

YOU COULD WIN A \$5,000 VACATION p 142



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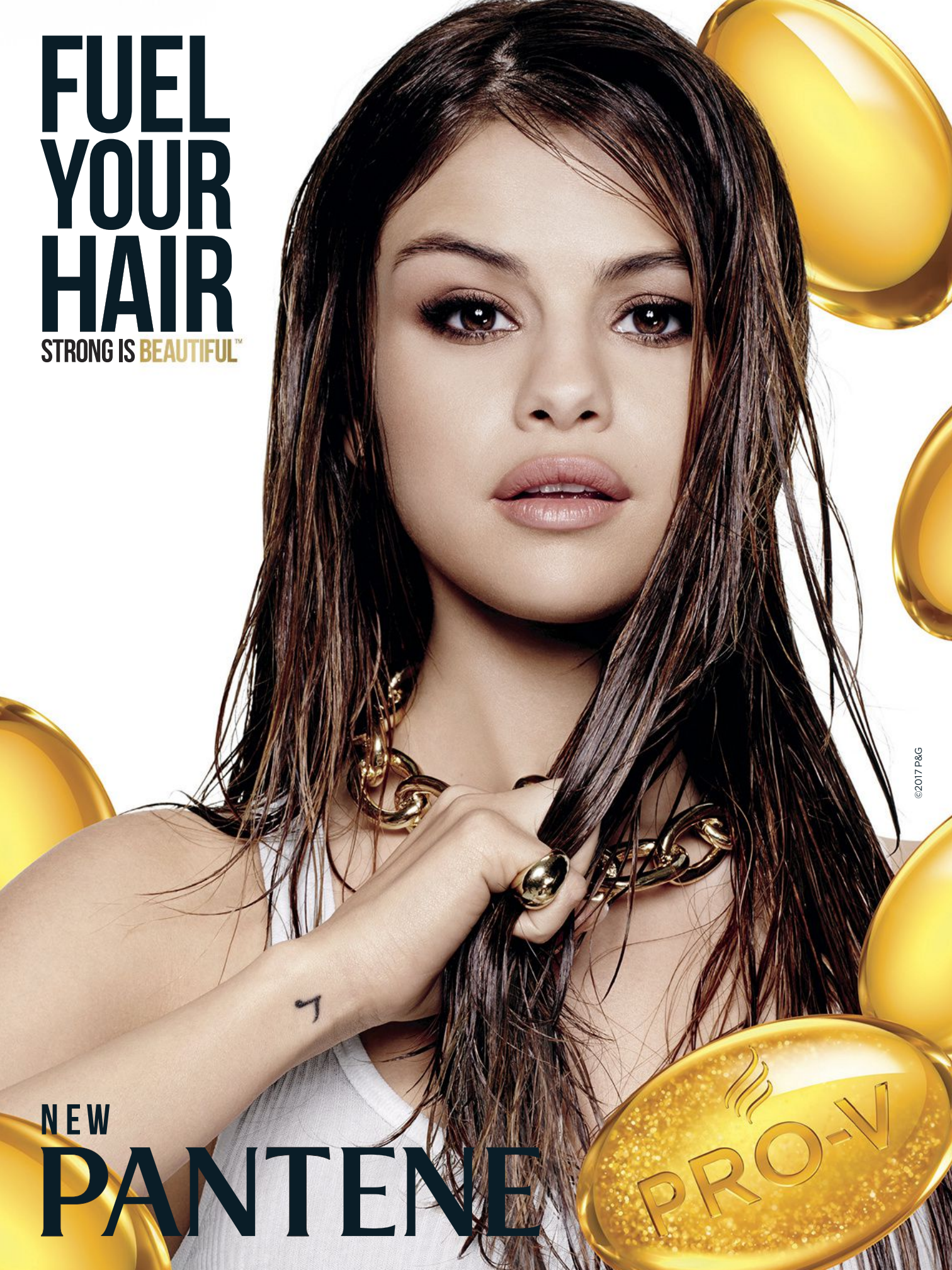
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NEW
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PRO-V

April **GOOD** 2017 **HOUSEKEEPING**



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

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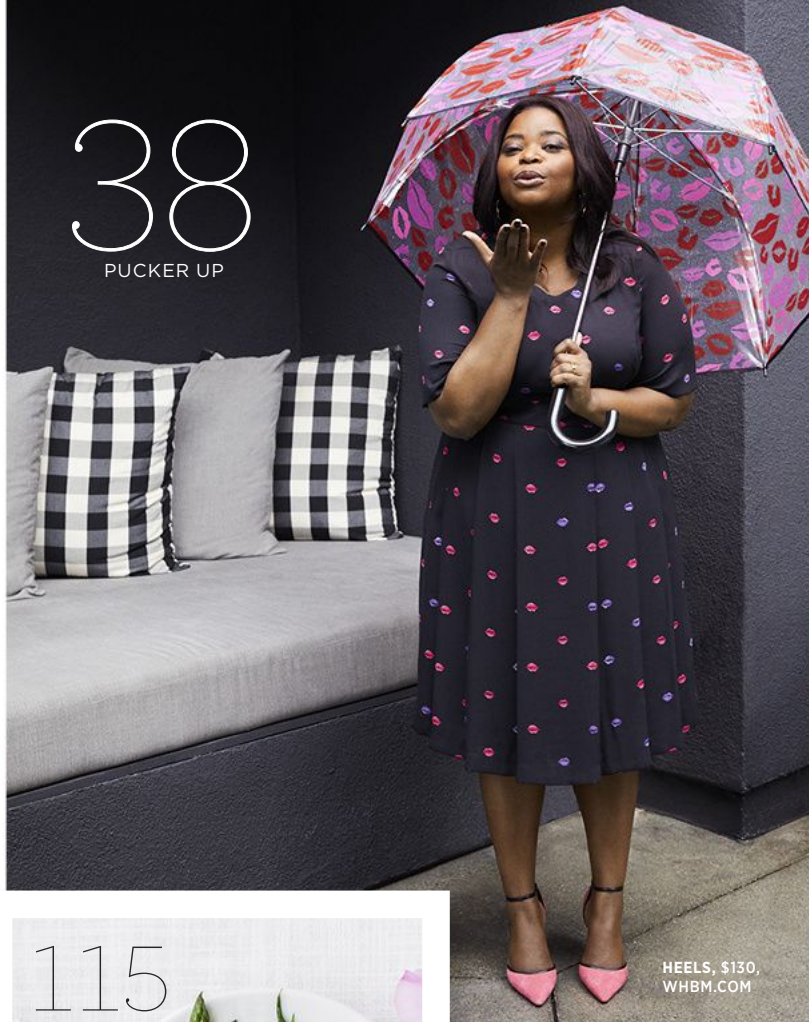
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PUCKER UP

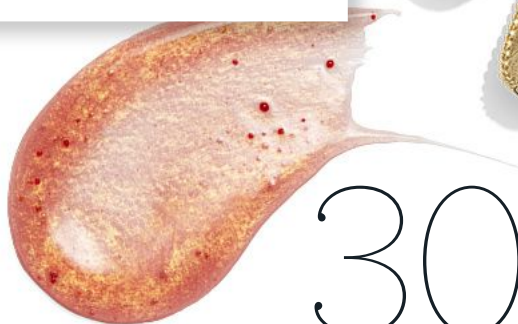


HEELS, \$130,
WHBM.COM



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WONDER WASH



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





CARAMEL PERFECTION JUST GOT EASIER WITH A NEW-GLORIOUSLY-NIFTY-BOTTLE



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49⁹⁹

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Sources: Media Radar, October 2015-September 2016; The NPD Group, Inc., 2015. Participating magazines include: Cosmopolitan, Dr. Oz THE GOOD LIFE, ELLE, Good Housekeeping, Harper's BAZAAR, Marie Claire, O, The Oprah Magazine, Redbook, and Town & Country.

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silver linings

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

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

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

Jane

Jane Francisco,
EDITOR IN CHIEF

jane@goodhousekeeping.com

FOLLOW ME!

Get a peek behind the GH scenes (plus, supercute kitten pics!).

@@janefrancisco

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

WE’RE WATCHING!

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



ORGANIZE

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

@ohsomona



DECORATE

Huge thanks to GH! Super cool to be featured!

@michelle_adams_



UNWIND

Nap time has me like 🐾
#thenlaundry #momlife

@chels_baj



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APRIL @ GH

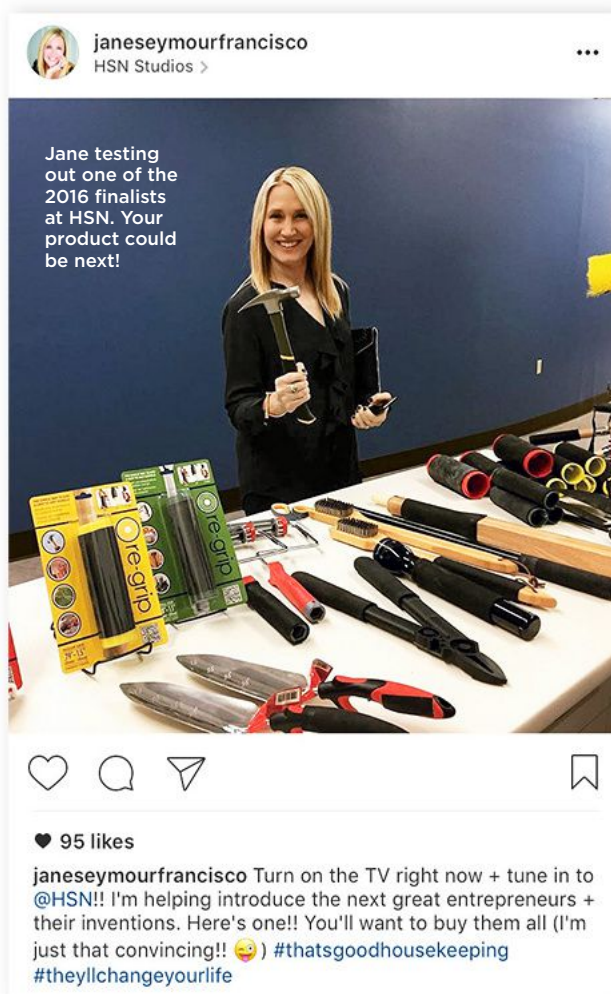
Check out the fun stuff we've been up to
(and planning for you!) at Good Housekeeping

1

HAVE A GENIUS PRODUCT IDEA?

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

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



FAN FAVORITE

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

AVAILABLE AT HSN.COM

2

WE ♥ GOOD

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



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3

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



5

SHOP EVEN SMARTER!

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



LOOK FOR THE GH SEAL!

"I've lost 17 pounds since starting Daily Burn," says Stephanie Alfrey.



4

A WORKOUT THAT WORKS

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

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

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YOUR LOOK

FASHION & BEAUTY CHECKLIST

- ☒ BRIGHT BAGS
- ☐ TIMELESS TRENCH
- ☐ BEAUTY BUYS



SUDDENLY EVERYWHERE

Primary Picks!

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

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


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THIS ISSUE**

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HOW TO WEAR IT... *anywhere!*



×
KRISTEN SALADINO
FASHION DIRECTOR

Cheery Casual

"On gray days I like to wear unexpected colors and prints to contrast with the dreary weather."



TOP, \$59,
LANDSEND.COM

JEANS, \$148,
REBECCA
MINKOFF.COM



"I love that I can throw a smaller bag inside this tote. Plus, it's water-resistant."

BAG, \$36, ZARA.COM



"Metallics work as a neutral and go with everything."

FLATS, \$23,
OLDNAVY.COM



TIMELESS TRENCH

\$150, EVERLANE.COM



UMBRELLA, \$26,
TOTES.COM



×
LORI BERGAMOTTO
STYLE DIRECTOR

Pretty Practical

"Rain can really stymie a look. I try to balance fashion and function during a spring shower."



"This shirt's ruffled collar adds some flair."

TOP, \$50, ZARA.COM



JEANS, \$50,
OLDNAVY.COM



"Chic rain boots checklist: wearable heels, strategic color mixing and thick laces."

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

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WONDER WASH

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CARESS TAHITIAN RENEWAL EXFOLIATING BODY WASH, \$4



WAYS TO GLOW

These sheer glimmer creams give cheeks, eyes and lips natural-looking luminosity.

SEPHORA PRO DIMENSIONAL HIGHLIGHTING PALETTE IN COOL, \$42

SKIN SMOOTHERS

Swipe these peel pads over your face for fast exfoliation.

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

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



HOT TIPS

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

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



STAR SHAMPOO

Luxe camellia and argan oils make strands shine.

GARNIER WHOLE BLENDS ILLUMINATING SHAMPOO, \$5



*Details, page 135

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always



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*vs. Always Thin™

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Available at Walmart 



your **BEAUTY PROBLEMS** *solved!*

GH's beauty pros have tried-and-trusted solutions for your most frustrating makeup, skin and hair issues

by APRIL FRANZINO

PROBLEM



skin

I got bangs, and now my forehead is breaking out.

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



PROBLEM

eyes

**My mascara
always clumps!**

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

**TOP-TESTED
NON-CLUMPERS**



COVERGIRL CLUMP CRUSHER MASCARA BY LASHBLAST (LEFT), \$8. PACIFICA STELLAR GAZE LENGTH & STRENGTH MINERAL MASCARA, \$14, ULTA.

PROBLEM →

makeup

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

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

PROBLEM

lips

**Bold lips are so pretty,
but I’m afraid to try red.**

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



PROBLEM →

skin

**My skin is super-dry,
but nothing seems to hydrate it!**

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

PROBLEM

↓
hair

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

SOLUTION: Be matchy-matchy. "Mixing brands can result in an undesirable texture and under- or over-conditioning, so I recommend using matching formulas," says Birnur Aral, Ph.D., GH Beauty Lab director. "These are typically developed and tested for efficacy as pairs." In particular, a P&G study found that following dandruff shampoo with regular conditioner reduced the effects of its flake-fighting ingredient pyrithione zinc; you need to use conditioner that also contains the active ingredient to get the full benefit. Try **GH Seal holders Head & Shoulders Classic Clean Shampoo and Conditioner With 3 Action Formula** (\$6 each).



PROBLEM →

cheeks

Blush makes my face look either muddy or clownish.

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

PROBLEM

↓
skin

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

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

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

Combination You want a "lightweight" liquid base, topped with "mattifying" powder, on your T-zone.

Oily Choose a liquid or a powder labeled "matte."



PROBLEM →

makeup

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

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

A WEEK OF.

Awesome Outfits

Oscar-winning actress (and star of *The Shack*, out now) Octavia Spencer tours Los Angeles in easy-dressing ideas that work from Monday to Funday!



Photographs by AMANDA FRIEDMAN

just add...

FLORAL SHOES

Petal-covered pumps or flats are a total outfit maker paired with sleek skinnies or a flirty dress.

VINCE CAMUTO TOP (SIMILAR), MACYS.COM. JEANS, \$59, TORRID.COM. EARRINGS, OCTAVIA'S OWN. RING, \$115, REISS.COM. NINE WEST HEELS, \$70, ZAPPOS.COM.

◀ *try out...*

SOMETHING SMOOCHY

Lip prints are everywhere, from dresses to shirts to, yes, umbrellas! Lay one on.

DRESS, \$98, MELISSA MCCARTHY.COM. RING, \$75, MICHAELKORS.COM.

Look for...

ANYTHING GINGHAM

The traditional picnic pattern is extra chic (and figure-flattering!) in a sassy peplum top.

VICTORIA BECKHAM FOR
TARGET TOP, \$28, TARGET
.COM. JEANS, \$50, ASHLEY
STEWART.COM. CLUTCH,
\$118, TRINATURK.COM. RING,
\$60, SHOPSHASHI.COM.

LOVE YOUR
SHAPE!
XS to 3X

WHERE WE STAYED

Fans of funky themed rooms and high-tech amenities will love **Farmer's Daughter Hotel**. The boutique spot in the heart of L.A. (across from shopping center The Grove) has cool art in every room; a killer on-site restaurant, Tart; and a pool decked out with rubber duckies. Vacation is calling. farmersdaughterhotel.com

shop for a... SHOULDER SHOW-OFF

The off-the-shoulder blouse is the top top this season and ideal for every body type. Try pairing with a sleek pencil skirt — great for the billowy, skin-baring style.

TOP, \$28, DEBSHOPS.COM. **SKIRT**, \$298, LAFAYETTE148NY.COM. **EARRINGS**, \$78, ADORNMONDE.COM. **HEELS** (SIMILAR), ALDOSHOES.COM.



BOTTOM'S UP!

Sidle up to the bar at Tart for a sip before noshing on dishes like crab avocado toasts and lamb shank. tartrestaurant.com

Live in...

SPORTY STRIPES

Athleisure for the win! Athletic-inspired details are game on this season, whether you're hanging at home base or out on the town.

TEE, \$11, FOREVER21.COM. SKIRT, \$48, LULUS.COM. GUESS HOOPS, \$18, MACYS.COM. RING, \$24 (WITH 25% OFF SITEWIDE USING CODE GHK25), 7CHARMING SISTERS.COM. HEELS, \$161 (WITH 15% OFF THIS STYLE USING CODE GHAPRIL), BERNARDO1946.COM. PURSE, \$398, MICHAELKORS.COM.

SPOTLIGHT ON

OCTAVIA SPENCER

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

POWER THREADS

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

TRUE FRIEND

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

HER TRIBE

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

MOM-SPARATION

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

—Sarah Walter

Fashion Director, Kristen Saladino.

Text, Alyssa Longobucco.

Hair, David Stanwell.

Makeup, Valerie Noble.

Additional wardrobe styling, Wendi & Nicole.

MAKEUP COLORS



CHEEK



LIP

CHEEK: MARY KAY MINERAL CHEEK COLOR DUO IN SPICED POPPY, \$18.
LIP: GUERLAIN LA PETITE ROBE NOIRE SHINY LIP COLOR IN 011 BEIGE LINGERIE, \$32.

top with a...

SHEER DUSTER

Take a plain white tee and jeans from ho-hum to hot with a duster that hits below the knees. In a sheer floral fabric, it's the perfect way to upgrade for evening.

DUSTER, \$348, TADASHISHOJI.COM. **EILEEN FISHER TANK,** \$58, BLOOMINGDALES.COM. **SLINK JEANS,** \$98, NORDSTROM.COM. **RING,** \$168, KATESPADE.COM. **CLUTCH,** \$69, NINEWEST.COM. **NINE WEST HEELS,** \$90, ZAPPOS.COM.



• GET THESE •

Looks for Less

BRIGHT TOPS from \$23



TOP, \$23, TARGET.COM



TOP, \$88, WHBM.COM



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

SHEER DUSTERS from \$26



DUSTER, \$26,
US.BOOHOO.COM



CITY CHIC DUSTER, \$30,
FULLBEAUTY.COM



MIXIT DUSTER, \$45,
JCPENNEY.COM

SHOULDER SHOW-OFFS from \$20



TOP, \$20, ZARA.COM



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



COOPER AND ELLA TOP, \$118,
SAKSFIFTHAVENUE.COM

BABY BOOMERS

(BORN 1945-1965)

**1 IN 30 HAS HEPATITIS C AND
MOST DON'T EVEN KNOW IT.**

HEP C. THE FORGOTTEN VIRUS.

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

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

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

FOR US, IT'S TIME TO GET TESTED.

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



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HEPC
.....
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GET TESTED**

ARE YOU SLEEPING WITH THE ENEMY?



Did you know?

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



Look for AllerEase in the bedding aisle of your favorite retailer.

* Simulated effect of mattress exposed to dust and allergens. Based on 3rd party testing.

www.aller-ease.com



YOUR HOME

BAR CART 3 WAYS

Transform the
entertaining
essential into a
genius organizer
for any room



1 **BEDROOM** GLAM NIGHTSTAND

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

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

2

BATHROOM

CUTE CADDY

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

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



More Carts to Heart



ORGANIZE THE OFFICE

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



ENTERTAIN OUTDOORS

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



CORRAL CRAFTS

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

3

KITCHEN

COOL COFFEE "SHOP"

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

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



Look inside
for details!

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You'll Never Count
These Guys Again.™



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perfectsleeper[®]

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Minimizes impact from partner movements

Helps reduce tossing & turning

Promotes a balanced sleep temperature

Encourages proper back support

Resists sagging



Stop counting...start sleeping!

5 common problems experienced while sleeping on a mattress




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Serta has the right Perfect Sleeper for you.

INNERSPRING



MEMORY FOAM



HYBRID



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

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



×
JEFFREY PHILLIP
GH ORGANIZING
EXPERT
@jeffrey_phillip

ASK JEFFREY

Get sorted with these clever organizers our resident neatnik swears by



JUST CLIP IT!

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

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

STICK ON A LABEL

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

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



genius storage tricks

FROM
\$2



STASH YOUR KNIVES

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

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



TIE ONE ON

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

GOODY ELASTICS, \$4, TARGET.COM

STORE IN THE CLEAR

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

CLEAR STORAGE BOXES, FROM \$2, CONTAINERSTORE.COM



HANG IT ALL

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

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

17 WAYS TO ADD COLOR TO EVERY ROOM

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

BREAKFAST CLUB

Coco and husband James Conran with their daughter, Ioni, 2, in their kitchen.



text by ALYSSA LONGOBUCCO *photographs by* MIKE GARTEN
prop styling by CATE GEIGER KALUS *wardrobe styling by* KRISTEN SALADINO



CREATE A SHELFIE.

Have fun with a few of
your favorite things.
Even toys can double
as artful decor.

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



◀ MIX IN SOME BLACK AND WHITE.

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

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



▶ KEEP YOUR TABLE SET.

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

DINING ROOM | PIANCA USA CARTAGENA EXTENDABLE DINING TABLE IN WALNUT, \$2,759, WAYFAIR.COM. REAL GOOD CHAIRS IN COPPER, \$299 EACH, BLUDOT.COM. MADERO 42 LIGHT SPUTNIK CHANDELIER, \$227, ALLMODERN.COM. APPASSIONATA ARTWORK BY APACHENNOV, AMAZON.COM. TABLETOP | MAXWELL RYAN SALAD PLATE IN GREY, \$10, CANVASHOME STORE.COM. ABSTRACT BRUSHSTROKE SALAD PLATE, \$12, WESTELM.COM. PINK GLASSWARE, FROM \$3, AND AI BUD VASE IN COPPER, \$11, CB2.COM.



Hair by Jillian Halouska using Oribe at Starworks Artists; makeup by Christopher Ardoff using Lancôme Grandiose Liner at Art Department; manicure by Rachel Shim using Dior at Artists by Timothy Priano.



AT HOME WITH **COCO+** **FAMILY**

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

▲ **HANG A GALLERY WALL IN A KID’S ROOM.**

There’s no reason artsy statements should be confined to adult spaces. And did you know vibrant artwork has been shown to be creatively stimulating for children?!

KID’S ROOM | ART BY DONALD ROBERTSON, DONALDROBERTSON.COM, AND ONE KINGS LANE, ONEKINGSLANE.COM. *FOR SIMILAR:* DIXON BENCH IN BLACK AND WHITE GINGHAM BY BROWNSTONE UPHOLSTERY, \$2,595, ONEKINGSLANE.COM.



◀ MAKE YOUR SHEETS THE FOCAL POINT.

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

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



▲ PAINT THE BACKS OF SHELVES A SOFT GRAY.

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

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

◀ FAKE A CUSTOM SHOE CLOSET.

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

CLOSET | ART, SKETCHES BY YVES SAINT LAURENT.



GEICO



The other guy.

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Some discounts, coverages, payment plans and features are not available in all states or all GEICO companies. Customer satisfaction based on an independent study conducted by Alan Newman Research, 2015. GEICO is the second-largest private passenger auto insurer in the United States according to the 2014 A.M. Best market share report, published April 2015. GEICO is a registered service mark of Government Employees Insurance Company, Washington, D.C. 20076; a Berkshire Hathaway Inc. subsidiary. © 2016 GEICO

IN THE NAVY
VICEROY CHAIR,
\$379, CB2.COM



DINO-MITE!
PLANTER, \$16,
PLANTANDCOLOR VIA
ETSY.COM



PRETTIER IN PINK
WAVY GRID THROW IN PINK,
\$149, AELFIE.COM



KEEN GREEN
COLORBLOCK LINEN
PILLOW, \$96,
SHOPSOCIETY
SOCIAL.COM



HELLO, YELLOW!
PASTA BOWL,
\$32, WESTELM.COM



GET MORE COLOR!



SHEET TREAT
MARFA SHEET SET, FROM
\$275, BISCUIT-HOME.COM

POP OF ART
ARTWORK BY FABAGAZ, FROM \$15,
SOCIETY6.COM



ORANGE CRUSH
SAFAVIEH PALMER X-BENCH
OTTOMAN, \$194, OVERSTOCK.COM



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

PERFECT PALETTE



TART ORANGE
BY BEHR



LEAP FROG
BY OLYMPIC



SUN KISSED YELLOW
BY BENJAMIN
MOORE NATURA

BLUEPRINT

 S470-5



Find the hue just for you

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BehrColorStudio.com

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ONLY AT
THE HOME DEPOT

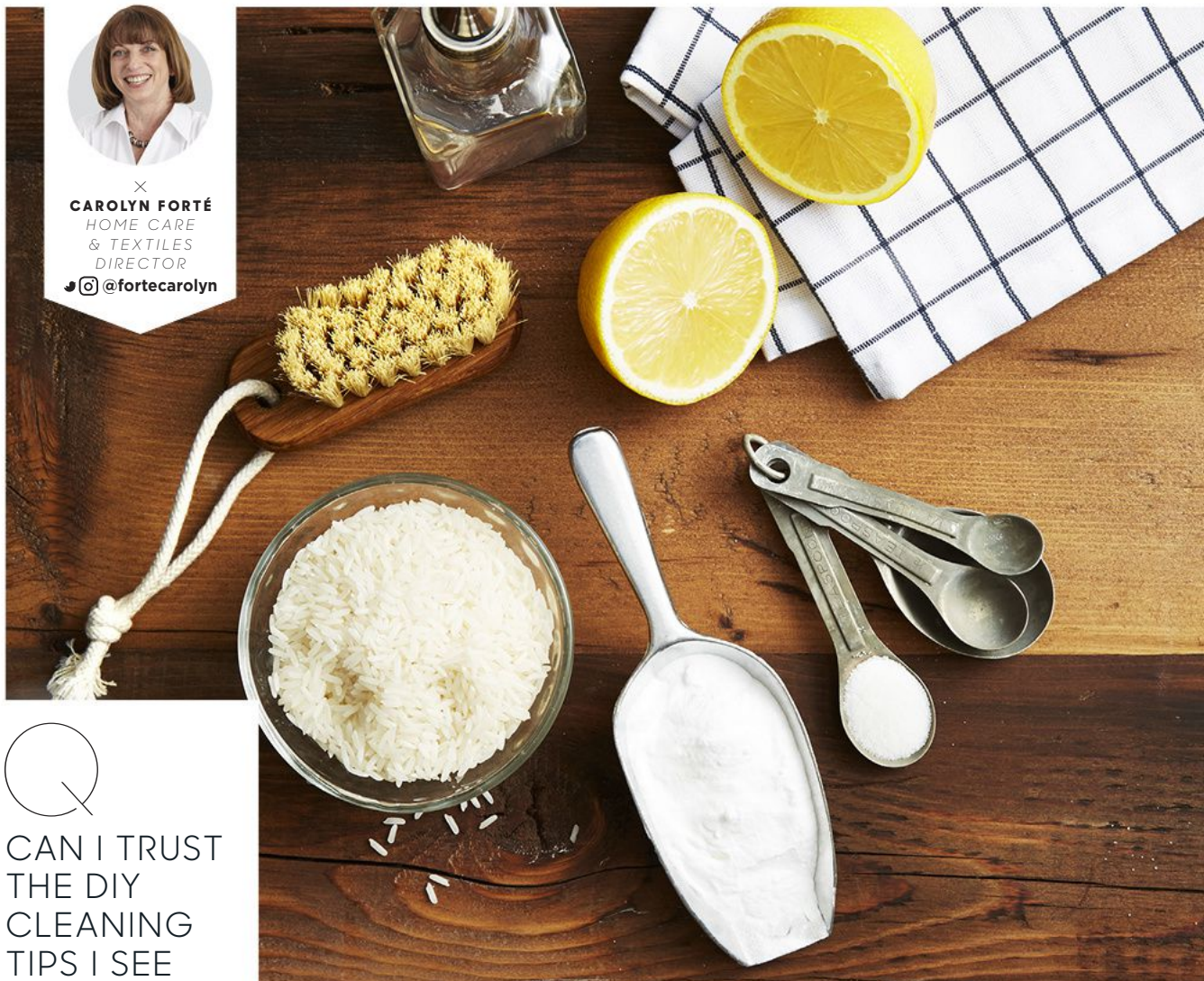


ASK CAROLYN

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



×
CAROLYN FORTÉ
HOME CARE
& TEXTILES
DIRECTOR
📱 @fortecarolyn



CAN I TRUST THE DIY CLEANING TIPS I SEE ONLINE?

— Beth L.

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

WHITE RICE

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

VINEGAR

Make glasses sparkle.

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

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

Spruce up cutting boards.

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

LEMON

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

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

SALT

Absorb wine from carpet.

Cover spill with a salt mound. Let dry and vacuum.

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

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

BAKING SODA

Clean glass bakeware. Shake a generous layer on grimy dishes. Fill with hot water and soak 15 minutes. Gently scrub clean.

Rub out floor scuffs. Put on a damp cloth. Buff away marks.

Freshen beds. Brush into pet beds and mattresses to zap odors. In 15 minutes, vacuum.



SEAL SPOTLIGHT

Biodegradable Detergent



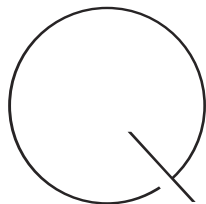
“Green” cleaning products have come a long way, thanks to better ingredients and manufacturing. We stand behind the cleaning power of GH Seal holder **Simple Green Laundry Detergent**. It contains plant-based cleaners and enzymes, and its entire formula is biodegradable, not just some ingredients.

LAB LOWDOWN

Laundry detergents can be especially problematic to formulate because they have to be safe for all fabrics and colors, remove stains and work in all water temperatures. In our Cleaning Lab tests, Simple Green erased set-in stains like grass, tea and gravy from cotton and polyester fabrics in both hot and cold water.



SIMPLE GREEN SUNSHINE FRESH SCENT LAUNDRY DETERGENT, \$9 FOR 100 OZ., HOMEDEPOT.COM



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

—Michele H.

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



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

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The nature of you™

www.palmers.com

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*GOOD HOUSEKEEPING'S TRIED AND TESTED
BEST DRUGSTORE PICK

baby yourself, BEAUTIFUL!

WITH THESE BABY-PRODUCT BEAUTY HACKS

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



SKIN SAVIORS

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

JOHNSON'S® Baby Oil

BY DAY

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

BY NIGHT

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



JOHNSON'S® Baby Shampoo

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



JOHNSON'S® Hand & Face Wipes

are great for a quick freshen-up... wiping away over 95% of dirt and germs!



BABY, YOU'RE A GENIUS "WHO KNEW?" TIPS & TRICKS



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



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



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



HAIR HELP

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

JOHNSON'S® Baby Oil

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

JOHNSON'S® Baby Powder
sprinkled at the roots will absorb
oil and add texture and volume...
extending your blowout and
saving you time!

SUMMER ESSENTIALS ON THE GO

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

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

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

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



Available at
Walmart

Sweet Egg-spectations for EASTER



Join the Easter Fun at:
dominosugar.com/easter

- new Easter recipes
- baking & decorating tips
- craft ideas
- free printables
- and more!

Classic Sugar Cookies

- 4 cups sifted all-purpose flour
(sift flour before measuring)
- 2 tsp baking powder
- 1 tsp salt
- 1 1/2 sticks butter or
margarine, softened
- 1 1/2 cups Domino®
Granulated Sugar
- 2 eggs
- 1 1/2 tsp vanilla extract

Preheat oven to 350°F. Sift together flour, baking powder and salt; set aside.

In a large bowl, beat softened butter with sugar until fluffy. Add eggs and vanilla, beat well. Stir in dry ingredients, a third at a time, until all is incorporated for a smooth, stiff dough. If dough appears dry, use hands to gently knead to evenly distribute butter.

Using waxed paper lightly dusted with confectioners' sugar, roll out a portion of the dough into a 1/4 inch thick rectangle. Press cookie cutter of desired shape into dough. Trim away excess dough. Gently lift cut-out cookies from waxed paper and place on greased cookie sheets. Repeat rolling and cutting until all dough is used.

Bake at 350°F for 10 minutes or until cookies are firm and light golden brown. Remove from cookie sheet and cool completely before decorating. Decorate as desired.



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dominosugar.com/easter

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ASR GROUP

egg-cellent new ideas for...

EGGS



1-2 ULTIMATE EASTER BASKET

Colorful half-dipped eggs become a stunning seasonal centerpiece in a floral basket. To make, trim stems of a variety of flowers (we love pink ranunculus!) to 1 in., then stick into wicker or straw. For a version that will last beyond Easter morning, hot-glue faux blooms.



3

SPANISH POTATO OMELET

page 130



4

ORANGE- BLOSSOM FIZZ

page 130

5 Letter-Perfect PLACE CARD



Stick on a letter, then spray-paint gold. Allow to dry 30 min. Peel off sticker.



MARBLE MAGIC

Fill a bowl with warm water. Pour in a few drops of nail polish and mix with a coffee stirrer. Drag egg through polish until completely covered. Remove and allow to dry 10 min.

Tip: Wear rubber gloves — this can get messy!



TOO PRETTY TO EAT

Eggshells are porous, so skip eating eggs decorated with nonedible coloring.

7-9 YOLKS, YOUR WAY

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



4 MIN.
Very runny



8 MIN.
Creamy



12 MIN.
Very firm,
opaque



10
MINT-PESTO
Baked Eggs
page 131

BREAK OUT OF YOUR SHELL

Go beyond frying, poaching or scrambling...

14 GRANOLA CLUSTERS

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

15 TASTY TOPPER

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

16 SOUP THICKENER

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



11-13 BUNNY BUDDIES

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

17-21

DEVILISH & Delish!

page 131





22 SPONGE-SPECKLED

Dip a dry sponge into paint, making sure to leave some of the sponge dry. Dab onto egg a few times, then do the same with another sponge and a second paint color.



23 WASHI-TAPED

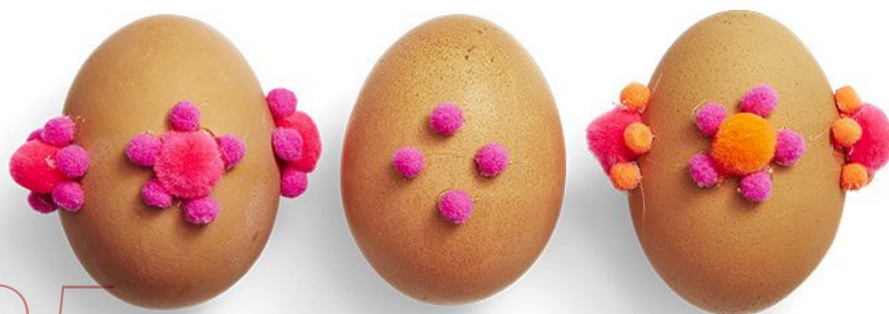
Cut washi tape into fun geometric shapes and stick onto eggs.
Tip: Works best when eggs are at room temp and not dyed.



24 PEN-PAINTED

Using metallic or white paint pen, draw lines and swirls on shells. Let dry before returning to carton.



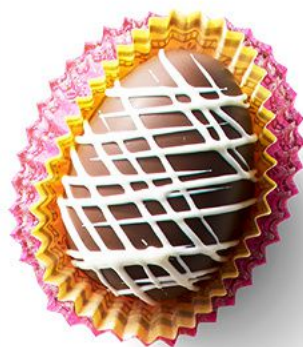


25 PRETTY POM-POMS

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

27 DIY CREME EGGS

page 134



26

MEDITERRANEAN

*Hummus
Egg Smash*

page 132



28

SCRAMBLED CARBONARA

page 133



29

Insta-Glam GLITTER

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

30-34 THE CARTON DECODED

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

PASTURE-RAISED

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

CAGE-FREE

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

FREE-RANGE

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

USDA ORGANIC

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

VEGETARIAN-FED

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



35

Sunny-Side-Up
MERINGUES

page 134

Crispy EGG TOASTS



36 CURRY-AVOCADO page 133



37 SMOKY RED PEPPER page 133



38 BASIL-ARUGULA page 133



39 Golden WREATH

Wrap yarn around an embroidery hoop. Cut yarn in 4-in., 6-in. and 8-in. lengths. Close one end of each string in a plastic egg, leaving other end hanging. Tie loose ends onto hoop at different lengths.



43 DYEING 101

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

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

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

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



40-42

KITCHEN HACKS

SHELL SCOOPER

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

EGG WARMER

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

PERFECT PEELER

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

44-47

FRESH MAYO

Boost the flavor of everything from salads to sandwiches with a batch of our **3-step mayonnaise**. Up the ante with the bonus **garlic**, **spicy** and **curry** versions.
page 131



51 COLOR CODE

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



TOP EGG GEAR



48. BEST BOILER

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

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



49. STAR SERVER

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

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



50. EASY POACHER

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

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

TURN
YOUR
HOME
INSIDE
OUT



Enjoy the color of
your life *outside*
your home as much
as you do inside.
It all starts with a
beautiful roof.

G R E

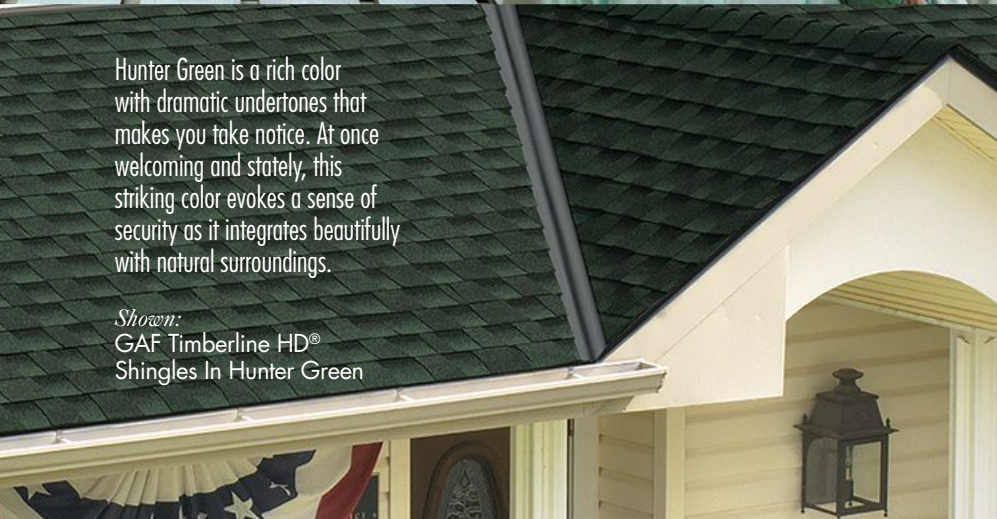


E N



Hunter Green is a rich color
with dramatic undertones that
makes you take notice. At once
welcoming and stately, this
striking color evokes a sense of
security as it integrates beautifully
with natural surroundings.

Shown:
GAF Timberline HD®
Shingles In Hunter Green



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Trust... From
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Manufacturer!*

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Note: It is difficult to reproduce the color clarity and actual color
blends of these products. Before selecting your color, please ask to
see several full-size shingles.

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BELGARD®

16 ways to do COPPER

1 MODEL METAL
Keep copper cookware shiny as a penny with GH Seal holder Weiman Metal Polish (\$8.66, weiman.com)—or use a lemon half dipped in salt!

2-4 Perfect Palette



PAINT
RUM RAISIN
OLYMPIC



PAINT
PILGRIMAGE FOLIAGE
BENJAMIN MOORE

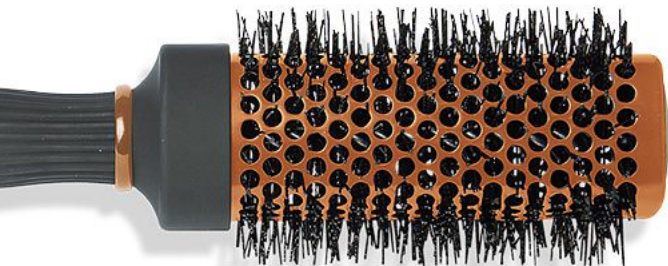


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keep.com/GH.

GET THE LOOK | CALPHALON TRI-PLY COPPER 10-PIECE COOKWARE SET, \$450, CRATEANDBARREL.COM. LA CORNUE CORNUFÉ STOVE IN STAINLESS STEEL WITH CHROME & BRASS, \$9,500, WILLIAMS-SONOMA.COM.



5

YOU SPIN ME RIGHT 'ROUND

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

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



6

PICTURE THIS!

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

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



9

MOLTEN STYLE

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

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



style-spiration

7

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

8

BRONZE AGE

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

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

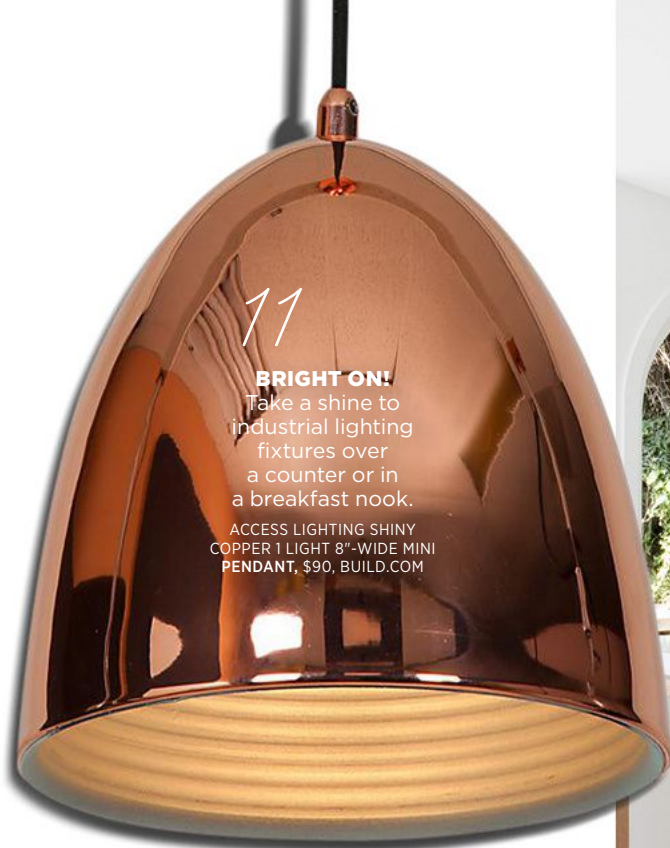


10

WHAT A STUD

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

GOLDTONE PYRAMID STUDS, \$24, VINCECAMUTO.COM



11

BRIGHT ON!

Take a shine to industrial lighting fixtures over a counter or in a breakfast nook.

ACCESS LIGHTING SHINY COPPER 1 LIGHT 8"-WIDE MINI PENDANT, \$90, BUILD.COM



12

Copper pendant lights shine against a nature-heavy minimalist backdrop.



13

SKIN R_x

The charcoal in this body mask sucks out impurities and toxins, so it's a must-have for city dwellers and those with oily skin.

HIMALAYAN CHARCOAL BODY CLAY, \$24, THEBODYSHOP-USA.COM

15

BOWLED OVER

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

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



14

FEAST YOUR EYES

Mirrored lenses let timeless aviators take flight.

MIRRORED AVIATOR SUNGLASSES, \$85, VINCECAMUTO.COM



16

HIGH GLOSS

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

CHANEL ROUGE COCO GLOSS IN BURN'T SUGAR, \$30



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imagineNATION
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America's Favorite Garage Doors®

REAL LIFE



PIZZA, PLEASE!

Sarah Michelle
with kids Rocky, 4,
and Charlotte, 7, and
husband Freddie
Prinze Jr.

FAMILY TIME

Cooking With Love

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

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



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

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

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

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



MMM...MORNING

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

Q: How do you get kids to like cooking?

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

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

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

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

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

YOU CAN READ HER BOOK!

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



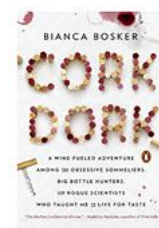
Your Bookshelf

Great new reads right now



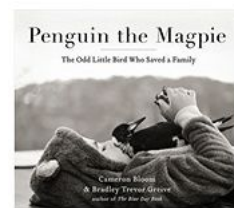
MARRIAGE MATTERS

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



FINE WINING

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



FAMILY INSPIRATION

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

NEW PACKAGING!



SAME 38LB SIZE

4 COMPACT PACKS



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The Relief is Real™



“My dad had a
bucket list of 60 things.
 He'd only checked off 5 when
 his life was
 cut short.”



HER FATHER'S DAUGHTER

Author Laura Carney with her dad, Michael (Mick) Carney, four years before he passed.

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

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

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

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

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

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



- (26) Play golf in the 70's after lunch
- (27) Correspond with the Pope
- (28) Appear on a TV audience
- (29) ✓ Do a candy commercial in a national
- (30) ✓ Be interviewed on a radio program
- (31) Get my picture in a national magazine
- (32) Make money in the stock market
- (33) Set up a charitable fund
- (34) Drive a Corvette
- (35) Teach a class about wine
- (36) Have a 34 inch waist again
- (37) Own a \$200 suit
- (38) Own a black 70X
- (39) Get four or a \$10.00 shopping spree
- (40) Help Laura win a scholarship

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

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

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

there were 13 items we'd accomplished.

But in my father's entire lifetime, he had only checked off five.

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

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

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

Follow Laura's progress at myfatherslist.com.

Distracted driving by the numbers

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

1 in 3

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

50%

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

4.6 seconds

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

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



HOW
TO



Arrive alive

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

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

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

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

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

Listen to books and music. No one's asking you to suffer in your car in utter silence! Music, podcasts and audiobooks are considered relatively low-risk, since passive listening doesn't demand much from the brain. So sing and enjoy your ride—and get there safely. —P.R.

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



ONE BIG HOPPY SPRING

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



GYMBOREE

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GOOD
HOUSEKEEPING

GH INSTITUTE

Energy-Savings



\$avings

Go green (and keep more green in your pocket)
with painless cost-cutters from our Labs

by SHARON FRANKE

1

**SET YOUR
DRYER TO
AUTOMATIC.**

When you use this setting (rather than a preset time), the dryer shuts off as soon as it senses the load is done. Fewer wasted minutes and less wear and tear on clothes!



GO LOW-FLOW IN THE SHOWER.

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

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

3

GET FRIENDLY WITH FILTERS.

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



5

DODGE DRAFTS.

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

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

6 SKIP THE RINSE.

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



LIGHT UP WITH LEDs.

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

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



4 ID ENERGY HOGS.

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

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

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8 TAKE CARE OF YOUR TREES.

Their shade can help cool your house in summer, and sunlight through bare branches adds warmth in winter. Help them help you: Remove dead branches and leaves and monitor trees' health.



10

COOL YOUR (WASH) JETS.

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

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



11

TURN ON THE CEILING FAN.

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

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

9 SMARTIFY YOUR PLUGS.

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

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



12

CLOSE THE DRAPES.

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

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



13 GET IN SYNC WITH YOUR THERMOSTAT.

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

GH LAB PICK: ECOBEE3 THERMOSTAT WITH ONE FREE SENSOR, \$249, ECOBEE.COM



HILLSHIRE FARM® SMOKED SAUSAGE
IS SEASONED PERFECTLY. SO IT'S EASY FOR
YOU TO CREATE DINNER DELICIOUSLY.



Easy Smoked Sausage Skillet

Serving Size: 4-6

Total Time: 20 minutes

Ingredients :

- 1 pkg. Hillshire Farm® smoked sausage, diagonally sliced thin
- 2 cloves garlic, crushed
- ¼ cup olive oil
- 1 large red bell pepper, sliced thin
- 1 small yellow onion, sliced thin
- 1 pkg. frozen broccoli, thawed
- ½ cup chicken broth (or water)
- ½ cup tomato sauce
- 2 cups instant rice
- ½ cup shredded Mozzarella cheese

Instructions :

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

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

GH + HSN special

breakthrough skin reliever



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



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

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

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

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

WHY IT EARNED THE GH SEAL

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

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

WE STAND BEHIND EVERY SEAL PRODUCT WITH OUR 2-YEAR LIMITED WARRANTY.*

GH TESTS IT, SO YOU CAN TRUST IT!

*Applicable if product proves defective within two years of purchase. Replacement at GH's discretion; cash refund limited to lesser of the amount of the purchase price or \$2,000. Certain other limitations apply. Go to ghseal.com for details.

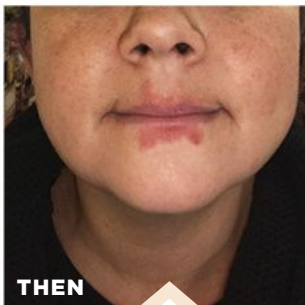
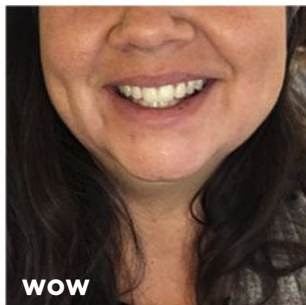
Photograph by Mike Garten

SEAL PROMISE

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

tester-monials

Eczema sufferers share miraculous before-and-after photos

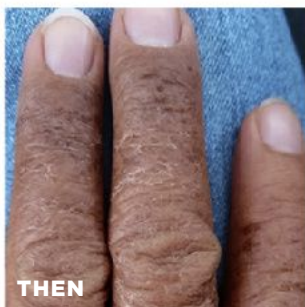


GH LAB TIP

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

CHIN ABOUT-FACE

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



FINGER FIX

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



HAND RENEWAL

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



CALLING ALL INVENTORS

Enter our 2017 search for the next great product!

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

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

Green GH Seal spotlight



SAFE ECO STARS

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

HOW TO EARN THE GREEN GH SEAL

PERFORMANCE

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

INGREDIENTS

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

PROCESSING

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

PACKAGING

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

LIFE CYCLE

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

CONGRATS!

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



ON-THE-GO CLEANING PRO

Tackle tough carpet and upholstery messes with **Bissell's** portable cleaner, which has at least 50% recycled content in its plastic and packaging.

LAB LOWDOWN It's our Cleaning Lab's top pick for sudden spills. We love the separate tanks for clean and dirty water, powerful suction and deep-cleaning bristles.

BISSELL LITTLE GREEN PORTABLE CARPET CLEANER 1400B, \$90, BISSELL.COM

DO-GOOD DIAPERS

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

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

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



TRUSTED PROTECTION

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

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

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

*Applicable if product proves defective within two years of purchase. Replacement at GH's discretion; cash refund limited to lesser of the amount of the purchase price or \$2,000. Certain other limitations apply. Go to ghsael.com for details.

Photographs by Danielle Occhiogrosso

Three friends. One escape to Missouri.

MAKES FOR A VINTAGE GIRLS GETAWAY.

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

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

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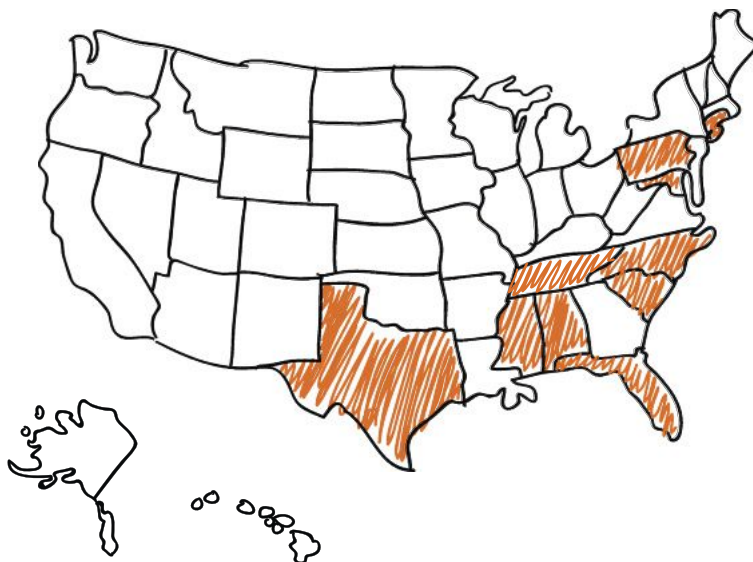
FEATURED DESTINATIONS



STAY ORIGINAL

1. Carolina Beach

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



enjoy the show

2. Missouri: Enjoy the Show

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



3. Tryon Resort

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

ALABAMA

4. Gulf Shores & Orange Beach Tourism

FLORIDA

5. The Beaches of Fort Myers & Sanibel

MARYLAND

6. Maryland's Beach & Beyond

MISSISSIPPI

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

NORTH CAROLINA

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

PENNSYLVANIA

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

RHODE ISLAND

19. South County Tourism Council

SOUTH CAROLINA

20. Beaufort

TENNESSEE

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

TEXAS

23. Find your #TexasToDo

GOOD
HOUSEKEEPING

YOUR BODY

OUR GH

DO DIET

PROMISE TO YOU

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

DO

EAT TO BEAT MIGRAINES

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

salmon

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

seeds

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

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

walnuts

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

LEARN MORE: ghnutritionistapproved.com



MASSAGE
THERAPY BALLS,
YOGATUNEUP
.COM



SNEAKERS, \$130,
NEWBALANCE.COM

DO *massage* **AWAY PAIN**

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

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

DO **walk** **20** **minutes** **every day**

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

DO **PONDER THE** **BIG QUESTIONS**

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



“Made you look.
And yes, I’m wearing them.”

always
discreet

The **RapidDry™** core absorbs bladder leaks and odors in seconds. Hugs my curves for a discreet fit under clothes.



Always Discreet. For bladder leaks.



×
JACLYN LONDON,
M.S., R.D.

GH NUTRITION DIRECTOR



@jaclynlondonRD



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

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

WHICH IS BETTER?

ON-THE-GO SNACKDOWN!

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

DELI



**SANDWICH
ON WHEAT**
vs.
WHEAT WRAP



BETTER:

SANDWICH ON WHEAT

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



COFFEE SHOP



**FRUIT & YOGURT
PARFAIT**
vs.
**FRUIT & CHEESE
PLATE**



BETTER:

FRUIT & CHEESE PLATE

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



GAS STATION



TRAIL MIX
vs.
**BANANA
CHIPS**



BETTER:

TRAIL MIX

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



NEWSSTAND



**YOGURT-COVERED
RAISINS**
vs.
**CHOCOLATE-
COVERED
ALMONDS**



BETTER:

ALMONDS

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



IN FLIGHT



**SALTED
NUTS**
vs.
**SALTED
PRETZELS**



BETTER:

NUTS

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



HAVE A QUESTION? Email askjackie@goodhousekeeping.com.

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4OZ. VELVEETA® MINI BLOCKS,
DINNER'S NEVER
BEEN EASIER.



Liquid
Gold

With the ease of individually wrapped
4oz. VELVEETA® Mini Blocks,
you've got endless possibilities.

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LOVE ME SOME BACON

NOT ME SOME PRESERVATIVES.

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

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

MAKE THE 
NATURAL CHOICE®



JUST 3 MOVES

TIGHTER TUSH

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

**MEET DAILY BURN'S BEST****CeCe Marizu**

"Give it all you can — then give a little more. We always have more in us."

1

MONSTER WALK**WORKS: abs, hips, butt, thighs**

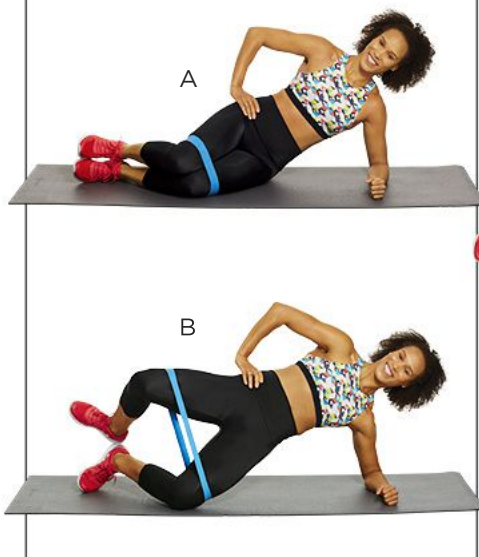
Stand in a shallow squat with resistance band around thighs (just above knees), hands clasped (A). Step left foot forward, then out to shoulder width (B). Repeat with right leg, then left, for a total of eight steps forward. Rest two seconds, then do same movement backward for eight steps. Repeat six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

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

2

ELEVATED CLAM**WORKS: abs, hips, butt, thighs**

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

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

3

STANDING HYDRANT**WORKS: abs, back, butt**

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

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

GET THE GEAR
TOP, SHAPEACTIVE.COM.
LEGGINGS, MARIKA
.COM. SNEAKERS,
UNDERARMOUR.COM.
BAND, STARWOOD
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EXCLUSIVE GH x DAILY BURN WORKOUT SERIES



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natural remedies

DOCS SWEAR BY

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



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

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



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

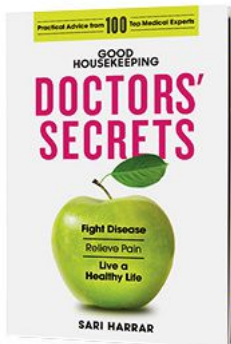
The Doctor Says: Onion juice contains sulfur compounds, quercetin and other plant chemicals—the ingredients in many over-the-counter burn treatments.



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

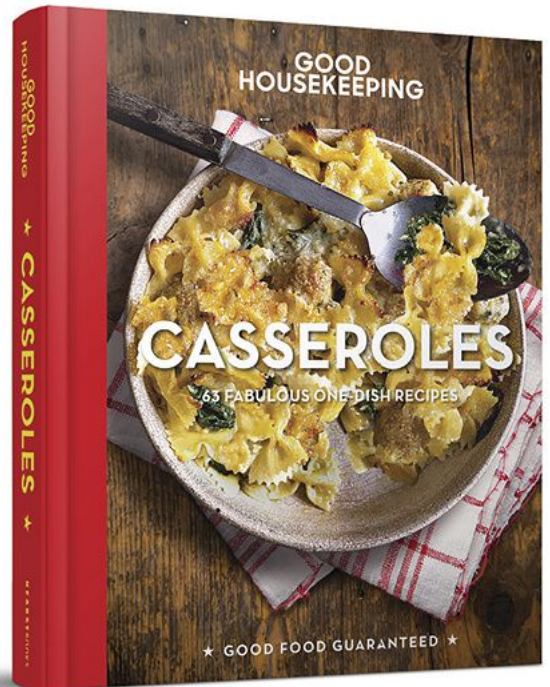
The Doctor Says: Putting something cold on the affected area constricts blood vessels, which eases pain. Frozen peas make a great, easily moldable, reusable ice pack.

Getty Images



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

SAY GOODBYE TO TIME-CONSUMING DINNER PREP



SAY HELLO TO SIMPLE, EFFORTLESS COOKING

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

AVAILABLE WHEREVER BOOKS ARE SOLD

“I was only 9 WHEN MY MOM GOT SICK”

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

by **TULA KARRAS**

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

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

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

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

she wasn't giving her all at her job.

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

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

**PROUD FAMILY**

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

CARING BY THE NUMBERS

24
hours per week is
the amount of time
on average that a
caregiver spends
helping a loved one.

29%
of caregivers who
work 21 or more
hours a week
say doing so has
made their own
health worse.

15%
or more of the U.S.
population is
providing care
to an ill, disabled
or aging family
member or friend.

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

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

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

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

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

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

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

To learn more, visit wellthy.com.

The (FREE) RESOURCES EVERY CAREGIVER NEEDS

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

JOIN A "DAUGHTERHOOD CIRCLE."

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

ASK AT A PLACE OF WORSHIP.

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

GO ONLINE.

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

It's your turn to relax



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A FRESH NEW Cheesecake FOR Easter

Fresh Raspberry-Lemon Cheesecake Bars

Prep Time: 15 min.

Total Time: 6 hours 5 min. (incl. refrigerating)

Makes: 18 servings

What You Need

- 2 cups graham cracker crumbs
- 1 cup plus 2 Tbsp. sugar, divided
- 6 Tbsp. butter, melted
- 3 cups (12 oz.) raspberries, divided
- 1 Tbsp. each zest and juice from 1 lemon
- 4 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened
- 4 eggs

Make It

HEAT oven to 325°F.

LINE 13x9-inch pan with foil, with ends of foil extending over sides. Combine graham crumbs, 2 Tbsp. sugar and butter; press onto bottom of prepared pan. Bake 10 min.

RESERVE 1/2 cup raspberries and 1 tsp. lemon zest for later use.

BEAT cream cheese, lemon juice, remaining zest and remaining sugar in large bowl with mixer until blended. Add eggs, 1 at a time, mixing on low speed after each just until blended. Gently stir in remaining raspberries; pour over crust.

BAKE 35 to 40 min. or until center is almost set. Cool completely.

REFRIGERATE 4 hours. Top with reserved raspberries and lemon zest. Use foil handles to remove cheesecake from pan before cutting into bars.



It must be the Philly®

YOUR KITCHEN



✓
PASSOVER
FRIENDLY

GLUTEN-FREE PIE

Cocoa-Nutty Lime Tart

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



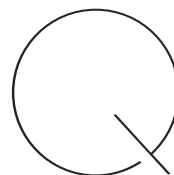
ASK SUSAN

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



X
**SUSAN
WESTMORELAND**
FOOD DIRECTOR

@susanswestmoreland



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

— Mackenna W.

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



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

— Heather T.

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

MEAL MAGIC

DELISH FISH, FAST!

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

\$7 to \$11, LOVETHEWILD.COM



BREAD SAVER

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

**TRADITIONS DON'T
HAPPEN OVERNIGHT.**



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

A Spring Feast

There's no better way to
celebrate the season than with
this fresh (and colorful!)
Easter spread



**herb-
roasted
root
vegetables**

p 127

lemony
asparagus,
beans &
peas

p 127

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food styling by
CHRISTINE ALBANO
prop styling by
CATE GEIGER KALUS

sweet 'n' sticky apricot glazed ham

p 128

PAIR WITH
A REFRESHING
WHITE, LIKE
VERDEJO. FINCA
MONTEPEDROSO,
\$15



**buttery
rosemary
rolls**

p 128

MMM...MORNING

PASSOVER
FRIENDLY

This **bake-ahead frittata** is equally awesome for grab-and-go weekdays and lazy sit-down Sundays

SPRING GREENS & MATZO FRITTATA

1 Tbsp. butter
1 bunch (about 1 lb.)
thin asparagus, trimmed
and cut into 1-in. lengths
5 sheets matzo, broken
into lg. chunks
5 lg. eggs
1 c. basil leaves, chopped
1 c. frozen (thawed) peas
1 Tbsp. lemon zest

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

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





THE TASTE OF APPLES AND STRAWBERRIES.
THE GREATEST COMBINATION SINCE
"HECK" MET "YEAH."



EASY WEEKNIGHTS

20-MINUTE SUPPERS

✓
PASSEOVER
FRIENDLY

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



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**DANIELLE
OCCHIOGROSSO**
food styling by
**SHERRY
RUJIKARN**
prop styling by
EMILY LUPPINO

PROVENÇAL CHICKEN QUINOA BOWLS

Season 4 **chicken breast cutlets** (about 5 oz. each) with $\frac{1}{4}$ tsp. **herbes de Provence** and $\frac{1}{4}$ tsp. each **salt** and **pepper**. Grill 3 min. per side on med.-high or until cooked through. Cook 1 c. **red quinoa** as label directs. In blender, puree $\frac{1}{4}$ c. each **Champagne vinegar** and **olive oil**,

2 **green onions**, 2 Tbsp. **Dijon mustard** and $\frac{1}{4}$ tsp. salt. Toss half of vinaigrette with cooked quinoa; 4 c. packed **arugula**; 12 oz. **grape tomatoes**, halved; and $\frac{2}{3}$ c. **pitted green olives**, quartered. Serve chicken over quinoa with remaining vinaigrette.

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



MATZO-CRUSTED SALMON WITH GLAZED RADICCHIO

Whisk 3 Tbsp. each **brown sugar**, **hot sauce**, **maple syrup** and **olive oil** until smooth. Arrange 4 fillets **salmon** (5 oz. each) and 2 med. heads **radicchio**, cut into 8 wedges, on lg. rimmed baking sheet lined with foil; brush all over with maple syrup mixture. Sprinkle ½ tsp. **salt** on salmon and radicchio. In food processor, pulse 1 sheet **matzo**, broken up, until finely crushed; pulse in 3 Tbsp. chopped **parsley** and 1 Tbsp. olive oil. Pat crumbs onto salmon to make them adhere. Bake at 450°F 12 to 15 min. or until salmon is cooked through. Top radicchio with ¼ c. each **golden raisins** and **walnuts**, chopped.

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

SPRING MINISTRONE

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

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

TEST KITCHEN HACK

Slice asparagus in seconds: Leaving stalks rubber-banded together, trim ends and cut through the bunch with a few strokes.



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

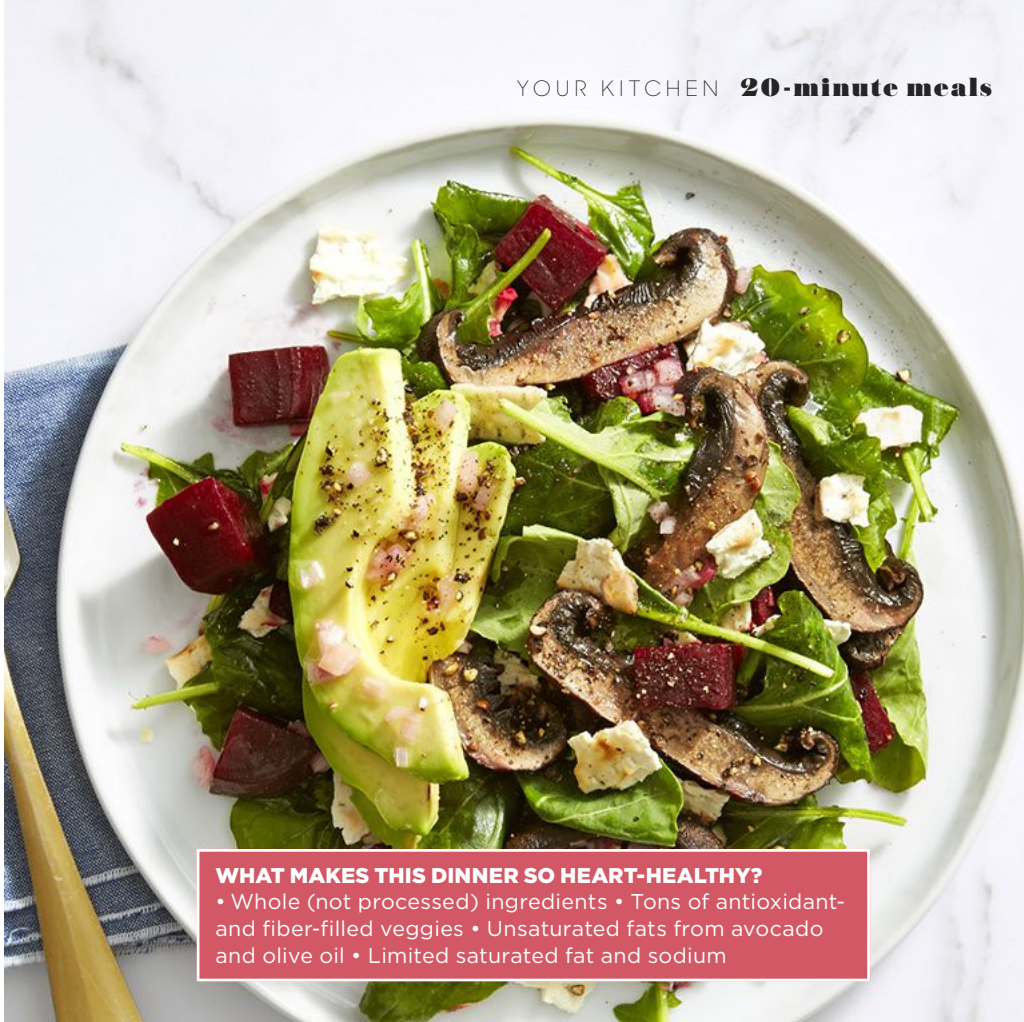
Directions

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.

BEEF, MUSHROOM & AVOCADO SALAD

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

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



WHAT MAKES THIS DINNER SO HEART-HEALTHY?

• Whole (not processed) ingredients • Tons of antioxidant- and fiber-filled veggies • Unsaturated fats from avocado and olive oil • Limited saturated fat and sodium



2-STEP SLOW-COOKED BRISKET

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

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

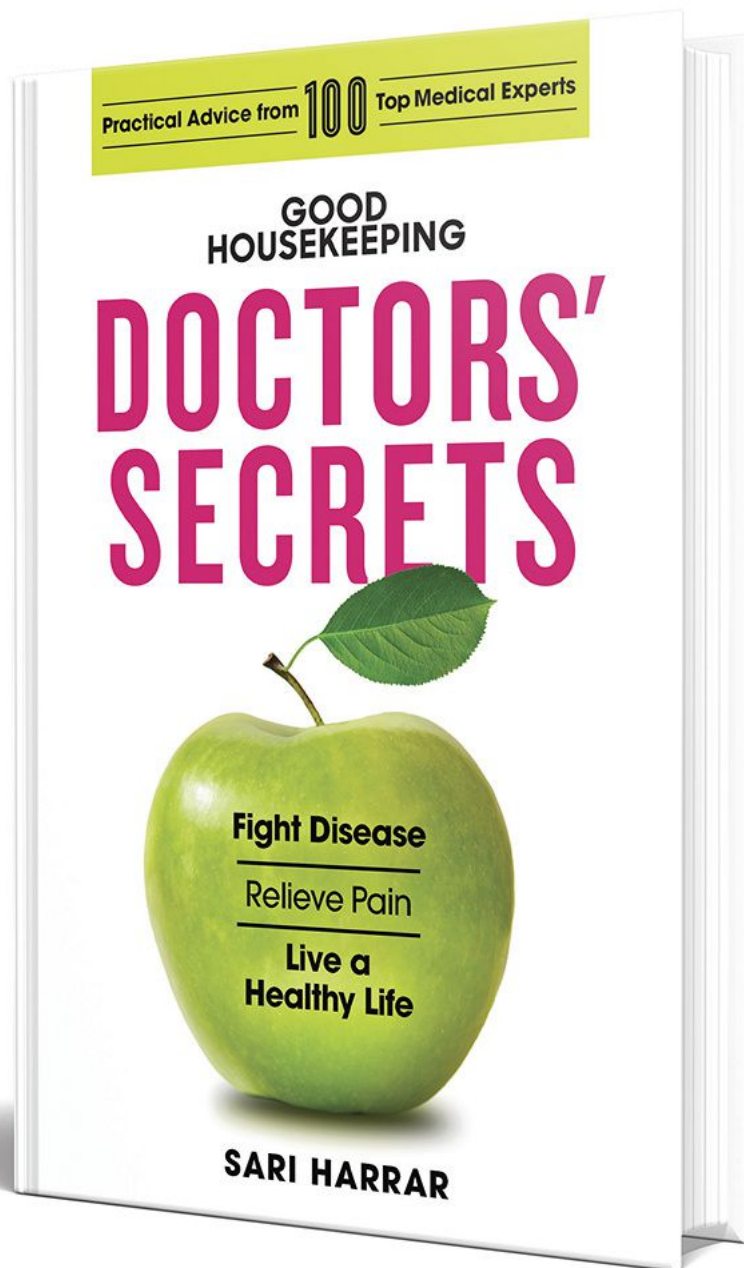
THE DOCTORS ARE

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!

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



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YOUR PANTRY



SPRING FEAST

Herb-Roasted Root Vegetables

PREP 15 MINUTES
TOTAL 1 HOUR

- 1½ lbs. mixed baby potatoes, cut into halves**
- 1 lb. baby carrots, cut into halves**
- 1 bunch radishes, trimmed, cut into halves**
- 3 Tbsp. olive oil**
- 1 Tbsp. chopped fresh thyme**
- ¼ c. fresh parsley, finely chopped**

1. Preheat oven to 450°F. In 7-qt. saucepot, cover potatoes and carrots with cold water; add 1 Tbsp.

salt. Cover and heat to boiling on high. Reduce heat to maintain simmer; cook 7 min. Drain well and return to pot.

2. Toss potatoes, carrots and radishes with oil, thyme and ¼ tsp. each salt and pepper; arrange in single layer on lg.

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

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



Lemony Asparagus, Beans & Peas

PREP 20 MINUTES
TOTAL 40 MINUTES

- 1½ lbs. thin asparagus, cut into thirds at an angle**
- 12 oz. haricots verts or green beans, trimmed**
- 8 oz. fresh or frozen (thawed) peas**
- 4 Tbsp. olive oil, divided**
- 1 lg. onion, very thinly sliced**
- ¼ c. lemon juice**
- 1 Tbsp. snipped fresh chives**
- 1 Tbsp. sesame seeds**
- 2 tsp. honey**
- 1 clove garlic, crushed with press**

1. Heat covered 7- to 8-qt. saucepot salted water to boiling on high. To lg. bowl, add about 6 c. ice; fill with cold water. Add asparagus, haricots verts and

peas to boiling water. Boil 5 to 7 min. or until asparagus and haricots verts are tender. Drain well, then immediately add to ice water. Let stand until vegetables are cold, then drain well.

2. In 10-in. skillet, heat 1 Tbsp. oil on med. Add onion and pinch salt. Cook 12 to 15 min. or until tender and deep golden brown, stirring frequently.

3. In sm. bowl, whisk together lemon juice, chives, sesame seeds, honey, garlic, ¾ tsp. salt, ½ tsp. pepper and remaining 3 Tbsp. olive oil. To serve, toss vegetables with onions and vinaigrette.

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



Sweet 'n' Sticky Apricot Glazed Ham

PREP 10 MINUTES
TOTAL 3 HOURS
10 MINUTES

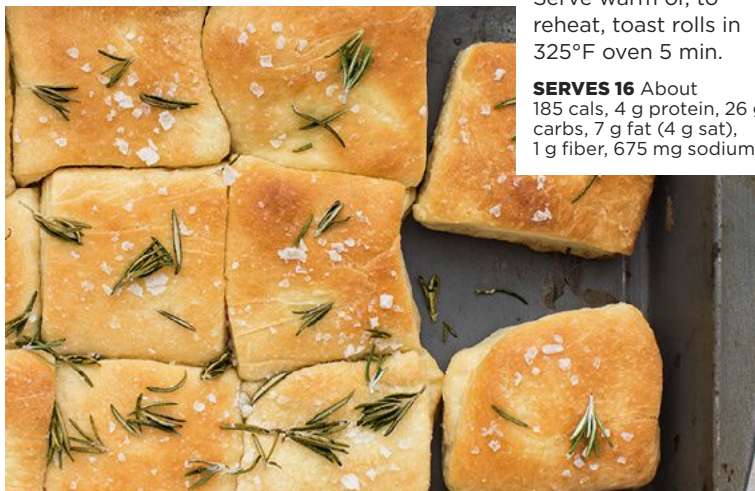
- 1 (8- to 10-lb.) fully cooked bone-in smoked half ham (not spiral-sliced)**
- 1 c. packed brown sugar**
- 1 c. apricot jam**
- ½ c. Dijon mustard**

1. Preheat oven to 300°F. Place ham in roasting pan, cut side down. With tip of sharp knife, make long cuts from top of ham to bottom, cutting through tough skin and fat; make perpendicular cuts to form diamonds. Cover with foil. Bake 1½ hrs.

2. In med. bowl, whisk sugar, jam, mustard and 2 tsp. pepper. Transfer 1 c. glaze to separate bowl; cover and refrigerate. Remove foil from ham. Brush some of remaining glaze all over ham. Bake, uncovered, another 1 to 1½ hrs. or until glaze is dark

brown and internal temperature of ham has reached 140°F, brushing with glaze every ½ hr. Allow ham to rest 20 min. before carving. Serve with reserved glaze.

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



Buttery Rosemary Rolls

PREP 15 MINUTES
TOTAL 40 MINUTES
PLUS RISING TIME

- 1 c. whole milk**
- 1 lg. egg**
- Vegetable oil, for oiling dough**
- 3½ c. all-purpose flour, plus additional for rolling**
- 1 packet (2¼ tsp.) instant yeast**
- ¼ c. brown sugar**
- 1¼ tsp. table salt**
- 8 Tbsp. butter, melted, divided**
- 2 Tbsp. rosemary leaves**
- Coarse, flaky sea salt, for garnish**

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

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

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

3. Brush 13" by 9" metal baking pan with 1 Tbsp. melted butter. On floured surface, divide dough into 4 equal pieces. Working with 1 piece dough at a time and floured rolling pin, roll dough into 12" by 4" rectangle. Brush top with melted butter. Fold long side over to form 12" by 2" rectangle. Cut dough into 4 equal pieces. Arrange in prepared pan in a row along long side. Repeat rolling, brushing and cutting with remaining pieces dough. Lightly cover pan with plastic wrap. Let rise in warm spot 45 min.

4. Toss rosemary with any remaining melted butter; sprinkle over top of dough along with sea salt. Bake 20 to 25 min. or until deep golden brown. Serve warm or, to reheat, toast rolls in 325°F oven 5 min.

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



GLUTEN-FREE

Cocoa-Nutty Lime Tart

PREP 15 MINUTES
TOTAL 2 HOURS
30 MINUTES

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

1. Preheat oven to 325°F. Grease 9-in. tart pan with removable bottom.

2. In lg. microwave-safe bowl, heat butter and chocolate on High in 30-sec. intervals until just melted; stir in coconut. With hands, firmly press mixture into bottom and up side of pan in even layer; place on cookie sheet. Bake 20 min. or until firm. Cool completely.

3. In lg. bowl with mixer on high speed, beat cream cheese until smooth. From limes, grate 1 tsp. zest and squeeze ½ c. juice; beat into cream cheese along with condensed milk until blended. Pour into cooled crust; chill 2 hrs. or until set. Can be made up to 1 day ahead. Garnish with lime slices and zest.

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



BRIGHTEN — UP — BRUNCH



Our Pure Extracts are NON GMO and made from real ingredients, with no gluten or corn syrup. With a variety of delicious flavors, it's easy to brighten your Easter celebration.

KITCHEN TIP

Lemon extract isn't just for dessert. Elevate brunch with a lemon twist in **Lemon Ricotta Pancakes**, **Lemon Sweet Tea**, and **Lemon Rosemary Glazed Ham**.

WWW.MCCORMICK.COM/EASTER



EGG-CELLENT NEW IDEAS

Spanish Potato Omelet

PREP 10 MINUTES
TOTAL 50 MINUTES

6 lg. eggs
1½ lbs. golden potatoes, peeled and cut into ½-in.-thick slices
¼ c. olive oil
1 lg. onion, very thinly sliced
Finely chopped parsley, for garnish

1. In med. bowl, beat eggs with $\frac{3}{4}$ tsp. salt; set aside. In lg. bowl, toss potatoes with $\frac{1}{4}$ tsp. salt.
2. In 10-in. nonstick skillet, heat oil on med. Add potatoes; cook 10 to 12 min. or until tender but not falling apart, gently turning occasionally. With slotted spoon, transfer potatoes back to lg. bowl.
3. To skillet, add onion; cook 12 min. or until very tender, stirring occasionally. With slotted spoon, transfer onion to bowl with potatoes.

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

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

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

Orange- Blossom Fizz

TOTAL 5 MINUTES

1 lg. egg white
¼ c. (2 oz.) elderflower liqueur
¼ c. (2 oz.) gin
3 Tbsp. (1½ oz.) fresh lemon juice
1 Tbsp. (½ oz.) orange liqueur (such as Grand Marnier)
1 Tbsp. (½ oz.) agave nectar or simple syrup
Edible chamomile flowers, for garnish

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

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



Mint-Pesto Baked Eggs

PREP 15 MINUTES
TOTAL 40 MINUTES

- 1 c. packed fresh cilantro leaves
- ½ c. packed fresh mint leaves
- ½ c. shelled pistachios
- 2 jalapeño chiles, seeded and chopped
- 2 Tbsp. lemon juice
- 1 clove garlic
- ½ c. olive oil
- ¾ c. heavy cream
- 12 lg. eggs
- Toasted bread slices, for serving

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

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

Devilish Eggs

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

BEET-DYED EGGS

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



HORSERADISH BEET

3 Tbsp. **mayonnaise** + ¼ c. **prepared horseradish**, drained very well + 1 Tbsp. **Worcestershire sauce** + ½ tsp. **salt**. Pipe into **beet-dyed egg whites** (recipe above); garnish with fresh **dill**.



GUACAMOLE

1 sm. ripe **avocado** + ¼ c. **mayonnaise** + ¼ c. **fresh cilantro**, finely chopped + 1 very sm. **shallot**, finely chopped + 2 Tbsp. **lime juice** + ½ tsp. **salt**. Garnish filled eggs with broken **tortilla chips** and thinly sliced **serrano chiles**.



CAESAR

½ c. **mayonnaise** + ¼ c. grated **Parmesan** + 2 Tbsp. **lemon juice** + 2 Tbsp. **Dijon mustard** + 1 sm. clove **garlic**, crushed with press. Garnish filled eggs with broken **Parmesan crisps**, **pepper** and fresh **basil**.



MISO-GINGER

½ c. **mayonnaise** + 2 Tbsp. **white or yellow miso** + 1 tsp. grated **fresh ginger** + ½ tsp. **pepper** + ¼ tsp. **sugar**. Garnish filled eggs with snipped **chives** and finely julienned fresh **ginger**.



HAM & CHEESE

½ c. **mayonnaise** + ½ c. finely grated **sharp Cheddar** + 3 Tbsp. **sweet relish**, drained + 2 slices **deli ham**, finely chopped + 1 Tbsp. **spicy brown mustard** + ¼ tsp. **salt**.

3-Step Mayo

In med. bowl with hand mixer on med., beat 1 lg. **egg yolk** with 2 tsp. **white wine vinegar**, 1 tsp. **Dijon mustard** and ¼ tsp. **salt** until smooth. With mixer running, slowly drizzle in 1 c. **vegetable oil** drop by drop, stopping and scraping occasionally. Stir in 2 tsp. **lemon juice**. Refrigerate up to 1 week. Makes about 1 c.

GARLIC AIOLI

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

SPICY MAYO

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

CURRY MAYO

Stir in 2 tsp. grated peeled **fresh ginger**; ½ tsp. **curry powder**; ¼ tsp. **ground cumin**; and pinch **sugar**.



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

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

What is this about?

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

Who is a class member?

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

What are the benefits?

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

What are my rights?

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

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

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

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

For more information, please visit www.SNAoliveOilSettlement.com, or contact the claim administrator at 1-844-702-2783 or by writing to: *Kumar v Salov*, c/o Heffler Claims Group, P.O. Box 58476, Philadelphia, PA 19102-8476, or contact class counsel Gutridge Safer LLP at www.gutridesafer.com.

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



Mediterranean Hummus Egg Smash

PREP 15 MINUTES
TOTAL 30 MINUTES

- 1 Tbsp. olive oil**
- 1 sm. red bell pepper, seeded and finely chopped**
- 1 sm. red onion, finely chopped**
- ½ tsp. smoked paprika, plus more for garnish**
- 1 mini cucumber, finely chopped**
- ¼ c. finely chopped walnuts**
- 2 Tbsp. finely chopped parsley**
- 2 c. store-bought or homemade hummus**
- 1 Tbsp. distilled white vinegar**
- 1 lg. egg**
- Pitas, for serving**

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

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

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

HOMEMADE HUMMUS

In 4-qt. saucepan, place 1 c. **dried chickpeas** and 1 tsp. **baking soda**; add enough cold water to cover by 2 in. Let soak overnight. Drain (do not rinse); return to pot along with enough cold water to cover by 2 in. Heat to boiling on high. Reduce heat to med.; simmer 1 hr. or until chickpeas are soft and skins have loosened. In food processor, pulse 4 cloves **garlic**, 6 Tbsp. fresh **lemon juice** and ¾ tsp. each **salt** and **ground cumin** until chopped. Add ¾ c. **tahini (sesame paste)** and ½ c. **water**; pulse until smooth. Drain cooked chickpeas and add to tahini mixture; process until smooth, stopping and stirring occasionally. Store in airtight container in refrigerator up to 2 weeks. Makes about 3½ c.

PREP 10 MINUTES
TOTAL 30 MINUTES

1 lb. spaghetti
5 lg. eggs
½ c. finely grated
Parmesan, plus more
for garnish
4 slices thick-cut bacon,
chopped
1 small onion,
finely chopped
Snipped chives,
for garnish

1. Cook spaghetti as label directs, reserving $\frac{3}{4}$ c. cooking water before draining.
2. Meanwhile, whisk eggs, Parmesan, $\frac{1}{2}$ tsp. salt and $\frac{1}{4}$ tsp. pepper until combined.
3. In 12-in. skillet on med., cook bacon 5 min. or until browned and crisp, stirring occasionally. With slotted spoon, transfer to paper towels to drain. Pour off all but 2 Tbsp. fat.
4. To same skillet on med. add onion and cook 4 min. or until tender, stirring occasionally. Add eggs to skillet; cook 1 min., stirring only once or twice, until almost set and large curds have formed.
5. In lg. bowl, toss eggs, bacon and reserved pasta water with hot pasta. Garnish with chives and Parmesan.

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



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

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

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

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





DIY Creme Eggs

PREP 5 MINUTES
TOTAL 30 MINUTES
PLUS SETTING

- ½ c. (1 stick) butter, softened**
- 1 Tbsp. heavy cream**
- ¼ tsp. vanilla extract**
- 3 c. confectioners' sugar**
- Yellow food coloring**
- 4 oz. chocolate candy melts, melted**
- 1 oz. white chocolate candy melts, melted**

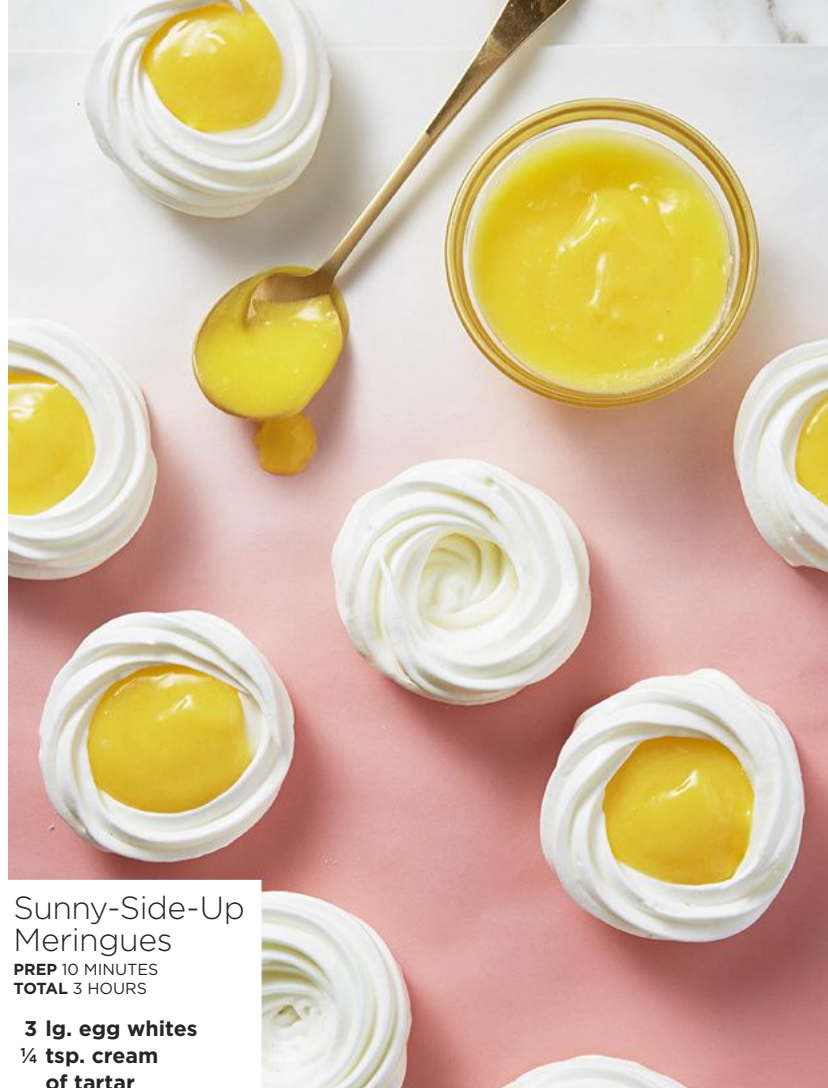
1. With mixer on med. speed, beat butter, cream, vanilla and pinch salt until smooth. Beat in sugar 1 c. at a time on low until smooth, scraping side of bowl occasionally. Knead frosting and shape into disk. Remove one-fourth of frosting and knead in enough yellow food coloring to mimic color of egg yolks. Form yellow frosting into twelve ½-in. balls.

2. Shape white frosting into twelve 1-in. balls; flatten each into disk in palm of hand. Place 1 “yolk” in center and gently

form white around “yolk,” taking care to push air out and smooth seam without crushing “yolk.” Form into oblong egg shape. Place on waxed paper. Continue with remaining “yolks” and white frosting.

3. Transfer eggs to wire rack set over lg. sheet waxed paper. Drizzle with chocolate candy melts, brushing to smooth evenly over frosting. Let stand until set. Pipe white chocolate melts over chocolate candy melts to create patterns. Let stand until set. Store in airtight container for up to 5 days.

SERVES 12 About 260 cal., 39 g carbs, 12 g fat (9 g sat), 85 mg sodium.



Sunny-Side-Up Meringues

PREP 10 MINUTES
TOTAL 3 HOURS

- 3 lg. egg whites**
- ¼ tsp. cream of tartar**
- ½ c. sugar**
- ½ tsp. vanilla extract**
- ¾ c. Tangy Lemon Curd (recipe below) or prepared lemon curd**

1. Position one rack in middle of oven; preheat oven to 225°F. Line lg. baking sheet with parchment paper.

2. In med. bowl with mixer on med., beat egg whites with pinch salt until foamy. Add cream of tartar and beat on med.-high until soft peaks form. Add sugar 1 Tbsp. at a time until peaks are stiff and glossy. Beat in vanilla.

3. Spoon meringue into piping bag fitted with star tip, or into resealable plastic bag with one corner cut off. Pipe six 3-in.

disks onto baking sheet, spacing 1 in. apart. Pipe around edges of disks to form ¾-in.-high sides. Bake 1 hr.

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

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

TANGY LEMON CURD

1. From 3 med. lemons, grate 1 Tbsp. zest and squeeze ¾ c. juice.

2. In heavy 2-qt. saucepan on med., heat 1 c. sugar; 6 Tbsp. butter, cut up; 1 Tbsp. cornstarch; ¼ tsp. salt; and lemon juice and lemon zest to boiling. Boil 1 min.

3. In sm. bowl, lightly beat 5 lg. egg yolks. Into yolks, beat small amount of lemon mixture. Off heat, whisk egg mixture back into lemon mixture in saucepan. Return to med.-low heat; cook stirring constantly, until thickened, about 5 min.

4. Pour lemon curd into bowl; cover surface area with plastic wrap and refrigerate 3 hrs. or until well chilled. Store in refrigerator up to 1 week. Makes about 1½ cups.

FAMILY ROOM

Candy Cottontail Cookies

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

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

VANILLA SUGAR COOKIES

3 c. all-purpose flour
 $\frac{3}{4}$ **tsp. baking powder**
 $\frac{1}{2}$ **tsp. salt**
1 c. (2 sticks) butter, softened
1 c. sugar
1 lg. egg
2 tsp. vanilla extract
1 tsp. almond extract

1. Preheat oven to 375°F.
2. In lg. bowl, whisk flour, baking powder and salt. In another lg. bowl, with mixer on med.-high speed, beat butter and sugar until smooth. Beat in egg, then extracts, scraping down side

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

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

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



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GOOD HOUSEKEEPING BEAUTY LOOT SWEEPSTAKES (page 30)

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

GOOD HOUSEKEEPING KALAHARI RESORTS GETAWAY SWEEPSTAKES (page 142)

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BunnyLand



We're not here
for a photo



The best holiday for chocolate.

Depending on who you ask.



FAMILY ROOM



PLAY WITH YOUR FOOD

Candy Cottontail Cookies

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



teach your child to be a
FORCE FOR GOOD

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

KID-IFY HOUSEHOLD CHORES

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

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

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

(DON'T) KEEP THE CHANGE

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

Up the impact Let them see it. "A change jar sitting in the kitchen

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

SHARE EASTER CANDY

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

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

SWEETEN THE PIE

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

ADOPT A PET

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

—Stephanie Dolgoff

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



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LAST DROP

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MATCH MAKER

Adopt a Critter

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

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

—Sara Bower



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H₂O, YEAH!
Pack cover-ups and water shoes for cruising from the room to the park.



THE ULTIMATE FAMILY GETAWAY

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

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

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

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

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

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



OUT OF AFRICA
Join Kenya the Elephant and pals for breakfast.

FISH TALE
Book your mermaid lesson ahead of time.



WEEKEND OASIS
Turn to page 135 for your chance to escape the hustle.



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

UNRIVALED ROCKER

A strategic incline makes this chic Jonathan Adler-designed soother a savior for restless babies.

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



MUST-HAVE MONITOR

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

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



AWESOME ACTIVITY CENTER

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

**3-STAGE ACTIVITY
CENTER, \$120,
SKIPHOOP.COM**



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

SUBMISSION DETAILS

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

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

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GH SEAL STAR OF THE MONTH

OLAY

MICRO-SCULPTING FORMULA

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



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

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