SECURITIES AND EXCHANGE COMMISSION

WASHINGTON, DC 20549

FORM 11-K

(Mark One):

X

ANNUAL REPORT PURSUANT TO SECTION 15(d) OF THE SECURITIES EXCHANGE ACT OF 1934

For the fiscal year ended December 31, 2004

OR

0 TRANSITION REPORT PURSUANT TO SECTION 15(d) OF THE SECURITIES EXCHANGE ACT OF 1934

For the transition period from to

Commission file number 1-11840

A. Full title of the plan and the address of the plan, if different from that of the issuer named below:

THE SAVINGS AND PROFIT SHARING FUND OF ALLSTATE EMPLOYEES

B. Name of issuer of the securities held pursuant to the plan and the address of its prinicipal executive office:

THE ALLSTATE CORPORATION 2775 SANDERS ROAD STE. E-5 NORTHBROOK, ILLINOIS 60062-6127

The Savings and Profit Sharing Fund of Allstate Employees

Financial Statements as of and for the Years Ended December 31, 2004 and 2003, Supplemental Schedule as of December 31, 2004 and Report of Independent Registered Public Accounting Firm

THE SAVINGS AND PROFIT SHARING FUND OF ALLSTATE EMPLOYEES

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SUPPLEMENTAL SCHEDULE: *

Form 5500, Schedule H, Part IV, Line 4i-Schedule of Assets (Held at End of Year) as of December 31, 2004

SIGNATURE

EXHIBIT INDEX

23 Consent of Deloitte & Touche LLP

* All other supplemental schedules required by Section 2520.103-10 of the Department of Labor's Rules and Regulations for Reporting and Disclosure under the Employee Retirement Income Security Act of 1974 have been omitted because they are not applicable.

[DELOITTE & TOUCHE LLP LETTERHEAD]

REPORT OF INDEPENDENT REGISTERED PUBLIC ACCOUNTING FIRM

To the Trustees and Participants of The Savings and Profit Sharing Fund of Allstate Employees:

We have audited the accompanying statements of net assets available for benefits of The Savings and Profit Sharing Fund of Allstate Employees (the "Fund") as of December 31, 2004 and 2003, and the related statements of changes in net assets available for benefits for the years then ended. These financial statements are the responsibility of the Fund's management. Our responsibility is to express an opinion on these financial statements based on our audits.

We conducted our audits in accordance with standards of the Public Company Accounting Oversight Board (United States). Those standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statements are free of material misstatement. The Plan is not required to have, nor were we engaged to perform, an audit of its internal control over financial reporting. Our audits included consideration of internal control over financial reporting as a basis for designing audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Plan's internal control over financial reporting. Accordingly, we express no such opinion. An audit also includes examining, on a test basis, evidence supporting the amounts and disclosures in the financial statements, assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation. We believe that our audits provide a reasonable basis for our opinion.

In our opinion, such financial statements present fairly, in all material respects, the net assets available for benefits of the Fund as of December 31, 2004 and 2003, and the changes in net assets available for benefits for the years then ended in conformity with accounting principles generally accepted in the United States of America.

Our audits were conducted for the purpose of forming an opinion on the basic financial statements taken as a whole. The supplemental schedule of assets (held at end of year) at December 31, 2004, is presented for the purpose of additional analysis and is not a required part of the basic financial statements, but is supplementary information required by the Department of Labor's Rules and Regulations for Reporting and Disclosure under the Employee Retirement Income Security Act of 1974. The supplementary information in the statements of net assets available for benefits and the statements of changes in net assets available for benefits of the individual funds. The supplemental schedule and supplementary information are the responsibility of the Fund's management. Such supplemental schedule and supplementary information have been subjected to the auditing procedures applied in our audit of the basic financial statements and, in our opinion, are fairly stated in all material respects when considered in relation to the basic financial statements taken as a whole.

/s/DELOITTE & TOUCHE LLP

June 17, 2005 Chicago, Illinois

THE SAVINGS AND PROFIT SHARING FUND OF ALLSTATE EMPLOYEES

STATEMENT OF NET ASSETS AVAILABLE FOR BENEFITS DECEMBER 31, 2004 (Dollars in thousands)

		Supplementary Information							
ASSETS	Dir	icipant- rected unds	Allstate Stock Fund	ESOP Company Shares Unallocated	Total				
INVESTMENTS—At fair value: The Allstate Corporation common stock Interest in registered investment company, State Street Global Advisors (SSgA):	\$	— \$	921,827 \$	661,311 \$	1,583,138				

SSgA Short Term Investment Fund SSgA Bond Market Index Fund Series A SSgA Allstate Balanced Fund SSgA S&P 500 Flagship Fund Series A SSgA Daily EAFE Fund Series T SSgA Russell 2000 Fund Series A Collective short-term investment fund Participant notes receivable	371,964 155,297 565,713 680,461 157,700 326,206 88,098	3,752	6,429	371,964 155,297 565,713 680,461 157,700 326,206 10,181 88,098
Total investments	2,345,439	925,579	667,740	3,938,758
RECEIVABLES: Dividends and interest Employer contributions Employee contributions Interfund	671 10,304	4,944 5,250 1,126 106,457	3,591 7,900	9,206 13,150 11,430 106,457
Total receivables	10,975	117,777	11,491	140,243
Total assets	2,356,414	1,043,356	679,231	4,079,001
LIABILITIES				
ESOP LOAN (Notes 1 and 3)			70,271	70,271
PAYABLES: Interest Other Interfund	456	127	1,388 106,457	1,388 583 106,457
Total liabilities	456	127	178,116	178,699
NET ASSETS AVAILABLE FOR BENEFITS	\$ 2,355,958	\$ 1,043,229	\$ 501,115	\$ 3,900,302
See notes to financial statements.				

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THE SAVINGS AND PROFIT SHARING FUND OF ALLSTATE EMPLOYEES

STATEMENT OF NET ASSETS AVAILABLE FOR BENEFITS DECEMBER 31, 2003 (Dollars in thousands)

Supplementary Information ESOP Participant-Directed Allstate Company Shares Stock Fund Unallocated Total ASSETS Funds INVESTMENTS—At fair value: 757,267 \$ The Allstate Corporation common stock \$ \$ 674,660 \$ 1,431,927 Interest in registered investment company, State Street Global Advisors (SSgA): SSgA Short Term Investment Fund 379,982 379,982 SSgA Bond Market Index Fund Series A 143,843 143,843 SSgA Allstate Balanced Fund 549,600 549,600 SSgA S&P 500 Flagship Fund Series A 583,301 583,301 SSgA Daily EAFE Fund Series T 87,095 87,095 SSgA Russell 2000 Fund Series A 241,488 241,488 Collective short-term investment fund 1,002 1,002 Participant notes receivable 83,782 83,782 Total investments 2,069,091 758,269 674,660 3,502,020 **RECEIVABLES:** Dividends and interest 360 4,263 3,768 8,391 Employer contributions 20,427 20,427 9,430 10,291 **Employee** contributions 861 2,409 Other 2,409 124,590 124,590 Interfund

Total receivables	9,790	132,123	24,195	166,108
Total assets	2,078,881	890,392	698,855	3,668,128
LIABILITIES				
ESOP LOAN (Notes 1 and 3)			94,469	94,469
PAYABLES: Other Interfund	471	82	124,590	553 124,590
Total liabilities	471	82	219,059	219,612
NET ASSETS AVAILABLE FOR BENEFITS	\$ 2,078,410	\$ 890,310	\$ 479,796	\$ 3,448,516
See notes to financial statements.				
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THE SAVINGS AND PROFIT SHARING FUND OF ALLSTATE EMPLOYEES

STATEMENT OF CHANGES IN NET ASSETS AVAILABLE FOR BENEFITS YEAR ENDED DECEMBER 31, 2004 (Dollars in thousands)

	Supplementary Information							
ADDITIONS	Participant- Directed Funds			Allstate Stock Fund		ESOP Company Shares Unallocated		Total
NET INVESTMENT INCOME: Net appreciation in fair value of investments Interest Dividends	\$	180,248 9,052	\$	164,096 59 21,223	\$	111,241 51 14,321	\$	455,585 9,162 35,544
Net investment income		189,300		185,378		125,613		500,291
CONTRIBUTIONS: Participants Employer—ESOP loan debt service Employer—cash matched on participant deposits		153,746		19,113 5,323		7,900		172,859 7,900 5,323
Total contributions	. <u> </u>	153,746		24,436		7,900		186,082
ALLOCATION OF COMPANY SHARES: Shares matched on participant deposits at fair value				106,457		(106,457)		
Total allocation of Company shares		_		106,457		(106,457)		
Total additions		343,046		316,271		27,056		686,373
DEDUCTIONS								
BENEFITS PAID TO PARTICIPANTS		152,450		72,298				224,748
INTEREST EXPENSE						5,737		5,737
ADMINISTRATIVE EXPENSE		3,052		1,050				4,102
Total deductions		155,502		73,348		5,737		234,587
NET INCREASE		187,544		242,923		21,319		451,786
INTERFUND TRANSFERS		90,004		(90,004)	1			
NET ASSETS AVAILABLE FOR BENEFITS: Beginning of year		2,078,410		890,310		479,796	. <u> </u>	3,448,516
End of year	\$	2,355,958	\$	1,043,229	\$	501,115	\$	3,900,302

THE SAVINGS AND PROFIT SHARING FUND OF ALLSTATE EMPLOYEES

STATEMENT OF CHANGES IN NET ASSETS AVAILABLE FOR BENEFITS YEAR ENDED DECEMBER 31, 2003 (Dollars in thousands)

	Supplementary Information							
ADDITIONS	F	Participant- Directed Funds		Allstate Stock Fund		ESOP Company Shares Jnallocated		Total
NET INVESTMENT INCOME:								
Net appreciation in fair value of investments	\$	278,134	\$	107,535	\$	94,565	\$	480,234
Interest Dividends		9,183		55 18,173		30 14,585		9,268 32,758
Net investment income		287,317		125,763		109,180		522,260
CONTRIBUTIONS:								
Participants		149,686		16,100		22.425		165,786
Employer—ESOP loan debt service Employer—cash matched on participant deposits				250		20,427		20,427 250
Total contributions		149,686		16,350		20,427		186,463
ALLOCATION OF COMPANY SHARES: Shares matched on participant deposits at fair value				124,590		(124,590)		
Total allocation of Company shares				124,590		(124,590)		_
Total additions		437,003		266,703		5,017		708,723
DEDUCTIONS								
BENEFITS PAID TO PARTICIPANTS		126,947		62,242				189,189
INTEREST EXPENSE						7,937		7,937
ADMINISTRATIVE EXPENSE		3,211		1,159				4,370
Total deductions		130,158		63,401		7,937		201,496
NET INCREASE (DECREASE)		306,845		203,302		(2,920)		507,227
INTERFUND TRANSFERS		89,206		(89,206))			
NET ASSETS AVAILABLE FOR BENEFITS: Beginning of year		1,682,359		776,214		482,716		2,941,289
End of year	\$	2,078,410	\$	890,310	\$	479,796	\$	3,448,516
See notes to financial statements.								

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THE SAVINGS AND PROFIT SHARING FUND OF ALLSTATE EMPLOYEES

NOTES TO FINANCIAL STATEMENTS YEARS ENDED DECEMBER 31, 2004 AND 2003 The following description of The Savings and Profit Sharing Fund of Allstate Employees (the "Fund") provides only general information. Participants should refer to the plan document for a more complete description of the Fund's provisions.

General—The Fund covers all full-time and regular part-time employees of The Allstate Corporation (the "Company") and designated affiliates of the Company, with the exception of those employed by the Company's Canadian subsidiaries and Sterling Collision Centers, Inc. Employees must be at least 18 years of age to participate.

The Fund is a defined contribution plan consisting of a profit sharing and stock bonus plan containing a cash or deferred arrangement which is intended to meet the requirements of Sections 401(a) and 401(k) of the Internal Revenue Code of 1986 (the "Code"). The stock bonus portion of the Fund includes a leveraged and a nonleveraged employee stock ownership plan ("ESOP") which is intended to meet the requirements of Section 409 and Section 4975(e)(7) of the Code. The Fund is subject to the provisions of the Employee Retirement Income Security Act of 1974 ("ERISA").

Administration—The Fund is administered by an Administrative Committee. Investment transactions are authorized by the Fund's Investment Committee. Members of the Administrative and Investment Committees are appointed by the Profit Sharing Committee. Members of the Profit Sharing Committee are appointed by the Company.

Trustee of the Fund—The Northern Trust Company holds Fund assets as trustee under The Savings and Profit Sharing Fund of Allstate Employees Trust.

Contributions—Each year, employees may contribute up to 50 percent of eligible annual compensation through a combination of pre-tax and after-tax deposits, subject to Internal Revenue Code limitations. Participants age 50 or older have the option to make additional pre-tax contributions ("Catch-Up" Contributions). Employees may also rollover amounts representing distributions from other qualified defined benefit or defined contribution plans. The Company contributes, at its discretion, from 50 percent to 150 percent of the first 5 percent of eligible compensation that a participant contributes on a pre-tax basis to the Fund. All employer contributions are invested in Company stock. However, participants can transfer all or part of their Company Contributions to any investment option within the Fund at any time. During the years ended December 31, 2004 and 2003, the Company's matching contributions were 125 percent and 150 percent, respectively.

Participant Accounts—Individual accounts are maintained for each fund participant. Each participant's account is credited with the participant's contribution, allocations of the Company's contribution and Fund earnings, and is charged with an allocation of administrative expenses and Fund losses. The benefit to which a participant is entitled is the benefit that can be provided from the participant's vested account.

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Vesting—Participants are immediately vested in their contributions and the Company's contributions plus earnings thereon.

Investment Options—Upon enrollment in the Fund, a participant may direct employee contributions to any or all of the seven investment options listed below. Participants may change their investment elections at any time.

Allstate Stock Fund—Funds are invested in Company common stock with a portion of the fund invested in short-term securities to provide liquidity to process transactions.

Money Market Fund—The fund, managed by State Street Global Advisors ("SSgA"), a registered investment company, invests in shares of a commingled trust that invests in short-term securities.

Bond Fund—The fund, managed by SSgA, invests in shares of a commingled trust that invests in the broad domestic bond market and also in U.S. government and agency, corporate, mortgage-backed, and asset-backed debt securities.

Balanced Fund—The fund, managed by SSgA, invests in shares of a commingled trust that invests in a diversified portfolio of stocks and debt securities.

S&*P* 500 *Fund*—The fund, managed by SSgA, invests in shares of a commingled trust that invests in a diversified portfolio of stocks of large, established companies.

International Equity Fund—The fund, managed by SSgA, invests in shares of a commingled trust that invests in a diversified portfolio of stocks in developed markets within Europe, Australia, and the Far East. Effective April 24, 2003, the fund, which was invested in the SSgA Daily EAFE Securities Lending Fund Series A, was replaced with a new fund, the SSgA Daily EAFE Securities Lending Fund Series T.

Russell 2000 Fund—The fund, managed by SSgA, invests in shares of a commingled trust that invests in a diversified portfolio of stocks that represents the smallest two-thirds of the 3,000 largest U.S. companies.

Participant Notes Receivable—Participants may borrow from their account balance. The loan amount must be at least \$1,000 up to a maximum equal to the lesser of: (i) 50 percent of their account value, (ii) 100 percent of their pre-tax, after-tax, and rollover account balances, or (iii) \$50,000. Loan transactions are treated as a proportional transfer from/to the investment funds and to/from the Loan Fund. Loan terms range from 6 to 48 months for a general-purpose loan and 49 to 180 months for a primary residence loan. Loans are secured by the participant's account balance and bear interest at the prime rate. Principal and interest are paid ratably through payroll deductions.

Employee Stock Ownership Plan—The Company established a leveraged ESOP effective June 30, 1995, through a split of the employee stock ownership plan of The Savings and Profit Sharing Fund of Sears Employees (the "Prior Plan") by acquiring 50 percent of the unallocated shares and assuming 50 percent of the related loan of the Prior Plan. The resulting ESOP loan (the "ESOP Loan") bears interest at 7.9 percent.

The borrowing is to be repaid through the year 2019 or earlier if the Company elects to make additional contributions for principal prepayments on the ESOP Loan. As the Fund makes each payment of principal and interest, a proportional percentage of unallocated shares are allocated to eligible employees' accounts in accordance with applicable regulations under the Code.

ESOP shares not yet allocated to participants are held in a suspense account. A portion of these shares served as collateral on the ESOP Loan through December 31, 2003; none of these shares served as collateral during 2004. ESOP shares allocated to participants and other Company shares that were acquired with participant contributions are included in the Allstate Stock Fund and the lender has no rights against these shares.

Payment of Benefits—Upon termination of service, a participant is entitled to a complete withdrawal of his or her account balance. Partial withdrawals are also permitted under the Fund subject to restrictions.

2. SUMMARY OF ACCOUNTING POLICIES

Basis of Accounting—The Fund financial statements are prepared under the accrual basis of accounting.

Use of Estimates—The preparation of financial statements in conformity with accounting principles generally accepted in the United States of America requires management to make estimates and assumptions that affect the amounts reported in the financial statements and accompanying notes. Actual results could differ from those estimates. Investment securities, in general, are exposed to various risks, such as interest rate, credit, and overall market volatility. Due to the level of risk associated with certain investment securities, it is reasonably possible that changes in the values of investment securities will occur in the near term and that such changes could materially affect the amounts reported in the financial statements.

Investment Valuation and Income Recognition—Fund investments are stated at fair value. Shares of registered investment companies are valued at market prices that represent the net asset value of shares held by the Fund at year-end. Common stock held in the Allstate Stock Fund is valued at market price. Participant notes receivable are valued at cost, which approximates fair value.

Purchases and sales of securities are recorded on a trade-date basis. Interest income is recorded on the accrual basis except for interest on participant notes, which is recorded when paid. The difference between cash and accrual basis for interest on participant notes is not material. Dividends are recorded on the ex-dividend date.

Benefits Paid to Participants and Participant Notes Receivable—Benefits paid to participants and participant notes receivable loans are recorded when funds are transferred out of the respective investment funds for payment to participants. Amounts allocated to accounts of persons who have elected to withdraw from the Fund, but have not yet been paid were immaterial at December 31, 2004 and 2003, respectively.

3. ESOP LOAN

The ESOP loan agreement provides for the loan to be repaid through the year 2019 at an annual interest rate of 7.9 percent. There are no principal payments required on the loan during the next five years.

The following table presents additional information for the Fund's investment in The Allstate Corporation common stock held in the Allstate Stock Fund and the ESOP Company Shares Unallocated at December 31:

		20	004			20		
	Allstate Stock Fund			ESOP Company Allstate Shares Stock Unallocated Fund				ESOP Company Shares Unallocated
				(Dollars in	thousai	nds)		
Number of shares		17,823,406		12,786,370		17,602,681		15,682,463
Cost	\$	249,443	\$	91,104	\$	226,389	\$	111,740
Fair value	\$	921,827	\$	661,311	\$	757,267	\$	674,660

4. PLAN TERMINATION

Although it has not expressed any intent to do so, the Company has the right under the Fund to discontinue its contributions at any time and to terminate the Fund subject to the provisions of ERISA.

5. TAX STATUS

The Internal Revenue Service has determined and informed the Company by a letter, dated November 18, 2003, that the Fund and related trust were designed in accordance with applicable sections of the Code. The plan administrator and the Fund's tax counsel believe that the Fund is currently designed and is being operated in compliance with the applicable requirements of the Code. Therefore, no provision for income taxes has been included in the Fund's financial statements.

6. INVESTMENTS

The Fund's investments which exceeded 5 percent of net assets available for benefits as of December 31, 2004 and 2003, are as follows:

(Dollars in thousands)	 2004	 2003
Allstate Stock Fund (The Allstate Corporation common stock) * ESOP Company Shares Unallocated Money Market Fund (SSgA Short Term Investment Fund) Balanced Fund (SSgA Allstate Balanced Fund) S&P 500 Fund (SSgA S&P 500 Flagship Fund Series A) Buscell 2000 Fund (SSgA Duscell 2000 Index Securities Londing Fund Series A)	\$ 921,827 661,311 371,964 565,713 680,461 226,206	\$ 757,267 674,660 379,982 549,600 583,301 241,488
Russell 2000 Fund (SSgA Russell 2000 Index Securities Lending Fund Series A) *Partially non-participant-directed 9	326,206	241,488

During 2004 and 2003, the Fund's investments (including gains and losses on investments bought and sold, as well as held during the year) appreciated (depreciated) in value as follows:

(Dollars in thousands)	 2004	2003		
Allstate Stock Fund (The Allstate Corporation common stock)	\$ 164,096	\$	107,535	
ESOP Company Shares Unallocated	111,241		94,565	
Bond Fund (SSgA Passive Bond Market Index Securities Lending Fund Series A)	6,101		7,118	
Balanced Fund (SSgA Allstate Balanced Fund)	40,570		76,080	
S&P 500 Fund (SSgA S&P 500 Flagship Fund Series A)	65,570		120,557	
International Equity Fund (SSgA Daily EAFE Securities Lending Fund Series T) *	23,202		18,796	
Russell 2000 Fund (SSgA Russell 2000 Index Securities Lending Fund Series A)	 44,805		55,583	
Total	\$ 455,585	\$	480,234	

* Effective April 24, 2003, the SSgA Daily EAFE Index Series A Fund held by the International Equity Fund was replaced with the SSgA Daily EAFE Series T Fund. The amount shown for 2003 includes the performance of the Series A Fund through April 23, 2003, and the performance of the Series T Fund after that date.

7. RELATED PARTY TRANSACTIONS

The Fund invests in The Northern Trust Collective Short-Term Investment Fund, managed by The Northern Trust Company, the Trustee of the Fund. The Fund also invests in the common stock of The Allstate Corporation, the Fund's sponsor.

* * * * * *

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THE SAVINGS AND PROFIT SHARING FUND OF ALLSTATE EMPLOYEES

FORM 5500, SCHEDULE H, PART IV, LINE 4i— SCHEDULE OF ASSETS (HELD AT END OF YEAR) DECEMBER 31, 2004

(a)	(b) Identity of issue, borrower, lessor, or similar party	(c) Description of investment including maturity date, rate of interest, collateral, par or maturity value	 (d) Cost(e) Current V				
*	The Allstate Corporation common stock	30,609,776 shares	\$ 340,547,213	\$	1,583,137,615		
	Interest in registered investment company, State Street Global Advisors (SSgA):						
	SSgA Short Term Investment Fund	371,963,587 shares	371,963,587		371,963,587		
	SSgA Passive Bond Market Indexm Securities	9,644,004 shares	138,311,128		155,297,396		

	Lending Fund Series A			
	SSgA Allstate Balanced Fund	35,865,890 shares	396,556,941	565,712,677
	SSgA S&P 500 Flagship Fund Series A	3,076,447 shares	556,675,245	680,460,860
	SSgA EAFE Securities Lending Fund Series T	10,689,324 shares	123,107,791	157,699,602
	SSgA Russell 2000 Index Securities Lending Fund Series A	15,739,743 shares	253,427,889	326,206,178
*	The Northern Trust Collective Short-term Investment Fund	10,181,195 shares	10,181,195	10,181,195
*	Participant loans	rates of interest from 4.0% to 4.75%, maturing 2004 to 2019	 88,098,160	 88,098,160
	Total		\$ 2,278,869,149	\$ 3,938,757,270
*	Permitted party-in-interest.			
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SIGNATURES

The Plan. Pursuant to the requirements of the Securities Exchange Act of 1934, the Trustees (or other persons who administer the employee benefit plan) have duly caused this annual report to be signed on its behalf by the undersigned thereunto duly authorized.

THE SAVINGS AND PROFIT SHARING FUND OF ALLSTATE EMPLOYEES

By /s/ MARK CIESLAK

Mark Cieslak Plan Administrator

Date: June 24, 2005

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[DELOITTE & TOUCHE LLP LETTERHEAD]

CONSENT OF INDEPENDENT REGISTERED PUBLIC ACCOUNTING FIRM

We consent to the incorporation by reference in Registration Statement Nos. 333-73202, 333-40289 and 333-105632 on Form S-8 of The Savings and Profit Sharing Fund of Allstate Employees (the "Fund") and The Allstate Corporation of our report dated June 17, 2005 appearing in the Fund's Annual Report on Form 11-K for the year ended December 31, 2004.

/s/DELOITTE & TOUCHE LLP

June 24, 2005 Chicago, Illinois