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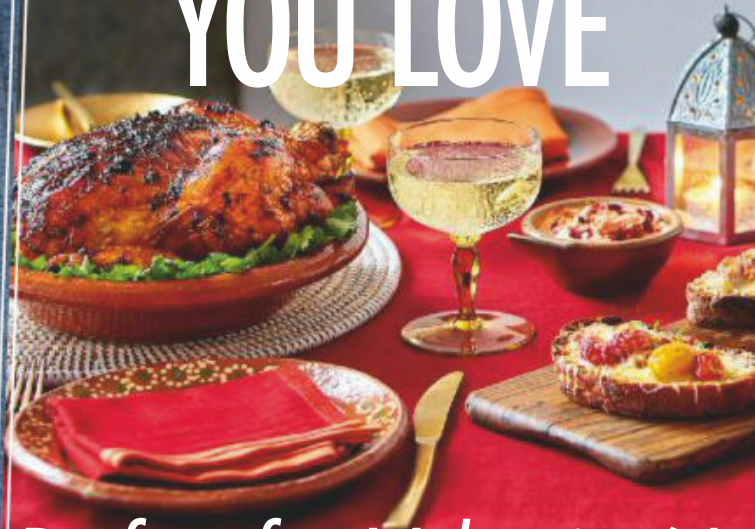


Tom Jones

**I'm almost 80 but
still love singing
as much as ever**

Special menu

**FOR THE ONE
YOU LOVE**



Perfect for Valentine's!

IMPORTANT SAFETY WARNING WASHING MACHINE RECALL

DO YOU OWN A HOTPOINT OR INDESIT WASHING MACHINE?

If your washing machine was made **between 2014 and 2018** it may pose a fire risk.
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OUR CALL CENTRE IS OPEN 7 DAYS A WEEK



Hello!

Wonder women

As the proud mum of two daughters, now aged 11 and eight, I'm always reminding them how brilliant women are and that we can do anything we put our minds to. And now I have a fantastic example to show them. From page 10, we reveal some of the great women whose lives are honoured by blue plaques. I was delighted to find that both girls already knew who Ada Lovelace and Mary Seacole were and what they did, thanks to the popular children's TV show *Horrible Histories*. So now I'll be reading with my girls all about the incredible women they didn't know about in the hope they'll be further inspired!

Catherine

Editor-in-Chief
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A LOVE-LY IDEA

Pop this on the pillow of your loved one to find when they go to bed.

Valentine medal, £1.50, Primark



ALL AGLOW

Dine by candlelight with these affordable heart tea lights.

Nine mini candles, £2.50, Sainsbury's



OVER TO YOU

Write a personal note on these and leave around the house. Awww!

Love Tokens, £1, Poundland

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Good to SHARE

Fun cat and dog events and exciting family outings!

From us to you

Is yours a top cat?

Cat lovers who are feline lucky can nominate their pet for the National Cat Awards. The event in August, sponsored by Purina and run by Cats Protection, honours heroic cats and caring cats. Visit cats.org.uk/support-us/events/nca. Entries open until 12 March. What are you waiting for?

FAMILY FUN

Sea Life is on the hunt for brave 'rangers' who are enthusiastic about all things aquatic and are Top Trumps card games mad! This spring, Sea Life is launching the Jawsome Sharks and Friends quest, to help Professor Finn find the missing Top Trumps cards, so he can teach everyone about the sharks and sea creatures that live at the aquarium. It's happening across Sea Life sites throughout the UK from 15 February until 31 May. Book your tickets via visitsealife.com



DID YOU KNOW?

Subscription TV and streaming services are now considered essential by many Brits, according to moneysupermarket.com. Its research found 26% of people describe TV packages as necessities, while 16% say the same for streaming services.



On this day

On 6 February 1918, women in Britain aged 30 plus, who met minimum property qualifications, were granted the right to vote after the Government passed the Representation of the People Act 1918. This gave 8.4 million women the vote. It wasn't until 1928 that the vote was extended to all women over 21 on equal terms to men.



Keeping up with the Joneses

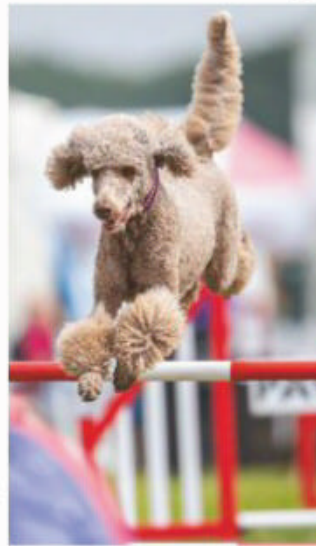
A home can be our pride and joy, to decorate in our own style. But what if you found out your neighbour had copied yours? My Job Quote asked 2,113 UK homeowners if they had ever imitated aspects of a neighbour's house and 66% admitted yes (15% said no and 19% were unsure). Have you ever copied your neighbours decor?



HEAD TO A 'DOGSTIVAL'

It will be music to a dog's ears to hear that their favourite festival is back (16-17 May) for its second year – and now with dog-friendly glamping.

It will once again take place in the New Forest, on the Pylewell Park Estate. You'll find a K9 Health & Wellbeing Stage with TV's *Vet on the Hill* Scott Miller; the Dogstival Dog Pub, as well as the main arena, which will have displays and shows from traditional working, therapy and assistance dogs. Visit dogstival.co.uk



Have you heard?

Some 3.8 million Brits have reported injuries on ski slopes as a direct result of drinking alcohol over the past five years, research from Direct Line Travel Insurance reveals. This equates to around 1,000 incidents every day during the ski season. While many required little or no medical help, 40% needed treatment on the slopes before they could continue, while one in 11 needed to be transported off the mountain.



HOLIDAY BONDING

Leaving chores and homework behind help to make holidays a key family bonding time, two in five parents think. But an average family doesn't start reconnecting until two days into their break, the survey for Solmar Villas found.

For your diary

The Mischief Theatre – the Olivier award-winning company behind *The Play That Goes Wrong* – has announced that its comedy *Magic Goes Wrong* has been extended in the West End. The original Mischief company play a hapless gang of magicians presenting a charity event. As the accidents spiral out of control, so does their fundraising target! For more details, visit magicgoeswrong.com



Deal of the week



Thinking about your next holiday? Aria Resorts is offering up to 10% off all bookings made in February. In addition, at the time of booking, you'll only need to put down a 10% deposit. For more information, visit ariaresorts.co.uk

Good to SHARE

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

From you to us

GOLDEN AGE

I never miss an issue because my son and I agreed that a subscription is the ideal birthday gift for me from him. I returned home from two months overseas to find a lovely stack of issues to indulge in all at once – what bliss. As for 'Are we better off...?' [14 January], being born in the 1950s and growing up with some labour-saving machines was the best of times. Computers helped, but hadn't taken over people's lives and jobs. There were dangerous situations, which are at last being dealt with, but being a kid was great then!

Janet Russell, NSW, Australia



Letter of the week

Look what I made!

My nan has recently completed this cardigan from the 'pretty in pink' pattern in one of the issues last summer. She is 93 years old and it took her about six months, but she persevered and what an achievement. We are so proud of her!

Sarah Parker, Plymouth



Where I read mine

Here I am reading my magazine in Queenstown, New Zealand, just beside the airport. Isn't it a beautiful view!

Sheila Harris, New Zealand

❖ We'd love to see where you read your copy of *Woman's Weekly*. The more exotic the location, the better!



Paws for thought

Cecil looks like he's just been told off... but he looks like this all the time!

Jean Milne, West Sussex

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

Get in touch

WE LOVE LETTERS

Woman's Weekly, 161 Marsh Wall, London E14 9AP.
P.S. It really helps when you put your details in capitals. We do not return photos (apart from You Wore It Well) so please do not send originals.



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What you're WEARING



CLAIRE CUMBERLAND, 60

Tell us about your look

My coat is from Zara. Blue is my colour, and I liked the cut and length. Underneath I'm wearing a floral print dress, also from Zara – I love all the fabulous winter florals that are in store now. My gloves and bag are both Mulberry. I love smart handbags and keep them forever!

And the best bit of your body?

My legs.



KATHRYN McGEARY, 53

Tell us about your look

This is my casual, cosy look – normally I love a bit of bling! My coat is by Rino & Pelle, my cord jeans are Zadig & Voltaire and my boots are Kurt Geiger. I usually shop at independent boutiques and tend to go for brights as they cheer me up. Today I've added a bright pink stripe knit by Munthe and my orange Hermès bag. I never wear black – it just doesn't suit me.

And the best bit of your body?

It all works and I'm happy with that!



JO CLARK, 42

Tell us about your look

I bought my coat a couple of years ago at Mango. I try not to wear it too much so that it lasts. My cream sweater is H&M and the trousers are Zara. I found my boots on Asos, my hat and scarf came from Topshop and my hot pink bag was a gift.

And the best bit of your body?

My skin.



CORINNE VALLETTA, 34

Tell us about your look

My style is quite casual and relaxed, but I like to follow fashion. I love the trend for faux fur, so I treated myself to this hooded jacket by Sandro. Underneath is a soft knit by Massimo Dutti. My jeans are Armani and my boots are Timberland. I love a rucksack – it suits my style!

And the best bit of your body?

My boobs and décolletage.

You Wore It Well

Mary Wilding, 1958

This is a photo of me aged 19, wearing a white blouse and black skirt. I'm now 80 years old and it's nice to look back on those days.



✦ We'd love to see how great you looked in any era up to and including the 1980s. Please send a good-quality photo with your name, address and daytime phone number clearly written on the back, to: Fashion Dept, *Woman's Weekly*, 161 Marsh Wall, London E14 9AP. Photos will be returned.

'Thank God I can STILL SING!'

As he returns to *The Voice*, Sir Tom Jones reveals why he's still performing and making music after 60 years

The
**Woman's
Weekly**
interview

It's hard to believe, with his dashing good looks, that legendary singer Sir Tom Jones turns 80 this year. His career spans six decades and he admits it's the music that keeps him feeling youthful – as well as his coaching role on TV.

'I love doing *The Voice*, well, music in general, to be honest. I love still being in it,' Tom tells us. 'Seeing the young contestants' work ethic really energises me.'

He continues, 'I still love it, but thank God I can still sing. My voice is still there, so that's a big help! If it had diminished, maybe I wouldn't feel as strongly about what I'm doing.'

When asked exactly how he keeps his voice so strong, Tom answers modestly, 'I have no idea. It's luck, it's just a God-given thing.'

And singing isn't Tom's only talent. He reveals his *Voice* co-star Olly Murs is often amazed at Tom's ability to belt out any classic song on the spot – without having to look up the lyrics.

Remembering the time he was able to shock US star Jerry Lee Lewis with his skills, Tom

says, 'I've always been a big fan of his and I've got all his records. I saw him in Vegas and started singing one of his album tracks and he asked me, "How the hell do

you remember the words?" I replied, "Because I listened to it a lot," and he said, "I recorded it and even I can't remember it!"'

Despite not knowing any of the lyrics to US singer Meghan Trainor's songs, Tom is full of praise

for the new judge on *The Voice* panel.

Meghan is replacing Jennifer Hudson, whose commitments as the star of the

forthcoming Aretha Franklin biopic meant she had to quit as a judge.

Tom says the 26-year-old 'fitted right in straightaway'. He adds, 'She's a very natural person. She's right there. She's a professional and knows



Sir Tom's voice is as strong as ever

'Seeing the young contestants' work ethic energises me'

exactly what she's doing.'

Talking about the rest of the panel, he continues, 'We all get on really well. We want the best for the singers. When you know one of the contestants is going to leave, it's not a good feeling.'

Tom reveals Olly has told him how much he looks up to him, listening to his advice and learning from him.

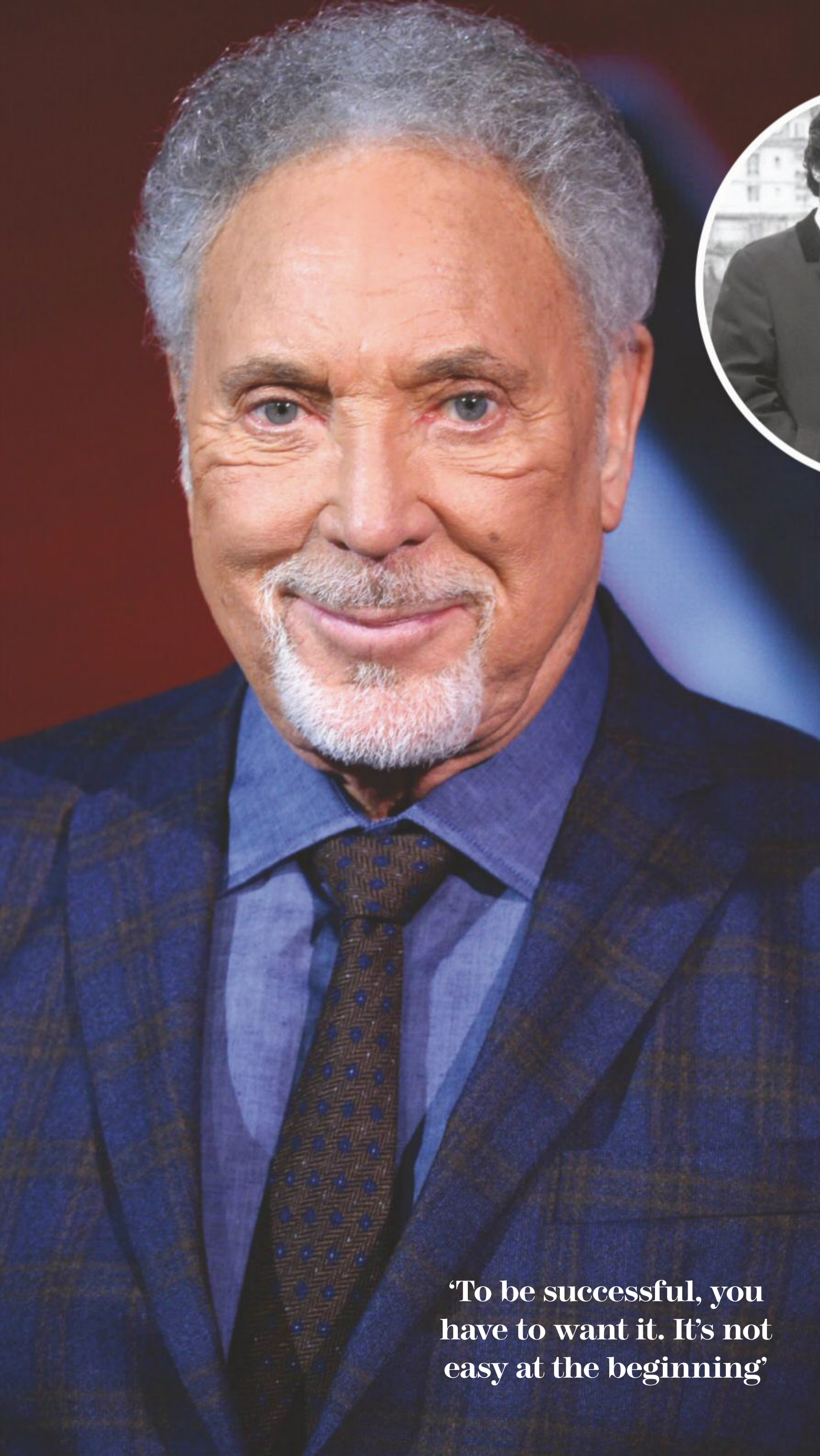
'I'm glad he realises that,' Tom laughs. 'I feel that I know singers. I hope I do. I know about the voice and what goes into getting great things out.'

'There are people I've let go in the competition because I know it's not a voice that I can work with. I wouldn't be able to guide them well. I've



He shares judging duties with will.i.am, Meghan Trainor and Olly Murs





Tom and his late wife, Linda, in 1965

‘To be successful, you have to want it. It’s not easy at the beginning’

got to hear somebody I have a connection with – and relate to.’

It’s clear to see that Tom’s dedication and hard work are what have driven him through his 60-year career, and it’s these qualities he’s looking for when he sees new singers appearing on the show.

He explains, ‘Sometimes, I just want to ask these people, “How much do you want it?”’

‘Because we all know in order to be successful, you have to want it. It’s not easy, especially at the beginning, to get your foot in the door, because you’re going to get knock-backs. But getting that across to aspiring singers can be so difficult.’

He continues, ‘You can’t be put off by somebody saying, “Well, maybe you should get a proper job.” People always say show business isn’t “real” – so you’ve got to really want it, more than anything else.’

You won’t be surprised to hear that Tom has no plans to retire and hang up his microphone – even if he is turning 80 this year.

So, what does he plan to do for his milestone birthday?

‘I’ll get drunk, I expect,’ he finishes with a big chuckle.

❖ *The Voice UK* continues on Saturday on ITV1.

Amazing WOMEN

Discover the history of some of the great women whose lives are honoured by blue plaques

It's magical to spot a blue plaque on a building – someone of note lived or worked on the very street where you now stand! But chances are the plaque is dedicated to a man – of the 900 or so English Heritage blue plaques, only 14% are for women. With calls for this to be redressed, here are six who *do* have them, and richly deserve the honour.



Violette Szabo **(1921-1945)**

Burnley Road, Stockwell

In 1944, aged 23, and a widow with a child, Violette was sent to occupied France as a secret agent. She worked with resistance groups until captured. Brutally interrogated, she refused to speak, and was sent to Ravensbrück concentration camp, where she was executed. She was posthumously awarded the George Cross in 1947 for her bravery, accepted by her daughter Tania, then aged four.



Margot Fonteyn **(1919-1991)**

Long Acre, Covent Garden

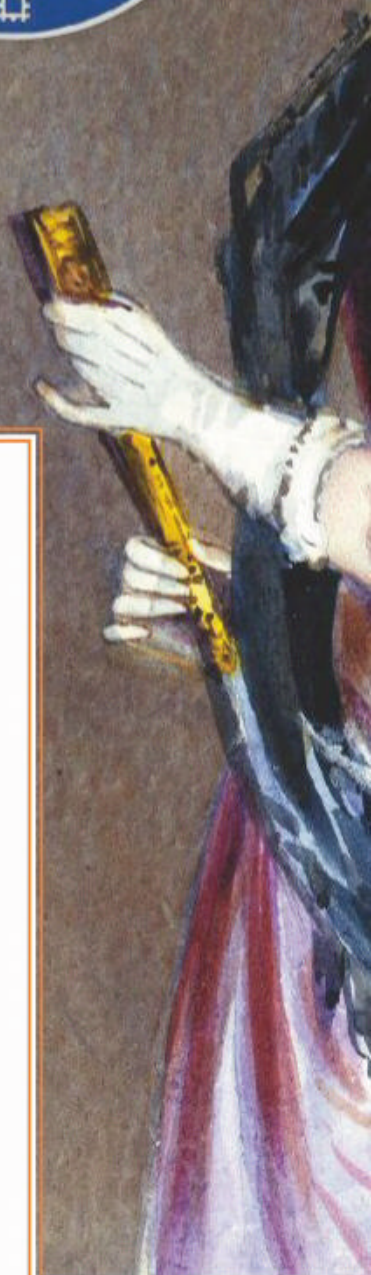
Famed for the purity of her line as a dancer, and her striking beauty, Margot was one of the greatest ballerinas of the 20th century. Having trained from the age of four, she became a prima ballerina at just 16. For the next 40 years, she dominated the world of ballet. But it was towards the end of her career that she began her most famous artistic partnership – with the Russian star Rudolf Nureyev.



Ada Countess of Lovelace **(1815-1852)**

St James's Square, Westminster

Lord Byron's daughter Ada was a computing pioneer. Her mother fostered Ada's interest in maths, anxious she shouldn't grow up to be a poet. In 1833, aged 17, Ada met Charles Babbage – the inventor of the first automatic digital computer. Working with him, Ada came up with what is now described as the world's first computer code. In 1979, the US Department of Defense named its new software Ada in her honour.



Elizabeth Garrett Anderson **(1836-1917)**

Upper Berkeley Street, Marylebone

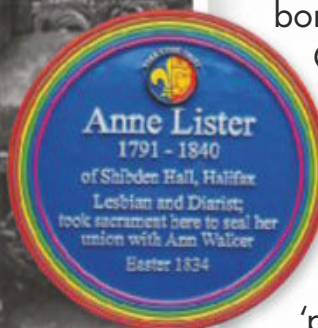
A trailblazer for women's rights, Elizabeth was the first female doctor to qualify in Britain. In the mid-19th century, women were considered too delicate for a career in medicine, but Elizabeth overcame every obstacle in her path. When she passed her doctor's exams at the Society of Apothecaries, the Society changed its rules in an attempt to prevent other women from doing the same. Elizabeth went on to found the New Hospital for Women in London.



Anne Lister (1791-1840)

Goodramgate, York

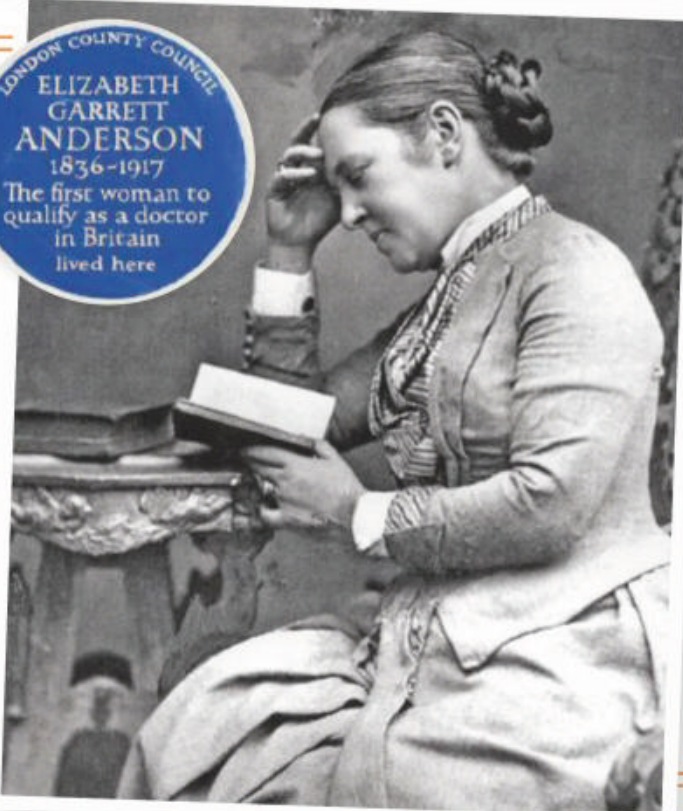
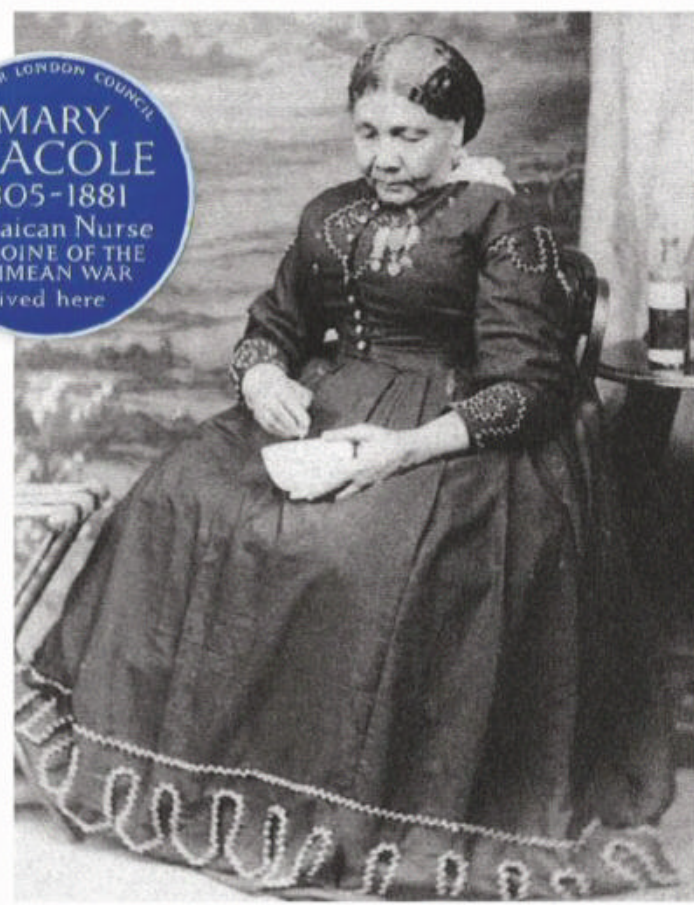
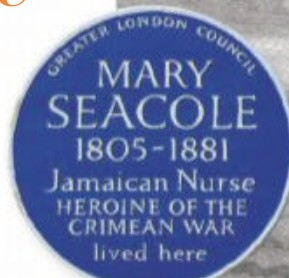
The subject of the recent BBC drama series *Gentleman Jack*, Anne was born into a wealthy Yorkshire family. Throughout her life, she kept detailed diaries – the encoded sections of which described her lesbian relationships. Her blue plaque, with a rainbow border, is on Holy Trinity Church in York where, in 1834, Anne celebrated a marital commitment to her lover Ann Walker. In 2011, Anne's journals were recognised as a 'pivotal' document by the United Nations.



Mary Seacole (1805-1881)

Soho Square, Soho

Influenced by her mother's skills as a 'doctress' who used Afro-Caribbean remedies, Mary became a pioneering nurse and war heroine. She was determined to help the injured in the Crimean War, but her application to be a nurse was rejected. Undaunted, Mary funded her own passage to the Crimea in 1855 where, sometimes under fire, she tended the sick and wounded. In a 2004 survey, Mary was voted the greatest black Briton.



Hello, Dolly! A plaque of her own

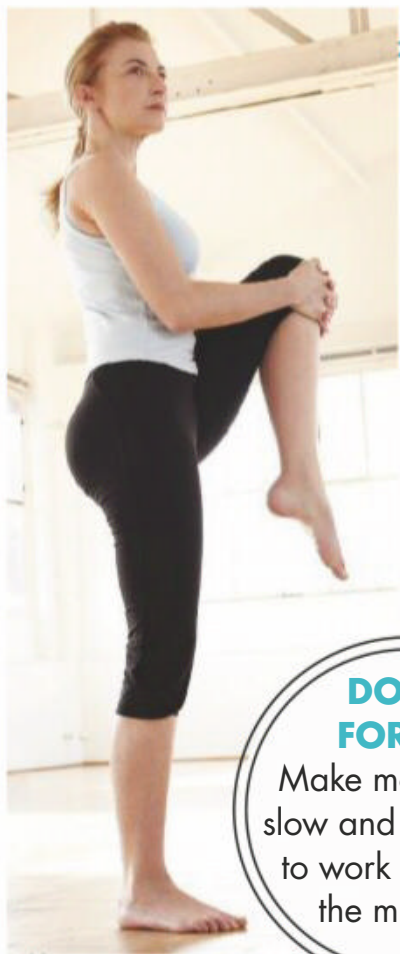
WHO'D HAVE THOUGHT IT!

❖ On a council block in Brighton, you'll find a blue plaque dedicated to a witch – Doreen Valiente, the 'Mother of modern witchcraft'. ❖ And in Edinburgh, the Society of Biology has installed a plaque for Dolly the sheep – the first mammal to be cloned from an adult cell.

Transform your HEALTH

Keeping muscles strong is crucial – for strength, balance and flexibility. And there's no easier way than our tone-ups!

*in 5
minutes
a day!*



Build your strength

We all know that exercise is good for our health; it helps our bodies fight disease and maintain a healthy weight. And moves to build muscle are particularly important as we get older, says *Woman's Weekly* GP Gill Jenkins. 'Later in life, strengthening exercises are essential for maintaining good muscle strength, balance and tone, to keep independent and avoid falls.'

We start losing a lot of our muscle mass when we hit our 40s – at a rate of around 1% every year.

Try these easy moves to target all areas of your body – they'll only take five minutes. Choose one to focus on each day. Just remember to do a five-minute warm-up and cool-down to avoid injury.

✦ For a warm-up, try marching on the spot, star jumps, knee lifts, shoulder rolls, arm circles and leg swings. Make sure you do a series of gentle stretches to cool down after exercise.

DON'T FORGET

Make movements slow and controlled to work and tone the muscles.

For your legs

One-leg stands Hold the wall for support and slowly lift one leg out to the side. Hold for 10 seconds before lowering your leg and repeating on the other side. Do 10 repetitions on each leg.

Calf raises Hold onto the back of a chair. Slowly lift your heels from floor, then lower back down. Repeat 10 times.

Calf stretches Stand in front of a wall, putting your hands against it for stability and the toes of your right foot up against the wall, then step back with your other leg at least a foot's distance away. Lower your heel and hold for five seconds. Repeat five times on each leg.

Leg crosses Walk sideways from one side of the room to the other, crossing one foot over the other. Repeat the other way. Do 10 repetitions.



THE BENEFITS

The more muscle you have, the more calories you burn – even when you're not moving. And focusing on your arms can help banish those dreaded bingo wings.



Your arms

Lateral raises Hold hand weights (or filled 500ml water bottles) by your side. Raise your arms straight out from your sides, to level with the shoulders. Pause, then lower. Repeat 10 times.

Wall press-ups Stand an arm's length from the wall, hands flat against it. Slowly bend your arms and move your face towards the wall, keeping your back straight. Return to your starting position. Repeat 10 times.

Bicep curls Hold a pair of hand weights by your side. Bend your arms and lift the weights to your shoulders. Lower back down again. Repeat 10 times.



THE BENEFITS

The lateral raise defines shoulders and helps prevent a humped back. Also try neck stretches – lengthening your neck and pulling in your chin.

Tricep kickbacks Hold hand weights by your sides, knees bent, leaning slightly forwards. Lift one weight backwards until your arm is fully extended behind you. Hold, then return to your starting position. Repeat 10 times with each arm.

For your core

The plank Start face down, propped up on your toes and forearms with shoulders directly above elbows. Keep legs long, creating a straight line from head to toe. Tighten abdominal muscles to hold this position for a count of 10. Repeat five times.

Side plank Start on your side, propped up on one elbow – your shoulder should be directly above it. Keep legs straight and raise hips. Tighten your ab muscles and hold for 10 seconds. Do five on each side.

Tummy crunches Lie on your back, knees bent, feet flat on the floor and hip-width apart. Place your hands behind your ears and curl up towards your knees. Hold for three seconds, then lower. Repeat 10 times.

Bicycle crunches Lie on your back with hands behind your ears, knees bent to 45 degrees. Bring your right elbow towards your left knee, moving from your core and not swinging your arms. Then bring your left elbow towards your right knee. Keep going to complete 10 on each side.

THE BENEFITS

A strong core means better balance and stability, and greater support for your spine, which reduces your risk of back pain.



For your bottom

The bridge Lie on your back, with knees bent, feet shoulder width apart. Raise your hips, tighten your core and bottom, and hold for five seconds, then lower. Do it 10 times.

Sit-to-stand Sit on the edge of a chair and slowly stand up using your legs (not your arms). Slowly sit back down. Repeat 10 times.

Leg lifts Hold onto the back of a chair for support. Raise your leg out to the side, hold, then return. Repeat 10 times for each leg.

Leg swings Using the same position as above, raise your leg backwards, keeping it straight. Return to start position and repeat 10 times for each leg.

THE BENEFITS

Strengthening your glutes (bottom muscles) helps stabilise your pelvis and protect your back – as well as helping your bum look good in jeans!





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**It's
a funny
old
world**

'I'm cynical about roses, hearts and soppy cards'

This week's columnist: **Katie Fforde**

“For a romantic novelist, I have a fairly cynical attitude to the roses, hearts and soppy cards that surround Valentine's Day. My husband is even worse, though he has his moments.

Our son-in-law is much better at all these things and one Valentine's Day, which happened to fall on a Saturday, he had gone to great lengths to get a table at a small local restaurant. He asked us to babysit in plenty of time and Desmond, my husband, offered to be the taxi so they could both drink.

A day or two before, one of the grandchildren developed a sickness bug but I insisted I could cope with a bit of vomit, the children were happy to be left with me and so the plan continued.

However, just as I was deciding if it was worth taking a book with me, Desmond came into the kitchen and told me to go and get changed. I was confused and said we were only babysitting. But he shook his head. Our daughter had phoned, her husband had got the sickness bug and, rather than waste the table, insisted we went instead. She was picking us up in 20 minutes.

I dashed upstairs, frantically wondering what I could wear, and put on my make-up at record speed.

Once at the restaurant, which even to my hardened eye looked beautiful with candles and fairy lights and only a splash of pink, a bottle of Champagne was brought to our table.

'Steve was pushing the boat out,' I commented, watching the bubbles pour into my glass. 'That wasn't Steve,' said Desmond. 'I ordered it while you were getting ready.'

Later in the meal, Desmond handed me a small box. In it was a watch with big numbers and clear hands – exactly what I wanted to pin on my noticeboard so I could keep track of time without trying to find the time on my

computer. I was delighted!

Just before pudding, I went to the ladies. When I came out of the cubicle there was a woman washing her hands.

'I see your date's going well!' she said. 'Did you meet on the internet?'

She didn't wait for an answer. 'He really is very good-looking for an older man, got a lot of hair.' By now her hands were dry and she patted mine.

'I know you can never really tell, but he looks like a keeper to me.'

'I think so too,' I said.

'Can you tell me what dating app you found him on?'

I didn't have the heart to tell her that I met him just days after my 18th birthday, decades before the internet was invented.

'Can't remember!' I said with a shrug.

'You look lovely,' Desmond said, uncharacteristically, when I got back to the table.

'You scrub up quite well yourself. You've got a lot of hair for an older man.'

Maybe there is something to this Valentine's Day lark after all.

**'I see your
date's going
well!' she said.
'Did you meet
him on the
internet?'**

❖ Katie's new novel, *A Springtime Affair* (£14.99, Century), is out on 20 February.

My funny old week

WHERE I'VE BEEN A blowy walk on my local common with my daughter, her smallest child, Lorenzo (who's 15 months), and her dogs. The dogs run and jump and play ball. I plod a bit.

WHAT I'VE BOUGHT Another handbag. This one is sea-green suede and I really don't need it. It was half price, of course. Can't resist a bargain.

WHO I'VE MET An old school friend I haven't seen for years. We jumped up and down a lot and realised we're still the same silly teenagers underneath.

WHAT I'VE SEEN *Frozen 2* with my granddaughter.



Frozen 2

NEXT WEEK Arthur Smith

woman's weekly plant offer

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TRY A NAKED MANICURE

Bio-Oil, **£9.99**, Superdrug

Rub varnish-free nails with half a fresh lemon, then soak in some dissolved bicarbonate of soda for a few minutes. Now gently massage each finger with this nourishing oil. The natural plant extracts of calendula, rosemary and camomile oils will absorb into your skin and nail plate to soften and hydrate.



BRUSH UP

Nspa Exfoliating Body Brush, **£2**, Asda

Dry body brushing is the most effective way to exfoliate and it's also cost-effective as, unlike a scrub, it never runs out! Briskly brush up limbs and over shoulders for a minute to smooth bumps, dry patches and even ingrown hairs.

All about SKIN

Keep your body smooth and supple all winter long

ROLL WITH IT

Murlien Massage Roller, **£5.99**, amazon.co.uk

This has a flexible, spiky surface that's brilliant for boosting circulation and alleviating stiffness. Work it over your shoulders, upper legs or the soles of your feet. Better still, get someone to do it for you!



CLEAN AND CLARIFIED

Tea Tree Skin Clearing Body Wash, **£7.50**, The Body Shop

This soap-free daily wash promotes blemish-free skin for your body. The Community Trade tea tree oil leaves a pleasing and refreshing tingle on your skin.



SOFTEN AND SHINE

Sanctuary Spa Shimmer Luxe Body Butter, **£14**, Boots

Nourishing your skin with a deeply hydrating body butter is essential during winter. This rich formula hydrates skin and leaves behind a flattering sheen that's more subtle than it looks in the tub.



DRIFT AWAY

Ameliorate Softening Bath Milk Oil, **£19**, M&S

A long soak in a hot bath is a simple pleasure, and this creamy treatment can improve your skin as you relax. It contains skin-nourishing oats and omega-rich oils, and has a nostalgic baby lotion scent.



TREAT YOUR FEET

HoMedics Soft as Silk 3-in-1 Rechargeable Instant Pedi, **£34.99**, lookfantastic.com

Nicely tended feet are always cheering, even if it's only you who sees them. This DIY pedicure system offers three different intensities of diamond rollers and requires zero elbow grease to transform dry soles into skin that's as smooth as silk.

Figure FIXERS

Take your pick from these fabulous buys to freshen up your style for spring

JUMPSUITS

It doesn't get more effortless than an all-in-one. There are a wide variety of designs, so it's easy to find one that suits both your shape and your style. Wide legs are more forgiving as the fabric falls from the waist and skims over the thighs, combine with a belted middle to further enhance and flatter curves.



£25, sizes 4-22, Primark



£20, sizes 8-22, George at Asda



£119, sizes 8-20, Kin by John Lewis & Partners



£149, sizes 8-18, Finery at John Lewis & Partners



Jumpsuit, **£59**, sizes 6-24, trainers, **£19.50**, both M&S

CHIC AND SIMPLE

Minimal, military-inspired clothing is relaxed and easy to wear. These pieces are great foundations for any wardrobe and will feel cool when the weather starts to warm up. Be careful with the placement of pockets – bigger busts may wish to avoid them across the chest, while pear shapes on the thighs. Instead, use them to draw attention away from problem areas.



£20, sizes 8-22, Nutmeg at Morrisons



£79, sizes 6-20, Phase Eight



£14, sizes 8-22, George at Asda



£55, sizes 6-24, M&S Collection

TAILORING

There are plenty of gorgeous looks around for spring. For a more formal take, wear tailored separates from top to bottom, or mix and match with casual items for a relaxed feel. Choose items that work for you – a waist tie on a shirt does wonders at disguising a stomach, while a double-breasted blazer balances broad shoulders. Show off slim legs with fitted trousers or flatter a pear shape with a printed A-line skirt – the options are endless!



£59, sizes 6-24,
M&S Collection



£59, sizes 6-20,
Phase Eight



£79, sizes 8-18,
Somerset by Alice Temperley
at John Lewis & Partners



£85, sizes 6-20,
Phase Eight



Blazer, **£55**,
jumper, **£20**,
skirt, **£46**,
sizes 6-22,
and boots,
£130,
all Next

PRINTED MIDI DRESSES

There's a reason why these styles with sleeves are a staple in our wardrobes – they're just so flattering.

From wrap designs that hug and highlight curves, to loose A-line silhouettes that float over your hips, there's something for every figure. The new season sees a host of colourful prints hitting the stores. Opt for florals, spots, animal print or geometric patterns, anything goes!



£39.50, sizes 6-24
Per Una at M&S



£26, sizes 6-22,
F&F Clothing



£38, sizes 6-22, Next



£40, sizes 10-20,
Roman

HAPPY anniversary!

Celebrating milestone wedding anniversaries was extra special for these readers

**25
years**

‘We never dreamed we’d celebrate that day together’

Mary and Alan Burgess, from Greater London, renewed their wedding vows in an emotional ceremony alongside friends and family.

Alan and I clicked from the moment we set eyes on each other on a blind date at a Christmas party. And despite my being on long-term kidney dialysis, life was great. We moved in together after a year, and within three we’d bought a house. Everything felt like it was coming together.

It was total blow when my dad passed away unexpectedly and about six months later, Mum was diagnosed with terminal cancer. As my dad had been the main carer for me while I dialysed, I found it more and more difficult to maintain



Mary and Alan’s 1979 wedding day. Mary’s mum is next to her



home dialysis. Thankfully, my elder sister stepped in to offer me a kidney and tests revealed it was a perfect match. The doctors predicted I would get at least five years of normal life, although children would probably be out of the question. The strain on my body might be too much.

A life-and-death situation always puts things in perspective, and all the wedding ideas and plans Alan and I had for the future flew out of the window. Why wait? All we wanted was to be together and to fill whatever time my mum had left with joy, love and wonderful memories.

When we got married at our local Methodist church, Mum’s face was as proud as punch. It was such a perfect day. Time wasn’t on our side, and Alan and I wanted to make as many memories as we could. I should have been used to

life’s little surprises, but no one was more shocked (or nervous) than me when I found out I was pregnant.

Our son Adam was born in 1980 and soon afterwards, in 1983, I was pregnant again with Martin. My five-year ticking time bomb came and went; checkups came back clear and healthy. So, when our 25th wedding anniversary year arrived, we decided to kick up our heels and make the most of the day that we never ever dreamed we would celebrate together.

My beautiful sons walked me down the aisle to my beaming Alan, and after celebrating with friends and family, we holidayed in Bournemouth at the same hotel we had honeymooned in 25 years earlier. I like to think we’re blessed – maybe it’s my parents looking down on us, or maybe we’re just lucky.

Whatever it is, I’m making the most of it, one day at a time!



Mary walks down the aisle in 2004, with her sons



Above: Ken and Brenda with their life-size cut-out of them in 1967.

Right: With daughter Rachel and son Russell in 2017



50
years



'It was as if someone had flicked a switch and turned back time'

Brenda and Ken Love, from Bexleyheath, were expecting a quiet family party, but daughter Rachel had other ideas...

Ken and I met in our late teens – it seems like only yesterday that he asked me out for our first date to the local theatre. We were so in love and it wasn't long before we were married and blessed with our two children Russell and Rachel.

When our golden wedding anniversary was approaching in 2017, our daughter Rachel invited us over to celebrate. But I could never have imagined how much work she'd put in to make the day so special for us.

After meeting at Rachel's, we

travelled over to Christchurch, where we were married 50 years earlier. I thought we'd gone to reminisce and see how things had changed. But when we got there, I was astonished to find that Rachel had recreated our wedding day! She hadn't forgotten a thing; she'd even given photos to my brother so he could copy my wedding bouquet. A photographer, Nina Callow of 3B&ME (3boysandme photography.co.uk), also recreated some of our wedding photos. It was as if someone had flicked a switch and turned back time.

That wasn't all. Friends joined us at a restaurant filled with

golden balloons adorned with pictures from our wedding, and we entered to Wagner's *Bridal Chorus* (the same music I'd walked into the church to all those years earlier). We were even greeted by life-size cut-outs of ourselves from 50 years ago, and Rachel had found the same wishing-well topper that had adorned our original cake.

The sun shone, our son's playlist evoked perfect memories, and Rachel's personalised limerick brought tears to our eyes.

It was a perfect celebration that I'll always remember.

Turn to page 26 for our guide to special milestone anniversary gifts

Special dinner for **VALENTINE'S**



*Make Valentine's
Day special with
this sumptuous
supper inspired
by exotic
Arabian nights*

Menu

Roasted grapes
and Gruyère
on toast

Harissa and rose
roast chicken with
jewelled couscous

Rose water
panna cotta

Fizz



ROASTED GRAPES AND GRUYERE ON TOAST

Cheese and grapes are a classic combination. Here, we've given cheese on toast a twist and served it with roasted grapes.

SERVES 2

- ❖ 2 handfuls of grapes (we used red), about 100g (3½oz)
- ❖ 1tbsp olive oil, plus extra for brushing
- ❖ 1tsp ras el hanout
- ❖ 1tbsp red wine vinegar
- ❖ 2 large slices of sourdough bread
- ❖ 125g (4oz) Gruyère cheese, grated
- ❖ 1-2 springs of thyme

1 Heat the oven to 200C/Gas 6. Scatter

the grapes on a roasting tray and drizzle with 1tbsp olive oil. Toss together with the ras el hanout and vinegar. Roast in the oven for 10-12 mins until the grapes just begin to burst.

2 Meanwhile, brush the sourdough with olive oil on both sides and place on a hot griddle pan. Char on one side, then turn over and top with the grapes, Gruyère and a sprig of thyme. Place under the grill until the cheese melts.

PER SERVING

452 cals, 26g fat, 14g sat fat, 31g carbs



HARISSA AND ROSE ROAST CHICKEN WITH JEWELLED COUSCOUS

The rose and harissa give the chicken a wonderful floral aroma with a little kick of spice.

SERVES 2 (WITH LEFTOVERS)

- ❖ 100g (3½oz) butter, softened
- ❖ 45g (1½oz) rose harissa (we used Belazu)
- ❖ 2tbsp edible rose petals
- ❖ 1 medium chicken, about 1.5kg (3lb)
- ❖ 4 garlic cloves, left whole
- ❖ 1 lemon
- ❖ A bunch of coriander

For the yogurt:

- ❖ 150g (5oz) Greek yogurt
- ❖ 1tbsp rose harissa

For the couscous:

- ❖ 100g (3½oz) couscous
- ❖ 150ml (¼ pint) chicken stock, hot
- ❖ Zest and juice of 1 lemon
- ❖ 4tbsp pomegranate seeds
- ❖ 45g (1½oz) dried apricots, chopped

- ❖ 30g (1oz) whole peeled almonds, toasted

1 Heat the oven to 220C/Gas 7. Mix the yogurt and 1tbsp rose harissa together and refrigerate until serving.

2 Beat the butter, rose harissa and rose petals together to make a paste. Rub this mixture all over the chicken breasts and legs – you can also rub some under the skin – and place the bird in a roasting tin.

3 Bash the garlic cloves with the edge of a knife to crush lightly and put inside the cavity of the chicken. Cut the lemon in half, squeeze a



TIP We've used Gruyère but any hard cheese will do, such as a strong mature Cheddar.

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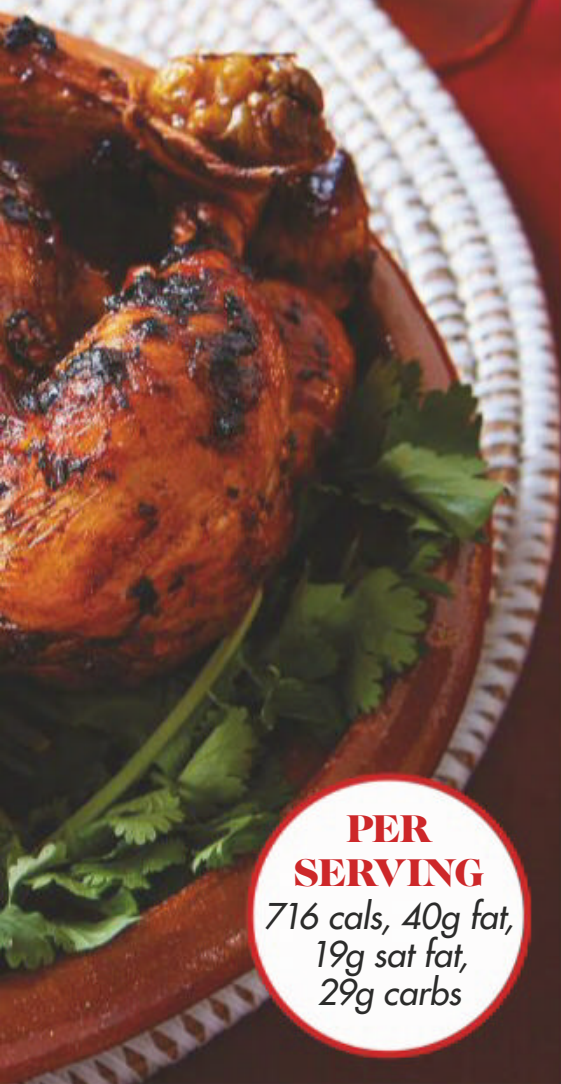


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TIP There will be enough chicken here for leftovers the next day, or double the couscous to make a meal for four.



PER SERVING
716 cals, 40g fat,
19g sat fat,
29g carbs

little of the juice from each half over the chicken and then put them inside the cavity, too.

4 Roast the chicken for 20 mins, baste it, then turn down the oven to 180C/ Gas 4. Continue to roast for a further 45 mins to 1 hr, until the juices run clear. If the chicken begins to brown too much, you can cover it with tin foil. Remove the chicken from the oven, cover it with foil and leave it to rest.

5 Prepare the couscous according to the pack instructions; use a mix of hot chicken stock and lemon juice instead of water. Once the couscous is cooked, fluff it up with a fork and carefully mix through the lemon zest, pomegranate seeds, dried apricots, almonds and some chopped coriander.

6 Serve the chicken on a bed of coriander with the couscous and Greek yogurt.

ROSE WATER PANNA COTTA

The rose water lends a touch of luxury to the creamy panna cotta. You may need to add more or less depending on the brand.

MAKES 2

- ❖ 1½ gelatine sheets
- ❖ 200ml (7fl oz) whole milk
- ❖ 200ml (7fl oz) double cream
- ❖ ½tsp rose water (we used Nielsen-Massey)
- ❖ 1tbsp caster sugar
- ❖ 2tsp dried rose petals

You will need:

- ❖ 2 ramekins (we used heart-shaped ones)

1 Soak the gelatine sheets in enough water to cover for 2 mins.

2 Meanwhile, put the milk, cream, rose water and caster sugar into a small pan over a low-medium heat.

3 Remove the gelatine from the water and squeeze out any excess liquid. Add it to the milk mixture and bring to a

simmer but do not allow it to boil. Take the pan off the heat and stir until the gelatine dissolves.

4 Pour the mixture into the ramekins and put in the fridge to set for at least 1 hr or overnight.

5 To serve, turn out the panna cotta onto a plate and scatter over the edible rose petals.



PER SERVING
590 cals, 57g fat,
36g sat fat,
14g carbs

TIP To turn out the panna cotta, dip each ramekin quickly into a bowl of hot water to loosen.

FIZZ TO LOVE

Irresistible Eight Acres Sparkling Rosé, £18, Co-op

This delicate English rosé is a wonderful pale-pink colour, has great floral aroma and is full of red-fruit flavour.



Calvet Crémant de Bordeaux Brut, £10, Tesco

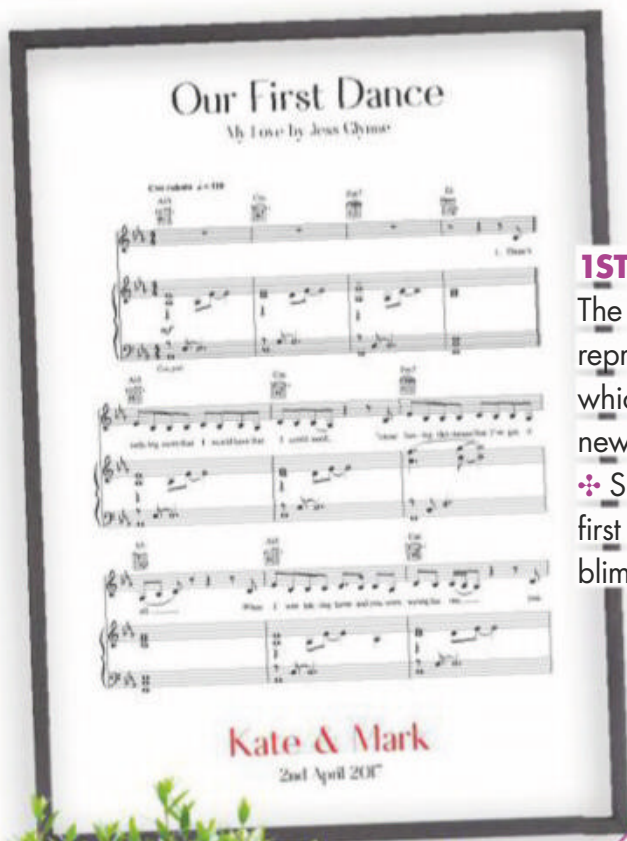
Pour this glorious golden crémant on Valentine's Day. It has a soft, fruity and fresh flavour.



Abel Charlot Brut NV Champagne, £20, M&S

Valentine's Day deserves the glamour of Champagne, and this one is a great choice. It's a dry fizz with flavours of caramelised hazelnut and a citrus aroma.





1ST YEAR – PAPER

The first anniversary is represented by paper, which symbolises a new beginning.

- ❖ Sheet music of the first dance from blimandblum.co.uk, **£24.99**



25TH YEAR – SILVER

After 25 years, a marriage shows all the glowing beauty of familiarity and longevity.

- ❖ Show off your favourite wedding photo in this Personalised Silver Plated Frame, **£17.99**, thegiftgazebo.co.uk.



30TH YEAR – PEARL

A marriage that has lasted 30 years is one that focuses on inner as well as outer beauty. Give the gift of pearls, whether as jewellery or embellishments.

- ❖ Who doesn't like surprises? A guaranteed pearl inside your own oyster, **£5.99**, Kwolf at amazon.co.uk.

LOVE actually

Mark your special anniversary in style with these thoughtful gifts



5TH YEAR – WOOD

Wood represents growth, strength and wisdom, which are all central to a strong, lasting marriage.

- ❖ Create your own woodland from treesdirect.co.uk; trees from **£22.50**.



40TH YEAR – RUBY

A glowing ruby demonstrates just how special and unique your marriage is.

- ❖ Celebrate with this Ruby Wedding Anniversary Plate, **£14.99**, findmeagift.co.uk.

Turn to page 20 for a special love story



10TH YEAR – TIN/ALUMINIUM

Tin showcases everything that has been learnt over the 10 years of marriage. It symbolises the strong bond that can also be flexible and open to change.

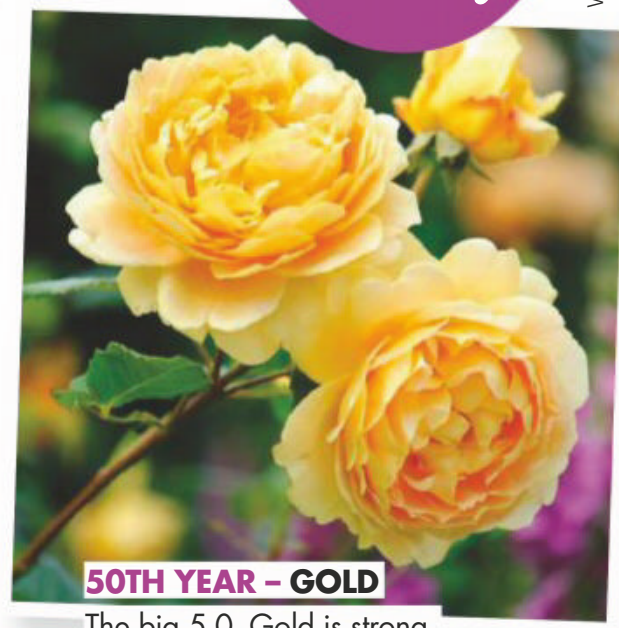
- ❖ The perfect tin box to store all your marriage memorabilia, **£12.99**, giftsfromhandpicked.co.uk.



60TH YEAR – DIAMOND

The universal symbol of beauty, rarity, and everlasting love, there's nothing quite like a diamond.

- ❖ How about this Personalised Pair Petite Lunar Champagne Flutes With Swarovski Elements, **£29.99**, keepitpersonal.co.uk?



50TH YEAR – GOLD

The big 5-0. Gold is strong, precious and unchanging – it truly does endure a lifetime.

- ❖ This Golden Celebration Rose smells amazing in bloom, **£24.50**, davidaustrinroses.co.uk



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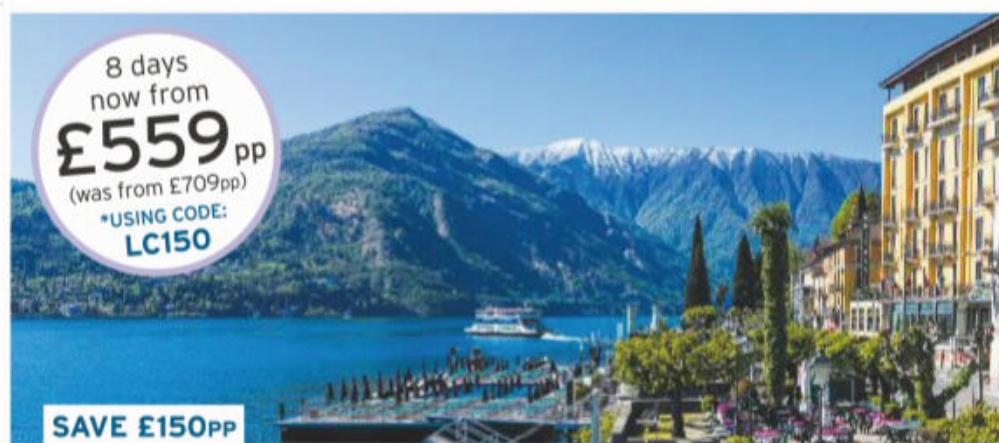
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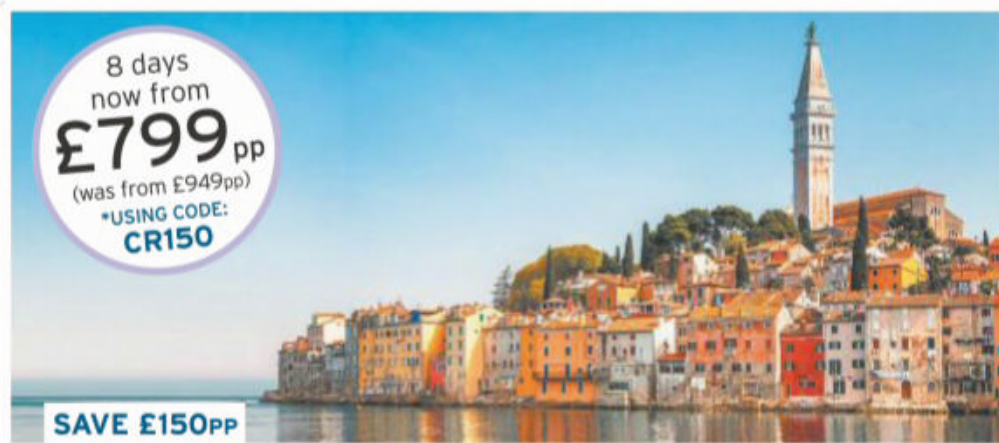
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Prices shown above are per person and include £150pp discount

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Half Board
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Excursions



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- 1 dinner and 1 lunch in local restaurants
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& Included
Excursions



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Seget Donji, Trogir, Split, Mostar & the spectacular Krka National Park

Departing in June & September 2020 | Flying from 15 regional airports

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- Excursion to Mostar and Medjugorje
- Excursion to the Krka National Park and Sibenik
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- Superior twin bedroom with private facilities
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- Services of a Mistral Holidays tour manager

Half Board
& Included
Excursions

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Woman's
Weekly

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Your wellbeing

Latest health solutions for your mind and body



Romesh Angunawela is consultant eye surgeon at Ophthalmic Consultants of London

Boosting sight and KEEPING EYES HEALTHY

Key advice for looking after your eyes is a healthy, well-balanced diet, not smoking and protecting from sun damage.

Nutrients in green leafy veg and fatty acids in fish oil are good for eyes.

Wear sunglasses in the sun because, as with your skin, sun damage is a common cause of problems, including cancer. Look for UVA and UVB protection. Sunglasses also protect the delicate skin around your eyes.

Don't smoke. It's very bad for eyes because it causes blockages in the tiny blood vessels that supply them, making you more prone to macular and retinal problems.

It's important to visit an optician annually, particularly



as you get older, to check for problems that you may not be aware of and which can be treated if spotted early.

You can't prevent age-related changes to your vision, though. It happens when the natural lens in your eye ages. In your mid to late 40s, your lens becomes less flexible and you'll find it more difficult to read things up close and will need reading glasses.

It's the beginning of changes that

eventually lead to that lens becoming yellowy or cloudy – a cataract.

But modern ways of treating this ageing are very effective. Cataract surgery restores your vision. It can have such a life-changing effect and is one of the reasons I went into this profession. Twenty years on, I've seen huge advances – new drug therapies for things like macular degeneration and glaucoma, and different ways of doing surgery. And research continues because the eyes can be a window into the rest of your body. Blood vessels and changes in your eyes can reflect what's going on elsewhere.



If you usually...
brush your teeth twice a day
Try this instead...
brush them three times

Regular cleaning can make your heart healthier. Recent research in South Korea found that those aged 40-79 who brushed their teeth three or more times a day had a 12% lower risk of heart failure and a 10% lower risk of atrial fibrillation (an irregular heartbeat). Poor oral hygiene is believed to lead to more bacteria in the blood, causing inflammation, which affects the cardiovascular system.

3 ways to... beat winter allergies

WASH

Vacuum cushions and soft furnishing regularly, or wash at a high temperature, to kill dust mites – one of the biggest winter allergy triggers.

FILTER

Use a vacuum with a HEPA (high-efficiency particulate air) filter, such as the Henry Allergy HVA160. They trap more dust mites than regular cleaners.

WET WIPE

Wipe surfaces with a damp cloth to stop dust becoming airborne. Winter allergies are usually triggered by indoor allergens, like mould or animal dander.

NEW READ

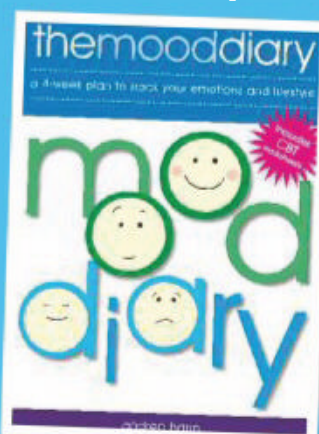
THE MOOD DIARY

(£12.99, EDDISON BOOKS)

Use this journal to monitor your

emotions over a one-month period.

Based on cognitive behavioural therapy (CBT) and self-diagnosis techniques, psychotherapist Andrea Harrn advises how to manage moods and make changes for a healthier, happier life.





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

Dr Gill

Advice from our Woman's Weekly doctor

Good dogs

Two reports show dog ownership is associated with lower mortality risk. A meta-analysis of 3.8 million adults found dog owners had a 24% lower risk for death over 10 years than non-owners, 65% lower for those with known heart disease.

Of 340,000 Swedish adults experiencing a first heart attack or stroke, only 5% were dog owners but during annual follow-up, dog owners were 20% less likely than non-owners to die. Most protected were those who lived alone. The benefits include greater physical activity and decreased loneliness.



GENE THERAPY

Two genetic blood disorders, sickle cell disease and thalassaemia, may in future be managed with gene editing therapy following research at St Mary's Hospital in London, which has now successfully treated patients. Both conditions affect blood haemoglobin, the oxygen carrying protein, causing anaemia and damaging organs. In sickle cell disease, crises can occur with pain, swelling and infection. Both conditions are currently managed with repeated blood transfusions.

Coping with...

CHRONIC KIDNEY DISEASE

Our kidneys slowly fail with age, gradually causing tiredness, breathlessness and swelling

CKD is a gradual deterioration in kidney function, associated with ageing, but worsened by other chronic diseases such as diabetes, heart disease and hypertension, especially if they are poorly controlled. Other conditions that can lead to kidney disease include prostate disease, kidney stones and rarer conditions such as lupus. Some medication can harm kidney tissue, including long-term non-steroidal anti-inflammatories, omeprazole and lithium.

CKD is more common in people of black or South Asian origin, or with a family history of kidney disease. Most sufferers live long lives just being monitored but, rarely, the kidneys stop working altogether.

The symptoms

You may experience no symptoms at all, especially in the early stages where the kidney reserve is high, and it may simply be found on routine urine or blood testing for other problems. Then, as it becomes more advanced, you may notice tiredness, breathlessness, swollen hands or feet, nausea, feeling faint, and even blood in your urine.

Poor appetite and weight loss, muscle cramps and itchy skin, headaches and sleeping difficulty are common. Finally end-stage kidney disease, or kidney failure (renal failure) occur, and dialysis may be used to help do the kidneys'

Things to know

- ❖ Ensure any chronic conditions such as diabetes, heart disease and high blood pressure are well managed, as these are most likely to lead to CKD.
- ❖ Have your kidney function tests regularly checked to prevent silent damage, as you may have no obvious symptoms at the start.
- ❖ CKD will worsen suddenly if you have an acute kidney injury (AKI) from trauma or an infection, so report any symptoms promptly to get help.
- ❖ Try to have a healthy lifestyle, with regular exercise, keep your alcohol intake to under 14 units a week, and seek help to stop smoking.

job of cleaning the blood. Kidney transplant is then the only other option.

The tests

These include blood tests for waste products called creatinine and urea, which, with your age, size, gender and ethnicity, are used to calculate the amount of blood your kidneys can filter per minute – the estimated glomerular filtration rate (eGFR) should be above 90ml/min. Urine is tested for substances called albumin and creatinine, giving the albumin:creatinine ratio (ACR), as well as blood and any



infection. Your kidneys may be scanned, or even a biopsy taken. CKD is staged for severity depending on the eGFR and ACR.

The treatment

Treatment of CKD may help stop progression but there is no cure. Initially, lifestyle changes such as weight loss, reducing alcohol intake and stopping smoking may be all that is needed. See your GP for a medication review to avoid riskier medicines, and to ensure tighter control of relevant chronic diseases. In later stages, you may need dialysis of various sorts to take over the job of your now failing kidneys. Transplant is a final resort in stage 5 CKD.

**TRUE
OR
FALSE?**

You lose more heat from your head. FALSE. This myth came from a flawed US military study. More recent studies show nothing special about heat loss and the head. Any uncovered part of your body loses heat and reduces the core temperature proportionally. Because we tend to always wear clothes, but with an option of a hat, it is of course one area that may not be covered.

Q I love cycling – but what can I do to stop saddle soreness?

A Cycle manufacturers have worked hard to make saddles comfier for men, but women cyclists are still at risk of pressure in the delicate genital area. With a more old-fashioned, upright riding position bike, the pressure is more on the V-shaped bone at the bottom of the pelvis and buttock muscles.

On a drop-bar road bike, the pelvis tilts forward and presses the body weight on the vulva, damaging nerves, soft tissue and the lymphatic vessels. This leads to pain, numbness, reduced genital sensation and vulval damage. A more upright bike, such as a hybrid or mountain bike, can help to build core strength and position control.

Padded clothing and different saddles help a few, but the problem can be even worse for shorter women because the bike frame requires arm stretch, pulling you even further forward. A specialist shop can do pressure-mapping and work to get a specialist fit, or even suggest a recumbent bike.



Four fixes for... tendonitis

REST

Stop the exercise or activity causing the pain. Rest, then reduce the strength or duration of the activity and build back up gradually.

ICE

Use an ice pack, or bag of frozen peas wrapped in a tea towel, on the painful tendon for 20 minutes every 3 hours.

BANDAGE

Compress and elevate the affected limb by wrapping with a bandage and raising the limb on a pillow, when sitting or lying.

CREAM

Try an anti-inflammatory gel or tablets but, if it's not settling, see your physio or GP about other treatments or even a steroid injection.

Woman's Weekly Travel Offers



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1997 - 2020



Our relationship expert
Keren Smedley has over
20 years' experience

Here to help

Let counsellor Keren lighten your load

He's threatening to take me to court

Q I live in a dark cul-de-sac and I worry that it's the perfect place for burglars as it's off the beaten track. I therefore always leave my outside light on all night to deter people. My neighbour says it shines into his bedroom and stops him sleeping. He's threatening to complain to the council or even to sue me if I don't turn it off.

Leila, Aberdeen

A You need to talk to him about this. First step is to acknowledge that this must be annoying for him; that way, he'll know you've seen and heard his problem, and he will feel more positively disposed to you as he will feel validated.

I think you then need to explain the reasons you have the light on and ask him if he can think of any alternative way that you can feel safe while not disturbing him. For example, perhaps the light could be pointed more towards the ground or you could offer to buy him a blackout blind. I'm sure once you've both shared your feelings, you'll be able to find an agreed compromise.

How can I avoid the office politics?

Q I work in an office that is rife with gossip and internal politics. Is it possible to just go to work and do your job and stay out of the general chit-chat? I really don't like that stuff and it makes me uncomfortable.

Name and address withheld

A Of course it's possible, although it may be difficult, as your colleagues may not like it. It sounds like the way people make connections at your place of work is by gossiping. If you decide not to play the same game, they may not see you as one of the group. You saying you're not interested in talking about others and office politics will make

Ashamed of my pregnant daughter

Q My 16-year-old daughter is pregnant. We've always been very open with her about sex and given her a lot of information about healthy relationships and contraception. I'm both horrified and ashamed. I feel embarrassed to go to the local shops as I know people will say something.

Name and address withheld

A I'm wondering what you have to be ashamed of? I understand that you don't like the fact that your daughter had sex before you would have wanted her to and that you wished she had listened to the information she had been given and protected herself.

But the situation isn't actually anyone else's business and their views are not important here. Ignore everyone else's views and carry on with life as you did and certainly don't give up shopping! Your daughter needs your love and support right now while she finds a way through

this. If you can do that, she'll know you were there for her and you'll have everything to be proud of.

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



them reflect on their behaviour and it may make them feel uncomfortable.

The only way to resolve these differences in style or opinion is to talk about it. Explain how you feel and why you'd rather not be drawn into any side. If they're reasonable people, they'll understand. If they don't, then you know they aren't for you.

Nobody spoke to me

Q I recently went with my daughter-in-law to a party held by one of her friends as she wanted me to help her with her three small children. I've met the hosts and the other friends several times. People said hello to me and stopped to have a few words and then walked away. I was left with the

babysitting on my own. I felt sad and hurt. Am I really so old that they don't feel able to talk to me?

Emma, Manchester

A I don't expect so as I'm sure you know lots of young people who are very happy to talk to you. My hunch is they were at a party with their friends and they wanted to connect with them. I don't suppose they were thinking they didn't want to talk to you; they would have been more focused on who they did want to spend time with.

Your linking it to your age is, I think, your problem, not theirs. It's easy, as we age, to assume we're past it. What we do with thoughts like this is put ourselves down, which is never a good thing. Think positively! That's my advice.

Reader
home



BEFORE

Think PINK

A colourful kitchen was top of Bron Armor's list when renovating her Victorian terrace home in South Wales



ECLECTIC STYLE

'Our new kitchen is a mix of contemporary units, second-hand granite, splashes of bright colour and funky tiles'



IDEA TO STEAL

'Hang a bold print in a chunky white frame to really make the colours stand out'

When Ges and I got married six years ago, we decided to rent his house out and live in mine,' says Bron. 'It's a nice, solid house, but it had become tired.'

'We left the kitchen and dining room until last – the kitchen was tiny and right at the back of the house, while the dining room was huge with an old wooden table that wasn't used every day.'

'Ges is incredibly handy, and I love choosing colours and furnishings. But we had to really think how we could make changes on a budget. We decided the easiest way to update the kitchen was to swap the rooms around.'

'We moved the dining table and got rid of any appliances that didn't work, so we had

a clearer starting point. The old units were fine for the utility room, which is out of sight anyway. We left the washing machine and fridge freezer in there to cut down on what went in the new kitchen, but moved the dishwasher into the new space.'

'I love to mix and match old and new for an eclectic look, so we already had some nice old pieces for the new kitchen. The key was excavating the chimney breast so we could put in a range cooker.'

'We'd already chosen the black range cooker from DeLonghi and some plain grey kitchen units, when my brother, who was replacing his kitchen, asked us if we'd like the black granite from his old kitchen. We just had to pay someone to recut and polish it, so it was



LUXURY TOUCH

'I treated myself to a couple of rolls of designer wallpaper in pink and gold'

Get the look



Plant holder, £8, M&Co



12-piece dinner set, £25, George Home



Milk frothing jug and pitcher, £14.99, Barista & Co



Opulence five-piece knife block set in rose, £45, Viners



Storage jar, £1, Poundland

a bargain. It came with a built-in sink and Ges fitted the units himself.

'The tiled floor didn't need replacing, which was another saving. But I was determined to introduce some metallic highlights. I chose copper handles for the units and I also found some great copper pans, lanterns and utensils.

'I love colour, particularly pinks, which go so well with grey and copper. I painted one big section of the kitchen a soft pink. The dining room back wall was already a vibrant pink so, to tie the two colours together, I painted the middle section in a pinky-grey. We also moved a table, a couple of chairs and a dresser into the kitchen to make the most of the new space. Now it's finished, we love it in here.'



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A Valentine DILEMMA

How can he possibly find the perfect way to express just how much she means to him?

It's Valentine's Day and I still have no idea what to do, where to go and what to get Sally.

At Christmas, we hadn't been dating very long so it wasn't too much of an issue, but now we're getting serious, I'm not sure what to do. It's not as if there are rules you can look up on the internet.

So I resort to my usual method – I brainstorm options. *Flowers.*

Roses are a minefield, so they're possibly not a good idea. A mixed bouquet might work. That would say, 'I love going out with you, but I'm not about to propose marriage.' Of course, I'll have to check what the flowers mean. Sally's into all that kind of stuff. She won't be amused if the flowers say the wrong thing.

A box of chocolates.

In the past, chocolates would have been my top choice, but it isn't that simple nowadays. Everyone's so much more health-conscious. Sally's been trying to lose weight. I have no idea why. She's perfect the way she is.

Instead of a big box, I could buy six expensive handmade chocolates – fewer calories and more impressive. I tick that option.

A teddy bear.

The problem is, I don't know if she even *likes* teddy bears. And what size should I get? Do I go for a small one clutching a red heart or a big one? Would a small one make me look cheap? Does she have space for an enormous one? All I can think of are questions, none of which I know the answer to.

A fancy romantic meal.

As I write the words, I picture the scene: soft lights, soft music, Sally looking as beautiful as ever, the

atmosphere oozing romance.

The problem is, if I chose somewhere too grand or too expensive, she might think I'm planning to pop the question. Go for somewhere cheap and she'll think I'm being tight. But it's too late to do anything about it now – anywhere even half decent will be fully booked.

I go over the list again and again, knowing that if I get it wrong, I could ruin Sally's day. I can't bear to do that. I don't know when or how it happened, but she's stolen my heart.

Each time I see her, I have to stop myself from saying those three little words. It's too soon for declarations of love. I don't want to scare her away.

My mates keep telling me to wait, to let her say, 'I love you' first, but it's hard. Every time I see her, my heart does a double backflip. I'm 34 years old but Sally makes me feel like a lovesick teenager.

I'm trying to decide what

to do when she sends me a text. 'Happy Valentine's Day! Meet me for lunch! 12.45! Usual place. Don't be late!'

I chuckle. Sally uses exclamation marks the way other people use commas.

Now the pressure is on. I need to make a decision. Fortunately, I have the day off, so there's time.

When I get to the mall, it's gone Valentine's crazy. All I can see are hearts and roses. As I wander up and down, an idea starts to form.

I arrive at the coffee house clutching a large carrier bag. Sally's waiting for me. As I walk through the door, she smiles and claps her hands.

'Let me guess,' she says. 'You couldn't decide what to get for Valentine's Day, so you made a list.'

'How did you know?' I ask.

She smiles and gives me a quick hug. 'You always make a list when you can't make a decision. It's one of the many things I love about you.'

'Things you love about

me?' I repeat, aware that I sound like a parrot.

She nods, then reaches into the bag and pulls out her card. In the end, I went for a funny one showing a lovesick bull being led away by a cow with long eyelashes.

Sally reads the words, chuckles, then pulls out a bouquet, followed by a teddy bear and a box of handmade chocolates.

'Thank you so much,' she says. 'I love all of them.' She leans across and gives me a fleeting kiss on the mouth. 'Did you book a table, too?'

'No. I left it too late. Everywhere decent was fully booked. I...'

She puts a finger to my lips. 'I know. You didn't want to appear too keen. It's only our first Valentine's Day together.'

'Something like that.'

She hugs the teddy bear. 'If you're trying to hide how you feel about me, you're failing miserably. All these prezzies – they say it all.'

She pushes an envelope across the table. 'Happy Valentine's Day, Adam.'

Inside is a Valentine's card showing a pair of love-struck sheep. The caption reads, 'Ewe were meant for me.' It's from the same series as the one I gave her.

When I stop chuckling, she tells me to check the envelope. 'See if there's anything else.'

Inside is a leaflet for a four-star hotel's romantic Valentine weekend. Champagne and chocolates in the room, five-course dinners. The works.

Sally smiles. 'We leave first thing tomorrow morning.'

'I love you, Sally,' I whisper. 'Good,' she says softly, 'because I love you, too.'

THE END

Linda Lewis, 2020



The New Town
is worth a stroll

Elegant EDINBURGH

Discover Scotland's capital – one of the UK's most beautiful and historic cities

Edinburgh is rightly famous for its inspiring festivals – theatre, literature, jazz, science and more – but the city has masses to offer at other times, too, and the best way to explore it is on a bus tour or on walks along its elegant, though often steep, streets.

Where to walk

A good place to start a stroll is Princes Street, the first of the three parallel roads that form

the heart of the New Town. Built on an elegant Georgian plan, the New Town is packed with classical buildings, big squares and sweeping vistas that offer intriguing glimpses of statues, monuments, water and far-distant hills.

The Old Town has quite a different, almost medieval feel. Here, you'll find narrow streets, closes and wynds, as well as the Royal Mile, which connects the historic castle to the Palace of Holyroodhouse.

The Royal Mile offers heaps



Edinburgh Castle
is an essential stop

of sights, including Edinburgh's oldest visitor attraction, the Camera Obscura.

The West End is another fun area, with many independent shops on William and Stafford streets, as well as buzzing pubs and bars.

Or head down to Leith Docks, the former maritime centre. Wander along the waterfront, then chill in a café on the Shore. A little further along, at Ocean Terminal, you can take a tour around the Royal Yacht *Britannia*.

Places to visit

On top of your must-visit list should be Edinburgh Castle, built on an extinct volcano; a castle has been on this site since at least the 12th century.

Inside you'll find Scotland's Crown Jewels, while outside are fabulous views.

In the Palace of Holyroodhouse – the Queen's official residence in Scotland – you'll see the State Apartments, the Throne Room and the Queen's Gallery.

If you love art, you're spoilt for choice. Try the Scottish National Gallery or the Scottish National Gallery of Modern Art. Our favourite is the Scottish National Portrait Gallery, which is housed in a neo-gothic building.

Anyone travelling with a family will find something to enjoy at the National Museum of Scotland. It has art, design and fashion sections, science and technology exhibits, and

Great for FOOD LOVERS

Edinburgh caters for all types of foodies. Vegetarians and vegans should head to the famous Hendersons restaurants, while cheese lovers must visit farmhouse- and artisan-cheese shop I.J. Mellis. For quality seafood, try Ondine, a classy fish restaurant in the Old Town.



Sample delicious
seafood at Ondine

Great for LOVED-UP ROMANTICS

For pure luxury, we recommend the InterContinental Edinburgh hotel on George Street – a mix of traditional elegance and modern comfort. The Lighthouse Bar aboard *Fingal*, a moored ship, will impress your loved one.

The luxurious
InterContinental



some impressive natural world galleries, where a thrilling tyrannosaurus Rex skeleton guards the entrance.

Children should also love Edinburgh Zoo, home to the UK's only giant pandas, and the Museum of Childhood.

The great outdoors

Edinburgh has many wonderful open spaces, beginning with Princes Street Gardens, a wide area of green between the Old and New towns. If you're feeling fit, try climbing the 287 steps of the nearby Scott Monument, commemorating the novelist Sir Walter Scott.

Holyrood Park is a great area for rambling, and here you'll find wild flower

grasslands, lochs and woodland, as well as the world-famous Arthur's Seat. Be warned, though – it's a serious hike to the top!

Another steep but rewarding walk is up Calton Hill. Known as Edinburgh's Acropolis, the unfinished National Monument here was inspired by the Parthenon in Athens. See other historic monuments as well, and be blown away by the panoramic views across the city.

Keen gardeners should visit the Royal Botanic Garden with its 28 hectares (70 acres) of beautiful planting.

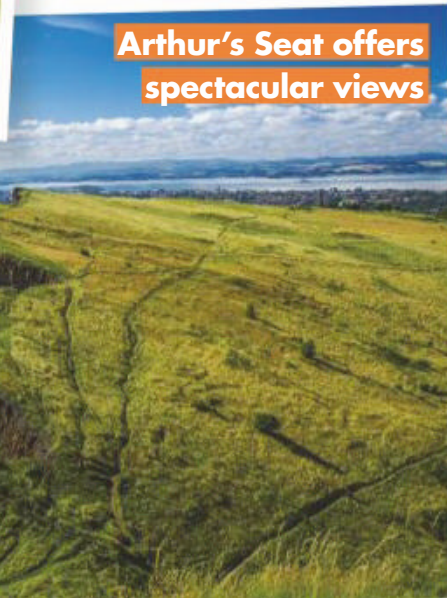
For the seaside, go east to Portobello, where you can take a relaxing walk along the promenade, or head north to Cramond to watch the boats in the harbour.

Getting there

✦ Fly to Edinburgh Airport or take the train to Edinburgh Waverley station. For city information, see edinburgh.org



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Colour your KITCHEN

This bold pair of tea towels can be stamped with your favourite foodie words

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YOU WILL NEED

- ✦ Two white tea towels
- ✦ Large potatoes
- ✦ Alphabet cookie cutters
- ✦ Turquoise and orange fabric paint
- ✦ Shallow dish or paint palette
- ✦ Craft knife
- ✦ Iron and ironing board
- ✦ Cardboard to protect surfaces

Difficulty level



1 Cut the potatoes into smaller pieces so they're the size of the cookie cutters. Push the alphabet cookie cutters of your chosen word into each piece of potato.

2 Using a craft knife, carefully cut around the edge of the cookie cutter. Remove the cookie cutter and take off any remaining pieces from the potato stamp with the craft knife.

3 Iron the tea towels completely flat. Put the cardboard on the surface where you will work and position a tea towel on top. Pour the two paints into the shallow dish or paint palette.

4 Working across a tea towel, dip the potato letters in the paint, blot any excess paint and stamp on the fabric. Repeat, switching to a contrasting colour for a couple of words. Stamp the second tea towel in the same way.

5 Let the paint dry, then set with a hot iron, or following the manufacturer's instructions.



Gardening

Spring's best

BLOSSOMS

For branches laden with flowers and buzzing with bees, now's the perfect time to plant a flowering tree

Nature's confetti

White, pink and rose-red flowers burst into bloom on trees from March through to June, smelling divine and attracting bees and other pollinators emerging from winter slumber. When the petals fall, they form a beautiful wedding-confetti carpet on the ground. Good-value bare-root trees can be planted until March or April (providing the soil is not waterlogged or frozen), allowing time for the roots to settle before the growing season.



A prunus in full bloom



Let it snow

Snowy mespilus or juneberry (*Amelanchier lamarckii*) makes a delightful specimen tree, with masses of star-shaped white flowers from March to April. The blossom is particularly arresting, as it appears before the foliage, standing out against the bare branches. The leaves emerge bronze, harden to dark green and turn fiery orange in autumn. As a bonus, it produces delicious edible fruits for the kitchen – if you can harvest them before the birds!



Amelanchier lamarckii

The May tree

Tough and beautiful, the hawthorn or May tree (*Crataegus*) flowers from May through to June. Popular as a hedging plant (its thorny stems form a secure barrier), it's also a fine garden tree and is especially valuable for wildlife, providing food for 150 different types of insect, plus winter food for birds.

The common hawthorn is found in old hedgerows, and its creamy white blossom glows against glossy green leaves.

For something more unusual, try 'Crimson Cloud', which has pinkish-red flowers with white centres, or 'Paul's Scarlet', a double-flowered rose-red variety.



Crataegus laevigata 'Crimson Cloud'



A carpet of blossom forms under a pink *Malus*

Top of the froth

❖ Hardy crab apples (*Malus*) produce an abundance of blossom. 'Evereste' has fragrant flowers, up to 5cm across, that start as pink buds and open to snowy white. 'Rudolph' is a rose-pink variety, with coppery young leaves that mature to deep green.

❖ Ornamental cherries (*Prunus*) are prized for their clouds of frothy blossom – in Japan, large crowds gather to celebrate cherry blossom season by picnicking under the laden boughs. One of the first to flower is 'Accolade', a graceful, spreading tree with scented, semi-double pink flowers. Slightly smaller, the Japanese Alpine cherry 'Brilliant' grows to 3m and has flowers that fade from shell-pink to white.

Petals for pots

If you only have a small space, these two work well in containers.

❖ *Magnolia stellata* grows to 2m and has masses of plump buds that open into softly fragrant, starry flowers in March.

❖ *Prunus pendula* 'Pendula Rubra' – the Japanese weeping cherry – is an excellent choice, with elegant arching branches coated in candy-floss pink blooms and an eventual height of 3m.



Prunus pendula 'Pendula Rubra'

Woman's Weekly

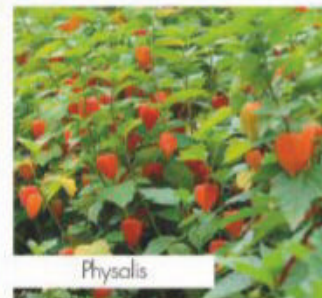
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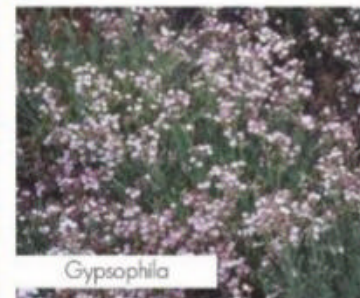
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It's Valentine's Day tomorrow and I have completely run out of ideas. You see, my husband and I have this... thing. Every year he thinks of ways to wrap my presents in romantic and thoughtful ways. Every time I think I've managed to outdo him, he always goes one step further. For us Valentine's Day is a competition and, this year, I am determined to beat him – but I'm currently scraping the bottom of the barrel because I have turned to my parents for ideas.

A storm has hit this morning and Shropshire is clouded in fog. Mum and Dad are trying to combat this by having the heating on full blast.

'Mum, can you turn down the heating? I'm melting here!' I say, as I scribble out the next idea on the list.

'What's wrong Sandra, love?' Dad asks. 'You have a face like a slapped behind.'

'Christopher! How many times have I asked you not to talk about people's behinds at the table? Sweet Lord, can we not have a sensible conversation in this house?'

For no reason known to man nor beast, Mum always calls my dad by his full name. The rest of the world have always gone with Chris; this constant use of his full name always gives the impression that he is eternally in trouble, which to be fair, he mostly is.

Dad grabs the list from me and scowls at the paper. 'Oh not this wrapping competition nonsense again, love? You know Dylan always wins. What was it he did last time?'

'He wrapped the presents up in paper that was made up of a collage of pictures of us together.'

'Oh, Sandra, you've landed



Competing FOR LOVE

No matter how many times she'd tried to outdo him, Dylan always managed to come out on top

on your feet there. That man of yours... so thoughtful. Not like your father at all!' Mum says, as she fills the teapot and purses her lips.

'What are you talking about? I bought you flowers last year, didn't I?'

'Christopher, you know as well as I do that those flowers were from Mrs Cook at Number Three. She gets them

cheap from that man who works in the supermarket. They're the ones that are going out of date and the supermarket passes them

on to the community.'

'And what, may I ask, is wrong with that? Spending money on fancy flowers and Belgian bloody chocolates, honestly! Valentine's Day is nothing but...'

He doesn't finish his sentence because Mum has hit him around the head with a tea towel.

'Why don't you give your brother a call? At least

one man in the family isn't afraid of a bit of romance.'

She glares very pointedly at Dad and I glance quickly at my watch; my brother

Andy lives in New York.

'Romance? What has that boy of mine been up to now? I thought he was past all that malarkey.' Dad shakes his head as he no doubt recalls the day my brother wrote a poem for his girlfriend and recited it beneath her window at full volume.

I can't help but smirk at that; Dad got a good ribbing from his mates down the pub. Fair play to my brother, though, he got the girl. Of course, a year or so later she broke his heart and he upped and left to live a life halfway across the world.

'Nah, it's much too early over there,' I say.

'How about you get some of that fancy ribbon from the posh shop that's opened in

**'Not this
wrapping
competition
nonsense again?
You know Dylan
always wins'**

town? I'll bet you can get some with little hearts on?' Mum claps her hands together excitedly.

'No... it needs to be more quirky, more original, if I'm to beat him this year. It's a competition, Mum – it's not supposed to be easy.'

'Maybe you need to surprise him, love, perhaps wear something a bit special, if you get my meaning. I once surprised your Dad by sticking a rose...'

'Good Lord, Mary! Have you taken leave of your senses? Sandra doesn't want to hear about what we got up to in our youth, do you Sandra, love?'

I close my eyes tightly. Give me strength.

'You're right there, Dad.'

'Now where is this bacon sandwich? I'm as hungry as a bear in a china shop.'

'It's as hungry as a bear in a...' I give up trying to straighten Dad's phrase. Last week, it was 'a different kettle of ducks'.

'That's what you should be doing, Sandra,' Mum intervenes. 'Forget all this fancy present-wrapping rubbish, the best way to a man's heart is through his stomach.'

She turns and begins slathering doorsteps of bread with butter a centimetre thick. The bacon spits, sending a plume of smoke up into the room.

'That's why I married you, Mary,' Dad says warmly. 'You make the best bacon sandwiches in the whole of Shropshire.'

'You watch your mouth! You married me because no-one else would have you!'

Mum places her hands on her hips, her body language showing irritation, but her mouth tilting into a smile that tells a different story. They

argue like cats and dogs, my parents, but you only have to watch them right now to know that what they have is something very special.

'That's it!' I snatch the list back from Dad and grin.

'Dad, you're an absolute blooming genius.'

'Steady on Sandra, love, you don't want to be making that big head of his any bigger!' Mum begins fanning the spitting bacon with a tea towel, as the fire alarm begins beeping. I plant a hasty kiss on the top of both of their heads and pull on my coat.

++++

The next morning, I creep down the stairs with a smug smile on my face. The kids are still asleep

and so I try to keep my actions muted, as I turn on the grill and take out the bread. As quietly as possible, I set about making the wrapping

for Dylan's present – a picture of us both, set in a frame that was a wedding gift.

It's a hideous frame – lime green with purple swirls – a gift from Great-Aunty Pat, but we've kept it because we didn't have the heart to throw it away.

But presents are not what Valentine's Day has ever been about for us. What better wrapping could I ever give Dylan, than two rounds of bacon sandwiches?

I wrap the photo frame in foil paper patterned with red hearts, make sure the bacon is crisp and the butter spread evenly, as I make the perfect bacon butty.

I put the parcel in its shiny paper onto the bread, then set about making the second sandwich and putting it on

top. Then I tie a length of heart-patterned ribbon, which I bought from the shop that Mum suggested, in a neat bow on top.

The mattress sinks beneath my weight, as I lean over and kiss my husband awake.

'Happy Valentine's Day,' I whisper. I fold my legs beneath me and practically bounce up and down on the bed with excitement.

I know I've won this year, I can see it in the expression that is unfolding across his face – surprise, love, but mostly defeat, as he pulls the bow apart and retrieves the present, grinning into our reflection from 10 years ago, as he discards the paper.

'Do I win?'

I ask. 'Do I?'

'Yes,' he kisses me.

'You win.'

I wait, as he reaches into the drawer beside the bed and pulls out

a large rectangular-shaped box. But it's not the box that is important; it's what it's wrapped in. My eyebrows furrow in confusion, because the rectangle is haphazardly wrapped in tin foil.

'What? No!' I shriek.

'What?' he asks, looking confused at my hysterical reaction. 'I wrapped your gift in tin foil! You win!'

'That's not fair! You've let me win, haven't you? And that means you win, because yours is more thoughtful!' He throws his head back and laughs. 'Just open it.'

My fingers begin to unwrap the foil, as he takes a bite out of his sandwich. I open the gift box to reveal a clear glass jar that once held a decorative candle.

A brown tag on brown

string hangs from the jar and reads, 'Us'. I pull the lid off the jar and inside I find there are lots of tiny, folded up pieces of paper – black-and-white, printed-off pictures of our life together. All photos that I've seen before, each one with Dylan's familiar handwriting scrawled across the back and a memory of the event.

The one I have open in my palm is of me with my mouth wide open, my red hair a wild mess around my pale face, my focus on the pitch in front of me. It was the football match where my brother was given a red card. My face is filled with fury. I turn it over and it reads, 'The day I knew I wanted to marry you.'

'I do hate you sometimes,' I say quietly. 'Even when you try to lose, you still manage to win.' I lean in to kiss him, the bacon sandwich discarded, his arms folding around me.

My phone begins to vibrate, and I ignore it, but it is relentless. Dylan laughs as we stop kissing, and I grab it.

'Sandra, love, what rhymes with Mary?' Dad asks.

'What?!'

'Mary... as in your mother?'

'I don't know Dad. Why?'

'Oh, well you see, I've got myself into a bit of bother and she says unless I write her a poem, I'm never going to see another rose again in my life – and you know what that means don't you, love?'

I close my eyes and shake my head incredulously.

'Bye, Dad,' I say, swiping the screen, as Dad continues, 'Hairy? No, no, that'll get me in even more trouble. Or love? Dove? Lover..?'

Oh, my goodness me, no! Sandra? Sandra...?'

THE END

Emma Cooper, 2019

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Length to shoulder 48 (49) (50) (51) (52) (53) cm/19 (19¼) (19¾) (20) (20½) (21) in.

Sleeve seam 44 (44) (44) (45) (45) (46) cm/17¼ (17¼) (17¼) (17¾) (17¾) (18) in.

MATERIALS

4 (5) (5) (5) (5) (5) 100g (295m) balls of Stylecraft Special DK (100% acrylic) in Camel (1420)*. Pair of 3.25mm (No.10) and 4mm (No.8) knitting needles; 5 buttons. Yarn is available from theknittingnetwork.co.uk.

TENSION

21 stitches and 30 rows, to 10x10cm, over stocking stitch, using 4mm needles.

ABBREVIATIONS

K, knit; **p**, purl; **st(s)**, stitch(es); **sl**, slip; **inc**, increase (by working twice into same st); **dec**, decrease (by working 2 sts together); **ss**, stocking st (k on right side and p on wrong side); **beg**, beginning; **nil**, meaning nothing is worked here for this size.

NOTE

Yarn amounts are based on average requirements and are therefore approximate. Instructions are given for small size. Where they vary, work figures in round brackets for larger sizes. Instructions in square brackets are worked as stated after 2nd bracket.

Difficulty level



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Instructions overleaf

Knitting

BACK

With 3.25mm needles, cast on 91 (97) (103) (109) (115) (121) sts.

1st rib row: K2, [p1, k1] to last 3 sts, p1, k2.

2nd rib row: K1, [p1, k1] to end. Repeat last 2 rows until back measures 10cm from beg, ending with 1st rib row.

Next row: P to end and inc 8 sts evenly across – 99 (105) (111) (117) (123) (129) sts. Change to 4mm needles.

Beg with a k row, work in ss until back measures 32cm from beg, ending with a p row.

Shape armholes: Cast off 5 (6) (7) (7) (8) (9) sts at beg of next 2 rows.

Dec 1 st at each end of next 3 (3) (3) (5) (7) (7) rows, then on 5 (5) (5) (4) (3) (3) following alternate rows – 73 (77) (81) (85) (87) (91) sts.

Work straight until back measures 48 (49) (50) (51) (52) (53) cm from beg, ending with a p row.

Shape shoulders: Cast off 7 (8) (8) (9) (9) (9) sts at beg of next 4 rows, then 8 (7) (9) (8) (9) (10) sts at beg of following 2 rows – 29 (31) (31) (33) (33) (35) sts. Cast off.

LEFT FRONT

With 3.25mm needles, cast on 45 (47) (51) (53) (55) (57) sts. Work in rib for 10cm as on back, ending with the 1st rib row.

Next row: P to end and inc 3 (4) (3) (4) (5) (6) sts

evenly across – 48 (51) (54) (57) (60) (63) sts.

Change to 4mm needles.

Beg with a k row, work in ss until front measures 32cm from beg, ending with a p row.

Shape armhole: Cast off 5 (6) (7) (7) (8) (9) sts at beg of next row.

Work 1 row.

Dec 1 st at armhole edge on next 3 (3) (3) (5) (7) (7) rows, then on 5 (5) (5) (4) (3) (3) following alternate rows – 35 (37) (39) (41) (42) (44) sts.

Work straight until front measures 19 (21) (21) (21) (23) (25) rows less than back to beg of shoulder shaping, thus ending with a k row.

Shape neck: Cast off 8 (9) (9) (10) (10) (11) sts at beg of next row.

Dec 1 st at neck edge on next 5 rows – 22 (23) (25) (26) (27) (28) sts.

Ss another 13 (15) (15) (15) (17) (19) rows.

Shape shoulder: Cast off 7 (8) (8) (9) (9) (9) sts at beg of next row and following alternate row – 8 (7) (9) (8) (9) (10) sts.

Work 1 row. Cast off.

RIGHT FRONT

With 3.25mm needles, cast on 45 (47) (51) (53) (55) (57) sts. Work in rib for 10cm as on back, ending with the 1st rib row.

Next row: P to end and inc 3 (4) (3) (4) (5) (6) sts evenly across – 48 (51) (54)

(57) (60) (63) sts.

Change to 4mm needles.

Beg with a k row, work in ss until front measures 32cm from beg, ending with a k row.

Shape armhole: Cast off 5 (6) (7) (7) (8) (9) sts at beg of next row.

Dec 1 st at armhole edge on next 3 (3) (3) (5) (7) (7) rows, then on 5 (5) (5) (4) (3) (3) following alternate rows – 35 (37) (39) (41) (42) (44) sts.

Work straight until front measures 18 (20) (20) (20) (22) (24) rows less than back to beg of shoulder shaping, thus ending with a p row.

Shape neck: Cast off 8 (9) (9) (10) (10) (11) sts at beg of next row.

Dec 1 st at neck edge on next 5 rows – 22 (23) (25) (26) (27) (28) sts.

Ss another 13 (15) (15) (15) (17) (19) rows.

Shape shoulder: Cast off 7 (8) (8) (9) (9) (9) sts at beg of next row and following alternate row – 8 (7) (9) (8) (9) (10) sts.

Work 1 row. Cast off.

SLEEVES (BOTH ALIKE)

With 3.25mm needles, cast on 43 (43) (45) (45) (47) (49) sts. Work in rib as on back for 6cm, ending with a 1st rib row.

Next row: P to end and inc 4 sts evenly across – 47 (47) (49) (49) (51) (53) sts.

Change to 4mm needles.

Beg with a k row, work 4 rows in ss.

Inc 1 st at each end of next row and 2 (4) (4) (3) (11) (14) following 10th (8th) (8th) (6th) (6th) (6th) rows, then on 6 (6) (6) (10) (4) (2) following 12th (10th) (10th) (8th) (8th) (8th) rows – 65 (69) (71) (77) (83) (87) sts.

Work straight until sleeve measures 44 (44) (44) (45) (45) (46) cm from beg, ending with a p row.

Shape top: Cast off 5 (6) (7) (7) (8) (9) sts at beg of next 2 rows.

Work nil (2) (4) (2) (2) (4) rows straight.

Now dec 1 st at each end of next row and 13 (12) (12) (13) (14) (13) following alternate rows – 27 (31) (31) (35) (37) (41) sts. Work 1 row.

Dec 1 st at each end of next 6 rows – 15 (19) (19) (23) (25) (29) sts. Cast off.

COLLAR

With 4mm needles, cast on 115 (121) (121) (125) (127) (133) sts.

Work in rib for 10cm as on back.

Change to 3.25mm needles. Rib 1 row.

Shape neck edge: 1st and 2nd rows: Sl1, rib to last 7 sts, turn.

3rd and 4th rows: Sl1, rib to last 14 sts, turn.

5th and 6th rows: Sl1, rib to last 21 sts, turn.

7th and 8th rows: Sl1, rib to last 28 sts, turn.

9th and 10th rows: Sl1, rib to last 35 sts, turn.

11th row: Sl1, rib to end.

Rib 1 row across all sts.

Cast off.

BUTTON BAND

With 3.25mm needles, cast on 13 sts.

Work in rib as on back until band, when slightly stretched, fits up left front edge to beginning of neck shaping, ending with a wrong side row. Cast off in rib.

Sew band in position. Mark band to indicate position of 5 buttons: first one 6 rows up from cast-on edge and last one 4 rows below cast-off edge and remaining 3 spaced evenly between.

BUTTONHOLE BAND

Work as button band making buttonholes to match markers thus: **1st buttonhole row:** Rib 5, cast off 3 sts in rib, rib to end.

2nd buttonhole row: Rib 5, cast on 3 sts, rib 5.

TO MAKE UP

Sew buttonhole band in position. Join shoulder seams. Stitch cast-off edge of collar to neck edge, leaving front bands free. Sew in sleeve tops. Join side and sleeve seams. Sew on buttons.



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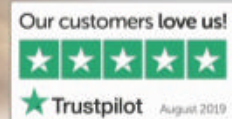
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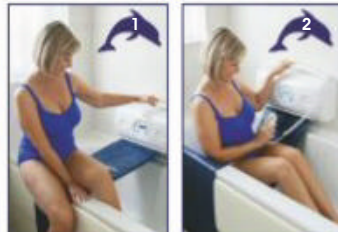
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RESIDENT Ghosts

If they didn't unravel the mysterious goings on soon, who knew how far things could go?

THE STORY SO FAR: The Old Rectory has been cut off by floodwater, stranding owner Caroline Watson, her friend Jessica and five people involved in a TV reality show, *Resident Ghosts*. The medium, Hermione Dove, insists an intruder was in her room. Later, Caroline finds Hermione's research notes and realises she is a fake. Someone must have taken the notes from Hermione's room, but who? Meanwhile, other things go missing, including sleeping medication. Hermione admits she's a fake; she now thinks the spirits are out to get their revenge. Keith Corbett, the producer, is furious about her deception. That night, Caroline is woken by tapping on her window. She looks out into the darkness, sure someone is watching her, but sees no one.

**Woman's
Weekly
SERIAL
PART
FOUR**

Everyone gathered in the warm kitchen the next morning, where Will was stirring a pan of porridge. Caroline was thinking how homely it all seemed until she saw Keith's scowl.

'Did you sleep OK, Keith?' Caroline asked.

'No, I did not,' he said. 'I was too angry.'

'I thought someone was tapping on my window,' Caroline said. 'It sounded very real.'

'I think it will be best to cancel *Resident Ghosts* at the end of this run before someone gets hurt,' Keith said. 'What a nightmare.'

'You can't mean that!' Emmanuel said. 'I can understand you wanting to get rid of the fake medium,' he added, with a withering glance in Hermione's direction, 'but you know I'm popular as the presenter.'

Hermione snorted. 'If you try to get rid of me, I will sue.'

'Maybe you should review your contract, Hermione,'

Keith said. 'But go ahead. Waste your money on lawyers if you must.'

He clearly had something else on his mind. 'Has anyone seen the notebook Caroline gave me?'

'I haven't seen it,' Caroline said. 'Do you think...?'

'That someone's taken it?' he said resignedly. 'Yes. Why not? Doesn't that seem to be the pattern of things round here? I'm going to walk down to see if the road is clear yet.'

'Give me a minute and I'll come with you,' Will said. 'I could use the fresh air. If we're not back in an hour, send a search party!'

Why would anyone want to do this? What was the point?



They returned not long after, soaked through and shivering, but less grumpy than before.

After lunch Caroline stayed downstairs. Why would anyone want to do this? All these silly pranks... What was the point?

A scream, followed by a series of sickening thuds and bangs, shook her from her thoughts and she ran into the hall. Izzy was sprawled at the foot of the stairs.

'Izzy! Stay still!' Caroline rushed over as everyone else appeared on the landing.

'Don't move her,' Will instructed as he came down the stairs, followed by Keith and Emmanuel.

'She needs an ambulance,' Caroline said as she knelt down at Izzy's side.

'Please don't fuss,' Izzy groaned. 'I'm all right.'

'You're not,' Caroline said. 'You just fell down the stairs.'

'Someone pushed me,' Izzy said as she sat up. 'I felt a shove in the small of my back. I lost balance and...'

She stretched her arms and flexed her fingers, then with Caroline on one side and Jessica on the other, she tested her legs.

'Did you see who pushed you?' Will asked.

'It all happened so quickly.'

'You have to do something,' Hermione said, tugging at Keith's sleeve. 'That could have been me and a fall like that would have killed me.'

'It's not always about you, Hermione,' Emmanuel said.

'No, she's right,' Izzy said. 'I trained as a stuntwoman before I found I preferred working behind the scenes. It could've been much worse.'

Will stood up. 'We should search the house,' he said. 'Top to bottom.'

'Does anyone else have a key to the rectory, Caroline?' Will asked.

'Just us,' she replied with





over. 'I'm all right,' she said. 'I think... Did you say smoke?' Halfway down the stairs Will heard furniture being moved, then

Hermione shrieked, 'This is outrageous! What are you doing?'

'Saving your life!' Izzy shouted back. 'We have to get out.'

The kitchen was ablaze and smoke billowed out. There was nothing Will could do but shut the door on it, hoping to slow the spread.

He ran back upstairs and helped Emmanuel usher the others down.

'The fire is contained in the kitchen for now,' he said. 'You all wait outside. I'll see if I can find Jessica.'

'What if she was in the kitchen?' Caroline cried.

'Go!' he yelled. 'I'll find her.'



Caroline grabbed her keys and stumbled to her car. In the headlights, for the first time she saw the Old Rectory as it really was: old and crumbling. She'd been kidding herself thinking she could restore it.

She noticed Jessica's car was gone. 'Oh, Jessica.' She rubbed tears away. She couldn't believe her friend would do something like this.

'We'll have to find shelter,' Will said when he emerged from the house to join the others. 'Did you say there was an old church up the hill?'

'Can we all fit in the car?'

Caroline asked.

Will squeezed her arm. 'Even if we could, the tyres are all flat. Looks like they've been slashed. Let's go.'

'I'm not walking anywhere,' Hermione said.

'Stay here and burn down with the house then,' Izzy said and set off with Emmanuel.

'Are you going to let her speak to me like that?' Hermione cried.

'She saved your life,' Keith said furiously.

He took off, too. Will and Caroline followed. The night got a little brighter as flames burst from a window, spraying glass everywhere.

Hermione screamed and broke into a trot, running past Will and Caroline and catching up with Keith.

Caroline looked back. She was powerless to stop the burning. She clung to the hope that someone in the village would see the flames and raise the alarm.

'You all right?' Will said.

'I will be,' she said. She'd been through worse, much worse. Losing David was the worst thing that had ever happened to her and she'd come through that.

'I can see a light ahead,' Izzy said. 'Is that the church?'

'And that, if I'm not very much mistaken, is Jessica's car,' Keith added gravely. 'I think we should all tread very carefully. We don't know what she's capable of.'

'She's not capable of anything,' Caroline said. 'She's a good person.'

In the light from the church, Will spotted something else.

'Who does the motorbike belong to?'

'It's Ed's,' Caroline said. 'Jessica's ex-boyfriend.'

Will stopped. 'I was run off the road on the night of the storm,' he said. 'I saw a single

Continued overleaf

a nod at Jessica.

'And the locks are new? Since you moved in, I mean?' 'Yes,' Caroline said.

Caroline listened to them moving around upstairs. She didn't expect them to find anyone. It had to be one of them who pushed Izzy. The question was: who? And what else were they capable of?



Will woke to the sound of someone moving about. He could smell smoke! He fumbled for a candle, and rushed onto the landing, banging on doors. Caroline's door was open, but she was dead to the world.

'Caroline!' He shook her

shoulder. 'Wake up!'

He held up the candle and looked round. Jessica's bed was empty.

Caroline stirred.

'What is it?' she mumbled.

'I can smell smoke.'

She didn't react. Will looked at the empty mugs beside the bed and the penny dropped.

Caroline had made mugs of hot chocolate as they went to bed. Will was so tired, he fell asleep without drinking his.

'I think you've been drugged,' he said. 'All of you. Come on, please.'

'Where's Jessica?'

'I don't know,' he said. 'Are you properly awake? We have to get everyone out.'

She stood up and almost fell

light in my wing mirror. I thought I'd imagined it.'

Caroline felt numb. 'Ed was such a nice guy,' she said. 'I was devastated when he and Jessica broke up.'

'What do we do?' Emmanuel asked. 'I'm not keen on confrontation. Not if it might lead to violence.'

'Wait here,' Will said. 'I'll check it out. Stay out of sight. In the meantime, those flames should draw attention and help could be on the way.'

Hermione touched his arm. 'Be careful, Will.'

'Thank you, Hermione,' he said, sounding surprised.

'If you go and get yourself killed, what will become of the rest of us?' she added, spoiling the moment.

Caroline watched as Will approached the church. She couldn't let him do this alone. Ignoring Keith's whispered protests, she followed Will towards the building.

The door opened and as light spilled out, Will grabbed her and pulled her into the bushes, pressing his finger to his lips.

'It's Ed,' Caroline whispered as a figure stood silhouetted in the doorway.

'I knew the old place would burn, but I didn't expect it to be so spectacular,' Ed said and a wave of loathing washed over Caroline.

'Stop it, Ed!' Jessica's voice drifted out. 'Please. You have to call someone.'

'No point,' he said. 'They'll all be dead by now.'

Jessica sobbed. 'Please.'

'I'm doing it for you,' he said. 'I told you that.'

'Call for help, Ed, please. Tell them you didn't mean for anyone to get hurt.'

He laughed. Caroline remembered that laugh. She'd always liked it. Now it chilled her to the bone.

'It wasn't my fault all those others turned up and ruined everything,' he said. 'If it had just been you and Caroline, it would've worked out OK.'

'What would have worked out?' Jessica cried.

Caroline and Will moved closer, any sound they made was drowned out by the wind and distant crackling of the flames.

Jessica was sitting on the rubble-covered floor and appeared to be tied up. She looked terrified.

'I just wanted you to realise you needed me,' he said.

'I thought if I scared you enough, you'd come back and she'd move away.'

'You did all those things,' Jessica said. 'How did you get in?'

'I had a copy made of the key Caroline gave you when I realised you were planning to leave me,' he said. 'I cut the power to the house, moved things around, took the old man's sleeping pills.'

'Did you push Izzy down the stairs?'

'There's nothing you can do,' he said. 'It's too late'

'I had to create a distraction so I could get out of the house.' He sounded horribly pleased with himself.

'Let me go now!' Jessica yelled and began to pull and tug at the ropes binding her.

'There's nothing you can do,' he said. 'It's too late.'

Jessica howled in anguish and Will stepped out from the bushes.

'It's all right, Jessica,' he said. 'We all got out.'

Caroline went to stand at his side as Ed spun round.



One by one the others moved forward. Hermione, not so glamorous now, still managed to be indignant.

'Let that young woman go,' she said. 'She hasn't done anything to harm you.'

'Keep out of it,' Ed said.

'She would never have left me if it hadn't been for her.'

He pointed at Caroline.

'Me? What did I do? What was so bad that you wanted to kill me?'

'I didn't plan that,' he protested. 'I was going to come back and get you all out, but I heard someone get up so I drove off.'

'What about me, Ed?' Will said. 'Why did you drive me off the road?'

'You were in my way,' Ed replied, the detachment in his voice chilling.

'Can we at least come in out of the cold?' Will asked and, to Caroline's surprise, Ed stepped back so they could enter.

He'd rigged up a lighting system in the old church, with a makeshift bed on the floor and a camping stove.

'You were going to play the hero, weren't you?' Caroline said gently. 'Scare everyone witless, then come to the rescue.'

'I didn't mean to hurt anyone,' he said. 'I just wanted Jessica back.'

'Are you going to let her go now, Ed?' Will asked. 'Let Caroline check she's OK?'

Jessica whimpered and

Caroline hurried to her side and untied the ropes.

'Thank goodness, you're all right,' Jessica sobbed. 'I thought you were all dead.'

Caroline wrapped her arms round her, glad she hadn't doubted her.

'Helicopter,' Emmanuel said. 'Coming this way.'

'What?' Izzy said.

'Police helicopter,' he repeated. 'Looks like we're about to be rescued.'

He ran back to the lane, waving his arms. Ed tried to make a bolt for it, but Will grabbed him. 'You're going nowhere,' he said.

The helicopter landed in a nearby field and Emmanuel hurried over to put them in the picture.

'New starts all round,' Will said.

'New Starts!' Keith said. 'Why is there never a notebook and pen when you need them?'

'Oh, really,' Hermione huffed. 'Is that all you ever think about?'

'Yes,' he said. 'Onwards!'

'Onwards,' Will said and he smiled at Caroline. She had the feeling she hadn't seen the last of Will Vincent, nor of Keith Corbett, for that matter, but hopefully they'd seen the last of Ed.

'I love you, Jessica!' he yelled as he was led away.

Jessica shuddered and Caroline put her arm round her.

The last time she'd lost everything, she had no one, but things were different this time. This time, she had friends. Friends who would support her through thick and thin, just as she would them. That was something no one would ever be able to take away from her.

THE END

Teresa Ashby, 2020



Your stars

For 5 – 11 February with Barbara Goldsmith
yourastrologysigns.com

ARIES 21 Mar – 20 Apr

This is likely to be a very busy week ahead. Make sure you take time out to enjoy the fruits of your labour.

TAURUS 21 Apr – 21 May

Relationships are in the spotlight for you. Are you getting your needs met? You may need to have an important discussion.

GEMINI 22 May – 21 Jun

Communications are under positive stars for you. If you want to network, to sell and to inspire, this is your week.

CANCER 22 Jun – 23 Jul

You may be feeling quite restless. Give yourself permission to take frequent breaks and come back to a task that feels overwhelming.

LEO 24 Jul – 23 Aug

This is a week for pampering and doing anything for your body and your soul. It might be a spa, a massage or just a walk in nature.

VIRGO 24 Aug – 23 Sep

You may receive good news about a work situation. This is a good time to speak out and to share your ideas.

LIBRA 24 Sep – 23 Oct

You may find yourself keeping the peace this week.

As you are a natural at this, you'll probably enjoy it.

SCORPIO 24 Oct – 22 Nov

This is a good week for planning a trip or going on a spontaneous outing. You benefit from a change of scene from time to time.

SAGITTARIUS 23 Nov – 21 Dec

You may be making some changes to your home environment. Do whatever you can to make it beautiful and comfortable.

CAPRICORN 22 Dec – 20 Jan

Your health and well-being are in the limelight this week. This is an excellent time for starting a diet or detoxing.

AQUARIUS 21 Jan – 19 Feb

You may meet some very interesting people this week. Make sure you get out and about so you can benefit from these positive aspects.

PISCES 20 Feb – 20 Mar

Financially you could receive a bonus or a boost. Your business idea or innovation may be ready to launch.

ANSWERS TO 28 JANUARY PUZZLES

JUMBO PUZZLE ACROSS: 1 Labour 4 Marshy 8 Because of 14 Tsunami 15 Treacle 16 On offer 18 Rehearsing 19 Stitch 20 Brunt 22 Lease 24 Solomon 25 Metal 27 Sarah 30 Torso 33 Lying 36 Worryingly 37 Retirement 39 Chance 42 Ivana 43 Oyster 45 Giant panda 46 Extradites 47 Lurid 51 Attic 53 Inapt 56 Pasty 58 Opinion 59 Reset 62 Admit 63 Oldest 64 Underwater 67 Isolate 70 Corsica 71 Eyesore 72 Gunfights 73 Dispel 74 Assess **DOWN:** 1 Literal 2 Bough 3 Unawares 5 Astonish 6 Shed 7 Yachtsman 8 Beer tent 9 Clothe 10 UFO 11 Elf 12 Foretell 13 Tipster 17 Forge 21 Ploy 23 Appreciates 25 Moment 26 Typewriters 28 Alien 29 Angle 31 Rainy 32 Awning 33 Lyrical 34 Invader 35 Groaned 38 Thrush 40 Astray 41 Chant 43 Often 44 Scalp 48 Uninsured 49 Iris 50 Speaking 52 Conducts 53 Inundate 54 Alleged 55 Trawlers 57 Trill 60 Tureens 61 Joseph 65 T-bone 66 Hiss 68 Own 69 Ali **Answer:** AGAMEMNON

LINKWORD PEOPLE, RECORD, MINUTE, PRETTY, MARINE, FATHER, TENNIS, POLICE, THUMBS, CHANGE **Answer:** PERSEPHONE

WORDWISE Erne, erring, feign, fern, fine, finer, finger, fino, foreign, freeing, fringe, gene, genie, genre, gone, goner, green, grin, groin, ignore, infer, info, intro, iron, nori, ogen, refine, refiner, region, reign, rein, ring, ringer **Answer:** FOREIGNER

SUDOKU

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

CODEWORD

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

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PUZZLE TIME

Wordwise

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

B A T
E L B
O U H

Average = 27 More than 36 = well done

SUDOKU

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

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

LINKWORDS

Fit 10 words into the grid so that each links with the end of the word on its left and the beginning of the one on the right. Then unscramble the letters in the shaded squares to make a word.

CLUE: MARINE MOLLUSC

BELT
PRODUCT
BLACK
BELLY
BEST
GROUND
FINGER
SIDE
APRIL
JAM

DOWN
PAD
NIGHT
NOSE
REQUEST
TART
MASTER
LIGHT
CUBICLE
CAKE

Codeword

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

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

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

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

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

YOU CAN WORK IT OUT...

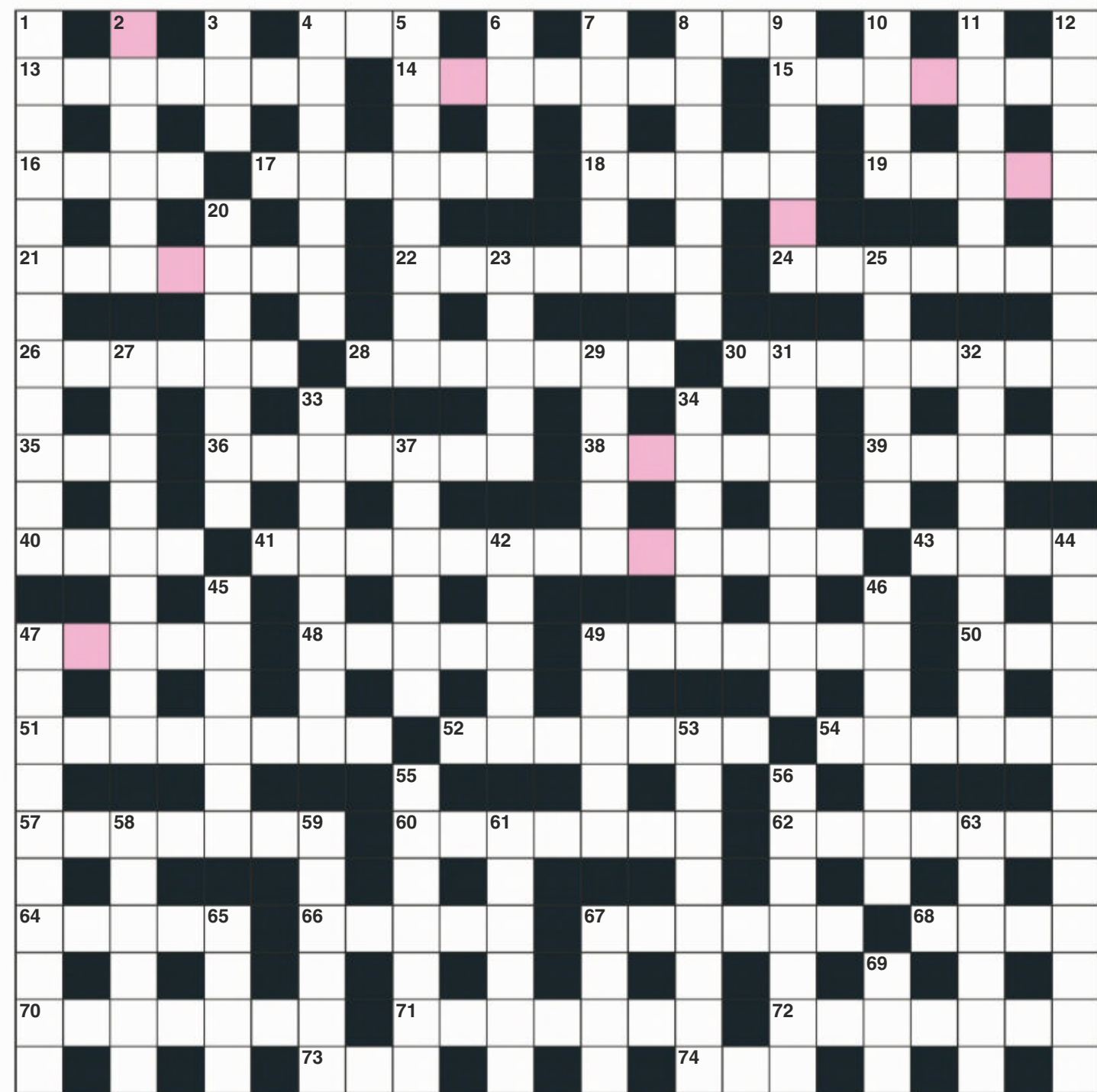
Just
for
fun!

Jumbo PUZZLE

Read down the letters in the shaded squares to spell out a sea creature.

ACROSS

- 4** Evil deed (3)
8 Electrical unit (3)
13 Produced without artificial chemicals (7)
14 Untrue, strictly speaking (7)
15 Art of paper-folding (7)
16 Fried stick of potato (4)
17 Slightly windy (6)
18 Place your foot (on) (5)
19 Sign outside property available for rent (2,3)
21 Release from captivity (3,4)
22 Constant, unceasing (7)
24 Country lying wholly within the boundaries of another (7)
26 Feeling poorly (6)
28 Dig up (7)
30 Gym equipment (4,4)
35 Bride's response (1,2)
36 Winner's ribbon badge (7)
38 Number of legs a spider has (5)
39 Fluffy feature in the sky (5)
40 OT ark-builder (4)
41 Wildlife park (6,7)
43 Untruthful person (4)
47 Peel of a bell (5)
48 Framework of the head (5)
49 One who checks the books (7)
50 Adverse, harmful (3)
51 Pinching sharply (8)
52 Held up, made late (7)
54 Blend, intermix (6)
57 Continue, keep going (5,2)
60 Most warm and comfy (7)
62 Stumped, unable to proceed (2,1,4)
64 Gentle walk (5)



- 66** Clean with abrasive (5)
67 Cure, antidote (6)
68 Isle off the west of Italy (4)
70 Word for word (7)
71 Draw (a crowd) (7)
72 Person named as a potential award winner (7)
73 Take in food (3)
74 Breakfast item (3)

DOWN

- 1** Bus terminus (5,7)
2 Anti-elderly (6)
3 Fluid in pens (3)
4 Disdained (7)
5 One below 20 (8)
6 Alluring (4)
7 Covering, cloak (6)
8 As a minimum (2,5)
9 Curly-haired dog (6)

- 10** Muck, filth (4)
11 Garden bloom (6)
12 Made upset (10)
20 Store for threshed wheat, corn, etc (7)
23 Hang in loose folds (5)
25 Unbleached cotton cloth (6)
27 Celebrity's double (9)
29 In that place (5)
31 Make operative (8)
32 Worrying intensely (9)
33 Political killer (8)
34 Shared the same view (6)
37 Sign of the zodiac represented by a bull (6)
42 First name of singer Ms Goulding (5)

- 44** Shoes with wheels! (6,6)
45 Magazine issued every seven days (6)
46 Incoming flight (7)
47 Child's game using a piece of string (4,6)
49 Astonish (5)
53 Calculated guess (8)
55 Circus gymnast (7)
56 Top of the stairs area (7)
58 Money back (6)
59 Snuggle up (6)
61 Fairy, elf (6)
63 Connected to the internet (6)
65 France's currency unit (4)
67 Look at a book (4)
69 Little demon (3)

❖ The answers for 28 January puzzles are on page 53. The answers to all this week's puzzles will appear in two issues' time.

What's on

Top entertainment for going out or staying in



TV

Endeavour

ITV

The Inspector Morse prequel returns for a three-part series. It's New Year's Eve 1969 and normal service has been resumed at Castle Gate CID with Endeavour (Shaun Evans, above left, with Roger Allam as DCI Thursday) and the rest of the team working together again just like the old days. In the opening episode, Endeavour and co investigate when a body is found on a canal towpath and their only clue is a witness heard whistling on the night of the crime...



TV

The Pale Horse

BBC1

This two-part Agatha Christie adaptation stars Rufus Sewell as historian Mark Easterbrook, who tries to unravel the mystery surrounding a list of names that has been found in a dead woman's shoe. Mark is led to a trio of women, rumoured to be witches, but as the bodies mount up is there a more rational explanation for the murders? Rita Tushingham, Sean Pertwee and Claire Skinner are also among the cast.

Dancing all night

Show

Strictly may be over for another year, but long-time favourites, professionals Anton Du Beke and Erin Boag, are back with their *Dance Those Magical Movies* UK and Ireland tour until 22 March. With their flair for elegant ballroom dances and the wonderful accompaniment of silver-screen classics, this terrific show will transport you to the world of Hollywood glamour. Book now by visiting antonanderinlive.co.uk



Event

Picasso and Paper

Open to visitors now until 13 April, this eye-opening exhibition brings together more than 300 of the legendary artist Pablo Picasso's works. Spanning his prolific career, it celebrates his revolutionary style and influence on the world of modern art. Alongside key paintings and sculptures, this exhibition also reveals how Picasso used paper to further his artistic leanings and invent a whole new style of art. For more details, visit royalacademy.org/uk



Book club

Our pick of the best reads around

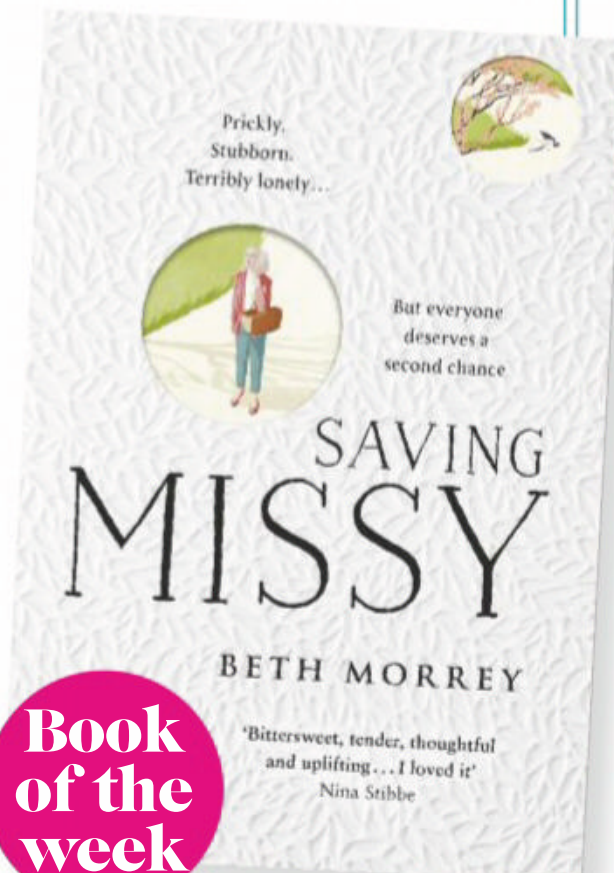
Saving Missy

by Beth Morrey
(£12.99, HB, HarperCollins)

You'll want to savour every moment of this glorious debut. It's a touching 'coming of old' story in which we meet prickly Millicent, known as Missy, who at 79 is lost. Grieving for her husband, with a son living in Australia and an estranged daughter, she spends her days sipping sherry and shuffling around a large house. But could she be due a second chance at life?

On meeting two very different women and an adorable dog, she starts to think so. Featuring a cast of flawed but lovable characters, this is a simply stunning story.

Book of the week



The Spitfire Sisters

by Margaret Dickinson (£7.99, PB, Pan Macmillan)

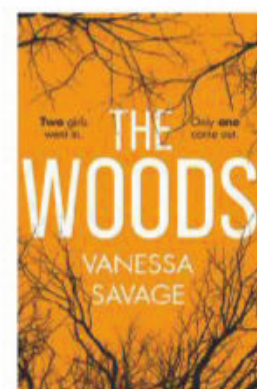
This is the third in the Maitland family series. It's 1939 and war has been declared. Daisy Maitland is determined to use her flying skills, enlisting in the Air Transport Auxiliary. Friendships are formed and bravery is tested in an outstanding story about the female fighter pilots of the Second World War.



The Woods

by Vanessa Savage
(£16.99, HB, Little, Brown Book Group)

In this spine-chilling novel, Tess is haunted by her sister's death in a tragic accident that happened in woodlands 10 years earlier. The only witness was Tess herself. But she is an unreliable narrator – and, sometimes, the past cannot be laid to rest. A well-plotted, disturbing and eerie read.



Film



Dolittle

Out 7 February

Following in the footsteps of Rex Harrison and Eddie Murphy, Robert Downey Jr (above) takes on the role of the man who can talk to animals in this colourful new adventure for the character created by children's author Hugh Lofting. The story finds Downey's eccentric doctor setting sail to a mythical island in search of a cure for an ailing young Queen Victoria (Jessie Buckley). Listen out for the voices of Ralph Fiennes as a hungry tiger, Emma Thompson as a very smart and headstrong macaw and Rami Malek as a surprisingly nervous gorilla.

DON'T MISS your favourite programmes!

whatsontv.co.uk/tv-guide



Anyone for TENNIS?

Which fool plays in January? Guess who

“One – two – three – ouch! Four – five – five and a half – ooh, that hurts! Six – seven. Goodness, whose idea was this? Eight – nine – 10. Believe me, you should count your blessings that this isn’t television. Now, I think a biscuit is called for.

The reason that Carol Vorderman’s figure is internationally renowned as practically perfect in every way, so I read somewhere, is that she does 50 squats a day.

Actually, the figure mentioned was 20,000 a year – which is just showing off really – but that works out at just over 50 a day, assuming she doesn’t knock off at weekends and bank holidays.

What’s good enough for Carol is good enough for me. My figure is certainly renowned, but probably not for being practically perfect. If 50 squats can make it better, so be it. So here I am in the kitchen, clinging onto the draining board for support.

Now, this page is not where you might naturally turn for fitness tips, but there is always a first time for everything. So I can reveal that the way down – the actual squat part of the exercise – is a doddle.

Really, imagine you’ve dropped a piece of toast that you must rescue from the ground within the five-second limit.

No, it’s the rising from the squat position that gets you every time. If Carol really does this 50 times every day, it’s a wonder she hasn’t been given a Rear of the Year Lifetime Achievement Award quite frankly.

Luckily, I was not able to complete my full allocation because Mr Dear entered the kitchen and, ever the gentleman, started laughing. Husbands are considerate like that.

The next thing he said came as something of a surprise. It was, ‘If you are really interested in exercise, why don’t you come along and watch me play tennis?’

If you’ve been paying attention over the past couple of weeks, you’ll know that Mr Dear has been enjoying a chaps’ weekend in the country. During this weekend, there was a certain amount of eating and drinking. In fact, so much in the way of eating and drinking took place that Mr D and his friend, Derek, who was also present, have

decided that they need to work off some of the calories built up over the three days.

‘You don’t play tennis,’ I said, rising to my full height (not that you’d notice my full height, which is nothing to write home about). ‘At least, you haven’t played tennis within living memory.’

‘I used to be keen,’ said Mr D, his hurt expression that of a small child who has discovered that, after feasting generously on mince

pies, Santa is now too large to fit down the chimney. ‘Derek suggested we give it a go. He’s a member of a tennis club in town.

I’d like you to watch me play. I missed you during the weekend.’

‘Oh, very well,’ I said. I’m a sucker for flattery.

Mr Dear is about 6ft tall, which in a tennis match you’d think would be a great advantage over somebody like Derek, who is about 5ft 7in in his platformed daps. However, I am afraid to report that Derek cheated.

First, he cheated by quite obviously being rather good at tennis. He remembered how to serve, for a start. When Mr D served, it looked like Don Quixote



impersonating a pelican. When Derek served, it looked like Roger Federer. Derek had obviously played more than one game over the past 20 years.

Also, he cheated by being 10 years younger than his opponent, and extremely fit for his age. Mr Dear walks the dog and puts in a couple of appearances a week at a rather shabby gym. Derek, though, bounded about the court like a rubber ball suffering from a sugar rush.

The exact score will remain our little secret. Let’s just say it was like watching, well, a plucky invasion force from the Dorset WI landing on the east coast of America.

In the final game, it started to rain. Quite hard. Mr Dear was serving, and couldn’t look up properly to see the ball. I was sheltering under a hedge and, what’s more, under a hedge that wouldn’t share its umbrella. This is what you get, I thought to myself, for attempting to play tennis in January.

‘I enjoyed that,’ said Mr D as he came off the court. ‘Same time next week, Derek?’

Why can’t men act their age?

Rosie x

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