

# Enjoy a stress-free holiday season

Here are a few pointers to help make this holiday season as stress-free as possible:

- ★ **Take it easy**  
Don't do it all yourself. Let your whole family help. Sharing tasks at Christmas lets everyone feel like part of the fun.
- ★ Don't compare yourself with others. There will always be a friend or relative who can do or give more.

★ Don't overspend. It's easy to do during the holidays. Remember, when you spend more than you can afford, repayment makes the next year stressful too!

★ Don't worry about all the little things you need to do. Some things can wait - laundry, vacuuming, your diet, etc.

**Holiday tips and timesavers**  
★ Make untrimming the

tree an occasion for everyone. Pick one day and have an untrimming party. Finish the day with games or dinner - make it fun!

★ Keep Christmas cards together and keep in touch with someone each week with a card or letter.

★ Keep holiday plans simple so you can get more enjoyment from the season.

★ Be sure to include an

RSVP on invitations to enable you to gauge supplies and avoid last minute shortages.

★ Take an hour to relax and get yourself ready for the party.

★ Free yourself from serving drinks with a self-service bar. Plan on one pound of ice per person and place beverages, glasses and napkins on top of the table. Extra supplies can be kept under the table so

guests can help themselves.

★ Find helpers (family, friends, kids) to help pick up during the party. Or, hire a helper to serve, pour and clean.

★ When guests offer to bring food and other items, let them!

★ Candles placed in safe places provide atmosphere as well as fragrance.

**Quick cooking**

★ Use cookie cutters to shape party sandwiches.

★ Make a Christmas tree pizza by forming dough into the shape of a tree and decorating with pepperoni, black olives and yellow or green sweet pepper.

★ Top mini cheesecakes with fruit preserves, nuts or chocolate. Place vanilla wafers in foil cups in a muffin tin. Mix two eight-ounce packages of softened cream cheese with one teaspoon vanilla and one half cup sugar. Add two beaten eggs and pour over wafers. Bake at 325 degrees for 24 minutes. Chill and top for a quick and delicious dessert.

## Gifts from the kitchen are sure to please!

Special gifts from the kitchen - whether for friends or for the bazaar - deserve extra special packaging. Here are some easy ways to add pizzazz to your holiday offerings.

★ Fill and tie festive food bags with pretty ribbon and add pinecones, dried flowers or Christmas baubles.

★ Line an inexpensive purchased basket with tissue paper, or with florist's moss or shavings, and fill with treats. Over-wrap with plastic wrap and tissue, or colored cellophane (available at craft shops).

★ Personalize cookie and coffee tins with wrapping paper, bows, spray paint or stickers.

★ Look for inexpensive reusable containers, such as large new canning jars for cookies and mixes, or pretty bowls or mugs for truffles and fudge.

## Last minute Christmas Wish list...

Christmas is just one week away! Have you done your Christmas shopping yet? Have you even started?

Regardless of how many names have been crossed off your Christmas list, you'll find exactly what you need at the Bridle Post Shopping Centre! To get you started, here are a few suggestions for the loved ones on your gift list:

✓ For that special gentleman, visit Agnello's. He's sure to love any of the shirts, sweaters or accessories in stock. Or wrap up a gift certificate for a custom-tailored suit!

✓ Experience the ambience of Europe right here in Unionville! By giving a gift certificate from Riva Restaurant & Wine Bar, you're giving much more than a meal - you're giving the experience of dining in an Italian villa in Portofino. Magnifico!

✓ Don't forget to order your ham and turkey from Village Grocer for the festive season - they're second to none!

✓ The Coffee Loft is chock-full of unique gift ideas. For the video buff, how about popcorn and a variety of seasonings wrapped up in a large pottery popcorn bowl? Tuck a selection of gourmet food items into a silver basket, or an imported tin shaped like a double-decker bus. There are espresso makers, exotic coffees and teas, ROM reproduction glassware, candles...

✓ Pamper that special lady and give her a gift certificate for a luxurious makeover from New Wave. She deserves it! And to go with the new 'do, why not wrap up a new outfit?

✓ At Xcentricities, choose from a wonderful selection of clothing from Canadian designers, jewellery in bronze and pewter - the latest trend - and a gorgeous line of Austrian lingerie.

✓ Everyone appreciates a good book - and Reading Rainbow Bookshop is full of the best in children's literature! Pick up an award-winning picture book, a colorful and informative book about dinosaurs, a cloth book for the tiny tot on your list...

Good luck and, from all the merchants, have a very Merry Christmas!



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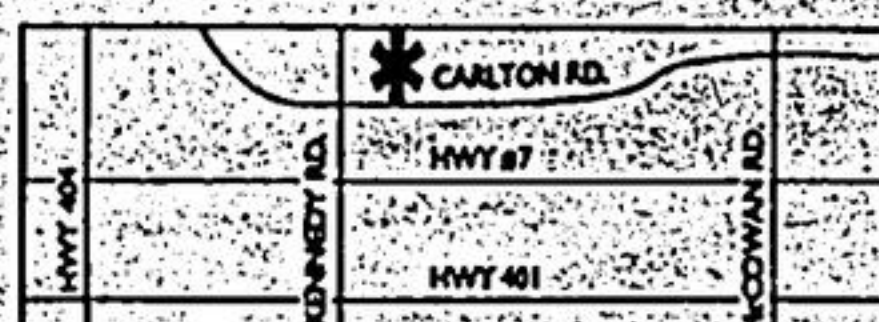
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