Here's how to make a fun badge. Be careful, everyone will want one.

You Will Need:

- a bag of crisps (the small size, not a family bag!)
- a baking tray • oven gloves • a wooden spoon
- a safety pin • sticky tape

WHAT YOU DO

1. Turn the oven on to its hottest setting (ask for adult help and supervision whenever you use the oven).
2. Carefully open the bag of crisps and eat the contents. It is a terrible job, but someone has to do it ...

3. Shake out any crumbs and wipe the inside of the bag clean with a piece of kitchen roll.

4. Place the bag on a baking tray and flatten it out as much as you can.

5. Pop the tray in the oven for around 10 minutes. Check the bag every couple of minutes to make sure it doesn't burn. It should begin to shrink!

6. When the badge has shrunk to about two thirds of its original size and is about 5 cm wide, take the tray out of the oven using the oven gloves.

7. Using the back of a wooden spoon, quickly flatten out any kinks or curls in the mini bag. Then leave it to cool for five minutes.

8. Once the bag is completely cool, pick it up – it will now be much harder and thicker than a normal crisp packet.

9. Secure a safety pin onto the back of the badge with some sticky tape.

10. Pin to your lapel. Stand back and wait for compliments!



HOW TO PLAY SEVENS

Sevens is a great ball game which you can play by yourself or with friends. The moves you have to make get harder the further you progress, so see how long you can keep going.



HOW TO PLAY

Find a tennis ball and a flat wall outside. Stand about two metres from the wall and follow this routine:

- Throw the ball at the wall and catch it.
- Throw the ball at the wall, let it bounce, then catch it.
- Throw the ball at the wall, swat it back at the wall with the palm of your hand, then catch it.

- Throw the ball at the wall, swat it back at the wall, let it bounce once and catch it.
- Throw the ball at the wall, let it bounce once, bounce it again with the palm of your hand and catch it.
- Throw the ball at the wall, swat it back at the wall, let it bounce once, bounce it again with your hand and catch it.
- Throw the ball at the wall, swat it back at the wall, let it bounce, bounce it again, swat it back at the wall and catch it.

AND NOW THE HARD BIT

Add one of the following variations each time you go through the whole routine.

- Clap your hands each time you throw the ball.
- Clap your hands twice after throwing the ball.
- Spin around each time you throw the ball.
- Go through each stage using only your right hand.
- Repeat each stage using just your left hand.
- Start each stage by throwing the ball under your right leg.
- Now try each stage throwing the ball under your left leg.

If all that is just too easy you can combine as many of your own variations as you like. Why not challenge a friend to a Sevens championship match?

HOW TO LOOK BEAUTIFUL TOMORROW

Want to look fab but can't be bothered with lengthy beauty routines? Simple – just boost your looks while you're tucked up in bed. You'll look beautiful in the morning.

Get Prettier Feet. There's no need to scrub away at dry heels and hard skin for hours. Simply slather on lots of thick body lotion, pull on some cotton socks and head for bed. You'll wake up to much softer feet.

Get Smoother Lips. Slick chapped lips with petroleum jelly before bed. In the morning, rub gently with a clean damp flannel to remove any flakes of dead skin.

Get Softer Hands. Apply a dollop of hand cream straight after washing your hands – it'll seal in extra moisture and work wonders on hands and nails while you dream.



Get Shinier Hair. For the glossiest locks ever, just smooth lots of thick conditioner onto freshly shampooed hair before bedtime. Protect your pillow by covering it with an old towel. Rinse and style your hair in the morning.

Get Clearer Skin. Don't worry about that spot ruining your day. Just dot on some tea-tree oil before bed – it's the best pimple buster known to girl-kind.

HOW TO MAKE A HEN EGG COSY

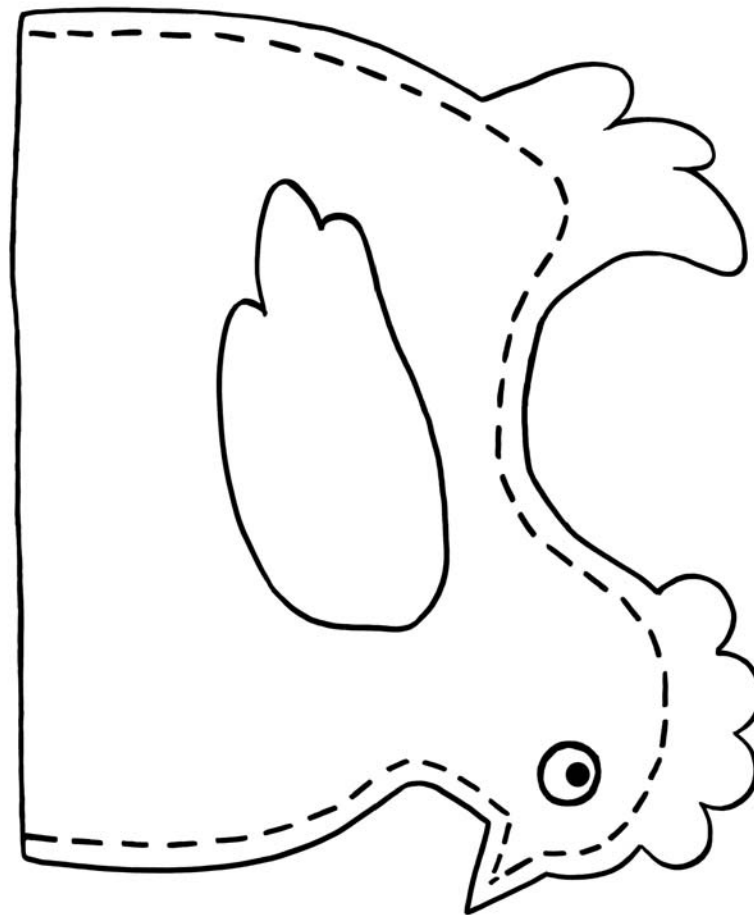
If you can stitch two pieces of fabric together, you can make this gorgeous hen cosy for your boiled egg.

You Will Need:

- brown felt for the body of the hen
 - felt in a contrasting colour for the wings and eyes of the hen
- two lengths of coloured embroidery thread – any contrasting colour you like
 - fabric glue • scissors
 - pins • a large needle
- tracing paper • a felt-tip pen

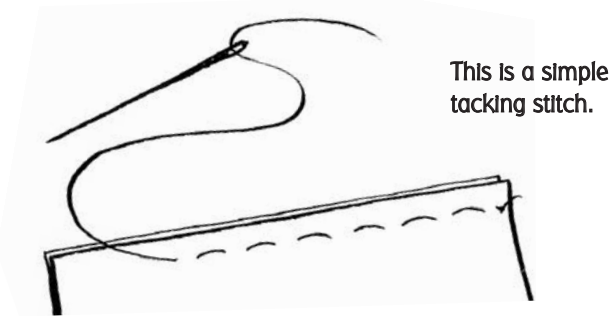
WHAT YOU DO

1. Place the tracing paper over the top of the pattern opposite and draw over the outline of the wing and the outline of the



body with a felt-tip pen. Then repeat, so you have two sets of matching pieces – two bodies and two wings.

2. Cut out all the patterns from the paper.
3. Pin the paper patterns to the felt and cut them out.
4. Cut small circles of felt to create the hen's eyes.
5. Thread a needle and make a knot near the end of the thread. Join the two body shapes together using a simple 'tacking stitch' around the edges. Working from right to left, push the needle in and out through both layers of the felt.



6. You need to leave the base of the hen open. So when you get to the end, secure the last stitch by going back to the end of the last stitch and bringing the needle through again. Repeat. Snip off the remaining thread.
7. Use the glue to stick on the wings and eye shapes.
8. Pop your hen cosy over an egg sitting in an egg cup. It will look so cute that you will be asked to make one for each member of your family. Soon your breakfast table will look like a hen coop.

HOW TO DRY FLOWERS

Dry the flowers and herbs you pick in the summer and you'll have a bedroom full of blooms all year round.

1. Just pick your flowers – try to choose perfect plants with long stems. Roses and lavender work well.
2. Snip the stems neatly and pick off any leaves from the lower half of the stem.
3. Gather the flowers into small bunches, fastening them together with an elastic band.
4. Open each bunch into a fan shape so the air can get to every bloom.
5. Hang the flowers upside down in a dark, dry place (an airing cupboard is ideal) for two or three weeks.

Display your dry flowers in a pretty vase or container. There is no need to add water.

A bunch of dried flowers makes a perfect gift for Mother's Day.

