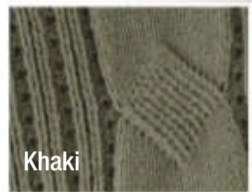
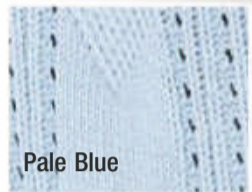


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Davina McCall
I miss hugging people and holding hands so much!

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“It's good to know I can stay safe at home and have my meals delivered free by Brett.”

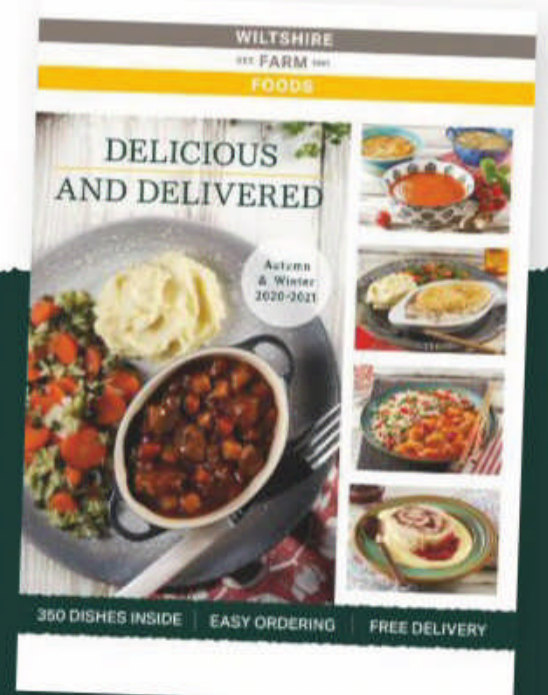


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Hello!

To a brighter future

My father spent the last couple of years of his life in a wheelchair, which in classic grumpy-old-man style he found rather irritating, although he still managed to have a very jolly time. Mind you, he never took a holiday as a wheelchair user because 'It would be too much of a faff.' He was wrong about that – see page 38. If he's up there looking down now, though, he'll be giving thanks he didn't have to live through COVID – for a sociable person he would have found isolating very tough – but there are many like him who've had to. So for everyone in that position, isn't our vaccination scheme wonderful!

Geoff

Editor

geoffrey.palmer@futurenet.com

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3 of the best... Breakfasts



PORRIDGE

Oats have proven health benefits – go sweet with jam or golden syrup, or try banana and peanut butter.



YOGURT AND MUESLI

Check for excess sugar – some commercial versions are very sweet – and go for live yogurt. A great start to the day!



FULL ENGLISH

Not every day obviously, but better for you than one might think – add my favourite fried broccoli as a yummy addition.

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Good to SHARE

What's happening outdoors as we approach spring

From us to you

New start for sand lizards

Some 200 baby sand lizards have been released into the wild at Puddletown Forest in Dorset. One of the UK's rarest lizards, these agile reptiles are a keystone species, meaning they encourage other native flora and fauna to move in! There's a big effort underway by Amphibian and Reptile Conservation, and Forestry England to boost their population.

KEW'S SPRING DELIGHTS

With spring in the air, take in the magnificent flowers at the Royal Botanic Gardens, Kew. Carpets of crocuses adorn the Great Lawn, countless daffodils line the Great Broad Walk Borders and a golden display of crown fritillaries and primulas light up the Palm House parterre. Later this month, you'll see the magnolias burst into bloom. Find out more at kew.org



DID YOU KNOW?

When guinea pigs are happy, they pop just like a kernel of corn in the microwave! Pushing off from all four feet, they give mini jumps for joy, sometimes accompanied by a squeak. 'Popcorning' is particularly common among baby guinea pigs.



On this day in history

Beatlemania was in full swing when 73 million people tuned in to watch The Beatles' first live appearance on *The Ed Sullivan Show*. Broadcast on 9 February 1964, it was one of the largest viewing audiences of all time in the States. Recorded before screaming crowds at New York's famous Studio 50, the iconic set included hits like *All My Loving*, *She Loves You* and *I Want to Hold Your Hand*.

WORDS: ANNABEL KEMP; PHOTOS: ALAMY; GETTY; RBG KEW; SAND LIZARD PHOTO REPRODUCED BY KIND PERMISSION OF MARWELL ZOO/AMPHIBIAN AND REPTILE CONSERVATION, AND FORESTRY ENGLAND; TREASURE TRAILS



Go on a treasure trail

Enjoy a real-life outdoors adventure as you follow a two-mile, self-guided treasure trail with clues to help you solve a mystery. It's a great way to explore villages, towns and cities across the UK, catching crooks and finding treasure along the way. Stick to local ones while restrictions apply – and look forward to enjoying them further afield at a later date. Walking trail booklets are £9.99 each, find more info at treasuretrails.co.uk



DOGGIE BREAKS

Everyone loves a holiday, though for most of us they've been in short supply recently. But apparently so do dogs! New research by Park Leisure shows a dog's heart rate increases 51% when it takes a break. The most exciting activities to get their hearts racing? No prizes – it's running on the beach and paddling in the sea!



Charming bracelet?

Want to treat someone special? Jewel + the Gang offers a monthly charm subscription, with hand-carved pieces delivered by post. Build up a collection with delicate white or yellow gold-plated charms. From £24 a month, with chains starting from £8. Visit jewelandthegang.com for more details.

Whatever next!

Can you make money selling fresh air? Well, Brits abroad are being offered the smell of home with... bottled air!

For £25, they can breathe in air captured on the London Underground or a Norfolk fish and chip shop. Visit mybaggage.com/shipping/air



NATURE NOTES

Great spotted woodpeckers announce their presence in the woodlands by drumming their sharp bills on broadleaf trees. Females are striking and monochrome, while males sport a flashy red patch on their necks.



3 Jobs to do in the garden

1 Bed in hedging

February is the perfect time to plant your bare root hedges. They won't spend too much time in the cold, wet soil before springtime encourages growth.



2 Blooming bulbs

Early bulbs emerging this month, including netted iris or iris histrioides, need covering with a cloche to protect delicate flowers from heavy rain or snow.

3 Cut canes

Show bamboo plants some love by pruning away old or dying stems. Cut from the base, saving the thicker canes to use as plant supports.

Good to SHARE

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

From you to us



Where I read mine

My husband and I love visiting Devon for relaxing breaks throughout the year. Here I am enjoying a sunny afternoon on Bude beach reading my *Woman's Weekly*.

Wendy Chin, Bristol

Letter of the week



LOOK WHAT I MADE

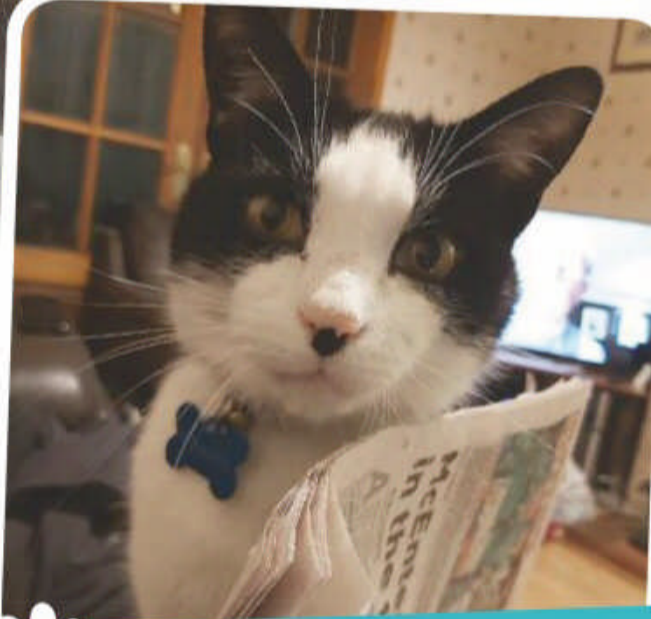
Just a note to say a big thank you to the knitting department at *Woman's Weekly*. I live in the west of Ireland on the Wild Atlantic Way, so the days are fine for me but the evenings are perfect for knitting. The pattern in a recent *WW* was just what I needed. I've finished one for my grand-nephew and have almost completed another one for my granddaughter. My mother always read your magazine and now my sister and I do too.

Gráinne Seoighthe, Ireland

Friendly faces

I would like to say a big thank you to all those happy, smiling people who don't let coronavirus get in the way of saying a warm 'Hello!' to complete strangers. They definitely make the world a better place. I urge everyone to do the same.

Stefan Badham, Hampshire



Paws for thought

Our rescue cat, Claude, keeping up to date with the latest news.

Eileen Stevenson, Belfast

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

Get in touch

WE LOVE LETTERS

Woman's Weekly, 161 Marsh Wall, London E14 9AP. P.S. It really helps when you put your details in capitals.

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



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We can't wait to hear from you!



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What you're WEARING



KATE RUTTER, 44

Tell us about your look

I like things that are a little bit different. This animal-print Puffa jacket is very me. I spotted it in Gap last year and couldn't resist. My skinny jeans are by Lee and are at least 10 years old. And I've had my Veja trainers for nearly three years.

And the best bit of your body?

My slim ankles.



HELEN GARDINER, 31

Tell us about your look

I love winter as I enjoy layering up. My belted wrap coat is from Mango. I love its relaxed styling with oversized pockets. Underneath I'm wearing a pink sweater by Next. I like to pull the sleeves over my hands on chilly days – and it's nice to add a flash of colour. My jeans are Levi, hat by Joules and scarf from M&S. My bag is Mulberry and works whatever the season. My most recent buy is my Dr. Martens platform boots. I love them – they're so funky!

And the best bit of your body? My bottom!



MARY DAVIES, 68

Tell us about your look

It's an eclectic mix-and-match look with clothes from all over the place! I knitted my orange sweater – it's a wool/mohair blend and is very cosy. My daughter gave me the gilet, and my colourful scarf is inherited from my mum. I've had my Dr. Martens boots for over 25 years!

And the best bit of your body?

My hair. It's still long and blonde!



CHRIS HUGHES, 70

Tell us about your look

My leather biker jacket is from Pure Collection. It adds a touch of modern chic to any outfit. My cream roll neck is Massimo Dutti and trousers by Jigsaw. My leather trainers are Russell & Bromley and the crossbody bag is by Hedgren. My must-have accessory is Look Fabulous Forever make-up. I never used to wear make-up but since discovering this brand I never go out without it.

And the best bit of your body? My hair.

You Wore It Well

Christiane Gibb, née Ranft, 1940s, sent in by her daughter Helga Gibb

In this photo my mother wore a cotton jacket with a silk skirt that she made herself. This was sometime before she came to the UK as a refugee. She is now 98.



✦ 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*, 161 Marsh Wall, London E14 9AP. Photos will be returned.

'I really miss HUGGING!'

Davina McCall opens up about pining for closeness, and why she's embracing her 50s

After a quieter time workwise last year, TV presenter Davina has already been having a big 2021 – with new series of *The Masked Singer* and *Long Lost Family* having already kicked off, as well as the much-anticipated reboot of *Changing Rooms* coming soon.

'All of those shows bring me joy in some way, but *Long Lost Family* can also be incredibly emotional,' the 53-year-old admits. 'We have lots of amazing stories in series 10, and some firsts too. There are a few cases that were solved through DNA, and some really beautiful moments.'

Due to most of series 10 being filmed pre-Covid, Davina was still able to offer comfort to guests when

the tears started to flow, something that she misses terribly. 'There was a lot of touching and hugging, and sometimes we need to see that connection. I miss hugging people so much. I was able to be close to people and hold their hand, but that feels like a million years ago.'

'What was strange was the physical reaction I had to seeing people interacting when I watched the shows back. I had a sharp intake of breath because I thought, 'Oh, my God, look, we're touching.' It made my heart ache a bit, and watching this series will make you pine for that. But because of that, this series has an even deeper meaning. I think it's much needed at this time.'



Davina's a judge on *The Masked Singer*

Even though Davina has been filming the series with co-host Nicky Campbell since 2011, she reveals she's still blown away by some of the incredible tales she hears. 'You think you'd know every single possible way that people's lives can unfold, but actually life is so complicated and heartbreaking sometimes. It's amazing that people let us tell their stories, and we really, really, hope that we do them justice.'

Work aside, while some people have used the various lockdowns as an excuse to put their feet up and nibble cake, Davina has stuck to her regular fitness routine using her online platform, *Own Your Goals*, although she does admit she has fallen off the food wagon at times. 'I was eating warm banana bread, freshly baked by my daughter, with butter and delicious

teacakes. I had to work hard to pull myself back!'

As well as hosting loads of workouts, recipes and health advice on *Own Your Goals*, last October, Davina partnered up with the likes of Lorraine Kelly and Dr Louise Newson to celebrate World Menopause Day, in a bid to debunk some of the myths that surround the menopause, and encourage

people to stop talking about it in hushed tones.

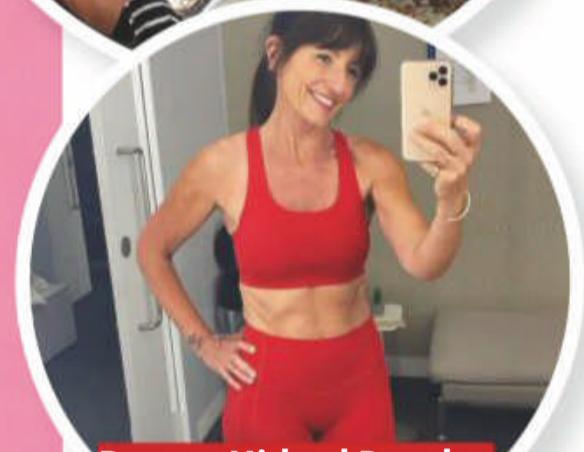
'I feel like the 40s and 50s age group of women were pushed to the side for a while and forgotten about, as if it was a bit embarrassing to be going through the menopause. I'm here to smash down those barriers and say, "It's not an embarrassment, actually. We are knowledgeable, and we are powerful, and we are on it. We are living our best lives."'

Rather than worrying about getting older, the TV presenter

'In my 50s, I've found there is a level of respect people give you'



With *Long Lost Family* co-host Nicky Campbell



Partner Michael Douglas (top) co-hosts podcast Making the Cut with her; Davina ready to work out

‘In lockdown, I was eating banana bread and teacakes. I had to work hard to pull myself back!’

is embracing her 50s. ‘What I’ve definitely found is that there is a level of respect that people give you, which is really nice. Like they think, “Well, you’ve got to this point, and you’re still going. You’re still busy and making things work,” and that’s great. It’s not that I need respect, but I feel like it’s a lovely thing to get if it comes your way.’

After a tough 2020 all round, Davina is determined to make this year a brilliant, life-changing one.

‘Everything shrunk in 2020. Our lives, our souls and our economy, and I’m looking forward to all of us starting to rebuild things. I really feel so positive about 2021. There will be growth and newness, and that’s something wonderful for us all to focus on.’

❖ Discover the perfect workout for you on the new Own Your Goals app available on iOS and Android. To access your free trial, go to ownyourgoalsdavina.com

**Celebrating
BRITAIN**

Money, money, MONEY

It's 50 years since we went decimal. Here's why – and how it changed our lives

Do you remember sixpences, threepenny bits and half crowns? When you could buy a nice paper bag of pear drops for a penny or two? Or going further back, how about the sweet little wren on the back of a farthing coin?

If so, you are recalling money from before 15 February 1971. That's the date we made the momentous move from pounds, shilling and pence to our current decimal (divided by 10) currency.

Before then, and confusingly to the modern eye, there were 240 pence to a pound – 12 pence made a shilling and 20 shillings made a pound. From that date a pound would be 100 pence and the shilling was dispensed with completely.

Why did it happen?

The old system of pounds, shillings and pence goes back as far as the 8th century, and

Lord Fiske, the chairman of the Decimal Board, (left and right) promotes the new system

When you go decimal shopping, remember

10/- = 50p

2/- = 10p

1/- = 5p

So sixpence equals 2½p



CHANGE YOUR OLD COPPERS HERE



Shoppers change their old coins for decimal currency at Lewis's Department Store, Manchester

DID YOU KNOW?
The new penny introduced in 1971 was about the same size as a farthing (20mm diameter). But, due to inflation, its purchasing power was less than half of a farthing on its final day in 1960.

the names are even older, derived from those used in the Roman empire.

Decimalisation had been debated for centuries, but the British government was always wary of the disruption. It was only following the success of decimalisation in Commonwealth countries that the idea gained increasing momentum in Britain.

Countdown!

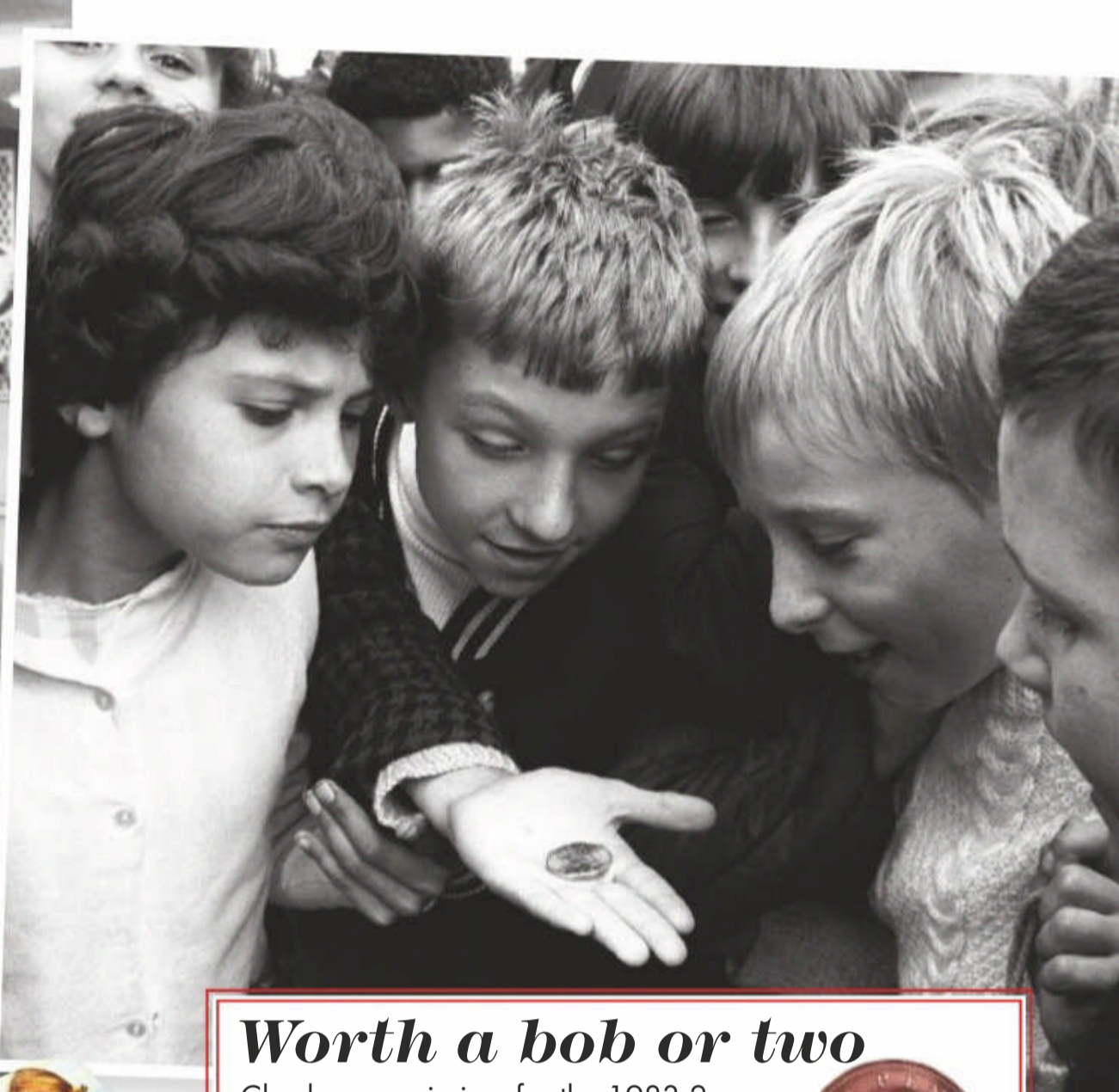
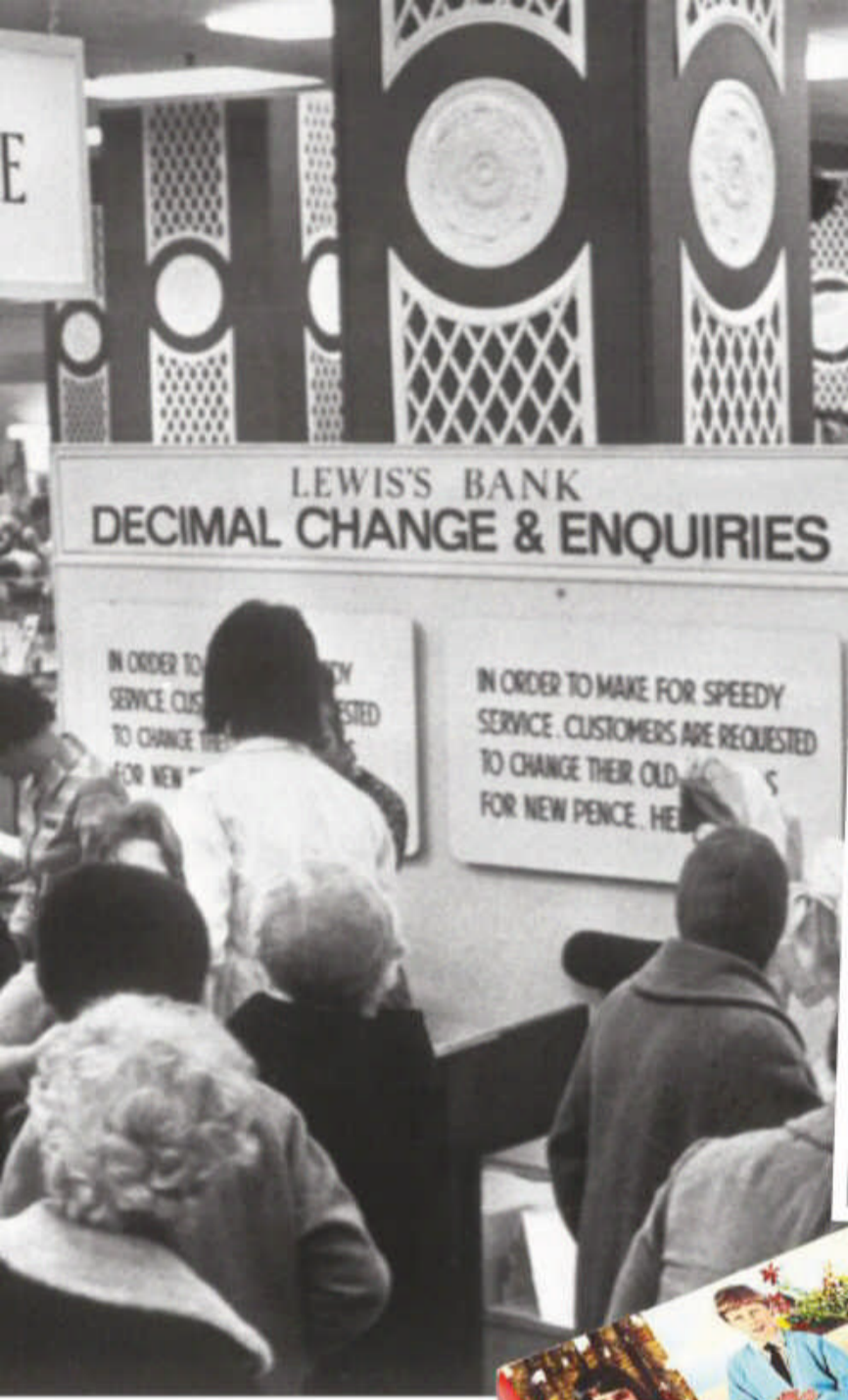
In 1961, a committee decided in favour of a decimal system and from that point the country prepared for Decimal

Day, or D Day. February was chosen as it was the quietest time of the year for banks, shops and transport.

'It was a huge task to prepare the country for the changeover,' explains Chris Barker, Research Manager at The Royal Mint Museum. 'Everyone had to learn how to use the new currency, coins and notes had to be designed, shop tills and vending machines had to

What role did The Royal Mint play?

When decimalisation was announced, The Royal Mint was based in Tower Hill, London, at an old factory that wasn't able to produce the millions of new decimal



be changed and school textbooks updated.' However, decimalisation didn't happen all at once. Three years before, 5p and 10p coins were introduced, which were the same size and value as one- and two-shilling coins. In 1969, the 50p coin (the world's first seven-sided coin) appeared to replace the 10-shilling note. It wasn't until February

coins. It was decided that a larger mint would need to be built and Llantrisant in South Wales was chosen. Building began in 1967 and a year later, production of the new coins began. Taking inflation into account, £1 in 1971 would have bought the same amount as £14.24 would today.

1971 that the halfpenny, 1p and 2p coins appeared. Well before this, there were also publicity campaigns that explained the new system – there were even songs that marked the moment too,



Workers at the new Royal Mint in South Wales ensure there are plenty of coins available for D Day

Worth a bob or two

Check your coin jars for the 1983 2p. After 1982, all 2p coins contained the text 'two pence' in the design. Before this, between 1971 and 1982, 2p coins read 'new pence'. However, in 1983 a small number of 2p coins were minted with the incorrect 'new pence' design, and could be worth up to £1,250.



including *Decimalisation* by Max Bygraves. Shops had been showing prices in both currencies in advance in a bid to alleviate the fear that some might use the conversion to raise prices. Shops continued to accept the old currency for some

time before it was gradually withdrawn from circulation.

Gone, but not forgotten

While D Day went relatively smoothly, some were reluctant to let the old currency go. A newspaper campaign to save the sixpence (or tanner) meant the coin was in circulation until 1980, when it was scrapped to recover the valuable stock of metal. Meanwhile, the shilling and



British currency is often referred to as sterling – a word that's derived from the Middle English 'ster' that means strong or fixed.

florin (two shillings), as 'decimal twins' to the 5p and 10p, were only withdrawn in 1990 and 1992, when the 5p and 10p were resized.

Simple steps to HAPPY FEET

Help ease – and prevent – foot aches and pains by working these quick moves into your everyday routine

They support us like no other body part but we don't usually pay our feet much attention – until they start giving us problems. 'Feet are absolutely crucial to the wellbeing of the entire body,' says foot therapist Yamuna Zake. 'Because your feet are your foundation, they're connected to every problem you may have elsewhere in your body. No matter where an injury is, you stand on it.'

Even if you're injury-free, keeping your feet functioning well is key. 'The more function your feet have the more strongly they support you,' says Yamuna. 'Your whole body feels lighter and freer. You stand straight. Your posture improves.'

Morning routine

Most people roll out of bed, get to their feet and go.

Instead, take the Power Stance (opposite page) to get your body in correct alignment, improve posture and prevent problems. As you stand at the bathroom sink, move your feet to wake them up – press and then release your toes to build up strength and flexibility.

If you will be spending hours on your feet, wear comfortable shoes that let you shift your weight and wiggle your toes. If you sit for much of the day, take your shoes off and move your feet regularly (wiggle toes, point and flex your feet) to boost circulation and energy.

If you spend a lot of time on your feet, keep your toes moving. Shift your weight into your heels then into your toes. Press your toes down into your shoes and release. Shift your weight from the outsides of the balls of the feet to the insides and back. Use the Power Stance and move your feet regularly.

End of the day

When you return home, take your shoes off and spend five minutes walking them out of your feet with the Walking Test (right) to relax your feet, relieve the stress of wearing shoes and restore proper alignment. When you're in the kitchen prepping food, use the Power Stance (opposite) to keep your posture upright and you won't get tired.

The Walking Test

Do this for one to two minutes a day to exercise your whole foot and promote mindfulness. It's quite difficult to walk through your whole foot. But even if you can't do it correctly at first, you'll become aware that your feet have the potential to move this way and help fix foot pain.

1

Stand with feet parallel. Step one foot forward and place the centre of the back of the heel on the floor.



but imagine it happening, and it will come. Before long you'll find that foot is stretching forward.

3 Keeping the weight on the outside, place the entire outside edge down on the floor. Often people don't use the outside edge of their foot at all, and they discover



2 Shift your weight to the outer edge of the heel. Bend your knee a little on this leg and press your weight down into that outer heel. As you press, try to stretch the entire outer edge out from the heel, all the way through the ball of the foot. You might not feel this stretch at first,

they can't put weight into it or feel the pressure being exerted. Some people even lose their balance when first doing this, so take care.

4 With the outside edge still stretched out, try to stretch the little toe and press it into the floor. Do the same with the following toes. Your knee must stay over the



come to the floor. Feel your body weight bearing into the bones of the outer edge of the foot, outer knee, and hip. As you stay in the stance, you can feel the sensation of your weight in those bones.

4 With your weight still going into the outside edge of the foot, lower your fourth, third, second and big toes one at a time, as best you can. Make sure you keep the knee directly over the middle of your foot and ankle as you do this.



5 Once all five toes are on the floor, press them down. Look: you've got an arch!

6 Shift your weight to the other foot and repeat steps 2 to 5, without losing the new stance of the first foot.

7 Once you've placed each toe of the second foot down, shift back to standing with equal weight on both feet. Make sure your weight goes into the outside edge of each foot and that all five toes are pressing into the floor.

centre of your ankle, so the weight never drops inward and the ankle stays straight.



You may find that three toes come down as a group, or the big toe comes down first – which means that you don't have full use of them. Eventually, they will all work separately.

5 When you have all five toes pressing into the floor, lift the heel of your other foot, roll through the entire ball of that foot into the



toes and then lift and bring that foot forward. Place the heel down first, then the outside of the foot, then the toes, one by one, as you did with the first foot. When the second foot is firmly on the floor to stabilise you, lift the heel of the first foot again and repeat the exercise. Take four or five steps with each foot.

The Power Stance

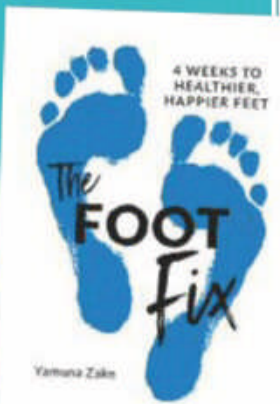
Designed to build your arches and align your feet.

1 Stand with feet parallel and hip-width apart.

2 Shift your weight into one foot. Line up the outside edge of the foot so it forms a completely straight line, from the heel to the little toe.

3 Move your hip further out to the side so your weight goes even more into that foot, and all the toes except the fifth toe

❖ Extracted from *The Foot Fix* by Yamuna Zake (£14.99, Watkins Publishing).



Competition

Admire the
gorgeous scenery



WIN a holiday to Malta

Stress-free relaxation, thanks to Neutradol

One of the rooms



View from the terrace



Need something to look forward to? Win our competition and you'll have until June 2022 to go on a wonderful holiday to Malta.

Surrounded by the Mediterranean Sea, Malta is famous for historic buildings basking in sunshine and tempting beaches, making it the perfect holiday destination.

You and your lucky partner will be staying in Mellieha at the Maritim Antonine Hotel & Spa. Unwind in the sauna, hydrotherapy bath, Jacuzzi or even the ice grotto. Take advantage of the gym or pamper yourself by choosing from a wide range of wellness and beauty treatments. And make sure you take a dip in one of the hotel's pools before returning home refreshed.

At home, it can't always feel as refreshing as being on holiday. Unpleasant smells can linger and even professional cleaning may not shift the bacteria that cause them.

Hygienic and safe Neutradol destroys the molecules that cause bad odours. And their new product, Neutradol One Disinfectant Spray, is one of the most powerful killers of flu and cold viruses that doesn't smell of disinfectant. Buy it to help protect you and your family from coronavirus.

You can buy the range of Neutradol for your home, work or car. With its unique formula of over 50 ingredients,

Neutradol keeps on destroying smells long after other air fresheners have stopped working, and this is why it's the world's most effective air deodorizer.

Fresh air is available from Neutradol, in Original, Super Fresh and new fragrance Fresh Pink, all in Spray, Gel and Carpet Powder. There are also products for smelly dustbins and Deofab for fabrics.

+ To view Neutradol products and for a chance to win a safari to South Africa, visit neutradol.com



How to enter

Just answer this question:

Pretoria is in which country?

- A** South Africa
- B** South America
- C** Antarctica

If you know the answer go to womansweekly.com, click 'Win' and look for the competition. This competition is open from 9am on 3 February and closes at 11.59pm on 3 March 2021.

Terms and conditions Open to UK readers only. Standard *Woman's Weekly* terms and conditions apply, for details go to futureplc.com/competition-rules. Entry implies acceptance to these rules. For website rules of play, go to competitions.womansweekly.com/rules. The promoter is Future plc and Neutradol is the supplier of the prize. In the event of a conflict between the terms and conditions in this promotional material and the standard *Woman's Weekly* terms and conditions, the former shall prevail. The winner and their partner will receive seven days room-only accommodation at the Maritim Antonine Hotel & Spa, Mellieha. Round-trip flights are included and are subject to the airlines terms and conditions and do not include optional extras. Travel to airports and incidental expenses are not included. The holiday must be taken by 30 June 2022 and excludes bank holidays, Easter, 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 and 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.

It's
a funny
old
world

'I couldn't stop laughing at a hole in Michael Parkinson's shoe!'

This week's columnist: Broadcaster Angela Rippon

“With live television, there is always the risk that things can go wrong, and it's always in the back of your mind that you might lose total control of what you're doing live on air. It has only happened to me twice, when I've laughed so much that we could hardly keep going.

The first time was back in the 1980s when I was hosting *TV-am* with Michael Parkinson. He was sitting with his legs crossed opposite me and I saw he had a hole in the sole of his shoe, and I thought that was so unlikely that someone like him would be walking around with holes in his shoes, so I remarked on it. Then he went into this rather long, convoluted, pathetic story about how he got the hole and how it got his feet wet and I started to laugh live on air. I could not stop, and I laughed so much that I couldn't speak, the tears were rolling down my face, my make-up was running and we had to go to a commercial break so that I could tidy

'The tears were rolling down my face'

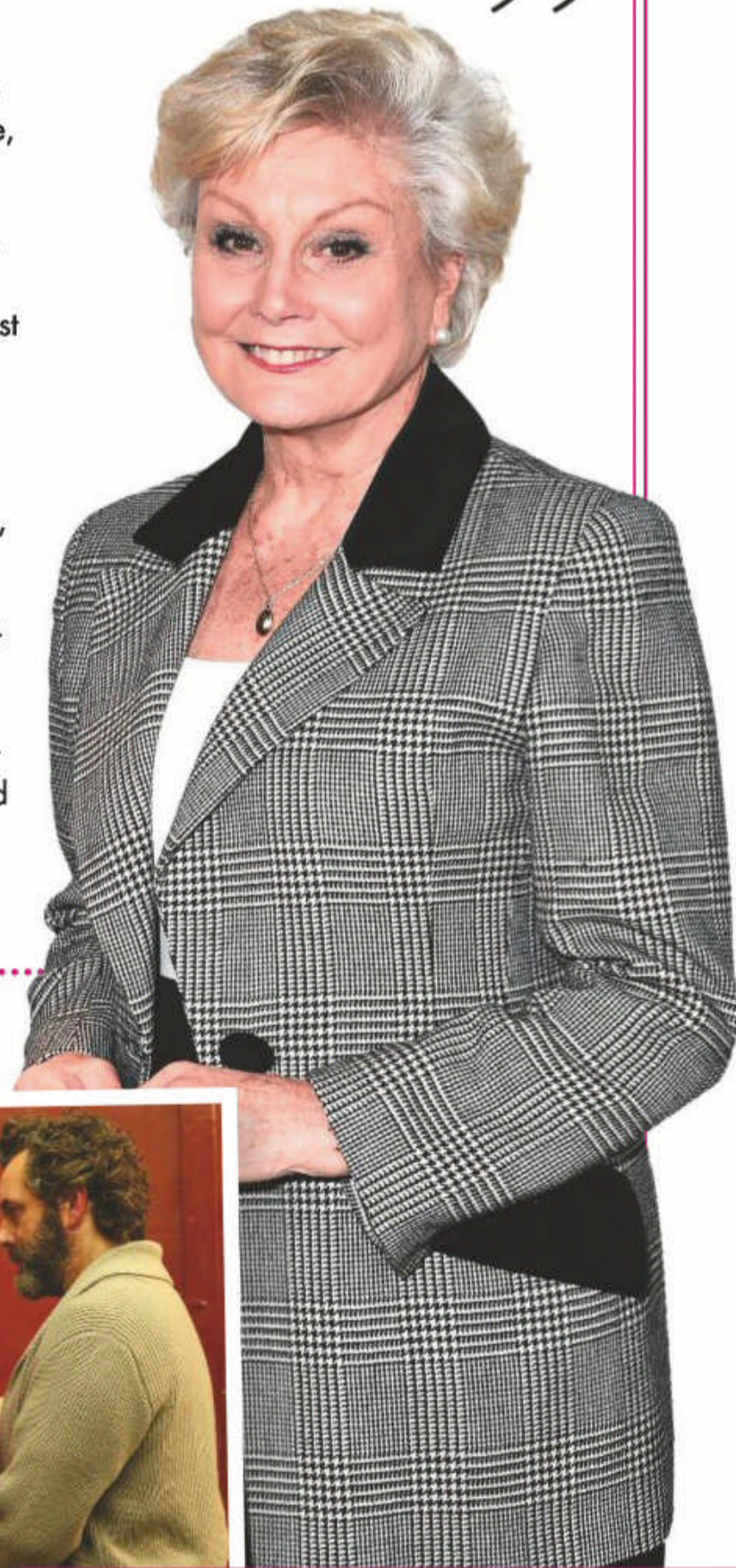
up my face, come back, compose and start all over again.

It happened again very recently, when we were doing *Rip Off Britain: Live*, and it's a programme that is actually very serious about the way in which the British public can be scammed by fraudsters.

We were doing a story about some viewers who had bought things online, which had not turned out to be what they thought, during the pandemic.

One gentleman thought he bought a chainsaw, and all he got in the post was the chain! But the thing we couldn't stop laughing about was a lady who bought a machine that threw a ball for her dog, but all she got was an old tennis ball. It didn't even have any bounce in it! We tried to bounce the ball and it just went dead on the table. In the studio, we were just completely hysterical at all of these things. We completely lost it and even the people themselves had to admit it was funny.

But, aside from being funny, what it did was highlight a serious message, which is that there are fraudsters out there, and that when you're buying something online, make sure it's coming from a genuine dealer.”



✦ Angela Rippon is the voice of *The Wall*, on BBC1, Thursdays

'My funny old week'

WHERE I'VE BEEN In hospital, having a cataracts operation. The day after, it was as if someone had switched on a 1,000-megawatt lamp and brightened the world because everything was brighter and sharper.

WHO I'VE MET My friends, who are in my bubble, for a lovely walk around the park.

WHAT I'VE BOUGHT Enough food to see me through my self-isolation period before my cataracts operation!

WHAT I'VE SEEN A fabulous series on Sky called *Prodigal Son*. It's been gripping, I've thoroughly enjoyed it.



Prodigal Son stars Tom Payne and Michael Sheen

NEXT WEEK Maria Friedman

STORM FLAP • WINDPROOF • SIZES 10-26



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Clever tricks for more VOLUME

Create salon-style thicker-looking hair at home

CLEVER CUTS

Give fine hair a helping hand with a haircut that adds movement and depth to your style. Adam Reed, ambassador for the ghd brand, recommends asking your stylist for 'invisible layers' created with a texturising cutting technique 'just through the ends of the hair'. Spritz in **ghd Root Lift Spray, £14.50**, before blow-drying. Finish with **Charles Worthington Volume & Bounce Perfect Finish Hairspray, £6.99**. Regular trims will also help remove dry, wispy ends, which can make hair appear flat and lifeless.



COLOUR TRICKS

While a single all-over shade can appear flat and one-dimensional, adding different tones to the hair creates an optical illusion, making it appear thicker. Highlights or lowlights are ideal for enhancing depth, while balayage involves colour painted on by hand, and is perfect for natural-looking results without obvious root regrowth.

WE LOVE L'Oréal Paris Colorista Balayage Hair Dye, **£7.99**, and Jerome Russell Bblonde Maximum Highlighting Kit No.1, **£6.49**.





QUICK FIXES

Pushed for time? **BaByliss Air Style 1000, £40**, does the hard work for you, using hot air to style as you dry. Choose the thermal brush attachment to add volume, then switch to the cool setting to help lock-in your style. Or revitalise a slept-on bob with **Boots Vented Self Stick Rollers, from £3.50**, secured through the top sections of hair. Set with a blast of heat from your dryer, then remove once cool.



GO PRO

Recreate a salon blow-dry at home with a few simple steps. Use a towel to remove as much moisture as possible from damp hair, before applying styling product directly at the root. **WE LOVE** **Lee Stafford Bigger Fatter Fuller Plumping Cream, £7.99**. Then divide hair into sections and blow-dry each with a round brush like **Kent PF04 radial brush, £11**, using your hairdryer's nozzle attachment to lift hair from the roots and smooth.



SMART PRODUCTS

Some silicone-based products can weigh down fine hair, so choose your formulations carefully to ensure your volume lasts. **WE LOVE** **Umberto Giannini Thick-Tastic Wash Thickening Shampoo, £7.25**, which contains arginine, an ingredient proven to reduce hair loss and improve thickness. Revive hair when you're out and about with silicone-free **Living Proof Full Dry Volume Blast, £10** – the compact handbag-sized spray can be used throughout the day for extra body and hold.

We never want to **RETIRE!**

Three women tell us why they wouldn't think of giving up their day jobs any time soon

'I'm just getting started'

Helen Higgins, 65, from West Sussex, but now living in Sydney, Australia, works as an 'online grandmother'.

When my children, Mark, 49, Lauren, 36, and Ian, 34, were little, I ran a home day-care centre before getting a job as an accountant. I was good with numbers, but I didn't wake up eager to work on someone's balance sheet. So when my firm's accounts department moved cities in February 2020, I saw a golden opportunity. At 65, I could have retired, but I still had so much to give.

'I love reading. I could read children's books out loud, online,' I thought.

I felt privileged to be a grandma to Scarlett, nine, Natalie, eight, Wyatt, seven and Jett, four, and wanted to take the essence of being their grandma to a wider audience.

I didn't know anything about YouTube but Lauren knew a videographer and my partner, Greg, had worked in advertising, so he was great at presentation and

we polished up our look. I emailed publishers asking for permission to read their books and we were ready to go!

I decided on the name Grandma's House Online for my YouTube channel and set about filming story time, as well as arts and crafts projects, and cooking demos too.

Greg joined me to teach children how to build a train set and after we'd uploaded a few videos, I sent the link to friends.

Word quickly spread and I was interviewed by papers and radio stations. Now, I have viewers tuning in from all over the world. Parents tell me their children watch my videos again and again!

We're living in uncertain times, and children might not

have seen their grandparents in a long time. But Grandma's House will always offer wholesome entertainment.

There's no way I could retire. I'm only just getting started.

✦ grandmashouseonline.com

'I wanted to take the essence of being a grandma to a wider audience'



Baking with her grandchildren



Helen, aka 'Nanna Higgins', is viewed all around the world

Esther teaches the Lotte Berk Technique, launched by her mother

'I don't want to hang up my tights'

Esther Fairfax, 86, from Hungerford, teaches Lotte Berk classes from her home studio.

As my mum instructed me to gently tilt my pelvis, I stood with poise and finally felt like I was reconnecting with my body. In my late 20s, after my last child was born, I was overweight and out of sorts. It

was lucky that my mum, ballet dancer Lotte Berk, had recently launched her signature barre class, the Lotte Berk Technique.

While I'd practised ballet since I was a child, that day, I left her studio feeling strong and full of energy, my shoulders back, my head held high. And it sparked something in me.

I trained hard to become a certified teacher of Mum's technique, until I was ready to set up my own studio in 1963. Mum died, aged 90, in 2003 and I felt it was my duty to carry on teaching her methods.

When I reached 65, I had no inclination to retire because teaching was exhilarating and

enriching. Of course, I had to stop during lockdown and wrote a book, *How to Live and Die*, which kept me busy.

Some of my pupils have been with me over 50 years.

They say my class keeps them going, but the truth is, it keeps me going, too. At 86,

I can't expect to be free of ageing, but I don't suffer from many ailments. I put it down to the Lotte Berk Technique.

The method is subtle and full of emotion and sensuality. I offer teacher-training to pass on the Technique to the next generation. I don't ever want to hang up my tights.

✦ lotte-berk.com

'I find teaching the Technique exhilarating and enriching'



The ballet moves have kept her fit

'I intend to keep the promise I made'

Gladys Nkohla, 75, from Manchester, is a nurse at an independent hospital run for people living with complex dementia or mental-health conditions.

One sunny afternoon on our family farm in South Africa,

my mum, Nontombi, and I were preparing dinner. All of a sudden, Mum, then 48, collapsed and lost consciousness, and I had no idea what to do. It was 1968, I was 23, and I didn't know how to resuscitate her.

Mum died of a heart attack and I promised myself that would be the last time I felt helpless. I began training, and after I'd qualified as a general nurse and specialist mental-health nurse in 1976, I spent many years working

in South Africa before moving to the UK in 2002. I worked in several places before settling, in 2004, at Monet Lodge, Manchester, an independent hospital run

by the charity Making Space.

The patients, their families and my colleagues are all so

special, there's no way I could retire, even though now I'm the same age as many of our patients. But while I still can, I must give all I can to people in need.

Since 2010, I've been doing the night shifts. My colleagues always remark that no matter the hour, I have a smile on

my face. I've been nominated and shortlisted for five Great British Care Awards this year. It's humbling, but I don't think I'm any more deserving of awards than my colleagues.

Because of my age and heritage, I'm at increased risk of complications if I catch COVID-19. I was scared when the virus swept the UK, but I couldn't think

about myself when our patients depend on us. I took extra shifts to cover for staff who needed to isolate, and we kept strict cleaning and visitation policies.

I intend to carry on caring for as long as I can and keep the promise I made all those years ago.

'While I still can, I must give all I can to people in need'



Gladys has taken on extra shifts



She's known for always having a smile on her face

Super low-cal STEWES



Try these delicious, hearty stews from our Test Kitchen experts, which are all under 350 cals per serving!



PER SERVING
282 cals, 13g fat, 5g sat fat, 19g carbs

EASY STEAK AND MUSHROOM STEW

Crispy pastry lids sit on top of individual servings of this rich, flavour-packed pot.

SERVES 4

- ❖ Few squirts Frylight sunflower spray (or ½tsp sunflower oil)
- ❖ 450g (1lb) cubed braising steak, trimmed of all fat
- ❖ 1 large onion, chopped
- ❖ 1 carrot, chopped
- ❖ 1 celery stick, sliced
- ❖ 2tbsp Worcestershire sauce
- ❖ 1tbsp tomato puree
- ❖ 2tsp thyme, chopped

- ❖ 450ml (¾pt) hot beef stock
 - ❖ 1tsp gravy granules
 - ❖ 125g (4oz) ready-to-roll light puff pastry
 - ❖ 200g (7oz) baby chestnut mushrooms, halved
 - ❖ 1 egg, beaten, to glaze
- You will need:
- ❖ A large flameproof casserole dish
 - ❖ 4 x 200ml (7fl oz) ovenproof dishes, greased

1 Heat the oven to 160C/ Gas 3. Spray the casserole dish with Frylight oil and add the steak, onion, carrot and celery. Cook on the hob for 10 mins until browned.

2 Add the Worcestershire sauce, tomato puree, thyme, beef stock and gravy granules. Season and bring to the boil. Cover and cook in the oven for 1 hr 30 mins.

3 Roll out the pastry, upturn one of the greased dishes onto it and cut around. Repeat 3 times. Put the pastry lids onto a greased baking tray and score with a knife. Chill.

4 Add the mushrooms to the stew and divide it into the smaller dishes. Increase the oven to 220C/Gas 7. Brush the pastry with egg. Put the dishes at the bottom of the oven and the pastry at the top. Cook for 10-15 mins until the pastry is golden brown. Serve the stew with the pastry lids.

FEELS-LIKE-SUMMER STEW

A soft, fragrant stew of Mediterranean vegetables.

SERVES 4

- ❖ 6tbsp olive oil
- ❖ 2 large aubergines, cut into 2.5cm (1in) chunks
- ❖ 4 small courgettes, sliced into 2.5cm (1in) chunks
- ❖ 1 red and 1 yellow pepper, cut into 4cm (1½in) chunks
- ❖ 8 large ripe tomatoes, peeled, seeds removed, and roughly chopped
- ❖ 2 small red onions, thinly sliced
- ❖ 3 garlic cloves, thinly sliced
- ❖ ½tsp coriander seeds, crushed
- ❖ 1tbsp red wine vinegar
- ❖ 1 small bunch of basil, roughly torn

You will need:

- ❖ A large casserole dish

1 Heat 2tbsp of the oil in the casserole dish. Brown the aubergines well on all

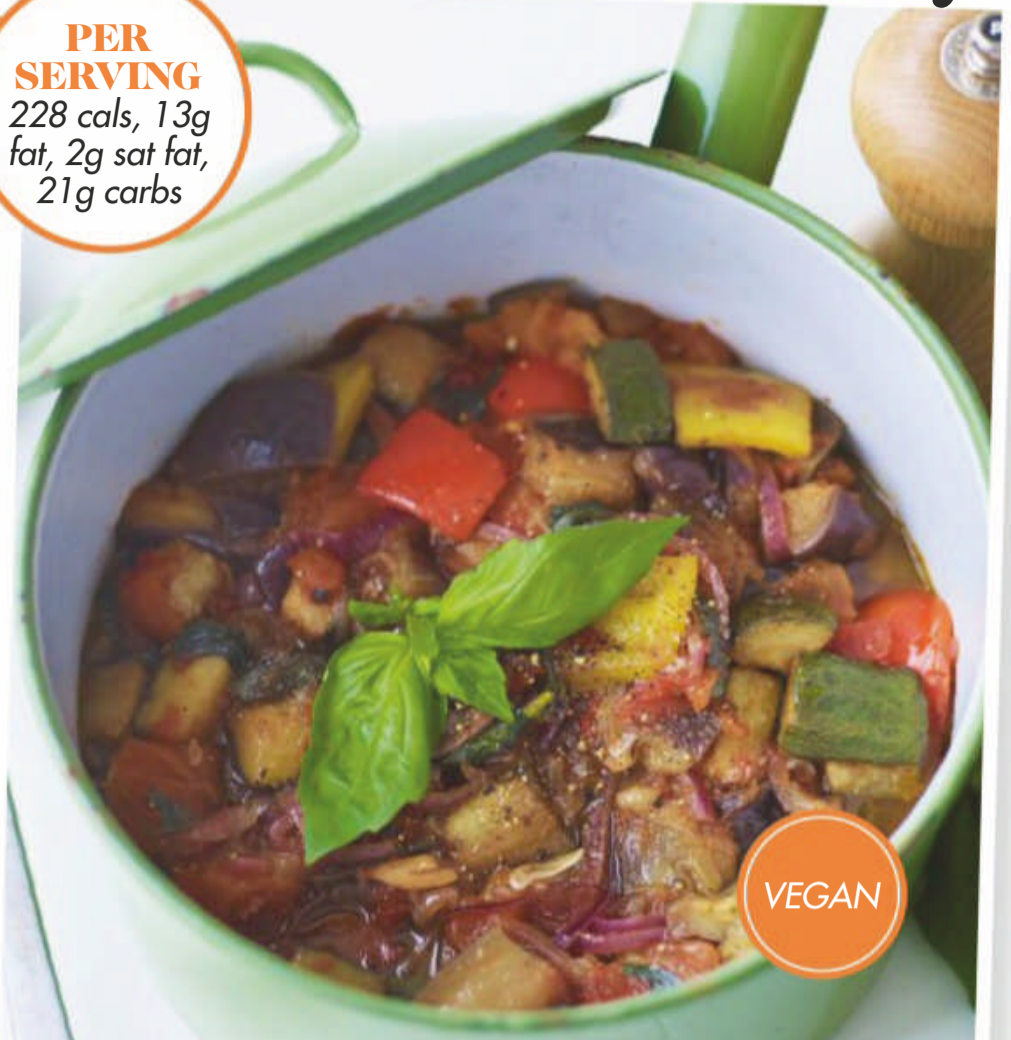
sides and remove to a plate. Heat a little more oil, brown the courgettes, then remove to a plate. Add the peppers to the dish and cook for 5 mins until soft.

2 Add the remaining oil to the dish and cook the onions for 10 mins until soft and golden. Add the garlic and cook for a further minute, but do not allow the garlic to brown. Stir in the coriander seeds and vinegar, then tip in the tomatoes and half the basil.

3 Add the aubergines, courgettes and peppers, season well with salt and pepper and cook for 15-20 mins, until the vegetables are soft and the tomatoes have collapsed. Check the seasoning, scatter with the remaining basil and serve.

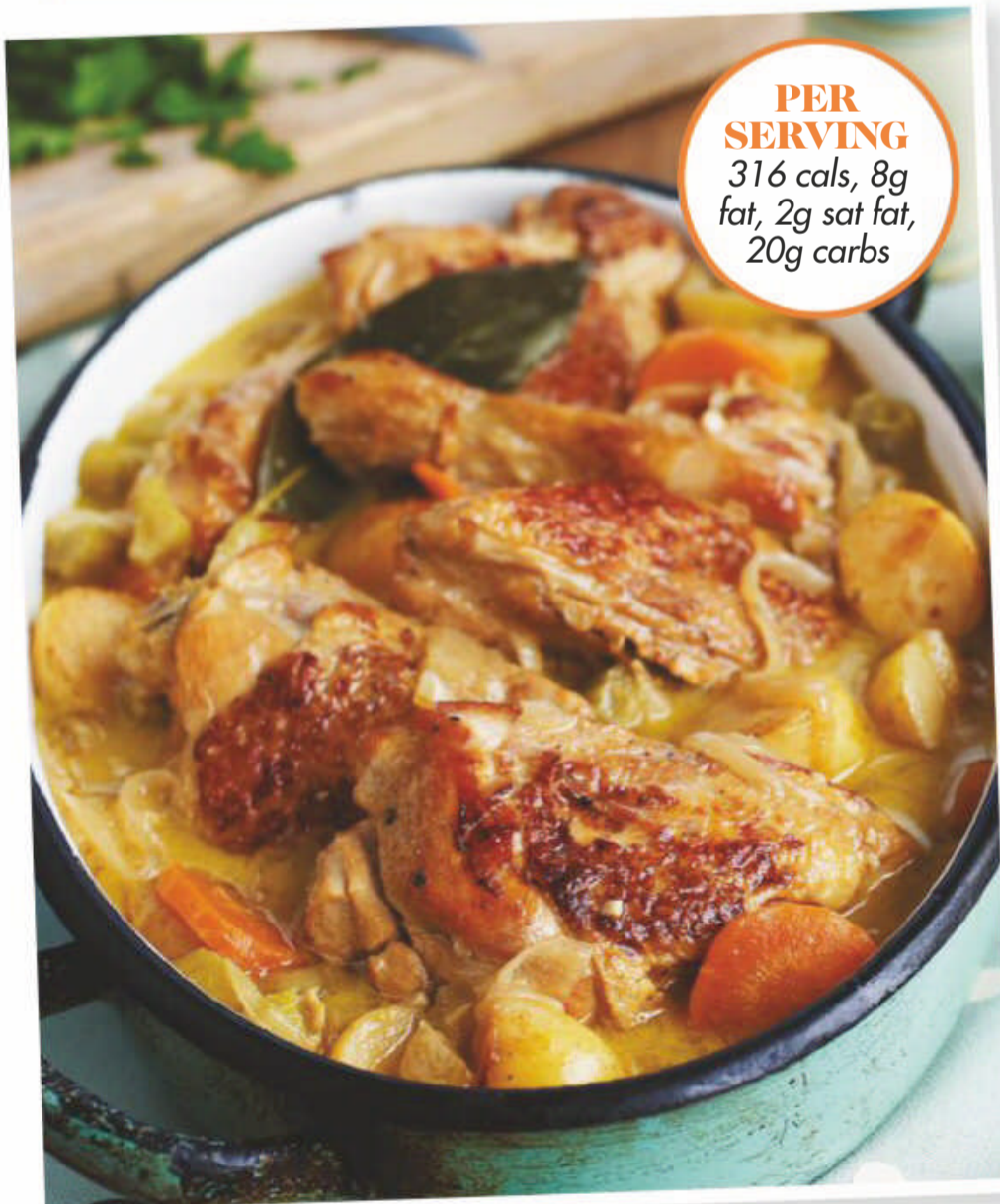
PER SERVING

228 cal, 13g fat, 2g sat fat, 21g carbs



VEGAN

COOK'S TIP Cooking the vegetables separately prevents them becoming mushy in the finished dish. You can also add a tablespoon of capers to the finished dish, if desired.



PER SERVING

316 cal, 8g fat, 2g sat fat, 20g carbs

COQ AU CIDRE

Potatoes are a great source of fibre as well as providing some immune-boosting vitamin C.

SERVES 6

- ❖ 2tbsp olive oil
- ❖ 1.25kg (2lb 12oz) chicken, jointed into 8 pieces
- ❖ 2 carrots, sliced
- ❖ 2 sticks celery, sliced
- ❖ 1 large onion, roughly sliced
- ❖ 500g (1lb 2oz) baby new potatoes, halved
- ❖ 3 garlic cloves, chopped
- ❖ 2 bay leaves
- ❖ 500ml bottle medium-dry cider
- ❖ 100ml (3½fl oz) strong chicken stock
- ❖ 100ml (3½fl oz) half-fat creme fraiche
- ❖ 1tbsp Dijon mustard
- ❖ Few sprigs of flat-leaf parsley, chopped
- ❖ Few celery leaves, chopped

1 Heat the oil in a large pan. Add half the chicken

pieces, season and cook over a medium heat until brown on all sides. Remove to a plate, then brown the remaining chicken pieces. Remove to a plate. Add the vegetables and garlic to the pan and cook for 5 mins or until they just turn golden.

2 Add the bay leaves, cider and stock, and bring to a boil. Return the chicken to the pan and simmer, covered, for 25 mins. Turn each piece over and continue simmering, uncovered, for 20-25 mins. Strain the cooking juices and boil rapidly until reduced by half.

3 Stir in the creme fraiche, mustard, parsley and celery leaves, mix with the strained chicken and vegetables, then serve.



WE USED AND LOVE Aspall Organic Red Wine Vinegar, Belazu Early Harvest Olive Oil, Lea & Perrins Worcestershire Sauce

So what exactly is FAIRTRADE?

With Fairtrade Fortnight coming up soon, use your purchasing power to help others

Most of us Brits – 93% – recognise the Fairtrade mark that appears on lots of everyday items. It's black, green and blue, and looks a bit like the yin and yang symbol. But how many of us really know what Fairtrade is about?

What is Fairtrade?

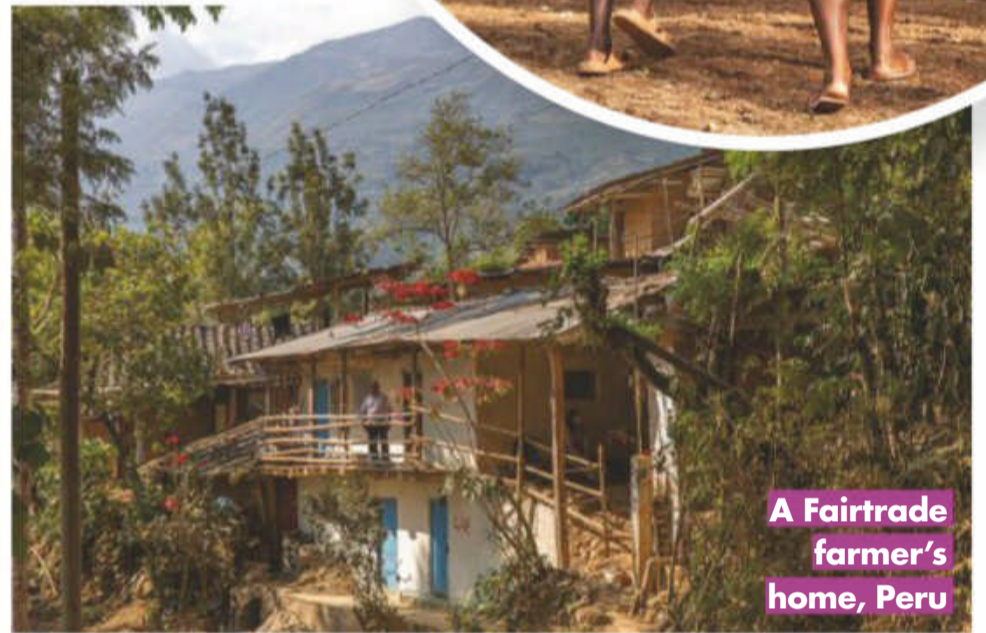
The name Fairtrade sums up what the scheme is all about – to try to make trade fairer for farmers and workers in the developing world. It tells you that growers should have received a fair price for their produce and work in decent conditions (although there have been claims that the farmers don't properly

benefit from the higher prices charged for Fairtrade products in richer countries).

They also receive what's called the Fairtrade Premium, money that they can invest in their communities to improve basic services, from access to water and immunisation projects for children to paying teachers' salaries.

Fairtrade has many celebrity fans, including *Countdown* presenter Nick Hewer. After visiting Fairtrade producers, he said, 'It's only when you meet the farmers and talk to them about their experience that you fully appreciate the importance of what Fairtrade does.' These farmers include

Teresa Riviera Palacios, a grandmother who grows coffee in Nicaragua. 'Before, I only had three coffee plots,' she says. 'But now, thanks to



A Fairtrade farmer's home, Peru



Fairtrade, we have been able to purchase more land and plant seven new plots.'

Teresa's co-operative invested its Fairtrade Premium in cervical cancer screening, so it has also impacted the lives of many women.

Fairtrade Fortnight

The lives of farmers such as Teresa are a central theme

in this year's Fairtrade Fortnight, which runs from 22 February to 7 March. The Fairtrade Foundation has organised a virtual festival that will feature Fairtrade producers as well as events such as cook-a-longs with celebrity fans using Fairtrade ingredients. For more details, visit fairtrade.org.uk

Top buys

If you would like to support Fairtrade, the best way is to buy Fairtrade products, and there are over 6,000 to choose from.

One of the most common is bananas, with one in three bought in the UK being Fairtrade. Other Fairtrade staples include tea, coffee, sugar and flowers. Just look out for the logo on packaging.

There are more unusual Fairtrade products too. There's Fairtrade gold and cotton, which is used in some clothes and toys. There's even Fairtrade wine!

Chocolate choices

- ✦ We Brits each eat an average of 11.5kg of chocolate per year, which requires the beans of 11 cacao trees.
- ✦ Fairtrade chocolate found in supermarkets includes dedicated Fairtrade ranges such as Divine and Tony's Chocolonely, own-brand options such as some Aldi Moser Roth varieties, and old favourites such as Maltesers.



womanandhome.com

LIFE ❖ FASHION ❖ BEAUTY ❖ HEALTH & WELLBEING ❖ FOOD ❖ TRAVEL



Your wellbeing

Latest health solutions for your mind and body



Mark Shelton is an optometrist

Sun dazzle and glare is a problem during all seasons, but can be particularly dangerous in winter because the sun sits so low in the sky. Also, the sun reflects off snow, ice and water on the road, which intensifies the light.

But there are steps you can take with eye health to help you drive safer. Cold weather can dry out eyes, and air blowing into a driver's face from a heating vent can cause tear evaporation, which worsens dry eyes and creates more glare from the sun and headlights. Cataracts – which cause 'halos' around headlights – can be equally dangerous. Eye drops can help relieve dry eyes. Cataracts can often be resolved with simple surgery.

Take care of your eyes to DRIVE SAFELY



Have you had an eye exam recently? Adults should have tests at least every two years – more frequently if using glasses while driving.

Do you need to change your glasses lenses? Modern cars use bright LED headlights that can dazzle glasses wearers, so an anti-reflective coating is a must. There are also

specialist lenses (such as Zeiss DriveSafe) that react to your pupils and the ways they change during low-light conditions to reduce glare.

Try wearing sunglasses with polarised lenses and lower the car visor – both will reduce the amount of sunlight entering your eyes. Dirty windscreens also contribute to glare so keep them clean.

Also, try dimming the brightness of inside lights, such as your speedometer, to reduce the reflection into your eyes.

✦ **Mark is Optometrist and Clinical Development Coach at Bayfields Opticians and Audiologists; bayfieldsopticians.com**



Newsflash Diabetes drug could be used to treat Parkinson's

Medication used to treat type 2 diabetes may also help Parkinson's disease patients, according to researchers at University College London. They have now recruited volunteers for a trial of the Exenatide drug to see if it could be successful in treating Parkinson's, which affects around 145,000 people in this country. Charity Parkinson's UK estimates that two people are diagnosed with the disease every hour in the UK.



3 ways to... keep hands healthy

SUNBLOCK

'A good-quality sunblock will help to protect hands from premature ageing as a result of sun damage,' says cosmetic doctor Dr Paris Acharya (drparis.co.uk)

CREAM

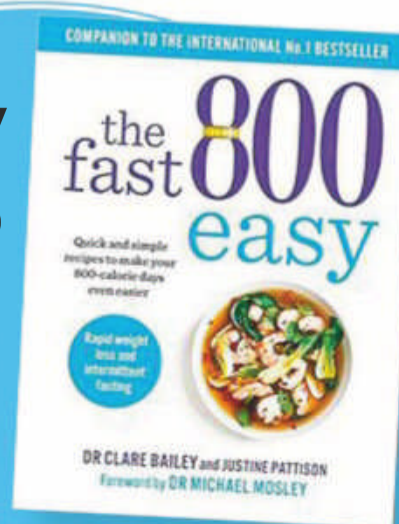
Use hand cream daily. 'Find a product that moisturises skin, as well as delivering vitamin C to promote collagen production and reduce fine lines,' advises Dr Acharya.

GLOVES

Wear rubber ones for washing-up and housework, says Dr Acharya. 'They'll protect your skin from hot water and the harsh chemicals in cleaning products.'

NEW READ THE FAST 800 EASY

£16.99, SHORT BOOKS
This new companion to Dr Michael Mosley's Fast 800 plan includes 130 new recipes from Dr Clare Bailey and healthy-eating recipe writer Justine Pattison. From smoothies and wraps to winter stews and curries, all the recipes are based on the low-carb Mediterranean style of eating.





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

Dr Gill

Advice from our Woman's Weekly doctor

Loneliness linked to hypertension

A study of over 28,000 middle- and old-aged Canadians shows loneliness and social isolation as risk factors for high blood pressure (hypertension). In women, the odds of having high blood pressure were greatest in those without partners or who had a small social network. However, among men, those who had small social networks and lived alone had lower blood pressure. The background dynamics need more investigation.



ME NEWS

NICE has issued new guidelines on chronic fatigue syndrome/myalgic encephalomyelitis management.

Management includes a personal plan addressing support needs, based around self-management, physical maintenance and symptom management, with support for activities of daily living, education, training/employment.

The first step is reduced activity, planned rest and alternate types of activity periods, in small chunks, incorporating pre-emptive rest.

Coping with... ENDOMETRIOSIS

This condition occurs when tissue similar to the womb lining grows in other places

Affecting women of any age, the occurrence of endometrium-type tissue outside the womb is poorly understood. Most commonly on the ovaries and fallopian tubes, and elsewhere in the abdomen, rarely, it's found elsewhere in the body, such as in the lungs, bladder, bowel or even skin. How it develops there isn't clear, but problems occur as, during your period, it bleeds just as the endometrium lining the womb bleeds.

Symptoms and severity vary greatly – some women are badly affected, while others may have no noticeable symptoms. Lower abdominal, back or pelvis pain are common, usually at the time of your period; severe period pains; very heavy periods with flooding; pain when peeing or pooing during your period, and pain during or after sex. Some have nausea, constipation, diarrhoea, or blood in the pee during a period, and some have difficulty conceiving.

It's difficult to diagnose endometriosis because the symptoms vary, and are like many other conditions. Your GP will take a history, examine your abdomen and probably do a vaginal examination. They'll refer you to a gynaecologist for further tests, including ultrasound scan or a laparoscopy – an operation where under anaesthetic a small cut is made in the abdominal wall, a camera put in to look and take biopsies to confirm the diagnosis.

There's currently no cure, but

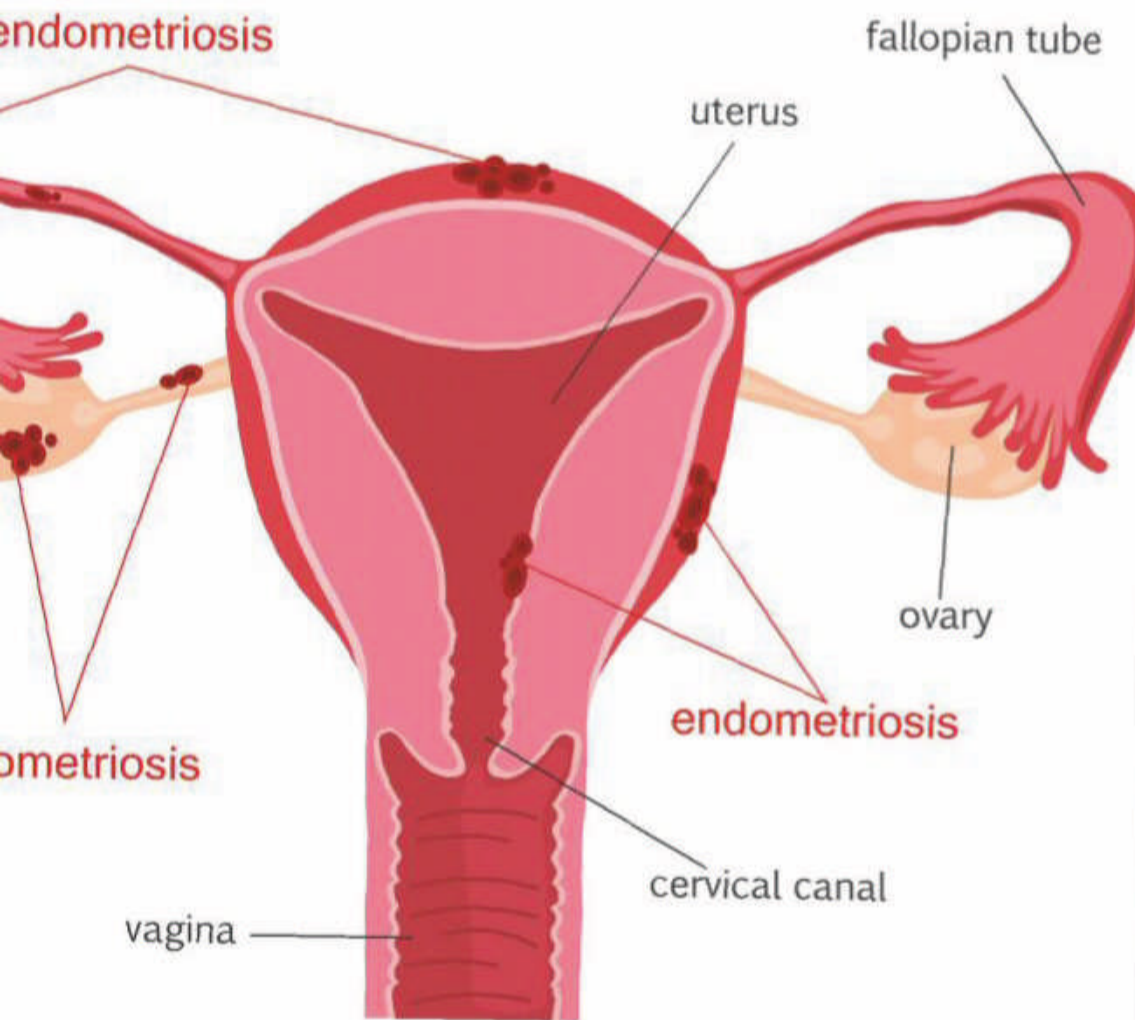
Things to know

- ✦ The cause of endometriosis is unknown – theories include genetic or immunity links; retrograde menstruation, where the menstrual blood flows backwards, or spreads through blood or lymph systems.
- ✦ Everyone varies so your symptoms may not be typical. Consider symptoms affecting your abdomen, periods, bowel or bladder, especially if following your menstrual cycle.
- ✦ It may help to write down symptoms before speaking to a doctor. Endometriosis UK has a symptom diary you can use to make things clearer
- ✦ Endometriosis is a difficult condition, both physically and emotionally. Go online to endometriosis-uk.org for information and support. Or call their helpline on 0808 808 2227.

there are treatments to ease symptoms, including painkillers, hormonal medicines and contraceptives including the combined pill, patch or intrauterine system (IUS), and medicines called gonadotropin-releasing hormone (GnRH) analogues.

Surgery may be needed to cut away patches of endometriosis tissue, or when appropriate, you may be offered an operation to remove part or all of the affected organs, such as a hysterectomy. Fertility problems occur for some patients, possibly because

ENDOMETRIOSIS



of fallopian tube or ovarian damage. Infertility treatments, such as in vitro fertilisation (IVF) may be an option but unfortunately women with severe endometriosis tend to have a lower chance of getting pregnant with IVF.

Some women will develop adhesions, 'sticky' areas of endometriosis tissue that can join organs together, or ovarian cysts. Fluid-filled cysts can become very large as well as painful, and will need surgical treatment.

Endometriosis affecting the bladder or bowel can be difficult to treat and may require major surgery. If this is the case, you'll be referred to a specialist.

**TRUE
OR
FALSE?**

Ear infections in children don't usually need antibiotics

True. Ear infections can generally be managed with pain relief.

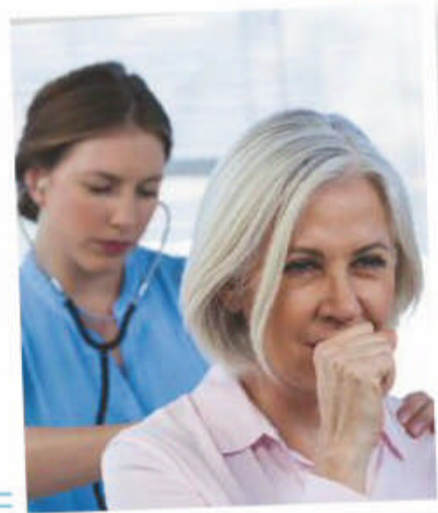
However, oral antibiotics may be offered if a child is systemically unwell or has a high risk of complications because of pre-existing illness. They may also be offered if a child has acute ear discharge caused by a spontaneously ruptured eardrum.

Q Why is my doctor treating my cough with reflux medicine?

A Gastro-oesophageal reflux disease (GORD) is a group of disorders around the backflow of gastric acid up the oesophagus. Commonly symptoms are indigestion, burning chest pain and even waterbrash – the unpleasant acid backflow up into the mouth. Laryngopharyngeal reflux, where the acid comes up and then goes into the top of the respiratory tract, causes an irritated cough rather than indigestion.

While generally not serious, and often linked to obesity causing increased pressure, it can lead to a higher risk of later developing oesophageal cancer. Simple antacids and 'raft' medications help reduce the gullet acidity, easing mild symptoms and cough caused by reflux.

Medicines such as Omeprazole, to reduce acid secretion, will help too, but the background cause also needs addressing. Reducing alcohol, spicy foods and caffeine will help, as will losing weight and stopping smoking. Factors like anxiety, gastrointestinal motility and food hypersensitivities may also need investigation.



4 fixes for.. poor immune health

CITRUS FRUIT

Rich in antioxidants, helping protect against cell damage. A daily glass of orange juice is rich with polyphenols, vital for immune-cell function.

VITAMIN D

The 'sunshine' vitamin is essential for immune function and can help manage some auto-immune conditions. Take a supplement and go outdoors when you can.

OILY FISH

Eat this or take a fish oil or algae supplement for anti-inflammatory fats that calm the immune system. Add some turmeric for anti-inflammatory effects.

FERMENTED FOODS

These help prevent gut dysbiosis (low levels of 'friendly' bacteria). Eat foods like kombucha, kimchi, kefir and probiotic dairy drinks.

Woman's Weekly Travel Offers

NEW FOR 2021: UK TOURS



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Change your booking for free up to 45 days before travel*

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NEW Devonshire Coast & Dartmoor	5 days	£549pp
NEW Bath, Somerset & Glastonbury	5 days	£499pp
NEW The Peak District – Chatsworth & Buxton	5 days	£599pp
Cornwall: Falmouth Bay & St Ives	5 days	£549pp
Belfast, Giant's Causeway & Mount Stewart	5 days	£529pp
Norfolk: Royal Sandringham & the Broads	5 days	£499pp
Scottish Highlands & Skye	6 days	£749pp
Walk & Discover: Lake District	5 days	£699pp
Walk & Discover: Conwy Coast & Snowdonia	5 days	£699pp
Walk & Discover: North Yorkshire	5 days	£539pp

NEW: Exclusive UK Solo Tours	Duration	Price from
Norfolk: Royal Sandringham & the Broads	5 days	£799pp
Cornwall: Falmouth Bay & St Ives	5 days	£899pp
Walk & Discover: Lake District	5 days	£849pp
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To book, go online at wweriviera.co.uk
or call 01283 742396 quoting code WWE



Offers may be withdrawn at any time and are subject to availability. Single supplements apply. Offers operated by, and your resulting contract will be with, Riviera Travel Ltd, ABTA V4744, ATOL 3430 – a company wholly independent of Woman's Weekly, published by Future plc. Prices are based on two people sharing and are correct at time of print. Terms and conditions apply. *Book by 28 Feb 2021. See website for full details.





Our relationship expert Keren Smedley has over 20 years' experience

Here to help

Let counsellor Keren lighten your load

I don't like how she treats my son

Q I've spent a lot of time with my son and daughter-in-law over the past few months. I was very grateful at first as I live alone and, during the first lockdown, I was really lonely. I've now seen how they relate to each other. My daughter-in-law constantly puts down her husband and the two children. She says things like, 'I know you don't want to make me happy' to my grandchildren, who are six and eight. I can see them trying their best but nothing seems to satisfy her. I don't know if I can do anything but it makes me sad.

Name and address withheld

A I think the first thing to understand is that your daughter-in-law is not doing this consciously to hurt them; she's doing it to make herself feel better as she believes no one can make her happy. If you have a good relationship with her, you could mention that she seems unhappy and ask her what she needs to feel better. But it may be easier to raise this with your son and support him as he talks to her. If he can help her see that some professional support would help that would be a great first step.

She's always so anxious

Q My daughter's 13 and she has become increasingly anxious over the past year. I know it's to do with the virus but she's now fearful of getting ill, us getting ill, things going wrong and so on. She can't seem to find any fun in anything. I've talked to her about this but things aren't any better. I'm unsure what to do to help her.

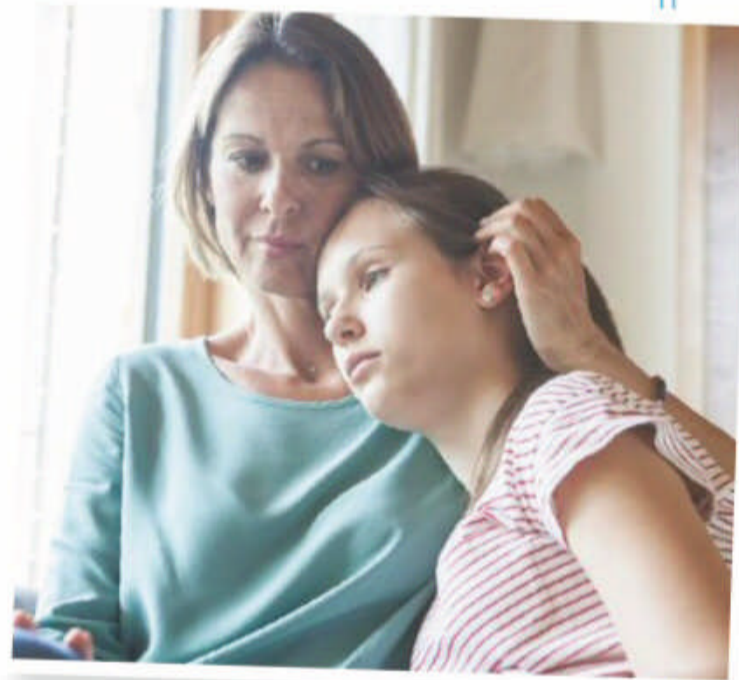
Natasha, Cardiff

A This has been a very stressful time for both adults and children. At her age, she was probably not as aware of the dangers of ill health before the pandemic. But it's hard to avoid the news and the daily figures that are so gloomy. I think your daughter might benefit from some professional

help to enable her to manage her understandable anxiety, which has now become debilitating. Do you know if her school has a counsellor? That would be a good place to start. Or ask your GP, who'll be able to refer her to a child-centered service where she can talk to a counsellor. Anxiety is

very common but, with support, she'll learn to manage this and to reconnect with the good things in life.

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



Is a second wedding necessary?

Q My daughter got married in a very small ceremony during the height of COVID. She'd always dreamt of a large white wedding with all the frills but she couldn't have it. She still wants to get 'remarried' and to have a fancy party with all the trimmings as soon as she can, and she is working on her plans. We'd offered to pay for the reception but we no longer want to as it seems like an unnecessary expense.

Caroline, Nottingham

A It doesn't seem unnecessary to her because she had a dream and she still wants to realise that dream

– and hopes one day it will come true. I expect she thinks she'll only feel really married when she's done it her way. Nothing has really changed and, if you were happy to pay before the pandemic, I suggest you do so when it's all over so she can have her dream day. And I expect that's what you've always wanted for her.

I don't agree with their decision

Q My son and daughter-in-law are pregnant, which is great. She's nearly 40 so I'd have thought they'd have all the tests as she's of an age where she's more likely to have a disabled child. They've said they

don't want any tests – they're happy with whatever baby they get. If there's a problem, they will love it and manage things. I don't think they have any idea the impact that would have on their lives.

Name and address withheld

A It's hard to watch your children do something that you believe should be done differently, but what they do isn't your choice. They're adults and can and will make their own decision as to how they manage their family life. From what you've said, they've thought about this and I'm sure they've weighed up all the factors. They will also have had medical advice. If you want to be of help, be there for them, respect their choices and support them if, for any reason, they're faced with any difficult issues.

Solar reversible bedding set, from **£29**, made.com

Kpezin light shade in green, **£15**, B&Q

£30 and under

Golden oak poster (without frame), from **£4.95**, desenio.co.uk

Go GREEN

Give the botanical trend a country twist with florals and sage shades

Mug, **£4.50**, Habitat

Glass tumbler, **£3.50**, Habitat

Plant pot, **£12.50**, Oliver Bonas

Leaf cushion, **£8**, George Home

Gladom tray table, **£15**, Ikea

Door stop, **£5**, Flying Tiger

Floral trough, **£12**, George Home

Homes

Floral bedding, from **£10**, velvet throw, **£25**, vase, **£6**, metal trunks, **£30** for set of two, cushions, from **£7** each, all George Home

Eucalyptus in vase, **£6**, Primark

Forest embers diffuser, **£10**, Sainsbury's

Throw, **£18**, Habitat

Tärnaby lamp, **£15**, Ikea

Wooden organiser, **£12**, Matalan

Ring box, **£19.50**, Oliver Bonas

Vonsbäk rug, **£25**, Ikea



Freeze-ahead CAKES

Bake one of our Test Kitchen cakes for now, and one to keep in the freezer for when you need it most!

TEST
KITCHEN
UK



TIP The sponges can be made and frozen. Defrost when needed, and complete steps 3 and 4.

PER SERVING
641 cal, 31g fat, 19g sat fat, 79g carbs

LEMON DRIZZLE LAYER CAKE

This lemon cake is moist, zingy and totally delicious.

SERVES 8

- ❖ 150g (5oz) softened butter
 - ❖ 200g (7oz) caster sugar
 - ❖ 4 eggs
 - ❖ 142ml pot of soured cream
 - ❖ 275g (9½oz) self-raising flour
 - ❖ Zest of 2 large lemons
 - ❖ 3tbsp limoncello
- For the filling:**
- ❖ 300g (10oz) full-fat cream cheese
 - ❖ 150g (5oz) lemon curd

For the topping:

- ❖ Zest of 1 large lemon, plus 2tbsp lemon juice
 - ❖ 125g (4oz) icing sugar, sifted
 - ❖ Lemon jelly slices (optional)
- You will need:**
- ❖ 2 x 20cm (8in) sandwich tins, greased and the bases lined with baking parchment

1 Heat the oven to 180C/ Gas 4. In a large bowl,

whisk together the butter and sugar with an electric whisk until pale and fluffy. Gradually whisk in the eggs one at a time until smooth, then fold in the soured cream, flour and lemon zest. Divide the mix between the tins and smooth the surfaces.

2 Bake for 20-25 mins, until springy to the touch. Leave to cool in the tins before turning out onto a wire rack. Drizzle the

underside of each cake with limoncello and leave to cool completely.

3 For the filling, whisk together the cream cheese and lemon curd. Put one cake onto a serving plate, spread with the filling, then top with the second cake.

4 For the topping, mix the lemon zest and juice, and icing sugar, and drizzle over the cake. Decorate with lemon jelly slices, if you like.

STRAWBERRIES AND CREAM SANDWICH LOAF

A classic teatime treat with plenty of cream and lots of strawberry jam, but this time in the form of a loaf.

PER SERVING
555 cal, 38g fat, 23g sat fat, 51g carbs

SERVES 10

- ❖ 225g (8oz) unsalted butter
- ❖ 225g (8oz) caster sugar, plus 1tbsp to dust
- ❖ 4 medium eggs
- ❖ 225g (8oz) self-raising flour
- ❖ 3tbsp semi-skimmed milk
- ❖ 300ml (1/2pt) double cream
- ❖ 100g (3 1/2oz) strawberry jam
- ❖ 250g (9oz) strawberries, hulled and quartered

You will need:

- ❖ 900g (2lb) loaf tin, greased and lined with baking parchment

1 Heat the oven to 160C/ Gas 3. Using an electric whisk, cream the butter and sugar together until it becomes pale and fluffy. Add the eggs one at a time, beating well after each addition.

2 Sift in the flour and fold through using a large metal spoon. Stir through the milk, then pour the mixture into the loaf tin and bake in the centre of the oven for 1 hr (cover with foil after 45 mins if it browns too quickly), until golden. Transfer to a wire rack to cool.

3 Whip the cream to soft peaks and gently fold through the jam. Cut the cake into 3 layers.

4 Spoon half the cream onto the bottom layer and then add half the strawberries, top with the middle layer and spread over the remaining cream and strawberries. Add the top layer, dust with the caster sugar and top with a few strawberries to serve.



TIP Make the sponges ahead of time and freeze them. Complete the final step once the cake has defrosted and you're ready to serve.



PER SERVING
206 cal, 17g fat, 7g sat fat, 18g carbs

GLUTEN-FREE MARMALADE FRUIT CAKE

No one will notice that this is made with gluten-free flour – it looks and tastes like any other fruit cake.

SERVES 8

- ❖ 100g (3 1/2oz) softened butter
 - ❖ 100g (3 1/2oz) muscovado sugar
 - ❖ 2 eggs
 - ❖ 125g (4oz) gluten-free plain flour
 - ❖ 1/2tsp gluten-free baking powder
 - ❖ 1/2tsp mixed spice
 - ❖ 150g (5oz) dried mixed fruit
 - ❖ Rind and juice of 1/2 orange
 - ❖ 3tbsp orange marmalade
- You will need:
- ❖ 450g (1lb) loaf tin, lightly greased and lined

1 Heat the oven to 170C/ Gas 3. Place the butter, sugar, eggs and flour in a large mixing bowl and

beat until smooth. Then add the baking powder, mixed spice, mixed fruit, orange rind and juice, and 1tbsp marmalade. Mix well.

2 Spread the mixture into the baking tin. Bake in the oven for 50 mins until golden and firm to the touch. Allow to cool for 10 mins before removing from the tin to cool.

3 To decorate, warm the remaining marmalade and brush on top of the cake. Store the cake in a tin for up to 1 week.

TIP Freeze after step 2 and defrost before decorating with the remaining marmalade.



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[†]We may record and/or monitor calls for quality assurance, training and as a record of our conversation.

LOVE Locks

It seemed the passions of the past had been swept away, but was there still a way back?

Coral came out of the Louvre Palace, dodging the traffic as she crossed the busy road that ran parallel to the river Seine – and jerked to a halt. Had she got the wrong bridge, she wondered, frowning as she mounted the shallow steps that led up to the wide footbridge. No. She recognised the high dome of the Institut de France on the far bank.

But where were the padlocks – the so-called love locks – that had festooned every inch of the bridge's railings like a shaggy metal wall hanging?

Gone!

Stunned, she thought back to how she and her husband Mike had reaffirmed their love for one another 10 years ago on this very bridge, with their own padlock.

They'd come out of the Louvre just as she had today. They'd crossed the road hand in hand, heading for the Seine, and had been amazed, then delighted, on seeing the hundreds – no, thousands – of padlocks that hung from the railings of the Pont des Arts.

'Couples write their names on the padlock and maybe a message too,' a passer-by stopped to explain. 'They attach it to the railings and throw the key into the river.'

'Oh, how lovely!'

Coral breathed.

Mike drew her close, wrapping her in his arms. 'What say you and I get one of those padlocks?'

'But we've been married 20 years. We've got two teenage kids,' Coral laughed.

'So? We still love each other as much as we always did.' And Mike's lips met hers in a lingering kiss.

Excitement fizzing through her, she'd set off with him to

look for a hardware store. They'd had their names and a message engraved on a padlock, and returned to the Pont des Arts where, together, they attached it to the railing. Coral's throat had ached with emotion as she read,

Coral – Mike

Our love is forever

But now the locks had all been swept away, and replaced with clear screens.

Today was her and Mike's 30th anniversary. They should have been enjoying a weekend celebration. But they'd had a horrible row after he'd asked her to postpone their anniversary plans because of his work schedule. It had been the last straw. She'd stormed off to Paris alone, needing space and time to herself to think.

At first she'd done the sights. She'd climbed the Eiffel Tower, shopped along the Champs Élysées, walked

along the banks of the Seine. But she soon realised her spur-of-the-moment decision had been a mistake.

And now this. The love locks – including theirs – had all gone. Gone, just like the love they'd once shared. Tears sprang into her eyes, and she dipped her head as she moved over to the railings, not wanting anyone to notice she was crying.

Where had the laughter gone, and the loving? The sharing and the togetherness? Had their busy jobs driven it all away? No time to talk. No time to listen. Or had it been a slow drift apart, revealed only when their grown children left home to pursue their own lives?

'Hey.'

A touch on her shoulder... She spun round – and felt the wild leap of her heart. 'Mike! What are you doing here?' Swiftly, she brushed the wetness from her cheeks.

'I had to come.' He stood less than a metre away but had made no move to touch her. 'The kids told me you'd gone to Paris. I knew this was where you'd be.'

She looked down at her hands. 'When I saw the padlocks had gone...'

'Apparently part of the railings collapsed under the weight several years

ago now. They had to remove them,' Mike said.

Coral longed to reach out, take her husband's hands in hers, feel their warmth and strength. But he seemed so distant, she couldn't do it.

'It upset me to see they were gone,' she said quietly.

For a moment, neither spoke. Then,

'See that cafe?' Mike gestured back the way she'd come. 'I've been sitting there since it opened this morning. Waiting for you.'

'Oh.' All at once her throat was tight. 'Mike, there are things we need to discuss.'

She hesitated, then plunged on. 'But I still love you, Mike. Too much to let our marriage go without trying.'

She looked up, into his face. His eyes were over-bright, she saw, and her own filled again with tears.

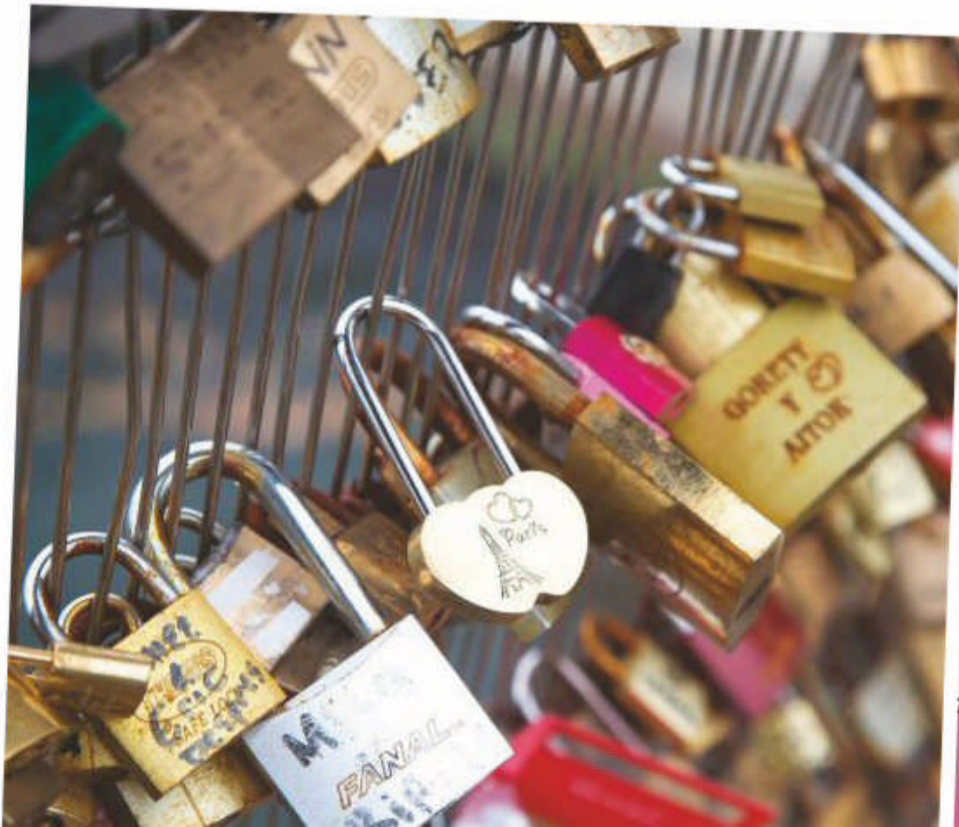
'I should have come before, but...' He shook his head. 'I was angry still, after that row. It took me a while to come to my senses.'

He gathered her into his arms and buried his face in her hair. 'You're right, Coral. We need to work – together – to get our lives back in sync.'

He lifted his head from her hair, and looked into her eyes. His voice was infinitely tender. 'We don't need a padlock to prove anything though, do we?'

THE END

Katy Swift, 2021



Wheelchair-friendly HOLIDAYS

More and more destinations are offering accessible holidays. Here's just a selection of offerings for 2021 to enjoy, whether you're in a wheelchair or not

Travel ideas for when life is back to normal

A peaceful hotel in the Lake District

Perched on the tranquil shores of Lake Coniston, the newly opened Coniston Inn offers three adapted rooms for wheelchair users, step-free grounds and unrestricted bar and dining areas. From the hotel's private jetty, take the Coniston Launch (which carries foldable wheelchairs) and soak up the scenery from the lake, or hire your own wheelchair-friendly boat from Coniston

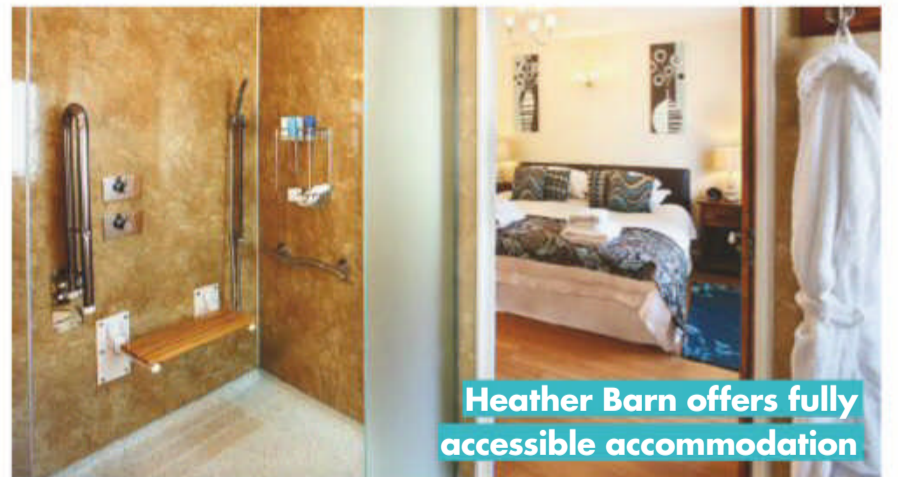
Boating Centre. There are plenty of accessible walks nearby, including a pathway from the hotel into Coniston village and a beautiful 7km lakeside walk to Torver Jetty and back. The Lake District National Park has dozens of disabled-access trails: visit the 'Miles without Stiles' section at lakedistrict.gov.uk. From £105 per night, half-board, The Coniston Inn; inncollectiongroup.com

Coniston village sits among wonderful mountain views



A cosy cottage in Cornwall

Set in 25 acres of gardens, with a private hot tub and its own orchard, the single-storey Heather Barn has won several awards for accessibility. Immaculately furnished and surrounded by beautiful countryside, wheelchair-friendly beauty spots abound: there's a lakeside walk at Sibilyback, on Bodmin Moor, where you can take to the water on a Wheelyboat, or hire tramper mobility scooters from Countryside Mobility and explore the South West Coast Path. Guests can enjoy complimentary membership to the China Fleet Country Club, which is fully accessible. Sleeps four, from £589 for three nights; kernockcottages.com



Heather Barn offers fully accessible accommodation

A MESSAGE TO OUR READERS We're all aware that health concerns mean very few of us will be travelling at the moment. However, we're continuing to bring you features about destinations you may want to visit in the future, once we're all sure that it's safe to explore the UK and beyond once again. Meanwhile, we'd love to know what you're planning for your next holiday, so write to us at womansweeklypostbag@futurenet.com



Stroll along Meloneras' wide promenade

A beach holiday in Gran Canaria

The Riu Palace Meloneras hotel in Gran Canaria sits among lush gardens on a gloriously golden sweep of beach. Easily accessible for wheelchair users with wide open spaces and walkways, ramps, lifts and several adapted rooms, there's also

a wellness centre offering beauty treatments, as well as three restaurants, five pools and several bars. Half-board packages start at £867. Accessible transfers and airport assistance can be booked in advance; tui.co.uk



Explore the ancient city of Chester

A historic city break in Chester

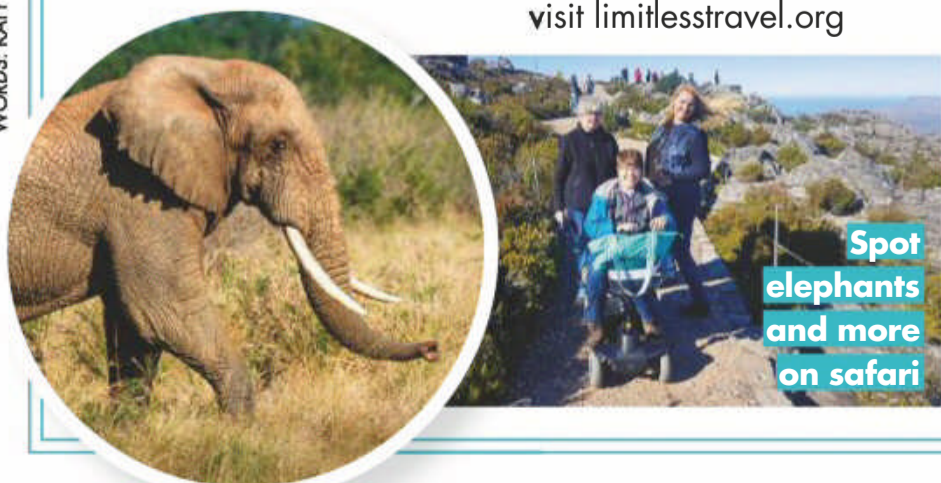
Chester was crowned the most accessible city in Europe by the European Commission in 2017, and thanks to sloped access points, wheelchair users can explore its unique 13th-century elevated walkways, aka 'the

Rows', and tour the city walls, which offer historical insight and wondrous views. Fully accessible cultural venues include Storyhouse, the new arts centre, with its theatre, cinema, library and cafe. A number of hotels are wheelchair-friendly; Abode Chester (abodechester.co.uk) offers four accessible rooms, from £100 per night. A guide for disabled people is available at visitchester.com

A safari in South Africa

Take a 12-day South African holiday of a lifetime with Limitless Travel, a disabled specialist company that offers door-to-door packages, support and carers when required. Discover the glories of Durban on a guided tour before sweeping across the plains to the iSimangaliso Wetland Park and Hluhluwe, Africa's oldest proclaimed

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WORDS: KATY HOLLAND. PHOTOS: ALAMY, GETTY

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Tips,
tricks
& buys

GARDEN notes

Sunny flowers and magical compost



RAYS OF DELIGHT

Winter-flowering jasmine (*Jasminum nudiflorum*) is a ray of sunshine from December to March, its arching green stems studded with pretty, canary-yellow, star-shaped flowers. Train against a dull fence or let it spill over a low wall. Frost-hardy and trouble-free, it flowers best in sun and prefers well-drained soil. Cut a few sprigs for a vase and bring the sunshine indoors too.



HEAPS OF MAGIC

Making compost is a great way to turn kitchen scraps and garden waste into a nutritious soil improver and mulch. Make a wooden container or buy a plastic 'Dalek' compost bin. Layer green 'soft' waste (veg peelings, teabags and grass clippings) and brown, woody stuff (twigs, shredded paper and card, chopped plant stems). Mix up the contents every six weeks and within 6-12 months, it will have decomposed into crumbly compost.

3 of the best... chilli peppers



FOR HANGING BASKETS

Medium hot with a hint of citrus, 'Aji Limon' has long fruits that ripen to bright yellow.

FOR OUTDOOR GROWING

'Nigel's Outdoor' reliably ripens outdoors in a UK summer. An early variety with plump, red fruits.



FOR A HEAT HIT

'Chocolate Habanero' is a rich smoky tasting, fiercely hot chilli that turns emerald green to chocolate as it ripens up.



Garden to visit now

There are some exciting winter features at RHS Hyde Hall, near Chelmsford in Essex. Enjoy living willow sculptures, the dry garden (pictured) and the Australia and New Zealand garden, which are full of texture and shape. Book a time slot at rhs.org.uk/gardens/hyde-hall*



WORDS: CHRIS MORLEY. PHOTOS: ALAMY, GAP PHOTOS/PAUL DEBOIS, ORGANICIEA, RHS. *OPENING IS SUBJECT TO CHANGE OR CANCELLATION

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YOU WILL NEED:

- ❖ Small ceramic vases (height 10-15cm)
- ❖ Soft white air-dry clay
- ❖ Acrylic paints (white and assorted colours)
- ❖ Clay tools (either a toolset if you have one, or collect some alternatives from things you already have, like wire, toothpicks or pins for mark-making)
- ❖ Water in a small pot
- ❖ Small plate
- ❖ Cling film and plastic bag
- ❖ Tissues
- ❖ Paintbrushes
- ❖ Clear varnish spray
- ❖ Strong glue

PREPARING THE VASES

1 Paint your vases white, even if they're already white. The paint will act as an undercoat before you apply colour. Aim for two coats, leaving them to dry in-between.

2 Apply colour. Acrylic paints can leave brush marks, so ensure all your strokes are in the same direction. Long vertical lines will give you a neat finish. You'll need to apply three to four coats to get a solid colour that really pops. If it gets tricky to handle your vase while it's wet, pop it on a plate and move the plate around so you can access the full vase.

3 Spray varnish your vase. If it gets too thick, take a tissue and gently wipe away any excess varnish.

MAKING THE CLAY FLOWERS

RED BLOOM

Roll a small ball of clay in your palms then press into a circle with your fingers; this will be the centre base. Roll a similar sized clay ball and press your thumb into it to form a teardrop-like petal shape, where one end is narrower than the other. Press the wider edge of the petal into the base. Make four more petals in the same way. Allow all the corners of the flower to curl up. Take another small ball of clay and press it into the centre of your petals. Dip your finger into water and smooth out the petals to ease any

cracks that may have formed. Make markings using a tool with a sharp end and prick holes in the centre. Place a small clay ball underneath each petal to help the flower dry with the petals pointing upwards.

PURPLE PANSY

Roll a small clay ball in your hands. Press it out to form a wide petal. Using your fingers, allow the edges to thin out and curl upwards. Make three more in the same size, and a smaller one, which will go at the bottom middle. Take another small ball of clay and press it into a circle, this will be the backing. Press your petals into the clay circle to create the pansy, be firm so that the petals stick. Make a smaller circle and press it into the centre. Pinch each petal edge to accentuate their shape.

GREEN SPIKY FLOWER

Make nine small sausage shapes from clay and six slightly smaller ones. Roll each one in your fingers to create one fatter end and one that's narrower. Roll a ball of clay into a circle and press it down to create a base that is 1cm thick. Press the longer petals around the edge of the base. You may need to dip your finger into the water to soften the joins so they stick together. Repeat with the smaller petals and pop a small circle of clay in the centre. Use a piece of craft wire to slice off some

of your base to make it less thick. Create dots in the centre with a pin.

BLUE AND PINK FLOWER

Make six petals and four smaller ones by flattening small balls of clay and use your thumb to press them into petal shapes. Push the bottoms of the larger petals together so they join. Using a touch of water, smooth over them and then place the smaller petals on top so that they join. Take a second piece of clay and roll it into a long tubular noodle before flattening it until

it is 1-2mm thin. Create folds with your fingers and pull the strip together so it joins up at both ends. This pink section will be glued onto the blue base after it's been painted and varnished.

FINISHING THE FLOWERS

Paint each flower using white acrylic paint. Once dry, paint your flowers with two coats of colour for solid coverage. Create shading by using a darker colour on the edges. Spray varnish your flowers and when dry, glue them onto your vases.



TOP TIP

When using air-dry clay, the trick is to work quickly and not to think too much.

Once you've committed to forming a shape, keep going. If you put it down the clay will harden. If it does, pop it in a container filled with water and leave it overnight. It will soften and become reusable.

Keep unused clay wrapped in cling film and inside a plastic bag.

Falling in love – that had been the easy bit, now Tess looked back.

She and Gus were a whirlwind romance, if you had to pick a category (and it seemed that both their families were keen to assign a label).

They had married in the register office – just a quiet do because they wanted it that way – then set about the practical stuff of uniting their lives.

In essence, this meant deciding where they'd live together. Tess had thought it'd be a cinch. They each had a small flat on opposite sides of town, so agreed they'd sell up, combine their finances and find a 'forever house'.

The subsequent house search reminded Tess, a shade too late, of how stressful it was buying a property. Before meeting Gus, she'd been in her little flat eight comfortable and uneventful years, all of it upended as she and Gus set out on their quest.

'Same for him, I suppose,' said her friend Julie, when Tess was having a moan between house inspections. 'And it's a good way to discover the nuts and bolts of each other. How many places have you seen so far?'

Tess replied guardedly, 'Well, we've seen about 25 – but only from the outside.'

'Isn't that what a computer search is for?' wondered Julie, though not unkindly. 'You find possible ones to go and view?'

'Gus says you have to drive to the area first and get a feel for the house and a proper look. He's right,' she added



The Goldilocks HOUSE

Finding the perfect home as newlyweds was never going to be easy – but time was running out

staunchly. 'One house looked great online, but turned out to have grass growing out of the conservatory roof and half the guttering falling off. The pics were taken from a very artful angle. And most of the other houses...

I suppose we just couldn't see ourselves living there.'

Julie nodded supportively, but Tess's face burned. Supposing everyone was having the same thought – that they couldn't see themselves living anywhere together because they'd only been a couple five

minutes, in relative terms?

Truth was, she and Gus had spent more time in the car than anywhere else since their marriage, checking out houses within a 25-mile radius. Meanwhile, their two respective flats had sold, and time was running out.

She was trying not to panic, but it seemed to her that what they were looking for might not exist.

'Gus,' she said warily, as they set out on yet another expedition, the satnav primed and the houses listed on her smartphone, 'are we looking

for a unicorn house?'

'Well, a lot of them do have rainbows,' he admitted with a smile, referring to all the colourful rainbows posted in windows. 'If I spot a unicorn, I'll let you know.'

'Gus, this is serious! We've got to find somewhere to live, and pronto.'

Indicating to turn left, he sighed and said, 'I think we're probably after the Goldilocks house – the one that's just right. Nothing wrong with waiting for the right one to come along.'

'We didn't wait, though!' she blurted.

'Because we knew the right one had come along!' Sometimes, his indomitable logic comforted her. At other times, she thought him stubborn. She felt a mild stirring of panic. What if she really didn't know him well enough at all? This house search might be highlighting how incompatible they actually were, despite his slow, lazy smile and warm brown eyes, and the way he made her feel holding her hand...

He reached for it now. 'I've got a feeling we'll strike it lucky today. We might even make a viewing appointment!'

She held her counsel while clinging to his hand. At the moment, they were rotating between their sold flats, helping each other pack, sharing evening takeaways and a bottle of wine. The packing had been a useful insight into their tastes and interests, as well as a test of diplomatic skills. Gus' flat had been cluttered with all his fishing paraphernalia,

I've got a feeling we'll strike lucky today'

while hers was overrun with ceramic rhinos. 'I once sponsored a save the rhino campaign and got a small ceramic one in thanks,' she'd explained, nicking one of his chips. 'Ever since, whenever my birthday or Christmas comes round, it's become a handy excuse for gift-givers to top up my collection.'

Yes – so much to learn about each other.

And now they needed their Goldilocks house to continue that learning curve and adapt to each other's passions and casually accumulated bits and pieces.

The first two houses on today's list were – they both agreed – 'not quite right.'

'No off-street parking,' noted Gus at the first one. That was a 'must' on his list of requirements.

'This one's just too far from town,' frowned Tess at the second one. She needed amenities on her doorstep.

But the third house... they tried not to get excited as they pulled up near it and gave it the onceover. Gus took a deep breath. 'How do you feel about pink-painted render?'

'Cosmetic stuff,' she replied. 'Easy enough to change. Maybe a less violent shade of pink, though?'

They examined the details again on the phone. The house seemed to have everything. Potentially.

'We could ring the agent now, say we're outside and try to nab a viewing slot,' she suggested, but Gus said, 'Hang on, I've spotted something.'

Her heart sank. What was it now? A damp patch hidden by a clump of bushes? A neighbour running a scrap metal business out of his driveway?

'I'll be back,' said Gus, and

leapt out of the car. She watched him approach a house opposite the pink one. A little girl was selling lemonade at a trestle table in the driveway. Her eager shyness as Gus approached made Tess smile. He bought a plastic cup of lemonade for the required 70p, then Tess saw him approach the man who was reading a paperback on a garden chair behind the little girl – clearly her dad, keeping watch over her.

Five minutes later, Gus was back, grinning.

'I got the low-down,' he announced.

'That was Al.

He's lived opposite the Thwaites for the

past 15 years. Knew all the key deets. Upshot is, the house has a slight recurring issue with tree roots growing into the drains.'

Tess's face fell. 'I bet the Thwaites wouldn't thank Alan for revealing that!'

'A survey would've highlighted it anyway. Point is, I know how to deal with that. Other than that, it's as sound as a pound. Al put in new wiring himself two years ago. It has a big garden, but the inside's too small for a growing family.' He looked at Tess. 'All in all, perfect for a pair of green-fingered retirees with a large collection of ceramic rhinos.'

'Like us,' she grinned back.

'Just like us. Give the agent a bell. Let's confirm what Al has told us.'

For the first time in ages, she allowed herself to exhale.

She was reminded of how she and Gus had met, when he'd approached her on the touchline of a rugby pitch. 'Which one is yours?' he'd grinned, and she'd pointed

to her eight-year-old grandson chasing happily through the mud. 'That's Evan,' she'd replied. 'But before you ask, it's my first time, and I know nothing about rugby. I've just come to pick him up because my daughter has an appointment elsewhere.'

'My first time too,' he'd acknowledged, warm brown eyes twinkling. 'My son asked me to check out the place as an after-school activity for his little boy.'

'There's the coach,' she'd added quickly, indicating a man in a tracksuit. 'He'll be

able to give you all the low-down.'

'Well, yeah, some of it,' her companion had agreed.

'But if you want the real low-down, you always get more than one inside track. Like – that lad could be a mine of useful info,' he'd added, pointing to a little boy who was scampering about on the far touchline, collecting stray rugby balls. 'That little chap is of the team but not in it, at least not today. He might give a more unvarnished assessment of team spirit and morale than the coach and head salesman.'

Tess had agreed, watching the stranger go over to help the little boy collect stray balls and bundle them into a net. Soon, they were chatting away like old friends.

The brown-eyed man had returned. 'Nice young chap, that Adam. He's the coach's son, sometimes

delegated to tasks that don't show favouritism. A font of info.'

He'd had that knack from day one, had Gus, of knowing who to approach and what questions to ask for the 'real' low-down.

'Is the same true of how you met me?' she couldn't resist asking, as they moved into their Goldilocks house seven weeks later. 'Did you chat me up that day with an ulterior motive?'

'If you call working up to asking you out for coffee an ulterior motive!' he puffed, easing a box through the front door. 'Who knew ceramic rhinos were so heavy?'

Despite her house-moving fatigue, she smiled. She'd been a widow eight comfortable, uneventful years before widower Gus came along, neither of them thinking they'd marry again. Let alone succumb to a whirlwind romance.

He put down the box with a heavy sigh. 'Hang on, I've forgotten something...'

To her amazement, he literally swept her off her feet and into his arms. 'I haven't carried you officially over the threshold yet.'

'Is your back up to it?' she laughed, clinging on.

'Cheek,' he muttered as the manhandled her through the front door, the pair of them collapsing in a giggling heap on their new welcome mat.

They were giddy as kids half their age, she thought. And just as ready for life's next adventure.

THE END

Gabrielle Mullarkey, 2021

'Did you chat me up with an ulterior motive?'



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Head to TOE

The hat is perfect for beginners in simple garter stitch. Then try your hand at the bootees!

Difficulty level



PHOTOS: ANGELA SPAIN. STYLIST: ANNE HARTNETT. DESIGN RIGHTS: FUTURE PIC. DESIGNER: SUE BATELYKYLE. *YARN SUBJECT TO AVAILABILITY

MEASUREMENTS

Hat: To fit ages 0-6 (6-12) (12-18) (24-36) months.

Actual measurements Hat circumference 34 (37) (39.5) (42) cm/13½ (14½) (15½) (16½) in.

Bootees: To fit ages 0-6 (6-12) months

Actual measurements Foot length 9 (10) cm/3½ (4) in.

MATERIALS

Hat and bootees: 1 (1) (1) (1)

100g (310m) ball of King Cole Comfort DK (60% Acrylic, 40% Nylon) in Silver (772)*; oddments of White DK yarn for embroidery.

Hat: Pair of 4mm (No. 8) knitting needles.

Bootees: Pair of 3.25mm (No. 10) knitting needles for first size and pair of 4mm (No. 8) knitting needles for second size. Yarn is available from theknittingnetwork.co.uk.

TENSION

22 stitches and 40 rows, to 10 x 10cm, over garter stitch, using 4mm needles.

ABBREVIATIONS

St(s), stitch(es); **k**, knit; **p**, purl; **gst**, garter stitch (every row k); **inc**, increase 1 st (by working into back and front of the same st); **dec**, decrease 1 st, by working k2tog on a k row and p2tog on a p row; **ss**, stocking st (k on right

side and p on wrong side); **tog**, together.

NOTE

Hat seam is placed at centre back and 4cm brim is folded up before embroidery. Yarn amounts are based on average requirements and are therefore approximate. Instructions are given for small size. Where they vary, work figures in round brackets for larger sizes.

Knitting

HAT

Worked in one piece, with a folded brim.

With Silver and 4mm needles, cast on 75 (79) (84) (90) sts. Gst until hat measures 19.5 (20.5) (21.5) (21.5) cm, ending with a right side row. Cast off.

TO MAKE UP

Join back seam, reversing seam for a 4cm turn-back brim. With back seam in centre, sew top seam. With White held double, embroider hat with cross stitch.

BOOTEES (MAKE 2)

SOLE

Starting at side of foot.

With Silver and 3.25mm needles for first size and 4mm needles for second size, cast on 14 sts. Gst 8 rows, inc 1 st at each end of 2nd and every following alternate row – 22 sts. Gst another 5 rows.

Gst 7 rows, dec 1 st at each end of next and every following alternate row – 14 sts.

Upper (attached to sole): Next row:

Cast on 5 sts (for heel), k to end – 19 sts.

Gst 7 rows, inc 1 st at beginning of next and every following alternate row – 23 sts.

Next row: Cast off 12 sts, k to end – 11 sts.

Gst 11 rows.



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The
knitting
NETWORK

Next row: Cast on 12 sts, k to end – 23 sts.

Gst 7 rows, dec 1 st at beginning of next and every following alternate row – 19 sts. Cast off.

LEG

With Silver and 3.25mm needles for first size and 4mm needles for second size, beginning at the second cast-on edge of heel, pick up and k12 sts evenly along edge to centre front of bootie, pick up and k6 sts across

centre, and finally, pick up and k12 sts evenly along first cast-off edge of heel – 30 sts. Gst 19 rows.

Inner: Beginning with a k row, ss 10 rows. Cast off.

TO MAKE UP

Fold stocking stitch inner to inside, and sew in place at base of gst cuff. Join heel seam. Pin upper to sole, easing excess upper around toe and sew in position. With White held double, embroider cuff with cross stitch.

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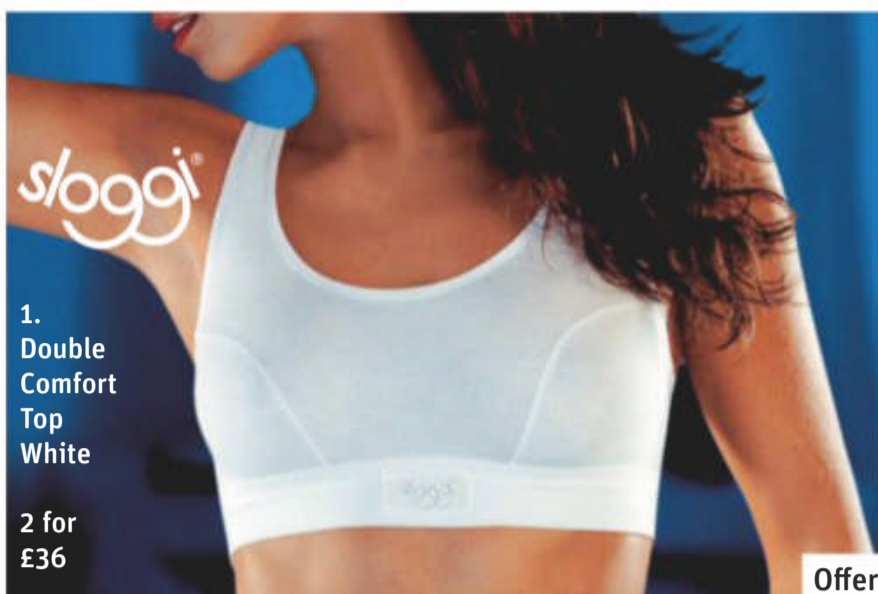
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Philip, Blackpool. 10/10

HEAVY LEGS & PUFFINESS

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Babette, Hook, Hants. 10/10

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Sheree, Telford. 10/10

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Dark DEEDS

Andrea was determined to unmask corruption – but was her life now in danger?

THE STORY SO FAR: It's 1974, and Andrea has just started university. She is shocked to learn that a fellow student recently drowned in mysterious circumstances. But then other events take over... Andrea becomes convinced that Elaine, the house mother, is running a 'business' writing essays for students. Andrea thinks one of those students is Amy, who is dating Keith. Keith's mum Kath, a cleaner in the halls of residence, knows that some of the girls are ganging up on Andrea, so she has asked her son to keep an eye on her. Andrea confides in Keith, telling him her suspicions about Elaine's activities. One evening, Keith goes to confront Amy about cheating but she has a panic attack. While Elaine tries to help Amy, Andrea sees her chance and she runs to Elaine's room with Keith. Andrea is sure Elaine has hidden incriminating evidence in the first aid cabinet...

Woman's
Weekly
SERIAL
PART
FOUR

Andrea stared at the kitchen wall, willing a bag with the word 'Swag' written on it and bearing Elaine's name to crash through the first aid cabinet door. It didn't. Keith, meanwhile, hovered nervously in the doorway, ears strained for Elaine's return.

'I have a feeling my mum has a bunch of keys to the house,' he suddenly said. 'They came with the job.'

Andrea pricked up her ears.

'But she said she'd been expressly told not to tell a single soul that one of them was the key to the first aid cabinet or the girls would be forever hassling her for free – er – ladies' things, which were meant for emergencies.'

He was blushing furiously now. Andrea couldn't resist making it worse.

'They're called tampons, Keith,' she said.

'Yeah, those.'

'Do you think you could get it off her?' she said.

'I can try.'

There was movement coming from downstairs.

'Sounds like they've left the laundry room,' Andrea said. 'I need to keep out of the way. You go down and see what's happening.'

Keith needed no second bidding. He crept silently downstairs to the ground floor. Once back in her room, Andrea stood at the window, which looked out

onto the main road, and waited for what might transpire. A couple of

minutes passed before Elaine emerged from the annexe, Amy slumped against her. Barbara tottered officiously a few steps behind, clutching a small bag.

They made their way down the path and across the road and then the three of them disappeared behind the trees lining the street in front of the main house. A few moments

later, there was a knock on her door. Keith was back, looking despondent.

'They're taking her to the sick bay to have her checked out. I offered to go with her, but she said no. She wouldn't even look at me.'

There was a distinct crack in his voice.

'I'm sorry, Keith,' Andrea

Barbara tottered

a few steps

behind, clutching

a small bag

said. 'She knows you've discovered she's been cheating – it can't

feel good for her right now.'

He gave a reluctant nod of agreement.

'Get that key, Keith, tonight. Elaine's the culprit here,' Andrea said. 'She was in a position to advise anyone who was struggling to ask for help. Instead, she preferred to ask for money.'

'And we're going to prove it,' said Keith.

At around four o'clock the following day, Andrea was feeling slightly twitchy. Partly due to lack of sleep worrying if Keith would be able to get hold of the key, and whether it'd be of any use if he did, and partly because of the atmosphere back at the annexe.

When she wasn't being totally ignored by Amy's cronies, she was being whispered about.

In the English department common room, a group of people on her course were sitting around chatting while they waited for their next class. He was there, the nice, shy-looking boy who'd briefly spoken to her a couple of times, once to say how much he'd enjoyed the essay she'd read aloud. Jack, she remembered his name was.





They spotted each other at the same time. He smiled and signalled to the empty seat next to him. It felt good, to be picked out like that. Like she had just as much right to be there as anyone else.

'We're talking about Darren Speakman,' he said, in a low voice, once she'd sat down.

It didn't compute at first and then she remembered. The boy who'd drowned in the river.

'Suicide, wasn't it?' she said. 'Or an accident, perhaps. Do they know any more?'

Jack nodded in the direction of a small, spotty boy with owl-like glasses, currently the centre of attention.

'That's his room-mate, Col,' Jack said. 'The police interviewed him a couple of times and he thought he'd given them what they wanted.'

'Which was?'

'He told them that the day before he died, Darren asked Col for money. Not for the first time either. But this time Col put his foot down because Darren never paid him back.'

Darren had a reputation as a drama queen, apparently, so Col thought Darren was exaggerating as usual when he

said he was scared about what would happen to him if he didn't pay off his debts.

'That's how he told it to the police anyway. But then he remembered something Darren said one night during Freshers' Week, when they'd both had one too many.'

He'd ignored it at first but it just kept on niggling him, Jack said. In the end, he'd

gone to the police about it.

'So what was it?' Andrea wanted to know.

'He told Col one night that he wasn't going to have to worry about writing his own essays because someone else would be doing it for him.'

Andrea's stomach gave a lurch.

'And now the police are trying to find that person. If money was exchanging hands and then it ran out, well, you can draw your own conclusions.'

Jack stopped talking. He was looking at her intently.

'Are you OK?' he said. 'You've gone very pale.'

Andrea got to her feet unsteadily. She needed to find Keith. As if just thinking of him had conjured him up, there he was at the entrance, scanning the room for her.

Jack followed her gaze, before quickly glancing away, as if he didn't like what he'd seen.

'I've got to go,' she said, ignoring his crestfallen face.

Things had escalated. And there was no time to waste.



The bus was just about to pull away when they threw themselves onto it, earning disapproving glances from

**She followed,
with every
step beset by
more doubt**

the other passengers as they fumbled for fares and delayed the driver even further. Once

seated, Keith told Andrea how he'd managed to get his hands on the key. He was flushed with satisfaction at what he clearly considered to be his own brilliance. Several times Andrea had to shush him to stop the other passengers overhearing.

There was too much going on in Andrea's head to pay much attention to Keith's tale

of how he'd invested in a bottle of what he described as 'fancy bubble bath' in order to persuade his mum to take a much-deserved, long, relaxing bath while, for once, he made tea.

'Fell for it straight away,' he said. 'As soon as I heard the bathroom door lock behind her, I went through her overall pockets and there they were.'

He briefly grew serious when she related what Jack had told her, but even that didn't last long. He was impatient to get back to the annexe, and all Andrea could do, once the bus had decanted them, was follow him through the front door.

The place was eerily silent, which suggested everyone was at lectures – apart from Amy, who'd been kept in the sick bay overnight. Keith headed upstairs immediately, taking them two at a time. Meanwhile Andrea dawdled at the bottom of the steps.

'Come on, Andrea! Are we doing this or not?'

Keith looked down at her from the landing, straining with impatience. Reluctantly she followed him up into the kitchen, with every step more and more beset by doubt.

'I'm really not sure about this, Keith,' she said. 'I'm sorry. It was my idea but after what I've just heard, I think it's a bad one.'

But it was as if he hadn't even heard her. With clumsy hands he was already fumbling with the key, which was stubbornly resisting his attempts to open the lock.

'Switch the light on, will you?' he said. 'I can't see a damn thing in here.'

Andrea did as she was told, blinking at the sudden glare. As usual, whoever was last in here hadn't bothered to clean up after themselves.

Continued overleaf

The bread knife, smeared with butter, lay on the crumb-strewn breadboard next to a dirty plate and a half-empty jar of pickle.

'Keith! Please. I really think this is a police matter now,' she said. 'We should just report what we know and let them look for evidence.'

But it was too late. Keith had finally managed to get the key in the lock. With a sudden click, the door sprung open.

'Yes!' he exclaimed, plunging both hands inside.

In no time the counter behind him was a jumble of bandages, boxes of plasters, sterile dressings and various other items. Like the TARDIS, the cupboard was bigger inside than out. The pile on the kitchen counter grew bigger. When he attempted to make room for a thermometer and a box of safety pins, a couple of boxes of sanitary products fell on the floor. Andrea stepped forward to pick them up.

The first box was sealed, but the second had been opened. The corner of a manila envelope was poking out. She removed it cautiously, feeling along its length with her fingers, trying to work out what gave it such bulk. The envelope had been used before and bore Elaine's name and her address at the The Annexe, Perry House.

When she delved inside she drew out a rolled-up wad of notes, held together by an elastic band. It was, she discovered, only the first of many.

'Keith!' she called out.

At the sight of the bundle of notes in her hand, he gave a low whistle.

'There's something else too.'

Andrea drew out a folded sheet of lined A4 paper. She recognised the handwriting as soon as she unfolded it.

'This is important, Keith,' she said, running her eye down the list. 'All the names. What they've paid, what they owe.'

'Is she there? Amy?' Keith demanded.

She nodded. The amount she'd handed over would have paid for a term's rent at Perry Hall. There must have been a dozen names at least, each name lined up with a corresponding sum of money. One name in particular jumped out of her. Darren Speakman. The amount he'd paid to Elaine was in the hundreds.

'What the hell do you think you're doing?'

Elaine stood in the doorway, glowering at them. Andrea instinctively moved closer to Keith.

'Game's up, Elaine,' he said. 'So you might as well admit it.'

'No. I don't think so.'

Elaine crouched, poised, ready to spring, her eyes scouring the room wildly. They lighted on the bread knife at the exact same moment as Andrea's.

Andrea lunged forward and reached for it, in the hope of knocking it to the ground.

But Elaine was quicker and more determined. And then the lights went out.



A fortnight later they were in the pub. The end of the three-day week, just announced on the teatime news, meant the lights would be coming back on for good. Elaine's unmasking and arrest

was another reason to celebrate. But it felt like a vigil too – for poor, desperate Darren Speakman, shoved violently into the cold river by a furious Elaine because he had no more money to give her.

Whatever name the gathering went under, it was turning out to be quite a large party. There was Keith, sitting with his arm around Amy in a way that suggested she was under his protection, and if anyone wanted to have a pop at her, then they were going to have to go through him first. He'd already had another falling-out with his mum about the bad choice of girlfriend he'd made, and Andrea envisaged a few more skirmishes ahead.

But she hoped she'd made some impression on Kath over a cup of tea this morning, once the police had left after putting them in the picture.

She should be proud of having a son who'd proved himself to be so loyal,

Andrea had said. He couldn't help who he'd fallen in love with and poor Amy had suffered enough without having to endure Kath's fearsome wrath in perpetuity.

After all, she – along with all those other students – bar poor Darren, of course, would be up before the Vice Chancellor on charges of plagiarism. At the very least, they might be asked to redo a year. At worst, they could be sent down permanently.



Kath melted when Andrea reminded her how brave Keith had been, protecting Andrea

from a knife attack by wrestling Elaine to the ground, holding her there till the electricity came back on and Andrea was able to find her way to the phone, where she summoned the police.

'Aye, well,' Kath had reluctantly agreed. 'He might be a big lad, but he's always been able to move quick.'

There was no sign of Amy's room-mates, Barbara and Anne. But other girls from the annexe, along with boys from across the road, joined the party, so they weren't remotely missed.

And then there was Jack, who'd taken it upon himself to call round to give her the notes from the lecture she'd missed.

Turns out he wasn't actually as shy as she'd thought, after she'd told him that she was not remotely involved with Keith, and yes, she'd be delighted to go for a drink with him some time.

Keith was leaning forward, tapping his glass for silence. The laughter faded, their table was silent. It was time to raise a toast to Darren and a life cut short. Andrea stood with everyone else, raised her glass, echoed Keith's words. *To Darren.*

'And to you too, Mum.'

Andrea touched the pendant at her throat that contained her late mum's picture, murmuring, 'Thank you for my life. I think it's going to turn out great.'

THE END

Geraldine Ryan, 2021

'I really think this is a police matter now'



Your stars

For 3-9 February with Bracha Goldsmith
yourastrologysigns.com

ARIES 21 Mar – 20 Apr

Reach out to others now. Is there something you can share? Who might need a kind word or deed?

TAURUS 21 Apr – 21 May

Financially, you may be experiencing some twists and turns on your journey right now. This is a time to minimise your risks.

GEMINI 22 May – 21 Jun

You may be making changes to your career direction. Focus on what brings you the most pleasure and you shouldn't go wrong.

CANCER 22 Jun – 23 Jul

This is a great time for deepening a relationship. It could be an intimate connection or a friendship that needs more attention.

LEO 24 Jul – 23 Aug

You may be going through a self-transformation. Anything that takes you deeper internally will be beneficial.

VIRGO 24 Aug – 23 Sep

This is a wonderful week for learning, teaching and generally sharing information that you find valuable.

LIBRA 24 Sep – 23 Oct

Your spiritual journey is likely to go in a new direction. You may meet someone who has a positive impact on you.

SCORPIO 24 Oct – 22 Nov

Your family and home is likely to be in the spotlight. Spend some time making your surroundings more welcoming and uplifting.

SAGITTARIUS 23 Nov – 21 Dec

This is an important time to put maximum attention onto your physical health and wellbeing. It might be a stretch, but it will pay off.

CAPRICORN 22 Dec – 20 Jan

Your values are changing dramatically. Put your focus into the life areas that matter the most to you and your life will instantly improve.

AQUARIUS 21 Jan – 19 Feb

Concentrate on what makes you laugh, what uplifts your mood. If you can do this, your week will be more fun.

PISCES 20 Feb – 20 Mar

Your internal world is of great importance this week. Make sure you get time out to recharge your batteries.

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DOWN: 1 Before 2 Monster 3 Oven 5 Prize 6 Outstanding 7 Nodded 8 Elephants 10 Intervals 11 Formula 12 Rome 13 Cottage 14 Miscellaneous 22 Parallel 23 Study 25 Massive 27 Brick 28 Stew 30 Viaduct 33 Daytime 34 Uncomfortable 37 Darkest 38 Dialogue 39 Knots 41 Solo 42 Centimetres 43 Reign 45 Patterned 46 Sunburned

49 Wildest 51 Imagine 53 Exhibit 54 Editor 55 Employ 58 Stare 60 Uses 61 Also **Answer:** PRINCESS ANNE

LINKWORDS SAFETY, ANIMAL, WILLOW, TUNNEL, BUTTER, THRILL, TONGUE, SOURCE, SCHOOL, RAGGED **Answer:** CALIFORNIA

WORDWISE Adult, aglee, aglet, alder, alee, alert, alerted, alter, altered, auld, dale, deal, dealer, dealt, dele, delta, deluge, dual, duel, dural, eagle, eaglet, earl, elate, elated, elater, elder, eluate, elude, eluder, elute, gale, geld, gelder, gelt, glad, glade, glare, glared, glee, glue, glued, glut, gruel, lade, lader, lager, lard, large, late, lated, later, laud, lauder, lead, leader, league, leagued, leaguer, ledge, ledger, leer, legate, leger, luge, luger, lure, lured, lute, luted, rale, ratel, real, reel, regal, regale, regaled, reglet, regulate, relate, related, relet, rule, ruled, tale, teal, treadle, ultra **Answer:** REGULATED

SUDOKU

5	4	2	7	3	6	9	1	8
3	8	6	5	1	9	4	2	7
1	9	7	8	2	4	6	3	5
7	5	3	9	6	2	1	8	4
6	1	8	3	4	7	2	5	9
4	2	9	1	8	5	7	6	3
9	7	1	6	5	8	3	4	2
2	6	5	4	7	3	8	9	1
8	3	4	2	9	1	5	7	6

CODEWORD

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

WORDSEARCH

R	F	C	D	R	I	A	H	G
P	A	N	K	L	E	S	E	
S	N	B	Y	L	T	L	Y	O
E	G	A	S	O	I	E	F	S
E	E	C	E	R	B	D	E	P
N	R	S	T	R	A	L	E	E
K	S	S	O	A	O	E	T	C
T	O	W	H	A	N	D	S	I
N	S	T	S	I	R	W	H	B

Answer: Freckles

MINI XWORD

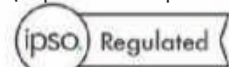
F	L	E	W
A	I	D	E
C	A	G	E
T	R	E	K

Answer: Wage

ARROW WORD **Answer:** Crowds

Word mark	S	M	B	F	G	C	A	A	B	L	N	F	T	P
Moved by the wind	S	C	A	L	L	O	P							
Feel unsure														
Shellish	A													
Belonging to us														
Egg on														
Big snake														
Artistic, being convinced														
Wise night bird														
Comic Mr. Rover's mouth														
Arm or leg														
Number in a quintet														
Treely 'Small' alcove														
Word mark	S	M	B	F	G	C	A	A	B	L	N	F	T	P
Scallion	S	C	A	L	L	O	P							
Unlucky	U	N	L	U	C	K	Y	S	E	L	F	I	S	H
Shellish	A													
Belonging to us														
Egg on														
Big snake														
Artistic, being convinced														
Wise night bird														
Comic Mr. Rover's mouth														
Arm or leg														
Number in a quintet														
Treely 'Small' alcove														
Word mark	S	M	B	F	G	C	A	A	B	L	N	F	T	P
Scallion	S	C	A	L	L	O	P							
Unlucky	U	N	L	U	C	K	Y	S	E	L	F	I	S	H
Shellish	A													
Belonging to us														
Egg on														
Big snake														
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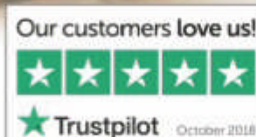
Mr. Rowe, Nottingham

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PUZZLE TIME

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: **Identified.**

E I G
D O N
S A D

Average = 20 More than 40 = well done

SUDOKU

To solve this puzzle, fill in the grid so that each 3 x 3 box, each row and each column contains the numbers 1-9.

	5			9	6			2
7		3			8			
				4				5 1
	3	6	9		1			
8			3		2			6
		7			4	5	2	
4	7			3				
			6			4		8
3			4	8				1

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: **Unit of length.**

PITCHED
CENTRE
SELF
DARK
ARMED
SALES
PERMANENT
HAND
EVEN
JUDGE

CRY
COMPANY
CLASSES
HORN
SWEETHEART
SHOOTING
BUOY
OFF
OVER
HEALTH

Codeword

A codeword is like a crossword puzzle but there are no clues!

1	2	3	4	5	6	7	8	9	10	11	12	13
			P						L			
14	15	16	17	18	19	20	21	22	23	24	25	26
				R								

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

Every letter of the alphabet has been replaced by a number, the same number representing the same letter throughout the puzzle. Just decide which letter is represented by which number. To start you off, we've revealed the codes for three letters. Once you've filled in these letters throughout the puzzle, you'll have enough info to guess words and discover other letters. Use the letter checklist and letter grid to keep track of the letters you have found.

16	15	23	15	10	10	15	18		4	7	17	22	7	1
21		5		14		26			18		14			21
25	14	1	24	21	5	3	14		7	25	7	19	15	22
4		9		1		18		23		7		15		22
	7	8	10	6		7	20	14	5	22	7	17	13	15
		14				13		10		5				17
	2	17	5	11	9	3		12	7	10	7	12	15	10
8		15		18					10		14			6
21	17	1	3	21	13	2		14	22	14	21	18	1	
12				25		17		12				8		
12	14	14	10	L	P	R	14	14	12		1	23	5	11
15		12		5		23		8		23		22		11
18	15	12	10	15	26		1	15	13	14	17	22	10	6
15		7		1				7		18		15		25
22	5	10	21	3	15		1	3	21	22	15	17	3	1

YOU CAN WORK IT OUT...

Just
for
fun!

Jumbo PUZZLE

Read down the letters in the shaded squares to spell out an Australian actor (4,9).

ACROSS

- 11 Citrus fruit (6)
- 12 Structure (9)
- 13 Units of length (6)
- 15 Family name (7)
- 16 Not a manual car (9)
- 17 Paddles (4)
- 18 Time periods (7)
- 19 Inner coating (6)
- 20 Evening meal (6)
- 23 Part of a bridle (3)
- 24 Affects (10)
- 25 Is alive (6)
- 28 Less well-behaved (9)
- 29 Power cell (7)
- 31 Stage (5)
- 35 School break (8)
- 36 Proportion (5)
- 37 Countrywide (8)
- 39 Smell (5)
- 41 Go forward (7)
- 42 Serious situation (9)
- 45 Helpful or serviceable (6)
- 47 Australian TV soap opera (10)
- 49 Number (3)
- 52 Proverb (6)
- 53 Root vegetable rich in beta carotene (6)
- 54 Liberty (7)
- 57 Unlocked (4)
- 58 Custom (9)
- 59 Cooked over hot water (7)
- 60 Peers of the realm (6)
- 61 Troubled (9)
- 62 Type of pastry (6)

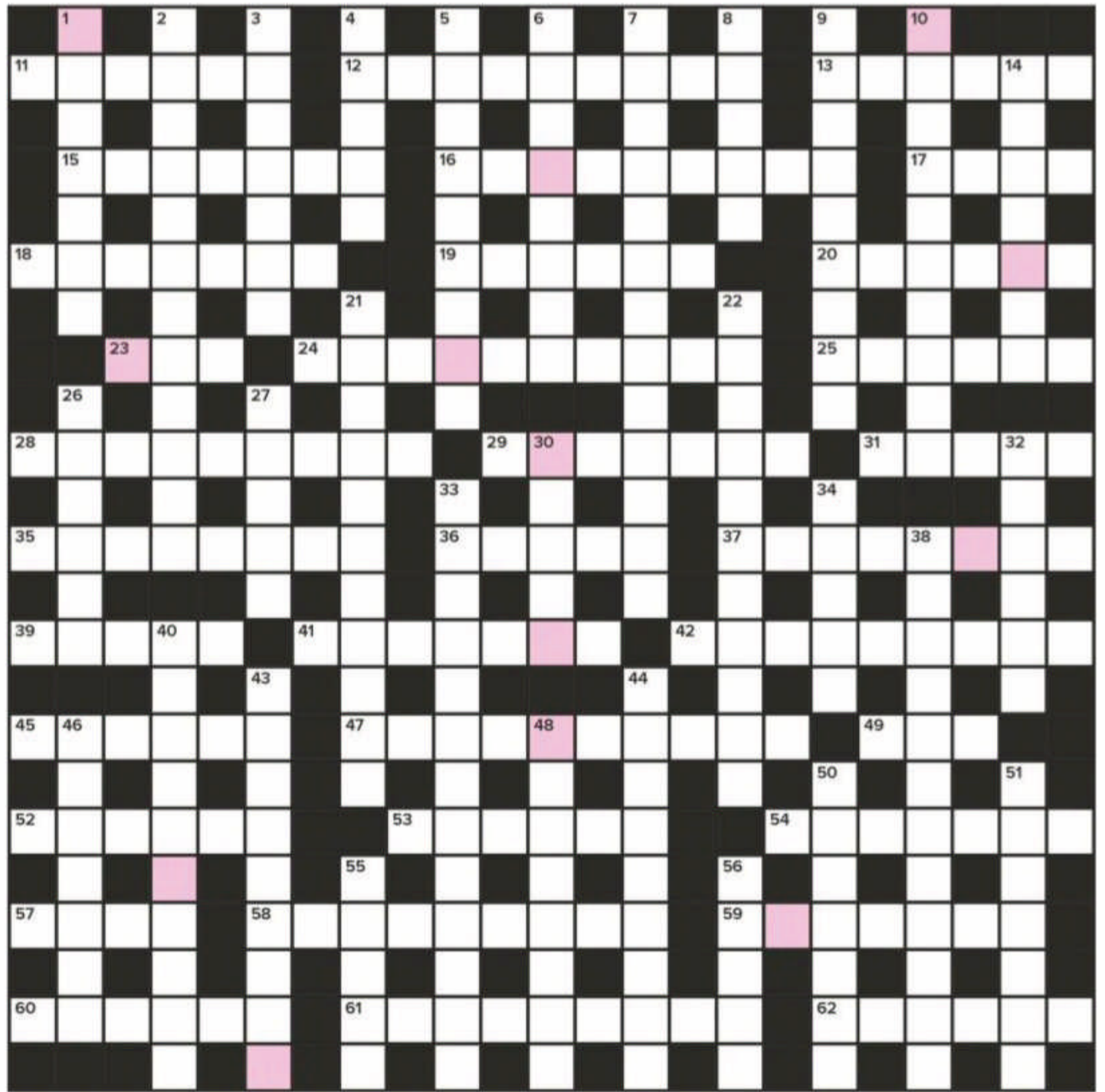
DOWN

- 1 Less soggy (7)
- 2 More and more (12)
- 3 Chilled out (7)
- 4 Frequently (5)
- 5 Counterparts (9)
- 6 Group of words, the punishment assigned to a defendant found guilty by a court (8)
- 7 Passing on of information (13)
- 8 Glide over ice (5)
- 9 Talked over (9)
- 10 Achieve (10)
- 14 Serious in intention (7)
- 21 Unbiased, not depending on another for livelihood (11)
- 22 Stargazers (11)
- 26 Tacked (6)
- 27 Undress (5)
- 30 Room at the very top of a house (5)

- 32 Stiffening agent (6)
- 33 Societies (13)
- 34 Horoscope (5)
- 38 Inundating, breathtaking (12)
- 40 Hostile (10)
- 43 Most tenuous (9)
- 44 Land mass (9)
- 46 Hair product (7)
- 48 Female leads (8)
- 50 Popular US sitcom, which follows six young people in New York (7)
- 51 Female divinity (7)
- 55 Capture (5)
- 56 Stage whisper (5)

YOU CAN WORK IT OUT...

✦ The answers for 26 January are on the horoscopes page. The answers to this week's puzzles will appear in two issues' time.



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PUZZLE TIME

Official gown	↓	Declare	↓	Not censored	↓	Be wrong	↓	Taxi	↓	Queries	↓	Go up	↓	Crooked Kitchen flooring	↓
→						E	Pub, hotel		Avoid work	→					
Riches		Firm's status (abbr)		Manger	→	C	R	I	B	Gorilla, eg		Wicked act	→		
→		↓		Large vase	→	R		Approve	→	Pink-eyed animal	→	Go by boat	→		
Animal hair	Send an SMS	→				Forty winks	→			Bubbly		Bowl, sink		Ban from school	↓
→			Baptism vessel	Visual organs	Flat dish	↓	Easy to read	→							
Faulty	Circuit	Touch	→				Steal from	↓	In the style of (1,2)	→			Will Smith biopic	↓	
→					Zodiac ram	→					Liquid in a tree	→			
Metal blend		Thandie ... Crash star	→						Big grin	→					
Favourites	→				Dark wood	→						No score	→		

Arrow word

What is measured by a pluviometer?
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

Originating in Japan, what type of instrument is a shakuhachi?
The answer is the one missing from the grid.

P	E	B	K	B	A	N	J	O
V	L	R	A	T	I	U	G	N
V	E	R	J	S	E	Z	I	S
I	L	S	E	F	S	L	A	B
O	U	O	I	H	O	O	U	E
L	K	F	N	D	T	G	O	D
I	U	R	N	A	L	I	R	N
N	O	A	D	E	I	U	Z	A
H	M	T	R	U	M	P	E	T

BANJO
BASSOON
BUGLE
DRUM
FIFE

FLUTE
GUITAR
HORN
MANDOLIN
PIANO

TRUMPET
UKULELE
VIOLIN
ZITHER

YOUR ANSWER:

Mini crossword

1	2	3	4
5			
6			
7			

The shaded boxes spell out a word.

ACROSS

- 1 Scottish tribe (4)
- 5 Cod-like fish (4)
- 6 Overlook (4)
- 7 Gasp (4)

DOWN

- 1 Cut of meat (4)
- 2 Tibetan monk (4)
- 3 Related (4)
- 4 Take home (pay) (4)



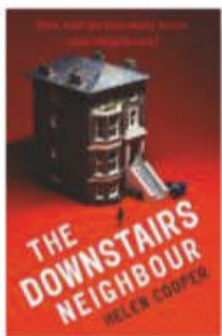
Book club

Zoe West picks the best reads for you

The Downstairs Neighbour

by Helen Cooper (£17.99, HB, Hodder & Stoughton)

How well do you really know your neighbours? That's the question Steph has to ask when her 17-year-old daughter, Freya, goes missing. And what makes matters worse is that the last person to see the teen is her downstairs neighbour and driving instructor, Chris. With the community joining forces to help find Freya, it's soon clear not everyone is telling the truth.



A Net for Small Fishes

by Lucy Jago (£16.99, HB, Bloomsbury)

In this truly captivating and cinematic debut novel we enter the inner court of James I. Based on a true story, we are immediately caught up in the friendship of Frances Howard and Anne Turner; two refreshingly sparky heroines who, struggling to influence the course of their lives, embark on a bold adventure for happiness and freedom. But as they gain notice, they gain enemies and soon realise this could be an adventure that costs them dearly. Described as a Jacobean *Thelma & Louise*, this story of female friendship is an intoxicating read.

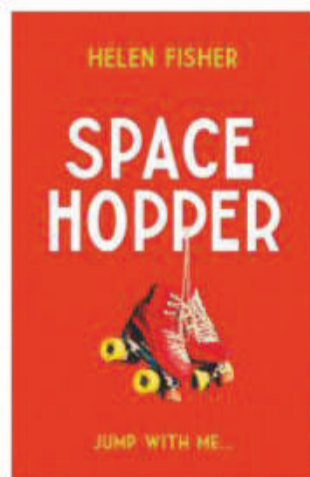
Woman's Weekly LOVES



Space Hopper

by Helen Fisher (£14.99, HB, Simon & Schuster)

If you could go back and visit the mother who died when you were just a little girl, would you? Wife and mother to two daughters, Faye has never really got over her mother's death, so when a chance encounter with a Space Hopper box transports her back to the 70s, she embraces meeting her mum again. But, time travelling doesn't come without consequences, and how much is she willing to give up? A quirky, magical book and a wistful reflection on the love between a mother and her daughter.



The Long, Long Afternoon

by Inga Vesper (£14.99, HB, Bonnier Zaffre)

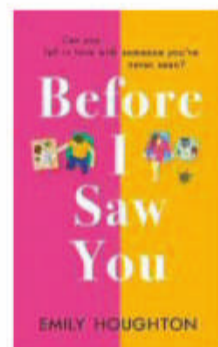
When mother-of-two Joyce Haney goes missing from her perfect life in 1950s California, Ruby, the family's 'help', is in the frame. Finding an unexpected ally in Detective Mick Blanke, can Ruby help solve the mystery?



Before I Saw You

by Emily Houghton (£14.99, HB, Transworld)

Alfie has been recovering in hospital after an accident when Alice, who is finding it hard to accept she's been badly burned, arrives on the ward. It doesn't stop Alfie trying to get to know her in this emotional character-led story.



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What you're reading

I'm reading *Olive, Again* by Elizabeth Strout. I've read nearly all of Strout's books - she's a wonderful writer and her characters are always interesting. Gemma Burke, Ireland

Get in touch

and let us know what you're reading - we love to hear your recommendations. Email zoe.west@futurenet.com or drop us a tweet @zoeannwest

The new NEIGHBOUR

Jane moves in next door, so where is Mr D?



“ You might be forgiven for thinking that this page is written in a tearing hurry, cobbled together at 4.55pm on a Friday afternoon from spare parts, but that would be unfair on my crack team of researchers.

Here is a full account of our latest meeting, at 4.45pm on a recent Friday afternoon:

Me: So, crack team of researchers, what have you got for me?

Crack team: Did you know that the oldest surviving biscuit dates back to 1784, and is at the National Maritime Museum?

Me: We've done biscuits. We're always doing biscuits.

Crack team: All right, did you know that afternoon tea was invented by the Duchess of Bedford, who was lady-in-waiting to Queen Victoria?

Me: Very interesting, but don't you have anything that isn't tea and biscuit-related?

There is a lot of muttered consultation, shuffling of papers, and finally some triumphant fist-bumping.

Me: Come on then, what have you got?

Crack team: Did you know that Britain doesn't have a special day to celebrate neighbours?

Me: (reluctantly, and with a sigh) No, can't say I did. Tell me more.

It seems that lots of other countries have Good Neighbour Days. In Australia, they celebrate neighbours on the last Sunday in March. In America, thanks to a proclamation by President Carter, they love their neighbours at the end of September. European Neighbours' Day, invented by the French, takes place on the last Friday of May.

But in this country we're allowed to display complete indifference to our neighbours on 365 days of the year (although the Government is apparently thinking about a scheme, probably because they don't want to be shown up by the French).

I mention all this because I now feel no shame in revealing how annoyed I am that a lady called Jane has finally moved in next door.

You might remember that Jane had known us barely five minutes when she was explaining how she and her husband had separated because he was a nudist. I had to offer her another flapjack to stop her going into detail. It's notoriously difficult to get technical about naturism when you're trying to chew your way

through a flapjack. Especially my flapjacks.

And then there was the time I turned up to find that she was in my kitchen, wearing my favourite pinny and baking a Victoria sponge. Not just any Victoria sponge, mind you, but the Victoria sponge I was looking forward to baking that very afternoon.

'I was only trying to save you the bother,' she said, limply. Or something like that.

Queen Victoria probably felt the same way when she came back to Windsor Castle after a busy days reigning, or ruling, or

whatever she did in those days, and found the Duchess of Bedford inventing afternoon tea. 'One was looking forward to inventing afternoon tea,' says the Queen. 'Sorry, ma'am,' says the Duchess, huffily. 'I was only trying to save Your Majesty the bother.'

The first thing I knew about Jane's arrival was when I arrived home from an early morning trip to Tesco to find Mr Dear was missing from the house. Normally he bounds up to the car like a Labrador puppy and helps me in with the shopping.

Instead he appeared after about an hour. 'Hello, love,'

he said. 'I've just come to fetch my drill. I've been plumbing in Jane's washing machine, and now she wants a shelf put up. She moved in yesterday apparently, although I never saw any removal van. I just popped round to see if I could do anything.'

'Oh,' I said. 'That's nice.'

'Have you carried in all that shopping by yourself? I'd have done that for you.'

'Ah yes, but I didn't know where you were.'

One of the reasons I am suspicious of Jane is that Mr Dear seems very keen on her. This is completely baffling. She is not his type at all. She is rather eccentric in a wild hair, wooden beads and baggy jumpers sort of a way. She has a whiny, high voice, and – perhaps most annoying of all – no sense of when she is making a nuisance of herself. She simpers, and is needy.

By contrast, Mr Dear's idea of the perfect woman is the late Dame Diana Rigg, and Jane is nothing like that.

Wait a minute, though. Glance at the picture at the top of the page. Do you see Diana Rigg? Me neither. Perhaps it's time to worry.

Rosie x

'She has no sense of when she's making a nuisance of herself'

Woman's Weekly Travel Offers

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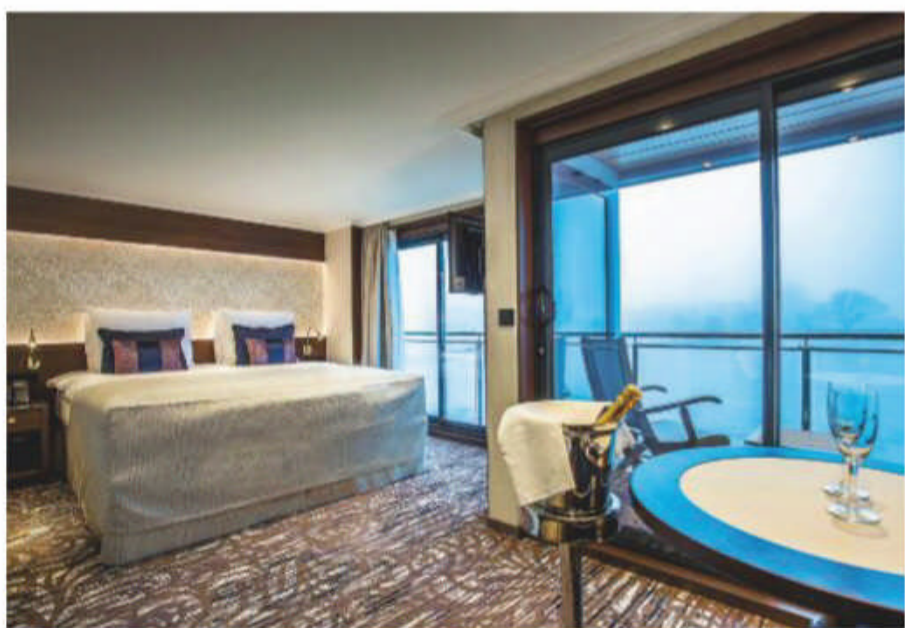
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