

quick & simple

A NEW WEEKLY FROM
Good Housekeeping

HALF HER SIZE!

Linda lost
107 lbs & still
eats pizza!



FIRST
ANNIVERSARY
SPECIAL

25¢

Yummy
No-Bake
Chocolate
Pie!



Fast Food!
Secret Recipes
& Low-Cal Fixes

\$14,800
IN COUPONS & PRIZES

**Is Stress
Making You Fat?**

**SAVE BIG AT THE
GROCERY STORE!**

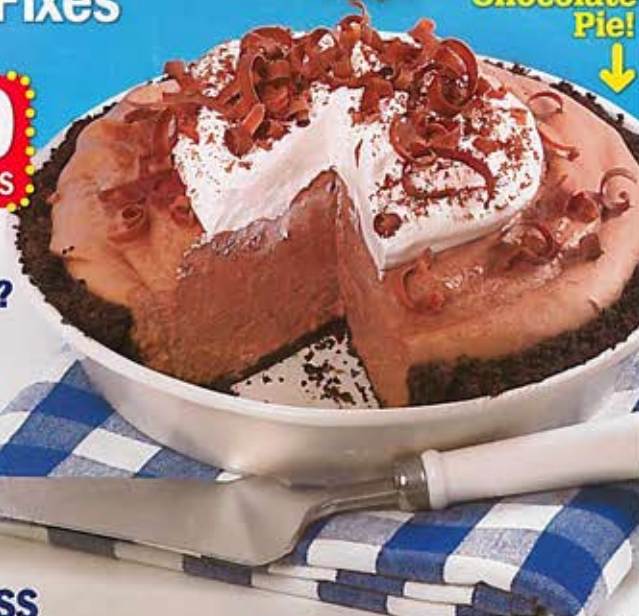
**Get the Sleep
of Your
Dreams**

**THE #1 TRICK
TO SPENDING LESS**

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ENERGY
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28 BEST
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TIPS

44 NO-FUSS
SUMMER
MEALS



quick
& simple

solutions

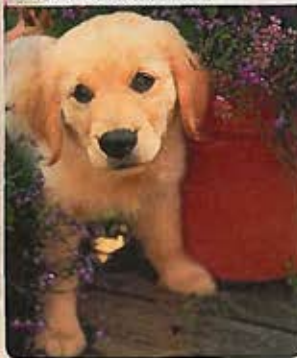


Q I'm throwing an
alfresco party.
Which cut flowers will
hold up best in the
August heat?

A Opt for hardy varieties that bloom in late summer, like dahlias, roses, sunflowers, yellow and delphiniums, recommends Julie Mulligan, floral designer at 1-800-Flowers.com. And keep your arranged vases in a cool room until just before your guests arrive. If you want to make the flower plan even simpler, decorate with seasonal blooming potted plants such as African violets, begonias, geraniums, ferns and mums.

Q How do I stop Fido
from digging up my
flower beds?

A Get your pooch to back away from your garden by sprinkling a few orange or lemon rinds around the plants. Since dogs can't stomach the scent or taste of citrus fruit, he's guaranteed to steer clear.



Q How do I remove smoke odors that won't wash out of clothing?

A Regular detergents are first and foremost cleansers, not deodorizers, so simply washing clothes won't always power out a stubborn odor like cigarette or barbecue smoke, explains Linda Cobb, author of *Talking Dirty Laundry With the Queen of Clean*. Her success secret: Launder the smoky garments using your usual detergent along with 1/2 cup of white vinegar. The kitchen-cupboard essential has acidic properties that destroy odor-producing compounds.



Q Any way to make
my clip-on earrings
less painful?

A Yes — ouchproof your favorite ear candy with Slip-Ons for Clip-Ons, \$5, earringdoctor.com. Each kit comes with four earring-clip covers made from slip-proof foam and 10 self-adhesive pads that attach to the inside of the earring, making throbbing lobes a thing of the past.

Q What can I do to
keep the skin
around my cuticles
from peeling?

A Open your pantry and grab the olive oil. Rubbing a drop of this rich natural moisturizer onto your cuticles once a week softens them and the surrounding skin, keeping unsightly snags at bay. Already have a hangnail? Take a tip from the pros and use a cuticle trimmer at the first sign of a snag. Try the Seki Edge Professional Cuticle Trimmer, \$12, beauty-supply stores.



Got a clever solution? Please share it! Got a pesky problem? We can help solve it! Contact Quick & Simple at solutions@quickandsimple.com.