Southern Living®

KEEP IT SIMPLE

DELICIOUS ONE-POT, ONE-PAN, ONE-DISH WONDERS

QUICK-FIX
SLOW-COOKER MEALS
PAGE 117

SOULFUL CHICKEN SOUP
page 121

DECORATING IDEAS FOR SMALL SPACES

GREAT TEXAS HOME COOKING

JANUARY 2016
$4.99US $6.50CAN
01
0 92567 10400 0

DESIGN A BETTER LIFE

BRIGHTEN YOUR BEDROOM → GROW EASY PLANTS → WAKE UP YOUR WARDROBE

Calming Colors

Can paint help you relax? Absolutely. Discover the shades Southern designers choose for creating a soothing atmosphere

GOSLING (26-31); *prattandlambert.com*

"I adore this classic Marie Antoinette blue. The effect is both feminine and calming, which is important in an office where focus and creativity are essential."

ANDREW HOWARD, *JACKSONVILLE, FLORIDA*

RAINDROPS ON ROSES (1443); *benjaminmoore.com*

"This pale lavender is a subtle but beautiful neutral. It's calming during the day and flattering to your skin at night. I have used it in a bedroom with navies and magentas, but I could also see it in a living room at the beach paired with natural rattan and whites for a soothing break from the sun."

BARRIE BENSON

CHARLOTTE, NORTH CAROLINA

GRAY CASHMERE (2138-60); *benjaminmoore.com*

"A little bit green, a little bit gray, and a little blue all layered together, this color reminds me of summer mornings on the coast of Maine. I love waking up early to a thick fog, drinking coffee, and listening to seabirds cut through the chilly ocean breeze."

MARGARET KIRKLAND, *SL* DESIGNER NETWORK MEMBER

ATLANTA, GEORGIA

DIMINUTIVE PINK (SW 6588); *sherwin-williams.com*

"This sophisticated and lightly saturated shade of pink is playful yet soothing. It reminds me of the roses that cover my mother-in-law's Atlanta guest cottage, which I recently decorated. I used it on both the bedroom and dressing room walls."

ALLISON HENNESSY

ATLANTA, GEORGIA SL

by ELLY POSTON ~ photograph by LUCAS ALLEN