

March 2, 2015

God Bless America

Woman's World

More for your money!
\$1.79

Easy "bed yog"
**SOOTHE
STRESS
END
WORRYING**

**CURB
JOINT PAIN**
with apple peels

CAN'T SLEEP?

Try the *Jell-O* insomnia cure!



Perfect for parties!

Candy-flavored cocktails!



Before

University secrets of permanent weight-loss made Kari

151 LBS SLIMMER

Dentists' surprise tricks will help you

LIVE 13 YEARS LONGER!

DROP 20 LBS A MONTH
just by changing your plate!



Sweeten, someone's day!
Shortcut-easy treats from cookie dough!

YOUNGER-LOOKING SKIN!

Reverse sun damage with *red wine*!

END LONELINESS! Quickest ways to make new friends!

Spices that WORK LIKE MEDICINE

- ✓ Kill precancerous tumors!
- ✓ Cut diabetes risk!
- ✓ Lower cholesterol and blood pressure!



Fashion update: *These are s*

Thinking about treating your wardrobe to something new for spring? Be on the lookout for these 9 must-haves—they're the hottest style trends this season!

1 Icy pastels!

Color forecasters predict that cheerful hues like mint, aquamarine and lemon will take center stage this spring! Mix one pastel piece—like a cardigan or handbag—with white or khaki basics for a cool, refreshing look.

Sweater: \$79.95-\$89.95, Monroe and Main (MonroeAndMain.com, style name "Seabreeze Twinset"). Also available in plus sizes.

2 Laser cutouts!

Upgrade your everyday accessories by opting for a wallet, purse or pair of loafers with intricate openwork—they'll take a casual outfit to the next level!

Card case: \$5, Target (Target.com).



3 Convertible jewelry!

What's better than a new necklace or pair of earrings? One that can be worn multiple ways!

\$48, Chloe + Isabel (ChloeAndIsabel.com, style name "Heritage Blossom Convertible Earrings").



Earrings switch from studs to drops!

4 Woven shoes!

Forget basic sneakers—these supremely comfortable, lightweight kicks made of basket-woven elastic are available in everything from steel gray to rainbow confetti—and they're this minute's hottest casual footwear option!

The "bernie mev." brand pioneered this look, and now Skechers and Steve Madden are following suit! \$59.95, bernie mev. (Nordstrom.com, style name "Cuddly").



NEXT WEEK: Treat yourself to spring flowers!



5 Crocheted accents!

Feminine and fun, a hint of crochet adds the perfect amount of sweetness to everything from sundresses to sneakers! **Tip:** Try to limit your lacy accents to one piece per outfit—too much can look costumey.

\$114, Laura Ashley (LauraAshleyUSA.com, style name "Crochet Embroidered Fit & Flare Dress").

Photos: courtesy of vendor (11).