

Woman's Day

July 2010

BEST BACKYARD BBQ
Rib, dogs, all the fixin's

Woman's Day

LIVE WELL EVERY DAY™

245 ways to Celebrate Summer!

IT'S A CAKE!
SEE P. 136

- easy party ideas
- beach essentials
- fun activities

WALK OFF WEIGHT

PLUS: Get Your Diet Back on Track

Save Big Now! p.50

STRANGE SYMPTOMS

When Not to Worry



JULY 2010
U.S. \$2.99

womansday.com

1,000s of recipes & useful tips



eat well news

our kind of summer reading

Need inspiration? From money-saving recipes to family favorites to fun smoothies, these books are a great place to start. Get a recipe from each at womansday.com/cookbooks.



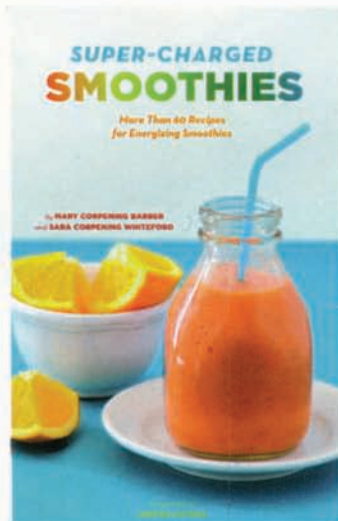
▲ **THE THRIFTY COOKBOOK**
(Ryland Peters & Small, \$16.95)

Packed with just what you're looking for: creative uses for leftovers and affordable seasonal produce, plus easy cost-saving meals like the classic Spanish tortilla.



▲ **HOME COOKING WITH TRISHA YEARWOOD**
(Clarkson Potter, \$29.99)

Trisha returns with her second cookbook, filled with stories of Southern hospitality and recipes that include lemon meringue pie.



WIN THIS BOOK
Super-Charged Smoothies by Mary Corpening Barber and Sara Corpening Whiteford (Chronicle Books, \$19.95). Cool down with these great-tasting, antioxidant-rich smoothies.



creative cake contest

Calling all bakers who love to decorate cakes: Design and make one of your own for your July 4th barbecue, take a picture of it and enter it in our patriotic cake contest (go to womansday.com/patriotic). The winner will receive a prize package worth \$150 that's July 4th-themed, loaded with baking and decorating goodies from Wilton.



PRODUCTS WE LOVE....



◀ **pure produce** Remove pesticides, waxes and chemicals from produce with Rebel Green's Fruit & Veggie Clean (16 oz, \$7; rebelgreen.com). Made from natural grapefruit seed extract, it leaves no residual taste—you simply spray it on and rinse it off.



◀ **move over, garlic salt...** Here comes pepper! Skip the salt but don't skimp on flavor. Frontier Co-op has great new black pepper grinders that hold peppercorns tossed with essences of natural flavorings like lemon, chipotle or garlic. (\$6.49; frontiercoop.com)



▲ **cooking light** Why get a backache just from lifting a frying pan? Starfrit's cast-iron pans are 50 percent lighter than regular cast iron. Prices start at \$29.99 for a 9½-in. fry pan. starfritusa.com