

# the GOOD stuff



GH HOME HACK

## **GLAM NIGHTSTAND**

You may already have a bar cart for serving up drinks, but this entertaining essential also makes a super-organized bedside table. Keep the usual lamp and alarm clock up top and use the additional shelf space for books, drink glasses, extra linens and a catchall basket. Everything you could ever need will be in reach!

#### CONTENTS

FEATHER + NEST p. 17

INSIDE THE GH BEAUTY LAB

Healthy skin, hair and more

21

WHAT'S YOUR (HAIR) DAMAGE?

AWESOME OUTFITS

All under \$100

34

HOME

Bright front door ideas

ASK THE GH CLEANING LAB

Our home care expert's advice

DISCOVER p. 43

44

JUST IN

Health, inspiration + books

50

REAL LIFE STORY

How CBD helped her anxiety

55

WELLNESS

Need-to-know health news

GH REPORT p. 61

62

SUMMER SOLUTIONS

GH Institute pros answer your Q's

SEAL SPOTLIGHT

Protect your home from warm-weather woes

COOK - SAVOR p. 71

**DELICIOUS SALADS & SIDES** 

Perfect BBQ pairings

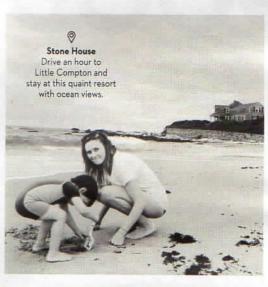
**EASY WEEKNIGHTS** 

20-minute meals

MY HOMETOWN

#### WARWICK, RHODE ISLAND

Michaela McManus, mom of two and star of NBC's drama *The Village*, takes us all on a trip to one of her favorite places: home!









Jigger's







"For breakfast or lunch, I take my kids to **Jigger's Diner** (in the town next door) for their famous johnnycakes. You also can't go wrong with any of the delicious seafood at **Finn's Harborside**."

### → drink

"Whenever I have friends visiting my hometown, I always bring them to **Del's** for frozen lemonade. I got married in Warwick at the Aldrich Mansion, and we served Del's with vodka as our signature drink."

## > explore

#### "Goddard Memorial State

Park is such a peaceful retreat for my family. My kids can kick around on the beach, follow a hiking trail through the woods in search of nature's treasures or roam the wide-open spaces." FAMILY + PETS = ==

96 FAMILY

Parenting 101

98 PETS

Best leashes and harnesses

IN EVERY ISSUE

100

GH SEAL STAR OF THE MONTH

Conair super steamer



COVER: Photographed by Mike Garten. Prop styling by Lis Engelhart.

JULY 2019 VOL. 269, NO. 1
Good Housekeeping (ISSN 0017-209X) is published monthly. 12 times per year, by Hearst, 300 Weet 57th Street. New York. NY 10019, U.S.A. Steven R. Swartz. President & Chief Executive Officer; William R. Hearst III. 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. © 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 \$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 wefs. Foe DMM 707.4.12.51: NOA DSTAL AND MILITARY FACILITIES. Send address corrections to Good Housekeeping, P.O. Box 6000, Harlan, IA 51593.