

REAL SIMPLE

| life made easier |

Fashion made easy 23 timeless looks

The chicken handbook:
all you need for delicious meals

No-nonsense decorator
tricks for any home

How to stop bad
eating habits

plus the best:
boots
foundation
slipcovers



pick a better bag

If your purse has become your albatross, swap it out for one of these back-friendly options. Osteopath Heidi Prather outlines what makes each of these styles a good choice.

NYLON SHOULDER BAG

Large but made of a light-weight material, this tote helps reduce the load on your spine.

TO BUY: Brics Sporting

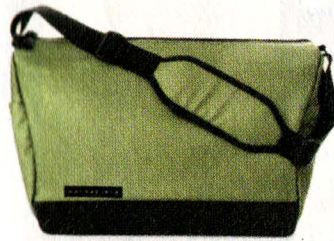
MESSENGER BAG

The padded adjustable strap lets you wear the bag close to your body, so it won't bounce on your hip.

TO BUY: WaterField Designs

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TO BUY: WaterField Designs Sling, \$129, www.sfbags.com.

method.

all purpose
surface cleaner

pink grapefruit scent



spray no evil.

Typical household cleaners often contain toxic chemicals that don't just pollute your home, but your planet as well. method's non-toxic all-purpose cleaner is made from naturally derived ingredients, specially formulated to biodegrade quickly and safely for a spot-free, guilt-free shine. Because if you don't have anything nice to spray, don't spray anything at all.

methodhome.com

