

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL	
OMB Number:	3235-0287
Estimated average burden hours per response:	0.5

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

1. Name and Address of Reporting Person* LIDDY EDWARD M (Last) (First) (Middle) THE ALLSTATE CORPORATION 2775 SANDERS ROAD (Street) NORTHBROOK IL 60062-6127 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol ALLSTATE CORP [ALL]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) Chairman, President and CEO
	3. Date of Earliest Transaction (Month/Day/Year) 08/20/2004	
	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 <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	08/20/2004		M		218,676	A	\$15.22	595,621	D	
Common Stock	08/20/2004		M		141,262	A	\$9.93	736,883	D	
Common Stock	08/20/2004		M		121,980	A	\$12.82	858,863	D	
Common Stock	08/20/2004		M		17,860	A	\$31.1	876,723	D	
Common Stock	08/20/2004		M		33,434	A	\$41.58	910,157	D	
Common Stock	08/20/2004		F ⁽¹⁾		62,518	D	\$47.31	847,639	D	
Common Stock	08/20/2004		F ⁽¹⁾		114,031	D	\$47.31	733,608	D	
Common Stock	08/20/2004		F ⁽¹⁾		30,576	D	\$47.31	703,032	D	
Common Stock	08/20/2004		F ⁽¹⁾		13,542	D	\$47.31	689,490	D	
Common Stock	08/20/2004		F ⁽¹⁾		59,241	D	\$47.31	630,249	D	
Common Stock	08/20/2004		S ⁽²⁾		3,800	D	\$47.56	626,449	D	
Common Stock	08/20/2004		S ⁽²⁾		4,000	D	\$47.57	622,449	D	
Common Stock	08/20/2004		S ⁽²⁾		9,400	D	\$47.52	613,049	D	
Common Stock	08/20/2004		S ⁽²⁾		13,200	D	\$47.54	599,849	D	
Common Stock	08/20/2004		S ⁽²⁾		21,100	D	\$47.51	578,749	D	
Common Stock	08/20/2004		S ⁽²⁾		27,200	D	\$47.55	551,549	D	
Common Stock	08/20/2004		S ⁽²⁾		34,200	D	\$47.53	517,349	D	
Common Stock	08/20/2004		S ⁽²⁾		55,469	D	\$47.5007	461,880	D	
Common Stock	08/20/2004		S ⁽²⁾		59,900	D	\$47.5	401,980	D	
Common Stock								3,138,589 ⁽³⁾	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	Amount or Number of Shares				
Employee Stock Option (right to buy)	\$9.93	08/20/2004		M		141,262		02/10/1996 ⁽⁴⁾	01/31/2005	Common Stock	141,262	\$9.93	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)	\$12.82	08/20/2004		M			121,980	02/06/1996 ⁽⁵⁾	02/06/2005	Common Stock	121,980	\$12.82	0	D	
Employee Stock Option (right to buy)	\$15.22	08/20/2004		M			218,676	07/06/1996 ⁽⁶⁾	07/06/2005	Common Stock	218,676	\$15.22	0	D	
Employee Stock Option (right to buy)	\$31.1	08/20/2004		M			17,860	01/17/1998 ⁽⁷⁾	01/31/2005	Common Stock	17,860	\$31.1	0	D	
Employee Stock Option (right to buy)	\$41.58	08/20/2004		M			33,434	10/30/1998 ⁽⁸⁾	01/31/2005	Common Stock	33,434	\$41.58	0	D	

Explanation of Responses:

- Delivery of shares to issuer to pay the exercise price and minimum tax withholding liability incurred in connection with the exercise.
- The sales reported in this Form 4 were effected pursuant to a Rule 10b5-1(c) trading plan adopted by the reporting person on August 5, 2004.
- Reflects acquisition of 16,178 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 23, 2004.
- The option vested on February 10, 1996.
- The option vested in three equal increments, February 6, 1996, February 6, 1997 and February 6, 1998.
- The option vested in three equal increments, July 6, 1996, July 6, 1997 and July 6, 1998.
- The option vested in three equal increments, January 17, 1998, January 17, 1999 and January 17, 2000.
- The option vested in three equal increments, October 30, 1998, October 30, 1999 and October 30, 2000.

EDWARD M LIDDY

08/24/2004

** 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.

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