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allyou

Ideas * Tips * Life with a Reality Check

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YOU CAN DO IT! **DROP**
5, 10, 20 pounds
this month!

Doctors reveal secrets
to losing weight fast
(and forever!)

LOOK YOUR BEST



- + Take 10 years off your age with the right makeup
- + Style your hair like a pro—in 5 minutes



EASY AND ELEGANT

NOW WITH A PICTURE PUZZLE
IN EVERY ISSUE!

Thanksgiving 101

- **SMART TIPS** for a delicious turkey feast



Family food

- Tasty suppers in just 30 minutes
- Fruit desserts

Your style



- Find the perfect corduroys for you
- **PLUS** Coats for all shapes & sizes

Your health

- Dodge colds and flu this winter

Celebrate the season

Decorate your table with a beautiful centerpiece





▶ Share high-tech memories

Let him view pictures, slide shows or home videos set to music from this easy-to-use frame. It's as simple as plugging in a memory card or uploading from your camera or USB port.

EasyShare SV710 Digital Picture Frame (10.3" x 7.6"), \$130; www.kodak.com.



▶ Let him wear his toolbox

He'll keep loose nails and screws on hand and frustration at bay with this innovative new magnetic wristband.

Magnogrip, MDG Tools, \$16; at select Ace and TruValue stores and www.mdgtools.com.

▶ Age to perfection

Give him the badge of a life well-spent but not nearly over. This retro tee is one of many fun designs available that embraces midlife with a smile.

Living Legend Lager II T-shirt, \$20, sizes M-2X; www.oldguysrule.com.



▶ Help him remember his hot-rod days

He'll fall in love with the hottest wheels of his youth all over again—and this time maybe he'll share with the kids!

Hot Wheels Since 68 Assortment, Mattel, \$4 each; at Target, Toys "R" Us and Wal-Mart.



▶ Give him pictures to go

For a dad who's always on the run, try this clever key chain. It will hold up to 31 of his favorite digital photos.

Digital key chain frame (1½"), Tao Electronics, \$41; www.amazon.com.

