

7 Simple Exercises That Will Transform Your Body in Just 4 Weeks

The new year has arrived, and with it, thoughts about getting fit and ready for the spring. However, these intentions tend to not last as long as we would like them to.

To get you in shape, we at **Bright Side** have come up with some simple exercises that will change how you look in as little as four weeks. You won't have to go to the gym or buy any special equipment – all you need is determination and ten minutes a day.

Plank



A plank is a static exercise, which means you don't need to move while doing it, but simply hold your body in the correct position instead. To do it right, follow the example shown in the picture and prop yourself on your elbows, forearms, and forefeet. It's important to keep your back perfectly straight without your waist lowered or your bottom upraised. If you don't have difficulties keeping your body in the elbow plank, then something's not right. While in this position, the muscles that keep you straight are being worked, such as the abs, arm muscles, back, and anterior thigh muscles.

Push-ups



To do a correct push-up, assume the plank as the initial

position, and then push yourself up with your arms. The most important thing is to keep your back, bottom, and legs in a straight line – this will strain your abs as well as your arms. The next step is to return to the initial position as slowly as possible.

Toning your thigh and bottom muscles



Begin the exercise as shown in the picture, propping yourself on your hands and knees. Then, stretch one leg, trying to keep it straight and not letting it go to the side or bend while raising and stretching the opposite arm at the same time. After that, do the same for the other arm and leg.

Squats



Squatting is all about balance – put your feet shoulder-width apart and stand on the soles of your feet. Then, begin squatting as if slowly sitting down on a low imaginary chair. Your knees and feet should form a straight line. Try to pull the small of your back in as far as you can. You may also help keep your balance by stretching your arms out in front of you, as shown in the picture. When you are down, start pushing yourself up as slowly as you can.

Ab exercises



Lie on your back and stretch your arms up, then slowly raise one of your legs, bent at the knee, and touch it with your hand, as you can see above. Return to the initial position and repeat with the other leg and arm. Don't forget about the main

rule here – the left arm goes to the left leg, and the right arm goes to the right one.

Abs and buttocks



First, prop yourself on your hands and feet so that your body forms a triangle above the floor. Raise one of your legs as high as you can, as seen in the first picture, and then lower it slowly and try to touch the tip of your nose with your knee. Return to the initial position and do the same with the other leg.

Waist



Take up the initial position with your legs set widely apart and slightly bent at the knees and with your back propped against the wall. Then, lace your fingers or take a ball, as shown in the picture, and slowly move your hands from side to side, trying to touch the wall with them and, most importantly, keeping upright.

The four-week plan

Week 1:

Do the following for six days:

2 minutes plank;

1 minute push-ups;

1 minute abs and thighs;

1 minute abs;

1 minute abs and buttocks;

1 minute waist;

2 minutes plank.

Have a ten-second break between the exercises.

Week 2:

Alternate the following sets for 6 days.

Set 1:

3 minutes plank;

3 minutes abs;

3 minutes thighs and buttocks.

Have a 15-second break between the exercises.

Set 2:

3 minutes waist;

3 minutes push-ups;

3 minutes abs and buttocks.

Have a 15-second break between the exercises.

Week 3: repeat the Week 1 set.

Week 4: repeat the Week 2 sets.

If you do everything correctly, you will achieve amazing results in just a month and, as a bonus, develop a habit of doing this simple ten-minute set of exercises every day. And if you want to improve your body even more, then doubling the effort is all you need to do!

Photo credit: popsuga

This Simple Guide Will Make You a Guru of Massage

A relaxing massage doesn't require any specific methods. You can easily give a great massage by following the guide that **Bright Side** has prepared for you.

First of all, provide a comfortable temperature: it shouldn't be excessively hot or cold in the room. Take into account the fact that the body cools during the process. It's better to give a massage on a hard surface, focusing on the neck, shoulders, and back.

1.



Start with light massaging moves. You should move from the shoulders to the waist and back. The movements to the shoulders should be more intense but still soft at this stage.

2.



Use your entire palm during the process. You can start enhancing the moves.

3.



You can pay special attention to the shoulders, as they're particularly affected by a sedentary lifestyle. Just increase the massage time in this area. You can apply acupressure techniques, gently pressing on specific points.

4.



Don't massage the spine in any case. When working in this area, move along the back long muscle fibers.

5.



All kinds of limb massage start with light warming strokes. If there are problem areas with localized pain, they should be massaged by pressing on them alternately with thumb pads (first one calf, then the other).

6.



The basic requirements to perform facial massage are: the muscles you're working with should be maximally relaxed; the massage is performed smoothly, rhythmically, slowly, and painlessly; you move in the direction of muscle fibers; when rubbing the captured skin, gently squeeze it and press to the facial bones.

You can end the massage session with light patting or moving across the back (bottom-up) with your fingertips. This will soothe the skin.

Illustrated by Astkhik Rakimova for BrightSide.me

Based on materials from imgur.com

Sursa: brightside.me

Seven fantastic exercises to give you a healthy spine

Back pain is no joke. Regardless of whether someone has a highly active lifestyle or is completely lazy, every one of us risks damaging our spine through our everyday activities. Luckily for you, we’ve found a few simple, but very effective exercises which are guaranteed to help you get rid of back pain you might experience.

	Exercise 1 Lie on your back. Bend your right leg at the knee. Stretch out your left leg above your head. Grasp it with both hands under the knee, and pull it towards your torso. Hold this pulling motion for 30 seconds. Repeat this exercise twice for both legs.
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	Exercise 2 Lie on your back and bend both legs at the knee. Grasp your left leg with both hands at the knee and pull it towards your torso. Hold the position for 20 seconds. Repeat the exercise twice for both legs.
	Exercise 3 Lie on your back. Stretch your right arm out to the side, at a right angle to your body. Stretch your left leg out so that it is straight. Try to stretch your right knee towards your left side, so that it almost touches your left hand. Hold this position for 20 seconds. Repeat the exercise twice for both knees.
	Exercise 4 Lie on your back and bend your left leg at the knee. Place the lower half of your right leg crosswise over your left thigh, with your knee pointing out sideways at a right angle. Carefully pull your left leg towards your head. Hold this position for 30 seconds. Switch the position of your legs and repeat.

	Exercise 5 Lean on the floor on your using your right knee and stretch out your leg behind you. Your left leg should be bent at the knee. Hold this position for 30 seconds. Repeat the exercise with the position of your legs changed.
	Exercise 6 Lie on your right side. Bend your left leg at the knee, grasping your ankle with your left hand. Carefully pull on your ankle with your hand, thereby tensing the muscles in your left thigh. Your spine should not be bent to any great extent. Hold this position for 30 seconds. Then lie on your left side and repeat the exercise.
	Exercise 7 Stand arms' length from a table. Bend your upper body forward, slightly bending your legs at the knees, to the point where you can touch the edge of the table with both hands. Your arms should be stretched out and your head at the level of your shoulders. Hold this position for ten seconds. Then stand up straight and bend your body to each side, one after the other.

Once you've done all this, we promise you'll fee great!



pandawhale

Photo credit: Vera Golubeva

Sursa: brightside.me

Cum să întreții mașina ca să reziste câteva decenii. 5 aspecte esențiale pentru a-i prelungi viața

Mașina ta va merge fără nicio problemă sute de mii de kilometri, dacă respecti câteva reguli de întreținere. Un mecanic de la American Automobile Association îți spune ce ai de făcut.

În prezent, mașinile care ies pe porțile fabricilor sunt din ce în ce mai rezistente. Mike Calkins, managerul departamentului tehnic din cadrul American Automobile Association (cunoscut sub numele de Triple A) spune ca mașinile noi rezistă fără probleme peste 320.000 de kilometri, dacă șoferii au grijă de ele. Iată care sunt cele mai importante lucruri de care ar trebui să ții cont pentru ca mașina pe care o ai să te țină câteva decenii:

1. Ce ulei de motor să folosești

Uleiul de motor joacă un rol important în întreținerea mașinii și nu este suficient să ieși repede unul de pe raft de la benzinărie. Citește cu atenție manualul care a venit cu mașina, în el se menționează care este uleiul recomandat pentru autoturismul tău. Ei bine, dacă ignori această informație, motorul nu va funcționa la capacitate maximă. Producătorii știu cel mai bine ce ulei este benefic pentru mașina ta, așa că este în avantajul tău să ții cont de asta.

Cu cât te vei informa mai bine, cu atât mai bine îți vei îngriji mașina. Nu e deloc greu să găsești produsele potrivite. Printre aceste tipuri de ulei de motor sigur vei găsi exact ce ai nevoie, pentru că este cel recomandat de cei mai mulți producători de motoare din lume. După cum vezi, fiecare tip se pliază pe nevoile mașinii – de la cel pentru automobile noi, până la uleiul pentru cele mai vechi sau cel care ajută la creșterea performanței motorului.

Ține cont și de faptul că unii producători nu îți repară mașina când încă e în garanție dacă nu ai folosit produsele recomandate. Este un serviciu pe care ți-l faci și ție, și mașinii.

2. Verifică roțile o dată pe lună

Un alt lucru pe care ar trebui să-l faci este să verifici o dată pe lună roțile. Dacă ele sunt bine umflate tu vei avea parte de un drum mai lin și un consum mai bun. E foarte simplu să-ți faci un obicei din asta, mai ales că te ajută să faci și economie la carburant. Un alt lucru pe care ar trebui să-l verifici periodic este geometria roților. Dacă observi că mașina nu ține drumul drept, e cazul să faci o vizită unui service, pentru că această problemă duce la o uzură inutilă a unor piese.

3. Ce trebuie neapărat să faci după un anumit număr de kilometri

Un alt sfat de luat în calcul este să schimbi o dată la 10.000

de kilometri uleiul și filtrul de ulei, să schimbi pozițiile cauciucurilor (ca să se uzeze la fel toate), să verifici și lichidul de răcire a motorului. O dată la 50-60.000 de km schimbă filtrul de polen. Acești pași sunt foarte importanți pentru ca mașina să dea randamentul pe care îl promite producătorul.

4. Mergi periodic la service

Nu rata nicio revizie, dacă vrei ca mașina ta să meargă la capacitatea sa maximă. Vizitele periodice la un service sunt esențiale pentru a schimba piesele uzate și așa numitele consumabile. În plus, orice zgomot nefiresc pe care îl scoate mașina ar trebui verificat de un profesionist, așa încât problemele să fie preîntâmpinate înainte ca mașina să te lase când ești la drum.

5. Folosește piese auto de calitate

Piesele auto noi și originale pot costa destul de mult, însă asta nu înseamnă că trebuie să faci compromisuri când vine vorba despre ele. Mai mult decât atât, dacă un preț ți se pare prea mic, e posibil ca piesele să fie contrafăcute și chiar să-ți pună în pericol siguranța la volan. Dacă vrei să te bucuri cât mai mult timp de mașina ta, cumpără piese originale.

Sursa: auto-bild.ro

20 clever tricks for YouTube

that no one knows about

outube is undoubtedly one of the best sites on the net. There are millions of people watching videos and movies on it at any moment. But there are plenty of tricks you can apply to make your viewing experience more enjoyable and more simple. We put together 20 of the best ones.

1. How to make GIFs

Just add the letters „GIF” at the start of the YouTube URL, like this:



You will be taken to the YouTube to GIF website, where you can set the length of the GIF you want to create and give it a title.



2. How to find your favourite artist's page

Simply write # + the artist's name (without spaces) in the search bar:



You can find full albums of any given artist in the Albums section.

3. How to find tracks for karaoke



Musixmatch is a free app for Chrome which provides subtitles

for music videos. It contains the lyrics to more than seven million songs in 32 different languages.

4. How to find out what song is playing in a video



MooMa.sh can help you identify any song or melody playing in a YouTube video. All you have to do is copy and paste the link.

5. How to use Theatre Mode

If you click on the small rectangle in the lower right corner of the video, it will be displayed in 'theatre mode'.



6. How to use Autoplay

Toggle the Autoplay button to prevent the next video from starting automatically once the one you are currently watching has finished.



7. How to check the definition of a video

The Video Quality Report programme from Google allows you to check the quality of videos which your provider offers.



8. How to use the new YouTube layout

Go to byoutube.com/testtue and select the **Try out the redesigned YouTube player** function. You'll be able to test the new player design, which has a transparent status bar that lets you set any screen resolution you want.



9. How to watch YouTube on our TV

You can start a video on your smartphone or tablet and then watch it on a larger screen via a WiFi-enabled SMART TV.

To do this, open YouTube on your device, launch a video and then find your TV's WiFi through the app. Your device should only be connected to that one Wi-Fi network. It normally finds it automatically, but it can be done manually as well.

10. How to share a video from a certain point

Press the control key and right click the mouse and select the second option to share a video to another website which starts at a point other than the beginning.



11. How to make YouTube safe for your kids

The YouTube Kids app for iOS and Android offers videos which are suitable for children to watch.



12. How to optimise YouTube for a slow connection

If a video is stuttering because of your slow connection go to youtube.com/account_playback and click on the second option.



13. How to quickly find a specific video you're looking for

In order to find a specific video, you can add the following words to your search terms:

- “channel” or “playlist”;
- “HD” for higher definition videos, or “3D” for videos in 3D;
- add quotation marks and the plus and minus signs in order to get more refined search results.

14. How to turn a YouTube audio track into an MP3

Simply go to the Peggo website.



15. How to make your own video playlist

The site Solon can combine videos from YouTube and Vimeo, as well as audio files from SoundCloud, into one playlist.



16. How to watch a video in a 'floating' window

Floating YouTube is an app for Chrome which lets you play a YouTube video in a window which 'floats' above the rest of the screen, allowing you to get on with other things simultaneously.



17. How to change the speed of a video

If you click on the gear symbol in the lower right corner of any video on YouTube, you will be able to change its speed.



Slowing down a video can be very useful when you are watching instructions on how to do something.

18. How to keep activity private

If you are registered on YouTube, go to privacy settings and check the boxes to make sure no one can see what channels you subscribe to.



19. How to use keyboard shortcuts

- K = pause or play
- J = rewind 10 seconds
- L = fast forward 10 seconds
- M = turn off the sound
- Number 0 = jump to the start of the video
- Numbers 1 to 9 = jump to between 10% and 90% of the way

through the video.

- "+" = Increases font size
- "-" = Reduces font size

20. How to download videos from YouTube

There are several sites and apps for Chrome to help you do this. Here's one of the best:

1. Save From Net. You simply have to copy the video link, and it won't take long.



How to get rid of adverts



Google Chrome users can install the Adblock for YouTube extension. Now you'll be able to watch videos without any waiting!

Sursa: brightside.me

20 of the best poses for a photo shoot

This post will come in handy not only for photographers looking for inspiration, but also all the ladies out there who want to look great in every shot. Here are some of the best poses which highlight your best features and hide even the

most obvious imperfections. You'll be a supermodel in no time.

1. **This is simply a great angle** which always make you look slimmer. The model faces the camera side-on, with her chin pushed down and her shoulders slightly raised.



(c) Ali ilker Elci

2. **Often, the most straightforward poses turn out to be the best ones.** Here, the model should put her body weight all on one leg, bending her overall stance slightly so that her silhouette is 's-shaped'.



(c) Tjipto Suparto

3. Here the model lightly touches a vertical surface, such as a wall or a tree, with both hands. **This is a great pose for taking a portrait shot.**



(c) Konstantin Lelyak

4. **If the model has long hair, definitely try to take an 'action shot' of her while she is moving.** A good way to do this is to have her turn her head sharply.



(c) Mariya Petrova

5. **This is a great, comfortable pose** which can be used when taking photos at home, in a studio, and in many other locations.



(c) Christian Teß

6. **This is a great pose for when the model is sitting on a sofa.**



Pinterest

7. **This is a superb choice for a shot when the model is sitting on the ground.** She can be photographed from many different positions.



(c) Ben Heys

8. **This pose is ideal for an artistic shot.** There are a huge number of positions for the head, arms and legs which can be adopted.



(c) Vladimir Zhukov

9. It's believed that folded arms and legs create psychological barrier between people, and

therefore is not recommended for photographs. However, it's worth trying a shot where the **model has her arms folded across her chest.**



Pinterest

10. However, you don't always have to worry too much about where to put the arms. **It's perfectly OK to leave them in a relaxed position at one's sides.** The same goes for the legs, although remember that body weight should always be on one foot only.



(c) Andy Quarius

11. This pose is ideal for a full-length photo. **The model's hands should be placed either partly or fully in her pockets.**



(c) Alexander Loginov

12. Placing the hands behind the back, whilst unusual, is nevertheless an interesting idea for a photo, which **gives the model an open, sincere look.** The option is also available here to have her lean against a wall.



(c) Ali ilker Elci

13. **Having the model sit or lean against something is also a great idea.** This can work for shots taken both indoors and outside.



(c) Marco Ciofalo Digispace

14. This is another great pose for **a full-length shot.** It really brings out the model's femininity.



(c) Thomas Agatz

15. This interesting pose involves **adopting a perspective from below.** The model's upper half should be raised slightly, whilst her head should be inclined downwards. The legs are bent at the knees and the feet are folded across each other.



(c) Alexander Loginov

16. **A really beautiful pose which brings out the model's desirability and femininity.**



(c) Karen Abramyan

17. The most important thing to get right with this pose is **the position of the legs.** Also, the model should wear high heels to get the best effect.



(c) Marco Ciofalo Digispace

18. **A nice sentimental pose.** The model should be kneeling, but not leaning too hard on her feet. She should also be looking over her shoulder.



(c) Brian Storey

19. A great pose for taking **a full-length shot by a wall.** The model's back should be at the centre of the picture.



(c) Karen Abramyan

20. Finally, we have this **highly elegant pose.** The model should be leaning forward slightly whilst sitting on the edge of the sofa, bed or bench.



(c) Yuliya Sary

Source: lepser.ru

Sursa: brightside.me

69 combinatii pe tastatura care iti usureaza munca. E bine sa le stii!

In Windows:

1. Ctrl+C – copiere.
2. Ctrl+N – crearea unui nou document.
3. Ctrl+O – deschide.
4. Ctrl+S – salvează.
5. Ctrl+V – inserează.
6. Ctrl+W – închide fereastra.
7. Ctrl+X – taie.
8. Ctrl+Y – repetă acțiunea anulată.
9. Ctrl+Z – anulează ultima acțiune.
10. Ctrl+Home – reîntoarcere la începutul documentului.
11. Ctrl+End – revenire la sfârșitul documentului.
12. Windows+E – deschide browserul Windows (Explorer).
13. Windows+D – închide toate ferestrele, accesează desktopul sau restabilește toate ferestrele.
14. Windows+U – deconectează computerul.

MS Word:

1. Ctrl+Space – șterge formatarea din spațiul selectat. Schimbă formatul textului scris.
2. Ctrl+0 – schimbă intervalul între aliniate.
3. Ctrl+1 – plasează un interval obișnuit între rânduri.
4. Ctrl+2 – plasează un interval dublu între rânduri.
5. Ctrl+5 – plasează un interval de 1,5 între rânduri
6. Alt+Shift+D – inserează data actuală.
7. Alt+Shift+T – inserează ora actuală.

MS Excel:

1. F2 – deschide fereastra și permite redactarea.

2. Ctrl+space – alege coloana.
3. Ctrl+Enter – inserarea în coloană a datelor.
4. Shift+space – alege rândul.
5. Ctrl+Home – mutarea la începutul documentului, celula A1 devine activă.
6. Ctrl+Page Up – mergi la pagina următoare.
7. Ctrl+Page Down – mergi la pagina anterioară.

Google Chrome:

1. F11 – deschide fereastra pe întreg monitorul, pentru a reveni la normal, reapeși F11.
2. Alt+Home – deschide pagina HOME.
3. Backspace sau Alt+săgeata stângă – întoarcerea la pagină anterioară, conform istoriei.
4. Shift+Backspace sau Alt+săgeata dreaptă – deplasarea în pagina următoare conform istoriei.
5. Ctrl+Shift+Delete – deschide pagina „Șterge istoricul”.
6. Ctrl+Enter – adaugă www. înaintea scrii adresei și .com după(prin urmare google devine www.google.com).
7. Ctrl+Shift+N – deschide o fereastră în modul incognito.
8. Ctrl+Tab sau Ctrl+Page Down – deschide un nou tab.
9. Ctrl+Shift+Tab sau Ctrl+Page Up – trecerea la tab-ul anterior
10. Ctrl+Shift+T – din nou, deschide pagina accesată anterior.
11. Ctrl++ (plus) – zoom +.
12. Ctrl+- (minus) – zoom - .
13. Ctrl+0 – redă paginii zoom-ul standard (100%).
14. Ctrl+D – salvează pagina în bookmarks.
15. Ctrl+F sau Ctrl+G – deschide fereastra de căutare.
16. Ctrl+H – deschide pagina cu istoric.
17. Ctrl+J – deschide pagina cu descărcări.
18. Ctrl+N – deschide o fereastră nouă.
19. Ctrl+P – permite imprimarea paginii deschise.
20. Ctrl+R sau F5 – face refresh paginii.
21. Ctrl+S – salvează pagina deschisă.

22. Ctrl+T – deschide un nou tab.

Mozilla Firefox:

1. F5 – face refresh paginii.
2. Shift+space – derulează pagina în jos.
3. Alt-Home – deschide pagina HOME.
4. Ctrl+Shift+T – din nou deschide un tab.
5. Ctrl++ (plus) – zoom +.
6. Ctrl+- (minus) – zoom -.
7. Ctrl+D – salvează pagina ca marcaj.
8. Ctrl+F – deschide căsuța de căutare a textului.
9. Ctrl+T – deschide o fereastră nouă.

Gmail:

1. Tab+Enter – expediază o scrisoare.
2. A – trimite un răspuns tuturor.
3. C – scrie o nouă scrisoare.
4. F – redirecționează scrisoarea.
5. N – deschide următoarele scrisori din listă.
6. P – deschide scrisorile anterioare din listă.
7. R – scrie răspuns la scrisoare.
8. G+C – deschide agenda contactelor.
9. G+I – deschide mapa scrisorilor primite.
10. Ctrl+S – salvează scrisoarea ca ciornă.

Sursa: eustiu.com

Ten great housekeeping hacks for naturally cleaning your

home

It's true that a lot of cleaning products, detergents and other household supplies do more harm than good. It's impossible to completely withdraw from using household chemicals, but you can try to reduce your use of them.

The **Bright Side** team has selected some awesome tips that will help you clean your house using products easily found in any kitchen.

Bathroom tiles



fanpage

You will need:

- 1/4 glass of hydrogen peroxide
- 1 tablespoon of liquid soap
- 1/2 glass of water

How to use it:

Mix all ingredients.

To clean superficial dirt, put the liquid on a sponge and give the tiles a wipe. Then wash the surface with water.

If the tiles are really filthy, put some liquid on them and on grout as well. Leave it for 10 minutes. During this time, dirt will dissolve and it would be easier to clean it off. Repeat the process one more time and wash the surface with water.

If you want your bathroom to stay clean for a long time, use the following technique: mix water and vinegar in the ration of 1 to 1 and spray tiles and grout with this liquid twice a week.

A gas stove



liveinternet

You will need:

- Q-tips
- Old tooth brush
- Ammonia-anisic drops

How to use it:

Dip a Q-tip into ammonia-anisic drops and rub greasy spots. To clean ingrained grease, use a tooth brush and a regular sponge. Always put on gloves to protect your hands and skin.

Kitchen exhaust hood filters



newsmir

You will need:

- 1/2 cup regular baking soda
- 1/2 glass ammonia

How to use it:

Boil water in a big pot.

Slowly pour out soda into water using a teaspoon.

Put filters into boiling water. Grease and dirt will immediately start dissolving. Remove the pot from fire in a couple of minutes. If filters are extremely dirty, repeat the process with a fresh supply of water.

If grease didn't clean off completely, put the filters in hot water with ammonia (1/2 glass of ammonia for 118 fl oz (3.5 l)

of water). It's necessary to open windows and put on a filter mask to protect yourself from the strong smell of ammonia.

A mattress



liveinternet

You will need:

- 8 fl oz (235 ml) 3% hydrogen peroxide
- 3 tablespoons baking soda
- A drop of liquid soap

How to use it:

Make the mixture right before you are going to clean a mattress as it's more effective this way.

Mix baking soda and peroxide in a spray bottle. When baking soda dissolves, drip liquid soap in there. Shake the bottle and spray a dirty spot.

Leave it for 5-10 minutes. If you want it to dry faster, turn on a fan and point it to the spot.

Clean off the remnants of baking soda with a vacuum cleaner.

The oven



bimg

You will need:

- Ammonia

How to use it:

Put some ammonia into a small bowl and leave it in a turned

off oven for a night. Give your kitchen a good airing in the morning and wash the oven; grease will peel off easily. There should be no odor left. The only downside to this method is the smell, so please don't forget to work with gloves and with the windows open.

The kettle



ateakettle

You will need:

- Vinegar

How to use it:

To get rid of kettle furring, fill the kettle up to half or three quarters level with equal parts of water and vinegar. Cork the kettle nose (for example, you can make a «cork» out of paper) and boil water for as long as you need for furring to come off. Then wash the kettle well.

Dishes



pinterest

You will need:

- Dry mustard
- Baking soda

How to use it:

The best possible safe dish-washing mixture is baking soda and dry mustard in the ration of 1 to 3. Mix both powders and put them into a bottle with holes in the lid. It's easy to use.

The toilet



irecommend

You will need:

- Vinegar

How to use it:

To clean your toilet use pure vinegar. It's also a great disinfectant!

A microfiber sofa cover



eastdesign

You will need:

- A sponge
- A bottle of isopropyl alcohol
- A brush
- Baking soda

How to use it:

Put some isopropyl alcohol on a sponge and rub dirty places. Use a brush to take care of microfibers. To eliminate funky odor, put some baking soda on as well.

The refrigerator



purezza

You will need:

- Baking soda

How to use it:

Dissolve 2 tablespoons of baking soda in 34 fl oz (1 l) of water and scrub the inside of the refrigerator with it. Then wipe it with a soft cloth.

To eliminate unpleasant smells, you don't have to buy special absorbents. You can just place some products that can be easily found in any kitchen in your fridge, and they'll do an outstanding job. Here is a list of these products:

- Pieces of dark bread
- Glasses of baking soda
- Slices of lemon
- Absorbent coal

Sursa: brightside.me

Cum deschizi ușa de la mașina, dacă ai uitat cheile înăuntru. Cea mai simplă modalitate

Îți uiți, frecvent, cheile în mașină și asta te pune în imposibilitatea de a-ți continua drumul? Iată cum poți deschide ușa autoturismului tău, cu ajutorul unui truc eficient. Metoda poate fi aplicată doar în cazul mașinilor cu închidere centralizată.

Ai nevoie de o minge de tenis găurită, pe care trebuie să o

plasezi cu gaura spre încuietoare. Strânge-o, apoi, cu puterea. Presiunea aerului forțează mecanismul de închidere să se activeze și, astfel, să se deblocheze.

Ușor, fără prea multe bătăi de cap, vei reuși să deblochezi ușa mașinii, să îți recuperezi cheile și să îți vezi de drum. Data viitoare, ar trebui să fii mai atent, altfel vei fi nevoit să umbli cu „mingiuța minune” la tine.

Sursa video: [youtube.com](https://www.youtube.com)

Sursa articol: [al.ro](https://www.al.ro)

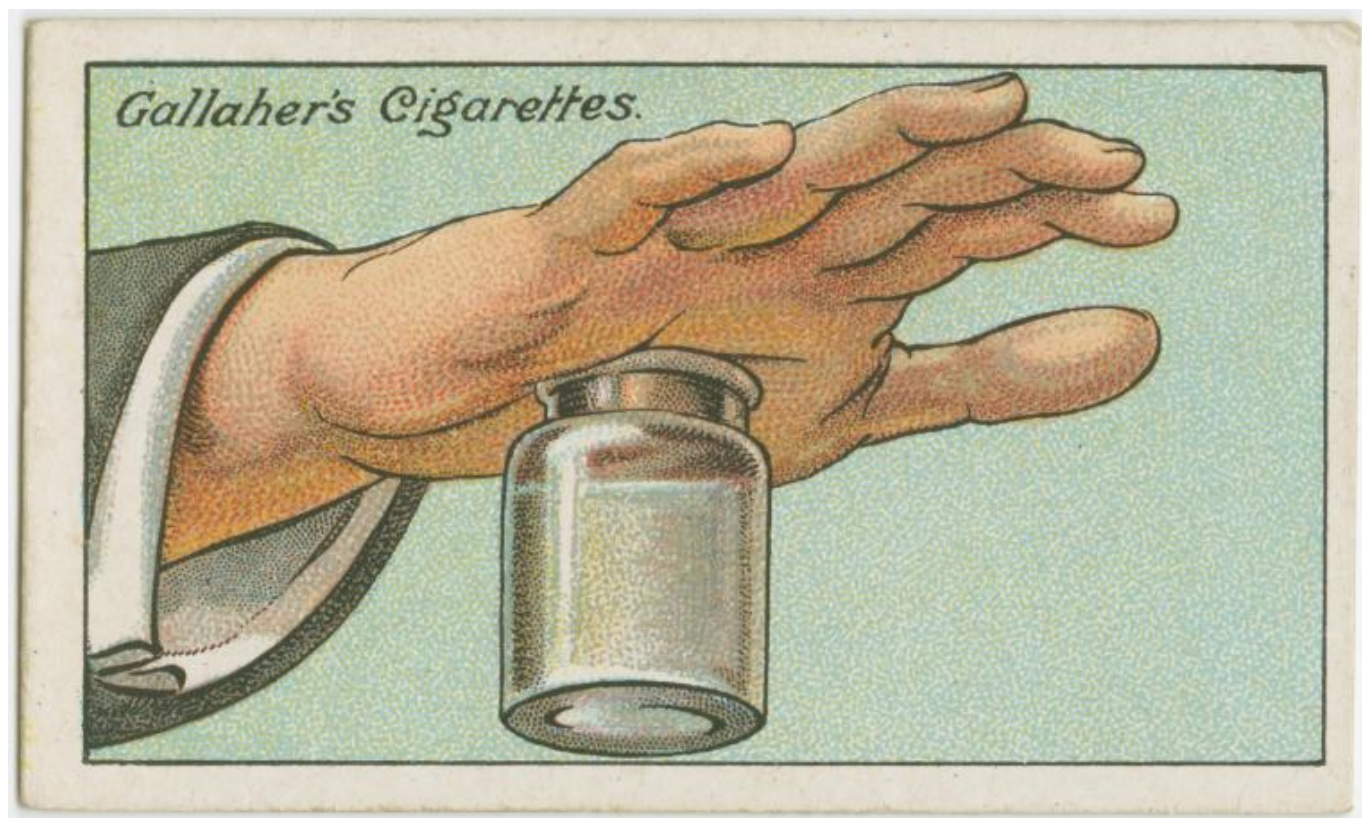
40 Vintage Life Hacks from 100 Years Ago

Back in the 1900s, cigarette manufactures used to insert stiffening cards into their paper cigarette packs to add strength and help them last longer. Along the way, someone had the bright idea of printing trivia, artwork and even famous people and athletes (Honus Wagner anyone?) onto the stiffening cards.

In the early 20th Century, Gallaher's Cigarettes printed a special series of 100 "How to do it" cards that included some truly useful and helpful tips for everyday situations and problems. The entire 100 card collection is part of the New York Public Library's *George Arents Collection* and was recently digitized.

Below you will find 40 of the Sifter's personal favorites. Visit the NYPL Digital Collections to see them all.

1. How to Extract a Splinter



100 IN SET

How to do it

Nº 20

HOW TO EXTRACT A SPLINTER.

A splinter embedded in the hand is often very painful to extract. A good way to accomplish this is to fill a wide-mouthed bottle with hot water nearly to the brim, and press affected part of hand tightly against mouth of bottle. The suction will pull down the flesh, and steam will soon draw out the splinter.

Issued by

GALLAHER LTD.

BELFAST & LONDON

George Arents Collection, The New York Public Library

2. How to Light a Match in the Wind



100 IN SET

How to do it

Nº 62

HOW TO LIGHT A MATCH IN THE WIND.

The familiar difficulty of lighting a match in a wind can be to a great extent overcome if thin shavings are first cut on the match towards its striking end, as shown in the picture. On lighting the match, the curled strips catch fire at once; the flame is stronger, and has a better chance."

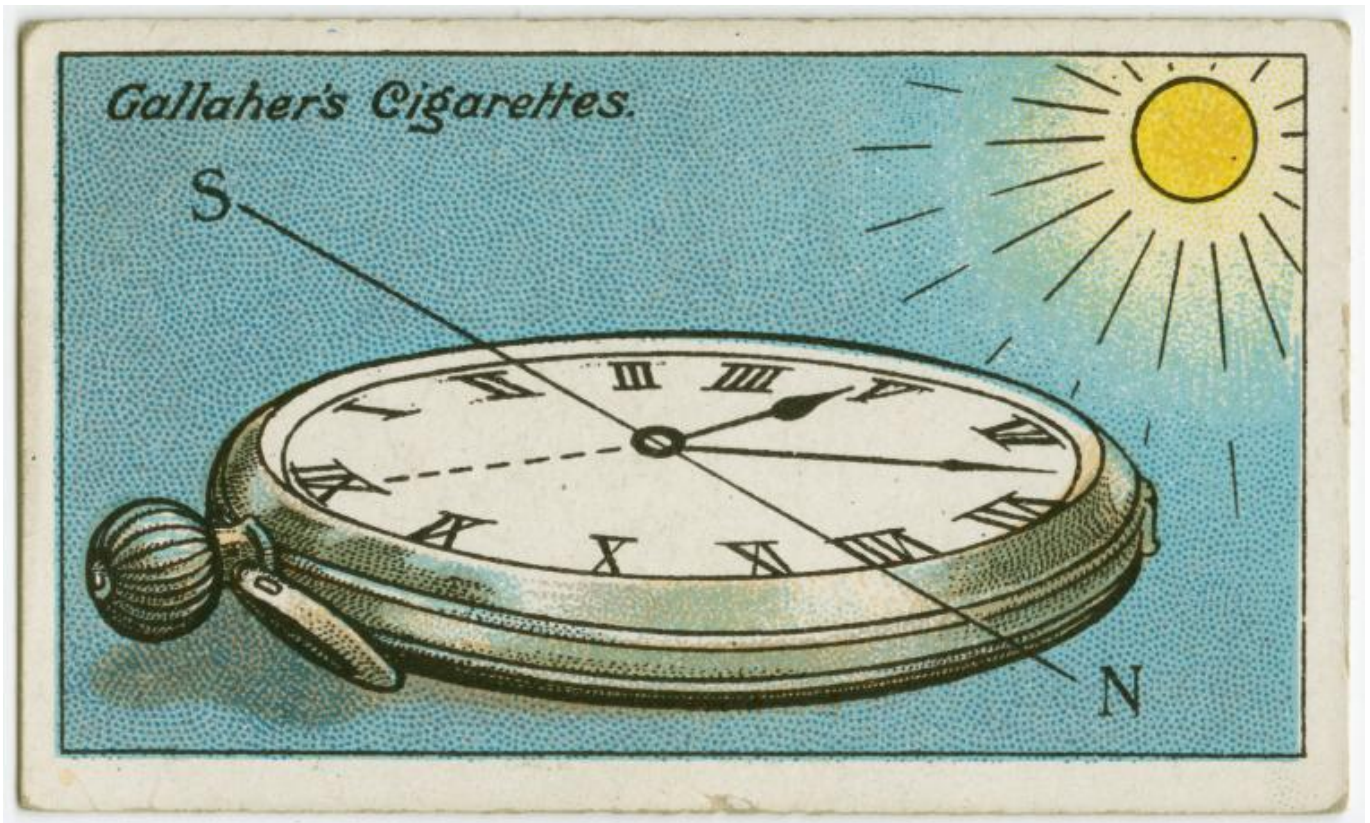
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3. How to Tell the Points of the Compass with a Watch



100 IN SET

How to do it

Nº 72

HOW TO TELL THE POINTS OF THE COMPASS WITH A WATCH.

To determine the points of the compass by means of your watch, point the hour hand at the sun and then lay a piece of wire, or a blade of grass crosswise between the hour hand and the figure twelve. The end of the wire between the twelve and the hour hand points due south.

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4. How To Treat Sprains



100 IN SET

How to do it

N^o 10 HOW TO TREAT SPRAINS.

Elevate the injured joint and wrap in cloths wrung out in cold water. The picture shows how to keep the cloths constantly wet without having to change them. A jug of water placed higher than injured limb, and a strip of linen with one end in the jug and the other end resting upon the wrapping of sprained joint, is all that is necessary. The water will pass from jug to compress by way of linen strip. Give a rubbing with oil or liniment as sprain gets better.

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5. How To Make a Fire Extinguisher



100 IN SET

How to do it

Nº 13

HOW TO MAKE A FIRE EXTINGUISHER

Dissolve one pound of salt and half a pound of sal-ammoniac in two quarts of water and bottle the liquor in thin glass bottles holding about a quart each. Should a fire break out, dash one or more of the bottles into the flames, and any serious outbreak will probably be averted.

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6. How To Carry a Heavy Jug



100 IN SET

How to do it

Nº 26

HOW TO CARRY A HEAVY JUG.

The picture gives a useful hint on carrying a heavy jug. The correct way to hold the jug is shown in the right-hand sketch. This prevents the weight from pulling the jug down and so spilling what it contains, as is likely to happen if carried the other way.

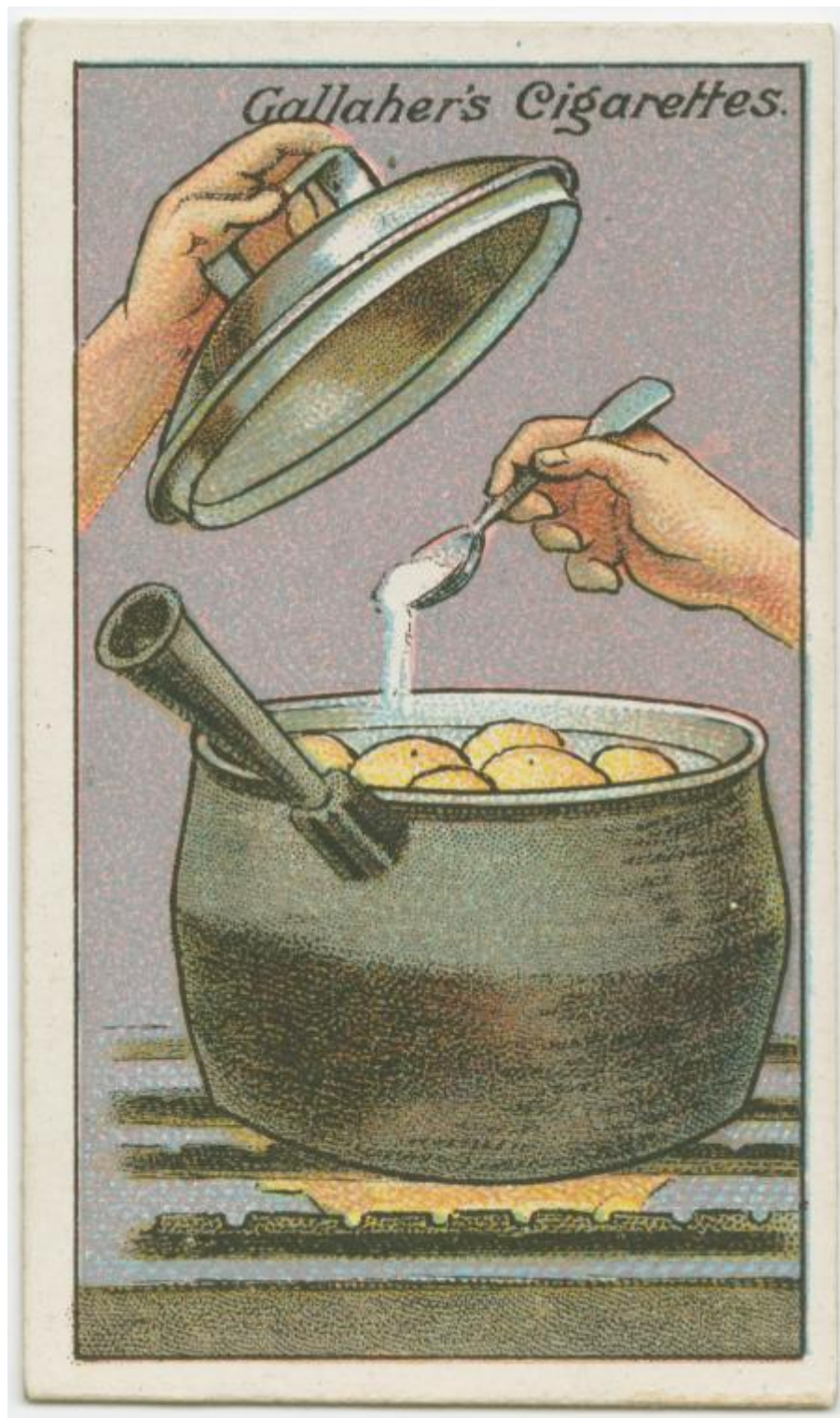
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7. A Hint When Boiling Potatoes



100 IN SET

How to do it

Nº 12

A HINT WHEN BOILING POTATOES.

To make potatoes dry and floury when cooked, add to water when boiling them a pinch of sugar as well as salt. When potatoes are done, water should be poured away and saucepan replaced over the fire for a short time, shaking the saucepan occasionally to ensure equal dryness of potatoes.

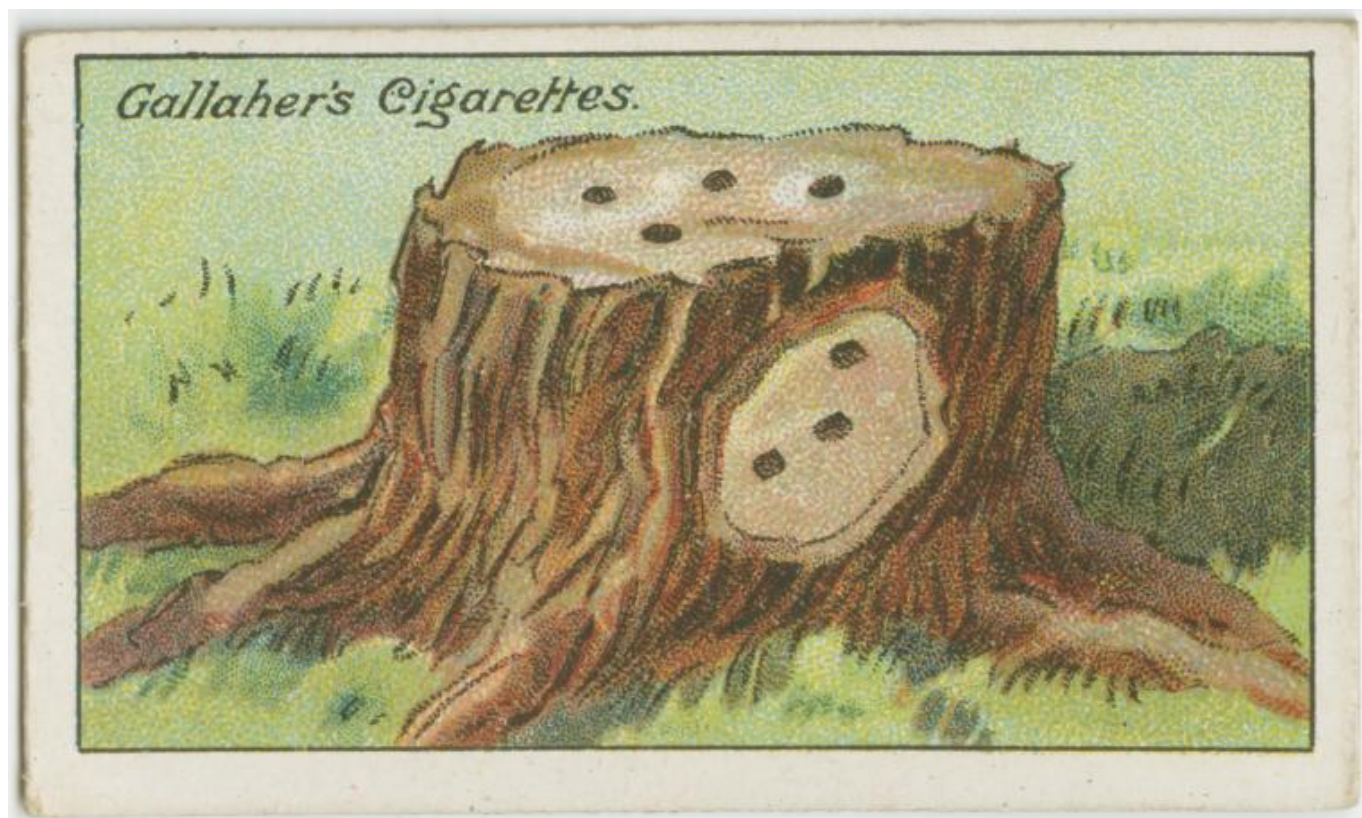
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8. How To Kill a Tree Stump



100 IN SET

How to do it

Nº 4

HOW TO KILL A TREE STUMP.

If a tree stump is not removed from the ground, it often starts sprouting, and strong undergrowth results. To prevent this, holes should be bored in top of stump, and a patch of bark cut from side and more holes bored there. A mixture of solignum and salt filled into these holes will soak through the tree stump and kill it.

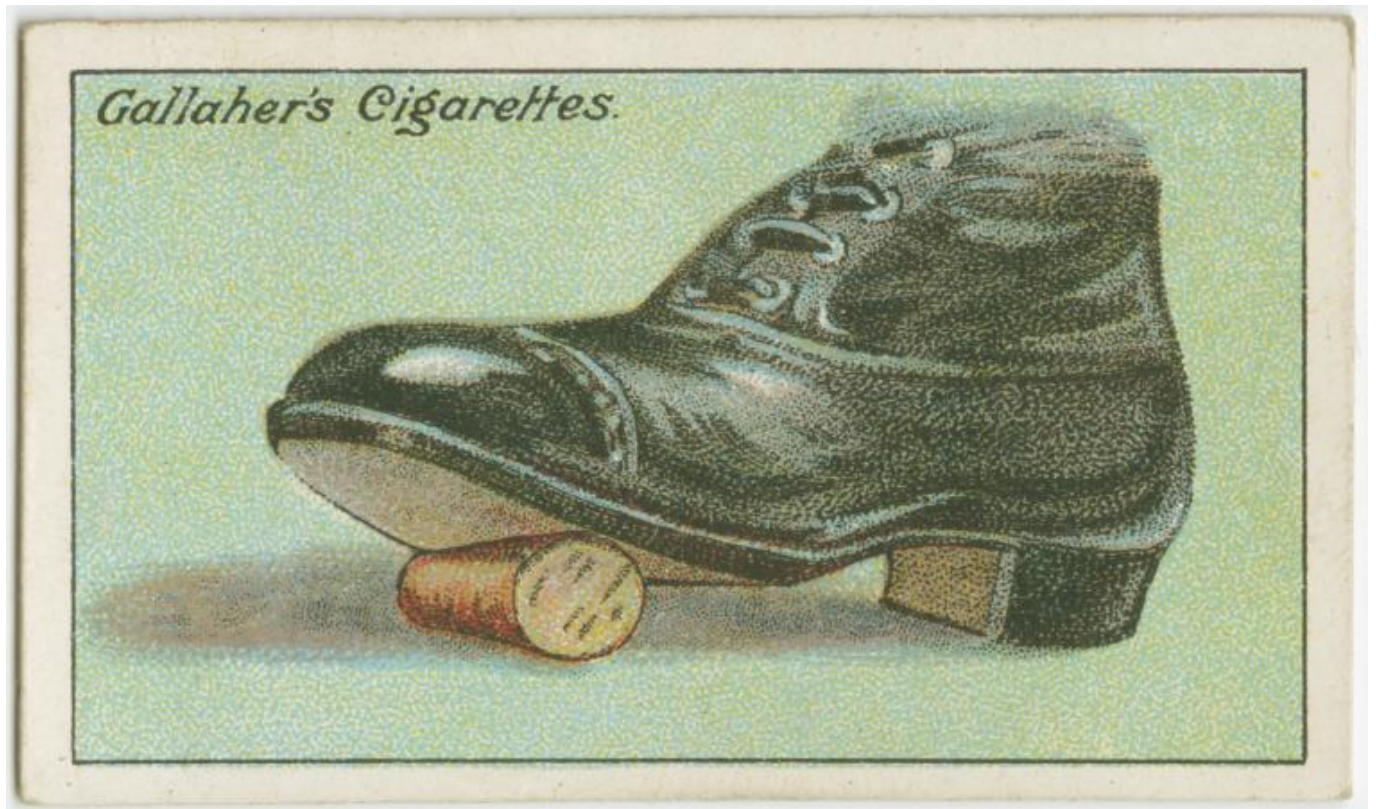
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9. How To Make Corks Fit



10.0 IN SET

How to do it

Nº 8

HOW TO MAKE CORKS FIT.

It may happen that the cork is slightly too large for the bottle you wish to fit. Do not pare cork down with a knife; a better method is shown in picture. Roll cork under sole of foot, exerting a steady pressure. This will be found to reduce size of cork without injuring the smooth surface.

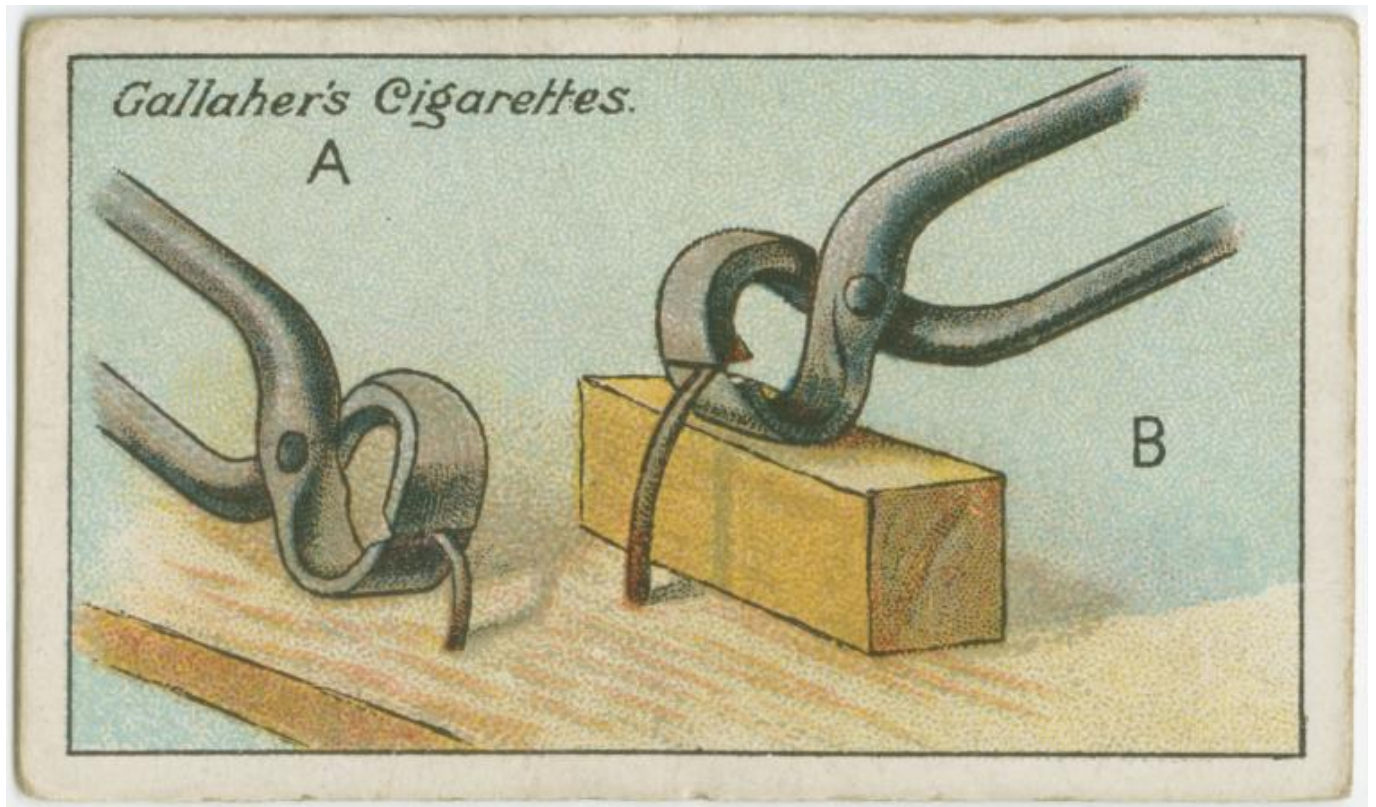
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10. How To Pull Out Long Nails



100 IN SET

How to do it

Nº 1

HOW TO PULL OUT LONG NAILS.

It is often rather difficult to pull out a long nail from wood into which it has been driven, for when drawn out a short distance as in A, there is no purchase from which to pull it further. If, however, a small block of wood be placed under the pincers, as in B, the nail can be pulled right out without difficulty.

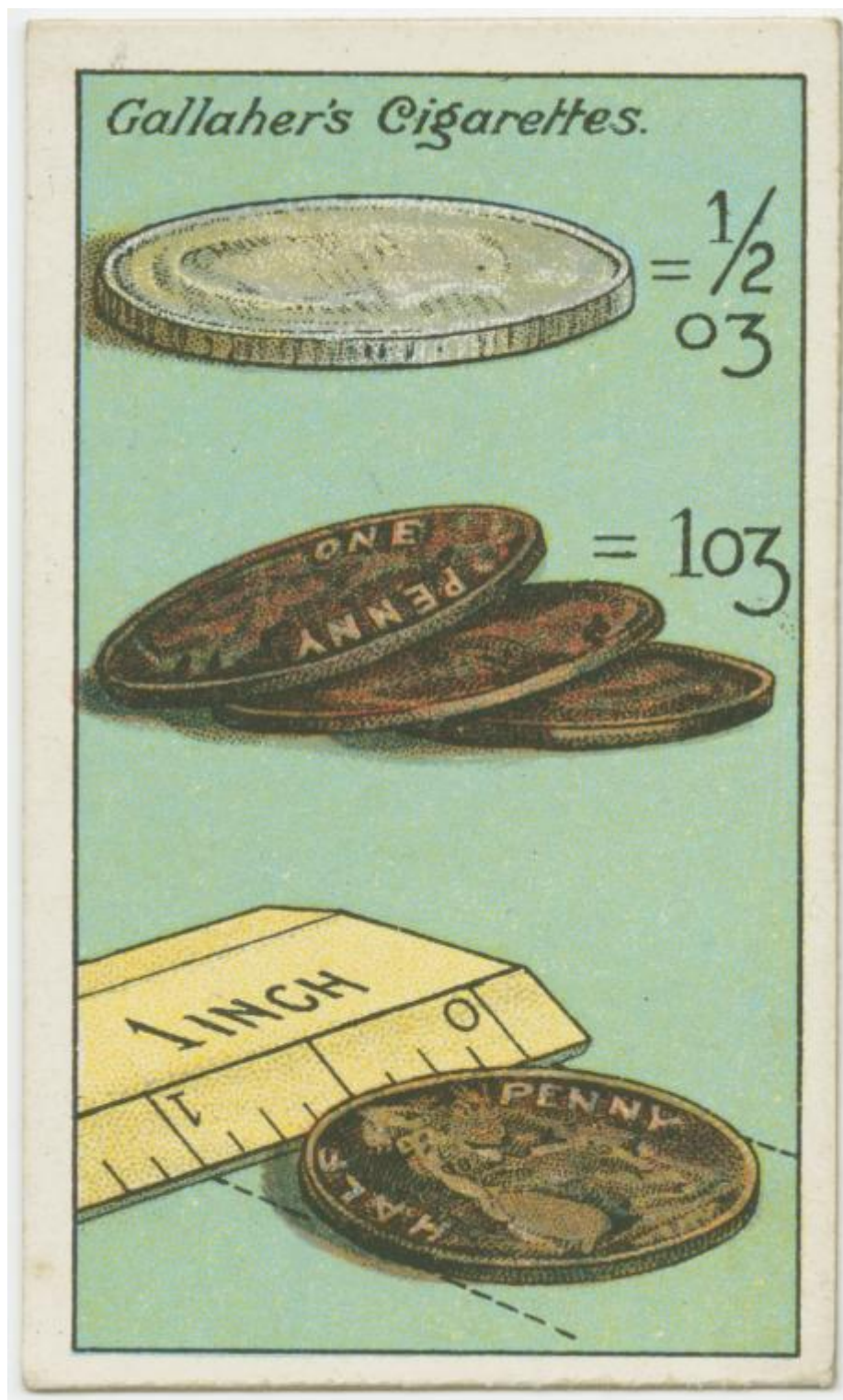
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11. How To Measure With Coins



100 IN SET

How to do it

Nº 30

HOW TO MEASURE WITH COINS.

It is sometimes useful to know that half-a-crown equals half an ounce in weight, and three pennies weigh one ounce. A half-penny measures one inch in diameter; half-crown an inch and a quarter, and a sixpence three-quarters of an inch in diameter.

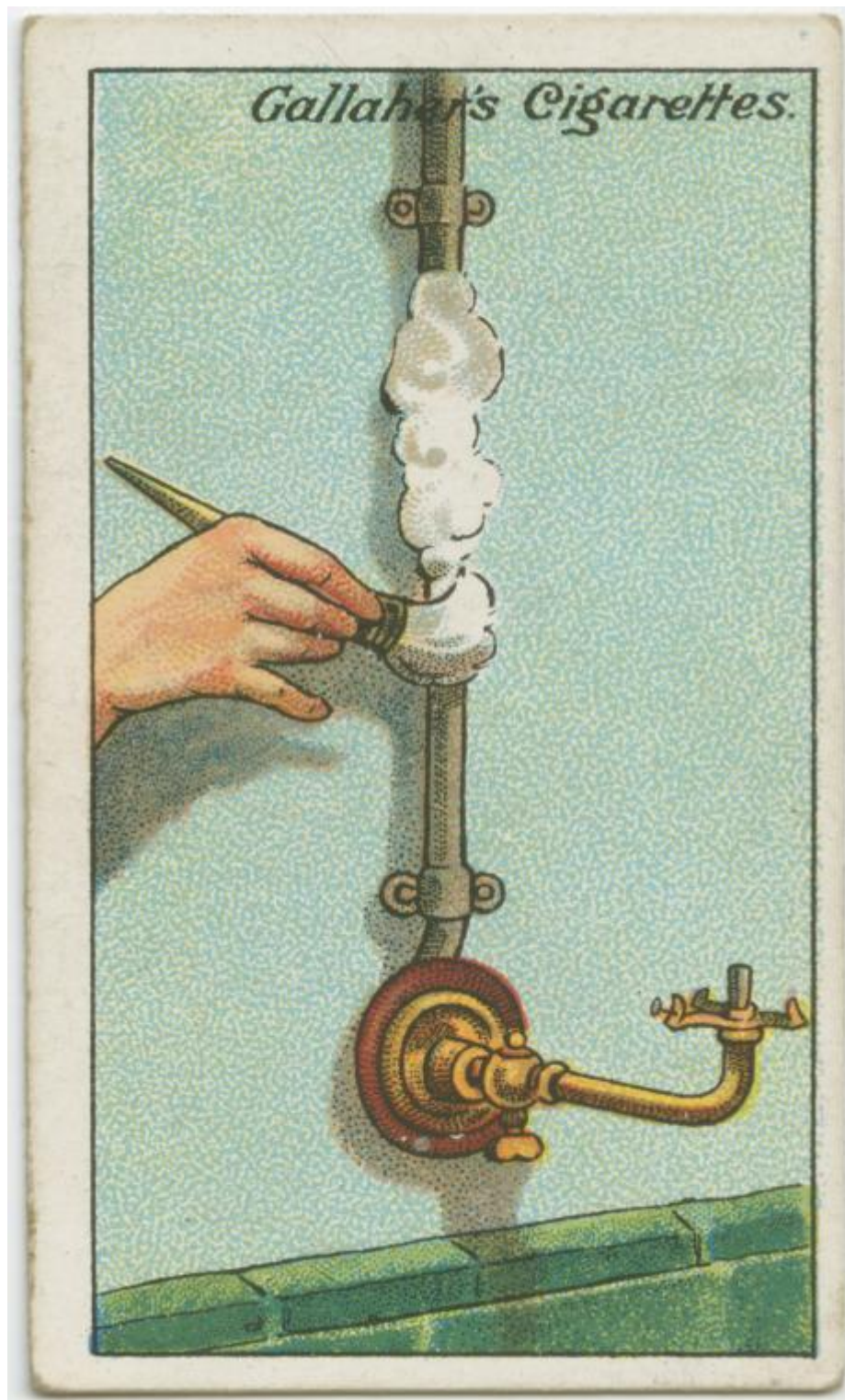
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12. How To Detect Escaping Gas



100 IN SET

How to do it

No 34

HOW TO DETECT ESCAPING GAS.

There is always a danger in trying to locate an escape of gas with a light. The method shown in the picture, however, is free from risk and quite reliable. Paint strong soap solution on the suspected length of pipe and the gas will then cause bubbles at the escaping point, which can be dealt with at once.

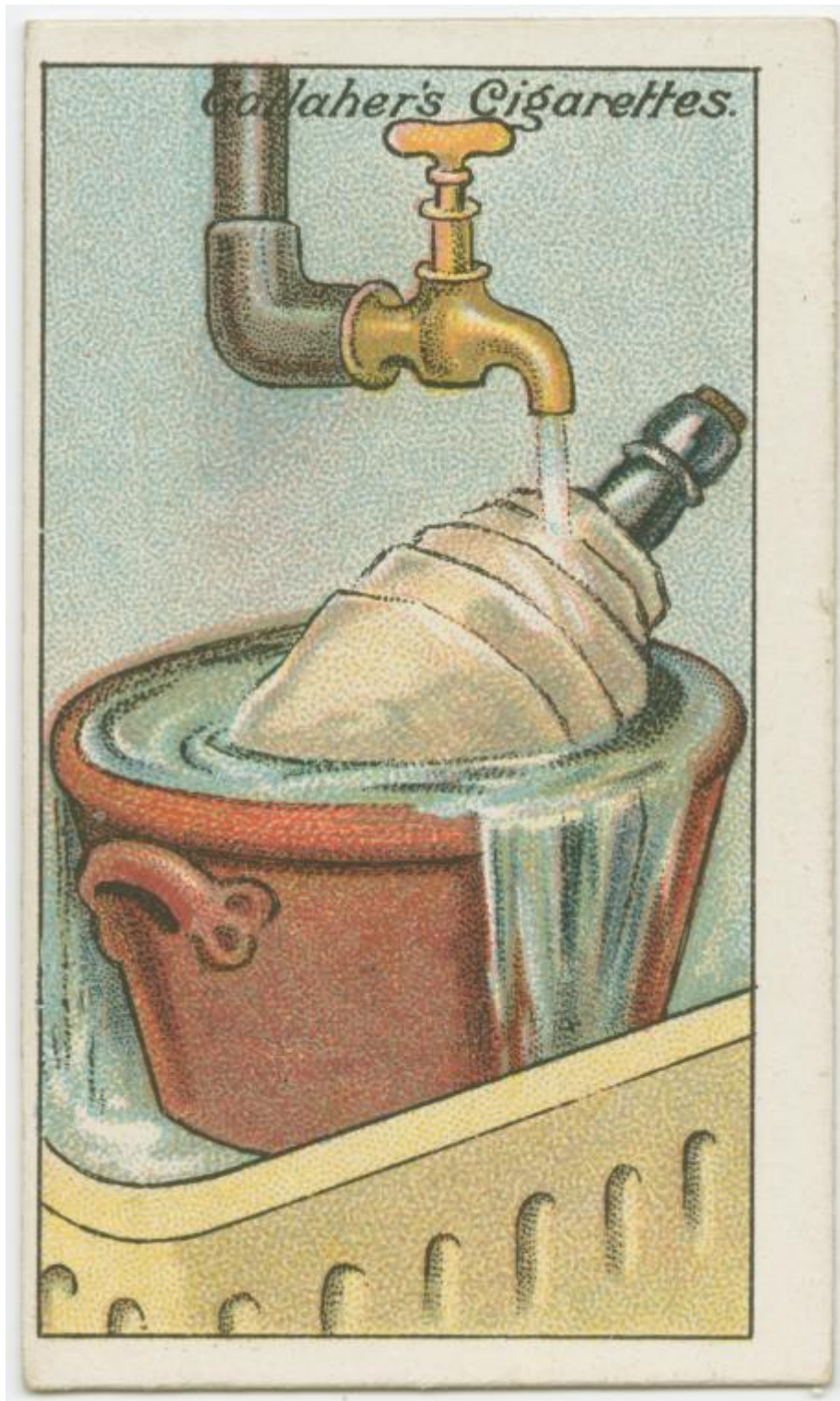
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13. How To Cool Wine with Ice



100 IN SET

How to do it

Nº 18

HOW TO COOL WINE WITHOUT ICE.

If no ice is available for cooling wine, a good method is to wrap the bottle in flannel and place it in a crock beneath the cold water tap. Allow the water to run over it, as shown in the picture, and in about ten minutes the wine will be thoroughly cool and ready for the table.

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14. When Boiling Cracked Eggs



100 IN SET

How to do it

Nº 60

WHEN BOILING CRACKED EGGS.

To boil cracked eggs as satisfactorily as though they were undamaged, a little vinegar should be added to the water. If this is done, it will be found that none of the contents will boil out.

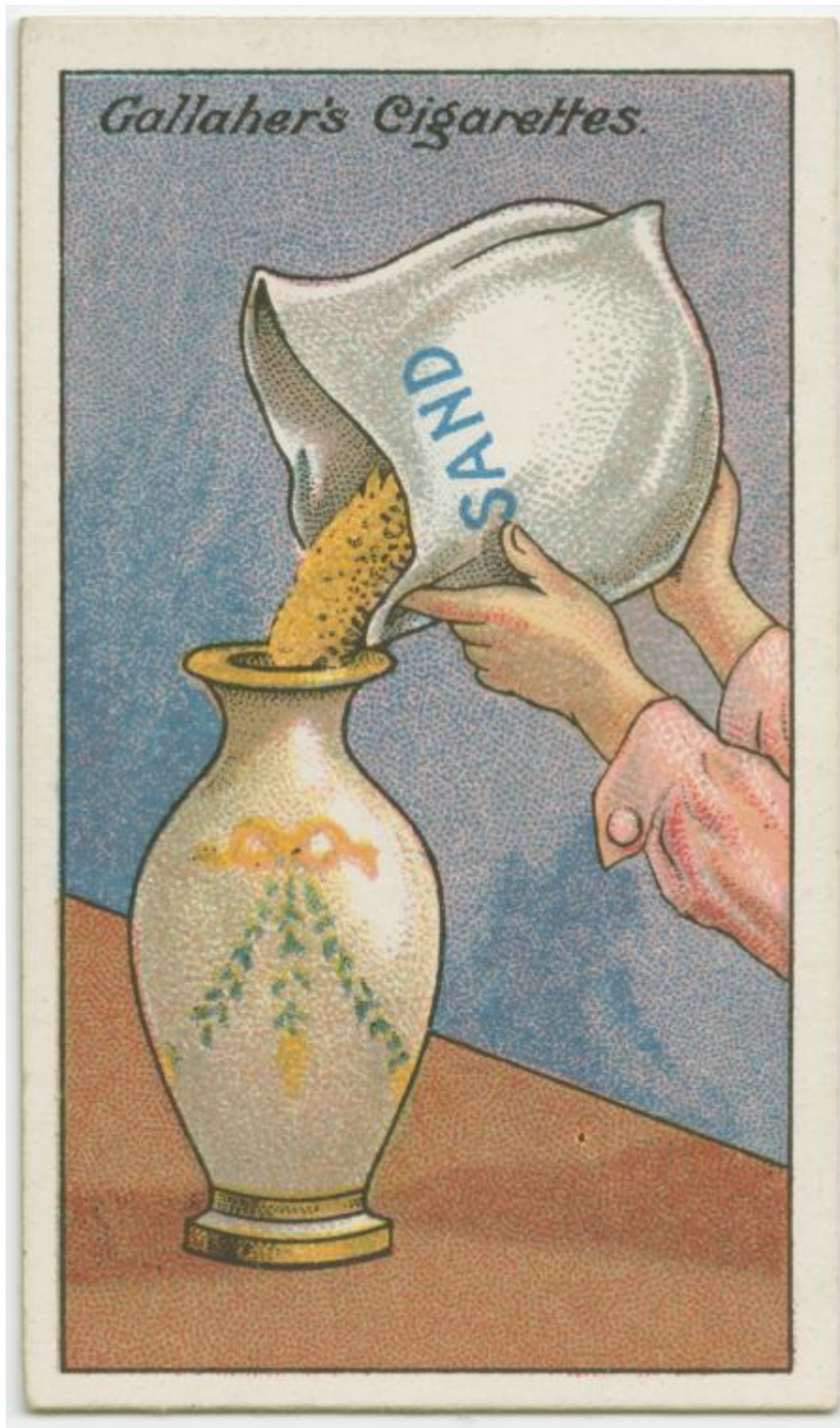
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15. How To Preserve Valuable Vases



100 IN SET

How to do it

Nº 39

HOW TO PRESERVE VALUABLE VASES.

If the following precaution is taken, the danger of knocking over a valuable vase will not be so great. Partly fill the vase with sand, which, acting as a weight, keeps it upright and firm on its base. This idea is particularly useful in the case of vases which are inclined to be top heavy, owing to their having small bases

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16. How To Remove Sea Stains from Brown Shoes



100 IN SET

How to do it

Nº 50

HOW TO REMOVE SEA STAINS FROM BROWN SHOES

After a visit to the sea-side you may find that the salt water has stained your brown shoes. Such stains can be removed by washing the shoes over with a preparation composed of a piece of washing soda about the size of a chestnut dissolved in two table spoonfuls of hot milk. When dry, the shoes should be polished in the ordinary way, and the stains will be found to have disappeared.

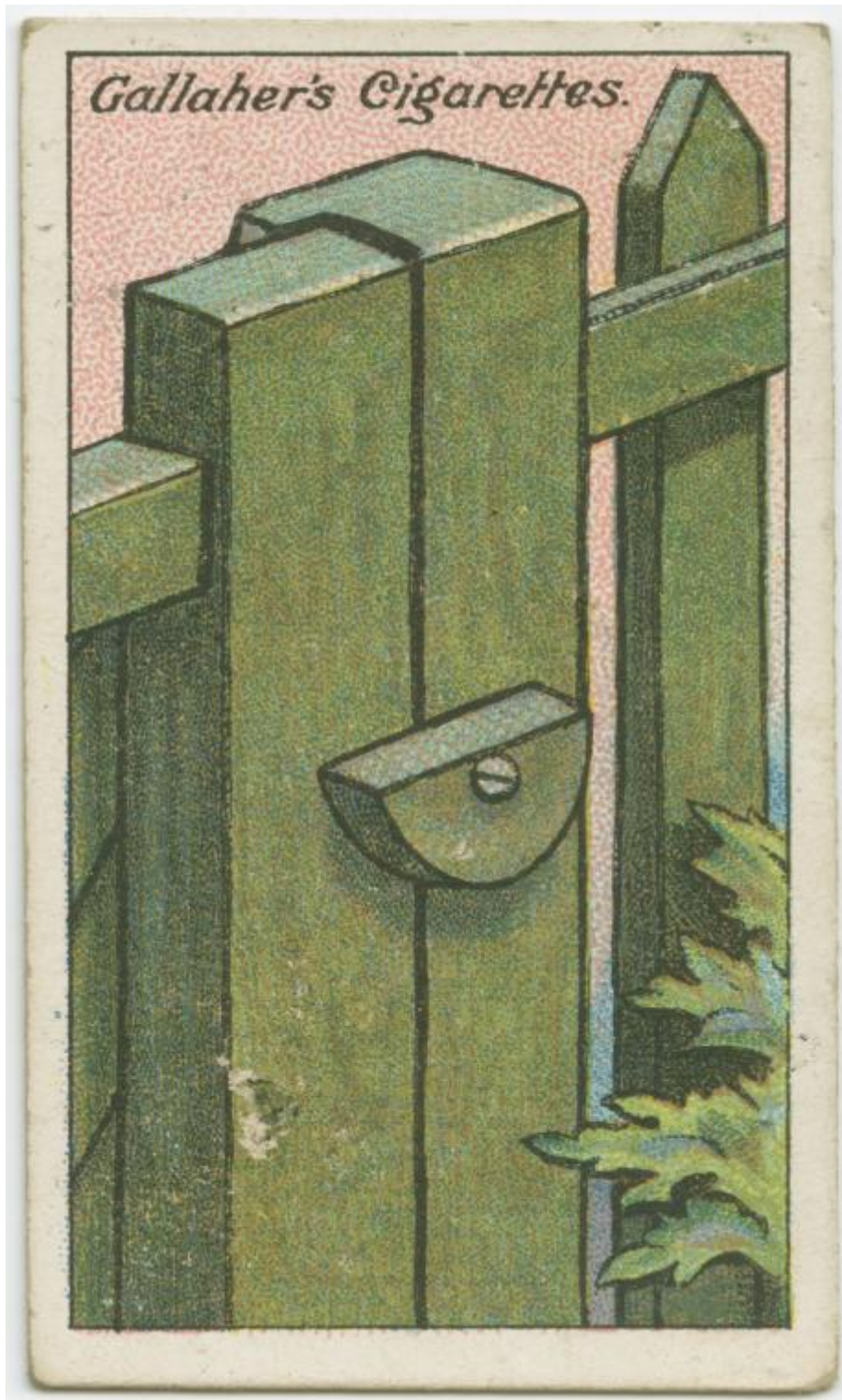
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17. How To Make a Simple Gate Latch



100 IN SET

How to do it

No 7

HOW TO MAKE A SIMPLE GATE LATCH

A loose gate latch of the ordinary shape generally allows gate to swing open. The picture gives shape of a latch which does away with this. When screwed to gate post, this latch will be found to swing in position to secure gate, as the greatest weight of latch is beneath screw pivot.

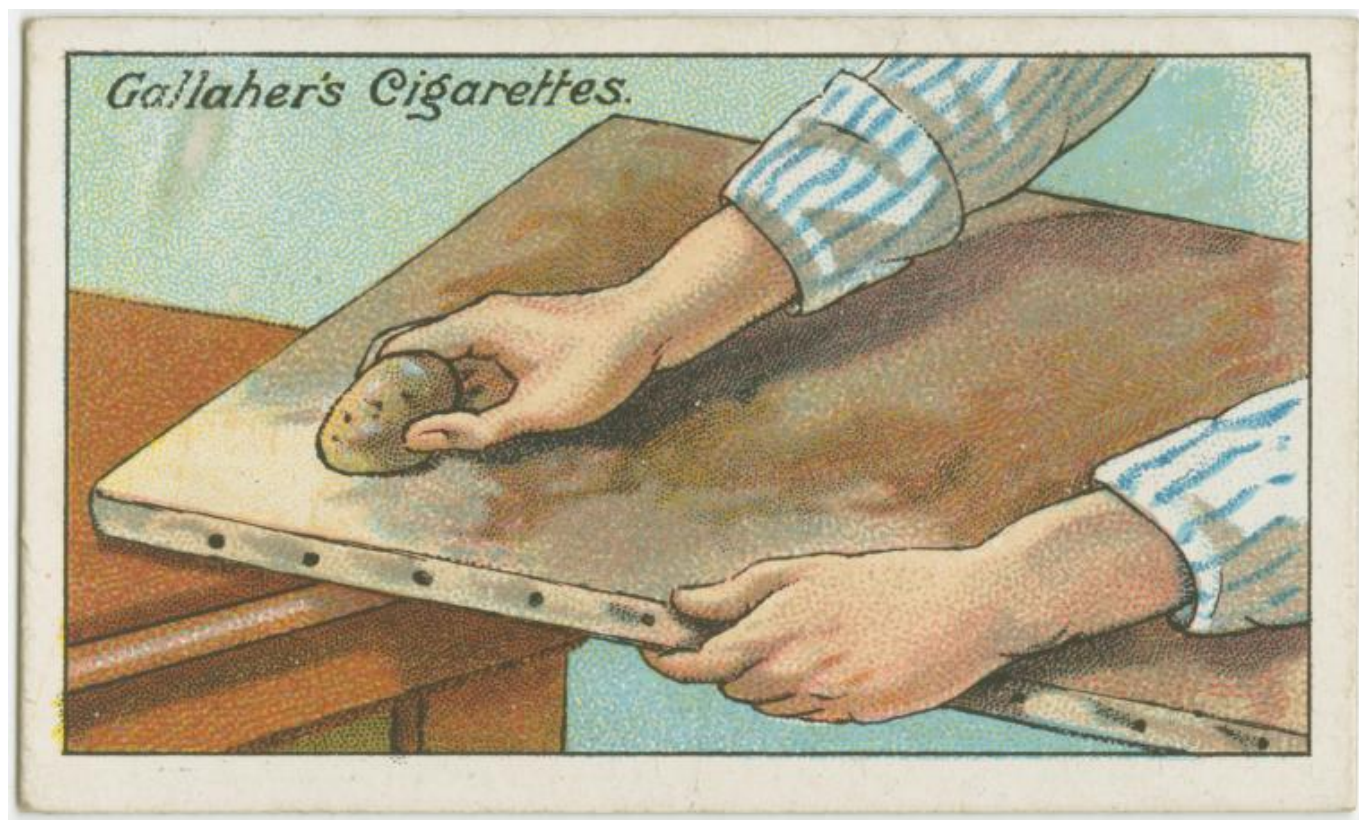
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18. How To Clean an Oil Painting



100 IN SET

How to do it

Nº 19

HOW TO CLEAN OIL PAINTING.

The picture shows a very effective method. Painting should first be well dusted and then rubbed gently with flat surface of a cut raw potato, the lather being wiped away with a soft rag. Dirty part of potato must constantly be pared off in order to keep clean the surface applied to picture. Finish off with a rub of pine linseed oil.

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19. How To Test Butter



100 IN SET

How to do it

Nº 17

HOW TO TEST BUTTER.

A good way of testing butter is shown in the picture. Rub a little of the suspected compound upon a piece of paper and set the paper alight. If it is pure butter, the odour will be dainty and agreeable, while the presence of Margarine is made known by an unpleasant tallowy smell.

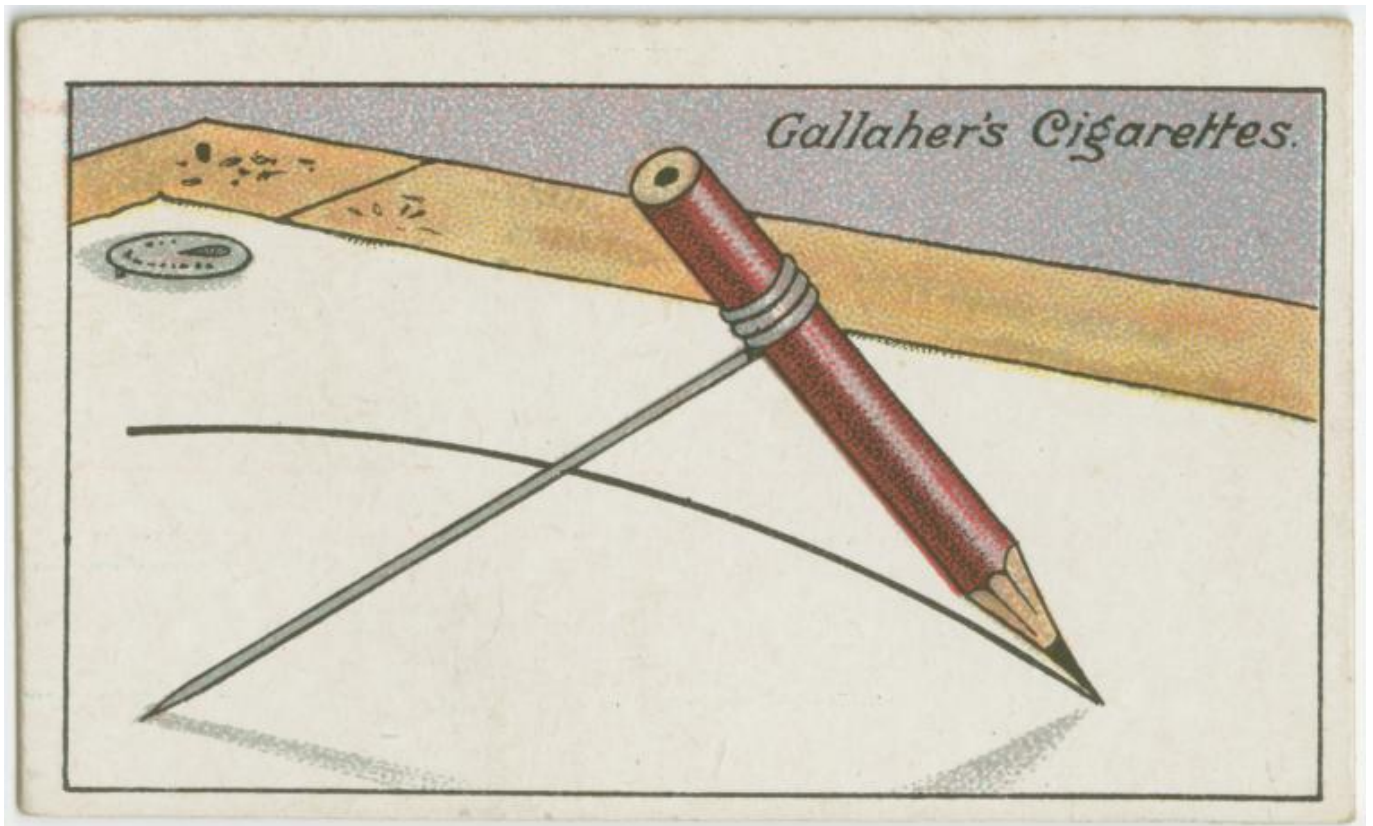
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20. How To Draw a Circle Without a Compass



100 IN SET

How to do it

Nº 35

HOW TO DRAW A CIRCLE WITHOUT COMPASSES.

Twist one end of a piece of wire round a pencil and leave the other end straight. Sharpen the point of the wire and use it like the point leg of a pair of compasses. The wire can be bent and the points of wire and pencil adjusted to make any size of circle.

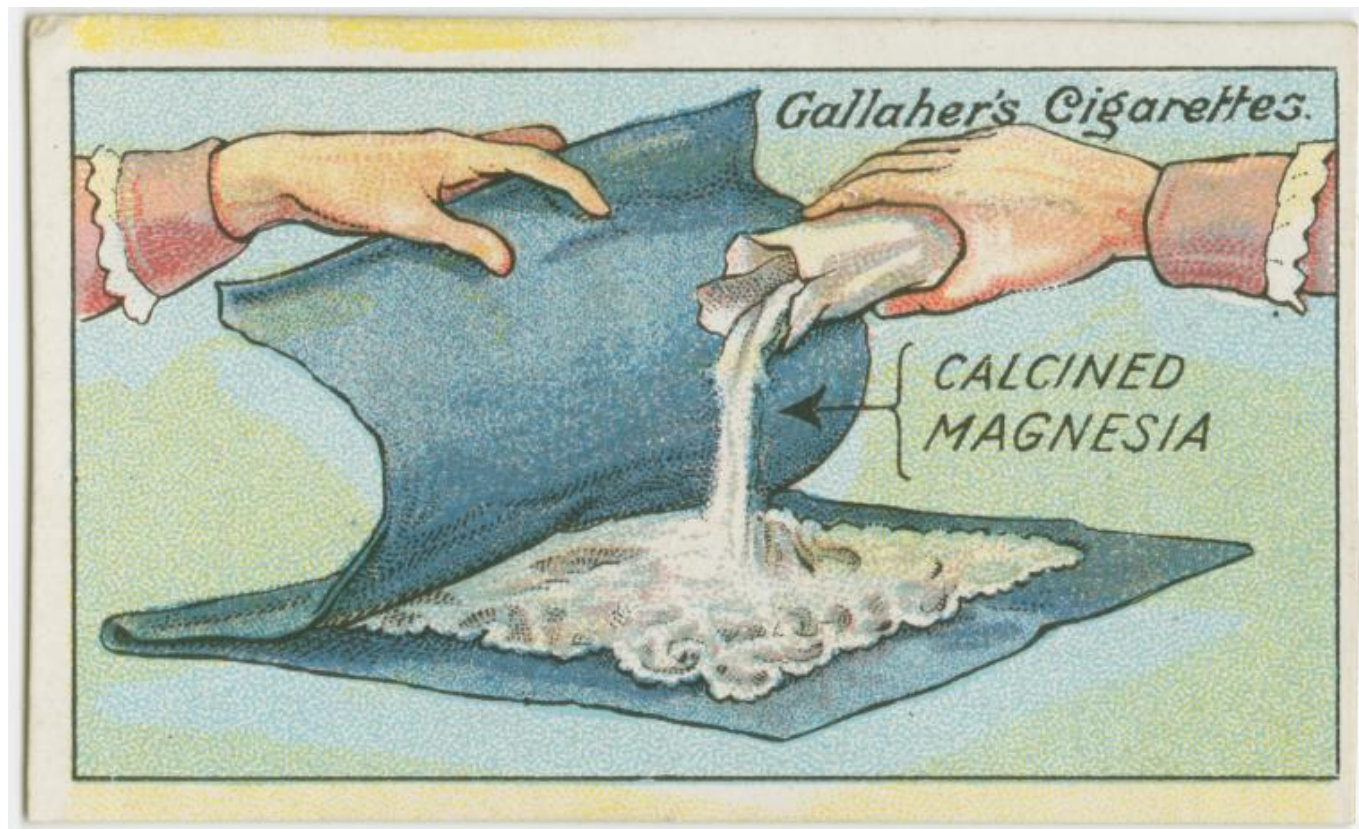
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21. How To Clean Real Lace



100 IN SET

How to do it

Nº 14

HOW TO CLEAN REAL LACE.

To clean real lace, lay the lace on a sheet of blue or white tissue paper, and well cover with powder of calcined magnesia. Cover with more paper and place under a weight for a few days. The lace will be found to be quite clean after shaking out the powder, and the most delicate texture remains uninjured.

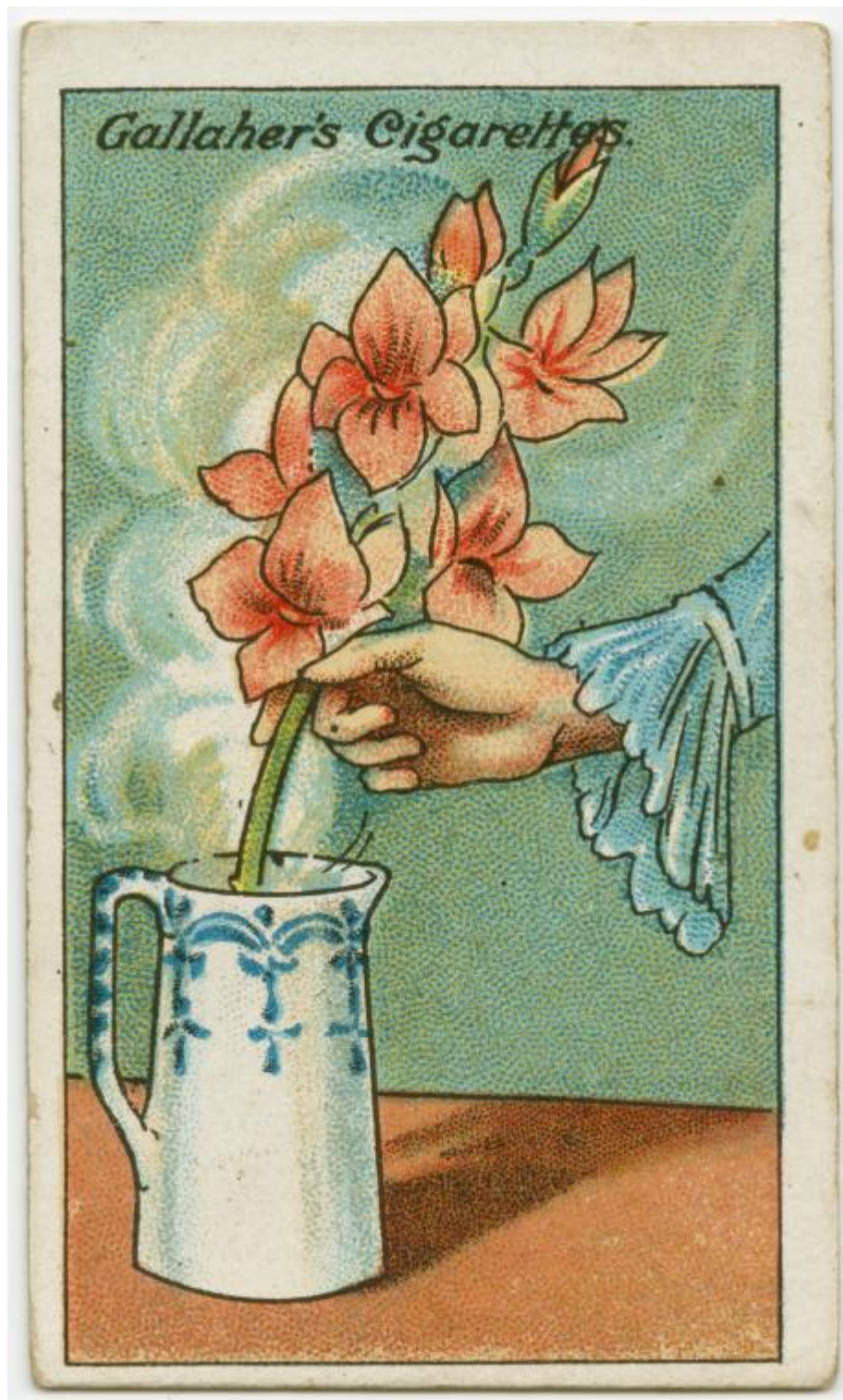
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22. How To Revive Cut Flowers



100 IN SET

How to do it

Nº 73

HOW TO REVIVE CUT FLOWERS.

To revive choice blooms that have faded during transit, plunge the stems into hot water, and allow them to remain until the water has cooled. By that time the flowers will have revived. The ends of the stems should then be cut off and the blossoms placed in cold water in the usual way.

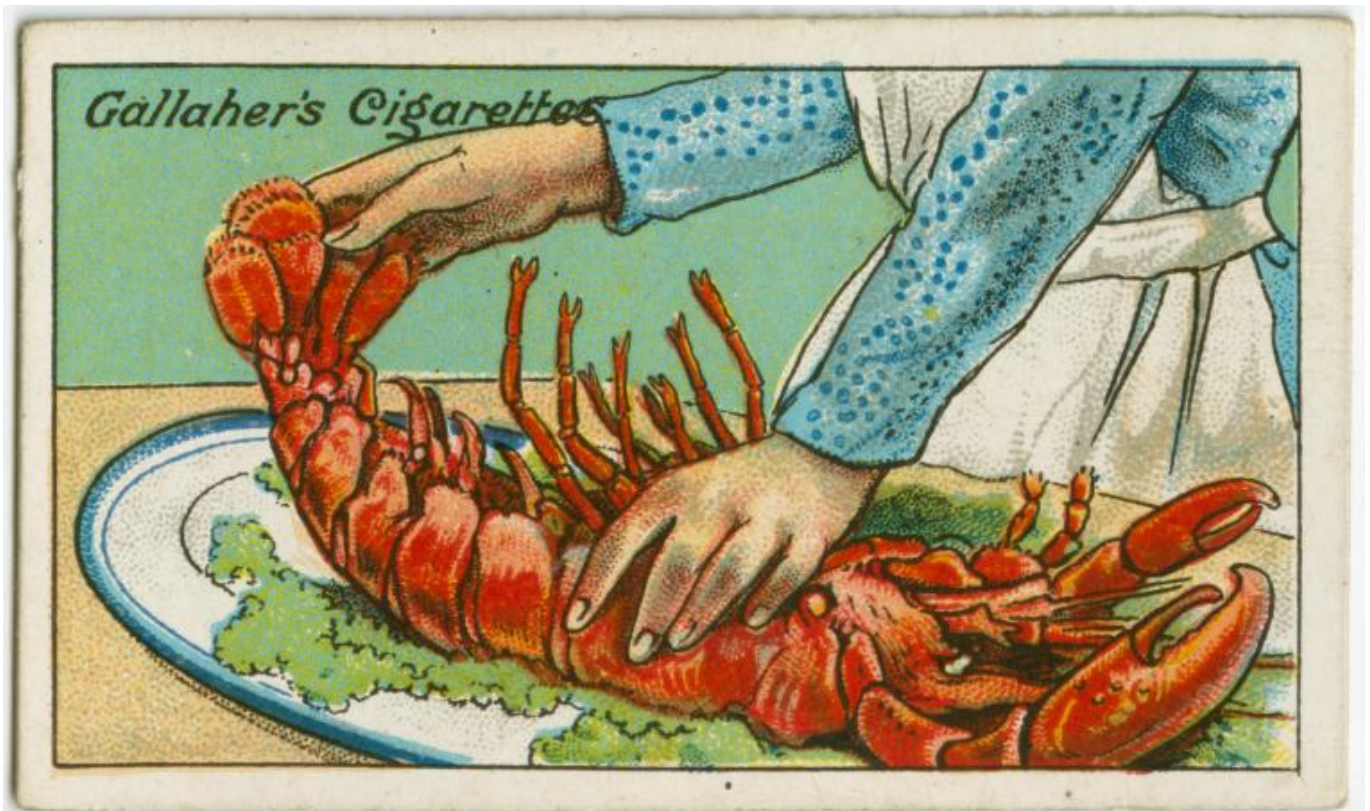
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23. How To Judge the Freshness of a Lobster



100 IN SET

How to do it

Nº 94

HOW TO JUDGE FRESHNESS OF A LOBSTER.

If, when buying a boiled lobster, you are in doubt as to its freshness, just pull back the tail, then suddenly release it; if the tail flies back with a snap, the lobster is quite fresh: but if it goes back slowly, you may be pretty sure the lobster has been boiled and kept for some days.

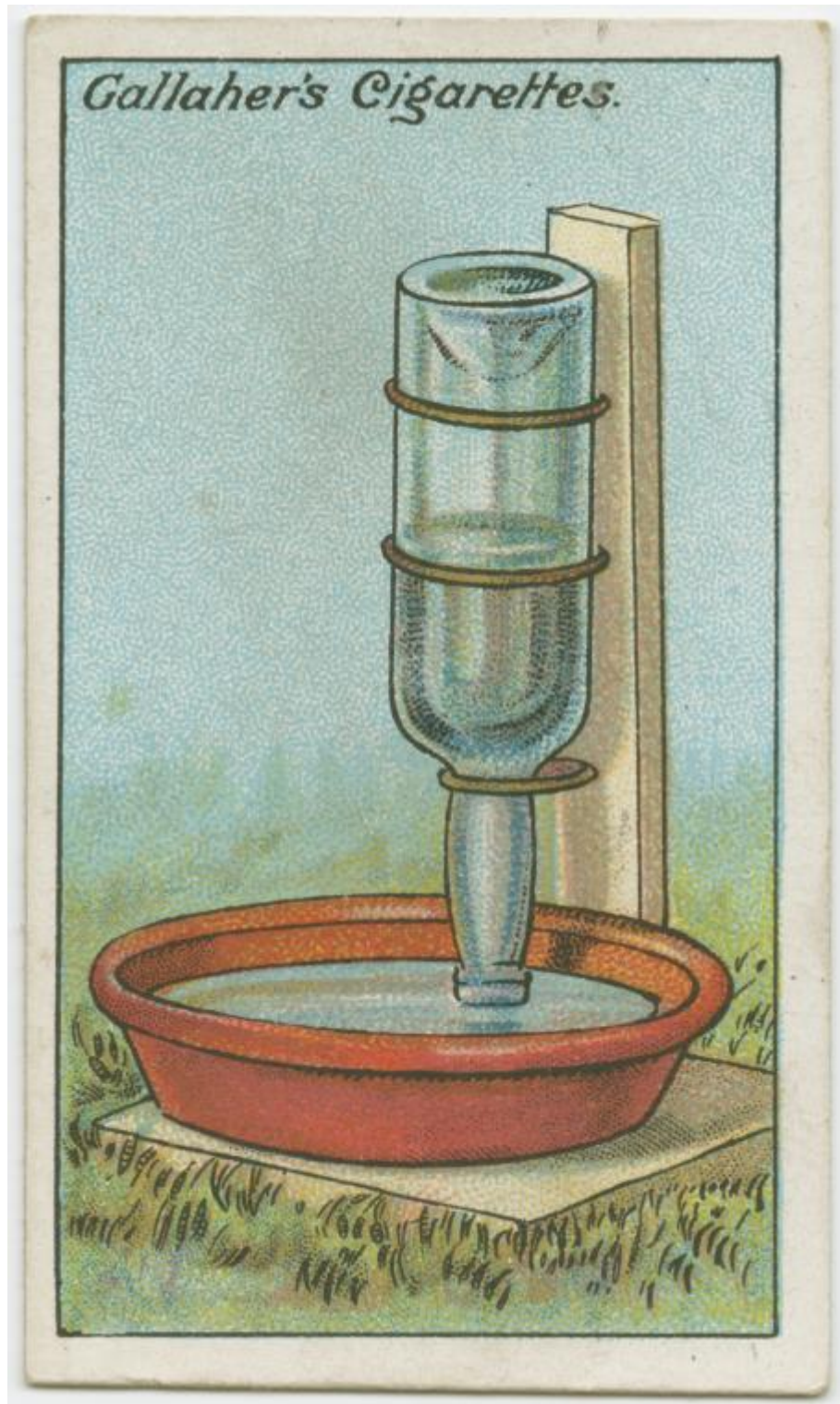
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24. How To Make a Water Fountain for Chicks



100 IN SET

How to do it

№ 15

HOW TO MAKE WATER FOUNTAIN FOR CHICKS.

A simple water fountain, ensuring a supply of fresh water for the chickens, can be made from a pint wine bottle, supported by wire loops to a wooden upright as shown, the bottle being held inverted over an earthenware pan, with mouth of bottle about half an inch above bottom of pan.

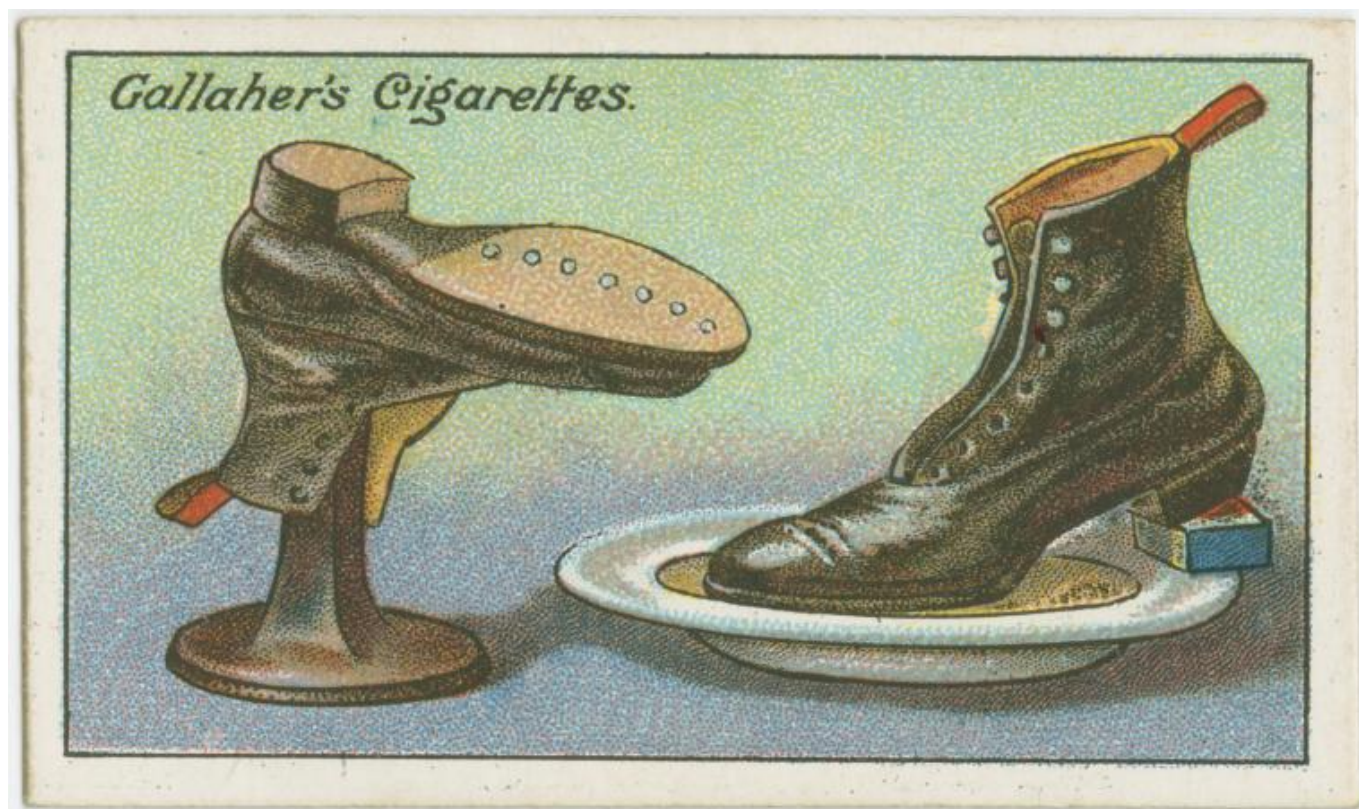
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25. How To Treat Squeaky Boots



100 IN SET

How to do it

Nº 21

HOW TO TREAT SQUEAKY BOOTS.

When new boots make a squeaking noise, a good remedy is to drive several brads in the centre of the sole. Another method is to place the sole in a dish or plate containing oil, the heel being propped up in order to immerse the whole of the sole, and the boot left until the oil has thoroughly soaked into the leather.

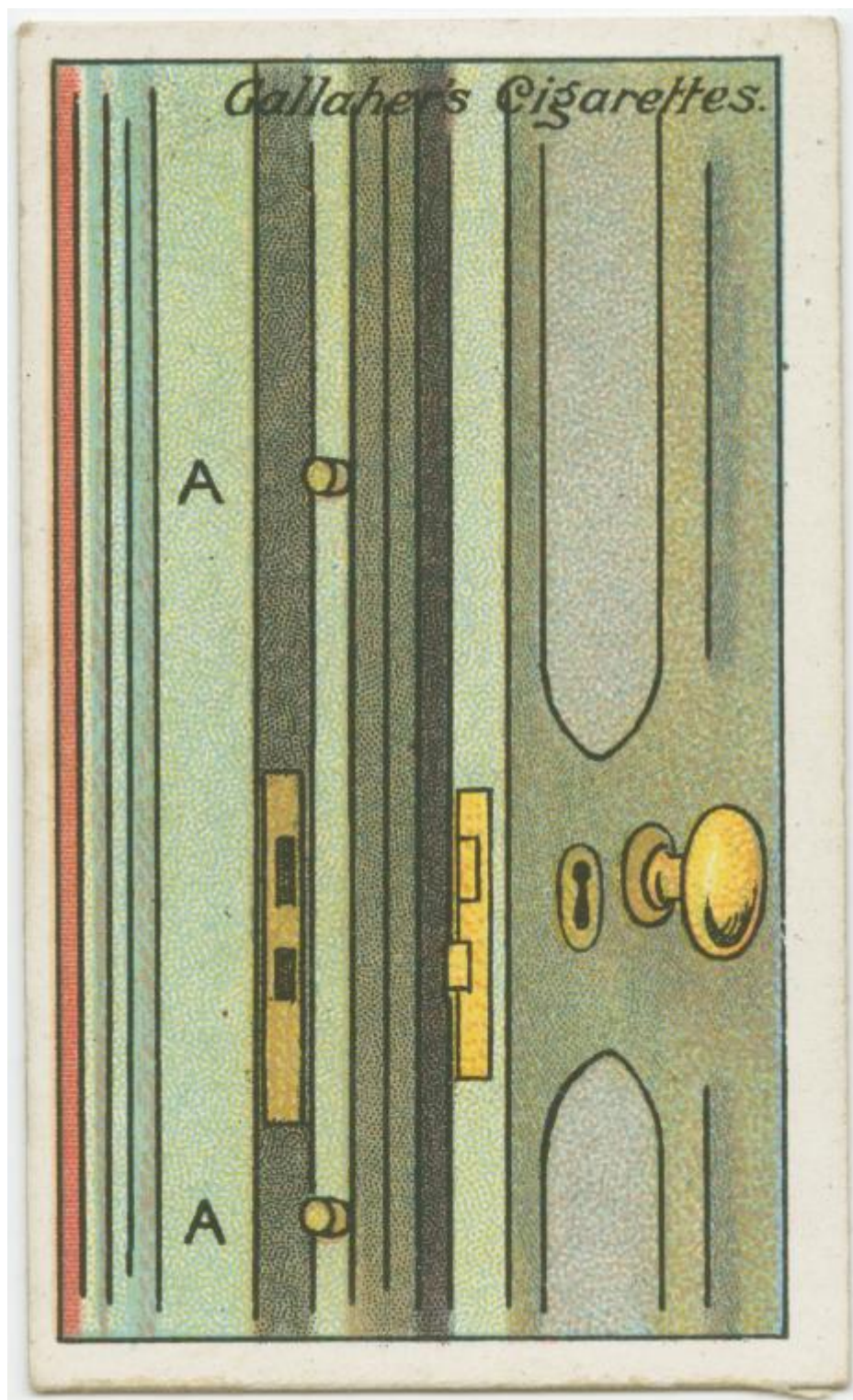
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26. How To Adjust a Door



100 IN SET

How to do it

Nº 16

HOW TO ADJUST A DOOR.

The annoyance of a door rattling in windy weather can be done away with by glueing pieces of cork, A.A., in crack between door and beading of doorway. The corks must be slightly thicker than the crack, and door should be shut on them until glue sets. The elasticity of cork holds door and effectually stops rattling noise.

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27. How To Cut New Bread Into Thin Slices



100 IN SET

How to do it

Nº 32

HOW TO CUT NEW BREAD INTO THIN SLICES.

The difficulty of cutting new bread into thin slices can readily be overcome by the following expedient. Plunge the bread knife into hot water and when thoroughly hot wipe quickly. It will be found that the heated knife will cut soft, yielding new bread into the thinnest slices.

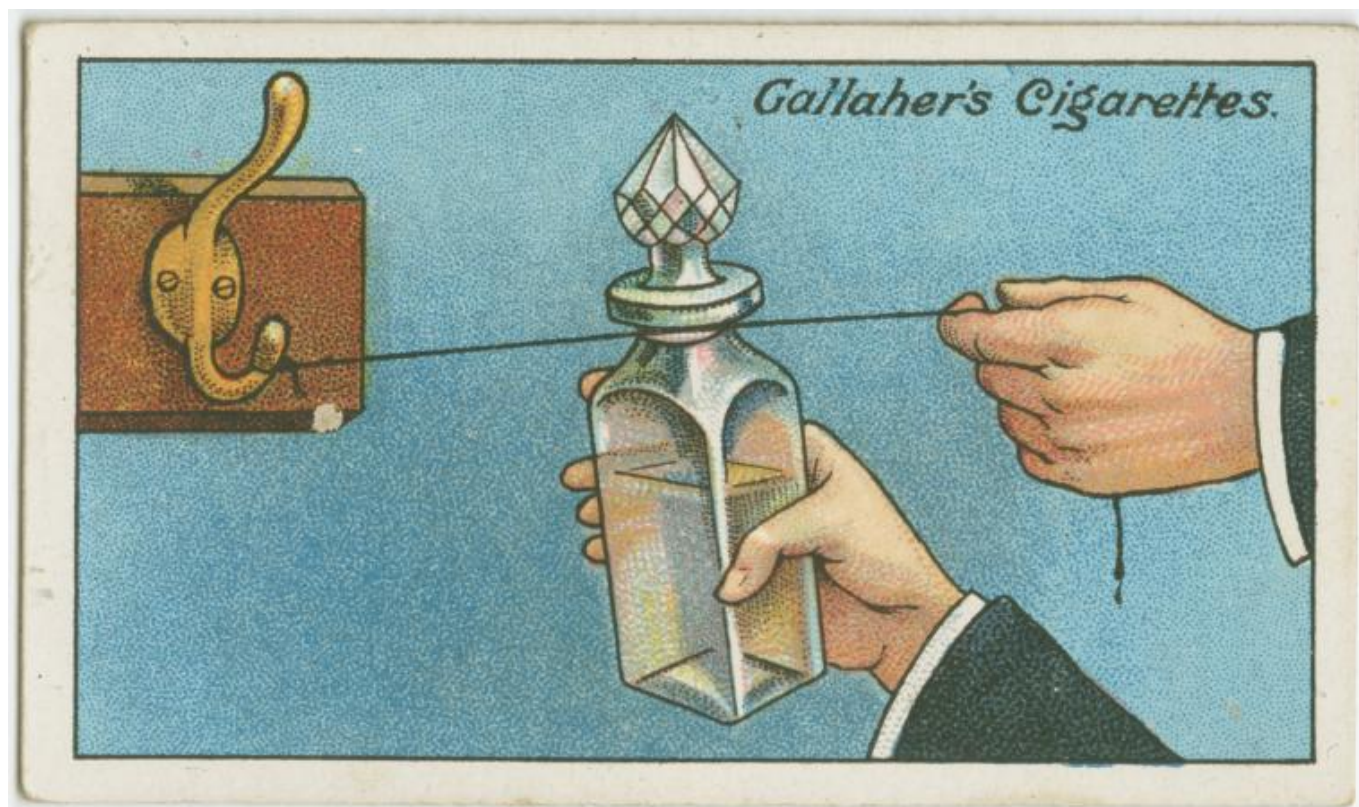
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28. How To Remove a Stuck Glass Stopper



100 IN SET

How to do it

Nº 40

HOW TO REMOVE GLASS STOPPER FROM BOTTLE

There are several ways of overcoming the difficulty of loosening a glass stopper that is tightly fixed in a bottle, the method shown in the picture being one of the best. Tie a piece of strong string to a firm support, twist it round the neck of the bottle outside the stopper and then quickly rub the bottle to and fro till the neck is hot. This causes the glass to expand, leaving the stopper loose.

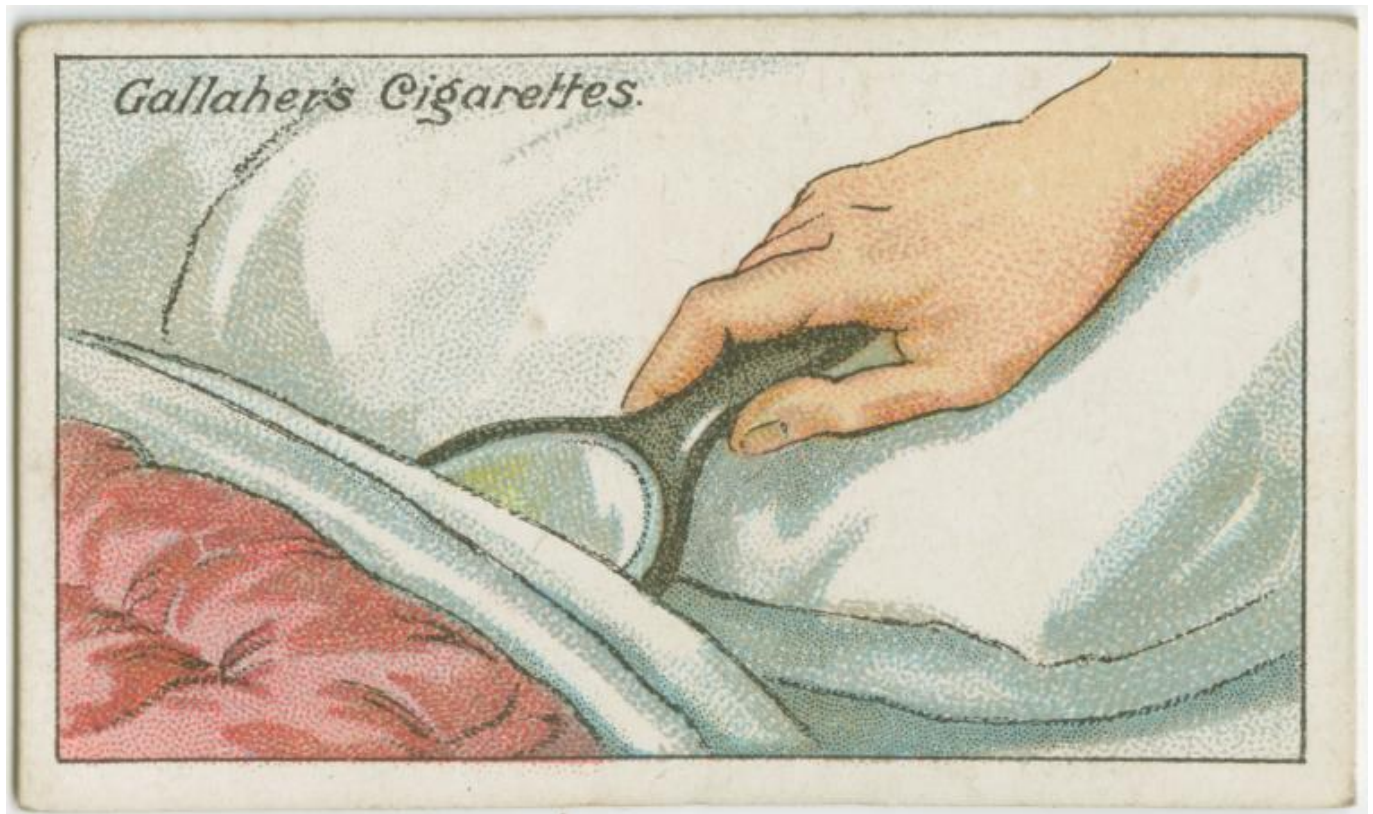
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29. How To Detect Dampness in Beds



100 IN SET

How to do it

Nº 2

HOW TO DETECT DAMPNESS IN BEDS.

In order to detect dampness in a strange bed and so be warned of the danger, a small hand-mirror should be slipped between the sheets and left for a few minutes. Any mistiness or blurred appearance of the mirror's surface when withdrawn is an indication of dampness, and the bed should not be slept in.

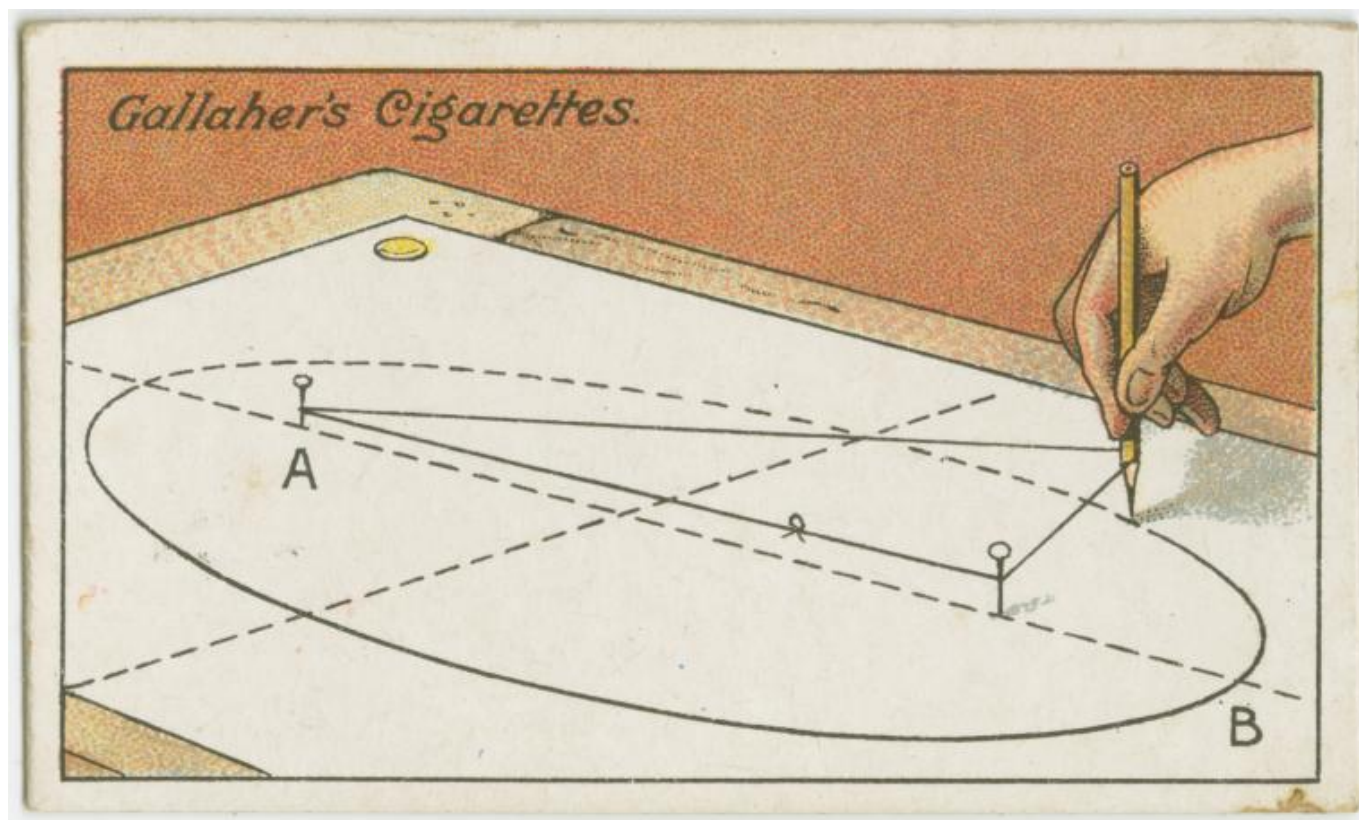
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30. How To Draw an Ellipse with String



100 IN SET

How to do it

Nº 37

HOW TO DRAW AN ELLIPSE WITH STRING.

Size of ellipse having been determined, focuses are found by measuring off the short diameter (or width of ellipse) from ends of long diameter (or length of ellipse). Two pins should be fixed, and string or thread looped round, as shown in picture. Length of loop should be from A to B.

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31. How To Pick Up Broken Glass



100 IN SET

How to do it

Nº 49

HOW TO PICK UP BROKEN GLASS.

To pick up broken glass quickly and cleanly a soft damp cloth will be found to be most effective, for it takes up all the small splinters. The best plan is to use an old piece of rag that can be thrown away with the glass.

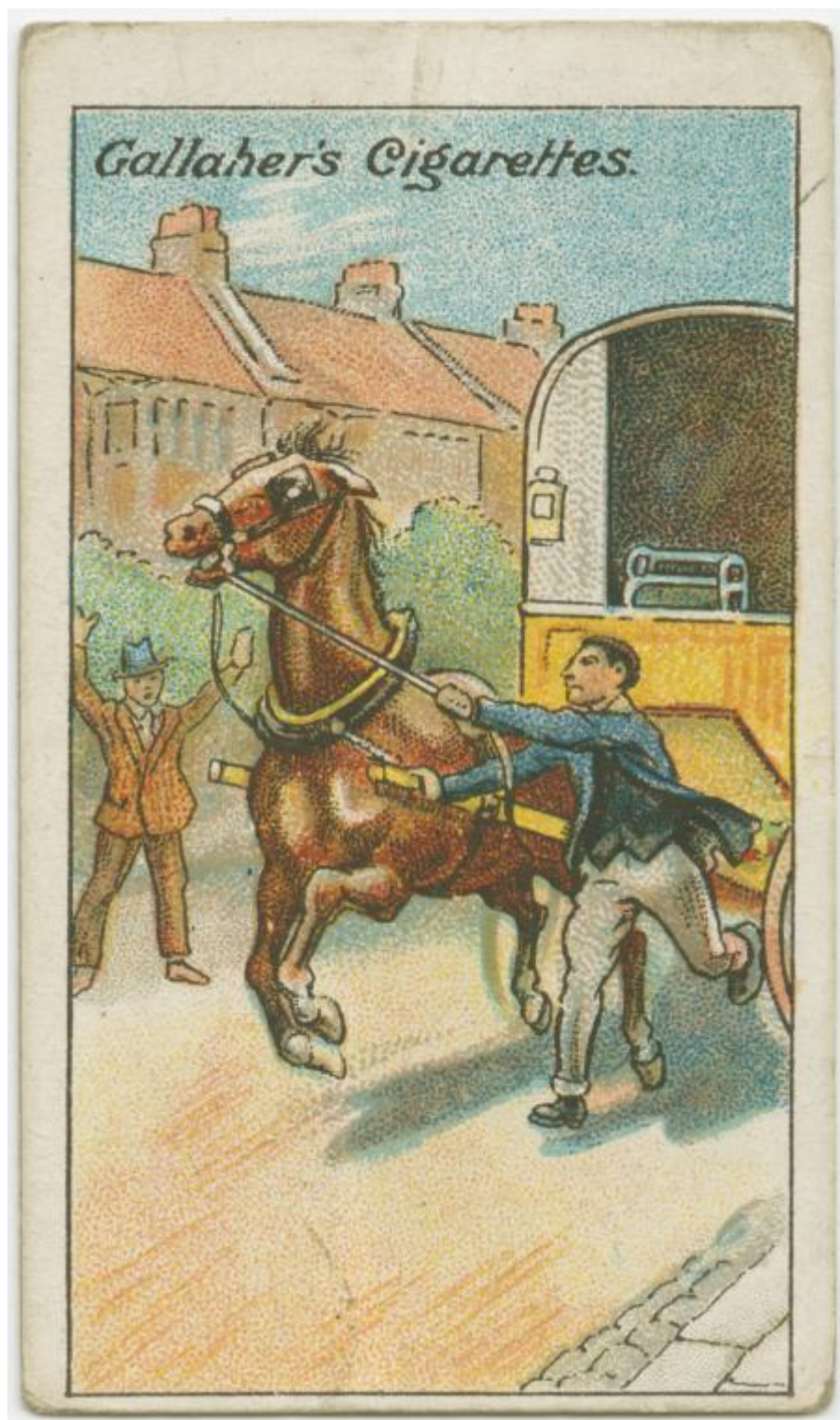
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32. How To Stop a Runaway Horse



100 IN SET

How to do it

Nº 99

HOW TO STOP A RUNAWAY HORSE.

Never rush in front of the horse. Run along beside, and with the hand nearest grip the shaft and keep the body clear by the stiffened arm. Then with the free hand, catch the reins and pull the horse to a standstill. Do not jump about, wave arms or shout. It frightens the horse.

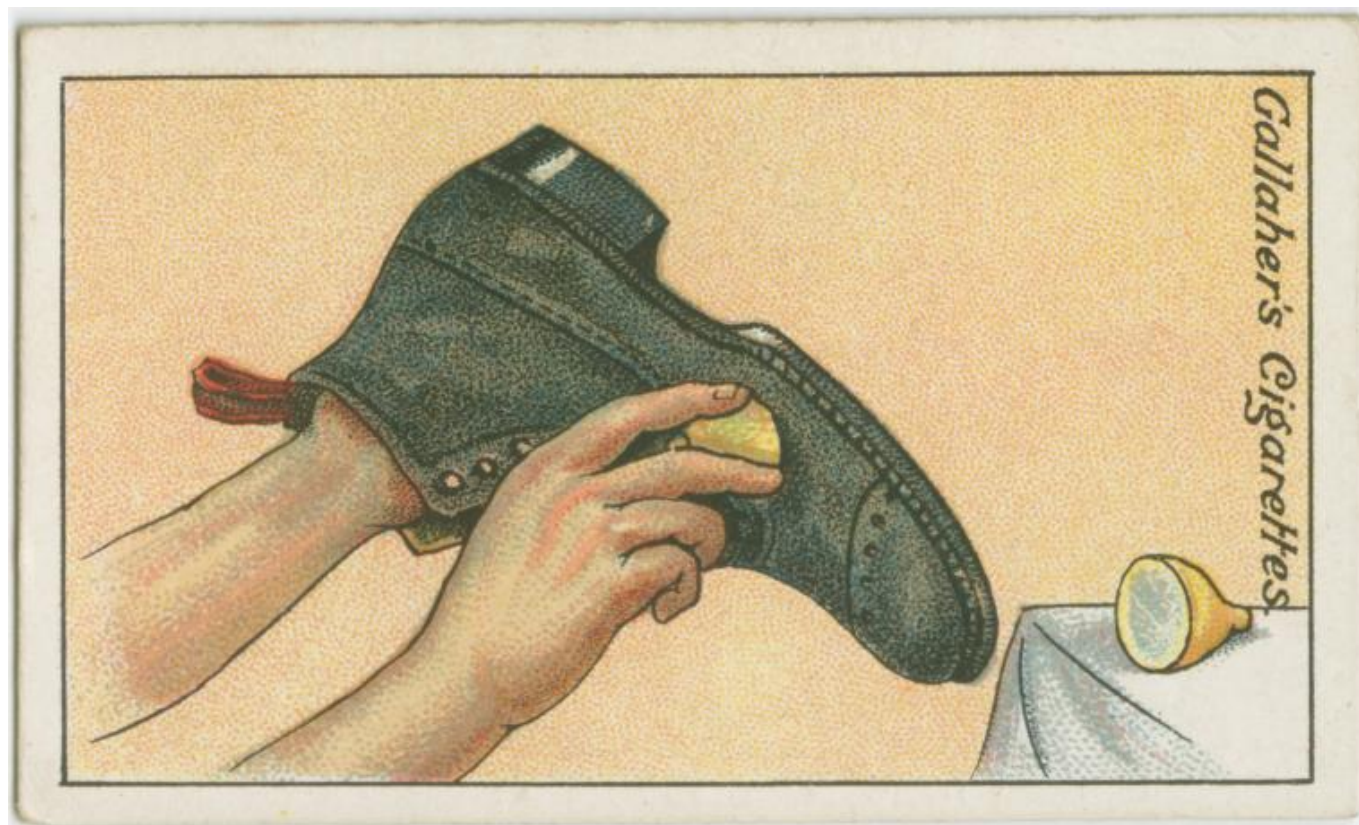
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33. How To Clean New Boots



100 IN SET

How to do it

Nº 31

HOW TO CLEAN NEW BOOTS.

New boots are sometimes very difficult to polish. A successful method is to rub the boots over with half a lemon, allow them to dry, after which they will easily polish, although occasionally it may be found necessary to repeat the application of the lemon juice

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34. How To Remove a Tight Ring from the Finger



100 IN SET

How to do it

Nº 22

HOW TO REMOVE A TIGHT RING FROM THE FINGER.

To remove a tight ring from the finger without pain or trouble, the finger should be first well lathered with soap. It will then be found that, unless the joints are swollen the ring can easily be taken off. If, however, the finger and joints are much swollen, a visit to the jeweller is advisable.

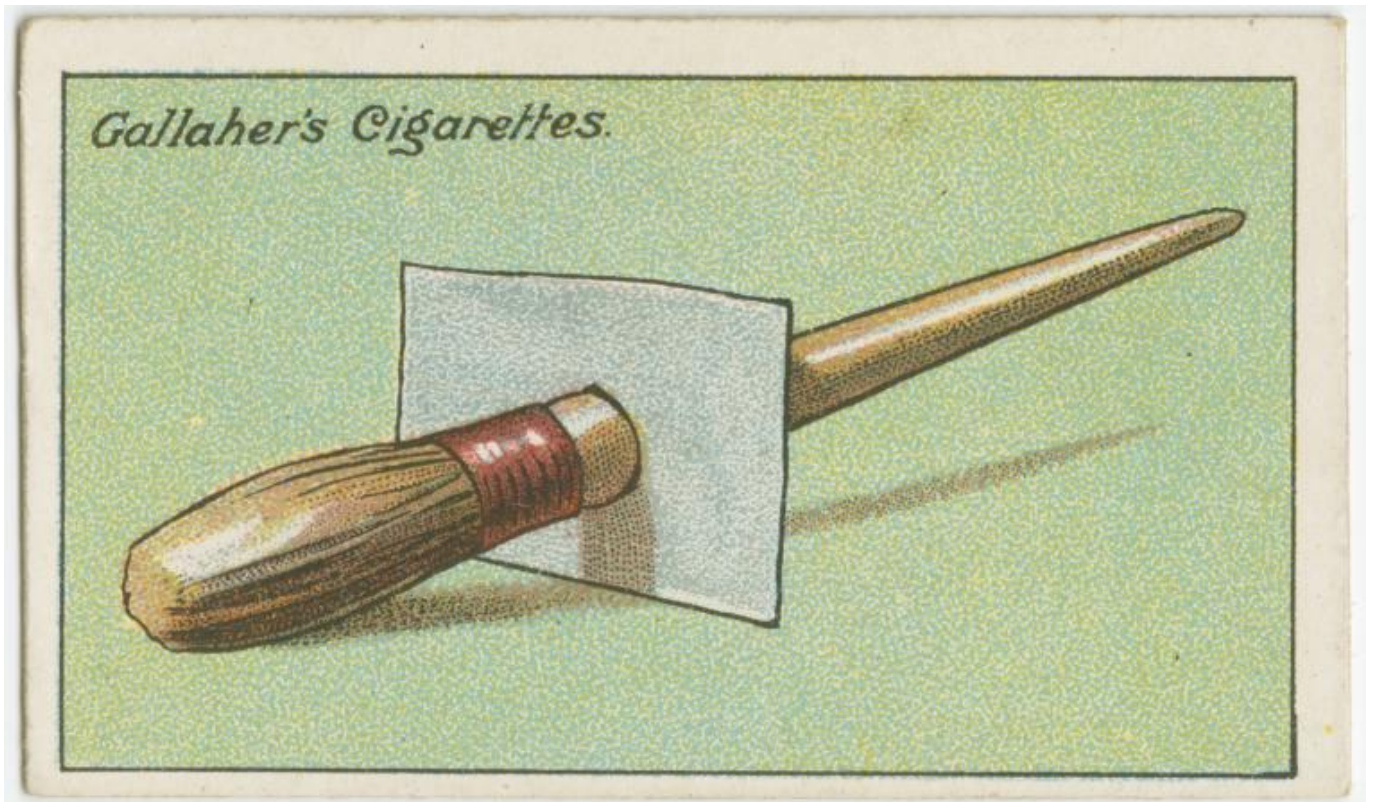
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35. How To Keep a Paint Brush Handle Clean



100 IN SET

How to do it

Nº 36

HOW TO KEEP A PAINT BRUSH HANDLE CLEAN.

To do away with the annoyance of a wet and sticky brush handle, which is so unpleasant to the amateur painter, get a piece of card or tin and make a hole in it through which the handle can be forced, as shown in the picture. This prevents the paint from running down.

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36. How To Take Ink Stains Out a Handkerchief



100 IN SET

How to do it

Nº 47

HOW TO TAKE INK STAINS OUT OF A HANDKERCHIEF.

A fine linen handkerchief which has had the misfortune to become stained with ink can be restored to its original spotlessness. When the accident occurs, the handkerchief should at once be plunged into milk. After soaking for some time it will be found that the ink stains have disappeared.

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37. How To Fit a Large Candle



100 IN SET

How to do it

Nº 65

TO FIT A LARGE CANDLE.

If a candle is too thick to fit the candlestick, don't pare the end, but get a bowl of hot water and hold the end of the candle in it until the wax softens. If the candle is now pressed into the candlestick, it will fit firmly.

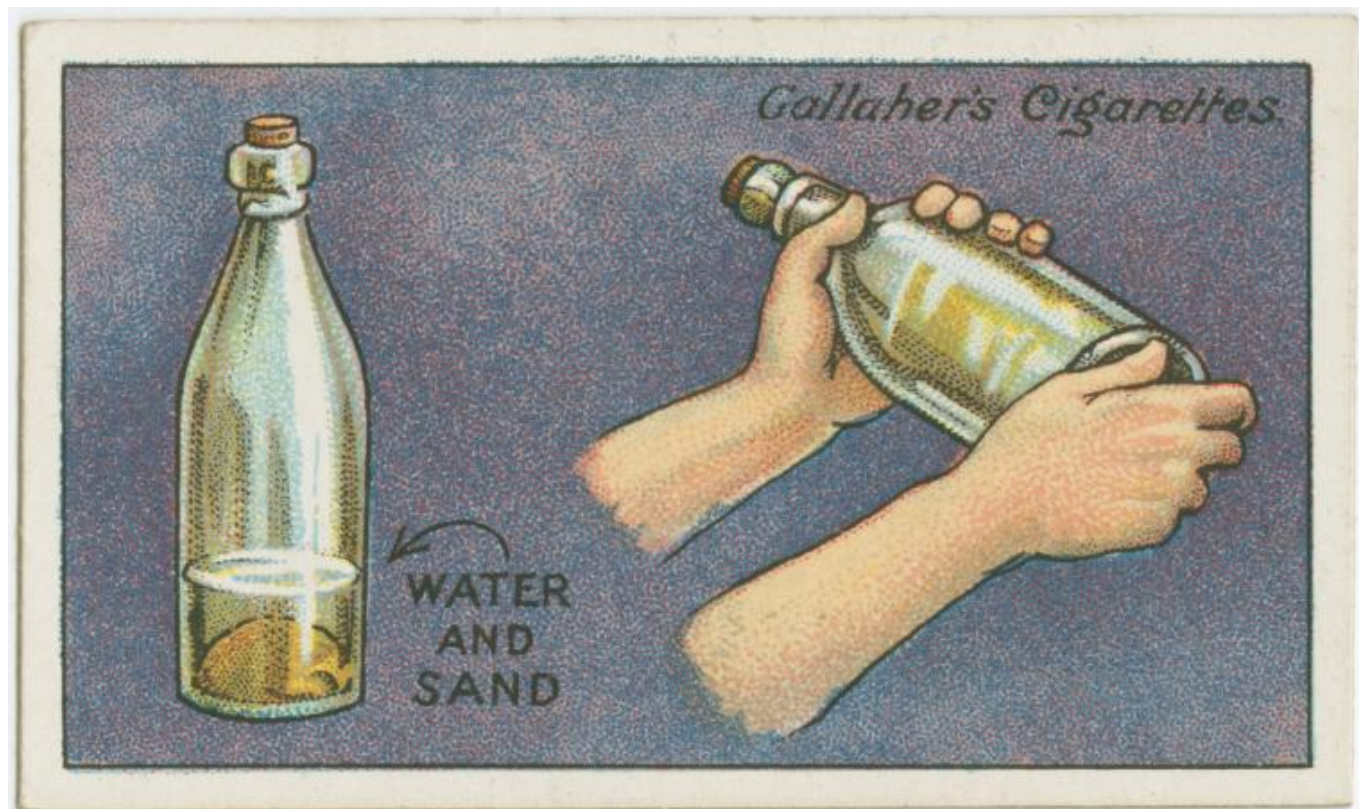
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38. How To Clean Bottles



100 IN SET

How to do it

Nº 27

HOW TO CLEAN BOTTLES.

To clean the interior of bottles, a little sand and water should be well shaken about inside them. This will have the effect of cleansing every part, and the bottles can then be washed out and dried.

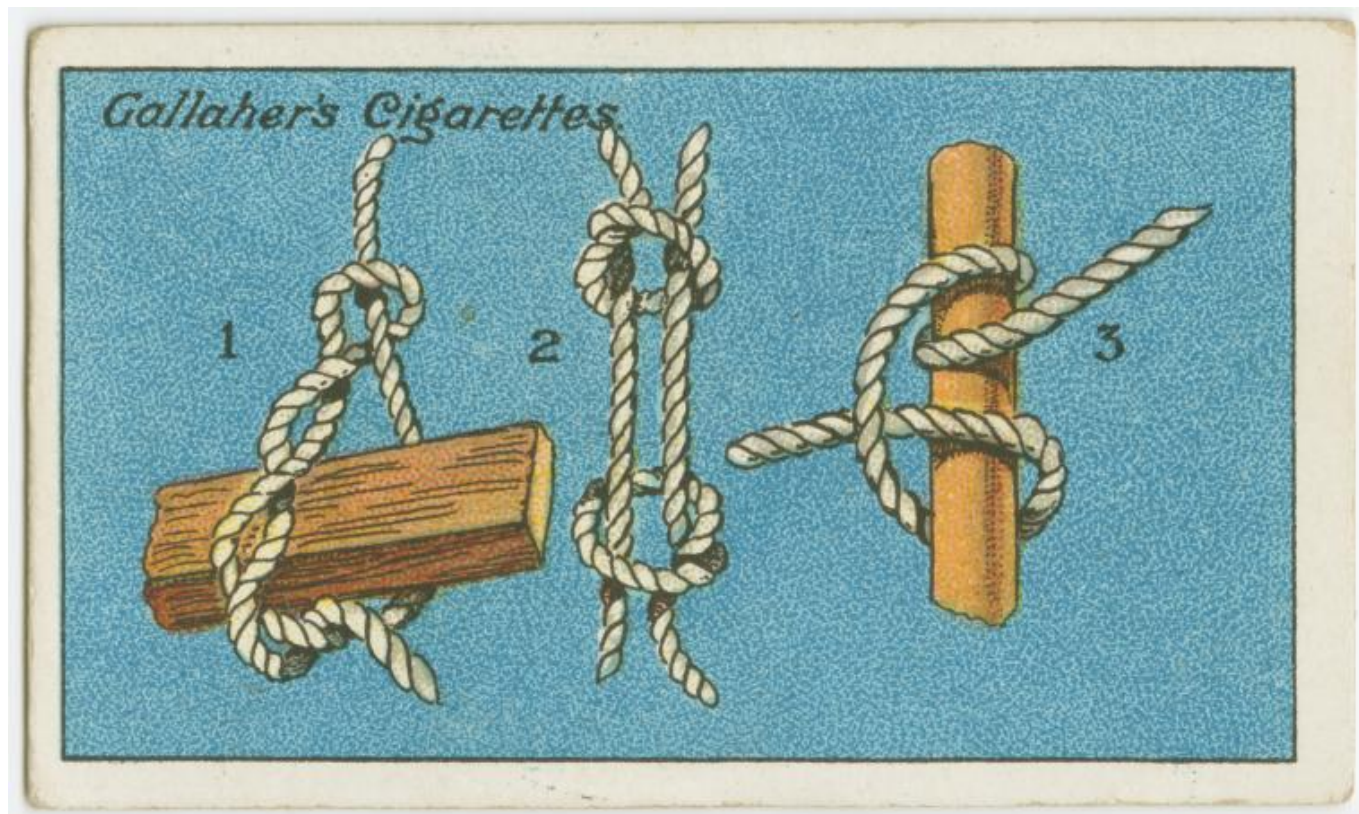
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39. Three Useful Knots



100 IN SET

How to do it

Nº 98

THREE USEFUL KNOTS.

No. 1 is the Timber Hitch, which is especially useful in lifting all kinds of heavy work, such as huge beams, etc.

No. 2, the Fisherman's Knot, shows a good method of joining two ropes tightly together.

No. 3 is the famous Clove Hitch, which becomes tighter the harder it is pulled.

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40. How To Separate Glass Tumblers



100 IN SET

How to do it

Nº 61

TO SEPARATE GLASS TUMBLERS.

When two glass tumblers stick together there is a danger of breakage in trying to separate them. The simplest and most effective method of releasing the glasses is to put cold water in the upper one and place the lower one in warm water. They will be found to separate at once.

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