

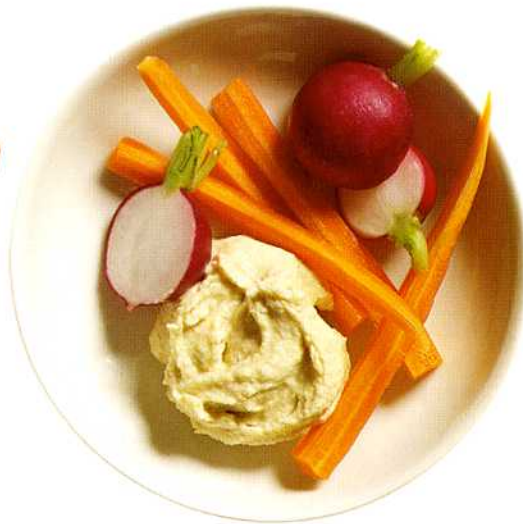
REAL SIMPLE

| life made easier |

27 ways to snack smarter

Why eating all day
is actually good for you

Money-saving DIY projects that anyone can do
The best-fitting jeans (for as little as \$40)
Streamline your morning routine: 12 beauty tips



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road test



cotton sheet sets

Who needs pricey Egyptian cotton or 1,000 thread counts to get a good night's rest? These **six queen-size sheet sets—all \$75 or less**—easily put the competition to bed.

WRITTEN BY KATE PARKER PHOTOGRAPHS BY BOB HIEMSTRA

editor's note

Hair by Jacqueline Bush for Exclusive Artists.

Makeup by Brian Duprey for Duprey Cosmetics at Judy Casey.

the simple list

Prop styling by Christopher White.
Food styling by Sara Quessenberry.

your words

Prop styling by Christopher White.

simple solutions

Special thanks to Edward V. Ohanian, Ph.D., director of the Office of Water at the Environmental Protection Agency.

the power shower

Prop styling by Cindy DiPrima.
Makeup by Melissa Silver.

mineral makeup

Prop styling by Christopher White.
Page 66: Lancôme Ageless Minérale powder-foundation brush, \$36, lancome-usa.com.

the jeans handbook

Soft styling by John Olson.

you can rent this dress...

Prop styling by Michele Faro.

home pages

Prop styling by Sara Wacksman.

cotton sheet sets

Prop styling by Christopher White.
Page 103: Blanket basket by the Longaberger Company, \$184, longaberger.com.



Readers' guiltiest pleasures revealed. 27

moneywise

Prop styling by Christopher White.

what makes me feel beautiful

Page 141: Eileen Fisher Snowfall Jacquard swing jacket in silver, \$498 (available in September), eileenfisher.com. Page 142: Eileen Fisher Seasonless Tweed dolman jacket, \$238; and Melange stretch-viscose top, \$158: eileenfisher.com. Page 146: Eileen Fisher stretch-silk tunic, \$178, eileenfisher.com. Issey Miyake Thicker Bottom pants, \$350, pleatsplease.com.

five easy dinners

Prop styling by Christopher White.
Food styling by Sara Quessenberry.

tortilla chips

Prop styling by Christopher White.

nutritional index

Prop styling by Christopher White.

eerily accurate fortune cookies

Prop styling by Christopher White.
Page 196: Gourmet fortune cookies by Fancy Fortune Cookies, from \$41, fancyfortunecookies.com.

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