

Super Delicious Ways to

**EAT MORE VEGETABLES!**



JOHN B. LACSON

MOLO LIBRARY  
MAGAZINE

YOU COULD WIN

**\$9,000 HAWAII GETAWAY** P 18

# GOOD HOUSEKEEPING

## 2019 BEAUTY AWARDS

Top Winners to Buy Right Now!

### best-tested CLEANING STARS

WE TRIED  
**2,315**  
PRODUCTS IN  
OUR LABS!



CBD  
Should I  
Try It?  
P 60



DREAM KITCHEN IDEAS FOR ANY BUDGET



GOOD HOUSEKEEPING

05168 P0593 003 755

#BXBCCLV \*\*\*\*\*CAR-RT WSH\*\*C-031  
#GHK2270570392/1# 00012 OCT20 5168  
C O B SIMBORIO  
21131 MARBELLA AVE  
CARSON CA 90745-1339

# the **GOOD** stuff



EASY DIY

## CUSTOM BOUQUET

Celebrate *all* the awesome women in your life, from your mother to your sister-in-law to your work wife, with these easy arrangements. Pick fresh blooms from your garden (or divvy up a market bouquet) and wrap in 14" x 14" butcher's or craft paper. Tie with a ribbon and write on a heartfelt message. *Love!*

### CONTENTS

FEATHER + NEST p. 23

23

#### GH BEAUTY LAB AWARDS

Top skincare, anti-aging, hair, makeup and more

38

#### AWESOME OUTFITS

Easy dressing ideas

48

#### HOME

Genius kitchens

57

#### ASK THE

#### GH CLEANING LAB

Expert advice

DISCOVER p. 59

60

#### JUST IN

Health, inspiration + books

67

#### READER STORY

A daughter's love

73

#### WEIRD (BODY) SCIENCE

Everything explained

GH REPORT p. 79

79

#### CLEANING AWARDS

Best household products

COOK + SAVOR p. 91

92

#### TASTES LIKE SPRING

Recipes that celebrate the season

102

#### FROM SCRATCH

Homemade margaritas

MAY CROP

# Rhubarb

Yes, it makes a great pie filling, but here are some even more delicious ways to prepare this veggie:

## TURN IT INTO SALSA...

Toss 2 rhubarb stalks and 2 small Persian cucumbers (both cut into ¼-in. pieces), 1 jalapeño and ½ small red onion (both finely chopped) and ½ cup cilantro (chopped) with 2 Tbsp lime juice and ½ tsp salt. Serve over grilled chicken, fish or steak.

## ...OR SYRUP

In large saucepan, bring 1 lb rhubarb (chopped) and 1 cup each sugar and water to a boil, then simmer until rhubarb is broken down, 25 min. Let cool 5 min., then strain and let cool. Add to club soda or use in cocktails.

## GH TEST KITCHEN TIP:

The stalks vary in color, but it doesn't affect the flavor! Save your reddest stalks for recipes where color is important, such as the syrup, and use the paler stalks where it doesn't matter as much, such as in jam.



## CONTENTS

FAMILY + PETS p. 116

116

### FAMILY

Raising kids

118

### PETS

Cat adoption 101

IN EVERY ISSUE

120

### GH SEAL STAR OF THE MONTH

Sleep Number mattress



#### COVER:

Photographed by Mike Garten, Prop styling by Lis Engelhart.

MAY 2019 VOL. 268, NO. 5  
 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 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 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. For customer service, changes of address and subscription orders, log on to [service.goodhousekeeping.com](http://service.goodhousekeeping.com), or write to Customer Service Department, Good Housekeeping, P.O. Box 6000, Harlan, IA 51593.

WHAT WE'RE TESTING

## ROBOT VACUUMS

Set-it-and-forget-it cleaners sound almost too good to be true. That's why the GH Cleaning Lab is putting these powerful helpers to the test, evaluating the newest models on how well they pick up debris like dry oatmeal and sand, how well they clean along walls and whether or not they get stuck between carpet and bare floors. Check out our experts' top picks in an upcoming issue! Sign up to become a GH tester today at [gh testers.com](http://gh testers.com).

GH  
CLEANING  
LAB



5 **Cinco de Mayo**

Try our margaritas on page 102!

6

7

**Teacher Appreciation Day**

8

9

10