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Hello!

A health olive branch

“It was in 1970 when researchers began suggesting that a Mediterranean diet is good for human health. At first it wasn't quite clear why. Was it the olive oil, the red wine, the greater consumption of fish, or something else? Then other researchers began talking about the French paradox – people eating high levels of fat yet seemingly not having the equivalent heart disease problems of the UK or the USA. But over the years, while clearly there are many other factors, the focus shifted more towards a high consumption of olive oil being beneficial. So why not try our olive oil-rich recipes on page 22?”

Geoff

EDITOR

geoffrey.palmer@futurenet.com



42

Inside this issue

ON THE COVER

- 8 Susie Dent** 'I'd love to do pantol!'
- 12 Health** Tricks to boost your energy in minutes
- 16 Promotion** Free evening primrose moisturiser for every reader, worth £8.80*
- 18 Fashion** Beat the heat in our stay-cool styles
- 20 Real life** Hobbies that have helped women heal
- 22 Cookery** Take your taste buds to the Mediterranean
- 47 Crochet** A light and lovely openwork top to make

GREAT READS

- 4 Good to share**

10 Celebrating Britain

Some of our nation's fascinating lighthouses

15 It's a funny old world

Actor and singer Maureen Nolan

17 Beauty

Face mists
27 Good to know How to deal with noisy neighbours
38 Travel West Sweden

HEALTH

- 29 Your wellbeing**
- 30 Dr Gill** Coping with endometriosis
- 33 Here to help**

YOUR HOME

- 34 Homes** Green hues
- 41 Craft** Create a set of matching napkin rings
- 42 Gardening** Timeless Tuscan design ideas



34

FICTION

- 37 Short story** Out on a Limb
- 44 Short story** A Special Delivery
- 52 Serial** Part five of Echoes in the Wind by Christabel Smith
- 55 Books** Our book editor's favourite picks for the week

LAST BUT NOT LEAST...

- 58 Puzzle time**
- 61 Your weekly stars**
- 62 Rosemary**

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FROM US TO YOU

Good to SHARE

Island refuges, dancing in the aisles and a foxy gentleman sits in attendance



CALF AND A HALF

Ready to play, this adorable baby boy (above) is a new addition to the Asian elephant herd at Whipsnade Zoo. His mum, Donna, delivered him in June, with support from her own mother, Kaylee, and daughter Nang Phaya. Weighing 110lb, he was scampering around on his feet within 10 minutes.

* zsl.org

Seabird sanctuaries

Great news for puffins and gannets: two islands in Scotland's Firth of Forth have been bought from private ownership by the RSPB. Bass Rock and Craigleith are already nature reserves, but will now be cared for by the RSPB and the Scottish Seabird Centre, with the aim of boosting their colonies of 100,000 gannets and 10,000 puffins. With carefully managed visitor facilities being planned, including boat trips and a 360-degree viewing theatre, bird lovers will be able to engage with wildlife without disturbing their natural behaviour.

* rspb.org.uk



A little rhyme can help you identify the differences between similar-looking plants when you're out and about: Sedges have edges (triangular stalks), Rushes are round, Grasses have knees right down to the ground (knobbles all the way down the stem).

Did you know?



On this day in history

22 August 1485 King Richard III was killed at the battle of Bosworth Field, leading to Henry Tudor becoming Henry VII and founding the dynasty that would last until 1603. The battle inspired one of Shakespeare's most famous lines, which appears near the end of the play *Richard III*. The desperate King, now on foot, calls, 'A horse, a horse, my kingdom for a horse!'

WORDS: JANE KEMP, PHOTOS: GETTY, LOUISE MIDGLEY, ZSL, BEN ANDREW, JAMES GLOSSOP, DAYSESSIONS.CO.UK, MARK SENIOR, STACKERS



HISTORICAL HOTSPOT

Fancy a boogie in magnificent surroundings? Then head for Peterborough Cathedral on 29 August, when a silent disco with headphones will give you the chance to choose from three different DJs. Better still, the disco is from 6.30-10.30pm, so you'll be home in time for bed!

* daysessions.co.uk/tickets



TRAVEL SMART

For overnight getaways, or even just for your gym bag, this mini jewellery box is the perfect place to keep your valuables safely tucked away. £18, stackers.com



HEART OF SUBURBIA

Tamzin Outhwaite stars as nightmare hostess Beverly in a revival of Mike Leigh's 1977 play, *Abigail's Party*, where a get-together descends into disaster. Kevin Bishop plays Beverly's controlling husband Laurence. At Harold Pinter Theatre, London, until 19 September.

* atgtickets.com



Money-saving tip

Bargains are below

Would your family notice if you changed big-name branded items for supermarket own brands? Research suggests a few simple swaps can cut more than £200 a year from your shop. Better-value equivalents are often on the lower shelves, so crouch down to spot them.

NATURE NOTES

From Louise Midgley



I visited RHS Garden Wisley this morning – early to avoid the crowds. While sitting on a bench in Wilson's Wood having a coffee and Danish pastry, I was taken aback to be joined by a handsome fox, who sat patiently by my side, pleading for food with his kind eyes. Little did I know he was part of a double act. Just as I was about to tuck into my indulgent breakfast, his flying accomplice, a crow, whizzed overhead and deposited a gift on the table that splattered on the edge of my plate. Unsurprisingly, I lost my appetite after that.

My garden week

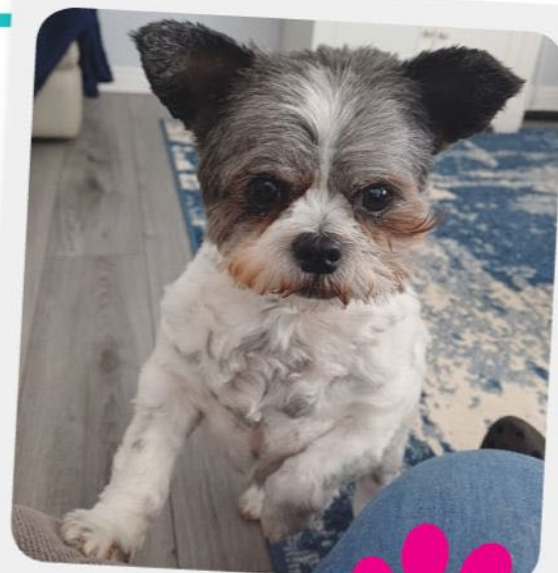
This week, I have sown spring onions, lettuce, radish and spinach seeds. These cool-season crops will be ready to be harvested in the autumn.



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



This is my little bundle of joy. She's a pure-bred mongrel, a mixture of four breeds that we know of. Her name is Betty Boo, she's four years old and everyone absolutely loves her. She is small in size but big in personality!

Kim Withers, Dudley

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

Two of a kind

What a wonderful surprise it was opening my 2 June subscription issue to find Michael Palin on the cover, accompanied by a lovely article. Then, to my delight, Peter Cox guesting on *It's a Funny Old World*. I have followed both gentlemen's careers, and their writing and music have brought me much happiness through good and bad times. After a few fraught days, reading these articles brought back a smile to my face. It is an issue I will keep and treasure. Thank you, *Woman's Weekly* – and, of course, Michael Palin and Peter Cox.

Pat Davison, Blyth



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.

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

KEEPING OUR MINDS SHARP



The 6 Most Common Signs of Dementia [19 May issue] was an engaging article. It made me keep in mind the problems that my family,

friends and I might encounter as we get older, which need to be checked out to catch in time. One of the thoughts I did have regarding dementia was that I am content and reassured that *Woman's Weekly* always seems to have plenty of puzzles, crosswords and word searches to keep our minds active. I thank you for providing such material. I have been doing puzzles regularly for over 10 years now, and enjoy them.

Sandra Scholes, Pontefract

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.



LOOK WHAT I MADE

I have enjoyed reading your magazine for a few years now, and always pass it to others. As you will see by my picture, I have created some craft items from your pages!

Grace Knobel, Kearneys Spring, Australia

What you're WEARING

Sophia Turner, style is ageless

Tell us about your look

I spotted this dress online when I was working in the US. It's by Never Fully Dressed but, sadly, was sold out. However, last Christmas I was checking the website and amazingly it was in the sale, so I snapped it up. The print is fantastic – I love the colours and gold thread detail. I've teamed it with my Nokwol trainers. They're super comfy.

What's your favourite thing about yourself?

I'm always up for doing something new.



Susan Winter, 49

Tell us about your look

I don't usually go for bright colours or even dresses, so this really is a first for me! Normally I'll wear jeans and trainers, but as I was going to the Chelsea Flower Show, I thought I'd try something new. I really like this comfy, stretchy dress from Next – it's quite sporty and easy to wear. My trainers are Converse and my bag came from a local boutique.

What's your favourite thing about yourself?

My thick hair.



Nicola Davies, age? That's my secret!

Tell us about your look

I love a long, floaty dress – it's a great cover-up. This yellow cotton print dress is from Zara. I bought it years ago so it's probably vintage by now. I always like to wear a straw hat in summer. This one is from Primark. My sandals and bag were both holiday buys from a trip to Australia.

What's your favourite thing about yourself?

My resilience.

Katy Hyland, 54

Tell us about your look

My dress is from Next. I saw it in the sale in December and thought it would make a fab holiday dress, so immediately began planning my getaway! I love that it's nice and floaty with an easy drop waist, and the wavy blue stripe is so summery. My denim bag is by White Stuff and my sandals are from Hotter – they're quite stylish for such a comfy sandal!

What's your favourite thing about yourself?

I love a bright lip.



YOU WORE IT WELL

Jackie Munday, 1952, sent in by her daughter Lucy James

My mum always loved keeping up with fashion. Here she is on holiday in France wearing the latest bikini. She kept all her clothes and I wore the very same bikini in my teens. It was a cotton canvas with no stretch but I loved its vintage 50s look.

* 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.



'I'd love to do PANTO!'

Countdown's Susie Dent on her new novel, pushing herself out of her comfort zone and ageing

Susie Dent should be a poster girl for 60-somethings. Apart from the fact she looks incredibly youthful, she has refused to rest on her laurels as *Countdown*'s long-serving resident of Dictionary Corner and the author of more than a dozen non-fiction books.

In fact, Susie's career is taking off in new directions and she's never been more in demand.

Two years ago, the star elbowed her way into the crowded market of crime-writing. Her debut mystery crime novel, *Guilty by Definition*, became an instant bestseller upon its release, and it's likely that her second, *Death Writ Large*, will be just as popular.

Add to that Susie's gig as co-presenter (alongside Alan Carr) of Channel 4's *Secret Genius* – in which ordinary people are tested to find out if

they're geniuses – and a guest stint on *Taskmaster*, it's clear that Susie's seventh decade has got off to a flying start.

But when we meet her, she's modest to a fault, brushing off compliments and insisting that she isn't a celebrity, rather a familiar, comforting face from *Countdown*. 'I don't get asked for selfies too often,' says Susie, 61, as proof of her lack of fame. 'Maybe I give off vibes. I'm

really bad at being photographed. I so wish I could be one of these people that just knows how to stand.

'But the lovely thing is that I don't

feel as if I've reached the level of fame where people just want a selfie with me no matter what. People associate me with words, and that is a joy for me. So people might come up to me in the street and tell me their favourite word, or they've been watching *Countdown* and they'll say, "I got a nine-letter word the other day and you

missed it."

She continues, 'I often get people saying they watched *Countdown* when they were in labour, or when they were ill and going through treatment, or when they were a student. That's a really nice thing.

I feel like I'm in my category and I'm really happy to be there.'

Despite having an MBE for services to literature and language, a 30-plus year TV career and a reputation that makes her the nation's port of call for anything word-related, Susie remains an endearingly down-to-earth character. She simply lacks the ego to claim that it is anything other than nerve-racking to release a second novel. *Death Writ Large* returns to the same world of Oxford lexicographers as *Guilty by Definition*, with a brand-new crime to solve.

'I still feel slightly wobbly



'I'm proud of taking the plunge into fiction'

about it, to be honest, because this still feels like a really new thing for me,' says Susie. 'I've written lots and lots and lots of non-fiction books, and were it not for my editor and for my dad, I think I would never have taken the plunge into fiction.' Susie's father, who died three years ago, had long been encouraging her to return to fiction writing, which she had tried out as a student.

Death Writ Large places another mystery in front of lexicographer Martha Thornhill. When mysterious graffiti begins to appear around Oxford and is then found near the body of a university lecturer, Martha has doubts about the police's assumption that the death was a suicide. Her expertise means that she recognises the true meaning behind the graffiti.

'I wanted to keep to the same cast of characters from my first novel because I enjoyed the idea of lexicographers, who are word detectives, becoming real



Hijinks with Alan Carr and, right, taking on *Taskmaster*

THE
Woman's
Weekly
INTERVIEW



*'I've finally
grown
into my
own skin'*

detectives, and of offering them a new challenge on the streets of Oxford,' explains Susie.

She says she's still on a steep learning curve when it comes to writing novels. 'In *Guilty by Definition*, I can see how I made language and lexicography a really important part of the story, and that was important to me,' Susie adds. 'But I also perhaps treated it a little like a comfort zone, because it's always been a refuge for me in life.'

She adds that her 'brilliant' editor had to encourage her to cut out a few detours that discussed obscure words in order to move the plot along. 'I'm very much learning,' admits Susie. 'I wouldn't begin to say that I have this mastered. If I allow myself to feel proud, it's because I decided to take the plunge.'

Her decision to put her head above the parapet with her first novel paid off brilliantly, and she admits that age has helped her to be braver. 'As I get older, I do increasingly think, "Well, I'm just going to try and turn the volume down on the noise around me and do what actually gives me pleasure,"' she explains.

Susie admits that she's grown in confidence in middle age. 'It sounds so cheesy to say that I've finally grown into my own skin,' she adds, 'but now I do feel more grounded. I feel as though I'm having more fun.'

'There's a great word, made entirely from Greek roots and quite a recent coinage, which is strikhedonia. It's the pleasure of saying, "To hell with it!" I think that's a really good philosophy!'

For all her accomplishments, Susie does have one unfulfilled ambition – she'd like to appear in a panto. 'I haven't had any offers yet,' she sighs. 'I think I'm not an obvious choice. But there's got to be a character that they could write for me – I could be a nerdy fairy!'

*** *Death Writ Large* by Susie Dent (£20, HB, Zaffre), is out now.**



CELEBRATING BRITAIN

Saving our SAILORS

We shine a light on some of our island nation's most fascinating lighthouses

Perched on wind-rushed headlands or castaway islands, lighthouses may look atmospheric, but they have long been an everyday essential for a coastal nation like Britain. For centuries, these traffic lights of the sea have aided maritime pilots in

navigation, alerting them to hazardous waters, approaching land masses and safe passages, particularly at night when their beams provide crucial guidance. There were once hundreds of lighthouses in Britain, but today's count sits closer to 60. Here are just a few of the most interesting.

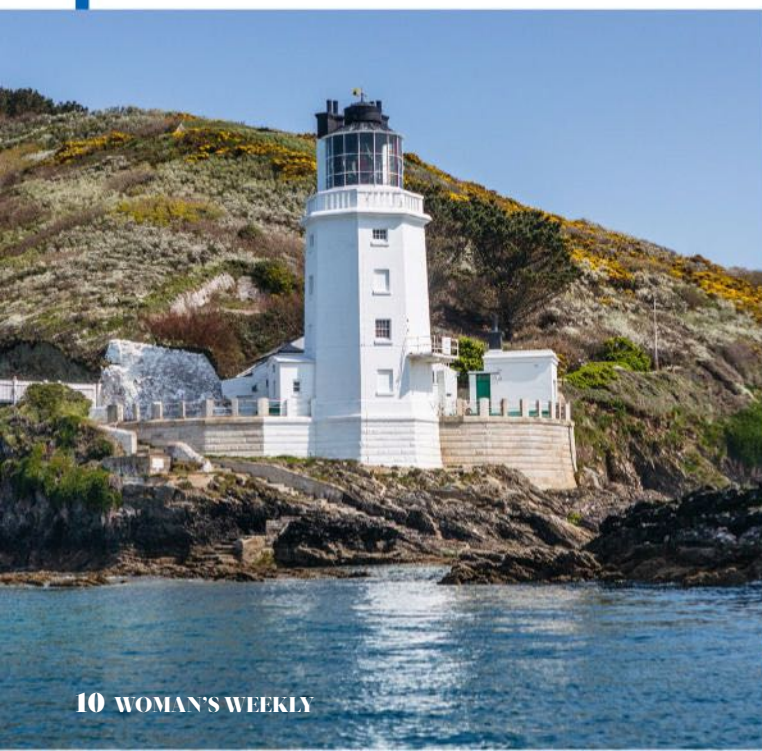


St Anthony's

Cornwall

Does this simple whitewashed lighthouse, located in front of a verdant headland, look familiar? If so, it might be because it featured in the opening credits of Jim Henson's television puppet show, *Fraggle Rock*, which ran for five years during the 1980s. Set on National Trust land on the eastern end of Falmouth harbour, on the lush Roseland peninsula, the lighthouse was built in 1835 and can be viewed on a coastal path walk from the nearby National Trust car park.

* nationaltrust.org.uk



DOVER CASTLE ROMAN PHAROS

Kent

Take a walk around the grounds of the vast Dover Castle, and you'll come across the oldest surviving lighthouse in all of the UK. Built by the Romans around 46-50AD, the eight-sided stone pharos – set on the highest point on Castle Hill – was

originally 24m in height until a medieval renovation repurposed it as a bell tower. Today, flanked by the late Saxon church of St Mary in Castro, it's a reminder of the many layers of history in this corner of Britain.

* english-heritage.co.uk

Longstone

Northumberland

This remote beacon in the Farne Islands became famous in 1838, when the Forfarshire paddle steamer ran aground nearby. The lighthouse keeper's 23-year-old-daughter, 'Amazing' Grace Darling, spotted the wreck and rowed out to help save the survivors. She was hailed as a national heroine and awarded the Silver Medal for Bravery from the RNLI. Celebrating its 200th anniversary this year, Longstone is still in operation.

* Entry £3, trinityhouse.co.uk/lighthouse-visitor-centres/longstone-lighthouse-visitors-centre



BELL ROCK

Angus

A feat of early 19th-century engineering, this remote beacon is the world's oldest sea-washed lighthouse. Built by engineer Robert Stevenson on a dangerous sea reef east of Dundee, its base is exposed at low tide, but submerged by around 16 feet of water at its highest. Due to the difficult conditions, it took four years to build, from 1807 to 1811, and remained manned until 1988. While still in use today, it's tricky to visit – so best to see it depicted in the 1819 J.M.W. Turner painting, *Bell Rock Lighthouse*, housed in the National Galleries of Scotland.

* Free, nationalgalleries.org

HAPPISBURGH

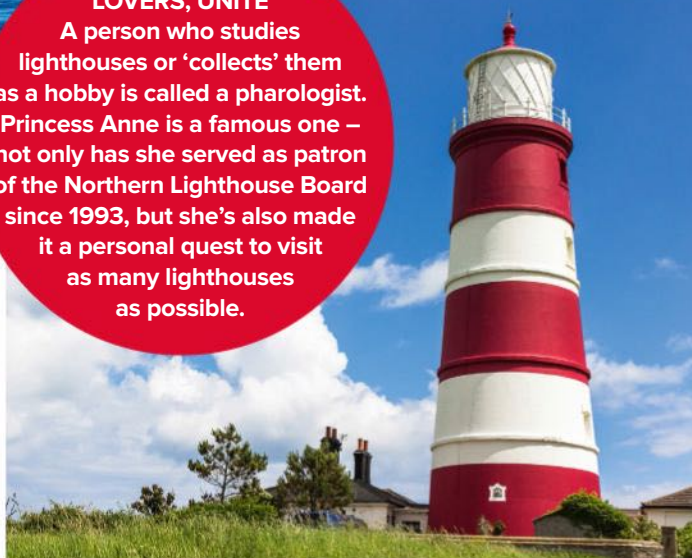
Norfolk

With its red-and-white striped frontage, this 85ft tower looks like the archetypal lighthouse. The only independently run lighthouse in Great Britain and a registered charity, it was saved from closure in 1990 by funding from the local community, and is still operated thanks to voluntary contributions. It has regular free open days, which can be viewed on the village website.

* happisburgh.org.uk

LIGHTHOUSE LOVERS, UNITE

A person who studies lighthouses or 'collects' them as a hobby is called a pharologist. Princess Anne is a famous one – not only has she served as patron of the Northern Lighthouse Board since 1993, but she's also made it a personal quest to visit as many lighthouses as possible.



Belle Tout

East Sussex

If you're wondering what it would be like to live as a lighthouse keeper, this tower near Eastbourne, which operates as a B&B, gives you the opportunity. Built in 1832 at the Beachy Head cliffs, it was in use until 1902 and was later owned by the BBC, which featured it in a 1986 television adaptation of Fay Weldon's *The Life and Loves of a She Devil*. Today, it has six hotel bedrooms, plus a lounge with panoramic views of the Seven Sisters.

* Double rooms from £210, belletout.co.uk



More energy IN MINUTES

Feeling the summer slump? Recover your vitality in an instant with these 15 tricks



BOOST YOUR MOOD

Have you noticed that when you're stressed, you feel more tired? Stress-induced emotions consume lots of energy. 'The production of these hormones contributes to depleting nutrient stores, which can also leave you feeling tired,' says nutritionist Jenna Hope. Try quick at-home relaxation therapies, such as meditation, yoga and self-hypnosis, to reduce stress and leave you energised.



Drink up

When we're dehydrated, we feel sluggish because 70% of our body is water. 'Drinking two to three litres of water a day is essential. Have a glass when you wake, before you go to bed and with a meal. Fill a reusable bottle and add fresh fruit to make it more interesting – start small and create a healthy habit,' says nutrition coach Sarah Campus (ldnmumsfitness.com).

Move your body differently

They say a change is as good as a rest, and that's true with activity too. 'Altering your workout routine can make all the difference,' says Debbie Lawes, spa manager at Riverhills Health Club & Day Spa. 'Try outdoor yoga, swap indoor workouts for cycling, or explore a new class or sport. It's a great way to stay active while also being social and meeting new people.'

GO FOR A POWER WALK

It may be the last thing you feel like doing when you're tired, but it's one of the first things you should try. The boost in blood flow supercharges energy levels. You don't need to be out for long – just 10 minutes of structured exercise will make a difference, says Sarah. You'll get a dose of the sunshine vitamin D, low levels of which can leave you feeling groggy.

ADD PRESSURE

Apply pressure to the front of your leg, four fingers' width below your kneecap, in the depression between your shin bone and leg muscle, slightly to the outside of your leg. Pressure here increases energy, according to Chinese medicine. Press your knuckles on each leg for one minute, repeating until you feel more energised.



EAT EGGS FOR BREAKFAST

Eating breakfast in the morning replenishes your glucose supply, helping boost your energy levels. Fill up on eggs first thing, as they are a great source of energy-boosting protein. 'Improving what you eat can really lead to more positive feelings, clearer thinking and calmer moods,' says Sarah.

PHOTOS (POSED BY MODELS): GETTY.
*PRINCETON UNIVERSITY



PHYSICAL RESET

Do 20 jumping jacks. It will raise your heart rate and instantly boost alertness.

Strike a pose

Dark evenings might make you want to slouch on the sofa, but it's a fast track to sleepiness. 'Correcting your posture can help get more oxygen into your body,' says physio Sammy Margo. 'Sit tall as if you have a string from the top of your head to your tail bone, with your stomach muscles pulled in and ribcage lifted. Breathe down into your ribcage and keep your legs uncrossed.' Do this for five minutes every two hours.



GRAB A HANDFUL OF CASHEWS

So busy rushing around that you forget to eat? Pack cashews for an on-the-go boost. The nuts are rich in both protein and fibre to promote satiety, says nutritionist Rob Hobson. 'They're a source of magnesium, which helps the body convert food into energy.'

Wake up your body

If you're struggling to get going in the morning, dry-brush your skin before showering to boost circulation and remove energy-zapping toxins. 'Work in small, circular movements upwards from your feet, using enough pressure so that it tingles, but doesn't hurt,' says wellbeing expert Janey Lee Grace.



BURN PEPPERMINT OIL

Peppermint keeps us focused, says natural health expert Dr Hyla Cass. Sniffing peppermint before a workout helps to stimulate muscles. Put essential oils in a burner or mix them with a carrier oil, such as almond oil.

DITCH THE CAFFEINE

It gives you an instant boost, but it can affect your sleep and therefore your energy levels in the longer term. 'Focus on daylight exposure, hydration, gentle movement and good nutrition before reaching for multiple coffees or energy drinks,' says Robert Bradshaw, superintendent pharmacist at Oxford Online Pharmacy.

TAKE DEEP BREATHS

Take five breaths (five counts in, hold for five, five counts out) five times a day – on waking, before meals and before going to bed – advises Dr Mark Hyman, author of *The UltraMind Solution* (£12.99, PB, Scribner). 'Energy depletion often comes from chronic stress, which depletes energy-giving vitamins, minerals and hormones. This resets the nervous system and creates a sense of calm.'

BRIGHT LIGHT

Step outside for five minutes, or open your curtains wide. Exposure to natural light increases wakefulness.

Have a tidy up

Being surrounded by clutter slows you down mentally, according to research*. But don't be daunted by attempting to start a full clearout – simply recycling a stack of old newspapers or popping shoes into the cupboard can help.



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IT'S A FUNNY OLD WORLD

'We celebrate sisterhood!'

THIS WEEK'S COLUMNIST Actor and singer Maureen Nolan

“I've been singing, with my sisters and as an individual, since I was nine – that's 60-plus years now – and it just amazes and astounds me that people still want to hear us sing our songs and talk about our lives. If you want longevity in show business, you need a loyal fan base – and our fans are amazing. A lot of them have grown up with us, so they are in their 70s now too!

I've been fortunate enough to have had so many fabulous highlights in my career, so it's really difficult to pick a favourite. However, in 1975, Frank Sinatra performed on tour across Europe, and we had the privilege and pleasure of being his support act. My dad had always adored Sinatra and, one night when the show was at the Royal Albert Hall, we brought him backstage to meet his idol. They shook hands and Dad was speechless for the first time in his life.

Of course, we'll forever be associated with our 1980 hit song *I'm in the Mood for*

Dancing, and I'll never tire of singing it. I think any song that still stands up after almost 50 years – and fills a dance floor – should be considered a pop classic.

After the disbandment of The Nolans, I pursued an acting career. When I won the pivotal role of Mrs Johnstone in *Blood Brothers*, I was proud and delighted, but had big shoes to fill, not only because of my sisters [Maureen was the fourth Nolan – after Bernie, Linda and Denise – to star in the role], but also from all those other actresses who played her. I think, for a woman, it's the best role in musical theatre. I used to be an emotional wreck after every performance because

Willy Russell's writing is so amazing. You have to learn how to snap out of it quickly.

I absolutely love acting and I'd jump at the opportunity to star in a lavish musical like *Sunset Boulevard*, playing the iconic role of Norma Desmond. That would be a dream come true for me.

I sometimes feel that I'm looked upon as a singer who acts – even though I've been

acting for more than 20 years at this point. I would much rather be thought of as an actress who used to sing.

Many women feel invisible after a certain age, yet they still have so much to offer.

You come to realise, though, that family is the most important thing. I'm very close to all my sisters, and Anne, Denise and I are all having the time of our lives performing together once again.

Our new Blackpool show isn't just about celebrating sisterhood, it's also about womanhood and just how invincible we can be.

'I'd love to star in *Sunset Boulevard*'

*** An Afternoon with the Nolans runs every Saturday until 3 October in Blackpool.**

For more information and to book tickets, visit houseofsecretsmagicbar.com

'My funny old week'

WHERE I'VE BEEN Along with my sisters Anne, Denise and Coleen, I attended The Pride of Éireann Awards. The event celebrates the Irish community, and we were honoured with a Lifetime Achievement Award. To be recognised for all our hard work across the six decades we've spent in show business is such an honour.

WHAT I'VE BOUGHT I found a battered old accordion – which, it turns out, is Russian – in an antiques shop. I managed to stagger home with it!

WHAT I'VE SEEN I saw my friend, Victoria, performing in the musical *Oliver!* in the West End. It was fabulous!

WHO I'VE MET My family. My brother Brian and my niece Ciara have their birthdays on the same day, so we got together for a double celebration.



Maureen (right) and her sisters at The Pride of Éireann Awards



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10 OF THE BEST

Face MISTS

Freshen up while getting skin benefits with a multitasking spray

1 BARGAIN BUY
Primark's skincare selection is massively underrated, and **PS... Hydrating Facial Mist, £2, Primark**, is a bargain that really works. Formulated with organic rose extract and vitamin E, this hydrating mist works to soothe and nourish skin. Use after cleansing and before your serum each day.

2 GLOW-GETTER
St Tropez Self Tan Purity Face Mist, £24, Boots, makes giving your face a glow up quick, easy and mess free. The feather-light spray hosts a cocktail of skin-loving ingredients to inject hydration, all while building up a believable bronze over time that lasts for days without having to top up.

3 SOOTHING SAVIOUR
Avène Thermal Spring Water Spray, £10, Boots, is a calming formula blended with fresh spring water. It's suitable for all skin types, gentle on sensitive complexions, and immediately calms, soothes and refreshes. On hot days, keep it in the fridge for an extra-cold hit to cool your skin in an instant.

4 BARRIER BOOSTER
Your skin's barrier is the secret behind healthy-looking skin, so look after it with the help of **Byoma Balancing Face Mist, £11.99, Boots**. This affordable skincare staple contains a tri-ceramide complex to protect skin's barrier, with probiotics to balance pH levels, keeping your complexion happy and healthy.



From only £2!

10 BRIGHT BASE
With **Pixi Vitamin Wakeup Mist, £16, lookfantastic.com**, you can encourage a brighter, more radiant complexion in just a few sprays. The mist is enriched with a blend of citrus fruit extracts and lavender to energise your complexion. We love the zingy scent too – it gives us a boost in the morning.

9 SUN SHIELD
It's so important to reapply your sunscreen every two hours, and **La Roche-Posay Anthelios Anti-Shine Sun Protection SPF50+ Face Mist, £19, Boots**, makes it easy. You can use it under or over make-up, and the non-greasy formula means you can use it on the face, neck, shoulders and scalp too.

8 READY, SET, GO!
We love a multitasking beauty product, and **Revolution Superfix Hydra Cool Dewy Fixing Mist, £11.99, Boots**, works as both a cooling face mist and a hard-working setting spray for make-up. It's formulated with aloe vera, coconut water and hyaluronic acid, to soothe, soften and set make-up for easy all-day wear.

6 BEDTIME BLISS
Mario Badescu Facial Spray with Aloe, Chamomile and Lavender, £8, Boots, forms a perfect part of your evening skincare routine, as it contains a relaxing blend of plant extracts to calm your skin and senses. Use it after cleansing to soothe skin while also sending you into a sleepy state.

5 SUPERFOOD SPRAY
Treat your skin to a hit of complexion-caring ingredients, including coconut water, rooibos tea and kefir in **Eleemis Superfood Kefir Multi Mist, £29, Boots**. Smelling just like a spa day in a bottle, this refreshing mist feels lovely against the skin and also calms your mind at the same time. Win-win!

7 CELEBRITY FAVOURITE
Used and loved by A-listers, including Lady Victoria Beckham, Margot Robbie and many more, **Caudalie Beauty Elixir Face Mist, £36, lookfantastic.com**, is a classic for a reason. The botanical blend moisturises, purifies and leaves your skin with a radiant, dewy glow. Plus, the smell is just heavenly.

FASHION solutions

Woman's
Weekly
BEAT THE
HEAT

Stay sun smart and keep your cool in the high temperatures with buys that work hard for you

UV-PROTECTION SWIMWEAR

Did you know that you can buy swimwear that provides UPF 50+ protection? These swimsuits are made from specially designed fabric that blocks harmful ultraviolet (UV) rays from reaching the skin, helping to reduce the risk of sunburn and long-term skin damage.



£40, sizes 8-20,
Regatta



£40, sizes 6-20,
Next



£89, sizes 4-22,
Boden



£36, sizes 6-24,
Goodmove at M&S

Tummy
Control

Dress, £30,
sizes 10-24,
and shoes, £16,
both Autonomy
at Bonmarché

AIR- FLOW DRESSES

When the heatwave hits, the last thing you need is tight, clingy synthetic fabrics that will make you sweat even more. Instead reach for lightweight, breathable materials such as cotton and linen, which allow air to flow freely around the body. Both fabrics absorb sweat, helping to regulate your body temperature.



£32.99, xs-xxl,
H&M



£28, sizes 10-28,
Bonmarché



£129, sizes 4-22,
Boden



£99, sizes 6-24,
White Stuff

Linen
blend



T-shirt, £16, and trousers, £22, both sizes 10-24, and shoes, £16, all Autonomy at Bonmarché



STAPLE T-SHIRTS

The classic tee provides an easy, stylish solution for those who don't want to wear thin straps, or are worried about burnt shoulders. Choose linen or cotton blends to keep you cool, and pair with floaty wide-leg trousers for a relaxed summer look.



£8, sizes 6-24, George at Asda



£27, sizes xs-xxl, Apricot



£45, sizes xs-xl, Hobbs

100% cotton



£29.95, sizes 10-28, Seasalt

MODEST SHORTS

Wearing shorts can be a daunting prospect for many. Thankfully, the high street has answered our prayers this summer, with a chic selection of longer-length styles, otherwise known as Bermudas. Cool, comfortable and flattering, they look effortlessly cool belted at the waist, paired with a linen shirt and strappy sandals.



£89, sizes 8-18, Phase Eight

Matching waistcoat available



£27, sizes 6-24, M&S



£12, sizes 8-22, Matalan



£16, sizes 6-24, George at Asda

Hobbies THAT HEAL

Not just a chance to try something new, they helped these three women through hard times

'Performing is incredibly cathartic'

Josephine Lacey, 58, is a comedian. She lives in London and has three children, aged 37, 33 and 19.

I've always been able to help family and friends see the funny side of life, so when I came across a six-week comedy course at the Comedy School in London in 2008, I decided to give it a go. Our final session, in October 2008, was a showcase for family and friends, and at that point, it was just a therapeutic hobby.

I loved my job managing a St Mungo's homeless shelter, but you can only do so much continual caring on a daily basis before you are burnt out. And alongside being a single mum with three children, one of whom is autistic, I was spreading myself too thinly and losing my love for the job.

I needed to be there more for my son, Calum, now 19, so I handed in my notice and officially left the role in 2010, becoming a full-time stay-at-home mum. Meanwhile, I kept up with the new hobby I'd discovered, and in August 2010, I went to Edinburgh for a week and participated in various open-mic nights. I was charging around, doing five or six gigs a day, and loved it. I was 42 and had to secure my son's future, so I took the plunge and decided that comedy would be my career.

Most mothers expect to help guide their child through puberty, but when your child is autistic, it's a whole different

'I was doing five or six gigs a day'

story. I wrote Autism Mama during lockdown, and it's a show from the heart. I perfected it as I went along, often performing for free, as it was a work in progress. But my audience grew with me and Autism Mama debuted in London's Soho Theatre in 2022, and it's still going strong.

The daily challenges and resilience needed to be an 'autism mama' gave me the courage to be a comedian. Performing is incredibly cathartic for me, and I have been deeply touched by the reaction of a whole host of people whose lives have been touched by autism.

*** Josephine will be performing Autism Mama at The Top Secret Comedy Club, Holborn, London, on 20 September.**

Josephine has always seen the funny side of life



Bonnie says that skating saved her life



Gill was worried she didn't have the coordination for Nordic walking

'Nordic walking helped me move in a positive direction'

Gill Batty, 61, lives in Northampton. She has two adult children aged 34 and 30.

'That's it?!' I gasp. The six miles have passed in a flash – I've been lost in the movement of my feet and walking poles, and distracted by the gorgeous scenery.

I've been Nordic walking – full-body walking with poles – for nine years, and it has been truly life-changing. I came across the sport in 2017 at a wellbeing event. At the time, my life felt a little empty. My youngest daughter, Sarah, now 30, had left for university, and although I worked full-time as a nursery nurse, I needed something else to fill my free time.

I spoke to representatives from WALX, a partner of Age UK's Act Now, Age Better campaign, who run the Nordic walking group Heart of the Shires, and they offered me a free session. That first time, I was nervous. What if I didn't have the coordination? But the group coach, Helen, supported me throughout and, after a time, I found my rhythm.

We currently walk twice a week: three miles midweek and six at weekends. Helen will check new routes beforehand, meaning that there are no surprise encounters with

bulls! The country locations are beautiful; places I'd never have visited otherwise. I'm a lot fitter than I used to be and definitely notice the difference if I ever have to miss a session.

I've taken on challenges – walking 1,000 miles to raise money for a neonatal unit in 2023, and the same year, when I visited

New York with my husband, I was able to avoid the subway and explore the city on foot.

In February 2025, when I left work to support my father through dementia until his death in September, the group

was a lifeline. The exercise kept my mental health on track, and it was wonderful knowing that I'd always have someone to talk to. I've made some close friends along the way, with whom I meet up regularly. Nordic walking definitely helped me to move in a positive direction.

*** Age UK's Act Now, Age Better campaign combines sport, physical activity and movement to encourage midlifers to be more active and live their best later life. Find out more at ageuk.org.uk/actnow**

'I'm a lot fitter than I used to be'



'Skating inspired me to embrace life again'

Retired lawyer, Bonnie Han, 73, lives in west London. She has a grown-up daughter, Milo, 41.

What do you do when you're approaching 60? Get your Freedom Pass? I learnt to skate, and it has taken me all over the world. I was at home one evening in 2009, minding my own business, when I heard music and partying outside. There were hundreds of roller skaters whizzing past my window, having a party on wheels. Their energy was magnetic.

So, over the next three years, I had some one-to-one skating lessons. There were lots of bumps along the way, but I wouldn't be beaten. I was up at 6am every morning, hoping to practise in privacy, skating up and down the long concrete path behind my house. But you'd be surprised – there are quite a few peeping Toms up at that time!

One of them was a young skater who, impressed with my determination, showed me the correct moves. 'Boy, lady,' he said a few weeks later, 'You've improved.'

I tried joining a skating group, but was thrown out three times for being too slow. Unperturbed, I made contact with a PhD student who was looking for a skating buddy. Other skaters joined us, and our group grew. Practice really does make perfect because I'm now one of the oldest long-distance marathon skaters around, and I have the medals from the Berlin marathon to prove it.

In September 2013, at the age of 60 – and just four years after I started to learn to skate – I took part in the BMW-Berlin Marathon Inlineskating, where I got a world

ranking in my age category for coming 18th out of 36 skaters. After that, I got the opportunity to participate in more races, including one in Finland in 2017, where I skated 400km over five days.

I can honestly say that skating saved my life. My husband died at the age of

48; then, around 10 years later, I lost my precious son to suicide when he was just 23. My world had imploded. I felt like a failure as a wife and

a mother, but I knew I had to survive for the sake of my daughter, Milo, now 41.

Skating inspired me to embrace life again, and now I can't imagine my life without pulling on a pair of skates. I call my skates my Freedom Pass! It's never too late to take up a new challenge.

'It has taken me all over the world'

Holiday HITS

Take your taste buds to the Mediterranean

Grilled pork, peach and tomato salad

A zingy basil dressing ties everything together in this seasonal sensation.

SERVES 4

PREP 20 mins, plus marinating

COOK 15-20 mins

- * 500g pork fillet
- * 1tbsp honey
- * ½tbsp lemon juice
- * ½tbsp wholegrain mustard
- * 1tsp fennel seeds
- * 2 peaches, each cut into 8 wedges
- * 3-4 large vine tomatoes, sliced
- * 60g bag rocket
- * Small bunch basil, leaves picked
- * 30g Parmesan, shaved with a peeler

FOR THE DRESSING

- * 75ml olive oil
- * 2 garlic cloves
- * Handful basil leaves
- * Juice ½ lemon

COOK'S TIP

Bring the pork to room temperature before grilling to ensure it cooks evenly. The internal temperature should read 65C on a digital probe when it's done.

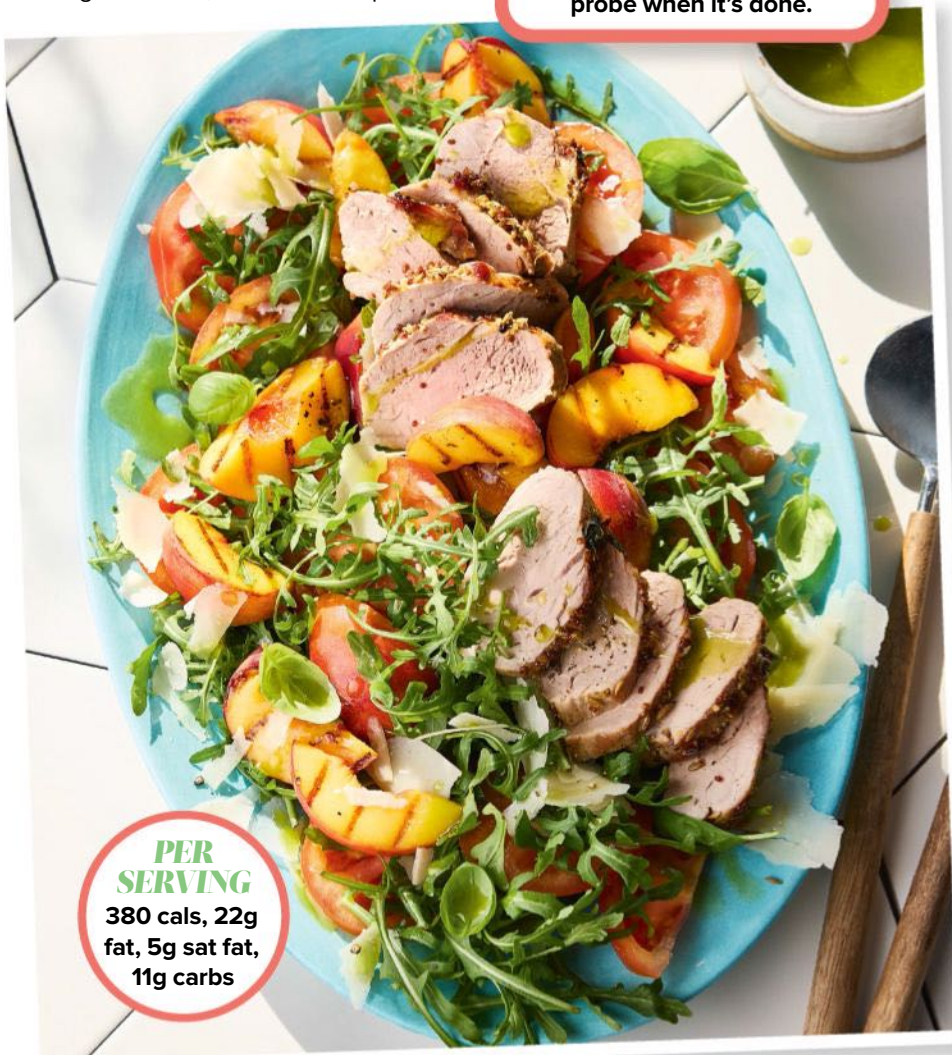
1 In a bowl, mix together the pork, honey, ½tbsp lemon juice, mustard, fennel seeds and a big pinch of salt. Cover and set aside for 30 mins, or chill for up to 12 hrs.

2 Whizz all the dressing ingredients in a small food processor until smooth. Season and set aside.

3 Heat/light the barbecue. Grill the pork over medium/indirect heat for 15-20 mins, turning regularly, until cooked through. Alternatively, cook under a medium-hot grill on a foil-lined tray, turning regularly. Set aside to rest for 10 mins.

4 Meanwhile, drizzle the peaches with a little olive oil. Grill for about 5 mins on each side until lightly charred, then arrange on a platter with the tomatoes. Season well, then toss with the rocket and basil leaves.

5 Slice the pork and arrange on top of the salad. Drizzle over any resting juices, the dressing and Parmesan shavings.



PER SERVING

380 cal, 22g fat, 5g sat fat, 11g carbs

Loaded olive oil dip

Infuse good oil with flavours of the Med for an impressive nibble.

SERVES 8-10

READY IN 10 mins

- * 10tbsp extra virgin olive oil
- * 3tbsp pomegranate molasses
- * 1 garlic clove, grated
- * 60g olives, pitted and chopped
- * 1tsp Italian herbs
- * ¼tsp red chilli flakes
- * Small handful parsley, chopped
- * 10g Parmesan, grated
- * 4 sun-dried tomatoes, chopped

1 Mix all the ingredients in a large shallow bowl with a pinch of salt. Serve immediately or let it sit for a few minutes to allow the flavours to blend.

**PER
SERVING**

(for 10)

236 cals, 6g fat,
1g sat fat,
39g carbs**Overnight
focaccia**

This no-knead bread is easy to make, and is the perfect partner for dips and deli treats.

SERVES 8-10**PREP** 10 mins, plus overnight proving**COOK** 30 mins

- * 500g strong white bread flour
- * 4g (1½tsp) fast-action dried yeast
- * 15g fine sea salt
- * Glug extra virgin olive oil, plus extra for oiling and drizzling
- * 1-2 sprigs rosemary, leaves stripped
- * 200g pitted green olives
- * Flaky sea salt, for sprinkling

YOU WILL NEED

- * Approx 20x30cm roasting tin or a large cast-iron frying pan

1 In a large bowl, combine the flour, yeast and salt. Mix in 350ml tap water to make a sticky dough; cover and set aside at room temperature for 12-16 hrs. The dough rises dramatically, so ensure that the bowl is around 4 times bigger than the initial dough volume.

2 The next day, grease the roasting tin with oil. Add the dough and, with oiled hands, coax it out to fill the dish; cover and set aside for 1 hr. In a small bowl, mix a glug of oil with the rosemary and olives.

3 Heat the oven to 180C Fan/Gas 6. Once the dough has risen, top with the rosemary, olives and oil, pressing the olives and rosemary into the dough, prodding all over to create deep divots. Sprinkle over the sea salt and bake for 30 mins.

4 While the focaccia is warm, remove it from the tin and set aside to cool.

COOK'S TIP

Making the dough one day ahead will improve the flavour and texture. >>

**PER
SERVING**

(for 10)

132 cals, 13g fat,
2g sat fat,
4g carbs



PER SERVING
600 cals, 57g fat, 12g sat fat, 10g carbs

Confit leeks with whipped feta and crispy butter beans

These tender, melt-in-the-mouth leeks will work on their own or as part of a larger meal.

SERVES 6

PREP 15 mins

COOK 1 hr

- * 8 baby leeks, trimmed
- * 400g tin butter beans, rinsed, drained
- * 6 large garlic cloves
- * 400ml extra virgin olive oil
- * 100g feta
- * 250g thick yogurt
- * Zest and juice 1 lemon
- * Small handful basil, roughly chopped, plus extra leaves to garnish

1 Heat the oven to 160C Fan/Gas 4. Soak the leeks in a large bowl of cold water to remove any grit. Drain and pat dry. Arrange in a medium roasting tin with the beans and 3 garlic cloves (make sure the tin is suitable for the hob). Pour over the oil. Warm on a medium heat until the oil bubbles, then cover and cook

in the oven for 1 hr until the leeks are tender.

2 Meanwhile, whizz the feta with 50g yogurt until smooth. Transfer to a bowl and stir in the remaining yogurt with the lemon zest, then season with salt and pepper.

3 Set aside the cooked leeks and beans, reserving the oil. Mash the cooked garlic into a paste, then stir into the feta yogurt.

4 Heat 3tbsp of the reserved leek oil in a small frying pan. Thinly slice the remaining garlic cloves and gently sauté over a low heat until golden. Remove from the heat and stir in the lemon juice, chopped basil and a pinch of salt.

5 Spoon the feta yogurt on to a serving platter. Arrange the leeks and beans on top; drizzle with the oil and garlic. Serve immediately, garnished with basil leaves.

COOK'S TIP

Use leftover oil in salad dressings for up to one week, keeping it chilled.

Pistachio ice cream

Olive oil adds depth to the flavour, creating a smooth, creamy texture.

SERVES 8

READY IN 30 mins, plus freezing

- * 2 basil leaves
- * 100ml extra virgin olive oil
- * 300ml double cream
- * 75g pistachio cream
- * 250g ricotta
- * 397g tin condensed milk
- * Olive oil and pistachios, to serve

YOU WILL NEED

- * A freezable plastic container or large loaf tin

1 Blanch the basil in boiling water for 10 seconds, then refresh under a cold tap. Dry and add to a small food processor with the oil. Whizz until smooth; strain.

2 In a bowl, whisk the cream and pistachio cream to medium peaks. In a separate bowl, mix the ricotta, condensed milk and basil oil until smooth.

3 Fold half the cream mix into the ricotta mixture; fold in the remainder, then pour into the container. Press a sheet of baking paper on top and freeze for at least 5 hrs.

4 Put 2 scoops into each bowl, drizzle with olive oil and scatter with pistachios, if liked, to serve.

COOK'S TIP

This will keep well in the freezer for one to two weeks.

PER SERVING
526 cals, 42g fat, 19g sat fat, 28g carbs



PER
SERVING477 cals, 28g
fat, 10g sat fat,
46g carbs

Whole orange cake

A zingy orange drizzle cake that's naturally gluten-free.

SERVES 10

PREP 45 mins

COOK 2 hrs

- * 3 seedless oranges
- * 125ml extra virgin olive oil
- * 300g caster sugar
- * 3 medium free-range eggs
- * 100g ground almonds
- * 150g express polenta
- * 1tsp baking powder
- * 250g mascarpone
- * 3tbsp icing sugar
- * 1tbsp amaretto
- * 2tbsp milk
- * 3 figs, sliced

YOU WILL NEED

- * 20cm springform cake tin, fully lined

1 Put 2 oranges in a pan and cover with cold water. Simmer, covered, for 1 hr.

2 Heat the oven to 160C Fan/Gas 4.

Cool the oranges briefly, then roughly chop. Weigh 300g of the flesh and skin into a food processor and whizz to a rough pulp. Add the oil, 250g caster sugar and the eggs, and whizz until combined.

3 Add the ground almonds, polenta and baking powder, then pulse together. Pour the mixture into the cake tin and bake for 1 hr, or until a skewer inserted into the centre comes out clean.

4 Meanwhile, squeeze the juice from any remaining cooked orange and top it up to 100ml with juice from the

orange. Put in a pan with the remaining 50g caster sugar. Bring to a boil, then simmer for 3 mins. Set aside to cool.

5 While hot, prick the cake all over with a skewer. Drizzle over 5tbsp of the syrup. Cool the cake in the tin for 15 mins, then transfer to a wire rack to cool completely.

6 Beat the mascarpone until smooth. Add the icing sugar and amaretto, and whisk to firm peaks. Fold in the milk, then spread over the cake with the figs and the remaining syrup.

COOK'S TIP

Make the cake up to the end of step 5 several days ahead, then decorate on the day of serving.

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Photo: RNLI/Nigel Millard

The Royal National Lifeboat Institution (RNLI), a charity registered in England and Wales (209603), Scotland (SC037736), the Republic of Ireland (CHY 2678 and 20003326), the Bailiwick of Jersey (14), the Isle of Man (1308 and 006329F), the Bailiwick of Guernsey and Alderney, of West Quay Road, Poole, Dorset, BH15 1HZ

J261709000

Turn down the VOLUME

Dealing with noisy neighbours can be stressful, but there are ways to restore the peace

Noise from an Airbnb rental? Report it directly to the property owner or booking platform as well as the council.

Summer should be a time for relaxing outside and sleeping with the windows open. But for many, it means coping with noisy neighbours. From late-night parties and children shrieking to endless DIY, noise can feel impossible to escape. According to the Chartered Institute of Environmental Health, local councils in England and Wales receive around 840 complaints a day*. While city living causes the most friction, numbers are on the rise for newer culprits, such as short-term holiday lets. No wonder that for 60% of us, keeping the noise down is the most important quality we look for in a neighbour**.

What is noise nuisance?

Most of us tolerate a reasonable amount of everyday noise. But if it's excessive, interferes with the enjoyment of your home or affects your health, it may be classed as a 'statutory nuisance' under the Environmental Protection Act 1990, and action can be taken. Typically, noise nuisance might be loud music, persistent shouting, excessive dog barking, frequent late-night gatherings or prolonged DIY.

DON'T SUFFER IN SILENCE – TRY THESE FIVE STEPS TO TACKLE THE PROBLEM

1 Talk to your neighbour If you feel safe doing so, contact your neighbour verbally or in writing. Explain calmly how the noise affects you, as they may be genuinely unaware of the impact they're making.

'Address things as they arise rather than erupting with a back catalogue of misdemeanours,' advises psychotherapist Zara Kadir.

'Describe how you feel rather than what the other person did. You might start with "There's something I've been wanting to address, and I hope that we can reach a mutual understanding".'

2 Don't retaliate Resist the temptation to fight fire with fire. If you get into a tit-for-tat situation, it can quickly get out of control, says Asbhelp.co.uk, a charity supporting victims of antisocial behaviour. Retaliation may also undermine your case later on.

3 Keep a record Note when the noise occurs, how long it lasts and how it impacts you. A detailed noise diary can provide valuable evidence if you need to take the matter further.

4 Consult a third party Community mediation offers a neutral, confidential way to resolve

disputes. Some councils and housing associations offer the service for free, or you can find accredited mediators via the Civil Mediation Council.



5 Contact your local authority If an informal approach fails, contact your council's environmental health team. Many use the Noise App, which lets you record and submit evidence from your phone. If the council thinks the noise is a statutory nuisance, they can serve a stop notice. Ignoring this can result in fines or prosecution. Noise between 11pm and 7am is treated particularly seriously. Some councils operate out-of-hours services or, in urgent cases, contact the police on 101.



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Your wellbeing

LATEST HEALTH SOLUTIONS FOR YOUR MIND AND BODY

3 WAYS TO...

Stop thrush

1 STAY DRY Wet swimsuits or sweaty shorts trap heat and moisture, disrupting the balance of bacteria and potentially leading to irritation or infections. 'Change as soon as possible after exercise or swimming to keep your intimate area dry,' says GP Dr Nisa Aslam.

2 RESTRICT ALCOHOL It can create the perfect environment for thrush to thrive. 'Keep your intake of refined carbs and sugar low,' says Dr Aslam. 'Foods such as sweets, pastries, biscuits, crisps and even sugary cocktails can disrupt your vaginal microbiome.'

3 TRY PROBIOTICS These can restore your body's natural microbial balance. Eat yogurt, kimchi or kombucha. Or try PrecisionBiotics Daily Women's Flora, with 5.5 billion live bacteria to help support your vaginal microbiome. £19.99 for 30 capsules, precisionbiotics.co.uk.



MY HEALTHY LIFE



Geeta Vara is an Ayurvedic practitioner.

My go-to remedy

Rest. We live in a culture that encourages us to constantly push through, but if there is one thing

Ayurveda has taught me, it's that simply slowing down can be the most powerful medicine. If I'm feeling run-down, I fill my cup with spiced turmeric milk, have a simple, nourishing plant-based meal and, most importantly, get an early night. Sometimes I just need some restoration time and trust my body to recover.

My favourite meal

A simple home-cooked Indian meal of dal, rice and seasonal vegetables with plenty of spices for flavour. I just love it – it's so comforting and deeply nourishing. Some of my happiest memories still today are those gathered around a table sharing food with family and friends. I think meals always taste better when they're freshly prepared with love and eaten slowly, with good company and gratitude.

How I keep fit and healthy

I focus less on fitness and more on rhythm. Regular movement, strength training, yoga and walking, as well as restorative sleep, all play a role in my wellbeing. Ayurveda teaches us that health is built through small habits done consistently. I'm much gentler



with myself nowadays, and more about sustainable energy and resilience than perfection or following fitness trends.

My perfect day

It's almost always an early start, a cup of warm water with some morning sun exposure after my cleansing rituals – tongue scraping, oil pulling, breathwork, movement and meditation. I love to pause for lunch and take a walk in the woods – sometimes, I use my walks to connect with friends over the phone or listen to a podcast. This feels regulating and nourishing for me. I have a bedtime alarm set for 9.15pm, so I can have a warm, candlelit shower and get to bed by 10pm.

WHAT'S THAT?

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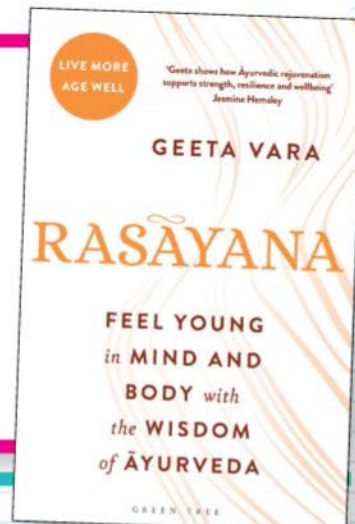
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New read

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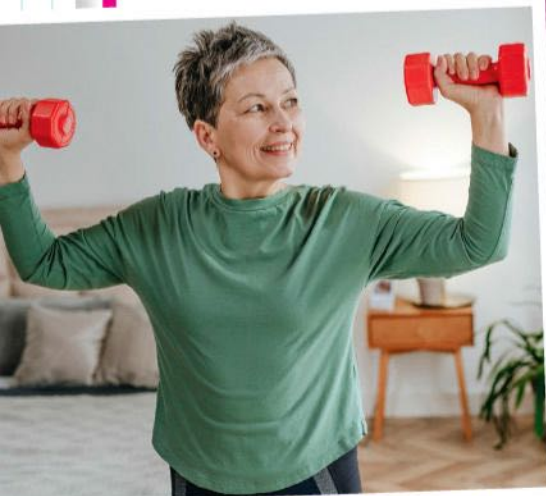


Doctor Gill

ADVICE FROM OUR WOMAN'S WEEKLY DOCTOR

Muscular strength in older women

Higher grip strength and better chair stand performance were associated with lower all-cause mortality in a study of 5,000 women aged 63 to 99 years, over eight years of follow-up. Women in the top quarter of strength distribution had a 30% lower mortality risk than those in the bottom quarter, even after allowing for physical activity, sedentary time and walking speed. This suggests strength activities are important in preventing health decline.



NEW PILL FOR PANCREATIC CANCER

A pill has been found to almost double the survival time for advanced pancreatic cancer patients, preventing its spread by locking on to and shutting off the mutated KRAS gene, which is present in over 90% of pancreatic tumours and promotes cancer growth. The drug, called daraxonrasib, is a breakthrough in managing a disease that has the highest mortality rate of all major cancers. Daraxonrasib also caused fewer side effects than chemotherapy.

Coping with... ENDOMETRIOSIS

This is when cells similar to those in the lining of the uterus grow elsewhere in the body

The condition is different for everyone. Endometriosis usually occurs in areas around the womb, such as the ovaries, fallopian tubes and pelvic lining, but it can sometimes also affect organs, such as the bladder and bowel.

Rarely, it occurs outside the pelvis, such as in the chest. It's not known what causes endometriosis and there is currently no treatment to cure it, but it may help ease symptoms, such as pain. Symptoms happen when patches of endometriosis break down and bleed within your body, usually at the time of your period. These include severe period pain and heavy periods.

Other symptoms may occur at any time, such as lower abdomen, pelvic or back pain, pain when you poo or pee, or during or after sex, and extreme tiredness. Less commonly, pain or bleeding occurs in other areas, such as in the chest, causing breathlessness or even coughing blood. Endometriosis can reduce your fertility and may also result in

low mood or anxiety. See a GP if you

think you might have endometriosis.

Because the symptoms can be similar to other conditions, such as fibroids, pelvic inflammatory disease or irritable bowel syndrome, endometriosis can take a long time to diagnose, and you might need to take several different tests. Your GP will ask about your symptoms and

'It may also result in low mood or anxiety'

Possible treatments

*** MEDICINES** Often the first stage of treatment, these include painkillers, such as paracetamol and ibuprofen, or hormones, such as the combined contraceptive pill or other medicines that can prevent monthly bleeds.

*** FERTILITY ISSUES** If you are trying to get pregnant, you will not be given hormones. But if endometriosis is affecting your ability to have children, surgery may be an option.

*** SURGERY** If other treatments aren't working, you can have abdominal surgery to remove areas of endometriosis or fluid-filled sacs (ovarian cysts) caused by it.

*** ADVANCED SURGERY** Your surgeon may suggest removing your womb (hysterectomy) or ovaries (oophorectomy), or even removing part of your bladder or bowel, if endometriosis is affecting these too.

whether there's a family history. They may ask to do a physical examination, including an internal vaginal exam, to check your abdomen and pelvic area.

If they think you have endometriosis, your GP may refer you to a specialist (gynaecologist) for further tests and offer medicines to help relieve symptoms. Tests include an ultrasound scan (on your tummy or inside your vagina) or an MRI scan of your pelvis. The specialist may offer a laparoscopy (where a camera is passed



through a small cut in your tummy) to confirm the diagnosis and possibly remove areas of abnormal tissue causing problems.

If treatment isn't working, you may be referred to a specialist endometriosis service. You may have long-lasting symptoms for many years. However, they usually stop after menopause, although it is still possible to experience symptoms after menopause. Treatment and support are also available for other problems caused by endometriosis, including advice on ways to manage long-term pain and extreme tiredness (fatigue), referral to a fertility specialist if needed, or mental health support if you have low mood or anxiety.

*** Visit endometriosis-uk.org (helpline 0808 808 2227) or the Royal College of Obstetricians and Gynaecologists (rcog.org.uk) for further information.**

True or false?

Melanoma tumours can grow inside the eye

True. There are several types of eye cancer, but the most common is melanoma, which occurs in the colour (melanin) containing cells of the body, such as the skin or iris. You may not initially notice symptoms, but always report changes in vision, shape or colour of the eye, irritation, red eye or chronic conjunctival inflammation. The optician can photograph or scan the whole eye, including the back.

4 FIXES FOR...

Bed-wetting in children

1 FLUID INTAKE Give your child enough water, but avoid caffeinated drinks (cola, tea and coffee), which make them pee more. Use waterproof covers on their mattress and duvet.

2 REGULAR TOILET USE Make sure your child goes to the toilet regularly, around four to seven times daily, including just before bedtime. Try to avoid waking them at night.

3 POSITIVE REWARDS Agree on rewards, such as stickers, every time the child uses the toilet before bed. They can learn to remake their bed.

4 DON'T PUNISH It's not their fault and can make bed-wetting worse. The GP may suggest a bed-wetting alarm, medication or specialist referral. Find more advice at eric.org.uk/childrens-bladders/bedwetting.

Q Why do I always feel so groggy in the morning nowadays?

A Not feeling refreshed after a night's sleep can have many causes. The most common ones link to poor sleep habits and an unhealthy lifestyle. Sleep is vital for our bodies to function normally; chronically disturbed sleep is the biggest factor in not waking up refreshed. Alcohol or recreational drugs make you drowsy, but have pronounced effects upon REM sleep. Withdrawal is also often associated with sleep disturbances and unpleasant dreams.

Other factors may include dehydration, being overweight (causing obstructive sleep apnoea), age-related causes such as joint pains, getting up often to pee, plus ongoing symptoms such as breathing

problems and anxiety or depression.

Medications for chronic conditions can also disturb sleep. Common culprits include antihistamines, muscle relaxants, benzodiazepines, antidepressants and opioid pain medications. Keep the bedroom cool and dark, don't use blue light gadgets before sleep, consider your mattress and pillow comfort, and do breathing and stretching exercises in bed before getting up.



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Here to help

LET COUNSELLOR KEREN LIGHTEN YOUR LOAD

He's too young for her

Q I'm in my early 70s, and I have three children in their 40s. One of my close friends, who recently turned 70, is dating a 40-year-old man, and I've found myself appalled by her. I'd be furious with my sons if they were dating someone nearly my age. I want to be happy for her, but I'm cross. She has suggested that my husband and I meet her and her boyfriend, but I need to explain why I have to say no.

Hilary, Dunstable

A It's natural to feel conflicted when a close friend makes a choice that challenges your own values or expectations. A 30-year age gap can feel uncomfortable, especially when you imagine the same situation involving your own children. But your friend is an adult, making her own decisions, and these need to be honoured. Have a chat with her, explaining that you care for her but don't feel ready to socialise as a foursome yet. You can still meet her one-to-one and keep the friendship strong without pretending you're comfortable.

She's always around

Q My sister works near my house and often drops in on her way home from work. This usually coincides with our dinner, and so she invariably stays and eats with us. I'm cooking her evening meal most days of the week. I find it both intrusive and expensive. I don't want to stop her from visiting, but I would like her to choose another time.

Gillian, Arundel

A It's completely reasonable to feel torn: you enjoy seeing your sister, but the timing and cost of her visits

Help! I'm always exhausted

Q I'm constantly tired and overwhelmed, no matter how much I rest. I keep pushing through because life doesn't really allow me to stop, but it's starting to worry me. I can't tell if this is stress, hormones or something more serious. Part of me knows that I should get it checked, yet I feel scared to go to the doctor in case they find something bad. I'm stuck between wanting reassurance and fearing what I might hear.

Jacqueline, Luton

A What you're describing is common, and that constant push-through can mask what your body is trying to tell you. Fear of bad news is powerful, but uncertainty often creates more anxiety. Seeing a doctor doesn't mean that something serious is wrong; it's a way of understanding what's happening and ruling things out. Fatigue and

have become a strain.

Patterns like this often develop gradually, and it's only after a while that you notice the effect it has on you. Sit down and talk to her – explain that you love her popping in, but dinner time is difficult because you're already juggling the meal, and it's become expensive. Ask her if she can think of another time that might work and find an alternative that suits you, perhaps later in the evening. Or maybe arrange a specific night for dinner together. Most people adjust easily once expectations are clarified.

How do I tell them?

Q My family have a genetic condition that affects about half of us. People become ill in their 50s, and are less and less able to manage their lives. I am in



anxiety can be overwhelming, and can come from manageable causes: stress, burnout, hormonal changes, sleep issues or poor nutrition. Left unchecked, even minor issues can feel much bigger. It may help to reframe the appointment as a chance to gather information rather than a diagnosis – it's about taking control, not inviting bad news. You could start small: book a basic check-up or write down your symptoms. In the meantime, notice how much you're asking of yourself. Taking that first step could bring more relief than you expect.

my early 50s and seem to be all right so far. I don't know what to say to my children, who are now teenagers, as this may affect them. You can have a test for the condition, but I'm not sure I want to put them through this just yet. **Name and address withheld**

A It's understandable that you're struggling with how to handle this. Living with the possibility of a hereditary condition creates a lot of uncertainty. I would talk to a genetic counsellor to get their advice on how you should manage this, and arrange for support for your children if you decide to tell them. Explain that the condition exists in the family and that there are tests available, but taking one is a personal choice that shouldn't be rushed. Reassure them that you are monitoring your own health and will keep them informed.

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.



Chartwell yarn dye cotton towels, from £6 for a hand towel, Dunelm

Printed scallop-trim lampshade, £19.50, M&S



Try the trend



Artificial alocasia in planter, £7, Primark

Garden PARTY

Create this outdoor-inspired look with fresh greens and elegant florals



Leaf green ceramic plant pot, £29.50, Oliver Bonas



Ralph lime blossom wool throw, £83, Country Mouse



Clipsham accent chair in Hedgerow Green Ashstead damask, £399, Laura Ashley



Framed bracken leaf print, £60, Cox & Cox

3 OF THE BEST...

Cushions



Linen-blend cushion cover, £9.99, H&M Home



Mursenap cushion, £16, Ikea



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Joules Gilmorton four-seater sofa in Gilmorton Plain Aqua with cotton contrast piping, £1,599, Agnes coffee table in faux travertine, £499, Nia round side table in oak, £299, Kuza medium rug in green, from £249, Joules, Porthleven scatter cushion in Porthleven stripe Emerald, £59, and Zanetta leopard velvet scatter cushions in Moss, £49 each, all DFS; other items, stylist's own



STYLE TIPS

1 NATURAL NEUTRALS
Take inspiration from your garden for this simple colour scheme. A palette of serene off-whites and variety of soft green shades will bring a subtle warmth to your home.

2 CREATE CONTRAST

Counter the flowing, natural elements of this look with robust furniture in high-shine marble and ribbed wood finishes.

3 WHIMSICAL WALLS

Feeling bold? Why not zhuzh up plain walls with a statement wallpaper or mural? Opt for a neutral base, then choose trailing florals and climbing botanicals to carry the theme across every surface of your space.

Coleby petals hedgerow rug in green, from £465, Laura Ashley



Fern bedding set, from £20, M&S



Artificial florals in ceramic vases, £30 for three, Next



Ceramic trinket dish, £16.95, Rex London



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Out on A LIMB

When Diane was injured, her GP made a startling suggestion

Isn't Caleb joining us for lunch?' I asked as Clare placed two bowls of steaming curry on the table.

'No, he's out with friends.'

Caleb was Clare's 15-year-old son. Just a few years ago, he'd have rushed to greet me. But now he remained ensconced in his bedroom, glued to some game on his Xbox. He emerged only for meals, answering my questions about school in words of one syllable.

'That's great!' I said. Seeing friends was preferable to being alone in his room, eyes fixed on a screen.

But Clare shook her head. 'I'm not so sure about that, Diane. He's gone into town with these friends to do parkour.'

'Parkour?' I gasped, my forkful of curry suspended mid-air. 'That's that mad thing where they jump across rooftops or do backflips on balcony ledges, isn't it?'

My heart skipped a beat at the idea of Caleb risking life and limb doing crazy stuff like that.

Clare and I had been best friends since school and, because I was an only child, Caleb was the closest thing I had to a nephew.

'That's what I thought,' Clare said. 'Though Caleb says the parkour he and his friends do isn't like that.'

'What is it like, then?'

'I'm not completely sure,' Clare admitted. 'He's shown me videos of him jumping over obstacles and doing flips against walls and trees.'

'When did he start doing this?' I asked.

'A couple of months ago. A friend from school told him about parkour classes at a gym. I was OK with that because the gym is safe – they have sprung floors, foam pits, proper equipment. But now he's getting together with what he calls a "crew", doing flips on hard concrete.' She grimaced.

'Don't worry,' I said. 'It's probably just a phase.'

It wasn't, though. Months later, Caleb was still doing parkour. If he was home when I visited, it was all he talked

about. I'd sit there bewildered while he enthused about 'dub corks', 'dub fulls' and 'cartwheel full twists'.

Sometimes, he'd show me footage of him doing flips over benches or down a flight of wide steps outside an office block.

Clare explained that 'dub' was short for 'double', though that didn't help much when I watched the footage.

'Haven't you ever done a sport, Auntie Di?' Caleb asked one day.

'No,' I said. 'I've never liked sport. Hiking's my thing. In fact,



I'm going on a six-hour hike with my walking club next Saturday.'

And it really was a good day's walking – until we were descending a steep hill and I slipped on some leaves, landing heavily and jarring my coccyx.

My GP gave me some exercises to help it heal.

'Do you do any activities to help with balance at all?' she asked. 'Balance starts to decline once you hit your 50s.'

I shook my head. 'You mean like tai chi?'

'Tai chi would work. Or you could try parkour.'

'Parkour?'

She chuckled. 'It's not all jumping across rooftops and balconies! Some gyms run classes for the over-50s. The great thing about parkour is that not only does it improve mobility and balance, but it also teaches you how to fall. You learn how to land safely, and how to get back up and keep moving.'

Later that evening, it was with some trepidation that I called Caleb.

'The doctor's recommended I try parkour to help with balance and falling.'

'Really, Auntie Di? The gym that I go to is starting an

over-50s class next term,' he said. 'Would you like me to send you the details?'

Next term was six weeks away, which would work well with the healing of my coccyx. 'Yes, please,' I said.

So, here I am, three months later – an enthusiastic participant in the over-50s low-impact parkour group. We don't do all the 'dub corks' and 'dub fulls' that Caleb talks about, but we have a lot of fun leaping over low foam vaults and jumping from one box to another. Our coach is encouraging and we all help each other with any exercises we find challenging.

And learning how to roll out of a fall has boosted my confidence, should I ever take another tumble out hiking.

But best of all, taking up parkour has given me and Caleb something in common.

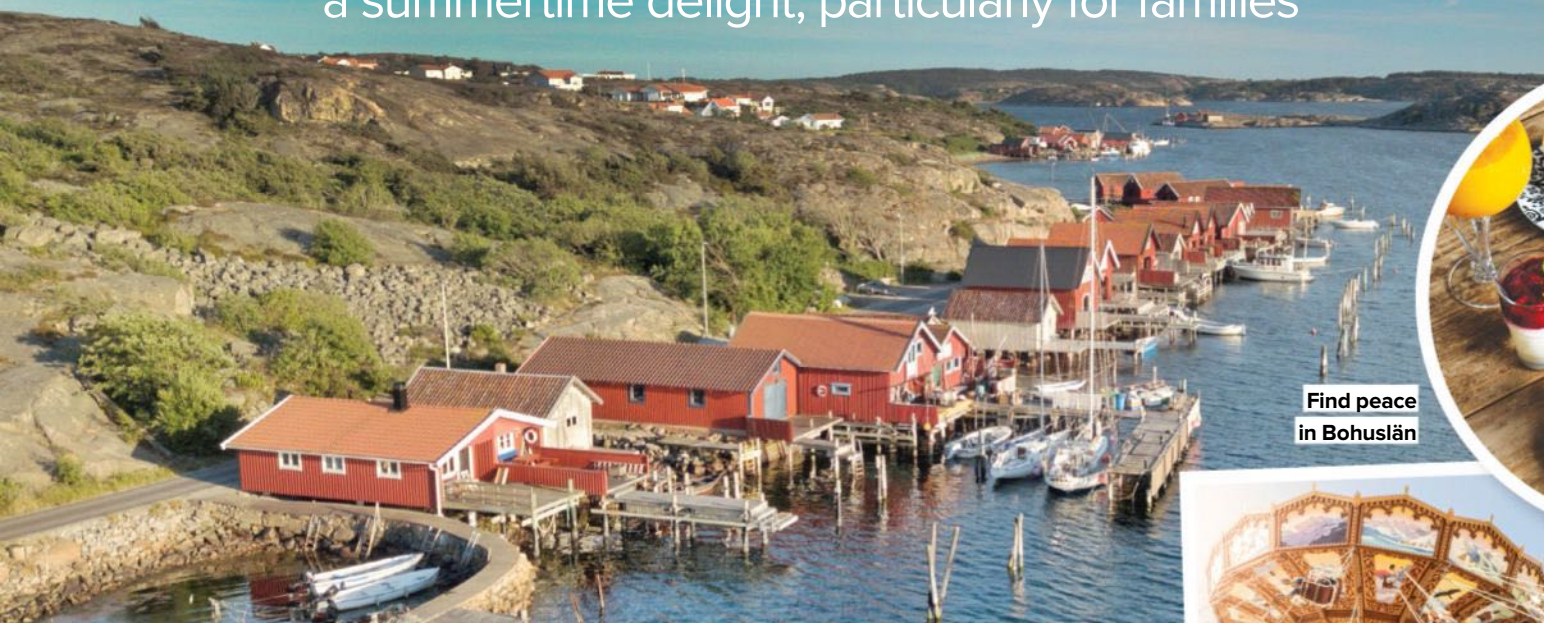
His class finishes just before mine, and I have a whole new appreciation for the amazing feats he can do.

In fact, whenever I go round to Clare's, she can hardly get a word in when Caleb and I are talking about parkour!

THE END
Liz Filleul

Swedish **STYLE**

The lesser-explored West Sweden region is a summertime delight, particularly for families



Find peace
in Bohuslän



Are you seeking a seasonal escape that combines beautiful scenery, sunny weather and few crowds with moderate temperatures where you can still enjoy being active? Then West Sweden is the perfect holiday location for you. It offers a chance to get back to nature, slow down, and bask in natural environments that will revive the spirit and recharge the soul. And with August daytime highs sitting between 19C and 22C, it's perfect for exploring right now. Gateway city Gothenburg is only a two-hour direct flight from the UK, so getting there couldn't be simpler.

Natural delights

From enchanting little islands lined with beaches to dense forests and mirror-like lakes, West Sweden offers a wealth of diverse landscapes. Try taking a morning's kayaking with Marcus and Ingela, who run Skärgårdsidyllen AB near the small town of Grebbestad, around a stunning archipelago with hundreds of islands. It's heaven for those who love to see the scenery from the water (skargardsidyllen.se).

Sweden itself is very easy to get around, with fantastic public transport and easy driving for those who prefer to hire a car. Sweden abides by the principle of the right to roam, so hiking is

a common pastime. Kroppefjäll Nature Reserve to the north of Gothenburg has hundreds of kilometres of trails to explore, culminating in the challenging 54km Kroppefjäll circular.

Fun for the family

As Mediterranean countries experience increasingly hot weather in the summer, Nordic destinations like West Sweden make a good alternative when you have busy little ones that are constantly on the go. Family attractions such as the Nordens Ark wildlife park in Bohuslän (nordensark.se) and engaging science museum Universeum in Gothenburg (universeum.se) are at the cutting-edge of fun, yet still provide educational experiences for all ages.

Like everything in Sweden, there is a focus on sustainability, conservation and caring for the environment. This is echoed at Dalslands Moose Ranch (dalslandsmooseranch.se), where Noak, the co-owner and moose keeper, cares for these

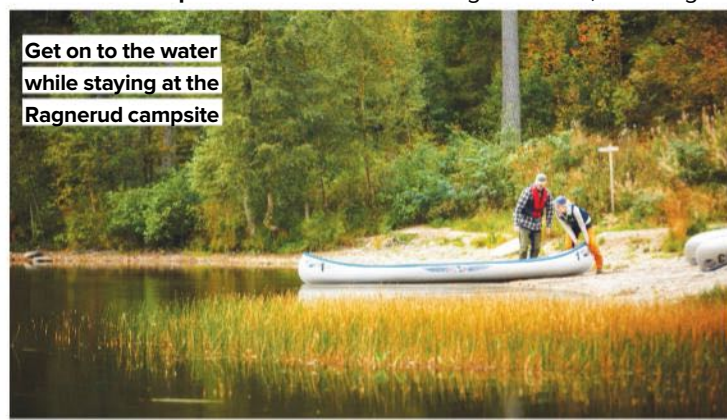


The Liseberg
theme park

charming creatures, inviting visitors to hand-feed them, and learn about local history, wildlife and the individual moose that make up his herd.

Diverse stays

When it comes to places to bed down, West Sweden has the full range of options. For the best summer experience, you'll want to stay in local nature. Ragnerud (ragnerud.com) is a campsite in lake-dotted Dalsland province run by third-generation owners Marielle and Linus, with access to the many nearby hiking trails of Kroppefjäll Nature Reserve. There's also a sauna by the lake where you can cold-plunge, hire a boat to fish or kayak. It costs from £377 per night for



Get on to the water
while staying at the
Ragnerud campsite



Try out *fika*, a tasty local ritual



three people, including breakfast.

Should you prefer proximity to farmyard animals – think rabbits, goats, guinea pigs and horses

– Toric Farmlodge (farmlodge.se) is a home from home with a family feel. Family rooms start at £176, with double rooms from £112, and both come with a shared toilet and shower, bed linen and towels, plus breakfast.

Prefer to base yourself in the city and just make excursions to the countryside? Situated right next door to Gothenburg's historic all-ages Liseberg theme park, the quirky, 19th-century travel-and-adventure-inspired Liseberg Grand Curiosa Hotel (liseberg.se/grandcuriosa) is just down the road from the city's Universeum science museum.

Finally, if you're seeking a bit of pampering in the form of a spa, you'll feel right at home at TanumStrand Spa & Resort in Grebbestad (tanumstrand.se). There is a sea sauna and a family pool, plus a range of cosy cabins, including three-bedroom lodgings, alongside the hotel rooms offered. Double rooms with a buffet breakfast start at £120, and family rooms for three are available from £160.

Ultra-fresh cuisine

They take fresh, local food seriously in West Sweden.

Make like the locals and indulge in the custom of *fika* – a daily ritual of coffee and sweet treats such as a cinnamon bun, taken in one of Gothenburg's many cafes. The city also boasts trendy casual restaurants and fine-dining establishments such as the Michelin-starred Koka (restaurangkoka.se).

If you're staying at previously mentioned Toric Farmlodge, you're also in for a treat. It has its own charming cafe on-site, and owner Peter also smokes delicious barbecue-flavoured chicken, which is available as an evening meal for guests. Follow it up with the amazing homemade ice cream.

What's more, the restaurant based at the aforementioned Ragnerud, K  k, is also fantastic. It's extremely popular with the locals and for good reason; one of the highlights is a traditional Swedish meal of fried potato cakes served with local cheese, lingonberries and hazelnuts. For dessert, expect cloud-soft bonfire meringue with candied citrus zest and fruits. It's almost reason enough to start planning a return trip to West Sweden before you get home.

BOOK IT

* Flights to Gothenburg are available through Ryanair (ryanair.com) and Norwegian (norwegian.com). You can find more information by visiting westsweden.com

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Buttoned up

Use up fabrics and buttons from your stash to stitch this set of matching napkin rings



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YOU WILL NEED

- * Scrap fabric
- * Matching sewing thread
- * Bright embroidery thread
- * Large buttons
- * Embroidery needle
- * Snap fastenings

1 Cut a strip of material 10x15cm. With wrong sides together, fold in half lengthways and press. Fold in the raw edges by 1cm and press. Machine-stitch to make a strip.

2 In a brightly coloured embroidery thread, hand-stitch along the length of the strip, 2cm from the left outer edge. Repeat for the right side.

3 Sew a large button to the centre of the fabric, using the brightly coloured embroidery thread.

4 Insert a snap fastening in the centre of each end of the fabric strip, and overlap the ends to secure into a napkin ring. Repeat to make a set.

A Tuscan TOUCH

Why not try these timeless design ideas, inspired by the gardens of Italy?



Ensure water is a key feature



Lemon adds a delightful scent

La dolce vita

Wisteria-clad pergolas, pencil-thin cypress trees, pots overflowing with fragrant herbs... Italian gardens have inspired gardeners for centuries and, happily, their timeless design – emphasising structure,

symmetry and statement planting – works brilliantly in modern British gardens, adding a magical touch of la dolce vita. And with warmer, drier summers looking likely, drought-tolerant Mediterranean planting is becoming an increasingly practical choice.

Balancing act

One of the secrets of an Italianate garden is its sense of balance. Arrow-straight paths divide space into symmetrical areas, often marked by neat hedging. Other tricks include restricting your planting palette (sticking to green plus one or two other colours only), and designing mirror-image beds and borders. Even in a modest plot you can get the formal look with a gravel or paved walkway, evergreen hedge or a row of

HERO PLANTS

One fine specimen can impress and set the tone.

★ Olive (*Olea europaea*) – slow growing and drought tolerant, it thrives in sun and well-drained soil. Hardy to -10C, it may need protecting in cold areas.

★ Italian cypress (*Cupressus sempervirens*, H45m) – a narrow evergreen that dots Tuscan hillsides. A smaller option is *Cupressus macrocarpa* ‘Goldcrest’ (H12m).

★ Lemon tree (*Citrus x limon*) – often flowers and fruits simultaneously, filling the air with scent. Move to a conservatory or greenhouse in winter.



Add structure with manicured evergreens



Embrace outdoor living

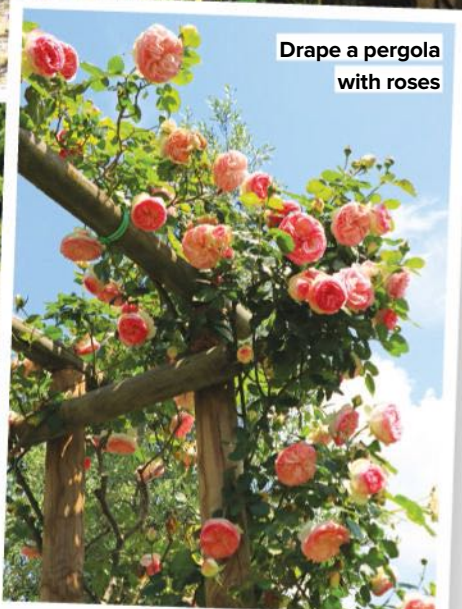
terracotta pots spilling over with scarlet geraniums. Water is also a key feature, so make space for a serene reflective pool or tinkling fountain.

Green bones

Manicured evergreens are essential for a Tuscan-style patch and to ensure the garden looks verdant in winter. While box is the traditional choice, if you're worried about box moth



Wisteria can help create a garden room



Drape a pergola with roses

or blight, go for a small-leaved alternative like Wilson's honeysuckle (*Lonicera nitida*, H4m) or *Euonymus japonicus* 'Jean Hugues', H1m. Taller evergreens help block views and provide privacy. Yew, bay and *Phillyrea latifolia* are all top for topiary.

Outdoor room

Al fresco living is central to Italian life, and a pergola is

an easy way to create a garden room. An architectural feature in its own right, it's ideal for long summer lunches or watching the day turn to dusk. Drape with scented jasmine, wisteria and rose, or a dessert grapevine, such as black-skinned *Vitis* 'Brant' or yellow 'Lakemont'. Flank with potted aromatic herbs – thyme, sage, rosemary – to complete the look.

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It was an important mission, and Dinah was about to make a big impression

It doesn't trouble me if you've contracted the seven plagues of Egypt, Dinah,' Miss Lawson snapped. 'We shall deliver Lady Sandham's order tomorrow, come hell or high water.'

'Old goat,' Letty muttered, making a rude face behind Miss Lawson's ramrod back as she stalked off along the dusty boards of the workshop.

Dinah managed a faint smile. But the thought that they would most likely be up all night – again – made her want to howl. Because when Miss Lawson said 'we' what she meant was 'the two of you'.

Telling her that you were feeling feverish, had a pounding head and could hardly sit up straight got you nowhere at all. Lady Sandham must have her hats and stoles.

It was 'the season' – the busiest summer months, when the great and good flocked to London for the social scene – the women wearing the most striking hats and get-ups.

'I'd wear this one all right,' Letty said, pressing the hat she was decorating roguishly on to her bright auburn curls. The pink felt clashed horribly with her colouring.

'No?' Letty grinned, seeing Dinah's grimace. 'It'd look all right on you.'

Distracted from her headache, Dinah took the hat

and perched it atop her own head, over her two plaits. She knew her chestnut hair and brown eyes suited the hat much better, and she tilted her head this way and that, playing about.

'She's coming back!' Letty hissed, snatching the hat back as the two of them bent over their work with exaggerated attention.

Dinah sighed. One more year, she told herself.

Dinah had been sent away to town four years ago, aged 14, to start an apprenticeship with Miss Lawson. Her family had laid out the vast sum of £40 for her, the eldest of eight children, to be trained in the millinery trade. For five years she would be tied to Miss Lawson and her business, between these drab walls.

At first she had been the only apprentice. It was a year of miserable homesickness. The town felt vast and alien, the looming buildings, stinks from the filthy yards, the air filled with smoke and chemicals, and the brusque people who seemed forever in a rush.

She missed the village, their cottage bursting at the seams, the streams and misty fields, the rooks cawing on winter mornings. She missed her young brothers and sisters and, most of all, now having to fend

for herself in the strange place, she longed for her mother.

Then Letty arrived, already a townie and full of cheek. Things got better. And in fairness to Miss Lawson, she may have been a harsh, relentless businesswoman but she was good at her trade.

Dinah learned sewing and dressmaking and, gradually, the tricks of hat making, shaping the felt on the block, decorating straw and buckram, creating silk flowers. They raced to keep up with the fashions. Bonnets all the rage in 1866 were exchanged for hats perched over thick chignons (many ladies had to pin on extra skeins of hair), some with silk or chiffon headdresses draped from them.

But, as if with a change in the wind, 1870 arrived and hats had to be little, high-crowned things with upturned brims, perched high on the head. Letty was now tying the bow of a raspberry-coloured silk ribbon around hers.

Dinah sat up, easing her back, and fixed her attention on the white silk flowers she was stitching on to a sage-green creation. The sun was sinking, the room even more gloomy. It was going to be a long night.

The thought of even one year more was awful. How was she ever to have a life

outside these walls, which now felt like a prison?

Lady Sandham's magnificent order, the stoles and handkerchiefs, and array of hats decorated with ribbons and flowers, cheap jewels and combs, were laid out on the long table, all carefully wrapped. 'You're to take this lot to Sandham House,' Miss Lawson ordered Dinah. Usually she just sent things off with the carriers, but this was a special delivery.

Dinah gasped, trying to hide her delight. A day out!

Soon she was in the carriage, rocking its way out of town, the carefully packed goods piled about her in the carriage.

She watched eagerly as the grimy buildings faded behind them, and her exhausted spirits lifted. At last, the countryside, bright fields, thick hawthorn hedges and smiling yellow dandelions!

Soon, worn out after only a snatched hour of rest, she was rocked to sleep by the carriage's motion and summer warmth.

Dinah woke as they jerked to a stop, feeling miraculously better, as if the cleaner air had cured her, body and soul.

'Here yer go then.' The coachman flung the door open, letting in a gust of rose-scented air.





She stepped out into the loveliest place she had ever seen. As the coachman lifted out the boxes, she took in the circular drive, surrounded by flower beds, a riot of blooms of every colour. She stooped over, hungrily breathing in the scent of a pink velvet rose.

Two men were working on the gardens and, as she turned, the younger of the two straightened up, pushed back his cap and looked into her eyes. He was a fresh-faced lad, cheeks pink, his eyes a bright blue. He smiled and she immediately took to him.

'How do,' he said, resting his weight on his fork. 'Come with all the finery, have yer?'

'Yes. Hats and all sorts.' Dinah wanted to linger and chat. This felt like home. *He* felt like home. A country boy with a country accent, like the lads she grew up with. People who had time, who looked you in the eye.

'I made some of them,' she added proudly.

'Did you now?' he said, seeming impressed.

Dinah leaned forwards and mischievously whispered. 'Is she hard to please?' She nodded towards the house, square and gracious, built of buttery stone.

'She's all right,' the boy said earnestly.

'Jim!' the older man shouted

at him. 'Stop jawing and get to work.'

Jim stood a moment, as if he could not move, could not take his eyes off her.

'I like you,' he said.

Dinah smiled. 'You're all right too,' she said. 'Best get going.'

She scurried after the coachman, round the back of the house.

'These are simply delightful,' Lady Sandham decreed in the elegant morning room, painted a delicate pale blue. The sun slanting on to the walls made Dinah feel as if she had stepped into the summer sky.

Lady Sandham lifted one hat after another, gazing at the handiwork. She was a woman in her 30s, mouse-haired, creamy and well-rounded and, to Dinah's relief, surprisingly down to earth. 'Did you have a hand in these?'

'I did, ma'am,' Dinah curtsied.

A servant hovered by the door but otherwise they were alone.

'Well, they are very fine.' She turned, smiling. 'I am pleased. You are a seamstress as well?'

'Yes, ma'am.' Dinah, flustered, curtsied again. 'Learning, I mean.'

Lady Sandham's grey eyes fixed on her steadily, then she seemed to decide something.

'You may go, Susan,' she ordered the maid. As the door closed, she said, 'Come – sit for a moment.'

Obedient, Dinah perched nervously at the edge of a gold brocade chair.

'You are employed by Miss Lawson?'

'Yes, ma'am.'

'Well,' Lady Sandham said. 'I should like to invite you to work for me. I wish to have a seamstress here at Sandham House permanently. And you would be able to design and fashion hats for me.'

Dinah's heart swelled at the thought of the flowery garden outside, the fields stretching beyond. It was like a dream, a paradise.

Only, there was a problem. Tears welled in her eyes as she replied. 'I'd like that very much. But I can't break my apprenticeship – I've to stay another year.'

'My goodness,' Lady Sandham said. She got to her feet. 'How foolish of me! I hadn't thought.'

When Dinah stepped back outside, the gardener, Jim, was hovering. He smiled at the sight of her, then saw her tearful state.

'What's up with you?' he asked, his face falling in sympathy. 'She tear a strip off you?'

'No,' Dinah said. 'She offered me a job – here.'

Never had she seen a boy light up the way Jim did at this. But she had to explain the problem.

'Miss Lawson could get me sent to prison if I break my apprenticeship.'

'Oh,' Jim groaned. 'If you was here, it'd be like heaven!'

She carried his words back with her in the carriage, the longing in his face. But Lady Sandham had not said anything about her going back in a year. She would have found someone else long before that. Quietly, she folded away this dream and went back to Miss Lawson and Letty.

The summer grew hotter and stickier. The two of them worked, trapped in the gloomy room in that grimy town, with barely a leaf in sight. Dinah's heart sat heavy in her chest – more than it ever had before after her glimpse of a life back in the countryside.

One boiling August day, the girls sat bent over their

work as usual, Dinah shaping silk flowers, her fingers dexterous, her back aching.

Suddenly, there came a knock at the back door. The girls looked at each other. Miss Lawson, at the front in the shop, wouldn't have heard it.

'Who's that then?' Letty got up from her stool.

A moment later, Dinah heard an 'Oooh! You'd best come in then.'

Letty returned with flushed cheeks and a coy look in her eyes. 'Look who's here,' she announced.

A bouquet of the beautiful pink velvet roses came through the door, followed, cheeks almost the colour of the blooms, by Jim.

Dinah gasped.

'These are for you,' Jim said. 'Special delivery!'

Holding out the roses, he knelt, beaming, in front of her.

'Miss Dinah – I know we've only met once, but I've never stopped thinking of you since that day I saw yer. So I asked Susan, her Ladyship's maid, to find out where you was from – and here I am. Dinah – will you marry me? And when you're finished here you can come and live at Sandham!'

Dinah slid off her stool and took the roses in wonder. Their scent was delicious – of the country. Of this lad. And both – she was already certain – were to be her home.

THE END

Annie Murray

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**Difficulty
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Instructions overleaf
WOMAN'S WEEKLY 47

Crochet

MEASUREMENTS

To fit bust 82-86 (92-97) (102-107) (112-117)cm/32-34 (36-38) (40-42) (44-46)in.

Actual measurements 100 (110) (120) (130)cm/39½ (43½) (47¼) (51)in.

Length to shoulder 52 (52) (55.5) (55.5)cm/20½ (20½) (21¾) (21¾)in.

Sleeve length All sizes 14cm/5½in.

MATERIALS

4 (5) (5) (6) x 100g (210m) balls of King Cole Cottonsoft DK (100% cotton) in Sage (1576)*. Size 3mm and 3.5mm crochet hooks. Yarn is available from theknittingnetwork.co.uk.

TENSION

24 stitches and 8 rows to 10x10cm, over pattern, using 3.5mm crochet hook.

ABBREVIATIONS

Ch, chain; **ch-sp**, chain space; **dc**, double crochet; **dtr**, double treble crochet; **slst**, slip st; **st(s)**, stitch(es); **tr**, treble crochet.

NOTES

The top is constructed from two pieces. Each piece starts at centre back and front and finishes at sleeve cuff. Yarn amounts are based on average requirements and are approximate. Pattern uses UK crochet terms. Instructions are given for small size. Where they vary, work figures in round brackets for larger sizes. Figures in square brackets are worked as stated after 2nd bracket.

BODY PANELS (MAKE TWO)

With 3mm hook, make 200 (200) (215) (215) ch.

Foundation row (right side): 1dc in 2nd ch from hook, 1dc in each ch to end, turn – 199 (199) (214) (214) sts.

1st row: 1ch (does not count as a st), 1dc in each st to end, turn.

2nd and 3rd rows: Repeat 1st row.

Change to 3.5mm crochet hook and work in main pattern thus:

1st row: 5ch, miss first 3 sts, *1tr in next 13 sts, 2ch, miss 2 sts; repeat from * to last st,

1tr in last st, turn.

2nd row: 5ch, miss first st, *1tr in next 4 sts, 2ch, miss 2 sts, 1dtr in next st, 2ch, miss 2 sts, 1tr in each of next 4 sts, 2ch, miss 2 sts; repeat from * ending 1tr in 3rd of 5ch, turn.

3rd row: 5ch, miss first st, *1tr in next 2 sts, 5ch, 1dc in next st, 5ch, miss 2 ch and next 2 sts, 1tr in next 2 sts, 2ch; repeat from * ending 1tr in 3rd of 5ch, turn.

4th row: 5ch, miss first st, *1tr in next 2 sts, 1tr in next 2ch, 2ch, 1dtr in next st, 2ch, miss 2ch, 1tr in next 2ch, 1tr in next 2 sts,



2ch; repeat from * ending 1tr in 3rd of 5ch, turn.

5th row: 5ch, miss first st, *1tr in next 4 sts, 2tr in 2ch-sp, 1tr in next st, 2tr in 2ch-sp, 1tr in next 4 sts, 2ch; repeat from * ending 1tr in 3rd of 5ch, turn.

6th to 9th rows: Repeat 2nd to 5th rows, once more.

10th row: 5ch, miss first st, *1tr in next st, 2ch, miss 2 sts; repeat from * ending 1tr in 3rd of 5ch, turn.

11th row: 3ch, [2tr in next 2ch-sp, 1tr in next st] to end, working last tr in 3rd of 5ch, turn.

12th row: 5ch, miss first 3 sts, *1tr in next st, 2ch, miss 2 sts; repeat from * ending 1tr in 3rd of 3ch, turn.

Repeat 11th and 12th rows until piece measures approximately 25 (27.5) (30) (32.5)cm from beginning, ending after an 11th row.

Sleeve: Miss first 54 (54) (57) (57) sts, join yarn to next st, 5ch, miss joining st and next 2 sts, 1tr in next st, [2ch, miss 2 sts] 29 (29) (32) (32) times, turn leaving remaining 54 (54) (57) (57) sts free.

Repeat 11th and 12th rows on these sts until Sleeve measures approximately 10cm from beginning, ending after a 12th row.

Change to 3mm hook.
Cuff: **Next row:** 1ch, 1dc in first st, [2dc in next 2ch-sp] to end, working last st in 3rd of 5ch, turn.

1st row: 1ch, 1dc in each st to end, turn.

2nd to 4th rows: Repeat 1st

row, 3 times more. Fasten off.

TO MAKE UP

Folding each Body Panel in half at shoulder, join side and sleeve seams.

Join centre back seam for 30 (30) (32) (32)cm from lower edge. Join centre front seam for 22 (22) (24) (24)cm from lower edge.

LOWER EDGING

With right side facing, using 3mm crochet hook, join yarn to side seam.

1st round: 3ch, *work 2tr in each row end to centre dc section, 1tr in each row end across centre; repeat from * once more, work 2tr in each row end to side seam, slst in 3rd of 3ch, turn.

2nd round: 5ch, miss first 3 sts, [1tr in next st, 2ch] to end, slst in 3rd of 5ch, turn.

3rd round: 3ch, [2tr in next 2ch-sp, 1tr in next st] to end, working last tr in 3rd of 3ch, turn.

4th round: 5ch, miss first 3 sts, [1tr in next st, 2ch] to end, slst in 3rd of 5ch, turn.

5th round: 1ch, [2dc in next 2ch-sp, 1dc in next st] to end, working last dc in 1ch, turn.

6th round: 1ch, 1dc in each st to end, slst in first st, turn.

7th to 10th rounds: Repeat 6th round, 4 times more. Fasten off.

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



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Echoes in THE WIND

Laurel was devastated – was Christos just another handsome heartbreaker?

THE STORY SO FAR

Recovering from a break-up, Laurel is spending the summer travelling in the Greek Islands. One adventure has led to another, and a surprise visit from her ex, Narcissistic Nate, was all it took to prove she was well and truly over him. Thanks to a chance encounter in a bar, she is now working for one-time Hollywood superstar Cal Wexler on his private island. Together, they have been concocting ideas for movies inspired by ancient Greek myths. Laurel then finds herself falling for handsome Christos, a trainee doctor whose looks alone are legendary. Is this the start of the great romance with a dark-eyed Adonis predicted by her friend Maria on the island of Hydra? But in a twist of fate no one saw coming, Laurel sees Christos in a clinch – with another man.

Shock made Laurel run faster than she ever had before. She needed to turn her back on what she'd just witnessed and escape to the safety of Cal's island.

The speedboat was waiting for her in the harbour. After years of working with celebrities, Harrison was far too discreet to ask questions. He just powered up and pulled away.

Back in the privacy of her little tower, she threw herself on the bed. How could it be that just a few hours earlier, she'd been fizzing with excitement over the turn life was taking? Over the last few days, Christos had proudly introduced her to his family and taken her to his favourite places on Antiparos, the island where he spent every summer.

She'd wanted to store up the magical moments like a magpie gathering treasure, but now the memories tormented her. When he'd gently pulled her towards him in the sea, had the tenderness in his eyes been phoney? If so, what kind of fool had she been not to see it?

'My beautiful English girl,' he called her. But clearly, what he really wanted was a boy. Or rather, a man. She'd seen the pair of them locked in a gaze, their faces a breath apart.

Laurel knew Cal would be

longing to hear all about her time on Antiparos, and she couldn't bear to disappoint him. He was already in talks with a director friend in Los Angeles about turning the legend of Selene and Endymion into a contemporary film.

Now, Cal saw her and Christos as inspiration for another love story, a latter-day version of Hero and Leander. Theirs had ended in disaster when Leander was drowned at sea, but Cal had promised her this one would have a happier ending. How ironic, thought Laurel miserably.

She sent Cal a message to say she wasn't feeling well and he responded immediately with a message full of concern.

You poor darling. Harrison

said you didn't look yourself when he picked you up.

I'm going to Athens first thing tomorrow,

so I insist you take time off. PS I'm sure

Dr Christos will

look after you!

If only he knew. Laurel began to cry all over again.

There was a spectacular sunset, and normally, she'd be feeling fireflies dive-bombing in her stomach as she imagined Christos setting off for his evening swim from his island to hers.

As soon as darkness fell, the flare on the beach would be lit

**Had his
tenderness
been
phoney?**



and she'd turn on lamps in the tower to guide him towards her. But just as Leander had been lost to Hero, Christos was lost to her now.

She sat in the gloom, trying – but failing – not to imagine where he was and what he was up to amid the twinkling lights she could see across the water.

A while later, drained by weeping, she was climbing up to bed when she heard soft splashing in the shallows. Peeping out of the window, she saw a silhouette. Tall, muscular torso, long legs. Christos.

'So you think you can just carry on as if nothing's happened?' she silently fumed.

After a while, she heard him slip back into the water, slinky as an eel. 'A two-timing eel, at that,' Laurel harrumphed.

It was a calm night, the moon was nearly full and he was a super-fit swimmer, so she had no doubt he would glide straight back to whatever the rest of his night held in store. She, meanwhile, had made a decision. Tomorrow, she would leave the island.



Next morning she rose early. Cal had told her that he was off to Athens, so when she saw his yacht being prepared for departure, she went to say goodbye.

Cal held his arms out wide, then hastily retracted them when he remembered she'd said she was ill. 'Mwah-mwah, darling,' he said, kissing the air, 'but don't breathe on me, a cold's the last thing I need.'

She heard herself laughing for the first time since she'd left Antiparos. He really was the greatest boss.

Not wanting to arouse his curiosity, she kept her voice light as she told him she was taking up his offer of a break. 'I thought I'd get to Paros,' she said. 'Then decide which island to hop to.'

'Lovely, darling,' he breezed. 'We'll drop you off.'

Just a few months earlier, she'd been clearing breakfast plates and changing sheets in a small hotel. Now, she was on a superyacht, chatting away with a world-famous movie actor as

they sailed across the Aegean. It felt surreal on the one hand, strangely normal on the other.

In Paros, she disembarked quickly, knowing Cal would want to set sail before anyone spotted him.

'Take care, my sweet,' he said. 'See you at home when I'm back.'

Home! The word gave Laurel a jolt.

Where was her home now? Cal would return to LA at the end of the summer season. What then?

'One step at a time,' she told herself. Right now, she needed to decide where in the Cyclades to travel to next. Mykonos? Too buzzy. Sikinos? Not buzzy enough.

Milos is a relaxed destination, popular with creatives, read a poster. That was good enough for her.

Laurel arrived on Milos just in time for a late lunch. Sitting in a taverna, she watched the world go by. The pace seemed slower, gentler, ideal for

soothing an aching heart.

By evening, she was installed in an airy room above an arty shop. Her phone kept beeping with messages, but she couldn't bear to read them in case it was Christos lying to her, so she turned it off and shoved it in a drawer.

She took things gently over the next few days, but her mind wouldn't stop churning. How had she got Christos so wrong? In intimate moments, he'd never given out any signals that he was anything other than straight. Far from it, in fact. He appeared to be as genuinely infatuated as she was. Had she been stupidly naive?

She spent most of her time at a nearby cove. It was secluded, with only a handful of tourists, although there were often people with easels on the clifftop.

One evening, as she was walking back to her room, one of them stopped her.

'Come and join us,' the young man said. 'We're drinking retsina, would you like some?'

Laurel wasn't keen on the Greek wine, which tasted of pine, nor was she in the mood to socialise, but she didn't want to be rude.

The young man introduced her to his friends, who were all artists, and handed her a drink in a plastic tumbler.

'I'm Nikos,' he said. 'I'm a sculptor.' His skin was conker-coloured and his eyes were sparkly. But another handsome Greek man was the last thing that Laurel needed in her life right now.

After managing to swallow her retsina without grimacing, she made her excuses and left.

After that, though, Nikos seemed to appear wherever she went. In the small supermarket, he was behind her in the checkout queue. When she went to the bank, there he was again.

'That's life on a small island,' he shrugged with a dazzling smile. But when he popped up beside her in the sea, she knew this was more than coincidence.

'Come for a drink with me,' he beamed. 'I promise no retsina, I saw your face!'

So Laurel agreed. Nikos was good company, and she liked the way his face lit up when he talked about his work. After a couple of drinks, he said he would like her to sit for him.

'Don't worry, not a nude! Your head is a beautiful shape and I'd like to capture it in pumice stone.'

'I've never heard that one before,' Laurel laughed.

Back in her room, she realised she hadn't thought about Christos for at least an hour. She missed him terribly, but Nikos' flattery was a tonic.

They met up the following evening so he could show her examples of his work. Laurel was impressed. His sculptures were small, delicate and detailed.

'Amazing!' she said. 'I thought pumice was just something you used on your feet.'

Nikos explained it was volcanic stone, and had been used as material since ancient times.

Before she knew it, Laurel was in Nikos' studio, sitting up straight as he worked away with various small tools. He was easy to chat to and she found herself telling him about Cal and his ideas for movies based on Greek myths.

'Interesting,' said Nikos. 'My favourite is the story of Pygmalion, the sculptor who fell in love with the statue of the woman he'd created.'

'What happened next?' Laurel asked, wondering where this was leading.

'When he kissed the statue, whose name was Galatea, she came to life and they lived happily ever after.'

CONTINUED OVERLEAF

Where was her home now?

His words seemed to hang heavily in the air. Laurel was transported back to Maria's psychic reading on Hydra, her first island stop. She'd seen a strong, dark man in Laurel's future. Nikos? No. Lovely as he was, it didn't feel right. Christos was her love, but one that could never be. She felt overwhelmed with sadness all over again.

Nikos noticed at once. 'I knew you were hurting,' he said softly. 'Want to tell me about it?'

So she spilled it all out.

Afterwards, alone in bed, she felt drained. Perhaps the time had come to call time on her Greek adventure and go home. To what, she had no clue, but staying in Greece would be a constant reminder of all she'd lost.

With a dispirited sigh, she took her phone out of the drawer to check flights to London. She'd not looked at it since arriving in Milos, but now she saw messages, voicemails, a list of missed calls from Cal, Hestia... and Christos.

She didn't feel strong enough for what he had to say just yet. The most recent message was from Cal, so she listened to that first.

'Laurel, where are you? I'm worried about you, honey. Call me.'

Hearing the concern in his voice made her feel guilty. This was no way to repay his kindness. Who did she think she was to be ghosting a Hollywood legend?

He picked up after two rings. Once he'd established she'd disappeared to Milos rather than off the face of the Earth, Cal wanted to know what had happened between her and Christos. 'Harrison bumped into him,' he said. 'Apparently, he looked very glum.'

Laurel trusted Cal, so she told him all about running back to the hotel to pick up her forgotten purse and spotting Christos canoodling with a male stranger in the corner of a bar.

Cal gasped. Being an actor,

he couldn't resist such drama. 'Extraordinary!' he said. 'I put down Christos as straight, and I thought my gaydar was pretty accurate. I'm going to ask around a bit, see what I can find out.'

Laurel couldn't see the point, but she knew there would be no stopping him.

Next, she messaged Hestia. *Sorry for the radio silence, Mum. I'm OK and will be in touch soon x*

She fell asleep, dreaming she'd been frozen in stone like Galatea, then woke up to find she'd just been lying on her arm and it had gone dead. Her head was swirling with real events and age-old myths, and she needed to clear it before she lost the plot. Throwing her mobile into her beach bag, she went for a swim.

The water was smooth and refreshing. Afterwards, drying off on the sand, she heard a commotion. Sitting up, she saw a vast white yacht a little way out to sea, people shouting warnings.

Nikos arrived, pulling binoculars from his bag. 'The big boats aren't allowed any further than that here,' he said. 'I can see two guys on the top deck.'

Then he went quiet. 'Laurel, one of them's Cal Wexler!'

Laurel grabbed his binoculars. The person beside Cal suddenly stripped off his shirt, dived into the water and started swimming to the shore. There was only one man with strokes like that. It was indisputably, definitely Christos.

'I get the feeling,' Nikos said, 'that this is the guy you were telling me about last night.'

Dumbfounded, Laurel could only nod.

Christos emerged from the water and ran to her. 'Laurel, there's been a terrible misunderstanding. You have

to come on board and listen to what we have to tell you. Will you?'

No one could fake the desperation she saw in his eyes. 'Ye-es,' she replied. 'But there's no way I can swim that far.'

Christos waved to the yacht and within minutes, Harrison was racing towards them in a small motorboat. Things were happening fast.

As Laurel climbed in, Nikos took a parcel from his bag and handed it to her. 'Your sculpture. Goodbye, Galatea,' he said, kissing her cheek.

'Who is that guy?' Christos wanted to know.

'A lovely friend,' Laurel answered. Christos wasn't out of the woods just yet.

Cal sat her down at the yacht's teak table, practically bursting with what he had to say.

It emerged that when Laurel was staying with Christos, Cal had dinner in Paros with a director pal who was yachting in the Cyclades.

'Of course, I told him about my idea for a movie about Hero and Leander, inspired by you two. I showed him photos, but unbeknown to me, he went off to Antiparos to check you out.'

Christos took up the tale. 'After I said goodbye to you, this guy found me in the bar. He told me, "Darling, the cameras will love you."' Then he grabbed my face, turning it this way and that. I didn't know what was going on, told him I was a doctor, not an actor, but he wouldn't let go. That must have been what you saw. When I swam over and your tower was in darkness, I was afraid I'd lost you forever.'

Cal hung his head. 'It's all my fault. We movie types get terribly carried away.'



'No!' Laurel cried. 'I leapt to the wrong conclusion, I'm entirely to blame.'

All-round forgiveness was instant. When Christos pulled her into his arms, Laurel felt giddy with love and relief. She wasn't a tragic figure like Hero, Echo or Selene after all. She was Galatea, brought to life with a kiss.

At the end of the summer, Laurel and Christos' wedding took place on Cal's island. He sent a private jet to collect Hestia from Athens, while Laurel's friends from Paros, Hydra and Milos arrived by yacht.

'You know more people in Greece than I do!' her new husband laughed.

Laurel took Maria aside. 'See? Your prediction about the strong, impatient, dark-eyed man came true.'

'Yes,' Maria grinned. 'But to be honest, that does describe pretty much every man in Greece!'

The party dined on lamb and English strawberries, then smashed plates and danced all night, lit by 100 flames.

Laurel's journey of self-discovery had come close to Greek tragedy at times, but fate had not been cruel in the end. Here, in this mythical, magical country, her very own love story had come true.

THE END

Christabel Smith



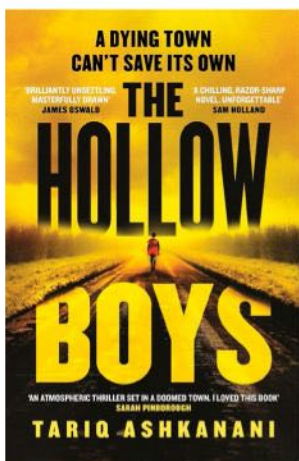
Great reads

Zoe West shares her favourite picks for the week

The Hollow Boys

by Tariq Ashkanani
(£18.99, HB, Profile)

Set in a dying town, this haunting thriller opens with a missing boy who suddenly returns after 10 months. He is half-starved, silent and insists he is not who everyone believes he is. As fear spreads, his mother becomes convinced that he's been the victim of a dark ritual gone wrong, while the local police chief reopens the case, suspecting foul play. A chilling and emotional read.

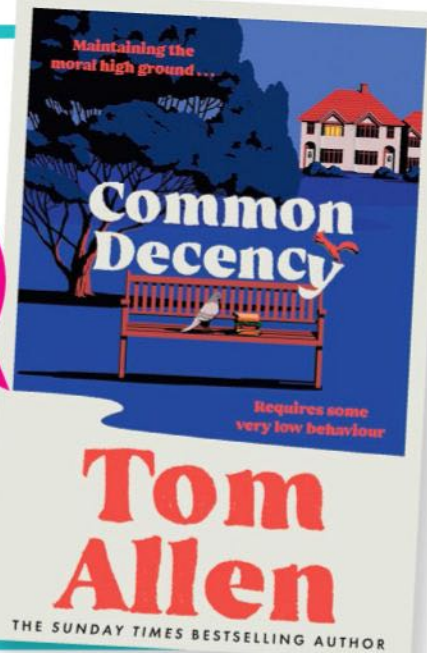


Common Decency

by Tom Allen (£20, HB, Hodder & Stoughton)

Tom Allen, the comedian and presenter, makes his writing debut with this sparkling suburban comedy. Oak Drive appears tranquil, but behind its neat facades, tensions and rivalries simmer. When residents unite to save a cherished oak tree from developers, wit, satire and social observation drive the story forward. As secrets emerge and conflicts escalate, the novel reveals the absurdities of middle-class life with humour and warmth.

Woman's Weekly
LOVES



The Repentants

by Kate Foster
(£18.99, HB, Pan Macmillan)

Set in 1790s Scotland, this historical drama follows two women brought together through public humiliation and forced repentance. One a wealthy young wife, the other a bonded servant, their unlikely bond deepens when they are taken on a trade voyage to Iceland. Foster explores survival, injustice and the strength found in female solidarity.



The Divorce

by Freida McFadden
(£9.99, PB, Sourcebooks)

The Housemaid was a global phenomenon, and now bestselling author Freida McFadden returns with another addictive domestic thriller. Naomi's fairy-tale marriage implodes when her husband casts her aside and replaces her with someone younger. Unwilling to accept defeat, she becomes consumed by his new partner, uncovering unsettling secrets that spiral into real danger. Fast-paced and unsettling, McFadden asks how far someone will go to reclaim a life they refuse to give up.



One of the Family

by Mark Edwards
(£16.99, HB, Penguin)

When Patrick is invited to a New Year's retreat at his girlfriend's Scottish mansion, he's desperate to impress her wealthy, intimidating father. However, the festive atmosphere curdles as chilling rumours of a local murder and strange behaviour from the host's new partner emerge. After one family member is killed and another vanishes, Patrick realises that there is a murderer among them. This claustrophobic, *Succession*-style thriller is a masterclass in tension and betrayal.



PHOTO OF ZOE: ELISABETH HOFF

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Puzzle *TIME*

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Crossword

Try the easy or cryptic clues, then rearrange the letters in the shaded squares for the answer.

CLUE: Tea for company to drink in the morning with chopped lime.

EASY CLUES

Across

- 1** Shenanigans (9)
5 On the matter of (2,3)
8 To the interior (4)
9 Capsized (10)
11 Discreet (7)
13 Accept as true (7)
15 Standard (9)
17 Aromatic seed (9)
19 Prop (7)
21 Sparkle (7)
23 Skirmish (4-3-3)
24 Prayer ending (4)
25 Waterside grasses (5)
26 Mouth organ (9)

Down

- 1 Lived (7)
2 Regarding (5)
3 Progressed (9)
4 Stunted vegetation (5)
6 Identifying
characteristic (11)
7 Escarpment (5)
8 Fascinated by some
twin towns (4)
9 Upset overture
finished early – end is
ruined (10)
11 Diplomatic
assignment: act

- 10** Unfastened (7)
12 Decorative object (11)
14 Extra game to decide winner (4-3)
16 Abnormal (9)
18 Ferocious fish (7)
19 Hitherto (2,3)
20 Portable light (5)
22 Public transport (5)

CRYPTIC CLUES

Across

- 1 Exploits advert involving getaways?
On the contrary (9)
5 With reference to 19 down dancing (2,3)
8 Fascinated by some twin towns (4)
9 Upset overture finished early – end is ruined (10)
11 Diplomatic assignment: act

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: Remove salt from.

LINKWORDS

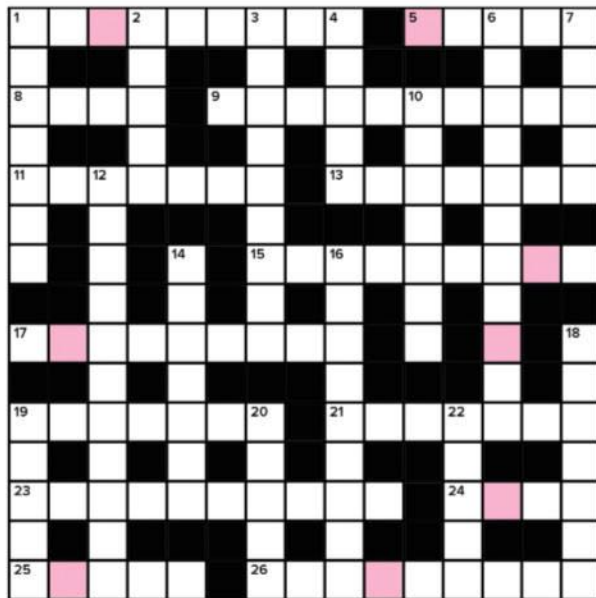
PHONE								PLATE
BED								UP
SPEED								SITE
DIRTY								CODE
LIE								DEER
VEGETABLE								BONE
LEGAL								LOIN
LIP								CAP
OLD								PIECE
UPHILL								CRY

fulsomely, to some extent (7)

- 13** Trust drone to capture vile revolutionary (7)
15 Royal eats impala, oddly showing integrity (9)
17 Picked up soap with herb's essence – this one? (9)
19 Back up in football, say (7)
21 Sparkly stuff ultimately becoming rubbish (7)
23 'No charge for anyone!' results in brawl (4-3-3)
24 Final word is mean, unfortunately (4)
25 Listens to studies with bassoon parts (5)
26 Endlessly charm woman with musical instrument (9)

Down

- 1** Was left to adopt son (7)
2 A fight is concerning (5)
3 Produced direct debit,
 initially covering
 unnamed envelope (9)



- 4** For starters, scour, clean and rub? (5)
6 Identifying feature of bargain essentially covered by smaller text (11)
7 Travel outside Germany's capital to find crest (5)
10 Undone by clue and frustrated (7)
12 We're told, 'smell each table decoration' (11)
14 Stage performance cancelled for bit of the World Cup? (4-3)
16 Moving left to right, rogue guerrilla is unorthodox (9)
18 In particularly hazardous Amazonia, primarily I fled from this? (7)
19 Fly around France to this point (2,3)
20 Light touch following heart transplant (5)
22 Coach coaches (5)

Jumbo puzzle

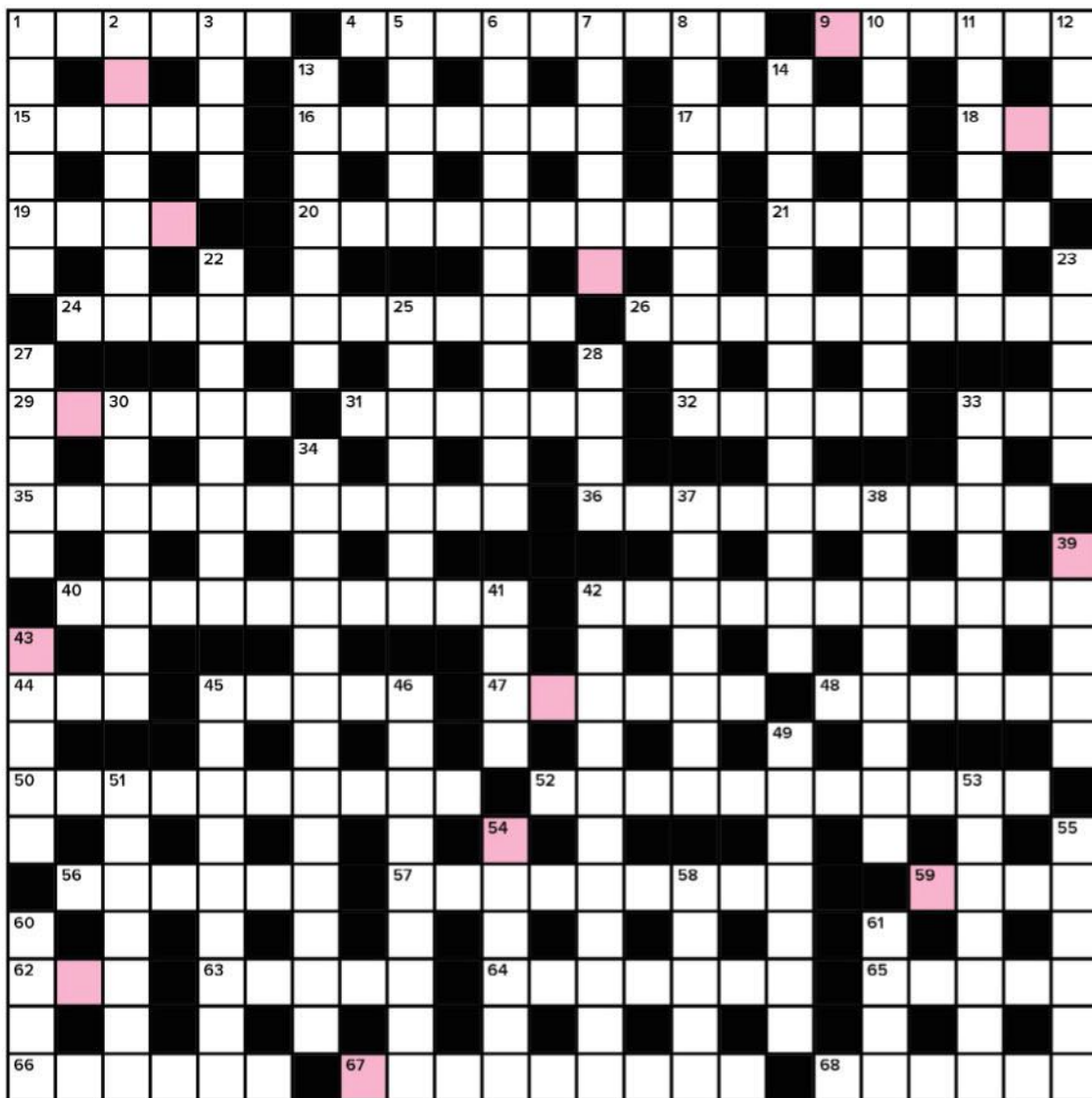
Read down the letters in the shaded squares to spell out a flower (13)

ACROSS

- 1 Mist (6)
4 Comparisons (9)
9 Named (6)
15 Big (5)
16 Gives up work (7)
17 Large strong box (5)
18 Shed tears (3)
19 Simple (4)
20 Most odd (9)
21 Acquire (6)
24 Founded (11)
26 Deemed (10)
29 Turbulent part of a river (6)
31 Diffuse (6)
32 Kinds (5)
33 Jump on one foot (3)
35 Upswing (11)
36 Thrill (10)
40 Isolation (10)
42 At ease (11)
44 Possess (3)
45 Sugary (5)
47 Boring tasks (6)
48 Shining (6)
50 Relating to manufacturing (10)
52 Places to dine (11)
56 Partition (6)
57 Word segments (9)
59 Considerably (4)
62 Mouth part (3)
63 A play (5)
64 Left out (7)
65 Proportion (5)
66 Healthy meals (6)
67 Courier (9)
68 Sunglasses (6)

DOWN

- 1 Esteems (6)
2 Expressions (7)
3 Employs (4)
5 Thespian (5)



- 6 Floral display (11)
7 Defeats (6)
8 Sites (9)
10 Mental viewpoints (9)
11 More fortunate (7)
12 24-hour periods (4)
13 Newly (7)
14 Public protest (13)
22 Good-looking (8)
23 Modify (5)
25 Unmatched (7)
27 Intellect (5)
28 Verge (4)
30 Cinema snack (7)
33 Portable purse (7)
34 European sea (13)
37 Remark (7)
38 Fabric (8)
39 Structures made by birds (5)
41 Hessian bag (4)
42 Collaboration (11)
43 Theme (5)
45 Halted temporarily (9)
46 Express in another language (9)
49 Exterior (7)
51 System of currency (7)
53 Believed in (7)
54 Arm joints (6)
55 Fires a gun (6)
58 Liquid measure (5)
60 Grows old (4)
61 Curved structure (4)

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

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



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Puzzle TIME

Arrow word

Which Irish town stands on the banks of the River Ara? Solve the puzzle by following the arrows and writing in your answers. Then, read down the letters in the shaded squares to find the answer.

Animal's foot	Cool down	Mabuse, dancer	Optimism	Distant, remote	Chart	Place to sleep	Light breeze	Break sharply	Omelette ingredient
Perform on stage		Bond film, <i>The Who Loved Me</i>	Target	Organ of hearing		Lack of difficulty			
Speak softly			E	Doing sums	Yes vote				
Film, <i>Doubtfire</i>	Podded vegetable	P	E	A	Primate	Every time	Scrap of cloth		
Not at home	Label		Beam of light	R	Vigilant	Pixie	Elevate		City in Yorkshire
		Govern	Bring up a child	Person in charge				Talon	
Sodium chloride	Archery missile				Hot drink	Delicate material			
Quarrel	Crimson			Consumed food		Folder			
		Legal professionals					Unhappy		
Hole in a needle	Danny, TV presenter			Took a chair		Church benches			

YOUR ANSWER:

WORDSEARCH

The pasglas and pokal are early variants of what type of characteristic drinking vessel? The answer is the one missing from the grid.

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

YOUR ANSWER:

COLLINS
COUPE
FLUTE
GOBLET
JUG

PILSNER
PINT
PONY
SCHOONER
SHOT

SNIFTER
STEIN
TUMBLER
WINE
YARD

Mini crossword

1		2		
		3		4
5				
		6		
7				

The shaded boxes spell out a word.

ACROSS

- 1 Female deer (3)
3 ___ Vegas, US city (3)
5 Part of a pen (3)
6 ___ Direction, band (3)
7 Cut the grass (3)

DOWN

- 1 Material used for jeans (5)
2 Arm joint (5)
3 Garden building (4)



Your stars

For 19-25 August with Bracha Goldsmith
yourastrologysigns.com

ARIES 21 MAR – 20 APR

Volatile energies are present. If you can remain calm and peaceful in all situations, you will ride them out with ease.

TAURUS 21 APR – 21 MAY

Financially, new opportunities are coming. Trust your instincts and do due diligence before you jump in with both feet.

GEMINI 22 MAY – 21 JUN

This is the perfect time for changing a destructive habit. Set yourself a clear goal, and get started on your journey!

CANCER 22 JUN – 23 JUL

Any improvements you can make to enhance your health and wellbeing can be easily implemented now. Choose one and begin taking action.

LEO 24 JUL – 23 AUG

Your keywords are expansion, growth and broadening your horizons. Something that you have been working towards can now come to fruition.

VIRGO 24 AUG – 23 SEP

Working on your inner self will prove very beneficial. Anything that brings you peace and calm should be actively cultivated.

LIBRA 24 SEP – 23 OCT

Your ruler, Venus, is currently in a favourable aspect, bringing harmony to your relationships. Look out for the positives and you will find them.

SCORPIO 24 OCT – 22 NOV

Plenty of new and uplifting energy is available to you now. If you proactively develop your talents, miracles will unfold.

SAGITTARIUS 23 NOV – 21 DEC

You're at the beginning of a new phase. Don't hold back, step out and be seen. Exciting times lie ahead for you!

CAPRICORN 22 DEC – 20 JAN

An unexpected financial opportunity may land in your lap. Negotiations of all kinds can be resolved favourably.

AQUARIUS 21 JAN – 19 FEB

Though you may be contending with various challenges at the moment, don't take everything too seriously. Lighten up and you will start to feel better.

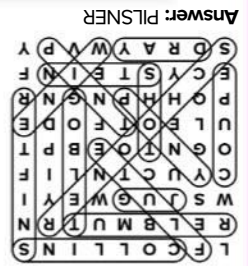
PISCES 20 FEB – 20 MAR

This is a wonderful time for meeting people who are on the same wavelength. Go out and enjoy yourself!

PUZZLE ANSWERS



Answer: TIPPERARY



Answer: PILSNER



Answer: OHIO

Answer: KNOBBIES

Answer: KNOBBIES
 skinko, ties, tike, tins, skibob, skin, skit, stein, stink, knits, nibs, noise, oink, sink, skein, eosin, ikon, inks, inset, into, kits, knit, bibe, bike, bine, bins, bites, bonest,

Answer: DESALINATE

Answer: DESALINATE
 MARROW, TENDER, FILLER, MASTER, BATTLE, NUMBER, COVERS, DATING, SECRET, FALLOW,

Answer: CAMOMILE

Answer: CAMOMILE
 19 So far 20 Torch 22 Train
 10 Unlaced 12 Centrepiece 14 Play-off 16 Irregular 18 Piranha
 Down: 1 Existed 2 About 3 Developed 4 Scrub 6 Fingerprint 7 Ridge
 25 Reeds 26 Harmonica
 15 Principle 17 Corander 19 Support 21 Gitter 23 Free-for-all 24 Amen
 Across: 1 Escapades 5 As for 8 Into 9 Overturned 11 Tactful 13 Believe

Answer: CHRYSANTHEMUM

Answer: CHRYSANTHEMUM
 51 Decimal 53 Trusted 54 Elbows 55 Shoots 58 Litre 60 Ages 61 Arch
 41 Sack 42 Cooperation 43 Topic 45 Suspended 46 Translate 49 Outside
 33 Handbag 34 Mediterranean 37 Comment 38 Material 39 Nests
 22 Handsome 23 Adapt 25 Supreme 27 Brain 28 Edge 30 Popcorn
 8 Locations 10 Attitudes 11 Luckier 12 Days 13 Freshly 14 Demonstration
 Down: 1 Values 2 Phrases 3 Uses 5 Actor 6 Arrangement 7 Losses
 63 Drama 64 Omitted 65 Ratio 66 Salads 67 Messenger 68 Shades
 50 Industrial 52 Restaurants 56 Screen 57 Syllables 59 Much 62 Gum
 40 Loneliness 42 Comfortable 44 Own 45 Sweet 47 Chores 48 Bright
 29 Rapids 31 Spread 32 Sorts 33 Hop 35 Improvement 36 Excitement
 18 Cry 19 Easy 20 Strangest 21 Obtain 24 Established 26 Considered
 Across: 1 Vapour 4 Parallels 9 Called 15 Large 16 Retires 17 Chest

Answer: JUMBO PUZZLE

IN YOUR NEXT ISSUE

**BUMPER
 ISSUE
 32 EXTRA
 PAGES**

Two
 mags
 in one

**VIBRANT WALL
 HANGING TO SEW**



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- * MORE CRAFT



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Nights OF OLD

Why do I wake up in the wee small hours?



“Life is such an adventure, isn't it? One moment last week I was complaining bitterly to Mr Dear that I couldn't sleep, and if he didn't stop snoring and twitching and moving about, there'd be trouble, and the next thing I knew, I was behind the counter at the charity shop and the King was coming through the door.

He wore a double-breasted suit with a light herringbone pattern and some sort of buttonhole, perhaps a carnation, and he was clutching a large carrier bag.

'Good morning,' he said, because he likes to put people at their ease.

'Good morning, Your Majesty,' I said, because in the world of my dreams I'm rather used to moving in these circles. Honestly, the things that the late Queen and I got up to.

'Erm, I've been having a bit of a clear-out,' said the King. 'And I wondered if these were of any use.'

He put the bag on the counter, and it made a distinct clinking noise.

'Here, let me show you,' he said. He tipped up the bag and emptied it to reveal some rather expensive-looking items.

'Aren't they the Crown Jewels?' I said.

'Well, I suppose they are. Yes, almost certainly the Crown Jewels.'

I looked at him, and he looked at me, and I said the only possible thing under the circumstances: 'If you wait here, sir, I'll go and fetch the manager.'

I went into the back room, where Mrs Beasley had her stilettos up on the table and was smoking a pipe. Yes, yes, I know, but dreams are like that.

'The King's here,' I hissed, 'and he's brought in the Crown Jewels. I'm not sure what to do.'

'Which King?' said Mrs B.

'Ours, of course. No foreign king would bring their Crown Jewels to donate, would they?'

'Oh, all right,' grumbled Mrs B. 'I'll come and have a look.'

And so we examined the Crown Jewels, and hummed and wondered what we should do. 'Tell me, sir,' said Mrs B. 'What made you bring them to us?'

Well,' said the King. 'I took them to *Antiques Roadshow* at first, but they didn't seem at all interested.'

And then I woke up.

It must have been about two o'clock in the morning.

Mr Dear was still snoring gently. There was something snuffling in the garden, and I could hear an ambulance or something in the distance.

One of the many downsides of getting older is waking up pretty much every night at two or three in the morning.

I wouldn't mind, but everything seems so much worse in the early hours. That twinge in your knee, for example. Just before lunch, it's a harmless twinge in your knee that will soon go away. In the early hours of the morning, it's the first sign of arthritis.

You've probably inherited it from your grandmother, and you remember how bad-tempered it used to make her.

In the early hours, you hear a tap dripping and that means – in the early hours at least – a huge plumber's bill, right on top of the cost of the new Henry vacuum.

**'Aren't they
the Crown
Jewels?'**

And that snoring. Didn't you read somewhere that loud snoring is a symptom of heart disease? When did Mr D have his last check-up?

Not wishing to disturb Mr D – even though he is now making a sound like a bull clearing his throat before charging at a particularly irritating matador – I pick up my phone and head for the comfy chair in the spare room.

There, I consult Dr Google, who tells me that waking up in the early hours is a bit of a thing (my summary, not his, obviously. Or hers. Whichever). Apparently one third of sleepers do this.

One of the reasons is a surge in the stress hormone that is preparing us for the rigours of the following day. If so, we have been badly designed.

If stress hormones wish to prepare us for a busy day, why can't they do this at 5am when, in the summer at least, it's getting light?

Dr Google also suggests that stress is partly to blame for waking in the night. 'Yoga, or relaxation exercises, might help.'

It's an interesting suggestion, but I can't help but think that Mr D might have a few choice words to say if I woke him at 2am by doing the Downward Dog.

”

Rosie XX

ILLUSTRATION: JOY GOSNEY



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