

10 tricks, tips and ideas we love this month



1

WARDROBE WAKE UP

When warmer weather starts to arrive, we get excited to freshen up and brighten up our fashion choices—and we bet you do, too. This month, we're loving these colourful mid-rise chino pants from the spring collection of Canadian women's apparel giant Reitmans. The breathable cotton fabric and removable sash belt make these pants comfy, versatile and super-easy to dress up or down.



Slim Chino PANTS with Sash, \$50, reitmans.com.

PRODUCER, MARIANNE DAVIDSON

2

In the kitchen with ELIZABETH BAIRD

Being an accomplished cookbook author, newspaper columnist and recipe developer gave Elizabeth Baird serious street cred when she became the food editor at Canadian Living in 1987, a position she held for almost 23 years. "It was my dream job," she says. Now she's being honoured with the Junior League of Toronto's inaugural Trailblazer Award at the organization's annual culinary fundraiser, Chef's Showcase. We caught up with her for a quick Q&A.

WHAT ARE YOUR FAVOURITE CANADIAN LIVING MEMORIES?

Meeting Canadians from all over the country at rodeos, on lobster boats, in bakeries and butcher shops, at fairs and pie contests, pubs and diners, at cooking schools and culinary colleges, and at all kinds of celebrations.

WHAT'S YOUR FAVOURITE FOOD?

Anything with lemon. There's a piquant two-layer Lemon Sponge Pudding (in

the Complete Canadian Living Cookbook, page 282) that I love.

WHAT'S YOUR BEST TIP FOR COOKING NEWBIES?

Buy the best knife you can afford and learn to use it—it's your most-important investment. A knife that's always sharp is a great time-saver and makes prepping so much easier.

WHAT'S ONE EVENT YOU'LL NEVER FORGET?

Years ago, Julia



Child came to Toronto and was invited to a lunch celebrating a small group of Canadian chefs. We were warned by the publicists that she would only be sampling the food, but she ate everything—in generous amounts! Her warmth, curiosity and good appetite is something we all think of fondly.

3 SILKY SMOOTH

The weightless formula of Tatcha's new primer is infused with silk extracts and antiaging nutrients that help makeup last longer, while protecting the skin from clogged pores. A smooth and lustrous complexion? Don't mind if we do!

TATCHA The Liquid Silk Canvas Primer, \$68, sephora.ca.



4 SHOE A DOG SOME LOVE



BOBS Sport Squad 2 SNEAKERS in Bow Beauty, \$78, skechers.com.

Skechers Canada is expanding its charitable investment across the country with its BOBS for Dogs collection. The array of fun patterns and shoe designs means the collection has a pair suitable for everyone. But the real kicker is that with each purchase, a portion of the price is donated to the Petco Foundation and distributed to select animal welfare charities across Canada.

Foodie Follow

Share your CL creations with us on Instagram and tag us with #CLgetcooking, like @royalcitykitchen who made our Ultimate Layered Carrot Cake (September 2014). We'd love a slice of this expertly decorated treat!

Follow us @canadianliving



BEHR Marquee Paint with Simple Pour Lid, homedepot.ca.



5

Easy does it

If you're a home project DIYer, you know the mess potential skyrockets the second you open that can of paint! That's why we're so impressed with Behr Paint's reimagined paint can lid! Each can of Behr Marquee paint comes with a recyclable plastic lid and attachable spout in an effort to make your painting experience smoother and cleaner, as well as helping to keep any unused paint fresh. If you still prefer to dip your brush directly in the can, the lid can be removed the old-fashioned way.



For more tips on how to make your lifestyle better for the planet, see our guide to sustainable living on page 46.

6

SUSTAINABILITY SET, \$39, thedetoxmarket.ca.



GREEN MEANS GOOD

Looking to go green? These products will help you get there by replacing single-use plastics with earth-friendly essentials. Plus, The Detox Market vows to plant a tree with every purchase of one of its Sustainability Sets. Who needs more incentive than that?

7

Cool it

The cold wash cycle isn't only good for keeping your energy costs down. Researchers with the University of Leeds and Procter & Gamble found that short, cold wash cycles reduce the amount of microfibrils (tiny fibres that contaminate oceans and harm sea creatures) that end up in the environment. The cool wash temperatures also keep coloured items bright and extend the wear of your clothes, meaning less goes into the landfill. Win-Win for your closet and the planet!

8

Live and Let Learn

There's more to being healthy than simply exercising and eating well—that's only a part of it. Simple everyday acts like mindfulness, connecting with others and being open to continued learning can change your life. These latest self-help books can get you started.

YOUNGER NEXT YEAR FOR WOMEN Live Strong, Fit, Sexy, and Smart—Until You're 80 and Beyond (Workman Publishing) by Chris Crowley & Henry S. Lodge with Allan J. Hamilton, \$23.

GROWING YOUNG How Friendship, Optimism and Kindness Can Help You Live to 100 (Appetite) by Marta Zaraska, \$22.

TALK MONEY TO ME Save Well, Spend Some, and Feel Good About Your Money (Simon & Schuster Canada) by Kelley Keehn, \$20.

RELAX, DAMMIT! A User's Guide to the Age of Anxiety (Penguin Canada) by Timothy Caulfield, \$32.

THINK LIKE A MONK Train Your Mind for Peace and Purpose Every Day (Simon & Schuster) by Jay Shetty, \$35.

ACTS OF FRIENDSHIP 47 Ways to Recharge Your Life, Make Real Connections, and Deepen Your Relationships (Page Two Books) by Lynne Everatt, Deb Manglot, & Julie Smethurst, \$20.

9

PEACE OF MIND

We all know how important it is to be prepared for the unlikely yet potentially devastating case of a fire in your home. But studies show that more than 70 percent of fire extinguisher owners aren't confident or comfortable operating this essential device. With that in mind, First Alert created an easy-to-handle spray-can extinguisher that releases a firefighting agent effective against paper, fabric, wood, cooking oil and electrical fires. Here's hoping you never have to use it.



FIRST ALERT Fire Spray, \$20, canadiantire.ca.

10

Triple THREAT

If you knew there was a line of skin-care products that could hydrate, plump and even out your skin tone while activating cell regeneration, would you try it? We think we know the answer, and so does L'Oréal Paris. That's why the brand created its Revitalift LZR products, which include a trio of powerful antiaging ingredients: hyaluronic acid, retinol and vitamin C. This formulation is all you need for glowing skin.



L'ORÉAL PARIS Revitalift Triple Power LZR Night Moisturizer, \$39, lorealparis.ca.



L'ORÉAL PARIS Revitalift Triple Power LZR Eye Cream, \$39, lorealparis.ca.



L'ORÉAL PARIS Revitalift Triple Power LZR 10% Pure Glycolic Acid, \$39, lorealparis.ca.



L'ORÉAL PARIS Revitalift Triple Power LZR SPF 30 Lotion Day, \$39, lorealparis.ca.