

NOVEMBER 2009
£3.40

Good Housekeeping

SPECIAL
GET AHEAD
ISSUE!

www.allaboutyou.com/goodhousekeeping

253 gorgeous gifts
from under **£5**

**DO UP A ROOM
THIS WEEKEND**

6 fresh new
decorating
looks

**EASY WAYS
TO CUT
YOUR RISK
HEART DISEASE,
CANCER, DIABETES**

**Fabulous and
every age**

**Sexy party style
for 30, 40, 50, 60**

**INVESTIGATION
BRITAIN'S HEALTHIEST
RESTAURANT MEALS**

'I'm not perfect'

**Katherine Jenkins
opens her heart
PLUS
Yasmin Le Bon
Penny Smith**

We're bringing
you the...

**best
of everything**

TRIPLE-TESTED RECIPES

FROM THE GOOD HOUSEKEEPING INSTITUTE

- ★ Essential freeze-ahead collection
 - ★ Simple suppers - just 5 ingredients
 - ★ Sweet treats for family & friends
- PLUS** ★ All you need for Stir Up Sunday



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Great gift guide 2009

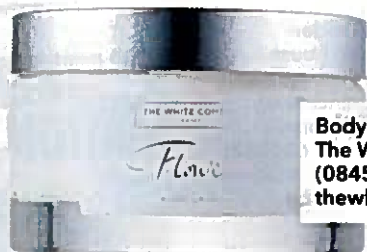


No7 mini facial accessory collection, £15, Boots (0845 121 9088; www.boots.com)



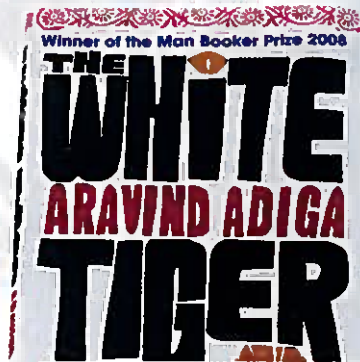
Boxer shorts, £20, S-XL, Thomas Pink (020 7498 3882; www.thomaspink.com)

Wooden rocket, £14.99, Little Nut Tree Toys (0844 800 8574; www.littlenuttree.co.uk)



Body cream, £20, The White Company (0845 678 8150; www.thewhitecompany.com)

Hopscotch, £14.99, Letterbox (0844 557 5000; www.letterbox.co.uk)



Winner of the Man Booker Prize 2008

THE WHITE TIGER

ARAVIND ADIGA

A stunning debut novel that tells the tale of two Indias from the point of view of an entertaining but amoral protagonist.

The White Tiger by Aravind Adiga, £12.99, Atlantic Books



Green and grey trilbies, £19.50 each, S-L, Marks & Spencer (0845 302 1234; www.marksandspencer.co.uk)



Pot of stilton, from £12, Fortnum & Mason (0845 300 1707; www.fortnumandmason.com)



Red scales, £15, Tesco Direct (0845 600 4411; www.tesco.com/direct)



Bath Foam, £20, Abahna (020 8675 5073; www.abahna.co.uk)



Art box, £15, V&A Shop (020 7942 2696; www.vandashop.com)



Scenes worktop saver, £15, Joseph Joseph (020 7261 1800; www.josephjoseph.com)



Earrings, £30, Lola Rose (020 7372 0777; www.lolarose.co.uk)

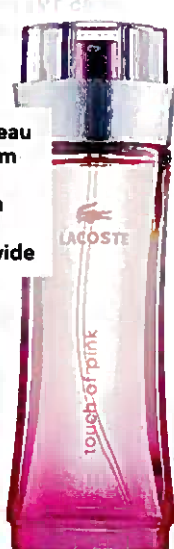


Set of two cognac glasses, £32.50, Beth Stevens (01329 822212; www.bethstevens.co.uk)



26-piece alphabet stacking blocks, £35, The White Company (0845 678 8150; www.thewhitecompany.com)

Touch of Pink eau de toilette, from £25, Lacoste. Available from department stores nationwide



Men's daily grooming set, £25, Elemis (01278 727830; www.timetospa.co.uk)

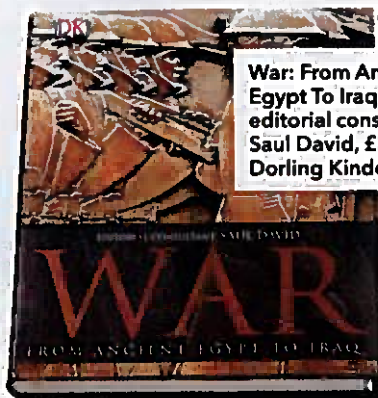
Pyjamas, £30, XS-XL, La Senza (020 8867 5399; www.lasenza.co.uk)



Salad bowl and servers, £30, Joseph Joseph (020 7261 1800; www.josephjoseph.com)



Wooden guitar, £29.99, Letterbox (0844 557 5000; www.letterbox.co.uk)



War: From Ancient Egypt To Iraq, editorial consultant Saul David, £30, Dorling Kindersley



White Scent votive gift set, £30, The White Company (0845 678 8150; www.thewhitecompany.com)