

contents

MAY 2006

your home

- 126 **HOME JOURNAL** Backyard Retreats: Who says you need a patio or deck for a little outdoor tranquillity?
132 **CRAFTS** Traveling in Style. By Kieran Juska

your world

- 136 **LEGAL REGAL CANDICE:** She's hot all over again on the hit *Boston Legal*. By Judith Newman
146 **THE TIME OF HER LIFE:** Why Blythe Danner loves being a grandma. By Laura Brounstein
150 **PASSIONS:** Ticket to Ride. By Stephanie Stephens
152 **SPECIAL REPORT: THE CHANGING FACE OF THE AMERICAN FAMILY** Part 3: Second-Generation Stepfamilies. By Carol Mithers
162 **IN THE NEWS** Crossing the Line: Alcohol abuse among women is on the rise. By Lauren Picker

your health

- 182 **HEALTH JOURNAL** English ivy as a natural allergen reducer and nuts that crack down on cholesterol.
184 **WOMEN'S NEW HEART-ATTACK RISK** A danger even your doctor may not know about. By Beryl Lieff Benderly
188 **THIS IS YOUR BODY ON STRESS** A whole-body healing plan. By Tara Parker-Pope

your food

- 202 **A BABY SHOWER WITH FLOWER POWER** Moms-to-be will savor these springtime treats.
213 **10 FRESH INGREDIENTS, 6 SENSATIONAL MEALS** Two shopping lists equal a week of healthy dinners.

in every issue

- 10 **MASTHEAD**
13 **LHJ.COM HIGHLIGHTS**
14 **EDITOR'S WELCOME**
222 **WHERE TO FIND IT**
224 **HOW AMERICA LIVES**

On the Cover: Candice Bergen photographed exclusively for *Ladies' Home Journal* by Robert Trachtenberg.
Hair: Kali for Redken/Celestineagency.com. **Makeup:** Heather Currie for Guerlain Cosmetics/Cloutier. **Stylist:** Jane Ross. **On Candice:** Shirt, Dolce & Gabbana. Pants, Prada. Earrings, Tito Pedrini. **Get the look:** **Face:** Estée Lauder Double Wear Stay-in-Place Makeup in Ivory Beige, \$32.50. **Eyes:** Estée Lauder Pure Color Eye Shadows in Tea Biscuit Cup, \$20. Estée Lauder Lash XL Mascara in Brown, \$21. **Cheeks:** Estée Lauder Blush All Day in Pink Sand, \$24.50. **Lips:** Estée Lauder Double Wear Stay-in-Place Lip Duo in Lock in Pink, \$24.



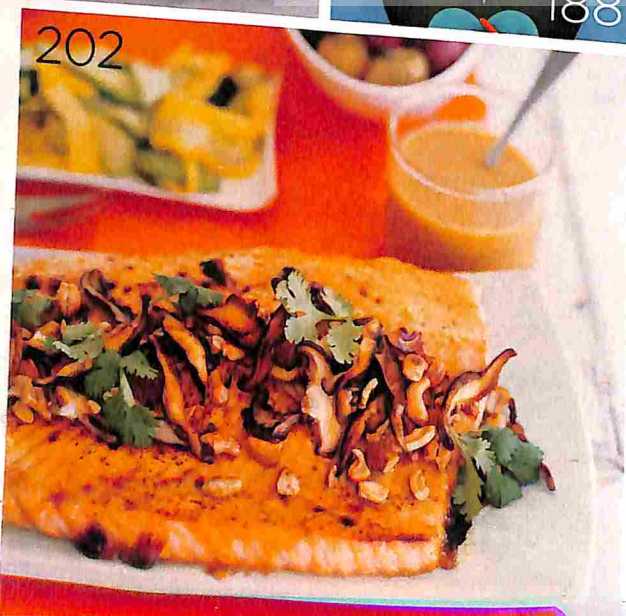
136



126



188



202

LADIES' HomeJournal®

MAY 2006

**7 Steps to Beat
STRESS**
(You'll Thank Us!)

**Healthy
Summer Skin
Secrets**

**The Hidden
Heart-Attack Risk**
Even Your Doctor
May Not Know You Have

**Candice
Bergen**

On hair woes, heroes,
love at first sight,
and what she's most
grateful for

**A Mother's Day
Tribute**

Stories of Love, Devotion & Joy

Sleep Through the Night!
Lessons From a Worrywart

**A Week of Easy,
Delicious Dinners**

Dangerous Drinking
Have You Crossed the Line?

#BXBGHFS*****CR LOT 0219D**C-003
#LHJ0534396213/7#
FLORENCE I WILLIS 93
203 3 ST SW
MADENA
MN 56482-1423
OCT08
ZK WP
CM99