

SPEED Leaning Guide (Strub Smarter, Not Harder!)



Blenders Cooling PJ's

Baby Gear

HOUSEKEEPING

HOUSEKE

eute BACKYARD **GUESTHOUSES** Fun! you can buy online!



Suild Your Own Tiny Home in as Little as a Day

recipes

surefire WAYS to MELT BODY FAT



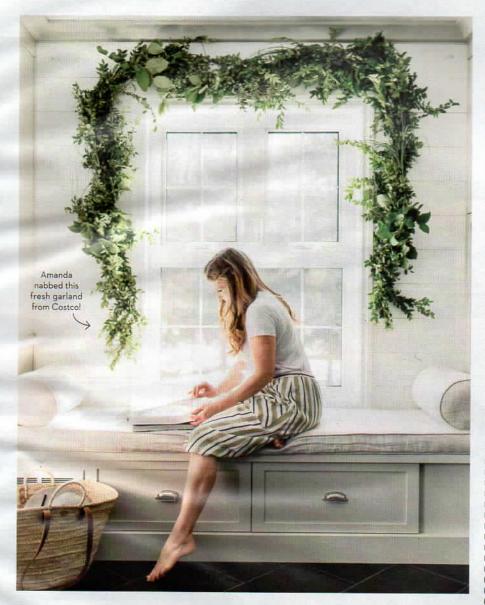
Quickie Read! The Hot New Book-to-Netflix Romance



SPONSORED CONTENT

Yay!

the GOOD stuff



#THATSGOODHOUSEKEEPING

DECK THE WINDOWS

Why relegate green garlands to the holiday season—or even to banisters and mantels?! Take a cue from Amanda Campbell, founder of the design blog *The Ginger Home*, and use them to spruce up your home year-round. "I'm always sad when it's time to take garlands down after winter," she says. "So this year, I hung a fresh one over the window in our mudroom to create a dreamy, garden-style reading nook. It's an unexpected and fun way to bring the outside in!"

CONTENTS

FEATHER + NEST p. 17

18

INSIDE THE GH BEAUTY LAB

Healthy skin, hair and more

23

BRIGHT IDEAS FOR GLOWING SKIN

26

AWESOME OUTFITS

Easy dressing ideas

32

HOME

Small space, big style

8

TINY HOUSE SPECIAL

Buy one for your own backyard!

45

ASK THE GH CLEANING LAB

Our home care expert's advice

GH REPORT p. 47

47

SPEED-CLEAN ANY ROOM

52

BEST OF THE TEST

Cooling pajamas

54

SEAL SPOTLIGHT

New-mom must-haves

DISCOVER p.57

57

JUST IN

Health, inspiration + books

37

THE SCIENCE OF BODY FAT

/3

WELLNESS

Need-to-know health news

COOK + SAVOR p. 77

78

JUST BLEND IT

Tasty summer recipes

87

EASY WEEKNIGHTS

30-minute meals

MY HOMETOWN

ST. LOUIS, MISSOURI

Psyche Southwell, social science researcher and creator of the fashion blog *Economy of Style*, shares all her favorite spots.

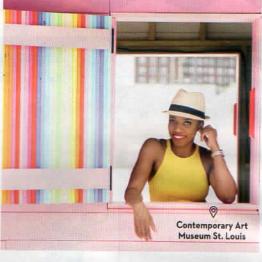








"At the Angad Arts Hotel, you can book your room based on what they call 'emotion of color,' like Passionate Red or Tranquility Blue. It's impossible not to feel joy when staying in an all-yellow room."







→ explore

"Stop by the Missouri Botanical Garden – its 'Climatron' dome is like a tropical oasis – and the (free!) Contemporary Art Museum St. Louis. Its innovative artwork inspires so much of my blog."

- shop

"Union Studio carries oneof-a-kind finds and specialty goods made by St. Louis artisans. I especially love the chic clothing from Olivia Rae Designs and luxe bath salts from Heritage1933."

FAMILY + PETS p. 103

103 FAMILY YouTube kids

106 PETS Best dog beds

IN EVERY ISSUE

108
GH SEAL STAR
OF THE MONTH

Englert LeafGuard Gutters



COVER: Photographed by Mike Garten. Food styling by Michelle Gatton. Prop styling by Elisabeth Engelhart.

AUGUST 2019 VOL. 269, NO. 2
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, Chief Financial Officer and Treasurer; John A. Rohan, Jr., Senior Vice President, Chief Financial Officer and Treasurer; John A. Rohan, Jr., Senior Vice President, Chief Financial Officer and Treasurer; John A. Rohan, Jr., Senior Vice President, Chief Financial Officer and Treasurer; John A. Rohan, Jr., Senior Vice President, Chief Financial Officer and Treasurer; John A. Rohan, Jr., Senior Vice President, Enance; Catherine A. Bostron, Secretary. © 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. 4001249. Editorial and advertising offices: 300 West 57th Street, New York, NY 10019-3797. Subscription Prices: United States and possessions: \$24.97 for one year, Canada, add \$8; all Other countries, add \$22. Subscription Services: Good Housekeeping will, upon receipt of a complete subscription order, undertake fulfillment of that order so as to provide the first copy for delivery by the Postal Service or alternate carrier within 4-6 weeks, POSTMASTER: Send all UAA to CFS. (See DMM 707-4.12.5), NON-POSTAL AND MILITARY FACILITIES: Send address corrections to Good Housekeeping, P.O. Box 6000, Harlan, IA 51593.