

help yourself / yourselves

serve your own food or drink



MORE EXAMPLES

A: "Can I have some more soup?"

B: "Sure. Could you **help yourself**? I have to cut the cake."

"Ladies, if you'd like tea or coffee, please **help yourselves**."

back and forth

in one direction, then in the opposite direction — repeated many times



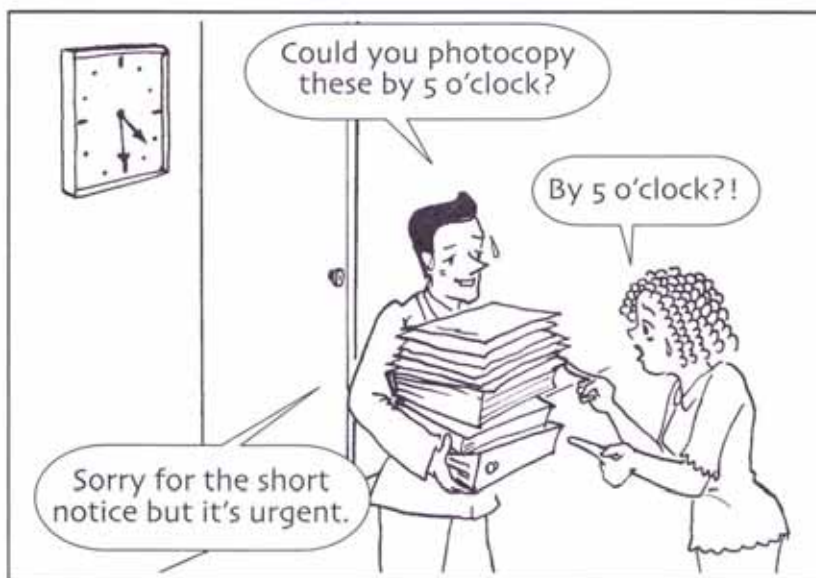
MORE EXAMPLES

"That was a long tennis game. The ball went **back and forth** for two hours!"

"We emailed **back and forth** for six months before we met."

short notice

without much advance warning



MORE EXAMPLES

“Could you type this letter for me? I know it’s **short notice**, but I need it in 20 minutes.”

A: “Can you repair my car today?”

B: “No, sorry, I can’t do it on **short notice**. I have to repair a lot of cars today.”

NOTE: do something **on short notice**

come up with something
produce an idea or solution



MORE EXAMPLES

“Those birds keep eating my flower seeds. I need to **come up with** a solution to the problem.”

“Carl **came up with** a great idea for our presentation!”

hands-on experience

experience where you learn by doing something, not by studying



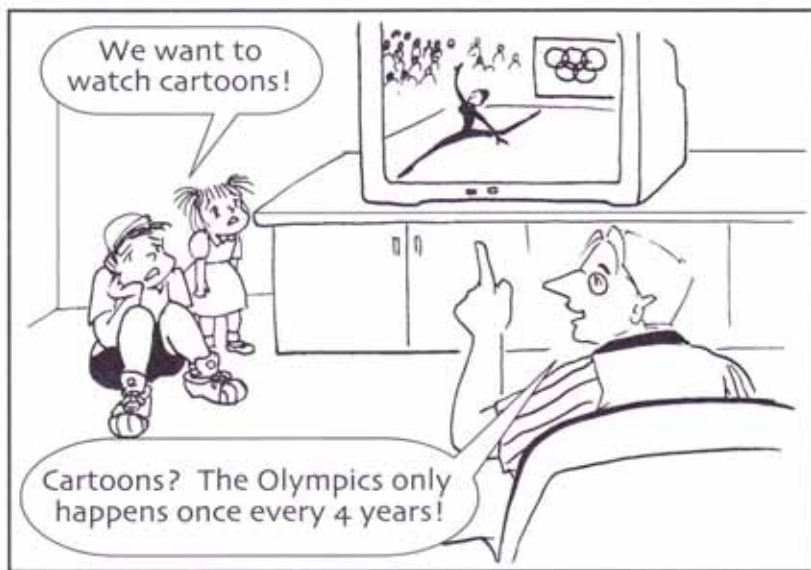
MORE EXAMPLES

“I study cooking, but I work as a waiter. This gives me **hands-on experience** in the restaurant business.”

“I’m an architect now, but first I worked as a builder. That **hands-on experience** taught me a lot.”

once every four years

NOT ~~four years once~~



MORE EXAMPLES 🗨️

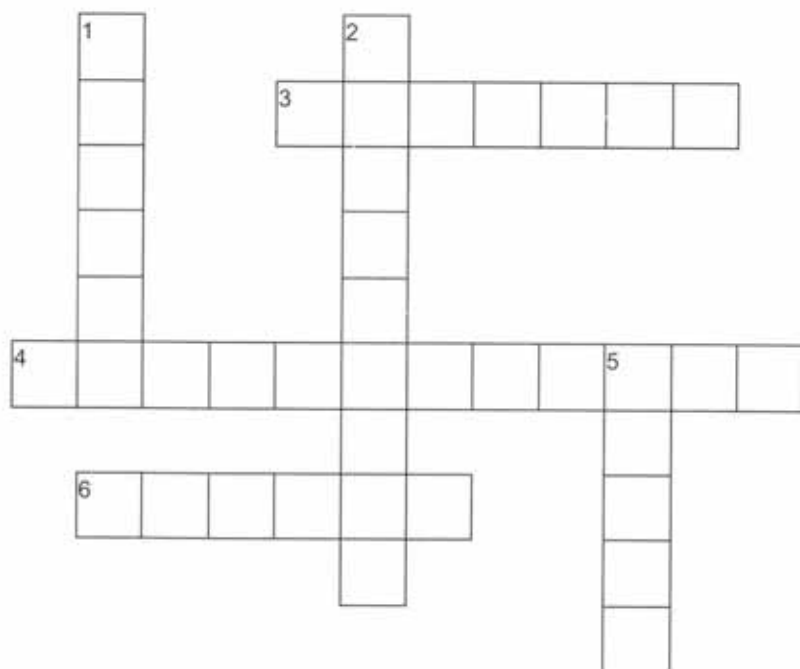
A: "I go jogging once a week."

B: "I only go **once every** two weeks."

"The earth goes all the way around the sun **once every** 365 days."

For *once a week*, see page 363

GRAB A PENCIL! • Puzzle #41



ACROSS

- 3) "I never took a computer class. I learned how to use computers through ___-___ experience."
- 4) "If you'd like a piece of cake, go into the kitchen and ___ ___."
- 6) "There were mice in our house. Then we came ___ ___ a solution. We got a cat!"

DOWN

- 1) "Can you write that report today?" ■ "No, I can't do it on short ___ . I need more time."
- 2) "We have a store downtown and a store in the suburbs. I manage both stores, so I drive ___ and ___ a lot."
- 5) "How often do you see your parents?" ■ "I see them once ___ three weeks."

For answers, see page 367