

RED BOOK

love your life

What no one ever tells you about marriage

The intimate truths that save relationships

BIRTH CONTROL WITH BENEFITS

Cure your belly bloat and bad moods—yay!

10 sexy one-step beauty tricks

"ORGANIZE ME!"
EXPERTS TACKLE YOUR CLUTTER, STACKS & STRESS

Sheryl Crow
on her secret struggle to adopt a second baby boy

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5 plans that make it easy

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EASIER, BETTER, FASTER

This month's good-to-know news for your home, your wallet, and your sanity.

Get a full kid's wardrobe for about \$13

Get ready for it: By age 17, the average child will outgrow more than 1,300 pieces of clothing, which cost what amounts to \$20,000. To avoid that waste, go to [thredup.com](#), a site that lets parents exchange boxes of good-as-new clothes that no longer fit their kids for hand-me-downs from like-minded families.

The site arranges home pickup and delivery; all you pay is shipping, which averages about \$13 per box.



Learn to speak mechanic

Feeling anxious that the car mechanic is ripping you off, because—let's face it—you don't know any better? Smarten up at [driverside.com](#). The site offers information about what typical repairs should cost in your area, video tutorials on how to check engine fluids or change your car's oil yourself, and mechanics who are ready to answer all your car questions—no matter how amateur.

Come on—you deserve this!

Think spending \$5 on a smoothie is a waste? Whip up one at home for less than \$2 a serving. Jamba Juice now sells make-your-own kits of favorite blends (including Mango-a-go-go, Razmatazz, and Strawberries Wild) in the frozen aisle at grocery stores. Even sweeter: Each serving contains your daily dose of vitamin C and sets you back only 120 calories.



TAP INTO AMERICA'S BEST FOOD

Now there's a place where you can get Wisconsin cheddar, Texas honey, Alaskan halibut, and other regional favorites shipped directly to your home. At [regionalbest.com](#), shoppers can buy direct from artisans, farmers, ranchers, cheese makers, and bakers across the country—so no matter where you live, you can get a taste of U.S.A.'s finest.

Bike with baby more safely and easily

When you bring baby on your bike ride, which muscle gets the most action: your legs from pedaling, or your neck from turning around to make sure she's okay? Keep your head on straight with WeeRide ([weeride.com](#)). The carrier attaches in front of you, so you can keep an eye on the road and on your little one.

Talk about sweet charity!

You know you'll be going for ice cream this month, so make it August 5: As part of Miracle Treat Day, Dairy Queen will donate \$1 from every Blizzard sold to Children's Miracle Network, which raises funds for children's hospitals.

ZIP THROUGH AIRPORT SECURITY

Get all your lotions, shampoos, and other travel-challenged liquids through the security checkpoint—without worrying that the guard will make you toss it all. [3toz.com](#) sells mini editions of your favorite brands of toiletries in TSA-friendly sizes. Flight leaves tomorrow? Don't sweat it: They'll waive overnight shipping fees and charge you only the standard ground cost if you leave within three days.

Get a truly psychic weather report

Ever find yourself lugging around your jacket on a warm day, or wishing you had brought one on a cool night? The people at [doineedajacket.com](#) have been there—and now they want to solve your cover-up conundrum. Simply enter your zip code on the site and they'll give you a no-nonsense yes or no—so you'll know what you need before you walk out the door.