

Here's the Deal...  
for women in the kn&ow

exclusively for  
newsobserver.com  
registered users

newsobserver.com  
N&O  
knowing is better

triangle.com

Taking Stock | Stylin' | TriangleMom2Mom.com | Skirt! | Mouthful

Win a family membership to the North Carolina Museum of Art



What is your first memory of visiting a museum? Answer the question in our forum on [TriangleMom2Mom](#) by midnight, June 10th and you could win a family membership to the North Carolina Museum of Art.



COUPONS  
COUPONS  
COUPONS

ADD EXTRA SUNDAYS TO YOUR N&O SUBSCRIPTION FOR ONLY \$1 A PIECE!



[ORDER HERE](#)

Know a woman in the kn&ow?

See links at the top and bottom of this email to share with a friend.

Interested in advertising?

[Contact us](#)

Stay a woman in the kn&ow!

[Sign up](#) to receive the "Here's the Deal" newsletter every Wednesday

Taking Stock

with Sue Stock

Wednesday deals...



As we enter the summer, it seems that retailers are experimenting with different types of deals to get you to shop in their stores. Be on the lookout for new "combo deals," where you get certain items for free when you buy other items. Food Lion seems to be experimenting heavily this week with those, and Harris Teeter has a pretty killer meal deal where you get four items free when you buy two DiGiorno pizzas.

[Read more ...](#)



THE TWILIGHT SAGA: ECLIPSE

Win passes to an

advance screening June 28!

Only N&O Subscribers may enter to win at: [newsobserver.com/zone](#)

Stylin'

with Jennifer Bringle

Made over by Macy's



For fans of TLC's "What Not to Wear," it's fun to imagine getting one of those whirlwind New York makeovers from Clinton Kelly. This weekend, 12 local women will get to live out that fantasy via the "Macy's and Clinton Kelly Make Over America" tour.

"It's an absolutely amazing experience," says Kelly, on the phone on a break from his hit show co-hosted with Stacy London.

The tour traveled to eight cities this year, making over 12 contest winners in each. Raleigh is this year's final stop. "I did 225 women last year, and

96 women this year. So that's ... 321 women. Is that a world record? (We'll leave that to the Guinness folks.)

[Read more ...](#)

deal\$

Check out our new deal\$ page!

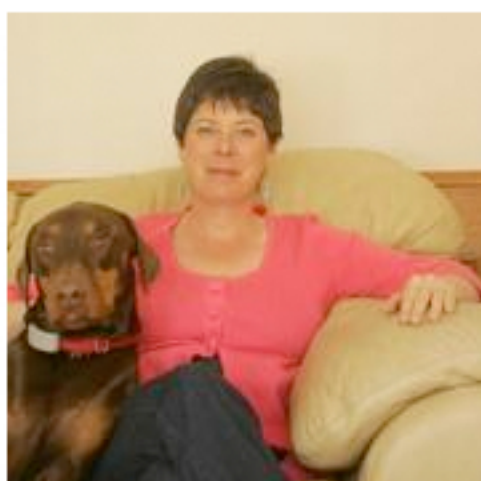
[newsobserver.com/deals](#)

Start saving today!

Triangle Mom2Mom

where Triangle moms connect

Baby Showers Bring Mad Glowers (Relieve)



I have been stricken with the Mom version of Senior-itis. It's all the rage with the kids. End of school. Ceasing to care. Desiring to nap extensively. And the holiday Monday has my internal calendar (which is not very reliable to start with) all confused. So, I missed my deadline and decided instead of adding the pressure of doing something original, I would give y'all a little rerun.

I've been out of the baby shower groove for years now. It's been a long time since one of my circle of friends has been capable of or interested in conception at all. Except perhaps our focus on making sure that our daughters avoid it at all costs!

A cyber-friend of mine, Chris at [What-a-Mother](#), who does NOT live anywhere near here, received a baby shower invitation that ran to two pages full of demands wrapped in fluffy, cutesy, quasi-nauseating poetry. In addition to a gift, she was instructed that instead of a card, she should bring a children's book. Not just any children's book, mind you (like I probably would have dug through my kids' collection and found the least mutilated one), but a SIGNED children's book.

[Read more ...](#)



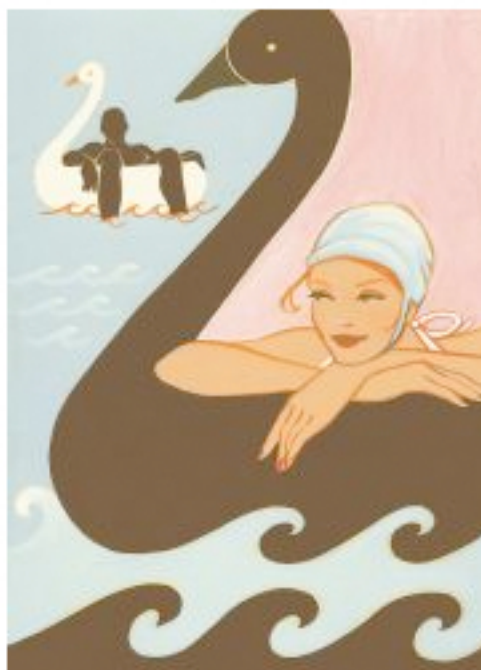
The N&O Travel Deal of the Week has YOUR Travel Cure for All Seasons!

[Click Here](#) to Register for our weekly eNewsletter

Skirt! Raleigh

with Allison Beale

The Destination Issue



It's no coincidence our Destination Issue arrives just as summer begins. We know this season as a time of travel, or at the very least, desiring to travel. From crossing off far-flung locales from your list to enjoying the sedentary beach chair life, summer is the time to indulge in a trip.

[read more](#)

skirt!  
.com

Funny. Passionate. Smart.

Check out our site: <http://raleigh.skirt.com/>

Mouthful

with Andrea Weigl

Frugal Feasts: Split Chicken Breasts

I thought I'd do something a little different today with Frugal Feasts. Split chicken breasts are often one of the cheapest meat selections at the grocery store. Again this week, Harris Teeter has them for 88 cents a pound.

But I always sort of struggle with what to do with these bone-in breasts. A few weeks ago, I shared the only recipe in my arsenal that uses bone-in chicken breast: [my recipe for chicken salad](#). But some recent reading makes me think I'm not taking enough advantage of this consistently low-priced cut.

With a little knife work, you can turn these split chicken breasts into boneless chicken breasts. I found an easy tutorial at the [5dollarinnings](#) blog. Click [HERE](#) to read it. The blog's author Erin Chase will marinate and freeze those boneless breasts for easy future meals, including Ginger Chicken Stirfry.

[Read more ...](#)