

SHE helps...



How do I restore dull and dirty oak floors?

Toby Newell of FloorSanding-uk.com (0845 388 0078) says, "Sealed boards can be cleaned with a mop and floor cleaner. If they're still patchy, you'll need to sand lightly and apply a coat of varnish, wax or oil." Unsealed boards are trickier because the wood absorbs water. "Sanding is the best option," confirms Toby. Rent a random orbital sander for lightly soiled floors or a walkabout sander for bigger jobs. Once clean, seal with varnish or wax. On the other hand you could call in a specialist. Expect to pay around £30 per sq m.

I'm starting yoga. Will my gym kit do the job?



Tracksuit bottoms and a baggy T-shirt just won't cut it for yoga sessions. We love the gorgeous Khaya collection. Tops have added support from built-in bras,

while bottoms are cut low to facilitate bending. Three per cent of profits go to charities in Africa. Order online from khaya.co.uk



How can I increase my repertoire of meals?

Do you repeatedly cook your family the same old food? Try something new with 1click2cook.co.uk. From just £1 a month, the website will create a week's recipes for you, with an itemised shopping list. When you log on, indicate any foods you don't like, how much time you want to spend cooking and the number of portions you need, and seven days' worth of recipes is generated in seconds. Clever, eh? You can even reject a recipe you don't fancy and the system will come up with another one. So why not sign up for a free six-day trial and give it a go?