

FamilyCircle

ONLY
\$1.99

>>> **40+** PAGES OF
GREAT FALL MEALS

Casseroles, Soups & Stews (with photos!)

>>GET INSPIRED<<

EASY DECORATING IDEAS

15 WAYS TO
AVOID
COLDS & FLU
THIS SEASON

LOSE MORE
WEIGHT
DON'T FALL FOR
THESE BIG DIET LIES

SPECIAL REPORT

THE NEWEST TEEN
DRIVING DANGER

FAST FAMILY DINNERS

NOVEMBER 1, 2010
www.familycircle.com

U.S.A. \$1.99



GOAT CHEESE
STUFFED CHICKEN



PORK ROAST
& VEGETABLES



SAVORY MEAT LOAF





« tip »

Turn the inside of a kitchen closet into a message center with a coat of chalkboard paint, like Benjamin Moore Studio Finishes Chalkboard (307). A recessed panel makes an ideal spot for notes and lists, says Emerson.



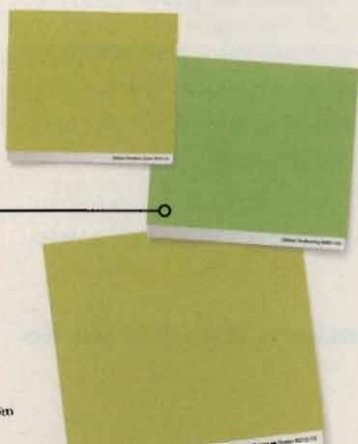
grand opening

A lively tone, especially one that's different from the moldings and walls, turns a ho-hum hall or kitchen door into a cool showstopper. Consider something unexpected—a strong yellow, lime or cinnabar. Pick a dark or neutral color, like black, espresso or white, if your woodwork isn't pristine. And go diva with a zingy fuchsia, say, on the inside of a closet door. **"You'll give yourself a little treat every time you get dressed,"** says Emerson.



GET THE LOOK

Surprising hues make an entrance. Parakeet Green, Awakening, Limolicious paint, valspar.com for info



pattern play

"Big bands of color on the walls really pump up a white room," says Lau. Instead of conventional, two-toned stripes, she wakes up a kid's room with wide swaths of orange and yellow and a narrow band of black. **"The colors deliver a bold, graphic look,"** she says. Before you paint, use a tape measure and pencil to plot the pattern on the wall; mark the boundaries of the stripes with blue painter's tape, which won't remove existing paint when you peel it off.