

TOP TIPS FOR GIRLS

KATE REARDON



Advice from real women for real life

How to retain water in potted plants

Keep your old used tea bags and put some in the bottom of the pot before adding compost. They absorb water and keep the moisture in longer.

patsharp

How to get revenge on your partner

Hit him with this subtle but effective revenge tactic: turn every battery from every appliance in the house the wrong way round. Do not remove! If they've been taken out then it becomes obvious what's happened. You want him to wonder if all his stuff is broken. That means the TV remote, mouse, keyboard, power tools, anything! It'll drive him mad for weeks.

Anna Lehane

How to get mineral stains out of the toilet

Fill toilet bowl with cola. Leave overnight. Flush. *Voilà!*

ahlh

How to tone up your bum

I took myself to the street: I am walking up hills, taking longer, deliberate steps and doing stairs. If your knees can tolerate skipping one step (thus creating more challenging steps) I highly recommend it. In a couple of months, I noticed a tremendous difference in my bum. It has lifted and doesn't look like a neighbour to the back of my knees! Enjoy, and concentrate on the area that you're working.

James

How to not be totally stranded

When walking to your car, carry your car keys in one coat pocket and your mobile phone in the other. That way if the worst happens and your handbag is snatched you can still call the police and get home.

aspi80

How to keep your fingernails clean while gardening

Before you start, dig your nails into a bar of soap – it really works! This is better than gloves for me because even if I do wear gloves I always take them off to do something finicky.

DezG

Illustration MOIRA MILLMAN

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