

# Canadian Living

EVERYDAY MATTERS



## GREEN UP YOUR FEET

Slip into sandals and make the world a little greener. Timberland's Earthkeepers sandals are eco-consciously designed to be taken apart when you've worn them out, so that another pair can be made. They're 70 per cent recyclable, and their soles are made from 42 per cent green rubber – a compound made from recycled tires. For more info, see [earthkeepers.timberland.com](http://earthkeepers.timberland.com). And you'll want pretty toes before slipping into sandals: Find seven tips for the perfect pedicure at [canadianliving.com/august](http://canadianliving.com/august). – M.S.



## ZAPPER AU NATUREL

Zapping insects with insecticides isn't great for you or the environment. Instead, make your own natural bug spray with common ingredients you probably already have on hand. In a blender, combine four cloves of garlic, a teaspoon (5 mL) of hot pepper sauce and 2 cups (500 mL) of water. Slowly stir in a tablespoon (15 mL) of liquid soap. Let stand for at least 12 hours, then strain into a spray bottle – and no one except the pests gets hurt.

## culture days

Get a red pen out and mark your calendar for a little jumping and twirling on stage or painting a masterpiece. Culture Days happens across Canada for the first time next month; the three-day event will give you a chance to help celebrate arts and culture in our country. For more info, visit [culturedays.ca](http://culturedays.ca).

## A HELPING CUP

If you're in Ottawa between Aug. 17 and 22, have a sip of tea and help out the Canadian Spinal Research Organization. This twist on a traditional tea party is a fund-raiser hosted by Richard and Jean Fraser, and held in their elegant Victorian home, where they'll be serving tea and snacks for your tasting delight. There will also be fun contests to take part in, such as Best Hat and Best Costume. For more info, email [carlmar@magma.ca](mailto:carlmar@magma.ca). – M.S.

