



## Sunshine vitamin

Sunscreen manufacturers may disagree, but research indicates that exposure to sunlight has anti-cancer benefits. Four recent studies found that vitamin D helps protect against lymphoma, prostate cancer, lung cancer, colon cancer, and even skin cancer! Some scientists say the vitamin D our skin produces in the sun is better than supplements. The recommended dosage: 15 minutes in the sun sans sunscreen several times a week, so don't roast yourself to a crisp!

## Odour-fighting teabags!

Tea is good for getting rid of odours. Put a teabag in the fridge to absorb stale smells. To cure stinky feet, steep two teabags in a basin of hot water to create a strong brew. Soak feet for 20 minutes. Repeat daily till the problem is gone.



## Bash fund

With Christmas just four months away, you may want to start a "Presents & Parties Fund". If you save \$50 a month, you'll have \$200 by December to blow on presents – and have more to go towards your New Year celebrations!

# fyi

Female

Useful bits & pieces

## Safe key-ping

Lost keys can now be returned safely and promptly to their owners with the KeyPost key-return service. For \$32 or \$50 for a five- or 10-year subscription, you get a serialised key tag that instructs anyone who finds your keys to drop them into any SingPost post box or post office. KeyPost will match the serial number to your information and return the keys to you by registered mail. To sign up, call 1800-64387133 or visit [www.keypost.net](http://www.keypost.net).



## Make a difference

Buy a Women Make A Difference pink T-shirt and messenger bag for \$39.90, and help fight the child sex trade and trafficking of women and children for sex. Local celebs have also thrown their weight behind this cause. Net proceeds go to Unifem Singapore for this cause. Available at 77th Street at Far East Plaza and The Heeren Shops till 30 September.

