

Parent & child

OCTOBER 2008

HEALTHY DINING

Making good family choices on the go

4 thrifty moms

share their savvy on shopping second-hand

FEED THE SOUL

Four great reads for the woman in you

NEW WEB SITE:
momslike me .com
where Cool Moms meet

IN THE HOMEMADE SPIRIT



■ From Ghoulish Erin Cardholders (made from squares) to Candy Coin Mischiefers, decorations, food and games for a homemade Halloween worthy of the Munsters are presented in easy, step-by-step directions in Matthew Mead's "Halloween Tricks and Treats" (suggested bookstore price, \$20.95).

FIRESIDE FLAIR

■ Stoke your ghost story session with Funky Colored Flames that deliver a display of blue, green and purple when added to the fire pit, camp fire or indoor fireplace (\$4.99 at Wal-Mart and Target stores).



TO HAVE A
FRIGHTFULLY

FUN
HALLOWEEN

—Compiled by Cindy Pierce

**LIGHT
THE WAY**

■ Duzece's new Day-Glo

