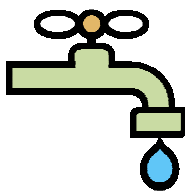


12 ideas to help you save water



The typical household could save the equivalent of 15 baths of water every week. Here's some ideas of how to do it...

1. A dripping tap can waste as much as 90 litres a week.
2. Brushing your teeth with the tap running wastes almost nine litres a minute.
3. Cool water kept in the fridge means you won't have to run the tap for ages to get a cold drink.
4. Don't use your washing machine until you've got a full load. The average wash needs about 95 litres.
5. Every time you boil an egg save the cooled water for your houseplants. They'll benefit from the nutrients released from the shell.
6. Fit a water-saving device in the cistern of your toilet and save about three litres a flush.
7. Grow your grass a little longer. It will stay greener than a closely mown lawn and need less watering.
8. Hoeing stimulates the growth of plants, reduces water loss from the soil surface and removes weeds that take up valuable water and nutrients.
9. Just taking a five-minute shower every day, instead of a bath, will use a third of the water, saving you up to 400 litres a week.
10. Kettles should be filled with enough water for your needs, not to the brim.
11. Mulch for moisture in the garden. Add a layer of tree bark, compost, coconut husks or even newspaper to keep the sun off the soil and retain precious moisture.
12. Purchase a water butt and water your lawn only once a week – at most.

Christian Aid Week 14-20 May 2006

You add. We multiply

Christian Aid Week is seven amazing days of fundraising, prayer and action against global poverty. Add your time, money and voice to Christian Aid Week, and see them multiplied to make an impact around the world through Christian Aid. **Door to door collectors and tin shakers are urgently needed please contact Gloria Toplis on 020 8658 0498**



It's elderflower time again..

Elders come into blossom this month, and while the flowers are fresh, don't miss your opportunity to make elderflower presse. It is such a simple and delicious drink.

Ingredients: 6 – 8 large heads of elderflower; 1 gallon water; 600g sugar; 2 lemons, sliced; 2 tbsp white wine vinegar

Method: Choose an area of the tree free from insects (if you can!) and pick the flowers on a sunny day, when they are dry and fully open. Boil the water and then dissolve the sugar in it. When it has cooled, transfer the liquid to a sterilised bowl, add the elderflowers and lemons, cover and leave for 48 hours. Then strain the liquid into screw-cap lemonade bottles and allow to stand for a week. By then it should be nice and fizzy, and should be served well chilled.