

THE GIRLS' BOOK: HOW TO BE THE BEST AT EVERYTHING

HOW TO MAKE A BIRD FEEDER

In the winter months it's hard for birds to find food. Give them a helping hand by hanging this easy-to-make feeder from a tree or balcony, and watch a dazzling variety of birds flock to your garden.

Find a large, dry pine cone that has opened out, rinse it under a tap and leave it to dry. When it's dry, spread peanut butter all over the cone with a spoon, making sure you fill all the crevices.

Spread some bird seeds on a flat surface and roll the pine cone around in them. Press down quite hard as you do so, so that the seeds stick to the peanut butter and don't fall off. Make sure all the peanut butter is covered with seeds.



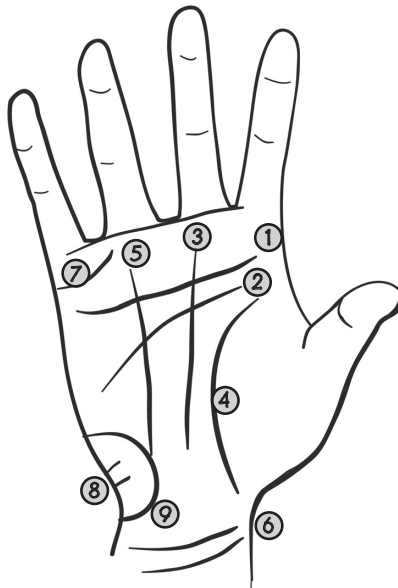
Tie a long length of string to the stalk of the cone and hang it out of the reach of greedy cats.

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HOW TO READ SOMEONE'S PALM

The art of reading someone's palm to predict their future and reveal their personality is called palmistry. Master it and you're guaranteed to be the centre of attention at any party.

This diagram shows you the main lines you might find on a person's palm. Not everyone has every line, and some may be better defined or longer in some people than in others. Take a good look at your friend's right hand and then use the following clues to reveal their future.



- ① **The Heart Line.** The longer this line, the more outgoing the friend. If the line is fairly straight she is a romantic.

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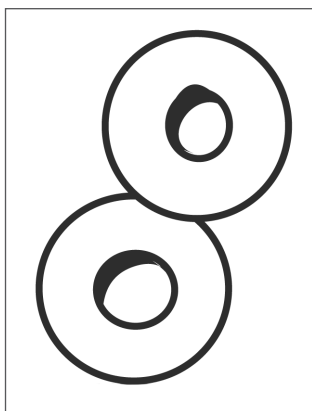
- ② **The Head Line.** This line offers clues about your friend's personality. If it is curved she is spontaneous, but if it is straight she is practical and won't let her heart rule her head. The deeper the line, the more imaginative the person.
- ③ **The Fate Line.** Not everybody has this line, but those who do tend to be responsible and purposeful.
- ④ **The Life Line.** A long life line means that your friend is vivacious and relishes life. A shorter line means her health is good. If the line is faint, she is indecisive.
- ⑤ **The Sun Line.** A short sun line indicates future success and a long one predicts wealth and happiness. If the line ends in a kind of star shape, your friend is destined to be famous.
- ⑥ **The Luck Line.** An unbroken luck line means 30 years of good fortune. Gaps in the line point to less fortunate periods in life.
- ⑦ **The Relationship Line.** A long, horizontal relationship line means your friend will have one important, happy relationship. More than one line predicts that she will have several relationships during her lifetime. If the line curves upward her relationships will be successful. A downward curve points to a messy breakup.
- ⑧ **Travel Lines.** The more of these lines your friend has, the more she loves to travel.
- ⑨ **The Intuition Line.** People who have this are usually insightful.

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HOW TO MAKE A POM-POM

Pom-poms are incredibly easy to make and you can use them to decorate many things. Customize your clothes by sewing them on to scarves and woolly hats, or even hang them on the Christmas tree. Wool comes in a huge variety of colours and textures, so get creative...

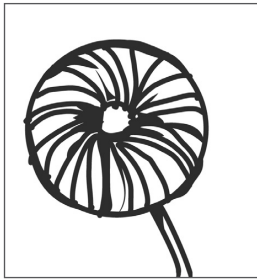
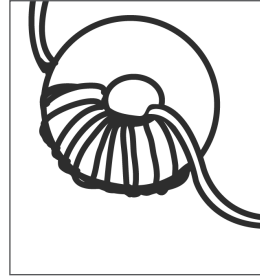
You'll need wool, a pair of scissors, and a piece of stiff cardboard to make the pom-pom template.



1. Draw two identical circles on the cardboard (try tracing around a circular object, such as a tin). The bigger the circles, the larger your pom-pom will be. Draw a smaller circle inside each of the large circles. Cut out the large circles, and then cut out the inner circles, so that you have two ring-shaped pieces of card.

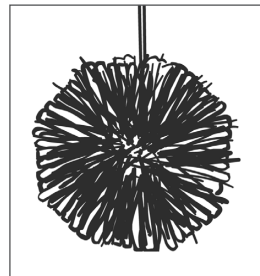
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2. Take the wool you want to use and cut it into 1 m ($3\frac{1}{3}$ ft) lengths.
3. Lay the two rings on top of one another, trapping one end of the wool between the two pieces of card. Feed the other end of the wool across the ring and through the hole.



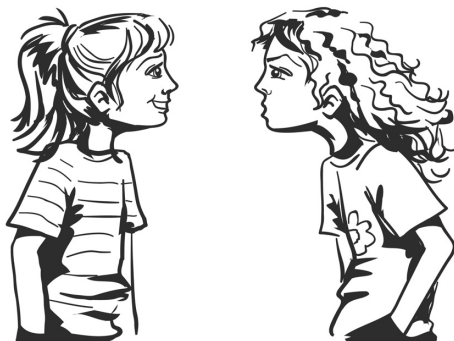
4. When you have used up the wool, start wrapping a new piece. You don't need to tie it to the last one – just make sure that the end of it is lined up with the outer edge of the rings.

5. Keep wrapping until the hole is so tiny you can't get the wool through.
6. Slip the blades of your scissors through the wool and between the two pieces of card. Cut the wool all around the outside edge of the rings.
7. Take another length of wool and slip it between the two rings. Tie it in a firm knot around the wool which passes through the hole in the rings. Slip the cardboard rings off and fluff up your pom-pom.



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HOW TO WIN A STARING CONTEST



Stand facing a friend and stare into each other's eyes. The first person to blink or look away loses the contest. It's not as easy as it sounds. Your eyes dry out if you don't blink, and they start to sting. Follow these tips to be unbeatable.

- Before the contest starts, close your eyes as tightly as you can, and for as long as you can, to produce tears that will keep your eyes moist.
- Use eye drops before the contest. Technically, this is cheating, so make sure nobody spots you doing it.
- Open your eyes wide during the contest and, when you think you are about to blink, open them even wider. This goes against your natural instincts, but will actually make your eyes water, thus keeping them moist.
- When you are about to blink, squint and furrow your brow. Again, this will produce tears and help you to keep staring for longer.

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HOW TO TURN WATER INTO LEMONADE

Gather your friends and tell them you are about to perform a miracle – you'll turn dull tap water into delicious lemonade.

To make sure you succeed, you need to prepare a "trick" jug beforehand and maybe have a few practice runs.

1. Get hold of a large jug that is made of china or pottery. It must not be see-through or you will give the game away.
2. Attach a bit of sticky putty to the bottom of a plastic cup and put it inside the jug, pressing it down hard so that it stays firmly in place.
3. Pack small sponges or absorbent rags around the plastic cup tightly so they don't fall out when the jug is tipped up.
4. Carefully fill the cup inside the jug with lemonade.
5. Now you are ready to perform the miracle. Gather your audience and sit them so they can't see inside the jug.
6. Fill a glass with water. Pour some into the jug, making sure the water doesn't go into the plastic cup, but on to the rags and sponges around the cup where it will be absorbed.
7. Mutter some impressive-sounding magic words and wave your hands mysteriously over the jug.
8. Tip the jug up and pour the contents of the plastic cup into an empty glass. Offer the glass of lemonade to one of your audience to taste. Sit back and accept your applause.