



## FIRE STARTER

Light the last of summer barbecues with a match that outshines the rest. **Diamond GreenLight Matches** (\$3, at select grocery stores) are the first in the U.S. made with sustainably sourced wood. You strike 'em the old-fashioned way, but their extra-thick shape allows them to burn longer. The boxes are made with 100 percent recycled paper and can be recycled again.

CENTERPIECE OF THE MONTH



## heads up!

Now that produce is at its peak, it's hard to resist the call of farmers' market stalls—we just can't whoosh by without stuffing our bags! When **test kitchen director Diana Sturgis scored some multicolored cauliflower**, she found a way to get more mileage out of her purchase: Use the heads to make vegetable "bouquets" before cooking them. "It's a great way to get my grandkids to love their veggies, too!" she says.

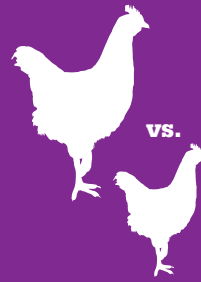
### Diana's idea

Using your fingers or a knife, break a few raw heads of colored cauliflower or romanesco (a close cousin) into pieces. Then place the bundles (stem side down) into old tomato or coffee cans like you would flowers in a vase.



### NAME THAT CHICKEN

Next time you're scanning the poultry aisle, take a look at the labels. A bird tagged "broiler" or "fryer" weighs between 2.5 and 3.5 pounds and will cook well under high direct heat since it's not as bulky. A "roaster" is a bigger bird, clearing 4 pounds. It's best cooked over time in a cooler oven, so the heat has time to work its magic on all that meat.



## PARTY ANIMALS

Train your pooch to mind his manners when guests are over. **Celebrity dog trainer Victoria Stilwell**, host of Animal Planet's *It's Me or the Dog*, shows you how.

—JENNIFER CHEN

### IF YOUR PET... **dashes out the door**

**Teach him the "wait" command before party day.** Put him in a sit or stand position and hold your palm facing toward him while saying, "Wait." After a few seconds of stillness, reward him. Next, try moving several steps away, then placing your hand on the doorknob. If your dog breaks the command, let go and repeat until you can open the door without sending your pooch running. To test him, have a family member ring the doorbell. If your dog charges, close the door. Don't let him move until the person comes all the way inside.

### IF YOUR PET... **jumps at guests**

Don't make a fuss. Instead, **tell your guest, "My dog is in training. Please ignore his behavior."** Then turn your back to the dog and ask your guest to do the same. Jumping is your dog's way of trying to get attention. The less he gets, the less excited he'll be. Wait for five seconds of calm—all four paws on the floor—before rewarding him. Breaking this habit could create an awkward moment or two, so you might want to prime the guests who will arrive first.

### IF YOUR PET... **begs at the table**

Get in his way. **Block him with your body and say, "Back," while waving him off.** A body block is how dogs control space with other dogs, so by doing this, you're communicating that you want your space. Block where your pup wants to go, but don't make physical contact.