

December 13, 2005

THIS WEEK'S BEST DEALS,
TIPS AND HOW-TO'S

IS IT THE FLU?
HOW TO TELL

quick & simple

NEW!
\$1.49

\$12,536
IN COUPONS & PRIZES

SAVE BIG ON CHRISTMAS!

- Free Holiday Ornaments
- Low-Cost Gifts They'll Love
- Fast & Festive Decorations

SLEEP BETTER DIET

KATIE BROWN'S
HOLIDAY DINNER

Down-Home
Favorite Recipes

WORRY
LESS
LAUGH
MORE

Get Fit
Watching
TV!

'I Beat My Sweet Tooth & Lost 94 Lbs!



Ann Marie
changed
her size
and her life

3 BEST
SNACKS
TO END
STRESS

5 WAYS TO
DISPLAY
HOLIDAY
CARDS

21 QUICK &
SIMPLE
FAMILY
RECIPES



\$1.49