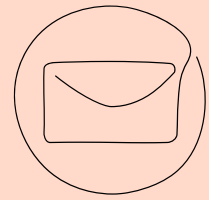


the modern domestic woman

JUNE / JULY 2025
MINI MAG

JUNE/JULY 2025 MINI MAG

LETTER FROM THE EDITOR



Subscribe to the MDW newsletter and get a chance to win one of the items featured in this month's mini mag! Just tap the envelope icon above.

Dear MDW family,

Let's just say it—this issue is fashionably late. Life, in all its messy glory, had other plans for June, so I decided to pair June and July together in one extra-special edition.

Grace over guilt, always.

Here at MDW, we're deeply rooted in mental health and strategies for navigating everyday life—but we also find so much joy in the little things that help us feel whole.

A breezy new top, a dreamy garden project, a cup of tea steeped in ritual. We believe tending to your well-being includes delighting in beauty, feeling put together (when you can), and getting lost in a great podcast while folding laundry.

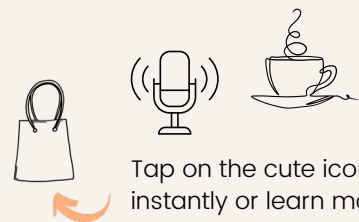
We're women who are working, advocating, caring for our loved ones, and holding it all together with love, humor, and deep breaths.

So this issue is full of small, meaningful ways to reconnect with your body, your space, and your spirit this summer season. Whether that's through planting herbs, feeling confident in a new top, co-parenting with a little less stress, or finding solidarity in someone else's story—we're right there with you.

Here's to a summer that's soft, intentional, and entirely your own.

With Love,

Elizabeth Rago
MDW Founder & Editor



Tap on the cute icons to shop instantly or learn more about the product featured.



PS:

MDW gets a teensy commission if you click through and purchase via affiliate links—but don't worry, 100% of that kickback goes directly to supporting women's programs right here in our community. So, every purchase is a small act of kindness that adds up to something big!

TOTE



THE HELLA SPICY TOTE

DIASPORA CO.



CAUSES

Brands with a big heart and even bigger impact.



At MDW, we're passionate about spotlighting brands that don't just sell products, but create real impact. Meet Talitha Coffee Roasters.

Co-founded by the incredible Jenny Barber, Talitha is a specialty coffee brand on a mission: pairing high-quality, locally roasted coffee with life-changing support for survivors of human trafficking.

Through the Talitha Survivor Care Network, they partner with nonprofits to provide housing, healthcare, job training, and meaningful employment.

This is what we mean by lifestyle with purpose.
This is why we care about where your coffee comes from.
And this is the kind of brand we're proud to stand behind.

- Every bag supports a survivor.
- You can order from anywhere.
- You can be part of the solution.

Watch our interview with co-founder Jenny Barber here.



Want to try out Talitha's blend or interested in stocking their coffee in your shop? Learn more about becoming a wholesaler in the cute coffee icon.

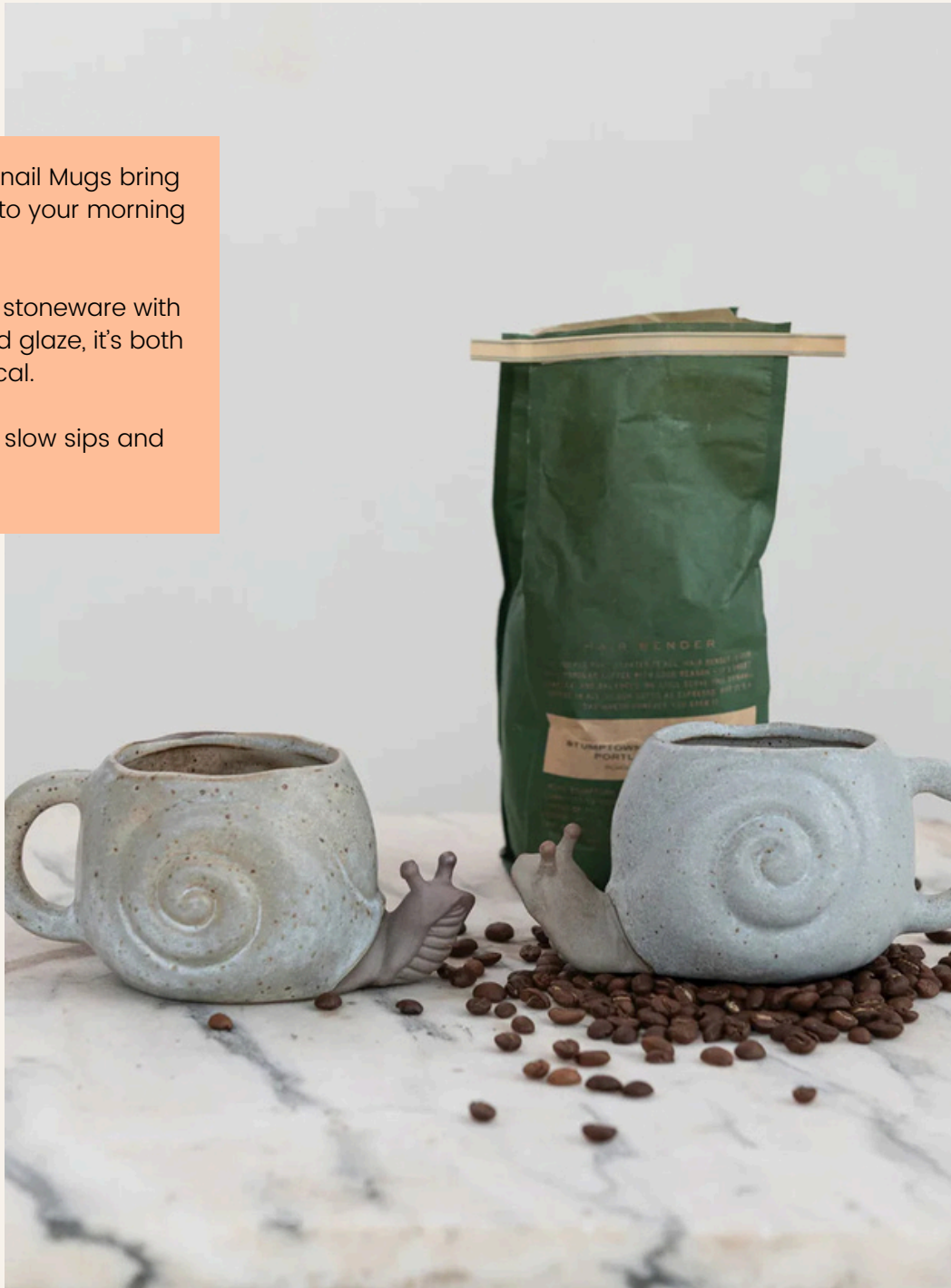


MUGS

These whimsical Snail Mugs bring a touch of nature to your morning routine.

Made from sturdy stoneware with a creamy speckled glaze, it's both playful and practical.

A cozy favorite for slow sips and sweet moments.



SNAIL MUGS
THE PEP LINE



BOWS



A breezy summer favorite, this blouse is crafted from 100% cotton with soft brown pinstripes that feel just as lovely as they look.

Three delicate bows and fluttery ruffle sleeves add a romantic touch, while the relaxed fit makes it effortlessly chic—tucked in or worn loose.

It's the kind of piece you'll reach for on garden strolls or casual afternoons out.

PRAIRIE BOWS BLOUSE
WENDI'S GOOD THINGS MARKET



RESOURCE

OurFamilyWizard is a co-parenting app designed to simplify communication and reduce conflict between parents.

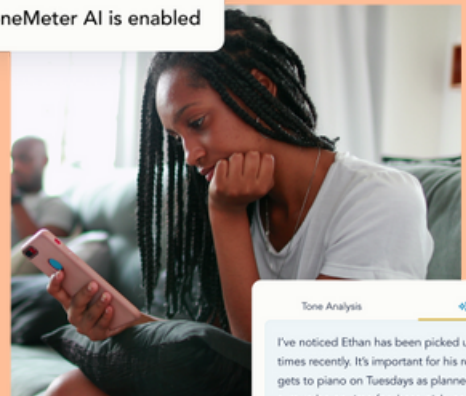
It offers shared calendars, messaging, journals, a “Tone Meter” (for respectful communication), expense tracking, and secure payment tools—all in one place.

Whether you're managing schedules or keeping records organized, it's a smart, stress-reducing resource for families navigating life after separation.

OurFamilyWizard also offers a Fee Waiver Program if a subscription is out of your budget, and a Military Family Discount.



☒ ToneMeter AI is enabled



Tone Analysis Suggestion

I've noticed Ethan has been picked up late a few times recently. It's important for his routine that he gets to piano on Tuesdays as planned. Please make sure to be on time for these pickups.

[Regenerate](#) [Apply Suggestion](#)

OUR FAMILY WIZARD APP



TEA TO-GO



NOMAD HANDMADE PORTABLE TEA SET

TEATSY



ETSY FINDS



Cup holder
car coasters



Car Coaster (set of 2)
ZynAtelier on Etsy

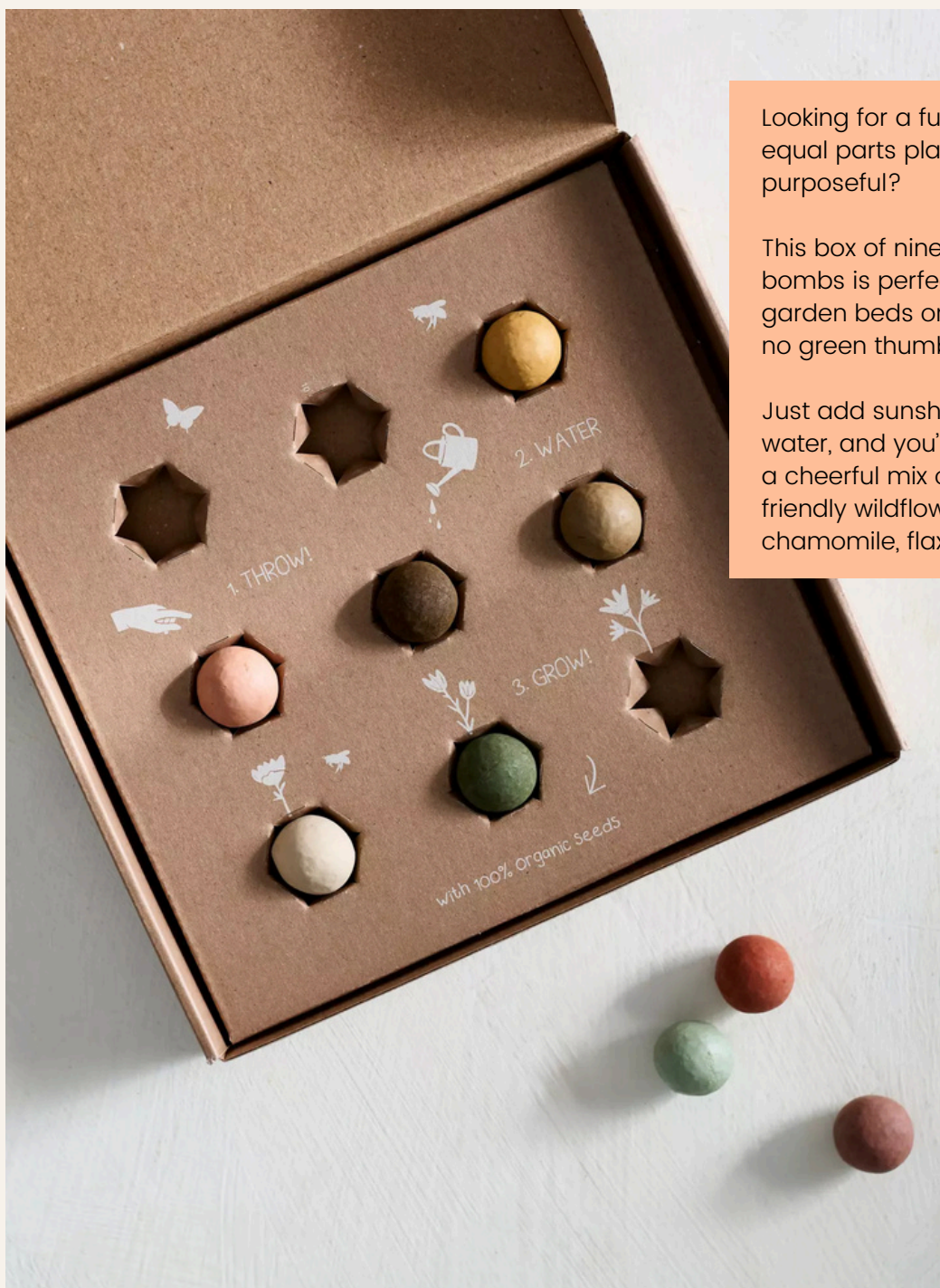


Sea Glass Buttons
Seagulda on Etsy



Stacking Glasses
GokottaUK on Etsy

GIFT



Looking for a fun little gift that's equal parts playful and purposeful?

This box of nine colorful seed bombs is perfect for tossing into garden beds or tucking into pots—no green thumb required.

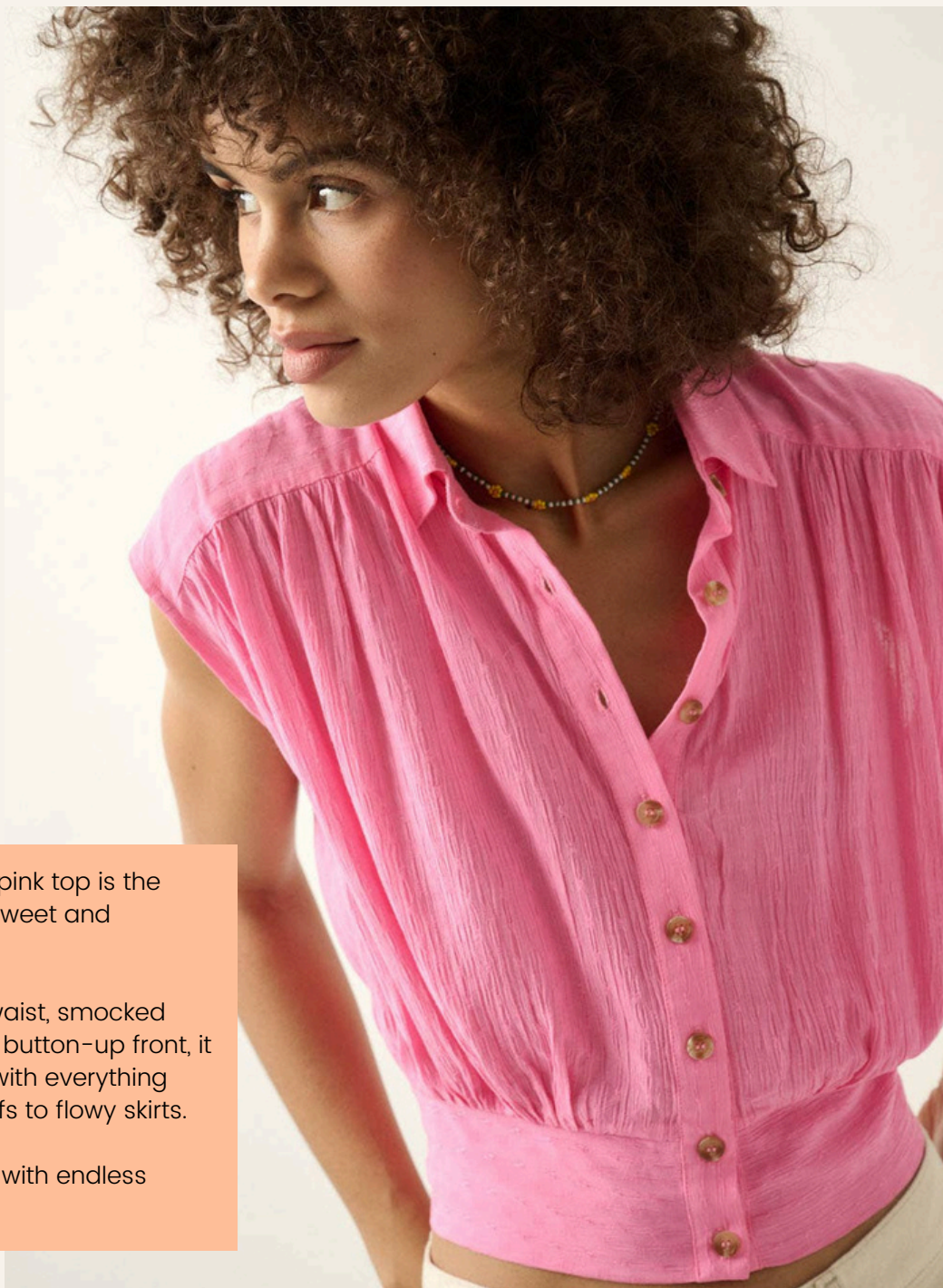
Just add sunshine and a bit of water, and you'll be rewarded with a cheerful mix of pollinator-friendly wildflowers like poppies, chamomile, flax, and coneflower.

SEED BOMB GIFT SET

TERRAIN



PINK



This bubble gum pink top is the perfect blend of sweet and structured.

With its banded waist, smocked back, and classic button-up front, it pairs effortlessly with everything from denim cutoffs to flowy skirts.

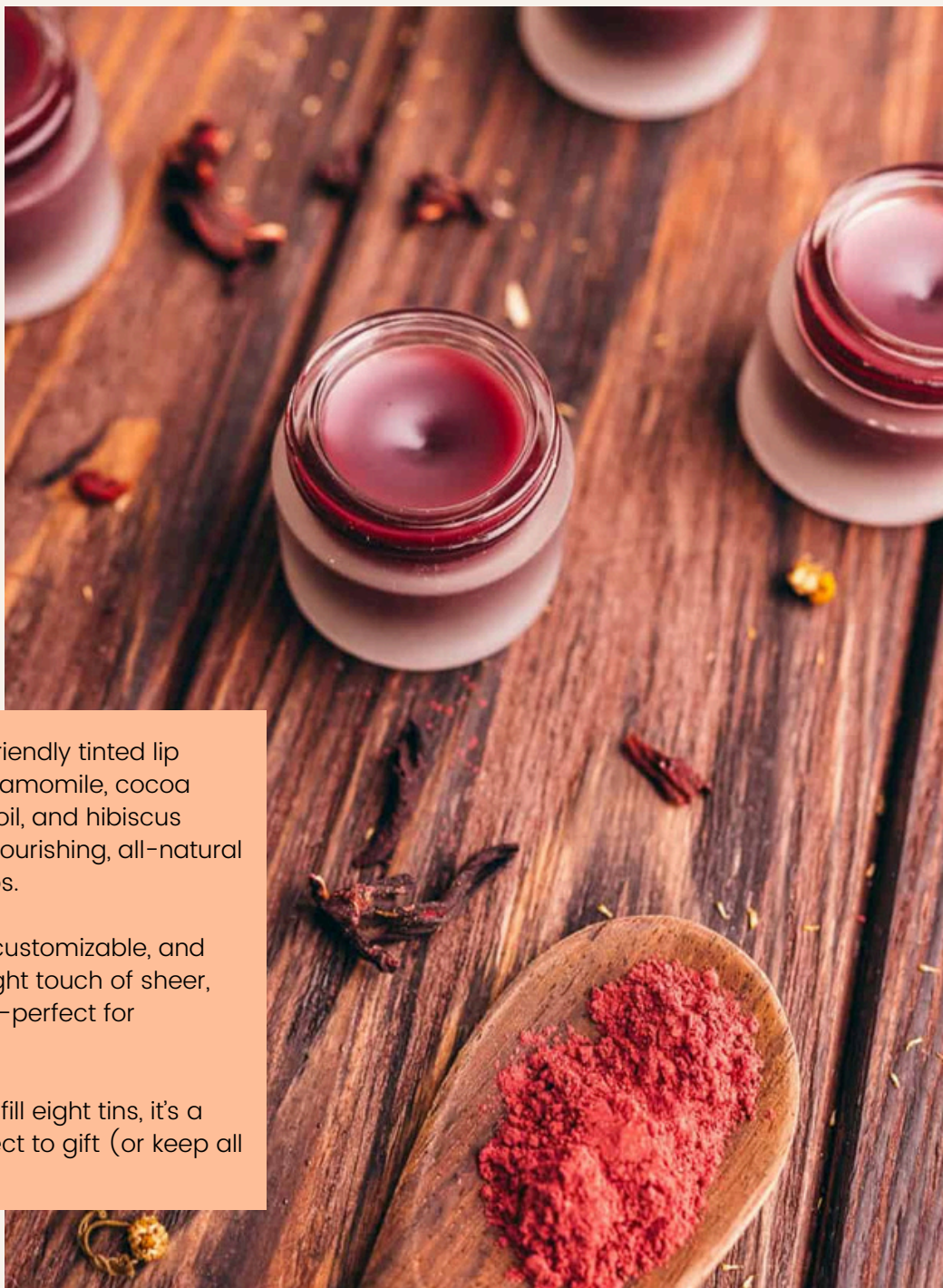
A summer staple with endless styling potential!

SLEEVELESS CROP SHIRT

WYCKWOOD HOUSE



DIY



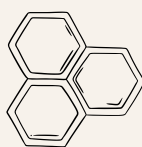
This beginner-friendly tinted lip balm blends chamomile, cocoa butter, almond oil, and hibiscus powder into a nourishing, all-natural treat for your lips.

It's lightweight, customizable, and gives just the right touch of sheer, buildable color—perfect for everyday wear.

With enough to fill eight tins, it's a lovely little project to gift (or keep all to yourself).

CHAMOMILE AND HIBISCUS TINTED LIP BALM

SCHISANDRA & BERGAMOT



HERBS



Who says a garden has to be flat?

This tiered herb spiral made from stacked brick is not only practical—it's a stunning way to grow everything from basil and rosemary to lavender and thyme.

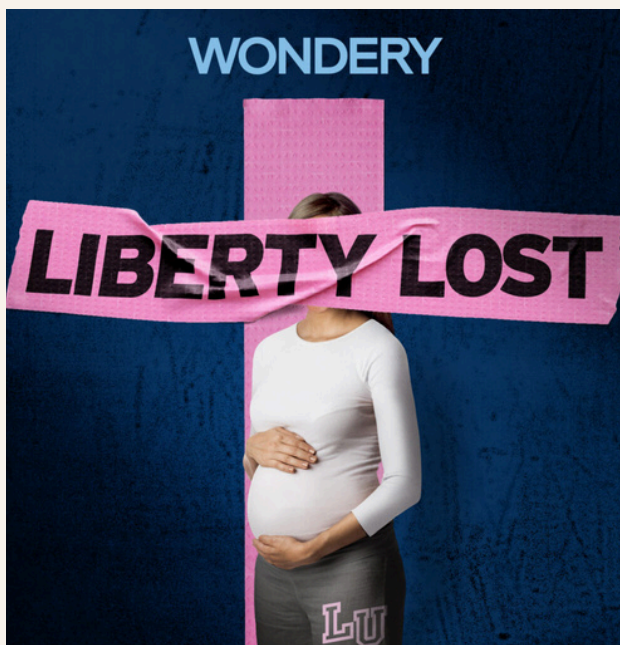
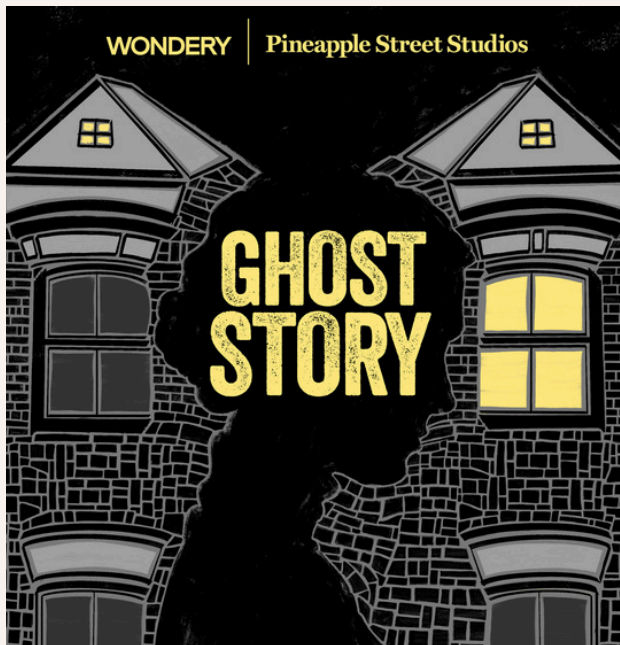
Let this be your sign to play with height, texture, and structure in your garden—you're allowed to make it beautiful and useful.

IMAGE FOUND ON PINTEREST



PODCASTS

What we're listening to this month.



🎙️ Ghost Story - Tristan Redman investigates a chilling link between a ghost sighting and a decades-old family murder next door.

🎙️ Liberty Lost - Uncover the hidden world of a Christian maternity home where pregnant teens face pressure to surrender their babies—and one young woman's fight to expose the truth.

🎙️ Filthy Ritual - The jaw-dropping story of Juliette D'Souza, a wealthy con woman who scammed her way through London's elite—and the victims now seeking justice.

🎙️ Multidimensional Mom - Dive into motherhood and the mystical, exploring everything from astrology to the paranormal with psychics, mediums, and more—unlocking the magic in all of us.

DRINKS



I look forward to getting fresh cherries from Door County, Wisconsin, every summer, and this Cherry Earl Grey Milk Tea is now one of my favorite ways to use them.

You simmer the cherries to bring out their sweetness, then blend them with Earl Grey, milk, and a splash of vanilla for a cozy, floral twist.

It's elegant, easy to adapt with any milk, and tastes just as good iced as it does warm in a mug.

CHERRY EARL GREY MILK TEA
MY HOMEMADE RECIPE



GARDEN



Salmon Bright Eyes flax is a sweet, old-fashioned favorite with soft salmon-pink petals and glowing copper centers that bloom all summer long.

The airy stems mingle beautifully with other cottage garden flowers like snapdragons and poppies, adding a romantic, effortless feel.

Pollinators love them—and they pull double duty as a pretty ground cover once your spring bulbs fade.

SALMON BRIGHT EYES FLAX SEEDS

SWALLOW TAIL GARDEN SEEDS



INSPO



This Portland Little Free Greenhouse is a sweet example of neighborhood generosity in bloom.

It's a simple "take a plant, leave a plant" setup that keeps local gardens growing and neighbors connected.

Let it spark an idea—what if your block had one too?

LITTLE FREE GREENHOUSE
@MONTAVILLA.LFG ON INSTA



about **the modern domestic woman**

Supporting women from all walks of life.

At The Modern Domestic Woman (MDW), we are committed to addressing the holistic needs of women and recognizing the challenges they face in various aspects of life. Our vision is to create a nurturing environment where every woman feels supported and encouraged to thrive, regardless of their circumstances. Through our workshops and resource-sharing initiatives, MDW equips women with the tools and knowledge they need to overcome challenges and pursue their goals with confidence. We believe in providing practical resources tailored to women's needs, ensuring that they have access to essential support services.

MDW focuses on 3 pillars of living:

MENTAL HEALTH - MDW Cares is our support community of women rooted in making mental health a priority instead of an afterthought. Because nobody can pour from an empty cup.

LIFESTYLE - MDW loves creating safe spaces; at home and in the body you call home. We encourage a healthy lifestyle that meets you where you're at. Not where someone else wants you to be. We also love pretty things at MDW and celebrate style and the artistry of creatives.

ADVOCACY - At MDW, we go out into our communities and support women in crisis. We actively partner with organizations that support the rights, recovery, and well-being of women.

Beyond referrals, MDW has free support groups and community education workshops, and an informative and fun blog with free downloadable resources.

For more information, visit mdwcares.com or follow MDW on your favorite social platform @themoderndomesticwoman

Have a question or need a referral? Email us at themoderndomesticwoman@gmail.com

