

FEBRUARY 2014

# Good Housekeeping

## EASY MEALS

DELISH DINNERS & GUILT-FREE DESSERTS →

VIP AWARDS

### BEST NEW PRODUCTS

To Make Your Life Better p. 137

**Quick!**  
DECLUTTER ANY ROOM IN YOUR HOUSE

WINTER SKIN SAVERS  
**18** Ways to Soothe and Smooth

**DROP POUNDS—FAST!**  
OUR BREAKTHROUGH PLAN

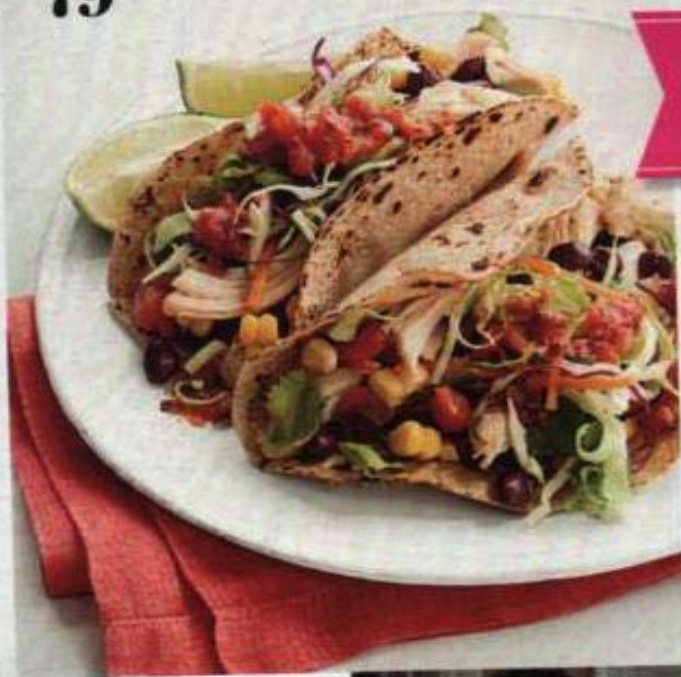


ST. SCHOLASTICA'S COLLEGE  
D. DE LA ROSA  
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RECEIVED

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(only 230 calories!)

  
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25



59



168

92



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Cover photographed by CON POULOS.  
Food styling by Anne Disrude.  
Prop styling by Marcus Hay for patbatesandassociates.com.

## GOOD LIFE

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**30 Sisters, Lost & Found** A disaster tore five siblings apart. Decades later—thanks to the power of the Internet and the kindness of strangers—an amazing reunion took place, and *Good Housekeeping* was there  
By Abigail Pesta

## LOOK GOOD

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## FEEL GOOD

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**71 Nutrition News** The power of the Mediterranean Diet • Ask Sam: Which is better for your heart, diet or exercise? • Sprinkle on a healthy seasoning  
**75 Do You Really Need a Mammogram?** When even the experts can't agree, how do you decide? Follow these new, personalized guidelines By Janis Graham  
**79 Never Diet Again!** Eat well (tacos! steak!), eat smart (dessert!)—and you'll drop pounds, keep them off, and look younger, too. Sample five days' worth of anti-aging meals based on the new 7 Years Younger Diet

18



P. 23  
In a dinner rut? Go global!



P. 18  
Super bowls (plus more chic treats)



P. 25  
Lip service—the perfect pout



P. 30  
A family reunion like no other



# GOOD★LIFE

What's new,  
what's now, what's  
noteworthy

What puts  
the *good*  
in our good  
house?

1.  
Heart-shaped  
pancakes  
for breakfast.

2. Drawing on a frosted pane. 3. Your two fave sweaters, worn together!  
4. Hearty winter soup. Mmm. 5. Short month = that much closer to summer.