



**HOW DOES COFFEE GET ITS FLAVOUR?**

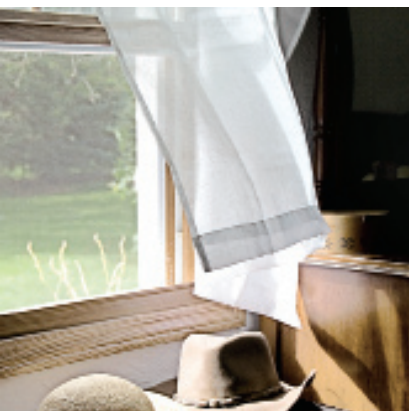
Coffee's taste is a combination of the flavours and intensity found in each blend. The intensity is determined mostly by its roast: the darker the coffee, the more intense the taste. As for flavours, they are built upon the natural characteristics of the bean through such factors as cultivation methods, origin and *terroir*.

How about you? Are you velvety and fruity? Or are you bold and woody? Discover your coffee profile on Facebook or at [mymasterroaster.com](http://mymasterroaster.com).

– Marie-Claude Dessureault,  
director, coffee expertise, Van Houtte

**KEEP IT COOL AND SAVE ENERGY, TOO**

- Draw the curtains or pull down the shades on windows during sunny days; this way the air conditioner won't have to work so hard.
- If there's a breeze, open the windows and use fans; again, you'll save some money by not cranking up the air conditioner.
  - Caulking and weather stripping is not just for wintertime – it will help to keep the cool air in during the summer.
  - Plant trees or shrubs to shade your air conditioning unit (but don't block airflow). A shaded unit uses less electricity.



**CANDLELIGHT, NATURALLY**

It doesn't get much better than candlelight evenings alfresco. And if you love citrusy scents and the calming effects of soothing herbs, you'll love PartyLite Canada's aromatherapy soy candles with lead-free wicks and natural fragrances. For more info, visit [partylite.ca](http://partylite.ca).



**Blog of the Month**

Get in the spirit of Father's Day by enjoying the heartwarming and hilarious blog *Distracted Daddy* ([distracteddaddy.com](http://distracteddaddy.com)). This Toronto-based working dad, who prefers to remain anonymous, shares the delights of daily life with his toddler daughter and busy wife. From day care to diapers, you'll identify with his parenting disasters, be inspired by his reflections on parenting and chuckle at product reviews when he attempts to make sense of his daughter's playthings.

PHOTOGRAPHY: PHOTOS.COM/THINKSTOCK (COFFEE); RYAN BROOK/TRANSCONTINENTAL INTERACTIVE (CANDLES); THINKSTOCK