THIS MAGAZINE PAYS FOR ITSELF

Enjoy life for less!

all you

INSIDE $59.50 WORTH OF COUPONS

Issue 8, August 26, 2011

131 Savings Shortcuts

GET THE BEST PRICE ON EVERYTHING YOU BUY

Fresh ideas for watermelon

Clear the clutter from every room

Need cash fa
Here's what you

Summer's best

Easy, low
your fam

See pages 16, 25,

Fast fixes

PROBLEM

Paint fumes

Many types of paint emit volatile organic compounds (VOCs), gases that can have short- and long-term adverse health effects, including headaches and liver damage. SOLUTION Look for a formula with low or no VOCs.

- Try: Olympic Premium Zero VO interior paint (available in mor than 1,200 colors), $19 per gallon; Lowe's.

PROBLEM

Allergens in bedding

Did you know that in 10 years, yo mattress actually doubles in weight, due to an ac mulation of dead skin and dust-mite debris? SOLUTION Keep your bedding clean and protected with en sements that use modern technology to block micro kins.

- CleanRest Ultra allergy-b ding pillow encasement (right, $20–$25) and mattress encasement ($80–$120); bedbathandbeyond.com.

PROBLEM

Harmful dust

Dusting your home isn't just about appearances. Some dust contains fire retardants that emanate from electronics and furniture and can be dangerous to your health. SOLUTION Clean more effectively with a microfiber cloth—particles cling better to the weave.

- Microfiber wool duster, Unger Pro, $9; homedepot.com.

PROBLEM

Chemicals in laundry basics

The detergent you use might leave behind a residue of allergy-inducing chemicals. SOLUTION This product, which draws on enzymes to fight tough stains, is nontoxic, biodegradable and hypoallergenic, and it contains no dyes or synthetic fragrances.

- Seventh Generation Natural 4X laundry detergent, $15; at mass retailers.

PROBLEM

Airborne pollutants

Particles suspended in the air can cause eye, nose and skin irritation. SOLUTION Don't be fooled by this machine's whimsical facade—it's a workhorse that captures up to 95 percent of dust and other airborne particles with its HEPA filter.

- Frog air purifier, Crane, $40; at Target.

Did you know?

The air inside your home can be five times dirtier than it is outside. That's because cleaning-product residue, smoke and dust get trapped indoors due to insulation and poor ventilation.

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