

THIS
MAGAZINE
PAYS FOR
ITSELF!

✓ HUNDREDS OF WAYS TO SAVE TIME & MONEY

allyou

ENJOY LIFE FOR LESS

Issue 10, October 23, 2009

DROP 20 POUNDS BY 2010

The simple
rules to eat by

BE A BEAUTY PRO



Keep hair
looking
thick and
lustrous



Fun Halloween Guide

- ✓ Cute costumes
- ✓ Spooky dinner
- ✓ Sweet treats

\$ CUT YOUR EVERYDAY COSTS!



\$ Spend less
on groceries



\$ Save on gas
and car repairs



\$ Slash your utility
and heating bills

**OVER
\$91.00
WORTH OF
COUPONS**

**HIGH-VALUE
OFFERS** on food,
cosmetics and
more **PLUS**
**\$1.00
OFF**
PEOPLE
magazine

Easy cooking



- Delicious meals
on a budget

Your style

- Look
slimmer
instantly
with
smart
shape-
wear



Your health



- Stop pain
in its tracks

www.allyou.com AOL keyword: All You
\$2.49US



Try a new sweater style

Stay warm (and look terrific!) in these of-the-moment designs

1 Liven up basics with a bright knit coat.

GREAT BUY!
This sweater is just \$40.



1. Scarf, \$16; amidiaccessories.com. 2. Sweater, \$40, sizes XS-XXL; at Old Navy. 3. Top, \$45, sizes XS-XL; at the Limited. 4. Necklace, M. Haskell, \$18; at select Macy's stores. 5. Jeans, Just My Size, \$20, sizes 16W-26W; at Walmart. 6. Hat, \$15; at select Target stores. 7. Bag, \$42; modcloth.com. 8. Boots, Restricted Footwear, \$70, sizes 5½-10; restrictedshoes.com.

2 Enjoy an eye-catching ombré weave.



1. Sweater, WD.NY, \$88, sizes S-XL; 212-395-9309 for stores. 2. Top, Canyon River Blues, \$30, sizes S-XL; at Sears. 3. Belt, A.n.a., \$28, sizes S-L; at JCPenney. 4. Skirt, Riders by Lee, \$20, sizes S-XXL; ridersjeans.com. 5. Necklace, Apt. 9, \$24; at Kohl's. 6. Bag, Rosetti, \$52; 800-656-6542 for stores. 7. Cuff, M. Haskell, \$15; at select Macy's stores. 8. Shoes, Attention, \$20, sizes 6-11; at Kmart.

3 Toss a tailored poncho over your work wear.



1. Sweater, Jones New York Sport, \$69, sizes S-XL; at Carson Pirie Scott. 2. Top, Sag Harbor, \$40, sizes S-XL; boscovs.com. 3. Pants, Bobby J, \$25, sizes 0-17/18; at Dressbarn. 4. Earrings, Stephan & Co., \$6; 212-481-3888 for information. 5. Necklace, A.V. Max, \$50; avmaxaccessories.com. 6. Bag, BFG NYC, \$38; 212-626-7400 for information. 7. Shoes, Sam & Libby, \$55, sizes 6-10; shoemall.com.