

## THE ARIZONA REPUBLIC

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# Rescue your wardrobe, diet with these 3 ideas

By Karina Bland  
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Be good to yourself this week with these three ideas. (Go ahead, no one's watching.)

### Dear diary

You can double how much weight you lose simply by writing down what you eat, according to a new study from the Kaiser Permanente Center for Health Research in Oregon. We like the purse-size Little Black Book Daily Food Diary to track what we eat and when, with room to note serving sizes and calories. Seeing it all laid out makes us skip dessert, figuring we've had enough.

Details: \$20 at [dailyfooddiary.net](http://dailyfooddiary.net).



The Minimergency Survival Kit has hair spray, stain remover and more.

### Magical bag

There's a Mary Poppins in every group of female friends — you know, the one with the magical bag from which she produces anything anyone needs: needle and thread, wet wipes, nail file. She's handy to have around, but her purse is *huge*.

What she needs is a Minimergency Survival Kit, smaller than some cellphones yet it includes hair spray, dental floss, clear nail polish and remover, emery board, lip balm, earring backs, elastic bands, sewing kit, double-sided tape, stain remover, deodorant, tampon, breath freshener, pain reliever and adhesive bandages. Everything but the spoonful of sugar.

Details: \$10 at [msandmrs.com](http://msandmrs.com).

### Hand-me-downs

You've exhausted the 75 percent-off racks at Target, but you're still not happy with the spring wardrobe you're putting together on your bargain-bin budget. Check out the second-hand designer apparel at My Sister's Closet. It's nothing like your big sister's hand-me-downs. Four locations, including 2033 E. Camelback Road, Phoenix, 602-954-6080.

Details: [mysisterscloset.com](http://mysisterscloset.com).

