

January 23, 2012
God Bless America

Woman's World

More for your money!
\$1.79

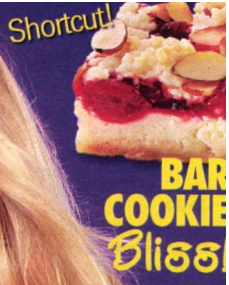
A great week made easy!



January fun!

Lucky fortune-cookie cupcakes!

Bonus! Your 2012 Chinese horoscope!



Shortcut!
BAR COOKIE Bliss!

Fastest, most effective diet we've ever tested!

ERASE YEARS!

Powerful African tea stops wrinkles and slows cell damage!

Breathe away **JOB STRESS!**

Lose 30 lbs fast!

EXTREME THYROID CURE!

Maximize metabolism with the secret behind TV's most dramatic weight-loss: **PROVEN TO MELT OFF UP TO 400 LBS!**

Boost your happiness HORMONE!

Increase your serotonin with two magic foods!

CURE A HEADACHE
with a touch!



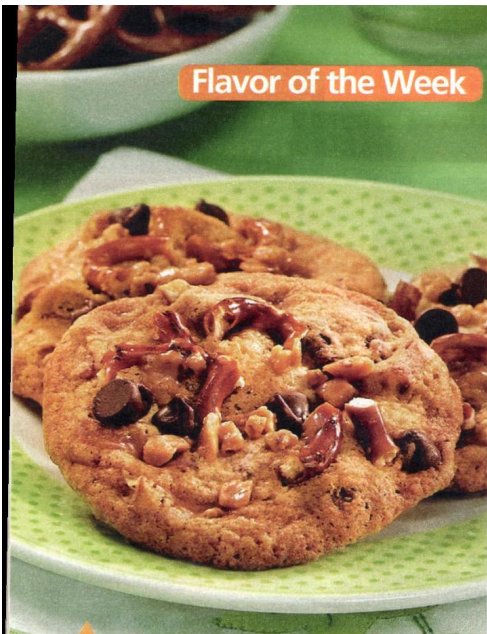
CHEER SOMEONE UP!

Make it in minutes: Quick, easy pick-me-up "bouquet"!

Surprising FAT-BURNING FOODS!

- ✓ Special cocoa blocks fat calories!
- ✓ Marmalade turns off hunger!
- ✓ These nuts work like a diet pill!





Flavor of the Week

Pretzels!

Love to snack on pretzels? Wait until you get a taste of these delicious new twists! You can start with savory soft pretzel bites for hors d'oeuvres, move on to yummy pretzel meatballs and finish with a sweet-'n-salty pretzel ice cream bar, cookie or sundae!

Enjoy pretzels this week!

- **Top brownies, cheesecake or frosted cupcakes with pretzel pieces for a salty-sweet flavor treat—or use 'em in a hot fudge sundae!**
- **Instead of cookies or cake, microwave frozen soft pretzels (available in the frozen food aisle), dip in melted chocolate, sprinkle with salt and serve with coffee!**
- **Making meatballs? Replace the flour and breadcrumbs with finely crushed pretzels. (Use a food processor or high-speed blender.)**
- **When frying chicken, instead of using flour alone, combine 4 parts finely crushed pretzels with 1 part white flour for a deliciously savory batter!**



Martha Stewart . . . presses pretzel pieces into shortbread cookies before she bakes them!

▶ **Klondike late: flavor Pretze of course**

▶ **Gourmet soft pretzels are coming to a supermarket near you, in flavors like spinach feta and chocolate crumb! See KimAndScotts.com for stores.**



▶ **Granola bar are getting the pretze treatment** Quake Chewy, \$2.9!



Whip up pretzel-toffee cookies!

Start with your favorite chocolate chip recipe. Omit 2/3 chocolate chips and substitute 2 cups mini pretzels, broken, and 3/4 cup toffee bits (such as Heath Bits 'o Brickle), then bake as usual!

Photos: HBB; Bruce Fredericks/Retna; courtesy of vendors (3).

—Katie Albert

Shop Smart!

You deserve the best...Winter facial moisturizer!

Ready to defy winter, turn back the clock and beam with confidence? Our renowned dermatologists share their prescription for gorgeous skin! If you want . . .

To wake up looking luminous:

Burt's Bees Carrot Nutritive Night Cream
An apple a day keeps the doctor away, but it's a carrot (at night!) that keeps dry skin away, says dermatologist Leslie Baumann, M.D. (SkinTypeSolutions.com). "Carrots are high in beta carotene, which is in the same family as collagen-boosting retinol and Retin A," she explains. "This antioxidant-rich formula also boasts moisturizing powerhouses like avocado oil, almond extract and aloe vera."



▶ **\$15 at drugstores or BurtsBees.com**

A redness reducer:

CeraVe PM
"This moisturizer contains three amazing ingredients," says dermatologist Amy Derick, M.D., (DerickDermatology.com), "circulation-promoting niacinamide, skin-plumping ceramides and moisture-boosting hyaluronic acid. It also has properties that reduce flushing or redness."



▶ **\$12.99 at Drugstore.com**

A sensitive skin soother:

Vanicream Lite Lotion
The most impressive thing about this moisturizer's ingredient list? All the things it *doesn't* contain, says dermatologist Brandith Irwin, M.D. (MadisonSkin.com and SkinTour.com), author of *The Surgery-Free Makeover*. "It's free of fragrances, dyes and most preservatives," she says. "Moisturizing and gentle, it's tailor-made for sensitive skin and helps heal eczema and psoriasis."



▶ **\$7.99 at Drugstore.com**

Youthifying ingredients:

Neutrogena Anti-Wrinkle Deep Wrinkle Night Moisturizer from Ageless Intensives
The magic bullet in this age eraser? "Collagen-boosting retinol," declares Dr. Irwin. "It's an excellent ingredient to have in a facial moisturizer, especially at this price. The formulation also reduces the look of age spots, which is a nice plus."



▶ **\$18 at Drugstore.com**

To control oily skin:

La Roche-Posay Effaclar M Daily Mattifying Moisturizer
Think moisturizer is the *last* thing oily skin needs? Think again, urges Dr. Baumann. "Studies show moisturizing alone can improve acne," she says. "Yet it's difficult to find a moisturizer that doesn't break out acne-prone skin. This one, however, is great. It really penetrates and targets oil-producing cells to bring more balance to your skin and prevent breakouts."



▶ **\$15.20 at Amazon.com**



—Kristina Mastroc