

Start Your Week in the Know!

It Happened
This Week!

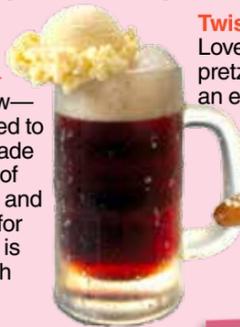
This Week's Hot Trend!



Make your own yum!

New gourmet kits let even the most inexperienced chef transform a box of ingredients into a great-tasting and unique treat!

Brew your own root beer! Did you know—root beer used to be mostly made at home out of sugar, herbs and roots? Try it for yourself! (Kit is \$20 at [Hearst Song.com](http://HearstSong.com).)



Twist your own pretzels! Love Auntie Anne's famous pretzels? Make 'em at home with an easy kit. \$6 at supermarkets.



Collect compliments with crème brûlée! Make fancy five-star crème brûlée in two flavors: chocolate and vanilla. (Kit is \$44.95 at HSN.com.)



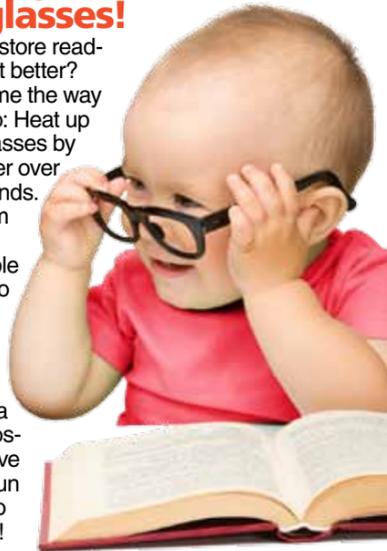
Try the cake pop trend! Everything you need to make these ultra adorable pops is in one box! Bakerella, \$14 at Amazon.com.



Create your own candy! Satisfy your sweet tooth with a gourmet chocolate-making kit! \$13 at Mindware.com.

Custom-fit your reading glasses!

Wish your drugstore reading glasses fit better? Adjust them at home the way eyeglass stores do: Heat up the arm of your glasses by passing a hair dryer over it for 15 to 20 seconds. Then, to even them out, bend the arm slightly at the temple on the higher ear to raise the frame; to stop them from sliding down your nose, bend the curve of the arms a bit inward; for a looser fit, bend the curve out. When done, run under cold water to set the new shape!



HOT WEBSITE ... to send free Thanksgiving Evites

PunchBowl.com

Send beautiful, personalized Evites that look like real mailed paper invitations—complete with decorative envelopes and holiday-themed stamps—for free! Pick your styles, fonts, colors, images and message, input the e-mail addresses of your recipients, then press "send." Your guests will receive them in minutes!

Holiday travel tip: Get where you're going with a cheaper ticket!

When scientists from Harvard University and MIT recently examined flight data to find out how to avoid airport delays, canceled flights and missed connections, they made a surprising discovery: Low-cost airlines—such as Southwest, Jet-Blue, AirTran and Frontier—have the best on-time records! Tops was Southwest with an average passenger delay nearly 55% lower than its competitors (15.6 minutes versus 33.7 minutes)—and a 1% cancellation rate versus nearly 3% for other carriers!



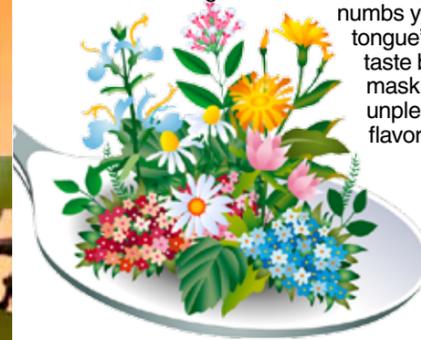
A drink a day keeps the doctor away!

Move over, apples—Harvard researchers say a glass of wine or beer a day can be just as critical in protecting your health! They found that those who drink 4 ounces of wine, or 12 ounces of beer, at least five days a week are nearly half as likely to develop chronic health woes—such as heart disease, cancer, dementia and diabetes—as nondrinkers or those who drink more! A little alcohol daily reduces key risk factors that lead to disease, such as inflammation, insulin resistance and high blood pressure, they explain.



Make cold medicine go down easily!

Don't you wish all liquid medicines tasted like a scrumptious sundae or chocolate chip cookies? Well, until researchers figure out a way to take those meds delicious, you and your family members can rely on this pharmacist-approved trick for making them easier to take: Suck on an ice cube for about 15 to 30 seconds right before downing the medicine. The ice numbs your tongue's taste buds, masking the unpleasant flavor!



★ Star Quote



"So the pie isn't perfect? Cut it into wedges. Stay in control, and never panic."

—Martha Stewart



● **Disney's *Enchanted***—a delightful mash-up of a classic fairy tale and a modern-day New York City romance—had its Hollywood premiere in 2007. It wasn't all that easy for Amy Adams to play the princess: A stunt double had to teach her how to move in Giselle's 45-pound wedding dress!

● **The original Wendy's fast food restaurant opened in Columbus, OH, in 1969.** Founder Dave Thomas named the restaurant after his fourth daughter—whose name wasn't really Wendy!



As a child, Melinda Lou Thomas had so much trouble pronouncing her own name, she resorted to calling herself "Wenda." The nickname stuck and she became the iconic pigtailed "face" of the fast food chain!

● **Celebrities Michael Douglas and Catherine Zeta Jones were married in a \$1.5 million extravaganza at New York's Plaza Hotel in 2000.** Guests danced alongside Goldie Hawn, Jack Nicholson, Meg Ryan, and Russell Crowe until 5 a.m.!

● **The Partridge Family's "I Think I Love You" topped the charts in 1970.** The song, released the same day the sitcom first aired, made the group the fourth fictional band to hit number one, after The Chipmunks, The Monkees and The Archies!



● **The Notebook star Rachel McAdams was born in 1978** in Ontario, Canada. A self-admitted "sucker for love stories," the actress will next be seen in another onscreen romance, *The Vow*, set for release next Valentine's Day!

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