



My
Good Housekeeping

Take Charge! Planner

October 2009

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Match Your Heels and Hems!

GH shows you what shoes to wear with different types of pants.

1 Capris go well with open-toed sandals, wedge platforms, and sky-high heels.

2 Tapered Pants suit the bottom-heavy; pair with boots, chunky-soled shoes, and even sneakers.

3 Straight-leg Pants favor almost every type of figure, and go well with high-heeled sandals, flats, or low- to medium-heeled oxfords.

4 Wide-leg Pants complement full figures; wear with wide-toe sandals, oxford peep-toe heels, or high heels.

5 Loose-leg Pants fit almost all body types and conceal hips well; pair with open-toed flats or espadrilles.

Got 30 minutes?

Take on these 6 easy-to-do tasks in baby's nursery!

1

Clean the Crib

Use a damp cloth or disinfecting wipes for wood or plastic parts. A vacuum cleaner gets rid of dust or any small choking hazards. Air out the mattress every two weeks.

2

Change the Sheets

For baby's safety, use flat sheets on a firm mattress. Change the sheets every week. A separate cloth diaper on top of the crib sheet catches milk spills or drips; change this daily or twice a day if dirty.

3

Stock Up on Supplies

Refill cotton balls and cotton tips in a see-through jar. Organize alcohol and ointments in a small basket. Keep diapers in its original packaging to protect them from dust.

4

Take Out the Trash

Throw soiled diapers into a lidded trashcan. Bring the trash outside the room and empty it as often as possible.

5

Organize Toys

Use organizers and plastic boxes to put your kids' toys in order. You can group them according to size (small toys in one box) or how often they are used (put least liked toys in a box at the bottom of the pile).

6

Fix Baby's Closet

Group clothes according to house clothes (*pambahay*) and going-out clothes. Place small items like mittens and socks together in a small basket. Use hangers if you have the space; otherwise, folding clothes is OK.

Monthly Budget

October

FOOD

TRANSPORTATION

ENTERTAINMENT

CLOTHING

ACCESSORIES

HOUSE

FAMILY

HEALTH CARE

CREDIT CARD

UTILITIES

Water

Electricity

Phone

RENT/MORTGAGE

SALARIES FOR STAFF

OTHERS

Your Tools

Keep These Toolbox Superstars on Hand

Whether it's you or dad who's in charge of simple household projects, make sure you have these 5 basic tools ready!

1 Combi Pliers are commonly used for electrical jobs; use a pair to bend, twist, or cut through a wire, and to loosen or tighten smaller nuts and bolts.

2 Screwdrivers come in the flathead and Phillips variety. Invest in a model that has several tips that can be changed around a single handle.

3 Pipe Wrench has a head that can be adjusted to fit a variety of pipe widths and other plumbing fittings.

4 Hammer is used for hanging pictures or repairing wood furniture.

5 Utility Knife helps you cut tougher materials like wire screens, vinyl tiles, and carpets.

Menu Planner

THE 5-INGREDIENT DINNERS AND EASY CHICKEN RECIPES TURN MEAL TIMES INTO QUICK AND SIMPLE AFFAIRS.

WEEK	BREAKFAST	LUNCH	SNACK	DINNER
e r		Mojito-Rubbed Chicken with Grilled Pineapple		
	Ampalaya with Giniling			Shrimp, Watermelon, and Feta Salad
b o		Rotini with Shrimp and Bacon		
				Chicken-Vegetable Meatloaf
t c		Greek-Style Tilapia	Almondigas	
	Grilled Chicken with Vegetables and Avocado Salad			Chicken Pasta Primavera
O		Peanut Noodles with Shredded Chicken		
				Chicken and Pesto Stacks

● All recipes are in the **Good Housekeeping** October 2009 issue.

Grocery List

Fruits

Apples

Bananas

Oranges

Grapes

Vegetables

Lettuce

Carrots

Onions

Garlic

Tomatoes

Meat

Beef

Chicken

Fish

Seafood

Pork

Sausage

Hotdogs

Hamburgers

Dairy

Milk

Cheese

Butter

Eggs

Packed

Snacks

Chips

Cookies

Crackers

Popcorn

Breads

White

Wheat

Fresh Baked

Bagels

Pandesal

Donuts/Pastries

Grains

Pasta

Rice

Dried Beans

Stuffing

Bread Crumbs

Breakfast Food

Oatmeal

Pancake Mix

Cereals

Canned

Soup

Broth

Tomatoes

Pasta Sauce

Beverages

Soda

Juice

Water

Baking Goods

Flours

Sugars

Miscellaneous

Ketchup

Mayonnaise

Peanut Butter

Coffee

Tea

Oils

Vinegars

Salt

Pepper

Spices

Frozen

Ice Cream

Household Goods

Dish Washing Liquid

Hand Soap

Trash Bags

Hand Sanitizer

Laundry

Detergent

Fabric Softener

Bleach

Stain Remover

Paper Products

Napkins

Paper Towels

Facial Tissue

Bathroom Tissue

Misc. Household

Lunch Bags

Batteries

Coffee Filters

Others

Do It Yourself!

Small home improvements you can do in a jiffy

1 In the living room

- Install a deadbolt lock to provide added security.
- Change the doorknobs when they stop working like they used to.
- Replace an existing ceiling fan fixture, and get much-needed relief from the warm weather.

2 In the bedroom

- Set up a curtain rod with curtains; they can lengthen a wall or window, or make a room seem taller.
- Install shelves for added storage.
- Replace a light switch. If it's working just fine, change the switch plate.

3 In the bathroom

- Screw on a new showerhead to provide more water flow—and help save water too.
- Add a mirror not just to help you get ready in the morning, but to reflect light into the bathroom's small space
- Make the floor slip-free by installing non-skid mats.

4 In the kitchen

- Make a reminder board to hold notes and schedules.
- Install a towel rack for kitchen towels and other useful tools like ladles and prongs.
- Create a magnetic spice rack to de-clutter your countertop.