



WEEKNIGHT DINNER  
in a Flash

Well  
No. 1  
ICED  
COFFEE

**48** things to  
**EAT, COOK, SIP**  
and **SERVE** P 86

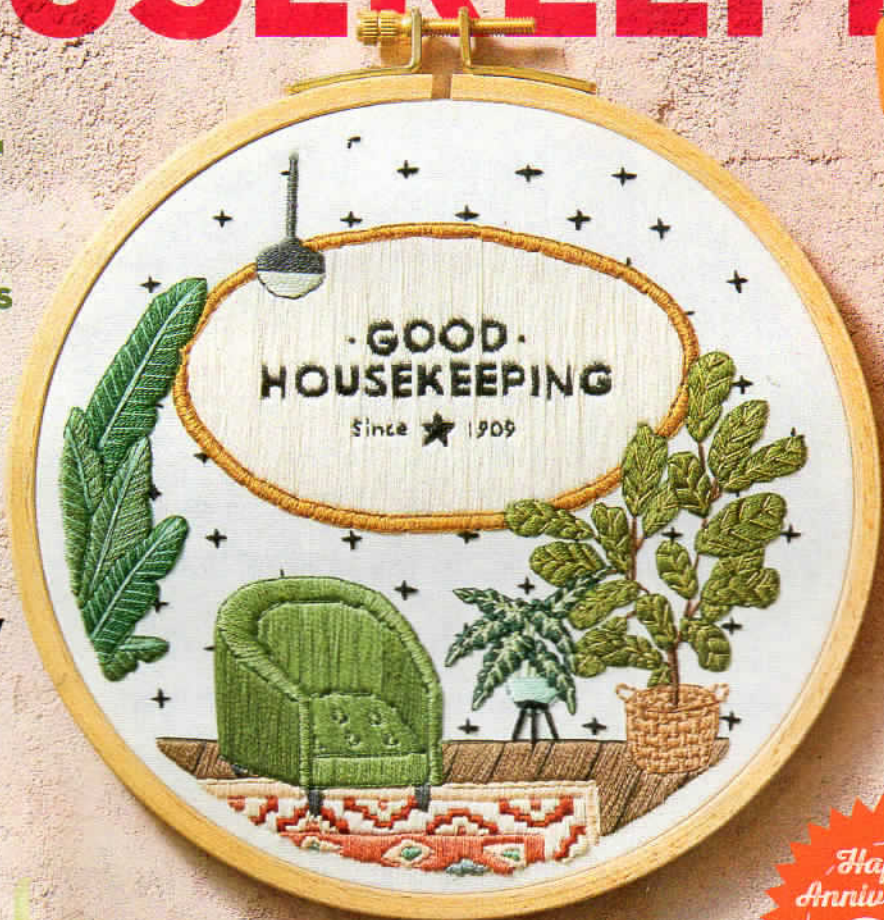


Berry  
MUG CAKE

# GOOD HOUSEKEEPING

**NO SWEAT TIPS**  
for a Spotless Home

The **Best**  
(TESTED)  
**Stuff**  
for **Every Room**



We Said  
What?!

A Wacky  
Fat Loss  
Tip From  
1950 That  
Actually  
Works



**GOOD HOUSEKEEPING**

**110**  
Years of  
Awesome

# the **GOOD** stuff



COVER STORY

## CHEERS TO THE SEAL!

The Good Housekeeping Seal, a symbol of quality assurance since 1909, has come to stand for consumer protection too. All products that earn the GH Seal are reviewed by the GH Institute, which has been identifying safe and effective products since 1900—even before the FDA was established. Discover more fascinating moments and milestones in our history throughout this issue. And check newsstands for these four collectible covers inspired by popular consumer categories tested by the GH Labs so that you, our beloved readers, can make the best decisions for your families.

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See all the amazing ways GH Seal stars are used IRL

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The perks of having them in the workplace

Plus, genius GH-tested finds throughout the issue!

**COVER:** Sponge photographed by Mike Gerner, prop styling by Lu Engelhart; Seal illustrations by Fran Ross; Cake photographed by Mike Gerner, prop styling by Lu Engelhart; Food styling by Jean Schröder; Embroidery by Lauren Hodson of Lark Rising Embroidery; photographed by Mike Gerner, prop styling by Lu Engelhart; Beauty photographed by Mike Gerner, prop styling by Lu Engelhart.