

Woman's World

God Bless America

ONLY \$1.49

March 20, 2007

A great week made easy!

Get a \$21,000 tax refund! Your April money-making strategy!



Double your weight-loss success! Super-easy scale trick

Tosca lost 70 lbs!

Lose 15 lbs in 30 days!

Got a slow metabolism?

Fire up your body's fat-burner the NO-DIET way!

HEADACHE? HAD BACK?

Your clothes may be making you sick!

• Eat 6 meals a day!
• Enjoy your favorite carbs!



Only 150 delicious calories!

Frozen Raspberry Mousse Pie

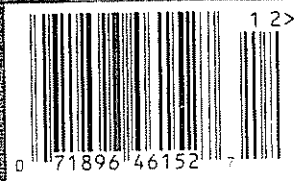
The dirty little secret that can make you

Head-to-toe gorgeous!

Brain boosters!

Remember names, find lost keys and more!

Natural "Vallum" that guarantees you perfect night's sleep!



Health alert! Read this before you pour another glass of milk!

Ask America's Ultimate Experts

Got a question? *Woman's World* will get the answer for you—from the expert you only dreamed you could ask!

Q "Are French fries really that bad for my daughter?"



Expert advice from . . .
Milton Stokes, R.D., spokesman for the American Dietetic Association, and founder of One Source Nutrition, LLC

Sounds like you're worried about a study that linked girls' consumption of French fries to an increased risk of breast cancer. Don't be. That study used reported intakes, meaning what people remember, which isn't the most reliable data.

If your daughter enjoys French fries occasionally, I wouldn't worry. The only concern

is if she's overdoing it—eating them frequently instead of other vegetables. French fries are high in fat and calories, and there's a proven link between obesity and breast cancer.

Tip!

For healthier French fries, mix potato slices with 1 Tbs. olive oil and kosher salt. Bake at 425°F for 20–30 minutes.



Q How can I get rid of undereye puffiness?

A There are several effective ways: Try putting cold, wet teabags, ice cubes wrapped in a wet washcloth, or chilled cucumber slices on your eyes for five to ten minutes. Also, keep cotton swabs in a baggy in your freezer. When puffiness strikes, gently wipe them across your undereye area.



Q "How can I moth-proof my wool sweaters?"



Expert advice from . . .
Apparel care expert Steve Koorstein, author of *The Ultimate Guide to Shopping and Buying for Clothing*, www.clothingdoctor.com

Forget about the old tricks like moth balls and cedar closets. Here are the two things that will really keep your sweaters safe in storage:

1 Make sure they're spotless.
Perfume, perspiration, body oil, food and other types of protein are all moth bait. So even if you've worn a sweater only once, dry clean or wash it before storing. Then, put it in a breathable synthetic storage bag.

2 Prepare your storage space.
Get rid of any tiny moth larvae by vacuuming and cleaning closets and drawers before placing sweaters there. Dry these areas thoroughly. And choose a closet or a basement with low humidity.

Tip!

Aside from closets, clothing moths like to hide under furniture and behind heaters and vents.

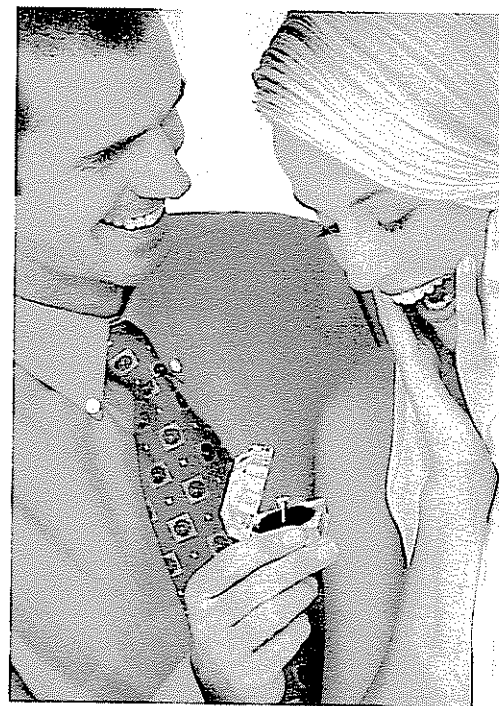
Q "It's been two years; how do I get my boyfriend to propose?"



Expert advice from . . .
Rachel Greenwald, author of *Find a Husband After 35 Using What I Learned at Harvard Business School*

Handle this very carefully—no ultimatums and no pressure. Just . . .

- 1 Ease into it.**
Let him know you're happy—without saying, "if you asked me to marry you, I'd say yes." Just say things like "I've never loved anyone so much."
- 2 Avoid high-pressure words—**like "marriage," and "engagement". Instead, say, "What's a reasonable time period for deciding if we want to be together?" Let him establish a time-frame.
- 3 Stick to his deadline.**
If he doesn't propose by then, move on. Why waste your time on a man who won't marry you when there's a great guy out there who will!



Q Do I need a passport to go to Canada and Mexico?

A Yes, if you're traveling by air, but not if you're driving or cruising—until January 2008. Then, all travelers will need a passport or one of the new government "PassCards."

—compiled by Jeryl Brunner, Maureen Cunningham, Donna Fedele and Lisa Liebman