

✓ HUNDREDS OF WAYS TO SAVE TIME & MONEY

allyou



Ideas * Tips * Life with a Reality Check

Issue 11, November 21, 2008

EAT WHAT YOU CRAVE AND STILL LOSE WEIGHT

EASY AND ELEGANT

A diet plan that works with your life

BEAUTY SCHOOL



Fix a makeup mishap fast
Make every day a good hair day



JUST FOR YOU!
The budgetwise Gift Guide
Thrill 'em with presents that don't cost a bundle
PLUS: How to rein in your holiday spending

Celebrate the season

Decorative ideas for your table and home

PACKED WITH VALUE

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

Thanksgiving 101

• LIGHTEN UP!
Try healthy recipes for holiday favorites



Family food

- Tasty suppers in just 30 minutes
- Yummy desserts



Your style

• Great WINTER COATS, starting at \$50



Your health

• Keep your cholesterol under control

How to

• Tackle the Xmas card crunch



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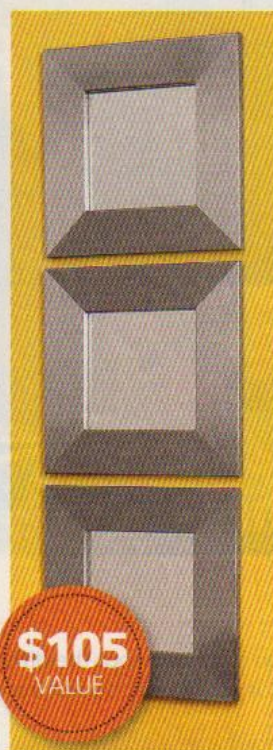
Go to
allyou.com
to enter for a
chance to win.

Enter for a chance to win great products!

Who doesn't love free stuff? This month ALL You gives you a chance to take home a Barbie & Me Fashion collection or Pizzazz MirrorSquares

3 READERS WILL WIN... a Barbie & Me Fashion collection

Does your little girl love putting new clothes on her Barbies? With the fun accessories and cute matching apparel in Mattel's Barbie & Me Fashion collection, she, too, can play dress up and look just like her favorite dolls. The ensembles are made specifically for girls sizes 4 to 8.



3 READERS WILL WIN... three medium Pizzazz MirrorSquares

MirrorMate's Pizzazz MirrorSquares are a great alternative to traditional wall art. Designed to hang in groupings, these custom-framed mirror squares add instant style to any wall in your home.

NO PURCHASE NECESSARY TO ENTER. The ALL You Giveaways are open to legal residents of the 50 United States and the District of Columbia, age 21 or older at time of entry. To enter and view the complete Official Rules, which govern this Sweepstakes, visit allyou.com/giveaways. Sweepstakes begins at 12:01 a.m. eastern time (ET) on 10/24/08 and ends at 11:59 p.m. (ET) on 11/20/08. Void where prohibited by law. Sponsor: ALL You magazine.