

"\$AVE A BUNDLE"ON YOUR HOUSEHOLD BUDGET

In response to the bad economy, 86 percent of Americans report they've cut back on their spending in recent months, according to a February survey by Pew Research Center. Families are clipping more coupons, eating out less and buying generic brands.

But some experts now predict that the recession will probably continue into next year, and consumers are looking for ways to save even more money.

On *The Early Show*, Amy Goodman, a senior editor at All You magazine (<http://www.allyou.com/>), told how to squeeze a few more dollars out of the household budget:

Use Fewer Paper Towels: Save \$45

The average American family uses one and a half rolls of paper towels per week. Cutting down to just one roll a month could save you \$45 or even more depending on the brand you buy and where you shop. Use cloth towels to clean up spill and then throw them in the wash instead of the trash - you're saving money and the environment!

Use Cloth Napkins, Not Paper

The cost savings here is not as significant - maybe \$10 to \$25 a year - but it's certainly another way to save. What's more interesting is that All You has found a web site where you can buy cloth napkins for as little as .83 a piece. (tablelinesforless.com)

Cut Dryer Sheets in Half

Did you know that dryer sheets work just as well if you cut them in half? According to the U.S. Department of Energy, the average household does 392 loads of laundry a year. By using only half of a dryer sheet per load, you'll save over \$16 a year. Here's another tip to try: put used dryer sheets to work by using them as dust cloths.

Add Vinegar to Cheap Detergent

According to All You, you can get away with buying cheaper laundry detergent for cold-water washes if you add a cup of vinegar to your load. The vinegar helps get rid of dirt and brightens colors.

Organize on the Cheap

The Container Store, Pottery Barn and other retailers sell really cute cloth-covered storage boxes, designed to hide bills and paperwork on a desk, or CDs and DVDs on a bookshelf. Instead of shelling out \$10-\$20 for these, try making your own by covering shoeboxes with scraps of fabric or matte-finish wrapping paper.

Make Your Own Room Fragrance

You can spend money on room fragrance sprays, plug-ins and candles. Or, you can make a room smell just as good with ingredients you have in your pantry. Slice a lemon and add it to simmering water along with cinnamon sticks.