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THAT FIT
MAKEUP THAT
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READING GLASSES
THAT ROCK

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can be...sexy!

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When doctors
do little Page 125

Jamie Lee
Curtis at 50
celebrating
the F-word
(No, not that one)

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HOW TO DITCH THOSE POUNDS FOR GOOD



TAL TALES

A fresh
take on the
business of
being vegetarian

By BONNY REICHERT

Ruth Tal doesn't look like much of a rebel. When I sit down with her in a booth at her lively restaurant, Fresh on Bloor, she is dressed in a well-cut jersey top, leggings and boots. Her long chestnut hair curls around her face and shoulders, her olive skin glows faintly, and when she speaks, her voice is soft and warm. The overall effect is so pretty and feminine that it's easy to miss Tal's edge. Her power. ♣ But a will of steel is actually one of Tal's trademarks — one that has carried her through unpopular choices, difficult relationships and too many 80-hour workweeks to count.

Today, the 43-year-old owns and operates a trio of award-winning vegetarian restaurants in Toronto — all called Fresh — based on a concept she single-handedly, and single-mindedly, pioneered. Along the way, Tal has brought in three partners, but



MEGA LIFE SALAD

This main-course salad is highly satisfying and filling. The steamed spinach and marinated tofu clinch it (recipe, page 114).