

EXPERT TIPS | SARAH RICHARDSON, EMERIL & MORE

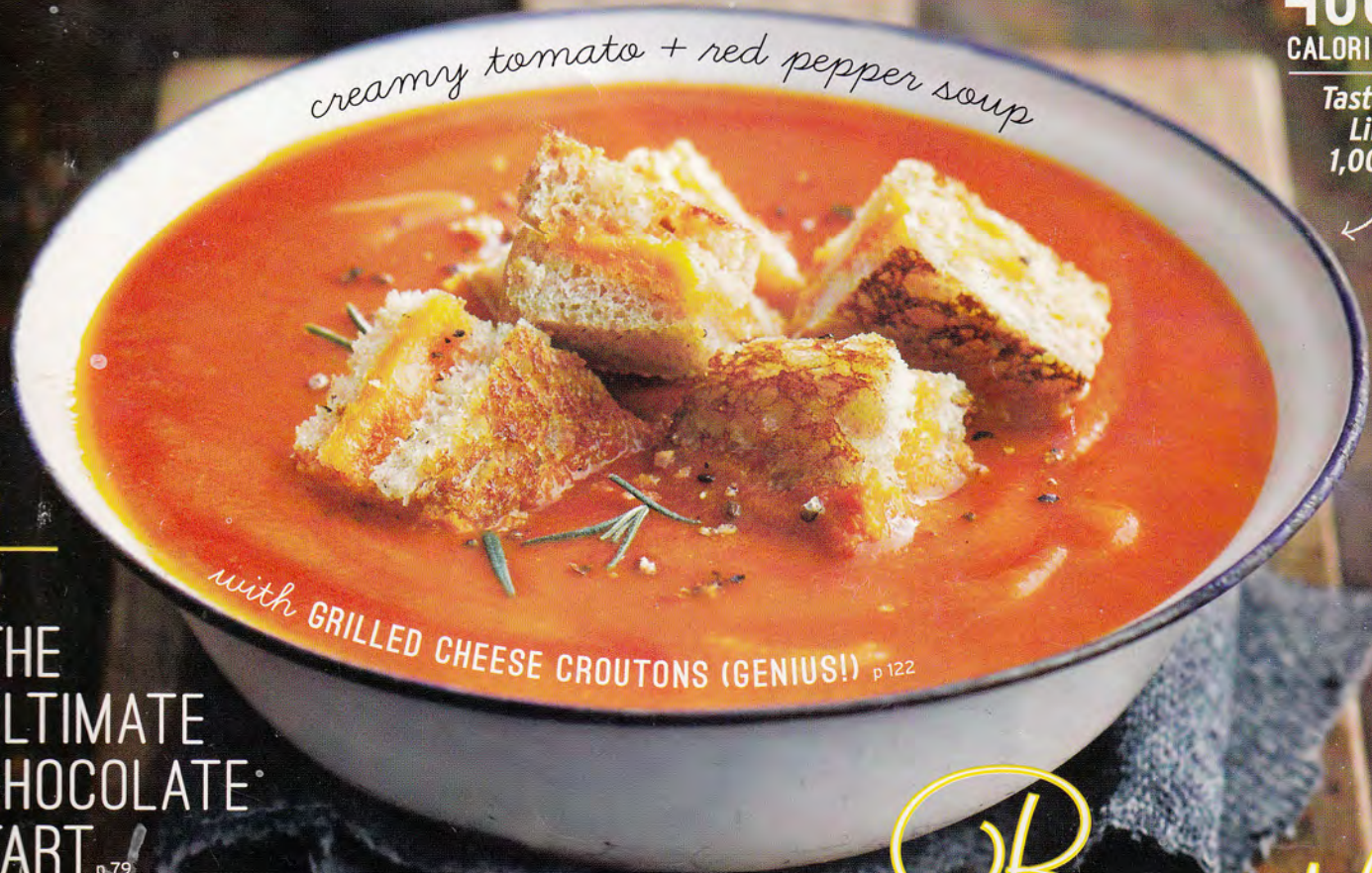
**FREE!**  
WORKOUT  
POSTER  
Get Fit Now

# CHATELAINÉ

## COMFORT FOOD MAKEOVERS

36 Easy, Healthy, Tasty!  
**RECIPES**

★  
**UNDER  
400  
CALORIES**  
Tastes  
Like  
1,000



THE  
ULTIMATE  
CHOCOLATE  
TART p.79

*Boost*  
**YOUR BLISS**

**SIMPLE WAYS TO...**

Make Love Last. Brighten Your Home.  
Slim Down Fast (No Diet Required)

FEBRUARY 2014 | \$4.50

ILLUSTRATION BY [faded]  
RECIPE BY [faded]  
PHOTOGRAPHY BY [faded]

USE YOUR ACCOUNT NUMBER TO ACTIVATE THE TABLET EDITION





### DIVIDE A SMALL CLOSET INTO SECTIONS

*Add shelves, hooks and baskets to a cramped closet to help conquer clutter.*

CLOTHES, GAPCANADA.CA AND JOEFRESH.COM. BASKETS, HOMESENSE.CA.



### MAKE YOUR OWN ART

*Paint leaves in bright colours, press them onto paper with a rolling pin, then frame the prints.*

FRAME, IKEA.CA. ART SUPPLIES, CURRYS.COM.



### SEW YOUR OWN BEDDING

*To get the custom look you want, purchase fabric to make sheets and accent pillows.*

BEDDING, DESIGNERFABRICS.CA. STUFFED ANIMALS, STORE.KOLKID.CA.



### SARAH'S DESIGNER TRICK

*"Unify mismatched furniture with paint. This bookshelf was updated with green shelves to match the crib."*

## Use two wallpapers (on the same wall!).

Spruce up a bland room with trim details. Crown moulding and a plate rail divide the space, allowing for different treatments. Textured grass cloth above the rail adds warmth while the tone-on-tone zebra-print wallpaper jazzes up the lower section without being overpowering.

WALLPAPER, KRAVETCANADA.COM. BOOKCASE, QWAC.CA. WOODEN TOYS, STORE.KOLKID.CA. BOOKS, CHAPTERS.INDIGO.CA. BOXES, TENTHOUSANDVILLAGES.CA. VINTAGE TOYS, THE PAINTED TABLE, 416-915-7924. PLATE RAIL TRIM, BRENLO.COM. BASKET ON WALL, KIONDO.COM. BASKETS ON BOOKCASE, HOMESENSE.CA. GIRAFFES, SNOBSTUFF.COM.