

Montag Dienstag Mittwoch Donnerstag Freitag

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<p>1</p> <p>Übermut der... Gestalt des blauen... Herbert... geschlagen geben: M... „Wiener Blut“ -</p>	<p>2</p> <p>Fremdes tut niemand... ist ja nicht nur... deppeter als auch ho... als es selbst FPÖ-Fei... halten</p>	<p>3</p> <p>Wie ich für möglich g... hätten, der Spruch... obendrein inhaltli... oben zitierten Vor... quasi in sich ein.</p>	<p>4</p> <p>Chapeau! Die Wiener SPO... gegenstrategie... Einfluss auf die Verso... sicherheit.</p>	<p>5</p> <p>Casinos Austria expandieren ach Großbritannien. Sie eröffnen schottischen Glasgow das G... „Corinthian Club“.</p>
<p>6</p> <p>Wahrscheinung.</p>	<p>7</p> <p>sen wie seit 2001 nich... Frühjahr stieg die Wirts... tung gemessen am Brutto... produkt (BIP) um 1,2 P...</p>	<p>8</p> <p>Das Wachstum erfolgt ab... einem sehr niedrigen Nive... e</p>	<p>9</p> <p>Toyota ruft Autos zur... Der japanische Autoher... yota muss wieder Autos... fen. In den USA müssen... Autos der Modelle Corol... Matrix wegen Problemen</p>	<p>10</p> <p>heimischen Bauern sind flei... Sparer. Laut einer Umfrage in... der Raiffeisen Bausparka... sie durchschnittlich 4160... lich zur Seite. Die belie... reform der Landwirte ist</p>
<p>11</p> <p>an Stiefelkönig</p>	<p>12</p> <p>IG Metall fordert 6 Pr...</p>	<p>13</p> <p>Motorsteuerung zurück... Werkstatt. Der Motor könn... der Geschwindigkeit oh... nung ausgehen und könn... mehr gestartet werden</p>	<p>14</p> <p>US-Verkehrssicherheits... Sollen wir das aus dies... dass sie das, was sie sind... werden, indem man sie be... sie sein können oder</p>	<p>15</p> <p>Die Zebrastrassen wurde in... München am 8. Juli 1952... angelegt. An den Pro... blemen und laufenden... sie ja üb...</p>
<p>16</p> <p>an Stiefelkönig</p>	<p>17</p> <p>IG Metall fordert 6 Pr...</p>	<p>18</p> <p>Motorsteuerung zurück... Werkstatt. Der Motor könn... der Geschwindigkeit oh... nung ausgehen und könn... mehr gestartet werden</p>	<p>19</p> <p>US-Verkehrssicherheits... Sollen wir das aus dies... dass sie das, was sie sind... werden, indem man sie be... sie sein können oder</p>	<p>20</p> <p>Die Zebrastrassen wurde in... München am 8. Juli 1952... angelegt. An den Pro... blemen und laufenden... sie ja üb...</p>
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3 WAYS TO MAKE FOOD MORE NOURISHING....

Bake cakes using vegetables like swede and beetroot, instead of butter. This boosts the vitamin and moisture content, but reduces fat. Bulk up stews and soups with beans - they're high in fibre and vitamins, and filling. If you're making pasta dishes like macaroni cheese, replace some of the pasta with firm vegetables cooked al dente, such as broccoli or cauliflower.

4 Forgetting to signal. Just because you're in the left-hand lane doesn't make it obvious you're going to turn left. Always use hand signals to alert other road users. And not a throwaway flick of your hand - big and bold gestures, holding your arm out for a few seconds at least. If you don't feel steady cycling one-handed or turning your head, have cycle training.

As part of a crackdown on rogue waste carriers, householders must check the contractors removing their rubbish are properly registered. These contractors are quite happy to take your money and then leave you picking up the clean-up bill and, possibly, financial conviction and a fine of £5,000.



THE URBAN GARDENER

Flowers, fruits and potteries designs are strong this season and pretty well started with cherry blossoms, straw hats and flags are our most popular.

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Cancer

There is a new study showing that people who eat a diet rich in antioxidants, like those found in blueberries, may have a lower risk of developing cancer.

Libra

September 23 - October 23. This is a time when you are more likely to be successful in your career and in your relationships.

Aquarius

January 20 - February 18. This is a time when you are more likely to be successful in your career and in your relationships.

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DAILY NEWS

Europe €65

Africa/Mid East €75

USA/Canada €275

Caribbean €310

South & Central America €240

Far East/Asia €340

Indian Ocean €315

Australasia €640

Smart ways to reduce your energy costs

Don't overfill your fridge as it will make it harder for cool air to circulate. And avoid leaving the door open because this causes the temperature to rise and more power will be needed to lower it again.

Use water economically - some energy saving appliances use water.

Remember that sun sets then 50 mins per cycle and Dishwashers that use less than 15 litres.

Avoid using the quick wash setting on your washing machine. This uses much more energy than the normal setting as the heating element has to work harder over a shorter time.

Higher temperatures On an eco programme, like the one the JLM5000H washing machine has, the temperature will decrease and the time will be extended to ensure efficiency.

Clean filters will help your washing machine, tumble dryer and dishwasher work efficiently.

Today's weather

Rain and cloud clearing to sunny spells in scattered showers.

Across the world

Country	High	Low
London	12	8
Paris	11	7
New York	15	10
Los Angeles	18	12
Madrid	14	9
Rome	13	8
Beijing	22	15
Tokyo	20	14
Sydney	16	11
Mumbai	28	22
Delhi	32	25
Manila	25	18
Seoul	19	13
Beijing	22	15
Tokyo	20	14
Sydney	16	11
Mumbai	28	22
Delhi	32	25
Manila	25	18
Seoul	19	13

HOLIDAY

Summer breeze

Boxing clever... a brave mother deer sees off angry stag

Heading abroad...

Keep your purse If you're prepared to wait until the week before your holiday starts to book, you may bag a bargain on airfares, rental and hotels. Consider a corporate rate, which is when some airlines offer their discounted fares for that week.

Travel at unpopular times Don't leave at weekends, when prices are at their highest. Choose quieter times of the day, like the middle of dawn or late afternoon. "Book mid-week dates if you can. Flights are generally much cheaper then."

Mix business and pleasure

If you fancy a city break, summer Paris and you have slightly different needs, why not combine business and pleasure? You'll get a corporate rate, which is when some airlines offer their discounted fares for that week.

Go off-peak Think about destinations that aren't in peak season at the moment. But if you do want to go to a popular spot, try to travel during the shoulder season.

Volunteer on holiday

If you can't commit to giving up a chunk of your week, a spirit of "voluntourism"? A growing number of people are using their holiday to volunteer, whether it's cleaning a chapel, teaching street children in Brazil or feeding sea turtles in South Africa. Projects can last from a weekend to several months and cost anything from £200.

scorpio
NOVEMBER 23 - NOVEMBER 21
Your sign teaches you a great lesson about your feelings and emotions. The sign of Scorpio is ruled by Mars, the planet of passion and desire. This sign is known for its intensity and its ability to see through the surface of things. You are a natural strategist and you are always looking for the hidden meaning in things. You are a natural leader and you are always looking for the best way to achieve your goals. You are a natural warrior and you are always looking for the best way to defend your territory. You are a natural detective and you are always looking for the truth. You are a natural philosopher and you are always looking for the meaning of life. You are a natural artist and you are always looking for the beauty in things. You are a natural scientist and you are always looking for the laws of nature. You are a natural explorer and you are always looking for the unknown. You are a natural adventurer and you are always looking for the excitement of life. You are a natural dreamer and you are always looking for the possibilities of the future. You are a natural visionary and you are always looking for the best way to create a better world. You are a natural leader and you are always looking for the best way to inspire others. You are a natural warrior and you are always looking for the best way to defend your territory. You are a natural detective and you are always looking for the truth. You are a natural philosopher and you are always looking for the meaning of life. You are a natural artist and you are always looking for the beauty in things. You are a natural scientist and you are always looking for the laws of nature. You are a natural explorer and you are always looking for the unknown. You are a natural adventurer and you are always looking for the excitement of life. You are a natural dreamer and you are always looking for the possibilities of the future. You are a natural visionary and you are always looking for the best way to create a better world.

Capricorn
JANUARY 21 - JANUARY 19
A new moon in your sign sets the scene for a productive month where you will go after what you want. Venus makes a move towards Mars, so you may be feeling a bit more confident, but don't be too self-assured. The planet of love gives you the feeling that anything is possible. Believe it.

agittarius
DECEMBER 22 - DECEMBER 21
Venus enters your sign, you should be feeling confident and happy on an emotional level. Once the sun moves into Aquarius, you will be at the top of your game. When your freedom is concerned, making long-term plans is a good idea.

Heading abroad...
Keep your purse
Mix business and pleasure
Go off-peak
Travel at unpopular times

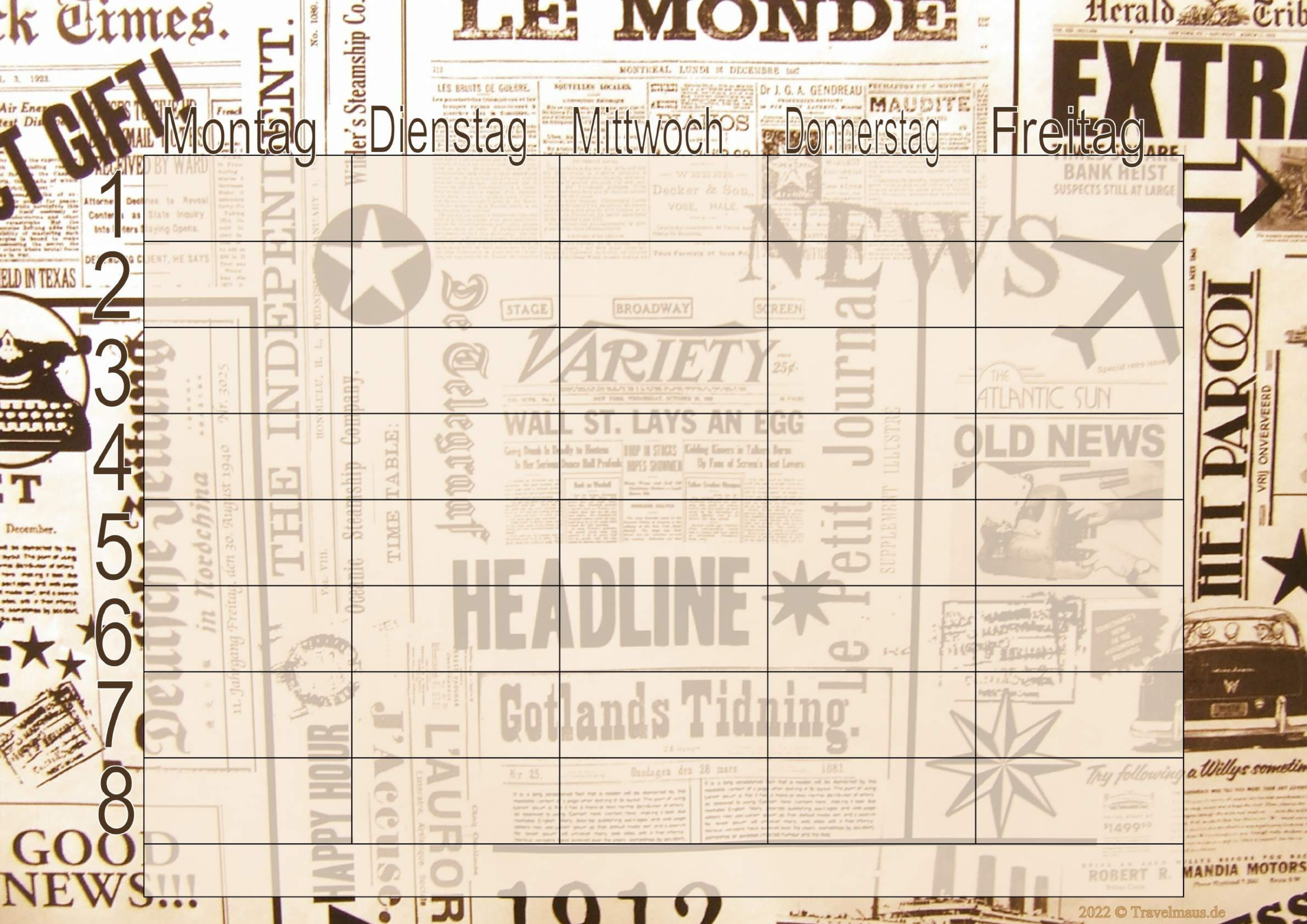
Summer breeze
Stay in bloom
Illusion can 'help to cure arthritis'

Boxing clever... a brave mother deer sees off angry stag
HONEY AS A HAY
Eating Out

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FREE FOR EVERY READER

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