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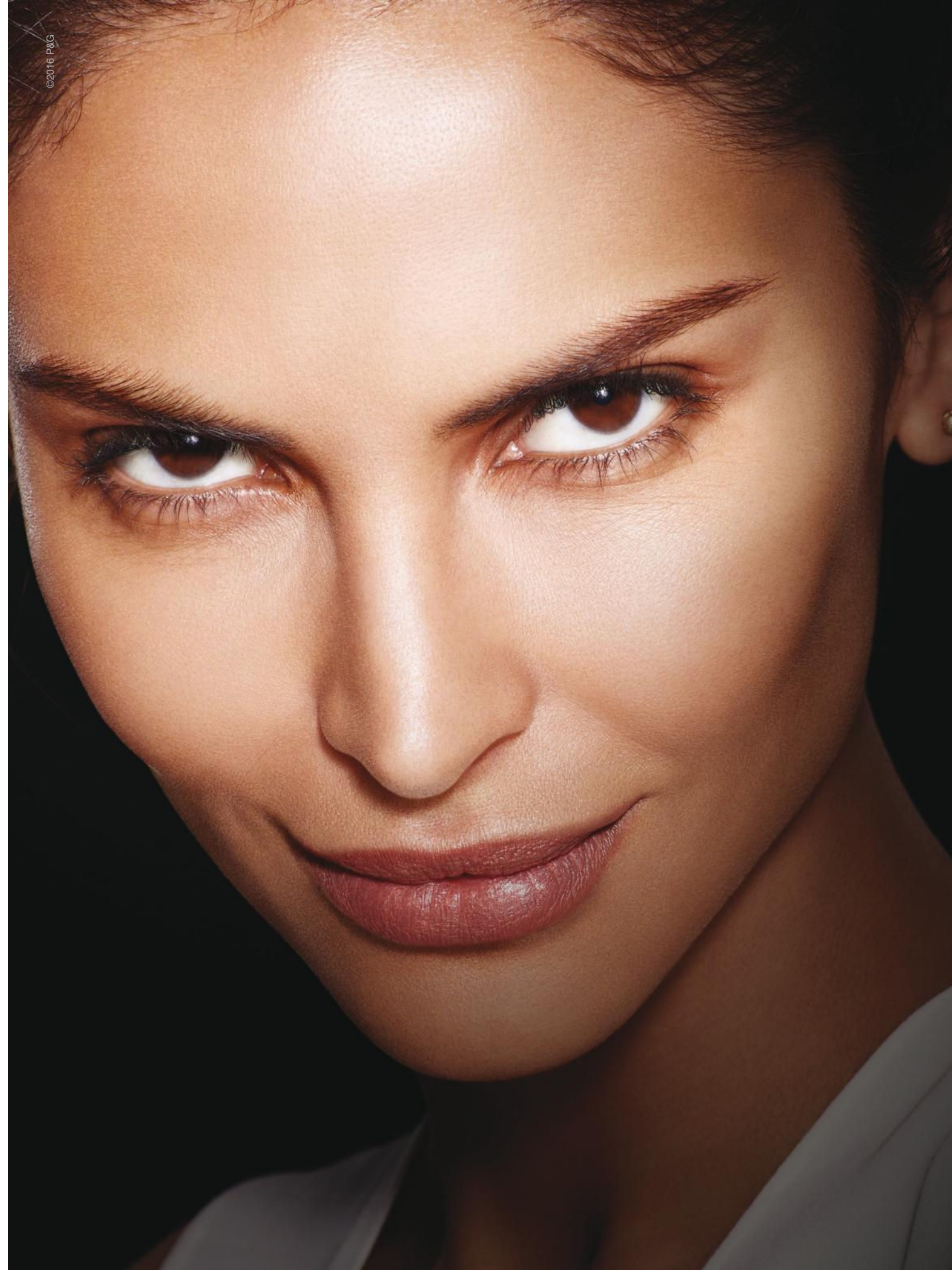
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CONTENTS

OCTOBER 2016 | VOLUME 94 | NUMBER 10



134



128



116



124

ON THE COVER

PHOTO
KAT TEUTSCH
STYLING
MARCUS HAY
PRODUCED BY
**EUGENIA
SANTISTEBAN SOTO**

FRESH

11 SEE IT, DO IT
14 SHOPKEEPER
16 TRENDS
18 BEAUTY

IN EVERY ISSUE

4 EDITOR'S LETTER
8 BHG.COM
140 THE KITCHEN COOKBOOK
180 BHG THROWBACK

LIFE IN COLOR

116 MARY QUEEN OF HEARTS A trailblazing stylist shares her decorating insight.
122 COPPER Let it warm your home.
124 THE LATE SHOW Autumn is this garden's best season.
128 HIDDEN POTENTIAL A diamond in the rough now shines.
134 GRAND FINALE Enjoy a feast inspired by the harvest.

HOME

29 COLOR Night shades add drama.
32 DECORATING Ideas for layering on personality.
44 PUNCH LIST Wall hooks, doorbell tech, and more.
48 BEFORE & AFTER Leaving the '80s behind.
57 I DID IT DIY dresser transformations.
65 CRAFTS Scary-simple paper decorations.
72 THE DIRT

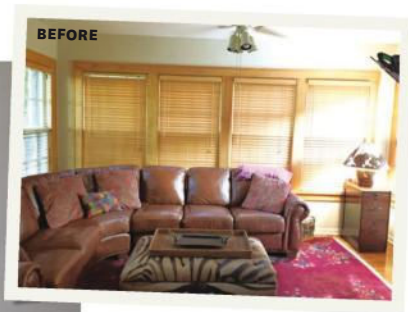
FOOD

81 EAT THIS NOW Savory ways with oats.
82 FAST & FRESH Get your five a day.
90 NEW WAYS Acorn squash goes global.
94 IN SEASON We're sweet on pumpkin.
106 HOW TO COOK

BETTER

151 GOOD TO KNOW
152 HEALTH Tap into the benefits of meditation.
158 NUTRITION
160 FOUR POINTS Stories of resilience to inspire you.
162 LIVE FIT
166 PET PROJECT The ins and outs of adopting a dog.
172 THE HEALTH NUT Amy enters the orange zone.
174 CIRCLE OF SUPPORT Breast cancer survivors share the best ways to help.
176 FAMILY CRAFT

EDITOR'S LETTER



making progress

We recently bought a 1922 Colonial Revival near our headquarters in Des Moines, and I'm happy to report it's a beauty. With squeaky wood floors and a staircase that creaks and pops like a percussion section, it's full of the charm you can

only get from an old house. A recent visitor said, "This is a house with a heart." The interior didn't need much more than refreshed paint colors and furniture for specific rooms, like the sunroom in the photo *above*. Most of the other spaces aren't completely pulled together. I'm doing this house slowly, partly for budgetary reasons and partly because I think that's how the "after" of a "before" comes out best—when you have time to settle in and feel certain how you'll actually use the rooms. Making the space your own is the fun part, and that's the theme of this before-and-after issue.

The only significant problem with the house was that as originally built it was underbathroom-ed for a modern family. There was only one bathroom on the top floor (with a laundry-shower in the basement and powder room added later under the stairs). We bit the financial bullet and added a new full bathroom in the master. It took much longer than planned (doesn't it always?), and I woke up before dawn on many a cold Iowa morning to the sound of the carpenters coming up those noisy stairs to get started. After months of fending off the construction dust, the results were worth it. Next to the sunroom, the new bathroom is my favorite room in the house—its glassed-in shower is an idyllic spot to start the day. That's the thing with renovations, once all the dust clears, you have a home that's exactly the way you've always wanted it.

STEPHEN ORR,
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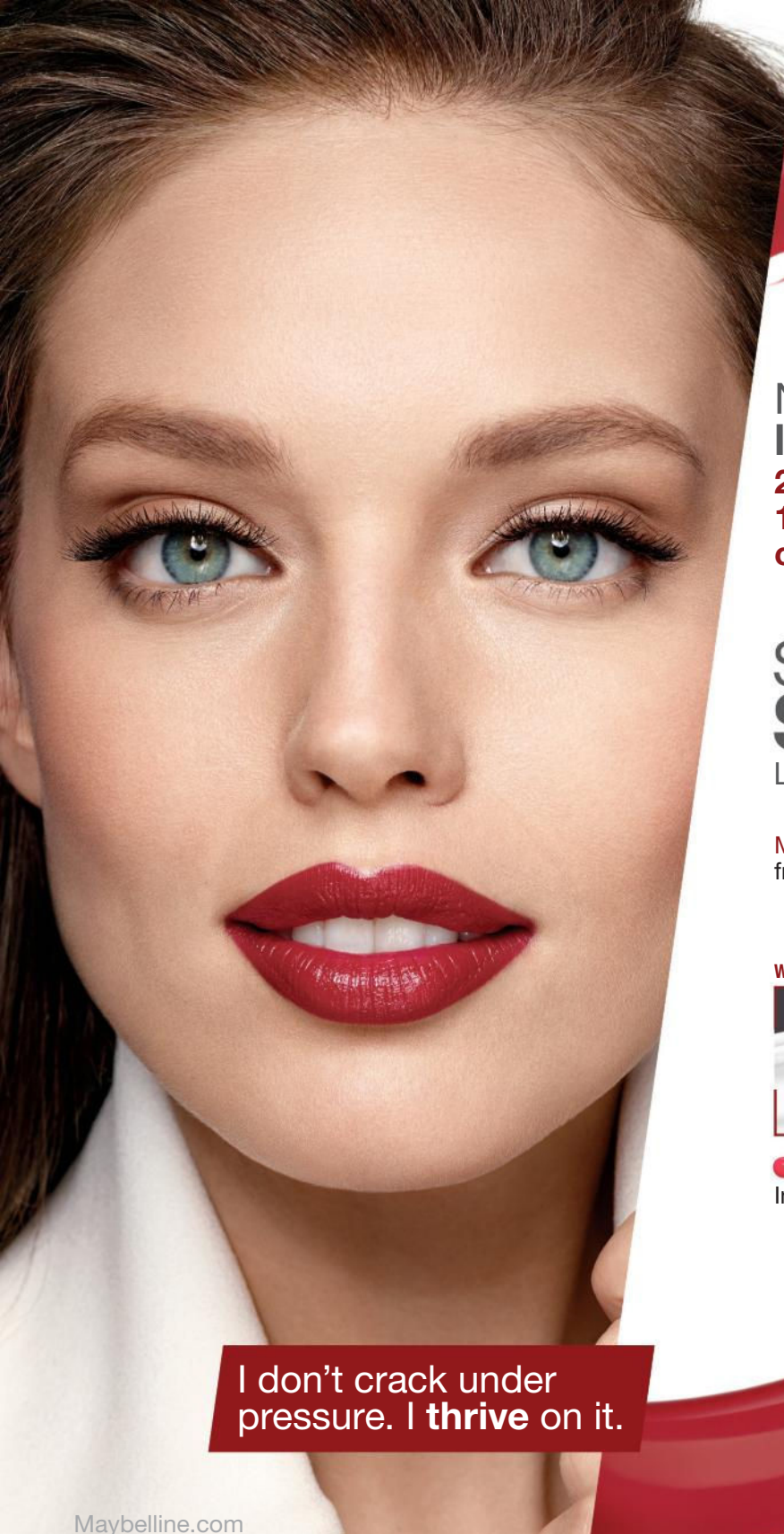
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[BLOGGER OF THE MONTH]

STEPHANIE ROSE



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After a battle with illness, Stephanie Rose headed out to her yard. "Gardening helped rehabilitate my body and mind," she says, explaining her passion and the name of her blog. Stephanie covers not just growing, but also crafting and cooking from the garden: Think soaps, fruit butters, and living wreaths. She does it all on a standard-size lot in Vancouver outfitted with a vertical vegetable garden and, as she says, "containers everywhere!"

[EXCLUSIVE OFFER]



ROSE AT LAST A robust, disease-resistant garden addition, this carefree reblooming floribunda produces clusters of lovely, fragrant flowers over a long season. The blossoms arrive in flushes against a backdrop of dark green leaves on vigorous, bushy plants that grow up to 3 feet tall. Shipped in a 2-quart pot at the proper time for fall planting. Recommended for Zones 5–9 S&W. ■



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SCENTS YOU CAN'T FORGET

SEE IT, DO IT THAT'S A WRAP

Good-bye, pumpkin guts and flimsy carving sets. Hello, yarn and hot-glue gun. Wrapping pumpkins and gourds in vibrant yarn gives them a modern spin. Plus it's fun and easy for crafters of all ages.

PS: Start with faux pumpkins and your handiwork will last well beyond this fall.



How-to video

For a step-by-step video tutorial on how to wrap the large pumpkin, visit BHG.com/YarnPumpkin

MORE »

HIT THE ROAD, JACK!

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**MATERIALS**

**HEIRLOOM
PUMPKIN OR GOURD**
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**YARN IN VARIOUS
COLORS AND
WEIGHTS**

(We used super fine
to super bulky.)

BURLAP

SCISSORS

YARN NEEDLE

HOT-GLUE GUN

**DREAM
WEAVER**

Cut a burlap band to fit around pumpkin and as wide as half the height of the pumpkin. Pull a few threads to fray the long edges. Using a yarn needle, make varied-length stitches along the length of burlap. Repeat with other colors of yarn. Wrap burlap around pumpkin and hot-glue it in place.

**THE
MUMMY**

Hot-glue the end of one strand of yarn to the bottom of pumpkin. Wrap yarn up over the top and back to the bottom. Repeat, moving around pumpkin, creating a loose base layer. Hot-glue end of yarn to bottom of pumpkin. Continue process with assorted neutral yarns until pumpkin is well covered. Using a yarn needle and accent yarn, make multiple cross-stitch X's and tuck the tails.

weights until you're pleased with the coverage.

**BELLY
BAND**

Hot-glue end of yarn (medium to bulky weight works best) a couple inches up from pumpkin base. Wrap yarn around pumpkin, keeping each row as tightly spaced as possible and hot-gluing as needed to secure. Create stripes with multiple yarns or a variegated yarn.

**RAINBOW
WEB**

Hot-glue one yarn end to the bottom of pumpkin; wrap in a random web design, hot-gluing to the pumpkin as needed. Repeat with other colors and

**STEM &
TASSEL**

Secure yarn to base of stem with hot glue. Tightly wrap yarn up the stem, cut, and hot-glue end. Tassel: Cut four or five 10-inch strands of yarn. Bundle strands together, and tie as one around stem. Separate threads.

**TIPS
FROM A
PRO**

Get behind-the-scenes advice from Kim Hutchison, the crazy-creative crafter and artist who made these pumpkins.

THE PUMPKINS

Heirloom pumpkins that are (mostly) symmetrical and have long, curving stems feel modern and provide a neutral base palette. Get the same effect by coating a regular pumpkin with white chalk paint and letting it dry thoroughly before wrapping it.

THE YARN

Choose yarns that have interesting woolly textures and different weights. Variegated yarn (dyed more than one color) is easy to find at crafts stores and creates an artfully random look with minimal effort.

THE COLORS

Fall decor doesn't have to be all about orange and brown. Look at a turning tree and you might even see bright green and pink. Don't be afraid to play with color. ■

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coveted home

At her Kansas City shop, designer Jaclyn Joslin helps people create individual spaces—it's all about experimenting and playing with the possibilities.



"I think of the showroom like a design lab," says Kansas City designer Jaclyn Joslin of her shop, Coveted Home. Her organic modern style shines in eclectic room vignettes that tend to encourage nestling in and hanging out. As in any good lab, things shift and change frequently. Jaclyn will clear off a couch in a heartbeat to try out pillow combos with a customer or rework a space to help someone visualize how a Moroccan rug might work at home. And after noting how quickly a trove of vintage ceramics was snapped up, she added Coveted Home Flea on the lower level. Flea pieces also sell via Instagram flash sales (@shop_covetedhome)—one more experiment gone good.

covetedhome.com ■



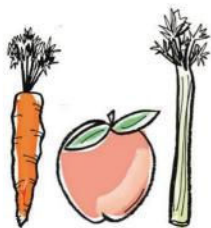
INSIDER GUIDE

Jaclyn hearts these spots around her Country Club Plaza location.



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drips, drops, and SPLATTERS

These painterly patterns take their inspiration from both old-world pottery and modern art to make a statement that's decidedly of the moment.



1

This little Italian-made earthenware cup is as versatile as it is beautiful.

Splatterware cup in gray on white. \$35; marchsf.com

2

The muted palette of the **Jackson Dinnerware cereal bowl** (\$26) and **dinner plate** (\$34) will make these stoneware pieces your go-to standards.

hawkinsnewyork.com

3

Impactful yet restrained, the **Splash rectangular plate** works just as well on a vanity. \$59.99, set of four; royaldoulton.com

4

Add oomph to your tabletop with this **Splatter placemat**. \$45; ahalife.com

5

Enamelware goes elegant. **Taupe Swirl tasting dish** (\$6.50) and **Seaglass Swirl sandwich plate** (\$14); goldenrabbit.com

6

The **Torrent vase** makes a great contrast for dramatic blooms. \$96; btwceramics.com

7

Sanderson's **Splatter wallpaper** by **Emma Bridgewater** gets reimagined in a pretty duck egg blue. \$116 per roll; finestwallpaper.com



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what's her SKIN SECRET?

Do you ever wonder why some women age more gracefully than others (or hardly at all)? Us, too.

We sat down with three beauty insiders—a dermatologist, a natural makeup artist to the stars, and an Ayurvedic expert—each with her own distinct view on aging. While one relies on tried-and-true ingredients for skin to stay smooth and radiant, the other two take less predictable paths to nourished skin. Use their insights to help update your beauty routine this fall.

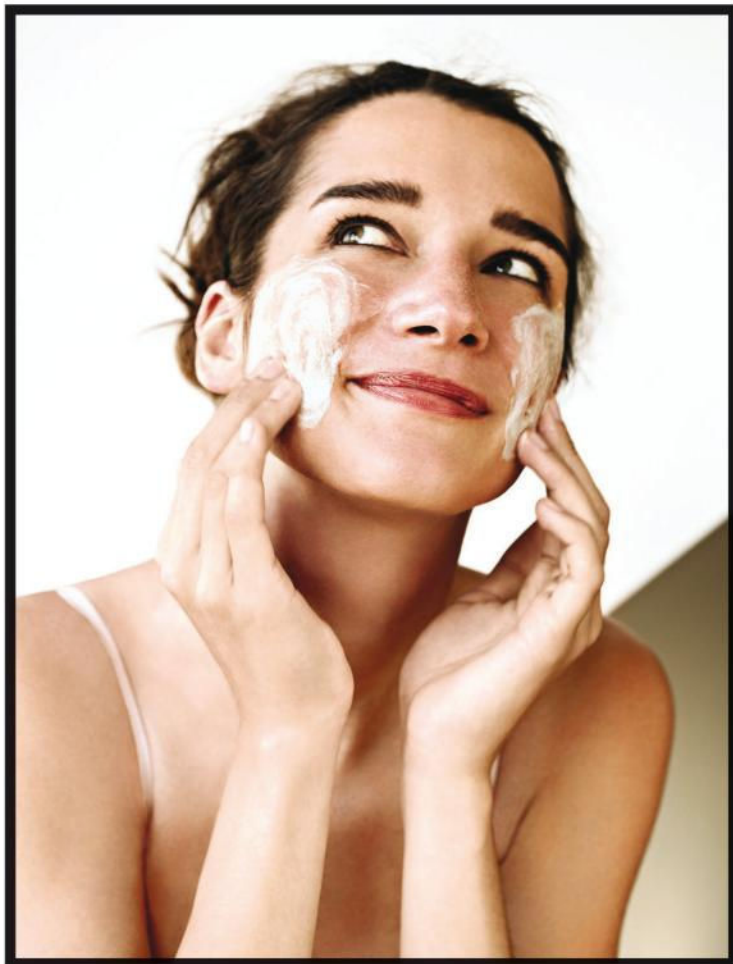
THE DERM-APPROVED ANTI-AGING ROUTINE

(that you can totally afford)

As a Mohs micrographic surgeon, dermatologist Michelle Henry treats skin cancer on a regular basis, but she also clocks her fair share of hours treating fine lines, dark spots, dullness, and dehydration. To her, youthful skin is a by-product of a sun-smart regimen, featuring products that prevent and repair damage caused by ultraviolet (UV) rays. And, happily, “the most powerful and transformative ingredients are fairly inexpensive and found at every drugstore,” she says. Department store products may have fancier packaging, she adds, but “their effectiveness often stems from the same ingredients that you can get for a fraction of the price at CVS or Target.” You can turn things around in a few short months by establishing a solid twice-daily practice that includes the following proven activities, whether you’re facing your first real wrinkle or a whole new level of midlife dryness. Dr. Henry shares her prescription for beautiful skin at any age.

CLEANSER

Wash morning and night with a mild formula. This not only removes oil and grime but also prevents aging. “Left on the skin, free radicals and toxins generated by UV, pollution, and everyday cellular processes break down



THE PRO
Michelle Henry, M.D.,
a clinical instructor
of dermatology
at Weill Cornell
Medical College in
New York City

collagen and cause premature wrinkling,” Dr. Henry says.

TRY: Yes To Blueberries Age Refresh Smoothing Daily Cleanser “is a milky face wash with hydrating coconut oil and protective antioxidants.” \$10; drugstores

EXFOLIATE

Swap in a cleanser containing alpha hydroxy acid once or twice a week to remove dull stuck-on surface cells. Dr. Henry likes No7 Beautiful Skin Age Defence Cleanser, \$11.59; target.com.



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Or exfoliate with an at-home chemical peel once a week. "These are generally stronger than acid-based cleansers and can stimulate cell turnover, boost radiance, and rev up collagen growth," Dr. Henry says. **TRY:** Garnier SkinActive Clearly Brighter Overnight Leave-On Peel contains glycolic acid molecules that penetrate deep to reveal fresh new skin. \$17; drugstores



TREAT

Smooth on a treatment serum once or twice a day under your moisturizer. "Serums contain powerful concentrations of active ingredients of typically smaller molecular size, so they can penetrate deeply to rejuvenate skin and can significantly enhance the properties of your



moisturizers," Dr. Henry says. **TRY:** L'Oréal Paris Revitalift Triple Power Concentrated Serum, which contains a patented molecule called pro-xylane, an ingredient that helps skin defend against moisture loss. \$25; drugstores

MOISTURIZE

Top your serum with a day cream to seal in moisture, protect skin's barrier, and add a dewy glow. "A dry, lackluster complexion is one of the telltale signs of aging, as mature skin has trouble retaining water," Dr. Henry says. **TRY:** Neutrogena Hydro Boost Water Gel with hyaluronic acid and olive extract to lock in moisture. It leaves skin soft, not tacky. \$20; drugstores. Before bed, slather on a night cream (try Olay Active Botanicals Intensive Night Cream, \$15; olay.com) to prevent overnight water loss and fuel skin's repair processes. "While you're sleeping, the skin is restoring itself—producing new collagen and fixing environmental damage," says Dr. Henry.



PROTECT

Sunscreen is the number one anti-ager. "Ultraviolet rays cause more than 90 percent of the visible signs of aging, including discoloration and wrinkles," Dr. Henry says. Start each day with a dime-size dollop and reapply every two hours if spending time outdoors. **TRY:** EltaMD UV Clear Broad-Spectrum SPF 46, \$32; eltamd.com. "A light, zinc-based sunscreen that doesn't look chalky on skin—I recommend it to everyone."



THE PRO

Katey Denno, celebrity makeup artist and green beauty expert

THE RED-CARPET GLOW

How does Katey Denno keep her sensitive and acne-prone skin so darn fresh and glowing?

"Microdermabrasion is the number one thing that keeps me looking young," she says.

The pro treatment (\$150 and up) uses tiny exfoliating crystals to remove dead skin layers. "It buffs out sun damage, acne marks, and even fine lines so my skin looks more radiant," says Denno, who sees a facialist about every two months for the procedure. Pricey, yes, but the investment helps her favorite natural anti-agers sink in and work better.

Denno's faves:

Marie Veronique Gentle Retinol Night Serum, which is a gentle retinol with vitamin C, \$110; marieveronique.com; and Cosmedica Skincare Pure Hyaluronic Acid Serum, \$15; cosmedica.skincare.com.



IT'S NATIONAL BEAUTY MONTH! To celebrate, we're featuring some of the recipients of the 2016 CEW (Cosmetic Executive Women) Beauty Insider Awards. These standout products, selected by a panel of knowledgeable industry pros, represent the year's top innovations in beauty. See page 148 for the complete list of winners.

DEEPLY NOURISHES* AND PROTECTS

[8 ESSENTIAL OILS + SPF30 FOR MATURE, DRY SKIN]

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SKIN EXPERT/PARIS



THE PRO

Shadiah Punnapuzha,
Ayurvedic beauty
expert and founder
of Arya Essentials

THE HOLISTIC APPROACH

"Beautiful skin comes from healthy living," Shadiah Punnapuzha says. "The women in India appear ageless—that's from eating fresh, unprocessed foods rich in antioxidants; using natural

ingredients on their skin; and meditating to reduce cortisol levels and inflammation, which prematurely age every cell in the body." She shares her best tips to age-proof your skin from the inside out.

LEMON WATER

"Lemon water is my panacea for everything. I drink 10 to 12 glasses of filtered water with fresh lemon every day for its alkalizing benefits. Acidic foods are shown to age us, but when our cells are alkaline, they



function more optimally. Our bodies are better able to process and absorb nutrients, and in turn, deliver them to the skin."

GREEN VIBRANCE

A scoop of Green Vibrance from Vibrant Health (\$29.95, vibranthealth.com) mixed with lemon water: "I've been drinking greens every morning for 14 years—it energizes me, boosts digestion, and makes my skin look healthy and bright. This blend has probiotics, enzymes, and natural sources of fiber for a true detoxifying effect. It's also alkalizing and high in beta-carotene and folate, which help repair the skin."

FENNEL TEA

"This is something I grew up on—it's the norm in many households in India because of fennel seeds' digestive qualities. Fennel seeds offer amazing effects for the skin, too. They're antiseptic and loaded with antioxidants. They're traditionally used to help prevent acne and cell damage while keeping the skin toned. I incorporate them into my anti-aging routine to delay the onset of lines and dark spots," she says.

AVOCADO

Avocado is "rich in healthy fatty acids, which help moisturize and soften the skin. My aesthetician actually told me how good avocados are for the skin, and now I snack on them daily—either by mashing them up, sprinkling on a little olive oil and sea salt, and scooping them up with gluten-free crackers or by serving them on the side of my eggs."

AYURVEDIC HYDRATING-BRIGHTENING FACE MASK

"This recipe came from my mother, who learned it from her mother," Punnapuzha says. "They'd make this mask once a week. The Fuller's Earth powder—or Multani Mitti, as we call it—is a mineral-rich clay traditionally used to clean the pores and detoxify. Avocado is extremely nourishing and great for preventing and reducing fine lines. Rose helps counter free-radical damage and balances the skin's pH. And orange is high in vitamin C and aids in collagen production, keeping skin bright and firm."

- ¼ avocado, mashed
- 2 Tbsp. Fuller's Earth (found on mountainroseherbs.com or starwest-botanicals.com)
- 1 Tbsp. rose hydrosol or rose water (at most health food stores or on mountainroseherbs.com)
- Juice of ½ an orange

Mix all the ingredients together, apply to skin for 15 minutes; rinse.

ANTI-AGING EXTRAS

Smooth, plump, and brighten your complexion with these editor's picks.



MASK

GlamGlow Flashmud Brightening Treatment, \$69; glamglowmud.com



EYE CREAM

Olay Eyes Ultimate Eye Cream, \$24.99; drugstores



LIP BALM

Fresh Sugar Nourishing Lip Balm Advanced Therapy, \$30; fresh.com



TOWELETTES

Pond's Evening Soothe MoistureClean Towelettes, \$4.69; drugstores

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life is
a meal
for
sharing
secrets,
and a drawer-in-
drawer with
some of its own

SEKTION/BODBYN
kitchen

\$1999*

*Based on a 10'x10' kitchen

25

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Warranty
INCLUDED

IKEA-USA.com/kitchen

SEKTION kitchen with BODBYN gray doors, drawer fronts, glass doors and MAXIMERA soft-closing drawers SEKTION cabinet frames in white melamine foil. BODBYN doors/drawer fronts in painted finish and glass doors in tempered glass. MAXIMERA drawers in powder-coated steel and melamine foil. Requires assembly. *Total price includes cabinets, fronts, interior shelving, drawer and door dampers, hinges, toe-kicks, legs, visible moldings and panels. Your choice of countertop, sink, faucet, handles, appliances and lighting are sold separately. See IKEA store for limited warranty, country of origin and 10'x10' details. Valid in US stores only.



COLOR NIGHT SHADES

Dark and smoldering, these luxurious hues are both richly dramatic and neutral enough to offer lots of versatility for decorating. Embrace the hint of mystery they give a room and layer several shades—on the wall, a sofa, and accents.

Or create chic contrast with white furnishings in front of one bold wall.

**TARRYTOWN
GREEN**
HC-134
Benjamin
Moore

**HAVANA
COFFEE**
N210-7
Behr

**MACKINTOSH
MIDNIGHT**
DE579
Dunn-Edwards

**WALL
STREET**
SW7665
Sherwin-
Williams

**BLACK
ELEGANCE**
1004-7
PPG Pittsburgh
Paints

Make it moody

Dark walls don't have to be daunting! Watch these tips to create a wow-worthy look. BHG.com/DarkWalls



WALL
SHADES ON
T17-10
BEHR

**SOFA**

Maggie Hunter
Green Velvet Sofa,
\$1,300;
lampsplus.com

**PILLOW**

Jacquard
Velvet
Textured
Pillow Cover,
\$44;
westelm.com

**LAMP**

Anchored Orb Task
Lamp, \$198;
anthropologie.com

**WALLPAPER**

ASH in Black and Maroon
(AT10085), \$72 per single
roll; thibautdesign.com



"WHEN YOU LOOK into the night sky, you see the stars not the sky," says NYC designer Tyler Wisler. An almost-black wall color is magical because it seems to disappear, and everything else in the room—art, patterns, the people themselves—becomes the focus. To choose the right hue, Tyler dives deep down the value scale: "I tend to go darker because a midrange hue can look dull." Light, bright items, such as glinting metal fixtures, polished stone surfaces, and vivid accent colors, balance intense walls.

THE DARK SIDE

**HANDSOME RETREAT**

In the bedroom, above, warm charcoal walls become even cozier with accents of deep red and brown. Shiny brass and gilded materials sparkle like flames against the sooty backdrop. **Top to bottom:** **WALL** Shades On T17-10 (Behr) **ACCENTS** Autumn Fire 1007-1A (Valspar), Chocolate Velvet CSP-235, Burnt Ember CSP-120 (Benjamin Moore)

**PURPLE PASSION**

Walls painted aubergine create a romantic dining room; accent them with lilac fabrics and ivory dinnerware. Gleaming dark wood furniture and a crystal chandelier add polish and sparkle. **Top to bottom:** **WALL** Royal Indigo 443-7 (Pittsburgh Paints) **ACCENTS** After Midnight CSP-630 (Benjamin Moore), Hyacinth Tint 6968, Alabaster SW7008 (Sherwin Williams) ■

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colorful *character*

This suburban house went from bland and boxy to bursting with texture, pattern, and personality—all within its existing floor plan.



RADIATOR-SCREEN DOORS KEEP CABLE BOXES HIDDEN BUT STILL ACCESSIBLE TO THE REMOTE.



FOR THE RECORD

THE HOMEOWNERS

Interior decorator Alison Giese; her husband, Ben; and their three children.

THE HOUSE

A 2,800-square-foot tract house in Burke, Virginia, built around 1971.

THE REMODEL

Alison and Ben stuck with the home's layout but fully remodeled the kitchen and bathrooms, refinished floors, painted walls and trim, and layered in high-style fixtures and furnishings throughout.



FAMILY ROOM REHAB Alison transformed her basic beige family room with several coats of high-gloss blue paint. She also installed two new windows and added crown moldings and picture-frame moldings.

SMART DIY A mix of retail-store cabinets and shelves surround a new electric fireplace and wall-mounted TV. By wrapping the unit in the same moldings as the room at large and painting it the same lacquerlike finish, it looks like an expensive built-in.

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Julianne Moore

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[DESIGN GLOSSARY]

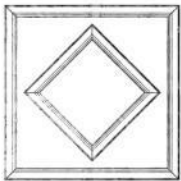
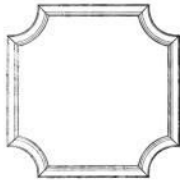
Knowing the lingo makes it easier to communicate with your contractor or find what you need at home improvement stores. Start talking the talk:

MOLDING Decorative strips of wood applied to walls to add architectural interest; also called millwork.

CHAIR RAIL A horizontal band around a room's perimeter, usually about 36 inches off the floor; sometimes called a dado rail.

WAINSCOT Paneling applied over the lower third of a wall between the chair rail and baseboard. This is most often found in dining rooms.

PANEL MOLDING Framed wall sections formed by narrow strips, usually about 1½ to 2 inches wide; also called picture-frame molding. **How to use it** The larger your room, the more complex the silhouette of your wood strips and your frames' overall shapes can be. Try layering two frames together, *below left*, or experiment with the corners of your frame, adding notches, *below right*, or more elaborate designs.

**FRAME-IN-FRAME****NOTCHED**

WALL
HAGUE BLUE
NO. 30
FARROW &
BALL

BIG FINISH Alison chose simple, narrow rectangles for the panel molding in her small living room, *above*. Of the paint, she says, "High-gloss finishes show all flaws," so the perfect time to try it was after hanging new drywall in the space. Even so, she prepped the surface with an overall skim coat of mud, sanded everything smooth, and used several coats of primer.



CURB APPEAL Alison and Ben, *at left* with Avery (9), Isla (6), and Skylar (3), painted the siding a warm gray to help tie the muted red brick to the high-contrast trim. They replaced the old front doors with darker, glass-paned versions, a change highlighted by adding an architectural cornice, hefty brass hardware, and sleek black house numbers.

DAMAGED HAIR MEETS TOTAL REPAIR.

5 PROBLEMS, 1 SOLUTION

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1
WEAK

2
DRY

3
DULL

4
ROUGH

5
SPLIT ENDS

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Jennifer Lopez



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- HAIR FEELS STRONG, HEALTHY — LIKE NEW

**When using complete system of shampoo, conditioner, and treatment

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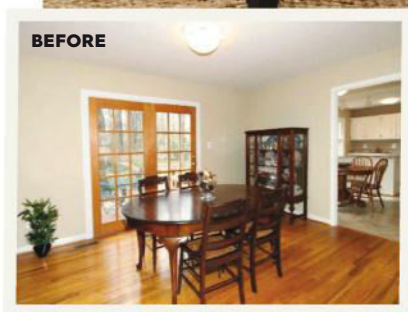
*Damage-Erasing Balm Treatment \$ Sales.
Based on Nielsen data, 52 weeks ending 4/9/2016. ©2016 L'Oréal USA, Inc.

“I SAW IT AS A BUILDER-GRADE CLEAN SLATE. NOW IT’S A PERSONALIZED SEMICUSTOM HOME.” —HOMEOWNER ALISON GIESE

WALL
PARK AVENUE
MQ2-55
BEHR

FINE DINING

“The dining room was desperate for dimension,” says Alison, who once again applied wall moldings—this time to get the look of wainscoting. Painting all the trim a white semigloss and adding a sculptural milk glass chandelier helped tie in her existing midcentury Saarinen table—a modern note in the traditional space. A red gloss finish and graphic upholstery adds punch to vintage Chinese Chippendale chairs.



«
SANDING OFF THE
OLD POLYURETHANE
IN FAVOR OF A
LOW-GLOSS CLEAR
COAT UPDATED THE
OAK FLOORS.

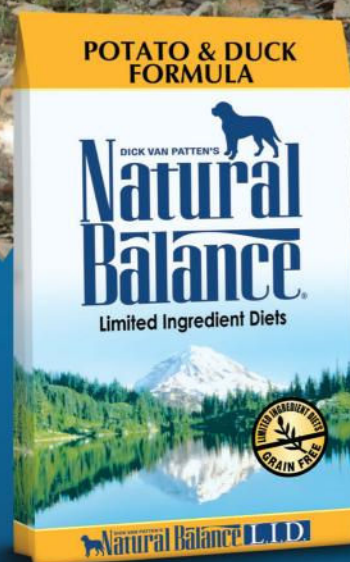
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important to have
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Natural Balance® lab scientist and
proud pet parent of yellow lab Riley.



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ALL ABOUT U

Moving the sink to the window gave the kitchen a harder-working U-shape layout, *right*.

Mushroom-color cabinets contrast with white quartz countertops (Lagoon by Silestone) and subway tile backsplash. "The tile was reasonably priced, so I took it up to the ceiling for a sense of height," Alison says. The brass bar columns and cabinet hardware (a vintage eBay lot) add age.

MADE TO ORDER

Alison gussied up a store-bought banquette with a custom-cut fiberboard back, upholstering it and the seat in leather with nailhead trim, *below*.



CABINETS
STONE
SHAKER STYLE
ULTRA CRAFT

**WINDOW DRESSING**

A custom Roman shade is a luxe touch above the deep double sink, *left*, whereas the window's glossy black trim is an inexpensive upgrade. "It's like outlining a picture in black marker: It frames the space and makes it pop," Alison says. A glass-front cabinet and delicate glass globe pendants soften the look.



FOR THE UP-ALL-NIGHTERS
AND THE UP-ALL-NIGHTERS.



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**NIGHT AND DAY**

Easy cosmetic changes refreshed the master bedroom, *left*. Alison brightened the space with a lighter color paint and made the windows a focal point with chintz cornices. She used chunks of amethyst from the couples' collection of rocks and geodes to make bedside lamps, *below right*, that add glitz to the linen-covered nightstands from Pier 1 Imports.

FRESHEN UP

Continuing her use of red accents around the house, Alison wrapped the powder room in vibrant coral-and-aqua chinoiserie wallpaper, Thibaut's Luzon pattern, *right*. She balanced the splurge with simple brass sconces from Lamps Plus and a white Home Depot pedestal sink. A curvaceous black mirror scored on One Kings Lane anchors the space. ■



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every Day.

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PUNCH LIST

Check off this month's home improvement projects: wall hooks you won't want to hide, surprisingly chic laminate counters, and an easy toilet fix.



HANG ON

Snag a hook sturdy enough for a heavy coat or bag yet stylish enough for any room.

1

Nothing says "don't forget your rain slicker" like this sunny **Ironwork Hook**. \$14; anthropologie.com

2

Hang up to 35 pounds on the **Ruavista Coat and Hat Hook** in Champagne Bronze. \$4.97; homedepot.com

3

A single screw holds the molded **Plywood Wall Hook** in Walnut. \$15; onefortythree.com

4

Keep a coat and hat together with the **Brainerd Zinc Die Cast Garment Hook** in Venetian Bronze. \$4.97; lowes.com

5

The **WallNuts Creative Wall Hook** is the classic peg gone modern. \$11; slwoodworks.etsy.com

6

Assign spots with the **Label Holder Hook** in Brushed Nickel. \$25; rejuvenation.com

7

Leather wraps the iron **Equestrian Hook**. \$20; anthropologie.com

8

At 7 inches long, even your kids can't miss the **Hanson Hook** in Polished Chrome. \$29; rh.com



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Staircase Wall: BEHR® Cathedral Gray PPU18-14
Trim: BEHR® Silky White PPU7-12
Wall: BEHR® Underground Gardens PPU N420-4

CURB APPEAL



A CUT ABOVE

Because visitors can always find the house with the pineapple shutters. Choose from nine cutout designs and 30 standard colors for your signature look. A pair of shutters for a 36×62-inch window costs about \$460. *atlanticpremiumshutters.com*

BEFORE YOU CALL A PRO

“MY TOILET FLUSHES ALL BY ITSELF.”

Add a few drops of food coloring to the tank water. If you see the color in the bowl water in 30 minutes, your problem is a flapper that doesn't seal properly. If the chain is taut, adjust it to give it more slack, allowing the flapper to close easily. If the phantom flushing continues, replace the flapper. You (or a plumber) may need the name of the toilet manufacturer to buy the replacement.

Win \$5,000

to use toward your home projects! Enter at *BHG.com/HomeProjects* for a chance to win. See details on page 148.



TREND WATCH

MODERN LAMINATE

Need a new kitchen counter? Here's what makes today's laminate worth a closer look:

1. It's affordable. These new Formica patterns, *left* and *above*, start at about \$17/square foot, installed.
2. It resists stains and damage as well as other countertops, such as granite and quartz.
3. Yes, undermount sinks work (visit *karran.com*).
4. Some of the most memorable patterns don't mimic stone. Grass cloth in lime, anyone?

THE SMART LIFE

SEE WHO'S THERE

You don't have to be home to answer the door anymore. The Ring video doorbell (\$199 at Home Depot) alerts your smartphone when someone rings the bell or even when it detects motion within 30 feet. You can see, hear, talk to, and videotape your visitor without revealing whether you are upstairs or across the country. It installs easily using existing doorbell wiring or operates using a built-in, rechargeable battery. Find out how handy this doorbell can be: Watch Customer Stories videos at *ring.com*.



CLEAN THOSE CRANNIES Tackle the kitchen's hard-to-reach spots with a set of tools that snaps together for storage. Use the loop brush on small appliance parts, the nylon chisel along edges (such as around the sink), the brush for scrubbing surfaces, and the flat scraper on baked-on food. (\$7.99; *oxo.com*) ■


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from BLAND to GRAND

Lightened up and with a few stealth moves (notice how the doorway shifted a few feet to the right), this '80s kitchen is anything but cookie-cutter.



It's the little things that Maribeth Cunningham loves the most about the remodeled kitchen in her Manhattan Beach, California, home. Things like the island sink that's in reach of the range and the laminated fabric on the banquette cushion that makes it easy to wipe spills. For Maribeth, function trumps everything. She and her husband, Ben, planned to live with the 1980s kitchen when they moved into the house, but that changed when they realized it was an awkward space to work in. With the help of designer Erin Hedrick, the couple shifted appliances (and a doorway) to create an efficient work core and improve flow. Expanded seating gives the family of four elbowroom. From a looks standpoint, the sea of stained oak is gone, replaced by lots of bright white. "It escalated into a big project, but we came to realize that if we were going to do this and this and this, we might as well just go for it," Maribeth says. "The space is functional, comfortable, and makes us happy."



SEEING THE LIGHT

White cabinetry, seafoam subway tiles, and whitewashed oak flooring give the kitchen a beachy vibe. The double-wide island—it's more than a foot wider than the old one but still meets the minimum 36-inch clearance on both sides—provides a focal point and storage boost.



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*American
Standard*

TILE STYLE

Subway tiles in seafoam green, *right*, instead of the usual white give the kitchen a color kick. "The cabinetry was enough white for me," Maribeth Cunningham says. Run to the ceiling, the smooth, glossy tiles also provide a textural change-up from all the wood.

HIDDEN ASSET

A mini office, *far right*, is a nice surprise in a bank of cabinetry. Doors slide inward, pocket-style, so they can stay open without getting in the way.





“
SOFT COLORS
CREATE A
TRANQUIL
MOOD THAT'S
A BALANCE
TO THE NOISE
AND ACTIVITY
OF LIFE
WITH KIDS.
”

—MARIBETH CUNNINGHAM



FINER DINING

Moving a partial wall back a few feet into the family room (and shortening its length) allowed space for a banquette and large round table, *left*. The bench tops lift to access storage space. Shiplap walls nod to an old beach cottage.

Want to remodel?

Get our complete kitchen remodeling and planning guide. BHG.com/UltimateRemodel

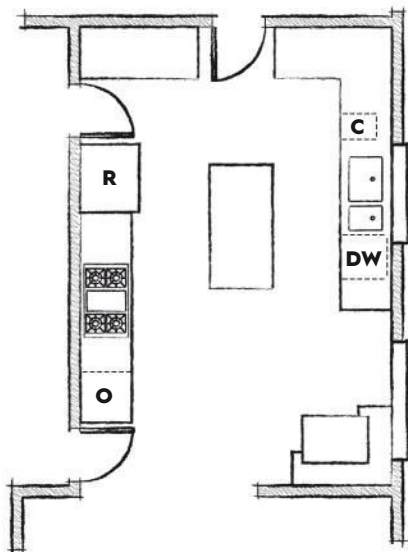
October 2016 | BHG 51



This Halloween get into the Chocolate, Caramel and Nougat.

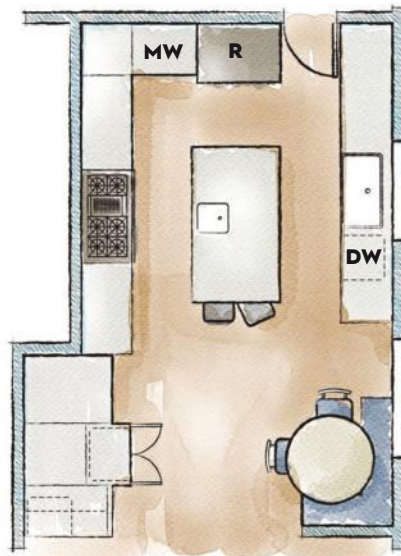
KEYS TO GAINING SPACE

Designer Erin Hedrick essentially worked within the existing footprint to create a better functioning kitchen and the illusion of more space. Raising the dropped ceiling about a foot was the first step—and one that prolonged the five-month remodel. “If the room was ever going to feel right, we knew we had to raise the ceiling,” homeowner Maribeth Cunningham says.



BEFORE

Two interior doorways created an odd flow through the room. The wall ovens, cooktop, and refrigerator lined up on one wall, and the island was a roadblock between them and the sink on the opposite wall.



AFTER

Closing one doorway (now a pantry) and moving the other a few feet to the right improved flow. The built-in fridge lines up with the island, allowing a straight shot from the mudroom to the breakfast area.



BEFORE

WORK EFFICIENCY

The new island contains what the cooking zone lacked: easy access to a sink. The relocated fridge found a handy midway point between the range and main sink. The storage-smart island has a recessed end to accommodate seats for guests who want to chat with the cook. ■



«
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We provide families with free, science-based resources to help them deal with teen substance abuse, information about the ever-changing drug landscape, programs that help parents engage with their teens, guidance for counseling or treatment if they are in trouble, and support from families that have already faced this problem.

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Call our toll-free helpline, 1-855-DRUGFREE. Or visit us at drugfree.org.



i did it!

Dressing up an old dresser like this tops the list of easy, high-impact projects—and this savvy DIYer ought to know. She's tackled about 75 furniture makeovers in the past three years.

Bre Bertolini wasn't sure how she'd use it, but that crummy dresser was going home with her. "I couldn't resist a free piece of furniture on the side of the road," she says. Five hours and \$75 later, she had a chic piece for the nursery in her Youngstown, Ohio, home. One time-saver: Instead of filling all the old handle holes and drilling new ones, Bre was able to reuse half of them (one per handle). After painting the dresser navy, she added slender legs to give the piece height and style.

See *page 58* for how-to and *page 60* for more makeovers.



Show us!

Send photos of you with your latest project to IDidIt@meredith.com and tag us on Instagram using **#BHGIDidIt**

WHAT SHE DID

Bre upgraded a freebie dresser with new hardware, a fabric lining, and tapered legs. Home centers carry legs and feet in a variety of sizes and styles.

MATERIALS

Wood filler
Handles
Gold-color spray paint
Furniture legs (4)
Wood stain
Wood sealer
Painters tape
Medium-grit sandpaper
Self-priming paint
Foam-core board
Fabric
Spray adhesive

TOOLS

Screwdriver
Rag
Drill
Foam paint roller
Small fixed-blade utility knife
Fabric scissors

1 Remove old handles. If new handles won't fit existing holes, drill new ones and fill the old ones with wood filler if necessary. Spray-paint new handles; let dry.

2 Stain furniture legs; let dry. Apply wood sealer; let dry. Wrap each leg in painters tape, leaving the metal feet exposed. Spray-paint feet.



3 Lightly sand the outside of the dresser and drawer fronts with medium-grit sandpaper. Wipe the surface with a damp rag and let dry.

4 Remove the drawers from the dresser and mask around the drawer fronts with painters tape. Roll two to three

coats of paint on dresser and drawer fronts, allowing paint to dry between coats. Attach legs and handles.

5 To line the drawers, use a small fixed-blade utility knife to cut a piece of foam-core board to fit

inside each drawer. Cut fabric 3–4 inches larger than the foam-core board on all sides. Apply spray adhesive to the foam-core board and the back of the fabric, then apply the fabric to the foam-core board, folding the extra fabric to the back and wrapping like a gift. Place one in each of the drawers.



MEET BRE BERTOLINI

She shares thrifty furniture makeovers and other home projects on her blog, Brepurposed.

I DID

For the challenge and joy of creating something that is truly unique.

I love taking something old and giving it new life.

FAVORITE TOOL

My [Ryobi] Corner Cat Sander.

EVERY HOME NEEDS

A comfy couch.

CAN'T LIVE WITHOUT

My multiend screwdriver. It has 10 different bits and a light so you can see in dark places.

BEST WAY TO SPEND \$50

New plants. They're the perfect way to spruce up your decor. The trick is keeping them alive.

closer look

Bre chose a clay-based paint, which doesn't require a primer, topcoat, or sanding between coats. It dries to a durable, matte finish. (Her blue is no longer available, but Midnight Sky is close.)



PAINT
All-in-One Decor,
\$22.95/pint;
countrychicpaint.com



WOOD LEGS
Waddell Round
Taper, \$2.89 each;
homedepot.com



SPRAY PAINT
Rust-Oleum in Metallic
Bright Gold, \$3.86/
11 oz.; walmart.com



LINING FABRIC
Keepsake Calico Navy
Shaded Triangle,
\$9.99/yd.; joann.com



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MORE MAKEOVERS

We can't get enough dresser transformations. Check out three more of our favorite projects featuring easy-to-get materials: paint, wallpaper, and upholstery tacks.



PAINTED HERRINGBONE

Gilly Morrison, who writes her blog, *Colour Saturated Life*, from South East Queensland, Australia, saw beautiful bones—and a banged up finish.

WHAT SHE DID Gilly stripped and sanded the entire dresser, then stained the top and drawer fronts. She freshened the dresser frame with cream-color paint (Grain Sack; missmustardseeds.com) and used it to create the herringbone pattern on two of the drawer fronts. Bonus points: Gilly painted the inside and sides of the drawers a soft yellow (Prairie Sunset; fusionmineralpaint.com).

BEST TRICK To avoid complicated measuring, plan your pattern based on the width of painters tape; use strips of the tape as “spacers.”



WALLPAPER DRAWER FRONTS

This wood dresser was in decent condition. It just needed a clever spiff-up from Anna Liesemeyer, who blogs at *In Honor of Design* in Atlanta.

WHAT SHE DID Anna removed the knobs, wiped the dresser with a multisurface cleaner, then cut a piece of self-adhesive removable wallpaper (Banana Leaf, \$38 for one 20"x5' panel; wallsneedlove.com) for each drawer front. After applying the wallpaper, Anna reattached the wood knobs and used a coordinating wallpaper (Velvet Bananas) to line the drawers. Done in 30 minutes!

BEST TRICK Use a nylon pot scraper to smooth the wallpaper (\$5 for two; amazon.com).



NAILHEAD EMBELLISHMENT

Jen Crider, who writes the *Girl in the Garage* blog in Valparaiso, Indiana, knew there was a sophisticated dresser underneath the dated decorative paint treatment.

WHAT SHE DID After removing the design with a power sander, Jen painted the dresser with Chalk Paint (Country Grey; anniesloan.com). She freehand drew a small pattern on paper, then replicated it on the dresser front by measuring meticulously and penciling a dot for every upholstery tack. The design incorporates the knobs (similar to Black Ceramic Melon knobs, amazon.com).

BEST TRICK To make hammering the tacks easier, hold each one in place with needle-nose pliers. ■

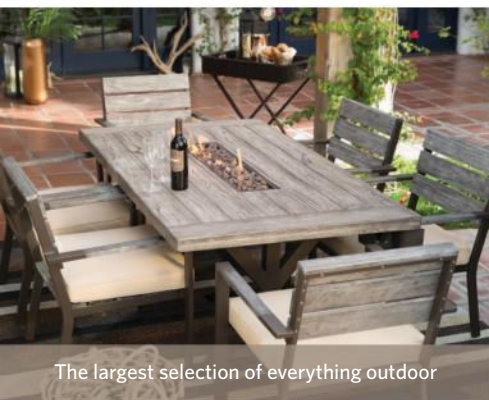


Make over a dresser! Get the instructions for these three projects at BHG.com/Dressers

Fall in Love All Over Again

Hayneedle.com offers fresh finds and simple updates for every space, style, and budget, making it easy to reimagine your home's potential.

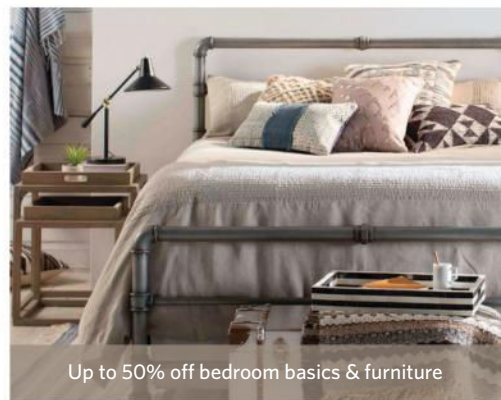
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ymca.net/give

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CUT *it out*...

...you're scaring me! These creepy-crawly paper decorations are delightfully frightful and wickedly easy to make with our online templates.

COOL RECEPTION

Send a shiver up guests' spines with spiders scaling the walls and snakes dropping from the ceiling. We bought a 100-pack of spiders from thedeevashop.com, and applied them with sticky putty. Slither on to the next page for snake instructions.

Free party kit

Get the templates and how-to for these paper crafts.
BHG.com/OctoberCrafts

**DARK HARVEST**

Create paper pumpkins from party-store corrugated lanterns and honeycomb spheres. Dust them with gold and bronze spray paint for an otherworldly glow, and attach paper leaves cut from our templates. Make scrolling vines using our spiral-cut snake technique.



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WAITING FOR.**

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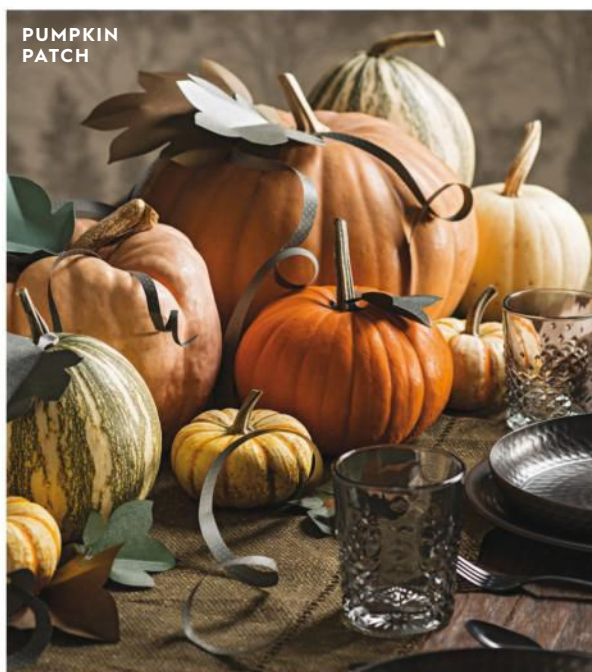
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THESE PAPER TRICKS ARE A TREAT

RING OF FIRE

Cut 5-inch squares from six colors of tissue paper. Make a stack of five or six, twisting slightly from their centers. Secure to a foam wreath with a U-shape florists pin; repeat. Keep the bottom and inside clear so the form sits level.

'TIS THE SSSSEASON

Round the edges of a two-sided metallic posterboard, then free-form cut it in a spiral. Use our template and scale-pattern cardstock paper for the head; glue a notched ribbon tongue in place. Hang with string or wrap the snake wherever you like.

FEATHERED FOES

To make these trace-cut-fold ravens stiff enough to stand, glue together two sheets of black cardstock before cutting. Secure each bird's folded base to your surface using glue dots or double-stick tape.

A hole-punched eye eerily follows guests around the room.

THE GREAT PUMPKINS

Mix and match pumpkins or gourds in a variety of colors, textures, and perfectly imperfect shapes to create a tablescape that will last through Thanksgiving. Affix the same paper leaves and vines as used with the paper pumpkins on page 66.



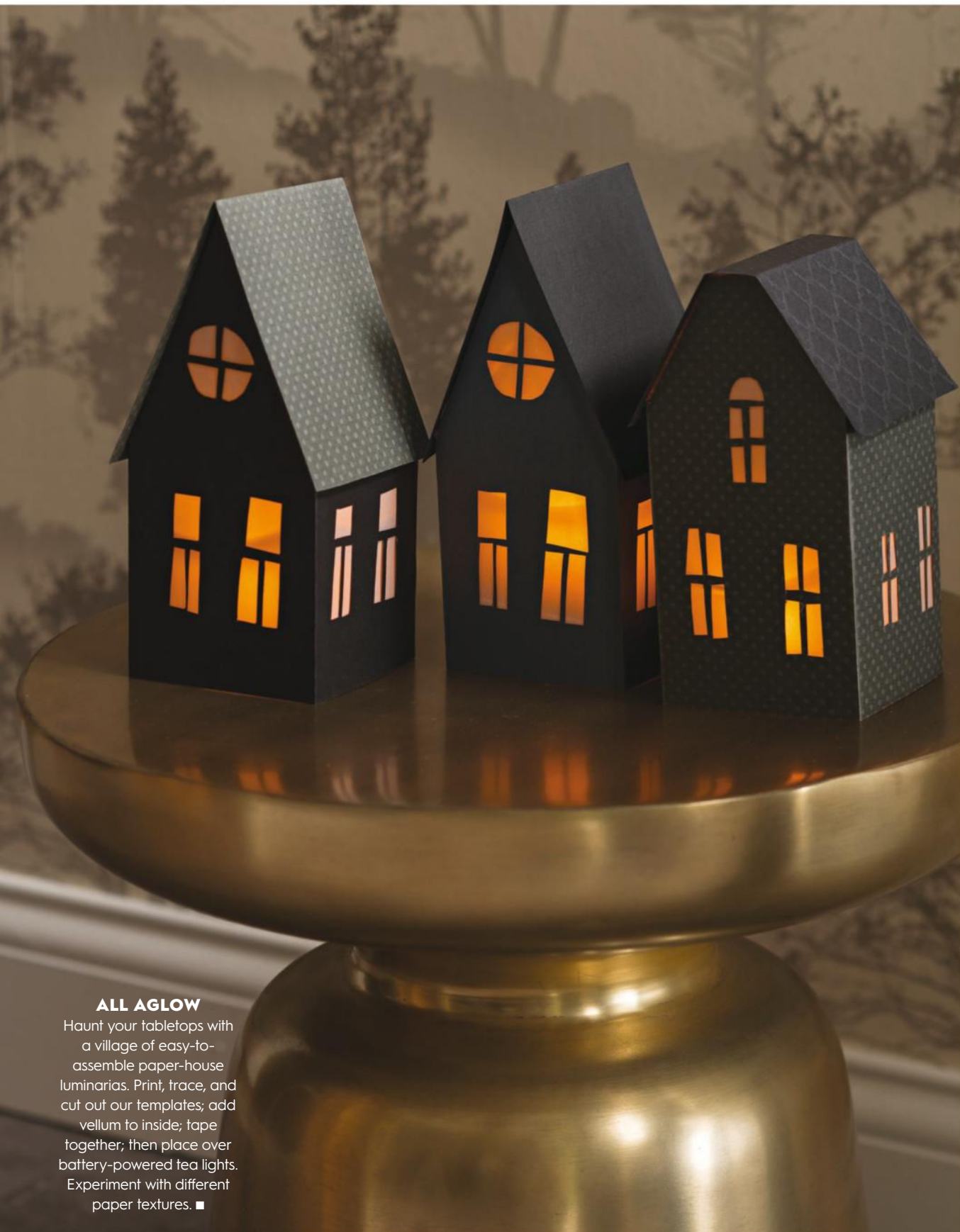
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**ALL AGLOW**

Haunt your tabletops with a village of easy-to-assemble paper-house luminarias. Print, trace, and cut out our templates; add vellum to inside; tape together; then place over battery-powered tea lights. Experiment with different paper textures. ■

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HOW TO DISH UP A CROWD-PLEASING DINNER PARTY



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EARLY RISERS

PLANT NATURALIZING BULBS IN YOUR LAWN NOW AND ENJOY THE SHOW NEXT SPRING.

TURF-FRIENDLY

Flowering in early spring and spreading more each year, minor bulbs are beloved for their ability to naturalize in the lawn. Popular ones include grape hyacinth (*Muscari*), Siberian squill (*Scilla siberica*), glory-of-the-snow (*Chionodoxa*), snowdrops (*Galanthus*), winter aconite (*Eranthis*), spring snowflake (*Leucojum*), fritillary, and crocus. Plant them now, and these 4- to 8-inch-tall dynamos may emerge before the snow melts.

RIGHT SITE

All bulbs need well-drained soil and full sun or part shade. Avoid low, wet areas where they'll rot. Massing bulbs under deciduous trees is fine; they'll bloom and die back before the new leaf canopy casts shade. To achieve a natural, I-just-happened-to-sprout-here look, toss bulbs by the handfuls in a scattershot pattern on the lawn and plant them where they land, 3-4 inches deep. Or cluster bulbs (at least 10 per square foot) in random groups.

AFTERCARE

Early-blooming bulbs usually finish flowering before the grass starts active growth. Delay your first mowing until the bulb foliage turns yellow and begins to wither, a maturing process necessary for bulbs to bloom the following year. Your lawn may look like an unkempt meadow for a few weeks, but after a turn or two with the mower, it will look like a neatly manicured lawn again.

[BULB CALCULATOR]

"HOW MANY BULBS SHOULD I BUY?" FOR BEST IMPACT, YOU'LL NEED ABOUT 250 OF THE SMALLEST MINOR BULBS IN A 5×5-FOOT AREA OF LAWN. PLANT ANOTHER SIMILAR SIZE PATCH EACH FALL.



GRAPE
HYACINTH SENDS
UP GRASSLIKE
FOLIAGE IN THE
FALL.

BHG PICKS

A few of our favorite naturalizing bulbs.



PUSCHKINIA SCILLOIDES

Pale blue flowers are the first to emerge. 4-6 inches; early spring
—Sandra Gerdes, Test Garden Manager



NARCISSUS 'SINOPE'

White petals surround a cup that opens green. 18 inches; late spring
—Stephen Orr, Editor in Chief



IRIS 'HARMONY'

Forms a carpet of blue in just a few years. 4 inches; early spring
—Jane Miller, Deputy Garden Editor



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before washing

after 3 washings



hygrocotton.com

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critterproof

If deer, rabbits, and other wild foragers see your garden as a 24-hour buffet, try these bulbs from the Amaryllis family. They contain lycorine, an alkaloid that is both repellent and toxic to animals. (Pet owners, plant them where Buddy won't dig them up.)

1. SNOWFLAKE The bell-shape blooms on 18- to 24-inch-tall *Leucojum* 'Gravetye Giant' bob above emerging perennials in a border. The midspring flowers last two weeks.

2. SNOWDROP Also called *Galanthus*, snowdrop often peeks through melting snow with nodding white flowers on 4- to 6-inch-tall stems. It's great for woodland areas and rock gardens.

3. DAFFODIL Among the hundreds of *Narcissus* cultivars, a favorite mini, 'Tete-a-Tete', grows 6-8 inches tall. Here, Siberian squill (*Scilla siberica*) makes a pretty partner.

DIG IN

The right tools turn the daunting task of planting a bushel of bulbs into a fast, efficient—and fun!—afternoon project. Here are a few of our favorite handheld diggers.

1 DUTCH TREAT

Sneeboer's Hand Bulb Planter is made entirely of stainless steel. \$79; sneeboerusa.com

2 ENGLISH STYLE

Use Esschert Design Dibber to make holes for small bulbs among plants. \$15; amazon.com

3 BUZZ THRILL

The Bulb Bopper snaps into a cordless drill to make a 2-inch-diameter hole up to 9 inches deep. \$34.95; gardeners.com

4 SCOOP DIGGER

DeWit's Bulb & Crocus Planter is made of boron steel with an ash handle. \$24.75; garrettwade.com

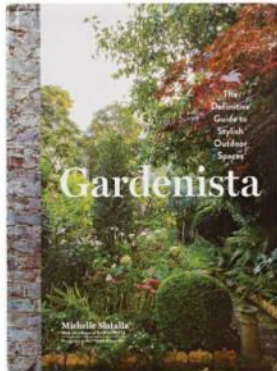
5 SHORT SHOVEL

Sneeboer's Bulb Shovel is 20 inches long for solid leverage. \$54; sneeboerusa.com



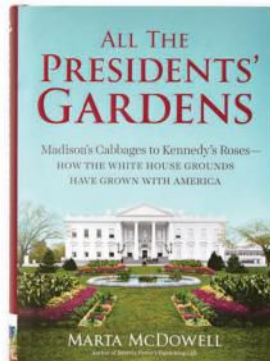
GARDENER'S BOOKSHELF

Check out our fall roundup of favorite new garden titles for a range of timely topics, including creating a stylish outdoor space, preserving butterflies and heirloom varieties, and the history of POTUS gardens.



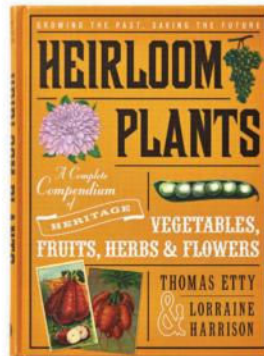
GARDENISTA

A guide to creating distinctive outdoor spaces by Michelle Slatalla and the editors of gardenista.com. Artisan Books; \$40



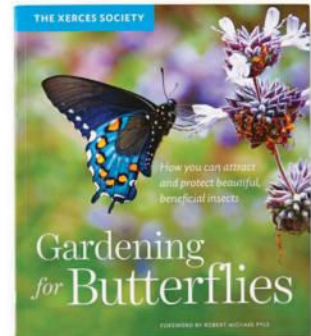
ALL THE PRESIDENTS' GARDENS

The horticultural evolution of the White House grounds by Marta McDowell. Timber Press; \$29.95



HEIRLOOM PLANTS

A directory of heritage vegetables, herbs, flowers, and fruits by Thomas Ety and Lorraine Harrison. Ball Publishing; \$29.99



GARDENING FOR BUTTERFLIES

From the Xerxes Society, an organization dedicated to protecting invertebrates. Timber Press; \$24.95 ■

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BEFORE & AFTER DECORATING CHALLENGE!

OUR WINNER, **Just Destiny**



“As you know I purchase my main pieces in neutral—that’s just the way I roll. Throughout the years I just found it easier to add interest in other ways like, texture and color!”

AFTER



BEFORE

This Spring, we challenged members in our BHGLiveBetter Blogger Network to refresh a living space using our Better Homes and Gardens product line at Walmart. All the submissions were truly inspiring, but Destiny Alfonso went above and beyond. The Red, White & Blue Playroom Makeover she created for her blog, JustDestinyMag.com, proves you don't have to sacrifice cost for style and function.

HOW SHE DOES IT



“To add some instant color I purchased these two Better Homes and Gardens ottomans from Walmart that serves as extra seating for the little ones and STORAGE! Two in one! I appreciate that it has a soft close so that little fingers don't get stuck or hurt.”

“I also purchased this stylish Better Homes and Gardens Wood Finish Lamp that sits on a Red X-leg Accent Table for night-time reading.”



“For more function and storage I purchased the BHG Crossmill coffee table. It opens in the middle so that my kids can keep their toys and mess tucked away when it's clean up time! haha! I can also store some extra pillows and blankets for movie nights or just lounging around.”

“The pillows all added extra color as well as texture. BHG now has euro shams in some great colors, so I purchased them in a nice bright red.”



Check Out
justdestinymag.com
 For more decorating tips and tricks

Find her Better Homes and Gardens® selects and more at
walmart.com/betterhomesandgardens



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»
TRY OUR SESAME-
GINGER OATS
WITH MUSHROOMS
AND CHARRED
GREEN ONIONS,
PAGE 141

EAT THIS NOW
**SAVORY
OATS**

The influence of creamy Asian rice dishes like congee has taken familiar (and dare we say dull) porridge in a spunky, savory, and far more interesting direction with additions like miso, sriracha, and kimchi. Right now we're craving an umami-packed bowlful of soy sauce-doused oats with sautéed mushrooms and charred green onions, but get creative—they can go in all sorts of flavor directions.

FAST & FRESH

Easy, delicious recipes for
a better dinner tonight.

**GARLIC-
ROASTED
SALMON &
BRUSSELS
SPROUTS**

VEG OUT

The secret to really good Brussels sprouts is caramelization. Roasting on high heat brings out their sweetness while browning their edges to crunchy deliciousness. Tuck salmon fillets into the pan halfway through cooking for a simple one-pan meal.

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030005-031697



SPICE WORLD

The easy way to give ordinary steak and carrots major personality: spice. Versatile harissa delivers a kick to the meat; a blend of cumin, cinnamon, and paprika turns an ordinary side into a spicy-sweet warm carrot salad.

GARLIC-ROASTED SALMON & BRUSSELS SPROUTS

A glassful of wine added to the pan keeps the fish moist while imparting intense flavor. We love a dry, creamy Chardonnay here—it complements the richness of the salmon.

TOTAL TIME 45 min.

- 14** large cloves garlic, divided
- ¼** cup extra-virgin olive oil
- 2** Tbsp. finely chopped fresh oregano, divided
- 1** tsp. salt, divided
- ¾** tsp. ground pepper, divided
- 6** cups Brussels sprouts, trimmed and halved or sliced (about 1½ lb.)
- 2** lb. wild-caught salmon fillet, skinned, cut into 6 portions
- ½** cup white wine, preferably Chardonnay
- Lemon wedges

- 1.** Preheat oven to 450°F.
 - 2.** Mince 2 garlic cloves and combine in a small bowl with oil, 1 Tbsp. oregano, ½ tsp. salt, and ¼ tsp. pepper. Halve the remaining garlic and toss with Brussels sprouts and 3 Tbsp. of the seasoned oil in a large roasting pan. Roast, stirring once, 15 minutes.
 - 3.** Brush fish with the remaining oil mixture. Season with remaining salt and pepper. Remove the pan from oven, stir the vegetables, and place salmon on top. Drizzle the wine over the sprouts. Bake until the salmon is just cooked through, 10 to 15 minutes more. Sprinkle with remaining oregano and serve with lemon wedges.
- EACH SERVING** 368 cal, 19 g fat, 83 mg chol, 477 mg sodium, 11 g carb, 3 g fiber, 33 g pro.



HARISSA-RUBBED STEAK & CARROT SALAD

HARISSA-RUBBED STEAK & CARROT SALAD

The level of heat in harissa, a Tunisian chile paste, can vary depending on the brand. Taste and use accordingly, depending on your affinity for fire.

TOTAL TIME 35 min.

- 2** Tbsp. lemon juice
- 1** Tbsp. extra-virgin olive oil
- 2** cloves garlic, minced
- 1½** tsp. ground cumin
- ½** tsp. ground cinnamon
- ½** tsp. paprika
- ¾** tsp. kosher salt, divided
- 3** cups thinly sliced carrots (about 1 lb.)
- 1** to 1½ lb. skirt steak, trimmed and cut into 4 portions
- 4** tsp. harissa
- 1** Tbsp. chopped fresh parsley or cilantro for garnish

- 1.** Preheat grill to medium-high.
 - 2.** Whisk lemon juice, oil, garlic, cumin, cinnamon, paprika, and ½ tsp. salt in a microwave-safe medium bowl. Add carrots; stir to coat. Cover and microwave on high until the carrots are tender-crisp, about 2 minutes. Uncover. (Alternatively, steam carrots over 1 inch of boiling water in a large saucepan fitted with a steamer basket until tender-crisp, 2 to 3 minutes. Toss the carrots with the spice mixture.)
 - 3.** Rub both sides of steak with harissa and sprinkle with the remaining ¼ tsp. salt. Grill the steak 1½ to 3 minutes per side for medium. Transfer to a clean cutting board and let rest 5 minutes, then thinly slice across the grain. Serve with spiced carrots; garnish with parsley or cilantro. Makes 4 servings.
- EACH SERVING** 267 cal, 14 g fat, 73 mg chol, 400 mg sodium, 11 g carb, 3 g fiber, 25 g pro.

Kids Meal Should Be:

Today's kids meals have
lost their way.

They neglect the very
people they were meant
to feed. At Panera
we believe kids shouldn't
have to imagine what's
in their food.

PaneraKids.com

Clean

No artificial flavors,
preservatives, sweeteners or
colors from artificial sources.

Full of Delicious Options

Let kids make their own
choices from a menu full of
tasty, wholesome options.

Worthy of Trust

No cartoon characters, crazy
colors, toys, or toy-shaped food.

Nutritiously Paired

Growing bodies need a meal
complete with nutritious sides
like organic yogurt, sprouted
grain rolls, or apples.

Drink Optional

Kids meals shouldn't encourage
kids to drink a sugary beverage.
Ours never have, never will.





KING OF THE PANTRY RAID

Minestrone is the ultimate recipe when it comes to cooking with what's on hand. Sauté some staples from the crisper, stir in a few canned goods, and dinner is ready before you can say, "I'm just going to run to the store."

CELERY & PARMESAN MINISTRONE

Throwing grated Parmigiano-Reggiano into a tomato-laced broth adds a salty, almost meaty richness. Another trick: Save Parm rinds and store them in the freezer. You can toss them into the pot any time you make soups, stews, and sauces for a similar flavor boost.

HANDS-ON TIME 35 min.

TOTAL TIME 45 min.

- 2 Tbsp. extra-virgin olive oil
- 2 cups diced celery
- ½ cup diced carrot
- ½ cup diced onion
- 1 clove garlic, chopped
- 1 tsp. celery seeds
- ½ tsp. ground pepper
- 4 cups reduced-sodium chicken broth or vegetable broth
- ⅓ cup whole wheat orzo or other small pasta
- 1 14.5-oz. can diced tomatoes
- 1¾ cups cooked chickpeas or cannellini beans or one 15-oz. can, rinsed
- ½ cup chopped celery leaves, divided
- ¼ cup packed grated Parmigiano-Reggiano cheese, plus more for serving

1. Heat oil in a large saucepan or soup pot over medium heat. Add celery, carrot, onion, garlic, celery seeds, and pepper. Cook, stirring occasionally, until the vegetables are tender, about 10 minutes.

2. Add broth and bring to a boil. Add pasta and cook, uncovered, until the pasta is tender, 8 to 10 minutes. Add tomatoes, chickpeas (or beans), half the celery leaves, and ¼ cup cheese. Cook over medium heat until steaming hot, 3 to 5 minutes. Ladle into bowls and garnish with the remaining celery leaves and a light dusting of cheese, if desired. Makes 6 servings.

EACH SERVING 209 cal, 7 g fat, 3 mg chol, 607 mg sodium, 28 g carb, 8 g fiber, 10 g pro.

So, what's for dinner? Enter up to four on-hand ingredients and access 1,000s of recipes. BHG.com/M mealPlans

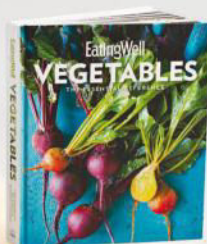
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THAT COUNTS



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**EATINGWELL® EVERY DAY**

This month we turned to our friends at *EatingWell®* for this veggie-forward collection of Fast + Fresh recipes from their latest cookbook, *Vegetables: The Essential Reference* (HMH; \$35). You can find EatingWell in your grocery store's freezer section, too! Check out the new line of eight healthy frozen entrées, which hit shelves in September. Learn more at eatingwell.com/frozenfresh

THE BITTER TRUTH

Radicchio's characteristic bitterness mellows when braised in a garlicky, prosciutto-enriched broth, making it a rich, tender accompaniment for pasta.



PASTA WITH BRAISED RADICCHIO

Chioggia (the round, tight, red cabbagelike variety) is the most common type of radicchio found in grocery stores. Treviso (which is similarly red with white veins but oblong in shape) also makes an appearance during fall and winter. They can be used interchangeably.

TOTAL TIME 35 min.

- 1 Tbsp. extra-virgin olive oil
 - 3 cloves garlic, slivered
 - ¼ tsp. crushed red pepper
 - 2 oz. thinly sliced prosciutto, cut into 2½-inch-long matchsticks
 - 2 large heads radicchio, cored and sliced
 - Ground pepper to taste
 - 1 14.5-oz. can reduced-sodium chicken broth
 - 1 lb. whole wheat linguine or spaghetti
 - ½ cup freshly grated Parmesan cheese, divided
1. Put a large pot of water on to boil.
 2. Heat oil in a large nonstick skillet over medium-low heat. Add garlic and crushed red pepper. Cook, stirring, until tender and fragrant but not brown, 30 to 60 seconds. Add prosciutto and cook, stirring, until lightly browned, 2 to 3 minutes. Increase heat to medium and

gradually add radicchio, turning with tongs. Season with pepper.

3. Pour in broth and bring to a simmer. Reduce heat to low and simmer, uncovered, stirring occasionally, until the radicchio is desired doneness, about 10 minutes.

4. Meanwhile, cook pasta in boiling water until just tender, 8 to 10 minutes or according to package directions. Drain and transfer to a serving bowl. Add the sauce and ¼ cup cheese; toss to coat. Serve immediately, passing the remaining ¼ cup cheese separately. Makes 4 servings.

EACH SERVING 349 cal, 8 g fat, 12 mg chol, 431 mg sodium, 59 g carb, 7 g fiber, 16 g pro. ■



“The better I can make it look,
feel and taste, the better I feel
about it going out into the world.”

MADE THE  WAY.



new ways with ACORN SQUASH

This autumn staple sometimes gets a bad rap for being a blank slate.

We say that is its best feature! See how well it pairs with bold global flavors.

1

BUY & STORE

You can find acorn squash in green, gold, and white varieties. Choose one that feels heavy for its size: The heavier the squash, the more edible flesh it contains. Because of its hard, protective shell, acorn squash gets a gold star when it comes to shelf life. It will keep fresh up to two months in a cool, dark place.

2

SMART CUT

Use a sharp, heavy-duty chef's knife when slicing a squash. (A paring knife just won't cut it. Literally.)

To halve lengthwise, carefully pierce the squash near the stem with the tip of the knife until it penetrates the tough skin and cuts through to the hollow center. Cut all the way around to the stem on the other side and pull halves apart.

3

SEED SAVER

Don't ditch the seeds! Toast them for a crunchy snack or a topper for soups and salads. First, rinse the seeds and pat them dry with paper towels. Then toss seeds with about ½ tsp. vegetable oil. Spread in a shallow baking pan with a sprinkle of salt and roast at 400°F for 5 to 8 minutes until toasted, stirring once.





Sweet drizzled Mini-Wheats
with bits made with real fruit?
Creamy.





TOP SOUP
WITH FRIED
ONIONS, BASIL,
AND TOASTED
ACORN SQUASH
SEEDS.

CHORIZO-STUFFED SQUASH

Drizzle a shallow baking pan with **1 Tbsp. olive oil**. Cut **2 medium acorn squash** in half lengthwise. Remove seeds. Sprinkle squash with **1 tsp. chili powder** and **½ tsp. salt**; place cut sides down in pan. Bake 15 minutes at 400°F. Add **1 small poblano chile pepper** and **1 Anaheim chile pepper** to pan. Bake 10 to 15 minutes more or until squash is just tender. Remove. Cover with foil; let stand 10 minutes. Scoop out squash flesh, leaving ¼-inch shells. Place halves in baking pan, cut sides up. Chop flesh; place in a large bowl. Stem, seed, and chop peppers; add to bowl. Stir in **4 oz. chopped Spanish chorizo**, **½ cup golden raisins**, **2 oz. chopped Cotija cheese**, and **2 tsp. chopped fresh oregano**. Spoon into squash halves. Bake 8 to 10 minutes or until heated through. **MAKES 4 servings.**

WARM INDIAN-SPICED ACORN SQUASH SALAD

Slice **2 small acorn squash** into ½-inch-thick rings or wedges, removing seeds. Arrange squash on a shallow baking pan. Drizzle with **1 Tbsp. olive oil**. Sprinkle with **salt** and **pepper**. Roast 20 minutes at 425°F or until tender and starting to brown. Remove. Sprinkle with **½ tsp. garam masala**. In a large bowl whisk together **¼ cup pomegranate juice**, **3 Tbsp. olive oil**, **2 Tbsp. red wine vinegar**, and **1 Tbsp. honey**. Add **3 cups torn mustard greens** and **½ cup pitted, halved dates**; toss to coat. Toss greens mixture with squash. Sprinkle with **pomegranate seeds**. **MAKES 4 servings.**

COCONUT ACORN SQUASH & CARROT SOUP

Cut **1 medium acorn squash** in half lengthwise. Remove seeds. Arrange squash halves, cut sides down, in a shallow baking pan. Bake 40 minutes at 400°F or until tender. Scoop flesh from squash; discard skin. In a large saucepan melt **1 Tbsp. butter** over medium heat. Add **1 cup shredded carrot**, **½ cup chopped onion**, and **1 Tbsp. grated fresh ginger**. Cook and stir 3 to 4 minutes or until tender. Add squash flesh, **one 14-oz. can unsweetened coconut milk**, **1½ cups water**, and **½ tsp. salt**. Bring to boiling; reduce heat. Simmer, covered, 10 minutes, stirring occasionally. Puree soup using an immersion blender. **MAKES 4 servings.** ■



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pumpkin *time*

Fall holidays give us an excuse to indulge the pumpkin cravings we've been resisting the rest of the year. These four recipes will take your afternoon coffee break to a new level of pumpkin spice nirvana.



**PUMPKIN
PAN PIE**

CLASSICS REDO

Pumpkin pie takes a trip to snack land with a super easy pat-in-the-pan crust and stir-together filling.

It's Time to
REFRESH!



Unexpected flavors, exciting
combinations, refreshing fruit waters.

It's the Fruit Cup® all grown up!

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PUMPKIN PAN PIE

No pumpkin pie is complete without whipped cream. Combine 1 cup whipping cream, 2 Tbsp. sugar, and ½ tsp. vanilla in a chilled mixing bowl. Beat with an electric mixer on medium speed until soft peaks form.

HANDS-ON TIME 30 min.

TOTAL TIME 1 hr. 10 min.

1 recipe Pastry for Double-Crust Pie

1 15-oz. can pumpkin (1¾ cups)

¾ cup packed brown sugar

1¼ tsp. pumpkin pie spice

½ tsp. salt

4 eggs, lightly beaten

1½ cups half-and-half

Whipped cream

1. Preheat oven to 400°F. Line a 15×10-inch baking pan with foil. Prepare Pastry for Double-Crust Pie. Pat onto bottom and up sides of prepared pan. Do not prick pastry. Line pastry with a double thickness of foil. Bake 10 minutes; remove foil.

2. Meanwhile, in a large bowl combine next four ingredients (through salt). Stir in eggs just until combined. Gradually stir in half-and-half. Spread over partially baked piecrust.

3. Bake 30 minutes more or until a knife inserted near center comes out clean. Cool on a wire rack. Cover and chill within 2 hours. Serve with whipped cream and sprinkle with additional pumpkin pie spice. Makes 16 servings.

Pastry for Double-Crust Pie In a large bowl stir together 2½ cups all-purpose flour and 1 tsp. salt. Using a pastry blender, cut in ½ cup shortening and ¼ cup cut-up butter or shortening until pea-size. Sprinkle 1 Tbsp. ice water over part of the mixture; toss gently with a fork. Push moistened pastry to side of bowl. Repeat moistening flour mixture, gradually adding ice water (½ to ¾ cup total) until mixture begins to come together. Gather pastry into a ball, kneading gently just until it holds together.

PER SERVING 249 cal, 13 g fat, 63 mg chol, 273 mg sodium, 28 g carb, 1 g fiber, 5 g pro.



**SPICED PUMPKIN
COFFEE CREAMER**

SPICED PUMPKIN COFFEE CREAMER

Skip the coffee-shop lines and customize your coffee at home. Really want to channel your inner barista? We've given you five flavor variations to play with.

TOTAL TIME 10 min.

2 cups heavy cream, half-and-half, or dairy or nondairy milk

1 14-oz. can sweetened condensed milk

3 Tbsp. canned pumpkin

1 tsp. pumpkin pie spice

1 tsp. vanilla

1. In a 1-qt. canning jar combine all of the ingredients; seal. Store in refrigerator up to 2 weeks. Shake before serving. Makes 3½ cups.

PER TABLESPOON 54 cal, 4 g fat, 14 mg chol, 13 mg sodium, 4 g carb, 0 g fiber, 1 g pro.

Chocolate Coffee Creamer Prepare as directed, except omit pumpkin and pumpkin pie spice. Add 3 Tbsp. chocolate-flavor syrup.

Amaretto Coffee Creamer Prepare as directed, except omit pumpkin, pumpkin pie spice, and vanilla. Add 1 tsp. almond extract and ½ tsp. ground cinnamon.

Caramel Coffee Creamer Prepare as directed, except omit pumpkin and pumpkin pie spice. Add ¼ cup caramel-flavor ice cream topping.

French Vanilla Coffee Creamer

Prepare as directed, except omit pumpkin and pumpkin pie spice. Substitute 2 tsp. vanilla bean paste for the vanilla.

Hazelnut Coffee Creamer Prepare as directed, except omit pumpkin, pumpkin pie spice, and vanilla. Add 2 tsp. hazelnut extract.

Pumpkin perfection! Get our most popular pumpkin recipe ever! BHG.com/PumpkinCookies



Your boss could be 40 or four. So today could be deadlines or diapers. Or presentations. Or preschool. Or naps or noon meetings, with back-to-back calls. Or either. Or neither. Or both. You can pull it off.



Our new EZ-Open can. Here's to pulling it off.

TOAST CHOPPED
PECANS IN
A 350°F OVEN
ABOUT
5 MINUTES.

GLAZED PUMPKIN-PECAN CAKES

If you have fewer than 10 individual fluted tube pans, you can bake the mini cakes in batches. While each batch bakes, cover and chill the remaining batter. After removing the baked mini cakes, let the pans cool. Wash and dry pans, then repeat greasing and flouring the pans, filling them with batter, and baking another batch.

HANDS-ON TIME 30 min.

TOTAL TIME 1 hr. 10 min.

- 1 orange
- 2 eggs, lightly beaten
- 1 cup granulated sugar
- 1 cup water
- $\frac{3}{4}$ cup canned pumpkin
- $\frac{1}{4}$ cup vegetable oil
- 2 tsp. vanilla
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- $2\frac{1}{2}$ tsp. baking powder
- 2 tsp. pumpkin pie spice
- $\frac{1}{2}$ tsp. salt
- $\frac{3}{4}$ cup finely chopped pecans, toasted
- 1 cup powdered sugar

1. Preheat oven to 325°F. Generously grease and flour ten $3\frac{3}{4}$ - to 4-inch fluted individual tube pans or one 10-inch fluted tube pan. Remove 2 tsp. zest and squeeze juice from orange; set juice aside for glaze.

2. In a large bowl combine orange zest and next six ingredients (through vanilla). Stir in next five ingredients (through salt) until combined.

3. Sprinkle about 1 Tbsp. pecans in bottom of each prepared individual pan and top with about $\frac{1}{3}$ cup batter. Or sprinkle all of the pecans in 10-inch pan and top with all of the batter. Bake 30 to 35 minutes for mini cakes, 45 to 50 minutes for 10-inch cake, or until a wooden skewer comes out clean. Cool on a wire rack 10 minutes for mini cakes or 20 minutes for large cake. Remove from pan(s); cool completely on wire rack.

4. Meanwhile, for glaze, in a medium bowl stir together powdered sugar and enough of the orange juice (3 to 4 tsp.) to reach drizzling consistency.

5. Drizzle cake(s) with glaze and, if desired, sprinkle with additional pumpkin pie spice. Makes 10 mini cakes.

PER MINI CAKE 341 cal, 13 g fat, 37 mg chol, 255 mg sodium, 54 g carb, 3 g fiber, 5 g pro.



YOU CAN'T TOP NEW KELLOGG'S RAISIN BRAN GRANOLA. (OH WAIT, YES YOU CAN.)

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FOOD IN SEASON



SLOW COOKER PUMPKIN-BLUEBERRY BREAD

*Always be prepared to satisfy an
afternoon craving for sweets. This
cake freezes well in individual
portions for an at-the-ready treat.*

HANDS-ON TIME 15 min.

TOTAL TIME 2 hr. 45 min.

- 2 eggs, lightly beaten
- 1½ cups sugar
- ¾ cup canned pumpkin
- ½ cup half-and-half
- ½ cup vegetable oil
- 2 cups all-purpose flour
- 2 tsp. baking soda
- 1½ tsp. pumpkin pie spice

- ½ tsp. salt
- ¾ cup fresh blueberries
- 1 Tbsp. all-purpose flour
- ½ cup chopped pecans
- Maple syrup (optional)

1. Coat a 4-qt. oval slow cooker with
nonslick cooking spray; line bottom
and sides with parchment paper. In a
medium bowl combine first five
ingredients (through oil).

2. In a large bowl stir together next
four ingredients (through salt). Add
pumpkin mixture all at once to flour
mixture; stir just until combined. Toss
blueberries with 1 Tbsp. flour; fold into
batter. Spoon into cooker.

3. Cover and cook on high 1 hour.



If possible, give crockery liner a half-turn. Sprinkle bread with pecans. (Carefully lift lid so condensation from lid does not drip onto bread.) Cover and cook on high 1 to 1½ hours more or until a toothpick comes out clean.

4. Turn off cooker. Remove lid. Cover opening of cooker completely with paper towels; replace lid. Cool 30 to 45 minutes. If desired, serve with maple syrup. Makes 8 servings.

PER SERVING 486 cal, 22 g fat, 52 mg chol, 486 mg sodium, 68 g carb, 3 g fiber, 6 g pro.

DIY PUREED PUMPKIN

Halve pie pumpkins lengthwise and use a spoon to scrape out seeds and stringy pulp; discard. Cut each half in half and arrange, rind sides up, on a baking pan lined with foil.

Bake, covered, 1 to 1½ hours or until tender; cool. Scoop pulp from rind. Place in a food processor; process until smooth.

Spoon puree into a fine-mesh sieve. Let stand 1 hour to drain. Lightly press puree to remove any additional liquid.

Freeze in quart bags or containers up to 6 months.



100 BEST PUMPKIN RECIPES

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how to cook

PAELLA

Arguably Spain's most famous culinary creation, this rice dish studded with meat, seafood, and vegetables is the definitive choose-your-own adventure.



GET THE RECIPE
FOR CHICKEN,
SHRIMP &
CHORIZO PAELLA
ON PAGE 110.

PAELLA (pah-AY-uh) is endlessly adaptable, but all versions share a basic blueprint: short-grain rice with a flavor base of olive oil, onions, tomatoes, and garlic cooked in a wide, round vessel (a *paellera*, which gives the dish its name). There's saffron and often smoked paprika, along with a jumble of meat, seafood, and/or vegetables. But ultimately this dish is about the rice: Cooked al dente, it's tender while retaining some bite. The final product is dry on top with a chewy, caramelized, beloved crust on the bottom—so prized it has a name: *soccarat*. Serve paella as they do in Spain: straight from the pan, everyone working from the crisp outside edges to the moist center. It's a true one-dish showstopper.

FOOD STYLING: GREG LUNA; PROP STYLING: SUE MITCHELL

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You know you love it.

*THE ESSENTIALS***PAELLA
BASICS****RICE**


This is the star of your show. Short-grain Spanish rices like bomba, Valencia, and Calasparra are ideal. They have a high starch content, so they absorb lots of liquid while retaining shape and texture. Italian arborio rice (used for risotto) is a suitable substitution.

SOFRITO

A staple in Spanish cooking, sofrito is an aromatic mix of tomatoes, onions, garlic, and olive oil that you cook down to the consistency of a paste. Many paellas call for the addition of paprika, which gives the rice a rich smokiness.

SAFFRON

Paella isn't paella without saffron, which gives the rice its bright yellow color. Yes, it's expensive, but a tiny bit goes a long way. Steeping the threads in warm water is essential—it allows flavors to bloom.



GRATE HALVED TOMATOES ON THE LARGER HOLES OF A BOX GRATER FOR AN EASY WAY TO GET ALL THE FLESH MINUS THE SKINS.

THE BEST PAN FOR THE JOB

A wide, flat vessel helps the rice cook in an even layer and maximizes the amount of rice that comes in contact with the bottom of the pan. There are great options at any price point.

**BUDGET-FRIENDLY**

Imusa Global Kitchen Nonstick Aluminum Paella Pan, \$39.99; kohls.com

**DURABLE PICK**

Lodge Seasoned Carbon Steel Paella Pan, \$79.99; bedbathandbeyond.com

**WORTH THE SPLURGE**

All-Clad Tri-Ply Stainless-Steel Paella Pan, \$260; williams-sonoma.com

Maybe **Starburst** juiciness comes from MC Hammer's juicy raindance.



Shazam this ad to see Hammer do his thing. [#juicytheory](#)

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CHICKEN, SHRIMP & CHORIZO PAELLA

If you want to try your hand at paella but aren't ready to invest in the pan, use a 12-inch skillet instead. Prepare as directed but reduce rice to 1½ cups and chicken broth to 4 cups.

HANDS-ON TIME 25 min.

TOTAL TIME 1 hr.

- ½ tsp. saffron threads, crushed
- 2 Tbsp. olive oil
- 1 lb. skinless, boneless chicken thighs, cut into 2-inch pieces
- 4 oz. cooked, smoked Spanish-style chorizo sausage, sliced
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 1 cup coarsely grated tomatoes (about 1 lb.)
- 1 Tbsp. smoked sweet paprika
- 6 cups reduced-sodium chicken broth
- 2 cups short grain Spanish rice, such as bomba, Calasparra, or Valencia
- 12 large shrimp, peeled and deveined
- 8 oz. frozen peas, thawed
- Chopped green olives (optional)
- Chopped Italian parsley

1. In a small bowl combine saffron and ¼ cup hot water; let stand 10 minutes.

2. Meanwhile, in a 15-inch paella pan heat oil over medium-high heat. Add chicken to pan. Cook, turning occasionally, until chicken is browned, about 5 minutes. Add chorizo. Cook 1 minute more. Transfer all to a plate. Add onion and garlic to pan. Cook and stir 2 minutes. Add tomatoes and paprika. Cook and stir 5 minutes more or until tomatoes are thickened and almost pastelike.

3. Return chicken and chorizo to pan. Add chicken broth, saffron mixture, and ½ tsp. salt; bring to boiling over high heat. Add rice to pan, stirring once to evenly distribute. Cook, without stirring, until rice has absorbed most of the liquid, about 12 minutes. (If your pan is bigger than your burner, rotate every few minutes to ensure the rice cooks evenly.) Reduce heat to low. Cook, without stirring, 5 to 10 minutes more until all the liquid is absorbed and rice is al dente. Top with shrimp and peas. Turn heat to high. Cook without stirring, 1 to 2 minutes more (edges should look dry and a crust should form on the bottom). Remove. Cover pan with foil. Let rest 10 minutes before serving. Top with olives, if desired, and parsley. Makes 6 to 8 servings.

EACH SERVING 577 cal, 17 g fat, 322 mg chol, 927 mg sodium, 63 g carb, 5 g fiber, 41 g pro.

SECRETS TO SUCCESS



1 BROWN THE MEAT
The goal is to get some browning on the pieces and crispy bits stuck to your pan (flavor!). Remove and set aside to add back to the pan later.



2 SLOW DOWN
Don't rush the sofrito step—cooking the mixture develops lots of intense flavor. Cook until thick and darkened; it should look like tomato paste.



3 DEVELOP A FILM
As the rice absorbs the liquid, a film will develop over the top. This is a good thing; this film traps steam so the rice cooks evenly.



4 DO NOT STIR
Unlike risotto, leave the paella alone once the rice is added. To make sure the rice cooks evenly, rotate the pan every few minutes.



5 CRANK THE HEAT
The soccarat, or crust, develops as the rice cooks, but a little blast of heat at the end helps ensure a brown, crisp layer at the bottom.



6 LET IT REST
Allow 10 minutes of downtime under foil before serving. The rice will continue to absorb any remaining moisture as it sits.

Don't let the food you eat burn you later



Put frequent heartburn to rest all day and night.

Banish the **Burn**



Not for immediate relief. Use as directed for 14 days to treat frequent heartburn. Do not take for more than 14 days or more often than every 4 months unless directed by a doctor. May take 1-4 days for full effect. © 2016 Pfizer Inc.



PERSONAL PAN PAELLA

Switch up the meat, seafood, and veggies using the recipe on *page 110* as a blueprint. Here are a few ideas from our Test Kitchen to get you started.

KALE & MUSHROOM

Inspired by clean-out-the-fridge night, paella can be a tasty vegetarian option when you swap in **vegetable broth** for chicken broth. Add a **chopped poblano pepper** and **mushrooms** along with the rice, sprinkle on a **bunch of sautéed kale** at the end, and if you please, top off the whole thing with a few **fried eggs**.

MIXED SEAFOOD

When you really want to wow company, the seafood trio of **squid, mussels, and clams** screams special occasion. Opt for **fish stock**, throw a **chopped sweet pepper** in with the rice, and scatter **green onions** and **cherry tomatoes** over the top for a colorful finish.

PORK & BUTTERNUT

Paella adapts to suit any season. Try this fall favorite: **Pork tenderloin** assumes the protein role, **canned chickpeas** get stirred in with the rice, and **roasted butternut squash** makes its way in during the last couple minutes of cooking. **Toasted hazelnuts** and **sage leaves** seal the autumnal deal. ■

Get these recipes! Try our three must-taste paella variations. BHG.com/Paella



NATURAL CHEESE

.....*Sometimes*.....

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(WITH TACO SPICE ALREADY IN IT)

.....



*Cheesy Mexican
Lasagna*

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LIFE *in* COLOR

OCTOBER 2016



TURN OVER A NEW LEAF

Change might be the political buzzword of the moment, but it's always been the tagline for autumn.

October is about changing and improving. We vote for that.



Mary Queen of hearts...

turquoise, animal
prints, flags, *and*
American style.

Mary Emmerling made
a career out of redefining
the country look.

We caught up with the
trailblazing stylist in her
Arizona home for
decorating insight and
a dose of fun.

White walls showcase Mary's Western art, animal prints, and American flags. "I grew up in Washington, D.C., and flags were out all the time, not just on the Fourth of July," Mary says. *Opposite: Milagros (Mexican folk charms) cover the back of her front door. "People don't see them until they leave, so it makes a nice surprise."*



I MET MARY EMMERLING 15 YEARS AGO AT *COUNTRY HOME* MAGAZINE. SHE WAS THE CREATIVE DIRECTOR AND A STYLING SUPERSTAR WHO COULD MAKE AN outhouse look chic. I WAS AN EDITOR AND DECORATING NEWBIE WHO THOUGHT IRONSTONE WAS A DETECTIVE SHOW IN THE '70S.



We worked together for seven years, during which time I learned about country style (and its many nuances), adding personality to spaces, loving what you do, and bringing a sense of fun to everything. I caught up with Mary in the Scottsdale townhouse she shares with husband Reg, above. We talked about her signature style, collecting, fashion, friends, her latest obsessions, and never saying never.

HOW WOULD YOU DESCRIBE YOUR STYLE?

Which one? {laughs} No, but really. I think my style changes every time I move, depending on where I am. My apartment in New York was early country, the Key West cottage was simple seaside, and Santa Fe was Southwestern collected. I love change. I love a new home. It's like a blank canvas, a fresh start where I can try out new ideas and ways to arrange things.

OK, SO HOW WOULD YOU DESCRIBE THIS HOME?

This is our second place in Scottsdale. I promised Reg no more moves! So I wanted to surround myself with favorite things from all my other homes. There's an urban, beachy, romantic, cottage, Southwest desert look going on. It's eclectic country.

WHAT'S THE FIRST THING YOU DO WITH A NEW HOME?

I always start with the background: white walls because I have so much going on with my blankets, pillows, books, and pictures. I need the background to be simple and clean. I'm a fan of tile and wood floors, but they can be hard on your back. These wood floors have foam underneath. There's also a pad under my sisal rugs.

WHAT'S YOUR SECRET TO DECORATING WITH COLLECTIONS?

I like to create scenes and vignettes with my collections. You can see my life story in them. Small touches are the soul of my decorating style.

WHAT'S YOUR ADVICE FOR PEOPLE STARTING TO COLLECT?

It's more fun to collect a lot of different things instead of collecting 20 of the same item. You only need two of something to call it a collection—except cowboy boots, of course.

HOW MANY COWBOY BOOTS DO YOU OWN?

Too many! I decorate with them more than I wear them. Fashion is a great way to accessorize and add pattern and color. Boots lined up at the end of a bed, necklaces hung from knobs and hooks, bowls filled with bracelets, scarves draped on chairs, and cowboy hats on a stack of books.

WILL ANIMAL PRINTS EVER GO OUT OF STYLE?

Never. They make everything more fun. When you open my closet, it growls.

LOOKING BACK, IS THERE SOMETHING YOU THOUGHT YOU'D NEVER LIKE THAT NOW YOU DO?

Some things I'll never embrace, like wall color—I wouldn't even know where to start. Or putting photos in albums instead of in bowls. I never thought I'd like bright orange after it was everywhere in early 2001, but I don't mind it now. I used to hate unpolished silver, but now I think a little bit of tarnish is good. Mostly because it's so hard to keep polished.

WHERE DID YOU GET THOSE YELLOW PANTS?

Aren't they great? They were hidden in the back of my closet. I'd forgotten all about them. I'm planning to wear them more often.

OR YOU COULD DRAPE THEM OVER THE BACK OF A CHAIR FOR A KICK OF COLOR.

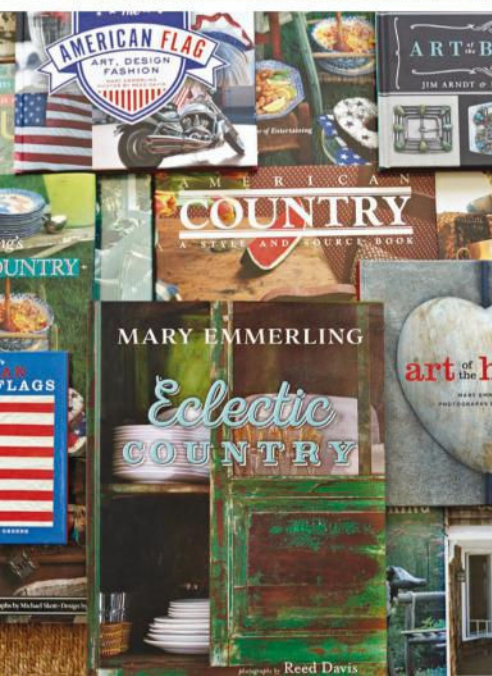
By George, I think you've finally got it.



■ **Top row** Mary queues up her collections: a row of boots in the bedroom; stacked books on shelves to elevate smaller items.

■ **Middle row** Artwork and a mirror become a bar backdrop; leaning them allows for layering. Stacks of silver trays and Mexican blankets add instant color and texture.

■ **Bottom row** Books by Mary, including her latest, *Eclectic Country*. Mary's turquoise and silver jewelry has never seen the inside of a drawer. Sour cherry gummy bears make everything more fun.



MARY'S ECLECTIC BEDROOM

BEDSCAPE

As with walls and sofas, Mary prefers white bed linens, always with vintage blankets. What's never on her bed? A cowboy hat. "It brings bad luck."

HEADBOARD ART

Retablos act as a headboard. Mary's passion for Mexican and Spanish religious artifacts began when she moved to Santa Fe in 2001.

BOOKS

"I love to be surrounded with books, mostly decorating books. I have stacks everywhere. If I ever have enough time, I'd reread them."

CLOSET TRICK

"I replaced the ugly metal doors on the closet with vintage shutters. They were hard to retrofit but worth it."





Mary breaks her all-white-walls rule in the backyard. Pink stucco walls inspired by Mexican architect Luis Barragán surround the yard and small pool. A driftwood mirror creates the illusion of a pathway, a trick she learned from designer Angelo Donghia. ■

CRUSHING ON COPPER

BRIGHT NOT BLINGY, WARM
BUT STILL COOL, THE LIQUID
GLOW OF COPPER IS THE
METAL OF THE MOMENT.

WHY WE LOVE IT If aged brass is the cool blond, copper is the sassy ginger. Its earthy radiance tempers the chill of marble, warms light woods, and adds tonal interest to dark ones.

WHAT'S NEW Super-shiny finishes and curvaceous silhouettes show copper at its most current. But even when the surface is hammered or etched—a nod to the element's ancient origins—supremely simple shapes keep it fresh.

WHERE YOU'LL SEE IT Everywhere! But especially on lighting, serveware, and decorative accessories, looking extra lovely paired with other naturals like leather, wood, and glass.

Keep your copper clean

Restore that warm
patina with these natural
cleaning recipes.

BHG.com/CleanCopper

CANISTER Capsule, \$41.95; cb2.com **GARLAND Circles**, \$48 for 6 feet; burkedecor.com **SMALL BOWL** Me Speak Design, \$35; mespeakdesign.com **CANDLESTICKS** Emblem, \$80 and \$150; hawkinsnewyork.com **BOWL WITH ETCHING** Kashmiri; info@roostco.com for retailers **FAUX LEAVES** Cassini, \$11.50 for 10; shop.designideas.net **GLASS CANDLEHOLDER** Metallic + Pastel,

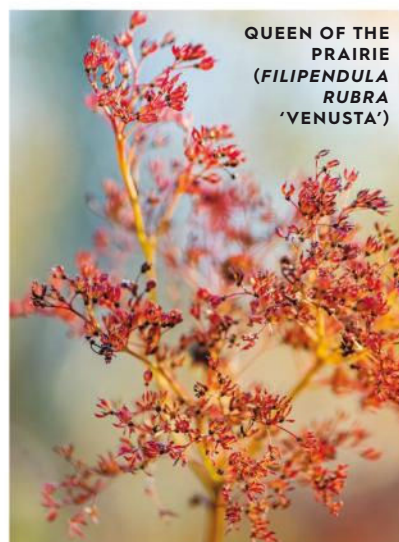
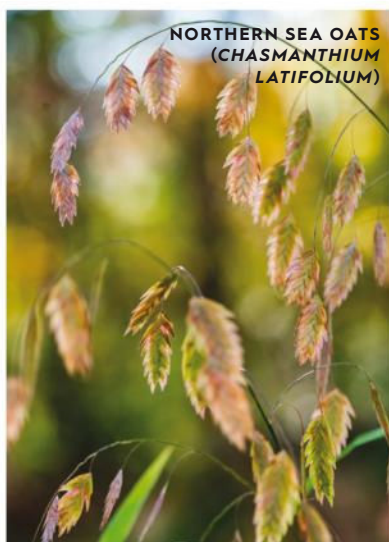
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GLAM GOURDS
Transform
supermarket
squash into
something special
when you add
copper leaf.
See page 148 to
learn how.

\$39; westelm.com **CARAFE** \$202; tinafreydesigns.com **COASTERS** \$48 for four, **ROUND TRIVET** \$96; shopsirmadam.com **LARGE BOWL** Coburn, \$39.50; shop.designideas.net **GLASSES** Edge Tumblers, \$48 for two; Broome St. General Store **STIRRERS** Copper Geometric, \$48 for three; aheirloom.com **BOXES** SyuRo, \$45, \$98, and \$120; nalatanalata.com **CUP** Colored Mercury Candlelight, \$9; westelm.com ■



THE LATE SHOW



FORGET GOURDS AND CORNSTALKS, THIS GARDEN'S AUTUMN SHOW STARS BERRIES AND SEED HEADS, ROSY HYDRANGEA PANICLES, AND FEATHERY PLUMES OF ORNAMENTAL GRASSES.

Waving in the breeze,
the silvery plumes of
eulalia (*Miscanthus
sinensis* 'Gracillimus')
on the hillside, *this photo*,
also form a backdrop
to native gold-edge
prairie cordgrass
(*Spartina pectinata*
'Aureomarginata'),
opposite, in front of
James Golden's Prairie-
style New Jersey home.



James Golden didn't set out to make a garden that hits a crescendo in the fall. He was looking for plants that would survive the heavy, wet clay of his New Jersey property and stand up to deer. "I loved the house, but it was a horrible place for a garden," he remembers.

James had no master plan, but he was going for a naturalistic prairie look and had observed that plants grow in generous groupings of the same variety in that habitat. So he began by planting large numbers of a few varieties of grasses and perennials. Some natives, such as Joe Pye weed, took off as soon as their roots hit the unimproved soil. However, when few of the native prairie grasses survived his soil conditions, he substituted similar-looking imports that were happy to grow in clay. James adds new plants each year, and self-seeders such as inula, solidago, and aster have become a handy design tool, adding to the naturalistic effect.

Crushed-stone paths cutting through the vegetation provide a strong backbone and hold the loose plant groupings together. By fall, the plants are 8 feet or taller, creating privacy and a sense of wildness.

James is more interested in line, form, and texture than fleeting flowers, but the garden is always colorful. Structural shrubs such as viburnums flower in spring then berry up and have good foliage color in fall. Perennials that flower late or have striking seed heads ensure beauty even into winter.

Unlike many gardens that limp into fall, James' carefully considered plantings finish the season at full gallop.



A CIRCLE OF
PAINTED TREE
TRUNKS ADDS
SCULPTURE TO A
GRASSY AREA.



CUTLEAF
STAGHORN
SUMAC



INULA MAGNIFICA
'SONNENSTRAHL'



LEYCESTERIA
FORMOSA
'NOTBRUCE'



'LIMELIGHT'
HYDRANGEA

GOLDEN RULES

James Golden shares his tips for creating a prairie-style garden that peaks in autumn.

■ **THINK AHEAD** In spring, buy at least one fall-blooming plant for every two spring or summer performers.

■ **RELY ON GRASSES** A natural prairie is at least 80 percent grasses; in a garden, strive for half or more. Fill gaps with native flowers.

■ **INCLUDE SHRUBS** Plant species with fall berries, such as viburnum, winterberry, and beautyberry.

■ **LEAVE PLANTS STANDING** They add sculptural silhouettes in winter. Seed heads feed and shelter birds. ■

Go natives They're super-tough plants. [BHG.com/NativeBenefits](https://www.bhg.com/nativebenefits)



ROYAL FERN
(OSMUNDA
REGALIS)



A ROW OF
ADIRONDACK
CHAIRS SITS ON
THE TERRACE FOR
COMPANIONABLE
VIEWING.



SEVEN-SON FLOWER
(HEPTACODIUM
MICONIODES)

hidden potential

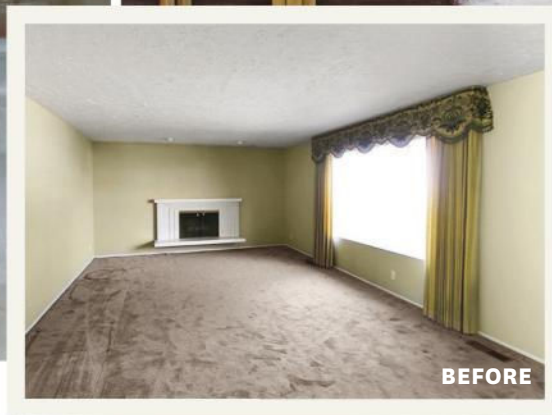


Meet the Stagg family: Jon and Jennifer, with girls Ruby (4) and Anna (15 months).



JEN SAYS

The midcentury-style granite fireplace is original to the house, and my jaw dropped when I first saw it. It sets the decorating tone for the rest of the house.



BEFORE

WITH A MAJOR LEAP OF FAITH (AND A SERIOUS GIFT FOR SPOTTING A DIAMOND IN THE ROUGH), JEN STAGG TURNED ONE HOT MESS OF A HOUSE INTO HER FAMILY'S IDEAL HOME.

LIVING ROOM

WHAT THEY SAW

A massive closed-off space the former owners used as a formal living room.

WHAT THEY DID

We opened the doorway so the room flows freely into the foyer. The room's layout started with the huge sofa (an estate sale find I re-covered) to fill out the room. We had the live-edge coffee table made to fit the space, and the daybed is perfect since it doesn't obstruct sight lines through to the kitchen.

JEN SAYS

This like-new daybed is my best online classified find ever and my daughter Ruby's favorite spot to play Sleeping Beauty.



FOR THE RECORD

THE HOMEOWNERS

Jennifer and Jon Stagg, plus Ruby, Anna, and baby girl No. 3 coming soon!

THE HOUSE

A 1970 rambler in Salt Lake City, Utah.

THE REMODEL

A gut job that took seven months. The Staggs opened up the floor plan, raised the roof, and brought in new windows, appliances, and fixtures.

HELPFUL TIP

Jen sourced and purchased the majority of fixtures (lighting, faucets, handles) at the same time to ensure the house flowed and to stay on budget.

Maybe it's all the *is-this-the-same-house?* upgrades designer

Jennifer Stagg and her husband, Jon, pulled off largely by themselves. Maybe it's the nickname they gave the place—the Snow White House—because various woodland creatures had taken up residence while it sat vacant for eight years. Or maybe it's because Jennifer tackled everything while pregnant with baby No. 2. Forget picking one reason. We're seriously wowed by the result of this remodel. Jennifer gives us the rundown on how she tackled each room.

KITCHEN

WHAT THEY SAW The original U-shape kitchen was small and dysfunctional, plus the fridge was in the hallway.

WHAT THEY DID We knocked down walls to open the kitchen and dining room. In a kitchen, it's crucial to figure out where to save and splurge. I always fall in love with one splurge that will *make* the space—here, it's the waterfall-edge quartzite countertops—then trim the budget elsewhere. We installed all of the cabinetry and used inexpensive subway tile so we didn't have to compromise on the showstopper.





BEFORE

JEN SAYS

We got a custom look and still saved money by installing Ikea cabinet bases and ordering paintable doors made to fit from semihandmade.com.



ISLAND
HALE NAVY
HC-154
BENJAMIN
MOORE



FOYER & PLAYROOM

WHAT THEY SAW For our family, a separate formal dining room doesn't make much sense. A main-floor playroom? Now that's a game changer.

WHAT THEY DID One of the major house renos we did was raising the roofline. It was terrifying (especially doing it in the middle of winter and having gaping holes in our home for weeks), but it totally paid off—especially in the entry and playroom. The modern front door and windows further transform the space—they bring in so much additional light! In the playroom, we wanted to accentuate the vaulted ceiling, so I designed (and Jon built) the shelves directly into the ceiling pitch.

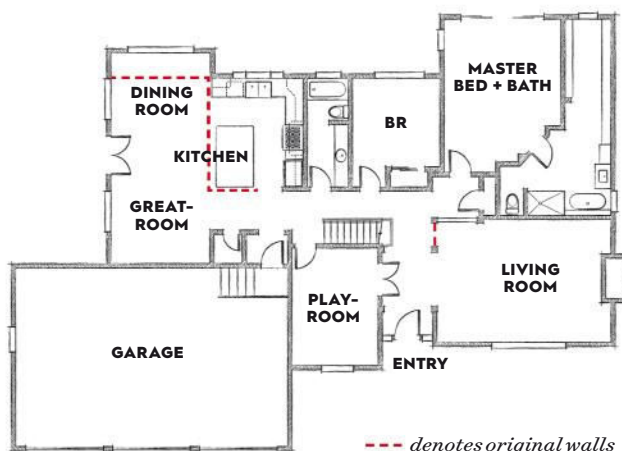
DINING ROOM

WHAT THEY SAW We're a busy (and growing) family, and family meals are a priority for us, so the original itty-bitty dark dining nook wasn't workable.

WHAT THEY DID We gained space for a larger dining area off the kitchen by adding a 4-foot bump-out, vaulting the ceiling, and adding a wall of windows. The black-frame windows throughout the house were my first design decision for the whole house. I wanted to have some contrast to the midcentury-look white walls and neutral furnishings. However, black-frame windows are two things: difficult to find and super pricey. We did our homework, researching materials that were inexpensive and would weather well. Fiberglass won, but we could only find them with black exteriors and white interiors. We were able to paint the interior black (primer plus two coats of paint).

make a plan

A widened doorway in the living room and restructured kitchen created this open and airy first-floor layout.



JEN SAYS

Believe it or not, the wood beams were a DIY! We bought the unfinished beams from Arizona Faux Beams, then stained them after the install. You would never guess they aren't real wood.



***Want more
of the
Staggs' home?***

See the rest of the Staggs' home (and learn extra tricks!) in the new *Better Homes and Gardens*® publication *Stylemakers*™, on newsstands October 4.

A vibrant still life photograph of various autumnal fruits, including apples, pears, plums, and berries, arranged on a textured blue background. The fruits are in various stages of ripeness, with some showing green, yellow, and red hues. A large, detailed green leaf is prominently placed in the center. The text "GRAND FINALE" is overlaid in a bold, sans-serif font, with "GRAND" in yellow and "FINALE" in white, both within a thin white rectangular border.

GRAND FINALE



APPLE CIDER
COCKTAIL

COOKBOOK AUTHOR GESINE BULLOCK-PRADO SAYS FAREWELL TO VERMONT'S HARVEST SEASON WITH A SIMPLE FEAST INSPIRED BY NATURE'S FINAL FRUITS—AND HER GERMAN ROOTS.



BY **PAIGE PORTER FISCHER** PRODUCED BY **NANCY WALL HOPKINS** PHOTOS **CON POULÓS**
RECIPES AND FOOD STYLING **GESINE BULLOCK-PRADO** PROP STYLING **JULIE JASMIN**

DUSKY RED PLUMS CLING

ON THE BRANCH AS GESINE BULLOCK-PRADO STARTS HER RITUAL MARKING THE END OF THE FALL HARVEST,

plucking those last plums and pears from the trees and pulling the final sun-ripened grapes from their vines. “It’s the beginning of peak leaf season when the air is first turning crisp, and the fact that all of this goodness dovetails with Oktoberfest is cause for one last hurrah,” she says.

To celebrate, Gesine and her husband, Ray, will gather friends at Freegrace, the 222-year-old tavern and stagecoach stop they’ve made their home. The 6-acre Vermont farm features a centuries-old barn, an ancient corncrib, a sweet little chicken coop, and a stable housing ducks and geese. “The landscape here reminds me of Bavaria, where I spent much of my childhood, and the house came with a history of conviviality that I was so

drawn to,” Gesine says. Her roots show in her entertaining: “My family’s house in Germany was always full of family and friends. My grandmother nurtured everyone with her food.”

This evening, she and Ray will fling open the doors of their barn, where they’ll serve apple cider cocktails and home-brewed beer made from homegrown hops. Gesine will bake her coveted Bavarian pretzels, or *brezen*, and reinterpret her mom’s roast chicken by adding clusters of the season’s last grapes to the roasting pan. Though inspired by Gesine’s favorite German comfort foods, the menu represents both Bavaria and the Green Mountains of Vermont—the two places she loves the most.





NÜRNBERG
BRATS

HELGA'S
POTATO
SALAD

ROASTED
CHICKEN
WITH GRAPES

BRAISED
CABBAGE WITH
BRUSSELS
SPROUTS AND
SQUASH

Gesine's party menu honors her mom's German cooking and the season. She stays true to Helga's Potato Salad, but she does add Brussels sprouts and butternut squash to the braised red cabbage. Her *beschwipster huhn* (tipsy chicken) uses Gewürztraminer and grapes from her vines. Bratwurst from her mother's hometown, Nürnberg, round out the spread.

RECIPES BEGIN
ON PAGE 140.

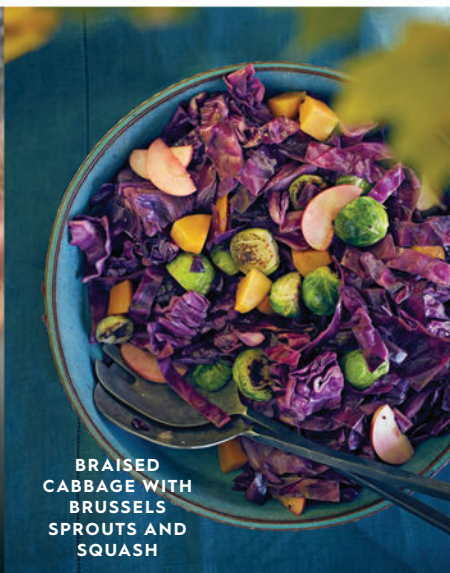
"There's nothing precious about my parties," says Gesine, who created a welcoming table by placing a set of salvaged shutters over an old stone well. A thick slab of live-edge maple supports a colorful runner of farm fruits and market finds, such as persimmons, quince, figs, and pears. Crabapple clippings fill galvanized buckets.

“
THERE'S A
GENTLENESS IN
THIS CHANGE
OF SEASONS
THAT I LOVE TO
CELEBRATE.

”

—GESINE BULLOCK-PRADO

Harvest pies Add your harvest pickings to Gesine's irresistible pie recipes. [BHG.com/HarvestPie](https://www.bhg.com/HarvestPie)



BRAISED
CABBAGE WITH
BRUSSELS
SPROUTS AND
SQUASH



Gesine's cider cocktail refreshes with delicate flavors of local gin and both hard and homemade cider. A mustardy vinegar sauce accented with caraway seeds adds zip to braised red cabbage. "You can't be German and not serve *rotkohl* (red cabbage) with a meal," Gesine says. What's *zwetschgendatschi*? It's a plum tart that's "buttery, rich, and beautifully sweet ... and tart," according to Gesine. The gathering is complete when the pet goose, Mama, joins the party under the sugar maples strung with white lights. ■



GESINE'S
PLUM TART

RECIPES BEGIN
ON PAGE 140.



BAVARIAN
PRETZELS



THE KITCHEN COOKBOOK

RECIPES FROM GRAND FINALE

HELGA'S POTATO SALAD

"I have spent years trying to deconstruct my mother's potato salad recipe with my sister, hoping to perfect it," Gesine Bullock-Prado says. "I add dressing to the potatoes while they're warm so they absorb all the yummy goodness."

HANDS-ON TIME 30 min.

TOTAL TIME 1 hr.

- 3** lb. whole tiny new potatoes or fingerling potatoes
- $\frac{1}{2}$ cup mayonnaise
- $\frac{1}{2}$ cup white wine vinegar
- $\frac{1}{2}$ cup canola oil
- $\frac{1}{4}$ cup cornichon pickle juice
- 1** Tbsp. Maggi seasoning sauce*
- 1** shallot, finely chopped
- 10** cornichons, finely chopped
- 4** slices bacon, crisp-cooked, drained, and crumbled
- 2** hard-cooked eggs, peeled, brined in beet juice,** and sliced
- Snipped fresh chives

1. In a large pot cook potatoes in boiling water 15 minutes or until just fork-tender. Drain; let potatoes stand 15 minutes or until cool enough to handle.

2. Peel and slice potatoes into thin rounds; place in large bowl.

3. In a small bowl whisk mayonnaise, vinegar, oil, cornichon juice, and Maggi seasoning. Pour over hot potatoes along with shallot and cornichons; gently stir to coat. Cover and refrigerate until completely cool or up to 3 days. Season with kosher salt and pepper. Serve topped with bacon, eggs, and chives. Makes 24 servings.

*Note: Maggi seasoning sauce is like a wheat version of soy sauce. Look for it in the international section of supermarkets, Asian markets, or online.

**Tip: In a bowl combine 2 peeled hard-cooked eggs and liquid from a 16-oz. jar pickled beets. Cover; chill 2 to 3 hours, turning occasionally.

EACH SERVING 126 cal, 9 g fat, 19 mg chol, 164 mg sodium, 9 g carb, 1 g fiber, 2 g pro.



SQUASH CARPACCIO WITH GOAT CHEESE AND FIGS

"Don't be afraid of this salad," Gesine says. "It's so easy to just peel the length of the squash until you get these nice ribbons. Don't try to be perfect. It's about flavor, not looks."

HANDS-ON TIME 20 min.

TOTAL TIME 50 min.

- 1** lb. zucchini, trimmed
- 1** lb. yellow summer squash, trimmed
- $\frac{1}{4}$ cup olive oil
- 1** Tbsp. lemon juice
- 2** oz. goat cheese, crumbled
- 4** fresh figs, stemmed and quartered

Using a mandoline or vegetable peeler, cut zucchini and yellow summer squash lengthwise into thin long strips. Place the long strips in a large shallow bowl and sprinkle evenly with 1 tsp. kosher salt; toss to coat. Cover and chill squash 30 to 60 minutes. Transfer squash strips to a colander and rinse with water; pat dry with paper towels. Return to bowl and toss with oil, lemon juice, $\frac{1}{2}$ tsp. kosher salt, and $\frac{1}{4}$ tsp. pepper. Arrange the squash on a platter with goat cheese and figs. Makes 10 servings.

EACH SERVING 99 cal, 7 g fat, 4 mg chol, 324 mg sodium, 7 g carb, 2 g fiber, 2 g pro.



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BRAISED CABBAGE WITH BRUSSELS SPROUTS AND SQUASH

HANDS-ON TIME 25 min.

TOTAL TIME 50 min.

- 1 Tbsp. olive oil
- 12 oz. Brussels sprouts, trimmed and halved
- 1½ lb. butternut squash, peeled, seeded, and cut into ¾-inch cubes
- 1 1½-lb. head red cabbage, cored and cut into ½-inch-wide strips
- 1 large sweet onion, finely chopped (1 cup)
- ¾ cup white balsamic vinegar
- ½ cup vegetable broth
- 5 cloves garlic, minced
- 1 Tbsp. mustard seeds
- 1 tsp. caraway seeds
- 1 medium red cooking apple, cored and thinly sliced

1. In a large Dutch oven heat olive oil over medium-high heat. Add Brussels sprouts and cook about 5 minutes or until browned, stirring once.

2. Add squash, cabbage, onion, vinegar, broth, garlic, mustard seeds, caraway seeds, ½ tsp. *kosher salt*, and ½ tsp. *pepper* to Dutch oven. Bring to boiling; reduce heat. Cover and simmer 20 to 25 minutes or until desired doneness, stirring occasionally. Stir in sliced apple. Makes 12 servings.

EACH SERVING 108 cal, 2 g fat, 153 mg sodium, 23 g carb, 4 g fiber, 3 g pro.



ROASTED CHICKEN WITH GRAPES

"We roast this chicken in a German white wine, like a Gewürztraminer," Gesine says.

HANDS-ON TIME 20 min.

TOTAL TIME 2 hrs. 20 min.

- 2 whole roasting chickens (3- to 3½-lb. each)
- 6 thick slices bacon, chopped
- 1 tsp. paprika
- 2 lemons, halved
- 4 cups seedless red and/or green grape bunches
- 1 medium yellow onion, halved and sliced
- 1 shallot, finely chopped
- 2 cloves garlic, minced
- 8 oz. button mushrooms, sliced
- 1 Tbsp. tomato paste
- 1 cup white wine
- ¼ cup heavy whipping cream
- 2 sprigs fresh thyme and/or rosemary

1. Preheat oven to 350°F. Remove neck and gizzards from chickens. Rinse chickens and pat dry. Tuck wings under and secure drumsticks.

2. In a large skillet cook bacon until browned and crisp. Remove; drain on

paper towels, reserving drippings.

Cover and chill. Combine 2 Tbsp. drippings (or melted butter) and paprika; brush over chickens. Sprinkle with *kosher salt* and *pepper*. Place chickens in 7- to 8-qt. oval Dutch oven or roasting pan. Arrange lemons around chicken. Roast chicken, uncovered, 1½ hours.

3. Using turkey baster, remove ⅔ cup pan juices; skim off fat and set aside for sauce. Tuck bunches of grapes around chickens in pan. Return to oven; roast 20 to 30 minutes or until chickens are done (at least 175°F in the thighs).

4. Meanwhile, for sauce, in skillet cook and stir onion, shallot, and garlic in 2 Tbsp. drippings about 4 minutes or until softened. Add mushrooms; cook and stir about 5 minutes or until browned. Add tomato paste; cook and stir to combine. Add wine and ½ cup of reserved pan juices; cook and stir until thickened and bubbly. Stir in cream and herb sprigs. Boil gently, uncovered, about 5 minutes or until thickened. Stir in bacon. Serve chickens with grapes and lemons. Pass the sauce. Makes 10 to 12 servings.

EACH SERVING 581 cal, 42 g fat, 142 mg chol, 186 mg sodium, 13 g carb, 1 g fiber, 35 g pro.

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BAVARIAN PRETZELS

HANDS-ON TIME 30 min.

TOTAL TIME 5 hr. 30 min.

- 3½ cups all-purpose flour**
- 1 Tbsp. barley malt syrup or packed brown sugar**
- 1 package active dry yeast**
- 1½ tsp. fine sea salt or kosher salt**
- 1¼ cups lukewarm water (105°F to 115°F)**
- Nonstick cooking spray**
- ¾ cup baking soda**
- 1 egg**
- 1 to 2 tsp. kosher or pretzel salt**

1. In a mixer bowl combine flour, malt syrup, yeast, and salt. Whisk to combine. Add the water; mix with mixer fitted with a dough hook 8 to 10 minutes or until dough is smooth and shiny.* Transfer to large bowl coated with cooking spray; mist top of dough with cooking spray. Cover with plastic wrap; let sit in warm place until double in size (1 to 1½ hours).

2. Line a baking sheet with parchment paper; coat with cooking spray. On work surface coated with cooking spray roll dough into a 12-inch-long log; cut into six equal portions. Shape each portion into a small round and place on prepared baking sheet. Cover with plastic wrap; let rest 10 minutes.

3. Roll and stretch each portion into an 18- to 20-inch rope, leaving middle thicker. Shape into a U; cross ends twice, leaving 3-inch-long pieces. Press ends into base of U. Return to baking sheet. Wrap with plastic wrap; freeze 2 hours to 1 week.

4. Before baking, make sure pretzels are frozen solid. Bring 2 cups water to

“Baking is my ultimate outlet,” Gesine says as she bakes her pretzels, *left*, for a gathering. They’re served with German Nürnberger bratwurst that she orders online (germandeli.com).

boiling and pour into bowl just large enough to hold one pretzel. Add baking soda and stir until soda dissolves. Let come to room temperature. Dip each frozen pretzel into baking soda mixture 5 seconds. Turn; soak 5 seconds more. Lift pretzel and let excess water drip back into bowl. Return to baking sheet. Cover loosely with waxed paper coated with cooking spray; let rest in warm place 1 to 2 hours or until puffy.

5. Preheat oven to 400°F. Whisk together egg with 1 Tbsp. water; brush on pretzels. Sprinkle with salt. Bake 25 to 30 minutes or until deep golden brown. Cool on racks. Makes 6 pretzels.

*Hand method: Combine first five ingredients in bowl. Turn out onto floured surface. Knead 8 to 10 minutes or until smooth and shiny. Continue as directed.

EACH PRETZEL 291 cal, 2 g fat, 31 mg chol, 963 mg sodium, 58 g carb, 2 g fiber, 9 g pro.



SPICY SUGARED ALMONDS

TOTAL TIME 15 min.

- 1 Tbsp. sugar**
- ¼ tsp. ground cinnamon**
- ¼ tsp. cayenne pepper**
- 1½ cups sugar**
- ½ cup plus 2 Tbsp. water**
- 2½ cups whole almonds**

1. In a small bowl stir together the 1 Tbsp. sugar, the cinnamon, and cayenne pepper; set aside.

2. In a 4-quart saucepan combine 1½ cups sugar and the water. Stir over medium-high heat until sugar dissolves and mixture boils. Add almonds and stir constantly over medium-high heat until water evaporates and sugar starts to dry and turn gray. (Sugar mixture will start to foam and then start to dry and look like sand. This takes 5 to 6 minutes.) Continue stirring constantly for 2 to 3 minutes or until sugar starts to melt and caramelize, coating about half of the almonds in a reddish-brown sugar mixture and the rest in a glossy sugar mixture. Sprinkle cinnamon mixture over almonds, stirring constantly, and immediately transfer to baking sheet lined with parchment paper, spreading almonds to separate. Cool, then break apart. Store almonds in airtight container up to 2 weeks. Makes 4½ cups.

EACH ¼-CUP SERVING 183 cal, 10 g fat, 1 mg sodium, 22 g carb, 3 g fiber, 4 g pro.

APPLE CIDER COCKTAIL

“My cider is made from apples that are grown on the farm,” Gesine says. “The cider is so rich it almost tastes buttery. I mix it with my favorite local gin and a bit of lemon for tartness.”

TOTAL TIME 5 min.

- 2 cups seedless green grapes**
- 2 cups apple cider**
- 1 cup barrel-aged artisan gin**
- ¾ cup lemon juice**
- ½ cup ginger liqueur**
- 1 Tbsp. orange bitters**
- 1 cup Vermont hard cider or other hard cider**
- Ice cubes**
- Apple slices**

In a pitcher use a muddler or wooden spoon to muddle grapes. Add apple cider, gin, lemon juice, ginger liqueur, and orange bitters. Cover and chill 1 to 24 hours. Just before serving, strain and add hard cider. Serve with ice and garnish each drink with an apple slice. Makes about 7 cups.

EACH 8-OZ. COCKTAIL 180 cal, 14 mg sodium, 22 g carb, 1 g fiber.

YOU CAN'T BEAT ZERO HEARTBURN*



LARRY THE
CABLE GUY,
ACTUAL USER



Prilosec OTC® has been the
#1 Doctor[†] recommended,
#1 Gastroenterologist[^] recommended, and
#1 Pharmacist^{^^} recommended frequent
heartburn medicine for **10 straight years.**



ONE PILL EACH MORNING. 24 HOURS.
ZERO HEARTBURN*

*It's possible while taking Prilosec OTC. Use as directed for 14 days to treat frequent heartburn. May take 1-4 days for full effect.

[†]AlphalImpactRx ProVoice™ Survey, Jan 2005 - Mar 2015. ^{^^}Pharmacy Times Surveys, Acid Reducer/Heartburn Categories 2006 - 2015.

GESINE'S PLUM TART

"I include Italian plums," says Gesine, who created this tart as a nod to her mother's favorite dessert. As the tart bakes, the plums start to run red and dye the buttery, rich crust, which is enhanced by the cup of cornstarch.

HANDS-ON TIME 30 min.

TOTAL TIME 3 hr.

Nonstick cooking spray for baking

- 1 egg
- 1 egg yolk
- 3 Tbsp. sweetened condensed milk*
- 1½ tsp. vanilla
- 2¼ cups all-purpose flour
- 1 cup cornstarch
- ½ cup sugar
- 1¼ cups very cold unsalted butter (2½ sticks)
- 2¼ lb. assorted plums, pitted and cut into ¼-inch-thick wedges
- Honey (optional)

1. Preheat oven to 350°F. Line a 15×10-inch baking pan with parchment paper; coat with cooking spray and set aside. In a small bowl whisk together the egg, yolk, sweetened condensed milk, and vanilla.

2. In a large bowl stir together the flour, cornstarch, sugar, and ½ tsp. kosher salt. Using the largest holes on a box grater, grate butter onto flour mixture. Use your fingertips to massage butter into flour mixture until it resembles cornmeal. Pour egg mixture over flour mixture and stir to moisten. Gently knead until dough comes together.

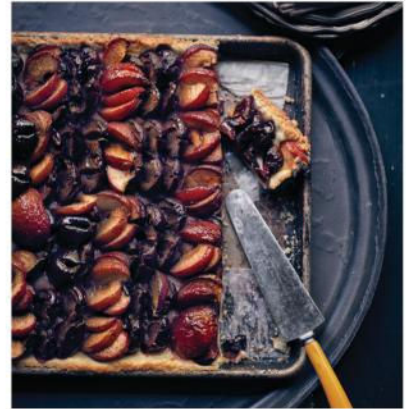
3. Transfer dough to prepared pan; pat evenly into bottom and up sides. Prick dough all over with a fork.

4. Arrange plums in rows over dough in pan, overlapping as necessary. Bake about 40 minutes or until crust is deep golden brown and fruit is tender and bubbly. Cool in pan on wire rack. If

desired, drizzle with some honey before serving. Makes 24 servings.

*Tip: Refrigerate remaining sweetened condensed milk up to 2 weeks. Drizzle it over ice cream, or stir it into malts or smoothies.

EACH SERVING 197 cal, 10 g fat, 42 mg chol, 57 mg sodium, 24 g carb, 1 g fiber, 2 g pro.



DON'T JUST WASH IT.
WISK® IT.

This shirt is filthy white. Sure it looks clean, but after a workout, it's full of hidden odor-causing body oils and sweat. Wisk Deep Clean® with Micro-Cleaners® helps remove more of the unseen some other detergents can leave behind*, attacking the odor source so clothes are deep down clean.



Dramatization:
Hidden body oils and sweat on cotton t-shirt after workout under blacklight

 RECIPE FROM PAGE 81

EAT THIS NOW

SESAME-GINGER OATS WITH MUSHROOMS AND CHARRED GREEN ONIONS

Oats are negotiable in this savory porridge; other grains make a hearty base, too. Try quinoa, buckwheat, or barley.

HANDS-ON TIME 15 min.

TOTAL TIME 45 min.

- 1 cup reduced-sodium chicken broth or water*
- ½ cup steel-cut oats
- 2 tsp. toasted sesame oil
- 1 cup assorted mushrooms, chopped or sliced
- 1 tsp. minced fresh ginger
- 2 green onions, cut into 1- to 2-inch pieces
- 1 tsp. reduced-sodium soy sauce
- Crushed red pepper

1. In a small saucepan bring broth to boiling. Stir in oats. Reduce heat to medium-low. Cook, uncovered, 25 to 30 minutes or until oats are tender and mixture is thickened and creamy, stirring occasionally.

2. Meanwhile, in an 8-inch skillet, heat 1 tsp. of the oil over medium heat. Add the mushrooms and ginger. Cook and stir 3 to 4 minutes or until tender. Transfer to a bowl. Add remaining oil to skillet. Increase heat to medium-high. Add green onions. Cook 1 to 2 minutes or until charred. Remove from heat.

3. Stir mushrooms into oats. Top with soy sauce, green onions, and crushed red pepper. Makes 1 serving.

*For creamier consistency, add up to 1 cup more broth or water.

ONE SERVING 474 cal, 15 g fat, 748 mg sodium, 65 g carb, 12 g fiber, 21 g pro. ■

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Then we smoke the competition.**

Unlike other brands, Oscar Mayer bacon takes time. It's always cured for 12 hours and smoke-housed for 12 hours, because bacon this good can't be rushed.



It's **Bacon. Made Better.** It's Oscar Mayer.

[HOW-TO]

COPPER LEAF

Here's how to make the projects from "Copper" on p. 122.



**COPPER LEAF
IS NOT
FOOD SAFE.
USE IT ON
DECORATIVE
OBJECTS ONLY.**



YOU NEED

Painters tape
Ruler
½-inch soft-bristle paintbrush
Speedball Mona Lisa Metal Leaf Adhesive
Scissors
Speedball Mona Lisa Copper Leaf Sheets
1-inch soft-bristle paintbrush
Speedball Mona Lisa Spray Sealer

WHAT YOU DO

- 1** Make sure the item you are leafing is clean and dry. Use painters tape to cover areas you want to leave bare. Press edges of tape down with a ruler or credit card to seal.
- 2** Following package directions, use ½-inch brush to apply a thin layer of adhesive to exposed areas. Let dry until tacky (about 30 minutes).
- 3** With clean, dry hands, cut copper leaf to shape and size desired (keep leaf on tissue paper backing). Lay leaf facedown on exposed area of object. Gently rub tissue paper with your fingers to encourage copper to adhere. Use 1-inch brush to gently wrap copper around edges of object.
- 4** To fill gaps where adhesive is still tacky, cut leaf to fit, lay it on, and gently brush in place. To fill gaps where glue is no longer tacky, repeat steps 2 and 3.
- 5** Spray object with sealer and let dry. ■

RULES FOR SWEEPSTAKES MENTIONED IN THIS ISSUE

\$25,000 DREAM HOME SWEEPSTAKES

No purchase necessary to enter or win. Subject to Official Rules available at BHG.com/25kSweeps online. The \$25,000 Sweepstakes begins at 12:01 a.m. CT on 8/1/16 and ends at 11:59 p.m. CT on 1/3/17. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. Void where prohibited. Sponsor: Meredith Corporation. Sweepstakes is offered by Meredith Corporation and may be promoted by any of Meredith's publications in various creative executions online and in print and at additional URLs at any time during the sweepstakes.

\$5,000 SWEEPSTAKES

No purchase necessary to enter or win. Subject to Official Rules available at BHG.com/5kSweeps online. The Better Homes and Gardens \$5,000 Sweepstakes begins at 12:01 a.m. CT on 7/15/16 and ends at 11:59 p.m. CT on 10/31/16. Open to legal residents of the 50 United States and the District of Columbia, 21 years or older. Limit one (1) entry per person using only one (1) email address per website, per day. Void where prohibited. Sponsor: Meredith Corporation. Sweepstakes is offered by Meredith Corporation and may be promoted by any of Meredith's publications in various creative executions online and in print and at additional URLs at any time during the sweepstakes.

THE CEW BEAUTY INSIDER AWARDS 2016

Love finding amazing new beauty products? Cosmetic Executive Women (CEW) makes it easy by recognizing the top beauty products each year. See the full list of the 2016 CEW Beauty Insider Awards winners below and be sure to check out the new Consumers' Choice Iconic Beauty Award categories, sponsored by Meredith Corporation. BIORÉ Deep Cleansing Charcoal Pore Strips; URBAN DECAY Naked Smoky; SONIA KASHUK Undercover Liquid Concealer, Eau de Toilette in White Etheriana, Detox Purifying Black Mask; LAURA MERCIER Silk Crème Moisturizing Photo Edition Foundation; L'ORÉAL PARIS Makeup Genius, Voluminous Superstar Mascara; DIOR Diorshow Mascara, Sauvage; COVERGIRL The Super Sizer by Lashblast Mascara; KATE SOMERVILLE Eradicate Mask Foam-Activated Acne Treatment; ST. TROPEZ Gradual Tan in Shower Lotion; CLARISONIC Alpha Fit; T3 MICRO INC. Pro I Professional Hair Dryer; NIVEA In-Shower Body Lotion; FRESH Cocoa Body Exfoliant; ORIBE Hair Care Airbrush Root Touch-up Spray; JURLIQUE; IT COSMETICS Your Skin But Better™ CC+ Eye™ Cream SPF 50+; BUMBLE AND BUMBLE Don't Blow It (H)air Styler; DRYBAR Triple Sec 3-in-1; LIVING PROOF Blowout; YVES SAINT LAURENT BEAUTÉ Black Opium; SIMPLE® SKINCARE Micellar Cleansing Water; FRESH Sugar Nourishing Lip Balm Advanced Therapy; CLINIQUE FOR MEN Charcoal Face Wash; ESSIE Gel Setter Nailed It; BUTTER LONDON Patent Shine 10x™ Nail Lacquer; COLOR WOW; TRE'STIQUE; NEUTROGENA® Make-up Removing Cleansing Towelettes (Consumers' Choice Iconic Beauty Award, Mass), Hydro Boost Water Gel; CLINIQUE Moisture Surge Extended Thirst Relief (Consumers' Choice Iconic Beauty Award, Prestige), Dramatically Different Moisturizing Cream; FLOWER Lip Radiance High Shine Lip Lacquer; CHARLOTTE TILBURY Matte Revolution; LIVING PROOF Perfect Hair Day (PhD) Dry Shampoo; GLAMGLOW Flashmud Brightening Treatment.



Nightmare.

Why is getting new floors at home improvement stores so difficult? Shopping trips that take up your whole day. Lugging around samples and not even knowing if they're right for your home. Competing for the attention of a sales person (who might have worn an apron in the plumbing department the previous week). Getting sticker shock from unseen installation costs. And waiting weeks before you can get your new floors installed.

Empire Today® is different – getting new floors is easy.

Empire® is convenient. You'll save time shopping for floors because we bring samples right to your home. Empire offers the latest looks handpicked for durability and style, so you can shop with confidence knowing you'll get high quality, dependable floors at a great price. And the choice is easy with Empire; we have one of the largest in-stock inventories of flooring in the country.

No aprons, only flooring pros. Get one-on-one attention from an experienced and knowledgeable sales representative in the comfort of your home. Empire doesn't believe

in a one size fits all approach to choosing a floor. Your sales representative will ask about how you use the rooms, consider the wear and tear placed on the floor, factor in your budget, how long you plan on staying in your home, and provide input on something as simple as coordinating the perfect shade of beige with your paint color. Expect to see flooring styles you hadn't considered – like luxury vinyl plank that looks like wood, or hand scraped laminate.

All the details, including measuring rooms (for FREE), potential financing, and scheduling installation, are handled during the same appointment. We won't stop until you find a floor you love.

Know what your floors will cost, period. Empire provides an all-inclusive price that covers most everything you need to get your floors installed. This includes removing your old floor, standard padding, materials, installation of your new floor, and clean-up after the job is done. And, if any issues come up during installation (like an uneven sub-floor that needs to be repaired before your new floor can be installed) you will be informed and they will be handled the right way, even if

it requires more work (and slightly more cost) than expected. Above all, Empire's goal is to make sure you get beautiful new floors.

You don't have to wait weeks for new floors. Empire can install around your busy schedule, as soon as Next Day on in-stock products. In fact, we install floors in more than 5,000 homes each and every week and have more than 2 million satisfied customers.

Don't get stuck in a flooring nightmare. Empire Today makes beautiful new floors easy.

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rescues. Adopt today to start yours.

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theshelterpetproject.org

October 5th

**National Walk
to School Day**
walkbiketoschool.org

GHOULISH GETAWAYS

1 NEW ORLEANS Spooky fun packs October. Don't miss Crawlween at the Audubon Butterfly Garden and Insectarium or Boo at the Zoo at the Audubon Nature Institute.

2 ANOKA, MN At the "Halloween Capital of the World" (per a 1937 congressional proclamation), you'll get a parade, bonfire, pet costume contest, even a 5K to burn off all that candy.

3 VAN CORTLANDT MANOR, NY 7,000 pumpkins glow at the Great Jack O' Lantern Blaze, and nearby Sleepy Hollow hosts a dramatic reading of *The Legend of Sleepy Hollow* in the Old Dutch Church.

FALL INTO FITNESS BURN

272

CALORIES*
RAKING LEAVES

238 & 411
CALORIES* **CALORIES***
PICKING APPLES EASY HIKING

*ESTIMATED CALORIE BURN PER HOUR BASED ON A 150-POUND PERSON

150

sweet calories

Go ahead and grab a few goodies from the kids' baskets. Here's what you get for about 150:

20	2	3.5	2.5
PIECES OF CLASSIC CANDY CORN	FUN SIZE BUTTERFINGER BARS	REESE'S PEANUT BUTTER CUPS MINIATURES	FUN SIZE BAGS OF PLAIN M&M'S

6

VACCINATIONS FOR ADULTS

We need shots, too. Topping the list:

INFLUENZA

Everyone—including pregnant women—should get the flu vaccine yearly.

TDAP

Get the Tdap (tetanus, diphtheria, and pertussis, or whooping cough) shot once in adulthood (19+), and a Td booster every 10 years. Women must get Tdap during every pregnancy.

MMR

Measles and mumps are back; make sure you're protected. College students, healthcare workers, and international travelers need to be current, says David Kim, M.D., deputy associate director, adult immunization at the Centers for Disease Control and Prevention.

SHINGLES & PNEUMONIA

Everyone 60+ should get the shingles vaccine, and those who are 65+ or have a health condition like asthma or diabetes need the pneumonia shot.

GOOD TO KNOW

37% AMOUNT THAT **BREAST CANCER DEATHS**
HAVE DECLINED IN THE LAST TWO DECADES.

Just Chill



MEDITATION IS FOR YOU! Even if you can't picture sitting perfectly still or completely quieting your brain, you can meditate—and tap into its many health benefits. Keep reading to find a style that's the right fit.

Thanks to an ever-expanding body of research showing an almost endless list of benefits—including lower blood pressure, less anxiety, relief from chronic pain, just to name a few—meditation has truly gone mainstream. Schools are teaching it to kids to help them stress less and perform better; airlines, including Virgin Atlantic and Delta, have in-flight meditation options; and even the United States Marines have offered mindfulness training before deployments.

With so much evidence piling up, why aren't we all booking one-way tickets to the Land of Zen? We can't sit still. Our mind wanders. We're too busy.

Forget the excuses. First off, time isn't truly a barrier, says psychologist Elisha Goldstein, Ph.D., author of *Uncovering Happiness: Overcoming Depression with Mindfulness and Self-Compassion*. Goldstein's research found that meditating five minutes a day, five days a week was enough to lower stress and even enhance the connection you feel with others.

Second, you don't have to sit completely still at a specific time. "Meditation and



TRY A MINDFUL MOMENT

DOING DISHES

As you wash, focus on the warmth of the water, the smoothness of the dishes, the tickle of the suds.

mindfulness can be woven throughout your day, wherever you are," Goldstein says. "You might take a mindful walk focusing on your footsteps or pause in your morning shower to pay attention to how the water feels on your skin. It's all about finding what works for you."

The biggest and most practical benefit of practicing meditation or weaving moments of mindfulness into your day: You'll enjoy life more while managing the constant juggling act. "Practicing meditation and being more mindful allows you to be more present for your family, your job, your workout—everything."

Not quite sure how to do it? Our guide will get you started.

READY, SET, FOCUS

Meditation isn't about emptying your head of thoughts, it's about bringing focus to them. "When you realize your mind is wandering, that's the moment meditation starts to work its magic," Goldstein says. The process of noticing your thoughts drifting, and the effort you make to bring them back (without criticizing yourself), builds your inner patience and calm. That's why meditation is called a practice.



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to stay the playful one.



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what's your meditation type?

All forms of meditation work in a similar way: You choose something to focus on—your breath, an image—and when your mind wanders, you gently bring it back. The key is finding a style that works for you. Here's a snapshot of four types. Take your pick!

1 MINDFUL MEDITATION

■ **In a nutshell** Mindfulness is about being aware of your thoughts, emotions, and environment in a nonjudgmental way; you're staying in the present and observing everything you're feeling and thinking. "Mindfulness is about accepting our feelings and thoughts as they are," says Michelle Becker, an instructor at the UC San Diego Center for Mindfulness.

■ **How it works** You can do this anywhere: at home, in the office, on hold with customer service. Begin by focusing on your breath. Each time your mind drifts, bring your attention back. Don't criticize. Instead of thinking, *I'm so bad at this*, think, *Aah, welcome back*.

2 MANTRA MEDITATION

■ **In a nutshell** This technique involves choosing a mantra—typically a one- or two-syllable sound or word that you silently repeat to yourself. This allows you to be in a restful yet alert state, says Anjali Bhagra, M.D., associate professor of medicine and chair of education of Mayo Clinic's Integrative Medicine and Health program.

■ **How it works** Sit in a comfortable position and begin silently repeating your word. Om is a popular one, but choose any word or sound that you like. As you become more practiced, you may make your mantra a quality you'd like to have more of: patience, compassion, joy.

3 WALKING MEDITATION

■ **In a nutshell** This is basically an on-the-go form of mindful meditation, but instead of focusing your awareness on your breath, you're noticing the sensations of walking, says Becker, who suggests beginning by practicing in your backyard. Eventually, you can move to somewhere calm like a nature preserve, then start weaving it into your daily life: walking mindfully across the parking lot to your office, while shopping, or to meet a friend.

■ **How it works** Start in a standing position, noticing how your feet feel. Do you feel pressure where your feet are in contact with the ground? Start walking, paying attention to how your

weight shifts from one side of your body to the other. Notice how it feels as you lift your foot, place your heel down, prepare for your next step. Continue walking, and any time your mind wanders from focusing on how you're walking, gently bring it back.

4 GUIDED MEDITATION

■ **In a nutshell** This is based on the theory that your body can respond to imagery as it would to a genuine experience. (Need proof? Imagine yourself sucking on a lemon right now.) Guided meditation typically uses a script to walk you through a relaxing, enjoyable scenario to promote calm.

■ **How it works** With each breath, imagine yourself inhaling IN relaxation and exhaling OUT tension. As your body relaxes, picture yourself at the beach or another calming, pleasant place. Imagine the scene in detail, using all of your senses: Feel the sun's rays warming your skin and the sand between your toes; listen to the waves crashing; see the bright blue sky.

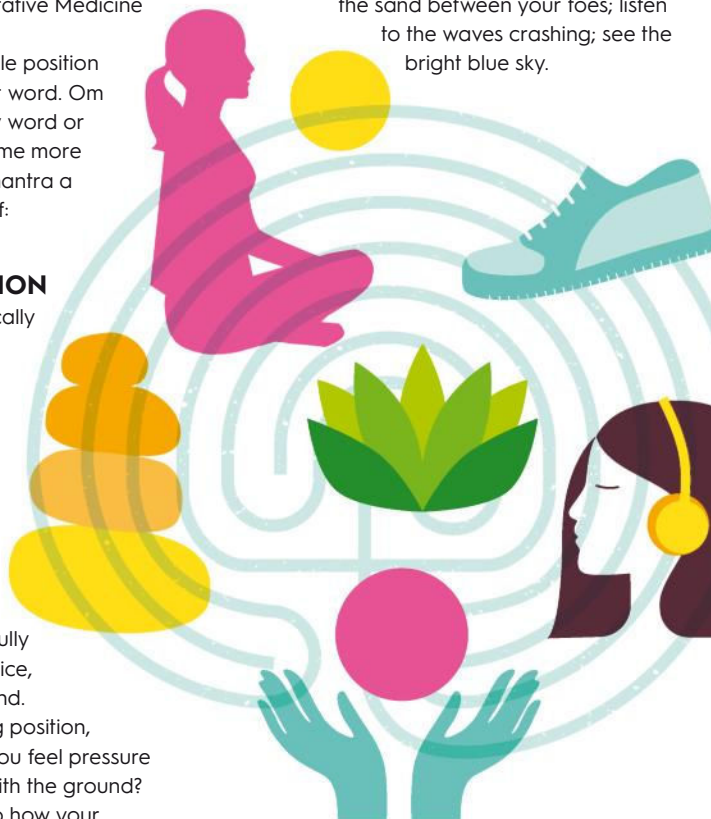
TRY A MINDFUL MOMENT

WAITING IN LINE

Silently repeat to yourself: "May the cashier be happy and at ease." It can help defuse an irritating situation.

BENEFITS OF PRAYER

When neuroscientist Andrew Newberg, M.D., author of *How Enlightenment Changes Your Brain*, asked nuns to pray while being monitored by a brain scanner, he noticed that the changes taking place were similar to those of seasoned meditators. If you pray regularly, you're likely already reaping the benefits of meditation, including less anxiety and a sharpened sense of focus and calm. Likewise, people who meditate enjoy the science-backed advantages of prayer, such as decreased blood pressure and enhanced immune response.





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WORLD ORDERED™



Go from om to zzz

If your favorite part of yoga is the last five minutes when you drift into stillness and emerge feeling rejuvenated, then you'll probably love yoga nidra, or sleep meditation. In this guided meditation, a calming voice leads you from a waking to dreaming state and ultimately, into deep sleep. Don't be fooled by the name: Yoga nidra doesn't involve traditional asana poses, says Karen Brody, founder of Bold Tranquility, a yoga nidra meditation company for women and author of the forthcoming book *Daring to Rest*. Yoga nidra can be an easy way to start exploring meditation because you can practice it when falling asleep or if you wake up in the middle of the night.

To get some guidance to start, download a series of 20-minute yoga nidra meditations

from Brody's free Recharge Series on iTunes or try the free download iRest Program for Restful Sleep and Peace of Mind (irest.us).

TRY A MINDFUL MOMENT
BRUSHING YOUR TEETH
 Don't zone out. Focus on the circular, repetitive movement of the toothbrush and the taste of the toothpaste.

INNER PEACE

There's an app for that:



BUDDHIFY.COM
 Short guided meditations perfect for beginners. \$4.99



CALM.COM
 Guided sessions, plus 25 soothing sounds to tune out stress. Free 7 Days of Calm trial. \$9.99 a month



HEADSPACE.COM
 Learn to meditate, then apply mindfulness to everyday activities. \$6.24 a month

THIS IS HOW WE MEDITATE

“I USE A PAIR OF HIGH-QUALITY, OVER-EAR HEADPHONES

to accompany my favorite guided meditation apps or ambient music. I use them nearly exclusively for meditation, so they feel distinctive in their purpose, and they help me have an immersive experience. When I see them, I'm subtly reminded to do my daily meditation practice.” — *Anastasia Alt, 27, founder of Dream Space*

“I'M A WORKING MOM OF A SPECIAL-NEEDS CHILD, AND MY LIFE OFTEN FEELS HECTIC

and filled with a million to-dos. When a friend urged me to try a meditation app, I was hesitant, but I tried it and was instantly hooked. Meditating makes me feel better about myself, which inspires me to make better choices for my family and myself. Now, I do the app's Commuting Meditation while taking the train to and from work, and I use the deep sleep meditations before bed. Bonus: My son likes to fall asleep to it, too.” — *Lisa Quinones-Fontanez, 40, blogger*

“I'M A REALLY ACTIVE PERSON, SO SITTING FOR ANY LENGTH OF TIME IS A CHALLENGE.

Walking meditation is my thing. I do my best meditations running on the beach or hiking, and if I'm moved to sit, I plunk myself down in nature.” — *Tracy Barone, 53, author of Happy Family*



KID ZONE

Children are naturally good meditators; they're living very much in the moment. "Considering the overscheduled culture in which kids are growing up, it means a lot for them to be able to just stop and be calm without having to perform or be judged," explains Eline Snel, author of *Sitting Still Like a Frog: Mindfulness Exercises for Kids*.

Around age 5 is a good time to

introduce meditation in a relaxed, simple way by encouraging kids to pay attention to their breath, Snel says. She recommends this basic exercise for kids and adults to do together:

Sit in a comfortable spot on the floor with legs crossed. Ask your child to place her right hand flat on the floor in front of her, fingers spread. (You do the same.) Begin by touching

the base of your right thumb with a finger from the left hand, slowly moving up along the thumb while inhaling quietly. Once you've both reached the top of your thumbs, move slowly back down while exhaling. Move onto the remaining fingers, inhaling as you move up and exhaling as you come back down. Repeat with the other hand. ■



**THAT JUST
BRUSHED
CLEAN
FEELING**

after an innocent
"let's grab coffee"
got you more
than just coffee.



what a catch

Two big reasons to go fish: your head and your heart.

All fish is high in protein and low in saturated fat. Go ahead, dive right in.

[FAST FACTS]

Fish is one of the few foods that has two fatty acids crucial to brain health (EPA and DHA).

Eating at least two 4-ounce portions of fish a week can reduce your risk of heart disease and help you live longer.

One of the leanest sources of protein, fish is a lot lower in saturated fat than beef.

Four ounces of fish generally has 3 g sat. fat or less versus 8.5 g for the same amount of 20 percent lean ground beef.



TILAPIA

One filet has 23 grams of protein—about the same as chicken and more than a burger. All flaky white fish (rainbow trout, grouper, cod) has a mild flavor and couldn't be easier to cook.



TUNA

It gets a lot of attention for mercury, not because tuna has the highest levels (swordfish and king mackerel have a lot more), but because it's one of the most popular types of fish. Stick to 8 to 12 ounces weekly of canned light tuna and no more than 6 ounces of canned albacore, especially if you're pregnant or of childbearing age.

SALMON

All fish contains heart-healthy omega-3 fatty acids, but salmon has the most. Don't forget canned salmon: Just 3 ounces has more than half your daily dose of vitamin D, and the soft, tiny bones—you can eat them!—up your calcium intake.

SARDINES

Love 'em or hate 'em, sardines (and anchovies) are high in potassium, calcium, and iron. The oil they're in is packed with salt, so rinse to lower the sodium.



BUY EARTH-FRIENDLY An easy way to choose fish that's caught or farmed in an environmentally friendly way: Check the Seafood Watch app created by the Monterey Bay Aquarium. It lists the types of fish to buy and the ones to avoid. Or you can shop at Whole Foods Market, Wegmans, Hy-Vee, or Safeway; Greenpeace gives those chains the highest scores for their sustainable seafood offerings, meaning they have a wide selection of good options that are clearly labeled as such. ■

SOURCES Joan Salge Blake, R.D., clinical associate professor at Boston University and author of *Nutrition & You*; Lisa Young, Ph.D., R.D., adjunct professor of nutrition at New York University and author of *The Portion Teller Plan*

There's Nothing
Artificial in Mmmmm,
Either.



No artificial preservatives or flavors.
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four points

One topic, four perspectives: For these accomplished women, **resilience** is about changing your viewpoint, finding your strength, and moving on.



ANGELA DUCKWORTH

Ph.D., author of Grit: The Power of Passion and Perseverance, professor of psychology

"Resilience comes down to what you make of a situation—assessing your circumstances and being able to pivot. My own resilience was tested in college when I was doing so poorly in neurobiology that I almost quit. I didn't, and it ended up being my major and defining my career. If you fail two exams, it's easy to say, 'I'm not a science person.' Someone who's resilient says, 'I need to study differently' and takes action.

My resilience also came into play when I was writing my book; there were times I didn't think I could do it. I blamed my husband who had suggested I write it in the first place. He kept encouraging me, and that taught me the other important thing about persevering: Resilient people tend to have at least one person, and often a network, by their side. Like that song, 'Lean On Me,' humans are truly designed to lean on each other."



LORI WILSON

M.D., division chief of surgical oncology, associate professor of surgery, Howard University Hospital in Washington, D.C.

"Being diagnosed with breast cancer meant figuring out how to keep making a positive impact despite the adversity I was facing. One day when I was going through treatment, I took off my wig at church. And three other women—who I didn't know also had breast cancer—did the same thing. That's when I realized resilience can be a small gesture. It isn't just the big step from here to there; strength comes from all of those moments in between.

Ultimately, my resilience also came out of gaining a comfort level with what I felt I'd lost to breast cancer—my hair, my breasts, my sense of control—and appreciating that those moments of loss were building a greater me for the other side. One of my mantras now: Have I been a blessing to anyone today? The destination you never know, but the journey you can do something about."

"For me, resilience was about overcoming fear. I was going through a divorce and breast cancer simultaneously. I was teetering but still standing. That's when I came to the four words: 'You can't scare me.' A kind of empowerment happens once you realize you're through the weeds, and a sense of nervousness and fear dissipates. Suddenly you realize, *I'm still here. Even that didn't get me.*

“THAT’S WHEN I CAME TO THE FOUR WORDS: ‘YOU CAN’T SCARE ME.’”

After I got better, I found out they were launching a fourth hour of *Today* and were looking for hosts. I thought, *I'm going to do something I've never done in my life. I'm going to ask for that job.* After all that I had been through, asking for a promotion seemed so small. I realized that if I hadn't gotten sick, I would've been too afraid to go for it and I wouldn't be where I am today."

HODA KOTB

cohost of the fourth hour of NBC's Today



"Becoming a paraplegic when I was 18 divided my life into two parts, before and after, but I'm the same competitive athlete I've always been. I've just been forced to look at life differently. What carries me through is focusing on a constant: swimming. I had to relearn how to drive, how to care for myself, and how to live in a wheelchair, but one thing I knew for sure was that I needed to get back in the pool. Three months after my injury, I was swimming again. Later that year, I trained with a Paralympic coach, and less than 16 months later, I broke my first set of world records.

In 2014, I had another setback: I sustained nerve damage in my arm, and for six months I couldn't swim again. People said I should just retire, but I wasn't ready to give up my constant. It's what keeps me moving forward. When adversity strikes, you have to find a way to keep going. That's not to say you can't grieve what's happening, but there's a strength in allowing yourself to move on." ■

MALLORY WEGGEMANN

swam for Team USA in her second Paralympic Games in Rio this past summer. She holds 34 American records, 15 world records, and 2 Paralympic medals.



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WORTH THE
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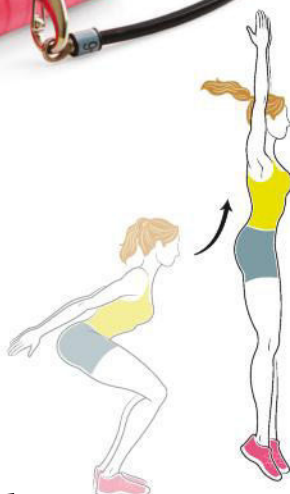
BEYOND BASIC

1 Convert the Two in One Fitness Hoop from a beginner-friendly 42-inch diameter to a challenging 38-inch diameter. \$44.99; canyonhoops.com **2** The CrossRope Starter Set comes with an interchangeable ¼-pound agility rope for fast turns and a 1-pound rope for sculpting arms. Choose pink or black handles. \$69; crossrope.com

FIT IN 15 let's play!

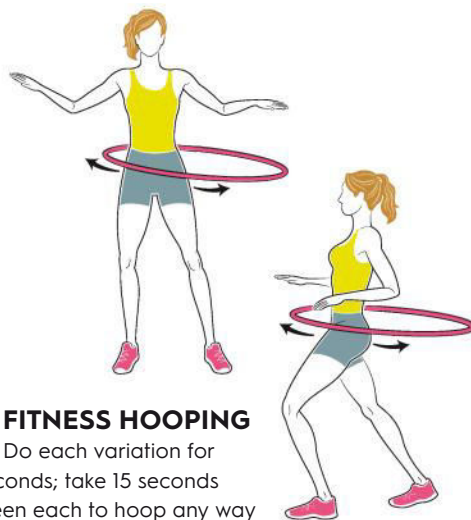
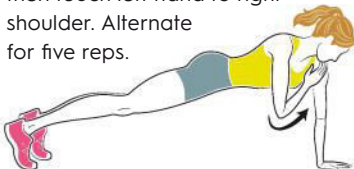
Channel your inner child with these strength training and cardio moves.

The workout you'll stick with is the one you like—so why not make it fun? Jumping rope and hooping get your heart rate up, and classic calisthenics help build muscle, explains trainer Lisa Kinder, who stars in *10 Minute Solution High Intensity Interval Training*. Her routine will get you moving no matter how long you've been out of school. Start with two minutes of jumping rope, then do this series of moves two times, and end with another two minutes of jumping rope.



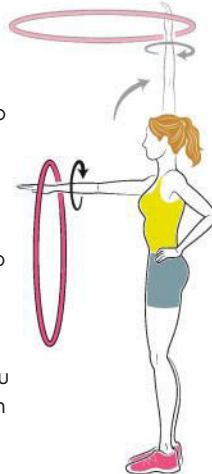
1 SQUAT LEAP
Starting in a standing position with feet shoulder-width apart, squat as if you're sitting into a chair, weight over your heels and hips back. Then jump up, reaching your arms as high as you can. Repeat five times.

2 SHOULDER TAP
Begin in push-up position, feet hip-width apart and palms under shoulders. With hips still, touch right hand to left shoulder, then touch left hand to right shoulder. Alternate for five reps.



3 FITNESS HOOPING
Do each variation for 45 seconds; take 15 seconds between each to hoop any way you like. Start with the back of the hoop touching your back.

- **Side to side** (above) Keeping your feet planted and back straight, shift weight from left to right as you hoop.
- **Front to back** (above right) Shift weight from back to front foot as you hoop.
- **Arm circles** (right) Circle hoop around one arm extended in front of you, starting at wrist then moving up and down. Lift arm overhead as you circle, keeping hoop moving on wrist or forearm.



WHAT'S THE DEAL WITH YOUR ...

rotator cuff

Your arms have the ability to hug, reach, and twist thanks to the rotator cuff, tendons and muscles that attach the top of your arm to the shoulder blade. It's one of the most-used sets of muscles—no wonder shoulder pain is a common complaint. "As we age, the tendons in the rotator cuff can wear down, causing discomfort or even a tear," says Tony D'Angelo, a physical therapist at Professional Physical Therapy in New York. Strengthening arms and shoulders via resistance training helps prevent wear and tear. If you feel pain, resting and icing the area is the way to go. ■



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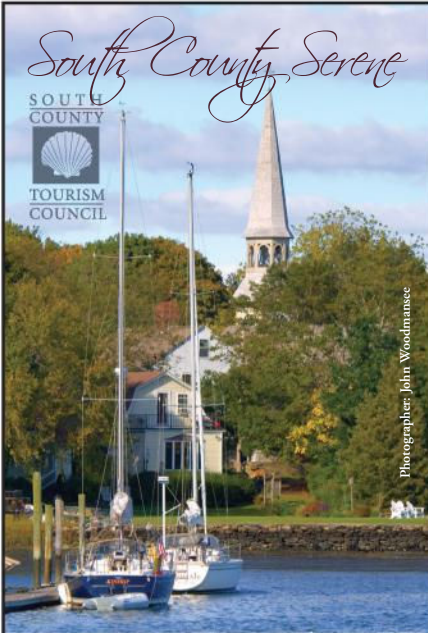
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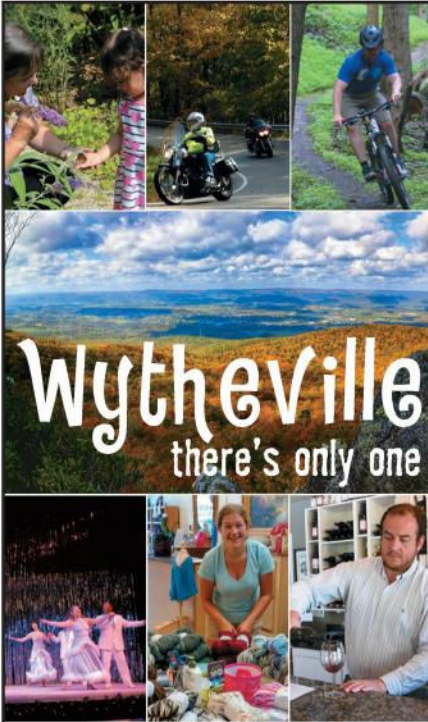
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ALABAMA

1 Gulf Shores & Orange Beach—Come be transformed by our sugar-white sand beaches and turquoise waters.

FLORIDA (FOR ALL, CIRCLE A009)

- 2 Cottage Rental Agency—Seaside**—The largest provider of private vacation rentals in Seaside, Florida, the acclaimed beach town.
- 3 Edgewater Beach Condominium**—Edgewater Beach Condominium reigns majestically over South Walton and the emerald waters of the Gulf of Mexico.
- 4 Embassy Suites- Miramar Beach**—Located across the street from the beach, two-room suites include cooked-to-order breakfast, evening reception and Wi-Fi.
- 5 Garrett Realty Services**—Rent & Relax! Scenic 30A vacation rentals.
- 6 Hilton Sandestin Beach Golf Resort & Spa**—Beachside full-service resort featuring expansive Gulfside deck, two pools, many resort activities, casual to 4-diamond dining, spa, golf and shopping!
- 7 My Vacation Haven**—Over 140 vacation rentals in Sandestin Golf and Beach Resort, Tops'l Beach and Resort, 30A and surrounding South Walton areas.
- 8 Orlando**—Tour the theme parks. Shop the outlets. Savor exquisite cuisine. And connect with your loved ones. Start planning your smile-filled vacation now.
- 9 Royal Shell Vacations**—Voted BEST vacation rental company offering the largest selection of private estates, tropical cottages, condos and golf course homes throughout Southwest Florida.
- 10 Southern Vacation Rentals**—Enjoy a sweet Southern experience in 1-to 8-bedroom vacation condos and homes in any South Walton beach community.
- 11 St. Petersburg/Clearwater, Florida's Beach**—Miles of beaches, minutes from attractions. Book your room online.
- 12 Visit Sarasota County**—Beautiful beaches, an impressive arts scene, outdoor adventures, countless dining and shopping experiences—that's Sarasota on the Florida Gulf Coast. Home to the #1 Siesta Beach.
- 13 Visit South Walton**—On Northwest Florida's Gulf Coast, South Walton's pristine sugar-white sand beaches and turquoise water complement 16 acclaimed beach neighborhoods. Find your perfect beach.

MARYLAND

14 Visit Baltimore—In Baltimore there's so much to discover, from our colorful neighborhoods and one-of-a-kind arts and cultural attractions to top-notch cuisine.

MISSOURI

15 Missouri Tourism—Plan your trip! From arts and culture to outdoor adventure, you'll find it all in the 2016 Official Missouri Travel Guide.

NEBRASKA

16 Nebraska—We invite you to visit a state of absolute beauty at every turn. Visit Nebraska. Visit Nice.

RHODE ISLAND

17 South County Tourism Council—Naturally Serene. Free Southern Rhode Island Vacation Guide.

SOUTH CAROLINA

18 South Carolina—There's always something new to discover in South Carolina. Start planning your next adventure today!

SOUTH DAKOTA

19 South Dakota Tourism—My Great Place is the Mount Rushmore of all vacations. Plan your trip to South Dakota and find Your Great Place.

TEXAS (FOR ALL, CIRCLE A043)

- 20 San Angelo**—Discover a getaway that is a perfect blend of West Texas charm, outdoor recreation, culture and arts, and just plain fun!
- 21 San Antonio**—Celebrate the arrival of fall with the amazing attractions and incredible events found only in unforgettable San Antonio.
- 22 The Great State of Texas**—Find your #TexasToDo Texas has it all. Unique flavor. Breathtaking scenery. Chances to play cowboy, or art critic. Explore like a local with our #TexasToDo Films and #TexasToDo Gallery

VIRGINIA (FOR ALL, CIRCLE A046)

- 23 Visit Williamsburg**—Greater Williamsburg is one of the most diverse destinations in America, offering the freedom to have a variety of vacation experiences.
- 24 Wytheville**—Wytheville... there's only one.

WEST VIRGINIA

25 Wild, Wonderful West Virginia—Discover real relaxation in the mountains. Unique cuisine, rolling landscapes and southern charm. Get your free WV getaway guide today.

MID-ATLANTIC

26 Great Mid-Atlantic Family Vacations—Register to win a free Getaway to the Outer Banks of North Carolina.

SOUTH TRAVEL

27 VisitSouth's Fall Getaways—Request travel information from top southeast destinations and register to win a Free waterfront vacation to Hampton, VA.

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28 Great Southeast Family Vacations—Register to win a Free Getaway to Gulf Shores/Orange Beach.

TRAVEL MAGAZINE

29 Here & Beyond Magazine—Every issue is filled with amazing stories about destinations off the beaten path, one-of-a-kind interviews with the travel industry's most intriguing experts, insider travel tips, and unique products, trends, and ideas. Live Well. Be Well. Travel Well.

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| 2 Cottage Rental Agency—Seaside | 9 Royal Shell Vacations | 18 South Carolina | 27 VisitSouth's Fall Getaways | A043 All Texas Offers |
| 3 Edgewater Beach Condominium | 10 Southern Vacation Rentals | 19 South Dakota Tourism | 28 Great Southeast Family Vacations | A046 All Virginia Offers |
| 4 Embassy Suites- Miramar Beach | 11 St. Petersburg/Clearwater, Florida's Beach | 20 San Angelo | 29 Here & Beyond Magazine | |
| 5 Garrett Realty Services | 12 Visit Sarasota County | 21 San Antonio | | |
| 6 Hilton Sandestin Beach Golf Resort & Spa | 13 Visit South Walton | 22 The Great State of Texas | | |
| 7 My Vacation Haven | 14 Visit Baltimore | 23 Visit Williamsburg | | |
| | 15 Missouri Tourism | 24 Wytheville | | |
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AN ESTIMATED
3-4 MILLION
SHELTER PETS ARE
WAITING
FOR HOMES.



PET PROJECT **dog days**

Adopting a dog is a big decision. Consider these points as you do your research.

1 SIZE HER UP Unless you live in a community that has size restrictions on pets, this has less to do with your living space (for example, big dogs can live in apartments if they have plenty of opportunity to exercise outdoors) and more to do with whether you can physically handle the dog. Note, though, that size doesn't equate with workload, says Amy Luwis, cofounder of *adopt-a-pet.com* and author of *For Dog's Sake*.

2 CONSIDER AGE Puppies are often a first pick, but keep in mind the energy and time they require. "Adopting a puppy is like having a baby in the house," says Kristi Littrell, adoption manager at Best Friends Animal Society in Kanab, Utah. Meanwhile, older dogs have most likely been housebroken and taught other basic skills.

3 CRUNCH THE NUMBERS "Money issues cause many pets to be returned to shelters," Luwis says. Along with food and treats, your budget should cast a wide net. Include costs like training classes, grooming visits, vet bills, and possibly health insurance. Smaller dogs and mixed breeds, which tend to have fewer health problems than purebreds, can be less expensive options.

4 CHECK WITH FAMILY Make sure everyone feels completely comfortable around dogs (and that no one is allergic) before adopting. Kids can be drawn to animals, but you may not know how they will truly react until they spend an extended amount of time around a dog. Also consider kids' ages. Some breeds do better with little ones.

5 HAVE A MEET AND GREET Find out if your potential new addition is a match for current furry family members. Let dogs meet before you decide. If you have cats, ask if the dog you're considering has been exposed and how she responded. Another option: fostering a dog with the option to adopt if all goes well.

"MOMMY,
CAN WE
KEEP HIM?"

Taking care of a dog can teach kids so much, including:

RESPECT

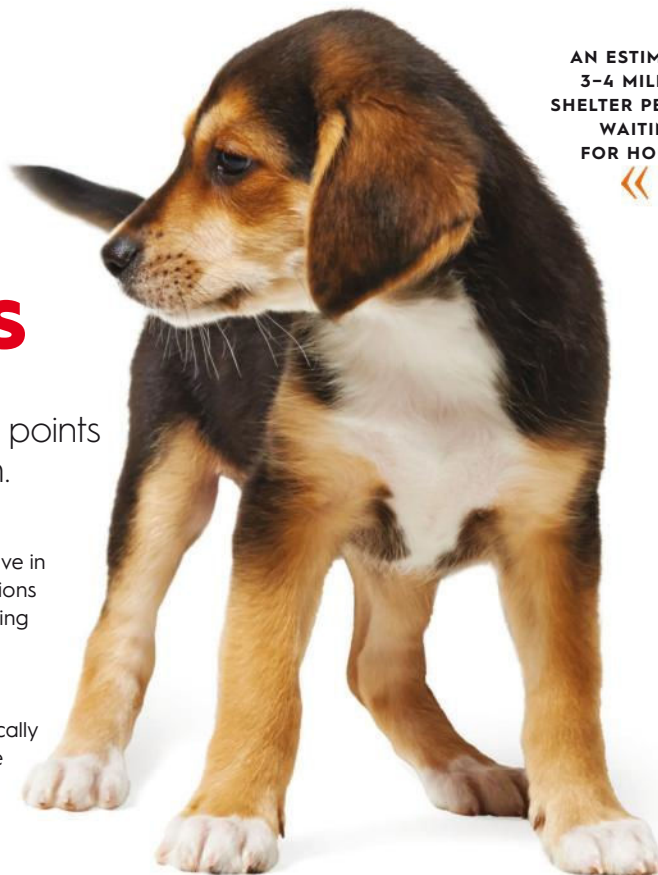
Every aspect of caring for a dog brings home the point of respecting others: being gentle, making sure the dog's everyday needs are met, and giving the dog space when she's eating or sleeping.

RESPONSIBILITY

Assigning tasks essential to the dog's well-being, like feeding, walking, and training, shows kids that being dependable matters in life.

EMPATHY

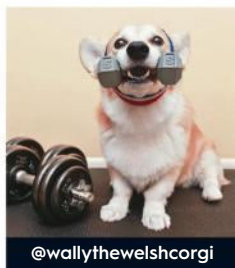
Your kids will learn that taking care of a dog means being in touch with the animal's emotional as well as physical needs, which helps build kindness and compassion for humans and animals alike. ■



SAY RUFF! We dare you not to smile when looking at cute dog photos. Check out a few of our favorite four-legged friends to follow on Instagram.



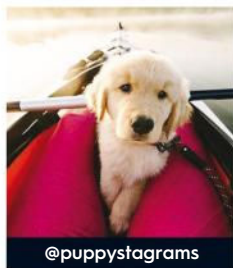
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I want to be

doing better. I

wish I understood

why it's so hard.

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I am very Sensitive to Lights and Sounds

Jacob Sanchez
Diagnosed with autism

Sensory sensitivity is a sign of autism.
Learn the others at autismspeaks.org/signs.

the health nut

Our intrepid health director, **Amy Brightfield**, checks out the latest health and wellness trends. This month she tries an Orangetheory Fitness workout.

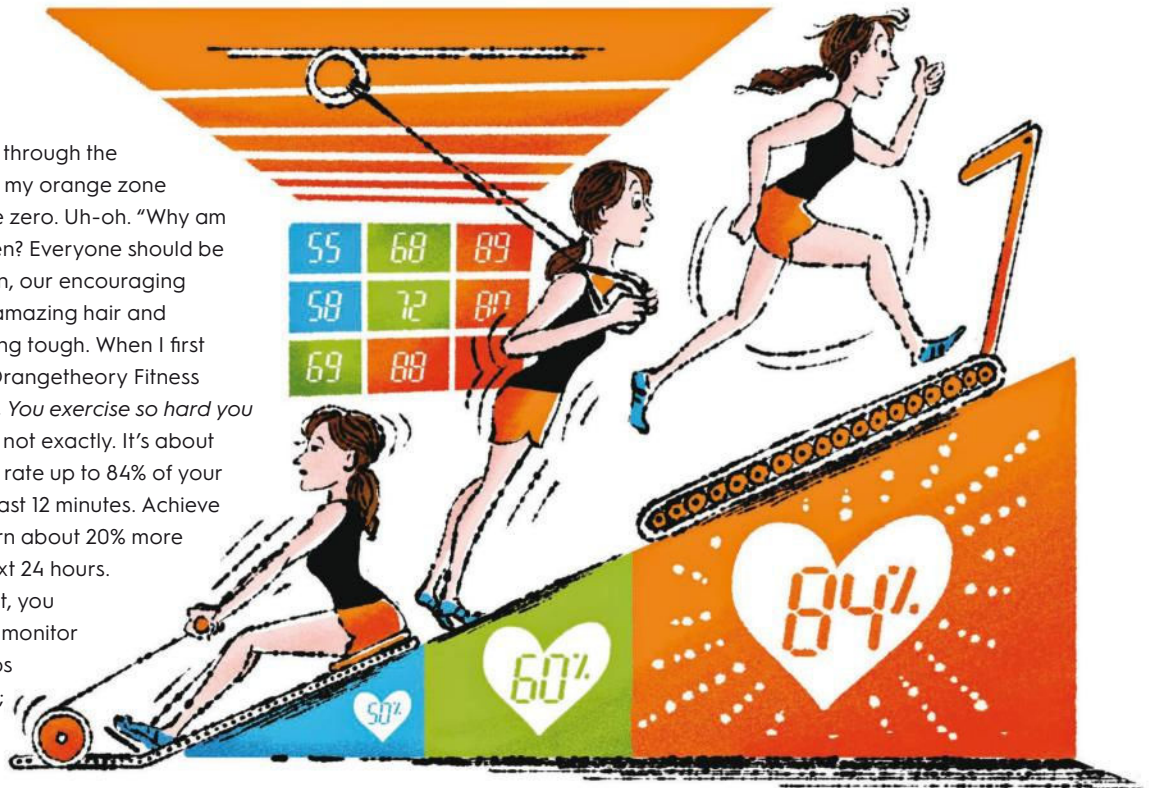
I was halfway through the workout and my orange zone minutes were zero. Uh-oh. “Why am I seeing green? Everyone should be in the orange!” Ben, our encouraging trainer—who had amazing hair and triceps!—was getting tough. When I first heard about the Orangetheory Fitness workout, I thought, *You exercise so hard you turn orange?* Well, not exactly. It’s about getting your heart rate up to 84% of your maximum for at least 12 minutes. Achieve that, and you’ll burn about 20% more calories for the next 24 hours. During the workout, you wear a heart-rate monitor (the kind that straps around your chest; not all that comfortable) so your numbers are broadcast on the screens throughout the studio. When you hit 84%, your section turns orange.

The small studio I went to was painted and backlit in orange. You spend about half the time on the treadmill, the other half split between rowing machines and resistance training equipment. “For a workout to be complete, it has to have three components: high-intensity interval training (treadmill), power (rowing machine), and muscle building (TRX bands and weights),” explains Ellen Latham, exercise physiologist and Orangetheory Fitness founder.

About six people started on the treadmills, and the other six (including me) on the rowing machines. I’m not a total fan of the rower, but I gained a new appreciation for it after Ben showed me what I was missing. The key is not to go faster, but to get more of your body weight behind pulling the handle back. Next we switched to the resistance equipment, but when I chose my spot, the woman next to me gave me the side eye and moved across the room. Was I sweating that much already? As we worked our way through bicep curls with the TRX bands,

tricep lifts with the free weights, and a hop/jump combo over the Bosu Ball, Ben guided and encouraged us. He helped me figure out a way to do a side plank without killing my shoulder and the hop/jump move without falling on my face. It was like getting a personal trainer in a group setting. After about 15 minutes, we were back on the rowers, and that’s when I realized I needed to kick it up a notch. When we hit the treadmills for interval training, my heart rate went into the orange zone pronto. “Way to go Amy B!” Ben called out. Whew.

About 10 minutes after class, I got my stats via e-mail. I’d spent 15 minutes in the orange zone and one minute in the red. And the best part: I wasn’t painfully sore the next day. That’s because, as Ellen described it, you’re working smarter—not harder—to get fit. And, you’re also switching off between different types of exercise so one muscle group doesn’t get overworked. Overall, it was a great way to change up my exercise routine, and I loved the personal attention—a great motivator! I’ve already signed up for my next class. ■



WORK IT

The heart of Orangetheory Fitness is high-intensity interval training (HIIT). Program your own HIIT workout with these apps.

GYMBOSS INTERVAL TIMER

You can set the timer for a single or multiple intervals and choose from already created run-walk workouts. Free; iTunes, Google Play

SECONDS INTERVAL TIMER

Customize this app to tell you which exercise to do when, coordinate music to change with intervals, and monitor your heart rate. \$5; iTunes, Google Play



START WITH

**STRETCHING
A PLAN
POSITIVE THINKING
TAKING THE STAIRS
A CHECKUP
WHOLE WHEAT PASTA
MORE CARDIO
FLOSSING
STEP CLASS
MEDITATION
MORE LEAFY GREENS
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#StartWithHealthy

circle of support

What can you do to help a loved one who's been diagnosed with breast cancer? These survivors have lots of ideas.

JUST BE THERE

■ "My mom sat in the chemo room with me, and we played games like word puzzles. It took my mind off things and helped pass the time. Other patients would join in, and we'd all have a good time!"

—Kerry Horsley, 39, Omaha, NE

■ "A cancer diagnosis comes with information overload, so I was grateful for friends who didn't try to give medical advice. Rather than making me feel overwhelmed, they just offered to listen, helped me formulate questions, or came to appointments to take notes." —Megan Anne Stull, 38, Arlington, VA

■ "So many people want to tell you what you should do (be positive; eat right) or should have done, or share their experience with the disease (my aunt died of breast cancer). While they mean well, it just isn't helpful. Having someone who lets you cry or complain, and who you can be 'real' with was hugely helpful. For me, it was my dad."

—Michelle Esser, 47, Blue Bell, PA

■ "My sister, who lives six hours away, came down with her kids and spent a few days with me before and after my surgery. Just having someone there to talk with made a bigger difference than I thought it would."

—Jilda Nettleton, 50, Pacifica, CA

THINK ABOUT THE BASICS

■ "I was graciously sent a housekeeper who came every two weeks for a year. It was heaven not to worry about cleaning my bathrooms and instead spend the precious time I felt OK with my family."

—Brittany Stalvey, 31, Leesburg, GA

■ "Family and friends set up a *taketheameal.com* site for me. People signed up for three times a week, brought enough food for two nights, and several brought freezer meals to fill in on the nights

that I didn't have anyone signed up."

—Jami Watson, 40, Brandon, MS

■ "My cousin would just come over and make it her business to help me out. She became my official driver to and from treatments, helped my kids get their homework done, and even tucked me into bed."

—Yvonne Edwards, 50, Atlanta, GA

CHEERLEAD!

■ "A relative made #mikabeatscancer decals for my friends and family. They put the decals on their cars, laptops, water bottles, and posted photos on Facebook and Instagram. The visual representation of their support has been very uplifting!"

—Joanne Hayashi, 34, Kaneohe, HI

■ "My coworkers from different parts of the country had Team Haley T-shirts made and surprised me the day of my surgery by sending me pictures of everyone wearing them. They wore them every Friday that I had treatment. To know that I had so many people supporting me was amazing."

—Haley Heupel, 30, Florence, AL

■ "I knew that losing my hair was going to be difficult, so my friend helped me shave it off before it fell out. A cancer diagnosis can make you feel like you've lost control; she helped me take control of the one thing that upset me most."

—Nicole Shorey, 37, Harrisburg, PA

■ "Shortly after I was diagnosed, I got two care packages. One was a Box of Sunshine, with everything yellow: candles, soap, lemon candy. The other had fun things like a bag of gummy bears ("in case you need to bite someone's head off") and crayons and coloring books so my kids could decorate my room with pictures. Another friend texted me emoticons several times a day just so I knew that she was thinking about me without feeling like I had to respond."

—Nicole Phillips, 41, Athens, OH

ALL HANDS ON DECK

Resources that make it easier to give a loved one the boost they need.

CAREPAGES.COM

Share news, photos, and updates with your group of supporters so everyone can stay up-to-date on what's needed and where things stand.

MEALTRAIN.COM

A free online platform that helps organize meal delivery. Enter dates when meals might be helpful, then others can join in via e-mail, Facebook, and a newsletter.

FORDCARES.COM

The Ford Warriors in Pink #MoreGoodDays program was created to help improve breast cancer patients' quality of life. Find everything from free meal- and errand-scheduling services to clothing designed to wear during treatment or post-surgery. ■



GOOD TO KNOW

83% OF BREAST CANCER PATIENTS **WORRY ABOUT KEEPING UP THEIR DAILY ROUTINES** WHILE THEY'RE IN TREATMENT.

(source: Ford Warriors in Pink 2016 survey)

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

always
discreet

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



Always Discreet for bladder leaks.



A Trick for Treats

So much effort goes into the costume, why carry a bland bag? DIY diva **Brit Morin** of Brit + Co shows you how to make a simple canvas tote trick-or-treat worthy.

New craft ideas & videos!

We've teamed up with Brit + Co to bring you a brand-new holiday video series featuring mini crafts. Head to BHG.com/Brit all season long to watch Brit and friends create festive crafts for Halloween, Thanksgiving, and Christmas.

FREE STENCILS!

For the stencils used in this project, visit brit.co/stencils



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face off

These durable and adorable treat bags put the usual grocery sacks and pillowcases to shame, plus they'll last for years. Glittering foam faces attach with hook-and-loop tape so kids can swap between cat, ghost, and jack-o'-lantern as often as they like. Changing out paint, glitter, and foam colors gives each bag a completely different look.



MATERIALS Canvas tote bag ■ Painters tape ■ Scissors ■ Foam brush ■ Fabric paints ■ Glitters ■ Marker ■ Glitter foam sheets ■ Hook-and-loop self-adhesive tape for fabric

STEP-BY-STEP



1 Tape off a simple design to be painted along the bottom edge. An asymmetrical V shape, for example, gives the cat a chin.



2 Working quickly, apply a thick layer of fabric paint to the taped-off portion using the foam brush.



3 While paint is still wet, sprinkle on glitter of the same color. Let dry, then peel off tape.



4 Use the stencils at brit.co/stencils to trace eyes, a nose, whiskers, and a mouth on the back side of the glitter foam sheet. Cut out designs.



5 Arrange foam pieces on the bag to create a face. Press a small piece of hook-and-loop tape onto the back of each piece. Remove the backing, and press in place on bag.



6 To create a closure for the bag, attach a 2- to 3-inch strip of hook-and-loop tape in the center of the inside top edges. ■

WALK YOUR TACO



Lunchables

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WALKING TACO.**
**IT'S WHAT'S INSIDE YOUR
TEEN'S SNACK THAT COUNTS.**
JUST MIX, HEAT AND EAT.



1968
FLAME STITCH

Ready to play with fire? Put a spin on this centuries-old but always energetic pattern.

THE ORIGINAL Traditional flame stitch needlework combines long, vertical stitches and bold colors into zigzagging peaks and valleys. Our October 1968 issue used the undulating pattern to bring a bit of that era's psychedelic aesthetic to an interior.

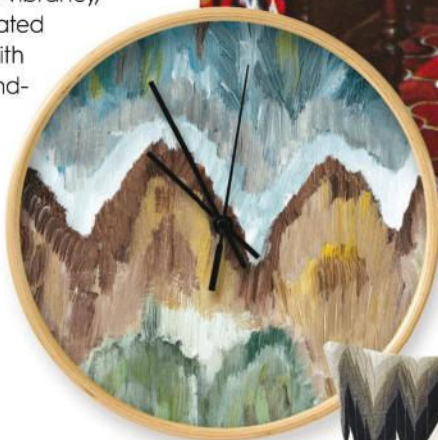
THE UPDATE Still prized for its vibrancy, modern flame stitch has updated its mathematical uniformity with geometric variations and hand-crafted textures. A clockface appears painted on, fabric waves like the sea, and often, asymmetry reigns.



Flame stitch is also called bargello or Florentine stitch after 17th-century needlepoint-covered chairs in Florence's National Museum of the Bargello.



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1 WATER BOTTLE

S'well Textile Collection
in Santorini, 25 oz.,
\$45; swellbottle.com

2 RUG We love this blend of flame stitch and chevron. Surya Frontier Golden Raisin & Ivory Zig Zag Area Rug, 2x3 feet, \$28.37; wayfair.com

3 CLOCK Statement wall art with a function. Flame Stitch Pattern I Clock, \$49.99; allposters.com

4 PILLOW Zig Zag
Flamestitch Pillow
Cover in Black, \$38;
willaskyehome.com

5 POUF Square Pouf in Ebb & Weave in Cranberry, 24×24×13 inches, \$294; loomdecor.com

6 FABRIC Seaglass
by Duralee, DU15907-
619, \$72.45 per yd.;
insidefabric.com ■

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