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# Woman's Weekly

7 June 2022

**What to eat to**

## BOOST YOUR HEALTH

- ✓ Pain-free joints
- ✓ Stronger bones
- ✓ More energy



**Lesley Garrett**

Her Majesty always  
makes me laugh with her  
wicked sense of humour!



The weird and  
wonderful presents  
given to the Queen



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# Hello!

## A Yorkshire delight

It was while my wife was pregnant with our first child that we decided to have a winter break in Wharfedale, in the Yorkshire Dales. Two things stood out for us on that trip. Firstly the icy, but amazing, drive over the top of the moors from Kettlewell to Wensleydale, and secondly, our visit to nearby Harrogate on the way home. I've been back many times since, but for both of us, it was our first time in that stylish spa town and we loved it, as we wandered and shopped, before ending up in the wonderful Bettys Cafe Tea Rooms for the best Welsh rarebit I've ever eaten. For more about Harrogate, have a look at page 38.

**Geoff**

Editor

geoffrey.palmer@futurenet.com

## 3 of the best... sunglasses to suit your face shape



### ROUND FACE

Angular designs make your face appear longer and add definition.  
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PAY LESS THAN IN THE SHOPS!

# Good to SHARE

Inspiring woman, the power of nature and 101 Dalmatians

From us to you

## Natural healing

A recent study\* has shown that listening to the sounds of nature can improve mental wellbeing. Over 7,500 people took part in the study for the BBC podcast sci-fi thriller series, *Forest 404*, which is set in a world without nature in the 24th century. Birdsong, rain and breaking waves were played to participants, and were seen to ease stress and fatigue. When the sounds stopped, the effects reduced. Nature really is our best doctor.

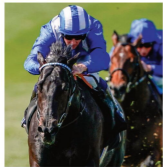
## HOLD YOUR HORSES

Champing at the bit to dress up? The new Champagne Lawn Race Day Experience at Newmarket is on from 18 June to 26 August. Get a behind-the-scenes tour of the famous Suffolk racecourse and a guide to spotting potential winners – well, in theory anyway! View all the action from the Champion's Lawn with access to the Premier enclosure, from £65 per person.



DID YOU KNOW?

**Removing the lids from your bottles and jars for recycling isn't helpful, as anything smaller than a tennis ball can't be sorted and recycled effectively. Find out more in *The Rubbish Book: A Complete Guide to Recycling* by James Piper (£9.99, Unbound).**



## On this day in history

On 7 June 1929, Margaret Bondfield became UK's first woman cabinet minister. At 14, she trained as a draper's assistant, before becoming a shop assistant in London. Working 80-100 hours a week for poor pay, Bondfield joined a union and revealed the conditions in the *Daily Chronicle* newspaper. With the Women's Co-operative Guild, she won a landmark living wage for women shopworkers, and became the first female chair of the General Council of the TUC.

## Puppy (puppet) love

Treat yourself and a lucky child to the world premiere of the *101 Dalmatians* musical. Adapted from the novel by Dodie Smith, the show features award-winning Kate Fleetwood as iconic villain Cruella de Vil, and uses puppets to bring our canine heroes to life. It's on at Regent's Park Open Air Theatre from 12 July to 28 August. Book tickets at [openairtheatre.com](http://openairtheatre.com)



## GROW YOUR OWN

Cut supermarket bills by growing your own food – you don't have to have a big space outside. You can grow cress in a kitchen towel; potatoes in a 10ltr pot or carrots in a bucket; or cherry tomatoes draped over a balcony grown in a repurposed plastic milk carton. In fact, almost any small salad crop in a carton – radishes, lettuces, spring onions, sweet peppers and cucumbers. Author and Twitter sensation Gerald Stratford has plenty of green tips!



## Terrible Tudors

*The Tudors: Passion, Power and Politics* is on at Liverpool's Walker Art Gallery until 29 August. It covers the period of the five Tudor monarchs, Henry VII and Henry VIII (above), Edward VI, Mary I and Elizabeth I. It includes the Bacton Altar Cloth (a dress), thought to be the only surviving example of Elizabeth I's clothing. Book tickets at [liverpoolmuseums.org.uk](http://liverpoolmuseums.org.uk)



## High fashion

A recent survey\*\* reveals that the most valuable era in women's clothing on vintage sale websites is the 1940s. The most expensive clothing category from the era is trousers, with one pair costing around £225.

## NATURE NOTES

Geese see objects in fine detail two-and-a-half to three times further away than humans, and in a broader spectrum of colours. Geese also have predominantly monocular vision (humans' is binocular), controlling each eye independently!



## 3 Jobs to do in the garden

**1** **Plants for free**  
You can now take softwood trimmings of tender perennials, such as argyranthemum and fuchsia, to provide new plants to grow in the late summer.



**2** **Lift tulips**  
Once foliage has turned yellow, after flowering, lift bulbs with a hand fork. Remove excess soil, leave to dry, then store in a paper bag in the warm until replanting in autumn.

**3** **Keep on top of weeding**  
Hoe borders regularly to keep down weeds so your plants don't have to compete for water, light and nutrients.

# Good to SHARE

We love to hear what you've been up to, so do get in touch!

From you to us



## Look what I made

I love knitting and wanted to do something special to celebrate the Queen's Platinum Jubilee. So I've made this, a Queen's Guardsman bear. If any readers feel like joining me, he is an Alan Dart pattern, which can be bought from his website - [alandart.co.uk/product/all-patterns/great-british-bears](http://alandart.co.uk/product/all-patterns/great-british-bears)  
Susan Smith, Hampton



## Paws for thought

Here is my long-haired Corgi, Ianto, which is Welsh for John. He is posing in a patch of wild flowers planted near our village shop. I love the expression on his face - he always looks so happy.

Rosemary Martin-King, Somerset

✚ Got a pet pic that makes you smile? We can give it a good home



## Letter of the week



## GIRL POWER

I loved the pattern for the spring ladies

that you published a few weeks ago [15 March issue]. I thought it might be nice to adapt the pattern to add to a display for our local women's organisation. I hope you like her!  
Jo Donnelly, Ickenham

## How lucky we are!

I much enjoyed the recent story Cappuccino Challenge [8 March]. I have taken its advice - each day, writing down three or four things I am grateful for - it's amazing how it adds up! I have so much to be thankful for... what a great inspiration for life indeed. I will continue my 'challenge'.  
Dorothy Holloway, Witney



## Get in touch

### WE LOVE LETTERS

Woman's Weekly, Future plc, 121-141 Westbourne Terrace, London W2 6JR.

P.S. It really helps when you put your details in capitals.

We do not return photos (apart from You Wear It Well) so please do not send originals.

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Tell us your full name, address and daytime phone number, please



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# What you're WEARING

## RACHEAL KADETE, 40

Tell us about your look

This is one of my favourite dresses. I love the blue denim fabric, and the style is really comfy and flattering to wear. Better still, it's from Tu Clothing at Sainsbury's, so it was a great price. I think a white trainer is a must for summer – these are from TK Maxx.

And the best bit of your body? My smile.



## MOLLY WOOLDRIDGE, STYLE IS AGELESS

Tell us about your look

This morning my skirt was a dress! I wore it when I was pregnant and loved the floral print, so I got my scissors out and it's now a more useful skirt. My top is Mango, trainers by Clarks and I bought my & Other Stories hat from a charity shop for £2.50.

And the best bit of your body?

I'm pregnant again, so my ever-growing tummy.



## CARLA STEVENS, 62

Tell us about your look

I bought my top at M&S in Halifax. It's such a pretty print. My jeans are Mint Velvet and my Armani bag was bought on holiday in Sicily (a 60th-birthday treat). I love a trainer – these are from Ruth Langford at QVC. They're so comfy that I've now bought a second pair.

And the best bit of your body? My nails. I enjoy a manicure.

## NATALIE GOULD, 49

Tell us about your look

My pale green jumpsuit is from M&S. I like simple, easy shapes and this jumpsuit ticks all the boxes. I've teamed it with a denim jacket by French Connection, Veja trainers and a tan bag by Osprey. Cos and & Other Stories are my favourite places to shop.

And the best bit of your body?

My height and long legs.



## You Wore It Well

### Anna Henchcliffe, 1960

This photo was taken in the glass house of Darley Park in Derby beside the once famous banana tree. I was aged 16 and made the dress myself.

It was a blue tartan and had a detachable white collar. I must have looked fairly smart, as the photo was featured on a board advertising the park!



➔ We'd love to see how great you looked in any era up to and including the 1980s. Please send a good-quality photo with your name, address and daytime phone number clearly written on the back, to: Fashion Dept, Woman's Weekly Future plc, 121-141 Westbourne Terrace, London W2 6JR. Photos will be returned.

# 'The Queen always makes me LAUGH'

The  
Woman's  
Weekly  
interview

Singer Lesley Garrett on what it's like to perform for Her Majesty

One of the country's best-known sopranos, Lesley Garrett has often sung before the Queen, as well as many other members of the Royal Family. So it's not surprising the 67-year-old was chosen to sing on the recently-released *Elir: The Platinum Record, A Jubilee Anthem*, celebrating the Queen's remarkable 70-year reign. **Woman's Weekly** caught up with Lesley.

You're singing on *A Jubilee Anthem*, which is exciting. Yes, the opportunity came along for me and obviously I jumped at it, out of respect for the Queen and for everything she's done for our country. Even if you're not a royalist, and irrespective of what you think of the idea of the Royal Family, everyone acknowledges Her Majesty's service and devotion to duty. She has

worked on behalf of the UK and the Commonwealth for 70 years. I don't know anyone who has worked that hard. Everyone who has a work ethic must respect that. I'm grateful and honoured to have the chance to say thank you on behalf of us all.

**Did you enjoy making it?** I had a great time, especially with the amazing London Community Gospel Choir and Rodney Earl Clarke, who also sang on the anthem. We were still in the time of COVID

measures when we recorded together, so it was quite difficult. We all had to test before we went into the recording studio and be careful about interacting. Not easy when we were all so excited about making music together for the first time! I'm so proud of what

**'I don't know anyone who has worked as hard as Her Majesty'**

we achieved and it's a fantastic tribute to the Queen.

We released the anthem on her 96th birthday on 21 April as a special present, and sent her a certified copy.



The Queen sharing a joke with Lesley

**How does it feel singing in front of the Queen?**

I've loved it every time and she's always been extremely generous and kind with

her comments. Just before I received my CBE, I was invited to a luncheon at the Palace with

the Queen and Prince Philip, together with other Honours recipients. We all had such fun. The couple shared such a wicked sense of humour. **Her Majesty looks like she's got a cheeky glint in her eye.** She's such a humorous person. If you do get a chance to have a conversation with her, she will always make you laugh. I do feel for her at the moment, though. She's obviously had some awful things happen to her in the last year or so, and we can all see they've taken their toll. I think her

determination to be strong and brave is inspirational.

**Prince Charles and Camilla look like they're fun too.**

They are! I've done quite a few charity events for the Princes Trust, and the Harrogate International Festivals (of which Prince Charles is a patron), and I think they're very dedicated and hard-working.

**You sang for the Queen at her Golden Jubilee, didn't you?**

I did and I ended up being presented to her three times on the same day! First off, I sang at a pageant for her on the steps of Harewood House in West Yorkshire. Afterwards, I changed and we went indoors to the Music Room for lunch and I sat near to Her Majesty. Later, the same day I changed again and took part in a gala concert in her honour, in the grounds of a stately home called Temple Newsam, near Leeds. The

**In the English National Opera's production of *The Mikado* in 1986**







With her husband,  
Dr Peter Christian

third time I was presented the Queen smiled and went on to compliment me on my large wardrobe. High praise indeed!

**Do you still get nervous when you're presented to her?**

At first I did, but I was lucky that her cousin, George, Earl of Harewood, ran English National English Opera at the time. A fellow Yorkshireman, he'd arranged for me to audition there in 1984 and he gave me the job that changed my life. We became good friends, and he guided and mentored me until his death.

He reassured me that the Queen was very easy to get along with. He was right!

**On a more personal note, you met your husband, Peter, on a blind date.**

I did, but not until I was nearly 36! Having held various failed auditions for the post of boyfriend, I had given up on men completely. Then some friends brought Peter along to the London Coliseum, where I was performing in *The Love for Three Oranges* for the English National Opera. We were introduced afterwards and we haven't been apart since. We celebrated 31 years of marriage in May!

✦ Lesley Garrett features on *EMR: The Platinum Record*, A Jubilee Anthem comprising two tracks: *The Four British Nations* and *We Thank You From Our Hearts*. The single is out now to buy and stream. Find out more at [thejubileeanthem2022.com](http://thejubileeanthem2022.com)

Celebrating  
**BRITAIN**

# Gifts fit for **ROYALTY**

To mark her Platinum Jubilee, we take a look at some of the items presented to Her Majesty and her late husband



**T**hroughout her extraordinarily long life and reign, the Queen has received gifts from presidents, prime ministers, heads of state, her family and her own subjects. Prince Philip also had his fair share of

treasures. So, perhaps it's no surprise that they range from the simple to the sumptuous. But what exactly do you give the monarch who has everything? Here are just a few of the most memorable – and sometimes bizarre – presents.



**1930**

When she was four years old, Princess Elizabeth was given a Shetland pony called Peggy by her grandfather, King George V. This, her first real taste of life in the saddle, is possibly what sparked her lifelong love of horses.

**1947**

Following the announcement of Princess Elizabeth's engagement to Prince Philip, wedding presents poured in for the couple. Among them was a piece of cotton lace woven by Mahatma Gandhi especially for the princess. But when Queen Mary came to preview the gifts, she mistook it to be one of his loincloths!

**1954**

During a trip to the Australian town of Ballarat in Victoria, Her Majesty, who is famed for her love of corgis, was given a bar of Tilley's Timid Joe dog soap, which promised to "instantly kill fleas and other vermin". It had been popular among miners in the 19th century, as they shared tents with their dogs.



**1972**

On a state visit to France, the then President Georges Pompidou and his wife presented Prince Philip with a giant, grasshopper-shaped wine cooler. When the wings were rotated, it doubled up as a drinks table.



**1961**

The Queen received a crocodile called Mansa from the people of the village of Berending in The Gambia. There was no room for the exotic pet at Buckingham Palace, so it was entrusted to ZSL London Zoo.



**1975**  
The Queen received local crafts during her state visit to Mexico.



**2014**  
In the centenary year of the outbreak of World War One, the Wellington Barracks presented Her Majesty with a silver box containing soil from the battlefields.



**2017**  
Once engaged to marry Prince Harry, Meghan, Duchess of Sussex, was invited to spend Christmas with the Royal Family. She gave the Queen a singing and dancing toy hamster as a present, which left the Queen in hysterics apparently. She's reportedly quipped "It can keep the corgis company!"

## 1988

An ornate electric teapot, given to the Queen as a goodwill gesture by Russia, at the end of the Cold War, was removed from Balmoral amid fears that it may have a hidden listening device inside it. The samovar, thought to have been a favourite of the late Queen Mother, had stood in the drawing room for two decades before anti-surveillance experts insisted that it was moved.

**2006**  
A portrait based on the Queen's official Golden Jubilee photo, made by weaving together differing shades of dyed banana leaves, was presented to her by Rwanda's president Paul Kagame.



## 1991

When in Texas as part of a state visit to the US, Prince Philip was gifted a pair of cowboy boots. They remained unworn, but were on show at the exhibition *Prince Philip: A Celebration at Windsor* last year.

## Better to give than receive?

The exchanging of gifts is a customary part of all state visits. So, what does Her Majesty bestow upon her guests?

**2011**  
When President Barack Obama and the First Lady, Michelle Obama visited, the Queen gifted the President with a selection of letters from the royal archives to and from past US presidents and British monarchs. The First Lady was given an antique gold brooch with roses picked out in red coral.

**2015**  
During a state visit to the UK, the Queen gave Chinese President Xi Jinping a collection of Shakespeare's sonnets in a specially commissioned leather and gilt box. His wife Peng Liyuan received a pair of Royal Crown Derby candlesticks.

**2019**  
As part of the ceremonial welcome to Buckingham Palace, President Trump was presented with an abridged first edition of Winston Churchill's book, *The Second World War*, covered in gold-tooled crimson with gilt edges and cipher as well as silk endpapers.

# Eat yourself HEALTHIER

What you eat can go a long way to keeping your body fit, toned and disease-free into older age. Here's what you need to know

## Your body's support

**WHAT TO EAT** Stronger muscles give you more support, so make sure every meal contains protein, such as chicken, turkey, eggs, fish, tofu or pulses. Avoid carb-only meals, such as toast or a bowl of pasta, as they won't feed your muscles and will make you feel sluggish. Try adding a poached egg to your toast for breakfast, and at lunch make pasta a side dish to protein food such as grilled chicken or salmon. Or have a two-egg omelette with ham and feta cheese. 'Eating more protein keeps you full,' says fitness coach Annie Deadman. 'It switches off the hunger hormone ghrelin, so you'll be less likely to snack.' Research

## GOLDEN RULE

Don't underestimate the importance of muscles. 'Firmer muscles mean better-supported joints and stronger bones,' says Annie. They also make you less prone to falls and raise your metabolism because muscle burns more calories than fat, even at rest.

## Strengthen your bones

**WHAT TO EAT** Calcium is key. 'The body uses calcium to strengthen the bones,' says osteoporosis specialist nurse Kirsty Carne from the Royal Osteoporosis Society. So load up on dairy foods, green leafy veg, tofu, soya beans, nuts and fish where

has found that eating nitrate-rich leafy greens, such as spinach and kale, can boost muscle function, so eat plenty of those too.

**WHAT TO DO** Strength-training exercises twice a week to help build the muscle you're feeding.

## Protect your joints

## GOLDEN RULE

Keep active. 'Regular gentle exercise like walking, swimming and yoga keeps joints, the supporting muscles and ligaments strong and supple,' advises Dr Hughes.

**WHAT TO EAT** A varied diet rich in fruit and veg. Pay particular attention to vitamin C. 'It's important for the formation of collagen,' says consultant rheumatologist Dr Rod Hughes. 'Collagen

is a key component of protective joint cartilage.' Good sources include citrus fruits, peppers, strawberries, Brussels sprouts, broccoli and potatoes. Essential fatty acids in oily fish can also help reduce inflammation.

'As all arthritis involves inflammation, foods with anti-inflammatory properties may be of benefit to calm the body's immune response,' explains Dr Hughes. 'Ginger has been shown to have anti-inflammatory properties to reduce morning joint

stiffness, an early indicator of osteoarthritis, and has been shown to benefit symptoms of arthritis in the knee by relieving pain and improving mobility.'

**WHAT TO DO** Try a joint supplement like Gopo Joint Health PlusGinger, £20.48 for 120 capsules, Boots. It contains vitamin C and ginger, as well as rosehip to help reduce joint pain and stiffness.





## GOLDEN RULE

Drink plenty of water. Dehydration causes fatigue and sluggishness, as well as brain fog, so drink regularly throughout the day. Aim for around three litres.

## GOLDEN RULE

Don't give up on strong bones as you age. Although we stop building new bone in our 30s, there's plenty we can do after that to help protect what we have.

you eat the soft bones, such as sardines and pilchards. 'You also need vitamin D in order for the body to absorb and use the calcium,' says Kirsty. Food sources include oily fish and egg yolks, but remember there are only small amounts of vitamin D in food so try to get plenty of sunlight without burning, or consider supplements. Vitamin K2 (found in green leafy veg,

egg yolks and cereal grains) and magnesium (found in cocoa powder, spinach, nuts and wholemeal bread) are also great for healthy bones.

**WHAT TO DO** Weight-bearing exercise such as brisk walking/jogging and racquet sports help strengthen bones.



## Target tummy fat

### GOLDEN RULE

Try not to dismiss a thicker waist as an inevitable part of ageing, as too much of an increase raises your risk of heart disease, diabetes, strokes and high blood pressure.

**WHAT TO EAT** As you age, your metabolism and activity levels can drop, leading to more fat stored around your middle. Watch portion sizes to cut your calorie intake, swapping calorific, high-carb options for more protein (fish, nuts, dairy and lean meat) to help fill you up. Top up on wholegrains, veg and pulses instead of sugary



foods, and watch the wine. It's light on nutrients and heavy on sugar.

**WHAT TO DO** Keep physically active – with a mix of strength training and cardio. Prioritise sleep and stress relief. Research suggests poor sleep raises your risk of obesity, and high levels of stress hormone cortisol can lead to more tummy fat. Too much stress can also lead to less healthy food choices, which can pile on the pounds.

## Health



## Boost your energy

**WHAT TO EAT** Fuelling your body with the right foods is crucial for keeping energy levels elevated. But avoiding certain foods that ultimately sap our energy is important too, says nutritionist Jenna Hope (jennahopenutrition.com). 'Sugary foods provide a very quick energy boost – but they'll quickly lead to a slump, leaving you feeling very listless. Instead of reaching for the sweet treats and processed carbs, seek out high-fibre, high-protein combinations that will sustain your energy levels.' Try peanut butter or egg on wholemeal toast, fruit and yogurt, and chicken and veg. Top up on iron too – leafy greens, red meat, beans and nuts. Iron boosts energy by helping transport oxygen around your body.

**WHAT TO DO** Exercise regularly (30 minutes, five times a week) and get enough sleep (seven to nine hours a night). Inactivity and poor sleep are common energy sappers.



## Promotion

# Woman's Weekly Craft Book Club

Save 25% on all these books, plus free p&p (UK only)



Eme Clemo, Craft and Home Editor



Lynne Rowe, Knitting and Crochet Editor

We're both passionate about all sorts of craft, so we have pulled together a selection of fabulous books, which we hope you'll like. We will be bringing you other great offers throughout the year, so look out for them.



**Refashion, Restyle, Restitch** by Debbie Shore and Kimberley Hind  
RRP £12.99, Club price £9.74  
Debbie and her dressmaker daughter Kimberley will inspire you with their 20 wonderful ideas for upcycling pre-loved fabrics to make stylish accessories for you and your home, using a variety of techniques.



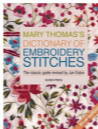
**200 Crochet Stitches** by Sarah Hazell  
RRP £14.99,  
Club price £11.24

This practical guide, which is illustrated, is designed to get crochet fans discovering new stitches and creative ways of working crochet.



**Watercolour for the Absolute Beginner** by Matthew Palmer  
RRP £12.99,  
Club price £9.74

The artist and tutor shares his secrets in this bestselling introduction to watercolour landscape painting.



**Mary Thomas's Dictionary of Embroidery Stitches** by Jan Eaton  
RRP £14.99,  
Club price £11.24

A beautifully redesigned and revised edition of this go-to embroidery reference work, first published in 1934.



**Knit Yourself Calm** by Lynne Rowe (Woman's Weekly Knitting Editor) and Betsan Corkhill  
RRP £9.99,  
Club price £7.49

Every project has been designed to promote calm and mindfulness for knitters.



**10 Step Watercolour: Flowers and Plants** by Eleanor Longhurst  
RRP £12.99, Club price £9.74

Arranged in three chapters based on skill level, this book features 25 lovely projects, each showing you how to paint a flower in easy steps.

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It's  
a funny  
old  
world

# How do I stay young? Fitness, fresh food – and a daily song

This week's columnist: Actor and singer Anita Harris

“After the anxieties we've all been through, we need humour to heal us. So I'm all for bringing back the funny, quirky and silly side of life.

I'm so lucky to have worked with comedy geniuses, including Morecambe and Wise, Tommy Cooper and The Two Ronnies. Naughtiness is essential in a comic, and actor Sid James had plenty of that. He had the raunchiest laugh, but was so nice with it. Today, I love David Mitchell and Lee Mack because they have that cheeky quality that brings out the child in their audience.

When we were filming the Carry On films in the 1960s, Babs Windsor was always at the studio half an hour earlier than everyone else. 'Cuppa tea, Nitty?' she'd call when I arrived. Everyone used that nickname after Jimmy Tarbuck [Buttons] dubbed me 'Nitty Natty Noo' in Cinderella. It was just as well I had two older brothers because I was quite used to being teased.

I turn 80 this week – on 3 June – and have been performing for as long as I

can remember. It was figure skating as a child, where I learnt about discipline and hard work. Even now, when I'm offered a job, my hand goes straight up as I say yes.

Physically, I'm not as flexible as I used to be, which I guess is to be expected, though I'll never work out where all the years have gone. I remember my darling mum saying, 'Old age never comes on its own.' How right she was!

I put my energy down to fitness, fresh food and feeling good. I advise simply raising your arms above your head up to 20 times. It soon gets the blood pumping, especially if you do it in time to Bill Haley or Elvis. Also, even if you can't sing a note, belt out a song every day, the louder and more out

of tune the better. I eat plenty of fresh fruit and veg, though I can't claim to be a great cook. When I was on *Celebrity MasterChef*, I offered the judges tummy pills in case they needed them after tasting my dish!

My parents were married for 54 years and I feel so grateful they were

such fantastic role models. I nearly lost my beloved husband Mike to coronavirus in the early days, but thankfully, he bounced back and we'll celebrate our golden anniversary next year. I spend a lot of time counting my blessings these days.

**I'll never  
work out  
where all the  
years have  
gone!**

## 'My funny old week'

**WHERE I'VE BEEN** At a meeting with my brother Philip to talk about July's Capel Military Show, where I'm performing songs from the 1940s and 50s [capelmilitaryshow.com].

**WHAT I'VE BOUGHT** A dishwasher. The old one conked out on the day I got COVID-19, which meant that on top of staying in, I had to do the washing-up!

**WHO I'VE MET** My brother David came over from his home in America, and we had a big gathering of family and friends.

**WHAT I'VE SEEN** A wonderful thanksgiving service at Westminster Abbey for Dame Vera Lynn. Remembering how she boosted soldiers' morale was particularly poignant in light of the war in Ukraine.



Inspiring: Anita attended a service for Dame Vera Lynn

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**MIST AND MORE**

Not only is *The Body Shop Skin Defence Multi-Protection Face Mist*, £18, a great way to instantly add hydration, it also has SPF30 for a vital dose of UV protection.

**bloom & blossom**

SCRUBS UP NICELY  
Polishing body cleanser

**SHOWER SAVIOUR**

There is no excuse to skip the scrub, thanks to *Bloom & Blossom Scrubs Up Nicely Polishing Body Cleanser*, £14, [bloomandblossom.com](http://bloomandblossom.com). It combines an exfoliator with a shower gel.

**DOES-IT-ALL HAIR**

From taming frizz, protecting against heat, shielding from humidity and boosting shine, *Lee Stafford Coco LoCo Blow & Go 11-in-1 Lotion*, £6.99, *Boots*, is your ultimate hero.

Lee Stafford  
**CoCo LoCo**  
BLOW & GO  
11-IN-1 LOTION

Blow & Go  
11-in-1 Lotion

Make hair sit better, feel better. Believe better for stress-free blow-drying, smoothing, conditioning and repair with instant hydration.

100 ml e 3.3 fl oz

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face

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HYALURONIC ACID

**Barry M.**  
sheer formula  
0.34 fl oz (10ml)

**DOUBLE FLUSH**

Bring colour to your lips and cheeks with *Barry M Fresh Face Cheek & Lip Tint*, £4.99, [barrym.com](http://barrym.com). The sheer formula contains hydrating hyaluronic acid and can be built up to whatever intensity you fancy.

**PERFECT YOUR POUT**

The genius *Lottie London Sweet Lips Lip Scrub & Balm in Mango Sorbet*, £7, [asos.com](http://asos.com), will slough away flaky bits on your lips. At the same time, the mango butter will lock in moisture.

**lottie**  
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sweet lips  
lip scrub & balm

10  
of the  
best

# BEAUTY multitaskers

Save time and money with these hard-working heroes

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INSTANT AGE REWIND  
**PERFECTOR 4-IN-1**  
IMPERFECT/MATE MASKED

**SKIN FILTER**

Think of the *Maybelline Instant Age Rewind Perfector 4-in-1*, £13.99, [lookfantastic.com](http://lookfantastic.com), as your primer, hint of concealer and base and general skin-blur all in one. Available in six shades.

**BASE WITH BENEFITS**

Combining your daily serum with a brilliant foundation, *No7 Restore & Renew Serum Foundation SPF30*, £19.95, *Boots*, comes in 18 shades and will plump up and hydrate skin.

No7

Restore & Renew

MULTI-ACTION

Serum Foundation  
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bondi sands  
**PURE**

**SMOOTH AND GLOW**

Now you can fake-tan while tackling wrinkles, thanks to *Bondi Sands Pure Self Tanning Sleep Mask Renew*, £14.99, *Superdrug*. It adds glow as you sleep, and the vitamin A works on softening fine lines too.

**MIRACLE CREAM**

Got dry elbows, a burn, an insect bite or cuticles that need some extra TLC? All can be sorted with a dab of *Skin Proud Everything Balm*, £7.95, *Boots*.

skin proud  
everything  
balm

NYX  
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MAKEUP

BARE  
WITH ME  
CONCEALER  
SERUM

**CONCEAL AND HEAL**

*NYX Professional Makeup Bare With Me Concealer Serum*, £11, *Boots*, contains mushroom extract and cica to calm skin over time, as well as pigment to instantly conceal. It comes in 13 shades.

Timeless  
classics

# UTILITY STYLE

Functional and fashionable, these comfortable outfits are summer essentials

**SWAP A SMOCK FROCK FOR A RELAXED JUMPSUIT THAT LOOKS CASUAL BY DAY AND CAN BE DRESSED UP FOR THE EVENING**

Earrings,  
**£2**, Primark



Shoes, **£130**,  
Vionic



Bag, **£85**,  
Dune London



Layer  
over a  
Breton  
T-shirt  
too

Jumpsuit, **£85**, sizes  
6-18, Oliver Bonas



**BE SURE TO TUCK YOUR TOP INTO A BELTED SKIRT TO HIGHLIGHT YOUR WAIST AND ADD NEUTRAL ACCESSORIES**

Available  
in four  
colours



Cardigan, **£30**, sizes xs-xl,  
ANYDAY at John Lewis & Partners



Bag, **£46**, Oliver Bonas

Shoes, **£45**, M&S



Skirt, **£46**, sizes 6-24, FatFace

**TEAM A LIGHTWEIGHT  
BLOUSE WITH LOOSE  
TROUSERS THAT ARE AS  
COMFY AS THEY ARE STYLISH**



Shirt, **£65**,  
sizes 6-22, Boden



Necklace,  
**£22.50**,  
White Stuff



Trousers, **£18**, sizes  
8-24, Tu Clothing

Cushioned  
footbed for  
ultimate  
comfort

Shoes, **£69**, Mashulu



Dress, **£49**, sizes  
8-24, Cotton Traders;  
necklace, bag and  
shoes, all stylist's own

**KEEP COOL IN A LINEN SHIRT  
WITH LONGLINE SHORTS AND  
VERSATILE TAN SANDALS**



Sunglasses, **£13.50**, Accessorize



Shorts, **£24.99**,  
sizes 8-20, M&CO



Oversized,  
loose fit

Shirt, **£32.99**,  
sizes xs-xxl, Zara



Shoes, **£12**, F&F Clothing

# It's never TOO LATE!

Think stand-up comedy is only for youngsters? Two women show us that all you need is the nerve!



## 'Old age shouldn't stop us from trying new things'

Sha Wylie, 77, lives in Brighton, East Sussex.

In 2005, I made a bucket list that would change my life. I was preparing to retire from my job as a registrar and decided to create a list of fabulous things to do once retired. One of them was to take part in a comedy course – Jill Edwards runs a fantastic programme locally and I'd been tempted to give it a go. It changed my old age in ways I could never have imagined.

I live alone, and moved to Brighton from the New Forest in 2005, to be close to my grown-up children. At that age, other than your loved ones, you don't have an audience at all – you're invisible, so the idea of being on stage appealed.

I signed up for a course in spring 2005. There were around 25 participants, and we met once a week for three months, honing

our skills and developing our acts. Our final goal was a performance for friends and family at the Sussex County Arts Club. My son, now 51, came along – he's a very private person and started off with his head in his hands, but was laughing by the end.

I enjoyed myself so much that I just had to do it again. Luckily, Brighton has a brilliant comedy

scene – there are countless nights where you showcase new material.

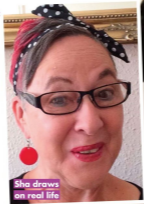
I made a promise to myself that I'd grab every opportunity. This did mean a few peculiar gigs at the outset, including one at a London pub in front of two drunk men and a dog, who looked at me with abject amazement. Other gigs were a roaring success, the crowd would be in stitches and I'd feel amazing. I've been

described as 'like your nana, but not'.

Over the years, the comedy community has really taken me in – I've become a kind of mascot. We all help each other. I'm now semi-professional, doing a mixture of paid and free work.

A highlight has been performing at Leicester Comedy Festival, where I've twice made it to the final of their Silver Stand Up award, which celebrates comedians over 50.

When it comes to material, it's all about finding subjects that resonate with all ages. I draw from real life and talk about old age.



Sha draws on real life

**The comedy community has really taken me in'**

While, physically, I keep myself active with seated yoga and swimming, I'm certainly not one of those old people who'd absolve down the Shard. I'm overweight, have had three knee replacements, two hips and a cataract operation.

But I'm intent on being out there, and for younger people to see me and not be so fearful of old age. I'm here to prove that it doesn't matter what shape you're in, you can still enjoy life.

and, to my surprise, I had the audience in stitches.

Afterwards, an audience member came up to me and suggested I try a slot at a comedy night run by comedian Rob Rouse, in the nearby village of Eyam. I found myself thinking, 'Why not?'

In April 2019, I took to the stage. I was terrified, but it went fabulously. Ever since, I've grabbed any opportunity to showcase my comedy, taking part in open-mic sessions and comedy nights whenever I can.

It was something that, back in 2013, would have been unimaginable. That year, at a routine optician's appointment, I was diagnosed with an untreatable form of macular degeneration.

'You could wake up tomorrow with no central vision,' doctors told me. 'Or it could be 10 years.'

It felt like I was handed a ticking time bomb, and my confidence plummeted.

Now, nine years after that diagnosis, my sight has deteriorated significantly. I can no longer read and can't see faces clearly. I have to use magnification at its highest to use a computer.

But going on stage has given me back my confidence. Despite telling self-deprecating stories, and

even talking about my vision, I feel empowered and liberated by the experience.

Last year, I signed up for Buxton Festival Fringe, which took place in July 2021. I was terrified I might get heckled, but the audience was really welcoming. Two weeks later, a letter arrived telling me I'd been nominated for its New Writing award.

**'I aim to perform at least once a week, and eventually go full-time'**

I was thrilled.

While I'm still working as a nurse at present, I'm hoping my comedy career will

continue to grow. I aim to perform at least once a week by the end of the year, and eventually go into the profession full-time.

My diagnosis hit me hard – but accepting it gave me a kind of superpower. If I can get through this, I can do anything. And it helps to know that whatever happens to my sight, I'll still be able to perform my act and face my future with a smile.

**Nurse Zoe may have a new career**



## 'Gong on stage has made me feel empowered and liberated'

Zoe Bury, 48, lives in Derbyshire with her husband Jon, 50, and their three children aged 11, 14 and 17.

As I walk on stage, I feel a frisson of nerves. But I calm myself, smile and begin my set. After all, what's the worst that could possibly happen?

I became a stand-up comedian quite by accident. My local pub The Anglers Rest, in Bamford, was holding a talent night for International Women's Day in March 2019 and I was asked to be the compère. When one of the acts didn't show up, I entertained the waiting crowd with a few anecdotes

# Clever cooking with COURGETTES

Rich in potassium, vitamin C and folic acid, courgettes are versatile to cook with, so try them in one of these recipes



**TIP** Prawns or flaked, canned sardines will work just as well as crab, if you prefer.

**CHILLI CRAB COURGETTI** *The ultimate recipe if you have a glut of courgettes to get through. Turning it into 'spaghetti' makes this dish gluten-free and low-calorie too.*

**SERVES 2**

- 2tsp extra virgin olive oil
- 1 red chilli, chopped
- 1 garlic clove, chopped
- 175g can white crabmeat in brine, drained
- 250g (9oz) courgettes, cut into courgetti with a spiraliser or into thin ribbons using a peeler

- 1tbsp lemon juice
- Handful basil leaves, shredded, reserving a few for garnish

1 Heat the oil in a small frying pan or pan over a low heat. Add the chopped red chilli and garlic, and cook for 1-2 mins until softened but not coloured.

Gently stir the crabmeat into the chilli and garlic for 1 min, just until warmed.

2 In the meantime, bring a large pan of lightly salted water to the boil and cook the courgetti, or courgette ribbons, for a couple of mins until just tender. Drain well and return to the pan.

3 Add the chilli, garlic and crab mixture to the courgettes, along with the lemon juice and basil leaves. Season generously with some freshly ground black pepper and a pinch of salt, then toss quickly and heap into warmed dishes. Garnish with the reserved basil leaves and serve immediately.

**PER SERVING**  
129 cals, 12g fat, 2g sat fat, 2g carbs

## COURGETTE AND BLUE CHEESE SOUP

*Despite tasting rich and creamy, this soup is under 400 cals a portion – perfect for lunch.*

SERVES 6

- ✦ 30g (1oz) butter
- ✦ 1tbsp olive oil
- ✦ 2 large onions, chopped
- ✦ 150g (5oz) pancetta cubes or smoked bacon lardons
- ✦ 250g (9oz) new potatoes, skin on and chopped
- ✦ 1kg (2¼lb) courgettes, chopped
- ✦ 1ltr (¾pt) chicken or vegetable stock
- ✦ 225g (8oz) Blacksticks Blue or other blue cheese, chopped
- ✦ Handful freshly chopped parsley, leaving some to garnish

1 Melt the butter with the oil and cook the onions gently until soft, around 15 mins.

2 Add half the pancetta or lardons, and cook for 5 mins. Add the potatoes, courgettes and stock. Bring to the boil and simmer for 10 mins, until the they're tender. In a separate pan, fry the remaining pancetta until crispy and drain on kitchen paper.

3 Add 150g (5oz) of the cheese, then whizz the soup with a stick blender. Leave it quite chunky – you don't want a purée. Stir in the parsley and serve with the pancetta and the remaining cheese crumbled on top. Scatter over the reserved chopped parsley.

**PER SERVING**  
373 cals, 27g fat, 14g sat fat, 14g carbs

**TIP** Omit the pancetta to keep this meat-free and replace it with croutons if you want a bit of crunch.

## AVOCADO, PEA, FRESH MINT AND COURGETTE SALAD

*As long as you toss the chunks of avocado in the lemon juice and add the mint just before serving, you can make this tasty salad ahead for a gathering.*

SERVES 6

- ✦ 2-3 avocados
- ✦ Juice of 2 lemons
- ✦ 300g (10oz) peas
- ✦ 200g (7oz) courgettes, ribboned lengthways
- ✦ 3tbsp extra virgin olive oil
- ✦ 2tbsp fresh mint sprigs, leaves picked, and larger ones roughly torn

1 Peel and stone the avocados, then cut into chunks and toss in a ceramic, or glass, bowl with the lemon juice.

2 Add the remaining ingredients to the avocado, gently mixing together with tongs, then season well with salt and freshly ground pepper. Scatter over the mint sprigs just before serving.

**PER SERVING**  
204 cals, 16g fat, 3g sat fat, 7g carbs

**TIP** For the peas, if using fresh, blanch in hot water for a couple of mins before using. If using frozen, defrost according to the packet instructions.

Can you find new beginnings  
with old friends?



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# Blooming LOVELY

Creating a pretty, eye-catching display has never been easier



## Choose your flowers

Whether you're making up a bouquet as a gift or filling a vase at home, it's tempting to select bold, high-contrast blooms, but it's easier to stick to ones of a similar shade. Opt for a mix of stiff and soft stems, and an assortment of sizes and shapes to create a layered, natural look.

## Prepare stems

Snip the stem ends at a 45-degree angle and strip off any unwanted foliage or prickles. For thick, woody stems, such as shrub and tree cuttings, cut the base of the stem in half by about 2cm for better water absorption. Pop them in tepid water for a couple of hours, or overnight, in a cool, shady spot, adding cut-flower food.

## Create a vase display

For a greener arrangement, swap florist's foam for eco alternatives that can be reused time and again. Chicken wire is the most readily available

and can be balled up to fit your vase or bowl. Simply slot your stems in the gaps of the wire for a sturdy arrangement.

Alternatively, use pebbles. Flower arrangers often use a flower grid (pictured below) – either pincushion-style, or a glass or china one that has holes to slot stems into. Look out for a vintage one in charity shops – or buy new online.



Good to know

## Arrange a bouquet

For a hand-tied arrangement, start with the largest flower held loosely between your thumb and forefinger in your non-dominant hand. Position another flower next to this, with the stems crossed at a slight angle. Rotate the bunch with your other hand and add in another flower or piece of foliage at the same angle. Continue to turn and insert your stems in this spiralling way until it looks full, adding foliage around the edge to frame the bouquet. Hold it away from you and adjust any

flowers that have slipped out of view or need repositioning. Fasten with twine at the point of your grip and trim the ends.

## How to prolong your blooms

Start with a clean vase, using bleach to make sure it's spotless. Every couple of days, retrim the stems, snip away any leaves and change the water, adding in a cut-flower food. If you don't have any 'food,' mix in a little bleach, sugar or lemon juice. Keep your flowers away from direct sunlight and heat sources, so petals don't wilt prematurely.

## Budget-friendly arrangement

Don't want to fork out at the florists? Mix and match bunches from the supermarket, then add foliage from your garden. A few cuttings from a flowering shrub will give flowers that floristry feel without the price tag.



Promotion

# WIN a holiday to the Algarve

Fun in the sun,  
thanks to Neutradol

Relax around the hotel pool, and check out the beaches and coast



## How to enter

Just answer this question:

**Q** What is the capital city of the US?

- A** Washington, DC
- B** New York
- C** Boston

If you know the answer go to [competitions.womanweekly.com](http://competitions.womanweekly.com) and look for the competition. This competition is open from 9am on 1 June and closes at 11.59pm on 1 July 2022.

**T**hanks to fresh air specialists Neutradol, you could be jetting off to the Algarve coast in sun-drenched Portugal.

Staying at the four-star Hotel Paraiso de Albufeira, you and your guest will be spoilt for choice on how to spend your time. Enjoy the bubbles of the jacuzzi, a round of mini golf, a game of tennis or simply watching the world go by on a lounger by the inviting pool.

Being revitalised by the sunshine and gazing at the Atlantic surf will ensure you return home feeling refreshed.

When you get back after an invigorating holiday, you'll want your house to feel fresh and clean. So it's a good time to think about getting rid of

those unpleasant smells caused by lingering bacteria. Using Neutradol, which is different to other brands that just cover up the smells with a synthetic perfume, will kill the molecules that cause that bad odour. Neutradol is safe and hygienic and, with over 50 ingredients, it keeps killing bacteria and smells long after other air fresheners have stopped hiding odours with unpleasant chemicals. To keep that holiday

freshness and kill those smells, use Neutradol, the world's most effective air deodorizer.

Fresh air for your home, work or car is available from Neutradol, in Original, Super Fresh and Fresh Pink, all in Spray and Gel. There are also products to combat smelly dustbins and Deofab for fabrics.

➔ To find the whole range of Neutradol products, and for a chance to win a Danube river cruise, visit [neutradol.com](http://neutradol.com)

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prize draw is open to all citizens of the UK, except anyone connected with this competition. The winner and their partner will receive seven days' accommodation at the Paraiso de Albufeira, Albufeira, Portugal. Round-trip flights are included, and are subject to the airlines terms and conditions, and do not include optional extras. The holiday must be taken by 30 June 2023, and excludes bank holidays, Easter, July, August and the Christmas period, and is subject to availability. Travel to UK airports



or incidental expenses are not included. There is no cash or other alternative to the prize stated, the prize is not transferable, and no part or parts of the prize may be substituted for other benefits, items or additions. Prior to departure the winner must purchase comprehensive travel insurance, either from the agent supplying the holiday or through their own source. The judge's decision is final and binding on the entrants. No correspondence will be entered into.

# Your wellbeing

Latest health solutions for your mind and body



Dr Carrie Ruxton is a nutritionist

**W**e've been scared off fruit juice in the past few years, by well-meaning concerns about its sugar content and the fact that whole fruit is somehow better, but that's an oversimplification.

Just one 150ml glass of orange juice a day counts as one of your five a day. It has a small amount of sugar, and is packed with vitamins and health-boosting, inflammation-fighting polyphenols.

That small amount provides 84% of your vitamin C requirement, crucial for good immune health. And it provides even more polyphenols. These plant compounds are like hidden vitamins (they used to be called vitamin P), and they positively affect the health of

## Drink orange juice for a cheap and EASY HEALTH BOOST



our immune system, blood vessels and vascular function, and our brain.

Polyphenols are better absorbed in fruit juice than in the whole fruit.

While a piece of fruit contains more polyphenols than juice, our bodies can't absorb it all because even 1g difference in fibre between the two inhibits the absorption.

And if you think juicing at home is healthier – think again! You'll get more polyphenols in a shop-bought glass of juice than you'll get juicing at home because the commercial

extraction process is really aggressive, taking the entire fruit, pith and all. Much of the polyphenol content is contained in the white of the fruit, the pith. Even the orange juice you buy at the supermarket will have more polyphenols than the orange juice you squeeze at home in your juicer.

So don't be put off drinking a 150ml glass of orange juice a day – it's an easy and cheap way to improve your diet. And if you're worried about your sugar consumption, you'd be far better off cutting back on the amount of confectionery you eat – all those biscuits, cakes and sweets.



### Newsflash

#### New test to predict heart-attack and stroke risk

A blood test that can tell you how likely you are to die from a heart attack or stroke has been developed in the US and may become available here. The check, developed by Colorado company, Somalogic, tests protein markers in your blood and may also help show whether heart medication is working.

### 3 ways to... keep well this summer

#### EAT ANTI-INFLAMMATORY FOODS

They can decrease your skin's sensitivity to UV rays,' says nutritionist Suzie Sawyer. Try oily fish, leafy greens and nuts.

#### FILL UP

On water, that is. We're more likely to become dehydrated when it's hot. Don't drink enough and you risk headaches, fatigue, and poor sleep and concentration.

#### GET VITAMIN D

Being in the sun boosts levels. Need more? Try a supplement like Alive! Vitamin D3 Gummies, £14.99 for 60, Holland & Barrett.



### NEW READ

**SWITCHCRAFT**  
£16.99,

HODDER & STOUGHTON

Want to know how to deal with uncertainty and change? This new book from Elaine Fox, one of the world's leading psychologists and performance coaches, draws on 25 years of scientific research to offer practical advice. It includes real-life case studies, as well as interactive exercises, to help you change your thinking when you need to.





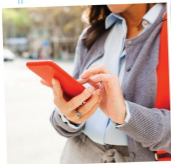
Dr Gill Jenkins  
has more than 25 years'  
experience as a GP

# Dr Gill

Advice from our Woman's Weekly doctor

## Mobile news

A UK Medical Research Council study of 776,156 women over 14 years, finds no association between brain tumours and mobile use, even among women using phones daily or for over a decade. Although 0.42% of the women developed a brain tumour, there was no significant difference in brain-tumour risk between mobile users and never users, nor between daily users, those using them over 20 minutes weekly, or who've used them for over 10 years.



## ANTIBIOTIC RESISTANCE

Campylobacter is now the commonest bacterial gastroenteritis and shows very high resistance to treatment with the antibiotic ciprofloxacin, while salmonella infections also show increasing resistance to that class of antibiotics. However, in more than half of EU countries, there's a notable fall in the prevalence of extended-spectrum beta-lactamase (ESBL)-producing *E. coli* in food-producing animals, an important finding, as particular strains of ESBL-producing *E. coli* are responsible for serious infections in humans.

## Coping with

# FAINTING

*This form of collapse is due to transient low blood pressure*

**F**ainting (vasovagal syncope or neurocardiogenic syncope) occurs when your body overreacts to certain triggers, such as the sight of blood. The trigger causes your vagal nerves to respond, by slowing your heart rate, dilating blood vessels in your limbs, and dropping your blood pressure, leading to reduced blood flow to your brain, causing brief loss of consciousness.

Other triggers include: standing up too quickly (especially if you already have low blood pressure); not eating or drinking enough; being too hot; being very upset, angry or in severe pain; taking drugs or drinking too much alcohol; while suffering infections, and fear of injury (such as at the sight of a needle).

Micturition syncope is a form of fainting when you pass urine. It's most common in older men and usually occurs at night after a deep sleep. The exact cause isn't fully understood but may be related to dilatation of the bladder blood vessels when standing at the toilet during the rapid emptying of a full bladder with a sudden drop in blood pressure. It's more common in men using alpha blockers drugs for prostate problems, and they may have to urinate sitting down. It can also occur when straining to pass a bowel movement. Fainting in pregnancy is common, possibly due to the position of the baby on the mother's major blood vessels.

## Ways to help

- + Prepare yourself. If you feel faint, lie down, raise your legs or sit with your head between your knees – gravity helps blood flow to the brain.
- + Prevent a faint. If you feel dizzy, sit down, drink water, eat something and take some deep breaths. Tell someone nearby how you're feeling. Don't get up for 10 minutes.
- + Help someone. Keep calm, ensure their airway is clear, and check breathing. Lie them on their back, feet raised above their heart level. Loosen belts or constrictive clothing.
- + Falling injuries. If the person was injured when falling down during a faint, treat bumps, bruises or cuts appropriately. Control bleeding with direct pressure. Call for help.

## Warning signs

Before you faint, you may experience some of the following symptoms: paleness, light-headedness, slurred speech, tunnel vision, nausea, feeling warm or a cold, clammy sweat, visual changes or blurred vision. People around you may notice jerky, abnormal movements (although this is not a fit), slow, weak pulse and dilated pupils. Recovery after a vasovagal faint generally begins in less than a minute. However, if you

PHOTOS (TOP) BY MOORETY; (MIDDLE) GETTY; (DR GILL IS UNABLE TO OFFER INDIVIDUAL ADVICE OR SET INDIVIDUAL PATIENTS); (BOTTOM) GETTY; (DR GILL IS UNABLE TO OFFER INDIVIDUAL ADVICE OR SET INDIVIDUAL PATIENTS)



## Q What is a low FODMAP diet?

A A low FODMAP diet is a three-step diet used to help manage irritable bowel syndrome (IBS). IBS is a very common, but harmless, gut problem, with symptoms including tummy pain, bloating, wind (burping and farting) and changes in bowel habit (diarrhoea, constipation or both). Some types of dietary carbohydrates contribute to IBS-type symptoms. These carbohydrates are called FODMAPs, which stands for Fermentable, Oligo-saccharides, Di-saccharides, Mono-saccharides And Polyols. The aims of the diet are to learn which foods and FODMAPs you tolerate, and which trigger your symptoms, allowing you to follow a less restrictive, more nutritionally balanced diet for the long-term that only restricts foods that trigger your IBS symptoms. However, only 75% of those with IBS will improve on a low FODMAP diet.

So, it's important to understand if it will help or if you will need other therapies. Look at the British Association of UK Dietitians' website at [bda.uk.com](http://bda.uk.com)



stand up too soon after fainting, you're at risk of fainting again.

Faints are usually harmless and require no treatment, but you may injure yourself as you fall. If you have repeated fainting, see your GP, who may want to examine you and arrange some tests to exclude other types of syncope, such as brain and heart disorders. Tests include an electrocardiogram (ECG) to check your heart, and blood tests to look for anaemias, organ dysfunction or diabetes.

You must tell the Driver & Vehicle Licensing Agency (DVLA) if you're fainting regularly, as it could affect your ability to drive.

**TRUE  
OR  
FALSE?**

**We need to do 10,000 steps a day**

**False. Generally, physical activity reduces disease risk from many conditions. Studies support this but the exact number of steps**

**isn't certain, 10,000 is public health advice. Mortality for those taking the top 25% of daily steps is around half that of those taking the lowest 25%. Among people aged 60 plus, mortality falls a bit with increasing steps.**

## 4 fixes for... accelerated ageing

### HAVE A HEALTHY LIFESTYLE

Stop smoking, limit your alcohol intake, take no lifestyle drugs and maintain a healthy weight.

### GET ACTIVE

Exercise and activity protect you from progressive diseases. Do strengthening activities twice a week, plus 150 minutes of moderate-intensity activity weekly.

### WATCH YOUR DIET

Follow a healthy, balanced diet as per The Eatwell Guide on [nhs.uk](http://nhs.uk). Research in mice suggests restricted-calorie diets may extend lifespan.

### MANAGE YOUR HEALTH

We all will eventually develop chronic diseases. Tight management and medication slows rapid deterioration and complications.

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THINK YOU KNOW BETTER?





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# Here to help

Let counsellor Keren lighten your load

## He's so anxious

**Q** My 18-year-old son is very shy and suffers from social anxiety. He's having therapeutic support and is making slow progress. As part of his A levels, he's been told that he has to give a presentation. He's so worried about this that it's affecting his sleep and his ability to study, and I'm concerned about him. I've offered to go to talk to his teacher but he says he's 18, not a baby. **Name and address withheld**

**A** I assume you've already suggested he talks to the teacher and he doesn't feel able to do that, either. Although he's technically an adult, as his mother, you do have some responsibility to help him to manage his life. Perhaps you could suggest that the two of you go together, so he's able to speak for himself with you there to support him.

As yet, it doesn't sound as if you know if this is a requirement of his coursework or something the teacher wants him to do. If it's the former, he'll need help from you and his teacher. Maybe he could present to just two people who he chooses – like you and his father. If it's the latter, then it's something he can do by creating his presentation and showing it to his teacher. Help him to see that, hard as it is to ask for help, it will be worse if he fails the subject because of his anxiety. It would also be useful for him to work with his therapist on this issue, as it may come up again.

## I am attracted to my friend

**Q** I've recently been introduced to a woman who lives on her own and I've realised that I have sexual feelings for her. I've always been heterosexual but now I wonder. We're spending more and more time together and I'd like our relationship to be physical. I have no idea how I go about this. **Name and address withheld**

## Why won't she do IVF?

**Q** My daughter is coming up to 40 and has been trying to get pregnant for more than six years. I've suggested she does IVF, as it seems to help many people. She says she wants to get pregnant naturally. I think it's so sad that she's holding out for this, as she is likely to miss out on being a parent. I don't want to nag, as that won't help, but I do want to make her see sense. **Lucy, Stoke**

**A** It sounds like you want her to see your sense, which isn't hers. I understand that you believe she should do something different, but she doesn't want to, for whatever reason. She will know that her biological clock



is ticking, and she and her partner will be making the best decision for themselves with this difficult situation. Your role as her mother is to be beside her as she traverses this period and to be her support. Telling her she's doing it wrong

will just alienate her from you, and I'm sure that's the last thing you want.

✦ Keren welcomes your letters, emails and texts, but she cannot reply to individual cases and will select correspondence at random for publication.

**A** Just for a moment imagine this was a man: how would you approach it? This really isn't any different. You need to talk to her and tell her how you feel. It sounds like you have a good and close relationship, so she's unlikely to run away. She may, of course, not reciprocate your feelings. If the relationship is worth pursuing, you'll both be able to accept that it stays platonic. If it's too hard for you, you'll have to make some choices.

## Should we let her change her name?

**Q** My 15-year-old daughter really dislikes her name. She's never liked it. She says it's too unusual and she always has to spell it and no one

says it correctly. We thought it would be lovely for her to be unique and we still do. We both have very common names. Should we allow her change this by deed poll and start calling her something else? It seems pretty odd to me. **Susan, Coventry**

**A** From what you say, this is not a whim and it's something she finds difficult. Is there anything else you go on asking her to do that makes her unhappy? I expect not. I understand you chose her name, but now she's old enough to choose what she'd like to be called herself. Maybe she could add a first name and keep the others. It will take time to get used to but, much like when some women change their surname when they marry, it won't take too long.



Cushion, **£12**,  
Habitat at  
Sainsbury's

Frame, **£6**, Tesco



Seagrass storage  
basket **£16.99**, Aldi

# Supermarket SHOP

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Planter and stand, **£32**,  
George Home at Asda



Woven tray, **£8**, Tesco

From  
**£4**



Seagrass  
candle,  
**£8**, Tesco



Ceramic jug, **£20**,  
Habitat at Sainsbury's



Throw, **£16.99**, Aldi



Double bed frame,  
from **£300**, Habitat  
at Sainsbury's







Tiger reversible duvet set, **£12**, macramé cushion, **£12**, both George Home of Asda

Giraffe faux succulent, **£10**, Habitat at Sainsbury's

Table lamp, **£40**, Habitat at Sainsbury's



Rattan dressing table, **£64.99**, Aldi



Round natural rug, **£40**, Habitat at Sainsbury's



Water mister, **£4**, Tesco

COVERED BY ESME CLEWCO. PRICES CORRECT AT TIME OF WRITING



Bamboo ceiling shade, **£24.99**, Aldi



Rattan wrap vase, **£8**, Tesco

Leopard mug, **£5**, Tesco



# GLUTEN-FREE

## delicious desserts

Try these puddings that everyone can enjoy – they're all easy to prepare ahead for stress-free entertaining

**PER SERVING**  
400 cals, 20g fat, 12g sat fat, 55g carbs

### MINI PAVLOVAS WITH POMEGRANATE AND MANGO

Feel free to experiment with your favourite fruits or use what's in season.

SERVES 4

- ✦ 3 large egg whites
- ✦ 165g (5¾oz) caster sugar
- ✦ 200ml (7fl oz) whipping or double cream
- ✦ Icing sugar, to taste
- ✦ ½tsp vanilla bean paste, or the seeds from 1 vanilla pod
- ✦ 1 large ripe mango, cut into small chunks
- ✦ 100g (3½oz) pomegranate seeds

1 Preheat the oven to 150C/Gas 2. Put the egg white into a large, grease-free bowl and beat with an electric mixer until it forms stiff peaks. Add the

caster sugar, a little at a time, whisking well after each addition, until the mixture is stiff and glossy.

2 With a little mixture, 2 stick a sheet of baking parchment to a baking tray. Dollop the meringue in 4 equal mounds, with a slight dip in the middle of each. Put the tray on the bottom shelf of the oven, turn down the heat to 120C/Gas ½ and bake for 40 mins.  
3 Turn off the oven and let meringues cool inside for a few hours.



4 Whip the cream with the icing sugar and vanilla until it forms soft peaks. Dollop the cream onto each meringue then top with fruit. Serve immediately.

### CHOCOLATE ORANGE CAKE

Delicious and deceptively light, this cake is also dairy-free.

SERVES 8

- ✦ 60g (2oz) gluten-free cocoa powder, sifted, we used Green & Black's
- ✦ 1½tsp vanilla extract
- ✦ Grated zest of 1 orange, plus zest strips to decorate
- ✦ 75g (2½oz) ground almonds
- ✦ 60g (2oz) gluten-free plain flour
- ✦ ¾tsp bicarbonate of soda
- ✦ 3 large eggs
- ✦ 150g (5oz) caster sugar
- ✦ 150ml (5fl oz) sunflower oil
- ✦ Icing sugar, to dust
- You will need:
  - ✦ 23cm (9in) springform tin, greased, and the base lined with baking parchment

1 Preheat the oven to 160C/Gas 3. In a medium bowl, whisk the cocoa powder, vanilla extract and grated orange zest with 100ml (3½fl oz) warm water to

make a smooth paste, then set aside.

2 In a small bowl, mix the ground almonds, flour, bicarbonate of soda and a pinch of salt until well combined, then set aside.

3 Beat the eggs and caster sugar with an electric mixer until pale and creamy, then gently fold in the flour and almond mixture until almost combined.

4 Gently mix the oil with 2-3tbsp of the egg mixture in the bowl with the cocoa mixture, until well combined. Carefully fold this into the remaining egg mixture, then pour into the prepared cake tin and bake for 30 mins. It will still be slightly sticky when it comes out.

5 When cool enough to handle, run a knife around the inside of the tin to loosen, remove the cake and set it aside to cool on a wire rack. Decorate with orange zest strips and icing sugar; serve with crème fraîche or ice cream.



**PER SERVING**  
334 cals, 23g fat, 3.5g sat fat, 24g carbs

**TIP** To make this cake even more impressive, try topping it with a thin layer of marmalade and finish with some lightly whipped cream. Garnish with some extra zest of orange and a little grated dark chocolate.

## COFFEE PANNA COTTA WITH HONEYED PECANS

*Panna cotta is sophisticated way to finish any meal, and these can be made up to 3 days in advance.*

MAKES 4

- ✦ 3 gelatine leaves
- ✦ 500ml (16fl oz) single cream
- ✦ 3tbsp caster sugar
- ✦ 2tbsp coffee extract
- ✦ 100g (3½oz) pecans, plus extra to decorate
- ✦ 4tbsp runny honey

For the syrup:

- ✦ 150ml (5fl oz) strong espresso coffee
- ✦ 125g (4oz) caster sugar

You will need:

- ✦ 4 dariale moulds, lightly oiled

1 Soften the gelatine leaves in a bowl of cold water for 5 mins. In a small pan, gently heat the cream, sugar and coffee extract. Squeeze the gelatine leaves, then add to the pan, stirring to dissolve. Pour the mixture through a sieve into a jug then divide between the dariale moulds.

2 Leave to cool, then cover with cling film and chill until set. They will need a minimum of 5 hrs or overnight.

3 For the pecans, preheat the oven to 200C/Gas 6. Toss the pecans with the honey and a good pinch of sea salt. Spread out on a lined baking tray and bake in the hot oven for 10 mins until lightly toasted. Set aside.

4 For the syrup, heat the espresso coffee and sugar gently in a small pan until the sugar has dissolved entirely, then boil until it has reduced to about half and you're left with a thick syrup. Leave to cool.

5 To turn out the panna cotta, dip the base briefly in hot water, run around the edge with a flat-bladed knife and gently pull away from the edges. Invert onto plates. Serve topped with pecans and a drizzle of syrup.

**PER SERVING**  
669 cals, 42g fat, 17g sat fat, 63g carbs

**TIP** You can use walnuts instead of pecans, and vanilla essence instead of coffee extract if you have them in the cupboard.

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**M**onica clutched her early-morning cup of coffee and gazed fondly at Mark as he slept. She could hardly believe he was there, in her bed, in her life, that after less than a year, she could love someone again. **Not after Jeremy.**

Jeremy had been her life, her soulmate. The first moment she saw him, she knew she'd marry him. Just like that. She was at her friend Cathy's party and he was with a group of strangers. In fact, Monica hardly knew anyone there, she almost hadn't gone. So she was able to stand by the wall, sipping her drink, studying him.

She knew he was a lovely person. Sometimes you could tell just by looking at someone's face. She saw kindness, fun and openness. And she knew she had to get to know him.

As she edged her way towards him, she met Cathy. 'Monical! So you came after all,' Cathy cried. 'Are you having a good time?'

'Yes, thanks, great party,' said Monica, dragging her eyes away from him for a moment. 'Tell me, Cathy, who's that man?'

'Jeremy?' asked Cathy. 'He works in the same office as me.'

'Tell me he isn't married.'  
'OK,' laughed Cathy. 'He isn't married.'

'But is it true?' asked Monica desperately. 'This is serious, Cathy.'

'He isn't married,' Cathy repeated. 'Do you want to meet him?'

'No,' Monica wanted to say, 'I'm not ready yet, I haven't prepared anything witty and sparkling to say...'

But before she could,

# AFTER Jeremy

*Monica didn't think she'd ever love again – but she was wrong*

Cathy was tapping Jeremy on the shoulder.

'Jeremy!' she cried. 'I want you to meet a good friend of mine. Monica, this is Jeremy.'

Jeremy smiled and held out his hand. Monica, who was holding a glass of wine in her right hand, and who had suddenly been transformed into a quivering heap of jelly, tried to transfer her glass to her left hand.

But somehow it slipped and emptied itself all over Jeremy.

Monica gasped in horror. She stared at the stain in horror. 'I'm so sorry!' she cried. 'How clumsy of me.'

'It's all right,' he said, as Cathy grabbed a serviette and started mopping him down. Suddenly she realised what she was doing.

'Here, you'd better do that,' she said. 'I'm so sorry.'

'It'll come off,' he said, mopping at his trousers and shirt. 'There, all done. Good

job it was white wine.' He smiled at Monica. 'Well, you certainly know how to make a first impression on someone! Tell me, what do you do, apart from pouring wine over strangers when you meet them?'

Monica had no idea what she said next. The whole evening was a complete blur. All she remembered was

**'He isn't married, do you want to meet him?'**

that she spent the whole party with Jeremy, and that night, she couldn't sleep for thinking of him.

She was in love.

Amazingly, he seemed keen on her, too. Within a year, they were married.

They'd had over three wonderful years together, years in which Monica could never have dreamt she could be so happy. Then, in a second, it was taken away when a truck crashed into his car...

Well-meaning friends had advised that the pain would

lessen as time went by, but they were wrong. For months, it got worse as each anniversary – their first meeting, their first date – all passed without him. She told herself she was so lucky to have known Jeremy, that three years with him was worth a lifetime with a lesser man, but somehow it didn't make the pain go away.

And just months after she'd lost Jeremy, along came Mark. As soon as she saw him, Monica had fallen in love with him. Not in the way she'd fallen for Jeremy, this was a different, less heady but still deep, all-consuming kind of love. He'd filled up her life. He'd given her a reason to hope and carry on living. Suddenly the phone rang. Monica rushed to answer it.

'How are you, darling?' her mum asked.

'Oh, I'm fine, thanks,' Monica replied.

'It's just, well, I know you were dreading today. Your first wedding anniversary since you lost Jeremy.'

'I haven't...'

'Shall I come round? We could go shopping?'

Monica smiled. 'Great, thanks. See you later.'

As she walked back upstairs, Monica could hear Mark stirring in his bed. She went back into the room. He opened his eyes and smiled. And as Monica smiled back and gazed into those eyes, so blue and deep, just like Jeremy's, she was filled with a warm glow.

Her mum was wrong. She hadn't lost Jeremy, not totally, anyway. He was still here and always would be, a living, loving wonderful reminder in the shape of their son.

THE END

Elizabeth Dale, 2022



# Happy days in HARROGATE

*The elegant North Yorkshire spa town is perfect for a weekend break*

**F**requently voted the happiest place to live in the UK – upmarket, Victorian Harrogate is packed with things to do and see. Banked by 200 acres of greenery, known as the Stray (pictured above), it has a green and spacious feel, with RHS Harlow Carr on its doorstep and the Yorkshire Dales and Nidderdale nearby. Its spa waters, discovered in the 16th century, have drawn visitors for centuries, bringing wealth and good transport links. A train will take you there from Leeds or York in under an hour, or from London in three hours. Today, the spa is still a jewel in Harrogate's crown but there's so much more to see and do.

## Montpellier Quarter

At the heart of the town, there's grand architecture, independent shops and eateries, the Royal Pump Room Museum and the Valley Gardens.

No visit to Yorkshire is complete without a stop off at Bettys. The Harrogate Cafe and Tea Rooms on Parliament Street is one of the finest, resplendent with a black and gold frontage. Pop in for a cuppa (queues permitting!), or book afternoon tea in the beautiful Imperial Room, complete with a pianist.

Meander down Montpellier Hill to take in the independent boutiques and the free Mercer

Art Gallery. There's currently an exhibition of British abstract painting (until 4 September).

## Gorgeous shops

The Spirit of Harrogate Slingsby gin shop on Montpellier Parade is a must. It's styled like an old-fashioned apothecary and you can sample its award-winning gins for free. They're made with Harrogate water and flavoured with botanicals, such as rhubarb, gooseberry and marmalade. Or treat yourself to tasting and history experiences – £45 for two hours and four drinks.

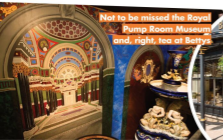
For an upmarket vintage shop, don't miss Catherine Smith on Cold Bath Road. Catherine sells beautiful designer vintage clothes from the 1920s onwards, and supplied props and costumes for *The Duke*, which was in cinemas earlier this year.

## Royal Pump Room Museum

It's well worth spending an hour at this charming museum to discover the stories of the working people behind the 'English Spa'. Enjoy olde-worldie shop fronts, mannequins in vintage clothing and daily wells tours that include inhaling a lungful of the waters. Entrance is £3.50 adult; £2.50 for senior citizens.

## The Valley Gardens

Over the road from the museum, the 17-acre English Heritage Grade II-listed gardens are a haven of peace. Stroll around the colourful formal borders, admire the elegant sun pavilion and colonnades, and look out for wildlife-friendly nectar bar planting schemes. There's a cafe and, on Sunday afternoons throughout summer, you can listen to live music at the bandstand for free.

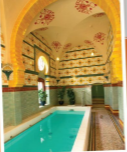


Not to be missed the Royal Pump Room Museum and, right, tea at Bettys



## Turkish Baths Harrogate

The restored Victorian baths are beautiful, with a Moorish-style interior. You can take in their magnificence on a 45-minute tour (9am on Mon, Wed, Fri) for £3.80, or book a session in the baths, £19 for about two hours. There's a range of treatments, including a 90-minute Fit for a Queen massage and facial for £80. Visit [turkishbathsharrogate.co.uk](http://turkishbathsharrogate.co.uk)



## A grand night out

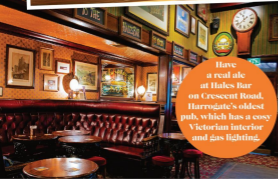
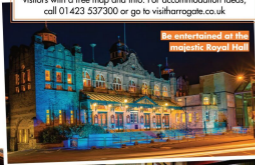
The magnificent Royal Hall on Ripon Road opened in 1903 as a Kursaal (the German word for Cure Hall), but with the advent of World War One soon became known as the more patriotic Royal Hall. Now housing an Edwardian theatre inspired by the imperial ballrooms of Europe, you can tour the sumptuous gold interior on open days or catch

a show. This August it will be hosting the popular 28th International Gilbert & Sullivan Festival. Book at [harrogateconventioncentre.co.uk](http://harrogateconventioncentre.co.uk)

The Harrogate Theatre on Oxford Street has a mixed bill of top-notch entertainment, from comedy to musicals, drama and music. From 29 June-2 July, Northern Broadside's are putting on Shakespeare's *As You Like It*. Find out what's else is on at [harrogatetheatre.co.uk](http://harrogatetheatre.co.uk)

The Tourist Information Centre (Royal Baths Crescent) provides visitors with a free map and info. For accommodation ideas, call 01423 537300 or go to [visitharrogate.co.uk](http://visitharrogate.co.uk)

Be entertained at the majestic Royal Hall



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work for  
you

# Easy apron to sew

Got 30 minutes to spare?  
Whip up this apron for  
yourself or as a present

#### YOU WILL NEED

- ✦ 75cm x width of fabric cotton canvas, we used Stay Gold Shimmer Pink canvas, £18 per m, [thefabricfox.co.uk](http://thefabricfox.co.uk)
- ✦ Matching sewing thread
- ✦ Scissors
- ✦ Tape measure and pencil
- ✦ D-ring buckles

1 For the apron, cut a rectangle of fabric measuring 50 x 70cm. For the waist ties, cut two lengths of fabric measuring 7 x 90cm and, for the neck straps, cut one length measuring 7 x 20cm and one measuring 7 x 10cm.

2 Fold the apron piece in half lengthways with right sides together. Along one of the short edges, measure 12cm from the fold and mark. From the opposite bottom corner, measure up the long edge by 45cm and mark. Draw a curve between the two marks for the armholes and cut out. Fold all the edges under by 1cm, repeat, then topstitch.

3 Fold the neck straps and waist ties in half lengthways with right sides together. Stitch along the raw edges with a 5mm seam allowance. Turn right sides out and press. Tuck in the raw edges and topstitch the tubes closed.

4 Position the waist ties at the bottom of the armholes and topstitch in place. Repeat for the neck straps, positioned either side of the apron top. Thread the D-ring buckles onto the shortest neck strap, then fold the strap over to the apron back and topstitch to secure.

Difficulty  
level



Want to make a miniature version for little ones? Consider using a shower curtain in place of the cotton canvas to ensure they stay clean and dry when things get messy.

# Climbing HIGH

Raise your garden game by covering walls, fences and pergolas with flowering climbers

## Looking up

When adding plants to your garden, it helps to think about vertical layers, so there is something of interest to look at from the ground to the treetops. Climbers span the middle-to-top tier, gently leading the eye upwards to appreciate their structure, foliage and flowers. They are a clever way to stretch your garden boundaries, filling vertical space with scent and colour, zhuzhing up fences

and masking structures. They can be a source of food (think climbing beans and squash), and a friend to wildlife, offering cover and nesting sites for insects and birds.

## Edible upstarts

With crimson or white flowers, climbing beans are as pretty as they are productive, cropping

from July to first frosts. They like fertile soil and need at least six hours of sun a day. If growing in a container, give a weekly liquid tomato feed from when they start to flower.

Small squash, like 'Uchiki Kuri', are natural climbers and look good with their ripe fruits dangling like orange baubles from a trellis or arch.

## Lofty lookers

Make a feature of walls and fences with perennial climbers that will cover large areas. Favourites for a sunny or part-shaded site include evergreen star jasmine (*Trachelospermum jasminoides*), a slow-grower that, once established, can cover up

## Whizz kids

Annual climbers are the speed kings of the plant world, growing from seed to several metres tall in the wink of an eye. They'll rocket up a pergola, obelisk or trellis (their tendrils need a structure to cling to), but collapse in autumn, so they don't offer a permanent display. You can also coax them to scramble over shrubs and other climbers, for seasonal colour. Try these bright bloomers.

### SPANISH FLAG

(*Ipomoea lobata*) Red-orange tubular flowers that gradually turn yellow.

Runner beans taste good and attract pollinators

### MORNING GLORY

(*Ipomoea tricolor*) Trumpet-shaped blooms in blue-purple.

Clematis 'Guernsey Cream'



## Shady heights

Some clematis types do really well on difficult north- and east-facing walls, with the bonus of white waves of flowers. 'Guernsey Cream' rapidly climbs to 2.4m high, and has cream-yellow flowers from May to June, and again in September. For containers, 'Pilu' (1.8m high) gives a fabulous show of pink flowers in late spring and late summer. To get those repeats, keep deadheading fading blooms, feed, and don't let the soil dry out.

Early-flowering Clematis 'Pilu'

to 9m and has intensely fragrant white flowers; or creamy yellow Asiatic jasmine, which can reach up to 6m. Both need shelter from winter cold, and should be tied to horizontal wires or trellis.

For striking foliage, try *Actinidia kolomikta*, a vigorous, deciduous climber with leaves tipped pink and white, as if

dipped in paint. Eventually reaching 5m high with a 4m spread, it's frost-hardy but may need some winter protection.



Star jasmine and, below, *Actinidia kolomikta*



CUP-AND-SAUCER VINE (*Cobaea scandens*) Greenish-white 'bells' that fade to purple.

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**you garden**  
your garden at its best

**O**rdinarily we'd love to look after Max for you, but I'm afraid we can't tomorrow.' Fern's shoulders sagged as she listened to her mother at the other end of the phone.

'We're off on a coach trip for the day, and it's a bit late to cancel. Sorry, love.'  
'That's OK, Mum. Don't worry. You enjoy your day out.'

Steve, Fern's ex-husband, was supposed to be looking after Max, but had just cried off. Nothing new there. His unreliability was one of the reasons their marriage had failed.

Asking her parents had been the last resort. She'd already tried a neighbour and two friends, all of whom were unable to help.

Over a cup of strong coffee, Fern considered her options. She could cancel tomorrow's meeting with a potential new client and reschedule. But it had been a long, hard road to get to this point, and she was reluctant to go back and start the whole process again.

Perhaps she could have the meeting here. But one glance at the cluttered open-plan ground floor of her cramped cottage was enough to discount that option.

By the time she'd finished her coffee, she had come to the inevitable conclusion – she would have to take Max with her and hope he wouldn't disrupt her pitch for what could be a lucrative contract for Fern's Soft Furnishings.



Pulling into the car park 10 minutes early, Fern had time to take stock of her surroundings.



while trying to keep Max quiet at the same time.

Just as she stood up, the door opened and a tall man in a suit and shiny shoes appeared.

'Are you Fern's Soft Furnishings?' he asked.

'Yes. You must be Mr Douglas. Pleased to meet you,' she stammered, tucking a folder under her arm and extending a free hand towards the man.

Ignoring her hand, he nodded and stared at Max with a frown and raised eyebrows before returning to the room.

A brief flash of fluorescent pink socks as he turned away did nothing to lighten Fern's spirits. With a sinking heart, she struggled with the door, bag and Max, eventually following the MD into the room.



Once they were both seated, Fern apologised for having to bring Max, who thankfully was being uncharacteristically docile for the moment.

She noticed that Mr Douglas had taken the seat facing the clock. Knowing how busy he was (she'd had to wait weeks for this chance), and conscious that he was probably due at another meeting straight after this one, she launched into the presentation she'd been practising for the last few days.

Once she'd begun, her nerves disappeared as she explained the ethos of her bespoke furnishings business and displayed her portfolio and samples.

Having carried out research into JD Construction, she knew they specialised in not only building small upmarket developments, but providing a soft furnishings service to their buyers too. She hoped

## Meeting WITH MAX

*Fern's business pitch just had to go well – but a last-minute change of plan had the potential to ruin everything*

She'd never actually been to The Riverside Centre, having booked it on recommendation from a friend.

She wasn't sure what she was expecting, apart from a river nearby – which she couldn't see any sign of. But she was pleasantly surprised by the complex.

A fairly new addition to the local business scene, Riverside, on the edge of town, provided rented rooms for meetings, office-support services and a restaurant.

A converted barn, the setting was remarkably quiet and peaceful, considering it was so close to the motorway.

Fern had checked with the Centre earlier to make sure it

was OK to bring Max, and she had been assured it was.

As she locked the car and made her way to the door, she hoped her potential new client would also be fine about it.

Just inside the large glass doors was a small reception area where Fern booked in and was informed that Jonathon Douglas MD of JD Construction had already arrived and was waiting.

Thrown by the news, Fern hurried towards the room indicated by the receptionist, managing to drop her bag containing samples and her portfolio on the way.

'That's all I need!' she muttered, scooping up the swatches and paperwork,

to persuade Mr Douglas that her unique service would suit his clients.

To her relief, the presentation went smoothly and, apart from the occasional glance at the clock, Jonathon Douglas seemed to be giving her his full attention.

'How long has your business been going? I don't think I've come across the name before.'

Fern had expected this question and couldn't avoid the fact that she'd been up and running for less than two years.

Answering, she stressed how she'd been involved in the soft furnishings trade ever since leaving school, gaining appropriate qualifications before launching her business.

What Fern didn't mention was that currently she was a one-woman operation (she couldn't afford to employ anyone), so worked day and night to complete the one-off commissions she'd had so far.

To secure a contract with a prestigious outfit like JD Construction would put her name on the map, and boost her confidence and reputation, not to mention her bank balance. She might even be able to start building the studio she planned at the bottom of her garden. Being able to shut the door on her labours each day could mean working more normal hours, and even having a social life.

'I'm passionate about what I do and confident my designs, specifically tailored to each individual client, will fit in perfectly with your beautifully constructed homes,' Fern added, hoping a bit of flattery would help her pitch.

She just couldn't tell how well or badly she had done from Mr Douglas' impassive expression. He sat motionless and silent, staring at the wall

across her right shoulder. She glanced down at Max, who had been asleep but was now stirring. He'd been so well behaved up to now, but she couldn't expect him to stay quiet for much longer.

Looking back up, Fern waited nervously for some sort of reaction. The only sound in the room, the ticking clock. This is worse than being in the dentist's chair, she thought.

Finally, Jonathon Douglas spoke. 'What kind of design would you suggest for me if I was a client?'

Not used to being put on the spot, Fern hoped the panic she felt wasn't obvious as she quickly studied the MD. Against the white shirt and classic tailored suit, the bright pink and navy tie gave her a clue to his taste.

With fingers crossed she replied, 'I would opt for a traditional, elegant look in muted greys and blues with the odd pop of bright colour.'

Remembering his lurid socks, she added, 'like pink. I don't think you would want anything too busy or fussy.'

To her huge relief, the MD nodded and smiled, displaying dimples that made him look younger and quite attractive. It encouraged Fern to return the smile with a hopeful grin – and quite out of the blue, she found herself wondering if he was married.

'Thank you,' he said. 'I'll take these samples with me if I may, look at the figures and get back to you. I take it you would be able to start soon?'

In answer to Fern's nod, he continued, 'Only, the company we usually use has had to pull out of our next project.'

The meeting at an end, Fern began gathering her things,

unaware of what Max was up to – until she heard a sharp intake of breath from the other side of the table.

Now fully awake, her pet was practising his latest party trick on Mr Douglas – resting both paws on the MD's knees and staring soulfully, teeth bared in a doggy grin, tail wagging enthusiastically.

The look of horror on Mr Douglas' face confirmed Fern's fears – he was not a dog person.

'Max get down!' Fern commanded, hoping that, for once, the puppy would obey.

But her voice didn't sound quite as firm as she struggled, as she should, to suppress the laughter bubbling up inside.

'I'm so sorry, Mr Douglas. He obviously likes you,' she said weakly, pulling her pet away. Unable to hold back any longer, Fern giggled as she finally managed to pick up the squirming bundle of fur. Her mirth was rewarded by numerous licks from Max, making her laugh even more.

Mr Douglas had taken the opportunity to get to his feet and move well away from the puppy. By the time Fern had calmed down the excited dog, he'd regained his composure.

'Apologies for the laughter,' Fern said meekly. 'A fit of the giggles at inappropriate times is an unfortunate reaction of mine in tense situations. Sorry.' Fern gave a tentative smile adding, 'I hope you won't hold my having to

bring Max to this meeting against me.'

Looking straight into Fern's eyes (she couldn't help noticing what a deep blue they were), Mr Douglas replied, 'It's certainly unusual to come to a business meeting with such an unruly animal, and very unprofessional.'

He paused, glaring at Max, who stared back unblinkingly as dogs do, tail still wagging.

Mr Douglas hastily transferred his gaze back to Fern. 'Despite that, I do think your proposals are worth serious consideration, so no, I won't hold it against you,' he added with a brief reappearance of the dimples that made her feel quite hot and bothered, something that hadn't happened in a while.

'However, if we do award you the contract, there will be one stipulation. Definitely no dogs at future meetings.'

Although his voice was stern, Fern was sure she detected a twinkle in those gorgeous blue eyes. And was it her imagination or did he prolong the handshake longer than was necessary before he departed? It was long enough for her to register the absence of a wedding ring, and hope she'd have more meetings with the lovely Jonathon Douglas.

Fern decided to take Max for a walk before going home. Watching him happily sniffing the grass, she smiled.

Max had liked Mr Douglas and, in Fern's experience, the dog was a good judge of character. After all, he hadn't been at all keen on her ex.

THE END

Yvonne Frederick, 2022



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# Plant LIFE

Crochet our contemporary fern leaf cushion as a statement piece for your home

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so they  
work for  
you



Difficulty  
level



#### MEASUREMENTS

Approximately 40 x 40cm  
(16 x 16in).

#### MATERIALS

3 x 100g (250m) balls of  
Stylecraft Naturals Bamboo  
Cotton DK [60% bamboo,  
40% cotton] in A [Ecu 7128]  
and 1 ball in B [Spring  
Green 7126]. Size 3.5mm  
crochet hook; 40 x 40cm  
square cushion insert.

Yarn is available from  
[the knitting network.co.uk](http://the knitting network.co.uk)

#### TENSION

20 stitches and 22 rows,  
measure 10 x 10cm, over  
double crochet, using  
3.5mm hook.

#### ABBREVIATIONS

**St(s)**, stitch(es); **ch**, chain;  
**dc**, double crochet thus: insert  
hook into st, yrh and pull loop  
through (2 loops on hook),

yrh and pull through 2 loops;  
**yrh**, yarn round hook.

#### NOTE

Float unused yarn across  
wrong side of work, to make it  
less visible from the front. For  
left-handed crochet, leaf motif  
will be a mirror image. Dc is  
used throughout with colour  
changes to create leaf motif.  
Change colour on last yrh  
of previous stitch (the stitch

before colour change) thus:  
insert hook into st, yrh in  
old colour and pull loop  
through (2 loops on hook),  
drop old colour, yrh in next  
colour and pull through 2  
loops. Always keep yarn not  
in use on wrong side of work.  
Yarn amounts are based on  
average requirements and are  
therefore approximate.

#### Instructions overleaf

# Crochet

## BACK

With A, ch81.

**1st row [right side]:** 1dc in second ch from hook, [1dc in next ch to end], turn – 80 dc.

**2nd to 90th rows:** 1ch [does not count as st here and throughout], [1dc in next st] to end, turn.

Fasten off and weave in ends.

## FRONT

With A, ch81.

**1st row [right side]:** 1dc in second ch from hook, [1dc in next ch] to end, turn – 80 dc. Continue in dc throughout, turning at end of each row.

**2nd to 12th rows:** 1ch, [1dc in next st] to end.

Now begin colourwork pattern (See Note on page 47).

**13th row:** 1ch, 71A, 1B, 8A.

**14th row:** 1ch, 8A, 2B, 70A.

**15th row:** 1ch, 69A, 2B, 9A.

**16th row:** 1ch, 10A, 2B, 9A, 19B, 40A.

**17th row:** 1ch, 37A, 25B, 5A, 2B, 11A.

**18th row:** 1ch, 12A, 34B, 34A.

**19th row:** 1ch, 37A, 25B, 3A, 3B, 12A.

**20th row:** 1ch, 12A, 1B, 1A, 2B, 5A, 19B, 40A.

**21st row:** 1ch, 63A, 2B, 2A, 1B, 12A.

**22nd row:** 1ch, 12A, 1B, 3A, 2B, 62A.

**23rd row:** 1ch, 61A, 2B, 4A, 1B, 12A.

**24th row:** 1ch, 11A, 3B, 4A, 2B, 9A, 19B, 32A.

**25th row:** 1ch, 29A, 25B, 5A, 2B, 5A, 3B, 11A.

**26th row:** 1ch, 11A, 3B, 6A, 34B, 26A.

**27th row:** 1ch, 29A, 25B, 3A, 3B, 5A, 5B, 10A.

**28th row:** 1ch, 10A, 5B, 5A, 1B, 1A, 2B, 5A, 19B, 32A.

**29th row:** 1ch, 55A, 2B, 2A, 1B, 5A, 5B, 10A.

**30th row:** 1ch, 10A, 5B, 5A, 1B, 3A, 2B, 54A.

**31st row:** 1ch, 53A, 2B, 4A, 1B, 5A, 5B, 10A.

**32nd row:** 1ch, 10A, 5B, 4A, 3B, 4A, 2B, 9A, 19B, 24A.

**33rd row:** 1ch, 21A, 25B, 5A, 2B, 5A, 3B, 4A, 5B, 10A.

**34th row:** 1ch, 10A, 5B, 4A, 3B, 6A, 34B, 18A.

**35th row:** 1ch, 21A, 25B, 3A, 3B, 5A, 5B, 3A, 5B, 10A.

**36th row:** 1ch, 10A, 5B, 3A, 5B, 5A, 1B, 1A, 2B, 5A, 19B, 24A.

**37th row:** 1ch, 47A, 2B, 2A, 1B, 5A, 5B, 3A, 5B, 10A.

**38th row:** 1ch, 10A, 5B, 3A, 5B, 5A, 1B, 3A, 2B, 46A.

**39th row:** 1ch, 45A, 2B, 4A, 1B, 5A, 5B, 3A, 5B, 10A.

**40th row:** 1ch, 10A, 5B, 3A, 5B, 4A, 3A, 4B, 2A, 9A, 15B, 20A.

**41st row:** 1ch, 17A, 21B, 5A, 2B, 5A, 3B, 4A, 5B, 3A, 5B, 10A.

**42nd row:** 1ch, 10A, 5B, 3A, 5B, 4A, 3B, 6A, 30B, 14A.

**43rd row:** 1ch, 17A, 21B, 3A, 3B, 5A, 5B, 3A, 5B, 3A, 5B, 10A.

**44th row:** 1ch, 10A, 5B, 3A,

5B, 3A, 5B, 5A, 1B, 1A, 2B, 5A, 15B, 20A.

**45th row:** 1ch, 39A, 2B, 2A, 1B, 5A, 5B, 3A, 5B, 4A, 3B, 11A.

**46th row:** 1ch, 11A, 3B, 4A, 5B, 3A, 5B, 5A, 1B, 3A, 2B, 38A.

**47th row:** 1ch, 37A, 2B, 4A, 1B, 5A, 5B, 3A, 5B, 4A, 3B, 11A.

**48th row:** 1ch, 12A, 1B, 5A, 5B, 3A, 5B, 4A, 3B, 4A, 2B, 10A, 10B, 16A.

**49th row:** 1ch, 13A, 16B, 6A, 2B, 5A, 3B, 4A, 5B, 3A, 5B, 5A, 1B, 12A.

**50th row:** 1ch, 12A, 1B, 5A, 5B, 3A, 5B, 4A, 3B, 6A, 26B, 10A.

**51st row:** 1ch, 13A, 16B, 4A, 3B, 5A, 5B, 3A, 5B, 3A, 5B, 18A.

**52nd row:** 1ch, 18A, 5B, 3A, 5B, 3A, 5B, 5A, 1B, 1A, 2B, 6A, 10B, 16A.

**53rd row:** 1ch, 31A, 2B, 2A, 1B, 5A, 5B, 3A, 5B, 3A, 5B, 18A.

**54th row:** 1ch, 18A, 5B, 3A, 5B, 3A, 5B, 5A, 1B, 3A, 2B, 30A.

**55th row:** 1ch, 29A, 2B, 4A, 1B, 5A, 5B, 3A, 5B, 4A, 3B, 19A.

**56th row:** 1ch, 19A, 3B, 4A, 5B, 3A, 5B, 4A, 3B, 4A, 2B, 9A, 6B, 13A.

**57th row:** 1ch, 10A, 12B, 5A, 2B, 5A, 3B, 4A, 5B, 3A, 5B, 4A, 3B, 19A.

**58th row:** 1ch, 20A, 1B, 5A, 5B, 3A, 5B, 4A, 3B, 6A, 21B, 7A.

**59th row:** 1ch, 10A, 12B, 3A, 3B, 5A, 5B, 3A, 5B, 3A, 5B, 5A, 1B, 20A.

**60th row:** 1ch, 20A, 1B, 5A, 5B, 3A, 5B, 3A, 5B, 5A, 1B, 1A, 2B, 5A, 6B, 13A.

**61st row:** 1ch, 23A, 2B, 2A, 1B, 5A, 5B, 3A, 5B, 3A, 5B, 26A.

**62nd row:** 1ch, 26A, 5B, 3A, 5B, 3A, 5B, 5A, 1B, 3A, 2B, 22A.

**63rd row:** 1ch, 21A, 2B, 3A, 3B, 4A, 5B, 3A, 5B, 4A, 3B, 27A.

**64th row:** 1ch, 27A, 3B, 4A,



5B, 3A, 5B, 4A, 3B, 4A, 2B, 20A.

**65th row:** 1ch, 11A, 4B, 4A, 2B, 5A, 3B, 4A, 5B, 3A, 5B, 4A, 3B, 27A.

**66th row:** 1ch, 28A, 1B, 6A, 3B, 4A, 5B, 3A, 5B, 5A, 12B, 8A.

**67th row:** 1ch, 11A, 4B, 3A, 2B, 5A, 5B, 3A, 5B, 4A, 3B, 6A, 1B, 28A.

**68th row:** 1ch, 28A, 1B, 6A, 3B, 4A, 5B, 3A, 5B, 5A, 1B, 1A, 1B, 37A.

**69th row:** 1ch, 16A, 1B, 2A, 1B, 5A, 5B, 4A, 3B, 6A, 1B, 36A.

**70th row:** 1ch, 36A, 1B, 6A, 3B, 4A, 5B, 5A, 1B, 3A, 1B, 15A.

**71st row:** 1ch, 14A, 1B, 3A, 3B, 4A, 5B, 4A, 3B, 6A, 1B, 36A.

**72nd row:** 1ch, 44A, 1B, 6A, 3B, 5A, 3B, 4A, 3B, 11A.

**73rd row:** 1ch, 10A, 4B, 4A, 3B, 5A, 3B, 6A, 1B, 44A.

**74th row:** 1ch, 44A, 1B, 6A, 3B, 5A, 3B, 4A, 4B, 10A.

**75th row:** 1ch, 9A, 4B, 6A, 1B, 7A, 1B, 52A.

**76th row:** 1ch, 52A, 1B, 7A, 1B, 8A, 2B, 9A.

**77th row:** 1ch, 8A, 1B, 10A, 1B, 7A, 1B, 52A.

Continue in A only.

**78th to 90th rows:** 1ch, 80A. Fasten off and weave ends.

## TO MAKE UP

Place right sides together and sew around 3 sides. Turn right side out, insert the cushion pad and sew the final seam closed.

✦ If you have any knitting and crochet questions, please contact Knitting Editor Lynne at [lynnne.rowe@futurenet.com](mailto:lynnne.rowe@futurenet.com)



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**Did you know that over 9 million people in the UK suffer with arthritic joint problems?**

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Company owner Adrian Whalley, 'We receive testimonials every week from happy customers. To hear such good news from Mr Mitchell makes our hard work worthwhile. We send our product all over the world. We find that once someone tries ActiveCare Cream, they come back for it time and time again.'

For continued relief please ask us about our sore joint bath oil.



Scottish company Natural Skincare Factory, based in Peterhead, Aberdeenshire, have developed their ActiveCare Cream over many years. It works like a natural anti-inflammatory, soothing those problematic joints getting them moving again. Company owner Adrian Whalley (33, pictured) said, 'We have even received a letter from a member of the Royal family. Every testimonial we receive is important to us, but this one was rather special.'

'It's great to have a product that is making such a difference to a lot of people.'

'ActiveCare Cream is made with natural ingredients and would not interfere with any medications from your doctor. Used twice a day, massaging into the sore joint, it's been known to make a difference in as little as 24 hours.'

Adrian further commented, 'We send our product all over the world. We find that once someone tries ActiveCare Cream, they come back for it time and time again.'

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# Someone to watch OVER ME

Janey was on a secret mission to find her father – but could anyone be trusted?

**THE STORY SO FAR:** Janey Winters, secretary to Sir Desmond Ridgley, a big shot in the War Office, is concerned when her scientist father, Reginald Winters, goes missing. She decides to visit her family home in Whitstable, Kent, and is horrified to find it ransacked. Sir Desmond tells her not to inform the police but to go undercover in Canterbury. He hopes she can unearth information about a possible spy ring that may be involved in her father's disappearance. Janey takes up war work with the WVS and moves into a lodging house, where she meets fellow WVS worker, Ronnie. But what she sees and hears gives her cause for concern.

Janey spent a fitful night tossing and turning as she wandered about the late-night telephone call she'd overheard.

Ronnie had mentioned her father's name before saying how Janey was to be 'watched' as well. There was also mention of someone called Stuart.

Janey finally slept, only to wake when she heard footsteps on the staircase and a tap on her door.

'Are you awake yet, Janey?' Ronnie called from outside the door. 'I'm going down to breakfast and would like to introduce you to the rest of the inmates.'

'I'll be down in a couple of minutes. I overslept,' Janey said before jumping out of bed and splashing cold water on her face from a jug and bowl.

Not being on duty with the WVS canteen until the afternoon, she pulled on a pretty blue cotton frock before

peering at her pale face in the mirror and pinching her cheeks to bring out a little colour.

'That will have to do,' she muttered, grabbing her handbag and gas mask and hurrying downstairs.

She stepped nervously into the kitchen to see people sitting around a large wooden table. Ronnie was pouring out tea into china mugs.

'Oh, there you are, come in and take a seat. We have toast and lots of it. George

here works at the bakery and makes sure we're looked after.'

'I supplied the butter,' a blonde-haired girl said.

'It's handy being a postwoman and cycling out to the farms, as I always come back with supplies. I'm Molly.' She held out a hand to shake Janey's, apologising for the butter on her fingers.

'This is wonderful, thank

you for sharing with me. Who provided the jam? I've not seen any in a while.'

'That's our Ronnie – I'm always surprised what she can lay her hands on,' George chuckled.

'Best not to ask any questions and you'll be told no lies,' Ronnie replied, giving him a wink and tapping the side of her nose.

'Is that toast I can smell?' a male voice said from the back door. 'I hope you haven't

scoffed it all while some of us have been busy fighting a war.'

'There's plenty left, but if you're not quick this lot will polish it off,' George said, turning to speak to a dark-haired man in an RAF uniform. 'This is Janey. She's just moved into the spare room upstairs.'

Stuart shook Janey's hand before sitting next to her and reaching for a slice of toast.

'Pleased to meet you,' he said, giving her a friendly smile.

She was mesmerised by his piercing blue eyes, which seemed to search her soul. But then something struck her... Stuart was the other name Ronnie had mentioned last night on the telephone.

'Has anyone shown you around yet?' he asked before biting into the buttered toast. 'Apart from my room and the kitchen, I've seen very little.'

'Then let me be your guide.'

She accepted, thinking it wise to observe the saying to 'hold friends close and enemies closer still'. The thought that somebody in this room may know something of her father's disappearance worried her. So far, she hadn't much to report to Sir Desmond apart from some blackmarket bread and butter.



Once breakfast had been cleared away, Stuart gave her





Woman's  
Weekly  
SERIAL  
PART  
TWO

a quick tour of the house. The ground floor was a communal area, so it didn't take long for him to show her to the front room. The furniture was a mishmash of old armchairs and settees, with a large wireless set in the corner. An open fireplace was laid ready for somebody to light.

'It does seem cosy,' Janey said, imagining curling up in one of the armchairs reading a book.

'Let me show you the back garden,' Stuart said, taking her elbow and steering her down the passage and out through the kitchen.

'No one seems to have enough time for gardening these days,' he said apologetically as they viewed the long garden with empty borders along its edges.

'It will be a nice place to sit out, air raids permitting. I do enjoy open air. It must have looked lovely before the war.'

'I take it there is plenty of open air where you come from,' he smiled, copying her turn of phrase.

Janey took a deep breath. This was the first question about her personal life. She shrugged off his question and pointed to a gate at the end of the garden. 'Where does that lead?'

'Let me show you,' he said, taking her hand and leading her down the twisting path.

Janey should have pulled away, but she quite enjoyed the warmth of his hand as it curled around her fingers.

As he opened the gate, Janey gasped with delight as she viewed a small field that contained a tethered horse and a beautifully pointed caravan. An old woman sitting by an open fire was stirring something in a blackened pot.

'Is that a Romany caravan? I've never seen anything so lovely. Can we get closer?'

Stuart chuckled. 'Yes, it is a vardo.' And, still holding her hand, he led her towards the woman. 'Rebekah, meet Janey. She has just moved into the house.'

The woman indicated for them both to sit on large logs circling the fire. 'You are welcome, my dear. Has your journey been a long one?'

Janey was shocked. Could the woman see her future in the pot she was stirring?

'Not very far,' she stammered, still not wishing anyone to know why she was in Canterbury. 'Can you tell?' she asked, peering closer.

Rebekah and Stuart laughed. 'My dear, all you will see in here is the soup I'm making for my meal.'

Janey had the good grace to join in with their laughter.

'Oh, I do apologise. I thought... I mean...'

'You have no need to explain,' she said. 'I know what you mean. Many people assume we can read the past and predict the future. Very few have that gift. Will you join me for a cup of cocoa?'

The water is hot enough.' She checked a kettle sitting at the edge of the fire.

'I would be delighted. Can I help you?'

'Would you fetch three mugs for me,' Rebekah replied, nodding towards the caravan.

Janey felt excited as she climbed four wooden steps to enter the vardo.

Inside, she was amazed to see how a home could be condensed into such a small space. At one end a comfortable-looking bed was set high with drawers underneath. The rest of the space consisted of cupboards

containing ornaments and household china.

Everything was spick and span, including a small stove with a chimney that reached the domed ceiling.

Janey found three pointed china mugs and took them back to Rebekah.

'I adore your home,' she said as Rebekah made their drinks. 'Do you travel far in it?'

'Now it is you who is asking questions,' the woman smiled without answering. 'Many generations of my family have been born or lived here. It holds many memories and many secrets.'

Janey felt a shiver run down her spine.

'Rebekah, stop being so melodramatic,' Stuart scolded the woman good-naturedly before checking his watch.

'We'd best drink up as I'm due at Manston this afternoon and I know Janey is due on duty with the WVS.'

Janey frowned at him.

'Don't look at me like that, Janey,' he grinned. 'I didn't find that information in the pot. Ronnie told me you are both working the same shift.'

Janey wondered how close

he was to her new friend.

'Thank you for your hospitality,' she said, rising to her feet.

'Be careful on

your journey,' Rebekah replied with an enigmatic smile...

Could she read her mind?



The afternoon rushed by with Janey being promoted to buttering bread and helping to make sandwiches.

Her heart ached as she heard stories of townspeople whose lives had been changed so much because of the war. They seemed grateful for what the WVS could do for

**Continued overleaf**



them. And, not for the first time, did Janey understand how much a cup of tea could help someone in distress.

What marred the afternoon shift was an incident when she left the mobile canteen to clean several small tables. As she concentrated on giving them a good wiping over, a man bumped against her and tried to dip his hand into her pocket. She jumped at once as Ronnie came to her aid.

'Oi, you'll be on your way or I'll have the coppers after you!' she shouted, hurrying over as the man fled empty-handed.

'Are you all right?' she asked, guiding Janey to one of the nearby seats. 'I should have warned you to be careful. Even in wartime, there can be some nasty people about.'

'I'm fine, thank you. It was just a shock when he nudged me. Thankfully, I tucked my handbag away in the canteen vehicle. Let's get back to work, there's washing-up to be done.'

Ronnie joined her as they prepared to clean up from the afternoon's food preparations. Janey was thinking of her father as she went to dip her hands into the bowl.

'Be careful,' Ronnie said as she grabbed Janey's arm and pulled her away from the hot water. 'You could have burnt your hands. I've just topped it up from the kettle.'

'No, it's my fault, I had my head in the clouds thinking about my father.'

She could have slapped herself for mentioning her dad when she'd been warned by Sir Desmond to keep her counsel.

Ronnie frowned. 'Can I help?'

'Everything is fine. There is no need to worry about

me,' she replied, not wishing to give anything else away.

'Where does your father live?' Ronnie asked as their team organiser, Pip, appeared at the door.

Janey was floored for a moment – who could she trust? 'My family come from Cornwall,' was all she could think to say.

'Time you got yourself off home, Janey. I spotted what happened and it must have shaken you up. A good night's sleep is what you need,' Pip instructed. 'Ronnie can finish up here.'

Janey heard Ronnie objecting as she wanted to accompany Janey back to the lodging house, but Pip was having none of it.

Janey retrieved her things and hurried away before she was faced with any more awkward questions about her father.

Why was Ronnie so interested in her dad and what had Pip overheard? She was still unsure who was friend and who was foe.

~\*~\*~\*~\*~

After another restless night, Janey woke early and decided, as she wasn't on duty that day, she would travel back to Whitstable to see if her father had returned home or if his next-door neighbour, Miss Whitmore, had heard anything.

Not wishing anyone to notice where she was going, she waited until she could hear voices in the kitchen, then slipped out of the front door, hurrying to the railway station.

Although the seaside town was only a few miles away, it took hours to reach her destination, as an air raid close to the town had

caused disruptions.

Feeling weary as she reached the seafarer house, she was pleased to see that the place was neat and tidy again.

However, there was still no sign of her father. She went next door to speak to his kindly neighbour, who soon had her sitting down with a warm drink as she explained how things had been in the past week.

'It was a good idea for you to ask the police to keep an eye on the house and for people to clear up,' she twittered on. 'I've been taking in the post every day.'

Janey flicked through the envelopes, hoping to see her father's handwriting. She prayed he had written and that his disappearance

was simply a big mistake.

There was nothing. Trying to hide her disappointment,

she spent a couple of hours chatting with Miss Whitmore and doing her utmost to pretend there was nothing wrong. Thanking her father's neighbour profusely for all she'd done, she made her way back to the station.

The packed train had only just started its journey when it shuddered to a halt with the guard furiously blowing his whistle, instructing everyone to alight from the train and take shelter as air-raid sirens started to wail.

It was while getting back on board an hour later that she spotted Stuart. Was he following her? A wave of annoyance washed over her.

~\*~\*~\*~\*~

Once back in Canterbury, she waited around the corner from the station until Stuart was passing by. Then she

confronted him, shining her torch into his face.

He was startled for a second before a smile crossed his face. 'I'm sorry if you think such a thing. I met an old colleague and came back on the Whitstable train. Would you care to join me for a drink?' he asked, nodding to a pub across the road.

How did he know I'd gone to Whitstable? she thought. 'No thank you,' she said. 'I just want to go back to my room.'

Then she strode away, intent on putting as much distance between them as possible. Why did it hurt that Stuart might be someone she should be wary of?

Quietly letting herself into the house, she removed her shoes so as not to disturb the other lodgers.

As she reached the top of the stairs, Ronnie's bedroom door opened and a man rushed past her. In the dim light, Janey recognised him as the person who'd tried to pick her pocket the previous day.

Before she could react, Ronnie called out from the open door... 'I won't have blood on my hands! It will not further the cause.'

Janey froze. Whatever was going on?

**TO BE CONTINUED**  
*Elaine Everest, 2022*

✦ Elaine Everest's latest novel, *The Woolwarths Saturday Girls* (£7.99, Pan Macmillan), is out now in paperback.

**I won't have blood on my hands!**



# Your stars

For 1-7 June with Bracha Goldsmith  
yourastrologysigns.com

**ARIES** 21 Mar – 20 Apr  
You're unstoppable this week. Decide what you want to accomplish and the stars will help you all the way.

**TAURUS** 21 Apr – 21 May  
Your health and wellbeing is the focus for you now. Even small adjustments can make all the difference.

**GEMINI** 22 May – 21 Jun  
This is a wonderful time for creating new relationships and social connections. Reach out and you will be pleasantly surprised.

**CANCER** 22 Jun – 23 Jul  
Going with the flow is your assignment this week. If something isn't going smoothly, move on and come back to it at a later date.

**LEO** 24 Jul – 23 Aug  
It's time to reassess your values. What is most important to you now? Much has changed and your life needs to reflect this.

**VIRGO** 24 Aug – 23 Sep  
You're searching for more meaning in your life. Trivial activities and pastimes will no longer satisfy you.

**LIBRA** 24 Sep – 23 Oct  
Make sure you take care of yourself. You're often giving to others, now it's time to look after yourself.

**SCORPIO** 24 Oct – 22 Nov  
You may feel as though you are being pulled in many different directions right now. Choose the most important one and start there.

**SAGITTARIUS** 23 Nov – 21 Dec  
This is a wonderful time for planning a trip, or for going out on a spontaneous outing. You need a change of scene.

**CAPRICORN** 22 Dec – 20 Jan  
You're stronger than you think you are. Look back and see how much you've accomplished and achieved, and you'll feel good.

**AQUARIUS** 21 Jan – 19 Feb  
Financially, there may be a new opportunity presented to you. Go slowly and carefully before moving forward. Trust your instincts.

**PISCES** 20 Feb – 20 Mar  
Creatively this is an extremely productive and inspiring time for you. Just make a start and you'll soon be on a roll.

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**DOWN:** 1 Raccoon 2 Temperatures 3 Steamed 4 Using 5 Reservoir 6 Sentence 7 Corresponding 8 Usual 9 Countless 10 Philosophy 14 Reserve 21 Opportunity 22 Intelligent 26 Pilots 27 Straw 30 Olive 32 Oceans 33 Automatically 34 Mules 38 Competitions 40 Underneath 43 Impressed 44 Alternate 46 America 48 Examined 50 January 51 Kettles 55 Knock 56 Stare

**Answer:** CONJUNCTIVITIS

#### CROSSWORD

**ACROSS:** 7 El Dorado 9 Barrow 10 Inky 11 Endowment 12 Scampi 14 Gene pool 15 Beauty parlour 17 Demotion 19 Veered 21 Philistine 22 Cape 23 Debris 24 Needleless

**DOWN:** 1 Clinic 2 Bony 3 Facelift 4 Obtain 5 Gramophone 6 Downpour 8 Old-age pension 13 Meadowlark 15 Brethren 16 Reviewer 18 Insist 20 Expose 22 Call

**Answer:** REPRESENTATIVE

#### LINKWORDS

MARGIN, TEMPER, HANDLE, FILLER, MASTER, BUCKET, CARPET, WASHER, MORTAL, MUTTON

**Answer:** INSTRUCTOR

#### WORDWISE

Cede, ceded, cedes, cued, cues, deduce, deduces, duce, deduced, duce, deduce, deduced, educs, scud, secede, seceded, secede, seduced, succed

**Answer:** SUCCEEDED

#### WORDSEARCH



#### ARROW WORD



#### MINI XWORD



**Answer:** Pure

**Answer:** Sodium

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# PUZZLE TIME

## LINKWORDS

Fit 10 words into the grid so that each links with the end of the word on its left and the beginning of the one on the right. Then unscramble the letters in the shaded squares to make a word. **Clue:** A group of organisations that have joined together.

FIRST						STATE
SLEDGE						HEAD
HERBACEOUS						LINE
RING						TWINE
RED						MUSHROOM
HARD-						OUT
COLD						CAR
SAGE						COLUMN
PAID-UP						PROFILE
BLIND						IN

## Wordwise

You have 15 minutes to find as many words as possible using the letters in the grid. Each word must contain four or more letters, one of which must be the central square. No proper nouns, plurals or foreign words are allowed. There is one nine-letter word in the grid, for which the clue is: **Fraction's top number.**

R E O  
R U T  
M A N

Average = 15 More than 35 = well done

## Crossword

Try the easy or cryptic clues and then rearrange the letters in the shaded squares for the answer. **Clue:** Subsection of centours, say, found in Colorado and Montana (11).

### Easy clues

#### ACROSS

- 6 Treeless region (5)  
7 Chilling (8)  
10 Epistles (7)  
11 Carry out (7)  
12 Traditional (7)  
13 Shook (7)  
14 Evolution (11)  
19 Allegiance (7)  
21 Monarch (7)  
23 Erupting mountain (7)  
25 Interpret (7)  
26 Least old (8)  
27 All (5)

#### DOWN

- 1 Towards the sunrise (8)  
2 Except that (6)  
3 Bodily (10)  
4 Immense (4)  
5 Yearbook (6)  
6 Constabulary (6)  
8 Playhouse (7)  
9 Coin side (5)  
13 Symbolises (10)

- 15 Criminal (7)

- 16 Menace (8)

- 17 Gauntlet (5)

- 18 Parent's mother, informally (6)

- 20 Daffodil colour (6)

- 22 Stringed doll (6)

- 24 Comply (4)

### Cryptic clues

#### ACROSS

- 6 Clear flyer's broadcast (5)  
7 Searching around a spooky event (8)  
10 Characters collapsed trestle (7)  
11 Produce sweet after old lover's encouragement, initially (7)  
12 Timeless canine star briefly surrounded by 100s (7)  
13 Rodent let loose on delta gets you really agitated (7)

- 14 Editor returned novel rewritten with temp's progression (11)

- 19 Employ AI, typist demonstrating reliability (7)

- 21 Earl, politician, Queen, or another powerful person? (7)

- 23 No vocal arrangement for effusive type (7)

- 25 Lay out cut pine chopped with axe getting left inside (7)  
26 You make home around Greece's capital for one extremely youthful (8)  
27 Each reverend visits the old revolutionary (5)

#### DOWN

- 1 It sounds like Western actor is going in the

- other direction? (8)

- 2 Except when French articles are found on ship (6)

- 3 A chilly spy shivering in the body (10)

- 4 Big cuddle with sweetheart (4)

- 5 Regularly, Anna goes around Peru, finally to Lima (6)

- 6 Authorities cut back on diamonds (6)

- 8 Where one performs at three, roughly (7)

- 9 Chap's absorbing advert, it's on the side of change (5)

- 13 Means to be

- concerned with gifts (10)  
15 Who occupies evil lair with notoriety, primarily? (7)

- 16 Intimidate 8, trembling on edge of mountain (8)

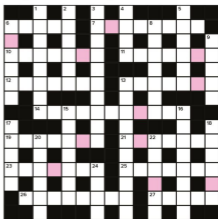
- 17 Good affection for item of clothing (5)

- 18 Family member ruled New York after campaigning at last (6)

- 20 Shout with cry of pain is cowardly (6)

- 22 Guinea pig, say, gets up quietly, being under control of another (6)

- 24 Follow award with the ultimate in flattery (4)



Just  
for  
fun!Jumbo  
PUZZLE

Read down the letters in the shaded squares to spell out a scientist (14).

## ACROSS

- 9 Floor covering (3)  
 13 Country (7)  
 14 First (7)  
 15 Encircles (5)  
 16 Grasp (4)  
 17 Boots (5)  
 18 Opted for (5)  
 19 Brilliantly coloured (5)  
 21 Alludes to (6)  
 22 Giggles (6)  
 24 Travelling by bike (7)  
 28 Plane's path (5)  
 30 The 'Y' in Mi6 (12)  
 32 Resound (4)  
 34 Medieval labourer (7)  
 35 Made monarch (7)  
 36 1998 Kevin Costner film, *The \_\_\_* (7)  
 38 Type of car (6)  
 39 Interrogates (9)  
 41 Potential benefit (6)  
 44 Compel obedience to (7)  
 45 Lessons (7)  
 47 Film series, \_\_\_ of the Caribbean (7)  
 48 Toy (4)  
 49 Crossroads (12)  
 51 Ledge (5)  
 54 Victory (7)  
 57 An occasional worker (6)  
 58 Sugary flower liquid (6)  
 63 Tarso (5)  
 64 Country (5)  
 65 Departure (5)  
 66 Settee (4)  
 68 Relating to sea movement (5)  
 69 Exact (7)  
 70 Got away (7)  
 71 Affirmative (3)

## DOWN

- 1 Marsupial (8)  
 2 Opinion (6)  
 3 Alcoholic drink (3)  
 4 Supports (5)  
 5 Flying machine (8)  
 6 Fruit of wild roses (4)  
 7 Debate (10)  
 8 Permit (5)  
 9 Wretchedness (6)  
 10 Voyages (7)  
 11 Irregular (6)  
 12 Stage whisper (5)  
 20 Instrument for measuring angles (10)  
 23 Units of volume (7)  
 25 Grubby (5)  
 26 Compass bearings (8)  
 27 Game tokens (8)  
 29 Good-looking (9)  
 31 Duplicate (4)

- 33 Panel, board (9)  
 34 Feigns (8)  
 35 Religious buildings (8)  
 37 Subdues (10)  
 40 Flies, moths, etc (7)  
 42 English actor, Sean \_\_\_ (4)  
 43 Unlocks (5)  
 46 Affiliated (10)  
 50 Fantasised (8)  
 52 Attacking players (8)  
 53 Fortunately (7)  
 55 Stages (6)  
 56 Indicates with the finger (6)  
 59 Soldiers (6)  
 60 Condition (5)  
 61 Adjust (5)

- 62 Concur (5)  
 65 Broad smile (4)  
 67 Perform on stage (3)

YOU CAN WORK IT OUT...

† The answers for 24 May are on the horoscopes page. The answers to this week's puzzles will appear in two issues' time.



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# PUZZLE TIME

For every	Small crown	Hydrogen or helium, say	Take part in an election	Personal pride	Theresa... former PM	Trap made by a spider	French word for 'street'	Please reply (US)	TV show, Murder... Write
When one might arrive (US)		Weird, bizarre	Jewel 'It takes, to tango'			Goes wrong Food list			
Italian rice dish				Surprise attack Direct					
<b>P</b>	Friend, note	Morning moisture		Word for yes Fashions			Biblical first woman		
<b>A</b>	Shape of an egg	Back and forth, to and	Over the top (US)		Spacious		At this moment	Blockade of a city	Thick sweet liquid
<b>L O A F</b>		Style and vigour	One of the Jones brothers	Repeated TV shows				Country road	
Block of bread	Actor, Zuluwenger Rascal				Fish that can be electric?		Greasy		
Thick garlicky sauce			Hens of The Matrix films				Be dressed in		
		A school or college						Large type of antelope	
Film, 4 Nights on... Street	Pale red colour		Cunning			All-terrain vehicle			

## Arrow word

Which is the only film adaptation of a Stephen King novel to win an Oscar? Solve the puzzle by following the arrows and writing in your answers. Then, read down the letters in the shaded squares to find the answer.

YOUR ANSWER:

## WORDSEARCH

Which musical was an adaptation of the play *Lilium* by Ferenc Molnar?

The answer is the one missing from the grid.

C	H	I	C	A	G	O	I	F
A	X	A	N	A	D	U	E	O
L	H	E	L	P	T	E	V	O
A	N	N	I	E	S	S	I	T
D	C	A	B	A	R	E	T	L
D	G	A	E	W	V	A	A	O
I	I	R	T	O	M	M	Y	O
N	G	O	L	I	V	E	R	S
V	I	F	R	O	Z	E	N	E

ALADDIN  
ANNIE  
CABARET  
CAROUSEL  
CATS

CHICAGO  
EVITA  
FOOTLOOSE  
FROZEN  
GIGI

GREASE  
HELP  
OLIVER  
TOMMY  
XANADU

YOUR ANSWER:

## Mini crossword

1	2	3	4
5			
6			
7			

The shaded boxes spell out a word.

### ACROSS

- 1 Ship's company (4)
- 5 Atmosphere (4)
- 6 Indication (4)
- 7 Tangle (4)

### DOWN

- 1 Barrel (4)
- 2 Damage irreparably (4)
- 3 Therefore (4)
- 4 Desire (4)



# Book club

Zoe West picks the best reads for you

## Book Lovers

by Emily Henry (£6.99, PB, HarperCollins)

Literary agent Nora is so career-driven she has no time for anything except her clients. That is, until her little sister Libby persuades her to take a trip to Sunshine Falls – the small town from one of their favourite books. What Nora doesn't realise is that her work nemesis, Charlie Lastra, will be there too. The banter, chemistry and witty one-liners between the two are hugely entertaining, and so are the romcom references. Perfect for fans of Mhairi McFarlane, this book is utterly charming. Henry's best yet!



## The Tea Ladies of St Jude's Hospital

by Joanna Nell (£20, HB, Hodder & Stoughton)

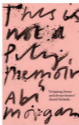
Hospital cafe manager Hilary is dubious of her fellow volunteers. Joy is always late and wears too much make-up. Young Chloe appears to be helping just to boost her CV. The place is actually a lifeline for all three volunteers in different ways, as well as to its customers – but it's in danger of being turned into a franchised restaurant serving fancy coffees and fancier food. Hilary, Joy and Chloe are not ready to crumble, though, and join forces to save their cafe. No one captures the nuances and pathos of emotion better than Joanna Nell, and you'll be cheering her characters on.



## This is Not a Pity Memoir

by Abi Morgan (£14.99, HB, John Murray)

As an award-winning screenwriter, Abi Morgan has the power to change and edit stories. But, in this account of her own experience, there is no way of altering how life changes beyond recognition when her husband is found collapsed on the bathroom floor. While it is not, as the title says, a pity memoir, this book does dive unsparingly into the realities of what happens when something goes devastatingly wrong in your family's life, and the tumult of emotions – from unflinching love to selfish anger – that course through you as the days and weeks go by. It's ultimately an uplifting and powerful read, and highly recommended.



## Dead Rich

by GW Shaw (£14.99, HB, Quercus)

Having only been dating a matter of weeks, Kai joins Zina and her strict family on their super-yacht in the Caribbean. But their luxurious surroundings quickly become their prison, as Zina's father is a Russian oligarch whose dangerous enemies are closing in. A real page-turner that will leave you guessing as twists, turns and secrets are revealed.



## The Wedding Season

by Katy Birchall (£8.99, HB, Hodder & Stoughton)

It's that time of year – everyone's getting married, including Freya Scott. But after her boyfriend Matthew calls the whole thing off just hours before the ceremony, she has to endure the agony of attending everyone's else's big day. Cue much hilarity, tears and a good dose of friendship in this fab book.



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What you're reading

I've just read *The Best Things* by Mel Giedroyc. Such a fun book, especially the second half. I couldn't put it down towards the end. Meredith Brown, Gloucestershire

Get in touch and let us know what you're reading – we love to hear your recommendations. Email [zoe.west@futurenet.com](mailto:zoe.west@futurenet.com) or drop us a tweet @zoeannwest

# Mrs W-C gets the BRUSH-OFF

Rosemary saves Mr Dear from running in the egg and spoon race



**“It was in many ways a typical morning at Dear Towers. I was taking a plunger to the bathroom sink, which was blocked, while also wondering why we have five toothbrushes in our toothbrush jar.**

This is one of those mysteries that Sherlock Holmes might have enjoyed.

Me: You have got to ‘elp me, Mr ‘Olmes. My bathroom is being overrun by toothbrushes.

Sherlock: I see that you and your husband used to run a small hardware shop. You once appeared in an amateur production of *The Mikado*. You have four children. You find your next-door neighbour slightly annoying. You have a rather elderly dog, and you don’t enjoy dancing because your husband always steps on your feet.

Me: That’s witchcraft, Mr ‘Olmes. ‘Owver do you manage it?

Sherlock: Elementary. I am a devoted reader of *Woman’s Weekly*.

Me: Ah, now you explain it, it’s simple. Hang on, I’ve never mentioned the fact that me ‘usband steps on my feet when we’re dancing.

Sherlock: You walk with a very slight limp, which is obviously the result of a

dancing injury. Now, tell me about the toothbrushes.

The thing is, there’s just the two of us. We both use electric toothbrushes. And yet there are these five stowaway toothbrushes that seem to have been there for months.

It’s a mystery on a par with *The Case Strange of Mr Dear’s Socks*. No matter how many pairs of socks he buys, one of each pair seems to disappear.

Perhaps they have decided to self-identify as toothbrushes.

Anyway, Mr D was downstairs, giving the kiss of life to a couple of pot plants when the doorbell rang.

Opening the door revealed a rather well-built lady in one of those padded jackets, where the sleeves seem to have made a run for it. ‘Hello,’ she boomed in a voice I could easily hear upstairs. ‘Are you Tim?’

Mr Dear corrected her most politely.

‘Jolly good,’ said the lady. ‘Delighted to meet you. I’m Olivia Windsor-Clarke [this is not her real name but it might have been]. I hear you’re an absolute whizz with the egg and spoon.’

‘Oh, I wouldn’t say...’

If you were kind enough to

drop by last week, you’ll remember that Mrs W-C (no, she wasn’t looking flushed) is new to the area but somehow took over the organisation of our Jubilee celebrations.

You’ll also recall that she is making herself unpopular, and from what I can hear drifting up the stairs I can see why. Notices advertising the event on what we call our village green have been ripped down. A rival event

is being organised at one of the big houses down the road.

‘Don’t be modest,’ she said. ‘You

have been recommended. Apparently you’re the go-to man for eggs and spoons and sack races.’

‘I’ve only done it once,’ Mr D protested.

‘Ah, experience. Just what we’re looking for. I’ll put your name down then.’

By this time I was halfway down the stairs, and saw her leaving. Mr D was on the doormat (both physically and metaphorically). His mouth was opening and closing, but no words were coming out.

Somehow, the training just kicked in. ‘I’m afraid he won’t be able to help,’ I said.

‘Oh?’ said Mrs W-C, turning round.

‘Honestly, he’d forget his own head,’ I said with a smile. ‘You’ve forgotten, haven’t you?’

‘Forgotten what?’ Mr D looked bemused.

I put on my best Sybil Fawley smile, and addressed our visitor. ‘I’m afraid we won’t be here for the weekend,’ I said. ‘We’re going to London to stay with our son.’

‘Are we?’ said Mr D.

‘Yes,’ I said very firmly. ‘We arranged it last week. So we can see the all celebrations in London.’

‘Did we?’

If this was radio comedy, Mr D’s next line would be ‘Ouch! My leg’ as I delivered a swift kick to the ankle.

‘Oh well, there it is. I’m sorry I can’t help.’

Mrs W-C didn’t reply. She merely gave us a frosty look and left.

‘You didn’t tell me we were going to Oliver’s?’ said Mr D. Lord, give me strength.

‘We’re not, you chump. But I didn’t think you’d want to be patronised by that woman.’

‘I suppose it would be quite nice to go to Oliver’s,’ he said.

Have you ever wondered how men managed to run the world for such a long time?

**‘Hello,’ the lady boomed in a voice I could easily hear upstairs**

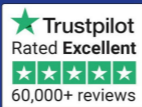
Rosie x



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