

March 6, 2017
God Bless America

Woman's World

A great week made easy!

Take this mood-elevating herb for

73% less ARTHRITIS PAIN!

Britain's hottest new diet!

LOSE 14 LBS a week!

Memory-boosting smoothies that

END FORGETFULNESS!

HAPPINESS SECRETS

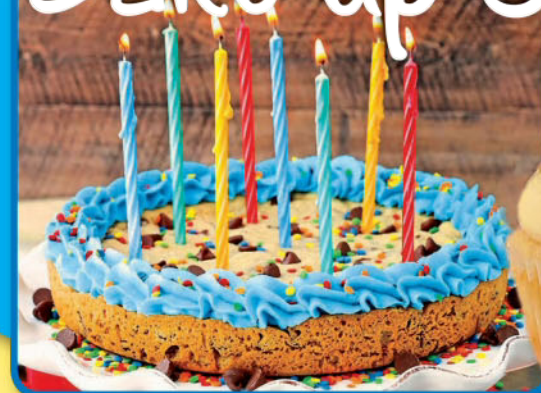
for a joy-filled life!

Breakthrough! Eating more *almonds* makes you

DIABETES-PROOF!

Bake up some fun!

Yummiest-ever celebration desserts!



The blush secret that **WORKS LIKE A FACELIFT!**

Laura lost two sizes!

Fill up on 20 delicious superfoods proven to activate fat-burning!



This breakfast can make you **50 LBS SLIMMER!**

The supermarket tea that **CALMS STRESS HORMONES!**



Start your week with a smile!

Volume XXXVIII, Number 10,
March 3, 2017

This week

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Bake up some fun!



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Train conductor Brad rescued
Tiger—and reunited him
with his family!



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Breakfast wow!
Mini French toast
casseroles!



*When spring came,
even the false spring,
there were no problems
except where to be
happiest.*

—Ernest Hemingway, *A Moveable Feast*



Zip through your to-do
list by writing it with a
green pen—studies prove
seeing green text gives
you a jolt of energy
and ups creativity
30%!

We'd love to hear from you!

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As Seen on TV!

David Venable's Happy Dance Hot Toddy

Nothing jumpstarts happiness on a cold or wet day like a cozy cup of hot, spiked tea fragrant with sweet spices and honey!



- | | | |
|----------------------------|--|----------------------------|
| □ 2 black tea bags | □ 1/8 tsp. ground cinnamon | □ 4 Tbs. honey |
| □ 1/8 tsp. ground cardamom | □ 1" piece peeled fresh ginger, sliced | □ 2 tsp. fresh lemon juice |
| □ 1/8 tsp. ground allspice | □ Pinch cayenne, optional | □ 4 Tbs. Irish whiskey |
| □ 1/8 tsp. ground cloves | | □ Thin lemon slices |

● In small pot, combine 2 1/2 cups water with tea bags, cardamom, allspice, cloves, cinnamon, ginger and cayenne. Bring up to boil; remove from heat. Set out 2 (10 oz.) mugs. In each mug, place 2 Tbs. honey, 1 tsp. lemon juice and 2 Tbs. whiskey. Strain tea mixture; divide between mugs. Stir until honey dissolves. Top each with lemon slices. Makes 2 servings.

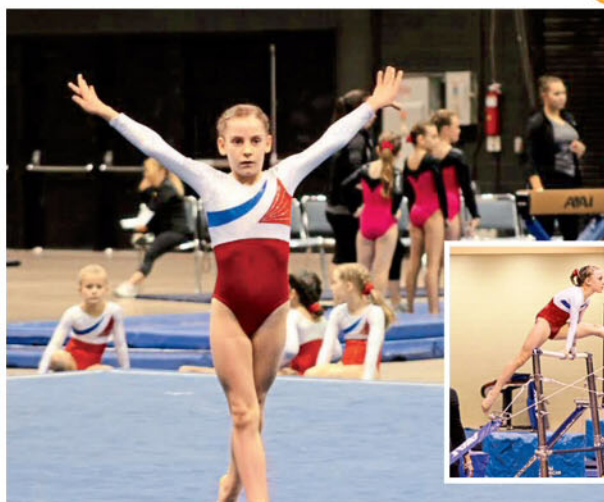
Love this recipe?

Catch David Venable on his QVC show, *In the Kitchen with David*.

You deserve a little lift!

"Every exit is an entry somewhere else."
—Tom Stoppard

What makes me happy!



"I'm so proud of her!"

My 10-year-old daughter, Hannah, brings great happiness to my heart. She was born with pneumonia and has had lifelong respiratory issues as a result. Becoming a gymnast has been her greatest desire, despite the odds stacked against her. But now, she earned the title of all-around champion in her first season of gymnastics! She refused to give up, and her strength and courage bring me joy every day.



—Maureen Ruble, Sanford, FL



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. 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:

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FAX 201-569-3584

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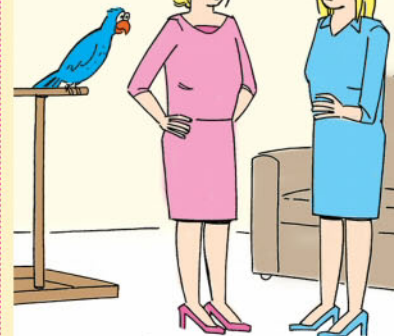
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● **Have a personal story to share?** Send it to: Features Department, *Woman's World*, 270 Sylvan Ave., Englewood Cliffs, NJ 07632 or e-mail wwfeatures@WomansWorldMag.com. We'll pay \$250 for full-length stories published and \$50 for each "Kids are 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!

"I wonder who's spreading all that gossip?"



NOTUM JUNC

Q Why did the cookie go to the hospital?

A Because he felt crummy!

"I want a card that says 'I'm sorry' without admitting guilt."

GREETING CARDS



Kids are fUnNy!

I called my great-nephew, Camden, on his fourth birthday and exclaimed, "Happy birthday, Camden!" He replied in a somber voice, "Thanks, but it's not my birthday yet, Aunt Barbara." When I asked him why, he said, "Because my birthday starts after my nap!"

—Barbara Meyer, Saint Louis, MO

WW

* Start your week in the know!

This week's Hot Trend

Minnie Mouse "You Are Dazzling" figurine, \$50.99 at Precious Moments.com. ▶



Show off your inner glamour girl!

Whether you love classic movie glamour or girly girl cuteness, it's never been more chic to show off your style!



◀ "Glamour has no age limit" wine glass, \$19.95 at Hallmark.com.



◀ Breakfast at Tiffany's handbag, \$35.95 at Shoebuy.com.

▶ Throw pillow, \$38.99 by Peking Handicraft at Wayfair.com.



◀ Skirt—printed with images of perfume, mascara and hair dryers—comes in sizes XS-4X! \$96 at Unique-Vintage.com.



▶ Bone china "Fabulous" mug comes packaged in a pretty metal tin! \$22 at RoyalAlbert.com.



▶ Wristlets, \$15 each at Pavilion Gift.com.



▶ Crossbody handbag, \$22.50 at AldoShoes.com.



▶ Barbie™ themed makeup bag, \$12.95 at Hallmark.com.



▶ Planter comes filled with an azalea plant! \$39.98 at ProPlants.com.



Revealed: Why your handwriting changes over time!

Chances are, your handwriting looks a whole lot different today than it did when you were in high school—and even than it did 10 years ago. The reason? According to scientists at Florida International University, your taste subtly changes over time—so as the years go on, you adjust your letters based on what you like to see (without even realizing it)! What's more, experts say handwriting is a "use it or lose it" skill: The more you type on a computer instead of using a pen, the harder it becomes to maintain a single style of writing!



HEALTH NEWS!

Do you have "mommy brain"?



Yes, having a child does change your brain, reveals a new *Nature Neuroscience* study! Researchers found that women who had been pregnant experienced noticeable changes to the size and structure of areas of the brain. But that's a good thing: Experts believe the changes—which last an average of two years—help new moms bond with and relate to their infants!

PARENTING NEWS!

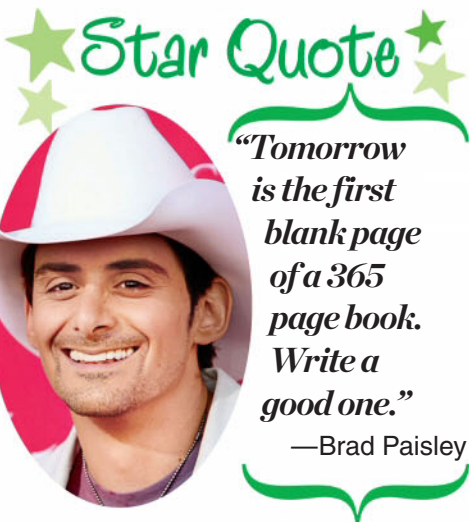
Don't let the kids win!

No matter how tempting, don't tip your hand at Candy Land or load the deck when playing Go Fish with kids! Cheating so that children always win shortchanges them in the long run, reveals a new Amherst University study. Winning makes kids smile, but losing teaches them to make crucial judgment calls, upping their odds of future success!



DISCOVERED! The gift that builds a bond!

If you really want to show your guy you love him, don't buy him something fancy—instead, get him an experience, like tennis lessons or a night at the movies! A University of Texas study found that experiences strengthen relationship bonds in a way that even the priciest gift can't. Activity-based gifts tap into emotions like awe and excitement, which makes the recipient feel more bonded to you!



★ Star Quote ★

*"Tomorrow
is the first
blank page
of a 365
page book.
Write a
good one."*

—Brad Paisley

HELP A HERO! Help firefighters' families during tough times!



Have gift cards to Walmart, Target or similar stores that you can spare? Consider sending them to the National Fallen Firefighters Foundation. Established by Congress in 1992, this nonprofit uses the cards to help loved ones after a firefighter falls in the line of duty. Mail cards to National Fallen Firefighters Foundation, 2130 Priest Bridge Dr., Suite 6, Crofton, MD 21114, and learn more at FireHero.org.

It happened This week!



● Mimicking what they'd seen in Paris, costumed students danced through the streets of New Orleans in **1827**, beginning that city's famous **Mardi Gras** tradition. Now, dressing up for the festivities is optional, but it's forbidden to ride on a float without a mask—you can even be fined!

● Disney's beloved classic film **Pinocchio** was released in **1940**. If you think you recognize the voice behind the roars of Monstro the whale, you're right: Thurl Ravenscroft, the actor responsible for them, went on to become the voice of the Kellogg's Frosted Flakes mascot Tony the Tiger!



● One of country music's most influential artists, **Johnny Cash**, was born in **1932** in Arkansas. Cash is one of the few people to have 20 Grammy awards—and he is the only person ever sued by the U.S. government for starting a forest fire, after an oil leak from his camper set 508 acres of a California national wildlife refuge ablaze!

● New York Yankees outfielder **Mickey Mantle** retired in **1969** at age 38. One of the greatest players of all time, "The Mick" almost didn't make it: After an injury in a high school football game led him to develop a bone disease, doctors considered amputating his leg. Luckily, they held back, and he went on to hit 536 home runs!

● Caesar Cardini—creator of the **Caesar salad**—was born in **1896** in Italy. He concocted his legendary recipe by chance decades later: While catering a 4th of July party in Tijuana, Mexico, Cardini ran out of food, forcing him to throw together the only ingredients he could find!

● After 11 seasons, the television sitcom **M*A*S*H** aired its final episode in **1983**.

Following a 30-year stint in Washington, D.C.'s Smithsonian Institute, one of the show's beloved "characters," the teddy bear belonging to Radar, was sold at auction for \$14,307!



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*** Have fun this week!**

Sweeten someone's day w

If you love Rice Krispies treats, you'll flip for the latest trend that transforms Froot Loops, Lucky Charms and more into can't-resist treats! And with National Cereal Day coming up on March 7th, there's no better time to indulge in some sweet, nostalgic goodness! So grab your favorite cereal and try one of these:

● **Fruity Pebbles Cookies!** Mix 1 tsp. baking soda and 2 1/4 cups flour; set aside. Cream together 1 1/2 sticks butter and 1 cup granulated sugar; add 1 package instant vanilla pudding mix, blend well. Add 2 eggs and 1 tsp. vanilla extract. Slowly add flour mixture; mix until just combined. Stir in 2 cups Fruity Pebbles cereal and 1 cup white chocolate chips. Drop 1" balls of dough onto parchment paper-lined cookie sheet; bake 10-12 minutes in a 350°F oven.



**Fruity
Pebbles
Cookies**



Enjoy free pancakes!

Head to IHOP on March 7th to celebrate National Pancake Day with a free short stack of pancakes! While there, you can help them reach their goal of donating \$3.5 million to Children's Miracle Network Hospitals!



Hear new music from Ed Sheeran!

One of the most anticipated albums of 2017, *Divide* by singer-songwriter Ed Sheeran, is being released March 3rd! Want a sneak peek now? Download the two singles "Shape of You" and "Castle on the Hill"—they've already broken records by making him the first artist ever to debut two songs in the top 10 of the Billboard Hot 100!



Enjoy spring's newest scents!

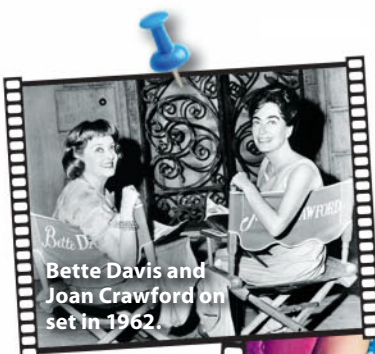
Feel revitalized for spring with the latest seasonal candles full of fresh and floral scents! Some of the newest releases to try: Glade's Peony and Cherry, Yankee Candle's Honey Lavender Gelato, Colonial Candle's Pink Cherry Blossom and White Barn's Honeysuckle Bouquet.



ith trendy cereal treats!

● **Golden Graham S'mores!** Line an 8"x8" pan with foil, spray with cooking spray. Place 1 bag (11 oz.-12 oz.) chocolate chips and 1 Tbs. shortening or vegetable oil in microwave-safe bowl, heat in 30-second increments, stirring after each, until chocolate is melted and smooth. Then stir in 2 cups each mini marshmallows and Golden Grahams cereal. Pour into prepared dish, press to compact. Chill, then slice into squares.

● **No-Bake Treat Bars!** Use your favorite cereal to create ooey-goey marshmallow treats: Place 1/4 cup butter and 1 bag marshmallows in glass bowl, microwave 2-3 minutes to melt, stir. Mix in about 9-10 cups your favorite cereal such as Trix, Froot Loops or Cocoa Pebbles and stir. Press into greased 9"x13" pan and press with a spoon. Cut into squares and serve!



If you're a fan of old Hollywood, you'll want to tune in to *Feud: Bette and Joan*. It tells the behind-the-scenes story of the rivalry between Bette Davis (played by Susan Sarandon) and Joan Crawford (Jessica Lange) that erupted during the height of their careers in the 1930s and '40s and culminated when they co-starred in 1962's *Whatever Happened to Baby Jane?* Also starring Catherine Zeta-Jones as Olivia de Havilland and Kathy Bates as Joan Blondell. The limited series begins on Sunday, March 5th, at 10 p.m. ET on FX.



Jessica Lange, left, and Susan Sarandon as Joan and Bette.

See how a Hollywood rivalry started!

Have fun reading with the kids!

Whether it's *The Cat In The Hat, Go, Dog, Go!* or another one of your favorites, spend time reading with kids on Read Across America

Day on March 2nd—and get the family pets involved, too! Studies show when little ones read to animals, it actually makes kids more self-confident and strengthens their skills! Check your library for special events celebrating the day or go to NEA.org/ReadAcross for more fun ideas and info.



Survivor returns!

It's an all-star cast for the 34th season of the popular reality competition *Survivor*! Host Jeff Probst heads to the Mamanuca Islands in Fiji with 20 castaways who've all previously appeared on the show—so there's no telling what kind of strategies and tricks will be played this time around! See it on March 8th at 8 p.m. ET on CBS.



Woman's World Book Club

Be inspired by the women of WWII!

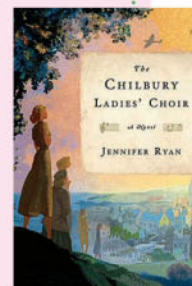
❖ *The Orphan's Tale*

by Pam Jenoff. After she rescues a Jewish baby from a box car bound for an uncertain fate in German-occupied Holland, Noa and the child she names Theo in turn are rescued by an unlikely source, when a traveling circus en route to France offers them refuge. Though Noa clashes with star aerialist, Astrid, who's suspicious of the newcomer, the two come to forge a powerful friendship—one that is soon tested by the secrets they keep.



❖ *The Chilbury Ladies' Choir*

by Jennifer Ryan. At the start of WWII, the vicar in the small English village of Chilbury cancels the church choir because there aren't enough men to fill it out. Defying the vicar's decision, the women of the village come together to form The Chilbury Ladies' Choir. And as they close ranks in support of each other and their loved ones, the women discover just how powerful their voices truly are.



❖ *The Fire by Night*

by Teresa Messineo. When a bomb destroys her hospital convoy in war-torn France, military nurse Jo McMahon is left alone to tend to six wounded soldiers. . . . A world away in the Pacific, Kay—Jo's best friend from nursing school—is trapped in a POW camp, with only the memory of the dashing pilot she met years ago to keep her strong. After the war finally ends, Jo and Kay must help each other heal—and find the courage to follow their hearts.



“I have loved you all your life!”

When Laurie Coburn was forced to give her newborn daughter up for adoption, she thought she'd never see her again. But 53 years later, the miracle of modern science brought them together again!

Flipping through TV channels, Suzi Brown paused: There was that Ancestry.com commercial again.

It was an ad the Costa Mesa, California, 53-year-old had seen dozens of times before: A man who grew up thinking he was German took the site's DNA test, and learned he was actually Scottish.

Adopted as an infant, Suzi had felt blessed to have loving parents and three wonderful siblings. But she'd always been curious about where she *came* from. And one of the few things Suzi knew about her birth mother was that she was a mix of Scottish, Irish and English.

But what if that's wrong? Who *am* I really? she wondered.

Surprise of a lifetime

Growing up, Suzi was happy. Still, from time to time, she couldn't help but wonder about her birth mom—especially on her birthday.

Does she remember that today is the day? Is she thinking of me, too? Suzi would wonder.

When she was 20, Suzi and her sister, who was also adopted, wrote to an adoption search company they'd read about in “Dear Abby.” Within a week, Suzi's sister was reunited with her birth mom!

But there was no such luck for Suzi. “I was thrilled for my sister but disappointed for me. I figured my biological mom just didn't want to be found,” she recalls.

Pushing the idea of a reunion out of her mind, she went on to

graduate from college, get married and have two wonderful children.

Suzi was thankful for the life she had. But now, the Ancestry.com commercial and encouragement from her sister had reignited her interest in finding her birth mom.

So she sent away for the kit and took the DNA test, which involved giving a sample of saliva. A few weeks later, Suzi got an e-mail: The results were in!

They confirmed she was Irish, English and Scottish. But to Suzi's surprise, beneath the results was a link to her DNA matches.

Suzi's heart skipped a beat. Topping the list was a single sentence that solved the mystery she'd wondered about forever: *Laurie Olgivie Coburn is your mother.*

Awestruck, Suzi called her sister, who typed Laurie's name into Facebook . . . and a profile appeared.

“That has to be her! We look so much alike!” Suzi marveled.

Her hands trembling, Suzi typed: *If nothing else, I want you to know that I love you for the decision you made 53 years ago.*

Dream come true

A thousand miles away in Vancouver, Washington, Laurie received the e-mail—and her heart nearly fell to her feet. She had been just 15 when she gave birth, too young to raise a child on her own.

Sitting in her hospital bed with her beautiful, wide-eyed daughter cradled in her arms, tears had spilled down her cheeks as she'd whispered, “You're going to go to a home where another mommy and



“This is just the beginning for us!” says Suzi (left), with Laurie.

daddy will love you very much. But I will always love you.”

The nurses had taken her baby away then. Though Laurie went on to have a fulfilling life with a loving husband and two children, giving up her firstborn left a gaping hole in her heart.

For years, she found herself studying faces at playgrounds, malls, in crowds. Could that be her? she wondered. Every year on her daughter's birthday, Laurie would clutch a creased, faded Polaroid of her daughter, the only picture she had. And on Christmas morning, as she watched her two children excitedly unwrap their gifts, Laurie would try to imagine what her firstborn daughter was doing at that same moment.

But with the adoption records sealed, Laurie didn't know how to find her daughter. Then, last year, Laurie heard about Ancestry.com.

She took the DNA test, hoping that one day, her daughter would try to find her, too.

Now, Laurie was jumping up and down with excitement. Her heart beating a mile minute, her fingers flew over the keys.

I have loved you all your life. In my thoughts, in my dreams, in my



heart. I dreamt that this day would come. God heard my prayers!

After e-mailing back and forth every day for weeks, Suzi flew to visit Laurie. The moment she saw her, Suzi burst into tears.

“You're here!” Laurie cried, wrapping her arms around her daughter for the first time in 53 years.

That weekend, the two caught up on all they had missed in each other's lives, swapping photos and sharing stories. Suzi met her half brother and sister, who couldn't wait to plan their next visit. And Laurie marveled, “You really do look so much like me!”

Today, Suzi and Laurie continue to bond through e-mail and phone calls and visits whenever they can.

“It's amazing how much we continue to learn about each other!” Suzi says. “Building a relationship with her feels like a fairy tale come true. After all, who wouldn't want more love in her life?”

—Rachel Cosma

“The most important thing in the world is family and love.”

JOHN WOODEN



Grow your family tree!

- ✓ **Do a one-stop search at the National Archives!** Find free census, immigration and military service records at Archives.gov. They also offer no-cost genealogy workshops nationwide.
- ✓ **“Crowd-source” for info!** Family photos have folks you don't recognize? Post them on a family-tree website like My Heritage.com, then invite relatives to share what they know!
- ✓ **Get the right DNA test!** An autosomal DNA test (offered at FamilyTreeDNA.com and Ancestry.com/DNA) checks 700,000 genetic markers. It gives adoptees the best chance of finding a match!

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Give any outfit a touch

For fabulous flattery, try on one of these exotic finds! They're light and breezy, skim over trouble spots and make you look slim *and* chic!



Colorful skirt is guaranteed to stand out!

\$89.95, Soft Surroundings (SoftSurroundings.com, style name "Raika Skirt").



Floaty tunic comes in sizes small to 2X!

\$49.98, Signals (Signals.com, style #KB3442).



\$36, Bauble Bar (BaubleBar.com, style name "Sigune Drops").



Silicone case will keep your phone protected in colorful style!

\$65, Kate Spade New York (KateSpade.com, style name "Silicone Pom Pom iPhone 7 Case").

Customize this iPhone 7 case with your name and monogram! ▶

\$41.75, City Hunter Cases (Zazzle.com, style name "Moroccan Lattice Monogram Elegant Gold Teal iPhone 7 Case").



\$60, SONOMA Goods For Life (Kohls.com, style name "Hobo Bag").



Bell-sleeve tunic is available in misses and plus sizes! ▶

\$69.99-\$79.99, Midnight Velvet (MidnightVelvet.com, style name "Moroccan Top").



of exotic glamour!

Beaded tassel detail makes it extra-special!

\$98.95, Soft Surroundings (SoftSurroundings.com, style name "Sahara Skirt").



Earrings are embellished with vibrantly colored tassels and a camel!

\$98, Kate Spade New York (KateSpade.com, style name "Camel Statement Earrings").

Statement necklace is adorned with light-catching rhinestones and enamel flowers!

\$18, Charming Charlie (CharmingCharlie.com, style name "Sunbeam Bib Necklace" in Yellow).



\$8, Charming Charlie (CharmingCharlie.com, style name "Moroccan Drop Earrings" in Turquoise).



Stack of seven bracelets can be worn together or alone for a playful pop of color!

\$48 for seven, Bauble Bar (BaubleBar.com, style name "Indy Bracelet Set").



Vibrant scarf comes in four other colors!

\$19.95, Catalog Classics (CatalogClassics.com, style #LE1862 in Christina Pink).



Tote bag is perfect for everyday wear!

\$60, SONOMA Goods for Life (Kohls.com, style name "Tote Bag").

Charming llama pouch is sure to make everyone smile!

\$10, Charming Charlie (CharmingCharlie.com, style name "Llama Pouch").



Make your own trendy tassel bracelets!

It's easy to make a stylish tassel bracelet with this how-to from DrivenByDecor.com:

- Embroidery thread and 6 mm jewelry jump rings
- Scissors
- White howlite stone beads (like Bead Gallery Round Howlite Stone)

- Beads, \$7.99 at Michaels.com)
- Clear stretchy .7 mm elastic cord (like Stretch Magic Bead & Jewelry Cord, \$2.99 at Michaels.com)
- Super Glue

1 To make your own tassel, cut about 20 pieces of 4"-long embroidery thread and lay them in a neat pile. Thread the entire pile through a jewelry jump ring and fold it in half so the ends line up as closely as possible. Take another 4" piece of thread and wrap it a few times around the bundle just below the jump ring, then tie it off with a double knot and add a dab of Super Glue to secure the knot.

2 String the beads and tassel onto your clear stretchy elastic cord, checking as you work to make sure the bracelet is the right size for your wrist.

3 Once the bracelet is the correct size, tie the ends of the elastic cord into a knot and repeat three times, creating three tight knots on top of each other. Finish by adding a drop of Super Glue on the knot to secure.



Hot new makeup tricks

Beauty pros' newest makeup tricks are so flattering, they'll instantly younger, radiant and refreshed!



Make your complexion glow with hints of peach!

Looking for a quick, youthful radiance boost? Brush on peach eye shadow!

"When you sweep a shimmering peach shade on your eyelids, it brings out the warmer tones in your complexion, giving your face a gorgeous glow!" raves celebrity makeup artist Erica Whelan (EricaWhelan.com).

❖ **Get the look!** Use an eye shadow brush to apply peach shadow (like NYX Cosmetics Prismatic Shadow in Golden Peach, \$6 at NYXCosmetics.com) just above the crease of your eyelid and along the lower lash line.



Make eyes look younger with "feline" liner!

Not as heavy as a traditional cat's-eye, the trendy "feline" eye liner look works wonders at visually lifting your lids! "By slightly angling your eye liner upward at the outer corner, you can instantly make your eyes look brighter and younger," Whelan says.

❖ **Get the look!** Place your eye liner at the inner corner of your upper lash line and draw a thin line toward the outer corner. Then angle your liner up at a 45-degree angle to create a slight cat's-eye.

Photos: courtesy of vendor (6); Robert Milazzo (7); Amber Gray.

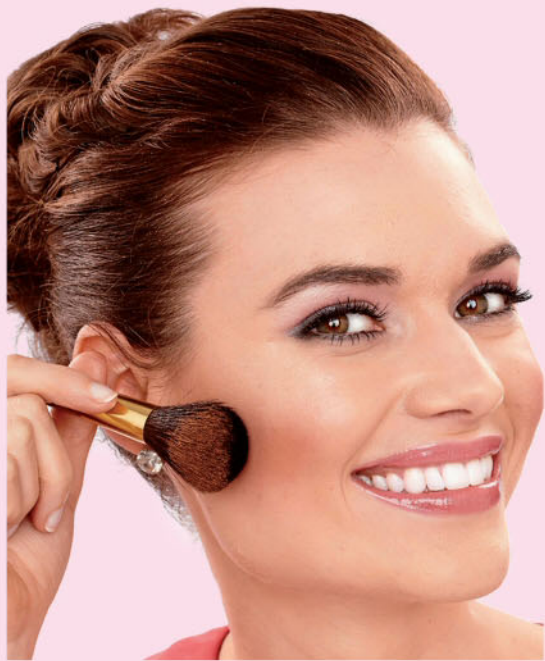
that Erase years!

make you look

Lift your cheekbones with "draped" blush!

"To visually lift your cheekbones in seconds, try the hot new 'draping' technique!" Whelan says. It uses two complementary colors of blush—one light, one darker—to give your face youthful definition!

✦ **Get the look!** Brush a deeper shade of blush just below the apples of your cheeks to create the appearance of a hollow, then swirl a lighter shade along the tops of your cheekbones as a highlighter. Finish by using your fingers or a fluffy makeup brush to blend away any obvious lines.



Get fuller-looking lips with ombré shading!

Fuller lips are a sign of youth, and to visually plump yours in seconds, try the trendy ombré technique!

"Outlining your lips with a darker shade helps them stand out, while using a lighter color in the center as a highlight gives the illusion of fullness," Whelan says.

✦ **Get the look!** Pick two shades of lipstick in the same color family, one slightly darker than the other (for surefire combos, pick side-by-side hues on a lip palette like Maybelline's Lip Studio Lip Color Palette, \$12.99 at CVS.com). With a lip brush, use the darker shade to outline your lips, then fill in the center with the lighter lipstick, blending the shades together at the outer edges.



Create youthful, dewy skin with a face cream "tap"!

The easy secret to dewy, youthful-looking skin? Just dab a little face cream on top of your makeup. "That slight hint of moisture will give your skin a youthful, radiant sheen!" says celebrity makeup artist Amanda Beczner (AmandaBeczner.com).

✦ **Get the look!** After applying all your makeup, lightly dip your fingertips into a dab of rich face cream (Vaseline works well, too!), then tap your fingers over the tops of your cheeks, your brow bones and the bridge of your nose.



Breakthrough bargains that erase years!

Shrink pores with primer!

For instantly flawless, younger-looking skin, swipe on a pore-perfecting primer (like Maybelline's Baby Skin Instant Pore Eraser, \$6.99 at RiteAid.com) before you apply your foundation—it'll fill in any imperfections and create a smooth canvas for makeup!

Get soft-focus skin with illuminating powder!



Traditional face powders can settle into fine lines, but new illuminating formulas (like Ulta Illuminating Powder, \$10 at Ulta.com) are extra-finely milled so they rest on top of your skin.

Remove makeup—and fine lines!

Retinol is study-proven to reduce fine lines, and now you can find the ingredient in makeup-removing wipes that combat wrinkles as you clean your face! One to try: Retinol Anti-Aging Cleansing Towelettes, \$5.99 at Sally Beauty.com.

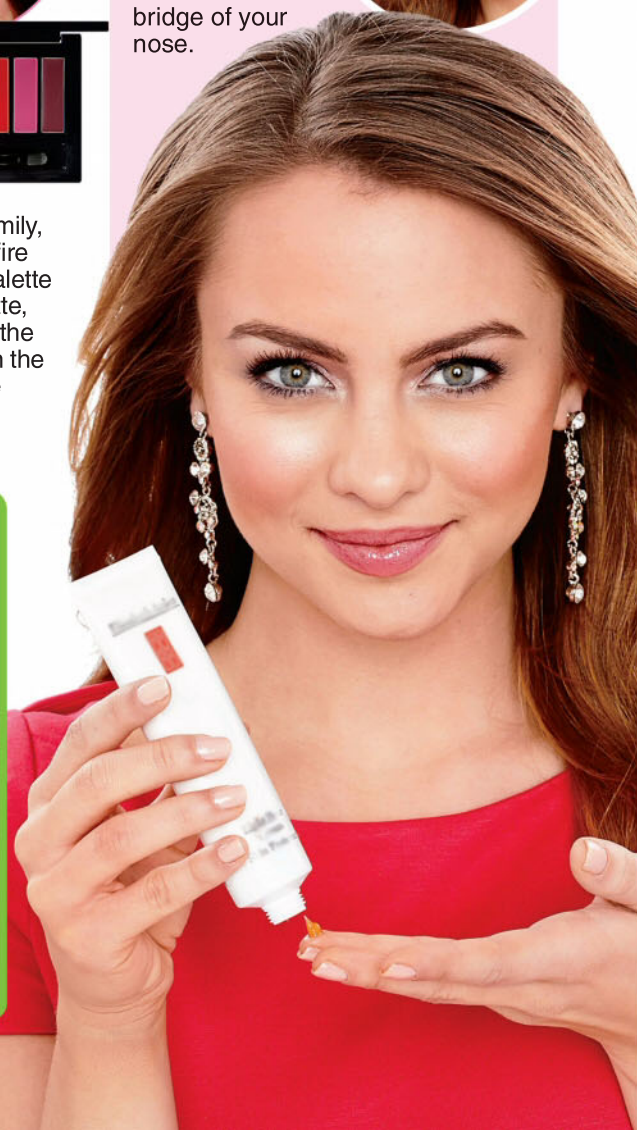


Brighten dark spots with daisies!

Burt's Bees Brightening Daily Facial Cleanser (\$10 at BurtsBees.com) is made with wild daisy extract, a natural skin-brightening agent that lightens dark spots!



NEXT WEEK: Get gorgeous for less!



Natural cures fo

Struggling with anxiety, hypertension, Type 2 diabetes, high cholesterol or the blues? You're not alone: A new study reveals these are the top five health challenges we all face right now! The great news: Researchers have pinpointed easy, natural treatments that help fix these problems—so you feel happier and healthier fast!



1 Balance your blood sugar with almonds!

Almonds aren't only a delicious, high-protein snack: The journal *BioMed Central* reports that just eating 30 raw or dry-roasted almonds daily reduces your risk of ever developing Type 2 diabetes 19%!

● **It works!** Thirty almonds contain 100 mg. of magnesium—enough to improve your ability to metabolize blood sugar! Not an almond fan? Other top sources of magnesium include spinach (78 mg. per 1/2 cup cooked), black beans (60 mg. per 1/2 cup) and peanut butter (49 mg. per two tablespoons).

Steady insulin with starchy flour!

Baking? Replace 1/4 of the white flour with high maize flour (such as King Arthur Hi Maize Natural Flour, \$7.95, KingArthurFlour.com). Maize flour, made from corn, contains "resistant starch," a type of fiber that ups insulin sensitivity, improving blood-sugar control!



2 Avoid anxiety with amino acids!

Research shows that anxiety—at work, at home, everywhere—has soared 30% in the last 30 years, largely due to our ever more stressful 24/7 society. The extra-easy way to invite calm? Take twice-daily 1,200-mg. doses of two amino acids, L-lysine and L-arginine!

● **It works!** L-lysine and L-arginine rein in the stress hormone cortisol, increase your supply of mood-regulating serotonin and act as a mild tranquilizer, reports the journal *Biomedical Research*.

And s-t-r-e-t-c-h!

Sitting a lot ups your odds of anxiety, possibly by making it harder to sleep deeply! Standing up and stretching for a few minutes every hour is shown to improve sleep, helping you avoid worrying by day!



r what ails you!

3 Cut cholesterol with corn oil!

The easy way to lower “bad” LDL cholesterol? Cook with corn oil! Consuming just four teaspoons daily cuts LDL nearly 11%, and total cholesterol more than 8% within three weeks—three times the results you’d get from extra-virgin olive oil.

● **It works!** Corn oil is loaded with substances that block the absorption of cholesterol in the digestive tract. Bonus: It’s rich in heart-healthy polyunsaturated fatty acids, as well as monounsaturated fatty acids.

And sip tea!

Enjoy a daily cup of caffeinated or caffeine-free black tea and your LDL cholesterol should drop nearly five points within eight weeks, the journal *Clinical Nutrition* reports. Substances in the tea leaves slow your cholesterol production and reduce its absorption!



4 Lower your blood pressure by breathing s-l-o-w-l-y!

Already reducing your salt intake and eating more fresh produce? Adding timeouts to breathe slowly can help send high blood pressure plunging—or prevent it in the first place! Slow breathing increases the sensitivity of a mechanism in your body that keeps blood pressure in check.

● **It works!** In a study, high-blood-pressure patients who spent a half-hour inhaling for four seconds and exhaling for six seconds in the a.m., then again at night, saw their systolic blood pressure (the top number) drop 10 points in eight weeks without making any other lifestyle or diet changes!

Use yogurt power!

Blood pressure okay now?

Eating five servings of yogurt per week can cut your odds of it ever getting high 20%. Nutrients in yogurt alleviate pressure on arteries, allowing for better blood flow.



5 Banish the blues with fish oil!

Depression ranks as the top health problem right now, but it doesn’t have to drag you down! Taking a daily 1,000-mg. dose of fish oil is as powerful as some prescription antidepressants at reducing major depression, confirms a new review of 13 studies.

● **It works!** Fatty acids in fish oil tame inflammation in the brain that triggers blue moods, reports *Translational Psychiatry*. Taking an Rx, but still need more of a happiness boost? The same study found fish oil makes antidepressants more effective!

■ **Important:** Check with your doctor before taking a new supplement.

And take a walk!

Light, easy-to-do exercise spurs production of your brain’s feel-good endorphins, explain scientists.



—Gabrielle Lichterman

3/6/17 WOMAN'S WORLD 15

Lose the stress, help your health!

Love the calm feeling you get when your stress level drops? So does your body! In fact, reducing your production of the stress hormone cortisol cuts your risk of heart disease, cancer, Type 2 diabetes, chronic pain and depression in half! Try:

✓ Creating a.m. calm with bergamot

Adding bergamot essential oil to a warm shower decreases your level of cortisol within five minutes, suggest studies in the journal *Phytotherapy Research*. “Bergamot’s aroma increases your brain’s production of GABA, a hormone that calms your adrenal glands so they’re less likely to release cortisol,” says study coauthor Charles Marsden, Ph.D. To do: Place five drops of the oil on a damp washcloth and leave it on the shower floor so that the aroma is dispersed as you wash.

✓ Avoiding trouble with a supplement

Your adrenals produce extra cortisol to give you extra energy in the face of big hassles—but if they *over-produce* the hormone, then even small hassles (like trouble finding a parking space) will rattle you! To the rescue: 100 mg. of phosphatidylserine (PS) daily. This fat-soluble compound (found naturally in soybeans) keeps your adrenals calm, cutting your cortisol output 35%, University

of Mississippi research shows. One option: Jarrow Formulas PS-100 (\$15.95, Amazon.com).

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

✓ Taming tension for hours with chats

The easy, fun way to reduce your cortisol 63% for three hours straight? Just call a friend—or a loved one—and chat for 15 minutes! “Connecting with people who care stimulates your brain to produce oxytocin, a hormone that soothes and heals overworked adrenal glands, so their stress hormone production stays in the healthy range,” says Scott Haltzman, M.D., author of *The Secrets of Happy Families*.

✓ Boosting focus with fish

Wish you could shut off your busy brain once in a while? Fish oil can help! An overactive brain is a sign that your liver isn’t flushing damaging cortisol from your system as quickly as it should; the omega-3s



in fish oil speed that process 22%.

■ **Bonus:** An omega-3 boost also reduces your risk of stress-triggered illnesses 50%!

■ **Tip:** Eating 18 oz. of fish weekly delivers the same health boost.

✓ Staying relaxed with greens

Fitting in three cups of leafy greens weekly could scale down your cortisol 33% in 30 days! University of Connecticut scientists report that spinach, kale, romaine lettuce and the like pack loads of carotenoids, nutrients that soothe

your nervous system, reining in cortisol release.

■ **Tip:** Eating your greens with a little oil or butter doubles your absorption of carotenoids, UCLA researchers say.

✓ Nixing anxiety with walnuts

If your day is full of anxiety triggers—such as deadlines, disgruntled customers or traffic tie-ups—keep a bag of walnuts on hand. Penn State studies suggest that eating 1 1/2 cups of the nuts each week supplies your adrenals with so much calming alpha-linolenic acid that they don’t respond to stress with damaging cortisol surges!

■ **Bonus:** ALA also relaxes muscles that surround your arteries, which is why snacking on walnuts reduces your risk of high blood pressure 20%!

—Brenda Kearns

Keep your cool with Crusted Haddock on Arugula Pesto

Potent nutrients in haddock, arugula and walnuts trigger your adrenals to reduce their production of cortisol!

- 1/4 cup panko breadcrumbs
- 1/4 cup + 2 Tbs. finely ground walnuts
- 1/4 cup unsalted butter, at room temperature
- 1 1/2 tsp. kosher salt
- 3 cups chopped baby arugula
- 1/4 cup grated Parmesan cheese
- 1 tsp. minced garlic
- 1/3 cup + 1 Tbs. olive oil
- 3 Tbs. canola oil
- 6 haddock fillets (4 oz. each)

● In skillet, combine panko and 1/4 cup walnuts; over medium heat, cook, stirring until toasted, about 5 minutes. Transfer to bowl; stir in butter and 1/2 tsp. salt. Place panko mix between 2 sheets parchment paper; roll out to 1/4" thickness. Place in freezer. In same skillet, cook remaining walnuts, stirring, over medium heat until lightly toasted. Cool. In food processor, combine walnuts, arugula, cheese, garlic and 1/2 tsp. salt; slowly add olive oil. Preheat broiler. Remove panko crust from freezer; with parchment paper still on, cut into 6 fillet-sized pieces. Season haddock with remaining 1/2 tsp. salt. In large ovenproof skillet, heat canola oil over medium-high heat. Add haddock; sear 5 minutes; flip and sear 3 minutes. Remove one side of parchment from crusts. Place crust side down on fillets; remove remaining parchment. Broil 2 minutes; serve over arugula mixture. Makes 6 servings.



The best bedtime drink

Find it tough to unwind at bedtime? Try sipping linden tea. The *Journal of Ethnopharmacology* reports this herbal brew calms your brain’s anxiety center, leaving you relaxed and drowsy within 30 minutes.

Photos: Agefotostock; Shutterstock; iStockphoto; Superstock; courtesy of vendor.

{ REVERSE SKIN AGING }

Smooth away lines and wrinkles!

Lines and wrinkles may seem inevitable—but they're not! In fact, taking a few science-backed steps can actually make your skin smoother, more supple and younger-looking again!

✓ Turn back the clock with an AHA supplement

Alpha hydroxy acids (AHAs also known as "fruit acids") are proven to smooth away wrinkles and erase age spots "by removing the top layers of dead skin cells to make room for new cells and stimulate the formation of new wrinkle-combatting collagen," explains doctor of natural medicine Michelle Schoffro Cook, Ph.D., D.N.M., author of *Be Your Own Herbalist*. Options include: Avon Anew Clinical Advanced Retexturizing Peel, \$22, Avon.com and Pure Body Naturals Retinol Moisturizer, \$14.95, Amazon.com.



■ **Tip:** AHAs make skin photosensitive, especially for the first few hours after use; apply at night.

✓ **Repair sun damage with C**
Products infused with vitamin C act as a sun shield and repair sun-induced skin damage, noticeably reducing fine lines, wrinkles, age spots and sagging, often within four weeks. "The advantage of vitamin C-based topicals is that they have antioxidant properties," explains Joshua Zeichner, M.D., director of cosmetic and clinical research in the department of dermatology at Mount Sinai Hospital in New York City. One option: Avalon Organics Vitamin C Renewal Facial Cream, \$11.99, Jet.com.

✓ KO wrinkles with meditation

Mounting evidence suggests that chronic stress can create wrinkles by increasing

inflammation and your levels of the damaging stress hormone cortisol, says Dr. Zeichner. Luckily, there's an easy and relaxing fix: Meditation, "which can reduce stress hormones in as little as 60 seconds," says Schoffro Cook. Never meditated before? Get started with a free meditation app for iPhone or Android, such as Calm, Headspace or Omvana.

✓ Energize skin cells with regular exercise

"As we age, the deeper layers of our skin tend to thin," Schoffro Cook notes. The super-simple Rx: Get moving! "It thickens these layers so that they perform and look many years younger than they actually are." And reaping those skin-transforming benefits is as easy as walking briskly for 30 minutes twice a week. "Exercise helps stimulate activity of cellular mitochondria, the cells' powerhouses—and with efficient production



of energy, skin cells can function optimally, which results in youthful-looking skin," adds Dr. Zeichner. Equally important, he adds, is getting your beauty sleep, at least seven hours nightly. "Sleep is a time of rest and repair, when your skin can undo the damage done during the day!"

—Kallie E. Kristensen

Reduce your risk of colon cancer!



How? By switching on enzymes that force precancerous cells to self-destruct, explains lead researcher Henriette Kauntz, M.D. One option: Swanson Full Spectrum Milk Thistle, 100 capsules for \$6.99, Amazon.com. Check label for dosage.

● Reducing your risk 55% with corn and eggs

Fresh or frozen, corn is nature's top source of lutein, a yellowish pigment that forces intestinal cells to divide normally, lessening your risk of colon cancer as much as 55%. Just 1/2 cup of corn daily will do the trick. So will eating two eggs each day, another great source of lutein.

● KOing harmful cells with spicy curry

Curcumin, the yellow pigment in turmeric that gives curry its color, destroyed 25% of colon cancer cells within 24 hours in a recent Louisiana State University study. Consuming 1/8 tsp. of turmeric daily (added to soup, rice, grains or salad) is all you need to benefit, say researchers. Or take a turmeric supplement; check label for dosage.

● Preventing problems with pomegranate

Snacking on 2/3 cup of pomegranate seeds—or drinking 4 oz. of

Can't stomach a colonoscopy?

Ask your doctor about opting for a stool test, instead. Done annually, the test finds suspicious growths as effectively as colonoscopies do—and most insurance companies cover the cost!

pomegranate juice—every day could reduce your risk of ever developing colon cancer at least 33%, according to researchers at the Medical College of Wisconsin. The credit goes to a pomegranate compound (ellagic acid) that helps tame intestinal inflammation before it can damage colon cells.

● Stopping polyps with an alcoholic beverage

Whether you prefer wine, beer or spirits, enjoying one drink daily lowers your risk of precancerous growths (called polyps) as much as 65%, say Oregon State University scientists. Turns out, alcohol is toxic to abnormal colon cells—and so is the resveratrol in wine and the hops in beer! Sipping 24 oz. of green or white tea daily could have the same protective effect.

—Brenda Kearns

Good-Health News!

✚ Fiber fends off infections

Try setting aside 15% of your daily diet for fiber-rich foods, such as whole grains, veggies and fruit. That one step can keep viruses and bacteria at bay by helping your immune system stay in tiptop shape, reports the journal *Cell*.

✚ Calcium update

The Annals of Internal Medicine reports that

keeping your total calcium intake (from food and supplements) below 2,500 mg. a day prevents the mineral from raising your risk of heart attack or stroke.



WW

Great news: Several new studies suggest that only 5% of colon cancers are caused by our genes—the other 95% can be avoided with a few savvy diet and lifestyle tweaks! The keys:

● Stopping precancerous cells with milk thistle

The active ingredient in milk thistle extract (silymarin) helps destroy up to 25% of any abnormal cells in your colon, research in the *International Journal of Oncology* suggests.

No more arthritis pain!

If your joints are hurting and you think pain-free movement is a thing of the past, think again! The latest research shows that supplements can help you get—and stay—ache-free. And by picking the right one, you can tackle more than one health hassle at the same time!

1 Weight won't budge? Try rhodiola!

Taking 500 mg. of this herb daily can ease even chronic pain—and improve flexibility and mobility—in as little as eight weeks, report Columbia University researchers. Low levels of the neurotransmitters serotonin, dopamine and norepinephrine are linked to pain, and rhodiola ups your brain's production of all three, says Richard Brown, M.D., coauthor of *How to Use Herbs, Nutrients and Yoga in Mental Health Care*.

■ **Important:** Check with your doctor before starting a new supplement.

■ **Bonus:** Rhodiola revs enzymes that use stored fat for energy, helping you shed eight pounds in two months, Columbia University research shows.

2 Often feel blue? Try holy basil!

Three studies suggest this Ayurvedic remedy cuts pain, stiffness and swelling 73% in 30 days! How? It's rich in two painkilling compounds, rosmarinic acid and eugenol. The study-proven dose: 300 mg. to 500 mg. daily.



If you're always achy... You could be deficient in vitamin D! Taking 3,000 IU daily can cut even chronic, hard-to-treat pain by 60%.

■ **Bonus:** Taking holy basil can banish blue moods as effectively as some prescription antidepressants, say Indian researchers.

3 Get lots of colds? Try boswellia!

A daily 600-mg. to 1,200-mg. dose cuts joint pain much the way aspirin does, reports the journal *Phytomedicine*. Boswellia (aka Indian frankincense) blocks the formation of proteins (cytokines) that trigger inflammation and pain, says study coauthor Vijay Thawani, M.D.

■ **Bonus:** Boswellia is a study-proven immunity-booster that can get you well four days faster if you pick up a virus.

4 Tummy troubles? Try devil's claw!

British research reveals that just taking 1,200 mg. of devil's claw soothes muscle and joint pain for 75% of people within four weeks! This desert plant's active ingredient (harpagoside) is shown to relax spasming muscles and help calm overactive pain nerves.

■ **Bonus:** Devil's claw is a gentle, natural digestive aid that soothes chronic indigestion, nausea and other tummy upsets within one week.



Surprising pain cure!

Most people's legs look the same length, but for up to 60% of us, they're not! And if the difference between yours is more than one-third of an inch, using a heel pad to lift the shorter one could cut your risk of back pain 50%, reveals Virginia Spine Institute research. If home remedies aren't easing your aches, ask your doctor to measure your legs to see if this simple fix might help.

—Brenda Kearns

Stay Young with W



Hate to exercise? No problem!

Don't love exercising? You're in luck! Research shows that just incorporating these effortless moves into your day can help ward off common age-related issues!

1 Rev heart health by dusting!

Or vacuuming or doing any other housework. Everyday chores lower your blood pressure, cholesterol and levels of heart-harming inflammatory compounds as effectively as vigorous exercise, reports the journal *Preventive Medicine*. That's because all movement, including bending, reaching and lifting, gets your blood pumping and triggers chemical changes that protect your heart, experts say.

3 Rev joy with coffee breaks!

Or squeeze in other short strolls throughout your workday! Making time for many mini walks daily is research-proven to enhance self-esteem and reduce your risk of depression. As Harvard researchers explain, walking boosts levels of feel-good brain chemicals.

4 Rev energy by stretching!

Sit a lot each day and feel tired? You can lift your energy level 20% and cut fatigue 65% with regular, low-intensity exercise, such as stretching in your chair, University of Georgia researchers say. In fact, they note, low-intensity exercise fights fatigue better than a more energetic workout!

2 **Rev fat burn by fidgeting!** Jiggle your leg, twiddle your thumbs, wiggle in your chair and chew gum. According to Mayo Clinic research, these "minor" activities torch up to 300 extra calories each day, enough to help you shed two pounds a month!

Surprise! You're already exercising!

And there's a free app to prove it! Called Human (Human.co), it tracks virtually all your movements, indoors and out—whether you're walking to the car, going up stairs or anything else. And it tells you when you've hit your daily goal of 30 minutes in motion! No commitment to a fitness routine needed.

—C.P. Pagan

Tails of the Old West

*Handcrafted Doxie
is the long "paw"
of the law!*



Shown larger
than approximate
size of 4" high



HamiltonCollection.com/SherruffPaws

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09-06404-001-ED

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badge shines with
pride upon his vest!*

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Britain's hottest new diet!

Lose 14 lbs

Two British nutrition experts have come up with a strategy that uses ordinary (and delicious!) foods like strawberries, walnuts and chocolate to activate our "skinny genes." Just eat up—and get slim!

Last year, word spread around England that an easy diet had helped singer Adele shed about 30 pounds—and the Brits basically went crazy. The plan's 20 staple foods (including yummy options such as strawberries, walnuts, arugula, buckwheat and cocoa) quickly sold out at both small shops and major supermarket chains. Things got more frenzied when a skeptical reporter "set out to road-test our diet and demonstrate it didn't work—only to end up losing 14 pounds in seven days," according to *SirtFood Diet* authors Glen Matten and Aidan Goggins. "We'd already set up our own pilot study, and the initial results were so good, we thought the numbers were off. We changed the people doing the measurements and had

the food independently checked. When the original results were all confirmed, we knew this diet was destined to blow up." Which is exactly what happened. To date, *SirtFood* dieters in the U.K. have shed an estimated 500,000 pounds. And now the plan is coming to America!

Be the first to try it!

Here's everything you need to know . . .

What's a SirtFood?

It's one of 20 options (listed *right*) with the highest levels of nutrients proven to activate the SIRT1 gene. "SIRT1 speeds fat burning to fuel its own activity—so it's often called the 'skinny gene,'" explains Goggins (who, like Matten, has a master's degree in nutritional medicine from the University of Surrey). Once activated, SIRT1 "starts clearing waste out of our cells that would



-Eat to activate your skinny gene!

Our nutrition team used *SirtFood Diet* guidelines to create this yummy plan for you. Portions are suggestions; eat until you feel lightly full. To make your own meals, at each sitting aim for 3 *SirtFood* servings, 1 serving protein and an optional 1-2 servings of other healthy plant-based foods. Drink plenty of water, coffee and green tea (decaf after 3 p.m.). A little Stevia is fine in coffee/tea, but skip milk, which may inhibit nutrient absorption. Always get a doctor's okay to try any new plan.

Your SirtFood Diet Planner

You'll emphasize juice/smoothies initially, since they allow your body to absorb skinny-gene-activating nutrients fastest, amping up results. Repeat days 1-3 up to once every three months to optimize fat burning.

Days 1-3

Enjoy *SirtFood* juice or our smoothie bowl three times a day plus one *SirtFood*-rich meal

Days 4-7

Enjoy *SirtFood* juice or our smoothie bowl twice a day plus two *SirtFood*-rich meals

Days 8 & beyond

Enjoy *SirtFood* juice or our smoothie bowl once a day plus three *SirtFood*-rich meals

SirtFood Juice & Smoothie

(ENJOY 1-3 TIMES DAILY PER SCHEDULE LEFT)

OPTION 1

SirtFood Green Juice: Using a juicer, juice 2 large handfuls kale, 1 large handful arugula, 1 very small handful parsley, 3 large celery stalks, 1 cored green apple, 1" fresh ginger, 1/2 lemon; stir in 1/2 tsp. matcha powder (omit matcha after 3 p.m.)

OPTION 2

SirtFood Smoothie Bowl: In blender, blitz 1/2 cup frozen strawberries, 1 handful kale, 1 handful arugula, a few leaves parsley, 1 chopped celery stalk, 1/3 cup Greek yogurt, 3 Medjool dates soaked in water, 2 tsp. cocoa powder, 1/2 tsp. grated fresh ginger, enjoy with a spoon

IT WORKS!

Laura lost 14 lbs!

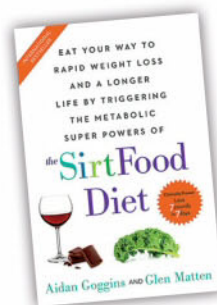
After a pal lost big on *The SirtFood Diet*, London-based sports reporter Laura Woods, 29, tried it. "I loved that there was so much science behind it," she says. "I also loved the food. It was delicious, and you could have a lot of it compared to other diets. I stayed full longer—and my cravings stopped. I usually fall off the wagon fairly quickly, but I stuck to this one!" Laura—who has become a fan of kale and dark chocolate—dropped 14 pounds in 28 days. "Your body will do incredible things when you feed it well!"

Laura's best tip:

● Make yogurt delicious! "Add chopped dates, toasted coconut and walnuts. I love it!"

a week!

Fill up on 20 delicious superfoods proven to activate fat-burning!



otherwise speed aging and make us vulnerable to disease. The gene actually burns fat to fuel better health!" Matten and Goggins kept hearing about pharmaceutical companies spending billions of dollars to isolate different SIRT1-activating compounds in various foods. "We decided to see what would happen if we just gave people a lot of the actual foods," says Goggins. "The rest is history."

● Your SirtFood shopping list

Stock up on arugula, buckwheat, capers, celery, chilies, dark cocoa or dark chocolate, coffee, extra-virgin olive oil, garlic, green tea and matcha green tea powder, kale, Medjool dates, parsley, red endive, red onion, red wine, soy, strawberries, turmeric and walnuts.

● SirtFood Diet in a nutshell

SirtFoods—at least three per sitting—become your staples. Enjoy them with protein, which is rich in an amino

acid that speeds SIRT1 activation. If you wish, add 1-2 servings of any healthy plant-based food. Yummy examples, *below*. Is junk forbidden? No. But processed foods interfere with SIRT1 activation, so Matten says you'll lose faster if you limit them.

● Your jumpstart

Especially during week one, Goggins and Matten suggest incorporating lots of SirtFood-rich juice to bombard your body with key nutrients "in a form that is quickly absorbed, so you get motivating results right away." No juicer? Our nutrition team has created an exclusive smoothie alternative.

● Forget calories—and hunger!

"Studies show that nutrients in SirtFoods improve the function of an appetite-control hormone called leptin, so we feel full more quickly," says Goggins. Pay attention to your body cues, and you'll drop pounds without counting calories.

Keep it off!
Since SIRT1 protects muscle, "our study showed SirtFood dieters lost almost exclusively fat," says Matten. "This keeps metabolism revved up, making long-term success far easier."



Buckwheat

● Supplements not necessary

The SIRT1-activating compounds available in pill form—such as resveratrol from red wine and rutin from buckwheat—"aren't absorbed as well as nutrients from food. Plus, foods contain multiple nutrients that synergize and make each other far more potent," notes Goggins, a pharmacist.

● Real-world inspiration

"I found diets like Weight Watchers and Slim Fast difficult to adhere to," says breast cancer survivor Laurene Pottinger-Donald, 54, who struggled with fatigue after grueling treatments. Luckily, her husband tried the SirtFood Diet—and she found it easy to join in. "My energy shot up, and I lost 20 pounds in 28 days. Plus, I enjoyed wine and chocolate without guilt!" Meanwhile, night-shift worker Deborah Hobday learned her diabetes medication works by activating SIRT1 genes, so she tried SirtFoods. "The energy you have is astounding. And you certainly burn fat faster—and without exercise," says the 52-year-old mom. "I lost 39 pounds the first month. Give it a go. You'll be amazed!"

How SirtFoods boost your health

Even if you don't have an ounce to lose, eating to activate your SIRT1 gene helps rid cells of waste—a factor proven to lead to a longer life due to benefits like these:

● Better heart health!

In one massive study, a SirtFood-rich Mediterranean diet resulted in a 30% reduction in heart disease compared to a diet that skimmed on SirtFoods.

● Diabetes prevention!

In the same study, high SirtFood intake lowered Type 2 diabetes risk 30%. "Research on the diabetes drug Metformin shows it likely exerts its effects by activating SIRT1," says Goggins.

● **Ageless skin!** With many SirtFood dieters reporting amazing skin, "SIRT-activating nutrients are being researched by the cosmetics industry!" explains Goggins.

● **No more insomnia!** "SirtFoods sync our body clocks, so we have more energy during the day and sleep better at night," adds Goggins.

Main Meals

(ENJOY 1-3 DAILY, PER SCHEDULE, LEFT; ADD A GLASS OF RED WINE ONCE DAILY, IF DESIRED)

OPTION 1

1 large serving strawberries with about 1/2 cup Greek yogurt, chopped walnuts, grated dark chocolate and a light dusting matcha powder
1 cup coffee or green tea



OPTION 2

1 Chocolate Chip Brownie Larabar (which contains dates, cocoa and walnuts)
1 cup coffee or green tea



OPTION 3

2-3 egg omelet prepared with SirtFood fillings (like finely chopped kale, arugula, celery and/or red onion) and olive oil
1 cup coffee or green tea

OPTION 4

1 serving salmon prepared in olive oil with capers, lemon juice, seasonings to taste
1 serving kale, pinch cayenne sautéed in olive oil
1/2 cup cooked brown rice prepared using unsweetened green tea instead of water



OPTION 5

1 small serving lean beef over large salad of arugula, red endive, shelled edamame, sliced red onion and parsley; dress with olive oil, vinegar and seasoning to taste



OPTION 6

1 serving chicken breast marinated in 1 tsp. ground turmeric, juice of 1/2 lemon and 1 tsp. extra-virgin olive oil; bake until cooked through
1 large serving sautéed kale
1 serving cooked buckwheat mixed with chopped red onion and parsley, squeeze of lemon, olive oil



Beat stress with *Dutch happiness secrets!*

Feeling a bit frazzled by work and family—and don't have enough time for either one? Take some stress-busting tips from the Dutch, who rated highest in the world for their work-life balance, one of many reasons they're among the happiest folks in the world!

Brighten your day *by riding a bike!*

More folks in Holland commute by bike than in any other developed nation. Not only does that exercise activate the brain chemicals behind the famous "runner's high," biking, in particular, is shown to boost heart health, build muscle and release stress by providing an exhilarating sense of freedom!

❖ **C'mon, get happy!** Even fitting in short 15-minute rides on a stationary bike helps offset, for example, the ill effects of overeating (such as blood-sugar spikes), and ups life expectancy three years!

Photos: Media Bakery; Urbanmyth/Alamy Stock Photo; noHut Photography/Getty Images; Shutterstock; Huber/Sime/eStock Photo; JacobH/iStockphoto.

Beat the blues by helping animals!

It's not just the humans who are happier in Holland, animals are, too! Animal welfare is a priority there: Puppy mills and animal testing are banned, and cats and dogs have legal rights. And showing kindness toward animals is proven to reduce depression and dementia!

❁ **C'mon, get happy!** Petting an animal cuts cortisol, helping you both relax! No pet? Volunteering at a shelter provides the added feel-good benefit of doing a good deed!



Increase joy with coffee klatches!

The Dutch devote nearly twice as much time to their loved ones as we do, which is key: Close, caring connections lift joy, helping zap negative moods and anxiety, lengthen your lifespan and cut the risk of dementia and Alzheimer's!

❁ **C'mon, get happy!** When long work hours interfere with close relationships, make the free time you do have together count: Interacting—even briefly, such as reading with your kids or dancing with your spouse—does more to deepen your bond than anything else, reveals Bowling Green State University research.



Be more optimistic by catching more Zzzs!

A study found the Dutch the best-rested folks in the world, clocking about eight hours and 12 minutes of sleep nightly! That matters: Skimping on sleep rewires neurons that process emotions, triggering a 60% jump in anxiety and negative thoughts after one sleepless night.

❁ **C'mon, get happy!** We're biologically primed to start the deepest sleep phase at 11 p.m. Turn in later and you miss out on the most restorative period of sleep.



Feel sunnier in seconds by recycling!

Any way you help the environment—even just recycling a single can—can lift your mood instantly, reveals a United Nations study linking conservation efforts to greater well-being. It's no coincidence that Holland is a very "green" place, with one of the world's top recycling rates!

❁ **C'mon, get happy!** Even small feel-good moves, say, choosing paper over plastic, up your life satisfaction by making you feel connected to broad, shared goals. To benefit even more, recycle bottles and cans at supermarkets and put some money in your pocket, too!

—Shannon Hunt



\$ Cash in this week!

Save money with **WW** coupons!

20% off Sauces!

Expires 5/1/17.

Give your food a homestyle kick with Kam's Kettle Cooked Chili Sauces! Save 20% with code **WWMAG75** at KamsKettleCooked.com.



15% off Jewelry!

Expires 4/1/17.

Make a statement this season with Frozii's handmade jewelry! Save 15% sitewide using coupon code **WWM15** at Frozii.com.



15% off Makeup!

Expires 4/1/17.

Get the perfect matte hue for your lips with Bad Medina's diamond-infused cosmetics! For 15% off, use code **WWM15** at BadMedina.com.



20% off Glassware!

Expires 4/1/17.

Add a touch of elegance to your drinkware with symGLASS's unbreakable glasses! For 20% off, use code **wwmag20** at www.Symglass.com.



20% off Cleaning helper!

Expires 4/1/17.

Bump It Off silicon sleeve is designed to make cleaning easy, from scrubbing pans to removing pet hair and more! For 20% off, use code **WWMAG20** at GoddessOfGadgets.com.



Recession Busters!



Get a head-to-toe spring makeover for less!

You can get a top-to-bottom spring makeover without breaking the bank! Here are the easy ways to save on . . .

1 Cosmetics!

Whether you want to try a new moisturizer, anti-aging serum, foundation or lipstick, you can save the most on all your cosmetics needs by heading to Walmart! In a cost-comparison study, the retailer came out on top for having the lowest prices on most name-brand cosmetics. Bonus: There's no risk when trying something new since Walmart gives you 90 days to return beauty products when you keep your receipt. Find out more at Corporate.Walmart.com/policies.

3 Clothing!

When you want to add new spring outfits to your wardrobe—but want to avoid emptying your wallet to get them—visit PriceGrabber.com or ShopStyle.com, then type in a description of an item you're looking for, such as "floral knee-length skirt." You'll instantly be given dozens of results from well-known stores that have just what you want—as well as the ability to organize the results by price so you can spot the best deal instantly!

4 Hair!

There's an easy way you can get top-quality hair styling for up to half the price: Visit Groupon.com, LivingSocial.com and other daily deal sites and look for discounts from salons in your area. Many offer reduced-price deals on single services (such as a haircut) and packages that include several services, so you can get a whole new look! Tip: Also check out the websites and social media accounts of favorite salons, which often offer moneysaving coupons!

2 Shoes!

There's a new trend—and it can keep a lot more money in your wallet: A growing number of big shoe retailers have free rewards programs, including Designer Shoe Warehouse (DSW.com), Famous Footwear (FamousFootwear.com) and Zappos.com. Sign up, and you'll start accruing points through purchases and special promotions that give you discounts, plus you'll qualify for exclusive coupons, sale alerts and free shipping to help you save even more! To find a rewards program, visit your favorite shoe stores' websites or ask the manager at a store for more info.

Scam alert!

Credit card rep call to say there's unusual activity on your account—and they need the security code on your card to verify it's you? Hang up! Real card reps don't need this number—but scammers do to use your card for unauthorized purchases! To check on fraudulent activity, call your credit card issuer directly.

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\$Ka-Ching! Be a professional kitchen organizer!

The organizing industry is now a \$1 billion market, and you can claim a piece of the pie by becoming a kitchen organizer! The most used room of the house, the kitchen also tends to be the most cluttered, making kitchen organizers in demand! Here's how to get started:

✓ LEARN THE ROPES!

Have a knack for space planning, an eye for aesthetics and a desire to help others? You have the skills needed to be a kitchen organizer—and you can earn \$35 to \$65 an hour! The best way to begin? “Volunteer to help a professional kitchen organizer,” says Yvette Clay, owner of Living Order in Austin, Texas. “Or volunteer services to family members, friends and neighbors.” That’s how Clay built her portfolio and got her start! You can also join the National Association of Professional Organizers (NAPO.net), where you can take classes and network with other pros.

✓ BUILD A PORTFOLIO!

To impress potential clients, it’s smart to have about five to seven

before-and-after photos from at least five projects, says Clay. Show cabinets, pantries, drawers and the fridge, and keep the after shots “real.” “No need to ‘fluff’ up after photos with plants and fancy baskets—not everyone has money to spend on those extras,” she says. “Instead, it’s more important to show the definition and organization potential clients will get from your services.”

✓ CATER TO CLIENTS!

Having a sense of how clients use

their kitchen will help you organize it, says Clay, who always asks: Who cooks the most? How often do you use your sets of dishes? How often do you cook? People who cook

daily want to be able to spot and grab items easily. Then when it’s time to sort items, Clay uses an ABC system: A’s are things used all the time, which should be easily accessible—in drawers, at eye level or within arm’s reach in the pantry. B’s are things used once or twice a week, and they should go behind A items. C’s are seasonal items used once or twice a year, which can be stored in harder-to-reach areas.

✓ KNOW THE PRO TRICK!

When it comes to organizing, think vertically: “Those areas above top shelves in cabinets and pantries are among the most underused of all,” says Clay. “Builders tend to space shelves evenly, and the top ones are almost always out of reach.” That’s why lowering them is one of the first things she does!



Win this at WomansWorld.com

Win \$1,000!

What would you do with an extra \$1,000? Whether that’s going on the ultimate shopping spree, booking a dream vacation or socking it away for a rainy day, one lucky reader will find out!

U.S. only. Ends 11:59 p.m., ET, 3/31/17.



Win Arrival on Blu-ray Combo Pack, a TV and Blu-ray player!

Arrival is now available on Blu-ray Combo Pack, and to celebrate, two readers will snag a copy of the movie along with a flat-screen TV and Blu-ray player! Amy Adams stars as a codebreaker investigating mysterious spacecraft that have touched down around the globe.

U.S. only. Ends 11:59 p.m., ET, 3/21/17.

Win a stay at The Palms Hotel & Spa in Miami Beach!

Need a getaway? Enter to win a three-night stay for two in an ocean-view room at The Palms Hotel & Spa in Miami Beach! You’ll also enjoy one spa treatment per person, a dinner for two at the hotel’s Essensia Restaurant & Lounge and a \$100 travel credit!

U.S. only. Ends 11:59 p.m., ET, 3/21/17.



Photos: courtesy of sponsor (10); Masterfile (2); Neo Vision/Getty Images; E+/Getty Images; Paramount/courtesy Everett Collection; j.kevin foltz.

Win a \$200 Target gift card from Mann’s Nourish Bowl!



Enjoy good-for-you meals in a flash with three chances to win a \$200 Target gift card to purchase Mann’s Nourish Bowls! The single-serve meals, made with fresh veggies and grains, come in five flavors.



U.S. only. Ends 11:59 p.m., ET, 3/21/17.

"Help! I need to lose weight!"

Whether you've got 50 pounds to lose or only 10, here's how to jumpstart your weight-loss success!

If you need to lose 50 lbs or more . . .



● Start small!

Trying to make big changes will only overwhelm you, so start out small, advises women's health expert Pamela Peeke, M.D. Try adding one or two healthy habits each week. Pick quick, feel-good tweaks to keep you motivated, say, chopping up veggies at

night for your next day's lunch, choosing to snack on crunchy carrots and hummus instead of fattier chips and dip. Small changes add up painlessly, so you never feel deprived!

● Enjoy the slimming-est breakfast!

Skipping meals is a sure way to slow down your metabolism—and the meal we most often skip—breakfast—is the most important one for keeping your fat-burning motor revved all day! The best breakfast of all? It's one that's protein-packed, reveals weight-loss expert Louis Aronne, M.D. Greek yogurt with berries or scrambled eggs with a little salsa, for example, are not only quick to make and delicious to eat, they'll also keep you feeling full for hours. "Eating a high-carb breakfast, like cereal, a banana and juice, is a common mistake," he says. "High-carb foods only make you feel hungry again quickly, so you'll have trouble controlling your appetite later in the day."



If you need to lose 25 lbs . . .

● Don't sweat your workouts!

An easy first step to take is to walk just 1,000 extra steps twice a week (about a mile), says Dr. Peeke. Once that's a breeze, step it up to three times a week, and so on. A fun, effortless way to maintain your motivation, she adds, is by keeping track of your progress with a free phone app like Stepz (StepzApp.com). Even sitting at your desk and stretching for just 10

minutes a day is proven to get results, she promises. "Set goals, gradually increase them every week or so, and you'll be on your way in no time!"

● Stay motivated with rewards!

"We all deserve to indulge from time to time," says dietitian Elizabeth Ward, R.D. Building in rewards can boost your motivation and prevent your metabolism from getting stuck! And if you overindulge? "Just start fresh the next day by snacking on your favorite fruits or enjoying a walk with a friend. The key is to not get down on yourself!"

If you need to lose that last 10 lbs . . .

● Sneak in a little strength training!

Your metabolism slows down—what's known as "plateauing"—once you near your ideal weight. Luckily, adding a little strength-training to your routine can reignite your calorie-burning power by building lean muscle, which burns calories faster than other tissues! "Just use two- to five-pound weights to do bicep curls while you watch TV or slip a resistance band around your ankles for leg lifts while you sit at your desk," advises Dr. Aronne.



Crave bread?

Go ahead and have some—you'll still lose weight as long as you follow a simple rule: Eat it *after* the rest of your meal! The order in which you eat foods matters, explains Dr. Aronne. "Starting a meal with protein and vegetables and then eating carbs shuts down blood-sugar spikes that can trigger you to overeat!"

● Indulge in your favorite treats!

Women who have only a few pounds left to lose can start enjoying dessert again if they plan for it, reveals Dr. Peeke. Looking forward to a weekly brownie or cupcake boosts your resolve to stay on track the rest of the time!



—Nancy Coveney

Our expert panel



Pamela Peeke, M.D., M.P.H.—author of *Body for Life for Women* and *The Hunger Fix*—is a nutrition and fitness expert. Visit her online at DrPeeke.com.



Louis Aronne, M.D., author of *The Change Your Biology Diet*, is an obesity specialist at Weill Cornell Medicine and New-York Presbyterian in New York City.



Registered dietitian **Elizabeth Ward, M.S., R.D.**, is a nutrition consultant and the author of *MyPlate for Moms*. Find more of her expert advice at BetterIsTheNewPerfect.com.



Good-times guide

Making happy memories together!

Make a milestone birthday extra-special!

Help a loved one mark a milestone year or get ready to celebrate *your* big birthday with a few ideas as simple as they are sweet!

1 Send milestone memories!

Ask your loved one's friends and family to write about special memories they have of him or

her—from the goofy and silly to the sweet and nostalgic—and send them to you. Put each note into a separate envelope, one for each year your loved one is celebrating (60 separate envelopes for a 60th birthday, for example). Then tie all the envelopes together with a ribbon and gift the stack of "milestone memories" to your loved one at their celebration—it'll let them look back on their life and see all hidden gems they may have forgotten!



2 Celebrate experiences together!

When it comes to a milestone birthday, the simplest celebration is often the most memorable, notes Liisa Ryan, author of *50 Ways to Enjoy Turning Fifty*. "Focus on what kind of activity everyone might share, and ask the honoree if there's a special place they'd like to see or a spot from their past they'd like to revisit. Whether it's a hike for your son's 21st or a balloon ride for your sister's 40th, sharing experiences makes the day more special for everyone!"



4 Marking a milestone birthday yourself?

Whether you're turning 30 or 90, a milestone birthday is so special, it's worthy of a yearlong fete—and there's no better time to treat yourself!

● Count down to fun!

"A milestone birthday is the perfect excuse to plan the best year ever," Ryan says. "When I turned 50, I made it my year of '50 fun frolics'—things I'd do just for pleasure, just for myself." One of her favorite frolics? "I really enjoy cooking, so I tried 50 new recipes."

● Pick a theme!

"Think about what you want this next year to be about," Ryan says. "On my 50th, I wanted to feel more inspired, so I made a point to visit museums and take classes. A milestone birthday is the perfect time to become a cheerleader for what you want in life!"



3 Surprise them with pals from their past!

"When I was looking ahead to my milestone birthday, I reached out to a few of my high school friends and helped organize a kind of mini reunion, a joint party to celebrate our 50th together," recalls Ryan. "Some friends I hadn't talked to in years, I called out of the blue, and it was so nice just reconnecting. It's one of my favorite things I did for my 50th." Take a page out of Ryan's playbook: If a loved one is celebrating a milestone birthday and has lost touch with a good friend, consider organizing a reunion, be it in person or over Skype. "It's a really great gift you would be giving him or her," she says.



—Kristina Mastrocola

Party-perfect dess

Celebrate any happy occasion . . . or just an ordinary day . . . with extra-special desserts packed with deliciousness and fun!



**Chocolate Chip
Cookie Cake**

Excerpted from Simple
Beautiful Homemade
Cakes by Lindsay Conchar.
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erts!

**Triple Lemon
Cupcakes**



**Funfetti
Cookie
Cake**

You'll find
more yummy
desserts in
*Simply Beautiful
Homemade Cakes*
by
Lindsay
Conchar.



**Chocolate
Layer Cake**



**Yellow Cupcakes with
Chocolate Frosting**



**Please turn the
page for recipes ▶**



Chocolate Layer Cake

Perfect for a birthday celebration or any time your chocolate craving calls, this rich, decadent cake will make happy sweet-tooth memories!

CHOCOLATE CAKE

2 cups all-purpose flour
2 cups sugar
3/4 cup dark cocoa powder blend, such as Hershey's Special Dark
1 Tbs. baking soda
1 tsp. salt
1 cup hot coffee
3/4 cup milk, at room temperature
3/4 cup vegetable oil
1 1/2 tsp. vanilla extract
3 eggs, at room temperature

CHOCOLATE FROSTING

1 1/2 cups salted butter, at room temperature
1 1/2 cups vegetable shortening
10 cups confectioners' sugar
2 tsp. vanilla extract
1 cup dark cocoa powder blend, such as Hershey's Special Dark
5 Tbs. water or milk
1 cup sprinkles
1 tube (4.25 oz.) decorating icing, fitted with writing tip, optional

● Preheat oven to 350°F. Line bottom of 3 (8") round cake pans with parchment paper; grease sides. In large bowl, combine flour, sugar, cocoa powder, baking soda and salt. In medium bowl, combine hot coffee, milk, oil and vanilla. Add eggs; whisk until combined. Pour coffee mixture into flour mixture; mix until smooth. Batter will be thin.

● Divide batter evenly among cake pans. Bake 22-25 minutes or until toothpick inserted into middle of cakes comes out with a few crumbs. Cool cakes 2-3 minutes. Remove from pans; transfer to racks. Cool completely.

● For frosting, beat together butter and shortening until combined. Slowly add 5 cups confectioners' sugar, mixing between additions until smooth. Add vanilla, cocoa powder and water or milk. Slowly add remaining 5 cups confectioners' sugar; mix until smooth.

● To assemble cake, using large serrated knife, cut domes from tops of cakes so they're flat. Place first cake on serving plate or cardboard cake round. Spread top with 1 cup frosting. Repeat with second layer of cake and frosting, then add final cake layer on top. Transfer 1 1/2 cups of remaining frosting to large pastry bag fitted with star tip. Spread remaining frosting over cake top and side. Press sprinkles onto side of cake. Pipe frosting rosettes around cake top. If desired, use decorating icing to write on cake top. Store cake at room temperature in airtight container. Cake is best eaten within 2 to 3 days.

Servings: 16. Cals.: 947. Protein: 5 g. Fat: 50 g. (16 g. saturated). Trans fat: 1 g. Chol.: 47 mg. Carbs.: 127 g. Sodium: 665 mg. Fiber: 4 g. Sugar: 105 g. Kitchen time: 1 hour. Total time: 4 hours.

Party-perfect desserts!

—continued from previous page



Chocolate Chip Cookie Cake

Start a happy new tradition with this chewy, soft, giant chocolate chip cookie cake that tastes as good as it looks!

COOKIE CAKE

1/2 cup unsalted butter, at room temperature
1/2 cup light brown sugar, loosely packed (1/3 cup packed)
3 Tbs. granulated sugar
1 egg
1 1/2 tsp. vanilla extract
1 1/2 cups all-purpose flour
3/4 tsp. baking soda
1/4 tsp. baking powder

1/4 tsp. salt

1 1/4 cups semisweet chocolate chips + additional

VANILLA FROSTING

1/4 cup salted butter, at room temperature
1/4 cup vegetable shortening
2 cups confectioners' sugar
1/2 tsp. vanilla extract
Sky blue gel icing color
Sprinkles

● Preheat oven to 350°F. Line bottom of 9" round cake pan with parchment paper; coat side with baking spray. Beat butter, brown sugar and granulated sugar until light and fluffy, 3-4 minutes. Add egg and vanilla; mix until combined. Combine flour, baking soda, baking powder and salt in medium bowl, then add flour mixture to butter mixture and mix until combined. Stir in 1 1/4 cups chocolate chips. Dough will be thick and a little sticky.

● Spread dough evenly into cake pan; press a few more chocolate chips into top. Bake 16-18 minutes or until edge is lightly golden. Center may seem a little jiggly, but will firm as it cools.

● Cool cookie in pan. Remove from pan; place on serving plate. (Tip: when cookie cake is completely cool and firm, it should be easy to invert onto cooling rack, then invert back onto serving plate or cardboard cake circle.)

● For frosting, beat butter and shortening until smooth. Add 1 cup confectioners' sugar; mix until smooth. Add vanilla and 1-2 Tbs. water; mix until smooth. Add remaining 1 cup confectioners' sugar; mix until smooth.

● Color frosting with gel icing color. Transfer to pastry bag fitted with star tip and pipe onto edge of cookie cake. Finish off with sprinkles around edge. Cake is best eaten within 2 to 3 days.

● Tip: You can refrigerate cookie dough 2-3 days prior to baking. When ready to bake cookie cake after refrigerating, no need to let dough come to room temperature before adding to cake pan. Break into pieces and drop over bottom of pan, then press together and proceed with directions.

Servings: 12. Cals.: 415. Protein: 3 g. Fat: 22 g. (12 g. saturated). Chol.: 46 mg. Carbs.: 54 g. Sodium: 180 mg. Fiber: 2 g. Sugar: 40 g. Kitchen time: 40 minutes. Total time: 3 hours.



Yellow Cupcakes with Chocolate Frosting

Go ahead, eat your words! The fun sayings atop these moist vanilla cupcakes with creamy cocoa frosting are made from melted candy!

CUPCAKES

6 Tbs. unsalted butter, at room temperature
3/4 cup sugar
6 Tbs. sour cream, at room temperature
1 Tbs. vanilla extract
3 egg yolks, at room temperature
1 1/4 cups all-purpose flour
2 tsp. baking powder
1/4 tsp. salt
6 Tbs. milk, at room temperature
2 Tbs. water, at room temperature

CHOCOLATE FROSTING

1/2 cup salted butter, at room temperature
1/2 cup vegetable shortening
3 1/2 cups confectioners' sugar
1/2 cup unsweetened cocoa powder
1 tsp. vanilla extract
1/4 cup water or milk
3 oz. red candy melts, melted
3 oz. blue candy melts, melted
Sprinkles, as needed

● Preheat oven to 350°F. Prepare cupcake pan with 14 cupcake liners. In large bowl, beat butter and sugar until light in color and fluffy, 3-4 minutes. Add sour cream and vanilla; mix until combined. Add 1 egg yolk; mix until combined. Add remaining 2 egg yolks; mix until well combined.

● Combine flour, baking powder and salt in medium bowl; combine milk and water in small measuring cup. Add half of flour mixture to batter; mix until combined. Add milk mixture; mix until combined. Add remaining half of flour mixture; mix until well combined. Scrape down side of bowl as needed to be sure all ingredients are well incorporated.

● Fill cupcake liners about halfway with batter. Bake 15-17 minutes or until toothpick inserted comes out with a few crumbs. Cool cupcakes 2-3 minutes. Transfer to rack; cool completely.

● For frosting, beat butter and shortening in large bowl until smooth. Add 1 3/4 cups confectioners' sugar; beat until smooth. Add cocoa powder, vanilla and water or milk; beat until smooth. Add remaining 1 3/4 cups confectioners' sugar; beat until smooth. In batches, transfer frosting to pastry bag fitted with star tip; pipe over cupcakes.

● Make decorations using red and blue candy melts; transfer to separate pastry bags fitted with writing tips, or squeeze bottles. Pipe desired word or shapes on parchment paper; dry completely. Carefully remove from paper. Finish off cupcakes with sprinkles and decorations. Cupcakes are best stored at room temperature in an airtight container and best eaten within 2-3 days.

Servings: 14. Cals.: 465. Protein: 3 g. Fat: 25 g. (13 g. saturated). Trans fat: 1 g. Chol.: 74 mg. Carbs.: 60 g. Sodium: 143 mg. Fiber: 1 g. Sugar: 49 g. Kitchen time: 1 hour. Total time: 3 hours, 20 minutes.



Triple Lemon Cupcakes

Pack all the goodness of an old-fashioned lemon tart into an extra-pretty cupcake and watch your guests swoon!

LEMON CURD	extract	CREAM CHEESE FROSTING
1/4 cup lemon juice, from 1-2 lemons	1 Tbs. finely grated lemon zest	8 oz. cream cheese, at room temperature
2 tsp. finely grated lemon zest	3 egg whites, at room temperature	1/4 cup salted butter, at room temperature
1/3 cup sugar	1 1/4 cups all-purpose flour	4 1/4 cups confectioners' sugar
4 egg yolks	2 tsp. baking powder	1 tsp. vanilla extract
3 Tbs. unsalted butter	1/4 tsp. salt	2 tsp. water or milk
LEMON CUPCAKES	1/4 cup milk, at room temperature	Sprinkles
6 Tbs. unsalted butter, at room temperature	1 Tbs. water, at room temperature	Fresh lemon slices, quartered
3/4 cup sugar	3 Tbs. lemon juice, from 1-2 lemons	
6 Tbs. sour cream, at room temperature		
1/2 tsp. vanilla		

● To make lemon curd, combine lemon juice, lemon zest, sugar, egg yolks and butter in double boiler (or in metal bowl over pot of simmering water). Heat lemon mixture while whisking constantly until mixture thickens and reaches 160°F. Remove from double boiler and set lemon curd in refrigerator to cool completely, 1-2 hours.

● To make cupcakes, preheat oven to 350°F. Prepare cupcake pan with 14 cupcake liners. In large bowl, beat butter and sugar until light in color and fluffy, 3-4 minutes. Add sour cream, vanilla and lemon zest; mix until combined. Add 1 egg white; mix until combined. Add remaining 2 egg whites; mix until well combined.

● Combine flour, baking powder and salt in medium bowl; combine milk, water and lemon juice in small measuring cup. Add half of flour mixture to batter; mix until combined. Add milk mixture; mix until combined. Add remaining half of flour mixture; mix until well combined. Scrape down side of bowl as needed to be sure all ingredients are well incorporated.

● Fill cupcake liners about three-quarters full with batter. Bake 15-17 minutes or until toothpick inserted comes out with a few crumbs. Cool cupcakes 2-3 minutes. Transfer to rack; cool completely.

● For frosting, beat cream cheese and butter in large bowl until smooth. Add half of confectioners' sugar; beat until smooth. Add vanilla and water or milk; mix until smooth. Mix in remaining confectioners' sugar until smooth.

● To assemble cupcakes, with cupcake corer or paring knife, cut out hole in center of each cupcake about halfway down. Fill holes with lemon curd. Frost cupcakes and top with a few sprinkles. Refrigerate until ready to serve. Just before serving, top with quarter slice of lemon. Cupcakes are best eaten within 2 to 3 days.

Servings: 14. Cals.: 437. Protein: 4 g. Fat: 19 g. (11 g. saturated). Trans fat: 1 g. Chol.: 101 mg. Carbs.: 64 g. Sodium: 217 mg. Fiber: 0 g. Sugar: 53 g. Kitchen time: 1 hour, 10 minutes. Total time: 2 hours, 40 minutes.



Funfetti Cookie Cake

Happiness = a white-chocolate-chip cookie the size of a cake!

COOKIE CAKE	additional
1/2 cup unsalted butter, at room temperature	1/4 cup sprinkles
1 cup sugar	VANILLA BUTTERCREAM
1 egg	1/4 cup salted butter, at room temperature
1 tsp. vanilla extract	1/4 cup vegetable shortening
1 3/4 cups all-purpose flour	2 cups confectioners' sugar
1/2 tsp. baking soda	1/2 tsp. vanilla extract
1/2 tsp. cornstarch	Violet and cornflower blue gel icing colors
1/4 tsp. salt	Sprinkles
1 cup white chocolate chips +	

● Preheat oven to 350°F. Line bottom of 9" round cake pan with parchment paper; coat side with baking spray. Beat butter and sugar until light and fluffy, 3-4 minutes. Add egg and vanilla; mix until combined. Combine flour, baking soda, cornstarch and salt in medium bowl then add flour mixture to butter mixture and mix until well combined. Dough will be a little crumbly. Use spatula to bring it together. Stir in 1 cup white chocolate chips and sprinkles. Dough will be thick.

● Spread dough evenly in cake pan; press a few more white chocolate chips into top of cookie. Bake 20-22 minutes or until edge is lightly golden. Center may seem a little jiggly, but will firm as it cools.

● Cool cookie in pan. Remove from pan; place on serving plate. (Tip: when cookie cake is completely cool and firm, it should be easy to invert onto cooling rack, then invert it back onto serving plate or cardboard cake circle.)

● For frosting, beat butter and shortening until smooth. Add 1 cup confectioners' sugar; mix until smooth. Add vanilla and 1 1/2 Tbs. water; mix until smooth. Add remaining 1 cup confectioners' sugar; mix until smooth.

● Color frosting with gel icing colors. Transfer to pastry bag fitted with star tip and pipe onto edge of cookie cake. Finish off with sprinkles around edge.

Servings: 12. Cals.: 485. Protein: 3 g. Fat: 23 g. (13 g. saturated). Chol.: 46 mg. Carbs.: 68 g. Sodium: 161 mg. Fiber: 0 g. Sugar: 49 g. Kitchen time: 40 minutes. Total time: 3 hours.

"[For] fans of Jodi Picoult, Debbie Macomber and Elin Hilderbrand."

—Bookreporter on *The Girls of Mischief Bay*

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—San Francisco Book Review on *The Friends We Keep*

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NEXT WEEK: Celebrate St. Patrick's Day deliciously!

Yummy weekend breakfasts!

Looking to begin the day with something more tempting than microwave oatmeal? Whip up these breakfasts in minutes, simply pop them in the oven and voilá: a yummy breakfast to start your day in a delicious way!

Breakfast Biscuit Quiches

2/3 cup shredded Swiss cheese
1/3 cup finely chopped cooked ham
1/4 cup finely chopped scallions
3 eggs
2 Tbs. milk
1/8 tsp. pepper
1 can (10.2 oz.) refrigerated biscuit dough

● Preheat oven to 350°F. Coat 10 muffin cups with cooking spray. Combine cheese, ham and scallions in small bowl. Beat eggs, milk and

pepper in medium bowl until blended. Separate biscuits; vertically cut each in half. On lightly floured surface, press or roll each piece into 5" round. Fit 1 round into each muffin cup, leaving the 2 cups in center of pan empty. Press dough firmly against bottoms and sides of cups and form rim at top.

● Spoon 2 Tbs. cheese mixture into each cup. Pour in egg mixture, dividing evenly. Bake 20-25 minutes until filling is set and biscuits are deep golden brown. Serve warm. Makes 10 quiches.



Muffin Frittatas

6 eggs
1/2 cup milk
1/4 tsp. salt
1/8 tsp. pepper
1 cup shredded Cheddar cheese, 4 oz.
3/4 cup chopped zucchini
1/4 cup chopped red pepper
2 Tbs. chopped red onion

● Preheat oven to 350°F. Coat 12 muffin cups with cooking spray. Beat eggs, milk, salt and pepper in medium bowl until blended. Stir in cheese, zucchini, red pepper and onion. Evenly spoon into muffin cups, about 1/4 cup each. Bake 20-22 minutes until just set. Cool on rack 5 minutes. Remove from cups; serve warm. Makes 6 servings.

Mini Orange-Maple French Toast Breakfast Casseroles

4 oz. mascarpone cheese or cream cheese, at room temperature
4 eggs
2/3 cup milk
1/3 cup orange juice
1/4 cup maple-flavored pancake syrup
1/4 tsp. grated orange zest
3 cups (1") bread cubes, from 3-4 slices
Confectioners' sugar and additional syrup, optional

● Preheat oven to 350°F. Coat 4 (10 oz.) ramekins or custard cups with cooking spray. Whisk cheese in

medium bowl until smooth. Add eggs, one at a time, whisking after each addition until smooth. Stir in milk, orange juice, syrup and zest until smooth and blended. Divide bread among ramekins. Slowly pour a generous 1/2 cup egg mixture over bread in each cup; press bread into egg mixture. Place ramekins in baking pan. Bake 30 minutes or until puffed and knife inserted near centers comes out clean. If desired, sprinkle with sugar and serve with syrup. Makes 4 servings.

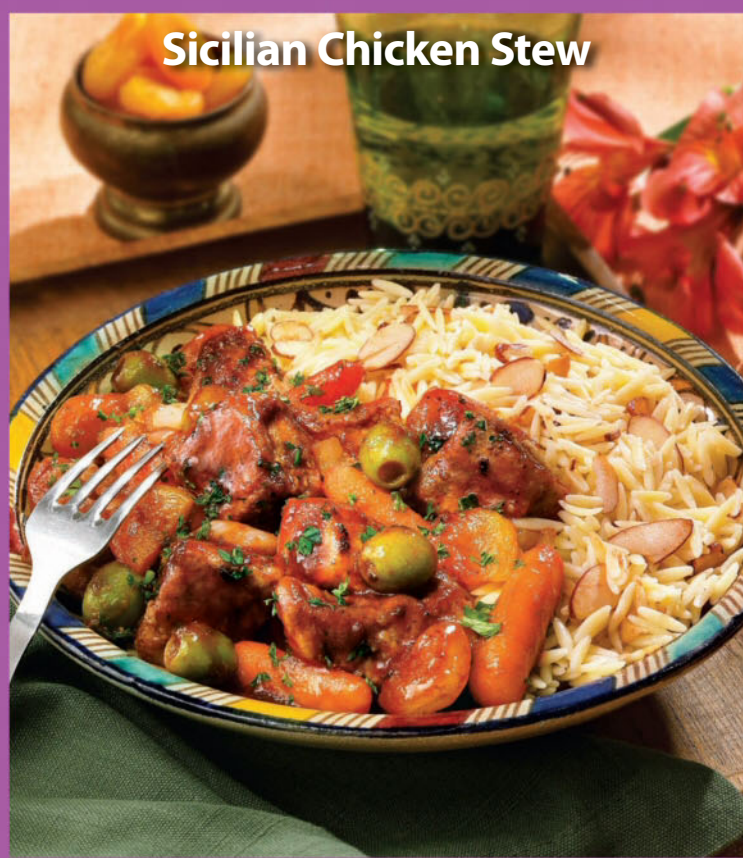


Warming one-pot stews!

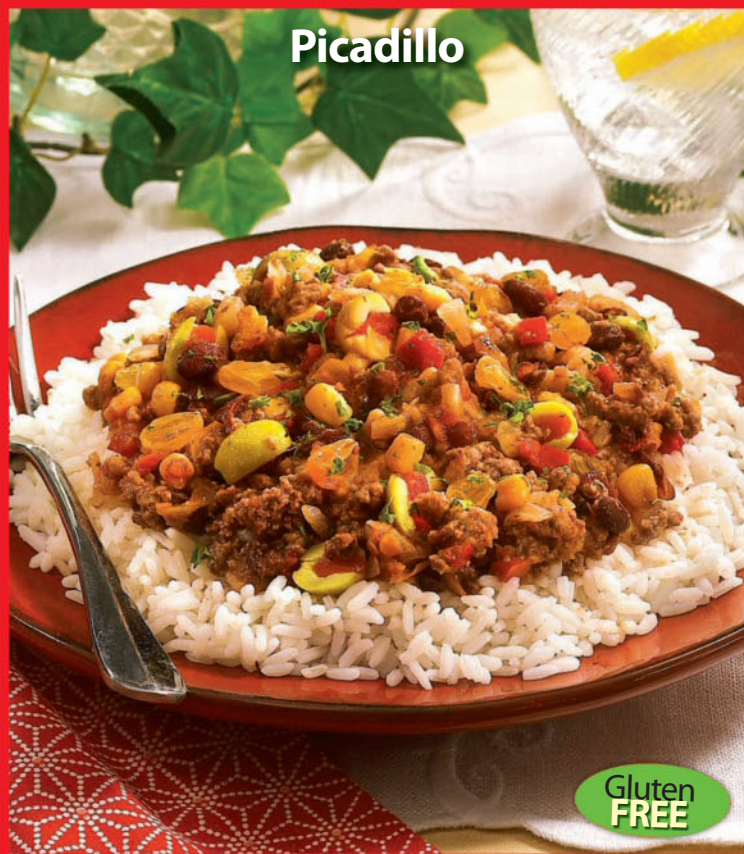
Mexican Meatball Stew



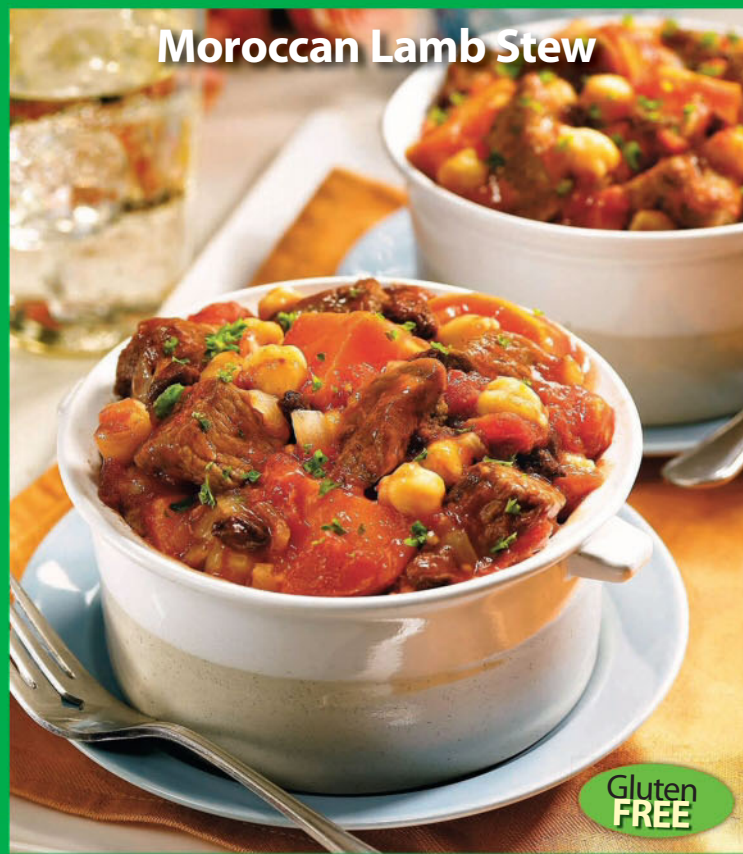
Sicilian Chicken Stew



Picadillo



Moroccan Lamb Stew



Warming one-pot stews!

WW Sicilian Chicken Stew

Chicken, carrots, apricots, olives and rosemary create a hearty, rustic Italian stew that's as delicious as it is nutritious!

1 1/2 lbs. boneless, skinless chicken thighs, cut into 1 1/2" pieces
1 tsp. salt
1/2 tsp. pepper
1/8 tsp. crushed red pepper flakes
1 Tbs. olive oil
2 cups mini peeled carrots
1 large onion, chopped, 1 1/2 cups
1 can (8 oz.) tomato sauce
1 can (14.5 oz.) chicken broth
1/2 cup pimento-stuffed green olives
1/2 cup dried apricots, halved
2 strips lemon zest
1 (6" long) sprig rosemary
1 cup orzo pasta

1/4 cup sliced natural almonds, toasted
Chopped fresh parsley

● Sprinkle chicken with salt, pepper and red pepper flakes. In large nonstick skillet, heat oil over medium-high heat. Add chicken; cook, turning occasionally, until browned on all sides, 5 minutes; transfer to plate.

● To drippings in skillet, add carrots and onion; cook, stirring occasionally, until onions are softened, 5-6 minutes. Add tomato sauce, and cook, stirring frequently, until reduced by about half, 5 minutes. Stir in broth,

olives, apricots, lemon zest and rosemary. Cover; bring to boil. Reduce heat and simmer, stirring occasionally, until carrots are tender and chicken is cooked through, 20-25 minutes.

● Meanwhile, cook orzo according to package directions. Serve stew with orzo. Garnish orzo with almonds and stew with parsley.

Servings: 6.
 Calories: 365. Protein: 29 g. Fat: 11 g. (2 g. sat.)
 Chol.: 107 mg. Carbs.: 40 g. Sodium: 1,036 mg.
 Fiber: 4 g. Sugar: 10 g.
 Kitchen time: 35 minutes. Total time: 55 minutes.

WW Mexican Meatball Stew

Savory meatballs bubbling with other flavor-packed ingredients like smoky chipotle chili peppers, diced tomatoes and corn make this stew oh-so-satisfying!

1 egg
1 lb. ground beef or pork or mixture
3/4 cup fresh breadcrumbs

1 medium onion, chopped, about 1 cup
3 Tbs. milk

1/2 tsp. ground chipotle chili pepper
1/2 tsp. salt
1/4 tsp. pepper

1 Tbs. olive oil
1 large carrot, chopped, 1 cup

1 clove garlic, chopped
2 cups frozen corn

1 can (14.5 oz.) chicken broth

1 can (10 oz.) diced tomatoes and

green chilies, like Rotel Mild
Sour cream, optional

● Preheat oven to 375°F. Line rimmed baking sheet with foil. In large bowl, lightly beat egg; stir in meat, breadcrumbs, 1/3 cup onion, milk, chipotle, salt and pepper. Shape into 24 balls and arrange on baking sheet. Bake 15 minutes or until browned.

● Meanwhile, in large pot, heat oil over medium heat. Add chopped carrot and remaining 2/3 cup onion; cook, stirring frequently, until

softened, about 5 minutes. Stir in garlic and cook, stirring, 30 seconds until fragrant.

● Add corn, broth and tomatoes; simmer 5 minutes. Add meatballs; cover and simmer until cooked through, about 10 minutes. If desired, serve with sour cream.

Servings: 4
 Calories: 402
 Protein: 27 g.
 Fat: 21 g. (7 g. sat.)
 Chol.: 120 mg.
 Carbs.: 29 g.
 Sodium: 921 mg.
 Fiber: 4 g.
 Sugar: 8 g.
 Kitchen time: 40 minutes.
 Total time: 40 minutes.

WW Moroccan Lamb Stew

Chunks of tender lamb stew meat, colorful sweet potatoes and a medley of spices combine to create a tasty good-for-you supper!

2 Tbs. all-purpose flour
1 1/2 tsp. salt
1 tsp. pumpkin pie spice
1 tsp. ground cumin
1/2 tsp. pepper
1/8 tsp. cayenne
1 1/2 lbs. boneless lamb stew meat, cut into 1 1/2" cubes
3 Tbs. olive oil
1 onion, chopped, 1 cup
2 cups lower sodium chicken broth
1 can (15.5 oz.) chickpeas, rinsed and drained
1 can (14.5 oz.) diced tomatoes
1/2 cup raisins
1 1/2 lbs. sweet potatoes, peeled, cut into 1 1/2" pieces

Chopped fresh parsley, optional

● In large bowl, combine flour, salt, pumpkin pie spice, cumin, pepper and cayenne. Add lamb; toss to coat in flour mixture.

● In large pot, heat 2 Tbs. olive oil over medium-high heat. Add lamb; cook, turning, until browned on all sides, about 5 minutes. Remove meat from pot. To pot, add remaining 1 Tbs. oil, then onion; cook, stirring frequently, until browned, about 5 minutes. Add broth, chickpeas, tomatoes and raisins; bring to boil.

● Return meat to pot. Cover; over low heat, cook, stirring occasionally, 1 hour, 30 minutes. Add sweet potatoes; cook, covered, until potatoes and meat are tender and sauce has thickened, 25-30 minutes. If desired, serve sprinkled with parsley.

Servings: 6
 Calories: 429
 Protein: 29 g.
 Fat: 14 g. (3 g. sat.)
 Chol.: 74 mg.
 Carbs.: 46 g.
 Sodium: 1,078 mg.
 Fiber: 7 g.
 Sugar: 19 g.
 Kitchen time: 30 minutes.
 Total time: 2 hours, 30 minutes.

WW Picadillo

Brimming with olives, plump raisins and plenty of ground beef, this stew is packed with sweet 'n savory crowd-pleasing goodness!

1 cup uncooked rice
1 lb. lean ground beef
1 onion, chopped, 1 cup

1 clove garlic, chopped
1 tsp. chili powder
1 tsp. dried oregano

1/8 tsp. ground cinnamon

1 can (14.5 oz.) diced tomatoes
1/2 cup frozen corn
1/2 cup pimento-stuffed green olives, halved lengthwise

1/2 cup raisins, dark and/or golden
Chopped fresh cilantro, optional

● Cook rice according to package directions. Meanwhile, heat large nonstick skillet over medium-high heat. Add beef and onion; cook, stirring occasionally, until beef is browned, 4-5 minutes. Drain fat.

● Add garlic, chili powder, oregano and cinnamon and cook, stirring, until fragrant, about 30 seconds. Stir in tomatoes, corn, olives and raisins. Bring to boil. Reduce heat and cover; simmer, stirring occasionally, until flavors blend, about 10 minutes. Serve over rice. If desired, sprinkle with cilantro.

Servings: 4. Calories: 501. Protein: 29 g.
 Fat: 12 g. (4 g. sat.)
 Chol.: 70 mg.
 Carbs.: 70 g.
 Sodium: 633 mg.
 Fiber: 4 g.
 Sugar: 18 g.
 Kitchen time: 35 minutes.
 Total time: 35 minutes.



For an even more flavorful dinner, serve the picadillo over fragrant jasmine rice.

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Gorgeous gallery!

Grouping wall hangings makes a collection really stand out! The secret to a perfect arrangement? Use craft paper to trace each piece of art, cut out and tape to wall, then mix and match until it looks just right! **Tip:** Keep bigger pieces toward the bottom—they visually anchor your gallery!

For rings and things!

Keep jewelry safe by tucking baubles into this lovely Limoges-inspired porcelain basket! \$8.99, Essence of Europe Gifts (Amazon.com, style #B009ZXAHME).



Time for vintage-chic!

Capture old-time charm in an instant by hanging this retro kettle clock! \$34.99, Creative Home (Amazon.com, style #B01F1Q9TXQ).

Focus on beauty!

Vintage accessories—vases, lamps, paintings—come into focus when you keep the scene neutral, so opt for paint, linens and furnishings in shades of the same muted tone.



king treasures!



Teatime cuties!

What could be cuter than a couple of kitty figurines popping out of a teacup? \$29.99, Hamilton Collection (Bradford Exchange.com, style #905157001).

Put it to good use!

The best way to honor Grandma's vintage porcelain, canisters and serving-ware? By using—and enjoying—them! Filling vases with flowers and bowls with fruit keeps their beauty front and center while adding a touch of old-time warmth.



Sweet tabletop surprise!

Sure, a unified theme, like florals, helps hold a display together, and here's a surprise: Mixing in a counter-theme, like furry friends, gets people doing a double take, delighting the eye!



Bathhouse vintage!

This nostalgic peg rack adorned with antique-style signs will give any bathroom vintage charm! \$56.99, Illumalite Designs Blanket (Wayfair.com, style #IRM1682).



Give furniture vintage-wow appeal!

Love the antique-chic style of a distressed finish? Larissa Haynes at ProdigalPieces.com shows how you can give any old piece of wood furniture the look with her secret ingredient—petroleum jelly! Here's how:

- 1 **Get a smooth start!** Sand the entire furniture piece, then wipe away dust with a clean rag.
- 2 **It's jelly time!** Use another rag to smear small amounts of petroleum jelly in places that would get normal wear (like on edges and around knobs).
- 3 **Brush on color!** Using small amounts of paint and a dry brush, add a thin coat of color over the entire piece. (Note: Larissa decided to stain the top of her dresser for a vintage two-toned look.) Let dry for about 2 hours.
- 4 **Rub it rustic!** Take another clean cotton rag and rub the paint where you applied the petroleum jelly. Larissa says the jelly rejects the paint and allows for super-easy removal. The result? A wonderfully worn-looking finish!



Wow-worthy display! ▲

Open shelving is perfect for keeping collectibles within view—and easy reach! For the greatest visual impact, vary heights and sizes, and use pedestals or stacks of dishes to elevate items. **Tip:** Place largest items first, then fill in open spaces around them with smaller, colorful objects.

Photos: Mark Lohman/Styling by Sunday Henrickson (5); courtesy of ProdigalPieces.com.



DAY 1

**Your dreams
are the best
investment
there is!**

DAY 2

**Joy can take
you by surprise!**

DAY 3

**There is no one
more special
than you.**

DAY 4

**Count your
blessings and
more keep
appearing!**

DAY 5

**Success
takes making
mistakes.**

DAY 6

**Fill your tank
with positivity
and there's no
limit to how far
you can go!**

DAY 7

**Happy. It's
what you make
someone!**



My Guardian Angel

READERS SHARE THEIR STORIES ...

"Angels saved my son!"

When *Woman's World* reader, Linda Danielson, of Edmonds, Washington, prayed for angelic help on behalf of her son, they answered! She writes:

When my son, Ron, was growing up, I was a single parent. I worked very hard to give Ron everything he needed and to keep him safe.

When he was 17, Ron took an evening job. His shift ended at midnight. One winter night, I awoke just about that time and saw snow falling outside my window.

Please let Ron get home safely, I prayed.

Though he didn't have far to travel, Ron had to drive across a bridge. It always iced over quickly during inclement weather, and over the years, many motorists had been badly hurt in accidents, some even killed!



**"The angels kept my son
from having a serious car
accident!" says Linda**

Suddenly, in my mind's eye, I could see Ron's car driving over the bridge and going into a spin. My heart fell as I saw the shadow of an oncoming vehicle crash into him!

"No!" I gasped, my whole body trembling.

Then, suddenly, I thought about the "My Guardian Angel" column in *Woman's World*. As a devoted reader, I knew that many readers called upon the angels for help in times of danger and always received answers.

So, I cried out, "Angels, please protect my son. I love him so much, and cannot bear the thought of losing him!"

Suddenly, I saw another vision of Ron's car, but this time, it



was surrounded by angels who were pushing away the oncoming vehicle. An overwhelming peace washed over me, and I fell into a deep sleep.

The next morning at breakfast, I asked Ron how his night had gone. He told me he'd had a close call while driving home. I held my breath as he described to me exactly what I had seen in my vision!

Ron said that his car had hit a patch of ice on the bridge and gone into a spin. He could see a truck coming at him, horn blaring. But just in the nick of time, his car somehow straightened out and he was able to drive out of the way.

Tears fell from my eyes as I gave my son a hug and told him how much I loved him. I knew the angels answered my prayer and had changed what could have been a tragic outcome into a miracle.

"The angels sure did change the outcome for Linda and Ron!"

says Doreen Virtue, Ph.D. "The angels have told me many times that a mother's prayers for her children are given top priority in Heaven.

"God and the angels have unlimited abilities to answer our prayers. They can instantly move cars and trucks out of our way, and even move the vehicle we're driving—all to answer our prayers for safety.

"Heaven respects our free will choices, and angels will only intervene if we ask for their help. Good for Linda for trusting her intuition, and asking for divine intervention—her prayers likely saved her son's life!

"The angels say: 'We will move Heaven and Earth to answer your prayers.'"



Doreen says:

**“Exhale ... and
give all worries
to God and the
angels”**

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. 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.

Turn a dollar-store vase into an heirloom!

It's easy to upcycle a dollar store vase into an impressive blue-and-white porcelain reproduction—simply spray on some pearlized paint and attach pretty paper medallions!

WHAT YOU'LL NEED

- ❑ Glass or ceramic vase from a dollar store; ours is 6 1/2" high
- ❑ Krylon® ColorMaster Primer, White
- ❑ Martha Stewart Crafts® Multi-Surface Pearl Acrylic craft paint, Mother of Pearl
- ❑ Blue and white ornately patterned scrapbook paper; we used The Paper Studio—Blue Rose Cottage Paper Pad from Hobby Lobby
- ❑ Mod Podge decoupage medium, Gloss Finish
- ❑ 80-90 (3 mm) half-pearls
- ❑ Beacon Gem-Tac glue
- ❑ Toothpick

1 Spray the vase with primer—outside and inside the top opening. When dry, paint two coats of Mother of Pearl, letting it dry between coats.

2 Plan to do identical arrangements, one on each side of the vase plus a ring or rings of motifs at the top. Cut two large medallions then enough smaller pieces to encircle them; we used six; if your paper has a different pattern, you may need more or fewer. Cut small medallions to ring the neck of the vase, then small and medium dots to ring the top edge and fill in any spaces.

3 Referring to our photo, or in your own design, decoupage the pieces to the vase. To do, paint a coat of Mod Podge on the back of a piece, apply it to the vase, pressing out any air bubbles, then paint a coat of Mod Podge over the top. Start with the large medallion then add smaller pieces around it. Ring the narrowest part of the vase's neck with small medallions and add a row of dots near the top edge.

4 Embellish the vase with half pearls using a toothpick and Gem-Tac. Even if the pearls are self-adhesive, they will need the glue to stay permanently attached.

Tip!
Secondhand jewelry boxes and flea-market bottles can also be transformed with pearly paint and scrapbook paper motifs—they'll make great gifts!

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NEXT WEEK: Hang a fun St. Patrick's Day welcome!

Design: Jennifer & Kitty O'Neil (RunningWithSisters.com). Photo: Cathy Olivucci/HBB. Beacon Adhesives: Beacon Adhesives.com or 800-865-7238. Krylon: Krylon.com or 800-457-9566. Martha Stewart Crafts™.

Your 2017 spring

Aries

Love & Family

Romance blossoms this spring as Venus, the planet of romance, transits your sign twice, ensuring your love life is doubly sweet! Family bonds are stronger than ever, thanks to favorable planets that help smooth any rough patches—a reunion may even be in store March 13th to 31st!

Romance is in the air all spring long!

Career & Finances

Saturn shines favorably on your finances all season long! And job prospects are extra-strong come late spring—don't be surprised if you're rewarded with a nice pay increase!

Luck & Surprises

Say good-bye to boring as Uranus in Aries keeps your spring filled with fun and excitement! And get ready to step into the winner's circle come late May, when Venus and Uranus in your sign send your good luck soaring!

Taurus

Love & Family

Mars in Taurus from March 9th to April 21st brings passion to your romantic pursuits! Things heat up again from June 6th on, when Venus in Taurus fans romantic flames. And thanks to Pluto, family matters will undergo positive changes.

Work is more rewarding than ever—personally and financially!

Career & Finances

Get ready to climb the career ladder, thanks to a planetary boost from Mars in early spring—it's your time to prosper! And with lucky Jupiter in your work and health zone, you'll find greater joy on the job and closer ties with co-workers.

Luck & Surprises

Pack your bags! With Mercury transiting your sign March 31st to April 20th and again May 16th to June 6th, you're set to enjoy a flurry of mini getaways. New pals enter your social circle April 19th to May 20th, making your birth month fun!

Gemini

Love & Family

Jupiter adds a jolt of fun to romance for singles, while Saturn helps couples bond. What's more, your special brand of TLC will be extra-appreciated by an older relative!

Career & Finances

With Mercury retrograde starting April 9th, sticking to a budget guarantees financial stability. Money matters are looking up come April 21st, when Mars in Gemini sends you a new job opportunity or a big pay bump!

Good fortune is yours for the grabbing!

Luck & Surprises

Your luck is golden, thanks to Jupiter—and your winning streak is even hotter June 6th to 21st! That's also a good time to get away!

Libra

Love & Family

Jupiter in your sign all season brings your family closer than ever! Uranus has you wanting to spice up your relationship—luckily, romance is extra-delightful from April 28th to June 6th!

Luck & Surprises

Lady Luck will be at your side throughout spring—with April 21st to June 4th seeing extra good fortune come your way!

Lady Luck is your new best friend!

Career & Finances

Your finances prosper, thanks to Jupiter in your sign! And your career aspects are better than ever, too—in fact, late spring could see you enjoying greater pay and prestige!

Scorpio

Love & Family

Romantic Venus makes your love life extra-magical—and couples may even enjoy a second honeymoon from April 19th to May 20th! Family time will be fun and carefree, thanks to Jupiter's blessing.

Career & Finances

Saturn in your cash zone will have you taking a sharp eye to your finances. The result? A smart budget that keeps money matters on track! Your career aspects will shine under positive planetary forces.

Luck & Surprises

A new hobby may turn into a lucrative side business! With Mars in your long-distance travel zone in late spring, a fun vacation is just the ticket to memories that you'll cherish for years to come!

Venus casts a magical spell on your love life!

Sagittarius

Love & Family

Saturn in your sign positions you as a family leader, while Jupiter in Libra fills you with grace that helps you be a pillar of strength and love for your clan. The Sun illuminates your marriage zone May 20th to June 21st, making your relationship shine!

Career & Finances

Your financial intuition is on target April 28th to June 6th, helping you make wise long-term investments. Your career

reaches a new peak, thanks to Saturn in your sign!

Luck & Surprises

Mercury retrograde April 9th to May 3rd surprises you with unexpected travel opportunities. With lucky Jupiter in your social zone, you may be asked to join a new club where you'll meet like-minded folks—and maybe even make a new best friend!

Your financial smarts are sharper than ever!

g horoscope!

What wonderful surprises do the spring stars have in store for you? Read on to find out!

Cancer

Love & Family

Your relationships will be stronger than ever, as Pluto's opposition helps you discover new ways to strengthen your bonds! Jupiter in your home and family sector acts as a guardian angel, showering you and all of your loved ones with blessings!

You and your family will be showered with many blessings!

Career & Finances

Thanks to prosperous planets aligning in your career zone, you'll be able to find new opportunities to stretch your wings and find great work success! Finances turn golden in late spring!

Luck & Surprises

April starts with a winning streak as your luck is at an all-time high! And with Jupiter in your family zone all season, your social calendar will be packed with fun reunions, graduations and weddings!

Leo

Love & Family

Uranus in trine adds some extra spice to your love life! From April 21st to June 4th, friendly planets fill your social calendar with invites—you may just make a new best friend who lives in your neighborhood!

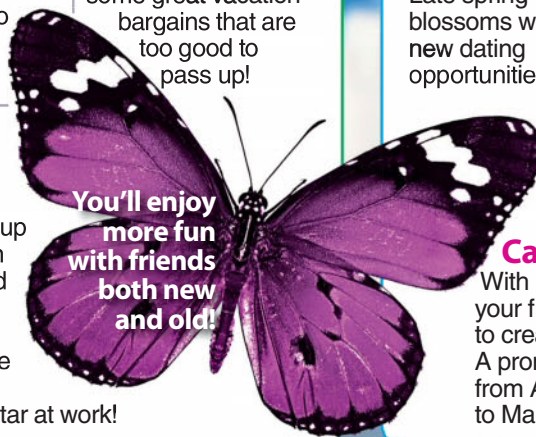
Career & Finances

Looking for a new job? Kick up your search on March 9th, and the stars will steer you to success! In late spring, Venus makes you a star at work!

Luck & Surprises

Jupiter in Libra helps you take the plunge on a long-desired splurge—the wait will be worth it! Travel will be top of your mind, too, as you'll find some great vacation bargains that are too good to pass up!

You'll enjoy more fun with friends both new and old!



Virgo

Love & Family

Family members will look to you for your wise advice. Venus heats up your love life April 2nd to 28th. Single? Late spring blossoms with new dating opportunities!

Luck & Surprises

Keep your bags at the ready March 31st to April 2nd—Mercury in good aspect means a vacation is likely in the works! Fun with pals is a sure bet in late spring with Mars in your party zone!

Golden money matters put you on stable financial ground for the long term!

Career & Finances

With lucky Jupiter blessing your finances, now is a great time to create a nest egg for the future! A promotion is likely in the works from April 21st to June 4th, thanks to Mars in your career zone!

Capricorn

Love & Family

Thanks to Uranus in Aries, you'll create new traditions that bring your loved ones even closer. With the Sun lighting up your love zone April 19th to May 20th, romance will fill you with great joy!

Career & Finances

With Jupiter cheering you on from your career zone, you'll earn great accolades at work—and even greater monetary rewards that'll bring your financial goals within reach!

Luck & Surprises

Get set for adventure from May 16th to June 6th, as travel plans fill you with delight! A blessed family announcement will be the sweetest surprise!



New family traditions fill you with love!

Aquarius

Love & Family

It'll be celebrations galore this spring as Jupiter helps you enjoy family fun! With the Sun in your romance zone May 20th to June 21st, your belief in the power of love will be extra-strong!

Career & Finances

With Uranus in Aries spurring your creativity, you may join the boss ranks at work or even decide to be self-employed. Others will marvel at your financial smarts as Jupiter makes you a natural money magnet!

Luck & Surprises

This is a lucky season for romance and adventure—perfect timing for Jupiter in your long-distance travel zone to set you sailing off on a vacation cruise! You may also be drawn to learning something new, whether that's a new type of cooking or a foreign language.

You're a money magnet!

Pisces

Love & Family

Your love life is filled with bliss April 2nd to 28th, as Venus fires up the romance! Neptune and Chiron in your sign tap in to your spiritual side, making you more loving and forgiving.

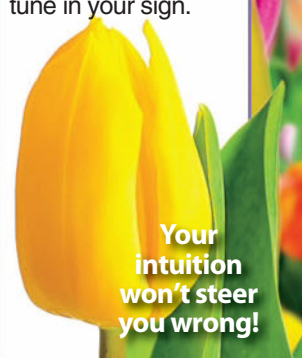
Career & Finances

With Jupiter in Libra, financial matters are favorable—in fact, you may even stumble into an unexpected windfall! Neptune and Chiron in your sign encourage you to re-examine your career goals—doing so will put you on the path to success!

Luck & Surprises

Travel will be exhilarating May 16th through June 6th—you'll return home refreshed and full of energy! Your ESP will be extra-sharp, thanks to the mysterious workings of Neptune in your sign.

Your intuition won't steer you wrong!





Take a Break!

Rejuvenate your memory with a brain-boosting smoothie!

Want to keep your brain young, no puzzles required? Then fuel it with the ultra-nourishing foods it craves! "Food plays a huge role in optimizing your memory and brainpower," says nutritionist Hayley Kurtz, R.D. And smoothies are one of the easiest—and most delicious—ways to get the antioxidants, vitamins and fats that are key to fighting off forgetfulness, keeping neurons healthy and clearing brain fog.

Sharpen your memory with a Chocolate Monkey Smoothie!

"This silky smooth treat will cure a chocolate craving and improve your memory," Kurtz says. "The flavanols in cacao nibs—a less processed form of chocolate—boost oxygen- and nutrient-rich blood flow to your brain." And the magnesium and vitamin B-6 in bananas help neurons communicate more efficiently, firing up the memory-making area of your brain!

- ❑ 1 frozen banana
- ❑ 2 Tbs. unsweetened shredded coconut
- ❑ 2 Tbs. cacao nibs (at health-food stores and Amazon.com)
- ❑ 1 cup almond milk

✦ Add all ingredients to blender; blitz until smooth. Pour into tall glass.

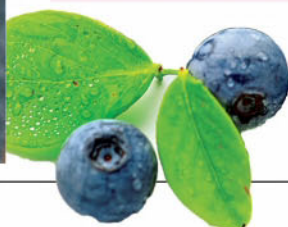


Keep your mind young with a Chia-Blueberry Smoothie!

"This sweet-tart smoothie protects your brain as you age," Kurtz says, by delivering inflammation-taming omega-3 fats in the chia seeds and a "neuroprotective agent" called gallic acid in the blueberries. Those antioxidant-rich berries also appear to fight off Alzheimer's!

- ❑ 1/2 cup blueberries
- ❑ 1/4 cup diced pineapple
- ❑ 1/2 small frozen banana
- ❑ 1/2 cup baby spinach
- ❑ 2 Tbs. chia seeds
- ❑ 1/2 cup unsweetened pomegranate juice
- ❑ 1/2 cup ice

✦ Add all ingredients to blender; blitz until smooth. Pour into tall glass.



Think more clearly with an Almond-Beet Smoothie!

Whip up this warmly spiced smoothie any time you find it hard to focus. "Beets have natural nitrates that increase blood flow to your brain to improve mental clarity," Kurtz says. And almonds have riboflavin and L-carnitine, nutrients your body needs to turn food into brain fuel to erase that foggy feeling!

- ❑ 1/2 cup raw almonds
- ❑ 1/2 cup raw beet, peeled and diced
- ❑ 1/2 cup unsweetened carrot juice
- ❑ 1/2 cup diced apple
- ❑ 1/2 cup blueberries
- ❑ 1/2 tsp. fresh lemon juice



- ❑ Pinch ground ginger
- ❑ 1/2 cup ice cubes

✦ Add all ingredients to blender; blitz until smooth. Pour into tall glass.

Sleep in!

Go ahead and hit the snooze button! A Nurse's Health Study found that women who log at least seven hours of sleep a night had better recall than those who sleep five hours or less. In fact, not catching enough shuteye could "age" your memory two years! Not sure if you're sleeping enough? Download a free sleep-tracking app like "Sleep Cycle Alarm Clock" for iPhone or "Sleep as Android" for Android.



Photos: Shutterstock (4); Image Source/Getty Images; Doris Heinrichs/Media Bakery; Ana Francisoni/Getty Images.

—Rachel Cosma



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!



"People really do care!"

I was heartbroken when my father passed away.

I booked a flight on Southwest Airlines to be home for his services and named my reservation "Dad's Funeral." That morning, I unexpectedly had to reschedule my flight. The agent was kind and courteous, and she must have noticed the title I'd given my reservation. When I arrived at the airport, I found out that the agent I'd spoken with had bumped me up to business class. During my time of loss, her kindness reminded me that others understand what you're going through—and they really do care!

—Irina Milman
Fort Lauderdale, FL



"He made my day!"

I often send care packages to my niece in California.

She loves white fudge-covered Oreos, and I wanted to include some in a box I was putting together for her. I was searching the store shelves when I noticed a boy, about eight years old, looking at Oreos with his mom. "Have you seen any white fudge ones?" I asked the pair. The boy's mother responded that they hadn't. A short while later, the boy and his mother walked up to me in another aisle. "Excuse me, but we

found some white fudge Oreos on a special display," the boy said. I was so grateful when he pointed me in the right direction. He made my day, and I know my niece will appreciate his kindness, too!

—Denise Schumaker, Topeka, KS



"We were part of a circle of kindness!"

I was out to eat with my mom when we noticed an older couple sitting nearby.

They flashed a smile at us, and we smiled back before enjoying our meal together. We didn't think much of it, but after they had left, their waitress came over to our table. "The couple who'd been sitting over there paid for your meal. They wanted me to let you know that they, themselves, had been the recipients of a similar act of kindness and wanted to pass it on," she explained. My mom and I were speechless! Their act of kindness was completely unexpected, but very much appreciated. We can't wait to pay it forward!

—Tracy Ann Hines, Absecon, NJ

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. 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.



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little attention,
too! In fact,
you're long
overdue. It's okay
to bump yourself
to the top of
the list every
now and then.
You'll feel so
much better!



Read a Romance!

An unexpected win!

Lisa didn't realize the bowling match would be full of striking possibilities . . . until she met John

C'mon, Mom, hurry! They'll start without us!" Lisa Appleton pulled the old bowling bag from the car and caught up with 10-year-old Katie as she entered Star Strike Bowling Alley. The sound of rolling balls and crashing pins brought back good memories. A banner greeted them: *Welcome Grover Elementary Third Annual Bowl-A-Thon.*

It might be the PTA's third fundraiser, but it was Lisa and Katie's first. What better way to get to know parents, teachers and students when your job change meant a midterm move?

His hands were as ringless as hers, his grip firm

"I see my class," Katie pulled her through groups of kids. Lisa knew her daughter expected great things from her in the way of strikes and spares. She'd tried to explain that most of the trophies in the study weren't hers—they'd belonged to Katie's dad. She should have packed them all away when he died four years ago, but she hadn't. She couldn't. "Mrs. Kirk, this is my mom." Katie beamed up at her teacher. "So good to meet you, Mrs. Appleton. I hear you're quite the bowler!"

Lisa shot her daughter a look. "It's been a while."

"But just like riding a bike? Katie signed you up with the Winstons. Katie, why don't you find them?"

Katie made a beeline to a spot two lanes over as Lisa asked, "Who are the Winstons?"

"Matt's in my class. He doesn't have a mom and since I . . . Oh, hi, Matt. This is my mom."

"Hi, Katie. My dad's getting our shoes. We don't bowl much."

"That's okay. My mom's a pro!"

"Katie, I am not!"

Neither of them seemed to hear her.

"Here's my dad," Matt

said. "His name is John."

His hands were as ringless as hers, his grip firm and his eyes smiling. Was there a bit of matchmaking going on? Lisa tried to catch Katie's eye, but she was examining the balls.

Lisa helped Katie get her shoes and pick an appropriate ball. She'd forgotten how exciting the sport could be for children.

"I see we're with a pro," John remarked as she laced up her own pair of shoes. "I'll apologize now for our lack of talent."

"I haven't bowled in four years," she said, "so we're probably in the same league. Katie just gets excited."

"She's just proud of her mother." He was kind, and his son was well-mannered.

The music stopped for the announcer to explain the rules and the bowling commenced. It took a few frames for Lisa to find her rhythm, but at the end of their game, she had led them into first place in the fifth grade.

"Looks as if we're tied with a sixth-grade class," John said as he eyed the rankings. "Bowl off! And here I was thinking we'd be at the bottom of the scorecard. Thanks for improving us, Lisa."

"Well, I'll be sore tomorrow,"



she laughed. And so happy that I've done this, she thought.

"C'mon, Mom, we have to win!" "Yeah, Dad. Win!"

Before Lisa could speak, John took over. "What did I teach you about winning? It's not everything. If we win, we were playing better at the time than the other fellow. We play honestly and with honor. Remember?"

Matt nodded.

"You sound like Mom," Katie chimed in.

"Good. Now, let's go show 'em how it's done!"

The classes cheered them on. After all, dinner, courtesy of the bowling alley, was on the line. It came down to the last frame, and alas, it was John's turn. He launched his ball, and halfway down, it veered to the gutter.

The sixth grade cheered, and the fifth was full of "we'll get them next year." Mrs. Kirk handed them the runner-up certificates.

"What'd we win?" Katie sighed.

Lisa opened the envelope. "Looks like a night of bowling."

"Me, too," John said. "What a coincidence!"

"And better than a dinner."

"It has far more striking possibilities."

She wouldn't ask him to "spare" the puns. Instead, she might just buy new bowling shoes. It sounded like she'd be needing them if she was going to improve her game and, perhaps, someone else's.

—Kay Layton Sisk

Crossword puzzle solution

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

Turn your coffeemaker into an egg cooker ... and more Super-convenient cooking tricks!

No need to buy pricey equipment to fulfill your dreams of whipping up everything from homemade ice cream to perfect hash browns! Save time and money by using everyday kitchen gadgets—including your food processor, coffee machine and blender—in surprising ways!

1 Make ice cream in your food processor!



Think you need to buy an ice-cream maker to treat your family to homemade ice cream? Not so! Just mix the ingredients for your favorite ice-cream recipe and pour them into plastic freezer bags. Lay the bags flat in your freezer and freeze until solid. Once

ready, break the frozen sheets into chunks and plop them in your food processor. Run on high until the mixture is creamy and smooth, then enjoy!

2 Make toasted nuts in a popcorn popper!

Toasting helps bring out the flavor of nuts—but it can be tricky to do in a pan because nuts can become burnt in seconds. **Solution:** Toss them into that popcorn popper collecting dust in your pantry. Turn it on for a minute and enjoy perfectly toasted nuts every time!

3 Make poached salmon in your dishwasher!

Yes, it really does work—and it's actually an ideal way to cook delicate foods like salmon and other fish. Just wrap the uncooked, thawed fish in foil, making sure it's fully sealed. Then run the (empty) dishwasher on its normal cycle, sans soap, and you'll have perfectly cooked salmon!



4 Make cheesecake in your blender!



If you don't own a stand-mixer, you can still create a delicious, creamy cheesecake! Just add all the cheesecake ingredients to your blender and set on high for about 3 minutes, or until everything is blended, explains healthy living expert Caron Proschan. Pour into a storebought crust, bake as usual and enjoy!



5 Make oatmeal in your rice cooker!

Love "real" (i.e., not instant) oatmeal, but don't love how long it takes to make? Your rice cooker to the rescue! Just add a cup or so of regular old-fashioned oats or steel-cut oats, then 1 1/2-2 cups of water or milk for regular oats, or 2 1/2-3 cups for steel-cut oats. (Add slightly more or less liquid depending on how thick you prefer your oatmeal.) Set the cooker to low and once it's done, you'll have hearty, homemade, super-nutritious oatmeal!

6 Make hard-boiled eggs in your coffeemaker!

Here's a great trick for making hard-boiled eggs at the office, or without using your stove: Just put the eggs in the carafe of your coffeemaker, pour water into the machine and set it to brew. Leave the eggs for at least 30 minutes after they're fully submerged and voilà—perfect hard-boiled eggs!



7 Make hash browns with your waffle iron!

"Hash browns can be tricky to make in a pan because they can be hard to flip," notes home organizing expert Lauren Haynes. "Avoid that problem by making them in your waffle iron. You'll have perfectly cooked hash browns, equally crunchy on both sides, in half the time!"

—Lindsay Bosslett

Tip:

No rice cooker? Your slow cooker can do the job; just be sure to double the recipe!

For the week of Saturday, March 4th, to Friday, March 10th

Happy Birthday!

Year-ahead forecast for those born this week

Connie Britton
March 6, 1967



The energy of the Sun and Mercury are flowing into your sign, Pisces—and all that energy will jumpstart a year of fun, discovery and adventure. Meanwhile, the

influence of Neptune will deepen your artistic and spiritual leanings, helping you express yourself more fully and feel an ever-growing inner peace. Have a dream job or

moneymaking venture you've hesitated to pursue? Now's the time to go after it. You'll need perseverance, but Saturn is on hand to help turn your dream into reality!

ARIES March 21 to April 19



With Venus retrograde in your sign on the 4th, a past love may return to your life. Mars in your money zone on the 9th brings new opportunities to earn cash.

Your lucky days: March 5, 8 and 9

Your lucky numbers: 12, 20 and 30

LEO July 23 to Aug 22



Fun times ahead, Leo! Mercury and the Sun will have you in party mode all week. On the 8th and 9th, the Moon brings a flattering flirtation your way.

Your lucky days: March 7, 8 and 9

Your lucky numbers: 7, 15 and 27

SAGITTARIUS Nov 22 to Dec 21



Family drama will reach a deeply satisfying conclusion on the 6th. Prepare to get giddy, as celestial forces flood your life with romance on the 8th and 9th.

Your lucky days: March 8, 9 and 10

Your lucky numbers: 6, 24 and 35

TAURUS April 20 to May 20



On the 6th, an unexpected financial boost should make life easier. The Moon slips into your love sector on the 10th and creates fairy-tale romantic moments.

Your lucky days: March 4, 6 and 10

Your lucky numbers: 2, 13 and 29

VIRGO Aug 23 to Sept 22



With Mercury and the Sun in your partnership zone, you'll feel in sync with your inner circle all week. On the 10th, celestial forces intensify romance for you.

Your lucky days: March 4, 5 and 10

Your lucky numbers: 8, 18 and 28

CAPRICORN Dec 22 to Jan 19



On the 4th, Venus will help make it easy to smooth over a past mistake. On the 6th, expect exhilarating praise from your life partner or love interest.

Your lucky days: March 5, 6 and 10

Your lucky numbers: 10, 16 and 36

GEMINI May 21 to June 21



Mercury influences you all week, making your intuition very keen. Plan time with a dear friend on the 9th, and the universe will bond you even more closely.

Your lucky days: March 5, 6 and 7

Your lucky numbers: 3, 21 and 31

LIBRA Sept 23 to Oct 22



On the 4th, Venus will help you strengthen both intimate relationships and community alliances. On the 6th, a friend will need help with a life-changing choice.

Your lucky days: March 4, 5 and 6

Your lucky numbers: 11, 19 and 26

AQUARIUS Jan 20 to Feb 18



Make room in your wallet on the 6th, when celestial forces converge on your cash zone. On the 8th and 9th, your marriage sector gets a Lunar boost.

Your lucky days: March 4, 8 and 9

Your lucky numbers: 9, 17 and 33

CANCER June 22 to July 22



The Moon in your sign on the 6th and 7th brings exciting romantic opportunities. Good financial news cheers you on on the 8th—and allows you to splurge!

Your lucky days: March 6, 9 and 10

Your lucky numbers: 4, 22 and 32

SCORPIO Oct 23 to Nov 21



You'll be a winner on the 6th, as planetary forces light up your good-luck sector. On the 9th, Mars injects your love life with a new fire.

Your lucky days: March 6, 7 and 8

Your lucky numbers: 5, 14 and 25

PISCES Feb 19 to March 20



Good fortune shines! On the 6th, the Sun and Mercury bless you with one of your luckiest weeks in recent memory. On the 9th, Mars boosts your bottom line.

Your lucky days: March 6, 7 and 8

Your lucky numbers: 1, 23 and 34

What's in the stars for the heartthrobs?



* Felipe VI

Signs says Spain's triple-Aquarius king will be his country's good-luck charm in the coming year. Anyone he spends time with—from politicians and philanthropists to local villagers—should experience a surge in status and fortune!

* Tim Tebow

The athletic Leo is attempting to make the switch from football to baseball. His chart says he may well succeed. As for his efforts to make a love match? That'll be trickier! He'll need to find a very easy-going Libra lady to handle his intensity!



* Colin Farrell

This Gemini hunk and fellow Gemini Nicole Kidman star together in two new films (Western *The Beguiled* and drama *The Killing of a Sacred Deer*). The secret of their chemistry? Mars and Venus make them appear electric together on the big screen!



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



Have Fun with **Kids!**

Buckle up for racecar fun!



Kids will have hours of fun driving their cars around the roads on this colorful felt play mat!

What you'll need

- 1 yd. each pale green and gray felt
- Beacon Fabri-Tac glue
- 2 1/4 yds. 3/8" green ribbon
- Toy cars 2 1/2"-3" long
- 9"x12" felt: pale blue, apple green, orange, yellow, white; optional scraps: bright blue, red, purple
- 4 yds. green bias tape

1 You cut green felt 34"x25 1/2", bind edges with bias tape, gluing with Fabri-Tac.

Enlarge pattern (right) at 400% twice, then 150%. You will have to piece it, but it's all right to connect some areas or to draw freehand, making roads 3" wide. Help your child cut gray felt roads and glue to background.

2 Your child cuts 1"x1/4" white felt road lines, glues along roads' centers. Help him cut and glue on a pale blue river. He cuts irregular trees, bushes and waves, glues on.

3 Garage: Your child cuts yellow felt 11 3/4"x6", folds in half lengthwise,

divides into 5 spaces 2 3/8" wide. Help him glue it into five pockets, then glue to mat, fold toward edge. He cuts 1 1/2" colored felt numbers, glues on. For roll-up storage, your child adds ties. He cuts ribbon in thirds, glues centers of each piece to mat, spacing evenly, reinforces with green felt squares.

Pattern



Design: Brent Pallas. Photos: Cathy Olivucci/HBB; iStockphoto. Beacon Adhesives: BeaconAdhesives.com or 800-865-7238.

GO BANANAS WITH HANNAH!

New York Times bestselling author and Queen of the Culinary Mystery, Joanne Fluke, has whipped up a new installment in her beloved Hannah Swensen mystery series.

Can Hannah solve the case without going bananas... or will the killer give her the slip?

Meet Joanne Fluke!

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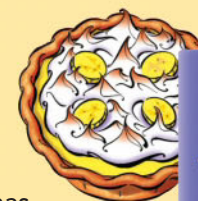
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MURDER BY THE BOOK
Houston, TX



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Available Everywhere Books Are Sold

Enjoy sunny Southern comfort in Savannah!

This little slice of the Peach State is bursting with history, charm and an outstanding restaurant scene. With temperatures reaching the 60s in the winter, it's the perfect escape from colder climes!

There's no better way to begin your Savannah getaway than with a walk down the breathtaking, Spanish moss-lined avenue that leads to Wormsloe Historic Site, an 18th-century colonial plantation. And what about modern times? That's easy to tap into, too, with a visit to the Savannah College of Art and Design, which houses a world-class avant-garde museum in a reconstructed train depot!

The so-called "Hostess City of the South" offers a myriad of local specialties like buttery biscuits, blackened shrimp, barbecued brisket and crispy fried fish with grits, in and around the vast, cobblestoned Historic District. Meander down Jones Street, voted one of the most beautiful streets in the U.S., then make your way to lush Forsyth Park to stop and appreciate the central fountain, modeled after one in Paris' Place de la Concorde.

After a good night's rest, go bird-watching at Skidaway Island State Park on the banks of the Moon River that Andy Williams so memorably crooned about. Or head east to Tybee Island to spot dolphins jumping through the waves, then stay for the glorious pink-and-orange sunsets that confirm Savannah's status as a true Southern gem!



HISTORIC DOWNTOWN

Shop the stalls of the open-air City Market, then hop on a horse-drawn carriage!

BIRD GIRL

"Little Wendy the Bird Girl," famous from the book *Midnight in the Garden of Good and Evil*, is now at the Jepson Center for the Arts!



BONAVENTURE CEMETERY

This world-famous tourist destination features tree-lined roadways and an extraordinary number of beautiful statues, making it an outdoor sculpture garden like no other!



OWENS-THOMAS HOUSE

One of the finest examples of English Regency architecture in the U.S., tour the interior to see its elegant furnishings and the magnificent stairway of mahogany, cast iron and brass!

RIVER STREET

Bustling with welcoming hospitality, this glittering gem lined with centuries-old buildings, runs along one of the busiest ports in America!



TYBEE ISLAND

This pristine seaside resort, backed by sea oat-covered sand dunes, boasts five miles of public beaches perfect for sunbathing, people-watching and gazing at the Atlantic Ocean surf!



FORSYTH PARK

This 30-acre historic park's centerpiece—a beloved cast-iron fountain erected in 1858—is not unique. It was ordered from a catalog!



Armchair traveler

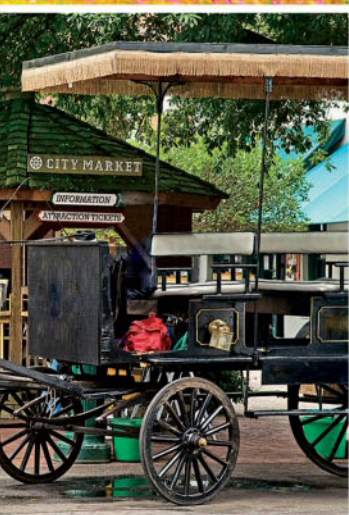
Wow your guests with sweet Vidalia onion bites!

Native to Georgia, sweet Vidalia onions are the star of these quick-'n-easy bites from The Gastonian, recently named the city's Best B&B by *Savannah* magazine!

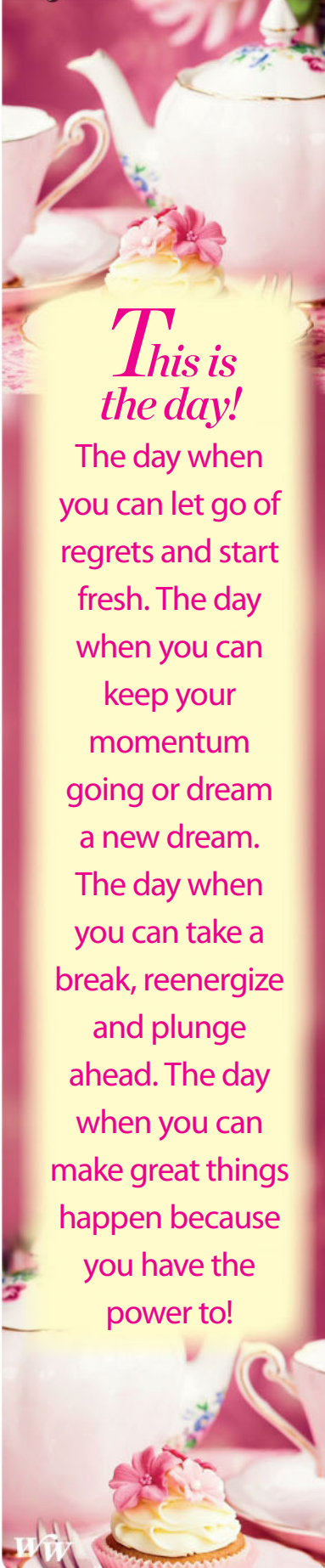
- 1 cup mayonnaise
 - 1 cup shredded Parmesan cheese
 - 1 cup diced Vidalia onion
 - 10 slices white or whole-wheat bread, crusts removed, if desired
- Preheat oven to 375°F. In bowl, combine mayonnaise, cheese and onion. Spread mixture over one side of each bread slice; cut into bite-sized pieces. Transfer to rimmed baking sheet. Bake 8-10 minutes or until golden brown. Serves 12.



Photos: PhotoCuisine RM/Alamy Stock Photo; Joseph Shields/Getty Images; Sean Pavone/Alamy Stock Photo; Stephen Allen/Alamy Stock Photo; Ray Laskowitz/Getty Images; David Davis Photoproductions/Alamy Stock Photo; Ninette Maumus/Alamy Stock Photo; Jennifer Wright/Alamy Stock Photo; Alan Tobey/Getty Images.



You deserve
Good things!



*This is
the day!*

The day when
you can let go of
regrets and start
fresh. The day
when you can
keep your
momentum
going or dream
a new dream.
The day when
you can take a
break, reenergize
and plunge
ahead. The day
when you can
make great things
happen because
you have the
power to!



Everyday Hero

Heroes come in all shapes and sizes, but they all have one thing in common:
They're proof it takes only one person to make a difference!

Stowaway on the Q199!

The ice was slippery; the arctic wind, hurricane force. For 12 hours, this furry hitchhiker clung to a frozen train engine as it rocketed through the frigid Canadian night until a warm-hearted conductor discovered him...

Her heart breaking, Lynn Hahn glanced at the cat bed in her living room.

"I guess I have to face that Tiger's gone," the recently retired grandma of five sighed sadly.

It had been two years since Tiger first wandered into Lynn's life, the playful tabby slipping into her office, leaping up and purring in a chair beside her.

"My, you are a friendly guy!" Lynn had cooed back, and when nobody could find his owner, she and her husband, Brent, took Tiger into their Melville, Saskatchewan, home.

Tiger played with her grandkids, but he truly became Brent's constant companion, following him like a shadow and snuggling for hours when Brent was recovering from chemotherapy.

"Lynn couldn't believe her eyes. 'It's Tiger!' she exclaimed"

Then, a few weeks ago, Tiger had vanished. Lynn called everyone she knew; she hung fliers with Tiger's picture all over. But he was just... gone.

"How can he survive in this?" Brent panicked as icy gusts blew snow into deep drifts.

"We can hope," Lynn replied, deciding to leave Tiger's bed out just a while longer.

Meanwhile, 400 miles away in Wainwright, Alberta, it was an equally arctic 31 below zero as Canadian National Railway conductor Brad Slater waited for an express train to pass before resuming his westbound run. Heading outside to inspect an auxiliary engine, he heard a plaintive howl.

Aiming his flashlight at a newspaper-sized platform beneath the engine, he gasped: There lay a huddled bundle of fur nearly buried in snow and ice!

"Don't worry. I'll get you," Brad

called. But before he could even reach out, the terrified cat leapt straight into his arms!

As Brad swaddled the kitty in an extra shirt, he noticed his paws were spotted with frostbite; his claws worn to nubs. *Are you going to help me? I'm so far from home!* his emerald eyes seemed to say.

You poor guy, Brad thought, imagining the cat clawing at the icy platform, struggling the entire 12-hour run to stay safe as the wind howled past at 60-plus miles an hour.

"Good thing I found you when I did," he said as the train turned into a bridge crossing. "You never could have held on for this leg of the trip!"

Brad dubbed the furry hitchhiker Q199 after the train's registry number. He gave him water and bits of jerky from his lunch.

"Don't worry. I'll get you home," he promised, and in reply, the grateful tabby rubbed his face against Brad's arm as if to say, *Thank you for saving my life!*

When his shift ended, Brad took Q199 to an Edmonton vet, who marveled that all the kitty would need was TLC.

"If I can't find the owner, I'm keeping him," Brad told a news outlet who'd heard Q199's tale.

The next morning, back in Melville, Lynn's phone rang.

"Check the link I sent you!"



"I'm glad Tiger is back with his mom and dad, but Uncle Brad is going to be there for him forever!" Brad says.

her friend DeeDee said, and Lynn couldn't believe her eyes.

"It's Tiger!" she exclaimed.

"That is him!" Brent rejoiced.

When Lynn called Brad, he put the phone on speaker. "Tiger!" she called into the receiver.

"He jumped up and is meowing!" Brad reported.

Early the next morning, Lynn boarded a train for the 12-hour trip to Edmonton.

"Tiger!" she cried, and the cat dashed over, rubbing against her legs.

"Thank you so much!" Lynn told Brad.

"I'm sure going to miss the little guy," Brad admitted.

Lynn promised to send pictures and videos, and invited Brad to visit

"I'll take the Q199!" Brad smiled.

Back home, when Tiger saw Brent, he leapt into his arms and licked his face. "I missed you, too!" Brent beamed.

"It truly was a magical homecoming," Lynn recalls. "Thanks to Brad, everything's now back on track for Tiger, for our family and in our hearts!"

—Bill Holton

"Happy is the home with at least one cat!"
Italian Proverb

Has someone come to your rescue? Share your own story with us, and we'll pay you \$250 if we publish it! Know of a hero? Send it to us! If you're the first to share it and we publish it, we'll pay you \$100! E-mail your story with your name and phone number to: WWFeatures@WomansWorldMag.com. Or mail to: Everyday Hero, Woman's World, 270 Sylvan Ave., Englewood Cliffs, NJ 07632.

We pay \$250!

Photos: iStockphoto; courtesy of Brad Slater; Ruth Black/Dreamstime.

Breakthrough technology converts phone calls to captions.

No
Contract
No
Monthly Fee

New amplified phone lets you hear AND see the conversation.

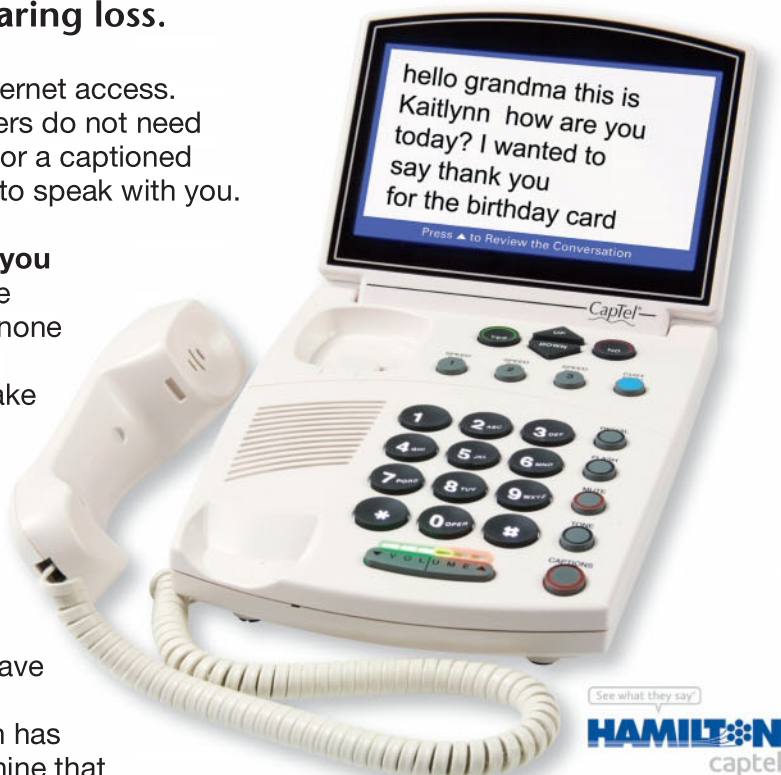
The Hamilton® CapTel® Captioned Telephone converts phone conversations to easy-to-read captions for individuals with hearing loss.

Do you get discouraged when you hear your telephone ring? Do you avoid using your phone because hearing difficulties make it hard to understand the person on the other end of the line? For many Americans the telephone conversation – once an important part of everyday life – has become a thing of the past. Because they can't understand what is said to them on the phone, they're often cut off from friends, family, doctors and caregivers. Now, thanks to innovative technology there is finally a better way.

A simple idea... made possible with sophisticated technology. If you have trouble understanding a call, captioned telephone can change your life. During a phone call the words spoken to you appear on the phone's screen – similar to closed captioning on TV. So when you make or receive a call, the words spoken to you are not only amplified by the phone, but scroll across the phone so you can listen while reading everything that's said to you. Each call is routed through a call center, where computer technology – aided by a live representative – generates voice-to-text translations. The captioning is real-time, accurate and readable. Your conversation is private and the captioning service doesn't cost you a penny. Internet Protocol Captioned Telephone Service (IP CTS) is regulated and funded by the Federal Communications Commission (FCC) and is designed exclusively for individuals with hearing loss. To learn more, visit www.fcc.gov. The Hamilton CapTel phone requires telephone service

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"For years I avoided phone calls because I couldn't understand the caller... now I don't miss a thing!"

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Please mention promotion code 105544.



SEE what you've been missing!



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Brain Games

Burger and fries

Use the letters highlighted in the finished puzzle to spell a colorful condiment

ACROSS

- 1 Buzzing pest
- 5 Fey or Turner
- 9 Bit of physics
- 13 Got bigger
- 17 Actor's part
- 18 Worked the soil
- 19 Bowwow
- 20 Romance
- 21 Tiptop
- 22 Garage occupant
- 23 Be rife (with)
- 24 Hand-me-down
- 25 Confers
- 27 Fish eggs
- 29 Coors and Corona
- 30 Downs' opposite
- 31 Opened, as a present
- 35 Missing money
- 38 Beat it
- 39 Cancel
- 40 Do-it-yourselfer's purchase
- 43 Bygone era

- 44 Wedding reception staple
- 45 "Your majesty"
- 46 401(k) alternative
- 47 *This Is Us* network
- 48 Soprano's song, maybe
- 49 Energy point in yoga
- 51 Came in first
- 52 By the sea
- 54 Supermarket section
- 55 Bombing on stage
- 57 "Yadda, yadda, yadda"
- 58 Easter visitor
- 59 Even if, briefly
- 60 Vitamin start
- 63 Realtors' sales
- 64 Quantities
- 68 Relative of an ostrich
- 69 Insurance filings
- 71 Monthly util. bill
- 72 Hole-making tool
- 73 30-day mo.

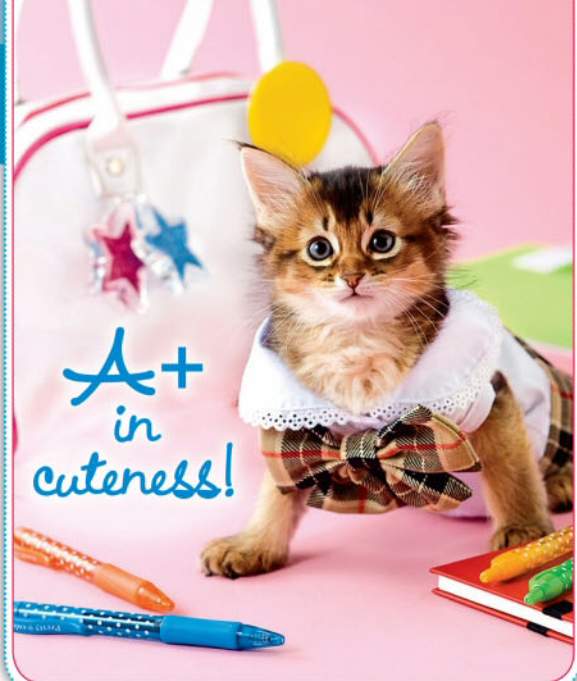
- 74 Kind of child
- 75 Agenda
- 76 — Pet (novelty item)
- 77 "For shame!"
- 78 Cram, with "up"
- 79 Bothers
- 80 Lacks, briefly
- 81 Takes apart
- 83 Tennis play
- 84 Blacksmith's block
- 87 Q followers
- 88 Yellow *Sesame Street* resident (2 ws.)
- 92 Gardener's spring purchase
- 93 —bodied
- 96 First family's home
- 98 Floating, perhaps
- 99 —' Pea
- 100 Singer Celine
- 101 Evening, informally
- 102 Hefty competitor
- 103 Cough syrup amts.

- 104 "Stop that!"
- 105 Campus bigwig
- 106 Snakelike fish

DOWN

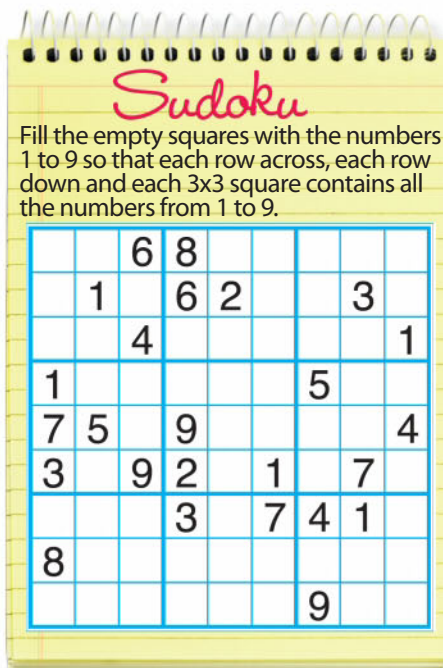
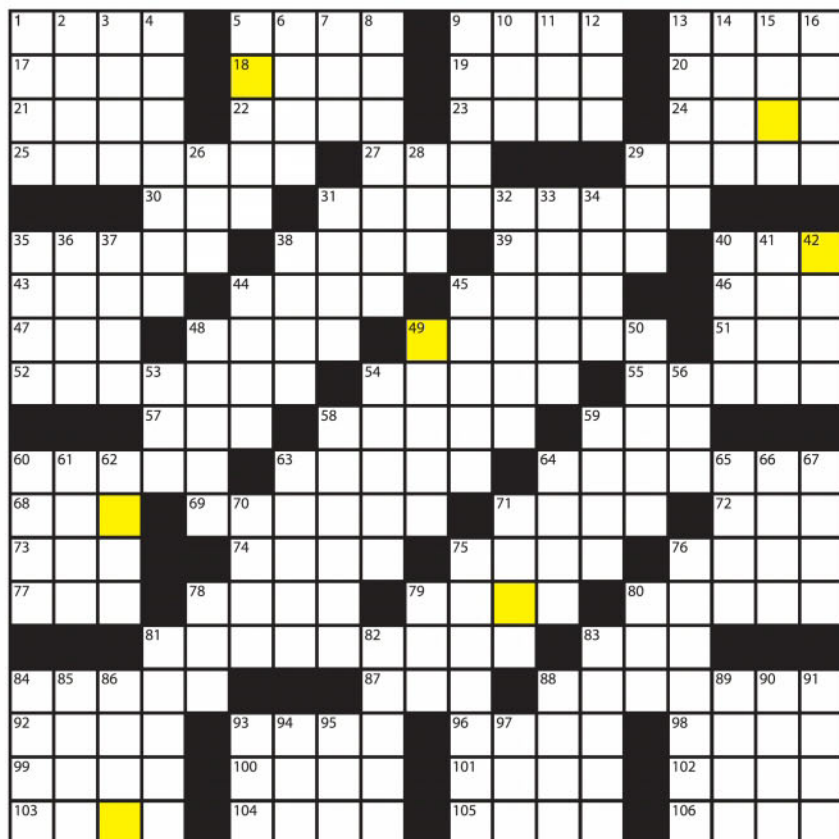
- 1 Seize suddenly
- 2 "Forget it!"
- 3 Brews
- 4 Surface quality
- 5 Warms up
- 6 Markers
- 7 After expenses
- 8 Trimmed
- 9 Following
- 10 Bit of business attire
- 11 Tribute, of sorts
- 12 Delivery person?
- 13 Pasted
- 14 Gift on *The Bachelor*
- 15 "... happily — after"
- 16 Marries
- 26 Decide to leave, with "out"
- 28 "I — you one"
- 29 Mattress site
- 31 Arm bone
- 32 Zoo section
- 33 Looney Tunes pig
- 34 Dock

A+ in cuteness!



- 35 Harmony
- 36 King of the road
- 37 Black-and-white whale
- 38 Go belly up
- 40 Fuzzy fruit
- 41 *Pumping* —
- 42 Tart bite
- 44 Bric-a- —
- 45 Some kick targets
- 48 Heirloom location
- 49 Walking aids
- 50 Literally, "for this" (2 wds.)
- 53 Undertake, with "out"
- 54 Ventriloquist's prop
- 56 "— rang?"

- 58 Water heater
- 59 The Untouchables, e.g.
- 60 Cold cuts, e.g.
- 61 Strike callers
- 62 Stand in the shadows
- 63 Co-creator of *The Flintstones*
- 64 "Ah, me!"
- 65 Casual denials
- 66 Double
- 67 Blind segment
- 70 Roller coaster feature
- 71 Fraternal fellows
- 75 Make believe
- 76 — Patch doll
- 78 *The Fresh Prince of — -Air*
- 79 The "I" in T.G.I.F.
- 80 Monopolize
- 81 Agrees (with)
- 82 "You — kidding!"
- 83 Flax fabric
- 84 Gofer: abbr.
- 85 Part of CNN
- 86 Number two
- 88 — carotene
- 89 *Cast Away* setting
- 90 Authentic
- 91 A&W competition
- 93 Make sense, with "up"
- 94 High school class, for short
- 95 Actor Chaney
- 97 Conk out



Please turn to page 44 for crossword solution

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Wrong side of the law

Sibling Detectives Krumsky and Krumsky sift through clues to reveal the murderer!

Detectives Agnes Krumsky and Alf Krumsky entered the conference room at Bidwell police headquarters. There, the sibling law enforcers met with business owner Rudy Stiles and barnmaid Sadie James, suspects in the Yvette Chase murder investigation.

Q. Why shouldn't you write with a broken pencil?

A. Because it's pointless!



Officers responding to Rudy's 911 call had discovered the petite librarian dead on her apartment floor amid roses, spilled water and the murder weapon—a heavy vase. The body's position indicated Yvette faced her attacker at the time she was hit. Incriminating fingerprints were never uncovered.

Agnes sat across the table from the pair. "The day of the murder, you were interviewed separately. We have typed statements of those

accounts for you to sign." She turned to Alf. "Krumsky, please commence with the review."

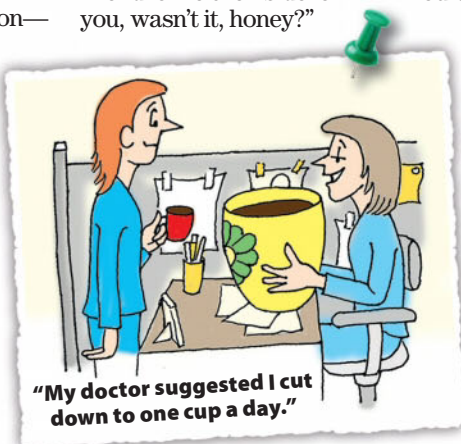
Alf chuckled. "My pleasure, Krumsky."

He placed Sadie's statement in front of her. "You began the interview by asserting you last saw Yvette alive when warning her away from Rudy."

"Right," the buxom beauty replied. "Rudy pledged to end their affair and marry me. I showed Yvette my engagement ring to ensure she got the message."

"You visited her in apartment 1B—"

"1C," Sadie corrected. "Rudy's in 1B. I'm in 1A." She skewered her fiancé with a look that could have killed. "Convenient, having a girlfriend on either side of you, wasn't it, honey?"



Rudy, boyishly handsome, hung his head. "I never meant to cheat. Yvette and I kept bumping into each other. It just happened."

"With some help from your florist," Sadie said. When Rudy looked up in surprise, she smiled sweetly. "I know about every delivery. Neighbors talk."

Alf said, "Yvette responded to your warning by stating she'd already dumped Rudy."

Rudy stared at Sadie. "She told you that?" This time, Sadie's smile was genuine. "She was tired of your promises to ditch me. Her new boyfriend treated her right."

He scowled. "That cheap-skate boss of hers? No way would he spring for roses."

Agnes leaned forward. "You admit sending the flowers we found at the crime scene?"

Rudy's shoulders slumped. "I couldn't say goodbye."

Agnes glanced at Sadie's reaction to his disclosure.

Sadie shrugged. "Rudy put a ring on me, not her. Why be jealous?"

"If you'll sign the

statement," Alf said, "we'll move on."

As Sadie put pen to paper, Agnes' gaze went to the rock on the ring finger of Sadie's writing hand. It had to be three carats, at least.

"Nice diamond," she said.

Sadie set down the pen, angling the stone to catch the light. "Rudy has good taste."

Rudy puffed out his chest. "The ring reminds me of you—big and bodacious." Then his swagger faltered. "Why did murder have to taint our engagement?"

The "why" was evident, Agnes thought.

It was the "who" that remained a mystery. Rudy and Sadie had visited 1C within minutes of each other. That meant one of them lied about what transpired inside. Until they knew which, both were suspects.

She said to Rudy, "Do you have the key you used to let yourself into Yvette's?"

Rudy fished a key from his right front pocket and handed it over. Alf handed Rudy his statement. But before the review could resume, a knock sounded.

In the doorway stood the coroner. Excusing themselves, the Krumsky detectives joined him in the hall.

The coroner flashed an autopsy photo of the wound above the victim's right ear. "The injury's contours signify the killer struck using a left-to-right motion with force at close range."

"Time of death?" Alf and Agnes asked in unison.

"Too close to call." He frowned. "Sorry I can't be more helpful."

"To the contrary," Agnes said. "You've been most helpful—eh, Krumsky?"

Alf nodded. "As you say, Krumsky. Eliminate the right suspect, and the murderer is left."

Who murdered Yvette?

Sadie, Rudy's gift of roses to Yvette convinced Sadie that engaged or not, Rudy would continue romancing the librarian, so Sadie murdered her. The wound evidence and positioning of the body implicated a left-handed killer. Signing the statement, Sadie was revealed to be a lefty. Rudy, in producing the key, proved a righty.

SOLUTION

—Janice Curran

Person, Place or Thing?

Can you guess what I am?

- I am an American institution.
- I help raise money for a good cause.
- I come in a box.
- I only come around once a year.
- I'm a dieter's nightmare.
- I've seen a lot of milk in my time.
- I'm traditionally sold door-to-door.
- When I'm thin, I'm minty.
- Despite my name, I'm made for boys, too.
- My girls wear green.

Order Up!

Can you guess which happened first, second and third?

- ☐ a. HBO launches as the first subscription cable service in the U.S.
- ☐ b. The Pac-Man arcade game is released.
- ☐ c. Jaws is a big hit in the theaters.

Answer Key

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

This week's Sudoku solution

Person, Place or Thing?
I am Girl Scout Cookies.

A. 1972, C. 1975, B. 1980

Order Up!

Ketchup.

Crossword Jumble



"Little things really do mean a lot!"

If you have any doubt that little things can make a big difference, Rylie James' story will change your mind: The stuffed animals she received—and now gives—are responsible for bringing hope, joy and comfort to hundreds!

As Kelly James' seven-year-old daughter, Rylie, bounded out of school, she frowned, "Mom, my finger hurts."

She probably just banged it during gym, the Broomfield, Colorado, mom thought. But by the time they buckled into the car, Riley's whole arm was hurting—and when Kelly glanced in the rearview mirror, her heart nearly stopped: Rylie's face seemed... drawn.

What's happening to my baby? Kelly gasped.

Shocking news

Trying to remain calm, Kelly drove to Denver's Rocky Mountain Children's Hospital.

"She might have suffered a stroke," doctors said.

"A stroke?! She's just a little girl!" Kelly reeled. And soon after, tests revealed Rylie had Moyamoya disease, a rare disorder caused by blocked arteries at the base of the brain that can lead to mini strokes, even an aneurysm.

"The only cure is brain surgery. But it's risky—far too complicated to do here," they explained somberly.

Kelly's body went weak.

After Rylie drifted off, she walked down to the hospital chapel.

Please, God, let me find the right surgeon. Please let it work. And please, please, don't let me lose her! Kelly prayed.

The following morning, her prayer was answered in a call from her brother.

"At Boston's Children's Hospital, there's a pediatric neurosurgeon named Michael Scott who pioneered a surgical technique to fix Moyamoya. He's successfully treated over 400 kids!"

Jotting down the number, Kelly forgot how early it was and just dialed. To her surprise, Dr. Scott himself picked up. And when Kelly told him about Rylie, he said, "Bring her here!"

Though too young to understand what was happening, Rylie could tell from her mom's face it was serious. And she was terrified.

Yet after they settled into her hospital room in Boston, there came a delivery: a bright purple suitcase from the Kiwanis, an international service organization. And opening it, a smile spread across Rylie's face: It was filled with coloring books, games and stuffed animals!

"Look!" Rylie squealed. And suddenly, though surrounded by machines and IVs, it felt like Christmas morning.

That night, Rylie snuggled with Hippo, a stingray she named Stingy, and her favorite one, Marshmellow, a squishy hedgehog.

"It's scary here. But cuddling these guys feels like getting warm hugs!" Rylie told Kelly.

The morning of her surgery, Rylie kissed her new stuffed friends for luck. Then for eight long hours, Kelly, her husband, Phil, and their entire family prayed. Finally, Dr. Scott emerged.

"I was able to repair her arteries," he smiled. It was a success!



"Making other kids smile makes me smile," says Rylie. Inset: Rylie, at seven, with her stuffed pal Hippo.

Kelly fell into Phil's arms in relief. In the days that followed, through countless scans and blood draws, Rylie's "stuffedies" kept her company. And Kelly shared thank-yous—to Dr. Scott, the nurses, and for that purple suitcase that had helped her daughter feel safe and loved when she needed it most.

A week later, Rylie was back home, back to her friends and homework. Yet Stingy and Marshmellow remained on her bed. And even as the years passed, she never forgot their magic and power.

Stuffed with love

Then, when Rylie was in eighth grade and had to do a special project for school, an idea struck her: "I want to pay forward the love I received while I was in the hospital. I want to give other sick children stuffed animals so they can feel a little safer and happier while they're in the hospital, too!"

Rylie began talking to family and friends—and friends of friends—as well as other service clubs, requesting donations of money and toys. And, piling cuddly pink dragons and emoji pillows into a wagon, she brought them

to Rocky Mountain Hospital.

"This is for me?! Thank you!" children squealed.

Touched, Rylie continued gathering stuffed animals, even sending some to other children's hospitals.

When Rylie handed a stuffed bunny to a little girl undergoing chemo, her mom blinked back tears. "This is the first time I've seen her perk up in... forever."

For one 12-year-old girl, the best gift was not even the "stuffedie" she received, but that Rylie sat with her talking for hours.

"None of my other friends get it. But you do! You know exactly what I'm going through!" she marveled.

And when Rylie handed a toddler undergoing medical tests a teddy bear, he hugged her legs.

"Now he has a new friend to go through this with him," his parents smiled. "Thank you!"

Today, 14-year-old Rylie's charity Kuddlez for Kidz (KuddlezForKidz.org) has donated more than 4,000 stuffed animals!

"I love bringing a little hope and comfort to other kids," Rylie smiles. "Because I know sometimes little things really do mean a lot!"

—Kristin Higson-Hughes

"Anyone who has looked a teddy bear in the face will recognize the friendly twinkle in his knowing look."

HAROLD NADOLAY



Teddy bears really can work magic!

Cute, cuddly bears aren't just for kids like Rylie—snuggling a stuffed animal can help you...

✓ **Feel more loved!** Studies show simply holding a teddy bear prompts the release of feel-good hormones that help ease loneliness and make you feel more connected to others!

✓ **De-stress!** Cuddling a soft bear creates a feeling of warmth and security that helps ease anxiety and depression—in fact, studies show it works as well as a human hug!

✓ **Sleep better!** More than one-third of adults in a recent survey said they sleep with a stuffed animal—and that's a good thing: A bear's soothing presence can help clear your mind, so you can more easily drift off to sleep!

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.

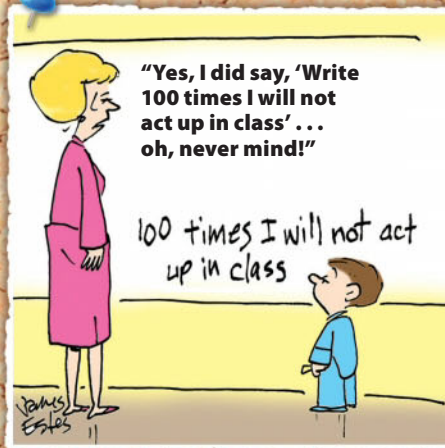
Love & Laughter!



Movie Wisdom!

Inception

"You mustn't be afraid to dream a little bigger, darling."
—Eames



Win \$100!
See box below

Send us your cutest pet picture!



"More pillows, please!"

Submitted by Jacqueline Lynch, Waterbury, CT



Grandma's gorgeous girl!

Elizabeth, 6 months
Submitted by Grandmother Brenda LaPierre, MI



King of the car!

Adam, 6 months
Submitted by Grandmother Brenda Fayad, OH

When I first got married, I tried to bond with my mother-in-law over gardening—something I hated but told her I loved. She bought me some raspberry stalks to plant, but for some reason, they just wouldn't grow. I invited her over to try to figure out what the problem was ... She took one look and said, "Surely you realize they're planted upside down!" It's funny now but boy, was my face red then!

Was my face red!

—S.H., Tuscaloosa, AL



"Surprise, Grandma!"

Tayla, 2
Submitted by Grandmother Julie Blazosky, PA

"I'm going to ask Dad to help me since it's ancient history."



Daddy's #1 caddy!

Tanner, 5 months
Submitted by Mother Kasie Moraine, AZ



\$ 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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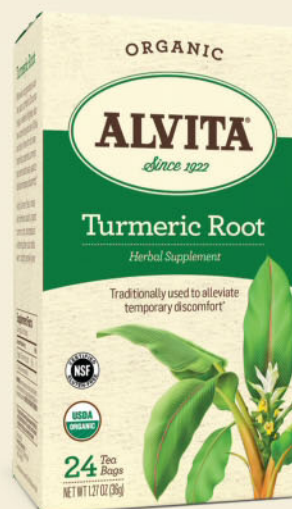
YOUR DAILY TEATOX

You don't have to take extreme measures to nourish and cleanse your body. Made for everyday sipping and enjoyment, this trio of tea infusions revitalizes your body and helps fight oxidation. We use organic ingredients cultivated without pesticides or herbicides—pure herbs, potent botanicals, vibrant roots and nutrient-dense berries refresh and support 3 key vital functions.[§]



DEEP & ROBUST

Contains naturally-purifying isoflavones



RICH, EARTHY ZING

Aids the body's natural cleansing activity[§]



CRISP & ZESTY

Helps rid the body of toxins[§]



and other natural retailers nationwide
Selection varies by location



A 95 year commitment to
Tradition, Purity and Confidence

[§] 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.

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