

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>SYLLA CASEY</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> _____ 3. Date of Earliest Transaction (Month/Day/Year) <u>08/04/2004</u> _____ 4. If Amendment, Date of Original Filed (Month/Day/Year)			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner Officer (give title below) <input checked="" type="checkbox"/> Other (specify below) <u>President Allstate Financial</u>		
			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> 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	08/04/2004		M		36,384	A	\$36.64	112,579	D	
Common Stock	08/04/2004		S		80,969	D	\$46.7781	31,610	D	
Common Stock	08/04/2004		M		1,614	A	\$42.1	33,224	D	
Common Stock	08/04/2004		M		42,971	A	\$26.69	76,195	D	
Common Stock	08/04/2004		M		1,000	A	\$26.69	77,195	D	
Common Stock								1,741,286 ⁽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
Employee Stock Option (right to buy)	\$26.69	08/04/2004		M		42,971	05/18/2001 ⁽²⁾	05/18/2010	Common Stock	42,971	\$26.69	44,971	D	
Employee Stock Option (right to buy)	\$26.69	08/04/2004		M		1,000	05/18/2001 ⁽²⁾	05/18/2010	Common Stock	1,000	\$26.69	43,971	D	
Employee Stock Option (right to buy)	\$36.64	08/04/2004		M		36,384	08/14/1998 ⁽³⁾	08/14/2007	Common Stock	36,384	\$36.64	0	D	
Employee Stock Option (right to buy)	\$42.1	08/04/2004		M		1,614	04/30/2002 ⁽⁴⁾	07/26/2005	Common Stock	1,614	\$42.1	0	D	

Explanation of Responses:

- Reflects acquisition of 9,312 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 4, 2004.
- The option vested in four equal increments, May 18, 2001, May 18, 2002, May 18, 2003 and May 18, 2004.
- The option vested in three equal increments, August 14, 1998, August 14, 1999 and August 14, 2000.
- The option vested in three equal increments, April 30, 2002, April 30, 2003 and April 30, 2004.

Janet M. Zukowski for

08/05/2004

** 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.