

✓ HUNDREDS OF WAYS TO SAVE TIME & MONEY

allyou

Ideas * Tips * Life with a Reality Check

Issue 9, September 26, 2008



WALK OFF 5,10,15 lbs in four weeks

A plan that works for your busy life

UPDATE YOUR HAIR



Try a **great star style**

10 smart gadgets that make chores easier

HEALTH REPORT

Protect yourself & your family against cancer

EASY PUMPKIN CRAFT!



Get ready for HALLOWEEN

- Creepy crafts
- Ghoulish decor
- Fun party ideas and more!

PACKED WITH VALUE

- ✓ COUPONS!
- ✓ PUZZLES!
- ✓ GREAT DEALS!

Family food



- Serve healthy 30-minute dinners
- Whip up sweet treats they'll love

Feel-good style

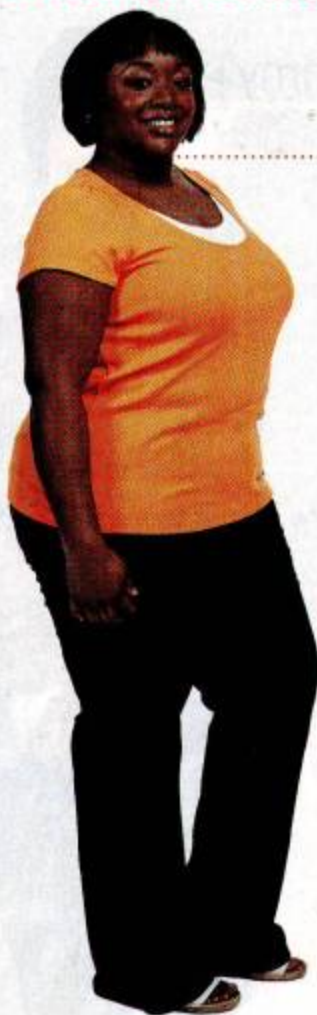


- Find comfy jeans that flatter you

Your body

- Is your food making you sick?





◀ Conceal an ample bottom

For Tiffany, the secret to a great fit is finding jeans that are cut higher in the back than the front. Also, the legs need to be big enough to fit her thighs, but not wide all the way down, which would make the jeans look too voluminous. This pair has exactly the right balance. "The waist is high, so it covers me," says Tiffany. "And the cut of the leg is very flattering."

- Avoid embellishments on the rear; instead, choose simple pockets.
- Look for a style that is cut straight down from the knee with no flare or taper.

Right Fit stretch jeans, \$40, sizes 14-28, and top, \$40, sizes 14/16-26/28, Venezia; at Lane Bryant. Earrings, \$7; claires.com for stores.



◀ Allow room for larger thighs

To minimize the appearance of big thighs, look for a pant leg that is cut straight from top to bottom. This pair sits low on the waist and has slit pockets in front. "They make me look in proportion," says Tara. "They're very slimming."

- Try jeans cut especially for curvy body types, available from Lands' End, Old Navy, Levi's, Gap and other stores.
- Stay clear of jeans with a faded finish. They tend to be lighter on the thighs, drawing attention to problem areas.

Welt Pocket jeans, \$60, sizes 0-20; at Gap. Top, \$25, sizes XS-XXL; at Old Navy. Earrings, John Michael Richardson, \$18; belladawn.com. Necklace, \$30; alltherageonline.com.

* More figure-flattering jeans



Rear support

These long, lean jeans are cut higher in back to accommodate curves. Farm Girl, \$40, sizes 1-17; farmboybrand.com.

Great for work
A trouser cut makes this pair office worthy. Copper Collection jeans, Riders, \$20, sizes 3/4-17/18; at Wal-Mart.



Perfect for pears

This extra-stretchy denim provides a flattering fit. Permacrease jeans, Little in the Middle, \$89, sizes 0.1-14.1; truejeans.com.



Belly control
This style hides the tummy and whittles the waist. High-waist jeans, Zena, \$48, sizes 4-16; at Dillard's.



Slim fit

Cut straight but not too skinny, these jeans pair well with loose tunics. Diva jeans, \$30, sizes 0-20; at Old Navy.

**BEST BUY!
THESE JEANS
ARE JUST
\$20.**