

FEBRUARY 2009

# Good Housekeeping

FREE! Pullout booklet

## 100 Meals in Minutes

Healthy, taste-tested,  
and kid friendly

## JEANS THAT FIT—Finally!

Read this before  
you shop, p. 168

## No. 1 Way to Improve Your Credit

Your Biggest  
**HEALTH RISK**  
How to fix it

## 30 Days Back to Love

- Reinvent date night
- Recession-proof your marriage
- Stop a fight before it starts

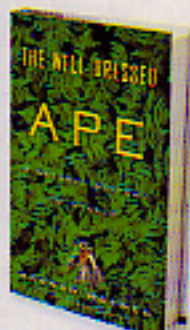


Make this  
Valentine's  
nosegay,  
p. 84

goodhousekeeping.com



\$2.99



## No matter what mood you're in, we have a great book for you

To cheer you up

*Shelter Me*

By Juliette Fay

An engaging debut about a feisty young widow frozen with grief. When a contractor appears at Janie's doorstep to build her dream porch—a gift from her now-dead husband—she begins to thaw.

To warm your heart

*The Mighty Queens of Freerville: A Memoir*

By Amy Dickinson

The queens are Dickinson's mom and aunts, a thick-as-thieves clan who taught the "Ask Amy" columnist "what family is about." Their charm and grit will inspire you, too.

To make you ache

*Lark & Termite*

By Jayne Anne Phillips

Abandoned by their mom, a young girl and her disabled brother develop a bond that transcends the pain, in this wrenching 1950s saga set in West Virginia and wartime Korea.

To widen your view

*The Well-Dressed Ape*

By Hannah Holmes

A field guide to our species from a witty science writer (*The Secret Life of Dust*) who wanted to know how her "animal self" is—and is not—different from other beasts. Fun and revealing.