

59 tips for a quieter life, a cleaner cooker  
and no more bingo wings

# Half an Onion and a Folded Newspaper



By

The readers of Life is a Bag of Revels

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# How this book came about – and how YOU can make it grow!

Today, in its very first edition and in its infant state, this small book contains just 59 tips from the very first readers who bravely dared to send in their tips.

And what fine tips they are too! Each, remember, represents the *crème de la crème* of life, health and practical tips that these readers have discovered during their lifetimes. Whether you have a burnt saucepan, suffer from social shyness or have a case of travel sickness you cannot cure, look no further than the pages of this book. If you want to discover amazing wisdom and insights into how to live life, have a read through the tips you will find in the section on Life Wisdom and Happiness.

Yet this, I hope, is just the beginning of something huge. Over the next few years, my hope is that as more and more readers send in more and more tips, this book will be something hefty enough to be published and put on bookshelves around Britain! After all, the more we share our tips and life-enhancing secrets between us, the better all our lives will be.

So please, enjoy what you read in this first exciting edition today. Then send in some best ever tips of your own.

By sharing our tips for life together we will all be able to be wiser with our money, savvier with our health and enjoy an encyclopedia of useful household information!

Let's start a revolution!

A handwritten signature in black ink that reads "Wendy Churchill". The script is fluid and cursive, with a large, decorative flourish on the letter 'y'.

Wendy Churchill  
Life is a Bag of Revels

Visit our new website at:

[www.bagofrevels.co.uk](http://www.bagofrevels.co.uk)

# Your Health and Fitness

## **Speed up the recovery from a sprain with vinegar!**

If you sprain your wrist or ankle wrap a bandage around the sprain and wet the bandage with vinegar, this will speed up the healing process.

*Christy*

## **Get wonderful super smooth skin at for less than a few pence!**

Before your shower pour a few tablespoons of ordinary sugar into a cup and take with you. Lather up with your usual product, then pour some sugar into your hand and scrub away....I find this just as effective as expensive shop bought scrubs, its something most households have ready to hand, and as its sugar, it will dissolve in the hot water and rinses clean away.

*Kat*

## **How to get rid of those “bingo wing” arms**

Stand with back against kitchen worktop – grip edges of the surface with your palms as if pulling the whole worktop towards you. Lean body downwards, bending elbows & then push up again. Feet need to be correct distance (not too far or too near the cupboards) in order to feel resistance in upper arms – bit like a home bench press.

*Lorraine Y. W.*

## **The most amazing cure for travel sickness ever!**

The most amazing thing I have come across is an incredible cure for sea/air/car/boat sickness. You simply sit on a whole folded newspaper. It works quickly and there are no side effects. Don't ask me how it works but I have seen it work often enough to know that it is quite miraculous.

*Pam*

## **Hawthorn berries for poor circulation**

Well its not a secret but Hawthorn berries are great for circulation problems, thinning blood without the problem of aspirin resistance and they don't react with any other medicines according to my health shop. What more could you ask for??!

## **Why you should NEVER wear rings on your little fingers or toes**

On all other fingers and toes the meridians (energy lines) flow through the middle and therefore the ring would not obstruct the energy. However, with the little finger (heart and small intestine) and big toe (liver and spleen) the lines are along the side and rings may have an effect.

*Penny*

## **Use Tea Tree Oil to treat itchy scalp or dandruff**

1. Dispense a regular amount of your normal shampoo (non-conditioning) into your hand.
2. Add 10 drops of good quality Pure Tea Tree Oil to the

shampoo and mix to create your anti-dandruff shampoo.

3. Lather hair with mixture vigorously for 5 minutes. Ensure you lather down to the scalp. Avoid contact with eyes.
4. Rinse your hair and enjoy the refreshing aroma.
5. Apply some pure tea tree oil to itchy areas using a cotton bud
6. Repeat daily to eradicate and prevent dandruff

*Lorraine*

### **Tea Tree Oil for headaches**

Tea Tree oil is also excellent for headaches. Put a few drops on your temples, back of neck, and above nostrils for instant relief.

*Lorraine*

### **Dealing with arthritis and constipation as you age**

1. ARTHRITIS when it starts, do not rest the limb – carry out exercises, i.e. go for a walk with a painful knee and the pain will go away.
2. DRINK a pint of water before you go to bed, every night, and it will keep your bowels open.

*Harry E., 85 years old*

### **How to make non-organic vegetables healthier**

I always rinse non organic vegetables in vinegar solution to get rid of pesticides – not the whole answer I am sure but it probably helps. This comes from Patrick Holford (the nutritionist). If you add salt it also gets rid of mud etc. in one rinse (in theory).

*Lois*

## **Keep your blood pressure down with a fish in the tank rather than a fish on your plate!**

High blood pressure? But can't (or don't want) a pet cat or dog? Then invest in a small tropical fish tank with pretty fish. Tetras or guppies are good, for example. Watching them dart about has brought my BP down by a few points, enough to stop GPs from prescribing BP pills....

*Judy R.*

## **Doctor's soapy cure for constipation**

Break off a thumb nail size of soap , insert it up your bottom, wait and eventually you will pass a stool. Advice was given by a doctor when my child was a baby. It works and its something I've used myself. Common sense really. I only used a little finger nail size for my child and held it in with my finger.

## **A citrus cure for nasal sore spots**

A quick tip for a sore nose. I don't know if anyone else suffers, but it may be because I am a dog groomer and have dog hairs flying in all directions, even up my nose. I quite often get a sore spot appear on the inside of my nose and is very uncomfortable, especially if I need to have a good blow. A friend recommended that I take a cotton bud, soak it in lemon aromatherapy oil, and dab this on the sore twice a day. After three days the sore had disappeared. I had tried numerous creams, but none of them had worked, so I now keep a little bottle of this wonderful oil in my cabinet, just in case.

*Another Wendy*

# Your Money

## **Great Bookmakers Trick: How to make money from all those free bets offered by online bookies**

Most bookmakers (and there are a lot of them) offer free bets or matched deposits for new accounts. The secret of how to make money from them is to be able to cover your initial qualifying stake so you don't lose a penny and subsequently being provided with a free bet bonus at the bookies' expense.

What I have done when opening new accounts is to bet my initial qualifying stake on either a virtual dead cert like for example Man Utd to beat West Brom at home or if you are worried about losing that bet then use a betting exchange such as Betfair to lay Man Utd (ie betting on them not to win) at the same stake thus ensuring that either way you get your initial money back and you now have your free bonus to use how you like.

One of the best websites to find out about bookmakers offering free money is [www.betrescue.co.uk](http://www.betrescue.co.uk) under 'Free Bets'.

*Raymond P.*

## **Even savvier ways of buying food more cheaply: From a true veteran of the thrifty living life**

Why not grow your own food. Then you do not have to pay premium prices for organic vegetables. We mill corn with a hand mill to make our own flour, which we blend with Canadian Durum wheat flour bought by the sack from a local flour mill. We share a sack with the family. A third alternative

is to buy vegetables from a wholesale market and split with friends and family. We no longer keep goats or pigs, which we did in the 70's and 80's as I turned 71 today.

Best wishes

*John*

## **Two feng shui tips for increasing your flow of wealth**

I read these two tips from feng shui a few months ago and it has definitely helped me feel wealthier already. I don't know how it works but something has happened!

The first is to be more aware of how you handle your money. Keep it neatly in your purse or wallet not crumpled up. Treat it with respect and show that you care about it in a good way. The second is to pay attention to the handling of things like bank accounts and bills. Keep them orderly. Clear out any clutter in your finances. Respect is the important thing – as well as tidiness. Also, the rear, left-side room in your house (from when you enter the front door) is your wealth area so you should keep that free of clutter too.

*Mira*

## **If you own investments, ignore any daily price changes**

I once attended a conference about investing and the most valuable thing I learned was not to pay any attention to daily changes in the price of your investments. Of course I have to say that if you're day trading then this doesn't apply but then you shouldn't be day trading anyway unless you want to lose money! Now I see friends who get all worked up when the price of their investment goes down for a few days. Then it

goes up again. They work themselves up every day – often unnecessarily as a few days later it goes up. Far better to look at your investments once a month and make rational decisions about what their performance over the last month means and what you should do about it. No point getting upset more frequently. And investments are for the long-term after all.

*Colin P.*

## **How to get a far better discount than ever advertised when shopping online**

If you'd like a discount on something you want to buy on the Internet then make an email inquiry – and don't buy first time. Many times I have found that the company will keep on sending you special offers! When you think it's the right offer and price then buy. The secret is to wait.

*Kevin*

## **How to get the best deals on eBay**

If you want to get the best deals and win bets on eBay, use sniper software. Other people are using it so if you've ever wondered how your bet is just beaten at the last second this is why. Put 'sniper software' in Google and try out the free trials they offer next time you want to win.

*Sarah G.*

## **Budget for Christmas**

As I am not on a large wage I always used to struggle at

Christmas and get into debt. Now I save up for six months leading up to Christmas and have the money I need. Having a set amount to spend also means I'm careful about what I spend on what and know when to stop.

I think this would also work for holidays too.

*Gemma*

# Life Wisdom and Happiness

“If you see someone without a smile: Give them one of yours!”

*Phyllis*

## **Ten absolutely basic, but absolutely invaluable time-saving tips**

1. Have a written “To Do” List every day of your life
2. Finish what you start.
3. Handle every bit of paper only once.
4. Remember the 3 D’s – DO it – DELEGATE it or DESTROY it – Don’t DELAY it!
5. Only do what only you can do.
6. If I didn’t do/read/see this, would it really prejudice the rest of my life?
7. Make an appointment with yourself – and keep it!
8. Batch process all your interruptions, especially e-mails – you can’t manage them on an “as they arrive” basis
9. Start with the end in mind.
10. Move the Big Stones first – don’t always try to clear the decks – finding time to do sixty 3-minute jobs is much easier than finding time to do three 1-hour jobs!

*John E.*

## **What it really means when we are critical of others**

I have found it to be true that if you are being really critical of someone else’s behaviour or possessions, the chances are that

they are reflecting a part of you that you are not happy with, and need to address. For example, I could not understand why a friend was so critical of everyone's homes whenever she visited, and was baffled by the comments, until I visited her house and observed the large amount of repairs that were needed.

Similarly, another friend was highly critical of high profile people who were seen to change their accents, until I remembered that she had changed her accent to fit into a community that she had moved to in another part of England.

By thinking positively about improving your own life, and looking for the lessons in your judgments of others, contentment and happiness just have to follow!

*Wynne*

## **Secret to getting over social shyness and loneliness**

I discovered years ago that if you are lonely and have no friends, then you need to go out and MAKE friends. First be a friend to others – it's no good sitting at home and being miserable – go out, join some societies, groups etc. and offer your services; your friendship and in no time, you will be far happier. I was so shy as a teenager, about 55 years ago (!) but I joined a youth club, got involved in their choir and am-dram and never looked back!

From being quite intimidated by the thought of speaking to a group of people, I got over it by treating them all as 'friends I hadn't made yet' – and it worked. Now I treat everyone I meet as a potential friend and can speak to a group of strangers with relative ease. Admit to people that you are nervous, shy etc. and they will warm to you and forgive any errors/mistakes you make.

*Liz*

## Who is looking after you?

Solon was asked “Who is the greatest leader?”

He replied: “The third greatest leader is he who rules by fear and the second greatest leader is he who rules by love.”

After an apparent silence, his questioner asked again: “Who is the greatest leader?”

Solon said: “The greatest leader of all is he whose name is not known.”

**“Be grateful with whatever you have coz there’s many people worse off than you. Enjoy life & smile!!!”**

*Anon*

## **A new take on charity, ownership and happiness**

I have stumbled across an apparent paradox which I believe on reflection to be both true and valuable.

*You can only keep that which you share.*

It does need thinking through but I think it is true and very valuable

*Terry*

## **‘Shopping therapy’ is so out of fashion. Here’s a far better way to find happiness, respect and self esteem**

I’m not sure if people would agree with me but I’ve found that trying NOT to buy things is better therapy than “shopping therapy”. I’ve realised that more lasting joy is found in indulging in a hobby or some activity that invokes appreciation from other people, it builds up your self worth and lasts longer than buying a new top, or dress (when you already have far too many).

*Sandie P.*

## **Valuable words of wisdom from a careful tailor..**

A tip I would like to offer for your collection is a phrase from Steven Covey: “Measure Twice, Cut Once”.

My interpretation is: Make Sure. Don’t take a guess with the important stuff whether it’s relationships or putting up shelves.

When I am able to put it into practice everyday I will let you know.

*Shaun*

## **What should you listen to? Gut instinct, reason or heart strings?**

Listen to reason and logic,listen to your heart and mind, but always, always follow your gut instinct.

*John*

## **When things seem terrible...**

When things are difficult and I am going through a pad patch I

remember the words of the great Spiritual Healer, Harry Edwards “All things pass” and they do.

*M Payne*

## **Most important piece of life advice from a wise man of 104...**

I had a friend who was 104 yrs old. I was in my 20s. I said to him if there was one thing, one bit of advice you could give me from your experiences in life, what would it be? He said:

“Always try and understand the other persons point of view”.

By adopting that advice it has created a lot more harmony in my life, increased friendship, decreased selfishness and created win win situations and made me a better human being.

## **The best decision I ever made: Earning less to spend more time with my kids**

I have recently given up my job to spend more quality time with my children and I am amazed at the difference this has made to my life and my mental attitude. Obviously we have a lot less money and have to watch what we spend all the time but it has made a HUGE difference to our quality of life.

I feel more peaceful (unless the children are being really naughty!) and I also feel as though it is what I am meant to do with my life and don't feel as rushed as I used to. I had reached a point before where I was so busy all the time that I felt guilty if I sat down for half an hour and did nothing and now I feel as though I have time to think about life and what I want from it. My children seem to be benefiting a lot and I've

noticed an improvement in my 2 year olds speech and confidence.

*Ruth*

## **How to instantly make yourself feel better if you're feeling miserable**

I find that if I start feeling a little down and sorry for myself, I remember to practice my gratitude strategy. On my way to work each morning, I mentally make a list of at least ten things that I am grateful for today. By the time I get to number 3 or 4, I already feel like I am so lucky and when you get to ten, you really feel blessed.

*Jackie C*

## **Life is as it is – but YOU make the decisions**

This is a personal saying that I really haven't found echoed anywhere else but when I recall it, it throws things into perspective.

'The situation you are in is the way it will be'. There may be other ways of expressing it but that is how I sum it up.

I find this works particularly well as a touch stone for jobs and relationships. I give the caveat that things can well change but if after 3-6 months ( and certainly after a year) they have not, then subject to YOU changing, the way things are are the way things will be. Make your decisions accordingly.

*Carla from Frome*

## **Only you can find your own true meaning in life**

The meaning of life is different for every person.

Every person has their own meaning of life- therefore there is no single answer to the meaning of life.

## **A small new secret for a bigger, better world**

There is a film called “Pay It Forward”, which I found inspirational, and if we all put into practice the principle idea, we would solve most of the world’s problems. That is probably asking a bit too much, but even a little would help.

The idea is to do good turns to others without accepting any reward, or “payback”. Instead ask the recipient of the good deed to “pay it forward “ by doing something for someone else, then ask them to do the same.

If the good deed takes a little effort or sacrifice, so much the better, but it doesn’t have to.

It’s surprising how much better you can feel about yourself in the process!

Here’s to a better world!

*D. G.*

# Practical Household Tips

## How to get the smell of onions off your hands

To get rid of the onion smell on your hands after peeling, rub your hand on a stainless steel kitchen sink and within 10 seconds the smell is gone. Try it – its incredible.

*John C.*

## How to remove paint off of brick work (and even other surfaces including intricate ceiling designs)

**Solution 1.** The product you require is “Peel Away 1” purchased from Langlow here in the UK.

This product removes paint from all substrates... When I say all substrates I mean metal, bricks and wood and I found the product very successful.

*Frank*

**Solution 2.** “Try caustic soda and a wire brush”

**Solution 3.** It depends on the paint. If it's house paint slosh on water-washable paint stripper, maybe 2-3 times and wash off with a power jet washer. If it's graffiti, usually car spray, use car spray thinners and powerjet off.

**Solution 4.** Apply paint remover (e.g. Nitromors) and as soon as the paint blisters attack it with a stiff wire brush. It's slow going and you may have to repeat the process, particularly if the bricks have a rough surface.

*Bob*

The best paint remover on the market is “Nitromors” which you can get at any good DIY or Paint retailer.

Apply, leave to work, paint lifts, wash off with soapy water.

**Solution 5.** To remove paint from bricks use paint stripper to remove surface paint and either a wire brush or another (same texture) brick to remove from the pores. Not my idea but from “Wonder Worker’s Complete Book of Cleaning” by Barty Phillips.

*Bev*

## **A quick and easy way to stop your shoes and feet from smelling**

Wipe out the inside of your shoes once a week with surgical spirit to stop odour. It stops the smelly bacteria growing inside your shoes causing them to smell.

## **How to remove candle grease – from clothes or other surfaces**

My Granny Eileen,once told me that if you get candle grease on your clothes, the way to remove it is to get a sheet of brown paper and a hot iron.

Place the paper over the grease and place the hot iron on the paper, the heat melts the grease and the brown paper acts like blotting paper and soaks up the grease, there by removing it from your clothes.

*Christy*

## **Sharpen a knife with the bottom of a mug!**

To quickly sharpen a knife, take an earthenware mug and turn it upside down. Stroke the knife blade across the rough unglazed ring on the bottom of the glazed mug, in the same direction for 10 – 15 strokes each side. Try your knife again but beware, it will be much sharper!

*Rosy DC*

## **The BEST way to get the stainless steel in your kitchen clean and sparkling**

Just had a new kitchen along with a beautiful stainless steel splashback for my Range master oven, the problem is the splashes on it, it needs cleaning regularly to keep its shine. I have tried lots and lots of cleaners, Jif, specialised stainless steel cleaners, polishes etc., it was driving me crazy as it was so smeared!. All you need is a sponge or cloth using soapy water and then wiping over with a paper towel, that's it!!. My shine was back and no smears. So simple, and yet I had thought it would have taken a specialised cleaner, not so.

*Kim*

## **How to stop paint getting into your lungs with an ONION!**

When gloss painting, cut a few onions in half and place them strategically around the room.

After paint has dried, try cutting one of the used onions in half, and look at the paint inside it. Then imagine all that paint that was in the onion, would have been in your lungs. Because

all the paint in the onion got there as fumes. You'll never gloss without a couple of onions again.

*Neil*

## **How to make a small garden wonderful**

I have a very small garden. I have learned that I can make it spectacular if I put carefully selected plants in pots to make it appear that they are growing directly in the ground. The pots themselves don't show.

Here are some of the advantages: Much less water is needed during droughts because the water is not wicked away by dry soil. Plants in exposed pots can dry out easily, but sunk into the ground, they pretty much stay moist. I use so much less water this way. Plants can be planted very close together to give a spectacular effect. If a plant grows too tall, or I simply change my mind about the arrangement, I change it. I can make plants taller by raising them and simply mounding the soil around them. When a plant becomes unattractive for the time being, I pull it out and put it in the back for a while, and replace it. I put my pots right into ground cover plants, and they won't be overwhelmed. In fact all plants pretty much stay under control this way, and no weeds, very few pests.

People have admired my garden, but it is so easy that anyone could get the same artistic look of a master gardener.

*Arlene*

## **Steer clear of this flooding risk during cold spells**

My brother in law always liked the winter time. He knew that people would all take note of keeping the house warm and energy efficient and that suited him just fine. Plenty of loft

insulation ensures that you keep all the heat in the house. Trouble is it becomes so good that when there are really cold spells with ice about; then the chances are that your water tank in the loft will freeze over and burst; flooding the rest of the house. Tip is to turn the loft hatch door 90 degrees around; that way enough heat gets into the loft to stop this from happening. Don't wait for the insurance man to call!

*John*

### **A great grease stain remover that helps you breath easier too!**

I buy eucalyptus oil from the chemist, it is great to put on the pillow at night to keep the nose clear. But also it has a very good use in the washroom, if you put it onto a grease stain and then wash the garment as normal, the stain disappears completely, just like magic!!

### **Quick trick for jars that won't open**

If you can't open a vacuum pack jar-keep it in a warm water for five minuets and it will open easily.

### **Get oil off your drive with a fizzy drink**

If you want to remove oil from a drive way-use coca cola drink.

### **The best instant teapot cleaner ever!**

A useful tip I have found for cleaning a teapot, which let's face

it can get really shameful, is to let it soak with some ordinary old fashioned laundry powder. Don't use the stuff with a conditioner or you will have trouble getting rid of the taste from the pot. It is the soda ash that does the job. It is quite satisfying to see all that black washing down the sink.

*Tony Chandler*

### **The best way to seal frozen vegetable packets**

When you open a packet of frozen veg, cut along the top of the pack about half an inch from the top and leave a half an inch of the strip still attached to the pack. Take out the quantity of veg you require and then twist the top of the pack to seal it. Grip the top of the twist and place a finger so that it will leave a gap, when you wind the strip of plastic round and round the twisted top of the pack a few times. Now push the end of the strip through the gap you have created and pull tight. Voila the packet of vegetables is sealed tight and it didn't cost you anything. No wire ties or sticky tape etc.

*Ken Jackson*

### **Two Ingenious Ways of Finding a Small Dropped Object**

If you drop a small object, rather than getting down and sweeping your hand across the floor, there are 2 effective ways to find it.

If you have a Hoover with a nozzle attachment, cover it with a sock or hold anything made of fabric over the end. Then run the Hoover over the floor.

An even easier way though – and less hassle than getting the Hoover out – is to turn off the lights/close the curtains, and shine a torch from a low position over the floor...the object will cast a shadow and hey presto!

*Kat*

### **Best way to clean a burnt saucepan**

I received two tips from readers on this subject but at some point in my editing managed to lose their names:

1. Use a small amount of washing powder with hot water and boil for 5 minutes.
2. Boil coco-cola in it.

### **Ease the pain of eyebrow plucking with teething gel!**

Before plucking your eyebrows smear on a little Bonjela babies teething gel.

*Lesley*

### **Remove stains with the rays of the sun**

Tomato sauce, such as that used on pasta, can stain clothes and furniture such as chairs and highchairs. To remove the stains hang the clothes up or stand the furniture outside and let the UV rays in sunlight degrade the stain and remove it. It even works on a cloudy day.

*Hazel R. in Milton Keynes.*

## **Make your toilet look as if Kim and Aggie have been round**

You can buy a cheap tube of Steradent type product and it can also be used as a toilet cleaner. Just drop a tablet into the bowl and leave.

## **To keep your car windows frost free**

Dip a sponge into salt water and rub it on windows, and they won't frost up even when the mercury dips below 32 degrees; for the same effect on your car's windscreen, put salt in a little bag made of cheesecloth, moisten it slightly and rub it on.

## **Keep the plate of your iron sparkling clean**

Clean the brown spots off a non-stick soleplate (the bottom of your iron). Sprinkle salt on a sheet of waxed paper, slide the iron across it, then rub lightly with silver polish.

## **What can you do if you've added too much chili to a dish?**

If you have over done it with the spice in your chili or curry add a spoonful of sugar.

## **Clean right to the bottom of a tall vase with... rice!**

A good tip that I use for cleaning the base of vases that hands can't reach is to put in some dried rice with the cleaning fluid and shake it up. The rice acts as an abrasive.

*Deborah*