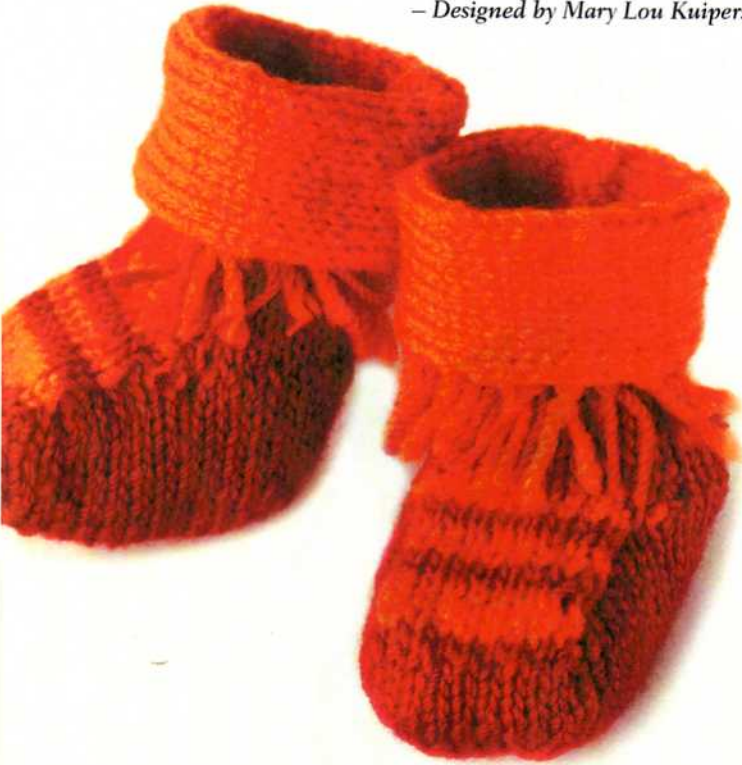


SHAGGY BOOTIES

The hippie days of the '60s and '70s inspired these unique hand-knitted baby booties that will help newborns get into the Halloween spirit, too.

For instructions, visit canadianliving.com/october.

— *Designed by Mary Lou Kuipers*



Cooking Old-School with Cast Iron

It's time to dig out Grandma's cast-iron skillet. Naturally nonstick and highly durable, cast iron retains heat and only gets better with age. It's great for high-heat cooking, such as searing, or for mid-range heat, such as sautéing. Season your pan with a rich fat, such as animal grease or coconut oil, and never wash cast iron with soap. Instead, scour it with hot water and coarse salt, then dry it to prevent rust.

For more tips, visit davidsuzuki.org.

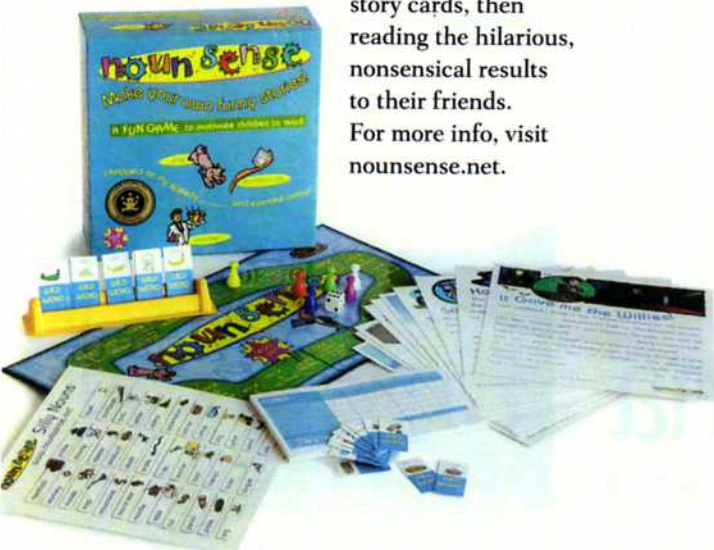
— *Lindsay Coulter, Queen of Green*

BOOST YOUR KIDS' READING AND VOCABULARY SKILLS

Here's a fun new way to help your kids develop their vocabulary early in the school year – Noun Sense, a board game that makes a great teaching tool, too. Children will love plugging the silly nouns into funny

story cards, then reading the hilarious, nonsensical results to their friends.

For more info, visit nounsense.net.



A PLACE AT THE TABLE

Busy the kids with this easy Thanksgiving craft: Let each child decorate their own place mat for the family dinner. We used homemade stamps and stencils, carefully cut from kitchen sponges and cardboard, to personalize the place mats. Finishing touches were added with a paintbrush. And the place mats are reusable: We used fabric paint on cloth, so if passing the gravy gets messy, you can throw them in the washing machine.

— *Rosemary Counter*

Looking for an amazing feast to serve at your Thanksgiving table? Visit canadianliving.com/october to find crowd-pleasing Thanksgiving recipes.