PILCH SAMUEL H Form 4

March 18, 2005

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

Check this box if no longer subject to Section 16. Form 4 or

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

(Last)

1. Name and Address of Reporting Person * PILCH SAMUEL H

2. Issuer Name and Ticker or Trading Symbol

ALLSTATE CORP [ALL]

(Middle) 3. Date of Earliest Transaction (Month/Day/Year)

THE ALLSTATE CORPORATION, 2775 SANDERS **ROAD**

(Street)

(First)

03/16/2005

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

OMB APPROVAL

3235-0287

January 31,

2005

0.5

OMB

Number:

Expires:

response...

Estimated average

burden hours per

(Check all applicable)

Director 10% Owner Other (specify X_ Officer (give title below) below) Controller

6. Individual or Joint/Group Filing(Check Applicable Line)

X Form filed by One Reporting Person Form filed by More than One Reporting

NORTHBROOK, IL 60062-6127

(City)	(State)	(Zip) Tabl	le I - Non-I	Derivative	Secur	ities Acqu	uired, Disposed of	f, or Beneficial	y 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 on(A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or		5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common			Code V	Amount	(D)	Price	(Instr. 3 and 4)		
Common Stock	03/16/2005		M	10,150	A	\$ 33.38	42,387 (1)	D	
Common Stock	03/16/2005		S	10,150	D	\$ 54.37	32,237 (1)	D	
Common Stock	03/16/2005		M	5,368	A	\$ 31.78	37,605 <u>(1)</u>	D	
Common Stock	03/16/2005		S	5,368	D	\$ 54.37	32,237 (1)	D	
Common Stock	03/16/2005		S	5,000	D	\$ 54.37	27,237 (1)	D	

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 $\begin{array}{ccc} \text{Common} & & & 1,819.5732 \\ \text{Stock} & & & \underline{\text{(2)}} & & \text{I} & & \text{by } 401(\text{k}) \\ \end{array}$

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

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 control number.

SEC 1474

(9-02)

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 orDerivative 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 Underlying Securitic (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amou or Numb of Sha
Employee Stock Option (right to buy)	\$ 31.78	03/16/2005		M	5,368	02/07/2004(3)	02/07/2013	Common Stock	5,36
Employee Stock Option (right to buy)	\$ 33.38	03/16/2005		M	10,150	02/07/2003(4)	02/07/2012	Common Stock	10,1

Reporting Owners

Reporting Owner Name / Address	Kelationships					
	Director	10% Owner	Officer	Other		

PILCH SAMUEL H THE ALLSTATE CORPORATION 2775 SANDERS ROAD NORTHBROOK, IL 60062-6127

Controller

Signatures

SAMUEL H PILCH 03/18/2005

**Signature of Date
Reporting Person

Reporting Owners 2

Relationshins

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Explanation of Responses:

- * 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).
- (1) The transactions reported in this Form 4 were effected pursuant to a Rule 10b5-1(c) trading plan adopted by the reporting person on March 1, 2005.
- (2) Reflects acquisition of 10.021 shares of The Allstate Corporation common stock since February 14, 2005 under The Savings and Profit Sharing Fund of Allstate Employees, a 401(k) plan, pursuant to the most recent plan statement, dated March 17, 2005.
- (3) Remaining increments of employee stock option to purchase 10,736 shares of common stock to vest in two equal installments on February 7, 2006 and February 7, 2007.
- (4) Remaining increment of employee stock option to purchase 10,150 shares of common stock to vest on February 7, 2006.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.