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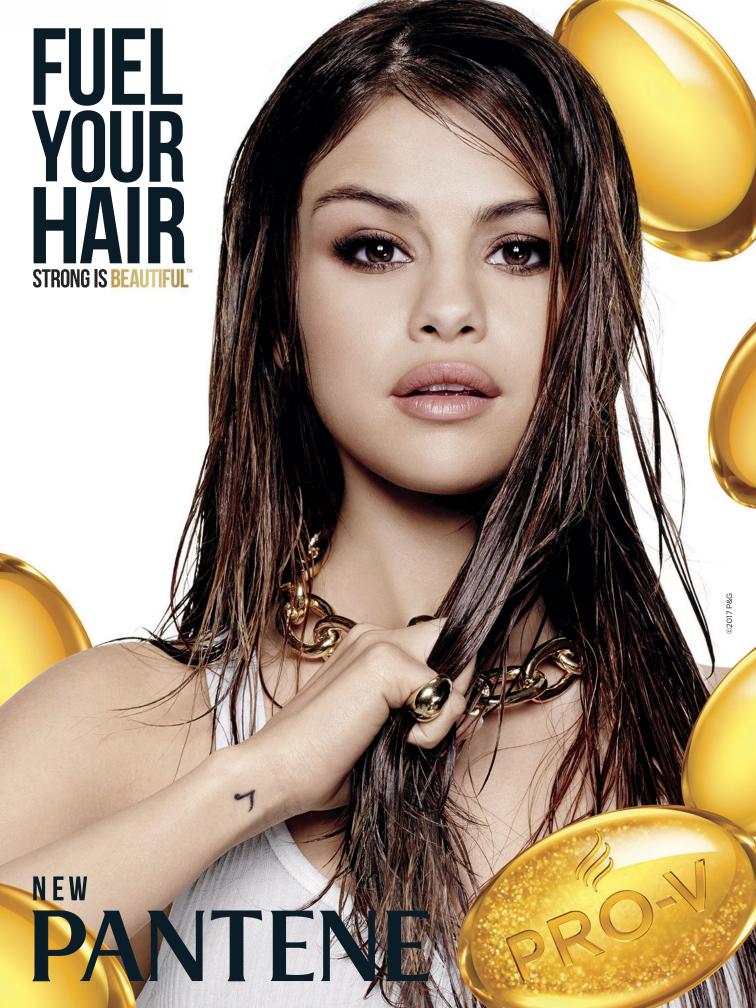




# MAYBEL

 $\mathsf{M} \mathsf{A} \mathsf{K} \mathsf{E} \mathsf{I} \mathsf{T} \mathsf{H} \mathsf{A} \mathsf{P} \mathsf{P} \mathsf{E} \mathsf{N}^{\scriptscriptstyle\mathsf{M}}$ 





# April GOOD 2017 C HOUSEKEEPING



YOUR BEAUTY PROBLEMS, SOLVED!

**NATURAL CLEANERS** 

**50 BEAUTIFUL & DELICIOUS EGG IDEAS** 

**FAST FIXES TO SAVE BIG** 

WALK YOURSELF **HEALTHY** 

FRESH + EASY

**EASTER RECIPES** 

APRIL COVER



Photograph by Mike Garten, prop styling by Cate Geiger Kalus.

# YOUR LOOK

27 Fashion + **Beauty Checklist** Bright bags, style your way, beauty buys and more!

### $38\,$ A Week of **Awesome Outfits**

Octavia Spencer shows off easy-dressing ideas

# **YOUR HOME**

47 Decor + More One bar cart three ways-plus, organizing advice

 $50\,$  Add Color to Every Room Inside supermodel Coco Rocha's vibrant home

# REAL LIFE

77 Family Time Sarah Michelle Gellar and her kids in the kitchen

81 Heart-to-Heart A daughter tries to finish the bucket list her dad never could



Good Housekeeping teamed up with the addictive website Keep (think shoppable Pinterest) to help you buy virtually anything in this issue. Happy shopping!

# INSTITUTE TRIED + TESTED

92 GH+HSN Special 94 Green GH Seal Stars

# **YOUR BODY**

97 Do Diet

Simple to-do's for a healthier, happier you

100 Snack Report Which is better: salted nuts or salted pretzels?

103 At-Home Fitness Just three moves for a tighter tush

104 Health Hacks Doc-approved natural remedies

107 Family Health How to care for vourself while being a caregiver

# **YOUR** KITCHEN

111 Fun **Recipes + Tools** Tasty ideas from our food team

118 Mmm...Morning Bake-ahead frittata

120 20-Minute Suppers

Passover friendly weeknight meals

# IN EVERY ISSUE

16 Editor's Letter

18 Agenda

137 Family Room Cottontail cookies, cute critters and how to raise kind kids

144 GH Seal Star of the Month Olav Micro-Sculpting Formula







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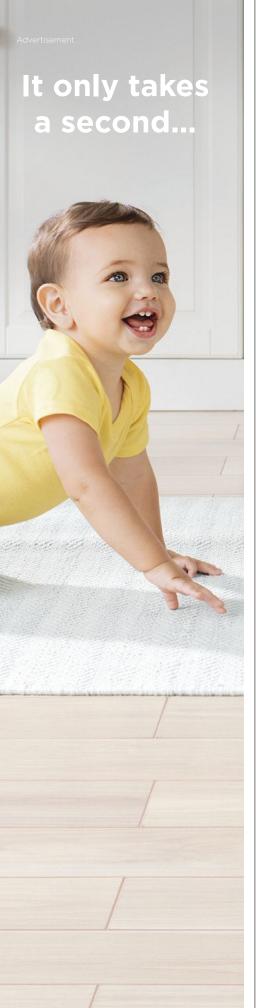
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# **Everyday items can become dangerous in little hands**

Keep laundry pacs away from children



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# silver linings

Maybe you can relate—lately it seems I forget more things than I remember. My team teases me when I come into the office excited about an idea I came up with in the shower, pointing out that I had the exact same "shower thought" last week and we're already in the midst of executing. Turns out, in our "knowledge economy," we're so inundated with info (over 500% of what we experienced 30 years ago) that we sometimes struggle to keep pace. It's as if the memory bucket gets so full, pieces just spill out the top.

Case in point: Last Saturday my son and I were on our way to catch a weekend flight to visit family. As usual, I tried to get too many things done as we raced out the door, which meant I didn't review the details of our itinerary until we were on the road. Partway to the airport, my husband exclaimed, "Your flight is leaving from the other airport!" What?!? I realized I'd booked from the farther location to get a better deal. Oops! After a stressful drive, frantic calls to the airline and finally arriving with literally minutes to spare, we learned there was a problem with documentation that couldn't be fixed before the flight locked down. My first reaction was tears. Nothing explosive, just holding back the waterworks while I digested our predicament. After we explored all options, heading home was the only viable plan.

As we pulled into our driveway, I realized we had acquired two completely free days to do as we wished. That weekend, I finally got around to organizing my closet, Grey and I did a whole "big people" puzzle together and we had an impromptu dinner party and spent an entire afternoon with no phones, no devices, snuggling on the couch reading our books. Happily, there's usually a bright side: My information overload led to quality memories I will never forget.

> Jane Francisco, **EDITOR IN CHIEF** jane@goodhousekeeping.com

One more thing! I heard from a reader in Illinois who said she wanted more content that reflected her family traditions. This month, our kitchen whipped up a fresh Easter feast plus a week's worth of delicious Passover-friendly recipes. Something you want to see? Write me!

# WE'RE

Tag your Instagram and Twitter snaps with #thatsgoodhousekeeping for a chance to be featured here...



# ORGANIZE

Organizing for the baby and getting ready for the big move. @ohsomona



# DECORATE

Huge thanks to GH! Super cool to be featured! @michelle\_adams\_



# UNWIND

Nap time has me like 🦊 #thenlaundry #momlife @chels\_baj

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the GH scenes

kitten pics!).

(plus, supercute

(a) @janefrancisco

Get a peek behind



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# APRIL @ GH

Check out the fun stuff we've been up to (and planning for you!) at Good Housekeeping



# **HAVE A GENIUS PRODUCT IDEA?**

Submit your innovation for our 2017 search. It's your big chance to pitch your product to our expert panel, appear live on HSN, be featured in our pages and potentially earn the Good Housekeeping Seal! Check out this year's Judges' Pick on page 92.

For full criteria and information about how to submit your product, visit hsn.com /americandreams. See page 143 for condensed rules.



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janeseymourfrancisco Turn on the TV right now + tune in to @HSN!! I'm helping introduce the next great entrepreneurs + their inventions. Here's one!! You'll want to buy them all (I'm just that convincing!! (2) #thatsgoodhousekeeping #theyllchangeyourlife



### **FAN FAVORITE**

The votes are in! This vear's HSN Customer Choice Recipient for American Dreams is a clever, goof-proof way to wrap. The GoGo Gift Bag has tissue built in. so you won't have to dig around for extra paper when wrapping. Our Textiles Lab was impressed by how quickly and easily the tissue could be fanned out.

AVAILABLE AT HSN.COM



# **WE ♥ GOOD**

Do you have a neighbor, friend or family member who is giving back in a big way — and inspires you to do the same? Kind people are our kind of people, so as part of our #KindCycle initiative, we're kicking off a monthly **WE ♥ GOOD Award** to celebrate them! Joining us in our effort is **WE**—an organization that's creating a tidal wave of change. Nominate someone who is making a positive impact in his or her community and beyond. We'll be highlighting an amazing individual or group in every issue. Email your suggestion or story to kindcycle@goodhousekeeping.com.







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# 3

# MAKE 65 TASTY DISHES IN ONE PAN

Our new cookbook will make your life easier, from cooking to cleanup. Toss mozzarella-stuffed turkey meatballs with hot spaghetti, simmer a classic chicken pot pie or get your green on with meatless mains like cauliflower curry.

GOOD HOUSEKEEPING SKILLET SUPPERS, OUT APRIL 4, \$17, BOOKSTORES





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"Daily Burn has helped me lower my cholesterol and feel better every day," says Stephanie Alfrey, 36, of Hendersonville, NC (above). "It's a community that makes you feel part of a group."

We've joined forces with **Daily Burn** to bring you totally doable, fantastically effective at-home moves. And *GH* readers are seeing big results! Beyond having lost 17 pounds since joining Daily Burn, Stephanie also feels her absolute healthiest—and you can, too. Try out over 600 easy-to-follow exercise videos right in your living room. If that's not enough incentive, we're offering one month free and 25% off the second month.

Sign up now at dailyburn.com/goodhousekeeping.



### **SHOP EVEN SMARTER!**

Now there's a new way to find the GH Seal. Good Guide is a free mobile app (iOS and Android) and online service that rates products based on ingredient health concerns. So if you're curious about your detergent's or lipstick's health impact, you can check it out on Good Guide (goodguide.com). It's already vetted over 75,000 food, beauty, personal care and cleaning items — and more are always being added. "Consumers want instantly actionable and credible guidance about which product is better," says Bill Pease, Ph.D., chief scientist at Good Guide. And if you see the GH Seal or the Green GH Seal displayed, you'll know that product performs as promised and has met our Labs' in-depth testing criteria.



LOOK FOR THE GH SEAL!

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Add a whole lot of comfort and style this season when you get out and go walk in the latest from Skechers. These walking shoes will put delicious comfort in your step and a smile on your face.



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GOWALK

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**LET LIFE IN** to your hair and your head



# GOOD HOUSEKEEPING



# **Primary Picks!**

Lure your wardrobe out of hibernation with spring's sunny accessories. Think red, yellow and blue - they make any outfit infinitely happier!

GET THE LOOK | BLUE BAG, SR SQUARED BY SONDRA ROBERTS, \$75, IRRESISTIBLES.COM. YELLOW BAG, \$265, LACOSTE.COM. RED BAG, \$98, THESAK.COM.

thick laces."

BOOTS, \$132 (WITH 15% OFF USING CODE GHAPRIL), BERNARDO1946.COM



KC JAGGER **BAG**, \$60, SAKSOFF

5TH.COM

smaller bag

inside this tote.

Plus, it's waterresistant."

BAG, \$36, ZARA.COM

JEANS, \$50, OLDNAVY.COM

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- MOISTURIZES DEEPLY TO NOURISH INTENSELY
- SKIN LOOKS FIRMER, MORE TONED, FEELS SUPPLE
- ULTRA LUXURIOUS FEEL



## RAINBOW BRIGHTENERS

Dab on a color-correcting primer pre-makeup (or solo!) to instantly brighten skin.

**LAB LOWDOWN** The cushion compacts suspend liquid makeup in a no-spill sponge.

FIRST AID BEAUTY HELLO FAB 3 IN 1 SUPERFRUIT **COLOR-CORRECTING CUSHION**, \$36, SEPHORA PHYSICIANS FORMULA MINERAL WEAR CUSHION CORRECTOR + PRIMER DUO SPF 20 IN PEACH/ LAVENDER, \$17

### EAU DE SPRING

Exotic white florals balanced by sweet vanilla and earthy vetiver.

LA FEMME PRADA **EAU DE PARFUM** 1.7 OZ.,
\$95, NORDSTROM

YOU COULD

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# BEAUTY BUYS from \$4

MUST

LUST

# WONDER WASH

Pomegranate seeds buff your body while the cleanser leaves a subtle shimmer behind.

CARESS TAHITIAN
RENEWAL EXFOLIATING
BODY WASH, \$4

ILLUMINATING SHAMPOO

MOROCCANARGAN « CAMELLIA OILS

# WAYS TO GLOW

These sheer glimmer creams give cheeks, eyes and lips naturallooking luminosity.

SEPHORA PRO DIMENSIONAL HIGHLIGHTING PALETTE IN COOL, \$42



### HOT TIPS

This season's (grown-up) pastel polish: a milky blue-tinged lilac.

ESSIE GEL COUTURE BALLET NUDES **POLISH** IN PERFECT POSTURE, \$12

# SKIN SMOOTHERS

Swipe these peel pads over your face for fast exfoliation.

LAB NOTE Their glycolic acid can make skin extra sensitive to the sun, so be diligent about protection.

L'ORÉAL PARIS REVITALIFT BRIGHT REVEAL BRIGHTENING DAILY **PEEL PADS**, \$20 FOR 30



Luxe camellia and argan oils make strands shine.

GARNIER WHOLE BLENDS ILLUMINATING SHAMPOO, \$5

adola, ann



# SAY BONJOUR

TO THE #1 BODY WASH BRAND IN FRANCE



One of France's most beloved bath and body brands has finally arrived in the U.S.

Transform your daily bathing routine into a ritual filled with *joie de vivre*—joy of life.

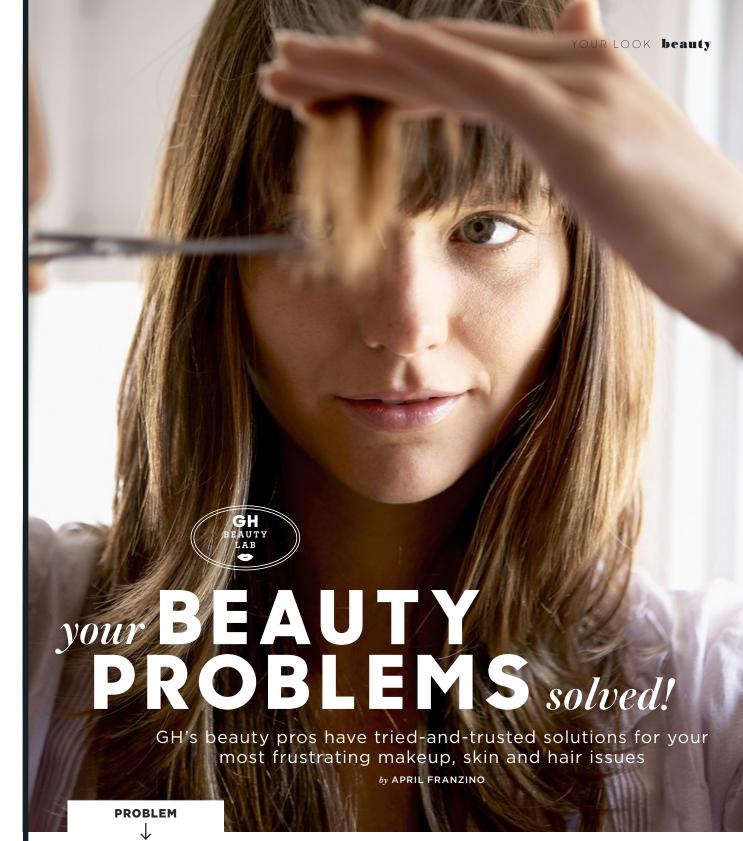
Choose from gentle body washes with sun-kissed ingredients like orange blossom, lavender and poppy to experience the South of France right from your shower. It only takes a trip to your local Walmart or on Walmart.com to discover Le Petit Marseillais™ – the #1 Body Wash in France.



Visit your local Walmart or Walmart.com/LPM to discover the many fragrances and products of Le Petit Marseillais.™



Available at **Walmart** 





I got bangs, and now my forehead is breaking out. **SOLUTION:** The oil from your hair touching your skin is likely the culprit. Between washes, minimize bangs' grease—and keep fringe looking fresh—with a spritz of oil-absorbing dry shampoo (try Beauty Lab test winner **L'Oréal Professionnel Fresh Dust Hair Powder/Dry Shampoo**, \$24, us.lorealprofessionnel.com). If you tend to go days without shampooing, spot-clean bangs in the sink by pulling hair back, dampening them with a wet brush, dabbing on shampoo and then rinsing and drying.



Generally, mascaras labeled "defining" or "lengthening" tend to have less of the thickening properties that cause buildup on lashes. In the GH Beauty Lab's mascara test, the winners at right were found to be the least clumping of all 37 evaluated. Don't want to switch products? Brush through lashes with a lash comb (like **Sonia Kashuk Lash Comb**, \$5, target.com) or a clean mascara wand once mascara has dried to remove any clumps.



with a high-impact or bright shade is by using a sheer lip crayon, says Daniel Martin, a creative color consultant for Honest Beauty. Its pointed tip is easy to draw on lips with, and "you'll get a hydrated feeling with a punch of color." A Beauty Lab favorite: GH Seal star Neutrogena MoistureSmooth Color Stick (\$8).



# nothing seems to hydrate it! SOLUTION: Not all body moisturizers are

solution: Not all body moisturizers are created equal. For one to be effective, it must contain two types of ingredients. They are humectants (like glycerin), which draw water from the air into skin, and occlusives (such as shea butter and cocoa butter), which form an invisible barrier to trap that moisture as well as what's already in your skin so it doesn't evaporate, explains GH Beauty Lab Director Birnur Aral, Ph.D. For the right combo, try GH Seal picks Olay Ultra Moisture Body Lotion (\$6) and the richer Aquaphor Healing Ointment (\$16).

# PROBLEM -> IMAKCUP

I want a spring refresh without spending a ton on new products.

**SOLUTION:** Since soft pastel shades are everywhere this season, choose just one pastel product, like a lip color, eye shadow or blush, and swap it into your go-to makeup look, says Lisa Eldridge, Lancôme global makeup creative director. **Tip:** Pale peaches, pinks and lavenders (for eyes) are easiest to wear and most flattering.

PACIFICA STELLAR

GAZE LENGTH &

STRENGTH MINERAL MASCARA, \$14, ULTA.



I stress out if I don't have matching shampoo and conditioner brands.

**PROBLEM** 

**SOLUTION:** Be matchymatchy. "Mixing brands can result in an undesirable texture and underor over-conditioning, so I recommend using matching formulas," says Birnur Aral, Ph.D., GH Beauty Lab director. "These are typically developed and tested for efficacy as pairs." In particular, a P&G study found that following dandruff shampoo with regular conditioner reduced the effects of its flake-fighting ingredient pyrithione zinc; you need to use conditioner that also contains the active ingredient to get the full benefit. Try GH Seal holders Head & Shoulders **Classic Clean Shampoo** and Conditioner With 3





# PROBLEM -> CICCLS

# Blush makes my face look either muddy or clownish.

**SOLUTION:** "You want a blush to mimic your natural flush," says Cassandra Garcia, an editorial makeup artist for Bobbi Brown Cosmetics. Her suggestions for your skin tone: If you're fair, try soft pink; medium, poppy peach; dark, a brighter cranberry. The secret to not looking overdone is in the application. "Smile, then glide blush along apples of cheeks, brushing down toward the jawline so color fades into skin," she says.



**PROBLEM** 

I can't find the right foundation formula for my skin type.

**SOLUTION:** Getting the best base for your complexion is all about looking for key words on the packaging. Tim Quinn, Giorgio Armani celebrity face designer, shows you how:

Dry/Aging Pick "moisturizing" and "luminous" liquid and cream foundations, like tinted moisturizers and BB and CC creams.

Combination You want a "lightweight" liquid base, topped with "mattifying" powder, on your T-zone. Oily Choose a liquid or a powder labeled "matte."

# $PROBLEM \rightarrow$

My makeup gets blotchy after I apply it in the A.M.

**SOLUTION:** Throwing on makeup like foundation, blush and eye shadow immediately after skincare products when skin isn't completely dry can cause the pigments to adhere unevenly. Wait at least one minute after applying each skincare product, then about five more minutes before putting on makeup so the skincare has time to be absorbed. Our trick: Do your brows, mascara and lip color in the meantime!











# OCTAVIA SPENCER

Not a stretch that she plays a guide to a lost soul in The Shack — Octavia's real-life wisdom is Pinterest-worthy. Here, she shares the advice she lives by, the look that gives her confidence and more

### **POWER THREADS**

My go-to outfit is a pair of form-fitting jeans and a beautiful, classic top. Sometimes I'll pair it with a blazer and nice pumps!

### **TRUE FRIEND**

The best advice I ever received was from Whoopi Goldberg, who told me to be true to myself. It seems like a cliché until you're faced with a major decision that will impact your life.

### **HER TRIBE**

Through it all, I'm most proud of my family. That means both the family I was born into and the family that chose me—my friends.

### **MOM-SPIRATION**

My mom was a hard worker and did whatever she could to provide for us. To me, having a strong work ethic is what will reign supreme over everything.

—Sarah Walter

Fashion Director, Kristen Saladino. Text, Alyssa Longobucco. Hair, David Stanwell. Makeup, Valerie Noble. Additional wardrobe styling, Wendi & Nicole.



# Cooks for Less

### BRIGHT TOPS from **\$23**









TOP, \$23, TARGET.COM

TOP, \$88, WHBM.COM

INC INTERNATIONAL CONCEPTS TOP, \$90, MACYS.COM

SHEER DUSTERS from \$26





DUSTER, \$26, US.BOOHOO.COM



CITY CHIC DUSTER, \$30, FULLBEAUTY.COM



SHOULDER SHOW-OFFS





TOP, \$20, ZARA.COM



TOP, \$59 (WITH 20% OFF SITEWIDE USING CODE 20BOBEAU), BOBEAU.COM



SAKSFIFTHAVENUE.COM



There's a virus out there that hasn't been talked about much, and you may not have heard about it. A virus that's serious, like HIV. **It's hepatitis C (Hep C).** It can hide in your body for years, even decades, without symptoms. And it isn't tested for in routine blood work. If left untreated, Hep C can cause liver damage and even lead to liver cancer.

The CDC (Centers for Disease Control and Prevention) recommends **all Baby Boomers** get tested for Hep C. All it takes is a simple one-time blood test.

The good news is: **if you have Hep C, it can be cured**. Ask your healthcare provider at your next appointment to be tested for Hep C. It's the only way to know for sure.

FOR US, IT'S TIME TO GET TESTED.

VISIT HEPCHOPE.COM OR CALL 844-9-HEPCHOPE.





# ARE YOU SLEEPING WITH THE ENEMY?



### Did you know?

The collection of dust mites and household allergens in your mattress and pillow can aggravate allergy symptoms and impact the quality of your sleep. AllerEase zippered protectors block 99% of allergens by fully encasing your mattress and pillow providing a clean, comfortable sleep environment.

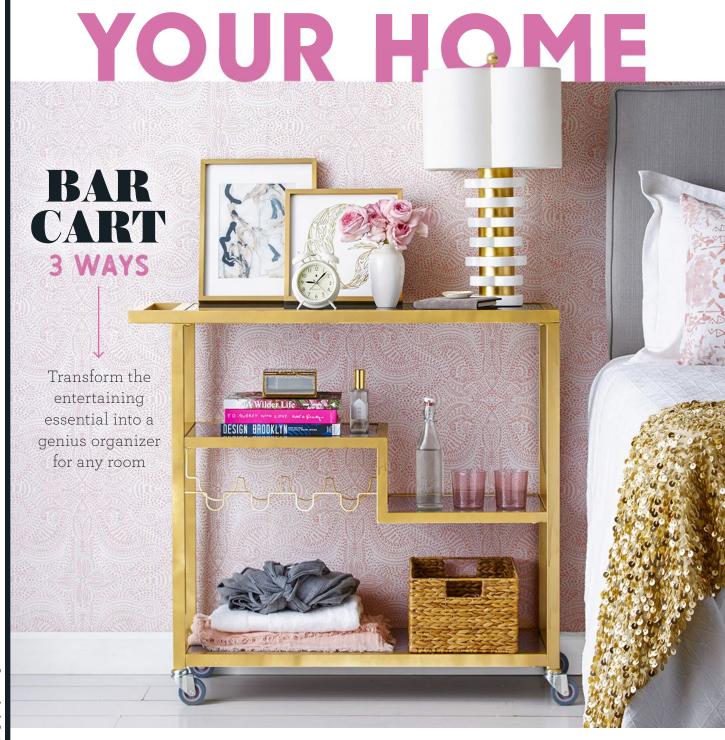








### GOOD HOUSEKEEPING



### **BEDROOM**

### GLAM NIGHTSTAND

More functional than a traditional bedside table, a bar cart has enough space for art, books and even guest supplies like extra throws. We gave ours a quick coat of posh gold spray paint.

GET THIS LOOK | HOLLY & MARTIN ZEPHS BAR CART, \$153, TARGET.COM. LAUNDRY STUDIO ANDANZA WALLPAPER IN BLUSH, \$140 PER ROLL, HYGGEANDWEST.COM. QUATREFOIL LAMP IN WHITE, \$299, HIGHFASHIONHOME.COM. SOUTHERN COTTON SERIES 4 BY ANGELA SIMEONE, FROM \$21, AND BOTANICAL G BY GRACE KREINBRINK, FROM \$33, MINTED.COM. OSTRAVA BLUSH PILLOW, \$218, SAVANNAHHAYES.COM. HIMMELI WHITE MATELASSE **DUVET COVER**, FROM \$160, AND **SHAM**, FROM \$40, UNISONHOME.COM. FOR SIMILAR: GOLD MOTHER OF PEARL BLING DESIGN PRINT **THROW**, \$90, ZAZZLE.COM.

### **BATHROOM**

### CUTE CADDY

Create a spa-like sanctuary by wheeling in a cart. Sea grass baskets hold everyday items like extra toilet paper and washcloths, while bath salts, cotton balls and apothecary products get a pretty resting place.

**GET THIS LOOK | REBECCA** ATWOOD X CHASING PAPER STRIPES WALLPAPER IN BLUE, \$40 PER ROLL, CHASING PAPER.COM. STORAGE BINS, FROM \$17, ACRYLIC TISSUE BOX, \$13, AND ACRYLIC CANISTERS, \$4 EACH, ALL CONTAINERSTORE.COM.
MARIGOLD BATH MAT IN GRAY, \$68, AND DOUBLE ROBE HOOK, \$32, ANTHROPOLOGIE .COM. GLASS **SOAP DISH** IN FROSTED SAPPHIRE BLUE, SHOPBURKELMAN.COM.



### More **Carts to** Heart



### **ORGANIZE** THE OFFICE

GOLD COLE 3-TIER ROLLING BAR CART, \$149, WORLDMARKET.COM



### **ENTERTAIN OUTDOORS**

TRENT AUSTIN DESIGN DAYNA SERVING CART, \$200, WAYFAIR.COM



### **CORRAL CRAFTS**

DOLCE VITA BAR CART, \$299, CB2.COM

### **KITCHEN**

### COOLCOFFEE "SHOP"

Channel your inner barista. Add personality with removable wallpaper (it's wipeable, too!), then pack it with mugs and an amazing brewer. **GH Lab pick:** The Breville Nespresso Creatista Plus (\$799). Just add your favorite beans.

GET THIS LOOK | ZADAR TEA TOWEL, \$32, SAVANNAH HAYES.COM. LAKESIDE PINE PAINT, BEHR.COM. MAISON SUGAR BOWL, \$25, CREAMER, \$15, MUGS, \$20 FOR FOUR, AND LE CREUSET BLACK FRENCH PRESS, \$65, ALL CRATEAND BARREL.COM. TEXTURED KITCHEN CANISTERS, FROM \$24 EACH, WESTELM.COM. REBECCA ATWOOD X CHASING PAPER FLEUR WALLPAPER IN GREEN \$40 PER ROLL CHASINGPAPER.COM.



# Serta perfectsleeper.

So Comfortable,

You'll Never Count

These Guys Again.™





It's time to put your sleep problems to rest.

Combining Serta's latest comfort technologies with state-of-the-art support systems, each Perfect Sleeper is designed with input from the National Sleep Foundation to solve 5 common sleep problems. Whether you toss and turn at night or don't feel supported, you can find a Perfect Sleeper mattress that's just right for you.



Minimizes impact from partner movements

Helps reduce tossing & turning

Promotes a balanced sleep temperature

Encourages proper back support

Resists sagging

Stop counting...start sleeping!





Choose the type of mattress you prefer.
Serta has the <u>right</u> Perfect Sleeper for you.





Each giving you 5 reasons to never count these guys again.

Select your perfect mattress and find a store near you at serta.com

©2017 Serta, Inc. 175TP4P4-14-135243

# ASK JEEREY

Get sorted with these clever organizers our resident neatnik swears by



### **JUST CLIP IT!**

Use the office essential to corral cords, hold drawer dividers in place so they won't slide around and even keep a partially used tube of toothpaste neat and tidy.

MEDIUM BINDER CLIPS, \$4 FOR 10, POPPIN.COM

### STICK ON A LABEL

This tool is your first line of defense for keeping life in order. Label everything from mason jars filled with craft supplies to the pouches in an organizer (like the one at right) so you can easily put things back in their proper places.

BROTHER P-TOUCH PT-D210 LABEL MAKER, \$25, AMAZON.COM





JEFFREY PHILLIP GH ORGANIZING EXPERT

(a) @jeffrey\_phillip



### **HANG IT ALL**

An over-the-door divider is a handy option for sunglasses, tools, toys, toiletries and more.

HONEY-CAN-DO 24-POCKET OVERDOOR SHOE ORGANIZER, \$15. WAYFAIR.COM



### **STASH YOUR KNIVES**

Clear the countertop by storing sharp tools in drawers. A "filing" solution like this block helps protect the blades - and hands, too.

WUSTHOF 7-SLOT IN-DRAWER KNIFE TRAY, \$30, CONTAINERSTORE.COM

### STORE IN THE CLEAR

These containers are available in many sizes, and since they're see-through, it's simple to ID the contents at a glance - no more hunting!

CONTAINERSTORE.COM



### TIE ONE ON

Hair elastics are sturdier than regular rubber bands, and you can color-code! Secure wrapping paper, bundle cords or keep craft supplies together with them.

GOODY ELASTICS, \$4. TARGET.COM

# 17 WAYS TO ADD

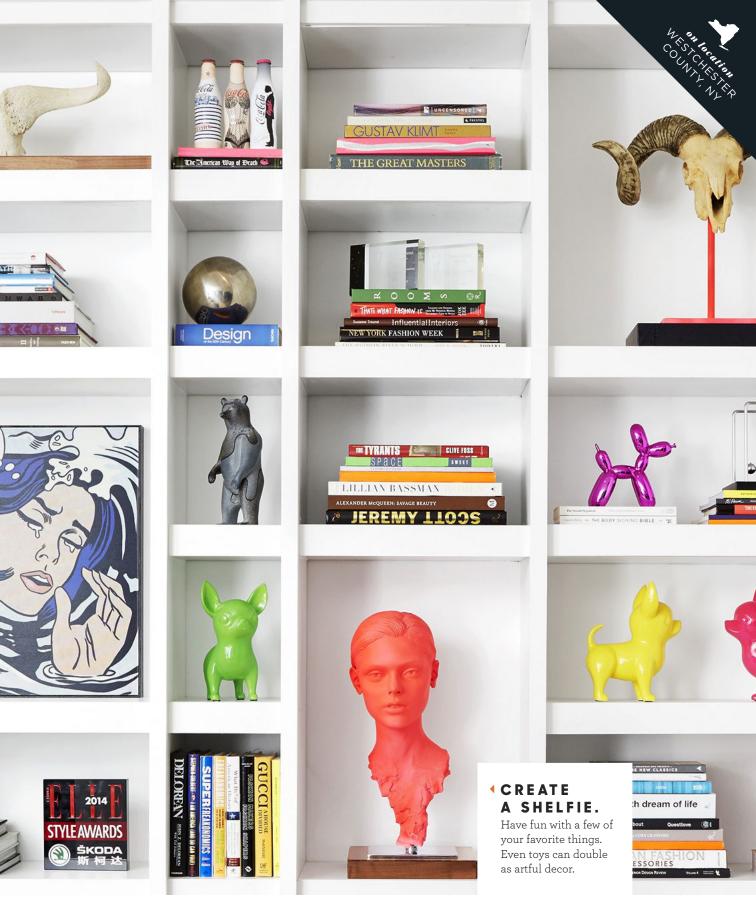
# COLOR

### TO EVERY

ROOM

Make your space come alive with energizing pops of personality. Supermodel Coco Rocha and her family show you the rainbow of possibilities





KITCHEN (OPPOSITE) | COUNTERTOPS BY COSENTINO, ECOBYCOSENTINO.COM. CABINETRY BY SEMIHANDMADEDOORS.COM. FAUCET BY KOHLER, US.KOHLER.COM. REAL GOOD CHAIR IN WHITE/GREY, \$179, BLUDOT.COM. GLASS & COPPER BALLOON VASE, \$48, TUVALUHOME.COM. WHITE FRUIT BOWL, \$100, CHANGO.CO. SHELF | BUST OF COCO BY ROOTSTEIN DISPLAY MANNEQUINS, ROOTSTEIN.COM. COKE BOTTLES BY JEAN PAUL GAULTIER AND KARL LAGERFELD. BEAR, \$96, LOCKNESTERS.COM.



### MIX IN SOME BLACK AND WHITE.

Even a colorful scheme can benefit from the classic duo. Cheeky accents, a geometric rug and graphic throw pillows keep it playful.

ENTRYWAY | LARS RUG, FROM \$360, SHOPBURKELMAN .COM. MIMICO STORAGE OTTOMAN, \$950, ALLMODERN .COM. ART, STIKKI PEACHES. INGA CROSS COTTON THROW PILLOW BY ARTISTIC WEAVERS, \$40, WAYFAIR .COM. NATURAL BEAUTY AND MODELS OF INFLUENCE BOOKS, AMAZON.COM.



### KEEP YOUR TABLE SET.

Dress a dining room to the nines and keep it that way—you'll see your best dishes and always be guest-ready.

DINING ROOM | PIANCA USA CARTAGENA EXTENDABLE DINING TABLE IN WALNUT, \$2,759, WAYFAIR.COM. REAL GOOD CHAIRS IN COPPER, \$299 EACH, BLUDOT.COM. MADERO 42 LIGHT SPUTNIK CHANDELIER, \$227, ALLMODERN.COM.

APPASSIONATA ARTWORK BY APACHENNOV, AMAZON COM. TABLETOP | MAXWELL RYAN **SALAD PLATE** IN GREY, \$10, CANVASHOME STORE.COM. ABSTRACT BRUSHSTROKE SALAD PLATE, \$12, WESTELM.COM. PINK GLASSWARE, FROM \$3, AND AI BUD VASE IN COPPER, \$11, CB2.COM.



# HANG A GALLERY WALL IN A KID'S ROOM. There's no reason artsy statements should be confined to adult spaces. And did you know vibrant artwork has been shown to be creatively stimulating for children?! KID'S ROOM | ART BY DONALD ROBERTSON, DONALDROBERSTON.COM, AND ONE KINGS LANE, ONEKINGSLANE.COM. FOR SIMILAR: DIXON BENCH IN BLACK AND WHITE GINGHAM BY BROWNSTONE UPHOLSTERY, \$2,595, ONEKINGSLANE.COM.

### AT HOME WITH COCO+ FAMILY

When Coco and her husband, James Conran (an artist and designer), found their new home in Westchester County. NY, they spent ample time transforming it into a modern, happy abode to share with daughter Ioni. The cool, casual space reflects how the star approaches everything in her life — especially raising her daughter. "The best [motherhood] advice I ever got was to not take anyone's advice," says Coco. "There are so many different ways of parenting - if your child is loved, happy and fed, then there is nothing wrong with what you're doing." Also on the savvy businesswoman's to-do list? Heading up Nomad modeling agency, where she'll mentor young up-andcomers and pass along her industry insight to the next generation of catwalk superstars.



### MAKE YOUR SHEETS THE FOCAL POINT.

Dress your bed with a colorful set (like bold citron—pow!), then fold the top over hotel-style to make sure the bedding gets the standout moment it deserves.

BEDROOM | LYON KING UPHOLSTERED PLATFORM BED BY CASABIANCA FURNITURE, \$1,911, AND GUS MODERN WILSON END TABLE, \$399, ALLMODERN.COM. GRID BLACK KNIT BLANKET, \$115, UNISONHOME.COM. WASHED VELVET PILLOW IN STEVIE, \$112, SHOPBURKELMAN.COM. GOLDEN YELLOW DYED-TO-ORDER SHEETS, FROM \$400, HIFLANEUR.COM. ART BY DAVID DOWNTON, DAVIDDOWNTON.COM. STUDY OF POSE: 1,000 POSES BOOK, \$41, AMAZON.COM. SCULPTURE BY TWO HANDS.





A coat of color lends a polished look and gives organizing solutions a designer touch.

BATHROOM | KIEHL'S BEAUTY PRODUCTS, KIEHLS.COM. BALMAIN HAIR PRODUCTS, BALMAINHAIR.COM. STITCH BLACK WOVEN TOWELS, FROM \$6, UNISON HOME.COM. FOR SIMILAR: PAINT, METEOR SHOWER, BEHR.COM. MIRROR TRAY, \$59, WESTELM.COM.

# FAKE A CUSTOM SHOE CLOSET.

Put your soles on display by lining up several tall units (IKEA's Billy bookshelves are just the right depth). Add a mirror to the end for last-minute outfit checks.

CLOSET | ART, SKETCHES BY YVES SAINT LAURENT.





# The choice is yours, and it's simple.

Why enjoy just a slice of an apple when you can have the whole thing?

The same goes for car insurance. Why go with a company that offers just a low price when GEICO could save you hundreds and give you so much more? You could enjoy satisfying professional service, 24/7, from a company that's made it their business to help people since 1936. This winning combination has helped GEICO to become the 2nd-largest private passenger auto insurer in the nation.

Make the smart choice. Get your free quote from GEICO today.







нот вотѕ

ROCK 'EM SOCK 'EM ROBOTS GAME, \$20, AMAZON.COM











## Find the hue just for you

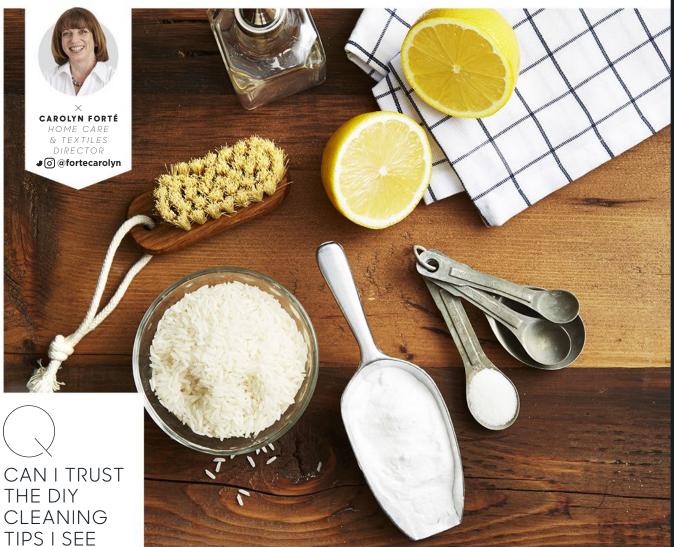
Discover all the inspiration and color selection tools you need to get rolling at

BehrColorStudio.com



# 

GH's resident cleaning dynamo shares her best tips and favorite tricks to conquer your toughest messes and trouble spots



# ONLINE?

- Beth L.

A: We're always testing new "natural" homemade cleaners we see on the Internet, and they don't all work. Here are the best Lab-proven go-tos that even I use at home:

### WHITE RICE

Clean a spice grinder. Give dry rice grains a whirl in your grinder to clean its blades.

### **VINEGAR**

### Make glasses sparkle.

Soak cloudy crystal in warm vinegar for five minutes to remove spots. Rinse; buff dry.

Unclog a showerhead. Fill a plastic bag with vinegar, tie it to the nozzle and soak overnight, then rinse.

### Spruce up cutting boards.

Apply full-strength vinegar to plastic and wood cutting boards and scrub with a brush to clean and eliminate odors.

### **LEMON**

Remove rust stains. Squeeze a few drops on the surface. Sprinkle on salt and scrub.

De-stink hands. Rub with lemon juice to cut food odors.

### **SALT**

### Absorb wine from carpet. Cover spill with a salt mound. Let dry and vacuum.

Dissolve soap scum. Coat a lemon half with salt and scrub porcelain sinks and tubs.

Deflate suds. Used the wrong detergent in the dishwasher? Toss in salt to quickly flatten the overflowing foam.

### **BAKING SODA**

Clean glass bakeware. Shake a generous layer on grimy dishes. Fill with hot water and soak 15 minutes. Gently scrub clean. Rub out floor scuffs. Put on a damp cloth. Buff away marks. Freshen beds. Brush into pet beds and mattresses to zap odors. In 15 minutes, vacuum.





### I just noticed cleaning vinegar at the market. What is it, and how does it work?

- Michele H.

A: Cleaning vinegar is about 20% stronger than regular white vinegar. It can be helpful on problems that are too tough for the traditional stuff-especially things like hard water deposits or heavy grease buildup. While it's intended for cleaning, some brands are also food-grade and safe to consume, so you can use them in cooking, on food prep surfaces or to wipe fridge shelves (check the label to be sure). I like cleaning vinegars that come in spray bottles because they're convenient and ready to go, but regular white vinegar will still do the trick for most household tasks.



# Experience the Difference

# Best Face Oil Pick!\*



Love what you see with Palmer's® Skin Therapy Oil Face, a multi-purpose skin perfecting oil that helps improve the appearance of the most troubling signs of aging.



## The nature of you

www.palmers.com © 2017 E.T. Browne Drug Co., Inc. All Rights Reserved. \*GOOD HOUSEKEEPING'S TRIED AND TESTED BEST DRUGSTORE PICK

# baby yourself, BEAUTIFUL!

### WITH THESE BABY-PRODUCT BEAUTY HACKS

You know them as baby products. But insiders know them as some of the best-kept beauty secrets. From softer skin to shinier hair, baby products will keep you looking bright and smelling fresh.





Oh, baby! Your skin will look and feel fantastic when you put these baby products to use from head to toe.

### JOHNSON'S® Baby Oil

### RV DAV

- Dab just a touch on your lips for a gloriously glossy pout
- Smooth over any just-shaved or waxed areas to soothe irritation and impart intense moisture
- Touch a little onto cheeks to highlight your face in photos
- Massage into cuticles for healthy-looking nails and hands

### BY NIGHT

- Saturate a cotton ball to remove even longwearing eye makeup easily and gently with just a swipe
- At night, smooth onto feet before socks to awaken to baby-soft soles
- Massage into sore muscles to melt away the stresses of the day

### JOHNSON'S® Baby Shampoo

is gentle enough for skin, too. Squirt onto a warm, damp washcloth for a gentle, sudsy allover facial wash that will clear away the day and leave your skin feeling clean but not stripped.





### BABY, YOU'RE A GENIUS

"WHO KNEW?" TIPS & TRICKS



Get chewing gum out of hair with **JOHNSON'S**\* **Baby Oil** 



Clean makeup brushes and sponges every month with **JOHNSON'S\* Baby Shampoo** 



Absorb oil from a stain on clothes with JOHNSON'S\* Baby Powder



### HAIR HELP

Your locks will love how baby products keep them looking their most luxurious.

### JOHNSON'S® Baby Oil

- Mix a few drops with your current styling products for an extra touch of softness and shine
- Massage into scalp to banish flaking from dryness
- Run a little through just-styled tresses from roots to tips for instant finishing shine
- Smooth on ends to instantly calm frizz during summer months
- Apply a layer over hair before putting on a swim cap to protect hair from chlorinated water

### JOHNSON'S® Baby Powder

sprinkled at the roots will absorb oil and add texture and volume... extending your blowout and saving you time!

### SUMMER ESSENTIALS ON THE GO

Taking a quick weekend getaway? Keep minis of these essential baby products in an always-at-the-ready beauty bag:

JOHNSON'S\* Baby Oil mixed with bronzer will give summer legs the ultimate shimmery glow

Swipe sand off of skin after a beach day with JOHNSON'S\* Baby Powder

Ample-sized **JOHNSON'S\* Baby Cleansing Cloths**will get you completely clean without water...
perfect for the gym or beach!





and place on greased cookie sheets. Repeat rolling and cutting

Bake at 350°F for 10 minutes or until cookies are firm and light

golden brown. Remove from cookie sheet and cool completely

until all dough is used.

before decorating. Decorate as desired.

the Real Way to do Sweet!

2 eggs

margarine, softened

1 1/2 cups Domino®

I 1/2 tsp vanilla extract

Granulated Sugar



egg-cellent new ideas for... 1-2 ULTIMATE EASTER BASKET Colorful half-dipped eggs become a stunning seasonal centerpiece in a floral basket. To make, trim stems of a variety of flowers (we love pink ranunculus!) to 1 in., then stick into wicker or straw.

For a version that will last beyond Easter morning, hot-glue faux blooms.



### **MARBLE MAGIC**

Fill a bowl with warm water. Pour in a few drops of nail polish and mix with a coffee stirrer. Drag egg through polish until completely covered. Remove and allow to dry 10 min. Tip: Wear rubber gloves — this can get messy!



Place eggs in saucepan and add water to cover by 1 in. Bring to a boil; immediately remove from heat. Cover and let stand for desired time (see below). Transfer eggs to bowl of ice water to cool before peeling.



4 MIN. Very runny



8 MIN. Creamy



12 MIN. Very firm, opaque





### 11-13 BUNNY BUDDIES

Draw simple faces on eggs with a fine-tip marker. For wire ears, create two loops with thin wire and hot-glue or tape to back. For craft-stick ears, use half-size craft sticks, coloring in centers with pink marker, and hot-glue to back. Or, create a cute flower crown by gluing baby's breath to a wire circle.

Go beyond frying, poaching or scrambling...

Beat an egg white until foamy and stir into granola after it's been mixed together before baking. The protein will bind the oats so vou'll aet more crunchy clusters.

Grate hardcooked yolks onto roasted vegetables, salads or hot pasta dishes, as you would Parmesan cheese, for a flavor boost.

Use beaten eggs or yolks for silkier soup. Add a ladleful of hot broth into eggs, then add egg mixture to soup and cook until thickened.

### 17-21

# DEVILISH & Delish!

page 131





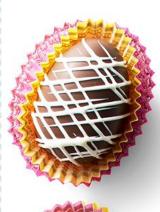


Hot glue FTW! We elevated these cute Scandinavian-inspired patterns by sticking to one color scheme - pink and orange. Tip: Use tweezers when applying pom-poms.



# **CREME EGGS**

page 134













We've got the label lowdown on what these common box terms really mean.

PASTURE-RAISED

These chickens roam on open grass, allowing them to both forage for food on their own and eat supplemental feed. Typically costlier than other eggs, due to farming practices.

CAGE-FREE

Chickens are not raised in cages, often giving them room to flap their wings. However, they may not have access to sunlight.

FREE-RANGE

Think "cage-free" plus some outdoor access for the chickens, making these a more affordable option than pasture-raised.

**USDA ORGANIC** 

This egg label is federally regulated — organic farming practices ensure that these chickens are free-range and cage-free. They're also fed 100% organic feed, meaning all ingredients must meet USDA standards.

**VEGETARIAN-FED** 

Laid by hens who are fed mostly corn and soy. Look for omega-3s to be called out on the carton, meaning the feed has been enhanced with flaxseed or algae to optimize its nutrient profile.

# Insta-Glam

With a paintbrush, put a thick layer of glue on top of each egg. Dip into a bowl of glitter and set in carton to dry for at least 3 min.







### 40-42 KITCHEN HACKS

#### **SHELL SCOOPER**

Next time you crack eggs for scrambling and a bit of shell falls in, don't chase it with your fingers. Use another piece of shell to cut through the gloopy white and scoop it up with ease.

#### EGG WARMER

If a baking recipe calls for room-temp eggs and you've forgotten to set some aside, just submerge eggs in a bowl of warm water for 5 min., drain and use as directed.

#### PERFECT PEELER

After boiling, drain and return to pot. Cover with water and swirl until shells start to crack. The rest of the shells should peel away easily. (The fresher the egg, the harder to peel.)

## **DYEING**

Bring 1 qt. water mixed with 2 Tbsp. white vinegar to a boil in lg. pot.

**Add** a few drops food coloring into water-and-vinegar solution. (The more you add, the darker your eggs will come out; 10 drops will give them a nice pastel hue.)

Submerge raw or hard-cooked eggs about 5 min. (For darker colors, leave them in longer, or use brown eggs.)

Tip: If you'd like to eat the eggs after dyeing, be sure not to leave them at room temperature longer than 2 hrs.





## COLOR

Don't judge an egg by its "cover"! The shell shade indicates the breed of hen and has no effect on taste or nutrition.



#### GH KITCHEN APPLIANCES LAB

#### TOP FGG GFAR







#### **48. BEST BOILER**

Fill this microwave egg cooker with water and up to four eggs and cover. Zap to hard-cook 'em in 10 min. or less.

NORDIC WARE **EGG BOILER**, \$16, NORDICWARE.COM

#### **49. STAR SERVER**

Make deviled eggs the star of the appetizer table. This dish holds up to 24 and comes in eight bright colors.

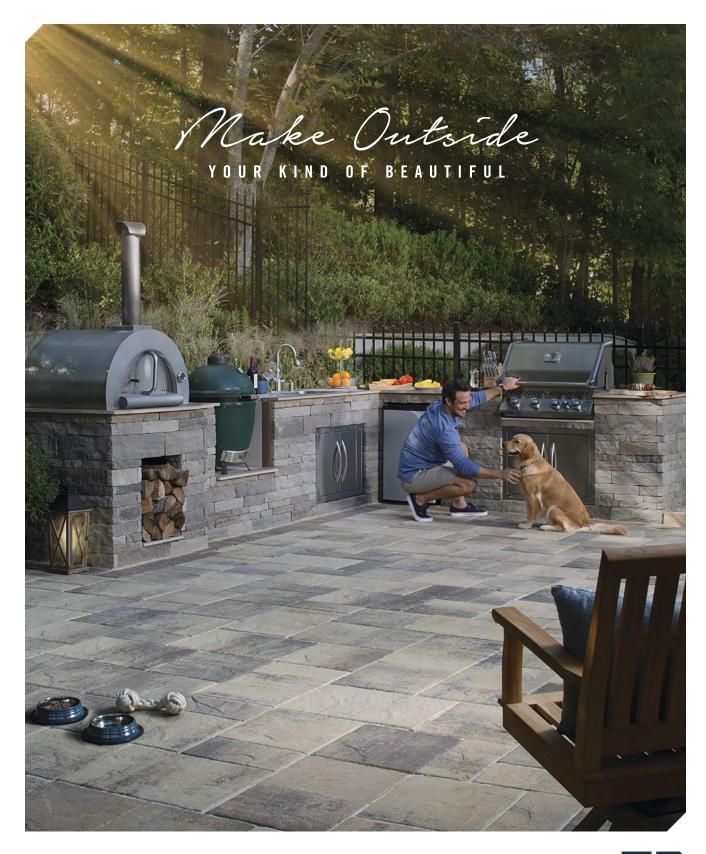
LE CREUSET DEVILED EGG **PLATTER**, \$50, LECREUSET.COM

#### **50. EASY POACHER**

Crack an egg into this ladle and lower into simmering water. When white is set, pull out—water drains through the holes.

WILLIAMS-SONOMA EGG POACHER, \$13, WILLIAMS-SONOMA.COM





#### Create the settings for moments that last a lifetime...

Belgard is your resource for outdoor living inspiration, planning and installation. From charming walkways and welcoming patios to gourmet outdoor kitchens – the possibilities are endless.







#### YOU SPIN ME RIGHT 'ROUND

The brush's nylon bristles cut down on drying time and style perfect waves or pin-straight strands.

1907 BY FROMM SQUARE THERMAL BRUSH, \$18, ULTA.COM





#### **PICTURE THIS!**

Combine the frame with others in varying sizes and metal finishes for a mix that's cohesive, yet not too precious.

GLASS FRAME WITH COPPER-COLORED DOUBLE BORDER, \$25, ZARAHOME.COM



Strappy heels and a fresh white top lighten up heavy metals for spring.



#### **BRONZE AGE**

A dusting of bronzer along your temples, the hollows of your cheeks and the bridge of your nose will give you a summer glow, no sun required.

MILANI STROBELIGHT INSTANT GLOW **POWDER** IN 04 GLOWING, \$10, MILANI COSMETICS.COM







#### **MOLTEN STYLE**

This shrunken treasure is hands-free, holds the essentials and looks like solid gold.

REBECCA MINKOFF MINI PARIS CROSSBODY, \$295, REBECCAMINKOFF.COM

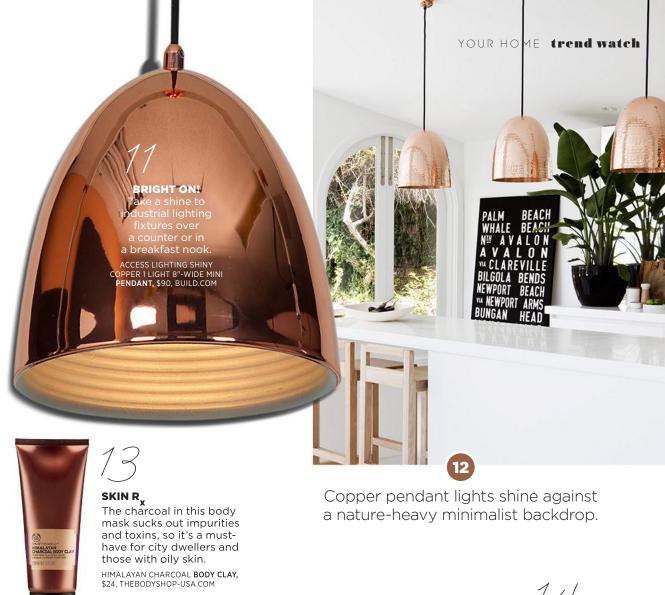




#### **WHAT A STUD**

Tough but sweet, pyramids add a touch of glitz to lobes.

GOLDTONE PYRAMID STUDS, \$24, VINCECAMUTO.COM



#### **BOWLED OVER**

This blingy catchall makes even bobby pins, paper clips and keys look glam.

HEX BOWL IN SMALL COPPER, \$80, TOMDIXON.NET



#### **FEAST** YOUR EYES

Mirrored lenses let timeless aviators take flight.

MIRRORED AVIATOR SUNGLASSES, \$85, VINCECAMUTO.COM



#### **HIGH GLOSS**

Let a bronzy beach-ready gloss be your change of scenery from classic red.

CHANEL ROUGE COCO GLOSS IN BURNT SUGAR, \$30



## join the imagineNATION for your chance to win \$1,000.

A new Clopay® garage door is an easy, affordable way to transform your home - and now, maybe even win \$1,000. Get inspired by past winners, visualize your home with a new garage door and find out how to enter the Clopay imagineNATION Makeover Contest at clopaydoor.com/win.



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#### GOOD HOUSEKEEPING



FAMILY TIME

#### **Cooking** With Love

Sarah Michelle Gellar's new book is a recipe for togetherness

WAIT, ISN'T THAT BUFFY THE VAMPIRE SLAYER? You betcha! The actress, who also killed it on All My Children and the big screen, is currently focusing more on home, family and her second act as a mompreneur. In 2015, she launched Foodstirs, six-ingredient baking kits designed to be whipped up with kids (foodstirs.com; a portion of proceeds goes to charity). "My goal is to create memorable experiences in the kitchen," she says. Her new cookbook, Stirring Up Fun With Food, takes it to the next level with easy recipes for edible projects (mac 'n' cheese cupcakes, anyone?). "Sunday is pizza night," says Sarah Michelle. "I love seeing how adventurous the kids are with toppings." Flip the page to find out how cooking has brought her family closer—and how it can do the same for yours.  $\rightarrow$ 



#### Q: How does cooking strengthen your family's bond?

A: It's quality time we wouldn't get if I prepared meals while they watched TV in another room. I love every minute in the kitchen with my kids, even the mess (I've learned to embrace it!). I find that in the car on the way home from school, I often get one-word answers when I ask about their day. But when we're cooking, I get in-depth stories.

#### Q: Your book is all about having fun with food. How do you do that with breakfast?

A: I try to prepare as much as I can before the kids get up. I know that when I'm stressed, the kids can definitely feel it. Yesterday I took a few extra seconds to arrange sliced fruit in a heart around my daughter's pancake stack, and she was so excited.



#### **MMM...MORNING**

Sarah Michelle's quickie breakfast solution, Bite Size Pancake Muffins, requires only pancake mix and a muffin pan. "You can add in nuts, fruit, anything," she says. "My kids are obsessed."

#### Q: How do you get kids to like cooking?

A: Ask them what they want to make. You're more likely to have a successful experience when they're invested from the start. Then get them involved in the process - give them the shopping list at the market, or let them chop and measure with pride. They won't even realize they're developing better motor skills or working the fundamentals of math, science and language.

#### Q: Have you noticed a change in your kids thanks to cooking?

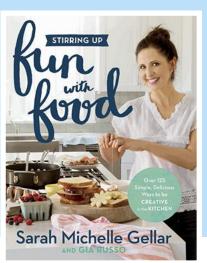
A: People always tell me how lucky I am that my kids are adventurous eaters, but I don't believe that it's luck at all. By my involving them in the process, not only are they more likely to try something new, but also I can count on them to make better choices when I'm not around.

#### Q: Do you have any tips for dealing with a picky eater?

A: I learned this one when my kids attended a school of jujitsu, and they often recite it to their friends: "You have to try something 10 times and then two times more before you can declare that you don't like it." It works.

#### YOU CAN READ HER BOOK!

"I love the concept of food crafting," says Sarah Michelle. "There are so many ways to be creative in the kitchen, regardless of your skill level."



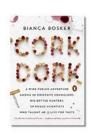
#### Your **Bookshelf**

Great new reads right now



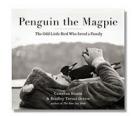
#### MARRIAGE MATTERS

Parents Lucy and Owen are priced out of city living and feel trapped in the burbs; to shake things up, they try an open marriage. This funny, honest novel pushes you to ponder what makes us happy.



#### FINE WINING

When the author quit her job to become a sommelier, her friends thought she'd lost her mind. But in this often-hilarious memoir, she proves them wrong and teaches a lesson or two about wine and life along the way.



#### **FAMILY INSPIRATION**

This diary of how a little bird helped a family heal after the mom was paralyzed is already an Instagram sensation. Told with beautiful photos and emotional, spare writing, this family's journey will warm your heart (and trigger a few tears). Share it with your kids.

#### NEW PACKAGING!





## SAME 38LB SIZE

## 4 COMPACT COMPACT



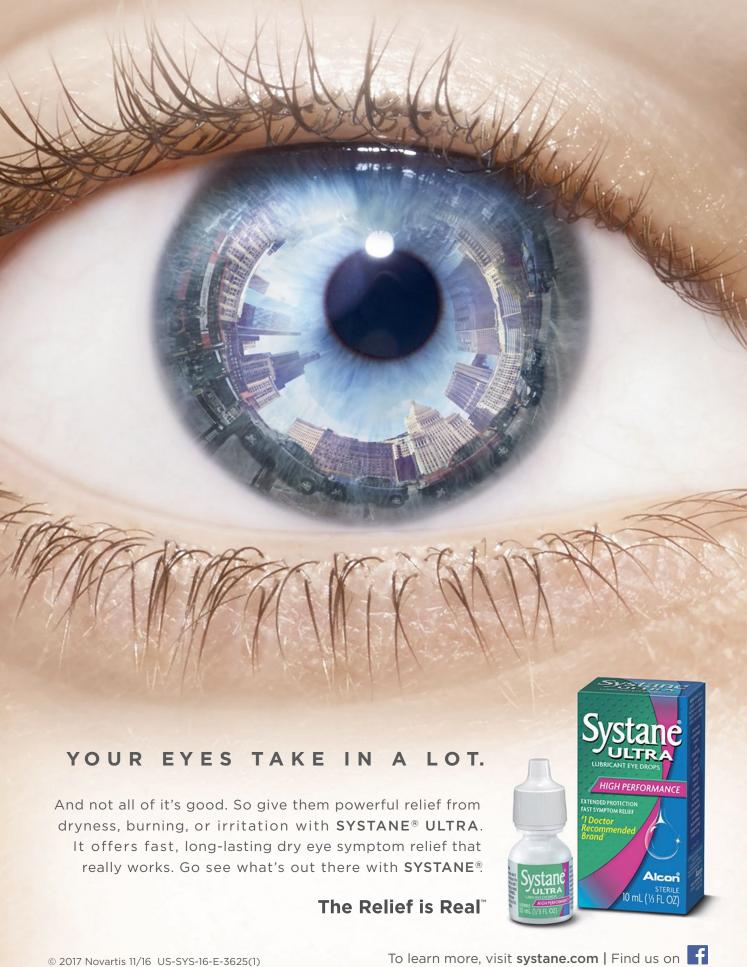
EASY TO CARRY



**EASY TO POUR** 



**EASY TO STORE** 





**HER FATHER'S DAUGHTER** Author Laura Carney with her dad, Michael (Mick) Carney, four years before he passed.

## 66 My dad had a of 60 things.

### He'd only checked off 5 when his life was cut short.99

An act of distracted driving killed our copy editor Laura Carnev's father. But in her grief, she was able to find a truly meaningful way to live out his legacy

> A FEW MONTHS AGO, my husband and I were at my brother and his fiancée's new house when my brother pulled out a small brown leather pouch of our father's that had turned up while they were unpacking. Out tumbled a few silver rings and other trinkets, along with three pieces of folded notebook paper.

"Do you know anything about this?" asked my brother.

I unfolded the papers and started reading. At the top of the first page was Things I Would Like to Do in My Lifetime! in my dad's handwriting. He wrote the list the year I was born, when he was 29, covering both sides of each page. The first item says I would like to live a long, healthy life at least to the year 2020. Another says he hoped to dance at his grandchildren's weddings.

But those goals were rendered impossible on August 8, 2003, the day my dad was killed by a teenage driver who ran straight through a red light and crashed into his car. As I later learned, she'd been lost and had called for directions; witnesses said she was on the  $\rightarrow$ 

#### DAD HAD MY BACK

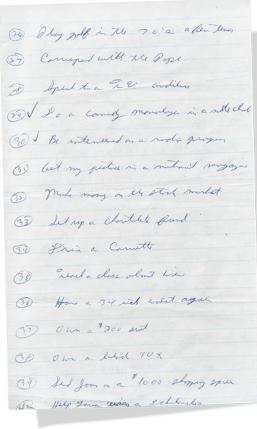
Below, Laura and her dad celebrate her turning 5. Right, his list of life goals.



phone when she ran into my father. She said she was only holding it. In either case, she was too distracted to notice that the traffic signal was red. I was told he died instantly, which eased my grief only slightly - perhaps he had felt no pain. But I was shocked to learn that her only punishment was a small fine. My dad lost his life, and my family and I lost him forever.

The year he died, I was 25, pursuing my dream of becoming a writer in New York City. My dad had encouraged this more than anyone, so I knew I couldn't give it up. He wasn't there when I accomplished my goal of working at a women's magazine eight years later. And he wasn't there last year, when I needed him to walk me down the aisle.

But on that afternoon in my brother's kitchen, I felt connected to him as we chuckled at Dad's often indecipherable handwriting. As the four of us read his list, something strange happened—we realized that many of his want-to-do's were things my brother and I had already done. "I did that!" I cried about number 31, Get my picture in a national magazine. "And you did that!" I reminded my brother when we saw that our dad had wanted to record five songs (my brother had recorded his with his a cappella group in college). All in all,



there were 13 items we'd accomplished. But in my father's entire lifetime, he had only checked off five.

Item number 12 savs Give mv children the most love, the best education and best example I can give. He never checked that one off, but he should have. It's the reason my brother and I are doing this: We're finishing the list. As soon as my husband suggested it, I saw my father in my mind's eye, smiling and nodding.

Over the years, I've become an advocate to help sound the alarm about the dangers of distracted driving. I write and speak about it whenever I can, and it's helped me forgive the girl who killed my dad – I had no choice once I learned that it is literally impossible for a driver's brain to function correctly when distracted by a call or text. It's also helped me move beyond horror to find purpose, and I hope finishing this list will do the same. If I have children, I want them to know their grandfather as more than a victim. They'll know him as a man whose impact was great.

We are finishing the list. As the first item indicated, it was meant to expire in 2020, and in 2020, it shall. And then maybe I'll write my own.

Follow Laura's progress at myfatherslist.com.

#### Distracted driving by the numbers

"People know distracted driving is dangerous," savs Paul Atchlev. Ph.D., professor of psychology at the University of Kansas. "They do it anyway because they believe they're different, that they can handle it." But stories like Laura's tell a truer tale. The facts:

collisions is estimated to be linked to cell phone use. Hands-free talking still quadruples the risk of injury due to a crash, making any kind of phone use while driving comparable to driving at a .08 blood alcohol level.

of what's in front of them that's how much drivers using cell phones can fail to see. meaning they may never notice stop signs, traffic signal changes, pedestrians and other cars

is how long (on average) your eyes leave the road when you send or receive a text behind the wheel. Doesn't sound like much, but at 55 mph, you'll zoom the entire length of a football field.

So why do we keep texting and chatting while driving? "Cell phones are like tiny slot machines," says David Greenfield, Ph.D., founder of the Center for Internet and Technology Addiction at the University of Connecticut School of Medicine: "You override rational thinking and check your phone because your brain anticipates the possible reward of an interesting message - and a hit of the pleasure chemical dopamine." Stav safe with our easy tips, opposite. - Peg Rosen



#### Arrive alive

Switch your phone to Airplane mode. Who doesn't check texts while waiting for a light to turn green? Don't! "When the light changes, it takes the brain about 20 seconds to reorient and focus on the road," says Atchley.

Arm your car with a safety app. Cellcontrol automatically blocks texting and other actions like hands-free calling, selfies, social media and app use once a car is moving. The system (\$130, cellcontrol.com) isn't perfect — drivers, like your teens, can disable it on

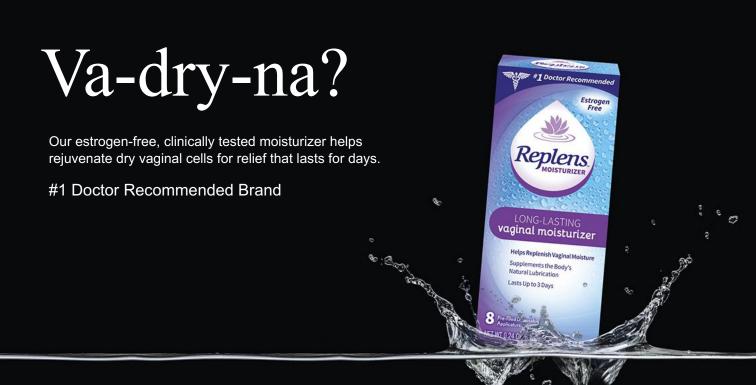
their phones, for instance (you will be notified). But you can program it to respond to incoming texts with one that says "[Your name here] is driving and will respond when her trip ends," which gently reminds others to be responsible, too.

Keep your hands off your car's hands-free features. Cars look more and more like cockpits, with voice-activated controls and touchscreens that let us dictate texts and tweets, stream music and even make dinner reservations while we cruise. "All these

distractions add to the cognitive workload on the brain," says National Safety Council CEO Deborah Hersman. "And there's a limit to how much we can process while we're driving."

Listen to books and music. No one's asking you to suffer in your car in utter silence! Music, podcasts and audiobooks are considered relatively low-risk, since passive listening doesn't demand much from the brain.

So sing and enjoy your ride—and get there safely.—P.R.



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#### COUNTRY CROCK®

Turn your little one into a Veggiesaurus Rex. Country Crock\* Simply Sauteéd Vegetables recipe is ready to be devoured in 12 minutes! Get this easy recipe at CountryCrock.com



#### ONE BIG HOPPY SPRING

Sunny days. Colorful eggs. And Gymboree's newest collection of Dressed Up outfits for the whole family. From dapper plaid and crisp linen to soft, shimmery dresses, these picture-perfect looks are ready for every springtime celebration. **Gymboree.com** 



**GYMBORee** 

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Put away the ironing board! Turbo ExtremeSteam® by Conair® removes wrinkles fast from clothing, drapes and more. Safe enough for silk, with a Turbo button for the deep wrinkles. Even refreshes upholstery and eliminates bedbugs! **Conair.com** 





## THE BEST DISHES START WITH THE BEST INGREDIENTS

Made with
high quality meats
and farm-grown
vegetables,
our broths and stocks
add rich flavor,
without adding any
any artificial ingredients
or preservatives.

get inspired at

SwansonBroth.com

From soups, to sides, to mains,



#### GOOD HOUSEKEEPING



by SHARON FRANKE

wear and tear

on clothes!



#### **GO LOW-FLOW** IN THE SHOWER.

The newest energy-saving showerheads are as powerful as traditional options, so you won't feel as if you're showering at a campsite – but they use less water, which means you'll pay less to heat it. In just six months our pick nearly pays for itself, and it saves you about \$60 annually after that.

GH LAB PICK: WATERPIK TORRENT POWERSPRAY+, \$35, WATERPIK.COM



#### **GET FRIENDLY** WITH FILTERS.

When air conditioner and furnace filters are clogged, the appliances have to work harder and cost more to operate. Change them as directed for maximum efficiency and cleaner, healthier air.



#### DODGE **DRAFTS**

Check windows and doors for air leaks—caulking and sealing them can lower heating costs by 20%, keep out moisture and prevent mold. To find drafts, look for light peeking through window and door frames. Or, use a thermal detector that checks surface temperature: If the area around a window is much colder or hotter than the rest of the house, you likely have air coming through even if you can't see it. Also, be sure to lock windows and doors for a tighter seal.

**GH LAB PICK:** EXTECH MINI INFRARED
THERMOMETER, \$80, EXTECH.COM

#### SKIP THE RINSE.

Don't bother running dirty dishes under the tap before putting them in the dishwasher. Save time and hot water by scraping obvious food off, then loading the machine and letting it do the rest. If there are just a few items, run the quickie Rinse Only cycle to keep food from drying on, then a complete cycle when the dishwasher is full.



#### LIGHT UP WITH LEDs.

As old-school incandescent bulbs are being phased out, you're more likely to see halogen incandescents, CFLs and LEDs in the store. Our tech experts say go for LEDs, since they're ultra-efficient and long-lasting and offer a range of light options, from cool to warm. Swapping in an LED for just one traditional incandescent bulb can save you about \$80 over its lifetime.

GH LAB PICK: CREE LED, \$20 FOR FOUR 60W EQUIVALENTS,



#### **ID ENERGY HOGS.**

Fridges that are 15 or more years old can cost at least twice as much to run as new energy-efficient models. To find out what's drawing the most power, download an app like Energy Calc Pro that will add up what you spend in energy, based on your electric rates. Get more precise measurements with a monitoring device that plugs into an outlet and gives real-time insights on use and costs. Consider replacing or limiting use of any appliance that has a major impact on your bill. Tip: If you buy a new fridge, don't plug in the old one downstairs; it will continue hogging energy.

GH LAB PICKS: BELKIN CONSERVE INSIGHT PLUG. \$30. BELKIN.COM

## RELAX AND ENJOY! WE'VE GOT THE REST COVERED



Call 1-800-876-8060 Ext. 32811 for your FREE Info Kit & DVD

included!

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| Marie Control | Email:   |     |       |

MAIL TO: SunSetter Products, 184 Charles Street, Dept. 32811, Malden, MA 02148

TAKE CARE OF YOUR TREES. Their shade can help cool your

house in summer, and sunlight through bare branches adds warmth in winter. Help them help vou: Remove dead branches and leaves and monitor trees' health.





#### **COOL YOUR** (WASH) JETS.

For most loads, do your laundry in warm or cold, not hot, water. Switching from hot to warm cuts energy use in half; going cold saves even more. Plus, hot water can set some stains and fade colors. For best cleaning results, use a cold water detergent.

**GH LAB PICK: GREEN** GH SEAL HOLDER TIDE CLEAN DETERGENT, \$14 FOR 92 OZ., JET.COM



#### TURN ON THE CEILING FAN.

When the air conditioner is on, run the ceiling fan, too. Since it circulates air constantly, you can raise the temperature by about 4°F and still feel comfortable. Be sure to shut it off when you leave the room.

GH LAB PICK: HUNTER ANSLEE 46" FAN, \$129, HUNTERFAN.COM



#### GH LAB PICK: WEMO MINI SMART PLUG, \$35, WEMO.COM

Hang curtains with liners as close to the window as possible, and make sure they cover the entire window when closed to keep heat in during the winter and out in summer.

GH LAB PICK: GH SEAL HOLDER JCPENNEY LIZ CLAIBORNE KATHRYN GROMMET PANELS, \$50 TO \$120, JCPENNEY.COM

**CLOSE THE DRAPES.** 







SMARTIFY YOUR PLUGS. Wondering if you left the lights on? Smart plugs work with Wi-Fi to give you wireless control of anything plugged into them. Using an app on your mobile device, you can turn a product on and off from anywhere and even put it on a schedule.

#### **GET IN SYNC WITH YOUR THERMOSTAT.**

Your thermostat is one of your greatest energy-saving allies, so set it up for success! That means moving heat-producing items like lamps and TVs away from it so it won't be tricked into thinking your home is hotter than it really is. If you have a programmable model, schedule it to automatically adjust the temperature based on when you're home, which can save you up to \$150 a year on energy. Upgrading to a smart version allows you to make changes remotely - and some smart thermostats will even sense the outdoor temperature and adjust themselves depending on whether you're away or not. GH LAB PICK: ECOBEE3 THERMOSTAT WITH ONE FREE SENSOR, \$249, ECOBEE.COM



#### Easy Smoked Sausage Skillet

Serving Size: 4-6 Total Time: 20 minutes

#### Ingredients:

- 1 pkg. Hillshire Farm® smoked sausage, diagonally sliced thin
- 2 cloves garlic, crushed
- 1/4 cup olive oil
- large red bell pepper, sliced thin
- 1 small yellow onion, sliced thin
- 1 pkg. frozen broccoli, thawed
- ½ cup chicken broth (or water)
- ½ cup tomato sauce
- 2 cups instant rice
- ½ cup shredded Mozzarella cheese

#### Instructions:

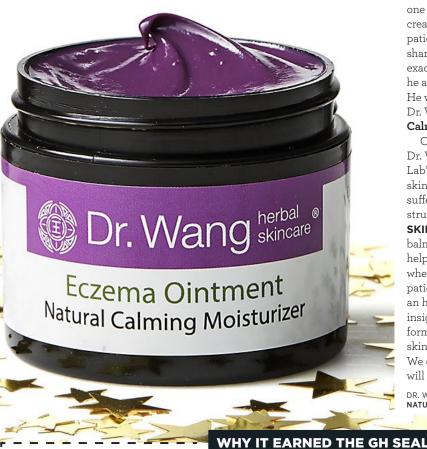
Heat olive oil and garlic in skillet, stir in smoked sausage slices and cook until browned. Add pepper, onion, broccoli, broth and tomato sauce and simmer for 10 minutes until the vegetables are tender and the liquid is absorbed. In the meantime, prepare rice according to package instructions. Stir rice into the skillet, sprinkle with cheese and serve.

Visit HillshireFarm.com/recipes for delicious recipes perfect for any night of the week.

### breakthrough skin reliever



Of all the brilliant inventions we saw with HSN's American Dreams. one stood out: a soothing balm that impressed both our Health & Beauty Lab chemists and at-home testers. In fact, this awesome ointment performed so well, we gave it the GH Seal!



BACKSTORY When Steven Q. Wang, M.D., one of the country's leading dermatologists, created a special calming ointment for his patients, the last thing he expected was to share it with millions of TV viewers. But that's exactly what happened late last year, when he appeared on HSN's American Dreams. He was an instant hit - and all units of Dr. Wang's Eczema Ointment Natural Calming Moisturizer completely sold out!

Of course, we weren't surprised. For years, Dr. Wang has been one of the GH Beauty Lab's go-to medical experts for everything skin-related. Plus, 30 million Americans suffer from eczema, and over 100 million struggle with sensitive skin.

**SKIN-SPIRATION** Dr. Wang developed the balm after reading about how Chinese herbs help ease skin disorders. Curious about whether Eastern medicine could help his patients, he asked his father, Gui Wang, LAc, an herbalist and a licensed acupuncturist, for insight. Three years later, they developed the formula of traditional Chinese herbs and skin-soothing ingredients. "The blend is key. We don't believe there's one single thing that will solve the problem," Dr. Wang says.

DR. WANG **ECZEMA OINTMENT** NATURAL CALMING MOISTURIZER, \$30, HSN.COM

We evaluated the balm's claims and ingredients in our Beauty Lab, then sent it home with eczema sufferers from our database of thousands of active testers.

- 1 UNIQUE FORMULA The herbs are antibacterial and anti-inflammatory, and the oils create an artificial barrier to help protect skin and lock in moisture.
- STEROID-FREE RELIEF Though steroids are a common treatment, they can thin skin, burn or sting and cause other problems; this doesn't contain any.
- 3 HYDRATING ACTION Skin's moisture level was boosted by up to 49% in clinical tests.
  - **READER RESULTS** After four weeks, testers raved about how it soothed their skin and stopped itch quickly. "It worked very well for my kid's eczema," said one. "Better than anything else we've tried."



#### tester-monials

Eczema sufferers share miraculous before-and-after photos





**GH LAB TIP** Use a small amount, and rub in well. The vibrant color is a handy guide: When it's visible, the balm can come off on clothes and sheets, but when it disappears, the product is fully absorbed

#### **CHIN ABOUT-FACE**

A red, irritating flare-up had this tester thinking about going back to steroids. But Dr. Wang's balm changed that: "It calmed down my eczema and cleared up most of it." She wasn't a fan of the herbal smell, but still raved, "I was impressed!"





#### **FINGER FIX**

This tester told our experts she had struggled with her dry, cracked skin – and creams that only worked half the time - for 15 years: "I still have eczema, but it eased the itchy and uncomfortable feeling. It was moisturizing, but not thick or sticky."





#### **HAND RENEWAL**

Having had eczema for 20 years, this tester wanted a new option to manage symptoms and get relief for her inflamed, painful hands: "It helped the discomfort of the itching, burning, peeling and cracking." Her one question was "Where can I buy it?"

#### **SEAL PROMISE**

All GH Seal products are rigorously assessed by the GH Labs. We stand behind them with our exclusive refundor-replacement limited warranty.\*



#### CALLING ALL **INVENTORS**

Enter our 2017 search for the next great product!

Do you have a genius idea? GH is teaming up with HSN again for our second nationwide hunt for game-changing innovations. Finalists will present to our expert panel, appear live on HSN's American Dreams, be featured in GH and have the potential to earn the Good Housekeeping Seal for one year!

For full criteria and information about how to submit your product, visit hsn.com/americandreams. See page 143 for condensed rules.

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#### **Green GH Seal spotlight**

#### SAFE ECO STARS

Our Lab gives the green thumbs-up to these environmentally friendly standouts



#### **SEAL PROMISE**

All GH Seal products are rigorously assessed by the GH Labs. We stand behind them with our exclusive refundor-replacement limited warranty.\*

#### HOW TO EARN THE GREEN GH SEAL

#### **PERFORMANCE**

To be eligible for the Green GH Seal, a product must first earn the GH Seal. Then we assess everything from sourcing of materials to end-of-life disposal.

#### **INGREDIENTS**

Our experts make sure items don't contain carcinogens or other toxic chemicals above established limits.

#### **PROCESSING**

We comb through three years of data from manufacturing plants to assess water, energy and waste reduction.

#### **PACKAGING**

It should only be a fraction of the item's weight. The less "extra," the better—even more so if it's biodegradable and fabricated with recycled materials and/or renewable resources.

#### LIFE CYCLE

Our pros check whether items are compostable or recyclable. Brands also earn points for programs that recycle or reuse their items.

#### **CONGRATS!**

If an item has our Green GH Seal, it's safe and performs as promised and the manufacturer is doing its part.



#### **ON-THE-GO CLEANING PRO**

Tackle tough carpet and upholstery messes with **Bissell**'s portable cleaner, which has at least 50% recycled content in its plastic and packaging. **LAB LOWDOWN** It's our Cleaning Lab's top pick for sudden spills. We love the separate tanks for clean and dirty water, powerful suction and deep-cleaning bristles.

BISSELL LITTLE GREEN PORTABLE CARPET CLEANER 1400B,

#### DO-GOOD DIAPERS

Pampers uses recycled materials in some of its packaging, and the diapers are made with less material (without compromising quality!). The company carefully tracks its carbon footprint and actively seeks ways to reduce greenhouse gas emissions.

LAB LOWDOWN In our Textiles Lab tests, the diapers performed well, soaking up liquid quickly and locking it in even after pressure was applied.

PAMPERS CRUISERS, FROM \$9 FOR A PACK OF 21, PAMPERS.COM





#### TRUSTED PROTECTION

"Uh-oh" bladder leaks are no biggie with **Tena** overnight pads—their manufacturing process uses responsibly sourced materials and is energy-efficient.

**LAB LOWDOWN** Our pros were impressed with the pads' construction and design, the extra protection for when you're lying down and the ultra-absorbent core.

TENA OVERNIGHT PADS, \$12 FOR A PACK OF 28, TENA.US

Three friends. One escape to Missouri.

## MAKES FOR A VINTAGE GIRLS GETAWAY.

Meet Jamie, Krystal and Denise from Nashville. We gave them a camera and a girls getaway to the Show-Me State. But that was just the beginning.

> See more of their show, and start enjoying yours, at VisitMO.com.



#### GOOD HOUSEKEEPING'S

## GREAT getaways GUIDE greatgetawaysguide.com



To start planning your next vacation, request **FREE INFORMATION** from the travel destinations below in one of these ways: **COMPLETE** accompanying Business Reply Card **CALL** 1-877-232-8236 **VISIT** greatgetawaysguide.com **FAX** to 1-800-571-7730 (circle destinations of interest; include cover sheet with name and mailing address)

#### FEATURED DESTINATIONS



#### 1. Carolina Beach

Plan an action-packed getaway to Carolina Beach. Enjoy a colorful seaside boardwalk, family-friendly attractions, and one-of-a-kind events.



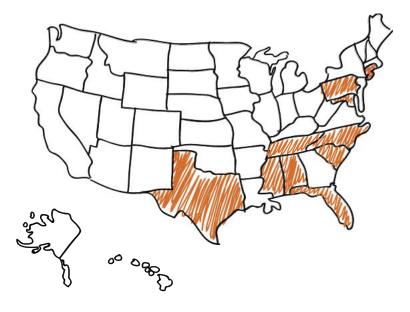
#### 2. Missouri: Enjoy the Show

From outdoor adventure to live music, there's something for everyone to enjoy in the Show-Me State. Discover your perfect Missouri vacation today.



#### 3. Tryon Resort

A year-round destination for scenic Carolina getaways, family fun, diverse restaurants, boutique shopping and world-class equestrian competition.



#### **ALABAMA**

4. Gulf Shores & Orange Beach Tourism

#### **FLORIDA**

5. The Beaches of Fort Myers & Sanibel

#### **MARYLAND**

6. Maryland's Beach & Beyond

#### MISSISSIPPI

- 7. Tupelo Convention and Visitors Bureau
- 8. Visit Ridgeland
- 9. Visit Vicksburg

#### **NORTH CAROLINA**

- 10. Brevard/Transylvania County
- 11. Fayetteville Area Convention and Visitors Bureau
- 12. NC's Brunswick Islands
- 13. The Outer Banks of North Carolina
- 14. Visit Greensboro
- 15. Visit North Carolina
- 16. Visit Winston-Salem

#### **PENNSYLVANIA**

- 17. Central Pennsylvania Convention & Visitors Bureau
- 18. Lackawanna County Visitors Bureau

#### **RHODE ISLAND**

19. South County Tourism Council

#### **SOUTH CAROLINA**

20. Beaufort

#### **TENNESSEE**

- 21. Elvis Presley's Graceland
- 22. Sevierville Convention & Visitors Bureau

#### **TEXAS**

23. Find your #TexasToDo

PROMISE TO YOU

Fed up with living in a world of don'ts? So are we. That's why we developed the Do Diet, a radical new way of living that's full of easy do's to get you on the healthiest (happiest!) track.



EAT TO BEAT MIGRAINES

Foods rich in omega-3 fatty acids may help reduce the frequency and severity of the head pain. Guess what else these superfoods can do for you?

#### salmon

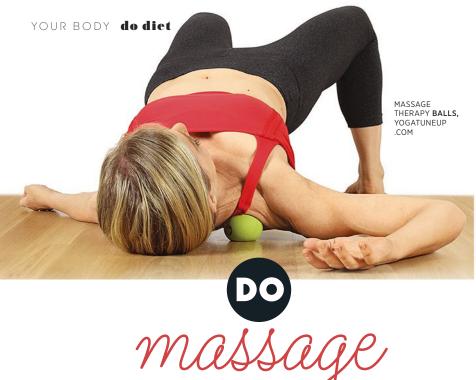
On top of mega amounts of omega-3s, it has loads of vitamin D, which may help reduce your risk of diabetes, cancer and heart disease, says GH Nutrition Director Jackie London, M.S., R.D. She recommends eating at least 12 ounces per week.

#### seeds

Chia and hemp seeds also have antioxidants, which may reduce blood vessel damage and thus help protect against stroke and heart disease. Add about 3 Tbsp. to your yogurt. **NUTRITION LAB PICK:** 

Carrington Farms Flax Chia Paks (\$8 for 12) have earned the GH Nutritionist Approved Emblem.

Packed with protein, fiber and some of the highest levels of plant-based omega-3s, walnuts are great for feeding your 3 P.M. slump. Also, studies suggest that eating a handful every day may reduce your risk of heart attack and boost memory and cognitive function, whatever your age.



If you'd give up your stash of emer-

gency chocolate for a good muscle rub, odds are you're one of the quarter of Americans who, according to the National Institutes of Health, have pain that lasts more than 24 hours. Want an inexpensive way to feel good fast? Get on the ball. "People think of massage as an indulgence, but it's not," says Sue Hitzmann, author of The MELT Method, a technique that involves massaging feet, hands and other areas with small balls to stimulate fluid in connective tissue. This reduces pain in other parts of the body.

Hitzmann says. Jill Miller, in her book The Roll Model, advises using larger therapy balls to directly massage muscles and nerves to release tension. Try Miller's Gnarly Neck move (above) to relieve pain caused by working at a computer (if you don't have a therapy ball, you can use any small ball): Lie on your back, legs bent, feet on the floor. Place ball under back. above shoulder blade. Lift pelvis and, using body weight to roll ball around toward your spine, raise arm and bring it back down while breathing deeply. Repeat 10 times. Switch sides. Ahhh!



## minutes everyday

You know lacing up your sneakers and hoofing it is good for your health, but who knew how good? A recent study found that women who walked briskly (around 100 steps a minute) for a total of two and a half hours a week reduced factors that increase the risk of heart attack after about 10 weeks - significantly lowering blood pressure, total cholesterol and weight. The key to reaping the benefits is making it a daily habit, says author Pamela Stewart Fahs, R.N., Ph.D., associate dean at Binghamton University. To up the fun factor, turn walks into a must-do family activity or a chance to catch up with friends.

## PONDER THE

## OUESTIONS

Turns out it's healthy to think about existential issues, per a study in the Journal of Contextual Behavioral Science. Pushing away whoppers like Does life have meaning? and Has God abandoned me? is linked to higher levels of depression and anxiety, so bring them up with friends or clergy. "It may be helpful to know that many people experience these types of struggles - you're not alone!" says coauthor Julie Exline, Ph.D.



Always Discreet. For bladder leaks.



#### $\overline{\mathcal{Q}}$

#### WHAT'S "CLEAN EATING"? IT'S ALL OVER FACEBOOK.

A: The #cleaneating craze may have a health halo, but I don't love it. When I first started seeing the phrase, it seemed to refer to choosing wholesome foods and quality ingredients and knowing where your food came from - all great! But lately, people have been using the term in misleading (and, frankly, uncool) ways, which can cause more harm than good. The tag appears on foods that aren't actually nutritious, such as sugary smoothies and greens drowning in fatty dressing. And some use it to food-shame others on social media: Not everyone can find or afford supposedly healthy green juice and protein powder. No one should feel like a failure because of that. Bottom line: Prioritize eating lean proteins and produce, nuts, seeds, legumes and whole grains: this will allow a balanced diet to fall into place. Too many women already feel as if they're falling short — food should be joyful, not agonizing.

#### WHICH IS BETTER?

#### ON-THE-GO

#### **SNACKDOWN!**

Heading out of town or just all around town? Munch smarter...

#### DELI -



SANDWICH ON WHEAT **vs.** 



#### BETTER:

#### SANDWICH ON WHEAT

Sammies on 100% whole-grain bread are lower in calories and higher in fiber. Wraps—even wheat, kale or spinach—are often made with refined grains and shortening, which lowers their nutritional value.

#### **COFFEE SHOP**



FRUIT & YOGURT PARFAIT

vs.

FRUIT & CHEESE PLATE



#### BETTER:

#### **FRUIT & CHEESE PLATE**

Fresh fruit is higher in fiber, and cheese offers filling protein, staving off the urge to graze through travel delays. Parfaits are sneaky sugar bombs (on average, 40 g sugar!) due to flavored yogurt and granola.

#### **GAS STATION**



VS.

BANANA
CHIPS



#### BETTER:

#### **TRAIL MIX**

Opt for unsweetened driedfruit-and-nut mixes, which combine protein and fiber for a satisfying snack. Banana chips are loaded with sugar and cooked in oil—as if french fries and candy had a love child!

#### NEWSSTAND -



YOGURT-COVERED RAISINS

vs

CHOCOLATE-COVERED ALMONDS



#### BETTER:

#### ALMONDS

Both are indulgences, but the nut-chocolate combo will sate your hankering for sweets and provide up to 4 g of protein. Sweetened dried fruit with icing (it's mostly oil, not yogurt) is a sugar-delivery system.

#### IN FLIGHT



SALTED NUTS

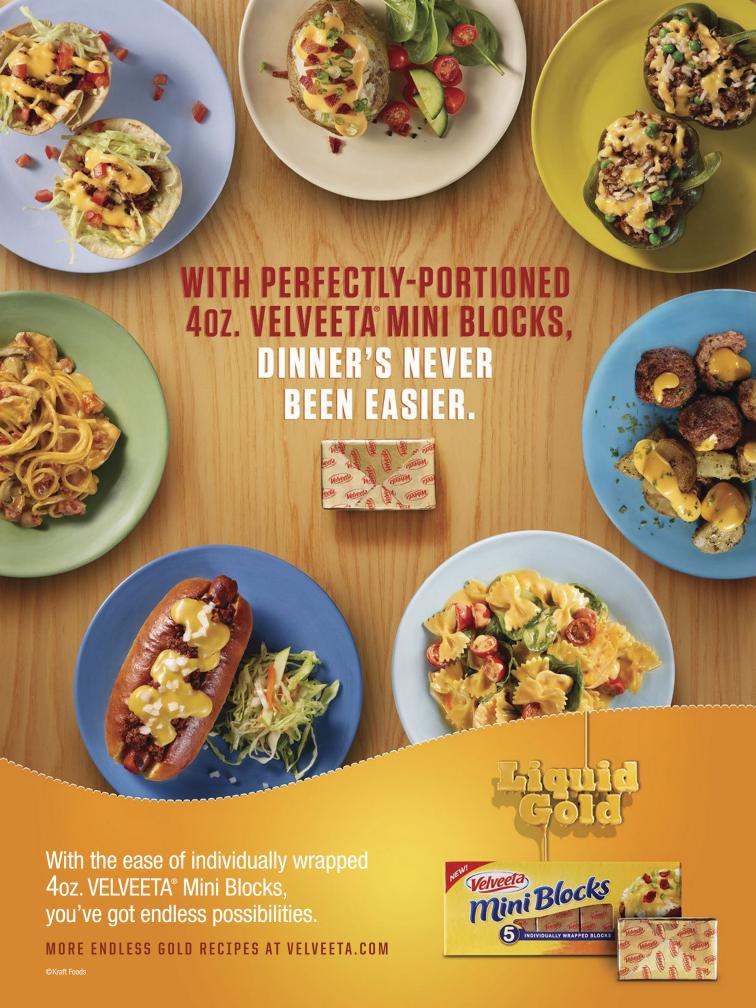
SALTED PRETZELS



#### BETTER:

#### NUTS

Nuts are the more satisfying option, with up to 1 g of fiber and 3 g of protein per 70-calorie pack (ask for two). A bag of nuts is also heart-healthier, at just 95 mg of sodium a pop.



## LOVE ME SOME BACON

NOT ME SOME PRESERVATIVES.

Remember the first time you had bacon-? when you heard it frying and your heart skipped a beat?

Thanks to our 100% natural bacon, you'll relive the flavor of that first strip and preserve the memory — without the added preservatives.



#### **JUST 3 MOVES**

### TIGHTER TUSH

The pros at **Daily Burn** help kick your booty into gear with simple resistance band exercises for a gravity-defying backside



MEET DAILY BURN'S BEST CeCe Marizu "Give it all you can – then give a little more. We always have more in us."

#### \_\_ MONSTER

WALK

#### WORKS: abs, hips, butt, thighs

Stand in a shallow squat with resistance band around thighs (just above knees), hands clasped (A). Step left foot forward, then out to shoulder width (B). Repeat with right leg, then left, for a total of eight steps forward. Rest two seconds, then do same movement backward for eight steps. Repeat six times.

**DIAL IT DOWN:** Keep hands on hips. **AMP IT UP:** Reach arms overhead.

## ELEVATED CLAM

#### WORKS: abs, hips, butt, thighs

Lie on left side with knees bent, propped up on elbow, with right hand on hip and resistance band slightly above knees (A). Balancing on knee, lift hips into a side plank while opening right knee up toward ceiling (B). Lower to starting position. Do 12 times, then repeat on other side.

**DIAL IT DOWN:** Keep hips down. **AMP IT UP:** Reach top arm toward ceiling.

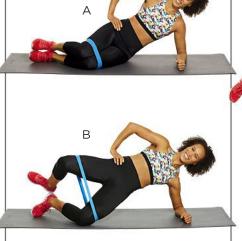
#### STANDING HYDRANT

#### WORKS: abs, back, butt

Stand with resistance band slightly above knees. Bend right knee 90 degrees behind you with knee facing floor. Lift leg out to side and hold for two counts (A). Bring back to starting position with knee bent, then tilt torso forward and lift heel toward ceiling (B). Return to start. Repeat 12 times.

**DIAL IT DOWN:** Skip the band. **AMP IT UP:** Reach arms above head throughout steps A and B.









#### EXCLUSIVE GH × DAILY BURN WORKOUT SERIES

Find your at-home get-fit groove with **GH x Daily Burn.** We've joined forces to make it supereasy. Go online to choose from over 600 "living room" workouts with top Daily Burn trainers like CeCe. **Subscribe for your first month free – plus, GH readers get 25% off the second month.** Sign up at dailyburn.com/goodhousekeeping. No thinking, just shrinking!

## natural remedies DOCS SWEAR BY

A quick trip to the kitchen may be all you need to treat what ails you. Try these simple tricks from our new book, Good Housekeeping Doctors' Secrets



**DEFLATE PUFFY EYES** Apply tea bags soaked in cold water on closed eyes — black tea may be best, but any type will work.

The Doctor Says: Cool, wet packs help decrease circulation and limit fluid buildup. Plus, tea has tannins, which make it astringent, so it draws out some fluid.



**SOOTHE A MILD BURN** Place half an onion on the burn until the pain subsides.

The Doctor Says: Onion juice contains sulfur compounds, quercetin and other plant chemicals—the ingredients in many over-the-counter burn treatments.



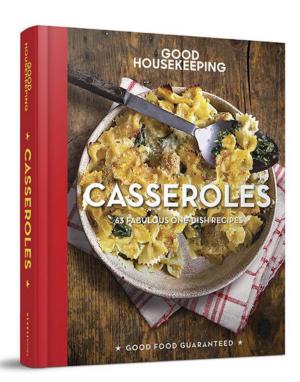
**RELIEVE A HEADACHE** Hold a bag of frozen peas on your throbbing noggin for five to 10 minutes.

The Doctor Says: Putting something cold on the affected area constricts blood vessels, which eases pain. Frozen peas make a great, easily moldable, reusable ice pack.



Want more tried-and-true home remedies? Good Housekeeping Doctors' Secrets is full of practical advice from 100 top medical experts, including Reid B. Blackwelder, M.D., past president of the American Academy of Family Physicians, who gave us these tips (\$25, at bookstores).

#### SAY GOODBYE TO TIME-CONSUMING DINNER PREP



#### SAY HELLO TO SIMPLE, EFFORTLESS COOKING

Warm, comforting, and hearty, these one-dish beauties hit the sweet spot, as the ultimate family-friendly meal and even for festive occasions. Just assemble the ingredients, pop it in the oven, and you're good to go! With these **60+ recipes**—from Classic Bakes and Veggie Pleasers to sweet sensations—creating delicious casseroles has never been easier.

**AVAILABLE WHEREVER BOOKS ARE SOLD** 

# "Jwas only 9 WHEN MYMOM GOTSICK"

From the time her mother was diagnosed with **MULTIPLE SCLEROSIS**, Lindsay Jurist-Rosner understood what many women learn only when they're older: Being a caregiver can be lonely, draining and utterly overwhelming. Here's how she turned her experience into a business that could help millions

by TULA KARRAS

#### AT AN AGE WHEN MOST KIDS ARE

worried about handing in their science projects on time, fourth grader Lindsay Jurist-Rosner had weightier matters on her mind. That year, the family got word that her mom, Andra, was ill with MS, a disease of the central nervous system. Throughout her school years, Lindsay observed Andra's decreasing mobility—muscle weakness, balance issues, trouble walking.

Andra and Lindsay's stepdad both had full-time jobs, and Andra fatigued easily. While Lindsay's sister also helped, Lindsay says she was the "type A" daughter who did whatever needed to be done. "I was thrown into a reality of responsibility. I learned to cook for myself and arranged my own rides when my mom couldn't drive

anymore," says Lindsay, now 36. While living in New York City for college, Lindsay went home to Washington, DC, several times a month to accompany Andra to doctor's appointments, helping her navigate changing medications, multiple tests and endless insurance tangles: "I was the extra pair of ears that she trusted during those visits. I wanted to continue to help in any way I could."

It wasn't until after college that Lindsay began to feel the strain. Her mom was in a wheelchair, so Lindsay moved home to be there for her, all while working full-time in marketing. "I'd help with her morning routine and her meal prep, eat with her, then come home at lunch to help prepare her meal, as well as after work," she recalls. She had little personal time and felt as if

she wasn't giving her all at her job.

This went on for several years. "My mom was always appreciative and never complained, but I was finding it all very difficult," says Lindsay. Life was a constant scramble, and she didn't realize the range of options for outside help—she felt that caregiving was her daughterly duty. On top of the time commitment, seeing her mom get worse was rough, and their relationship began to suffer. "We weren't daughter and mother anymore—we were caregiver and care recipient," Lindsay says. "It was enormously draining."

When a job came up in California in 2006, Lindsay was torn—she wanted to focus on her career, but didn't want to leave her mom. →



#### PROUD FAMILY

"My mom is a superstar," says Lindsay, here with mom Andra Jurist and stepdad Bruce Stewart before a college dance in 2002.

#### CARING BY THE NUMBERS

hours per week is the amount of time on average that a caregiver spends helping a loved one.

of caregivers who work 21 or more hours a week say doing so has made their own health worse.

or more of the U.S. population is providing care to an ill, disabled or aging family member or friend.

In the end, she decided to go. "My mother is a wonderful, courageous person, so she made it easy to love her and to care for her. But it was still overwhelming," Lindsay says. Fortunately, her sister soon moved home and was able to help her mom on a day-to-day basis.

While working in California, and later at business school at Harvard, Lindsay met other women who'd walked in her shoes. They were usually older, with elderly parents, but they'd been through the same steep, stressful learning curve. "When you become a new parent, there are all these books and groups. But with caring for a parent, there's no preparation or anyone saying, 'Here's how to do it.' Plus, society doesn't recognize the work you do, and the family can take it for granted, too," Lindsay says. This is largely a women's issue: Sixty percent of caregivers are female, according to the National Alliance for Caregiving. "I find that women feel the responsibility in a way that men don't. Women are expected to be the caregivers," says Lindsay.

Lindsay worked for various digital ad companies, but couldn't shake the idea of starting the kind of service that could have helped her own family. "It was so personal to me," she says. "I knew the problem intimately." Nights and weekends, Lindsay networked like mad to start Wellthy, a concierge service that holds clients' hands through every aspect of caregiving—including legal, medical, financial and housing-related issues. While she assembled a web of social workers and other experts, partner Kevin Roche, a software engineer,

built a digital portal that clients use to connect with their personal care coordinator—the person who helps with everything from refilling prescriptions to updating families. She raised seed money (including from HearstLab, a program by the company that owns GH that supports women-led companies). Then, in 2014, Lindsay became Wellthy's first employee. "Our early customers really helped us by telling us what they needed," she says.

While using Wellthy may sound like a luxury (individuals can join for \$200 to \$300 a month, and some employers offer it as part of a benefits package), it can be cost-effective—negotiating with insurance companies, as Wellthy does, can often save you money, says Lindsay. It can be a sanity saver, too: "I get heated when I call my mom's doctors and insurance companies," she says. "It's hard to stay calm and rational, and it's hard to get things done when you're fired up."

In fact, Lindsay herself used Wellthy last year, when her mom spent almost a month in the hospital. "My Wellthy care coordinator found our home health aide and took care of a lot of the billing," she says. "Handing that off was the most enormous relief."

Lindsay reports that her mom is improving, and that she visits Chattanooga, where Andra now lives, every month. "She and I get to enjoy mother-daughter time when we see each other," she says. "Mom now has an incredible support team around her." •

 ${\it To learn more, visit wellthy.com.}$ 

#### The (FREE) RESOURCES EVERY CAREGIVER NEEDS

Not only are support groups critical for a caregiver's emotional health, but they're also a rich source of local referrals and advice, says Jo McCord, a family consultant for the Family Caregiver Alliance in San Francisco. Find or start a group:

#### JOIN A "DAUGHTER-HOOD CIRCLE."

If you're caring for your parents, you can visit daughterhood.org to tap into an existing Circle or start one yourself. Leaders have access to an online digital platform to keep their members in the loop as well as direct support from the organization's founder and team.

#### ASK AT A PLACE OF WORSHIP.

Some churches, mosques and temples offer groups for families with special-needs kids or elderly parents, some of which also provide respite care so caregivers can take a break or run errands. Not all churches require membership in order to join such groups, so be sure to ask.

#### GO ONLINE.

There are many general caregiver forums and listservs (try caregiver.org and caregiveraction.org). Facebook is also a great resource—you may be able to find closed Facebook groups in which members are caring for people who have the same condition and challenges as your loved one.

### It's your turn to relax



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It must be the Philly<sup>a</sup>

#### GOOD HOUSEKEEPING



GLUTEN-FREE PIE

#### **Cocoa-Nutty Lime Tart**

When it comes to flourless desserts, this showstopper deserves the limelight. We swapped graham crackers for a chocolatey coconut crust that tastes like a giant macaroon. And you'll love this: The no-bake filling comes together in minutes! Recipe, page 128.



## ASK SUSAN

GH's resident kitchen pro shares her best tips and favorite shortcuts for cooking and entertaining





#### I'D LIKE TO MAKE A PRETTY SPRING CHEESE PLATE. ANY IDFAS?

- Mackenna W.

**A:** These impressive (and easy!) Floral Cheese Buttons come together in under five minutes: Slice goat cheese into 1-in. rounds, then adorn with edible flowers. We used a package of petals from a supermarket, but any safe-to-eat blossoms will work (for examples, go to goodhousekeeping .com/edibleflowers). Serve with crackers or crostini.



Do I really have to keep meat in my fridge's "meat drawer"?

— Heather T.

**A:** If your refrigerator has one, then you should. Dial down the temperature as low as it goes and stash ground beef. chicken breasts and pork chops here so they'll stay fresh longer. Otherwise, store such items in the coldest fridge area (bottom shelf. in the back).

#### **MEAL MAGIC**

## DELISH FISH,

Cooking fish (and getting your recommended 12 oz. per week) just got easier, thanks to these foolproof frozen kits. Assemble the sustainably sourced fillet and its sauce on the parchment packet and pop in the oven for 15 to 25 min. \$7 TO \$11, LOVETHEWILD.COM



**BREAD** 

Don't toss stale bread! Blend a slice or two into pureed soup to thicken and add creaminess. Or, stir torn pieces into minestrone and simmer until they absorb the broth. #savethefood

## TRADITIONS DON'T HAPPEN OVERNIGHT.













THEY HAPPEN ONE MORNING AT A TIME AND ONE CUP AT A TIME.









## MORNING PASSOVER PRIENDLY



This bake-ahead frittata is equally awesome for grab-and-go

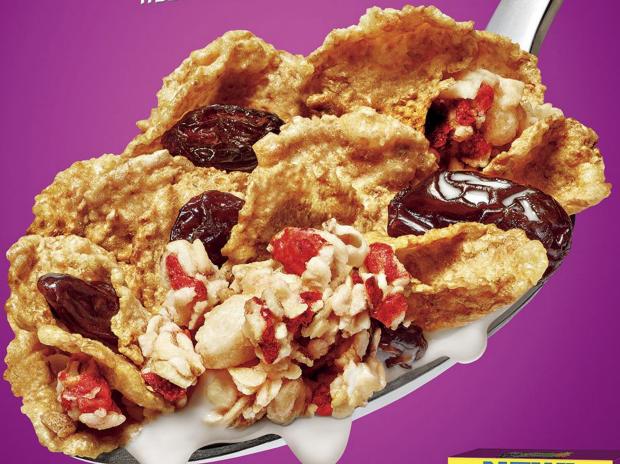
#### **SPRING GREENS** & MATZO FRITTATA

- 1 Tbsp. butter 1 bunch (about 1 lb.) thin asparagus, trimmed and cut into 1-in. lengths 5 sheets matzo, broken into lg. chunks 5 lg. eggs 1 c. basil leaves, chopped 1 c. frozen (thawed) peas 1 Tbsp. lemon zest
- 1. Preheat oven to 350°F: spray 8-in.-sq. baking dish with nonstick cooking spray. 2. In 12-in. skillet on med., melt butter. Add asparagus; cook 5 to 8 min. until crisp-tender. Remove from heat; let cool. 3. In med. bowl, pour 1 c. warm water over matzo and let soften 5 min. Drain. 4. In Ig. bowl, beat eggs. Stir in asparagus, matzo, basil, peas, lemon zest, 1 tsp. salt and ½ tsp. pepper. Pour into baking dish. 5. Bake 40 min. or until top is golden brown and center is set. Can be refrigerated up to 3 days.

SERVES 6 ABOUT 200 CALS, 10 G PROTEIN, 25 G CARBS, 6 G FAT (3 G SAT), 3 G FIBER, 465 MG SODIUM.







Apple Strawberry



Season 4 chicken breast cutlets (about **PROVENÇAL** CHICKEN

photographs by DANIELLE OCCHIOGROSSO food styling by SHERRY RUJIKARN

**QUINOA BOWLS** 

5 oz. each) with 1/4 tsp. herbes de Provence and ¼ tsp. each salt and pepper. Grill 3 min. per side on med.-high or until cooked through. Cook 1 c. red quinoa as label directs. In blender, puree ½ c. each Champagne vinegar and olive oil,

2 green onions, 2 Tbsp. Dijon mustard and 1/4 tsp. salt. Toss half of vinaigrette with cooked guinoa: 4 c. packed arugula; 12 oz. grape tomatoes, halved; and % c. pitted green olives, quartered. Serve chicken over quinoa with remaining vinaigrette.

SERVES 4 ABOUT 500 CALS, 36 G PROTEIN, 35 G CARBS, 23 G FAT (4 G SAT), 8 G FIBER, 865 MG SODIUM.



#### MATZO-CRUSTED SALMON WITH GLAZED RADICCHIO

Whisk 3 Tbsp. each brown sugar, hot sauce, maple syrup and olive oil until smooth. Arrange 4 fillets salmon (5 oz. each) and 2 med. heads radicchio. cut into 8 wedges, on lg. rimmed baking sheet lined with foil; brush all over with maple syrup mixture. Sprinkle ½ tsp. salt on salmon and radicchio. In food processor, pulse 1 sheet matzo, broken up, until finely crushed; pulse in 3 Tbsp. chopped parsley and 1 Tbsp. olive oil. Pat crumbs onto salmon to make them adhere. Bake at 450°F 12 to 15 min. or until salmon is cooked through. Top radicchio with 1/4 c. each golden raisins and walnuts, chopped.

**SERVES 4** ABOUT 485 CALS, 31 G PROTEIN, 38 G CARBS, 24 G FAT (4 G SAT), 2 G FIBER, 655 MG SODIUM.

#### SPRING MINESTRONE

In 8-qt. saucepot, heat 2 Tbsp. olive oil on med. Add 2 med. carrots, chopped; 1 med. leek, thinly sliced; 8 sprigs fresh thyme, tied together; and ¼ tsp. salt. Cook 8 min., stirring. Add 3 lg. red potatoes, chopped, and 2 qts. lower-sodium vegetable or chicken broth. Partially cover and heat to boiling on high; reduce heat to simmer. Cook 25 min. or until potatoes are tender. Add 1 bunch asparagus, sliced; simmer 3 min. or until tender. Discard thyme. Stir in 1 can (15 oz.) navy beans, rinsed and drained (optional); 2 Tbsp. chopped fresh dill; 1/4 tsp. salt; and ½ tsp. pepper.

**SERVES 4** ABOUT 330 CALS, 7 G PROTEIN, 62 G CARBS, 7 G FAT (1 G SAT), 7 G FIBER, 1,030 MG SODIUM.





# Turn your little one into a Veggie-saurus Rex



## Country Crock Simply Sautéed Vegetables are ready to be devoured in just 12 minutes.

Prep Time: 4 minutes

#### Ingredients

3 tbsp. Country Crock, divided 4 1/2 cups assorted cut-up fresh vegetables

1 small onion, chopped 1/2 tsp. dried Italian seasoning Cook Time: 8 minutes

#### Directions

MELT 2 tablespoons Country Crock® in skillet over medium-high heat. SAUTÉ vegetables, onion & Italian seasoning until veggies are crisp and tender. TOP with remaining tablespoon of Country Crock® and serve! Makes 4 servings.



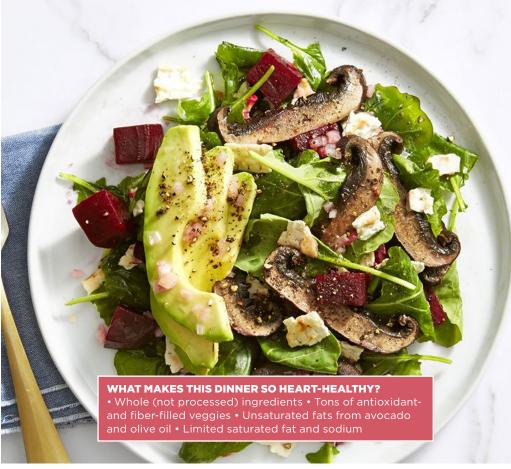




#### **BEET, MUSHROOM** & AVOCADO SALAD

On Ig. rimmed baking sheet, spray 4 med. portobello mushroom caps with nonstick cooking spray and sprinkle with ½ tsp. salt; roast at 450°F 20 min. or until tender. Whisk 1/4 c. lemon juice; 3 Tbsp. olive oil; 1 sm. shallot, finely chopped; and ¼ tsp. each salt and pepper; toss half with 5 oz. baby kale and 8 oz. precooked beets, chopped. Divide among serving plates. Top with 2 ripe avocados, thinly sliced; 2 sheets **matzo**, crushed into bite-size pieces; and portobellos, thinly sliced. Serve with remaining dressing on the side.

SERVES 4 ABOUT 370 CALS. 7 G PROTEIN, 32 G CARBS, 26 G FAT (4 G SAT), 11 G FIBER, 490 MG SODIUM.





#### 2-STEP SLOW-**COOKED BRISKET**

Season 1 beef brisket (about 4 lbs.), trimmed, with 3/4 tsp. each salt and pepper; add to lg. slowcooker bowl along with 1 can (14 oz.) crushed tomatoes and 3 cloves garlic, crushed. Cover and cook on Low 10 hrs. or until very tender. About 25 min. before meat is ready, on Ig. rimmed baking sheet, toss 1 med. red onion. sliced. and 1 med. yellow onion, sliced, with 1 Tbsp. olive oil and ¼ tsp. salt. Roast at 425°F 20 min. or until browned. Top brisket with roasted onions and finely chopped parsley.

SERVES 6 ABOUT 300 CALS, 35 G PROTEIN, 9 G CARBS, 14 G FAT (4 G SAT), 2 G FIBER, 590 MG SODIUM.

### THE DOCTORS ARE IN



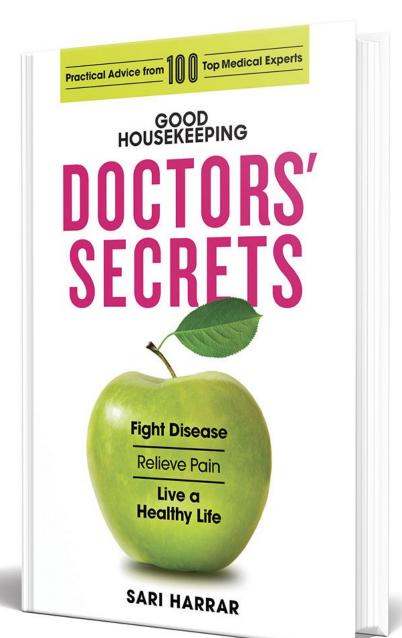
#### What do doctors do to keep themselves healthy?

Here, more than 100 top medical practitioners and the experts in the Good Housekeeping Institute share their science-based daily strategies for keeping well. Now you have their best advice right at your fingertips!

#### Learn how to...

- Sleep better tonight
- Beat colds and flu
- Be smarter about your healthcare choices
- Boost your memory
- Get an appointment FASTER
- Choose foods that fight disease
- Benefit from alternative medicine
- Get the best tests for you
- And so much more!





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GOOD HOUSEKEEPING HEARST books



## YOUR PANTRY



- 1 lb. baby carrots, cut into halves
- 1 bunch radishes, trimmed, cut into halves
- 3 Tbsp. olive oil 1 Tbsp. chopped fresh thyme
- 1/4 c. fresh parsley, finely chopped
- 1. Preheat oven to 450°F. In 7-qt. saucepot, cover potatoes and carrots with cold water; add 1 Tbsp.

salt. Cover and heat to boiling on high. Reduce heat to maintain simmer: cook 7 min. Drain well and return to pot. 2. Toss potatoes. carrots and radishes with oil, thyme and 1/4 tsp. each salt and pepper; arrange in single layer on lg.

rimmed baking sheet. Roast 20 min. or until vegetables are browned and tender. **3.** Remove from oven; sprinkle vegetables with parsley.

**SERVES 10** About 110 cals, 2 g protein, 16 g carbs, 4 g fat (1 g sat), 2 g fiber, 170 mg sodium.



Lemony Asparagus, Beans & Peas PREP 20 MINUTES **TOTAL 40 MINUTES** 

- 1½ lbs. thin asparagus, cut into thirds at an angle
- 12 oz. haricots verts or green beans, trimmed
- 8 oz. fresh or frozen (thawed) peas
- 4 Tbsp. olive oil, divided 1 lg. onion, very
- thinly sliced ¼ c. lemon juice
- 1 Tbsp. snipped fresh chives
- 1 Tbsp. sesame seeds 2 tsp. honey
- 1 clove garlic, crushed with press
- 1. Heat covered 7- to 8-qt. saucepot salted water to boiling on high. To lg. bowl, add about 6 c. ice; fill with cold water. Add asparagus, haricots verts and

peas to boiling water. Boil 5 to 7 min. or until asparagus and haricots verts are tender. Drain well, then immediately add to ice water. Let stand until vegetables are cold, then drain well. 2. In 10-in. skillet, heat 1 Tbsp. oil on med. Add onion and pinch salt. Cook 12 to 15 min. or until tender and deep golden brown, stirring frequently. 3. In sm. bowl, whisk together lemon juice, chives, sesame seeds, honey, garlic, 3/4 tsp. salt, ½ tsp. pepper and remaining 3 Tbsp. olive oil. To serve, toss vegetables with onions and vinaigrette.

**SERVES 10** About 105 cals, 4 g protein, 11 g carbs, 6 g fat (1 g sat), 4 g fiber, 210 mg sodium.



brown and internal temperature of ham has reached 140°F, brushing with glaze to rest 20 min. before carving. Serve with reserved glaze.

SERVES 12 About 310 cals, 23 g protein, 37 g carbs, 6 g fat (2 g sat), 1,360 mg sodium.

every ½ hr. Allow ham

#### Buttery Rosemary Rolls

PREP 15 MINUTES TOTAL 40 MINUTES PLUS RISING TIME

1 c. whole milk 1 lg. egg Vegetable oil, for oiling dough 3½ c. all-purpose flour, plus additional

for rolling 1 packet (21/4 tsp.) instant veast

1/4 c. brown sugar 1¼ tsp. table salt

8 Tbsp. butter. melted, divided 2 Tbsp. rosemary

leaves Coarse, flaky sea salt, for garnish

1. In med. microwavesafe bowl, whisk milk and egg until combined. Microwave on High 1 to 2 min. or until verv warm. Lightly oil lg. bowl; set aside.

2. In stand mixer with paddle attachment, mix flour, yeast, sugar, table salt and 3 Tbsp. melted butter until combined. Add milk mixture: mix to combine. Remove paddle attachment and attach dough hook; knead dough 6 to 8 min. or until

dough is smooth and comes together. With floured hands, transfer dough to oiled bowl. Rub top of dough with some of oil and lightly cover with plastic wrap. Let rise in warm spot 1½ hrs. 3. Brush 13" by 9"

metal baking pan with 1 Tbsp. melted butter. On floured surface, divide dough into 4 equal pieces. Working with 1 piece dough at a time and floured rolling pin, roll dough into 12" by 4" rectangle. Brush top with melted butter. Fold long side over to form 12" by 2" rectangle. Cut dough into 4 equal pieces. Arrange in prepared pan in a row along long side. Repeat rolling, brushing and cutting with remaining pieces dough. Lightly cover pan with plastic wrap. Let rise in warm spot 45 min.

4. Toss rosemary with any remaining melted butter; sprinkle over top of dough along with sea salt. Bake 20 to 25 min. or until deep golden brown. Serve warm or, to reheat, toast rolls in

SERVES 16 About 185 cals, 4 g protein, 26 g carbs, 7 g fat (4 g sat), 1 g fiber, 675 mg sodium.





#### **GLUTEN-FREE**

#### Cocoa-Nutty Lime Tart

PREP 15 MINUTES TOTAL 2 HOURS 30 MINUTES

- 3 Tbsp. butter 3 oz. semisweet chocolate
- 3 c. sweetened shredded coconut
- 1 brick (8 oz.) cream cheese, softened
- 3 limes, plus more for garnish
- 1 can (14 oz.) sweetened condensed milk

1. Preheat oven to 325°F. Grease 9-in, tart pan with removable bottom. 2. In la. microwavesafe bowl, heat butter and chocolate on High in 30-sec. intervals until just melted; stir in coconut. With hands, firmly press mixture into bottom and up side of pan in even layer; place on cookie sheet. Bake 20 min. or until firm. Cool completely. 3. In Ig. bowl with mixer on high speed, beat cream cheese until smooth. From limes, grate 1 tsp. zest and squeeze ½ c. juice; beat into cream cheese along with condensed milk until blended. Pour into cooled crust; chill 2 hrs. or until set. Can be made up to 1 day ahead. Garnish with

**SERVES 12** About 355 cals, 5 g protein, 35 g carbs, 23 g fat (16 g sat), 2 g fiber, 185 mg sodium.

lime slices and zest.

half ham (not

spiral-sliced)

brown sugar

½ c. Dijon mustard

1 c. apricot jam

1. Preheat oven to

300°F. Place ham

in roasting pan, cut

side down. With tip

of sharp knife, make

long cuts from top

of ham to bottom.

tough skin and fat;

monds. Cover with

make perpendicular

cutting through

cuts to form dia-

foil. Bake 1½ hrs.

2. In med. bowl,

whisk sugar, jam,

pepper. Transfer

1 c. glaze to sepa-

rate bowl; cover and

refrigerate. Remove

foil from ham. Brush

some of remaining glaze all over ham.

Bake, uncovered,

another 1 to 1½ hrs.

or until glaze is dark

mustard and 2 tsp.

1 c. packed





### BRIGHTEN UP BRUNCH



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#### **EGG-CELLENT NEW IDEAS**

Spanish Potato Omelet PREP 10 MINUTES TOTAL 50 MINUTES

6 lg. eggs 11/2 lbs. golden potatoes, peeled and cut into 1/8-in.-thick slices 11/4 c. olive oil

1 lg. onion, very thinly sliced Finely chopped parsley, for garnish 1. In med. bowl, beat eggs with ¾ tsp. salt; set aside. In Ig. bowl, toss potatoes with 1/4 tsp. salt.

2. In 10-in. nonstick skillet, heat oil on med. Add potatoes; cook 10 to 12 min. or until tender but not falling apart, gently turning occasionally. With slotted spoon, transfer potatoes back to lg. bowl. 3. To skillet, add onion; cook 12 min. or until very tender, stirring occasionally.

With slotted spoon.

bowl with potatoes.

transfer onion to

When potato-onion mixture has cooled slightly, gently stir in eggs until well combined. 4. Drain all but 2 tsp. oil from skillet (reserve oil for another use); heat on med.-high 1 min. Add egg-potato mixture to skillet, spreading in even layer; reduce heat to med. Cook 7 min. or until eggs are mostly set and edges are browned. **5.** Loosen edges with rubber spatula. Remove skillet from heat and cover

with lg. plate; carefully invert, holding plate and skillet together. Slide omelet back into skillet. Cook on med. 3 min. or until bottom and center are set. Serve warm or at room temperature, garnished with parsley.

**SERVES 6** About 245 cals, 8 g protein, 22 g carbs, 14 g fat (3 g sat), 2 g fiber, 465 mg sodium.

In Ig. cocktail shaker, combine all ingredients. With immersion blender, blend until very foamy and white. Add ice to shaker; cover and shake just until cold. Strain into 2 cocktail glasses. Garnish with flowers.

orange liqueur

**Grand Marnier)** 

agave nectar or

**Edible chamomile** 

flowers, for garnish

1 Tbsp. (½ oz.)

simple syrup

(such as

**SERVES 2** About 230 cals, 2 g protein, 23 g carbs, 30 mg sodium.



#### Mint-Pesto Baked Eggs PREP 15 MINUTES TOTAL 40 MINUTES

1 c. packed fresh cilantro leaves ½ c. packed fresh mint leaves ½ c. shelled pistachios 2 jalapeño chiles, seeded and chopped 2 Tbsp. lemon juice 1 clove garlic ½ c. olive oil 3/4 c. heavy cream 12 lg. eggs **Toasted bread** slices, for serving

1. Preheat oven to 425°F. Grease six 10- to 12-oz. ramekins; place on rimmed baking sheet. 2. In food processor. pulse cilantro, mint, pistachios, jalapeños, lemon juice, garlic and ½ tsp. salt until finely chopped, stopping and stirring occasionally. Pulse in oil until well combined. 3. To each ramekin, add 2 Tbsp. cream and 2 eggs; top with 1 Tbsp. herb mixture. Bake 12 to 15 min. or until whites are set but yolks still runny. Serve with remaining herb mixture and toasted bread.

**SERVES 6** About 320 cals, 14 g protein, 3 g carbs, 28 g fat (11 g sat), 1 g fiber, 215 mg sodium.

#### Devilish Eggs

Peel and cut 12 lg. hard-cooked eggs in half lengthwise. Transfer yolks to med. bowl and mash with flavorings below. Pipe into whites and garnish as directed.

**BEET-DYED EGGS** In med. saucepan. heat 8 c. water; 4 med. beets, peeled and thinly sliced; 2 c. distilled white vinegar; and 1 Tbsp. salt to boiling on high. Reduce heat to simmering; cook 20 min. Cool liquid completely. Remove and reserve beets for another use. Transfer pickling liquid to gallon-size resealable bag set in Ig. bowl; add 12 peeled hardcooked eggs. Squeeze air out of bag and seal, making sure eggs are submerged. Refrigerate 1 hr. Remove eggs from liquid and blot



completely dry

with paper towels

**HORSERADISH BEET** 3 Tbsp. mayonnaise + 1/4 c. prepared horseradish, drained very well + 1 Tbsp. Worcestershire sauce + ½ tsp. salt. Pipe into beet-dyed egg whites (recipe above); garnish with fresh dill.



#### **GUACAMOLE** 1 sm. ripe avocado + 1/4 c. mayonnaise + 1/4 c. fresh cilantro, finely chopped + 1 very sm. shallot, finely chopped + 2 Tbsp. lime juice + ½ tsp. **salt.** Garnish filled eggs with broken tortilla chips and thinly sliced serrano chiles.



CAESAR ½ c. mavonnaise + 1/4 c. grated Parmesan + 2 Tbsp. lemon juice + 2 tsp. Dijon mustard + 1 sm. clove garlic, crushed with press. Garnish filled eggs with broken Parmesan crisps, pepper and fresh basil.



**MISO-GINGER** ½ c. mayonnaise + 2 Tbsp. white or yellow miso + 1 tsp. grated fresh ginger + ½ tsp. **pepper** + 1/4 tsp. sugar. Garnish filled eggs with snipped chives and finely julienned fresh ginger.



**HAM & CHEESE** ½ c. mayonnaise + ½ c. finely grated sharp Cheddar + 3 Tbsp. sweet relish, drained + 2 slices deli ham, finely chopped + 1 Tbsp. spicy brown mustard + 1/4 tsp. salt.

#### 3-Step Mayo

In med. bowl with hand mixer on med., beat 1 lg. egg yolk with 2 tsp. white wine vinegar, 1 tsp. **Dijon mustard** and 1/4 tsp. salt until smooth. With mixer running, slowly drizzle in 1 c. vegetable oil drop by drop, stopping and scraping occasionally. Stir in 2 tsp. lemon juice. Refrigerate up to 1 week. Makes about 1 c.

**GARLIC AIOLI** Stir in 1 clove garlic. crushed with press; 2 tsp. lemon juice; and ½ tsp. each lemon zest and smoked paprika.

**SPICY MAYO** Stir in 1 Tbsp. each sriracha and ½ tsp. soy sauce.

**CURRY MAYO** Stir in 2 tsp. grated peeled fresh ginger; ½ tsp. curry powder; 1/4 tsp. ground cumin; and pinch sugar.



## If you purchased Filippo Berio Olive Oil a class action settlement may affect your rights.

A proposed class action settlement has been reached concerning Filippo Berio Olive Oil marketing practices. The case is known as *Kumar v. Salov North America Corp.*, Case No. 4:14-cv-02411-YGR (N.D. Cal.).

#### What is this about?

The lawsuit claims that Filippo Berio olive oil products were inappropriately marketed as "Imported from Italy" on the front label. As part of the settlement, defendant Salov North America Corp. has agreed to stop this marketing practice and provide payments for customers. The defendant denies any wrongdoing.

#### Who is a class member?

You are an eligible class member if you purchased, between May 23, 2010 and June 30, 2015, (in the United States, for personal use and not resale), any of the following Filippo Berio branded olive oil products: Robusto Extra Virgin Olive Oil, Extra Virgin Olive Oil, Delicato Extra Virgin Olive Oil, Organic Extra Virgin Olive Oil, Olive Oil, or Light Tasting Olive Oil.

#### What are the benefits?

Defendant will provide class members a payment of \$0.50 per can or bottle purchased. A minimum of \$2.00 will be paid to any class member who submits a valid claim. Class members can obtain payments for up to 10 purchases (up to \$5.00 per household) without proof of purchase. Proof of purchase is required to obtain a payment of more than \$5.00 per household (for more than 10 bottles or cans purchased).

#### What are my rights?

You have the right to make a claim, to object to the settlement, to exclude yourself from the litigation, or to do nothing. To receive a payment, you must submit a claim, either online or by mail to the administrator. Your claim must be postmarked by May 2, 2017. In the alternative, you may exclude yourself from the litigation. This is the only way to preserve your right to pursue a separate lawsuit against the defendant about the claims released by this settlement. You will receive no payment. Your request for exclusion must be received by May 2, 2017. Finally, you may object to the settlement. To object, you must submit an objection in writing that complies with the requirements in the settlement notice available at <a href="https://www.SNAOliveOilSettlement.com">www.SNAOliveOilSettlement.com</a>. Your objection must be received by May 2, 2017. If you do nothing, you will receive no payment and have no right to sue later for the claims released by the settlement.

The Court will hold a Fairness Hearing in the U.S. District Court for the Northern District of California, 1304 Clay Street, Oakland, CA 94612, Courtroom 5, 2nd Floor, on May 30, 2017 at 2:00 p.m., to decide whether to approve the settlement and to award attorneys' fees and expenses of up to \$982,500, to be paid by Defendant, and \$2,500 for the Plaintiff, as a representative award. The motion for fees and expenses will be posted on the website below after they are filed. You may attend this hearing, but you don't have to.

Payments will be made to the Settlement Class only if the Court approves the settlement and all appeals are resolved. Please be patient.

If the settlement does not become effective, the litigation will continue, but only on behalf of purchasers in California. If you are a purchaser in California, you have the same rights under the settlement as other class members. You also have the right to make a claim or object now and exclude yourself from the litigation later, if the settlement does not become effective.

For more information, please visit <a href="www.SNAOliveOilSettlement.com">www.SNAOliveOilSettlement.com</a>, or contact the claim administrator at 1-844-702-2783 or by writing to: Kumar v Salov, c/o Heffler Claims Group, P.O. Box 58476, Philadelphia, PA 19102-8476, or contact class counsel Gutride Safier LLP at <a href="www.gutridesafier.com">www.gutridesafier.com</a>.

1-844-702-2783 www.SNAOliveOilSettlement.com



1 Tbsp. olive oil
1 sm. red bell pepper,
seeded and
finely chopped

- 1 sm. red onion, finely chopped
- 1/2 tsp. smoked paprika, plus more for garnish
- 1 mini cucumber, finely chopped
- 1/4 c. finely chopped walnuts
- 2 Tbsp. finely chopped parsley
- 2 c. store-bought or homemade hummus
- 1 Tbsp. distilled white vinegar
- 1 lg. egg Pitas, for serving

1. In 10-in. skillet, heat oil on med. Add pepper, onion, paprika and ¼ tsp. salt; cook 6 to 8 min. or until tender, stirring. Cool slightly, then stir in cucumber, walnuts and parsley. 2. In deep 10-in. skillet, heat vinegar and 1 in. cold water to simmering on med. Crack egg into sm. cup. Gently swirl water in circle and place egg into water; stir water to gather whites around yolk. Cook 3 to 5 min. or until whites are set but yolk is still runny. 3. Meanwhile, spread hummus in shallow bowl; top with vegetable mixture, creating indentation in center. When egg is cooked, remove with slotted

spoon and blot dry on paper towel before placing in indentation. Garnish with pinch paprika. Serve immediately with pita.

SERVES 8 About 185 cals, 7 g protein, 14 g carbs, 12 g fat (2 g sat), 4 g fiber, 225 mg sodium.

#### **HOMEMADE HUMMUS**

In 4-qt. saucepan, place 1 c. dried **chickpeas** and 1 tsp. baking soda; add enough cold water to cover by 2 in. Let soak overnight. Drain (do not rinse); return to pot along with enough cold water to cover by 2 in. Heat to boiling on high. Reduce heat to med.; simmer 1 hr. or until chickpeas are soft and skins have loosened. In food processor, pulse 4 cloves garlic, 6 Tbsp. fresh lemon juice and 3/4 tsp. each salt and ground cumin until chopped. Add 3/4 c. tahini (sesame paste) and 1/3 c. water: pulse until smooth. Drain cooked chickpeas and add to tahini mixture; process until smooth, stopping and stirring occasionally. Store in airtight container in refrigerator up to 2 weeks. Makes about 3½ c.

#### Scrambled Carbonara

PREP 10 MINUTES
TOTAL 30 MINUTES

- 1 lb. spaghetti
- 5 lg. eggs
- ½ c. finely grated Parmesan, plus more for garnish
- 4 slices thick-cut bacon, chopped
- 1 small onion, finely chopped Snipped chives, for garnish
- 1. Cook spaghetti as label directs, reserving 3/4 c. cooking water before draining.
- **2.** Meanwhile, whisk eggs, Parmesan, ½ tsp. salt and ¼ tsp. pepper until combined.
- **3.** In 12-in. skillet on med., cook bacon 5 min. or until browned and crisp, stirring occasionally. With slotted spoon, transfer to paper towels to drain. Pour off all but 2 Tbsp. fat.
- 4. To same skillet on med. add onion and cook 4 min. or until tender, stirring occasionally. Add eggs to skillet; cook 1 min., stirring only once or twice, until almost set and large curds have formed.
- b. In Ig. bowl, toss eggs, bacon and reserved pasta water with hot pasta. Garnish with chives and Parmesan.

**SERVES 6** About 440 cals, 20 g protein, 59 g carbs, 13 g fat (4 g sat), 4 g fiber, 270 mg sodium.





#### Crispy Egg Toasts

**CRISPY EGGS** Crack 1 lg. egg into each of 2 sm. cups. In 10-in. nonstick skillet, heat 3 Tbsp. oil on med.-high until very hot. Carefully add eggs; stand back, as oil will sputter. Cook until whites are golden brown and crisp around edges and set around volks. 2 min. If edges are dark but whites are not set, remove skillet from heat; cover 10 sec. or until whites are cooked. Season with pinch salt and pepper. Makes 2.

#### **BASIL-ARUGULA TOAST**

In blender, combine ½ c. olive oil with ¼ c. chopped fresh basil. Toast 2 slices bread. Top each with arugula, crumbled goat cheese and 1 Crispy Egg.

Drizzle with basil oil.

#### CURRY-AVOCADO TOAST

In sm. dry skillet on med., toast ½ tsp. curry powder until fragrant, 1 min. Stir into 2 Tbsp. olive oil and set aside. Mash 1 avocado with 2 tsp. lime juice and ½ tsp. salt. Toast 2 slices bread. Top each with avocado mash, 1 Crispy Egg and chopped cilantro. Drizzle with curry oil.

#### SMOKY RED PEPPER TOAST

In sm. dry skillet on med., toast ½ tsp. smoked paprika until fragrant, 1 min. Stir into 2 Tbsp. olive oil and set aside. Toast 2 slices bread. Top each with roasted red pepper hummus and 1 Crispy Egg. Drizzle with smoked paprika oil.





form white around "yolk," taking care to push air out and crushing "yolk." Form into oblong egg shape. Place on waxed paper. Continue with remaining "yolks" and white frosting. 3. Transfer eggs to wire rack set over lg. sheet waxed paper. Drizzle with chocolate candy melts, brushing to smooth evenly over frosting. Let stand until set. patterns. Let stand until set. Store in airtight container

260 cals, 39 g carbs, 12 g fat (9 g sat), 85 mg sodium.

smooth seam without Pipe white chocolate melts over chocolate candy melts to create for up to 5 days.

**SERVES 12** About



½ c. sugar ½ tsp. vanilla extract 3/4 c. Tangy Lemon **Curd (recipe below)** or prepared lemon curd

1. Position one rack in middle of oven: preheat oven to 225°F. Line Ig. baking sheet with parchment paper. 2. In med. bowl with mixer on med., beat egg whites with pinch salt until foamy. Add cream of tartar and beat on med.-high until soft peaks form. Add sugar 1 Tbsp. at a time until peaks are stiff and glossy. Beat in vanilla.

3. Spoon meringue into piping bag fitted with star tip, or into resealable plastic bag with one corner cut

off. Pipe six 3-in.

disks onto baking sheet, spacing 1 in. apart. Pipe around edges of disks to form 3/4-in.-high sides. Bake 1 hr.

4. Turn oven off. Leave meringues in oven 1½ hrs. with oven door closed. Remove from oven: cool completely. Store in airtight container at room temperature up to 1 week. To serve, fill each with about 1½ Tbsp. lemon curd.

**SERVES 6** About 205 cals, 3 g protein, 34 g carbs, 7 g fat (4 g sat), 140 mg sodium.

**TANGY LEMON CURD** 1. From 3 med. lemons, grate 1 Tbsp. zest and squeeze <sup>2</sup>/<sub>3</sub> c. juice.

2. In heavy 2-qt. saucepan on med., heat 1 c. sugar; 6 Tbsp. **butter,** cut up; 1 Tbsp. cornstarch; ¼ tsp. salt; and lemon juice and lemon zest to boiling. Boil 1 min. 3. In sm. bowl. lightly beat 5 lg. egg yolks. Into yolks, beat small amount of lemon mixture. Off heat. whisk egg mixture back into lemon mixture in saucepan. Return to med.-low heat; cook stirring constantly, until thickened, about 5 min. 4. Pour lemon curd into bowl: cover surface area with plastic wrap and refrigerate 3 hrs. or until well chilled. Store in refrigerator up to 1 week. Makes about 13/3 cups.

3 c. confectioners'

4 oz. chocolate candy

1 oz. white chocolate

melts, melted

candy melts,

1. With mixer on

med. speed. beat

butter, cream, vanilla

and pinch salt until

sugar 1 c. at a time

on low until smooth,

occasionally. Knead

frosting and shape

into disk. Remove

scraping side of bowl

one-fourth of frosting

and knead in enough

yellow food coloring

yellow frosting into

frosting into twelve

into disk in palm of

hand. Place 1 "yolk"

in center and gently

1-in. balls; flatten each

twelve 1/2-in. balls.

2. Shape white

to mimic color of

egg yolks. Form

smooth. Beat in

Yellow food

coloring

melted

sugar

#### **FAMILY ROOM**

Candy Cottontail Cookies

Roll out Vanilla Sugar Cookie dough (recipe at right) or storebought refrigerated cookie dough 1/8 in. thick. With floured 3-in. round cutter, cut rounds from dough for bodies. With floured 1-in. eggshaped cutter, cut ovals for feet. Bake as directed. To assemble. spread white and pink frosting on cooled cookie rounds and ovals. Press ovals into edges of rounds; press mini marshmallows into centers for tails. Place pink M&M's in middle of feet and pink

candy-coated sunflower seeds on edges of feet for toes. Let stand until set, about 2 hrs.

#### **VANILLA SUGAR** COOKIES

- 3 c. all-purpose flour
- 3/4 tsp. baking powder
- ½ tsp. salt
- 1 c. (2 sticks) butter, softened
- 1 c. sugar
- 1 lg. egg
- 2 tsp. vanilla extract
- 1 tsp. almond extract
- 1. Preheat oven to 375°F.
- 2. In Ig. bowl, whisk flour, baking powder and salt. In another lg. bowl, with mixer on med.-high speed, beat butter and sugar until smooth. Beat in egg, then extracts, scraping down side

of bowl occasionally. Beat in flour mixture until just combined. 3. Divide dough into 4 mounds; shape each into flat disk. Wrap tightly in plastic wrap. Refrigerate until firm but not hard, about 30 min. 4. On one half of

lightly floured lg. sheet parchment paper, working with 1 disk at a time, roll 1/8 in. thick. Cut out shapes. With sm. knife, remove dough between cutouts. On other half of parchment, reroll and cut out scraps.

5. Slide parchment onto Ig. cookie sheet. Bake 10 to 12 min. or until edges are golden. Cool completely on rack. Repeat with remaining dough. Makes enough for about 12 Candy Cottontail Cookies.



### **YOUR CHANCES TO WIN...**

No purchase necessary to enter or win. Sponsored by Hearst Communications, Inc. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. Must be a legal resident of the 50 United States, the District of Columbia or Canada (excluding Quebec) who has reached the age of majority in his or her state, territory or province at the time of entry. Void in Puerto Rico and where prohibited by law.

#### GOOD HOUSEKEEPING BEAUTY LOOT

SWEEPSTAKES (page 30)

From March 1, 2017, at 12:01 A.M. (ET), to April 30, 2017, at 11:59 P.M. (ET), visit goodhousekeeping.com/aprilbeautyloot on a computer or a wireless device and complete and submit the entry form pursuant to the onscreen instructions. Ten (10) Winners will each receive one (1) Beauty Loot Bundle (ARV: \$136), Sweepstakes subject to complete official rules available at goodhousekeeping.com/aprilbeautyloot.

#### **GOOD HOUSEKEEPING KALAHARI RESORTS**

**GETAWAY SWEEPSTAKES** (page 142)

From March 1, 2017, at 12:01 A.M. (ET), to April 30, 2017, at 11:59 P.M. (ET), visit **goodhousekeeping.com/kalahariresorts** on a computer or a wireless device and complete and submit the entry form pursuant to the onscreen instructions. One (1) Winner will receive a four (4)-day, three (3)-night trip for Winner and up to five (5) guest(s) to one of Kalahari Resorts' three locations. (Total ARV: \$5,000). Transportation not included. Sweepstakes subject to complete official rules available at goodhousekeeping.com/kalahariresorts.



#### You could win an exclusive family getaway to Kalahari Resorts! The four-day, three-night trip for six includes:

- Deluxe accommodations in a Royal African Queen Suite at any Kalahari location (Pocono Mountains, PA; Wisconsin Dells, WI; or Sandusky, OH)
- \$300 food & beverage credit
- 6 dry-play activity passes
- \$250 arcade card
- 6 mermaid lessons and 6 FlowRider lessons
- Cabana use for four days
- \$200 spa gift card
- Transportation gift check

Enter now at goodhousekeeping.com/kalahariresorts.

Discounts printed in this issue are valid online from March 1, 2017, to April 30, 2017, unless otherwise noted. Discounts do not include taxes or shipping and cannot be combined with any other offers. Restrictions and conditions may apply.

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PLAY WITH YOUR FOOD

#### **Candy Cottontail Cookies**

Frosting, candies and mini marshmallows turn a batch of plain sugar cookies into bunny-butt treats that'll have your kids giggling all through the egg hunt. Even better, this project is so simple that little ones can help (how-to, page 135) — no ifs, ands or...well, you know.



## FORCE FOR GOOD

We all want our children to leave the world in better shape than they found it. Below, easy everyday ways to bring out their inherent goodwill

#### **KID-IFY HOUSEHOLD CHORES**

Any task you can tweak so children are able to do it on their own allows them to affect the rest of the family and builds caring, says Craig Kielburger, cofounder of WE, an organization that gives people tools to change the world. Fill a soapy bucket and set them loose on the car, or invert your kitchen: Instead of storing plates and glasses high up and pots and pans in lower cabinets, flip the script so kids can set the table. "It's one of the most tangible chores, and it immediately leads to a thank-you moment," says Craig.

**Up the impact** Label your child—in a good way. Instead of "It was a big help that you set the table," try "You are such a good helper," suggests Craig.

Calling children "givers," "helpers" and "caretakers" enables them to internalize kindness as part of who they are, he says. This is the opposite of what you do when they've been little stinkers. "To encourage pro-social behavior, praise the child, not the action," he says.

#### (DON'T) KEEP THE CHANGE

Vote on a charity or organization your family wants to support, then conspicuously empty your pockets of coins at the end of each day. Let little kids plunk the money into a clear jar themselves as you reiterate that it will go to buy, say, food for shelter dogs or school supplies for kids who want to learn.

Up the impact Let them see it. "A change jar sitting in the kitchen is a visual reminder that as a family you are part of making a difference," says Craig. Keeping a wall calendar showing your family day of volunteering or a bake sale for charity circled in red is another way to show kids that helping others outside the family is simply what you do in your house, he says.

#### **SHARE EASTER CANDY**

Buy individually wrapped sweets (as opposed to items like loose jelly beans), and adopt a family motto: "We keep half, and we share half." Let children choose what to keep, says Craig, and then "explain that they get to give candy to people they see and visit." You can also share home-baked cookies or toys they have more than one of: "Any time you have an abundance of something, it's an opportunity to teach caring."

**Up the impact** Instead of delivering the goodies yourself or just dropping them off, make sure your children do the handover. "That way they feel the empathetic response and see the joy they gave to the person," says Craig. That warm, fuzzy feeling is habit-forming.

#### **SWEETEN THE PIE**

If kids need some convincing to get involved, pledge that if they do, you'll donate \$5 or \$10 to the charity of their choice. "It tells them that sharing is part of your family identity," says Craig.

#### **ADOPT A PET**

Studies show that little ones who grow up with animals have higher levels of empathy. "The act of looking out for a dog's or cat's well-being, of seeing hunger or suffering, helps children relate to need in others," says Craig. -Stephanie Dolgoff

Help shift the world from me to WE! Visit we.org to learn about the organization's programs that help individuals and families make a difference in their hometowns and internationally.



#### MATCH MAKER

### **Adopt a Critter**

Sure, dogs and cats are adorable, but the experts at Best Friends Animal Society say these less common cuties need love, too

| PET    | PERFECT MATCH   | NOT GOOD FOR   | NEED TO KNOW  |
|--------|---|--|---|
| BUNNY  | Someone with cat allergies. It's very easy to litter boxtrain a rabbit, so even if she wanders around your house, cleanup won't be a big issue.   | Parents who expect kids to do all the work (from cleaning the cage to feeding to rabbit-proofing your home, it's unlikely). Also, they're prey animals, so kinetic kids can sometimes frighten them.                 | Bunnies live an average of eight to 10 years, so it's a similar commitment to getting a cat or a dog. They have unique personalities: Patience and careful socializing go a long way toward nurturing a happy rabbit. |
| BIRD   | Social types. Birds need their human families to take the place of the flock—and they get anxious when left alone too long. Be prepared to let them out of the cage for daily interaction.  | Those annoyed by noise. They can be quite loud (a Moluccan cockatoo's scream is just five decibels quieter than a 747!), and almost all are naturally noisy in the morning and at night.                             | Birds have delicate respiratory systems. Items with Teflon, like self-cleaning ovens, can emit noxious fumes at high heat, and even candles and air fresheners can be deadly. Plan to use bird-safe alternatives.     |
| PIG    | People with room and time for at least two pigs — they do better with a partner. Plus, they're smart, and it's fun to train them to sit, fetch or even push a ball over an obstacle course. | Apartment dwellers and those in yardless homes. Pigs need plenty of outdoor space to roam, root, dig and play in the mud. Some areas aren't zoned for pigs, so check local laws before adopting one.                 | Expect pigs to be, well, pigs. They'll spend all day scour- ing the house or yard for anything edible. Even small potbellies, referred to as "teacup" or "micro" pigs, can grow to between 80 and 200 pounds!         |
| TURTLE | Families willing to devote time and money to setting up the ideal accommodations: Turtles require specific habitats with water filters, UV lights, the proper climate and more.             | Chaotic households.  Dogs or kids who like to play rough (and are prone to dropping things) can hurt a turtle, whose "hard" shell can be pretty fragile. Turtles are also not ideal for children looking to snuggle. | Many vets don't have experience with chelonians (fancy talk for turtles and tortoises), so make sure you have one with the right skills before adopting. Some turtles can live up to 70 years. —Sara Bower            |



### Your best recipes. For your best friend.

The meals you love, made just for them.  $\mathbf{cesar}^{\circ}$  home  $\mathbf{delights}^{\mathsf{m}}$  brand.

cesar: love them back:







## THE ULTIMATE FAMILY GETAWAY

Make a splash at a Kalahari water park resort—the vacation destination parents will love as much as kids will!

Yes, Kalahari Resorts can brag that it has the largest indoor water park in the country, but that's not the only reason your gang will beg to go back to the family-owned operation. Africanthemed decor collected on the family's travels, along with luxury spas and first-rate dining, gives Kalahari locations (PA, OH, WI) a surprisingly upscale vibe that kids won't notice, but Mom and Dad will appreciate. Put these must-do's on your itinerary:



**SET UP CAMP.** With the crew running from waterslide to waterslide, it's nice to have a home base—especially one with a flat-screen TV, a waitress on call (think snacks and floaty adult beverages!), comfy chairs and a safe. Reserve a cabana for a prime spot, and consider sharing with another family to cut the cost.

JUST SAY "SPAAA." Take turns occupying the kids at the arcade (not hard), and escape on solo missions to the posh day spa, complete with a relaxation sanctuary and a dry redwood sauna. There are also junior services if your mini-me needs a mani.



of time



Join Kenya the Elephant and pals for breakfast.

BE A LITTLE MERMAID. Learn to swim like Ariel with a private one-hour mermaid lesson (\$35) before the park opens. Photos and videos are encouraged — you'll want to capture the huge smile on your child's face as she gets her sea legs.

MONKEY AROUND. In warmer months, take the fun outside. With everything from tightropes to swinging log steps to zip lines, there's a treetop adventure perfect for any traveler.



### Baby Registry

GH Chief Technologist (and new mom!) Rachel Rothman shares her top picks

#### UNRIVALED ROCKER

A strategic incline makes this chic Jonathan Adlerdesigned soother a savior for restless babies.

JONATHAN ADLER ROCK 'N PLAY, \$150, FISHER-PRICE.COM



#### MUST-HAVE MONITOR

The camera earned top marks for loads of easy-to-use built-in features and a convenient streaming app.

SMART NURSERY 7 CAM AND MONITOR, \$400, MOTOROLA.COM



#### AWESOME ACTIVITY CENTER

Kids can sit, swivel, bounce and play on this 360-degree wonderland, which includes over 15 developmental activities.

3-STAGE ACTIVITY CENTER, \$120, SKIPHOP.COM



**142 GH** APRIL 2017

#### GOOD HOUSEKEEPING + HSN AMERICAN DREAMS SEARCH FOR THE NEXT GREAT PRODUCT (PAGE 93)

#### SUBMISSION DETAILS

These are abbreviated criteria and rules.
For full rules, go to **hsn.com** and search
"American Dreams."

Good Housekeeping and HSN have joined forces on a nationwide search to find top entrepreneurs. We are looking to you to submit your products in our quest to find Good Housekeeping's next Seal recipient and HSN's next big American Dreams Entrepreneur. The recipient has the potential to receive the Good Housekeeping Seal, be featured in Good Housekeeping magazine and have the opportunity to sell his/her product on HSN and through hsn.com, which is seen in 96 million households. In addition to the Good Housekeeping Seal, one (1) entrepreneur will have the opportunity to receive the HSN Customer Choice Award. This recipient will be selected from the Finalists (HSN and Good Housekeeping reserve the right to select as many finalists as they determine in this program) where voting will be open to the public to determine the recipient. He/she will also be featured in an upcoming future Good Housekeeping article and have the opportunity to sell his/her products on HSN as well. The product submission process opens March 10, 2017, at 12:00 A.M. (ET) and closes at 12:00 A.M. (ET) on May 31, 2017. You must answer and complete the entire online product submission form for consideration. You will be assigned an entry number once your product submission is complete. You must be the inventor of the product, not a vendor representative or company affiliate. You must be a citizen of the United States. You must be at least 18 years of age. Qualified product submission must be an actual product, have available units for purchase and have supporting packaging. Product cannot currently be featured or sold on another direct-toconsumer TV channel such as QVC or Evine. Product cannot be in mass distribution but products may be in limited distribution, such as company's website, small localized boutiques/retailers (Amazon could be acceptable). From the properly submitted product submissions, up to 100 Semifinalists will be selected and notified by email or phone throughout the submission time frame (March 10, 2017 through May 31, 2017), but no later than June 7, 2017. The full list of Semifinalists will be listed on hsn.com on or about June 9, 2017. Seal criteria will vary for each product category, but uniformly the GH Institute evaluates to determine if the product delivers on all claims that appear in packaging and other informational materials and advertising and is otherwise of sufficient quality to merit the limited warranty that the Seal offers to consumers. If selected as a Semifinalist (up to 100), you must be willing and able to travel to HSN Studios in St. Petersburg, FL, at your own expense to pitch your product to a panel of experts in June 2017. If selected as a Finalist, you must also be willing to travel to HSN Studios in St. Petersburg, FL, at your own expense to pitch your product live on air in December 2017. As a Finalist, one (1) entrepreneur has the opportunity to be awarded the Good Housekeeping Seal, and one (1) entrepreneur has the opportunity to be voted the HSN Customer Choice Award recipient. Seal recipient and Customer Choice Award recipient could be the same individual. GH reserves the right not to bestow the Seal if no qualified product is discovered during the search.

# ready, set, decorate!

pretty, poppy, easy, affordable ideas!









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## MICRO-SCULPTING FORMULA

Get the ultimate moisture boost with this top-tested GH Seal holder, a 24/7 cream that outperformed 10 competitors — even a prestige \$440 one—in our Beauty Lab's clinical and blinded consumer studies

QUALITY TESTED WARRANTY ghseal.com

**OLAY REGENERIST MICRO-SCULPTING CREAM,** FROM \$25, OLAY.COM



MICRO-SCULPTING CREAM

NET WT 1:7 OZ (48 g)

#### WHY IT EARNED THE GH SEAL

After more than 10,300 Lab measurements, Olay Regenerist Micro-Sculpting Cream's newest formula demonstrated stellar hydration results at an unbeatable price. Top features:

- 1 FAST-ACTING FORMULA At the three-hour mark, 3 LIGHTWEIGHT TEXTURE In blind comparisons, it moisturized 400% better than a cream nearly 18 times its price and beat all other products we tested.
- 2 LONG-LASTING HYDRATION Our chemists were impressed by how well it kept skin quenched over a 24-hour period. Moisture increased by 50% on average.
- consumers preferred it 80% of the time over expensive, creams, reporting that it felt "rich" without being heavy.
- 4 FIRMING & PLUMPING INGREDIENTS Full of antiaging powerhouses like niacinamide and hyaluronic acid, it improved skin's texture by 10% in four weeks.\*

WE STAND BEHIND EVERY SEAL PRODUCT WITH OUR 2-YEAR LIMITED WARRANTY.\* **GH TESTS IT, SO YOU CAN TRUST IT!** 





Use as directed.

