

February 20, 2017  
*God Bless America*

# Woman's World

A great  
week  
made easy!

The spice that  
**HEALS  
CHRONIC  
PAIN!**

How popcorn makes women 26% less tired!

## TIREDNESS CURE!

Danish mood-boosters: *Hygge* your way to

## COZY HAPPINESS!

## LOSE 20 LBS THIS MONTH!

# MDs' BEST DIET SECRETS!

Discover the incredibly simple trick that  
makes women 77 lbs slimmer — *without dieting!*

Financial pros reveal the tricks to

## GET MORE MONEY FROM SOCIAL SECURITY!

## HAVE A HEALTHIER HEART

with  
tomato soup!

Breakthrough! *Maple syrup*

## PREVENTS DIABETES!

Use this surprising kitchen cure to

## BLOCK HAIR LOSS!

Melina  
Jampolis, M.D.



*Melina Jampolis, M.D.*

Red  
velvet  
yum!





# Start your week with a smile!

Volume XXXVIII, Number 8,  
February 20, 2017

## This week

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Treat yourself to a  
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These meatballs will have  
everyone asking for more!



Born weighing just over a pound,  
little Juniper is now thriving—  
thanks to the magic of Harry Potter!

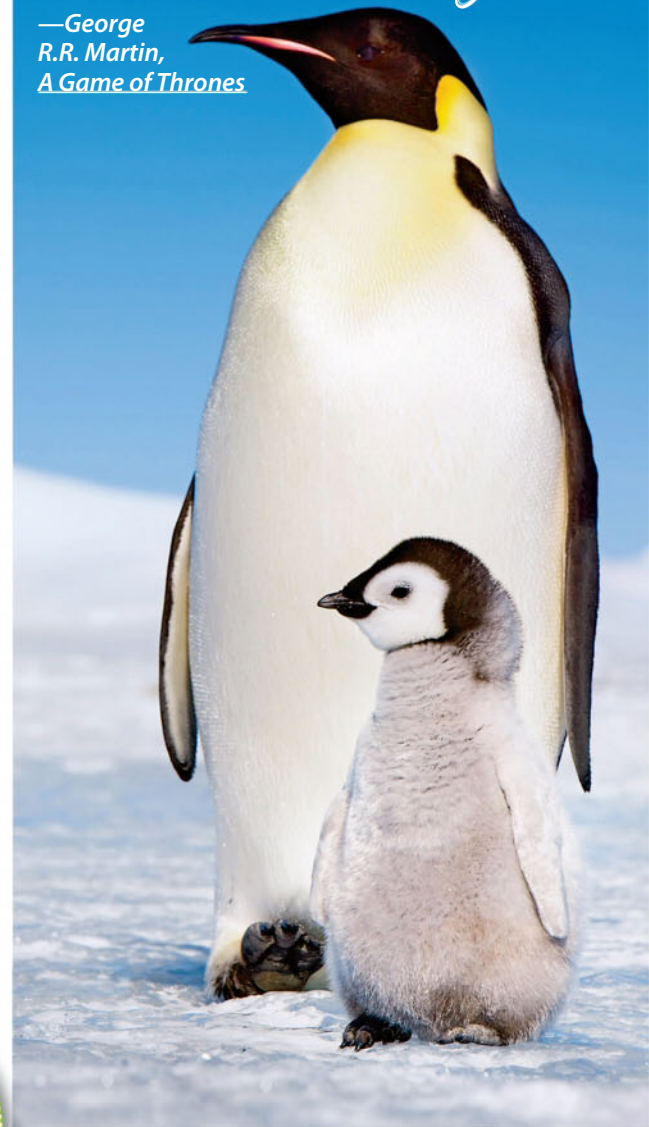
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The secret to sweet  
dreams? Sleep on your  
right side! It's proven to  
lead to calmer dreams  
compared to sleeping  
on your left.

*In winter, we must protect  
one another, keep each other  
warm, share our strengths.*

—George  
R.R. Martin,  
*A Game of Thrones*



—We'd love to hear from you!—

EDITOR-IN-CHIEF Stephanie Saible

CREATIVE DIRECTOR Rich Moscato

MANAGING EDITOR Amanda Prost

CHIEF SENIOR EDITOR Nuna Alberts

SENIOR EDITORS Katie Alberts, Kathleen Fitzpatrick,  
Kristin Higson-Hughes, Kristina Mastrocola, Allison Nemetz

COVER  
FEATURES  
Beth Weissman

SPECIAL  
FEATURES  
Rachel Cosma  
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FICTION  
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Tammy French,  
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ART  
Susan Kass,  
Erik Jacobsen,  
Gia Giacchi

EDITORIAL  
ASSISTANT  
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READER SERVICE  
Debbie Ebanks

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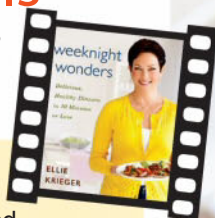
## As Seen on TV!

### Ellie Krieger's "Caramel" Popcorn-Peanut Balls

For some hands-on family fun, ask the kids to help form these so easy, so irresistible peanut-buttery popcorn treats!

- ❑ 2 Tbs. popcorn kernels
- ❑ 1/2 tsp. canola oil
- ❑ 1/4 tsp. salt
- ❑ 1/4 cup honey
- ❑ 1 Tbs. natural-style peanut butter
- ❑ 1/3 cup roasted unsalted peanuts
- ❑ Cooking spray

● In small bowl, toss together popcorn kernels, oil and 1/8 tsp. salt. Transfer to brown paper lunch bag; fold bag over three or four times to close. Place bag in microwave on top of microwave-safe plate; cook on High until kernels stop popping, about 2 minutes. In bowl, stir together honey, peanut butter and remaining 1/8 tsp. salt. Add popcorn, removing and discarding any unpopped kernels. Add peanuts; stir until well combined. Place bowl in freezer for 5 minutes to help solidify mixture. Spray hands with cooking spray. Using hands, form 4 baseball-sized clusters out of mixture. Squeeze each cluster firmly, holding for several seconds, so cluster adheres into a ball. Spray hands with cooking spray again if mixture begins to stick to hands. Place balls on plate; refrigerate for 5-10 minutes to solidify further. Serve immediately, or wrap in foil and store in refrigerator for up to 4 hours. Makes 4 servings.



#### Love this recipe?

Catch Ellie Krieger on her Public Television show *Ellie's Real Good Food*, and find more delicious recipes in *Weeknight Wonders* by Ellie Krieger. (Houghton Mifflin Harcourt), \$29.99.

## What makes me happy!



### "Scrapbooking is a work of heart!"

I love scrapbooking with my friends—it's truly a "work of heart"! I like to create albums filled with special memories for my loved ones. Seeing the smiles on their faces as they flip through the pages brings me such joy. I've even entered some of my favorite scrapbook pages in the Warren County Fair scrapbook show. It's rewarding and, most of all, fun!

—Sondra Dietz  
Washington, NJ



### You deserve a little lift!

"What you do today can improve all your tomorrows."  
—Ralph Marston

**Do you have a happy moment to share?** E-mail a clear photo and description of it, along with your name, address, phone number and e-mail, to: [Happiness@WomansWorldMag.com](mailto:Happiness@WomansWorldMag.com). Or mail it to: What Makes Me Happy, *Woman's World*, 270 Sylvan Ave., Englewood Cliffs, NJ 07632. We'll pay you \$50 if we publish your story; submissions may be edited for style.

#### To get in touch:

CALL 201-569-0006 (Ext. 220)  
FAX 201-569-3584

WRITE *Woman's World*, 270 Sylvan Ave., Englewood Cliffs, NJ 07632.

#### E-MAIL

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● **Have a personal story to share?** Send it to: Features Department, *Woman's World*, 270 Sylvan Ave., Englewood Cliffs, NJ 07632 or e-mail [wwfeatures@WomansWorldMag.com](mailto:wwfeatures@WomansWorldMag.com). We'll pay \$250 for full-length stories published and \$50 for each "Kids are funny!" that we use. All submissions become the property of *Woman's World* and may be edited, published or otherwise re-used in any medium.

## Start your week with a Laugh!



"You said to have a great day, so I skipped work and played golf."

**Q** What did one pencil say to the other?  
**A** You're looking sharp!



"E-mail is okay... but I miss biting the postman."

## Kids are fUnNy!

My husband and I were using a rattle to try to get our newborn to smile for our family photo. Afterward, while Grandma and Grandpa were posing, my three-year-old took the rattle, shook it in front of them, and shouted, "Smile!"

—Christina Gross, Forbes, ND





# \* Start your week in the know!

## This week's Hot Trend

Studies show just looking at flowers can give you a boost of positive energy, so choose one of these Valentine-perfect rose finds for a pretty pick-me-up!



▲ **Salt and pepper shaker set**, \$19.99 by Kathy Ireland Home at [BedBathAndBeyond.com](http://BedBathAndBeyond.com).

▶ **Tea for one set**, \$28.99 at [EnglishTeaStore.com](http://EnglishTeaStore.com).



▶ **Mug**, \$11 at [CathKidston.com](http://CathKidston.com).



▲ **Foaming bubble bath** was designed to smell like a bouquet of 100 fresh roses! \$9.95 at [BWitchingBathCo.com](http://BWitchingBathCo.com).

## Get an instant mood boost from roses!



▶ **Earrings**, \$30 by Betsey Johnson at [Macys.com](http://Macys.com).



▶ **Teddy bear**, \$59.99 at [VermontTeddyBear.com](http://VermontTeddyBear.com).

▶ **Pillow**, \$32.99 by One Bella Casa at [Wayfair.com](http://Wayfair.com).

▶ **Pendulum clock**, \$19.99 at [CollectionsEtc.com](http://CollectionsEtc.com).



▶ **Quilted tote bag**, \$69.95 at [BradfordExchange.com](http://BradfordExchange.com).

▶ **Cheeseboard and knife set**, \$32 at [CathKidston.com](http://CathKidston.com).





## Go ahead, have a steak!

Heard that saturated fat (the kind in red meat and dairy products) is bad for you? Not so! When Norwegian researchers asked overweight adults to switch to a diet high in saturated fat but low in sugar and simple carbs, their blood pressure and triglyceride levels dropped—and they lost belly fat! Researchers say it's sugary and/or low-fiber fare, not saturated fat, that causes hormone and blood-sugar changes that tax your heart and prompt your body to make and store belly fat!



## Quitting smoking at any time can save your life!

If you or someone you know smokes, forget the idea that the “damage is already done” and there’s no point to quitting: A new study shows kicking the habit helps you live longer—even if you’re in your 70s or beyond and have been smoking your whole life! Blood vessels and tissues begin to repair from smoke damage within days of quitting. For free help, call 800-QUIT-NOW or visit [Smokefree.gov](http://Smokefree.gov).



## RELATIONSHIP NEWS!

### How stretching out makes you attractive!

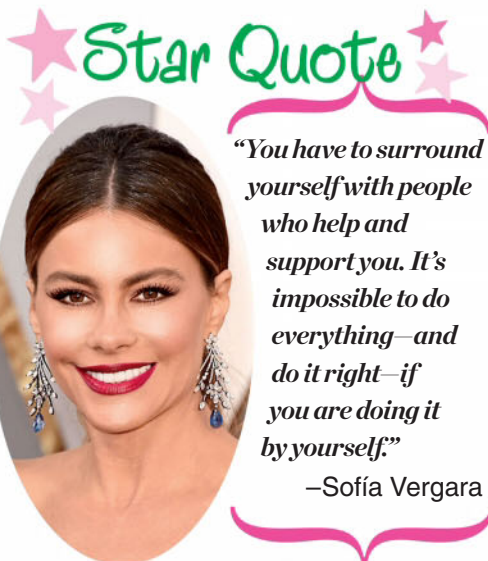
Tend to cross your legs or fold your arms over your chest? Try spreading out by extending your body and “owning” the space around you—you’ll appear more attractive to potential mates! A University of California study found that expansive postures, like moving your hands as you speak, subliminally signals that you’re confident, which makes men more likely to want to get to know you!



## REVEALED!

### The lunchtime secret that boosts friendships!

**Trying to turn an acquaintance into a friend? Ask her to lunch, then order what she’s having! A University of Chicago study found that enjoying the same types of foods shows you have similar interests, which makes a person more likely to confide in you, leading to a stronger friendship!**



## Star Quote

*“You have to surround yourself with people who help and support you. It’s impossible to do everything—and do it right—if you are doing it by yourself.”*

—Sofía Vergara

## HELP A HERO!



### Send granola bars to the troops!

Do you have unopened granola bars to spare? If so, consider sending them to Operation Troop Appreciation! This top-rated nonprofit organization—which also welcomes single-serving packs of nuts, trail mix and dried fruit—will ship them in the numerous care packages they send to deployed troops! Mail items to Operation Troop Appreciation, 500 Regis Avenue #18052, Pittsburgh PA, 15236-8052, and learn more at [OperationTroopAppreciation.org](http://OperationTroopAppreciation.org).

## It happened This week!



● **The Tigger Movie** was originally planned as a direct-to-video film. But after Disney CEO Michael Eisner heard the score, he deemed the bouncy tiger’s tale worthy of a full release, and it arrived in theaters nationwide in **2000**. Lo and behold, it became the highest grossing of all the Winnie the Pooh films!

● **My Friend Flicka**—the beloved TV series about a boy and his horse set in Montana—premiered on CBS in **1956**. The star of the show, a 900-pound, copper-red, pure Arabian mare, earned \$100 a week, equal to almost \$900 today!

● Milton S. Hershey incorporated his Lancaster Caramel Company in **1894**, bringing his **Hershey’s Chocolate Company** under its wing. Initially, he only made chocolate as a coating for his caramels—production of the iconic milk chocolate bars didn’t begin until six years later!



● The multi-Oscar-winning film **Cabaret** was released in **1972**. Liza Minnelli, who starred as the colorful character Sally Bowles, designed her own hair and makeup—including her black bob and dark eyeshadow—with the help of her father, famed movie director Vincente Minnelli!

● Anti-apartheid activist **Nelson Mandela** was released from a South African prison in **1990**—27 years after he was put behind bars. Just four years later, he was elected as the country’s first black president!

● **Eva Gabor**—who played a socialite turned farm wife on TV’s *Green Acres*—was born in Hungary in **1919**. She and her sisters Zsa Zsa and Magda were the Kardashians of their time, primarily famous for their romances and glamorous lifestyles, as well as a bit of acting. Eva even voiced the role of Duchess in Disney’s classic film *The Aristocats*!



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**\* Have fun this week!**



## Warm up to garlic bread!

Make any winter get-together extra-special with garlic bread! Studies show that sharing garlic bread actually brings people closer by making them feel comforted and relaxed—and it's all thanks to the scent of the garlic! Try these fun new variations:

● **For the perfect pairing with wine, try . . . Easy pull-apart garlic bread!** Make 1" crosshatch cuts in a large round loaf—don't cut all the way through to bottom. In a bowl, combine 1 stick butter, melted, 4-6 cloves of garlic, minced, and salt and pepper to taste; brush on bread, making sure to get inside the cuts. Fill the cuts with shredded cheese. Wrap bread in foil; bake at 350°F for 20 minutes or until warm and cheese is melted.



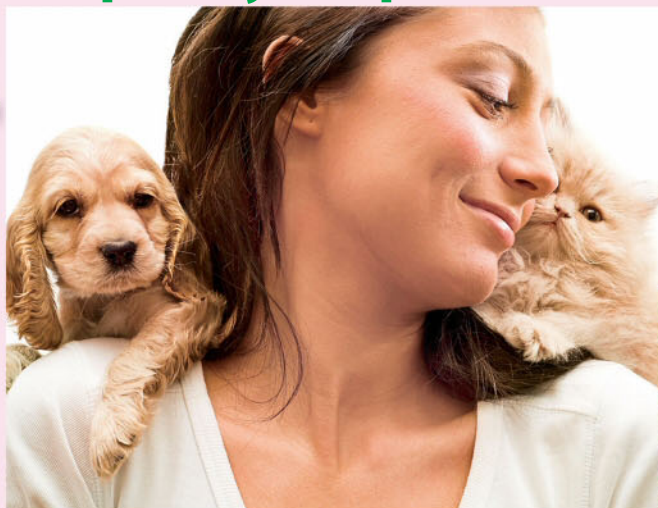

**Enjoy the ballet for free!**  
If you love the ballet, tune in to see the dancers of the New York City Ballet glide across the stage during the PBS special, *New York City Ballet in Paris*. It airs in two parts during PBS' Great Performances on Friday, February 17th and Friday, February 24th at 9 p.m. ET.

## Get inside info about *Gilmore Girls*!

Love *Gilmore Girls* and *Parenthood*? Pick up a copy of actress Lauren Graham's book, *Talking as Fast as I Can* (\$16), in which she takes readers behind the scenes of her most popular characters like Lorelai Gilmore and Sarah Braverman. She also shares funny stories about becoming an actress and even about her *Project Runway* judging experience!



## Surprise your pet with homemade treats!



Sure, we love our pets all year long—but you'll want to give yours a little extra TLC on February 20th to celebrate National Love Your Pet Day! They're

guaranteed to appreciate these delicious homemade treats:



**Wow your cat with tuna cookies!** Blend 1 (5 oz.) can tuna in water, drained, 1 egg, 1 cup whole-wheat flour, 1 Tbs. olive oil and 1 Tbs. catnip until smooth. Roll into 1/2 tsp. balls, place on baking sheet lined with parchment. Press each with your finger to flatten. Bake at 350°F for 10-12 minutes or until slightly browned. Cool completely and serve!

**Delight your dog with sweet potato biscuits!** Mix together 2 (4 oz.) jars sweet potato baby food (or any flavor your dog loves), 1 cup all-purpose or whole-wheat flour and 1 cup rolled oats. Roll dough to about 1/4" thick, use cookie cutters to shape, place on baking sheet with parchment paper. Bake at 350°F for 20-25 minutes until golden brown. Let cool on tray. Watch her enjoy!

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## Read historical fiction!

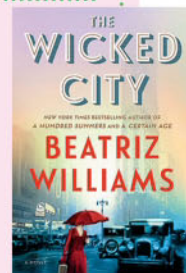
### ❖ *To Capture What We Cannot Keep*

by Beatrice Colin  
In the winter of 1887, young widow Cait Wallace takes a job chaperoning two wealthy Scottish siblings, Alice and Jamie, on their first trip to Paris. Everything about the dazzling city takes Cait's breath away—including Émile Nougier, an engineer constructing the Eiffel Tower. Though her job is to keep Alice and Jamie out of trouble, it's Cait who finds herself falling for a man as out of reach as the lofty tower he's building . . .



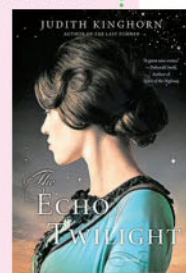
### ❖ *The Wicked City*

by Beatriz Williams  
When she discovers the old building she just moved into was once a speakeasy, Ella Gilbert begins unraveling its history . . . and the novel takes us back to Jazz Age New York. There we meet Geneva "Gin" Kelly, a brash flapper who gets caught up with straight-arrow Prohibition agent Oliver Anson while helping him track down a bootlegger. As Ella learns more about Gin, she's inspired to live and love as fearlessly in the present as the flapper did in the past.



### ❖ *The Echo of Twilight*

by Judith Kinghorn  
It's 1914, and Britain is on the verge of World War I . . . While fear clouds the future, Lady Ottoline Campbell's Scottish summer estate is a tranquil refuge from what lies ahead. Pearl Gibson feels lucky to have secured a position as Ottoline's lady's maid, and even luckier when she develops an unlikely friendship with the aristocrat. But when war erupts, and the men in their lives are called to the front lines, Pearl and Ottoline's bond is tested like never before.



## Tune in to a fascinating new drama!

What are the lies we tell ourselves? In HBO's new series *Big Little Lies*, starring Reese Witherspoon, Nicole Kidman and Shailene Woodley, three mothers of kindergartners live outwardly perfect lives in a charming seaside town, until secrets are revealed, resulting in a terrifying whodunit. Based on Liane Moriarty's best-selling book, *Big Little Lies* premieres on HBO at 9 p.m. ET on February 19th.



## Be part of the Great Backyard Bird Count!

Get the family outside February 17th-20th to tally the number and kinds of birds you see, then report it to the Great Backyard Bird Count!



Scientists use the info to protect birds and their environments. Sign up at [GBBC.BirdCount.org](http://GBBC.BirdCount.org), where you can also share photos and see snaps from around the globe!

## Catch up on this award-winning drama!

See what all the award show buzz is about when *Manchester by the Sea* comes out on DVD February 21st! Casey Affleck stars as Lee Chandler, a Boston handyman whose life is turned upside down when his brother suddenly dies and leaves him as guardian to his teenage nephew. Lee returns to his hometown to find a way to deal not only with the present tragedy but also unresolved issues from his past.



● **For a quick treat when friends drop by, try . . . Garlic bread pizza!** Simply top thick prepared garlic bread (either homemade or from the freezer aisle) with pizza sauce, grated mozzarella cheese and your favorite toppings such as pepperoni or veggies. Bake at 375°F until cheese melts and it's heated through. Slice and serve!

● **For a family night special that's ready in minutes, try . . . Garlic breadsticks!** Unroll 1 tube refrigerated pizza crust, brush with a mix of melted butter, garlic, Italian seasoning and red pepper flakes, if desired. Cut into strips and braid, twist or tie into knots. Brush each with a little olive oil, bake 12-16 minutes at 375°F or until golden brown. Serve with warm marinara sauce.



## Take in a Broadway show at the movies!

Read all about it! For a limited time, you can see Disney's *Newsies: The Broadway Musical* at local movie theaters around the country! The show, based on the real-life Newsboy Strike of 1899, tells the story of newsboy Jack Kelly, who fights back after the price of the paper is raised at the newsboys' expense. Jack and the other "newsies" take action and show the people of New York City that the "little man" has power, too! Go to [NewsiesTheMusical.com](http://NewsiesTheMusical.com) to learn more about show times on February 16th, 18th and 22nd.





# Brighten your winter with The Danish happiness secret!

Study after study reveals that the Danes are the happiest people in the world. And a lot of the credit goes to *hygge*, the philosophy of comfort and togetherness that's central to Danish culture. "Hygge is the sensation we get when we're with the people we love and feeling at home, a coziness of the soul," reveals Meik Wiking, author of *The Little Book of Hygge* and CEO of The Happiness Research Institute. Ready to warm up your winter with some hygge of your own? Just . . .



## 1 Cozy up with candles!

More than half of Danes light a candle every day during the dark winter months. "We like creating warm pools of light around the corners of the room," explains Wiking. "The lower the temperature of the light—think candles and fireplaces—the softer and more hygge it is." **It works!** Soothing candlelight unleashes happiness chemicals in the brain—and simply gazing at a single flickering flame makes you feel calmer! Also: Opting for candles at night instead of turning on brighter light is linked to deeper sleep!



## 2 Plan for pampering!

Danes are fond of creating "comfort kits," filled with "a few relaxing hygge must-haves—anything from some delicious chocolate to a good book to your favorite tea," says Wiking. "That way, it's ready to take out anytime you want some me-time or are feeling stressed." **It works!** Having a go-to stash of soothing essentials turns me-time into a happiness habit that helps protect your health, notes Wiking, who encourages you to include a few family photos in your kit. "Nostalgia is a big element of hygge because it connects you with loved ones."

## 3 Start a "Nordic notebook"!

Hygge is enhanced if you periodically journal about the best moments of the past month or year, anything from making a snowman with the kids to cuddling your pet. **It works!** Studies confirm the experiences we cherish most are the small moments we spend with loved ones.



## 4 Share comfort!

"Hygge is often called socializing for introverts," says Wiking, noting Danes tend to prefer small get-togethers with familiar folks (say, to play a board game) over big parties. And to boost the benefit, they often serve an extra-special treat at those get-togethers, such as cups of really rich homemade hot chocolate. **It works!** Holding a warm cuppa literally warms your spirit by stimulating nerves in your skin that send "happiness signals" to your brain, per Yale research.



## Speak Danish!

It's believed that hygge originates from the word *hugge*, which means to embrace. Other comforting Danish words that capture the cozy spirit of hygge include . . .

- **Hyggebukser (hoogabucksr)** That's a well-worn pair of pants you'd never wear in public, but are so comfortable that they're still your favorite pair!
- **Hyggekrog (hoogacrow)** A nook in your kitchen or living room where you can sit peacefully and enjoy some hygge.
- **Søndagshygge (sundashooga)** After a long week, søndagshygge is about enjoying a slow, leisurely Sunday filled with family, tea, pancakes, books, music, blankets . . . and anything else that brings you comfort and cheer.



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# The *slimming* way to Look

Love the luxurious, trendy look of paisley . . . but worry that the flowing pattern may add pounds? Just look for pieces with strategically placed paisley to look trendy *and* slim!

**Bold paisley print along the bottom helps camouflage a belly!**

\$89.50, Talbots (Talbots.com, style #T665688).

▶ \$20, Epicetera (Etsy.com, style name "Paisley Dangle Earrings").



**Link bracelet is also available in gold!**

\$39.99, JTV (JTV.com, style #BSW280W).



▶ **Colorful wine purse guarantees you tote your bottle in super-cute style!**

\$28.23, Picnic Plus (Jet.com, style name "Nola Wine Clutch" in Jewel Paisley)



▶ **iPhone 7 case can be personalized!**

\$44.60, Art On Wear (Zazzle.com, style name "Elegant White & Black Floral Paisley Lace 2 iPhone 7 Case").

▶ **Tunic skims over hips!**

\$59.99-\$69.99, Monroe and Main (MonroeAndMain.com, style name "Moroccan Paisley Tunic").





# stylish in paisley!



Painted bangles are available in black, navy and red—and every purchase funds 50 cups of food for hungry kids around the world! ▶

\$16 each, Greater Good (TheHungerSite.GreaterGood.com, style #71683).



◀ Crossbody seam draws the eye to the center of your midsection, making it look smaller!

\$39.99, Chadwicks of Boston (Chadwicks.com, style #49088).



▶ The purchase of these garnet stone earrings fund 28 bowls of food for rescued animals!

\$31.04, Greater Good (TheAnimalRescueSite.GreaterGood.com, style #71967).



Paisley printed strap reverses to a gorgeous wine-colored shade—it's like two watches in one! ▶

\$23.99, Timex (Amazon.com, style "Timex TW2P74100").



▶ Adult coloring book contains 100 stress-relieving designs!

\$14.99, Colortastic (SteinMart.com, style #59386490).



▶ Dog harness comes in sizes X-small to large!

\$21.99, Doggie Design (BaxterBoo.com, style #63322).

## Paint on a pretty paisley manicure!

Add a touch of paisley to your nails with this easy manicure courtesy of SoNailicious.com:

- Teal nail polish (such as Essie's Garden Variety, \$9 at Essie.com)
- White nail polish (such as Essie's Blanc, \$9 at Essie.com)
- Mint nail polish (such as Essie's Blossom Dandy, \$8.50 at Essie.com)
- Pink nail polish (such as Color Club's Wicker Park, \$6.15 at Amazon.com)
- 3 toothpicks
- Clear top coat

1 Paint all nails with two coats of teal nail polish; let dry.  
2 Using white polish, create one large paisley shape on each nail. Dip the end of one toothpick into the same white polish and use it to carefully place dots around the paisley shape, and also throughout the nail. Let dry.

3 Dip the end of another toothpick into pink polish, and carefully draw a smaller paisley shape inside the larger white one. Let dry.  
4 Dip the end of the last toothpick into mint polish, and carefully draw an even smaller paisley shape inside of the pink one, then place a few small dots in the middle of the other white polish dots where needed.



5 Let all of your nails dry. Finish with top coat.





# Secrets to Younger



## Make under-eye puffiness vanish

... with a mini massage!

"You'll be amazed how quickly a simple DIY massage can reduce under-eye puffiness—and make your eyes look larger and more youthful in the process!" raves facialist Shannon Jones of PracticalSkintuition.com. It works by helping to release the excess fluid around your eyes that causes puffiness.

❖ **To do:** Beginning at the inner corner of the lower lash area, use your fingers to massage a pea-sized amount of eye cream into skin in a complete circle around each eye's orbital bone. Continue massaging for 2 minutes, using gentle pressure, until the cream has absorbed.

## Banish dark circles

... with peach concealer!

The reason many concealers don't actually neutralize dark circles?

They're too close to your skin tone! "You actually need a concealer with peach undertones to cancel out the deep bluish tones," reveals celebrity makeup artist Andrew Sotomayor (AndrewSotomayor.com). "To apply, just use your finger or a brush to lightly pat, not rub, the concealer over any dark areas, then dust over it all with translucent setting powder."

❖ **One to try:** NYX Dark Circle Concealer, \$6 at NYXCosmetics.com.





# looking eyes!

Turn back the clock on dark circles, crow's-feet and undereye bags with simple tricks that erase years!



## Get ultra-thick lashes

### ... with a 2-second mascara trick!

Studies prove that women with thick, full eyelashes are perceived as younger—and you can instantly double your lash volume by applying mascara to both the underside and top of your upper lashes! For extra oomph, choose a keratin-infused mascara (like Avon Mega Effects Mascara with Keratin, \$11.99 at Avon.com)—it'll help lashes grow in thicker and stronger!



## Get an instant eye lift

### ... with a "feathered" brow!

Full brows visually lift your eyes—that's why celebs like Gwyneth Paltrow and Emily Blunt flock to brow guru Kristie Streicher (FeatheredBrow.com) for her "feathering" technique!

❖ **To do:** Using short, feathered strokes in the same direction brow hair grows, fill in sparse areas—focusing especially on the top of the arch and the outer corners to add definition—with a fine-tipped brow pencil (like e.l.f. Cosmetics Instant Lift Brow Pencil, \$2 at ElfCosmetics.com).



## Make fine lines disappear

### ... with plumping eye cream!

Research shows that hyaluronic acid helps skin retain moisture—and when it's added to an eye cream, it works to physically plump up fine lines so makeup glides on right over them! For best effect, use your fingers to gently tap the cream underneath your eyes and all the way up to the outer corners of your eyebrows.

❖ **One to try:** Mario Badescu Hyaluronic Eye Cream (\$18 at MarioBadescu.com).



## Breakthrough bargains for younger-looking eyes!

### Brighten and depuff with a BB eye cream!

Garnier's BB Eye (\$12.99 at GarnierUSA.com) is tinted to instantly brighten dark circles, and the roll-on applicator gives you a mini massage to eliminate puffiness!



area an instant refresher with 100% Pure's Bright Eyes Mask (\$7 at 100PercentPure.com)—it's packed with caffeine to tighten skin and aloe water to replenish moisture!

Refresh tired eyes with a caffeine mask! Give your undereye

Look wide awake with curling mascara! Curling your lashes will instantly make your eyes seem more open and awake—and the latest crop of mascaras are infused with polymers that actually curl lashes upward! Two to try: City Color Curling Mascara (\$4.99 at CityColorCosmetics.com) and Rimmel London's Super Curler Mascara (\$4.99 at Target.com).



Smooth and illuminate skin with a "blurring" primer! The newest eye makeup primers (like The Body Shop's Instablur Eye Primer, \$15 at TheBodyShop-USA.com) are infused with blurring, light-diffusing pigments that help give eyelids a smoother, younger look!



# No more



## 2 Get more get-up-and-go with popcorn!

Eating more good-for-you carbs (think popcorn and brown rice) cuts fatigue 26% and helps your heart and brain function at their best, reports the journal *Appetite*.

❖ **The energizing science!** Simple carbs (like white bread) trigger sharp blood-sugar spikes linked to energy-sapping anxiety and the blues. By contrast, the fiber and nutrients in whole grains steady blood sugar, so you feel upbeat and full of pep!

### And take a walk, too!

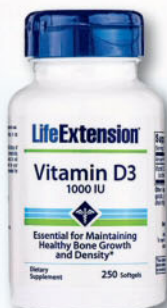
Craving sweets? Take a quick stroll! In one study, women who walked when food cravings struck felt more refreshed and alert—and their desire for junk food plunged 50%!



## 1 Revitalize with vitamin D!

Noticed you're more tired than usual? Start taking a daily 1,000 IU dose of vitamin D-3, and your pep will return within just a few weeks, reports the *North American Journal of Medical Sciences*.

❖ **The energizing science!** Due to a sharp decrease in sunshine during fall and winter, your body's store of vitamin D dips to its lowest level in February—and that's key since this nutrient powers muscle cells, preventing fatigue from everyday tasks, such as walking and housework. Replenish your D, and you'll stay energized all day long! (Find D-3, the most absorbable form, in drugstores and health-food stores nationwide.)



## Power up with an amino acid!

Carrying lots of loads of laundry or doing any other physically demanding tasks during your day? Increase your stamina and strength with a daily 2,000-mg. dose of L-ornithine, an amino acid found in small amounts in dairy, eggs, fish and meat. L-ornithine helps your body use fuel more efficiently and removes the fatigue-causing ammonia that builds up in muscles, reports *Nutrition Research*. One option: NOW Arginine & Ornithine, \$8.99, Puritan.com.





# tiredness!

Do you struggle with daily sluggishness and fatigue? To the rescue: Study-proven energy boosters that'll put the spring back in your step!

## 3 Sleep like a baby with a trimmed to-do list!

If lack of sleep has you waking up tired, try this: Instead of starting your day with a long to-do list, focus on doing just one thing you've been putting off, say, taking the car for an oil change. Begin ticking off your to-dos, and you'll start sleeping like a baby!

❖ **The energizing science!** Procrastinators are up to three times more likely to have insomnia, say University of Michigan and Academic College of Tel Aviv researchers. That's because the brain keeps churning over unfinished tasks as you try to fall asleep, causing stress and worry that block you from drifting off and from reaching the most restorative stages of sleep! Focusing on one task per day has the opposite effect: It calms your worries and helps you feel in control, leading to longer, deeper sleep!

### And sniff rose oil!

Dab a drop of rose-scented essential oil on your wrists before turning in, and you'll fall asleep faster! The scent prompts a 40% decrease in your body's "fight or flight" response and a 30% drop in adrenaline, a stress hormone that keeps you alert, reports the journal *Pharmacology, Biochemistry & Behavior*.



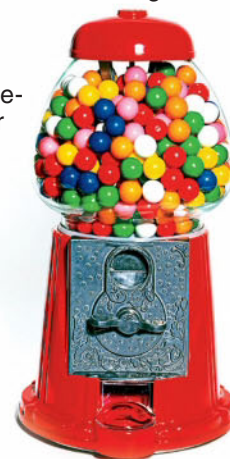
## 5 Stay alert all afternoon with sage tea!

There's a problem with relying on caffeine to get past a post-lunch energy dip: Your body builds up a tolerance to it, so it stops working over time! Plus, it causes distracting jitters if you drink too much! A better way to stay alert? Sip sage tea (such as Alvita Sage Tea, \$5, Vitacost.com), and you'll experience a jump in alertness, along with a boost in calmness!

❖ **The energizing science!** Sage slows the release of enzymes that break down acetylcholine, a neurotransmitter that wakes you up, reveals research out of the U.K.'s Northumbria University.

### Or chew gum!

Need to be able to think more clearly and concentrate more easily ASAP? Chew gum! It'll activate muscles that, in turn, activate neurons that energize your brain within five minutes, reports the journal *Appetite*.



## 4 Reverse work burnout by knitting!

Find job stress draining? The best way to recover at night isn't with a low-energy activity, such as watching TV—it's with a creative hobby, such as knitting! Try it, and you'll recover from work stress faster and have so much more energy, you'll like your job more and be better at it, the *Journal of Occupational and Organizational Psychology* reports.

❖ **The energizing science!** Hobbies that engage your imagination are rewarding and relaxing and therefore rejuvenating! They also help you come up with more imaginative solutions to problems, learn new skills and boost confidence—traits that make any job easier.

### Get peppy with plants!

Simply place plants around your workspace, and your get-up-and-go will surge 38%, your well-being 47% and your creativity 45%, say British researchers. What's their secret? The natural beauty of plants relaxes and inspires you!



—Gabrielle Lichterman



# Natural cures for a healthier heart!

Four recent studies prove that just taking steps to strengthen your heart—and the arteries that nourish it—can add 12 healthy, happy years to your life. And it's easy to do by . . .

## ✓ Lowering your blood pressure with CoQ10

Your body is designed to make its own coenzyme Q10, a nutrient that keeps your heart strong and your arteries relaxed. However, its production drops 57% after age 45, shows University of Connecticut research. The solution: a daily 100-mg. CoQ10 supplement. According to the research, this modest boost in the nutrient is so relaxing to your arteries, it lowers blood pressure 17 points in 90 days, cutting your heart-disease risk in half!

**Important:** Always check with your doctor before taking any supplement for the first time.

## ✓ Raising "good" cholesterol with eggs

Upping your HDL cholesterol by eating one or two eggs daily could slash your heart-disease risk 40%! Danish researchers discovered that the yellowish pigment in egg yolks prods your liver to produce HDL, increasing your levels as much as 10% in six weeks—good news since this healthy blood fat blocks plaque buildup in your arteries, explain UCLA scientists. Bonus: Three recent studies suggest that the same amount of eggs could lower your blood pressure as effectively as a low-dose ACE inhibitor, thanks to peptides in eggs that help relax your artery walls.

## ✓ Reducing "bad" cholesterol with leafy greens

A daily 1/2 cup of kale, lettuce and the like could cut your artery-clogging LDL cholesterol level 16%, enough to reduce your odds of heart woes 25%, research in the journal *Current Pharmacological Design* suggests. Leafy greens are rich in carotenoids, plant compounds that rein in fat absorption in the intestines, plus help your liver keep its LDL production in the healthy range, study coauthor Mark Ciccone, M.D., explains.

## ✓ Taming trouble with tomatoes

Whether you use them in salads, sauces or soups, eating a few more carotenoid-rich tomatoes could lower your risk of heart troubles 35% or more! In a British study, eating them daily helped women trim 40 points off their triglycerides, a sticky blood fat that can clog artery walls. Bonus: In another study, eating one cup of raw or cooked tomatoes daily kept cholesterol levels down as effectively as statin drugs!



## ✓ KOing clots with herbs and spices

Over a dozen recent studies prove that the compounds that make garlic, onions, jalapeños, cilantro, black pepper and the like so flavorful, also block the formation of risky clots in your heart arteries! No wonder University of Cincinnati researchers found that daily consumption of a sprinkling of garlic and onions—plus 1/2 tsp. of dried spices or 1 Tbs. of fresh herbs—could cut your heart-attack risk 22% or more.

## ✓ Reducing stress with yoga poses

A single yoga session lowers the level of damaging stress hormones in your bloodstream 25% while also reducing anxiety, frustration and edginess for up to four hours—effects as heart-friendly as quitting smoking, say Brown University scientists. Doing yoga for 20 minutes daily also cuts your heart-disease risk 35%, says Nancy K. Lonsdorf, M.D., author of *The Ageless Woman*. —Brenda Kearns

## Nourish your heart with a Mexican tortilla casserole!

Combine heart-protective tomatoes, herbs, spices and eggs and what have you got?

*Chilaquiles*, a delicious healthy Mexican dish that's anything but bland!

3 tsp. olive oil	garlic, minced	tomatoes
2 1/2 tsp. Tex Mex spice blend	1 jalapeño pepper, seeded, finely chopped	2 tsp. butter
8 small corn tortillas, each cut into 6 wedges	1 Tbs. finely chopped canned chipotle chilies in adobo	4 eggs
1/2 cup finely chopped onion	4 cups chopped	Salt and pepper to taste
3 cloves		1/4 cup crumbled feta cheese
		1/4 cup coarsely chopped fresh cilantro

● Preheat oven to 400°F. Mix 2 tsp. oil with 1/2 tsp. spice. Toss tortilla wedges with oil mixture; bake in single layer on baking sheet until crispy, 5-7 minutes. Reserve. Heat remaining oil in large nonstick skillet over medium-high heat. Add onion, garlic and jalapeño; cook, stirring often, 5 minutes. Add chipotles and remaining spice; cook, stirring, 1 minute. Add tomatoes; reduce heat to medium-low. Simmer, partially covered, 10-15 minutes. Heat butter in large nonstick skillet over medium-high heat until just melted. Break eggs into skillet; reduce heat to low. Cook until whites are set and yolks begin to thicken, about 5 minutes; sprinkle with salt and pepper. Stir reserved tortilla wedges into warm tomato sauce; divide evenly among 4 plates. Top each with 1 egg, feta and cilantro. Makes 4 servings.



**Enjoy salty food?**

Great news! More than a dozen recent studies now prove that adding a little salt to your meals won't raise your risk of heart disease one bit!



## { ANTI-AGING BREAKTHROUGH! }

# Science's newest anti-ager? Coffee!

Ever feel guilty for relying on coffee to keep you alert? No need! Every day, scientists are discovering new ways that the brew helps keep you healthy and young, doing everything from energizing skin cells to nixing hair loss! "Coffee is rich in antioxidants that slow the aging process by protecting cells from free radical damage," says Rebecca Scritchfield, R.D., author of *Body Kindness*. "Plus, it helps increase circulation, ensuring adequate blood flow to your cells and organs to support optimal function." Exactly what can it do for you?

### ✓ Keep skin young!

Coffee is one of nature's ultimate anti-aging pick-me-ups for the skin—and it works inside and out! One study found that applying coffee topically reduces the sun damage responsible for wrinkles and sagging, while another revealed that caffeic acid, one of the many



antioxidants and anti-inflammatories in coffee, helps repair skin tissues and sparks collagen production. (One option: Simply Radiant Organic Espresso & Cocoa Face Mask, \$16.95; Amazon.com.) And from the inside out, "one study of more than 93,000 women, published in the *European Journal of Cancer Prevention*, showed a single daily cup of coffee helps prevent skin cancer," says Scritchfield. "Compounds in coffee can suppress cancer growth factors in skin cells by reducing inflammation."

### ✓ Help hair grow!

According to the *International Journal of Dermatology*, topical caffeine encourages hair growth by blocking the effects of a follicle-damaging hormone called DHT. "DHT shrinks hair follicles, which makes it impossible for hair to survive," Scritchfield explains. Caffeine blocks the hormone from being

stored in the oils of the follicles—and you don't need a pricey product to benefit: Simply apply the cooled grounds from your coffee filter to your scalp; gently scrub for two minutes to ensure the caffeine makes its way into the follicles. Rinse and shampoo. (Caution: Coffee may darken white or light blonde hair.)

### ✓ Fight cellulite!

Over time, skin thins, making cellulite, the superficial fat held in place against the skin by fibrous bands of collagen, more apparent, says Joshua Zeichner, M.D., director of cosmetic and clinical research in the department of dermatology at Mount Sinai Hospital in New York City. "Caffeine helps dehydrate the fat and may actually help the body break it down to some degree." Dr. Zeichner's advice: Mix two parts coffee grounds with one part olive oil and massage the scrub into cellulite-prone areas in the shower daily for several minutes to spike circulation before rinsing.



### ✓ How much is enough?

Daily use of caffeine-infused topical products is generally safe. (Sensitive skin? Do a patch test first.) When drinking coffee, Dr. Zeichner recommends two cups a day.

—Kallie E. Kristensen

# Heal your gallbladder, boost your health!



Gallbladder woes—such as gallstones and pain-triggering inflammation—are now one of the most common reasons for emergency surgery! Luckily, you can avoid those problems—and significantly reduce your risk of bloating, indigestion, nausea and other digestive ills—with just a few key steps. Experts recommend:

### ● Giving your gallbladder a hand with guavas

Ounce for ounce, guavas are the richest natural source of vitamin C,

a nutrient that cuts your risk of gallbladder problems 42%, reveals research in the journal *BMC Gastroenterology*. "Vitamin C helps your gallbladder empty properly, and it increases your production of digestion-enhancing bile," says study coauthor Thomas Walcher, M.D. For best results, aim to eat one guava, or one cup of vitamin C-rich red or green bell peppers, daily.

### ● Slashing your risk 68% with the right fats

Including a serving of healthy fats—such as 1 oz. of nuts, 4 oz. of fish or 1 Tbs. of coconut oil or extra-virgin olive oil—in your daily diet cuts your risk of gallbladder problems 68%, Swedish researchers say. Good-for-you fats encourage your gallbladder to contract strongly, flushing out bile (the digestive juice stored in the gallbladder) before it can cause irritation or form stones, says Alan Gaby, M.D., author of *Nutritional Medicine*.

### ● Preventing troubling clogs with curcumin

Gallstones can grow to the size of golf balls, so it's great to know that just taking 500 mg. of a curcumin

## When to get help

If you develop severe pain in your belly, under your rib cage or between (or under) your shoulder blades, talk to your doctor. You may need some professional TLC (such as medication or high-frequency sound waves) to get rid of a stubborn gallstone.

supplement daily helps flush most of them away while they're still as tiny as a grain of sand! Asian researchers explain that curcumin (found in the spice turmeric) reduces inflammation, stopping your gallbladder's tiny ducts from becoming swollen and painfully clogged. One option: Jarrow Formulas' Curcumin 95 (\$18 for 120 capsules, Amazon.com).

**Important:** Always check with your doctor before taking any supplement for the first time.

### ● Blocking stones with choline

Have a personal or family history of gallstones? Taking a choline supplement called phosphatidylcholine (PC) helps block the formation of gallstones for 71% of high-risk subjects, according to Penn State University researchers. One option: Vitacost's Phosphatidyl Choline (\$20 for 300 softgels, Vitacost.com). Check the label for dosage.

—Brenda Kearns

## Good-Health News!

### ✚ Healthy fats fight Type 2 diabetes

Eating lots of healthy plant fats found in a variety of nuts, seeds and vegetable oils—along with limiting your intake of animal fats and refined carbs—can lower your risk of Type 2 diabetes 22%, reports the online journal *PLOS Medicine*.

### ✚ Exercise protects against infections

Just fitting in at least four hours weekly of light to moderate physical activity—such as vacuuming or leisurely walking—can lower your risk of bacterial infections 32%, according to a recent Danish study of almost 19,000 people.



WW



# Natural painkillers that really work!

Looking for safe, natural ways to chase away aches and pains, ones that have science on their side showing that they're as effective as prescription drugs? Read on!

## 1 KO inflammation with krill oil

This healing oil derived from tiny shrimp-like ocean creatures is packed with healthy fats that can quash even chronic inflammation in as little as one month. Try taking 300 mg. to 500 mg. of krill oil daily, and Canadian researchers say even chronic aches and pains could be cut in half within 90 days.

**Important:** Always check with your doctor before starting a new supplement.

**If you have osteoarthritis...**  
Ask your doctor about devil's claw. British research shows that this herb tamps down joint pain—and the more you're hurting, the better the results!

## 3 Heal joints with eggshell membrane

A daily 500-mg. dose of natural eggshell membrane (NEM) could cut your joint pain as much as 72%—and increase your flexibility and mobility 42%—in as little as two months, research in the journal *Clinical Interventions in Aging* reveals. Unlike garden-variety painkillers, eggshell membrane is chock-full of compounds that actually *repair* damaged cartilage, so your joints stay strong, healthy and shock-absorbent.

## 2 Nix nerve pain with curcumin

At least 12 recent studies prove that regular doses of this turmeric extract can reduce pain and stiffness more effectively—and for longer—than many prescription medications! “Curcumin heals damaged pain nerves, plus it helps nourish and strengthen muscles, preventing future injuries,” says naturopath Michelle Schoffro Cook, Ph.D., author of *Arthritis-Proof Your Life*. One option: Puritan's Pride Turmeric Curcumin (\$10 for 90 capsules, Puritan.com); check label for dosage.



## 4 Soothe back pain with boswellia

This natural compound, made from the sap of an Indian tree, reduces your body's production of pain-triggering compounds called leukotrienes, while boosting the flow of healing, nutrient-rich blood to damaged back tissues, says Jacob Teitelbaum, M.D., coauthor of *Real Cause, Real Cure*. The result? Taking 900 mg. to 1,200 mg. daily dampens back pain and improves flexibility as effectively as ibuprofen and other painkillers do—often in as little as one week, UCLA researchers say.



### Do you need D-3?

Vitamin D-3 reduces inflammation, cutting chronic pain 30% or more, Cornell researchers say. If you spend 20 minutes in sunshine each day (without sunscreen), your skin is making all the D-3 you need. If not, taking 3,000 IU daily will do the trick.

—Brenda Kearns

## Stay Young with W

# Dig in to the delicious younger-skin diet!



Eat your way to younger-looking skin? Yes! “Your diet really does affect your complexion,” says Lisa Drayer, R.D., author of *The Beauty Diet*. And that means you can:

### 1 Fend off sun damage with marinara sauce!

UV rays reflecting off of snow and ice can contribute to wrinkles and sunspots! The fix: marinara sauce! In one study, women who ate several weekly servings of cooked tomato products were 25% less likely to suffer sun damage—and their skin had more firming collagen in 90 days!

### 2 Smooth fine lines with hot chocolate!

Really! In a new study, women who drank a cup of antioxidant-rich hot cocoa every day for three months had noticeably smoother, plumper skin! Even easier: Eat one ounce of dark chocolate; it contains roughly the same amount of age-defying compounds.

### 3 Prevent wrinkles with kiwis!

Like citrus and bell peppers, kiwis are bursting with vitamin C, which helps ward off crow's-feet and other wrinkles, reports the *American Journal of Clinical Nutrition*. “Research also shows that consuming vitamin C may make topical products with antioxidants more effective,” says Santa Monica, California, dermatologist Christine Choi Kim, M.D.

### 4 Keep skin dewy with walnuts!

Walnuts contain more skin-lubricating alpha-linolenic acid (ALA) than any other nut, says Drayer. They're also loaded with antioxidants that protect your skin from the wrinkling effects of pollution!

### The European secret to younger skin!

It's the pine bark extract Pycnogenol! In a recent study, women who took 75 mg. of the nutrient-packed extract for three months had softer, more radiant skin and fewer wrinkles! Bonus: Pycnogenol acts like an internal sunscreen to block skin-harming UV rays! With your M.D.'s okay, take 50 mg.-100 mg. daily. One option: NOW Foods Pycnogenol, \$14, Jet.com.

—C.P. Pagan



**“LOOK, NO HANDS!”**  
(REALLY, I HAVE NO HANDS...)



CRUNCHY WHEAT. FROSTED SWEET.  
**FEED YOUR INNER KID**





# Lose 20 lbs this month! MDs' best



Dr. Melina Jampolis

## Secret #1 Sip off 40 lbs!

"I had a patient lose 40 pounds in six months—and switching from soda to green tea was the biggest change she made!" reveals Melina Jampolis, M.D., author of *The Doctor On Demand Diet*. How can such a simple change work so well? First of all, the average American woman guzzles 69,225 calories from soda each year. And beyond the actual calories, sugary liquid spikes hunger hormones and belly fat hormones. Meanwhile, green tea does the opposite. "It contains compounds called catechins shown to help increase metabolism and to make you feel more full," says Dr. Jampolis. There's also evidence that green tea specifically targets ab flab: In one Tufts study, active folks given the equivalent of four cups of green tea daily lost 25 times more belly fat than those given caffeinated diet soft drinks.

### ● It worked for me!

"Replacing soda with green tea really boosted my metabolism," says Mississippi mom Shirley Brazzle, 54. "I lost 40 pounds and kept it off!"

## Secret #2 Turbocharge protein to lose huge!

We've heard that protein revs metabolism—but have we been eating it all wrong? Growing evidence shows the metabolism-boosting benefits of protein actually "max out" at about three ounces per sitting; eat more, and the excess calories can actually *increase* fat-storage hormones. The slimming solution:



## Laura lost 191 lbs!

Obese since childhood, Florida's Laura Harless dieted sporadically—but mostly learned to ignore her weight. Then during a theme-park trip, she barely fit in special seats for large people. "They literally shoved my 376-pound body in," she recalls. Laura, 40, vowed to get help. A doctor recommended daily weigh-ins, daily walks and protein-rich mini meals. The weigh-ins helped her gauge which foods worked best. As for hunger, "eating every 2 1/2 hours, your body doesn't have time to get hungry! I lost over 191 pounds!"

### Laura's best tip:

● **Try protein bars** "They're a quick, satisfying mini meals!" She likes Quest brand bars.

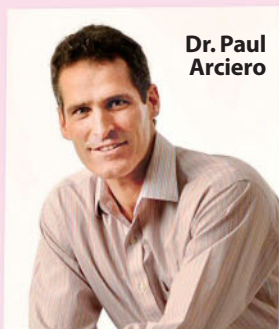
Protein-rich mini meals. When Skidmore College weight-loss expert Paul Arciero, D.P.E., compared dieters eating six protein-rich mini meals to those getting the same calories from three larger protein-rich or carb-rich meals, the mini-meal group lost significantly more body fat and belly fat. They also ended up with much faster metabolisms. "This is the number-one way to keep your metabolism *soaring*," promises Arciero, founder of DrPaulsProtocol.com, who's used the strategy to help folks melt off thousands of pounds.

## Secret #3 Step on, drop 77!

A recent Duke study left scientists stunned and volunteers effortlessly leaner. Among a group given electronic scales, those who chose to weigh in daily lost up to 77 pounds in six months—with no formal diet whatsoever. "Most surprising was the substantially larger losses among those who weighed daily compared to those who weighed five days a week," notes study head Dori Steinberg, Ph.D., R.D. "It's easier than keeping a food log, and yet it lets you see how certain behaviors impact weight." For example, you might see a gain every time you eat Mexican or skimp on sleep. "Weighing daily is one of the most important behaviors for weight loss!"

## Secret #4 Works-like-a-diet-pill lunch!

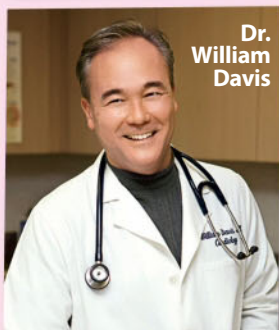
Breakthrough new research shows that simply eating beans instead of meat at lunch will shrink evening hunger nearly as much as a diet pill! "The more beans the better," insists



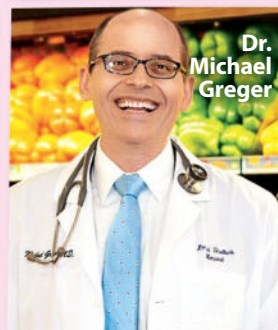
Dr. Paul Arciero



Dr. Dori Steinberg



Dr. William Davis



Dr. Michael Greger



Before



After



# diet secrets!

America's top diet doctors—including *The Doctor on Demand Diet* author Melina Jampolis, M.D., and Duke University's Dori Steinberg, Ph.D.—share breakthrough strategies that make it easier than you think to reach your goal weight!

NutritionFacts.org founder Michael Greger, M.D. Why are beans so effective? For starters, they feed good bacteria in our digestive tracts that help control blood sugar. "Beans blunt the rise of blood sugar when you eat them and at your *next* meal," says Dr. Greger. That's key, since blood-sugar spikes trigger intense hunger and cravings along with fat-storage hormones. Bonus: Studies show fiber-like compounds in beans rev fat-burning by 23%. And dieters eating beans daily report losing up to 20 pounds in 30 days!

## Secret #5 Skip gluten, lose 30!

A Columbia University study has found evidence that a wheat protein called gluten triggers fattening biochemical changes—even in folks who don't have a wheat allergy or wheat-related condition called celiac disease. "Today's genetically altered wheat was engineered to produce super-sized crops. It also produces super-sized waistlines," insists William Davis, M.D., author of the mega-bestseller *Wheat Belly*. "A typical overweight patient who does nothing more than cut wheat from her diet"—swapping in wheat-free substitutes like almond flour and sweet potato—"will lose 30 pounds in three months."

### It worked for me!

After group plans and personal trainers failed, New York mom Brandee Jo Goodness, 42, tried Dr. Davis' plan. Soon down 36 pounds, "I got quick results for the first time ever!"

## Slow Cooker White Chicken Chili

Each family-pleasing serving weighs in at 250 calories, 27 grams of protein and 5 grams of fiber!

- 1 lb. chicken breasts, cubed
- 2 medium onions, diced
- 1 can (4 oz.) green chilies, drained
- 1 can (15 oz.) white beans, drained and rinsed
- 16 oz. chicken broth
- 1 1/2 tsp. ground coriander
- 1 1/2 tsp. ground cumin
- 1 tsp. ground



- black pepper
- 1 tsp. chili powder
- 1 small jalapeño, chopped
- 3 cloves garlic, minced
- 6 Tbs. fat-free
- Greek yogurt
- 1 cup shredded white Cheddar
- Fresh chopped cilantro and lime wedges (optional)

● Combine all ingredients except cheese, yogurt, cilantro and lime in slow cooker with salt to taste. Cook on low 6-8 hours or high 3-4 hours. Top each serving with yogurt, cheese and cilantro and a spritz of lime. Serves six.

## Try all the strategies at once!

To help you lose huge with ease, our nutrition team has combined all the meal strategies on these pages into a no-brainer plan. Water and green tea (regular or decaf) should be your main beverages. Season meals as desired with wheat-free and ultra-low-cal extras, such

as herbs, spices, lemon juice, mustard and Stevia. Aim to weigh yourself daily, making little tweaks to your new regimen as you go—perhaps limiting sodium or aiming to get a bit more sleep—based on how your body responds. Always get your doctor's okay to try any new plan.

## Mini meals CHOOSE SIX DAILY; REPEAT FAVORITE OPTIONS AS OFTEN AS DESIRED

### OPTION 1

1 gluten-free protein bar  
1/2 cup 1% milk or calcium-enriched nut milk



### OPTION 2

#### Banana Pancakes:

Mix 2 large eggs, 1 small mashed

banana, 2 Tbs. unflavored protein powder and 1/8 tsp. baking powder; prepare pancake-style with cooking spray and serve with 1 Tbs. sugar-free syrup



### OPTION 6

1 1/2 cups gluten-free vegetable soup with 1/4 cup drained chickpeas and 2 oz. chopped cooked chicken breast



### OPTION 7

1 cup cottage cheese, 2 Tbs. pumpkin seeds and 1 tsp. honey

### OPTION 8

**Mexican Sweet Potato:** Warm 1/3 cup black beans and toss with a pinch of gluten-free taco seasoning; spoon over a small baked sweet potato and top with 1/4 cup nonfat Greek yogurt, 2 Tbs. Mexican cheese blend and an optional spritz of lime



### OPTION 3

1 cup high-protein, gluten-free cereal, 3/4 cup 1% milk or calcium-fortified nut milk  
1/2 cup blueberries



### OPTION 4

3 cups greens topped with 3 oz. tuna, 1/4 cup each sliced cucumber and diced apple, 1/3 cup white beans and 1 Tbs. balsamic vinaigrette



### OPTION 5

#### Homemade Bean

**Dip:** Puree 3/4 cup black beans, 1/4 cup nonfat Greek yogurt, 1 Tbs. each lime juice and cilantro leaves, 1/4 tsp. each ground cumin and chili powder, salt to taste; enjoy with 1 cup veggie sticks



### OPTION 10

1 serving **Slow Cooker White Chicken Chili**, recipe left



## Make your own menus

The meals in this plan are gluten-free, emphasize beans and nonstarchy veggies and contain about 250 calories and 25 grams of protein apiece. Free tools on tracking apps like MyFitnessPal help make it a cinch to create your own combinations using the same guidelines.



# Maple syrup is a *Sweet superfood!*

Love maple syrup on pancakes and waffles? We've got great news: It's *good* for you! It turns out that pure maple syrup boasts as many antioxidants as some fruits and vegetables (often even more)! Here's what delicious maple syrup can do for you!



## *Shield you from Type 2 diabetes!*

Maple syrup is absorbed into the bloodstream slowly, helping you avoid blood-sugar spikes. Plus, it inhibits enzymes involved in sugar metabolism, potentially curbing problems before they start—and its abscisic acid improves insulin sensitivity!

❖ **Maximize maple's benefit by ...** using it in tea, coffee and baking. (Replace sugar in recipes with an equal amount of maple syrup, then reduce liquids by a half-cup.)

—Shannon Hunt

Photos: James Franco/Media Bakery; Jonathan Storey/Getty Images; Semenovamasha/Dreamstime; Media Bakery; Adam Korzekwa/Getty Images; James Duncan/Media Bakery.



## Ward off disease!

While maple syrup has long been known to have health-boosting antioxidants, researchers just discovered it has twice as many as originally thought, including the same ones found in red wine and berries—and a few new ones unique to syrup! It also has anti-cancer compounds, and new research shows it helps stop brain cell proteins from creating the plaque linked to Alzheimer's disease.

❖ **Maximize maple's benefit by ...** sticking to 100% pure maple syrup. "You need only a small amount each day in terms of health benefits," says Tania Van Pelt, author of *The Ageless Diet*. "A few tablespoons go a long way."



## Halt hair loss!

The author of *The Beauty Cookbook*, Kym Douglas, famously poured maple syrup on her hair on *The Ellen DeGeneres Show* for good reason: Its zinc and manganese are study-proven to help stop hair loss, its natural moisturizers restore resilience and shine and its B vitamins battle brittleness and breakage!

❖ **Maximize maple's benefit by ...** applying 3 Tbs. syrup to your hair, using gloves to avoid stickiness, and combing through to ends with a wide-toothed comb. Cover your head with a shower cap or plastic wrap. Relax for 20 minutes, then rinse thoroughly and shampoo as usual.

❖ **Tip!** For even more moisturizing power, microwave with 2 Tbs. coconut oil for 15 seconds; mix together, let cool, then apply to hair.



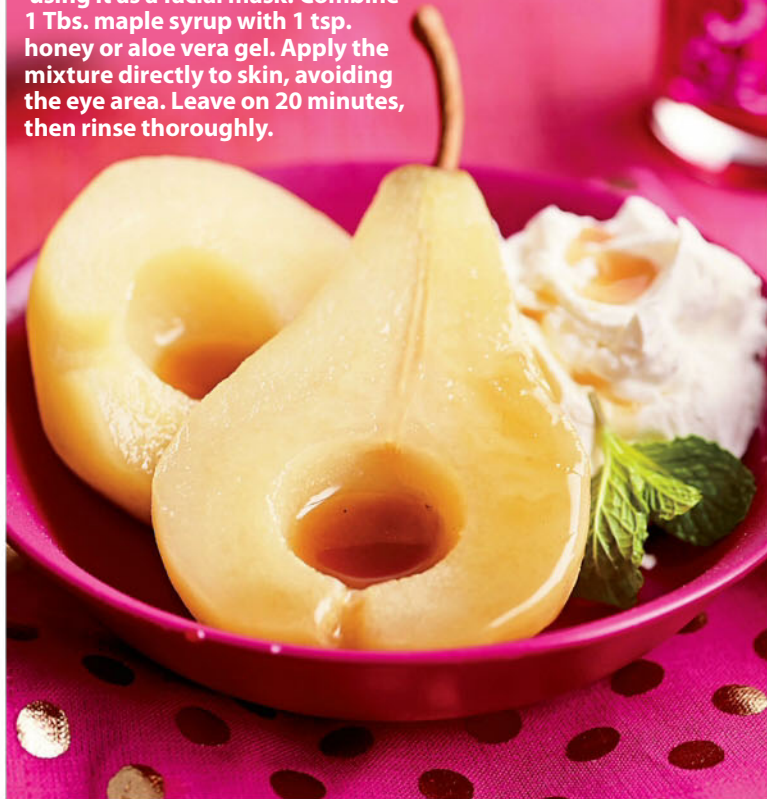
### Did you know?

It takes roughly 40 gallons of sap to make one gallon of maple syrup!

## Turn back the clock!

Maple syrup's natural anti-inflammatories calm redness and repair environmental and free-radical damage, says nutritionist Tehzeeb Lalani (ScaleBeyondScale.com). "Applied topically, its antioxidants help slow aging and reduce skin irritation, blemishes and dryness." No wonder many of its active compounds—such as wrinkle-reducing ellagic acid and quercetin—are found in luxe skincare creams!

❖ **Maximize maple's benefit by ...** using it as a facial mask! Combine 1 Tbs. maple syrup with 1 tsp. honey or aloe vera gel. Apply the mixture directly to skin, avoiding the eye area. Leave on 20 minutes, then rinse thoroughly.



## Flush out fat and toxins!

A daily dose improves liver function, research shows, helping filter out fats and pollutants and healing hurt tissues. Other research suggests that the syrup turns off certain genes that produce harmful substances, helping stop liver damage before it starts.

❖ **Maximize maple's benefit by ...** drinking 1 cup hot water mixed with 2 Tbs. syrup and a squeeze of lemon first thing each morning, advises Lalani.





# \$ Cash in this week!

## Save money with WW coupons!

### 15% off Sleepwear!

Little ones will love strutting their stuff in Finn + Emma's eco-friendly soft pajamas! For 15% off, use coupon code WWMAG15 at FinnAndEmma.com.



Expires 3/31/17.

### 20% off Jewelry!

Isabelle Grace Jewelry can be customized with names, initials, dates and special messages! For 20% off sitewide, use code WW20 at IsabelleGraceJewelry.com.



Expires 3/15/17.

### 15% off Toys!

Shape Mags magnetic tile building sets allow little builders to create castles, pyramids, rockets and more! Get 15% off using code WW15 at Toys2Discover.com.



Expires 3/15/17.

### 10% off Body spray!

Purequosa Body Spray helps neutralize odors and kill bacteria, leaving you refreshed! Save 10% with code WW10 at Purequosa.com.



Expires 3/15/17.

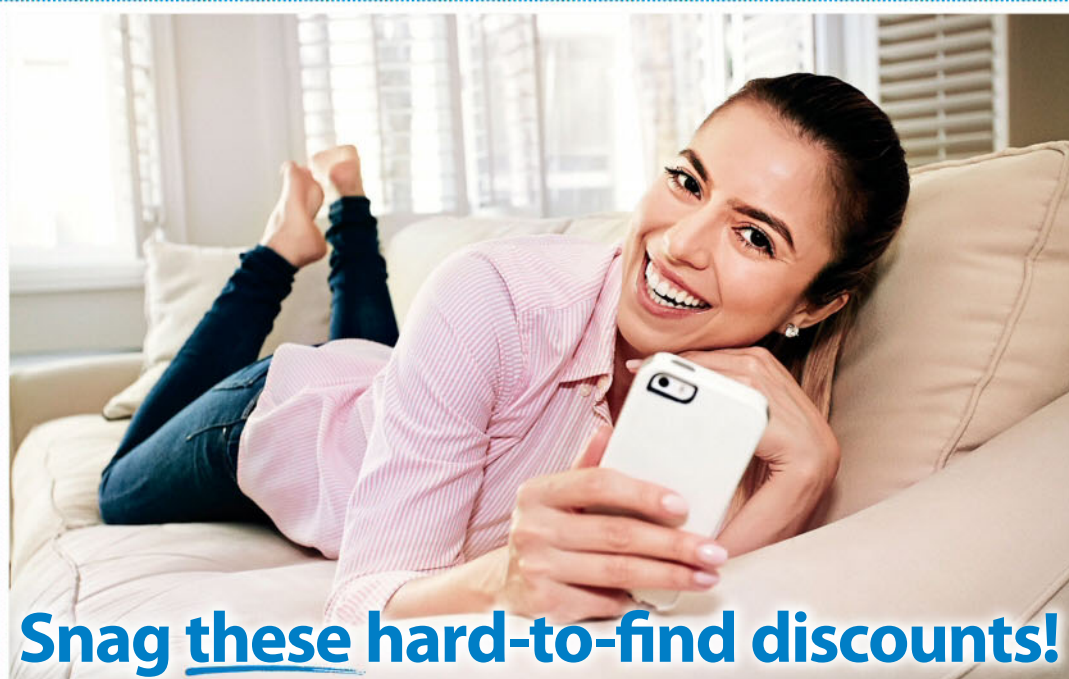
### 10% off Home organization!

HangerJack Gator and Scroll collapsible hangers and portable organization tools are the perfect solution to at-home clutter! Get 10% off using code WW10 at www.HangerJack.com.



Expires 3/15/17.

## Recession Busters!



### Snag these hard-to-find discounts!

Gave up on finding discounts for certain items that rarely go on sale or offer coupons, such as iPhones, gasoline, event tickets and medical tests? Not so fast—here are easy ways to get these items for less!

#### ① Save 15% on iPhones!

You may know you can save on iPads, iPods and Mac computers at Apple's special deals section at [store.apple.com/us/browse/home/specialdeals](http://store.apple.com/us/browse/home/specialdeals), which offers clearance and refurbished Apple products. But what if you want an iPhone? Until recently, those were only available at full price. Luckily, Apple just added iPhones to their discount department, letting you get the latest iPhones that have been refurbished for 15% less plus a free one-year warranty!

#### ② Gas up for less!

Want to get a discount at the pump without having to open a new credit card just to snag gas-station perks? No problem: You can get discounts with free rewards cards—no credit check required! Sign up for the Plenti rewards card ([Plenti.com](http://Plenti.com)), and you'll accrue points when you fill up at Exxon and Mobil that are good for discounts on future fill-ups. Shell's free Fuel Rewards card ([FuelRewards.com](http://FuelRewards.com)) offers money-saving promotions. And BP's Driver's Rewards Program ([MyBPStation.com/join-bp-driver-rewards](http://MyBPStation.com/join-bp-driver-rewards)) nabs you 10 cents off every gallon for every \$100 you spend!

#### ③ Nab reduced-price tickets!

The cost of tickets for sports, music and theater events keeps going up, up, up! The easiest way to save? Call or visit the venue's box office and ask about special discount rates! Most offer reduced-price tickets to certain groups, such as seniors, students, military and teachers. Another option: Call or visit the box office on the day of the event. Many sell leftover tickets at a lower price rather than let the seats go unfilled!

#### ④ Spend hundreds less on medical tests!

You probably won't find discounts for health tests such as MRIs and X-rays, but that doesn't mean you can't still save a bundle on your out-of-pocket cost when your doctor sends you for one! A new Harvard study shows that visiting free health test comparison websites, such as [NewChoiceHealth.com](http://NewChoiceHealth.com) and [SaveOnMedical.com](http://SaveOnMedical.com), or using a price comparison tool on your health insurer's website can keep hundreds in your pocket! That's because the cost of medical tests varies widely from facility to facility. By selecting the test you need and entering your zip code in one of these sites, you'll get a list of prices that each facility charges, making it easy to spot the best deal!

#### Scam alert!

Got an e-mail that there's an issue with an Amazon.com order, and you need to click a link to fix it? Don't! Scammers are sending such phony e-mails to get you to click through to a fake Amazon page that asks for your personal info! To check on an order, log in to your account directly from Amazon.com.

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# \$Ka-Ching! Clean up with a homemade soap biz!

The demand for all things homemade is reaching a fever pitch—and whether at crafts fairs or online, handcrafted soap is one of *the* top sellers! If you have a passion for crafts and a mind for business, you can claim your share of the soap market! Here's how:

## ✓ MASTER THE CRAFT!

The best way to learn the ins and outs of soap making? Watching online tutorials! Just be picky about your sources, says soap-maker Donna Marie Coles Johnson, who now counsels other entrepreneurs through her Indie Business Network. "Look for instructions that come from a company that supplies soap-making ingredients or from a company that teaches classes as part of their business." She likes SoapQueen.com, TheNovaStudio.com and ModernSoapmaking.com.

small line of products that reflects it. "Three bars of soap in three different scents is plenty," says Coles Johnson. "That allows you to grow your business slowly and actually make money on every single bar of soap you sell!" Also wise: Pick packaging that "extends" your theme. For example, if your soap is made from plants, consider "plantable" paper for a wrapper—when planted, it grows into a flower!

## ✓ MAXIMIZE YOUR PROFITS!

How to price your products? Start by figuring out how much you're

spending to make each bar. "Consider the price of the ingredients; the time it takes you to make, cut, package and ship it; and don't forget to include utilities,

such as electricity and water," says Coles Johnson. Add the costs, then triple the sum to come up with your retail price—so if it costs you \$2 to make a bar, charge at least \$6. Bonus: To get the best supplies for the best price, check out BrambleBerry.com, FromNatureWithLove.com, IngredientsToDieFor.com and WholesaleSuppliesPlus.com.

## ✓ RING UP SALES!

Crafts fairs are great spots to sell your soaps—find upcoming ones near you at CraftLister.com or via your local Chamber of Commerce. It's also smart to showcase your wares via Facebook and Instagram, and consider setting up an online store on Shopify.com or Etsy.com.

No matter which platforms you use, great photography is key! "Remember, people can't smell or touch your soaps," says Coles Johnson. "So make sure photos are clear and show various angles, including the top." And do not "hide" your soap by using too many props, like fruits, vegetables or flowers in your photos.



## Win this at WomansWorld.com



### Win an Idahoan Signature Russet Potato cooking pack!

Enjoy a delicious dinner in a flash, and enter for two chances to win an Idahoan Signature Russet Potato cooking pack! It includes six 12-serve packages of Idahoan Signature Russets—just add butter and milk to the pre-mashed potatoes, heat and serve! You'll also snag Le Creuset French oven and French onion soup bowls, Waterford linen napkins and serving spoons.

U.S. only. Ends 11:59 p.m., ET, 3/7/17.



### Win \$1,000!

Give your bottom line a big boost and enter to win \$1,000! The cash is yours to use however you please!

U.S. only. Ends 11:59 p.m., ET, 2/28/17.

### Win a Nutri Ninja BlendMAX Duo!

Kitchen prep will be a cinch if you're one of three lucky winners of a Nutri Ninja BlendMAX Duo! It features two vessels that interchange on a single base, so it's easy to switch between Nutrient & Vitamin Extraction and Total Crushing Technology.

U.S. only. Ends 11:59 p.m., ET, 3/7/17.



### Win a \$500 Walmart or Target gift card from Flipp!



The free Flipp shopping app makes it easy to scan weekly circulars for the best deals near you—and to sweeten the savings, they're giving away one \$500 Walmart gift card and one \$500 Target gift card! To learn more about Flipp and download the app, go to [app.flipp.com](http://app.flipp.com).

U.S. only. Ends 11:59 p.m., ET, 3/7/17.

Photos: John Merkle; courtesy of sponsor (9); Blend Images/Getty Images; Rasulov/Dreamstime.com; E+/Getty Images; shutterstock.com; Blend Images RM/Getty Images.





# Brighten winter wi

No one can resist delicious, moist, rich red velvet!

## The Best Red Velvet Cupcakes

### CUPCAKES

2 1/4 cups all-purpose flour  
1 Tbs. unsweetened cocoa powder  
1 tsp. salt  
1 1/2 cups granulated sugar  
1 cup oil

### 2 eggs

3 Tbs. red liquid food coloring  
1 cup buttermilk  
1 1/2 tsp. vanilla extract  
1 tsp. white vinegar  
1 tsp. baking soda

### CREAM CHEESE FROSTING

12 oz. cream

### cheese, at room temperature

3/4 cup butter, at room temperature  
1 3/4 cups confectioners' sugar  
2 Tbs. sour cream  
3/4 tsp. vanilla extract  
Sprinkles

● **Cupcakes:** Set rack in center position and preheat oven to 350°F. Line 24 muffin cups with cupcake liners. Whisk together flour, cocoa and salt. Reserve. On medium-low speed, beat granulated sugar and oil in large bowl. Add eggs, one at a time, beating 30 seconds and scraping down sides of bowl after each addition. Mix in food coloring. On low, add dry ingredients and buttermilk in two or three alternating additions, mixing until combined. Stir in vanilla. Combine vinegar and baking soda in small bowl (it will bubble up). Fold into batter. Fill each liner about two-thirds full with batter. Bake 18 minutes or until tester inserted into centers comes out clean. Cool completely on a rack.

● **Frosting:** On medium, beat cream cheese and butter until light and fluffy. On low, gradually beat in confectioners' sugar. Beat in sour cream and vanilla. Spread over cupcakes; top with sprinkles. Makes 24 cupcakes.



## Molten Lava Cakes

### 1/2 cup butter

4 oz. white chocolate  
1 cup confectioners' sugar

### 2 eggs

2 egg yolks  
1 Tbs. red liquid food coloring

### 2 tsp. unsweetened cocoa powder

6 Tbs. all-purpose flour  
Confectioners' sugar,

### for dusting

Raspberries or sliced strawberries, for serving



● Set rack in center position and preheat oven to 450°F. Coat four (6 oz.) ramekins generously with cooking spray. Melt butter and white chocolate in top of double boiler, stirring until smooth. Stir in confectioners' sugar. Lightly whisk eggs and egg yolks in large bowl. Stir in food coloring and chocolate mixture. Whisk together cocoa and flour. Add to batter; stir just until combined. Divide evenly among ramekins. Place ramekins on baking sheet. Bake until sides of cakes are set but centers are still soft, 14-15 minutes. Let cakes rest 2 minutes, then invert onto dessert plates. Serve immediately, dusted with confectioners' sugar, with berries on side. Make 4 servings.

## Bundt Cake with Cream Cheese Icing

### CAKE

3 cups all-purpose flour  
2 Tbs. unsweetened cocoa powder  
1 tsp. baking powder  
1/2 tsp. baking soda  
1/4 tsp. salt  
2 Tbs. red liquid food coloring  
1 tsp. vanilla extract  
1 cup buttermilk  
1 cup butter, at room temperature  
2 1/3 cups granulated sugar  
3 eggs

### ICING

4 oz. cream cheese, at room temperature  
1/2 cup confectioners' sugar  
1 tsp. vanilla extract  
2-3 Tbs. milk

● **Cake:** Set rack in center position and preheat oven to



# th red velvet treats!



350°F. Butter and flour 12-cup Bundt pan generously. Whisk together flour, cocoa, baking powder, baking soda and salt. Stir food coloring and vanilla into buttermilk. On medium-high speed, beat butter and granulated sugar until light and fluffy. On medium, beat in eggs, one at a time, scraping down side of bowl after each addition. On low, add dry ingredients and buttermilk in alternating additions, starting and finishing with dry ingredients and mixing just until combined; do not overmix. Pour batter into pan. Smooth top. Bake 50-55 minutes or until tester inserted into cake comes out clean. Cool 10 minutes; invert cake onto serving plate. Cool cake completely before removing pan.

● **Icing:** Beat cream cheese and confectioners' sugar until smooth. Beat in vanilla, then add milk, 1 Tbs. at a time, until mixture is pourable consistency. Slowly pour icing over cooled cake. Make 16 servings.

**NEXT WEEK:** Kitty cat layer cake!

## Sip a red velvet treat!

Can't wait to enjoy a baked red velvet treat? Each one of our luscious drinks whips up in just minutes!



### Red Velvet Hot Cocoa ▼

2 cups milk  
1 cup semisweet chocolate chips  
1/4 cup unsweetened cocoa powder  
2 Tbs. sugar  
2 oz. cream cheese  
2 tsp. vanilla extract  
4 tsp. red liquid food coloring  
Whipped cream and additional cocoa powder, optional

● In pot, combine milk, 2 cups water, chocolate chips, cocoa powder and sugar. Over medium heat, bring to boil, stirring; reduce heat to low. Cook, stirring occasionally, until thickened slightly, about 5 minutes. Stir in cream cheese until melted and smooth. Remove from heat; add vanilla and food coloring. Divide among 4 mugs. If desired, garnish with whipped cream and a sprinkling of cocoa powder. Makes 4 servings.

### Red Velvet Milkshake ▲

1/4 cup thick hot fudge topping, such as Hershey or Mrs. Richardson's, at room temperature  
1/4 cup milk  
2 Tbs. dry red velvet cake mix  
1 cup vanilla ice cream  
Red liquid food coloring  
Whipped cream, red velvet cake crumbs and chopped and whole Oreo cookies, optional

● Spoon 2 Tbs. fudge topping into bottom of 10-oz. glass. Transfer remaining 2 Tbs. topping to plastic snack or sandwich bag; snip one corner of bag. Pipe lines of topping along inside of glass and around rim on outside. Refrigerate until needed. In blender, combine milk and cake mix; cover and blend until smooth. Add ice cream and 6 drops food coloring; blend until smooth, adding additional food coloring if desired. Pour into prepared glass. If desired, top with whipped cream, cake crumbs and cookies. Makes 1 serving.





# Melt-in-your-mouth m

Stuffed into a pizza or sandwich, layered with macaroni, cheese and two kinds of sauce or spiced up with Buffalo hot sauce, meatballs turn mealtime into fun-time!

**Goulash Meatballs**

**Deep Dish Meatball Pizza Pie**

**Macaroni Meatball Bake**

Adapted from 101 Meatballs. Published by Ryland Peters & Small © 2016.



# eatballs!

## Buffalo Chicken Balls

*A twist on spicy wings, these garlicky chicken meatballs, served with buttery Buffalo hot sauce and cooling blue cheese dip, are perfect for dinner or a tasty party snack!*

### MEATBALLS

1 lb. ground chicken

1 small onion,  
grated, 1/4 cup

2 cloves garlic, crushed

1/4 cup chopped  
fresh parsley

1/2 tsp. salt

1/4 tsp. pepper

### BLUE CHEESE DIP

2/3 cup mayonnaise

2/3 cup crumbled  
blue cheese

2 Tbs. sour cream

1 small rib celery,  
finely chopped

carrot and celery  
sticks, optional

### BUFFALO SAUCE

2 Tbs. butter

1/2 cup hot sauce, such  
as Frank's RedHot

pepper. Shape into 16 balls; arrange on baking sheet. Bake, turning once, 15-17 minutes or until golden and cooked through.

● Dip: Meanwhile, stir together mayonnaise, blue cheese and sour cream until well blended. Reserve 2 tsp. celery; stir remaining into mayonnaise mixture.

● Sauce: In pot, melt butter over medium heat. Stir in hot sauce; heat through. Garnish blue cheese dip with reserved celery. Toss meatballs with sauce, and serve with blue cheese dip, and carrot and celery sticks for dipping, if desired.

● Meatballs: Preheat oven to 350°F. Line rimmed baking sheet with foil; coat lightly with cooking spray. In bowl, combine chicken, onion, garlic, parsley, salt and

Servings: 4. Cals.: 559.  
Protein: 25 g. Fat: 50 g.  
(15 g. saturated). Chol.:  
140 mg. Carbs.: 4 g.  
Sodium: 1,873 mg.  
Fiber: 1 g. Sugar: 1 g.  
Kitchen time: 30 minutes.  
Total time: 30 minutes.

You'll find more  
ways to cook  
meatballs in *101  
Meatballs*.



### Tomato Sauce

Heat 2 Tbs. olive oil in large nonstick skillet over medium heat; add 1 finely chopped small onion and cook, stirring occasionally, 5 minutes or until soft. Add 1 finely chopped clove garlic and 1 tsp. dried rosemary; cook, stirring 1 minute, until fragrant. Add 1 can (14.5 oz.) diced tomatoes and pinch of sugar; bring to boil. Reduce heat and simmer, stirring occasionally, until slightly thickened, about 10 minutes. Makes about 1 1/2 cups.

### Meatball & Fontina Sandwich



Please turn the page  
for more recipes ▶





## Macaroni Meatball Bake

The only thing that could make rich, velvety macaroni and cheese better is topping it with lots of saucy mini meatballs!

<b>Tomato Sauce, recipe page 29</b>	<b>6 Tbs. all-purpose flour</b>
<b>MEATBALLS</b>	<b>2 1/2 cups milk</b>
1 lb. ground beef	1 1/4 cups shredded Cheddar cheese, 5 oz.
1/3 cup fresh breadcrumbs	1 1/4 cups shredded Monterey-Jack cheese, 5 oz.
1/4 cup milk	1 tsp. salt
1 Tbs. ketchup	1 lb. elbow macaroni, cooked, drained
2 tsp. Worcestershire sauce	<b>BÉCHAMEL SAUCE</b>
1/2 tsp. dried thyme	1 cup shredded mozzarella cheese, 4 oz.
1/2 tsp. salt	1/4 cup unsalted butter
1/4 tsp. pepper	

● Prepare tomato sauce; reserve in skillet. Meatballs: In bowl, mix beef, breadcrumbs, milk, ketchup, Worcestershire, thyme, salt and pepper. Shape into 32 balls. Add to sauce; cover. Over medium-low heat, simmer, stirring occasionally, until cooked through, about 20 minutes.

● Meanwhile, preheat oven to 350°F. Coat 13"x9" baking dish with cooking spray.

● Béchamel sauce: In pot, melt butter over medium heat. Stir in flour; cook, stirring constantly, 1 minute until bubbly. Gradually whisk in milk, whisking constantly. Bring to boil, whisking constantly, 3-5 minutes; boil 1 minute or until thickened. Remove from heat; stir in Cheddar, Monterey-Jack and salt.

● In large bowl, mix pasta and béchamel. Transfer to baking dish. Sprinkle with mozzarella. Spoon meatballs and sauce over macaroni. Gently stir meatballs into macaroni to mix slightly. Bake 20-30 minutes or until bubbly. Let stand 10 minutes before serving.

Servings: 8. Cals.: 696. Protein: 33 g. Fat: 36 g. (17 g. saturated) Trans fat: 1 g. Chol.: 106 mg. Carbs.: 58 g. Sodium: 911 mg. Fiber: 3 g. Sugar: 8 g. Kitchen time: 1 hour. Total time: 1 hour, 40 minutes.



## Deep Dish Meatball Pizza Pie

Big, thick and stuffed with meatballs, this hearty Chicago-style pizza has a delicious crust that's a mix of pizza dough and flaky pastry!

<b>DOUGH</b>	<b>bread-crumbs</b>	<b>1/4 tsp. pepper</b>
1 tsp. active dry yeast	1/4 cup grated Parmesan cheese	Pinch garlic powder
1 tsp. sugar	1 egg, beaten	<b>ASSEMBLY</b>
2 cups all-purpose flour + additional	2 Tbs. chopped fresh parsley	Tomato Sauce, recipe page 29
1/4 cup olive oil	2 Tbs. olive oil	8 oz. fresh mozzarella cheese, thinly sliced
1/2 tsp. salt	1/2 tsp. salt	3 Tbs. grated Parmesan cheese
<b>MEATBALLS</b>		
1 lb. ground beef		
1 cup fresh		

● Dough: Blend 3/4 cup water, yeast and sugar in mixer with dough hook. Let stand 5 minutes. Add 1 cup flour, oil and salt; mix at medium speed 5 minutes. Add remaining 1 cup flour; mix until dough forms. Dough should be wet. Place in bowl. Cover with plastic wrap; let rise in warm place 1-2 hours until doubled. Punch down dough. Cover; let rise 1 hour or until doubled, or refrigerate overnight, removing bowl 2-3 hours before using.

● Meatballs: Preheat oven to 375°F. Line rimmed baking sheet with foil. Mix meatball ingredients; shape into 24 balls. Arrange on baking sheet. Bake 20 minutes or until longer pink in centers.

● Assembly: Place rack in lowest position in oven. Place clean rimmed baking sheet on rack. Preheat oven to 450°F.

● Combine meatballs and tomato sauce; reserve. With lightly floured hands, transfer dough to lightly floured surface. With floured rolling pin, roll into 9" round. Roll dough up around rolling pin; unroll over ungreased 8" springform pan. Keep edges of dough slightly folded over edge of pan to hold dough up; center of dough will sink into pan. Arrange 1/3 of mozzarella in even layer over dough in bottom of pan. Spread meatball-sauce mixture over mozzarella. Top with remaining mozzarella, then Parmesan. Ease dough from edge of pan to form edge of crust.

● Bake on hot baking sheet 25-30 minutes or until crust is golden. Cover loosely with foil if cheese browns too quickly. Let stand 15 minutes before serving. Run knife around edge of pan to loosen from side. Remove side of pan before serving.

Servings: 6. Cals.: 645. Protein: 29 g. Fat: 39 g. (12 g. saturated). Chol.: 92 mg. Carbs.: 44 g. Sodium: 693 mg. Fiber: 2 g. Sugar: 4 g. Kitchen time: 50 minutes. Total time: 3 hours, 20 minutes or overnight.



## Goulash Meatballs

Tender pork meatballs simmered in paprika-flavored tomato sauce with pasta, cabbage and sour cream make a yummy meal that won't fail to please!

<b>SAUCE</b>	<b>1 lb. ground pork</b>
2 Tbs. oil	1/3 cup finely chopped onion
1 medium onion, finely chopped	1 tsp. paprika
1 small red pepper, chopped	1 tsp. dried sage
2 cloves garlic, minced	1/2 tsp. salt
1 Tbs. paprika	1/4 tsp. pepper
2 Tbs. all-purpose flour	<b>PASTA</b>
2 Tbs. tomato paste	8 oz. spaghetti, preferably whole-wheat
1 cup chicken broth	10 oz. shredded green cabbage (about 3 cups)
1 can (8 oz.) tomato sauce	1/4 cup sour cream
<b>MEATBALLS</b>	<b>Additional paprika, optional</b>
1 slice whole-wheat bread	

● Sauce: Heat oil in large non-stick skillet over medium heat. Add onion and pepper; cook, stirring occasionally, 6 minutes or until soft. Stir in garlic and paprika; cook, stirring, 1 minute until fragrant. Stir in flour and cook, stirring, 1 minute. Add tomato paste; cook, stirring constantly, 1 minute. Stir in broth; bring to boil over medium-high heat, stirring. Stir in tomato sauce. Cover; over medium-low, simmer 10 minutes.

● Meatballs: Meanwhile, in food processor, process bread until crumbs form. In bowl, combine pork, onion, paprika, sage, salt, pepper and breadcrumbs. Shape into 24 balls. In two batches, cook meatballs in large nonstick skillet until browned. Add to sauce; cover and simmer 15 minutes or until meatballs are cooked through.

● Pasta: Cook spaghetti according to package directions, adding cabbage during last 5 minutes of cook time. Serve meatballs and sauce over spaghetti and cabbage. Garnish with sour cream and, if desired, paprika.

Servings: 4. Cals.: 660. Protein: 35 g. Fat: 30 g. (9 g. saturated). Chol.: 84 mg. Carbs.: 68 g. Sodium: 877 mg. Fiber: 11 g. Sugar: 8 g. Kitchen time: 1 hour, 10 minutes. Total time: 1 hour, 10 minutes.



## Meatball & Fontina Sandwich

Like grilled cheese? You're going to love this toasty stuffed sandwich!

<b>MEATBALLS</b>	<b>TOMATO SAUCE</b>
4 oz. ground beef	3 cloves garlic, crushed but not peeled
4 oz. ground pork	Extra-virgin olive oil
1/2 cup fresh breadcrumbs	1 Tbs. unsalted butter
1 tsp. dried oregano	1 cup crushed tomatoes
1 tsp. dried rosemary	A pinch of sugar
A pinch of crushed red pepper flakes	Salt and freshly ground pepper
1 egg, beaten	<b>ASSEMBLY</b>
2 Tbs. milk, or more if needed	1 ciabatta bread, or 2 rolls, 8 oz., halved crosswise
1/2 tsp. salt	8 slices fontina cheese, 6 oz.
Freshly ground pepper	

● Meatballs: Preheat oven to 375°F. Line rimmed baking sheet with foil. Mix meatball ingredients. Mixture should be firm enough to form into balls and moist, not dry; add more milk as needed. Using damp hands, shape mixture into 12 balls; arrange on baking sheet. Bake until browned and cooked through, 20-30 minutes. Cool slightly. Cut in half; reserve.

● Meanwhile, for Sauce: Coat garlic with 1/2 tsp. oil; transfer to small baking dish. Roast at same time as meatballs, 10-15 minutes, until softened. When cool enough to handle, slip cloves from skins; finely chop. In small pot, melt butter over medium-low heat. Add tomatoes, garlic, sugar and salt and pepper. Simmer 8-10 minutes. Turn off heat; keep warm.

● Assembly: If using loaf of bread, cut into 4 sections. If using rolls, vertically cut each in half. Coat outsides of bread pieces with 1 1/2 tsp. oil. Put bottom halves of bread, oil-side down, in skillet. Divide cheese among bread in skillet; top with meatball halves. Spread insides of remaining bread pieces with tomato sauce; place on top of sandwiches, oil-side up. Place skillet over medium-low heat; cook 3-4 minutes until deep golden, pressing gently with spatula. Carefully turn sandwiches over. Cover; cook 2-3 minutes until golden and cheese has melted. Remove from skillet; cool for a few minutes.

Servings: 4. Cals.: 564. Protein: 27 g. Fat: 35 g. (13 g. saturated). Chol.: 129 mg. Carbs.: 33 g. Sodium: 943 mg. Fiber: 3 g. Sugar: 3 g. Kitchen time: 45 minutes. Total time: 1 hour.



Enjoy each recipe by itself—or serve 'em all together

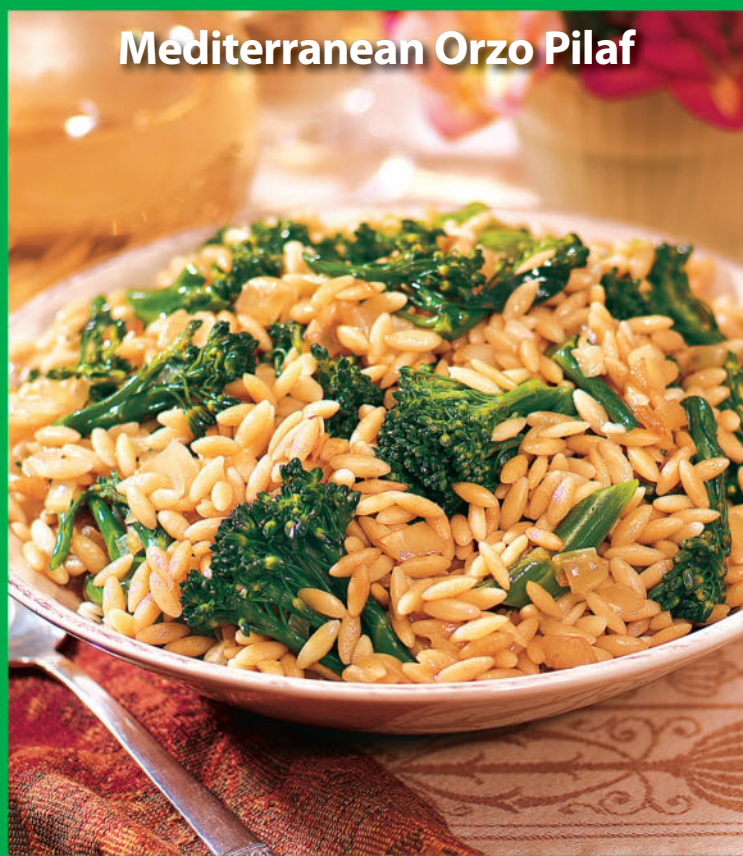
**Mixed Green Salad  
with Pear and Pecans**



**Citrus Roast Chicken**



**Mediterranean Orzo Pilaf**



**Mini Apple-Cranberry Pies**





# Enjoy each recipe by itself—or serve 'em all together

## W<sup>W</sup> Citrus Roast Chicken

*Surprise! Mayonnaise is the magic ingredient that makes our luscious orange- and lemon-scented chicken even more juicy and delicious!*

**1 roasting chicken, about 6 lbs.**  
**1 orange**  
**1 lemon**  
**1/4 cup mayonnaise**  
**1 tsp. dried thyme**  
**1/2 tsp. salt**  
**1/4 tsp. pepper**  
**2 scallions, chopped**

● Preheat oven to 350°F. Coat roasting pan with cooking spray. Place chicken in pan. Grate 1 Tbs. zest and squeeze 1/4 cup juice from orange; reserve separately. Grate 1 Tbs. zest and squeeze 2 Tbs. juice from lemon; reserve separately.

● In bowl, combine mayonnaise, orange zest, lemon zest, thyme, salt and pepper. Reserve 2 Tbs. mayonnaise mixture. Add scallions to remaining mixture. Carefully separate skin from chicken breast; spread mayonnaise-scallion mixture over breast meat under skin. Smooth skin over breast. If desired, truss chicken. Spread reserved 2 Tbs. mayonnaise mixture over chicken.

● Combine reserved 1/4 cup orange juice and 2 Tbs. lemon juice; reserve. Roast chicken 1 hour, 45 minutes or until meat thermometer insert-

ed into thickest part of thigh registers 175°F or juices run clear when pierced with fork, basting with reserved fruit juices several times during last 20 minutes of cooking time. Let stand 10 minutes before carving. Skim fat from pan juices. Serve pan juices with chicken.

Servings: 6  
 Calories: 593  
 Protein: 57 g.  
 Fat: 38 g. (10 g. sat.)  
 Chol.: 182 mg.  
 Carbs.: 2 g.  
 Sodium: 396 mg.  
 Fiber: 0 g.  
 Sugar: 1 g.  
 Kitchen time: 25 minutes.  
 Total time: 2 hours, 20 minutes.

## W<sup>W</sup> Mixed Green Salad with Pear and Pecans

*Our flavor-packed salad features seasonal favorites—fresh pears, peppery greens and crunchy toasted pecans—plus shavings of sharp Romano cheese!*

**1/3 cup chopped pecans**  
**3 Tbs. olive oil**  
**1 shallot, finely chopped**  
**1 Tbs. white balsamic vinegar**  
**1/2 tsp. sugar**  
**1/2 tsp. fennel seeds, finely crushed**  
**1/4 tsp. salt**  
**3 cups baby arugula, about 2 oz.**  
**3 cups watercress, about 2 oz.**

**1 head endive, halved crosswise, separated into leaves**  
**1 red pear, cored, thinly sliced**  
**1/2 cup Pecorino Romano cheese shavings**

● In small skillet, cook pecans, stirring often, over medium heat until toasted, 5 minutes; cool.

● In large bowl, whisk together oil, shallots, vinegar, sugar, fennel seeds and salt until sugar and salt dissolve. Gently toss in baby arugula, watercress, endive, pear and reserved pecans until combined. Transfer to serving bowl. Top with cheese shavings.

**Apple and walnuts** would be just as delicious as pear and pecans in this refreshing salad.



Servings: 6. Calories: 168. Protein: 5 g.  
 Fat: 14 g. (3 g. sat.)  
 Chol.: 7 mg. Carbs.: 8 g.  
 Sodium: 264 mg. Fiber: 2 g. Sugar: 4 g. Kitchen time: 30 minutes. Total time: 30 minutes.

## W<sup>W</sup> Mini Apple-Cranberry Pies

*Brimming with fresh apples and cranberries, these luscious little old-fashioned pies are a cinch to bake up with convenient ready-made pie dough!*

**5 Gala apples, about 2 1/2 lbs., peeled, cored, thinly sliced**  
**1 cup fresh or frozen cranberries, coarsely chopped**  
**1/2 cup + 1 Tbs. granulated sugar**  
**1/2 cup packed light brown sugar**  
**3 Tbs. cornstarch**  
**1 Tbs. lemon juice**  
**1 tsp. apple pie spice**  
**1 sheet (half of 14.1 oz. pkg.) refrigerated pie crust dough**  
**1 egg, beaten**

● Preheat oven to 375°F. In large bowl, combine apples, cranberries, 1/2 cup

granulated sugar, light brown sugar, cornstarch, lemon juice and apple pie spice. Evenly divide apple mixture among 4 (5" diameter, 1 5/8" deep) individual foil pie pans. Reserve.

● On lightly floured surface, roll pie crust dough into 16" round. Using 6"-wide plate as a guide, with knife, cut out 4 rounds from dough. With 1 1/2" apple-shaped cookie cutter, cut shape from center of each dough round. Discard cutouts and scraps or save for another use.

● Place 1 dough round over filling in

each pie pan. Fold edges under; flute. Brush each crust with some of egg; sprinkle with remaining 1 Tbs. sugar. Place pies on rimmed baking sheet. Bake 40 minutes or until golden brown, bubbly and apples are tender. Cool at least 1 hour before serving.

Servings: 8  
 Calories: 281  
 Protein: 2 g.  
 Fat: 7 g. (3 g. sat.)  
 Chol.: 26 mg.  
 Carbs.: 56 g.  
 Sodium: 133 mg.  
 Fiber: 2 g.  
 Sugar: 39 g.  
 Kitchen time: 40 minutes.  
 Total time: 2 hours, 20 minutes.

## W<sup>W</sup> Mediterranean Orzo Pilaf

*Greek seasoning, briny capers and fresh lemon give toasted orzo pilaf with broccoli a bright, sunny flavor!*

**1 lemon**  
**1 Tbs. olive oil**  
**1 onion, chopped**  
**1 cup orzo pasta, 6 oz.**  
**1 clove garlic, minced**  
**12 oz. broccoli florets with stems, cut into 1 1/2" pieces, 5 cups**  
**1 Tbs. dried Greek seasoning**  
**2 Tbs. drained capers, finely chopped**

**1/4 tsp. salt**  
**1/8 tsp. pepper**

● Grate 1 tsp. zest and squeeze 1 Tbs. juice from lemon into small bowl; reserve.

● In 12" nonstick skillet, heat oil over medium heat; add onion. Cook, stirring occasionally, until softened and starting to brown, about 10 minutes. Stir in orzo and garlic; cook, stirring, 1 minute.

● Add 3 cups water, broccoli, Greek seasoning, capers, salt and pepper. Over medium-high heat, bring to boil; reduce heat to medium-low. Cover; cook until pasta and broccoli are just tender, about 10 minutes. Remove from heat; stir in reserved zest and juice.

### Got leftover veggies?

Reheat them in the microwave and stir them into the pilaf with the lemon zest and juice.



Servings: 6  
 Calories: 150  
 Protein: 6 g.  
 Fat: 3 g. (0 g. sat.)  
 Chol.: 0 mg.  
 Carbs.: 27 g.  
 Sodium: 207 mg.  
 Fiber: 3 g.  
 Sugar: 3 g.  
 Kitchen time: 20 minutes.  
 Total time: 30 minutes.





Only 206 calories!

## Slow-Cooker Pot Roast

Prep this savory slow-cooker stew in the morning before work and you'll come home to a juicy, tender, oh, so satisfying—and slimming!—weeknight dinner!

3 lb. boneless beef chuck roast, trimmed of excess fat

1 tsp. salt

1 tsp. pepper

1 can (14 oz.) fat-free beef broth

4 cups (1/2") carrots slices, about 1 lb.

3 cups coarsely chopped onions, about 12 oz.

2 cups sliced mushrooms, about 6 oz.

1 cup (1/2") celery pieces

2 Tbs. tomato paste

1 Tbs. Worcestershire sauce

2 sprigs fresh thyme

1 tsp. chopped garlic

2 Tbs. cornstarch

Coat large skillet with cooking spray; heat over high heat. Season roast with 1/4 tsp. salt and 1/4 tsp. pepper; add to skillet. Cook, turning, until browned, about 5 minutes. Place in slow cooker. Add remaining ingredients, except cornstarch, and including remaining salt and pepper. Gently stir. Cook on high 3-4 hours or on low 7-8 hours, until roast is

cooked through. Turn off slow cooker. In small bowl, dissolve cornstarch in 2 Tbs. cold water. Stir into liquid in slow cooker. Let sit, uncovered, until slightly thickened, about 5 minutes. Remove and discard thyme sprigs. Slice meat and serve topped with veggies and sauce!

Servings: 12. Cals.: 206. Protein: 26 g. Fat: 7 g. (7 g. saturated). Trans fat: 1 g. Chol.: 72 mg. Carbs.: 11 g. Sodium: 447 mg. Fiber: 2 g. Sugar: 5 g. Kitchen time: 20 minutes. Total time: 8 hours, 20 minutes.

**Love this recipe?** Get more like it, plus fat-fighting tricks and a heads up on slimming new supermarket finds, by signing up for the free newsletter at Hungry-Girl.com.

## WW 6-Ingredient Supper

### Bacon and Egg Frittata



4 slices bacon, cut into 1" pieces



2 cups mushrooms, about 4 oz., sliced



8 eggs



1/2 cup milk



1 cup shredded Italian cheese blend, 4 oz.



2 Tbs. basil pesto sauce

Preheat oven to 375°F. Heat ovenproof 10" nonstick skillet over medium heat. Add *bacon*; cook until crisp, 10 minutes. Transfer bacon pieces to paper towels. Discard all but 1 Tbs. fat from skillet. Add *mushrooms*; cook, stirring occasionally, until browned, 10 minutes. Remove from skillet.

Remove skillet from heat and coat with cooking spray. In bowl, beat eggs with *milk*, *cheese* and *pesto*; add mushrooms. Pour into skillet. Over medium heat, cook until edges of egg mixture are set, about 3 minutes. Sprinkle top with *bacon*. Transfer to oven. Bake 18-20 minutes or until set in center.

Servings: 4. Cals.: 371. Protein: 25 g. Fat: 28 g. (10 g. saturated). Chol.: 409 mg. Carbs.: 5 g. Sodium: 573 mg. Fiber: 0 g. Sugar: 3 g. Kitchen time: 20 minutes. Total time: 40 minutes.



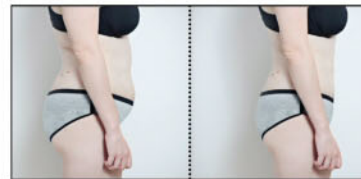
Photos: HBB; Hungry Girl.

## HEALTHY LIFESTYLE

The link between sugar consumption and increased body fat has long been known. Too much sugar in the diet promotes more insulin, the fat storing hormone, and thus more body fat.

## The slimming effect of stable blood sugar levels

Recently an Italian study of a sugar-blocking supplement showed significant weight loss results.<sup>1</sup> The supplement, called Zuccarin™, produced on average 20 pounds of weight loss, in the 90 day study.



The subjects lost 10% of their body weight and lost 3 times the weight of the control group, who were also on a 1300 calorie controlled diet, but not taking the Zuccarin supplement. In addition, the subjects also experienced healthier blood sugar levels after using Zuccarin.

The explanation for the weight loss is that Zuccarin uses mulberry leaf extract and chromium to promote healthy blood sugar levels. Mulberry leaf has shown to reduce the absorption of sugars in the foods we eat. When these sugars are undigested, our blood sugar stabilizes and, according to experts, weight loss can occur.

1- "White Mulberry Supplement as Adjuvant Treatment of Obesity", Journal of Biological Regulators and Homeostatics Agents., Vol 28, no.1, 2014.

Available at Walgreens pharmacies and online. For more information or to purchase call 1-877-696-6734 or visit our website.

## ZUCCARIN™ CHANGED MY LIFE

"I read about Zuccarin in a magazine and since I have blood sugar issues, I started taking this supplement. I have taken it for 2 years now and can't imagine being without it. I have seen my blood sugar levels stabilize and I have even lost 25 pounds since starting. I have recommended Zuccarin to a lot of my friends and they are now experiencing the same good results as I have. I love this product."

Elenor C. Miami, FL.



Zuccarin™ from New Nordic is the no.1 selling mulberry leaf supplement in the world.

**Walgreens**

walgreens.com

amazon.com



newnordicus.com  
Online Store

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Always read the label and follow the instructions prior to use. Results may vary.





# My Guardian Angel

READERS SHARE THEIR STORIES ...

## Angel of light!

When *Woman's World* reader, Anne Green, of Portland, Oregon, sat at her sick grandmother's side, a comforting light appeared. She writes:

**M**y grandmother Mary was a strong woman who raised 12 children. But throughout her life she suffered from numerous ailments and endured much hardship.

When she was 60, her health had deteriorated to the point of leaving her bedridden. When she suddenly took a turn for the worse, the doctors gave the family the heartbreaking news that she wouldn't live through the night.

As word spread, family members began coming to say their goodbyes. When my Aunt Margaret visited, she came out of my grandmother's room with a stunned look on her face. I asked if there was anything wrong, and she just shook her head, but then told me that my grandmother was going to be all right.



**"When I first saw the soft glow, I thought it was a nightlight, then realized it was my grandmother's guardian angel!" Anne says**

Confused, I went back into my grandmother's room and noticed that her eyes were fixed on a light near the foot of her bed. I had seen the glow earlier but thought it was from a night-light. Now, checking around the room, I discovered the only artificial light was coming from a small lamp beside her bed.

I sat down and, squinting my eyes, I could clearly see the outline of a woman, wearing what appeared to be robes and a veil.

My grandmother seemed captivated, nodding her head slowly, as though communicating with the woman. This went on for at least an hour until I dozed off.

To the doctor's surprise—and ours—by morning, my grandmother was much stronger. She was able to eat and even get out of bed. It was almost as though she had never been ill!

Later, my grandmother told the family about her angelic visit. The angel told her it was not yet her time—that there were more things for her to do here on Earth.

From that point on, she grew stronger and was even able to attend her granddaughter's wedding! She lived several

more years before passing away peacefully. And when she did cross over, I had a warm feeling, knowing that her guardian angel was with her.

I also learned that my Aunt Margaret had seen the angel, too. Even now, I can close my eyes and see the angelic light at the foot of my grandmother's bed, and there are no words to describe my feelings.

I can only say that I am now certain we are watched over and guarded by a force that is much bigger than ourselves, and we are never alone!

*"There is a proverb which perfectly illustrates this lovely*



*story: 'One should not stand at the foot of a sick person's bed, because that place is reserved for their guardian angel,'*" notes Doreen Virtue, Ph.D.

*"Many people receive the message that it's not their time to go, so they recover from an illness to fulfill their life's purpose. What's unique about this story is that three people saw the angel! Usually, seeing your guardian angel is a personal experience.*

*"The guardian angel's bright light and loving message fueled Mary's strength to keep going. How beautiful that she could attend her granddaughter's wedding! That is worth living for!"*

*"The angels say: 'We want you to know that we are real and always with you.'"*



**Doreen says:**

**"Angels are very real messengers, sent by God, to help us feel peace and joy"**

Doreen Virtue, Ph.D., the creator of Angel Therapy, is the author of 30 books on mind-body-spirit topics including *My Guardian Angel: True Stories of Angelic Encounters from Woman's World Readers* and host of the Internet radio show "Angel Therapy" at HayHouseRadio.com. If you have an angel story you'd like to share, please send it, along with a clear photo of yourself, including your name, address and phone number to: Angels, *Woman's World*, 270 Sylvan Ave., Englewood Cliffs, NJ 07632, or e-mail us at [Angels@WomansWorldMag.com](mailto:Angels@WomansWorldMag.com). We'll pay \$100 for each featured story. All submissions become the property of *Woman's World* and may be edited, published or otherwise re-used in any medium.





# Have a board game tournament!

Give game night a fun new twist with the new tournament trend! That's when you set up several board game stations, then gather friends and family to try their hands at all of them. "It's a great way to include players of all ages," says Myles Nye, co-founder of game company Wise Guys Events. "And everyone gets to sample a bunch of different games!"



## To-Do List

### A few days before:

- ☐ Gather your games
- ☐ Review the rules
- ☐ Buy snacks

### The day of:

- ☐ Arrange gaming stations
- ☐ Set out snacks



## 1 Invite the gang!

Board game tournaments are a great way to involve friends and family, young and old! You'll want at least two to three people per game, so if you're setting out four board games, invite at least eight guests. Plan your gathering for midafternoon so players have plenty of time to enjoy the action!

## 3 Turn your space into Gaming Central!

Set up your games in different areas of your living room—folding tables work, or you can even set them up on the floor with pillows for people to sit on. Leave a copy of the instructions at each station, then have a set time for each game (say, 20 minutes)—when the time is up, all rounds in progress should finish up, then guests can move on to the next game!



## 2 Pick winning games!

It's best to go with an assortment of classics people love and newer games they may not have played before. Check your stash of games, plus ask guests what they have and can bring along. You can also ask people to contribute a small amount toward the purchase of new games—then award those as prizes at the end! Also smart: Steer clear of games that have overly complicated rules (like Risk) or take too long to play (like Monopoly). Myles suggests having a variety of styles. "That way, everyone can have a good time regardless of their skill set!" His top picks:

### Delight 'em with a classic:

❖ **Bananagrams:** For 2-8 players ages 7+; lasts 20-30 minutes. "It's ideal for a tournament setting and appeals to people who love Scrabble, but it's easier to pick up and faster to play."

❖ **Connect 4:** For 2 players ages 6+; lasts 10-15 minutes. "This is a classic strategy game that anyone can win—if you have an odd number of players, set up a round-robin style tournament where the winners face each other for the championship match."



### Thrill 'em with a new game:

❖ **Discount Salmon:** For 2-5 players ages 8+; lasts 5-10 minutes. "It's a fast-hands card-slapping game in the tradition of Spit or Slam, and the silly fish illustrations will have adults and children alike laughing!"

❖ **Smarty Party:** For 3-8 players ages 10+; lasts 30-45 minutes. Players answer trivia by naming items on a list, like "top-selling toys of all time." Skipping or wrong answers moves you forward on the board. Once someone reaches the end, whoever moved the least wins!

❖ **Love Letter:** For 2-4 players ages 8+; lasts 20 minutes. "The goal of this elegant new card game is to be the first to get your 'love letter' to a princess who has locked herself in a tower, which you do by playing and trading cards. It's quick, fun and easy to learn."



## 4 Set out fun snacks!

Old-fashioned game night fun goes well with old-fashioned snacks like chips and dip! Another option: Pair fun themed snacks with each game station! Myles suggests banana milkshakes for Bananagrams, red and black M&M's for Connect 4, bowls of Swedish fish for Discount Salmon, Smarties candy for Smarty Party, and a fruit and cheese plate for Love Letter.



## 5 Pick prizes for the winners!

You can buy smaller prizes for each station winner (think candy or silly dollar store games that'll appeal to all ages). The overall winner can take home the game they liked best as their prize!





# Fill your home with

Go gutsy with a color palette that's big on brights, and the whole gang is guaranteed to enjoy high energy and good cheer!

## Happy in an instant!

Adding splashes of bright colors, such as bold pinks and fresh greens, is study-proven to boost a room's feel-good energy—and it's as simple as tossing on a few bright pillows, adding some cheery curtains or even setting out some pretty fresh blooms!



## Comfort calling!

In addition to contrasting colors, try contrasting textures and patterns, too—setting a tufted damask pillow on a cushy chenille armchair will catch the eye while creating layers of warmth!





# h happy color!



## Artistic inspiration!

The easy secret to mixing and matching bold colors? Let a piece of art be your inspiration, choosing accessories that pick up on the hues in the canvas! **Tip:** Gather books you already have lying around the house, then color code and neatly stack for a chic look.



## ▲ Teatime treat!

Make teatime extra special by serving your favorite brew in this charming ceramic pot! \$27.99, Cosmosgifts (Wayfair.com, style #SMOS1154).



## ▲ Forever floral!

Add a lively and lovely touch of elegance to a desk or side table with this fabulous faux orchid! \$9.99, MyGift. (Amazon.com, style #B018HL7QRS).



## ◀ Bold bottles!

Just set these pink bottles on a windowsill or bookshelf for a perky pop of color! \$16 for set of 3, Luna Bazaar (Amazon.com, style #B00O59NAYA).

## Blue-on-blue drama!

In the bedroom, the deepest blues (royal, midnight and indigo) combine with tailored lines and white linens for a look that's regal and romantic! **Bonus:** Blues are proven to make rooms cozy and intimate.



## Turn paper into a chic wreath!

It's fast and easy to make this chic-on-a-shoestring wreath from paper—Marie from BloomingHomestead.com shows you how!

- ❑ 4 shades of 12"x12" pink cardstock (You'll need about 3 sheets of the darkest pink, 3 sheets of a medium pink, 2 sheets of a slightly lighter pink, 3 sheets of the lightest pink)
- ❑ 1 sheet 12"x12" white cardstock
- ❑ Hot glue
- ❑ 12" cardboard circle (Marie suggests that you cut your own or use a pre-cut cardboard cake round from the craft store)
- ❑ Baker's twine or string (for hanging)

✓ **Snip some squares!** Cut the sheets of cardstock in the three darkest shades of pink into 4" squares. Then cut the sheets of cardstock in the lightest pink and white into 3" squares.

✓ **Make your cones!** Roll each cardstock square on the diagonal into a cone shape; secure with hot glue. (Marie has a video on making cones. To view it, search "How to Make a Paper Wreath" by Marie at BloomingHomestead on YouTube.com.)

✓ **Glue cones to cardboard!**

Glue the darkest pink cones side by side around the outer edge of the cardboard circle (pointed side of cone facing center of circle) until you form a ring. Then, moving in toward the center of the circle, glue on rows of each of the lighter colors from medium pink to white to fill the circle and create an ombré effect.

✓ **Hang and enjoy!** Cut a length of twine. Fold it into a loop; attach it to back of cardboard circle with hot glue—and it's ready to hang!



WV





WW Miracle Girl

# “Harry Potter saved ou

**Born weighing hardly more than a pound, Kelley French's baby girl faced countless obstacles. Then her husband, Tom, picked up a favorite book—a book of spells; of hope, faith and grand imagination. And for tiny Juniper, the stories inside would work pure magic . . .**

**F**rom the moment Kelley Benham fell in love with Tom French, they had an instant family with his two amazing sons, Nat and Sam.

Adding to their family, however, was not easy. It took three rounds of IVF and a donor egg to conceive. Finally, though, the Bloomington, Indiana, couple was cheering: “We’re having a baby!”

Everything seemed magical—especially when, at 16 weeks, they learned that the baby would be a daughter. But then, at 20 weeks, Kelley began bleeding.

Are we going to lose her? Kelley panicked.

## “Keep reading!”

**Y**et once at the hospital, every monitor echoed through the room with the whooshing music of a tiny heart: Their Juniper was fine.

To be safe, Kelley was put on bed rest and given steroids to help the baby’s lungs develop. “You have to make it to 24 weeks,” the doctor



**“Juniper is proof that love has magical powers,” says Kelley, with Tom and Juniper.**

told her. He noted 28 weeks would be far better. But by 24, odds were at least she would survive—even if it was potentially with a whole range of disabilities.

“I love her so much already. But what if she’s born only so that we watch her die? What if her life is filled with nothing but challenges?” Kelley choked to Tom.

Yet what choice was there? And at just 23 weeks, Juniper came into the world, weighing only 20 ounces. Through her skin, you could see her veins and her heart beating. Her eyes were fused shut and her intestines had burst. A ventilator was keeping her alive, though just barely.

As Kelley curled in a NICU vinyl hospital chair, terrified and unable to hold Juniper yet, Tom pulled out a worn hardcover book and propped it on the dome of her incubator.

“Chapter one. The Boy Who Lived,” he read. *Harry Potter and the Sorcerer’s Stone*? Kelley thought. What would such a tiny baby

get from such a story? The book weighed as much as she did!

“How about *Goodnight Moon* instead?” she suggested gently.

Tom shook his head.

“A story is a promise. It’s a promise that the ending is worth waiting for,” he insisted. And it struck Kelley: *Harry Potter* is the story of a baby saved from the most powerful evil in the world because his mother stood by him and protected him with her life.

It was also a story that had fused their family from the beginning. Once, when she and Tom hit a rocky patch, they had snuck out of work to see the movie version of *Harry Potter and the Goblet of Fire*. When the later books came out, Tom, Nat, Sam and Kelley had waited in seemingly endless lines to buy them at Walmart, then stayed up all night together, reading them until dawn.

And in the coming weeks, as Tom read page after page, volume after volume to Juniper, something amazing happened. Maybe she couldn’t understand the story, or even a single word. But in hearing the rhythms of the sentences and the joy in her daddy’s voice, Juniper began tugging at her respirator tube. She swatted at the

ultrasound wand that scanned her chest and brain. And her oxygen levels, respiration, blood pressure

**“Juniper would grasp my pinky, as if letting us know, ‘I’m here and fighting,’” says Kelley. Bottom: Tom read six volumes of the Harry Potter series to Juniper.**





# r baby's life!"



and heart rate rose—unless he stopped reading. Then they would crash!

"Keep reading!" the nurses shouted.

So they did. They read to Juniper about flying broomsticks and chocolate frogs and children who are brave and strong. And when specialists reminded them that hearing is one of the first senses to develop in micropreemies, they read even more, doing Hagrid and Ron Weasley and Dumbledore's voices and funneling all their instincts, all their hopes, all their love into those chapters, believing that if their baby girl had something to live for, she *would* live.

## The Girl Who Lived!

It wasn't overnight. But Juniper began to grow. She was weaned from all her machines and wires. And finally, after 196 days in the hospital, Kelley and Tom could take her home!

Soon, Juniper was taking her first steps and saying her first words, then stringing words into sentences and songs. And when she began playing dress-up, it was always as Hermione, Harry's bright, curious and plucky fellow wizard.

"I see Hermione in my dreams!" Juniper would tell anybody who would listen. "I'm going to vote for her for president!"

This past summer, a box arrived in the mail.

To Juniper, the inscription on the special British boxed set of *Harry Potter* read. *The Girl Who Lived!*

*With lots of love, J.K. Rowling.*

Kelley was stunned. For years, she had wanted to thank Jo Rowling, the creator of *Harry Potter*. Now, after hearing Juniper's story, the esteemed author had reached out to Kelley on Twitter!

*Because of you, my daughter is alive!* Kelley messaged her in gratitude.

Juniper, however, didn't know that Rowling was one of the most famous people on the planet. All she knew was that she had a new friend.

"She loves me!" she beamed. "Can she come to our house?"

Maybe someday, Kelley figures.

Who's to say it can't happen? After all, looking at Juniper, she knows the most incredible things do.

Today, five-year-old Juniper is a kindergartner, joyful and healthy as can be. She loves gymnastics and ballet, and starring in movies that her brothers film on their iPhones in the family's backyard, pretending their chickens are students at Hogwarts school.

"We will never stop believing that Juniper is here because of her wonderful medical care, because of grace and because of Harry Potter," Kelley says with a smile.

"This experience was scary, but it taught us so much about ourselves. And it taught us that the greatest magic of all is love!"

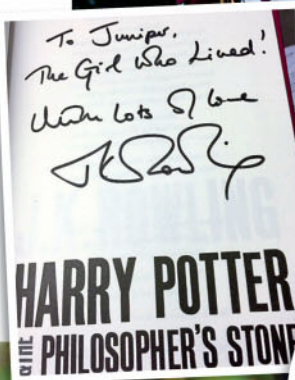
—Kristin Higson-Hughes

"The stories we love best do live in us forever..."

J.K. ROWLING



Juniper loves to dress up like Hermione and treasures the collection of books J.K. Rowling gifted her. In return, Juniper sent the author a copy of Kelley and Tom's book: *Juniper: The Girl Who Was Born Too Soon*.



## Reading can change your life!

"Read as much as you possibly can—nothing will help you as much as reading!" J.K. Rowling says. And she's right! A great story can help you:

### ✓ Achieve your goals!

Reading about a character who achieves her goals and overcomes obstacles can inspire you to do the same, say Ohio State University researchers! "Something very magical can happen when you read a good book," Rowling says.

### ✓ Stay mentally sharp!

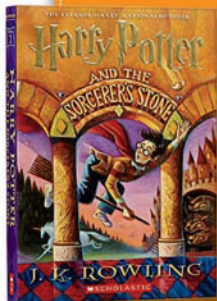
Getting lost in a good book has been proven to make your brain younger! In fact, one study found that people at risk of Alzheimer's who regularly read are two and a half times less likely to develop the disease!

### ✓ Connect with friends!

If you love reading a good fiction story, studies show you're likely great at understanding what others are thinking and reacting to their emotions—making it easier for you to bond with old friends and meet new ones!

### ✓ Boost your intelligence!

Whether you're young or old, reading opens up a whole new world, from learning about new places to building an impressive vocabulary! In fact, children who read learn 50% more words than those who watch TV!



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Photos: Warner Bros./Everett Collection; Kelley Benham French (4); Cherie Diez; Dave M. Benett/Getty Images; courtesy of subject; courtesy of vendor (3).

We pay  
\$250!



# What kind of friend are you?

We each have traits and qualities that make us a great friend—and knowing your “friend style” can not only shed light on who you are, it also can help you grow closer to all *your* pals! If *you* . . .

- ❑ Always seem to know just how to make a friend laugh
- ❑ Love swapping stories and talking all night with your pals

## You're a sweet humorist!



Your sharp sense of humor is a sign not only of your intelligence but of your empathy, as well: You seem to have a sixth sense for when a friend needs a booster shot of levity and are always able to put things in perspective with a witty remark.

### Get closer with . . . nostalgic fun!

You're as funny as you are sentimental. Why not celebrate these qualities with a nostalgic girls' night? Whether you have a slumber party or gather your friends to watch a retro flick, reconnecting with your inner child will help you connect with your grown-up pals.

- ❑ Tend to be spontaneous and love going on adventures with friends
- ❑ Are known for your excellent pep talks

## You're an inspirational risktaker!

Bold and adventurous, you enjoy stepping outside your comfort zone—especially when you can get a friend to join you! Whether you're giving one of your famous pep talks to a pal in a rut or just being your confident self and living your life, you inspire your friends to take risks and fulfill their own potential.

### Get closer with . . . a change of pace!

Whether you take a road trip with your bestie or just take a stroll in a different neighborhood with your pals, doing something new with your friends will not only satisfy your thirst for novelty, it'll also spice up your friendship!



- ❑ Find that friends often come to you for your advice
- ❑ Prefer one-on-one time with your pals to parties or big gatherings

## You're a sage confidante!

An old soul, you exude a serene wisdom that leads others to confide in you and look to you for your insightful advice. Known for your loyalty and steadfast support of those you care about, you're the rock that makes *your* circle of friends unbreakable.

### Get closer with . . . regular “dates”!

You tend to be sensitive and even a bit introverted—a key reason why big gatherings can sometimes be draining. So set aside a few times a month for one-on-one “friend dates.” Whether you go out for coffee or schedule a phone chat, regular just-the-two-of-you time will bring you closer and help you melt stress!

- ❑ Make friends easily and tend to be drawn to folks who are different from you
- ❑ Are outgoing and love big get-togethers

## You're an open-minded harmonizer!

As warm and open-minded as you are poised and politic, you're known for having an eclectic group of friends with a wide variety of interests. In other words, for you, friends of a *different* feather flock together.



### Get closer by . . . learning from their passions!

Whether you take a cooking class with a friend who loves French cuisine or visit a museum with your artistic BFF, learning from your pals' passions will deepen your bond!





Have Fun with **KIDS!**

# Turn paper plates into Jurassic playmates!

Family fun: Whip up some paper plate dinosaurs with the kids!

## What you'll need for each dinosaur

- 2 (9") paper plates
- White craft glue
- 15 mm wiggle eye

**1 For the blue apatosaurus:** Your child folds one paper plate in half, cuts the rim off the second plate and cuts 4 (1"x2 1/2") legs from its center. He glues the legs to the plate's curved edge.



**2** Your child cuts second plate's rim in half and cuts one end of each piece into a pointed curve. He cuts a mouth in one and glues on the eye; cuts 1 1/2" slits at each end of folded plate, inserts rims' ends into fold and glues.



**3 For the purple triceratops:** Your child prepares body the same as he did for the blue apatosaurus. He glues a 1"x3" tail to one end, a white cardstock 2"x1 1/2" horn to the other. He adds a 15 mm wiggle eye and two 1"x3" curved horns to the head end and 1 1/2"x3/4" spikes to the back. He cuts a 2" slit 3" from front and slides in a 6"x3" semi-circular cardstock ruff.



**4 For the yellow pterodactyl:** For pattern, copy main photo at 400% then 150%. Your child cuts wings from a paper plate, body from matching cardstock or another plate. He glues them together and adds a 12 mm wiggle eye.



Design: Brent Pallas.  
Photos: Cathy Olivucci/HBB; iStockphoto.

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*Sometimes taking a break is the best move you can make.*

Feeling under pressure or overwhelmed? Stressed out, stalled or stuck? Frantic or fed up? That's just life's way of saying you need to hit the pause button. Even a few minutes of downtime here and there can add up to a much happier you!

# Harlequin Mini-Romance for Woman's World

## Old friend, new love

Could a childhood friendship blossom into something so much more?

Lucy closed her umbrella as she entered the bakery café where she was meeting James. When her childhood best friend asked her to meet him here, she thought it was an odd choice. James was a military man. A Marine. Deployed more times than she had fingers. She had expected him to ask her to meet him at a sports bar or a barbecue place so they could catch up over drinks and the comfort food that he seemed to enjoy so much. But he had chosen here. This beautiful, dimly lit café with its glass case of gorgeous pastries. It smelled heavenly, sweet and yeasty accented with the aroma of freshly ground coffee. After being in the hospital for so long, she really appreciated these smells. No more hospital antiseptic. No more smells of sickness.

“It didn’t feel like a kiss one would give a friend”

She spotted him at a little table in the corner. It was the most private spot there, and combined with the sweet scents, the rain and the soft lighting, it was almost romantic.

It was a silly thought. He was James. He had seen her literally at her worst. Bald and rail thin with tubes coming out of her body. Surely he didn’t choose this place for its ambiance. He looked up at her and waved. If she hadn’t known any better, she would say he looked nervous. But he also looked so handsome. He was a big man, broad shoulders, strong jaw, his hair cut incredibly short. He was wearing a black sweater, which was different from the sweat-shirts and jeans she usually saw him in when he made it back to the States.

“Lucy.” He stood up and surprised her by wrapping his arms around her and pressing his lips to her cheek. Sure, he had hugged and kissed her before, but it had never felt like this. His lips lingered. His body was like a

heavy warm blanket that she wanted wrapped tighter around her. “You’re gorgeous.” He kissed her cheek again, and it didn’t feel like a kiss one would give a friend. It felt like much more. “You feel good,” he said as he squeezed her once more before letting go.

She sat down across from him. “Thank you. My hair and weight have made a full comeback.”

He took her hand and brushed his thumb across her knuckles. It was an intimate touch. Not one she was used to from her old friend, but she liked it. It made her feel a little breathless. “I can’t stop looking at you. You look so different from the last time I saw you.”

“We video-chatted last week.”

“But the last time I was with you, you were in the hospital,” James replied.

When everyone thought she was dying.

He’d slept in the hospital every night of his leave and held her hand. Her rock when she was at her weakest. If she hadn’t loved him before, she’d have fallen in love with him then. But he had captured her heart when he was eight and she was six and his family had moved next door to hers. “Cancer-free and I intend to stay this way. Your leave will be much more fun this time.”

“I’m not on leave, Lucy. I turned in my papers. I’m back. I even have a good job waiting for me here.”

She shook her head, not sure she understood what he was saying. “You love the Marines.”

“I do, but I love you more.”

“I love you, too, but—”

“I’m in love with you. I have been for 15 years. I took you for granted. I always thought you’d



be there when I got back, and then you got sick and the thought of you not being there destroyed me. Leaving you in that hospital was the worst day of my life, and I swore that if I made it back from my last deployment that I would never leave you again.”

She looked at him, feeling choked. She must be dreaming. She had prayed for him when he was away, prayed for his safe return. Prayed they could have something more than small snatches of time together.

Anyone who said prayers went unanswered was wrong.

“Say something.” He looked so terrified, her heart nearly burst.

“There’s only one thing to say.”

“What’s that?”

“Where’s the waitress? I’m hungry.”

“Lucy!”

She went over to him giggling, feeling deliriously happy and free. “I’m in love with you, too, James. Always have been and always will be.”

—Jamie Pope

## Crossword puzzle solution

D	E	A	E	E	K	A	M	S	V	E	L	S	A	S
N	E	N	E	S	C	E	S	A	R	C	S	O	G	R
B	O	B	K	E	B	A	P	H	O	O	D	O	E	M
N	O	I	L	I	B	L	L	I	N	S	E	N	C	E
N	O	N	G	A	L	L	I	N	E	A	U	K	E	J
S	T	I	S	Y	O	C	N	N	S	A	S	H	E	H
K	N	I	K	D	E	C	I	D	E	C	I	D	E	S
S	I	S	O	P	O	S	T	E	I	T	E	A	T	O
S	P	R	I	T	S	P	I	R	I	T	S	P	I	R
P	E	R	A	P	R	A	V	I	T	S	P	A	R	A
P	O	R	E	T	R	A	F	T	R	A	F	T	R	A
E	R	I	E	C	A	R	R	I	E	M	E	T	E	R
D	E	S	E	R	O	S	E	S	O	C	L	O	S	E
S	I	N	S	U	S	V	A	M	A	I	S	A	M	A
Y	A	S	T	A	M	E	D	S	A	M	A	R	I	S
P	I	T	S	N	I	T	S	P	A	T	I	S	T	R
O	F	F	E	L	N	E	S	A	T	I	P	A	T	I
D	O	E	L	N	O	N	A	M	E	S	A	M	O	S
H	S	O	P	T	O	P	A	P	A	S	P	A	S	I

Visit [Harlequin.com](http://Harlequin.com) or your local retailer for more great reads from Jamie Pope and Harlequin Kimani Romance, including her upcoming title, *Mine at Midnight*, on sale March 2017.





# Circle of Kindness!

Have you done something kind for someone . . . or been on the receiving end of a thoughtful gesture? Share your heartwarming story here!

## "Our kindness was repaid!"

Every Sunday, my husband and I go out for breakfast after church. One morning, we had just settled in to a large booth when a family of five was seated in a small booth behind us. Realizing that they could use more space, we offered to change booths with them. They thanked us as we happily switched seats. My husband and I enjoyed our meal, then patiently waited for the check. When, after a few minutes, it still hadn't arrived, we asked our waitress about it—and found out that our bill had been paid! We realized the family who'd taken our booth must have treated us to breakfast, and we couldn't thank them enough. It was such a wonderful surprise to see that our small good deed had started a little circle of kindness!

—Linda Hall, Oxford, MI



## "I helped cheer her up!"

I have regular doctor's visits at a small local hospital, and I've become friendly with the woman who checks me out after each visit. Recently, she was going

through a difficult time after her mother passed away. I noticed that she had a small toy dragon in her office to keep her company, and suddenly I got an idea. I'd won a stuffed unicorn named Fluffy at a raffle recently, and I thought it might cheer up my friend. While she was out of town to be with her family, I left the large, pink unicorn on her desk. The next time I went for a checkup, she told me that as soon as she saw Fluffy, she burst out laughing. She was so grateful for being able to find a reason to laugh during a sad time. I'm just glad I could be there for her when she needed it most!

—Heidi Marsh, Greenville, CA



## "There are still honest people out there!"

My husband was out running errands when he realized he'd lost his wallet. He retraced his steps, but couldn't find it. He came home very upset—his cash, credit cards and insurance cards were all inside. A short while later, we got a call

from our daughter, whose business card was in my husband's wallet. It turns out a gentleman had found the wallet, noticed the business card and called our daughter. When my husband went to pick up his wallet, he was so grateful to find that not a single thing was missing. My husband tried to give the gentleman a reward, but he replied, "No need—it was just the right thing to do." We were so thankful to see firsthand that there are still kind and honest people out there!

—Sharon Billings, Granville, MA



Do you have an act of kindness to share? E-mail it, along with your name, address and a clear photo of yourself to: [CircleofKindness@WomansWorldMag.com](mailto:CircleofKindness@WomansWorldMag.com). Or mail it to: Circle of Kindness, Woman's World, 270 Sylvan Ave., Englewood Cliffs, NJ 07632. We'll pay you \$50 if we publish your story; submissions may be edited for style.

We pay \$50!

## Liver Health



# Detox Your Body - Every Day

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## Unjunking your body

A detox, like a water or juice fast, is an excellent way to rid the body of stored toxins, but it is often difficult to abide by, and can involve days or

even weeks of feeling tired and sick. However, there are other ways.

## Detox with one tablet a day

Active Liver is a natural health product that helps promote your liver's health and helps you detox on a daily basis – all year round. With just one tablet a day, it gently but effectively uses known herbal extracts to facilitate detoxing of the body –without the "side effects".

## THE LIVER AND YOUR WAISTLINE

The liver is an important fat burning organ. Experts claim that if the liver is sluggish or clogged with waste material it will be less able to work, and fat can start to build up, under the skin, as belly fat and even inside the internal organs. Making sure your liver is working well, they say, will help you flush fats from the body.



Active Liver™ contains milk thistle, a herb known for protecting the liver. It also contains turmeric, a "superfood" and known anti-inflammatory spice.

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# "Help me get the maximum Social Security!"

Nearly 60% of the folks receiving Social Security right now are women. Here's how to get the most from *your* benefits . . .

## 1 Do what's right for you!

### Single? Delay, if possible!

The golden rule in your golden retirement years? Delay your Social Security payments until age 70, if you can. "Social Security's retirement benefit beginning at age 70 is 76% higher than beginning at age 62, when you first become eligible," says financial planner Michael Kitces. "For single women in particular, it's important to make a good decision about whether to claim early or delay," he says. "You can't beat the guaranteed inflation-adjusted benefits of waiting." Don't want to wait until 70? Delaying past 62 until full retirement age—typically 66 or 67—also pays: "You'll receive an additional 8% per year for every year you delay past full retirement age," explains personal finance pro Emily Guy Birken. "So if you're eligible for \$1,000 per month at your full retirement age of 67, you'd get \$1,080 if you wait until age 68 and \$1,160 at age 69!"

### Married? Time it right!

It rarely pays for both spouses to delay taking benefits, according to Kitces. "The driving rule for married

couples is to coordinate your payments so that the higher earner delays as long as possible (ideally until age 70 for maximum payout), and the lower earner starts early." This not only significantly boosts the higher earner's retirement benefit, it also increases the potential survivor benefit. Since women tend to outlive their husbands, this strategy is best for most married couples.

### Divorced? You may be eligible!

"Social Security pays ex-spousal benefits if you were married 10 years or longer and haven't remarried," says Social Security expert Andy Landis. "These benefits might be more than your own Social Security, so always explore if you are eligible."

### If you're a widow . . .

"A lot of women don't know that widows can start collecting a survivor's benefit at 60 instead of 62," says expert Donna Davis. "You can switch to your own benefit later on, which can be as much as 60% to 70% higher depending how long you wait. You only get one check," she adds. "So if you're already collecting on your own work record, and your spouse dies, you won't get your check plus his—you'll get the higher of the two."



## 2 Get the best advice!

### Consider a fee-only planner!

"Social Security isn't allowed to advise you," notes Landis. "They can give your options but can't tell you which pathway is best." For advice on how to get the most from Social Security, consider a fee-only financial planner, Birken says. "Certified fee-only planners—rather than commission-based advisors—are obligated to give you advice that's in your best interest." Learn more at CFP.net, NAPFA.org or Garrett PlanningNetwork.com.

### Find answers at free websites!

**Women's benefits:** Get more information on Social Security benefits for women at [SSA.gov/people/women/](http://SSA.gov/people/women/)

**Medicare answers:** Just head to [MedicareRights.org](http://MedicareRights.org) or call their helpline: 800-333-4114. "It's a wonderful nonprofit dedicated to answering your questions," says Davis.

**Sources for more info:** SavvySenior.org's free weekly newswire provides everything from retirement advice to updated Social Security information. "I use it all the time," says Davis.

—Kristina Mastrocola

### Avoid a common confusion!

"So many people in their 70s tell me they wish they could continue working, but they're afraid they'll lose part of their Social Security pay if they do," says Davis. "But you can earn as much as you want without penalty after full retirement age!" When are you penalized? If you start collecting Social Security before full retirement age, you can earn up to \$16,920 for the year 2017 without losing a dime. More than that and you'll be deducted \$1 for every \$2 you earn."



## Our expert panel



**Michael Kitces** is director of wealth management at Pinnacle Advisory Group, cofounder of XY Planning Network and publisher of *Nerd's Eye View*, a financial planning blog at [Kitces.com](http://Kitces.com).



**Emily Guy Birken**—author of *The Five Years Before You Retire*—is a finance writer who pens the "Live Like a Mensch" column for the Dollar Stretcher website.



**Andy Landis** (AndyLandis.biz), author of *Social Security: The Inside Story*, has appeared on Fox Business News and is a regular guest on radio.



**Donna Davis**, author of *Your Social Security Retirement Toolkit*, is the brains behind BoomerBlasts.com, a blog full of inspiring retirement advice.



# SHAKE SHAKE SENSIBLE MEAL

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## Take a Break!

# Get happy with mood-boosting mocktails!

Sail through the rest of winter with more joy and energy, courtesy of delicious mocktails! "This time of year, when the weather is chilly and daylight has dwindled, it's not unusual to feel a little down or sluggish," says holistic health coach Jules Aron, author of *Zen and Tonic*. Her science-backed secret to lifting your spirits? Mocktails! "These nonalcoholic mixed drinks keep your mood bright by delivering a healthy dose of 'get-happy' nutrients like omega-3s, folic acid and beta carotene." Drink up!

## Relax your way happy with a Sparkling Pear Mocktail!

"Fresh thyme is the perfect match for sweet pear, the star ingredient

in this bubbly drink," Aron says. "Pears are packed with folic acid to boost the level of feel-good serotonin in your brain," while thyme contains a compound called carvacrol that gently slows your heart rate to relieve stress and spark a happier mood!

- ❑ 1 cup water
- ❑ 1 cup honey
- ❑ 6 sprigs fresh thyme
- ❑ 1/2 fresh pear, peeled, cored and blended
- ❑ 1 oz. previously prepared thyme simple syrup
- ❑ 3 oz. sparkling cider or seltzer

✿ Start by making thyme simple syrup: Add water, honey and thyme to saucepan over low heat. Simmer until honey dissolves and mixture becomes syrupy. Strain into large glass; let cool. Refrigerate syrup up to one month. When ready for a mocktail, add pear purée and 1 oz. prepared simple syrup to flute glass. Top with sparkling cider.



## Stay upbeat with Tropical Hibiscus Tea!

"This jewel-toned drink pairs tart hibiscus tea with sweet honey and chia seeds," Aron says. "Chia seeds' omega-3 fatty acids affect pathways in your brain to decrease negative feelings." And hibiscus tea has over 85% of your RDA for thiamine, a B vitamin that energizes your nervous system.

- ❑ 1 hibiscus tea bag
- ❑ 8 oz. just-boiling water
- ❑ 1 tsp. chia seeds
- ❑ 1/4 oz. fresh lemon juice
- ❑ 1 tsp. raw honey

✿ Steep hibiscus tea in hot water 2-3 minutes. Discard tea bag, then stir in chia, lemon and honey. Let sit 10 minutes while seeds absorb water. Enjoy!



## Keep the good feelings going by ...

### ✿ Looking at a landscape!

Research links enjoying nature—even just by sitting at a window gazing at the changing sky or by switching your computer background to a stunning scenic vista—to increased feelings of contentment!

### ✿ Eating yogurt!

Experts say that the live, active cultures in yogurt fight depression by increasing levels of mood-boosting neurotransmitters!

### ✿ Paying a compliment!

Praising a co-worker for helping out or commenting on her pretty necklace not only makes the other person happier, it evokes positive thoughts in you!



## Stop stress before it starts with a Carrot Toddy!

"This drink is full of warmth and sweetness," Aron says. Carrot juice is rich in the antioxidant beta carotene, which studies prove helps steady your mood and reduces your risk of the blues as much as 37%. Mix it with calming chamomile tea for maximum stress-fighting power!

- ❑ 4 oz. pure apple juice
- ❑ 1 chamomile tea bag
- ❑ 4 oz. pure carrot juice
- ❑ 1/2 oz. fresh lemon juice
- ❑ 2 tsp. raw honey

✿ Heat apple juice in saucepan until hot; pour over chamomile tea bag in large mug. Steep 2-3 minutes. Discard tea bag, then stir in carrot juice, lemon juice and honey.







## Borrowed from the blogs!

We bring the fun from the Internet to your craft room!

# Make rustic-chic Wood coasters!

It's easy to turn craft store wood slices into lovely rustic-chic coasters—all it takes is some waxed paper and floral printouts! "I love contrasting vintage blooms and rough-hewn wood slices," says Cami Graham of Tidbits-Cami.com. "Even if my garden isn't in bloom, these pretty—and easy!—coasters allow me to enjoy spring and summer flowers anytime!"



Trendy  
hostess  
gift!



### WHAT YOU'LL NEED

- ☐ Wood slices (like Nuolux set of 10 slices, 3"-4" each, \$11.99, Amazon.com, style #B018LZY5RO)
- ☐ Wax paper
- ☐ Standard printer paper
- ☐ Tape
- ☐ Botanical prints (Cami found her florals at Botanicus.org)
- ☐ Damp cloth
- ☐ Credit card
- ☐ Optional: Butcher's paste wax (to protect finish)

**1** Cut a piece of wax paper the same size as your printer paper. Overlap the wax paper about an inch over the top of the printer paper. Then fold the extra over to the back side of the printer paper and secure with tape. (This will keep the wax paper from getting jammed in your printer.)

**2** Feed this paper into your printer so that it will print on the wax side. (Cami says that this is different for all printers, so you'll need to experiment with your printer to find the right position.)

**3** Print your botanical image and carefully remove it from the printer. (Cami warns that the ink on the wax paper will be very wet and easy to smear if touched.)

**4** Carefully cut out your botanical print without touching the flower. Then wipe the wood slice surface with the damp cloth to help it accept the floral print more easily.

**5** Place the floral paper cutout face down on the wood slice and rub with credit card to transfer the image onto the wood. Lift the wax paper

“It's so easy to transfer botanical prints onto wood slices—one-of-a-kind drink coasters in minutes!”

—Cami Graham of  
Tidbits-Cami.com



off and let dry overnight. (Optional: To preserve image, coat the coaster with a layer of butcher's wax.)

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Dreaming of basking in the sun by day, a cocktail in hand with sand between your toes, then dancing the night away? Head to Miami, where tropical vistas and big-city sophistication meet to ensure you have a postcard-perfect time!

# Soak up the sun in Miami!

## MIAMI BEACHES

Miami has beaches everywhere and for everyone, from party hotspots to family oases to surfers' paradises to secluded stretches of sand—there are even several dog-friendly ones!

With year-round tropical temps, Miami is the ideal destination for escaping winter's chill, no passport needed! Whether you prefer hanging by the pool of your stunning Art Deco hotel ... seeing and being seen along South Beach's 10 blocks of palm-fringed oceanfront sand ... or enjoying the solitude of snorkeling among blue-and-yellow Queen Angelfish along Florida's majestic barrier reef, Miami won't disappoint.

Eager for a taste of local culture? Take a self-guided tour past the pastel-colored hotels, porthole windows and sleek architectural lines of the Art Deco District, a 20th-century neighborhood on the National Register of Historic Places. Shopaholic? You'll be delighted by a visit to the Design District north of Midtown, where couture-filled boutiques make this a one-of-a-kind experience!

Can't decide on dinner amid Miami's many eclectic offerings? Enjoy a little bit of everything at the Food Network and Cooking Channel South Beach Wine and Food Festival, a five-day extravaganza (February 22nd to the 26th) featuring tons of tastings, celebrity chefs and even a Southern Kitchen Brunch hosted by Trisha Yearwood. One thing's for sure: No matter how you spend your Miami getaway, you'll understand why this chic Florida paradise is known as Magic City!

## VIZCAYA MUSEUM

A tour of this Renaissance-inspired estate in Miami's Coconut Grove neighborhood is unforgettable. The mansion's 70-plus rooms overflow with treasures dating back to the 15th century, and the displays in the 10-acre garden are mesmerizing!





### ZOO MIAMI

Pink flamingos greet you from their new habitat at the entrance to this 200-acre zoological garden, home to 900 animals!



### OCEAN DRIVE

The not-to-be-missed bustling main drag in South Beach's Art Deco historic district is lined with trendy cafés and pastel-colored boutique hotels that sparkle in the Florida sunshine!



### FAIRCHILD BOTANIC GARDEN

Sweet fragrances wafting in the breeze are just the icing on the cake in this tropical paradise filled with rare blooms and palms of all shapes and sizes!



### BILTMORE HOTEL

The 273-room resort has a storied history, having hosted everyone from the Duke and Duchess of Windsor to Judy Garland to Bing Crosby to Al Capone to presidents Roosevelt, Eisenhower and Obama!

## Armchair traveler

### Enjoy guacamole, Miami style!

It's hard to imagine making guacamole even more delicious—until you try this Miami-style mash-up made extra-yummy with jewel-like, ruby red pomegranate seeds!

- 3 avocados, peeled, pitted
- 2 Tbs. lime juice
- 1/2 jalapeño pepper, seeded, finely chopped
- 1 tomato, chopped
- 1/2 red onion, chopped
- Leaves from 1/2 bunch cilantro, chopped
- Salt and pepper to taste
- 1/4 cup pomegranate seeds
- Queso fresco (mild white Mexican cheese)
- Tortilla chips

In bowl, coarsely mash avocado. Stir in lime juice and jalapeño, then tomato, onion and cilantro. Add salt and pepper to taste. Stir in pomegranate seeds; top with queso fresco. Serve with tortilla chips. Makes 12 servings.



Recipe adapted from The Ritz-Carlton Key Biscayne, Miami. Photos: ClassicStock/Alamy; Amy Cicconi/Alamy; Huber/Sime/eStock Photo; John Kershaw/Alamy; Huber/Sime/eStock Photo; Ian Cumming/Getty Images.



For the week of Saturday, February 18th, to Friday, February 24th

# Happy Birthday!

Year-ahead forecast for those born this week

Drew Barrymore  
February 22, 1975



Ka-ching, Pisces! With Jupiter in your income zone, your earning potential—and your savings account—should grow nicely until early autumn! Then as planets

shift on October 10th, they'll help bring you fun travel opportunities, including the chance at a once-in-a-lifetime adventure. More exciting news: On December 19th,

a challenging Saturn aspect will end for your sign, and your energy and enthusiasm will soar. You'll become a magnet for romance, too!

## ARIES March 21 to April 19



The 21st promises to be super-lucky, so you might want to pick up a lottery ticket or play bingo for a big prize. On the 24th, romantic fun is in store.

**Your lucky days:** Feb 18, 21 and 24

**Your lucky numbers:** 6, 23 and 29

## LEO July 23 to Aug 22



Holding a grudge? The Sun will help you let it go on the 18th. On the 20th, the Moon rocks your world, lighting up your love and luck sectors at the same time!

**Your lucky days:** Feb 18, 20 and 23

**Your lucky numbers:** 2, 21 and 36

## SAGITTARIUS Nov 22 to Dec 21



On the 18th and 19th, the Moon in your sign gives your romantic life a honeymoon-like boost. On the 21st, an insurance matter will be favorably resolved.

**Your lucky days:** February 18, 19 and 20

**Your lucky numbers:** 10, 22 and 33

## TAURUS April 20 to May 20



Proof you were right will emerge on the 21st, settling a bothersome matter. On the 23rd, celestial forces will help make a date night magical.

**Your lucky days:** February 20, 21 and 24

**Your lucky numbers:** 11, 13 and 31

## VIRGO Aug 23 to Sept 22



The Sun enters your partnership zone on the 18th, spurring new cooperation among those close to you. Set the stage for love on the 23rd for giddy results!

**Your lucky days:** February 18, 20 and 21

**Your lucky numbers:** 4, 16 and 28

## CAPRICORN Dec 22 to Jan 19



On the 21st, you'll get an energy boost from the Moon. Romantic opportunities abound on the 24, so take advantage of your good love mojo.

**Your lucky days:** February 20, 21 and 24

**Your lucky numbers:** 9, 15 and 35

## GEMINI May 21 to June 21



Mercury is making you extra-popular, so expect lots of attention everywhere you go. Misplaced an item? On the 21st, planets help you find it.

**Your lucky days:** February 19, 20 and 21

**Your lucky numbers:** 12, 20 and 30

## LIBRA Sept 23 to Oct 22



Celestial forces make a Presidents' Day weekend "staycation" even more fun than a pricey getaway. On the 23rd, the Moon infuses your love life with magic.

**Your lucky days:** February 19, 23 and 24

**Your lucky numbers:** 5, 19 and 32

## AQUARIUS Jan 20 to Feb 18



The Sun lights your finance zone on the 18th, and money matters improve. On the 23rd and 24th, the Moon in your sign helps you get swept away by passion.

**Your lucky days:** February 21, 23 and 24

**Your lucky numbers:** 3, 17 and 27

## CANCER June 22 to July 22



When figuring out finances on the 21st, trust your intuition to guide you. On the 24th, look at things from a child's point of view and your bond will grow tighter.

**Your lucky days:** February 20, 23 and 24

**Your lucky numbers:** 8, 14 and 26

## SCORPIO Oct 23 to Nov 21



Starting on the 18th, the Sun brightens your life with romance and good fortune. On the 24th, common sense leads you to a great diet or health solution.

**Your lucky days:** February 20, 21 and 23

**Your lucky numbers:** 1, 24 and 25

## PISCES Feb 19 to March 20



Dress for success on the 21st, and you'll wow during a key encounter. Decline invitations on the 23rd, when the Moon shifts you into homebody mode.

**Your lucky days:** February 18, 20 and 23

**Your lucky numbers:** 7, 18 and 34

## What's in the stars for the heartthrobs?



### \* Mark-Paul Gosselaar

Many predict his Fox series *Pitch* won't get a second season, but regardless, there are huge things on the horizon for the Pisces hunk. In October, a powerful trine of Jupiter, Mercury and the Sun will usher in one of the happiest and luckiest times of his entire life!

### \* Sterling K. Brown

After 15 years working in Hollywood, Aries Sterling is suddenly a breakout star with the hit *This Is Us*. One reason? Uranus has been giving him a huge boost for the last two years. And now that people have taken note of him, he's destined to keep getting more famous!



### \* Prince Harry

Signs say the red-headed royal is utterly smitten with his American love, *Suits* star Meghan Markle. And while meddling family members may cause the Virgo-Leo pair to have doubts, their charts promise that the match is a marvelous one!



Gerald James Jackson is an internationally known author, lecturer and astrologer.



CHRISTIE BRINKLEY at 61

*“With BioSil,  
you’ll love your skin,  
hair, and nails!”*

Available at natural health stores nationwide

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Factors**



## She’s Got Looking Beautiful, Youthful, and Healthy Down to a Science!

### “Ladies, It All Starts with Regaining Your Lost Collagen!”

“It’s a scientific fact, after the age of 21, we women lose about 1% of our collagen every year,” says Christie. Collagen, of course, “plumps” your skin and makes it smooth and youthful looking. In addition, collagen gives your skin its vital youth-promoting elasticity. Plus, collagen is responsible for helping to make your hair thicker and stronger. It makes your nails stronger, too.

With clinically proven BioSil, you can now regain lost collagen, add new collagen, and protect both your new and existing collagen.<sup>†</sup>

### “BioSil Generates Collagen the Natural Way!”

BioSil is not “made out of collagen,” it “generates collagen” through your body’s own natural pathways.<sup>†</sup> That means the collagen you add is collagen with your own DNA fingerprint. That’s why BioSil helps you look beautiful, youthful, and healthy – naturally!

### “BioSil Is Backed by Real Science and Proven in Genuine Clinical Trials!”

“I first tried BioSil because I saw the remarkable results of its double-blind, placebo-controlled clinical trials in genuine medical journals. I keep using it because of the results I see in the mirror!”

### Clinically Proven BioSil®

- Reduces Fine Lines & Wrinkles 30% <sup>††</sup>
- Strengthens & Thickens Hair 13% <sup>\*\*†</sup>
- Improves Skin Elasticity 89% <sup>††</sup>
- Strengthens Nails <sup>††</sup>

As demonstrated versus placebo in the published clinical trials: ‡ Barel et al. 2005, Archives of Dermatological Research 297, 147-153. \*\* Wickett et al. 2007, Archives of Dermatological Research 299, 499-505. Results may vary.

### “Put the Science of Beauty to Work for You!”

Try BioSil and experience the real science at work in your skin, hair, and nails. You’ll be happy to know BioSil works naturally and contains no animal parts whatsoever. Discover more of Christie’s beauty secrets at [www.BioSilUSA.com/WWN0217](http://www.BioSilUSA.com/WWN0217)





# Brain Games

**It's frosty!** Use the letters highlighted in the finished puzzle to spell a winter sculpture

## ACROSS

- 1 Little terrors
- 5 Mama's mate
- 9 "What've you been —?" (2 wds.)
- 13 Light-colored wood
- 16 Catty comments
- 18 Iowa college town
- 19 Yuletide song
- 20 Anonymous John or Jane
- 21 What you do in the sauna
- 22 Kelly of daytime TV
- 23 Something to whistle
- 24 Opposite of on
- 25 Sidewalks line them
- 27 Palette supplies
- 29 Peach stone
- 30 Actress Tomei
- 32 T-shirt size: abbr.
- 33 "Don't go!"
- 34 Quick punch
- 37 "Mamma —!"

## 38 Law & Order: —

- 40 Little scissor cut
- 43 Cumming of *The Good Wife*
- 45 Most dear, as a relative
- 48 Wears away
- 52 Doctor's order, perhaps
- 54 Taxi ticker
- 55 Stephen King bestseller
- 56 Stagecoach robber
- 59 Flat floater
- 61 Ripped
- 62 Death on the Nile cause, perhaps
- 65 Beat badly
- 66 *Eat — Love*
- 68 The "p" in mpg
- 69 Buddy
- 71 — carotene
- 73 — of '76
- 75 Marinara ingredient
- 77 Online party announcement

## 79 Blog entries

- 83 Zoned (out)
- 84 Made a choice
- 87 Lash flash?
- 88 Cries for attention
- 90 Mother Teresa, for one
- 91 Playfully shy
- 93 Pigpen
- 94 One-liner, e.g.
- 97 — de cologne
- 99 Gasoline unit
- 102 Relative of an ostrich
- 103 Mend one's —
- 106 Large number
- 109 Got hitched
- 110 Aroma
- 111 Mound
- 113 Meat on a skewer
- 115 Kind of trip
- 116 Fairy-tale monster
- 117 Circle segments
- 118 Happening spot
- 119 — Cruces, NM
- 120 Grasslands

## 121 Create

- 122 Ogled

## DOWN

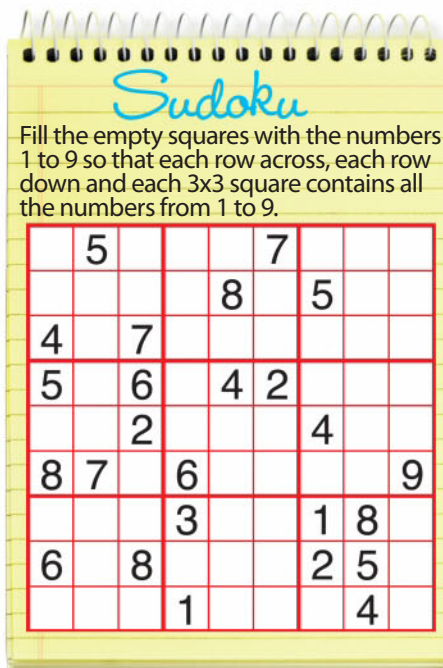
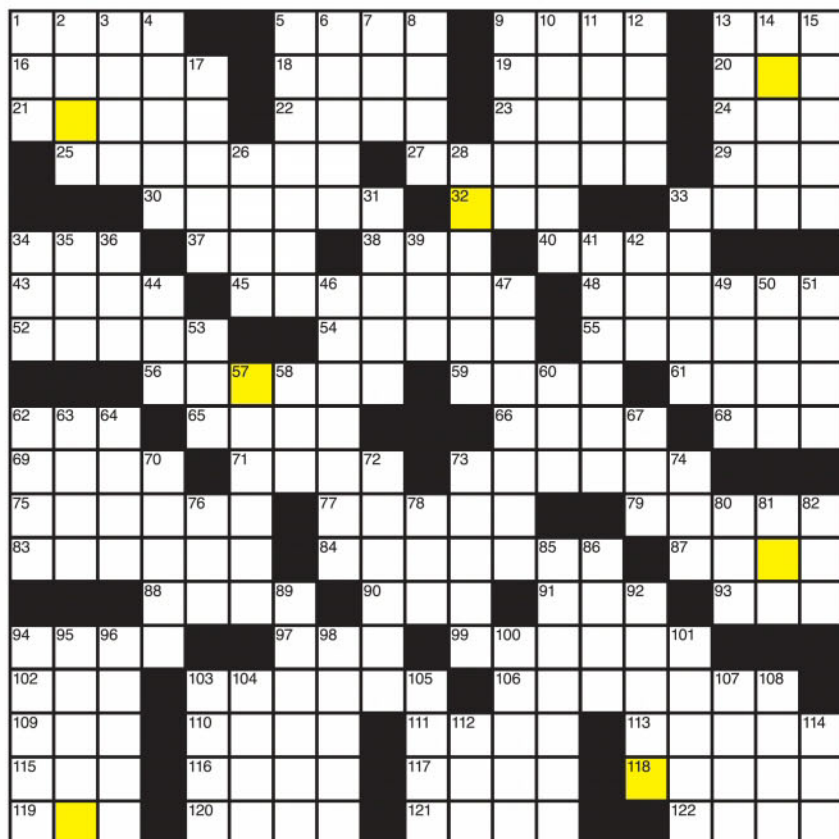
- 1 Chats online, for short
- 2 Tiny kitten noises
- 3 Keats, for one
- 4 Bunch of bees
- 5 Incomplete
- 6 Awry
- 7 Type of talk or rally
- 8 "By yesterday!"
- 9 Loosen, as laces
- 10 Hits with a hammer
- 11 Camping gear
- 12 Arena shouts
- 13 Take as one's own
- 14 Vergara of *Modern Family*
- 15 Substantial
- 17 Cook, as clams
- 26 Clapton who sang "Layla"
- 28 Class clown, e.g.
- 31 Money in the bank, say



"Does this hat match my tie?"

- 33 Baseball or hockey
- 34 Cookie holder
- 35 A pint, maybe
- 36 —, humbug!
- 39 Check for accuracy
- 41 Hummingbird food
- 42 Bank offering, for short
- 44 Apprehend
- 46 Left out
- 47 Boxed in
- 49 Let fall
- 50 Cork's country
- 51 Fortune teller
- 53 Keep out
- 57 Opposite of everyone

- 58 "Give the devil his —"
- 60 It can be casual: abbr.
- 62 *Hamlet* has five
- 63 Boutique
- 64 Reebok rival
- 67 Little bark
- 70 Papier —
- 72 New York's Park, for one
- 73 What angry wasps do
- 74 Roadside rescue
- 76 Golf ball support
- 78 Hosp. area
- 80 — boom bah!"
- 81 Atlanta-based station
- 82 Wild blue yonder
- 85 Overshadow
- 86 Barbie, for example
- 89 Married woman, in Madrid
- 92 "Sunny" egg parts
- 94 Tiara inset
- 95 Alpha's opposite
- 96 Acclaim
- 98 TV's *Green* —
- 100 One way to be taken
- 101 Aunt's girl
- 103 April honoree
- 104 Knife feature
- 105 Pillow cover
- 107 Comply with
- 108 — of the above
- 112 Victorian, for one
- 114 Four-poster, e.g.



Please turn to page 42 for crossword solution

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# Killer workout!

Officer Renee King saw through the murderer's made-up story!

I need carbs." Bent at the waist, hands clutching his knees, Officer Henry Black hyperventilated in the middle of the high school track. "Yup. Massive doses of carbohydrates."

"Exercise didn't kill her," Steve said as he pointed to the 10-pound dumbbell lying next to the victim's head. "The killer struck from behind. Fractured her skull."

"Time of death?" Renee asked.

"Between midnight and three a.m. The club officially closes at nine."

Henry circled the body. "Who found her?"

"The owner, Nathan Hughes, when he opened up this morning," Steve started to say something, then stopped.

"What?" Renee asked.

"I hate repeating gossip, but this might be important. My wife trains here. She heard that Erika was having an affair with the owner."

Nathan Hughes had a smile as fake as his spray-on tan.

"Why was Erika here after hours?" Renee asked.

"She has . . . had a bikini competition coming up and wanted extra time to work out. I gave her a key."

"Who else has a key?" Henry asked.

"Just the cleaning company and my wife."

"Does your wife know that you're having an affair with Erika?" Renee challenged.

Nathan visibly paled and sweat beaded on his forehead. "We broke it off a week ago."

"When your wife found out," Renee guessed.

"Yes."

"Where were you between the hours of midnight and three a.m.?" Henry demanded.

"Home asleep."

"Your wife gonna back you up?"

Nathan averted his gaze. "She's away," he mumbled. "Visiting her mom."

"You know anyone with a grudge against Erika?" Renee said.

"Well, her clients loved her," Nathan

thought a minute. "There is Tanya, another trainer. I heard her accuse Erika of stealing her clients."

Tanya Cox seemed genuinely distressed over her colleague's death. When Henry asked about Erika stealing her clients, she shrugged it off. "Clients come and go. That's business."

"Anyone giving Erika a problem at the gym?" Renee asked.

"Donovan. He's a body builder. He kept asking Erika out, and she kept saying no. He didn't take it well."

"You think he was mad enough to kill her?" Henry said.

"Once, someone tried to use the treadmill when it was Donovan's turn. He almost took that poor woman's head off." Tanya shivered. "Scary. I warned Erika that he was dangerous. I told her to never turn her back on him. And look what happened."

Donovan Reed was a big man whose muscles seemed more developed than his brain.

"I take anger-management classes," he said,

when they asked about his temper. "So what? I'd never hurt Erika."

"Even though she kept turning you down when you asked her out?" Henry said. "That's a lot of humiliation."

The light of a zealot shone in Donovan's eyes. "I was winning her over. I could tell. Any day now, she was going to say yes."

They walked in silence to the squad car.

"Anyone else you want to question?" Henry asked.

"No need," Renee replied. "I think we both know who the killer is."

**Q.** What do you call a fake noodle?

**A.** An impasta!

"You only ran one lap," said his partner, Officer Renee King, as she glanced at the stopwatch in her hand. "And it took you six minutes. Also, most people carbo load *before* they work out."

"The sooner the mayor gets off this exercise kick of hers, the healthier I'll feel. Mark my words. This country's obsession with fitness is going to kill us all."

Two hours later, along with coroner Steve Jenkins, they stood in the weight room of the local gym. Erika Rogers, Sweat It Out's most popular trainer, lay face down on the rubber mat.

"Didn't I tell you?" Henry said. "Exercise is lethal."



"Stop embarrassing yourself, Steve—cats aren't in trees anymore, they're on YouTube."

## Who was the killer?

*Tanya Cox, Her statement about warning Erika to never turn her back on Donovan revealed that she knew the killer attacked from behind, a fact that hadn't been released. Tanya had lost more than a few clients to Erika and had grown extremely jealous of the other woman's popularity.*

**SOLUTION:**

—Shelley Cooper

## Person, Place or Thing?

Can you guess what I am?

1. White is my favorite color.
2. My name starts and ends with the same letter.
3. Admiral Byrd explored me.
4. I am the least populated of my kind.
5. I'm not a very popular vacation spot.
6. I have whales and seals.
7. I am in the South, so to speak.
8. I'm featured in *March of the Penguins*.
9. I have icebergs and glaciers.
10. I am a continent.

## Order Up!

Can you guess which happened first, second and third?

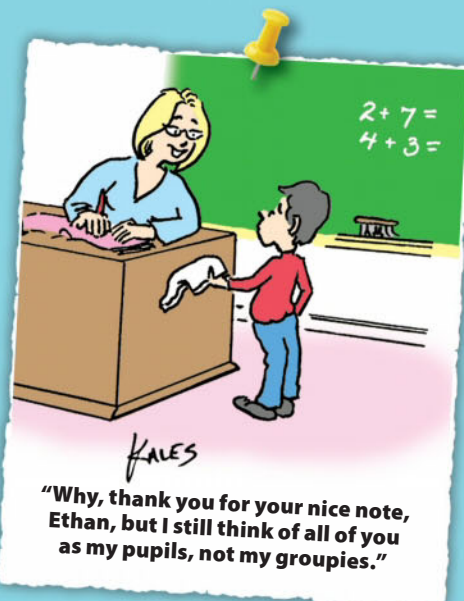
- ☐ a. The last original Peanuts comic strip is published.
- ☐ b. *Happy Feet* wins the Best Animated Feature Film category at the Academy Awards.
- ☐ c. *Cold Mountain* tops the bestseller list.

## Answer Key

6	9	8	5	3	7
4	2	1	6	8	9
4	6	7	9	4	5
3	5	2	6	1	8
7	4	5	3	2	9
9	2	6	1	5	3
5	3	7	3	4	6
5	9	4	2	7	1
8	7	5	3	1	6
2	6	9	2	7	4
3	6	1	2	8	9
2	5	9	4	6	7
8	3	1	6	7	4

This week's Sudoku solution

Crossword Jumble  
Snowman  
Order Up!  
C. 1997, A. 2000, B. 2007  
Person, Place or Thing?  
I am Antarctica.



FALES

"Why, thank you for your nice note, Ethan, but I still think of all of you as my pupils, not my groupies."



# "They healed our hearts—and we healed theirs!"

Nearly 900 pets from a shelter had found loving forever homes in just three days—all but two dogs who just happened to be pit bulls. Didn't they deserve loving families, too?

This might be a record!" shelter workers at the Brandywine SPCA in West Chester, Pennsylvania, marveled, sweeping up after a mega-adoption event. An amazing 886 dogs and cats had been adopted in just three days!

Only two dogs were left in the shelter. They deserve loving forever homes too, SPCA representative June Iv sighed.

It didn't matter that five-year-old Wesley—found wandering on Halloween, his gray and white coat marred with red patches caused by skin allergies—was so gentle he would lay his head in your lap to be petted. Or that brindle Danni, adopted once before, was so bright she knew dozens of commands and was returned to the shelter only because her owner couldn't care for a dog, not through any fault of her own.

But since they were pit bulls, it was as if nobody could see past the breed's bad reputation to notice that Danni and Wesley were actually love bugs.

Why doesn't anyone want us? they wondered sadly.

## Saving Wesley

Just a few miles from the shelter, over the state border in Wilmington, Delaware, Shannon Shaffer had an idea. Growing up, Shannon had always had dogs.

Her husband, Stephen, never had. But that past summer, while dog-sitting for a co-worker, Stephen had fallen in love and told Shannon, "I think I'd like a dog of our own."

Shannon began poking around on a shelter website—and when she saw a gray pit bull who looked like he was decked out in a white dress shirt and socks, she couldn't help but smile. Then she noticed his name. Wesley! That's Stephen's middle name! she cried. Somehow, it felt meant to be.

The next morning, before she could even contact the shelter, Shannon's eyes grew wide at a photo in her local paper beside a story of two "forgotten" shelter dogs. That's Wesley! she gasped.

Immediately Shannon e-mailed: *I'm interested!*

Wesley was waiting in the "visit room" when Shannon arrived at the shelter. Running over, he nuzzled her hand. "How could nobody want you?" Shannon murmured, adopting him on the spot. Then she called Stephen, saying, "Come home. I have a present for you!"

The moment Stephen walked in, Wesley trotted over, his tail wagging. "He's ours for real?" Stephen asked, excited as a kid on Christmas morning.

From that night on, though about



"It's like Wesley has been a part of our family forever," says Shannon. Inset: Lena, Anthony and their love bug, Danni.

50 pounds, Wesley considered himself his new dad's lap dog. And whenever Shannon watches their eight-year-old daughter Charlotte playing tug-of-war with Wesley and his rope toy, the pup letting the little girl win and rolling over for a belly rub instead, she knows she was right: Wesley was meant to be with them all along.

## Another happy ending!

Meanwhile, about 100 miles away in Staten Island, New York, Lena Stefanese was mourning the loss of her two beloved pit bulls, who'd died within three months of each other.

"How about we get another dog?" her husband, Anthony, suggested. But Lena wasn't ready.

Then Anthony showed her the online article with the picture of Danni curled up in her pen on a blanket, her ears tucked as if to say: *It's really lonely here. Even Wesley has a family now . . .*

Lena's heart shattered. And when she read that Danni had been adopted once and returned, tears welled in her eyes. "Just like our Zena!" she blurted.

That beautiful dog deserves a

home, Lena thought.

When they first saw her, Danni just lay there, as if she didn't want to get her hopes up. Or maybe she was afraid that if she bounded over, it would be mistaken as aggression. But as Lena coaxed, "It's okay, baby girl," Danni inched closer. She sniffed Lena's hand. And then, Danni was in her lap, licking her face!

From the moment they arrived home, Danni made herself at home. A perfect lady, she never jumps on anyone and hardly even barks. She simply extends her paw as if to say: *How do you do?* And just like Wesley with his family, Danni is constantly covering Lena with kisses as if to say: *Thank you for this chance! For all this love!*

"It's so obvious that Wesley's happy to finally be with people who love him!" beams Shannon. "We have no idea why anybody passed Wesley over, but we are so grateful to have him as ours!"

Lena echoes the sentiment. "I can't imagine how anyone could have given this dog up, and I love her more every day. We healed Danni's heart, and she healed mine!"

—Kristin Higson-Hughes



Wesley and Charlotte

## Create a stronger bond with your pet!

✓ **Set aside time to play!** Make some time to toss around her favorite toy. It'll build your relationship, plus just 10 minutes of play per day helps her stay healthy!

✓ **Share some "mom and me" time!** Focus your attention on your pet—brush her, cuddle, whatever she loves. This strengthens your bond and reduces stress for both of you!

**You can bond with your pet, too. Here's how:**

✓ **Serve dinner with love!** Once or twice a week, feed her from your hand or simply sit next to her as she eats—it will build trust and make the two of you even closer!

Share your own inspiring story with us, and we'll pay you \$250 if we publish it! Read or heard a story you think belongs in Woman's World? Send it to us! If you're the first to share it and we publish it, we'll pay you \$100! E-mail the story with your name and phone number to: WWFeatures@WomansWorldMag.com. Or mail to: Scoop, Woman's World, 270 Sylvan Ave., Englewood Cliffs, NJ 07632.

**We pay \$250!**



# Love & Laughter!



## TV Wisdom!

*Quantum Leap*

"To save a life, to change a heart, to make the right choice. That's what life's about!"

—Dr. Sam Beckett



"She's busy now. Can you call back when the big hand is on the 12, and the little hand is on the three?"

**Win \$100!**  
See box below

Send us your cutest pet picture!



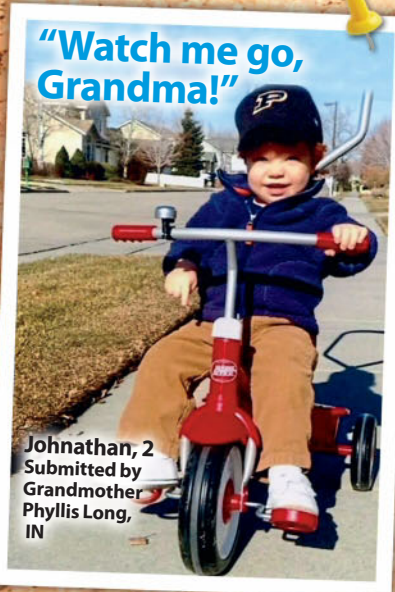
**Feline fabulous!**

Submitted by Lucy Gacki, Quebec, Canada



## "Giggles for Grandma!"

Greyson,  
10 months  
Submitted by  
Godmother  
Barbara  
Magnotta, NY



## "Watch me go, Grandma!"

Johnathan, 2  
Submitted by  
Grandmother  
Phyllis Long,  
IN

I stopped to grab a quick bite to eat at a fast-food place. I went in and checked out the menu hanging above the counter. When I was finally ready to order, I looked around . . . and that's when I noticed all the workers were wearing hard hats! Turns out, the restaurant wasn't open yet for business! I rushed back to my car—and sure enough, noticed a *Coming Soon!* sign—but boy, was my face red!

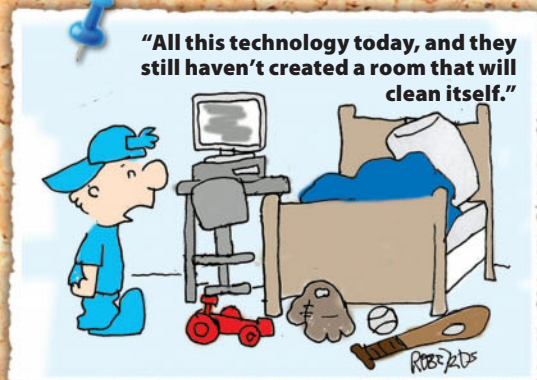
**Was my face red!**

—A.C., Bradenton, FL



## Pretty in pink!

Lea, 18 months  
Submitted by  
Aunt Claudia  
Sterling, FL



"All this technology today, and they still haven't created a room that will clean itself."



## Sweet as can be!

Orla, 2  
Submitted by  
Grandmother  
Debbie  
Aparico, FL

**\$** Send us your cutest baby photos. Please include name and age of child, your name, address, phone number and relationship to the child. Also, please send along your original pet photos and your embarrassing stories. We pay \$100 for each pet photo published and \$50 for each "Was my face red!" that we use. Send it all to Love & Laughter!, *Woman's World*, 270 Sylvan Avenue, Englewood Cliffs, NJ 07632 or e-mail to LoveAndLaughter@WomansWorldMag.com. (Unfortunately, due to volume, we can't return any photos.)



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