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Woman's World

THE WOMAN'S WEEKLY

Instant stress relief 4 so her

NEW CURES FOR **The fatigue disease** that strikes millions

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Stretch-your-space decorating tricks

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RACE FOR A MIRACLE
Time was running out for Michele to track down the drug that would save her son from being paralyzed

I LOST 30 lbs

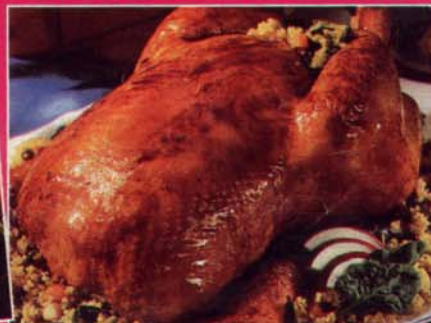
without dieting or working out!

Let her fat-burning secrets make you slim too!

WW's Elisa Agosti of Englewood Cliffs



Fast, easy, affordable CHICKEN RECIPE



Fresh as a spring garden

Your Beautiful Home

For a home that always feels like springtime, decorate with bright garden colors—grass green, daffodil yellow and rose red—set off by lots of clean, crisp white!

What could be fresher and cooler than a green-and-white scheme combined with wicker furniture? A floral-print tablecloth adds a touch of contrasting color.

Decorator secret: In a busy family room, protect a pretty decorative tablecloth with a piece of glass cut to fit the tabletop.



QUICK TIP

Whether you decorate with real, dried or artificial flowers, the container should match your room—rustic earthenware for country, polished brass for traditional, glossy ceramic for contemporary.

Photos: Jessie Walker, Stylist: Aterelia Joyce Pace, Interior design: Barbara Metzler, Decorating Den: 800-DEC-DENS, This End Up: 800-627-5161.



A white kitchen gets a dash of personality from deep, garden green and an array of produce brights. **Decorator secret:** Inexpensive, hard-plastic chairs, designed for the patio, look just as stylish around a kitchen island.



▲ Anyone would feel cheerful waking up in a buttercup-yellow bedroom; blue accents are a perfect complement. **Decorator secret:** Have a low, angled ceiling? Disguise it with a wall covering in a small, busy pattern.



◀ A corner beneath a sloping ceiling makes a perfect nook for reading if you add a chair, a floor lamp and a small table. **Decorator secret:** Soften a sharp corner with a folding screen; paint it yourself, or glue on cutout images that go with your decorating scheme.

▲ Natural-toned wicker furniture and crisp floral patterns turn any bedroom into a year-round rose garden. An airy, "see-through" pattern also makes a room look larger. **Decorator secret:** Free up space on your night stands by mounting wall lamps for bedtime reading.

Stretch your-space decorating tips

- ▼ Brighten up your kitchen with dinnerware, hand-painted in a Provençal floral design. From This End Up.
- **Combine office and dining space** by setting a piece of wood on a pair of two-drawer cabinets, suggests Marisa Lupo of Decorating Den Interiors. Drape with a floor-length cloth for dining; remove the cloth to use as a desk.
- **If your child's room is small**, and there's some money in your budget, get a loft bed—similar to an upper bunk—and fit a desk underneath to free up more play space.
- **Combine storage and seating in one piece** by putting a cushion on top of a sturdy trunk or chest, advises Anita Wiklem of Decorating Den Interiors.
- **Place your bed on an angle with the head toward a corner** instead of pushing it sideways against a wall. You'll be able to get out of bed on either side, and should still have space for other furniture along the walls.
- **If your dining room is small, and you have a big dining table**, push one side against the wall to free up space; sit along the three open sides.

NEXT WEEK: Comfortable country