

Be inspired every day!

Woman's Weekly

18 August 2026 £2.10

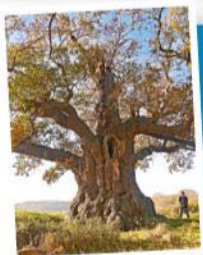
The best **BRIGHT** MAKE-UP IDEAS **FROM £4**



EASY TRICKS THAT

SLOW THE SIGNS OF **AGEING**

And what to avoid



Britain's amazing
and much-loved
ANCIENT TREES

Nigel Havers

*I don't get knickers
in the post any more,
but it's fantastic
I still have admirers*

THE UK'S
NOSTALGIC
**SEASIDE
RESORTS**



Divine **SUMMER** **PUDS**



PLUS
NEW BBQ
FAVOURITES



Fun **MAKES**

STYLISH BAG
TO KNIT



CUTE
BABY SET
TO SEW

Boots



**When the
heat makes it a
not-so-fun run**
Be ready for the beauty
of British summer

Selected stores. Subject to availability



Hello!

25

Growing old gracefully

“ Britain has one of the lowest tree counts per acre of land in northern Europe, but if you drive around on the Continent you seem to see few trees, while driving through most of the UK you’ll see loads of them. The answer is our small islands don’t have the big forests that many countries have across the Channel. However, we do have more surviving ancient trees than almost anybody else, and they’re frequently venerated and supported in their old age. There’s one near us called the Flitton Oak, more than 700 years old, so perhaps already quite big when Edward III was winning the battle of Crécy in 1346. See page 10 for more. ”

Geoff

EDITOR

geoffrey.palmer@futurenet.com



41

Inside this issue

ON THE COVER

- 8 Nigel Havers** ‘My wife puts me through my paces’
- 10 Celebrating Britain** Some of the country’s amazing ancient trees
- 12 Health** ‘Healthy’ habits that can age you faster
- 18 Beauty** Brighten up your summer make-up with inspiration from your favourite cocktail
- 22 Cookery** Try something new on the barbecue
- 34 Cookery** Fruity and fabulous summer puds
- 38 Travel** Nostalgic British seaside resorts
- 42 Craft** Sweet baby cloth and teething ring to sew
- 47 Knitting** Make your own nautical-inspired bag

GREAT READS

- 4 Good to share**
- 15 It’s a funny old world** Writer Gabrielle Mullarkey
- 17 Fashion** 10 of the best beach bags
- 20 Real life** Meet the first woman to become a harbour master in Devon
- 25 Do you remember...** The Reliant Robin was an unforgettable sight on British roads in the 1970s

HEALTH

- 27 Your wellbeing**
- 28 Dr Gill** Coping with inguinal hernia
- 31 Here to help**

YOUR HOME

- 32 Homes** Dine al fresco with style tips for sit-down dinners or relaxed buffets



32

41 Garden notes

Heatwave help, dahlias and a garden to visit

FICTION

- 37 Short story** *Not a Fan*
- 44 Short story** *Bramble in the Bailey*
- 50 Serial** Part four of *Echoes in the Wind*
- 53 Books** Our book editor’s favourite picks for the week

LAST BUT NOT LEAST...

- 54 Puzzle time**
- 57 Your weekly stars**
- 58 Rosemary**

GET SIX ISSUES OF
WOMAN’S WEEKLY
FOR JUST £1*

Subscribe online at magazinesdirect.com/xwk/DL87P

Call 0330 333 1113 and quote code DL87P.

Offer closes 31 October 2026. Open to new subscribers only, when paying by UK Direct Debit. *After your first six issues, your payments will continue at £17.25 every three months, saving 29% on the full three-monthly subscription price of £24.33. We will notify you in advance of any price changes. For full terms and conditions, visit magazinesdirect.com/page/terms-and-conditions. For enquiries, please email help@magazinesdirect.com.

Pay less
than
in the
shops



FROM US TO YOU

Good to SHARE

Supporting small bookshops, William's exams and spotting striped Tiger Moths



HEAD-BANGERS

Woodpeckers pound their heads into trees up to 12,000 times a day – but they're protected from getting brain damage by a layer of spongy cartilage separating the beak and skull, which acts as a mighty shock absorber.

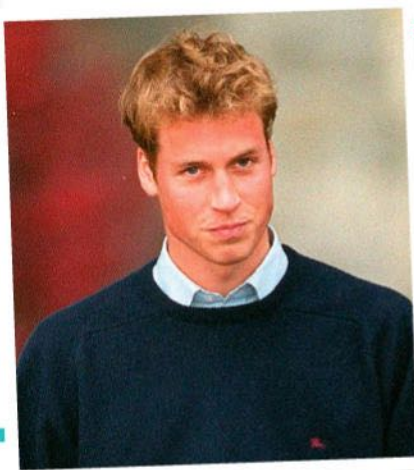
Greek legend

A long-held dream has finally come to life at Sissinghurst Castle Garden in Kent. Over 90 years ago, Vita Sackville-West and her husband, Sir Harold Nicolson, planned Greek-style planting in a ravine-like area of the garden. They were inspired by the beautiful Greek island of Delos, birthplace of the gods Apollo and Artemis. After a 15-year restoration project, the Delos garden is open to visit – its climate-resilient planting has a significance today that they could scarcely have anticipated.

* nationaltrust.org.uk/visit/kent/sissinghurst-castle-garden

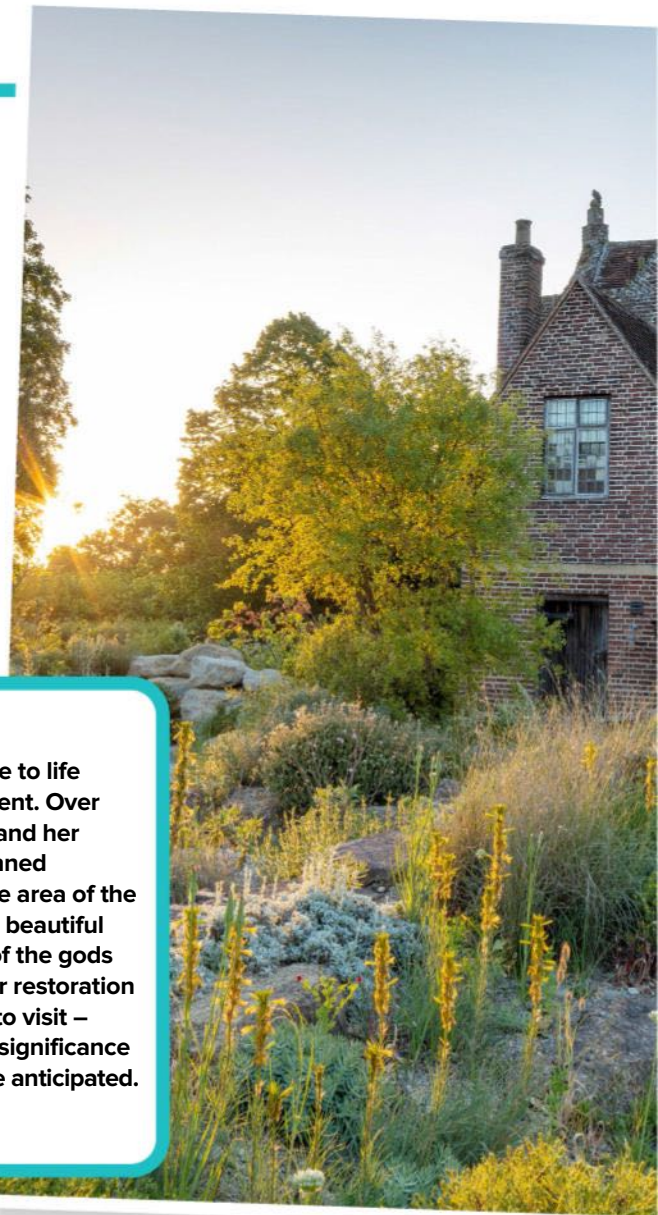
Did you know?

We're spending £268 million a year on audiobooks, and their popularity is still increasing. You can now support your local bookshop when you buy your next narrated read, as bookshop.org allows indies to earn the full profit from sales.



On this day in history

17 August 2000 Prince William passed three A levels with A, B and C grades, and was therefore able to take up the place he'd been offered at the University of St Andrews. He started off studying history of art, but switched to geography. It was during his undergraduate years that he met a young woman who was to become an indispensable part of his life – one Catherine Middleton...





DOWN TO EARTH

The Yorkshire Sculpture Park is set amid 500 acres of rolling countryside, with sheep grazing peacefully alongside visitors. Along with its permanent collection, the YSP is currently showing *Hold to This Earth* in the Underground Gallery. The show features contemporary work by Indigenous North American artists from Tia Collection, including this striking piece, *Tonantzin*, by Rose B Simpson. It's on until 18 April 2027.

* ysp.org.uk



NATURE NOTES

From Louise Midgley



The natural world is reliably cyclical; when I'm on a walk, I usually know what I'm looking for as many forms of wildlife have a fleeting appearance at a specific time. I will rootle through the undergrowth, study the underside of leaves, examine tree trunks and shrubs – sometimes, I will just sit and wait to see if anything joins me. Jersey Tiger moths are currently active. I found at least a dozen secreted in vegetation today. At rest, they are shield-shaped with black and cream markings, but in flight, their flaming orange hindwings elevate their appearance from rather plain to very striking.

My garden week

I've trimmed the hedges, mowed the lawn and cut back the spent perennials in my garden, but I've still left a few spots of long grass for the wildlife to enjoy.



IN THE SWIM

Keep that seaside feeling going when you're back home from holiday with this cute set of four Aquarium fine china mugs from Coffee Mania & Atmosphere. Featuring fish, seahorses and shells, they would also make a lovely present, as they come in a gift box. €40 (approx £34.58), easylife.boutique/en



JASON'S STILL GAME

Musical royalty Jason Donovan takes on another classic role this summer when he stars as Coach Bolton in *High School Musical* at Salford's Lowry Theatre. Alongside Jason is KayCee Stroh as Ms Darbus – though fans will remember her as body-popping dancer Martha Cox in the original movies.

It runs from 22 August until 19 September.

* [high school musical onstage.com](http://highschoolmusicalonstage.com)



Money-saving tip

Racing ahead Make the most of free days out at 75 rural venues during

National Racehorse Week on 22–31 August. Families can visit yards and racecourses to meet the horses and the people who look after them. It's a fascinating insight into a world seldom seen.

* nationalracehorseweek.uk

FROM YOU TO US

Good to SHARE

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



PAWS FOR THOUGHT

That look says it all – the octopus is about to be destroyed. A really cheeky girl, Molly is our granddog, and she loves her toys!

Diane Heighes, Reading

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

I've been there

After reading your Doctor Gill article, *Slow Taper of Antidepressants** [5 May issue], I had to write to tell you about my experience. I took an antidepressant for many years, but I knew

I wanted to wean myself off it. I created a spreadsheet to keep track of the reducing dose, which I OK'd with my doctor before putting into action. I used a colour-coding system that reflected the reduction in amount, and watching the colours change was a huge morale booster for me.

Naomi Stevens, Berkhamsted



Letter of the week

KEEPING COOL

After so many hot days this summer, I was delighted when my daughter brought me back some 'keep cool' gadgets from her holiday in Japan. These included a wearable neck fan, some 'freezing' face masks and wet wipes that stay fridge-cold for hours! Needless to say, my friends are very jealous.

Margaret Webb, by email



LOOK WHAT I MADE

While I have tried many crafts in my time, cross-stitch has never been one of them. However, a friend recently gave me a kit as a gift, and I thought I would have a go. I loved it! So easy to follow and very rewarding. Next time I'll try designing my own pattern. Cheers!

Sonya Lopez, London

Important! All contributions to *Woman's Weekly* must be original and NOT duplicated to other publications. £25 will be paid to the writer of the 'Letter of the week' for all rights in each letter printed. The Editor reserves the right to modify any letter. Future plc reserves the right to reuse any submission to *Woman's Weekly* in any format or medium, including social networking sites. We regret that we cannot enter into personal correspondence. Photos of children under 18 must be accompanied by written permission of a parent/legal guardian. All details correct at time of going to press.

*ALWAYS TALK TO YOUR GP ABOUT REDUCING OR STOPPING MEDICATION

GET IN TOUCH

WE LOVE LETTERS

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

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

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

EMAIL US

womansweeklypostbag@futurenet.com

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

WHAT YOU'RE WEARING COMPILED BY ANNE HARTNETT

What you're WEARING

Esra Frankcom, 51

Tell us about your look

My dress is by New Day Originals, a brand I recently discovered. It makes gorgeous dresses in organic cotton. I love the colourful mix of print and the boho style. My green bag is by Paradox. I have a pair of matching strappy heels in my canvas bag, but I'm going for comfort in my Archies flip-flops!

What's your favourite thing about yourself?

What you see is what you get! I don't take myself too seriously.



Robyne Cleaves, 76

Tell us about your look

I love this striped cotton shirt dress by Maye (an Australian brand, bought online). The fabric is great quality, and it's such an easy, comfy dress to wear. I've teamed it with my Converse trainers and a bag by Orotan. I like the clash of bright orange with blue stripes.

What's your favourite thing about yourself?

Being tall and having good hair.



Katie Syer, 53

Tell us about your look

I bought my floral print dress online at Asos. It's by Hope & Ivy. I love the floaty, chiffon fabric and the flattering wrap shape. I've slipped a Zara vest top underneath – it's practical and I like the pop of colour. My bag is a great-value buy on Amazon, and my trainers are by Superga.

What's your favourite thing about yourself?

I love hanging out with my four children, aged 14 to 28. They keep me busy!

Sienna De Gale, style is ageless!

Tell us about your look

I love the style of this dress, with a fitted waist and full skirt. It's such a flattering shape. To be honest, I love it so much that I have this design in nearly every colour available! It's by Staud. Today, I've gone for pink with a white denim jacket by Alice + Olivia. My gold pumps and raffia bag are by Tory Burch.

What's your favourite thing about yourself?

My positive attitude.



YOU WORE IT WELL



Jean Harrison, circa 1955

Here I am, wearing a dress by Horrockses. It was a fashionable ready-to-wear label in the 1950s. The brand designed beautiful floral-print cotton dresses with full skirts.

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

‘My wife puts me through my paces’

Legendary actor Nigel Havers tells us why he won't go on tour without his nearest and dearest, and how he stays fit at 74

He celebrates his 20th wedding anniversary next year and Nigel Havers is clearly just as smitten as the day he and wife Georgiana met.

When the veteran actor was asked to undertake a nationwide one-man theatre tour later this year, he had just one stipulation – that his wife go with him.

‘I wouldn't do it without her,’ he says emphatically. ‘She's wonderful. We just have a lovely time and a great life. We're used to being together, so what's the point in going away and leaving her behind?’

He tells *Woman's Weekly*, ‘In fact, she comes onstage. I do a bit of magic and I saw her in half! And at the end, I teach the audience how to make the perfect dry martini and she comes on to hand them out.’

Boyishly charming, it's hard to believe that Nigel is actually 74. He works hard at his fitness, though, and is actually speaking

to us from the gym. ‘I'm going for a run and then I'll do a half-hour workout,’ he says.

Nigel actually took up running after training for the part of an Olympic runner in the Oscar-winning 1981 film *Chariots of Fire*. But he credits Georgiana with ensuring he doesn't lapse. ‘My wife puts me through my paces,’ he smiles. ‘She's a very fit woman and she's a good influence on me.’

A familiar face on television, having starred in shows such as *The Charmer*, *Don't Wait Up* and *Coronation Street*, where he played gigolo Lewis Archer, Nigel has made

a name for himself playing heart-throbs and upper-class cads.

‘I used to get knickers in the post when I was younger,’ he reveals. ‘I don't get knickers nowadays and if I did, they'd be quite big ones, I imagine! I do still have female admirers – of

a certain age! But it's fantastic and the day that stops, I'll be worried.’

It's pretty clear that Nigel likes to see the lighter side of life, and audiences perhaps shouldn't be surprised by the title of his upcoming tour.

The show sees Nigel onstage, without a script, sharing anecdotes and funny stories from his illustrious 56-year career. There will be a fair bit of him talking nonsense too, although Nigel being Nigel,

he doesn't actually use the word nonsense.

In fact, the tour's title – which has already got him into trouble – is

*Nigel Havers Talking B*ll*cks*.

He explains, ‘I wrote a biography years ago and wanted to use the title then and they said, “No, you can't,” so I've had it up my sleeve for a long time.’

He adds, ‘I was very pleased that

‘I don't take myself too seriously’



The star with his wife Georgiana

they let me use it for the tour. Although when I do TV interviews, such as *The One Show*, they say to me, “For heaven's sake, please do not mention the title of your show!”

‘I think it sums me up. I don't think it's worth taking myself seriously. I know some actors do, but I fulfil the little niche of not taking myself too seriously. I don't know any other way of doing it.’

So, what can audiences expect? ‘I chat about my career, but I just go off in any direction, really,’ he grins. ‘I've got a lovely



Nigel in *Chariots of Fire* (left) and *The Charmer*



As Lewis Archer in *Coronation Street*

THE
Woman's
Weekly
INTERVIEW

*'I still have
female
admirers. It's
fantastic'*

man who tours with me who looks after sound effects and the clips, and the poor man doesn't know which direction I'm going in, so he's exhausted at the end of the evening!

Nigel grew up in Suffolk, the son of Sir Michael Havers, a barrister famous for defending Mick Jagger and Keith Richards on drug charges in 1967. His grandfather Sir Cecil Havers was a High Court judge, but Nigel had his heart set on becoming an actor after appearing in a Shakespeare play at his school.

None of his family tried to talk him out of it. 'My brother did the right thing. He went to Cambridge and he became a lawyer, so he satisfied all of that, and then I could just disappear!' he laughs.

The star splits his time between his homes in London and Wiltshire. Away from work, he enjoys gardening, watching horse racing, reading and walking his dog. He also loves spending time with his 11- and nine-year-old grandchildren from his daughter Kate, from his first marriage.

'They're incredibly funny and they make me laugh a lot,' he says. 'They're at a lovely age. They call me Grandpa, which I don't mind, although I wanted them to call me Sir!'

When his tour finishes at the end of October, Nigel will take a short break before appearing in panto at The London Palladium. There is talk of a new TV series next year and he would love to do his own magic show, having been taught by fellow Palladium panto star Paul Zerdin.

Clearly, there are no plans to slow down. 'Actors don't retire, they get retired when people stop wanting to see them, but until that stage you just bat on,' he reflects. 'I don't feel any older. It's odd, isn't it, as you get older you think you're still the same age as you were in your 20s. Things don't really change.'

*** Tickets for Nigel Havers Talking B*ll*cks are available at nigelhavers.live**



CELEBRATING BRITAIN

ROOTED *in history*

Searching for Britain's standout ancient trees has been a labour of love for naturalist and author Julian Hight, who shares six favourites

During my travels, camera in hand, I have had the good fortune of meeting some of the world's oldest, tallest and largest known trees. But it's the ancient trees of Britain that captivate and enthral me the most.

Although we have one of the lowest tree counts in Northern Europe, Britain has the highest number of ancient oaks and yews. Their survival is cultural, having earned their place in our landscape by providing shade, fruit and sustainable timber, as meeting places and boundary markers, and for their religious significance (such as the yews common in churchyards).

Awe-inspiring to visit, their value to history and biodiversity is monumental, much like the trees themselves.

The Preston Park Twin

Preston Park, Brighton

Prior to Dutch elm disease ravaging the species in the 1960s, elm was almost as common as oak across Britain. Outside Brighton, which amazingly hosts around 17,000 elms today, more than any other city in the world, it's estimated that around only 1,000 mature specimens survive. Preston Park hosts one of the largest English elms in the world, thought to be around 400 years old. It lost its sibling in 2019, yet still stands tall, with its twin now re-erected as a memorial artwork alongside.



DID YOU KNOW?

An ancient tree is defined by its great age when compared to others of its kind.

THE DARLEY OAK

Darley, Cornwall

Cornwall's largest oak tree stands in the private garden of an 18th-century farmhouse, which it may predate by as much as 600 years. Local folklore tells of wishes granted to those who passed through the tree's hollow and circled the trunk, as well as its capacity to cure boils. It measured over 8m in circumference until the Great Storm of 1987, when the trunk split and partially collapsed. Today, at 6.4m, the oak is still mightily impressive.



The Signing Oak
dates back more
than 900 years



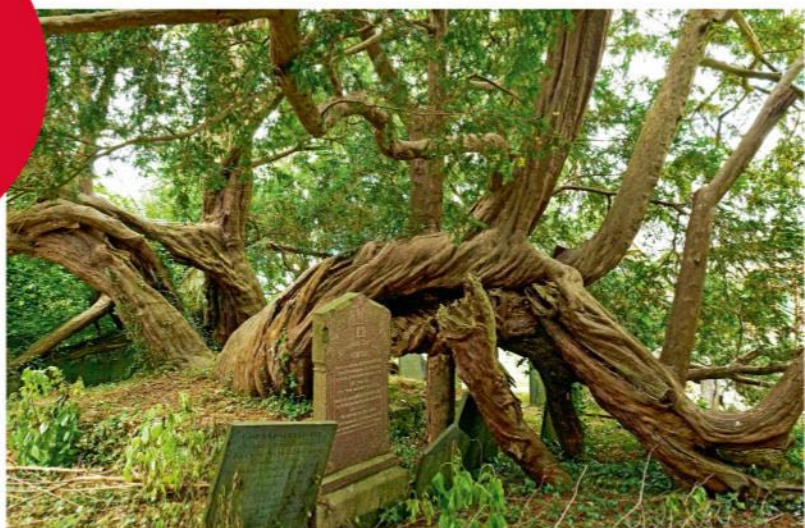
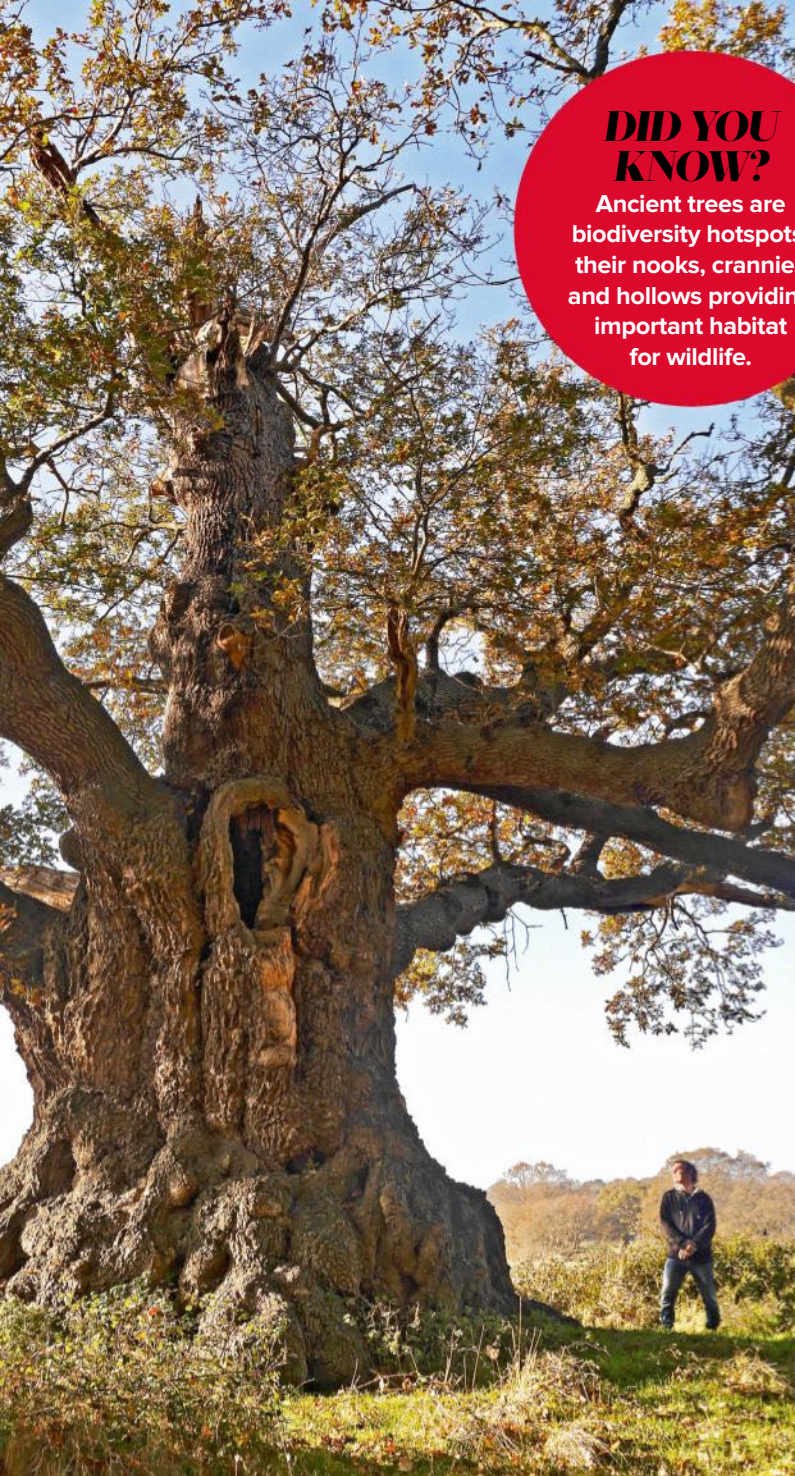
The Signing Oak

Windsor Great Park, Berkshire

William I founded the Royal Forest at Windsor shortly after the Conquest. Millennial continuity has bestowed what's now the Great Park with Europe's best collection of ancient English oaks. Hundreds of veterans, or dodders, scatter its grounds, 19 of which stand over 8m in circumference and could have existed at the same time as William. Many are named, such as the giant Signing Oak, Watch Oak and Review Oak.

DID YOU KNOW?

Ancient trees are biodiversity hotspots, their nooks, crannies and hollows providing important habitat for wildlife.



THE LLANERFYL YEW

St Erfyl's Church, Llanerfyl, Powys

A magnificent twisted, sprawling, Medusa-like yew with a trunk over 10m in circumference. Legend holds that the tree sprung from St Erfyl's staff when she planted it in the ground in the 5th century. She is said to have been buried in the churchyard, and in 1915, a 5th- or 6th-century inscribed Romano-British stone was found beneath the tree and removed to the church.

The Bowthorpe Oak

Bowthorpe Park Farm, Lincolnshire

The Bowthorpe Oak is one of England's widest-trunked English oaks. The ancient hollow trunk measures in at roughly 13m around its giant bole – it's a veritable cavern, once said to have accommodated 39 people

where '13 could sit down for tea comfortably'.

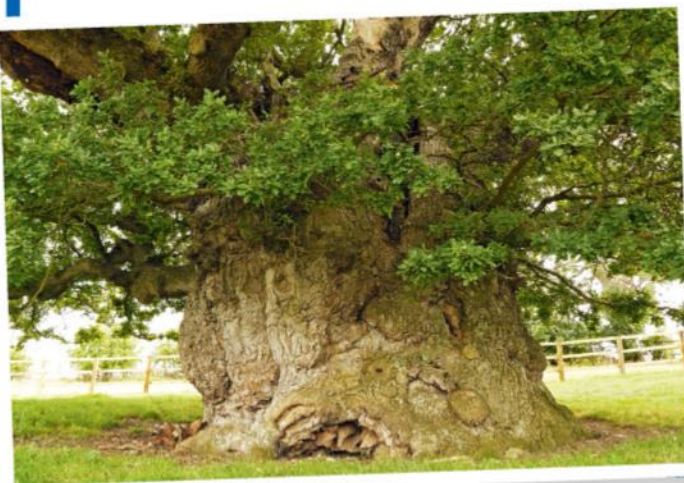
Variously used as a cattle feeder, pigeon house and storeroom, local children long held their annual tea and treat there, with some carving their names inside.



GOG AND MAGOG

Somerset

Glastonbury legend tells of a magnificent avenue of oak trees that once led towards Glastonbury Tor, said to have been planted by druids 2,000 years ago. Gog and Magog, named after the last two giants of British mythology, are all that remain of 'the Oaks of Avalon'. Magog – hollow, gnarled and bursting with character – thrives at more than 8m in girth. A fire was set within Gog in 2017; the hollow propelled a roaring inferno. The cause is unknown, but fire fighters were able to put out the blaze and Gog still stands, blackened and charred.



* *The Ancient Tree Explorer: Guide to Britain's Heritage Trees and Forests* by Julian Hight (£18.99, PB, Wild Things Publishing), is out now; wildthingspublishing.com

‘HEALTHY’ HABITS *that can age you faster*

Here’s how to spot and stop them
– and what you should do instead

You can’t stop the ageing process – it’s a natural progression – but there’s a lot you can do to help slow it down. And there could even be some things you’re doing that speed it up! ‘Ageing isn’t just about time – it’s about daily choices,’ says dietician Lola Biggs from Together Health. What you eat to how you choose to spend your free time can all have a huge impact. Here are some of the mistakes you might be making.



Cutting out fats

‘Fat has been unfairly demonised for years,’ says Lola. ‘In reality, cutting out healthy fats often means missing out on essential omega-3 fatty acids, which play a key role in controlling inflammation, supporting skin health, and protecting heart and brain function.’

DO THIS INSTEAD

‘Focus on smart fats, not less fat,’ says Lola. Diets rich in olive oil and omega 3s have consistently been linked to healthier ageing and improved cognition, so add extra virgin olive oil to meals, eat nuts and seeds every day, and oily fish two to three times every week. If you like Greek yogurt, choose plain, full-fat options over the low-fat versions, which are often packed with sugars.

FALLING SHORT?

Try a supplement like
Together Health Omega 3, £14.99 for 30 softgels, Holland & Barrett



AVOIDING CARBS

‘While refined carbs can spike blood sugar, cutting out carbohydrates entirely isn’t a good idea, as we need them to boost energy, concentration, gut health and hormone balance,’ says Lola.

DO THIS INSTEAD

Choose the right kinds such as slow-release, fibre-rich carbohydrates. Think vegetables, legumes, oats, berries and quinoa. Aim for 25-30g of fibre per day.



PRIORITISING ONLY CARDIO

While cardiovascular exercise is fantastic for your heart, skipping strength training accelerates muscle loss, affecting mobility, balance and flexibility, making you more prone to falls in later life and loss of independence.

DO THIS INSTEAD

Aim for at least two 30-minute resistance workouts per week. Try resistance bands, weights, and using your own body weight for things like squats, lunges, planks and push-ups. To help build muscle tissue, eat protein at every meal. Excellent sources include lean meats, poultry, fish, eggs and dairy products.

CONSTANT GRAZING

'There's a common belief that eating little and often "stokes" the metabolism,' says Lola. 'But the evidence doesn't support this. In fact, constant snacking can keep blood-sugar and insulin levels elevated, which may contribute to long-term metabolic stress.'

DO THIS INSTEAD

Stick to two or three balanced, protein-rich meals per day. If you do snack, combine protein with fibre and try taking a short walk afterwards to support blood sugar balance.

Ploughing on regardless

Being overly stoic isn't always good for your health. Developing resilience is great, but overtraining and exercising through fatigue, or not getting enough sleep or downtime, can suppress the immune system, elevate stress hormones and mean an increased risk of injury.

DO THIS INSTEAD

If you're injured, give yourself time to recover. Aim for eight hours of sleep at night and add in relaxation techniques. Make sure to move regularly through the day too. A recent

study found that a five-minute walk every hour is enough to offset the hazards of a sedentary lifestyle. New research* shows that a few minutes' movement regularly each day can cut risk of an early death by a tenth, while boosting mood and energy.



Too much sun on unprotected skin for vitamin D

Experts recommend balancing safe vitamin D intake with sun protection. Studies suggest sunscreen use rarely leads to a deficiency of the vital vitamin because it doesn't block 100% of UV rays and we rarely apply it 100% effectively. Plus, it only takes around 10 minutes hanging out the washing without protection during summer to get the vitamin D we need, whereas regular use of sunscreen protects against premature ageing and skin cancer.

DO THIS INSTEAD

Apply at least SPF 30 with high UVA protection (4-5 stars) 15 minutes before exposure to the sun. 'Apply generously and evenly,' says Clare O'Connor, skincare scientific adviser at Boots. Don't forget blind spots like the back of your neck or top of the feet. 'Reapply every two hours, and always after swimming or towelling.'



A NIGHTCAP TO HELP YOU SLEEP

Alcohol may make you sleepy, but it also disturbs your sleep quality and quantity. 'It disrupts REM sleep, suppresses melatonin and reduces the body's ability to repair overnight,' says Lola. 'Over time, you'll notice this show up

through dull skin, inflammation, low energy and irritability.'

DO THIS INSTEAD

Limit alcohol consumption to no more than 14 units a week, with several alcohol-free days. Focus on sleep cues – dim lighting in the evening, plenty of morning daylight, and consider wind-down techniques before bed.

LATEST NEWS

People with strong chest and back muscles are less likely to have heart attacks, a recent study found**. 'It's fascinating that people's skeletal muscle could be linked to their risk of a heart attack,' says professor Michelle Williams, senior author of the study, which analysed heart scans with AI. She found the results so compelling that she has introduced exercises

like cycling, planks and Pilates, to target these muscles into her own workout regime.

TAKE THE CHALLENGE

Look out for the British Heart Foundation's Strong Woman Challenge this October. The free 31-day challenge offers expert support, daily exercises and video demonstrations to build strength and raise funds for life-saving cardiovascular research. Visit bhf.org.uk.

Sweet dreams come in 100% cotton

Cotton
TRADERS

**HALF
PRICE**
now £16

**2
PACK**

CORNFLOWER BLUE PACK

BURGUNDY PACK

2 PACK JERSEY NIGHTDRESSES

~~£32~~ **£16 HALF PRICE**

A two-pack of 100% cotton nightdresses featuring one printed and one plain design, finished with pretty lettuce edge trims and gentle gathers to the neckline.

Sizes 10/12 14/16 18/20 22/24

Machine Washable

100% Cotton

Burgundy Cornflower Blue

AJ10926

Plus only £3.99 standard delivery

Post to: Cotton Traders, Neptune House, Pacific Court, Pacific Road, Altrincham, Cheshire WA14 5BJ

PRODUCT CODE	SIZE	1ST COLOUR CHOICE	2ND COLOUR CHOICE	QTY	TOTAL

Name

UK STANDARD DELIVERY **£3.99**

Address

TOTAL

Postcode

Telephone

Card Number

Expiry Date

Security Code*

Cheque payable to: Cotton Traders Limited

Payment taken at point of order. We aim to deliver within 3 working days from dispatch, stock subject to availability. We comply with Consumer Contract Regulations; you have the right to cancel your order no later than 14 days after the day on which you receive your goods. Inform us of your wish to cancel in writing, by letter or email. Returns are not free, full details are on your delivery note. Return goods within 28 days of cancellation. Calls to 0844 numbers will cost 7p per minute plus your phone company's access charge. £3.99 UK standard delivery. International delivery, see website for prices. Offer applies to purchases in GBP only. Exception is Ireland orders which will be charged in EUR at the set conversion rate. Prices quoted are correct at time of production but can vary. One promotion per order. **Marketing and Promotions:** We want to make sure you don't miss out on our great products and offers, so we will keep you informed by post. If you do not want to hear from us, please let us know. I do not want to be contacted by: Post ☐ We take your privacy seriously. For details of our privacy policy and full terms and conditions visit cottontraders.com. *Last 3 digits on back of card. This is mandatory to process your order. Offer ends 31.12.2026

PLEASE USE THIS
PROMOTIONAL CODE
TO CLAIM YOUR OFFER

H409

Fast and reliable UK delivery service with easy returns

order today at **cottontraders.com**
0844 844 1111

Enter product code, add to your basket and then
add your promotional code to apply your savings online.
14 day money back guarantee if not completely satisfied.

★ Trustpilot ★★★★★

IT'S A FUNNY OLD WORLD

‘Any colour, as long as it’s black!’

THIS WEEK'S COLUMNIST Author Gabrielle Mullarkey

“When I arrived for lunch with a friend recently, she looked at my black jeans, black T-shirt and (just for a touch of light relief) dark grey espadrilles and snorted, ‘You always did channel Henry Ford!’

He was, of course, the American car manufacturer who supposedly once said, ‘The customer can have a car in any colour they like, as long as it’s black.’

Back home, a wardrobe inspection revealed a few shades of pastel and even a yellow scarf – colour me relieved. But when I dug out photos from my 20s, I was shocked to see just how far I’d strayed from a playfully bright palette (trousers emblazoned with orange sunflowers) to a take on ‘subtle’ that a paint chart might have classified as ‘flying buttress’ or ‘hint of underpass’.

When had this happened?

Articles suggest our fashion palette gets more subdued as we mature, either due to society expecting a literal tone-down, or because we pick shades that complement changing hair colour and complexion.

‘The trick is to wear fashion, rather than let it wear you’

However, many women do rage against the dying of the bright (see the brilliant *What You’re Wearing* page in this magazine) and all those articles that yell at you to stop wearing these colours once you hit 50! (Other decades are available and routinely cited.) If that colour of shoe fits, I’ll wear it, they say – and to heck with anybody throwing shade at my vibrancy.

Back in 2003, there were moves to make a TV show called *I’ll Wear What I Bloomin’ Well Like...* well, except its title contained another word beginning ‘bl’. Its aim was to ‘feature clothes that real people enjoy wearing’.

Last year saw an even more stridently titled telly programme ‘with an approach focused on celebrating individual style rather than societal norms’. Its remit included men’s wardrobe makeovers!

The confrontational titles seem to be a takedown of age-based fashion, which can only be a good thing. On the other hand, finding your individual style might mean swapping out the pink flares you’ve worn since you were 17 for a grey skirt that’s actually more flattering.

The trick is to wear fashion rather than let it wear you. This is why my 80-something

friend Barbara still looks fabulous stepping out with a purple feather boa and green culottes, while I own a blue jacket with red piping that does nothing for me at all.

I inspect this jacket periodically, decide that I resemble a reluctant member of a US marching band and consign it to the back of my wardrobe again.

Perhaps some of my colourful choices of the past were fashion mistakes on the way to 50 shades of darkness, enlivened occasionally with a yellow scarf. Sober neutrality could suit me, sir.

So, while I don’t subscribe wholly to the Ford principle, I know that I’ll often end up sneaking back to black.

”

* *The Ones Who Never Left* by Gabrielle Mullarkey is out now in eBook (£2.99, Spiral Books).

‘My funny old week’

WHERE I’VE BEEN To a still-life art class where I painted a bowl of pears (mistaken for ‘wonky lemons’ by family members).

WHAT I’VE SEEN Chawton House in Hampshire, where the great author Jane Austen was a regular visitor.

WHO I’VE MET My friend’s new cat, a beautiful Maine coon.

WHAT I’VE BOUGHT A pair of black trousers with white stripes!



Authors’ haunt
Chawton House



HELLO, sunshine

Ready for some fun in the sun?
Boots has everything you need to
enjoy the beauty of a British summer

As much as we enjoy basking in the sun, pottering in the garden and going for balmy evening strolls, summer comes with its own challenges. Be prepared for anything with Boots. Whether you're restocking your sunscreen, seeking out skincare to quench your face in the heat, or looking for expert advice, Boots has everything you need to take your beauty routine into the great outdoors this summer.

1 CARING CLEANSE
Avène Milk Cleanser, £15.50, will melt away make-up, sunscreen and other traces of the day, with soothing, hydrating ingredients that help to restore skin.

2 SILKY SUN PROTECTION
Sunscreen should be reapplied every two hours. **Soltan Protect & Moisturise Suncare Lotion SPF 50, £5.75,** makes that easy with a quick-to-absorb, water-resistant formula.

3 SKIN SHIELD
Beauty of Joseon Relief Sun: Rice + Probiotics SPF 50, £15.50, keeps your face protected and your skin nourished in a light, easy-to-wear formula that layers well under any make-up you apply after.

4 BODY BOOSTER
Applying body cream regularly will give you healthier, happier-looking skin from the neck down. **Mixa Panthenol Comfort Body Lotion, £8.99,** is a fast-absorbing, intensely moisturising formula that soothes and replenishes dry skin.

5 MAGIC MASK
Refresh dry, tight-feeling skin after a day in the sun with the intense hydration of **L'Oréal Paris**

Revitalift Glass Skin Hydrogel Glow Mask, £4.99. Your complexion is left refreshed, plump and dewy.

6 REDNESS RELIEF
Rosacea can flare up when you're spending time outside in the sun. **No7 Derm Solutions Rosacea Treatment Serum, £14.95,** helps to strengthen the skin barrier, and reduce symptoms like redness and dryness. If you need advice, speak to a Boots online doctor, in just a few clicks at onlinedoctor.boots.com.

7 HAIR HERO
Summer hair loss is common. You can help to minimise shedding with **Pantene Grow Abundant Anti Hair-Loss Shampoo, £14,** which strengthens the scalp's hold on roots for fuller, healthier hair.

8 TOP TAN
There's no such thing as a healthy suntan, but if you'd like skin to look glowing and sun-kissed, **Bondi Sands 1 Hour Express Self Tanning Foam, £16.99,** gives you a holiday glow in just 60 minutes.

Boots
With you. For life.



£18, Primark



BARGAIN
BUY

£35.99, Zara



£42, River Island



10
OF THE
BEST

£50, M&S



£95, arket.com



Beach BAGS

Hit the sand in style with
these joyful designs

£35, Accessorize



£26, Joules



ALSO
AVAILABLE
IN FLORAL
PRINT

£45, White Stuff



£24, Oliver Bonas



£22, George at Asda



100%
JUTE

Cocktail HOUR!

Take inspiration from your favourite tipple to brighten up your make-up this summer

Cosmopolitan

Hot pink and fuchsia tones will add some fun to your face. Pinks are a great, perkier alternative to nudes, but they will still go with most of your outfits. We love **Estée Lauder Futurist HydraPlump Lip Balm**, £30, esteelauder.co.uk, which has a nourishing texture and a satin finish. A blush, such as **Beauty Pie Silk Dip Luminous Liquid Blush**, £29 for members; £35 for non-members, beautypie.com, will liven up your complexion. Dot on to the apples of your cheeks before blending, either with your fingertips or a brush.



Strawberry daiquiri

Just like strawberries and cream, these beaming red shades encapsulate the British summertime. This sunnier, more pillar-box tone makes the perfect lip shade. It is livelier than a typical Christmas red and will cheer up all skin tones. **Lisa Eldridge Insanely Saturated Lip Colour in Strawberry Shock**, £29, lisaeldridge.com, expresses this perfectly. It's incredibly pigmented, with a demi-matte finish that's long-lasting without drying out your pout.



Sangria

Deep reds aren't just for winter. There's a juiciness to the shade that can create a beautifully fresh finish during the summer months too. The trick is to keep the colour relatively sheer instead of using heavy mattes. Lip stains are perfect to create this look, especially at this time of year. They add a wash of colour that won't budge. **E.l.f. Sheer For It Blush Tint in Black Cherry**, £6, **Superdrug**, can be used on lips and cheeks.



Aperol spritz

Bright orange shades add instant zing to any outfit and bring warmth to your complexion.

Tangerine tones work well with deeper skin tones, but there's a shade to suit all. While they might look intimidating, they're surprisingly easy to wear on eyes, cheeks and lips – think of it as a slightly brighter red.

The key is to keep it simple by picking one area and making it bright. A matte lipstick like **No7 Velvet Matte Conditioning**

Lipstick in Papaya, £13.95, Boots, makes a statement – keep the rest of your make-up neutral to let your lips do the talking. A peachy-orange blush, such as

Rare Beauty Soft Pinch Luminous Powder Blush in Joy, £26, Space NK, perks up pale complexions.



Nail bar

A striking manicure is the simplest way to incorporate some colour.

CHAMPAGNE

Nailberry Inner Glow Nail Polish, £18, lookfantastic.com



MIMOSA

Manucurist Green Nail Polish in Sunset, £14, uk.manucurist.com



NEGRONI

Essie Glass Nails Polish in Highballer, £9.99, Boots



PEACH BELLINI

Nails Inc It's Topless 1-Step Gel Nail Polish in Paloma, £9, M&S

PINA COLADA
Mavala Terra Topia Mini Nail Polish in Santorini, £6.80, John Lewis



MOJITO
OPI Infinite Shine Gel-like Lacquer Nail Polish in Mint Condition, £17.50, John Lewis



FOR A SALON-STYLE FINISH

Prep with a base coat to prevent staining, then paint two thin layers of colour. Finish off with a top coat to seal it in and to boost shine.

Pale rosé

This delicate shade can still make a statement – especially if you use it on the eyes, cheeks and lips all at once. It creates a stylish, monochromatic look that still feels special. Picking a formula that can be used everywhere makes wearing this shade even easier. Try **MCo Beauty Baby Face Multi-Use Cream Stick in Kitty, £6, Superdrug**. Pink eyeshadow might seem quite out-there, but **PS... Pro Eyeshadow Stick in Light Pink, £4, Primark**, is surprisingly wearable and will really make blue eyes pop. If you want a more low-key look, run it along the lash line and buff it in with a brush.

Making WAVES

As the first woman to become a harbour master in Devon, one reader hopes others will follow in her footsteps

When she first considered a naval career, Georgina Carlo-Paati thought she might be a cook or a stewardess – she never imagined being a captain and spending 30 years at sea. Her merchant navy career on dredgers, cruise ships, research vessels, cargo ships and ferries took her all over the world, and is full of memorable moments.

After becoming a mum, Georgina, now 57, wanted to spend more time at home. She loves her current position as the first female harbour master of Ilfracombe in north Devon, a role she's held for eight years.

'When I joined my first ship, I asked one of the crew how long he'd been at sea. When he replied five years, I thought, "Wow! If I can last five years, that would be good" – that was my aim,' says Georgina, who lives in Ilfracombe with her husband and their 12-year-old son. 'The other thing I said to myself was, "Let's just see where this takes you."'

Georgina had never considered a seafaring career and had never even heard of the merchant navy. During a school visit from the armed forces, she was told girls couldn't drive tanks, fly planes or pilot boats.

It wasn't until the early 1990s, while working as a waitress in Gibraltar, that she received a life-changing offer. 'Because of the Gulf War, lots of American ships were coming through,' she recalls. 'One captain offered me a cook's job, so I took it and stayed with them until the war ended. I loved being on the ship, getting paid to see the world.'

When she returned to the UK in 1991, Georgina wanted to sail again, but not just as a cook this time. She wrote to 98 different shipping companies seeking a job. 'All of them replied saying no, because I was female, had no seagoing qualifications or I was too old,' she says. 'I was in my 20s!'

However, six months later, she was offered a post as a deck cadet with a company

operating emergency response and rescue vehicles, serving the North Sea oil, gas and renewables sector. Georgina qualified in 1995, becoming the company's first female officer.

'It didn't bother me being the only female, though it bothered some of the men,' she says. 'I rarely sailed with other women, maybe engineering officers, but I was the only female deck officer until later on.'

Georgina joined a cargo ship as chief mate, making six-week-long round trips to the Mediterranean delivering steel, before spending 18 months with the Royal Fleet Auxiliary, providing logistical and operational support to the Royal Navy.

Her first taste of luxury cruise liners came in 1998, when she

Making it to the rank of captain with Stena Ferries

Georgina was the first female harbour master of Ilfracombe, Devon

Georgina was once told that girls couldn't pilot boats



'I never knew there was so much fun in sand and stones!' Georgina says



travelled the world to many different exotic destinations, including, later on, Antarctica. She moved up the ranks on cruise ships, from junior watch officer and firefighting team leader to chief officer – second in command to the captain – overseeing the whole deck crew and tasked with ensuring everything ran smoothly.

In 2004, she qualified as a master mariner, the merchant navy's highest qualification on the ship, meaning she could



'I thought if I could last five years at sea, that would be good'



Early on in her career, she was chief mate on a cargo ship

captain any ship, of any size, anywhere in the world.

Georgina joined Stena Ferries, making it to the rank of captain in 2010, before returning to cruise ships.

'Thankfully, I've never had to abandon ship, although I came close once on a research vessel,' she says. 'I've never had to put out a fire either, but there have been a few medical evacuations via helicopter, especially on the cruise ships that I've been involved with.'

After meeting and marrying her husband, who also served in the merchant navy, Georgina took a break to become a nautical lecturer. The birth of their son followed, and the couple decided that after Georgina's maternity leave, she would temporarily return to sea, while her husband looked after the baby.

When a chief officer's role came up with a company operating dredgers, supplying marine aggregate to the

construction industry, Georgina applied and was offered the captain's job.

'I never knew there was so much fun in sand and stones! I loved the job and the crew. There were 14 of us. We worked three weeks on and three weeks off, and stayed around the English coastline. It gave me a great work-life balance for a seagoing job,' she recalls.

Georgina's goal was always to return home before her son started school. She spent three

years as a captain until 2018, when she was offered the role of Ilfracombe harbour master.

The harbour is open all year round, and Georgina's primary responsibility is for the safety of navigation within her jurisdiction. She oversees all traffic in and out of the harbour, and ensures its compliance with maritime regulations.

'This harbour has trawlers, commercial day trip boats, visiting boats, ships, a visiting paddle steamer, a passenger ferry serving Lundy Island, leisure moorings, water sports and thousands of visitors. It's amazing, but what people think they can do on the water is not what they are necessarily able to do or are allowed to do on the water!' she adds.

Georgina urges anyone – not just girls – to consider a career in the merchant navy. She says her three decades at sea have provided some wonderful experiences.

'It's the little things – sunrises and sunsets when you're in the middle of nowhere, coming into Costa Rica National Reserve at sunrise, seeing the jumping rays, experiencing a solar eclipse in Aruba and watching penguins play on an iceberg in Antarctica – things like that, you don't forget,' she smiles.

'Then there are the people I've met, those who've taken a chance on me and the places I've been lucky enough to visit. It's one of the greatest opportunities for the young – being paid to travel the world.'

Flaming GOOD

Try something
new on the grill
this weekend



Charred prawns with lemon and herb butter

Serve on grilled flatbread to mop up all those delicious buttery juices.

SERVES 6

PREP 10 mins

COOK 4-6 mins

- * 24 large whole prawns, peeled, heads and tails attached
- * 2 large Middle Eastern or Greek-style flatbreads
- * Large pinch pul biber or chilli flakes, to serve
- * Lemon wedges, to serve

FOR THE BUTTER

- * 150g unsalted butter

- * 2tbsp each finely chopped dill and parsley, plus extra to garnish
- * 2 preserved lemons, skin only, chopped, plus extra to garnish
- * 2 large garlic cloves, crushed

1 Heat/light the barbecue. Melt the butter in a small pan. Stir in the rest of the butter ingredients, along with a pinch of salt.

2 Grill the prawns over high/direct heat for 2-3 mins each side,

brushing with the butter several times, until they are pink and charred.

3 Meanwhile, warm the flatbreads on the cooler part of the grill for a couple of minutes on each side, then transfer to a serving platter and brush with butter.

4 Pile the cooked prawns on to the flatbreads and drizzle with the remaining butter. Top with extra herbs and preserved lemon, and a pinch of pul biber/chilli flakes. Serve with lemon wedges for squeezing.

**PER
SERVING**

**328 cals, 24g
fat, 13g sat fat,
15g carbs**

Spiced lamb cutlets with charred pepper salsa

A sweet, smoky topping, inspired by the Turkish condiment ezme, ramps up the flavour of the chargrilled lamb.

SERVES 6

PREP 30 mins

COOK 20 mins, plus marinating

- * 15-18 lamb cutlets (about 1.8kg)
- * 2tbsp za'atar, plus extra to serve
- * 2tsp baharat (or ras-el-hanout/garam masala)
- * 2tbsp each olive oil and pomegranate molasses (or see tip), plus extra to serve
- * Handful salad leaves/soft herbs, to garnish

FOR THE SALSA

- * 1 whole garlic bulb
- * 3 red peppers
- * 1 large banana shallot, halved lengthwise (skin on)
- * 2 large tomatoes
- * 2 long red chillies
- * 2-3tsp sherry vinegar (or cider vinegar)

1 Put the lamb, za'atar, baharat, oil, pomegranate molasses and a large pinch of salt in a bowl. Mix well; cover and chill for at least 2 hrs, or overnight.

PER SERVING
525 cals, 28g fat, 11g sat fat, 9g carbs



COOK'S TIP

If you don't have pomegranate molasses, mix equal parts balsamic vinegar and honey.

2 Heat/light the barbecue. Wrap the garlic in foil and put on the grill, along with the rest of the veggies for the salsa. Grill over medium/indirect heat, turning occasionally, until very soft and charred (about 15 mins for the tomatoes/chillies, longer for the rest). Put the veg in a bowl and cover. Set aside to cool, then peel and discard the burnt skins and seeds (don't worry if some of the charred bits get in). Finely chop the veg and squeeze the garlic from its skin. Mix in a bowl and

season with the vinegar and salt.

3 Cook the lamb over direct/high heat for 3-4 mins each side for medium, or until cooked to your liking. Serve with the salsa, an extra drizzle of pomegranate molasses, more za'atar and soft herbs or baby leaves, if liked.

PER SERVING

655 cals, 40g fat, 13g sat fat, 37g carbs

Grilled courgette and goat's cheese salad

A vibrant side act for grilled meat and fish, or a light veggie main.

SERVES 6 PREP 30 mins COOK 15 mins

- * 140g giant couscous
- * Olive oil, for drizzling/brushing
- * 1.2kg fresh broad beans (in pods), or use frozen instead (see tip)
- * 1 lemon, halved
- * 1 small fennel bulb, thinly sliced
- * 100g pitted green olives
- * 2 large courgettes, thinly sliced lengthwise
- * 250g thick Greek yogurt
- * 2 x 125g logs soft goat's cheese
- * Bunch mint, picked and chopped (reserve a few leaves to garnish)
- * 1 garlic clove, crushed
- * 2tbsp capers
- * 50g pine nuts, toasted

1 Heat/light the barbecue. Cook the couscous according to the pack instructions, then drain and toss with a drizzle of oil.

2 Grill the broad beans in their pods and the halved lemon, cut-sides down, over indirect/medium heat, for 10-15 mins until charred. Set aside to cool, then pod the beans and toss with the couscous, along with the fennel and olives.

3 Brush the courgette slices with a little oil and grill for 2-3 mins each side until charred and tender.

4 Mix the yogurt and 125g of goat's cheese with the mint, garlic and capers; season. Spread over a platter, top with the couscous, courgettes, remaining goat's cheese, pine nuts and reserved mint, then squeeze over the charred lemon and drizzle with oil.

COOK'S TIP

If using frozen broad beans, blanch and refresh, then double-pod to remove the tough outer layer.



6 issues for £1*

4 easy ways to subscribe



MAIL coupon below



VISIT magazinesdirect.com/xwk2026



CALL 0330 333 1113



SCAN QR code



Complete this coupon and send to: FREEPOST FUTURE PUBLISHING LIMITED No further address needed. No stamp required – for UK only.

YES! I would like to subscribe to Woman's Weekly
CHOOSE FROM TWO EASY PAYMENT OPTIONS

1. UK DIRECT DEBIT: 6 issues for £1* followed by £18.25 every 3 months, saving 24%

Name of bank

Address of bank

Postcode

Name of account holder

Sort code

Account No

Please pay Magazines Direct Direct Debits from the account detailed on this instruction subject to the safeguards assumed by the Direct Debit guarantee. I understand that this instruction may remain with Magazines Direct and, if so, details will be passed electronically to my bank or building society.

Instruction to your bank or building society to pay by Direct Debit
For office use only. Originator's reference – 173594



Signature (I am over 18)

Date

2. CREDIT/DEBIT CARD/CHEQUE/POSTAL ORDER/CASH
(Circle option)

PLEASE TICK OFFER THAT APPLIES

- ☐ **UK 1 year** Pay only £77.99 for 12 months, saving 20%
☐ **UK 2 year** Pay only £145.99 for 24 months, saving 25%

PAYMENT DETAILS

☐ Payment enclosed £.....

☐ Charge my (please circle)

Visa / Mastercard / Amex £..... only

Card No:

□ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □

Expiry Date:

□ □ □ □

Signature (I am over 18)

Date

SHIPPING DETAILS OF SUBSCRIPTION (yourself or gift recipient)

To give more than one subscription, please give address details on a separate sheet.

Mrs / Ms / Miss / Mr (please circle)

Forename

Surname

Address

Postcode

BILLING DETAILS

Mrs / Ms / Miss / Mr (please circle)

Forename

Surname

Address

Postcode

Home telephone

Mobile

Address

E-mail

☐ Please keep me up to date with special offers and news just by email from carefully selected companies. Your personal details will not be shared with those companies - we send the emails and you can unsubscribe at any time.

By submitting your information, you agree to our Privacy Policy available at www.futureplc.com/privacy-policy/. Please keep me up to date with special offers and news from Woman and other brands within Future Publishing Ltd Group by ☐ email, ☐ post, ☐ telephone and/or ☐ SMS. You can unsubscribe at any time.

THE DIRECT DEBIT GUARANTEE This Guarantee is offered by all banks and building societies that accept instructions to pay Direct Debits. If there are any changes to the amount, date or frequency of your Direct Debit, Magazines Direct will notify you three working days in advance of your account being debited or as otherwise agreed. If you request Magazines Direct to collect a payment, confirmation of the amount and date will be given to you at the time of the request. If an error is made in the payment of your Direct Debit by Magazines Direct or your bank or building society, you are entitled to a full and immediate refund of the amount paid from your bank or building society. If you receive a refund you are not entitled to, you must pay it back when Magazines Direct asks you to. You can cancel a Direct Debit at any time by simply contacting your bank or building society. Written confirmation may be required. Please also notify us.

TERMS AND CONDITIONS: Offer closes 31st October 2026. Offer open to new subscribers only. Direct Debit offer is available to UK subscribers only. *After your first 6 issues, your subscription will continue on at £18.25 payable by Direct Debit every 3 months, saving 24% on the full 3 monthly subscription price of £24.33. We will notify you in advance of any price changes. The full subscription rate is for 12 months (50 issues), and includes postage and packaging. If the magazine ordered changes frequency per annum, we will honour the number of issues paid for, not the term of the subscription. **Access to the digital library ends with your subscription. Payment is non-refundable after the 14 day cancellation period unless exceptional circumstances apply. For full terms and conditions, visit magazinesdirect.com/page/terms-and-conditions. For UK enquiries please call: +44(0) 330 333 1113. Lines are open Monday-Friday 8.30am-7pm, Saturday 10am-3pm UK Time (excluding Bank Holidays) or email: help@magazinesdirect.com. Calls to 0330 numbers will be charged at no more than a national landline call, and may be included in your phone provider's call bundle.

DO YOU REMEMBER...

The Reliant Robin

The peculiar 'plastic pig' was an unforgettable sight on British roads in the 1970s

If there was one British car that inspired loyalty and laughter in equal measure, it was the Reliant Robin. But if you're about to hum the theme to the classic sitcom *Only Fools and Horses*, don't. The most famous three-wheeler on TV is a Reliant Regal Supervan – the model replaced by the Robin.

Three is the magic number

The Reliant Motor Company in Tamworth, Staffordshire, unveiled the Robin in November 1973. With a 750cc engine, becoming 850cc two years later, and a price tag of £801.39, the Robin was aimed at drivers on a budget. Not only was the quirky four-seater newcomer



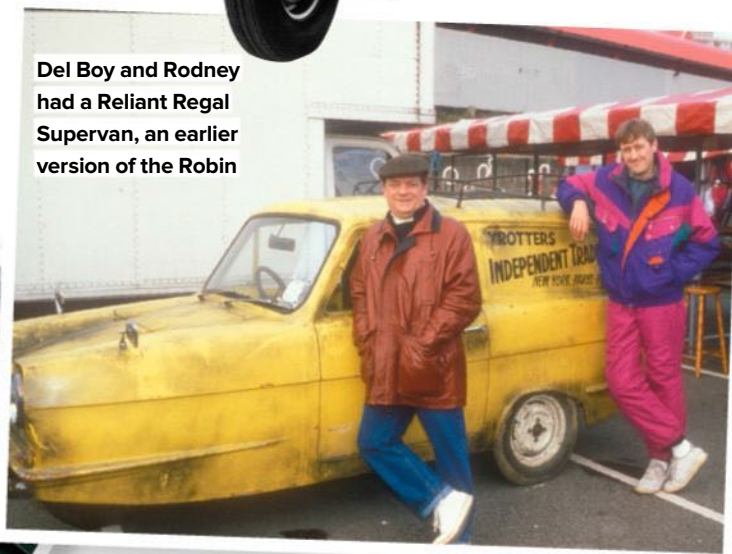
Princess Anne was a fan of the car nicknamed the 'plastic pig'

a more affordable way to get on the road, it was cost-effective to run. Its biggest selling point during the 1970s oil crisis was how far it could go between filling up – managing 70 miles per gallon, which was much better than the thirsty petrol-guzzlers of the time. With a following wind, it could reach the heady heights of 85mph.

The Robin managed this feat by having a body



Del Boy and Rodney had a Reliant Regal Supervan, an earlier version of the Robin



made of fibreglass, which weighed less than 450kg (992lb). However, this led to the car being dubbed the 'plastic pig' by critics. A final incentive was that, officially, the Robin wasn't a car at all. It was a 'motor-tricycle', meaning that you didn't need a full driving licence to get behind the wheel; you only needed to pass a motorcycle test. It cost the same as a motorcycle to tax too.

A single front wheel and lightweight structure meant some worried about the Reliant Robin toppling over on corners. But its 'wobbly' tag was unfair – the car had an anti-roll bar and a good accident record that also made it cheaper to insure.

Royal Robin

The car was so popular that Princess Anne got a Reliant Robin in 1975, which was used around the royal estate. Now, she's an Honorary Member of the Reliant Motor Club.

Though we all recognise the car, we tend to get the name the wrong way around – Reliant is the make and Robin is the model. Even Jennifer Saunders made the error in a script for *Absolutely Fabulous*, when Patsy (Joanna Lumley) says a faddy isolation tank 'looks like a Robin Reliant'.

Cult status

The last Reliant Robins were made in 1981. Decades later, in 2013, it was voted the worst British car of all time in a survey of around 2,000 motorists for *Wheeler Dealers* on Discovery Channel. But they have proved their worth. In October 2025, friends Ollie Jenks and Seth Scott drove a Robin, called Sheila the Three-Wheeler, 14,000 miles from London to Cape Town, South Africa, aiming to break a world record and raise money for charity.

But for diehard fans, the plastic pig will always be absolutely fabulous, sweetie!

DID YOU KNOW...

A Reliant Robin briefly stars alongside Dame Maggie Smith in *The Lady in the Van*, the 2015 film based on the book by Alan Bennett.





ON SALE NOW
at all good retailers

Your wellbeing

LATEST HEALTH SOLUTIONS FOR YOUR MIND AND BODY

3 OF THE BEST...

Anti-ageing buys

1 FOR YOUR TEETH Spotlight Ultra Teeth Whitening Strip + Whitening Toothpaste, £40, Boots. Reverse the signs of ageing and yellowing teeth with this 14-day treatment with active ingredients PAP, Hydrogen Peroxide and Hydroxyapatite – clinically proven to whiten teeth and protect enamel.

2 FOR YOUR POSTURE Pro Fitness PVC Yoga Set, £18, Argos. Keep your yoga moves anchored with this non-slip mat and lightweight block. Challenge yourself when needed with the resistance band for added tension.

3 FOR YOUR FACE No7 Pure Retinol 0.3% Night Concentrate, £37.95 for 30ml, Boots. Retinoids (vitamin A) are the gold standard for speeding up cell turnover and restoring radiance. Start with a low-strength concentrate twice a week, before increasing the strength and working towards nightly use.



ALOPECIA: THE LITTLE-KNOWN WARNING SIGN ON YOUR FINGERNAILS



Robert Bradshaw is the Superintendent Pharmacist at Oxford Online Pharmacy.

There are multiple types of alopecia, and causes vary. Alopecia areata is the most common, affecting more than 400,000 Brits. This autoimmune condition is one in which your immune system begins to attack hair follicles. Genetics are a common cause, though stress, injuries and viral infections can also trigger the disease in genetically predisposed people. It's not uncommon for genetic autoimmune diseases to stay dormant until something triggers them.

The most noticeable early warning sign is excess shedding. You may see more hair on your pillow, hairbrush or in the shower drain, or a widening natural parting or receding hairline. An often-undetected sign is changes to the health of your fingernails. You may see small dents or ridges in the nail bed, called nail pitting, which occur due to the immune system attacking the tissue under the nails, which disrupts keratin production.

If you notice any of this, speak to your GP or pharmacist, who can examine your hair, scalp and nails, and look into your personal and family medical history, as well as diet, stress levels and other lifestyle factors. They may request a blood test to identify



deficiencies in ferritin (iron), blood count, thyroid levels and hormonal balances. You may then be referred to a specialist to receive more specific clinical support, including corticosteroid injections, topical steroids and immunotherapy treatments.

The psychological impact of hair loss can be just as severe as the physical impact, with many losing confidence and experiencing poor mental health, directly impacting relationships and happiness. It's not uncommon for people to believe that alopecia is caused by poor hygiene and diet. It is an autoimmune condition, so a lack of vegetables or not washing your hair is not enough to cause hair loss to that extent. Some may also think that alopecia is completely irreversible. Though some types can have longer-lasting effects than others, people with alopecia areata can see regrowth.

NEWSFLASH

Speaking different languages keeps your brain feeling younger

People who speak four different languages or more appear to have brains 13 years younger than those who speak only one, says new research. Being multilingual has been linked to slower brain

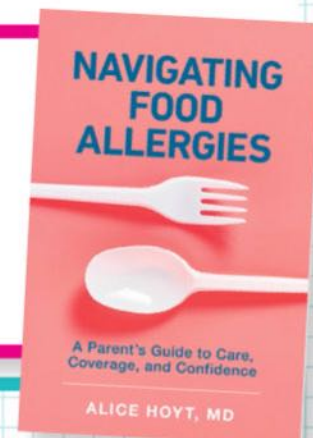
ageing after researchers found that people who spoke two languages had brains that appeared six years younger. Those speaking three had brains seven years younger.*



New read

NAVIGATING FOOD ALLERGIES (£19, PB, JOHNS HOPKINS UNIVERSITY PRESS)

A practical guide to managing a child's food allergies. Allergist Dr Alice Hoyt offers step-by-step advice, from a child's first allergic reaction to longer-term planning, including healthcare encounters and everyday meals.





Doctor Gill

ADVICE FROM OUR WOMAN'S WEEKLY DOCTOR

Pharmacy First is expanding

From autumn 2026, Pharmacy First patients will get quicker access to treatments at their local pharmacy, avoiding GP referrals. In an expansion of the service, pharmacists with an independent prescribing qualification will be able to assess patients and prescribe medicines directly for further specific conditions. The Pharmacy First service delivers on-the-spot care for common conditions and gives patients access to a wider range of medicines, reducing the burden on GPs, A&E and hospitals.



PCOS REDEFINED

Polycystic ovary syndrome (PCOS) has been renamed polyendocrine metabolic ovarian syndrome (PMOS) to improve understanding and help with treatment and diagnoses. It was felt that the term PCOS limited the condition to its effect on women's ovaries, whereas it is a full-body condition. Those with PCOS/PMOS have higher levels of male hormones, and could suffer irregular periods, weight gain and a range of symptoms, including fatigue, hair growth, acne and brain fog.

Coping with... INGUINAL HERNIA

This occurs when a weakened abdominal wall muscle lets intestine or fat push through

The inguinal canal in the groin contains a uterine ligament in women and the spermatic cord in men, and it's a naturally weak area of the abdominal wall. When an inguinal hernia occurs, intestines or fat poke through from the abdomen into the inguinal canal.

Hernias may occur due to strain or pressure, such as constipation, peeing or a bad cough, or regularly lifting heavy things, walking or standing for long periods. Hernias are more likely if you have a family history, are overweight, have had prostate surgery (males), or have a connective tissue disorder or a health condition that makes you cough. Inguinal hernias affect 25% of men and 2% of women, and vary for everyone; they won't go away on their own but do often get bigger. Around 30% of sufferers have groin pain or discomfort, especially when bending over, coughing or lifting.

Other symptoms include burning/aching, a heavy groin sensation or digestive problems such as constipation. In men, it can cause numbness or tingling in the scrotum. Everyone's hernia is different – you might have a groin swelling or a recurring soft lump. You should be able to push a hernia back in. Lie down or get in

'Hernias won't go away on their own'

Possible treatments

*** DO NOTHING** If the symptoms are mild, you can leave it, but let your doctor know if the size becomes an issue, it gets more painful or doesn't go back in when you lie down.

*** SELF-CARE AND KEEPING ACTIVE** Managing your weight, being active with exercise and managing constipation all help. Generally, avoid anything that makes you uncomfortable, causes pain or puts stress on the hernia.

*** HERNIA BELT OR SUPPORT** A hernia belt (truss) or abdominal binder helps some people. Put it on while you are lying down, and your hernia is reduced (pushed in).

*** SURGERY – OPEN, KEYHOLE, MESH OR STITCHES** Surgery reinforces the abdominal wall, reduces recurrence and helps with pain and discomfort. The type of surgery depends on many factors. Full recovery takes several weeks.

a resting position, and gently push it back in with the tips of your fingers or the palm of your hand. Don't try to do it while standing. If your hernia isn't causing pain or discomfort, you may simply 'watch and wait'. Look for changes, but see your doctor if pain starts or hernia size causes issues.



Sometimes, during an examination or scan, doctors find a hernia that isn't causing problems. If the fat or intestine poking through into the canal gets stuck and can't be pushed back in, it's an incarcerated hernia. If it contains blood vessels that get blocked (a strangulated hernia), it can be life-threatening if untreated.

In the first year, about two or three in every 100 strangulate, but this risk gradually reduces. Go to A&E, call 111 or seek urgent medical help if you have a hernia and any of the following: you aren't able to move your bowels (poo) or pass gas, or if you have blood in your poo, nausea or vomiting (or both), sudden worsening hernia pain, or your hernia bulge turns red, purple or dark. What you choose to do about your hernia will depend on how it affects your life, your general health and many other factors.

* Find out more at britishherniasociety.org

True or false?

More people now use combination inhalers than blue asthma inhalers

True. Over a million people now use the new-style combination inhalers, which both relieve

symptoms and tackle underlying inflammation causing asthma attacks – that's more than those relying on a blue inhaler alone. This significant shift in asthma management follows guideline changes from NICE* and the British Thoracic Society. NICE estimates that for every 10,000 people switching to maintenance/reliever therapy combination inhalers, it could save over 1,000 GP appointments annually.

4 FIXES FOR...

Heat exhaustion

1 COOL DOWN Move to a cooler place, such as a room indoors or under shade outdoors. Remove any unnecessary clothing, including jackets and socks.

2 GIVE FLUIDS Water or rehydration drinks are best. Foods with high water content, such as ice lollies or fruit, can help. Salty foods may help replace salt lost through sweating.

3 KEEP WATCH Heat exhaustion usually improves 30 to 60 minutes after cooling. Apply cool water to exposed skin using a spray or sponge, and use a fan.

4 NO IMPROVEMENT? If the symptoms of heatstroke develop, such as breathing difficulty, confusion, fits, loss of consciousness, then call 999. Intravenous fluids may be required.

Q Which weight-loss injection is safer and more effective?

A In adults with obesity and type 2 diabetes (T2D), the comparative research shows better glycaemic and weight effects with tirzepatide than with semaglutide, with broadly similar tolerability. Research trials, including SURPASS2 and SUSTAIN-7, compared once-weekly tirzepatide (5/10/15mg doses) against semaglutide 1mg for 40 weeks: tirzepatide was superior in regard to HbA1c reduction and weight loss.

Gastrointestinal side effects (nausea, diarrhoea, vomiting) were most common and similar in both drugs. Hypoglycaemic episodes (under 54mg/dL) were rare with both. In another large global group of overweight/obese patients with T2

diabetes, tirzepatide was associated with lower all-cause mortality, and lower risks of ileus/intestinal obstruction and aspiration pneumonitis, with similar gastroparesis risk versus semaglutide.

Overall, across T2D populations, who are typically overweight, tirzepatide provides greater glycaemic and weight benefits than semaglutide, with comparable GI tolerability. Emerging real-world data suggest possible mortality and adverse effect advantages. Research continues, including other similar drugs and now evolving oral tablet versions.





Fred. Olsen Cruise Lines

EXCITING ADVENTURES AWAIT FOR READERS OF WOMAN'S WEEKLY

Enjoy up to £150pp on-board credit with our exclusive code **RP26WW**



CANARY ISLANDS & MADEIRA

7th December 2026

Bolette • Sails from Liverpool

14 nights • Cruise code T2629

Prices from **£1,999pp**

Enjoy **£150pp on-board credit**



A CELEBRATION OF DANCE AT SEA

13th December 2026

Borealis • Sails from Southampton

5 nights • Cruise code S2631A

Prices from **£849pp**

Enjoy **£50pp on-board credit**



MORE INCLUDED IN 2026 SAILINGS

Gratuities & selected drinks with lunch and dinner

Visit fredolsencruises.com/ww for more information
TO BOOK, PLEASE CALL **03300 295 779** QUOTING **RP26WW**

Terms and conditions apply. On-Board Credit benefit is valid for new bookings only made between 1st July 2026 and 31st December 2026, cannot be applied retrospectively and is not combinable with any other discounts or offers. The On-Board Credit offer is applicable on selected sailings and the amount varies depending on the cruise duration. Readers will need to present their Reader Promotion booking code and at the time of booking. The On-Board Credit is automatically applied to your on-board account and cannot be transferred, refunded or exchanged for cash. Visit fredolsencruises.com/legal/terms-and-conditions for full T&C's. E&OE.





Here to help

LET COUNSELLOR KEREN LIGHTEN YOUR LOAD

I want a second opinion

Q My 10-year-old daughter is complaining of pains in her chest, but the GP says there is nothing wrong. I want a second opinion, but my husband says I'm wasting their time.

Barbara, Norwich

A It's natural to worry when your child says they're in pain. Even if the GP has reassured you, your instinct to seek clarity doesn't mean you're overreacting. You are being cautious, as sometimes things can get missed.

I think it would be helpful to explain to your husband that this is making you anxious and that you are seeking the reassurance of a second opinion to help you both relax. Sometimes, there are emotional reasons a child feels unwell, and this may also need to be explored.

He's moving too fast

Q I had an affair for seven years, and my lover has just left his wife. He wants to come and live with me. I am delighted he is finally free, but I think we should live apart while he sorts things out. He is hurt and cross. He says this is what I wanted and that now I'm rejecting him.

Ruth, Bristol

A I understand that you have mixed emotions. This is what you've always wanted and probably never imagined happening. You are now faced with the reality of him leaving his wife, and this brings a different set of fears and responsibilities. You both need to get used to the new situation.

Wanting time and space now doesn't mean you're rejecting him; it means you're recognising that such a big transition needs care and reflection. I expect he is feeling sad and scared,

Our relationship expert Keren Smedley has over 20 years' experience. Keren welcomes your letters, emails and texts, but she cannot reply to individual cases and will select correspondence at random for publication.

Anxiety is running my life

Q I have always been prone to stress, but as I get older, I find more things make me anxious. They can be small things that I used to take in my stride, like having a few people over for a meal or travelling. I then become anxious about being anxious, which I know isn't helpful.

Marcella, Luton

A What you're describing is common, especially as we get older, and it doesn't mean there is anything wrong with you. As life changes, our nervous system can become more sensitive, particularly if we've had years of managing stress or responsibility. Things that once felt easy can start to feel demanding, and the worry about being anxious adds to it. The cycle, as you describe it, is exhausting.

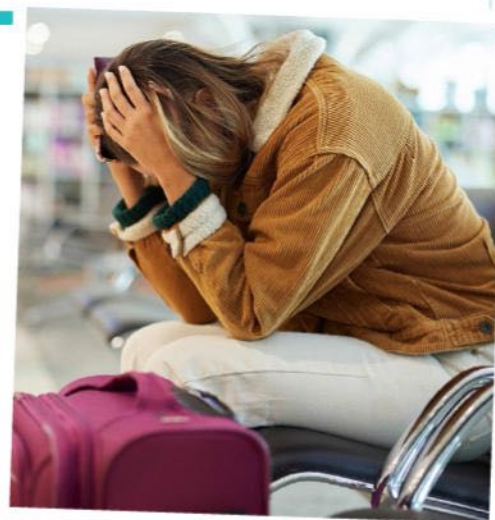
It sounds like you see anxiety as a failure, which it isn't. It is a way your body alerts you to be

and needs to feel wanted, having taken this step. I think you need to tell him how thrilled you are and excited by the next phase of your lives together.

Explain that taking it slowly may give you both a better chance of building something stable rather than rushing ahead under emotional pressure. Tell him that you are there for him, but in the meantime, you want some space to process things as his separation is finalised and he gets divorced.

She shouldn't be there

Q My father had an affair for many years. My mother knew about it and accepted it. She died a few years ago, and he continued to see this woman,



aware and keep you safe. There are steps you can take to ease this, such as planning and giving yourself recovery time after social or travel demands. Noticing your anxiety gives you the chance to stop and take a few breaths, which reduces the chemical reaction in your body. If you find your anxiety is limiting you, talk to your GP. Some counselling, where you learn techniques to manage this, would be helpful.

although never with us, and he never talked about it. He died recently, and I expect she will turn up to his funeral. I don't want her there, but my sister says she has every right to come.

Sandra, London

A This is a painful and complicated situation, and it's understandable that you feel uncomfortable about it. You're grieving your father and want to be able to do this without having to manage any other emotional issues. At the same time, your sister is right: your father's relationship with this woman existed, however uncomfortable it may be, and his partner may also be grieving. There's no perfect answer, but one way to look at this is to put yourself in your father's shoes. He wanted her in his life, and I expect if you asked him, he would have wanted her there at his funeral.

Dine AL FRESCO

Whether it's a sit-down dinner or a help-yourself buffet, these style tips will make all the difference

1 OPT FOR A LUXE LOOK

Decant condiments into pretty dishes, and do the same for oils and dressings. It's an annoying task, but your table will look all the better for it.

* Palm chip and dip bowl, £38, salad set, £20, palm dinner plates, £20 for four, natural jute kitchen table runner, £22, leaf wine glasses, £20 for four, and tumblers, £18 for four, all Next



3 MIX AND MATCH TABLEWARE

Use easy mix-ins to stretch your regular dinner set when hosting. If your dinnerware is plain, introduce a patterned set, and vice versa, in summery prints and shades – think florals, fruits and stripes in sunny yellows, grass greens and pops of orange.

* Dorrit artificial sunflower spray, £5.99, pinched decorative bowl, £11.99, pinched dinner plate, £22.99, sunflower bowls, from £9.99 each, giant sunflower head napkins, £3.49 for 20, striped place mats, £9.99 for four, and striped napkins, £7.49 for four, all Gisela Graham; other items, stylist's own

2 GET COMFY

Garden seating with wooden slats and metal tubing can be incredibly uncomfortable to sit on, especially long into the night. Make sure guests are as comfortable as possible by adding seat pads and cushions. Put throws over the backs of chairs in case the weather turns chilly too.

* Ciao Bella cushion, £12, B&Q; other items, stylist's own





5 GO FOR GLOW

Flickering candlelight will add a little luxury to your table setting. Opt for tall dinner candles in stylish candlestick holders, alongside squat jars filled with tea lights. Varying the heights adds visual interest and helps to spread the glow the candles cast.

* TruGlow waterproof outdoor candles, £79.99 for six, hygge wicker style solar lantern, £19.99, and pro connect 10 warm white connectable festoon lights, £44.99, all Lights4fun; other items, stylist's own

4 LAYER TABLE LINENS

Cover weathered and worn garden furniture with pretty linens. A simple striped tablecloth makes the perfect base, then top with patterned place mats and paper napkins before adding plates and cutlery.

* Honeydew wide-striped tablecloth, from £60, honeydew wide-striped napkins, £20 for four, chambray sky napkins, £20 for four, scalloped sky napkins, £22 for four, circular ruffled place mats in Butter, £9 each, and rattan bowl, £55 for two, all Walton & Co; other items, stylist's own



6 CREATE A FOCAL POINT

For no-fuss flowers, pick up some inexpensive stems from your local supermarket and top up with foliage from around your garden. Either arrange in one big, showy vase, or trim the stems to posy height and dot down the table in tumblers.

* Oso wooden dining table, from £995, Junto linen runner, £50, Valinha earthenware, from £20 for a cereal bowl, Akila mango wood tray (just seen), £100, Otuba highball glasses, £50 for four, Naashta handled serving bowl, from £45, and Anjuna reactive glaze ceramic vase, from £65, all Nkuku; other items, stylist's own

FRUITY & fab!

Gorgeous puds for summer celebrations

PER SERVING
(for 10)

293 cals, 16g fat,
10g sat fat,
34g carbs



Peach melba pavlova

Make the most of British stone fruits and berries with this retro-flavoured combo.

SERVES 8-10 PREP 20 mins

COOK 1 hr 45 mins, plus cooling

- * 4 medium free-range egg whites
- * 225g caster sugar
- * 1tsp cornflour
- * 1tsp vanilla extract
- * 1tsp white wine vinegar

FOR THE RASPBERRY COULIS

- * 150g raspberries
- * Juice ½ lemon
- * 1-2 drops rose extract
- * 3tbsp caster sugar
- * ½tsp cornflour

FOR THE TOPPING

- * 300ml double cream
- * 2tbsp caster sugar
- * 2 ripe peaches, cut into wedges

- * 100g fresh raspberries

1 Heat the oven to 140C Fan/Gas 3. In a large bowl, use an electric mixer to whisk the egg whites to soft peaks. Add the sugar, 1tbsp at a time, whisking well between additions, until stiff and glossy. Add the cornflour, vanilla and white wine vinegar, and briefly whisk again until stiff.

2 Pile the meringue on to a baking tray lined with baking paper. Spread to make a 22cm circle. Use a spoon or palette knife to smooth the sides in an upwards motion and flatten the top.

3 Reduce the oven to 120C Fan/Gas 1, and bake the pavlova for 1 hr 45 mins until crisp. Turn off the oven and leave

the pavlova to cool completely in the oven (ideally overnight).

4 For the coulis, put the raspberries, lemon juice, rose extract and sugar in a small saucepan. Gently simmer, stirring, for 5 mins, then press the mixture through a sieve into a jug. Return to the pan, discarding the seeds. Mix the cornflour together with 1tbsp water and add to the raspberry mixture. Cook for 2 mins, stirring, then cool completely.

5 To assemble, whip the cream and 2tbsp caster sugar to soft peaks. Top the pavlova with half the raspberry coulis, then the cream, peaches and fresh raspberries. Drizzle over the remaining coulis and serve.

COOK'S TIP

Make the pavlova and coulis a day ahead, then assemble just before serving.

Mango and coconut sponge

Tropical fruit brings a touch of sunshine to this version of a fluffy Victoria sandwich cake.

SERVES 10-12

PREP 20 mins COOK 25 mins

FOR THE SPONGE

- * 200g unsalted butter, softened
- * 1tsp salt
- * 245g caster sugar
- * 65g double cream
- * 3 medium free-range eggs, plus 2 yolks
- * 1tsp each vanilla extract and coconut extract
- * 90ml whole milk
- * 245g plain flour
- * 2tsp baking powder

FOR THE FILLING

- * 150ml double cream
- * 2tbsp honey
- * 350g Greek-style yogurt, strained (see tip)
- * 200ml tinned Alphonso mango pulp
- * 1 mango, peeled, chopped into small cubes
- * 2tbsp desiccated coconut, toasted

YOU WILL NEED

- * 2 x 20cm cake tins, greased and lined with baking paper; piping bag

1 Heat the oven to 170C Fan/Gas 5. In a large bowl, beat the butter, salt and sugar with an electric mixer until fluffy. Mix together the cream, eggs, yolks, both extracts and the milk. Sift the flour and baking powder into a bowl.

2 Alternate adding the wet and dry mixtures to the butter until just combined. Divide between the tins and bake for 25 mins, until golden and a metal skewer comes out clean. Turn out on to a wire rack to cool.

3 For the filling, whisk the cream and honey to soft peaks, then fold in the yogurt. Spoon into a piping bag and snip off the end.

4 Put one cake on a serving plate. Pipe blobs of the yogurt cream all over the cake. Add half the mango pulp and half the fresh mango to the centre, and sprinkle over half the toasted coconut.

PER SERVING

(for 12)

486 cal, 30g fat,
18g sat fat,
47g carbs



5 Put the other cake on top and pipe blobs of yogurt around the edge. Pour the remaining mango pulp into the centre, then top with the remaining mango and toasted coconut.

COOK'S TIP

For a thick, sturdy texture, strain the yogurt in a cloth-lined sieve for at least 1 hr before mixing with the cream.

Banana cream pie

This indulgent pud is easy as pie! Leave out the peanuts or swap for another nut, as you prefer.

SERVES 8-10 PREP 30 mins, plus chilling

COOK 5-10 mins

FOR THE CRUST

- * 200g Lotus Biscoff biscuits, plus extra to decorate
- * 50g honey roasted peanuts, plus extra chopped to decorate (see intro)
- * 75g salted butter, melted

FOR THE FILLING

- * 4 medium free-range egg yolks

- * 6tbsp caster sugar
- * 40g instant custard powder
- * 450ml whole milk
- * 300ml double cream
- * 1½tbsp vanilla bean paste
- * 30g unsalted butter
- * ¼tsp ground nutmeg or cinnamon, plus extra to decorate
- * 2tbsp spiced rum (optional)
- * 3-4 ripe bananas, sliced

YOU WILL NEED

- * 22cm pie dish

1 In a food processor, whizz the biscuits and peanuts to a fine texture (see intro). Add the melted butter and whizz again to combine. Press the mixture into the pie dish and chill until firm.

2 For the custard, whisk together the yolks, 4tbsp caster sugar and the custard powder in a large bowl. Heat the milk and 100ml of the cream in a saucepan until steaming, then whisk into the

yolk mixture.

3 Pour the mixture back into the pan and bring to a simmer over medium heat, whisking until thick and smooth (about 3-5 mins). Remove from the heat and whisk in 1tbsp vanilla, the butter, nutmeg/cinnamon, and rum, if using.

4 Arrange half the banana slices in the base of the pie case. Spread over the custard; cover and chill until set (1-2 hrs).

5 Whip the remaining cream, caster sugar and vanilla to soft peaks. Spread over the custard, then decorate with the remaining bananas, more peanuts and an extra dusting of nutmeg/cinnamon.

COOK'S TIP

Prepare the pie to the end of step 4 up to 1 day ahead, then add the cream and other toppings just before serving.

PER SERVING

(for 10)

484 cal, 34.5g fat,
18.7g sat fat,
39g carbs



Ideal Home®

BRINGING STYLE AND COMFORT INTO THE
HEART OF YOUR HOME



SCAN TO SHOP

Furniture
Village

Not a FAN

When a handsome man suggested a date, Becky didn't need any persuasion



A Jane Austen dress-up evening? You must be joking! Becky protested.

Miranda picked up her cup, stuck out her pinkie and quoted, 'It is a truth universally acknowledged, that a single man in possession of good fortune, must be in want of a wife.'

Becky shrugged. 'Is that from that boring *Pride and Sensibility* we read at school?'

Miranda laughed. 'It's *Pride and Prejudice*.'

Sighing, Becky knew she'd have to attend the event to please her friend. Miranda, a Jane Austen superfan, would love it.

Two weeks later, walking into the ballroom of a stately home, Becky was tugging at the lace neckline of her blue Regency gown.

'You look amazing!' Miranda smiled.

'I'm boiling!' Becky grumbled.

'Use your fan,' Miranda advised. 'Fans have their own language. Holding it near your heart means "I love you".'

She did just that as a handsome man walked past.

'They're starting the cotillion!' Miranda grabbed Becky's hand.

'The what?' Becky asked as Miranda dragged her on to the dance floor.

They were arranged into four couples and an instructor

showed them the steps. It reminded Becky of the country dances she'd hated at school.

'Sorry,' she blushed, stepping on her partner's toe.

'It's fine,' he grimaced, but bowed and disappeared once the dance finished.

Becky escaped too – outside to get some air as all the best romantic heroines did. Except it was stifling in the grounds of the stately home too.

She sat on a bench, taking off her shoes, which were killing her. As an archaeologist, she lived in jeans and trainers.

Fanning herself and hoping she wasn't giving any unintended messages, her eyes opened wide. A man emerged from the

lake, just as Darcy had in that TV show. Miranda had made her watch.

As he got nearer, she realised he hadn't actually been in the lake. It only

looked that way because of how the embankment sloped.

He must have been splashing his face to cool down as rivulets of water were running down his cheeks.

'Sorry, I didn't realise anyone was here,' he looked startled. 'I was so hot I was tempted to jump into the lake.'

'Just like Darcy,' Becky joked.

'Who?' he said, sitting beside her and pulling off his

boots. 'Now I know why they invented trainers.'

'Not a Jane Austen fan then?' she asked.

He made a face. 'I'm only here to support my mate. He's one of the organisers and roped me in.'

'Snap!' she smiled. 'My friend is a huge Jane Austen fan.'

He loosened his cravat. 'This thing's strangling me.'

She sneaked a sideways look at him. He had dark curly hair and looked quite like Colin Firth.

'I can't go back in there. It's too hot, plus I haven't a clue what I'm doing in the dances.'

He eyed a nearby marquee. 'I believe there's a bar in there. Fancy a cool drink?'

When her new friend headed off to get the drinks, Becky glanced around to check that no one was looking, then she hoicked her gown over her knees. How did women manage wearing these dresses in Jane Austen's time?

As they sipped their beers, the man introduced himself as Jake.

'We must look odd,' Becky laughed. 'I don't think Jane Austen's characters drank pints.'

'I haven't a clue what they did. I prefer detective books.'

'Really! Who's your favourite author?'

'Ann Cleeves. I love the Shetland novels.'

'Me too! My friend Miranda and I were at a murder mystery recently. When trying to solve the clues, I kept thinking what would Jimmy Perez do.'

'Sounds like a great strategy,' Jake said. 'A murder mystery is more up my street than this.'

Becky suddenly remembered Miranda, who she'd left on the dance floor.

'I'd better get back in,' she said, draining her pint.

'Me too.' Jake hesitated, then said. 'There's a new detective film at the cinema. Would you like to come with me to see it?'

Becky looked into his brown eyes fringed with lashes longer than hers. 'Love to.'

Slipping her shoes back on, she sent a silent thank you to Jane Austen.

Jake held out his arm to formally escort her back to the ball and winked.

Becky held her fan to her heart.

This was turning out to be the best evening she'd had in a long time.

After all, it is a truth universally acknowledged, that a lady archaeologist in possession of meagre means, must be in want of a boyfriend.

She had a feeling that she and Jake were about to star in their own love story.

THE END

Sharon Haston

I was tempted to jump into the lake'

Super Seaside SUMMERS

You'll still find the nostalgia of yesteryear at these classic, delightful British resorts



Saltburn, North Yorkshire

Developed by industrialist Henry Pease in the 1860s, Saltburn oozes Victorian splendour. It has Yorkshire's last remaining pleasure pier, which stretches for 208m into the North Sea. The centre retains its charming, retro feel and is less urbanised than many popular resorts. Colourful beach huts line the sands and the cliff

tramway – built in 1884 and currently being

restored – connects the waterfront with the independent shops and cafes of the town.

*** Where to eat** Featured on the BBC's *Remarkable Places to Eat*, the Seaview Restaurant (theseaviewrestaurant.co.uk) serves classics such as dressed crab. The ground floor has a popular fish and chip shop – be prepared to queue!

*** Where to stay** Overlooking the sea, The Spa Hotel has double rooms from £160, including breakfast; thespahotelsaltburn.co.uk



The Spa Hotel overlooks the sea



Yorkshire's last-remaining pier

Broadstairs, Kent

A favourite coastal getaway of Charles Dickens, Broadstairs has seven bays to choose from, so there's something for everyone here. Central, horseshoe-shaped Viking Bay comes with atmospheric appeal thanks to a vintage boardwalk, children's rides and a bandstand that holds performances during summer months. Thriving independent boutiques and cool cafes are preserving the nostalgic feel,



Take a cable car up the Great Orme

Llandudno Bay Hotel



Llandudno, Wales

With its curving waterfront and limestone headlands, Llandudno is a looker – so no wonder it was popular with the Victorians, who constructed the impressive pleasure pier here. There is also a modern Ferris wheel to enjoy, or you can hop on the cable car up the Great Orme, the larger headland that offers sweeping views of the coastline all the way to Snowdonia. Don't forget to have a go in the penny arcades on the North Shore Promenade either.

*** Where to eat** If you're craving good, old-fashioned

fish and chips, you've no shortage of options here. Just a few steps from the beach, Chish N Fips at 11 Victoria Street is one favourite. Or for delicious pub food, book into The Cottage Loaf (the-cottageloaf.co.uk). *** Where to stay** You won't get much closer to the water than at Llandudno Bay Hotel, which has comfortable, classic-modern rooms starting from around £95; everbrightgrouphotels.com/llandudno-bay-hotel



A splash of colour at
Stone Bay in Broadstairs

Don't miss
Morelli's!

while attracting a new generation of travellers.

★ **Where to eat** For fish and chips, try Star of the Sea on the high street. Knickerbocker glories and ice-cream towers are served up at Morelli's Gelato (morelligelato.com), a hugely popular Italian institution in Broadstairs since 1932. The

jukebox and pink leather booths add nostalgia.

★ **Where to stay** Once a haunt of Charles Dickens and adjacent to the museum dedicated to the writer, The Royal Albion Hotel has double rooms from £120, including breakfast; albionbroadstairs.co.uk

Weymouth's
historic harbour



Weymouth, Dorset

With a historic fishing harbour lined with pretty Georgian buildings – plus three miles of golden beach to enjoy – Weymouth is the quintessential holiday resort. On summer days, families can head to the beach to catch one of the UK's last-remaining Punch & Judy shows, check out the epic sand sculptures (until 8 November) and meander along the bustling Esplanade, ice cream in hand. Every Monday at 9.30pm during August there's a free fireworks display held over the water.

★ **Where to eat** Weymouth is one of the UK's fish and seafood capitals. Try family-



Let the land
train take
the strain

run The Marlboro restaurant on St Thomas Street for excellent fish and chips. Or head to the Crab House Cafe (crabhousecafe.co.uk) in Wyke, near Chesil Beach, a relaxed spot on the waterfront that serves sublime seafood every way you can imagine.

★ **Where to stay** Homely and stylish Birch House B&B has double rooms from £140, including breakfast; birchhouseweymouth.co.uk

Woman's
Weekly

TRAVEL OFFERS

RIVER CRUISE

Spring in the Netherlands: Amsterdam & the Tulips River Cruise for Solo Travellers

5 days from £1,799pp

March and April 2027



Cruise includes

- Return flights & transfers
- Accommodation on a five-star ship with impeccable on-board service
- Spacious cabins with window or French balcony
- Delicious full board dining, plus the Chef's Dinner
- Daily excursions & visits
- Free drinks package*
- Expert Riviera Cruise Director and Cruise Host

Your next adventure starts here...

For more information or to book,

rivieratravel.co.uk/www

01283 901 271 quoting code WWE

RIVIERA
TRAVEL

Which?
Recommended
Provider

TERMS & CONDITIONS: Additional entrance costs may apply. Prices are per person, based on two sharing and subject to finite availability. Images used in conjunction with Riviera Travel. Offer operated by and subject to the booking conditions of Riviera Travel Ltd, ABTA V4744, ATOL 3430, a company wholly independent of Woman's Weekly, published by Future Plc. Prices correct at time of going to print. See website for full details. *2026 and 2027 river cruises include an unlimited quantity of drinks from 10am to midnight while on board (selected drinks available).

ABTA
ABTA No. 14744

**DON'T MISS OUT... ORDER NOW
TO SECURE EARLY DELIVERY!**

NOW HALF PRICE – SAVE £19.99!

“Instantly Add Colour To Your Home & Garden With These Ready to Hang Baskets...”

We've done the hard work for you!”

- ✓ A real breeding breakthrough for much better performance in hanging baskets
- ✓ Quick and easy – the perfect solution for fabulous garden colour
- ✓ The colourful basket can be used year after year
- ✓ Supplied ready planted into a 25cm durable green plastic hanging basket

“Healthy Pansies with some in flower all coming along fine. Very pleased with them.” Sandra G. ★★★★★ feefo

Quick and easy, our pre-planted hanging baskets are the perfect solution for perfect instant displays.

Guaranteed to give you fabulous results, we've done all the work for you – just hang it up, water it and let it do its thing. Giving you superb colour in your garden through winter and into summer our baskets are the result of extensive trialling to find the perfect partners to grow together and perform consistently – plus you'll have the basket to use again next year! Our hanging baskets come straight to you, ready planted with our top quality, UK-grown plants go with no work required!

Preplanted 'Pansy Cool Wave' Hanging Baskets

Supplied in 2 x 25cm green hanging baskets. Item: 450024

SAVE £19.99 £19.99 HALF PRICE!

BONUS OFFER HALF PRICE! NOW £19.99



Supplied in 2 25cm Purple Hanging Baskets

wave

Pansy 'Cool Wave Berries & Cream'
ITEM: 450154 | 2 x 25cm Baskets

Pansy 'Top Wave'
ITEM: 450230 | 2 x 25cm Baskets

**READY TO GO
AUTUMN BASKETS
SAVE £19.99**

2 x Hanging Baskets
NORMALLY £39.98
ONLY £9.99 EACH
WHEN YOU BUY 2
HALF PRICE!



In association with
Woman's Weekly

“Lovely plants,
packed with
care. Thank
you!”

Pansy 'Cool Wave' Supplied in
25cm Green Hanging Baskets



SCAN HERE

With your
camera phone
to order now!



We've got you covered with the **YOUGARDEN DOUBLE GUARANTEE**

- 1 Unhappy with your order? Return it within 30 days and we'll replace or refund in full.
- 2 Should any winter hardy plants perish thereafter, we'll replace for free, you just pay the P&P.

★★★★★ **10 YEARS TRUSTED SERVICE** with **136,000+** reviews **feefo**

3 EASY WAYS TO ORDER NOW!

0844 502 0050

Calls cost 5p per min plus your network's access charge.

USE CODE **WW704**

Shop online anytime:
www.YouGarden.com/WW704



or by post using coupon opposite to:
**Offer WW704, YouGarden,
PO Box 1468, Peterborough, PE1 9XL**

© Copyright YouGarden Limited, 2026.

DON'T MISS THESE LIMITED OFFERS

PLEASE SEND TO:

**Offer WW704, YouGarden,
PO Box 1468, Peterborough, PE1 9XL**

YOUR ORDER DETAILS

Item	Description	Price	Qty	Subtotal
100085	Blooming Fast Superior Soluble Fertiliser 100g FREE with every order WORTH £4.99!	FREE	1	£0.00
450024	Preplanted Pansy 'Cool Wave' 2 x 25cm baskets HALF PRICE – SAVE £19.99	£19.99		
450154	Preplanted Pansy 'Cool Wave Berries & Cream' 2 x 25cm baskets HALF PRICE – SAVE £19.99	£19.99		
450230	Preplanted Pansy 'Top Wave' 2 x 25cm baskets HALF PRICE – SAVE £19.99	£19.99		

Add P&P

£6.99

Orders dispatched late August. Delivery to UK only and a £3.00 surcharge will apply to the following postcode areas: AB, DD8-11, GY, HS, IM, IV, JE, KA27-28, KW, PA20-80, PH19-50, TR21-25 & ZE. Offer subject to availability and in the event that this offer is oversubscribed, we reserve the right to send suitable substitutes. Images show mature plants. See website for full product details and T&Cs. Following Brexit there are a number of changes that prevent us from trading in N. Ireland. For further details please visit www.yougarden.com

YOUR PAYMENT DETAILS | Enclose a cheque/Postal Order payable to YouGarden (name & address on back) for £

Or charge my Visa / Mastercard:

Card No. Issue No.
Start Date Exp Date

DELIVERY DETAILS

Mr/Mrs/Ms/Miss Initial Surname
Address Postcode

Email Tel

If you do not wish to receive catalogues & offers from us, please tick here ☐. We think you'd enjoy some of the latest products and selected offers by post from other trusted retailers, charities, finance, travel, FMCG and utility companies. If you do not wish to receive these, please tick here ☐. Full details at YouGarden.com/Privacy.

**You Must Use
Offer Code WW704
To Get These
Exclusive Prices!**

you garden
gardeners of everyone

**Tips,
tricks
& buys**

GARDEN notes

Summer sun and striking dahlias

HEATWAVE HELP

Record high temperatures this summer have seen plants struggling. The damage? Crispy leaves, scorched petals and poor flowering. An RHS survey found hydrangea, acer and fuchsia to be the worst affected, although even sun-lovers like roses and dahlias have suffered. To help, soak the earth at the plant base in the morning or evening. Shading with netting or a parasol will reduce stress too.



SNAPPY LOOKER

Grabbing the Best New Plant award at BBC Gardeners' World Live, take a bow, *Antirrhinum* 'Shiryu Kiss'. This perennial snapdragon has been bred to flower from June to October, and shrug off disease like rust and powdery mildews. Perfect for a cottage garden, it's a beacon for butterflies and bees as well. Available at garden centres and online at Thompson & Morgan.

3 OF THE BEST...

Single dahlias



DAHLIA MERCKII

Flowers in shades of lavender pink dance on wiry stems from July to October. H2m.



'BISHOP OF DOVER'

Linen-white petals cluster around a gold disc, contrasting with its dark foliage. H1m.



'HAPPY SINGLE FLAME'

Glowing crimson petals suffused with yellow at the base are set off by near-black leaves. H1m.



GARDEN TO VISIT NOW

Be whisked off to the Mediterranean by the Greek-inspired Delos garden at Sissinghurst Castle Garden, Kent. Featuring cork oak trees, cypress and pomegranate, the setting also includes a dramatic ravine.

★ nationaltrust.org.uk



Baby BUNNIES

Sew this sweet cloth
and teething ring set
for a new arrival



**TESTED
BY US**
so they work
for you



CLOTH SIZE 38x38cm,
excluding ears
TEETHING RING SIZE 16x7cm
YOU WILL NEED

- * Tracing paper and pencil
- * 40cm of 112cm wide plain cotton fabric
- * 40x40cm square of patterned cotton fabric
- * 50cm of 112cm wide coordinating patterned cotton fabric
- * Masking tape

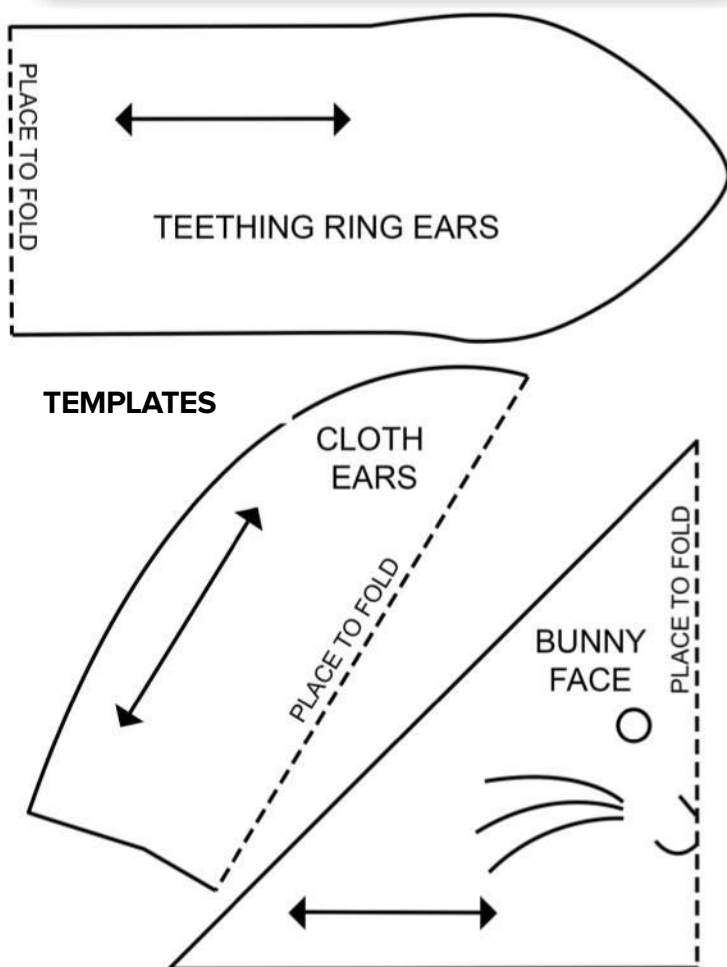
- * 26cm embroidery hoop
- * Dark brown stranded cotton embroidery thread
- * Towel, for pressing
- * 7cm teething ring
- * Matching sewing thread

STOCKISTS Gentler Times gracious coral and endearing coral fabric, £8.08 per half metre, Sew Hot, sewhot.co.uk; 7cm teething ring, £3, The Chew Tree, thechewtree.com.

MAKING PATTERNS & CUTTING OUT

* On a photocopier, enlarge the patterns to 220%. Trace the patterns with a pencil on to folded tracing paper, matching the broken lines to the fold. Mark the face and arrows. Cut out the patterns and open out flat.

* From plain fabric, cut one pair of cloth ears and one set of teething ring ears. From coordinating fabric, cut one 40x40cm square for the baby cloth, one pair of cloth ears and one set of teething ring ears.



Baby cloth

NOTE Take 1cm seam allowance. Join pieces with right sides together and edges level.

1 Tape the bunny face pattern face down on the right side of plain fabric. Redraw the face on the wrong side with a sharp pencil to transfer the design. Remove the pattern.

2 Fix the drawn bunny face in an embroidery hoop. Using three strands of embroidery thread, embroider the eyes in satin stitch and the nose and mouth in stem stitch using embroidery thread. Use two strands of embroidery thread to embroider the whiskers in stem stitch. Remove the embroidery and press it face down on the towel to avoid flattening the stitches. Cut out the bunny face. If the patterned cloth shows through the bunny face, tack a second plain bunny face to the underside after embroidering the face.

3 Press under 1cm on the long edge of the bunny face. With right sides facing up, pin the bunny face to one corner of the patterned cloth, matching the raw edges. Tack the outer edges. Stitch close to the pressed edge.

4 Pin each plain cloth ear to a coordinating patterned ear. Stitch the curved edges. Trim the seam allowance, snip the curves. Turn right side out. Press the ears. With the raw edges level and the plain sides inside, bring the ends of the seam to meet at the centre on the lower edges of each ear. Tack across the lower edges.

5 With the plain sides of the ears facing the right side of the bunny face, pin and tack the ears to the raw edges of the bunny face 5cm from the corner.

6 Pin and stitch the cloths together, leaving a 12cm gap. Clip the corners and turn right side out. Slipstitch the gap closed. Press the edges.



Teething ring

1 Pin and stitch the teething ring ears together, leaving a 6cm gap on one straight edge. Trim the seam allowance and snip the curves. Turn right side out. Press the ears. Slipstitch the gap closed.

2 With the plain side inside, bring the straight edges to meet lengthwise along the centre. Pin in place, then stitch close to the long edges for 16cm.

3 Fold the ears widthwise in half with the plain sides

facing. Slip the fold through the loop. Then pull the ears through the ring. Adjust the ears to point upwards from the ring.



Bramble in the BAILEY

Separated by 700 years, two women shared a magical moment

In the Year of Our Lord 1320, Hawisa walked through the outer bailey of Wigmore Castle, high on its ridge between England and the land of the wild Welsh.

She looked towards the stone wall that held the castle safely in its arms and felt cheered. The Welsh would never stretch their fingers into Herefordshire while the powerful Mortimers held this place. The ground rose sheer from its footing in the jousting meadow, and the high walls continued upwards. No, while there were men to defend it, this castle would defy any enemy.

A shout alerted her to a heavily laden ox cart behind her, piled high with barrels. She stepped aside to allow it to go past. Mud splattered from beneath its wheels and she drew her skirts tightly around her legs in a vain attempt to avoid it.

A page in Roger Mortimer's livery darted by, so close he almost made her drop her basket. She called angrily after him but he merely laughed and ran on towards the gatehouse.

Hawisa shook her head at his cheekiness and glanced up at the great stone keep. Someone moved behind the tall, mullioned window and she wondered if it was the Lady Joan.

The noise of smithying caught at her ear like the ringing of bells, so constant that she hardly heard it as a rule. Fire roared red hot in the dimness of the stout stone forge that leaned against the curtain wall.

She came to an abrupt halt, forcing down a wave of resentment as she saw Alice standing at the door talking to someone within. Why should Alice's man have survived the raid when Hawisa's had not? Hugh's body had been returned to her strapped across his horse, a Welsh arrow in his back.

Alice's youngest daughter was clinging to her skirts. All three of her children had lived, when so many didn't. Would Hawisa be as lucky? She didn't know whether she should pray for a son or hope the baby was a girl.

A son would ride away all too soon, to fight as one of Lord Roger's men. A daughter would stay and be a comfort to her.

She laid her hand protectively over her stomach, still not entirely sure that Hugh had left her a child as a token of his love. She had never had a babe before. How could she be certain until it quickened? But it hadn't.

Was this some Druid sorcery?



'Blessed Virgin!' she thought. She'd lost Hugh, surely life couldn't be so cruel as to deprive her of his child as well?

It was no use standing there full of envy for Alice, who still had her man and her children. The cook would be waiting with impatience for these vegetables. She'd get a tongue lashing if nothing worse unless she stopped dreaming.

Hurrying to the kitchen, she thrust the basket into the hands of a scullion before the cook realised she was there.

Making her escape, she slipped out of the kitchen and crossed the ward towards the chapel.

'Ouch!' She looked down. The bailey was floored with earth, beaten and rutted by the passage of many feet and hooves. There was nothing to impede her progress but it felt as if something had pierced her skirt and drawn a sharp barb across her leg.

She squinted down, trying to see what it might be, but

a sudden stillness made her look around in alarm. The courtyard seemed blurred and indistinct and eerily quiet. She rubbed her eyes and pulled the coif away from her ear, but her vision was still blurred and she could hear nothing but the wind that stirred her gown. Was this some trick of the Welsh? Some Druid sorcery?

Her heart jumping, she clutched the crucifix that swung at her belt. The silence was shattered and sounds came flooding back as a troop of horsemen trotted across the courtyard with a supreme indifference to anyone in their path. Hawisa heard the soft thunder of hooves as she stared at the familiar scene. She must be imagining things. All the same, she ducked into the sanctuary of the chapel.

As she knelt to pray, she felt the skin of her leg tingle. Drawing up her skirt, she stared in puzzlement at a thin red line across the front of her shin. Small bubbles of blood oozed along its length. It looked as though she had



undergrowth. 'It's so peaceful up here. I don't think I'd like it all neat and shaved grass like some of the heritage sites, but I would like to be able to see the structure a bit better.'

'Blame the Civil War,' suggested Sarah, moving off along the overgrown path. 'Isn't Wigmore one of the ruins that Oliver Cromwell knocked about a bit?'

'The owners were on his side,' Jodie said, following her friend. 'According to that info board at the gatehouse, anyway. They pulled a lot of the walls down to stop King Charles I's men using the castle. Must have still been pretty formidable, even after the

walked through a bramble bush – but she couldn't have. No bramble could ever grow in the busy bailey.

She licked her finger ready to draw it along the wound to clean it, but a sudden fluttering in her belly, followed by a sharp thump, brought such joy flooding into her heart that it wouldn't have mattered if her entire leg had been criss-crossed with scratches. There was a baby, and it was alive! She crossed herself in thankfulness and vowed that, if it was a boy, he would be called Hugh.

'It says here they're leaving the castle as it is to preserve the biodiversity,' Sarah said, staring at the information board. 'Biodiversity? Must remember that the next time I get accused of letting the garden get untidy. They can't be bothered with it, more like. It would cost too much.'

Jodie gazed around at the impenetrable banks of

Mortimers gave it up.'

Hoofbeats from behind suddenly made Jodie turn around, ready to let the rider pass, but the path was deserted. Strange. Then Jodie realised that no rider would bring an animal along these steep, overgrown tracks.

She tilted her head to listen. No more hoofbeats, but another sound caught her attention.

'What's that noise?'

'What noise?' Sarah looked back at her, eyebrows raised. 'It's as quiet as the grave up here. Haven't even heard any birds.'

'Is it the church clock? Must be chiming 12.' Even as she said it, she knew it was well past noon, and she wasn't even sure if the clock down in the village chimed the hours. 'And that sounds like music. Someone playing the trumpet?'

'Probably been told to practise in the field so nobody else gets to hear the bum notes,' Sarah giggled. 'But you must have good ears. I can't hear anything.'

'I can't, now,' Jodie said. But she didn't think she'd been mistaken.

They walked along the meandering path as far as a high wall. The remains of a tall window looked out over the path they had come up.

'Must have had a wonderful view from here,' Sarah said.

'You could watch everything that went on in the bailey,' Jodie agreed.

Sarah frowned. 'The what?'

'The courtyard,' Jodie replied, leaning over the sill.

Sarah caught her arm. 'Careful! You don't want to slip, not in your condition. Honestly, Jodie, you're mad! What on earth made you want to come up here today, when you've got a scan tomorrow?'

'I don't know.' It was the truth. But the compulsion had been so strong when Jodie woke that morning she couldn't ignore it.

Sarah sighed. 'You've had your whole life to visit this place. Your family's been around here forever – not like me, a foreigner from Wales.'

She laughed. 'We'd have been bashing lumps out of each other if we'd been born 700 years ago. So why this sudden desire to see the castle now?'

'Put it down to one of the odd cravings of being pregnant.'

'Huh! When I was expecting our Branwen, my craving was for kippers with bread and strawberry jam, not mountaineering up a hill to walk around a ruin you can't even see for weeds.'

'But it's fascinating, though, isn't it? And the sun's lovely, even if the wind's a bit nippy. I wonder what this room was?'

Sarah followed unwillingly. 'You haven't told me what you're having. You hadn't had the first scan last time I saw you.'

Jodie laid her hand protectively over her stomach.

'Pete and I decided we'd rather not know until it's born.'

Sarah nodded. 'Do you have a preference?'

'Not really. As long as it's OK,' Jodie smiled, though this wasn't quite true. She had a secret longing for a girl.

In the next bit of the castle, Jodie pushed through a patch of willow herb to look out of another window. 'Ouch!'

'What've you done?' Sarah said.

'Nothing! He just kicked me!' Jodie laughed. 'And now I'm stuck in the brambles.'

The thought flashed through her mind that she'd said 'he'. And, for one startled moment,

You look like you've seen a ghost'

everything became blurry and fell silent. She shook her head – was that a massive building rearing up against

the sky with pennants fluttering from its towers? But when she looked again, only the crumbling wall could be seen behind its covering of nettles and brambles.

'You OK?' Sarah asked. 'You look like you've seen a ghost.'

Jodie nodded as Sarah carefully disentangled her jeans from the sharp thorns.

'The brambles have scratched your shin,' Sarah said. 'I think we've had enough for one day, don't you? You've seen your castle, now let's go and have some lunch at the pub.'

'OK,' Jodie replied quietly, unsure of what had just happened. It had taken her a lifetime to come here, now she felt an odd reluctance to leave.

'Thought of any names yet?' Sarah asked as they walked under the stone arch of the gatehouse to the track back to the village.

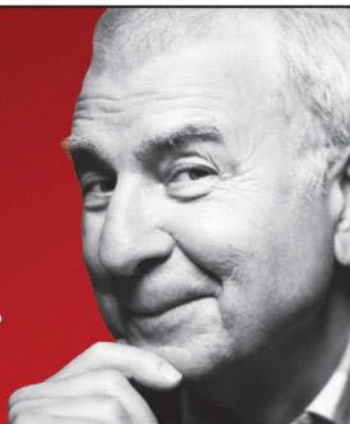
And Jodie knew, with absolute certainty, the right name for her baby.

'Well, I've always liked Hugh.'

THE END

Valerie Bowes

**Take the lift.
Save your
energy for
other things.**



Love your upstairs? Our customisable stairlifts help you enjoy it for longer.

Why choose Stannah?

- ✓ Wide range of stairlifts for all staircase types
- ✓ Buy or rent a stairlift to suit your needs & budget
- ✓ 2-year warranty on new models
- ✓ 24/7 support from local engineers & our UK call centre



Contact us today
0800 715 319
stannah.com



Stannah

**SALE
NOW ON
25% OFF**

**Bathe in luxury,
comfort and safety
once again!**



**Dolphin
bathing**



- British designed and manufactured
- Safely lowers and raises you at the click of a button
- Battery operated, no wiring or cables just recharge every 7-10 days
- Belt retracts into cassette for normal bath use for other family members
- Stud walls no problem
- Normally fitted in under an hour

For a FREE brochure call us on:

0800 011 4138

TRY IT OUT!
WITH A FREE 'DRY'
HOME DEMO

ALSO, ASK ABOUT OUR RANGE OF MOBILITY SCOOTERS & STAIRLIFTS.

Dolphin, Britain's household name in mobility



**NEXT
DAY
INSTALL**



**ACORN
STAIRLIFTS**

- NEXT DAY installation available
- Stay in the home you love
- For straight and curved staircases
- FREE no-obligation survey and quote
- 365-day local service and support

Scan for more information:



FOR YOUR FREE BROCHURE & QUOTATION

CALL ACORN NOW ON FREEPHONE

0800 326 5153

**ON SALE
EVERY MONTH**



*at supermarkets
& newsagents*

Learn the ROPES

Cables extend into
handles on this
nautical-inspired
tote bag

**TESTED
BY US**
so they work
for you



Instructions overleaf

MEASUREMENTS

Width 31cm/12¼in.

Height 29cm/11½in.

Depth 11cm/4¼in.

MATERIALS

10 x 50g (120m) balls of Rico Design Essentials Merino DK (100% wool) in Cobalt Blue (029)*. Pair each of 4.5mm (No. 7) knitting needles; cable needle; removable stitch markers or contrast thread; piece of cardboard to fit base of bag (optional). Yarn is available from theknittingnetwork.co.uk.

TENSION

20 stitches and 32 rows to 10x10cm, over broken rib, using 4.5mm needles and

two strands of yarn held together; 8-stitch cable measures 3cm across.

ABBREVIATIONS

C8b, cable 8 back (slip next 4 sts on to cable needle and leave at back, k4, then k4 from cable needle); **c8f**, cable 8 front (slip next 4 sts on to cable needle and leave at front, k4, then k4 from cable needle); **k**, knit; **p**, purl; **st(s)**, stitch(es).

NOTES

Yarn is held double throughout. Yarn amounts are based on average requirements and are approximate. Figures in square brackets are worked as stated after 2nd bracket.

BACK AND FRONT (BOTH ALIKE)

With 4.5mm needles, and holding two strands of yarn together, cast on 66 sts.

P 1 row.

Work in pattern as follows:

1st row: P2, [k2, p2] 3 times, k8, p2, [k2, p2] 5 times, k8, p2, [k2, p2] 3 times.

2nd row: P to end.

3rd to 6th rows: Repeat 1st and 2nd rows, twice more.

7th row: P2, [k2, p2] 3 times, c8f, p2, [k2, p2] 5 times, c8b, p2, [k2, p2] 3 times.

8th row: P to end.

Last 8 rows form pattern. Pattern 80 rows more.

Next row: P14, pattern 8 sts, p22, pattern 8 sts, p14.

Next row: P to end.

Repeat last 2 rows, twice more.

Divide for handles:

Next row: Cast off 12 sts purlwise (1 st on right needle), pattern 11 sts more, cast off next 18 sts purlwise (1 st on right needle), pattern 11 sts more, cast off remaining 12 sts purlwise.

First handle: With wrong side facing, rejoin yarn to first set of 12 sts and p to end. Continue in pattern until handle measures 20cm, ending with 6th pattern row.



Next row: P2, slip next 4 sts on to cable needle and leave at back, k2, then [k next st together with next st on cable needle] twice, k2 from cable needle, p2 – 10 sts.

P 1 row.

Next row: P2, k6, p2.

P 1 row.

Cast off in pattern.

Second handle: With wrong side facing, rejoin yarn to second set of 12 sts and p to end. Continue in pattern until handle measures 20cm, ending with 6th pattern row.

Next row: P2, slip next 4 sts on to cable needle and leave at front, k2, then [k next st on cable needle together with next st on left hand needle] twice, k2 from cable needle, p2 – 10 sts.

P 1 row.

Next row: P2, k6, p2.

P 1 row.

Cast off in pattern.

8th row: P to end.

Last 8 rows form pattern.

Pattern 40 rows more.

Mark each end of last row with removable stitch markers or contrast thread.

Side: Pattern 86 rows more.

Next row: P2, slip next 4 sts on to cable needle and leave at front, k2, then [k next st on cable needle together with next st on left hand needle] twice, k2 from cable needle, p6, slip next 4 sts on to cable needle and leave at back, k2, then [k next st together with next st on cable needle] twice, k2 from cable needle, p2 – 22 sts.

P 7 rows.

Cast off purlwise.

TO MAKE UP

Join cast-off edges of handles. Join cast-on edges of gusset pieces. With this seam at centre of cast-on edges of back and front and with markers at corners, and with gusset slightly stretched, sew in base of gusset, then join row-end sides of gusset to sides of back and front. For extra stiffness, insert piece of cardboard in bottom of bag, if desired.

***If you have any queries about this pattern, please contact knitting and crochet editor Sarah at sarah.neal@futurenet.com**



NEXT WEEK
Pretty crocheted top

The
knitting
NETWORK

Buy your yarn

at theknittingnetwork.co.uk, the UK's favourite online yarn store. Delivery is FREE on orders over £35 and orders are dispatched the same working day. Visit the website today or call 01795 570303.

Lines are open Monday to Friday, 9am-5pm.

ADVERTISEMENT

Poor sleep? Aches and pains? Here's the solution...

Are you tired of waking up in the morning with a stiff neck, shoulders or back? When Alexander Miles invented the Gx suspension pillow to help his daughter after a serious accident he had no idea it would go on to help over half a million people achieve a better night's sleep.

Alexander realised that ordinary pillows spread out and flatten as the weight of the head rests on them causing discomfort. His inspiration was to place two internal ties inside the pillow. This idea, now patented, has revolutionised pillow design.

These ties work to stop the pillow spreading and flattening during the night. They prevent interrupted sleep with people 'pillow punching' in a desperate bid to get comfortable. Combined with the wonderfully light and lofty Polycos filling, your head and neck are cradled in supreme comfort. Add an integral air vent to help move warm air out of the pillow and let cool air in and you have an unbeatable combination. Finally, instead of having to choose from comfort or support,



Unique in its ability to maintain support throughout the night, there's no wonder they call it the pillow that puts a smile back on your face.

here is a pillow that provides both.

More than half a million customers have now benefited from the Gx Pillow suspension pillow which is made in the UK. One such customer is Dr Deane Halfpenny, a consultant in musculoskeletal pain. Having damaged his own spine, his wife suggested that he try the pillow. It worked so well he sent in an unsolicited testimonial saying,

'I can honestly say that your pillow has made the World of difference... and fully endorse your pillow as being quite unique in its ability to maintain support throughout the night.'

No other pillow in the World works in the same way! No wonder they call it the pillow that puts a smile back on your face.

Visit gxpillows.co.uk or call Gx Pillows on Freephone 0800 316 2689

BIGGEST EVER DISCOUNT for Woman's Weekly readers – 30% off!

The amazing
Gx Pillow™
helps thousands
sleep better



Alexander Miles, inventor of the Gx Pillow pictured with his invention

✓ Unique internal tie technology maintains shape throughout the night



✓ Provides comfort and support

✓ Integral air vent keeps you cool

✓ Luxurious 100% cotton shell

✓ Hypoallergenic Polycos filling

✓ Over 500,000 UK sales

✓ Designed, patented and made in the UK

✓ Choose from Medium-soft or Medium-firm



“I cannot believe that after 40 years I have finally found the best pillow ever!!!! It simply stays put and so comfy, fabulous, must buy more for hubby and a spare.”

Izzy, Yorkshire

OUR PROMISE TO YOU! Sleep on the Gx Pillow for 30 nights and if you are not completely satisfied, we'll give you your money back*

Enjoy a great night's sleep AND 30% OFF! THAT'S...

2 PILLOWS FOR
~~£59.99~~ **£41.99!** **£18 SAVING!**

Choose from Medium-soft, Medium-firm or one of each!

Or buy 1 Gx PILLOW for ~~£39.99~~ **£27.99** **£12 SAVING!**

30% off
for
Woman's Weekly
readers with code
WW31

SCAN HERE
and code will
automatically
be applied

ORDER NOW! FREEPHONE: 0800 316 2689 OR GO ONLINE: gxpillows.co.uk

Lines open Mon - Fri 9am - 5pm.
Quote WW31 for 30% off

Enter WW31 in discount box for 30% off

*Terms and conditions apply - please see website for details.

Post to: **FREEPOST BEAUTIFUL SLEEP**

WW31

No other details or stamp required

Description	Tick your preferred pillow(s)	Price	Qty	Subtotal
£18 off!				
Gx Pillows	2 x Medium-soft (was £59.99)	£41.99		
Twin pack	2 x Medium-firm (was £59.99)	£41.99		
	1 x Med-soft + 1 x Med-firm (was £59.99)	£41.99		
£12 off!				
Single pillow	1 x Medium-soft (was £39.99)	£27.99		
	1 x Medium-firm (was £39.99)	£27.99		

☐ I enclose a cheque payable to Beautiful Sleep for £. Postage & Packing £4.95

☐ Or charge my credit/debit card: **ORDER TOTAL**

Card No.

Expiry / CVC

Signature

Name

Address

Postcode

Tel no

Email

Echoes in THE WIND

Laurel's Greek adventure was like a dream – but would it end in tragedy?

THE STORY SO FAR

Just when Laurel thinks her adventures in the Greek islands can't get any more exciting, she lands on Paros and finds herself living with a delightful local family. Helping out in their clifftop bar, which attracts the glamorous yachting crowd, she meets Cal Wexler, a one-time Hollywood superstar. Cal is surprisingly easy to talk to, and when Laurel finds herself telling him about the legend of Selene and Endymion – which she read about in her mum's book of Greek myths – he sees its potential as a movie and offers her a job on his private island. Barely able to believe her luck, Laurel excitedly prepares for the next stage of her Greek odyssey when a text message from her ex – Narcissistic Nate – lights up her phone. Laurel's heart plummets. What does he want? Can she even bring herself to read it?

The phone in Laurel's hand felt like an unexploded grenade.

'What am I so afraid of?' she wondered. 'That I still love Nate?'

He'd barely entered her head recently, and she thought that meant the happiness she'd found in Greece had healed her heart. But here she was, anxious about him once more.

She could see little Eleni running about in the courtyard, preparing a special table under the tree. 'For my farewell meal,' she realised.

She went downstairs, leaving her phone behind. This was her last night on Paros and nothing was going to spoil it.

Katerina and her mother served up one delicious plate after another, looking on approvingly as Laurel dipped homebaked bread into dips, then scooped up gooley moussaka sauce.

'You eat like a Greek girl now,' Theodore smiled, raising his glass.

After honey-soaked pastries and a generous amount of brandy, he played folk songs on his guitar. Eleni fell asleep on her knee and Laurel knew she'd remember this evening forever.

Not wanting the mood to be broken, she refused to look at her phone when she went to bed. But just before 4am, it

vibrated with a new message, then another. Nate, of course. It was 2am his time. What could be so urgent? Was he in some kind of trouble?

When she read what he had to say, her pulse quickened... *Why aren't you picking up? I have a surprise. I'm flying out to Greece on the 16th. Meet me off the afternoon ferry.*

Laurel was catapulted back into the old turmoil. The 16th was only a few days away! She thought back to Hydra, where her psychic friend Maria had predicted her future was with a strong, impatient, dark-eyed man. Perhaps Nate was her fate after all.

The following morning at the harbour, a swish speedboat awaited her. The man at the helm looked Greek, with his nut-brown skin, but Harrison turned out to be an all-American

boy. As they bounced across the water to Cal's island, spray splashed Laurel's face. She needed to change gear to keep up with the next stage of her journey, which was already moving fast!

Cal's house was made of local stone, its terrace overlooking a huge swimming pool facing towards the sea. Guiding her to a small, secluded tower, Harrison handed her keys. 'All yours,' he smiled.

*Was he in
some kind
of trouble?*



'Call me if you need anything.'

From the living area, a spiral staircase led to a room with a circular bed and views to nearby islands.

'Check this out!' she giggled, video-calling her mum and giving her a virtual tour. 'I even have my own tiny beach!'

Hestia was almost as excited as she was. 'I'm so happy for you, darling. This trip's just what the doctor ordered. And a tower of your own, just like Hero in the myth. Keep an eye out for a Leander of your own!'

Laurel hadn't read that chapter yet and she didn't have the heart to tell her about Nate's forthcoming visit. Hestia had never been his biggest fan.

She unpacked and went downstairs, where she found a card from Cal had been posted through the door. *Welcome! it read. Come to the terrace whenever you're ready.*

Laurel found her new boss reclining in a wicker chair, wearing tortoiseshell sunglasses and a linen shirt the colour of the sea. 'Every inch



the star,' she thought.

He leapt to his feet, kissed her cheek and poured her wine as if they were old friends. He said he liked informality, couldn't bear people fawning over him as they did in LA. When she asked about her job, he said that what he really wanted was more ideas.

'My director pal's crazy for Selene and Endymion,' he explained. 'I haven't heard him so enthusiastic in years!'

Laurel hardly felt qualified to provide inspiration for movies, but Cal's inquisitive interest gave her confidence. When she relayed myths from the book her mum Hestia had given her as a good-luck gift, he clapped his hands delightedly. 'I love your mom already! More, more!'

Noticing that Cal was becoming more theatrical with every sip of wine, Laurel told him about the legend of Narcissus, Narky Nate and Maria's psychic reading.

'So Echo saw his face in the smoke!' Cal said. 'Does that mean you're Nate's Echo, condemned to live

in his shadow, repeating only his words?'

She shook her head, but now that Cal was so engaged, she had to tell him about Nate's imminent arrival on Paros.

His hand flew to his heart. 'I must rescue you from your destiny. Unless, of course, you don't want to be saved?'

Therein lay Laurel's conundrum. Amid swirling confusion, all she knew was she had to meet

Nate to see if her old love for him had really died.

On the 16th, Cal insisted on accompanying Laurel to Paros. As they stepped off the speedboat, she spotted Nate waiting, unable to believe his eyes.

'He's looking at Cal, not me,' Laurel twiggled. To her surprise, she felt no twisting in her tummy. After a brief hug, she said coolly, 'Meet my boss.'

Nate pumped his hand, gushing about how he was

a big fan, loved his work... the kind of sycophantic gushing Cal couldn't stand.

Cal made his excuses and left, having already told Laurel to stay as long as she liked – or call Harrison the minute she wanted to leave.

Laurel suggested that they go to her favourite coffee spot, but Nate overruled that in favour of a pricey tourist place on the front.

'So!' he demanded. 'What's been going on since you flitted off to *find yourself*?'

Doing her best to keep her voice steady, Laurel told him about the places she'd been, the things she'd seen, the amazing opportunity to work with Cal...

Nate went puce. 'I've come all this way to tell you I'm prepared to take you back, and you've accepted a job without telling me? Do you even know how selfish you're being?'

As usual, he made her feel two feet tall. Old habits had her opening her mouth to apologise, then a sudden wave of anger washed over her...

'Stop right there!' she said, her tone so forthright, she hardly recognised herself.

'Did you consult me before flying out here? How did you even know where I was?'

Nate looked smug. 'With a tracking app.'

Laurel kicked herself for not making sure he couldn't trace her movements. But he had told her everything she needed to know. Following her to Greece wasn't a romantic gesture. It was nothing but control.

'Enjoy your minibreak, Nate,' she said, standing. 'I'm going back to work.'

As Nate's jaw dropped, she walked away.

Harrison and Cal were still on Paros so they all went back to Cal's villa together.

Cal wanted to know every detail of the encounter. 'I'm so proud of you,' he said. 'Tell me again how you said it!'

Laurel repeated her words. 'Louder!' Cal urged.

As the speedboat sliced through the water, she yelled the words again and again, feeling truly liberated at last. Unlike poor Echo, she had finally found her voice!

Back at Cal's villa, they went to the pool house to work on a proposal for a Narcissus movie. After a while, however, Cal went off the idea. 'I thought Narky Nate might inspire me, but frankly, darling, he wasn't that hot. Anyway, narcissists are two a penny in Hollywood. We need a story about love, not self-obsession.'

Laurel kept expecting a sense of loss to hit her, but all she felt was relief. That feeling doubled a couple of days later, when Harrison reported seeing Nate all over a blonde tourist in a Paros nightclub.

Over the next weeks, after working with Cal during the day, Laurel sat on her little beach in the evenings, beside the flare that Harrison lit every sunset. She was entranced by the sound of waves lapping the pebbles, the moonshine on the water.

One evening, she heard splashing. A dolphin? A turtle?

Peering out, she spotted something moving rhythmically through the water. At first she thought it was a fin, but then she saw it was a human arm!

Harrison had given her strict instructions to report anything unusual, for fear of ne'er-do-wells or the press intruding on Cal's privacy. He came as soon as she called, along with the island's security guard, but there was nothing to be seen.

Next evening, Harrison and the guard came earlier and, sure enough, the swimmer reappeared. Harrison waved his

CONTINUED OVERLEAF

*She had
finally
found her
voice!*

arms and the guard sounded his whistle, but it was only when he flashed his torch that the figure swam towards the shore.

When he emerged on to the beach, Laurel saw an incredibly handsome man of around her age. He had long, dripping dark curls and a muscular body. From the security guard's cry of recognition, she could tell the swimmer posed no threat.

'Apparently, these two went to school together,' Harrison told her as the security guard shook the man's hand. 'The guy lives on Antiparos, our nearest island, swims here after work. Panic over!'

Laurel had the following day off, so she went to Paros to visit Eleni and the family. When she recounted the tale of the man she thought was a fish, the little girl giggled, while her dad's eyes twinkled.

'He is like Leander, drawn by the light of the beautiful lady who lives in the tower.'

Was she the only person who'd never heard of the legend? Looking it up that evening, she and Cal learnt that Hero was a beautiful virgin who lived in an island tower.

Cal chuckled. 'Just like you, darling. Well, the beautiful and the tower bits anyway!'

Laurel shot him a look as she continued to read... Hero was in love with Leander, who would secretly swim to her every evening, but one stormy night, her guiding lights went out and he drowned.

'Truly tragic,' Cal said. 'I love it. Let's invite this swimmer guy to dinner so I can apologise for practically arresting him.'

The security guard set it up, and Harrison took the speedboat to Antiparos to collect the man, whose name was Christos.

Cal and Laurel were both awestruck when Harrison returned with Christos. As the two men walked from the speedboat together towards

the house, Christos was laughing loudly. With his white teeth, gleaming skin and muscular body, he looked like a Greek god.

'Remind me what Maria said about the man in her psychic reading,' Cal whispered.

Laurel thought... 'She said he was dark, strong and laughed loudly...'

Cal grabbed her arm. 'Christos is the one from her vision!'

'Stop it!' Laurel said, blushing. 'They're here.'

During the rest of the evening, as the others chattered away, she glanced surreptitiously across the table at Christos. He was the closest thing to an Adonis she'd ever seen, but there was no hint of vanity as he listened attentively. He explained in his soft Greek accent that he was studying to become a doctor and helped out at his parents' hotel during the summer.

After the dinner, as Christos said goodbye, his eyes, which were as rich and dark as coffee, locked on Laurel's. 'Look out for me in the water,' he smiled.

Laurel nodded, almost spellbound.

Over the following evenings, Laurel made sure she was at the beach to wave when Christos swam by.

One evening, she plucked up the courage to beckon him over. She gave him a towel and they sat talking in the firelight.

They did the same every night after that, sitting closer and closer to each other until eventually, their lips met.

The more Laurel got to know Christos, the more she trusted him, and the faster the scars from her relationship with Nate healed. When he stayed later than usual one evening, she told him she was worried about him swimming back in the dark.

Looking at the expanse of inky sea, he chuckled. 'Should I call a taxi?'

Laurel's answer was to take his hand and lead him up into her tower.

Generally, Laurel could set her clock by the time she would see Christos swimming towards her, so when he didn't appear one evening, she grew concerned. She told herself he was probably just busy in the hotel and went to bed early.

Only, a couple of hours later, she awoke to rattling windows and driving rain. A storm had blown up and it had extinguished the flare on the beach.

Laurel began to tremble. In the legend, Leander drowned when the light went out. Could this be a terrible omen?

She grabbed a thin mac, the only coat she had, and ran through the driving wind to the security guard's office.

'Try not to worry, miss,' he said. 'I'll ask the coastguard in Antiparos if anyone knows anything.'

The radio buzzed and crackled, then a voice came on, speaking

in Greek.

Laurel watched on, increasingly distraught, until she saw the guard grin.

'Christos is fine,' he declared. 'He's in a bar, eating pizza.'

Laurel's knees nearly crumpled with relief.

Making her way back to the tower, Cal threw open a window and yelled at her to come in out of the storm. Over a tot of herbal liqueur, she poured out the events of the night.

Cal was captivated. 'What a twist! Romance, drama, a storm at sea, this movie has it all!'

As soon as the storm had passed, Christos resumed his nightly visits. When Laurel told



him how worried she'd been when she thought he was missing, he took her hand tenderly. 'My beautiful English girl. How lucky I am that you didn't take a vow of chastity like poor Hero.'

When Cal gave Laurel a few days off, she went to Antiparos so Christos could show her his island. She was enchanted by the lagoons, blue-domed churches and caves at the top of a mountain, so deep, she felt she was looking down at the centre of the earth. His parents made her feel like part of the family and after spending several nights in their hotel, she was reluctant to leave when the time came to return to work.

After fond farewells, she went to meet Harrison at the port, but before hopping on the speedboat, she realised she'd left her purse at the hotel. 'I'll be as quick as I can,' she told him, racing back.

The purse was waiting for her at reception so she grabbed it, gabbling her thanks. As she ran back along the waterfront, she saw Christos in the corner of a bar. She opened her mouth to call him, but no sound emerged. He was with a man, who was gazing into his eyes. His hand was cupping Christos' chin, moving it towards his own face.

'He's about to kiss him!' Laurel thought, turning to flee before she saw any more.

TO BE CONTINUED
Christabel Smith



Great reads

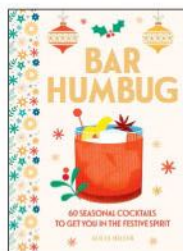
Zoe West shares her picks for the week

Bar Humbug

by Alicia Miller

(£14.99, HB, Headline)

Shake up your holiday season and impress your guests by becoming the ultimate festive mixologist. This vibrant, boozy guide serves up 60 delicious cocktail recipes guaranteed to keep spirits high. Packed with warming, sparkling and brilliantly named creations such as the Partridge in a Pear-Tini, Snowgroni and Polar Espresso Martini, this book is your perfect winter sidekick. And, let's be honest, cocktails aren't just for guests – consider these perfect accompaniments to afternoon's spent present wrapping or quiet, cosy winter nights in.



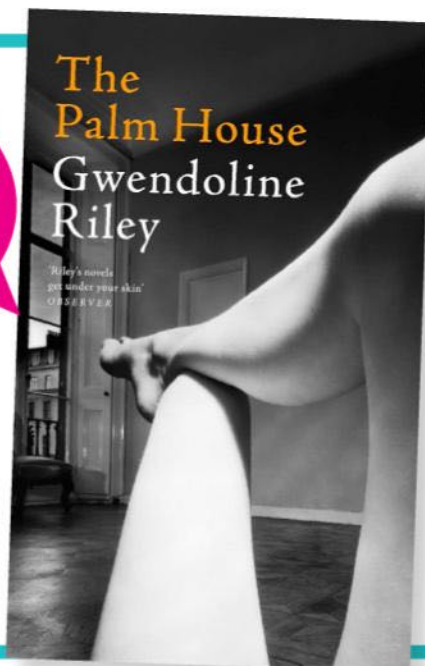
The Palm House

by Gwendoline Riley

(£16.99, HB, Picador)

Laura's old friend Putnam is in the throes of a quiet crisis. His father recently died, and he resigned from the journalism job that defined him following the appointment of a philistine editor. While trying to support her emotionally reticent friend, Laura also reflects on the relationships that shaped her, from a creepy famous comedian during her teenage years, to her distant mother. In this understated, economical, but powerfully observant novel, award-winning author Gwendoline Riley has captured the moments that define the lives of her characters with insight and humour.

Woman's Weekly LOVES



Secrets of the Italian Guesthouse

by Sue Moorcroft (£9.99, PB, John Murray)

Set on the stunning Lake Como, this novel follows Jade, who inherits her grandmother's bustling guesthouse along with two shocking secrets: she has two sisters she never knew existed. As surprise siblings Erin and Rosalie arrive, Jade is forced to confront grief, family tension and the future of the business she thought was hers alone. Meanwhile, the return of her first love, Leo, reopens old wounds and buried longing – all taking place against a sun-drenched Italian backdrop.



Game, Set & Murder

by Judy Murray

(£10.99, PB, Orion)

Based in an exclusive Surrey tennis club, four close friends celebrate a championship victory. That is before their coach collapses after eating cake – turning a joyful day into a crime scene. As secrets and rivalries surface, flashbacks reveal each woman may have motive, and suspicion shifts between teammates Kristin, Vee, Bibi and Hailey as the investigation unfolds. A brisk, entertaining and cosy crime novel with engaging characters, clever pacing and plenty of twists along the way.



Service

by Lauren Mooney

(£16.99, HB, Bonnier)

Nearly 30 and adrift, Danielle MacKinnon hates her job, and loses her relationship and housing in quick succession. When her boss Jeannie offers her a stay at Westerley, the sprawling estate where she grew up, Danielle accepts, but the house soon starts to feel unsettling, with strange presences that worsen her sleep paralysis. As Danielle becomes further embedded in Jeannie's world, their bond blurs into dependency and control, evoking Daphne du Maurier's *Rebecca* in its psychological unease and the house's own looming influence.



Get six issues of Woman's Weekly for just £1*

SUBSCRIBE ONLINE AT
magazinesdirect.com/xwk/DJ94T
Call 0330 333 1113 and quote code DJ94T.

Offer closes 31 October 2026. Open to new subscribers only, when paying by UK Direct Debit. *After your first six issues, your payments will continue at £18.25 every three months, saving 24% on the full three-monthly subscription price of £24.33. We will notify you in advance of any price changes. For full terms and conditions, visit magazinesdirect.com/page/terms-and-conditions. For enquiries, please email help@magazinesdirect.com.

PAY LESS THAN IN THE SHOPS

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 post @zoeannewest

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: **Manufacturing worker.**

S L A
E **R** S
M E B

Average= 25 more than 45 = 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.

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

**YOU CAN
WORK IT OUT...**

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: Maritime emergency service.

STEP-								FIGURE
SCUBA								BELL
SECOND								STICKS
OPEN								CELL
COMMON								STALL
PEARL								WATER
HEAD								POLITICS
WILD								POWER
PRESSURE								DRYER
PASS								POINT

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
	I						L					
14	15	16	17	18	19	20	21	22	23	24	25	26
		D										

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

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

Jumbo puzzle

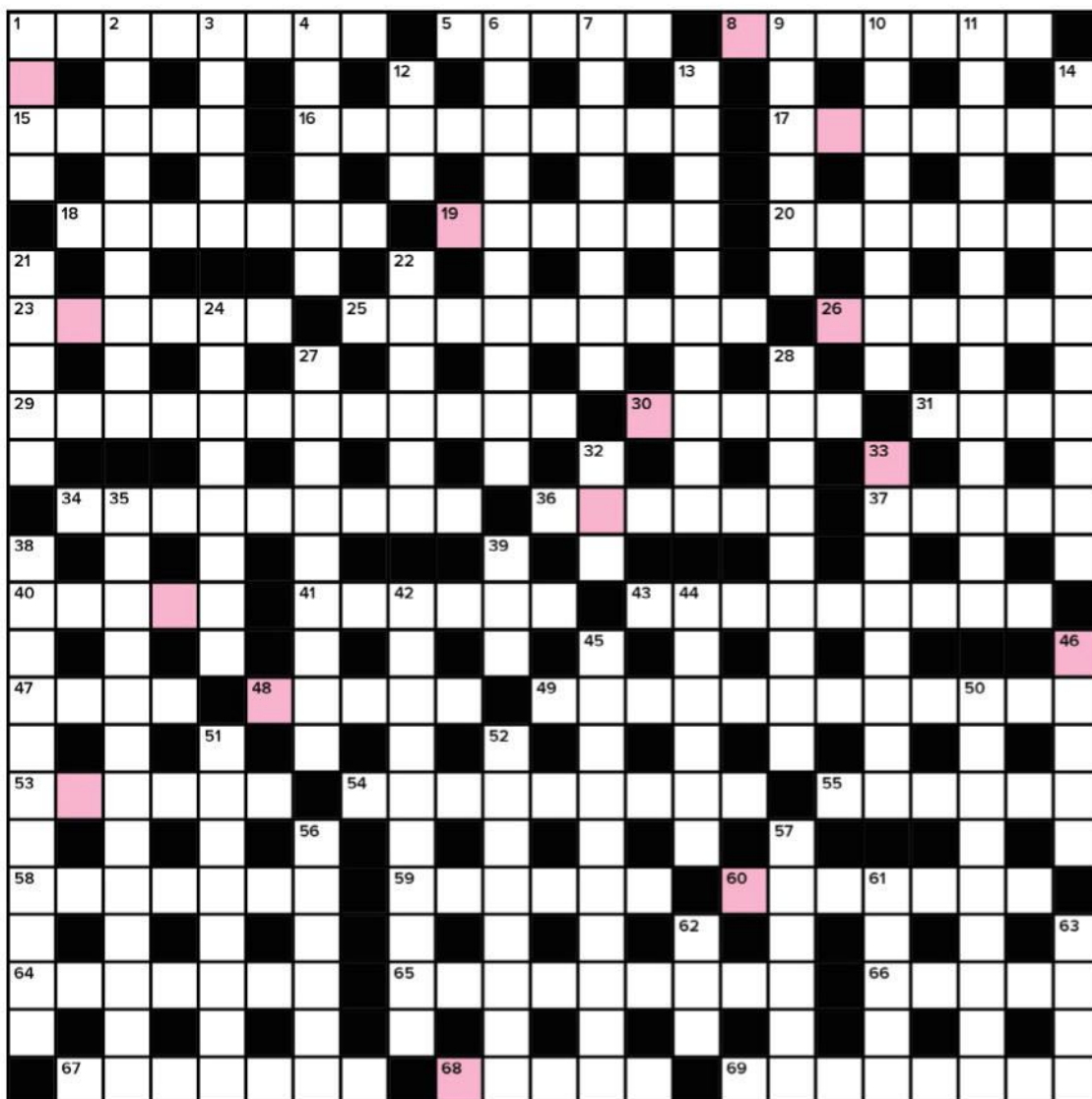
Read down the letters in the shaded squares to spell out a **US filmmaker (6,9)**

ACROSS

- 1 Faltered (8)
 5 Room (5)
 8 Learned (7)
 15 Happen (5)
 16 Amuse (9)
 17 Cookbook directions (7)
 18 Newly (7)
 19 Purple colour (6)
 20 European country (7)
 23 Close (6)
 25 Metal (9)
 26 Usual (6)
 29 Building (12)
 30 Appears (5)
 31 Insects (4)
 34 Boffin (9)
 36 Female sibling (6)
 37 Oily fruit (5)
 40 Be of the same opinion (5)
 41 Paper handkerchief (6)
 43 Letter orders (9)
 47 Puzzle-solving aid (4)
 48 Plank (5)
 49 More and more (12)
 53 Teacher's session (6)
 54 Arranged (9)
 55 Invisible (6)
 58 Ensnared (7)
 59 Mettle (6)
 60 How things are (7)
 64 Musical performance (7)
 65 One living next door (9)
 66 Unlocks (5)
 67 Serving no purpose (7)
 68 Rank (5)
 69 Emphasised (8)

DOWN

- 1 Halt (4)
 2 Doubtful (9)
 3 Farm buildings (5)
 4 Uniformly (6)
 6 Country's law-making assembly (10)



- 7 Moving on all fours (8)
 9 Neck part (6)
 10 Ruling (8)
 11 Trying out (13)
 12 Had food (3)
 13 Tool (10)
 14 Founded (11)
 21 Rap (5)
 22 Shallow round dishes (6)
 24 Worried (8)
 27 Memorable extract (9)
 28 Folding rain shelters (9)
 32 Baby's apron (3)
 33 Location (8)
 35 Situations (13)
 38 Maths gadget (11)
 39 Soft wet earth (3)
 42 Unexpected (10)
 44 Separated (6)
 45 Incomplete (10)
 46 Untruthful (5)
 50 Significance (9)
 51 Infirmary (8)
 52 Well-known (8)
 56 Grown-ups (6)
 57 Rue (6)
 61 Slack (5)
 62 Fizzy drink (3)
 63 Second-hand (4)

*** Find the puzzle answers on the horoscopes page.**

**YOU CAN
WORK IT OUT...**



WOMAN'S WEEKLY (ISSN 0043-7417, USPS XXXXX) is published 50 times a year with a double issue in November and December by Future plc, Quay House, The Ambury, Bath BA1 1UA. Call 01225 442244; email womansweeklypostbag@futurenet.com. Unless otherwise stated, all competitions, free samplings, discounts and offers are only available to readers in the UK, Channel Islands, Isle of Man and the Republic of Ireland. All details correct at time of going to press. Covers and text printed by Walstead UK Limited. **Advertising:** 01225 442244. **Distribution:** Marketforce UK Ltd, a Future plc company, 121-141 Westbourne Terrace, London W2 6JR; email mfcommunications@futurenet.com. **Licensing and syndication:** Contact licensing@futurenet.com or view available content at futurecontenthub.com. **Airfreight and mailing in the USA:** By agent named World Container Inc., c/o BBT 150-15, 183rd St, Jamaica, NY 11413, USA. Periodicals postage paid at Brooklyn, NY 11256. **POSTMASTER:** Send address changes to Woman's Weekly, c/o World Container Inc., c/o BBT 150-15, 183rd St, Jamaica, NY 11413, USA. **Subscription rates:** One year, 50 issues incl. postage & packaging: UK £97.32; Europe €224.83; USA and rest of world US\$254.39. For enquiries and orders, email help@magazinesdirect.com or go to magazinesdirect.com. If you are an active subscriber, you have instant access to past issues through your iOS or Android devices. You will only be able to access the digital past issues as long as you are an active subscriber. Manage your subscription online with MyMagazine. Visit mymagazine.co.uk/FAQ to view frequently asked questions or log in at mymagazine.co.uk. **Magazinesdirect.com** is owned and operated by Future Publishing Limited. **ENGLISH WOMAN'S WEEKLY** is published by Future plc, PO Box 3873, SYDNEY NSW 2001. For customer service and subscriptions, call 1-800-428035 or email eww@customersvc.com. Our Privacy Policy is available at timesouthpacific.com or may be obtained by emailing timeincprivacyofficer@time.com.au. Printed in Australia by IVE Print Web Offset, Unit 1/83 Derby St, Silverwater NSW 2128. Distributed in Australia by Network Services, 54 Park St, Sydney, NSW 2000, and in New Zealand by Netlink Distribution Co, c/o Moore Gallagher, 6 Donner Place, Mt Wellington, Auckland. ISSN 1039-5814.



Puzzle TIME

Arrow word

What was the real first name of the title character in the 1980s US sitcom *Punky Brewster*? Solve the puzzle by following the arrows and writing in your answers. Then, read down the shaded squares to find the answer.

YOUR ANSWER:

Bird that hunts at night	Safe place	On behalf of	Got bigger	Fitting, suitable	Dr. ... rapper	Total up	Peculiar	Gloomy	Observe
Board game, Guess ...?		Opening or hole	Cushion Small ocean			Canines Unit of length			
Biggest		G		Enigma To each					
Thick mist		Sense of wonder	A	W	E	Writing tool Fortress		Awaited	
Fencing sword		What a bird lays	P	Jim Carrey role, ... Ventura		Big group of people	Legolas, for example	Family ancestry	Assists
		Departed	Utilises	Bowman				Drench	
... Wilder, actor	Sticks together Immerse				Came first	Misplace			
Margins				'It takes ... to tango'		Silly person			
		Men				Faucet			
Garland of flowers	Cooking vessels			Final part		Inquires			

WORDSEARCH

As of the start of 2025, which Taylor Swift song held the record for the most streams in a single day on Spotify? The answer is the one missing from the grid.

YOUR ANSWER:

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

BAD BLOOD
BETTY
EXILE
FEARLESS
FIFTEEN

FORTNIGHT
KARMA
LOVE STORY
MEAN
MINE

OURS
RED
STYLE
THE MAN
WILLOW

Mini crossword

1		2		3
4				
		5		

The shaded boxes spell out a name.

ACROSS

- 1 Berkshire racecourse (5)
4 Female deer (3)
5 Limb (3)

DOWN

- 1 Sir ... Murray, former professional tennis player (4)
2 Inexpensive (5)
3 Type of herb (5)

For 12-18 August with Bracha Goldsmith
yourastrologysigns.com

PHOTOS: AUTONOMY AT BONMARCHÉ, FUTURECONTENTHUB.COM, GETTY

Crime WATCH

My night on sentry duty at the rugby club



“

As I might have mentioned once or twice before, one of the features of this page is the complete absence of conventional drama.

You can read on, quite happy in the knowledge that your pulse will not be racing, and that your blood pressure will give no cause for alarm.

At least, that's the normal plan. However, this week, something vaguely exciting has happened. Read on at your own risk.

There have been two break-ins at the rugby club over the past couple of months. It's thought that teenage boys broke into the bar, sampled some of the contents, then smashed up glasses and generally made a mess.

Although there was rather blurry CCTV footage, the police did not recognise the culprits. So the rugby club committee decided to take matters into their own hands.

I told you it was exciting, didn't I? It's practically *Midsomer Murders*. Except, of course, for the actual murders.

'Both the break-ins happened on a Saturday night,' explained Mr Dear, who is the Hon. treasurer. 'So some of us are going to sleep at the club. The next time they try anything, we'll be ready. Tight security is the watchword.'

'Do you think that's wise?'

'It won't just be me. Some of the younger lads will also be there – the pack from the second XI are very keen.'

'Right! If you're sleeping at the club, then so am I,' I said, instantly regretting those ill-chosen words.

'Don't be daft, love. It might turn nasty.'

'All the more reason for me to come.

Nobody will start any rough stuff in front of a grandmother.'

'Ah well,' said Mr D. 'If you must.'

With that endorsement ringing in my ears, we set out late on Saturday evening with sleeping bags and pillows. I made sandwiches, put two slices of home-made lemon drizzle cake into a Tupperware box, and made a flask of coffee.

All right, it wasn't exactly *The Famous Five*, but it would do.

As this was the first night, there was

'It wasn't exactly The Famous Five, but it would do'

quite a good turnout. The younger players – including two from the ladies team – made themselves comfortable in the bar.

We oldies bedded down in the office: me, Mr Dear, and three chaps in their 60s and early 70s. The men insisted that I took the

sofa, while they made do with the floor.

Brian, one of the men, shared a bottle of rosé and a few Tesco chocolate eclairs. John brought a tin of Celebrations and *The Daily Telegraph* crossword. Ray told terrible jokes, and shared home-made cheesecake.

'This is just like the scouts,' said John.

'Oh, did you do a lot of crosswords in the scouts?' asked Brian.

'I expect they have a crosswords badge these days,' said Ray. 'They have a badge for everything.'

Mr D, by the way, had temporarily dozed off.

If you are planning to camp out in the offices of a rugby club with four oldish men in the near future, here is some handy advice. There is a 100% chance that about three of them will need to sneak out to the lavatory during the night.

It was John who woke me up, by putting his foot on the Celebrations box. You'd be

surprised at how the noise of a plastic tub being crushed underfoot by a former prop forward can echo in the small hours.

Unable to get back to sleep, I got up to stretch my legs. And that was when I heard the noise outside.

'There's someone in the car park,' I hissed, shaking Mr Dear.

'Wha? Gerroff.'

'Look, they've got a torch. Get up.'

Brian and John were on their feet like a shot, and headed down to the bar to alert the others.

We waited in the darkness for the intruders, holding our collective breath. 'They've got through the main door,' somebody said. 'Get ready.'

There was a dramatic hush, then the door opened slowly... and two police officers stepped into the room.

'We had reports of suspicious lights,' said one of them. 'Your neighbours thought it might be burglars.' He looked around. 'You having a charity sleep-in or something?'

'We're guarding the premises,' said Brian, with great dignity. 'In case those young burglars come back again.'

'Oh them,' said the officer. 'We caught them last night, breaking into a cricket pavilion. They admitted coming here twice.'

'Wait a minute,' said Brian.

'How did you get in?'

'You left the door open.'

So much for tight security being our watchword.

”

Rosie XX



Clever Comfort™

BY HSL

HSL's range of chairs and sofas are ergonomically designed to ensure key areas of your body are fully supported to improve your overall posture, wellbeing and reduce pain.

Sizes to Fit You



Neck and head support

Precision back support

Enhanced Lumbar

Higher seat for easier sitting and rising

Limited Time

SALE

up to

50% off*

Everything

Was from
£1,095

NOW FROM
£495**

Now
Available to
**ORDER
ONLINE**

Buckingham Fireside Chair
Available in Cambridge Plaid Raspberry
HURRY WHILST STOCKS LAST

HSL

Feel Good Furniture
Experts since 1968

Find your local showroom, order online or
book a FREE Home Demonstration

01924 486903 | hslchairs.com



Sizes to fit you. Get your FREE Exclusive Chair Fitting in-store today.

'Excellent'



★ Trustpilot
from over
30,000 reviews



**HANDMADE
in YORKSHIRE**

*Save up to 50% off our collections on orders placed between 1st July and 31st August 2026. Cannot be used in conjunction with Great Deals or any other promotional offer, nor on retrospective purchases. Discounts shown are correct at time of printing and are subject to change without notice. **Price refers to the smallest size of Chair in the fabric shown whilst stocks last. High Seat Limited, Units 1-3a Grange Road Industrial Estate, Grange Road, Batley, WF17 6LN. | Media: WOW26

Gtech

The ultimate cordless cleaning combo!

Award-winning power and performance without the plug.

SAVE
£200

WAS £449.98
NOW £249.98
FREE NEXT DAY DELIVERY

Use code: **CW93**



USE IT ANYWHERE

Perfect for your car, home and beyond



CORDLESS FREEDOM

Combined running time of 60 minutes



AIRLOC TECHNOLOGY

Powered floorhead maximises performance

Double the power. One cordless home-cleaning experience.

Moves Easily The AirRAM's lightweight design and low profile handle allows you to reach under furniture, while the Multi offers a handheld cleaning solution.

Easy-Empty Bin Both the AirRAM and Multi compress dirt and hair into a bale as you vacuum. Simply remove the bin and slide.

AirLOC Technology Picks up large debris on the push, fine dust on the pull.

LED Headlights Reveal hidden dirt while you clean.

Long Runtime Get up to 60 minutes of combined runtime*. No eco mode, just full power every time.

Tools to Hand With the crevice tool stored in the Multi's handle, it's there when you need it. Or switch to the dusting brush for more delicate areas.



Includes Car Accessory Kit

Includes a flexible crevice tool, small upholstery tool and soft dusting brush to clean tricky areas in your home and car in a neat storage bag.

"This bundle is ideal for me..."

"...as a new pet owner. Easy to use, light enough to push around. The handheld is ideal for the car and the stairs. I use it every day. The upright moves easily from rug to wooden flooring to kitchen. Good value for money."

Anne S ★★★★★

Get your **System and Car Kit** bundle for just **£249.98** (RRP **£449.98**) saving **£200** if you order before September 30th. Order now at **www.gtech.co.uk** (enter code **CW93** at checkout) or scan the QR code:



Inventor & Owner, Nick Grey

"The AirRAM and Multi are perfect partners. Together, they form a lightweight combination, built to tackle the whole home, car, and beyond..."

Nick

www.gtech.co.uk

Use code: **CW93**

Free tracked next day delivery and 2-year warranty



Offers valid until 30/09/2026 or while stocks last and cannot be used in conjunction with any other offer. 30 day money-back guarantee, excluding £10 collection fee. *AirRAM 2 runtime is 40 minutes and Multi runtime is 20 minutes providing a combined 60 minute runtime. Runtimes quoted may vary depending on surfaces cleaned.