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Woman's Day

SEPTEMBER 14, 2020. AUST \$4.99



**BRAD & ANGE
COURT SHOWDOWN**
**JEN TAKES
THE STAND!**



**MEGHAN'S SHOCK
HARRY BUYS
DIANA'S AUSSIE
HIDEAWAY!**



**THE \$90M SECRET
TEARING
TV APART!**



**MACAULAY
CULKIN AT 40
BACK FROM
THE BRINK**



EXCLUSIVE

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BIGGEST
BLOCK
COVER-UP
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**'I KNOW
WHO
BETRAYED
ME'**



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Look what's inside...

While some of us are out and about a little more than we were earlier in 2020, the *Woman's Day* team is very aware that all over the country, there are many still stuck inside. Whether it be in lockdown, isolation or if you're working from home, there's no denying we're spending more time indoors than ever before. This week, we've put together a few things to help you through these tough times. We've got some tips on how to bring the outdoors in, thanks to a little greenery (p66) as well as excellent TV viewing recommendations from none other than some of Hollywood's biggest stars (p84). Plus, don't forget our weekly puzzles pull-out on page 47.

Erin

Erin Holohan, Editor



PAGE
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PLUS
11 pages of meal ideas with our...
delicious recipes!



PAGE
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Snap



Cute cuddles!

Aussie model Rachael Finch embraced her husband Michael Miziner on a family trip to Sydney's Palm Beach.

Dazzling Diane

Diane Kruger looked like she was strutting in a Mardi Gras parade rather than walking on a Los Angeles beach, thanks to her fabulous one-piece.

It's wine o'clock!

If you're stuck in lockdown, follow Kate Hudson's lead and set up a fun photoshoot that showcases your enviable earrings and good taste in wine!





Pooch perfect

Torn singer Natalie Imbruglia looked ethereal as she cradled her adorable rescue dog Mr Wilson while roaming around her home in the English countryside.



Proud mama

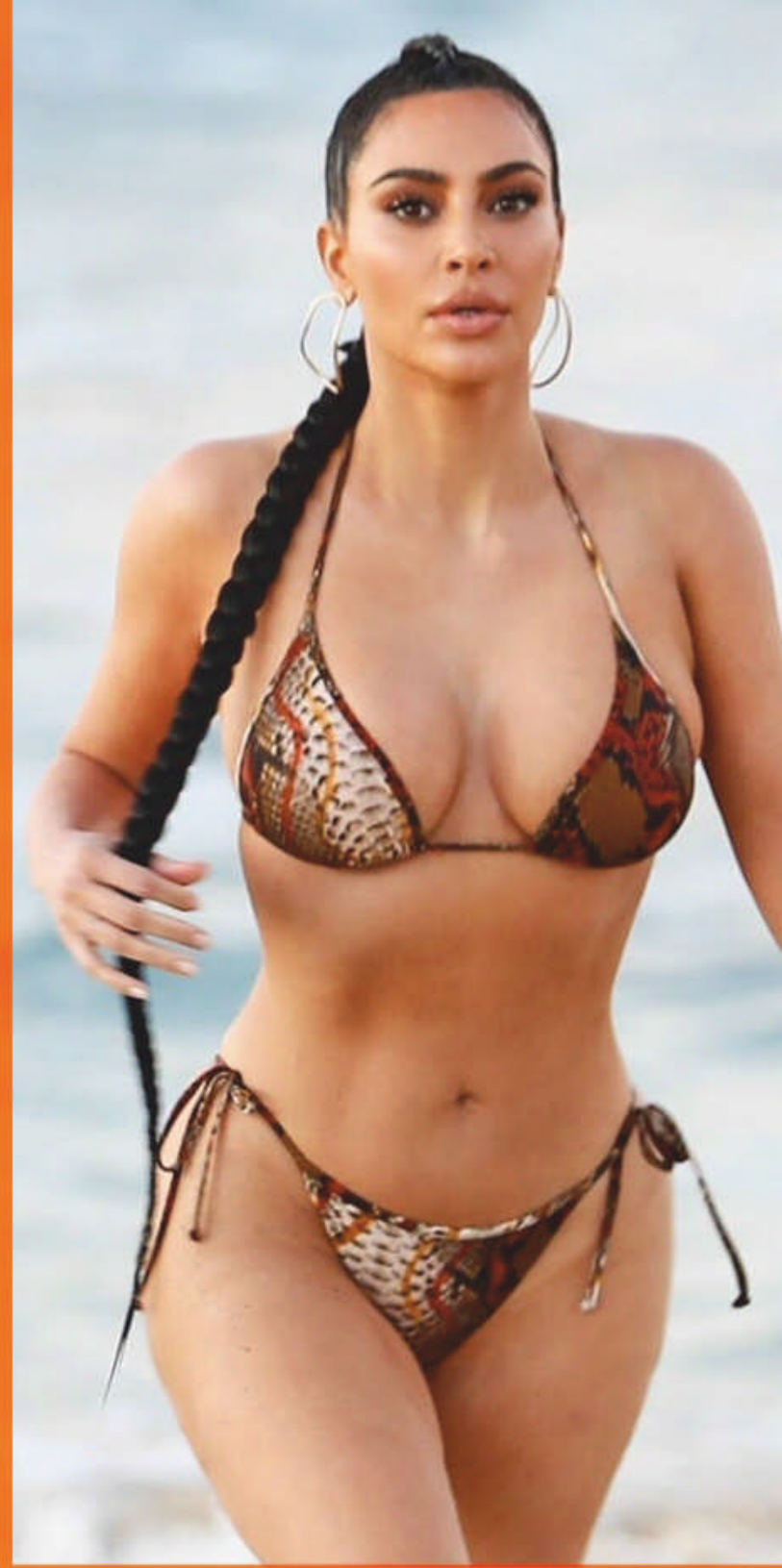
Married At First Sight alum Cyrell Paule was all smiles as she held her six-month-old son Boston, revealing his first word was... "Dada"!

Snapshot



While Daddy's away...

With husband David Warner away on a cricket tour in the UK, Candice Warner took their girls, Ivy, who turns six this week, Indi, four, and Isla Rose, 14 months, for a girls' day at the beach.



Natural beauty

Ageless actress Heather Graham was clearly enjoying her recent tropical holiday with a mystery man!



Sizzling swimsuit

After wrapping up an exhausting day of filming her reality series, Kim Kardashian slithered into the sea in Malibu for a refreshing dip in her skimpy faux-snakeskin bikini.

Danger! Curves ahead

Birthday girl!

Melissa McCarthy celebrated her 50th birthday by treating herself to a shopping spree in Byron Bay with daughter Vivian, 13, in tow.

Pictures of Cyrell, Heather, Kate, Natalie, Candice: Social media.

Shayk it off!

Irina Shayk showed no signs of heartbreak – amid rumours that her ex Bradley Cooper is dating Jennifer Garner – as she took her daughter Lea for a summer stroll around New York City.



Style

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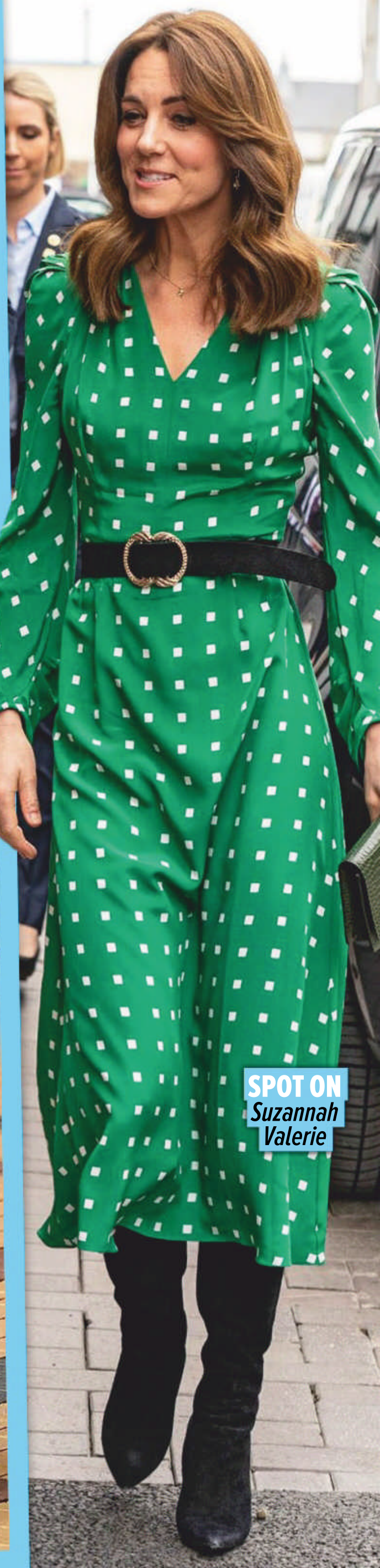
Whether she's wearing high street brands or pricey designer pieces, Kate is all class!



NICE IN NAVY
Beulah London



ALL CLASS
*Emilia
Wickstead*



SPOT ON
*Suzannah
Valerie*

Top Goss!

BRADLEY & JEN'S SECRET SLEEPOVERS

While they insisted their recent trip to the beach was nothing more than a friendly hangout, Bradley Cooper and Jennifer Garner appear to have all but confirmed their budding romance, after the Hollywood heartthrob was caught leaving Jen's house early in the morning!

The *Hangover* star, 45, was photographed attempting to make a sneaky exit from 48-year-old Jen's Pacific Palisades home last week, with a source telling *Woman's Day* the pair "spend a lot of time alone together".

"They've been telling everyone they're working on a project, but they're fooling no one."

While their representatives have been angling to get them working again, particularly after their "electric" chemistry set hearts racing in their *Alias* days, the source says the pair are naturally drawn to each other and that Jen is finding Bradley's calming presence a breath of fresh air.

"Bradley's been successful with his sobriety – and his strength and intellect is something Jen can't get enough of," the insider adds.

"They've got a lot of history and she often says Bradley helped her move on from her first disastrous marriage. Now it looks like he's doing it again for her second!"



LINDSAY CUTS TIES WITH OZ!

Fans of the *The Masked Singer* were devastated when Ten announced US judge Lindsay Lohan would be forced to miss out on the second season due to the coronavirus travel restrictions. But it seems there's no love lost between Lindsay and her former co-stars Jackie O, Dave Hughes and

Dannii Minogue. Last week the 34-year-old publicly severed ties with her co-judges by unfollowing them all on social media! The harsh move has fuelled rumours Lindsay won't return to the successful franchise in 2021, following widespread praise of her replacement, comedian Urzila Carlson.

Jen finds her former co-star calming.



JEN'S NEW TV GIG!

Despite just selling her Sydney home for a whopping \$24 million, former catwalk queen Jennifer Hawkins is still happy to be taking on work. Last week, the 36-year-old was revealed to be fronting a 9Life series, *Dream Homes Revealed*. The show promises to see the model looking inside some of the country's most incredible properties. The former *Australia's Next Top Model* host and her husband Jake Wall, who share 10-month-old daughter Frankie,

have developed a reputation as "serial flippers", due to their knack for turning Sydney homes into luxurious pads and selling them for monster profits.

ELLE'S ENGAGED!

Last week it was revealed that Elle Macpherson's boyfriend Andrew Wakefield is now divorced from his first wife.

Within hours, the Aussie supermodel, 56, posted a picture to Instagram that showed a ring on her wedding finger, prompting speculation that The Body is engaged to Andrew.

If the rumours are true, he will be her third husband, following marriages to fashion photographer Gilles Bensimon in the 1980s, and billionaire real estate magnate Jeffrey Soffer, which ended in 2017.

Andrew is a controversial figure after being struck off as a doctor in the UK in 2010 for spearheading the anti-vaccination movement. In the years following, he fled to the US with his then-wife Carmel, where

he continued to voice his support for the movement.

"Elle and Andrew work well together, despite the controversy linked to him," says a source. "Elle is a convert to natural medicine and is fascinated by what he has to say. She's very happy and everyone thinks a wedding is on the cards."



Andrew and Elle have been together for two years.



Top Goss!

A BABY FOR J-LAW!

Almost a year after getting married in secret to her partner Cooke Maroney, Jennifer Lawrence has sent tongues wagging after she was spotted in New York with what appeared to be a growing baby bump!

The 30-year-old *Hunger Games* star was positively glowing in a white dress as she walked with her art dealer husband Cooke, 36, recently.

A source close to the star tells *Woman's Day*, "There's no doubt she's got her dream baby on board. She's wanted kids ever since she drooled over Amy's [Schumer] baby – and she wants a boy, too," says the insider.

"They've been actively trying since they got married in October, but COVID-19 has given her the perfect opportunity to properly nest with Cooke."

The long-time friend says the Oscar winner has recently become "very health conscious", giving up alcohol so she can be in the best shape to deliver the baby by Christmas.

"It would be just like Jen to do something like this," the source reveals. "She's been baby-mad for a very long time, and what better gift to give her and Cooke – a family!"



RUSTY & SHARON: IT'S ON!

Despite two failed marriages, *Basic Instinct* star Sharon Stone is not about to give up on love.

Woman's Day hears that the 62-year-old is crushing hard on Russell Crowe, years after they starred together in the 1995 western *The Quick And The Dead*.

Sharon took to social media recently to post a photo of herself and the handsome actor.

"I have to say we still make a good looking couple," she gushed in

response to an interview where the *Gladiator* star insisted he owes his career to her.

According to a Tinseltown insider, "sparks were flying" between the pair on set, but at the time, Russell was involved with his future wife Danielle Spencer.

But all these years later, Sharon is said to still have Rusty, 56, on her mind. "She sees an opportunity to see if the spark is still there," dishes our source.



MATT'S BEACH FLIRTFEST!

While the wife is away, the boys will certainly play! Matt Damon sent fans into a frenzy recently after he was snapped flirting up a storm with a stunning mystery woman at a Malibu beach!

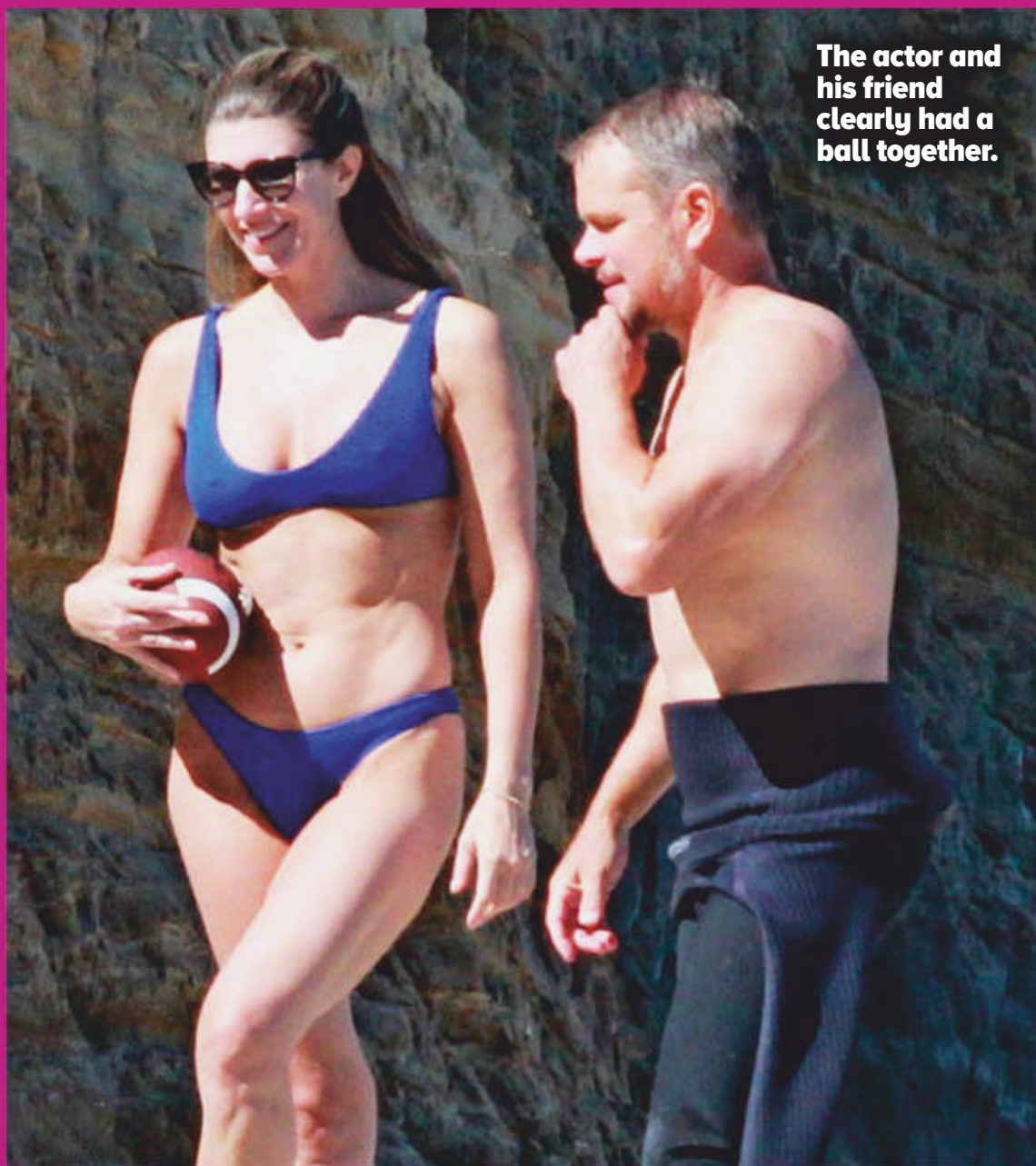
Matt, 49, was grinning from ear to ear as he threw a football with the woman – reportedly a bikini model – who seemed to enjoy the Oscar winner's company.

The sighting comes as a source spills to *Woman's Day* that while he and wife Luciana Barroso, 44,

are fine, *The Martian* star is enjoying looking – and is being encouraged by none other than long-time friend Ben Affleck.

"He's definitely having a great time flirting and figures it's OK to look at the menu," says the source. "Just don't place an order, as Ben tells him."

"No one thinks Luciana approves of this behaviour – it's unlike Matt, who's always kept his nose clean. But seeing Ben and his girlfriend Ana [de Armas] together has really messed with Matt's head."



The actor and his friend clearly had a ball together.



JT is still in the bad books with Jessica (left) – and her mum and dad.

JESS' PARENTS FREEZE OUT JUSTIN

Jessica Biel might have forgiven her husband Justin Timberlake for an intimate display with his *Palmer* co-star Alisha Wainwright at a New Orleans bar late last year, but the matter is far from over.

Woman's Day hears the couple, who share five-year-old son Silas and secretly welcomed another baby earlier this year, are still facing marital hurdles, with insiders saying the actress' parents, Jonathan and Kimberly Biel, aren't ready to move on from the incident.

"They have yet to forgive their son-in-law's public indiscretion," confirms the source. "The new baby has definitely eased some of the tension, but they will never get past what he did to Jess – especially given she was pregnant at the time."

Brad is tired of playing Mr Nice Guy and is fighting back.

So far, Brad has complied with Angelina's wishes.

'Their battle is far from over!'

As Brad and Angelina's long-running divorce turns ugly, his ex-wife Jen could be his trump card

Brad Pitt and Angelina Jolie's divorce battle has had more dramatic twists than even the most talented Hollywood scriptwriter could come up with.

And now *Woman's Day* has learned that their bitter showdown is about to take an unprecedented turn.

Their split – which began almost four years ago to the

day in September 2016 – is set to reach its climax in a Los Angeles courtroom trial in October, where they will quarrel for the last time over custody of their six children and millions of dollars in assets.

Both sides have made no secret of their resentment towards each other, with most of the attacks coming from Camp Jolie, which attempted to paint Brad, 56, as an allegedly

unfit father with a supposed drinking problem.

Last year, Angelina was ordered to relinquish unsupervised visitation of their younger children – Zahara, 15, Shiloh, 14, and 12-year-old twins Vivienne and Knox to her ex – though eldest boys Maddox, 19, and Pax, 16, reportedly chose not to see their dad.

Throughout mediation, Brad worked on his drinking with the

Jen is happy to be a character witness for her ex-husband.



The actress wants to hang on to custody of her children, says an insider.

Fight for their kids



help of Alcoholics Anonymous, and insists he's sober.

"Brad has done everything asked of him, accepted everything Angelina threw at him, and then some," says a source. "And for a while there, it seemed they had come to some sort of peace treaty – until Angelina started playing dirty again last month."

'It's shaping up to be the divorce trial of the century'

Negotiations ground to a halt again when 45-year-old Angelina made the startling claim that Judge John Ouderkirk – who ironically married the couple in 2014 – "should be disqualified" for being too close to Brad's representation.

"Brad was stunned she would do this after more than three years of agreeing that the Judge should oversee their case, and is telling friends it's her way of hanging on to custody of the kids," says a source.

"It was made even worse when she leaked to the press that she wants to move to

London and take them with her – meaning they would rarely get to see Brad at all. He feels like it's one step forward, three backward with Angelina. She's being completely unreasonable."

Now, Brad, who usually prides himself on being a pacifist, is prepared to play dirty himself, with insiders saying he will hit Angelina in her Achilles heel – by getting his other ex-wife, Jennifer Aniston, involved.

"Brad has asked her to be a character witness for him, and she was only too happy

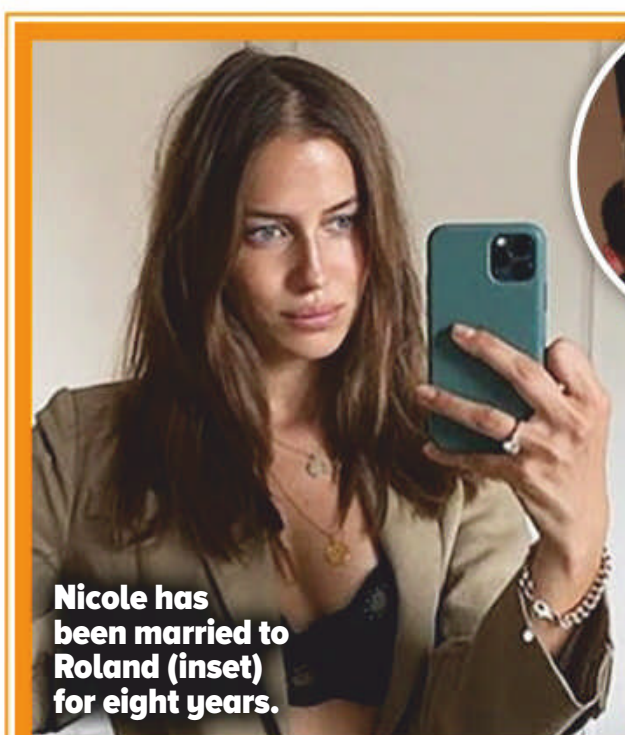
to agree. She pledged to write him a glowing affidavit and even take the stand if need be," says the source.

"Jen and Brad are close again now, and she hates watching Angelina tear him down like this when he's worked so hard to change. She did the same to Jen back when Brad dumped her for Ange, so Jen would be lying if this wasn't personal for her, either.

"It's no coincidence that just after Ange launched her surprise attack on the judge,

Brad announced he'd be joining Jen in an online table read [for *Fast Times At Ridgemont High*]. He also pointedly allowed himself to be photographed with a hot young model while visiting Chateau Miraval in the South of France – which he still co-owns with Angelina.

"Make no mistake, this is getting even uglier still and it's shaping up to be the Hollywood divorce trial of the century."



Nicole has been married to Roland (inset) for eight years.

Ange's secret court weapon

If Brad thought he was making his ex's life miserable by parading his new friendship around France, he's wrong. We're told Angelina is "basically claiming court victory already," given that German model Nicole Poturalski, 27, is still married to restaurateur Roland Mary – and shares a young son with him. "Angelina is confident she can use this odd new relationship as proof he's not a very good role model for their sons," says a source. "She calls Nicole her secret weapon!"

HARRY BUYS DIANA'S SECRET HIDEAWAY!

The prince sets his
sights on the quiet
NSW South Coast

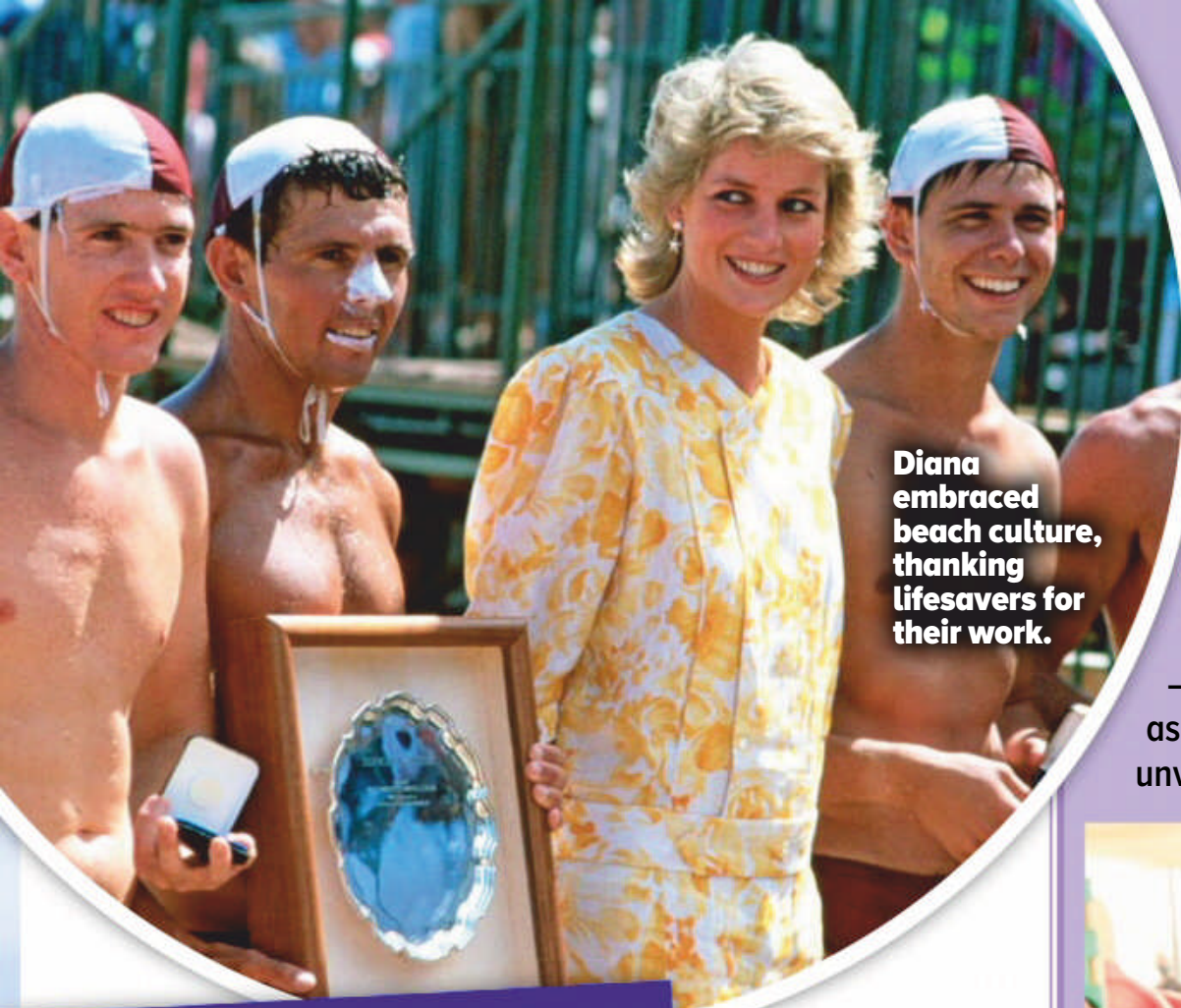


Harry and
Meghan took
a leisurely
beach walk on
their last visit.



Just before Prince Charles announced his engagement to Lady Diana Spencer in 1981, a little-known fact is that she escaped to Australia under a cloak of secrecy to decide if she really wanted to become a future queen.

According to Aussie royal expert Judy Wade – a regular contributor to *Woman's Day* who recently sadly passed away – Diana took up residence at her mum Frances Shand Kydd's secret Mollymook beach house, where she spent time over the new year surfing, swimming and soul-searching alone in complete anonymity.



Diana embraced beach culture, thanking lifesavers for their work.

Harry's flowers for Diana

Prince Harry did everything to keep his mother's memory alive on what was the 23rd anniversary of her passing on August 31. The prince, 35, and his wife Meghan, 39, paid homage to his mother's memory by volunteering with the Preschool Learning Centre in LA, spending the morning planting Diana's favourite flower, forget-me-nots, in the garden. The pair also got their hands dirty planting vegies and reading books about gardening to the children, who come from impoverished backgrounds – something Diana would no doubt have loved. It comes as reports suggest Harry will return to the UK in July for the unveiling of a statue to mark Princess Diana's 60th birthday.

Harry feels an attachment to the area his mum loved so much.



a cattle property in nearby Yass – would “enjoy a cool drink on the wooden, elevated deck facing the sea” with her daughter as they “discussed the enormity of Prince Charles’ proposal and the impact on all their lives”.

As the backlash against Prince Harry and Duchess Meghan continues to mount, sources say he is now considering finding the very same beach

house and turning it into his own hideaway from the world.

AUSSIE CALLING

“Harry has a soft spot for Australia and given that his mum spent such precious private time here, it’s no surprise he’d feel a calling to it and will want to search out what sounds like was once his mum’s spiritual home,” says a source.

“Meghan was very shocked at first – and she wasn’t impressed that he went behind her back and did it – but she too would love to get her hands on something that was Diana’s... even if it makes William furious!”

‘Harry’s mum spent such precious private time in Oz’



Always in his heart

The couple planted forget-me-nots and vegies.





BEHIND THE WALLS

Fergie had hoped Jack (right) and Edo (below) would be on board.



FERGIE'S SONS-IN-LAW ANNOUNCE 'WE QUIT!'

Building an empire hasn't gone to plan for Sarah

Duchess Sarah looked like the cat that got the cream when she added two clever businessmen to the family as sons-in-law, immediately talking them into her latest business venture.

But Princess Beatrice's husband Edo Mapelli Mozzi, 37, and 30-year-old Princess Eugenie's husband Jack Brooksbank, 34, left the

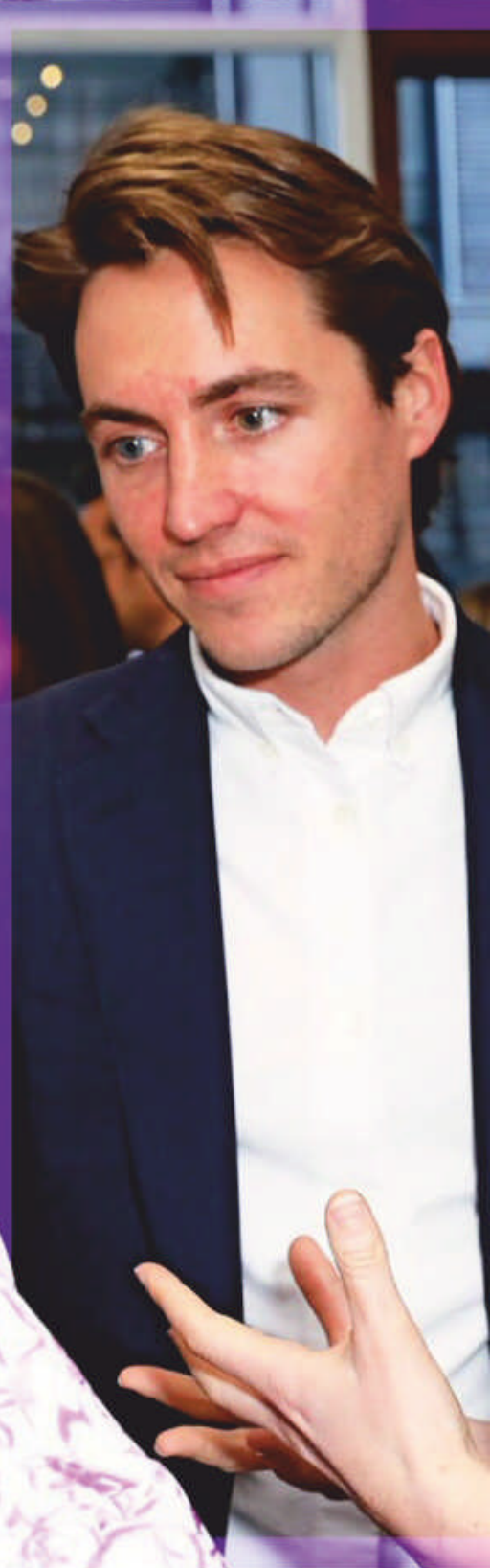
Duchess of York devastated when they resigned from her company's board of directors after just a short time in the job.

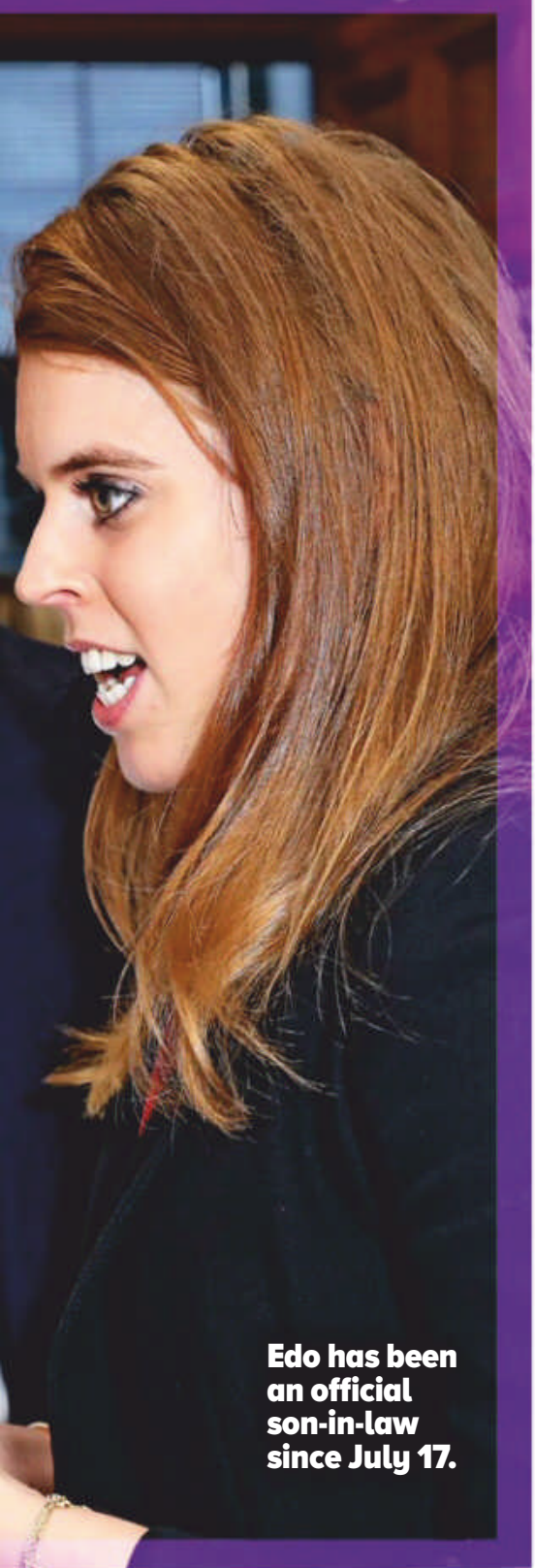
In June, the two men joined her as the trio of directors for Rumpel Water, but strangely quit days before Edo married Beatrice, 32, in July.

"Both sons-in-law were going to get involved but then realised they didn't have

enough time to commit [to Rumpel Water]," an insider reveals. "Rumpel Water is a water-cleansing company that's dormant but will start up again in the future."

A source tells *Woman's Day*, "Fergie is known for her 'dodgy' business dealings, but having her newly acquired sons-in-law both bowing out within weeks is still quite shocking to her."





Edo has been an official son-in-law since July 17.

Bea takes Meghan's house

After spending months turning Nottingham Cottage from Prince Harry's bachelor pad into a house fit for a princess, the Duchess of Sussex abandoned the home because it was too small. Now it appears Beatrice and her new husband Edo will move into the home – and Meghan's not thrilled.

"It makes sense to everyone. Beatrice's sister

[Princess Eugenie] lives on the grounds in her own cottage and they're excited to be neighbours," says a source.

"Only thing is, Meghan feels quite weird about it. She put a lot of personal touches into that place and now Beatrice – who isn't exactly her best friend – gets to enjoy the spoils."



Bea and Edo are keen to add their own touches to "Nott Cott".



IT'S RADIO ROYALS!

As if their recent biography *Finding Freedom* wasn't bad enough, palace aides are tearing their hair out over news that Harry and

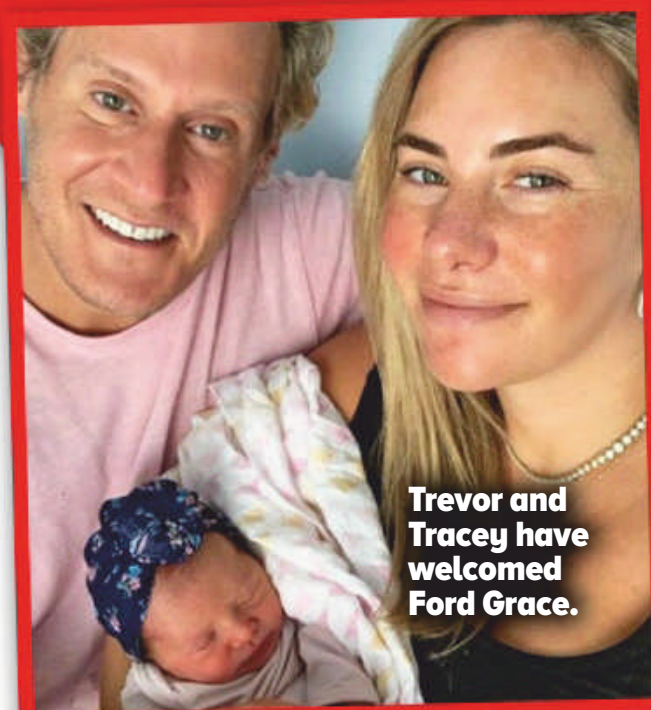
Meghan have been offered a mega deal by music streaming giants Spotify to produce their own podcasts and signed on with Netflix to produce a series of documentaries and feature films. "These deals have almost tipped some of the wearier Buckingham Palace aides over the edge," says a source. "The last thing they need is Meghan finding yet more platforms to make strange public comments and sneaky barbs they'll have to report back to the Queen – and worse, Prince William. Exactly what they feared is happening – Meghan would marry Harry, leave with him and use her newfound fame to self-promote!"



Meghan is set to press record on a podcast deal with Spotify.

Meghan's ex's baby news!

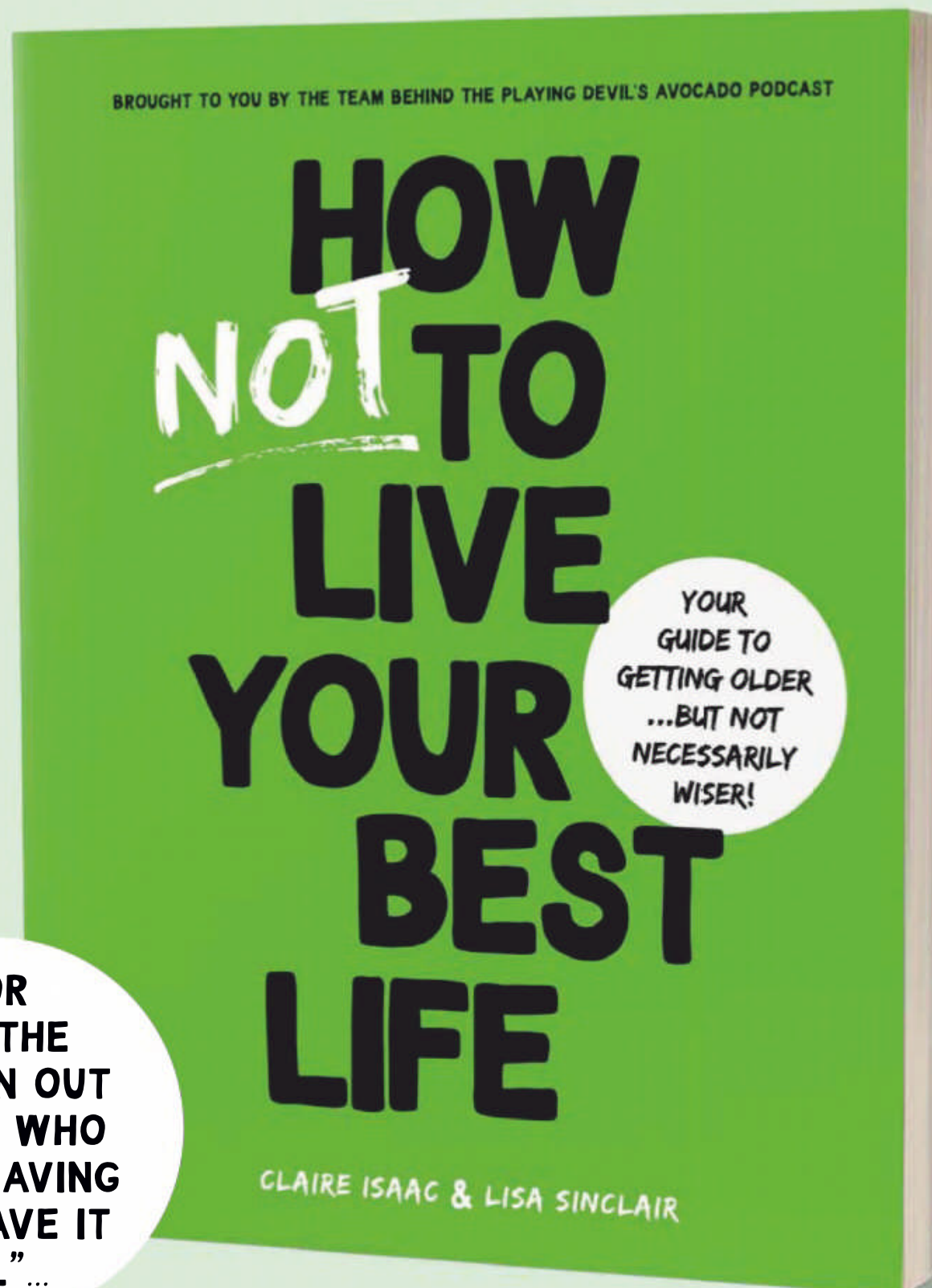
While rumours of her own pregnancy continue to swirl, Meghan's ex-husband, Hollywood producer Trevor Engelson, 43, and his wife Tracey Kurland, 33, have given birth to a little girl, Ford Grace. "Like most women, Meghan keeps an eye on her exes, including Trevor," reveals a source. "She has long moved on from him, obviously, so she's pleased he's happy. It may make her want to try for a daughter with Harry!"



Trevor and Tracey have welcomed Ford Grace.



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**FOR
ALL THE
WOMEN OUT
THERE WHO
HATE HAVING
TO "HAVE IT
ALL" ...**

**YOUR
GUIDE TO
GETTING OLDER
...BUT NOT
NECESSARILY
WISER!**

**YOUR GUIDE TO GETTING OLDER
...BUT NOT NECESSARILY WISER!**

ON SALE NOW

WHERE ALL GOOD BOOKS ARE SOLD

The couple say they've had a target on their back since they won the first challenge.

Feeling the pressure

JIMMY & TAM 'THEY ALL HATE US!'

The couple have been shunned by their jealous co-stars

Tensions on *The Block* have reached an all-time high after Brisbane frontrunners Jimmy and Tam have been left ostracised by the rest of the Blockheads following rumours of favouritism swirling around the building site.

Despite the teams pretending to be the best of friends while the cameras are rolling, an on-set spy tells *Woman's Day* the Queensland couple found it hard to mix with the contestants after winning a series of controversial room reveals.

"They're definitely being excluded from the group," the source tells.

"The couples are trying to play happy families while filming, but it's like walking on egg shells with Jimmy and Tam behind the scenes."

The insider adds that the green-eyed monster has got the better of many of the couples who believe Jimmy, 33, and 31-year-old Tam's 1950s house is a lot easier to renovate and style than their own. They also feel the judges – Shaynna Blaze, 57, Neale Whitaker, 58,

and Darren Palmer, 42 – are favouring the pair.

"There's really a bit of pent-up animosity towards them – they feel Jimmy and Tam have been given an easier hand with their build," says the source.

"They just don't think they should have won so many room reveals."

The revelation comes after the usually happy Jimmy and Tam were snapped on set looking pained and stressed.

At one point, plumber Jimmy appeared to wipe tears from his eyes while talking to a producer, while Tam made several frantic phone calls.

Talking to *Woman's Day*, the fan favourites were determined to put on brave faces, claiming their fiercely competitive streak "makes the show more interesting".

"It's always good to have competition, I think it's healthy," says Tam.

Amity speaks out: 'I'm staying strong for my kids'



As *The Block* alum Phil Rankine faces court over allegedly stealing \$5.5 million from investors, ex-wife Amity Dry is speaking out. The singer, 42, who divorced from Phil, 51, in 2017, tells *Woman's Day* she's just trying to remain strong for their son, Jamieson, 14, and daughter Poppy, 10. "It's obviously a very tough time," she says. "But my only focus is supporting my precious kids through this." Phil is set to face court again in July next year on 20 counts of theft. His lawyer Greg Griffin says "the proceedings will be vehemently defended".

Nicole & Keith's SECRET VOW RENEWAL

With the perfect setting, the Hollywood lovebirds are ready to say 'I do' again

After a rocky start to the year, Nicole Kidman and Keith Urban have finally found comfort in the beauty of Byron Bay in the NSW North Coast. Last week it was revealed that the lovebirds, along with their daughters Sunday, 12 and Faith, nine, are calling a rumoured \$20,000-a-week eco-estate – that boasts a housekeeper, macadamia trees and sweeping sea views – home while the 53-year-old actress films her new TV show, *Nine Perfect Strangers*.

Now, a source close to the famous family exclusively tells *Woman's Day* that the Spanish-style property is about to serve as a stage for a vow renewal ceremony between the couple, who celebrated their 14th wedding anniversary in June.

"Nicole had barely dropped her suitcase when she was struck with the idea of doing this with Keith at the house," says a source.

"It just feels made for a romantic ceremony, and Nicole has this fantasy of exchanging sweet nothings with her husband in the macadamia orchard surrounded by twinkling fairy lights and their closest family members."

After missing her mother Janelle's 80th birthday earlier this year, the *Big Little Lies* star has made no secret out of the fact she has struggled being away from her family in Australia.

"Feels so good to be able to hug my mum! It's been 8 months. I missed her 80th birthday but I'm here now. Love you Mumma" she captioned a series of sweet snaps of them together in August.

FAMILY REUNION

Nicole is also close to her sister Antonia, 50, who lives in Sydney with her husband Craig Marran. The pair share two sons Nicholas, 10, and Alexander, eight, as well as Antonia's children, Lucia, 22, Hamish, 19, James, 17, and Sybella, 13, from her first marriage.

'They're excited to create a beautiful day for their family'

The couple have found the ideal spot to celebrate their love.

With Nicole and Keith dividing their time between Nashville, Los Angeles and New York, family get-togethers with the whole brood are few and far between.

In a bid to reunite them, the source reveals Nicole is planning to mark the upcoming six-year anniversary of her father Antony's death with the heartfelt family celebration.

DAY FILLED WITH LOVE

"It's been a rough year full of separations and stress for Nicole and Keith, and this could be the perfect way to put this all behind them," says the source.

"At the back of Nicole's mind is always her mum's health worries, and she wants to put on a day for Janelle to bask in – and she loves nothing more than being surrounded by family."

Despite being hard at work on set, Nicole is said to be using her downtime to plan the ceremony.

"She's organising mocktails for Keith, of course, and plans to turn the stunning deck overlooking the fields and ocean into a giant dancefloor. She wants it to be extremely intimate, so it will most likely just be her mum and sister, his mum and brother, and their nieces and nephews," reveals the source, adding that Nicole is also making Sunday and Faith bridesmaids for the big day.

Meanwhile, "hopeless romantic" Keith, 52, is already working on a speech!

"He's pottering around writing a speech that he knows will be a tear-jerker," says the source. "Nicole and Keith are excited to create a beautiful day for their nearest and dearest – and give their marriage some much-needed TLC as well".

14
Years
on!



Nicole's niece Lucia and sister Antonia will be there...



...along with Kidman matriarch Janelle.



Voice
judges in
firing line!



SONIA'S SHOCK TAKEOVER!

The in-demand presenter is the one pulling the strings at her new network

When Sonia Kruger departed Nine – and *The Voice* – last November, nobody could have predicted that almost a year later she'd be reinstated as the show's host on a rival network. But following news the reality series will be rehomed at Seven, sources tell *Woman's Day* that the 55-year-old presenter masterminded the plan all along.

"Nine never had any intention of re-signing *The Voice* and Sonia knew that. The top dogs realised it had run its course and she managed to talk Seven into picking it up," reveals the source, who claims the mother-of-one is calling the shots behind the scenes.

"She is the real boss," quips the insider, noting that Sonia,

whose partner is Seven's news boss Craig Macpherson, has become such a force at the network that she's being offered every job available.

Now, the source tells, the future of *The Voice* coaches – Delta Goodrem, Guy Sebastian, Kelly Rowland and Boy George – hangs in the balance, with rumours of a major overhaul.

Fans are especially concerned that Delta, 35, who was criticised for her judging style this year, might not return.

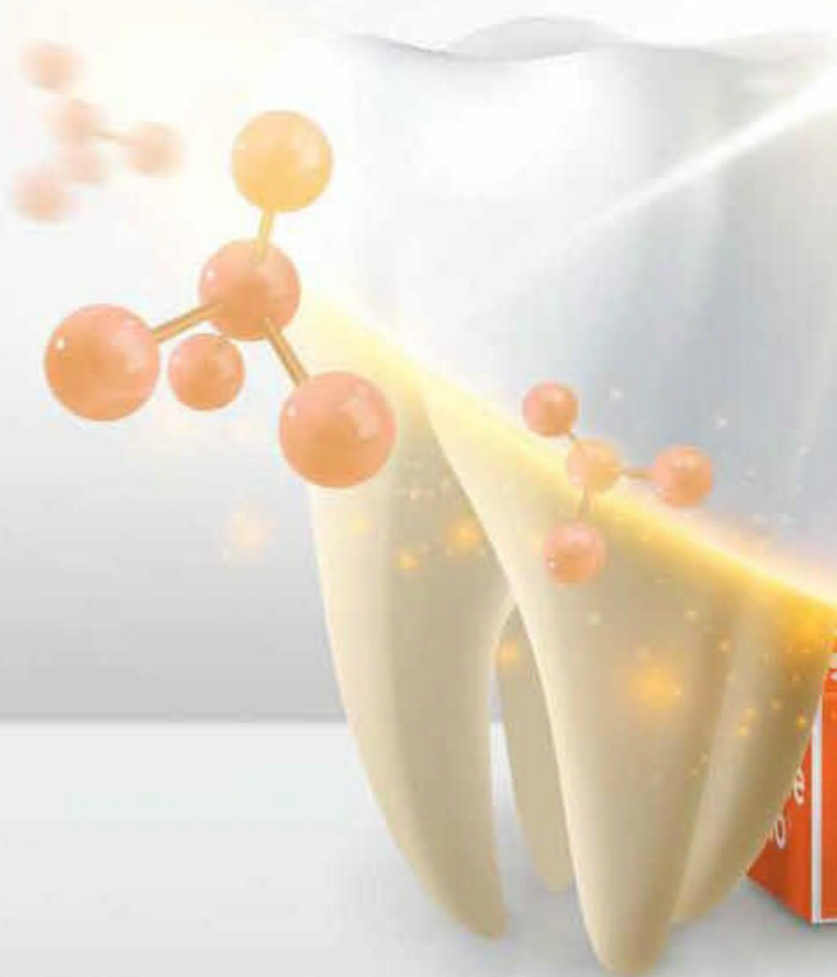
Who stays and who goes might come down to salaries – and Delta reportedly rakes in a whopping \$2 million.

"It's no secret Seven's budgets have been hit hard, so they'll be looking at whose costing them the most – and if they're worth it," says the source.

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FAMILY REIGNS SUPREME

Princess Mary shares special shots
of her gorgeous brood





Brothers Vincent and Christian are the best of friends.



The family showed off their summer tans in Denmark.

As the summer break comes to an end in Denmark, Prince Frederik and Princess Mary are turning their focus on their children, who pulled out of their international school in Switzerland earlier this year due to the coronavirus pandemic.

The royal couple have had a rocky 2020 – Frederik’s younger brother, Prince Joachim, 51, underwent emergency surgery for a blood clot in his brain in July.

The family of six have stuck together during these tough times, and a proud princess looked happy and relaxed in the company of her four children – Prince Christian, 14, Princess Isabella, 13, and nine-year-old twins Princess Josephine and Prince Vincent – as they posed for a series of family portraits.

“Then another summer passed,” Mary, 48, captioned the photos on Instagram. “We have all enjoyed it around Denmark, and here on the last summer day of the year we send a late summer greeting.”

Pictures: Social media.



Fred, 52, and Mary looked more loved-up than ever.

‘We have all enjoyed it around Denmark’

Pete's setting up a "hippie commune" with no electricity or running water.

Has Pete Evans LOST THE PLOT?!

The controversial chef is starting a new 'off-grid' life in Byron Bay

Just over a year ago Pete Evans was one of TV's biggest stars. His handsome looks and food knowledge made him a household name in Australia.

But since the demise of *My Kitchen Rules* and his axing from Seven, the 47-year-old has transformed into a controversial figure who shares coronavirus conspiracy theories and alternative remedies on social media.

Now, as Pete is slammed by health experts and politicians alike, his most recent bizarre venture to create an "off-grid"

community in Byron Bay is just the latest twist and turn in his ever-changing life.

Rumours have even swirled that he may have split from his former glamour model wife Nicola, 42, after she unfollowed him on Instagram earlier this year. The former *MKR* star denies any trouble, although Nicola has changed her username from "nicola.robinson.evans" to "memoirs.of.a.wild.one".

Despite his mission to live off-grid, Pete has certainly been busy on social media slamming celebrities, including

Matt Preston for encouraging the public to wear face masks during COVID-19, all while continuing to spruik his eerie community called Nightcap.

NIGHTCAP VILLAGE

The village sits on 1400 hectares of land in Wollumbin, Northern NSW, and has no running water or electricity, existing on the philosophy of "tribal wisdom" and without religion.

Appearing in one of its promotional videos, Pete calls upon his followers to "create a new lifestyle for themselves and their family"

in the community by purchasing one of 300 available plots.

"This could change the way we view this country and the way we view each other," he says. "Do no harm – you don't need to go to church to learn that. It is in us. Self-reliance, self-empowerment, connection to Earth, connection to spirit, connection to each other," he adds.

The community's website calls the

Pete's celebrity hit list!



ISABEL LUCAS

She recently appeared "blacked out" on a Zoom meeting to discuss coronavirus conspiracy theories and criticise lockdowns and the actress, 35, has long been a supporter of Pete's controversial theories.



OLIVIA NEWTON-JOHN

Olivia, 71, and Pete have bonded over their belief that medical marijuana should be legalised in Australia. Olivia also owns health retreat Gaia near Pete's adopted town.



MICHELLE BRIDGES

The former *Biggest Loser* trainer, 49, has recently liked Pete's posts on alternative medicinal remedies on his Instagram page.



Pete and Nicola haven't been seen together in months – is he starting his new life alone?



The Byron "sanctuary" has no mod cons at all.

village a "sanctuary" that "lives organically" away from "5G and smart meters".

THE 'HEALING CLINIC'

While Pete hopes his loyal social media followers will arrive in droves to the village, a source tells *Woman's Day* he also intends to attract A-list stars to his newly launched healing clinic in The Habitat, Byron Bay's commercial precinct, an hour's drive away from Nightcap village.

The source says Pete will use the clinic as a funnel in order to get Byron's biggest names out to the village.

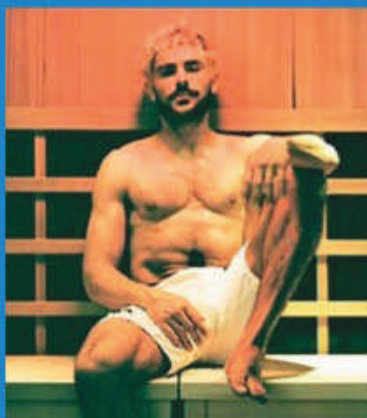
CELEBRITY CLIENTS

"Pete wants to infiltrate the celebrity circle in Byron and the healing clinic is the perfect way to access them," the source says.

"He already has a way in with Isabel [Lucas] who is good friends with the Hemsworths – and they know just about everybody in Byron."

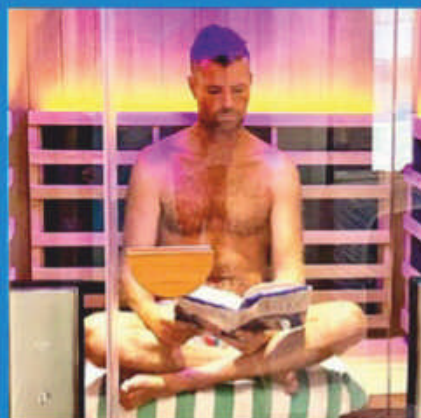
The clinic will offer "transformational practices" such as "cold and conscious breath work and cryotherapy", loved by celebrities such as Zac Efron and Elsa Pataky, something that Pete plans to use to his advantage.

"There are so many A-listers in Byron now and they're all open minded and have huge platforms to pass on his message. He has his sights on them all," the source adds.



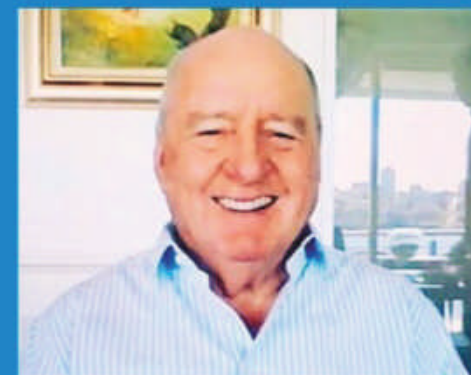
ZAC EFRON

Recently adopting Byron Bay as his home, the Hollywood heartthrob, 32, has expressed his love for natural remedies and practises, and uses the same Clearlight Infrared Sauna Pete swears by.



STEPHANIE McINTOSH

The former *Neighbours* actress, 35, has liked several posts made by Pete, all to do with conspiracy theories around the coronavirus pandemic.



ALAN JONES

Controversial former radio star Alan, 79, has been a long-time supporter of Pete, with the pair participating in weekly Zoom conference calls.

THE \$90M SCAM T

These famous faces have unknowingly been targeted by cybercriminals swindling millions



Sunrise host Natalie Barr was left red-faced on air recently when she revealed she'd been caught up in a shock porn scandal, involving fake images of her that had been appearing on pornographic websites.

"I'm not on a porn site, just to clarify," said the 52-year-old mother-of-two, who was forced to defend herself in an awkward segment. "Quite a lot of people are direct messaging me and saying, 'Did you know you're on a porn site?'" she explained of the embarrassing ordeal.

But it's not just Natalie who has been unknowingly targeted by scammers – from bogus beauty creams to dodgy diet pills, cybercriminals have been sweeping across the country, using a stream of famous faces to prey on unsuspecting Aussies.

Terrifyingly, criminals have managed to swindle \$91 million out of the pockets of everyday Australians – and it seems there's no celebrity off limits.



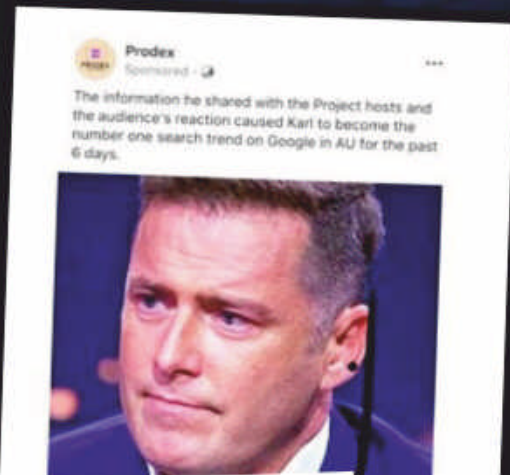
Sam Armytage DIET RIP-OFF

After shedding 10kg in a dramatic body transformation in 2016, Sam became the face of a diet pill ploy that involved fake diet pill ads using her image. The Weight Watchers ambassador and breakfast TV star, 44, has passionately denied being associated with the bogus online ads, posting a scathing reply. "For God's sake, don't give these people your money," she wrote. Adding, "It's scammers. I'm not flogging 'keto pills' on Facebook, whatever they are!"



Karl Stefanovic INVESTMENT PLOY

He's known for being a lovable larrikin on *Today* but Karl, 46, was also the unwilling face of an online bitcoin investment that first surfaced in 2017. The false article posted to Facebook claimed that Karl "might be using an all-new bitcoin trading system called Bitcoin Evolution" and that "he could be making so much money from this program he wouldn't need to continue his television career". The post, which also claims to be an "ABC News Exclusive", asks victims to invest up to \$250 as an initial deposit for the service.



EARING TV APART!



Carrie Bickmore CREAM CON

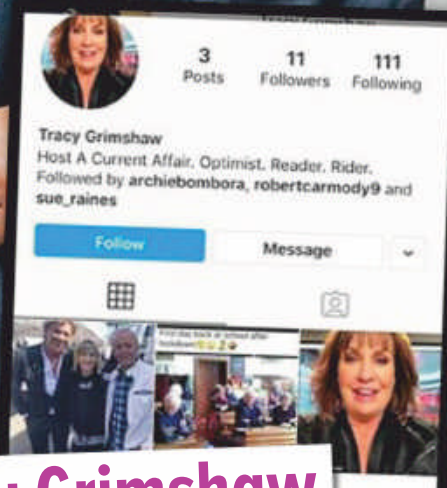
The *Project* host Carrie pleaded with her social media followers to be cautious online when a scam surfaced claiming the mum-of-three was ditching the popular show to begin a beauty empire. The 39-year-old slammed the fraudulent posts on Instagram, begging followers to ignore the false claims. "Do not click on the link to purchase the product," she wrote on Instagram. "It's a scam and they will take your money." The fake website requested the consumer hand over their credit card details in order to access a free trial or discounted product, which they never received.



David Koch

MEDICATION FRAUD

Sunrise presenter David was forced to defend his manhood via Twitter after the 64-year-old found himself at the centre of a mortifying "erectile dysfunction cream" advertising scam in 2018. Warning his legions of fans, he wrote, "For those who might be tempted... be warned the erectile dysfunction advertisements doing the rounds online using my image are fake," adding, "Just for the record my nether regions are doing OK for an old codger."



Tracy Grimshaw STOLEN IDENTITY

Longstanding *A Current Affair* host Tracy is no stranger to a catfishing story, but she never expected to become a victim of identity theft herself. The 60-year-old took to Instagram in July to warn fans about fake accounts, saying, "A mate texted to ask if I started a new Instagram page. Nup. No. Nada. They're all fakes."

For more
information
about how to
spot and avoid
scammers visit
[scamwatch.
gov.au](http://scamwatch.gov.au)

The pair, who are rarely seen together in public, were snapped having an argument.

Ryan & Eva's public bust-up!

The couple's tense fight has shed light on years of feuding

They are fiercely protective of their privacy, but last week Eva Mendes and Ryan Gosling, who share daughters Esmeralda, who turns six this week, and Amada, four, took to the streets of Los Angeles to have a public spat!

Looking tired and tense, Eva, who retired from acting in 2014, appeared hostile as Ryan, 39, drove the family of four around town.

Now, a well-placed insider tells *Woman's Day* that Eva's reclusive nature has caused simmering tensions between the pair, who are at breaking point. "Eva hates being out and very rarely joins Ryan anywhere, so the fact she was

seen in public with him looking openly hostile is a huge deal," explains the source.

According to the insider, Eva, 46, feels "uncomfortable" when she's away from home, which has caused her to grow quite protective of Ryan.

"Whenever Ryan goes out to work or socialise, she bombards him with texts and phone calls, checking up on him until he comes home, which he's tried to tolerate

'Whenever Ryan goes out, she bombards him with texts'

but it does get to him," says the insider.

What's more, the Miami-born actress is said to have taken issue with Ryan's "heartthrob" status.

"She gets a bee in her bonnet over his friendships with his leading ladies, and none more so than Emma Stone, who he loves working with," says the source.

Ryan and Emma starred opposite each other in the romantic comedy *Crazy, Stupid, Love* and crime flick *Gangster Squad* before reuniting as love interests in the critically acclaimed *La La Land* in 2016.

"They're great pals but Eva always accuses him of wanting more from her, or worse, of something happening between them on set. Of course it didn't, but try telling Eva that when she's at the depth of one of her



Eva is jealous of Ryan's working relationship with Emma.

bouts of insecurity," adds the source. "Eva often goes for the jugular when they fight by claiming she gave up her career to be mum to their daughters. She's struggling and he tries to be sympathetic, but he admits it wears him down at times."

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home
beautiful

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ROYALS
MONTHLY

Bluey

Locky is in
talks with TV
executives
at Ten.



LOCKY'S SECRET TV DEAL REVEALED!

The star has his heart set on adventure



Aussie
Bear
Grylls!



A blanket of doubt was cast over this season of *The Bachelor* when it was revealed a record six contenders had been linked to acting agencies. While fans were shocked by the discovery – with many questioning the legitimacy of some of Locky Gilbert's hopefuls – *Woman's Day* can reveal the *Survivor* star has his own hopes of conquering the small screen!

According to a source close to the show, Locky, 31, has made no secret of the fact that he aspires to work in TV, and has long dreamed of becoming Australia's answer to adventurer Bear Grylls!

"He has often admitted he enjoys being in front of the camera and was looking forward to more TV opportunities centred around the things he likes, like travelling and adventure," dishes the source. "He jumped at the chance to do *Survivor: All Stars*, and it was around then he realised he could take it further."

Interestingly, an on-set spy reveals there was constant chatter about Locky's TV future during filming, with many of the girls believing the star had landed himself a spot on the network's breakfast show *Studio 10*.

"Some of the girls were saying he booked in a stack of appearances on the show once *The Bachelor* was over, and he was using the dating show as a jumping point to become a TV presenter," says a source.

'He'd fit in very well – he's charming and TV-tested'

"It caused a lot of issues with the girls – they were divided, some felt it was fine and others didn't want to become collateral damage for someone who just wanted to add to his acting reel," adds the source.

Speaking to *Woman's Day*, a Ten insider confirmed the Perth local's future on the network looks "very bright", noting that the widespread budget cuts "give rise to available and reasonably priced talent like Locky". "He'd fit in very well – he's charming and TV-tested, has fans and wouldn't cost an arm and a leg like some of the presenters on there," the source quips.

It's not the first time – former *Bachelorette* stars Matty J, Georgia Love and Angie Kent have all taken turns on *Studio 10*, and Angie came under fire after appearing on a stack of shows – *Gogglebox*, *I'm A Celebrity... Get Me Out Of Here!* and *Dancing With The Stars*.

DATING DEJA VU!



After three years of dating, Locky's ex, *Love Island* star Jordan Cayless, 29, had some very choice words to say about his appearance on the country's biggest dating show. And while she's worked hard to move on, it seems Locky might still be caught up with his former flame, after eagle-eyed fans noticed some very cringe-worthy parallels between the show's dates and his own. Despite filming amid the pandemic, the suitor enjoyed a muddy game of gridiron for a group date earlier this season, which saw the girls tackling each other, hugging and high-fiving. But it seems the date was very similar to one he took Jordan on just a few years before. "Well at least he's consistent," joked a fan. "If the system ain't broke....," laughed another. What's more, it seems 26-year-old Nicole Campbell's rockclimbing date, where Locky encouraged the dancer to face her fears, mirrored a previous abseiling date he'd enjoyed with Jordan.

Macaulay is keen to start a family with girlfriend Brenda. “We practice a lot,” he says.

MACAULAY CULKIN A FATHER AT 40!

The former child star has turned his life around and is about to embark on his biggest role yet

He’s the cheeky, blond-haired, blue-eyed kid the world fell in love with in such beloved classics as *Home Alone*, *Uncle Buck* and *My Girl*. But despite earning a Golden Globe nomination for his role as Kevin McCallister, becoming a household name at just 10 years old would have catastrophic consequences for Macaulay Culkin, who turned 40 last month.

“Wanna feel old?” he jokingly asked his fans on Twitter. “I’m 40,” he quipped on his milestone birthday, sparking a flurry of support and memories from his fans.

From drug abuse, a failed teen marriage, box office bombs and an emancipation of his parents, child star Macaulay faced more drama than most adults deal with in a lifetime.

But a source close to the actor tells *Woman’s Day* he is ready

to put the past behind him, as he and his long-time girlfriend, Disney star Brenda Song, 32, prepare to welcome their first child!

“He never wanted a kid after having such a rough upbringing, but Brenda made him see it from a completely different perspective. He’s learned from his dad’s mistakes and is anxious not to repeat them with his own son or daughter,” says the source, who says friends are waiting to hear happy baby news any day now.

“Things really changed when Brenda came into his life. He loves that woman so much, and she’s brought a peace to his world he never knew existed. Turning 40 was the happiest occasion of his life, especially because they’ve decided they’re going to try for a child,” the source adds of the couple who began dating in 2017.

TROUBLED CHILDHOOD
With the prospect of bringing his own child into the world, friends say Macaulay is

reflecting on his own troubled upbringing.

One of seven children who grew up in a tiny apartment in Manhattan, his father Kit, a failed actor, is said to have bullied his children into living out his dreams, with Macaulay previously saying he was “jealous” of him. “Everything he tried to do in his life I excelled at before I was 10 years old,” the actor once explained.

“Macaulay is the first to admit that until recently, he’s a textbook case of a child star that stopped growing mentally when he became super famous,” the source continues.

“*Home Alone* and *My Girl* were simultaneously the best and worst things to ever happen to him – the fame triggered half a lifetime worth of chaos.”

‘Until a few years ago, friends feared for his life’

Because Macaulay’s parents were never legally married, when they split up in his mid-teens the situation snowballed into a bitter custody fight rather than a divorce.

For two years, his parents fought over the trust fund, with his earnings worth a reported \$27 million at the time. But Macaulay made headlines across the globe when he opted to remove both of their names from the documentation, and placed an executor to oversee all his earnings – a telling sign of his fractured family.

According to the source, Macaulay still doesn’t speak to his father, while his mother Patricia remarried and moved to Montana.

“He never speaks to him any more even though he’s a very ill old man,” says the source.



He won our hearts in 1990’s smash hit *Home Alone*...



...and made us teary with *My Girl* in 1991.

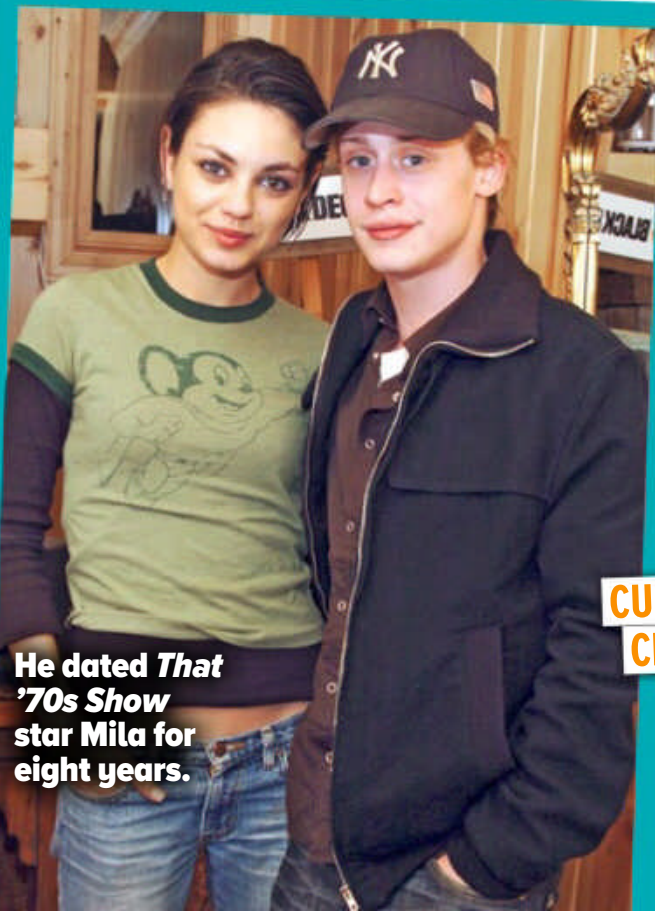
Searching for stability in his relationships, Macaulay went on to marry actress Rachel Miner at just 17. They divorced just four years later.

His lack of stable relationships, despite a romance with actress Mila Kunis, is said to have led him down a dark path, with his public profile serving as a gateway to bad influences. “When Mila

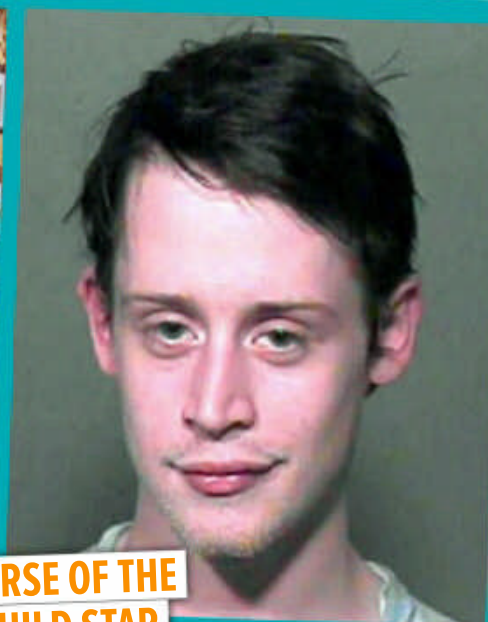
left him, he was devastated. It took him years to recover, so he numbed it all with partying hard and trying to forget his past. He denies it, but rumours were rife he was addicted to heroin and painkillers,” the source explains. “Right up until a few years ago, friends genuinely feared for his life.”



Richie Rich in 1994 was Macaulay’s final movie as a child actor.



He dated *That ’70s Show* star Mila for eight years.



CURSE OF THE CHILD STAR

After several box office bombs, his life spiralled out of control. He was arrested for possession of marijuana in 2004.



'My break-up led to my new body'

NSW mum-of-two Celeste went from devastated to delighted after splitting up with her partner and losing 50kg

When Celeste Rodwell from Newcastle started to suspect her long-term partner had been unfaithful, she knew she had no choice but to leave the relationship. But she had no idea the split would change her body and health forever.

"I needed to get out of the relationship, but I needed to rediscover my self-confidence and develop some coping strategies to survive the changes," says Celeste, 36.

Weighing in at 115kg, and feeling emotionally drained, she felt she'd exhausted all her options. "I felt so withdrawn and helpless at that point," Celeste admits.

"I started exploring other tools to assist in weight loss and decided gastric sleeve surgery was a good fit for me."

SURGICAL HELP

That decision was the catalyst for an incredible transformation – both physically and emotionally.

After the surgery, Celeste made a concerted effort to change her diet and lifestyle. She used to be a comfort eater, but after surgery,

she found it easier to eat healthier food.

Celeste also began running, out of sheer frustration. "I'd run as far as I could and then I'd walk and then run again. I'd literally run and be crying by the time I got home," she says. "You've just got to do it. Suck it up. Even if you get out and run for 10 minutes on a bad day. Anything is better than nothing."

It might have been hard at first, but the exercise not only helped her drop the weight, but also boosted her mental health, improving her self-esteem and outlook on life. Her new-found confidence spurred her on, and eventually Celeste had dropped 50kg, reaching her goal weight of 65kg.

But although she was proud of her achievement, when she looked in the mirror, she still

'I'm cleaning out clothes... shedding and renewing'

THEN

Celeste weighed 115kg at her heaviest.





Lost
50kg



Now

"You can
change your
reality, no
matter what."

wasn't happy. "I was so disfigured," she says. "I had folds of excess skin around my waist and my breasts were on the floor – they were an empty, deflated G-cup."

Celeste
turned to
plastic

surgeon Dr Nicholas Moncrieff for help. He recommended a tummy tuck, breast reduction and lift, and liposuction on areas of her stomach, back, arms and thighs.

He removed a total of 12kg of skin and fat from Celeste's body. "He literally reconstructed me. I was so disfigured," she says.

In the four months since her surgery, Celeste has done many things for the first time. "I've been trying clothes on in change rooms and I've even gone to the beach," she laughs.

"I'm in the process of cleaning out lots of clothes and bits and pieces. I feel like I'm shedding and renewing."

After her incredible journey, Celeste believes it's essential for mums to put themselves first sometimes.

"Make yourself a priority," she says.

TURN PAGE
FOR MORE

'I lost 93kg and met the love of my life'

Rikky-Leigh dumped her insensitive ex and found happiness, health and love

Rikky-Leigh Johnson was used to her partner's comments about her 179kg weight and her size 26 clothes. But the more he made unkind remarks, the more she ate to make herself feel better.

"I felt like I was being fat-shamed and made to feel bad about my weight," Rikky-Leigh tells *Woman's Day*. "Then I would binge on chocolates, chips, lollies and anything deep-fried. Eating all that

food was a way for me to deal with my low self-esteem."

But in March 2017, something inside her snapped, and she told him to leave. "It finally got to a point where I decided I couldn't let him ruin my whole life," she says. "Making the decision to leave him was the best thing I've ever done."

TIME TO CHANGE

The 25-year-old mum-of-three from Brisbane decided it was time to turn her life around

and get into shape. She completely overhauled her diet, swapping sugar-loaded and deep-fried binges that included chocolate, lollies, chips, chocolate, ice-cream and milkshakes for healthy high-protein and vegie-packed meals such as avocado on toast, boiled eggs, chicken, steamed vegies and yoghurt.

Snacks are now muesli bars or crackers instead of deep-fried dim sims or hot chips. She also joined a gym and began working with a personal trainer to help get into shape and slim down.

In less than a year, the inspirational mum had dropped a whopping 93kg and was feeling stronger, both physically and mentally, than ever before.

"Once I turned my diet around and started working out, I was feeling so much better," she says. "I hated being overweight. There was constant judgement from strangers, I was always sweating and never fit into any nice clothes," she recalls. "The worst thing was not being able to run around with my kids."

Three years on, Rikky-Leigh is completely unrecognisable. She's gone down six dress sizes, she has more energy and is feeling happier in herself than she's ever done, which she attributes to knowing she

stuck with her new routine, even when it was tough.

"I busted my guts to get where I am and I'm so proud of myself," she says. "There were no magic tricks, just hard work and natural weight loss."

NEW LOVE

She's also found love again, with fiancé Brandon Cartner, 27. The pair met in April 2018 and fell in love straight away, with "loving and kind" Brandon popping the question just a month later.

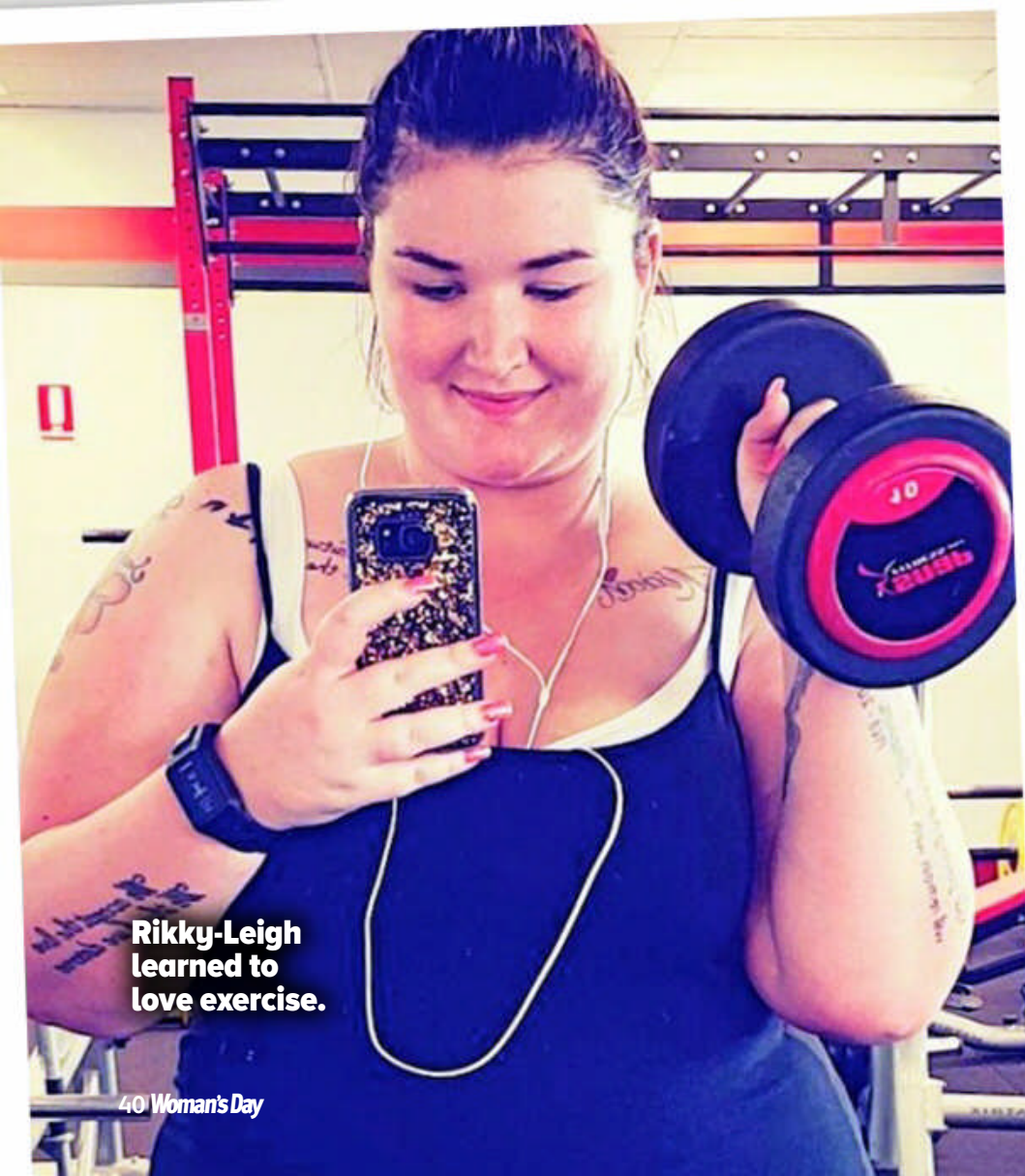
They are set to marry next year, with Rikky-Leigh's kids Libby, six, Ryder, four, and Skylah, 14 months, by her side. Rikky-Leigh will be wearing a size 12 wedding dress.

"I'd never have been able to lose the weight if I'd stayed with my ex," she says.

"Three years on I've lost more than half my body weight, met the man of my dreams and feel happier than ever before.

"My life is so much better now. I will never allow anyone to treat me the way he did, nor will I ever neglect my body the way I did back then. If I can lose weight and change my life, anyone can. I am so excited for the future."

'The worst thing was I couldn't run around with my kids'



Rikky-Leigh learned to love exercise.



Lost
93kg

THEN

Rikky-Leigh
weighed 179kg
and was easily
exhausted.



NOW

She's healthier
and happier,
with loads
more energy.



With her fiancé and
her kids Skylah,
Ryder and Libby.

IT TAKES A VILLAGE!

After overcoming cancer, Alisha-Jane is giving back to the campaign that saved her



The Save The Box Bootcamp has been a huge success.



Alisha-Jane is using her own journey to promote awareness.

Stepping out of the doctor's office in late June, the first thing Alisha-Jane Laney did was call her mum to let her know her fight was over – she was finally cancer-free after a heartbreaking five-year battle.

“When my results came back clear, my GP and I burst into tears,” Alisha-Jane tells *Woman's Day*. “I called Mum straight away and we celebrated it together. After years of tests and anxiety and surgeries and mental exhaustion, I just don't have to worry any more.”

Alisha-Jane was just 23 when a routine pap smear revealed she was positive for CIN 2 cervical cancer cells.

Suffering from severe endometriosis from the age of 14, Alisha-Jane says she attributed her symptoms to her existing illness, and never once thought it could be something more sinister.

Left reeling, she threw herself into researching the deadly disease online where she discovered the WomenCan Save The Box campaign, which aims to raise awareness and funds for gynaecological cancers.

“When I found the site it felt like a community of people who understood what I was going through,” says Alisha-Jane, who bravely shared her own story on social media to “overwhelming” support.

“I had so many women reach out to me

after sharing my journey.

It pushed me to create a sisterhood where we can talk about it with each other and it's not a taboo subject.”

And it was this tight-knit community along with her parents Melissa-Jane, 50, and Graham, 56, that she turned to for support while undergoing three painful and invasive operations.

“Each time I'd have to mentally prepare myself for if it didn't work,” says Alisha-Jane, who would travel with her mum from Newcastle, NSW, to Sydney for treatment.

“The constant anxiety waiting for results really affects you mentally... I was a wreck.”

To relieve her anxiety, boost her immunity and heal her body following the gruelling surgeries, Alisha-Jane turned

to exercise, losing 45kg in the process. Inspired by her transformation, she organised a Save The Box Bootcamp to raise money to fund critical research.

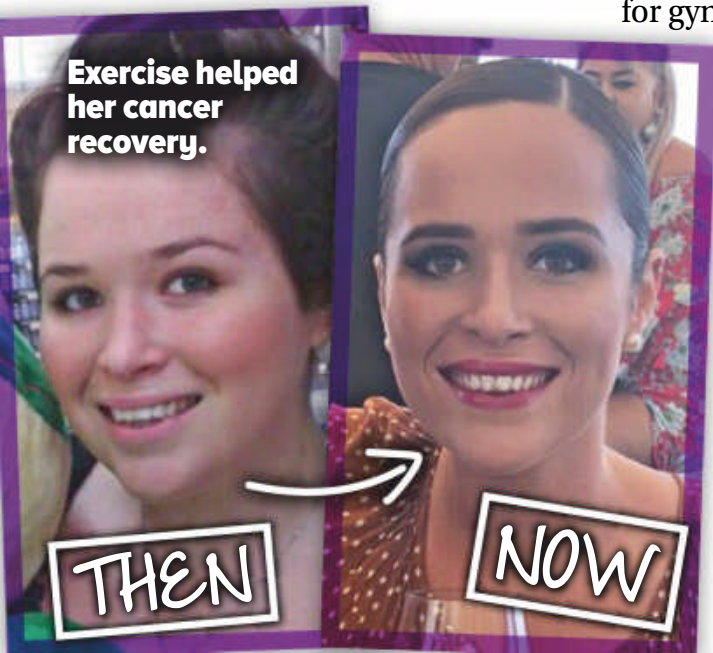
“We had 40 men and women join the two-hour program – it was amazing,” she recalls proudly.

To date the brave campaigner, now 28, has raised more than \$10,000 for Save The Box, and she doesn't plan on slowing down just yet.

“I feel like it is the least I can do,” says Alisha-Jane.

“It shouldn't be a taboo subject, and we need to reach out and educate each other – knowledge is power.

“I tell all my friends, don't fear the smear! Five minutes of awkwardness can save your life.”



Exercise helped her cancer recovery.

During Gynaecological Cancer Awareness Month, WomenCan is asking women to Get Together. Fund Research. Save The Box. To take action go to savethebox.org.au



Pet Insurance

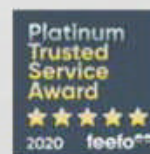
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Rebecca says her parents Ruth and Peter are incredibly selfless.



‘We’ve fostered over 100 kids!’

Ruth and Peter have cared for more than 100 children who aren’t their own – and loved them all

Words: Lizzie Wilson.
They’ve devoted half their lives to caring for foster kids, and 25 years on, and more than 100 children later, Queenslanders Peter and Ruth Hall aren’t

slowing down anytime soon.

“While there are kids out there doing it tough, Peter and I will always put our hand up for one more – it’s the least we can do for these little ones who

aren’t so lucky in life,” supermum Ruth, 60, tells *Woman’s Day* from the couple’s home in Brisbane’s south-west.

Opening their hearts and their home came easily for this

devoted couple. It was in their late 20s, before they’d even considered having their own children, that they made a decision that would change their lives forever.



"It brings us a lot of joy being able to feel the love in our home," says Peter.



The couple have a chest full of baby clothes in all different sizes.



the dozens of little people who needed truckloads of unconditional love and care from the moment they arrived.

"Mum and Dad are amazing – a rare breed. They're selfless, tolerant and incredibly fair to all," says Rebecca. "The biggest factor about being a good foster parent, and foster family, is you have to be flexible. These kids can arrive on your doorstep at any time, and are often in pretty rough shape. Mum is the real key to their years of success – she's so organised, and nothing fazes her!"

BE PREPARED

Ruth humbly agrees – it's all about being prepared.

"We've concentrated on fostering the young bubs during these later years, especially the pre-adoption children," she says. "I have designated boxes with a range of clothes from tiny 00000, through to toddler sizes. They often arrive in gear three sizes too small, or more often, soiled beyond belief.

"It doesn't matter how resilient you are, it's still hard to say goodbye. When they're heading to their new adopted family, that's very gratifying. But

it's not always smooth sailing, and the outcome isn't always ideal, but we do our bit and hope we made a difference.

"We've had a few of them keep in touch over the years – to see them make their way in life knowing we were part of their early lives – that's what makes our hearts sing."

'It's about seeing the real difference you can make'

Ruth also believes having a good ear and a compassionate heart is often all it takes.

"These children have real issues, so you're not going to be able to change them overnight, but every day you see an improvement from the day before... that's why we do this," she says.

Even the family's pooch, their beloved fur baby lovingly dubbed Angel, does her bit to help out.

"Their little eyes light up when Angel is around – the small things in life we take for granted matter so much to these kids," explains Ruth.

Peter, who has retired after years of working with General Electric, has one message for other mums and dads who might be considering a life as foster parents.

"These days you hear so much about the negative aspects of foster care. I think it's about seeing the real difference you can make in a child's life. Some kids bring a lot of baggage with them and you have to work through that – it's part of the journey," he says.

"I urge everyone to consider becoming a foster parent. I can't think of anything more rewarding than making the life of a child that little bit better."

FOSTER CARE BY NUMBERS

- AROUND 48,000 KIDS LIVE IN OUT-OF-HOME CARE IN AUSTRALIA
- MOST OF THOSE ARE AGED BETWEEN FIVE TO 14
- MOST CHILDREN IN OUT OF HOME CARE HAVE BEEN THERE MORE THAN ONE YEAR

"When most folk our age are looking after their grandchildren, we continue to foster. We have a little baby in our care at the moment, so we never know whether there'll be giggles or tears!" says Peter, 61.

"We have two grown-up kids of our own. Daniel, 20, is in NSW chasing his dream to become a professional soccer player, and our daughter Rebecca, 25, lives near us here in Brisbane. They're used to having bubs around!"

For Rebecca, her childhood and teen years were spent with

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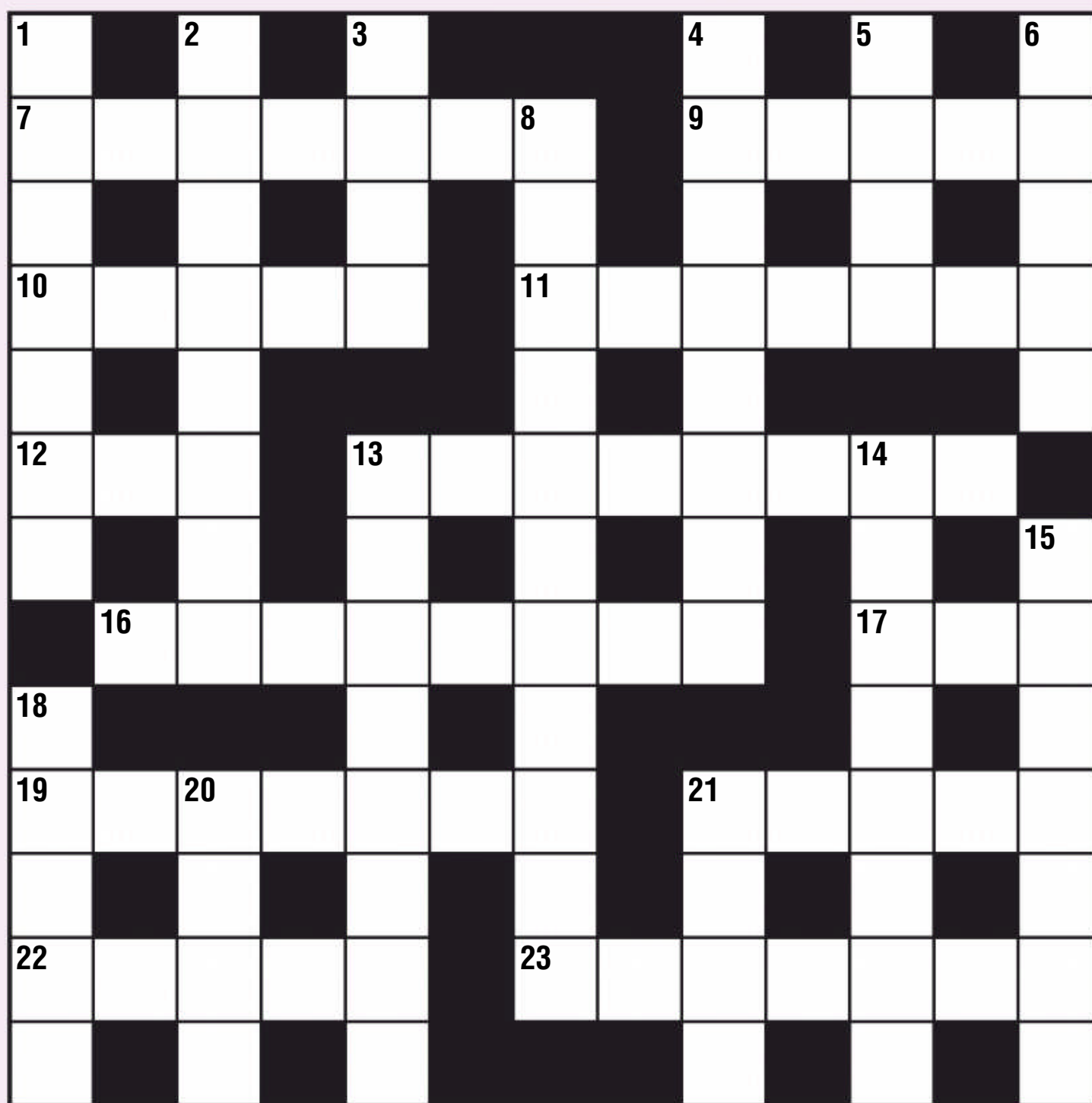
CRYPTIC CROSSWORD

ACROSS

7. Initially old boys validate promissory notes – it's clear (7)
9. A grain and oak seed (5)
10. Posts and ends on pole (5)
11. Allow to give title to ten, not at first (7)
12. See, we hear, the ocean (3)
13. Mall's new cook – an insignificant thing (5,3)
16. Ills covered by animal skin on slope (8)
17. Whip feline (3)
19. I'm turning to right and a woman (7)
21. So ran back to location device (5)
22. Strike small, parasite (5)
23. Red car allowed from south (7)

DOWN

1. Own sheriff's men on steam ship (7)
2. Nags vile, strange and sinister controller (8)
3. Common sense of nouns? No point! (4)
4. Its lapel formed lozenge (8)
5. Measure of electricity heard in vault (4)
6. Go in with ten turning on queen (5)
8. Sienna hangs about causing mischief (11)
13. Licensed incorrectly, then gagged (8)
14. Rely on coin not so long ago (8)
15. Tie up rate and repeat (7)
18. US religious sect famished, but not fed (5)
20. I to run about old building (4)
21. Break and flip pans (4)



SUDOKU

Fill in the blank squares with the numbers 1 to 9 so that each row, each column and each smaller 3 x 3 block contains all the numbers from 1 to 9.

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

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

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

THIS WEEK'S BIG CROSSWORD

ACROSS

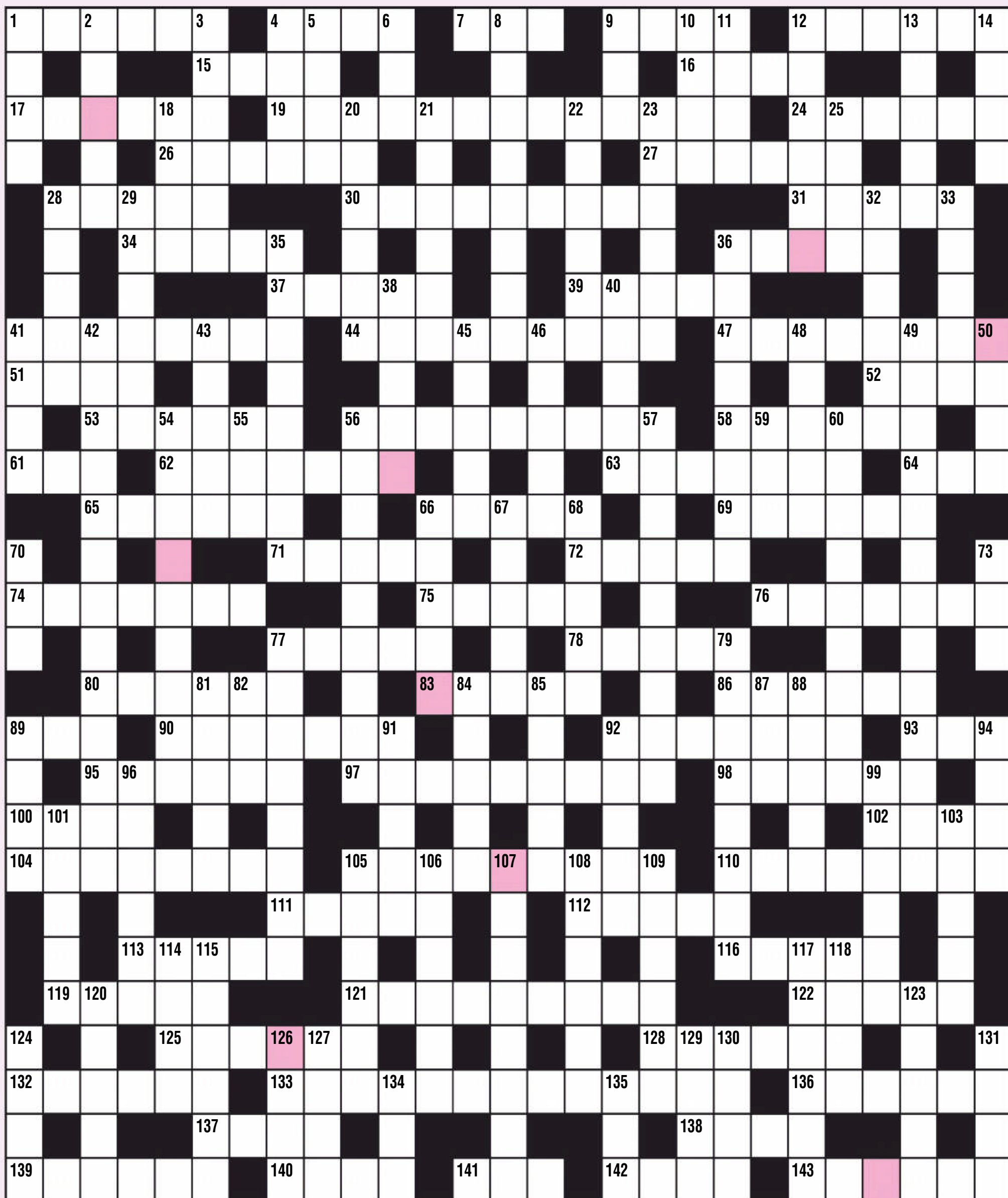
1. *Star Wars: The Last Jedi* star, ... Fisher
4. At a snail's pace, very ...
7. Fishing line float
9. Very well off
12. Fashion designer, ... McCartney
15. NB, ... bene
16. Displace, ... from office
17. *Little Women* author, ... May Alcott
19. Hindrance, drawback
24. Crops up, arises
26. Having no ethics
27. Without effort
28. Proverb
30. Inflames the skin
31. Piece of prose
34. Of the ice regions
36. Father Christmas
37. Eva Peron's nickname
39. French pancake
41. Conspires, ... with
44. Philatelist, stamp ...
47. Happening at the wrong moment
51. Absent without leave (1,1,1,1)
52. Egypt's river
53. No-one, there is ... home
56. Protects against heat loss, ... the house
58. Caught in a trawl
61. Slump down
62. Investigate, examine
63. *Ma* star, ... Spencer
64. Promptly, on the ...
65. Angry outburst
66. Folk tales
69. Hire charge, ... fee
71. Drama platform
72. Australian cycling great, Cadel ...
74. Order, decree
75. Pine sap
76. Florist's wares
77. Rice field
78. Dark brown fur
80. Capital of New Caledonia
83. *Tootsie* star, Jessica ...
86. Defensive sea forces
89. Pair, twosome
90. Water diviners
92. Rubella, German ...
93. Road-surfacing material
95. Wheeled boots, roller ...
97. Wrecks from within
98. Curl up in a soft place
100. Fencing sword
102. Gets on your nerves
104. Came before (3-5)
105. Type of piping installer (3,6)
110. John Goodman US family sitcom
111. Pop like a balloon
112. Angry, enraged
113. Milan is there
116. Amounts of money owed
119. Jumping parasites
121. Scholarly people
122. Financial return
125. Lightweight trousers
128. Distributed
132. Group of fish
133. Excessive quantity
136. Commit treason, ... your country
137. Natural colour of linen
138. Depart, go ...
139. Most elegant clothes
140. Islamic prayer leader
141. Set, solidify
142. Ripped away, ... off
143. Forces out, evicts

DOWN

1. Placid, unruffled
2. Globular
3. Hard tooth covering
4. Agitate, ... up trouble
5. Legendary actress, ... Turner
6. Court romantically
8. Move past
9. Fish spawn
10. Soft drink, ... Cola
11. Colours, shades
12. Taken illegally
13. *Big Little Lies* star, ... Dern
14. Dog breed, Lhasa ...
18. Dessert made from palm starch, ... pudding
20. Private hospital, eg
21. Routine, as ...
22. Unbroken
23. Person whose children have left home, empty ...
25. Internal sac of fluid
28. Direction indicator
29. Greek god of music
32. Sterile saltwater solution
33. Sing Alpine-style
35. Arranges hair differently
36. Conferences
38. Heavy metric weight
40. Shakespearean lover
41. Peaked hats
42. Phrase used when meeting unexpectedly (4,4,2,3)
43. Duvet, quilt
45. Rotten, awful
46. Tourist bus, eg
48. Refuse-to-move protest (3-2)
49. From Iraq or Jordan, eg (6,7)
50. Adroit
54. Voracious fish
55. Father
56. People living surrounded by sea
57. Mixes and cooks eggs
59. Night before, on the ... of
60. Skin artist
66. *Out Of Africa* star, ... Streep
67. Former boxer, Mike ...
68. Meaning or reason
70. Futuristic fiction, ... fi
73. Internet service provider (1,1,1)
77. Moved on without stopping (6,2)
79. Caught in a trap
81. Choral composition
82. Female farm animal
84. Cool and distant
85. Colossus
87. Beer, pale ...
88. Waistcoats
89. Low-pitched, ... voice
91. Long stories
92. Measuring device
94. Go up, soar
96. *Offspring* actress, Asher ...
99. Act as a go-between
101. Irrefutable evidence
103. Massage bread dough
105. Spread oil or butter over baking surface, ... the pan
106. Layers of rock
107. Lacking in self-confidence
108. Put in order, ... up
109. Type of dried grape
114. Crisp tortilla
115. *Kiss The Girls* actress, ... Judd
117. So long! (3-3)
118. Movement of the sea
120. *Mean Girls* actress, Lindsay ...
123. Words to a song
124. Exclamation meaning "not likely!" (2,2)
126. Edible seaweed
127. Biological egg
129. Trace of a wound
130. Stitched, was ...
131. Peepers
134. Edge of a wheel
135. Perform in a play

**\$500
PRIZE**

See 'How To Enter'
(last page)



When you've solved the crossword, the letters on the shaded squares, reading left to right, top to bottom, spell a mystery word or phrase.

The mystery word

Puzzles



1

BRAINBUSTERS

1 Considered the most successful captain in international cricket history, retired batsman Ricky Ponting (pictured) is known by which nickname?

2 What name is given to a male hippopotamus: boar, bull or blake?

3 Who was the first of Henry VIII's wives to be beheaded?

4 Clark Kent, Lois Lane and Jimmy Olsen work for which newspaper?

5 Which iconic Kodak camera was first introduced in 1900?

6 On which island is the dormant volcano Mauna Kea?

7 What are the blue lines in some cheese called?

8 What would you be suffering if you had a graphospasm?

9 Who was the first US astronaut to orbit the Earth?

10 Frank Gehry and Antoni Gaudi are famous in which field of endeavour?

11 What are the main ingredients of the traditional Greek dish spanakopita?

12 Which character does Gwyneth Paltrow (pictured) play in the *Iron Man* and *Avengers* movies?



12



\$100 PRIZE

See 'How To Enter' (last page)

WORDFIND MARK WAHLBERG

The names, words and titles below all relate to actor Mark. All except one of them can be found in the grid. They can read backwards or forwards, vertically, horizontally or diagonally. The leftover name, title or word is the mystery answer.

- | | |
|-----------------------|----------------|
| Billy | Leo |
| Boogie Nights | Melvin |
| Broken City | Micky |
| Charlie | Mike |
| Chris | Mojave |
| Contraband | Norman |
| Daddy's Home | Pete |
| Date Night | Planet Of |
| Dusty | The Apes |
| Elliot | Scoob |
| Holbrooke | Shooter |
| Instant Family | Ted |
| Invincible | The Big Hit |
| Izzy | The Fighter |
| Jack | The Other Guys |
| Jim | The Yards |
| Joe | Three Kings |
| John | Tommy |

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

CODE CRACKER

Each number in the grid represents a different letter of the alphabet. Work out which number stands for each letter, write them in the grid below and cross them off the list – we've given you three to start you off.

Fill in the letters in the box beneath the puzzle to spell the mystery word.

A	1	R		18	N
B	2		10	19	O
C					P
D	3		11	20	Q
E	4		12	21	R
F			O	B	S
G	5		13	22	T
H	6		14	23	U
I	7		15	24	V
J					W
K	8		16	25	X
L					Y
M	9		17	26	Z

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

3	13	14	7	19	25
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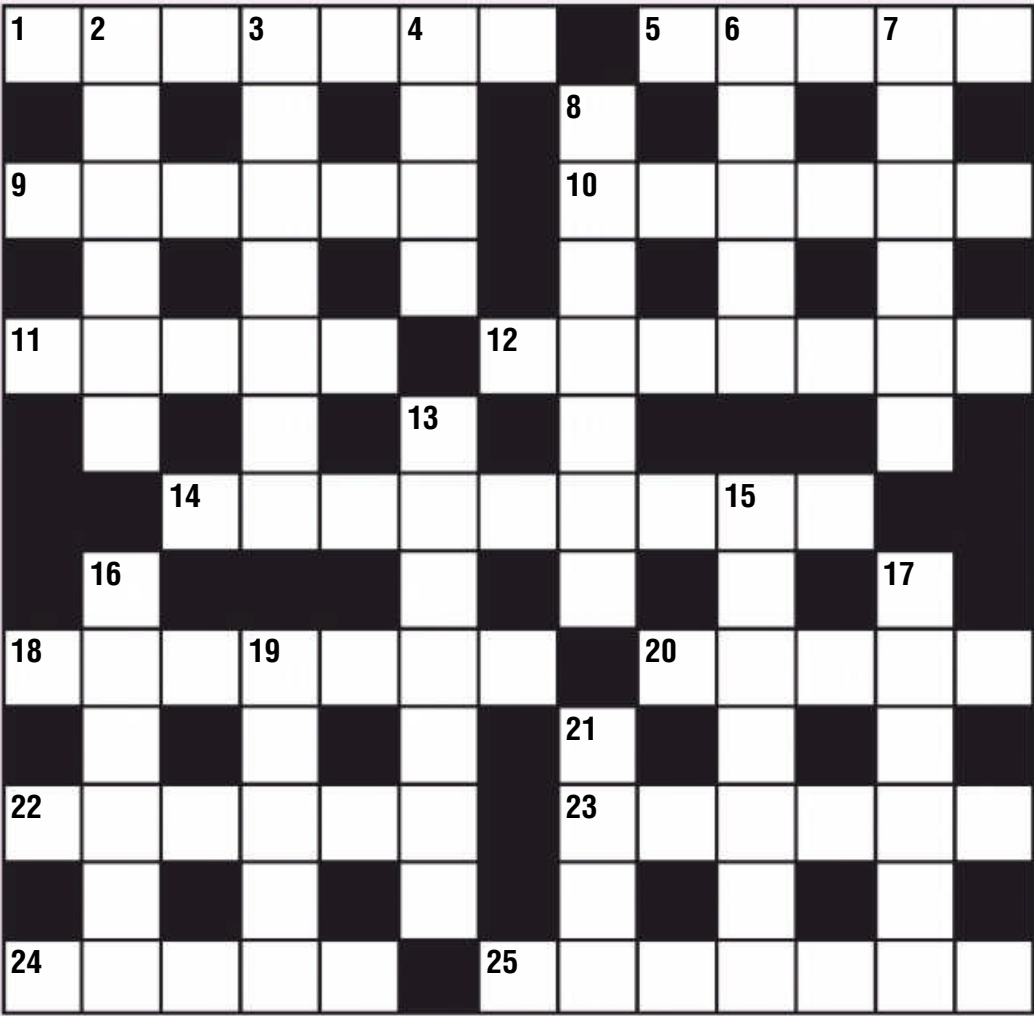
EASY CROSSWORD

ACROSS

- 1. Rubbish
- 5. Sharp part of knife
- 9. Naturally, of ...!
- 10. Fix in place, ... the deal
- 11. Havana or cheroot, eg
- 12. Learning sessions, driving ...
- 14. Notifying, ... the authorities
- 18. Benefits earned
- 20. Sudden jerk, wake with a ...
- 22. Take industrial action
- 23. Vinegary vegies, pickled ...
- 24. Magnificent meal
- 25. Pulled along the ground

DOWN

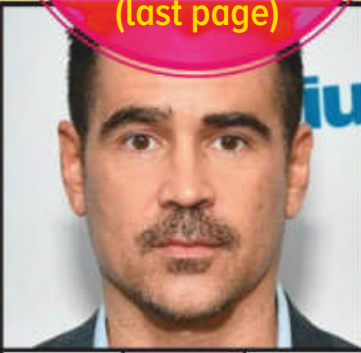
- 2. Relating to nuclear energy
- 3. Haggle over price, eg
- 4. Cole Porter musical, *Anything ...*
- 6. Arms and legs
- 7. Eating away from home, ... out
- 8. Shrieks
- 13. Member of the army
- 15. Mesh fabric
- 16. Tender, a ... touch
- 17. Olympics third-place medal
- 19. Corrosive liquids
- 21. House entrance

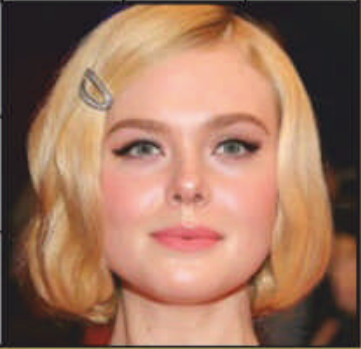


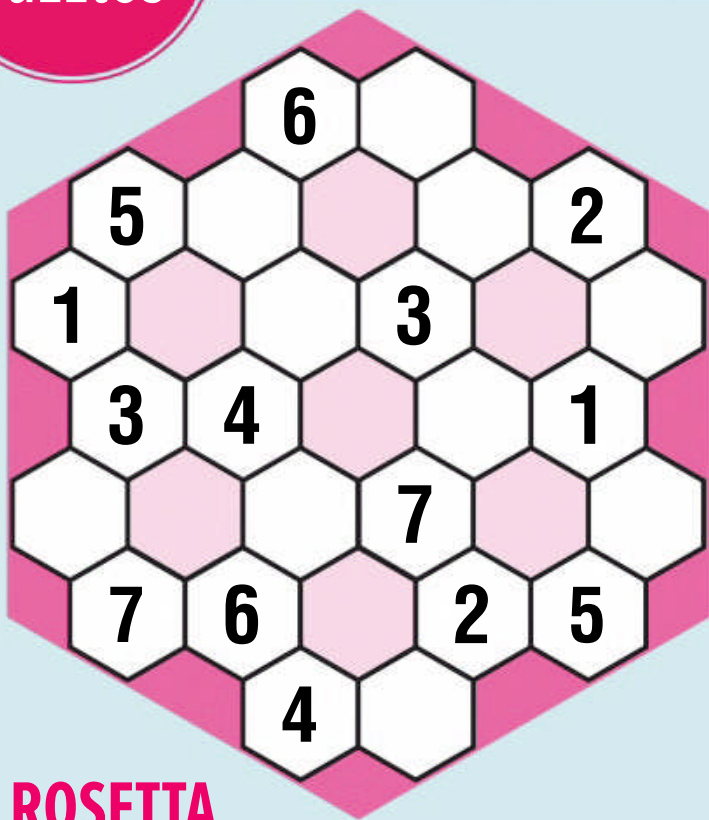
\$200 PRIZE
See 'How To Enter' (last page)

STARWORD

Work out the names of the celebrities pictured in this Starword and enter for your chance to win!

	Pictured star, ... Farrell		Jeer at	Alone, on my ...		Bunk or cot	Spider-man character, ... Stacy		Uncle's wife	Hopping pest, cane ...		Movie, <i>On Golden ...</i>	Possum Magic author, ... Fox
	Reed instrument					Zest, with ... Spanish cheer						Glass water jug	
	Details, get the ... (3-4)								On a single occasion				
	Lingerie item		Charged particle			Allow, permit			US comedy actor, ... Sandler				
	Pod vegie		Cinders			Morning damp							
	Sprinted			Couple, duo	Refuted, ... the claims						Thigh joint		Blend
	Newest, ... version												
			Foot digit				Fuss	Departed, had ...		Futuristic fiction (3-2)	Cured pork		
			Hooting night bird								Singer, Mariah ...		
	Word of woe		In what way?		Wiggle tail, eg				Sets				
	Pigpen		Type of lock		Fiery gem								
			Court			Canine				Summit, peak			
			Dark-grain bread			Rage				Large deer			
	Tea type, ... Grey			Explorer									
	Wily, sneaky			Bitumen road surface			Pictured star, ... Fanning						
	Adol- escent (abbrev)				Lower limb			Heavens					





ROSETTA

A rosetta is made up of a centre coloured hexagon surrounded by six white hexagons. To complete the puzzle, fill in all seven rosettas with each number between 1 and 7 in no particular order while also ensuring that:

- 1. No number is repeated in a horizontal row
- 2. Each number from 1 to 7 is represented in the seven coloured hexagon cells.

WORDMAKER

How many words of four letters or more can you make from the letters here – with each word containing the letter in the centre? Don't include proper names or plurals. The mystery word is a nine-letter word starting with C.

R	T	C
E	C	R
A	H	A

LOGIC BRAINTRAINER

Each year Rodeo Creek plays host to the Australasian Clowning Championships. This year the three top finalists all had very similar names. From the clues, can you tell where each clown placed, the colour of their nose and the comedy routine they performed in the final?

CLUES

- 1. Bozo wasn't the clown that drove the collapsible car.
- 2. The clown with the black nose placed second.
- 3. Bobo won the competition thanks to his acrobatic "bucket stuck on foot" routine.
- 4. Buku, who has a blue nose, placed 3rd.

Each time you rule out a match, put a cross where the vertical and horizontal squares meet in the grid. When you find a match, put a tick in the grid. Also put a cross in the other two squares horizontally and vertically in the same line, as no other combinations can be true. By doing so, you'll gradually be able to solve the puzzle.

WHICH CLOWN HAS A RED NOSE?	BLACK NOSE	BLUE NOSE	RED NOSE	BUCKET/FOOT	FOAM/HAT	CAR	1ST	2ND	3RD
BOBO									
BOZO									
BUKU									
1ST									
2ND									
3RD									
BUCKET/FOOT									
FOAM/HAT									
CAR									

NAME			
NOSE COLOUR			
ROUTINE			
PLACING			

This issue's competitions begin on 7/9/20. All entries close 23.59 AEST/AEDT on 20/9/20. Open to Australian and New Zealand residents. For conditions of entry, visit bauer-media.com.au/competitions. Puzzles drawn at Direct Response Australia, Unit A, 31-33 Sirius Rd, Lane Cove West 2066. Solutions in two weeks. Winners are first correct entries drawn 14.00 AEST/AEDT on 23/9/20, and published in *Woman's Day* magazine on sale 12/10/20. See privacy notice, below. Promoted by Bauer Media Pty Ltd, 54 Park Street, Sydney, NSW 2000. ABN 18 053 273 546.

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GIANT
WORDFIND
FAMOUS ARTISTS

The names below are famous artists. All except one of them can be found in the grid. They can read backwards or forwards, vertically, horizontally or diagonally. The leftover name is the mystery answer.

- | | | |
|--------------------|--------------|-----------|
| Andy Warhol | Magritte | Richter |
| Basquiat | Malevich | Seurat |
| Caravaggio | Mary Cassatt | Sidney |
| Cezanne | Matisse | Nolan |
| Chagall | McCubbin | Streeton |
| Da Vinci | Minnie | Titian |
| Dali | Pwerle | Velazquez |
| Degas | Miro | Vermeer |
| Delacroix | Mondrian | Whiteley |
| Duchamp | Monet | |
| El Greco | Munch | |
| Ernst | Namatjira | |
| Fra Angelico | Paul Klee | |
| Franz Marc | Picasso | |
| Frida Kahlo | Popova | |
| Gauguin | Poussin | |
| Kandinsky | Raphael | |
| Klimt | Rembrandt | |
| Lindsay | Renoir | |

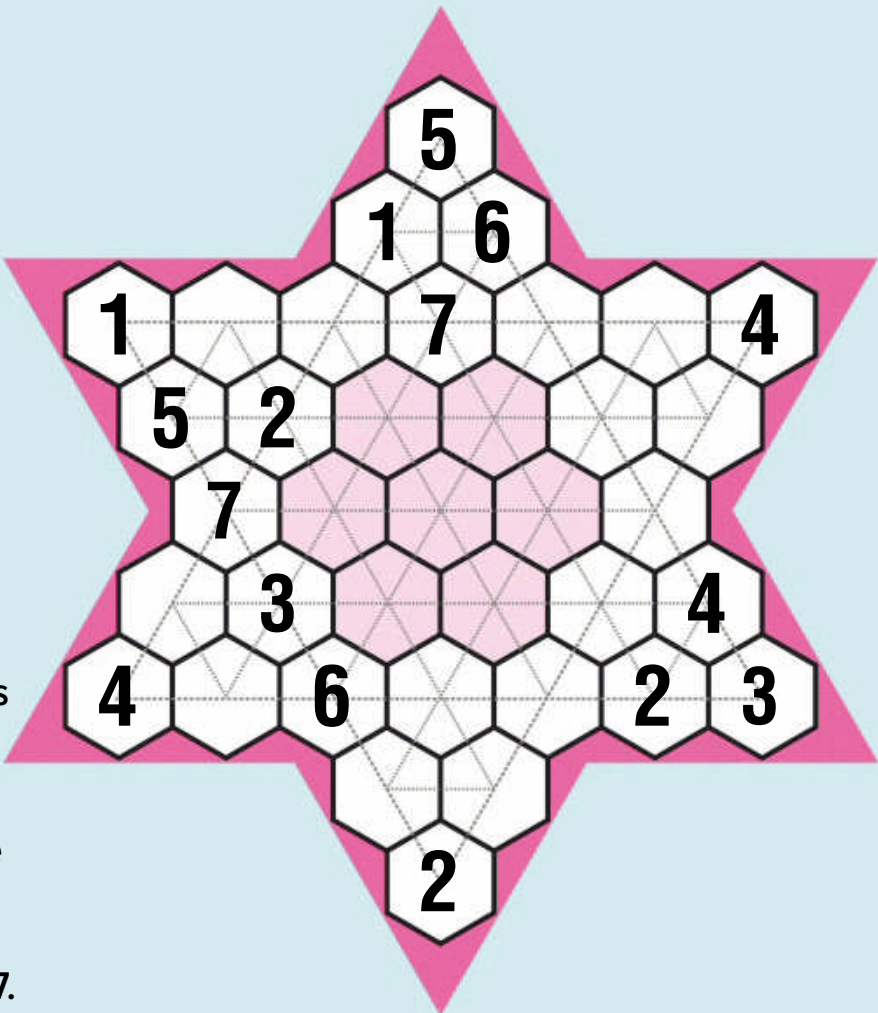


STAR PUZZLE

Fill in each of the empty hexagons with numbers between 1 and 7 following these three rules:

- 1. No numbers in a horizontal line can be repeated.
- 2. No numbers in a diagonal line can be repeated.
- 3. No numbers in the seven coloured hexagons can be repeated.

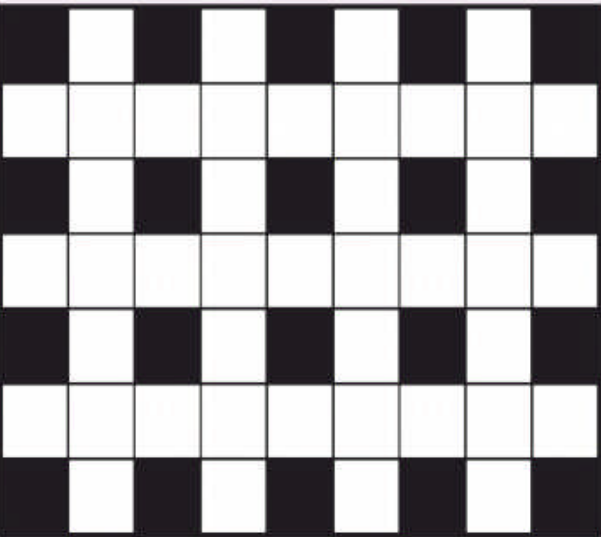
Note: Each of the white hexagons is part of a line of seven that must contain each of the numbers between 1 and 7.



ALL-A-GRAMS

Instead of clues, we've given you anagrams of the words that fit into the grid. Work out each letter jumble, then work out where each word fits.

- | | |
|------------|------------|
| WET SOBS | JET ADVICE |
| DILUTE PAT | OAT TINS |
| ICY DILL | PIVOT WINE |
| NET DIVE | |

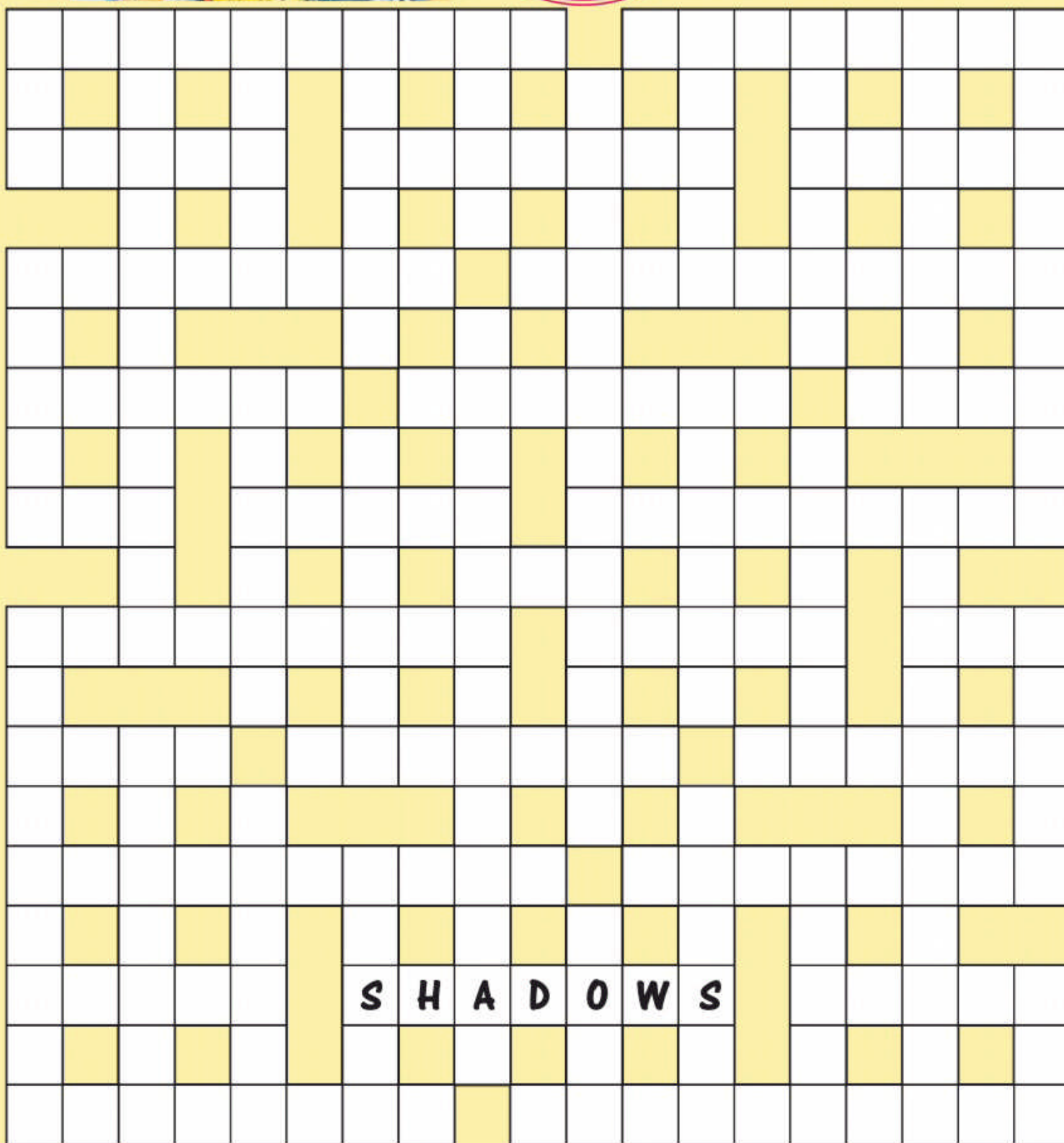


\$100 PRIZE

See 'How To Enter' (below)

FILL-IN

Fit the words in the lists on the right into their correct places in the grid. We've placed one word to start you off. When you have finished, you will find there is one word left over. This is the winning word.



3 LETTERS

Dew
Rat
Rod
Set
Won

4 LETTERS

Here
Navy
Road
Sofa

5 LETTERS

Brief
Dream
Drums
Dusty
Inner
Media
Poems
Prove
Roses
Taste
Threw
Warms

6 LETTERS

Extend
Fossil
Frames
Horror
Marine
Polite
Rabbit
Remark
Repair
Tracks

7 LETTERS

Address
Another
Leisure
Meeting
Revolve
~~Shadows~~

8 LETTERS

Bombards
Disaster
Normally
Sparkled
Thousand

9 LETTERS

Astronaut
Different
Persuaded
Precision

10 LETTERS

Department
Parliament
Substitute
Understood

11 LETTERS

Agriculture
Performance

13 LETTERS

Illustrations
International

How to enter

To enter online
simply go to

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womansdaypuzzles](http://nowtolove.com.au/womansdaypuzzles)

or fill in this coupon and MAIL to

**WOMAN'S DAY 38 PUZZLES,
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Eastern Suburbs MC NSW 2004**

Competition closes 23.59 AEST/AEDT on 20/9/20,
drawn 14.00 AEST/AEDT 23/9/20.

For conditions of entry, visit bauer-media.com.au/competitions.
Authorised under permit number NSW LTPM/20/05281.

Big crossword

starword

wordfind

Giant wordfind

Fill-in

NAME

ADDRESS

TEL

For puzzle enquiries email:
puzzledivision@bauer-media.com.au

See contents page for location of our Privacy Notice.
If you do not want your information provided to any
organisation not associated with this competition
please indicate this clearly on your entry or
notify the promoter in writing.

TURN TO PAGE 55 FOR OTHER
PUZZLE SOLUTIONS

You're telling us!

Write to us at *Woman's Day*, GPO Box 5245, Sydney, NSW 2001 or email youretellingus@bauer-media.com.au

Happy memories

Your story on Sarah Obanya (WD, Aug 24) was heartbreaking and a timely reminder just how precious life is. I'm so happy that Sarah got to marry the love of her life, Chuks, in such an intimate and beautiful ceremony before she passed away. I wish Chuks and their son Ethan all the best for the future and hope they find comfort in the many happy memories they shared with this beautiful lady.

Judith Caine, Donvale, Vic

DINOSAUR DREAMS

Christopher's dad is an airline pilot, however with the recent travel restrictions, he is working near home more as a heavy machinery operator. Christopher loves visiting him on local construction sites after work. Here he is pretending to be a massive "big foot" brachiosaurus!

Tanya Galwey, Berrima, NSW



Cutie of the week!

Snapped!

We've had cockatoos hanging around lately and I was lucky enough to capture this great photo with my phone as one flew off.

M Bondesan, Bentleigh East, Vic



Pet of the week!

CABBAGE PATCH KITTEN

"No, this does not mean I will be a vegetarian now!" says Bella.

Stephanie Dent, Halloran, Vic.



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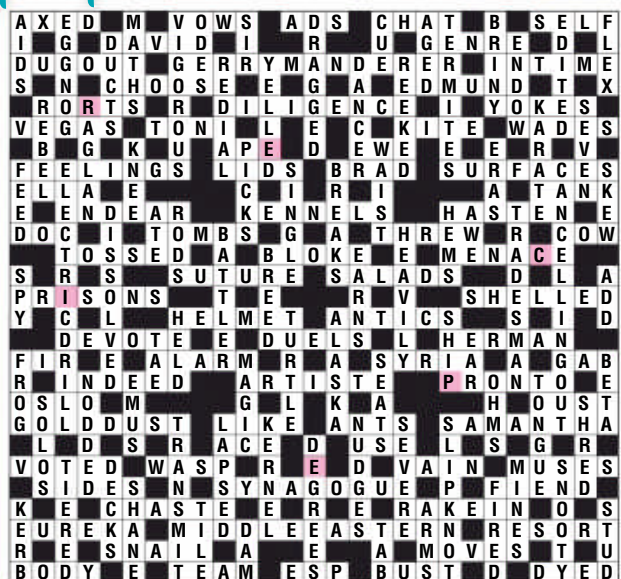
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Superpuzzler answers

CASH PRIZE WINNERS 10/8/20 Big Crossword: L. Hodgson, NSW. Starword: R. Hennebry, NZ. Wordfind: D. Anderson, NZ. Giant Wordfind: K. Pynenburg, WA. Fill-in: J. Warren, Vic.

AUGUST 31, 2020 SOLUTIONS



BIG CROSSWORD Recipe **WORDFIND** *The Fifth Element*
STARWORD Salma Hayek, Ryan Reynolds
GIANT WORDFIND Entertainment **FILL-IN** Coalition

SEPTEMBER 7, 2020 SOLUTIONS

CRYPTIC



THIS WEEK'S SOLUTIONS

SUDOKU

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

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

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

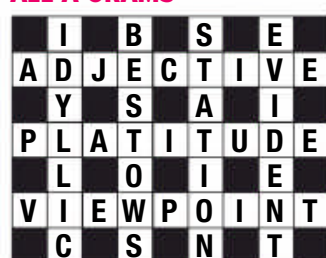
EASY CROSSWORD



STARWORD



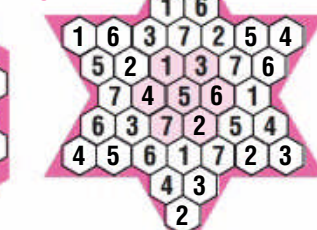
ALL-A-GRAMS



ROSETTA



STAR PUZZLE



WORD MAKER

Ache, Acre, Arch, Care, Cart, Cert, Char, Chat, Each, Etch, Race, Tech, Achar, Areca, Cache, Carat, Carer, Caret, Carte, Catch, Cater, Chart, Cheat, Chert, Crate, Racer, Ratch, Reach, React, Retch, Tache, Teach, Theca, Trace, Archer, Cachet, Carter, Chaeta, Crater, Tracer, Catarrh, Catcher, Charter, Rechart, Trachea, Character.

LOGIC BRAINTRAINER

Bobo/Red Nose/Bucket on Foot/1st Bozo/Black Nose/Hat Full of Foam/2nd Buku/Blue Nose/Collapsible Car/3rd Mystery answer: Bobo

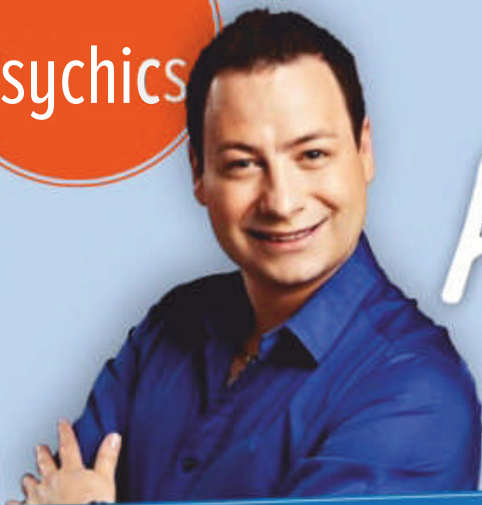
BRAINBUSTERS

1 Punter 2 Bull 3 Anne Boleyn 4 *Daily Planet* 5 Brownie 6 Hawaii 7 Veins 8 Writer's cramp 9 John Glenn 10 Architecture 11 Feta and spinach in pastry 12 Pepper Potts

CODE CRACKER

2=C, 3=J, 4=A, 5=H, 6=K, 7=G, 8=P, 9=V, 10=W, 11=T, 13=U, 14=N, 15=Z, 16=I, 17=Q, 18=Y, 19=L, 20=D, 22=F, 23=M, 24=S, 25=E, 26=X. Winning word: Jungle

Psychics



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SPIRIT GUIDANCE

HOLD YOUR HAND OVER THESE ORACLE CARDS. NOW CLOSE YOUR EYES AND "FEEL" YOURSELF BEING DRAWN TO ONE CARD. THIS IS YOUR GUIDING MESSAGE

COURAGE

The world of spirit is giving you a gentle nudge and the courage to make some positive changes in your life. Look at what's working for you, and also look at what's holding you back.

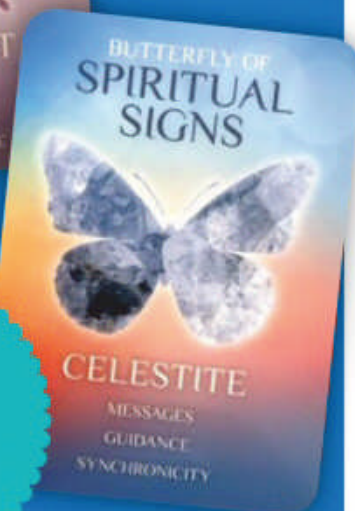
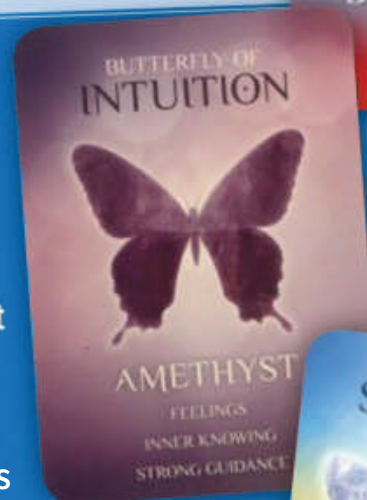
INTUITION

You're being divinely guided. Listen carefully to your "gut feelings" as this is the inner voice of your higher self helping you on life's path. Always trust what you feel in your heart and soul.

SPIRITUAL SIGNS

You're being sent blessings and answers in the form of spiritual signs. Take notice of anything that catches your eye – a butterfly, a coin or white feather can all be signs you're on the right path.

For your chance to have a personal phone reading from Mitchell, please send a photo of your loved one, question and phone number to Woman's Day, GPO Box 4245, Sydney, NSW 2001, or email womansday@bauer-media.com.au. Photos cannot be returned. Sorry, no personal replies.



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Cosmic connection

Award-winning astrologer **YASMIN BOLAND** reveals how the stars align this week

It's another big week astrologically. This time around Mars is going retrograde, something which only happens about once every two years. Mars is the planet of anger. So having Mars reversing is a double-edged sword.

On one hand it can mean old arguments are coming back up again. That's the negative. On the other hand, it can be a time when people lay down their guns. That's the positive. As I write this, the world is still stuck in one big argument about masks, lockdowns, and which politicians are for real.

It's possible that Mars going retrograde will help us all to stop shouting and start realising that life is better when we aren't living in a state of constant dispute.

HEALING CONVERSATIONS

There are other alignments in the skies this week, which point to happier days for us. These include the fact that Mercury, the planet of communication, is going to be making a link to the healing planetoid Chiron. In the interests of full transparency, this alignment is an opposition, which can go either way. But again, if we set our intentions to be nicer to each other, it suggests that this is a good week to stop arguing and start making up. If you've fallen out with someone for whatever reason and you want to make things up, this is a really good week to extend that olive branch.

GETTING LUCKY

Meanwhile, the planet of good luck, Jupiter, is going to start moving forward again.

Overall, the week augurs pretty well, so make the most of it!

Find Yasmin at [facebook.com/yasminboland](https://www.facebook.com/yasminboland)

HOROSCOPES

Virgo

AUG 24 – SEP 23

You're a Virgo, which means you can put up with a lot of stuff. If things aren't going quite as you would like them to when it comes to sex or money, stay level-headed. You have plenty of time to work on those parts of your life. You may discover new ways to boost your bank account or your love-life.

Libra

SEP 24 – OCT 23

We know you're a lover of love, however you may find that your romantic plans are being hindered this week. But the universe has a plan for you! Maybe you've been trying to race ahead too quickly in one relationship. If that's the case, slow it down!

Scorpio

OCT 24 – NOV 22

You have the planet of chaos in your relationship zone, so let's face it, life may have been a little chaotic lately. Now as action planet Mars stalls, you should find it easier to slow down. This could be annoying if you have a million and one things to do. Or maybe you'll just take the break you definitely deserve!

Sagittarius

NOV 23 – DEC 22

So how is your personal life? If you feel your libido is slowly draining out of you and you've lost a bit of your lust for life and anything else, don't panic. It's to be expected as lusty Mars retrogrades. Expect a bit of an up-and-down ride between now and Christmas. Avoid any fun-busters!

Capricorn

DEC 23 – JAN 20

This year has a few more surprises and challenges up its sleeve for you. If you've been having lots of arguments with your family or housemates, that could calm down now, but you have to play your part. Work on yourself a little bit. Test your ability to breathe through stress.

Aquarius

JAN 21 – FEB 19

The past few weeks have shown you the importance of speaking nicely to others during arguments. Now some of those old disagreements will resurface and you need to show you've learned how to handle yourself in a dispute. Top tip: no yelling.

YASMIN BOLAND predicts your destiny for **SEP 7-13**



Pisces

FEB 20 – MAR 20

Could you think more positive thoughts about money? Whatever ups and downs you've been through in the past few weeks and months when it comes to cash, think about what you've learned. More of those lessons will come back, not once but twice.

Aries

MAR 21 – APR 20

There's a slowing down happening this week, so if you feel like someone just put the brakes on you, you might be right. Your planet Mars is retrograding, so you may feel your life is going backwards. But you'll learn about what happens when you manage your temper.

Taurus

APR 21 – MAY 21

A deep, mysterious part of your chart is being stirred up. Let's hope you're a good sleeper, otherwise the next few weeks could be challenging. Get through this cycle by being proactive and working through your fears. Qigong or tai chi will really help relax you. Express your anger healthily.

Gemini

MAY 22 – JUN 21

You've been up against it when it comes to your friendships lately. People can be so provocative! If you've been arguing with friends, don't panic. Every time someone really irks you, your best bet is to breathe and ask yourself, "What would someone really reasonable do?"

Cancer

JUN 22 – JUL 23

Work has likely been a source of angst for you lately. That's not over yet but the professional pressures being piled on you could slow down. If you feel like you just can't keep up with the work demands, say something. You owe it to yourself and your bosses or customers to pace yourself.

Leo

JUL 24 – AUG 23

Wanting to get away but it's just not happening? Don't worry, you're not the only one this year. In your case though, the situation could linger longer. Remember that everything happens for a reason, rather than allowing delays to frustrate you further.



DID YOU KNOW? AROUND 1.7 MILLION AUSTRALIANS HAVE DIABETES.

This includes all types of diagnosed diabetes (1.2 million known and registered) as well as silent, undiagnosed type 2 diabetes (up to 500,000 estimated).¹

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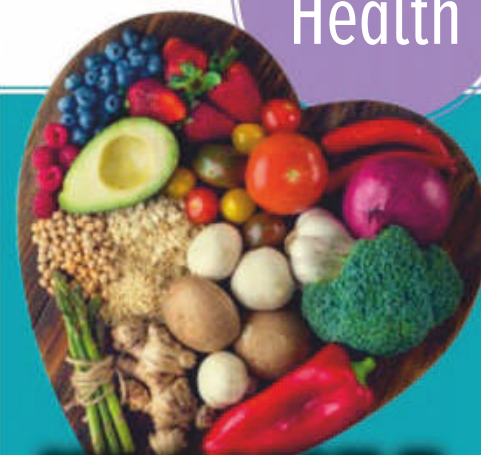
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KILOJOULE MYTHS BUSTED!

NUTRITIONIST AND DIETITIAN NICOLE DYNAN REVEALS WHAT WE NEED TO KNOW ABOUT FOOD AND ENERGY

MYTH ALL CARBS ARE BAD

“Carbohydrates provide the glucose that the brain needs to function,” Nicole explains. “Eating small, regular meals containing good quality carbohydrates can be helpful where energy is an issue,” she explains. “The brain has very few energy reserves of its own and a regular supply of nutrients can reduce the feeling of fatigue.”

MYTH WE NEED TO COUNT KILOJOULES

“Counting kilojoules can be helpful for some people to keep track of their intake, however for others it can cause anxiety and confusion,” says Nicole. “An apple can contain the same number of kilojoules as a small sweet – but a different nutrient value. For example, an apple has more nutrients than a small sweet.”

Spotlight on...

DRY NEEDLING

Muscle and joint pain relief may only be a few pinpricks away!

Whether you have a knot in your back that a massage won't loosen, or ongoing muscle and joint pain, dry needling may be the remedy for you. Osteopath and dry needling practitioner Claire Richardson shares how it can help.

WHAT IS IT?

The needles used for dry needling are similar to those used in acupuncture – they're small and fine. They're placed into the skin (only around 3-4mm deep) atop particular muscles, tendons or ligaments to assist with pain relief.

“The term ‘dry needling’ pertains to the fact that nothing is injected – it's literally a ‘dry’ needle that's placed into the affected area,” Claire explains. “This is said to improve blood

flow to the site where the needle is placed.”

While acupuncture is based on Chinese medicine principles and can be used for a variety of conditions, dry needling is only used for musculoskeletal injuries. It's generally used alongside other interventions from osteopaths, physios, myotherapists, chiropractors, podiatrists and GPs.

WHICH CONDITIONS DOES IT HELP?

“Dry needling has been shown to be as effective as massage or stretching for some injuries when used in conjunction with other interventions such as exercise rehabilitation,” says Claire. “Osteopaths most commonly use dry needling in the treatment of sports injuries, lower back pain,

plantar fasciitis and shoulder pain, however it can also be used in other musculoskeletal complaints.”

She adds it's not suitable for people with lowered immune systems, and it should only be administered by certified practitioners.

HOW DOES IT FEEL?

Some people feel nothing at all when the needles enter through the skin, others feel a scratching sensation. It's also common to feel “twitches”.

“This is where the muscle being treated momentarily contracts,” Claire describes. “This feels like a tickle, or a very quick, mild cramp. Some patients report improved effectiveness of the technique if a twitch response is present, however, studies have indicated that a twitch response is not necessarily indicative of improved outcomes.”

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Fighting inflam

Understand what causes your body to flare up and how to manage it

Nearly every part of your body can become inflamed. And despite how common inflammation is, it's quite a misunderstood topic. Professor Harrison "Dr Harry" Weisinger, medical director at Truth Origins (truthorigins.com.au), explains what inflammation is, why it occurs and different ways it can affect people.

HOW IT WORKS

"Put simply, inflammation is a natural process in which immune cells, such as white blood cells, proteins and fluid, are attracted to a site of injury or 'insult' within the body," Dr Harry explains. "The purpose of inflammation is to protect the body from harm, or at least to protect it from any further harm."

For example, if you twist your ankle, it quickly becomes swollen and painful. This is the body's signal to start repairing the injury, and to keep you from walking on it!

WHEN IT GOES WRONG

"Inflammatory processes occur within our bodies every second, and without them we couldn't survive," Dr Harry explains. We can usually heal minor wounds, fight a cold or mend a pulled muscle with help from the inflammatory process.

"Our bodies constantly manage the balance between switching inflammation on and off," says Dr Harry.

"However we run into trouble when that balance is disrupted and we get inflammation in places where it's harmful to us."

There are many inflammatory conditions that can chronically impact daily life. Some well-known examples are asthma, arthritis, coeliac disease, Crohn's disease, heart disease and multiple sclerosis.

HOW IT AFFECTS WOMEN

There are some inflammatory conditions that only affect one gender – endometriosis in women and prostatitis in men. Women are also more susceptible to developing autoimmune diseases.

"It's well recognised that 'autoimmune' diseases – where the immune system 'attacks' a part of the body – occur more frequently in women than in men," says Dr Harry.

"Classic examples of this are Hashimoto's disease [in the thyroid gland] and coeliac disease [in the small intestine]."

He also notes that some conditions get better or worse with age. Crohn's disease and colitis symptoms

tend to improve from middle age, however arthritis and Alzheimer's disease worsen over time.

REDUCING INFLAMMATION

"The single most important thing anyone can do is to pay attention to the signs of inflammation – and do everything they can to reduce it," Dr Harry believes.

Some lifestyle factors that can help to reduce inflammation are getting adequate sleep and maintaining a healthy diet. "People who get less than

seven hours sleep every night are far more likely to incur inflammatory consequences, such as weight gain and other metabolic problems," Dr Harry notes.

"Eating a balanced and nutritious diet, while paying attention to reducing the intake of refined sugars and carbohydrates, can reduce inflammation."

There are also plenty of studies supporting the anti-inflammatory effects of curcumin (from turmeric) and omega-3 fatty acids, which can both be taken as supplements.

TURN IT DOWN

TAKING ANTI-INFLAMMATORY SUPPLEMENTS MAY REDUCE ACUTE INFLAMMATION

Nature's Way Vegan Omega 1000mg \$19.99 This blend of omega-3, 6 and 9 supports brain, heart and eye health with anti-inflammatory benefits.

Swisse Ultiboost Odourless Wild Fish Oil 1000mg (200 capsules) \$19.95 Fish oil is popular for minimising joint inflammation.

Truth Origins Vitality Liquid Curcumin \$89 Human trials have shown curcumin to be a safe, effective anti-inflammatory. However, always see your GP before trying any new supplement.



mation

Did you know?

There are five signs that an area of the body is inflamed: redness, swelling, heat, pain and loss of function. If inflammation is caused by an illness, the common signs are fatigue, nausea and fever.



STICK YOUR NECK OUT!

We're relying on smartphones more than ever, so it's time to give our tech necks some TLC!

Whether we're checking news updates, connecting with family or sneaking one more game of Solitaire, our mobile phones are wreaking havoc on our poor necks! Along with stiffness and pain, overindulging on tech can also speed up skin ageing (more on this later).

In 2018, Australians spent three hours a day on their smartphones – a figure that has surely spiked in the past few months. But there are ways to ease the tension without giving up your tech. Best of all, you can do it while you get a beauty fix!

"It's super easy to incorporate massage while showering or applying products such as cleanser, serum moisturiser or facial oils," explains celebrity facialist Melanie Grant. "I like to use massage in the neck area to drain fluid and sculpt the jawline. It also stimulates blood flow, allowing nutrients and oxygen to flow in and promoting collagen production to firm, brighten and refine."

Here's how to give your neck some healing hands at home, combining Melanie's moves with some of our favourite techniques.

FOR THE JAW

Before you begin, wash your hands well and rinse off any makeup or sunscreen. This clears the way for your skin to absorb the products you use for your massage, bringing complexion benefits along with neck relief. "Ensure you use enough oil, serum or cream to maintain enough slip, and be careful not to pull or tug the skin," says Melanie. For puffiness, keep the pressure light, as the lymph fluid causing it is just below the skin's surface. With soft fingertips, massage the middle of your

chin in tiny circles for 10 seconds. Move outwards to the sides of your chin and repeat, before moving onto the outer jaw. "Use the knuckles of your index and middle finger to slide very lightly outwards along your jaw and then drain to the lymph nodes under the ears," says Melanie. Repeat five times. With your index finger and thumb, lightly pinch the skin along the jawline, starting at the chin and moving outwards. For deep muscle tension, press firmly into the masseter (chewing) muscles for 10 seconds, then up along the cheekbones.

FOR THE NECK

Open out your hands. "Use gentle, upward sweeping movements and drain towards the lymph nodes underneath your ears," advises Melanie. If you can reach, try using two hands to do overlapping upward strokes on one side, then the other. This boosts circulation and feels especially good when sluggish. Now switch back to fingertips and gently massage each side of the neck in tiny circles just below the ears. Next, move to the base of the neck and massage each side again, then move to the collarbone.

FOR THE DECOLLETE

Place an open, flat hand on the breastbone and sweep up and over the opposite shoulder. Repeat five times and swap to the other side.

TOP TIP: "At night, sleep on your back with a silk pillowcase to minimise sleep lines," adds Melanie.

FOR THE SKIN

Our devices aren't just a pain in the neck, they're also accelerating ageing. "Blue light releases free radicals in the skin which

degrade collagen, causing premature ageing and pigmentation," explains Dr Andreas Fox from Artisan Aesthetics. To protect your neck, wear sunscreen every day, he says. Those containing iron oxide will significantly reduce the penetration of blue light. Also, try to decrease your device use, turn down the brightness or put up a blue light shield. To fight back, use skincare with antioxidants (such as vitamin C, niacinamide, etc) to neutralise those nasty free radicals, and always add a nourishing moisturiser, because neck skin is drier than the face.

TOP TIP: "Be careful with actives, particularly retinoids, which can be more irritating on the neck," says Dr Nina Wines of Northern Sydney Dermatology. The solution? Start using any potent serums twice a week and work up to daily.

SOFIA VERGARA





The tech neck checklist

1. Hold devices at eye level to avoid pain.
2. Take a break to reset every 20 minutes.
3. Lift up from the pelvis, lengthening the neck and rolling shoulders back and down. Hold gently for 10 seconds and relax.
4. Slowly look left and right, up and down to relieve any strain.
5. Try a cat and cow stretch on all fours, arching the back and looking up, then curving the back down and looking down.



**KATE
WINSLET**

Both Sofia and Kate are big on taking their skincare down to their chests to keep their décolletages looking youthful.

Clarins Blue Orchid Face Treatment Oil \$57



Eve Lom Time Retreat Face and Neck Sheet Mask \$96



Neutrogena Hydro Boost Water Gel Lotion Sunscreen SPF50 \$11.89



Revision Nectifirm Advanced \$190

Avene Revitalizing Nourishing Cream \$63.95



Nivea Q10 Power Night Cream \$21.99



Neck know-how

Some specialist creams are packed with potent regenerators. But taking care of your neck doesn't need to be expensive. Simply using sunscreen and moisturiser religiously is guaranteed to preserve your skin. Here are some hero neck creams from high street to high-end...

Biologi Br Organic Rosehip Oil \$28



NIOD Neck Elasticity Catalyst \$105



CeraVe Facial Moisturising Lotion SPF15 \$22.99





EziBuy \$69.95



Breana at The Iconic \$59.95



ASOS \$60



Marks & Spencer \$55

Los Cabos at The Iconic \$49.95



ASOS \$28

PUT A SPRING IN YOUR STEP!

Under \$70

Jump feet first into the new season with these thrifty finds



Marks & Spencer \$55



Kmart \$12



EziBuy \$59.95



Next \$50



Los Cabos at The Iconic \$69.95



Next \$55

Marks & Spencer \$62.50



HOT NEW HEELS

Take advantage of the low heel trend to enjoy leg-lengthening elevation without the discomfort.



SPRUCE UP YOUR SHOES

Fashion Editor JANINE DONOVAN shares some tips for DIY shoe care

LOVING LEATHER

Well-loved leather shoes can easily last for years with proper care. This ultra durable fabric's main concern is drying out, so provided you condition them monthly to moisturise the leather and polish them to keep their sheen, you'll get the "fit like a glove" feeling that a well worn-in pair of leather shoes offers.

CHIC IN SUEDE

Don't shy away from this decadent-looking fabric for fear it's high maintenance. The main thing is to protect suede from the start. A waterproof spray helps to prevent stains and means if they do get wet, the water is less likely to mess with the colour or texture. A suede brush is a must-have tool to brush away dust and dirt.

NUBUCK KNOW-HOW

Again, an all-natural conditioner is key to keeping suede's velvet-like appearance. Because this fine leather has a tendency to scratch and stain easily, invest in a nubuck and suede stain eraser to spot clean.

Ask the Fashion Ed!

Q I keep to neutral shoes but want to branch out into some colour. What do you recommend?
Jodie Black, Brisbane, Old

A Mixing bold-coloured shoes back with prints that have the same shade is an easy transition, but if you're wanting to go all-out, then jump onboard spring's colour-blocking trend and combine different vibrant shades together.

Email your style questions to womansday@bauer-media.com.au

KATHARINE MCPHEE



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Next \$40

Next \$51

ASOS \$60

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ASOS \$50

Kmart \$8

IDIFU Women's at Amazon Australia \$57.80

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Embrace the GREAT INDOORS

Reese Witherspoon
brightens her
rooms with floral
arrangements!



Porter Davis interior designer
KORALY FASONE shares her top tips
to bring nature into your home

It's no secret that Australians love being outdoors and in contact with nature, so spending so much time indoors right now can be very challenging. Here are some simple tips to help you survive this difficult time, while we swap the beach for the bedroom and the outdoors for the home office.

BREATHE LIFE INTO YOUR SPACE

Indoor plants are great for de-stressing your space and purifying the air around the

home. There are so many low maintenance varieties readily available and they can be seamlessly blended with a mix of artificial plants to reduce your everyday maintenance even further. Mix and match your pots to suit the decor in your home, blend textures and patterns and even add a pop of colour. If possible, add hanging pots to corners of rooms. This is a great way of softening harsh corners, a stylish alternative to artwork and a great way



to save on floor space! Indoor plants can become main features in your home and create another layer of personality to any space.

THE POWER OF FLOWERS

Floral arrangements can work to dress up any room in the home and can also be tailored to match your own personal style. Blending fresh floral with natural greenery from your garden is a great way to complement the colours of your blooms and creates another layer of texture to any arrangement. Use your favourite vases, jars, jugs or vessels throughout the home and move these around the space daily for a different look and feel.

NATURAL LIGHT & VENTILATION

When spending more time indoors, it's important to make the most of the natural

light that your home gets throughout the day. Start the day with opening up blinds and windows to let the light and fresh air flood through your space. Move around during the day, follow the sun and soak up that precious vitamin D.

GO GREEN

Growing your own herbs for cooking will save you money, reduce supermarket visits and you'll be doing your bit for the environment and cultivating something fresh within your home. Herbs such as basil, chives, coriander, mint and parsley are just a few options that are easy to grow in your abode. They always smell great and will make a great addition to your favourite dishes.

MIRROR, MIRROR

Introducing mirrors into your living areas will create the illusion of more space. Creative positioning can even maximise your connection to the outdoors. For example, place a mirror next to your window to reflect the beautiful tree outside or continue the feel of your garden indoors. Mirrors are also a great tool to bounce natural light around your home and allow your communal areas to feel lighter and brighter.



HOW TO PREPARE YOUR CAR FOR KIDS

CAR SEAT SELECTION One of the most important decisions you can make when setting up your car is selecting the car seat. Safety is your number one priority for your child or grandchild, and picking the right seat can be overwhelming with so many options available. Websites like childcarseats.com.au can help you find the safest ones.

FIT IT RIGHT As well as finding the right car seat for you and your car, you need to consider the fitting of the seat. In Australia, there are child restraint laws that act as a guide for when your child should be seated in a capsule, rear-facing seat or forward-facing seat.

ACCESSORIES Consider sunshades to keep the sun off baby's skin, and toys or screens you can pop on the backs of the front seats to entertain. Accessories like hands-free phone systems are also a practical measure – not only is it illegal to touch your phone while the car is running, but it risks the lives of all your passengers.

PACK THE ESSENTIALS Stock your car with all the baby essentials – nappies, baby wipes, changing pad, rubbish bags, blankets, spare clothes, dummy, sunscreen, hat, tissues and creams. Just in case...

SPACE Before you splash your cash on a new car, check the boot size to make sure it's going to fit everything you need it to. Prams take up a lot of space, so ensure you've got enough room to fit it along with the baby bag and any groceries.

DON'T FORGET CAR INSURANCE

Stella is car insurance by women for women, rewarding you for being a safer driver with competitive pricing and great benefits! Plus, they'll pay up to \$2000 for baby gear that's damaged in an incident or stolen from your car. Visit stellainsurance.com.au for a quick quote.

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Focus to FULFIL

Here's how to set your attention on the things that really matter for a happier life

Life is full of distractions, which can at times take us off our desired path and disrupt our happiness.

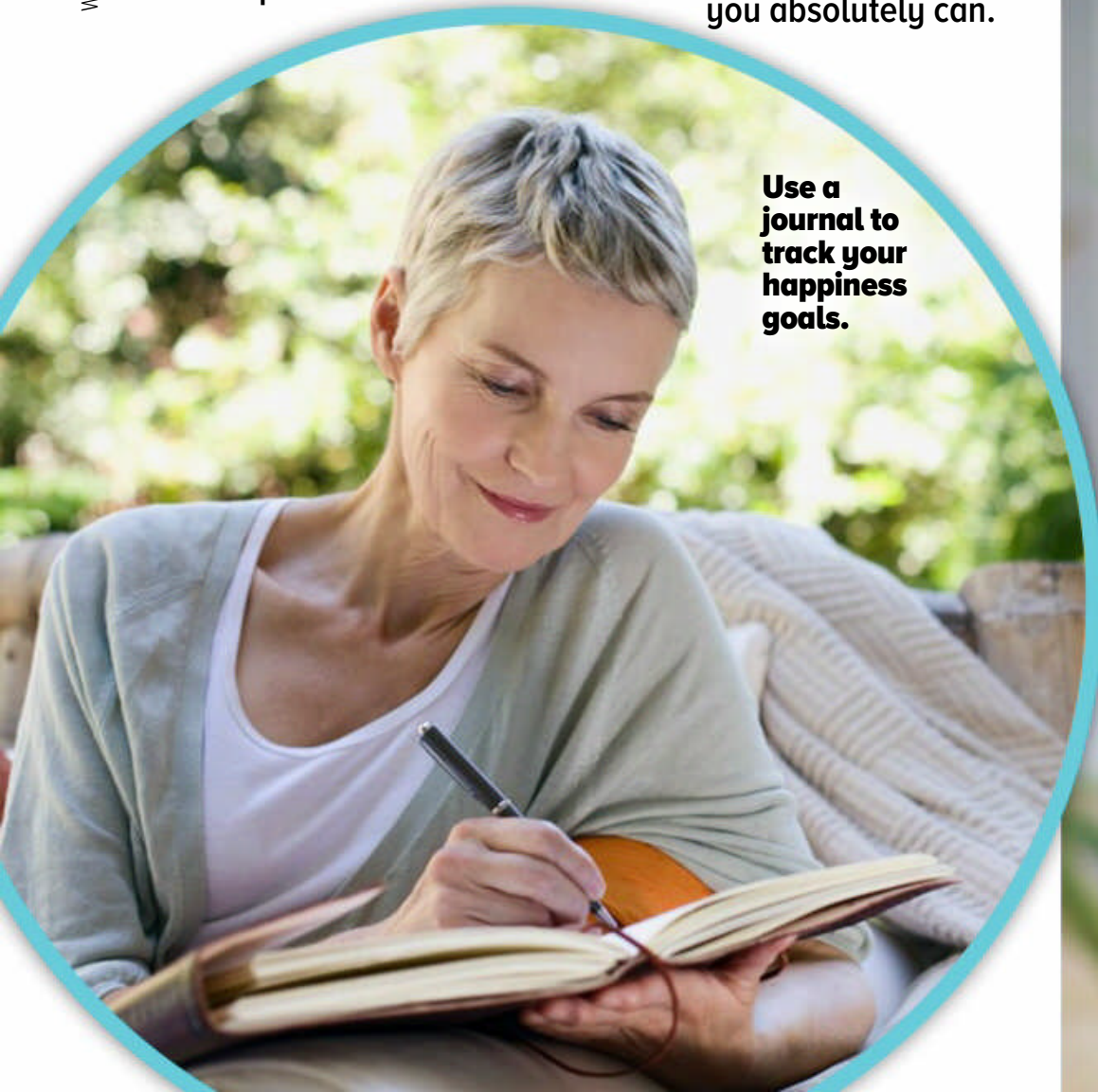
But it is possible to maintain focus on the things that matter most to you – your friends and family, your career and yourself (yes, you should be in there, too!).

Author, TedX speaker and Happiness Hacker Penny Locaso explains...

FOCUS ON LOVED ONES

Our words and actions towards others show what we value about them and in what order. If you feel as though you've drifted from some of your friends or family members – for whatever reason – and want to regain your closeness, you absolutely can.

Use a journal to track your happiness goals.



“Start small,” says Penny. “Think of one small ritual you can put into your day, it might only take five minutes, that enables you to show others you care. Send a text with a compliment to a loved one, just check in, write a sticky note and put it somewhere to surprise them.”

And what about if the shoe is on the other foot? Perhaps you feel as though one of your nearest and dearest has distanced themselves from you.

“Have an honest conversation,” says Penny. “Go into it with no other reason than to seek to understand the other person’s perspective.”

FOCUS ON YOUR CAREER

This year has been an extremely trying time in the workforce, with many job changes and losses due to the global pandemic.

“I’m not going to downplay the impact of losing a job and how that can make one feel,” says Penny. “What I can offer though are a couple of simple practices that can help provide a little mojo to keep on trying during a challenging time.”

Penny suggests spending just a few minutes each day focusing on what you *do* have and how that brings you joy.

“The daily practice of gratitude is scientifically proven to make us happier. So, start and end the day with three [things you’re grateful for],” she says.

Penny also recommends watching the owner of website *Rejection Therapy*



Make sure you take time to do things that spark joy.

Jia Jiang’s Ted Talk – *What I Learned From 100 Days Of Rejection*.

“It’s a mindset shifter, opening our eyes to the power of rejection therapy,” she says. “Sometimes there’s comfort in knowing that we aren’t alone.”

Meanwhile, if you’re working from home thanks to this “new normal” way of life, there are some ways to help you ignore those distractions that can creep up on you – kids, pets, household chores and others.

- Get up a little earlier to inject your day with joy. Little practices like 20 minutes of yoga, 10 minutes of meditation and 10 minutes of journaling or 20 minutes learning something new can lift your energy for the whole day.
- Create a work sanctuary, even if you only have the corner of a room or the dining room table. It should be a space that makes you feel joyful and creative.
- Visit the website focusmate.com. “It’s changed my life,” says Penny. “It’s how I wrote a book in three months. With it, you schedule a time on your calendar to invest 50 minutes of intentional time on the thing you’ve been avoiding,” she says.

FOCUS ON YOU

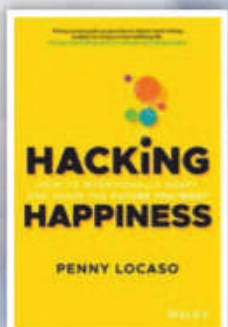
Tap in to how you’re really feeling and use it as a tool to grow and hold yourself accountable for your own happiness. And what better time to really check in on yourself too, with mental health awareness date R U OK Day on September 10!

“Give yourself some uninterrupted space and ask yourself the question, ‘What does happiness look like for me in just the next six months?’” says Penny.

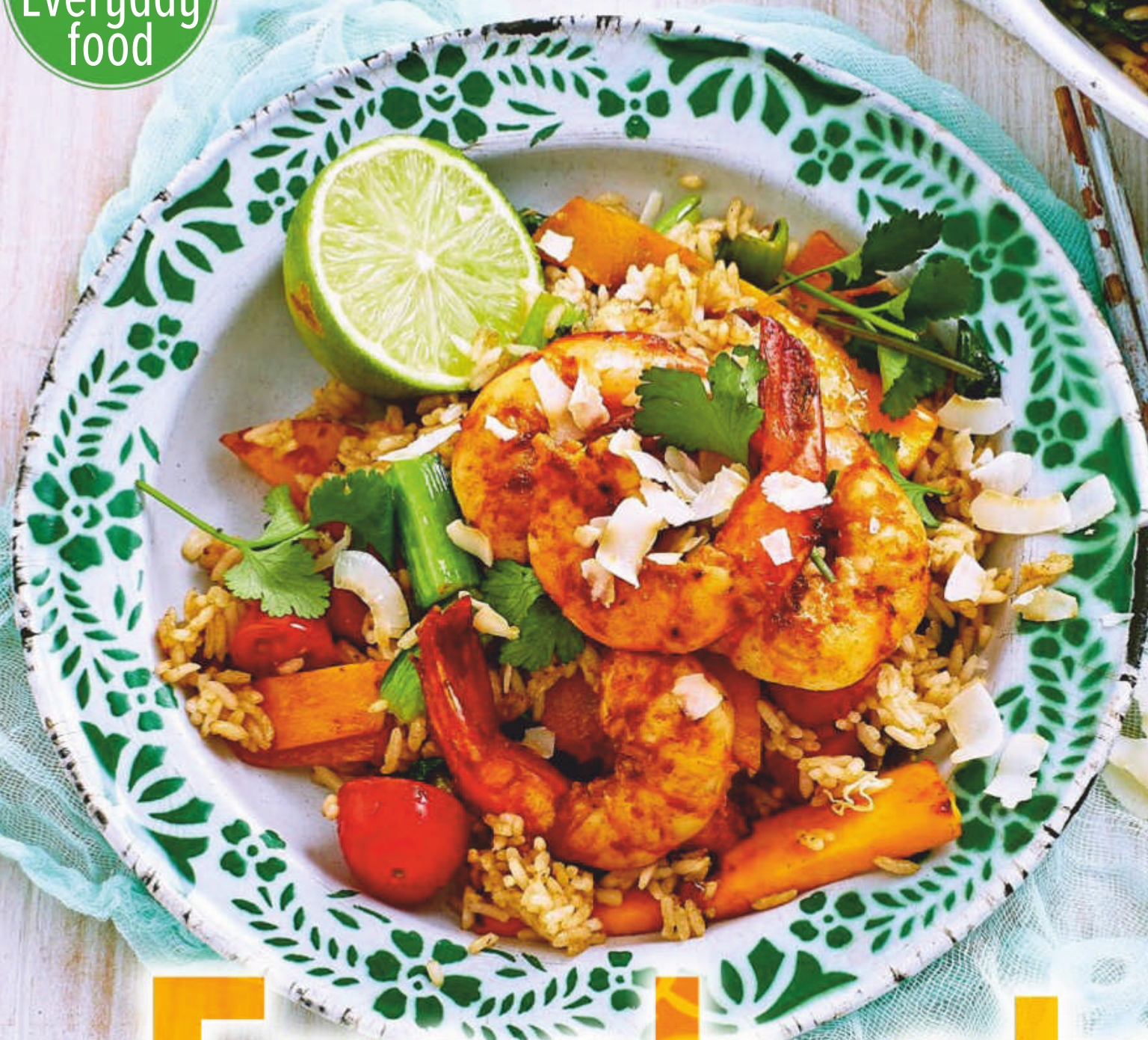
“Journal down anything that comes into your head, just thoughts, feelings, observations. Sit with the question for at least 15 minutes. Then ask yourself, ‘What does the current reality look like in comparison to my definition of happiness?’

“Write it down. It’s likely when you’re done you’ll notice some gaps or opportunities between your desired state of happiness and your current reality. Write them down also. Then challenge yourself to think of two small actions you could make that would enable you to move closer to your desired state.

“Then schedule them in. Tell someone to keep you accountable and make it happen.”



For more advice, pick up a copy of Penny Locaso’s new book, *Hacking Happiness* (Wiley, \$29.95).



TIP

Cook rice a day ahead to let grains dry slightly, so they hold their shape.

Fresh start

Spring is here, so lighten up your dinners using seasonal produce and simple techniques

COCONUT FRIED RICE WITH TOM YUM PRAWNS

SERVES 4 PREP 20 MINS +
STANDING COOK 25 MINS

- ◆ 1½ cups jasmine rice
- ◆ ¾ cup water
- ◆ 275ml can coconut milk
- ◆ 500g green king prawns, peeled, deveined
- ◆ 2 tbsp tom yum paste
- ◆ 2 tbsp coconut (or vegetable) oil

- ◆ 250g butternut pumpkin, peeled, seeded, sliced thinly
- ◆ 2 eschalots, sliced finely
- ◆ 1 tbsp finely chopped ginger
- ◆ 1 bunch choy sum, stems, leaves chopped
- ◆ 2 tbsp fish sauce
- ◆ 1 tsp sesame oil
- ◆ 250g cherry tomatoes, halved
- ◆ ⅓ cup flaked coconut, toasted
- ◆ ⅓ cup loosely packed coriander leaves
- ◆ lime wedges, to serve

1 Using a colander, rinse rice under cold water until water runs clear. In a medium saucepan, combine rice, water and coconut milk. Bring to boil on high. Reduce heat to low. Simmer, covered, 10-12 mins until liquid absorbs. Set aside, covered, 15 mins. Spread over a tray to cool.

2 In a medium bowl, combine prawns with half tom yum paste and 1 tbsp coconut oil, mixing well. Heat a wok or large frying pan on high and stir-fry prawns and paste 2-3 mins until cooked through.

Transfer to a plate, cover and keep warm.

3 Wipe out wok. Heat remaining oil in wok on high. Stir-fry pumpkin 1 min. Add eschalots and ginger and stir-fry a further 1 min.

4 Add rice to wok with choy sum stems and stir-fry 3-4 mins to heat through. Add leaves, fish sauce and sesame oil, stir-fry 1 min.

5 Remove wok from heat. Toss cherry tomatoes through. Serve topped with prawns, flaked coconut and coriander. Accompany with lime wedges.

BROAD BEAN FATTOUSH WITH HONEY-GLAZED LAMB

SERVES 4 PREP 20 MINS COOK 20 MINS

- ◆ 2 Lebanese flatbreads, cut into strips
- ◆ 1/3 cup extra-virgin olive oil
- ◆ 1 tsp ground sumac, plus 1/4 tsp extra
- ◆ 500g fresh broad beans, peeled, podded
- ◆ 400g lamb fillets, trimmed, 3cm pieces
- ◆ 2 garlic cloves, crushed
- ◆ 2 tsp honey
- ◆ 200g brussels sprouts, sliced finely
- ◆ 1 Lebanese cucumber, seeded, sliced
- ◆ 1 green apple, cored, diced
- ◆ 1 small red onion, sliced finely
- ◆ 1/2 bunch mint, leaves picked
- ◆ 2 tbsp lemon juice
- ◆ 200g hummus

1 Preheat oven to 180°C. Line an oven tray with baking paper.
2 Brush both sides bread with 1 tbsp oil. Place on tray and sprinkle with sumac. Season.

Bake bread 8-10 mins until golden and crisp all over. Cool on tray.

3 Meanwhile, in a medium saucepan of boiling, salted water, cook broad beans 2-3 mins until just tender. Drain well, peel and cool.

4 In a bowl, toss lamb in combined 1 tbsp oil and garlic. Thread onto 8 soaked skewers.

5 Preheat a chargrill pan on high. Cook lamb, turning on all sides, 4-5 mins for medium. Brush with honey for final min of cooking time. Rest 2 mins.

6 In a large salad bowl, combine broad beans, sprouts, cucumber, apple, onion and mint. Toss with lemon juice and remaining oil.

7 Sprinkle hummus with extra sumac. Serve salad topped with skewers and bread strips. Break up bread and toss through salad before eating. Accompany with hummus.



PEARL BARLEY & PEA RISOTTO WITH HALOUMI CRUMBS

SERVES 4 PREP 15 MINS COOK 35 MINS

- ◆ 1 tbsp olive oil
- ◆ 8 slices pancetta
- ◆ 20g butter
- ◆ 1 leek, sliced finely
- ◆ 1 garlic clove, crushed
- ◆ 2 cups pearl barley
- ◆ 2 tsp fresh thyme leaves
- ◆ 1/2 cup dry white wine
- ◆ 6 cups hot chicken stock
- ◆ 500g fresh peas, peeled, podded
- ◆ 250g haloumi, half grated, half crumbled
- ◆ 1 cup snow-pea sprouts

1 In a large heavy-based saucepan, heat half oil on high. Cook pancetta slices 1-2 mins each side until crisp. Drain on paper towel.

2 Add half butter to pan and

heat on medium until bubbling. Saute leek and garlic 4-5 mins until tender. Add barley and thyme and cook 2 mins, stirring to coat grains well.

3 Pour in wine to deglaze pan. Simmer 1-2 mins until almost evaporated. Add stock, 1 cup at a time, stirring until almost completely absorbed between additions. Add peas with final cup of stock (about 35 mins).

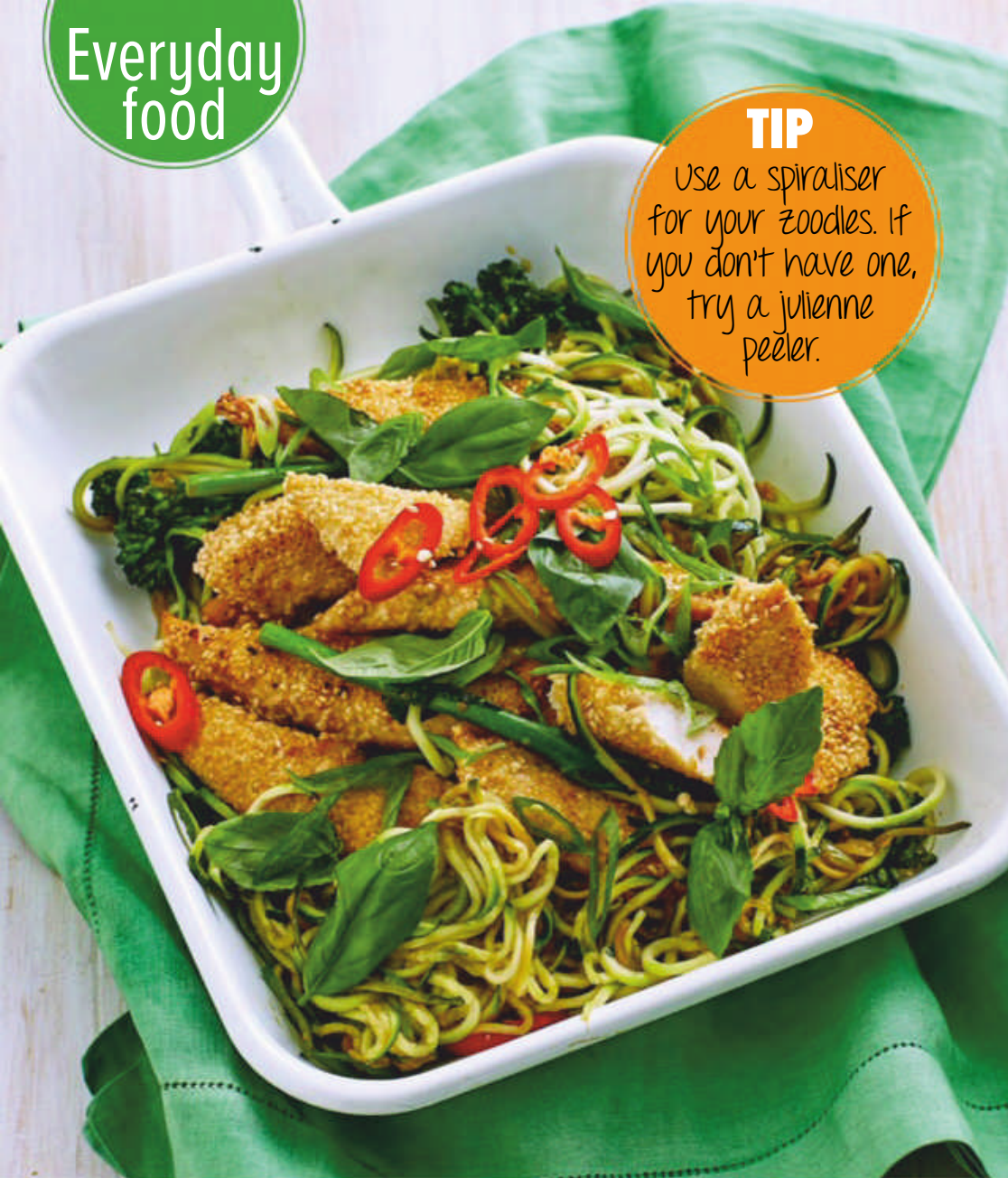
4 Stir in grated haloumi and remaining butter. Season. Cover and set aside 2 mins.

5 Meanwhile, in a small frying pan, heat remaining oil on high. Cook crumbled haloumi 2-3 mins, stirring, until golden. Scatter risotto with haloumi, broken pancetta and sprouts.



TIP

Use a spiraliser for your zoodles. If you don't have one, try a julienne peeler.



SESAME-CRUSTED CHICKEN BREAST WITH LEMON ZOODLES

SERVES 4 PREP 20 MINS + CHILLING COOK 10 MINS

- ◆ 1 egg
- ◆ 2 tbsp soy sauce
- ◆ 2 garlic cloves, crushed
- ◆ 500g chicken tenderloins
- ◆ 1/3 cup white sesame seeds
- ◆ 2 tbsp black sesame seeds
- ◆ 1/4 cup vegetable oil
- ◆ 1 bunch broccolini, trimmed, chopped
- ◆ 1 tbsp finely chopped lemongrass
- ◆ 4 zucchini, cut into zoodles (see tip)
- ◆ 4 green onions, sliced thinly
- ◆ 1/3 cup lemon juice
- ◆ 2 tbsp caster sugar
- ◆ 1/2 cup basil leaves
- ◆ 1 long red chilli, sliced finely

1 In a large shallow bowl, whisk egg with half soy and half garlic. Dip chicken in egg mixture, then coat in combined seeds. Place on a baking paper-lined tray. Chill 15 mins.

2 In a large frying pan, heat oil on medium. Cook chicken 2-3 mins each side until golden brown. Drain on paper towel and keep warm.

3 In same pan, add broccolini, lemongrass and remaining garlic. Stir-fry 1 min until fragrant. Add zucchini zoodles, remaining soy and onions. Stir-fry 30 secs.

4 In a small jug, stir juice and sugar together. Add to wok and bring to simmer. Serve zoodles topped with sliced chicken, basil and chilli.

SPANISH BEEF & CHORIZO WITH SPICED TOMATO SAUCE

SERVES 4 PREP 20 MINS COOK 30 MINS

- ◆ 500g baby new potatoes
- ◆ 300g green beans, trimmed
- ◆ 1 chorizo sausage, sliced
- ◆ 1/4 cup olive oil
- ◆ 600g beef fillet
- ◆ 50g baby spinach leaves
- ◆ 1 cup Greek-style yoghurt
- ◆ 1/3 cup chopped smoked almonds

SPICED TOMATO SAUCE

- ◆ 1 tbsp olive oil
- ◆ 1 small onion, sliced finely
- ◆ 1 garlic clove, sliced finely
- ◆ 2 tsp brown sugar
- ◆ 1/2 tsp smoked paprika
- ◆ 400g can diced tomatoes
- ◆ 1 tbsp red-wine vinegar

1 Place potatoes in a large saucepan, cover with cold water. Bring to boil on high. Reduce heat to medium and cook 8 mins until just tender, adding beans for final 1 min of cooking. Drain well, cool.

2 SPICED TOMATO SAUCE

Meanwhile, in a large frying pan,

heat oil on low. Saute onion and garlic 6-8 mins until very soft and starting to caramelise. Add sugar and paprika and cook, stirring, 2 mins until fragrant. Mix in tomatoes and vinegar. Bring to simmer. Cook 4-5 mins until slightly thickened. Season.

3 Preheat a barbecue or chargrill on high. Toss potatoes and chorizo in 2 tbsp oil, season. Grill potatoes 6-8 mins, turning, until golden. Set aside. Grill chorizo 1-2 mins each side until golden.

4 Toss steak in remaining oil. Chargrill 3-4 mins each side for medium or until cooked to taste. Rest, loosely covered with foil, 5 mins. Slice thickly. Meanwhile, grill beans 1-2 mins, turning once, until light marks appear.

5 Serve steak with potatoes, chorizo, beans and spinach. Drizzle with yoghurt. Sprinkle with almonds and accompany with tomato sauce.





FENNEL SQUID & CHILLI COUSCOUS

SERVES 4 PREP 20 MINS
COOK 20 MINS

TIP

You can replace pearl couscous with instant couscous, or use barley instead.

- ◆ 1½ cups water
- ◆ 1 cup pearl couscous (see tip)
- ◆ ⅓ cup extra-virgin olive oil
- ◆ 1 tsp fennel seeds, crushed
- ◆ 500g squid hoods, cleaned, sliced
- ◆ 3 tomatoes, sliced thickly
- ◆ 50g rocket leaves
- ◆ 1 lemon, grated zest, juice
- ◆ ¼ cup chopped mint leaves
- ◆ 1 long red chilli, seeded, chopped finely
- ◆ 1 avocado, seeded, sliced
- ◆ lemon cheeks, chargrilled bread, to serve

1 In a medium saucepan, bring water to boil on high. Add couscous, reduce heat to low. Simmer, covered, 12-15 mins until tender. Rinse under cold water and drain well.

2 Meanwhile, in a medium bowl, combine 1 tbsp oil and fennel. Season to taste. Add squid, tossing well.

3 Preheat a barbecue or chargrill pan on high. Season tomato slices and grill 30 secs each side, until light grill marks appear. Set aside. Chargrill squid 2 mins, turning occasionally, until it turns from opaque to white and is firm.

4 In a large salad bowl, combine couscous with rocket, remaining oil, zest and juice, mint and chilli. Season and toss gently to combine.

5 Serve couscous topped with avocado, tomato and squid.

Serve with grilled bread and lemon cheeks.



GRILLED SNAPPER WITH ROASTED RADISH SALAD

SERVES 4 PREP 15 MINS COOK 20 MINS

- ◆ 1 bunch red radish, trimmed, leaves reserved
- ◆ ¼ cup olive oil
- ◆ 2 tsp honey
- ◆ 4 x 150g snapper fillets, pin-boned, skin on
- ◆ ½ cup seasoned flour
- ◆ 1 butter lettuce, leaves separated
- ◆ 1 avocado, seeded, sliced

DRESSING

- ◆ ¼ cup extra-virgin olive oil

- ◆ 2 tbsp lemon juice
- ◆ 1 eschalot, chopped finely
- ◆ 2 tsp finely chopped parsley
- ◆ 2 tsp finely chopped mint leaves
- ◆ 2 tsp chopped dill

1 Preheat oven to 200°C.

Line an oven tray with baking paper.

2 In a bowl, toss radish with

1 tbsp oil and honey. Season to taste. Spread on tray. Roast 15-20 mins until golden.

3 Meanwhile, using a small sharp knife, score fish skin a few times. Coat in flour, shaking off excess. In a large non-stick frying pan, heat remaining oil on high. Cook fish, skin-side down, 3 mins until a light golden crust forms. Turn and cook 1 min until fish

is just cooked through when tested (see tip).

4 **DRESSING** Place all dressing ingredients in a screw-top jar. Shake well to combine. Season.

5 In a large salad bowl, toss radish, reserved leaves, lettuce, avocado and half dressing. Serve with fish and drizzle with remaining dressing.

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PICKLED CARROT, GOAT'S CHEESE & ROAST BEEF TARTINES

SERVES 4 PREP 20 MINS + MARINATING COOK 10 MINS

- ◆ 12 slices sourdough bread
- ◆ ¼ cup olive oil
- ◆ 1½ tbsp red-wine vinegar
- ◆ 1 tbsp caster sugar
- ◆ 1 tsp fine sea salt
- ◆ 1 tsp caraway seeds
- ◆ 1 bunch baby carrot, finely sliced rounds, leaves reserved
- ◆ 250g fresh ricotta
- ◆ 60g soft goat's cheese
- ◆ 1 tbsp chopped dill, plus extra to serve
- ◆ 200g rare roast beef, sliced thinly
- ◆ ½ cup mung bean sprouts
- ◆ 125g mixed heirloom tomatoes, sliced

1 Preheat oven to 180°C. Line a large oven tray

with baking paper.

2 Brush both sides bread with oil. Arrange in a single layer on tray. Season. Bake 6-8 mins until crisp and golden. Cool on tray.

3 Meanwhile, in a medium bowl, combine vinegar, sugar, salt and seeds, stirring to dissolve sugar. Add carrot, toss to coat well. Set aside at least 15 mins to 1 hour.

4 In a medium bowl, combine ricotta, goat's cheese and dill. Season to taste and mix well. Spread each toast slice with 2 tbsp mixture.

5 Top toasts evenly with beef, sprouts, tomatoes and pickled carrot. Scatter with reserved carrot fronds and extra dill.



TIP

For a more substantial meal, accompany with potato salad or wedges.



SPRING VEGETABLE OMELETTES

MAKES 4 PREP 10 MINS COOK 20 MINS

- ◆ 1 zucchini, peeled into ribbons
- ◆ 1 tbsp extra-virgin olive oil
- ◆ 2 tsp finely grated lemon zest
- ◆ 60g butter
- ◆ 2 bunches asparagus, trimmed
- ◆ 8 eggs
- ◆ 200g buffalo mozzarella, drained, torn
- ◆ ¼ cup semi-dried tomatoes, chopped
- ◆ ½ cup pesto
- ◆ salad leaves, to serve

1 In a small bowl, toss zucchini with oil and zest. Season. Set aside.

2 In a small frying pan, melt one-third butter on medium.

Saute asparagus 30 secs. Season. Remove from pan and slice. In a large jug, whisk eggs and season to taste.

3 In a small frying pan, melt one-quarter remaining butter on high. Add one-quarter egg, tilting pan to cover base. Using a spatula, quickly draw cooked egg back from edge of pan to allow uncooked egg to run underneath.

4 When almost set, scatter vegetables, cheese and tomato over one half of omelette. Dollop with pesto, then flip remaining side over to cover. Cook 30 secs to heat through. Repeat with remaining ingredients.

5 Serve omelettes with salad leaves and remaining pesto.

Next level SCHNITZELS

Amp up the crunch with these schnitty makeovers!

CHEESE & CAPSICUM STUFFED CHICKEN

SERVES 4 PREP 20 MINS +
CHILLING COOK 25 MINS

- ◆ 4 chicken breast fillets
- ◆ 4 slices provolone cheese
- ◆ ½ cup chargrilled capsicum
- ◆ 1 cup baby spinach leaves

- ◆ 3 cups fresh breadcrumbs
- ◆ ½ cup grated parmesan
- ◆ 2 tbsp chopped chives
- ◆ ½ cup seasoned flour
- ◆ 2 eggs, whisked
- ◆ vegetable oil, for shallow frying
- ◆ mixed tomatoes, basil leaves, to serve

1 Preheat oven to 180°C. Line

an oven tray with baking paper.

2 Using a sharp knife, cut a pocket lengthways through each fillet, being careful not to cut all the way through.

3 Stuff each chicken pocket with provolone, capsicum and spinach. Press together to seal. Use a toothpick to close pocket.

4 In a large dish, combine

breadcrumbs, parmesan and chives. Dust chicken in flour, shaking off excess. Dip into egg, then press firmly into crumb mixture to seal. Chill 30 mins.

5 In a large frying pan, heat oil on medium. Fry chicken 4-5 mins each side until golden. Transfer to oven tray. Bake 10 mins. Serve schnitzels with tomato and basil salad.

EGGPLANT SCHNITZEL WITH JAPANESE SALAD

SERVES 4 PREP 20 MINS + CHILLING COOK 10 MINS

- ◆ 2 medium eggplants, sliced lengthways
- ◆ 1/3 cup seasoned flour
- ◆ 2 eggs, whisked
- ◆ 1 1/2 cups panko crumbs
- ◆ 2 sheets toasted nori, shredded finely
- ◆ vegetable oil, for shallow frying
- ◆ 2 tbsp shredded pickled pink ginger
- ◆ 1 lime, wedges

JAPANESE SALAD

- ◆ 1 bunch watercress, leaves picked
- ◆ 1 Lebanese cucumber, sliced thinly
- ◆ 3 green onions, sliced
- ◆ 2 tbsp sesame seeds, toasted

- ◆ 1/4 cup Japanese mayonnaise

1 Dust eggplant in flour, shaking off excess. Dip into egg, press into combined panko and nori. Chill 10 mins.

2 JAPANESE SALAD In a bowl, toss watercress, cucumber, green onion and sesame seeds together.

3 In a large frying pan, heat oil until a few crumbs sizzle when added. Fry eggplant 1-2 mins each side until golden. Drain on paper towel.

4 Serve with salad, mayo, ginger and lime wedges.

TIP
You can crumb sweet potato, zucchini, capsicum and onion in the same way.



BEEF SCHNITZEL BURGER

SERVES 4 PREP 20 MINS + CHILLING COOK 15 MINS

- ◆ 4 beef schnitzels
- ◆ 1/4 cup plain flour
- ◆ 1/4 cup mustard powder
- ◆ 2 eggs, whisked
- ◆ 2 cups fresh breadcrumbs
- ◆ 1/4 cup olive oil
- ◆ 4 rindless bacon rashers
- ◆ 4 Swiss cheese slices
- ◆ 1/4 iceberg lettuce, leaves torn
- ◆ 225g can beetroot, drained
- ◆ 1 tomato, sliced thinly
- ◆ 4 hamburger rolls, split, toasted
- ◆ 1/3 cup tomato sauce

1 Coat beef in combined flour and mustard, shaking

off excess. Dip in egg then press into breadcrumbs. Chill until required.

2 In a large frying pan, heat 1 tbsp oil on high. Cook bacon 3-4 mins each side until golden and crisp. Drain on paper towel.

3 In same pan, heat remaining oil on medium. Cook schnitzels 2-3 mins each side until golden, topping with a cheese slice for the last 1 min of cooking. Drain on paper towel.

4 Layer lettuce, beetroot, tomato, bacon and schnitzel on base of each hamburger bun. Drizzle with sauce and top with bun lids.

Woman's Day

TOP OF YOUR LIST

The latest and greatest products out right now.
Put these must-have items at the top of your list!



Disney delight

These slipper-shaped ornaments are handcrafted in artist's resin, meticulously hand-painted and feature sculpted Disney characters. Order Cinderella and Snow White now and collect the set \$99.98 (+\$9.99 P&H). bradford.com.au/disney



Dental health helper

White Glo Curcumin & Turmeric Whitening Toothpaste harnesses the miracle properties of the ancient spice turmeric and its extracted compound curcumin. The anti-inflammatory properties are well known, but less known are the oral health benefits, which help fight against plaque and tartar. \$5.99 for 150g. priceline.com.au

Teddy love

The Kids' Cancer Project will receive \$5 for every My Birthday Teddy sold during September in support of Childhood Cancer Awareness Month. Personalised for any occasion, these bears are a lifelong treasured heirloom. mybirthdayteddy.com.au



Juicing made easy

The latest release from Kuvings is the Choice-recommended E8000 Professional Cold Press Juicer, and it won't disappoint! It's quiet and easy to clean, and the new feeding chute takes whole fruit so it's less fuss and much easier to make fresh, healthy juices. Available in four colours for \$799. kuvings.com.au



Help at hand

Australians are using The Salvos' services more than ever because of drought, the devastating bushfire season and the COVID-19 crisis. To donate, call 13 SALVOS (13 72 58) or salvationarmy.org.au



Nutrition plus

Glucerna is a delicious shake-style drink formulated especially for the nutritional needs of people with diabetes or impaired glucose tolerance. It's available in a powder or in a handy ready-to-drink bottle. Glucerna Liquid 200ml Vanilla \$3.99. glucerna.com.au



Dry skin relief

Dermeze Moisturising Lotion is a non-greasy, lightweight lotion for dry, sensitive skin. It's easily absorbed and free from fragrances, parabens, lanolin, colours and oat extracts. \$13.99 for 500ml. dermeze.com.au

Washday ease

Mrs Pegg's Handy Lines are more versatile than fixed clotheslines – they're easy to fold away and they hold a full wash load, including sheets and quilt covers. Perfect for apartments and confined living, they're also NDIS and aged-care approved. From \$269. mrspeggshandyline.com.au



CUT OUT & KEEP!
3 cost-saving recipes to collect every week

Woman's Day

The BUDGET collection

Woman's Day



\$3.65
PER SERVE

BEEF, MUSHROOM & TOMATO POT PIES

SERVES 4 PREP 15 MINS
COOK 1 HOUR 35 MINS

- ◆ 1kg chuck steak, diced
- ◆ ½ cup seasoned flour
- ◆ ¼ cup olive oil
- ◆ 1 onion, diced
- ◆ 2 garlic cloves, crushed
- ◆ 3 tsp smoked paprika
- ◆ 200g button mushrooms, sliced
- ◆ 400g can diced tomatoes
- ◆ 1 cup beef stock
- ◆ 1 tbsp CSR Demerara Sugar
- ◆ 2 tbsp oregano leaves
- ◆ 4 sheets filo pastry
- ◆ 40g butter, melted

- 1** Preheat oven to 180°C. Toss beef in flour, shake off excess. In a large flameproof casserole dish, heat oil on high. Brown beef in two batches, 3-4 mins each. Transfer to a plate.
- 2** Reduce heat to medium. Saute onion, garlic and paprika 2-3 mins. Add mushrooms and saute 4-5 mins.
- 3** Return beef to pan with tomatoes, stock, sugar and oregano. Bake, covered, 1 hour. Divide mixture between 4 x 1½ cup ramekins.
- 4** Brush 1 sheet filo with butter. Halve, "scrunch" and place on filling. Repeat. Bake pies 15-20 mins until golden.

Woman's Day



\$3.75
PER SERVE

CHICKEN & LEMONGRASS SOUP

SERVES 4 PREP 15 MINS
COOK 35 MINS

- ◆ 1 tbsp vegetable oil
- ◆ 1 red onion, sliced thinly
- ◆ 1 stem lemongrass, bruised
- ◆ 2 kaffir lime leaves, bruised
- ◆ 1 tbsp Thai red curry paste
- ◆ 1 litre chicken stock
- ◆ 2 x 400ml cans coconut milk
- ◆ 270g ramen noodles, cooked following packet directions
- ◆ ¼ cup fish sauce
- ◆ 2 tsp caster sugar
- ◆ 2 cooked chicken breasts, meat shredded
- ◆ sliced red chilli, coriander sprigs, lime wedges, to serve

- 1** In a large saucepan, heat oil on medium. Saute onion, lemongrass and lime leaves 2-3 mins until softened. Add curry paste and cook, stirring, 1 min.
- 2** Stir in stock and coconut milk and bring to the boil. Reduce heat to low and simmer, covered, 30 mins until slightly thickened.
- 3** Mix noodles, fish sauce, sugar and chicken through.
- 4** Top with chilli and coriander sprigs. Accompany with lime wedges.

Woman's Day



\$2.95
PER SERVE

FREE-FORM MEDITERRANEAN PIE

SERVES 4 PREP 10 MINS
COOK 35 MINS

- ◆ 2 sheets frozen puff pastry, thawed
- ◆ 2 zucchini, sliced thinly
- ◆ 125g cherry tomatoes, halved
- ◆ 100g feta, crumbled
- ◆ 50g sliced salami, chopped
- ◆ ⅓ cup pitted black olives
- ◆ 1 tbsp olive oil
- ◆ baby rocket leaves, to serve

- 1** Preheat oven to 200°C. Lightly grease and line 2 oven trays with baking paper.
- 2** Cut corners from pastry to form a round. Place one on each tray.
- 3** In a bowl, combine zucchini, tomatoes, feta, salami and olives. Add oil, tossing to coat. Season.
- 4** Divide mixture evenly over each pastry round, leaving a 4cm border. Pleat pastry around filling to form a rustic pie edge, leaving top open. Press to seal edges.
- 5** Bake 30-35 mins until pastry is golden, puffed up and crisp. Cut into quarters and serve hot or cold with rocket, dressed as liked.

Pictures: Rob Shaw/bauersjunction.com.au

Everyday
food

KitchenHQ

All the latest tips, tricks and trends for foodies

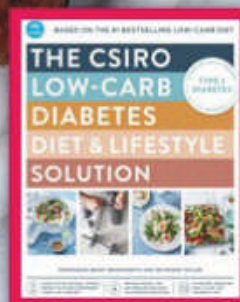
Low-carb balsamic beef

Dig in to a delicious, diabetic-friendly dinner

SERVES 4 To make the balsamic marinade, whisk together $\frac{1}{3}$ cup balsamic vinegar, 2 tbsp extra-virgin olive oil, 2 tbsp garlic and herb seasoning and 2 tsp Dijon mustard in a large bowl. Add 4 x 150g lean beef fillet steaks, 1 red onion cut

into wedges, 600g cherry tomatoes and 8 halved baby yellow squash to the marinade and toss well to combine and coat. Season with freshly ground black pepper. Cover and chill for at least 1 hour or overnight if time permits. Preheat a large chargrill pan over high heat. Add onion, tomatoes and squash

and chargrill, turning occasionally, for 6-8 mins or until just tender and golden. Transfer to serving plates. Chargrill steaks 3 mins each side for medium or until cooked to your liking. Transfer to serving plates and add 4 baby gem lettuces, quartered lengthways. Sprinkle with 80g crumbled Greek feta and serve.



Edited extract from
**The CSIRO Low-Carb
Diabetes Diet &
Lifestyle Solution**
by Professor Grant
Brinkworth & Dr Pennie
Taylor (Macmillan
Australia, \$36.99).

TEST KITCHEN
MASTERCLASS

HOW TO FROST A LAYER CAKE LIKE A PRO



Trim tops of 2 equally sized cakes with a serrated knife until level. Halve each cake horizontally. Place one cake piece on a serving plate.

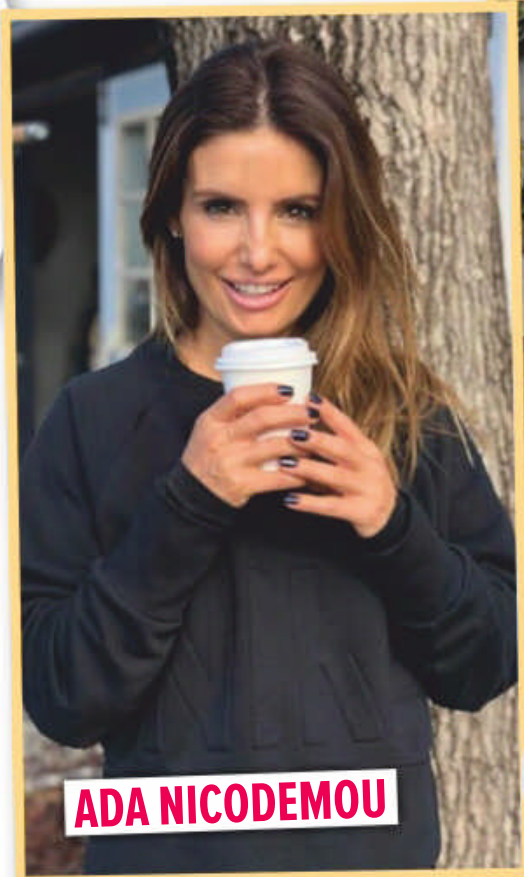


Spread with your ganache or icing. Repeat with remaining cakes. Spread remaining ganache roughly over top and side of cake.



Using a long palette knife, gently smooth the edges, removing excess ganache, so you can just see the layers.

TIP Cake must be completely cool before halving or spreading with ganache.



ADA NICODEMOU



LIZ HURLEY



What your coffee order says about you

Lavazza's national training manager John Kozsik reveals the meaning behind your favourite drink

CAFE LATTE

Latte drinkers are generally nice people. They are habitual and love their day-to-day routine. However, when it comes to weekends, these drinkers are often too relaxed, lingering at a table over brunch. They also like to pretend they don't care about the foam art, but they do!

ESPRESSO

A perfectionist who gets straight to business. We have a lot of respect for these drinkers, until sugar is added. This is always my go-to. A good espresso is the backbone of all good coffee, and you can often judge its quality by the crema's balance, consistency and aroma. For those trying to perfect coffee at home, try Lavazza's

new Espresso Barista range for a professional barista-level crema.

CAPPUCCINO

Sweet and indulgent. Cap drinkers can also be found after 5.30pm (any day of the week) drinking espresso martinis. They are often risk-takers who don't care what other people think.

ALMOND OR SOY MILK

Often found pairing their coffee order with a vegan granola or avocado smash. There's a certain sense of power to these people, and baristas will often serve with caution.

Lavazza Espresso Barista range \$35, Coles, Woolworths, lavazza.com.au



DID YOU KNOW?

STORE AUSTRALIAN MUSHROOMS IN A BROWN PAPER BAG ON THE BOTTOM SHELF OF THE FRIDGE TO KEEP THEM FRESH – THEY WILL LAST AT LEAST A WEEK.

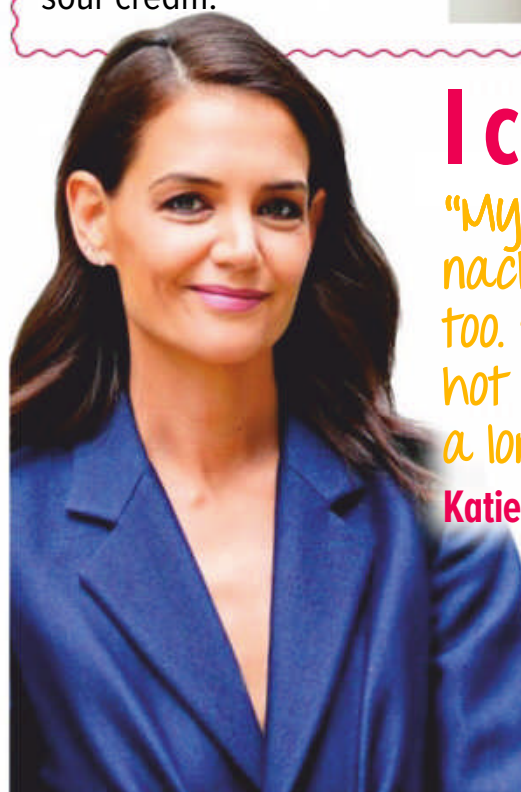
Ask Sarah

Q How do I make homemade sour cream?

A You can make 1 cup of sour cream by adding 1-2 tsp lemon juice or white vinegar to regular pouring cream, but it will not produce the same thick results as packaged sour cream.



Food Editor Sarah Murphy



I can't resist...

"My favourite food is nachos. I love dessert, too. Sometimes a good hot fudge sundae goes a long way."

Katie Holmes



#nowtrending

GARLIC BREAD CHOOK!

Woolworths has launched a new crowd-pleasing range of ready-to-eat meals – including a whole roast chicken with garlic bread stuffing. This dinner winner is made from 100 per cent Australian, RSPCA-approved chicken and real butter, and in a larger size to feed the whole family. **\$11.50, Woolworths**



It's Showtime!

This week's top-shelf TV

Series
return

The Split

There are more tears and laughter ahead for the feisty Defoe sisters.

SATURDAY, 8.20PM, ABC + ABC IVIEW

This glossy legal drama follows the story of the Defoes, a family of high-flying female divorce lawyers whose lives are turned upside down by the reappearance of their estranged father. The second season is set three months after the youngest Defoe's wedding and sees Hannah (Nicola Walker) still in turmoil from the revelation that her husband Nathan (Stephen Mangan) had an affair, although she is carrying on with her colleague and former lover Christie (Barry Atsma).



Taskmaster

MONDAY, 8.30PM, SBS VICELAND

There really is nothing funnier than watching comedians attempt physical and tricky tasks! In this series, comedian and host Greg Davies serves as the Taskmaster who enlists five comics to compete in a series of random and utterly ridiculous tasks, such as trying to paint the best picture of a horse while riding a horse and making a portrait of a celebrity using only toilet rolls. Ridiculously entertaining!

The Big Family Cooking Showdown

Editor's
pick!

SATURDAY, 6.30PM, SBS FOOD

Presented by Zoe Ball and Nadiya Hussain, this British reality show celebrates the families who make ordinary food extraordinary! Watch as 16 multi-generational teams of passionate family cooks battle it out for the chance to be crowned Britain's best. Judging their efforts every step of the way are the tough but always fair Michelin-starred chef Giorgio Locatelli and renowned cookery teacher Rosemary Shrager. Between the hilarious family banter and the delicious at-home recipes, the show makes for satisfying viewing.

Just Jen: Feeling Stuck

THURSDAY, 7.30PM, SBS FOOD

As a self-taught cook, host, producer and photographer Jen Phanomrat has developed a cult following thanks to her no-fuss approach to cooking. In this episode, the YouTube phenomenon is helping at-home cooks find inspiration for the best dinners ever, as well as sharing her best home tips to get you moving – in more ways than one!

Inspiring
dishes





Nadiya, Rosemary, Giorgio and Zoe are looking for Britain's best home cooks.



Funny girl Katherine does it all in this riotous comedy.

The Duchess

FRIDAY, NETFLIX

From the hilariously fresh mind of one of Canada's most loved comics comes this funny series about a single mother who's struggling to navigate her career, her tween daughter, her relationship with her boyfriend and – to make things even more difficult – tossing up having another baby with her ex. Created, written and starring comic Katherine Ryan, the series is even more brilliant after you know it's loosely based on her life while she lived in London.

**Unmissable
Special
Events**

Freeman

**SUNDAY, 7.40PM,
ABC + ABC IVIEW**

This landmark television event sheds light on how one nation came together to support Indigenous athlete Cathy Freeman, who memorably had all of us on our feet when she won the 400m sprint at the 2000 Sydney Olympics. Twenty years on, *Freeman* recaptures one of the country's proudest moments and celebrates her great achievements on the track.



Best Wishes, Warmest Regards

TUESDAY, 9.30PM, ABC COMEDY

For fans still reeling over *Schitt's Creek's* series finale this year, this documentary subtitled *A Schitt's Creek Farewell* will bring back some fond memories. In this hilarious behind-the-scenes special, fans are taken behind the white picket fence with never-before-seen footage including table reads, audition tapes and heartfelt moments from the emotional last day on set. With interviews from the stars of the show, this is one special you don't want to miss.

Family Business

FRIDAY, NETFLIX

This French series follows failed entrepreneur Joseph Hazan, who is struggling to keep his kosher butcher shop in business after his father's death. When he finds out that cannabis is about to be legalised in France, he tries to start the country's first marijuana coffee shop – but nothing goes exactly to plan. For viewers who've been desperate for the new *Breaking Bad* and *Weeds*, this dark comedy will fill that void.



**Series
return**

Behind the scenes

Your entertainment backstage pass!

WHAT THE STARS ARE WATCHING

Everybody loves a good recommendation, especially when it's coming from an A-lister! This week we have the top lockdown picks from our fave celebs



Keira Knightley

KILLING EVE

ABC iview

Despite having her own lengthy acting credits and an Oscar nomination, Keira confessed to loving spy drama *Killing Eve* so much she was jealous of star Jodie Comer. "That psycho killer [Jodie Comer's Villanelle] is the only part I've ever been really, really jealous that I didn't play... Jodie was amazing," she says.



James Corden

NORMAL PEOPLE Stan

The TV adaptation of Sally Rooney's romantic bestselling novel *Normal People* has gathered a huge fan following. And actor and full-time funnyman James is a big fan too! The TV host and former *Gavin & Stacey* star took to Twitter to gush about his love for the show. "Underplaying the impact *Normal People* has had on me for just a moment. I honestly think it may have changed my life. It's the best show I've watched in so long," he said, before praising the lead actors, newcomers Daisy Edgar-Jones and Paul Mescal.





Chrissy Teigen SELLING SUNSET Netflix

Some people are tuning in to hot new reality series *Selling Sunset* for the multimillion-dollar houses the real estate agents sell, but most are sticking around for the Oppenheim Group's petty office politics. Created by the executive producer of *The Hills*, the show is all scandal and endless fun, which explains why model Chrissy can't get enough of it. "I just watched all of *Selling Sunset* after hearing everyone talk about it for so long," she said on Twitter. "I don't even think anyone on it is as mean or insane as you guys said? Maybe I'm just so used to it because I live here! This is pretty normal LOL some are actually really nice," she said of living in LA.

out this week



MOVIE BECKY

A group of escaped convicts invade a lake house occupied by a fractured family, and it's up to the spunky and rebellious daughter Becky (Lulu Wilson) to save them. It stars Joel McHale, as well as a career-defining performance from Kevin James.

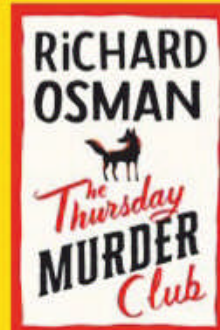
IN CINEMAS Thursday



BOOK THE THURSDAY MURDER CLUB by Richard Osman

In a peaceful yet boring retirement village, four unlikely friends meet up once a week to solve local crimes. But when a property developer shows up dead, they're thrown into the middle of their first, and most dangerous, live case.

OUT NOW
(Penguin Random House, \$32.99)



PODCAST TRACE

In this incredibly riveting podcast, Nicola Gobbo, known infamously in Australia as Lawyer X, opens up for the first time about what it was like to represent some of Australia's most dangerous criminals, while feeding the underworld's secrets back to police.

OUT NOW
through
streaming
platforms



Hugh Jackman HAPPY VALLEY ABC iview

Who knew Hugh Jackman was such a fan of British TV? The *Wolverine* star revealed recently, "I'm watching a bunch of stuff I never get time to do. I'm catching up right now on a British TV series called *Happy Valley* from 2014." It follows no-nonsense police sergeant Catherine Cawood investigating a series of crimes in West Yorkshire, UK.



Rita Wilson NARCOS Netflix



Rita revealed she and husband Tom Hanks thoroughly enjoyed binge-watching three seasons of gritty crime drama *Narcos*. The award-winning series follows the rise of the cocaine trade in Colombia and the gripping real-life stories of drug kingpins of the late '80s, including notorious and powerful figure Pablo Escobar. "It was great performances, good writing and great direction," Rita said. Adding, "We just love it!"

The LOW DOWN



GI JOE JONAS

JOE JONAS The former Disney star is either trying to shed his squeaky clean Jonas Brothers image (again) or he's trying out for a role in the new *GI Joe* film? Either way, we're digging the look!



I'm the original Masked Singer

Going Gaga for masks!

LADY GAGA The *Born This Way* popstar took the COVID-19 theme for the MTV Video Music Awards *verrry* seriously by teaming every outfit with an outlandish mask! So, where can we get one?



Pink & Pricey

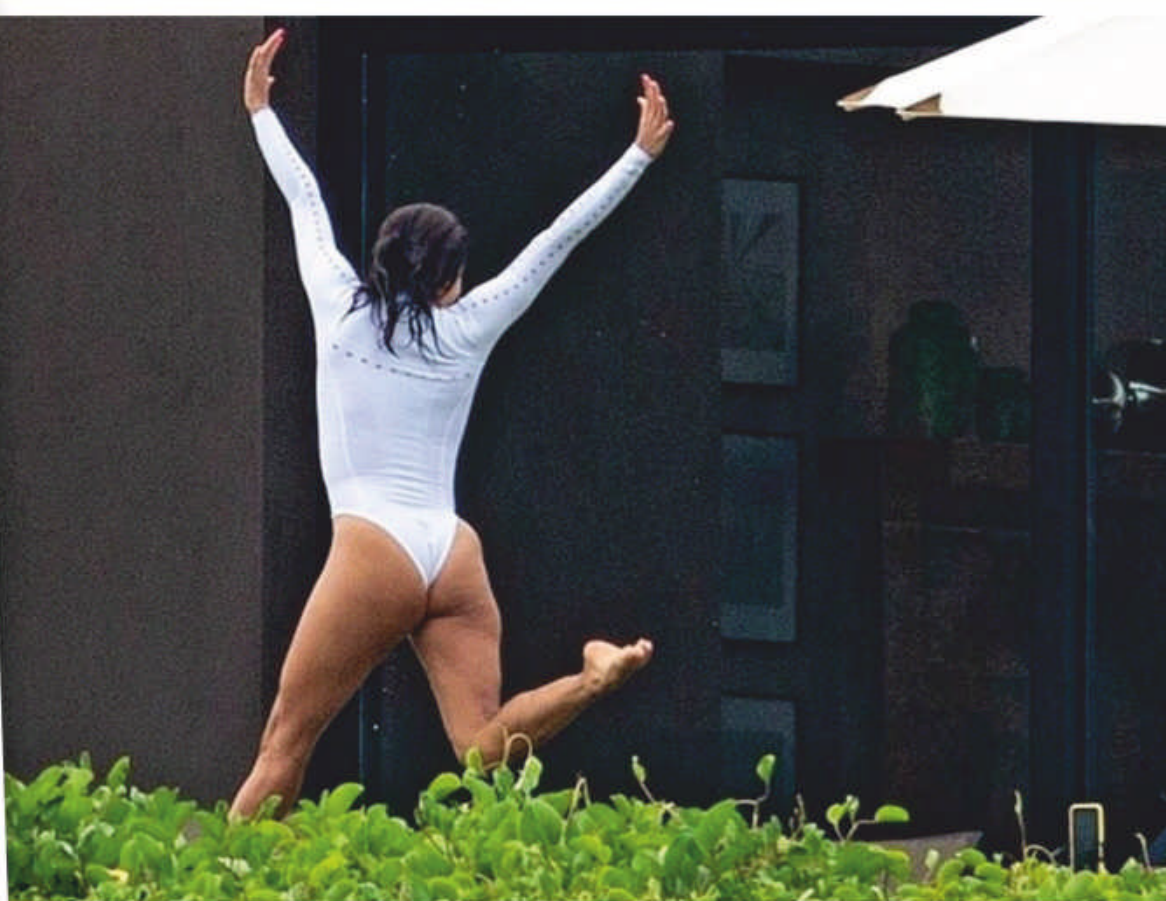
KATIE PRICE Her famous pink Barbie Jeep has been out of action for years now, but the glamour model – who has broken feet – has taken to zooming around her neighbourhood in a pink mobility scooter!



BEAK-A-BOO!

ELYSE KNOWLES While the former *Block* star took in the stunning Byron Bay views as she was walking her dogs, a cheeky ibis almost took off with her bucket hat!

The LOW DOWN



I CAME PREPARED!

EVA LONGORIA No photographer? No problem! The actress made sure she packed her trusty tripod for her holiday in Cabo San Lucas, Mexico, ensuring she got the perfect shot – mid-star jump!



We see you over there!

HAIR RAISING!

RICKI-LEE COULTER It didn't take long before fans noticed the singer had a helping hand in achieving her luscious locks in this recent selfie.



THIGH HIGH!

MANU FEILDEL Who knew the French chef had such a pair of enviable pins hiding underneath those trousers?



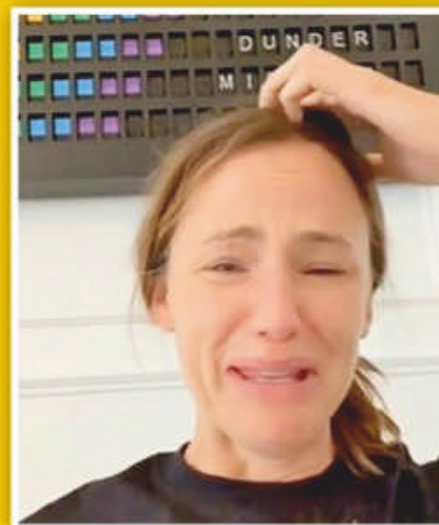
Born to be cute!

DR CHRIS BROWN The TV vet recently uncovered this throwback pic, writing, "Wearing nothing but red speedos strengthened my credibility!" Aww...



CRY ME A RIVER

JENNIFER GARNER She made a name for herself starring in a string of romantic comedies but it looks like the actress loves a tragedy in her real life!



The baby Biebers

JUSTIN & HAILEY BIEBER

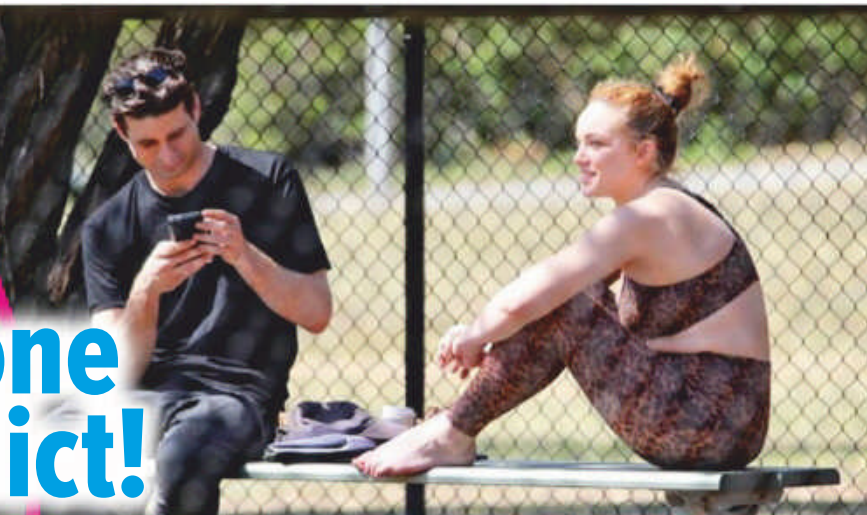
Before they became husband and wife, the baby-faced couple were just a pair of tweens who first met in 2009, following an introduction by Hailey's father Stephen Baldwin.



No rose for you!

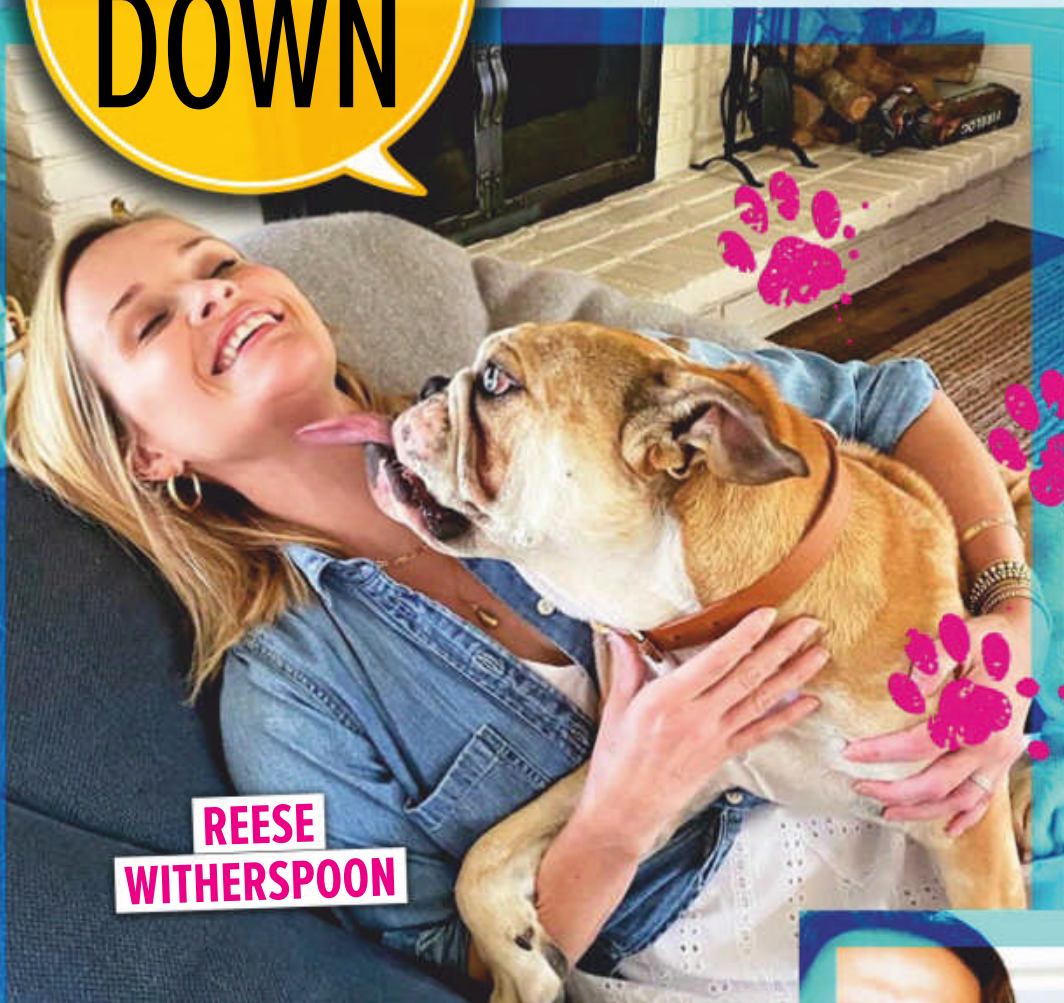
Phone addict!

ABBIE CHATFIELD Even *The Bachelor In Paradise* star's eye catching leopard print outfit didn't ensure her new mystery man was paying her any attention! Hey buddy, put your phone down!



Pictures of Biebers, young Chris, Ricki-Lee, Mann, Jen Garner: Social media.

The LOW DOWN



REESE
WITHERSPOON



HUGH
JACKMAN

You're the
best,
Wolverine



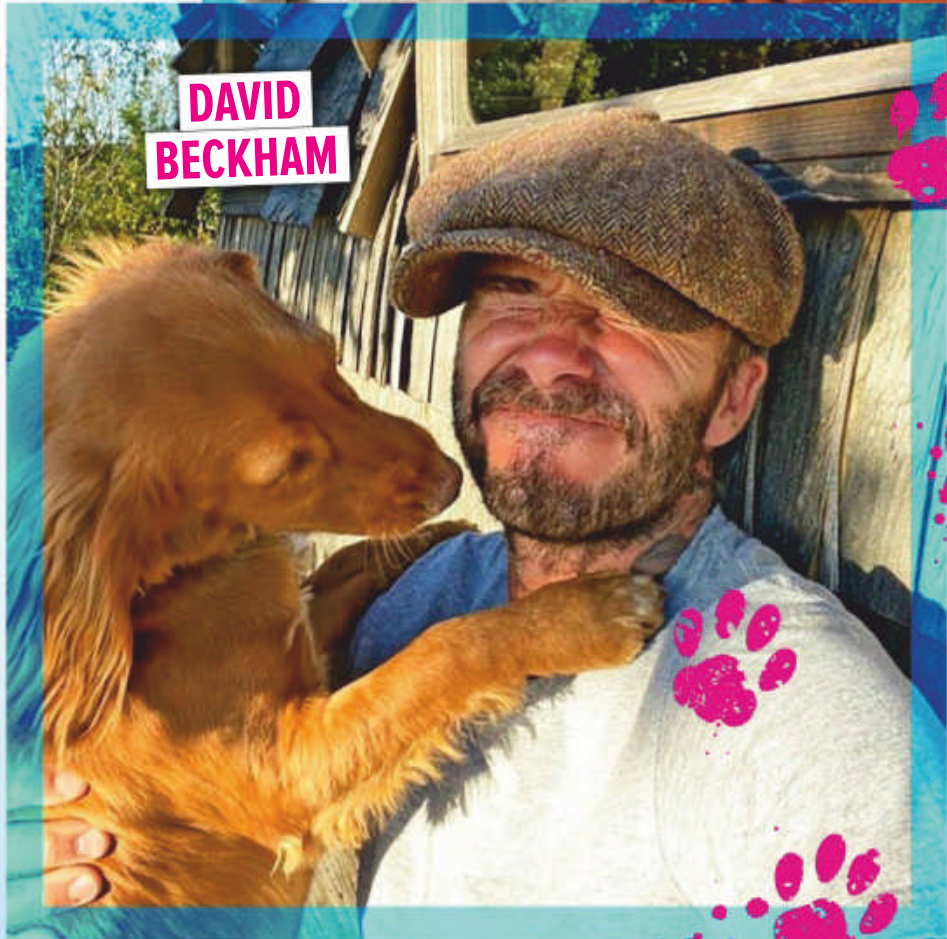
CHLOE LATTANZI



HEIDI KLUM



COURTENEY
COX



DAVID
BECKHAM

Love is a four-legged word

PUPPY LOVE If there's one thing we can rely on in these uncertain times, it's our pooches! Whether it's a sloppy kiss, a warm hug or a bed buddy, they've always got our backs – and it seems Tinseltown can't get enough puppy love, either! Reese's blue-eyed bulldog Lou just enjoys a smooch, while Becks' cocker spaniel Sage sure loves a cuddle with her dad.

Delight in a Fairy Wren Serenade

Plays the
uplifting melody of
'The Wind Beneath
My Wings'



**22-carat
GOLD
ACCENTS**

*May All Your Days
Be Filled with Sunshine
and Song*

A heartfelt sentiment
appears under the lid

Hand-crafted of
Heirloom Porcelain®
for enduring beauty

Fully sculpted, hand
painted Fairy Wrens
crown the edition



Shown bigger than actual size of 11.5cm
long to highlight every exquisite detail



Fairy Wren Serenade Music Box

Artist Joy Scherger's renowned artwork includes some of the most endearing Fairy Wren portrayals ever created. Now a vintage-inspired music box design from The Bradford Exchange showcases Joy's Fairy Wren pairs among beautiful garden blossoms.

The "Fairy Wren Serenade Heirloom Porcelain® Music Box" is hand-crafted in the style of music boxes found in antique stores. Lavished with rich 22K gold, the edition features ornate scrolling edges and raised, decorative embellishments. Joy's delightful Fairy Wrens in garden havens grace all four sides and the removable lid. A pair of affectionate Fairy Wrens "nest" among blossoms on the lid, expertly hand-sculpted and hand-painted in remarkable detail. It plays the melody of "The Wind Beneath My Wings" and includes a heartfelt inspiration inside: "May All Your Days Be Filled with Sunshine and Song".

Exceptional value. Respond today!

Reserve your music box now at just 2 instalments of \$49.99 or \$99.98, plus \$9.99 postage and handling. Your purchase is backed by our 365-day money-back guarantee with no risk. Send no money now. Just mail the coupon or go online today at www.bradford.com.au/fairywren

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with Ease**

- ✓ Quote **113842** for fast ordering
- ✓ 365-day money-back guarantee
- ✓ Interest-free instalments

Gift Delivery Service? Call (02) 9841 3311

www.bradford.com.au/fairywren

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PAY NOTHING NOW

**The
Bradford Exchange**

**Please Respond By
5th October 2020**

YES! Please reserve the "Fairy Wren Serenade Heirloom Porcelain® Music Box" for me as described in this advertisement. I understand I need pay nothing now.

Mr/Mrs/Miss/Ms _____ First Name: _____

Surname: _____

Address: _____

Postcode: _____

Phone: _____

Email: _____

Signature: _____

1. ONLINE at www.bradford.com.au/fairywren
quoting promotion code: **113842**

2. MAIL no stamp required, to: **The Bradford Exchange,
Reply Paid 86369 Parramatta NSW 2124**

3. PHONE: (02) 9841 3311 8am-5pm Mon – Fri

Please allow between 2-10 business days for delivery. All sales subject to product availability and reservation acceptance. Credit criteria may apply. Our privacy policy is available online at www.bradford.com.au. You must be over 18 years old to apply. From time to time, we may allow carefully screened companies to contact you. If you would prefer not to receive such offers, please tick this box. ☐