

# EASY Living

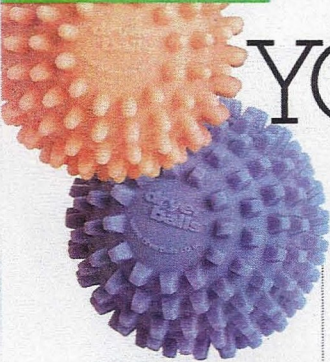
JUNE 2007

ONLY £2.70

FOOD & ENTERTAINING

## YOU KNOW BEST

From eco-cleaners to health drinks, you tell us the little things you can't live without



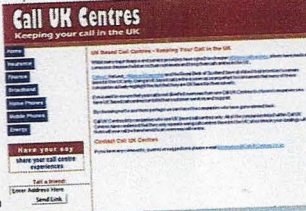
**ANN GREEN,  
PEMBROKESHIRE**

I put these coloured, nobby balls into the dryer with my washing. By working together (rubbing against one another) they heat up the washing and ease out the creases in your clothes more quickly, which reduces the drying time. Very ecologically friendly.

**Dryer Balls, £9.99. Visit [jmidirect.com](http://jmidirect.com)**

**PAULINE CROSBY, VIA EMAIL**  
I recently found this website that only deals with companies who operate UK call centres. I've used it for my car insurance and will use it for my house insurance when that becomes due too.

**Log on to [callukcentres.co.uk](http://callukcentres.co.uk)**



**ALICE CALDWELL,  
VIA EMAIL**

My mum can't live without Lotil Cream, an amazingly cheap moisturiser that's perfect for protecting

your skin in bad weather. She also says it works wonders on her feet – and she used to be a professional ballet dancer! In this case, Mum definitely does know best.

**Lotil Cream Original Formula, from £1.99. Call 01235 838690**

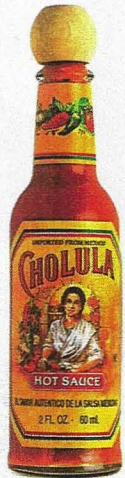


**JULIET FORDHAM,  
WILTSHIRE**

This hot sauce really adds a fiery, spicy kick to a meal.

I use it to jazz up all sorts of dishes – from casseroles to salad dressings. My husband and I adore it and it's inspired us to make it a mission to 'banish the bland' from our kitchen!

**Cholula Hot Sauce, £1.07, Asda (0500 100055) and good independent retailers**



## Whole grain helps build healthy families

Not all cereals have whole grain. Every Nestlé cereal does. Just look for the green banner, for whole grain guaranteed.



Date: June 2007

Circ: 200,116