

DOUBLE ISSUE! DOUBLE COUPONS & PRIZES!

Food Housekeeping's

quick & simple

Bargain Buy!

May 6 & 13, 2008

Weekly



Ellie, 16, & Katie

**Katie Couric's Top Tips
RAISING TEENS ALONE**

Celebrate!

**98 WAYS TO BRING MORE
JOY TO YOUR LIFE!**

**TWO WEEKS
OF BARGAIN
DINNERS!**

**Natural Cures
for Sleepless Nights**

**Save Money
Every Day!
Experts' Best Tricks**

**Figure-Friendly
Fast Food!
(It's Not What You Think)**

Fix Any Makeup Mess-Up!

**The Scent That Makes
You Look 6 Years Younger!**



The Easiest
Cake You'll
Ever Make!

WIN
A SPA VACATION
PLUS
\$121,582
in Giveaways

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\$1.79

quick & simple

Next issue
on sale
May 13!

This Week's Best Deals, Tips and How-To's

“It’s nice to be important,
but more important to be nice.”
— Writer Michele Slung,
“As Mother Used to Say...” page 64

36 Celebrate Cinco de Mayo on the
cha-cha-cheap!

Feeling Good

- 0 Artfully Thin** Her talent for stitching helped Janice Taylor lose 50 lbs.!
- 2 Be a Restaurant Genius!** Take the mystery out of the menu and learn which dishes to ditch or dive into without guilt

Healthy Living

- 4 Lean and Mean Power Couples** When certain foods get together, sparks fly — and their health quotient soars!
- 6 Scents & Sensibility** Switch the fragrances around you for an instant attitude about-face
- 8 Stay Well** Chest out, chin up! Pretty posture can get you a raise. Plus, honey’s healing powers



22 Dish out great gifts on
Mother’s Day!

48 Chickpeas boost
basic dishes from
dull to delish.

Celebrate Mom!

- 2 Mother, May I?** She’s worth a million bucks, so spend a few! Check out our selection of special gifts

Looking Great

- 4 When Bad Things Happen to Good Makeup** Foundation flubs? Mascara mayhem? Tips to save face!

Your Home

- 6 Kitchen Gardener** Get fresh veggies sprouting from fridge leftovers

Friends & Family

- 8 Katie Couric: “My Girls Will Not Grow Up to Be Snobs!”** The anchorwoman’s most demanding (and rewarding!) job? Being a mom!
- 0 Temper, Temper!** What kind of angry are you? Tricks to calm you, stat

14

Honey and
yogurt — the
dynamic duo!



16

Your most
marvelous
mood is just
a whiff away.



This week on our Web site
quickandsimple.com

Watch the Birdies! Yearning to transform your yard into the number one pit stop for feathered friends? Our top feeders and tips rule the roost.

Plus: Our Discount Diva shares advice on dough she learned from the original bargain brainiac: her mom!





Hand Wash
Two or three charming hand-cut herbal soaps in different scents, along with a nail scrubber, come wrapped just for her. Sweet Grass Farm Two and Three Baggers, \$8 to \$12, sweetgrassonline.com

What a Dish
Perfect for that hostess with the mostest, this chic ruffled plate makes the tiniest morsel more beautiful. 11-inch Serving Platter, \$18, givesimple.com



Say It With Flowers
She'll travel in style with these exotic makeup bags, made from easy-to-clean vinyl, so a little leaking foundation won't ruin 'em. Cosmetic Bags, \$8 to \$12, pier1.com



Little Luxuries
Let her indulge and relax with this set of gourmet teas, exquisitely encased in silk bags. Sampler 6-Infuser Tin, \$12, teaforte.com



Candle Power
One whiff of these intoxicatingly scented lights — housed in decorated glass — and she'll feel like a queen. Jar Candles, \$13 each, colonialcandle.com



Bed & Breakfast
A decadent treat that will last beyond a single Sunday brunch. Blueberry Batter Bowl Gift, \$45, stonewallkitchen.com



Triple Threat
They come three to a pack, but these adorable pastel bud vases are so inexpensive you might find yourself splurging on a few more! Blomster Vases, \$5 for 3, ikea.com



Three Wishes
Send a message of peace, happiness or love with one of Avon's pretty "Best Wishes" necklaces. Teardrop Necklace, \$20, avon.com