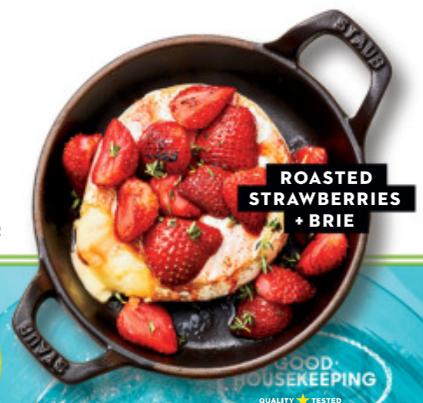




EASY GARDEN FLAIR

# TASTES *like* SUMMER

← PLUS, Amazing Deck + Patio Ideas! P 32



ROASTED STRAWBERRIES + BRIE

# GOOD HOUSEKEEPING

## 21-Day SUGAR DETOX

## the LAB-TESTED SECRET TO FLAWLESS SKIN

# Speed Cleaning Tricks

Make Any Room Shine!

**BEST BEDDING Awards**

Top Mattresses  
Perfect Pillows  
Super Sheets  
Sleep Better Tonight!



GOOD HOUSEKEEPING QUALITY TESTED



# LOVE in a Snap!

Delicious single-serve entrées to delight your cat.  
New Fancy Feast Petites.



**Fancy Feast**  
**Petites**

LOVE IS IN THE DETAILS®

# the **GOOD** stuff



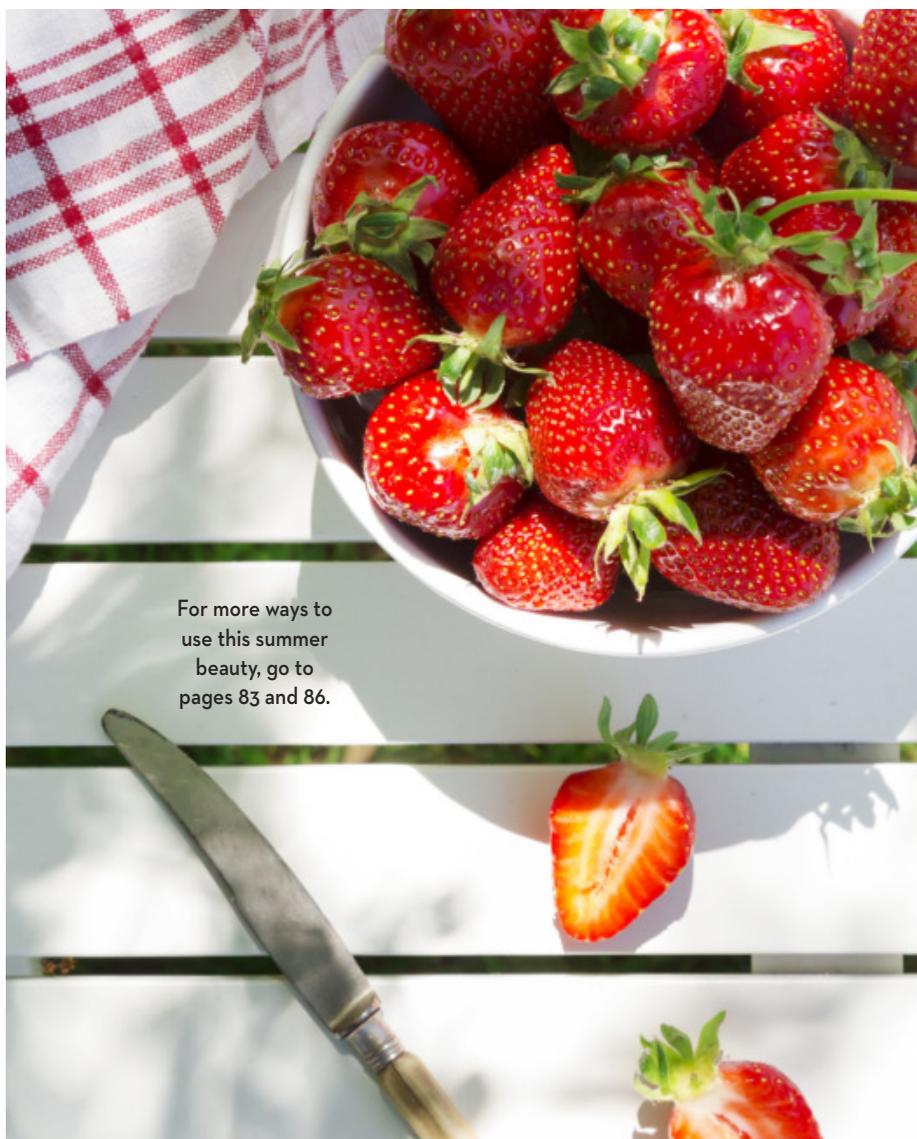
## SEASONAL SHADES

Set the tone for summer with a beachy blue-and-white runner. Switch to warmer tones when the weather cools.

### ENTRYWAY

## Welcome Summer!

Stash all your in-season items, like towels and other pool or beach essentials, close to the door. In the winter, swap in gloves, hats and boots. Designer Marika Meyer recommends incorporating storage bins to make the most of the space, as she did in this Maryland home. “Label each container with a family member’s name to stay organized, and look for bins with lids so the boxes can be stored easily in the off-season,” she advises.



For more ways to use this summer beauty, go to pages 83 and 86.

### JUNE CROP

# STRAWBERRIES

Get a punch of vitamin C and fiber in every serving of this sweet summer fruit. Here are our Test Kitchen's favorite ways to enjoy it:

#### SPARKLING LEMONADE

In small saucepan, simmer 1 cup each **sugar** and **water** to dissolve sugar; let cool. In blender, puree ½ lb **strawberries** with ¼ cup **fresh lemon juice**. Strain into pitcher. Stir in sugar syrup and 1¼ cups fresh lemon juice; chill. Before serving, stir in two 12-oz cans **club soda**.

#### CHEESECAKE ICE CREAM

Using electric mixer, beat 14 oz **sweetened condensed milk**, ½ cup **cream cheese** (at room temp) and 2 tsp **vanilla** to combine. Beat in 2 cups **heavy cream** until thick, stiff peaks form, 5 min. Fold in 8 oz **strawberries** (pureed); transfer to loaf pan, cover and freeze at least 8 hr.

#### PICKLED-BERRY TOAST

Whisk together 2 tsp each **honey** and **red wine vinegar** and ¼ tsp each **kosher salt** and coarsely ground **pepper**. Fold in 8 oz **strawberries** (sliced); let sit, tossing occasionally, 5 min. Spread **goat cheese** on **crostini**; top with strawberries. Sprinkle with more pepper.

## CONTENTS

### FASHION + BEAUTY

13

#### GH STYLE LAB

Sunny yellow accessories

14

#### INSIDE THE GH BEAUTY LAB

Primers, flowers and hot buys

17

#### PROVEN WAYS TO EVEN YOUR SKIN TONE

23

#### HOW TO LIGHTEN YOUR HAIR AT HOME

27

#### GH SEAL SPOTLIGHT

Summer beauty problem solvers

### YOUR HOME

32

#### MODERN HOME MADE FOR OUTDOOR LIVING

38

#### A COOL VICTORIAN

44

#### INSIDE THE GH CLEANING LAB

Small-space cleaning tools and summer cleaning shortcuts

### DISCOVER

49

#### "THIS IS MY LIFE ... WITH CANCER"

54

#### INSIDE THE GH NUTRITION LAB

Unsung food heroes

56

#### STOP SUGAR CRAVINGS

58

#### PROJECT TELL ME



# BRING ON THE INSTANT *summer tan.*

*Get those winter legs out of hibernation in a snap.*

With Jergens® Natural Glow® Instant Sun® Sunless Tanning Mousse, you create your own sunshine. Flawless Color. Dries in 60 seconds. Let's glow!

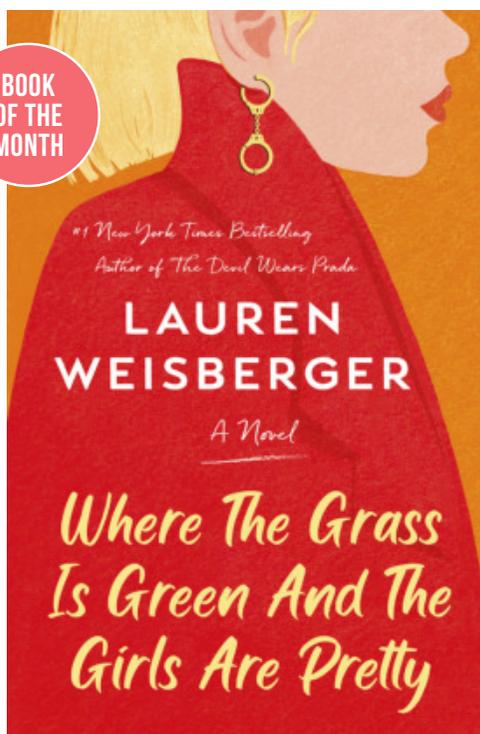
## JERGENS®





# BEST BEACH BAG BETS

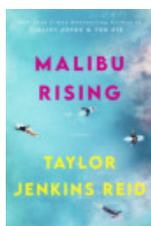
BOOK  
OF THE  
MONTH



## FEEL-GOOD READ

### *Where the Grass Is Green and the Girls Are Pretty* by Lauren Weisberger

Fans of *The Devil Wears Prada* will love this summer sizzler by the same author. Morning-show anchor Peyton is a put-together woman who has it all: a swanky job, a beautiful family and a great apartment. Her sister, Skye, is a stay-at-home mom in a suburb just this side of Stepford who recalls her do-gooder dreams and sometimes wonders if she has sold out while she's organizing the carpool. Max, Peyton's daughter, is heading off to Princeton in the fall to study film and finally find a place where she belongs. But after a little lie with big consequences is exposed, Peyton's perfect life begins crashing down on her and threatens to take the rest of them with it. Soon they all have to reckon with their roles in both a shocking scandal and their fractured family. It's the perfect beach read, with gasp-worthy twists and plenty of heart. **\$28**



SUMMER  
FICTION

*Malibu Rising*  
by Taylor  
Jenkins Reid

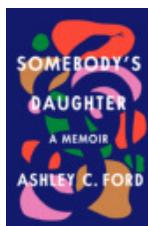
It's summer 1983 in Malibu, on the eve of the annual Riva family bash. All four siblings will be there: supermodel Nina, surfer Jay, photographer Hud and baby sister Kit. But all are bringing dangerous secrets to the party. By the end of the night, Nina's mansion—not to mention their relationships—will be in flames, courtesy of an uninvited guest. **\$28**



LGBTQ+  
ROM-COM

*One Last Stop*  
by Casey  
McQuiston

August, a jaded waitress at an iconic New York City diner, thinks she's too smart to fall in love. But then she meets Jane, a punk-rock chick who jump-starts her heart. One problem: Jane is a time-traveling exile from the 1970s, and she literally can't get off the train. It'll take everything August has to save Jane and the life she's carved out for herself. **\$17**



MOVING  
MEMOIR

*Somebody's Daughter*  
by Ashley C.  
Ford

When Ashley's father went to prison, he left her to struggle with her body, her mother and her identity as a poor Black girl, all while wishing her dad were there for support. After a sexual assault throws her into turmoil, Ashley finally learns what he did to land there, setting off a whole new reckoning. Not a light read, but a gorgeously poignant one. **\$28**

65  
**BEST-TESTED  
SLEEP ESSENTIALS**

72  
**BEST OF THE TEST**  
Smart watches

**COOK + SAVOR**

76  
**27 THINGS TO EAT,  
GRILL, SIP AND SERVE**

84  
**EASY WEEKNIGHTS**

88  
**INSIDE THE KITCHEN  
APPLIANCES LAB**

**FAMILY + PETS**

99  
**GH LITTLE LAB**  
Toys to the rescue

102  
**SUN SAFETY FOR PETS**

**IN EVERY ISSUE**

104  
**GH SEAL STAR  
OF THE MONTH**  
Swiffer Super  
Extender duster



**Cover:** Photographed by Mike Garten; prop styling by Alex Mata. **Inset (roasted strawberries):** Photographed by Mike Garten; food styling by Christine Albano; prop styling by Alex Mata. **Inset (garden lights):** Sara Ligorria-Tramp.

To learn more about our feel-good picks, their authors and other books we love, visit [goodhousekeeping.com/gh-book-club](https://www.goodhousekeeping.com/gh-book-club).

# HIGH PROTEIN. LESS SUGAR.\*



**30g**

PROTEIN

**1g**

SUGAR



Save **\$3** today  
[ensure.com/maxsavings](https://ensure.com/maxsavings)



## Available in 4 delicious flavors:

- Milk Chocolate
- French Vanilla
- Café Mocha
- Mixed Berry

### Ensure.com

Use as part of a healthy diet.

\*90% less sugar than Ensure Original. Ensure® Original 8 fl oz = 15g sugar vs Ensure® Max Protein 11 fl oz = 1g sugar.

†Vitamins C and E.

©2020 Abbott 20204462/June 2020 LITHO IN USA

**Ensure**  
STRENGTH &  
ENERGY



# family matters

**In preparation for Father's Day**, I asked the GH crew to share some personal nuggets. At right you will find expressions of glee, celebration, respect, contemplation and humor reflecting some of what fathers mean to us. After reading everyone's responses, I felt moved and inspired to tackle the exercise myself. Hopefully you will feel the same way.

**How I am most like my dad** Well, my dad is genuinely one of my favorite people, and he quietly lights up every room with a smile. If I'm like him at all, it's because I've tried to emulate him. Here are some of his traits I hope to share: believing anything is possible if you set your mind to it; finding moments of genuine happiness in almost any circumstance; assessing every new opportunity through both a creative lens and an analytical one; always trusting others (friends, family and strangers alike) to do the right thing; an infinite curiosity about people and their lives; and following your own moral compass rather than doing what is popular or expected.

**A favorite memory of my dad** In high school, I totaled the family car in an accident while my dad was away. Thankfully no one was hurt, but the event itself was terrifying and high-stress, and the police were involved. When I finally saw my dad, he walked up to me, put his arm over my shoulder and gave it a squeeze, saying, "Glad to see you're OK." That was the last thing he said about it.

**What I learned from my dad** My dad is a teacher. He will be 80 this year, and even in the midst of COVID-19, one of his favorite activities is picking up a shift as a substitute at one of the local high schools. He loves to teach. He taught me to swim at 3, build a fire from scratch at 5, drive a car at 13 (you see where that got us!)—and, most important, he taught me that if you really want to do something, you just have to try. If you make mistakes (or have an accident), you absorb the lesson and improve. There's no point in beating yourself up, and definitely don't quit.

One of the ways I keep learning from my dad is through the stories he shares from his various life stages. I believe storytelling is one of the most inspiring educational tools, which is why I am so proud of *GH's* incredible real-life stories. This month we've joined forces with brands across Hearst, including *Esquire*, *Woman's Day*, *Harper's Bazaar*, *Oprah Daily* and more. Project Tell Me (page 58) features firsthand experiences, wisdom and lessons for the next generation from Black Americans 75 and older. Learning from our mistakes (and from what we get right) goes beyond driving a car. We can get better at taking care of ourselves and each other—we just can't quit trying. *Thanks, Dad!*



## WARM HUGS

One of the best things about my dad is the calm he brings to every situation, from getting me up on water skis to dealing with everyday household catastrophes.

*Jane*  
Jane Francisco  
EDITOR IN CHIEF

## DEAR DAD

In honor of Father's Day, I asked the team to share some reflections on their dads.



### Shanon Maglente

Product & Reviews  
Assistant Editor

**How I am most like my dad** I'm just as stubborn as he is, to a fault!

We're both quiet yet great at challenging the status quo.

### Stefani Sassos

GH Institute  
Registered  
Dietitian Nutritionist

**What I learned from my dad** The importance of integrity, hard work and generosity.

**A favorite memory of my dad** Our father-daughter dance on my wedding day, to our favorite Billy Joel song, "Just the Way You Are."

**How I am most like my dad** We're both athletic and very passionate about health and nutrition!



### Sabina Wizemann

Senior Chemist

**What I learned from my dad** To remember that there are more good people than bad.

**A favorite memory of my dad** Holding hands through an entire screening of *Alien*.

**How I am most like my dad** When I trust someone, I trust them with all my heart. And I can be hotheaded.

### Lauren Matthews

Group Digital  
Content Director

You may not think "insurance litigator" and "empathy" belong in the same sentence, but one of the most important things I've learned from my dad is to put myself in other people's shoes. It adds clarity and understanding to any situation and allows for additional kindness and respect in a world that needs more of both.





# BROWS FOR DAYS

BECAUSE YOU'RE WORTH IT.™

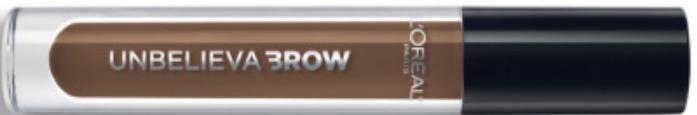


BEFORE

AFTER

## UNBELIEVA-BROW LONGWEAR BROW GEL

ENHANCED UP TO 48 HOURS  
WATERPROOF. NO SMUDGE. SWEAT RESISTANT.



# L'ORÉAL PARIS

SIMULATION OF PRODUCT RESULTS ©2021 L'Oréal USA, Inc.  
@LOREALPARIS



**Kristen Saladino**  
Fashion Director  
**What I learned from my dad**

The importance of homemade dessert. His mud pie is killer! **My favorite memory with my dad** is of when I was 6 and didn't think I could swim to the big kids' dock in the middle of the lake. He encouraged me and swam by my side the whole time. **How I am most like my dad** We love to go clothes shopping.



**Laura Formisano**  
Associate  
Art Director  
**What I learned from my dad**

Never be afraid to speak your mind; don't worry that you'll say the wrong thing. That's how you learn and grow and come up with great ideas. **My favorite memory with my dad** When I was in college, we would meet once a week for lunch or dinner at a little Thai place near Gramercy Park. That time alone with my dad has always been so special to me. **How I am most like my dad** In almost every way possible! But a big one is we are both creative. He's an art director too. He is the most talented person I know.



**Alyssa Jung**  
Senior Editor  
**What I learned from my dad**

The value of never giving up. Whether trying to beat my best 5K time or scrambling to land my first magazine job in New York City, I've always approached it with everything I had, because that's what my dad modeled for me. **My favorite memory of my dad** is going to work with him when I was a kid. I'd spend the day reading under his desk, coloring with scented markers and chatting with all of his employees. We'd have a bagel and fancy OJ for breakfast and pizza for lunch, and he'd always buy me a York

Peppermint Pattie and a new book. Also, watching football every Sunday. I loved choosing what fan gear to wear, setting up our "good luck charms" around the living room and munching on snacks. By the time I was 8, I could match him cheer for cheer and knew enough about the game to talk shop and get mad over bad calls. And after all these years, our routine (whether we're together or apart) is still going strong! **How I am most like my dad** I am his clone, from face shape to skin tone to (lack of) patience, taste in snacks, love of wine and even the way we walk. There's no denying that's my daddy!



**Marisa LaScala**  
Parenting & Relationships Editor

**My father and I think differently,** which made us the perfect team for beating puzzle-based video games together. I'd handle anything involving word-play, and he'd attack the more analytical problems. My favorite memories are of us celebrating after we unlocked a new level.



**Lisa Bain**  
Executive Director, Health Newsroom

**How I am most like my dad**

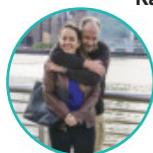
1. My love of reading (each summer he would come home with a stack of books for me to bring along the night before I'd leave for sleepaway camp).
2. My organizational skills and my belief in the power of lists.
3. My ability to load a dishwasher the right way (and yes, there is a wrong way!).



**April Franzino**  
Beauty Director

My dad gave me his tender heart, love of music, tireless work ethic and way with words — so many of the

most important pieces of who I am. He showed me by example that it was OK to cry, feel and express my emotions; he taught me the transformative power of words and to give everything I had to anything I did. And he gave me an appreciation for the otherworldly beauty of an epic guitar solo!

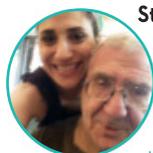


**Kayla Keegan**  
Senior Entertainment & News Editor  
**My favorite memory of my dad**

Choosing a decadent dessert recipe on Pinterest together and making it for the family during the holiday season. Neither of us is particularly good at baking (and we don't bake at any other time of year), but this makes the tradition that much more special, memorable and fun. We didn't get to do it last year due to COVID-19, but I am so looking forward to (hopefully) baking with my dad again soon.

**Michelle Manetti**  
Group Deputy Director

My dad passed away when I was 13, but a memory that always sticks with me is how one night when it was pouring, he woke up my sister and me to watch the rain with him in the middle of the night. It was so late, but he loved the rain and wanted to share that moment with us.



**Stephanie Dolgoff**  
Deputy Director, Health Newsroom

**Best advice my dad ever gave me**

"If you make \$70,000 a year, live like you make \$50,000." His parents were raising children during the Great Depression, and he was very poor growing up, so though he made it to the middle class, he always thought this way. It has stood me in good stead, and now that my kids are getting

ready to go to college, we have more saved for them than most people I know.



**Jessica Teich**  
Deputy Editor  
**What I learned from my dad**

A direct quote from Dave Teich: "The worst three words in the English language are 'I should have.'" He has instilled in me that it's crucial to leave no stone unturned when it comes to listening to your heart and your gut, even (especially!) if it doesn't make sense to anyone else. Do everything, go everywhere, see it all through, take the time to explore what you love or wonder about — and ask every question, especially the hard ones.

**My favorite memory with my dad** The overall feeling of unconditional support, pride and love he has for my brother and me. A more specific memory: his not only being the ultimate chauffeur, but also making it fun, from doing donuts in snowy Maine parking lots in the '90s (sorry, Mom!) to always picking up my friends and me, no matter what the hour, activity or year (yes, he still does this!). **How I am most like my dad** We are fiercely loyal and we fight for what we believe is right on behalf of ourselves and others.



**Carolyn Forté**  
Home Appliances & Cleaning Products Director

**What I learned from my dad** My dad always said, "You catch more flies with honey than you do with vinegar." This helped shape how I deal with others. **My favorite memory of my dad** When I was in grade school, I wrote an essay about my dad for Father's Day. He was a gentle, sensitive man, and as soon as he started reading it, he began to

# AVON

make  
life  
beautiful



Let  
youthful  
skin  
**blossom**  
with  
the power  
of  
**peonies**

## INTRODUCING ISA KNOX ANEW LX ULTIMATE

**Infused with paeonol**, a unique extract harvested at its peak from rare peonies and processed through an **exclusive technology**. Enriched with **niacinamide, panthenol and other anti-aging ingredients**, this proprietary compound is specially formulated to visibly diminish wrinkles and improve the appearance of skin texture, tone and clarity, for a **rejuvenated look beyond the ultimate**.

Shop with your Avon Representative or find one at [Avon.com/peonies](http://Avon.com/peonies)



FROM THE EXPERTS  
AT THE **GOOD  
HOUSEKEEPING  
INSTITUTE** AND  
THE BELOW SPONSORS

**GENIUS DAD'S  
DAY GIFTS**



In the GH Tested program, our Labs test products from brand sponsors and share our results on the ones that impress us.



**A SHARPER SWING**

Golf fans will be obsessed with this cutting-edge club.

**LAB LOWDOWN**

The head of Callaway's Epic Max Driver has an optimized geometric design that our testers all agreed makes it easier to hit the ball farther and straighter. One raved, "Not only does this club look great, but it dramatically and consistently improved my range."

**DICK'S SPORTING GOODS,**  
CALLAWAY EPIC MAX DRIVER, \$530,  
DICKSPORTINGGOODS.COM



**A DREAM FAMILY  
RV VACATION**

Outdoorsy makes it easy to rent RVs directly from owners in over 4,800 cities and 14 countries.

**LAB LOWDOWN** Our pros like that Outdoorsy provides insurance to help protect renters, owners and vehicles. To find an RV, search by location and date, then filter by vehicle type, number of guests or price. Pick-up and drop-off are coordinated with the owner.

**OUTDOORSY** RV RENTAL  
PLATFORM, OUTDOORSY.COM

cry. I will always remember how much my words touched him.



**Sue Kakstys**

Assistant  
Managing  
Editor

**Favorite  
memory of my  
father**

When I was in high school, I asked my father if I could drive one of our family's cars to school, because I dreaded the one-mile walk in the winter. He looked me in the eye and said, "God gave you two healthy legs – use them!" Now I often think of him as I strive to walk my 10,000 steps each day!



**Lynn  
Redmile**

Analyst  
I have so many  
great memories  
of my late dad.

He wasn't perfect (who is?!), but I adored him.  
**What I learned from my dad** When I was growing up, my dad often told me to "look it up." This was in the days before the Internet. We had a set of the *Encyclopaedia Britannica*, multiple hardcover volumes with superthin paper, tiny text and occasional illustrations (black-and-white drawings or diagrams, not photos). The selected book had to be carefully placed on the dining room table; clean hands were required to turn the pages. It set me on a lifelong quest to find the facts and learn more.



**Annie  
O'Sullivan**

Editorial  
Assistant  
**What I  
learned  
from my dad**

It's better to be the most compassionate person in a room than the smartest.  
**My favorite memory with my dad** Singing "Piano Man" together in

a piano bar at the Jersey Shore.  
**How I am most like my dad** We're both loud. You can hear us before you see us.



**Lexie Sachs**  
Textiles Lab  
Director

**Favorite  
memory with  
my dad**

My dad building fires in our fireplace on cold, snowy nights. I didn't realize how much I enjoyed it at the time, but now whenever I smell wood burning in my neighbor's fireplace, it takes me back to my childhood living room and gives me a cozy, nostalgic feeling.



**Monique Valeris**

Senior  
Home Editor  
**What I learned  
from my dad**

The importance of having a strong work ethic and accepting responsibility at a very early age.  
**My favorite memory with my dad** There are so many, but I remember how my television suddenly stopped working once, and before I could purchase a new model, he teamed up with my brother to set one up in my living room. I recall a handwritten note from him taped to the screen, and it's still one of the most thoughtful things anyone has done for me.  
**How I am most like my dad** We both appreciate a good laugh.



**Amanda  
Garrity**  
Associate  
Lifestyle  
Editor

**What I learned  
from my dad**

Family is everything.  
**Favorite memories with my dad** All the father-daughter dances we went to when I was growing up. I would get all dressed up, he'd give me a corsage and we'd dance to "Butterfly Kisses" by Bob Carlisle.



**Janie Matthews**  
Research  
Director

A man of few  
words and  
high standards,

my father combined

sharp intelligence, an engineer's fix-it skills and a farm-bred work ethic. As a teen, I so desperately wanted his approval that I felt my voice tremble whenever I tried to breach the conversational wall I felt between us in the car or at the table. The only time I saw him cry was at the funeral of his younger brother, taken suddenly at 32 by a massive heart attack. The only time I saw him weak was when he lay in a hospital bed hooked up to cardiac monitors – felled himself at 49, but alive, thank God. This spurred him to stop smoking and make other changes to thrive another 23 years. I internalized my role model's goals, his intensity, as I strove to excel. When he died, my mother told me and my brother and sister, "He really loved you, you know, even though he didn't show it that much." I already knew – I never had any doubt, actually. I feel his spirit safeguarding me from afar, and he returns to me sometimes in dreams, talking easily as we drive, going who knows where.



**Tiffany  
Blackstone**

Executive  
Director,  
Editorial Business  
Development

By making dinner most nights and grocery shopping every Wednesday evening (coupon box and all), driving over an hour away to make sure I had the perfect costume when I had the lead role in my third-grade production of *Alice in Wonderland*, and in so many other ways, my dad taught me that moms don't need to do it all when they have a great partner to share the work with.

IMPROVES SKIN

# 3X BETTER\*

Infused with prestige skin care ingredient Retinol, Olay transforms skin from dry and stressed to bright and smooth.



+RETINOL



SCAN TO BUY

Hover phone  
camera  
over code



NO APP NEEDED

\* vs. leading body wash  
\* after 14 days, based on clinical moisture retention data

# OLAY

BODY CARE

FEARLESS IN MY SKIN

# IAMS<sup>®</sup> WHO I AM<sup>™</sup>

Nurture their  
loving hearts  
with IAMS<sup>™</sup>  
Large Breed



FROM THE EXPERTS AT THE GOOD HOUSEKEEPING INSTITUTE

# ★ GH style lab ★

Beauty & Fashion

×  
TRENDING  
**sunny  
yellow**

Danielle Daly. Prop styling by Alex Mata.

BUSINESS &  
PLEASURE CO.  
COOLER, \$79,  
BUSINESSAND  
PLEASURECO.COM

SHADE & SHORE SANDALS, \$15, TARGET.COM

PETER GRIMM HAT, \$50, KOHLS.COM



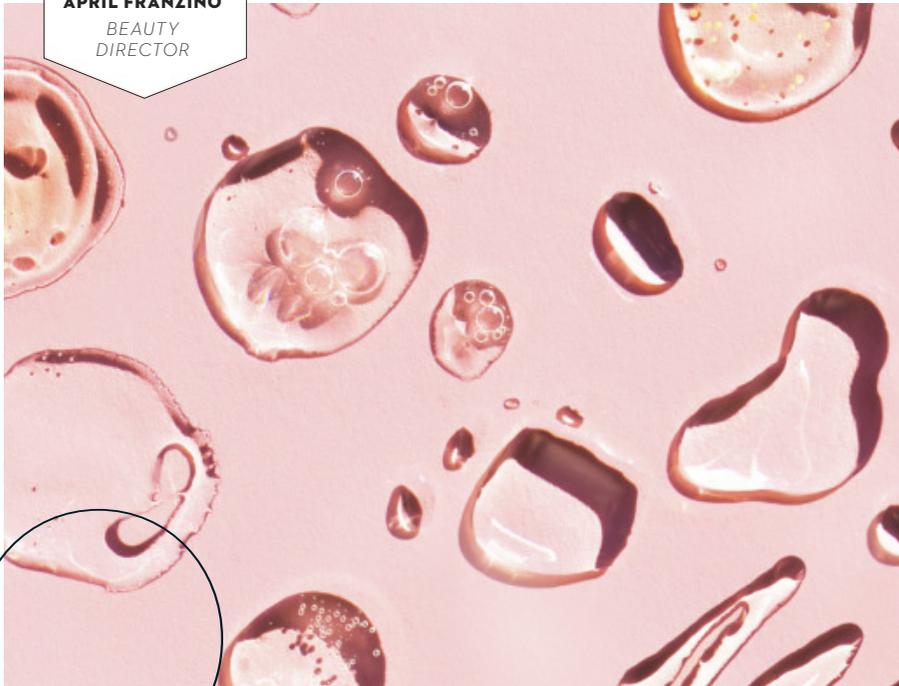
INSIDE THE

# GH BEAUTY LAB

The look-gorgeous news, tricks and trends you need to know from GH's in-house scientists and experts



**APRIL FRANZINO**  
BEAUTY  
DIRECTOR



## What is makeup primer—and do I really need it? —Gina M.

**A:** Maybe. Primers are sheer or lightly tinted gels or lotions that use ingredients like silicones to help even out skin's surface and minimize the look of pores so makeup goes on more uniformly. "They create a smooth canvas for makeup," says Jamie Greenberg, a makeup artist in Los Angeles. Like primers for paint, they also contain ingredients to help color adhere to skin so it will last longer without fading, especially in warm or wet weather—or under a mask. This is why primer is a staple in makeup artists' kits. "It works as a shield between skincare and makeup," says Camara Aunique, a makeup artist and founder of Camara Aunique Beauty. There are primers for face, eyes, lips and even eyelashes! Before applying makeup, blend primer over your face with your fingers to help it meld into skin, then let dry fully.

**GH Beauty Lab pick:** GH Seal star **No7** Airbrush Away Primer, \$20, Ulta —Reporting by Katie Berohn

**HAVE A QUESTION FOR THE BEAUTY EXPERTS?** Email [askapril@goodhousekeeping.com](mailto:askapril@goodhousekeeping.com).

## Beauty Closet NEW & HOT

The latest and most exciting finds we've come across this month



### JUICY EAU

This invigorating spritz of tart rhubarb and orange grounded with warm cedarwood is the essence of fresh summer fruit, bottled.

**JO MALONE LONDON** TANGY RHUBARB COLOGNE, \$74, **NORDSTROM**



### SMILE BRIGHTENER

Don't be fooled by the blue hue: This minty balm goes on sheer, giving lips a dewy gleam that makes teeth look whiter.

**LANCÔME** L'ABSOLU MADEMOISELLE LIP BALM IN MINT FRESH BLUE, \$26, **ULTA**



### BODY REFRESH

Deodorant that's more like skincare, this souped-up formula is a soft, clear gel that contains soothing aloe leaf juice and cools skin on contact.

**SECRET** DERMA+ ANTIPERSPIRANT IN COOLING ALOE, \$8, **TARGET**

## SUDDENLY EVERYWHERE

### FLOWERS FOR REVIVED SKIN

Blooms have benefits beyond scenting perfume and looking pretty: Give skin new life this season with the bouquet of floral extracts and oils being infused into skincare.

FLOWER	SKIN BENEFIT	GH BEAUTY LAB PICK
ROSE	Roses are more than a symbol of love; studies show that their extracts have anti-inflammatory and antioxidant properties.	<b>GARNIER</b> SKINACTIVE SOOTHING FACIAL MIST WITH ROSE WATER, \$9, <b>DRUGSTORES</b>
TULIP	The spring staples, which grow after cutting, have smoothing growth factors and moisture boosters, per brand research.	<b>BLOOMEFFECTS</b> TULIP NECTAR SKIN REPAIR BALM, \$47, <b>DEPARTMENT STORES</b>
PEONY	Lush peonies pack anti-aging power: In a study, peony root extract reduced lines and shielded skin cells from UVB damage.	<b>L'OCCITANE</b> PEONY PERFECTING TONER, \$24, <b>LOCCITANE.COM</b>
HIBISCUS	Studies have found that these tropical stunners stimulate collagen synthesis and have malic acid, which lightly exfoliates.	<b>BOTANICS</b> ALL BRIGHT RADIANCE CONCENTRATE SERUM, \$12, <b>TARGET.COM</b>
IRIS	This regal flower's antioxidants protect skin from free-radical damage along with having hydration-enhancing effects.	<b>WELEDA</b> IRIS HYDRATING LOTION, \$24, <b>AMAZON.COM</b>

# GET AHEAD OF ECZEMA AND SHOW MORE SKIN

DUPIXENT is a breakthrough biologic treatment that targets a key source of inflammation that can lead to uncontrolled moderate-to-severe eczema (atopic dermatitis).

Approved for ages 6 and up.

- ▶ Fast itch relief\*
- ▶ Clearer skin that lasts\*
- ▶ Not an immunosuppressant
- ▶ Not a cream or steroid

\*In a clinical trial at week 16, 59% of adults taking DUPIXENT + topical corticosteroids (TCS) had significantly less itch vs 20% on TCS only; 39% saw clear or almost clear skin vs 12% on TCS only. 36% saw clear or almost clear skin at week 52 vs 13% on TCS only.

HELP  
HEAL  
YOUR  
SKIN  
FROM  
WITHIN™

DEBBIE,  
REAL PATIENT  
Individual results may vary.

**DUPIXENT**   
(dupilumab) Injection  
200mg • 300mg

— TALK TO YOUR ECZEMA SPECIALIST AND GO TO [DUPIXENT.COM](http://DUPIXENT.COM) TO FIND OUT MORE —

## INDICATION

DUPIXENT is a prescription medicine used to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

## IMPORTANT SAFETY INFORMATION

**Do not use** if you are allergic to dupilumab or to any of the ingredients in DUPIXENT®.

**Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:** have eye problems; have a parasitic (helminth) infection; are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby. There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy to collect information about the health of you and your baby. Your healthcare provider can enroll you or you may enroll yourself. To get more information about the registry call 1-877-311-8972 or go to <https://mothertobaby.org/ongoing-study/dupilumab/>; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your healthcare provider if you are taking oral, topical or inhaled corticosteroid medicines or if you have atopic dermatitis and asthma and use an asthma medicine. **Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

**DUPIXENT can cause serious side effects, including:**

**Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.

**Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

**The most common side effects in patients with atopic dermatitis include** injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, and cold sores in your mouth or on your lips.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed. Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it. DUPIXENT is an injection given under the skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

**Please see Brief Summary on next page.**

SANOFI GENZYME  **REGENERON**

© 2021 Sanofi and Regeneron Pharmaceuticals, Inc.

All Rights Reserved. DUP.21.02.0134

**YOU MAY BE ELIGIBLE FOR AS LITTLE AS A \$0 COPAY.† CALL 1-844-DUPIXENT (1-844-387-4936)**

†THIS IS NOT INSURANCE. Not valid for prescriptions paid, in whole or in part, by Medicaid, Medicare, VA, DOD, TRICARE, or other federal or state programs, including any state pharmaceutical assistance programs. Program has an annual maximum of \$13,000. Additional terms and conditions apply.

# Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) Rx Only (DU-pix'-ent) injection, for subcutaneous use

## What is DUPIXENT?

- DUPIXENT is a prescription medicine used:
  - to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

## Who should not use DUPIXENT?

**Do not use DUPIXENT** if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

## What should I tell my healthcare provider before using DUPIXENT?

**Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:**

- have eye problems
- have a parasitic (helminth) infection
- are scheduled to receive any vaccinations. You should not receive a “live vaccine” if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
  - **Pregnancy Exposure Registry.** There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1 877 311-8972 or going to <https://mothertobaby.org/ongoing-study/dupixent/>.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

## Especially tell your healthcare provider if you:

- are taking oral, topical, or inhaled corticosteroid medicines
- have atopic dermatitis and asthma and use an asthma medicine

**Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

## How should I use DUPIXENT?

- **See the detailed “Instructions for Use” that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes and pre-filled pens.**
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield or as a pre-filled pen.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

- **If your dose schedule is every other week and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- **If your dose schedule is every 4 weeks and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, start a new every 4 week dose schedule from the time you remember to take your DUPIXENT injection.
- If you inject more DUPIXENT than prescribed, call your healthcare provider right away.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

## What are the possible side effects of DUPIXENT?

**DUPIXENT can cause serious side effects, including:**

- **Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

## The most common side effects of DUPIXENT in patients with atopic dermatitis include:

injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips. The following additional side effects have been reported with DUPIXENT: facial rash or redness.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

## General information about the safe and effective use of DUPIXENT.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to [www.DUPIXENT.com](http://www.DUPIXENT.com) or call 1-844-DUPIXENT (1-844-387-4936)

## What are the ingredients in DUPIXENT?

**Active ingredient:** dupilumab

**Inactive ingredients:** L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

Manufactured by: Regeneron Pharmaceuticals, Inc., Tarrytown, NY 10591  
U.S. License # 1760; Marketed by sanofi-aventis U.S. LLC, (Bridgewater, NJ 08807) and Regeneron Pharmaceuticals, Inc. (Tarrytown, NY 10591)  
DUPIXENT® is a registered trademark of Sanofi Biotechnology / ©2021 Regeneron Pharmaceuticals, Inc. / sanofi-aventis U.S. LLC. All rights reserved.  
Issue Date: January 2021

**FLAWLESS SKIN SPECIAL**

# SEEING SPOTS

**PROVEN WAYS TO EVEN  
YOUR COMPLEXION**

Hyperpigmentation and its sister melasma, conditions in which dark spots or patches form on the face or body, are common, especially in those with deeper skin tones. A major culprit: the sun—hence their other name, sun spots. Here, skin experts shine a light on the differences between them, their causes and the best instant and long-term solutions for these pesky, stubborn pigmentation issues.

by **DORI PRICE** and **APRIL FRANZINO**

## THE CONDITION

## HYPERPIGMENTATION

*“Hyperpigmentation is a common condition in which patches of skin are darker than the surrounding skin,” says Hope Mitchell, M.D., a dermatologist and the founder of Mitchell Dermatology in Perrysburg, OH. “It occurs when skin cells called melanocytes produce too much of the pigment melanin.” Think of this as an umbrella term for many types of discoloration, including spots from sun exposure, acne scarring and inflammation. It typically appears as freckle-like marks or dark spots on the face (also known as post-inflammatory hyperpigmentation or age spots) that leave tone uneven.*



## The Causes

**“Often hyperpigmentation is a sign** of sun damage or other dysregulation of pigment production in the skin,” says Julie Russak, M.D., a dermatologist and the founder of Russak Dermatology Clinic and Russak+ Aesthetic Center in New York City. “Sometimes it can be due to postinflammatory causes as well.” These can include marks left on skin after acne or injury and even minor incidences like bug bites. Other possible culprits: hormone changes (such as during pregnancy), oral contraceptive use and taking medications that increase sensitivity to sunlight.

## How to Prevent + Treat

**Keeping dark spots at bay** is all about sun protection: Apply broad-spectrum SPF 30 or higher daily to protect skin from UV damage. “Dark-spot treatments must be used with sunscreen to allow them to work,” says GH Beauty Lab Director Birmur Aral, Ph.D. Avoid heat and direct sun, Dr. Mitchell says, and picking and scratching skin, which “can lead to darker pigmentation.” To treat, “dark spot-fading skincare products must be used for at least four weeks” to see results, Aral says. Look for ingredients like hydroquinone, vitamin C, retinoids, soy, niacinamide and glycolic acids in products like serums and moisturizers. At the dermatologist, resurfacing lasers, like Clear + Brilliant, “work great for removing hyperpigmentation,” Dr. Russak says. Other fixes: laser resurfacing, IPL (Intense Pulsed Light), chemical peels and microneedling.

## THE CONDITION

# MELASMA

Melasma is a form of hyperpigmentation that usually looks like blotchy patches on the face. "It's more common in women and thought to be triggered by UV exposure, as well as hormonal influences," Dr. Mitchell says. "The hormonal aspect is what differentiates melasma from hyperpigmentation and can make it harder to treat." Melasma is commonly referred to as "the mask of pregnancy," as many women experience it then. Melasma can affect anyone, but people with darker skin tones are at higher risk.

## The Causes

**Hormones are one of the main causes** of melasma, which is why it is so prevalent during pregnancy, when women experience hormonal surges. "Though it isn't exactly clear why yet, melasma and estrogen appear to be linked," Dr. Mitchell says. "It's thought that estrogen acts on the cells in skin that produce more pigment and increases the amount of tyrosinase [a pigment-forming enzyme] in the body." An increase in estrogen can also make skin cells more sensitive to the sun. "These changing hormones result in excessive melanin production and, in turn, dark patches on your skin," she explains. Additional factors that contribute to melasma are ultraviolet and infrared radiation, heat exposure, inflammatory conditions and genetics.



## How to Prevent + Treat

**Again, it's SPF:** Applying sunscreen daily, even when indoors, is the number one way to prevent melasma. Avoid hormone treatments (specifically ones that involve estrogen), makeup or skincare that irritates your skin, tanning beds and waxing, all of which can exacerbate it, Dr. Mitchell says. In topical skincare treatments, vitamin C, kojic and azelaic acids and hydroquinone are effective for melasma. At the dermatologist, lasers such as Clear + Brilliant are also good for treating melasma, Dr. Russak says. Other options include prescription topical products, like the retinoid tretinoin and corticosteroids compounded with hydroquinone, and prescription oral tranexamic acid. (Turn the page for the GH Beauty Lab's best-tested face sunscreens of 2021.)

**HOW CAN I HIDE IT?** Layer base makeup to help conceal spots. "Smooth medium- or full-coverage liquid or cream foundation all over your face, then cover spots with a skin tone-matching cream concealer," says Rena Takeda, a Shiseido global makeup artist in New York City. "Apply a small amount directly on spots with a finger or brush, tap to blend the edges seamlessly, then top with a dusting of translucent powder to set."

## Tried + Tested DARK SPOT CORRECTORS

These powerhouses are proven to fade hyperpigmentation.



### BRIGHTENING SERUM

Made with vitamin C and soy, this GH Beauty Lab test-winning face serum reduced dark spots by 7% in four weeks, according to calculations with the Visia Complexion Analyzer device.

**CLINIQUE SMART CUSTOM-REPAIR SERUM,** \$62, DEPARTMENT STORES



### DAY CREAM

A winner of the Beauty Lab's anti-aging day cream test, this moisturizer with SPF containing vitamin C, glycolic acid and retinol improved the appearance of UV spots by 11% in four weeks in Lab measurements.

**L'ORÉAL PARIS REVITALIFT BRIGHT REVEAL BRIGHTENING DAY MOISTURIZER SPF 30,** \$20, DRUGSTORES



### NIGHT CREAM

Get rid of spots while you sleep with this night treatment featuring high levels of glycolic acid: It reduced hyperpigmentation by 12% in Beauty Lab testing.

**AVON ANEW ULTIMATE MULTI-PERFORMANCE NIGHT CREAM,** \$42, AVON.COM

## BEST SPOT CORRECTORS

[Full reviews + more top-tested products](#)

[goodhousekeeping.com/darkspots](http://goodhousekeeping.com/darkspots)



best of the test

# FACE SUNSCREENS

These star SPF's will shield you from skin damage and signs of aging (including sun spots!)



### how we tested:

GH Beauty Lab scientists evaluated chemical and mineral broad-spectrum SPF 30 or higher face sunscreens across price points on 277 testers with different skin tones for:

- Ease of application
- Scent, texture, absorption, irritation, staying power
- Look and feel on skin
- Perceived sun protection



SCORED  
**94**  
100

### BEST OVERALL

Boosted with anti-aging and antioxidant ingredients like peptides and vitamin C, **Vichy's** chemical SPF lotion was a top performer in almost every category, including moisturization and gentleness.

**TESTER NOTE:** "I didn't even notice I was wearing sunscreen," one marveled.

**LAB LOWDOWN:** Of testers, 100% agreed that it had an appealing texture, was easy to apply and didn't cause irritation or breakouts. It also scored highest for sun protection and making skin feel hydrated, as well as not leaving a white cast, being sticky or interfering with makeup.

**VICHY LABORATOIRES LIFTACTIV PEPTIDE-C SUNSCREEN SPF 30, \$39, DRUGSTORES**



SCORED  
**93**

### BEST LIGHTWEIGHT FORMULA

For a facial sunscreen that feels like (almost) nothing on skin, take a shine to **Banana Boat**, a featherlight chemical lotion that won't leave behind a sticky film.

**TESTER NOTES:** "Easily absorbed into my skin, leaving no residue," one raved. "I looked forward to putting it on in the morning," another remarked.

**LAB LOWDOWN:** It earned the highest marks for not creating a residue on skin, being tacky, running into eyes or causing tearing, and for its light, "tropical" scent.

**BANANA BOAT LIGHT AS AIR FACE SUNSCREEN LOTION SPF 50+, \$11, WALGREENS**



SCORED  
**88**

### BEST SHEER FINISH

No dreaded chalky look with this milky **La Roche-Posay** lotion that works on both face and body: Despite its high chemical SPF, it came out on top for being undetectable, even on dark skin.

**TESTER NOTE:** True to the name, "it seemed to melt into my skin," one said.

**LAB LOWDOWN:** The formula ranked highest among testers with dark skin tones for not leaving a white cast or a sticky film on skin and making skin feel hydrated but not oily, without any stinging.

**LA ROCHE-POSAY ANTHELIOS MELT-IN MILK SUNSCREEN BODY & FACE SPF 100, \$25, DRUGSTORES**



SCORED  
**85**

### BEST VALUE

The most affordable of the products tested, this **Hawaiian Tropic** lotion, a matte-finish mineral and chemical SPF combo, stood out for its mildness and classic "summery" coconut aroma.

**TESTER NOTES:** "I have extremely sensitive skin, and this didn't cause irritation," one reported. "Works much better than anything I've used," a second said.

**LAB LOWDOWN:** The fast-absorbing liquid rated well for not irritating, running into eyes or leaving a white cast on skin.

**HAWAIIAN TROPIC MATTE EFFECT MINERAL ENRICHED SUNSCREEN LOTION SPF 30, \$9, WALMART**



SCORED  
**85**

### BEST FOR OILY SKIN

A unique mineral zinc oxide sunscreen in gel-lotion form, **Bare Republic's** "silky" formulation didn't make skin greasy or bring on breakouts in Lab evaluations.

**TESTER NOTES:** "It was very mattifying and controlled my oil," and "I couldn't believe the finish: not greasy, and almost seemed to blur my pores," two said.

**LAB LOWDOWN:** It outperformed all others at not leaving skin oily or shiny, and it didn't cause irritation, redness or breakouts, though some users found that it left a white residue on their skin.

**BARE REPUBLIC MINERAL SUNSCREEN FACE GEL-LOTION SPF 30, \$17, TARGET**



SCORED  
**84**

### BEST MINERAL SPF

A winning mineral zinc oxide and titanium dioxide SPF for a range of skin types, **Sun Bum** proved gentle and not oily or sticky.

**TESTER NOTES:** Several commented on the "airy," "velvety" texture that felt "luxurious" and dried quickly "to a powder-feeling finish." Some also said it wore well under makeup, "like a primer."

**LAB LOWDOWN:** The lotion received a near-perfect score for not causing skin redness or irritation. Like other mineral-based sunscreens, it may leave a pasty cast on skin and could be drying.

**SUN BUM MINERAL SPF 30 SUNSCREEN FACE LOTION, \$18, TARGET**

# TODAY'S FORECAST: 100% CHANCE OF HYDRATED SKIN.

💧 Clinically proven to lock in hydration  
with Hyaluronic Acid.

💧 Skin so supple and hydrated,  
it bounces back.



#1 DERMATOLOGIST RECOMMENDED BRAND  
**Neutrogena**<sup>®</sup>

# Let the Scent SET THE MOOD

At Downy, we believe that all fabrics should transform the way we feel. That's why we condition, strengthen and protect your clothes, infusing them with unique scents so that every time you get dressed, it's an experience like no other. Use Downy to help you enjoy different moments of your day—and night!

## BLISS

Find happiness in the little things by changing how you do laundry. **Downy Infusions Bliss Fabric Softener** combines the sweet scents of amber and rose for clothes that smell as vibrant as they look. Perfect for your daily wear to start your day off right!



## REFRESH

Bring more energy to your laundry routine with **Downy Infusions Refresh Fabric Softener**. The fabric conditioner's invigorating scents of birch water and botanicals will bring a crisp, revitalizing freshness to your clothes. Perfect for workout gear to keep you motivated!



## CALM

The soothing scents of lavender and vanilla bean come to life in **Downy Infusions Calm Fabric Softener**, for clothes that smell as comforting as they feel. Use in your laundry for a tranquil, calm scent in your fabrics. Perfect for bedding to get your zzz's on!



### WHY IT EARNED THE GH SEAL

#### Amazing Scents

Whether you want to calm down, savor the sweetness, relish in romance or reinvigorate, Downy's four scents with delicate floral,

lavender, vanilla bean and botanical notes are there for you.

#### Fabric Protection

Works in the rinse cycle to soften fabrics, reduce static and align fibers so clothing

stays newer-looking longer.

#### Machine Friendly

It works in top and front-loading machines, and all you need is a capful in your machine's dispenser.



# GH+

Become a member today!  
For less than **40¢/week**  
you'll get:



An entire year of  
*GOOD HOUSEKEEPING*  
delivered right to your  
door (\$39.99 value)



All-access to  
exclusive digital content  
& bonus guides



Your chance to be a  
consumer product tester

Sign up at:  
[goodhousekeeping.com/joinnow](http://goodhousekeeping.com/joinnow)

THERE'S MORE! FIND YOUR PERFECT  
SCENT AT DOWNY.COM.



# How to LIGHTEN YOUR HAIR — *At Home*

If you're looking to brighten your hair color for summer, there are easy ways to DIY a subtle shift. From bleach to natural methods, hair pros explain the best ways to refresh your shade this season.

by DORI PRICE

**Sundresses, sandals, spritzers—these are just a few signs of summer.** When it comes to beauty, one of the biggest is brighter hair. Before you grab the bleach, know that a salon visit is necessary for making any big color transformation, like going more than a few shades lighter than your current hue. Otherwise “you risk overprocessing your hair, turning it orange and increasing breakage,” says Angela Soto, a hairstylist and owner of Baja Studio salon in New York City. But for more subtle changes, there are techniques to illuminate your hair at home, including lightening kits and natural methods

using household or pantry ingredients you may already have. Just be realistic about the results you can achieve based on your hair's color: “If you're a natural blonde, DIY treatments can lighten your shade around the face or on the ends,” says Steven Picciano, a Goldwell National Artist and the owner of Glass Beauty Bar salon in Rockville Centre, NY. If your hair is darker, “the best result you can expect is a warmer, softer version of what you have,” he explains. And keep in mind that “previously colored hair will not lighten with anything other than bleach,” he says. Ready to lighten up? Turn the page for seven easy methods.



## 1 Bleach

To lighten hair at home the way pros do in-salon, use a DIY bleaching kit like **Clairol Nice'n Easy Born Blonde Permanent Hair Color** (\$10, amazon.com), says Priscilla Valles, owner of The Salon by Priscilla Valles in Las Vegas. The kit will consist of a guide (follow it closely!) and precisely measured chemicals, including bleach, developer and conditioner. Have on hand a haircolor brush for application; an old towel or T-shirt to cover yourself; an ointment or oil to shield skin along the hairline from bleach; and a comb and hair clips to section strands. Stay within two shades of your current color for best results.



## 2 Lemon juice

When life gives you lemons, lighten and brighten your hair! "Lemon juice is an easy at-home hack to lighten hair," says Karen Conlon, a senior colorist at Salon Artiqué in Smithtown, NY. (Attention, brunettes: This may not be your best method, as it can create brassy, orange tones.) Conlon's advice for blondes: Fill a bowl with lemon juice, dip in a clean mascara wand or a spoolie brush and paint it onto dry strands. Wait 15 to 30 minutes, then wash and condition hair. Or, shake two parts water with one part lemon juice in a spray bottle and spritz all over damp hair. "It can lighten hair one to two levels but needs time in the sun to work," Picciano says. "The sun's rays help increase the acidity of the citrus fruit to lighten hair." Finish by shampooing and deep conditioning.



## 3 Hydrogen peroxide + baking soda

Mixing these ingredients into a paste can lighten hair one to two shades, says Jessica Scott Santo, owner of Jessica Scott Hair in Sciota, PA. "Combine 1 cup of baking soda with 3 tablespoons of hydrogen peroxide," she advises. Start by testing the formula on a few hidden strands before applying it to your whole head, she recommends, because using peroxide can result in damage or dryness. Apply the paste to the small section of hair and let it sit, checking the results every 10 to 15 minutes and noting how much time it takes to reach your ideal level of lightness. Then apply all over using your fingers or a haircolor brush. "Leave the paste on like a mask for 30 to a maximum of 60 minutes, depending on how dark your hair is," she says. The length of time the solution processes on hair determines how light the color will get. Shampoo it out when your hair has reached the goal shade, then use a nourishing conditioner or hair mask to counteract dryness.



## 4 Peroxide only

Want a natural highlighted look? Try strategically applying hydrogen peroxide to small hair sections, Santo suggests. Pour peroxide onto a cotton ball and swipe it over vertical ¼-inch-thick sections,

starting near the roots and moving down to the tips. Wrap each hair section in a piece of aluminum foil to keep the peroxide from getting onto the rest of your hair. Repeat this process with multiple sections of hair for all-over highlights, or just do a few toward the front of your hair for face-framing streaks. Shampoo out after 30 minutes or up to 60 minutes for darker hair.



## 5 Honey

This natural sweetener is a true beauty star: It is used in DIY skin and hair masks to nourish, has antibacterial properties and can even brighten hair. "Honey contains very small amounts of hydrogen peroxide, which is what is able to lighten hair," Santo says. Here she explains some ways to use honey to illuminate strands:

### Honey + water or vinegar:

Stir 2 Tbsp raw honey (pasteurized commercial honey will not work) into 1 cup water. Apply the mixture to hair so it is spread evenly, let it sit for about 60 minutes, then shampoo. For extra clarifying, try swapping in 2 cups white vinegar for the water, which will help gently lighten hair while dissolving oil and residue buildup.

### Honey + conditioner:

Mix ⅓ cup raw honey with ¼ cup conditioner and apply to damp hair. Use a comb to distribute the mixture evenly throughout strands. Slip a shower cap over hair, then go to bed; shampoo the blend off in the morning.



## 6 Apple cider vinegar

Another hero beauty ingredient, apple cider vinegar can be used to both deep-clean and lighten hair, Santo says. It's often applied as a rinse after shampooing because it helps remove excess dirt, oil and buildup from styling products. For lightening purposes, mix ½ cup apple cider vinegar with 1 cup water. After shampooing and conditioning, apply the apple cider vinegar mixture. Let it sit about 15 minutes, then rinse with water.



## 7 Premade products

Eliminate the guesswork by grabbing a bottled blonde-enhancing tinted treatment or lightener, which will give subtler results. Try GH Beauty Lab test winner **John Frieda Colour Refreshing Gloss in Warm or Cool Blonde** (\$9, amazon.com) or **Oribe Bright Blonde Sun Lightening Mist** (\$38, oribe.com).

We test it,  
so you can trust it.

**THE BEST  
HAIR DYES**

goodhousekeeping.com  
/haircolor

 PURINA®  
PRO PLAN®

# THE POWER TO REDUCE ALLERGENS IN CAT HAIR & DANDER

Purina trademarks are owned by Société des Produits Nestlé S.A. Any other marks are property of their respective owners.

QUALITY TESTED  
• GOOD •  
HOUSEKEEPING  
Since ★ 1909  
LIMITED WARRANTY • [ghseal.com](http://ghseal.com) for details



47%

**Shown to reduce the major allergen** by an average of 47%, starting in the third week of daily feeding



**Breakthrough nutrition** discovered through over a decade of research



**The key ingredient** is a specific protein from eggs

 PURINA®

Your Pet, Our Passion.®

Exclusively at Pet Specialty and Online Retailers

Learn more at [ProPlan.com/LiveClear](http://ProPlan.com/LiveClear)



If you love jewelry, you'll love us!

### Glamour to Go

This dazzling CZ earring and pendant set quickly dresses up any outfit—making sure you always look your best while on the go.



**\$29**

**Plus Free Standard Shipping**

5.00ctw\* white cubic zirconia pendant and earrings in sterling silver. Pendant has 18" cable chain with spring-ring closure. Earrings have leverback closures.

*\*Diamond equivalent weight (DEW) is 2.50ctw. Enlarged to show detail.*

**JTV Item: DOB464**

To receive this special offer, use code **GONGLAMOUR**

**800.913.0758** or visit [jtv.com/instyle](http://jtv.com/instyle)

To find JTV in your area, visit [jtv.com/tv](http://jtv.com/tv).



---

[jtv.com](http://jtv.com) • [#JTVjewelrylove](https://twitter.com/JTVjewelrylove)

One coupon code per customer; one coupon code per order.

Offer valid through July 20, 2021. While supplies last.



# SUMMER BEAUTY PROBLEM SOLVERS

Warm-weather worries won't affect you with these speedy solutions—all tested and approved by the GH Beauty Lab

**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.\*



1

## WATERPROOF EYEBROW SHAPER

If you're dealing with sparse-looking brows from over-plucking, aging or just being fair-haired, you'll love this **L'Oréal Paris** solution. Unlike other brow gels that have only one tool for applying and shaping, it has a separate applicator and brush to make it easy to get a precise arch shape while controlling the shade level. The formula is waterproof once fully dry and stands up to sweat, so you'll never have to worry about the color running.

**LAB RESULTS** Our Beauty Lab analysis confirmed that this gel earned rave reviews in consumer testing. Of testers, 85% agreed that it left their brows looking fuller and thicker immediately after application and that the color didn't transfer or smudge. **GH Lab Tip:** While the gel stays put all day, you can remove it with an oil-based cleanser.

**L'ORÉAL PARIS UNBELIEVABROW WATERPROOF BROW GEL, \$17, LOREALPARISUSA.COM**



2

## SUPER SKIN HYDRATOR

Quench the thirst of parched skin when you apply this potent **No7** gel. It's formulated with ultra-moisturizing ingredients known to deliver impressive skincare benefits, such as hyaluronic acid (see below) and an antioxidant blend of mulberry, vitamin C and vitamin E. Use it daily as a cool and refreshing facial pick-me-up.

**LAB RESULTS** In-Lab Corneometer measurements showed that testers' skin had a 61% improvement in hydration 30 minutes after application, and 75% of testers reported that their skin felt intensely moisturized after the first use. After one week of use, 70% of testers agreed that their skin glowed. Our analysis also confirmed that the product is lightweight, mild enough for sensitive skin and not greasy or sticky.

**NO7 HYDRALUMINOUS WATER SURGE GEL, \$18, ULTA.COM**



3

## FRIZZY-HAIR SMOOTHER

Heat, humidity and styling tools can wreak havoc on your hair, especially if your strands are thick, wavy or coarse. Tame flyaways and improve your hair's overall appearance with **Garnier's** leave-in anti-frizz treatment, proven to work for up to 72 hours. With a divine coconut scent, it's a perfect addition to your summer haircare routine.

**LAB RESULTS** After thoroughly reviewing the formula, our chemists confirmed that the product is made without sulfates, parabens or mineral oil. In a 66-person blinded test with participants using the anti-frizz tamer along with the matching shampoo and conditioner, testers reported "Hair looks and feels smooth," "Hair does not look frizzy," "Hair looks and feels healthy" and "Hair looks less damaged."

**GARNIER WHOLE BLENDS MIRACLE FRIZZ TAMER 10-IN-1 COCONUT LEAVE-IN TREATMENT, \$9, TARGET.COM**



EXPERT Q&A

## WHAT'S HYALURONIC ACID? WHY IS IT GOOD FOR MY SKIN?

Hyaluronic acid (HA) is a kind of sugar molecule found in the body that acts like a sponge to soak up moisture from the air and draw it into the skin. During aging, the body loses some of its naturally occurring HA, so HA is often recommended by dermatologists. Because it's highly hygroscopic, meaning that it can attract water molecules, it is known to plump skin and minimize the appearance of lines. It's also worth noting that HA does not have exfoliating properties like the alpha hydroxy acids (AHAs) in chemical peels or beta hydroxy acids (BHAs) in products for acne-prone skin. It's simply a hydrator that works well for most skin types.

\*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 ghsreal.com for details.

For certain adults with **newly diagnosed metastatic non-small cell lung cancer (NSCLC) that tests positive for PD-L1**



## A Chance to Live Longer™

### THE ONLY FDA-APPROVED **CHEMO-FREE COMBINATION OF 2 IMMUNOTHERAPIES** THAT WORKS DIFFERENTLY

**In a study of newly diagnosed advanced NSCLC patients, half of those on OPDIVO + YERVOY were alive at 17.1 months versus 14.9 months on platinum-based chemotherapy.**

**Thank you to all the patients, nurses, and physicians in our clinical trials.**

Results may vary. OPDIVO® + YERVOY® is not approved for patients younger than 18 years of age.

#### **Indication & Important Safety Information for OPDIVO (nivolumab) + YERVOY (ipilimumab)**

Only your healthcare professional knows the specifics of your condition and how OPDIVO in combination with YERVOY may fit into your overall therapy. The information below does not take the place of talking with your healthcare professional, so talk to them if you have any questions.

#### **What are OPDIVO and YERVOY?**

OPDIVO and YERVOY are prescription medicines used to treat people with a type of advanced stage lung cancer called non-small cell lung cancer (NSCLC). OPDIVO may be used in combination with YERVOY as your first treatment for NSCLC when your lung cancer has spread to other parts of your body (metastatic) **and** your tumors are positive for PD-L1, but do not have an abnormal EGFR or ALK gene.

It is not known if OPDIVO and YERVOY are safe and effective when used in children younger than 18 years of age.

#### **What is the most important information I should know about OPDIVO and YERVOY?**

OPDIVO and YERVOY are medicines that may treat certain cancers by working with your immune system. OPDIVO and YERVOY can cause your immune system to attack normal organs and tissues in any area of your body and can affect the way they work. These problems can sometimes become serious or life-threatening and can lead to death and may happen anytime during treatment or even after your treatment has ended. You may have more than one of these problems at the same time. Some of these problems may happen more often when OPDIVO is used in combination with YERVOY.

#### **Call or see your healthcare provider right away if you develop any new or worse signs or symptoms, including**

- **Lung problems:** new or worsening cough; shortness of breath; chest pain
- **Intestinal problems:** diarrhea (loose stools) or more frequent bowel movements than usual; stools that are black, tarry, sticky, or have blood or mucus; severe stomach-area (abdominal) pain or tenderness
- **Liver problems:** yellowing of your skin or the whites of your eyes; severe nausea or vomiting; pain on the right side of your stomach area (abdomen); dark urine (tea colored); bleeding or bruising more easily than normal

- **Hormone gland problems:** headaches that will not go away or unusual headaches; eye sensitivity to light; eye problems; rapid heartbeat; increased sweating; extreme tiredness; weight gain or weight loss; feeling more hungry or thirsty than usual; urinating more often than usual; hair loss; feeling cold; constipation; your voice gets deeper; dizziness or fainting; changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness
- **Kidney problems:** decrease in the amount of urine; blood in your urine; swelling in your ankles; loss of appetite
- **Skin problems:** rash; itching; skin blistering or peeling; painful sores or ulcers in mouth or nose, throat, or genital area
- **Eye problems:** blurry vision, double vision, or other vision problems; eye pain or redness

**Problems can also happen in other organs and tissues. These are not all of the signs and symptoms of immune system problems that can happen with OPDIVO and YERVOY. Call or see your healthcare provider right away for any new or worsening signs or symptoms, which may include:**

- Chest pain; irregular heartbeat; shortness of breath; swelling of ankles
- Confusion; sleepiness; memory problems; changes in mood or behavior; stiff neck; balance problems; tingling or numbness of the arms or legs
- Double vision; blurry vision; sensitivity to light; eye pain; changes in eye sight
- Persistent or severe muscle pain or weakness; muscle cramps
- Low red blood cells; bruising

**Getting medical help right away may help keep these problems from becoming more serious.** Your healthcare team will check you for these problems during treatment and may treat you with corticosteroid or hormone replacement medicines. Your healthcare team may also need to delay or completely stop your treatment if you have severe side effects.

**What should I tell my healthcare provider before receiving OPDIVO and YERVOY? Before you receive OPDIVO and YERVOY, tell your healthcare provider about all of your medical conditions, including if you:**

- have immune system problems such as Crohn's disease, ulcerative colitis, or lupus
- have received an organ transplant



## Talk to your doctor about OPDIVO + YERVOY

[www.OPDIVOYERVOY.com](http://www.OPDIVOYERVOY.com) 1-855-OPDIVOYERVOY

- have received or plan to receive a stem cell transplant that uses donor stem cells (allogeneic)
- have received radiation treatment to your chest area in the past and have received other medicines that are like OPDIVO
- have a condition that affects your nervous system, such as myasthenia gravis or Guillain-Barré syndrome
- are pregnant or plan to become pregnant. OPDIVO and YERVOY can harm your unborn baby
- are breastfeeding or plan to breastfeed. It is not known if OPDIVO or YERVOY passes into your breast milk. Do not breastfeed during treatment with OPDIVO or YERVOY and for 5 months after the last dose of OPDIVO or YERVOY

**Females who are able to become pregnant:** Your healthcare provider should do a pregnancy test before you start receiving OPDIVO or YERVOY.

- You should use an effective method of birth control during your treatment and for at least 5 months after your last dose of OPDIVO or YERVOY. Talk to your healthcare provider about birth control methods that you can use during this time.
- Tell your healthcare provider right away if you become pregnant or think you are pregnant during treatment with OPDIVO or YERVOY. You or your healthcare provider should contact Bristol Myers Squibb at 1-844-593-7869 as soon as you become aware of the pregnancy.

**Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.**

Know the medicines you take. Keep a list of them to show your healthcare providers and pharmacist when you get a new medicine.

**What are the possible side effects of OPDIVO and YERVOY?**

**OPDIVO and YERVOY can cause serious side effects, including:**

- See **“What is the most important information I should know about OPDIVO + YERVOY?”**
- **Severe infusion reactions.** Tell your healthcare team or nurse right away if you get these symptoms during an infusion of OPDIVO or YERVOY: chills or shaking; itching or rash; flushing; shortness of breath or wheezing; dizziness; feel like passing out; fever; back or neck pain

- **Complications, including graft-versus-host disease (GVHD), of bone marrow (stem cell) transplant that uses donor stem cells (allogeneic).** These complications can be severe and can lead to death. These complications may happen if you underwent transplantation either before or after being treated with OPDIVO or YERVOY. Your healthcare provider will monitor you for these complications.

**The most common side effects of OPDIVO when used in combination with YERVOY include:** feeling tired; diarrhea; rash; itching; nausea; pain in muscles, bones, and joints; fever; cough; decreased appetite; vomiting; stomach-area (abdominal) pain; shortness of breath; upper respiratory tract infection; headache; low thyroid hormone levels (hypothyroidism); decreased weight; and dizziness.

These are not all the possible side effects of OPDIVO and YERVOY. Call your doctor for medical advice about side effects.

You are encouraged to report side effects of prescription drugs to the FDA. Call 1-800-FDA-1088.

*OPDIVO (10 mg/mL) and YERVOY (5 mg/mL) are injections for intravenous (IV) use.*

This is a brief summary of the most important information about OPDIVO and YERVOY. For more information, talk with your healthcare providers, call 1-855-673-4861, or go to [www.OPDIVO.com](http://www.OPDIVO.com).



# WE MAKE BUNDLING SIMPLE. HOME + AUTO = EASY

Bundling your home and car insurance is super easy with GEICO. Not only could it save you money with a special discount, but you'll also save time by having all your coverages in the same place.



SCAN THE CODE  
TO LEARN MORE!



## GEICO<sup>®</sup>

[geico.com](https://www.geico.com) | 1-800-947-AUTO | Local Office

Some discounts, coverages, payment plans, and features are not available in all states, in all GEICO companies, or in all situations. Homeowners, renters, and condo coverages are written through non-affiliated insurance companies and are secured through the GEICO Insurance Agency, Inc. GEICO is a registered service mark of Government Employees Insurance Company, Washington, DC 20076; a Berkshire Hathaway Inc. subsidiary. GEICO Gecko<sup>®</sup> image © 1999–2021. © 2021 GEICO 21\_580819020

FROM THE EXPERTS AT THE GOOD HOUSEKEEPING INSTITUTE

# ★ your home ★

## Window Treatment With a Twist

When stretched across an opening, corner-to-corner floating shelves look stunning and give you loads of extra space — and you lose surprisingly little in the way of vista. “Leave enough room between the shelves for your decor and natural light to shine, and play with height, shape and material,” advises Leigh Lincoln, cofounder of Pure Salt Interiors, the firm that designed the Los Angeles home shown here. Adorn the surfaces with see-through decanters and a stack of mugs or books, and finish the look with hits of greenery.

STYLISH  
LIVING  
IN THE

# Great Outdoors

With a few smart moves, you can turn your home into a chic and sunny space that makes embracing summer weather a breeze

by MONIQUE VALERIS

## Choose local, native plants.

Low-maintenance cacti, succulents and bougainvillea are native to Southern California, meaning they don't require a ton of upkeep in this West Coast home. See page 97 for popular native plants by region.





**GH**  
CLEANING  
LAB

**CLEANING HACK**  
Treat outdoor fabrics with a protector such as Scotchgard Water & Sun Shield to repel stains and prevent UV damage.

## Go retro with umbrellas.

A scalloped canopy in soft pink gives this otherwise sleek and modern outdoor area a throwback feel. Tall metal lanterns and a pop of wood balance the look.

# Display your favorite objects.

Jaclyn Johnson's open kitchen shelves and large island are used to store everyday essentials like glassware and dinnerware, but they also show off the entrepreneur's ceramics, books and decorative pieces.



## CLEANING HACK

Give shelves a quick wipe with a cloth dipped in warm suds and well wrung out. Rinse with a damp cloth and buff dry.



## FLOATING SHELF



WHITE OAK **FLOATING SHELF**  
BY ULTRASHELF,  
FROM \$56, ETSY.COM



## Make a statement with storage.

Crafty nooks can corral wine bottles, cutting boards or anything else you need to stow in style.



## Embrace a timeless palette.

“I like the black-and-white modern style and the cozy California aesthetic, so we really tried hard to marry the two,” says Jaclyn.



## BLISSFULLY DOMESTIC

The creative force behind Create & Cultivate, a media company for ambitious women, **Jaclyn Johnson** prioritized having a stylish place to unwind. “Before the pandemic, I was on a plane every other week, so my husband and I wanted help making a forever home that let us do more of the things we wanted, like cooking and spending time by the pool,” she says. [CREATECULTIVATE.COM](https://www.createcultivate.com)

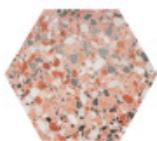


## Layer shades of a single tone.

Combining variations of one hue is a no-fail way to introduce character into a design. The powder room's soft pink walls, layered with square tiles in a deeper shade, complement the terrazzo vanity top.



### STATEMENT TILE



SIX HEXAGON PINK EARTH 12.5" MATTE PORCELAIN TILE, \$7 PER SQUARE FOOT, [TILEBAR.COM](http://TILEBAR.COM)



ROSY FINCH MATTE TILE, FROM \$35 PER SQUARE FOOT, [FIRECLAYTILE.COM](http://FIRECLAYTILE.COM)



DALTILE VERTUO CHEVRON MOSAIC FLOOR AND WALL TILE, \$19 PER SQUARE FOOT, [BUILD.COM](http://BUILD.COM)



TEMPEST TILE, \$29 PER SQUARE FOOT, [FIRECLAYTILE.COM](http://FIRECLAYTILE.COM)

## Try top-to-bottom tile.

Besides a luxe soaking tub, the primary bathroom's highlight is reflective green wall tiles that suit the chevron-patterned flooring. "The darker tile makes the room feel quite special and complete," designer Ginny Macdonald says.



## MEET THE DESIGNER

This home's interior designer, **Ginny Macdonald**, shares her top styling tricks. [GINNYMACDONALDDESIGN.COM](http://GINNYMACDONALDDESIGN.COM)

**1**

### **Stick to a consistent palette.**

If you're mixing patterns in one room, make it cohesive by picking a few main colors to use alongside a couple of daring shades for visual interest.

**2**

### **Be smart about placement.**

Adopt a thoughtful approach when styling shelves with decorative accents. An example: "You'd never light a candle underneath a shelf, so don't put it there," Macdonald says.

**3**

### **Experiment with different shapes and heights.**

"Have lower elements that lead into higher elements, and try not to be too symmetrical with things, because that could feel forced," she says.

**4**

### **Don't break up collections.**

If you own a set of pretty glassware or handmade bowls, for instance, display them together on a shelf. Consider adding greenery to "give it more of an organic feel."

## Bring in some trendy cane.

You can find this style of rattan in headboards, chairs, screens and more. Its texture and craftsmanship adds depth and character.





## Mount floating shelves outside.

Whether you love entertaining or dining alfresco, your outdoor setup can benefit from useful storage. A pair of shelves and a buffet table offer ample room for dishware, greenery and more.



## ↑ Set the mood with string lights.

Nothing says summer like the sweet twinkle of outdoor lights. “The view is so great, and we didn’t want to clutter it up,” Jaclyn says of the minimal decor, including a striped rug that pulls the area together.



## Craft an outdoor living room.

When it came to designing Jaclyn’s outdoor living area, Macdonald treated it as an extension of the interior by adhering to the black-and-white color scheme. The seating can withstand California weather, but it “looks a lot like our indoor furniture,” Jaclyn says.

We set out to build you a better shingle,  
and built the best wind warranty, too.

**GAF** Timberline<sup>®</sup> HDZ<sup>™</sup>  
High Definition<sup>™</sup> Shingles



Evaluated by the Good Housekeeping Institute,  
and backed by the Good Housekeeping Seal.

## It's more than a roof shingle, It's an industry first

The shingle that more families count on than any other brand just got even better. Introducing Timberline<sup>®</sup> HDZ<sup>™</sup> Shingles with LayerLock<sup>™</sup> Technology, which powers the industry's first wind warranty with no maximum wind speed limitation.<sup>1</sup>

Visit [gaf.com/LayerLock](https://gaf.com/LayerLock)

A **standard** INDUSTRIES COMPANY

We protect what matters most<sup>™</sup>

**GAF**

<sup>1</sup> 15-year WindProven<sup>™</sup> limited wind warranty on Timberline<sup>®</sup> HDZ<sup>™</sup> Shingles requires the use of GAF starter strips, roof deck protection, ridge cap shingles, and leak barrier or attic ventilation. See *GAF Roofing System Limited Warranty* for complete coverage and restrictions. Visit [gaf.com/LRS](https://gaf.com/LRS) for qualifying GAF products.

THE

PRESENTED BY **Miele**

# Insider's Guide TO *Vacuuming*

Want to know how the pros do it?  
Read on for our in-the-know tips to keep your  
floors and surfaces looking their best!

**Start Here** Placing a doormat—on both the outside and the inside of every entrance to your home—can cut down on the grime that your shoes are picking up (and bringing in) every day. Vacuuming doormats regularly on both sides will help to keep them clean. And be sure to dust your room *before* you vacuum—dusting actually pushes dust and dirt to the ground, and you'll want to vacuum it up.

**Take It Easy** The sheer power of a vacuum can make you think that the faster and more aggressively you handle it, the better a job it will do—not true! Work your vacuum at a thoughtful, methodical speed, and in all directions—north and south, then east and west, to ensure that you get every last bit.

**Use the Tools** The tools that come with your vacuum are the unsung heroes of dust removal—and if you aren't using them, you're only half cleaning! Use the crevice tool to get those hard-to-reach areas, such as into corners and along stair treads. The upholstery attachment is best for drapes and mattresses. For delicate areas, such as computer keyboards and refrigerator coils, it's the brush attachment for the win!

**Keep It Clean** A vacuum works optimally when the canister or bag is not full. Be sure to empty the canister after each use or change the bag regularly. If your machine has a HEPA filter, make sure you change it per the manufacturer's recommendation to get the full benefits of allergen removal.



## Miele Makes Vacuuming Effortless

The Miele Triflex HX1—setting a new standard in vacuum cleaning



### 3-in-1 Design

The Triflex HX1 has a unique upright design that allows you to easily reconfigure the power unit from the bottom of the machine to the top, allowing for easy handling under furniture or crown molding on the ceiling. A simple change offers maximum versatility by converting the vacuum into a handheld for quick pickups.

### A Powerhouse Clean

Miele's Vortex Technology ensures a powerful motor with extreme suction and performance comparable to its renowned canister vacuums—delivering optimal results for your whole house from top to bottom. The Triflex HX1 Pro Model comes standard with two batteries—for up to two hours of run time—so no fear of losing its charge!

### Deep-Clean Even Faster

With an 11"-wide XXL electrobrush that adapts to all floor types, you'll cover more space in less time.

### A Pet Owner's (Other) Best Friend

The Triflex HX1 Cat and Dog is the perfect choice for pet owners. It comes standard with an Electro Compact handheld brush for quick and effective removal of pet hair from upholstery or car seats.



The Good Housekeeping Institute experts were impressed with the Miele Triflex's unique design, making it one of the most flexible and versatile stick vacs they've tested!

FOR MORE INFORMATION, VISIT [MIELEUSA.COM/TRIFLEX](http://MIELEUSA.COM/TRIFLEX)



# spectacular countertops

Meet the star of your dream outdoor kitchen! Our experts were wowed by the durability of these and by their stylish, customizable finishes.



## TRANSFORM YOUR BACKYARD WITH A GOURMET KITCHEN.

Start with safety-certified outdoor appliances and a sturdy counter. Aim for ample work space, including on each side of your grill, so you can prep food and rest your grilling tools.



## WHY THEY EARNED THE GH SEAL

**Caesarstone** counters impressed the GH engineers with their outstanding resilience and stunning high-end looks. Now they include beautiful surfaces for the outdoors, making them ideal for BBQ counters, patio dining tables, poolside bars and more.

- 1 SUPER TOUGH**  
A blend of up to 90% quartz minerals and 10% color pigments, adhesives and resins makes the surfaces extremely durable and less prone to staining. They're nonporous too, which means they resist mildew and mold.
- 2 LOW MAINTENANCE**  
Other options must be sealed occasionally to combat stains and can be damaged by cleaners, but no need to walk on eggshells with Caesarstone. Just give it a daily wipe-down—no sealant needed! Plus, you'll enjoy a 10-year warranty.
- 3 STUNNING DESIGN**  
No matter what your style, you can't go wrong with timeless stone like granite or marble, but it can be surprisingly delicate. Caesarstone offers 68 colors and five finishes to give you the same chic look without the upkeep.

Courtesy of Caesarstone.



 caesarstone®

## The Outdoor Collection

The series' innovative quartz surfaces are designed, innovated and tested to withstand the sun's rays and the most extreme environmental conditions over the long term.

A smooth, soft-colored concrete grey, showered with tiny specks of undertones that reflect depth. Beautiful Inside and Out.



# GH KITCHEN GEAR

We teamed up with chef Curtis Stone to create our own Good Housekeeping cookware, bakeware and tools. Each item stood up to the rigorous testing of our Kitchen Appliances Lab and Test Kitchen—and they're all backed by the GH Seal!

### 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.\*



### FRY PAN SET

**WHY WE MADE IT** We created this two-pan set with families in mind. The smaller one is ideal for single items like eggs but can fit four pieces of chicken. The large one is great for crowds. They nest for easy storage—and the nonstick coating is a breeze to clean.

**GH LAB RESULTS** Our pros seared steaks and made eggs without oil or butter. The nonstick coating acts like stainless steel, so you can brown meat quickly. Each pan has a long, sturdy handle and can be heated up to 450°F, so it goes from stovetop to oven. They're dishwasher-safe but also easy to wash by hand.

Set, \$49, [qvc.co/GH](http://qvc.co/GH)



### TILT-A-BOWL + COLANDER SET

**WHY WE MADE IT** This smart five-quart bowl set lets you strain food right on the counter without spilling. It doubles as a mixing bowl and a serving bowl and rests comfortably at any angle to let you remove every drop.

**GH LAB RESULTS** We strained a pound of pasta without a splash, thanks to the special inner angles. The outside stayed cool, so it was easy to bring to the sink for draining.

Set, \$29, [qvc.co/GH](http://qvc.co/GH)



### BAKER SET

**WHY WE MADE IT** These light yet durable pans nest for easy stacking and compact storage. They feature our unique four-layer nonstick surface, ideal for baking and roasting all types of food.

**GH LAB RESULTS** During GH testing, our experts appreciated the straight sides and sharp corners because they helped produce professional-looking, perfectly shaped baked goods that required little trimming or leveling before serving.

Set, \$38.50, [qvc.co/GH](http://qvc.co/GH)

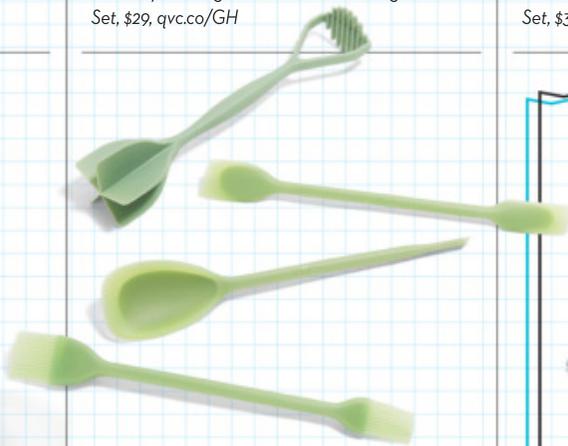


### MINI FOOD PROCESSOR

**WHY WE MADE IT** This two-cup chopper is an ideal time saver. It also slices, shreds and purees and can whip cream and egg whites. Two speeds and a Pulse feature achieve more consistent results, whatever the ingredient.

**GH LAB RESULTS** In our tests, this mini chopper evenly blitzed onions and parsley. It made the creamiest hummus and let us leave our knives in the drawer.

Mini Food Processor, \$50, [qvc.co/GH](http://qvc.co/GH)



### DOUBLE-ENDED ESSENTIAL SET

**WHY WE MADE IT** Eight practical tools you didn't know you needed, from a large spoon with flexible edges to a multipurpose masher and two different sizes of basting brushes.

**GH LAB RESULTS** With long, easy-to-hold stems, they proved firm enough to scrape peanut butter out of a jar but gentle enough to scramble eggs. All can be used with any type of pan (nonstick included!) and are heat resistant up to 410°F.

Set, \$28, [qvc.co/GH](http://qvc.co/GH)



### BONUS! GET A FREE GH COOKBOOK

When you purchase our cookware, bakeware or mini food processor, you'll receive one of our exclusive mini cookbooks with delicious recipes for easy meals from breakfast to dinner—all developed by the culinary experts in the GH Test Kitchen. Each one also features our pros' best tips and tricks for using the gear!

\*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](http://ghseal.com) for details.



“Their Future Good Health Starts Today.”



Purina puppy and kitten food is formulated to meet your pet’s needs now, and set the stage for a lifetime of good health. Because we care about what you care about—nutrition that helps our pets thrive today and tomorrow.

- High Protein for Muscle Development
- DHA for Vision & Brain
- Antioxidants to Support Immune Health

Learn more at [PURINA.COM/HEALTHY-START](http://PURINA.COM/HEALTHY-START)

DR. ANNIE VALUSKA



Scan to buy now.

PURINA TRADEMARKS ARE OWNED BY SOCIÉTÉ DES PRODUITS NESTLÉ S.A.



Your Pet, Our Passion.

LIVING  
ROOM



# Living *the* (Clean) Dream

Fill your inspiration board with beautiful decor ideas from this sun-drenched home. And steal our experts' secrets for keeping every room spick-and-span...  
in minutes a day!

*Written by* **MONIQUE VALERIS**  
*and* **CAROLYN FORTÉ**  
*Photographs by* **PETER MOLICK**

## CRISP COLOR

The living room's relaxing hue (Benjamin Moore's Gray Owl) recedes to allow the century-old bright white trim to pop.





## CLEAR COBWEBS

Intricate moldings serve as stylish focal points, but these fancy details can harbor spiderwebs. To remove them, you'll need an extendable duster. Look for one that expands to six feet, giving you over 11 feet of reach.

GH LAB PICK: **SWIFFER**  
DUSTERS HEAVY DUTY  
SUPER EXTENDER STARTER KIT,  
\$14, [AMAZON.COM](https://www.amazon.com)



### CHIC CEILING

Architectural accents like a coffered ceiling draw the eye up.



## OPEN-WEAVE LIGHTING

Textured pendants, crafted in Thailand in the style of traditional bamboo fishing baskets, unite the kitchen's and sunroom's natural elements.



### KEEP BRASS BRIGHT

Polished fixtures can be a bit of a challenge to keep spot-free. To prevent hard-water minerals from marring the shine, dry water drops with a glass-cleaning microfiber cloth. It will buff without streaking.



### home profile

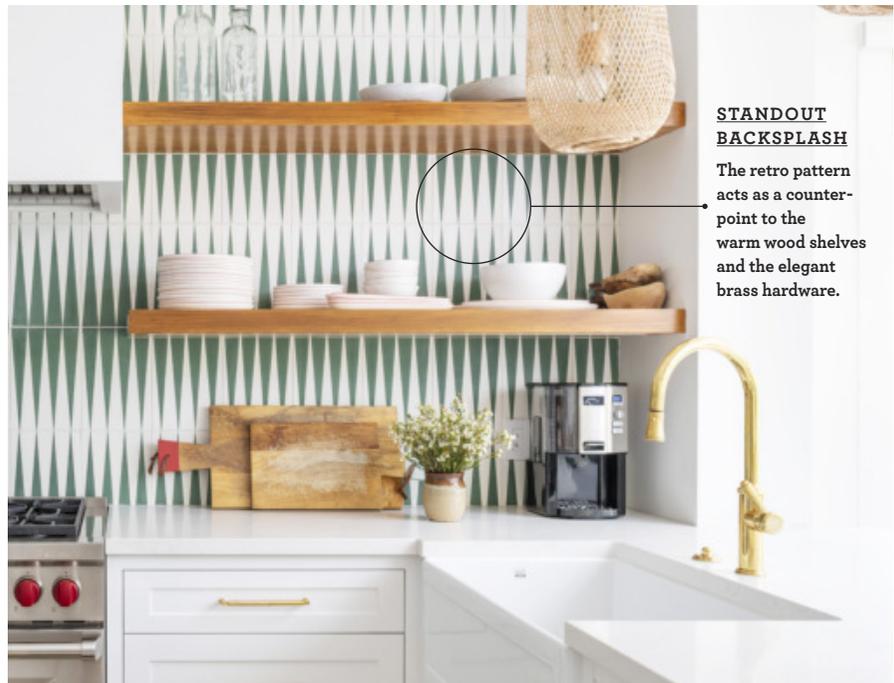
**Built:** 1920

**Renovated:** 2018

**Style:** Victorian

**Where:** Houston, Texas

**Designer:** Maureen Stevens,  
maureenstevens.com



### STANDOUT BACKSPLASH

The retro pattern acts as a counterpoint to the warm wood shelves and the elegant brass hardware.



sunbrella®  
Outdoor Living

Fabric that lasts  
for the moments that matter.

SUNBRELLA® IS A REGISTERED TRADEMARK OF GLEN RAVEN, INC.

WEATHER RESISTANT | FADE PROOF | STAIN RESISTANT



## HISTORIC FEATURES

Keeping vintage fixtures like stained glass, a claw-foot tub and the original sink and tile was priority one for the homeowners. The result is a bright room that highlights period details.



### GLORIOUS STAINED GLASS

The window's striking colors and pattern shine in an all-white room.



### BATHROOM BASICS

Tips to maintain a top-to-bottom shine in the most-used room in the house.

### SPOTLESS GLASS

For mirrors, spray the cloth—not the glass—with cleaner. Any spray that seeps behind a mirror can damage its backing. For stained glass, clean mini panes with premoistened glass wipes, like Invisible Glass. They are thinner than a cloth and easier to use in tight corners.

### SIMPLE WALLS

While a classic all-white color palette can be full of visual appeal, it can also be hard to maintain. Keep an eye out for stains and scuffs and nab them when you see them. GH Seal star Mr. Clean Magic Erasers work on walls, fixtures, floors and more.

### POLISHED FLOORING

Penny tile can be tricky to clean. Make it easier with a convertible steam mop from Bissell or Shark, which is a mop for large areas and a handheld steamer for grout stains. No rinsing needed!

# The first paper towel that kills 99.9% of bacteria.<sup>†</sup>

Introducing New Clorox Multi-Purpose Paper Towel Wipes.



When it counts, trust Clorox.™



<sup>†</sup>Staphylococcus aureus (staph) and Klebsiella pneumoniae (kleb). Use as directed.

## SMALL SPACE CLEANING TOOLS

No crevice left behind



### SUPER SQUEEGEE

A squeegee offers an easy way to keep shower doors and walls spot-free. This one pivots for better corner wiping and includes a suction cup for hanging.

GH LAB PICK: **FULL CIRCLE**  
WIPE OUT PIVOTING SQUEEGEE,  
\$7, FULLCIRCLEHOME.COM



### DETAIL DUSTER

This pint-size one is perfect for getting into intricate chair backs and stair railings.

GH LAB PICK: **WOOL SHOP**  
8" LAMBSWOOL DUSTER,  
\$6, WOOLSHOP.COM



### NOOK & CRANNY BRUSHES

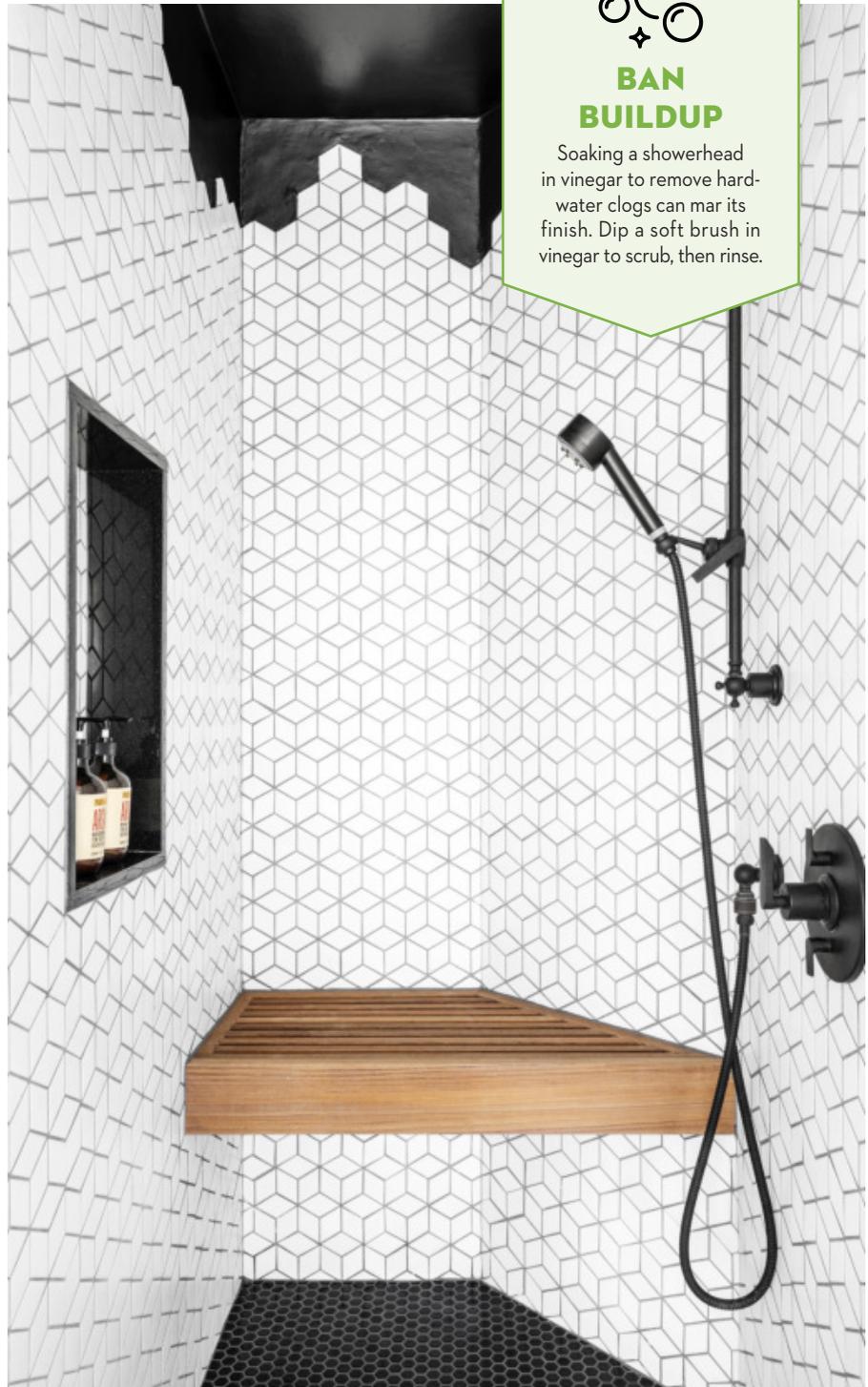
This mini brush set makes quick work of cleaning shower door and window tracks, around faucets and within tiny grout lines.

GH LAB PICK: **OXO** DEEP CLEAN BRUSH SET, \$7, OXO.COM



### BAN BUILDUP

Soaking a showerhead in vinegar to remove hard-water clogs can mar its finish. Dip a soft brush in vinegar to scrub, then rinse.



## ASYMMETRICAL SHOWER

Mixed tiles in black and white—and a wooden bench for a dose of comfort—complete the small shower in the primary bathroom. “The hard edges of the wall tiles and the round edges of the penny tiles work well together,” Stevens says. “It’s a good balance between simple and drastic.”

# TOUGH ON GREASE.

100% BIODEGRADABLE  
FORMULA.

IT'S JUST SCIENCE.



SCAN TO SHOP



# Speed Clean Every Room



## IN 15 MINUTES

You can...

### SPRUCE UP THE BATHROOM

It's possible to give your bathroom a quick sanitizing without a top-to-bottom cleaning. Use a germ-killing wipe or spray on the hot spots, like the faucet, flush handle and toilet seat. Keep surfaces wet for the time stated on the label. While waiting, straighten the sink area and put out clean towels.

### DUST CEILING FANS

If you have an extendable duster, now is the time to use it. Go over both sides of the blades, the motor and any lights. Or, use your vacuum's extension wands and dusting brush to reach what you can.

### FOCUS ON WOOD FLOORS

Dust and grit are a wood floor's worst enemies. Ground in, they can scratch and dull the finish. Quick cleanings with a dry mop or a vacuum made for wood floors are your best defense.

GH LAB PICK: **DYSON** OMNI-GLIDE VACUUM, \$400, [DYSON.COM](http://DYSON.COM)



### UNCLOG THE CLOTHES DRYER

Excess lint in and around this appliance is a fire hazard, and cleaning just the filter screen isn't enough. Remove the lint filter and, with a brush or your vacuum's crevice tool, clean as far into the slot as you can reach. With a flat duster or a sock attached to a broom handle, pull dust clumps from underneath and around the dryer.

GH LAB PICK: **OXO** UNDER APPLIANCE DUSTER, \$15, [OXO.COM](http://OXO.COM)

## IN ONE MINUTE

You can...



### MAKE GLASS DOORS GLEAM

Remove prints and pet smudges from front, back and patio door glass with a spray and a microfiber cloth. Or, just wet half the cloth to spot-clean and use the other half to dry.

### VACUUM DOORMATS

Dirty entry mats just don't work. Vacuum the top, flip it over, then vacuum

the back to push deeply embedded dirt out onto the floor, where it's easy to pick up.

### TACKLE THE TRASH CAN

Go over the lid, sides, front and foot pedal (if there is one) with a sanitizing wipe or a damp cloth or paper towel to remove drips and dried food bits and help nix odors. Toss the trash

and put in a fresh liner.

GH LAB PICK: **CLOROX** MULTI-PURPOSE PAPER TOWEL WIPES, \$5, [CLOROX.COM](http://CLOROX.COM)

### TIDY A JUNK DRAWER

You can do this in a jiffy. Take out what doesn't belong and stash it elsewhere. Suck up crumbs and dust with your hand vac's crevice tool. Straighten the rest.

In as little as 60 seconds, you can tidy messes all over the house. Here's what to tackle when time is ticking.

## IN 30 MINUTES

*You can...*

### CLEAN OUT THE FRIDGE

No need to do a full-on emptying. Toss expired and spoiled foods. Move items on a shelf to one side and wipe the open space with a warm, sudsy cloth. Rinse and do the same for the other half. Repeat with the remaining shelves and bins. Don't forget the door.

### ZAP MILDEW STAINS

Attack moldy grout when you see it so weekly bathroom cleanings will be faster and easier. Spritz grout cleaner or a mix of one part chlorine bleach and two or three parts water on just the stains. Let set a few minutes. Scrub with a stiff, narrow brush, then rinse with a wet sponge or cloth.

### FRESHEN SHEER CURTAINS

Take down sheers and tumble them in the dryer in a 10-minute air-only cycle to help eliminate dust and odors. Remove them promptly from the dryer and rehang them to help any creases fall out.



### DEODORIZE FABRICS

Sprinkle baking soda or a carpet-freshening powder on rugs, pet beds and upholstery to remove stale odors. Allow to set 15 minutes, then vacuum. Start with a clean vacuum bag or dust cup for the best pick-up.

GH LAB PICK: **AUNT FANNIE'S** CARPET REFRESHER, \$10, AMAZON.COM

## IN ONE HOUR

*You can...*

### REVIVE A MATTRESS

Strip the bed and steam the surface with a garment steamer or an iron to release odors and kill dust mites. With your vacuum's upholstery and crevice tools, go over the top and sides, pressing down on the quilting and along the edges. Spray with a fabric sanitizer and let air-dry.

### DEGREASE THE KITCHEN

Kitchen dust is greasy dust, and it builds up on cabinets, countertop appliances, the fridge and light fixtures without your even seeing it. To minimize scrubbing, clean them with a spray that dissolves grease on contact; pick one that's safe for a variety of surfaces.

GH LAB PICK: **MR. CLEAN** CLEAN FREAK DEEP CLEANING MIST, \$5, MRCLEAN.COM

### WASH AND DRY PILLOWS

In just one hour, you can machine-wash and dry synthetic-fiber-filled bed pillows. Choose a short, gentle cycle; add a second

rinse; and tumble dry on medium. Washing two at a time will help balance the load.

### PERK UP THE PATIO OR DECK

Brush loose dust and spiderwebs from benches, tables and chairs. Spot-clean or wash with a sudsy cloth or a furniture cleaner. Hose off to rinse and let air-dry.

GH LAB PICK:

**CARBONA** PRO CARE OUTDOOR CLEANER, \$9, CARBONA.COM



# Deadly to bugs. Safe for use around people and pets.\*

Zevo's BioSelective Technology™ targets and shuts down biological pathways found in bugs, not in people or pets.



Available at:



Walmart 



zevo™

Way smarter than bugs.

\*When used as directed. See package label.

Real Stories + Healthy  
Living Ideas

# ★ discover ★

## “This Is My Life...with Cancer”



With early detection and new targeted treatments, survival rates for cancers have been rising steadily across the board over the past few decades. Here, three women discuss what they've learned and how they balance their hopes for the future with the reality of their disease.

by **LESLIE GOLDMAN**

## “I Never Wanted to Be Treated with Kid Gloves”

In 2019, six months after **Ceta Walters**, a Chicago-based digital content creator, filed for “the Big D” (divorce), she was slammed with “the Big C” (cancer). After that came the pandemic (“the Big P”?). It was a lot. Still, other people’s reactions to her diagnosis of Stage III invasive ductal carcinoma in her right breast threw her: “It was all they wanted to talk about! They’d get what I call ‘cancer eyes’ and ask, ‘How are you?’ The last thing I wanted was to be treated with kid gloves.”

She plowed through. “I cried myself to sleep, thinking, *Who’s going to hold me and say it’s going to be OK?*” says Ceta, who has a fashion blog, *Clark and Stone*, named for her two sons, ages 8 and 9. “Then I’d wake up, cry in the shower, put on a brave face and wake my boys up for school.”

Hewing as close as she could to being her usual self

throughout chemo, radiation and a double mastectomy (she chose to have her left breast removed prophylactically) helped her deal with all that was happening: Ceta exercised, wore a chic wig when she lost her hair and used humor as a distraction. “My expanders — empty implants that my doctor slowly filled to stretch the skin before the real implants went in — were too far apart,” Ceta says. “I joked that my breasts were social distancing.”

Soon, though, Ceta realized she had inadvertently glamorized cancer. “My Instagram followers would say, ‘You look so good; you don’t look sick.’ But I *was* sick,” she says. “I had skin burns from my chemo. My hair had fallen out. I realized I needed to balance the pretty photos with acknowledging that cancer is hard.” In late 2020, she shared her first bald throwback picture, followed by a shot of herself with three months of hair regrowth in early 2021, both titled “Instagram vs. Reality.”

Now 48 and healed from her surgeries, Ceta enjoys

being real with other women about what cancer is really like. “I’m all about the silver linings: I didn’t have to deal with my period during chemo, and I’m grateful I had the chance to have my kids and nurse them,” she says. “I had breast cancer and I got through it. It’s kind of like going to college — you graduate, and if you find out someone went to your alma mater, you share memories with them, but you don’t think about it every day.”

Ceta was declared cancer-free in May 2020, and the cancer is unlikely to return given her double mastectomy. (A woman diagnosed with breast cancer in 2021 is 15% less likely to die from it than she would have been just a decade ago.) But life as a newly single breast cancer survivor is daunting. “I’ve got baggage!” Ceta says. “I used to have loads of self-confidence, and this has robbed me of some of it.” One step toward regaining her mojo: She recently underwent revision implant reconstruction, as she was unhappy with how her implants looked. “I felt like, after going through all of this, I should be able to have boobs I liked when I walked around naked — and I love my new ones!” Ceta says. “I have friends who are survivors who feel bad for complaining about things like that. I don’t.”

It’s all part of the new mentality that cancer has nudged her toward. “It’s OK to not be in love with the person you loved at 30. It’s OK to have breast cancer and then want a revision. Change is good.”

Ceta recently wrote in a (wig-free) Instagram post: *I’m a work in progress. I’m still under construction. But, then again, aren’t we all?* ★

### MAGIC MOMENTS

“I tell people, ‘Take the trip. Eat the donut. Learn the TikTok dance,’” says Erika, with her family.



## “I Say Yes More”

**Erika Hlavacek’s** Wilmette, IL, home is busy and loud with laughter. On any given day, the 46-year-old former pilot can be found helping her son with his homework, watching her daughter’s swim meet over Zoom or celebrating National Pound Cake Day. Her Stage IV lung cancer is also part of her life.

Erika was “blindsided” by her 2017 diagnosis — like the roughly 20% of newly diagnosed lung cancer patients who have never smoked, she simply had a pair of lungs as a risk factor. She’d been struggling with a cough and back pain for three months. When the pain grew so severe that she required hospitalization, tests and scans detected lung cancer.

Until recently, a Stage IV lung cancer diagnosis would have been perceived as a death sentence — only 5% of patients survive for five years. But thanks to treatment advances (the FDA has approved at least 20 new tests and drugs to better diagnose and treat lung cancer in just



### MY NEW REALITY

“Breast cancer tried to take a lot of things from me, but I never gave up,” says Ceta. “I miss my long hair, but I’m still here living my life.”



## This is not the life I had before cancer. I say yes more. I go outside my comfort zone. —Erika Hlavacek

the past two years), patients are living longer than ever before. Genetic testing revealed that Erika's cancer had a mutation called ALK+. "That's like winning the lottery in the lung cancer world, because there are lots of new options that can successfully treat it," Erika says. She began using a newly approved therapy that targets cancer cells specific to the ALK+ mutation and prevents them from multiplying. She also underwent two radiation sessions.

While Erika seems to be beating the odds, numerous challenges remain. In 2019, she learned that her cancer had spread to her brain. Fortunately, a new targeted treatment had received FDA approval just months earlier, and within three weeks of her getting it, Erika's brain was cleared of hundreds of lesions. She has multiple side effects from her medications and undergoes a brain MRI and body CT scan every two to three months. "I prepare myself in the days prior, so if I hear that the cancer has progressed, it won't be so shocking, and I go to plan B." Recent scans have shown that her disease is stable, meaning the cancer isn't improving but isn't getting worse.

Cancer has sparked a change in Erika's outlook: "Pre-diagnosis, I was the queen of 'I'll do it tomorrow.' I would say, 'We'll go strawberry-picking next summer' or 'We'll take that vacation next year.' But

now I've dedicated myself to doing all the things I might have put off before." To that end, with her husband, Jeff, and their kids, now 12 and 13, Erika created a travel bucket list. Last year they took a 22-day cross-country trip, visiting nine national parks along the way. A few months ago, they soaked up the Hawaiian sun. Erika also put a clock with no hands on the fireplace mantel as a reminder to live in the moment.

While there is no cure for Stage IV lung cancer, "I'm very hopeful that this could be a manageable chronic disease one day and not a terminal illness," Erika says. She is an outspoken lung cancer advocate, lobbying Congress to boost funding for more breakthrough treatments. "This is not the life I had prior to my diagnosis, but I'm alive," she says. "Focusing on what I can control allows me to be able to breathe through the rest."★

### "I Have Anxiety — But It Can Motivate Me"

At the hospital where Lindsay Norris was treated for Stage III colorectal cancer, patients are invited to ring a ceremonial bell after finishing chemo. But when Lindsay's turn came, she hesitated. "I was thinking of the other patients who would never stop treatment, and I was worried about



#### LIGHT OF MY LIFE

Lindsay, with children Evelyn and Harrison, recently got a sun tattoo in honor of the song "Here Comes the Sun," which played during an MRI she had.

jinxing myself," she says. With her now 8-year-old son's help, though, Lindsay — an oncology nurse — rang the bell.

Lindsay had to have the lower section of her intestine removed, along with her rectum and anus, so she lives with daily reminders of her illness (including a pouch attached to a surgical opening in her abdomen that collects stool). "We joke that I have a Barbie butt, because everything is closed up down there," she says.

But the psychological transition back to "regular" life was even more challenging: "In treatment, you felt like you were actively doing something, and now you just feel like you're waiting with your fingers crossed."

Lindsay was initially given a 70% chance of living five years based on her specific type and stage of cancer — a 10% improvement from 1980s statistics — and after five years with no recurrence, she will be considered "cured." Now 37, Lindsay has been cancer-free for four years, but because her type of cancer has a high recurrence rate, she goes for a follow-up CT

scan every December. "When my son says, 'Momma, can we go to Disney World when I'm 10?' I feel hopeful, but also worried I won't be here to do it. That little voice is always there: *I hope I don't get a recurrence right before and ruin all the plans.*"

Lindsay says she's learned that not all anxiety is bad; in the right doses, it can be motivating. "It reminds me to eat healthy and exercise. It gives me a little push not to live life on the sidelines."

After her initial diagnosis, Lindsay wrote a letter on her blog titled "Dear Every Cancer Patient I Ever Took Care Of, I'm Sorry. I Didn't Get It." It went viral. Walking in her patients' shoes opened her eyes to their daily issues, from struggling to accept help to feeling weird when people called them brave, and she believes it's made her a more empathetic nurse. She still thinks about cancer every day, she says, "but it doesn't cause me as much pain as it did before. I still carry it around, but it's almost like I have a stroller now and can push it where I need to go instead of it weighing so heavily on my shoulders."★



**STEFANI SASSOS,  
M.S., R.D.N.,  
C.D.N.**

GH Registered Dietitian  
Nutritionist

@stefanisassos



# Unsung FOOD HEROES

## That Deserve a Place on Your Plate

From “miracle” antioxidant drinks to expensive gluten-free cookies, trendy supercharged items are hogging the spotlight at the grocery store and on social media. But you don’t have to jump on every nutritional bandwagon to eat well. Some of the healthiest foods on the planet don’t have sexy packaging or their own endcap display at the supermarket. These quietly good-for-you all-stars pack exceptional health benefits and are anything but boring. Plus, they are affordable and simple to find and prepare. Check out some of the nutrient-rich foods you may be taking for granted.



## CABBAGE

Listen up, kale: Cabbage was here before you were famous and will be here long after the influencers have lost interest. This underappreciated veggie is low in calories but abundant in healthy phytonutrients. Part of the cruciferous vegetable family, it is actually a cousin to kale and offers similar health benefits. Including cabbage in your diet may...

**Reduce wrinkles.** Cabbage is rich in vitamin C, commonly known for its immunity benefits. But the antioxidant properties of vitamin C play a role in collagen production, help fight free radicals and appear to have a protective effect against wrinkles.

**Ward off chronic diseases from heart disease to cancer.**

Certain cruciferous veggies, such as red cabbage, are rich in carotenoids, plant pigments with antioxidant effects. Broccoli, bok choy and Brussels sprouts are great disease-fighting options as well.

**Support a healthy digestive system.** A source of fiber with significant water content, cabbage can contribute to keeping things regular. Enjoying cabbage in fermented form, as in sauerkraut, adds a dose of probiotics for even more gut benefits.

**How to use it:** Throw chopped cabbage into any soup near the end of cooking, or enjoy it raw in a green salad alongside your favorite veggies. Thinly sliced cabbage adds a nice crunch to a sandwich or a wrap too.



## PRUNES

There's no way you would order prunes on a first date, right? Known for its bathroom-related magic, this wrinkly dried fruit may not be glamorous, but its nutritional benefits are pretty stellar. Chewy and sweet, prunes are plums that have been dehydrated for preservation. They can last in your pantry for about six months and provide a ton of versatility in practically any meal. Plus, they are nutritional powerhouses. Prunes...

**Strengthen bones.** Prunes help maintain bone density, says Shirin Hooshmand, Ph.D., a professor of nutrition at San Diego State University who has been conducting research related to prunes and bone health for 15 years.

In a recent clinical trial, Hooshmand and her team found that eating five to six prunes per day for six months was effective at preventing bone loss in osteopenic postmenopausal women.

**Have anti-inflammatory properties.** Prunes are rich in polyphenols, which can help decrease inflammation and protect against DNA damage. They also are considered high-ORAC (Oxygen Radical Absorbance Capacity), a measure of the total antioxidant power of foods.

**Keep you regular.** Scientists point to prunes' combination of fiber, phenolic compounds and sorbitol for this effect. Research indicates that they can significantly increase stool weight and frequency, making prunes a great natural alternative to promote healthy bowel function.

**How to use them:** Snack on them plain, or chop them and stir them into homemade trail mix, your favorite yogurt parfait or a fresh salad. For a sweet-savory twist, incorporate prunes into a stew or tagine.



## ONIONS & GARLIC

These potent veggies do way more than add flavor to soups and stir-fries. Part of the allium family, onions and garlic boast serious health benefits and are budget-friendly to boot. A few other possible benefits of onions and garlic are that they...

**Boost heart health.** Naturally occurring compounds within onions' layers may help fight inflammation and lower cholesterol levels. Research links one particular polyphenol in onions, quercetin, with lowering blood pressure. Plus, onions and garlic add tons of taste to dishes, so you won't need to use as much salt and sugar, which in excess can adversely affect the heart.

**Lower cancer risk.** Onions and other allium vegetables provide organosulfur compounds that can reduce the risk of certain cancers, especially gastrointestinal cancer.

**Foster a healthy gut.** Onions are abundant in prebiotic compounds that can promote the growth of good bacteria in your gut. This may in turn support the immune system.

**How to use them:** Sneak onions into practically any recipe, from frittatas to stews and chilis. Try pickling them to top tacos, sandwiches and flatbreads.



## OATS

Breakfast is only one meal that benefits from this hearty grain. Packed with fiber, protein and tons of micronutrients, the pantry staple deserves a starring role in lunch, dinner and snacks as well. Other ways oats boost your health are that they...

**Control blood sugar.** High-fiber foods can help slow digestion in the intestine, which can aid in keeping blood sugar from rising and subsequently falling rapidly. Beta-glucan, a type of soluble fiber in oats, may also help improve blood sugar control—recent research suggests that oat consumption has a beneficial effect on glucose control in patients with type 2 diabetes.

**Protect you from heart disease.** The soluble fiber in oats can help reduce LDL cholesterol levels. A better LDL cholesterol level and lipid panel are linked to lower risk of developing heart disease. And research is revealing that a compound known as avenanthramide (AVE), which is found in oats, may play an important role in protecting the heart.

**Assist in weight management.** The fiber in oats can help keep you full longer—just ½ cup has at least 4 g of it. Data from the National Health and Nutrition Examination Survey suggests that individuals who eat oatmeal consume healthier diets overall and have lower body weights compared with those who don't.

**How to use them:** Choose steel-cut oats, which are the least processed of all commercially available oats and have a hearty texture. Try **GH Nutritionist Approved McCann's Steel Cut Irish Oatmeal**, a constant in my cabinet. Use them for hearty overnight oats, grind them into flour for baking or enjoy savory oatmeal for a delicious lunch or dinner (recipe, page 96).

GH+

21 DAYS TO STOP

# Sugar Cravings

Transform your relationship with the sweet stuff and reap benefits like better sleep, more energy and glowing skin. Our **21-Day Sugar Detox Challenge** offers all the tools you need to tame your sweet tooth. Here's a week's worth of advice to get you started. *Join this special program designed exclusively for GH+ members.*



## BONUS GUIDE



Download the **21-Day Sugar Detox Challenge** when you join the GH+ Club. For as little as **40¢ a week**, members get full access to all GH content (including a print subscription), special discounts, the chance to be a product tester and much more.

### 1. Make a plan.

Think about what you hope to accomplish in the next three weeks and why it's important. Then begin each day with a simple goal such as "Today I will walk after work." You'll start to savor following through on your plans, and sugar will become just another pleasure rather than the only one.

### 2. Find a friend.

One of the most powerful motivators is an accountability partner. Recruit a buddy for taking walks or to offer you a seltzer when you reach for a soda.

### 3. Get quality shut-eye.

Good sleep is both a benefit of eating less sugar and a way to tamp down cravings. When you get too little sleep, important hormones stop working and your willpower tanks.

### 4. Don't add sugar.

Instead, try vanilla in your tea, oatmeal or smoothie; add onions to tomato sauce or soup for a pop of sweetness.

**5. Read labels.** You'll start to notice added sugar in everything from flavored yogurt to peanut butter. Dressings, breads, crackers and soups are also common sources of it.

**6. Lose the booze.** If your weekend routine involves clinking glasses with a friend, it may be time to cut back. Just one sweet mixed drink may exceed your daily maximum for added sugar.

**7. Eat mindfully.** Study after study suggests that eating "in the moment" promotes weight management and the making of healthier choices. When you eat in a mindful manner, you are fully aware of and can appreciate the flavors, textures and aromas of every bite.

Join the *Sugar Detox Challenge* at [goodhousekeeping.com/sugardetox](http://goodhousekeeping.com/sugardetox).

Easy Ways to  
**CUT BACK  
ON SUGAR**

[goodhousekeeping.com/sugardetox](http://goodhousekeeping.com/sugardetox)



# WHAT YOU WANT HOW YOU WANT IT

Savory Sesame  
Chicken and Vegetables

Crave-worthy comfort food

370 calories

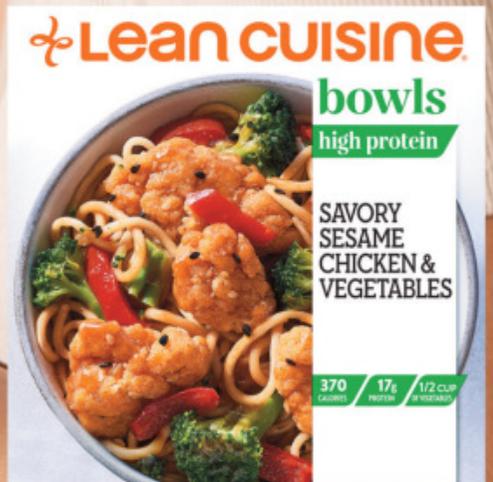
17g protein

 **Lean Cuisine**

LEAN CUISINE® is a registered trademark of Société des Produits Nestlé S.A., Vevey, Switzerland.

Your goals.  
In your control.

# YOU RULE





**MODELS  
OF LOVE**

Clarice Freeman  
holds a photo  
of her parents,  
George and  
Ada Mae Estell.

# passing the TORCH

These inspiring Black matriarchs share some of the defining moments of their lives (and this country) over the past century

Photographed by  
Michael Starghill  
in Houston on  
April 6, 2021.



*the*  
**Fearless  
Teacher**

**T**he remarkable women featured on the next few pages are members of a generation of Black leaders that has seen a lot: economic booms and busts, wars, a dozen or more presidents, a pandemic. What they have in common, beyond longevity (they're all age 75 or older), is resilience. They have all fought fiercely for equality, for opportunity, for the soul of future generations. We asked young journalists from across the country to capture the lessons of these women's experiences—and the ways their lives have been both suppressed and enriched because of the color of their skin.

**CLARICE  
ESTELL  
FREEMAN**

**b. 1920,  
Mattoon, IL**

---  
*interviewed by*  
Mariah Campbell

From 1942 to 1945, Clarice Freeman was the only Black student at Eastern Illinois University (formerly Eastern Illinois State Teachers College). In 1953, she married Thomas F. Freeman and the couple moved to Houston, where she made a name for herself as a prominent educator and community leader and her husband became a renowned debate coach and philosophy professor. She will celebrate her 101st birthday in August.

**ON FINDING PURPOSE**

“My purpose is to shine my light and to be an example for others. That’s what we’re all supposed to be. These days, I’m always the oldest around. After I’ve spoken to high school kids, somebody always comes up to me and says, ‘Ms. Freeman, when I grow up, I want to be just like you.’ I think to myself, *OK, I guess I’ve accomplished what I was supposed to accomplish.*”

**ON EARLY LESSONS ABOUT RACE**

“As kids, we had no knowledge of what was going on with Blacks in America, because there was little to nothing in our textbooks about Black people—and if



T

#### A MARRIAGE OF MINDS

Clarice Freeman with her husband,  
Thomas F. Freeman, in 1976.

there was, it was that they had done something bad. I remember one lesson referred to slaves as thieves. But my grandpa taught us that they weren't stealing anything; they were creating. They helped raise the livestock on the farms. My grandmother, who was a slave, became very good at sewing, crocheting and knitting."

# "I'm 100 years old, and I've seen a lot of life."

#### ON THE FIGHT FOR EQUALITY

"After college, I joined the Congress of Racial Equality, or CORE. One of my first experiences with that group was shutting down a restaurant. A group of us decided to go have dinner at this place. And of course the manager met us at the door and told us, 'No Blacks.' We said, 'We're hungry. We're not going away until you let us in.' The manager closed the door and locked it, not allowing any customers in, including white people. Another time, we were fundraising, and I asked a local CEO for a donation. He looked at me and said,

'When are you people going to stop begging and support yourselves?' I said, 'Well, when we become CEOs just like you, when we have jobs that pay us just like you pay your employees, maybe we will have enough money to support ourselves.'"

#### ON READING AND DREAMING

"When I was a kid, there was an old apple tree in our backyard, and many of the branches hung over into the yard next door, where my best friend, Pat, lived with her grandmother. That tree became a meeting spot for us. We would climb up in the apple tree and discuss the books we read and let our imaginations run wild. We talked about what we would become when we grew up. We had a lot of grandiose ideas—we were going to be known all over the world; we were going to be very wealthy and live in mansions." *Clarice's friend Pat is Patricia Roberts Harris, who went on to serve as the U.S. Secretary of Housing and Urban Development under Jimmy Carter.*

#### ON HER NEARLY SEVEN-DECADE MARRIAGE

"One reason I was able to stay married to Tom for so long was that I didn't depend on him to make me happy. We respected the fact that we were both educated; we felt secure because we could each make our own way. We didn't have to depend on each other for anything really, only what we chose. We never had an argument—not once did he raise his voice to me."

#### ON HOW TO LIVE A LONG, HAPPY LIFE

"Life can slap you down sometimes. But if you take care of yourself, if you have a sense of humor, if you live a good life, if you love yourself, you're going to be happy. And others are going to see that joy. My advice is to develop a strong spiritual life, choose your friends wisely—and love, just love."



*Interviewer*  
**MARIAH CAMPBELL**  
is a junior journalism major at Texas Southern University who has reported on politics and culture.



*These stories are part of Project Tell Me, which records the wisdom and life experiences of Black Americans 75 and older by connecting them with a new generation of Black journalists. The complete interview series will appear in select Hearst magazines, newspapers and television websites starting on Juneteenth 2021.*

**To read more stories about leaders like these, check out upcoming issues of *Woman's Day*, *Esquire* and *Harper's Bazaar*. Also visit [hearst.com/projecttelleme](http://hearst.com/projecttelleme).**

# What Is Juneteenth?

Also called **Emancipation Day**, **Freedom Day** or **Jubilee Day**, Juneteenth is the commemoration of June 19, 1865, the day enslaved African Americans in Galveston, TX, learned that they were free. Juneteenth is typically celebrated with meals of red food and drink, such as watermelon, strawberry shortcake, red beans and rice, red velvet cake and strawberry soda, to symbolize strength and courage. These specialties often appear alongside staples like collard greens, barbecue and tea cakes. “For African Americans especially, Juneteenth is a day of education, cultural appreciation and hope for true liberation,” says culinary researcher Robin Caldwell. — Tonya Abari

## HOW TO CELEBRATE



### Educate yourself.

Watch *Miss Juneteenth*, a film about the storied Texas pageant. Or read *Juneteenth for Mazie* by Floyd Cooper with your kids.



### Attend in-person or virtual events.

Many museums, such as the Buffalo Soldiers National Museum in Houston, offer special programming.



### Patronize a Black-owned restaurant or business.

Dine in or order takeout from a restaurant, or shop Black-owned brands.



### Relax and reflect.

Juneteenth falls on a Saturday this year. If possible, take the day to gather with loved ones and your community.

## WORDS OF WISDOM



### VIVIAN PINN, M.D.

First director of the Office of Research on Women's Health at the National Institutes of Health

*interviewed by Melanie Curry*

“Have a mentor and be a mentor. Some of my proudest career moments have been hearing from students whom I influenced.”



### PAULA WHALEY

Artist and sister of writer James Baldwin

*interviewed by Carly Olson*

“A lesson I learned from my brother: Push through your fear. If there's something you want, it's usually worth the risk. I've found that on the other side of fear is rebirth.”



### VALERIE L. THOMAS

NASA mathematician, 1964–1995

*interviewed by Sara Bey*

“Embrace failure. Once you understand why you failed and make the corrections, you can appreciate it as part of the learning process.”

*a true*  
• Trailblazer •



Photographed by  
Andi Rice in  
Birmingham, AL,  
on March 19, 2021.

## CLAUDETTE COLVIN

b. 1939, Birmingham, AL

---

interviewed by Rachel Williams

**C**laudette Colvin, 81, was a true pioneer in the Civil Rights Movement. In 1955, when she was 15, she refused to give up her seat on a Montgomery bus to a white woman—nine months before Rosa Parks’s refusal in Montgomery sparked a bus boycott. As an adult, she worked as a nurse’s assistant in New York City until her retirement in 2004.

### ON GROWING UP IN THE SOUTH

“I lived with relatives on a farm in the little town of Pine Level. We had horses, cows, pigs, chickens, a dog and a cat. All the big holidays were like a family reunion—my relatives would show up in big, shiny automobiles from the North. At that time we didn’t have electricity, so the little boys would take turns turning the crank on the ice cream maker. We made stew from scratch and had a barbecue pit. It was so much fun!”

### ON HER FIRST ENCOUNTER WITH RACISM

“When I was 6 years old, I was looking around with my mother in a store to get a lollipop. Suddenly all the kids were laughing, so I turned around and said, ‘What’s so funny?’ A little white boy said, ‘Let me see your hand.’ So I raised my hand, and he put his hand up against my hand. Out of nowhere, my mother, Mary, popped me on the forehead. And the boy’s mother yelled, ‘That’s right, Mary!’ When I got home, my mother explained that I was never to touch or talk to a white child.”

### ON NOT GIVING UP HER SEAT ON THE BUS

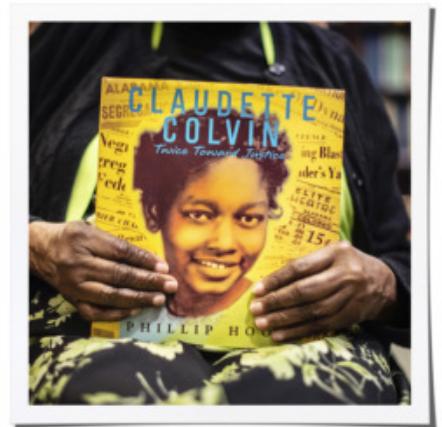
“I was a teenager at the time, and we had been learning about Harriet Tubman and Sojourner Truth in school. When a white woman got on the bus and the driver told me to get

up from my seat so she could sit down, I felt that those women each had a hand on my shoulders pushing me down. History had me glued to the seat. The police dragged me off the bus, handcuffed me and took me to jail. Later that day, my mother and a local pastor bailed me out, and that night after I got back home, my father sat up with a loaded shotgun by his chair. He said, ‘The KKK is not going to take you out tonight.’”

“Don’t be afraid to stand up for what’s right.”

### ON ROSA PARKS

“After I got out of jail, I lost most of my friends because their parents told them I was a troublemaker. Then I got pregnant out of wedlock and had my son Raymond. At that time, Rosa Parks was the secretary of the Montgomery chapter of the NAACP, and as a seamstress, she had a lot of white, affluent customers. So, she became the face of the movement, and I was ostracized by a lot of activist organizations. But I wasn’t seeking notoriety. In fact, Ms. Parks became a close friend and mentor to me after I joined the NAACP Youth Council. We have to remember that Black women may not always have all the support they need growing up. Struggles you’ve gone through have nothing to do with your capabilities as a leader. It’s



**T**  
**FORGOTTEN HISTORY**  
*Claudette Colvin: Twice Toward Justice* by Phillip Hoose won a National Book Award in 2009.

a shame to miss out on so many precious minds and contributions.”

### ON THE LESSONS SHE WANTS TO PASS ON

“Don’t be afraid to stand up and fight for what’s right. Get out there in the struggle. The more of us are out there, the more powerful we will be. You might not benefit from it right away, but the younger generation behind you will benefit from it.”

### ON WHAT SHE’S MOST GRATEFUL FOR

“I’m most grateful for raising my two boys to adulthood. I provided for them and gave them courage. I can say I have reaped some of the fruit of my labor through my grandchildren. These are the last days of my life, but God has blessed me. I don’t have money, but I have hope and faith.”



**Interviewer**  
**RACHEL WILLIAMS** is a senior at Alabama State University majoring in political science with a minor in communications. She founded a women’s mentorship group called The Curve ASU.

# 3 Easy Steps to Fresh (and Soft) Laundry



Looking to make all your laundry smell good and feel super soft? **Downy Ultra April Fresh Fabric Conditioner** softens, freshens and protects your clothes, leaving them with a pleasing floral scent. It's easy to use in both top- and front-loading machines. In celebration of the **60th anniversary of Downy Ultra April Fresh Fabric Softener**, we're offering up a few simple steps to get the job done!



## Clean Your Machine

Soap residue, minerals and chemicals from your detergent can get locked inside your machine and create a thin film that traps bacteria. Clean your machine every month by adding bleach and turning on the special washer cleaning cycle on your machine or using a washing machine cleaner. Don't forget to clean the outside too.



## Leave Your Machine Door Open

Once your washer is clean, keep it that way. After moving clothes to the dryer, leave the door or lid of your washing machine open to air it out. This allows the inside of the basin to dry, preventing bacteria, mold and mildew from growing. Be sure to keep kids and pets safely away to avoid accidents.



## Use Downy Ultra April Fresh

The ultimate step—add Downy Ultra April Fresh Fabric Softener to your laundry routine to infuse your sheets, towels, darks, whites and even delicates with wonderful softness, freshness and protection. It also fights stretching, static, pilling and fuzz. Best of all, it's easy to use.



## WHY IT EARNED THE GH SEAL



Downy fabric softeners always top GH Cleaning Lab tests for how well they soften scratchy fabrics. Plus, they have ingredients to help offset the abrasive effects of washing and wear.

### Superior Softening

Nothing tops Ultra Downy for leaving fabrics soft to the touch. And a little goes a long way. For a medium load you need less than a capful.

### Keeps Fabrics New-Looking

Ultra Downy does for fibers what conditioner does for your hair. It fights the damage washing can cause with ingredients to help keep fabrics from stretching, fading and fuzzing.

### Fights Wrinkles

Ultra Downy works in the rinse cycle, where it treats fibers and leaves them more flexible than washing in detergent alone. This helps fabrics bounce back from the creasing and wrinkling the spin cycle can cause.

# ★ GH report ★



MEET THE  
GH EXPERTS



×  
**LEXIE SACHS**  
TEXTILES  
DIRECTOR



×  
**EMMA SEYMOUR**  
TEXTILES LAB  
PRODUCT ANALYST



×  
**MONIQUE VALERIS**  
SENIOR HOME  
EDITOR

BEST-TESTED

# SLEEP ESSENTIALS

We used specialized lab equipment — and feedback from over 100 sleep testers — to evaluate hundreds of mattresses, sheets, pillows and more. After analyzing 9,847 data points, our pros swear by these winners for your best-ever bed.

by **LEXIE SACHS**



magnificent

# MATTRESSES



## BEST INNERSPRING

Saatva creates a lavish feel with coils, foam and a pillow-top, then adds the ease of a direct-to-consumer online shopping experience. With two heights and three firmness levels, it's easy to find your perfect fit.

**LAB RESULTS** Testers gave it high scores across the board and raved about its comfort and edge support. Some even said it led to "the best sleep I've ever had." We also love the free setup and 180-night trial period.

**SAATVA CLASSIC MATTRESS**, \$1,499 FOR QUEEN, SAATVA.COM



## BEST BUDGET BUY

For an affordable mattress that feels expensive, Allswell outperformed others that were more than double its cost. It layers memory foam for pressure relief over coils for support and ships in a box for DIY setup.

**LAB RESULTS** From ease of ordering to sleep quality, it earned top marks from our panel. According to a consumer tester, it felt "like sleeping on a real, plush hotel mattress, but at a fraction of the price."

**ALLSWELL LUXE HYBRID**, \$645 FOR QUEEN, ALLSWELLHOME.COM



## BEST FOR COOLING BENEFITS

Perfect for hot sleepers, Tempur-Pedic's layers have technology that absorbs heat to keep you feeling cooler all night. The foam has motion isolation so you won't feel your partner move.

**LAB RESULTS** Our pros were impressed by its cooling capabilities, and testers confirmed that it actually delivered. One said, "I've had it for years and it still feels brand-new."

**TEMPUR-PEDIC TEMPUR-LUXEBREEZE**, \$4,999 FOR QUEEN, TEMPURPedic.COM



## BEST FOR CUSTOM COMFORT

Choose your own firmness level with the adjustable air chambers on each side of Sleep Number's smart bed. It has foam on top, built-in sleep trackers and sensors to adjust the firmness as you move.

**LAB RESULTS** One tester swore he felt 30 years younger after sleeping on this bed: "No stiffness, no pain!" And despite its being high-tech, we found it surprisingly easy to use.

**SLEEP NUMBER 360 M7 SMART BED**, \$3,599 FOR QUEEN, SLEEPNUMBER.COM



## BEST FOAM

To help keep your spine aligned, Casper uses a contoured foam that gives relief around the shoulders with added support for the lower back. Firm springs sit at the base, while a soft layer on top creates a plush feel.

**LAB RESULTS** Our pros admired its thoughtful design, while testers loved the conforming feel. "As soon as I lie down on it, it feels like it's supporting my whole body," reported one.

**CASPER NOVA HYBRID MATTRESS**, \$2,095 FOR QUEEN, CASPER.COM



## BEST SUSTAINABLE

This organic mattress from Naturepedic uses swappable layers of coil and latex. There are five firmness levels to choose from, and each side can be customized to suit individual preferences.

**LAB RESULTS** Testers liked its customization, with one noting, "Because each side is separate, movement on one side doesn't transfer to the other." Our experts also appreciated its natural cotton and wool layers.

**NATUREPEDIC EOS PILLOWTOP ORGANIC MATTRESS**, \$3,999 FOR QUEEN, NATUREPEDIC.COM

## Brilliant Bases



### VERSATILE RELAXING BED

The reclining headboard on Zinus's platform frame makes lounging in bed more enjoyable. Cushions tilt to your preferred angle whether you're reading or watching TV.

**LAB RESULTS** It was quick to assemble and described by a tester as "cool, useful and easy to use."

**ZINUS AVERY PLATFORM BED WITH RECLINING HEADBOARD**, \$305 FOR QUEEN, ZINUS.COM



### INDULGENT ADJUSTABLE FRAME

Jam-packed with features, the Ergomotion base has head and foot raisers, massage motors, under-bed lighting and more. It's less costly than similar models we've seen.

**LAB RESULTS** Testers praised its comfort, and one said, "I love that I can sit up in bed without sliding."

**ERGOMOTION QUEST 2.5 ADJUSTABLE BASE**, \$1,249 FOR QUEEN, ERGOMOTION.COM



premium

# PILLOWS



## SOFT & LOFTY DOWN CLUSTERS

If you prefer real down, this **Riley Home** pillow is luxuriously fluffy, with a smooth cover. The down is responsibly sourced and comes in two densities: firm for side sleepers and plush for back and stomach sleepers.

**LAB RESULTS** It washed well in tests, without shrinkage, and our panel was wowed by how it maintained its shape during use. One tester raved, "This pillow was more comfortable than the pillows I've been using by far!"

**RILEY HOME** WHITE DOWN PILLOW, FROM \$129, RILEYHOME.COM



## COOLING DOWN ALTERNATIVE

**Slumber Cloud's** cover contains Outlast technology, which stores and releases heat for thermal regulation. The polyester fiberfill mimics down while lowering the cost.

**LAB RESULTS** Testers agreed it kept them at a comfy temperature, with one saying, "It definitely has more of a cooling effect than other cooling pillows I've tried." Plus, it aced Lab tests without sagging.

**SLUMBER CLOUD** ULTRACOOOL PILLOW, FROM \$69, SLUMBERCLOUD.COM



## ADAPTABLE SOLID FOAM

This would satisfy Goldilocks; **Tuft & Needle's** just-right material is neither too soft nor too firm. Squishy but supportive, it has graphite and gel to keep the foam from overheating.

**LAB RESULTS** Our entire panel agreed that it felt like a pillow upgrade, with one highlighting the "comfort in multiple sleep positions." It also kept its shape in both Lab and consumer tests.

**TUFT & NEEDLE** ORIGINAL FOAM PILLOW, FROM \$75, TUFTANDNEEDLE.COM



## CROWD-PLEASING HYBRID FILL

No need to choose one stuffing; **Layla** blends firm foam pieces and soft kapok fibers to create the best of both worlds. The result is a balance of moldable support with an ultra-plush feel.

**LAB RESULTS** This tester favorite earned perfect scores for comfort, support and overall satisfaction. One reviewer especially loved how it "eliminated the need to use two pillows." It's not washable, but it excelled in Lab shape-retention tests.

**LAYLA** KAPOK PILLOW, FROM \$99, LAYLASLEEP.COM



## INNOVATIVE LATEX CUSHIONING

This unique model from **Purple** uses an elastic grid around a latex core, so it cradles and conforms to your head. The breathable interior and a moisture-wicking cover create a strong cooling effect.

**LAB RESULTS** It immediately bounced back in our weight tests, while users gave it top marks for support. One said it contoured to their head and neck even when they moved.

**PURPLE** HARMONY PILLOW, \$159, PURPLE.COM

## Top Mattress Toppers



### LUXURIOUS PLUSH WOOL

Add soft pillow-top comfort with this premium layer from **PlushBeds**. Its wool is sustainably sourced and naturally temperature-regulating.

**LAB RESULTS** Analysts were wowed by the materials, and testers swore that it eased back pain. "It was like a body hug," said one.

**PLUSHBEDS** NATURAL WOOL TOPPER, \$491 FOR QUEEN, PLUSHBEDS.COM



### ENHANCED FOAM SUPPORT

For an instant upgrade to your bed, **Amerisleep's** three-inch foam comes in two firmness levels and has grips to prevent shifting.

**LAB RESULTS** It's "supercomfortable and soft," according to testers, who said it made their beds feel more supportive yet cushioned.

**AMERISLEEP** LIFT MATTRESS TOPPER, \$299 FOR QUEEN, AMERISLEEP.COM



### DELUXE DUAL LAYER

This **ViscoSoft** hybrid has foam for support on the bottom with a soft down alternative on top. An outer cover secures it to the bed.

**LAB RESULTS** One tester referred to it as a "game changer," making for less tossing and turning and no more morning aches or pains.

**VISCOFOT** SERENE FOAM HYBRID MATTRESS TOPPER, \$170 FOR QUEEN, VISCOFOT.COM



standout  
SHEETS



**SUPERSTAR SATEEN**

A popular set that lives up to its hype, **Brooklinen's** top-of-the-line cotton fabric is both smooth and durable. The brand offers free shipping both ways and a yearlong return window so you can be sure you love it.

**LAB RESULTS** The material was called "soft" and "smooth" by our panel, and it scored higher than pricier styles in durability evaluations. Our pros use these at home, and they've held up for years.

**BROOKLINEN** LUXE CORE SHEET SET, \$175 FOR FOUR-PIECE QUEEN, BROOKLINEN.COM



**VALUE MICROFIBER**

The **Mellanni** polyester set is a total steal: It feels incredibly sleek and is generously sized to securely fit taller mattresses. It's also an Amazon best seller, with more than 200,000 rave reviews from users.

**LAB RESULTS** The synthetic fabric looked and felt smoother than most cotton sheets, and testers called it "buttery soft." It hardly shrank or pilled when we put it through the wringer in our evaluations.

**MELLANNI** 1800 MICROFIBER SHEET SET, FROM \$33 FOR FOUR-PIECE QUEEN, AMAZON.COM



**ORGANIC PERCALE**

For a relaxed look and a breathable feel, **Coyuchi** uses a special process to achieve a crinkled effect. As a bonus, it is made of GOTS-certified organic cotton and follows strict environmental standards.

**LAB RESULTS** At-home users were blown away, with one describing it as "soft, luxurious, and yet crisp and cool." The fabric was shrink-resistant in Lab laundering tests, so you can expect it to last.

**COYUCHI** ORGANIC CRINKLED PERCALE SHEETS, \$198 FOR FOUR-PIECE QUEEN, COYUCHI.COM



**STAY-DRY WICKING**

Say goodbye to night sweats: **Slumber Cloud** blends temperature-regulating Outlast viscose with moisture-managing lyocell for an ultra-refreshing material that's perfect for hot sleepers.

**LAB RESULTS** The smooth fabric didn't pill in our tests, even after our abrasion machine rubbed it 1,000 times. A tester noted that it felt "cool to the touch and silky" during use.

**SLUMBER CLOUD** PERFORMANCE SHEET SET, \$229 FOR FOUR-PIECE QUEEN, SLUMBERCLOUD.COM



**UPSCALE LINEN**

The unique airy texture of linen can sometimes feel rough, but this luxe material from **Cultiver** is prewashed for added softness. You can even order a free swatch to feel before you purchase online.

**LAB RESULTS** It outperformed other linen fabrics we've evaluated, especially when it came to touch ratings from our testers. One user praised it for being "the perfect balance between crisp and soft."

**CULTIVER** LINEN SHEET SET, \$385 FOR FOUR-PIECE QUEEN, CULTIVER.COM



**CLEVER TIME-SAVER**

**One Bed's** genius design will end bed-making struggles. The fitted sheet has labels on long and short sides and elastic straps to keep it in place, and a split corner makes tucking in the flat sheet a breeze.

**LAB RESULTS** Our panel loved the concept, with one saying, "Making my bed in the morning was a snap." They also gave the cotton sateen high softness scores, and it resisted showing signs of wear in Lab pilling tests.

**ONE BED** LUXE & LAZY SHEET SET, \$169 FOR FOUR-PIECE QUEEN, THEONEBED.COM

Pampering Silk Cases



**INDULGENT PILLOW COVER**

The **Fishers Finery** fabric feels smooth and cool against skin, prevents bedhead and wrinkles and is half the price of other silk cases.

**LAB RESULTS** Its silk proved strong and moisture-wicking in the Lab, while sleep testers praised its feel. One noted, "No creases in my skin."

**FISHERS FINERY** 25MM MULBERRY SILK PILLOWCASE, FROM \$47, FISHERSFINERY.COM



**ULTIMATE SELF-CARE SET**

Achieve your best beauty sleep with **Blissy's** silk pillowcase, sleep mask and scrunchies in two sizes. It's the perfect gift box for a loved one or to get for yourself.

**LAB RESULTS** The fabric impressed our pros with how well it washed, and users were instant fans, calling it "supersmooth" and "substantial."

**BLISSY** DREAM SET, FROM \$120, BLISSY.COM



# TURN YOUR DECK INTO AN OUTDOOR RETREAT

**Special Offer - Save \$200 Today!**

A SunSetter retractable awning doesn't just create shade. At the push of a button, it creates a cool and comfortable outdoor space that quickly becomes the center of daily life, whether you're sharing a casual outdoor breakfast for two, playing a board game with the family, throwing a dinner party, or just relaxing with a book or tablet.

More than 820,000 families nationwide have taken life outdoors with a SunSetter awning. We invite you to join them. Call now, and for a limited time save \$200!

- ✔ Cool Shade in Seconds!
- ✔ Keeps Deck up to 20° Cooler
- ✔ Shades Indoor Rooms, Too
- ✔ Saves Energy, Cuts A/C Bills
- ✔ Protects from Passing Showers
- ✔ Wide Range of Sizes & Colors
- ✔ Quality Built in the USA
- ✔ Low Factory-Direct Prices
- ✔ America's Best Awning Value

 Call Toll-Free 1-800-876-8060 Ext. 36609

**YES!** Please send my **FREE** Info Kit & DVD + **\$200 Savings Certificate** ... TODAY!

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

EMAIL: \_\_\_\_\_

MAIL TO: SunSetter Products, 184 Charles Street, Dept. 36609, Malden, MA 02148

**FREE! Info Kit & DVD**





most comfortable  
COVERS



**DELUXE  
DOWN COMFORTER**

Nothing compares to the soft coziness of **The Company Store**'s responsibly sourced down. With three warmth levels and five colors to choose from, you can use it by itself or inside a duvet cover. **LAB RESULTS** The fill didn't shift, poke out or lose its shape during use, and the cotton cover felt smooth and comfy. One tester told us, "I never want to take it off my bed!"

**THE COMPANY STORE** ALBERTA DOWN COMFORTER, FROM \$379 FOR QUEEN, [HOMEDEPOT.COM](http://HOMEDEPOT.COM)



**FAN FAVORITE  
FLUFFY FILL**

Unlike comforters with clusters on the inside, **Buffy** uses a 3D web of down-alternative fibers that stay evenly spread out without clumping. Its smooth lyocell cover doesn't make a crinkly noise when you move. **LAB RESULTS** Analysts and editors have used this for years, describing it as making the bed "a hotel-like experience" and feeling "like you're sleeping on a cloud." Our pros also appreciate its 30-day trial.

**BUFFY** CLOUD COMFORTER, \$159 FOR QUEEN, [BUFFY.CO](http://BUFFY.CO)



**ULTRA-WARM  
DOWN ALTERNATIVE**

Synthetic down typically isn't as warm as the real thing, but this **Riley Home** option keeps you toasty while feeling lightweight. The microfiber fill helps trap heat, while the cotton cover is soft and crisp. **LAB RESULTS** All testers commented on how well-made it looked and how warm it felt to lie under. One highlight: "It was completely quiet, and the fill did not shift."

**RILEY HOME** EXTRA WARM DOWN ALTERNATIVE COMFORTER, \$299 FOR QUEEN, [RILEYHOME.COM](http://RILEYHOME.COM)



**NATURAL  
ALPACA INSERT**

**Avocado** uses sustainable, temperature-regulating alpaca fibers inside soft cotton fabric, resulting in a luxurious and certified organic duvet. The unique fill, available in lightweight or all-season, stays evenly in place. **LAB RESULTS** Our team applauded the top-quality construction, and it was a favorite among testers. One said it felt "soft, substantial and comfortable to sleep under."

**AVOCADO** ALPACA DUVET INSERT, FROM \$379 FOR QUEEN, [AVOCADOGREENMATTRESS.COM](http://AVOCADOGREENMATTRESS.COM)



**CREATIVE  
COUPLE SAVER**

Whether you prefer different temps or struggle with cover hogging, this **Ervét** split duvet is an easy way to keep the peace between sleeping partners. Each side gets its own warmth level, and it includes covers that attach via magnets. **LAB RESULTS** Testers slept well, with one happily telling us, "We both got what we wanted." Beyond the design, the materials felt comfy.

**ERVÉT** SPLIT DUVET BUNDLE, \$199 FOR QUEEN, [ERVETBEDDING.COM](http://ERVETBEDDING.COM)

Best Blankets



**EXQUISITE  
LIGHTWEIGHT QUILT**

Intricate details on the **Brooklinen** cotton quilt look elevated, but it's functional for year-round use, either as a top layer or on its own. **LAB RESULTS** Users loved both its appearance and its comfort. One noted, "Even though it's lightweight, it still managed to be warm."

**BROOKLINEN** LIGHTWEIGHT QUILT, \$249 FOR QUEEN, [BROOKLINEN.COM](http://BROOKLINEN.COM)



**COST-EFFECTIVE  
CHIC COVERLET**

A quick, affordable bed makeover, **Mellanni**'s three-piece set is generously sized and light for easy layering, and it comes in 15 colors. **LAB RESULTS** The stitching was secure, its polyester fabric got softer over time and an analyst confirmed, "It looks more expensive than it is."

**MELLANNI** BEDSPREAD COVERLET SET, \$45 FOR QUEEN, [AMAZON.COM](http://AMAZON.COM)



**STYLISH  
COZY THROW**

For your bed, the sofa or on the go, the **ChappyWrap** blanket is both handy and comfortable, and it comes in lots of gorgeous prints. **LAB RESULTS** The cotton-blend fabric stayed soft and pill-free after washing. Users loved its versatility, calling it "perfect for snuggling up."

**CHAPPYWRAP** HARBORVIEW HERRINGBONE BLANKET, \$135, [CHAPPYWRAP.COM](http://CHAPPYWRAP.COM)



exceptional

# ACCESSORIES



## CRISP & COMFY LINEN SLEEPWEAR

Breathable and roomy with a relaxed look and feel, **Serena & Lily's** long-sleeved PJ's set uses linen fibers with natural temperature regulation for year-round wear. It gets softer with each wash. **LAB RESULTS** It laundered well, and testers loved the wide, long pant legs. They were surprised by how much they enjoyed wearing it, calling it "comfortable and flattering."

**SERENA & LILY** POSITANO LINEN PAJAMAS, \$148, SERENAANDLILY.COM



## SOOTHING SLEEP MASK

This weighted eye cover from **Nodpod** offers comforting pressure while blocking light to help you fall asleep and stay that way. It's two-sided, so you can choose between smooth cotton and plush microfleece. **LAB RESULTS** "It really works!" raved a user. Weighted masks that secure behind the head tend to shift, but this one is a long strip that provides great coverage for side sleepers.

**NODPOD** WEIGHTED BLANKET FOR YOUR EYES, \$34, NODPOD.COM



## CONVENIENT DUVET COVER

A solid basic with great attention to detail, the **Kotn** cotton cover includes ties to attach the duvet insert and pearlized closure buttons for a luxury finish. Each set also includes two matching shams. **LAB RESULTS** It fared well in strenuous strength tests, and analysts were impressed by its tightly woven material. Testers loved its "soft, crisp fabric" and the way it looked on the bed.

**KOTN** DUVET COVER SET, \$170 FOR QUEEN, KOTN.COM



## SPILL-PROOF PROTECTOR

Keep your mattress safe from spills with this waterproof **Home Decorators Collection** layer. It even feels cool to the touch on top and has fitted edges around the sides so it will stay secure on your bed. **LAB RESULTS** A tester swore that it saved her mattress from a child's accident and said it was "easy to stretch over the bed." It also stood up to repeated washing in our Lab tests.

**HOME DECORATORS COLLECTION** EXTREME COOL PROTECTOR, \$70 FOR QUEEN, HOMEDEPOT.COM



## POSTURE-PERFECT LEG PILLOW

To alleviate back and lower-body pain, the **Noble** triangular pillow goes between your legs (for side sleepers) or under them (for back sleepers) to keep you aligned. Choose a latex or wool filling or a mix of both. **LAB RESULTS** Our panel said it eased discomfort and was useful in various positions. One also loved that "it didn't take up too much room on the bed."

**NOBLE** LOWER BODY PILLOW, FROM \$269, NOBLEPILLOW.COM



## BEAUTIFUL BED WRAP

A modern upgrade from messy bed skirts, **Standard Textile Home's** wrap creates a smooth look around the base. It also is easier to install, since you don't need to lift the mattress, and comes in several neutral colors. **LAB RESULTS** Testers loved the way it fit their frames, saying it looked "superclean and sleek," especially compared with traditional skirts. With two people, it was a breeze to set up.

**STANDARD TEXTILE HOME** CIRCA BED WRAP, \$139 FOR QUEEN, STANDARDTEXTILEHOME.COM

## Top Weighted Blankets



### SLEEP-INDUCING BLISSFUL HUG

Pressure from this **Gravity** blanket releases serotonin to help you relax. It is filled with dense glass beads and has a removable cotton cover. **LAB RESULTS** Testers said the fabric felt soft and comfy to lie under, and that the fill was well distributed to provide even pressure.

**GRAVITY X MODERNIST** COTTON WEIGHTED BLANKET, FROM \$205, GRAVITYBLANKETS.COM



### TRENDY CALMING SOLUTION

Most weighted blankets look and feel the same, but **Bearaby's** unique style is a chunky knit that gets its weight from organic cotton fabric. **LAB RESULTS** Users "loved the appearance and style" and the fact that there was no fill to shift around. Because it's an open knit, you'll feel more pressure if you layer it.

**BEARABY** COTTON NAPPER, FROM \$249, BEARABY.COM

tested this month

# SMART WATCHES

These wrist accessories can track sleep, health, exercise and weather along with helping you make it to your next meeting on time. See our winning picks below.



**how we tested**

Our engineers logged over 100 data points from Lab analysis and real user feedback. The newest models were scored on factors like:

- Ease of use and fit
- Design and features
- Battery life
- Accuracy



SCORED  
**95**  
100

**BEST OVERALL**

With loads of features, the new **Apple** watch offers the clean design and intuitive controls you love in the company's other devices. Wellness highlights include an oximeter to measure blood oxygen, sleep monitoring and an FDA-cleared ECG app, which can help with insights about heart rhythm.

**APPLE** APPLE WATCH SERIES 6, APPLE.COM



SCORED  
**94**

**BEST FOR ANDROID**

This sleek **Samsung** smart watch is a perfect match for anyone using an Android phone. It allows you to make and take calls, use Bixby to dictate messages and track fitness and health goals with blood oxygen and FDA-cleared ECG monitoring. Enhanced sleep tracking offers context to improve habits.

**SAMSUNG** GALAXY WATCH3, SAMSUNG.COM



SCORED  
**89**

**BEST FOR FITNESS**

**Fitbit** pioneered the wearable revolution with its original fitness tracker more than a decade ago. Staying true to its roots, this model is packed with wellness features, including built-in GPS, 24/7 heart rate tracking and a daily Sleep Score feature through the Fitbit app, which our tests found incredibly intuitive.

**FITBIT** VERSA 3, FITBIT.COM



SCORED  
**92**

**BEST VALUE**

The **Timex** model combines a trusted brand name with solid intelligence at a very competitive price. It features an always-on high-resolution display, 24/7 fitness tracking and accurate GPS. It's designed to be exceptionally lightweight, and the face is made of impact-resistant Gorilla Glass.

**TIMEX** METROPOLITAN, TIMEX.COM

PRODUCT INFO  
PRICE  
PROS  
TAKE NOTE  
LAB RESULTS

FROM  
**\$399**

- Allows for contactless payment
- Built-in GPS and available LTE
- Siri voice assistant

- Battery has to be charged daily
- Compatible only with iPhone

Our fitness experts were impressed with the accuracy and auto-logging of the health and activity tracking. Testers gave the cellular version top marks. "I loved answering calls on my wrist and not having to keep my phone glued to me," said one. "It's life-changing."

FROM  
**\$400**

- Extremely durable
- Versions with or without 4G LTE
- Smart replies autopopulate

- iPhone features are limited
- Battery life could be better

GH engineers and consumer testers raved about the classic design, loving that they could select from over 50,000 watch faces. Most users found the rotating outer ring, or bezel, helpful, with one tester noting, "It prevented me from clicking on the wrong thing."

FROM  
**\$230**

- Impressive sleep tracking
- Built-in GPS and Fitbit Pay
- Good battery life

- Lacks fall detection
- Subscription required for some advanced features

In our analysis, this model scored well for its extensive health and fitness features, and Lab experts were impressed by how easy it was to check wellness stats, answer calls and texts or start a workout with this device. One tester said, "I love that it tracks my cycle so precisely."

FROM  
**\$179**

- Nice price
- Durable screen
- Lightweight design

- Not suitable for swimming
- Lacks the ability to send emails

This watch stood out to both our Lab experts and consumer testers: Navigating its features was simple, and testers called the design "cute and comfy." Don't be alarmed by its affordable price: It's a very versatile option that doesn't skimp on many desired features.



×  
**RACHEL ROTHMAN**  
CHIEF  
TECHNOLOGIST

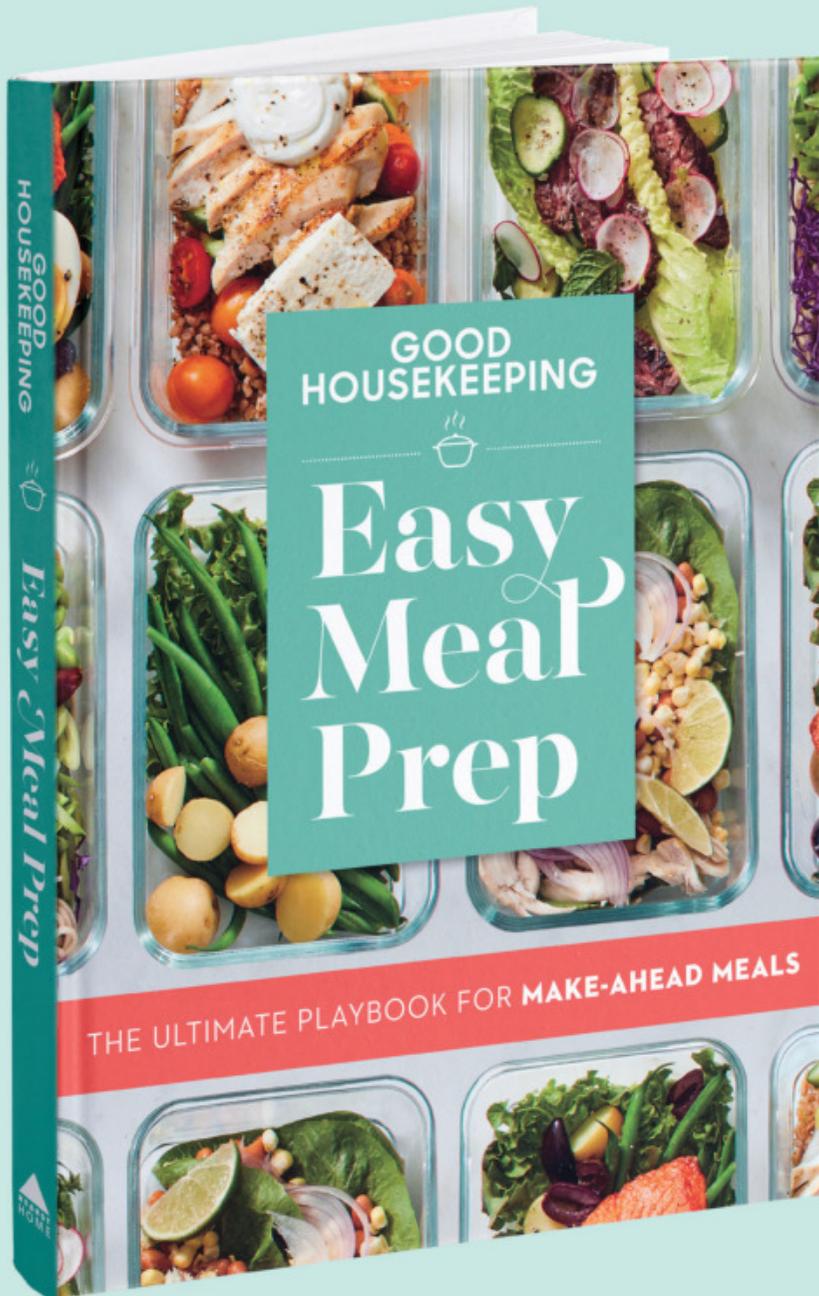
ASK THE EXPERT

**Q: How is a smart watch different from a fitness tracker?**

**A:** The main thing that distinguishes them is their primary functions: A fitness tracker is designed to optimize health and wellness, whereas a smart watch extends your phone's capabilities. At one time fitness trackers and smart watches were more distinct things, but today the two have largely converged, with many smart watches having incredible fitness capabilities and many fitness trackers integrating smart watch features such as the ability to call, text and get calendar notifications.

**What we're testing next: Refrigerators.** Join our exclusive GH+ Club to be a front-of-the-line product tester. Visit [goodhousekeeping.com/go/join](http://goodhousekeeping.com/go/join) to learn more and sign up now.

# MEAL PREPPING WILL CHANGE YOUR LIFE!



## Includes:

- **125+ make-ahead recipes** that will save you time and money.
- **A primer of all the basics** like big-batch cooking and freeze-ahead meals.
- **A 28-day meal plan** with prepping and cooking tips.
- **Gluten-free, keto & vegan options!**

Available wherever books are sold or  
[goodhousekeeping.com/mealprepbook](https://www.goodhousekeeping.com/mealprepbook)



# Better nutrition. Stronger immunity. Today, more important than ever.

**6 times more vitamin D\*** for building immunity and strong bones

**6 grams of protein** to build and repair tissue and stay strong

**38% more lutein\*** for good eye health

**Nearly 50% more selenium\*** for thyroid and metabolism function

**10 times more vitamin E\*** to help protect cells from damage

**80 mcg of vitamin A**—important for immunity and eye health

**Nearly twice as much folate** (vitamin B9)\*—great for expectant mothers

**Twice as much iodine\*** for thyroid health

These times call for the better egg—only Egghand's Best. Providing superior nutrition to help you and your family maintain a strong immune system and support overall health. And, produced with the highest quality standards to ensure that you and your family are getting nothing but the best.



\*Compared to ordinary eggs

**Better taste. Better nutrition.  
Better eggs.®**

# ★cook+savor★



Prop styling: Lis Engelhart. Plate: Ingrid Wens Ceramics.

Mike Garten. Food styling: Simon Andrews.

×

DAD'S DAY  
**BEST EVER  
FRENCH TOAST**

Slices of challah soaked in a mixture of milk, eggs, vanilla and cinnamon and pan-fried until golden brown make Father's Day extra sweet. Top with tangy Greek yogurt and berries for a burst of fresh flavor.

P. 96

To see more unique tableware from this artist, visit [ingridwens.com](http://ingridwens.com).

# 27 tasty things to **EAT, GRILL, SIP & SERVE** this summer



STAUB

2

Easy Dinner  
**SHRIMP,  
ZUCCHINI  
and CORN  
ENCHILADAS**

P. 91

1.

### Store-Bought Star

Desert Pepper Cantina  
Medium Green Salsa  
(\$4, [desertpepper.com](http://desertpepper.com))  
adds a hint of spice and  
vibrant flavor to this  
delicious dish.



# 4

Satisfying  
+ Healthy

## CAESAR SALAD *with* GRILLED RADISHES

P. 92

3. Vegan Caesar Dressing P. 92

5.  
**Top Topper**  
Crispy chickpeas add crunch (and protein!) to a salad. Bonus: They are super simple to prep (recipe, page 92) and make a fabulous snack as well.



↑  
7.

**Zucchini, Yellow Squash & Herb**

6.

**Lemon Cacio e Pepe**



8.

**Ricotta & Fresh Tomato**



**Grill It!**

Make perfect pizzas on the BBQ with these simple steps (page 95).

## GAME-CHANGING CHIPS

These favorites with a twist are all that and a bag of...well, you know.



9

**Dang Toasted Sesame Thai Rice Chips**

These reinvented rice cakes balance sweet and savory. \$4, [DANGFOODS.COM](http://DANGFOODS.COM)



10

**Siete Sea Salt & Vinegar Kettle Cooked Potato Chips**

Classic flavor – with a kick. The serrano heat builds with each bite. \$4, [SIETEFOODS.COM](http://SIETEFOODS.COM)



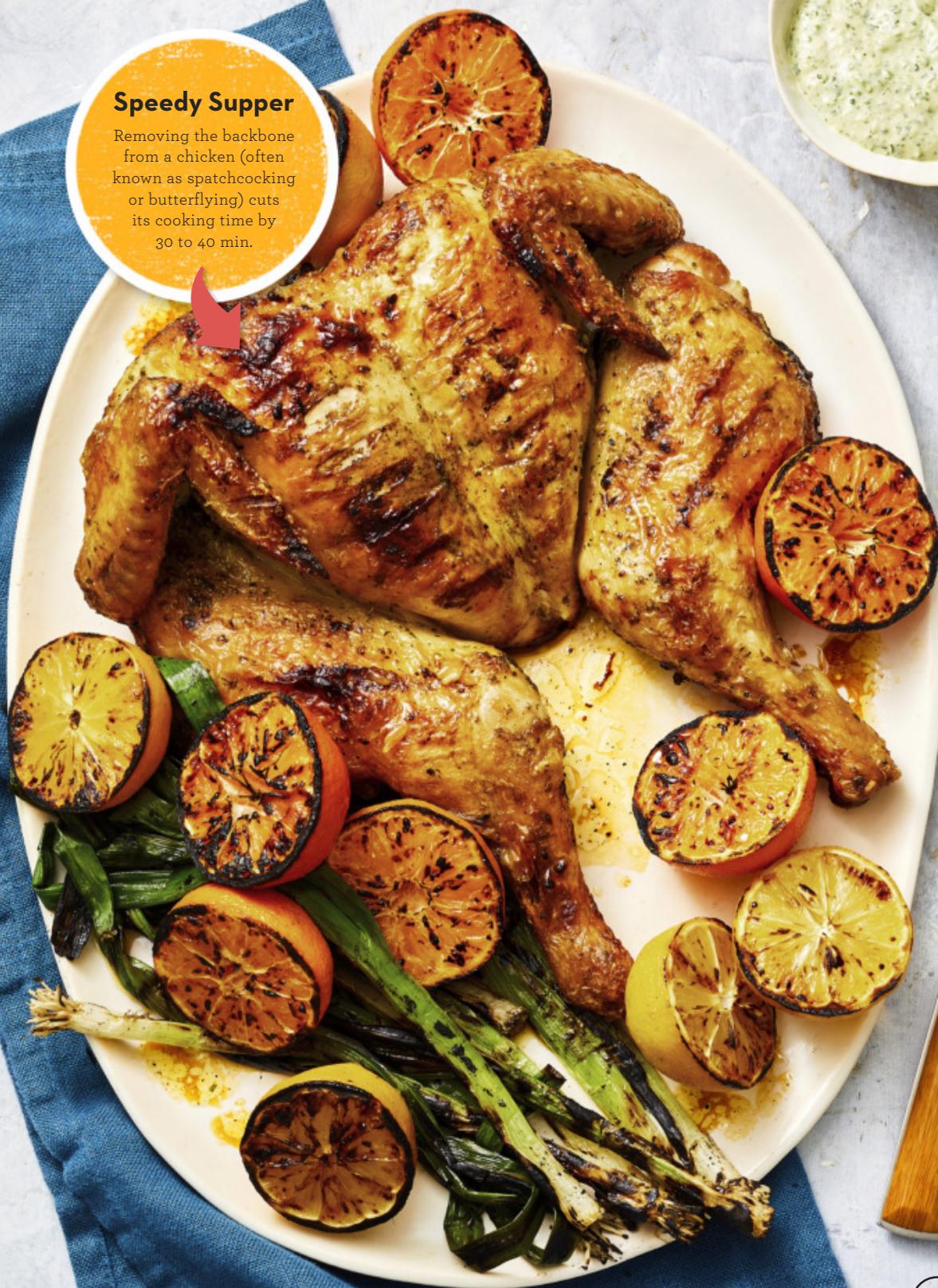
11

**Snacklins Chesapeake Bay**

Move over, spuds. These airy crisps, made from yuca and mushrooms, delight the palate. \$4.50, [SNACKLINS.COM](http://SNACKLINS.COM)

## Speedy Supper

Removing the backbone from a chicken (often known as spatchcocking or butterflying) cuts its cooking time by 30 to 40 min.



12

## Summer Stunner GRILLED BUTTERFLIED CHICKEN

P. 92



**14.**  
**SAUCE IT UP**  
Add a final boost with this tasty chimichurri (recipe, page 94).

**15.**  
**Grilled Broccoli**  
P. 94

**13**

**Hot off the Grill**  
**MARINATED FLANK STEAK**

P. 94

**Make Some Marinades**

Change up dinner with these flavor-packed mixtures (recipes, page 94).



**16**

**SPICY SOY**



**17**

**CITRUS-GARLIC**



**18**

**BALSAMIC ROSEMARY**



Chia seeds are key to this spread's jam-like consistency. They're also a good source of fiber, minerals and plant-based omega-3 fatty acids.

TOP OATMEAL

SWIRL INTO YOGURT

SPREAD ON TOAST

19  
Very  
Versatile  
RASPBERRY-  
CHIA JAM

P. 96

20

## Simple App ROASTED STRAWBERRIES *and* BRIE

P. 91



21

### HOW TO

## CLEAN YOUR GRILL

In the summer, your BBQ is an extension of your kitchen. Keep grates and other surfaces gleaming all season with these tips and tools.



- 1. Scour while warm.** After cooking, while the grates are still slightly hot, use a grill brush to help release stuck-on food or residue.
- 2. Spray away grime.** Treat grates and surfaces regularly with a degreasing formula. In GH Institute Cleaning Lab tests, **Parker & Bailey BBQ Grill Cleaner and Degreaser** (\$7, [parkerbailey.com](http://parkerbailey.com)) easily dissolved charred messes.
- 3. Mind your brushes.** And replace them when they wear out. Our favorite: **GrillArt Grill Brush**, \$20, [amazon.com](http://amazon.com).

## ON THE STANDS

**GOOD HOUSEKEEPING  
EASY VEGAN**

Add filling, delicious plant-based meals like mushroom quinoa burgers and coconut-cauliflower curry bowls to your rotation. Our cookbook with more than 75 vegan recipes makes it easy. \$14



24-27

SIP ON THIS

**SODA SYRUPS**

A splash mixed with seltzer makes the ultimate fizzy drink

**SMOOTH + CLASSIC**

For perfect root beer flavor, pour this epic elixir, made with real sassafras root.

BURLY BEVERAGES REAL DEAL ROOT BEER SYRUP, \$24 FOR 16 OZ, [BURLYBEVERAGES.COM](http://BURLYBEVERAGES.COM)

**SWEET + COMPLEX**

Ditch the can—this syrup, infused with spices and cherries, makes the tastiest cola.

ORGANIC FAIR CHERRY COLA SODA SYRUP, \$12 FOR 250 ML, [ORGANICFAIR.COM](http://ORGANICFAIR.COM)

**BRIGHT + TANGY**

Fans of fruity desserts, this passion fruit, key lime and blood orange favorite is for you.

PORTLAND SYRUPS CITRUS-PASSION, \$14 FOR 12 OZ, [PORTLANDSYRUPS.COM](http://PORTLANDSYRUPS.COM)

**TASTY + TROPICAL**

Made mostly of pineapple juice, this standout turns any drink into an island treat.

LIBER & CO. PINEAPPLE GUM SYRUP, \$16 FOR 17 OZ, [LIBERANDCOMPANY.COM](http://LIBERANDCOMPANY.COM)

23

**Sweet Treat  
ICE CREAM  
FLOAT**

P. 91

**Mix It Up**

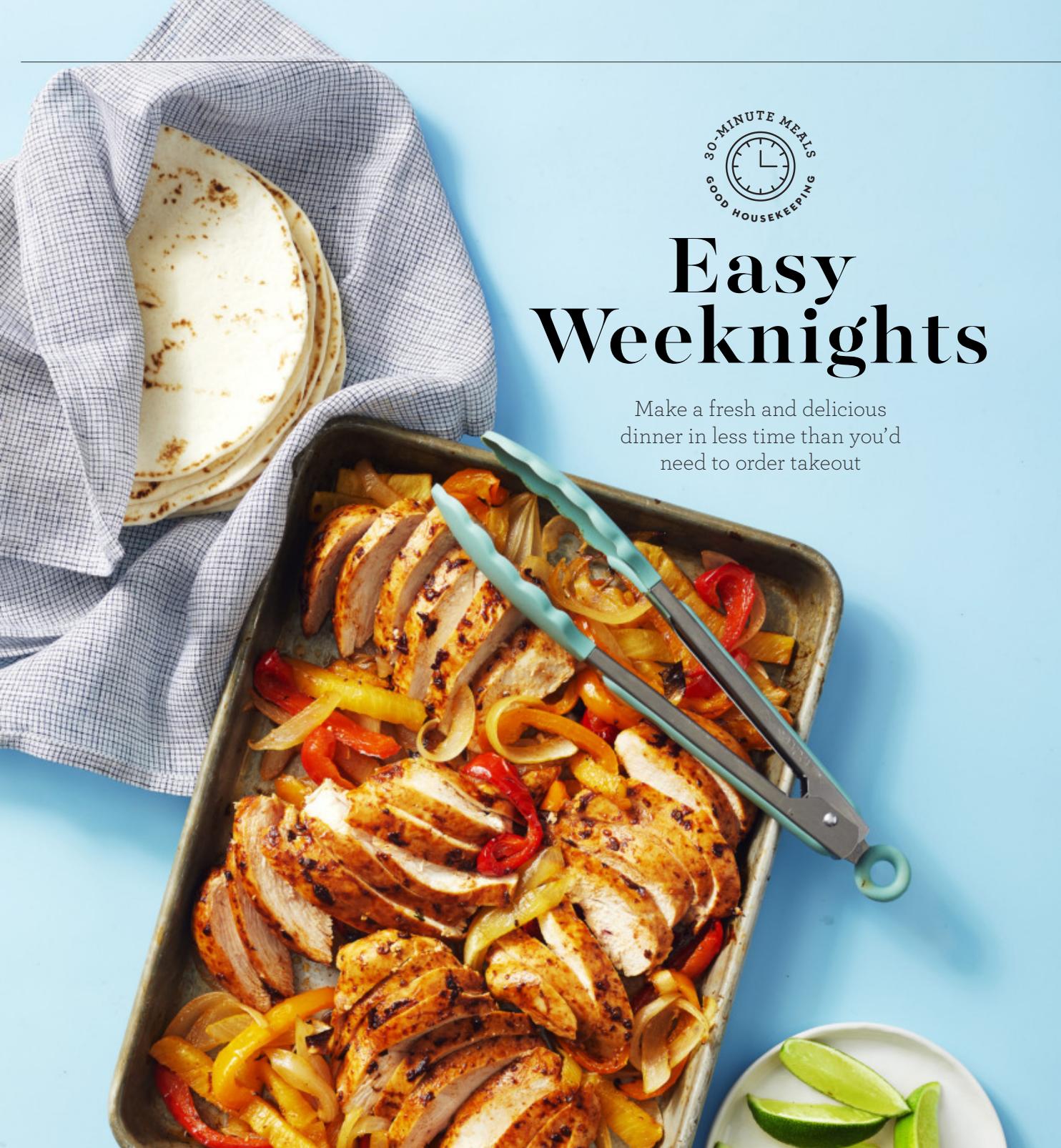
For extra flair, experiment with different soda syrup and ice cream combos. Try cherry cola with a scoop of chocolate ice cream.





# Easy Weeknights

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



ONE-PAN

## Sheet Pan Chicken Fajitas

Prep 20 min. | Total 40 min.

1. Heat broiler. Toss four 6-oz **boneless, skinless chicken breasts** with 2 Tbsp **adobo sauce** and  $\frac{1}{4}$  tsp **kosher salt**. Place on rimmed baking sheet and broil 6 min.; transfer to plate. Lower oven temp to 425°F.
2. On same baking sheet, toss 2 **peppers** (red and yellow; sliced), 1 **onion** (sliced) and  $\frac{1}{2}$  small **pineapple** (cut into matchsticks) with

1 Tbsp **olive oil** and  $\frac{1}{4}$  tsp salt. Roast 15 min.

3. Nestle chicken amid vegetables and roast until chicken is cooked through and vegetables are tender, 5 min. more. Slice chicken and serve with vegetables, **tortillas** and **lime wedges**.

**SERVES 4** About 310 cal, 10 g fat (2 g sat), 36 g pro, 355 mg sodium, 19 g carb, 3 g fiber



### SEAFOOD SWAP

You could make this dish with any white fish (check thinner fillets after 2 min.) or even shrimp or scallops.



HEART-HEALTHY

## Spiced Cod with Rice Noodle Salad

Prep 10 min. | Total 25 min.

1. Cook 8 oz **rice vermicelli noodles** per pkg. directions, adding 1 cup **snow peas** (sliced lengthwise) during last minute of cooking; drain and rinse in cold water.
2. In small bowl, mix 3 Tbsp **fresh lime juice**, 1 Tbsp **fish sauce**, 2 tsp **sugar** and 1 tsp **water**; stir in ½ **red chile** (thinly sliced). Toss half of sauce with noodles and snow peas.
3. In large bowl, mix 2 Tbsp **oil**, 1 Tbsp grated

**fresh ginger** and ½ tsp **ground turmeric**. Toss with 1 lb skinless **cod fillet** (in large chunks), then season with ¼ tsp each **kosher salt** and **pepper**.

4. Cook fish in nonstick skillet on medium, turning occasionally, until opaque throughout, 4 to 5 min. Sprinkle with ¼ cup chopped **dill** and 1 **scallion** (thinly sliced). Serve over noodles with remaining dressing; top with chopped **peanuts**.

**SERVES 4** About 395 cal, 9 g fat (1 g sat), 22 g pro, 485 mg sodium, 55 g carb, 1 g fiber

**LIGHT YET FILLING**

Thanks to barley, a nutritional powerhouse, plus a bit of dairy, this salad is packed with filling fiber and protein.

**MEATLESS MAIN**

## Barley Salad with Strawberries and Buttermilk Dressing

Prep 15 min. | Total 25 min.

**1.** Cook 1 cup **quick-cooking pearl barley** per pkg. directions. Drain and run under cold water to cool.

**2.** Meanwhile, bring small pot of water to a boil. Add ½ tsp **kosher salt** and 8 oz **fresh peas**; cook until just tender, 3 min.; drop in bowl of ice water to cool.

**3.** In bowl, whisk together ¼ cup each **sour cream** and **low-fat buttermilk** and 1 tsp each **Dijon mustard**

and **poppy seeds**; stir in 1 **shallot** (finely chopped).

**4.** In large bowl, combine 5 oz **baby spinach**, 1 lb **strawberries** (hulled and sliced), 2 oz shaved **Parmesan cheese**, peas and barley, then gently toss with half of dressing. Serve with remaining dressing.

**SERVES 4** About 305 cal, 5.5 g fat (3.5 g sat), 13 g pro, 645 mg sodium, 50 g carb, 10 g fiber



FAMILY FAVORITE

## Gingery Pork-Meatball Subs

Prep 10 min. | Total 20 min.

1. Heat oven to 450°F. In large bowl, combine 1 lb **ground pork**, 2 **scallions** (finely chopped), 1 Tbsp grated **fresh ginger** and ½ tsp each **kosher salt** and **pepper**. Drop 16 spoonfuls (about 2 Tbsp) onto rimmed baking sheet and roast until browned and cooked through, 8 to 10 min. Toss with ½ cup **sweet chili sauce** (we used Mae Ploy).

2. Cut ½ **seedless cucumber** into matchsticks. Cut 1 **baguette** crosswise into 4 pieces, then split. Spread bread with **mayonnaise** and fill with meatballs, cucumber, **fresh mint**, **cilantro** and thinly sliced **red chile**.

**SERVES 4** About 585 cal, 26.5 g fat (6.5 g sat), 28 g pro, 1,040 mg sodium, 51 g carb, 3 g fiber

INSIDE THE

# GH KITCHEN APPLIANCES LAB

Our appliance pro and lead product tester addresses your biggest questions about cast-iron pans, cutting boards and must-have utensils and gadgets



**NICOLE  
PAPANTONIOU**

DEPUTY LAB  
DIRECTOR

@nicole.papantoniou

GH  
KITCHEN  
APPLIANCES  
LAB

**LODGE** 10.25 INCH  
CAST IRON SKILLET, \$22,  
LODGECASTIRON.COM

**OXO** GOOD GRIPS  
WOODEN CORNER  
SPOON, \$6, OXO.COM



**A:** Cast iron has a reputation for being hard to handle and even harder to maintain. But pans made from this weighty material are durable and can stand up to high temps. They also distribute heat evenly and hold it well; they're my go-to for searing steaks (and then basting to perfection over reduced heat) and crisping up chicken before transferring it to the oven to finish cooking. Cleanup gets easier the more you use them. **Before the first use:** Hand-wash your pan and let it dry completely. Speed up the process by turning it upside down on your stovetop and heating it until it's dry. When it's cool, season it by brushing the inside with a little oil and then putting it into a 350°F oven for about an hour. **For regular cleaning,** I like to sprinkle on a layer of kosher salt and use a wooden spoon to scrape up the grease and stuck-on food. Heating the pan helps release stubborn bits (let the used salt cool before discarding). **Another option:** Use soap and water, then dry the pan and reseason it. If your pan rusts, scrub off the rust and follow the same steps. The goal is to preserve the coating that develops, which keeps food from sticking.

## I'm intimidated by my cast-iron skillet. Any tips to care for it?

— JESSICA S.

## Q. What's the best type of cutting board? —SALT

**A:** When picking a cutting board, consider material, size and how you'll use it. Skip the glass variety, which wears knives down quickly, and opt for plastic or wood. For cutting meat or fish, especially when it's raw, I prefer plastic boards because they are less porous than wood (meaning they're less likely to harbor bacteria) and can be put in the dishwasher. Wooden boards should not go in the dishwasher—the long exposure to water and heat can cause them to warp or crack, and they could develop mold over time. In terms of size, I like plastic boards that can fit in my dishwasher or wooden ones that don't require too much fumbling at the sink. Go bigger if you want something that's good for rolling out pastry dough, slicing roasts or even serving. **Kitchen tip:** Bonus features like a moat around the outer edges to collect drippings and grips to help keep boards from slipping can be nice, but they're not necessary. If you want to limit messes when slicing meats, place a board with small moats or none inside a sheet pan to trap juices. To create a nonslip surface, place a damp paper towel under any type. **For our top-tested picks, visit [goodhousekeeping.com/cutting-boards](http://goodhousekeeping.com/cutting-boards).**

## Top Tools

To tackle most kitchen tasks, keep these four items within reach



### Multipurpose Tongs

My go-to for almost everything, from tossing to serving to reaching items on high shelves. I keep an assortment of sizes and styles on hand.

**OXO** GOOD GRIPS 12" TONGS WITH SILICONE HEADS, \$15, OXO.COM



### Sturdy Spatula

A heat-resistant one-piece design with a strong but flexible head is key for stirring and scraping and is simple to clean.

**GIR** ULTIMATE SPATULA, \$13, GIR.CO



### Digital Thermometer

A probe that responds quickly and has an easy-to-read screen will make dry meat a thing of the past.

**THERMOWORKS**  
THERMAPEN MK4, \$99,  
THERMOWORKS.COM



### Simple Strainer

Instead of carrying a pot of boiling water to a colander in the sink, use this tool, which is common in restaurants, to drain pasta and other small items right on the stovetop.

**CUISINART** 5" SPIDER STRAINER, \$13, CUISINART.COM

# 2X THE MEAT.\*

THAT'S HAPPYFULL.

**Stouffer's**  
HAPPYFULL



All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland

\*Stouffer's Lasagna with Meat & Sauce.  
2x the meat required by the lasagna with meat sauce standard.

Breyers®



# CALLING ALL COOKIE LOVERS!

NOW WITH 20% MORE COOKIE PIECES



Try other favorites!



SNICKERS is a trademark of Mars or Affiliates. Used under license. REESE'S trademark and trade dress and the REESE'S Orange Color and Crown Design are used under license. HEATH trademark and trade dress are used under license.

# THE WORKBOOK

• TESTED *til* PERFECT •

## June Eats p. 76



### ROASTED STRAWBERRIES AND BRIE **QGV**

Active 5 min. | Total 15 min.

- Roasted Strawberries (recipe at right)
- 1 8-oz wheel Brie cheese
- Fresh thyme
- Bread and crackers, for serving

Heat oven to 350°F. Prepare strawberries. Eight min. before strawberries are finished, line baking sheet with parchment and place Brie on top, or place Brie in small cast-iron skillet. Bake 7 min. Transfer to platter if not in cast-iron skillet, then spoon some roasted strawberries on top. Sprinkle with thyme and serve with bread and crackers if desired. Serve with remaining strawberries.

**SERVES 4 TO 6** About 205 cal, 13 g fat (8 g sat), 10 g pro, 310 mg sodium, 14 g carb, 2 g fiber

### ROASTED STRAWBERRIES **GMVO**

Active 10 min. | Total 50 min.

- 1 lb strawberries, halved, or quartered if large
- 2 Tbsp honey, warmed
- Kosher salt
- 1/2 vanilla bean

**1.** Heat oven to 350°F. Line 9- by 13-in. baking pan with parchment, leaving 1-in. overhang on 2 long sides.

**2.** In prepared pan, toss strawberries with honey and a pinch of salt. Scrape vanilla bean and toss seeds and pod with strawberry mixture.

**3.** Roast, stirring once, until strawberries are tender and juices start to reduce but not brown, 40 to 50 min.

**MAKES ABOUT 1 1/4 CUPS**

Per 1/4-cup serving: about 55 cal, 0.5 g fat (0 g sat), 1 g pro, 25 mg sodium, 14 g carb, 2 g fiber



### SHRIMP, ZUCCHINI AND CORN ENCHILADAS **G**

Active 25 min. | Total 35 min.

- 1 15-oz jar mild green salsa
- 2 cups fresh cilantro (including stems)
- 1/4 cup sour cream
- 1 Tbsp olive oil
- 2 small zucchini (about 8 oz), cut into 1/4-in. pieces
- 1 lb peeled and deveined shrimp, cut into 1/2-in. pieces
- 1 tsp ground coriander
- 1/2 tsp chili powder
- Kosher salt
- 2 cloves garlic, finely chopped
- 1 cup fresh corn kernels (or frozen corn kernels, thawed)
- 1/4 cup grated cotija cheese
- 8 small yellow corn tortillas
- 2 oz Monterey Jack cheese, coarsely grated
- Chopped red onion and cilantro, sliced radishes and jalapeño, for serving

**1.** Heat oven to 450°F. In food processor, puree salsa and cilantro until smooth. Add sour cream and pulse to combine. Spread 1 cup mixture in 7- by 11-in. baking dish. Transfer remaining mixture to medium bowl.

**2.** Heat oil in large skillet on medium-high. Add zucchini and cook 2 min. Add shrimp, then season with coriander, chili powder and 1/2 tsp salt and cook, tossing, 1 min. Add garlic and cook, tossing, 1 min. Remove from heat and toss with corn and cotija (shrimp shouldn't be fully cooked).

**3.** Wrap tortillas in double layer of damp paper towels; microwave on High until soft, about 1 min. (be careful of steam when removing). Working with 1 tortilla at a time, dip in reserved salsa mixture, shaking off any excess. Place on cutting board, top with heaping 1/4 cup filling, roll up and place, seam side down, in baking dish. Repeat with remaining tortillas and filling.

**4.** Spoon any remaining salsa mixture on top. Sprinkle with Monterey Jack and bake until cheese begins to brown, 8 to 10 min. Serve topped with onion, cilantro, radishes and jalapeño.

**SERVES 4** About 420 cal, 17 g fat (6 g sat), 26 g pro, 1,745 mg sodium, 42 g carb, 7 g fiber



### ICE CREAM FLOAT **QGV**

Active 5 min. | Total 5 min.

Serves 1

- 3 Tbsp soda or cocktail syrup
- 2 Tbsp half-and-half
- Club soda
- Vanilla ice cream
- Whipped cream, for serving (optional)

In tall glass, stir together syrup and half-and-half. Add enough soda so it comes about 3/4 up the glass. Add 2 scoops ice cream and top with whipped cream if desired.

## THE WORKBOOK



### GRILLED BUTTERFLIED CHICKEN **G M**

Active 15 min. | Total 45 min.

#### FOR CHICKEN

- 1 3½- to 4-lb chicken
- 4 large cloves garlic, grated
- ¼ cup flat-leaf parsley
- 2 Tbsp lemon juice
- ¾ cup mayonnaise, divided
- Kosher salt and pepper
- 2 scallions, chopped
- ½ cup cilantro

#### FOR GRILLED SCALLIONS AND CITRUS

- 2 bunches scallions, trimmed
- 2 Tbsp olive oil
- Kosher salt and pepper
- 3 small oranges, halved
- 2 lemons, halved

1. Set cutting board inside rimmed baking sheet to catch any liquid. Remove neck and giblets and pat chicken very dry with paper towels. Using kitchen shears, cut along 1 side of backbone, then cut other side. (Discard backbone, neck and giblets or save for another use.) Flip chicken over so inside is

facing up and, using heavy kitchen knife, notch each side of breastbone (this will help flatten chicken and make breastbone easy to remove when carving).

2. Turn chicken back over and, holding chicken by each breast, pull breasts up and, with thumbs, push breastbone downward, which will help flatten it. Using ball of hand, push on breastbone to flatten out chicken. Fold and tuck wing tips behind breasts.
3. In mini blender or food processor, puree garlic, parsley, lemon juice, ¼ cup mayonnaise and ½ tsp each salt and pepper. Rub 2 Tbsp all over chicken. Let chicken sit at least 15 min. (or refrigerate overnight). Heat grill to medium-high.
4. To sauce remaining in blender, add scallions, cilantro and remaining ½ cup mayonnaise and puree until smooth; set aside for serving.
5. If using gas grill, turn off burners on 1 side of grill; if using charcoal, move charcoal to 1 side (this creates an indirect-heat cooking area). Place chicken, skin side down, over direct heat and grill until beginning to

char, 2 min. Flip and transfer to indirect heat, then brush sauce all over and cook, covered, for 20 min.

6. Rotate position of chicken and continue grilling until internal temp of thigh registers 165°F, 25 to 30 min. more depending on size of bird (if you like more color, sear breast one more time over direct heat before removing from grill). Transfer to cutting board and let rest at least 10 min. before cutting into pieces.

7. While chicken is resting, prepare grilled scallions and citrus: Toss scallions with oil and season with ½ tsp each salt and pepper. Place scallions along with oranges and lemons, cut sides down, over direct heat and grill, covered, until charred, 2 to 3 min. Transfer to cutting board; cut large citrus halves into wedges. Serve chicken with scallions and citrus for squeezing over top and remaining dressing for dipping.

**SERVES 4** About 790 cal, 60 g fat (12 g sat), 47 g pro, 890 mg sodium, 15 g carb, 3 g fiber



### CAESAR SALAD WITH GRILLED RADISHES **Q M V**

Active 20 min. | Total 20 min.

#### FOR VEGAN CAESAR DRESSING

- ¼ cup olive oil
- 1 tsp grated lemon zest plus ½ cup lemon juice
- ¼ cup tahini
- 1 Tbsp nutritional yeast
- 1 Tbsp Dijon mustard
- 2 tsp capers plus 1 tsp caper brine
- 1 small clove garlic, finely grated
- Kosher salt and pepper

#### FOR SALAD

- 4 thick slices bread
- 3 Tbsp olive oil, divided
- 2 small red onions, cut into thick rings
- Kosher salt and pepper
- 2 bunches small radishes
- 1 clove garlic
- 2 heads Little Gem lettuce or romaine hearts, leaves separated
- Crispy Chickpeas (optional, recipe at left)

1. Heat grill to medium. In mini food processor, puree all dressing ingredients until smooth, adding water 1 Tbsp at a time to adjust to desired consistency; set aside.

2. Make salad: Brush bread with 1½ Tbsp oil. Brush onion slices with 1 Tbsp oil and season with ¼ tsp each salt and pepper. Toss radishes with remaining ½ Tbsp oil and season with a pinch of salt; thread onto small skewers. Grill bread until toasty, 2 to 3 min. per side; immediately rub with garlic. Grill onion and radishes until tender, about 5 min. per side for onion slices and 6 to 8 min. for radishes.

3. Tear bread into pieces and separate onion rings. Toss lettuce with half of dressing to coat. Gently fold in grilled croutons and onion rings. Serve with radish skewers and Crispy Chickpeas if desired. Use remaining dressing for drizzling.

**SERVES 4**



### CRISPY CHICKPEAS **G V M O**

Active 5 min. | Total 35 min.

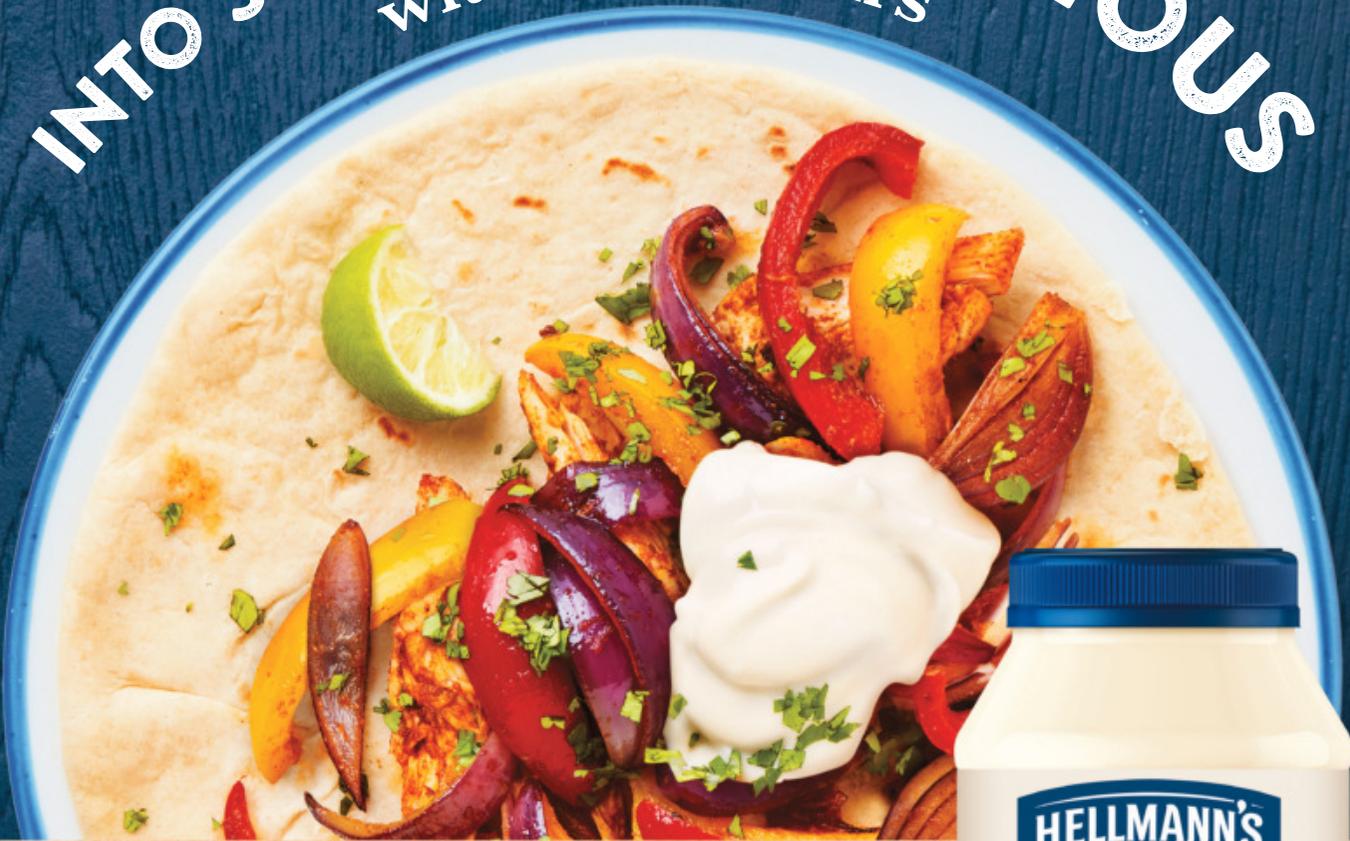
Rinse one 15-oz can **chickpeas**; pat very dry with paper towels, discard any loose skins. On rimmed baking sheet, toss with 1 Tbsp **olive oil** and ¼ tsp each **kosher salt** and **pepper**. Roast at 425°F, shaking occasionally, until crisp, 30 to 40 min. Remove from oven, transfer to bowl and toss with ½ tsp grated **lemon zest**. Chickpeas will continue to crisp as they cool.

**MAKES ABOUT 1 CUP** Per ¼-cup serving: about 110 cal, 5 g fat (0.5 g sat), 4 g pro, 240 mg sodium, 13 g carb, 4 g fiber

TURN WHAT YOU HAVE



INTO SOMETHING DELICIOUS  
with Hellmann's



MAKE TASTE, NOT WASTE.



WE'RE ON THE SIDE OF FOOD



## THE WORKBOOK



### HUMMUS HEROES

Dip into one of these top creamy spreads.



**SLIGHTLY SWEET + SPICY**  
Hope Thai Coconut Curry Hummus  
\$6, hopefoods.com



**FLAVOR FAVORITE**  
Ithaca Buffalo Ranch Hummus  
\$5, ithacahummus.com



**HOMEMADE FEEL**  
Cava Traditional Hummus  
\$4, cava.com



**TANGY AND TEXTURED**  
Darista Dips Roasted Red Pepper Hummus  
\$6, daristadips.com



### MARINATED FLANK STEAK **M**

Active 15 min. | Total 55 min.

- 1 batch Citrus-Garlic Marinade (recipe at right)
- 1 1½- to 2-lb beef flank steak
- Kosher salt and pepper
- Orange-Spiked Chimichurri and Grilled Broccoli, for serving (recipes below and at right)

**1.** Prepare marinade and place in a resealable plastic bag. Add steak, seal and turn to coat. Let sit at least 30 min. or refrigerate up to 2 hr.

**2.** Heat grill to medium-high. Remove steak from marinade, scraping off any large bits. Season with ½ tsp each salt and pepper and grill, covered, 4 min.

**3.** Turn and grill, covered, to desired doneness, 3 to 5 min. more for medium-rare (135°F), depending on thickness. Transfer to cutting board and let rest 10 min. before slicing. Serve with Orange-Spiked Chimichurri and Grilled Broccoli if desired.

**SERVES 4 TO 6** About 220 cal, 11 g fat (4 g sat), 28 g pro, 245 mg sodium, 1 g carb, 0 g fiber

### GRILLED BROCCOLI **Q G V**

Active 15 min. | Total 15 min.

- 2 Tbsp unsalted butter, at room temp
- 2 tsp grated lemon zest plus 1 Tbsp lemon juice
- 1 small clove garlic, finely grated
- ½ tsp honey

- ½ small red chile, seeded and finely chopped
- Kosher salt and pepper
- 1½ lbs broccoli crowns, cut lengthwise into 1-in.-thick slices
- 2 Tbsp olive oil

**1.** Heat grill to medium-high. In large bowl, combine butter, lemon zest and juice, garlic, honey, chile and ¼ tsp each salt and pepper.

**2.** Brush broccoli with oil and season with ½ tsp each salt and pepper. Grill until charred and just barely tender, 2 to 3 min. per side. Transfer to bowl with lemon butter and toss to coat (butter will melt as it is tossed with hot broccoli).

**SERVES 4** About 165 cal, 13 g fat (4.5 g sat), 5 g pro, 405 mg sodium, 10 g carb, 4 g fiber

### ORANGE-SPIKED CHIMICHURRI **Q G M V O**

Active 15 min. | Total 15 min.

- 1 small orange
- 1 tsp grated lime zest plus 1 Tbsp lime juice
- 2 Tbsp olive oil
- ½ large red chile, seeded and finely chopped
- 1 scallion, finely chopped
- ½ cup cilantro, chopped
- ¼ cup parsley, chopped

Using vegetable peeler, remove 2 large strips zest from orange. Finely chop zest and place in bowl. Squeeze in 2 Tbsp orange juice. Add lime zest and juice along with oil, chile, scallion and herbs and mix to combine. Serve with your favorite proteins or veggies.

### MARINADE TRIO **Q V M O**

For each marinade, combine all ingredients in bowl (or resealable plastic bag) and toss with desired proteins or vegetables. Marinate before threading ingredients onto skewers—this ensures maximum flavor coverage. Allow 15 min. for 1½ lbs seafood, veggies or chicken and 20 to 30 min. for beef and pork. When ready to cook, drain, discard marinade and brush off any large bits that might burn.



### SPICY SOY

- 2 Tbsp mirin
- 2 Tbsp reduced-sodium soy sauce
- 2 Tbsp brown sugar
- 1 Tbsp rice vinegar
- 1 Tbsp sriracha
- 1 Tbsp grated fresh ginger
- 1 tsp toasted sesame oil



### CITRUS-GARLIC

- 1½ Tbsp orange zest plus ⅓ cup orange juice
- 1 Tbsp grated lime zest plus 2 Tbsp lime juice
- 2 Tbsp olive oil
- 1½ tsp cumin seeds
- 2 cloves garlic, finely chopped



### BALSAMIC ROSEMARY

- ⅓ cup dry red wine
- 3 Tbsp balsamic vinegar
- 2 Tbsp olive oil
- 2 cloves garlic, thinly sliced
- 1 Tbsp whole-grain mustard
- 1 Tbsp coriander seeds
- 1 Tbsp peppercorns
- 1 sprig fresh rosemary



## THE WORKBOOK



### LEMON CACIO E PEPE PIZZA **QVO**

Active 15 min. | Total 15 min.

- 2 small lemons, thinly sliced
- 1 Tbsp olive oil plus more for dough
- 3 oz Fontina cheese, coarsely grated
- 1/2 oz Parmesan cheese, finely grated
- 3/4 tsp cracked black pepper
- 1 lb pizza dough
- 1 cup flat-leaf parsley leaves

1. Heat grill to medium-high. Brush lemon slices with oil and grill until charred and tender, 1 to 2 min. per side; transfer to plate. In bowl, combine Fontina, Parmesan and pepper.

2. Prepare and begin to grill pizza dough (instructions below). Once flipped to indirect side, top with cheese mixture, lemon slices and parsley and continue grilling. **SERVES 4**



### RICOTTA & FRESH TOMATO PIZZA **QVO**

Active 15 min. | Total 15 min.

- 1 lb pizza dough
- 1 Tbsp olive oil, plus more for dough
- 1 Tbsp champagne vinegar
- 1 small shallot, finely chopped
- 1 tsp fresh oregano, finely chopped
- 1/2 tsp honey
- Kosher salt and pepper
- 3/4 cup fresh ricotta cheese
- 1 oz Pecorino Romano cheese, finely grated
- 3 medium to large mixed-color heirloom tomatoes
- Fresh basil, for sprinkling

1. Prepare and grill pizza dough (instructions below); transfer to cutting board.

2. In bowl, combine oil, vinegar, shallot, oregano, honey and 1/4 tsp each salt and pepper.

3. In second bowl, mix ricotta until smooth, then stir in pecorino and 1/4 tsp each salt and pepper. Spread onto pizza crust. Slice tomatoes and arrange on top of ricotta and drizzle with vinaigrette. Sprinkle with basil if desired. **SERVES 4**



### ZUCCHINI, YELLOW SQUASH & HERB PIZZA **QVO**

Active 20 min. | Total 20 min.

- 1 small zucchini, halved lengthwise
- 1/2 small yellow summer squash
- 1 Tbsp olive oil, plus more for drizzling
- Kosher salt and pepper
- 1 lb pizza dough
- 1/4 small red onion, thinly sliced
- 1/2 small red chile, thinly sliced
- 2 oz goat cheese, crumbled
- 1/2 cup mixed fresh herbs (mint, parsley, chives), chopped

1. Heat grill to medium-high. Brush zucchini and squash with oil and season with 1/4 tsp each salt and pepper. Grill, covered, cut side down, until charred, 3 to 4 min. Flip and grill until barely tender, 1 to 2 min. more; transfer to cutting board and slice.

2. Prepare and begin to grill pizza dough (instructions below). Once flipped to indirect side, top with sliced zucchini and squash, onion, chile and goat cheese and continue grilling.

3. Transfer to cutting board, drizzle with oil and sprinkle with herbs. **SERVES 4**

## HOW TO GRILL PIZZA

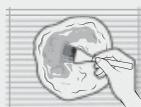
Heat grill to medium-high and arrange so half will give direct heat and other half will give indirect heat.



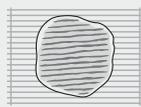
1. Working on floured surface, shape 1 lb pizza dough (at room temp) into 12- to 14-in. round and place on flour-dusted baking sheet. Brush top with 2 tsp olive oil.



2. Transfer pizza dough to grill over direct heat, oiled side down, and grill, covered, until top begins to bubble and bottom is crisp, 2 min. Use tongs to peek underneath.



3. Working quickly, brush top of dough with 2 tsp olive oil.



4. Flip dough to indirect heat side of grill, then top as desired. Grill, covered, until dough is cooked through and charred on bottom, 3 to 5 min. more (if you added cheese, it will melt during this time).

# MADE TO HELP FILL YOU UP



# 10 LAYERS OF WHEAT IN EVERY BITE



©, TM, © 2021 Kellogg NA Co.



## THE WORKBOOK



### RASPBERRY-CHIA JAM **QGVMO**

Active 10 min. | Total 30 min.

- 2 cups raspberries
- 1 Tbsp fresh lemon juice
- 1 Tbsp pure maple syrup
- 2 Tbsp black chia seeds

In small saucepan, cook raspberries on medium, stirring occasionally, until fruit breaks down and liquid becomes syrupy, about 8 min. Remove from heat and stir in lemon juice and maple syrup, then stir in chia seeds and let sit 20 min. (mixture should thicken slightly).

**MAKES 1 CUP** Per Tbsp about 20 cal, 0.5 g fat (0 g sat), 0 g pro, 0 mg sodium, 3 g carb, 2 g fiber



### MEAT DELIVERED TO YOUR DOOR

For a meat delivery service that makes protein shopping so simple, check out Porter Road. This brand maintains sustainable practices and close relationships with farmers; ships in eco-friendly packaging; and, best of all, delivers delicious meat, from bacon to beef. (From \$8, [porterroad.com](http://porterroad.com))

### Unsung Food Heroes p. 54



### SAVORY OATMEAL WITH SAUTÉED MUSHROOMS AND SPINACH **QG**

Active 20 min. | Total 25 min.

- 1 cup steel-cut oats
- Kosher salt and pepper
- 1 Tbsp olive oil
- 10 oz small cremini mushrooms, quartered
- 4 cups baby spinach or kale
- 3 slices prosciutto, torn and cooked until crisp
- 2 jammy (medium-boiled) eggs, halved

1. Bring 3 cups water to a boil in medium saucepan. Add oats and 1/2 tsp salt, reduce heat and simmer, stirring occasionally, until tender and at desired consistency, 12 to 20 min.

2. Remove from heat, cover and let stand 3 min. before serving (it will thicken a bit more).

3. While oatmeal is cooking, heat oil in large skillet on medium-high. Sauté mushrooms until golden brown and tender, 4 to 6 min. Reduce heat to medium, add greens, season with 1/4 tsp each salt and pepper and cook, tossing, until beginning to wilt, 1 to 2 min.

4. Spoon oatmeal into bowls and top with mushroom mixture, prosciutto and eggs. Sprinkle with additional pepper if desired.

**SERVES 4** About 510 cal, 18.5 g fat (4 g sat), 25 g pro, 1,330 mg sodium, 63 g carb, 10 g fiber

### Savor Opener p. 75



### BEST EVER FRENCH TOAST **QVOH**

Active 25 min. | Total 25 min.

- 6 large eggs
- 1 1/2 cups whole milk
- 1/2 tsp ground cinnamon
- 1/2 tsp pure vanilla extract
- 8 1-in.-thick slices challah bread
- 4 Tbsp unsalted butter
- Yogurt, berries and pure maple syrup or honey, for serving

1. In large, shallow bowl, whisk together eggs, milk, cinnamon and vanilla.

2. Working in batches, place 2 slices bread in egg mixture and let soak 2 min. Flip slices and soak 1 min. more (both sides of bread should be totally coated with mixture).

3. Meanwhile, heat 1 Tbsp butter in large nonstick skillet on medium-low. Once melted, add soaked bread and cook until golden brown, 1 to 3 min. per side; transfer to wire rack. While toast is cooking, soak next batch of challah slices.

4. Repeat with remaining butter and bread. Serve topped with yogurt, berries and syrup or honey if desired.

**SERVES 4** About 475 cal, 26 g fat (12.5 g sat), 19 g pro, 420 mg sodium, 40 g carb, 2 g fiber



# THE WORKBOOK

## JANE FRANCISCO EDITOR IN CHIEF & EDITORIAL DIRECTOR, HEARST LIFESTYLE GROUP

Melissa Geurts CREATIVE DIRECTOR Beth Dreher EXECUTIVE EDITOR

Lauren Matthews GROUP DIGITAL CONTENT DIRECTOR

Kim Cheney EXECUTIVE MANAGING EDITOR

Tiffany Blackstone EXECUTIVE DIRECTOR, EDITORIAL BUSINESS DEVELOPMENT  
EDITORIAL Michelle Manetti GROUP DEPUTY DIRECTOR Lori Bergamotto STYLE  
DIRECTOR Allie Early, Lizz Schumer SENIOR EDITORS Kayla Keegan SENIOR NEWS &  
ENTERTAINMENT EDITOR Marisa LaScala PARENTING & RELATIONSHIPS EDITOR  
Hali Potters ASSISTANT EDITOR, SOCIAL & AUDIENCE GROWTH Selena Barrientos,  
Annie O'Sullivan EDITORIAL ASSISTANTS Dana A. Levy MANAGING EDITOR

Ann Schinnerer EDITORIAL BUSINESS MANAGER HEALTH NEWSROOM Lisa Bain  
EXECUTIVE DIRECTOR Stephanie Dolgoff DEPUTY DIRECTOR Alyssa Jung, Kaitlyn  
Pirie SENIOR EDITORS Zee Krstic ASSOCIATE EDITOR ART & DESIGN Mariana Tuma  
DESIGN DIRECTOR Elisabeth Engelhart VISUAL STYLING DIRECTOR Betsy Farrell,  
Miguel Rivera ART DIRECTORS Alex Mata CRAFT STYLIST Laura Formisano ASSOCIATE  
ART DIRECTOR Danielle Carson ASSISTANT DESIGNER Carlos Paredes DIGITAL IMAGING  
SPECIALIST FOOD Kate Merker CHIEF FOOD DIRECTOR Catherine Lo SENIOR FOOD  
EDITOR Rebecca Miller ASSOCIATE EDITOR Samantha MacAvoy EDITORIAL ASSISTANT  
HOME Monique Valeris SENIOR EDITOR Amanda Garrity ASSOCIATE EDITOR FASHION

Kristen Saladino EXECUTIVE FASHION DIRECTOR Hannah Deely SENIOR MARKET  
EDITOR Rachel Bogo FASHION ASSISTANT BEAUTY April Franzino BEAUTY DIRECTOR  
Katie Berohn BEAUTY ASSISTANT RESEARCH & COPY Janie Matthews RESEARCH  
DIRECTOR Clare Ellis RESEARCH EDITOR Benay R. Bubar COPY CHIEF Kristy Kofron  
DEPUTY COPY CHIEF HEARST VISUAL GROUP Roni Martin-Chance VISUAL DIRECTOR

Ulrika Thunberg VISUAL EDITOR Lynzee Marmor, Sara Neumann ASSOCIATE  
VISUAL EDITORS Danielle Daly, Mike Garten, Allie Holloway PHOTOGRAPHERS

VIDEO John Gara SUPERVISING VIDEO PRODUCER Tessa Donolli SENIOR VIDEO  
PRODUCER Danny Shaw MOTION GRAPHICS DESIGNER & VIDEO EDITOR

Lauren DeThomasis ASSOCIATE VIDEO PRODUCER

## GH INSTITUTE Laurie Jennings DIRECTOR

Rachel Rothman CHIEF TECHNOLOGIST Jessica Teich DEPUTY EDITOR Shanon  
Maglente PRODUCTS & REVIEWS EDITOR HEALTH, BEAUTY & ENVIRONMENTAL SCIENC-  
ES LAB Birnur K. Aral, Ph.D., DIRECTOR Sabina Wizemann SENIOR CHEMIST Danusia  
Wnek CHEMIST CLEANING LAB Carolyn E. Forté DIRECTOR APPLIANCES & TEXTILES  
LABS Lexie Sachs TEXTILES DIRECTOR Emma Seymour TEXTILES PRODUCT ANALYST  
KITCHEN APPLIANCES & TECHNOLOGY LAB Nicole Papantoniou DEPUTY DIRECTOR  
NUTRITION LAB Stefani K. Sassos, M.S., R.D.N., C.D.N. REGISTERED DIETITIAN



## PATRICIA HAEGELE SVP, GROUP PUBLISHING DIRECTOR & CHIEF REVENUE OFFICER

Sara Rad ASSOCIATE PUBLISHER, SALES & BRAND DEVELOPMENT

Christine Rannazzisi Gerstein ASSOCIATE PUBLISHER, GROUP MARKETING DIRECTOR

David Rockefeller GROUP FINANCE DIRECTOR

INTEGRATED SALES NEW YORK Sharon Briden, Irene Grieco, Paula Sarapin,  
Samantha Scharmett, Karen Sullivan DIRECTORS Allison Giannone SALES ASSOCIATE,  
SPECIAL PROJECTS MANAGER Brittany Acosta ASSISTANT MIDWEST Diane Burke,  
Therese Jacobucci, Marisa Warren DIRECTORS Arlene Presberry ASSISTANT

WEST COAST Kelly Beres DIRECTOR Caitlin Morton ASSISTANT DALLAS Dawn Bar  
DIRECTOR SOUTHEAST Kelly Peterson DIRECTOR DIRECT MEDIA Christine L. Hall  
VICE PRESIDENT Peter Brevett, Michael Rohr MANAGERS HEARST HEALTH MEDIA

Kim Jamison EXECUTIVE GROUP DIRECTOR, HEALTH Kassie Means, Tara Outly,  
Cynthia Strong DIRECTORS TRAVEL Nick Romano NORTHEAST Erin McDonnell  
SOUTHEAST Tim Derr MIDWEST/NORTH CENTRAL GH SEAL Sakinah Ali CONSUMER  
SERVICES & SEAL MANAGER INTEGRATED BRAND MARKETING Barbara E. Semmel,  
Jennifer Walton, Elizabeth Bushey EXECUTIVE MARKETING DIRECTORS PROGRAM

DEVELOPMENT Caleigh Rice SR. MANAGER Hayley Soutter MANAGER CREATIVE  
SERVICES Liz M. Chan, Akilah Henry CREATIVE DIRECTORS RESEARCH Theresa B.  
Salimbene RESEARCH DIRECTOR Lisa Schwartz Golodner BRAND STRATEGY DIRECTOR

MARKETING OPERATIONS Ashley Matejov MANAGER MANUFACTURING Andrew  
Joyce OPERATIONS ACCOUNT MANAGER CONSUMER MARKETING Rick Day  
VP, CONSUMER MARKETING DIRECTOR William F. Carter EXECUTIVE DIRECTOR,  
CONSUMER MARKETING CORPORATE RESEARCH Lynn Sessa MANAGER

Christina Mak ANALYST FINANCE Don Gordon GROUP AD SERVICES DIRECTOR  
Thomas Chung FINANCIAL ANALYST Elizabeth V. Ruch EXECUTIVE ASSISTANT  
TO THE GROUP CHIEF REVENUE OFFICER

## HEARST MAGAZINE MEDIA, INC. Debi Chirichella PRESIDENT

Kate Lewis CHIEF CONTENT OFFICER Kristen M. O'Hara CHIEF BUSINESS OFFICER

INTERNATIONAL EDITIONS GREAT BRITAIN, KAZAKHSTAN, RUSSIA, SOUTH AFRICA

Kim St. Clair Bodden SVP/INTERNATIONAL EDITORIAL DIRECTOR

PUBLISHED BY HEARST Steven R. Swartz PRESIDENT & CHIEF EXECUTIVE OFFICER

William R. Hearst III CHAIRMAN Frank A. Bennack, Jr. EXECUTIVE VICE CHAIRMAN

Mark E. Aldam CHIEF OPERATING OFFICER Catherine A. Bostron SECRETARY

Gilbert C. Maurer, Mark F. Miller PUBLISHING CONSULTANTS

Corporate address: 300 W. 57th Street, New York, NY 10019

## GO LOCAL IN THE GARDEN

Plants native to a region typically require less water and upkeep than non-native varieties. Popular picks in seven U.S. regions:



### ALASKA

Salmonberry, Common Snowberry, Douglas Aster



### MIDWEST

Cranberry Viburnum, Gray Dogwood, Swamp Milkweed



### NORTHEAST

Winterberry, Sweet Pepperbush, Cardinal Flower



### PACIFIC NORTHWEST

Blue Elderberry, Salal, Beach Strawberry



### ROCKY MOUNTAINS

Dotted Blazing Star, Golden Currant, Heartleaf Arnica



### SOUTHEAST

Yaupon Holly, Climbing Aster, Narrowleaf Sunflower



### SOUTHWEST

Teddybear Cholla, Skunkbush Sumac, Desert Marigold

# NEW!

## A CEREAL FOR CINNAMON ROLL LOVERS TO LOVE



©, TM, © 2021 Kellogg NA Co.

They look ferocious,  
but inside they're just  
chicken raised with  
**no antibiotics ever.**



Keep it real.  
Keep it Tyson.



Look for **NO ANTIBIOTICS EVER!** on pack



FROM THE EXPERTS AT THE GOOD HOUSEKEEPING INSTITUTE

# ★ GH little lab ★

Expert Advice + Inspiration  
for Your Family + Pets

## Toys to the Rescue

My husband's massive toy collection  
was driving me up the wall —  
until the COVID-19 pandemic

by **AMY PATUREL**



**SUPER FAMILY**  
 “My husband tells our sons that Spider-Man is a favorite character because Peter Parker thinks of his family first,” says writer Amy Paturel.

### **My husband, Brandon, our three boys and I have lived in our home for three years.**

We have a formal living room, a guest bedroom and a roomy linen closet. But we’re still renting a storage unit to house Brandon’s overflow of action figures, Pez dispensers and Batman memorabilia—the items that couldn’t fit inside our garage.

“When do you think we’re going to empty that unit?” I asked on a weekly basis before the pandemic, doing the mental math on what a few vintage objects might be worth on eBay.

But last summer, when California’s shelter-at-home order was in place, Brandon’s trips to the storage unit became welcome outings. He’d drive the kids to the unit, return with a stack of boxes and unload them on our dining room table, each kid taking a turn at guessing what was inside. A Darth Vader LEGO set? Beatles action figures? It was a magical mystery tour for all of us, with each child hoping to uncover their favorite characters. “It looks like Christmas morning!” I’d say on the way to my home office.

Brandon started the collection in 1996, when he was 18. It began with a motley crew of six *Star Wars* and Batman figures standing shoulder to shoulder on his bookshelf. Today his eclectic collection boasts 21 Obi-Wan Kenobis, more than 450 Pez dispensers, more than 20 Batman models and a six-foot-tall Styrofoam Spider-Man. “A family friend won that from

a Blockbuster Video sweepstakes in 2002,” he says of that last one. “She had nowhere to put it.” Nearly 20 years later, it’s still one of his most prized items.

As quarantine dragged on, the treasures in Brandon’s boxes occupied our boys for hours. Our sons took the toys out, mentally cataloged them and helped Brandon display them. Sometimes Brandon even let them play with the items that weren’t in their original packaging. For the boys, that was like winning the lottery.

### **TOYS WITH A STORY**

As it turns out, Brandon’s toys are more than just action figures, models and novelties: They’re a vehicle for bonding. In addition to sharing the origin story of nearly every superhero, Brandon has taught the kids about Washington, Lincoln and other leaders through his collection of presidential Pez dispensers.

The education they’re getting from decades-old action figures isn’t about He-Man, *Star Wars* or even American history. It’s an opportunity for Brandon to give the boys an up-close-and-personal view of their father. He tells them that his brothers regifted him the Batmobile for Christmas in 1997. He reminisces about watching our niece, Cassidy, put together the 1950s muscle car in 2008. And he shows them the knight I gave him during our early days, with a message I penned on a sticky note still attached to the back: *Free training to prospective knights in shining armor.*

The boys have made their way into Brandon’s collection too, starting with the Halloween windup toys he and I played with while I was hospitalized during my pregnancy with our now 9-year-old twins (me in a wheelchair, him chasing after the Grim Reaper). He also kept the Mickey Mouse cake toppers that adorned our twins’ cake for their second birthday and the Elmo we received when our third son was born.

### **PASSING IT ON**

The legacy Brandon will leave behind, hopefully several decades from now, will be something our sons understand. When the four of them sit around the table with boxes of toys, Brandon earmarks almost every item for a specific person. He has even started proffering some of his collection to our children. Last Father’s Day, Brandon gave each of the boys a Ninja Turtle complete with accessories. And on a busy day when I needed quiet, he gave them Transformers—Bumblebee, Optimus Prime and Shatter—to share.

I used to fixate on how much money and space his toy garage sucked up. On the fact that I can’t park a car in our garage—ever. And on the ever-present danger of knocking something over on the way to our freezer, one of the few non-toy items in his “man cave.” But in the midst of this global pandemic, I’m letting the toys take precedence.

While Brandon explains who the Stay Puft Marshmallow Man is and why he’s in the movie *Ghostbusters*, I watch all three kids sit transfixed. One of our sons leans over to grab the Ectomobile. The other two ogle a two-inch Peter Venkman. Brandon catches my eye with a smile as I pass through the room.

In the chaos of pre-pandemic life, I’d forgotten how my husband could build a narrative with perfect comedic timing, how he could impersonate everyone from the Shredder to Batman and how the most important experiences of his life were on display in his collection. The pandemic has been exhausting, but being on lockdown with a bevy of toys has brought us all closer together. Plus, by the time COVID-19 hits the history books, we may no longer need that storage unit. ★

www.belifusa.com  
www.instagram.com/belifusa/  
https://www.sephora.com/brand/belif  
www.avon.com/belif

**belif**  
believe in truth

# Dive into Aqua!

A quick-absorbing gel-cream formulated with a blend of apothecary herbs releases a flood of weightless moisture onto the skin for a healthy, smooth and supple appearance.

## The true cream-aqua bomb



**belif** believe in truth 50 ml / 1.68 fl. oz.  
The true cream - aqua bomb  
Increased hydration level\*  
70%  
Dermatologically tested  
With Napiers aqua...

The true cream  
-moisturizing bomb

The true cream  
-aqua bomb

**Bestselling  
Moisturizer  
at Sephora!**

**NO**



Mineral  
Oil



Synthetic  
Fragrances



Synthetic  
Dyes



Animal-origin  
Ingredient



Synthetic  
Preservatives

Dermatologically tested  
Clinically proven formula that provides a +70% increase in skin's hydration levels

\* 'No' means that ingredients listed above are not added in the product.



Satisfy your  
cat's wild side  
with delicious,  
meat-rich wet  
recipes.

Love them like family.  
Feed them like family.®



## SUN SAFETY FOR PETS

You wouldn't skip slathering sunscreen on your kids, so don't leave your "fur baby" unprotected either. Here's how to ensure that your animals have safe fun in the sun—plus, easy ways to check for skin concerns.

by **LIZZ SCHUMER**

### YES, YOUR PET NEEDS SUNSCREEN

Dogs with thin hair and pink or light-colored skin (such as pit bulls, boxers and bull terriers) and cats with white ears, eyelids or noses are particularly susceptible to sunburn, explains Heidi Cooley, D.V.M., of Banfield Pet Hospital. But all pets can get sunburned, especially on vulnerable or less hairy areas like noses, ears, bellies and the pads of feet. That's why it's important to apply sunscreen or use clothing with SPF whenever they're spending lots of time outside—and even for indoor cats who like to nap in a sunny window.

### USE A PET-SAFE SPF

Because dogs and cats tend to lick themselves, choose sunscreen especially made for pets so they won't ingest harmful ingredients. The kind people often use has zinc oxide, which can cause tummy upset, Cooley explains. Look for a pet-specific version that is fragrance-free and waterproof, blocks both UVA and UVB rays and has at least SPF 15. Many sunscreens are sprayable for easier application. When applying, pay special attention to the tips of pets' ears, their noses and any areas where their hair is thin. Reapply at the same

frequency as your own sunblock, or every three to four hours. If your pet seems itchy or develops a rash after application, wash off the sunscreen and consult your vet. Pet clothes with SPF are better than nothing if your pet won't tolerate sunscreen.

### CHECK YOUR PET'S SKIN

Skin cancer is one of the most common forms of canine cancer, although not all types are the result of excessive sun exposure. Cats get skin cancer too, albeit at lower rates. Symptoms of skin cancer depend on the type and where it is located on the body, according to Jerry Klein, D.V.M., of the American Kennel Club. Check your pet once a month, paying attention to areas around the mouth, lips, toenail beds and foot pads. Brush back their fur with your hands and look for any enlarged lumps, bumps, flakiness and redness or dark discoloration. Pay attention to any sensitive spots, and while you're at it, brush them well to get rid of any mats or tangles. If you notice anything unusual, get them to your vet as soon as possible. Many skin tags and lumps are benign, but the earlier a problem is detected, the better the chance of successful management.

JUNE 2021 VOL. 272, NO. 5 Good Housekeeping® (ISSN 0017-209X) is published monthly (except combined issues in Jan/Feb and July/Aug), 10 times a year, by Hearst, 300 West 57th Street, New York, NY 10019, U.S.A. Steven R. Swartz, President & Chief Executive Officer; William R. Hearst III, Chairman; Frank A. Bennack, Jr., Executive Vice Chairman; Mark E. Aldam, Chief Operating Officer. Hearst Magazine Media, Inc.; Debi Chirichella, President, Hearst Magazines Group and Treasurer; Kate Lewis, Chief Content Officer; Kristen M. O'Hara, Chief Business Officer; Catherine A. Bostron, Secretary. © 2021 by Hearst Magazine Media, Inc. All rights reserved. Good Housekeeping is a registered trademark of Hearst Communications, Inc. Periodicals postage paid at New York, NY, and additional entry post offices. Canada Post International Publications mail product (Canadian distribution) sales agreement no. 40012499. Editorial and advertising offices: 300 West 57th Street, New York, NY 10019-3797. Subscription Prices: United States and possessions: \$24.97 for one year; Canada, add \$8; all other countries, add \$22. Subscription Services: Good Housekeeping will, upon receipt of a complete subscription order, undertake fulfillment of that order so as to provide the first copy for delivery by the Postal Service or alternate carrier within 4-6 weeks. POSTMASTER: Send all UAA to CFS. (See DMM 707.4.12.5); NON-POSTAL AND MILITARY FACILITIES: Send address corrections to Good Housekeeping, P.O. Box 6000, Harlan, IA 51593. For customer service, changes of address and subscription orders, log on to [service.goodhousekeeping.com](http://service.goodhousekeeping.com), or write to Customer Service Department, Good Housekeeping, P.O. Box 6000, Harlan, IA 51593.



©2021 Blue Buffalo Co., Ltd.

# BORN TO LOVE MEAT

A protein-rich food to satisfy the spirit of the lynx – BLUE Wilderness is made with more of the delicious meat cats crave. Each formula contains a precise blend of protein, fat and complex carbohydrates to help your meat-loving cat thrive while satisfying the carnivore that lives within.

Love them like family. Feed them like family.®

GH SEAL STAR



OF THE MONTH

SWIFFER

# Dynamite Duster

SWIFFER DUSTERS HEAVY DUTY SUPER EXTENDER STARTER KIT (INCLUDES HANDLE AND SIX REFILLS), \$14, AMAZON.COM

This easy-to-use **extendable dusting tool** impressed our experts in GH Cleaning Lab tests, making sure no spot, from the top of a tall bookcase to a ceiling fan, was out of reach

## WHY IT EARNED THE GH SEAL

Our tough-to-please GH cleaning experts expect the best tools to be effective, well designed and simple to use. This duster checks all those boxes and more!

### 1 TOP DUST TRAPPER

The soft, fluffy fibers are coated with mineral oil and proven to pick up and hold on to three times the dust, pet dander and other allergens that regular feather dusters do. (The American Lung Association recognizes dusting as an important way to manage indoor air quality.) It's safe to use on delicate frames or figurines.

### 2 IMPRESSIVE REACH

GH Cleaning Lab experts confirmed that the duster provides an extra six feet of length when the handle is fully extended. It's ideal for reaching ceiling fans, chandeliers and other lighting without the need to pull out a ladder. The handle can also be adjusted down to 24 inches to nab cobwebs along baseboards or under cabinets.

### 3 360-DEGREE CLEANING

The tool's 11-inch head is actually two individual dusters with thousands of fibers around them, so it cleans on all sides. Plus, it pivots or locks into five different positions to nab dust at any angle. Use it on heating and AC vents, crown molding, mini blinds and even slatted or carved chair backs.

### 4 SUPER EASY

Our analysts found the soft grip handle comfortable to hold and the wand and head smooth and effortless to operate. If one side gets dirtier than the other, flip the head over to use it longer before tossing it. The loop on the handle makes hanging a breeze. Just dispose of the head when it loses its pick-up power.

WE STAND BEHIND EVERY PURCHASE WITH OUR 2-YEAR LIMITED WARRANTY.\*

GH TESTS IT, SO YOU CAN TRUST IT!

# INTRODUCING NERVIVE



**FORTIFY  
YOUR  
NERVE  
HEALTH\***

**RESULTS  
START IN  
14 DAYS\***

**HELPS  
YOU  
FALL  
ASLEEP\***

FROM THE  
**WORLD'S #1 SELLING NERVE CARE**  
COMPANY<sup>†</sup>

<sup>†</sup>Nicholas Hall's global CHC database, DB6, 2019 value sales at MSP

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

# FRESH & ALUMINUM FREE

**SECRET ALUMINUM FREE**  
helps **ELIMINATE ODOR**

SCAN TO BUY



Hover phone  
camera over code

Camila Mendes

*Secret*<sup>®</sup>

believes odor should be one less thing to sweat!

Our **ALUMINUM FREE** formula helps  
**ELIMINATE ODOR** instead of just masking it with  
**3X MORE ODOR FIGHTERS\***

And it's **FREE OF** parabens, dyes, and talc.

\*vs. technologies in leading aluminum free deodorant



AVAILABLE IN:  
LAVENDER · COTTON · COCONUT  
CUCUMBER · CHERRY BLOSSOM