

ARE YOU TAKING  
OTC DRUGS SAFELY?

Free  
Recipe  
Cards

# Woman's Day

## 226 How To Ideas

### Spoil Yourself Silly!

from \$2 to \$25

Shop Smart  
and Slim Down  
Plus: 100-Calorie Treats

**NEW**

### Tip-a-Day Calendar

Simple Ways  
to Change Your Life

Look and Feel  
10 Years Younger

Crafts from  
Family Photos

**TRY** Nivea All Around Protection Oil Free SPF 15 Lotion, \$8.99; L'Oréal Wrinkle De-Crease with Boswelox Advanced Wrinkle Corrector & Dermo-Smoother, \$19.99; RoC Retinol Correxion Deep Wrinkle Daily Moisturizer SPF 15, \$19.99; Astara Golden Flame Hydration Mask, \$24; Shiseido Pureness Pore Purifying Warming Scrub, \$20; Dove Sensitive Essentials Day Cream, \$6.99; Avène Cleanance Acne Spot Treatment, \$13.

SUMMER  
DRINKS  
COOL FROZEN  
DESSERTS



AUGUST 3, 2004  
U.S. \$2.49 CANADA \$3.49  
www.womansday.com