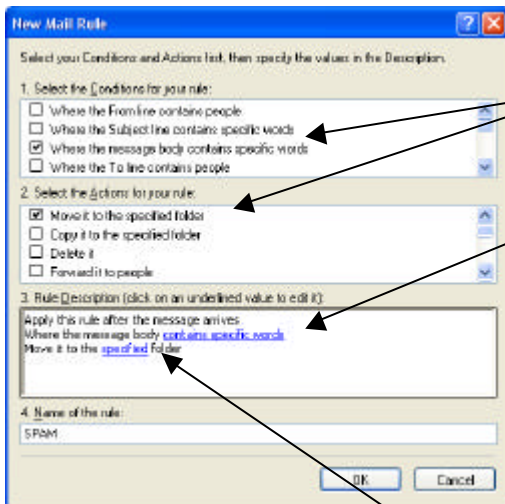
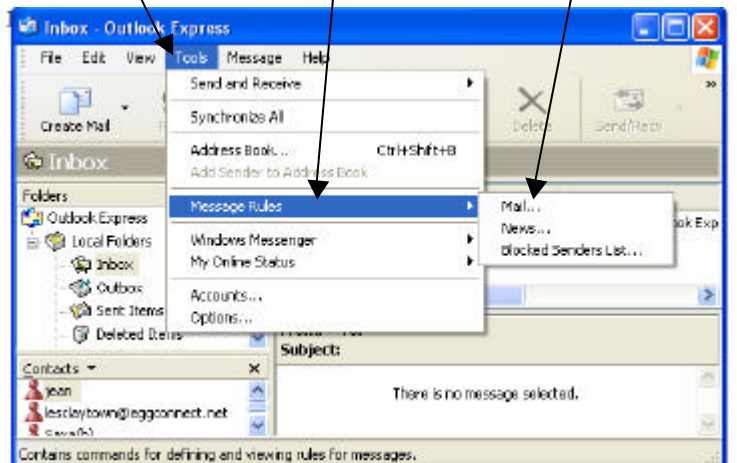


Reducing SPAM in MS Outlook Express

Select **Tools**

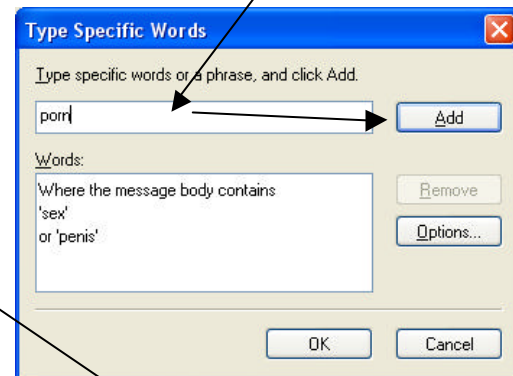
Message Rules

Mail

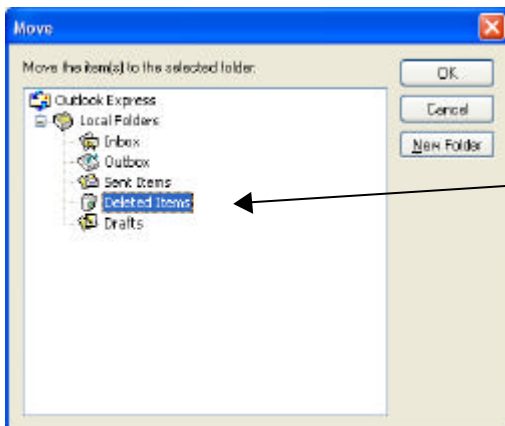


Click in the boxes I have shown ticked, alongside.

Next, click on **contains specific** words to open the following window, and add words to your 'undesirables' list. Click OK when done



Next, click on **Move it to the specified folder** (I have chosen the **Deleted Items** folder)



Finish off by clicking on **OK, OK, OK** until you are back at the main Outlook Express screen.

If you want to add more words later, they list of words can be edited by following the above steps again.