

February 6, 2007

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60-second
tension
busters!

6 simple
tricks
that
Heal
winter-
dry
skin!

Woman's World

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You can be a size slimmer in 10 days!

Never feel hungry! ✓ Lose 2" from your waist! Try our extra-easy version of

**The hot new diet
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Easy solutions!

Lose weight with these plates!
Cure insomnia with this blanket!
Spice up your marriage
with these flowers!

**Tired? Cranky?
Craving sweets?**

to cure your "sugar shock"

of the sniffles?

**SUPER
SNACKS!**

Best-ever
munchies
for watching
the game



**Under 100
calories!**

Treat yourself to
rich, creamy,
delicious
Strawberry



Hate exercise? You won't even feel these!

No time and no inclination for a heavy-duty workout? Wish there were easier ways to burn calories? There are! Simply go ahead and ...

1 Clip on a pedometer!

Surveys show people who wear this device, which counts the steps you take, tend to walk more. And 100 extra steps equals 10 more calories burned, points out Victoria Moran, author of *Fit from Within*. Pedometers start as low as \$12.

2 Pick up the pace!

Moving a bit faster than usual and swinging your arms while you walk can boost calorie loss by 20%, explains Los Angeles health coach Jackie Keller, founder of NutriFit.

TIP To burn even more, wear a heavy backpack or walk up or down a hill.

3 Sneak in the moves!

Why not stretch at your desk or do some leg lifts as you wash the dishes? Over time, those mini-workouts can add up to major benefits, says Debbie Mandel, author of *Changing Habits*.

TIP Just tapping your toes can help—fidgety folks have been found to be thinner!

4 Put heft into housework!

"Just 20 minutes of cleanup can give you a total-body workout," says Mandel. For example, do lunges as you vacuum, or stretch while you dust your bookshelves!

5 Imagine exercising!

Our muscles respond to mental images by mirroring them in motions too small for us to notice, scientists have discovered. So visualizing a workout gives you 15% of the benefits of a real one!

6 Schmooze while you lose!

Have a friend or co-worker you'd love to spend more time with? Schedule a lunchtime or after-dinner stroll together. Walking feels less like work and seems to go faster—so you often walk farther—when you do it with someone whose company you enjoy.



Did you know?

Walking right after eating a big meal keeps fat from depositing on your hips!

—Barbara Hustedt Crook

It's Easy to ...

Frost a cake beautifully!

There's no wrong flavor of cake frosting! Simply select one that'll complement what you've baked, says Anne Byrn, author of *The Cake Mix Doctor*, and then ...



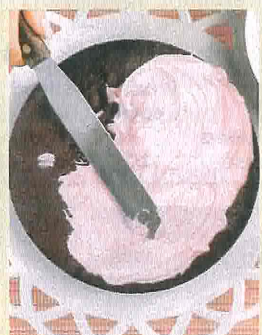
Keep it cool!

A cool cake is important for successful frosting, says Byrn. Try freezing the cake for 20 minutes. And if your kitchen is warm, place the partially frosted layers in the fridge to set, then finish frosting.



● Prepare your cake!

Brush all the crumbs from the sides of the completely cooled cake layers with a soft pastry brush. Spoon out a dab of frosting in the center of a serving platter to secure the bottom cake layer to it. Then, choose the thickest layer and place it right-side-up and centered on the platter.



● Frost the layers!

Dip your knife in ice water, then apply a thin coat of frosting, 1/2 to 3/4 cup or about 1/4" thick, to the first layer. If the top is lopsided, build it up with some of the frosting to make it flat. Stack the second layer on top of it so that both layers are right-side-up.



● Top it off!

Spread a similar thin layer of frosting on the top of the cake to cover it, and repair and even out imperfections; then apply a thin layer around the sides.



● Decorate!

Apply a second, thicker layer of frosting to the top and sides. For smooth sides, hold the spatula tight against the cake while turning it. On the top of the cake, make decorative ridges or swirls with a spoon or a thin metal spatula.

—Tracy McNamara