

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>PILCH SAMUEL H</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 Officer (give title below) Other (specify below) X Controller
	3. Date of Earliest Transaction (Month/Day/Year) <u>07/30/2004</u>	
		6. Individual or Joint/Group Filing (Check Applicable Line) X 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	07/30/2004		M		3,750	A	\$37.29	35,539	D	
Common Stock	07/30/2004		M		5,750	A	\$26.69	41,289	D	
Common Stock	07/30/2004		M		2,501	A	\$36.66	43,790	D	
Common Stock	07/30/2004		M		565	A	\$36.66	44,355	D	
Common Stock	07/30/2004		M		381	A	\$36.66	44,736	D	
Common Stock	07/30/2004		M		500	A	\$26.69	45,236	D	
Common Stock	08/02/2004		S		12,947	D	\$46.7078	32,289	D	
Common Stock								1,596,158 ⁽¹⁾	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	07/30/2004		M			5,750	05/18/2001 ⁽²⁾	05/18/2010	Common Stock	5,750	\$26.69	500	D	
Employee Stock Option (right to buy)	\$26.69	07/30/2004		M			500	05/18/2001 ⁽²⁾	05/18/2010	Common Stock	500	\$26.69	0	D	
Employee Stock Option (right to buy)	\$36.66	07/30/2004		M			565	10/26/2001 ⁽³⁾	11/08/2005	Common Stock	565	\$36.66	381	D	
Employee Stock Option (right to buy)	\$36.66	07/30/2004		M			381	10/26/2001 ⁽³⁾	11/08/2005	Common Stock	381	\$36.66	0	D	

**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	Amount or Number of Shares				
Employee Stock Option (right to buy)	\$36.66	07/30/2004		M			2,501	10/26/2001 ⁽³⁾	08/15/2006	Common Stock	2,501	\$36.66	0	D	
Employee Stock Option (right to buy)	\$37.29	07/30/2004		M			3,750	09/12/2003	09/12/2012	Common Stock	3,750	\$37.29	11,250	D	

Explanation of Responses:

1. Reflects acquisition of 8,519 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 August 2, 2004.
2. The option vested in four equal increments, May 18, 2001, May 18, 2002, May 18, 2003 and May 18, 2004.
3. The option vested in three equal increments, October 26, 2001, October 26, 2002, and October 26, 2003.

SAMUEL H PILCH

08/03/2004

** Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

* 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.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.