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✓ HUNDREDS OF WAYS TO SAVE TIME & MONEY

allyou

Ideas * Tips * Life with a Reality Check

Issue 9, September 26, 2008

PACKED WITH **VALUE**

- ✓ COUPONS!
- ✓ PUZZLES!
- ✓ GREAT DEALS!

WALK OFF
5,10,15 lbs
in four
weeks



A plan that works for your busy life

UPDATE YOUR HAIR



Try a **great star style**

10 smart gadgets that make chores easier

HEALTH REPORT

Protect yourself & your family against **cancer**

EASY PUMPKIN CRAFT!



Get ready for HALLOWEEN

- Creepy crafts everyone can make
- Ghoulish decor for your home
- Fun party ideas and more!

Family food



- Serve healthy 30-minute dinners
- Whip up sweet treats they'll love

Feel-good style



- Find comfy jeans that flatter you

Your body

- Is your food making you sick?



Your money

- Fight a denied insurance claim

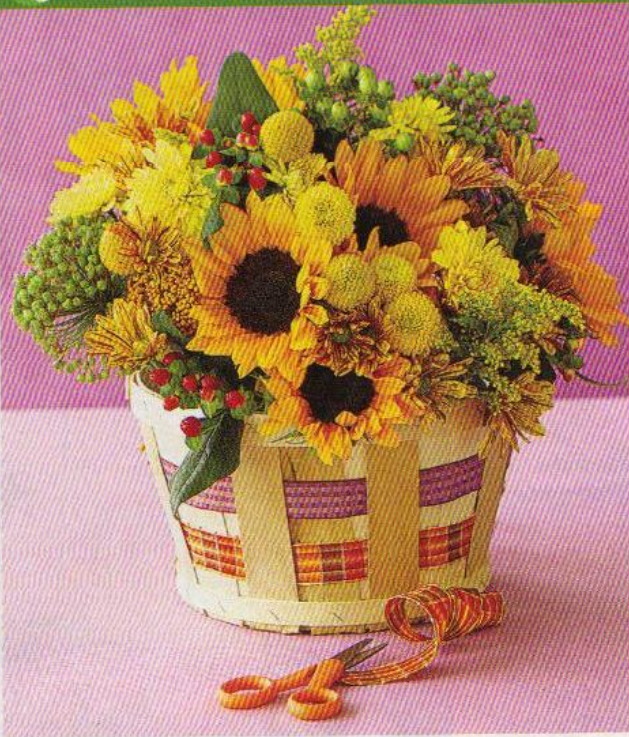
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Your Home

Affordable do-it-yourself projects and smart solutions for your household

Tell us your favorite ways to create a more comfortable home. Write to us at home@allyou.com.



Dress up a floral display

Give an ordinary arrangement a playful twist with colorful ribbons.

Flowers don't need much help to look beautiful, but a balsa bucket can stand a little improvement. Here's how it's done:

* Pick your basket.

Any woven vessel will work as long as you can fit a ribbon between the strips.

* Make it water-worthy.

Moisten floral foam (available at any craft store; it's often known as Oasis floral

foam) and nestle it inside a freezer bag. Then place the bag in the basket to hold your arrangement.

* Bedeck with ribbons.

Soft woods, like balsa, are flexible enough that you can use your fingers to work the ribbon over

and under the strips. For less flexible materials or tighter weaves, thread the ribbon into an extra-large tapestry needle and use it to guide the ribbon through. To finish, tuck ends under.

CHARLES SCHILLER (FLOWERS), DON PENNYTIME INC. DIGITAL STUDIO (NICKSIN), DIGITAL VISIONGETTY IMAGES (BOOKS), IPC IMAGES (WHITE ROOM), MASTERFILE ROYALTY FREE (GIRL WITH ICE CREAM)



Editor's TIP

“In summer I love the look of sheer curtain panels, but when fall approaches, I replace them with heavier opaque styles in a deep color. My house instantly feels cozy and ready for autumn.”

CAROLE NICKSIN EDITS HOME STORIES

Use your noodle

Can't get to the wick when trying to light a candle in a glass hurricane lamp? Try a stick of dry spaghetti as a taper to extend your reach.



Set up a homework station

Help your kids get down to business.

“My son studies at the kitchen table, and he keeps his homework tools in a magnetic organizer that hangs on the refrigerator.”

—Laura Aguirre, 42, Aurora, Colo.

“We keep pens and other supplies in a basket. Having everything in one spot makes homework a snap.”

—Dawn Stevens, 33, Sacramento, Calif.

Frame it

Customize your plain old bathroom mirror.

If you're looking for a way to pull together your bathroom decor, try embellishing your plate-glass mirror with a new frame. Select a style and finish online at mirrormate.com. The frame, cut to your specifications, will arrive in easy-to-assemble pieces that you attach directly to the mirror. Best of all, prices start at \$109.

“Wow, REALLY?”



This month



128
LIGHTEN YOUR DECOR.



135
FIND GREAT NEW GADGETS.



151
TEACH TEENS ABOUT MONEY.



BROOMS LAST LONGER IF YOU HANG THEM WHEN NOT IN USE.