

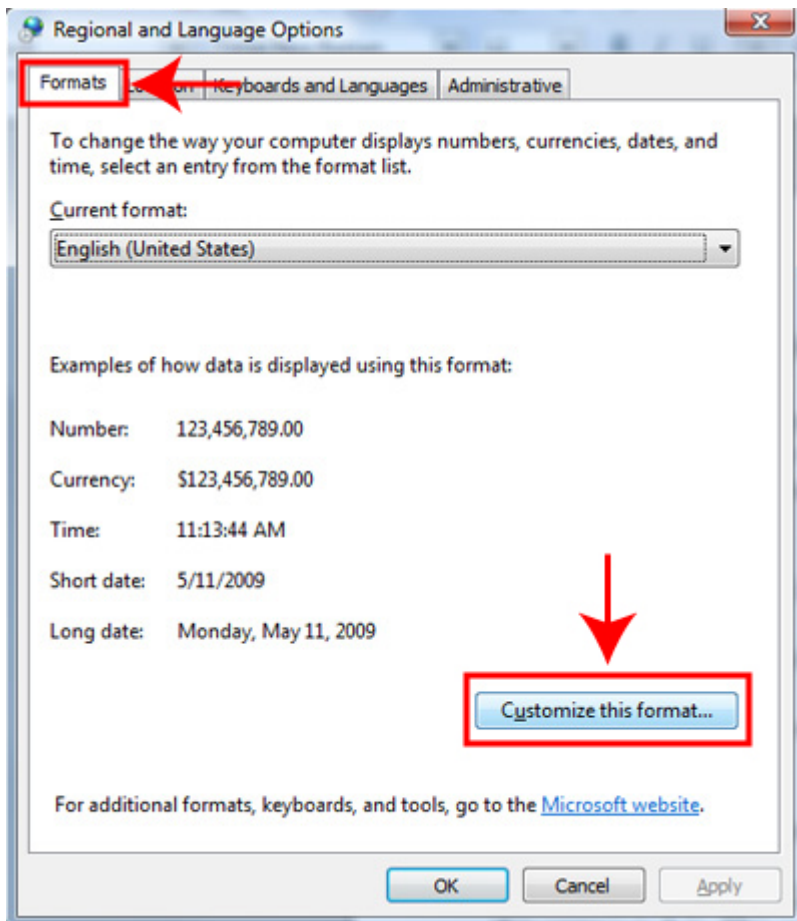
## 24 Hour Time in Windows Vista and 7

This simple tip will allow you to view your **Windows Vista** clock in **24 hour mode**, so you don't have to worry about your a.m. and p.m. anymore!

Click the **Start** button and in the **Search Bar** type: **intl.cpl**

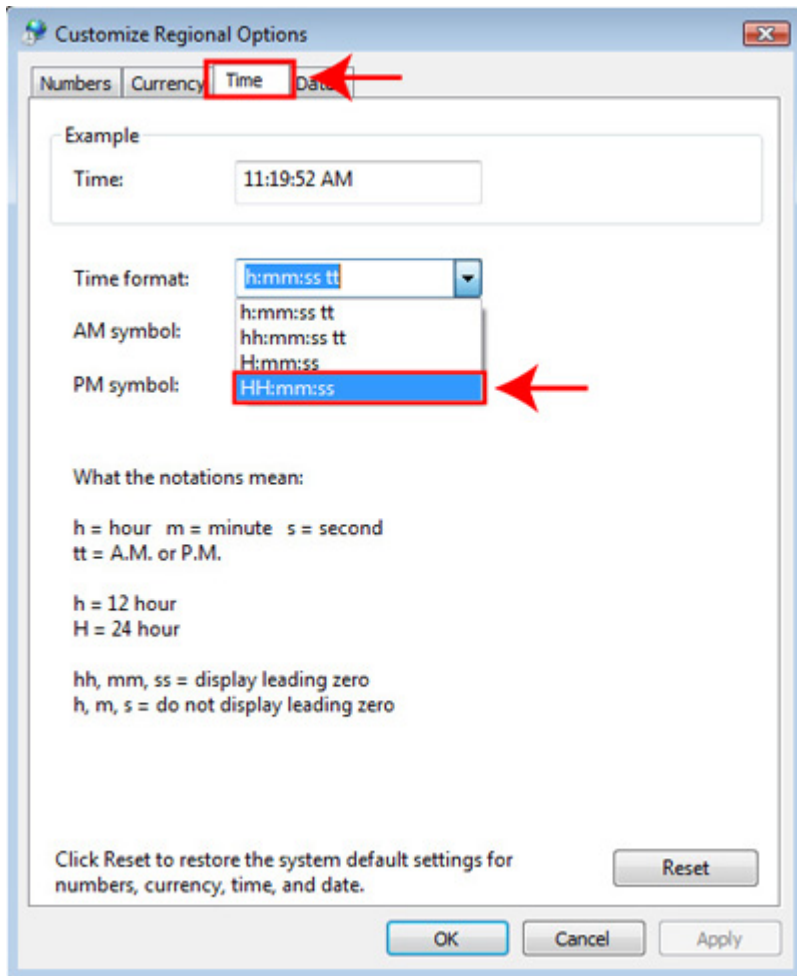


Under the formats tab click "**Customize this Format**"



Next, click the **Time Tab** at the top, and under time format use the drop-down menu to select: **HH:mm:ss**

**Note:** In Windows 7, there is no "Customize this format..." option – you can just change the time format (Long Time) under the **Formats** tab.



The capital H's tell Windows Vista to show time in the 24 hour format.

Click **OK**.