

IT'S OUR 75TH ANNIVERSARY!

Woman's Day

17 FRESH & EASY OUTDOOR MEALS

Juicy kebabs, grilled chicken, simple salads
+ the ultimate chocolate pie

BEAUTY SAVINGS
Longer-lasting haircolor, manicures and more
p.76

No-Pill Pain Relief

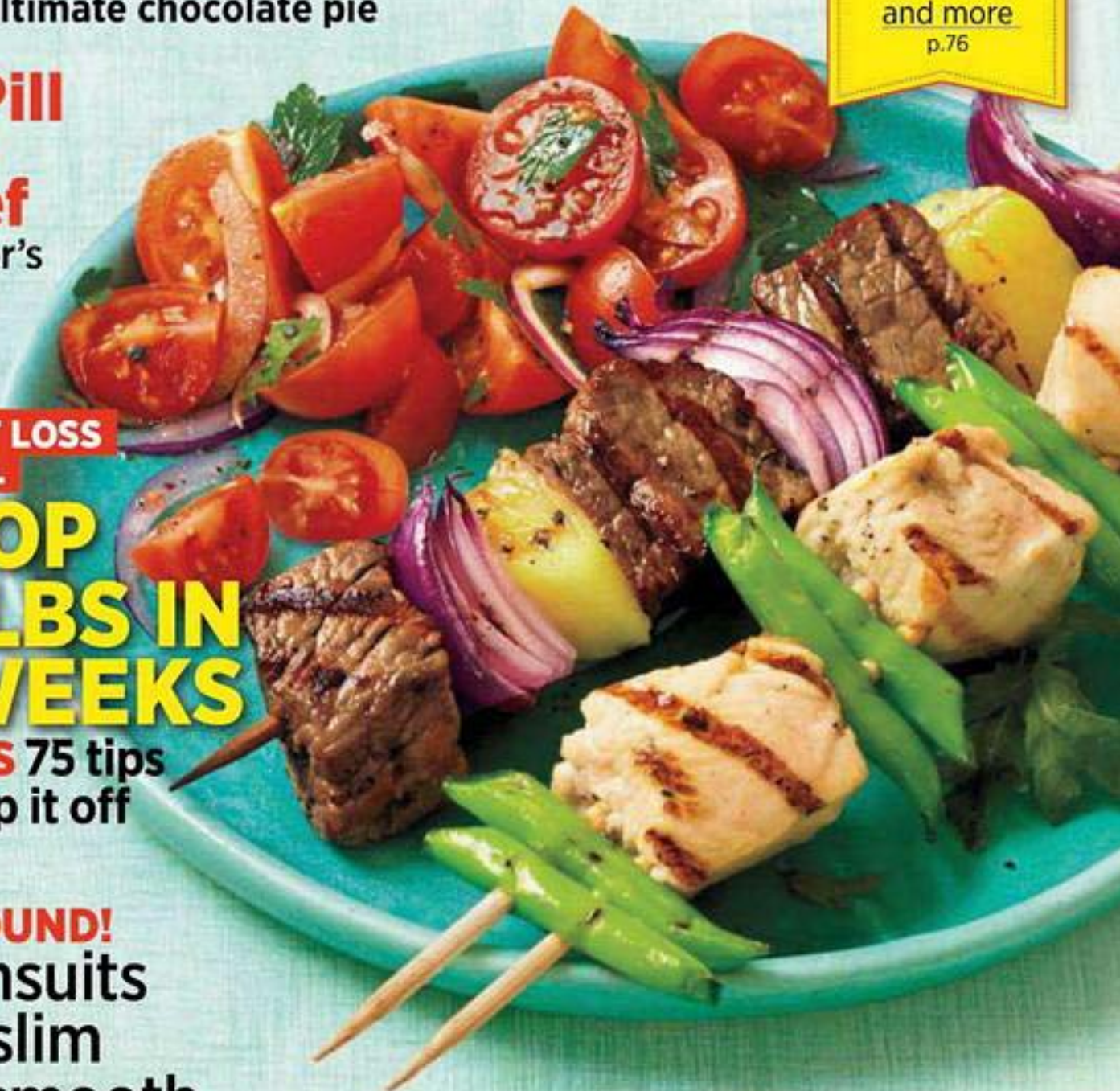
A doctor's healing advice

WEIGHT LOSS SPECIAL

DROP 10 LBS IN 4 WEEKS

BONUS 75 tips to keep it off

FOUND!
Swimsuits that slim and smooth p.65



SAVE ON
SUMMER
FUN

Deals on Entertainment, Games and More

★ See movies for less.

A bit of planning can get you into the latest flicks (and an air-conditioned theater) without breaking the bank. Buy discounted tickets through your local credit union, AAA or warehouse clubs like Sam's Club and Costco. Go to bulktix.com for four-packs of tickets from 16 national theater chains at up to 40% off. Also, many cinemas run summer promotions with deep discounts. For example,

★ Hit the lanes.

If your family likes to bowl, here are some savings opportunities that will be right up your alley. The Kids Bowl Free program lets 15-and-unders play two gratis games a day in summer at participating centers (kidsbowlfree.com) and the \$25 annual family pass allows up to four adults to get in on the deal. National chains like AMF Bowling Centers (freebowling.amf.com) and Brunswick Zone (bowlbrunswick.com/ballpass) offer similar promotions.

★ Search for treasure.

Keep your little one busy with a free scavenger hunt. First, get her a journal, a rubber stamp and a stamp pad. Then, sign her up at letterboxing.org/

