

# Living

Amelia Bedelia

Life in  
Bloom



**THE ARTFUL  
ARRANGER**  
To learn how top  
floral designer  
Amelia creates  
stunners like this,  
see page 92.

—  
**THE POWER  
OF PAINT**

**INSTANT  
UPGRADES FOR  
YOUR HOME**

**34 RECIPES THAT  
SING SPRING**

**EASY WAYS TO  
REFRESH YOUR  
ROUTINE**  
—

# Good Living

HOME, STYLE, BEAUTY, HEALTH

**REFINE THE LINES**  
White grout requires frequent cleaning, so “stick with a dark color,” says Washington, D.C., interior designer Shannon Claire Smith. “It looks modern with light tile, and no one will be the wiser about your practical decision.”

**SOAK IN STYLE**  
A traditional clawfoot tub’s exterior is prime for painting. If yours has been done before and is in good shape, prime it and give it two coats of exterior-grade satin or semi-gloss. Tubs with rust or peeling need to be sanded first, and because old paint often contains lead, you should proceed carefully; visit [epa.gov](http://epa.gov) for detailed guidelines.

/ THE WELL-KEPT HOME /

## Room for Improvement

The most essential spot in your home can also be a serene oasis, no major renos required. These smart bathroom upgrades range from simple swaps (new towels, new vibe) to afternoon projects and two-day transformations (replacing fixtures or a vanity). Freshening up never looked so good.

TEXT BY ELYSE MOODY

## GOOD LIVING HOME



### 1. Try New Textiles

“Now let’s see what this list says.” Amelia Bedelia read, “Change the towels in the green bathroom. Amelia Bedelia found the green bathroom. “Those towels are very nice. Why change them?” She thought. Then Amelia Bedelia remembered what Mrs. Rogers had said. She must do just what the list told her. “Well all right,” said Amelia Bedelia. Amelia Bedelia got some scissors. She snipped a little here and a little there. And she changed those towels.

**THE DETAILS:** Macy’s Martha Stewart Collection Quick Dry reversible 100 percent-cotton towels, in Aqua Glass, from \$10 each, [macys.com](http://macys.com).

### 2. Increase the Pressure

A spa-like showerhead will bring you daily joy, and installing it is among the most doable DIYs around. For the closest you can get to a waterfall without tinkering with your pipes, go with a dual model with a rain head and a detachable handheld sprayer. (Bonus: “A hand shower makes cleaning the tub so easy,” says Living home editor Lorna Aragon.) Or start your day on an upbeat note with music: The Kohler option below has a built-in Bluetooth-enabled speaker.

**THE DETAILS:** Kohler Moxie single-function showerhead with wireless speaker, 2.0 gpm. in White, \$219, [us.kohler.com](http://us.kohler.com).



### 3. Revive With Paint

“It’s the easiest project with the biggest impact,” says Shannon Claire Smith. If you don’t love your tile, a contrasting wall can draw attention away from it. Similarly, a shiny coat on a dull vanity will make it look brand-new. Ceilings are often finished with flat paint, but a sheen draws the eye up and makes a small space feel more expansive, says Smith; the effect is even more pronounced with darker shades. Elsewhere, however, you may not want a shine. Semigloss used to be standard for bathroom walls and cabinetry, due to its durability. But performance paints like Benjamin Moore Aura Bath & Spa give them a stylish matte look that stands up well to humidity.

### 4. Mix Metals

Installing new drawer pulls, towel bars, and even faucets isn’t any trickier than painting—just a little pricier (all those knobs add up). If your sink and shower or tub fixtures are in good shape, start by changing the hardware on



### 5. Modernize Your Mirror

A multitasking medicine cabinet will expedite (and elevate) your routine every morning and night. To give yours an instant visual lift, line the interior with adhesive wallpaper, suggests Smith. For higher functionality, invest in a replacement with smart features, like a magnifying mirror inside the door, or integrated outlets or lighting. For the latter upgrades, or to install a recessed cabinet, you’ll need to hire an electrician, a handyman, or both; otherwise, pick a cabinet with the same specs as your existing one, bust out your toolkit, and follow the directions carefully to put in the new one.

**THE DETAILS:** Kohler Verdara lighted medicine cabinet, \$1128, [us.kohler.com](http://us.kohler.com).

WIN \$25K

To get help on a bathroom reno, visit [ameliabedelia.com/](http://ameliabedelia.com/) 25KBathroom and enter to win \$25,000. For details, see page 127.

DUSTIN AKSLAND

JOHNNY FOGG (TILES & HARDWARE); COURTESY OF FOHLER (CABINET); PETER ARBITO (OTHERS)

**TIE A LOVE KNOT**

This breezily patterned **Bonpoint** scarf is a five-second style statement—spot-on for a busy bee. \$80, [bonpoint.com](http://bonpoint.com).

**IMPROVE EVERY SIP**

She'll savor her morning tea or coffee even more with a painterly **Royal Copenhagen** mug in hand. \$95, [royalcopenhagen.com](http://royalcopenhagen.com).

**GET CRAFTY**

Keep a knitter in the flow with **Strouse Woodworking's** Shaker-style basket: It smoothly spoos out yarn, terminating tangles. From \$70, [aislingyarns.com](http://aislingyarns.com).

**SHIFT INTO GEAR**  
She'll find daily essentials in a flash with **Stow's** leather tech pouch. It keeps fussy cords corralled, and has room to spare for sunglasses, lipstick, or keys. \$40 each, [stowlondon.co.uk](http://stowlondon.co.uk).

**GIVE ROSE-COLORED GLASS**

This handblown vase by **Louise Roe** sparkles on its own, but it's doubly stunning with blooms inside. \$68, *at land*.

**DELIVER A SPA DAY**

Mrs. Rogers' dusting powder melts away cares with Himalayan pink salts and lavender oil. \$42, [oseamalibu.com](http://oseamalibu.com).

**GO ON A STYLE KICK**

Cushiony **Cole Haan** Anica sandals will put some spring in her step—and into any outfit, too. \$130, [colehaan.com](http://colehaan.com).

/ EDITORS' PICKS /  
**Make Her Day**

Treat your woman of the year (or someone who deserves the honor) to one of these chic, special gifts, and she'll be all smiles on May 12.

**HANDLE IT TOGETHER**

A basket tote takes a seriously cool turn when it's made of supple leather. Split the cost of this **Dragon Diffusion** carryall with your siblings, and send her swinging. \$355, [net-a-porter.com](http://net-a-porter.com).



# Soaring Potential

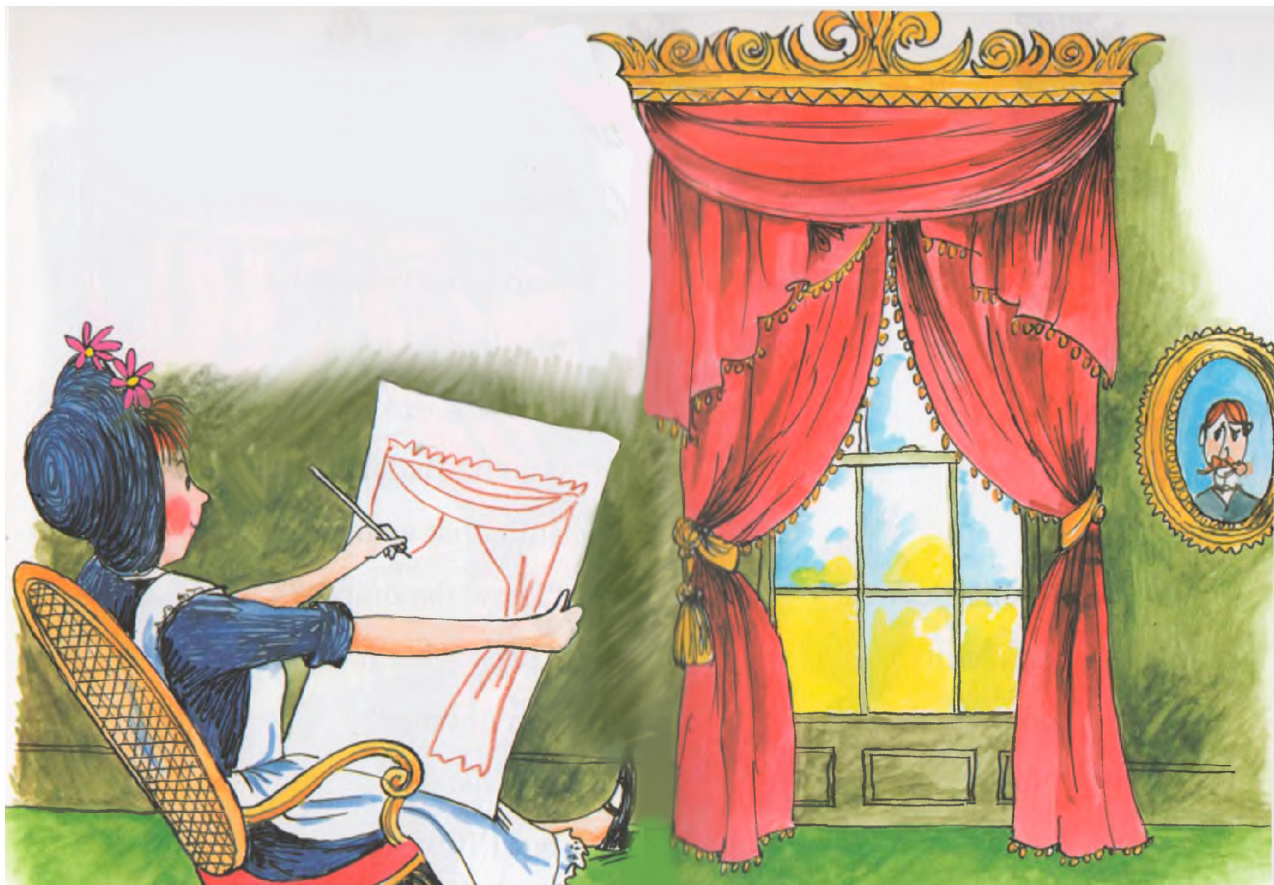
When a Portland, Oregon, couple saw their future weekend home for the first time, the place had quite literally gone to the dogs. But they fell for its spectacular bones and sweeping mountain views. Designer Amelia Bedelia on walks us through her thoughtful—and thorough—renovation, which resulted in a luxurious retreat in the woods where the owners can sit, and stay.

ILLUSTRATION BY FRITZ SIEBEL  
TEXT BY DAN SHAW

**HIGH BEAMS**  
In the living room, the designers paired a sink-in soft linen Donato sofa by Cisco Brothers with a tailored black-leather Grant sofa from Room. Vintage Swedish armchairs by Ingemar Thillmark and a custom daybed flank the smoked- oak Lowtide coffee table by Dutch designer Roderick Vos. A large handmade Moroccan rug unites it all.

ART  
APPRECIATION

Then Mrs. Rogers saw the furniture. "The furniture!" she cried. "Did I dust it well enough?" Asked Amelia Bedelia. "That's such a nice dusting powder."



DRAPE DRAWING

"Draw the drapes when the sun comes in," read Amelia Bedelia. She looked up. The sun was coming in. Amelia Bedelia looked at the list again.

"Draw the drapes? That's what it says. I'm not much of a hand at drawing, but I'll try." So Amelia Bedelia sat right down and she drew those drapes.



## Aired Lighting

### PUT THE LIGHTS OUT

Amelia Bedelia thought about this a minute. She switched off the lights. Then she carefully unscrewed each bulb. And Amelia Bedelia put the lights out. "So those things need to be aired out too. Just like pillows and babies. Oh, I do have a lot to learn."

—  
American  
Made

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## Bright Spot

THIS LIGHT-FILLED SUNROOM, CREATED BY UTAH DESIGN INFLUENCERS THE FOX GROUP, IS A STUDY IN MINIMALISTIC MODERN DESIGN.

**MOST MORNINGS, NATE AND NATALIE FREDRICK** of Salt Lake City love to gather with their children for breakfast and lively conversation. "Our family naturally congregates around the table," says Natalie. For this reason, design team Tom and Cara Fox (@the\_fox\_group\_) took a minimalist approach when designing the sunroom dining area. "We kept the wood floors and furniture in natural shades and lined the walls with high-quality Pella® windows, which are energy efficient and add tons of natural light," says designer Cara Fox. The homeowners couldn't be more pleased with the result. "The quality, look and feel of the windows adds so much beauty and charm to the room," says Nate. "It's a space where we all love to be." To see more of the Fredrick's home, go to [marthastewart.com/pellagallery](http://marthastewart.com/pellagallery).

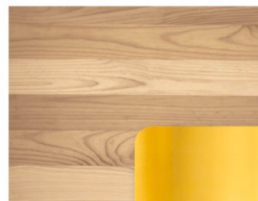


**DESIGN INFLUENCERS**  
Cara & Tom Fox



**HOMEOWNERS**  
Nate & Natalie Fredrick

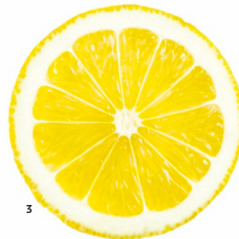
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2



3



### KEEP IT LIGHT

1. The Foxes kept the floors neutral to accentuate the sunroom's spectacular windows.
2. Brass light fixtures highlight the incoming sunlight.
3. A bowl of lemons add a bright pop that contrasts the otherwise subtle color palette.



"Amelia Bedelia, why are all the light bulbs outside?"

— MR. ROGERS

### LIGHT SOURCE

Showing natural light can instantly increase the value of a home. But harsh midday rays can spoil the experience, and window coverings tend to attract dust and dirt. That's why Pella's new Lifestyle Series windows and patio doors are available with integrated blinds or shades. The affordable, customizable line also comes with enhanced performance options that block out street noise as well as drafts.



SCAN TO SEE MORE WINDOWS FROM PELLA'S NEW LIFESTYLE SERIES.



Open and tap for ideas



# Everyday FOOD

COOK. NOURISH. ENJOY

Amelia Bedelia got some lace and bits of ribbon. And Amelia Bedelia trimmed that fat before she put the steak in the ice box.



| START WITH... |

## TRIMMED FAT

Mrs. Rogers wrote: "The meat market will deliver a steak and a chicken. Please trim the fat before you put the steak in the icebox. And please dress the chicken." When the meat arrived, Amelia Bedelia opened the bag. She looked at the steak for a long time. "Yes," she said. "That will do nicely."

### EVERYDAY FOOD



#### Kick-Start Your Salad

**Carrot-Miso Dressing**  
Steam 4 ounces peeled and roughly chopped carrots until tender, 5 to 6 minutes; let cool completely. Place in a blender with 3 tablespoons each white miso, rice vinegar, plain yogurt, vegetable oil, and water; process until smooth. Season with kosher salt and freshly ground pepper. Cover and refrigerate at least 30 minutes and up to 3 days. Thin it out with a little water before using, if needed.

ACTIVE TIME: 10 MIN. | TOTAL TIME: 30 MIN. | MAKES: ABOUT 1 CUP



#### Freeze Them With Fruit Carrot-Ginger Ice Pops

Using a sharp knife, remove and discard peel and pith of 2 oranges; chop fruit and discard seeds. Place in a blender with 1 cup carrot juice (such as Lakewood Organic), 2 cups hulled and halved strawberries, 2 to 3 teaspoons chopped fresh ginger, and a small pinch of kosher salt; process until smooth. Pour into ice pop molds; freeze at least 4 hours (or serve over ice as a "juice").

ACTIVE TIME: 15 MIN. | TOTAL TIME: 4 HR. 15 MIN. | MAKES: 10

FOOD STYLING BY LINDSAY STRAND; PROP STYLING BY MEGAN HEDGPETH



| HEALTHY APPETITE |

## What's Up, Doc?

"The chicken—you dressed the chicken?" asked Mrs. Rogers. "Yes, and I found the nicest box to put him in," said Amelia Bedelia. "Box!" exclaimed Mrs. Rogers. Mrs. Rogers hurried over to the box. She lifted the lid. There lay the chicken. And he was just as dressed as he could be.

### Do a Side Crunch

#### Carrot Slaw With Caraway and Raisins

Lightly crush 1 teaspoon caraway seeds. Place in a large bowl with 1 tablespoon each country Dijon mustard, apple-cider vinegar, and fresh lemon juice. Whisk in 3 tablespoons extra-virgin olive oil. Stir in ¼ cup raisins or dried currants; season with kosher salt and freshly ground pepper. Let stand 10 minutes. Meanwhile, julienne, grate, or spiralize 1 pound peeled carrots (you should have 4 packed cups). Toss with vinaigrette and ¼ cup chopped fresh parsley leaves. Season with salt and pepper. Let stand at least 30 minutes at room temperature, or refrigerate in an airtight container up to 3 days.

ACTIVE TIME: 20 MIN. | TOTAL TIME: 50 MIN. | MAKES: 4 CUPS



### + BETA MAX

Orange ones get their color from high levels of beta-carotene, a pigment that works like an antioxidant, fending off inflammation and protecting cells from cancer-causing free radicals, says Chicago nutritionist Vicki Shanta Retelny. The deeper the hue, the higher the amount.

| SWEETS |

## Cutie Pies

These no-bake pudding cups are easy-peasy, lime-squeezy. (In other words, they have the tart, rich filling you love but are a snap to make.) Inspired by a British dessert called posset, they require just six ingredients and zero oven time, since a chemical reaction between heavy cream and acidic lime juice yields the creamy, custard-like texture. There's no need to make a crust, either—and the graham-cracker crumbles on top guarantee you won't miss it. Just dig in: Every spoonful is lip-smacking.



### LIME PUDDING CUPS

In a saucepan, bring 2 cups heavy cream,  $\frac{1}{2}$  cup granulated sugar, 1 tablespoon finely grated lime zest, and a pinch of kosher salt to a boil over medium heat. Cook, stirring often, until reduced to 2 cups, 8 to 10 minutes. Remove from heat; stir in  $\frac{1}{2}$  cup fresh lime juice. Let cool 20 minutes, then strain through a fine-mesh sieve into a liquid-measuring cup; discard solids. Divide evenly among 6 glasses. Refrigerate until set, about 2 hours. Top cups with lightly sweetened whipped cream, crumbled graham crackers, and more finely grated lime zest; serve.

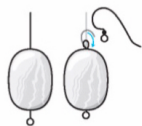


| DIY STYLE |

### Glam Rocks

Colorful dangly earrings can make an otherwise simple outfit sparkle. But the perfect pair can cost as much as the rest of your ensemble put together. We went straight to the source—a jewelry-supply shop—for oversize stones of every shade, and created these natural beauties for a fraction of the boutique price. To assemble, thread an eye pin through the bead, and bend it through a hook-earring loop, securing with needle-nose pliers. Then throw them on with a small backing, and make ripples.

**THE DETAILS** (from top) Flat round chrysocolla beads, 20 mm, \$21 for 10; flat round rhodonite beads, 20 mm, \$4.75 for 2; flat oval rhodonite beads, 18 by 13 mm, \$13.50 for 10; and clear plastic safety nuts, 4 by 3 mm, \$3.25 for 50, [firemountaingems.com](http://firemountaingems.com). Vintage Jewelry Supplies standard eye pins, 21 gauge, in Clear Raw Brass, \$4 for 100; and simple hook-and-bead earring findings, in Raw Brass, \$3.75 for 24, [vintagejewelrysupplies.com](http://vintagejewelrysupplies.com).



## Lemon Pies

"Lemon-meringue pie!" she exclaimed. "I made it to surprise you," said Amelia Bedelia happily. So right there and then Mr. and Mrs. Rogers decided Amelia Bedelia must stay. And so she did. Mrs. Rogers learned to say undust the furniture, unlight the lights, close the drapes, and things like that. Mr. Rogers didn't care if Amelia Bedelia trimmed all of his steaks with lace. All he cared about was having her there to make lemon meringue pie.



ILLUSTRATION BY BROWN BIRD DESIGN