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March GOOD 2017 C HOUSEKEEPING



LOOK-YOUNGER SECRETS

FIND MORE SPACE IN ANY ROOM

KITCHEN TIME SAVERS

SLEEP BETTER TONIGHT!

TOP 10 SKILLET SUPPERS

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Photographed by Mike Garten; prop styling by Cate Geiger Kalus.

March 2017 GOOD GOOD HOUSEKEEPING

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Find it now at keep.com/GH.

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

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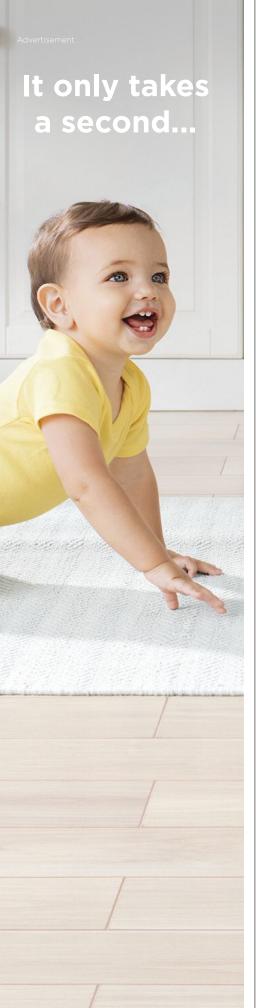
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March@GH*

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





(ICE) BLOCK PARTY WITH LANDS' END

This GH Seal ice sculpture has a surprise packed inside: a Lands' End Squall Parka, which was just awarded the Seal! We celebrated the tried-and-tested jacket with a fun bash at the company's New York City pop-up shop. How great does the team look decked out in Lands' End?! This jacket/top has become one of my most versatile work pieces.

From left: GH's Pat Haegele, Brent Ridge from Beekman 1802, Lands' End's Becky Gebhardt, me and Lands' End's Rita Shukhman.



3

WE'RE HELPING GMA GET ORGANIZED

GH asked the crew at ABC's Good Morning America for their biggest clutter concerns. Robin Roberts, Lara Spencer, Amy Robach and Ginger Zee spilled about what areas of their homes needed the most TLC. (from home offices to kids' closets). Our resident organizing expert, Jeffrey Phillip, has a few tips, tricks and tools to get them on track. *Tune in to* GMA this month for more organizing advice from GH experts.

SPEND WEDNESDAY MORNINGS WITH GH

Our endlessly chic style director, Lori Bergamotto, will be putting her personal spin on everything that's happening in the world. Tune in to hear her on **Wake Up With Taylor** every Wednesday on SiriusXM Stars channel 109, 7 A.M. to 10 A.M. ET.



Behind the scenes with SiriusXM host Taylor Strecker (*left*) and Lori Bergamotto!

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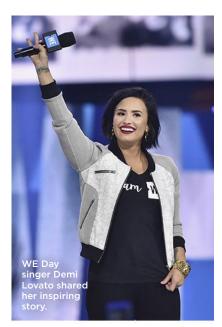
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12 FAMILIES WILL A PRICELESS **EXPERIENCE!**

You could score tickets to a star-studded event that just might change your life! Introducing WE Day!



SO, WHAT IS "WE DAY"?

It's a powerful live experience made up of world-renowned inspirational speakers like activist Malala Yousafzai, socially aware performers and families like yours. Surrounded by emotional stories of leadership and triumph, prepare to grow closer and stronger and feel empowered to take on the world...together!

You could join us in New York City, Seattle or L.A. at the 2017 WE Day events. We can't tell you who is going to be there (it's a secret!), but past stars include Selena Gomez, Macklemore, Charlize Theron and even Prince Harry!



Ciara shared the stage at a 2016 WE Day event in Seattle.

YOUR FAMILY HAS THE POWER TO CHANGE THE PLANET

At WE Day, participants are motivated to bond around causes that matter; parents may also get support in raising compassionate children. The WE Movement provides the leadership tools we all need to make a true impact. You can't buy a ticket to WE Day — you have to earn it! How? By taking one local and one global action to help a cause. (Or you could win tix from GH! We love what WE is doing, and since it matches up with GH's own Kind Cycle initiative, now we're partners!) Want to get involved? Go to we.org and take the pledge to make a difference.

For your chance to win tickets: Share your personal acts of kindness on Instagram with the hashtag #KindCycleSweepstakes or by emailing weday@goodhousekeeping.com. Don't forget to shout out @goodhousekeeping and @WEMovement.



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LET LIFE IN to your hair and your head



GOOD HOUSEKEEPING



Petal Pumps

Florals for spring? Yes! The perennial favorites are in full bloom but this season, pick flowers for your shoes instead of your dress.

GET THE LOOK | 1. DAYA BY ZENDAYA, \$80, NORDSTROM.COM; 2. \$79, NINEWEST.COM; 3. \$248, MGEMI.COM; 4. \$215, TEDBAKER.COM/US; 5. \$135, WHBM.COM.

HOW TO WEAR IT... anywhere!

KRISTEN SALADINO FASHION DIRECTOR

weekend cool

"Much cuter than a basic tee with paper bag-waist pants and sneaks."

YOU COULD WIN



LORI BERGAMOTTO STYLE DIRECTOR

work polished

"A chic coat and leg-lengthening heels elevate this outfit."



J.O.A. **TOP,** \$68, SHOPBOP.COM

"A distressed jean jacket looks like you've had it forever, yet its unfinished edge makes it trendy."









blues and olives. It's a classic that goes with almost anything."

FRENCH CONNECTION PURSE, \$88, NORDSTROM.COM



PANTS, \$60, GAP.COM





JEANS, \$89,

"I always look for vertical stripes to elongate my 5' 2" frame."

COAT, \$198, ANNTAYLOR.COM



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Online personal-styling service Stitch Fix is now launching **Stitch Fix Plus,** adding sizes 14 to 24. A team of pros works with your shape, taste and budget to deliver custom picks when you want them—no commitment. Keep and pay for only what fits your life perfectly!



The stylists' picks arrive right on your doorstep.



HOT INGREDIENT

the new skin smoother: ginseng

The Asian plant known for its energy and immunity-boosting properties is sprouting up in skin creams. Ginseng is purported to stimulate skin cell turnover, smoothing lines—so much so that it's regulated as a drug in the Korean market.

Beauty Lab note: Unlike many other countries, the U.S. regulates few beauty ingredients. Help GH, along with industry leaders, support stronger regulation by signing our petition for the Personal Care Products Safety Act at http://chn.ge/28gxR8u.



KIEHL'S PURE VITALITY SKIN RENEWING CREAM,

4-IN-1 MAGIC WAND

GH BEAUTY

The fun multicolor click pens of your school days have gotten a makeup makeover: GH's beauty team went crazy over this grown-up version, which holds black and navy eyeliners, a brow pencil and neutral lipliner that pop out at, well, the click of a finger.

CLARINS 4-COLOUR **ALL-IN-ONE PEN** EYES & LIPS, \$30, NORDSTROM

BEAUTY CHECKLIST

1. BODY LOTION VASELINE INTENSIVE CARE ADVANCED REPAIR LOTION (2 OZ.), \$2

2. FACE WIPES BURT'S BEES FACIAL
CLEANSING TOWELETTES WITH WHITE TEA EXTRACT. \$3 (FOR PACK OF 10)

3. TOOTHPASTE **GH SEAL HOLDER** CREST 3D WHITE TOOTHPASTE RADIANT MINT, \$1

4. CONDITIONER TRESEMMÉ MOISTURE RICH CONDITIONER (3 O7.), \$2

5. DEODORANT SECRET OUTLAST XTEND INVISIBLE SOLID COMPLETELY CLEAN ANTIPERSPIRANT/ DEODORANT (.5 OZ), \$2

6. SHAMPOO GARNIER FRUCTIS SLEEK & SHINE SHAMPOO (3.07) \$5

7. RAZOR GILLETTE VENUS SNAP **RAZOR**, \$10

8. BODY WASH DOVE DEED MOISTLIRE BODY WASH (3 OZ.), \$1, TARGET.COM

9. MOISTURIZER **GH SEAL HOLDER** OLAY MICRO-SCULPTING TRIAL SIZE CREAM, \$10

10. TOOTHBRUSH SUPERSMILE NEW GENERATION TOOTHBRUSH. \$9. SUPERSMILE.COM

11. SUNSCREEN AVEENO PROTECT + HYDRATE LOTION SUNSCREEN SPF 30, \$10

Travel at a moment's notice

Keep a full toiletry kit at hand that's stocked with the essentials (yay, drugstore minis!), and you'll always be ready to say yes to that last-minute getaway. No more packing panic!



COLOR MATCH

Now anyone can find transparent hosiery in her unique skin tone with Hanes's Perfect Nudes collection, featuring six shades from Transparent to Bronze.





CARE TIP

HOW TO PROTECT DELICATE HOSE

Hand-wash or put in a double-sided mesh bra bag (one pair in each side-no tangles!) and run through your washer's most gentle cycle. Dryers are a no-no: Always air-dry!



Photographs by Mike Garten; Danielle Occhiogrosso (sponges)

EASY-WEAR

This punchy rouge lip crayon goes on and feels like a balm.

MAYBELLINE NEW YORK BABY LIPS COLOR BALM CRAYON IN REFRESHING RED, \$6

3EAUTY BUYS

\$25



MINIS FOR MAKEUP

Use these teeny, crazy-cute sponges to apply foundation, concealer, shadow and more.

SEPHORA COLLECTION CONFETTI SET OF 5 MINI SPONGES, \$12





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LAB LOWDOWN

Special silicones in a fine mist fix frizz without weighing hair down.

GARNIER FRUCTIS STYLE FRIZZ GUARD ANTI-FRIZZ DRY SPRAY, \$5



PALETTE PLEASER

This genius makeup kit comes with eye, cheek and lip colors tailored to your skin tone.

ALMAY THE COMPLETE LOOK IN MEDIUM, \$15

SHOWER SUDS

This lush, fluffy foam - with the classic Nivea Creme scent - doubles

NIVEA SILK MOUSSE BODY WASH. \$5

HAIR REPAIR

Give winterparched strands TLC by swapping these strengthening protein treatments for conditioner once a week.

NEXXUS EMERGENCEE RECONSTRUCTIVE TREATMENT, \$20

CURL TALK

Shape and soften spirals with this bouncy hair gel-cream.

LAB LOWDOWN Its polymer helps define curls.

PANTENE GOLD SERIES CURL DEFINING PUDDING, \$8

as shaving cream.



APRIL FRANZINO BEAUTY DIRECTOR



ASK APRII

GH's resident beauty guru has the answers to your burning and buzzy look-gorgeous Qs



My lipsticks don't always look the same on my lips as in the tube. Why, and what can I do?

A: I've had the same problem—it's likely because when you apply non-opaque formulas, like sheer lipsticks, tinted balms and glosses, your natural lip color can show through, changing or diluting the product's shade. DIY TIP: Neutralize your lips' hue first by smoothing on concealer or a nude lip primer like MAC Cosmetics Lip Erase, \$21, maccosmetics .com. SHOPPING TIP: For the truest color, choose fullcoverage opaque lipsticks (mattes are a good option).

I KNOW WHAT HIGHLIGHTS ARE, **BUT WHAT ARE** LOWLIGHTS?

A: With highlights, color is lifted (removed) to lighten and brighten. With lowlights, a color close to your base shade is deposited to lend contrast, richness and dimension, says Rona O'Connor. celeb color specialist in Beverly Hills. Request them at the salon, or DIY with a dve kit within one to two shades of your base. GH Lab pick: Beauty Lab test winner Clairol Natural Instincts, \$9.









What's the purpose of the new two-chamber beauty products? A: There are actually two purposes. First, the packaging is "designed to separate active ingredients that may degrade when mixed, dispensing them individually so they remain potent," says GH Beauty Lab senior chemist Sabina Wizemann (as in L'Oréal Paris Revitalift Bright Reveal Brightening Dual Overnight Moisturizer, \$20, with antiaging retinol and glycolic acid). "Other versions hold and dispense two products at once, like hair cream and gel, to save application time, space and possibly money." Try Redken High Rise Volume Duo Volumizer (\$25, Ulta), with hair cream and gel.



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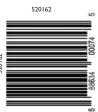
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FINE BEAUTY STORES





new ways to DERY YOUR AGE

Look eternally youthful with a few surprisingly simple science-backed tricks from the GH Beauty Lab by APRIL FRANZINO

A big grin spreads feelgood vibes, and new research suggests that a happy-go-lucky outlook may be related to appearing more youthful, too. An Olay study found that women who had a positive attitude were 30% more likely to have facial skin that looked more than 10 years younger than their age. Beauty Lab tip Make your smile truly sparkle with whitening strips like **GH Seal holder** Crest 3D White **Whitestrips** Classic Vivid, \$28. To save time, wear them while you shower!



2 MOVE MORE.

Exercise for your body and your face. In one study, people 65 and over who worked out moderately for 30 to 45 minutes twice a week had skin physiologically similar to that of 20- to 39-year-olds after three months. "It's possible that exercise produces cytokines [cell-signaling proteins] that enter the bloodstream, which reverse the aging process," says Marnie Nussbaum, M.D., a dermatologist in New York City.

Beauty Lab tip A sweat session immediately makes skin more vibrant and rosy — without makeup. Extend the dewy glow all day (and cool your complexion!) by smoothing on a gel moisturizer like GH Seal holder Neutrogena Hydro Boost **Gel-Cream** Extra-Dry Skin, \$19.





DON'T FEEL

Avoid uncontrolled infrared radiation (IR), a type of energy emitted as heat by everything from the sun to heaters to blowdryers. It creates free radicals that, in uncontrolled amounts, can prematurely age skin, says Whitney Bowe, M.D., a dermatologist in New York City, causing wrinkles and loss of firmness.

Beauty Lab tip Add antioxidants. Skincare products that contain them can help neutralize the free radicals formed by IR, research indicates. One study found that the combination of the antioxidants vitamin C, vitamin E and ferulic acid in SkinCeuticals C E Ferulic serum (\$163, skinceuticals.com) effectively shielded skin against IR. Layer underneath your sunscreen each morning for maximum benefits.



BE (A LITTLE LESS) SWEET.

Sugar is not your friend. Research shows that too much of it can accelerate skin aging due to a process called glycation. "Glycation happens when excess sugar speeds up the breakdown of collagen and elastin, which keep skin firm," Dr. Bowe says. "When the fibers in skin connect with sugars, they become weak and less supple, resulting in wrinkles, sagging and a loss of radiance."

Beauty Lab tip The best way to mitigate the skinaging effects of glycation is to limit your sugar intake, Dr. Nussbaum says. "Start by nixing sweet beverages, like soda and juice, a top source of sugar in the U.S. diet," says GH Nutrition Director Jaclyn London, M.S., R.D. Aim for no more than 24 grams (6 tsp.) per day.

ACTUALLY REVERSE AGE.

Sunscreen not only protects against signs of skin aging, but can even reverse them, says a new Johnson & Johnson study. Women who applied only broadspectrum SPF 30 sunscreen to their faces each morning for one year—and no anti-agers — showed improvement of 40% to 52% in skin texture, pigmentation and clarity and 25% in crow's feet. "When skin is protected from daily environmental stressors like UV rays, it can repair itself," Dr. Bowe explains. Beauty Lab tip Smooth a nickel-size dollop of broad-spectrum SPF 30 or higher onto your face every A.M. Turn the page for the Beauty Lab's toptested SPF day creams.



best of the test

ANTI-AGING DAY CREAMS

These Beauty Lab-proven formulas prevent and repair skin damage



OUR CRITERIA

We evaluated the newest day creams rating them for performance on:

☑ Wrinkle reduction ✓ Moisturization

✓ Pore minimization ✓ Texture smoothing



L'ORÉAL® **REVITALIFT** BRIGHT

WINNER

BEST BRIGHTENER

The star (and top bargain!) of the test, L'Oréal Paris **RevitaLift Bright Reveal Brightening Day Moistur**izer SPF 30 shone brightly in Lab and tester assessments for reducing UV spots, evening skin tone and moisturizing, absorbing fast with a silky finish.

TESTER NOTES

"It decreased the appearance of my wrinkles and made my skin brighter and more radiant," one raved. "My skin stayed hydrated throughout the day," another commented.

▲ LAB LOWDOWN

The vitamin C and glycolic acid cream received the highest score for minimizing UV spots, by 11% over four weeks, and boosted skin's hydration by 28%.

L'ORÉAL PARIS REVITALIFT BRIGHT REVEAL BRIGHTENING DAY MOISTURIZER SPE 30, \$20



RUNNER-UP

TOP WRINKLE **FIGHTER**

Lightweight, gentle Roc **Skincare Multi Correxion** 5 in 1 Daily Moisturizer SPF 30 was a heavy hitter for smoothing lines and skin texture.

TESTER NOTES

"It left my skin feeling plump and looking smooth and glowing" and "improved the fine lines around my eyes," two reported.

▲ LAB LOWDOWN

Digital imaging showed that the nongreasy formula improved skin's texture by 11% in four weeks; it also rated highly for diminishing wrinkles and firming.

POC SKINCARE MULTI CORRESION 5 IN 1 DAILY MOISTURIZER SPE 30, \$29

RUNNER-UP

MOST MOISTURIZING

For serious softening, turn to Perricone MD Photo Plasma Anti-Aging Moisturizer SPF 30. A splurge, yes, but the best hydrator in the test and the only winner with mineral-only sunscreen.

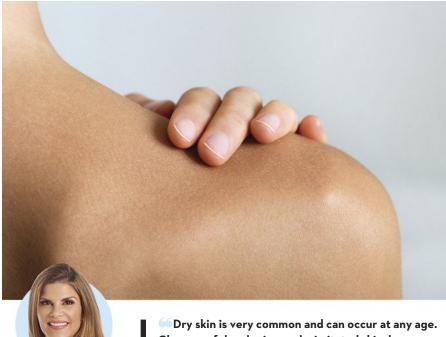
TESTER NOTES Skin felt and looked "dewy," "fresh," "glowy" and "soft," several said, though some found the glycerin-rich cream tacky.

LAB LOWDOWN Our scientists measured a 30% increase in skin's moisturization levels over six hours, the highest of all day creams tested; it also outperformed the rest in reducing pores – by 8% in four weeks.

PERRICONE MD PHOTO PLASMA ANTI-AGING MOISTURIZER SPF 30, \$75, PERRICONEMD.COM



DITCH THAT ITCH



Dr. Dendy Engelman, MDManhattan Dermatology
& Cosmetic Surgery

Chances of developing scaly, irritated skin, however, increase in the late 30s, 40s, and early 50s, thanks in part to changing hormone levels. Fortunately, there are lots of things you can do to prevent dry skin, ranging from eating healthy to exercising.

Healthy habits for preventing dry skin

One of the best things you could do for your skin is get plenty of sleep. Lack of deep slumber can actually accelerate the aging process. While you're counting sheep, the brain releases hormones that repair skin cells. If you're burning the candle at both ends, you're not giving your skin enough time for repair.

Another way to ensure healthy skin is to eat a healthy diet. Foods rich in omega-3 fatty acids help supplement skin's hydration and lock in moisture. Eating flaxseeds, wheat germ, olive oil, and vitamin E can help retain water in the epidermis—the outermost layer of skin. These foods also contain antioxidants, which are known for fighting free radicals that damage skin and accelerate signs of aging.

Vaseline Intensive care Mature Skin Relyvension Relyvension Relyvension State treatment put of the balance of the balance for the Wagnerstan Relyvension State Relyvension Rel

MATURE DRY SKIN RELIEF STARTS HERE

Take control and help heal dryness associated with menopause from your first application with Vaseline Mature Skin Rejuvenation. It's specially formulated to address a woman's changing skin during this life stage. The unique, non-greasy formula provides high levels of moisturization and contains ingredients such as vitamin B3 and PPAR activators, which support the formation of improved skin cells by replenishing natural lipids within the skin's renewal cycle. Micro-droplets of Vaseline Jelly lock in moisture, relieving the tight, itchy feel caused by intense dryness.

SOME TRIED & TRUE TIPS

eat a balanced diet rich in omega-3 fatty acids, which help lock in skin's natural hydration.

DON'T fill up on trans fats and refined carbs. A poor diet can damage collagen, dry out your skin, and make you look older.

DO get at least 7 or 8 hours of restful sleep each night. During REM sleep, the body releases hormones that help repair damaged cells.

DON'T get stressed. Anxiety increases cortisol levels, which can worsen dry skin and wreak havoc on your complexion.

Physical activity increases blood flow and ups oxygen and nutrients delivered to skin cells.

DON'T skip your post-workout shower and moisturizing session.
Applying moisturizer within 60 seconds of bathing helps retain hydration.

Finally, your daily skinhydrating routine is one of the most important things you can do to keep your skin healthy and youthful. It also helps reverse some types of skin damage.



AFTER RAISING TWO STRONG DAUGHTERS, I THINK I CAN HANDLE MENOPAUSAL SKIN.



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Vaseline POWER OF





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JOHANNA BRADDY

Don't mess with this chick! Johanna is in her second season on ABC's hit Quantico as feisty FBI agent Shelby Wyatt. Here, the newlywed talks about finding love on set, the Disney character she'd love to play and her not-so-guilty pleasure.

MADE-FOR-TV LOVE

My husband [Freddie Stroma] and I met on the set of *UnReal*. We worked together, we became best friends and when the shoot ended, we didn't want to say goodbye. So we didn't! We've hung out every day since.

DISNEY DREAM JOB

Character-wise, I would love to play Mulan. I know I don't exactly fit that, but she's a fierce girl who hangs with the guys and shows that women are super-capable.

THE THREE AMIGOS

My *Quantico* costars Yasmine AI Massri and Priyanka Chopra and I call ourselves the Powerpuff Girls. We hang out on and off set all the time eating sushi and having sleepovers sometimes just being girls!

FAVE WORKOUT

I love cardio barre and "piloxing," which is Pilates, boxing and a little dance mixed in. You wear weighted gloves and punch. You don't look cool, but you feel great. — Sarah Walter

Fashion Director, Kristen Saladino. Text, Alyssa Longobucco. Hair, Jennifer Johnson. Makeup, Erica Whelan. Manicure, Rachel Shim.







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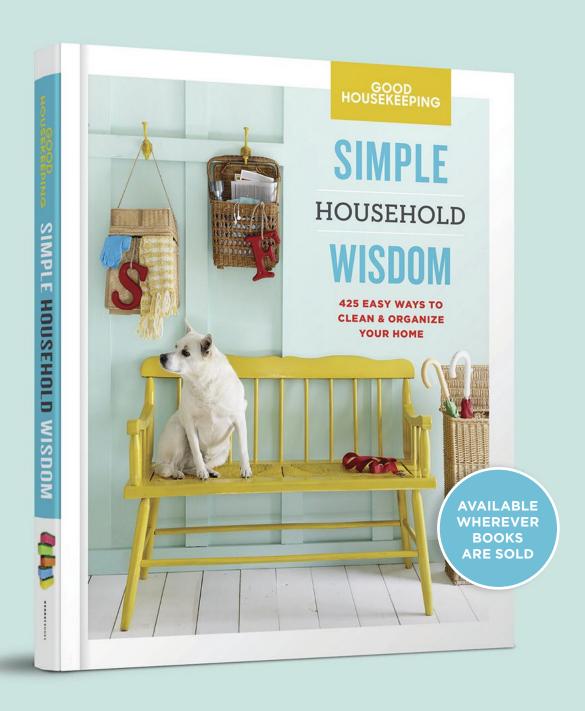


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GOOD HOUSEKEEPING

YOUR HOME



ORGANIZE VERYTHING



JEFFREY PHILLIP
GH ORGANIZING
EXPERT

(a) @jeffrey_phillip

The famous faces of ABC's **Good Morning America** tapped our organizing team for help tackling their toughest (and messiest) problem areas. You're going to want to steal these tips!



TUNE IN

GH experts will be sharing organizing tricks on GMA all month!

EVERYT

THE GO

MARCH 2017 GH 47



"The clutter on my desk makes it hard to focus and find anything."

- ROBIN ROBERTS

COANCHOR,
GOOD MORNING AMERICA

JEFFREY SAYS

CORRAL CORDS.

Between chargers, lamp cords and laptop wires, your desk can easily become a maze. Secure wires in a cable box, which keeps things tidy, or install a shelf with cable "ports" as at right. You can also use decorative washi tape to label cords for easier use. No more pulling the wrong wire!

BOX IT ALL UP.

Furnish your own "mail-room" with stackable trays to separate incoming mail, invitations and documents for shredding. Also, invest in a system of organizing products made to fit or stack together, like Poppin's.



AWESOME OFFICE ORGANIZERS



TOP-NOTCH TAPE WASHI TAPE, \$3 PER ROLL, STAMPINGTON.COM





AQUA LETTER TRAY, \$24 FOR TWO, POPPIN.COM





"My kids have so much stuff in their closets, it's spilling out into their rooms."

-LARA SPENCER

COANCHOR GOOD MORNING AMERICA

JEFFREY SAY

ADD HANGING CUBBIES.

Create additional storage space by using hanging cubbies in the closet to store sweatshirts, T-shirts, jeans or anything else that's easily folded.

CREATE A "DOUBLE HANG."

If your closet has only one rod with open space below, make more hanging space by adding another. Simply measure the necessary space between the rods (about 40 inches is standard) and install a new one to double your storage space.



KID-FRIENDLY CLUTTER BUSTERS



LYNK DOUBLE HANG CLOSET ROD, \$13, CONTAINERSTORE.COM



GEOMETRIC SHELF NETWORK WALL SHELF, \$200, LANDOFNOD.COM



CANVAS COLUMN 6-COMPARTMENT CANVAS HANGING SWEATER ORGANIZER, \$20, CONTAINERSTORE.COM

YOU COULD

SCORE A CLOSET REMODEL

Turn a cluttered abyss into the closet of your dreams! This prize can cover remodeling costs for a six-foot-square space, including an in-home consultation. A consultant from Closets by Design will walk you through the process of designing a custom-made organizing system to fit your every need.

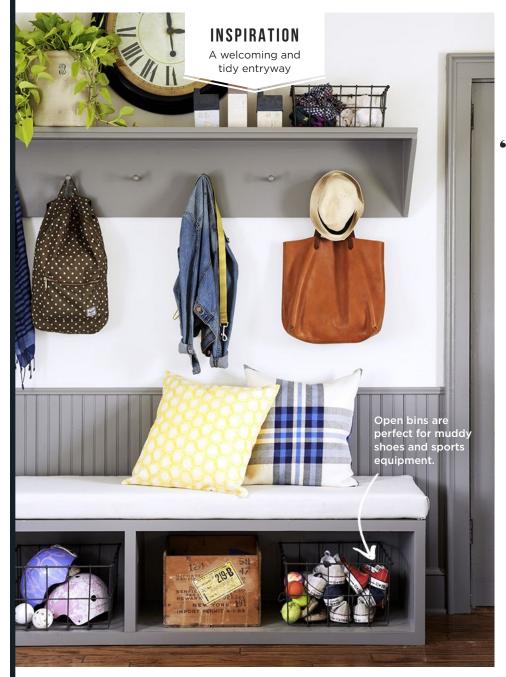
CLOSET REMODEL Details, page 158



Always Discreet. For bladder leaks.



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"Our mudroom has no storage. How can I declutter it?"

- AMY ROBACH

NEWS ANCHOR, GOOD MORNING AMERICA

JEFFREY SAYS

ORGANIZE WITH TRAYS.

A trav on a coffee table helps keep things in order, and boot trays do the same on a mudroom floor. Set out a few by the door to keep shoes from piling up.

FAKE BUILT-INS.

Mimic the look of a custom entryway by buying basic wood shelving and painting it a chic accent color. A tall storage unit makes a great bench when flipped on its side and topped with cushions.

BRILLIANT MUDROOM BINS



SMALL MILK CRATE WIRE BASKET,

\$13, TARGET.COM



WELCOME DUO SAMANTHA ENTRYWAY BENCH & SHELF SET, \$679, POTTERYBARN.COM



GOOD DIRECTIONS SQUARES BOOT TRAY, \$48, BEDBATHANDBEYOND.COM



"My kitchen counters and cabinets are chaos. What can I do about it?"

GINGER ZEE

CHIEF METEOROLOGIST,
GOOD MORNING
AMERICA

JEFFREY SAYS

HANG YOUR SPICES.

For discreet storage, mount a magnetic spice rack on the underside of an upper cabinet. It'll free up valuable cabinet and counter space but be super-accessible for when you're cooking.

MAXIMIZE SHELF HEIGHT.

Putting shelf risers in upper cabinets is a great way to make use of the high cabinetry popular in modern kitchens while stacking everything so you can get what you need quickly.

TAKE ADVANTAGE OF CABINET DOORS.

Reclaim this forgotten storage space by using hooks to hang smaller tools (measuring spoons, a vegetable peeler, etc.). Be sure to hang hooks in line with the shelves so the doors will close!



CLEVER KITCHEN SPACE SAVERS



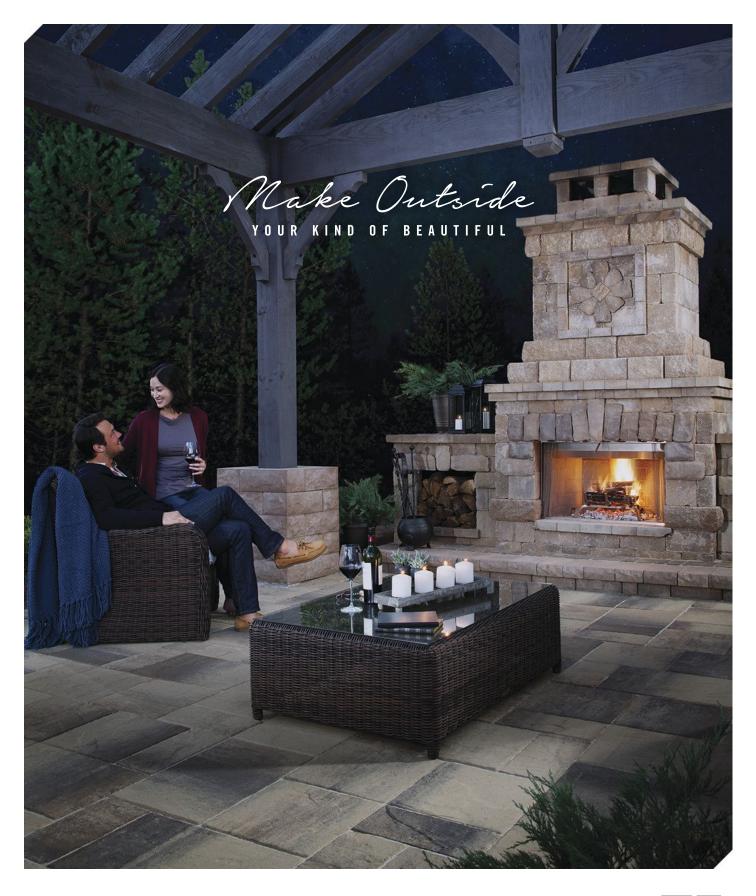
GENIUS RACK
5-CANISTER MAGNETIC SPICE RACK,
\$15, CONTAINERSTORE.COM



SLIM SHELF SALT 17-INCH CABINET SHELF, \$7, BEDBATHANDBEYOND.COM



HANDY HOOKS COMMAND UTENSIL HOOKS, \$5 PER PACK, STAPLES.COM



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NESTLE IN

SLOAN ACCENT

CHAIR IN ROBIN'S

EGG, \$800, INTERIORDEFINE

.COM

Don't let the sleek lines and luxe brass legs deceive you - you'll want to cozy up and stay a while on this oversize chair.



Stop the endless cycle of tangled jewelry and keep treasures in sight on this regal peacock. PEACOCK JEWELRY HANGER, \$49, LANDOFNOD.COM

The jewel tone has the neutral wearability of navy or camel and offers a welcome burst of color for early spring days.



BOLD LIDS

Teal shadow is your new tired-eye savior. A whisper of blue along the lower lashline makes whites of eyes appear whiter.

L'ORÉAL PARIS COLOUR RICHE POCKET PALETTE IN AVANT GARDE AZURE, \$10





SHOW-OFF SCALLOPS

Talk about peacocking! This statement rug is ideal for an entryway.

LOLOI VENICE BEACH AREA RUG, FROM \$79, RUGSTUDIO.COM



REACTION

A tassel gives this budgetfriendly riff on a classic chain-link bag a hit of flair.

C. WONDER PEBBLE LEATHER SUEDE CROSSBODY HANDBAG, \$100, QVC.COM



MAKEOVER MAGIC

Add oomph to cabinets or dresser drawers with gold-and-teal knobs.

> **TIMING** Staying on

schedule won't

be an issue

with this

stunner. METRO WATCH, \$195, KATESPADE.COM

HAND PICKED GLOBE KNOB IN TEAL, \$9, LANDOFNOD.COM

Bring an ignored nook to life with look-at-me wallpaper and curated knickknacks (cute pup optional, but encouraged!).

GET THIS LOOK | SILVERGATE WALLPAPER, US.FARROW-BALL.COM. FOR SIMILAR: ISAAC PENDANT IN NATURAL BRASS, \$239, SCHOOLHOUSEELECTRIC.COM. KULLEN 3-DRAWER CHEST IN BLACK-BROWN, \$40, IKEA.COM. TEGAN CARVED MIRROR, \$104, WORLD MARKET.COM. SWEDISH STRIPE WOVEN COTTON RUG, FROM \$93, DASHANDALBERT.COM.



CIAO, ITALIA!

The citrus, floral and amber notes in this sudsy Portofino-inspired shower gel are almost as good as a trip to the Italian Riviera.

TOM FORD NEROLI PORTOFINO SHOWER GEL, \$67, SEPHORA



52F GH MARCH 2017



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



IS THE BEST
WAY TO GET
RED WINE OUT
OF A WHITE
MARBLE
COUNTER?

— Sarah B.

There are no guarantees with marble. It's very porous and, as you learned, it absorbs stains easily. Here's what I suggest (but always test a hidden spot first):



Step 1: Mix up a stain remover. Add a few drops of ammonia to ½ c. hydrogen peroxide. Dip in a cloth, wring well and wipe. If the stain fades, repeat until gone; rinse and dry.

If not, read on.



Step 2: Cover the affected area. Moisten a folded white paper towel with hydrogen peroxide so it's wet but not dripping. Wipe stain with distilled water and lay towel on top. Cover with plastic wrap and tape edges.



Step 3: Let it air-dry. After 24 hours, remove and toss plastic and let towel dry. Toss towel, then wipe marble again with distilled water and buff dry. Repeat if needed.



Q

I need a new vacuum. I've heard bagless models are better for allergy sufferers. True? —Janet P.

A: Not always. More important than whether a model uses a bag or a dirt cup is that it has a sealed system, meaning that minimal dust escapes as you vacuum. Look for "sealed" on the box. Get one with a HEPA (high efficiency particulate air) filter to trap microscopic particles, and wash or replace it at least twice a year. Bagless vacuums require emptying, which can be irritating to those with allergies; if you're concerned, opt for a model with a bag, like those from GH Seal holder Miele. which earned top marks





A: The gritty residue comes from hardwater minerals that, over time, dry onto surfaces. If the buildup is heavy, scrubbing with a spray limescale remover may not be enough. The easiest way I've found to zap these rings is with the new Clorox Toilet & Bath Cleaning Stone. Wet the block and the surface, gently "erase" the deposits and rinse. Made from recycled glass (not pumice), the stone won't scratch porcelain. Look for it in stores this month. Amazing!



CLOROX TOILET & BATH CLEANING STONE, \$6, CLEANERHOMELIVING.COM



SPEED-CLEANING

No time for a full seasonal spruce-up? Get "Wow!" results whether you have an hour or only minutes



GOT 5 MINUTES?

CLEAN OUT A DRAWER.

Pick your messiest kitchen. bedroom or desk drawer and empty it. Toss or relocate any items you no longer need or that don't belong there. Be sure what goes back in is organized.

-OR-

FRESHEN WALLS. With a moistened Mr. Clean Magic **Eraser** in one hand and a dry cloth in the other, go from room to room rubbing out scrapes, smudges and crayon marks on painted walls and trim.



GOT 15 MINUTES?

CLEAN THE RANGE HOOD.

Pop out the mesh filter and swish it in hot sudsy water: rinse and dry. Clean the hood with a grease-cutting kitchen cleanser; wipe the knobs and the light; rinse and drv.

-OR-

VACUUM FURNITURE. With the upholstery tool, clean the sides and backs of chairs and the sofa. Vacuum both sides of cushions and underneath them. Use the crevice tool along trim and stitching.



GOT 30 MINUTES?

WHITEN DINGY TILE GROUT. Spray grout with GH Lab pick **CLR Kitchen & Bathroom** Cleaner. Let it set for several minutes, then scrub with a stiff brush (we like the Casabella Smart Scrub Grout Brush). Rinse.

-OR-

NAB HIDDEN DIRT. With an extendable duster, attack ceiling fans, bookcases, hanging and recessed lights, moldings, etc. Vacuum lamps' shades and bases with your machine's soft dusting brush.



GOT 60 MINUTES?

GO BEHIND FURNITURE.

Clean the spots you skip all year. Pull furniture away from walls and vacuum behind and under it. Do the woodwork and air vents while you're back there.

-OR-

TACKLE THE WINDOWS.

Raise blinds or shades and wash windows with glass cleaner and a microfiber cloth. Lower blinds and vinvl shades and dust with a duster like Swiffer. Vacuum fabric shades and drapes.

Winter Clothing-Care Guide



Get your cold-weather clothes ready for safe storage in five simple steps



MAKE SURE EVERYTHING IS CLEAN...

Examine items for stains. Even if you don't see one now, a stain can yellow as it ages and show up while a garment is packed away. If you think you spilled something, rub liquid detergent or laundry pretreater into the area and wash as usual. Drop off dry-clean-only items and point out any stains.

...INCLUDING YOUR COAT.

Even a down one can be laundered. Remove the hood (if possible), zip up the coat and close all pocket zippers. Pretreat any stains, turn the coat inside out and treat the collar and cuffs with stain remover, too. Launder as the care label directs, setting your washer for an extra rinse and spin to be sure all traces of detergent are removed. Toss a few dryer balls into the dryer to help the coat dry evenly and keep the filling from clumping.



DON'T FORGET HATS AND GLOVES...

Knit hats, scarves and gloves need washing, too. Hand-wash or launder them separately on the Delicates cycle and either air-dry or tumble-dry them on a low heat setting. Small items, like gloves and headbands, can be placed in mesh laundry bags for easy retrieval.



...BUT GO AHEAD AND SKIP IRONING.

It's not necessary to perfectly press garments before storing them - you'll likely have to touch them up when you take them out anyway. Instead, remove obvious creases with a steamer. And never use spray starch on fabrics going into storage: It can give insects something to munch on!



PAMPER YOUR SWEATERS.

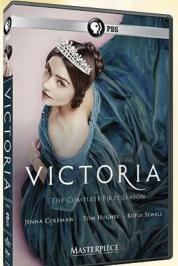
Roll or softly fold knits and store flat to prevent stretching. If you're short on space and must hang some, choose the heaviest ones, fold them in half or in thirds and drape them over the crossbar of a sturdy hanger you've covered with fabric or a pillowcase. Never hang knit garments from the shoulders.













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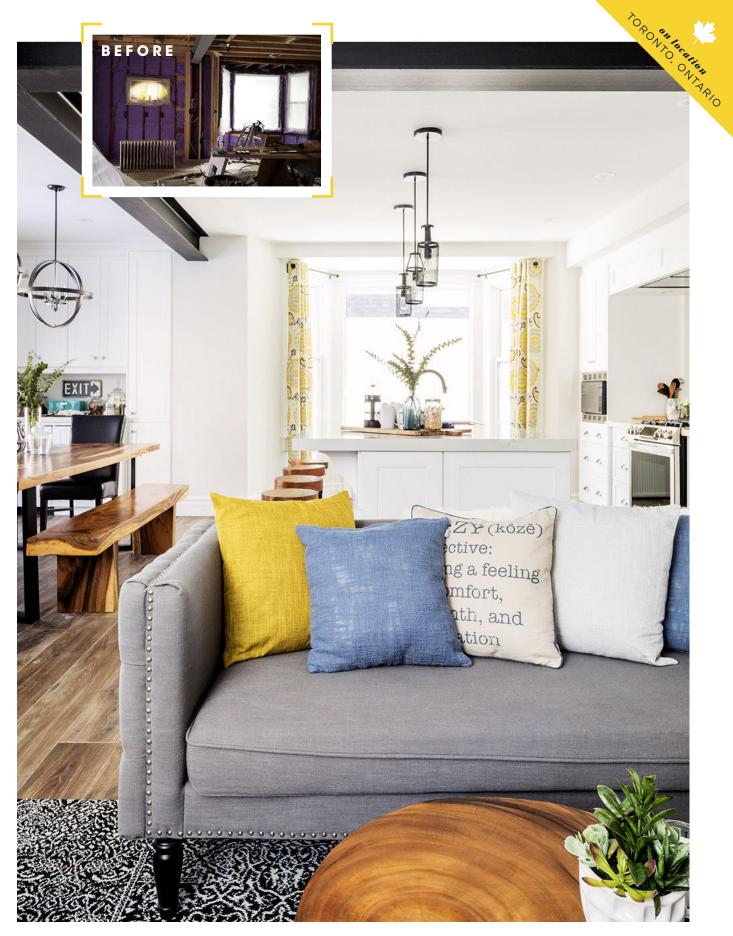
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KITCHEN J GET THIS LOOK: CABINETS, FINELINEKITCHENS.CA. COUNTERTOPS, BEYONDMARBLEANDGRANITE.COM. APPLIANCES, SAMSUNG.COM. ACACIA DINING TABLE WITH METAL LEGS, FROM \$1,350, AND LINEA BENCH, FROM \$498, ARTEMANO.CA. FOR SIMILAR: INK + IVY ANKARA SINGLE CURTAIN PANEL, \$27, WAYFAIR.COM. FOLIO VIOLA TOP-GRAIN LEATHER DINING CHAIR, \$399, CRATEANDBARREL.COM. ASPEN WROUGHT IRON GLOBE CHANDELIER, \$574, SHADESOFLIGHT.COM.

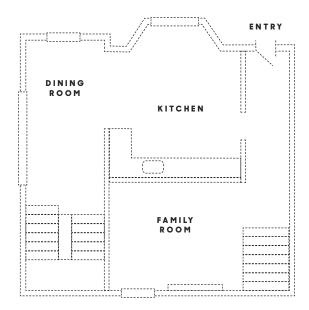




Taylor, *left,* with her husband, Greg, and daughters Jackie, 5; Julia, 7; and Jenny, 10

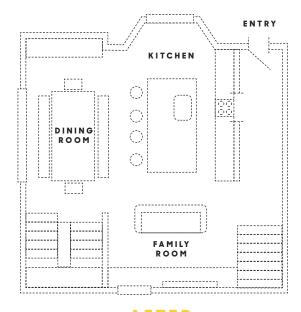
THEN + WOW!

When radio and TV personality Taylor Kaye was ready to update the dark and cramped lower floor of her family home, she tapped designer Jo Alcorn of Whitewash & Co. and engineer Yu Ching Lai of YCL Structural Designs to bring her vision to life. They gutted Taylor's entire first floor, opening up the sectioned-off rooms into one sprawling and airy floor plan. The goal? A bright space full of charm and genius storage solutions for her family of five.



BEFORE

Divided living, dining and kitchen areas left the first floor feeling snug and maze-like.



AFTER

A completely open floor plan maximizes square footage and flow.



SET UP A HOSTING NOOK.

Transform an empty wall behind the dining table with cabinetry and a small countertop. Use the bonus storage for entertaining essentials and the surface to mix drinks for guests.

SWAP OUT CHAIRS FOR BENCHES.

They can be tucked under the table when not in use, freeing up precious space.

PUT A DINING CHAIR IN THE LIVING ROOM.

Save square footage without skimping on seating by opting for a dining chair, like this rattan-and-cane one, instead of a traditional upholstered lounge chair.

20: DEMANDEZ PAR





FAKE A KITCHEN "WINDOW."

Open up your space and mimic the feeling of extra square footage by breaking through a wall. Hello, visitors!





PUT STORAGE ON DISPLAY.

Face it—you may not always have a place for everything. Use pretty bowls, canisters and vintage accents to house items that reside on your countertop.

GOODTOGO



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GOOD HOUSEKEEPING



EVERYDAY HERO

Hoop Dreams

A caring coach shows kids how a game can help them become anything they want to be

TAKE A PEEK INTO THE GYM at Cedar Riverside school in Minneapolis on any weekday afternoon, and you'll see athletic director Jennifer Weber doing what you'd expect-blowing her whistle and shouting out encouragement and strategy to a group of middle schoolers as they pass and throw basketballs. But these kids aren't your everyday students in shorts and T-shirts. Many are immigrants from war-torn East Africa, now living in an area of the city known as Little Mogadishu. And as the girls run back and forth in their colorful hijabs and modest dresses and leggings, they (and the boys) are learning more than the rules of the game: Jennifer is showing them how to adapt to life in America and cope with the traumas that brought many of their parents here. "About half of the families are first-generation," says Jennifer, 44, an in-school behavior specialist who volunteers \rightarrow

TEACHING HOPEJennifer mentors boys as well as girls.





HOLDING COURT

Jennifer also coaches boys' basketball, the running team and more. "If you don't give kids good options for activities, they'll find alternatives," she says.

20-plus hours a week to work with the kids on athletics. Some have traded refugee camps for apartments in a crowded development that is home to about 6,000 people—4,000 of them children. "They're such good families," Jennifer says. "And like everyone, all these parents ask is for their children to have every opportunity to reach their dreams." Most of the parents work several jobs to make ends meet, she adds, "and they don't have the resources to provide quality activities. The need is huge."

STRENGTH THROUGH SPORTS

Jennifer can relate, having learned firsthand in her own childhood the power of sports to instill confidence and help her fit in. "When a coach asked me to go out for the team, he was shocked when I said no—my single mom couldn't afford the fees," says Jennifer. "He made sure I could play. Sports helped motivate me to stay on the right path."

Athletics can be a tough sell to parents who fled the horrors of war and who focus

on academics as the ticket to advancement for their kids. "I tell them that GPA isn't the biggest determiner of success—it's perseverance," says Jennifer, who is also a mother of three and a grandmother of six. "Can you come back from a difficulty, recover and try again, or do you roll over? These are invaluable life lessons for all kids, but especially these kids."

Often getting girls involved is as simple as showing them how to sign up, she adds. "They may grow up playing ball with their brothers, but they don't know how to access sports in a real way. They need someone to connect their desire to play with the ability to play."

FIGHTING AGAINST FEAR

But even as the kids blossom, sometimes fresh wounds appear. At one game, a man in the audience barked, "Who let these terrorists in here?" within earshot of the children. "Hate is heartbreaking," says Jennifer. "These children deserve a fair chance, and I'm going to make sure they get it. Helping them feeds my soul." —Alexandra Rockey Fleming

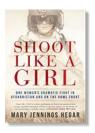
Your Bookshelf

Dig in to a hot new read!



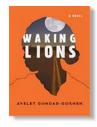
STYLISH SUSPENSE

Londoner Jane moves into a beautiful high-tech home and learns that its architect was involved with the prior tenant, who died mysteriously. With the house monitoring her every move, will Jane suffer the same fate?



MILITARY MEMOIR

A nail-biting true-life saga of flying search-and-rescue missions in Afghanistan, where the author survived being shot down and wounded—and later went on to fight to give other women the right to serve in combat.



THOUGHTFUL THRILLER

A doctor tries to hide a fatal hit-and-run — but the victim's widow finds him and gets an unusual kind of revenge. This twisty moral tale will keep you racing through its pages.

FILL BELLIES + LIFT SPIRITS



MEAL DEAL

Spend \$10 at Box Lunch (an e-commerce site that sells fun pop culture goodies like Harry Potter tees and Star Wars stormtrooper toasters), and it'll help provide a meal via Feeding America. boxlunch.com

FLOWER POWER

Donate still-fresh blooms from an event like a wedding, and they'll be repurposed into gorgeous bouquets for long-term care patients, especially those who don't get many visitors. *thefullbloom.org*











THE FIRST TIME IN MY LIFE,

I didn't have any friends"

After a big move to a new city, **Ruth Whippman** felt lonely and isolated — until she decided to make finding friends her job

IT WAS 10 P.M., and I was two glasses of wine into the evening and recklessly updating my Facebook status. This was a few years ago, in the odd era when we were all using a stilted, slightly self-important third-person format on Facebook (Britney Jones loves her kids; Bryan Smith is eating a sandwich). This time, though, the language was perfect for what I was about to write, helping me pretend I was not actually referring to myself or about to make

a full-frontal public declaration of loserdom. Ruth Whippman...goaded Facebook's prompt. I typed: ...has no friends. Can anyone help her find some?

We had moved to California from London with our 1-year-old son a few months earlier for my husband's job. And for the first time in my life, I was lonely. Painfully, achingly lonely. Before our move, I'd had a busy job, a crowd of friends and enough casual acquaintances to \rightarrow I had decided to take the opportunity of the move to quit my frenetic job directing TV documentaries to stay home with my son, Solly, and to do freelance writing. But the isolation was getting me down. My son was the delight of my life, but he knew only five words, and four of those were the names of digging tools. I could go for days without having an adult conversation. I began spending time in parks, eyeing other moms needily, like a high school freshman who has yet to learn that anything other than feigned indifference to the prospect of friendship is socially toxic.

What was particularly galling was that I had just started writing a book about happiness, and the same message was coming through loud and clear in every piece of my research: The most important factor affecting our well-being may be the quality of our social relationships. Some scientists even describe social connectedness as a necessary condition for happiness—suggesting that without connection to other people, human beings cannot experience happiness. Acutely aware that, aside from my husband and son, my own social connection tally in California was now hovering somewhere around zero, I was stung by this information.

1 IN 5 OF US - ROUGHLY 60 MILLION PEOPLE -SUFFERS FROM LONELINESS.

It did give me some small comfort, however, to find out that I was far from alone in feeling alone. With high school social hierarchies heavily etched into our collective psyche, many of us think of loneliness as something shameful or embarrassing. But in reality, loneliness in America is shockingly common, with some experts warning that social isolation is fast becoming a significant mental and physical health crisis. A full quarter of adults in the U.S. now feel that they do not have a single friend or family member they consider close enough to turn to with a personal problem, according to a study in the American Sociological Review. When family members are not counted, that number doubles, suggesting that half of all Americans may have no one to confide in at all. At any given time, at least one in five of us—roughly

60 million people—suffers from loneliness, says John Cacioppo, Ph.D., a neuroscientist at the University of Chicago who researches the impact of social and community structures on our behavior and health.

This epidemic of loneliness isn't surprising, given that we are living increasingly isolated lives. One in four Americans now lives alone. And the breakneck pace of modern life compounds the problem. "We are exhausted," says Emma Seppälä, Ph.D., science director of Stanford University's Center for Compassion and Altruism Research and Education and author of *The Happiness Track*. "Many of us work long hours with hardly any vacation to spend with friends or family. Is it any wonder we don't have the time and energy left to socialize?" \rightarrow



THE "F" WORDS Friends, Family, Fun: All three are key to maintaining happiness, especially as you age.



NEW FRIEND



MOMMY BLUES

A big change, like motherhood, can be isolating—or an opportunity to connect with a new crowd.

She also believes technology plays a role in loneliness. "People may be substituting online interactions for real-world interactions," she says.

All this is scary, because loneliness not only affects our psychological well-being, but also is dangerous to our physical health. "Low social connection carries a risk of early death similar to that of smoking," says Seppälä. "It's a serious problem."

"Loneliness activates the stress

response system in the body," says Cacioppo. "As a result, we tend not to sleep well, so our brains and bodies don't detoxify and repair properly. And loneliness also increases the risk of high blood pressure and stroke." Everyday health is likely affected, too; studies show that the white blood cells of socially isolated monkeys are less mature than those of non-isolated animals, making them more susceptible to viruses.

This isn't all just some cruel punishment for the socially awkwardloneliness serves an important evolutionary purpose. "The pain of being estranged is an important signal to which the brain responds," says Cacioppo. "It motivates us to seek out other people who can support and protect us."

FRIEND BLIND DATES HAVE THE SAME POTENTIAL FOR REJECTION AND HEARTBREAK AS ROMANTIC ONES.

That all makes sense, but for me, at least, as an evolutionary mechanism, loneliness needs a little fine-tuning. Far from transforming us into peopleseeking extroverts, loneliness can become chronic and shift into social anxiety, making it even harder for us to connect with others. What's more, those others may take one look at our lonely eyes and head for the hills. It's a sad truism that the lonelier we feel, the more socially undesirable we often become.

I got a whiff of this push-pull effect when my Facebook friendship plea actually started to pay off. An acquaintance in London contacted me to say that she had an old friend, also the mother of a toddler boy, who was now living just a few blocks away from me. My acquaintance introduced us over email and set us up to go on a "friend blind date."

As it turns out, platonic blind dates have all the same potential for rejection and heartbreak as the romantic kind. When the other mom and I met in the park with our kids, I liked her right away – she was funny, warm and charismatic. We chatted for over an hour on the park bench about potty training, the meaning of life and everything in between, and I left with visions of a blossoming bestfriendship. We exchanged numbers.

Then I waited. I texted her as many times as I reasonably could without feeling like a stalker. I checked my phone obsessively for missed calls.

FILL YOUR CALENDAR

Schedule a standing mani/pedi appointment and schmooze the other clients - your future BFF may be getting her nails buffed in the next chair. Not into nail art? Volunteer regularly instead. (Bonus: Focusing on other people's needs boosts your well-being.)

GET WITH A GROUP

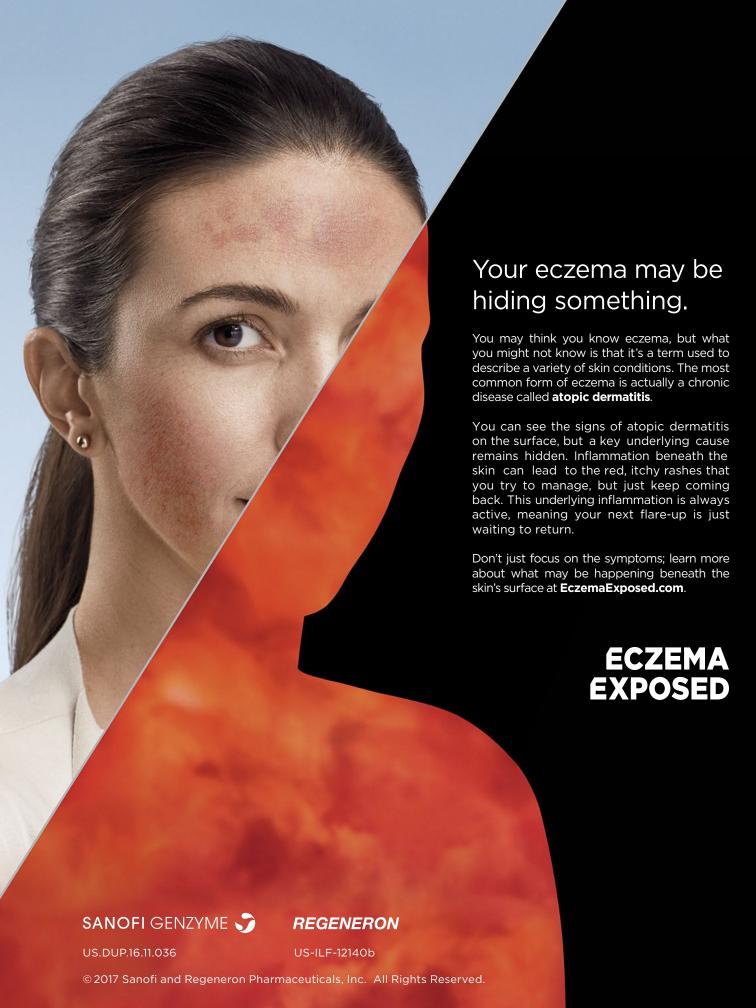
Sign up for a regular class at the gym, and don't rush out when the sessions are over - strike up a conversation with someone who looks friendly instead. Or take an evening cooking class, or see if your child's school has a parents' book club (or start one). Group activities you enjoy automatically connect you to likeminded people.

BE A GOOD NEIGHBOR

Linger over your mailbox or when you put out recycling, follow up on a hello wave by walking next door and saying hi, scan your local Facebook page for events to attend and so on. Slow down and look for ways to interact with people who are already close to you.

THINK POSITIVELY

Research suggests that some lonely people interpret neutral social cues negatively and withdraw as a result. Try to push past your fears - remember, people you want to befriend may be lonely, too!



So I changed tack. I decided to put aside any feelings of insecurity and shame I felt and treat making friends like a job. I made it my mission to start conversations with new people every day. At the same time, I vowed to keep my expectations low. Instead of trying to recreate the hectic social life I'd had back in the U.K., I would aim to find just one close friend in the next year.

It was an exhausting and sometimes dispiriting process. I would be in the park with my son, see a friendly-looking mom and approach her only to have her shut down the conversation and drift back to her own group. At other times, it was I who would do the backing away, like the time I asked a woman what time her husband got home from work only to have her respond that it didn't matter whether he ever came home.

AS THE MONTHS WENT ON, ONE PERSON AT A TIME, I SLOWLY BUILT UP A SOLID CREW AROUND ME.

Then, about four months in, I took my son to the weekly toddler playgroup at the local synagogue. Usually at things like this, the adults focused on keeping their kids from hitting one another or licking the toys in the ball pit and didn't talk to one another much, but this week I spied a new mom who looked like fun. We started chatting—and didn't stop talking for the entire hour. It turned out she was feeling lonely, too. As we were leaving, I plucked up my courage and asked if we could exchange numbers. She texted me the next day.

Within a few weeks, we graduated from playdates to drinks and dinner. Then she introduced me to people she knew. My circle started to increase. I joined a writers' group and started meeting up regularly with one of the members to

talk about our work. Maybe because I was more relaxed, I made friends with a couple of moms at my son's preschool, too. As the months went on, one person at a time, I built up a solid crew around me.

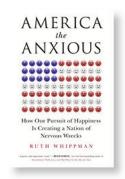
When my book was finished, I gave a reading at a local bookstore. I was nervous, expecting to see my husband sitting among mostly empty chairs. But the store was packed, with people standing in the back. Friends and acquaintances from every aspect of our lives had turned up-teachers from my son's school, parents from the playground, neighbors and writer friends. There in front of me was my community. The effort to build it had felt monumental at times, but looking out at the supportive faces of my new friends, willing me to do well, I knew it was effort that could not have been better spent.

ACTUAL
FACE TIME
Visit with
friends in
real life.

not only on

social media.





SHE WROTE A BOOK!

Ruth Whippman is the author of *America the Anxious*, a witty look at our national obsession with happiness. Full of personal anecdotes and insider dish from visits to "fungineering" companies that persuade employees that long hours make you happier, it's an entertaining and insightful read.





DECLUTTERING CALENDAR

Use this easy checklist from our GH Institute experts to get sorted today, tomorrow and beyond!

KITCHEN

- Empty the sink every night (hand-wash dishes or run the dishwasher) and close cabinet doors.
- ☐ Remove clutter on counters. Put away food, pots and pans and small appliances.

BATHROOM

- Straighten towels and washcloths.
- ☐ Check that shampoo, conditioner, etc., are organized in a shower caddy or put away.
- ☐ Make sure hair tools and makeup are properly stored.

BEDROOM

- Make beds every morning. An unmade bed is like an invitation to be messy.
- ☐ Put away clothing and other items.
- ☐ Every night, as part of a bedtime ritual, have your child put toys into bins or other receptacles.

OFFICE & WORKROOM

- ☑ Go through the daily inbox of mail; handle, shred or recycle.
- ☐ Avoid accidents: Store sharp tools like scissors.

GARAGE & SHEDS

Place like items in close proximity (group together all sports gear, pet supplies, etc.).



WEEKLY

KITCHEN

Monitor the kitchen or dining table: Put things that don't belong on it into a bin every night. Once a week, the family member who has the most items in the bin has to put everything away.

BEDROOM

✓ Do a weekly visual sweep of the bed and the surrounding area and remove anything out of place.☐ Change bed linens.

 \square Check the nightstand to see that it's neat and organized.

☐ If your kids can't walk directly to their beds from the door, they need to put away whatever is in their path.

Reorganize garments by type if they've gotten mixed up.

FOYER/ENTRYWAY

☑ Rehang coats that have fallen, and rearrange.

 \square Place shoes and boots so they are easily accessible.

OFFICE & WORKROOM

☑ Take a few minutes to return everything to its rightful place so you can work with a clear mind.

GARAGE & SHEDS

Make sure recycling bins are not overflowing. If they are, replace them with larger, or more, containers.

OCCASIONALLY (

KITCHEN

▼ Thoroughly clean cabinets and drawers.

☐ Empty the fridge. Remove and discard items that are past their prime. Place the oldest items in the front.

BATHROOM

☑ Restock shampoo, toilet paper, etc., as needed.

☐ Discard meds that are past their expiration date.

BEDROOM

☑ Once a month, do a drawer check and straightening.

 \square Donate (or sell) items in the closet you don't wear.

☐ Place all hangers facing one direction at the start of the season. Once you've worn an item, face the hanger the opposite way.

OFFICE & CRAFT ROOM

Order paper, ink cartridges and anything that's running low.

☐ Go through files and archive what you don't need.

ATTIC & BASEMENT

Every three months, examine emergency supplies to confirm that batteries are still good, equipment is functioning and food and water aren't leaking, damaged or expired.

Va-jay-yay!

Clinically tested to lubricate and moisturize for ease and comfort whenever you're in the mood.

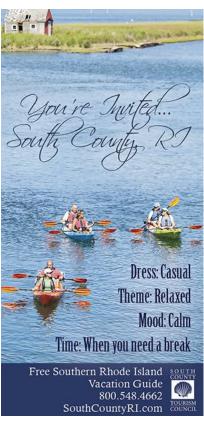
#1 Doctor Recommended Brand



GREAT*getaways* GUIDE

greatgetawaysguide.com









Wake-up calls complements of Mother Nature.

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Delaware
Endless Discoveries...

GH INSTITUTE

TOP-TESTED TIPS

ave Time IN THE KITCHEN

Eat sooner! Tidy up faster! Organize everything instantly! Our expert advice cuts cooking and cleaning time in half. Quick, read on...

by BETTY GOLD

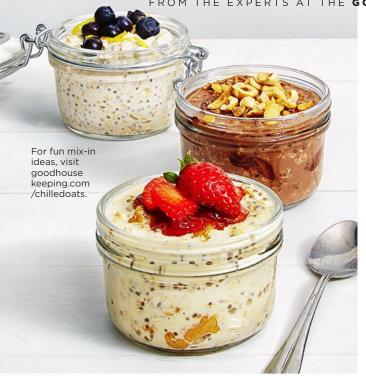


PREHEAT YOUR PAN.

As your oven heats up, pop in a baking sheet. When you add whatever you're cooking to the sizzling pan, the bottom of the food will immediately start to cook along with what's exposed to the hot air. It'll brown evenly (think crispy breaded chicken and golden cauliflower florets) and much faster. Genius! gh Lab pick: Nordic ware baker's half sheet, \$20, Nordicware.com



FROM THE EXPERTS AT THE GOOD HOUSEKEEPING INSTITUTE



WAKE UP TO BREAKFAST... ALREADY MADE!

Dreamy, creamy Milk & Honey Overnight Oats "cook" themselves while you sleep: Add ½ c. oats, 1 Tbsp. chia seeds, 1 Tbsp. honey and \(^2\sqrt{s}\) c. milk to a 16-oz. jar. Cover, shake and refrigerate.

TACKLE A STOVETOP SPILL IT'S STILL WARM.

Dip a damp cloth in baking soda and attack the grime immediately; wipe clean. No elbow grease required!



Minimize trips to the trash.

While you prep, keep a container for food scraps and wrappers close by, then throw away the contents all at once. Helps keep your sink clean, too. GH LAB PICK: INSINK 4-1, \$15, INSINK.CA

COOK, PREP + **SERVE IN** ONE DISH.

blender turns veggies into soup or sauce right in the pot. GH LAB PICK: SMART STICK 2 SPEED HAND BLENDER CSB-79, \$60. CUISINART.COM





Take coffee to go.

Why make an entire carafe? A singleserve Keurig brewer fills your travel mug in two minutes or less. If you prefer espresso, DIY with the Nespresso Creatista machine it brews coffee in seconds, then steams or foams milk. You won't miss the long line at the coffee shop, promise! GH LAB PICKS: KEURIG K250, \$130, KEURIG.COM;

NESPRESSO CREATISTA PLUS, \$600, NESPRESSO

.COM (PICTURED)



PUT AWAY THE PEELER.

Carrots, apples, potatoes, cucumbers and eggplant taste great with the skin on, and added health benefits are packed into their peels.

READ THE RECIPE COMPLETELY.

Diving headfirst into making a new dish leaves you at risk of realizing too late that you don't have a tool required in step 4 or the time to marinate overnight. Review the procedure, ingredients and equipment first so everything will go faster later.







The coolest spot in the neighborhood

is under a SunSetter retractable awning!

A SunSetter retractable awning doesn't just create shade. At the push of a button, it creates a cool and comfortable outdoor space that quickly becomes the center of family life, whether you're sharing a casual outdoor breakfast, playing a board game, throwing a party, or just relaxing with a book or tablet (without the annoying sun glare).

More than 750,000 families nationwide have become SunSetter families. We invite you to join them. Call now, and save \$200!

Call Toll-Free 1-800-876-8060 Ext. 32810

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1	YES! Please send my FREE Info Kit & DVD + \$200 Savings Certificate	TODAY!
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MAIL TO: SUNSETTER PRODUCTS, 184 CHARLES STREET, DEPT. 32810, MALDEN, MA 02148



TOAST IN LESS TIME.

Some toaster ovens can take what seems like an eternity to finish a slice of bread, but not this top-tested pick from Panasonic. It toasts as quickly as a pop-up model and can also melt cheese, heat frozen pizza and even bake potatoes.

GH LAB PICK: PANASONIC FLASHXPRESS TOASTER OVEN NB-G110P, \$150, SHOP.PANASONIC.COM



Do two things at once!

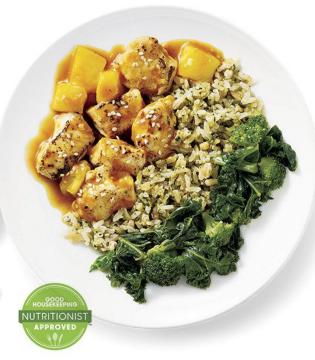
New floorcleaning devices like GH Seal holder Swiffer Sweep + Vac do double duty. Now you can vacuum up large debris like cereal while wiping away fine dust and hair (read: no need to grab the dustpan and broom)! It's lighter than a full-size vac, too.

GH LAB PICK: SWIFFER SWEEP + VAC. \$60 SWIFFER.COM



Speed-clean your fridge.

Sticky drips on refrigerator shelves are hard to pry loose after they've set. Rinse a cloth or a paper towel in hot water, then wring and place on the goo for several seconds to soften it for easier removal.



TRY A (HEALTHIER!) "TV DINNER.

Frozen meals have come a long way in recent years, and they're tastier and more nutritious than ever! Many new freezer aisle offerings contain less than 500 calories and no artificial colors or flavors. The best part? You can have dinner on the table in under 10 minutes.

GH NUTRITIONIST APPROVED LUVO TANDOORI-INSPIRED CHICKEN, \$4.50, AMAZON.COM



OPT FOR INDUCTION.

With this cooktop technology, heat is transferred directly to the pan, so no heat is lost and water boils nearly twice as fast. Our Kitchen Appliances Lab loves it for speedy weeknight meals. Consider making the swap when you update your electric range.

GH LAB PICK: KENMORE ELITE 6.1 CU. FT. ERFESTANDING INDUCTION RANGE WITH TRUE CONVECTION 95073, \$2,000, SEARS.COM

LET YOUR DISHWASHER DO IT

USE LITTLE

Reserve simple tasks like washing

veggies and setting the table

for the kids. Delegating means

less burden on you — and more

family bonding time!

Pop things like dish brushes, pet bowls and plastic toys in for a quick cleaning (secure them well to be sure they won't topple). They'll get a thorough wash, and you won't ruin your mani scrubbing them by hand!







Rachael Ray™ Nutrish® specialty pet food recipes are made with real meat as the #1 ingredient, combined with natural ingredients plus essential nutrients. Look for every Nutrish recipe — including new nutrient-dense PEAK with 30% high-quality protein and 0% grain — right where you shop for your family's groceries.

Find the right recipe for your pet at nutrish.com.

COOK ONCE, EAT TWICE.

Make a big batch of meat, soup or pasta for dinner so you can pack the leftovers for lunches the next day or save them for another night. Keep extra sides and sauces, too – they can find new life as salad toppings or dressing.





Outsource chores.

Like an Uber for chores, taskrabbit.com lets you hire skilled helpers in your area. Select a job (e.g., painting the kitchen) at the posted hourly rate—a tasker will arrive at your selected time.

MANAGE YOUR **GROCERY LIST** HANDS-FREE.

Out of milk or eggs? Say it out loud! New voice-enabled devices like Amazon Echo and Google Home help create and manage shopping lists. Not ready to talk about it? Download the Grocery Pal app to build lists and find sales through your phone.





JUST NUKE IT!

The microwave isn't only for making popcorn and heating leftovers try these five fast ways to get food on the table in practically no time



STEAM VEGGIES. Put 1 lb. in a glass casserole with 1 Tbsp. of water. Cover and cook on High about 5 min. until tender-crisp and still bright green.



MELT BUTTER AND CHOCOLATE.

Heat in glass bowl until butter is melted or candy is shiny. Stir chocolate smooth. Tip: Use squares, not chips.



CRISP UP BACON.

Arrange slices on a plate lined with a double layer of paper towels. Cover with another sheet of paper towel. The strips will come out super-crisp.



TOAST NUTS OR BREAD CRUMBS.

Heat them in a deep vessel like a glass measuring cup. Highly concentrated food will attract more microwave energy, leading to faster cooking. Be sure to stir once or twice for even browning.



MAKE TWO-STEP MAC 'N' CHEESE:

Mix 8 oz. macaroni, 2 c. water and ½ tsp. salt and microwave on High 14 to 16 min., pausing to stir a couple of times during cooking. Stir in 8 oz. shredded Cheddar cheese. It's even faster than boxed!

CLEAN POTS WITH LESS SCRUBBING.

Food burned onto your pot? Fill it with hot water, squirt in some dish liquid and let it simmer 10 min. to loosen stuckon bits. Coax them off with a spatula and wash the pot clean. For more cookware-cleaning tips, see page 128.









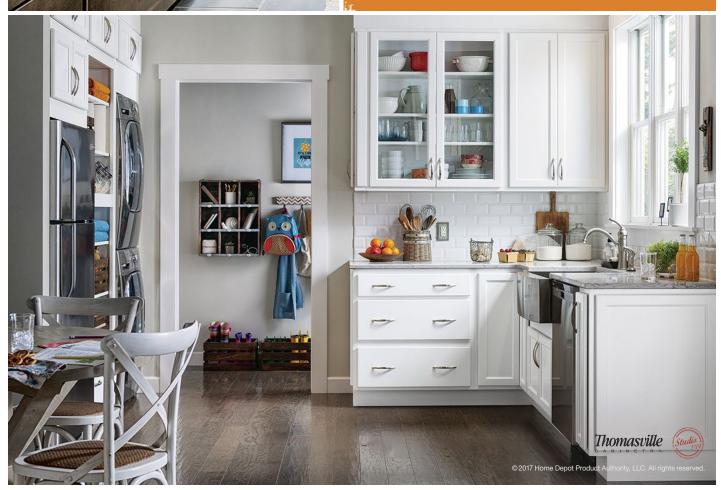
THE THOMASVILLE® STUDIO 1904 SERIES

CABINETS THAT FIT YOUR STYLE, AND YOUR BUDGET, BEAUTIFULLY.

The Thomasville Studio 1904 series – a curated collection of cabinets that suit your taste and match your budget. Available only at The Home Depot.

More saving. More doing.





More genius time and money savers, backed by the GH Seal

DO-IT-ALL TOOL

From countertops to cookware, this version of the Mr. Clean Magic Eraser is made for the toughest messes in your cooking zone. It has more cleaning power than the original thanks to a built-in grease-cutting foam cleanser.

LAB LOWDOWN

The denser, more durable foam impressed our Cleaning Lab experts, swiftly cutting through grease and easily removing burned-on food from cooktops, microwaves and stainless steel pots. Adding water activates the cleanser and helps the eraser grab dirt in just a few passes.

MR. CLEAN MAGIC ERASER FOAMING KITCHEN SCRUBBER, FROM \$2.47 FOR TWO, MRCLEAN.COM



FULLY LOADED KNIFE SET

Keep this **JCPenney Cooks** set on your counter so the right tool will always be within reach. It comes with 19 knives for every possible task, kitchen shears, a sharpening steel and a specially designed wooden block to keep it all organized.

▲ LAB LOWDOWN

The knives performed well in our Lab's chopping, mincing and slicing tests, and the edges stayed sharp after heavy use. The best way to protect the blades: After hand-washing, always store them in a rack or their own block.

COOKS 22-PIECE TRIPLE-RIVET KNIFE SET FROM JCPENNEY, \$160, JCPENNEY.COM

LOW-FAT FRYER

"Fry up" chicken wings, veggies or even puff pastry bites in **Farberware**'s air fryer. The buzzy new gadget uses convection cooking (circulating hot air) to create that indulgent crispness without tons of oil.

▲ LAB LOWDOWN

Our Kitchen Appliances Lab tests found that this model works just as well as its costly competitors (some go for \$300 or more!), at a fraction of the price. It also preheats faster than a regular oven and makes tasty fries and chicken cutlets with little oil.

FARBERWARE OIL-LESS FRYER, \$79, WALMART.COM



best of the test

Ultra-HD 55" TVs

In the market for a set? You're probably hearing a lot about 4K, which means the picture has four times the resolution of standard HD. Our Tech & Media engineers break it down with top picks



HOW WE TESTED

After narrowing it to the eight hottest models, we evaluated them on:

✓ Setup

☑ Picture quality

☑ Remote design

✓ Menu navigation



WINNER

NEXT-LEVEL PICTURE

Every seat is the best in the house when you watch this Samsung TV. It's a splurge, but we were blown away by everything this high-end model has: a curved design, an edge-to-edge screen and automatic brightness adjustment. Need to connect a DVD player and gaming system, but hate visible cords? Plug them all

into its special hub so only one cable goes to the TV.

LAB LOWDOWN It aced our engineers' picturequality tests, with great clarity and detail even in brightly lit rooms. Plus, setup was quick the legs pop into place, no screws needed!

SAMSUNG 55" CLASS 55KS8500 CURVED 4K SUHD TV, \$1,300, SAMSUNG.COM



RUNNER-UP

SLEEK STANDOUT

LG's television wowed our testers and pros with its design and performance, clinching the top spot for style. You'll get an easyto-use interface and great picture quality (second only to our overall winner's!) for less than half the price of similar models.

LAB LOWDOWN Consumers loved how simple it was to switch among apps and adjust settings—an onscreen menu pops up on the bottom so you won't miss a minute of your show.

LG 4K UHD HDR SMART LED TV 55" (55UH6150), \$800, LG.COM

BUYER'S GUIDE

Consider these three factors when shopping:

SIZE

We tested 55" models, but 4K TVs range from 40" to 85". The best size for your room depends on the distance between your couch and the screen (you should have at least 1 to 1½ times the screen size). Thanks to the resolution, you can sit closer without things looking out of focus.

THE REMOTE

Torn between two TVs? Try their remotes. Many have a minimalist design that testers either loved (no useless buttons) or hated (its small size can make it uncomfortable to hold).

STREAMING

Most 4K videos are on platforms like Netflix and Hulu, so a model with a built-in streaming service like Chromecast or Roku simplifies setup - they're all Wi-Fi-enabled, so you can connect other devices, too.



RUNNER-UP

NICE PRICE

For a great 4K TV without a hefty price tag, this **TCL** set can't be beat. The streaming platform Roku is built in, so simply add Wi-Fi and you can access thousands of apps and videos.

LAB LOWDOWN We were impressed by the crisp picture and sleek design. Its remote was a tester favorite, with special buttons for Netflix and Hulu.

TCL 55" ROKU TV 55UP130, \$600, TCLUSA.COM

GOOD TO KNOW

While 4K content hasn't made the jump to cable yet, more of it is created every day (for example, 4K movies on Blu-ray). And the new TVs auto-adjust to improve the visual quality of anything you watch, ultra-high-def or not.



TENA® OVERNIGHT UNDERWEAR **ZERO LEAKS***



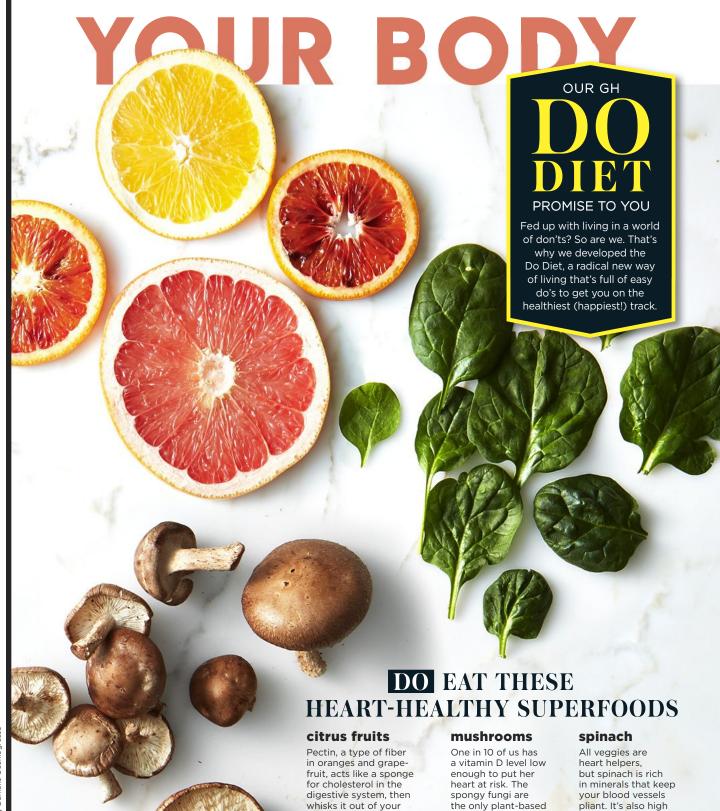
With an innovative Secure Barrier System, gives you Triple Protection from leaks, odor and moisture providing you worry-free nighttime protection.

TENA LETS YOU BE YOU.





GOOD HOUSEKEEPING



body. Plus, women who

eat lots of flavonoid-

may have a 19% lower

risk of ischemic stroke.

packed citrus fruits

Photograph by Danielle Occhiogrosso

in nitrates, which

have been shown

to improve heart

function in women.

-Kate Rockwood

source, and they're

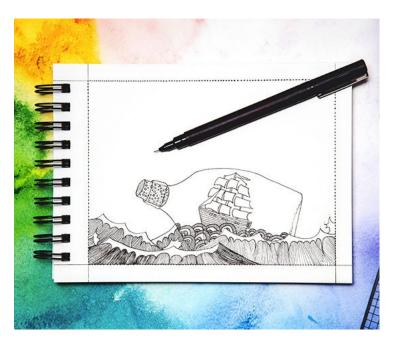
source of potassium,

which can help regu-

late blood pressure.

also a surprising





Draw, sing, COOK!

A study in the *Journal of Positive Psychology* suggests that people who are more creative than usual on any given day feel more enthusiastic and are happier that day and the next. Don't fret if you have zero artistic talent—no need to make a masterpiece to reap the benefits! Singing (even badly!), playing music, tinkering with a new recipe or brainstorming an awesome idea at work also counts. Find an outlet that you love and have fun with it. —*Sara Bower*

SET HIS ALARM CLOCK

If you're trying to make a baby, be sure your guy gets eight hours of sleep. A study headed by Boston University's School of Public Health found that men who did had the best rates of conception with their partners. When the guys got more than nine hours or under six, pregnancy rates were 40% lower. Too few zzz's have been linked to lower semen quality, and the need for tons of sleep may point to other complications. -SW



JACLYN LONDON,
M.S., R.D.
GH NUTRITION
DIRECTOR

© iaclynlondonRD

DO Let your kitchen make you thinner.

A little forethought about how you set up the food in your cupboard, fridge and freezer can help you stick to a weight-loss plan and save time and cash. Here's how to prep ahead for healthier, leaner meals and snacks your family will be happy to hoover up.

SLIMMING STAPLES

Go for high-fiber 100% whole grains; nuts and seeds; cooking oils; low-sodium broth and condiments; and canned goods like beans, chickpeas, lentils and fish. Low-fat dairy should be stored in the coolest part of the fridge (close to the back and on a lower-middle shelf).

FRESH AND FILLING

Shop weekly for veggies and fruit; eating them is key to losing pounds. But don't just toss them into bins — quickly wash and chop them and store in clear containers at eye level in the fridge so they're ready to go. Or, buy premade slaws, veggie blends and leafy combos from Nutritionist-Approved Emblem holder Dole.

FREEZING MUSTS

Freeze seafood, lean meats and indulgences. You won't stick to a plan if it's too restrictive, so don't eliminate your favorite treats, but keeping them out of sight will help you avoid mindless munching. Plus, while they're thawing, there'll be time for satiety signals to kick in.



minutes of yoga breathing

Turns out it can lift mood and improve memory, studies suggest. Try alternate-nostril slow breathing: Make an L with right thumb and first finger; take a deep breath; press right side of nose with thumb to block right nostril; exhale; inhale through left nostril; block left nostril, release right; exhale; inhale. Switch sides and repeat. — Nicole Saporita



DO INDULGE IN SOCIAL MEDIA

Yes, it can be a time suck. but you get that time back in the form of a longer life. A recent UC San Diego study found that those who used Facebook had a lower mortality rate than abstainers. Strong social ties in real life have been shown to improve health, and connecting on social media tends to lead to offline socializing, says researcher William Hobbs. "Even just staying in touch online - posting on others' walls and sending messages – was related to better health." The key is to really interact, he says, since simply liking others' posts or having one's posts liked was not linked to better health. -SB



MEET DAILY BURN'S BEST: Dara Theodore "Fitness should feel accessible not impossible or intimidating."

JUST 3 MOVES

BYE-BYE, BELL

Sick of crunches? Try these simple standing tummy trimmers from the pros at Daily Burn to get flat abs, a stronger back and more

STEP & REACH

WORKS: abs, waist, hips, legs

Start standing with feet together, arms by sides. Step left leg back, lowering left knee to floor; curl fists to chest (A). Shift hips right as you place left palm on floor and reach right arm straight up (B). Return to kneeling, then stand again. Do 12 reps; repeat on other side. TAKE IT EASIER: Skip the lunge and start at (A).

AMP IT UP: Hold a light or medium weight as you lift your hand skyward.



BACK TILT

WORKS: back, abs, butt

Stand with feet close and fists raised to chest (A). Slowly reach right leg forward, bringing heel to ground while you tilt back and reach arms overhead. Keep belly pulled in; make sure body is aligned from heel to fists - don't arch your back (B). Slowly return to standing, keeping core tight. Do 12 reps; repeat on other side.

TAKE IT EASIER: Keep hands on lower back for support. AMP IT UP: Lift knee to challenge



WINDMILL

WORKS: back, abs, waist, butt, thighs

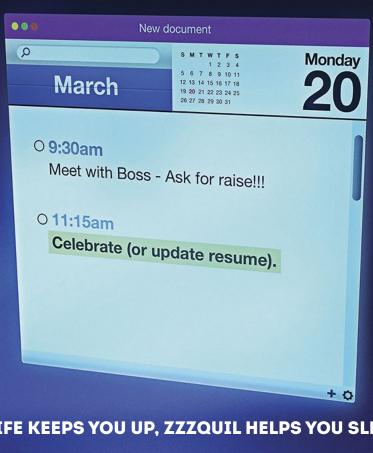
Stand with feet shoulder-width apart and arms by sides (A). Step to right, keeping left leg straight while you reach left hand to right foot and right hand up in line with shoulder (B). Push off right foot and return to center, keeping left leg straight. Do 12 reps; repeat on other side.

TAKE IT EASIER: Place hand on thigh instead of reaching for foot. AMP IT UP: Reach arms overhead and hop as you return to center.



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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 Dara. 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!







ss. Read each label. Keep out of reach of children. © Procter & Gamble, Inc., 2017

FALL ASLEEP **IN LESS** THAN **20 MINUTES.**



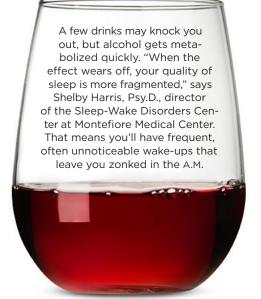




Sleep on this: You need seven to nine hours a night, says the National Sleep Foundation. Sound like a pipe dream? We'll help you make it a reality...tonight!

bu LIZ KRIEGER

EASE UP ON ALCOHOL.





BLUE LIGHT

Using a smartphone or another blue-light-emitting device before bed interferes with melatonin, a hormone that tells your body it's time to sleep. Lower the brightness on your devices and shut down well before you hit the sack, or try a blue light-reducing screen protector such as **EyeJust** (\$29 to \$34, eyejust.com).



Close your eyes & replay your day.

Think of the very first thing you did this morning – say, turning off your alarm. Then recall the next thing, and so on, replaying mundane actions of your day in minute detail the more boring, the better, suggests Stanford University's Daniel Jin Blum, Ph.D., author of Sleep Wise. Shifting into the unstimulated zone lets your brain feel it's safe to power down, he says.



Drone out.

You'd normally avoid it, but listening to someone drone on can be an express train to Sleepytown. Subscribe to this podcast designed to bore you into oblivion: Sleep With Me (iTunes; sleepwithmepodcast.com, free). It consists of impossibly uninteresting bedtime stories designed to distract you from your anxiety.



EARPLUGS

Less than 60 decibels – even a muffled chat in the next room — is all it takes to disrupt sleep for some, says Rebecca Robbins, Ph.D., coauthor of Sleep for Success. Earplugs, a white noise machine or tapestries on the wall can insulate against noise, says Harris.



FIRM SUPPORT

"A good pillow should position your head, neck and spinal column in one line," says sleep expert Robbins. Side snoozers might try a pillow with a boxy shape and more volume: stomach and back sleepers need less volume to avoid a stiff neck. Low-back pain? A firm pillow between your knees will keep your spine neutral, says Karena Wu, DPT, a physical therapist in New York City.



GUT BACTERIA

Emerging science suggests that not having enough of the right intestinal bacteria can affect sleep quality, says Erica D. Sonnenburg, Ph.D., a senior research scientist at Stanford University School of Medicine. While the link is not yet fully understood, eating a high-fiber, probiotic-rich diet can help boost the diversity of the bugs in your belly.



HUE SMARTS

When painting the bedroom, choose a calm color (e.g., blue or light green), says sleep specialist Michael Breus, Ph.D. Skip reds and oranges, which stimulate the brain and can trigger alertness. Also, "go for a matte finish, not high-gloss," he says, as the latter reflects light, which may keep you up.





JOURNAL

Use it to unload the to-do list that's making you anxious, says Blum. Be sure to include a "next step" for each item. "Our brains are wired to remember tasks that are incomplete," he says. Writing down one thing you can do takes those thoughts off of repeat.



Indulge.

One study found that taking a nice bath helps increase slow-wave (deep, restorative) sleep. "Not only is it relaxing, but when you get out of the warm water, the contrast between that and the cooler air temperature mimics how your body naturally cools down at night," says Natalie Dautovich, Ph.D., environmental scholar for the National Sleep Foundation. Your temperature drops one or two degrees when yo<mark>u g</mark>o to sleep, so cooling down signals that it's time for bed, she says.





KISSING

Start by smooching, then let nature take its course. Sex helps some people get to sleep, says Harris. The closeness boosts oxytocin, a comforting hormone, and lowers cortisol, one related to stress. If you have an orgasm, huzzah! That releases prolactin, which actually relaxes you.

ZEEQ* SMART PILLOW



STREAMS MUSIC | STOPS SNORING | ANALYZES SLEEP





Say ahhh to LunaGuard Nighttime Dental Protector



LunaGuard™ Nighttime Dental Protector is backed by



LunaGuard™ is an advanced Nighttime Dental Protector for the treatment of bruxism (teeth grinding)

- Ultra thin bite guard for ultimate comfort
- Remoldable up to twenty times for the perfect fit
- Patented Diffusix[™] technology absorbs and diffuses grinding forces
- Perforated to allow natural flow of saliva











Online at Target.com and Walgreens.com





LOG YOUR SLEEP.

Our experts have seen smartphonelinked sleep trackers in everything from wristbands to mattresses. GH Lab Pick: **Beddit Sleep Tracker** (\$149. beddit.com). an under-sheet sensor that measures heart rate, snoring and things like temperature and humidity, then feeds an analysis and sleep-better tips to your phone.



MAGNESIUM

The mineral that helps calm your nerves and relax muscles may help you sleep through the night, reports our Health & Environmental Sciences Lab. (Consult your M.D. before taking supplements.) **GH Lab Pick: Nature Made Magnesium Citrate** (\$18.50, amazon.com)



NIGHT SWEATS...

...can put a damper on things. Body temperatureregulating sheets, say Textiles Lab scientists, can help. **GH Lab Pick: NuSleep Bedding Powered** by 37.5 Technology sheets have sweatabsorbing particles embedded in the fabric to help keep you comfy. (\$249 for Queen set, nusleep bedding.com)



Focus on gratitude. In one study, people who listed things they were thankful for before bedtime said that after three weeks, they worried less, slept longer and felt better in the morning. Appreciating even small stuff, like the barista who never messes up your order, helps - stash a notebook at your bedside.



Certain prescription meds - some antidepressants and blood pressure drugs, even birth control pills can interfere with sleep, says Fiona Baker, Ph.D., a sleep researcher at SRI International's Center for Health Sciences. Chat with your doc about your options.



Open windows.

Or at least turn the thermostat down you'll sleep best in a room that's between 60°F and 67°F. The caveat: You'll want to keep your feet cozy. Warming the feet dilates blood vessels, which one study found was linked with the ability to fall asleep faster.



The GH Textiles Lab loves GH Seal holder **Roval Velvet Ouilted Comfort Extra Firm Pillow** from JCPenney. It's hypoallergenic and didn't flatten even after five washes plus, its poly fiberfill is extra firm.





SAGGING

Even if you rotate your mattress regularly, after seven years it's time for a new one, says Breus. Look for signs of sagging, and use your own body as a barometer. "If you wake up more than three times a week feeling stiff and sore for no reason, you probably need a new mattress," Breus says.



TRYPTOPHAN

This amino acid in meat, poultry and dairy helps create serotonin, the feel-good brain chemical that converts into sleep hormone melatonin. "Enhance the tryptophan effect by combining a carb with a protein that has tryptophan," says Harris. Try cereal with milk, or cheese and crackers.



The best sleep environment is the darkest one you can create. Even illumination from streetlights, a clock or the cable box or light coming in from under the door can have an effect, and there's evidence that light can penetrate your eyelids and interfere with melatonin production. Install blackout curtains, plug in your phone away from the bedside and slip on an eye mask. **GH Lab Pick:** The **Tempur-Pedic** Sleep Mask (\$29, tempurpedic.com) conforms to your face for a comfortable fit while completely blocking out light.



VISIT THE DENTIST.

Obstructive sleep apnea interferes with breathing and can disrupt sleep. Go to aadsm.org to find a sleep dentist who may fit your mouth with an appliance to help you breathe more easily.



WARM YOUR MILK.

And add honey, says **GH Nutrition** Director Jaclyn London, M.S., R.D. What helps you wind down may be the tryptophan effect — or that Mom used to give it to you.



"X"-ERCISE.

We all naturally crave sleep after a certain length of time awake, and a workout makes that need stronger. Just don't exercise within four hours of lights-out; your body needs time to cool off.



YOGA & MEDITATION

One survey found that over 55% of those who did yoga found it led to better sleep. "Meditation before bed also helps you slow down an overactive mind," says Breus, and it lowers your heart rate, as also happens when you doze off.



ZEALOUSNESS

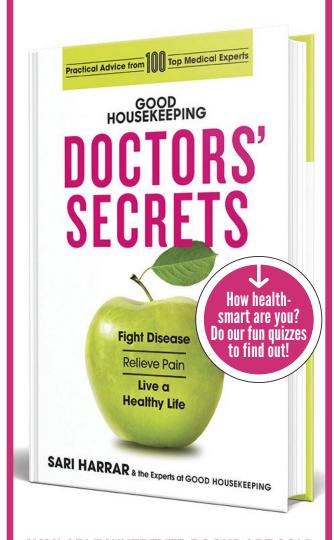
That's what you need to protect your zzz's. Skimping can lead to bad decisions, weight gain, zits and more. In one study, people who got less than six hours a night for a week were four times as likely to end up under the weather.

THE DOCTORS



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!



AVAILABLE WHEREVER BOOKS ARE SOLD

GOOD



GOOD HOUSEKEEPING

YOUR KITCHEN



THAT'S GENIUS!

Homemade Irish Cream

This sweet and creamy DIY Irish liqueur rivals Baileys! How-to: Blend 1 can (14 oz.) sweetened condensed milk, 1 c. heavy cream, 1 c. Irish whiskey (or milk for a nonalcoholic version), 2 Tbsp. chocolate syrup, 1½ tsp. instant coffee or espresso granules, 1 tsp. vanilla extract and ½ tsp. almond extract until smooth. Add a splash to coffee, pour it over ice cream or sip it on the rocks. It tastes like a grown-up milkshake!

GH's resident kitchen pro shares her best tips and favorite shortcuts for getting dinner on the table fast





I NEED AN
EASY "IMPRESS
THE MOTHERIN-LAW"
IRISH SODA
BREAD RECIPE

- Annie B.

A: Flavored with currants and caraway seeds, our take on the St. Paddy's Day treat (recipe, page 149) is surprisingly simple to pull off! Knead and shape the dough with your hands before cutting an "X" into the top. Legend has it that this traditional cross cut protects your family from evil spirits. Share that tidbit (and this loaf!) with Mom and score some major points.



Is there
a way
to prep
mashed
potatoes
ahead?

Stacy K.

A: Yes—enlist your salad spinner! Just peel potatoes and add to the spinner along with water and sliced lemons, then cover. When it's time to boil the spuds hours later, pull up on the inner basket, ditch the lemon and add the drained potatoes to boiling water. So easy!



PROBLEM SOLVED

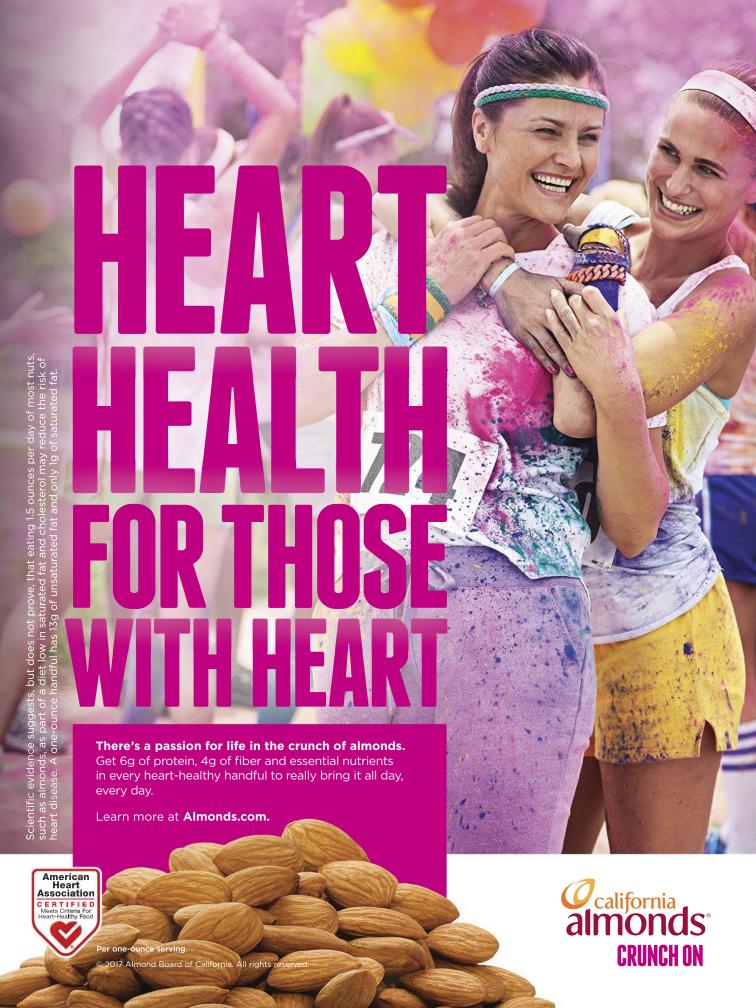
NO PASTE WASTE!

When a recipe calls for a spoonful of tomato paste and you're stuck with a half-empty can: the worst! But now there's **Hunt's Recipe Ready Paste** (\$2.60 for six pouches). With 2 Tbsp. per pouch, you can open only what you need.



Don't toss bell pepper trimmings from crudités (or our Flower-Power Sunny-Side Eggs, page 143). Cut them up and sauté in olive oil until soft, then pulse in a food processor until smooth; season with salt and black pepper. Use as a flavorful sandwich spread or smear on toast and top with goat cheese. #savethefood

HAVE A QUESTION? Email food@goodhousekeeping.com.





















Many of us make "resolutions," and others just start the new year with fresh intentions to do some things better. If part of your new goals involved health and fitness, chances are you've experienced some muscle aches. But don't give up. Despite being one month into the year, we want to be sure you stick to your resolutions! Here's why you may be experiencing aches and pains, and how to remedy them.

FATIGUE

Soreness during or right after an activity is usually due to a tired muscle. The soreness should go away after a few minutes of rest. To ensure your body gets the restorative rest it needs, try TYLENOL® PM for Pain with Sleeplessness.

With an Effective







Try something new your body isn't used to yet? That could be why you're in pain. You may feel sore, swollen or less flexible anywhere from 12-24 hours (and even up to 72 hours) afterward. The aches come from microscopic tears that help your muscles gain strength as they heal.

TYLENOL® Extra Strength - TYLENOL® #1 Doctor Recommended Brand of Pain Reliever



Use only as directed

Top 4 resolutions





How to Prevent Muscle Aches

- 1. Stretch before and after exercise.
- **2.** Do a few minutes of mild warm-up and cool down (e.g., fast walking) before and after vigorous exercise.
- **3.** Increase your level of difficulty in small increments, not big leaps.
- 4. Drink lots of fluids before, during, and after exercise.
- **5.** At work: vary your activities as much as possible, and try to stretch at least once every hour.

REPETITIVE ACTIVITY

Let's say you do the same thing over and over again, on a regular basis. Whether it's weightlifting, running or even working a machine, you could be limiting your normal range of motion, which can result in soreness.





41%
LIVE A
HEALTHIER
LIFESTYLE

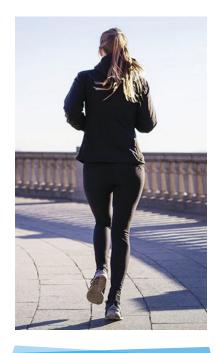


40%

LOSE
WEIGHT



33% SPEND MORE TIME WITH FAMILY & FRIENDS



HOW TO TREAT MUSCLE ACHES

Go on relative rest.
That doesn't mean staying in bed all day, but avoid anything strenuous and keep stretching to avoid further injury.

R.I.C.E. it (that's rest, ice, compression and elevation).

Take an over-thecounter pain reliever.



TYLENOL® Rapid Release Gels Have Laser-Drilled Holes That Release Medicine Fast

best of the test

SKILLETS

Whether you're stir-frying, simmering or searing, the Lab found the perfect pan to give a home on your range

GH KITCHEN APPLIANCES LAB

HOW WE TESTED

We evaluated the newest skillets for:

✓ Steadiness of simmering

☑ Handle temps

☑ Capacity

☑ Ease of cleaning



BEST NONSTICK

EASY CLEANUP

It's a must-have for foods that, well, stick, like eggs and pancakes, and a big help for stir-fries that you'll be tossing and turning in the pan.

Anolon Authority is made of anodized aluminum—harder, darker and less likely to dent than plain aluminum, it heats uniformly and won't discolor. This skillet is two inches deep and comes with a lid, making it superb for one-dish dinners. Use it in the oven up to 500°F to brown a frittata.

LAB LOWDOWN: The Anolon aced all our tests. In addition to browning and simmering well and releasing eggs easily (even without butter), it cleaned up beautifully (no stains).

PREP TIPS: As with all nonstick pans, don't preheat or use on a high-heat setting, and never spritz with nonstick cooking spray, which can make the finish tacky and less stick-resistant.

ANOLON AUTHORITY HARD-ANODIZED 12.5-INCH COVERED DEEP SKILLET, \$80, ANOLON.COM



BEST STAINLESS STEEL

HEAT MASTER

With no nonstick finish, stainless steel is great for preheating or high-heat cooking. It won't turn food dingy like uncoated aluminum or cast iron.

This **Breville** pan has interior layers of aluminum to conduct heat evenly, and its depth and included lid make it ideal for stovetop stews. You can even crisp foods in it before serving, since it's oven-safe to 500°F.

LAB LOWDOWN: When used to sear, the Breville browned beautifully; it also kept sauce simmering steadily, and we found that the handles stayed cool. As on any stainless item, it took work to remove burned-on splatters.

CARE TIP: Keep it shiny with Bar Keepers Friend Cleanser & Polish and a nonabrasive scrubber.

BREVILLE THERMAL PRO CLAD SS 3.5 QT. SAUTE, \$200, BEDBATHANDBEYOND.COM

BEST CAST IRON

ROCK SOLID

Nothing holds in heat better, so it fries up top-notch burgers. Over time—months to years, depending on how often you cook in it—it becomes as slick as if it had a nonstick coating.

Lodge is preseasoned and ready to use out of the box. We love the helper handle and spout.

LAB LOWDOWN: Sirloins came out deep brown. When cooking marinara on low, we had to adjust the setting occasionally, which wasn't necessary with our other winners.

COOKING TIP: Cooking in cast iron adds iron to food, so it's a good choice if you need more in your diet. It can, however, turn cream sauces gray.

LODGE 12-INCH CAST IRON SKILLET, \$39.50, LODGEMFG.COM

CAST IRON CARE

Always hand-wash (the dishwasher will strip off the finish) and dry before rubbing lightly with cooking oil. **If food sticks or pan looks gray or**

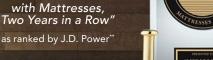
rusty, reseason in 3 steps:

1. After washing, apply a thin coat of melted shortening or cooking oil all over. 2. Place upside down on oven rack with aluminum foil on rack below to catch drips. 3. Bake 1 hr. at 350°F. Leave in oven until cool.

The Bed Clinically Proven to Relieve Back Pain



"Highest in **Customer Satisfaction** with Mattresses, Two Years in a Row"



Frustrated by the Quality of Your Sleep?

Do you toss and turn at night? Can't seem to find a comfortable position? Does your back ache when you awake? These are signs that your mattress may not be supporting you properly, robbing you of the sleep you need.

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Whether you prefer supreme softness or conforming comfort layers, the Sleep Number® bed adjusts to you, for a truly individualized sleep experience. At the simple touch of a button, DualAir™ technology allows you to find ideal comfort and support with exceptional pressure relief on each side—your Sleep Number® setting.

Proven Back-Pain Relief

It's the bed clinically proven to relieve back pain and improve sleep quality.* Clinical studies show an amazing 93% of participants reported back-pain relief while 90% said other aches and pains were reduced.[†]

93% experienced back-pain relief

89% reported improved sleep quality

77% found increased energy

Know. Adjust. Sleep.

Now, with optional SleepIQ® technology, you have the knowledge to adjust for your best sleep. Using sensors inside the Sleep Number® bed, SleepIQ® technology tracks your sleep and provides you with information that empowers you to achieve your best possible sleep, night after night. There's nothing to wear, nothing to turn on. All you have to do is sleep.



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know better sleep

*For a summary of clinical studies and their results, visit sleepnumber.com. Find the technology used in the clinical studies in Sleep Number® c2, p5, p6, i8 and i10 mattresses. †From clinical studies conducted for Sleep Number by the Sister Kenny Institute at Abbott Northwestern Hospital and the Physical Therapy at the Marsh Health Center in conjunction with the Sleep Fitness Center. ‡2-Year Limited Warranty on Sleepil@ technology. Warranties available at sleepnumber.com. §if you are not completely satisfied after sleeping on your bed, simply call us toll-free within 100 days of delivery to authorize its return. Upon receipt, we'll reimburse the full purchase price less your shipping or Comfort Service*M Home Delivery fees. You pay return shipping. There are no returns or exchanges on Upholstered Collection, adjustable bases, factory outlet, closeout or demo bed models. See Sales Associate or sleepnumber.com for current details. **Sleep Number received the highest numerical score among mattresses in the J.D. Power 2015–2016 Mattress Satisfaction Study. 2016 study based on 2,662 total responses from 7 companies, and measures the opinions of customers who purchased a mattress in the previous 12 months, surveyed October 2016. Your experiences may vary. Visit jdpower.com. SLEEP NUMBER, SELECT COMFORT, SLEEPIQ and the Double Arrow Design are registered trademarks and IT is a trademark of Select Comfort Corporation. ©2017 Select Comfort Corporation







Independent test results demonstrate that **bacteria will not feed and survive** on the sponge fibers of Estracell sponge material...*Naturally!*

The unique cell structure **rinses cleaner** and **dries out faster** eliminating the perfect breeding condition for bacteria and fungal growth.

These qualities make Estracell MORE SANITARY!





The original mess fighter!

Cuts through grease with more soap and bonded edges to maintain shape for easier cleaning!







homemade PIZZA DOUGH

From bagels to cinnamon rolls, our foolproof dough can rise to any occasion

PIZZA-TASTIC DOUGH

In food processor, pulse 3 c. all-purpose flour, 1½ Tbsp. sugar and 1 tsp. instant yeast. With machine running, drizzle in 1 c. plus 2 Tbsp. warm water until combined. Add 1 Tbsp. olive oil and 1½ tsp. salt. Process until dough forms a ball; transfer to lightly oiled lg. bowl. With lightly oiled hands, knead 1 min. Form into ball; drizzle with 2 tsp. olive oil, rubbing to coat surface. Cover tightly with plastic wrap; refrigerate at least 1 day or up to 3 days. Let stand at room temperature 1 hr. before using. Makes 1 (11/4-lb.) ball





PIZZA DOUGH 4 TASTY WAYS

SKILLET PIZZA

(page 131)

Brush bottom and side of 12-in. cast-iron skillet with 2 tsp. olive oil. Press and stretch Pizza-tastic Dough to 12-in. round; place in skillet. Spread with 1/4 c. marinara sauce: top with 4 oz. fresh mozzarella, thinly sliced, and 1 oz. pepperoni slices. Dollop with 3 Tbsp. pesto. Heat skillet on med.-high. Cook 3 min. or until bottom starts to set. Transfer to 425°F oven; bake 20 min, or until deep golden brown. Serve topped with handful of arugula and drizzle of balsamic vinegar.

SPICY BEEF PIES

In 10-in. skillet on med., cook 1 lb. ground beef; 1 med. onion. chopped: 1 tsp. chili powder; and 3/4 tsp. salt in 1 Tbsp. vegetable oil 10 min., breaking up with spoon. Cool slightly. Divide 1 ball Pizza-tastic Dough into 6 balls; on Ig. sheet parchment, with floured hands, for each, stretch into 6-in. round. Fill with 1/3 c. beef mixture, drained. Fold and stretch dough over filling to form half-moon, pinching to seal tightly. Bake on parchment-lined rimmed baking sheet at 400°F 25 min. Serve with salsa. MAKES 6

"EVERYTHING" BAGELS

In Ig. shallow dish, combine 3 Tbsp. each sesame seeds, poppy seeds and dried onion and 1 Tbsp. coarse salt. For each bagel, roll 4 oz. Pizza-tastic Dough into 10-in. rope, then pinch ends together to form ring. In Ig. pot boiling water, cook dough rings 2 min., turning over occasionally. With slotted spoon, transfer to dish with seed mixture and turn to coat, then to parchment-lined baking sheet. Bake at 425°F 25 min. or until deep golden brown. Serve warm or toasted.

rolling pin, roll 1 ball Pizza-tastic Dough to 15" by 12" rectangle. Spread with 3 Tbsp. softened **butter**; sprinkle with ¼ c. light brown sugar and 1½ tsp. ground cinnamon. Roll tightly from long side to form log. Cut into 9 even pieces; place in greased 8" by 8" baking pan. cut sides up. Dollop top of each with ½ tsp. softened butter. Bake at 375°F 20 min., covered, then uncover and bake another 15 to 20 min. or until tops are golden brown. Mix 1 c. confectioners' sugar, 2 Tbsp. **milk** and pinch salt until smooth. When rolls have cooled slightly, drizzle with glaze. Serve warm. MAKES 9





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Rad butte,



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INTRODUCING PURE LEAF® TEA

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We love tea the way you love tea – simple and real.



EASY WEEKNIGHTS

20-MINUTE SUPPERS

Make a fresh and delicious dinner in less time than you'd need to order takeout



SAVORY THAI TURKEY LETTUCE **WRAPS**

1. In 12-in. skillet on med.-high, cook 2 med. bell peppers, seeded and chopped, in 1 Tbsp. vegetable oil 3 min. Add 3 cloves garlic, chopped; cook 30 sec. Add 1 lb. ground turkey and 2 Tbsp. fish sauce.

Cook 5 min., breaking up meat.

2. Stir in ¼ c. each packed fresh cilantro and fresh mint leaves, chopped; 3 Tbsp. lime juice; and ½ tsp. sugar. Serve in lettuce cups with Sriracha hot sauce, if desired.

SERVES 4 ABOUT 250 CALS, 24 G PROTEIN, 8 G CARBS, 13 G FAT (3 G SAT), 2 G FIBER, 680 MG SODIUM.



SPINACH & ARTICHOKE SQUASH "CASSEROLE"

- 1. Poke 2 med. spaghetti squash all over with knife; place in Ig. microwave-safe dish. Cook on 80% power 10 min. Turn over; cook 10 min. or until knife slips in.
- 2. In 6-qt. saucepot on med., cook 1 med. shallot, finely chopped, in 1 Tbsp. olive oil 3 min., stirring. Add 6 c. packed spinach and ¼ tsp. salt; cook 2 min. or until wilted. Add 8 oz. reduced-fat cream cheese, softened; 1 c. drained marinated artichoke hearts, chopped; ¼ c. grated Parmesan; ½ tsp. lemon zest; and ½ tsp. pepper, stirring until cheese melts.
- **3.** Cut squash into halves; discard seeds. With fork, scrape strands from sides; sprinkle with ½ tsp. salt.
- **4.** Divide spinach mixture among squash halves. Broil on High until browned, 3 to 4 min.

SERVES 4 ABOUT 325 CALS, 11 G PROTEIN, 25 G CARBS, 22 G FAT (9 G SAT), 6 G FIBER, 720 MG SODIUM.

TANGY PULLED-PORK SAMMIES

- 1. Add steamer insert to lg. saucepot filled with 2 in. water; cover and heat to boiling.
- 2. Rub 1 (1-lb.) pork tenderloin, cut into 2-in. slices, with 2 Tbsp. chili powder and ½ tsp. salt; add to steamer. Reduce heat to maintain simmer; cook pork, covered, 20 min. or until tender.
- **3.** Cool slightly; with hands, shred pork, then toss with ½ c. **barbecue** sauce and 2 Tbsp. spicy brown mustard.
- **4.** Toss 3 c. **slaw mix** with 2 Tbsp. **cider vinegar** and pinch salt. Serve on 4 **brioche buns,** split and toasted, topped with slaw.

SERVES 4 ABOUT 465 CALS, 31 G PROTEIN, 58 G CARBS, 11 G FAT (5 G SAT), 5 G FIBER, 1,285 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

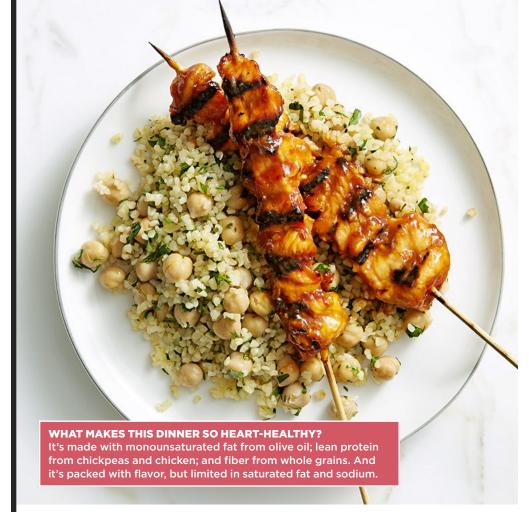
3 tbsp. Country Crock, divided 4 1/2 cups assorted cut-up fresh vegetables

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.







HARISSA GRILLED CHICKEN KABOBS

- 1. In Ig. bowl, whisk 1/4 c. harissa pepper paste with 2 Tbsp. each olive oil and honey; set half aside for serving.
- 2. To remaining harissa mixture, add 11/4 lbs. skinless, boneless chicken breasts, thinly sliced, tossing; thread onto skewers. Grill on med.-high 6 min. or until cooked through, turning over once.
- **3.** Toss 1 (15-oz.) can chickpeas, rinsed and drained, with 1 c. quickcooking bulgur, cooked; 3/4 c. finely chopped fresh parsley; and ½ tsp. salt. Serve chicken on tabbouleh with reserved harissa sauce.

SERVES 4 ABOUT 495 CALS, 39 G PROTEIN, 57 G CARBS, 13 G FAT (2 G SAT), 13 G FIBER, 560 MG SODIUM.

ZESTY LEMON-HERB BAKED FLOUNDER

1. In 3-qt. baking dish, arrange 11/4 lbs. flounder fillets in single layer; season with 1/4 tsp. each salt and pepper. Top with 1 med. lemon, thinly sliced; drizzle with 3 Tbsp. melted butter. Bake at 450°F 12 to 15 min., until fish just turns opaque in center.

2. Pulse ½ c. Italianseasoned croutons in food processor until coarsely crushed; sprinkle over flounder. Garnish with chopped parsley. Serve with sautéed greens and dinner rolls.

SERVES 4 FISH ONLY, ABOUT 190 CALS, 16 G PROTEIN, 5 G CARBS, 12 G FAT (6 G SAT), 605 MG SODIUM.



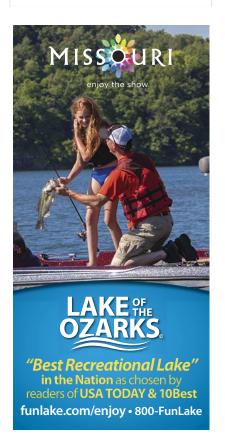
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FLOWER-POWER SUNNY-SIDE EGGS

- 1. Slice 1 lg. bell pepper (or 4 in different colors) horizontally to make four ½-in.-thick rings and remove inner white flesh and seeds.
- 2. In 12-in. nonstick skillet, heat 1 Tbsp. vegetable oil on med. Cook peppers 2 min. Turn peppers over; crack 1 lg. egg into center of each ring. Cook, covered, until eggs have reached desired doneness. Season with ¼ tsp. each salt and pepper.
- **3.** To serve, garnish with chopped parsley.

SERVES 2 ABOUT 215 CALS, 13 G PROTEIN, 3 G CARBS, 17 G FAT (4 G SAT), 1 G FIBER, 390 MG SODIUM.

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YOUR PANTRY



Pork Chops with Rosemary-Truffle Sauce PREP 15 MINUTES
TOTAL 30 MINUTES

2 Tbsp. olive oil 4 bone-in pork chops (each about

1 in. thick) 3 med. shallots, chopped

12 oz. cremini mushrooms, thinly sliced

½ tsp. chopped fresh rosemary

²/₃ c. half-and-half 2 Tbsp. truffle butter

1. In 12-in. skillet, heat oil on med.-high until hot but not smoking. Season pork chops all over with ½ tsp. each

salt and pepper. Cook pork chops 6 min. or until browned on both sides, turning over once; transfer to lg. plate. Reduce heat to med, and pour off excess fat in skillet. To skillet. add shallots, mushrooms, rosemary and 1/8 tsp. salt. Cook 5 min., stirring. 2. Stir in half-and-half and butter. Nestle pork in sauce. Simmer 4 to 6 min. or until pork is cooked through (145°F).

SERVES 4 About 400 cals, 33 g protein, 9 g carbs, 25 g fat (10 g sat), 1 g fiber, 400 mg sodium.

PREP 5 MINUTES TOTAL 15 MINUTES

- 2 c. whole milk 1 Tbsp. olive oil
- 12 oz. spaghetti or thin linguine
- 1 lb. asparagus, trimmed and sliced on an angle
- ½ c. frozen peas
- 4 oz. soft goat cheese, crumbled
- 3 Tbsp. capers, drained Snipped chives, for garnish

1. In deep 12-in. skillet, combine milk, oil, pasta, 2½ c. water, ½ tsp. salt and 1 tsp. pepper. Heat to boiling on high, separating pasta with tongs occasionally. 2. Add asparagus and peas. Reduce heat to maintain simmer: cook 10 min. or until pasta is almost

al dente and most of liquid has been absorbed, stirring occasionally. Remove from heat. Stir in goat cheese, capers and ¼ tsp. salt until cheese has melted. Garnish with chives.

SERVES 4 About 535 cals, 24 g protein, 75 g carbs, 15 g fat (7 g sat), 6 g fiber, 715 mg sodium.





Chili Pie with Cornbread Crust

PREP 15 MINUTES TOTAL 55 MINUTES

- 1/4 c. vegetable oil
- 1 lb. ground beef chuck
- 1 lg. onion, finely chopped 2 med. bell peppers,
- seeded, chopped 2 cloves garlic,
- chopped 1 Tbsp. chili powder
- ¼ tsp. ground chipotle chile
- 1 can (14 oz.) fire-roasted diced tomatoes
- 1 can (14 oz.) kidney beans, rinsed and drained
- 1 can (14 oz.) fat-free refried beans
- 2/3 c. fine- to med.ground cornmeal
- ²/₃ c. all-purpose flour 1 tsp. baking powder
- 1 lg. egg
- ²/₃ c. milk
- 2 serrano chiles, thinly sliced Cilantro, for garnish

- 1. Preheat oven to 400°F
- 2. In oven-safe 12-in. skillet, heat 1 Tbsp. oil on med. Add beef; cook 3 min. or until browned, breaking up meat. With slotted spoon, transfer beef to bowl; discard excess fat. To same skillet, add onion and peppers; cook 7 min., stirring. Add garlic, chili powder and chipotle chile. Cook 2 min., stirring. Return beef to skillet. Stir in tomatoes, beans and ½ tsp. salt. Cook 3 min. or until mixture is hot. Remove from heat. 3. Meanwhile, whisk cornmeal, flour, baking powder and 1/4 tsp. salt. In separate bowl, whisk egg, milk and remaining 3 Tbsp. oil; add to

cornmeal, stirring

to combine. Fold half

- of serrano chiles into batter. Pour over beef mixture, spreading to cover. Dot top with remaining serranos.
- 4. Transfer skillet to oven. Bake 25 min. or until toothpick inserted into topping comes out clean. Let stand 10 min. Garnish with cilantro.

SERVES 6 About 485 cals, 26 g protein, 50 g carbs, 20 g fat (5 g sat), 11 g fiber, 930 mg sodium.



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Easiest-Ever Paella

PREP 15 MINUTES
TOTAL 1 HOUR 10 MINUTES

% c. olive oil 8 oz. (16 to 20 ct.) shelled, deveined shrimp

8 oz. squid (bodies), rinsed, patted dry and sliced

1 med. onion, finely chopped

1 can (14 oz.) fire-roasted diced tomatoes, drained

3 cloves garlic, chopped

1½ c. Arborio rice 3½ c. seafood broth 1 bottle (8 oz.) clam juice

12 littleneck clams, scrubbed Parsley and lemon wedges, for garnish

1. In deep 12-in. castiron skillet, heat oil on med.-high until hot but not smoking. Add shrimp, squid and pinch salt. Cook 2 min. or until shrimp start to brown, stirring once. With slotted spoon, transfer to med. bowl. 2. Reduce heat to med. Add onion and tomatoes. Cook 8 min., stirring often. Add garlic; cook 2 min. Add rice; cook 2 min., stirring. 3. To skillet, add broth and clam juice, stirring to distribute rice evenly in pan. Heat to boiling on med.-high. Boil, without stirring, 15 min. Nestle shrimp, squid and clams on top of rice. Cover skillet with lid or foil; cook another 10 to 16 min. or until clams open and rice is just tender. Remove from heat. Let stand, covered, 10 min. before serving. Garnish with parsley

SERVES 6 About 390 cals, 21 g protein, 45 g carbs, 14 g fat (2 g sat), 3 g fiber, 935 mg sodium.

and lemons.

GH

KITCHEN

APPLIANCES

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Cheesy Meatball Bake PREP 15 MINUTES TOTAL 1 HOUR 30 MINUTES

- 2 c. packed torn crustless stale white bread
- ½ c. crumbled feta cheese
- 1/3 c. finely chopped fresh mint, plus more for garnish 3 cloves garlic,
- crushed with press
- 2 lbs. ground lamb or beef chuck (80% lean)
- 1 Tbsp. olive oil 1 med. onion. finely chopped
- 1 can (28 oz.) crushed tomatoes 1 c. lower-sodium
- beef or chicken broth
- 2 Tbsp. fresh oregano leaves 2 bay leaves
- 11/2 c. shredded mozzarella cheese
- 1. Preheat oven to 375°F. In Ig. bowl, soak bread in cold water 20 min. Squeeze out and discard excess water from bread. 2. To bowl with soaked bread, add feta, mint, garlic and ½ tsp. each salt and pepper, tossing to combine. Add lamb and mix until just

combined; form into twelve 2-in. meatballs. 3. In 12-in. cast-iron skillet, heat oil on med.-high. Add meatballs; cook 10 min., turning until browned on two sides. Transfer to Ig. plate. Pour off excess fat from pan, leaving thin coating; scrape up any browned bits and reduce heat to med. To skillet, add onion; cook 5 min., stirring. Add tomatoes, broth, oregano, bay leaves and 1/4 tsp. salt, stirring to combine. Heat to boiling on high. Reduce heat to simmer; cook 15 min. or until reduced slightly, stirring often. Add meatballs to tomato sauce; top with mozzarella cheese. Transfer skillet to oven; bake 20 min. Reset oven to broil on High; broil 3 min. or until cheese has browned. Garnish with mint.

SERVES 6 About 495 cals, 42 g protein, 25 g carbs, 27 g fat (12 g sat), 4 g fiber, 1,015 mg sodium.



Fiery Kung Pao Chicken PREP 15 MINUTES

TOTAL 30 MINUTES PLUS MARINATING

- 1/4 c. unsweetened rice wine
- 1/4 c. soy sauce
- 1 Tbsp. cornstarch 1½ lbs. skinless.
- boneless chicken thighs, trimmed and cut into scant 1-in. chunks
- 1 Tbsp. vegetable oil 1 bunch green
- onions, thinly sliced 3 cloves garlic, chopped
- 2 Tbsp. finely chopped peeled fresh ginger
- ½ c. roasted unsalted peanuts
- 3 Tbsp. balsamic vinegar
- 8 whole dried chiles de árbol Cooked rice. for serving Cilantro, for garnish

1. In med. bowl, whisk rice wine, soy sauce and cornstarch until smooth. Add chicken; let stand 30 min. or refrigerate up to 1 hr. 2. In 12-in. nonstick skillet, heat oil on med.-high. Add green onions, garlic and ginger; cook 3 min. or until garlic is golden brown, stirring. Add chicken and marinade: cook 3 to 5 min. or until chicken is cooked through, stirring. **3.** Stir in peanuts, vinegar and chiles: cook 2 min., stirring. Serve with rice, garnished with cilantro.

SERVES 6 About 260 cals, 27 g protein, 9 g carbs, 13 g fat (2 g sat), 2 g fiber, 700 mg sodium.

Molten Chocolate Skillet Brownies PREP 25 MINUTES TOTAL 40 MINUTES

½ c. (1 stick) butter, cut up 8 oz. dark chocolate (50% to 65% cacao), finely chopped

4 lg. eggs, separated 2 Tbsp. unsweetened cocoa

1 tsp. vanilla extract

¼ tsp. salt

²/₃ c. sugar Raspberries and vanilla ice cream, for serving

1. Preheat oven to 350°F. Grease 4 mini (6- to 6.5-in.) castiron skillets; place on lg. cookie sheet. In lg. microwave-safe bowl, microwave butter and chocolate on High in 30-sec. intervals until chocolate has melted, stirring in between. Stir mixture until smooth; set aside. 2. In med. bowl, whisk egg yolks, cocoa, vanilla, salt and half of sugar until smooth; whisk into chocolate mixture. In another bowl, with mixer on med.-high speed, beat egg whites until soft peaks form. With mixer running, add remaining sugar, beating to stiff peaks. 3. Stir in one-fourth of beaten whites to chocolate mixture. until well combined. In 2 batches, gently fold remaining whites into chocolate mixture without deflating whites. Divide batter among skillets: transfer to oven. Bake 15 to 18 min. or until puffed. Let stand 10 min. Serve warm with berries and ice cream.

SERVES 8 About 370 cals, 5 g protein, 33 g carbs, 25 g fat (14 g sat), 3 g fiber, 190 mg sodium.



Spiced Pear & Berry Crumble

PREP 15 MINUTES TOTAL 1 HOUR PLUS COOLING

- 1 c. all-purpose flour ²/₃ c. old-fashioned oats
- ½ c. light brown sugar ½ c. walnuts, chopped
- 1/4 tsp. plus pinch salt
- 6 Tbsp. plus 4 Tbsp. butter, divided, cut up and cold
- ½ tsp. ground cinnamon
- 1/4 tsp. ground allspice
- 2 lbs. ripe pears, peeled, cored and chopped
- ½ c. granulated sugar
- 2 c. frozen mixed berries (such as blueberries, raspberries and blackberries)
- 3 Tbsp. cornstarch
- 1/4 c. amaretto or almond liqueur
- 1. Preheat oven to 375°F. In med. bowl, combine flour, oats,

brown sugar, walnuts

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and 1/4 tsp. salt. With fingers, rub 6 Tbsp. butter into mixture; squeeze to form lg. clumps. Place

in freezer. 2. In oven-safe 10-in. skillet, heat remaining 4 Tbsp. butter on med. 6 min. or until browned and fragrant, swirling often. Add cinnamon and allspice; cook 1 min., stirring. Add pears, granulated sugar and pinch salt; cook 5 min., stirring often. Remove from heat. Stir in berries, cornstarch and amaretto. Sprinkle crumb topping all over pear mixture. Bake 25 min. or until topping has browned and pears are tender. Serve warm or at room temperature.

SERVES 8 About 460 cals, 4 g protein, 70 g carbs, 20 g fat (10 g sat), 6 g fiber, 195 mg sodium.



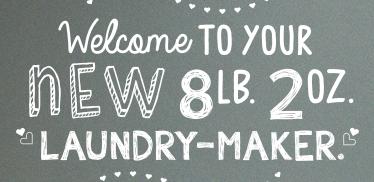
ASK SUSAN

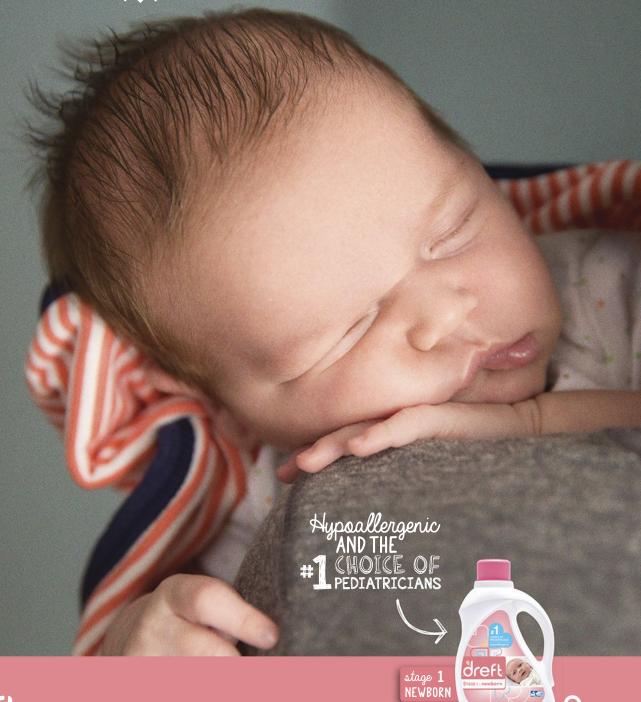
Irish Soda Bread Preheat oven to 350°F. Stir together 4 c. all-purpose flour, $\frac{1}{4}$ c. sugar, 1 Tbsp. baking powder, 11/2 tsp. salt and 1 tsp. baking

soda. With pastry blender, cut in 6 Tbsp. butter until mixture resembles coarse crumbs; stir in 1 c. dried currants and 2 tsp. caraway seeds, then 1½ c. buttermilk, until flour is moistened. On well-floured surface, knead dough

8 to 10 times just until combined. Shape into flattened ball; place on lg. greased cookie sheet. Cut 1/4-in.-deep "X" into top. Bake 1 hr. or until toothpick inserted in center comes out clean; cool completely on wire rack. Makes 1 loaf.







Welcome to the big, messy, beautiful journey of #AMAZINGHOOD.

GOOD HOUSEKEEPING



TOGETHER TIME

Love on the Run

Over the past several years, this Los Angeles family has faced financial troubles, health issues and the devastating loss of one of its own. But thanks in part to a unique fitness program, Team Gonzalez is happy, strong and putting one foot in front of the other—together!

by AMY SPENCER



Team Gonzalez says that the biggest benefit of getting fit as a family is that their extra-large clan now functions as a unit. "I see them motivating each other," says Rosie Gonzalez.

he Gonzalez family is gathered on and around the sectional sofa in their living room. They explain that, in many ways, their clan is like the Brady Bunch. "Except we don't have a maid!" quips matriarch Rosie. She and her husband, Omar, high-five as the six kids giggle. "We love that show!" the children shout.

Unfortunately, their story is no comedy—when Rosie's brother died suddenly in 2012, his four youngest children moved into their aunt and uncle's Los Angeles home. Rosie, 37, and Omar, 39, had two children of their own, Jasmine, now 17, and Omar Jr. (known as Junior), now 9. Nieces and nephews Alyssa, Jimmy III, Deanna and Nathan Hughes, ages 15, 14, 12 and 10 (plus Rosie's dad, Jimmy Sr., 61) brought the head count to nine.

The other big difference? The Bradys didn't run together regularly. The Gonzalezes have each pledged to cover over 100 miles—the equivalent of four marathons—this year.

FACING LIFE'S HURDLES

They didn't start off as a family of athletes. When Jasmine and Junior were small, graphic designer Omar and Rosie, a nurse for assisted-living patients, got caught up in work and parenting and didn't make time to be active. Then, when the financial market crashed in 2008, Omar lost his job and became depressed. Over 10 years, Rosie gained about 30 pounds, and Omar gained 100. That was when he began running.

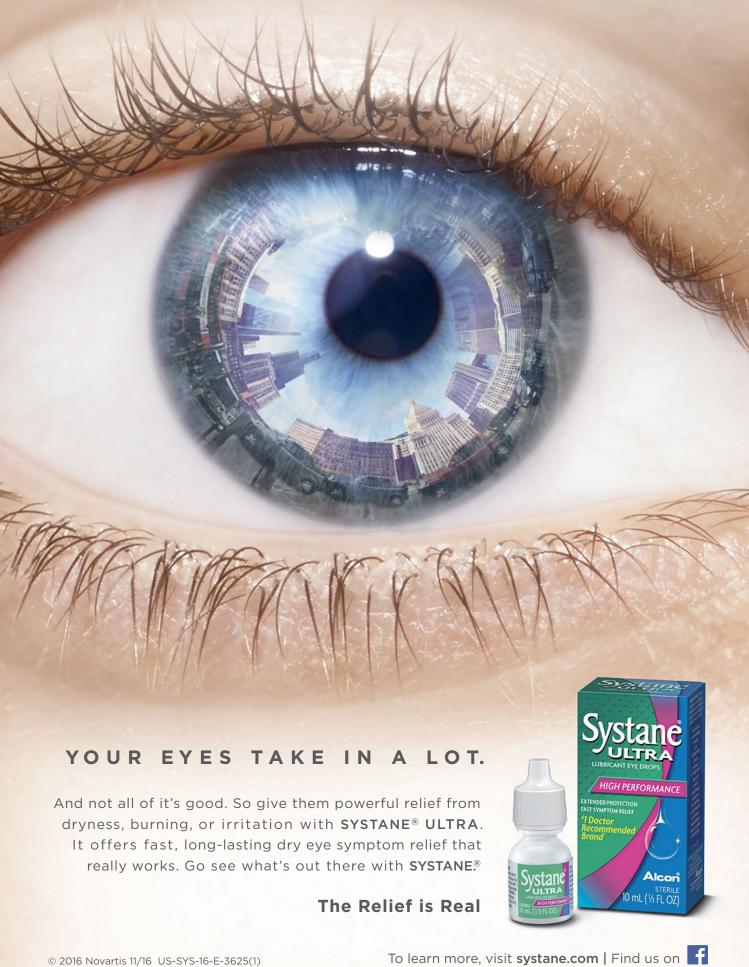
By 2009, Omar had found a new job, and running helped him emotionally and

physically. "I started with a 5K race. Then I ran a 10K and a half marathon, and I lost over 100 pounds," he says. Rosie joined him on some of his training runs—sort of. "I would run behind Omar. I struggled a lot because I have asthma," she says, "but running helped me focus on my breathing pattern. I learned how to breathe differently, through my nose more than my mouth, and eventually no longer had to use my inhaler when I ran." Over the next couple of years, she lost the 30 pounds she'd put on and found that her energy skyrocketed.

In September 2012, just when life felt as if it was back on track, Rosie's brother died of a massive heart attack while driving. That very night Rosie and Omar moved their nieces and nephews into their home. "It was second nature," says Rosie.

The cousins adore one another, but, says Rosie, "it's been stressful," with the chaos of bringing six kids to their various activities as well as the financial pressures. "They're growing and there's only so much clothing you can hand down," Rosie says. To increase their earning potential, Rosie went back to school for her RN degree, and Omar began working on a business idea. Running became their thrice-weekly dose of sanity.

Then, in fall 2015, a message popped up on Omar's Nike running app about Marathon Kids, a program that guides participants to complete four marathons' worth of miles (with kids!) each season. "My eyes lit up," says Omar. The kids were so busy with their own interests that the Gonzalezes weren't exactly a cohesive unit.



"I thought this would be a way to get all the kids to start running and a great way to do something together," Omar says.

GETTING ON TRACK

They signed up with Marathon Kids, but Rosie was nervous at first. "That number, 104.8, sounds like a whole lot of miles!" she says. But they were soon hooked. Several days a week after school, a few of the kids do one or two miles in the neighborhood or take turns on the treadmill in the house. On Tuesday mornings, Rosie takes three of the children on a 1.5-mile course to school. And on weekends, Rosie and Omar take turns leading a run along a hiking trail, on the beach or while touring a cool new spot. When the pack returns, the kids race to the foyer to fill in their taped-up progress sheets (they log up to seven miles per week) with a shared blue marker. "Nathan and Junior and I fight over who gets the marker first!" says Deanna.

The system generates some healthy athletic competition as well. "I beat you running outside," Rosie teases her nephew Jimmy. "Barely!" he responds. "That was a while ago. It will never happen again!" When the thought of kicking one another's butts isn't enough to get them lacing up, they find other motivations. "One day, I said, 'Who wants to go get ice cream?'" says Omar, "and everyone was like, 'I do!' I said, 'OK...we're gonna run there.'" Two miles later, they celebrated with something cold and creamy.

Generally, though, the built-in benefits of running are reward enough. Omar is at his high school weight now, and Rosie is close to hers. "I gotta run," says Rosie. "If I'm putting myself first, I can better take care of everyone else." The kids say the more stress Rosie leaves in the dust, the better off they all are. "She's more calm," says Jasmine. "And always on top of things," adds Deanna. The kids, too, are converts. "It helps me in other sports, like basketball," says Junior. "I'm more goal-oriented now," adds Jasmine.

The biggest win? They now function as a team. "I see them motivating each other," says Rosie. "When we go for a run and Nathan's complaining, Alyssa is like, 'Come on Nathan, you can do it!' and she'll slow down to run with him."

As they're gathered close, talking and giggling, it's clear how tight they are. "They've had such a hard life. It isn't fair," Rosie says, wiping away tears. "I just want them all to be happy."

And are they? "Yeah," the kids reply.
"That's my goal, to keep them happy
and moving forward," says Rosie. ◆



HOW TO GET YOUR FAMILY MOVING

Beginners, fear not! Marathon Kids is designed to build on your successes

The goal for each child is to cover the equivalent of four 26.2-mile marathons a bit at a time. At each milestone, kids receive cool rewards from program partner Nike, including an exclusive T-shirt, laces and other incentives to inspire them to meet their goals. Start now...

VISIT marathonkids.org

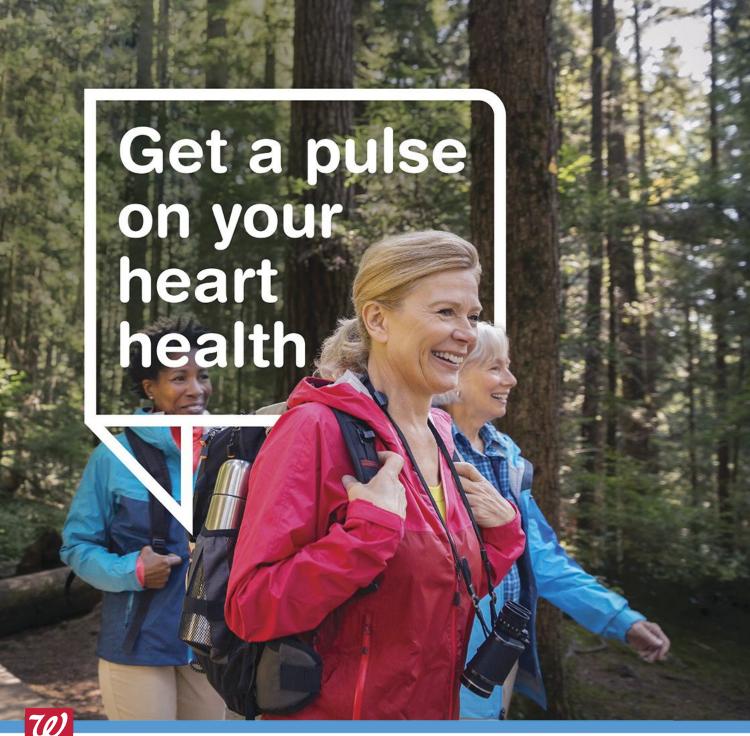
to learn all about the program. The preregistration packet explains what you need to get started—and how to psych your crew up to hit the pavement.

REGISTER online. You may sign up any time of year as a parent or coach for a group

of kids and select a three- to nine-month season. There's a \$15 fee per participant, which covers program tools as well as a coach's guide and online support to help you keep your gang happy and motivated.

☐ RECEIVE your official Marathon Kids package, which includes program material and gear for each member: running logs, a T-shirt and other items.

☐ KICK IT OFF with a ceremony at the beginning of your season. Then honor your participants' achievements with a finisher celebration and a round of serious high-fives!



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at the corner of happy & healthy





Lola and her owner, Marcia Goldman, provide CPT (cute puppy therapy).

happiness is a

warm puppy

Little Lola lends a helping paw to those in need of her calming magic

When Marcia Goldman ties a red scarf on her Yorkie, Lola, they both know what it means: It's time for work. Once they arrive at a preschool in San Jose, CA, Marcia lets Lola off her leash. The pup darts up the stairs into a class for students with autism, who sing a hello song, pet Lola (who basks in the attention) and give her treats.

But Lola isn't there just for the love—she's also there to help the children connect. Marcia, who has been a special education teacher for 30 years, notices that whenever Lola's around, the kids make better eye contact, are more verbal and find it easier to sit still for activities—things that can be difficult

for children on the spectrum. "Lola calms the students," says Marcia. "The kids just relate to and feel safe with her."

As most pet owners know, cuddling up to a furry friend can improve one's sense of well-being, which is the main reason therapy dogs are invited to schools, hospitals and nursing homes. Marcia has witnessed Lola's effect again and again. "I have seen the way Lola lights up the eyes of someone in a wheelchair or encourages a child who doesn't talk to speak aloud for the first time," she says. "To know that we gave them a tiny moment of joy is so special."

Not just any dog can become a therapy animal. The certification process is long and rigorous—Lola completed two levels of obedience school, passing a Canine Good Citizenship test as well as a behavior screening that evaluated how she might react in crowded, unpredictable settings.

While Lola favors children—"she loves any environment with a short human being in it," says Marcia—she also enjoys visits to eldercare centers, where everyone is energized by her arrival. One woman sits near the front door waiting for her every Tuesday. "Seeing these little miracles is just unbelievable," says Marcia.—Sara Bower

A THERAPY LLAMA?

Therapy animals can reduce anxiety by encouraging patients to stay in the moment. Some surprisingly helpful species:

Llamas and Alpacas

These large, goofylooking animals are easy to interact with when trained. Plus, they have gentle mouths, so they can be hand-fed—or even lip-fed—carrots without risk of nipping.

Parrots

Thanks to their keen eyesight, these birds can make the reading experience more engaging for kids—they look at the pictures in books.

Miniature Horses

Patients, including those in wheelchairs, can move with these tiny horses down a hospital hallway.

Sources: Lori Gregory of Mtn. Peaks Therapy Llamas & Alpacas; Mary Margaret Callahan of Pet Partners; Debbie Garcia-Bengochea of Gentle Carousel Miniature Therapy Horses

ROBO PUP

Having a pet can be helpful for kids with disabilities and the elderly, but taking care of a live animal is often just too difficult. That's why Hasbro came up with the Joy for All Companion Pet Cat, and a doggie version (*shown*) has just been released. The lifelike stuffed puppy responds to voices and barks, so it is (almost) like the real deal.





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GOOD HOUSEKEEPING CLOSETS BY DESIGN SWEEPSTAKES (page 50) From February 1, 2017, at 12:01 a.M. (ET), to March 31, 2017, at 15:9 p.M. (ET), visit goodhousekeeping.com/closets on a computer or a wireless device and complete and submit the entry form pursuant to the onscreen instructions. One (1) winner will get a messy closet transformed into the closet of his or her dreams. This prize is estimated to cover the cost of a 6' by 6' closet remodel, including an in-home consultation. A professional Closets by Design consultant will walk you through the process of designing a custom-made closet to fit your every need. (ARV: \$3,500). Sweepstakes subject to complete official rules available at goodhousekeeping.com/closets.

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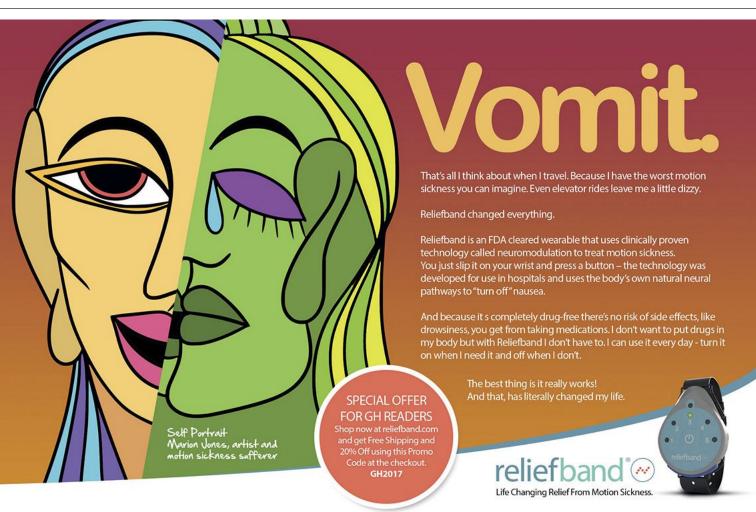
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upload and submit one (1) photograph sharing your acts of kindness on Instagram using #KindCyclesweepstakes or enter via email at weday@goodhousekeeping.com with your name, age, complete address and telephone number and upload and submit one (1) photograph sharing your acts of kindness. If you do not have an Instagram account, you can sign up for one for free either at your mobile phone app store or at instagram.com. Twelve (12) winners, four (4) in each city, will each receive four (4) tickets to attend the WE Day exclusive events in April 2017 in New York, Seattle or Los Angeles (ARV of each ticket: \$104). Total ARV: \$4,992. Transportation and accommodations not included. Entrants via Instagram must have their Instagram profiles set to Public. Sweepstakes subject to complete official rules available at goodhousekeeping.com/weday.

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GOOD HOUSEKEEPING SLEEP SWEEPSTAKES (page 107)
From February 1, 2017, at 12:01 A.M. (ET), to March 31, 2017, at 11:59 P.M. (ET), visit
goodhousekeeping.com/sleep on a computer or a wireless device and complete and submit the entry form pursuant to the onscreen instructions. Ten (10)
Winners will receive one (1) Tempur-Pedic Sleep Mask (ARV: \$29), one (1) Royal Velvet Quilted Comfort Extra Firm Pillow, JCPenney (ARV: \$25) and one (1) NuSleep Bedding Powered by 37.5 Technology sheet set (ARV: \$249). Total ARV: \$3,030. Sweepstakes subject to complete official rules available at goodhousekeeping.com/sleep.

GOOD HOUSEKEEPING SKILLET SWEEPSTAKES (page 128) From February 1, 2017, at 11:59 P.M. (ET), to March 31, 2017, at 11:59 P.M. (ET), visit goodhousekeeping.com/skillet on a computer or a wireless device and complete and submit the entry form pursuant to the onscreen instructions. Five (5) Winners will receive (1) Anolon Authority Hard-Anodized 12.5-Inch Covered Deep Skillet (ARV: \$80) and one (1) Breville Thermal Pro Clad SS 3.5-Qt. Saute (ARV: \$200). Total ARV: \$1,400. Sweepstakes subject to complete official rules available at goodhousekeeping.com/skillet.



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