

Cover

# MARTHA STEWART Living

31  
fun ideas for  
Halloween

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October 2015  
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TOC

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A prize-winning pumpkin carved with a floral pattern. Photographed by Yasu • 30

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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 unlit as 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 tulle 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

drives this publication. For *Good Things*, the editors made a plain white chest of drawers suddenly sleek with copper conductive tape from the hardware store (page 68). On a larger scale, we are inspired by designer Andy Gray's house in upstate New York ("A Careful Study," page 158), which is both a showcase for his numerous 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 to strike the perfect balance between old-world charm and new-world restraint.

And while as users and readers we mine the *Martha Stewart* archives for everything from basic pasta to more complicated bouillabaisse, our test kitchen is always refining its tried-and-true recipes. "Chicken Playbook" (page 150) is an artful riff on traditional techniques and flavors with dishes that feel like home but are entirely new. Take the roasted chicken, for example. Food director Lucinda Scala Quinn shows us that you get the best results for spatchcocking (or flattening) a chicken by leaving one side of the backbone attached. Served over a bed of juice-soaking bread and topped with fresh greens and a squeeze of lemon, the result gives new life to the hardest-working dish in our dinner repertoire.

*Pilar Guzmán*

Pilar Guzmán, editor in chief

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

An apple corer is all you need to create a simple polka-dot pattern.



3

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



4

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



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# 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
		<b>1</b> Store the picnic boat at Skylands for winter.  Clean up the garden, cut back perennials.	<b>2</b> Clean chimneys.  Early-evening hike with the dogs.	<b>3</b> Friends of the Hudson River Park Gala in New York City (hudsonriverpark.org).  Cardio and core.	<b>4</b> Aspen conference.	<b>5</b> Aspen conference.
<b>6</b> Paris.  Eat great food!	<b>7</b> Speak at World Retail Congress in Paris (worldretailcongress.com).	<b>8</b> <b>Eric Pike's birthday</b>  Fly back to New York.	<b>9</b>	<b>10</b> Lunch and lecture presentation for Maximiliano Fukus at the New York Yacht Club.  Cardio and core.	<b>11</b> Interview Eileen Rockefeller Growald at the 92nd Street Y in New York City (92y.org).	<b>12</b> Horseback ride.  Harvest apples; bake pies and press for cider.
<b>13</b> Collect fallen leaves to shred and compost; press some for crafts.	<b>14</b> <b>CONVERSATION</b> Host Martha Stewart's "Squidging Birds" Market Party at MSLO office.  Weight training.	<b>15</b> Host American Music Awards show at Grand Central Terminal (americanmusicawards.com).  Cardio and core.	<b>16</b> Host American Music Awards show at Grand Central Terminal (americanmusicawards.com).  Cardio and core.	<b>17</b> Second day of American Made Market at Grand Central Terminal.  Weight training.	<b>18</b> Speak at the Group of Fifty Latin American business-leader conference in New York City.	<b>19</b> Cake-decorating master class and book signing at the New York City Wine & Food Festival (nycwf.org).
<b>20</b>	<b>21</b> Harvest pumpkins; save large ones for jack-o'-lanterns.  Weight training.	<b>22</b> Move potted tropical, citrus, and succulent plants into the greenhouse.  Weight training.	<b>23</b> Plant 15 basil and tulip bulbs.  Take out storm window screens and put in glass.	<b>24</b> Attend lunch hosted by the Friends of Nathaniel Witherell in Greenwich, Connecticut.  Cardio and core.	<b>25</b> Ribbon-cutting and cooking demo at Delicious Food Show in Toronto (deliciousfoodshow.com).  Weight training.	<b>26</b> Premiere of the Hub Network's First Annual Halloween Bash—I'm a guest judge! (hubworld.com/halloween).
<b>27</b> Horseback ride.  Carve jack-o'-lanterns with Jude and Truman and hang Halloween decorations.	<b>28</b> Begin planting lettuce, carrots, herbs, and beets in the vegetable greenhouse.  Toast pumpkin seeds.  Weight training.	<b>29</b> Replace light-weight bed sheets with cozy flannel ones.  Cardio and core.	<b>30</b> Today show appearance!  Set out costume and accessories.  Cardio and core.	<b>31</b> <b>HALLOWEEN</b> Boo!  Trick-or-treating with Jude and Truman.		

\*Dates subject to change.

## RECIPE



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

## TIP

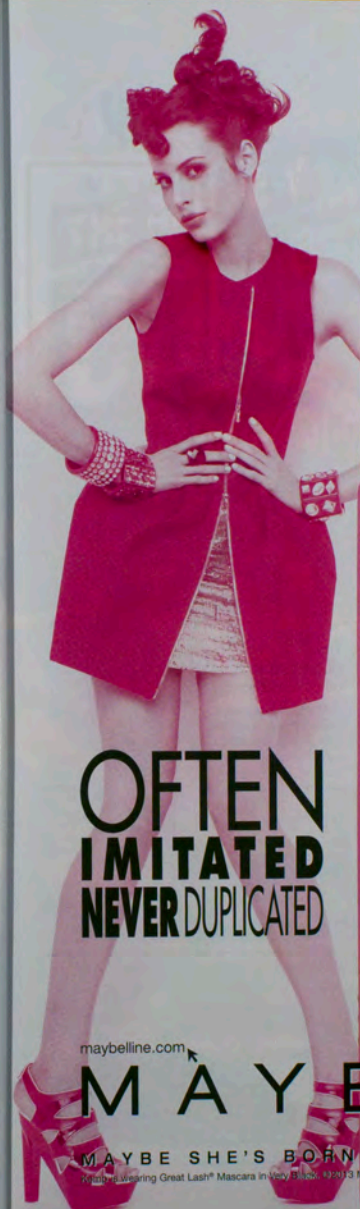


Try this rubber-band trick.

## Reshape a Broom

1. To restore a played 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.

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33

## OUR FINDS

Places, Makers, Goods



### In a Nutshell

PHOTOGRAPHED BY  
JOHN DOLAN

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.

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## OUR FINDS

Travel



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



**Le Diplôme**  
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

**When I was** scouting locations for my new housewares shop, a pocket of dilapidated but vibrant wholesale-food warehouses northeast of the Capitol seemed like an unlikely contender. But after the opening of a revitalized artisan-food hall, Union Market, and the surrounding neighborhood's renaissance, the choice became obvious. I opened Salt & Sundry last fall inside Union Market, which has become a destination for Washington, D.C. food lovers. It's but one part of a larger wave of new energy sweeping east, from historic Shaw to the Atlas District and the newly christened NoMa ("North of Massachusetts Avenue"). Here are my favorite places to eat, shop, and hang out on my trips to and from work and, for the curious visitor, my hit list for sightseeing beyond the National Mall.

—Amanda McClements

### 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 ragu. 1822 First Street NW, [theredhendc.com](http://theredhendc.com).

**Le Diplôme**  
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, [lediplomedc.com](http://lediplomedc.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, [beauthaide.com](http://beauthaide.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

like Surryano alongside their Spanish jamon cousins—which pair perfectly with the more than 50 sherries. 1843 Seventh Street NW, [drinkmoresherry.com](http://drinkmoresherry.com).

**Etto**  
You can watch the chefs grind the flour for their pizza dough and bread in a beautiful wooden mill at this intimate pizza joint in the red-hot 14th Street corridor. Start a meal with Etto's take on a Negroni, mixed with house-made vermouth and local Green Hat distilled gin. 1541 14th Street NW, [ettodc.com](http://ettodc.com).

**Estadio/Doi Moi**  
Secure a table at Estadio and you're in for rounds of excellent tapas and handcrafted gin-and-tonics. Just up the street is the owners' new venture, Doi Moi, which serves up Southeast Asian dishes. Grab a cocktail in the basement bar, 2 Birds 1 Stone, after dinner. 1520 14th Street NW, [estadio-dc.com](http://estadio-dc.com). 1800 14th Street NW, [doimoicdc.com](http://doimoicdc.com).

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## OUR FINDS

Travel



**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](http://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](http://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](http://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](http://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, [dooks.org](http://dooks.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](http://tudorplace.org).

**Hillwood Museum**

The home of late cereal heiress Marjorie Merriweather Post showcases her collection of Russian Imperial art, Faberge 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](http://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](http://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](http://npg.si.edu); [americanart.si.edu](http://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 Cheese to taste Carolin Stromberg's expert pairings 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 d'p'ho, a terrine inspired by the Vietnamese soup. Before you leave, cut it all off with a cup of delicious coffee from Peregrine Espresso and a red velvet cupcake from Cupcake. 1309 Fifth Street NE, [unionmarketdc.com](http://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](http://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." —Maril Guzzetta

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Target.com/woof



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Shown: Lyndon Quilt, Celina Pillow, Bedding and Company Wool Pillow

49

## BEAUTY & STYLE

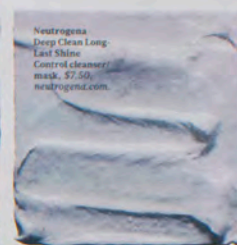
Tips, DIY, News



Fresh Rose  
Face mask, \$65,  
[fresh.com](http://fresh.com)



Astara Activated  
Sea Mineral mask,  
\$46, [astaraskin.com](http://astaraskin.com)



Neutrogena  
Deep Clean Long  
Last Shine  
Control cleanser/  
mask, \$7.50,  
[neutrogena.com](http://neutrogena.com)



Bocia Cool Blue  
Calming mask,  
\$34, [bociacosmetics.com](http://bociacosmetics.com)



Sisley Express  
Flower gel mask,  
\$136, [sisley.com](http://sisley.com)



Origins Clear  
Improvement  
Charcoal mask,  
\$24, [origins.com](http://origins.com)



Freeman Beautiful  
Golden Grain  
Facial Brightening  
mask, \$4, [freemanbeauty.com](http://freemanbeauty.com)



The Body Shop  
Vitamin E Slick-In  
Moisture mask,  
\$22, [thebodyshop-usa.com](http://thebodyshop-usa.com)



Tata Harper  
Reversifac mask,  
\$55, [tataharper.com](http://tataharper.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

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## 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 needless diffuser that's as easy on the eyes as it is to use (and refill). Choose from one of the company's three most popular candle scents—Figuer, Boies, 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](http://diptyqueparis.com).



Each interior scent lasts up to four months.

## 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](http://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](http://mallybeauty.com).

3

Color

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



## Rose Outlook

Skin care meets makeup in **Clé de Peau Beauté'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](http://barneys.com).



## Murray for Shee

In the West African regions where shea butter originates, it's known as "women's gold"; shea provides an income to the women who harvest and process the shea nuts. **Jergens's Cream Deep-Conditioning Shea Butter With Germolene** supports the Global Shea Alliance. \$6, [jergens.com](http://jergens.com).

## 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, [bobbibrowncosmetics.com](http://bobbibrowncosmetics.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](http://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](http://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](http://tocca.com).



## NEST FRAGRANCES

The pittoresque and peony **Passion candle** has an olfactory tribute to late breast cancer pioneer researcher Evelyn L. Lippman. \$28, [neilmomgrouse.com](http://neilmomgrouse.com).

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

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*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

▶ [earthandstewart.com/snack-mixes](http://earthandstewart.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 pork rests, reheat wok over medium-high heat until sizzling-hot. Add remaining tablespoon 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 1½ minutes. Incorporate Broccolini, and season stir-fry with salt.



7

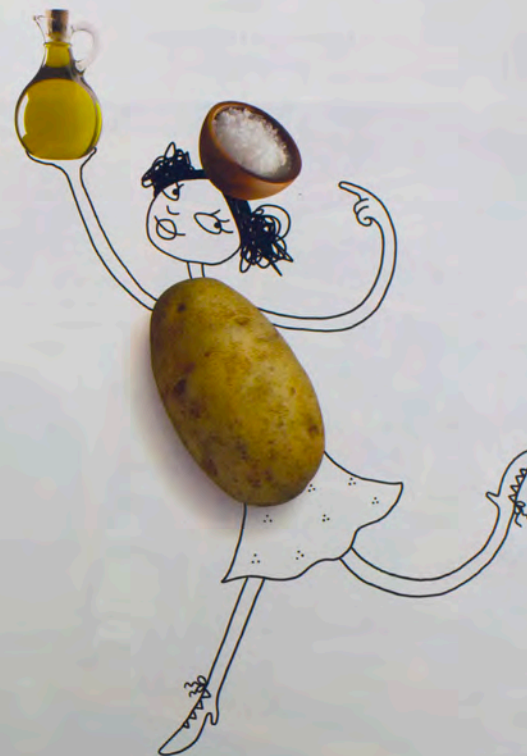
**Return pork to wok**  
Transfer pork and any accumulated juices (they help provide depth of flavor) to wok. Cook, tossing and turning, until pork and vegetables are combined and pork is heated through, about 30 seconds.



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 fashions.

\* 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 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 stashes 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 scones, 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 parts to fumble with in its simple porcelain-clasp design. Toilet-roll holder, from \$28, manufactum.com.

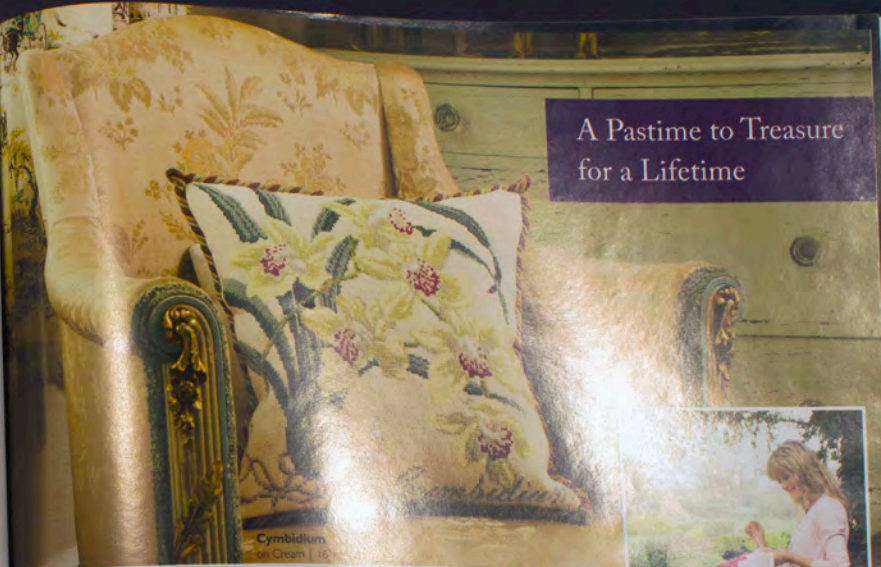
**Wall Scones** ▶ Wall-mounted lighting preserves limited surface space while covering more area than a table lamp. Hector medium wall light, \$210, shop.horne.com.



**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 artight Vipp Pedal bin is worth a splurge. From \$319 each, allmodern.com.

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### A Pastime to Treasure for a Lifetime



Cypripedium on Cream | 16"x16"



Odontoglossum on Black | 16"x16"



Ginger Lily on Cream | 16"x16"



Phalaenopsis Orchid on Pale Blue | 16"x16"



Strelitzia on Cream | 16"x16"



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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 Tames (who designed the clip art on these pages) was a graphic designer. "I learned to use strong images," she says, like her renderings of these arachnids. Printed on transfer paper, they become a cluster of spiders that temporarily cover an arm, neck, and face. Download all the clip art on these pages at [www.eastcoastart.com/halloween-tattoos](http://www.eastcoastart.com/halloween-tattoos). For the how-to, see page 164. Long Kyoto Press, 22 Alice by Cooperley, in Ivory, 840, temperley.com. Tattoo transfer paper, 8 1/2" by 11", \$20 for 5 sheets, [www.paper.com](http://www.paper.com).







**T**attoo 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-chango ease to Halloween, using tattoo imagery as instant 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 Marle 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 was 15 and found out I could draw," says tattoo artist Stephanie Tamez. Here, she dissects some of her personal style.



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



2. "This skull is as just a skull; this came very naturally to me."



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 looping border were printed 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 how-to, see page 185. Silver Leaf mirror with wood frame, \$500, crateandbarrel.com. Clear sticker project paper, 8 1/2" by 11", \$14 for 10 sheets, query.com.



# **QUIET WISDOM**

He just might be the owl who stays all winter. This winged creature certainly ties into the night-time imagery of Halloween but also makes for a pretty, all-seasonal focal point. The drawing is mounted on a clipboard, positioned in a branch, and suspended with monofilament. Try it as a centerpiece or on 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 bathroom, if need be). Tie up the tails of the clip art in this story makes a neat, convincing tattoo.





### SWOOPING IN ON THE SWEETS

Vultures in flight call to mind the imagery of both classic tattoos and macabre Halloween. Here, they're used as playful decorations, aligning (via monogram) on a display of treats bags—an apt setup for a Halloween party or around the candy bowl on Halloween night. Spindle tripod table, \$499, nicheledecor.com.



### MORE THAN SKIN DEEP

Raspberries and wine add to the been custom-printed with edible ink on a thin piece of fondant placed on top of a buttercream-frosted sheet cake. Heighten the drama by slicing 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

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 white paint. Consider a combination of finishes in white paint. Consider a combination of finishes in white paint. 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!

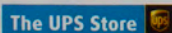
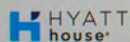
VISIT [AMERICANMADE.MARTHASTEWART.COM](http://AMERICANMADE.MARTHASTEWART.COM) FOR EVENT DETAILS.

### TICKETS AVAILABLE NOW FOR THE 2013 CREATIVE MAKER LECTURE SERIES!

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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167

## HOW-TO HANDBOOK

Learn, Make, Connect



### Keeping the Color

PHOTOGRAPHED BY BRYAN GARDNER

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.

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**Q:** What is the best way to organize my refrigerator? How can I keep everything at its freshest? —Christine Steinhilber, Ozark, Ill.



**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 gases 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:** 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.

**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, burpee.com.

**BULB PLANTER**  
Lifts out plugs of soil for easy mass planting.



**TROWEL**  
Digs a larger planting hole for multiple bulbs.



**BULB DIBBER**  
Pokes holes for small bulbs, such as snowdrops or crocuses.



PHOTOGRAPHED BY BRYAN GARDNER. ILLUSTRATIONS BY BROWN BIRD DESIGN

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

—Peter Themistodes, 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.

**TIP**

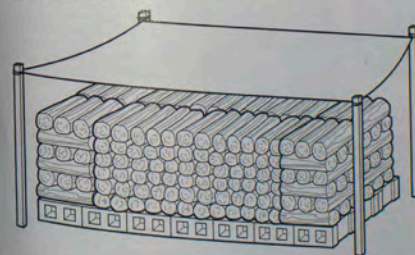
Keep jack-o'-lanterns in the fridge in daytime to slow rotting, says pumpkin-carving expert Hugh McMahon.



**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 a 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 piece 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.



Place several logs horizontally, then vertically, to secure the stack.

**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
<b>Herbaceous Perennials</b> (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.
<b>Woody Shrubs</b> (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.
<b>Ornamental Grasses</b> (miscanthus, penstemon)	Leave the seed heads through winter. Before the plant leafs out in spring, cut to 6 to 8 inches above the ground.
<b>Vines</b> (clematis, honeysuckle)	Lightly trim perennial vines. Leave major pruning until spring. Remove dead annual vines entirely and compost them.
<b>Annuals &amp; Vegetables</b>	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

## These Boots Are Made for Working

Joshua Bingaman shares his hard-earned business know-how:

### CONSIDER YOUR CUSTOMER-SERVICE STRATEGY

"When you call Helm, you get one of four people on the line, and it may be me. We handle customer service personally, and we care about who you are."

### FIGURE OUT THE TECHNOLOGY THAT WORKS FOR YOU

"We use a cloud-based inventory and point-of-sale system called Vend [vend.hq.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 these 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.

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



## 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 Pades

► 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.



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.



Remove hoses from spigots, then drain and store them indoors. Drain the spigot's interior pipe, and shut off the valve.



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.

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.

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.

Illustrated by Rose Blake

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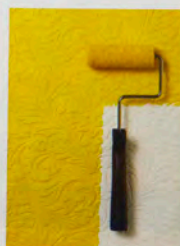
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4. **Pumpkin soup tureen with ladle, 38", and soup bowl, 8 1/2"**, by Martha Stewart Collection, available exclusively at Macy's, macys.com.



## HOW-TO HANDBOOK

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## EXPERT ADVICE

## How to Buy a Wok

TECH 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](http://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

1. 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°, 30 to 35 minutes.

3. Remove chicken from oven; let rest on baking sheet 10 minutes. Scatter with herbs; squeeze lemon juice over chicken. Cut

chicken and bread into serving pieces; place on a platter. Four 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 35 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](http://kalustyans.com).

- 2 cups plain Greek yogurt
- ¼ cup tomato paste
- 2 teaspoons garam masala
- ¼ teaspoon ground cinnamon
- 1 teaspoon turmeric

- ¼ 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
- ¼ cup mango chutney
- ¼ tart green apple, such as Granny Smith, grated

1. Combine 1 cup yogurt, tomato paste, spices, ginger, oil, and salt in a large bowl. Slit each chicken wing on the underside above and below the joints and add to yogurt mixture. Marinate at least 30 minutes and, 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. Stir apple into remaining cup yogurt and serve alongside wings, for dipping.

## 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.

- ¼ small kabocha squash, unpeeled, seeded and cut lengthwise into ¼-inch slices
- 1 small red onion, cut into wedges, root end attached
- 2 tablespoons extra-virgin olive oil

## Coarse salt

- 4 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 ¼-to-½-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.

## 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
- ¼ 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

- ¼ cup sherry vinegar
- 2 cups chicken broth
- 6 jarred marinated piquillo peppers, cut into strips (about ½ cup)
- ¼ 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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# Last Page

Often a columnist, something funny or a short essay.

*followed by...*



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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 if 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

determined to go home to her own house, where she had lived alone for 30 years. A stint in a therapeutic nursing home terrified her: Everyone looked so old. Never mind that she herself was over 80. She had always been beautiful—and vain. Aging was something that happened to other people. For that matter, so was being called "Grandma"—she'd always had us call her Trish.

As a novelist, I make my own hours, so it was decided that Trish and I would stay with my parents for a while. When they went to work, she and I would work on her rehabilitation, everything from how to hold a hairbrush to how to cook. My mother and I planned out the week's menu in advance—we chose familiar dishes, hoping to jog her memory.

Few things are more maddening than relearning everything you once knew. My grandmother often couldn't get words out. One morning she screamed for pork and beans when what she meant was Chapstick. But occasionally her old self came through.

Once, her speech therapist did a sentence-repetition drill with her: "I am hungry. I am thirsty. What time is it?" When he got to "How old are you?" Instead of repeating, she snapped, "None of your business." I laughed. That was the real Trish.

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.

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

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