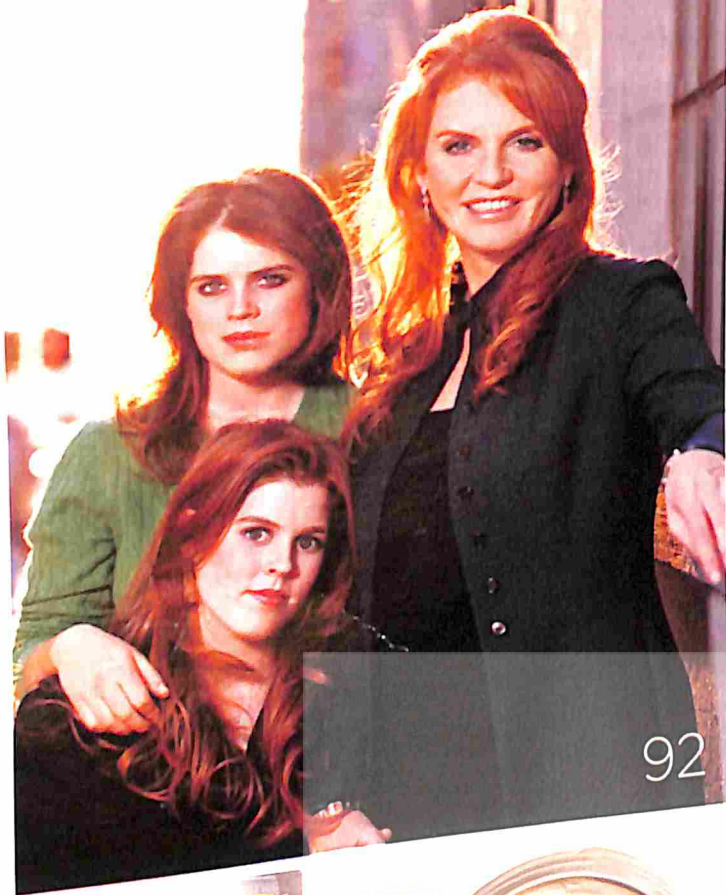


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**On the Cover:** The Duchess of York and her daughters photographed exclusively for *Ladies' Home Journal* by Timothy White. On the Duchess: Hair: Antoinette Guzzo for Frédéric Fekkai. **Makeup:** Susanna Houser at See Management for Dior Cosmetics. On Princesses Beatrice and Eugenie: Hair: Donald Mikula. **Makeup:** Charlie Green for Smashbox Cosmetics. **Stylist:** Linda Medvene for ETS Represents. **Manicure:** Tatyana & Gabbana Skirt, Ralph Lauren. On the Duchess: Jacket: Dolce & Gabbana. Skirt, Ralph Lauren. On Princess Beatrice: Dress: Tocca. On Princess Eugenie: Top, Marchesa. Jeans: J Brand. **Prop Stylist:** Ethan Tobman.





# LADIES' Home Journal

Beat-the-Clock Beauty

JULY 2006

## Lose Weight By the Weekend! Here's How

## Stressed To the Limit?

### A Surprisingly Simple Cure

### EXCLUSIVE

The Duchess of York  
with her princess  
daughters talks about  
dieting, dating  
and making dreams  
come true

### SCAM ALERT

### Bank Mistakes That Cost You \$\$\$

## The Pain You Shouldn't Ignore

## Clutter Fixes For a Better Basement

## Great American Grilling

## Easy Summer Suppers

Sarah Ferguson (right)  
with daughters  
Princess Eugenie (top)  
and Princess Beatrice

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