

12 tricks, tips and ideas we love this month

Women's ColdGear Reactor Run VEST in Crystal Lilac, \$140, underarmour.ca.



1

GOING FOR A RUN

PUMP UP THE COLOUR IN YOUR WORKOUT WEAR WITH THESE NEW PIECES THAT COME IN PRETTY PURPLE AND PINK HUES.



Motus BEANIE in Momentum Heather, \$30, arcteryx.com.



Lilac SPORTS BRA, \$15, winners.ca.



Women's Facet 15 RUNNING SHOES in Berry Jam, \$140, columbiasportswear.ca.



L'ORÉAL PARIS Color Queen Oilshadows, \$11 each, lorealparis.ca.

2 IN THE SHADOWS

The soft and creamy texture of L'Oréal Paris's new Color Queen Oilshadow eyeshadows makes them super easy to apply and feel super smooth on the skin. The formula contains 40 percent extra-fine oils, along with pure pigments for a long-lasting, intense colour and a matte finish. Try them in 12 beautiful shades.

4 RED RED WINE

Watch out for Fenty Beauty's newly released limited edition mini Full Frontal Volume, Lift & Curl mascara in both the epic burgundy-hued Mi\$\$ Merlot and a gorgeous forest green called Ivy League. Both shades are bound to make your eyes pop!

FENTY BEAUTY Full Frontal Volume, Lift & Curl Mascara in Mi\$\$ Merlot and Ivy League, \$18 each, sephora.ca.



6 SHAKE SHAKE

Popcorn? Please! Extra butter and salt? No longer necessary! Sprinkled over popcorn is just one of the many ways you can use these flavour shakers from The Gut Lab. The healthful formula of the Chee-z Dill shaker contains vitamin- and mineral-rich superfoods that may help you achieve smoother digestion, boost your energy and support your immune system. If you're not into dill, try the Super Q version for a smoky and sweet flavour combo. Both are healthier (and way tastier!) than that extra dose of salt.

THE GUT LAB Chee-z Dill and Super Q Superfood Superfood Shaker, \$17 each, well.ca.



PRODUCER, MARIANNE DAVIDSON

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LOUNGE TOWN

We're all for owning multi-purpose clothing, which is why we love this stylish lounging dress from La Vie En Rose's new collection. Made with ultimate comfort in mind, it's cozy enough to be worn as pajamas, yet chic enough to be worn as a casual sweater-dress.



Scoop Neckline DRESS, \$40, lavieenrose.com.

5

WE REMEMBER

Every year for Remembrance Day, Canadians wear poppies on their lapels, attend ceremonies and visit memorials to honour the people who've served our country in wartime and peacetime. On November 11, at 11 a.m., we pause for a minute of silence in recognition of the courage and sacrifice of those heroes, and acknowledge our responsibility to work for the peace they fought so hard to achieve.

7

SKIN AND PLANET

By using certified sustainably sourced botanical ingredients and eco-friendly packaging, ZERO by Skin Academy is designed to be equally kind to the skin and the planet. The U.K. brand's range of products, newly available in Canada at Shoppers Drug Mart, is formulated with all-natural, vegan, plant-based ingredients, and packaged in reusable, recyclable or compostable tubes and jars. ZERO's face wash, scrub, day and night creams, eye cream and hand cream all have luscious texture and smell like a dream.

ZERO 100% Natural Face Wash, \$27, Face Scrub, \$27, Day Cream, \$35, Night Cream, \$35, Eye Cream, \$30, Hand & Nail Cream, \$20, shoppersdrugmart.ca.



8

READ MORE CANADIAN FICTION

The winner of the Scotiabank Giller Prize (\$100,000 in recognition of excellence in Canadian fiction) will be announced November 9. *All I Ask*, a debut novel by Newfoundland's Eva Crocker, past winner Lynn Coady's *Watching You Without Me* and poet and writer Souvankham Thammavongsa's collection of short stories *How to Pronounce Knife* are some of the works on this year's longlist, which included 14 of the country's best novels and short story collections as well as, for the first time, a graphic novel. Other authors to make the list include Gil Adamson, David Bergen, Emma Donoghue, Francesca Ekwuyasi, Michelle Good, Kaie Kellough, Thomas King, Annabel Lyon, Shani Mootoo, Emily St. John Mandel, and Seth.

9

MAIS OUI

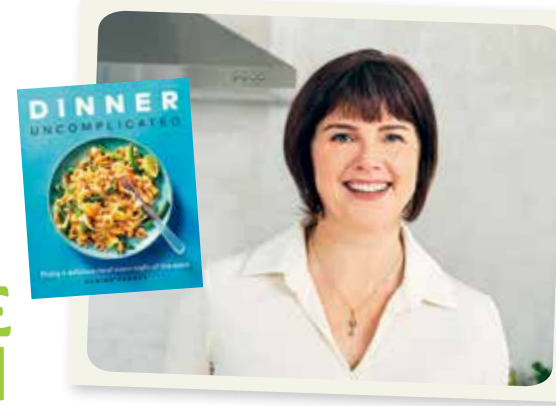
This fall, Indigo launched its new home decor brand, OUI, a thoughtfully designed collection of home, tabletop and wellness products that empower customers to live a more intentional, joyful life at home. The collection boasts stunning patterns and textured solids, with new prints and patterns to be added each season. These beautiful stemless champagne flutes can give you an idea of the many ingenious designs the line has to offer. Check out the full collection at indigo.ca.



OUI Moss-Green Stemless Champagne FLUTES, \$40/4-piece set, indigo.ca.

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GAME PLAN



Canadian recipe developer, culinary teacher, writer and cookbook author Claire Tansey's happy place is her kitchen. In her newly released cookbook, *Dinner, Uncomplicated: Fixing a Delicious Meal Every Night of the Week*, Claire's tips, tricks and tons of delicious recipes alleviate the oh-so-common dinnertime scramble so that your kitchen can be your happy place, too. Here, we've excerpted a helpful page from her book!

Do you know what type of meal planner you are? That's right, there's more than one way to plan your meals (including not really planning them at all). This was a lightbulb moment for me. The best way to map your meals for the week depends on your personality, your day-to-day schedule and responsibilities, your family structure and so much more. My best way isn't yours, and vice versa, and the secret to making meal planning work is to do it however is best for you.

- 1 The Classic:** Wakes up Sunday morning, consults Paprika, Pinterest or cookbooks, writes up the week of meals and an airtight shopping list. Shops, then sticks to the plan. Great for: Organized people with predictable schedules. Not great for: Anyone who has a problem with authority (hi!).
- 2 The Camper:** Assigns a theme or protein to every night of the week, just like at summer camp! Taco Tuesdays, Chicken Wednesdays, Vegan Thursdays, and so on. The recipes can change from week to week but the themes or proteins repeat. Great for: People who like a bit of structure but don't want to plan every meal in detail. Not great for: Anyone who really dislikes repetition.
- 3 The Batcher:** Spends a day making a few key dishes in large quantities, then freezes them in meal-sized portions. Pulls a frozen pouch out of the freezer every morning. Great for: People who love to spend one entire day a

- week in the kitchen. People with chest freezers. People with long commutes or who have very little prep time for dinner. People who often eat out of sync with the rest of the household. Not great for: People with tiny freezers. People who easily tire of the same meal.
- 4 The Semi:** Pencils in three or four meals for the week. Cooks those meals at some point during the week, maybe, and leans on back pocket dinners the other nights of the week. Great for: People whose schedules change on a dime. People who write cookbooks but still need to feed their family and not lose their minds. Not great for: People who have no time to think until the weekend.
- 5 The Wingnut:** Cooks according to mood. There's no plan, but the pantry is full of options. Constantly bookmarking recipes online and in cookbooks to try someday. Great for: Young couples. Retired chefs. Not great for: Most of the rest of us.

Take a few minutes to think about what one (or combination) makes sense for your life. *Dinner, Uncomplicated: Fixing a Delicious Meal Every Night of the Week*, \$32, is available at Indigo and on Amazon.

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L'OCCITANE Immortelle Divine Cream, \$120, Immortelle Divine Serum, \$130, Immortelle Precious Overnight Mask, \$85, loccitane.com.



SO PRECIOUS

Immortelle is known as the everlasting flower because of its ability to stay beautiful even after it's picked. After more than 20 years of research into this amazing plant, French brand L'Occitane en Provence knows how to put immortelle's powerful anti-aging properties to good use. The company's Immortelle Divine skin-care line has been revitalized, and now features a 30 percent higher concentration of immortelle to expertly tackle the signs of aging. The results are smooth, plumped and beautifully hydrated skin.



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EASY PEASY

As an easy alternative to chopping or shredding, Del Monte is offering up three new canned veggies that taste as fresh as ever. Shredded Carrots, Shredded Celery Root and Diced Beets make great options to expedite your meal prep, throw together a last-minute salad, jazz up soup broth, top a sandwich and even add to your baked goods—carrot cake anyone?

DEL MONTE Shredded Carrots, Shredded Celery Root, Diced Beets \$2 each, sobeyes.com.