

Meals in a Snap—
Month of Simple Menus

Woman's Day

LIVE WELL EVERY DAY™

Easy Tips to Save \$1,000's

From your mortgage to doctor
bills to vacation & more

Best-of- Summer Guide

★ Food ★ Fun ★ Fashion, page 18

17 MEDICAL MISTAKES YOU CAN PREVENT

12 Perfect Summer Recipes You'll Use Again & Again

Lose Weight Now! 4 Biggest Fat Traps to Avoid

Cheerful (& Cheap) Decorating Ideas



JULY 8, 2008 U.S. \$2.79
womansday.com
100's of Recipes
& Useful Tips



KITCHEN ESSENTIAL



Grill Friends Super Silicone Stop-and-Go Tongs are color-coded to prevent cross-contamination during cooking: Use the red for raw foods, green for cooked. The tips are designed to make grabbing under food and serving easier. \$19.99; grillfriends.com