

God Bless America

# Woman's World

A great week made easy!

More for your money!  
\$1.79

Oct. 13, 2008

**Kitchen cure**  
for colds and sore throat

The perfume that **Make women look slimmer**

Sonja lost 20 lbs.

The surprising nightcap that can help you **Sleep great tonight!**

# Better than Atkins!

Hidden health-boosting ingredients!



**Good for you (and your kids)!**

How alternating high-carb and low-carb days can make you **28 lbs slimmer by Thanksgiving!**

- ✓ Turbocharge your metabolism!
- ✓ Drop up to 16 lbs a week!
- ✓ Burn 5 times more calories!

Natural breakthroughs that **PREVENT BREAST CANCER!**

Discover the hot-flash cure that lowers your risk 61%!

# Happy at home!

Autumn candle-therapy secrets to make you **LESS STRESSED** and **MORE ENERGIZED!**



## You, even prettier!

Step-by-step tricks: Copy the hot fall look that flatters *your* coloring!

**Got high blood pressure?**

Why your fall sweater and your morning coffee may be to blame

## SELL YOUR HOUSE FASTER!

Real estate pros reveal the secrets that work right now!



# You Deserve The Best . . . Brownie mix!



Whether you're in the mood for a no-holds-barred super-fudgy delight or a guilt-free brownie bite, we have the mixes that'll make your mouth water!



If you want:

## ❖ A MIX THAT GOES FROM DOWN-HOME TO GOURMET:

### Duncan Hines Chocolate Lover's Double Fudge

Pastry chef Judy Papadimitriou of the Charleston Cookie Company ([charlestoncookie.com](http://charlestoncookie.com)) loves this mix for its versatility. "Its fudge pack makes it richer than other brownies, so besides being tastier, you can use it as a foundation for other desserts." Her favorite? "The trifle—chefs call it tipsy pudding because after you alternate layers of brownie, whipped

cream and berries, you top it off with a drizzle of rum or brandy. Delicious!"

❖ \$2.79



## ❖ EVERYONE TO THINK YOU BAKED ALL DAY:

### Ghirardelli Double Chocolate Brownie Mix

Working mom Kimberly Allen ([busybeingafabulousmom.blogspot.com](http://busybeingafabulousmom.blogspot.com)) has a confession: "The brownies that my friends rave about actually come from this box!" she smiles. And (shhh!) she even fools her family with the ultra-chocolaty mix. "I use it to make cupcakes, too; they deflate a little when they come out of the oven, which is great because the indentation they get

on top is the perfect spot for a scoop of ice cream!"

❖ \$3.30



## ❖ A GOOEY, GUILT-FREE INDULGENCE:

### Betty Crocker Low-Fat Fudge Brownie Mix

Nutritionist Sandra Woodruff, M.S., R.D. ([eatSMARTtoday.com](http://eatSMARTtoday.com)), adores this low-fat mix. "It's moist and fudgy instead of cakey and dry like other low-fat brands. I like to top it with low-fat ice cream and raspberries to add calcium and antioxidants," she says. "And my husband loves when I add chopped peppermint patties." But doesn't that defeat the purpose of this healthy choice? "Sure, but I

make him burn it off by washing the mixing bowl!"

❖ \$2.49



## ❖ THE FUDGIEST-EVER BROWNIE:

### Duncan Hines Dark Chocolate Fudge

Baker and founder of [dessertalert.com](http://dessertalert.com) in Valencia, CA, Jill Jackson learned the brownie basics from her grandmother. "She's my inspiration—she got her culinary degree in her 60s, and everything she made was from the heart!" Jackson says. Yet even Grandma would approve of these fast 'n fudgy brownies, courtesy of Duncan Hines: "It has dimensions of flavor beyond

the initial sweetness—there are layers of chocolaty-ness."

\$2.25



## ❖ SOMETHING DIFFERENTLY DELICIOUS:

### Pillsbury Fudge Supreme Brownie Mix; Cheesecake Swirl

Party planner Shawn Rabideau ([shawnrabideau.com](http://shawnrabideau.com)) loves brownies so much, he's even added a batch to banana bread batter! "I like mixing flavors, and I love cheesecake, so this is perfect," he says. "It's the best of both worlds: I can have my *Golden Girls* cheesecake moment with brownies!" laughs Rabideau. "I also like to mix them with

peanut butter—and Pillsbury makes that mix, too."

❖ \$3.49

