

TOP CORNER  
**WIN!**  
THE ULTIMATE  
VACATION TO  
UNIVERSAL  
ORLANDO RESORT  
SEPTEMBER 2017

GOOD  
HOUSEKEEPING  
QUALITY TESTED

# GOOD HOUSEKEEPING

## 40

FRESH WAYS TO

**GRILL,**  
*chill*  
& **GET**  
**OUTSIDE**

Finger-Lickin'  
Tacos

BBQ Peaches

Best-Ever  
Potato Salad



**HOW TO**  
**LIVE**  
**LIGHTER**  
\*  
**LOW-CAL MEALS**  
ASK DR. OZ  
**BEACH BODY**  
**MOVES**



DISTRIBUTORS, INCORPORATED  
200 West 100th Street, Suite 200  
Cincinnati, OH 45228  
Tel: 513-261-1000 • Fax: 513-261-1001  
www.emeraldheadway.com

**GH SEAL APPROVED!**

LAB-TESTED  
**SLEEP**  
SOLUTIONS

HUBS #2072926 - 133233972

08-01-2017  
GOOD HOUSEKEEPING (UK)

ST. SCHOLASTICA'S COLLEGE  
C/O MS. LESLIE BELLOSILLO,  
560 LEON GUINTO, MALABAR,  
SANLA, METRO MANILA, 0

**10-MINUTE**  
**ORGANIZING**  
**SECRETS**

# August **GOOD** 2017 **HOUSEKEEPING**

## OUR COVER

---



**COVER**  
photographed  
by Mike Garten  
Food styling by  
Christine Albano  
prop styling  
by Cate  
Geiger Klaus

59

**PEACHES  
GRILLED TO  
PERFECTION**

41

**ORGANIZING SECRETS**

---

58

**40 FRESH WAYS  
TO GRILL, CHILL  
& GET OUTSIDE**

---

79

**POCKET \$1,600  
THIS MONTH!**

---

118

**LIVE LIGHTER**

---

138

**YOU COULD WIN!  
A TRIP TO UNIVERSAL  
ORLANDO**

## YOUR LOOK

**13 Style Checklist**  
Frilly finds, statement sneakers and summer makeup

**22 Skin Science**  
Pro fixes for age spots

**25 Hair Special**  
Styling solutions for flyaways, frizz and more

**32 A Week of Awesome Outfits**  
Easy-dressing ideas

## YOUR HOME

**41 Decor + More**

**46 A Little Bit Country**  
One family's charming, rustic getaway

**57 Ask Carolyn**  
Tips to tackle any mess

## REAL LIFE

**67 Everyday Heroes**  
Anti-bullying buddies spread kindness

**71 Reader's Story**  
"Our big sister is our guardian angel"

## INSTITUTE TRIED + TESTED

**28, 30, 89 Best of the Test**  
Frizz fighters, self-tanners, toilet paper

**90 Seal Spotlight**  
Sleep solutions

## YOUR BODY

**93 Do Diet**  
Simple to-do's for a healthier, happier you

**102 Nutrition Advice**  
GH's R.D. weighs in on top Q's

**104 Mental Wellness**  
How one mother overcame addiction

## YOUR KITCHEN

**58 Fire Up the Grill!**  
Sear salad, dessert and everything in between

**109 Recipes + Tools**  
Tasty ideas from our food team

**113 #TacoTuesday**  
Fillings, toppings, yum!

**116 10-Minute Gourmet**  
Homemade ranch dressing

**118 Weeknight Easy**  
20-minute meals

**125 Mmm...Morning**  
Sweet 'n' salty maple granola bark

## INEVERY ISSUE

**8 Editor's Letter**

**10 Agenda**

**133 Family Room**  
Fun project, kid hero and cats!

**140 GH Seal Star**  
Country Crock spreads



46

BEDSIDE HAVEN



14

STRAPPY SANDALS

## GOOD HOUSEKEEPING

**JANE FRANCIOSO** EDITOR-IN-CHIEF & EDITORIAL DIRECTOR, HEARST LIFESTYLE GROUP; **Melissa Geurts** CREATIVE DIRECTOR; **Heaphan B. Murphy** EXECUTIVE EDITOR; **Laura Jennings** DEPUTY DIRECTOR, GH INSTITUTE; **Kim Chesney** EXECUTIVE MANAGING EDITOR; **Lindsay Benoit** STRATEGIC PROJECTS DIRECTOR; **EDITORIAL** **Stephanie Dolgoff** EDITOR-AT-LARGE, HEALTH; **Carla Rohlfing Levy** EDITOR AT LARGE, FEATURES AND BOOKS; **Lori Bergamotto** STYLE DIRECTOR; **Andra Chaitin** SENIOR EDITOR; **Dana A. Levy** ASSISTANT MANAGING EDITOR; **Shelly Watson** EXECUTIVE ASSISTANT; **Ariella Reifford** ASSISTANT EDITOR; **Sara Bower, Sarah Walter** EDITORIAL ASSISTANTS; **Ann Schinnerer** EDITORIAL BUSINESS MANAGER; **ART** **Marlene Turner** ART DIRECTOR; **Miguel Rivera** DEPUTY ART DIRECTOR; **Elizabeth Enghardt** ASSOCIATE ART DIRECTOR; **Madeleine Kelly** ASSISTANT ART DIRECTOR; **PHOTOGRAPHY & PRODUCTION** **Deveno Beverman** PHOTO EDITOR; **Mike Garten** PHOTOGRAPHER; **Cole Golger Kalus** EDITORIAL STYLIST; **Emily Luppino** ASSOCIATE PHOTO EDITOR; **Kristen Saladino** FASHION DIRECTOR; **Sarah Gerrish** MARKET DIRECTOR; **Samantha Roman** ASSISTANT FASHION EDITOR; **Ann Wang** FASHION ASSISTANT; **BEAUTY** **Leah Wyr Romito** CHIEF BEAUTY DIRECTOR; **April Franzino, Victoria Kirby** BEAUTY DIRECTORS; **Marissa Oliva** BEAUTY EDITOR; **Haddie Abarman** ASSOCIATE BEAUTY EDITOR; **Paige Stables** BEAUTY ASSISTANT; **HOME & POOD** **Susan Westmorsland** FOOD DIRECTOR; **Catherine La, Sherry Bullkam** ASSOCIATE FOOD EDITORS; **Gabriella Vigoreux** ASSISTANT FOOD EDITOR; **Trish Closen** ASSISTANT EDITOR; **Jeffrey Phillip** ORGANIZING EXPERT; **RESEARCH & COPY** **Stacy Cousins** DEPUTY EDITOR, COPY; **Janie Matthews** SENIOR EDITOR, RESEARCH; **Clare Ellis** ASSOCIATE RESEARCH EDITOR; **Jeffrey Phillip** ORGANIZING EXPERT; **GOODHOUSEKEEPING.COM** **Kristina Brascan** SITE DIRECTOR; **Devin Tamb** DEPUTY EDITOR; **Michelle Manetti** SENIOR EDITOR; **Lauren Smith** HOME EDITOR; **Lindsay Hurry** TRENDS & REVIEWS EDITOR; **Kate Bennis** VIDEO PRODUCER; **Stephanie Shors Fisher** SENIOR EDITOR, SOCIAL & VIDEO; **Kayla Keegan** SOCIAL MEDIA EDITOR; **Caroline Picard** ASSISTANT EDITOR; **PATRICIA HAEGELE** EVP, BRIDGE PUBLISHING DIRECTOR & CHIEF REVENUE OFFICER; **Sara Rye** ASSOCIATE PUBLISHER, SALES; **Christine Romazzoli Garstein** ASSOCIATE PUBLISHER, GROUP MARKETING DIRECTOR; **David Rockefeller** GROUP FINANCE DIRECTOR; **Carol E. Campbell** EXECUTIVE DIRECTOR, SALES DEVELOPMENT; **Rich Hencke** DIRECTOR, STRATEGY & MARKETING PARTNERSHIPS; **INTEGRATED SALES NEW YORK** **Sara D'Angelo, Irene Grieco, Beverly Hood Allen, Doreen Shelley, Karen Sullivan** DIRECTORS; **Ron Salasca** EXECUTIVE DIRECTOR, HEALTH; **Kelsey Reynolds** SALES ASSOCIATE; **Jessica Dendek** COORDINATOR; **MIDWEST** **Erica Reynolds, Marisa Warren** DIRECTORS; **Maya Yancey-Gilmore** SALES COORDINATOR; **WEST COAST** **Kelly Berez** DIRECTOR; **Caitlin Morton** COORDINATOR; **DALLAS** **Barbara Cribben** DIRECTOR; **DIRECT MEDIA** **Christina L. Hall** VICE PRESIDENT; **Carolina Benedetto** MANAGER; **TRAVEL** **Nick Romano** NORTHEAST; **Rosky Kurnand** SOUTHEAST; **Tim Derr** MIDWEST/NORTH CENTRAL; **CONTENT LICENSING & REPRINTS** **Brett Perilla** WRIGHT'S MEDIA; **beperilla@wrightsmmedia.com**; **GH SEAL** **Salimah Ali** CONSUMER SERVICES & SEAL MANAGER; **RESEARCH** **Theresa B. Salimbene** MARKETING RESEARCH DIRECTOR; **MARKETING SERVICES** **Barbara E. Semmel** MARKETING MANAGER; **MANUFACTURING** **Chuck Lodato** PRODUCTION/OPERATIONS DIRECTOR; **Liz M. Chan** CREATIVE DIRECTOR; **Allison Lach** SENIOR INTEGRATED MARKETING MANAGER; **Ashley Hatajev** ASSOCIATE INTEGRATED MARKETING MANAGER; **ACCOUNT MANAGER** **CONSUMER MARKETING** **Rick Day** VP, CONSUMER MARKETING; **OPERATIONS DIRECTOR** **Christopher Hertzog** OPERATIONS ACCOUNT MANAGER; **Frank Linzen** PREMEDIA ACCOUNT MANAGER; **ASSOCIATE BUSINESS MANAGER** **Elizabeth V. Ruck** EXECUTIVE ASSISTANT TO THE GROUP CHIEF REVENUE OFFICER; **FINANCE** **Sonia Lococo** ASSOCIATE BUSINESS MANAGER

PUBLISHED BY HEARST COMMUNICATIONS, INC. Steven R. Swartz PRESIDENT & CHIEF EXECUTIVE OFFICER; William M. Hearst III CHAIRMAN; Frank A. Sennack, Jr. EXECUTIVE VICE CHAIRMAN; Catherine A. Bristow SECRETARY; Carter Charles TREASURER; HEARST PUBLISHING DIVISION: David Conroy PRESIDENT, MARKETING & PUBLISHING DIRECTOR; Tony Young PRESIDENT, DIGITAL MEDIA; Joanna Coates CHIEF CONTENT OFFICER; DANA CHIRIOBELLA SENIOR VICE PRESIDENT, CHIEF FINANCIAL OFFICER; Robert C. Mauer, Mark F. Miller PUBLISHING CONSULTANTS; INTERNATIONAL EDITORIAL: GREAT BRITAIN, KAZAKHSTAN, PHILIPPINES, RUSSIA, SOUTH AFRICA Kim Bl. Clay Booden SWP/INTERNATIONAL EDITORIAL DIRECTOR; Corporate address: 300 W. 57th Street, NY, NY 10019