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Best Buy flat-panel TV and a high-definition DVD player – p38



Screens of silver Making the most of your visit to the cinema – p12



Superfood or supercon? The facts and the fiction behind omega 3 labelling – p16



The true cost of financial advice Make sure you don't get stung by excessive charges – p19



Best Buys



- Camcorders
- Cash Isas
- Child trust funds
- Current accounts
- Digital radios
- Dishwashers
- Flat-panel TVs
 Microwave ovens
- MP3 and MP4 players
- Savings accounts
- Travel insurance
- Tumble dryers



Festive bargains Online or high street for Christmas gifts? We help you find the best deals – p30

Low-energy light bulbs

How doing a little bit for the planet can save you money at the same time – see p66

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