

Woman's Day

LIVE WELL EVERY DAY™

Best Ways to
Prevent Cancer
What to Eat, What to Do,
What to Avoid

Save Money,
Go Green

20 Clever Things
To Do with
20 Minutes

Mixed Green
Salad with
Edible Flowers



APRIL 15, 2008 U.S. \$2.79

womansday.com

100's of Recipes & Useful Tips



Sara's favorite ultra-chic products and tips—we can't wait to try them

my green life



4 easy ways to go green

- Rethink takeout. Don't take more ketchup packets or napkins than you need—extras just end up unused in the dump.
- Ditch water-hogging baths and take shorter showers. Cutting a shower from 10 minutes to 5 minutes can save 20,000 gallons of water a year.
- Buy organic cotton. Cotton is one of the world's most heavily sprayed crops, using 25 percent of the world's insecticides.
- Save fuel no matter what car you drive. Check your car's filter; a clean one can increase fuel efficiency by 10 percent.

1. Tree of Life recycled oil drum wall art, \$324; 800-233-6011.

2. John Hardy small silver bamboo hoop earrings. Proceeds plant 5 bamboos on Nusa Penida island in Bali. \$175; 888-838-3022.

3. Under the Canopy organic cotton sheets, \$150 for full set; 888-226-6799. A cheaper option: organic cotton sheets at Target, \$50 for queen set; target.com

4. Dirt Candles 10-oz soy candle in Love Machine, \$24; dirtcandles.com

5. Green Glass tumblers in Willow Clear/Vintage, \$37.50 for a set of 4; greenglass.com

6. Weleda Lavender Relaxing body oil, \$17; usa.weleda.com



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7. Loomstate "Kharma" organic cotton jeans, \$165; 212-219-2300. Another good choice: organic denim from fairindigo.com, \$69.

8. Reisenethel collapsible market basket, \$39.95; 888-707-3879.

9. Pangea Organics Italian Red Mandarin with Rose lip balm, \$13; pangeaorganics.com

10. ECOS Magnolia & Lily laundry detergent, \$12 for 100 oz; ecos.com

11. Prius hybrid gas/electric car, starts at \$21,100; toyota.com for dealers. wd