

the GOOD stuff



HOME HACK

WASHER REFRESH

Give your dishwasher a quick and crazy-affordable makeover with a seatch of pretty wallpaper. Whitney Leigh Morris, creator of the blog Tany Canal Cottage, whose home you see here, cycled through prints for years until she upgraded her machine. Use four strong make it easy to switch designs.

CONTENTS

FEATHER + NEST p. 19

20

INSIDE THE GH BEAUTY LAB

Healthy skin, hair and more

25

SUMMER BEAUTY SPECIAL

Beat-the-heat secrets

32

AWESOME OUTFITS

Easy dressing ideas

42

HOME

Backyard makeover

53

BEDROOMS FOR EVERY STYLE

GH REPORT p. 59

59

BUILD YOUR BEST BED EVER

Tips for the coziest night's sleep

66

BATHROOM UPGRADES

Little changes with big impact

DISCOVER p.69

70

JUST IN

Inspiration, books and buzz

76

WELLNESS

Need-to-know health news

GOOD BACTERIA

Why your microbiome is magical

84

A USER'S GUIDE TO YOUR BODY

Advice to help you live longer, healthier, happier

COOK + SAVOR p. 91

92

TASTES LIKE SUMMER

50 things to eat and drink



CONTENTS

105 EASY WEEKNIGHTS

20-minute meals

FAMILY + PETS p. 123

124 FAMILY

Raising kids

126 PETS

Dog training 101

IN EVERY ISSUE

128

GH SEAL STAR OF THE MONTH

SunSetter motorized awning



COVER: Photographed by Mike Garten. Designed and styled by Cate Geiger Kalus.

JUNE 2019 VOL. 268, NO. 6
Good Housekeeping (ISSN 0017-209X)
is published monthly, 12 times per year, by
Hearst, 300 West 57th Street, New York,
NY 10019, U.S.A. Steven R. Swartz.
President & Chief Executive Officer;
William R. Hearst Ill, Chairman; Frank A.
Bennack, Jr., Executive Vice Chairman.
Hearst Magazine Media, Inc.: David
Carey, Chairman; Troy Young, President;
Debi Chirichella. Executive Vice
President, Chief Financial Officer, John
A. Rohan, Jr., Senior Vice President,
Finance; Catherine A. Bostron,
Secretary, e 2019 by Hearst Magazine
Media, Inc. All rights reserved. Good
Housekeeping is a registered trademark
of Hearst Communications, Inc.
Periodicals postage paid at New York, NY,
and additional entry post offices. Canada
Post International Publications mail product (Canadian distribution) sales agreement no. 40012499. Editorial and advertising offices: 300 West 57th Street, New
York, NY 10019-3797. Subscription Prices:
United States and possessions: \$24.97 for
one year; Canada, add \$6; all other countries, add \$22. Subscription Services: Good
Housekeeping will, upon receipt of a complete subscription order, undertake fulfillment of that order so as to provide the
first copy for delivery by the Postal
Service or alternate carrier within 4-6
weeks, POSTMASTER: Send all UAA to
CFS. (See DMM 707.4.12.5); NONPOSTAL AND MILITARY FACILITIES:
Send address corrections to Good
Housekeeping, P.O. Box 6000, Harlan, IA
51593. For customer service, changes of
address and subscription orders, log on
to service.goodhousekeeping, p.O. Box 6000,

THAT'S GENIUS!

SMELLY-SHOE SOLUTION

Now you can wear your favorite flats all summer without stinking up your closet. These thin, machine washable liners provide coverage like no-show socks, but they're made with a special antimicrobial yarn that helps eliminate odors. Plus, they're moisture-wicking, so even if you're running around for hours, your feet will still feel dry.



\$18, MYGEKKS,COM

Harlan, IA 51593.