

February 19, 2018
God Bless America

Woman's World

More for your money!
\$1.99

Amazing discovery! This Japanese seasoning

BOOSTS WINTER HAPPINESS!

BETTER MEMORY

in just 60 minutes!



David S. Ludwig,
M.D., Ph.D.

Over-40 BELLY FAT CURE!

The secret is in your spice cabinet!

END BACK PAIN

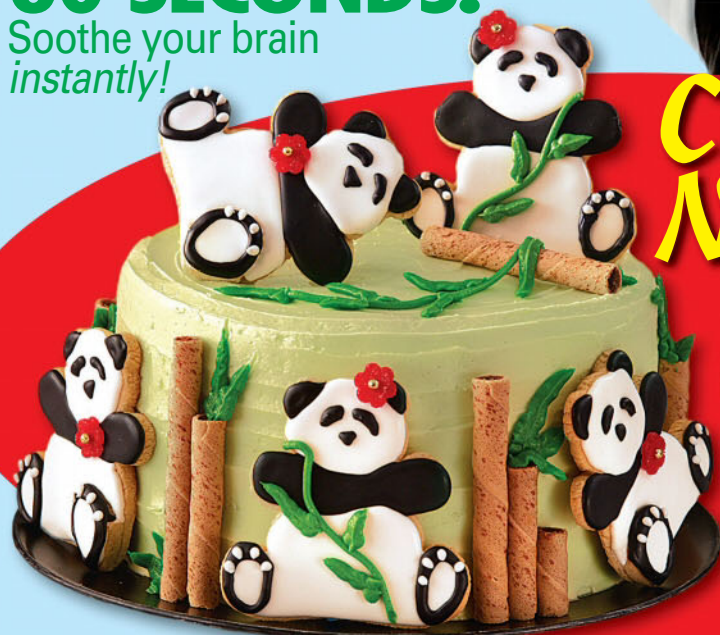
by drinking more tea!

Harvard diet doctor's hunger-busting discovery!

LOSE 50 LBS by eating more fat!

CALM IN 60 SECONDS!

Soothe your brain instantly!



Chinese New Year fun!

Bonus!
Your lucky 2018 Chinese horoscope!

DRUG-FREE CURES!

- Lower CHOLESTEROL!
- End INSOMNIA!
- Heal JOINT PAIN!

\$1.99



Start your week with a smile!

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Miracle surgery saved baby Lynlee's life before she was even born!

Happy Tip!
 Usher in luck this Chinese New Year with oranges! Known as the "good fortune fruit," they're eaten on the holiday to bring happy blessings!



*They are singing today.
An irrepressible joie de vivre maintains the unbroken thread of music through the air.*

—Lura Robinson, *It's An Old New Orleans Custom*

We'd love to hear from you!

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Cookbook sampler!

Individual Tamale Pies

Get that great south-of-the-border tamale taste the easy way—in mini casseroles filled with double-corn crusts, spicy, beefy topping and plenty of shredded cheese!

- 1 can (15.25 oz.) whole kernel corn, drained
- 1 cup cornmeal
- 4 Tbs. unsalted butter, melted
- 1/4 cup olive oil
- 2 lbs. ground beef
- 1 onion, diced
- 2 jalapeño peppers, seeds removed, sliced
- 1 tsp. salt
- 1 tsp. freshly ground pepper
- 1 can (28 oz.) diced tomatoes
- 1 cup shredded Cheddar cheese
- Fresh cilantro, for garnish

● Preheat oven to 375°F. Lightly coat 6 (8-12 oz.) ramekins with cooking spray. Combine 1 1/2 cups corn, cornmeal and butter in bowl. Press mixture into bottoms of ramekins; place on baking sheet. In large skillet, heat oil over medium heat. Add ground beef, onion, jalapeños, salt and pepper; cook, stirring to break up meat, until meat is no longer pink. Add tomatoes, cheese and remaining corn; stir to combine. Divide beef mixture among ramekins. Bake 20 minutes or until warmed through. Serve garnished with cilantro. Makes 6 servings.



Love this recipe?

You'll find more delicious recipes in *Family Favorite Casserole Recipes* by Addie Gundry (St. Martin's Griffin), \$19.99.



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HELP A HERO!



Keep troops warm and energized!

Do you have bags of premium caffeinated coffee to share? If so, consider sending them to Boatsie's Boxes! The nonprofit ships thousands of packages of coffee to deployed soldiers around the world. Please mail donations to Boatsie's Boxes, 33 Forest Hills Drive, Wheeling, WV 26003, and learn more at Boatsie.com.

You deserve a little lift!

"The best preparation for tomorrow is doing your best today."
H. Jackson Brown, Jr.

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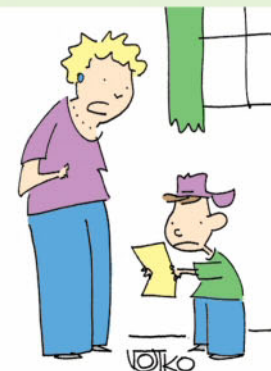
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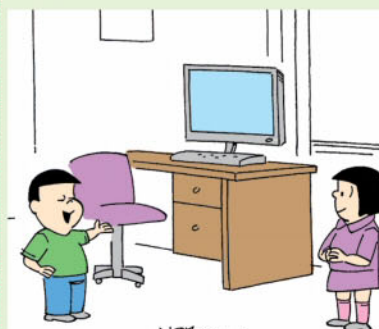
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Start your week
with a
Laugh!



"That's not some kind of code. I wrote a letter to you in cursive."

Q Why did the science teachers get married?
A They had great chemistry!



"I earn an extra five bucks a week for tutoring my parents on the computer."

Kids are funNy!

I was playing tooth fairy and had snuck into my granddaughter's room when she suddenly woke up. Spotting the money in my hand, she cried out, "I caught you!" I froze, unsure of how to explain why I was leaving her money instead of the tooth fairy. Then she piped up, "You put that money back, Grandma! The tooth fairy left it for me!"

—Agnes Ward,
Stratford, ON



* Have fun this week!

This week's Hot Trend

"Good Friends" figurine features America's favorite beagle, Snoopy! \$24.95 at Hallmark.com.



Brighten up your brew with a sweet puppy mug! \$15 at ElizabethsEmbellishments.com.



Watch, \$29.95 by Whimsical Watches at Amazon.com.

Hound Dog, Golden Retriever and Corgi socks, \$8.98 each at SockDrawer.com.



Make a small dog feel safe and cozy in a Minnie Mouse themed pet dome! \$39.99 by Disney at Amazon.com.



Hooked throw pillow adds charm to your sofa! \$39.95 at PlowHearth.com.

Start the Year of the Dog in style!

According to the Chinese horoscope, 2018 is the year of the dog, making it the perfect time to add some pawsitively adorable puppy-themed accents to your home!



Pretty makeup pouch, \$12 by Catseye London at Nordstrom.com.

Scottie-shaped soap looks so pretty in your powder room! \$14.40 at DistinctiveDecor.com.



Proceeds from this necklace fund 71 bowls of food for dogs in need! \$39.95 at TheAnimalRescueSite.greatergood.com!



Imprint your morning toast with your favorite dog breed—or sweet paw prints! \$44.95 at AcornOnline.com; 13 breeds available.



Customize your pup's food bowl with her name and picture! Starting at \$19.99 at PersonalizationMall.com.



Store your four-legged friend's favorite snacks in a delightful treat jar! \$39 at PoshPuppyBoutique.com.



Enjoy a grownup Mardi Gras treat!

It's Mardi Gras time in New Orleans, and revelers will be indulging in the city's best-loved dessert, Bananas Foster! Invented in the 1950s, the sweet treat is made by caramelizing bananas in a rich rum sauce and topping them with vanilla ice cream. Instead of fussing with a flambé pan, why not enjoy the same decadent flavors in a creamy milkshake? Here's how:

- Start by slowly drizzling *caramel sauce* along the inside of a tall glass. In a blender, mix together *2 cups vanilla ice cream*, *1/2 cup milk*, *1 very ripe banana*, *1/4 cup caramel sauce* and a splash of *dark rum*. Blend until smooth and transfer to glasses. Garnish with *whipped cream* and a *sprinkle of cinnamon*—yum!



★ Star Quote ★



"Nobody in life gets exactly what they thought they were going to get. But if you work really hard and you're kind, amazing things will happen."

—Conan O'Brien



See a supernatural thriller!

Prepare to be seriously spooked! *Winchester*, in theaters now, stars Helen Mirren as Sarah Winchester, a wealthy widow who seems to have gone off the deep end. After decades of non-stop construction, her mansion contains hundreds of rooms and is growing by the day. Is the house a madwoman's folly—or a necessary fortress against ghosts with scores to settle?



Get your lucky postal stamps!

Celebrate the Chinese New Year with the official 2018 Year of the Dog stamp! The lustrous gold design features lucky bamboo plants tied with good-fortune red ribbons. Buy at USPS.com/Store or your local post office.

Get tickets to Antiques Roadshow!

Ever wonder about the value of that cuckoo clock you inherited—or how much that antique quilt might fetch? Find out on PBS's *Antiques Roadshow*, which features expert appraisers evaluating everything from dinnerware to diamonds, when it tours the country this spring! Get free tickets through February 27th at pbs.org/wgbh/roadshow.



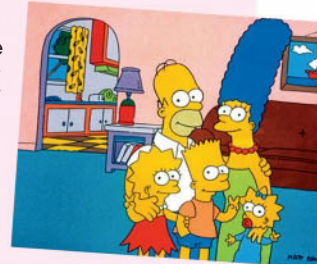
It happened This week!



- Multi-award-winning actress, businesswoman and producer **Jennifer Aniston** was born in Sherman Oaks, California, in 1969. Before becoming beloved *Friends*' character Rachel and *People* magazine's "Most Beautiful Woman" twice, Aniston paid her dues by working as a waitress and a telemarketer!

- One of the first stars on the **Hollywood Walk of Fame** was presented to actress and producer Joanne Woodward in 1960. There are now more than 2,600 stars there, and anyone can nominate new candidates. The catch: You have to have a sponsor agree to pay the whopping \$30,000 installation cost!

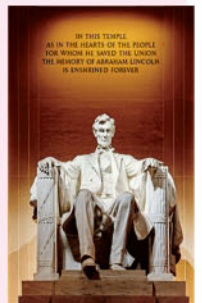
- *The Simpsons* became the longest-running primetime animated TV series in 1997, besting the previous record holder, *The Flintstones*, which aired for six seasons. Ever wonder how Bart got his name? It's an anagram of the word "brat"!



- The video-sharing website **YouTube** was launched in 2005. Created by PayPal employees Chad Hurley, Jawed Karim and Steve Chen, the company, which was originally headquartered above a pizzeria and Japanese restaurant in California's Silicon Valley, is now worth \$75 billion!

- **The first hospital in the United States** opened in Philadelphia in 1752. Founded by Benjamin Franklin and Dr. Thomas Bond, the Pennsylvania Hospital was also home to the nation's first surgical amphitheater, as well as the first medical library!

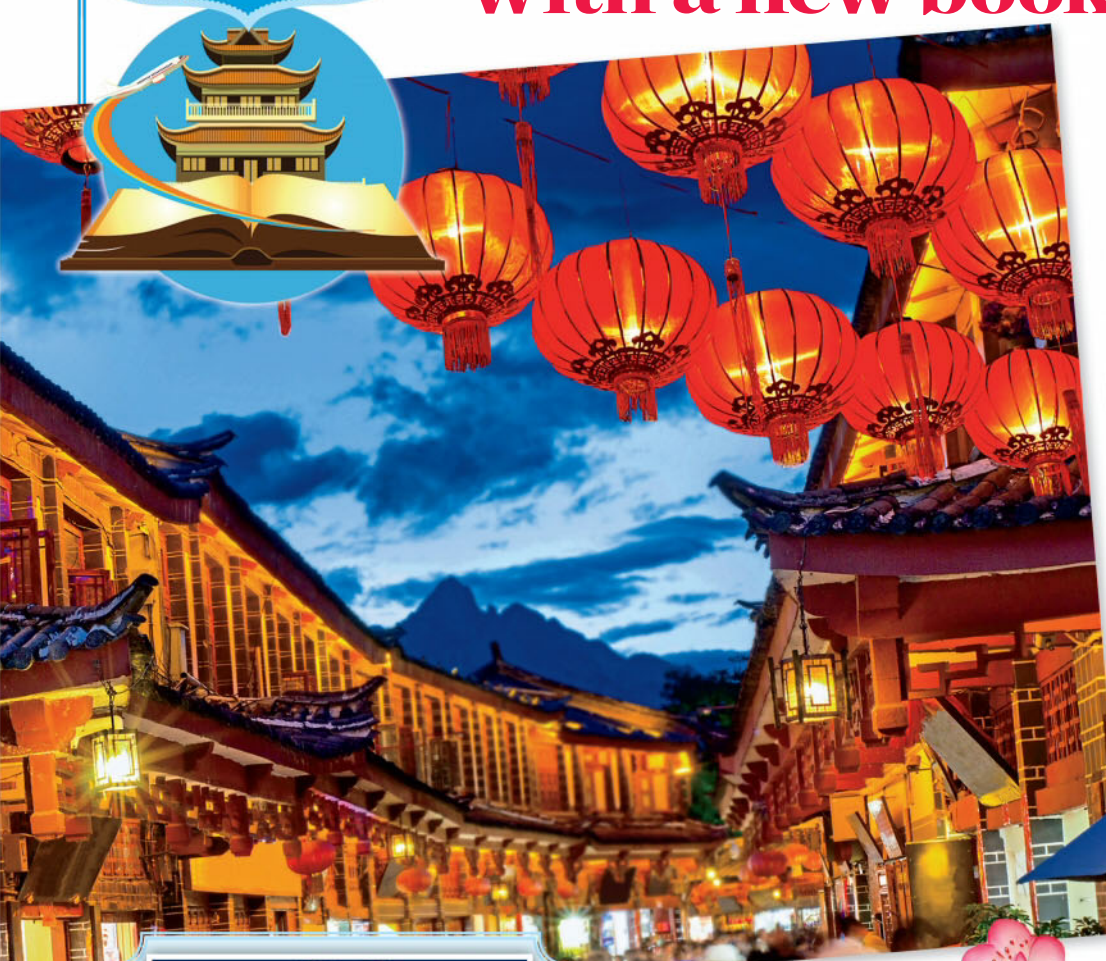
- The cornerstone of the **Lincoln Memorial** was laid in Washington, D.C., in 1915. Eight years later, the 99-foot structure was completed and among those present to observe the dedication was 78-year-old Robert Todd Lincoln, the only surviving son of the former president!



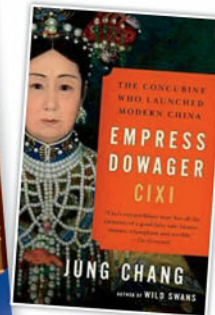
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Celebrate Chinese New Year with a new book!

It's Chinese New Year, the perfect time to transport yourself to the lavish palaces, remote villages and glamorous cities of China!



❖ Swoon over a forbidden romance!
The Moon in the Palace by Weina Dai Randel. A young girl living during the Tang dynasty (618-907), Mei is doted on by her father, who educates her in history, calligraphy and even the art of war. After his sudden death, Mei goes to live in the emperor's Inner Court, where she must draw on her wit and beauty to impress the "One Above All" ... while trying not to fall in love with another man.



❖ Step inside the Summer Palace!
Empress Dowager Cixi by Jung Chang. This fascinating biography follows the improbable rise of Cixi, the teenage concubine who ended up ruling China for almost half of the nineteenth century. You'll marvel as she plans a daring palace coup—and cheer on her efforts to end foot binding and find love within the palace walls.

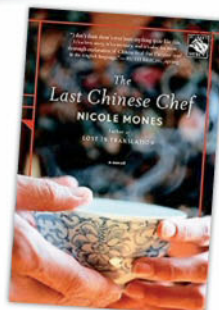


❖ Be moved by a sweeping saga!
Shanghai Girls by Lisa See. Pearl and May Chin are glamorous "it" girls in 1937 Shanghai, until their father gambles away their wealth and marries them off to Americans seeking Chinese brides. As they become immigrants in California, they must help each other survive dark times and rebuild their lives. The story continues in See's emotional sequel, *Dreams of Joy*.



See the Terracotta Army!

Can't make it to China to see the Terracotta Warriors? Ten of the life-size figures—built to accompany the First Emperor into the afterlife and discovered by farmers in 1974—are on display through March 11th at the Virginia Museum of Fine Arts, and at the Cincinnati Art Museum April 20th to August 12th.



❖ Fall for a handsome chef!
The Last Chinese Chef by Nicole Mones. When widowed food writer Maggie McElroy learns of a paternity claim against her husband's estate, she travels to China to investigate. While there, she agrees to profile Beijing culinary star Sam Liang. Sam introduces Maggie to imperial cuisine and exotic markets, helping her heart heal along the way.

Meet the new Mulan!

Disney will release a live-action version of their 1998 animated hit next year, and after test-screening almost 1,000 candidates on five continents, they've found their leading lady. Chinese movie star Liu Yifei, nicknamed "Fairy Sister" for her ethereal beauty, has won the role!



Sip a good-luck cocktail!

A symbol of wealth and family unity, fresh melon is commonly enjoyed during Chinese New Year!

Lucky Melon Martini

Purée fresh cantaloupe in a blender or food processor to yield 4 oz. Add to an ice-filled shaker with 3 oz. vodka, a squeeze lemon and 1/2 oz. melon liqueur, such as Midori. Strain into two cocktail glasses and garnish with fresh fruit or mint leaves.



FREE Cultured Pearls
Limited to the first 5000 responders to this ad only!

CLIENTS LOVE STAUER JEWELRY . . .

"I couldn't believe it, but decided to call and I've not been disappointed since. I received the necklace and keep coming back for more."

— Amy, Fairmont, WV

How Do You Spell Pearl Necklace? F-R-E-E.

*Experience the luxury of Genuine Cultured Pearls...**FREE!****

You read that right. If you'd like the Stauer genuine 26" cultured pearl necklace absolutely **FREE***, all you need to do is call us today. There is no catch. If you're wondering exactly how we can do this... read on.

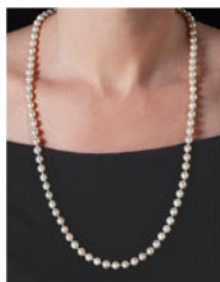
This stunning, romantic necklace never goes out of style. In a world where some cultured pearl necklaces can cost thousands, shop around and I doubt that you will see any jewelry offer that even comes close.

Stauer has had a very good year and it's time for us to give back. That's why we're offering this stunning, 26" strand of genuine cultured white pearls for **FREE!** You pay only \$24.95 for shipping & processing, our normal fee for a \$295 necklace...and we'll even **pay you back with a \$25 Discount Certificate— that's our BETTER THAN FREE Shipping!**

Why would we do this? Our real goal is to build a long term client relationship with you. We are sure that most of you will become loyal Stauer clients in the years to come, but for now, while luxury prices soar, we will give you these classic pearls so you can treat yourself or someone you love without the outrageous price tag.

We did find a magnificent cache of cultured pearls at the best price that I have ever seen. Our pearl dealer was stuck. A large foreign luxury department store in financial trouble cancelled a massive order at the last minute, so instead, we grabbed all of those gorgeous pearls. He sold us an enormous cache of his roundest, whitest, most iridescent cultured 6 ½-7 ½ mm pearls for only pennies on the dollar.

But let me get to the point: his loss is your gain. Many of you may be wondering about your next gift for someone special. This year, we've really come to the rescue.



"Each Mitsuko® cultured pearl is harvested, polished and strung by hand."

— James T. Fent,
Stauer GIA Graduate
Gemologist

For the next few days, I'm not offering this cultured pearl necklace at \$1,200. I'm not selling it for \$300. That's because I don't want to **SELL** you these cultured pearls at all... I want to **GIVE** them to you for **FREE!**

It's okay to be skeptical. But the truth is that Stauer doesn't make money by selling one piece of jewelry to you on a single occasion. We do well by serving our long term clients. And as soon as you get a closer look at our exclusive selection including millions of carats of emeralds, rubies, sapphires, tanzanite and amethyst, you're not going to want to buy your jewelry anywhere else.

Too good to pass up. Too good to last long. Genuine cultured pearls are a luxurious statement. Stauer finds a deal this outrageous once every few years. We have sold over 200,000 strands of pearls in the last several years and this is our finest value ever. **There is only a limited quantity left in stock**, so when they're gone, they're

GONE! Call to reserve your **FREE Cultured Pearl Necklace** today and experience a brilliant new definition of *price-less* luxury!

Mitsuko® Cultured Pearl Necklace (26" strand) ~~\$295**~~

Your Cost With Offer Code— FREE*

***pay only shipping & processing of \$24.95.**

You must use the offer code below to receive this special free necklace.

1-800-333-2045

Offer Code MFP409-03

Mention this code to receive free necklace.



Rating of A+



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Burnsville, Minnesota 55337 www.stauer.com

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Stauer...Afford the Extraordinary.™

Pin on some instant e



Add this silk taffeta rose brooch to your favorite ensembles for a beautiful, blooming touch!

\$29.95, Soft Surroundings (SoftSurroundings.com, style #1BB00).

Interchangeable snaps let your wedges take on a new look in seconds!

\$64.95, Lindsay Phillips (Lindsay-Phillips.com, style name "Linda Black").

Whether you opt for a vintage piece from your mom's jewelry box or a brand-new dazzler, a pretty brooch is the perfect-right-now way to add a dash of style and sparkle to any outfit!



▲ \$49.99, Off Park Collection (JTV.com, style #OPJ1309).

▼ **The dangling blue stone will add flattering sparkle!**

\$44.99, Off Park Collection (JTV.com, style #OPJ898P).



▶ \$79.50, Joan Rivers (QVC.com, style #J349643).

▶ **Crystal-embellished brooch is guaranteed to add sparkle to your day!**

\$40, Nina (NinaShoes.com, style name "Ginalee Stickpin").



▼ **This classic black blazer gets an elegant update with a pretty pearl and rhinestone floral brooch!**

\$64.33, Fashion Mia (FashionMia.com, style name "Chic Solid Collarless Decorative Button Brooch Blazer").



▲ **Pin this sassy cat brooch on your favorite blouse or cardigan for the purr-fect finishing touch!**

\$22.99, Bling Jewelry (Shop.com, style name "White Pave CZ Cat Animal Brooch Pin Rhodium Plated").



◀ **An ultra-cushioned footbed make these sparkling flats as comfortable as they are stylish!**

\$44.99, Kelly & Katie (DSW.com, style #398557).

Elegance!

▶ Add this bold feathered brooch to any look for a fun and colorful accent!

\$35, Anne Klein (LordAndTaylor.com, style name "Elevated Textured Pin").



◀ Timeless blooming rose brooch is encrusted with simulated diamonds that look like the real thing!

\$79.50, Joan Rivers (QVC.com, style #J347653).



▲ Seahorse brooch will put you in a vacation-happy mood whenever you wear it!

\$49.50, Talbots (Talbots.com, style name "Seahorse Brooch").

◀ Cat-lovers will adore this pretty brooch that features a rhinestone-encrusted kitty perched on a pearl!

\$18.20, Voodoo Vixen (VoodooVixen.co.uk, style #BRO 0002).



▲ \$45, Jamie Kreitman (JamieKreitman.com, style name "Confetti Armwarmers" in Black/Berry).



▲ Ultra-soft scarf with three sparkling brooches is available in two other colors!

\$69, Echo (LordAndTaylor.com, style name "Star Muffler Scarf" in Black).

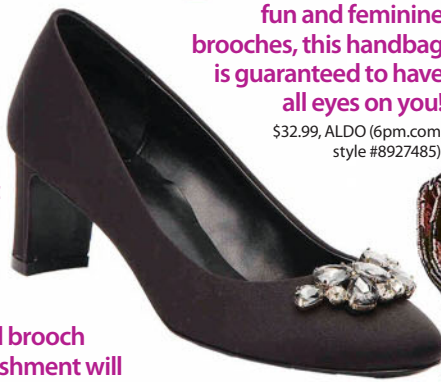


▲ Covered in an array of fun and feminine brooches, this handbag is guaranteed to have all eyes on you!

\$32.99, ALDO (6pm.com, style #8927485).

▶ Elegant block heel pump with a jeweled brooch embellishment will be your go-to shoe for every evening occasion!

\$39.99, Vaneli (DSW.com, style #413568).



◀ Jeweled brooch detail takes this ultra-feminine satchel to the next level! Bonus: It comes with a detachable shoulder strap, too!

\$49.95, Kelly & Kate (DSW.com, style #404797).

1960s-inspired dress with its own elegant rhinestone brooch is also available in plus sizes!

\$78, Unique Vintage (Unique-Vintage.com, style #P56154 in Navy Blue).



More ways to wear a brooch! Pinned on blouses and blazers isn't the only way to style a brooch! Here are a few of our favorite unique ways to wear and pair the coveted accessory:

● Make your hair "sparkle"!

It's easy to add pizzazz to your hairstyle with the help of a brooch and two bobby pins! To do: After styling your hair, slip the bobby pins onto the pin of the brooch, then use the bobby pins to secure the brooch anywhere you wish! Or dress up a ponytail by attaching a brooch to an elastic hairband!

● Dress up a plain pair of jeans!

Give a plain pair of jeans a dazzling upgrade—it's easy with some of your favorite brooches! Simply select a few that complement each other, and pin them along the pockets for a fun accent that's easy to achieve in seconds!

● Fashion a necklace!

Adding a brooch to a necklace is an easy way to create something new out of two pieces you already own! To do: After picking out a necklace, secure the brooch to the chain with the pin facing down. Then wear the necklace as usual for a one-of-a-kind accessory!

Relax with a pamper



French women are known around the world for their flawless, radiant skin and chic sense of style—and now you can borrow their best beauty secrets to look simply stunning!

Keep skin soft with French lavender oil!

"Lavender is grown in the south of France, and it's traditionally been used to soothe and calm," reveals Naomi Whittel, author of *Glow15*, who adds that it's an honored ingredient in many of her French grandmother's beauty recipes! The antioxidant-rich herb acts as an anti-inflammatory to baby rough, parched skin, while moisturizing almond oil softens from head to toe.

■ **DIY it!** Add 1 cup sweet almond oil and 40 drops lavender essential oil to lidded glass bottle. Shake well. Add a few sprigs of dried lavender, if desired. Smooth small amount on damp skin after shower. Keeps 1 month.



Bring Parisian spa day!



Prevent wrinkles with a red wine face mask!

In Paris, wine is popular for drinking *and* beauty! Its potent resveratrol targets free radicals and prevents collagen breakdown and loss of elasticity. Celebrity facialist Graceanne Svendsen suggests mixing wine with soothing oats and hydrating honey for a youthful complexion.

■ **DIY it!** Combine 1/4 cup red wine, 1/4 cup oats and 2 Tbs. raw honey. Smooth over clean skin.

Relax 20 minutes; remove with a gentle cleanser.



Boost your mood with perfume!

Research proves wearing your favorite fragrance not only lifts your spirits, it ups your confidence, too—which is why perfume is a beauty staple in France! “My French grandmother never left the house without a little makeup, jewelry—and perfume,” says Whittel. In fact, Parisian women are so big on fragrance that after they add it to their neck and wrists, they spritz perfume on a cotton handkerchief and keep it in their purse. Every time they open their bag, they get a mood-boosting burst of scent!



Whisk away makeup the French way!



Micellar water—tiny balls of cleansing oil suspended in soft water—was invented in France to counteract the drying effects of hard water. “Hard water strips natural lipids from skin, causing dehydration and crepiness,” Svendsen says. But micellar waters cleanse *and* moisturize at the same time to keep skin healthy! Simply add micellar water to a cotton round and smooth over your face each evening to whisk away makeup and leave skin nourished—no rinsing required!



■ **One to try:** Garnier SkinActive Micellar Cleansing Water, \$6.99 at Target.



Get glowing with gommage!

Gommage is a gentle way to exfoliate: Smooth on a paste, let the enzymes dissolve dead cells as it dries, then rub it off. A French favorite? Mixing exfoliating pumpkin and yogurt with humectant honey, then buffing it off with salt!

■ **DIY it!** Combine 1/2 cup Greek yogurt, 1/4 cup pumpkin purée and 2 Tbs. raw honey. Smooth onto clean skin, avoiding eye area. Relax 15 minutes. Dip fingertips into 1 Tbs. finely ground sea salt; gently rub off mask. Rinse well.

Slow signs of aging with a French fruit parfait!

Meaning “perfect” in French, parfaits are an anti-aging treat! “Fruit is very important in a French diet, and dessert will typically include berries,” says Whittel, who suggests layering antioxidant-rich blueberries, strawberries and blackberries with nutty granola, which is loaded with skin-nourishing vitamin E, and protein-packed yogurt to slow signs of aging.

■ **Try it!** Layer 5 oz. plain yogurt with 1/2 cup granola and 1 cup mixed berries in tall glass. Sweeten with honey to taste, if desired.



Surprising winter hap

Tend to get blue during winter due to short days, chilly weather and being cooped up inside? Not anymore! Thanks to these surprising—and surprisingly easy!—tricks, you can feel happy straight through to spring!



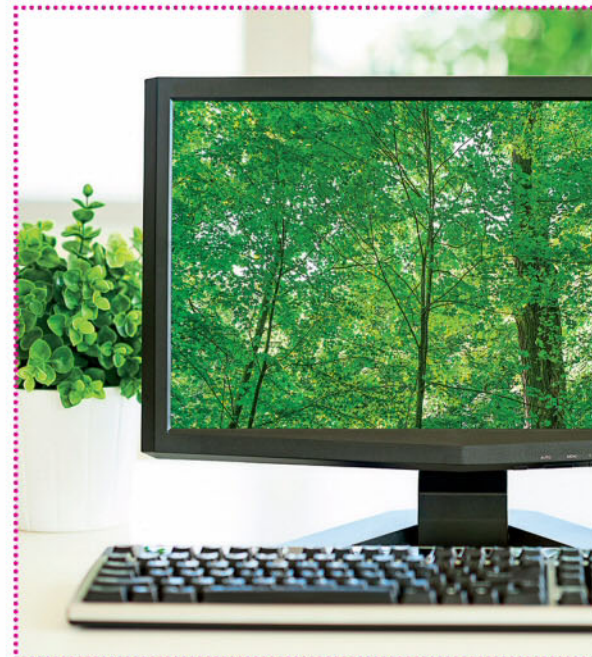
Rev good feelings fast by clipping coupons!

Want to keep a good mood from dipping? The moment you notice winter doldrums setting in, seek out coupons for your favorite grocery brands on coupon websites (such as Coupons.com) and in newspapers, and you'll experience an instant 11% surge in happiness!

❖ **It works!** Finding a great deal is proven to spur a 38% rise in the "cuddle" hormone oxytocin, which instills feelings of warmth and joy!

Or listen to oldies!

Listening to music uplifts your mood—and nearly forgotten oldies work best! The combo of novelty plus nostalgia revs more reward centers in the brain, reports the journal *Science*.



piness tricks!

2 Activate your optimism with 9 minutes of exercise!

Feel less optimistic than usual? It's likely because you're more sedentary now that it's cold outside—even if you don't regularly exercise but just cut back on simple activities like walking the dog. Can you restore positivity? Yes—with just nine minutes of easy indoor exercise per day! A large study found that adults who did things like march in place during TV commercials or walk up and down stairs felt far sunnier than their sedentary counterparts!

❖ **It works!** Any physical activity (no need to break a sweat!) ups flexibility, strength and stamina—factors that boost your confidence and brighten your outlook!



And take D-3! Spending less time in the sunlight in winter can leave you deficient in the vitamin D needed to keep your mood merry. The fix: Take 2,000 IU of vitamin D-3 daily, advise experts.



3 Reboot your energy with fish flakes!

Feel less vigorous and alert? Flavor your soups, stews and side dishes with dried bonito fish flakes (try Eden Bonito Flakes, \$6.79, Vitacost.com)! Beloved in Japan for adding rich and savory “umami” flavor, the flakes also revitalize and happiness right after eating them!

❖ **It works!** Bonito improves blood flow, KOs the damaging effects of free radicals and delivers the energizing amino acid histidine, rejuvenating you from head to toe!

And open your bedroom window!

Ventilating the room for 10 minutes before bed clears away sleep-interfering carbon dioxide (air we breath out), improving slumber dramatically!



4 Diffuse stress with nature videos!

Find everyday stressors (such as concerns about health or finances) more difficult to deal with during winter? Watch three minutes of free nature documentaries on YouTube.com! A large study found watching video clips of animals and forests induces calm and ratchets up bliss!

❖ **It works!** Our brains are wired to feel happier in the presence of nature (even on video), which lowers stress hormones and slows your heart rate.

And post on Facebook!

Feeling harried? Tell Facebook friends! Sharing a stressful or frustrating experience releases its mental hold on you, while supportive comments from your circle make you feel safe and secure.



5 Smile more at work by sharing coffee with a co-worker!

Taking work breaks or eating lunch alone at your desk because of the wintery weather? Invite a co-worker to join you and, a recent study shows, you'll feel happier the rest of the day and find that

your work is easier to do!

❖ **It works!** Brain scans show chatting with others during the workday activates a brain area linked to regulating emotion and multitasking. So enjoying a short coffee klatch lifts your spirits and sends your productivity soaring!

Leave work behind!

Avoid work-related e-mails and tasks at home. Mentally disconnecting from your job is shown to replenish mental energy, nix the doldrums and increase contentedness!



—Gabrielle Lichterman

Drug-free remedies that really work!

Prescription drugs can be lifesavers, but they can also be pricey and cause annoying side effects. That's why it's great to know that many common health problems can be treated easily—and effectively—without an Rx!

✓ Blueberries control cholesterol!

Eating five cups of fresh or frozen blueberries each week could lower your total cholesterol 17% or more, making these sweet treats as powerful as many of today's cholesterol-lowering medications, Harvard University researchers say. What's more, active ingredients in blueberries called anthocyanins stop blood fats from sticking to artery walls, cutting your risk of heart disease 34% or more!

✓ Deep breathing nixes insomnia!

Have trouble sleeping sometimes, but prefer not to rely on sleeping pills? You're in luck: Cornell University scientists have pinpointed a bedtime breathing exercise that increases relaxing, sleep-inducing theta brain waves so effectively, it can help you drift off twice as fast as insomnia meds. Simply lie on your back, arms at your sides with your palms facing up. Relax by exhaling slowly and gently as though trying to make a candle flame flutter. Then inhale deeply through your nose, feeling your abdomen rise. Hold your breath for a count of five, then exhale slowly. Repeat until you drift off.

✓ Avocados soothe achy joints!

Enjoying half an avocado daily could tamp down your joint pain in as little as one month—and cut your need for prescription pain medications 25% or more if you're already taking them, shows a University of Arizona study. As the researchers explain, avocados contain 20 times more painkilling, anti-inflammatory oils than any other fruit (except olives), and they're packed with joint-healing compounds, including glutathione, beta-carotene and vitamin K.

✓ Fish oil KO's seasonal allergies!

Not only can antihistamines trigger dry mouth, drowsiness and dizziness, they can up your risk of weight gain by making you feel hungrier! Luckily, taking 2,500 mg. to 3,000 mg. of fish oil daily, year-round, can do just as good a job of reducing allergy flareups, reports the *British Journal of Clinical Pharmacology*. Fish oil is a natural antihistamine that also reduces inflammation in your nasal passages, bronchial tubes and lungs, says study coauthor

Tip!
Avocado makes a great substitute for butter and other less-healthy fats in brownies and chocolate desserts!



Philip Calder, Ph.D. Bonus: Fish oil is a natural appetite-suppressant—and taking it right after a meal can dampen your appetite and cravings for up to six hours!

✓ Sunshine steadies blood sugar!

Spending time outdoors each day can lower your risk of diabetes faster than losing weight can! In fact, getting 10 minutes of sun exposure daily, without

sunscreen, cuts your risk of blood-sugar problems 30%, suggests research in the *Journal of Clinical Endocrinology & Metabolism*. Your skin uses UV light to produce vitamin D-3, a nutrient that helps your insulin-producing pancreas function properly and encourages your cells to quickly absorb and use blood glucose for fuel, explains Michael Holick, M.D., author of *The UV Advantage*. Taking 3,000 IU of vitamin D-3 daily also does the trick.

—Brenda Kearns

Important: As always, do not alter or discontinue your current medication regimen or start any new supplement without consulting your doctor first.

For a super health boost, sip Blueberry Avocado Smoothies

Enjoying one of these delicious smoothies each day will help control your cholesterol and tamp down joint pain, thanks to the anthocyanins in blueberries and the healthy anti-inflammatory fats in avocados!

1 cup fresh or frozen blueberries
1 ripe avocado, pitted and sliced

1 cup low-fat milk
2 Tbs. honey
1/2 cup to 1 cup ice

● Place the blueberries, avocado, milk, honey and ice in blender all at the same time and whirl on high speed until smooth and creamy. Makes 2 servings.



Heal cuts and scrapes faster

Nicked yourself? Instead of reaching for a medicated ointment, dab on plain petroleum jelly! British research shows that this economical salve is so effective at keeping tissues moist and blocking bacterial growth, it cuts healing time in half!

Photos: BACKUP-images.com; E+/Getty Images; Vetta/Getty Images; iStockphoto/Getty Images; Alejandro Ventura/MediaBakery.

Surprisingly easy ways to End backaches!

A staggering 80% of us experience back pain at some point! Luckily, you can avoid it with these simple strategies:

✓ Lace up your sneakers!

Casual sports shoes are trendy right now, great news since a Lehigh University study shows wearing them also relieves back pain. In the study, eight in 10 back-pain patients who switched to flexible cushioned sneakers said their backs felt significantly better within a year. "Back pain is often due to bad walking form," says Frank Lipman, M.D., author of *The New Health Rules*. "Good shoes can balance the body, aligning the spine and taking pressure off irritated nerves."



✓ Stretch away pain!

Surprise: Simply having too-tight hamstring muscles in the back of your thighs can stress your lower back, activating pain! "Tight hamstrings pull the natural curvature of the spine out of alignment, increasing pressure on the spinal nerves," says naturopath Michelle Schoffro Cook, Ph.D. She advises stretching your hamstrings in the morning and at night. To do: Set an alarm for five minutes.

Lying on your back with your hips flat to the ground, pull your toes toward your head. (Use a strap around your foot if needed, such as Peace Yoga Cotton Stretching Exercise Strap, \$6.99, Amazon.com.) Hold 10 seconds, then release. Repeat, alternating legs, until the alarm rings.

✓ Lessen pressure by leaning back a little!

MRI studies suggest that adjusting your desk chair so that you're reclining just a little, rather than sitting up straight, can lessen the pressure on your spinal nerves as much as 30%, according to UCLA researchers. Can't adjust your chair? Try cushioning your spine by slipping a rolled-up hand towel behind your lower back.

✓ Nix inflammation with green tea!

Turns out, the more green tea you drink, the less likely you are to have chronic back pain! Thanks goes to a compound in green tea called epigallocatechin gallate (EGCG), which reduces your body's production of pain-triggering inflammation, say researchers at Houston's Methodist Hospital.

✓ Get enough Zzzs!

Well-rested folks are 32% less likely to struggle with prolonged back pain, a Cornell University study



shows. That's because sleep is your body's prime time for producing human growth hormone—a substance that kick-starts tissue repair when muscles are damaged, say the researchers. The study-proven remedy: at least seven hours of shuteye nightly.

—Kallie E. Kristensen

Feel your best after menopause



Surveys show that most of us were perfectly happy to bid our periods goodbye at menopause—and now that those tumultuous hormone fluxes are finally behind us, even small changes can have a surprisingly big impact on our health and happiness! To guarantee that these are truly your best years ever, experts advise:

● Relaxing with juniper berry!

If you sometimes have trouble chilling out, juniper berry oil may be your key to Zen! According to

British research, taking six slow, deep sniffs of this fragrant oil soothes the amygdala—the area of your brain that maintains calm—so you feel more relaxed, often in as little as 60 seconds. One option: Artizen 100% Pure & Natural Juniper Berry Essential Oil, \$9.99, Amazon.com.

● Energizing with ginseng tea!

Once painful periods, hot flashes and other hormone-triggered woes fade away, 80% of us say we look forward to being more productive and having more fun. And one way to make that easy is by sipping 8 oz. of Panax (Korean) ginseng tea daily. The journal *PLOS One* reports the brew revs your brain's formation of energizing beta waves, upping focus and stamina 35% in one week.

● Protecting your heart with ginger root!

Looking for a simple way to keep your heart healthy after menopause? Try ginger! According to Australian researchers, consuming 1 tsp. of fresh ginger—or 1/2 tsp. of the powdered spice—daily cuts your heart disease risk in half! "Ginger slows plaque formation in your arteries and prevents dangerous blood clots,"

Going through menopause right now?

Taking 3 mg. of melatonin nightly can smooth the transition, easing anxiety, night sweats and other symptoms for 90% of us in two months. This sleep hormone doesn't just help you nod off, it also helps your brain react calmly to estrogen fluxes.

explains Al Sears, M.D., author of *Healing Herbs of Paradise*.

● Staying happy with veggies!

Estrogen ups and downs before menopause can be rough on your brain, so it's no wonder that two in three women feel more content after menopause. And you can ensure you're among them just by eating a daily cup of root vegetables, such as carrots, beets, parsnips, turnips, onions, sweet potatoes—even radishes! Root veggies are rich in potassium, magnesium and other minerals that encourage your brain to increase its production of the antidepressant hormone serotonin, slashing your risk of blue moods 50%, a recent British study shows.

—Brenda Kearns

Good-Health News!

✚ Breast MRI or mammogram?

New University of Chicago Medical Center research found that biannual MRI exams are far more effective than mammograms at detecting breast cancer in high-risk women, that is, those who have the BRCA gene or a family or personal history of the disease.

✚ Larger thighs = longer life!

The *British Medical Journal* reports that women with thighs that measure more than 24 inches have an extra leg up on longevity! Researchers theorize that women with larger thighs tend to carry their body fat below the waist rather than around the middle, which lowers their risk of heart disease and other age-related conditions.



WW

Easy ways to Tame high blood pressure!

One in three of us have high blood pressure, which makes this welcome news: More than a dozen studies show that a few simple diet and lifestyle tweaks can triple your odds of keeping your numbers at a healthy 120/80 or below!

1 Trim eight points with mushrooms

Enjoying three cups of enoki, shiitake or maitake mushrooms each week could lower your blood pressure eight points in two months, reports the journal *Complementary and Alternative Medicine*. Compounds in these mushrooms act like safe, natural ACE inhibitors, prescription drugs that control high blood pressure, says study coauthor Ben Lau, Ph.D. Find the mushrooms in large supermarkets or in Asian grocery stores.

2 KO cortisol with kitten videos

Feeling rattled? Taking a 10-minute break to watch a feel-good animal video could make your pressure plunge

as much as eight points, Japanese researchers say. Watching animals at play is well proven to soothe the area of your brain that helps slow your heart-beat and keep your blood vessels relaxed, even during the most hectic times.

3 Banish bloat with an herb



The Ayurvedic herb tribulus is a natural diuretic that gently flushes excess fluids from your body, lowering your blood pressure as much as 11 points in one month, two recent studies suggest. One option: Solaray's Tribulus (\$12 for 60 capsules; LEF.com/ww). Concentrations

An apple a day...
...will cut your risk of high blood pressure 37%! Harvard researchers explain that apple skin is rich in nutrients that help keep blood vessels healthy and free of plaque.

4 Prevent pressure spikes with watermelon

Watermelon that is grown and shipped from warm places, such as Florida, Mexico and

vary, so check package label for dosage.

Important: Always check with your doctor before taking any new supplement.

Guatemala, is now available year-round. And that's good to know because enjoying just one heaping cup of this sweet, juicy fruit each day could trim at least five points off your blood pressure in a month, according to a recent study published in the *American Heart Journal*. Watermelon is brimming with an amino acid (called L-citrulline) that helps to keep your arteries relaxed and open, so blood flows more easily to your heart and other organs, says researcher Li Qin, Ph.D.

Foot soaks are good medicine!

Soaking your feet in steamy water for 15 minutes could lower your blood pressure for three hours straight. That's because warming your feet prompts your arteries to produce nitric oxide, a natural chemical that relaxes blood vessels, explain Canadian researchers.

—Brenda Kearns

Stay Young with W^W



The over-40 belly fat cure!

Think menopause makes extra weight around your waist inevitable? Not so! New research shows that making a few small changes to your diet can help you shed belly fat!

1 Season with cumin! A daily teaspoon is all it takes to help middle-aged and older women lose three more pounds and *three times* more fat than women who skip the cumin, a study found. "Cumin fights inflammation, which is tied to excess abdominal fat," says dietitian Monica Auslander Moreno, R.D. The spice also makes food extra-filling and satisfying!

2 Say yes to fat! The monounsaturated fatty acids (MUFAs) in nuts, seeds, olives, avocados and vegetable oil help zap belly fat, Yale research found. In the study, overweight women who ate four 400-calorie meals rich in those fats each day lost an average of 8.4 pounds—and melted 33% of their belly fat in one month! Like cumin, MUFAs fight inflammation, plus help fill you faster, reducing your overall calorie intake.

3 Snack on yogurt! Women who consumed a serving of yogurt each day lost an extra inch of belly fat in three months compared to those who skipped the yogurt! Yogurt's calcium, plus probiotics and a compound called CLA spur fat-burning, explain researchers.

4 Pile on protein! Eating lots of lean protein prompts a 45% increase in belly-fat-burning muscle, reveals a study. That's because protein "feeds" your muscles, keeping them strong and burning fat all day long!

5 Choose whole-grain bread! You don't have to ditch carbs—just choose the whole-grain kind! Middle-aged and older women who do have the least belly fat, research shows. The fiber in whole grains improves blood-sugar regulation, which leads to less belly fat!

—C.P. Pagan

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“Help me keep my brain young!”

Surprise! A whopping 75% of brain aging can be avoided just by making little changes to your everyday routine! From adding certain spices to your meals to choosing the best supplements, our experts share the proven ways to keep *your* brain young!

1 Give your brain a break!

Grow new neurons by walking!

“Walking without taking breaks helps keep the part of your brain that grows brain cells more resilient,” reveals psychotherapist Mike Dow, Ph.D. In fact, it’s so effective that strolling for 25 minutes a few times a week will keep your brain’s “incubator” for new brain cells in shape!



Try “minute” mindfulness!

Stress “impairs memory and interferes with neurotransmitters that make you feel good,” says Young. What can you do? “Just take a few long, deep breaths and hold each one for a few seconds before slowly releasing it,” says natural health expert Michelle Schoffro Cook, Ph.D. “Just doing this for one minute is enough to slash the stress hormones that impede memory!”

Take five for five!

“Chronic multitasking causes the brain to *shrink*,” reveals expert Leanne Young, Ph.D. “In particular, it reduces the size of the hippocampus, a brain region supporting memory and learning.” The fix? Cut back on multitasking and let your brain recharge five times a day by taking five minutes to rest—no social media, no e-mails, just rest. “Spend those five minutes stretching, going outside or meditating,” she encourages. “Just like plugging a phone into the charger, it’s proven to boost brainpower!”

Play your grandkids’ game!

“The game concentration is shown to sharpen working memory,” says Dow. Just lay a deck of cards facedown in four rows of 13 cards. Flip any two cards faceup—if they’re the same, remove them. If not, turn them back facedown and flip two more until you’ve matched and removed all the pairs! “Play

2 Eat smart!

Add seeds and spices!

“The brain is over 60% fat,” reveals Schoffro Cook, “which is why foods high in omega-3s transform brain health! Some potent sources include walnuts, chia seeds, pumpkin seeds and flaxseed oil. Just add them to salads or yogurt.” And use more inflammation-reducing spices — rosemary, sage, turmeric, celery seed, ginger and garlic. “We even get a memory boost within one hour of eating turmeric, thanks to its brain-boosting compound curcumin,” she says.



Go Mediterranean!

“The Mediterranean diet, full of veggies, healthy oils and whole grains, is the best diet for your brain, staving off Alzheimer’s disease,” says Dow. “And two foods in particular have been linked with the biggest, best brain benefits: fish and beans!”

Zero in on key supplements!

“Alpha lipoic acid, a powerful antioxidant, protects the watery and fatty parts of the brain, making it a potent brain booster,” reveals Schoffro Cook. Also vital: “B vitamins are essential for a healthy brain, ensuring the formation of brain messenger hormones.”

Sip a brainy smoothie!

Schoffro Cook’s “Ultimate Brain Power Smoothie,” full of nutrients that neutralize free-radical damage, can help you think more clearly. In a blender, combine 1 cup pomegranate (or pom-cherry or pom-blueberry) juice (pomegranate antioxidants improve verbal memory), 1 cup almond meal, 1 cup fresh or frozen black cherries (pitted), 1 cup fresh or frozen blueberries, 1 Tbs. flaxseed oil and 1 tsp. turmeric. Blend until smooth. Serve immediately. Makes 2 servings.



—Kristina Mastrocola

Our expert panel



Mike Dow, Ph.D.—author of *Healing the Broken Brain*, *The Brain Fog Fix*, *Diet Rehab* and *Heal Your Drained Brain*—has been a guest health expert on several television shows, including *The Dr. Oz Show*, *Rachael Ray* and *Fox and Friends*.



Leanne Young, Ph.D., is the executive director of the Brain Performance Institute at The University of Texas at Dallas. Learn more at BrainHealth.UTDallas.edu.



Michelle Schoffro Cook, Ph.D., is the author of 20 books, including *Boost Your Brain Health in 60 Seconds* and *The Cultured Cook*. Visit her at DrMichelleCook.com and CulturedCook.com.

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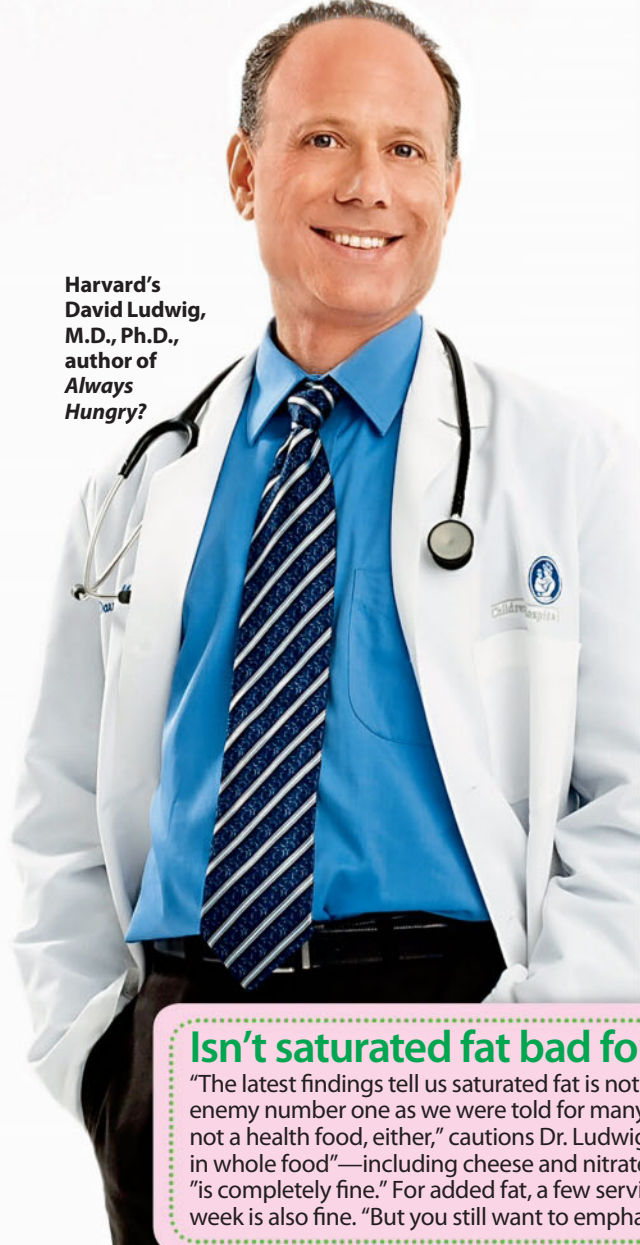
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Harvard diet doctor's hung Lose 50 lbs by

Harvard's
David Ludwig,
M.D., Ph.D.,
author of
*Always
Hungry?*



Full-fat cheese, nuts, nut butter, olive oil, rich spreads and sauces—these can be secret weapons that help you reach a healthy weight *without hunger*,” insists David S. Ludwig, M.D., Ph.D., an endocrinologist and researcher at Harvard Medical School and Harvard School of Public Health. After a massive analysis that included more than 68,000 dieters and dozens of breakthrough studies, Dr. Ludwig has no doubt that “high-fat diets lead to greater fat loss. We do still need definitive longer-term studies, but, so far, high-fat diets have proven consistently superior to every low-fat diet they’ve ever been compared to.” Dr. Ludwig even switched to a high-fat diet himself. “Within one day, suddenly you have this feeling that your body wants to be thinner,” he recalls. “Your energy surges and your stomach feels warm and happy for hours.

shed 25, 50, 75 pounds or more. How much will you lose? Here’s how to find out . . .

Your quick-start guide

● What you eat

Dr. Ludwig recommends beginners get about 50% of their calories from fat, 25% from protein and 25% from nutrient-dense carbs. But don’t stress over diet math. At a typical sitting, start with a base of 4-6 oz. of protein plus unlimited non-starchy vegetables. If your protein source is lean, include up to 2 Tbs. of oil, 3 Tbs. of nuts or 4 Tbs. of dressing/sauce with your meal. (If your protein is already rich in fat—such as eggs or marbled meat—go easier on added fat. More details, *below*.) At main sittings, also include 1/2 cup of beans or 1 cup of non-tropical fruit. Snack up to twice a day on a fat-rich food plus some veggies or protein.

Tip!
For free resources and support, visit DrDavidLudwig.com or join the “Official Always Hungry? Book Community” Facebook group.

Isn't saturated fat bad for me?

“The latest findings tell us saturated fat is not public health enemy number one as we were told for many years—but it’s not a health food, either,” cautions Dr. Ludwig. “Saturated fat in whole food”—including cheese and nitrate-free bacon—“is completely fine.” For added fat, a few servings of butter a week is also fine. “But you still want to emphasize olive oil.”

I was 20 pounds lighter in four months even though I ate as much as I wanted.” Now Dr. Ludwig—often called an “obesity warrior”—is on a mission to help others get lean. And folks following the plan in his book *Always Hungry?* tell us he makes it easy to

Why a high-fat diet slims

Both a typical American diet and a typical weight-loss diet “can be like Miracle-Gro for our fat cells,” notes Dr. Ludwig. “This is mainly because all the carbs we eat, especially the processed carbs, keep levels of the hormone insulin high. And chronically high insulin sends our fat cells into calorie-storage overdrive.”

-Eat like this for hunger-free weight loss!

Our nutrition team used guidelines from *Always Hungry?* and the new cookbook *Always Delicious* to create these zero-hunger menus for you to try. You’re encouraged to season meals to your liking with unlimited herbs, spices, vinegar, mustard and lemon juice. For best results during your first two weeks, avoid sweeteners (natural or artificial) except for a daily serving of dark chocolate. While using this plan, be sure to drink plenty of water. Coffee and tea are also good choices; add cream if you like. As always, get a doctor’s okay to try any new plan.

Breakfast CHOOSE ONE DAILY

OPTION 1

Spinach & Cheddar Scramble:

2 eggs scrambled in 1 tsp. olive oil with 3 Tbs. shredded Cheddar cheese and baby spinach to taste
1 cup fruit, 1/2 cup plain whole-milk Greek yogurt

OPTION 2

Cherry-Chocolate Shake: In blender, blitz 1/2 cup frozen dark cherries, 3/4 cup whole milk, 1/4 cup nuts, 1 serving unsweetened protein powder, 1 Tbs. heavy cream, 1 Tbs. unsweetened cocoa powder and 1/4 tsp. vanilla extract



Lunch & Dinner

(CHOOSE ONE AT EACH SITTING)



OPTION 1

Cobb Salad: 1 sliced hard-boiled egg, 1/2 cup cooked kidney beans, 1 slice crumbled turkey bacon, 2 oz. chicken, 1/2 tomato, 1 Tbs. blue cheese over unlimited lettuce with 2 Tbs. no-sugar-added vinaigrette

OPTION 2

4 oz. lean deli meat rolled around pickles, celery and/or carrot sticks; 2 Tbs. sugar-free dressing for dipping
1 cup low-sodium black bean soup topped with unlimited diced onion and bell pepper and 2 Tbs. sour cream or shredded cheese



OPTION 3

Easy Burrito

Bowl: Shred 4 oz. cooked chicken breast or lean beef and warm in pan with 1/2 cup kidney beans and a pinch taco seasoning. Serve

Eggplant Parmesan and Cobb Salad recipes excerpted from *Always Hungry?* Copyright © 2016 by David S. Ludwig, MD, PhD. Chocolate Cherry Smoothie recipe excerpted from *Always Delicious*. Copyright © 2018 by David S. Ludwig, MD, PhD and Dawn Ludwig. Used by arrangement with Grand Central Life & Style. All rights reserved.

er-busting discovery! eating more fat!

Dr. Ludwig explains that overstimulated fat cells take on calories so quickly, they actually steal calories the rest of the body needs to function optimally—so our brains signal us to eat more even as our waistlines expand. Dr. Ludwig's solution: Replace some of the carbs we'd typically eat with healthy fat—since dietary fat is the only nutrient that triggers little or no insulin release. Fat cells will stop stockpiling calories, and suddenly the brain senses there is more fuel available for the rest of the body. So it turns off hunger and speeds up metabolism," explains Dr. Ludwig. "You begin to lose



weight with your body's full cooperation."

How quickly you lose

Some women shed a quick 10-12 pounds, "but for the first few weeks, please don't focus on the scale," urges Dr. Ludwig. "The initial goal is to calm overactive fat cells. As you do, hunger decreases quickly and metabolism increases gradually." Other diets are so restrictive, the body fights back, increasing hunger, intensifying cravings and slowing metabolism. On Dr. Ludwig's plan, you eventually overtake dieters struggling to cut a lot of calories or carbs. "Be patient. We want this to be your last diet. Our aim is maxi-

mum benefits with minimum deprivation!"

Real-world wow!

The first two days on Dr. Ludwig's plan, Denise Brown yearned for her normal foods. Then came day three. "I suddenly wasn't hungry. It felt like freedom," says the Pennsylvania mom, 42. "I never worried about portions, I just ate less because I was so full. I lost 50 pounds in six months!" Florida grandmother Suzi Koster, 66, also raves. "On every other diet, I wanted more, more, more. Now I eat full-fat yogurt with almonds, and it holds me for six hours," marvels 73-pounds-slimmer Suzi. "I'm finally satisfied—and I'm amazed by how much delicious food I eat while still losing weight. It has been a life-changing gift!"



Jami lost 62 lbs!

"I hated the 'hangry' feeling I had on every other diet I've ever tried," recalls Jami Fasset, 37. Luckily, she read about Dr. Ludwig's plan and gave it a go. "It lets me eat as much as my body needs—so if I'm hungry, I eat. I never feel deprived either, because sugar no longer calls my name." Jami has lost 62 pounds with ease. Even her husband has dropped 25 pounds. "I have so much energy now. I'm living my life while the pounds melt away. It's incredible!"



Jami's best tip: Fix it fast!

"Cook up eggs with some leftover veggies and cheese for a fast, delicious dinner."



Make your own meals!

A basic meal includes 4-6 oz. protein, unlimited nonstarchy vegetables and up to two servings of fat (more if you choose lean protein, less if you choose fattier protein). A serving of fat is 1 Tbs. of oil or butter; 1 1/2 Tbs. of nuts; 2 Tbs. of dressing, sour cream or a rich sauce; or 1/4 avocado. Also

include 1/2 cup of beans, 1 cup of bean soup or 1 cup of non-tropical fruit at each main meal. After two weeks, you can opt for 1/2 cup of starchy vegetables or whole grains in place of beans/fruit. You can also begin enjoying up to 6 tsp. of natural sweeteners and a glass of wine daily.



OPTION 4

Easy Salmon Bake:

On sheet pan, toss unlimited sliced vegetables (such as broccoli and yellow squash) with 1 Tbs. olive oil. Rub 1 salmon fillet with 1 tsp. olive oil and place on top of veggies. Season with salt, pepper and herbs to taste. Bake 400°F until veggies are tender, 20-30 minutes.

Blueberry Freeze:

In blender, blitz 1 cup frozen blueberries with 1 Tbs. heavy cream

OPTION 5

1 serving Eggplant Parmesan, recipe right
Large mixed salad, 2 Tbs. dressing
1 cup non-tropical fruit

over unlimited lettuce, tomato, onion, bell pepper, cilantro and tomato topped with 1 oz. cheese and 2 Tbs. each sour cream and guacamole

Snacks (ENJOY UP TO TWO DAILY)

OPTION 1

1/2 cup full-fat Greek yogurt, 2 Tbs. toasted almonds



OPTION 2

1-2 oz. roasted nuts or cheese
Sliced veggies

OPTION 3

1/3 cup guacamole, unlimited veggies

Your daily chocolate fix!

(ENJOY DAILY, IF DESIRED)
1 oz. 70% dark chocolate



Enjoy this Italian favorite—without guilt!

Everyone goes crazy for this recipe created by Dr. Ludwig's wife, Dawn Ludwig, from his book *Always Hungry!*

EGGPLANT PARMESAN

- ❑ 1 lb. eggplant, cut into 1/4" rounds
- ❑ 4 tsp. olive oil
- ❑ 3/4 tsp. salt
- ❑ 14-16 oz. extra-firm tofu, drained and pressed with towel
- ❑ Black pepper
- ❑ 1 cup grated

- mozzarella
- ❑ 1 cup ricotta
- ❑ 2 cups no-sugar-added marinara sauce
- ❑ 1/4 cup fresh basil leaves
- ❑ 1 large zucchini, cut into 1/4" rounds
- ❑ 1/4 cup grated Parmesan



● Preheat oven to 400°F. Brush eggplant with oil and arrange in a single layer on baking sheet. Sprinkle with 1/4 tsp. salt, roast until tender, 12-15 minutes. Remove from oven. Leave oven on.

● Meanwhile, crum-

ble tofu in a large bowl with 1/2 tsp. salt and dash black pepper. Stir in mozzarella and ricotta until well combined.

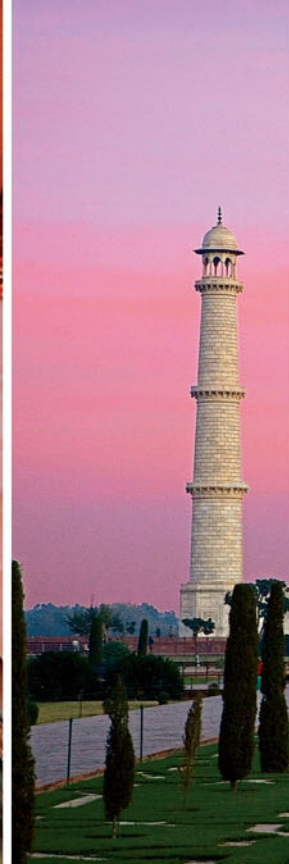
● Spread 3/4 cup marinara in a 9"x12" pan. Top with half the basil, then half the

eggplant, half the zucchini, half the mozzarella mixture. Repeat. Top with remaining marinara and Parmesan.

● Bake until eggplant is soft and casserole is bubbling, about 30 minutes.

Warm up with Health-boosting chai tea!

In India, chai tea is more popular than coffee, for good reason: The deliciously sweet and spicy brew delivers a hefty dose of good-for-you ingredients that boost mood, ease stress and ward off disease! Here's how the tea's aromatic spices work their magic.



Cloves Lower blood sugar and cholesterol!

Cloves improve insulin sensitivity, reducing blood sugar in folks who have Type 2 diabetes as much as 33% in one month, reveals USDA research. And another study found that supplementing daily with one gram of cloves (about one clove) triggers big drops in "bad" LDL cholesterol as well as another harmful blood fat called triglycerides!

Blend your own chai tea!

- ❑ 2" piece fresh ginger root, thinly sliced
- ❑ 2 cinnamon sticks
- ❑ 8-10 cloves
- ❑ 6-8 cardamom pods
- ❑ 4-6 bags black tea
- ❑ 2 cups cold water
- ❑ 2 cups milk
- ❑ 2 Tbs. brown sugar

Place spices in a sealed plastic bag and crush with a mallet. Empty the spices into a saucepan; add water and milk and bring to a boil. Remove from heat; add tea bags. Steep, covered, 10 minutes. Strain, serve and enjoy!



Photos: Asia Images/Getty Images; Media Bakery (2); Jose Fuste Raga/Age Fotostock; PhotosIndia.com LLC/Alamy Stock Photo; Flora Press; Marina Pissarova/Alamy Stock Photo; William Reavell/Getty Images.



Cardamom Shuts down toxins!

Loaded with antibacterial and diuretic properties, this fragrant spice (it smells a bit like cinnamon and nutmeg combined) flushes out germs, toxins and trapped fluids from the kidneys and urinary tract, fending off everything from bloating to UTIs. And that's not all cardamom can stop: It also activates cancer-fighting glutathione, a detoxifying enzyme, reports *The British Journal of Nutrition*. That's why research suggests it reduces skin cancer tumors and lowers the risk of colorectal cancer as much as 48%!



Black tea Prevents illness!

A hot cup of black tea can do more than warm you up: Drinking one daily ramps up production of antiviral interferon, revving your immune response to the cold and flu virus 500% in 30 days. Along with lots of healthy antioxidants and flavonoids, tea contains L-theanine, which increases the number of infection-fighting T-cells in the body. It also counteracts stress, an immune system depressant that otherwise could make you more vulnerable to illness!



Ginger Accentuates alertness!

Ginger's active compounds, gingerols, boost circulation "dislodging metabolic waste and toxins that make you feel foggy," says nutritionist Brooke Alpert, R.D., coauthor of *The Sugar Detox*. Ginger also protects your brain from inflammation, age-related damage and chemicals, the reason postmenopausal women in one study enjoyed enhanced memory, attention and reaction time after 60 days. Lab research also suggests it helps prevent Alzheimer's disease!

Cinnamon Bolsters all your defenses!

Fruits and vegetables get their health-protective benefits, but cinnamon is right up there with them! A single teaspoon of the sweet spice delivers as many antioxidants as a half-cup of blueberries or an 8-oz. serving of pomegranate juice! Plus, its anti-inflammatory compounds relax blood vessels to reduce the risk of stroke; its antibacterial properties kill germs like salmonella to prevent food poisoning—and several studies suggest it helps control blood sugar, potentially staving off Type 2 diabetes!

—Shannon Hunt

\$ Cash in this week!

Save money with WW coupons!

10% off Accessories!

Expires 3/14/18.

From bags and bracelets to jewelry cases and more, feel classy and confident with an adorable array of accessories from STACKED! For 10% off, use coupon code WWM10 at www.TheStackedCollection.com.



20% off Body scrubs!

Expires 3/14/18.

Exfoliate and moisturize your skin with Green Goo's nourishing body scrubs! Get 20% off with WOMANSWORLD20 at GreenGooHelps.com.



15% off Candles!

Expires 3/14/18.

Brighten any space with Personal Hero's eco-friendly and inspirational candles! Get 15% off with coupon code wwintention at PersonalHero.com.



20% off Organization bins!

Expires 3/14/18.

Stay organized with CleverMade's lightweight and collapsible storage bins and bags! For 20% off, use code WW20 at CleverMade.com.



15% off Sparkling beverages!

Expires 3/14/18.

Sipp Sparkling Organics beverages taste great whether mixed in a cocktail recipe or enjoyed chilled on their own! For 15% off at Amazon.com, use code 15WOMANSWRLD.



Recession Busters!



Brand-new ways to save on health care!

Sure, comparison-shopping for tests and asking your doc or pharmacist about discounts can help you cut health-care costs—and now, there are other easy ways to save big!

1 Get free therapy via apps!

Feel blue or anxious, but the cost of therapy stops you from getting help? There's great news: New studies prove that apps offering mental health support actually work to boost mood and quiet worries! Free apps to try: Cognitive Diary for Android devices (Google Play), Pacifica for Stress & Anxiety for Apple devices (App Store) and Woebot via Facebook Messenger (Woebot.io).

2 Save with telemedicine!

Next time you need to visit a doctor or ER for a non-life-threatening issue, consider using telemedicine—where you can speak with a doctor over the phone, web or an app 24-7. New research shows this can save you hundreds in out-of-pocket costs! Ones to try: MDLive.com and DoctorOnDemand.com. Typically, you pay one flat fee per telemedicine call (such as \$49) or an annual fee plus a lower per-call fee (such as \$29.99 with \$10 visits), then simply use the service when you need it!

3 Nab pharmacy bonuses!

Competition among pharmacies is heating up—and that means many are offering free bonuses in the hopes of making you a loyal customer! For example, Rx refills, flu shots and other pharmacy services can earn you "ExtraBucks" at CVS, which can be used like cash at any CVS. Walgreens offers an online chat (Walgreens.com/pharmacy) where you can ask a pharmacist questions even if you don't have a prescription there. And Rite Aid offers adults 65 and older personalized consultation about health needs and Medicare Part D.

4 Get an ongoing Rx for less!

Have a chronic condition that requires regular prescription refills and find it hard to cover the costs? Pharmaceutical manufacturers offer patients who meet certain financial eligibility requirements discounted and free prescription drugs! To find out if you qualify, visit RxAssist.org. Medicare also offers prescription help for low-income recipients, which you can learn about at SSA.gov/benefits/medicare/prescriptionhelp.

Scam alert!

Got an e-mail from FedEx, UPS or another delivery company that claims there was a problem with your delivery, and you need to click a link to resolve it? Hold up! It could infect your computer with a virus that disables it or steals your personal information! If you think the e-mail was genuine, contact the carrier directly.

Woman's World is not responsible for savings and sale claims or prize values referenced in these offers, which are representations solely of the offering retailers, manufacturers and/or sponsors. All inquiries regarding Official Rules and other sweepstakes questions should be directed to the respective sweepstakes sponsor. Except where specifically indicated, Woman's World is not the sponsor of or responsible for any of the coupon savings offers or sweepstakes published here. See WomansWorld.com for sweepstakes rules.

\$Ka-Ching! Turn thrift-store finds into \$\$\$!

Love shopping in thrift stores? Not only are they great places to nab bargains, they can help you earn extra cash, too! That's because many of the items can be resold at a profit—if you know what to look for. Here's where to turn your keen moneymaking eye:

✓ EARN CASH FOR CLOTHES!

When it comes to reselling thrift-store clothes, go vintage! "Many people love authentic vintage clothing pieces because they're unique—which means they're willing to pay more for them!" says Krystle Lynch, who runs an online resale/consignment boutique called Miss Gorgeous on Poshmark.com—a great site if you're looking to resell clothes! To tell quickly if an item is vintage, see if the tag says the item was "union made" or features a "lot" and "style" number. Also smart: Scout out name brands! "Clothes by Ann Taylor, Lane Bryant, Nike and Kate Spade often seem to be priced low at thrift shops but can pull in a nice profit online!"



✓ CASH IN WITH NOSTALGIA!

Some of the biggest-ticket items for resale are items from yesteryear—think old VHS tapes, board games, cookware, classic children's toys, etc. They have a nostalgic pull, so people are more likely to pay top dollar for them! The best places to resell such goods? Opt for sites like eBay, Etsy or RubyLane.

✓ UNCOVER TREASURES!

Bring a magnet and check boxes labeled "costume" jewelry for pieces that are actually real silver or gold—you can tell if the magnet doesn't attract them. Also, pay close attention to the frames on artwork: They can often fetch a

higher price on their own, especially if they're genuine wood, are a unique size or feature an ornate design (and they often get underpriced if they're surrounding an ugly art piece!).

✓ GET THE BEST STUFF AT THE BEST PRICES!

The best trick of top resellers? Shop in thrift stores near high-end neighborhoods! They often have more designer products for sale—and a lower demand, so prices will typically be lower, too! And to sweeten the deal even more, pay with cash: "Most privately owned thrift shops will offer you a bigger discount if you do so," says Beverly



Solomon, who resells salvaged and vintage items via her company, Beverly Solomon Design. "You can usually get 10% off very easily!"

Win this at WomensWorld.com



Win dinner from Omaha Steaks!

Make February 14th extra-special with Omaha Steaks' Valentine's Day Dinner & Diamonds package—just enter for nine chances to win! It includes two filet mignons, Argentinian shrimp, smashed red potatoes, chocolate molten lava cake, plus a pair of white sapphire earrings with diamond accents!

U.S. only. Ends 11:59 p.m. ET, 3/17/18.



Win a Samsung Galaxy Note8 from Sprint!

Stay connected with three chances to win a Samsung Galaxy Note8 from Sprint! It features Samsung's largest infinity screen ever, top-notch camera performance and Sprint's best network experience. Learn more at Sprint.com/Note8.

U.S. only. Ends 11:59 p.m. ET, 3/17/18.

Win a stay at Grand Fiesta Americana Coral Beach Cancun!

Dreaming of a tropical getaway? Enter to win a three-night stay for two at Grand Fiesta Americana Coral Beach Cancun! Set on a secluded stretch of white-sand beach, the resort is a perfect blend of serenity and activity. You'll also enjoy a daily Champagne breakfast buffet, two 50-minute Gem Spa treatments, plus a \$100 airfare credit.

U.S. only. Ends 11:59 p.m. ET, 3/17/18.



Win \$1,250!

Give your bottom line a big boost and enter to win \$1,250! The cash is yours to use however you please!

U.S. only. Ends 11:59 p.m. ET, 2/28/18.

Photos: courtesy of sponsor (9); E+/Getty Images; Jose Luis Pelaez/agefotostock.com; Shutterstock; iStockphoto/Getty Images.

Chinese New Year



COOKIES

1 tsp. almond extract
1/3 cup all-purpose flour
1 pkg. (16.5 oz.) refrigerated sugar cookie dough

CAKE

1 pkg. (15.25 oz.) yellow cake mix
3 eggs
1/3 cup oil
1 tsp. almond extract

ICING

2 2/3 cups confectioners' sugar
2 Tbs. meringue powder
Black concentrated food coloring

DECORATIONS

2 red gumdrops
Red edible glitter
Light corn syrup
1/8" gold dragées*

FROSTING

2 cups butter (1 lb.), at room temperature
4 cups confectioners' sugar, from 2 (16 oz.) pkgs.
1/4 cup milk

Fun!



A Chinese New Year party is a great way to brighten winter! The star attraction? Our delicious almond-flavored cake decorated with adorable pandas!

● **Cookies:** Preheat oven to 350°F. On low speed, beat extract, then flour into cookie dough. On lightly floured surface, roll out dough to 1/4" thickness.

● Using 3" bear-shaped cookie cutter, cut out shapes, re-rolling scraps; transfer to ungreased baking sheets. For topsy-turvy panda cookies, cut off head at neck and one foot at ankle. Reposition head at angle, overlapping body slightly, as shown bottom left; gently press



head to attach. Place foot on body, as shown bottom right; do not press. Bake all cookies 10-12 minutes or until edges start to brown. Cool 5 minutes. Transfer from baking sheets to racks; cool.

● **Cake:** Coat 2 (8") round cake pans with cooking spray. On low speed, beat cake mix, 1 cup water, eggs, oil and extract; on medium, beat 2 minutes. Evenly divide between pans. Bake 30 minutes or until toothpick inserted into centers comes out clean. Cool 30 minutes. Transfer from pans to racks; cool.

● **Icing:** On low, beat confectioners' sugar, meringue powder and 6 Tbs. water until mixture forms peaks. Add additional water, 1 tsp. at a time, until thin enough to spread.

● Transfer 2/3 cup icing to separate bowl; tint black with food coloring. Transfer some of black and white icings to separate pastry bags fitted with small round tips (Wilton #5). Cover tips with damp paper towels when not in use. Working with 1 cookie at a time, outline bottom of panda body and face with piped white icing, then fill in with more white icing, as shown. Let dry, at least 1 hour. Pipe black icing over ears, arms, chests and feet; pipe on eyes and noses. Dry at least 1 hour. Pipe white dots on feet; dry. Reserve white icing in bag.

● **Decorations:** Knead gumdrops together; on surface, roll out to 1/8"

thickness. Sprinkle with edible glitter and press onto gumdrop sheet with rolling pin. Using

3/4" flower cutter, cut out flowers, as shown.

Attach 1 dragée to center of each flower with dot of corn syrup; attach to panda cookies with reserved white icing. Dry 20 minutes.



● **Frosting:** On medium speed, beat butter until fluffy, 2 minutes. On low, gradually beat in confectioners' sugar, then milk and vanilla. On medium-high, beat until light and fluffy, 2 minutes. Tint pale lime green with leaf green and yellow food colorings. Transfer 1/3 cup to separate bowl; tint darker green with leaf green food coloring. Transfer darker green frosting to pastry bag fitted with coupler and small round tip (such as Wilton #5).

● **Assembly:** Place 1 cake layer on serving plate; spread top with 1 cup pale green frosting. Top with remaining cake layer. Spread top and side with remaining pale green frosting.

● With dark green frosting, pipe bamboo branches on some panda cookies, as desired. Change writing tip to rose petal tip (such as Wilton #103); pipe leaves on bamboo, as shown.



● Press 6-7 cookies, spacing evenly, onto side of cake. Trim Pirouettes wafers to various lengths; press some onto side of cake between cookies and on cake top. Switch tip on dark green frosting back to writing tip; pipe bamboo branches on cake top, then switch to leaf tip and add leaves to branches and tops of Pirouettes wafers. Arrange some cookies on cake top, supporting from behind with toothpicks. Remove toothpicks before serving. Serve remaining cookies with cake. Makes about 18 cookies and 16 servings of cake.



*Dragées for decoration only.

2 tsp. vanilla extract

Leaf green and yellow concentrated food colorings

ASSEMBLY

Pirouette chocolate-hazelnut cream-filled rolled wafers, such as Pepperidge Farm

Cozy soup sup perfect for winter nights!

Chase winter's chill away with warm, comforting soup for dinner!



Cheesy Broccoli Soup

When it's chilly outside and you're short on time, this comforting quick-to-fix soup is just the ticket to a nourishing meal that really satisfies!

4 Tbs. butter
3/4 cup chopped onion
2 cloves garlic, minced (1 tsp.)
1/4 cup all-purpose flour
2 cups chicken stock or broth
1 1/2 cups half-and-half
1 1/2 cups (2%) reduced-fat milk, plus more if needed
3/4 tsp. dried parsley flakes
1/2 tsp. kosher salt, plus more to taste
1/4 tsp. white or black pepper, plus more to taste
2-3 cups 1/2" broccoli pieces

1 cup French-cut (shredded) carrots
2-3 cups shredded sharp or mild Cheddar cheese + additional for garnish
1/3 cup grated Parmesan cheese
Bread bowls, optional

● In medium pot, melt butter over medium-low heat. Add onion; cook 2 minutes. Stir in garlic; cook 1 minute. Gradually whisk in flour; cook 1-2 minutes or until mixture is light golden brown.

● While whisking, gradually add chicken stock. Stir in half-and-half and milk; simmer about 5 minutes. Stir in parsley, salt and pepper. Stir in

broccoli and carrots; simmer, stirring occasionally, 8-10 minutes. Cook until vegetables are tender. For more pureed soup, mash broccoli with potato masher or carefully transfer soup to blender and pulse. For thinner soup, add up to 1/2 cup more milk. Mix in cheeses; stir until just combined. Season with salt and pepper to taste. If desired, serve in bread bowl and garnish with additional shredded Cheddar.

Servings: 6. Cals.: 417. Protein: 17 g. Fat: 32 g. (20 g. saturated). Trans fat: 1 g. Chol.: 92 mg. Carbs.: 17 g. Sodium: 670 mg. Fiber: 3 g. Sugar: 7 g. Kitchen time: 20 minutes. Total time: 35 minutes.

Suppers



Comfort Lasagna Soup

Chicken Tortellini Soup



One-Pot Taco Soup



Loaded Baked Potato Soup



For more sensational soup suppers, look for *The I Heart Naptime Cookbook* by Jamielyn Nye.

Please turn the page for more recipes ▶



Comfort Lasagna Soup

This soup's got all the flavor appeal of lasagna—chunky sausage, pasta, flavorful sauce and lots of cheese—but half the work because everything cooks together in one pot!

- 1 Tbs. extra-virgin olive oil
- 1 cup chopped onion
- 3 cloves garlic, minced (1 1/2 tsp.)
- 1 lb. Italian sausage, casings removed
- 4 cups chicken stock or broth
- 1 can (15 oz.) petite diced tomatoes with juice
- 1 can (6 oz.) tomato paste
- 1 tsp. dried oregano
- 1/4 tsp. dried thyme
- 1/4 cup fresh basil, chopped, plus more for garnish
- 8 uncooked lasagna noodles, broken into bite-size pieces
- 1 cup finely shredded mozzarella cheese
- 1/2 cup finely grated Parmesan cheese, plus more for garnish
- Salt and pepper
- Ricotta cheese, for serving, optional

● In large pot, heat olive oil over medium heat. Add onion; cook 3 minutes. Stir in garlic; cook 1 minute. Add sausage; cook, breaking up with wooden spoon as it browns, about 10 minutes. Pour off any excess fat from pot and gradually stir in chicken stock.

● Add tomatoes with juice, tomato paste, oregano, thyme and basil. Bring to boil over medium-high heat. Add lasagna noodles; cook until noodles are tender, 10-15 minutes. Reduce heat to low; stir in mozzarella and Parmesan. Season with salt and pepper. Ladle soup into bowls; top with Parmesan, fresh basil and ricotta, if desired.

Servings: 6. Cals.: 416. Protein: 21 g. Fat: 20 g. (7 g. saturated). Chol.: 42 mg. Carbs.: 40 g. Sodium: 718 mg. Fiber: 4 g. Sugar: 8 g. Kitchen time: 25 minutes. Total time: 45 minutes.

Loaded Baked Potato Soup

Loaded with goodies like bacon, cheese and chives, this rich, creamy potato soup is sure to become your go-to recipe when the temperature drops!

- 4 large russet potatoes
- 8 slices bacon
- 4 Tbs. unsalted butter
- 2 cloves garlic, minced (1 tsp.)
- 1/4 cup chopped onion
- 1/3 cup all-purpose flour
- 2 cups (1%) low-fat milk
- 1 cup half-and-half
- 2 cups chicken stock
- 1 tsp. kosher salt
- 1/2 tsp. garlic salt, plus more to taste
- 1/2 tsp. pepper
- 1 cup shredded mild Cheddar cheese
- 1 cup shredded sharp Cheddar cheese
- 1 cup sour cream
- Minced fresh chives, for garnish

● Pierce potatoes multiple times with fork, then microwave 12-15 minutes or until tender. Alternatively, preheat oven to 350°F and bake potatoes 45 minutes or until fork-tender. Carefully halve potatoes; cool. Once cool enough to handle, remove skins and cut into chunks.

● Meanwhile, cook bacon in skillet over medium-high heat until crisp. Transfer to paper towel-lined plate to drain and cool. Reserve up to 1 Tbs. bacon fat from pan, discarding the rest. Once bacon has cooled, crumble into small pieces.

● In large pot, melt butter over medium-low heat. Add reserved bacon fat and garlic and onion; cook 2-3 minutes or until onion is tender. Gradually whisk flour into pot; stir 1-2 minutes. Gradually whisk in milk and half-and-half, whisking until smooth. Gradually whisk in chicken stock. Bring to gentle simmer; whisk in kosher salt, garlic salt and pepper. Keep at a gentle simmer until mixture has thickened slightly, 5-7 minutes.

● If garnish is desired, reserve 1/4 cup each of cheeses and bacon. Stir in remaining cheeses and bacon and sour cream. Remove pot from heat. Scoop potato chunks into pan, breaking into small pieces or leaving chunky, as desired. Serve topped with desired garnishes.

Servings: 6. Cals.: 658. Protein: 24 g. Fat: 38 g. (21 g. saturated). Trans fat: 1 g. Chol.: 106 mg. Carbs.: 58 g. Sodium: 1,003 mg. Fiber: 5 g. Sugar: 10 g. Kitchen time: 45 minutes. Total time: 1 hour.

Chicken Tortellini Soup

Classic chicken soup studded with tender tortellini is veggie-packed, filling and oh-so welcome on a cold winter day!

- 2 Tbs. butter
- 1/2 cup chopped onion
- 2 cloves garlic, minced (1 tsp.)
- 2 Tbs. all-purpose flour
- 4 cups chicken stock or broth
- 4 small boneless, skinless chicken breast halves, cut into bite-size pieces
- 4 large carrots, thinly sliced
- 3 ribs celery, thinly sliced
- 1 Tbs. lemon juice
- 2 Tbs. finely chopped fresh parsley
- 1/2 tsp. dried thyme
- 9 oz. cheese tortellini or egg noodles
- Salt and pepper

● In medium pot, melt butter over medium heat. Add onion; cook 2 minutes. Stir in garlic; cook until onion becomes translucent. Gradually add flour, stirring, until mixture becomes a thick paste and turns light golden brown.

● Gradually whisk in chicken stock; bring to gentle simmer. Add chicken, carrots, celery, lemon juice, parsley and thyme. Simmer 8-10 minutes or until vegetables are just tender.

● Stir in tortellini; simmer 8-10 minutes or until tortellini and chicken are cooked. Remove from heat; season with salt and pepper.

Servings: 6. Cals.: 299. Protein: 25 g. Fat: 9 g. (4 g. saturated). Chol.: 83 mg. Carbs.: 30 g. Sodium: 298 mg. Fiber: 1 g. Sugar: 4 g. Kitchen time: 30 minutes. Total time: 50 minutes.

One-Pot Taco Soup

Fragrant taco seasoning fills this protein-packed soup with irresistible Tex-Mex flavor!

- 1 lb. lean ground beef
- 1 cup diced onion
- 1/2 cup diced green pepper
- 1/2 cup diced red or yellow pepper
- 1 can (15 oz.) tomato sauce
- 1/4 cup salsa of your choice
- 2 cans (15 oz. each) diced tomatoes with juice
- 1 can (15 oz.) black beans, drained, rinsed
- 1 can (15 oz.) dark red kidney beans, drained, rinsed
- 1 can (15 oz.) corn, drained
- 1 can (4.5 oz.) green chiles
- 1/4 cup chopped fresh cilantro, optional
- 1-2 Tbs. taco seasoning, plus more to taste
- Salt and pepper
- Optional toppings: chopped fresh cilantro, sour cream, shredded cheese, sliced avocado and tortilla strips

● In large stockpot or Dutch oven, brown ground beef over medium heat. Drain any excess fat from pot. Stir in onion and peppers; cook 3 minutes or until onion is tender.

● Add tomato sauce, salsa, diced tomatoes with juice, black beans, kidney beans, corn, green chiles, cilantro, taco seasoning, 1/4 cup water and salt and pepper to taste. Stir until combined. Cover pot; simmer, stirring occasionally, 20-30 minutes. (This only gets better with time, so if you can, let it simmer longer.) Add up to 1/4 cup more water if soup starts getting too thick. Taste and add more taco seasoning, salt or pepper as needed. Ladle soup into bowls and add favorite toppings.

Servings: 8. Cals.: 258. Protein: 20 g. Fat: 6 g. (2 g. saturated). Chol.: 35 mg. Carbs.: 33 g. Sodium: 929 mg. Fiber: 5 g. Sugar: 9 g. Kitchen time: 30 minutes. Total time: 1 hour.

Heart-healthy dinners!

Turkey Sliders with Avocado, Mushrooms and Swiss Cheese



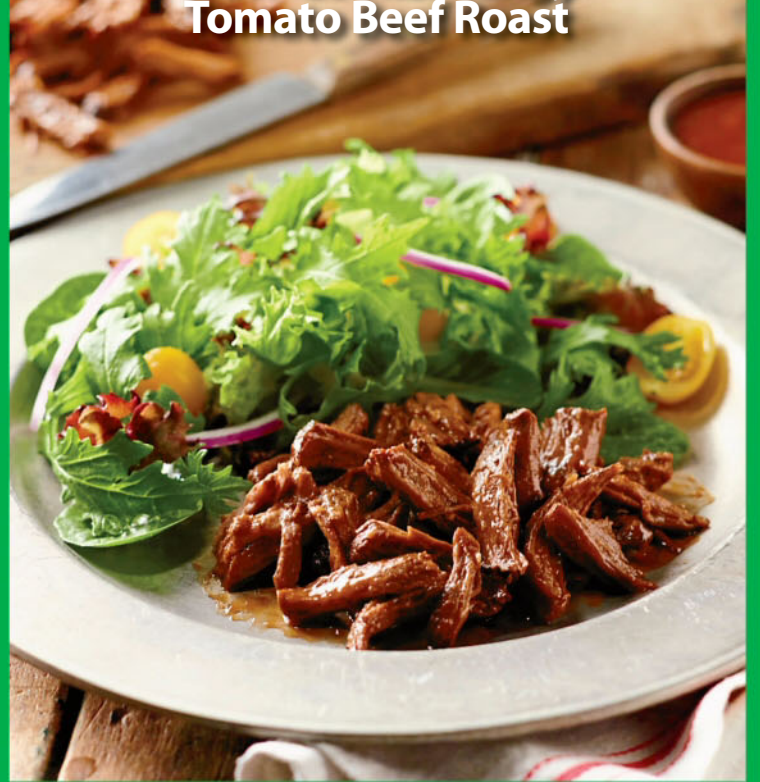
Grilled Cuban Mojo Marinated Pork Tenderloin



Sweet and Sour Chicken



Slow-Cooker Tangy Tomato Beef Roast



Heart-healthy dinners!

Grilled Cuban Mojo Marinated Pork Tenderloin

Pork tenderloin marinated in garlic, cilantro and a trio of fruit juices is at the heart of this tasty meal that's served with plantains!

- 3/4 cup chopped fresh cilantro**
- 3/4 cup orange juice**
- 1/3 cup lemon juice**
- 1/3 cup lime juice**
- 1/4 cup + 2 Tbs. coarsely chopped scallions**
- 8 cloves garlic**
- 1 tsp. ground cumin**
- 1 1/4 lbs. lean pork tenderloin**
- 2 plantains, peeled, cut into 1/2"-thick slices**
- 2 Tbs. oil**
- 1/4 tsp. salt**
- 1/4 tsp. pepper**

● In food processor, combine 1/2 cup cilantro with juices, 1/4 cup scallions, garlic and cumin;

process until smooth. Transfer 1/3 of mixture to bowl; cover and refrigerate. Transfer remaining mixture to shallow baking dish. Add pork; turn to coat in mixture. Cover; refrigerate 2 hours to overnight.

● Preheat oven to 450°F. Prepare grill to medium-high heat. Line baking sheet with foil; coat with cooking spray. Toss plantain slices with 1 1/2 Tbs. oil, 1/8 tsp. salt and 1/8 tsp. pepper; arrange in even layer on baking sheet. Bake 15 minutes; turn slices over. Bake

10-15 minutes until crisp and browned.

● Remove pork from marinade. Wipe pork dry; coat with remaining oil, salt and pepper. Grill 15-20 minutes, turning, until thickest part registers 145°F. Let rest 5 minutes. Stir remaining cilantro and scallions into reserved juice mixture; serve over pork with plantains.

Servings: 4. Calories: 317. Protein: 28 g. Fat: 11 g. (2 g. sat.). Chol.: 75 mg. Carbs.: 29 g. Sodium: 135 mg. Fiber: 2 g. Sugar: 13 g. Kitchen time: 40 minutes. Total time: 2 hours, 40 minutes.

Slow-Cooker Tangy Tomato Beef Roast

Beef sirloin is slow-cooked to tender perfection in an easy from-scratch barbecue sauce!

- 1 can (15 oz.) no-salt-added tomato sauce**
- 1/4 cup apple cider vinegar**
- 1 small white onion, finely chopped**
- 1 Tbs. granulated no-calorie sweetener (1 1/2 pkts.)**
- 1 tsp. paprika**
- 1 tsp. garlic powder**
- 1/2 tsp. salt**

- 1/2 tsp. pepper**
- 1/2 tsp. cayenne pepper, optional**
- 1 lb. sirloin beef roast or steaks, all visible fat discarded**

● In slow cooker, combine tomato sauce, vinegar, onion, no-calorie sweetener, paprika, garlic powder, salt,

pepper and cayenne.

● Add sirloin, making sure it is submerged in barbecue sauce mixture. Cover and cook on low setting for 8 hours. Slice and serve with a drizzle of sauce.

Tangy Tomato Beef Roast makes a great hearty topping for baked potatoes.



Servings: 4. Calories: 180. Protein: 23 g. Fat: 4 g. (2 g. sat.). Chol.: 56 mg. Carbs.: 12 g. Sodium: 349 mg. Fiber: 3 g. Sugar: 6 g. Kitchen time: 10 minutes. Total time: 8 hours, 10 minutes.

Turkey Sliders with Avocado, Mushrooms and Swiss Cheese

Mini burgers have the yummy cheese, avocado and sautéed mushroom flavors you crave on a burger—without all the fat!

- 8 whole-grain slider buns (low sodium)**
- 1 1/4 lbs. ground skinless turkey breast**
- 1/4 tsp. salt**
- 1 cup sliced crimini mushrooms**
- 2 slices low-fat Swiss cheese, cut into 8 pieces**
- 1 small avocado, pitted, peeled, mashed**
- 1 tomato, cut into 8 (1/4" thick) slices**
- Wooden skewers**

● Preheat oven to 450°F. Arrange buns cut side up in single layer on baking sheet. Reserve. Shape turkey into 8 (3" wide) patties.

(Uncooked patties will be larger than bun and will shrink as they cook.) Sprinkle salt over each patty. Heat large nonstick skillet or griddle pan over medium-high heat. Cook patties 2-3 minutes. Turn over patties. Cook 2-3 minutes or until patties are no longer pink in centers and register 165°F on instant-read thermometer. Transfer patties to bottoms of buns.

● In same skillet, cook mushrooms over medium heat, stirring frequently, until softened,

about 3 minutes. Spoon mushrooms onto each patty; top with cheese. Transfer sliders to baking sheet. Bake 1-2 minutes or until cheese is melted and buns are heated through. Remove from oven. Spread avocado over cheese. Top with tomato slices. Put tops of buns on sliders. Pierce sliders with skewers. Serve immediately.

Servings: 4. Calories: 470. Protein: 45 g. Fat: 15 g. (3 g. sat.). Chol.: 101 mg. Carbs.: 38 g. Sodium: 503 mg. Fiber: 8 g. Sugar: 6 g. Kitchen time: 40 minutes. Total time: 40 minutes.

Sweet and Sour Chicken

This Asian-style meal-in-a-bowl is authentically flavored with soy sauce, fresh ginger, pineapple and lots of sweet bell peppers!

- 1/2 cup pineapple juice + 1 cup pineapple chunks from 20-oz. can pineapple chunks in juice**
- 1/4 cup cider vinegar**
- 3 Tbs. tomato paste**
- 3 Tbs. granulated sugar substitute**
- 2 tsp. low-sodium soy sauce**
- 1/8 tsp. salt**
- 1/8 tsp. ground pepper**
- 4 tsp. cornstarch**
- 1 egg white**
- 1 1/4 lbs. thinly sliced boneless, skinless chicken breasts, cut into 1" strips**
- 4 tsp. oil**
- 4 assorted peppers, cut into 1" strips, about 5 cups**
- 2 tsp. grated, peeled**

- fresh ginger**
- 2 cups cooked brown rice**
- 1/4 cup chopped scallions**

● **Sauce:** Mix pineapple juice, vinegar, tomato paste, sugar substitute, soy sauce, salt, pepper and 2 tsp. cornstarch. Reserve. In bowl, mix egg white and remaining cornstarch. Stir in chicken to coat.

● In large nonstick skillet, heat 2 tsp. oil over medium-high heat. Add chicken; cooking, stirring frequently, until no longer pink inside, 5-7 minutes. Transfer to plate;

cover to keep warm.

● In same skillet, heat remaining 2 tsp. oil over medium-low heat. Add pepper strips; cook, stirring constantly, until tender, about 5 minutes. Add ginger; cook, stirring, 30 seconds; stir in reserved sauce. Add pineapple chunks; stir until sauce thickens slightly. Stir in reserved chicken; heat. Serve with rice and scallions.

Servings: 4. Calories: 471. Protein: 36 g. Fat: 10 g. (1 g. sat.). Chol.: 91 mg. Carbs.: 57 g. Sodium: 510 mg. Fiber: 6 g. Sugar: 26 g. Kitchen time: 40 minutes. Total time: 40 minutes.



Just in time for Mardi Gras Sweet praline temptation from New Orleans!

No need to jump on a plane for a trip to the Big Easy! Just whip up one of these scrumptiously sweet treats for a taste of N'awlins!

Easy Praline Pecan Fudge



2 cups packed brown sugar	3 cups confectioners' sugar
3/4 cup butter	1 Tbs. bourbon
1/2 cup canned evaporated milk	1 cup chopped candied pecans

● Coat bottom and sides of 8" square pan with cooking spray. In 3-qt. pot, cook brown sugar, butter and milk over medium heat about 2 minutes, stirring constantly, until butter is melted and sugar is dissolved. Heat to full rolling boil; boil and stir 1 minute. Remove from heat. Add confectioners' sugar and bourbon. Beat with mixer on low speed 1 minute. On medium speed, beat 10 minutes or until mixture begins to hold its shape and is warm to the touch. Quickly stir in pecans. Spread in pan; cover. Refrigerate 2 hours or until firm. Cut into 8 rows by 8 rows. Store tightly covered at room temperature. Makes 64 pieces.

New Orleans Praline Brownies

BROWNIES 1 box (1 lb., 2.3 oz.) Betty Crocker™ fudge brownie mix	PRALINE FROSTING 1/2 cup whipping	(heavy) cream 6 Tbs. butter	pecans, toasted 1 1/2 cups confectioners' sugar, sifted
Water, vegetable oil and eggs as called for on		1 1/2 cups packed brown sugar	1 tsp. vanilla
		1/2 cup chopped	

● **Brownies:** Preheat oven to 350°F. Coat bottom only of 13"x9" pan with cooking spray. Make brownie mix as directed on box for fudge brownies, using water, oil and eggs. Stir in chopped pecans. Bake as directed. Cool completely, about 1 hour.

● **Frosting:** In medium pot, mix cream, butter and brown sugar. Cook over medium heat, stirring often, until mixture comes to a boil. Continue cooking 1 minute, stirring constantly. Remove from heat. Stir in pecans, confectioners' sugar and vanilla. Cool 5 minutes, stirring often. Spread frosting over brownies. Allow to stand 30-45 minutes, or until frosting is set. For bars, cut into 6 rows by 4 rows. Makes 24 servings.



"She's a miracle girl, for sure!"

Anouk Patel had one wish: to get her family's beloved dog back. But after six weeks on her own, could a senior pup like Chloe ever be found alive?

Trotting along the dusty path at the base of Mount Bross in Alma, Colorado, the Lab mix poked her wet nose to the ground.

What's that? she wondered, her tail wagging and curiosity piqued as if she were a puppy again. And suddenly, nothing mattered but following that scent.

With a strong tug, Chloe pulled away from her human grandma's hold on her leash, bounding through a patch of trees.

I just have to figure out this mystery and come right back! Chloe told herself.

But as she burrowed deeper into the woods, she just kept going until she looked around and—heart thumping—panicked: *Where am I?*

For the love of Chloe

Soon after, Anouk Patel's phone rang at work. "Chloe's gone!" her mom cried.

Anouk thought about Chloe, the little bundle of chocolate-colored fur they had adopted as a puppy, now a 14-year-old senior.

"Our first baby," she and her husband, Larry Osborne, had beamed, taking Chloe with them on nature walks, to visit family . . . everywhere. When their son came along, Chloe watched over Shail, now seven, as he slept and romped beside him, a 90-pound playmate.

It wasn't the first time Chloe

had taken off exploring.

"Don't worry, Mom. She'll come back," Anouk said.

But that night, Chloe didn't. Anouk and Larry didn't sleep a wink.

So the next morning, they organized an all-out effort to find Chloe. They plastered missing dog signs all over the small town, pop. 300, and posted pleas on social media: *Have you seen this dog?*

But as day became night and one week passed, then another and another with still no sign of Chloe, Anouk realized they had to face the heartbreaking reality: With temperatures dropping and the wildlife on the mountain, there was just no way a senior dog could survive.

Devastated, Anouk and Larry broke the news to Shail.

"I'll miss you, Chloe!" he cried when they hiked to one of her favorite spots, stacking a pile of rocks and saying goodbye, tears slipping down their cheeks.

Happiest homecoming

Meanwhile, as rocks slipped beneath the cracked pads of her trembling paws, Chloe soon found herself ever closer to the top of the 14,172-ft. mountain.

I can't get down! she cried. *I miss my family. Please, please, somebody help me!*

Both an animal lover and an avid hiker, 28-year-old Trinity Smith was reading an online hiking discussion board when



"We can't thank Trinity enough for bringing Chloe home," says Anouk, left.

a post caught her eye.

I thought I heard a dog barking at the top of the mountain, another hiker had posted.

Most people replied that it was either his imagination or a coyote. But Trinity worried:

What if it was a dog?

Looking into her own pup Gypsy's eyes, she thought: What if that were my girl on top of that mountain and nobody went back to look for her?

So the next day, climbing the mountain, she and a friend called "Here, doggie!" into thin air hundreds of times.

Okay, maybe it was a coyote, they reasoned. Yet as they were about to turn back . . .

"Did you hear that? That's a dog!" Trinity gasped.

It was nearly dark. So Trinity asked her boyfriend, Shaun Nichols, to go back with her first thing the next morning.

"Are you sure?" he quizzed after three hours of climbing with no sight of a pup.

"I'm telling you, we heard a dog barking!" Trinity insisted.

Just then, they heard a tiny, desperate bark. And shifting their gaze, they saw a dog stranded on a rock ledge above

a substantial drop-off, her frightened face peering down from the boulder.

Gently, Shaun coaxed the pup closer, then scooped her into his arms and carried her back down to his truck.

The pup's nose was white from dehydration, and her skin was stuck to her bones. Still, weak as she was, she licked Shaun and Trinity's faces, as if to say: *Thank you for saving me!*

When they took the pup to the general store to buy dog food and water, the owner blurted, "I think I know whose dog that is!" And soon, Anouk and Larry were rushing there.

"It really is Chloe!" they marveled in joy, gratitude and disbelief. "Thank you so much!"

Chloe had been lost for six weeks. Despite having lost two-thirds of her body weight, the vet pronounced her in miraculously good health. And today, Chloe is back home, snuggling with Shail and nibbling everything in sight.

"Trinity is our hero!" Anouk beams. "And the fact that Chloe is still running and playing . . . she's a miracle for sure!"

—Laura Fahrenthold

"We are made to persist. That's how we find out who we are."

TOBIAS WOLFF



Keep your pet safe outdoors!

✔ **Update her tags!** Make sure your pet's tags have your current contact info. New PetTouchID Smart tags (\$10, Walmart.com) have a QR code that can be scanned to uncover your info if your pet gets lost!

✔ **Invest in a tracker!** Zero in on a pet's location with a GPS tracker that clips to her collar and shows where she is via an app on your phone. One to try: TrackR Bravo Pet Tracker, \$30, Petco.com.

If your pet spends time outdoors, like Chloe did, keep her safe with these ideas:

✔ **Have a pet first-aid kit!** Keep it in the car and include copies of your pet's records, a leash, collar, gauze, tweezers, antibiotic ointment, Benadryl, a flashlight and a bottle of water.

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

We pay \$250!

Blue + white = instant el



Relaxing get-togethers!

Welcoming guests to unwind is a cinch when you use a swath of pale blue to create a serene focal point: Cover your couch with light blue throws or even paint an accent wall in sky blue!

Cozy for kitty!

Cats will purr with delight when they curl up in this plush igloo! \$14.19 (Walmart.com, "Petmaker Cozy Kitty Tent Igloo").



Serve in style!

Fine bone china sandwich tray will make any occasion extra-special! \$29.99 (BedBathAndBeyond.com, style #40190983).



Warm glow!

The shutter-style design of this table lamp evokes the calming oceanside! \$49.99 (BedBathAndBeyond.com, style #41358443).



Surprising setup!

Give your dining room a new life by pairing a table with fun chairs! To work the trend, round up random chairs from your home, visit a thrift shop or grab sample-sale bargains, then add a pop of color with a coat of paint!

Elegance!

Crisp, clean and beautifully versatile, blue and white is a classic duo that instantly lightens and brightens any space—perfect for lifting everyone’s spirits even in winter!

Peaceful slumber!

Give your bedroom a breezy feel with blue and white linens! Florals or ethnic prints (like batik and ikat) keep the look whimsical, while graphics (stripes and polka dots) create a crisp, refreshing retreat. **Tip:** Check out CloseoutLinen.com for deep discounts on quilts, throws and more.



Tradition—with a twist!

Have traditional white cupboards? Give them an instant update with pale blue complements, whether a ceramic vase or even pantry items on display!



▶ Vintage style!

Distressed metal lantern with a removable lid holds a tea light! \$7.32, Kate Aspen (Amazon.com, style #B00U0N86ZI).



◀ Bright spot!

Embroidered throw pillow is the perfect accent for a couch or bed! \$34.99 (BedBathAndBeyond.com, style #46167507).



One-minute magic: Homemade lavender sugar!

Add a touch of extravagance to everyday snacks and drinks by sprinkling in a spoonful of luxe lavender-infused sugar—you won't believe how easy it is to make! Here's how:

- ❑ 1 cup granulated sugar
- ❑ 1 Tbs. fresh or 1 tsp. dried culinary-grade lavender buds
- ❑ Optional: 1 vanilla bean

✔ **Mix it up!** Chop the lavender into a food processor or blender for about 10 seconds to break it into small pieces. Then add the sugar and blend for another 15 seconds. (Optional: Add vanilla bean for another layer of flavor, then mix for another 10 seconds.)

✔ **Let it infuse!** Pour the mixture into a jar or other airtight container. Close the lid and let it rest overnight so that the lavender oils can seep into the sugar.



✔ **Spoon and store!** Spoon lavender sugar into teas or lemonade, sprinkle it onto fresh fruit or cupcakes or mix it into muffin batter! The sugar mixture will last about 6 months in the airtight container at room temperature. **Tip:** Shake it up every week or so to distribute the lavender oil evenly throughout the container.



7 Days of Inspiration

Take one a day...
and feel great
all week!

DAY 1

Joy.
It's never
far away!

DAY 2

Important.
That's what
you've always
been.

DAY 3

You are 100%
qualified to live
your dreams!

DAY 4

**Your inner
glow shows.**

DAY 5

**One person
can make a
difference.
Especially
when that
person is you!**

DAY 6

**The sun always
shines again.**

DAY 7

**You have so much
more potential
than you realize.
Tap it!**



My Guardian Angel

READERS SHARE THEIR STORIES ...

Highway angel

When *Woman's World* reader Loretta Johnson-Mosley of Decatur, Alabama, asked the angels for help, they immediately answered! She writes:

One late winter morning, I overslept and skipped breakfast in order to get to work on time. I didn't have time to pack a lunch either. I had planned on ordering in, but it was such a sunny and beautiful day that when noon arrived, I decided to go out and grab a burger at the local fast-food restaurant. Well, I almost didn't make it back to my office!

I was waiting at a traffic light when I glanced in my rearview mirror and saw a big black truck barreling toward my car at full speed.

I didn't know what to do. There was no way for me to move out of his path. I couldn't risk running the red light. I would put myself and other drivers in danger. I couldn't pull to the left into oncoming traffic. And there was a ditch to my right.



"When the truck barely missed hitting me, I knew that my guardian angel was present!" Loretta marvels

I am an avid reader of the "My Guardian Angel" column in *Woman's World*, and with my heart pounding, I shouted: "Angels, please protect me!"

Just then, I felt my car shake as the truck whizzed by me, missing my car by just a few inches!

Swerving to miss me, the driver lost control of his truck and ran into the ditch beside me. I was getting ready to call 911, but before I could



dial, the driver somehow managed to get the truck out of the ditch. He then hit the gas, ran the red light and kept going. Blessedly, he made it through the intersection without hitting another vehicle.

I sat there for several minutes, shaking and in tears, realizing what could have happened. The only thing I could say was, "Thank you, my guardian angel, for saving not only my life but for sparing the other drivers who could have been hit."

I still think about this incident from time to time and get a chill when remembering how close I came to death on that day. If it had not been for my guardian angel, I would not have lived to tell my story. I shall always be grateful!

"I'm so happy that our 'My Guardian Angel' column provided potentially lifesaving reminders to Loretta!" says Doreen Virtue, Ph.D. "So often when we're in a dangerous situation, asking the angels for help can make a dramatically positive difference.

"I admire Loretta for having the presence of mind to call for help in a life-and-death event. How miraculous that the truck bypassed her, and that no other driver—including the truck driver—was injured either. That's a true sign of angelic intervention in response to Loretta's call for help!"



Doreen says:

"Your inner light can never be extinguished. You are eternally bright and beautiful!"

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 vintage hankie into Charming artwork!

Love vintage florals? Then you'll *really* love our pretty little framed dresses . . . made in minutes from retro handkerchiefs!

WHAT YOU'LL NEED

- ❑ Vintage printed handkerchief (ours are from Moda Home, \$25 for 16 hankies at Amazon.com)
- ❑ Mod Podge® Matte Finish
- ❑ Beacon Fabri-Tac glue
- ❑ 1 or 2 small buttons (optional)
- ❑ 3"-4" narrow ribbon (optional)
- ❑ White wire (optional)
- ❑ Frame for an 8"x10" picture (if your hankie is larger than usual, you'll need an 11"x14" size)
- ❑ White cardstock cut to fit frame
- ❑ Picture mat (optional)



1 Iron hankie. Apply one coat of Mod Podge. When dry, lay hankie flat, printed side down. Fold in half; crease. Fold each half to center; crease.

2 Turn hankie over so right side is up. Fold side creases to meet at the middle crease; flatten.

3 Turn hankie over again; fold down top about 5" from bottom. Fold up again so about 2" rises above first fold. The piece should now be about 7" high. Glue inside both folds to secure.

4 With right side up, 2" section at top, fold center corners back to form collar. Cut a "V" out of back to match neckline.



Angle out bottom folds to shape skirt, leaving about a 1 1/4" space between folds at center.

5 Turn hankie over. At top, fold in right and left edges, as shown. Refold outer edges at bottom to shape skirt; glue in place at waist.

6 Fold out top corners to form short sleeves, as shown; glue.

7 Turn dress to front, as shown. Optional: add ribbon belt and buttons or bow at neckline.

8 Optional: Make hanger. Cut wire 6 1/2" long. Take 7/8" from one end; fold a 90° angle. Shape long end into a loop; twist its end around straight portion just above the fold. Flatten loop to a triangular hanger shape; bend top into a hook. Glue to back of dress at top.

9 Glue dress in place on cardstock; fit into frame, with mat if you're using one.



Tip! For a country-cute look, replace the hankie with a bandanna!



Happy Chinese

February 16th heralds the start of the Chinese Year of the Dog—and astrologers for loyalty, all signs will find themselves strengthening their bonds with loved by everything they hold near and dear!

If you're a **DOG** you ...

- ❑ Are friendly, affectionate and down-to-earth
- ❑ Excel at nurturing family and friends
- ❑ Thrive on hard work and are self-disciplined



WHAT'S AHEAD: So many reasons to celebrate!

This year will be full of luck! You'll bask in the glow of great job success—and, most important, you'll feel proud of all you're able to accomplish!

The rewards will enable you to give your home a makeover, which is great timing since you'll likely play host to a festive family reunion or party that brings all your loved ones together!

If you're a **PIG** you ...

- ❑ Are charming and generous with loved ones
- ❑ Have an insatiable curiosity
- ❑ Find good fortune follows you everywhere



WHAT'S AHEAD: Adventure near and far!

Your inquisitive nature is about to be indulged in a big way! The year kicks off with a new boost to your bottom line. Those extra funds help you enjoy several

wonderful vacations—you may even find yourself visiting your ancestral homeland. And the focus on family doesn't stop there: Research into your family history just may reveal some fun surprises!

If you're a **RAT** you ...

- ❑ Have a reputation as a natural-born cheerleader
- ❑ Are a true romantic
- ❑ Devote yourself to helping those in need

WHAT'S AHEAD: Exciting new endeavors!

This year, you'll travel down paths that'll help you reach new heights! Breaking free from past ruts, you'll discover a new hobby—one that you may decide to turn

If you're a **DRAGON** you ...

- ❑ Are known for your out-of-the-box thinking
- ❑ Always speak your mind
- ❑ Draw others to you with your charm



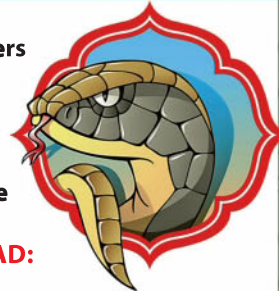
WHAT'S AHEAD: Intellectual pursuits!

You bring a showmanship to whatever you do—and in this year that means taking new skills to dazzling heights! Whether you master a new cuisine or learn a new language, you'll put that

knowledge to good use, wowing friends at home with dinner parties and planning trips to more exotic locales. What's more, gadget-loving Dragons just may treat themselves to a tech upgrade that unlocks new possibilities.

If you're a **SNAKE** you ...

- ❑ Have strong psychic powers
- ❑ Are a thoughtful leader
- ❑ Can spot trends before they happen



WHAT'S AHEAD: Golden finances!

Naturally a successful money manager, you'll put that talent to good use—and you and your family's financial wellbeing will benefit! Often one who works behind the scenes, you

quietly build your bank account, which you may use to give your home a makeover. Another beneficiary of your good fortune? You'll be able to help a younger relative further their education!

If you're a **HORSE** you ...

- ❑ Feel strong loyalty to family and friends
- ❑ Are a true team player
- ❑ Are warm-hearted and passionate

WHAT'S AHEAD: Exploring new worlds!

Whether you stay close to home or travel afar, you'll be exposed to exciting new ideas and people! Many Horses may find themselves visiting distant family

Which sign are you?

* Born in late January or early February? Read both your birth year and the one preceding it to see which sign describes you best!

DOG

1922, 1934, 1946, 1958, 1970, 1982, 1994, 2006, 2018

PIG

1923, 1935, 1947, 1959, 1971, 1983, 1995, 2007

RAT

1924, 1936, 1948, 1960, 1972, 1984, 1996, 2008

OX

1925, 1937, 1949, 1961, 1973, 1985, 1997, 2009

TIGER

1914, 1926, 1938, 1950, 1962, 1974, 1986, 1998, 2010

RABBIT

1915, 1927, 1939, 1951, 1963, 1975, 1987, 1999, 2011

New Year horoscope!

predict that our focus will shift to home and family! Just as the Dog is known ones and turning their home into a true retreat where they are surrounded

AT you ...



into a second career, leading to greater riches. And while you always encourage others to follow their dreams, enlisting the help of friends will help yours come true!

If you're an **OX** you ...



- ❑ Are known as a planner
- ❑ Feel young at heart at every age
- ❑ Love being surrounded by family

WHAT'S AHEAD: Boundless prosperity!

You enjoy being active and staying on top of every little detail—and that's a good thing as the Year of the Dog will find you taking on a leadership position, whether at work, in the

community or at church. All of your devoted efforts will be warmly received and will only enhance your already sterling reputation. The rewards for you? Increased prosperity and soaring happiness!

If you're a **TIGER** you ...



- ❑ Thrive on challenges and enjoy competition
- ❑ Are a clever problem-solver
- ❑ Set trends that inspire others

WHAT'S AHEAD: An expanding circle of friends!

Your busy social life is about to get even busier! Whether you start a book club or host regular dinner parties, your natural charisma will have people itching to join—

and those good times are only the start of many new lasting friendships. Your ambitious side is also stoked as you turn your eye on new income opportunities—and may turn a hobby into a moneymaker!

If you're a **RABBIT** you ...



- ❑ Always look on the bright side
- ❑ Are known for your caring, supportive nature
- ❑ Possess great common sense

WHAT'S AHEAD: Sweet romance!

The Year of the Dog ushers in great happiness, and you're sure to be surrounded by romance! Married Rabbits may enjoy a second honeymoon, while singles are set to meet the mate of their

dreams—and perhaps build a relationship that leads to a serious commitment. Bringing even more joy? Your family circle may expand with the welcoming of a new child, making your heart overflow with love.

SE you ...



members, while others will play host to long-distance travelers. Work, too, will be full of opportunities to connect with different cultures in a way that makes you feel fulfilled.

If you're a **SHEEP** you ...



- ❑ Are blessed with an artistic vision
- ❑ Love to share your knowledge with others
- ❑ Make friends easily

WHAT'S AHEAD: Sparks of creativity!

You have a knack for making anything beautiful, and that talent will be extra-magical this year as more people will get to appreciate your work—you may even exhibit in a gallery, at

a state fair or through a craft guild! Not only will you garner acclaim, you may benefit financially, too! Making this year even better? You may help plan a group trip and make a new lifelong friend along the way.

If you're a **MONKEY** you ...



- ❑ Have a unique sense of humor
- ❑ Are a versatile multitasker
- ❑ Enjoy meeting new people

WHAT'S AHEAD: Career success!

Where others see obstacles, you see opportunities, and that can-do attitude will serve you well in the Year of the Dog! You'll hone your skills and become even more proficient at

work—and your great achievements are bound to lead to a better position with more clout and financial stability. That's not all: You'll use your success to encourage loved ones to reach for their dreams, too!

If you're a **ROOSTER** you ...



- ❑ Express yourself with poise and confidence
- ❑ Are often sought out for your wise advice
- ❑ Love your family with all your might

WHAT'S AHEAD: Carefree frivolity!

This will be the year when you prioritize fun—and the smiles won't stop! You may even scale back your work hours as you cross a few long-

held dreams off your bucket list. And while your loved ones may be a bit shocked by your new playful attitude, they'll soon join in the festivities, bringing even more joy to your life!

DRAGON

1916, 1928, 1940,
1952, 1964, 1976,
1988, 2000, 2012

SNAKE

1917, 1929, 1941,
1953, 1965, 1977,
1989, 2001, 2013

HORSE

1918, 1930, 1942,
1954, 1966, 1978,
1990, 2002, 2014

SHEEP

1919, 1931, 1943,
1955, 1967, 1979,
1991, 2003, 2015

MONKEY

1920, 1932, 1944,
1956, 1968, 1980,
1992, 2004, 2016

ROOSTER

1921, 1933, 1945,
1957, 1969, 1981,
1993, 2005, 2017



Good-times guide

Making happy memories together!

Have a good-luck tea party!

Chinese New Year is all about bringing good fortune to you and your closest friends, so why not host a tea party full of lucky treats and delicious traditions?

1 Set the date!

The Chinese Lunar New Year officially starts Friday, February 16th, but celebrations take place throughout the month, so schedule your tea party on any convenient afternoon.



2 Go bold with red and gold!

The color red is one of strongest symbols of happiness and luck in Chinese culture, and it's usually paired with gold (representing prosperity) for a beautifully bold display! Dress your table with a bright red tablecloth, hang red paper lanterns overhead or place a red paper fan at each place setting. And since 2018 is the Year of the Dog, add a few canine-themed elements such as paper napkins printed with gold-foil pups (available at OrientalTrading.com) or ceramic dog figurines.



5 Welcome wealth with pot-stickers!

Since they look like little wallets, dumplings symbolize wealth! Look for frozen ones at the supermarket or order takeout from your favorite Chinese restaurant, and arrange them in lines on a tray instead of circles—circular arrangements of food can portend a life that's going round in circles!



3 Pour this secret blend!

What makes the tea served at Chinese restaurants so delicious? It's usually a combination of earthy oolong and delicate jasmine—blended together, they deliver a crisp, mellow flavor cup after cup! Luckily, several brands sell a similar blend: Look for Dynasty Chinese Restaurant Tea, Steep by Bigelow Oolong and Jasmine Green Tea and SerendipiTea Jasmine Oolong Tea in supermarkets and online. For a decaf option, try a peach-flavored herbal tea like Bigelow Perfect Peach since peaches symbolize long life!



6 Finish with a fortune!

While fortune cookies aren't traditional (they were invented in the U.S. as an easy alternative to moon cakes), they've become synonymous with Chinese New Year. Find them at Chinese restaurants, in World Market stores or at OrientalTrading.com and swirl in melted chocolate for extra pizzazz! Or hand out little red envelopes filled with two chocolates (odd numbers are considered bad luck)—a tradition known as *hong bao* that dates back centuries!



4 Fill tea sandwiches with good fortune!

So many symbolic foods make delicious tea sandwiches! Try:

- ❖ **Baby lettuce and Brie:** Lettuce represents fortune and is hung above doorways as an offering to lion dancers who parade through town during the New Year. Try layering baby lettuce leaves with Brie on white bread.
- ❖ **Sesame chicken salad:** Sesame seeds symbolize fertility and family unity. Toss shredded rotisserie chicken and shredded cabbage with sesame salad dressing and sandwich between sesame bread.
- ❖ **Orange and cream cheese:** Oranges are considered lucky because the Chinese words for "orange" and "gold" sound alike! Spread cream cheese and orange marmalade on cinnamon-raisin bread—yum!



Photos: Dreamstime (3); Cultura RM Exclusive/BRETT STEVENS/Getty Images; Media Bakery; Spencer Jones/Getty Images; The Picture Pantry/Alamy Stock Photo; Sharleen Chao/Getty Images; Shutterstock.

For the special *girl* in your life



Your 6- to 12-year-old will love this new magazine created just for her! Designed to foster self-esteem and incite the imagination, each section of *Girls' World* is rich in content that inspires creativity through artwork, crafts, recipes, games and party ideas. Create warm memories and experiences with your child through *Girls' World*. **Pick up the new issue on sale now** or subscribe using the form below.

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You deserve
Good things!

If success came in a kit, you'd already have everything in it!

Every success story starts with a dream. You've got that! Every success story is also jumpstarted by courage and then fueled by determination and dedication. You've got all that, too! You're destined to succeed!



Everyday Heroes

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!

The best co-workers in the world

It had been five years since Sam Nzube had seen his family back in Nigeria—and he had no idea when he'd see them again. But Sam's work family cared enough to work a miracle for him!

Sitting in his Sault Ste. Marie, Ontario, room, Sam Nzube switched on Skype and smiled to see his little brother, 6,000 miles away in Lagos, Nigeria.

"Really? You rode your bike?" Sam winked.

"Yep! I didn't fall off once!" Kosi Jason nodded.

"When I come home, we'll go riding together," Sam promised, although he had no clue when that would be.

Five years earlier, when Sam was awarded a scholarship to Canada's Algoma University, he'd told his mom, "It's so far away. Maybe I shouldn't go."

“We're buying you a plane ticket to visit your family!”

But Doris, a single mom of five, insisted.

"This is your dream," she reminded him. "You must go—go and win the world!"

So, securing a student visa, Sam went.

The last time he'd seen Kosi Jason, the now six-year-old had been eight months old.

"I miss him. I miss being able to hug my mom and the rest of my family," Sam admitted to Miranda Caruso, a supervisor at the Little Caesars restaurant where Sam worked 20 hours per week to pay for books, food and a room in the house he shared with three other students.

Miranda's heart ached for Sam. It was admirable to reach for your dreams. But how hard it must be to leave your home and everything—everyone—you've ever known behind! she thought.



"I can't thank them enough for their generous gift," says Sam, center, with, from left, Miranda, Sue, Mike and Jordan.

So she came up with an idea.

"Can you imagine not being able to see your family for five years?" Miranda asked the other workers in the restaurant. "A round-trip plane ticket would cost \$2,000. I figure if we pool our tips, we could get that much together by summer break to send Sam home," she suggested.

What a great idea! Danielle and Riley thought, thinking about how Sam was always ready with a smile and a helping hand.

Jordan, Sidney, the two Matts, Sean and Shawn agreed, too; as did owners Mike and Sue Flammia, who offered, "Whatever you can't raise by the time Sam is ready to go, we'll chip in!"

It took seven months for the Little Caesars' workers to collect the airfare. Then, at the restaurant's quarterly meeting, Mike Flammia asked Sam, "Hey—how long a flight is it to Nigeria?"

"About 18 hours," Sam replied casually—then followed Mike's gaze to the PowerPoint slide projected on the wall.

"Well, we're buying you a plane ticket so you can visit your family this summer!" Miranda announced.

"You did this for me? I can't believe it!" Sam gushed.

Doris was speechless when Sam told her he was coming home after exams. And when Kosi Jason heard, he began pointing to every airplane that passed overhead, telling anyone who'd listen, "Sam's coming home!"

At the airport, Kosi Jason barely recognized the brother he only knew from a small video screen.

"Yes, brother, it's really me!" Sam reached out, and Kosi Jason leapt into his arms and pumped his fists in the air.

"I have a treat waiting for you," Doris told Sam through tears of happiness, and when they arrived home, she dished out Sam's favorite meal—a huge bowl of okra soup.

"I have gifts for you, too!" Sam smiled, passing out Canada T-shirts.

For two months, Sam visited relatives, swapping stories with his brothers Emmanuel, Benjamin and Kingsley and, riding bikes with Kosi Jason. But finally, it was time to head back to Canada, to his work family.

"I still can't believe my co-workers did this for me," he marvels. "They gave me and my family a most precious gift. I am blessed to have such a kind, caring work family. I know now that family is family, no matter where you find it!"

—Bill Holton

"Home is the nicest word there is."
Laura Ingalls Wilder

Do you know a hero? Has someone come to your rescue or saved a life? We'd love to hear about it! E-mail your story with your name, address and phone number to: WWFeatures@WomansWorldMag.com. Or mail to: Everyday Hero, Woman's World, 270 Sylvan Ave., Englewood Cliffs, NJ 07632. We'll pay \$250 if we publish your story; submissions may be edited for style.

We pay \$250!



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!

"I had two angels that night!"

On a cold winter evening, I stopped at a gas station to fill my tank—and locked my keys inside my car! I rushed into the station and asked the young man if he could help. "No worries, ma'am. And please stay inside. It's terrible out!" he said. He and another customer worked on my door for about 10 minutes until it finally opened and he brought my keys back to me. "Thank you so much!" I beamed and went to hand him a tip. "That isn't necessary," he said. "Besides, that other guy insisted I take a tip from him!" The other man was already driving off, but I called, "Thank you!" to him, too. How blessed I felt to have two angels at the station that night!

—Lydia Garner, Sterling, VA



"She saved me a fortune!"

After running several errands, I rushed to the crafts store with a printed online coupon to buy supplies for my son's art class. But when I reached into my pocket, the coupon wasn't there. It must have fallen out along the way, I groaned. I asked the clerks if they could give me another coupon, but none was available. Just then, a woman showed me her phone. "I can access a coupon here. Can you do that?" she asked. When I told her I didn't have a

smartphone, she added that the clerk could scan it from hers—and then stayed on the long line with me until my discount was entered, even though she had already paid! That lovely gesture truly made my day!

—Melinda Griggs, Bethpage, NY



"Helping babies warms my heart!"

Life had felt difficult for a while. I'd experienced a series of disappointments and longed to cheer myself up. And that's when it struck me: Maybe I need to find some way to help others . . . Since I like to crochet, I called my local hospital nursery to see if they could use homemade baby hats. "Yes! We'd love them!" they said. I bought some soft yarn in pastel colors and got to work. With every stitch, I found myself smiling a little bit more. And in just two weeks, I had 22 little caps to donate! But I'm not stopping there. Because knowing I'm making these gifts for tiny new lives has warmed my heart!

—Catherine Staub, Escondido, CA



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.



simpleGRACE
March 2018
Your daily dose of hope

MAX LUCADO
How God transforms suffering into peace & purpose

SCOTT HAMILTON
Facing brain cancer has strengthened his faith

SPIRITUAL CURES

- ❖ Loneliness
- ❖ Anger
- ❖ Grief
- ❖ Stress
- ❖ Worry

HEAVEN IS REAL

Champion skier Aubrie Mindock had a near-death experience that reveals how . . .

31 daily readings
DISCOVER A NEW KIND OF CLOSENESS WITH JESUS

*what readers are saying about this Christian magazine & daily devotional in one

"It's like a monthly love letter from God"*

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*Fantasy
Getaway!*

Pure relaxation in

Barbados!

Justly famous for its powdery pink-sand beaches and warm turquoise waters, Barbados is also an island of lush greenery, golden sunlight and a slow, easy everyday pace—all the ingredients for the perfect tropical escape!

The landmark cliffside Crane Resort boasts panoramic views of the Atlantic Ocean and one of the most beautiful beaches in the world!

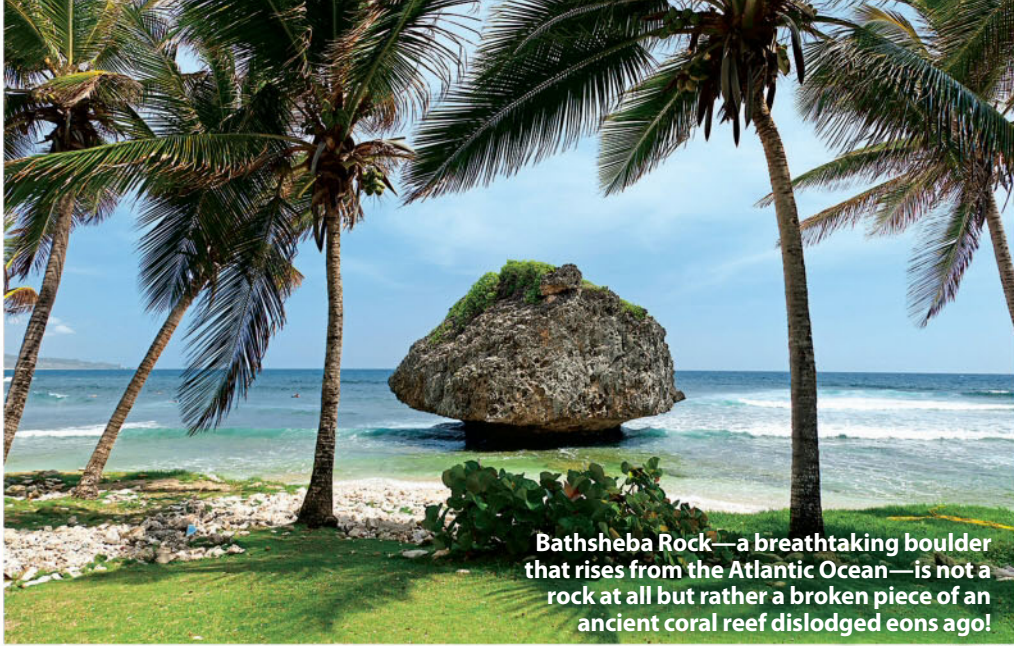
Dreaming of comfort, relaxation and a bit of adventure in a gorgeous, welcoming environment? Look no further than Barbados! Picture sipping a rum punch as you unwind on palm-fringed sands. Imagine being rocked by gentle waves . . . diving to explore shipwrecks . . . sailing in a glass-bottomed boat spying sea turtles in the coral reefs beneath your feet. Inland, travel by tram through a limestone cavern, past subterranean streams and 40-foot waterfalls . . . explore restored plantation manors bordered by vast sugarcane fields . . . feel the excitement of spotting a rare green monkey in the trees or a rainbow-colored parrot soaring overhead.

Recharge with a classic English tea served each afternoon throughout this former British colony. Enjoy an elegant polo match and the enchanting old-world charm of the capital of Bridgetown with its candy-colored façades. Then end your escape by tapping your toes to the beat of Calypso music as you enjoy a fish fry dinner with a side of macaroni pie sprinkled with the island's much-loved hot pepper sauce!

Are you a nature-lover? The Andromeda Botanic Gardens is a six-acre paradise of streams, ponds and cliffside ocean views that's bursting with gorgeous exotic blooms, such as this stunning purple lotus.



NEXT WEEK: Delight in the magic of Mallorca!



Bathsheba Rock—a breathtaking boulder that rises from the Atlantic Ocean—is not a rock at all but rather a broken piece of an ancient coral reef dislodged eons ago!



Charming Silver Sands beach is famous for its sugary sand, ideal for romantic shore-side strolls and its soft breezes, perfect for windsurfing and kite surfing!



▲ Picture meandering through the mahogany forest at the Barbados Wildlife Preserve and catching sight of armadillos, monkeys, pelicans—even peacocks displaying their gorgeous colors!

Armchair traveler

Bring a taste of the island home with a Barbados rum punch!

Dazzle your taste buds with a cocktail so simple, you don't need a recipe! Just memorize this catchy Barbados rhyme—"One of sour, two of sweet, three of strong, and four of weak"—and enjoy!

- ❑ Ice cubes
- ❑ 1 Tbs. fresh lime juice
- ❑ 2 Tbs. simple syrup*
- ❑ 3 Tbs. dark rum
- ❑ 4 Tbs. water
- ❑ Dash of Angostura Bitters
- ❑ Sprinkle ground nutmeg

In ice-filled glass, combine lime juice, simple syrup, rum, water and bitters; stir to combine. Top with a sprinkling of nutmeg. Serves 1.

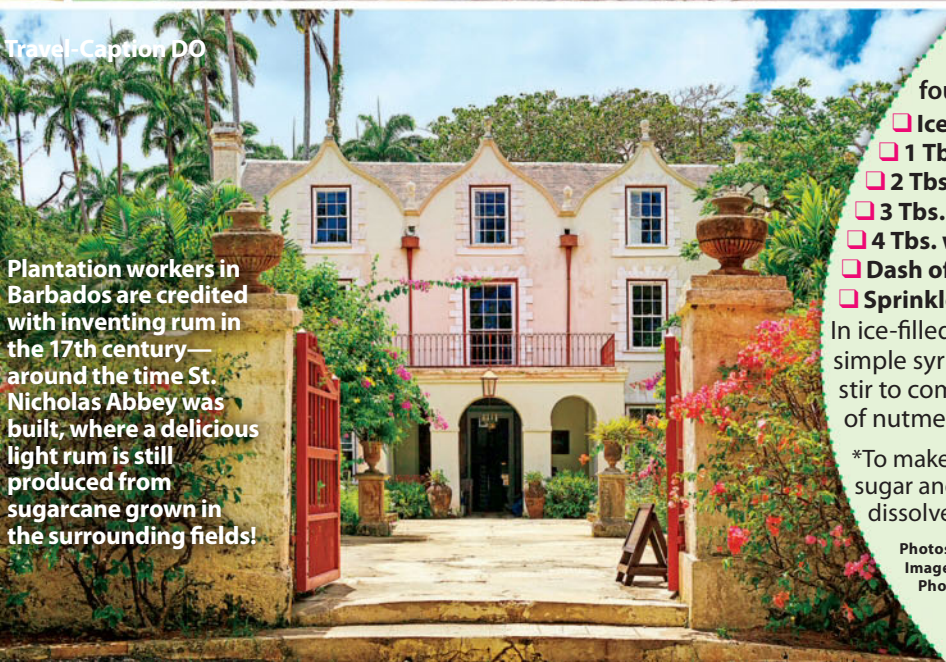
*To make syrup, bring equal parts sugar and water to boil; stir until sugar dissolves. Remove from heat; cool.



Photos: courtesy of Divalicious Recipes; rum/Getty Images; Finn O'Hara/Getty Images; Universal Images Group North America LLC/DeAgostini/Alamy Stock Photo; Pietro Canali/SIME/eStock Photo; Susanne Kremer/Huber Images/eStock Photo; Pietro Canali/SIME/eStock Photo.

Travel-Caption DO

Plantation workers in Barbados are credited with inventing rum in the 17th century—around the time St. Nicholas Abbey was built, where a delicious light rum is still produced from sugarcane grown in the surrounding fields!





You're overdue for a stress break!

Stress is almost like a constant companion these days, but don't you get to decide who you spend time with? We tend to just accept stress as a part of life, but what if we didn't? Putting yourself first for even five minutes a day is the cure you're looking for!



H *Harlequin Mini-Romance*
for Woman's World

The cowboy's lady

When she had faced a crisis, she'd pushed him away. Was it too late to rekindle their love?

She still had his Stetson. Even a year after their breakup, Erin Hutton couldn't forget Kade Parker. Especially on Valentine's Day, with the Alaskan winter carnival in full swing. Because despite the snowshoe softball and ice-skating races, this was his world. And Kade was here in all his charismatic cowboy glory.

As she took a video, her camera filled with the image of him displaying his lasso skills for a group of kids inside the arena. Her heart tugged as he spiraled the dancing rope with precision and scooped the hat off a little boy. And if that wasn't enough, her pulse raced at the vision of Kade in leather chaps. His broad shoulders filled out his red flannel shirt.

“The weight of his touch felt wonderfully familiar”

She wanted to run away from this work assignment, from Valentine's Day and especially from Kade. But she couldn't refuse her boss when he insisted she livestream the Cupid's Cowboy event for their PR department.

Kade dazzled with a finale, and the crowd cheered. Gathering his lariat, he saw her. Erin knew because his eyes locked with hers. She could feel the crackle of the connection. His long stride ate up the space between them.

“Erin,” he said simply, his voice deep and rumbly as if he'd swallowed gravel over his years working on a ranch. “Congratulations on a great show, Kade. Social media will eat this up.” She lifted her camera, hoping to strike a light tone in spite of their past.

She'd broken up with him after discovering a lump in her breast, a terrifying fact she'd kept from Kade. He'd lost his mother to breast cancer, and Erin couldn't ask him to walk that journey with her. Not

when she knew how painful it'd be for him.

He led her to a nook behind stacked bales of hay shielding them from view from the crowd.

“Why are you here?” The handsome lines of his face pulled tight with anger. “You cut me out of your life with no explanation, and now you show up a year later as if nothing happened?”

“My boss wanted footage featuring our company's support of the winter carnival.” She looked down at her dusty boots. “About our breakup, I did explain. I told you I needed space, that things were moving too fast.”

“Yet you never gave me the option to slow down. You just walked away.”

“I'm sorry I hurt you. Leaving seemed like the right thing to do at the time.”

“You'll have to forgive me if I disagree. In my world, we talk things out. If there's work to be done, we stay in the saddle even until we fall asleep on the horse,” his eyes blazed, “but we never, never let go.”

His honor and determination touched her. Maybe she'd made a mistake. Tears welled in her eyes, and she blurted out, “I had a lump in my breast.”

He went white as a sheet. Just as she'd known he would. “Are you . . . ? What . . . ?”

She swallowed past the emotion that was clogging her throat. “The surgeon removed the lump. It was large but benign. I go back every six months for a recheck.”

He swept off his hat, his eyes closing for a moment. “So you're okay?”

“As of my follow-up appointment a week ago, yes.”



He set aside his hat and clasped her shoulders. “I would have been there for you.”

“I know.” The weight of his touch felt wonderfully familiar. She'd missed him. “But I couldn't ask you to go through that for someone you barely knew.”

“Barely knew? I know you here.” He thumped his chest over his heart. “I've known you there since I met you. I love you, Erin Hutton. I loved you then, and I love you still.”

She hadn't dared hope she would hear those words from him again. Her soul sang with happiness. “Kade, I love you, too. I never stopped. If you can forgive me, I promise this time, I won't let go.”

“Erin.” Her name rode a reverent whisper as he pulled her into his arms. “There's nothing to forgive. I'm just so relieved to have you back.”

With a smile, she returned his Stetson and vowed to hold his heart, as he held hers—for a lifetime of Valentine's Days.

—Catherine Mann

Crossword puzzle solution

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

Visit Harlequin.com or your local retailer for more great reads from Catherine Mann, including her upcoming Alaska-set book, *The Baby Claim*, available now!



Have Fun with **Kids!**



Turn hand towels into precious puppies!

These adorable plush pets will delight all the doggie-lovers in your life—and they're so much fun to make with the kids!

What you'll need for each

- ❑ Lightweight hand towel or terry-cloth dish towel about 16"x26"
- ❑ 2 rubber bands
- ❑ Large scrap of black or tan felt
- ❑ Beacon Fabri-Tac glue
- ❑ 15 mm wiggle eyes
- ❑ 3/4" black pompom
- ❑ 5" black cord, cut in half, or red felt scrap
- ❑ Red chalk or blush
- ❑ 2" feather boa, black or tan (optional)
- ❑ 20" (5/8"-wide) ribbon

1 Your child lays towel flat and rolls both short ends to meet at center, rolling as tightly as possible. Your child folds roll in half, rolled side out, rubber-bands it together at center.



2 Help your child shape puppy's muzzle by pulling forward one side of the towel above the rubber band and adding a second rubber band vertically to hold in place.



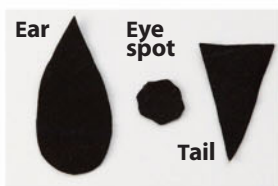
3 Enlarge patterns (below) at 400%, then 120%. Your child cuts from felt two ears, tail, optional eye spot and quarter-size red tongue, if using. For a spotted puppy, your child cuts 4 nickel-size spots.



4 Referring to photo, your child glues on puppy's features, adding chalk cheeks and boa piece, if using, at top of head. He shapes puppy's mouth with black cord or glues in a tongue. He folds tail in half at short end, glues between towel rolls at back. He ties ribbon around puppy's neck.



Patterns



Design: Linda Valentino (Linda-Valentino.com). Photos: Cathy Olivucci/HBB; iStockphoto. Beacon Adhesives: BeaconAdhesives.com or 800-865-7238. Our towels came from Walmart.

Advertisement

HAIR GROWTH



Newly discovered ingredient promotes NEW HAIR GROWTH!

It is known that supplements can increase hair health and volume to some degree, but to find a supplement that can increase new hair growth significantly, is rare. Still, this is what scientists are finding when studying palm fruits.

hair count to increase. In the study, most of the group showed increases of 10-25%, but 40% of the group had more than 50% increase in hair growth. Only one person did not have any results.*



A recent study was done in Malaysia with 38 people suffering from hair loss (alopecia)*. They were told to take a palm fruit extract containing a special ratio of "super-antioxidants" called tocotrienols. The results were surprisingly good!

EXAMPLE OF RESULT

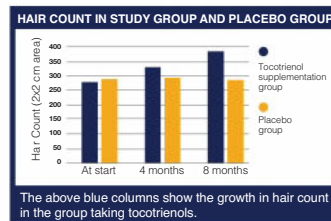
VOLUNTEER 1:
Before and after supplementation



Studies at the University of Kuala Lumpur showed a significant increase of new hair count after 8 months of supplementation with a specific tocotrienol complex from palm fruit.*

This patented complex of tocotrienols is exclusively available in the natural health product called Hair Gro™ by New Nordic. Now available at participating pharmacies, health food stores, as well as online.

THE STUDY RESULTS



The scientists in the study found that the antioxidants work specifically and strongly to reduce scalp oxidation, a condition linked to balding.

In sufficient time, this may allow for new hair to grow and

Hair Gro™ by New Nordic is scientifically formulated with the patented palm fruit extract. For more information or to buy visit our website or call 1-877-696-6734.



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For the week of Saturday, February 17th, to Friday, February 23rd



★ **Justin Timberlake**

Aquarians like Justin will be thanking their lucky stars for the past month of birthday love—and you'll enjoy one last special hurrah on the 18th!

AQUARIUS

Jan 20 to Feb 18



As your birth month comes to a fun

end on the 18th, you'll be full of thanks for everyone who made your special time so happy. On the 19th, good financial planning with a relative is cause for a celebratory dinner. You'll find new ways to generate extra income from a hobby on the 21st.

Your lucky days: Feb. 17, 18 and 19
Your lucky numbers: 12, 24 and 36

PISCES

Feb 19 to March 20



A promotion is in the wind on the 20th—be sure you look before you leap, as more responsibility may not be what you really want. On the 21st, a romantic declaration makes your heart leap! Listening patiently to an older relative on the 23rd will help avoid any disagreements.

Your lucky days: Feb. 21, 22 and 23
Your lucky numbers: 5, 21 and 28

ARIES

March 21 to April 19

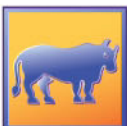


Get ready for relaxation on the 17th—binge-watching your favorite shows will recharge your spirits! Romance will be delightful on the 21st. Take care with financial matters on the 23rd—closely monitoring your money will head off any problems and secure your future!

Your lucky days: Feb. 18, 19 and 20
Your lucky numbers: 8, 16 and 29

TAURUS

April 20 to May 20



A festive party on the 17th lets you spend time with some of your favorite people. With the Moon in your sign from the 20th to 21st, your days and nights will be filled with romance! Good monetary news on the 23rd means you'll be able to plan a successful savings strategy.

Your lucky days: Feb. 20, 21 and 22
Your lucky numbers: 3, 14 and 35

GEMINI

May 21 to June 21



When Mercury enters Pisces on the 17th, you'll get your career focus back on track. A President's Day break on the 19th gives you extra personal time to catch up on household chores you've been avoiding. On the 23rd, the Moon in your sign puts you in the mood for love.

Your lucky days: Feb. 17, 22 and 23
Your lucky numbers: 9, 22 and 30

CANCER

June 22 to July 22



You'll be itching to plan some vacations in the next few weeks as Mercury moves through your long-distance travel zone. On the 18th, you'll play host to a family dinner that lets everyone share important plans. Venus and Neptune pair up on the 21st to make your love life blissful!

Your lucky days: Feb. 18, 21 and 23
Your lucky numbers: 11, 17 and 34

LEO

July 23 to Aug 22



Your financial picture grows brighter this week under prosperous planets. Time spent with a younger relative on the 19th will fill you both with joy! On the 23rd, an invitation to a potluck has you cooking up one of your signature dishes.

Your lucky days: Feb. 19, 20 and 22
Your lucky numbers: 2, 15 and 33



VIRGO
Prince Harry

VIRGO

Aug 23 to Sept 22



On the 19th, make it a point to invite people to join you when going out to lunch—their company will boost your spirits! The stars will reinvigorate your relationship on the 21st, and romantic sparks will fly! On the 23rd, paying attention to work-related details helps avoid any mix-ups.

Your lucky days: Feb. 20, 21 and 22
Your lucky numbers: 6, 18 and 27

LIBRA

Sept 23 to Oct 22



A full-on decluttering effort yields great results over the President's Day weekend. Romance is also on the calendar, making you feel loved and appreciated. On the 23rd, stand your ground in a work meeting—VIPs will be impressed with your resolve!

Your lucky days: Feb. 17, 18 and 21
Your lucky numbers: 1, 23 and 31

SCORPIO

Oct 23 to Nov 21



Your luck is very strong all week, thanks to Pisces energizing your romance and good-fortune sector—and your love life is absolutely on fire on the 17th! Avoid making snarky comments to a friend or co-worker on the 22nd as your words may come back to bite you.

Your lucky days: Feb. 19, 20 and 21
Your lucky numbers: 10, 13 and 32

SAGITTARIUS

Nov 22 to Dec 21



Older relatives turn to you for help on the 17th. On the 21st, do your research on a real estate matter, and you'll pick the path to success. Focus on work on the 23rd—getting the job done promptly will help you move on to an exciting new project.

Your lucky days: Feb. 17, 22 and 23
Your lucky numbers: 4, 20 and 26

CAPRICORN

Dec 22 to Jan 19



The planets make family communications a bit dicey on the 17th—taking a cautious approach will keep the peace. Consider a request for a loan carefully on the 21st. The 22nd will be filled with romance as the stars put you and your mate on the same emotional page!

Your lucky days: Feb. 19, 21 and 23
Your lucky numbers: 7, 19 and 25

Happy Birthday! Year-ahead forecast for those born this week

Increased prosperity will make this a year to remember, Aquarius! The stars conspire to make you a standout at work—and your efforts will be handsomely rewarded with a promotion or raise! Your personal life will feel rich, too, as you're set to make new friends this fall and expand your social circle. For you, Pisces, spiritual blessings will know no bounds! In the coming year, the stars promise a romantic renaissance that'll make your heart glow with love. Adventure is on the table, too, as you enjoy more chances for fun travel.



PISCES
Rihanna

By Gerald James Jackson, internationally known author, lecturer and astrologer

How To: Reduce Crepe Skin

Many noteworthy displays were featured in 2018.

Cosmetic surgeons, John Layke and Payman Danielpour (of the Beverly Hills Plastic Surgery Group), have made a revolutionary **at-home technique** to help fight the appearance of crepey skin.

The doctors have shown in user groups, this unusual technique was found to improve **the appearance of skin around the arms, neck, chest, legs**, and other areas.

According to their research, **loose skin adds significantly more years to a person's perceived age than wrinkles, fine lines, or pigment** changes—which is why they trained their focus on this particular situation.

And when the doctors demonstrated just how quickly and effectively it worked it became clear that their discovery is nothing short of groundbreaking.

While surgery is the benchmark, many users have achieved outstanding improvement in their



appearance using a simple process, which patients can self-administer.

But the latest development in this story came when the video version of the presentation was made available to the public online.

As of this writing, the video has over four million views and is quickly becoming a social media phenomenon.

To learn more about crepe skin and this simple solution that could benefit you, please visit www.BHMD31.com to see if this method is best for you.



Brain Games

Fat Tuesday

Use the letters highlighted in the finished puzzle to spell a New Orleans celebration

ACROSS

- 1 Pitch a tent
- 5 Used a firehouse pole
- 9 Winter coaster
- 13 Rare bills
- 17 Not fake
- 18 Aesop's also-ran
- 19 Venus de —
- 20 Baseball's — of Fame
- 21 Opera solo
- 22 Singer Redding
- 23 Bad to the bone
- 24 Popular sandwich cookie
- 25 Murder mystery staple
- 26 Able to be seen
- 28 Fall rapidly
- 30 Partner of now
- 32 Chinese calendar animal
- 33 Any car, affectionately
- 34 Kind of butterfly or media

- 37 " — the land of the free . . ."
- 38 *Wheel of Fortune* choice
- 39 Shark feature
- 42 Foe
- 43 DJ's stack
- 44 They may be new, full or crescent
- 45 — -hit wonder
- 46 Big plot
- 47 Word on all U.S. coins
- 48 Supermodel Tyra
- 49 Song and dance, e.g.
- 50 Ran into
- 51 Smooth engine sound
- 52 The "L" of XXL
- 53 Choir voices
- 54 Miniscule particle
- 56 They sometimes slip
- 57 Hawaiian cookout
- 58 Polo or tee

- 60 Cooks cookies for one
- 62 40 winks
- 65 — Express
- 66 Put to the test
- 67 Become solid, like Jell-O
- 68 Mexican sandwich
- 69 Carpentry tool
- 70 Watch over
- 71 Rank above maj.
- 72 Yea and nay
- 73 Like a fox, it's said
- 74 Impose, as a tax
- 75 Nth degree
- 76 Most state-of-the-art
- 77 " — as directed"
- 78 Neither's partner
- 79 Adorable
- 80 In tatters
- 84 Like the old days, they say
- 86 Rolling in dough
- 90 Continental money

- 91 Highly excited
- 93 Congers
- 94 Doing nothing
- 95 And others, for short (2 wds.)
- 96 "Awright!"
- 97 Scrabble piece
- 98 Not far
- 99 Like some memories
- 100 Aug. follower
- 101 Back talk
- 102 Charades, e.g.

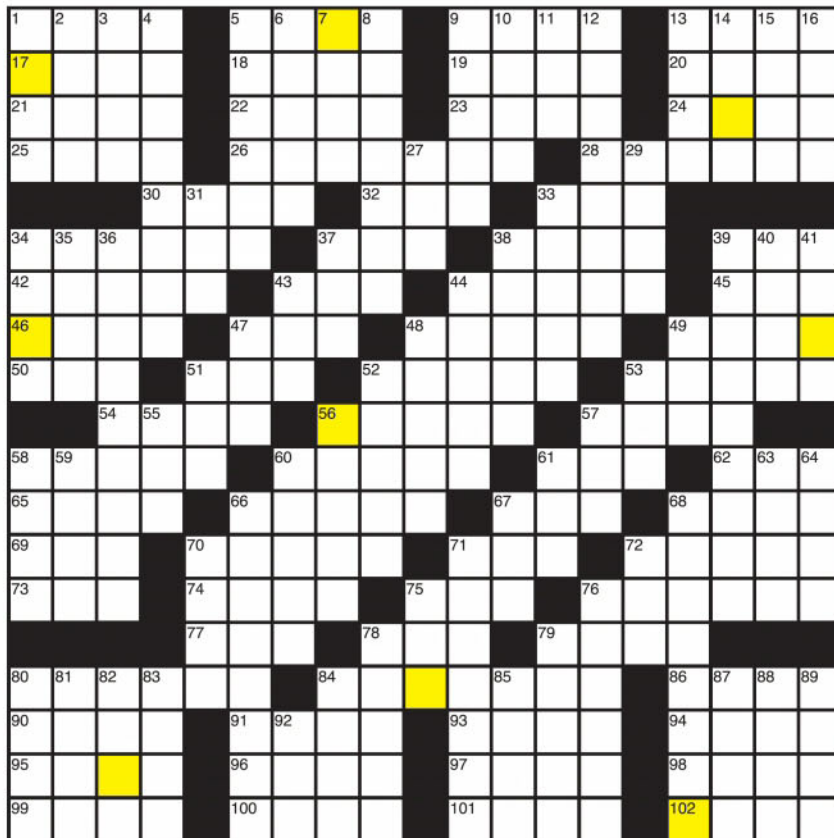
DOWN

- 1 Lobster relative
- 2 Sleek, for short
- 3 — of honor
- 4 School recess
- 5 Digger's tool
- 6 "E pluribus unum," e.g.
- 7 Purple flower
- 8 Covets
- 9 Refine, as metal
- 10 Not prerecorded
- 11 — Lilly & Co.
- 12 Flipper and friends
- 13 10 C-notes
- 14 Alert to danger



"Let the good times roll!"

- 15 Cassini of fashion
- 16 — gin fizz
- 27 Tavern
- 29 Camera part
- 31 Cow chow
- 33 Umbrella part
- 34 Stitched line
- 35 " — bitten, twice shy"
- 36 "Of course"
- 37 — man out
- 38 Tunes
- 39 Lucky
- 40 "What's gotten — you?"
- 41 Loch — monster
- 43 Part of an e-mail address
- 44 A, B, C, D and F
- 47 Doublemint, e.g.
- 48 Stationed
- 49 Pie — mode (2 wds.)
- 51 Fresh out of the oven
- 52 Enjoyed
- 53 Summer mo.
- 55 "Don't give up!"
- 56 Grocery section
- 57 Place to park
- 58 Health resorts
- 59 Wolf's cry
- 60 Courageous
- 61 Dover's state: abbr.
- 63 High cards
- 64 Fence part
- 66 Bestseller — *with Morrie*
- 67 Red or White baseball team
- 68 Skyscraping
- 70 Elmer's product
- 71 Wall-to-wall coverings
- 72 Doc for cats and dogs
- 75 — and pop
- 76 Some hospital staff
- 78 Dusk to dawn
- 79 Jail lockups
- 80 Atoll protector
- 81 Kind of insurance
- 82 Gramp's partner
- 83 Precious metal
- 84 *General Hospital*, e.g.
- 85 *Star Wars* princess
- 87 Creative spark
- 88 Chowder tidbit
- 89 Roll-call response
- 92 " — whiz!"



Sudoku

Fill the empty squares with the numbers 1 to 9 so that each row across, each row down and each 3x3 square contains all the numbers from 1 to 9.

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

Please turn to page 48 for crossword solution

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Murder on Elm Street

A man was found murdered in his car—can the cops catch the killer?

Detective Mel Davidson's first job of the day was to interview Cynthia Pennington, who had found her husband dead in his car the night before. The Penningtons' house was in a ritzy area across town, so he set out into rush-hour traffic.

Q. Why was the librarian late?

A. Because she was overbooked!



The police radio chattered as he drove, informing him of a break-in, the continued closure of Elm Street and a fire.

Cynthia was visibly shaken when Davidson arrived at her house.

"He didn't come home after work," she said. "At nine, I saw his car outside. I found him slumped over the steering wheel and blood everywhere. I called the police right away."

Davidson consulted his notes. Officer Lee Stanley had reported to the crime scene, and

then the forensics team was called.

"Any thoughts on who might've done it?" Davidson asked as he led Cynthia to the couch. He was afraid she'd collapse if they stood much longer in the foyer.

"He'd been having arguments with some of the neighbors," Cynthia told him. "One was furious that our dog had been barking a lot. Another didn't like that Jon was planning an addition to the house. I

didn't think we needed it, but try telling him that. And a third neighbor thought we were stealing his mail and claimed we took a large check and cashed it. Ridiculous!"

Then she broke down in tears. "My poor, poor Jon!"

Davidson handed over his notepad and pen. "Please write down the neighbors' names and addresses."

After getting the necessary information, Davidson set out on foot to talk to the likely suspects.

An irate-looking Ian Miller answered the door at the house kitty-corner to the Penningtons'. He was in the middle of knotting his tie.

"Yes?" Davidson explained why he was there and asked where Ian had been the night before.

"My wife and I had a party. There were dozens of witnesses. And don't suggest I sneaked

out. My wife always keeps an eagle eye on me."

Davidson raised an eyebrow. "You were never out of her sight?"

"Nope. So, you were upset about the Penningtons' dog barking?"

"It gets to be annoying. They need to crate him. It's

the responsible thing to do. People shouldn't have dogs if they don't know how to take care of them."

Davidson thanked him and went next door to see Theresa Eisner. Theresa was in workout clothes and held a duffel bag, obviously ready to go to the gym.

"How can I help you?" she asked.

He introduced himself and said, "Where were you last night? Jon Pennington was fatally stabbed in the neck."

"Oh! That's awful! I was at the gym. I had a spinning class until eight. You can check with them."

"And after that?"

"I showered and dressed. Then I picked up some things at the store. And I always take the scenic way home, along Elm. It's so lovely and helps me decompress from my workouts. That all took a while."

"I understand you were upset about the addition Jon Pennington had commissioned."

"That's true. It would have blocked our view of

the valley. But I didn't kill him! I wouldn't do something like that just for a view."

Davidson made his goodbyes and moved on to talk to Craig Murphy, who agreed that he'd thought the Penningtons had stolen his mail.

Craig said sheepishly, "We had a substitute mailman. He took the mail to the wrong house, but brought it over yesterday. I was wrong."

As Davidson returned to the Penningtons', something occurred to him. He knew who had killed Jon Pennington.



Who killed Jon Pennington?

SOLUTION: It was Theresa Eisner. She said she'd driven home via Elm, but Davidson had heard on the police radio that the street was closed. She admitted she had indeed killed Jon to stop the construction of the addition that would block her view.

—Carol E. Ayer

Person, Place or Thing? Can you guess what I am?

- I always start with a song.
- I was born in 1969.
- I'm educational.
- Many of my stars need a helping hand when performing.
- I invite kids to "Come and play / Everything's A-OK..."
- I'm on public television.
- My "Rubber Duckie" song was nominated for a 1970 Grammy.
- Jim Henson helped in my creation and success.
- I'm a children's TV show.
- Elmo, Oscar and Grover are part of my gang.

Order Up! Can you guess which happened first, second and third?

- a. The Mall of America first opens its doors.
- b. *The Bachelorette* debuts on ABC.
- c. *Jerry Maguire* is hot at the box office.

Answer Key

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

This week's Sudoku solution
I am Sesame Street.
Person, Place or Thing?
A. 1992, C. 1996, B. 2003
Order Up!
Mardi Gras
Crossword Jumble



Baby Lynlee was born twice!

If you've ever wondered if miracles actually exist, just look at Margaret Boemer's baby girl. Doctors would have to bring her into the world to perform surgery—then put her back so she could continue to grow—all in order to save little Lynlee's life!

Sixteen weeks along, Margaret Boemer lay on the ultrasound table, hoping for good news.

"There are her legs . . . her beating heart . . . look at that little nose!" the technician pointed out, sliding the wand across the Lewisville, Texas, mom's belly.

With two beautiful little girls at home, Margaret and her husband, Jeff, were trying to stay relaxed and hopeful about their new baby daughter. Yet they couldn't help but remain slightly nervous: First told they were expecting twins this pregnancy, they'd lost one at just six weeks.

So when the technician grew quiet and left to find the doctor, Margaret's heart skipped a beat.

What could be wrong now? she worried. "We can't lose this baby, too!" she cried.

Hoping for a miracle

Maybe it was just a shadow, they prayed when the doctor explained they'd seen . . . something. But soon, a specialist confirmed that their unborn baby girl—the one they'd already named Lynlee to honor both her grandmas, Lynda and Lee—had a sacrococcygeal teratoma, a rare and rapidly growing tumor on her tailbone.

In fact, Lynlee's tumor was already the size of her head—and would continue to grow, stealing her blood supply and eventually causing her heart to stop.

Please, please let there be some way to help Lynlee! Margaret gasped.

Contacting her sister, a NICU nurse, they both began researching the condition—and discovered that doctors at Texas Children's Hospital in Houston had saved another baby with the same diagnosis via open fetal surgery, a cutting-edge method that involved delivering the baby from the womb, surgically removing the tumor, then returning the baby to the mother's womb to allow for a full-term pregnancy.

Still, open fetal surgery wasn't an option until she was 24 weeks—the point of viability in case baby Lynlee couldn't be returned to her mother's uterus.

Until that time, Margaret tried to remain hopeful. But when regular ultrasounds showed the tumor was almost as big as Lynlee herself, she would break down in tears.

We already love you so much. Please keep fighting, Lynlee! she'd beg.

Finally, at 23 weeks, five days—as it was determined that fluid was building up around Margaret's own heart and lungs from "mirror syndrome"—Margaret was rushed into surgery.

Just let me still have Lynlee when I wake up! she prayed as her world went black . . .

First, pediatric surgeon Dr. Oluyinka Olutoye and a team of nearly two dozen made a C-section-like incision in Margaret's abdomen. Then, lifting Lynlee's lower body out, they removed the cantaloupe-sized tumor.

Though baby Lynlee's heart stopped at one point, thankfully, they were able to restart it—and replaced her in Margaret's womb.

"My baby . . . ?" Margaret asked when her eyes fluttered open.

Born a second time!

She's just fine!" Jeff reassured her. Now, however, the goal was not to go into labor—and to protect Margaret who, post-surgery, was at risk for a ruptured uterus or blood clot.

But just a few days after the open fetal surgery, Margaret felt Lynlee kick, and her eyes welled with tears of joy and amaze-

"Jeff and I feel blessed to have Lynlee here with us—and grateful to the doctors," says Margaret.

Lynlee with surgeon Dr. Olutoye.



"The most wonderful thing about miracles is that they sometimes happen."
G.K. CHESTERSON

ment: Before the procedure, Lynlee had rarely moved, she'd had so little room.

"This is the best feeling! Now she won't stop!" Margaret marveled.

After a week's hospital stay, Margaret moved into Ronald McDonald House so she could remain on bedrest within minutes of the hospital that had saved Lynlee's life.

Anything for you, baby girl! Margaret promised as family and friends back home helped care for 10-year-old Emery and Annabelle, three.


Finally, at 36 weeks—nearly full-term—Lynlee came into the world via C-section for a second time. Weighing a healthy five pounds, five ounces, she cried heartily and kicked her little legs.

"You're here. And you're beautiful!" Margaret beamed. So when she and Jeff filled out her birth certificate, they thought the most appropriate middle name for Lynlee would be "Hope."

Today, 19-month-old Lynlee Hope continues spreading hope every day.

"She never stops moving!" smiles Margaret, who now shares her and Lynlee's happy ending with other expectant parents facing medical issues. "After everything she's been through, we call her our little miracle fighter. It truly is a miracle to have her with us, and she amazes us every day!"

—Marti Attoun



Help a loved one through a medical crisis!

- ✔ **Being a great listener!** Let your loved one share their feelings and talk for as long as they want without interruption. Good listeners are supportive and help the person talking feel confident and safe.
- ✔ **Sharing info!** With permission, take over the job of giving out information to friends and family. Tell them to contact you for updates and explain you'll pass along well wishes, questions and concerns when you can.
- ✔ **Doing the little things!** Whether it's preparing a meal, going to the store or driving to an appointment, be available to help—without her having to ask—and it'll mean the world!

Know a person in a medical crisis, like Margaret was? You can help by:

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!

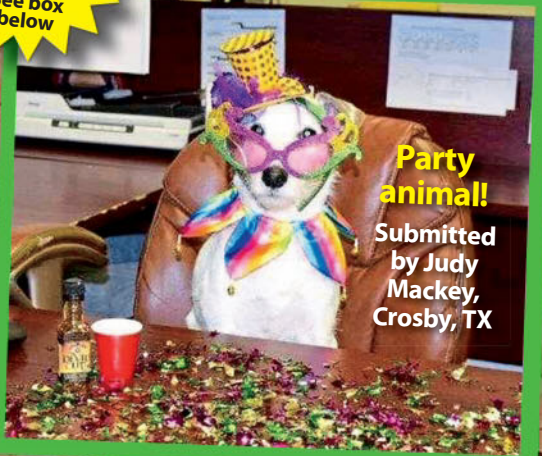
Gone With the Wind
 "After all, tomorrow is another day."
 —Scarlett O'Hara



"You're in luck! Today's special is green eggs and ham."

Win \$100!
 See box below

Send us your cutest pet picture!



Party animal!
 Submitted by Judy Mackey, Crosby, TX



"Need some help cooking, Mommy?"

Kennedy, 5 months
 Submitted by Mother Alecia Austin, OH



"Is my bow tie straight?"

Logan, 3 1/2
 Submitted by Grandma Deborah Smith, TN



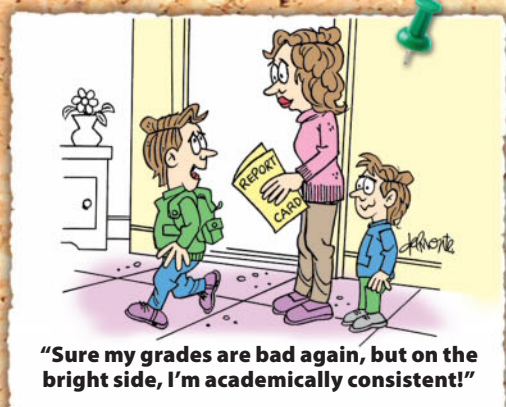
Cute 'n cozy!

Anabela, 11 months
 Submitted by Mother Aneta Zica, IL

After a long day at work, I made my way to the supermarket. I'd put my sweater in the front of my cart, but after perusing the frozen food aisle, I got chilly, so I went back to put it on. Suddenly, a little boy started yelling, "Mommy, that lady is stealing my blanket!" Turns out, I was at the wrong cart and had grabbed his blanket instead! I quickly apologized and hurried away, but boy was my face red!

Was my face red!

—J.S., Asheville, NC



"Sure my grades are bad again, but on the bright side, I'm academically consistent!"



Mommy's little love

Bryson, 7 months
 Submitted by Mother Stacey Mills, MD

\$ 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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