

# June



## Lime Aid

Take a tip from the Thai, who know how to handle a hot day, and **stir up a refreshing lime soda**. To make this warm-weather thirst quencher, juice a lime into a tall glass, dissolve 1 tablespoon of sugar in the juice, fill the glass with ice, and top it with  $\frac{3}{4}$  cup (equivalent to half a 12-ounce can) of club soda or seltzer. To share with friends, multiply the recipe and make pitchers, ready for pouring straight or for mixing cooling cocktails.

## Free Service

The Internet is a con artist's playground. So how do you know if e-mails claiming to be from your bank or confirming an online purchase are genuine? **Download free Iconix e-mail ID software at [www.iconix.com](http://www.iconix.com)**. Iconix can confirm the origin of Web-based e-mails from more than 400 banks, financial institutions, and online retailers listed on its website. An icon of a lock with a green check mark will appear next to the verified messages in your in-box.

why not  
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SIMPLIFY YOUR LIFE THIS MONTH

## Food for Thought

Dining out with friends may be your favorite indulgence. But by staying in, you could actually make a difference. **Host a potluck meal at home and donate the money each of you would normally spend at a restaurant to Dining for Women ([www.diningforwomen.org](http://www.diningforwomen.org))**, a nonprofit that raises money for charities dedicated to making life easier for impoverished women. Every cent of your donation goes to groups like Habitat for Humanity and Women for Women International, which provides assistance in war-torn regions.

## Video on Demand

It's pocket-size, so easy to use, and utterly addictive: **Pick up the Point & Shoot Video Camcorder from Pure Digital (\$130, Target stores)** and by the end of summer you'll have enough footage to start your own reality show. The controls are so simple a five-year-old could master them; the camera plugs directly into your computer (no cables required); videos download automatically (no software to install) and compress easily for faster e-mailing. All that, and it's cute to boot.

## Hair Supply

Packing light for those summer weekend getaways just got easier: Instead of hauling along bottles of hair products, **streamline your toiletry bag** with palm-size packets of shampoos, conditioners, and styling lotions for different hair types (\$8 for six, Beauty-id, 800-660-7700)—enough to last a whole weekend. Now you'll have room for three pairs of sandals.

## Book a Trip

If you are craving adventure but are stuck at home through the dog days, you can still **take a great trip with a memorable travel book**. Pick up *Words in a French Life*, by Kristin Espinasse, and lose yourself in the South of France (you'll also learn some new vocabulary words). Travel through Italy, India, and Indonesia on a hilarious postdivorce journey of self-discovery with author Elizabeth Gilbert in *Eat, Pray, Love*. Or turn to Mary Morris's classic *Nothing to Declare*, as she explores her own personal history along with parts of Mexico and South America unspoiled by tourists.