

LADIES' Home Journal

DECEMBER 2010/JANUARY 2011

The Only Way To

**BEAT
BELLY
FAT**

**Great
Gifts**
At
Discount
Prices

**Stash More
Cash** For
Retirement

**WINTER
SKIN
BEAUTY
PLAN**

Your Happiest
Holiday

- * **Creative
Cookie Recipes**
- * **Cool Decorating Ideas**
- * **Cute (And Cheap)
Party Dresses**

**SELA
WARD**
Puts Family
And Faith
First

**NORA EPHRON ON
THE EX FACTOR**

\$2.49 U.S.



LHJ.com

Easy Bedding Update

All it takes is a fresh set of sheets, patterned shams, a decorative pillow—even just a cozy throw at the foot of the bed—to give the room a brand-new look.



← Contemporary Cool

Cheer up: Bright hues like turquoise and coral pop against a graphic gray-and-white-print duvet cover.

Himalaya pillow, \$65, blisslivinghome.com • Grey Gardens duvet cover, \$80, cb2.com • Better Homes and Gardens sheet set, \$12 and up, walmart.com

Cabin Chic →

Combine super-soft flannel sheets, a striped throw and a felt appliqué pillow for an elegant spin on rustic style.

Simply Vera Vera Wang Overlapping Leaves pillow, \$50, kohls.com • Winter Berry Supima Flannel sheets, \$48 and up, garnethill.com • Pioneer wool and fleece throw, \$110, woolrich.com



← Monochromatic Modern

Create a soothing bedroom palette by mixing up earthy shades of green in a variety of patterns.

Washable wool blanket in sage windowpane plaid, \$79, llbean.com • Quadri standard pillow sham, \$40, crateandbarrel.com • LoftHome Rice Paper sheets in olive, \$24 and up, thecompanystore.com



HIDDEN POTENTIAL

If your guest room doubles as a home office or you don't have a spare room at all, go for a flexible piece that becomes an extra bed only when you need it.



THE SLEEPER LOVE SEAT

This classic small-scale sofa provides a bed—as well as storage space for linens and pillows—beneath the seat.

Hagalund sofa bed in Idemo beige, \$499, ikea.com



THE BLOW-UP BED

Ideal for any space-challenged host, this extra-high air mattress has a soft suede-like top and compresses into a tiny bag for easy storage.

Twin double-high QuickBed airbed pump combo, \$70, coleman.com



THE DAYBED

When positioned against a wall, this decorative piece preserves precious floor space and, since it's fitted with a regular twin-size mattress, offers better support than most sofa beds.

Overlapping Squares daybed, \$459 (frame only) or \$959 as shown, westelm.com