

MARCH 2011

# Good Housekeeping

## SPRING CLEANING

+Heloise's Quick Tips

The #1 trick to make your day go better

MUST-HAVE MAKEUP

Look younger in 3 minutes

Healthy PASTA SUPPERS

Only 5 ingredients!

BONUS BOOKLET

HOW TO FALL (& STAY) ASLEEP

SLIM BY SPRING  
The \$2 Fix that works  
p. 64

“You Can Choose to Be Happy”

Valerie Bertinelli

on how she makes every day a good one—and her most wonderful wedding moment

PLUS Her 100-calorie treat



\$40  
and Under  
Treats for  
You

**BEADS THAT  
GIVE BACK** | \$25

This showy strand—made by Ugandan women out of colorful rolled-up, reused paper—not only looks good, but *does* good: The crafters earn income, and their communities benefit from nonprofit Bead for Life's development projects (beadforlife.org)



**ROSY OUTLOOK** | \$18

You won't be shy about busting out your reading glasses when they're in this snazzy snake-print pink case by Corinne McCormack (Lord & Taylor)



**A BIRD IN THE HAND** | \$25

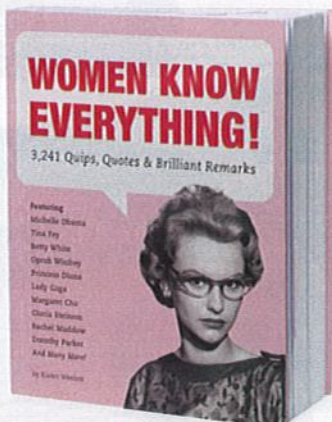
Keep receipts, etc., in place with this paper-weight (parksidepapers.com); its charming avian image is a delightful daily pick-me-up

See happy-up-your-home accessories like these, page 41



**FLOWER POWER** | \$15 FOR SIX

It's almost a shame to put drinks down on these fun, floral Marimekko plastic coasters (finnstyle.com)



**YOU SAID IT, SISTERS!** | \$17

Be endlessly impressed by the smart, sassy quotes collected in the paperback edition of *Women Know Everything!* (amazon.com)

Don't sweat stopping for fast food. With the **Restaurant Nutrition App** (androidzoom.com, iTunes store), you can navigate vital info for 100-plus restaurants and more than 15,000 food items—search by menu or by fat, calories, carbs, and more. Even handier: The app lets you mark your favorite meals for quick reference

