

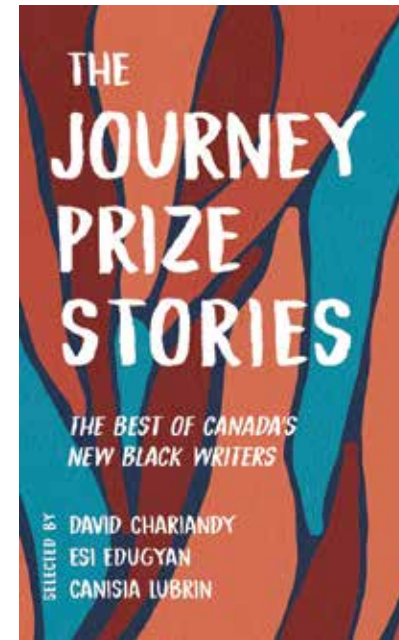
10 tricks, tips and ideas we love this month



1 BOOT CAMP

If you've given up on trying to find knee-high boots that fit around your calf, you're definitely not alone. Now you can try on a pair of DuoBoots for size, and guess what? They'll fit! The U.K.-based company sells specialized designs for boots that fit a range of sizes from five to 12 and calf widths from 30 to 50 centimetres. Choose from an extensive collection of footwear that's fashionable, flattering and comfortable.

Belmore Knee-High BOOTS in Burgundy Leather, \$422, duoboots.com.



2 Eyes on the prize

On January 24th, Canada's most prestigious annual fiction anthology, *The Journey Prize Stories*, is releasing its highly anticipated 33rd edition. With a special focus on introducing and celebrating our country's best emerging Black writers, selected by a jury of award-winning authors, this book is at the top of our 2023 must-read list.

THE JOURNEY PRIZE STORIES 33: THE BEST OF CANADA'S NEW BLACK WRITERS (McClelland & Stewart) selected by David Chariandy, Esi Edugyan and Canisia Lubrin, \$20.

4 BODY BREAK

Taking a few minutes each day to show our body some TLC can go a long way in boosting confidence and self-love. The Body Love line of hand and body lotions is the newest collection from Dove, and was purposefully developed to embrace the comforting act of self-care every day. Think luxurious textures, yummy scents and active ingredients—each product in the line is infused with a ceramide serum for 48 hours of loving the moisturized, smooth, soft skin you're in!

DOVE Body Love Pampering Care Lotion, \$8.50, Intense Care Hand Cream, \$6.50, and Intense Care Lotion, \$8.50, dove.ca.



PRODUCER, MARIANNE DAVIDSON. PHOTOGRAPHY, ISTOCKPHOTO/E (SHOWER PUFF)



3

When fashion meets function

When it comes to keeping warm in the winter, we're used to adding extra layers, but with that comes extra bulk. And no one likes to feel like a walking sausage! That's why we love these jeans from Canadian apparel brand Duer. The company's signature Fireside material weaves fleece with their performance denim, creating a flexible and warming fabric. The best part is that you don't have to sacrifice style! The newest cut is the girlfriend jean, featuring a mid-rise, slightly tapered fit that sits right above the ankle so it doesn't get in the way of your boots. Sold!

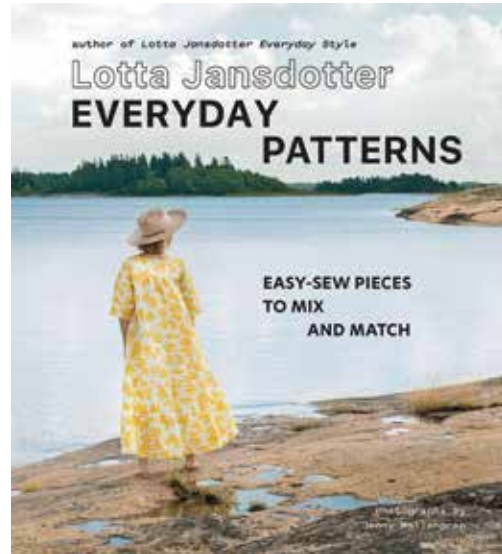
Fireside Denim Girlfriend JEANS in Lakeshore, \$169, duer.ca.



SEW IT GOES

Released this past October, textile designer Lotta Jansdotter's book *Everyday Patterns: Easy-Sew Pieces to Mix and Match* is the ultimate guide to creating customizable pieces for a flexible wardrobe. And in these days of high inflation and excess clothing waste, this couldn't have come at a better time. The book includes garment patterns for clothing essentials (skirt, shirt, shirt dress, tunic, pants, jacket, tote bag and more) that boast modern Scandinavian style, as well as Jansdotter's ideas for personalization of hems, trim, pockets and sleeves, so each item in your closet reflects a truly unique you. We're so on board with that!

EVERYDAY PATTERNS: EASY-SEW PIECES TO MIX AND MATCH (Abrams) by Lotta Jansdotter, \$38.



PHOTOGRAPHY: SHUTTERSTOCK/E (SCISSORS)

6



KNOW WHAT I MEAN, JELLY BEAN?

It's officially winter, which means cold and flu season is in full swing. So there's no time like the present to start giving your immunity a little boost by taking your vitamins. Supplement and vitamin company Nature's Bounty wants to make the experience of getting your daily dose both yummy and fun—that's why they've introduced VitaBeans, a line of soft-chew vitamin blends that look and taste just like the famous jelly candies. Our go-to is the Immune formulation, which contains vitamins D and C as well as zinc. If you like citrusy sweets, it'll be your go-to, too.

Nature's Bounty VitaBeans Immune **SOFT CHEWS**, \$20, well.ca.



9

GIFT OF TIME

If you're on the hunt for a Valentine's Day gift for a special someone in your life, look no further. With rose gold hardware and pink magnolia faces, these timepieces from Ted Baker's new collection are sure to brighten your loved one's day. These watches are the first to incorporate the brand's new magnolia motif that symbolizes perseverance and a love of nature. With a variety of watch strap, colour and case size options, you can choose a watch that's just as unique as the person wearing it.

Lilann Leather Strap **WATCH**, \$205, and Lilin Bracelet **WATCH**, \$225, tedbaker.com.

7

Be your own barista

There's nothing quite like that first sip of coffee in the morning to start your day off on a good note. For lovers of full-bodied, smooth brews, the Zwilling Enfinigy Coffee Maker has you covered. A large 1.5 litre capacity means you can make up to 12 cups at a time, and a stainless-steel boiler will ensure the flavour of the brewing water is never altered. There's even a warmer function to maintain the perfect temperature, and a blooming function to release carbon dioxide from coffee grounds before brewing for a smoother taste. All this means you'll get a barista-quality cup o' joe every time.

Zwilling Enfinigy 1.5-L Drip **COFFEE MAKER** in Silver, \$310, zwilling.ca.

8

Happy Valentine's Date

If the one you love wants to tone down the chocolate consumption but still likes a sweet treat on Valentine's Day, give the gift of Natural Delights' new Truffles. Medjool dates are wrapped in dark chocolate, providing you with that sweet chocolaty flavour with the benefits of antioxidants and fibre. Our favourites are the Chocolate Blueberry Truffles, but Chocolate Cherry and Dark Chocolate with Probiotic Added are also available. And, of course, these aren't just for Valentine's Day. They're a wholesome, filling snack to be enjoyed year-round.

Natural Delights **TRUFFLES** in Chocolate Blueberry, Chocolate Cherry and Dark Chocolate with Probiotic Added, \$8 each, sobeys.com.



10

AROMA THERAPY

If you're struggling with your clothes coming out of the wash smelling less than fresh, you're not alone. One in three households name malodour as their top laundry woe, and synthetic blend fabrics and washing bigger loads with less water can exacerbate the problem. With Downy's new clarifying fabric rinse, smelly socks and stinky shirts will be a thing of the past. Just add the dye-free rinse to your fabric softener dispenser and get ready for fresher, brighter and softer clothes in a snap.

Downy Rinse & Refresh **FABRIC RINSE** in Cool Cotton and Fresh Lavender, \$9 each, downy.com.

