

10 tricks, tips and ideas we love this month



Norvan Windshell JACKETs in Sprint and Atmos, \$160 each. arcteryx.com.

1 RUN FOR FUN

Breathable, flexible and made to help you move, the Norvan running line from Canadian high-performance outdoor equipment company Arc'teryx has got you covered while you're out covering the trails. With the Durable Water Repellent finish and array of fun hues, you're guaranteed to be comfortable for the long haul.

Norvan TANK TOP in Groovie/Black, \$100, arcteryx.com.



Shell PANTS in Dark Sprint, \$350, arcteryx.com.



#DearTerry T-SHIRT, \$25, terryfox.org.

2 A GOOD CAUSE

The Terry Fox Foundation is launching a limited-edition #DearTerry shirt for this year's Terry Fox Run. Designed with the help of Canadian actor Ryan Reynolds, the tee features messages sent to Terry and the Fox family celebrating his legacy and the continued inspiration his dream has provided to all Canadians. Registration for the annual Terry Fox Run is open, and you can purchase a #DearTerry T-shirt knowing that all proceeds from its sale go toward funding critical cancer research.



PC Retro COOLER in Mint Green, \$199, presidentschoice.ca.

4 COOL IT DOWN

When you're hosting a crowd for a backyard bash, avoid having your pals trooping through your house to get to the fridge by setting up this super fun retro cooler outdoors so that all beverages are there at the ready. With its 73-litre capacity, you'll be able to hydrate the whole neighbourhood!

PROTECTED POUT

We all know wearing SPF on our face every day is a must, but are you remembering your lips? SPF balms are a great way to moisturize your pucker while providing much-needed protection against the sun's rays.



EOS The Guardian 100% Natural SPF 30 Sunscreen Lip Balm, \$5.50, shop persdrugmart.ca.



NIVEA Sun Lip Care with SPF 30, \$3.50/pack of 2, walmart.ca.



SUN BUM Sunscreen Lip Balm SPF 30 in Key Lime, \$5, well.ca.

5 BLENDED FAMILY

If you're ever going to splurge on a small kitchen appliance, a Vitamix blender should be on your list. Everyone knows the company has great products, and that's why we couldn't be more thrilled about this top-of-the-line edition. The Ascent Series A3500 Gourmet SmartPrep Kitchen System is a smart blender that also has a food processor attachment, which means you can have two powerful machines in your kitchen, without taking up extra space on your counter or in your cupboards.

Vitamix Ascent Series A3500 Gourmet SmartPrep **KITCHEN SYSTEM**, \$1,230, vitamix.com.



7 GOING FOR GOLD

Complement the summer sun and a golden tan with a pair of gilded sandals. Metallic gold works as a neutral that goes with every colour, making it the perfect subtle addition to any outfit. Here are three picks that take first place in our hearts.

Julep Leather **SANDALS** in Platino, \$130, cougarshoes.ca.



Spinna **SANDALS** in Gold, \$90, aldoshoes.com.



Noto Leather **SANDALS** in Gold, \$240, maguireshoes.com.



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Moosehead Chelada Lime & Salt **BEER**, moosehead.ca.

Salud to summer

Beer lovers will rejoice when they take the first sip of this refreshing cerveza! This light brew (at only 4% ABV) from Canadian Moosehead Breweries is flavoured with salt and lime for that delicious Mexican-style punch. It makes the perfect summer sipper.



Especially lovely 8

A passion for fashion and a love of animals—that's what's at the heart of Canadian vegan leather handbag company Espe. Cruelty-free, these versatile bags are super functional while boasting timeless styles you'll want to wear for years to come. Right now, we're fawning over these convenient smartphone wallets. The sleek size is perfect for carrying the essentials, with room for your phone, cards and a pair of sunnies, plus there's the option to wear the pouch as a wristlet or crossbody bag. The only challenge is choosing a colour from all the beautiful options!

ESPE Pastel Smartphone Pouch in Yellow, Pink and Almond, \$55 each, espe.ca.

10 Smile like you mean it

What does your oral care routine look like? If it doesn't include mouthwash, you could be missing out! According to oral hygiene brand Listerine, studies show 52 percent more plaque reduction after six months when adding a mouthwash to your brushing and flossing routine, and a 21 percent greater gingivitis reduction. Now that's something to smile about.

PHOTOGRAPHY, ISTOCKPHOTO/E



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SALAD PIZZA WINE by Janice Tiefenbach, Stephanie Mercier Voyer, Ryan Gray and Marley Sniatowsky (Appetite by Random House) \$37.50 **MAY 23**

BOOKS FOR COOKS

Even we can't eat barbecue all the time. Enter the new crop of seasonal cookbooks to help you out of a dinner rut. Here are a few of our favourites.

GATHER: CASUAL COOKING FROM WINE COUNTRY GARDENS by Janet Fletcher (Cameron Books) \$50 **MAY 9**

BACKCOUNTRY COCKTAILS by Steven Grasse, Adam Erace & Lee Noble (Running Press) \$35 **MAY 9**

COOK COLOR by Maria Zizka (Artisan) \$44 **MAY 16**

GARDEN TO TABLE COOKBOOK by Kayla Butts (Fox Chapel Publishing) \$40 **JUNE 6**

FLAVOR KITCHEN by Crystelle Pereira (Kyle Books) \$33 **JUNE 13**

SIMPLY TOMATO by Martha Holmberg (Artisan) \$38 **JUNE 20**

POMEGRANATES & ARTICOKES by Saghar Setareh (Interlink Books) \$47 **JUNE 20**

THE GRILLED CHEESE COOKBOOK by Becks Wilkinson (Kyle Books) \$10 **JULY 3**

COOK IT WILD by Chris Nuttall-Smith (Penguin Canada) \$40 **MAY 9**

