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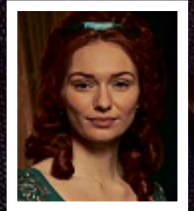
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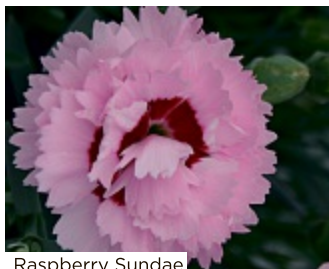
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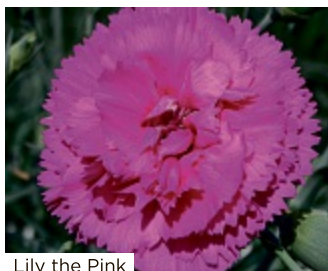
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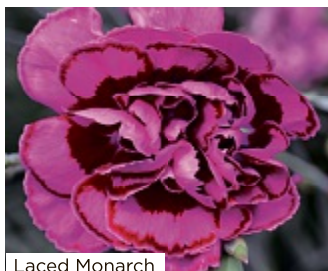
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My Weekly

Look what's inside...

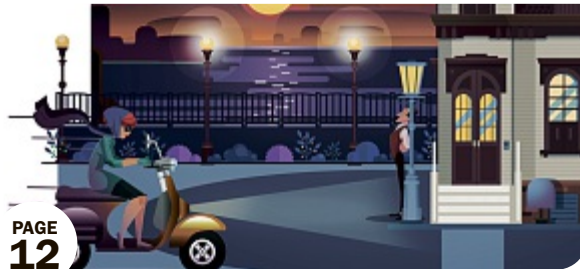


I'll be honest – this week's cover was a challenge. How do you take a TV show as brooding and dark as Poldark and keep the front page as bright and lively as possible? I hope you will agree that design editor Dorothy has worked some real magic in combining both light and dark elements to great effect! Of course, the whole editorial team played a significant role by creating some fantastic summery features – from tasty, summer pies to gorgeous gardens and vibrant fashion. It's a mix with a bit of everything and I hope you enjoy every page.

Stuart Stuart Johnstone, Editor



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All About YOU!

The place to share your news, views, thoughts and dreams... and especially the photos that make you smile

Room With A View

Desert dining



I had the most amazing holiday in Dubai. Our resort was next to the desert – great views.

Micha Bryn, Liverpool

MY PASSION



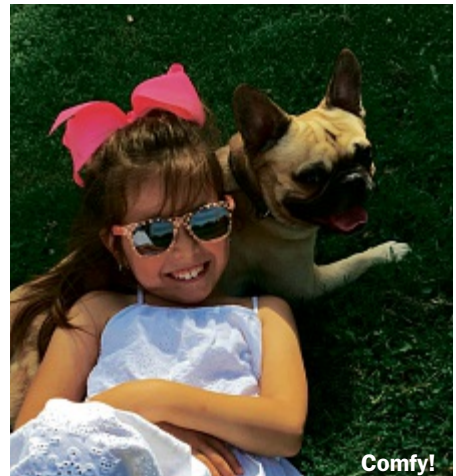
My passion is acting and I love playing comedy, even though I didn't start until my late 50s. At the moment I am rehearsing in Romford, Essex for *The Good Intent*, a wartime musical, but I think I need to get a hat that fits!

John Dunn, Cranham

LITTLE TREASURES

A great day out in the park with my lovely daughter Italia aged seven relaxing on her ready-made pillow, Frenchie the French Bulldog.

Angela Garvin, Romford



Comfy!



Feeding time

This is my daughter Abbie, who is 18 months old, feeding a chick at a local children's farm. She loves animals and birds so much!

Cassie Hardy, Rhuthun

Photos of children under 18 should be accompanied by written permission from a parent or legal guardian

Each week we'll print some of the comments you've sent or posted. Keep up with the latest news at My Weekly on



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Happy days

PAST PICS

Taken in the 1950s of late family – what a happy family photo. Mr Oliva, Romford



STAR LETTER

Happy Memories

Dad wanted to surprise Mum for her birthday so we took her to Brill, which held many happy childhood memories for her. She said it was a day she'll never forget.
Esther Newton, Newbury

RANT & RAVE OF THE WEEK

RANT



It's ludicrous spending so much on a child's birthday. Joint birthday parties are a good idea. Another mum and I hired a hall, shared the cost of a magician and made our own food. It came to less than £100 between us and we invited 28 children!

Mari Drury, Flintshire

This is a lovely picture of my sister Kerry. She has lost over 5 stone in weight and I call her wonder woman. She looks so amazing. When we went out for afternoon tea there was such a fabulous selection of treats on the table, Kerry didn't know what to go for first – ha ha!

Tina Williams, Ebbw Vale

RAVE



Molly

PETS CORNER

This is our little collie-cross Molly. She was dumped in a box when she was a tiny scrap but is now almost 16 years old. She's always been a beach babe and still loves it – all the better if there's a chance of tottering after a ball or stick!
Gillian McDaid, Co Donegal

FROM OUR INBOX THIS WEEK

Snippets from readers' emails, Facebook and Twitter

◆ "Thank you so much for your article about the Doll's Hospital (No 5420). It made fascinating reading and I now know who to contact about a doll my mum gave me when I was 2 years old. I was too young to appreciate it really, but my mum couldn't wait! Gina had been hers when she was a little girl in the 1930s. I still have Gina, her outfits and her cot, but sadly over time, she has lost one of



her eyelashes and her 'mama' sound is no more. Her hair is also somewhat receding. She needs some TLC but now I know where to go!" *Carrie*
◆ "We were going on holiday after a burglary and my husband made sure he took out the keys in the conservatory door and hid them – so well in fact that a year later he still can't find them and we had to get the locks changed!" *T Griffin*

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WE WANT TO HEAR FROM YOU! Share with us the photos that make you laugh, cry or cringe – we'll pay £25 for each one published and £50 for the Star choice. Write to **All About You, My Weekly, 2 Albert Square, Dundee DD1 1DD**, or email us at allaboutyou@dcthomson.co.uk. Your entries should be original and should not have been submitted elsewhere. Photos of children under 18 should be accompanied by written permission from a parent or legal guardian. Only photos accompanied by an SAE will be returned.

TIME for a CHAT

Catch up with all our latest news & views



lechyd da, Sir Tom

We're Celebrating...

...the centenary of women gaining the right to vote in the UK – and to commemorate this momentous occasion, the charity Artichoke has been commissioned to organise four processions of women at the four seats of power in the UK this Sunday. It's such a clever idea, because everyone will wear the suffragette colours of green, white or violet and the whole event will appear as vast flowing bands of colour. If you want to take part in this art project – and make your own banner – then register at processions.co.uk



We're Visiting...

...Stoke-on-Trent and Festival In A Factory to enjoy a diverse programme of authors, workshop and performers at Emma Bridgewater Factory from June 7 to June 9. Among our favourite authors giving talks will be Sophie Kinsella of *Shopaholic* fame and Rachel Joyce who wrote *The Unlikely Pilgrimage Of Harold Fry*. A highlight of the weekend will be Jenni Murray chairing a discussion on the popularity of *Call The Midwife*. Visit <https://festivalinafactory.co.uk> for the full programme and to book individual events.



We're Looking Back...

It's hard to believe it's 20 years since the **Sex And The City** girls thrilled us with their girl-talk, glamour and guy troubles, set against the sparkling backdrop of New York. We followed the ups and downs of their love lives, lusted after the shoes, drank cosmos and flirtinis and secretly wondered if we were a Carrie, Miranda, Charlotte or Samantha at heart. Ground-breaking at the time, post-Weinstein it talks to us still...



We're Reminiscing...

...about disaster haircuts. According to research by www.VoucherCodesPro.co.uk, 23% of women have left a salon in tears due to a bad haircut – to say nothing of those of us who have cried when we looked in the mirror on our return home. So, next time you're unhappy with your cut, colour or curls, take a deep breath and explain that you're not prepared to pay for a hairstyle that doesn't make you smile.



We're Spotting...



We're Singing...

What's New Pussycat! It's not unusual, but of course no one can sing it like Tom Jones who, unbelievably, will be a youthful 78 this week. From the green grass of his home, to his time as sex bomb to nowadays with his epic persona on *The Voice* and HRH's birthday bash, we take our hats off to his talent and wish the Tiger from the Valleys a very Happy Birthday!



We're Climbing...

Did you know that stair climbing actually burns more calories per minute than jogging? This week we're ditching the office lift and opting for the stairs as we shape up for our summer holidays! According to research from StepJockey.com, the average person burns approximately 102 calories walking up and down stairs for just 10 minutes – which coincidentally is almost exactly the calorie content of a two-finger KitKat. Just saying...

We're Watching...

If you loved Sarai Walker's 2015 best-selling, critically-acclaimed novel, **Dietland**, then you're in for a real treat as it finally hits our shores this week on Amazon Prime, coming from the US. Catch the 10 episodes following the life of Plum, a ghost-writer for the editor of one of New York's hottest fashion magazines, as she struggles with self-image and embarks on the complicated road to self-acceptance. Tackling some hard-hitting issues including patriarchy, misogyny, rape culture and unrealistic beauty standards, this is fab viewing.

Medical savvy fans or indeed medical professionals out there will love the new BBC Two quiz, set to hit screens this summer. Our Health Ed Moira is certainly excited!

Britain's Best Junior Doctors will pit teaching hospitals from far and wide against each other as a host of junior doctors put their newfound skills and knowledge to the test.



Over in **Corrie**, look out for a couple of familiar faces on the cobbles. *This Morning's* Phil and Holly help provide much light-hearted entertainment as Rosie, Craig and Gemma join them on the sofa for an interview regarding the robbery, then Rosie is approached by a modelling agency! *Corrie* at its finest!

A feast of speakers



...puffins! There's nothing cuter than a puffin, with its brightly coloured beak and permanently surprised expression. Although an endangered species, puffins are surprisingly easy to spot – if you know where to look. The Scottish Seabird Centre offers boat trips – and live video links – to the Isle of May, home to one of Britain's largest puffin colonies. You can also see puffins at Bempton Cliffs in Yorkshire, Pembrokeshire's Skomer Island and Rathlin Island in Northern Ireland.



We ♥ Lists...

Seven Fashions We'd Like To Forget

- ♥ Ra-Ra Skirts – and their too-close relative, the puffball skirt!
- ♥ Detachable lace collars.
- ♥ BIG Shoulder Pads.
- ♥ Fingerless gloves – even Madonna failed to rock this look.
- ♥ Leg warmers over jeans. Why?!
- ♥ DIY crocheted bikinis. Don't add water!
- ♥ Black PVC skin-tight jeans. Only to be worn by Sandy in the final scenes of *Grease*.



A Second Chance At

Love

After their affairs, Ross and Demelza now know that they belong together...

Demelza gave Ross a taste of his own medicine at the end of the last series of *Poldark* when she finally submitted to Hugh Armitage's charm. But both of their extra marital affairs left them feeling wretched.

The new series sees their marriage very much on the mend as romance floods back like a Cornish tide!

"Ross and Demelza have decided to stay together," says Eleanor Tomlinson, who plays Demelza. "They are taking their relationship onwards, recovering from the pain they caused each other and rebuilding their lives together. I think that together they are great and they have to maintain that and work at it. She's not interested in affairs and cheating and hurting each other. She loves him and

wants to be with him."

This series will see Ross in London for much of the time as he enters politics to rival his arch enemy George Warleggan, as an MP.

"He has finally realised he needs to take the fight for the poor and deprived to Westminster," says Aidan Turner, who plays him.

In his absence Demelza looks after the mine and his estate and cares for the

bit but they almost have this second honeymoon period when she comes to London and there's a revival in the relationship."

However, Ross finds a dangerous new foe in the charming, womanising and amoral MP Monk Adderley, whom George befriends. Adderley, played by Max Bennett, is a renowned duellist who enjoys provoking people and Ross

is admirable. She is really quite inspiring and has certainly changed me in making me more independent and strong and standing by my guns to fight for what I think is right."

On a practical level she has learnt useful skills, too.

"I can now gut fish, skin a rabbit, do period dancing and ride a horse side-saddle!" she says. "I'm very lucky to get the chance to do

"Demelza is my role model – she's made me independent and strong"

workforce as well as their two children. But both she and Ross love the moments when she goes to London to spend time with him there.

"It's like a new lease of life for them," says Aidan, 34. "Ross is away for months at a time and their relationship suffers a little

is in his sights – as is Demelza.

Eleanor, 26, has grown very fond of Demelza over the years and even credits the character for giving her a new found confidence.

"I've always seen her as a role model," she says. "Demelza is a grafter. She works really hard. All of that

such things in my work."

Poldark is hugely popular around the world and her high profile role has opened doors for her, professionally.

"It has put me on the map, which is really nice," she says. "I recently had an Agatha Christie TV drama called *Ordeal By Innocence*,

Rev Whitworth



Christian in real life



The Most Hated Man On TV!

None of us could possibly forget the loathsome Rev Osbourne Whitworth in his infamous toe-sucking scene last series...

"It was a memorable scene for me, too!" laughs Christian Brassington who plays the abusive husband of Morwenna.

"My dad quite darkly said, 'I hope this doesn't follow you around for the rest of your career.' And I thought, 'I wasn't too worried about it until you said that!'"

"There are moments where Ossie is quite funny with his self-obsession, preening and pomposity, but he is also a pretty repulsive character who does awful things. But he doesn't think he is evil. He thinks he is God's gift to women!"

In dramatic scenes, Morwenna finally stood up to him at the end of last series when she made the shocking threat to kill his baby son if he ever touched her again.

"He is wrong-footed by that," says Christian. "In this series things don't go quite as smoothly as he would like."



Ross and Demelza

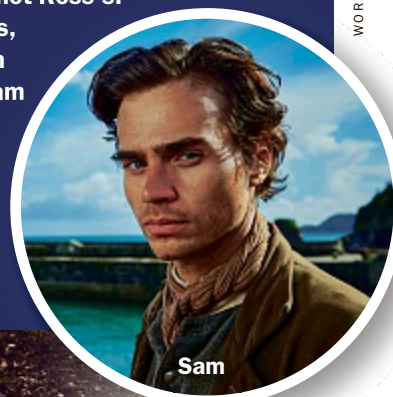
which was exciting. I played a character called Mary Durrant who was in a pretty unhappy marriage to Philip, played by the lovely Matthew Goode (Stanley in *Dancing on the Edge* and Henry Talbot in *Downton Abbey*). I am doing very well with my screen husbands!

"I've another project I'm not allowed to talk about yet and that's very exciting. And I've just released an album called *Tales From Home*. It's a folk album. Anne Dudley, the composer of *Poldark*, and I collaborated on it together. It features covers of folk songs I've known growing up."

Songs include Simon and Garfunkel's *Homeward Bound* and Carole King's *Tapestry*. "My mum's a professional singer and my brother too – he is also on the album – and a lot of the songs are ones that I grew up watching my mother sing or watching my brother sing, so it's lovely."

Teasers & Tasters

- ◆ Hankies at the ready for emotional scenes involving some of the best-loved characters. We'll say no more!
- ◆ An impressive House of Commons set was built in Bristol where Ross and George do battle with words.
- ◆ Rebecca Front joins as the formidable Lady Whitworth, adoring mother of the odious Rev Osbourne and the mother-in-law from hell for Morwenna.
- ◆ George and Elizabeth's relationship is better than ever after she swore on the bible that Valentine is his son, not Ross's.
- ◆ Demelza's brothers, Sam and Drake are in trouble again, and Sam takes on George's hulking henchman, Turlough, in a Cornish wrestling bout on a local Feast Day.



Sam

Sunetra Sarkar

The popular actress is acclaimed for her versatility and not afraid to experiment with her characters



◆ I've been around a long time doing more British roles than Asian (Liverpoolian Sunetra has Indian heritage) on shows like *Brookside*, *Broadchurch*, *No Angels* and *Casualty*, which I left in 2016. So playing a Pakistani woman, Kaneez Paracha, in Channel 4's *Ackley Bridge*, was a real gift and a privilege.

◆ She's got a big personality and sense of humour. I'd never seen a Pakistani lady portrayed like that in a TV drama before.

Usually they're in the background as a wife. I was out of my comfort zone, but I had a positive response from Asian girls and Twitter was great after the first series. No one criticised my acting or accent or things I was nervous about.



Ackley Bridge

◆ I listened to taxi drivers up in Halifax, where we filmed to get Kaneez's accent just right. It's an amalgam of Asian and Yorkshire words with a Pakistani accent. I felt it was a big step from my role in *Casualty*, where I talked like me, like an ordinary northerner.

◆ When I look back at my time on *Strictly Come Dancing* [in 2014], it was so intense. I thought I'd last 'til about week three, but Brendan Cole and I lasted until week 10. You get torn between trying to keep on the show because you're enjoying the dancing, but another part of you is thinking, 'I just want a normal Saturday night at home!'

Family Life
 "It's tough to combine acting and parenthood. I've been away filming for six months, so after *Ackley Bridge*, I'll spend time at home just hanging out with my 13-year-old son, Noah. When I'm away friends and family help out."

Making Friends

◆ Jo Joyner (ex-*EastEnders*) is one of my closest friends since we worked on *No Angels* 14 years ago. We haven't worked together again until *Ackley Bridge*, so what a bonus! We have flats next to each other in Yorkshire while filming and have the luxury of being able to hang out together.



With Jo Joyner

◆ *Strictly* is a show where the oddest bunch of people get together. Judy Murray and I would never have met in a million years, but

there we were, scared newcomers trying on sequins together.

◆ Jenny Gibney [star of *Mrs Brown's Boys* and wife of Brendan O'Carroll] and I became really good friends on *Strictly*. My other half, Scott Carey, became great friends with Brendan O'Carroll because they were sat together whiling away the hours while Jenny and I were practising, and now they work together on *All Round to Mrs Brown's*.

Dance On
 "I wish I'd kept up my dancing after *Strictly*, but because you learn with a professional, you can't just go to a dance class at the high street gym and pick up where you left off. I do miss it."

◆ *Ackley Bridge* starts June 5 on Channel 4 at 9pm.

INTERVIEWED BY VICKI POWER PICTURES: REX/SHUTTERSTOCK; CHANNEL 4

Stretch-to-fit Comfort For Swollen Feet

If you suffer with swollen, sensitive feet, then you'll know how important it is to have comfortable shoes that fit. Determined to give customers the ultimate in foot comfort, Cosyfeet have developed a range of extra **roomy shoes with built-in stretch**. Wide and deep enough to accommodate swollen feet, they feature carefully-placed panels made from stretchy Elastane which won't put pressure on painful swelling, bunions or hammer toes.

Elastane is renowned for its exceptional elasticity. It's found in lots of areas of the clothing industry and you've probably

heard it referred to as Lycra, which is simply a brand name. It's ideal for use in footwear as it **gently conforms to the contours of the foot**, giving you a 'made-to-measure' feel. It's very useful if feet tend to swell during the day as it means you can have all-day comfort without the need to adjust your footwear. Elastane also retains its shape and doesn't become overstretched or saggy.

One of Cosyfeet's best-selling shoes is Karen. This soft and stretchy style has a secure, touch-fastening strap which **adjusts to fit swelling**. It's supportive around the heel and the flexible soles are hard-wearing so it's great for active



feet. The lace option, called Sienna, has all the benefits of Karen and can be adjusted to fit a slightly narrower ankle.

Perfect for summer, Cosyfeet offer a super-soft, stretchy sandal called Hop. It's ideal if you have a bunion as **the material expands across the joint** without causing any pressure and still looks neat on the foot. And if you need something smart for a special occasion, why not try their Carmen style in Black or Navy Elastane.

For men, Cosyfeet have Gregory and Ken. These stretchy, extra roomy shoes are seam-free

at the front so they're **great for swollen or sensitive toes**. They also have a shock-absorbing footbed which can be removed if you need to add your own orthotic. All Cosyfeet's Elastane footwear has been coated with Teflon® which makes it stain and water resistant.

Cosyfeet's range of footwear is **wider, deeper and roomier than anything on the high street**. They also have a collection of extra roomy socks and hosiery that is specially designed to fit swollen feet and legs.

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where is stevens?



A priceless jewel has vanished – and the manservant is the obvious suspect...

By T P Fielden

I daresay you'll find Stevens in the garden," said Mrs Quartermaine vaguely, looking down the lawn towards the ink-blue sea. Her crumpled face said it all – it's really too bad when your manservant goes missing just as you're throwing an important party.

"Are you sure? We had a quick look," said Miss Dimont urgently, pushing her spectacles back up her nose. "I think we really do need to find him – it's quite vital!"

Mrs Q sniffed. The whole event had turned into a disaster and, as old people sometimes do when things go wrong, she lost interest in the conversation and wandered off on to the terrace.

But for Judy Dimont of the Riviera Express, it was no disaster – far from it.

She and Terry Eagleton had been assigned to cover the Quartermaines' annual party and had faced the prospect with dread – the threadbare colonel and his lady were more than a bit snooty, and the wine they served was always filthy.

But now she had a front-page story! A priceless piece of jewellery missing, and the crème de la crème of Devon society were, all of them, suspects! All it required now was for Terry to make an appearance to capture the chaos on film, but he'd wandered off. He could be like that, Terry. Very irritating.

The Remorse, a once-handsome Victorian villa overlooking Nelson's Bay, looked nothing short of disreputable these days. It was surprising the Quartermaines could still attract the best of Devon's county set to their parties. But Miss Dimont had just said hello to the High Sheriff, and apparently the Lord Lieutenant was on his way.

The new Lady Mount Temple, a lot more alluring than the previous model, had nodded a greeting, and it was remarkable how many lady guests still chose to wear a hat – even though it was very nearly 1960.

After the war, the Quartermaines had become local celebrities. Colonel Claude had done a very good job at Pegasus Bridge and wore a chestful of medals each Remembrance Sunday, while Gae Quartermaine had starred in one or two black-and-white Elstree films. They'd bought The Remorse on her box-office royalties and built up a reputation for lavish entertainment, though it had to be said the colonel was slow in paying the bills.

"Come on!" barked Terry, appearing from nowhere with his camera swinging

round his neck, "if we can catch him we've got ourselves a scoop! Think of the headline – *Burgling butler does a bunk!*"

"No, Ter, we don't know Stevens did it. I think the answer lies in here," said Miss Dimont, shaking her head so much her corkscrew curls bounced. But Terry, though easily the best snapper in the West of England, was headstrong, plunging off once again in pursuit of the errant Stevens.

Miss Dimont turned to view the scene behind her. Small tables laden with canapés and glasses looked as if an elephant had bumped into them, while the large circular table in the centre of the library looked even worse. But despite the disarray, the frantic searching and the accusations, nobody had been able to find the missing Van Cleef and Arpels bracelet.

Hidden Treasures, the invitation said, the theme for the party which was raising funds for the church roof. Guests were asked to submit an item of jewellery languishing in the back of a drawer or safe and which had a story to tell.

Mr de Bentone, the elfin, bow-tied auctioneer, had promised an appraisal of each piece in return for a charity donation.

When Judy and Terry arrived there must have been thirty or forty treasures laid out, with a similar number of guests

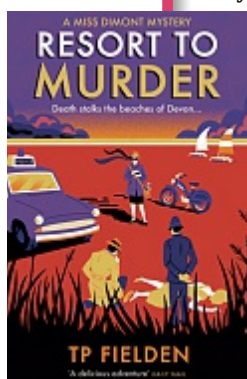


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Monday, June 18 at 10am.





milling distractedly about. But the centrepiece, an heirloom from her Vanderbilt ancestors loaned by old Mrs Burgh, was conspicuous by its absence.

“At first I assumed Mr de Bentone had it for appraisal,” puffed Colonel Claude when Miss Dimont pulled the notebook from her raffia bag. “But then he came back and asked me where it was. I can’t believe it – Van Cleef! Priceless! I placed it there myself not an hour ago!”

An hour is a long time at the scene of a major crime, however. Suddenly

companion, Miss Prutton. Judy sat down opposite them.

“I don’t understand,” said Mrs B, shaking her head. “Colonel Claude promised me it would be safe. He got the MC, you know, twice over...”

“I know,” said Miss Dimont sympathetically.

“D-Day – same regiment as my son, poor dear boy.”

“I’m so sorry.”

“The bracelet would have been part of Peter’s inheritance, had he survived. It

“I don’t understand. Colonel Claude promised me it would be safe”

everything goes into slow-motion – urgent whispers growing into cries, then shouts and accusations, then pushing and elbowing among the guests as they surged to the table when the loss was discovered, followed by a hasty retreat in case anyone should think they had pinched it.

The library was empty now, save for Mrs Burgh slumped in a forlorn heap on the sofa next to her paid

belonged to my grandmother – Mrs Vanderbilt, don’t you know. Marrying into that family made her rich, but they were a vulgar lot.”

Miss Dimont sensed the narrative was drifting back into a gilded age.

“So what happened, Mrs Burgh?”

“Their servant Stevens. He nabbed it.”

“How do you know?”

“Colonel Claude told me.”

“How does he know?”

“Who else could it have been? Look at those people!” said Mrs Burgh, waving towards the garden-room where many of the top-drawer guests remained. “Do you think there’s a single one among them who could have taken it?”

Miss Dimont surveyed the serried hats and nodded. “Point taken.”

I didn’t know he was still here – old Stevens,” went on Mrs Burgh, shaking her head. “Colonel Claude invites me up here from time to time but it’s been many a moon since I saw him. It’s always Stevens this and Stevens that, but you never clapped eyes on him.”

“Really,” said Miss Dimont, slowly. “That’s interesting.”

“Colonel Claude is a wonderful man, a delight, and an absolute asset to Temple Regis. But he’s not terribly good with money. If you don’t pay servants they have a habit of taking it for themselves.”

“Oh,” said Miss Dimont as if she wasn’t interested. This sort of response often drew more detail than a direct question.

“And Stevens was a bit of a rough diamond. I think he’d probably been to jail. Colonel Claude rescued him because they’d served together, but he was an ungrateful fellow – surly and presumptuous. They never got on.”

“Why would he do this now, though?” asked Judy. “After all these years?”

“Well,” said Mrs Burgh archly. “Maybe he thought he could cash in the bracelet in lieu of his back-pay. It’s worth several lifetimes’ salary, you know – buy him a nice house, and a yacht too.”

“I...” said Miss Prutton hesitantly. She was sitting with her handbag in her lap.

“Yes, Miss Prutton?”

“Mr Stevens – Barry,” said the spinster, looking nervously at her employer, for paid companions are like children, to be seen and not heard. “He was getting worse and worse at his job, wasn’t he? I mean, I don’t like to be critical, but you only had to look around.

“Once upon a time it was all very nice here but now – dust everywhere, slipshod carpet-sweeping, that kind of thing. And the place is never tidy – empty glasses lying around. The ashtrays!”

Miss Dimont agreed. The tidy-up before the party had been a bit haphazard.

“But then you could hardly blame him. I heard...” Miss Prutton leaned over her handbag and lowered her voice. “I heard in the Cadena café that Colonel ➔

Claude would pay him, then borrow the money back. And..." She leaned even further forward. "I heard they had a fight. Stevens accused him of having rifled the mess funds after D-Day."

"Servants' gossip!" snorted Mrs Burgh. "Colonel always maintained the cash-box had been blown up by the Germans."

"Well," said Miss Prutton, pleased by her possession of superior knowledge, "it was apparently very nasty."

"Good Lord," said Miss Dimont. "So..."

"Not in the garden," said Terry, panting as he burst back into the library. He was wiry and energetic and always one step ahead when it came to getting the story. "That's twice I've looked! I was thinking of taking a dekko at his room – might get a clue there, Judy."

"I'll come with you."

She took her leave of the old lady whose anguish was slowly melting into sorrowful resignation: "Don't worry Mrs Burgh, I'm sure it'll be found."

In many ways Terry was remarkable. He never read a book – she often wondered whether he bothered to read his own newspaper – yet somehow he always seemed to know everything. Now, he lived up to expectations as he led the reporter down a corridor past the kitchen to a green baize door.

"I told him! He's mad, you know, mad! He couldn't bear the shame!"

"In 'ere," he said.

"We shouldn't!" protested Miss Dimont who may have solved a mystery or two but believed in behaving like a lady.

Terry, on the other hand, was no gent.

"Sure to be a photograph or two of him in his room. Be useful later," he said, striding forcefully ahead.

The corridor gave out into a small sitting-room with a bedroom door on either side. Unlike the disarray in the library, the servants' quarters were tidy, shipshape and slightly strange.

"Quiet as the grave." Terry pushed open the first door. "Anything your side?"

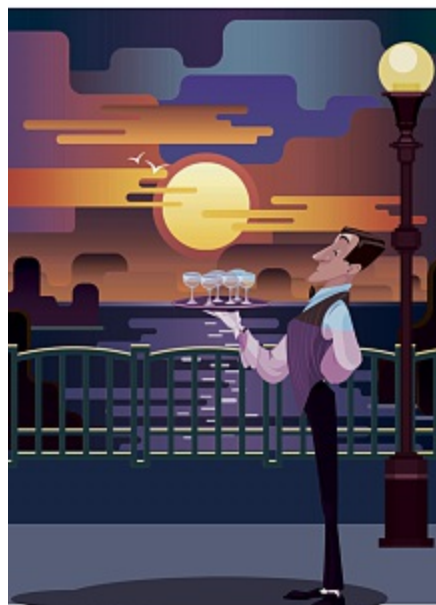
"Room's empty," called Judy.

"So's this one," replied Terry. "Done a bunk all right. Room's clean as a whistle."

They stood looking at each other.

"That's odd," said Judy. "That's very odd – nothing here. As if..."

The baize door banged open.



"May I ask what you're doing here?"

It was Gae Quartermaine, fizzing with anger. She still had her film-star looks, even if the advancing years had smudged them somewhat, and certainly she still knew how to put on an act of righteous indignation.

"We're looking for Stevens," answered Miss Dimont, lightly. "This is his room, I take it?"

"Stevens," hissed their hostess, "has stolen a priceless piece of jewellery and done a bunk with it. What makes you

think he'd be hiding in his room? What an utterly absurd notion!"

"This is his room?"

"You'd better get out!" Her face was white with rage. "I don't know what we're doing inviting you tuppenny-ha'penny Press people into the house, anyway! You invade people's privacy, you make up lies, you distort the truth..."

"No need to take that tone, missus," said Terry heavily. He was very protective of Miss Dimont, even if she was snooty about his reading habits.

But Judy wasn't really listening.

"Just one thing, Mrs Quartermaine. Will you describe Mr Stevens to me?"

"Describe?"

"What he looks like?"

"Well..." The old actress looked flustered and seemed unable to answer.

"Is he tall? Short?" rapped Judy.

"Beard? Bald? Thin? Stout?"

Mrs Quartermaine took a step back. "I can't remem... I mean – what I mean is, I can't really describe... look, you must talk to the Colonel!" She turned quickly to go.

"Can't remember?" snapped Judy. "Can't remember? Can't describe what your manservant looks like? The man who laid out your husband's clothes this morning? The one who brought you your breakfast?"

"Mrs Quartermaine, these bedrooms are empty. I would say they've been empty a long time. There's a certain smell about a room that hasn't been used."

"What d'you mean?"

"Was there ever a Stevens? Mrs Burgh says she hasn't seen him for years, but you and the Colonel talk of him all the time."

"Of course there was a Stevens!"

"But not now?"

"I don't know what you mean!"

"Mrs Quartermaine, a serious offence has taken place in your house. I'm getting the feeling it may not be the only offence. What happened to Stevens? Where did he go? When did he go?"

Mrs Quartermaine sat down suddenly as if she'd been punched in the stomach.

"I told him!" she stuttered, bursting into exaggerated sobs. "I said it would... never... work..."

"There is no Stevens, then?"

"I told him! He's mad, you know, mad! He couldn't bear the shame!"

Miss Dimont looked down at the old actress, waiting.

"Claude," said the colonel's wife.


"Always bad with money – terrible, in fact. We bought this house, so then we had to live up to it. Every year he spent more than his army pension brought in, until there was nothing left."

"So he stopped paying Stevens?"

"He cooked up this silly idea – this mad idea – of having a Hidden Treasures event. He thought he could 'lose' an item or two to pay a bill, and then blame the theft on Stevens."

"So where is Stevens now?"

Mrs Quartermaine looked up.

"As I said to you before," she said slowly, "I think you'll find him in the garden. Claude buried him there. Three years ago." 

FICTION EDITOR KAREN SAYS...

I hope you enjoy all the cosy crime stories in this issue. For extra thriller fixes, check out my crime, mystery and thriller-noir book recommendations on page 43.

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AUDREY'S TOP SIX ESSENTIALS!



Buff and smooth your way to delectably summer ready skin with these deeply moisturising tried and tested products

1. Sweet Dreams

Rejuvenate your skin while you sleep with French beauty specialist **Sothy's vitamin C-rich nO₂ctuelle Chrono-destressing Sleeping Mask, £35.50, Sothys salons nationwide**. Smooth the creamy contents of the sachet on after cleansing at bedtime, leave for 10 minutes, massage in the excess.

2. Shower In Style

I'll be packing **Soap & Glory's Shower Cap £6.50 Boots** in my holiday suitcase. It's so retro and beats flimsy hotel ones hands down, and the neat band fits snugly around my head without leaving behind unsightly marks from the elastic. A girl has to look her best on holiday, even at bathtime!

3. Body Booster

Get your summer body buffing off to a flying start with **Body Primer £4 SunkissedBronzing.co.uk**. The coconut-scented formula includes natural fruit extracts to exfoliate skin, leaving a smooth base for self-tanner. Apply to dry skin, leave for a minute, lightly massage while rinsing off to reveal fresher skin.



4. Hair Rescue

Summer hair gets dry and brittle with sun, sand and sea, but a weekly **Cantu Deep Treatment Masque £7.99, Superdrug/Boots** will rescue the most distressed tresses – and it's free from chemical nasties. Work into damp hair, leave for 30 minutes and rinse with cool water for silky soft hair.

5. Colour Pop

Here's a lipstick to make you smile! **Rouge Coco Lipstick £31, Chanel in 480**, Corail Vibrant is the colour of summer, a luscious coral-pink wash of colour that complements sunshine skin. Femmes fatales will love the other shades in the range, raspberry-red Rouge Intimiste and intensely pink Rouge Malicieux.

6. Sunny Showers

Lazy days on the beach mean long showers washing off perspiration and sand and **Nivea Sunshine Love £1.99, nationwide**, is the perfect gel for the job. It foams gently without drying out skin and has a fresh scent to make that holiday feeling last. A summer bathroom essential to use all year round.

WORDS: AUDREY PATTERSON

WIN Your Shopping For A Year!

My Weekly has a great cash prize for you! Read on to find out how you can be our lucky winner...

HOW TO ENTER

You will find **eight letters** printed in My Weekly – the first two appear on this page, while another two will appear in our **June 16** issue, a further two in our **June 23** issue and the final two on **June 30**. Simply cut them out as you will need to rearrange them and stick them to the grid to provide you with the answer to the question, which will appear, along with the grid, in our **June 30** issue. This competition is postal entry only and closes at 12pm on July 17, 2018. Good luck!



Terms & Conditions:

- There will be one winner who will receive £2,520 split over 12 months in the form of a cheque each month.
- The cheque will be payable to the winner.
- All entrants who send in the complete token sheet will then be entered in to a prize draw.
- The closing date for entries is 12pm on 16/7/18

Please send completed token sheet (supplied in the June 30 issue) to My Weekly Marketing, Token collect, 2 Albert Square, Dundee, DD1 1DD.

For full terms and conditions visit: www.myweekly.co.uk/competition-terms-conditions or send a stamped addressed envelope to My Weekly, Marketing, 2 Albert Square, Dundee DD1 1DD.

The cost of living is always going up, yet all too often wages and pensions are not increased to match. Although My Weekly often features practical advice on saving money and finding bargains, we would like to do something extra for one lucky reader.

How would you like us to cover the cost of your food shopping for a whole year?

As part of this fantastic prize, which has a total value of more than £2,500, every month we will send the winner a cheque, which can be spent at the supermarket of your choice.

Just think, all those weekly staples on your shopping list – and a few little treats too – bought and paid for with no impact on your bank balance. You could get creative and experiment with new ingredients, or buy all your favourites to cook up a storm for friends and family. This fabulous prize can be yours when you follow the instructions on the right.



Summer Pies

Perfect for picnics, packed lunches and al fresco eating!



Garden Vegetable Pie

Ingredients (Serves 8-10)

- ◆ 450g plain flour
- ◆ 2tsp salt
- ◆ 100g white vegetable fat (Trex)
- ◆ 200ml water

For the filling:

- ◆ 500g prepared butternut squash, cut into chunks
- ◆ 2tbsp olive oil
- ◆ 20g butter
- ◆ 2 medium leeks, finely sliced
- ◆ 50g peas, thawed if frozen
- ◆ 250g roasted red peppers (packed in brine), drained and halved
- ◆ 1tsp mixed dried herbs
- ◆ 150g grated mozzarella
- ◆ Salt and freshly ground black pepper
- ◆ Beaten egg, to glaze

1 Preheat oven to 220°C, fan 200°C, Gas Mark 7.

2 Sift flour and salt into a large mixing bowl. Melt white vegetable fat in the water in a saucepan. Bring to the boil.

Immediately pour into the flour, then beat with a wooden spoon to a soft dough. Cool, then knead until smooth. Cover and rest for 20min.

3 Roast butternut squash in the olive oil for 30min. Melt butter and sauté leeks for 4-5min until soft, adding peas for the final 2min. Cool.

4 Roll out $\frac{3}{4}$ of the pastry on a floured surface. Use to line a 20cm (8in) loose-based cake tin. Trim.

5 Layer filling into tin, seasoning as you go: squash, peppers, herbs, mozzarella and finally leeks and peas. Roll out rest of pastry to form the lid, dampen the edges, then position on top. Trim and pinch edges; decorate with pastry leaves; brush with beaten egg. Pierce top with a knife 2-3 times.

6 Stand the tin on a baking sheet. Bake for 15min, then reduce temperature to 180°C, fan oven 160°C, Gas Mark 4 to bake for 45min. Cool completely before serving.

Little Sausagemeat and Pickle Pies

Ingredients (Serves 6)

- ◆ 225g plain flour
- ◆ $\frac{1}{2}$ tsp salt
- ◆ 50g white vegetable fat (Trex)
- ◆ 100ml water
- ◆ 200g pork sausagemeat
- ◆ 3 spring onions, finely chopped
- ◆ 40g ready-to-eat dried apricots, finely chopped
- ◆ 2tbsp pickle, chopped if coarse
- ◆ 1tbsp chopped fresh parsley
- ◆ 1tsp mixed dried herbs
- ◆ Salt and freshly ground black pepper
- ◆ Beaten egg, to glaze

1 Sift flour and salt into a large bowl. Melt white vegetable fat in the water in a saucepan, then bring to the boil. Immediately pour into the

flour and beat with a wooden spoon to a soft dough. Cool, then knead until smooth. Cover and rest for 20min.

2 Meanwhile, mix sausagemeat, spring onions, apricots, pickle and herbs. Season well.

3 Preheat the oven to 200°C, fan 180°C, Gas Mark 6.

4 Roll out two thirds of the pastry on a floured surface. Using a 10cm plain cutter, stamp out 6 circles to line 6 holes in a muffin tin. Share the filling between them. Roll out remaining pastry and cut out 6 lids with a 7cm plain cutter. Dampen edges with water and place on the pies, sealing with a fork. Brush with beaten egg and pierce with a fork.

5 Bake for 30-35min until golden brown. Cool and serve.





Summer Berry Free-Form Pie

Ingredients (Serves 6-8)

- ◆ 225g plain flour
- ◆ ½tsp salt
- ◆ 110g butter, chilled and cut into pieces
- ◆ 1 egg, beaten
- ◆ Chilled water, to mix
- ◆ 50g ground almonds
- ◆ 225g strawberries, halved
- ◆ 200g raspberries
- ◆ 100g blueberries
- ◆ 75g caster sugar, plus extra for sprinkling

1 Preheat the oven to 200°C, fan 180°C, Gas 6.

2 Sift the flour and salt into a large bowl. Rub in butter until the mixture looks like fine crumbs. Stir in 2tbsp beaten egg and just enough chilled water to make a soft, not sticky, dough. Knead lightly until smooth. Wrap and chill for 10min.

3 Roll out the pastry on a lightly floured surface into a circle with a diameter of about 38cm. Transfer to a baking sheet (the pastry will overlap the sheet). Brush the surface with beaten egg.

4 Sprinkle the ground almonds over the pastry to within 7cm of the edge, then scatter the strawberries, raspberries, blueberries and sugar on top.

Fold the pastry border over the fruit, tucking and sealing it to make a free-form pie. Brush with beaten egg and sprinkle with sugar.

5 Bake for 25-30min, until pastry is crisp and golden. Serve warm or cold with ice cream, cream or custard.

TIP You could use frozen mixed berries instead of fresh fruit. →

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Spanakopita Mini Pies

Ingredients (Serves 6)

- ◆ 270g pack fresh spinach
- ◆ 80g butter
- ◆ 4 shallots, finely chopped
- ◆ 1 large garlic clove, crushed
- ◆ 270g pack filo pastry sheets, thawed if frozen
- ◆ 2 eggs
- ◆ 130g ricotta cheese
- ◆ 80g feta cheese, crumbled
- ◆ Generous pinch ground nutmeg
- ◆ Salt and freshly ground black pepper
- ◆ Chopped fresh chives, to garnish

1 Preheat the oven to 200°C, fan 180°C, Gas 6.

2 Put spinach in a large saucepan. Pour over a

kettleful of boiling water. Leave for 2min until wilted. Drain well, squeezing out excess moisture. Cool, then chop roughly. Melt 10g butter in a frying pan. Cook shallots and garlic for 3-4min, until soft. Cool.

3 Melt remaining butter. Cut 3 filo sheets into 8 equal squares (re-fold and pack the rest away). Layer 4 squares into each of 6 muffin tins, brushing each layer lightly with butter, and offsetting at different angles.

4 Beat the eggs and ricotta together. Stir in the spinach, feta and shallots. Season with nutmeg, salt and pepper. Share between the filo cases and bake for 20-25min, until golden brown. Serve, sprinkled with chives.

Pineapple and Coconut Meringue Pies

Ingredients (Serves 6)

- ◆ 6 individual sweet pastry tart cases
- ◆ 75g fresh or canned pineapple, finely chopped
- ◆ 75g cream cheese
- ◆ ¼tsp vanilla extract
- ◆ 30g desiccated coconut
- ◆ 2 eggs, separated
- ◆ 30g caster sugar
- ◆ Toasted coconut shreds, to decorate

1 Preheat the oven to 190°C, fan 170°C, Gas 5.

2 Arrange the pastry tarts on a baking sheet and share the pineapple between them. Beat together the cream cheese, vanilla, coconut, egg yolks and half the sugar. Spoon into the tarts and bake for 10-12min, until set.

3 Use a hand-held electric whisk to beat the egg whites in a clean bowl until they hold their shape. Whisk in the remaining sugar until stiff peaks form. Pipe or spoon onto the tarts, then bake for 4-5min until lightly browned.

4 Serve, sprinkled with toasted coconut shreds.



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The Undercover Catwalk Queen

When Abbie agreed to help out her boss, she didn't realise what ridiculous lengths she would have to go to...

By Tess Niland Kimber

Abbie stared in the mirror at the Blue Idol Leisure Centre changing rooms. This – THIS! – was a step too far. She cringed at her reflection.

She was dressed in a black trilby with a pale green brim, a black off-the-shoulder mini dress, orange knee-high socks – what twenty-six-year-old woman would be seen dead in these! – and a pair of vertiginous high heels with orange and green ankle cuffs. Even the string of orange beads couldn't improve her appearance.

"This is all your fault, Marty Douglas," she muttered before checking furtively that none of the other models – the real models – were listening.

Investigations, had asked her a couple of weeks ago if she wouldn't mind helping him on his latest case.

"Which one?" she'd asked him, peering around her computer screen.

Eye Spy had taken on so many new clients lately that even she couldn't keep up. No wonder Marty wanted some help.

He'd tilted his head to one side, holding her gaze with his blue, blue eyes. If he'd asked her to perform a fire walk, she surely wouldn't have refused.

And that was the trouble, Abbie thought now, tossing her long black hair over her shoulders as she straightened the orange beads. Marty Douglas was as kind as he was drop-dead gorgeous and

investigation didn't mean that he'd sussed her inconvenient feelings for him.

"I AM Modelling Agency," Marty had said that day, sitting on the edge of her desk, making her heart beat as if she'd accidentally put ten spoonfuls of coffee in her morning latte, "is not a big agency but they get booked for lots of local events."

"Ah yes," she said, desperately trying to switch from Jabbering Wreck to Miss Efficiency. "The string of robberies from the clothes shows?"

Zofia Nowak, who along with her boss and ex-partner Stephen Hunt ran I AM, had engaged Eye Spy after a spate of thefts from their models working at the shows. Phones, cards, even jewellery

not big enough," she'd said impatiently during her first meeting with Marty.

Abbie had sat in on that interview, taking notes.

"We start to lose clients as girls not want to work for us no more," she'd explained. "Of course, we cannot put in changing room camera, for obvious reason."

"No, of course not... Have you thought of employing a minder – someone to watch the girls' lockers?" Marty had suggested.

A curl of his dark hair had fallen over his forehead. Abbie had the ridiculous urge to gently sweep it out of his eyes.

Zofia had sighed. She was old-school glamorous and had wafted rather than walked into the room. With her hair in an updo, heavy, dramatic make-up and ankle-skimming camel coat, Abbie could imagine her smoking a cigarette using one of those long holders à la Audrey Hepburn.

"We try minder but that not work. Things still go missing even with lady watching. She cannot be everywhere at same time." Zofia had shrugged her shoulders. "Besides, I AM is small firm. We cannot afford to be doing this. More, how

"Besides, it's a Cute and Curvy fashion show. You'd be much better suited"

I AM Modelling Agency had taken over the leisure centre for a fashion show and Abbie was working under cover.

Yes, Marty – or rather Private Investigator Marty Douglas, her boss at Eye Spy

she was more than a little in love with him.

But Marty was taken. He'd been with Holly since before Abbie had started working at Eye Spy as an admin clerk three months ago. She only hoped his powers of

had been stolen. No matter how many different measures Zofia and Stephen put in place, the models were still reporting losses.

"Stephen and I – we contact police, but they not interested. They say losses



COZY
CRIME

you say, overhead?"

Later, Marty had discussed the case further with Abbie.

"It must be an inside job; my guess – one of the other models... I want to put a girl under cover."

"Good idea. Who?"

"Holly, probably," he'd said, shuffling some papers.

Yes, Abbie had thought. Marty's girlfriend with her spiky blonde hair, blue, blue eyes, elfin features and teeny-weeny waist was the ideal choice to pose as a fashion model.

However a week later, Marty had shocked Abbie by asking if she would model under cover for the I AM shows instead.

"Can't Holly do it?" she'd asked, curious as to why his beautiful girlfriend wasn't

filling in as a model. Come to think of it, Abbie hadn't seen Holly around for a while.

No doubt she'd gone somewhere glamorous. She wasn't sure what she did exactly – something to do with cameras and international travel.

"She ... um ... can't," he'd said, gazing into the middle distance.

"And you want me to?"

"Yes, please," he'd smiled.

Her heart was singing with joy as the blissful thought, *He thinks I'm pretty enough to pass as a model* zinged through her head.

Or rather they did until he said, "Besides, Holly can't work this event. It's a Cute and Curvy show. You're much better suited."

Her heart went off-pitch and the words slam-dunked

in her head. Curvy? That had only one translation – FAT! Marty – gorgeous Marty – thought she was fat! And cute? No-one sexy was ever cute, surely?

"But ... I'm not really curvy," she protested.

"Oh, but you are!" Marty said, smiling. "You've got a super figure."

And with that he picked up

a file from her desk and walked off.

He'd redeemed himself, she thought, in a daze, by complimenting her figure.

At her office door, he turned and held her gaze. For one crazy moment, she thought he was going to say something deep and meaningful.

"Yes?" she said, hoping. Hoping...

He swallowed and glanced away. "So, you'll do it? The show, I mean?" →



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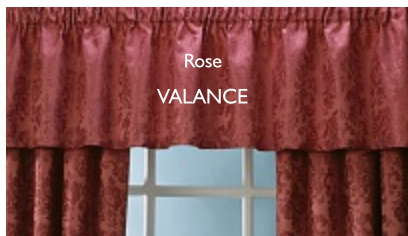
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"Yes," she heard herself saying. "Yes, of course, Marty. I'm happy to help you out."

It was only when Abbie arrived that afternoon at the Blue Idol Leisure Centre – venue for the latest I AM Modelling Agency fashion show – and saw the clothes she was expected to wear that her enthusiasm for helping Marty nose-dived.

At the last couple of shows, she'd modelled a trouser suit and a floaty summer dress. But today she was expected to wear this quirky outfit with the trilby hat, mini dress, orange socks and skyscraper sandals.

It wouldn't be so bad if she was only modelling for an audience of local women – but Marty was planning to watch the show.

"I'm going undercover, too – posing as a fashion buyer for a local boutique," he'd said, holding her gaze, before they left Eye Spy's offices. "I want to make sure you're safe."

She'd melted. He was so kind and caring. But then wasn't he like that with everyone?

So far, they'd not had any

luck catching the thief. The first show had been at Jubilee Meadows Community Centre where nothing had been taken. At the second, in Walsh's Hotel, a model had lost an expensive watch.

"How does it happen? Other than when I'm on stage, I'm in the changing rooms the whole time," Abbie explained. "And there are always so many people milling around. In fact, I worried I looked suspicious – checking the lockers every few minutes."

Marty had laughed. "We're doing the best we can. Maybe this time we'll turn out to be lucky."

Abbie had been delighted that Marty would be watching the show – until she'd set eyes on this embarrassing outfit.

"You are on first," Zofia said, dressed in a cream cape and holding a clipboard.

She ticked off her name.

Abbie groaned, trying to remember all the things her friend Chloe had instructed.

"Head up, hand on hip, strut and look moody. Very, very moody. All models look like they're in a strop."

Chloe had once caught an episode of *Britain's Next Top Model* and now considered herself an expert.

Abbie, keen to find the culprit, checked the other girls who were changing into their costumes. She felt uncomfortable; did she look suspicious?

"Yer want summat?" a willowy redhead asked in the thickest Essex accent Abbie had ever heard. She had green eyes and cheekbones so chiselled they could cut steak.

"No, I... I... wondered where the lockers are. I hear that stuff's been nicked from some shows."

"Yeah, make sure yer put away anythin' valuable."

"Thank yer... I mean, thank you."

start the show. As soon as he called her number, she felt a hand propel her forward.

There were a couple of steps to negotiate before she reached the catwalk. With being pushed and the bright lights, Abbie totally misjudged her footing and tripped up the top step.

The audience roared. Abbie's face felt on fire. Thank goodness the lights were so bright she couldn't see anyone in the crowd – especially Marty.

She put her hand on her hip and tried to swagger as Chloe had taught her. But stumbling had thrown her. She felt she was staggering

Abbie took a deep breath and practised her moody face. It wasn't hard to do

Abbie turned back to the mirror to apply her lipstick. Was she too obvious? She was no good at this detecting stuff. If only Holly was around...

"Five minute, everyone," called Zofia.

Abbie just had time to stow her handbag in the locker before the show started. Inside Marty had planted a gold watch and diamond necklace, coated in an invisible chemical that was entirely traceable.

"Right – one minute and you're on," Zofia said, checking her appearance.

Abbie took a deep breath and practised her moody face as Chloe had advised. It wasn't hard today; she felt thoroughly bad-tempered being made to wear such an outlandish outfit.

"You OK?" Zofia asked. "You look angry."

Abbie flushed. Maybe her moody face was too moody.

She waited at the stage wings for the compère to

rather than swaggering. As she walked to the end of the catwalk, her eyes adjusted to the lights and she saw Marty in the audience. He winked.

Instantly she felt better, remembering the important job she was here to do.

She twirled and then sashayed back to the stage wings, passing the green-eyed girl as she exited the stage. The girl, who the compère introduced as Ellie, looked lovely in a checked blue dress and knee-length boots.

"Quick! Change clothes ready for next slot," Zofia barked.

There were so many people in the changing room Abbie had to ease her way between the girls to reach her peg. Just as she slipped off the orange beads there was a shout.

"My bag! It's gone!"

Abbie shot round in the direction of the girl's voice. One of the models was standing at her locker, →



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the door swinging open.

"What's wrong?" Abbie asked.

"My locker's been broken into! My bag's gone... purse, my phone," she sobbed.

"Look – don't worry. I'll help you find it," Abbie promised.

Quickly, she texted Marty; he'd know what to do.

But walking to her own locker, she found it had been broken into, too.

"Oh no – look!" Abbie called for Zofia, who was huddled over by the changing room's entrance. "Did you see anyone?"

She shook her head.

"Only Ellie – the girl you speak to earlier."

Abbie was instantly suspicious. Could Ellie have had time to steal from both lockers before modelling on stage?

Checking her bag, Abbie discovered the watch and necklace were missing – just as Marty had planned. Now they'd a chance of catching the thief – especially if it was Ellie and she was still here.

changing room all the time.

Didn't you see anything?"

Abbie asked, narrowing her eyes.

Zofia turned pale.

"I... I have to go."

Abbie was puzzled.

It was the middle of the show. What was she playing at?

Zofia turned on her heel and dashed through the changing room.

Suddenly it dawned on Abbie. Was Zofia the thief?

As she ran, Zofia tried to tuck something under her cape. Abbie dashed after her but it was impossible to run in the high heeled orange and green sandals.

"Stop!" Abbie called, exiting the changing room after Zofia.

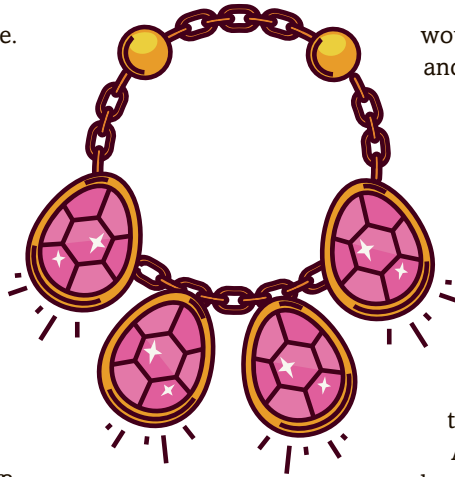
Reaching the reception area, she bumped into Marty.

"What's going on?" he asked, catching hold of her.

"It's..." she gasped, pointing. "Zofia."

"Zofia? But in your text you said the thief was Ellie?"

"No time... to explain," she panted. "Go!"



she was holding. A bag, the watch and bracelet planted by Marty and a purse tumbled to the ground.

I can't believe it was Zofia," Abbie said later as Marty tended to her sore feet in the reception area. "Ouch!"

"Sorry," he smiled, ruefully, kneeling before her as he put a plaster on the ball of her left foot. "I didn't mean for you to get hurt."

"It's only a scratch," she downplayed, smiling back and thinking if it meant him looking after her like this,

would stop working for him and he'd go bankrupt."

"So, it was revenge."

Marty nodded, putting the last plaster on her foot. "There! All done."

"Thank you," Abbie smiled gratefully.

"No – thank you." His blue eyes held hers as he reached forward and pulled her gently towards him.

As he kissed her, Abbie's head swam, lost in the delicious sensation of his lips on hers.

"Oh Abbie, I've been trying to ask you out for weeks but something or someone always gets in the way," he said, kissing her again.

Suddenly she pulled away, remembering.

"But... wait. What about you and Holly?"

"Holly?" He frowned. "What's my sister got to do with anything?"

"Sister?"

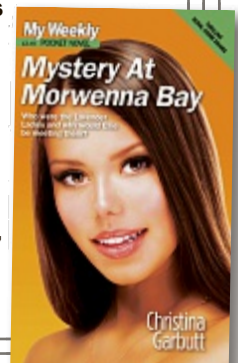
"Yes, she's in Bali – on a photo shoot filming rare mynah birds."

Suddenly the truth dawned. They both had such blue, blue eyes. Of course, Marty and Holly were in a relationship – a family relationship!

"Come here," Abbie said. "I feel like stealing something myself right now. Another of your gorgeous kisses." MW

FICTION EDITOR KAREN SAYS

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Her feet, protected only by the orange socks, felt every stone – it was agony

"Hurry up," Zofia said. "You must change."

"One second," Abbie said frantically, wondering what clown's outfit she'd have to wear next.

She sent Marty a second text just as Ellie returned to the changing room. She was thinking of apprehending the girl somehow when she, too, shouted, "Bleedin' hell – me bag's been nicked!"

So, surely Ellie couldn't be the thief!

"Quickly – get dressed!" Zofia called.

"But three lockers have been raided. You were in the

Marty gave chase outside. Abbie tried to follow but her shoes were killing her. Kicking them off, she ran in earnest. Her feet, only protected by the orange knee socks, felt every stone on the hard ground. It was sheer agony.

Marty was in hot pursuit as Zofia reached the car park. She was trying to unlock her car when he caught up with her.

"Stop right there!" he said commandingly, putting a firm hand on her shoulder.

As Zofia struggled with the car door, she dropped what

she'd run on pavements in socks every day. "But I don't understand. Why did Zofia engage Eye Spy when she was the culprit all along?"

His blue eyes held hers. "I was puzzled too until the police arrived and she started shouting, blaming Stephen."

"What? Mr Hunt – I AM agency's owner?"

"Yes," Marty explained. "They were in a relationship until he cooled things. She wanted a reconciliation but when he refused, she started stealing from the shows so that eventually all the models

GOLDEN AGE OF TRAVEL

We take a return trip to when journeys by rail, air and sea were impossibly glamorous!

Jostling for position in the EasyJet queue, waging a silent war with your seating companion for arm rest rights... travel wasn't always like this. It used to be far more glamorous.

Whether crossing the Atlantic by air or on the high seas, or journeying by rail to explore some Eastern promise, there was luxury to be had – if you could afford the ticket!

The Orient Express, the ultimate luxury rail experience, launched in 1883, transporting passengers between Paris and

Istanbul. Eager to experience the ultimate decadent rail journey, the rich and famous clamoured to hop on board.

Actress Marlene Dietrich and spy Mata Hari both enjoyed the Orient Express, as well as one or two fictional figures such as James Bond and, of course, Hercule Poirot!

The original Orient Express service ended in 2009 but travellers looking for a flavour of the luxury rail journey can board the Venice-Simplon Orient Express between London and Venice or other destinations around Europe.



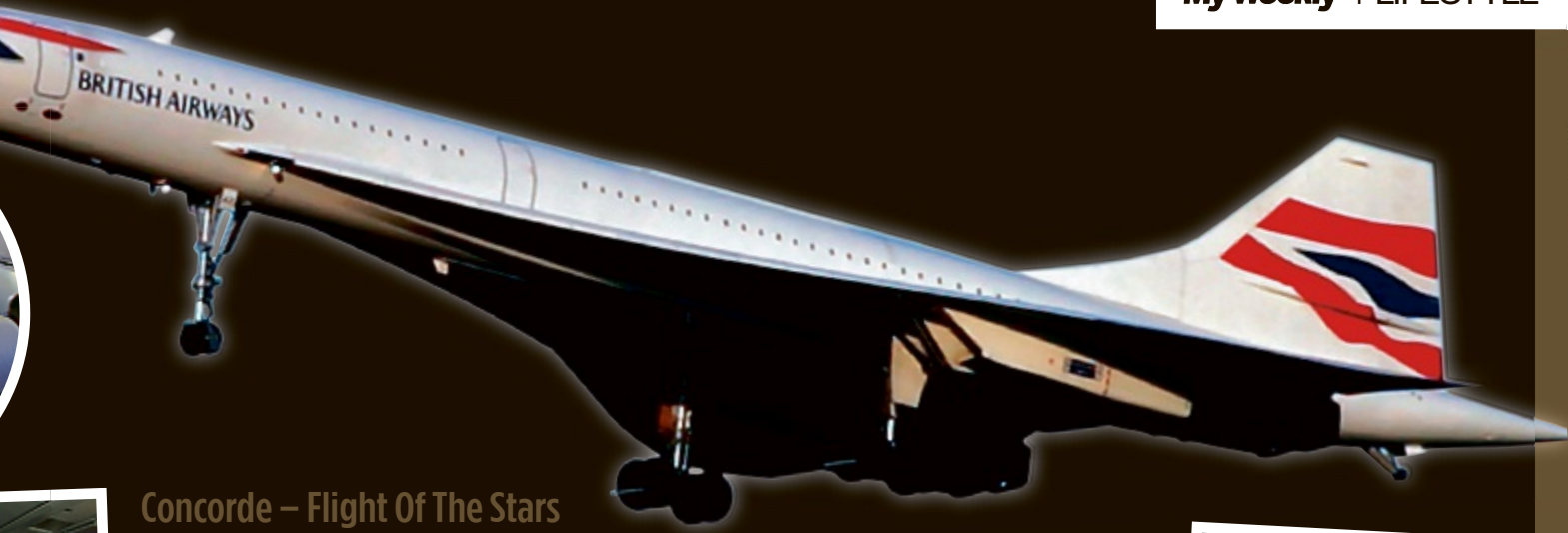
All Aboard QEII

In a celebration of British shipbuilding, the QEII launched to much acclaim in 1967, carrying the rich and famous across the high seas between Southampton and New York.

Completing an incredible 1,400 voyages during its 40 years in service, the ship has a very special place in our maritime history. As well as being one of the best-loved luxury transatlantic liners, the ship served as a troop carrier in the Falklands War when it was requisitioned by the British Government.

Nowadays, the ship is permanently situated on Dubai's waterfront and, after being restored to its 1960s style, it opened in April this year as a luxury hotel, next to a museum which charts QEII's history.





Concorde – Flight Of The Stars

Travelling at twice the speed of sound, Concorde was celebrated as an engineering masterpiece at its launch back in 1973.

The champagne flowed and the meal was a fine dining experience but the 100 or so passengers who boarded every flight certainly had to pay for the privilege of completing the London to New York journey in only three and a half hours – tickets were over £4,000 a seat. However, there was

no shortage of celebrities willing to pay thousands for the novelty of landing in New York two hours before they took off from London.

Joan Collins, Princess Diana and Sting were all regular passengers, and in 1985 Phil Collins famously played at both the UK and US Live Aid concerts after jetting across the Atlantic on Concorde in between performances!

The Concorde service stopped in 2003.



Destination New York



WORDS: SUSAN WATSON - PICTURES: ALAMY, GETTY IMAGES, REX/SHUTTERSTOCK



Richard Burton and Elizabeth Taylor



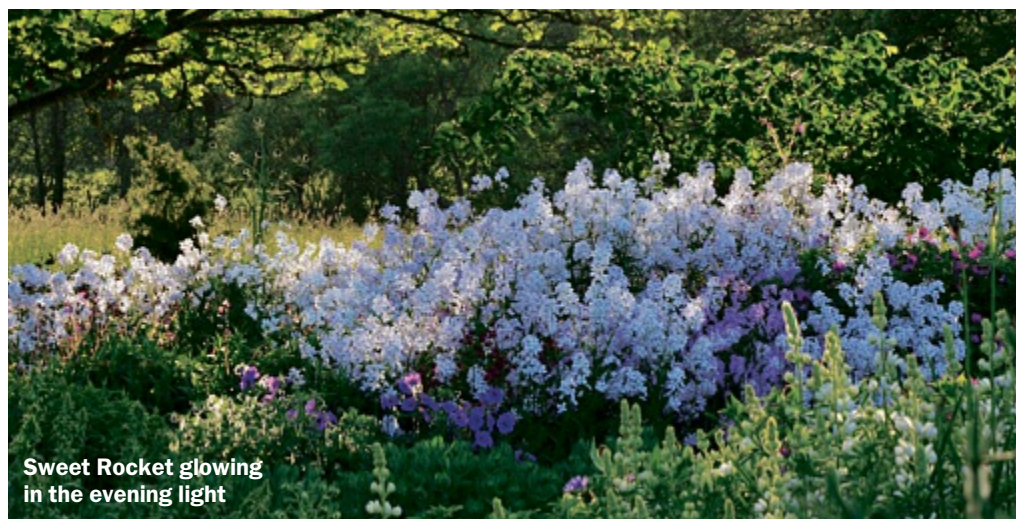
Nelson Mandela and Grace Machel

SUSIE'S GARDEN



A lifelong and passionate gardener, Susie White has a free flowing planting style which owes much to herbs, wildflowers, childhood plants and unusual perennials.

Summer gardening has plenty of variety with lots of jobs to do – but don't forget to slow it down and enjoy the results



Sweet Rocket glowing in the evening light

I'm grateful for these long days now that summer is here, giving me the chance to potter about in the garden in the evening. June is about maintaining the garden, rather than doing lots of new things. I like plenty of variety in what I am doing and by not concentrating too long on a single job it helps avoid repetitive strain. So I'm weeding among California poppies in the gravel, cutting lawn edges, tying up sweet peas, deadheading tulips, watering and staking.

Evening is when the spicy scent of sweet rocket is at its best. This native plant can often be seen by rivers and flowers in white, pale mauve or purple. A packet of seed is likely to give you a range of

colours. It's good for a wildlife friendly garden, though its habit of self seeding makes it more of a cottage garden plant than one for formal areas.

In the vegetable garden, David has put up a line of hazel poles for the runner beans. The beans are sown directly into the soil, two seeds at the base of each pole, with a few as backups in pots in case any fail. This year he's growing red-flowered 'Polestar' and white-flowered 'Moonlight'. He's planting out lettuces which were started off in the greenhouse, as well as celeriac, beetroot, cauliflowers, salads and herbs. There are baby leeks coming on in the cold frame,

ready to go in after the first potatoes are lifted. Courgettes and dwarf French beans are going out too. It's a time of plenty.

When the light is good, I take photographs of the flowers so I can share them with you. I recently invited a group of women artist friends to the garden so they could use it for inspiration. Most days I sketch plants, and even in winter I was drawing seedheads, oak leaves or emerging snowdrops. It's a sociable way of spending an afternoon, so if you have a garden or allotment, why not see if a local art group would like to visit? Rounded off with tea and cake, it's a great way of enjoying the company of new friends.



California Poppies



Hazel poles for runner beans



Pale purple Sweet Rocket



Nigella 'African Bride'

Have A Rosy Weekend

Among the many lovely things to see at RHS Hyde Hall near Chelmsford in Essex are the Queen Mother's Garden, a Dry Garden and the Farmhouse Garden. There are hundreds of gorgeous roses too and they'll be celebrated over a Rose Weekend from June 9-10 with walks and talks with the garden team for expert knowledge and growing advice. Roses are on sale from a specialist grower and there are rose themed stalls. www.rhs.org.uk



Rose garden

Best Buys

We use seaweed feed in our veg garden rather than inorganic fertilisers – Mr Fothergill's Seasol Seaweed Concentrate. It's an all-natural plant tonic derived from sustainably harvested kelp seaweed. Seasol contains useful micro-nutrients, is rich in trace elements and provides chemical-free plant nourishment. Seasol costs £7.99 from garden centres.



Among the unusual seeds I'm growing this year from Chilterns Seeds is this incredible Nigella 'African Bride' (left). The white flowers with purple centres are exotic and beautiful, as are the decorative seed pods. A packet of seeds costs £1.95.

Don't forget...

- * *Clematis montana* can get unruly if not pruned now
- * Keep sweet peas well fed and well watered for best flowering results
- * Hoe carefully among rows of onions and garlic

Reader's Tip

When planting up my hanging baskets, I place them on an old microwave splatter cover to stop them wobbling about
Mrs Beryl Wilkinson, Devon.



No wobble!

Email your pics and tips to: myweekly@dcthomson.co.uk



Follow Susie on Twitter @cottagegardener

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Chris Pascoe's Fun Tales



THE GREAT ESCAPE

There's no place like home... especially with a pack of warring pets

Our two lapin friends, the World's Daftest Rabbit Ted and his feisty live-in-partner-girl-rabbit Billie, have been gradually edging their way into our home of late. They started with a hutch, progressed to a shed, made their way into our utility room, and this week, finally, overran the house.

The week began with my wife Lorraine buying a pop-up fabric playpen that covers the whole lounge floor, allowing them a chance to stretch those great thumping back legs.

The playpen came with a guarantee that within its sturdy frame and heavy duty fabric covering they'd be totally safe from predators (i.e. Bodmin the cat). But could the playpen stand up to Billie the rabbit and her giant gnawing buck-teeth? No, apparently it couldn't.

I'd left the rabbits happily munching hay and staring at walls – standard rabbit stuff – and gone to get some work done on my computer when I had the strange sensation that somebody was behind me. Bodmin was out, and our two other cats, Spooky and Jojo, were sleeping on a chair in front of me...so who was behind me? Tentatively, I looked over my shoulder, and there, sitting in the doorway was Ted. A few feet behind



Jojo came face to face with, horror of horrors, a dozy rabbit

him was Billie, jumping on a pile of rapidly disintegrating pampas grass she'd wrenched from a vase.

It took me a few seconds to comprehend what I was looking at. Then total mayhem suddenly broke out.

Alerted by Billie's jumping, Spooky woke in surprise and, as panicking cats tend to do, hissed and randomly smacked the innocently sleeping Jojo round the face.

Jojo reacted with equal surprise, jumping up in fright

and running full speed for the office door, only to come face to face with, horror of horrors, a dozy rabbit. Jojo really hadn't been expecting this, and turned in alarm just in time to intercept an advancing Spooky, who now received a reciprocal paw swipe to the head.

Ted, meanwhile, hadn't moved a muscle. I'm not sure he even noticed the two screeching cats exchanging blows right under his nose. He still didn't move when they locked in combat and rolled straight past him. Billie did though, and performed an eloquent jump clean over the cats and onto Ted's back. He still didn't notice.

The next few minutes would've been best accompanied by the Benny Hill theme tune, with me chasing in and out of rooms after Billie, criss-crossing running cats and narrowly avoiding the motionless Ted.

After the storm came the calm, albeit leaving the devastation of a holed playpen and destroyed pampas. A home isn't a home without pets, they say. Though it does at least stay in one piece.

Chris Pascoe is the author of *A Cat Called Birmingham* and *You Can Take the Cat Out of Slough*, and of *Your Cat* magazine's column *Confessions of a Cat Sitter*.

ILLUSTRATION: MANDY DIXON, REX/SHUTTERSTOCK

NEXT WEEK

Chris's dad surprises him with wartime memories

“I Love Being A Funeral Singer”

The new trend can give real emotional release, says music professional Briony

It's a real privilege to be asked to sing at a funeral but it's also incredibly nerve-wracking.

A funeral singer only has one chance to sing for the person who has died and their family so I have to be note-perfect. There's no room for mistakes or errors.

And I can't cry – although there are often times when I have to bite my tongue to stop the tears flowing.

I set up The London Funeral Singers three years ago with my friend and fellow professional singer Penelope Shipley. Penelope came up with the idea after being asked to sing at several of her relatives and friends' funerals and realising that hiring a singer for a funeral was becoming increasingly popular.

We started with just the two of us but, as Penny is more of a jazz singer while my voice is more classical, in order to meet the requests

we were receiving for other kinds of singing, we needed to bring other singers on board. The London Funeral Singers now has more than 50 professional singers, choirs and musicians on its books.

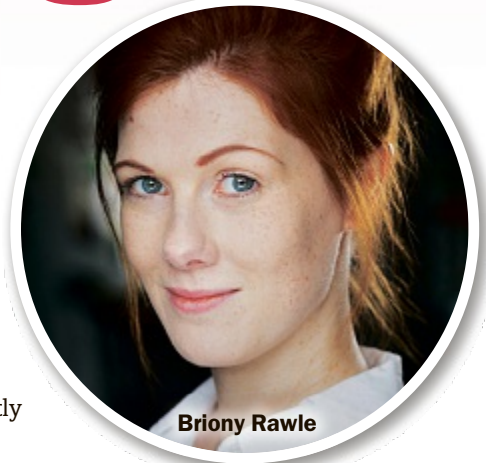
Funerals are an important part of the grieving process and singers have been part of celebrity funerals for years. Meryl Streep sang at Carrie Fisher and Debbie Reynolds' joint funeral while probably the most well-remembered funeral singer is Elton John, who sang *Candle In The Wind*

at Princess Diana's funeral.

It's almost indescribable, the difference music can make to a funeral service. Many people respond to a song in a much more emotional way than they do to prayers or words. While singing at a funeral, we often

witness a wave of emotion sweeping over the mourners as they listen to the deceased's favourite song or a song which truly sums up their family's love for them.

Penelope and I recently sang at the funeral of a stillborn baby, which was really tough. I can't even imagine what the baby's broken-hearted parents were going through. As the sound of our singing filled the church, I watched as the



Briony Rawle

moving songs I know, while *You'll Never Walk Alone* from *Carousel* always makes me cry, which can be embarrassing because it's a song many singers perform

We often witness a wave of emotion sweeping over the mourners

music brought everyone together, providing an outlet for shared grief yet also providing a way to let these brave parents and their baby know that their friends and family were there for them.

With the right song, music can bring great comfort to those who are grieving, while also taking everyone at the service one step closer to the person who has died and their loved ones.

We're regularly asked to sing *Abide with Me*, *The Lord Is My Shepherd*, *Amazing Grace*, *Panis Angelicus* and *Ave Maria* at funerals.

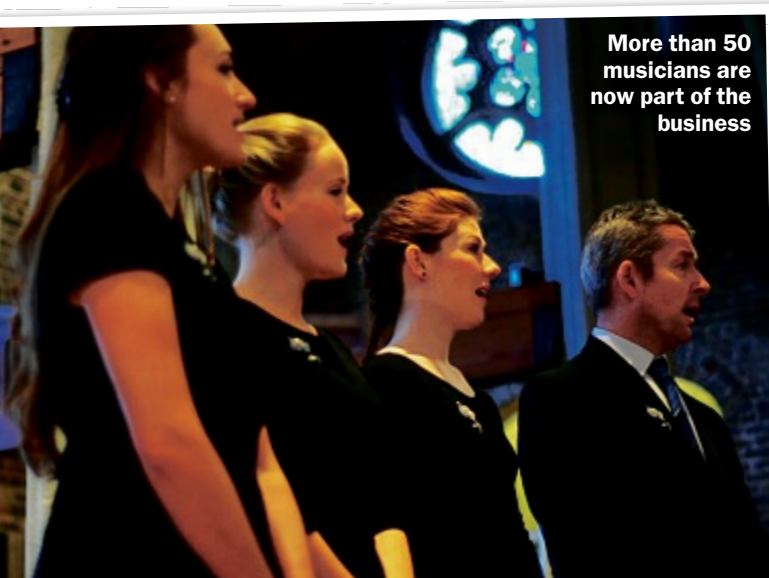
However, I find more modern songs are the real tear jerkers. Simon and Garfunkel's *The Sound of Silence* is one of the most

when they audition for the London Funeral Singers.

Singing at a funeral is very different to singing at a concert or in a show. I sing to the person who has died as well as to their family and friends, whose memories of my performance will stay with them forever.

If possible, Penny and I like to talk to the family before a service so we can find out more about the deceased and also help them choose the perfect song and select the most appropriate singer.

However, if the booking has been made by a funeral director, I sometimes turn up at a funeral only knowing the song I'm going to be singing, although I always get an idea



More than 50 musicians are now part of the business



Briony and Penelope during a performance


of the person who has died from the order of service and any eulogies.

When a funeral is over, I walk past the throng of people outside the church, who might say thank you and – hopefully! – what a lovely job I did. Then I look for the nearest place to eat as I'm usually very hungry. Nerves tend to put paid to any thoughts of food before a funeral service.

If that's my only booking for the day, I head home and go online to look for more singing work or, as I'm also an actor, acting work.

Or I might practise songs for a forthcoming funeral – or I might even have to get ready for a show that evening.

One of our singers recently finished singing at a funeral and drove to London's West End to perform a lead role in an opera.

I love being a funeral singer. We help families cope at an incredibly difficult time. Penny and I receive heartfelt thank you letters from families – when a loved one dies, music and singing truly makes a difference to those left behind. 

5 Things Only Funeral Singers Know

- 1 **It's possible to become attached to a person you've never met. After hearing about the deceased from their nearest and dearest, I often leave a funeral wishing I could have met them.**
- 2 Churches and crematoriums can be very cold. While mourners usually keep their coats on, funeral singers wear formal concert dress. Thankfully, I've discovered that layering is the key.
- 3 **Funerals can be surprisingly noisy. There's almost always extraneous, unavoidable noise at some point – an ambulance going by, a baby crying or a mobile phone ringing. We sang at one funeral where the priest's phone went off and he pretended it wasn't his!**
- 4 We know which travel websites and apps to consult. We have to be on time so, before setting off, I check for hold-ups on every possible travel outlet.
- 5 **How beautiful churches and religious buildings can be. Funeral singers have to be in place well before the mourners come in, so we get a lot of time to really look at them.**



chasing shadows

With all these dodgy characters around, Doris was delighted when her Alf rigged up an alarm that was very effective...

By Alma Harris

Sunnyside Home for the Bewildered

Dear Madge,

As you can see from the above, I'm no longer at Honeysuckle Cottage but, rest assured, Neil and I are being very well looked after.

It all started when some thug tried to steal Mr Mackie's war medals and got two broken arms and a dislocated shoulder for his trouble. He complained to the police so they decided to charge Mr Mackie with grievous bodily harm.

My Alf was furious. "To think a toerag like that can put an old soldier in court," he said. "Whatever will you do when I'm gone?"

"Young man," I said, "my alarm goes **direct** to your **police** station"

I thought I'd move in with Mr Mackie, but I didn't like to say.

Well, you know Alf. First of all he wanted to electrocute the thieving blighters but down the pub they said that was illegal. Then he rather fancied a moat but the neighbours weren't keen.

Next he decided on a wall, like the one Hadrian built to keep the barbarians out, but the planning department said no, at least not the height he wanted.

He was fuming. In his dad's day, he said, your home was your castle. You

could build a wall high as you liked and stuff the top with as much broken glass as you could lay your hands on.

He went into a right sulk, pacing the garden like a soul possessed. By then it had gone back to nature – good job that "conservation thing" had come in. We should leave plants alone so that wildlife could overwinter in them. At our place, they over-summered in them as well.

Anyway, when he finally came in he was smiling broadly.

"Doris," he said, "I've got the answer."

It only took him the weekend and I'd never seen him so happy. Then he told me to listen carefully.

If I had a problem with someone, I must tell them to come round to the side door, wait for their shadow on the

got into a rage and started shouting and swearing and banging on the glass.

So I remembered what Alf said and told him to come round the side door and I'd speak to Neil. And then I pulled the cord.

I often referred to Neil. I thought if I spoke of Alf they'd think *Oh, that's her old man, easy meat*. But Neil sounded younger, as if he might be my son. More of a challenge.

But, as you know, Neil is my cat. He was on death row for homicidal tendencies when I rescued him but I don't know he realises this – the doctors still ask if I self-harm.

The alarm must have scared Mr Wonderful Windows as he fled without trace. I had to ring the police and tell them to ignore the call. They were very good about it.

A few weeks later this fellow called Ken turned up. He offered to Tarmac my drive with stuff left over from a council job but I said no, I'm eighty-five and we're cracking up together. But he did it anyway and then wanted paying.

So I said to come round the side door, pulled my cord and waited for the police.

It took them three weeks before they came round. Had I seen this guy called Ken? they asked.

I said, "You've taken your time," and the young one gave me this snooty look and said, "He's only just been reported missing, madam."

I wasn't having that. I said, "Young man, my alarm goes direct to your police station and I pulled my cord weeks ago."

They went into a little huddle then, and



the older one said, “What alarm, Madam?” so I showed it to him and, when they stopped laughing, they set off round the side and ordered me to pull the cord just as Alf instructed.

After that, I didn’t hear from them again, which was a bit of a surprise, but I thought no more about it.

I did use the alarm a few more times – for the guy who suggested it was time I had my oven cleaned, the “man from the bank” who was after my credit card details and the fellow with a van who claimed his fish were still flapping round Scarborough that morning when their label clearly said, “From Vietnam”.

There would have been more, but one day when Neil was in a mood because I

was late with his dinner he did that rugby tackle round my ankles to remind me.

I don’t remember how I got to hospital but I had a broken hip and they wouldn’t let me back. *Forget the house and go into a nice nursing home*, they said.

So here I am, along with Neil who is thick with Cook, and of course I had to sell the cottage to pay the fees. I never got a chance to mention the alarm.

I’m not sure what happened next. I think Trevor, the new owner, was clearing the periwinkle from the side of the house just as his wife was using the bathroom. The result was that the drain cover he trod on collapsed and the only thing left above ground was his strimmer.

The police said it was a sixteenth-century well but the modifications were


“more modern”. As for what – or rather who – they found in there. . .

Of course, they don’t believe I didn’t know. Particularly as we never actually had a side door in that house.

Yours ever,

Doris

xxx

P.S. I contacted Trevor’s widow to offer my condolences but she said not to worry. She’d never really liked him. 

FICTION EDITOR KAREN SAYS . . .

There is a lovely selection of cosy crime stories from our archives over at www.myweekly.co.uk/category/fiction along with romantic, fun and tender coffee break tales.

DELICIOUS GIFTS FOR ALL

These beautifully presented gifts contain delicious delights including gifts for those of us with some special dietary requirements. The Tea Tray has all the ingredients for the perfect afternoon tea, including two floral mugs and a practical wooden tray, the Diabetic Jute Bag contains a tasty collection of No Added Sugar or Sugar Free treats while the Gluten Free Jute Bag is perfect for those of us who have to avoid gluten or wheat.

Diabetic Jute Bag Contains:

- Diablo No Added Sugar White Chocolate Bar with Strawberry 75g
- Diablo No Added Sugar Yoghurt Coated Strawberry Muesli Bar 30g
- Diablo No Added Sugar Yoghurt Forest Fruits Muesli Bar 30g
- Diablo Sugar Free Cappuccino & Cream Sweets 75g
- Farmhouse Biscuits Sugar Free Oat Crunch Biscuits 150g
- Gold Crown 4" No Added Sugar Fruit Cake
- Stute No Sugar Added Morello Cherry Extra Jam 430g
- Red Jute Bag

The Tea Tray Contains:

- New English Teas Always Time for Tea 10 Afternoon Tea Bags 20g
- Simply Cornish Clotted Cream Shortbread 200g
- 2 x Teacup Flora Brittanica Blue
- The Original Cake Company 4" Round Topped with Red Cherries & Chipped Almonds
- Wooden Tray

Gluten & Wheat Free Jute Bag Contains:

- Against the Grain Organic Berry Delicious Cookies 150g
- Easy Bean Chickpea Cheddar Crunch Crispbread 110g
- Moo Free Organic Cranberry & Hazelnut Chocolate Bar 100g
- Mr Filbert's Chilli & Fennel Mixed Nuts 50g
- Oloves Lemon & Rosemary Natural Green Pitted Olives 30g
- Red Jute Bag
- Wooden Tray



DIABETIC JUTE BAG



THE TEA TRAY



GLUTEN & WHEAT FREE JUTE BAG

Name

Address

.....

Postcode

Telephone

Email Address

PLEASE SEND ME	CODE	PRICE	TOTAL
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The Tea Tray	M1609	£38.50	
Gluten & Wheat Free Jute Bag	M1536	£28.50	
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STARRY INSIGHTS

WITH *Russell x*

WEEK: JUNE 5 - JUNE 11, 2018

GEMINI MAY 22 - JUN 21

Someone is coming around to your way of thinking, but don't go at them like a bull at a gate or they could easily revert to their original position. Are you single? You might notice a change in the way someone at work behaves. A new romance is just around the corner and will be just the boost your confidence needs.



ARIES

MAR 21 - APR 20

If your house is a tad chaotic, clear out the clutter. Start with one room and, once you've cleared this area, you'll feel motivated to tackle another. A group project also needs your help.

Astro Tip: Restart an old hobby or pastime.



LEO

JUL 24 - AUG 23

Storm clouds are gathering. Your direct approach to a joint project conflicts with your partner's need to take time to think about it. It's hard to be patient when you're excited – but try!

Astro Tip: Take time away from work and home.



Astro Tip:

Revisit places from your childhood.



CAPRICORN

DEC 22 - JAN 20

Your love life is no bed of roses, but if you turn issues into a drama, this will do nothing to improve the situation. You would feel better if you felt more secure but take one day at a time.

Astro Tip: Be careful who you trust in finance.



TAURUS

APR 21 - MAY 21

Someone close is feeling neglected. It's hard to find time for a loved one when you are so busy. If you don't want to lose your partner or a close friend, set a day aside purely for them.

Astro Tip: Devote more time to loved ones.



VIRGO

AUG 24 - SEPT 23

You decide not to get involved when a friend or neighbour asks for advice on romance – sensible, as people might twist your words or accuse you of manipulating them.

Astro Tip: Find a common interest with friends.



SCORPIO

OCT 24 - NOV 22

When deciding what you and your partner might do together, keep plans interesting and lively. It would be good if you were in accord but one of you is holding back.

Astro Tip: Love means putting your other half first.



AQUARIUS

JAN 21 - FEB 19

Don't be angry for falling short of a goal. Having to deal with demands impedes your progress. Until you get the chance to speak to someone who can help, hold back from a decision.

Astro Tip: Accept help from a colleague or neighbour.



CANCER

JUN 22 - JUL 23

It's impossible to talk sense to people who are being stubborn and irrational. You don't feel sociable but you don't want to spend all your time alone. Relax in the company of a small group of friends.

Astro Tip: Explore new hobbies for the future.



LIBRA

SEP 24 - OCT 23

You wonder about the direction of a new friendship, as they are giving off contradictory signals and a platonic relationship could veer towards something more romantic but be careful how you respond.

Astro Tip: Don't listen to criticism.



SAGITTARIUS

NOV 23 - DEC 21

Friends, colleagues and neighbours like to hear your ideas. Business will mix well with pleasure and if romance is an extra ingredient, all the better. It will be fun to develop new projects with people who are creative and outgoing.

Astro Tip: Prepare for a trip.



PISCES

FEB 20 - MAR 20

There are services you have a right to access but the wrong advice could mean you aren't aware of all you're entitled to. If you don't feel a professional is giving the right information, get a second opinion.

Astro Tip: Finish that letter/email that you started.

Send your question via email, including name, date, place and time of birth to myweekly@russellgrant.com

Ask Russell

Q

Can you tell me if my new business will flourish and grow?
Diane, Wiltshire

In addition to the Sun in Cancer, Diane has Mercury and Mars in Leo, so she is skilful and has a knack of making people feel special and important. She knows how to get results. There will be challenges ahead with Neptune making a hard link with Venus and Saturn in her chart. But Uranus, planet of change, connects with Jupiter suggesting success through adapting to new circumstances. Career changes will help Diane grow and the only thing that might sabotage her progress is self-doubt, so she should push past her fears. Hard work, diligence and dedication will give positive results.

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The Best New Thrillers

Fiction Editor Karen takes her pick of the latest chilling releases

Dark Family Secrets

The Brighton Mermaid by Dorothy Koomson **Century HB, £12.99**

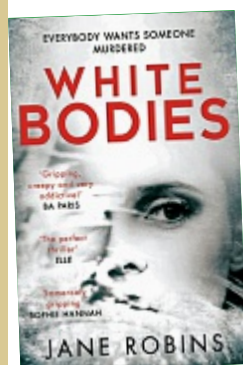
Twenty-five years ago teenagers Nell and Jude found the body of a young woman on the beach. Shortly after, Jude went missing. Now Nell collects DNA profiles, in the hope of finding a clue to the woman's identity and her friend's disappearance. Meanwhile Nell's sister Macy has secrets of her own... Tense and emotional.



Murders Most Foul

Dead Girls by Graeme Cameron **HQ PB, £7.99**

DS Ali Green is on the hunt for a murderer who has taken the lives of five young girls. When another girl goes missing and the hunt begins for victim number six, Green must battle her own personal demons while never losing sight of her quest to bring a killer to justice. Creepy and clever.



White Bodies by Jane Robins **HQ PB, £7.99**

Two sisters take different paths in life. While Tilda is glamorous, beautiful and successful, Callie remains reserved and ordinary. But their bonds of twinship can never be broken – and when Tilda marries a controlling, manipulative, dangerous man, Callie must ask herself how far she'll go to protect her sister. Twisty and cunning.

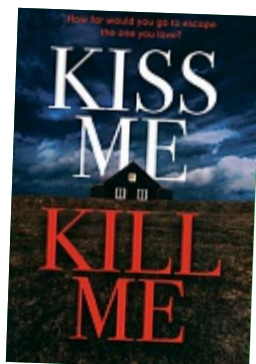


The Craftsman by Sharon Bolton **Trapeze HB, £12.99**

It was an open and shut case for Florence Loveday when, thirty years ago, Larry Grassbrook confessed to a series of child murders. Now he's dead... but the murders have begun again. Did Florence really get it so wrong all those years ago? Dark and dangerous.

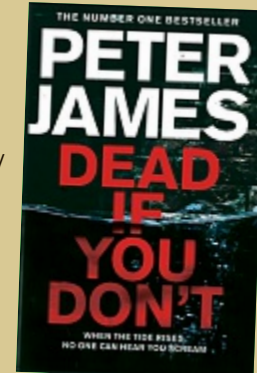
Kiss Me, Kill Me by J.S. Carol **BonnierZaffre PB, £7.99**

Waitress Zoe thinks she's met her soulmate when handsome Daniel Barton sweeps her off her feet. But the charming man she marries soon becomes emotionally abusive. Can she escape before Dan puts his own plans for a new life into action ... plans that don't include Zoe? Heart-stopping and thrilling.



Dead If You Don't by Peter James **Pan Macmillan HB, £20**

Detective Superintendent Roy Grace returns in his most complex case yet when the family of missing schoolboy Mungo receive a terrifying ransom demand and a warning not to go the police. As Grace begins the covert investigation, it gradually becomes clear that this kidnapping is not all it seems. A gripping read.



Who Remembers Widows?

One of the most popular TV series of the 80s, **Lynda La Plante's Widows** (BonnierZaffre PB, £7.99, from June 14) tells the story of three widows and a hooker who make audacious plans to finish the heist their husbands started! They're now making a film of it, to be released this autumn – but before you watch it, be sure to read the updated, reissued book. It's the perfect summer read.

- We have 5 copies of *Widows* to give away to lucky readers. To enter the draw, send your details on an email marked WIDOWS to mwcomp@dcthomson.co.uk
- We'll pick the winners on Monday, June 18. Good luck.



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A Hidden World Beneath Your Feet

Going underground can add a thrilling twist to your holiday

Travel News

◆ Take your holiday reading to a new level by staying in places with a literary connection.

FlyGuernsey.com is offering *Literary and*

Potato Peel Pie Society packages from £285pp for three nights, which includes a tour of landmarks in the novel and film and accommodation in the parish of St Martins, where many characters lived.

www.flyguernsey.com/the-guernsey-literary-and-potato-peel-pie-society

◆ Built in 1879, Lindeth Howe in the Lake District was owned by Beatrix Potter and retains strong links with the

writer of *Peter Rabbit*. The hotel's just had a £1 million refurbishment, with a new tea room and vegetable garden! www.lindeth-howe.co.uk



Beautiful Guernsey



The Paris catacombs



Cuevas Del Drach

There's a whole world hidden beneath your feet with caves, catacombs and tunnels to explore under some of our busiest cities.

You can be watching the world go by from a pavement café in the Montparnasse district of Paris, but beneath your feet lies one of the most eerie and haunting experiences the city has to offer.

Deeper than the Paris Metro at around 200 metres and more than 100 steps down, the Paris Catacombs are the final resting place of over six million Parisians. Their bones and skulls line the

walls of these underground tunnels, after being moved from the city's overcrowded cemeteries back in the 17th century. It can sound creepy, but it's hugely popular – so book in advance or you can queue for hours.

Underground caves don't come much more stunning than the Cuevas Del Drach in Porto Cristo on the island of Mallorca. No need to book a guided tour as it's easy to catch a bus from the harbour which takes you right to the entrance and you can pay at the gate. You'll explore amazing caves before

Be A Gorge Walker

Head to Somerset for a great day out for all the family with a visit to Cheddar's famous Gorge.

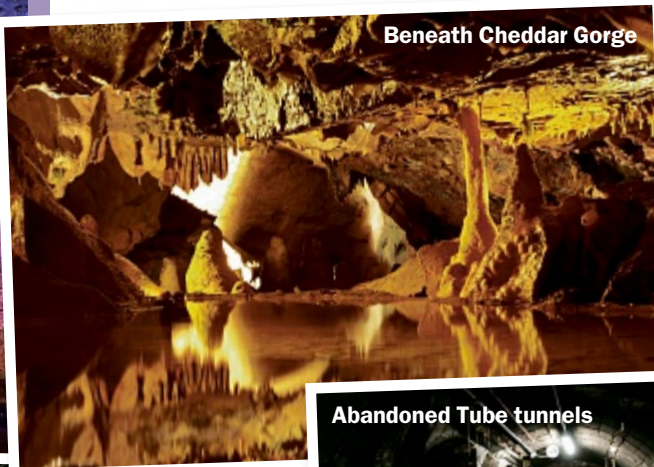
There's everything from clifftop walks to take in the breathtaking scenery above ground to trips underground to explore Gough's Cave with its secret caverns. And if you're up for the challenge, choose from a range of rocksport activities for all abilities – even beginners! Totally family friendly, you can even take your dog with you on the cave tour, although they must be kept on leads. Save 15% on tickets when you book online, with prices from £12.70 for children and £16.95 for adults.

www.cheddargorge.co.uk

Gough's Cave



Beneath Cheddar Gorge



Abandoned Tube tunnels



Guernsey's subterranean hospital



reaching the stunning Lake Martel – one of the largest underground lakes in the world. Watch the lake come to life as you're treated to a live classical concert by musicians in boats before making your own trip across the still waters.

Taking a trip to the German Military Underground Hospital on the island of Guernsey feels like going back in time. Its underground tunnels and passageways are invisible from the surface but venture below ground for a humbling reminder of what life was like during the Occupation

as the hospital was carved from solid rock. The tunnels are cold, dark and damp – a chilling reminder of life in occupied Guernsey.

Istanbul is home to many stunning sights but don't leave without a visit to its underground Basilica Cistern beneath the city's streets. Built back in the 6th century, this place has only been open to visitors for around 30 years. It recently featured in the final scenes of *The Inferno* starring Tom Hanks. If you want to escape the hustle and bustle of Istanbul, it's a must, though expect to get wet!

Tube Tours

The London Underground is over 150 years old and, over the years, several stations including Trafalgar Square and Aldwych, have "disappeared" from the Tube map. But now the London Transport Museum has opened the doors to London's hidden secrets with tours of disused stations and secret sites.

Its Hidden London guided tours are hugely popular and sell out fast so I'd suggest signing up for early bird emails at www.ltmuseum.co.uk

Popular tours include the Charing Cross one where you'll walk right underneath Trafalgar Square and discover forgotten platforms that have featured in movies including *Skyfall* and *Paddington*.

Other trips include exploring hidden tunnels at Euston or Down

Street Station in Mayfair – a working station for just 25 years until it was turned into a bombproof bunker for Winston Churchill during World War Two.

Brit Movie Tours www.britmovietours.com run trips inside Aldwych Station. This station closed back in 1994 but looks as though time has simply stood still.

And for a totally unique souvenir, why not buy your own station sign (£9.99) from the London Transport Museum Shop featuring some "forgotten" stations?



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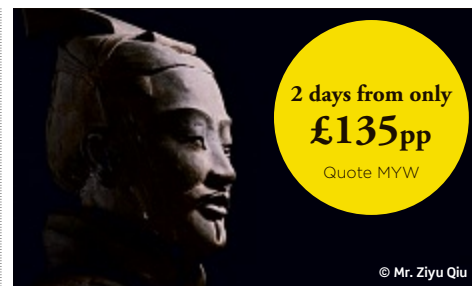
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Don't miss this chance to step onto the largest working television set in the country and stroll down the famous cobbles of Coronation Street, home to the drama, laughter and tears of the long-running and award-winning ITV soap Coronation Street. A must for all Coronation Street fans!

Price includes

- A visit with entrance to Coronation Street, The Tour including a 90 minute guided walking tour
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Highgrove Gardens

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Enjoy a guided tour of HRH The Prince of Wales' cherished gardens at his country estate in the heart of Gloucestershire together with a visit to the beautiful riverside city of Worcester and a scenic tour of the Cotswolds. A 'must see' for garden lovers and a rare horticultural treat!

Price includes

- Entrance to Highgrove Gardens
- A two-hour walking tour with one of HRH The Prince of Wales' expert garden guides
- A visit to Worcester
- A scenic drive through the Cotswolds
- One night's dinner, bed and English breakfast accommodation at a three-star standard hotel in the West Midlands/Bromsgrove area
- Coach travel from the local area
- Escorted by a friendly tour manager

China's Terracotta Warriors in Liverpool

Departs 29 Jul, 5 Aug, 16 & 30 Sep 2018

See the blockbuster China's First Emperor and the Terracotta Warriors exhibition taking place at World Museum in 2018, showcasing incredible finds from one of the world's greatest archaeological discoveries!

Price includes

- Admission to China's First Emperor and the Terracotta Warriors exhibition
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death at a wedding



When the bride is found murdered, things are not what they appear to be...

By Amanda Brittany

Inspcctor Raven's eyes flicked around the elaborate room, falling briefly on the wedding guests in their finery, the bridesmaids in paint-box-red dresses, and finally settling on an ice sculpture – now a melting effigy of the bride and groom.

The bride's death had sent shockwaves around the venue. Even the chocolate fountain couldn't raise a smile in the youngest guests.

"Is it hot in here, or is it me?" Inspector Raven said, rubbing his finger round the inside of his worn collar.

"Boiling, sir," said Detective Sergeant Sally Andrews. She looked tiny next to the lumbering inspector with his grey hair and tired eyes. "Somebody turned up the heating, despite the soaring temperature outside."

Raven followed Andrews up an elegant staircase, breathing heavily as he went.

"The victim is Kirsty Simpson – was soon-to-be Bentley," she said. "She was staying in the wedding suite with her maid of honour, Isobel Tiplady. Earlier, Kirsty's father came up to collect his daughter for the wedding ceremony, but he couldn't get a reply, and the door was locked."

"A locked door case..." the Inspector mused.

Andrews nodded.

"Yes. Apparently he went to get help, and when the receptionist opened the door, the bride was found face down on the floor, her veil spread out around her. The key to the room was on the table in front of her."

"Did anyone else have a key?"

Andrews shook her head. "There's only one other key, and that was the one held in reception." She took a breath, as they continued to climb the stairs,



tucking a tendril of hair behind her ear. "Kirsty lived with her parents, who own a place on the edge of town, complete with stables and falconry – they were monied people."

"Is the groom well off?"

"A struggling artist, apparently."

Once upstairs, Raven made his way towards the wedding suite and pushed open the heavy door. The body was a young, dark haired woman, her wedding dress blood-splattered. He rubbed his bristled chin.

"Tragic," he said. However old he got – and he felt very old some days – scenes like this always got to him.

"It seems her father raced downstairs when he saw the body," Andrews said.

"He's in a terrible state."

"Not surprising."

"And that's when the receptionist locked the door again and called us."

She's been stabbed several times," the chief of forensics told Raven, dashing the back of her plastic-gloved hand across her forehead. "Sometime this morning would be my estimate."

"Any idea of murder weapon?" Raven asked.

"A thin blade. We'll know more once we get her back to the lab."

"There's no sign of the blade, Sir," said Andrews. "Wouldn't it be in here, if the door was locked from the inside?"

Raven padded towards the open window, dragging his fingers through his hair. He peered out at the sheer drop. Nobody could have got in or out that way.

"We need to look down there for the murder weapon," he said.

"Yes, Sir," Andrews said. "Oh, and I spoke to the bride's cousin briefly when I first arrived. He suggested that the groom, Jonathan Bentley, is a bit of a gambler, and liked the women."

Raven pulled a handkerchief from his pocket, and mopped his

forehead. "We need to speak to the guests," he said, leaving the room, and descending the stairs. "And for goodness sake, get someone to turn down the heating."

We'll find out who did this," Raven said to the bride's father, once he'd finished questioning him, satisfied he had nothing to do with the murder, despite admitting his daughter liked getting her own way.

Raven approached the groom – a handsome man with piercing blue eyes, sitting under the melting ice-sculpture. "Jonathan Bentley?"

"I can't believe what's happened," Jonathan whimpered.

"Can you think of anyone who might have wanted her dead?"

He shook his head, and dashed a tear from his cheek. "She really was the →

sweetest woman alive," he said.

"Really?" Even her father hadn't thought that. "How long had you two been together?"

"Kirsty, Isobel and I had been friends since childhood," he said. "In fact, has anyone seen Isobel?" He looked about him. "I haven't seen her for ages." He paused. "I went out with Isobel at first, for a time."

Raven drew his eyebrows together.

"She didn't take it well when I fell for Kirsty. Although I thought we were all still friends," Jonathan continued. "You don't think she...?"

A drip landed on Raven's head, and he looked up at the ice sculpture. "An unusual piece," he said.

"A gift," said Jonathan, his eyes watery. "From Isobel. She's an amazing ice sculptor. She made us an ice-knife too, to cut the cake. We were to wear gloves as ice can damage the skin."

Suddenly there was a kerfuffle, and the doors were thrown open, and everyone gasped as a woman fell into the room.



sweetheart," said one of the guests.

"No!" Kirsty snapped. "No, I'm absolutely fine now."

"Did you let anyone into your room?" Raven began.

She shook her head. "It was just Isobel and me having fun. I can't believe she's dead. Do you think someone

questions, Mr Bentley," Raven said.

Suddenly, DS Andrews dropped to her knees in front of Kirsty, and took hold of her right hand.

She looked up at Raven, and smiled.

"Frostbite," she said triumphantly. "From the ice-knife."

Kirsty snatched her hand away.

"And I wouldn't mind betting, if we examine your head Miss Simpson, there will be no sign of any injury – you were lying about being knocked out. And I'm sure we'll find your prints on the heating dial, when you turned up the heating to melt the murder weapon."

Jonathan's eyes widened. "You killed Isobel?" he said, bewildered.

Kirsty looked as if she'd like to deny it, but anger took over and the truth burst out all at once.

"I wanted her out of our lives! She never stopped loving you," she cried, desperately. "I know she slept with you last night!"

Several guests gasped.


"Whatever Isobel told you, it isn't true," Jonathan pleaded.

"Oh, Jonathan, I saw her go into your room." She sighed. "The truth is she got what she deserved. She made the ice-statue for our wedding in her own image, for goodness' sake! And this morning she had the cheek to try on my dress without my permission. She told me our relationship is a sham, Jonathan, that you only want my money." She shrugged. "So I got the ice-knife from the freezer and... I killed her."

"How did you get out of the locked room, and leave the key?" Raven asked.

"My favourite falcon flew it back into the window, and dropped it onto the table. They're very clever birds."

A ripple of shock ran through the room. Within moments, Kirsty's mother was crying, and then chaos ensued.

Raven took a deep breath. "Kirsty Simpson, I'm arresting you..." 

There was a **kerfuffle** and everyone **gasped** as a woman **fell** into the room

"Kirsty!" Jonathan said, racing towards her as she dropped to the floor. "Thank God, I thought you were dead!"

Moments later, Kirsty was sitting on a sofa, a brandy in her hands. She was covered in mud, her dark hair limp to her shoulders.

"So who's the dead person upstairs?" Andrews whispered to Raven from behind her hand.

Raven looked around at the startled faces. "I will need someone to identify the body," he said. "Immediately."

What happened, Miss Simpson?" Raven asked Kirsty, once the bride-to-be was nestled on the sofa with a brandy, and the body had been identified as Isobel.

Kirsty took a gulp of her drink, her eyes watery, and shook her head.

"One minute I was in my room with Isobel, the next I woke by the lake." She touched her head. "I think someone knocked me out."

"Let me take a quick look,

mistook her for me because she was wearing my dress?" Her voice was rising. "Oh God, do you think someone wants me dead?"

"We can't be sure of anything at this stage," Raven said. He paused for a moment. "So you let your friend try on your wedding dress?"

Kirsty's cheeks flushed as she took a gulp of her drink, and Andrew's eyes focused on her hands. "I didn't see a problem with it."

"I wouldn't let anyone try on my wedding dress," Andrews chipped in, raising an eyebrow.

"But you're not me, are you?" There was a sting in Kirsty's tone, as she glared at the detective sergeant.

Raven reassessed the melting effigy. The bride looked nothing like Kirsty. "Do you think Isobel still had a bit of a thing for Jonathan?"

"What's this about, Inspector?" Jonathan chipped in. "Can't you see she's had a dreadful ordeal?"

"I'm afraid we have to ask these

FICTION EDITOR KAREN SAYS...

There's still time to pick up a copy of our latest Special, featuring Soap's biggest villain Tracy Barlow, who tells us she's a nice girl, really ...



New Nordic bring you more vitality - tablet by tablet



My Weekly **HEALTH** **FEATURES**

New Nordic produce natural products that have solid evidence for enhancing vitality and promoting an active life.



TEA & COFFEE



The Good, The Bad And The Ugly Truth

So are they good for you, or not? We look at the research and offer some common sense conclusions



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Mental Health

Studies show mixed results, but there is a general consensus that coffee can have a beneficial effect on the brain, reducing risk of cognitive decline, dementia and Alzheimer's Disease. Some evidence suggests it may protect against Parkinson's too, because it reduces oxidative damage and cell death.

Let It Cool

People who like their beverages very hot may be increasing their risk of oesophageal cancer. A number of studies have shown an association between hot beverages and oesophageal cancer. People who drank their tea heated to around 70°C had a higher risk than those who let it sit and then enjoyed a moderately warm brew.

Effects On Bones And Teeth

Back in 2013 reports emerged that a lady had developed brittle bones and lost her teeth from drinking too much tea. It raised alarm bells about the safety of our nation's favourite brew. However, this woman made her tea very strong and was getting through 100 to 150 teabags every day! This level of consumption is excessive. Her health problems were caused by flouride, present in tea in small amounts. Flouride builds up in the body if you consume a lot over a long period, which can lead to skeletal fluorosis that damages your bones and joints, leading to deformity, pain, and tooth problems. Just avoid excessive tea consumption and you should be fine!

Brought to you by New Nordic – pioneers of vitality for 27 years

Caffeine Or Not?

The caffeine in tea and coffee may keep you awake at night, raise your heart rate, or increase your risk of stress and anxiety. If you experience these side-effects, you probably prefer decaffeinated drinks. However, decaffeinated coffee may not taste as good and it still contains low levels of caffeine. It also contains traces of solvents because the beans are washed in toxic solvents to remove the caffeine before roasting.

Good Alternatives To Decaf Drinks

If you want to avoid caffeine the natural way, you can choose beverages that are naturally caffeine free, like chicory root coffee substitute – delicious by the way – herbal teas or fruit infusions. Peruse the aisles of your local health store where you'll find a barley coffee alternative, dandelion tea or coffee substitute, peppermint tea, Ovaltine or Horlicks. They're all caffeine free, although some contain sugar.



Herbal teas

Prevent Diabetes?

In 2012 a review of studies concluded that “habitual coffee consumption is associated with a lower risk of type 2 diabetes”. People who drank more than four coffees per day were less likely to get type 2 diabetes than those who drank two. The researchers felt more detailed studies were needed, looking at high blood sugar (hyperglycemia) and insulin sensitivity before public health recommendations were made.



Long live coffee!

Live Longer

There are antioxidant and anti-inflammatory chemicals in coffee, which some scientists say can help you live longer. Dr Chopra from Harvard Medical School says coffee consumption is good for your liver and may reduce your risk of five different cancers.

Protect Your Heart Health

Studies show that three cups of coffee or black tea may reduce your risk of developing coronary heart disease. This suggests that tea and coffee are good for your cardiovascular system. Why then, do some reports say that coffee increases bad cholesterol? Fresh coffee contains terpenes, which some studies say can raise LDL cholesterol. However, other studies found no risk. Filtered or instant coffee contains fewer terpenes. It's all about moderation.



Moderation Is Key, As Always

Tea and coffee are great sources of heart-healthy antioxidants, and both can be good for your mental and physical health. Excessive consumption of either may carry risks, and it's wise to let your drink cool. They are healthy choices when consumed in moderation.

Sail Through Menopause

Meno Joy™ contains extract of hops and red clover – natural isoflavones. It can also help to reduce tiredness and fatigue. Meno Joy™ is available in Holland & Barrett and leading independent health stores, or from www.newnordic.co.uk. For an information leaflet call New Nordic™ on 0800 389 1255.





HOW WELL ARE YOU

Dr Sarah Jarvis

My Weekly's favourite GP from TV and radio writes for you

We've all had times when we toss and turn – usually during the very periods we most need a good night's sleep. Insomnia is incredibly common. It affects one in five of us, and can stop us functioning effectively during the day as well as making bedtime a misery. So how do you break the cycle and return to the stage where you can snuggle down and be out like a light? And when should you see your doctor in case there's a serious cause?

When doctors talk about insomnia, we look at the pattern as well as the amount of sleep you're getting. Different types have different possible causes. So to get a clear idea of the problem, keep a sleep diary and monitor the following:

- ◆ How much alcohol you drank in the evening

- ◆ When you got into bed and when you turned the lights off
- ◆ A rough estimate – no clock watching, you'll find out why later! – of how long you took to fall asleep
- ◆ How many times you woke in the night and about how long you were awake for
- ◆ Any reasons you can pinpoint for waking, like pain, feeling breathless or wheezy, visits to the bathroom
- ◆ What time it was when you woke for the last time

- ◆ The time you got up
- ◆ How refreshed you felt the next morning, on a scale of 1-10.

Stress is a great sleep deprivier – try to wind down for a couple of hours before bed with a relaxing book or a warm bath

For instance, difficulty getting off to sleep might point to stress, physical discomfort or restless leg syndrome. Waking frequently could be down to asthma or waterworks problems. Waking early is a common sign of depression. Feeling unrefreshed the next



Keep a sleep diary

FROM MY SURGERY

BREAST SCREENING

Scary news that 450,000 women in England weren't invited to their last breast screening mammogram between the ages of 68 and 71. By now, if you're one of them, you should have received a letter explaining your options – offering a mammogram if you're up to 72, or a counselling appointment to discuss the pros and cons if you're 72 or over. If not, ring the helpline on 0800 169 2692.

POUNDS ON HEALTH

Some eye-watering figures just out for our spending on healthcare – £191.7 billion pounds in 2016, 80% of it funded by the Government. The government also paid for 60% of all spending on long term care, with the rest coming from individual contributions. As a nation, we spend 10% of our national income on health – higher than many but second lowest of the G7 countries.

DOWN ON THE FARM

I'm a great believer in the restorative power of nature, and a new study suggests there may be surprising health benefits. Those who live close to farms, particularly those with cattle or pigs, are less likely to suffer from allergies than other people. This is what's called an "observational" study, so we don't know how this effect works, but it could be down to getting a dose of good old-fashioned dirt!

PICTURES: ISTOCKPHOTO. DR SARAH JARVIS IS UNABLE TO OFFER INDIVIDUAL ADVICE OR SEE INDIVIDUAL PATIENTS. ALL HEALTH CONTENT IN MY WEEKLY IS PROVIDED FOR GENERAL INFORMATION ONLY. PLEASE SEEK HELP FROM YOUR OWN GP IF YOU HAVE A MEDICAL PROBLEM.

SLEEPING?

day might point to obstructive sleep apnoea or underactive thyroid.

Ask yourself how often, in the last two weeks, have you felt down, depressed or hopeless, and how often have you not enjoyed activities you would usually take pleasure in?

If the answer to either is “on at least half of days” or “nearly every day”, then see your GP to talk about possible depression.

If you're feeling tired every day, think about other symptoms you may have – for instance, ask your partner to tell you honestly how much you snore, and whether you have periods when you stop breathing then jerk awake. These can be a sign of obstructive sleep apnoea, where your airways close during sleep, cutting off oxygen for several seconds at a time. As well as increasing your risk of problems like heart disease, this can leave you feeling exhausted even if you don't know how often

you've been awake. Fortunately, it is usually treatable.

Likewise, other physical problems such as enlarged prostate in men or overactive bladder in women can lead to disturbed sleep for multiple trips to the loo. Underactive thyroid is linked to putting on weight despite not eating more, constipation, dry skin and lifeless hair, as well as tiredness. Pain from arthritis can lead you to wake when you turn over in bed. And many medications can disturb your sleep too.

If you do see your GP, don't expect them to prescribe sleeping tablets. While they may be tempting for short term relief, the effectiveness of sleeping tablets wears off within weeks, and they're highly addictive.

They've also been linked to increased death rates – so if your GP says “no”, it really is for the good of your health!

Next week: Do you have angina?

Try to go to bed and get up at the same time. Don't be tempted to lie in after a bad night as regular bedtimes help re-set your body clock

HERE TO HELP

THIS WEEK: Losing Weight

By Lynsey Naden & Hannah Bright
of atyourcontour.co.uk



Q I would really like to lose weight, but don't know where to start. Can you help?

A A popular question in the fitness industry. First, let's talk about your diet. Put simply, you need to be in a caloric

deficit to lose weight. Do you know your current maintenance calories? If not there are plenty of calculators on the internet. Once you know this, decrease the amount by around 300 calories. Remember to consume a balanced diet, containing carbs, fats and proteins.

Next, for optimum results we suggest following a training plan which encompasses both resistance training to build lean muscle, creating a metabolic powerhouse, and some cardio to increase your weekly calorie output.

Finally, you need to be patient and consistent. Don't get stuck in the classic mistake of fad diets and yo-yo dieting which will undo your hard work.



FOCUS ON... DRY SKIN

Child's Play

Made for children's sensitive and eczema-prone skin, Childs Farm Baby Moisturiser, £8 from Boots and childsfarm.com, now comes in a 500ml size for the whole family. Containing over 98% naturally derived ingredients, it has no artificial colours and is free from parabens, SLSs and mineral oils. The luxurious moisturiser can be used all over the body for fresh-smelling, soft and hydrated skin.



Multi-Purpose

Purple Tree Miracle Balm is available in five different variants, each made with a key natural ingredient to moisturise and provide relief from dry and irritated lips and skin; to protect nails and cuticles; and moisturise dry hands and elbows. Choose from Aloe, Coconut, Papaya, Shea Butter and Pomegranate, Purple Tree Miracle Balm, £3.99, is available from purpletreeskincare.com and Amazon.



“Don't be tempted to resort to alcohol to help you sleep”



Advertisement

Liselotte had started with the menopause and suffered badly with both hot flushes and emotional tremors throughout her body. She was recommended to try Meno Joy™, today she no longer experiences hot flushes and the unpleasant tremors have completely disappeared.



My hot flushes disappeared.



Liselotte is 49 and has a bachelors degree in nutrition and health. She works every day in a busy office environment. In her spare time she likes to keep fit and healthy, by working out.

"When the menopause began I started to experience a lot of changes. I woke up at night completely soaked in sweat and had to change my nightwear. This gave me sleep problems. The smallest amount of physical activity made me sweat instantly. My whole body would tremble, it felt like I had the flu.

Heard about Meno Joy™

I heard from a friend, about Meno Joy™. She had also tried the product with success. I already knew of the company New Nordic™, so it didn't

take much convincing or me to try the tablets.

My hot flushes are gone

I've taken Meno Joy™ now for over a month and I can already feel a difference in both my mood and the number of hot flushes. I have virtually no hot flushes anymore and have a completely different

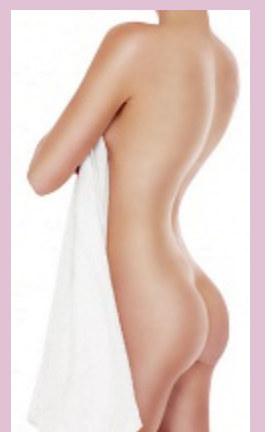
feeling in my body. Night sweats have eased, which means I sleep better. I've got more energy during the day. I would definitely recommend MenoJoy™ natural tablets to others who have symptoms of the menopause.

Where to buy?

Meno Joy™ is available from all leading independent health food stores and Holland & Barrett. For more information call New Nordic™ on **0800 389 1255** or purchase online at www.newnordic.co.uk

Connection between the menopause and a decrease in sexual desire

Many women experience less sexual pleasure sensation with age, especially after menopause. A survey of 316 Danish women aged 50-60 years with symptoms of menopause shows that every third woman has experienced decreased sex drive during menopause. Meno Joy™ contains vitamin B6, which contributes to the regulation of hormonal activity during the menopause. It's the only product on the market that combines red clover, hops and damiana. Damiana is native to Mexico and where Mayan Indians used as an aphrodisiac.



HOLLAND & BARRETT

~ INDEPENDENT ~
Health Food Stores



www.newnordic.co.uk

Online Store

ASK HELEN

Celebrity agony aunt **Helen Lederer** gives you her heartfelt advice every week

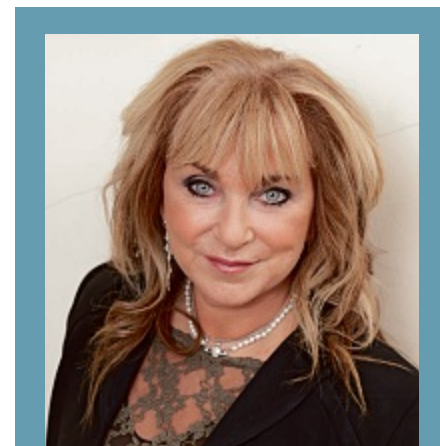
I Ran When He Told Me His Secret!

I am divorced and have been seeing my friend's widower – as friends – since her death last year. He had mentioned that he had a secret – he likes ladies' clothes – and I managed to sound positive and encouraging about what I thought was a harmless private indulgence. But then he turned up for a meal out in full get-up – wig, make-up, red dress and heels. I'm afraid I simply turned and ran! He hasn't tried to contact me since and I feel terrible.

While your friend might have thought the information that had been given was sufficient to move you both forward into a new place, you had not had time to process that information. There is no right and wrong here – just two different reactions. So give yourself the time to reflect on the friendship you both enjoyed before that meal.

How do you feel? Your friendship has been going on for a year and it seems you were close before that so there is

There is no right or wrong – just two different reactions – but you can find a way forward



As someone who has been a social worker, mother, wife and divorcee I feel I have been around the block – and back – a few times. I'm humbled to answer your questions and passionately feel that if a problem can be shared it can be halved – at the very least.

already a back catalogue of loyalty and value. So how can you make sure the friendship is valued “going forward”?

Lasting and enduring friendship is all about working out how to react to changes, values, political positions, even weight changes!

The power of friendship is often underestimated. When it breaks down, the unhappiness caused is extreme and immediate, but it can be easy to stop that by reaching out! Perhaps you can text, write or phone – whatever method you feel would be appropriate.

We are all different – that's what makes the world go around – and if that is meant to be, it will happen.

Anyone can express themselves as they wish and if you feel that you were wrong to run away, you know what you can do. The future is what you make it.

A Helping Hand

The Pot Company, a leading wholesaler of planters to the Garden Centre industry, have announced the launch of The

Anniversary Planter, designed and developed in association with gardening charity Thrive. The Anniversary Planter is a beautiful oval trough with Thrive's logo in the centre on both sides. Made from Terracini – a harder wearing variety of Terracotta – it is available in two sizes (30 x 14 x 11cm at £12, and 50 x 24 x 18cm at £32) from garden centres and www.roundwood.com. The Pot Company is donating 10% of their revenue from sales to Thrive to help with their work in using gardening to positively change the lives of people living with disabilities or ill health, or who are isolated, disadvantaged or vulnerable.



PICTURE: ISTOCKPHOTO

Write to Helen Lederer at: Ask Helen, My Weekly, 2 Albert Square, Dundee DD1 1DD.

Helen is unable to enter into private correspondence with readers.

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Money



Consumer expert Sue Hayward's savvy finance tips and advice

3 WAYS TO SAVE

◆ Visit your local fire station for a free family day out on open days – Crewe will be holding one on June 9 and there are many more around the country during June, July and August. Look up your local one for dates.

◆ Get 45 free 6 x 4 photos each month when you sign up for www.freeprints.co.uk. Use the website or app. Just pay for delivery from £1.49 plus any extra prints. Great service and so much cheaper than high street photo places.

◆ Save old bedsheets to use as dustsheets when you're decorating. Saves buying them and you can just throw them away if they get messy!



Dear Sue... Driving Abroad

We've never driven abroad and we're off to France. Help!

◆ When it comes to driving abroad, Co-op Insurance say most of us admit to "driving blind" as we don't know local road signs. This can mean an accident if you drive the wrong way down a one

way street! Or even a nasty situation with the locals, so check the rules of the road in the country you're visiting. Brush up your knowledge before you go with Co-op's handy quiz so you can be more confident on the roads. <https://hub.co-opinsurance.co.uk/road-signs/>

Talk

Sue's Guide To Stopping Bank Account Leaks!

Your money could trickle away faster than you think if you don't plug the leaks that can drain your bank balance. We waste over £20 a month on subscriptions we don't need, use, or are just poor value – that adds up to over £250 a year.

Cashback site TopCashBack.co.uk has done the number crunching and says the worst value stuff we sign up for includes beauty box subscriptions and gym memberships. TV streaming deals are among the best value.

It's easy to forget to cancel if you don't check your bank account, and if a membership has been set up on auto renewal when paying by card, it can mean companies just take your money year after year.

So fix those leaks! Start by checking your bank statement. Can you spot payments you don't recognise? Ask your bank to check them out. It costs nothing and can save you money.



Once you're outside any minimum contract, you can cancel old memberships. Here's how to do it...

- ◆ With a Standing Order, cancel it with your bank which, if you bank online, can be a two second job.
- ◆ Direct Debits mean you give a company the right to take your money so cancel with both the company and your bank.
- ◆ Discount deals are a way companies hook us in, hoping we'll forget to cancel when the deal ends. Pop a note in your diary to remind you to cancel – unless you want to continue at full price.

TIPS!

- ◆ Check minimum contract terms – you can't cancel part way through a contract.
- ◆ You can cancel Standing Orders with your bank.
- ◆ You should cancel Direct Debits with the company and tell your bank.
- ◆ Say no to auto renewal when paying by card. Auto renewal means companies can automatically renew your subscription and take your money forever until you cancel.

At Your Service!

We're getting supermarket savvy, say Halifax. One in three shop in discount outlets like Aldi and Lidl and one in four use coupons to save at the till.

SUMMER STITCHING

These delightful cross-stitch designs are based on the paintings of Valerie Pfeiffer and would be a lovely addition to your home or would make a great gift.

There are six designs available and each kit contains everything you need for your new project: 14ct aida fabric with DMC stranded cottons sorted onto numbered cards, clear chart and instructions, and of course, your needle!

**NEW
for 2018!**



Simply Wren 5 x 5 inches (12.5 x 12.5 cm)



Bluebell Chick Chat 4 1/4 x 4 1/4 inches (11 x 11 cm)



Chatty Robins: 7 x 4 3/4 inches (17.5 x 12 cm)



Freesia Posy: 7 x 7 inches (17.5 x 17.5 cm)

Sitting Pretty
8 x 3 1/2 inches
(20.5 x 9 cm)



Fish Tonight
8 x 3 1/2 inches
(20.5 x 9 cm)



Title Initial Surname
 Address
 Postcode
 Telephone
 Email Address

CODE	DESCRIPTION	PRICE	QTY	TOTAL
LYNI404	Freesia Posy	£24.99		
LYNI405	Fish Tonight	£24.99		
LYNI406	Sitting Pretty	£24.99		
LYNI407	Chatty Robins	£24.99		
LYNI408	Simply Wren	£14.99		
LYNI409	Bluebell Chick Chat	£18.99		
P&P				£1.99
TOTAL COST OF ORDER				£

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ONLINE: www.stitchkits.co.uk/MW122

Bright Ideas!

Top tips for an easier life!

Added Sparkle

I made this picture from a blank canvas. I drew flowers on



it and then glued on beads and pieces from broken chains, then glitter stars from a craft shop. I made a butterfly from card and beads to finish it off.

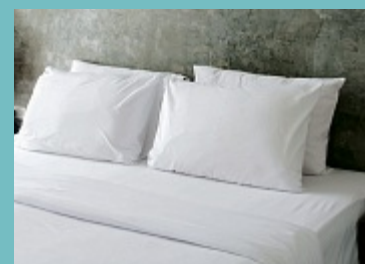
Susan MacDonald, Catford

Aggie MacKenzie's Expert Tips...

Our home and consumer expert Aggie MacKenzie shares her top household tips and suggestions each week



■ My friend makes sure her white bedding stays looking pristine right up to the next linen change by turning her pillows over each night just before she gets into bed. When she rises, she turns them back over again. No grease or mascara are allowed to build up if you do this!



■ I love the anti-moth range by totalwardrobecare.co.uk (from £2.50) – think fragrant essential oils such as lavender and lemongrass. Their new all-natural, environmentally friendly Chrysanthemum Moth Spray (£22) attacks moths' nervous systems, killing them in seconds.

■ When you next have a new carpet fitted, retain an offcut. A carpet fitter told me that if it gets marked, first clean the mess then rub the stain with an offcut of that carpet. It seems to work!



Double Check



If, like me, you have a collection of odd socks languishing in a drawer and are forever wondering where their partners have got to, remember to check the corners of your freshly washed fitted sheets. I found a big stash of them hiding in there the other day!

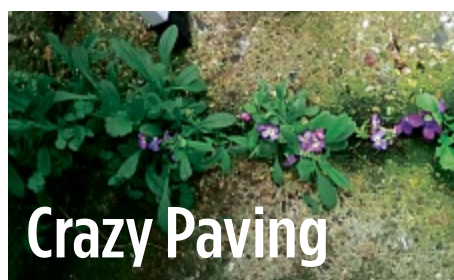
Alice Elliott, Halifax



Sweet Scent

When you have guests, if you have lavender in the garden, make up a little bag of it and put it out with matching soap for them.

Frances Rutherford, Dorset



Crazy Paving

I sprinkle wildflower seeds between paving stones in the garden.

Charlotte Primrose, Essex

Lasting Flowers

To keep your fresh flowers lasting longer, mix two tablespoons of sugar with two tablespoons of vinegar in a quart of cold water. The sugar provides food for the flowers and the vinegar keeps them fresh. Mine stayed looking beautiful for seven weeks.

Mrs Joan Fowler, Cornwall

The Real Thing!

Clean bathroom tiles and grout with a toothbrush dipped in coke. Makes them sparkle like new.

Jane Whitaker, Kent



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Brain Boosters

Puzzles to do just for fun or to win some great prizes!

Sudoku

Fill in each of the blank squares with the numbers 1 to 9, so that each row, each column and each 3x3 cell contains all the numbers from 1 to 9.

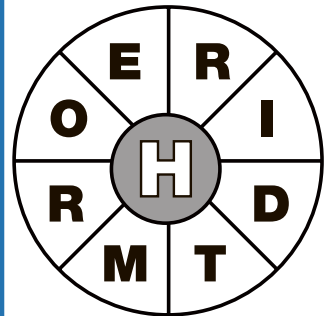
Turn To Page 65 For Solutions

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

Word Wheel

You have ten minutes to find as many words as possible using the letters in the wheel. Each word must be three letters or more and contain the central letter. Use each letter once and no plurals, foreign words or proper nouns are allowed. There is at least one nine-letter word.

- Average: 20 words
- Good: 21-30 words
- Excellent: 31-39 words



Codebreaker

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

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

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

11	15	6	3	4	4	15
	A					A

Each letter of the alphabet has been replaced by a number. The numbers for the first name of our pictured celebrity are given. Work out which number represents which letter in the grid to reveal which royal family member landed Brendan in hot water earlier in the year when he broke protocol and waltzed with her.

Suguru

Fill the grid so that each cell in a bold outlined cluster of cells contains the digits 1 and 2, a cluster of 3 cells contains 1, 2 and 3 and so on. No same digit should appear in any neighbouring cell, not even diagonally.

		2		
		4		
	5			

More Puzzles Overleaf

Turn To
Page 65 For
Solutions

All Muddled Up

We've taken the names of three stage plays in which Lisa Riley has appeared and mixed up the letters. Can you say what they are?



what they are?

CARNAGE DRILLS

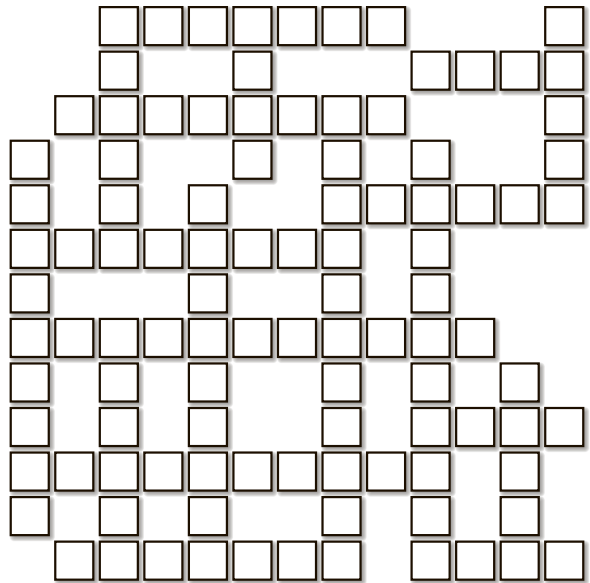
THREAD KENT HUT

TYPEWRITE THAW HALO

Kriss Kross

Try to fit all of the listed words back into the grid.

- | | | | |
|------------------|------------------|------------------|-------------------|
| 4 Letters | 6 Letters | 8 Letters | 10 Letters |
| Drop | Milieu | Elongate | Headstrong |
| Glee | Sullen | Houseman | Hullabaloo |
| Rota | Unease | 9 Letters | 11 Letters |
| Sage | 7 Letters | Reanimate | Absenteeism |
| 5 Letters | Envelop | Unhealthy | Thunderclap |
| Spree | Maestro | | |
| State | | | |



Discover the hidden word in the shaded squares and you can now enter by telephone or text

Missing Link No 544

ACROSS

- 1 Ant, Billy, Side (4)
- 3 Boxing, Fruit, Hole (7)
- 8 Body, Dog, Mud (5)
- 9 Cattle, Dressing, Hand (5)
- 10 By, Corn, Suit (3)
- 12 Alarm, Dawn, Teeth (5)
- 14 Blind, Have, Healer (5)
- 16 Active, Market, Space (5)
- 20 Side, Sing, String (5)
- 22 Appeal, Opposite, Symbol (3)
- 24 Life, Stand, Stock (5)
- 25 Cordless, Seed, Sergeant (5)
- 27 Battery, High, Solar (7)
- 28 Attention, Life, Wing (4)

DOWN

- 1 Bars, Fork, Pan (6)
- 2 Jet, Old, Time (3)
- 3 Doggy, Steamer, Wheel (6)
- 4 Day, Rhyme, Slopes (7)
- 5 Saboteur, Treasure, Witch (4)
- 6 Child, Finishing, Teacher (6)
- 7 Leather, Length, Muscle (4)
- 11 Ever, Not, Some (4)
- 13 Knees, Spelling, Wax (4)
- 15 Park, Semi, Tent (7)
- 17 Column, Malicious, Monger (6)
- 18 Over, Question, Spring (6)
- 19 Mask, Tank, Tent (6)
- 21 Cattle, Lock, National (4)
- 23 Aerial, Finder, Sea (4)
- 26 Dog, Top, Wing (3)

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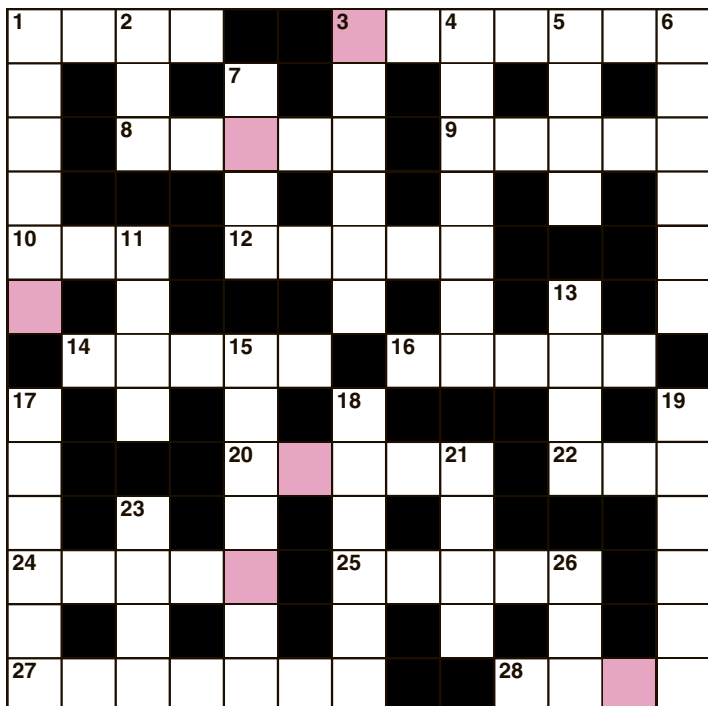
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murder, she wrote



Who could have brought the fiction editor to such a violent end, stabbed with her own letter opener?



By Christine Sutton

Detective Inspector O'Casey snapped on latex gloves. "So, what have we got?" "Victim is Britney Morgan, sir, fifty-six, fiction editor of *Mystery Now*," said DC Helen Walker. "Doc estimates time of death at around seven-thirty am. Body discovered by her PA Lindsay Prentiss at ten am. "Miss Prentiss had toothache and visited her dentist before coming in. Dentist confirms it.

"The building's security guard, James Heavy, says Mrs Morgan arrived at seven, saying she had a backlog of stories to get through before going on holiday."

O'Casey peered at the ornate-handled knife protruding from the victim's chest. Handcuffs on each wrist secured her to the chair and there was a gun in her lap.

"What is this? I feel like I've stumbled into a scene from *Cluedo*."

"Stage props," Walker said. "The magazine publishes murder mysteries and Mrs Morgan liked to surround herself with the tools of the trade. The cuffs are toys and the gun's a lighter."

"That knife in her ribs looks real."

"Mrs Morgan's letter opener. She received a lot of stories."

Something in the waste-bin caught O'Casey's eye. Reaching in, he withdrew a wad of paper.

"*The Point of Death*, by Angel Senior." He grimaced at the typos. Written across it in blood-red marker were the words, *YET MORE SENIOR TRASH*.

"Not one to sugar-coat her feedback," he said, bagging the pages. "So if the PA's alibi holds up, who else have we got?"

"Apart from the security guard, there's a cleaner, Alison Green, and a maintenance man, Harry Ryan. He's rewiring a circuit box one floor up. It meant disconnecting the phones, so he started early."

"We'll begin with him."

Ryan jumped visibly when Walker tapped him on the shoulder.

"Whoa, missy, you could give a man a heart attack, creeping up like that."

"Sorry, Mr Ryan, but we have a few questions to ask."

"Huh?" he bellowed, cupping his ear.

"Did you go into Mrs Morgan's office today?" O'Casey cut in, speaking loudly.

"Yeah, she were 'er usual friendly self. I'd just unplugged the phone-line when she marched in and told me to get lost."

"That must have been annoying?"

O'Casey suggested.

The old man shrugged. "No skin off my conk. Got plenty more to do."

O'Casey pursed his lips.

"Hmm. OK, let's talk to Heavy next."

The security guard was aptly named.

"Got the log here," he said, his fleshy cheeks wobbling. "Alison signed in at six, Harry soon after. Mrs Morgan got here at seven."

"Did you have any reason to go into Mrs Morgan's office?"

"Not in, no. Alison sometimes makes us a sneaky coffee in the PA's office – Miss Prentiss likes the good stuff. I went up about seven-twenty. The cleaning cart was there but Alison wasn't."

"Any sounds from Mrs Morgan's office? Raised voices, a scuffle?"

Heavy nodded. "The connecting door was shut but it sounded like 'Unlikely storyline!' and then Mrs Morgan's voice

says, 'Yes, so it's in the bin where it belongs.' She must've been talking to one of her writers on speaker-phone."

Except the phones were disconnected, O'Casey remembered. "Thanks, Mr Heavy, you've been very helpful."

They found Alison Green scouring a sink in the men's washroom.

"Poor Mrs Morgan," she sniffed, pulling off her rubber gloves to wipe a tear.

"Mr Heavy saw your cart outside Miss Prentiss's office at seven twenty," O'Casey said. "Where were you?"

"Little girl's room," she said coyly.

"Was that before or after you cleaned Mrs Morgan's office?"

"I didn't go in. Mrs Morgan was busy."

Walker bent to admire a brooch on her lapel. "That's pretty. An angel, isn't it?"

"A birthday gift from my husband. Angel's his pet name for me."

O'Casey looked from the brooch to the woman's name-tag. "Ever tried your hand at writing, Mrs Green?"

Her eyes lit up. "Actually, I have."

"It must've been upsetting, hearing Mrs Morgan say that about your story. You do write as Angel Senior, an anagram of Alison Green?" He held up the bagged manuscript.

Green's face contorted with fury.

"An unlikely storyline, she said. Not so unlikely now, is it?"

O'Casey took a set of very real handcuffs from his pocket. "Alison Green, I am arresting you..." **MW**

FICTION EDITOR KAREN SAYS...

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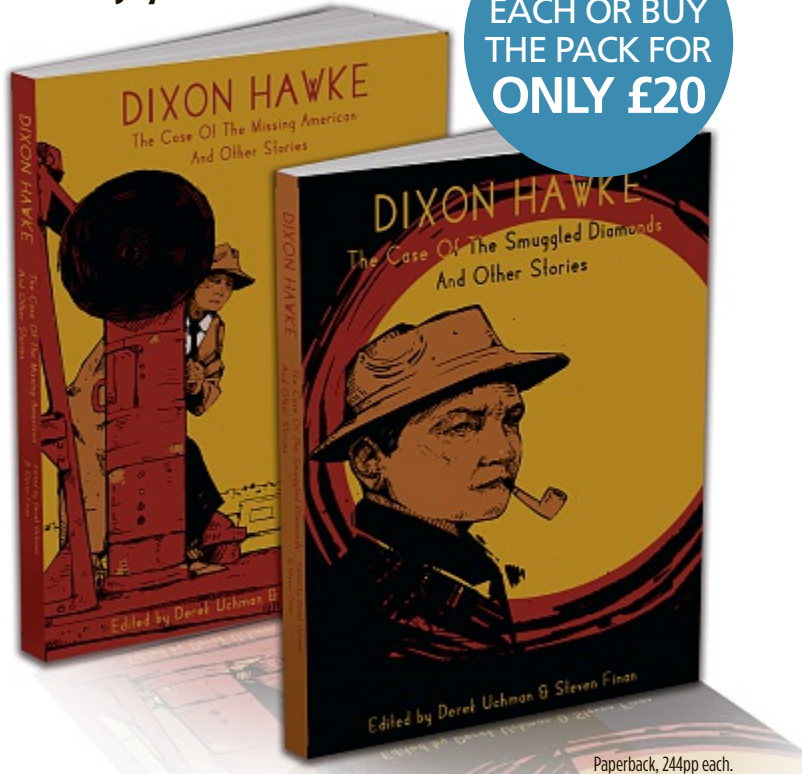
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CODEBREAKER

Phrase: Camilla

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U	J	R	C	I	O	R	X							
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SUDOKU

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

SUGURU

1	4	5	4	1
2	3	2	3	2
4	1	4	1	4
3	2	3	5	3
1	5	1	2	1

ALL MUDDLED UP!

Calendar Girls, The Naked Truth, The Play What I Wrote

KRISS KROSS

M	A	E	S	T	R	O	S					
I		A					D	R	O	P		
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								G	L	E	E	

WORD WHEEL

The nine-letter word is THERMIDOR

MISSING LINK 541

ACROSS: 1 Will 3 Electric 8 Clean 9 Vital 11 Haste 12 Nervous 14 Bass 16 Code 20 Vehicle 22 Marsh 24 River 26 Short 27 Handling 28 Holy
DOWN: 1 Wright 2 Locks 4 Lining 5 Cover 6 Rat 7 Meters 10 List 13 Odd 15 Ash 16 Common 17 Over 18 Lesson 19 Cherry 21 Coral 23 Retro 25 Van
SHADED WORD: LAGOON

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◆ Just seven teaspoons of botulinum would be enough to kill every person on the planet – but a watered down version is used as botox.



◆ It takes one goat a year to produce enough cashmere to make just a single scarf.

◆ NASA has a Silver Snoopy award, depicting the cartoon beagle in a space helmet, to honour astronauts of exceptional professionalism.



WOW!

Arnold Hogg was the first man to take a photo of himself with a selfie-stick, in 1926.

◆ The world's largest omelette was a whopping 10 metres wide.

There is a town in Limerick called Hospital

◆ Hypnosis is named after Hypnos, the Greek god of sleep.

◆ 557 people in England and Wales speak Cornish as a first language.

◆ One in six new businesses in the UK is started by someone over 50.

◆ 19 British prime ministers were educated at Eton.

◆ Ireland's national tree is the Sessile Oak.



◆ Honeysuckle and jasmine smells most strongly at night to attract moths.

◆ Drummer Buddy Rich was once a judo instructor in the US Marines.

FANCY THAT!

Facts to make you go **“WOW!”**



Lulu's real name is Marie McDonald McLaughlin Lawrie

◆ Dreich, to describe miserable weather, was voted by Scots as their favourite Scottish word.

◆ The “lay” of a rope is the tightness with which the strands are woven.



The Cortina was named after the Italian ski resort Cortina d'Ampezzo and several were driven down the bobsleigh run!

WOW! The *Coronation Street* make-up team gets through 10 lipsticks, five powders, six eyeliners, four blushers, six eye-shadows, 15 large cans of hairspray and 50 boxes of tissues every week.

◆ The London Eye has 32 capsules, one for each of London's 32 boroughs, but they're numbered from 1 to 33, to miss out unlucky 13.



Inemuri is a Japanese term for a nap at work

◆ *Huckleberry Finn* author Mark Twain invented an elastic clasp strap for bras.

◆ Horology describes the science of measuring time and the art of making clocks.



◆ There are 377 steps from the ground to the pedestal of the Statue of Liberty, and another 146 steps to the crown.

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