

Cover



Most magazines then open
with some advertising.

(The most expensive aside from the back cover)

followed by...

TOC

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OCTOBER 2013

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PUMPKINS AS ART

Think of that orange flesh as nature's canvas, just awaiting a beautiful pattern to be carved right in.

136

MARTHA'S DAFFODILS

On a crisp fall day, Martha plants thousands of daffodil bulbs—setting up her garden for an exuberant spring.

150

CHICKEN PLAYBOOK

Cook juicy, delicious chicken, no matter what you're craving or for whom you're cooking.

158

WINNING DESIGN

An eBay seller, home designer Andy G. V., decorated his home with stylized vintage finds.



142

TATTOO-INSPIRED HALLOWEEN PROJECTS

These clip-art decorating and costume ideas bring all the long-lasting, intricate details of tattoo art to your body and home—on a temporary basis.

MARTHASTEWART.COM

A duo of tattoo-style owls as a centerpiece. They're created from our clip art, then perched on a branch.



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FROM MARTHA

A behind-the-scenes look at a "Fairy GrandMartha" Halloween costume.



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OUR FINDS

An artisan's **foraged, felted**
acorns; what to see in
D.C.; stay-cozy supplies
for chilly nights.



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BEAUTY & STYLE

Facial masks for any skin type; easy **embellishments** for pins; the everyday style **must-haves** of Josie Maran.



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HOW-TO HANDBOOK

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IN EVERY ISSUE

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NORWEGIANS HAVE A NEW MUSE IN MIAMI



Masthead

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Editor's letter and Publisher's letter

(The editor's letter usually covers thoughts on the issue's theme, how it came into fruition, how it's relevant and/or the part that should especially be read. The publisher's letter generally he or she talks about the magazine and how it relates to the bigger picture.)



Every year the crafts department at *Martha Stewart Living* is challenged to come up with Halloween costumes and decorations that are even more inventive than the previous year's. In this year's pumpkin feature, "Nature's Canvas" (page 128), rather than invoking the ghoulish or the creepy, crafts director Marcie McGoldrick takes cues from the many delicate textile designs and decorative patterns that inspire her. The result is a gallery of pumpkin "sculptures" that blaze way beyond the holiday and are as magical until lit. Best of all, while these projects may look difficult, the patterns are easily downloaded and replicated.

Similarly, in "Irresistible Ink" (page 142), Marcie collaborated with tattoo artist Stephanie Tamez to create a half-dozen pieces of clip art—a combination of home decorations and ink-jet transfers for impermanent body tattoos—that might just be your secret Halloween weapon. The tattoos let you play up the macabre quickly and easily: Imagine a face and arm crawling with spiders, requiring only the addition of a dress to complete the look. The decorations, meanwhile—an intricate owl, a skull with a filigreed frame—are worthy of permanent showcasing. In "Halloween, Behind the Scenes" (page 23), we get a peek at the making of Martha's costume for our Halloween special issue (now on newsstands), including how-tos for Fairy GrandMartha's hair and pink tutu gown.

Whether for a holiday or for every day, it is precisely this spirit of reinvention—applying traditional designs or seemingly mundane materials to new projects—that

is this publication. For Good Things, the editors of a plain white chest of drawers suddenly sleek copper conductive tape from the hardware store (68). On a larger scale, we are inspired by designer Gray's house in upstate New York ("A Careful 'How-to,' " page 158), which is both a showcase for his serious eBay finds and collections, and a testament to the power of a coat of the right white paint. Against a neutral backdrop, Gray's home manages the perfect balance between old-world charm and new-world restraint.

the holiday and are as magical unlit as lit. Best of all, while these projects may look difficult, the patterns are easily downloaded and replicated.

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Pilar Guzmán
Pilar Guzmán, editor in chief

Pragauer

Pilar Guzmán, editor in chief

► marthastewart.com/pumpkins
For more pumpkin-carving inspiration.

PEEKABOO!

Seen on the Street

Four favorite jack-o'-lanterns that have stopped me in my tracks during trick-or-treating with my boys.



1
This key to this
toothy grin is carving
into the pumpkin
flesh, not through it.



2



3

Holding on to the pumpkin flesh for the eyeballs and uneven teeth adds to the silliness of this jack-o'-lantern.



Try turning the stem into the nose.

Julia Louis-Dreyfus James Gandolfini Catherine Keener Toni Collette Ben Falcone

Enough Said

Written and Directed by Nicole Holofcener



FOB=Front of Book

This section usually contains the TOC, Masthead, Letter from the Editor, Viewer Feedback, and a series of short opening pieces often news-led filtered through the magazine's brand concept as it relates to politics, society, culture, arts, celebrity.

Sections are short and may be assigned to junior editors, assistants and interns/junior designers.

Martha's Month

Gentle reminders, helpful tips, and important dates.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Store the picnic boat at Skylands for winter. Clean up the garden; cut back perennials	2 Clean chimneys Early-evening hike with the dogs	3 Friends of the Hudson River Park Gala in New York City (hudsonriverpark.org) Cardio and core	4 Aspen conference	5 Aspen conference
6 Paris Eat great food!	7 Speak at World Retail Congress in Paris (worldretailcongress.com)	8 Eric Pike's birthday Fly back to New York	9	10 Lunch and lecture presentation for Massimiliano Fullone at the New York Yacht Club Cardio and core	11 Interview Eileen Rockefeller, Granddaughter of the 92nd Street Y in New York City (92y.org) Weight training	12 Horseback ride Harvest apples; bake pies and press for cider Cardio
13 Collect fallen leaves to shred and compost; press some for crafts	14 Halloween Stew in the Studio Bridal Market Party at MSLO office Weight training	15 American Made Awards Show at Grand Central Terminal (americanmade.org)	16 Last day of American Made Creative Market at Grand Central Terminal (americanmade.org)	17 Second day of American Made Creative Market at Grand Central Terminal (americanmade.org)	18 Speak of the Group of Fifty Latin American business-leader conference in New York City Cardio and core	19 Cake-decorating master class and book signing at the New York City Wine & Food Festival (nywff.org) Cardio
20	21 Harvest pumpkins; make large ones for jack-o'-lanterns Weight training	22 Move potted herbs, succulents, and succulent plants into the greenhouse	23 Plant 15 total, and take out Toxic out storm window screens and put in glass	24 Attend lunch and demo at the Festival of the Witches at the Witchery in Greenwich, Connecticut Leave for Toronto Cardio and core	25 Ribbon-cutting demo at the delicious Food Show in Toronto (deliciousfoodshow.com) Weight training	26 Premiere of the Hub of New York's Fall Annual Halloween Bash—I'm a guest judge! (hubworld.com/halloween)
27 Horseback ride Carve jack-o'-lanterns with Jude and Truman and hang Halloween decorations Toast pumpkin seeds Weight training	28 Begin planting lettuces, carrots, herbs, and beets in the vegetable greenhouse	29 Replace light-weight bed-sheets with cozy flannel ones	30 Today show appearance* Set out costume and accessories	31 HALLOWEEN Boo! Trick-or-treating with Jude and Truman Cardio and core		

*Dates subject to change

RECIPE



Martha likes to use fresh-pressed apple cider for this cocktail. Mix $\frac{3}{4}$ cup cider with $\frac{1}{2}$ cup bourbon, 2 tablespoons lemon juice, and two $2\frac{1}{2}$ -inch-long slices fresh peeled ginger. Serves 2.

TIP



Reshape a Broom

1. To restore a splayed natural corn-bristled broom, submerge the bristles in a bucket of warm water for 30 seconds.
2. Wrap a rubber band around the bottom to hold the bristles together, as shown.
3. Hang the broom for a day or two to dry, then remove the band to reveal reshaped, realigned bristles.

MARTHASTEWART.COM

AWARD EARNING HEAD TURNING

OFTEN IMITATED NEVER DUPLICATED

THE ONE THE ONLY PINK AND GREEN.

Conditions as it thickens, for 40 years and counting.

MAYBELLINE NEW YORK

MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE.

Maybelline wearing Great Lash® Mascara in Very Black. ©2013 Maybelline LLC.



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OUR FINDS

Places, Makers, Goods



In a Nutshell

PHOTOGRAPHED BY
JOHN DOLAN

MARTHASTEWART.COM

Eva Camacho-Sánchez created these acorns out of felted merino wool and acorn caps that she and her kids had gathered from the woods around their home outside of Northampton, Massachusetts. They used them to decorate an autumn-

themed table in their house. This little family craft project grew into a line of felted decorations, housewares, and accessories. For more on Camacho-Sánchez's woodland-inspired work, see page 42.



The Red Hen
A wood-fired grill takes crostini with smoked ricotta and honey to a new level.



Le Diplomate
Get your daily dose of people-watching over coffee and croissants.



Long View Gallery
Check out the local art scene and pick up a piece from an up-and-coming artist.

Washington, D.C.

After meeting food writer and shop owner Amanda McClements in her home-goods store, Salt & Sundry—a mecca for artisanal foods and housewares—we knew she would be the perfect guide for showing us around a reenergized capital city.

PHOTOGRAPHED BY SCOTT SUCHMAN

EAT
The Red Hen
In the blossoming Bloomingdale neighborhood, the Red Hen serves up modern versions of Italian-American classics, such as clams casino and rigatoni with fennel-sausage ragù. 1822 First Street NW, theredhendc.com.

Le Diplomate
This French brasserie presides over the bustling corner of 14th and Q Streets as D.C.'s new see-and-be-seen spot. 1601 14th Street NW, lediplomatedc.com.

Beau Thai
At this tiny Thai gem, traditional dishes—many inspired by street-food staples—are served in a modern setting. 1700 New Jersey Avenue NW, beauthaidc.com.

Mockingbird Hill
This ham-and-sherry bar will make you a believer in the Spanish fortified wine. Channeling Spain by way of the East Coast, the lively locale highlights American hams.

—Amanda McClements

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Salt & Sundry
Beautiful tableware shares
space with vintage finds and
handmade wooden farm tables.



Mockingbird Hill
Who knew sherry was so
delicious? Especially when
paired with ham? You will.



Redeem
Scout independent fashion
labels and unique jewelry
at this diverse boutique.

BROWSE

Redeem

This indie boutique sells fashion-forward men's and women's clothing from local labels. 1734 14th Street NW, redeemus.com.

Timothy Paul

Peruse vintage textiles and luxurious bedding inside this boutique. Just down the street, find carpets from all over the world in its rug showroom. 1529A 14th Street NW, timothypaulbedding.com.

Mulch

It's a local favorite for its carefully edited collection of furniture and women's clothing. Brands include Vivienne Westwood Anglomania and 3.1 Phillip Lim. 1821 14th Street NW, mulch.com.

Long View Gallery

Pop into this hip neighborhood art gallery for a look at emerging local artists and well-known national names. 1234 Ninth Street NW, longviewgallerydc.com.

EXPLORE

Dumbarton Oaks

Wander this cultural center's historic gardens, check out the Byzantine and pre-Columbian collections in the art museum, or catch a performance in the stately music hall. It all happens on a Federal-period property run by the trustees for Harvard University. 1703 32nd Street NW, doaks.org.

Tudor Place

A hidden Georgetown gem, this National Historic Landmark was built by Martha Washington's granddaughter Martha Custis Peter and her husband. Spend an afternoon on a guided tour and meander through gardens filled with boxwoods and heirloom roses. 1644 31st Street NW, tudorplace.org.

Hillwood Museum

The home of late cereal heiress Marjorie Merriweather Post showcases her collection of Russian imperial art, Fabergé items, and French antiques. Her gardens are divided into a series of outdoor rooms, each with its own landscape style. 4155 Linnean Avenue NW, hillwoodmuseum.org.

National Arboretum

At the northeastern border of the city, the arboretum is about 450 acres with almost 10 miles of roadways. Don't miss the Asia collection of nearly 1,500 different plants. 3501 New York Avenue NE, usna.usda.gov.

National Portrait Gallery and Smithsonian American Art Museum

Housed in one of the city's oldest federal buildings, this two-in-one stop displays American portraiture and art spanning three centuries. Check out the undulating glass-and-steel ceiling in the enclosed courtyard. Eighth and F Streets NW, npg.si.edu; americanart.si.edu.

The Perfect Stop

If one place sums up the new food movement in D.C., it's Union Market. Spend an afternoon eating, drinking, and shopping inside this airy home to D.C.'s top food artisans. Hit Rappahannock Oyster Bar for a sampling of sustainably farmed Virginia oysters, then stop by Righteous Cheesecake to taste Carol Stromberg's expert pairing of wine, beer, and cheese. Red Apron, the nation's first butcher shop to source only Animal Welfare Approved pigs, makes a mean grilled pimento-cheese sandwich and tête à tête, a terrine inspired by the Vietnamese soup. Before you leave, cap it all off with a cup of delicious coffee from Pergola Espresso and a red velvet cupcake from Curbside Cupcakes. 1309 F Fifth Street NE, unionmarketdc.com.

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OUR FINDS

Studio Visit



Wild and Woolen

Eva Camacho-Sánchez transforms raw wool into a wonderland of felt creations inspired by the natural world.

PHOTOGRAPHED BY JOHN DOLAN

GROWING UP In a village in Alcaudete, Spain, Eva Camacho-Sánchez had an abiding love of nature: "We cooked from our garden. We picnicked on top of mountains. We spent a lot of time together outdoors," she says. Today, that passion informs the felted wool accessories, housewares, and jewelry she crafts at *Lana Handmade* (lanahandmade.com), her studio in western Massachusetts. Camacho-Sánchez sources most of her wool from New England farmers, then washes, cards, and dyes it herself before manipulating it with

water and soap to create felt. She also gathers leaves, acorns, and other specimens from walks in the woods with her three children to incorporate into her pieces. Scarves seemingly embedded with leaves, soap pebbles wrapped in colorful marbling, handfuls of tiny pumpkins and acorns topped with real caps—they look like the stuff of fairy tales, and their fuzzy surfaces beg to be touched. "I was raised with a connection to the earth," she says, "so I'm fascinated by all I can do with natural materials." —Marli Gazzola

Target.com/woof

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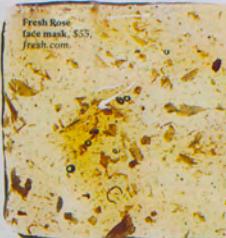
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Shown: Lyndon Quilt, Calico Patch
Bedding and Company Wool Blanket

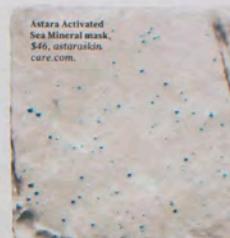
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BEAUTY & STYLE

Tips, DIY, News



Fresh Rose
Face mask, \$55,
fresh.com



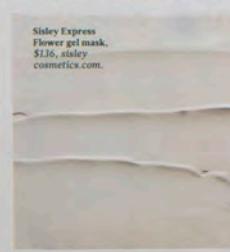
Astara Activated
Sea Mineral mask,
\$46, astaraskin-care.com



Neutrogena
Deep Clean Long-
Last Shine
Control cleanser/
mask, \$7.50,
neutrogena.com



Boscia Cool Blue
Calming mask,
\$34, bosciaskin-care.com



Sisley Express
Flower gel mask,
\$136, sisleycosmetics.com



Origins Clear
Improvement
Charcoal mask,
\$24, origins.com



Freeman Beautiful
Golden Grain
Facial Brightening
mask, \$4, freemanbeauty.com



The Body Shop
Vitamin E Slick-In
Moisture mask,
\$22, thebodyshop-usa.com



Tata Harper
Resurfacing mask,
\$55, tataharper-skincare.com

MASK APPEAL

These heroes of at-home complexion care do what mere cleansers and moisturizers can't: purge dirt and oils from pores, and firm and repair stressed skin. (Bonus: You get 10 minutes to kick back, close your eyes, and relax.) So whether it's moisture, oil control, exfoliation, or radiance you're after—there's a formula for that.

PHOTOGRAPHED BY YASU + JUNKO

MARTHASTEWART.COM

NEED TO KNOW...

Tools, tips, and techniques for your beauty arsenal.

PHOTOGRAPHED BY YASU + JUNKO

Look. No Sticks!

Beloved candle maker Diptyque is reinventing home fragrance with a reedless diffuser that's as easy on the eyes as it is to use (and eyes). Choose from one of the company's three most popular candle scents—Figuier, Bois, or 34 Boulevard Saint Germain. Then pour it into the glass vessel, attach the neck, flip the vessel like an hourglass, and enjoy the fragrance. (Flip again to refresh.) No messy oil droplets, no dangerous candle flames, no problems at all.

Diptyque Le Sablier
hourglass diffuser, \$145,
diptyqueparis.com.



Each interior scent lasts up to four months.

THINK PINK

It's National Breast Cancer Awareness month. Shop for the cause with a few of our favorite pink-branded products.



BOBBI BROWN
The Embossed French Pink blush & Mini Face Blender brush lend a soft pop of color to cheekbones. \$45, browncosmetics.com.



LA MER
The Hand Treatment contains La Mer's renowned sea-kelp infusion to quench and heal the driest of palms. \$40, lamer.com.



SONIA KASHUK
Kashuk herself is a survivor of breast cancer; her Proudly Pink Five-Piece purse brush set includes her essential tools. \$16, target.com.



TOCCA
Delicato da Viaggio is a travel-friendly fine-fabric wash that gives new life and a subtle scent to your delicates. \$22 for 4, tocca.com.



NEST FRAGRANCES
The pittosporum-and-peony *Passion* candle is an olfactory tribute to late breast-cancer researcher Evelyn Lauder. \$28, neimannah.com.



Lip Liner

101
Lip liner is one of those divisive beauty products—you either embrace it or you don't. Yes, mistakes like overdrawn lines and bad color matches can be glaring. But done right, liners play up your pout and give lipstick and gloss valuable staying power. And now "invisible" or clear liner can prevent lipstick feathering and fading without the harsh edge of traditional colored pencils. Here's how to use it.

1
Draw

Follow outside lips' natural line. **Too Faced Borderline Anti-Feathering Lip pencil**, \$18.50, toofaced.com.

2
Accentuate

Highlight the cupid's bow—the V in the middle of the top lip. **Mally Lip Defender Clear liner and magnifier**, \$21, mallybeauty.com.

3
Color

Pencil over lips' surface, creating a base for lipstick or gloss.

Rouge Outlook

Skin care meets makeup in **Cle de Peau Beaute's Extra Rich Lipsticks**. Each shade is inspired by a different rose hybrid and formulated with argan and evening primrose oils, plus hyaluronic acid for lustrous color and longevity. \$65 each, barneys.com.

"My own breast cancer journey has only ignited my research."

I AM SUSAN G. KOMEN.

Dr. Kristi Egland

Dr. Kristi Egland knows breast cancer. She had been researching it for years when she was diagnosed with breast cancer herself. Suddenly, she went from researcher to patient. Her personal experience inspired her to focus on innovative new treatments. Today, through a grant from Susan G. Komen®, Kristi studies ways to detect signs of breast cancer through a blood test, which could one day make early detection accessible for more women.

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FOOD & GATHERINGS

Cook, Nourish, Enjoy



PERFECT BITE

POPCORN WITH PIMENTÓN

Pimentón, or Spanish smoked paprika, is made from chiles that are dried over oak fires. Toss hot popcorn with velvety pimentón picante and coarse salt to taste. (If desired, temper the heat with sweet Hungarian paprika.) Then get cozy and think, *Hello, autumn.*

PHOTOGRAPHED BY ROMULO YANES

► marthastewart.com/snack-mixes
For more snack ideas.



1

Heat wok, then add oil
Preheat a 14-inch carbon-steel wok over medium-high heat until very hot, about 2 minutes (a sprinkle of water should evaporate immediately). Add 1 tablespoon oil and swirl to coat sides and bottom.



2

Season with aromatics
Cook garlic, ginger, and chile, turning over with a wooden spoon or shovel-shaped wok spatula, until golden, about 10 seconds. Hear that sizzle? That's the sound you want throughout the stir-fry.



3

Cook pork
Add marinated pork, spreading into a single layer. Let sear (do not stir) until golden on bottom, about 1 minute. Toss and turn occasionally until golden on all sides and just cooked through, about 1½ minutes.



4

Remove pork mixture
Transfer pork and aromatics to a shallow bowl or plate. While it rests, reheat wok over medium-high heat until sizzling-hot. Add remaining tablespoon of oil and swirl to coat sides and bottom.



5

Stir-fry greens
Cook Broccolini, tossing and turning occasionally, until bright green and lightly seared, about 1 minute. Mild, tender Broccolini is a trademarked hybrid of standard and Chinese broccolis.



6

Add rest of vegetables
Push Broccolini up sides of wok and add carrots and scallions to bottom. Cook, tossing and turning, until crisp-tender, about ½ minutes. Incorporate Broccolini, and season stir-fry with salt.



7

Return pork to wok
Transfer pork and any accumulated juices (they help provide depth of flavor) to wok. Cook, tossing and turning, until pork and vegetables are combined and pork is heated through, about 30 seconds.



8

Serve immediately
Divide stir-fry among bowls of rice. Stir-frying lends itself to improvisation, so have fun experimenting with other proteins and vegetables (or just vegetables) in similar amounts, cut in similar fashion.

For a step-by-step video on stir-frying, download our digital edition from the App Store.



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ORDER IN THE HOUSE

The 1,800-square-foot Northern California home of design blogger Julie Carlson is a master class in small-space living. With her artful marriage of style and practicality, Carlson shows us how to save money and space—and when it's okay to splurge.

PHOTOGRAPHED BY MATTHEW WILLIAMS



DESIGN LESSON

Utilize open storage for things you use and want to look at most.

A family of four in a small 1970s bungalow is just the kind of challenge that Julie Carlson—founder of the influential design and lifestyle blog *Remodelista*—lives for. "We really need every space to be useful in some way," says Carlson, whose content addresses real-life decorating and organizing concerns. In her own small (but high-ceilinged) home, open shelves in the kitchen provide easy access to

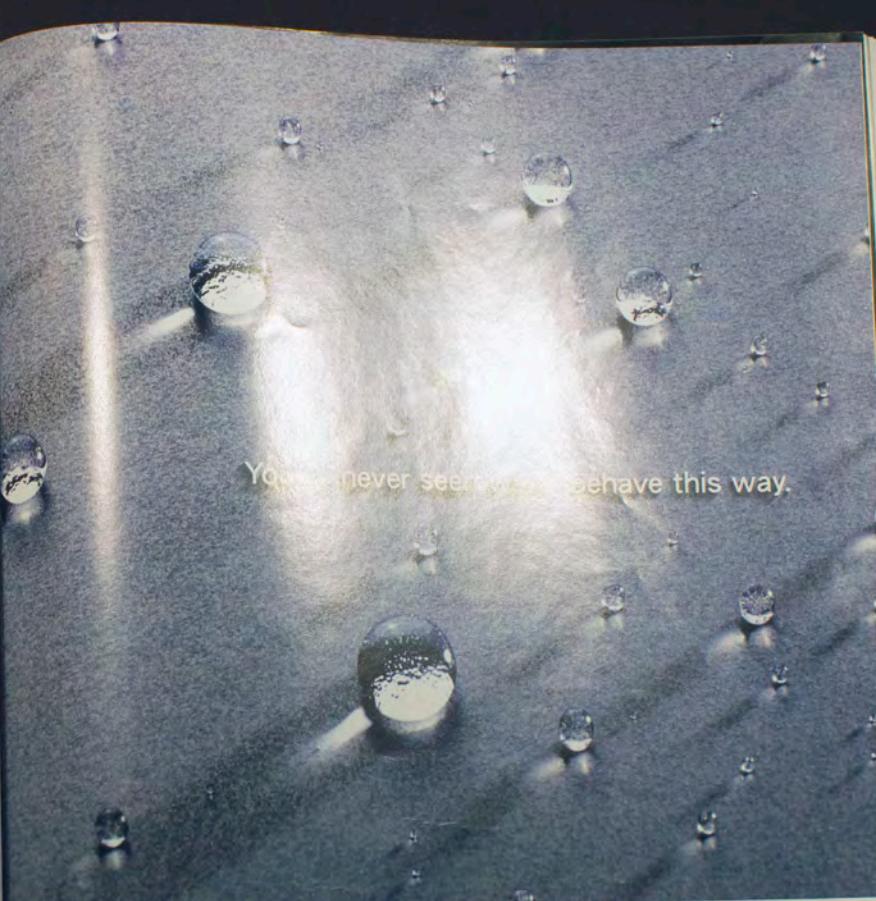
the most frequently used serving bowls and pots and keep countertops clear. To contain the potential sprawl of family photos in a home that's short on wall space, she created a gallery on open shelving under the staircase to hold framed pictures, as well as her favorite pitchers and vases.



Remodelista: A Manual for the Considered Home (Artisan, November 2013) features homes and smart resources for designers.

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DESIGN LESSON Make the Storage Beautiful

Carlson and her family spend much of their time in the kitchen—aka the nerve center. She created a laundry station right off the room, hiding it behind a sleek plywood facade. The stacked washer and dryer disappear behind pocket doors, and she stashers detergent, a hamper, and other household utility items in a set of cabinets and drawers.

REMODELISTA ARSENAL

Small in size but big on function and design, some of Carlson's favorite everyday objects.



Shaker Pegboard ▶ Think beyond coats and hats. Baskets, buckets, and adjustable sconces, right, can be hung from Shaker pegboards for more wall storage. From \$14, shakerworkshops.com.



Tidy TP Holder ▶ This smart, trim holder for bathroom tissue has no ports to fumble with in its simple porcelain-cup design. Toilet-roll holder, from \$28, manufactum.com.



Wall Sconces ▶ Wall-mounted lighting preserves limited surface space while covering more area than a table lamp. Hector medium wall light, \$210, shop.horne.com.



Pedal Bins ▶ When your trash can looks nice, you can leave it out instead of keeping it in a cabinet (and wasting precious storage space). The sturdy and airtight Vipp Pedal bin is worth a splurge. From \$319 each, allmodern.com.

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Feature Well

This section contains the main features. These are the longest articles and multi-page photo spreads.

They can be 8-10 pages maximum, depending on the title. (~800-2,300 words). Often ads will be scattered/dispersed between articles.

IRRESISTIBLE INK

A tattoo is a lifelong commitment, but Halloween is a one-night stand. Get the transformative powers of the former and the impermanence of the latter with our clip-art projects to adorn your skin, your home, and even your dessert.

PHOTOGRAPHED BY ANITA CALERO

A LITTLE LEGWORK

Before she became a tattoo artist, Stephanie Tanez (a) designed the clip art on these pages. "I learned to make strong images like these—like her renderings of the anatomical. I wanted them to be graphic, but they became a clutter of spiders that temporarily cover an arm, neck, and face. Down load all the clip art on these pages at earthhostresearch.com/halloween-tattoos. See the how-to, see page 184. Long Kyoto was used. Also by Tempaper, tempaper.com. To Looky, looky.com. Tattow Royal paper, 8" by 12", \$20 for 5 sheets, tattowpaper.com.





Tattoo art can be so spontaneous. An image is chosen, a magic wand (or an electromagnetic coil) is waved, and—no matter how big or small the tattoo—your look changes, forevermore. Granted, it's the "forevermore" part that can scare people off, which is why a temporary tattoo is so appealing. It goes on with water, comes off with a little baby oil. It offers all the eye-catching, transformative powers of indelible ink without a minute of doubt or regret.

The clip-art projects on these pages bring that presto-change-o to Halloween, using tattoo imagery as insta-inspiration to adorn your skin, decorate for a party, or embellish a cake. You could spend the better part of a weekend tracking down the right clothes, shoes, and goofy wig for a costume . . . or you could use your home printer to make tattoo transfers, cover yourself with dozens of spiders, and (creatively!) creep out everyone at the party. "Because tattoos are so in style these days, we felt that unique placement and quantity would be needed to create a dramatic costume—and not be mistaken for the real thing," says Marcella McGoldrick, executive director of our crafts department. "Since this is all clip art, it's so easy to apply, you don't need to be a skilled makeup artist. You can build on the costume, or keep it simple—for example, just add a dress—and let the tattoo be the star." Or let the mirror in the front hall shine by giving it a 20-minute makeover.

pressing on an ink-jet transfer of an intricately drawn skull. Or surround a scattering of goody bags with foam-board-mounted vultures, wings spread to resemble the classic tattoo of the American eagle.

Of course, the culture of tattoos has evolved since the old-school ones like that eagle. In the past, you might have entered a tattoo parlor, perused its offerings on the wall, and picked a favorite standby. "But these days, tattoos are a lot more personalized," says sought-after tattoo artist Stephanie Tamez, co-owner of Saved Tattoo, in Brooklyn, who drew the clip art on these pages with the help of her colleague Virginia Elwood. Before becoming a tattoo artist 20 years ago, Tamez worked in graphic design—excellent training for creating irreversible body art. "A strong graphic is a strong graphic, whether it's in a room or on an upper arm," she says.

A session with an artist like Tamez can require hours or days—and not an insignificant amount of pain. But affecting the look of the clip-art projects here calls for little more than a printer and a few sheets of special paper, available at office-supply stores. Feel free to play around and experiment—all of the clip art can be scaled up or down and swapped in for different projects. (Try the skull as a tattoo and the spiders on the mirror, or draw your own image and treat it with one of these processes.) Remember, unlike putting the pin to the skin, this is pure fun—and totally impermanent.



INSIGHT ON IMAGES

"I thought I was going to be a professional tennis player, until I found out I couldn't," says tattoo artist Stephanie Tamez. Here, she discloses some of her personal style.



1. "When I draw anatomy, I check books, but I also try to find simplicity in pattern."



2. "This started as just a doodle; this case was naturally born."



3. "Everything has to look good in black-and-white. Color is only for extra kick."



WHO'S THE SCARIEST OF THEM ALL

The foliated skull and the spider border were painted at home on transfer paper and applied to a store-bought mirror. Since it peels off easily, the design can be a temporary adornment. *For the skull, page 185; Silver-Leaf mirror with wood frame, \$500, crateandbarrel.com. Clear sticker project paper, 8½" by 11", \$14 for 10 sheets, avery.com.*

QUIET WISDOM

We just might be the owl who stays all winter. This winged creature certainly flies into the light. The images of yellowish hawks also work for a party, but this is a seasonal animal point. The dining room mounted on a beam board, perched on a branch, and suspended with a monocle. Truly a centerpiece or a sideboard.

**THIS PLACE IS BUGGED**

Finally, a costume that fits in your purse. Print out these dragonflies and butterflies before hand. They're so easy to use that you can apply them between work and the party (in the office, dorm room, or less). Mix up the motifs as you wish. Any or all of the clip art in this story makes a fast, convincing tattoo.



SWOOPING IN ON THE SWEETS

Vultures in flight call to mind the imagery of both classic tattoo and Americana. For Halloween, here, they're used as playful decorations, slightly (via monofilament) on a display of treat bags—an apt setup for a Halloween party or around the candy bowl on Halloween night. A candle-tripod table, \$495, stchelesorian.com.



MORE THAN SKIN DEEP

The spider-and-wine cake has been counterprinted with edible ink on a thin piece of fondant placed on top of a buttercream-frosted sheet cake. Heighten the effect with a piece and adding a drizzle of raspberry jam. For the recipe, see page 182. Custom frosting sheet, from \$20 each, kopykake.com.

BOB=Back of Book

This section contains reviews, calendars, the remaining overflow from the feature well, minor news, directories, events, listings, essays, hot-lists, horoscopes, popular content, etc.

The cheapest advertising can be found here (sometimes pushed together in a single block). The BOB may be laid out by junior designers and have a fairly well-determined structure and grid. Stylistic decision have already been made for typefaces, styles and color palettes.



Outdoor Living Room

Gray drapes reindeer hides over the porch furniture so he can continue to enjoy the outdoor space when the nights get chilly. He bought the Russell Woodard Sculptura chairs and settee on eBay, had them shipped via Greyhound bus, and had them powder-coated by a local painter. The house came with two cast-iron lanterns, and he scored four matching ones on eBay, which he uses around the entire exterior of the house.

Prop styling by Quy Nguyen

LESSONS FROM A SKILLED GATHERER

To take a page from Gray's design playbook. For more of his eBay buying tips and key search-term and bidding strategies, download our digital edition from the App Store.



▲ USE VINTAGE FRAMES

They add character to any piece of art. Search flea markets and eBay, then work with a framer you trust to cut them down to the size you need. The vintage gallery light next to the bed, top, also works well for nighttime reading.

▲ LOOK EVERYWHERE FOR INSPIRATION

The idea for the painted poplar horizontal paneling in the bathroom and kitchen came from a Jack Spade store in New York City. He commissioned a local carpenter to do the millwork.



▲ GIVE NEW LIFE TO AN OLD PIECE

Look for interesting shapes and furniture that feels timeless. You can work with an upholsterer to replace cushions and filling, and you can always paint an old piece to make it seem new. Use an unorthodox material for upholstery, like this Swiss army blanket on a chair.



▲ WHITEWASH

Varying shades of white and gray are clean and lend a sense of simplicity and calm. Even the most utilitarian cabinets look fresh with a coat of glossy white paint. Consider a combination of finishes in a room, like eggshell and high gloss, for depth and texture. Accessorize with a collection of tonal bowls and pitchers to add personality.



▲ GROUP ART BY THEME

Grouping a collection of art by theme or palette gives smaller items gravitas. Mixing media is unexpected and modern, as with this Bodo Sperlein bone-china plate grouped with oil paintings that Gray collected at local tag sales.

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Join Martha Stewart and the editors of *Martha Stewart Living* as Grand Central Terminal's Vanderbilt Hall is transformed into a bustling market, where you can shop, taste, craft, and learn from more than 50 handpicked purveyors and crafters. The market will feature the 2013 American Made honorees, live demonstrations, hands-on crafting, celebrity book signings, and much more. The American Made Market is free and open to the public!

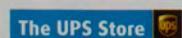
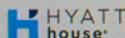
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October 16

Martha has planned the ultimate day of networking sessions and panels for crafters, makers, and small business owners alike at the Andaz 5th Avenue in New York City. Learn from Martha, innovators, and creative entrepreneurs including: Jessica Alba, Lauren Bush Lauren, Tracy Anderson, Bobbi Brown, Jane Rosenthal, Neil Blumenthal, Dominique Ansel, and many more.

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HOW-TO HANDBOOK

Learn, Make, Connect



Keeping the Color

PHOTOGRAPHED
BY BRYAN GARDNER

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When you craft with fall leaves, it's best to preserve them so they don't get brittle over time. (Pressed leaves keep their color but also become dry, making them best suited for framing.) To incorporate leaves in a wreath or an arrangement, or to enjoy them spread out along the table as a centerpiece accent, use a glycerin solution to preserve them. Combine one part pure liquid glycerin—available at drugstores—with two parts water in a shallow dish. Arrange the leaves in a single layer in the bath, making sure they're fully submerged; allow them to soak for at least one day. Then remove them and gently lay them out on paper towels to dry.

Q:

What is the best way to organize my refrigerator? How can I keep everything at its freshest? -Christine Steinhaus, Darien, Ill.



Q: How do I stop my cat from scratching the furniture?

-Jeremy Savian, Brooklyn

A: Cats scratch to mark territory, to file their claws, or to handle stress. Instead of prohibiting or punishing a natural behavior, provide a different outlet. First, prevent further damage by covering the usual scratching spot with double-sided tape or a product like Sticky Paws (\$11, [amazon.com](#)). Then divert the cat to a scratching post. Marilyn Krieger, a cat

behaviorist in San Francisco, recommends placing it in a conspicuous part of the room, near the furniture, so your cat can still mark the territory. If your cat isn't interested, drag a pull toy across the surface to encourage scratching, and use positive reinforcement when it scratches the post. Once your cat is consistently using the post, you can remove the tape from the furniture.

A: Most refrigerators, regardless of brand or model, have different temperature zones and visibility issues. Here's how to stock yours for maximal use. **1.** Keep healthy snacks up front and easy to grab. **2.** Put eggs and milk in the middle, where the temperature is stable (not in the door). **3.** Designate a shelf for leftovers; use clear containers. **4.** Store fruits and vegetables in separate drawers so their gasses don't mix and cause premature ripening. **5.** Raw meats should go in a bottom drawer, where it's coldest and drips won't contaminate food below. Cold cuts and cheese can go in a deli drawer. **6.** The door's temperature drops when it's open. Hold condiments, drinks, wine, and butter there, since they can handle fluctuations.

Q: What tools make planting bulbs easier?

-Suzanne Ozawa, Moorestown, N.J.

A: The tools you should use when planting bulbs vary, depending on the size of the particular bulb and how deeply it needs to be planted. By and large, however, you will be well served with these three basics. *From top:* Daffodil bulb planter, by DeWit Tools, \$35, [garden toolcompany.com](#); Softgrip transplanter, by Martha Stewart Living, \$6, [home depot.com](#); Dibber, \$11, [bunnings.com](#).



PHOTOGRAPHED BY BRYAN GARDNER; BULB PLANTER (PUMPKIN) ILLUSTRATED BY BROWN BIRD DESIGN

Q: How do I ensure my dog and cat have good dental hygiene?

-Peter Thermistodes, Kingston, N.Y.

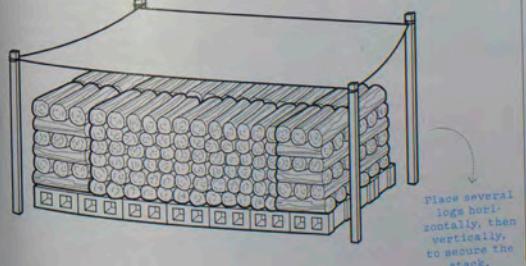
A: Your best bet is to brush your pet's teeth daily, says veterinarian Josephine Banyard, author of *Healthy Mouth, Healthy Pet: Why Dental Care Matters* (AAHA Press, 2013). You'll need a toothbrush and toothpaste specifically designed for pets. Never use human toothpaste—fluoride can upset your pet's stomach. If your pet balks, try presenting a toothbrush topped with peanut butter to introduce it to the routine. Gradually, as your pet builds positive associations with the brush, switch to the toothpaste and brush away any plaque.



Q: How should I stack a cord of fresh-cut wood so it will season?

-Kelly Baxter, Princeton, N.J.

A: Freshly cut wood has high moisture content, and burning it creates excess smoke that contains harmful chemicals. If you stack the wood properly, though, air can circulate around the logs and dry them out. Stacked, a full cord of quarter-split wood should measure four feet deep by four feet high by eight feet long. You'll want to start with a level, dry base—make one by laying a sheet of plywood over cinder blocks. Then stack two columns of wood at the ends of the platform. Lay the logs in an alternating pattern, as shown, which will hold each stack in place. Fill in the space between columns with the remaining logs, all facing the same direction. Loosely cover the stacks with a tarp for protection against rain and snow.



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Q: What plants, if any, should I cut back before winter?

-Joyce DeMichele, Cherry Hill, N.J.

A: Most varieties can be left alone, especially eye-catching flower stalks or seed heads that provide food for wildlife, says Thomas Smart, director of horticulture at New York City's High Line Park. Though every plant requires different care, here are some general guidelines.

Plant type	How to cut back
Herbaceous Perennials (coneflower, globe thistle, Joe-pye weed)	Cut back the leaves and stems to one to two inches above the ground. Leave attractive ones, and prune in spring, right before new growth begins.
Woody Shrubs (forsythia, lilac, smoke bush)	Don't prune spring bloomers now. Shape branches of other shrubs as desired. But be careful: Cutting too much can weaken the plant.
Ornamental Grasses (miscanthus, pennisetum)	Leave the seed heads through winter. Before the plant leafs out in spring, cut to 1½ to 2 inches above the ground.
Vines (clematis, honeysuckle)	Lightly trim perennial vines. Leave major pruning until spring. Remove dead annual vines entirely and compost them.
Annuals & Vegetables	Pull up dead plants after the hard frost, once they've withered or turned brown; then compost them.

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HELM BOOTS

When this boot maker decided to bring his manufacturing to the United States, he not only bettered his quality of life, but he also became part of a growing movement.

PHOTOGRAPHED BY BUFF STRICKLAND

WHEN IT COMES TO START-UPS. 34-year-old Joshua Bingaman is a veteran. The small-business owner had already opened two coffee shops and a coffee roastery around Austin, Texas, before pursuing his lifelong ambition of launching a shoe brand. When Bingaman was visiting his aunt in Istanbul several years ago, he researched how footwear is handcrafted there. Seven designs and 700 pairs of imported boots later, his dream became reality and Helm Boots was born, in 2009. Just this year, Bingaman decided to move all of his sourcing and

production to the U.S. from Turkey. What began as a way to balance work and family, and to avoid the hassles of importing, became a matter of ethics. "I now believe that if a business can be sustainable in the U.S., it should be," he says. Bingaman was lucky enough to partner with one of the few remaining shoe factories in this country making boots by hand, in Maine. "The guy who owns the factory—his grandfather started it, and his son works there," he says. "We're part of keeping that pulse of U.S. fabrication alive." —Kristen Flanagan

American Made

These Boots Are Made for Working

JOSHUA BINGAMAN shows his hard-earned business know-how:

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"We use a cloud-based inventory and point-of-sale system called Vend [vendhq.com], and without it we would be—and have been—highly dysfunctional. We use an iPad for retail-store sales and Shopify [shopify.com] for online sales."

MAKE A COMMITMENT

"Be sure that you can see yourself doing this for a long time and that you are willing to sacrifice, lose sleep, and possibly fail. I didn't go to business school; I didn't have a lot of money. But I kept going to banks until I found someone who would believe in me and give me a line of credit."

DO THE MATH

"The costs were less in Istanbul, but once we got through customs, legal, quality-control issues, and travel, we realized we could do this for the same total price in the U.S."

KEEP IT AMERICAN

"My heart goes out to those factories in small towns that used to be thriving and create so much American product. The people we work with still sew shoes all day by hand, and finish leather, and cut patterns. They love the factory, they take care of their families, they have health care, and it's great to be part of that."

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TAKE A WALK ON THE WILD SIDE

If you're tight on space or allergic to cats or dogs, consider a nontraditional pet. These six animals are all relatively easy to care for, making them a good choice for families new to pet ownership.

ILLUSTRATED BY LEIF PARSONS

IF YOU WANT A REPTILE

Bearded Dragon Lizards

YOU'LL LOVE THEM BECAUSE: "They're friendly and easy to handle plus, the largest they grow is 18 inches, including the tail," says Angela M. Lennox, a veterinarian at the Avian and Exotic Animal Clinic, in Indianapolis. Kids should watch for the lizard's "beard" to appear. When it feels threatened or territorial, its throat will flare out.

THEY EAT: Leafy greens, such as lettuce, and live bugs that have been dusted with a calcium supplement. (Pet stores sell these critters.)

THEY NEED: At least a 20-gallon tank. Outfit it with an ultraviolet light (to help calcium metabolism) and a heat source, such as a ceramic heat bulb, because they have specific temperature requirements for day and night.

THEY LIVE: Six to eight years.

House Geckos

YOU'LL LOVE THEM BECAUSE: "Geckos are great pets for children to care for—it's fun to watch them climb," says Kristine M. Smith, a veterinarian with the EcoHealth Alliance.

THEY EAT: Mealworms and live crickets, dusted with a calcium supplement.

THEY NEED: At least a 10-gallon tank. Use a heat lamp, as they have specific temperature requirements. Mist them to maintain humidity.

THEY LIVE: About five years.

IF YOU WANT A RODENT

Guinea Pigs

YOU'LL LOVE THEM BECAUSE: They're fairly docile and friendly and often enjoy being cuddled, which makes them a hit with kids. And they live longer than other rodents.

THEY EAT: Hay, pellets fortified with vitamin C, and leafy greens.

THEY NEED: A cage that's 7.5 square feet per guinea pig; they're social and prefer not to live alone. (Of course, to avoid pregnancy, don't put a male and a female in the same cage.) Remove soiled bedding, droppings, and stale food daily. Scrub the cage weekly. They may need regular brushing to prevent tangles.

THEY LIVE: Eight to nine years.

Domesticated Rats

YOU'LL LOVE THEM BECAUSE: "Despite their reputation, rats make fun, interactive, and intelligent pets," Smith says. Many are even smart enough to learn tricks.

THEY EAT: Commercially prepared pellets and bits of fresh fruit and veggies.

THEY NEED: A cage that's at least two cubic feet, and stimulation from toys and obstacles, like ladders and exercise wheels. They also do well with a companion rat for social interaction. (Again, don't house a male with a female.)

THEY LIVE: Two to three years.

IF YOU WANT A BIRD

Cockatiels

YOU'LL LOVE THEM BECAUSE: "Cockatiels are full of personality and easy to handle," says Laurie Hess, a veterinarian at the Veterinary Center for Birds and Exotics in Bedford Hills, New York.

THEY EAT: Commercially prepared pellets and bits of fresh fruit and vegetables.

THEY NEED: A cage that's at least 25 inches tall and 25 inches wide for one bird. Put toys and a small tub of water (they like to bathe) in the cage. Take them out at least once a day to play. When the birds are home alone, leave the TV or radio on. Change the paper and wipe perches in the cage daily; clean it thoroughly weekly. Provide ultraviolet lighting so they can make vitamin D, which helps them absorb the calcium in their food.

THEY LIVE: 15 years, on average.

Common Canaries

YOU'LL LOVE THEM BECAUSE: They are a good option for families with kids who prefer to observe animals rather than interact with them.

THEY EAT: Pellets, seeds, and fresh vegetables. **THEY NEED:** The same type of care as cockatiels, as specified above. However, canaries can become anxious when handled, causing them to fly into things and injure themselves. So they need less time outside the cage.

THEY LIVE: Six to eight years, on average.

► See page 185 for where to buy the supplies you'll need for your pet.

TRICK & TREAT

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FALL INTO YOUR TO-DO LIST

Think of autumn organizing as a counterpart to spring cleaning. While you focus on your home's interior every spring, fall requires that you tackle your outdoor space. Here's what you need to do before winter sets in. —Arielle Pardes

► **Pack up patio furniture.** Store cushions and umbrellas inside—even weather-resistant fabric can be damaged by extreme moisture or cold. If you don't have enough space to store everything indoors, glass and wooden furniture can withstand cold weather with a cover. As for storing wicker, plastic, and resin, see our tips, below.



To remove built-up dust and dirt from wicker porch furniture, use a vacuum or a soft-bristled brush. The woven texture is prone to collecting grime, so outfit it with a cover to keep it clean.



Since plastic and resin stain easily, be sure to wipe them down thoroughly. Store plastic furniture indoors for the winter, as freezing temperatures can cause it to crack. Remove hoses from spigots, then drain and store them indoors. Drain the spigot's interior pipe, and shut off the valve.



Reorganizing your garage now will pay off later when you need a snow shovel. Tuck summer gear in the back of your garage, and give winter equipment the front-and-center space. Don't have a garage or large storage space? Professional organizer Cindy Levitt still recommends a seasonal swap-out, even if it's only in your closet, so summer stuff is out of your way.



Clean your gutters, because water buildup from clogs can lead to leaky roofs and moldy exterior walls. Carefully climb a ladder and scoop out leaves with a garden trowel. Then rinse gutters and drainpipes with a garden hose.

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If you have a fireplace, call a chimney sweep to have it cleaned. Ask him to check for birds' nests and cracks in your flue, which can cause chimney fires.

Grass flourishes in autumn, so now is a good time to **reseed your lawn**.

First rake away leaves and debris. Then top-dress the lawn with a thin layer of fresh soil before sprinkling the seeds.



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HOW-TO HANDBOOK

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EXPERT ADVICE

How to Buy a Wok
FROM PAGE 76

The right equipment makes stir-frying all the more fun—and the result all the more delicious.

1

WHAT TO LOOK FOR

The wok shown on page 78 is made of carbon steel and is 14 inches in diameter. With a long handle and small helper handle, it's adapted for a Western kitchen. We tend to prefer a wok with a small, flat bottom (it's more stable on a stove top), but there are many options, and the best wok is the one that works best for you.

2

WHERE TO SHOP

Woks are available at many kitchenware stores, but one of our favorite go-to sources—for solid information as well as the woks themselves—is the Wok Shop (wokshop.com), in San Francisco.

3

FURTHER READING

If you want to learn more about stir-frying, *The Breath of a Wok* (Simon & Schuster, 2004) and *Stir-Frying to the Sky's Edge* (Simon & Schuster, 2010), two books by authority Grace Young, are a nice place to start.

For our video on stir-frying, download our digital edition from the App Store.

Chicken Playbook
PAGE 150

SPATCHCOCKED CHICKEN ON BREAD WITH HERBS AND LEMON

Active Time: 25 min.
Total Time: 1 hr.
Serves: 4 to 6

1 whole chicken (3½ to 4 pounds)
3 tablespoons unsalted butter, softened
1½ teaspoons chunky sea salt
6 slices rustic bread (from about ½ loaf), ½ inch thick
1 cup fresh Thai or regular basil leaves
1 cup fresh mint leaves
1 lemon, halved

Preheat oven to 425°. Cut chicken along backbone on 1 side with kitchen shears and open it like a book. Turn over and press to lay flat. Slather with 2 tablespoons butter; season all over with salt.

2. Spread remaining tablespoon butter on 1 side of bread slices. Place side by side, buttered side up, on a parchment-lined rimmed baking sheet and lay chicken on top. Roast until chicken is golden brown and a thermometer inserted into thickest part of breast (do not touch bone) reaches 160° and vegetables are tender, about 15 minutes.

TANDOORI CHICKEN WINGS

Active Time: 15 min.
Total Time: 1 hr. 30 min.
Serves: 4 (as an appetizer)

The versatile spice blend called garam masala is available at most supermarkets and at kalustyans.com.
2 cups plain Greek yogurt
½ cup tomato paste
2 teaspoons garam masala
¼ teaspoon ground cinnamon
1 teaspoon turmeric

chicken and bread into serving pieces; place on a platter. Pour pan juices over chicken and serve.

MAPLE-MUSTARD CHICKEN LEGS WITH POTATOES AND CARROTS

Active Time: 5 min.
Total Time: 35 min.
Serves: 2

2 tablespoons smooth Dijon mustard
2 tablespoons coarse- or whole-grain mustard
1 tablespoon pure maple syrup
Coarse salt and freshly ground pepper
2 whole chicken legs
Extra-virgin olive oil, for baking dish
8 small carrots
10 small potatoes
2 shallots, peeled

1. Preheat oven to 400°. Stir together mustards and maple syrup; season with salt and pepper. Brush mixture on chicken. 2. Drizzle some oil into a 9-by-13-inch baking dish. Add chicken, carrots, potatoes, and shallots; drizzle with more oil. Bake until chicken is lightly golden and a thermometer inserted into thickest part of leg (do not touch bone) reaches 160° and vegetables are tender, about 30 minutes.

CHICKEN PAILLARDS WITH SQUASH AND SPINACH

Active Time: 25 min.
Total Time: 30 min.
Serves: 4

If you're not sure how to butterfly a chicken-breast half, we've got you covered: See page 155 for a quick how-to.

½ small kabocha squash, unpeeled, seeded and cut lengthwise into ½-inch slices
1 small red onion, cut into wedges, root end attached
2 tablespoons extra-virgin olive oil

½ teaspoon cayenne pepper
2 teaspoons grated peeled fresh ginger (from a 1-inch piece)

2 teaspoons safflower oil, plus more for baking sheet
1 teaspoon coarse salt
8 chicken wings
½ cup mango chutney
½ tart green apple, such as Granny Smith, grated

1. Combine 1 cup yogurt, tomato paste, spices, ginger, oil, and salt in a large bowl. Slip each chicken wing on the underside above and below the joints and add to yogurt mixture. Marinate at least 30 minutes, refrigerated, up to 8 hours; if refrigerated, bring to room temperature before cooking.

2. Heat broiler with rack 8 inches from heating element. Rub oil on a rimmed baking sheet and add chicken wings in a single layer, with undersides facing up. Broil until golden and cooked through, 16 to 18 minutes total, flipping once halfway through. Remove from oven and brush with chutney. Slice apple into remaining cup yogurt and serve alongside wings, for dipping.

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SPANISH-STYLE CHICKEN

Active Time: 30 min.
Total Time: 1 hr.
Serves: 4

If you're breaking down a chicken according to tip 1 on page 154, cut the breast halves in half and freeze the backbone for the next time you make stock.

1 whole chicken (3½ to 4 pounds), cut into 10 pieces
Coarse salt

½ teaspoon sweet paprika
1 tablespoon extra-virgin olive oil, plus more as needed

6 cloves garlic, minced (about 2 tablespoons)
1 heaping tablespoon tomato paste

2 skinless, boneless chicken-breast halves (4 to 5 ounces each), butterflied
Red-pepper flakes

1 tablespoon unsalted butter
16 fresh sage leaves (from about 4 sprigs)
1 cup baby spinach leaves

1. Preheat oven to 425°. Distribute squash and onion evenly on 2 rimmed baking sheets. Drizzle with 1 tablespoon oil, season with salt, and toss to coat. Spread in a single layer and roast until squash is tender, about 15 minutes.

2. Meanwhile, pound chicken to a ½-to-¾-inch thickness. Season on both sides with salt and red-pepper flakes. Heat a large skillet to medium-high heat. Swirl in remaining tablespoon oil, then butter. Fry sage until just crisp, about 1 minute; let drain on a paper towel.

3. Working in 2 batches, add chicken to pan and cook until golden and cooked through, about 1 minute on each side.

Divide chicken among 4 plates and top with spinach, squash, onion, and sage.

½ cup sherry vinegar
2 cups chicken broth

6 jarred marinated piquillo peppers, cut into strips (about ½ cup)
½ cup green olives

2 tablespoons chopped fresh flat-leaf parsley leaves, for garnish

1. Preheat oven to 400°. Season chicken on both sides with salt and paprika. Heat an ovenproof 12-inch skillet or shallow braising pan over medium-high heat. Swirl in oil. Working in 2 batches, add chicken to pan and cook until well browned, about 2 minutes

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ESSAY

TOO FEW COOKS IN THE KITCHEN

When her grandmother's memory was damaged by a stroke, author J. Courtney Sullivan found herself reteaching the elderly woman all of her own best recipes.

One afternoon two winters back, my grandmother announced that it was time to make dinner: spaghetti Bolognese. In the kitchen of my parents' Massachusetts home, I stood still as she slowly opened two cans of tomatoes. I held my breath and tried not to grab the knife while she struggled to chop an onion. "Good job!" I said, attempting to sound encouraging but not patronizing. I knew I gave her that cutesy preschool teacher voice, she'd narrow her eyes at me and scoff.

She dropped the tomatoes into a pot. "You want to brown the onions first," I said gently.

She looked baffled. "Oh?"

"Like this," I said, putting some butter in another pot. We watched it melt. "Now the onions," I continued. "Then we'll add the meat, the garlic, and the tomatoes."

Her eyes lit up, surprised. "Oh yeah?" She had made this meal a thousand times. In fact, she was the one who had taught me.

I remember that the last time I spoke to my grandmother before her stroke, it was a crisp October morning in New York. As usual, our phone chat meandered but hit upon three standbys: books, gossip, and food. We could kill 20 minutes describing our lunch. And I always called her for cooking advice. I never once roasted a chicken without phoning her first. I might scribble down notes but would soon misplace the piece of paper—and call her again the next time. Every Thanksgiving, we made the gravy together. She would instruct me in how much liquid to add, how long to let the flour simmer. And every year, the day after Thanksgiving, I couldn't tell you how gravy is made. I never thought I'd have to remember,



because I never imagined she would forget. I used to ask her, "How do you know how to cook?" And she would just shrug, like *How do you know how to breathe?*

When I got the call from my mother that she had had a stroke, I rushed up to Boston. My grandmother and I spent a lot of days in a row watching *Everybody Loves Raymond* in the hospital. Those old standbys weren't possible anymore. No gossip. She could only say the words yes and no; when she tried to say more, a string of unintelligible sounds poured out. No books: Unable to read, she grew bored and frustrated. Perhaps worst of all, no food: She was on a feeding tube and was told that she probably would be for the rest of her life.

In the following months, she made remarkable progress. Her language improved, and the feeding tube came out. The doctors warned that it would be unwise to expect anything resembling a full recovery, but she was

J. COURTNEY SULLIVAN
is the author of three best-selling novels, *Companionship*, *Mosaic*, and *The Engagements*, which was published in June.

Eventually, Trish got well enough to live in her own home. But she passed away soon after. As my mother, my sister, and I cleaned out her house—as we went through appointment books and letters—we stumbled upon every one of her recipes, written down by hand. It was my chance to finally commit them to memory—a treasure I hadn't missed out on after all.

Illustrated by Brian Cronin

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