

LEADING SPAS OF CANADA

spa lifestyle & fashion boutique INC.

Where Relaxation
& Contemporary
Ladie's Fashion
Meet



Luxurious Spa Experience
View our service menu at
spalifestylefashionboutique.ca

SpaLifestyle & Fashion Boutique
2001 Henderson Hwy | 661-6111
www.spalifestylefashionboutique.ca

PARIS
COLLINS
G.M.

rituals

IN HAIR AND SKIN

...for all your daily rituals

we proudly carry ...
Aveda, Schwarzkopf, MOP,
Kore, Kiss Me Mascara, Yonka, Oxygen,
& Rituals Skin & Body products,
Handbags and Jewelry for every occasion.

100-701 pembina hwy.
phone 452.1182

www.ritualsinhairandskin.ca

On the BOOKSHELF

by Quentin Mills-Fenn

Mystery Queen Agatha Christie has sold approximately four billion books. Her natural storytelling gifts come alive with **An Autobiography** (Harper), first published in 1977. A charming portrait of a fortunate life, it opens with the words "One of the luckiest things that can happen to you in life is to have a happy childhood." Who could argue with that? Growing up in a late-Victorian household, young Agatha didn't have much in the way of education and is most humble about her accidental career. She discreetly sidesteps awkward incidents like her mysterious disappearance during the break-up of her first marriage. Later she married an archaeologist and accompanied him on his digs in the Middle East, enjoying breakfast in Baghdad. The book is packed with stories that will have you chuckling out loud. A complete pleasure, this new edition includes a CD with Christie dictating the book.



Elizabeth Bowes Lyon smiled and waved and charmed people for 100 years, everyone from sheep farmers in the Australian Outback to her in-laws, who happened to be King George V and Queen Mary. For young Elizabeth married Prince Bertie, later George VI. **Queen Elizabeth The Queen Mother** (Harper Collins), by William Shawcross, is fascinating and exhaustive. It's the officially commissioned biography so don't expect a Kitty Kelley-style rip. Still, you do get a picture of what the woman was like. Pregnant with the future Queen Elizabeth, the Duchess of Kent, as she then was, lost her taste for alcohol. "It will be a tragedy if I never recover my drinking powers," she writes, to which her biographer adds, "She need not have worried."



Tom Jokinen has a Finnish background, and he writes that there's nothing a Finn likes more than imagining his own funeral. Towards that end, Jokinen gave up his job with CBC radio in Winnipeg and took an apprenticeship with the family-owned funeral home run by the late Neil Bardal. There, Jokinen comforted the grieving, drove the hearse, and carried spare dirt for graveside sprinkling. He learned about chemicals, how to sift ash, and the importance of purple lipstick. He writes about his experiences in **Curtains: Adventures of an Undertaker-in-Training** (Random House Canada). As Jokinen writes, funerals are a big business, and a changing one too, as tradition and rituals give way to informal life celebrations and novelty urns. Jokinen describes an industry trying, if not always succeeding, to help people move from confusion to clarity, and professionals willing to listen to the grieving.

