

God Bless America

Woman's World

A great week made easy!

ONLY \$1.49

Sept. 11, 2007

No more back pain!
7 easy fixes

Michelle got slim in a week!

Is yeast making you fat?

How to find out—and get slim for good!



Unleash your inner genius!

Super-success tricks from Einstein and **OPRAH!**

DIET PILL BREAKTHROUGH!

- ✓ Boost your metabolism 18%!
- ✓ Make your cells burn more fat!

Lose 45 lbs or more by Christmas!

Slimming! Delicious!
Chocolate-Strawberry Mousse Parfait!

Feel better! Live longer!
✓ Prevent cancer! ✓ Lose weight!
✓ Avoid diabetes!
P.S.—Why you *must* eat more chocolate!



The salad that **Prevents osteoporosis!**

NO MORE WORRIES!
Get yours off your mind for good!



15 minutes to **A perfectly organized life!**

Your Perfectly Organized Life

Hassle-proof your mornings!

If your house is chaos in the morning, you're not alone! But "these tricks can get you out of the house fast!" promises Amy Knapp of www.thefamilyorganizer.com



Try the amazing "layer trick" for getting kids out of bed!

1 Hang it!

Forget that tip about laying out clothes the night before, advises Knapp. Instead, set out five hangers for each child on Sunday night, then let them choose and hang outfits for each day of the week. The only proviso? What they hang, they have to wear (weather permitting, of course).

Precious minutes saved: 20

2 Stash it!

Pick up some small baskets and label each with a family member's name. "Make that 'home base' for things like homework and backpacks," says Knapp. You'll always know where your keys are, and the kids won't have to search for their stuff!

Precious minutes saved: 15



3 Warm it!

Can't get the kids out of bed? Tempt them with warm, toasty clothing! Especially on chilly mornings, kids hate to leave a warm bed—but if you toss their clothes in the dryer for just three minutes, they'll rush to put them on before they get cool again!

Precious minutes saved: 10

4 Preplan it!

Ever had to turn the car around because someone forgot their sweater? "Try keeping a box of essentials—like markers, gym clothes, nonperishable snacks, hair ties—in the car," advises life coach Pam Woods.

Precious minutes saved: 10

5 Meet on it!

Calendars with activities posted aren't enough, says Woods. Hold a family meeting each Sunday to discuss the week's events. They'll be fresher in everyone's mind—so no more forgotten school projects or last-minute party gifts.

Precious minutes saved: 30

—Alexandra Kay

Find it!

Extra time, that is. Set your alarm clock ahead by 10 minutes. "You won't notice a change in your sleep, but you'll have ten extra minutes that can really make a difference," says Woods.

It's Easy to

Turn honey into a gourmet treat!

Try these new ways to add a touch of honey and bring rich, gourmet flavors to your table—along with irresistible sweetness!



Layer the flavors!

Infuse honey with herbs to turn it into a yummy flavoring: Put fresh or dried sprigs in a clean jar and cover with pasteurized honey. Set aside to steep for several days before using. Try rosemary, sage or ginger. Then . . .



Fancy up fruit salad!

Bring out the flowery fragrance of melons and berries with a drizzle of an herbal honey, flavored with thyme, lavender or basil! Add a spoonful of yogurt or a scoop of sherbet to turn it into a stylish, refreshing dessert!



Instant old-world indulgence!

Skip the imported nut and honey blends and make your own—it'll taste fresher! Combine crunchy nuts and chewy dried fruits in a jar and cover with honey; spoon onto everything from ice cream to toast!



Update a classic!

Turn a fruit and cheese plate into an instant restaurant-style dessert—just drizzle with honey! Apples and cheddar with cinnamon honey are delicious, seasonal combos.

Bonus benefits!

Honey is sweeter and tastier than sugar—so you use less! And, unlike sugar, honey has antioxidants and B vitamins! Caution: Never serve it to children under one year old!