

FASHION



■ STUCK FOR A HOLIDAY GIFT?: Here's an idea that's always a winner: coffee table books. Beautiful and interesting, with hundreds of subjects to choose from, they're the perfect gift for everyone on your list.

SOURCE: Metro Ottawa News Services



Finger fashion makes for good stocking stuffers

MORE HOLIDAY GOODIES FOR GIFTING:

With the holidays approaching fast, it is definitely time to hustle. If you're still working your way down your gift list, then read on for FF's tips.

STELLAR STOCKING-STUFFERS:

Canadian company **Switchring** has launched a line of quirky-cool plastic rings designed to be interchangeable — they snap together easily and can be switched up in an instant to mirror your mood or any fashion whim.

Each colourful Switchring pack comes with four different pieces — some solid, some adorned with graphics, text or a crystal gem — that you can mix and match, resulting in four possible looks for just \$9.99. Available in various sizes at www.switchring.com.

FLAVOUR IN THE BAG:

Trident has teamed up with Canadian purse designer, **Jeannie Lottie**, to raise money for **Dress for Success** — a non-profit that helps unemployed women make a tailored re-entry into the workforce by providing them with professional-looking office attire. The resulting **Trident Splash Wistlets**, metallic mini-clutches just big

enough to carry essentials (like gum, lipstick, credit cards and keys) are cute gifts for younger fashionistas. Available at www.dressforsuccess.org for \$20 each through to Dec. 31 — all profits benefit this worthwhile charity.

FOR THE BOYS:

FF has given **Mountain Equipment Co-Op's** thermal silk long-johns as a gift many times and they're always very well-received by city boys and outdoorsmen alike. They keep big boys toasty all winter long (\$39 for long-johns or long-sleeve tops).

Available in various colours (and in women's styles as well). www.mec.ca.

Through to Dec. 24th, **Marks Work Warehouse** men's sweaters are all priced at 40 per cent off (reg. \$29 – \$59).

This Canadian chain carries all kinds of practical smaller gifts for the men on your list, including **Ear-grips** — high-tech earmuffs, if you will, that securely wrap around the head without messing up your favourite metrosexual's hair (\$19.99), and a spinning TV organizer that holds up to four remotes with compartments for other essentials and it doubles as a photo frame (\$18.74, reg. \$24.99). www.marks.com.

Switchring's funky, interchangeable finger rings, \$9.99.

SWITCHRING PHOTOS



Plant products carry feel-great factor



Beverley Mahood

Beverley Mahood, co-host of CMT Central, airing week-nights:

Q: What products make you look and feel good?

A: When the box says, "Makes you look 10 years

younger," I love that. I use products that are natural, plant-based.

Q: Describe your style.

A: I don't really have a style. I like jeans, cowboys boots and T-shirts.

Q: How do you keep life

in perspective?

A: Who am I kidding? I worry about everything.

Q: What things make life easier?

A: Having a cottage in Muskoka is helpful. Having a bottle of wine with my fiancé and listening to

James Taylor does the trick.

Q: What are your healthy eating habits?

A: I'm an Irish girl who loves potatoes and bread. But I'm also an entertainer, so no french fries for me.

CELEB BEAUTY

marcy cornblum

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