

# Canadian Living

## Sunday Best

36 BUDGET-FRIENDLY RECIPES FOR EASTER (AND EVERY DAY)

**HEROES NEXT DOOR**  
P. 60

Hello, yellow  
**WEAR IT, LOVE IT!**



**GOOD HEALTH:**  
IS IT ALL IN YOUR GENES?

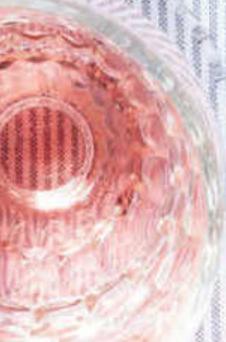
P. 45

**ROASTED LEMON-HERB CORNISH HENS**  
P. 99

**\$4.35**  
PER SERVING

**LIFE LESSONS**

**WHY YOU SHOULD LOVE YOUR IN-LAWS**



A full-page photograph of Christy Turlington-Burns on a boat. She is smiling, wearing a white button-down shirt tied at the waist and blue jeans. The background is a bright blue sea under a clear sky. The text 'LIVE MORE TIME IS ON YOUR SIDE' is overlaid on the left side of the image.

**LIVE MORE**  
TIME IS  
ON YOUR SIDE

CHRISTY TURLINGTON-BURNS

ONLY 20% OF SIGNS OF AGING  
ARE INEVITABLE  
THE REST IS IN YOUR HANDS  
**FAST ACTING REPAIR**  
FOR VISIBLE AGING

NEW  
**BLUE THERAPY  
ACCELERATED**

WRINKLES - DARK SPOTS - FIRMNESS

*Formulated with "Algae of Youth" extract, from Alaria Esculenta, to help reduce signs of aging due to external aging accelerators. This high efficacy, fast-acting serum is even more powerful than our classical serum.\* The skin texture is perfectly smoothed and hydrated, the complexion even and luminous, and the face volumes appear redesigned.*

SERUM  
9 PATENTS



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\*Perceived effectiveness in consumer testing, 210 women, 4 weeks, comparison of results vs. our current Blue Therapy Serum



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---

**80%** of women find their **dark spots** visibly softened\*\*.

---

\*NPD BeautyTrends®: total sales of 4 countries: France, Italy, Spain mainland and UK, skin care products sold in Perfumeries and Department Stores, Luxury brands, sales in value in 2013. \*\*Multi-ethnic satisfaction test, 266 women (Asian, Caucasian, Hispanic & Afro-American), 4 weeks.

Official online store: [www.clarins.com](http://www.clarins.com)



Available at

**Sears** 

Receive a free sample\*

\*While quantities last



CLARINS

# THE POWER OF 6 EXTRAORDINARY OILS DRY HAIR FEELS TRANSFORMED IN 1 WASH\*

BECAUSE YOU'RE WORTH IT.®

*My hair craves this nutrition.*

Doutzen Kroes

lorealparis.ca  
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\*Consumer test with use of shampoo, conditioner and mask, August 2015. \*\*Oily extracts.



93%  
OF WOMEN  
ARE SATISFIED\*  
— ★★★★★ —

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- HAIR FEELS WEIGHTLESSLY FLOWING  
AND SILKY SOFT
- BRILLIANT SHINE

**THE SCIENCE BEHIND EXTRAORDINARY HAIR.**

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EST. 1975 | VOL. 41, NO. 3 | MARCH 2016

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TO EMAIL ONE OF US: FIRSTNAME.LASTNAME@TVA.CA

#### PRINTING

Printed at Transcontinental RBW Graphics, a division of Transcontinental Printing 2005 G.P., 2049 20th St. E., Owen Sound, ON N4K 5R2. All reproduction requests must be made to COPIBEC (paper reproductions at 800-717-2022) or CÉDROM-SNI (electronic reproductions at reproduction@cedrom-sni.com). ISSN: 1915-8998.

#### DISTRIBUTION

Distributed by Coast to Coast.

#### SUBSCRIPTIONS: 905-946-0919, CANADIANLIVING.COM

CANADIAN LIVING, Sub. Dept., P.O. Box 814, Markham Station, Markham, ON L3P 7Z6.  
Send address changes to the post office box address above, including the mailing label from your latest issue. Allow eight weeks for changes.

#### SUBSCRIPTION PRICES

Canadian subscriptions: 12 issues = \$28 (plus taxes). U.S. subscriptions: 12 issues = \$76 (payable in advance). International subscriptions: 12 issues = \$180.50 (payable in advance). We occasionally use our subscriber list for marketing purposes or share it with carefully selected companies whose products may be of interest to you. If you do not want your name to appear on this list, please notify us in writing. Canadian Postmaster: Return undeliverable Canadian addresses to Canadian Living, 25 Sheppard Ave. W., Ste. 100, Toronto, ON M2N 6S7. Publications Mail Agreement 41557548, PAP Registration 08282. Postage paid at Gateway in Mississauga, ON. U.S. Postmaster: Send address changes to Canadian Living, P.O. Box 766, Buffalo, NY 14240-0766. Periodicals postage paid at Buffalo, NY USP3731-350.

Download the Canadian Living app for iPad on the App Store. Digital editions are also available on Zinio, Kobo, Press Reader, Nook and Google Play Newsstand.

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Canadian Living is published monthly by TVA Publications Inc., 25 Sheppard Ave. W., Toronto, ON M2N 6S7; 416-733-7600; groupetva.ca. In the U.S.: TVA Group c/o Media Corps, Attn: Michelle Gross/Chris Purcell, 2706 Gateway Rd., Carlsbad, CA 92009. For any comments, please email letters@canadianliving.com.

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# THE POWER OF CICAMIDE SO REPAIRED, HAIR STRENGTH IS LIKE NEW\*

BECAUSE YOU'RE WORTH IT.®



HAIR EXPERTISE

**TOTAL REPAIR® /5/**

NO.1  
REPAIR  
FRANCHISE  
2015  
\*\*\*\*\*

L'ORÉAL  
PARIS  
HAIR EXPERTISE  
**TOTAL REPAIR <5>**  
SHAMPOO

REPAIRED AS IF NEW\*



5 PROBLEMS, 1 SOLUTION

- 1 STRENGTH
- 2 DENSITY
- 3 VITALITY
- 4 SHINE
- 5 SILKINESS

DAMAGED HAIR



**5**  
PROBLEMS  
DAMAGED  
LIMP  
LIFELESS  
DULL  
STRAW-LIKE

**1**  
SOLUTION

## THE SCIENCE BEHIND REPAIRED HAIR

- FORMULATED WITH CICAMIDE, IT STRENGTHENS THE FIBRE AND HELPS RESTORE HAIR'S SURFACE.
- 5 BENEFITS OF REPAIR: STRENGTH, DENSITY, VITALITY, SHINE, SILKINESS.

See the proof at [hairexpertise.ca](http://hairexpertise.ca)

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 \*After 15 applications of shampoo, conditioner and treatment.  
 \*\*AC Nielsen, No. 1 YTD sales in \$ in Canada for the period ending November 14, 2015.

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MARCH 2016

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# THE POWER OF FILLOXANE THICKER HAIR, WASH AFTER WASH\*

BECAUSE YOU'RE WORTH IT.®



HAIR EXPERTISE®

FIBRALOGY

NO.1  
THICKENING  
FRANCHISE  
2015  
\*\*\*\*\*

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\*Instrumental test after 5 applications of shampoo + conditioner.  
\*AC Nielsen, No. 1 YTD sales in \$ in Canada for the period ending  
November 14, 2015.

## THE SCIENCE BEHIND THICKER HAIR

- FORMULATED WITH PATENTED FILLOXANE, IT PENETRATES THE HAIR FIBRE WHICH EXPANDS FROM WITHIN.
- FILLOXANE REMAINS INSIDE FOR A CUMULATIVE THICKENING EFFECT.
- USE AFTER USE, HAIR IS THICKER.† FEELS FULLER, MORE LUSCIOUS.

See the proof at [hairexpertise.ca](http://hairexpertise.ca)

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# THE CHOICE IS YOURS CHOOSE LOVE



## NEW REVLON MASCARAS

Introducing a revolution in mascara: a new collection of **custom formulas and brushes** that make getting the lash look you want easy. So whether you choose **volume**, **length**, **volume + length**, **definition**, or the **ultimate all-in-one**, the choice is yours.

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## CHOOSE ULTIMATE ALL-IN-ONE

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Five lash-transforming benefits in one: volume, length, definition, lift, and intense colour.

#### POWER MINI BRUSH

MINI SHAPE REACHES EVERY LASH FOR MAJOR IMPACT

5  
BENEFITS IN ONE



## CHOOSE VOLUME

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Conditioning, clump-free formula plumps lashes.

#### TRIPLE GROOVES

HOLD FORMULA FOR MAXIMUM VOLUME



## CHOOSE LENGTH

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Lengthening formula applies easily and builds quickly for an extended lash look.

#### TAPERED TIP

COATS EVEN THE SMALLEST LASHES



## CHOOSE VOLUME + LENGTH

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#### SQUARE SHAPE

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### NEW REVLON DRAMATIC DEFINITION MASCARA

Smooth, flexible formula coats lashes for clump-free separation.

#### TIERED BRISTLES

DEFINE AND SEPARATE EVERY LASH



# REVLON

## LOVE IS ON™



# THE SUPERHERO Next Door

I wish I could tell you how many times my kids have watched *Avengers: Age of Ultron* on Netflix, but, honestly, I've lost count. They're fascinated by Thor's brute strength and Iron Man's endlessly morphing computerized rocket suit. It's all great entertainment, but the heroes I want them to know about aren't usually in movies, and may not appear larger than life—at least not as first. I'm talking about emergency-department nurses who work the overnight shift, social workers who intervene when kids are in trouble and your neighbour who swept up that broken bottle on the street so children and pets can play safely. Real-life superheroes are all around; in fact, the potential to swoop in and save the day is inside each and every one of us.

If selfless deeds are the sign of a superhero, Canada happens to be one of the most superhero-dense countries in the world. Each year, the Charities Aid Foundation World Giving Index looks at who around the world gives the most in the form of charitable donations, volunteered time and assistance to strangers. In 2015, Canada ranked fourth, after Myanmar (where the wide practice of Theravada Buddhism promotes generosity), the United States and New Zealand; Australia rounds out the top five.

At *Canadian Living*, we're proud to share the stories of everyday superheroes within the pages of our print magazine, on our website and on our Facebook feed (follow us at [facebook.com/canadianliving](https://facebook.com/canadianliving)). In this issue, we asked Toronto-based illustrator Kagan McLeod to draw six outstanding Canadian superheroes the way we see them—in capes and spandex—to accompany the stories of how each of them makes a difference: by improving the lives of people battling mental illness, Parkinson's disease or HIV; by creating educational opportunities for underserved students; and by renovating facilities so charities can work more efficiently. Marvel's superheroes may be colourful, but they have nothing on these amazing individuals.

Do you know someone who's making a difference in the lives of other Canadians or helping people on the other side of the globe? Please tell us at [letters@canadianliving.com](mailto:letters@canadianliving.com), or nominate them for a Canadian Living Me to We Award (see above right) to help us recognize the good that they are doing.

In the meantime, think about what you can do to help someone today. That's what I'll be doing, too.

Sandra E. Martin,  
editor-in-chief

Read the stories of these  
real-life superheroes,  
starting on page 60.



MORÉNIKÉ  
OLÁOSEBIKAN



PAUL  
LATOUR



SANDRA  
JARVIS-SELINGER



PATRICK  
HICKEY



SARAH  
ROBICHAUD



TAMAR  
HUGGINS GRANT

## INSIDER INFO



### CHANGE- MAKERS WANTED!

The 12th annual  
Canadian Living

Me to We Award nominations are underway! Each year, we partner with the organization founded by Craig and Marc Kielburger to recognize the good work six individuals are doing locally and abroad. To nominate someone in your circle, head to [canadianliving.com/metowe](https://canadianliving.com/metowe) by April 15.



### SKIN DEEP

The phrase  
"beautiful inside  
and out" is  
a pretty good  
shorthand

for our collaboration with skin-care brand Kiehl's. Founded in 1851, the company doesn't do conventional advertising. Instead, it focuses on funding charities in ways that reach a lot of eyeballs. This month, our Test Kitchen and celebrity chef Roger Mooking developed recipes inspired by ingredients in two new Kiehl's face masks. The resulting Tested-Till-Perfect dishes (starting on page 103) bring awareness to [savethechildren.ca](https://savethechildren.ca), and when you buy a Kiehl's product from Feb. 18 to 21, the company will donate \$1 to the charity.



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# REVLON

LOVE IS ON™

\*Revlon's claim based on data reported by Nielsen, 52 weeks ending November 14th, 2015.  
National excluding Newfoundland. All channels and cosmetics — Lip.

LIFE LESSONS

FROM...

# Lainey LUI



## On her favourite item of clothing



"Proper pajamas—a matching top and bottom—and mine are always monogrammed. I have 30 or 40 pairs." Sateen nightshirt, \$122, [markandgraham.com](http://markandgraham.com).



## ON HER WINTER SURVIVAL SECRET

"I like to read a few dirty romance novels." *Dirty Rowdy Thing* (Gallery Books, 2014) by Christina Lauren.



## On the best part of OSCARS SEASON

"I love the politicking, the strategy and the analysis of awards season; essentially, it's an election. What sets it apart from your basic government election is that these people are way better dressed."

## ON BEING OUTSPOKEN

"Use your voice, but make sure you've done your homework. I don't think people should speak up when they don't know what they're talking about."



## ON OUR CELEBRITY OBSESSIONS

"Being interested in celebrities is a great starting point for conversations; you can talk about fidelity, loyalty, friendship, success, sexism and feminism. But it stops being healthy when you model your behaviour after them—that crosses the line."

## ON CARING FOR HER MOTHER



Lainey with her mom

"It's a real privilege to be able to feed the person who fed you. It's quite heartbreaking; I experience pain and fear but also the profound beauty of being with someone I love so much and being able to honour her in that way."



WHEN ELAINE "LAINEY" LUI ISN'T COHOSTING CTV'S THE SOCIAL, REPORTING ON ETALK OR WRITING FOR THE BLOG SHE FOUNDED, LAINEYGOSSIP.COM, SHE AND HER FAMILY TAKE CARE OF HER MOTHER, WHO HAS POEMS SYNDROME, A RARE BLOOD DISORDER. THE GOSSIP COLUMNIST OFFERS REAL TALK ABOUT CAREGIVING (SHE'S PARTNERED WITH ELIZZ, A SUPPORT PROVIDER FOR CAREGIVERS), CELEBRITY OBSESSIONS AND WINTERTIME GUILTY PLEASURES.

BY JILL BUCHNER

## ON THE MOST IMPORTANT LESSON SHE LEARNED FROM HER MOTHER

"Working hard is the only thing you can control, so you'd better do it. Success is hard work meets opportunity; my mom and dad gave me so many opportunities, but the hard work was up to me."

## ON HER ADVICE FOR THE MORE THAN EIGHT MILLION CAREGIVERS IN CANADA

"Understand that you are a caregiver and that it's a job. You wouldn't go into any other job unprepared, so get prepared. Ask for help."

REVLON ULTRA HD™  
LIPSTICK

VS.

TRADITIONAL  
LIPSTICK

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**CHOOSE LOVE**

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FEATURED SHADE: HD ORCHID  
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\*Revlon's claim based on data reported by Nielsen, 52 weeks ending November 14th, 2015.  
National excluding Newfoundland. All channels and cosmetics - Lip.



**REVLON**  
LOVE IS ON™

2X the wetness  
protection that  
lasts & lasts



Secret Clinical offers **2X** the wetness protection required of an ordinary antiperspirant, making midday wetness breakthroughs a thing of the past.

# Style

When winter is at its peak and dry skin seems here to stay, there's no pick-me-up like a glowing, lit-from-within complexion.

BY ANDREA KARR

In a world obsessed with Kardashian-esque makeup, illuminated skin is experiencing a moment of rebirth. Strobing, a technique for creating an overall glowing appearance, is much easier to ace than contouring. Plus, it makes skin appear plump and smooth. A makeup miracle? We think so. ▶

*Everything Is*  
**Illuminated**

PHOTOGRAPHY, EVAANI KHERAJ; HAIR, NINA FARRAUTO/REDKEN/PLUTINO GROUP; MAKEUP, SHERI STROH/GREEN BEAUTY/PLUTINO GROUP

# STROBING 101



How to strobe, with tips from M.A.C Cosmetics senior artist Jane McKay.

## STEP 1: CHOOSE YOUR HIGHLIGHTING PRODUCTS

Highlighters come in two main base colours: silver and gold. Pale skin often looks best with silvery or opalescent illuminators, but opalescent colours appear ashy on dark skin, says McKay, so look for gold reflection if you have a dark tone. Oily complexions may prefer powdered highlighters, but if your skin is dry, choose creamy products.

## STEP 2: APPLY AN ILLUMINATING CREAM OR PRIMER

After your everyday facial moisturizer, apply a cream or primer with reflective properties. The added hydration will plump your skin, minimize imperfections and give your face a healthier appearance. If you have oily skin, steer clear of your T-zone, which is already light-reflective.

## STEP 3: EVEN OUT SKIN TONE WITH FOUNDATION AND CONCEALER

"The centre third of the face is where you'll find most of the convex and concave curvatures," says McKay. It's also where many people show redness. Apply a liquid foundation or BB cream at the centre and blend outward, then dab concealer under your eyes and on any blemishes, gently patting to blend.

## STEP 4: POWDER HOT SPOTS

Brush a little powder under your eyes, along the sides of your nose and over your T-zone if these areas tend to get shiny or sweaty.

## STEP 5: ILLUMINATE THE HIGH PLANES

If you want to wake up your face even more, add a highlighting powder such as Guerlain Météorites (see left) or cream to the high planes of your face—brow bones, cheekbones, bridge of the nose and Cupid's bow—and blend with your fingers or a fluffy brush.

Guerlain  
Météorites  
Light Revealing  
Pearls of  
Powder, \$71,  
guerlain.ca.

## LIGHT IT UP

*Still not sure about where to find the high planes of your face? This illustration marks them—plus the inner corners of the eyes, which are another natural place for light reflection.*



## QUICK FIXES

Want that glowing look? Prep with these products for an even-toned, hydrated complexion.



### MOISTURIZE

Add a couple of drops of oil to your serum or moisturizer if your skin is dry and flaky. This oil delivers vitamins and fatty acids to nourish and to lock in moisture. *StriVectinLabs High Performance Booster Oil*, \$69, [shoppersdrugmart.ca](http://shoppersdrugmart.ca).



### EVEN OUT

Rather than covering your entire face with foundation, focus on the uneven parts (usually, forehead, nose and chin). This cushion compact cools the skin, reduces dark spots and has SPF 50. *Laneige BB Cushion*, \$44, [sephora.ca](http://sephora.ca).



### CONCEAL

For an overall brighter appearance, cover dark circles by tapping concealer onto the darkest areas under your eyes, then press the product into the skin with a synthetic makeup brush. This concealer has two shade ranges: yellow-based for brightening; and red-based for heavy-duty tone correction. *Make Up For Ever Ultra HD Concealer*, \$32, [makeupforever.ca](http://makeupforever.ca).



### REFRESH

If you find that your makeup looks dry or powdery, spritz your face with a toner or a setting mist. This primer water can prep before makeup or hydrate the skin once makeup is complete. *Smashbox Photo Finish Primer Water*, \$37, [beautyboutique.ca](http://beautyboutique.ca).



GLOWING SKIN IS HYDRATED SKIN. TO LEARN HOW TO BANISH DRYNESS, VISIT [canadianliving.com/winterskin](http://canadianliving.com/winterskin).

## Did you know . . .

The condition of your skin's surface layer is directly linked to how healthy, radiant and youthful your skin looks? When its surface layer is damaged, your skin may not be able to retain moisture, use its natural defenses to protect itself, and ultimately loses the ability to renew itself.

Arden Active Skincare introduces **SUPERSTART Skin Renewal Booster**, designed to boost skin's natural ability to repair and renew.

## THE POWER OF ONE

This ultra-light, fast-absorbing formula works holistically to restore the healthy appearance of your skin's surface layer for supple, smoother, more resilient and radiant skin.

### Boosts your skin's natural defenses

A probiotic complex optimizes skin's microflora to strengthen its natural defense. 82% of women agree that SUPERSTART makes their skin more resilient and resistant to irritation and damage.\*



### Boosts your skin's ability to renew

Sea fennel and flaxseed extracts reinforce the integrity of the skin's barrier, fortifying its natural ability to repair and renew.

92% of women agree that SUPERSTART helps repair the look and feel of damaged or irritated skin.\*



### Boosts the results of your skincare products

Used before a serum or moisturizer, it boosts the effectiveness of your skincare products. 95% of women agree that SUPERSTART boosts the effectiveness of their skincare products.\*\*

## THE POWER OF TWO

SUPERSTART Skin Renewal Booster can dramatically improve the results of your anti-aging products. It is proven to boost the effectiveness of your anti-aging skincare products in supporting skin's natural collagen, elastin and hydration, all of which are crucial to your skin's renewal.\*\*\*



### **SUPERSTART + PREVAGE®** = Boost Protective and Corrective Anti-Aging Power

Apply SUPERSTART Skin Renewal Booster before your PREVAGE® serum for better results in reversing the signs of aging skin such as lines, wrinkles and uneven skintone caused by environmental assaults.

### **SUPERSTART + Ceramide** = Boost Youth-Restoring Power

Apply SUPERSTART Skin Renewal Booster before your Ceramide Daily Youth Restoring Serum to support your moisture barrier for smoother, firmer, more resilient-looking skin.



\*Based on US home use consumer test on 89 women ages 25-59 after 8 weeks.  
\*\*Based on US home use consumer test on 62 women ages 25-59 after 8 weeks.  
©2016 Elizabeth Arden, Inc.

\*\*\*Based on ex-vivo test comparing the effectiveness of top-selling Elizabeth Arden anti-aging serums when used alone vs. when used in combination with SUPERSTART Skin Renewal Booster. Results may vary by product.

# Elizabeth Arden

NEW YORK

## GAME HIGHLIGHTS

Stick to basic powder highlighter if you have oily skin; put it on your cheekbones, brow bones and the bridge of your nose. Joe Fresh Highlighter Powder, \$10, joefresh.com.



# Just Glow With it

Lighten up with these primers, powder highlighters and creamy illuminators.

## BRIGHT EYES

Give your peepers a light-reflective quality with a shimmery shadow in a shade similar to your skin tone. This eyeshadow starts out creamy, then dries to a powder finish. Clinique Lid Pop in Cream Pop, \$20, clinique.ca.



## PRIME TIME

Prep your skin with a radiance-enhancing primer prior to applying foundation. It will help your foundation go on smoothly, last all day and shine right through for a naturally glowing appearance. Sephora Collection Beauty Amplifier AfterGlow Primer & Luminizer, \$20, sephora.ca.



## HIGH BEAMS

Two highlighters for the price of one? Yes, please! This brightening duo has two shades to flatter any skin tone. Try the pearly ivory on the high planes of your face and the soft copper on your cheeks. Hard Candy Just Glow! Baked Illuminating Duo, \$9, walmart.ca.



## IN THE SPOTLIGHT

Skip your regular moisturizer and try this luminizing cream that brightens your face with iridescent particles and hydrates the skin prior to makeup application. M.A.C Cosmetics Strobe Cream, \$40, maccosmetics.ca.



## EDITOR'S CHOICE

*This creamy pink illuminator gives a natural radiance to the cheeks. Our editor wore it for a week straight and received compliments every day!*

Chantecaille Liquid Lumière Anti-Aging Face and Cheek Illuminator in Luster, \$48, holtrenfrew.com.



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# Top Notch

Forget about that hasty post-gym topknot. This version is piled higher than ever and made for cocktail parties. We asked Kristjan Hayden, creative director of Aveda Canada, for his spin on a polished sky-high bun.

BY JULIA MCEWEN



*January Jones' cat eye and bright lip take her topknot to new heights.*



## TOOL KIT

Garnier Fructis Full & Plush Big Volume Spray, \$6, [shoppersdrugmart.ca](http://shoppersdrugmart.ca). Aveda Thickening Tonic, \$28, [aveda.ca](http://aveda.ca). Aerin large gold-tone hairbrush, \$104, [net-a-porter.com](http://net-a-porter.com). Wella Eimi Dry Me Dry Shampoo, \$20, [wella.com](http://wella.com).



**Kristjan Hayden**, creative director of Aveda Canada



1

This style is best for two or three days after washing, but if your tresses are squeaky clean, spritz dry hair with a thickening spray (like dry shampoo, it gives all-over body, plus shine) to give fullness and grip. To get that tight-against-the-head effect without making your hairstyle look too stiff—or, worse, lumpy—make a dividing part across the top of your head from ear to ear, says Hayden. **Brush the front section into a high ponytail on top of your head and secure with an elastic.**



2

**Brush the back section of hair so it meets up with the first ponytail, then secure it with another elastic.** To keep it taut in back, Hayden advises tilting your chin up; this simple trick makes it easier to gather hair, and you can get the nape much tighter, eliminating sagging.



3

**To give your topknot some volume, divide the high ponytail into two sections and lightly tease with a natural-bristle brush.** “Back-brushing is softer and fluffier than back-combing, which can create frizz and broken hairs,” says Hayden. If you have super-slippery fine hair, he suggests spraying with dry shampoo before back-brushing.



4

Combine the two sections of the ponytail, giving it a light brushing to smooth the outer areas. **Next, wrap the ponytail around its base and secure with bobby pins.** If you want a slightly dishevelled look, run your fingers through the sides of your hair, rubbing at bits and pieces to give them texture. Finish with strong-hold hairspray.



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# DREAM TEAM

Fashion and beauty go together like a little black dress and a swipe of crimson lipstick. That's why we couldn't be more excited about Zac Posen's new makeup collection in collaboration with M.A.C Cosmetics. **BY JULIA McEWEN**

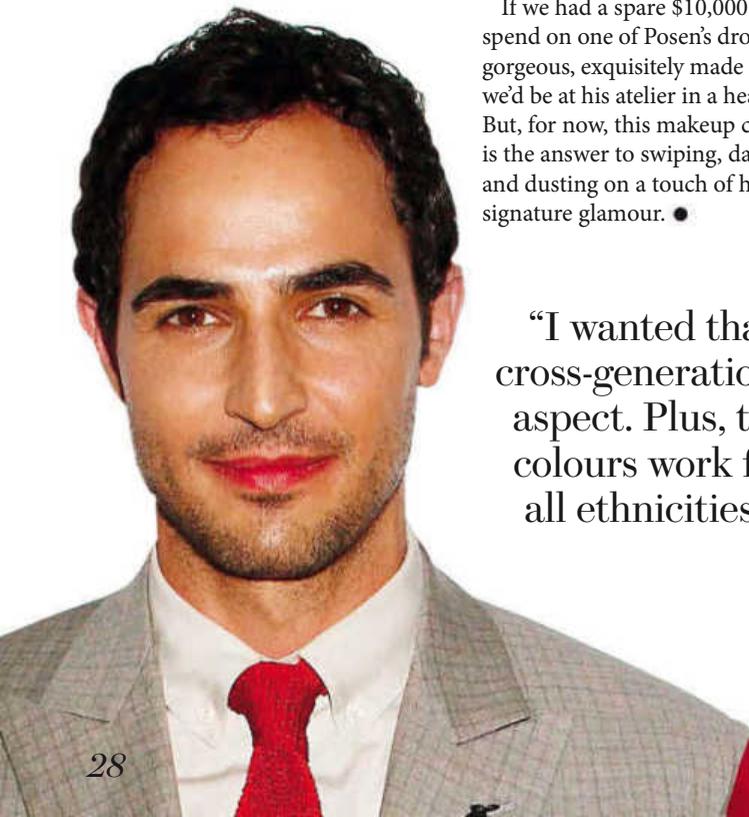
**Z**AC POSEN'S midtown Manhattan studio is bursting with glamorous gowns, each one hanging like a work of art. There's the slinky silk dress worn by Naomi Campbell at last year's Emmy Awards, the crimson gown with impeccable draping that Katie Holmes rocked in an issue of *The Hollywood Reporter* and the midnight-blue calf-length frock that Diane Kruger donned—while riding a bike, no less—in a fashion editorial for *The Violet Files*.

It was only a matter of time before the fashion designer and *Project Runway* judge directed his modern-glamour fashion esthetic toward a beauty collaboration. The partnership is a great one; Posen and M.A.C Cosmetics have been working together since his first runway show in 2001. Of the collection, Posen says, "I wanted to create something that had an iconic timelessness, that had the essentials for modern red-carpet glamour." Celebrity friends who Posen works with (some of the most glamorous women in the world) have inspired a couple of the offerings: The felt-tipped charcoal eyeliner was modelled after Dita Von Teese (the queen of feline flicks), while Uma Thurman sparked the delicate nude lipstick.

Out this February—just in time for red-carpet season—the 10-piece limited-edition collection has broad appeal and doesn't cost the moon. "It's approachable for both a young woman going to a nightclub and a grandmother doing some shopping," says Posen. "I wanted that cross-generational aspect. Plus, the colours work for all ethnicities."

If we had a spare \$10,000 to spend on one of Posen's drop-dead-gorgeous, exquisitely made gowns, we'd be at his atelier in a heartbeat. But, for now, this makeup collection is the answer to swiping, dabbing and dusting on a touch of his signature glamour. ●

"I wanted that cross-generational aspect. Plus, the colours work for all ethnicities."



The collection comprises a mascara (\$22), a powder blush duo (\$34), a transparent finishing powder (\$33), two brushes (\$44 and \$65), an eyeshadow palette (\$52), an eyeliner pen (\$26) and three lipsticks (\$22 each).



Behind-the-scenes campaign shot



Posen and Naomi Campbell at Fox's after-party for the 2015 Emmy Awards.

Katie Holmes wore this beauty in the October 2015 issue of *The Hollywood Reporter*.

PHOTOGRAPHY: PAUL WEEKS (MAKEUP); LAURA CAVANAUGH/GETTY IMAGES (POSEN); TOMMASO BODDI/GETTY IMAGES (POSEN AND CAMPBELL)

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## Scalp relief in a snap.

Head & Shoulders Instant Cooling Relief collection with **TEA TREE ESSENCE & PEPPERMINT OIL** cools on contact for instant scalp relief.

“I’ve had nothing but compliments on my hair. Everyone says it looks like it should be my natural colour.”

## BETTER ALL *The Time*

Motherhood can turn a woman’s life upside down. Brittany Gould was ready to reprioritize herself by refreshing her hair, pampering her skin and trying new fashion trends.

BY JULIA McEWEN & ANDREA KARR

**BRITTANY GOULD**

AGE 30

Student on maternity leave

**BACKSTORY** Brittany Gould was overwhelmed by the transition to motherhood after the birth of her daughter, Ivy, in May 2015. “I used to keep up with current styles,” she says, “but that’s all fallen by the wayside to make room for elastic-waist shorts and stretched-out tees for easy breast-feeding access.” She stopped colouring her hair during pregnancy and, now, keeps it tied back so Ivy doesn’t pull on it. Also, her skin has become red and dry from neglect and lack of sleep. It was time for Brittany to start taking care of herself again.

Vest, \$160, White House Black Market. Tunic, \$60, Loft. Jeans, \$50, Zara. Booties, \$160, Steve Madden. All clothing and accessories available at [shopsquareone.com](http://shopsquareone.com).

PHOTOGRAPHY: JACLYN LOCKE (AFTER PHOTO); GENIA SHAPIRA (BEFORE PHOTO); MAKEUP: SHERI STROH/GREEN BEAUTY/PLUTINO GROUP

**HAIR** When Brittany arrived at the salon for a colour and cut with Schwarzkopf Professional hairstylist Paul Pereira, her roots were several inches long. Pereira added strawberry-blond highlights to complement her peachy complexion and freckles, then added a medium copper to give it more depth. “A semipermanent colour is lower maintenance because it gradually rinses out, [making roots less visible],” says Pereira. He chopped several inches off her locks but maintained the length so she can still put her hair in a ponytail. On set, Pereira curled Brittany’s hair from mid-shaft to ends, and he braided one side “to give a little texture and show her collar.” Then, he ran a silicone-based serum through the hair to give it an undone look.

**MAKEUP** It’s a struggle to put on makeup with a newborn demanding your undivided attention, but Brittany managed a few minutes to apply mascara, foundation and blush with a side of concealer, “for the dark circles and bags that have now become a part of my life.” Plutino Group makeup artist Sheri Stroh was struck by Brittany’s ice-blue eyes and wanted to give her an easy look to make them the focal point. “Nothing looks better with blue eyes than bronze and gold eyeshadows,” says



Stroh, so she dusted copper shadow onto Brittany’s lids and applied a chocolate-brown eyeliner to her waterlines to make the eye colour pop. “I didn’t use black because I didn’t want the contrast to look too harsh, especially with her fair complexion and strawberry-blond hair.” To finish, Stroh used a highly pigmented coral-peach gloss in lieu of lipstick, as gloss is a time-saver and doesn’t require precision or constant touch-ups.

**SKIN** Brittany lacks both sleep and time to care for her skin, so her complexion was dull and dehydrated—something Régine Perron, Clarins Division boutique and spa development director, noted when examining Brittany’s face at Spa My Blend by Clarins in Toronto. That lack of hydration was creating fine lines, which could later turn into wrinkles. Her recommendations? Use a gentle foaming cleanser, then a hydrating serum followed by a cream to lock in moisture. If Brittany can find the time, she should use a hydrating mask once a week. “She can apply the mask 20 minutes before bed, relax a little, then remove it and put on night cream,” says Perron. “She really needs that boost of hydration.”

**FOR A ROUNDUP OF THE BEST LIP GLOSSES AND BALMS, VISIT [canadianliving.com/glossy](http://canadianliving.com/glossy).**

## EXPERT PANEL



**PAUL PEREIRA**  
Schwarzkopf  
Professional essential  
looks artist



**SHERI STROH**  
Plutino Group  
makeup artist



**RÉGINE PERRON**  
Clarins Division  
boutique and spa  
development director



**MELISSA FORREST**  
Shoppers Drug Mart  
nail artist and  
spokesperson



**CYNTHIA FLOREK**  
Square One  
Shopping Centre  
style expert

*“Fix ragged cuticles by moisturizing and applying cuticle oil twice a day.”*

— Melissa Forrest

## TOOLBOX



Charlotte Tilbury  
Colour Chameleon in  
Bronzed Garnet, \$32,  
[charlottetilbury.com](http://charlottetilbury.com).



Clarins Double  
Serum, \$87,  
[clarins.com](http://clarins.com).

Gosh Nail &  
Cuticle Oil,  
\$11, [shoppers  
drugmart.ca](http://shoppersdrugmart.ca).

Osis+ Magic Anti-Frizz Shine Serum, \$24,  
[schwarzkopf-professional.ca](http://schwarzkopf-professional.ca).



**WARDROBE** “I always strive for an effortlessly chic style,” says Brittany. However, some of her usual faves aren’t terribly mama-friendly. Cynthia Florek, style expert for Square One Shopping Centre in Mississauga, Ont., created an ensemble that was comfortable and had the polished elements Brittany craved while steering her in a more bohemian direction. “Brittany is very tall, so she can carry long layers,” says Florek. A tunic with a paisley print was the foundation piece of her look—the button-down frock gives her easy access to breast-feed. Wearing a dress over pants is a big trend right now, says Florek, so she chose a skinny pair of distressed jeans. To give the look structure, she added a long sleeveless vest, along with a pair of fringed suede booties to solidify the boho influence.

**VERDICT** “I love the hair colour and cut, and I like that the outfit was different from anything I would normally choose. It was fun to see the elements come together, and the couple of hours of baby-free relaxation felt like the equivalent of a 12-hour sleep!”

PHOTOGRAPHY: JACLYN LOCKE (GOULD); ALVARO GOVEIA (STROH)

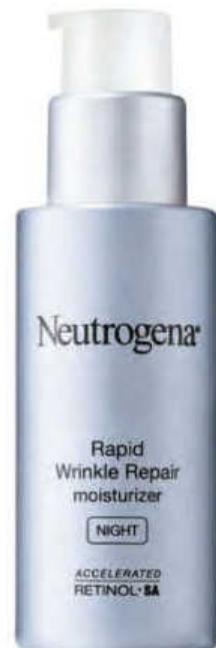
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Watch, \$279, swarovski.com.

# HELLO YELLOW

*Keep yellow looking contemporary by pairing it with clean lines and a slim silhouette.*

Yellow is the most luminous of the colours on the spectrum—you might even call it the show-off of the colour wheel. Whether you're lemon-loving or saffron-shy, here's how you can shine in the happiest of all the hues.

BY JULIA McEWEN  
MODEL PHOTOGRAPHY BY JACLYN LOCKE

## Wear a little...

Start with an accessory, such as a pair of pumps or a purse. Once you become more comfortable with the vivid colour, upgrade to an item of clothing with a sunshine-tinged print (try polka-dots or stripes) or fabric (think tweed or herringbone) that mixes yellow with a neutral. If you're feeling more daring, wear a lemon-yellow jumper with a neutral vest or blazer to help break up the intensity of the hue.

**Vest**, \$50, winners.ca. **Sweater**, \$29, and **pants**, \$44, joefresh.com. **Hat**, bananarepublic.ca. **Necklace**, katherinekarambelas.com. **Shoes**, aldoshoes.com.



Topshop dress, \$80, thebay.com.



Wool-blend coat, \$410, bananarepublic.ca.



Turtleneck, \$299, jcrew.com.



Bag, \$215, bananarepublic.ca.



Oxfords, \$185, mizmooz.ca.



Blouse, \$250, judithandcharles.com.



*If you decide to pair yellow separates, keep the tones varied. And remember the rule of style: Twice is nice but never thrice.*

## Wear a lot...

If you're not ready to don a full-on-canary frock, try a Day-Glo pencil skirt tempered with a charcoal-grey topper. Grey is a lot less harsh than black, but don't discount black; it still has its place with yellow. In this ensemble, a pair of sleek ebony booties work beautifully to ground the look. Still unsure? Strong colours come in a wide spectrum of hues, so choose a dress in a softer shade.

**Sweater**, \$228, pinktartan.com. **Skirt**, \$201, jcrew.com. **Earrings**, hm.com/ca. **Bag**, coach.com. **Booties**, bananarepublic.ca.

## POWER COUPLES

When it comes to teaming yellow, look for shades of grey, denim and navy. For a bolder contrast, experiment with cobalt, coral and magenta.



FIVE MINUTES WITH

# Jennifer Garner

ACTOR

WHEN SHE'S NOT filming on set or bringing her A-game to the red carpet, Jennifer Garner devotes every moment to her three kids. We'd go so far as to call her a supermom (she helped spearhead the passing of a law in California to protect children from aggressive shutterbugs). We sat down with the Neutrogena spokesperson and basked in her flawless complexion—a testament to her passion for sun protection—while she shared advice, parental insights and, of course, beauty tips. — *Julia McEwen*

**Who inspires you?**

In so many different ways—and beauty is at the top of the list—Annette Bening. She's always just stunning; she doesn't apologize for who she is, where she is in life or what's going on with her. When I worked with her in the film *Danny Collins*, I felt embarrassed because I had so many questions: "So, Annette, sorry, um, did you work out today? What are you having for lunch? And can I sit next to you?"

**What's your mom's top beauty advice?**

My mother has given me one piece of beauty advice: "Jennifer, make sure you moisturize your neck." I've always been careful about that. I think serums are effective, so I use Neutrogena Rapid Wrinkle Repair Serum under my night cream.

**What would you tell your 25-year-old self?**

Twenty-five is a stressful time because you don't know if you're going to end up with a family and kids. You start to wonder, How long should I wait? I wish I could have told myself to travel, to enjoy not being tied down and to take advantage of being able to go anywhere in the world. Now, I would love to travel; it's just hard to leave my little dudes for more than a couple of days.



*"This body oil is perfect. I've used it since I was a kid—it's what I would spend my babysitting money on."*

Neutrogena Sesame Body Oil, \$10, [shoppersdrugmart.ca](http://shoppersdrugmart.ca).

**How do your children handle having actors for parents?**

My kids live such a different life than I did. When I grew up, we weren't allowed to pierce our ears, we didn't wear makeup and we didn't have our hair cut, coloured or permed. Now, they see their dad [Ben Affleck] getting makeup done and they think it's totally normal. My kids have a thing right now: As soon as I come home, they tell me, "Put on glasses. Put on glasses." As soon as I put on my glasses and I don't have any makeup on, they get so excited; they feel like I'm just theirs. I try to let them celebrate that; I want them to know that the most natural version of themselves is the prettiest.

## C4: CANADIAN CREATIVE COLLABORATIVE FOR CHARITY

For nearly a decade, Carla D'Angelo's eyewear and accessories company, Claudia Alan Inc., has donated a portion of sales to charities such as the Canadian Breast Cancer Foundation (since 2007) and OneXOne First Nations School Breakfast Program (since 2009). The tradition continues with C4, D'Angelo's new collection of sunglasses and eyeglasses, co-designed by fashion expert Susie Wall. With the sale of each pair of glasses, \$5 goes to Cause We Care, a Vancouver-based charitable foundation that gathers supplies, locates affordable housing and funds after-school programs for single moms and their kids. — *Andrea Karr*



Eyeglasses and sunglasses, \$125 each, [claudiaalan.com/c4](http://claudiaalan.com/c4).

EDITOR'S CHOICE

Neutrogena Ultra Sheer Face & Body Sunscreen Stick SPF 50+, \$18, [shoppersdrugmart.ca](http://shoppersdrugmart.ca).



**REAL TALK:** The best anti-aging product isn't a pricey lotion containing meteorite dust or snail secretions (yes, those are actual skin-care ingredients); it's a potion that's found in every drug-, grocery and convenience store: sunscreen. By now, you'd think that applying sunscreen year-round would be a no-brainer, but in a recent Neutrogena consumer study, 80 percent of Canadians said they still weren't using sunscreen during the winter. "It doesn't matter if it's a cloudy day or wintertime," says Menas Kizoulis, global scientific engagement leader for skin-care research and development at Johnson & Johnson. The UVA rays are still coming through. Kizoulis says it's important to encourage people to use sunscreen daily and to apply enough of the product for it to be effective. Enter Neutrogena's Ultra Sheer Face & Body Sunscreen Stick. This genius sunscreen is oil-free and water-resistant, and it comes in a large (deodorant-size) stick that, when applied to skin, leaves a matte finish. Swipe it on, then toss it into your bag for easy reapplication. — *JM*

PHOTOGRAPHY: ANGELA WEISS/GETTY IMAGES (GARNER)

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# Wonderful to have good eyes

Madeleine wrote to us to tell her story of how Blue Berry™ has impacted her quality of life and helped her enjoy her favorite hobby: painting beautiful landscapes.

“My name is Madeleine Fournier. I am retired and live in Montreal. In my spare time, I enjoy spending time in nature, painting beautiful plants and landscapes.”

### Macular Degeneration

“In my later years, my eyes began to weaken. I was very sad about this, because I love painting, which is demanding on the eyes and requires accurate vision.

When I went to my optometrist, he diagnosed me as having age-related macular degeneration (AMD), and told me this unfortunately gets worse with time.”

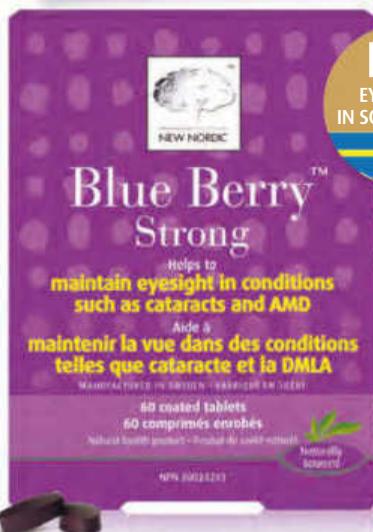
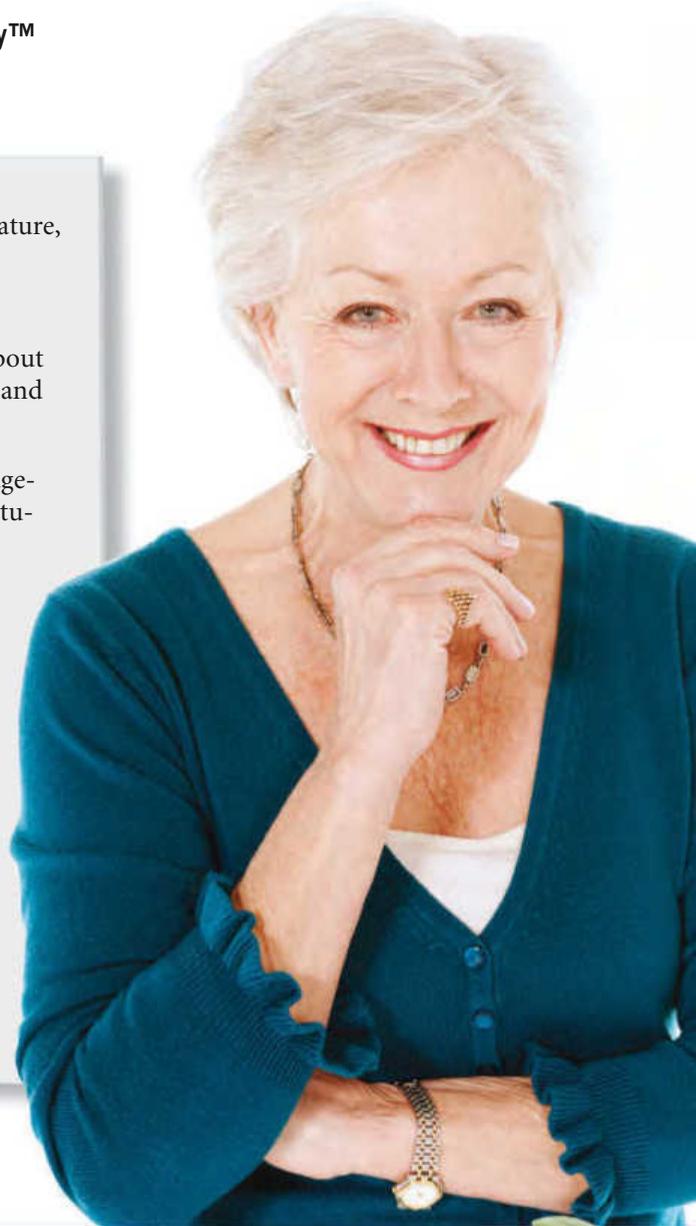
### Read about Blue Berry™

“Then, in a magazine, I noticed an ad about Blue Berry, and read about a man who had used it to maintain his eyes. In hopes of getting the same results, I bought a box at my local pharmacy, and started the same day.

Now, I have been taking Blue Berry for almost a year, and I am very happy with the product. I am painting and my spirits have been lifted.

I am very happy to have found this product from New Nordic, and recommend it highly to anyone who wants to take good care of their vision.”

Madeleine F., Quebec



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# Health

# IS THIS THE SECRET TO HEALTHY EATING?

Failed food fads and nutritional missteps are teaching us that eating well may be something our ancestors knew how to do all along.

BY ROSIE SCHWARTZ

PHOTOGRAPHY, PAUL WEEKS

It's easy to be confused by nutrition headlines. First, eggs were bad; now, they're good. We were told to eat fewer carbs, then only healthful carbs; to eat whole grains, then no grains. And did you hear that it's OK to eat butter again? So many of the dietary directions we've followed have been missteps, but, ironically, they've taken us full circle. That's right: The secret to healthy eating lies in our past, but it took straying from those food fundamentals to get us here.



## CHOLESTEROL CONFUSION

Making smart dietary choices was once considered a concern of only the overweight or the overly thin. And even then, calories were all that mattered. But that thinking came to a halt in the mid-1970s with the revelation that cholesterol can kill. Suddenly, everyone began taking notice, and cholesterol-rich foods, such as eggs and seafood, became dietary demons virtually overnight.

Shortly after, scientists realized that a high intake of saturated fat can raise blood cholesterol. But instead of instructing the public to cut back on saturated fat, experts simply recommended eating less fat across the board. Consumers began counting grams of fat, and manufacturers kept pace by eliminating the nutrient from processed foods and adding sugar and refined carbs to compensate for changes to flavour and texture.

The fat-tracking frenzy incited the era of SnackWell's, a brand of fat-free cookies and crackers that became synonymous with our eating habits. What's more, because we need fat to feel full and to absorb certain vitamins, we consumed packages of fat-free snacks, devouring sugar and calories with abandon. Soon, many were shocked by climbing numbers on the scale.

## LIFE IN THE FAST LANE

As our increasingly hectic lives began to necessitate convenience, processed foods became more commonplace. To make grab-and-go foods, manufacturers turned to packaging plastics like bisphenol A (BPA), preservatives, artificial colours and flavourings, salt and trans fats—hydrogenated oils that are long-lasting and solid at room temperature.

But science soon revealed the perils of what lurked inside those packages. Artificial colours were linked to hyperactivity in children. BPA was found to interfere with hormones, which may lead to fertility problems in women and an increased risk of breast cancer. Certain preservatives also came with cancer risks, sodium overload brought skyrocketing blood-pressure levels and trans fats wound up being the worst type of fat for cholesterol levels and heart health.



## NUTRITION FACTS

In 2015, sugar stole the top spot from sodium as *Canadian Living* readers' biggest concern on the label.

1. Sugar
2. Sodium
3. Calories
4. Fat
5. Protein
6. Fibre
7. Carbohydrates

Source: *CL* Nutrition Survey

## CARB CONDEMNATION

When the low-fat, refined-carb approach to eating led to unrelenting hunger and weight gain, the stage was set for Dr. Robert Atkins and his low-carb mantra. His diet, which first emerged in the 1970s and was then popularized in the '90s, touts high-protein choices that contain lots of fat, much of it saturated. Though it appealed to meat lovers, it was criticized for its lack of nutritional balance. Yes, people lost inches and pounds—at least short term—but at the cost

of their well-being, as the lack of fibre brought constipation, and excess protein increased the risk of osteoporosis.

## A NEW WAVE OF NATURALS

These days, having learned from some of our past mistakes, we're less trusting of food manufacturing "innovations" than ever before. Trans fats have been banned in processed foods south of the border. Experts blame sugar and refined carbs for rising rates of obesity and diabetes, while ultra-processed foods and their inflated sodium counts are linked to high blood pressure.

Increasingly, we're moving toward eating whole, natural foods. Today's grocery stores are filled with products labelled "organic," "BPA-free," "non-GMO," "free range" and more. Our attitudes are shifting, too. In a 2015 Tracking Nutrition Trends survey, only six percent of Canadians said convenience is the most important factor in the foods they buy. Instead, we look for foods that are free of pesticides, additives, hormones and preservatives. Organic choices are on the upswing, and we seek out locally produced, sustainably sourced foods. This approach is changing conventional farming—in some cases leading to fewer pesticides in our food.

Home cooking is also resurging, as we want to know what we're eating. According to Tracking Nutrition Trends, 66 percent of Canadians cook their meals from scratch. Despite the availability of premade foods, novice cooks are getting lessons from bloggers in making fresh recipes, including things like yogurt and almond

FOR MORE NUTRITION SURVEY RESULTS, VISIT [canadianliving.com/nutritionsurvey2015](http://canadianliving.com/nutritionsurvey2015).

milk, in the name of avoiding additives and preservatives. And the taste of real food, from our gardens or local farmers' markets, is regaining appeal.

## NEW CONTEXT FOR OLD BASICS

While more and more of us yearn for simplicity in food, there's more to healthy eating than simply reacting to nutrition mistakes of the past. Last fall, at a scientific conference in Boston called Finding Common Ground, world-renowned nutrition experts gathered to find a better path for the future. After they assessed past mistakes, one fact became clear: When restrictive nutrition recommendations, such as "eat less fat," are made without providing substitutions, chaos will follow. Had the advice to eat less fat been coupled with recommending more fruit, vegetables and whole

## IS EATING WELL WORTH IT?

When your shopping list consists of mostly fresh unprocessed foods, your grocery bill might be a little steep. It's not your imagination: Healthful food costs more. According to a 2013 meta-analysis from the Harvard School of Public Health, it costs about US\$1.50 more a day to munch on fruit, veggies, fish and nuts than it does to fill up on processed foods, refined grains and meats. If you're looking for such labels as "organic" or "gluten-free," expect to pay even more.

So what are we to do? In the 2015 *Canadian Living* Nutrition Survey, 75 percent of Canadians surveyed said they are willing to pay more for healthful food—many seeing it as an investment in their health—but much of the remaining 25 percent said they simply can't afford it.

Being healthy shouldn't just be for the wealthy. Sometimes, you can get better nutritional value by knowing how to shop. Choosing frozen fruit and veggies, buying in bulk and swapping out meats for high-protein legumes are all healthful ways to help reduce costs. And if you can't afford to upgrade to organics, don't worry: Most nutrition experts agree that eating more fruit and vegetables in general is more important than eating only those that are grown according to organic standards.

— Jill Buchner

# SUPERFOOD STAPLES

Which trendy health foods are most commonly found in *Canadian Living* readers' kitchens?



21% of readers surveyed have made their own yogurt.



62% Quinoa

61% Avocado

54% Coconut oil



46% Kale

42% Chia seeds

31% Shelled hemp seeds



15% grow their own sprouts!

18% Sprouts

Source: CL Nutrition Survey

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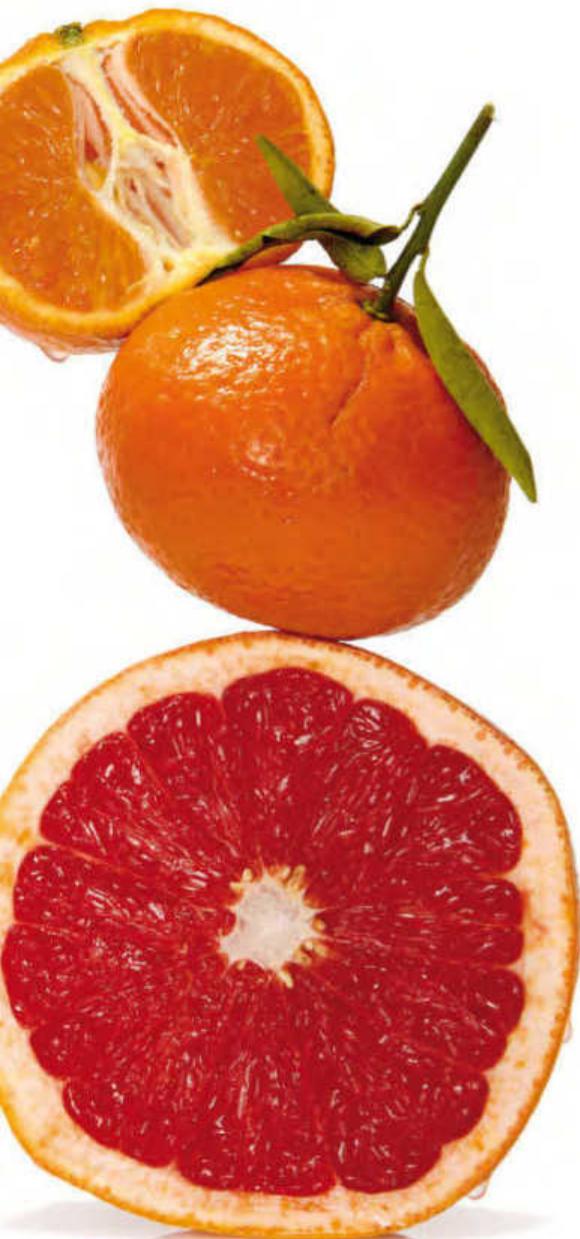
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**1** CELEBRATE NUTRITION MONTH WITH OUR GUIDE TO HEALTHY EATING AT [canadianliving.com/nutritionmonth](http://canadianliving.com/nutritionmonth).

grains, for example, the phenomena of fat-free cookies, refined carbs and trans fats might never have happened.

The conference's experts agree that we need a return to food basics, but one diet doesn't fit all. They state, "A healthy dietary pattern is higher in vegetables, fruits, whole grains, low- or nonfat dairy, seafood, legumes and nuts; moderate in alcohol (among adults); lower in red and processed meats; and low in sugar-sweetened foods and drinks and refined grains." But perhaps the most notable recommendation amid our history of extreme eating? "It is not necessary to eliminate food groups or conform to a single dietary pattern." In other words, good nutrition is about balance, not buying into a single habit or headline.

Eating as our ancestors ate 100 or more years ago is a step in the right direction. Their homemade fare offered plenty of fibre and less sodium. Sugary desserts were reserved for special occasions. Back then, people weren't noshing through Netflix marathons; portion sizes were smaller, and people were generally more active. Obesity and the chronic diseases that accompany it



## HEALTHY HEADWAY

Compared with five years ago, here's how many of you are eating:

Fewer processed foods  
**69%**

The same  
**21%**

Healthier processed foods  
**8%**

More processed foods  
**2%**

Source: CL Nutrition Survey

were not the concern they are today.

One of the trendiest diets in nutrition circles is an echo of the past: the Mediterranean diet. Traditional Mediterranean eating—including lots of vegetables, fruit, whole grains, healthy fats and small amounts of animal products—emerged in the 1990s and continues to make headlines for reducing risk for heart disease, Alzheimer's, diabetes, Parkinson's and a variety of cancers, to name a few.

Trends will come and go, but healthful food has always existed. So, as nutrition research continues, be a skeptic: Healthy eating is based on a consensus of many scientific investigations, not one sensational headline. And most often, human innovation

and modern manufacturing aren't needed to make something natural healthful. The most nutritious options we have available to us are straight from the earth and label-free—just like our ancestors used to eat them. ●

*Rosie Schwartz is a Toronto-based consulting dietitian and the author of The Enlightened Eater's Whole Foods Guide.*

## FOOD PHILOSOPHIES

Most of you take an easygoing approach to eating.

**73%**

*"I eat everything in moderation."*

**21%**

*"I eat low-calorie."*

**68%**

*"I eat whole foods."*

**30%**

*"I eat high-protein."*

**15%**

*"I eat what I feel like."*

Source: CL Nutrition Survey

## OLDER DOESN'T ALWAYS MEAN WISER

By now, you've probably heard of The Paleo Diet, which is based upon the diets of cavemen during Paleolithic times and has been gaining popularity for years. Followers dine on plenty of meat, fruit, vegetables and nuts, eschewing dairy, grains, legumes and processed foods. While it appears to be the epitome of back-to-basics eating, it's a diet that can be taken to an unhealthy extreme, leaving some serious nutrient shortfalls.

Paleo might seem like a backlash against the sugar- and salt-laden processed foods that have become modern staples. But, somehow, in its 21st-century re-creation, the hunter-gatherer regime has gone from an abundance of wild fruit and vegetables, with occasional meats and whole grains, to a diet filled with huge slabs of meat and bacon. Today's version, as it is often practised, is woefully short on fibre, which is a key protector against obesity, diabetes, heart disease, stroke, high blood pressure and bowel diseases; it's also overloaded with red and processed meats, which increase the risk for cancers such as colon cancer.

In the Finding Common Ground consensus statement, all the scientists—including one of the original Paleo advocates, Dr. T. Boyd Eaton—agree that eliminating any food group is not necessary for your health. And if you're thinking of going Paleo, remember that our prehistoric ancestors' life span was only about 40 years. — Rosie Schwartz

## LABEL LOVE

What Canadians are looking for when they grocery shop:

*Watch out for this term, which is ambiguous and doesn't necessarily denote health benefits.*

### NUTRITION FACTS:

<b>Low sodium</b> 66%	
<b>Whole grain</b> 58%	
<b>Hormone-free</b> 46%	
<b>Non-GMO</b> 44%	
<b>Natural</b> 40%	
<b>BPA-free</b> 40%	
<b>Organic</b> 40%	
<b>Free range</b> 38%	
<b>Low fat</b> 33%	
<b>Grass-fed</b> 26%	
<b>Low cholesterol/ cholesterol-free</b> 22%	
<b>Gluten-free</b> 13%	
<b>Unpasteurized</b> 8%	

Source: CL Nutrition Survey

*We don't have labels for GMOs, but you can look for non-GMO verification or organic certification if you're wary of GMOs.*

*In Canada, dairy cows, poultry and pork never receive hormones, but beef cattle may be given growth-promoting hormones.*



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# BETTING ON BIOLOGY

Could you inherit a life-threatening disease the same way you wound up with your mother's eyes? Experts reveal how much of our long-term health is hereditary.

BY WENDY HAAF

**W**ith heart attacks, stroke, cancer and Type 2 diabetes twining through the branches of her family tree, 32-year-old Amanda Seabrook of London, Ont., wonders whether she or her four-year-old son, Forest, could be doomed to develop those health problems. When it comes to teasing out why the conditions seem to run in her family, Amanda says it's hard to tell whether it's strictly hereditary or whether the conditions are caused by some behaviour everyone in her family has in common. For instance, both obesity and inactivity are risk factors for Type 2 diabetes; in Amanda's family, there's little of the former, but a whole lot of the latter.

Just how much our genes put our health at risk is a complicated question—and the answer varies from one disease to another, as well as from person to person, even within the same family. While scientists once believed they would be able to trace each disease to a single gene, it turns out that's only the case for a handful of conditions, such as cystic fibrosis, Huntington's disease and retinoblastoma (a rare childhood eye cancer).

Diseases that run in families are usually passed down through multiple genes. Heart disease, for example, is linked to LDL ("lousy") cholesterol, explains Dr. Rob Hegele, director of the Blackburn Cardiovascular Genetics Laboratory and professor of medicine at Western University in London, Ont. About one in 250 people inherits a defect in one gene that causes sky-high LDL, making that person extremely prone to early heart disease. A slightly larger group inherits a mutation in a different gene that gives them ultralow LDL levels, reducing their heart-attack risk by 90 percent. For the rest of us, the combined effect of 32 genes controls LDL levels. "For example, someone who gets 16 genes that slightly raise cholesterol and 16 that slightly lower it will have average cholesterol," Dr. Hegele explains. Other risk factors for heart disease, Type 2 diabetes and cancers likely follow similar patterns.

Fortunately, a healthy lifestyle can offset the impact of inherited risk. Plus, many of the steps that protect against one of these diseases also help prevent the others.

## HOW MUCH OUR GENES PUT OUR HEALTH AT RISK IS COMPLICATED AND VARIES FROM PERSON TO PERSON—EVEN WITHIN THE SAME FAMILY.



## HEART ATTACK AND STROKE

**YOUR RISK** If you're a woman with a parent or a sibling with premature heart disease (a heart attack in the 50s for men, or 60s for women, for instance), "then your risk of heart attack is double that of all women of your age and stage," says Dr. Beth Abramson, cardiologist at St. Michael's Hospital in Toronto and spokesperson for the Heart and Stroke Foundation.

### HOW TO TAKE ACTION

According to the Heart and Stroke Foundation, healthy lifestyle choices can prevent up to 80 percent of premature heart disease and strokes. These steps can help ward off many of the risk factors, including high blood pressure, high LDL cholesterol, Type 2 diabetes and extra weight around the waist.

 **Eat well** Aim for seven to 10 daily servings of fruit and vegetables, plenty of legumes, nuts and whole grains, and scant amounts of processed foods and animal fat. Choose foods with less than five percent of their daily value for sodium. "Fill half of your plate with vegetables and fruit, and split the other half between protein and starch," suggests Dr. Jan Hux, chief science officer at the Canadian Diabetes Association. "If you prepare meals from scratch, that almost guarantees what you're eating will be healthier than if you rely on prepackaged foods."

 **Get moving** Do an activity that makes you sweat, like walking briskly, for at least 30, and preferably 60, minutes each day. (You can break it up into 10-minute bouts throughout your day.)

 **Stay smoke-free** Smokers are two to four times more likely to have a stroke than people who do not smoke. If you don't smoke but your partner does, you are still at risk; secondhand smoke increases the risk of heart problems, lung cancer and emphysema, and it kills about 800 Canadians every year. 

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# RESEARCH SHOWS THAT ROUGHLY HALF OF CANCERS COULD BE PREVENTED SIMPLY BY CHANGING OUR EVERYDAY HABITS.



## CANCER

“Breast cancer is always on my mind,” says Jenny Marino, 45, of Guelph, Ont., whose mother died from the disease at 52. “I really started thinking about it when I had my daughter, Bella, who’s now 10.”

**YOUR RISK** Your chances of inheriting an abnormal gene that may cause cancer, even the most common cancers—lung, breast, prostate and colorectal—are small. A genetic link accounts for just five to 10 percent of all breast cancers, according to the Canadian Cancer Society. “Both genetic and epigenetic ‘errors’ are commonly observed in cancer, suggesting that genetics does not provide the full story,” says Martin Hirst, head of epigenomics—which studies how chemical modifications to DNA and proteins impact genes—at the BC Cancer Agency in Vancouver.

### HOW TO TAKE ACTION

The American Institute for Cancer Research estimates that roughly half of cancers could be prevented by changing our everyday habits.

-  **Maintain a healthy weight** A postmenopausal woman with a body mass index (BMI) of 22.6 or lower is 2½ times less likely to develop breast cancer than someone with a BMI of 31.1 or higher. (A BMI between 18.5 and 24.9 is within the healthy range.)
-  **Limit alcohol** Alcohol is linked to an increased risk of several cancers, so indulge sparingly (one drink per day for women), if at all.
-  **Take action** Regular exercise is linked to a lower risk of colon, breast, lung and uterine cancers.
-  **Don’t smoke** It could prevent 30 percent of cancer deaths.
-  **Limit red meat** To minimize risk of colon cancer, the American Institute for Cancer Research recommends eating no more than 18 ounces (510 grams) of cooked red meat per week.
-  **Be sun smart** Shielding your skin from ultraviolet rays reduces the risk of skin cancer.

## TYPE 2 DIABETES

**YOUR RISK** Being overweight and having a family history of Type 2 diabetes are two strong risk factors for the disease, but it’s tough to determine just how much either is to blame. “It’s important to stress that both play a role,” says Dr. Hux, “because there’s a tendency to blame the people who are affected, especially if they’re overweight or obese.” Other factors beyond our control, such as income and proximity to grocery stores that sell healthful food, also influence risk.

### HOW TO TAKE ACTION

It’s sometimes possible to reverse the disease with weight loss, exercise and changes in diet. “I’ve had patients come off blood pressure, cholesterol and diabetic medication with losing weight and increasing physical activity,” says Dr. Abramson.

-  **Lose a little** If you’re 180 pounds, losing nine to 18 pounds—five to 10 percent of your weight—can make a big difference. “Even if you stop gaining weight,” says Dr. Hux, “that’s beneficial to your health.”
-  **Add activity** Exercise hard enough to sweat lightly for at least 150 minutes per week—a little more than 20 minutes a day. In one U.S. study of high-risk individuals, this much exercise assisted in modest weight loss, which reduced their odds of developing Type 2 diabetes by 58 percent over an average followup of just less than three years.
-  **Drop sweet drinks** According to the Canadian Diabetes Society, drinking sugary beverages is directly linked to the risk of developing Type 2 diabetes. “Don’t drink your calories, whether it’s in pop, fancy coffees, alcohol or sweet juices,” Dr. Abramson stresses. “Drink more water or eat a piece of fruit instead.”
-  **Avoid tobacco** Smokers have a 30 to 40 percent higher risk of developing Type 2 diabetes over non-smokers, according to the U.S. Centers for Disease Control. ●

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# NEED FOR WEED?

Is cannabis a miracle painkiller or a dangerous gateway drug? Journalist **Carly Weeks** clears the air about medical marijuana and what it might mean for the future of Canadian health care.

ILLUSTRATIONS, MASTERFILE (LEAF); THINKSTOCK (BACKGROUND)

T

HERE ARE FEW TOPICS more controversial in health circles than medical marijuana. To some, the cannabis plant provides a miracle treatment that can erase pain, ease nausea, reduce seizures and combat a long list of other serious health issues. To others, marijuana is an unproven, risky, illegal substance that can lead to long-term health problems.

Until recently, that debate remained largely rhetorical. That's because tight government restrictions and a lack of funding for research—as well as a stigma against marijuana—made studies virtually impossible to conduct in countries like Canada. But now, shifting attitudes are slowly opening the door to more research into how the drug works and what conditions it may be useful in treating. In Canada, several clinical trials have been approved or are underway, and a growing number of experts believe that, within a decade, we will have clear answers about the true benefits—and risks—of medical cannabis.

But many Canadians aren't willing to wait for further testing. As medical marijuana becomes more widely accessible, the number of people registered to use it has soared—from just 500 patients in 2001 to nearly 38,000 in 2013, according to Health Canada. And on the sidelines, many more are wondering if the drug might be right for them or one of their loved ones—and how to avoid the potential risks.

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ACCORDING TO  
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MEDICAL MARIJUANA  
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500 PATIENTS IN 2001  
TO NEARLY 38,000  
IN 2013.

Here is where the research is headed and what you need to know.

## HOW DOES THE SYSTEM WORK?

Despite numerous anecdotal success stories, the safety of cannabis has not been thoroughly assessed by Health Canada, nor has the drug been approved as a medical treatment. But because of a court ruling, the federal government must provide patients with reasonable access to medical marijuana from a list of licensed producers. So physicians across the country are now the gatekeepers of medical cannabis, despite a lack of clear evidence of how well it works. It's a confusing situation—one that puts both doctors and patients in a challenging position.

“There's certainly something within the cannabis plant that has benefits for patients living with various different chronic conditions,” says Jason J. McDougall, arthritis and pain researcher at Dalhousie University in Halifax. “I would recommend they consider it and keep an open mind.”

## HOW DOES MARIJUANA WORK AS A MEDICINE?

The healing power of medical marijuana is believed to lie in compounds found in the plant called cannabinoids. When it comes to marijuana, the two best-known and most widely studied cannabinoids are tetrahydrocannabinol (THC) and cannabidiol (CBD). Cannabinoids are naturally occurring in the

body and send important messages to help regulate and control pleasure, pain, appetite and responses to other stimuli. That's why some people report an improvement in symptoms after smoking marijuana, says M-J Milloy, assistant professor in the department of medicine at The University of British Columbia.

## WHAT CONDITIONS CAN MEDICAL MARIJUANA TREAT?

It remains a thorn in the side of scientists that there have been few reliable cannabis trials. However, according to an analysis of 79 randomized trials, published last June in *The Journal of the American Medical Association*, there is evidence that suggests cannabis may be an effective treatment for chronic pain and muscle stiffness caused by multiple sclerosis (MS).

One 2010 study published in the *Canadian Medical Association Journal* found that people dealing with neuropathic pain from an injury or surgery experienced less pain and were able to sleep better when they took three puffs of cannabis a day. The researchers used a low dose to limit any psychoactive effects of the drug, such as paranoia, impaired memory and hallucinations. They said it's possible higher potencies and flexible dosing strategies could yield different results. But more research is needed to make such conclusions.

Dr. David Casarett, a Philadelphia palliative-care physician and the author of *Stoned: A Doctor's Case for Medical Marijuana*, says that,

in addition to relieving pain and muscle problems in MS patients, cannabis also may boost the appetites of cancer and HIV-AIDS patients.

## DO PATIENTS HAVE TO SMOKE IT?

The way a patient consumes marijuana—smoking it, vaporizing it or eating it in baked goods—usually depends on personal preference and the reason for its use, but smoking and vaporizing bring near-immediate results, says Dr. Casarett. When smoked or vaporized, the drug goes from the lungs to the brain, bypassing the stomach and liver, and the effects are felt in minutes. When eaten, it can take one to two hours before the drug fully takes effect.

## WHAT CONDITIONS NEED MORE RESEARCH?

While some people swear that cannabis helps with the effects of post-traumatic stress disorder, insomnia,

glaucoma, autism and epilepsy, additional research is required.

At UBC, Milloy has conducted research that found that among people recently infected with HIV, those regularly using cannabis had significantly less of the virus in their blood than those who didn't use it frequently or at all. In June of last year, medical marijuana startup National Green Biomed donated \$1 million to The University of British Columbia to support Milloy's research.

In July, The Arthritis Society revealed that it's funding a three-year animal study, led by McDougall, to see if cannabis-like compounds can help repair damaged nerves and alleviate joint pain. "The treatments that we do have currently available for chronic pain conditions are not 100 percent effective in all patients," says McDougall. "We need to find alternative ways to treat these symptoms, and cannabis could potentially be one way of doing it."

And last September, *The Globe and Mail* reported that an Alberta mother travelled to Ontario to get a medical marijuana prescription for her daughter's severe epilepsy after her own doctor said he could no longer provide it; Sarah Wilkinson said cannabis oil extracted from marijuana is the only thing that stopped her daughter from having up to 100 seizures a day.

## WHAT ABOUT THE RISKS?

People who use marijuana recreationally may suffer lung damage due to smoke inhalation, short-term memory loss, addiction and the increased possibility of mental illness. Children and adolescents, whose brains are still developing, are particularly at risk. Several studies have linked the use of marijuana by young people to an increased risk of mental illness, including psychotic disorders such as schizophrenia, depression and anxiety. It's unclear whether early marijuana use

may cause a psychotic disorder or may simply trigger it earlier in those predisposed, but the U.S. National Institute on Drug Abuse notes the best evidence to date suggests the biggest risks are in those predisposed to mental illness.

Does that mean patients who use medical marijuana are at risk of mental illness, too? Researchers still aren't sure. But it's a calculated risk those who turn to the drug for relief are willing to make. ●



# PSYCHEDELIC DRUGS MAY BE NEXT

Marijuana isn't the only illicit substance stepping out of the shadows. There is growing interest in the potential for psychedelic drugs such as lysergic acid diethylamide (LSD), mescaline (also known as peyote) and methylenedioxy-methamphetamine (MDMA or ecstasy) to treat a range of conditions, including post-traumatic stress disorder (PTSD), anxiety and addiction. Psychedelic drugs can affect mood, thoughts and perception.

A group of B.C. researchers recently published a commentary in the *Canadian Medical Association Journal* urging policymakers to rethink their perceptions of those drugs and to allow more research. The paper notes that a Swiss study published in 2014 found that LSD paired with psychotherapy helped reduce anxiety in terminal cancer patients. And U.S. research has shown that MDMA-assisted psychotherapy may help reduce symptoms of PTSD.

However, other experts warn of the risks associated with psychedelic drugs, such as increased heart rate, hallucinations and risk-taking behaviour, and say that research must be approached with caution.

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# Living

## WHY YOU NEED YOUR IN-LAWS

How nurturing your relationship with your partner's parents is good for the whole family.

BY LISA BENDALL

CHERYL EMBRETT HAS KNOWN her mother-in-law, Bel, for more than three decades. When they met, they had differences—Bel was religious and a traditional homemaker, while Cheryl was not at all religious and had a feminist outlook—but they found common ground in a shared East Coast background and a love of books. Despite the areas where they didn't see eye to eye, Cheryl found many of her mother-in-law's qualities inspiring. For example, Bel, an avid community volunteer, encouraged Cheryl to get involved at her local food bank and her daughter's school. "Bel brings out good things in me," says Cheryl, who lives in Toronto. "She's made me a better person." They've further cemented their connection by vacationing together, going to concerts and just sitting around the table playing crazy eights. Over the years, their relationship, one of mutual admiration and respect, has evolved into a strong familial bond. ◻

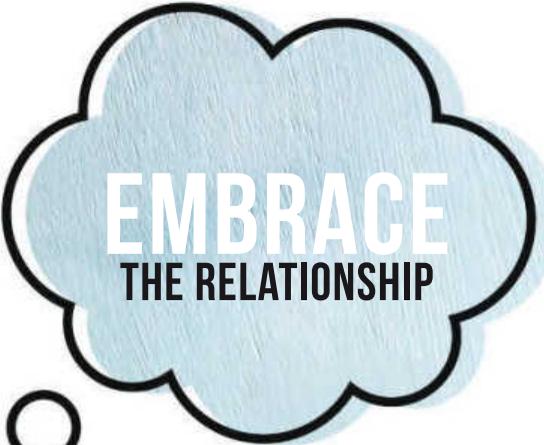


PHOTOGRAPHY: STOCKPHOTO. ILLUSTRATIONS: THINKSTOCK

While Cheryl's relationship with her mother-in-law is close and comfortable, for some of us, a healthy connection with our partner's parents is more elusive. But making it work is worth the effort, says Vancouver psychologist Dr. Joti Samra. "Even though they may be completely different from us, value-wise and personality-wise," she says, "an in-law relationship can be very fulfilling." A solid bond with your in-laws can mean a stronger marriage and family life, as well as closeness between children and grandparents. Plus, who better to turn to than family when you need emergency childcare, temporary housing or even financial help?

"We would not be debt-free today if not for my mother-in-law," says David, who asked us not to use his real name. Not only has his wife's mother lived with David's family in Ottawa for 12 years and covered a third of their home's costs, but she's also been an integral part of his two children's lives. A dotting grandma, she's the connection to their Belgian family history, and because she speaks French, she is able to help her grandchildren with their French and English schoolwork.

## HERE'S HOW TO STRENGTHEN THOSE VALUABLE FAMILY TIES



### EMBRACE THE RELATIONSHIP

Disregard the bad jokes and the stereotypes of meddling, overbearing relatives from films like *Monster-in-Law*. Instead, approach your in-laws with an open mind and the same respect and kindness you'd extend to a coworker or a neighbour.

When Bel started having vision problems, Cheryl visited multiple libraries to hunt down large-print books she thought her mother-in-law would enjoy. "I wanted to make her happy," Cheryl says. Those efforts were appreciated: "Bel's face would light up when I found a book she hadn't read."



## UNDERSTAND THEIR PERSPECTIVE

Are your in-laws calling too often, judging your decisions or giving unsolicited parenting advice? Try to see it from their perspective. Maybe they're lonely or it's their way of staying involved with family. Maybe they're from a generation that holds different views about childrearing or believes parents should have influence over their adult children. In the past, Bel often remarked on her son, Dan, and Cheryl's choice to remain unmarried. Though it was challenging, Cheryl tried to understand that Bel's discomfort was rooted in her beliefs. "It was a sore spot for her," says Cheryl. "Being Catholic, she thought marriage was very important." They chose not to talk about it much, but eventually, after Dan's two sisters' marriages ended in divorces, they'd joke about Cheryl and Dan's long-lasting relationship.

For David and his mother-in-law, the sore spot was something else entirely. "Our families are just so different," he says. In his wife's family, no one raised their voices.

David, on the other hand, grew up in a house where noisy discussions were the norm. He quickly realized that loud, excitable conversations about hot-button topics (finances, renovations, work schedules) upset his mother-in-law. Over time, David found a fix. He started to wait until his anger or frustration passed; his wife would act as a go-between, talking to her mother first. And when he was more calm, he returned to the conversation. With this process, it's become easier to work through challenges.

If this sounds familiar, first try to recognize how your in-laws' communication style is different from yours. Then, talk to them by mirroring their own communication style, as David did. You can also use humour to explain your conversation habits, says Dr. Samra, by saying something like, "I know my side of the family can be a little overwhelming sometimes, but we talk with our hands, and I feel it's impossible to speak if I'm not moving around!"

## WORK AS A TEAM

Your partner's behaviour is key to your relationship with your in-laws—it's important that you're a united front. Dr. Samra suggests that you try not to bicker in front of your in-laws; it will only create conflict and encourage parents to defend their own adult child. If your partner hears his parents speak insultingly about you, he should pull them aside to let them know it's not OK; and you shouldn't be expected to put up with it, either. Otherwise, over time, resentment might build. Furthermore, your partner should manage any personal conflicts with his own parents, and neither of you should bad-mouth your partner's parents. Finally, handle issues as a team—a practice that serves David well. When he has suggestions for the running of the joint household, his wife shows her support by being the one to present the ideas to her mother. ◊





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### Strawberry Flaxtini

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- 1½ cup water
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- 1 Tbsp ground flaxseeds



### Cinnamon Roll

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- 1 tsp ground cinnamon
- 1 tsp stevia (optional)



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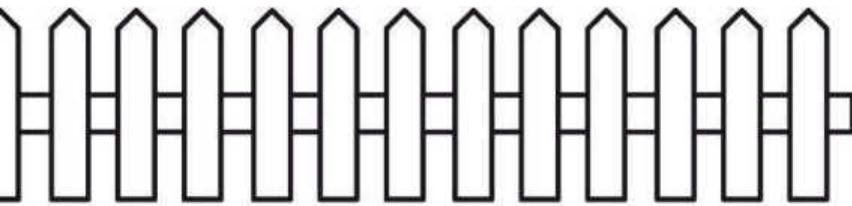
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# SET FIRM (BUT FRIENDLY) BOUNDARIES



Sometimes, it's necessary to set boundaries with things like having keys to your house, showing up unannounced or directing what should happen with your kids, says Dr. Samra. Setting these kinds of limits with your in-laws might be easier if your partner handles it—after all, they're his parents. But no matter who delivers the message, be gentle. "Tone and delivery—and a little humour—can go a long way," says Dr. Samra. She recommends trying something to this effect: "We love to see you, but things are a bit crazy for us on Saturdays with all of the kids' activities. We'd like it if you could give us a call a day in advance if you're thinking of popping by."

When Shannon, a Toronto health professional, started dating her husband, Mark (their names have been changed), she discovered that she couldn't keep up with her extroverted, energetic in-laws. "There are a lot of extended family gatherings throughout the year," says Shannon. "It depletes me." Her relationship with her in-laws is less stressful now that she limits the number of gatherings she attends over any given holiday.

Her in-laws respond best to strong convictions; so, when necessary, she firmly explains her needs. It also helps to let them know when they'll next be spending time together. "When I leave an event, I'll say, 'I'll see you at the birthday party next month,'" she says. "I love Mark's family. They understand that, for the time I'm there, I'm really there."

Respectfully setting boundaries is reasonable; not making the effort to be sensitive about it will only hurt your relationship. If, for example, your in-law remarks on your messy house, you may think, Let him try to juggle a full-time job with a teething toddler and a last-minute day-care bake sale. But what comes out of your mouth could be quite different. How about being lighthearted? ("I agree it's cluttered, but it's the maid's day off!") Dr. Samra notes that you can also appeal to your in-law's wisdom by saying, "Yes, I've not been able to keep up with tidiness since the munchkin started walking! How did you manage when your kids were little?" In a pinch, you can also avoid replying at all and carry on as though you didn't hear the ungenerous comment.



Make your in-laws feel like they're an important part of the family by inviting them to regular activities and special occasions. And don't fret about being a perfect host when they visit from out of town. "It doesn't have to be a gourmet homemade meal every night," says Dr. Samra. "Sit down with your spouse and talk about who does what, or plan some time for yourself." When Shannon's in-laws come to stay, she focuses on being a good hostess, and also on family time. "I really try to make them feel like welcome guests." She buys them transit tickets to get around the city and makes time for them to be with their grandson.

When it comes to birthday gifts for your in-laws, choose something you can all do together; it will reaffirm that you want to spend time with them. Cheryl, for instance, once bought concert tickets for her in-laws and included the whole family. She has also organized dinners at her mother-in-law's favourite restaurant and invited her in-laws to visit the cottage.

Your efforts to strengthen ties with your partner's parents will be noticed, and don't be surprised if your warmheartedness is reciprocated. As Dr. Samra says, it's as simple as treating someone the way you'd want to be treated. Whether it's respecting people's time and space or contributing to cleaning and cooking, it's often simple stuff. We all want to be appreciated.

Cheryl's mother-in-law, Bel, had a stroke in 2014 and now lives in a long-term care facility. Cheryl keeps their connection strong by visiting regularly, sharing family stories and photos, going for walks together or having lunch at a neighbourhood restaurant. She always finds ways to give her "other mother" a giggle. "I really, really adore Bel," she says. "I feel very fortunate. I couldn't have chosen a better mother-in-law." ●

## FAMILY FEUD

Not all in-law relationships can be saved. Here are the warning signs that the connection is more harmful than healthy.

1. Physical abuse, such as pinching, kicking, shoving, pulling hair or throwing objects.
2. Any behaviour that puts you or your family at risk, whether physically or emotionally.
3. Verbal abuse, such as chronic name-calling, using obscenities or making insults.

4. Persistent attempts to control major decisions, such as where you live, when you have children or how you raise them.

Your partner, or both of you, can try talking it over with your in-laws. But if the trouble isn't fixable, you'll have to create firm boundaries,

and maybe even work out a more arms-length relationship. "Often, we get to a difficult situation where we have to restrict our contact to a handful of times a year, or not even that," says Vancouver psychologist Dr. Joti Samra. In other words, you just might be better off walking away.

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GOOD WORKS

# *Canadian* SUPER

These six Canadians are improving the lives of people in their communities and beyond, one inspiring idea at a time.

BY ROBIN STEVENSON  
ILLUSTRATIONS BY KAGAN MCLEOD



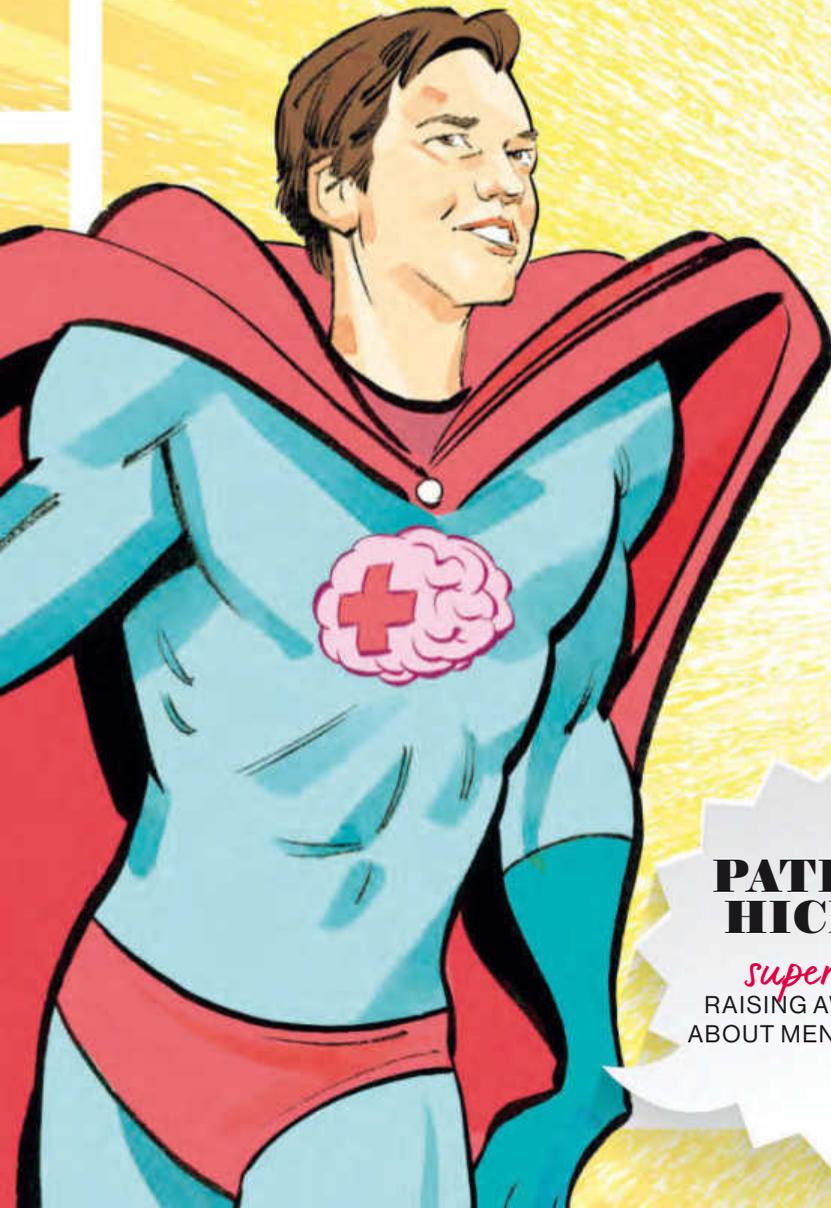
# HEROES



**A** couple of years ago, 16-year-old **PATRICK HICKEY** had what he calls an “epiphany.” He decided he needed to do something to help the people he loved and valued in his life who were quietly struggling with mental health issues. “There was no watershed moment,” says Patrick, “just a realization that, although I hadn’t talked down to these people or made their condition any worse, I’d never done anything to make it any better or easier.” So, in November 2014, after a few months of planning, the teen organized a Mental Wellness Day for 600 students at Holy Heart High School in St. John’s, N.L. The event, which included two dozen workshops, guest speakers and information booths, prompted an outpouring of appreciation. “One student who had been suffering from depression and had just listened to a guest speaker talk about it hugged me,” says Patrick. “I remember him saying, ‘This is happening—it’s really happening.’ It was such an emotional day.”

In April 2015, Patrick went further, cochairing Mental Health Matters: A Whisper to a Scream, a two-day provincial mental-wellness conference involving more than 30 high schools from Newfoundland and Labrador. “Over a weekend, willing and eager youth became accepting, supportive networks for each other,” says Patrick. “It was overwhelming.”

Now a student at Western University in London, Ont., Patrick is working on creating similar mental health initiatives, including a mental health conference in Kangiqsujuaq, Nunavik, planned for 2016. “We need to keep the conversation going,” he says. “Although a lot has been achieved, there’s still so much to do for mental health—in my city, in my province and in the country.”



## **PATRICK HICKEY**

*superpower*

RAISING AWARENESS  
ABOUT MENTAL HEALTH

## **SARAH ROBICHAUD**

*superpower*

HELPING PEOPLE WITH  
PARKINSON'S DISEASE  
THROUGH DANCE



**S**ARAH ROBICHAUD has always understood the joy of movement; it's been part of her life for 25 years as a dancer and 14 years as a personal trainer. But it wasn't until 2007 that she discovered dance can also be transformative. At that time, Sarah had begun working with a new client who had Parkinson's disease, a progressive nervous-system disorder that may include symptoms such as tremors, stiffness, slowness of movement and difficulty maintaining good posture. While researching ways to ease her client's symptoms, Sarah learned about Dance for PD, the internationally acclaimed dance classes in New York City for people with Parkinson's disease. Soon, she added dance to her client's more functional resistance training and stretching sessions. "He enjoyed the workouts more when he was dancing," she recalls. "His balance was better and his gait was better."

In 2008, Sarah started the charity Dancing With Parkinson's ([dancingwithparkinsons.com](http://dancingwithparkinsons.com)), which offers dance classes to help people with the disease develop core strength and balance, and increase their range of motion,

all through simple movements and improvisation. "With Parkinson's, people lose their ability to initiate movements needed for basic daily tasks," says Sarah. "In class, it's about finding ways to activate those neural pathways with live music, imagery, choreography, camaraderie and motivation. All of these things, intertwined, help people move."

Dancing With Parkinson's classes are taught by Sarah and 12 teachers trained by her organization. Offered daily at seven Ontario locations, with five in Toronto and two in the Kitchener-Waterloo area, the classes have become so popular (additional classes were added due to long waiting lists) that, over the next five years, Sarah hopes to expand the program across Canada. "I never thought I would be so lucky to find such meaningful work," she says. "When someone tells you after a class, 'I haven't seen my husband stand up and move for the past five years,' it's profound."

## MORÉNIKÉ OLÁÒSEBÌKAN

*superpower*

PROVIDING EDUCATION AND  
RAISING FUNDS FOR HIV RELIEF

**E**ven while managing her own health crisis, MORÉNIKÉ OLÁÒSEBÌKAN was thinking about others. More than a decade ago, while she was undergoing treatment for tuberculosis in her native Nigeria, Moréniké noticed how patients living with HIV were stigmatized. "I was moved by their challenges, so in 2003, when I arrived in Canada to study, I knew I wanted to do something to support that community," says Moréniké, who now has her own fashion label and is a pharmacist and associate owner of a Shoppers Drug Mart in Edmonton. What she didn't have in funds, she had in drive and talent. "I could paint, design clothing and sew, so I took an idea to the African-Caribbean society where I was studying at the University of Alberta," she says. "We would invite all of our friends and everyone on campus, charge a little money and organize a fashion, arts and music exhibition." The result was the Ribbon Rouge gala ([ribbonrouge.com](http://ribbonrouge.com)), a night of fashion, food, music, dancing and fine art, with proceeds going to support HIV relief.

Ten years later, the Ribbon Rouge gala has raised almost \$46,000 for three organizations: HIV Edmonton, The Stephen Lewis Foundation and UNAIDS, the Joint United Nations Programme on HIV/AIDS. "The theme of the gala is conveyed through art, poetry, music and dance," says Moréniké, "and the speeches are directed toward social action and breaking down the barriers to care." She hopes to grow Ribbon Rouge into a charity that, through the arts, advocates and educates locally and globally to raise awareness and funds for a cure. The challenge, she explains, is that HIV is no longer a media headline, so many people don't think it's relevant anymore. Yet, according to Alberta Health's annual report, there were 255 newly diagnosed cases of HIV in that province in 2013—an increase for the third year running. "The ultimate goal is that we get to zero," says Moréniké. "It would be awesome to be able to say that there are no AIDS-related deaths in Edmonton anymore."



## PAUL LATOUR

*superpower*

RENOVATING BUILDINGS  
TO HELP CHARITIES WORK  
MORE EFFICIENTLY



It all started very simply, says PAUL LATOUR. A friend with multiple sclerosis needed help fixing up her backyard so she could access and enjoy the overgrown garden she'd once loved so much. "I thought I could get 20 friends together, have a pizza party and help her out," says Paul. Seven weeks later, about 70 volunteers and 27 businesses had contributed time and supplies to perform a one-day reno that would have cost his friend \$25,000. "Not a single person I approached said no; not a single company I asked for supplies said no," Paul recalls. It was then that the Victoria-based artist, writer and waiter realized he could tackle projects on a larger scale.

He soon founded HeroWork ([herowork.com](http://herowork.com)), first as a private business and then as a nonprofit, and finally as a charity that renovates buildings for other charities in need. HeroWork's first project was a widely lauded reno valued at \$100,000 for the Casa Maria Emergency Housing Society, which provides shelter for families in crisis. Now, the organization has completed its fifth renovation in the Victoria area, and plans for three more are underway. To be selected for a renovation, a charity has to own its building and contribute 20 percent of the value of the renovation, which is largely used to purchase the supplies needed for renos that include everything from electrical and plumbing overhauls to roofing repairs to structural work to landscaping. By 2017, Paul plans to roll out HeroWork's community construction model to other towns on Vancouver Island, and in 10 years, across the country. "It's a franchise for social good."

## SANDRA JARVIS-SELINGER

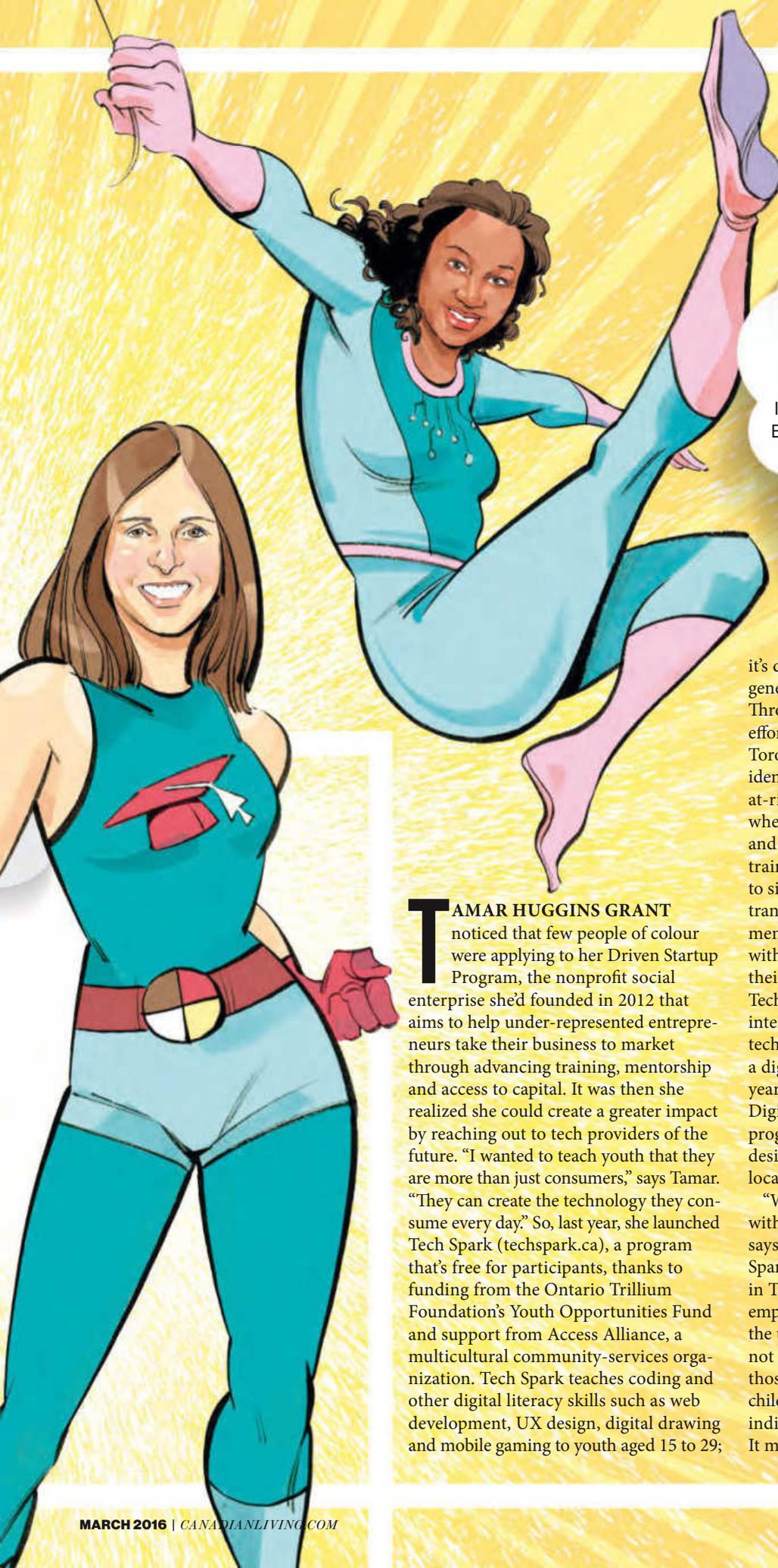
*superpower*

MENTORING ABORIGINAL STUDENTS

Many kids dream of being doctors or pharmacists or researchers. But by the time they're in Grade 12 and applying for postsecondary education, poor grades or their choice of courses throughout high school may make it impossible to get accepted into a health-sciences program. And although The University of British Columbia's outreach department encouraged Grade 12 aboriginal youth across the province to consider careers in medicine and health sciences, they were sometimes reaching students too late. That's why SANDRA JARVIS-SELINGER, associate dean academic in the faculty of pharmaceutical sciences at UBC, and her team created Aboriginal eMentoring BC ([aboriginalementoringbc.ca](http://aboriginalementoringbc.ca)).

Since 2010, the program has reached out to aboriginal youth as early as elementary school. Students work through a fun, interactive online curriculum called Personal Quest and communicate with mentors on an online discussion board, with the goal of helping participants explore possible career paths. To

date, 189 youth and 119 mentors (34 percent of whom are aboriginal) have been enrolled in the program. Based on this initiative's success, in 2016, the program will be expanded to include aboriginal and nonaboriginal youth in rural and remote areas of B.C. Sandra says this model could easily be applied to other areas such as engineering, education and humanities, and that it's robust enough to help youth on any postsecondary career path. For her, the most important takeaway is that aboriginal youth understand that, when they graduate from high school, they have choices and feel empowered to make those choices. The positive impact on these young people is already evident. "E-mentoring changed my life," says Rae-Anne LeBrun, 19, now enrolled in the child and youth care counselling program at Douglas College in Coquitlam, B.C. "I was actually homeless when I was in the program. I got to learn who I was as a person, and also to talk about how I felt with people who accepted me and didn't judge me. They wanted to help me along my journey."



## TAMAR HUGGINS GRANT

*superpower*

INCREASING EDUCATIONAL AND ECONOMIC OPPORTUNITIES FOR YOUTH IN UNDERSERVED COMMUNITIES

**T**AMAR HUGGINS GRANT noticed that few people of colour were applying to her Driven Startup Program, the nonprofit social enterprise she'd founded in 2012 that aims to help under-represented entrepreneurs take their business to market through advancing training, mentorship and access to capital. It was then she realized she could create a greater impact by reaching out to tech providers of the future. "I wanted to teach youth that they are more than just consumers," says Tamar. "They can create the technology they consume every day." So, last year, she launched Tech Spark ([techspark.ca](http://techspark.ca)), a program that's free for participants, thanks to funding from the Ontario Trillium Foundation's Youth Opportunities Fund and support from Access Alliance, a multicultural community-services organization. Tech Spark teaches coding and other digital literacy skills such as web development, UX design, digital drawing and mobile gaming to youth aged 15 to 29;

it's designed to help develop a new generation of innovators and creators. Through Tech Spark, Tamar focuses her efforts on inner-city communities like Toronto's Weston-Mount Dennis—identified as one of the poorest and most at-risk neighbourhoods in the city—where there are barriers, both economic and social, to learning. In addition to training (the 12-week program runs four to six times a year), Tech Spark provides transit tokens and hot meals, and youth mentors are available to help students with personal issues that may affect their studies. Even more crucial, each Tech Spark session ends with student-internship opportunities at established technology companies like Pixel Dreams, a digital design studio in Toronto. This year, Tamar plans to launch Tech Spark Digital, her own digital agency, where program interns will be hired to do design and development work for local businesses.

"We try our best to provide the students with what they need to be successful," says Tamar, who hopes to expand Tech Spark to other inner-city neighbourhoods in Toronto. "They leave with skills that employers are looking for." For Tamar, the ultimate reward is opening doors for not only Tech Spark students but also those students' siblings and their future children. "Our reach goes beyond the individuals who are part of our program. It means so much to be part of that." ●

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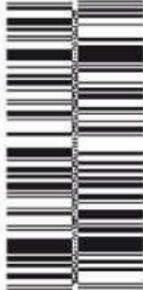
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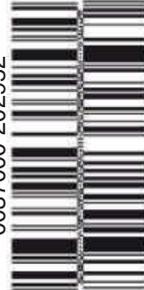
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# eight FUN FRIEND MEET-UPS

Try one of these memorable diversions to keep your circle connected and entertained.

BY ROBIN STEVENSON



## 1

### ESCAPE ROOMS

You're locked in a room with your pals, and it's a race against the clock to escape the scenario (think jewel heist or zombie apocalypse) by solving math, word, spatial and mechanical puzzles with your crew. "Escape rooms require teamwork, good communication and problem-solving skills," says Calgary's Susan Tran, who has participated in about 30 escape-room adventures in Canada, the U.S. and Hong Kong. "When you're with your friends in a locked room—no smartphones—and you're forced to use only your intellect, you naturally discover things about each other that you wouldn't under normal circumstances. It's a bonding experience."

**BEST FOR** groups of six or fewer. Some escape rooms can accommodate up to 10 people per room, but it can get crowded.

**TRY IT AT** The Locked Room in Calgary. For more information, visit [thelockedroom.ca](http://thelockedroom.ca).

## 2

### COMMUNITY CHOIRS

Sing your heart out in a church hall or a community centre as part of a community choir. No experience necessary!

- ➔ **You Gotta Sing Chorus! (Halifax)** [yougottasing.ca](http://yougottasing.ca)
- ➔ **Choir! Choir! Choir! (Toronto)** [choirchoirchoir.com](http://choirchoirchoir.com)
- ➔ **Adult Recreational Choir Society (Calgary)** [up2something.org](http://up2something.org)
- ➔ **Sing City (Vancouver)** [singcity.ca](http://singcity.ca)

**FRIEND FACTS** *Women have fewer but stronger and more intimate contacts in their near and dear circle. Men tend to have larger networks of contacts but weaker bonds.*

## 3

### FILM APPRECIATION

Back away from Netflix (and your couch) and join other film buffs at a local theatre to screen and discuss the best in 20th-century classics, documentaries and modern movies.

- ➔ **Cinéclub Film Society (Montreal)** [cineclubfilmsociety.com](http://cineclubfilmsociety.com)
- ➔ **Toronto Film Society** [torontofilmsociety.org](http://torontofilmsociety.org)
- ➔ **Ottawa Film Society** [filmfilmfilm.ca](http://filmfilmfilm.ca)
- ➔ **Sunshine Coast Film Society (Gibsons, B.C.)** [scfs.ca](http://scfs.ca)



## 4

### AXE THROWING

Unleash your inner lumberjack! After a throwing lesson, participants stand at the end of a lane and try to hit the bull's-eye on a wooden target. "Axe throwing is thoroughly entertaining but also cathartic," says Toronto's Yvonne Tang, who was first introduced to the sport at a bachelorette party. "It's a great physical activity and a stress reliever. First, you practise together, and then you compete against one another!" Think

darts, but with way more attitude.

**BEST FOR** a bigger group of a dozen or more, to encourage round-robin play.

Or grab a few friends and join a weekly league.

**TRY IT AT** a Backyard Axe Throwing League (BATL) location in Ontario (four in the Toronto area, as well as leagues in Kitchener, London and Ottawa) or Calgary. For more information, visit [batlgrounds.com](http://batlgrounds.com).

# 5

## COCKTAIL CLASS

Wine is fine, but creating a handcrafted drink is impressive. "Getting together for drinks is a basic night out, and generally, I find that my friends and I frequent the same places over

and over again," says Marissa Manglapus, a tax accountant in Vancouver. So step it up a notch and bring everyone to a cocktail workshop. Learn cocktail history and try your hand at muddling and mixing. Bonus: You get to sample the fruits of your, ahem, labour. "Attending the cocktail seminar with friends was more fun, more competitive and way louder than just going to the bar, especially when you're all trying to come up with the best cocktail recipe," says Marissa. "A cute bartender giving you his undivided attention doesn't hurt, either."

**BEST FOR** any size group—the more pals, the more cocktails to taste.

**TRY IT AT** the Brandywine Bartending School in Vancouver. For more information, visit [brandywine.ca](http://brandywine.ca).



# 7

## FITNESS

Put the fun back into your fitness routine with a novel workout you and your friends can do together.

- ➔ **AntiGravity Fitness (locations across Canada)** [antigravityfitness.com](http://antigravityfitness.com)
- ➔ **Canadian Dodgeball Association (locations across Canada)** [canadiandodgeball.ca](http://canadiandodgeball.ca)
- ➔ **Hike Canada (provincial associations and clubs hit local trails)** [hikecanada.org](http://hikecanada.org)

# 6

## CRAFTS

Traditional crafting and cooking are cool again, thanks to the maker movement. Create, DIY and innovate with tech, tools and toys, or join a jam-making session with friends.

- ➔ **Quilt guilds (locations across Canada)** [quiltguilds.com](http://quiltguilds.com)
- ➔ **Makerspaces at the Greater Sudbury Public Library** ([sudburylibraries.ca](http://sudburylibraries.ca)), the **Edmonton Public Library** ([epl.ca](http://epl.ca)) and **additional libraries across Canada**
- ➔ **Canning and home preserves classes at Montreal's Preservation Society** ([preservationsociety.ca](http://preservationsociety.ca)) and **Toronto's WellPreserved** ([wellpreserved.ca](http://wellpreserved.ca))

# 8

## PAINT NITE

Don smocks, grab a drink if you like and spend the evening with your buddies creating one-of-a-kind art at a local bar or restaurant. The artist hosting the evening provides step-by-step instructions to help you

paint a reproduction of the night's chosen artwork. "People are really encouraging," says Paint Nite regular Brienne Harris of Spruce Grove, Alta. "While the paint is drying on our canvasses, everyone walks around and checks out all the other paintings. It's about two hours of mess and giggles—how can you go wrong?"

**BEST FOR** a group of friends, so you can sit and laugh together and offer critiques of one another's work.

**TRY IT AT** Paint Nite locations across the country, including those in Halifax, Winnipeg and Windsor, Ont. For more information, visit [paintnite.com](http://paintnite.com).



## REASONS TO GET YOUR GROUP ON

The benefits of spending time with your squad go beyond just catching up; friend time is food for the soul. A landmark University of California at Los Angeles study found that women's friendships not only assuage loneliness but also fill emotional gaps in romantic relationships, reduce stress and help us lead more joyful lives. So when a girls' night finally comes together after weeks (or months) of planning, the reconnection can be so revitalizing that it prompts a flurry of next-day emails that read, "So great to see you guys! Let's do it again soon!"

That's no coincidence, says Montreal developmental psychologist and newspaper columnist Susan Pinker, author of *The Village Effect: How Face-to-Face Contact Can Make Us Healthier, Happier, and Smarter*. "Women have more oxytocin pathways than men, so we secrete more of that hormone," she says. A natural feel-good hormone, oxytocin can reduce pain, stress and inflammation. "When we reach out to other people, look after them or share information, oxytocin is released, which makes us feel better and provides physiological protection," says Pinker.

But women also hang out with friends because, well, it's fun, and prioritizing relationships outside of immediate family creates an even wider social network that can provide advice and support. "We are a social species," says Pinker, "evolved to interact in person." Time spent together may be more meaningful than your usual Facebook updates or Instagram posts. "Online connections are great for setting up get-togethers," says Pinker, "but it's the in-person events that are extremely important for mental and physical health and longevity."



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MY LEGS  
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# Home

**BATHROOM SPECIAL**

## Bathing Beauties

Small spaces call for big style. Wrap your bathroom walls in pattern to create a stylish oasis that will have you lingering in the tub.

BY SARAH GUNN

*Use an oversize basket to stow essentials.*

PHOTOGRAPHY: STACY ZARIN-GOLDBERG



*When layering art over wallpaper, consider simple images or a large mat for separation.*

*Update tired cabinets with a fresh coat of paint and new hardware.*

Powder rooms and bathrooms are typically tiny spaces, but, according to Toronto interior designer Vanessa Francis, “because it’s a room in your home that’s contained, you can just go for it and give it much-needed personality.”

## SHADES OF GREY

Francis fell in love with a monochromatic floral wallpaper and used it as a starting point for the redesign of her master bath. “It’s my husband’s bathroom, too. I think the black and white makes it feel more masculine. If it was pink floral, he probably wouldn’t have agreed to it,” she says. Worried about the effects of moisture? According to Francis, there is no need for special wallpaper, application or seal when using wallpaper in bathrooms, but she suggests a strong venting fan to combat humidity.

### HOW TO GET THE LOOK



Smoky Rose wallpaper, \$281 per roll, anthropologie.com.



Glass knob in Polished Nickel, \$14 to \$16, rh.com.



Salena vase, \$45, crateandbarrel.com.



Moen Glenshire tilting mirror, \$162, homedepot.ca.



Elements of Design Heritage widespread faucet in Chrome, \$385, lowes.ca.



PHOTOGRAPHY, MICHAEL NANGREAVES (GEOMETRIC GEM); ANGUS FERGUSSON (BLUE HUE)

## GEOMETRIC GEM

The graphic wallpaper combined with mini hexagonal mosaic tiles and traditional finishes in this powder room (above) provide a nice balance between masculine and feminine. A painted chest of drawers offers chic yet practical storage.

 FIND OUR BEST BATHROOM RENOVATION TIPS AT [canadianliving.com/bathroomrenovation](http://canadianliving.com/bathroomrenovation).

## BLUE HUE

"I love large-scale floral wallpapers. When I found this one, I knew it was perfect for my tiny space," says Francis, who chose a second floral print for her home's guest bathroom. To make it practical in a room prone to water splashes, Francis installed wainscoting. It was originally painted an off-white, but after years of use, the high-maintenance shade was showing its age. "Painting the wainscoting a teal colour taken from the

wallpaper is not only more practical but also dramatic and unexpected. It's a little surprise for guests!" says Francis.

When designing a family-friendly powder room (see page 71), interior designer Sandra Meyer wanted the space to relate to the nearby living room. "The wallpaper, while fun, is sophisticated with hues of silver and gold. The penny tile adds an additional punch of colour," says Meyer.



*Don't be afraid to use oversize patterns in tiny spaces.*

# LOCAL CONTRACTOR



- ▶ Improves concentration levels in children and adolescents with ADHD
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- ▶ Clinical studies demonstrate increased learning, reading and writing abilities
- ▶ Award winning research on EQUAZEN® in comparison with traditional treatments



# ADHD My Grandson now thrives at school again

“My grandson Ian had been experiencing social and scholastic difficulties since grade school. The teachers couldn’t find a reason or explanation for his challenges, but felt he had symptoms of ADHD.

better able to handle his teenage social issues, which is critical in developing self-esteem and boosting self-confidence.

*We are so happy with EQUAZEN, and feel assured now that more positive successes will occur for Ian. We strongly recommend this great product to other families.”*

*D. S. Hay Lakes, AB*

Ian was constantly struggling with reading and writing and he was anxious, as he was getting failing grades. He also had many difficulties socially. In a small school like ours, students quickly recognize those who struggle and it’s easy for some children to be ignored or bullied.

It made Ian very unhappy for many years. Many times he would say: “I’m just stupid .. and I have no real friends.”

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When I read about EQUAZEN® at my doctor’s office, I wanted to give it a try. I had heard about fatty acids being beneficial for concentration. Now, two months later, there is no turning back! Ian has had remarkable results at school and is now proud of his efforts. He is also less anxious and much



**IMPROVING HANDWRITING – STUDY RESULT:**

Before EQUAZEN

Joe, aged 9

After EQUAZEN

Joe, aged 9

Richardson, A. J. Pediatrics (2005). Oxford Durham Study

## + 5 TIPS

### FOR DEALING WITH ADHD

- 1 Decrease TV & video game time
- 2 Reduce intake of processed foods high in sugar, salt and saturated fat
- 3 Increase exercise and “green” time
- 4 Take a proven fatty acid supplement, ideally with the 9:3:1 ratio
- 5 Create daily routines

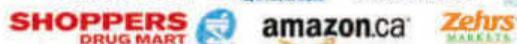


“For years I have been faced with the dilemma and the question that parents repeatedly ask: “Is there anything that I can do for my child with ADHD or a similar condition, without having to medicate them?” With EQUAZEN, I can now finally give them a natural choice that is backed by real science.”

**Dr. Sohail Khattak, Pediatrician at the Kids Clinic, Whitby ON, Canada**

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PHOTOGRAPHY: ANGUST FERUSSON (WALLPAPER)

# PATTERN PARADE

Adorning your walls with style has never been easier.

Wallpaper has come a long way since your mother's now dated citrus floral. Thanks to simpler application methods and gorgeous patterns, ranging from feminine florals to edgy geometrics, there's a paper to appeal to everyone. We've pulled our favourites to help you select the right look for your space.

1. **Blooms Grande wallpaper in Grey**, \$253 per roll, [caitlinwilson.com](http://caitlinwilson.com).
2. **Dot to Dot wallpaper**, \$86 per roll, [dropitmodern.com](http://dropitmodern.com).
3. **Mint Fleur Chinoise wallpaper**, \$210 per roll, [caitlinwilson.com](http://caitlinwilson.com).
4. **Delia damask wallpaper**, \$281 per roll, [anthropologie.com](http://anthropologie.com).
5. **Quatrefoil wallpaper**, \$35 per roll, [bouclair.com](http://bouclair.com).

**ARE YOU A RENTER?**  
We've got you covered!



Lots of brands now offer low-tack wallpaper for those with worried landlords or commitment issues. It's easy to install and remove!

*Retro geo wallpaper*, \$176 per roll, [tempaperdesigns.com](http://tempaperdesigns.com).

# LOCAL CONTRACTOR

**DON'T HIRE JUST ANY ELECTRICIAN.**

Licensed Electrical Contractors (LECs) are the only businesses in Ontario authorized to do electrical work in your home. It's the law. In fact, if you don't hire an LEC and something goes wrong, your home insurance likely won't cover you. Ask if they're a Licensed Electrical Contractor, or ask your general contractor. Find an LEC near you at [esasafe.com](http://esasafe.com).



**LUXE FOR LESS**



Put a lid on bathroom essentials with these etched-glass jars.

Refresh your vanity with an on-trend sleek black faucet.



**BEST BUYS UNDER \$100**  
**Master the Bath**

Shower your bathroom with chic accessories.

BY SARAH GUNN

Bathe yourself in luxury with this Turkish-style towel.



Add a little pretty to your powder room with a coral sculpture.



Turn your bathroom into a room with a view by displaying a serene scene.

- 1. Jars, from \$25 each, anthropologie.com. 2. Barr-Co. soap bars, \$11 each, anthropologie.com. 3. Lundskär bathroom faucet, \$99, ikea.ca.
- 4. The Michelle Turkish bath towel, \$50, tonicliving.com. 5. Minimalist Sea by Vicky Gu limited-edition print, from \$39, minted.com. 6. Coral sculpture, \$98, blackroosterdecor.com. 7. Flawless bath mat, \$42, urbanoutfitters.com. 8. Vitemölla wall lamp, \$25, ikea.ca. 9. Hamper, \$70, indigo.ca.



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# Framed!

Here's how to transform a builder's basic mirror into a work of art, whether your style is modern or traditional.

BY SARAH GUNN

## CHIC SHELF



### YOU'LL NEED

- 1-by 4-inch (2.5 by 10 cm) pine boards
- Tape measure
- Saw
- Sandpaper
- Paintbrush
- Wood stain
- Cloth
- Liquid Nails adhesive
- Screwdriver
- 4 flat corner braces and screws

*Use lightweight wood, such as pine, for this project, and avoid loading the shelf with too much weight.*

## TRADITIONAL TRIM



### YOU'LL NEED

- Wood moulding
- Tape measure
- Mitre saw
- Sandpaper
- Paintbrush and paint
- Liquid Nails adhesive
- Level
- Painter's tape
- Caulking gun and caulk
- Cloth

### How to make it

- 1 Measure the boards; then, using the saw, cut them to size. You want the top and bottom pieces to be the exact width of the mirror, while the side pieces should be the length of the mirror, plus the depth of the top and bottom pieces. Sand the edges as needed for a smooth finish.
- 2 With the paintbrush, apply stain to all sides of each board, wiping with a dry cloth as you go. Do not let the stain dry before wiping.
- 3 Apply adhesive to the ends of the shorter boards. Attach the 4 boards together to form a frame.
- 4 Once dry, carefully flip the frame upside down. Use the screwdriver to screw the braces into each corner to secure.
- 5 Apply adhesive to the back of the frame and set in place on the wall. You may need to tape the frame to the wall until the adhesive takes hold.

### How to make it

- 1 Measure the moulding; then, using the saw, cut it to size. Cut the frame to be flush with the edge of the mirror. Sand the edges as needed for a smooth finish.
- 2 With the paintbrush, paint each piece and let dry.
- 3 Glue the bottom piece in place on the mirror first by applying adhesive to the back, keeping it from the edges. Check to make sure it's level before it dries. Secure with tape.
- 4 Repeat with the two vertical pieces. Glue the top piece in place; secure with tape.
- 5 Caulk the corners where two pieces meet as needed. Use a dry cloth to wipe any excess; later, touch up with paint.

### START WITH...



Bevelled-edge mirror, \$58, [homedepot.ca](http://homedepot.ca).

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GAME-  
CHANGER

FIVE MINUTES WITH

# Drew & Jonathan Scott

THE PROPERTY BROTHERS



THE PROPERTY BROTHERS HAVE SADDLED UP for another renovation project and, this time, it's a family affair. In their new W Network series, *Property Brothers at Home on the Ranch*, Drew (above left) and Jonathan Scott, along with their parents and brother JD, head to Alberta to update their family friends' homestead. On a recent visit to Toronto, the brothers chatted with *Canadian Living* about the show, making the most of your living space and budget-friendly home updates. — Sarah Gunn

## HOW CAN YOU UPDATE YOUR HOME WITHOUT SPENDING A LOT?

**JONATHAN:** The best use of a homeowner's budget usually starts with organization. Sometimes, it's just a matter of rearranging furniture and decluttering. So change up the furniture. Then, if you actually want to renovate, start by painting.

**DREW:** Lighting is a big thing, too, and you don't have to pay a fortune for it. On *Property Brothers*, we reuse up to 80 percent of our homeowners' furniture and decor pieces. We make them look brand new, whether they're restrained or reupholstered. This can be very cost-effective, and you can do it yourself.

## HOW CAN HOMEOWNERS MAKE THE MOST OF A TINY SPACE?

**JONATHAN:** It's all about finding pieces that have many functions, including storage so you can put everything away. Light colours and reflective

surfaces can give the illusion of a larger space. Less bulky, streamlined furniture also helps, as it allows you to leave as much room for traffic flow as possible.

## WHAT CAN VIEWERS EXPECT FROM PROPERTY BROTHERS AT HOME ON THE RANCH?

**DREW:** You'll see our roots; this is where we grew up in the Rocky Mountains. The ranch our family had when we were growing up was just minutes from the place we're renovating on the show. Our dad also worked there as a cowboy back in the '50s. We know the family, so it means a lot to us.



Jonathan and Drew return to Alberta for their new W Network series, *Property Brothers at Home on the Ranch*.

**JONATHAN:** It's a working ranch, so it's been beaten up over the years. We've never renovated a log home before—and it'll be our first barn makeover. We're excited to show our fans something different.

## YOU'VE WRITTEN YOUR FIRST BOOK, DREAM HOME (TO BE RELEASED IN APRIL). WHAT'S IT ABOUT?

**DREW:** *Dream Home* is a compilation of everything people want to know if they are buying, selling or renovating a property. If you can't have us there to do your project, this book is the next best thing.



Throwing out fruit and veggies before you've had the chance to use them is such a waste! Slow down traffic to your compost bin with GreenSaver Produce Keepers, a line of plastic containers that keeps produce fresh for longer. The BPA-free vessels feature replaceable activated carbon filters to trap and absorb ethylene gas that's released as fruit and vegetables ripen. Vents keep humidity at the right level, while removable baskets promote airflow and can double as colanders for rinsing. *GreenSaver Produce Keepers*, \$20 to \$30, [danescoinc.com](http://danescoinc.com).

TRENDING



## PICTURE PERFECT

Take treasured images from your phone or computer and display them at home or work with hip acrylic photo blocks from Posterjack. Perched on a desk, a bookcase or a bedside table, they're a stylish keepsake for special memories. It's easy: Visit [posterjack.ca](http://posterjack.ca), select "desk decor," then "acrylic blocks," then customize the size and upload your image. About a week later (shipping times vary, depending on where you live in Canada), Posterjack will deliver the finished product right to your door. *Acrylic blocks*, \$50 each, [posterjack.ca](http://posterjack.ca).

PHOTOGRAPHY: NADER ESSA PHOTOGRAPHY (PROPERTY BROTHERS IN KITCHEN); ERIC PERRY PHOTOGRAPHY (PROPERTY BROTHERS ON RANCH)



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AFTERNOON DIY

# Berries in a Basket

Add whimsy to your Easter table with this fresh spin on a timeless tradition.

BY SARAH GUNN

MAKE THIS  
EGG-CELLENT  
CRAFT IN LESS  
THAN AN HOUR!

## INSTRUCTIONS

1. Hard-cook a dozen eggs.
2. Once they've cooled to room temperature, paint each with red acrylic craft paint.
3. Next, using a black permanent marker, draw on the "seeds."
4. For the greenery, first cut leaf shapes from stiffened green felt (a thicker version of regular felt, which is available at craft stores).
5. Using a glue gun, secure leaves on the wider end of the eggs.
6. Arrange the eggs together in a bowl or a basket for a one-of-a-kind Easter-egg display!



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# Cook & Eat

WEEKNIGHTS

## Quick + Easy

Make the most of your grocery budget with five money-saving meals.

BY GILEAN WATTS & THE TEST KITCHEN

✗ GLUTEN-FREE ✗ DAIRY-FREE ✗ NUT-FREE ✗ VEGETARIAN



Hearty Red Lentil Curry With Eggs, p. 86

### Frugal fix

Freeze leftover ginger-root and grate it, without thawing, as needed.

\$3 PER SERVING

× On The Menu ×

Budget-friendly suppers

P. 85

The ultimate chicken wings

P. 93

Make-ahead Easter feast

P. 96

Elegant, aromatic meals

P. 103

Food allergy-friendly desserts

P. 108

PHOTOGRAPHY, JODI BURDGE; FOOD STYLING, DAVID GRENIER; PROP STYLING, JENNIFER EVANS

## HEARTY RED LENTIL CURRY WITH EGGS 🍳🥑🥦🌱

**Hands-on time:** 20 minutes

**Total time:** 30 minutes

**Makes:** 4 servings

Red lentils are a budget-friendly source of fibre and protein, and they cook from dried in no time. Serve with hot sauce for drizzling over top and warm naan for dipping into the soft egg yolk.

- 2 tbsp olive oil
- 1 onion, finely chopped
- 1 large sweet potato (about 350 g), peeled and diced
- 4 cups bite-size cauliflower florets (about half head)
- 2 cloves garlic, finely grated or pressed
- 1 tbsp curry powder
- 2 tsp grated fresh ginger
- 1 tsp ground coriander
- ½ tsp each ground cumin and turmeric
- 3 cups sodium-reduced vegetable broth
- 1 cup dried red lentils, rinsed
- ¾ tsp salt
- ½ tsp pepper
- 4 eggs
- 2 tbsp chopped fresh cilantro

In Dutch oven or large heavy-bottomed saucepan, heat oil over medium heat; cook onion, sweet potato and cauliflower, stirring often, until slightly softened, about 6 minutes. Add garlic, curry powder, ginger, coriander, cumin and turmeric; cook, stirring, until fragrant, about 1 minute.

Stir in broth and lentils; bring to boil. Reduce heat, cover and simmer, stirring occasionally, until lentils and vegetables are tender and almost no liquid remains, about 10 minutes. Stir in salt and pepper.

Divide among 4 lightly greased 1½-cup (375 mL) ovenproof bowls. Using spoon, form well in centres; crack 1 egg into each. Bake on rimmed baking sheet in 425°F (220°C) oven until egg whites are set yet yolks are still slightly runny, 10 to 12 minutes. Let stand for 2 minutes. Sprinkle with cilantro.

PER SERVING: about 408 cal, 22 g pro, 13 g total fat (3 g sat. fat), 53 g carb (11 g dietary fibre, 11 g sugar), 193 mg chol, 954 mg sodium, 1,019 mg potassium. % RDI: 11% calcium, 52% iron, 135% vit A, 87% vit C, 148% folate.



The eggs will continue to cook as they stand, so remove them from the oven just before they reach desired doneness to avoid overcooked yolks.



GET MORE BUDGET-FRIENDLY  
WEEKNIGHT MEALS AT

[canadianliving.com/budgetrecipes](http://canadianliving.com/budgetrecipes).

## STEAK FAJITA TOSS WITH CILANTRO SOUR CREAM

**Hands-on time:** 25 minutes  
**Total time:** 25 minutes  
**Makes:** 4 servings

Thinly slicing flank steak across the grain breaks apart and tenderizes the tough muscle fibres and ensures the steak cooks quickly. If you like, serve Cheddar cheese, avocado, tortilla chips and extra salsa on the side.

¾ cup	20-minute whole grain brown rice
¼ cup	light sour cream
1 tbsp	chopped fresh cilantro
1 tsp	lime juice
1 tsp	chili powder
½ tsp	each ground cumin, ground coriander and paprika
¼ tsp	each salt and pepper
pinch	cayenne pepper
1 tbsp	olive oil
1	onion, thinly sliced
1	sweet green pepper, thinly sliced
1	clove garlic, minced
350 g	beef flank marinating steak, thinly sliced across the grain
1	can (540 mL) black beans, drained and rinsed
½ cup	prepared salsa
1 cup	shredded iceberg lettuce

In saucepan, cook rice according to package instructions.

Meanwhile, in small bowl, stir together sour cream, cilantro and lime juice; set aside. In separate bowl, stir together chili powder, cumin, coriander, paprika, salt, pepper and cayenne pepper.

In large nonstick skillet or wok, heat oil over medium-high heat; stir-fry onion, green pepper, garlic and half of the chili powder mixture until green pepper is almost tender-crisp, about 5 minutes.

Toss beef with remaining chili powder mixture to coat. Add to skillet; stir-fry until browned, about 4 minutes. Stir in beans and salsa; cook until heated through.

Divide rice among plates or bowls. Top with beef mixture and lettuce. Serve with sour cream mixture.

**PER SERVING:** about 465 cal, 31 g pro, 14 g total fat (5 g sat. fat), 55 g carb (11 g dietary fibre, 4 g sugar), 47 mg chol, 790 mg sodium, 931 mg potassium. % RDI: 8% calcium, 32% iron, 7% vit A, 43% vit C, 35% folate.



For a spicier dish, use hot salsa; otherwise, we recommend medium.



\$3.10  
PER SERVING

### Simple substitute

Instead of tilapia, use trout or whitefish.

## CRISPY TILAPIA WITH LEMON-HERB MAYO AND OVEN FRIES

**Hands-on time:** 30 minutes  
**Total time:** 30 minutes  
**Makes:** 4 servings

Tilapia has a mild, subtle flavour with wide appeal. For the most sustainable choice, opt for tilapia that's farmed from North America, Ecuador or Indonesia. Sprinkle the crispy fillets with chopped fresh parsley just before serving, if desired.

### Oven Fries:

4	small yellow-fleshed potatoes (about 600 g total), cut in ¾-inch (2 cm) thick wedges
2 tsp	olive oil
pinch	each salt and pepper

### Crispy Tilapia:

¼ cup	cornmeal
1½ tsp	each chili powder and dried parsley
4	tilapia fillets (about 450 g total)
¼ tsp	each salt and pepper
2 tbsp	olive oil

### Lemon-Herb Mayo:

½ cup	mayonnaise
1 tbsp	chopped fresh parsley
2 tsp	lemon juice
1	small clove garlic, finely grated or pressed

**Oven Fries:** On lightly greased rimmed baking sheet, toss together potatoes, oil, salt and pepper. Roast in 425°F (220°C) oven, turning once, until potatoes are golden and tender, about 25 minutes.

**Crispy Tilapia:** While potatoes are roasting, in shallow dish, stir together cornmeal, chili powder and parsley. Sprinkle tilapia with salt and pepper; dredge in cornmeal mixture, turning to coat.

In nonstick skillet, heat half of the oil over medium heat; cook half of the tilapia, turning once, until fish flakes easily when tested, about 8 minutes. Repeat with remaining oil and tilapia.

**Lemon-Herb Mayo:** While tilapia is cooking, in small bowl, stir together mayonnaise, parsley, lemon juice and garlic. Serve with tilapia and oven fries.

**PER SERVING:** about 455 cal, 26 g pro, 26 g total fat (4 g sat. fat), 31 g carb (3 g dietary fibre, 2 g sugar), 63 mg chol, 325 mg sodium, 1,025 mg potassium. % RDI: 3% calcium, 16% iron, 4% vit A, 23% vit C, 29% folate.



Set the first batch of cooked fish on a rack while you're frying the second batch. This prevents the coating from becoming soggy.



**Politely made in Canada.**



*Earth's Own Almond Fresh Original  
is a delicious Canadian addition  
to your daily routine.*



*Toast sesame seeds in a small skillet over medium heat, stirring, until golden.*

**\$3.50**  
PER  
SERVING

*Money-saver*  
Chicken thighs are less expensive—and even juicier—than chicken breasts.

## MAPLE-MUSTARD CHICKEN THIGHS WITH LEMON-BROCCOLI COUSCOUS

**Hands-on time:** 25 minutes  
**Total time:** 25 minutes  
**Makes:** 4 servings

Simple pantry ingredients make a flavourful sweet-and-sticky glaze for juicy chicken thighs. Feel free to use frozen broccoli for the couscous, if that's what you have on hand. (Psst, it's cheaper than fresh broccoli, and precut florets will cut down on prep time.)

### Maple-Mustard Chicken:

3 tbsp Dijon mustard  
2 tbsp maple syrup  
4 tsp balsamic vinegar  
¼ tsp sesame oil  
450 g boneless skinless chicken thighs  
¼ tsp each salt and pepper  
2 tsp olive oil  
1 tsp sesame seeds, toasted

### Lemon-Broccoli Couscous:

⅔ cup couscous  
¼ tsp salt  
1 cup boiling water  
2 cups bite-size broccoli florets  
½ tsp grated lemon zest  
1 tsp lemon juice

**Maple-Mustard Chicken:** In small bowl, whisk together mustard, maple syrup,

vinegar and sesame oil. Set aside.  
(*Make-ahead: Cover and refrigerate for up to 24 hours.*)

Sprinkle chicken with salt and pepper. In nonstick skillet, heat olive oil over medium heat; cook chicken, turning once, until golden and no longer pink inside and juices run clear when chicken is pierced, about 10 minutes. Remove chicken to plate; cover to keep warm.

Drain fat from pan; reduce heat to medium-low. Add mustard mixture; cook, stirring and scraping up browned bits, until slightly thickened, about 30 seconds. Return chicken to pan; cook, stirring, until glazed and heated through, about 2 minutes.

**Lemon-Broccoli Couscous:** While chicken is cooking, in heatproof bowl, whisk couscous with salt; pour in boiling water. Cover tightly with plastic wrap; let stand until no liquid remains, about 5 minutes. Fluff with fork.

Meanwhile, in small saucepan of boiling water, cook broccoli until tender-crisp, about 1 minute; drain. Stir into couscous. Stir in lemon zest and lemon juice. Serve with chicken.

PER SERVING: about 313 cal, 27 g pro, 9 g total fat (2 g sat. fat), 31 g carb (2 g dietary fibre, 7 g sugar), 93 mg chol, 551 mg sodium, 474 mg potassium. % RD: 5% calcium, 16% iron, 12% vit A, 40% vit C, 17% folate.

**Sorry, we forgot to mention Almond Fresh also comes unsweetened.**



*At just 35 calories per serving, Almond Fresh Unsweetened Original keeps your day light and refreshing.*

[almond-fresh.com](http://almond-fresh.com)



## QUICK BAKED SAUSAGE AND MUSHROOM ZITI 🍴

**Hands-on time:** 25 minutes

**Total time:** 35 minutes

**Makes:** 4 to 6 servings

We've achieved a faster weeknight-friendly version of this classic Sunday casserole by keeping the ingredients simple and baking the pasta at a high temperature for less time.

400 g	mild Italian sausage, casings removed
1 tsp	olive oil
1	onion, chopped
1	pkg (227 g) cremini mushrooms, sliced
3	cloves garlic, minced
1 tsp	Italian herb seasoning
¼ tsp	hot pepper flakes
1	bottle (680 mL) strained tomatoes (passata)
400 g	ziti or penne
¼ cup	chopped fresh basil
3 tbsp	chopped fresh parsley
1 cup	shredded part-skim mozzarella cheese

In Dutch oven or large heavy-bottomed saucepan, cook sausage over medium heat, breaking up with spoon, until no longer pink, about 5 minutes. Using slotted spoon, remove sausage to plate. Set aside.

Drain fat from pan. Add oil; cook onion and mushrooms over medium heat, stirring often and scraping up browned bits with wooden spoon, until softened and no liquid remains, about 6 minutes. Add garlic, Italian seasoning and hot pepper flakes; cook, stirring, until fragrant, about 1 minute. Stir in sausage and strained tomatoes; bring to boil. Reduce heat and simmer, stirring, until slightly thickened, about 4 minutes.

Meanwhile, in large saucepan of boiling lightly salted water, cook pasta until slightly undercooked, about 2 minutes less than package instructions. Reserving ½ cup of the cooking liquid, drain. Stir pasta, 3 tbsp of the basil, 2 tbsp of the parsley and the reserved cooking liquid into sauce; cook, stirring until slightly thickened, about 1 minute.

Scrape into lightly greased 8-cup (2 L) casserole dish. Sprinkle with mozzarella. Bake in 400°F (200°C) oven until cheese is melted, about 3 minutes. Broil until cheese is golden and bubbly, about 2 minutes. Let stand for 5 minutes. Sprinkle with remaining basil and parsley.

PER EACH OF 6 SERVINGS: about 515 cal, 26 g pro, 19 g total fat (6 g sat. fat), 60 g carb (4 g dietary fibre, 6 g sugar), 43 mg chol, 858 mg sodium, 477 mg potassium. % RDI: 17% calcium, 26% iron, 6% vit A, 22% vit C, 75% folate. ●

### *Quick tip*

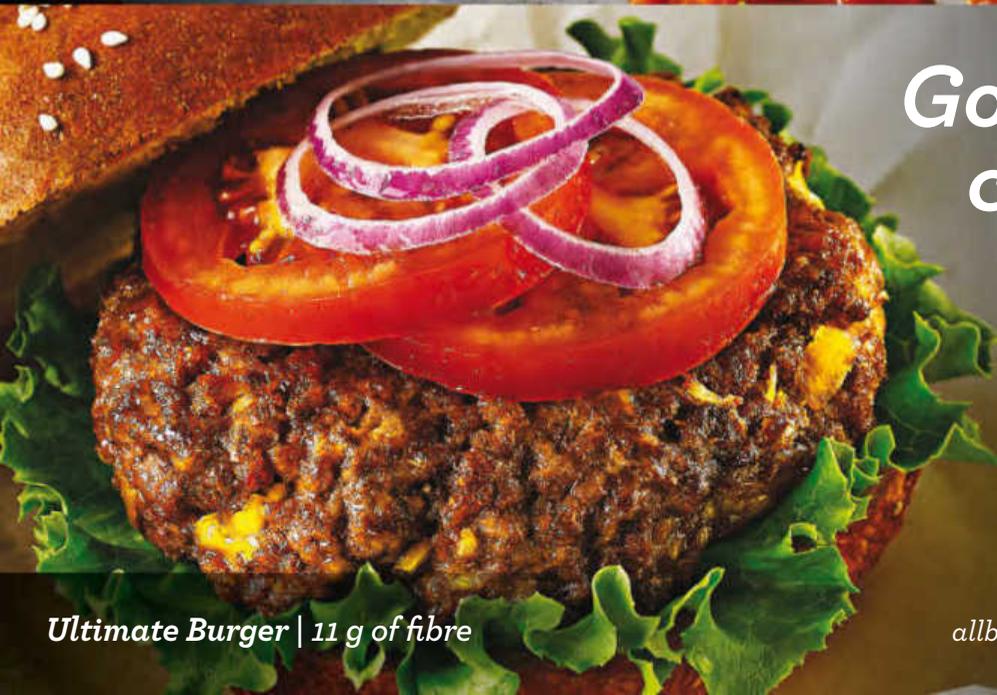
Freeze the mozzarella for a few minutes for easier shredding.



*Apple Cranberry Crisp | 11 g of fibre*



*Chicken Parmesan | 5 g of fibre*



*Ultimate Burger | 11 g of fibre*

*Good things  
come from*



[allbran.ca/recipes](http://allbran.ca/recipes)

 [/allbranca](https://www.pinterest.com/allbranca)

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**T**he snow was deep, the hill was steep,  
The sled was very fast.  
Brother, sis and mom agree,  
The day was unsurpassed!



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No artificial colours or flavours.  
**The Snack That Smiles Back!®**

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THE ULTIMATE

# CRISPY CHICKEN WINGS

## *Three Ways*

The trick to achieving deliciously crisp chicken wings in the oven: Toss them in flour before baking! You'll get the same texture as you would from frying, without the mess and hassle of cooking wings on the stovetop.

BY THE TEST KITCHEN



THE  
ULTIMATE  
CRISPY  
CHICKEN  
WINGS



*Serve with lemon wedges  
to squeeze over top.*

PHOTOGRAPHY: JODI FUDGE; FOOD STYLING: DAVID GRENIER; PROP STYLING: JENNIFER EVANS



THE  
ULTIMATE  
CRISPY BUFFALO  
CHICKEN  
WINGS

THE  
ULTIMATE  
CRISPY BARBECUE  
CHICKEN  
WINGS

## THE ULTIMATE CRISPY CHICKEN WINGS

**Hands-on time:** 5 minutes  
**Total time:** 50 minutes  
**Makes:** about 24 pieces

These wings can get sticky as they bake, so line your baking sheet with greased nonstick foil or parchment paper for easy turning.

- 900 g separated trimmed chicken wings (see tip below)
- ¾ tsp each salt and pepper
- 3 tbsp all-purpose flour or cornstarch

In bowl, sprinkle chicken with salt and pepper. Sprinkle with flour; toss to coat. Arrange on lightly greased nonstick foil- or parchment paper-lined rimmed baking sheet. Bake in 400°F (200°C) oven, turning once, until crisp and golden, 45 to 50 minutes.

**PER PIECE:** about 61 cal, 5 g pro, 4 g total fat (1 g sat. fat), 1 g carb, 0 g fibre, 20 mg chol, 91 mg sodium, 42 mg potassium. % RDI: 2% iron, 1% vit A, 1% folate. ●



Chicken wings that are sold separated and trimmed are a real time-saver. If you can't find them at your local grocery store, cut the tips off of whole chicken wings, then cut each wing in half at the remaining joint.

### CHANGE IT UP

## THE ULTIMATE CRISPY BUFFALO CHICKEN WINGS

In small saucepan, stir together ½ cup cayenne pepper sauce (such as Frank's RedHot Original), 2 tbsp butter, 1 tsp Worcestershire sauce and ½ tsp onion powder; bring to boil. Remove from heat; let cool to room temperature. Prepare wings as directed; toss with sauce just before serving.

### CHANGE IT UP

## THE ULTIMATE CRISPY BARBECUE CHICKEN WINGS

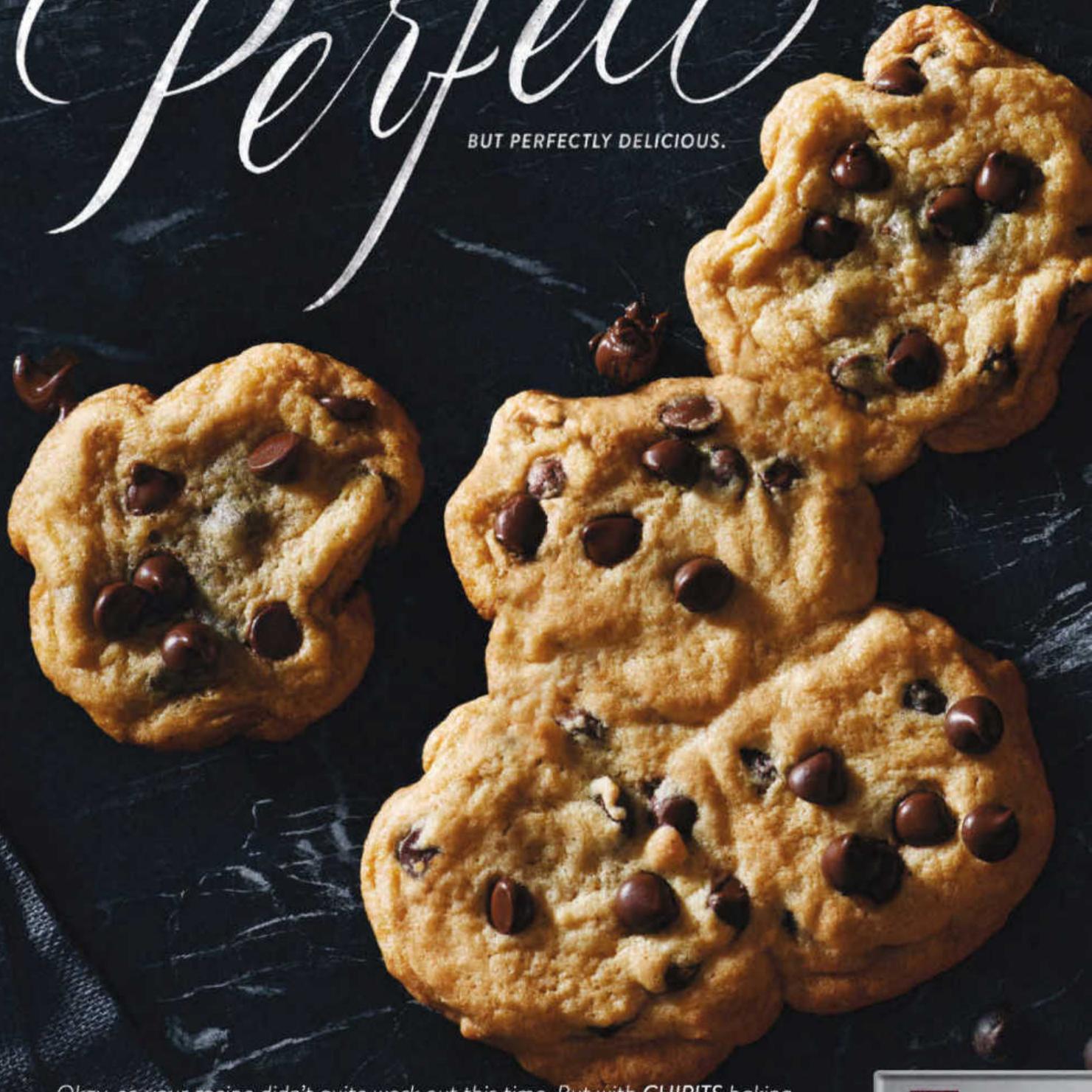
In saucepan, stir together 1 cup ketchup, ½ cup fancy molasses, 2 tbsp cider vinegar, 1 tbsp Dijon mustard, 1 tsp onion powder, ½ tsp garlic powder, ¼ tsp salt and ½ cup water; bring to boil. Reduce heat and simmer, stirring occasionally, until thickened, about 20 minutes. Prepare wings as directed, brushing with sauce before last 5 minutes of baking.



Watch how to make our Ultimate Crispy Chicken Wings at [canadianliving.com/wings](http://canadianliving.com/wings).

# NOT Perfect

BUT PERFECTLY DELICIOUS.



Okay, so your recipe didn't quite work out this time. But with **CHIPITS** baking chips and our 70 years of chocolate-making expertise on your side, your treats will still be sweet and delicious. So go ahead and fail beautifully, because even if your cookies clump together, you know everybody is still going to want one. Discover this and other inspiring recipes at [hersheyskitchens.ca](http://hersheyskitchens.ca).

HERSHEY'S  
**Chipits**  
Bake on.

# Sunday Best

Our stunning Easter menu will help you celebrate the holiday with ease and elegance.

BY IRENE FONG & THE TEST KITCHEN



× *On The Menu* ×

**Asparagus Soup  
With Thick Cream**  
P. 97

**Roasted Lemon-Herb  
Cornish Hens**  
P. 99

**Potato and Spring  
Vegetable Gratin**  
P. 100

**Sautéed Green Beans  
With Balsamic Shallots**  
P. 100

**Chocolate  
Mousse Nests**  
P. 100

MAKE  
AHEAD  
PLAN

2 DAYS  
AHEAD

Prepare Asparagus Soup With Thick Cream up to make-ahead tip

Prepare Sautéed Green Beans With Balsamic Shallots up to second make-ahead tip

1 DAY  
AHEAD

Prepare Roasted Lemon-Herb Cornish Hens up to second make-ahead tip

Prepare Potato and Spring Vegetable Gratin up to make-ahead tip

Prepare Chocolate Mousse and Kataifi Nests for Chocolate Mousse Nests

1 1/2 h  
AHEAD

Reheat and finish Potato and Spring Vegetable Gratin

1 h  
AHEAD

Finish Roasted Lemon-Herb Cornish Hens

15 m  
AHEAD

Reheat and finish Asparagus Soup With Thick Cream

MINUTES  
BEFORE  
SERVING

Finish Sautéed Green Beans With Balsamic Shallots

Assemble Chocolate Mousse Nests



## ASPARAGUS SOUP WITH THICK CREAM

**Hands-on time:** 20 minutes  
**Total time:** 20 minutes  
**Makes:** 8 servings

This silky soup is a cinch to pull together and can be served as a light lunch or a starter. Lightly whipped cream makes a smooth and airy garnish. To keep it from melting into the soup too quickly, serve it in a small bowl and have your guests spoon it onto their soup just before digging in. If you can't find fresh peas, substitute with frozen, adding them to the soup along with the spinach.

- 2 tsp olive oil
- 4 cloves garlic, chopped
- 2 bunches (each about 450 g) asparagus, trimmed and cut in 1-inch (2.5 cm) lengths
- 2 cups shelled fresh green peas
- 1 pkg (900 mL) sodium-reduced vegetable broth
- 1 1/2 tsp salt
- 1/2 tsp pepper
- 1 bunch spinach, stemmed
- 1 cup whipping cream (35%)
- 2 tbsp lemon juice

In Dutch oven or large heavy-bottomed saucepan, heat oil over medium-high heat; cook garlic, stirring, until fragrant, about 30 seconds. Add asparagus and peas; cook, stirring, until asparagus is tender-crisp, about 4 minutes.

Stir in broth, salt and pepper; bring to boil. Reduce heat and simmer, stirring occasionally, until asparagus and peas are tender, 3 to 5 minutes. Stir in spinach; cook until wilted, about 1 minute.

Working in batches, purée soup in blender until smooth, about 1 minute. *(Make-ahead: Let cool slightly; refrigerate in airtight container for up to 2 days. Reheat in saucepan over medium heat, stirring often, until heated through, about 8 minutes.)* Return soup to pan.

In bowl, beat cream until thickened. Stir half of the cream and the lemon juice into soup until no streaks remain. Ladle soup into serving bowls; spoon remaining cream over top.

PER SERVING: about 166 cal, 5 g pro, 12 g total fat (7 g sat. fat), 12 g carb (4 g dietary fibre, 4 g sugar), 38 mg chol, 733 mg sodium, 421 mg potassium. % RDI: 7% calcium, 13% iron, 39% vit A, 28% vit C, 67% folate. 🍷



Choose thick stalks of asparagus for the best flavour and texture, and purée the soup in batches for a silky-smooth finish.



**\$4.35**  
PER  
SERVING

Roasted  
Lemon-Herb  
Cornish Hens

**\$1.70**  
PER  
SERVING

Sautéed Green Beans With Balsamic Shallots, p. 100

Use fresh bread crumbs for the lightest, crispiest crust.

\$1.85  
PER SERVING

Potato and Spring Vegetable Gratin, p. 100

ON THE COVER

## ROASTED LEMON-HERB CORNISH HENS

**Hands-on time:** 25 minutes

**Total time:** 1¼ hours

**Makes:** 8 servings

Cornish hens brushed with a simple lemony sauce are the perfect springtime main. Splitting the hens in half ahead of time makes serving a breeze because you don't have to worry about carving at the table. Serve with grainy mustard, if you like.

1 tsp	grated lemon zest
¼ cup	lemon juice
2 tbsp	olive oil
4	cloves garlic, finely grated or pressed
1 tbsp	each chopped fresh thyme and fresh oregano
2 tsp	liquid honey
1 tsp	salt
½ tsp	pepper
4	Cornish hens (each about 580 g)
1	lemon, halved crosswise

In large bowl, whisk together lemon zest, lemon juice, oil, garlic, thyme, oregano, honey, salt and pepper. Set aside. (*Make-ahead: Cover and refrigerate for up to 24 hours; whisk before using.*)

Using kitchen shears, cut 1 hen down each side of backbone; discard backbone or reserve for another use. Cut hen in half lengthwise through breastbone. Repeat with remaining hens. (*Make-ahead: Cover and refrigerate for up to 24 hours.*)

Add hens to lemon mixture; toss to coat. Arrange, skin side up, on lightly greased large heavy-duty rimmed baking sheet. Add lemon, cut side up.

Roast in 425°F (220°C) oven, basting twice, until instant-read thermometer inserted in thickest part of thigh reads 185°F (85°C), about 45 minutes. Remove hens to platter. Let stand for 5 minutes.

Meanwhile, return lemon to oven; broil, cut side up, until lightly charred, about 1 minute. Serve with hens.

**PER SERVING:** about 333 cal, 25 g pro, 24 g total fat (6 g sat. fat), 3 g carb (trace dietary fibre, 2 g sugar), 146 mg chol, 359 mg sodium, 304 mg potassium. % RDI: 2% calcium, 9% iron, 4% vit A, 13% vit C, 2% folate. 



Using a heavy-duty rimmed baking sheet, instead of a roasting pan, lets air circulate around the hens, giving them a nicer colour. Look for a baking sheet that won't bend and is heavy for its size.

# Be a dinner-party rock star with just a little planning.

## POTATO AND SPRING VEGETABLE GRATIN

**Hands-on time:** 35 minutes

**Total time:** 1 hour

**Makes:** 8 to 10 servings

This flavourful and elegant side dish is the perfect accompaniment to any roast. Fennel mellows as it cooks, adding just the right amount of aromatic sweetness to the final dish. Assemble the gratin the day before, leaving only the topping and baking to take care of prior to dinner.

### Gratin:

4	strips bacon
1 tsp	olive oil
1	small bulb fennel, trimmed, cored and thinly sliced
2	carrots, thinly sliced on the diagonal
1.2 kg	yellow-fleshed potatoes (about 8), peeled and cut in ¼-inch (5 mm) thick slices
1½ cups	sodium-reduced chicken broth
1 cup	whipping cream (35%)
½ cup	milk
3	sprigs fresh thyme
2	cloves garlic, thinly sliced
½ tsp	each salt and pepper
3 tbsp	all-purpose flour
1 cup	shredded Gruyère cheese

### Topping:

1 cup	fresh bread crumbs
½ cup	shredded Gruyère cheese
2 tbsp	butter, melted

**Gratin:** In large nonstick skillet, cook bacon over medium-high heat, turning once, until crisp, about 4 minutes. Remove to paper towel-lined plate to drain. Chop bacon into ½-inch (1 cm) pieces. Set aside.

Reserving 2 tsp of the fat, drain pan; wipe clean. Return reserved fat to pan. Add oil; heat over medium-high heat. Cook fennel and carrots, stirring and adding water, 1 tbsp at a time, if fennel begins to stick to pan, just until fennel is softened, about 7 minutes. Remove to plate.

In same pan, bring potatoes, broth, cream, milk, thyme, garlic, salt and pepper to boil over medium-high heat. Reduce heat

to medium; simmer until potatoes are almost tender, about 10 minutes.

Whisk flour with ¼ cup water. Move potatoes to 1 side of pan; whisk flour mixture into opposite side until smooth. Add bacon and fennel mixture; cook, stirring, until potatoes are fork-tender, about 2 minutes. Discard thyme.

Spoon half of the potato mixture into greased 13- x 9-inch (3 L) baking dish; sprinkle with Gruyère. Scrape remaining potato mixture over top. *(Make-ahead: Let cool completely; cover with foil. Refrigerate for up to 24 hours. Reheat, covered, on bottom rack of 425°F/220°C oven for 45 minutes before continuing with recipe.)*

**Topping:** Stir together bread crumbs, Gruyère and butter. Sprinkle over potato mixture.

Bake on bottom rack of 425°F (220°C) oven until top is golden, about 15 minutes. Let stand for 10 minutes before serving.

PER EACH OF 10 SERVINGS: about 344 cal, 11 g pro, 21 g total fat (11 g sat. fat), 30 g carb (3 g dietary fibre, 4 g sugar), 62 mg chol, 460 mg sodium, 830 mg potassium. % RDI: 22% calcium, 11% iron, 61% vit A, 33% vit C, 15% folate.

## SAUTÉED GREEN BEANS WITH BALSAMIC SHALLOTS

**Hands-on time:** 25 minutes

**Total time:** 25 minutes

**Makes:** 8 servings

Sweet-and-sour balsamic-glazed shallots are tossed with crisp beans in this tasty side. Take the stress out of hosting dinner by preparing your shallots and green beans ahead of time, then tossing them together with the remaining ingredients just before serving. Shallots shrink as they cook and can vary in size, so quarter only the larger ones and halve any smaller ones.

3 tbsp	butter
500 g	shallots, quartered
½ tsp	each salt and pepper
¼ cup	balsamic vinegar

2 tsp	granulated sugar
675 g	green beans, trimmed

In large skillet, melt half of the butter over medium heat; cook shallots and pinch each of the salt and pepper, stirring occasionally and adding water, 1 tbsp at a time, if shallots begin to stick to pan, until softened and golden, about 15 minutes.

Add vinegar and sugar; cook, stirring, until thickened and shallots are coated, about 5 minutes. *(Make-ahead: Let cool; refrigerate in airtight container for up to 2 days.)*

Meanwhile, in large saucepan of boiling salted water, cook green beans until tender-crisp, about 2 minutes; drain. *(Make-ahead: Transfer to large bowl of ice water; drain. Refrigerate in resealable bag for up to 2 days. Continue with recipe as directed, adding 2 minutes to cook time.)*

In separate large skillet, melt remaining butter over medium-high heat; cook green beans and remaining salt and pepper, stirring, just until tender, about 1 minute. Stir in shallots until heated through.

PER SERVING: about 113 cal, 3 g pro, 5 g total fat (3 g sat. fat), 17 g carb (3 g dietary fibre, 5 g sugar), 11 mg chol, 183 mg sodium, 297 mg potassium. % RDI: 5% calcium, 9% iron, 14% vit A, 12% vit C, 17% folate.



When trimming the shallots, cut away only the tip of the root ends; the rest of the root will help keep each shallot intact as it cooks.

## CHOCOLATE MOUSSE NESTS

**Hands-on time:** 30 minutes

**Total time:** 2½ hours

**Makes:** 8 servings

This adorable dessert is an elegant way to end your meal. You can find kataifi, a finely shredded pastry dough, in Mediterranean and Middle Eastern grocery stores, as well as many major grocery retailers—look for it next to the phyllo in the freezer section. To keep the nests crisp, fill them with mousse at the last minute.

We applied a mix of cocoa powder and vanilla to the yogurt-covered raisins for a speckled-egg effect!

#### Chocolate Mousse:

85 g semisweet or bittersweet chocolate (about 3 oz), finely chopped  
1 cup whipping cream (35%)  
1 tsp vanilla

#### Kataifi Nests:

115 g kataifi dough (about quarter pkg), thawed  
2 tbsp cocoa powder, sifted  
2 tbsp icing sugar  
3 tbsp butter, melted

#### Garnish:

24 yogurt-covered raisins, chocolate-covered raisins and/or small oval candies

**Chocolate Mousse:** Place chocolate in heatproof bowl. In small saucepan, heat cream over medium-high heat just until bubbles form around edge; pour over chocolate, whisking until melted. Stir in vanilla. Let cool slightly; place plastic wrap directly on surface. Refrigerate until chilled, about 2 hours. (*Make-ahead: Refrigerate for up to 24 hours.*) Beat mousse until soft peaks form.

**Kataifi Nests:** While mousse is chilling, using hands, gently separate kataifi. In large bowl, toss together kataifi, cocoa powder and icing sugar to coat. Drizzle with butter; toss to coat.

Divide kataifi mixture into 8 bundles. Holding by ends, twist each bundle into 1-inch (2.5 cm) thick rope; wrap ends together to form into rounds. Firmly press 1 round into bottom and up side of each of 8 muffin pan wells.

Bake in 350°F (180°C) oven until crisp, about 15 minutes. Let cool completely. Run tip of knife around edges to release from pan. (*Make-ahead: Store in single layer in airtight container for up to 24 hours.*) Fill nests with mousse.

**Garnish:** Top each nest with 3 raisins.

PER SERVING: about 258 cal, 3g pro, 20g total fat (12g sat. fat), 22g carb (1g dietary fibre, 13g sugar), 50mg chol, 101mg sodium, 149mg potassium. % RDI: 3% calcium, 6% iron, 13% vit A, 2% folate. ●



Cover the kataifi dough with a damp tea towel when you're not using it to keep it from drying out.



FIND MORE SPECTACULAR EASTER DESSERTS AT [canadianliving.com/easterdesserts](http://canadianliving.com/easterdesserts).



# STRAWBERRY COOKIE SUNDAE



INCLUDES NATURAL AND ARTIFICIAL FLAVOURS

# Perfect **PAIRINGS**

Celebrity chef Roger Mooking and the Test Kitchen have teamed up to create these recipes inspired by the aromatic spices, fresh herbs and fruit found in Kiehl's new nature-powered facial-care products: the Cilantro & Orange Extract Pollutant Defending Masque and the Turmeric & Cranberry Seed Energizing Radiance Masque. This beautiful partnership has borne great food—and help for some kids who need it most.

BY ROGER MOOKING & THE TEST KITCHEN

Shop for  
**SAVE THE CHILDREN!**

From Feb. 18 to 21, \$1 from every purchase you make in a Kiehl's store and online at [kiehls.ca](http://kiehls.ca) will be donated to help at-risk aboriginal youth through the charity Save the Children.

Chef Roger Mooking and  
Canadian Living Food director  
Annabelle Waugh

Roger Mooking's  
**SPICED ROAST CHICKEN  
 WITH ORANGE-CILANTRO  
 CHIMICHURRI** 🇺🇸 🇨🇦 🇨🇦

**Hands-on time:** 15 minutes

**Total time:** 1¼ hours

**Makes:** 4 to 6 servings

Roast chicken is so reliable and satisfying that it keeps making its way onto our tables night after night. This spiced version, served with a citrusy, herbaceous chimichurri, is an update on the classic. Make the chimichurri the day before, if you wish, and add any leftovers to potato salad, grilled meats or fish.

**Spiced Roast Chicken:**

- 1 whole chicken (about 1.5 kg)
- 2 tsp vegetable oil
- ½ tsp kosher salt
- ½ tsp each pepper and turmeric
- ¼ tsp each ground allspice and ground cloves
- quarter orange
- quarter lemon

**Orange-Cilantro Chimichurri:**

- ½ cup extra-virgin olive oil
- 1 clove garlic, minced
- ½ cup chopped fresh cilantro

- ¼ cup each chopped fresh oregano and fresh parsley
- ½ tsp grated orange zest
- 3 tbsp orange juice
- 2 tbsp lime juice
- ¼ tsp kosher salt
- ¼ tsp pepper

**Spiced Roast Chicken:** Pat chicken dry with paper towel. Brush all over with oil; sprinkle with salt.

Stir together pepper, turmeric, allspice and cloves; rub all over chicken. Place orange and lemon in cavity. Place chicken, breast side up, on greased rack in roasting pan.

Roast in 400°F (200°C) oven, basting occasionally, until instant-read thermometer inserted in thickest part

of thigh reads 185°F (85°C), about 1 hour. Let rest for 10 minutes; discard orange and lemon. Carve chicken into portions.

**Orange-Cilantro Chimichurri:** While chicken is resting, in bowl, stir oil with garlic. Stir in cilantro, oregano, parsley, orange zest, orange juice, lime juice, salt and pepper. (*Make-ahead: Refrigerate in airtight container for up to 24 hours.*) Serve with chicken.

PER EACH OF 6 SERVINGS: about 658 cal, 61 g pro, 44 g total fat (9 g sat. fat), 3 g carb (1 g dietary fibre, 1 g sugar), 221 mg chol, 389 mg sodium, 792 mg potassium. % RDI: 5% calcium, 23% iron, 14% vit A, 18% vit C, 13% folate.

KEY  
 FLAVOURS:  
 ORANGE &  
 CILANTRO

*“I’m always experimenting and trying to feed my family in familiar but adventurous ways. This recipe satisfies the desire for both classic and innovative flavours.”*

— ROGER MOOKING

📍 TO LEARN MORE ABOUT ROGER'S WORK WITH SAVE THE CHILDREN, AND KIEHL'S HISTORY OF CHARITABLE GIVING THROUGH PARTNERSHIPS WITH ARTISTS LIKE ROGER, VISIT [kiehls.ca/kiehlsgives](http://kiehls.ca/kiehlsgives).

*The Test Kitchen's*

## CURRY-DUSTED LAMB CHOPS WITH SPICED CRANBERRY CHUTNEY 🍴 🍷 🍷

**Hands-on time:** 25 minutes

**Total time:** 1 hour

**Makes:** 4 servings

Turmeric and other aromatic spices stand up well to a strong-flavoured meat like lamb. This dish is so easy to throw together yet elegant enough for entertaining. You can use mild, medium or hot curry powder, depending on the amount of heat you like. Sprinkle with fresh parsley, if desired.

### Spiced Cranberry Chutney:

1 tbsp olive oil  
half onion, chopped  
2 tsp minced peeled fresh ginger  
1 clove garlic, minced  
1½ tsp mustard seeds  
2 star anise  
2 green cardamom pods  
¼ tsp ground cloves  
1 cup frozen cranberries  
⅓ cup dried cranberries  
¼ cup granulated sugar  
¼ tsp salt

### Curry-Dusted Lamb Chops:

1 tsp curry powder  
¾ tsp cumin seeds  
½ tsp each salt and turmeric  
8 lamb chops (about 565 g total)  
1 tbsp olive oil

**Spiced Cranberry Chutney:** In saucepan, heat oil over medium heat; cook onion, ginger and garlic, stirring, until onion is softened, about 4 minutes. Add mustard seeds, star anise, cardamom pods and cloves; cook, stirring, until fragrant, about 1 minute.

Stir in frozen cranberries, dried cranberries, sugar, salt and ⅓ cup water; bring to boil. Reduce heat and simmer, stirring, until cranberries have broken down, liquid is thickened and mixture reaches jam-like consistency, about 5 minutes. Scrape into heatproof dish; refrigerate until cool, about 45 minutes. (*Make-ahead: Cover and refrigerate for up to 5 days; let stand at room temperature for 30 minutes before serving.*)

**Curry-Dusted Lamb Chops:** Stir together curry powder, cumin seeds, salt and turmeric; rub all over lamb.

In large nonstick skillet, heat oil over medium-high heat; cook lamb, turning occasionally, until desired doneness, 5 to 6 minutes for medium-rare. Let stand for 3 minutes. Serve with chutney.

PER SERVING: about 395 cal, 20 g pro, 23 g total fat (8 g sat. fat), 27 g carb (3 g dietary fibre, 21 g sugar), 51 mg chol, 501 mg sodium, 329 mg potassium. % RDI: 4% calcium, 16% iron, 1% vit A, 7% vit C, 9% folate. ●

KEY  
FLAVOURS:  
CRANBERRY &  
TURMERIC



*“The turmeric spice rub and sweet-and-sour cranberry chutney mellow out the lamb chops’ strong flavour. Everybody loved them!”*

— ANNABELLE WAUGH



SECOND LIFE

## Taking Stock

Freeze leftover raw and cooked chicken bones, as well as onion, carrot, celery and leek trimmings, in resealable plastic bags until you have enough ingredients to make slow cooker stock. Freeze the stock for later use—it's cheaper than store-bought, and it's a great way to make something delicious out of items you would otherwise throw away.

— Amanda Barnier



BEST BUYS

## PLANNING SMARTS

When creating your meal plan for the week, use grocery flyers and sales as inspiration so you're cooking what's in season and getting the best prices. Two staples to look for year-round are discounted roasts and butter—both items keep well in the freezer until needed. — Irene Fong

# BUDGET MEAL BREAKTHROUGHS

Our food experts share their best advice for feeding your family on a budget.



GOOD MEASURE

## LESS IS MORE

If you need a one-off ingredient for a recipe, such as a specialty flour or a spice you wouldn't use on a regular basis, head to your local bulk-food store. You'll be able to purchase only the amount you need, meaning you'll spend less money and you won't crowd your pantry with leftovers. — Jennifer Bartoli



SHOP SMARTER

## POULTRY PLAYBOOK

When buying chicken, purchase bone-in, skin-on breasts, thighs and drumsticks, rather than pricier boneless, skinless breasts.

Bonus: The skin helps keep chicken moist and juicy while it's cooking. If you're concerned about excess fat, simply take off the skin before serving—there's very little fat left once the skin is removed. — Gilean Watts

TRACKING TIP

## Shop Your Pantry

*Taking a regular inventory of items in your pantry and freezer will help you minimize waste and will allow you to come up with creative ways to use ingredients that are about to expire. Keep a running list of those items so you know what you have on hand while you're grocery shopping. — JB*

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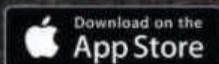
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Don't let dietary restrictions keep you from satisfying your sweet tooth. Whether it's white sugar, wheat, eggs or dairy that's on your do-not-eat list, we've got a recipe that will allow you to indulge worry-free.

BY AMANDA BARNIER & THE TEST KITCHEN

PHOTOGRAPHY: JODI PUDGE, FOOD STYLING: DAVID GRENIER, PROP STYLING: JENNIFER EVANS

## DARK AND DELICIOUS VEGAN CHOCOLATE CAKE

**Hands-on time:** 20 minutes  
**Total time:** 1½ hours  
**Makes:** 8 to 10 servings

Everyone should be able to eat chocolate cake! A few simple substitutions is all it takes to make our classic recipe free of dairy, eggs, white sugar and vegetable oil, without sacrificing the intense chocolaty taste and moist, fluffy texture you've come to love. Most high-quality semisweet chocolates are dairy-free; read the label to ensure the brand you've selected doesn't contain any milk products.

### Chocolate Cake:

¼ cups all-purpose flour  
 1 cup coconut sugar  
 ½ cup cocoa powder, sifted  
 1½ tsp baking soda  
 ¼ tsp salt  
 ¼ cup light-tasting olive oil  
 ¼ cup unsweetened applesauce  
 1 tsp vanilla  
 4 tsp cider vinegar

### Chocolate Glaze:

140 g dairy-free semisweet chocolate (about 5 oz), finely chopped  
 2 tbsp coconut milk (such as Thai Kitchen)

**Chocolate Cake:** In large bowl, whisk together flour, coconut sugar, cocoa powder, baking soda and salt; whisk in oil, applesauce, vanilla and 1 cup water. Stir in vinegar. Scrape into greased parchment paper-lined 9-inch (2.5 L) square cake pan.

Bake in 350°F (180°C) oven until cake tester inserted in centre comes out clean, 25 to 30 minutes. Let cool in pan for 20 minutes. Invert onto rack; peel off parchment paper. Let cool completely. (*Make-ahead: Store in airtight container for up to 24 hours.*)

**Chocolate Glaze:** While cake is baking, in heatproof bowl set over saucepan of hot (not boiling) water, heat chocolate with coconut milk, whisking, until melted, about 5 minutes. Let cool for 25 minutes. Pour over cake, spreading to edges. Refrigerate until set, about 20 minutes. Bring to room temperature before serving.

PER EACH OF 10 SERVINGS: about 274 cal, 3 g pro, 11 g total fat (4 g sat. fat), 45 g carb (3 g dietary fibre, 30 g sugar), 0 mg chol, 260 mg sodium, 415 mg potassium. % RDI: 1% calcium, 17% iron, 12% folate.

**TIP FROM THE TEST KITCHEN** When baking with coconut milk, use a brand that contains an emulsifier, such as guar gum, which will prevent the milk from separating.



## COCONUT DATE BREAKFAST COOKIES

**Hands-on time:** 20 minutes  
**Total time:** 40 minutes  
**Makes:** about 15 cookies

These wholesome cookies are great not only as an on-the-go breakfast but also as a midday snack. Dates are a source of protein and iron, giving you the energy you need to get through a busy day. And when puréed into paste form, they add natural sweetness and moisture to baked goods.

¼ cup dates, pitted and chopped  
 3 tbsp coconut oil  
 3 tbsp maple syrup  
 2 tbsp coconut sugar  
 1 egg  
 1 tsp vanilla  
 ¾ cup whole wheat flour  
 ¼ cup all-purpose flour  
 ¼ cup large-flake rolled oats  
 ½ tsp each baking powder and baking soda  
 ½ tsp cinnamon  
 ¼ tsp each salt and nutmeg  
 ½ cup dried cranberries

In food processor, purée dates into smooth paste. Add coconut oil, maple syrup, coconut sugar, egg and vanilla; purée until smooth. Scrape into large bowl.

In separate bowl, whisk together whole wheat flour, all-purpose flour, oats, baking powder, baking soda, cinnamon, salt and nutmeg; stir into date mixture until combined. Stir in cranberries.

Roll by 2 tsp into balls. Arrange, 3 inches (8 cm) apart, on parchment paper-lined rimless baking sheets; flatten to ½-inch (1 cm) thickness.

Bake in top and bottom thirds of 350°F (180°C) oven, switching and rotating pans halfway through, until firm and no longer shiny, 13 to 15 minutes. Let cool on pans for 5 minutes; transfer directly to racks to cool completely. (*Make-ahead: Store in airtight container for up to 3 days.*)

PER COOKIE: about 106 cal, 2 g pro, 4 g total fat (3 g sat. fat), 17 g carb (1 g dietary fibre, 9 g sugar), 13 mg chol, 96 mg sodium, 84 mg potassium. % RDI: 1% calcium, 4% iron, 1% vit A, 4% folate.

**TIP FROM THE TEST KITCHEN** Use soft dates for the paste, as they will purée more easily and add the most moisture to the dough.



*Whole grain and  
gluten-free!*

## FLUFFY OATMEAL PANCAKES



**Hands-on time:** 15 minutes

**Total time:** 25 minutes

**Makes:** about 10 pancakes

Oat flour has a mild, slightly sweet and nutty flavour that makes these pancakes a satisfying breakfast. Find oat flour in health food stores or make your own (see tip, right).

1 cup	gluten-free oat flour
½ tsp	baking soda
pinch	salt
⅔ cup	2% plain yogurt

2	eggs
2 tbsp	butter, melted
1 tbsp	each maple syrup and lemon juice
1 tsp	vanilla
2 tsp	light-tasting olive oil

In large bowl, whisk together oat flour, baking soda and salt. In separate bowl, whisk together yogurt, eggs, butter, maple syrup, lemon juice and vanilla; whisk into flour mixture until combined. Let stand for 10 minutes.

Lightly brush large nonstick skillet or griddle with some of the oil; heat over medium heat. Working in batches and brushing pan with remaining oil as

necessary, drop batter by scant ¼ cup; cook until bubbles form on tops, about 1½ minutes. Turn pancakes; cook until bottoms are golden, about 1 minute. Transfer to rimmed baking sheet; cover with foil and keep warm in 250°F (120°C) oven until ready to serve.

**PER PANCAKE:** about 107 cal, 4 g pro, 5 g total fat (2 g sat. fat), 10 g carb (1 g dietary fibre, 2 g sugar), 46 mg chol, 104 mg sodium, 95 mg potassium. % RDI: 4% calcium, 5% iron, 4% vit A, 3% folate.



To make gluten-free oat flour, process pure uncontaminated large-flake rolled oats in a food processor until powdery.



*This gluten-free  
vegan loaf is  
the perfect  
anytime treat.*

## MAPLE CARROT LOAF

**Hands-on time:** 15 minutes

**Total time:** 1¼ hours

**Makes:** 8 servings

Breakfast loaves are often made with vegetable oil for moistness, but unsweetened applesauce works just as well. While this loaf is excellent on its own, if you want something a bit more indulgent, try topping your slice with a vegan butter-flavoured spread or a soy-based nut butter.

3 tbsp	flaxseed meal
1½ cups	gluten-free all-purpose flour
¾ cup	maple sugar
2 tsp	each baking soda and cinnamon
¾ tsp	xanthan gum
½ tsp	salt
¼ tsp	nutmeg
pinch	ground cloves
½ cup	unsweetened applesauce
¼ cup	coconut milk (such as Thai Kitchen)
2 tbsp	lemon juice
2 tsp	vanilla
1 cup	finely shredded carrot (about 1 large)

In small bowl, mix flaxseed meal with ⅓ cup water. Let stand for 5 minutes.

In large bowl, whisk together flour, maple sugar, baking soda, cinnamon, xanthan gum, salt, nutmeg and cloves. In separate bowl, whisk together applesauce, coconut milk, lemon juice, vanilla and flaxseed meal mixture; stir into flour mixture just until combined. Fold in carrot. Scrape into greased 8- x 4-inch (1.5 L) loaf pan, smoothing top.

Bake in 350°F (180°C) oven until golden and cake springs back when touched, 35 to 40 minutes. Let cool in pan for 20 minutes; transfer directly to rack to cool completely.

**PER SERVING:** about 175 cal, 3 g pro, 3 g total fat (1 g sat. fat), 36 g carb (4 g dietary fibre, 16 g sugar), 0 mg chol, 480 mg sodium, 146 mg potassium. % RDI: 6% calcium, 12% iron, 21% vit A, 3% vit C, 3% folate. ●



Maple sugar is made by boiling sap until the liquid is evaporated. It's less processed than white granulated sugar and twice as sweet!

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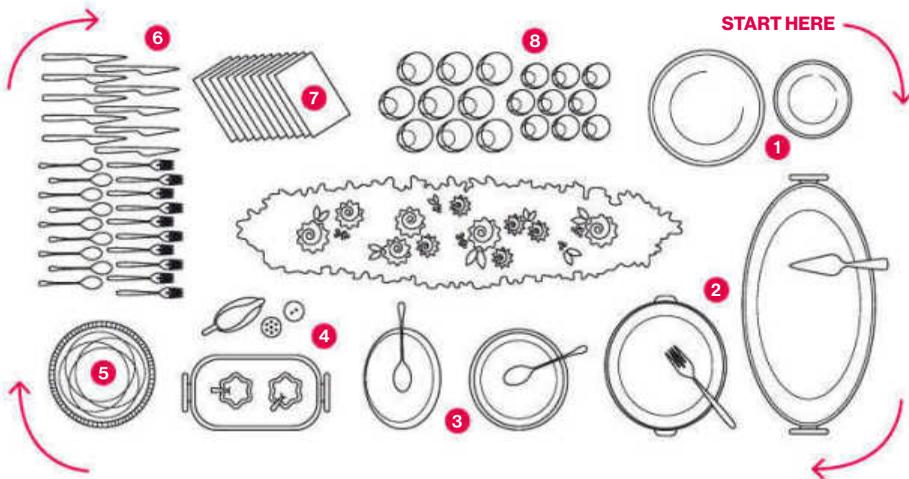
# The BUFFET WAY

Easter takes the cake when it comes to sweet treats. Wow your guests with an unforgettable dessert display.

BY SARAH GUNN

After friends and family polish off your incredible sit-down Easter feast, surprise them with a gorgeously styled dessert buffet. A small table or sideboard is the perfect spot to display a variety of confections, such as cookies, cakes, macarons and squares. For this springtime tablescape, we selected sweets in a pastel palette and showed them off on pretty serving dishes and cake stands of different shapes, sizes and heights. The finishing touch? A beautiful arrangement of hydrangeas and berries.

*To save time, serve a mix of homemade and store-bought treats. (We found beautiful macarons and cakes at Bobbette & Belle Artisanal Pastries in Toronto!)*



## HELP YOURSELF

Squeezing everyone around the Easter dinner table can be tricky. How about serving the meal buffet-style instead? Keep things running smoothly by placing dinnerware, flatware and dishes in this formation. Whether your guests are lining up for firsts, seconds or thirds, everything will be within easy reach.

- |                |                 |
|----------------|-----------------|
| 1. Plates      | 5. Dinner rolls |
| 2. Main course | 6. Cutlery      |
| 3. Side dishes | 7. Napkins      |
| 4. Condiments  | 8. Glassware    |



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