

**BONUS 12 PAGES! HOW TO RAISE HAPPY, HEALTHY CHILDREN**

THE MALAYSIAN  
**Women's Weekly**

**Real Life Shock**

**"My ex-lover tried to blackmail me"**

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**save more money**

**with your credit cards: smart tips no one else dares tell you!**

**Award-winning Kate Winslet**  
Sexier and more successful than ever – how does she do it?

**8 Fashion tips to make you look WOW at work**

**10 ways to sizzle up your love life – even if you are shy** Page 110

**WHAT CONFIDENT WOMEN KNOW**

**and you should too**

- How to turn dreams into real-life success
- What to do to maximise your talents
- Speedy secrets to a toned body

**FAST & EASY!**

**30 recipes in 15 minutes**



Teriyaki Prawn Noodles

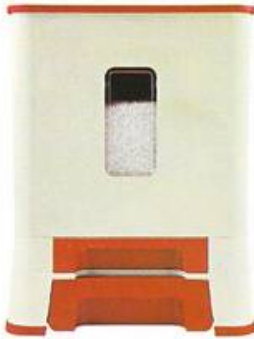


Banana Paratha



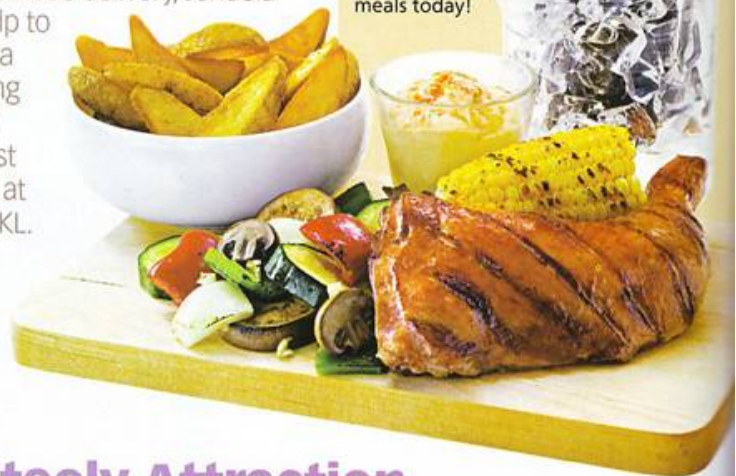
### KEEP FRESH

Inspired by Asia's main staple, Tupperware has come up with an innovative rice dispenser which every home should have! It prevents contamination with its one-of-a-kind drawer that dispenses exactly one cup of rice (150g) with each slide. Its first-in-first-out rotation ensures old rice doesn't get left at the bottom. Call 1-300-88-5500 for details.



### luxury lifestyle

The Jendela Living Showroom is now open at CapSquare, KL! Strongly rooted in fashion, art and aesthetic delivery, Jendela KL offers expert help to indulge those with a taste for luxury living and contemporary lifestyle, with its vast collection. Located at G7-07, CapSquare, KL.



### Meals On Wheels

Want your Nando's fix, but dread the parking hassle or jams? Nando's Peri-peri meals are now just a phone call away! Nando's new food and delivery service called "Peri Medic - Peri-Peri On-Call" will send your food straight to your doorstep! Log on to [www.nandos.com.my/home\\_deliver\\_menu.htm](http://www.nandos.com.my/home_deliver_menu.htm) to check out the delivery menu or call 1-300-88-6555 for your Peri-Peri meals today!



### Symbolic Gifts

Royal Selangor greets the Year of the Ox with a new range of pewter items! A symbol of strength and determination in the Chinese zodiac, those born under this sign are said to be strong-willed, uncompromising and dependable. The Year of the Ox collection includes figurines, a tea caddy and a chopstick set. Ideal as gifts or for personal use. Prices range from RM130 to RM2,800.



### Steely Attraction

Blomus's comprehensive range of stylish yet practical wine accessories will surely appeal to the wine connoisseur in you! Ranging from a wall-mounted wine holder to a drip catcher which prevents wine from tainting the labels, Blomus wine accessories not only cater to those who appreciate wine, but are also stylish additions to your home. Visit the Blomus boutique at Bangsar Shopping Centre or log on to [www.blomus.com](http://www.blomus.com).





### Beauty from within

Made from a natural and potent blend of collagen with the extract of multi-berries as well as 17 different amino acids and nutrients, NatureCare BerryGen is said to help reduce the visible effects of ageing and promote good health. Visit [www.tupperware.com.my](http://www.tupperware.com.my) for price details.



### Clean skin gently

This soap-free cleanser delivers healthy glowing skin minus the dryness and irritation. It is recommended by dermatologists as a mild, soap-free, non-drying and non-irritating formulation ideal to keep skin soft and supple. Suitable even for sensitive skin. Priced at RM45.10 (per 500ml bottle).



### Scrub away acne

Ionax Scrub is a dual action cleanser that helps keep oily and acne-prone skin under control. The tiny polyethylene granules contained in the scrub help remove dead skin cells and blackheads which clog the pores of the skin. Priced at RM31.85 at all major pharmacies.



### Aromatic teatime pleasures

Enjoy the finest tea in single-serving tea bags from The Coffee Bean & Tea Leaf. The pyramid shape of the bag allows the whole, uncut leaves and blossoms to fully expand, providing maximum flavour infusion. Available in English Breakfast, Genmaicha Green, Earl Grey, Moroccan Mint, Lemon Chamomile and Chai. Priced from RM36 to RM38.



### Easy hair solution

Nair Cream Moisturising Hair Remover is gentle enough for use on the legs, bikini area and underarms. The delicately perfumed cream is enriched with botanical ingredients to ensure effective hair removal while caring for your skin. Formulated with beeswax, the cream helps protect the skin and keep it soft. Priced from RM27.90.



### Sweet couple bottles

Tupperware has introduced the "Tea for Two" set and "Two in the Park" set. Each features a pair of two tumblers that stand uniquely by itself, but when put together tell a romantic story, perfect gifts for that special couple. Durable and made from non-toxic products, it is priced at RM25.50 per set. Call 1 300 88 5500 for information.



### Growing up strong

Nestlé's Neslac Excella Gold is enriched with 15 multi-vitamins, minerals and proteins. It contains Excella Nutri and essential fatty acids known to be key components of the brain. Priced at RM30.90 (for 1+ 600g pack) and RM27.90 (for 3+ 600g pack).



### Smooth soft heels

Scholl Cracked Heel Repair Cream repairs and relieves dry, rough and cracked heels, giving visible results in just three days and smooth, supple heels in just one week. It keeps the skin hydrated and moisturised for soft, supple heels. Priced at RM14.90.



### High quality connection

With a high data rate of up to 300Mbps, PROLink WN2200 Wireless-N USB Adapter gives you a better multimedia experience with faster web surfing and file transferring or downloading. It also offers smoother online gaming. Priced from RM135.