

Fill your week with smiles!

THURSDAY, OCTOBER 31 HALLOWEEN

Get in the spooky spirit!

Conjure up a ghoulishly good cocktail for your grown-up visitors tonight! "Halloween is usually all about the kids, but the adults can also have fun with a boozy treat!" says Erin, who shares recipes at DinnersDishesAndDesserts.com.

To make Erin's chilling cocktail: In a pitcher, mix 48 oz. of green Hawaiian punch, 12 oz. of pineapple juice and 2 cups of gin. When ready to serve, stir in 16 oz. of lemon-lime soda. Serve over ice and garnish with gummi worms or other Halloween candy. Serves 10.

JOKE OF THE WEEK

Feeling dog tired

A dog wandered into a woman's yard. She could tell from his collar that he had a home, but he followed her inside, fell asleep on the couch for an hour, then left. This happened several days in a row until the woman pinned a note to his collar: "Every day your dog comes to my house for a nap." The next day he had a new note on his collar: "He lives in a home with four kids. He's catching up on sleep. Can I join him tomorrow?"

SATURDAY, NOVEMBER 2
BOOK LOVERS DAY

Discover new reads!

Gather your friends for a book swap! "The premise is simple: Bring a book you love and get ready for a twist on a white elephant gift exchange," says Danny Feekes, managing editor at GoodReads.com. Jot down a number for each guest on a note card and have guests draw one. Whoever draws number one picks a book from the pile, and the next person can steal it or go to the pile. "But each book can only be stolen twice," says Feekes. "May the odds be ever in your favor!" To make it even more fun, he suggests wrapping the book and writing hints about it on the paper, like "WWII drama" or "coming-of-age science fiction."



OCTOBER 24–NOVEMBER 11
WORLD ORIGAMI DAYS

Fold-up fun!



Boost your brainpower today as you try your hand at origami, the Japanese art of paper folding. Canadian researchers found that taking a 10-minute break to focus on a creative task that requires hand-eye coordination, such as origami, energizes the *prefrontal cortex* (the region of the brain that helps us stay clear-headed), sharpening focus and memory by 32%. Not sure where to begin? Find easy step-by-step directions and photos for creations ranging from everything from animals to stars at Make-Origami.com.

Support military families!

Do you have unexpired manufacturer's coupons to spare? If so, send them to Support Our Troops' Troopons Program! They'll ship the coupons to families at military bases worldwide. Mail to Support Our Troops, PO Box 70, Daytona Beach, FL 32115, and learn how to sort and pack them at SupportOurTroops.org/troopons.

WEDNESDAY, OCTOBER 30 BUY A DONUT DAY

Treat yourself!

We didn't think donuts could get any more delicious until we heard about the *donnoli*—a donut and cannoli mashup that's trending in bakeries around the country. And it's easy to make your own using store-bought donuts, assure the experts in the *Woman's World* test kitchen.

To make a Donnoli: Stir together ½ cup of ricotta cheese, 2 Tbs. of confectioners' sugar and 1 Tbs. each of chopped dried fruit, chopped toasted nuts and chopped dark chocolate. Slice 2 glazed or plain donuts in half crosswise and spread ricotta mixture on 2 bottom halves. Place remaining halves on top. Makes 2.



FRIDAY, NOVEMBER 1 GIVE UP YOUR SHOULDs DAY

You deserve a break!

Instead of tackling the list of things you *should* do today, psychologist Suzanne Degges-White, Ph.D., has another idea: "Make a list of things that have personal and intrinsic value to you, whether that's a clean home, a hot meal on the table or a weekly night out with friends," she says. "Now you've created the *only* list of 'shoulds'

that should ever really matter." But when a "should" threatens to derail you, she says, "Remind yourself that while you *could* keep your house cleaner, you're choosing to do the things on your priority to-do list, like spending time with your family. Once you know what's important to you, focus on these goals." It *should* put a smile on your face!



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Start your week with a **Laugh!**



Q Why are ghosts so bad at lying?

A Because you can see right through them!



"If I really want to scare my husband, I just show him my shopping receipts!"

Kids are funNy!

One Sunday, I brought my grandchildren to church. Just before Holy Communion, the youngest asked to go to the restroom. When we returned, my 5-year-old granddaughter yelled out, "Grandma, you missed your snack!"

—C.C., Dover, SE

