

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**

BEST JEANS

Hide your belly, thighs & butt

**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

goodhousekeeping.com



\$3.49

BOLD AND BEAUTIFUL

The traditional lines of a four-poster bed look surprisingly fresh when finished in black and backed by a white-washed paneled wall. *Opposite page:* Black treads pop on an otherwise white staircase. Upping the design ante in both spaces shown: a rug and other touches that underscore the color pair's graphic punch.

