

## New cars: what the critics say



**Suzuki Swift Sport**  
From \$23,990

### Illawarra Mercury

One of the colour choices for the new Sport's exterior is the "brightest yellow in the universe" – meaning the police will identify it "long before their radar camera" does. Still, it's now "lighter, more powerful" and balances beautifully. It could well be the "hero model". On the downside, the black-on-black interior closely resembles the regular Swift. "Make it hornier, Suzuki!"

### The Advertiser

The latest Swift has the winning combination of "an upgraded features list and a downgraded price". It comes with a six-speed manual or continuously variable transmission – an option that leads Suzuki to believe it will sell about 200 a month (70% of which will include the CVT). Engine power is up 8kW to 100kW, but the "extra urge" does not mean extra thirst – fuel efficiency has improved.

### News Ltd Community Newspapers

Why was Suzuki one of the only, if not *the* only, car maker to profit during the GFC? Simply because it makes great cars at great prices, and the Sport is no exception. Whether you're cruising on a freeway or on a winding road, the "drivability factor" gets top marks. It also gets a five-star crash rating and seven airbags, which help make it "undoubtedly reliable" and safe.

## The best... products for insomniacs

Desperate for some shut-eye? These sleeping aids will have you drifting off in no time, says *The Sunday Telegraph*

▼ **BodyMedia FIT** Used in sleep clinics, this handy armband records the duration of your shut-eye. Also useful as a "weight-loss tool", it comes with a clip-on display and a three-month subscription to Activity Manager software. Price: \$318. Contact: [www.blackandstone.com.au](http://www.blackandstone.com.au).

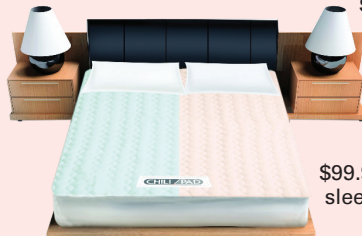


► **CompleteSleeprrr Memory Foam Pillow** Given that it helps to reduce snoring – by providing support and "encouraging the natural alignment of your spine" – this pillow is understandably popular. Price: \$89. Contact: [www.the-pillow.com.au](http://www.the-pillow.com.au).



► **NightWave Sleep Assistant** This device aids slumber by naturally slowing breathing in sync with a gently oscillating blue light. Price: \$79.95. Contact: [www.sleepsolutions.com.au](http://www.sleepsolutions.com.au).

► **ChiliPad** Studies have shown that cool temperatures lead to an improved night's rest. This mattress can set the ideal temperature by warming and cooling with circulating water. Price: from \$419. Contact: [www.sleepsolutions.com.au](http://www.sleepsolutions.com.au).



► **Sound Oasis S-650 Sound Therapy System** This gadget emits sounds that are "clinically proven" to "soothe and calm", creating the right frame of mind for a snooze. Price: \$99.95. Contact: [www.sleepsolutions.com.au](http://www.sleepsolutions.com.au).



## Tips of the week... how to win an Oscar for acting

*Missed out on a gong this year? It's all about choosing the right role.*

- "Play a prostitute." It worked for Kim Basinger in *LA Confidential*, and at least 11 other Oscar winners.
- "Play an alcoholic." In 1983, all five Best Actor nominees portrayed drunks. Throw in a drug addiction and you can't lose.
- If you're a straight actor, choose a gay character who dies "tragically". Spoiler warning! Think Sean Penn in *Milk* or Tom Hanks in *Philadelphia*.
- Those with good looks should take on the role of an unattractive person. Before Elizabeth Taylor was a "frumpy alcoholic", she shone in *Who's Afraid of Virginia Woolf?* as a "frumpy alcoholic".
- Portray a famous historical figure. Meryl Streep and Michelle Williams – two of this year's nominees – did just that.
- Characters with a disability are also a shoo-in. Dustin Hoffman (*Rain Man*) is one of many.

SOURCE: HERALD SUN

## And for those who have everything...



Welcome to "the most private cinema yet".

Sony's Personal 3D Viewer lets you play games or watch Blu-ray discs "on a screen equivalent to that of a 150in display". Simply strap it over your head and its two screens will instantly produce a 3D effect.

The viewer also comes with built-in headphones that produce "a virtual 5.1-channel surround experience".

**Price: \$899.**

**Contact: [www.sony.com.au](http://www.sony.com.au).**

SOURCE: THE COURIER-MAIL

## The internet... the best food apps

**Food Slang 500** Did you know "mystery in the alley" means "a side order of hash browns", or that "two cows, make them cry" means "two burgers with onions"? This app translates American food terms.

**Do Eat Raw** With more than 300 recipes, including one for "meatless meatballs" (using walnuts), this is vegan heaven.

**Ask the Cheesemonger** Believe it or not, "Stinking Bishop cheese is washed in liquor made from Stinking Bishop pears". Along with such useful trivia and a quiz, it also features hundreds of cheese reviews.

**OMG! I Can Eat That?** Jane Kennedy's funny app has meals that are delicious and nutritious, such as burgers that won't make "your arse huge".

**Shop Ethical! 2012** For all the "dirty laundry" on companies, this app delivers. It includes information on more than 2,800 products in Australian supermarkets.

**Nigella Quick Collection** Yummy recipes from the famous British chef.

SOURCE: THE SYDNEY MORNING HERALD