

LIFESTYLE

Options



NEW BOOKS

Why you shouldn't buy your wife a fishing rod (and other practical tips for a successful relationship)

Review by ANNA VAN

IT MAY be your 50th wedding anniversary, but it might as well be your first, for all the aplomb you've shown in choosing that perfect gift for your wife.

If you're at all the typical male that Allan Pease writes about, you've most likely had the experience of purchasing a gift for your better half, only to be met with a less than thrilled reaction.

"So handy! So practical! If she was to give me something like this, I'd be delighted!" you thought to yourself.

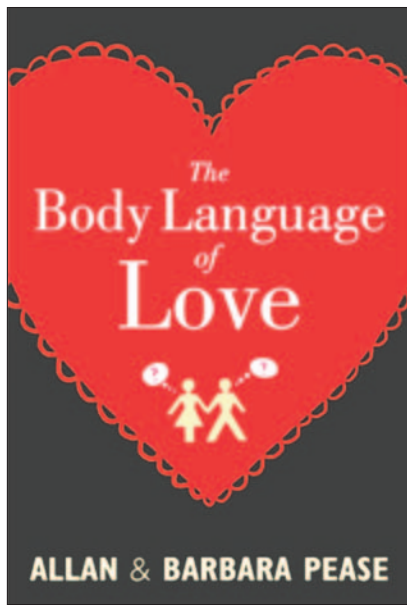
Sadly, the tears of joy you were hoping for were – quite frankly – closer to tears of dismay.

"Absolutely devastated," is how Allan describes a woman who received a gym membership from her husband for their first wedding anniversary.

This man had even consulted his mates before going ahead with the purchase: "They thought it was a great idea!"

"Fat", "unfit", and "not good enough" was how the woman felt she was being appraised.

This is just one example of the kind of behaviour that has had men and women scratching their heads and pondering the age-old



question, "What on earth was he/she thinking?"

The differences between the sexes is often referred to as a war, but Allan and his wife Barbara have spent the last 40 years dissecting and explaining human behaviour in an effort to ease the more common misunderstandings between men and women.

Between the two of them, they have written 15 books and sold over 25 million copies in more than 100 countries. No mean feat indeed, and so as soon as I get the chance I corner Allan with the million-dollar question: "What is the secret to a successful relationship?"

"Give your partner what they want, not what you want," he proffers.

"Relationships are successful when both parties have their basic needs met. Meet your partner's needs.

Men's needs are very different to those of women's. What women tend to do in long-term relationships is give the guy lots of what she would personally like – lots of talking, lots of going out to dinners – lots of women's stuff.

And the guy does exactly the same thing to her. He gives her a lot of what he wants – he buys her a fishing rod for Christmas!"

So why do men and women have such different needs?

Simple: it all boils down to our biology.

Allan explains that men have 10-20 times more testosterone than women, making them typically far more fired-up and driven than the "fairer sex".

In his view, the current generation of young people have been misled into believing that men and women are the same. While it is true that women can now bring in the "honey and the bacon", the sexes remain fundamentally different.

Simply consider the way men and women describe their spouses, Allan states.

When men talk about what they value most about their wives, they tend to talk in terms of "services": "She's great with the kids, great with the house..."

Women, on the other hand, will describe their men in terms of their characteristics: "He makes me laugh, cheers me up when I'm feeling down...it's all stuff to do with personal connection," Allan explains.

While Allan's message is nothing new for generations past, he believes that somewhere along the line, young people have become confused by the contemporary notion of "equality" and believe that men and women are supposedly the same.

"Humans have evolved over millions of years. Our basic biology has not changed. Our biology is driving us to want to do things that are out of sync with the modern view."

So as for our hapless husband who bought his wife a gym membership? Upon Allan's advice,

– Continued on page 27

FREE

We have 5 copies of "The Body Language of Love" to give away to lucky readers.

Each copy is valued at \$19.99.

For a chance to win one of these great prizes, simply print your name and address on the back of an envelope.

Send it to:

Body Language Giveaway
PO Box A2186
Sydney South NSW 1235

It must reach us by 30 April. The winners will be selected at random from among all of the entries received by the closing date.

SAFE – the action story of a little girl being rescued

Film review by ANNA VAN

IT'S TERRIBLE to imagine, but just for a moment consider this: the Russian Mafia have killed your one and only family – your wife.

If that's not horrific enough, they have also threatened to strike down anyone you happen to become friendly with.

If you're like Luke Wright (Jason Statham), you wander the streets of New York as a vagabond, avoiding as much human contact as possible.

One night, as he settles into bed at a homeless shelter, Luke is approached by a fellow itinerant who begs him for a pair of shoes.

It only takes one look at his poor fellow's bloodied, mangled feet for Luke to give up his sneakers.

Inevitably, his recipient fails to make it through the night alive.

On the other side of the world, Mei (Catherine Chan), a twelve year old maths prodigy, is discovered and abducted by the Chinese Triad. She is sent to America and forced to work for them by storing valuable data and codes in her memory.

When the Mafia discover Mei's purpose, they set their sights on capturing the young girl.

When Luke encounters Mei he is at the subway, dead to everything but his feelings of utter wretchedness. But when he sees that the terrified Chinese girl is on the run from the same Russian thugs who killed his wife, he realises that he must save her.

As the story unravels, it becomes clear that it's not only the Chinese and the Russians who have a criminal stronghold over the city; the police and government have played a part too.

What follows is a plan that Luke and Mei hatch to play off one group against each other in an attempt to secure the ultimate prize – freedom.

Generally speaking, *Safe* is an action film with plenty of heart-thumping car chases, bullet dodging and punch-ups. But at its core is the story of how one little girl, in being rescued, restores life and ultimately salvation to her rescuer.

Expect to be carried away, not only by the fast-paced action and thrilling stunts, but also by the emotional force that drives the film to its conclusion.

Safe will open in cinemas on 17 May.

LIFESTYLE Options

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Why you shouldn't buy your wife a fishing rod

(Continued from page 26)

he went out and bought a single rose and a card.

Allan insisted that he handwrite a message in the card declaring how much his wife meant to him. "But I'm no good with words," the husband protested.

With the help of his more lettered *female* colleagues, the husband was able to present his wife with a gift that more than made up for the gym membership.

And the lesson in all this? Give your wife something that she wants, and not necessarily something that would make you or your mates happy.

Allan and Barbara Pease's latest release is "The Body Language of Love" which delivers essential information on body language when looking for love, and tips on how to sustain a successful relationship.

FREE

We have 10 in-season passes worth \$34 to give away to lucky readers.

For a chance to win one of these passes, simply print your name and address on the back of an envelope.

Send it to:
Safe Giveaway
PO Box A2186
Sydney South, NSW 1235

It must reach us by 30 April. The winners will be selected at random from among all of the entries received by the closing date. Naturally, the decision of the judges is final.

COVER PHOTO

The cover photo shows Allan and Barbara Pease – authors of the new book "The Body Language Of Love".
See review by Anna Van on page 26

Lush No Drought Dry Shampoo

RRP: \$13.50

Lush's first ever dry shampoo is perfect if you just don't have time for a proper wash but need your hair to look and feel fresh. This powder will absorb grease from your hair and is scented with the uplifting fragrance of lemon, grapefruit and lime. Apply directly into the hair or onto your hands and work through. Run a quick brush through hair and no one will know the difference!



For further information and store locations, please call 1300 587 428 or visit www.lush.com.au

BIC Soleil Twilight Giving women silky smooth legs!

RRP: \$5.99

Beautiful legs start with a close, yet comfortable shave! The BIC® Soleil® Twilight™, the one-piece shaver features triple blades that glide easily over the body's contours, a curvy lavender-scented handle with a non-slip grip and lubricating strips containing lanolin and vitamin E to sooth the skin.

Each eye-catching pack of BIC® Soleil® Twilight™ has four translucent coloured shavers from pink through to purple to suit your mood!

BIC Soleil Twilight is available from major retailers and independents in Australia.



FREE

We have 20 packs of BIC® Soleil® Twilight™ shavers to give away to lucky readers.

For a chance to win a pack, simply print your name and address on the back of an envelope.

Send it to:

Bic Twilight Giveaway
PO Box A2186
Sydney South, NSW 1235

It must reach us by 30 April. The winners will be selected at random from among all of the entries received by the closing date. Naturally, the decision of the judges is final.

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• FASHION
with Beverly



Bic Comfort 3 Advance

Providing men with a smooth comfortable shave!

RRP: \$5.49

The shaver that follows your face contours for even greater precision! BIC® Comfort 3® Advance™, the triple blade shaver with pivoting head, to provide you with a close yet comfortable shave.



The textured handle is designed to suit your grip and provide even greater control, meaning that you put less pressure on your skin, resulting in less risk of nasty nicks and cuts. The double lubricating strip contains soothing Aloe Vera and Vitamin E to provide better glide and less irritation.

Each pack contains four blue-toned shavers for any man looking for a smooth and comfortable shave!

BIC Comfort 3 Advance is available from major retailers and independents in Australia.

FREE

We have 20 packs of BIC® Comfort 3® Advance™ shavers to give away to lucky readers.

For a chance to win a pack, simply print your name and address on the back of an envelope.

Send it to:

Bic Advance Giveaway
PO Box A2186
Sydney South, NSW 1235

It must reach us by 30 April. The winners will be selected at random from among all of the entries received by the closing date. Naturally, the decision of the judges is final.

Nature's Goodness Superbeet Formula Concentrate

RRP: \$24.95

Size: 500ml

Nature's Goodness Superbeet Formula Concentrate is a great tasting beetroot juice concentrate that also contains pomegranate juice and grapeseed extract. Beetroot juice is a potent source of Nitrate. High nitrate foods have been shown to improve blood circulation in many parts of the body, including brain, heart and muscle. Up to 15% improvement in memory and physical endurance was recorded in scientific trials. Beetroot juice is also high in Iron, Vitamins A and C, and Calcium. With all these positives, why not give Nature's Goodness Superbeet Formula a try today?



Nature's Goodness products are available in many health food and vitamin stores, fruit shops, pharmacies, supermarkets and other retail outlets across Australia. For further information please call (02) 4647 4227 or visit www.naturesgoodness.com.au

FREE

We have 4 bottles of Nature's Goodness Superbeet Formula Concentrate to give away to lucky winners.

For a chance to win one of these great prizes, simply print your name and address on the back of an envelope.

Send it to:

Nature's Goodness Giveaway
PO Box A2186
Sydney South, NSW 1235

It must reach us by 30 April. The winners will be selected at random from among all of the entries received by the closing date. Naturally, the decision of the judges is final.

UV Triplegard Everyday Sports SPF 30+ Powder Dry Formula

RRP: \$13.99
Size: 200ml

Planning on enjoying a few games of bowls? Any type of sports activity requires adequate and safe sun protection – even on overcast days. UV Triplegard Everyday Sports SPF 30+ Powder Dry Formula is a sunscreen that has been specifically formulated for the needs of those with an active lifestyle. It is fragrance-free, water resistant for up to 4 hours and provides broad spectrum SPF 30+ coverage which ensures skin is duly protected while outdoors. Best of all, it applies without the stickiness and greasiness traditionally associated with other broad-spectrum sun creams and dries to a soft powder dry finish.

The UV Triplegard Everyday Sports Suncare range is available nationwide in all key pharmacies and supermarkets nationally.



Slimmies by Quickslim

RRP: \$39.95
Size: 30 individually wrapped single serve chocolates

Have your chocolate and lose weight too? No, this isn't a fairytale – Slimmies is the first chocolate in Australia containing ingredients clinically proven to assist in weight loss! The key ingredient in Slimmies is glucomannan, the all natural super-fibre which swells up to 50 times its original volume, taking up space in your stomach and automatically turning off your hunger switch. In addition to staving off hunger, the glucomannan in Slimmies helps to block your body from absorbing unwanted fats, while reducing cholesterol and supplementing daily fibre intake.

You get all these benefits by just eating delicious milk chocolate! For best results, one serving of Slimmies should be taken three times per day 30-60 minutes before main meals.

Slimmies is available exclusively through Priceline stores around Australia or online at www.slimmies.com.au. For further information please visit their website or call 1300 335 477.



What to Get Mum this Mother's Day 13 May

If Mum is Queen of the Kitchen...

Possum Pie, Beetroot Beer & Lamingtons

By Victoria Heywood – RRP: \$25

"Possum Pie, Beetroot Beer and Lamingtons" brings together around 500 lost recipes from the Australia of yesterday, gathered from farmhouse attics, dusty archives, long-defunct magazines and newspapers, family bookshelves, private and state collections. Beautifully designed with a nostalgic feel and illustrated with advertisements of the day, it brings to life what we ate when – from the days of early settlement, through two World Wars, The Great Depression and days of rationing right up to the 1950s. Sprinkled with hilarious advice from the time, "Possum Pie, Beetroot Beer and Lamingtons" pulls some marvellous old recipes out of oblivion. If Mum loves nothing more than an old-fashioned recipe then Victoria Heywood's "Possum Pie, Beetroot Beer and Lamingtons" will tickle her fancy this Mother's Day. Pomposity Pudding, anyone?



Anjian "Huggers" Salt and Pepper Shakers

RRP \$10.00

Made from ceramic and in high gloss finish, this pair of "Huggers" is a cute couple to have on the table to remind us that we all love a hug sometimes... especially from Mum!

The "Huggers" are 8.5 cm tall and come in either black and white or black and red.

The Anjian gift and homewares range is available at specialty retailers. For further information and stockists please call 03 9544 9918 or visit their website www.anjian.com.au



Banana Bag

RRP: \$9.95

Are you – and Mum – tired of having your bananas go ripe too quickly? Now there's a revolutionary way to extend the life of this previous yellow commodity, the Banana Bag. The refrigerated banana bag provides bananas with the exact amount of insulation and air needed to stop the flesh over-ripening, while keeping the skin warm enough to prevent it from blackening. This process can extend the life of the banana for up to two weeks. By eliminating wastage, this little yellow bag will have paid for itself in no time at all! Available from www.bananabag.com.au



FREE

We have 4 sets of Anjian "Huggers" in black and red to give away to lucky readers.

For a chance to win one of these great prizes, simply print your name and address on the back of an envelope.

Send it to:

Huggers Giveaway
PO Box A2186
Sydney South, NSW 1235

It must reach us by 30 April. The winners will be selected at random from among all of the entries received by the closing date. Naturally, the decision of the judges is final.

FREE

We have 3 Banana Bags to give away to lucky readers.

For a chance to win one of these great prizes, simply print your name and address on the back of an envelope.

Send it to:

Banana Bag Giveaway
PO Box A2186
Sydney South, NSW 1235

It must reach us by 30 April. The winners will be selected at random from among all of the entries received by the closing date. Naturally, the decision of the judges is final.

If Mum loves to look and feel good...

Hush Puppies Tamarin Shoes

RRP: \$129.95



For mothers who struggle to find

fashion-forward footwear comfortable enough to wear all day, the heavenly Hush Puppies Tamarin flats are the answer. Available in a range of colours, Hush Puppies are crafted from high-quality suede and feature a flexible rubber outsole to maintain grip and promote natural movement.

Hush Puppies are available at Shoe Superstore. For further information please call 1300 996 077 or visit <www.shoesuperstore.com.au>

Kambrook Sugar & Spice Doughnut Maker

RRP: \$34.95

Kambrook has introduced a fun and colourful range of small appliances, designed for families to enjoy making special treats together. Perfect



for entertaining, the Sugar & Spice Doughnut Maker makes six light and fluffy doughnuts in one go. Simply add the mixture into each of the six holes, close the lid and after three minutes enjoy fresh, warm doughnuts. No more messy oil splatters while making doughnuts? This will surely make Mum very happy!

Kambrook is available at all major retailers around Australia. For further information please call 1300 139 798 or visit <www.kambrook.com.au>

FREE

We have 1 Kambrook Sugar & Spice Doughnut Maker to give away to a lucky reader.

For a chance to win simply print your name and address on the back of an envelope.

Send it to:

**Kambrook Giveaway
PO Box A2186
Sydney South, NSW 1235**

It must reach us by 30 April. The winners will be selected at random from among all of the entries received by the closing date. Naturally, the decision of the judges is final.

Dr. LeWinn's Ultra R4 Restorative Cream SPF 15

RRP: \$74.95

Size: 50g



Dr. LeWinn's skincare is about quality and understanding women's needs. Dr. LeWinn's Ultra R4 Restorative Cream SPF 15 helps smooth skin while protecting it from UV rays and external environmental factors. It contains pomegranate, known for its moisturising and anti-oxidant properties and a peptides to stimulate collagen and elastin synthesis. Restore the radiance in mum's skin this Mother's Day with Dr. LeWinn's!

Dr. LeWinn's is available at Myer, David Jones, Priceline and Pharmacy stores. For further information please call 1800 630 056 or visit <www.drlewinns.com>

If Mum enjoys her scents....

Circa Home Classic Candles

RRP: \$29.95

Circa Home Natural Wax candles are hand



crafted in Australia using high quality fragrances and oils and contain natural ingredients. All of their candles are made with non-toxic wax and lead-free cotton wicks.

Their Classic range of candles comes in eight delightful scents and have up to 45 hours burn time. The unique double wick system ensures candles burn evenly to the bottom of the jar.

Not sure which one to pick for mum? Our favourites are Vanilla Bean and All Spice and Pear and Lime for taking us on an aromatic journey to sun drenched fruit orchards and country home life.

The Circa Home range of products is available nationally at Bed Bath N' Table and selected gift and homewares stores.

- HEALTH
- BEAUTY
- FASHION

with Beverly

Essential Stuff Pomegranate & Lemon Fusion Body Wash

RRP: \$23.70

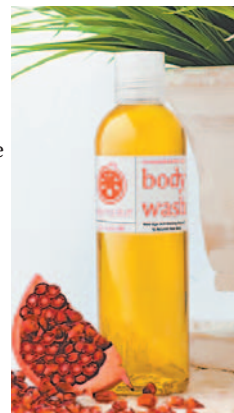
Size: 250ml

Essential Stuff is the world's first naturally based range of skincare products featuring the super fruit pomegranate.

Pomegranate is extremely moisturising and works to revitalise dull or mature skin and is soothing to dry, irritated sunburned skin.

With a touch of sweet and exotic jasmine fragrances, this rich and gentle wash is enriched with aloe vera and the wonders of pomegranate to hydrate Mum's skin and protect against ageing.

Essential Stuff products are available at fine natural product and beauty stores throughout Australia or may be ordered directly from their website <www.essentialstuff.com.au>



FREE

We have 2 Essential Stuff Pomegranate and Lemon Fusion Body Washes to give away to lucky readers.

For a chance to win one of these great prizes, simply print your name and address on the back of an envelope.

Send it to:

**Essential Stuff Giveaway
PO Box A2186
Sydney South, NSW 1235**

It must reach us by 30 April. The winners will be selected at random from among all of the entries received by the closing date. Naturally, the decision of the judges is final.

If Mum loves her crafts...

"Make Hey! While the Sun Shines"

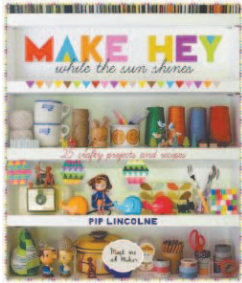
By Pip Lincolne

RRP: \$45.00

In "Make Hey! While the Sun Shines", Pip Lincolne shows readers 20 gorgeous things to make. There are bike

seat covers made from vintage fabric, crocheted baubles to decorate the house (or car!), hand-printed gift bags and pretty decals to customise plates or mugs. More adventurous crafters might like to try the deer quilt or the handy bottle tote to store drinks when heading out for the day. Making Hey isn't just about sewing and craft though - there are also 5 pull-out recipe cards with delicious treats to take on a picnic or simply enjoy at home.

All of the projects come with step-by-step instructions and illustrations, the book is beautifully presented and bound in hardcover. Make Hey! While the Sun Shines is perfect for the Mother who is interested in handmaking gorgeous things.



If Mum has a green thumb...

Yates' Garden Guide (43rd edition)

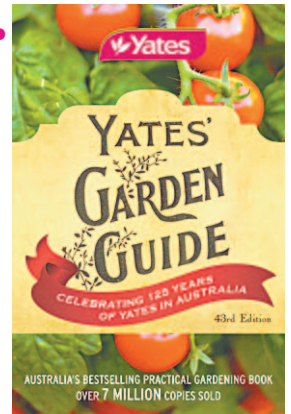
RRP: \$39.99

This special anniversary edition features a pictorial history of Yates in Australia and a new chapter about changes in garden design over the last century, to inspire heritage traditions in the modern garden.

Fully illustrated and with details of over 1000 plant species, this book contains everything you need to know about growing trees, shrubs, vines, flowers, vegetables, herbs and fruit.

Handy hints from Australia's leading gardeners will save you time and money and brand-new problem-solving charts will help you identify and deal with pests and diseases.

Chapters on designing and preparing a range of garden styles including organic, low-allergen and water-saving gardens, along with container gardens for courtyards and balconies, make this the essential companion for all Australian gardeners.



• HEALTH
• BEAUTY
• FASHION
with Beverly

FREE

We have 3 copies of Yates' Garden Guide to give away to lucky readers.

For a chance to win a copy, simply print your name and address on the back of an envelope.

Send it to:

Yates Giveaway
PO Box A2186
Sydney South, NSW 1235

It must reach us by 30 April. The winners will be selected at random from among all of the entries received by the closing date. Naturally, the decision of the judges is final.

TRICIA'S MAKEUP TIPS

Choosing a foundation

Choosing a new foundation can be a daunting experience as there are so many colours and types available. But if you break the process down into key areas and steps rest assured you will choose correctly.

First you need to think about your **skin type** - dry skin will benefit from an oil based cream or liquid foundation with added moisturiser. If your skin is oily the opposite is true - a powder or oil-free liquid foundation will suit your skin.

Next you need to decide how much **coverage** you need from your foundation. If you want a very light daywear foundation a tinted moisturiser with an added SPF will be fine. But if you need a heavier coverage for day or night you may need a cream foundation.

When **choosing a shade** you

should always try the foundation on your face. Never pick a colour by eye from the shelf or assume you have picked the right colour because it is the name of the shade 'you always buy': different manufacturers will have different colour formulations. In addition, your skin pigment can change regularly due to age, environment, season and hormones.

Pick three shades of foundation that you think will most closely suit your skin and apply a small amount of each on your cheek and jaw line. If possible look at the foundation on your skin in natural light as store lighting can distort colours.

When you have decided of the three which colour 'disappears' on your skin you have found the correct shade. When you are wearing the correct colour for your skin you should not be able to tell you are wearing any foundation.

Extra tips

- When shopping for a foundation ensure your face is makeup-free so you can test the new shades properly.
- If you cannot try the foundation on your face test it on the inside of your wrist not the back of your hand as the skin in the inside of your wrist most closely matches the skin on your face.
- When you have decided on a shade ask the sales assistant to apply it all over your face and take a short walk. All foundations will settle differently within a few minutes and this can change their appearance slightly.
- Always ask the sales assistant to use hygienic testers on your face rather than testers that are on the shelf as the latter may harbour bacteria.



Hypol gives winter health a helping hand for families

By CARLA COULSTON

IT'S time to unpack the footy scarves and stock up on marshmallows... but one of the not-so-fun things the cooler weather brings are those inevitable bugs and viruses.

Faster than a pie cooling on a frosty morning, kids start straggling home with sniffles, coughs and runny noses – which they helpfully pass on to the rest of the family.

As soon as one wheely bin full of tissues is emptied, the next cold seems just around the corner.

So what can you do to help your family enjoy this winter in better health?

Good hygiene is important, and so is ensuring your children have the optimum nutrition they need to help keep their little immune systems strong.

Cherry Hypol is a nutritious supplement that can help reduce the severity and duration of colds, bronchitis and respiratory infections.

Packed with essential Omega-3 DHA fatty acids (often lacking in kids' diets), Vitamins A, Vitamin D and minerals, Cherry Hypol is an

IS IT A COLD OR THE FLU?		
SYMPTOMS	COLD	FLU
Fever	Rare	Characteristic, high (38°C or over) lasts 3-4 days
Headache	Rare	Prominent
General Aches, Pains	Slight	Usual, often severe
Fatigue, Weakness	Quite mild	Can last up to 2-3 weeks
Extreme exhaustion	Never	Early and prominent
Stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, Cough	Mild to moderate, hacking cough	Common, can be severe
Complications	Sinus congestion or ear ache	Bronchitis, pneumonia, can be life threatening
Prevention	Immune boosters, good hygiene	Annual vaccination available
Solution	Temporary relief of symptoms (eg humidification)	Medical treatment available if early

invaluable source of nutrition for growing children.

The formula also contains the renowned Chinese herb Astragalus, traditionally used for those with poor resistance to colds; plus Zinc, which provides immune support and may help shorten colds.

Research suggests some babies and children, especially in our 'Sun-safe' society, may have inadequate levels of Vitamin D in their diet.

A dose of Hypol a day (especially in months with less sunlight) can help address the balance, giving them a boost of this important vitamin.

Vitamin D helps assist the absorption of calcium for strong, growing bones.

Delicious and in an easy-to-take liquid formula, even fussy eaters will enjoy "Hypol time".

So make sure you're prepared this footy season with the best tip for health and wellbeing – Hypol!

Hypol is available in Original and Cherry flavour from pharmacies.

FREE

We have 8 Hypol 'Keep Cozy' Packs to give away to lucky readers.

Each pack is valued at \$70 and includes:

- Fluffy, microwavable "Hot Boots" slippers.
- Polar fleece scarf.

Note: prize does not include Hypol supplement.

For a chance to win one of these great prizes, simply print your name and address on the back of an envelope.



Send it to:
Hypol Giveaway
PO Box A2186
Sydney South NSW 1235

It must reach us by 30 April. The winners will be selected at random from among all of the entries received by the closing date. Naturally, the decision of the judges is final.

LEGACY

*still needs
your help*

*Please send donations to your nearest
Legacy office.*