

Your time



* Recipes * Comics
* Puzzles * Crosswords

TOMORROW
LIFESTYLE
The dirt
on hand
sanitisers

FIVE WAYS TO ... NOT LET YOUR MOBILE PHONE RULE YOUR LIFE

GIVE IT A REST

1 Switch it off for an hour or two every day. Just like a relationship, you may need a little distance.

BE PATIENT

2 Don't stress if you don't receive a reply. People are often too busy to check their phones.

KEEP IT SIMPLE

3 Limit the content. Don't put your entire life into a small device. Imagine if it gets lost!

PUT IT AWAY

4 Hide it. When you're out with friends or family, keep your phone away from your hands.

DON'T FRET

5 Don't feel lost without it. Remember, if you leave it at home, there are other ways to communicate.

Spot on for style

SHOPPING

Caroline Jones

POLKA dots in every colour and size are a sure bet in the fashion stakes this spring racing season.

Fashion experts are gushing about the range of dresses — on any budget — starring the classic spot pattern.

"Spring racing outfits this season are loads of fun with plenty of colour," says online retailer Rebecca Lau, whose store GOSHcelebrity.com.au has dressed celebrities including model Lara Bingle and television presenter Socia Kruger.

"This is the time when you're allowed to clash colours, and polka dots always add femininity with a touch of fun."

Chris Hyatt's director Cindy Newstead co-ordinated this story's fashion shoot, which features model Susan L. Hunter wearing a My Beauty cream with navy spot dress (\$589). Talk of the Town clutch bag (\$129), Quietly Judging You navy hat (\$89), with attached hot pink flower bomb (\$69), and Play house navy shoes (\$289). All items are from the Alannah Hill boutique at Chadstone Shopping Centre.

"Big trends in spring racing fashion this year include block colours, spots and stripes, bold brights, graphic prints, soft florals in brights and nudes and navy is definitely the season's 'black' in almost everything," personal stylist Newstead says.

Look good for under \$100

Newstead recommends a woman with \$100 to spend on

her entire racing outfit looks at fashion shop Forever New or considers revamping an existing dress with some new accessories.

"If you have a plain block-colour dress in, for example, red, bring in some coloured accessories to give the outfit a completely new look," she says.

"Try adding new shoes and matching hat and belt to jazz up a simple dress."

The must-have track accessory

A statement bag will rejuvenate any outfit, Newstead says. Try a bag in tan, mustard or a bright pop colour if feeling adventurous.

"Definitely invest in a great bag; a good-quality bag will make jeans and a T-shirt look great and add wear to an outfit."

Avoid racegoer fashion crimes

"As a stylist, I always recommend comfortable shoes as there is nothing worse than bare feet at the races to turn an elegant look into trashy," Newstead warns.

She says wedges are an excellent option this season and are available in a range of colours.

"Or try a platform, but wear your new shoes around the house well before the big day and/or have them stretched if they are uncomfortable," she says.

Another consideration is having a fashion "back-up plan" should the weather not cooperate.

"If the weather turns cold, do you have a blazer you can wear over the top of your dress, and can a belt be worn over the blazer to style it up?"



Share your world with us

Got a new addition to the family, kids who make you laugh or cry, a partner who just makes you scratch your head, a pet you adore, or a wedding to celebrate?

Please share your stories and photographs with us at yourtime@heraldsun.com.au



Check out these sales

- Leona Edmiston:** Up to 75 per cent off dress collections from today until Wednesday. The discounts, available at Leona Edmiston Boutiques, Myer and online, include Ruby dresses from \$50 and Signature frocks from \$100. Visit www.leonaedmiston.com
- eco d boutiques:** Local and international designer pieces (2011 and sample stock) discounted by up to 70 per cent in a basement sale today and tomorrow. Labels include Jolita, Flare, Old Molly, American Vintage, Desigual, Chae, OOP, Queen L and Hudson. Enter via the shop at 1064 High St, Armadale. Visit www.ecod.com.au
- Creek:** Some styles up to 30 per cent off at 79 Bridge Rd, Richmond. Source: mccpconfidential.com.au



QUIZ MASTER

1 POINT

- A green crocodile is the symbol of which French fashion label?
- Scarlett O'Hara is a central character in which book and film of the same name?
- The so-called Y2K bug was expected to cripple computer systems at midnight on December 31 of which year?
- How many sides in the then VFL, did Mick Matheson represent in his playing days?
- Which 2004 romantic comedy starred Indian-born Miss World winner Ashwarya Rai (above) in the female lead?

2 POINTS

- According to Ogden Nash, "Candy is dandy, but liquor is —"?
- In US politics, what do the letters ERA denote?
- Beginning with T, what is the medical term for a ringing in the ears?
- Which former Australian Test cricketer presented Shaun Marsh with his baggy green when he made his Test debut?
- Which city was terrorised by Jack the Ripper?

3 POINTS

- Which country hosted last month's Miss Universe for the first time in the contest's 60-year history?
- By what name is the late Chinese politician Songing May-ling best remembered?
- In July this year, which US pianist, composer and band leader was appointed a UNICEF Goodwill Ambassador?
- How many terms did Helen Clark serve as Prime Minister of New Zealand?
- Major Walter Dighton Wingfield is regarded as the person who popularised which sport?

WHO AM I?

- 6 points** I was born on April 25, 1961, in Pomona, California.
- 5 points** At 11, I won a competition with a first prize of free acting lessons and I also appeared in two national TV ads for Nintendo and JC Penney.
- 4 points** I took legal action against Playboy for using my image on the cover of a 2006 issue.
- 3 points** I played the female lead in the 1999 film *Idle Hands* before being cast by James Cameron in the TV series *Dark Angel*.
- 2 points** I famously declared: "I'll never do a nude scene. I can act sexy and wear sexy clothes, but I can't go naked".
- 1 point** I am Jessica —

SO, WHAT'S YOUR SCORE?

- 0-9 Hit the books
10-19 Getting there
20-29 No dummy
30-36 Quiz-a-riffic



READER QUESTION

From George K. Williams@news

In which US city was the hit TV series *Married With Children* set?

To send in your question, SMS to 1900 12345 (cost 55c for Legion Interactive) or email quizmaster@heraldsun.com.au

QUIZ ANSWERS
1. Louis Vuitton
2. Gone with the Wind
3. 2000
4. 12
5. London
6. USA
7. 1980
8. 1
9. 1999
10. 1
11. China
12. Mao Zedong
13. Duke Ellington
14. 3
15. Golf
16. Jessica Alba
17. 1999
18. 1
19. 1
20. 1
21. 1
22. 1
23. 1
24. 1
25. 1
26. 1
27. 1
28. 1
29. 1
30. 1
31. 1
32. 1
33. 1
34. 1
35. 1
36. 1