

6 easy T-shirts to make

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Solutions

Woman's Day

HEALTH SCORES: WHICH ONES ARE REAL?

100 BEST BUYS
Great Values for \$10 or Less
TOYS • SHOES • GIFTS AND MORE!

7 Diet Traps
What's Ruining Yours?

Walk Your Way Thin
Do It Better & Faster

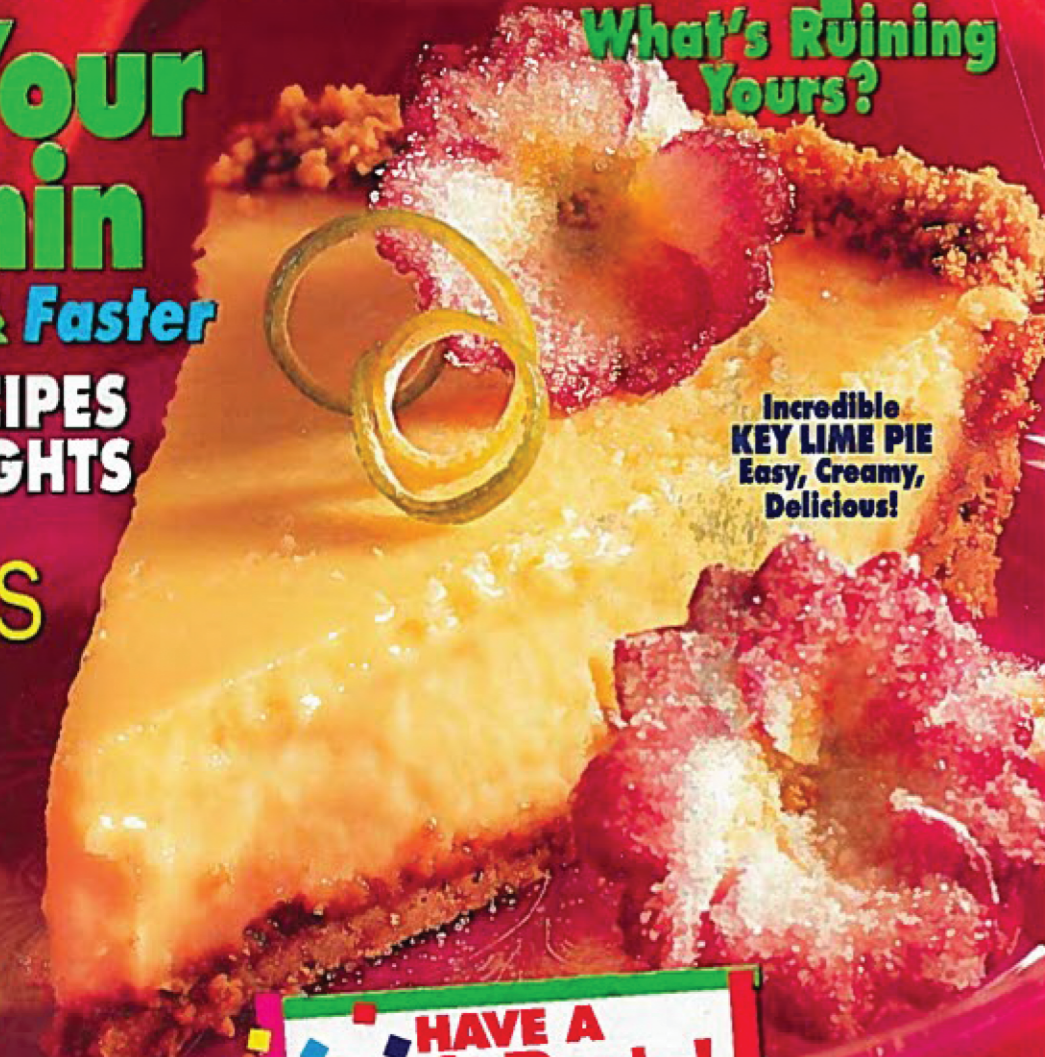
16 QUICK RECIPES FOR BUSY NIGHTS

109 Ways to Look Thinner

Can the Mind Heal the Body?

How to Raise More Spiritual Kids

Take Some Credit! Toot Your Own Horn



Incredible KEY LIME PIE
Easy, Creamy, Delicious!

HAVE A Craft Party!

What a fabulous way to spend time with friends. It's easy, it's affordable, and anyone can join the fun!



Fantastic Finds for \$10 or Less!

Think it's impossible to find a deal these days? Ha! We found 100 can't-live-without-it bargains.

PRODUCED BY KAREN MYNATT
Mountains of merchandise accumulated in the WD office as we put this story together. Every day, staffers stopped by to browse, often exclaiming, "Only \$10? For both candlesticks? For four dinnerplates? For those cute sandals?" Comments like those made it easy to identify an exceptional value. Please note that items listed in color are pictured in this story.

Blue Plate Specials
Set of four earthenware dinner plates in assorted solids and patterns (Blue Fruit is shown) is dishwasher-, oven- and microwave-safe. (Sets of four salad plates, bowls or mugs also available.) At Target, \$9.99. Dishwasher-safe flatware from Oneida, available by the piece, comes in eight colors. Dinner fork, knife or spoon, \$1.99 each. A simple stainless-steel pattern is also available. Fork and spoon, \$1.99 each. Knife, \$4.99 each. Serving pieces also available. At Bed Bath & Beyond. **Decorative plate** with gold-and-red egg design at T.J. Maxx, \$9.99. Cobalt-blue Flossa vase at IKEA, \$9. Cobalt-blue drinking glasses with celestial pattern at T.J. Maxx, \$1.99 each. Cobalt-blue champagne flutes at T.J. Maxx, \$2.99 each. Set of two 8" crystal candlesticks at T.J. Maxx, \$9.99. Cut-glass votive at T.J. Maxx, \$9.99.

Prices listed are suggested retail. Styles, color and selection may vary at different locations. See Shopper's Guide, page 144, for additional information.

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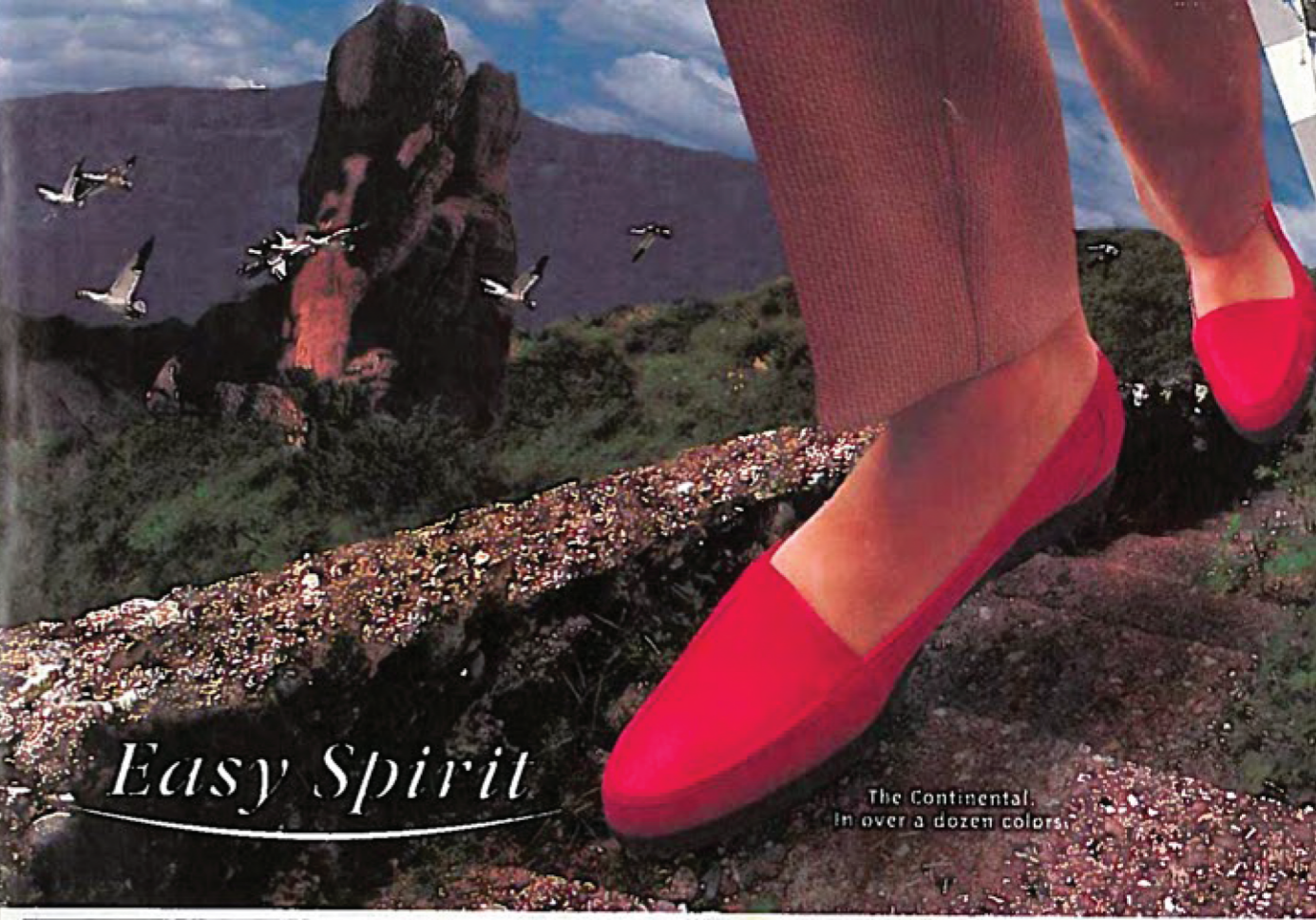


White 8" candles come in a 25-pack at IKEA, \$7.95. Napkin ring is \$2.99 at Bed Bath & Beyond. (Napkin and tablecloth are not available.)

Beauty Bargains
Frosted boutique-size tissue covers from Umbr, \$8. **Skin-So-Soft Moisturizing Suncare Plus** contains a mosquito, flea and deer tick repellent, plus PABA-free SPF 15 sunscreen. 4 oz., \$9.95 from Avon. **Cosmetic brush set**, six pieces with a holder at Target, \$8.99. TRE-Semmé Deep Cleansing Shampoo and Body-Building Conditioner. Huge 32-oz. bottles, \$2.99. Frosted glass soap dishes or tumblers from Umbr, \$5 and \$6. An 8-oz. bottle of Neutrogena Sesame Body Oil, \$10, will last for ages. Just smooth on a few drops after bath or shower. Available at better drug and department stores. Sophisticated graphic designs decorate Colgate Total Designs toothbrushes, \$2.50 each. A decorative bottle filled with bath gel from San Francisco Soap Company, \$8.95. Freeman's



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Easy Spirit

pots or pans. Horizontal design lets you stir the bottoms of pans efficiently and without splashing. From Best Manufacturers, \$7. A 10" blunt-edged spoon lets you scrape the sides and bottom of pan as you stir. From Best Manufacturers, \$4.25. **Mini-masher** is perfect for making guacamole, baby food or mashed potatoes. From Best Manufacturers, \$7. OXO International makes GOOD GRIPS kitchen tools, all featuring non-slip, easy-to-grip, soft rubber handles. Their mini chef's knife and swivel peeler set is \$9.99. The Container Store's all-purpose glass jars, with attached clamping lids, come in five sizes: 2-liter (\$4.49), 1.5-liter (\$3.79), 1-liter (\$3.49), 0.75 liter (\$3.29) and 0.5 liter (\$2.79). Rubbermaid's Hip Hugger laundry basket has a curved side that helps you carry the heaviest

load easily at your hip, \$9.99. Also from Rubbermaid, a detergent canister that holds 2.25 gallons of powdered detergent—great for storing detergent from bulky enviro-pack bags, \$5.99. Adjust-a-Cup measuring cup measures from 1/8 cup to 1 cup, dry or liquid ingredients. Perfect for shortening, peanut butter, syrup and other messy ingredients. Simply select desired measurement, fill, level ingredients to brim and push contents completely out in one clean move. By KitchenArt, \$6.95. Also from KitchenArt, Perfecta-Cup adjustable coffee measure. Measures from 2 to 8 cups. No more counting and measuring with messy little scoops, \$4.95. **Baster/skimmer** is designed to separate fat from cooking juices. Nozzle-tip makes it easy to baste, skim soups, sauces and gravies. Great for reduced-fat cooking. From Artex, \$10.

Tiny Trinkets
Basic Fun, Inc. shrinks classic toys and turns them into keychains. And these tiny versions work just like the originals. Choose from Etch-A-Sketch, Original Barbie, Magic 8

Ball, Lava Lite, Woolly Willy and others. At Target, toy stores, card shops and drug-stores. \$5 or less.

Jewelry-Box Gems
A few products from Fashion Solutions USA, Inc. can solve a whole host of earring problems. **Clip-K-Ease**, which looks like a small key, safely loosens or tightens clip earrings. **Slip-Ons for Clip-Ons** are soft foam pads that take the pinch out of clip earrings; in two sizes. **Drop-Stops** keep drop earrings from dropping right out of your ears. **Postables** can be used to replace a lost or broken post earring back or create a new one. **Le Disc Plus** earring enhancers discourage heavier pierced earrings from drooping. With **Converters**, you can instantly transform post earrings to clips. \$3.50-\$5.

Perfect Packers
Arctic Zone insulated lunch kits and coolers from Outer Circle Products, Ltd. are designed to carry food and beverages. Some soft-sided totes contain a removable crushproof lining. Available in a variety of styles and colors. From Outer Circle Products; most models under \$10. At many discount, grocery, drug, toy and

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