

January 18, 2016
God Bless America

Woman's World

More for your money!
\$1.89

Soup that
HEALS YOUR CHOLESTEROL!

Chili that
LOWERS YOUR BLOOD PRESSURE!

Broth that
RELIEVES PAIN!

THINNING HAIR?
Avoid the *vitamin* that causes female balding!

Lose 14 lbs on DR. OZ'S 5-DAY FAT BLAST!

The supplement that
SLOWS AGING!
2% of us are deficient!

Save huge! 4 new
secrets of COUPON QUEENS!

DIET JUST 5 DAYS A MONTH:

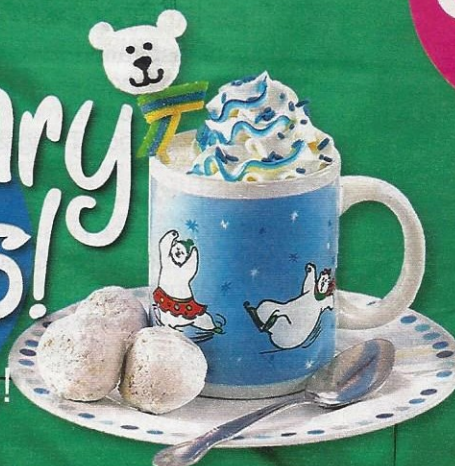
- ✓ Melt fat faster all month long!
- ✓ Rejuvenate your body's fat-burning cells!

STOP COLDS
with red wine!



January smiles!

Cutest-ever polar bear treats!



Quilts make everything

Nothing adds more warmth, charm and homespun comfort to your home than a quilt! Whether it's a cherished hand-me-down, one you made yourself or a flea-market find, just one quilt can make any room in your home instantly more inviting and appealing!

Layer on the charm!

A folded quilt at the foot of your bed adds extra coziness—and for even more charm, go ahead and pair it with linens in other homey patterns! Stick to one or two main colors for a cohesive look.



Photos: Corbis;
Mark Lohman/
Styling by Sunday
Hendrickson (2);
Mark Tanner/
Styling by Sunday
Hendrickson; John
Ellis/Styling by
Sunday
Hendrickson;
courtesy of vendor
(2).

Cozier!



Wow factor!

Display your quilt like artwork by mounting a curtain rod on the wall, then sewing an unbleached muslin sleeve to the back of your quilt for the rod to go through—or attach the quilt to a hanging sleeve like Quilter's Hangup (\$11.99 at QuiltersHangup.com).

◀ Dine in style!

Quilts make colorful, unique tablecloths that are sure to get attention! **Tip:** Use a quilt that's machine-washable so any food and drink stains are easy to remove.



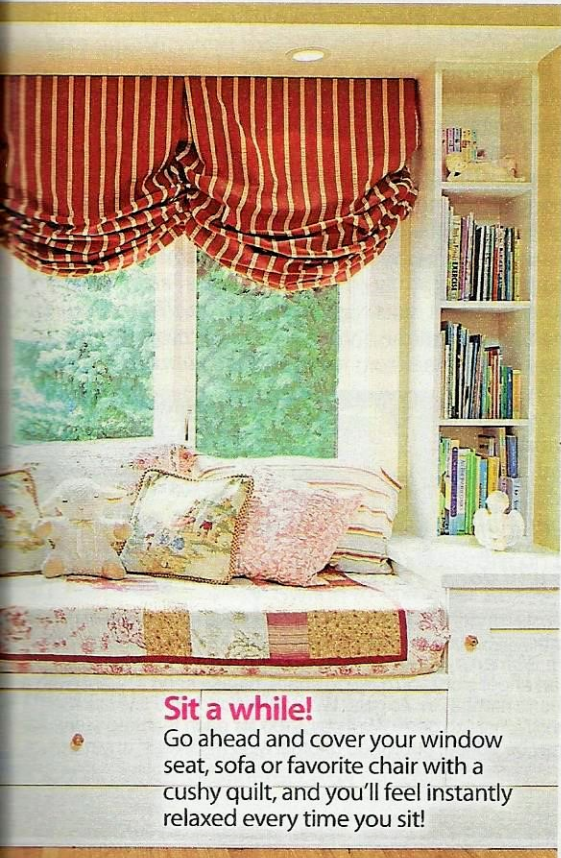
▲ Stylish storage!

Keep quilting supplies or odds and ends in these pretty stacking boxes! \$50, Laura Ashley (LauraAshleyUSA.com, style name "Set of 2 Ambleside Floral Storage Boxes").



▲ Instant update!

Intricately detailed pillow will make your sofa or chair look brand-new! \$90, Eastern Accents (Wayfair.com, style #EAN2511).



Sit a while!

Go ahead and cover your window seat, sofa or favorite chair with a cushy quilt, and you'll feel instantly relaxed every time you sit!

Keep vintage quilts in tiptop shape!

Generations to come will treasure your keepsake quilt, thanks to these smart storage tips from QuiltBroker.com:

✔ Choose the perfect spot!

The ideal place to keep your quilt? A room that has a constant temperature and humidity level and is out of direct sunlight or florescent light. And if you prefer to store your quilt in a box or rolling tube, skip the cardboard or plastic and instead choose an acid-free version (available at HollingerMetalEdge.com).

✔ Prep for packing!

If you're packing your quilt away, first wash and thoroughly dry your hands to remove any oils. Then wrap the quilt in acid-free tissue paper and place it alone in its box without any perfume sachets, mothballs, photographs or other mementos—they can damage the fabric over time.



✔ **Let it breathe!** No matter how you store your quilt, it's smart to take it out every few months and let it air out for a few hours. Then when you put it away, refold it in a different way so that it doesn't become permanently creased!

