

10 tricks, tips and ideas we love this month

broaden your HORIZONS

"Now, more than ever, consumers want to make informed and socially conscious decisions at the checkout. The Indigenous economy is poised for exponential growth and is positioned to play a key role in Canada's economic recovery," says Nicole McLaren, CEO and founder of Raven Reads. Support Indigenous cultures in our country by receiving the beautiful subscription boxes from Raven Reads. A box will be delivered to your door with all these goodies inside: A book written by an Indigenous author, a letter from the author or box curator, a printed culture card that teaches you about an Indigenous culture, an Indigenous handmade craft or art piece and a literature-themed trinket. Plus, there's even a box for kids!



Raven Reads Adult Seasonal **SUBSCRIPTION BOX**, \$88, ravenreads.org.



PRODUCER, MARIANNE DAVIDSON

2 OUT OF THIS WORLD

Handmade in Canada, these leggings are as sustainable as they are comfortable. Montreal-based company Rose Buddha's clothing is not only made with natural or recycled fibres but in ethical working conditions as well! The latest collection is stellar—both literally and figuratively—with super fun astrology-inspired patterns. Universe **LEGGINGS** in Cosmos Navy, \$115, myrosebuddha.com.

The sleek design blends seamlessly into any kitchen

3 BIN LESS, RECYCLE MORE

A new Canadian-made alternative to composting that turns food waste into natural fertilizer for plants, gardens or lawns? Yes, please. Using a low-noise grinding and drying technology, the Tero device recycles fruit and vegetable leftovers, eggshells, dairy and animal-based products (and more!) in just four to eight hours. If you live in a municipality or building without a green waste program, the Tero food recycler can help divert food waste from ending up in landfills where it produces methane—a greenhouse gas that is a major contributor to climate change.

OPI Nature Strong Nail Lacquers in All Heal Queen Mother Earth, Eco Maniac and Knowledge is Flower, \$15 each, amazon.ca.



Nail it for nature 4

If you've ever had a mani or pedi in a nail salon, you've probably donned OPI nail polish. The beloved brand now boasts a new collection of vegan, cruelty-free lacquers made with plant-based ingredients derived from sugar cane, wheat, potatoes and corn, instead of harmful chemicals. The thing that hasn't changed is OPI's ability to create the most eye-popping colours and adorable names. Our faves from the Nature Strong collection are All Heal Queen Mother Earth, Eco Maniac and Knowledge is Flower.



Tero **DEVICE** in White, \$595, teroproducts.com.

FOODIE FOLLOW



We absolutely love a good strawberry rhubarb pie! Share your CL creations on Instagram and tag us with #CLgetcooking like @cookin.n.vibin, who made The Ultimate Strawberry Rhubarb Pie (July 2016). It looks delicious!

Follow us @canadianliving

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HERE'S TO A HEALTHY OCTOBER!

It's super easy to overindulge on Thanksgiving dinner and Halloween candy, so this month we're championing health by raising awareness, making a donation or participating in these health-focused initiatives.

Breast Cancer Awareness Month
October 1 to 31

Mental Illness Awareness Week
October 3 to 9

World Kale Day
October 6

Emergency Nurses Day
October 13

World Sight Day
October 14



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FUN FACT: ABOUT FACE

If you've ever seen a face in an inanimate object, you're not alone. This totally normal slipup is called pareidolia. Our brains even attribute emotion and try to discern facial expression like we do with real faces. The science is still out as to why, whether it's simply what we expect to see or if there's a deeper, evolutionary reason. Humans are deeply social beings, and we can be reminded of that every time we look up and see a smiling face in the clouds! So let your imagination run wild—have fun spotting faces wherever you go!

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We tried it:
JAMSU

K-beauty has taken the world by storm over the last few years...and for good reason. From products to beauty techniques, there's something to appeal to everyone. This month, we tried a trend called jamsu, roughly translating to "to submerge," which involves plunging your made-up face into cool water. Apply your foundation, concealer, contouring, and blush as you normally would (leaving out eye makeup, which you'll do after), then cover your face with a generous layer of loose translucent or baby powder. Go ahead and dunk your entire face into a sink or bowl of cool water for 15 to 30 seconds. Gently pat your face dry with a towel, being careful not to smudge. The cool water helps to shrink pores and set makeup. Best suited to oilier skin types, jamsu results in a seamlessly blended, matte finish that lasts all day.



DIY dreams

There's nothing more fun than tackling that DIY project that's been on your mind—and now that

Behr Paint Company has a new line of spray paints, you'll be all set to start crafting. Primer and paint all in one can, full coverage on new and previously painted surfaces and resistance to rust and corrosion are just some of the features these sprays have to offer—plus, they come in a range of fun shades that work beautifully together.

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Behr Paint + Primer **SPRAY PAINTS**, \$12 each, homedepot.ca.



PHOTOGRAPHY: ISTOCKPHOTO/E.THEDIYMOMMY FURNITURE SPRAY PAINT MAKEOVERS WITH BEHR

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MEATLESS MMS

Delectable plant-based meat alternatives that are gluten- and soy-free? Sign us up! The experienced chefs at The Very Good Butchers out of Victoria, B.C., have crafted a new line of premium meatless products made from real, minimally processed ingredients like pea protein, navy beans, chickpeas, garlic, onion, hemp seeds and organic peppers. The Butcher's Select products include classic burgers, Italian meatballs and a variety of sausages. We like to spice things up a notch with the yummy cajun flavour!

The Very Good Butchers Butcher's Select Line **MEAT ALTERNATIVES**, from \$10, verygoodbutchers.com.



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PIT STOP

Pigmentation in your underarms got you down in the pits? Problem solved with Kaia Naturals' new bar soap and deodorant duo that uses active brightening ingredients like kojic acid and niacinimide. Try the starter kit to see what it's all about.

The Takesumi Bright **STARTER KIT**, \$16, kaianaturals.com.

