

BEAT STRESS NOW | Simple Ways to Find Your Calm

win
\$130,000
IN FAB
PRIZES

Chatelaine

easy
**thanks
giving**
dinners!

50 Delicious
Meal Ideas

**Flatten
Your Belly**

NO CRUNCHES REQUIRED!

**declutter
your kitchen**

Smart Tips to Get Organized

The Lazy Girls' Guide to
Gorgeous Hair

AGE ISSUE

TRUE STORY!

**Tall, Dark &
Homicidal**

"I Married a Murderer"

**Fabulous
at Every Age**

379 Secrets to Feel Beautiful
at 20, 30, 40...

OCTOBER 2011 | \$3.99



Inspiring Tips from Successful Women of All Ages

*Private
Practice's
Kate Walsh*

Shares Her Prescription
for Loving Her 40s



the (white) shirt

SHIRT, \$74, BANANAREPUBLIC.CA.

← DAY →

FROM LEFT, GAIL: TURTLENECK, \$125, LUNDSTROM.CA. WATCH, \$1,575, PANDORA.NET. BANGLES, \$225-\$695, DESIGNSBYHERA.COM. BELT, \$110, BRAVELEATHER.COM. SKIRT, \$155, BANANAREPUBLIC.CA. SHOES, \$110, LECHATEAU.COM. MADDISON: SWEATER, \$298; SKIRT, \$118, BOTH ANTHROPOLOGIE.COM. KATE & MEL SHOES, \$110, TOWNSHOES.COM. UNDER \$100 | SOCKS, \$13/PACK OF 2, H&M.COM. SARAH: BROOCH, \$600, CAROLETANENBAUM.COM. PANTS, \$138, ANTHROPOLOGIE.COM. CALVIN KLEIN SHOES, \$150, TOWNSHOES.COM. UNDER \$100 | PURE ALFRED SUNG SWEATER, \$25, ZELLERS.CA.



NIGHT →

FROM LEFT, GAIL: **TURTTLENECK**, \$195, LUNDSTROM.CA; CAPE, \$198, KENNETHCOLE.COM; RING, \$429, THOMASSABO.CA; BAG, \$310, BANANAREPUBLIC.CA; SHOES, \$235, ECCOCANADA.COM; MADDISON: NECKLACE, \$1,540, DESIGNBYHERA.COM; UNDER \$100 | SHIRT, \$20, WINNERS.CA; BRACELETS, \$45-\$50, BANANAREPUBLIC.CA; SHOES, \$55, CONVERSE.COM; GRACE: SHOES, \$100, ALDOSHOES.COM; UNDER \$100 | VEST, \$99, MOONAPPAREL.CA; SHIRT, \$80, ESPRITSHOP.CA; BANGLES, \$25, WINNERS.CA.



Unplug for a day. Ditch the newspapers, email and TV.