

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

OMB APPROVAL	
OMB Number:	3235-0287
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1. Name and Address of Reporting Person* <u>PIKE ROBERT W</u> (Last) (First) (Middle) <u>THE ALLSTATE CORPORATION</u> <u>2775 SANDERS ROAD</u> (Street) <u>NORTHBROOK IL 60062-6127</u> (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>ALLSTATE CORP [ALL]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>Vice President and Secretary</u>
	3. Date of Earliest Transaction (Month/Day/Year) <u>09/17/2004</u>	
	4. If Amendment, Date of Original Filed (Month/Day/Year)	
6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person		

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	09/17/2004		M		17,000	A	\$31.78	76,505	D	
Common Stock	09/17/2004		M		20,030	A	\$26.69	96,535	D	
Common Stock	09/17/2004		M		68,000	A	\$33.38	164,535	D	
Common Stock	09/17/2004		F ⁽¹⁾		1,723	D	\$48.47	162,812	D	
Common Stock	09/17/2004		F ⁽¹⁾		2,650	D	\$48.47	160,162	D	
Common Stock	09/17/2004		F ⁽¹⁾		6,234	D	\$48.47	153,928	D	
Common Stock	09/17/2004		S		94,423	D	\$48.8041	59,505	D	
Common Stock								2,124,1113 ⁽²⁾	I	by 401(k) Plan

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date						Title
Employee Stock Option (right to buy)	\$26.69	09/17/2004		M			20,030	05/18/2001 ⁽³⁾	05/18/2010	Common Stock	20,030	\$48.47	0	D	
Employee Stock Option (right to buy)	\$31.78	09/17/2004		M			17,000	02/07/2004	02/07/2013	Common Stock	17,000	\$48.47	51,000	D	
Employee Stock Option (right to buy)	\$33.38	09/17/2004		M			68,000	02/07/2003 ⁽⁴⁾	02/07/2012	Common Stock	68,000	\$48.47	68,000	D	

Explanation of Responses:

- Delivery of shares to issuer to pay minimum tax withholding liability incurred in connection with the exercise.
- Reflects acquisition of 22,6143 shares of The Allstate Corporation common stock since May 12, 2004 under The Savings and Profit Sharing Fund of Allstate Employees, a 401(k) plan, pursuant to the most recent plan statement, dated September 20, 2004.
- The option vested in four equal increments, May 18, 2001, May 18, 2002, May 18, 2003 and May 18, 2004.
- The option vests in four equal increments, February 7, 2003, February 7, 2004, February 7, 2005 and February 7, 2006.

ROBERT W PIKE

09/20/2004

** Signature of Reporting Person

Date

* If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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