

Good Housekeeping's

# quick & simple

**Bargain!**  
**\$1.79**

**Soap Star  
Cat Hickland  
'The Diet  
That Ended  
My 30-Year  
Struggle!'**



March 4, 2008

Weekly

# Oprah's Best Recipes!

**15 Years of Her Favorite Foods!**

**Your Most Embarrassing  
Body Questions Answered!**

**INSTANT SKINNY!  
5 Fashion Finds**

**Cut Your  
Phone Bill!**

**Health Cures  
in Your Kitchen  
Cabinet!**

**Jump-Start a  
Good Mood!**



**Oprah's  
100-Calorie Treat!**

**Oprah's  
Special  
LOVE  
Sandwich!**



**Oprah Makes  
This for Stedman!**



**Oprah's Super-Healthy,  
Yummy Pasta!**

**INSTANT  
WIN!  
\$34,789  
in Coupons  
& Prizes!**



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\$1.79

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# quick & simple Contests!

THIS WEEK  
**\$34,789**  
 in coupons  
 & prizes

## What's Your Happiest Memory With Dad? You Could Win \$1,825 in Prizes!

Relax under the stars! Score two outdoor fireplaces and amazing camping gear!

**What to Do** Got a happy or heartwarming anecdote about your pop? Whether it was a father-daughter fishing trip or the sweet words he whispered before walking you down the aisle, we want to hear about it! Share your story with us — in 300 words or less. To be eligible, your entry must include your name, complete address, telephone number, e-mail address (optional) and a good-quality photo of yourself.



gear, including Telluride sleeping bags, camper mats, quad chairs and more, from **Slumberjack.com**. Total approximate retail value: \$1,825. Four runners-up will each get a Telluride sleeping bag; approximate retail value: \$50.



**How to Enter** Go to [quickandsimple.com/win](http://quickandsimple.com/win) or mail your entry to Quick & Simple, Happiest Memory With Dad Contest, 1700 Broadway, 30th Floor, New York, NY 10019.

**Due Date** All entries must be received by March 10, 2008.



**What You Can Win** The Grand Prize winner will receive two beautiful outdoor fireplaces — one for you and one for Dad (or a friend) — from The Blue Rooster Company ([TheBlueRooster.com](http://TheBlueRooster.com)), plus family camping



FOR MORE CONTEST AND SWEEPSTAKES DETAILS, TURN TO PAGE 48.

**INSTANT WIN!**

**KNOW NOW!** Find out instantly if you're a daily sweepstakes winner at [quickandsimple.com/win!](http://quickandsimple.com/win!)

## Get Glam Sweepstakes

**Sunday, March 2**



Slant Tweezer, Browmousse Brow Gel and After Tweeze Soothing Cream from [Tweezerman.com](http://Tweezerman.com)

**\$39** EACH

29 PRIZES  
 CODE WORD: PLUCK

**Monday, March 3**



The Keri Renewal product line from [KeriLotion.com](http://KeriLotion.com)

**\$85** EACH

9 PRIZES  
 CODE WORD: MOISTURIZE

**Tuesday, March 4**



Hydrating Shampoo, Daily Balance Conditioner and Elevate Finishing Spray from [Eufora.net](http://Eufora.net)

**\$61** EACH

14 PRIZES  
 CODE WORD: CLEANSE

**Wednesday, March 5**



The AcneRecovery System from [AcneRecovery.com](http://AcneRecovery.com)

**\$99** EACH

9 PRIZES  
 CODE WORD: HEAL

**Thursday, March 6**



Foot pampering products from [Kerasal.com](http://Kerasal.com)

**\$40** EACH

19 PRIZES  
 CODE WORD: EXFOLIATE

**BE BEAUTIFUL!** Enter our Get Glam Sweepstakes daily to be eligible to win that day's prize. Entering on any day makes you eligible for this week's one Grand Prize.  
**HOW TO ENTER:** Log on to [quickandsimple.com/win](http://quickandsimple.com/win) and enter that day's code word. **DAILY DEADLINES:** Entries must be received by midnight (Eastern Time) each day. Entries are limited to one per person per day. **WINNERS:** All winners, except the Grand Prize winner, will be notified instantly on-screen after entering. The Grand