

WELLNESS SPECIAL

Chatelaine

delicious
comfort

**Two-Step Lasagna,
Quick Hearty Soups,
Easy Fresh Bread
& more!**

**Maximize
your
wardrobe!**

Clothes to take
you all the way
through spring

24

**SMART IDEAS
TO UPDATE
ANY ROOM**

**You're Stronger
Than You Think**

Find Out How You Can
Tap Into Your Inner Power

win
\$105,000
IN FAB
PRIZES

**EAT THIS
FOR DINNER
TONIGHT!**
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**SIMPLE WAYS TO
*beat stress***

**How to Lift Your Spirits
& Find Real Happiness**





40s Scarf, \$25, gapcanada.ca. Shirt, \$275, pinktartan.com. Coat, \$698, pringlescotland.com. Jeans, \$186, fidelitydenim.com. Rita D. bracelets, \$120, relastudio.com. Christian Siriano shoes, \$55, payless.com.



50s and beyond

Earrings, \$45, bananarepublic.ca. Dress, \$325, lundstrom.ca. Sweater, \$365, autumncashmere.com. Scarf, \$74, bananarepublic.ca. Bangles, \$45-\$50, bananarepublic.ca. Shoes, \$245, martinariley.com.



Break out of a rut: Try a bold new lip colour like red.