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Welcome to October

Spring! What a delightful time of year. And indeed, it brings to mind a key necessity for our homes, an arrangement of sorts...

Sometimes I do go on about my mother. But she did do a bunch of things I really liked and which I keep loving years on. And one of them (forgive me if I have told you this before) was to create a display of flowers, foliage, grasses, even weeds – anything she could get her hands on – and creatively arrange them in her vase of choice and position them on our TV set (do you remember when televisions were on legs). She did this without exception, whatever the weather, indeed whatever the season. Spring gave her an abundance of choice because she lived in a cold climate. But when the winters were bleak, she managed to forage different foliages from anywhere and everywhere (the neighbours’ gardens were certainly not out of bounds), and put them together with such flair they might have come straight from the local florist. In her early days of marriage when she lived in a very dry climate, she brought grasses and weeds together with such style and panache I’m sure they themselves were overcome with pride in their oft unrecognised beauty. She just had a gift for artfully arranging anything. But more importantly she knew an arrangement made a house feel like a home and not a day went by we weren’t greeted by something from the garden. In fact, I think creating a vase of anything was her secret love affair – move over Dad! Luckily for me I inherited her ability to put a vase together and I just about love it as much. Secret love affair? Nearly! But while we celebrate spring, let’s not forget how many people across the country have experienced terrible drought in the past months where close to nothing is growing. But if there is a weed or two that is defying the odds, perhaps you can reward them by arranging them in a vase and making them and your home a little cheerier. Lovely idea for everyone, thanks Mum.

‘Fake it ’til you make it’ we hear! But faux flowers are faux fabulous these days they’ve made it before they begin. If time (or $$$) stop you from having fresh flowers at your place regularly, fake ’em! Just might be a whole new love affair in your life!

Subscribe now for big savings and more. See page 186 or call 1300 301 567.
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Bright and breezy speaks of spring! So now’s the time to give your place a happy makeover and the fabulous ideas on these pages will set you up. And really, decorating is so much more fun than a spring clean, which only involves scrubbing and reorganising. So get going ‘flower power’ style!

Pretty painterly effects and all manner of colour will enhance rooms, giving them a light and airy feel. And apart from painting your walls a refreshing shade of Caribbean blue, you can bring in the rest. Note the brushed stripes of the light shade and the watercolour cushions.

Loving ombre? Have a go at dip-dyeing or buy the fabric and run up a pair of curtains.

FOR SHOPPING DETAILS, SEE STOCKISTS PAGE
All you need for success is a paint swatch strip with graduating shades.

2 Let’s hear it for ombre shelves. Harness your DIY skills and make this pretty display from cut-to-size shelves and an MDF circle. Once assembled, take sample pots of paint, lighter than your wall colour, and paint the graduated stripes. Awesome!

Spring fever

Let tonal hues, florals, foliage and bright exuberant patterns transform your home for this gorgeous season.
Bring spring in with a light and lovely botanical duvet set and banish winter completely.

3 It’s pretty colours season but if you’re only in half a mind to paint your walls, paint only half of them! Colour the bottom half in a soft pink and make a feature of the strokes midway up – then it’s art, too, really!

4 Boost your home’s kerb appeal with this original idea. Give basic terracotta pots a new look with two or three coats of paint then, when dry, stencil your house number on top. Use colours that coordinate with your entrance. PS, fill your pots with plants (real or faux) that grow upward so as not to obscure your house number.

5 You can add more clever touches with this super bedside ledge. It’s an easy make and consists of two inexpensive picture ledges, one fixed upside down above the other. Then up the ambience simply by fixing an LED lighting strip under the top ledge.
If you ever needed a reason to rip the carpet from your stairs, this is it. Paint the treads to match the rest of your woodwork then go to town on the risers, painting them in graduating shades of gorgeous spring yellow, from darkest to light. What a way to bring your grey walls and hallway to glorious life!
Green up your home – here, there and everywhere – with _indoor plants_, even the hanging variety.

*Mid-green walls* offer rooms – and you – a sense of serenity. You can steer the look toward a fresh modern vibe, with contemporary floral fabrics and art. The painterly effect of the lampshade’s leaves, and the print’s string of pearls and trailing vine have been captured beautifully. Ah-mazing!

*Check out bold wallpapers* and ‘grow’ fabulous fronds on your walls. It will feel like a spring breeze has swept through your home. But perhaps best applied in small doses!
Think artwork, too. One big floral-inspired piece can give your room all the season's feel you want!

9 Layer your green scheme with teals, blues and hints of yellow, your go-to pieces for this being soft furnishings and homewares. You can stop here or dare to go vibrant with judicious splashes of pink. Talk about popping with colour!
10 Take your interior from winter cosy to spring fresh simply by adding a few lightweight cotton cushions. Particularly with floral motifs, in amongst velvet or woolly cushions, they will lighten the space.

11 Popping up everywhere, monstera leaves will inspire you to redecorate. This bold all-over pattern is held in check by its chalky tones and neutral background. Even on one wall, it will make a difference, especially if your living space has felt a little drab of late. Look for patterns that put a spring in your step!

12 A refreshing study will keep your energy levels up, up, up as you work. Go for mid-weight greens for a calm and creative environment. And if all-over colour is too much for you, paint the lower third of your wall a deeper green-grey that’s certain to ground you.

“Punch up a room with oversized fronds and white to keep it light and airy.”
Want a spring showpiece? Partner big botanical bed linen with easy green backgrounds – walls, floor or headboard – and all eyes will zoom right in on the bed, and rightfully so! Toss around bright blossom pink or flashes of fuchsia to add a little spring zing to the room – and who doesn’t want that!

Love, love, love just for the season, or all year really, a hummingbird to keep you happy.
14 Remove heavy winter drapes to make way for less weighty curtains in a design that goes across fabrics – and papers even – that allows you to take it throughout your whole room. Then single out furniture and furnishings for divine and dazzling solid colours.

15 For a seamless flow between your spaces, when choosing your designs and patterns, ensure they co-ordinate from room to hallway to room. From wherever you look and to wherever you see, mix and match is key. Now go decorate like the artist we know you are!

“"Aim for an all-in-one but brilliant scheme with a curtain-to-cushions-to-wall relationship. How? Use the same floral across all!""
Looking for an almost instant revamp?
Find your fabric’s coordinating wallpaper and apply to one wall. For a fab deco partnership, paint adjoining walls the same shade as the wallpaper’s background. Then give single pieces a big colour each from the paper. Stunning!

Mixing patterns? Try 60% of the main, 30% of the second and 10% for accents.

FOR SHOPPING DETAILS, SEE STOCKISTS PAGE
Cushions are a low-cost way to begin your foray into floral patterns.

A profusion of florals, fronds and ferns will put a smile on your face. And they don’t have to be the fresh variety. Check out the sofa and curtain fabrics with their abundance of bright blooms, here. Now have the confidence to use the same design in different colourways. It’s a fun idea and the blooms will certainly help you transition from indoors to out. Solid colours play a special role in such a space. Fabulous patterns will always shine brighter if you give the eye a rest. Here, the subtle rug and neutral walls do the trick.

Birds are chirping, butterflies are starting to be seen and blossoms are emerging – on your walls. This gentle wallpaper resembles an etching and while its hues are gentler, they are no less dazzling. So be inspired and go on a gorgeous hunt to find a pattern that chirps for your rooms.

Bella Rosa and Willow cushions, both in Teal, Luxotic.
Mirror the exuberance of spring with a gorgeous panel of exotic figs, pomegranates and oversized seed pods. To pull your scheme together, choose chairs and a floor rug in colours drawn from the mural. Dining in will see you enjoy the fruits of your labour!
cross with me!

You’ll have spring all sewn up with these cross-stitch creations

Stitch your way into spring with these pretty patterns. Whether you’re already crazy for cross-stitch or new to this terrific craft, you’ll love our selection of projects created specially just for you!

What’s all the hoopla?

Spring blooms forever fresh, what’s not to like? Have a go at displaying your project using this nifty double-hoop method, a fresh and unusual way to showcase your work.

Instructions on page 172
Home is where the heart is

Make a homey statement piece for all to see. Stitch a sweet house, frame it and hang your creation proudly. Cross-stitch adds a lovely injection of colour and interest – it will become a great talking point at your next tea party!

Instructions on page 172
Busy bees and springtime
Make this cute little brooch and show someone you think they’re the bee’s knees! Display the brooch, fun tassels and a colourful pompom with a kilt pin.
Instructions on page 172

“Stitchery is a wonderful and transportable craft, it’s just like paint by numbers but with thread!”
Did you know bees represent industriousness, diligence, hard work and vigilance? Busy bees indeed, just like you!

Just bee-utiful

This whimsical sampler with old-school motifs is finished off charmingly with blanket stitch and a hanger – no need for a frame. And why not add a tassel and pompom? Instructions on page 172

FOR SHOPPING AND PROJECT SUPPLIES, SEE STOCKISTS PAGE
Thankfully artificial flowers with their true-to-life textures and colours are so realistic, it’s hard to distinguish the real from the faux. Channel your inner florist and learn to arrange these everlasting flowers like a pro. You’ll save money in the long run and get to be surrounded by your favourite blooms, even when not in season. Suitable containers can be found at nurseries or you may already have a few at home. So go ahead, give arranging a go, you’ll be a natural!

BUY NOW
Rustic beauty kit
BHGRTC005
only $110
plus P&H
(pot not included)

Rustic beauty

It’s time to rock a DIY native floral arrangement in a palette of gorgeous rusts and eucalypt greens, colours straight from the outback. This elongated display is designed to be viewed from the front or at a slight angle. Instructions on page 178

To order your faux flower kits, visit bhgshop.com.au or call 1300 745 898
faux & fabulous

Step by blooming step to beautiful arrangements to fill your home

No skill required! This simple yet striking faux peony and hydrangea creation will inspire you to try your hand at flower arranging. It’s a celebration of rich blue-purple hues enhanced by a collar of ferns. Blooming marvellous!

Instructions on page 178

BUY NOW
Peony envy kit
BHGRTC004
only $75
plus P&H
(pot not included)
Native splendour

Fans of Australian flora will love this contemporary take on floral arranging where eucalyptus, leucodendron and leucospermum with their spiky petals feature prominently. These faux natives along with their companion stems, including a sedum and a showy cabbage, bring the textures of the bush inside. Display on a console or a dresser as it’s best admired from the front – its good side!

Instructions on page 178

To order your faux flower kits, visit bhgshop.com.au or call 1300 745 898
The key to a life-like display is to arrange the faux flowers exactly as you would real ones. Once arranged, you can fluff up petals and bend stems so they look natural not rigid. This pretty pink and fuchsia dahlia creation looks every bit as delicate as the real deal, but thankfully won’t wilt or drop their petals or leaves. Instructions on page 178
Heavenly hydrangeas

Hydrangeas star in this display, perfect for a side table or a centrepiece as it can be admired from all angles. The big blooms, arranged as a domed cross in a square ceramic pot, need little more support than a few sprigs of lilac, berries and filler foliage.

Gather your supplies
- Floral foam brick, dry, 23 x 11 x 8cm
- Square ceramic flower pot, about 14 x 14 x 16cmH
- Magnolia leaf (5388) x 2
- Grey/red eucalyptus spray (5825GYRD) x 2
- Blue hydrangea stem (6225BL) x 5
- Blue garden lilac (6094BL) x 3
- Blue diphylleia cymosa spray (6236BL) x 4
- Skimmia (5448CRGR) x 2
- Green eucalyptus spray with seeds (6230) x 1

You’ll also need
Secateurs; knife; heavy-duty wire cutters

NOTE: Cut stems, as required, to suit height of arrangement as you go.

Here’s how
STEP 1 Arrange flowers and foliage by type and colour on work surface.

STEP 2 Cut and shave foam brick, shaping it to suit container. Aim for a snug fit, almost level with the container.

STEP 3 Insert magnolia foliage into foam, angling it so it’s in the centre but left leaning. Insert other stem at back right corner.

STEP 4 Divide grey/red eucalyptus to create 3 shoots. Evenly space 2 of these shoots at the back of the arrangement. Then, working on the right-hand side, arrange remaining shoot at the front right, so it angles out to the right.

STEP 5 Working within framework of foliage, insert 5 hydrangeas into the foam, creating a ‘cross’. Position a tall hydrangea in the centre so head rests on leaves; 2 shorter stems at the sides so heads face out left and right, respectively; 1 short stem at centre front and 1 at centre back, with heads low and angled outwards.

STEP 6 Fill gaps with lilacs and diphylleia. Ensure 1 lilac is inserted at front right corner so it appears to cascade downward. Add skimmia to fill in gaps.

STEP 7 Balance display with green eucalyptus spray divided into 2 at left front and right back corner.

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To enjoy a gorgeous flower display each spring, you need to give your garden good foundations. Permanent plants, like flowering shrubs, trees and climbers, burst into bloom every year on cue, without you doing a thing. Plant them once, nurture them to maturity, then sit back and enjoy the spoils of a beautiful seasonal display, every spring. And if you choose carefully, you can enjoy flowery profusion at all garden heights – shrubs at eye-level, blossom-smothered trees overhead and climbers covering pillars, pergolas and fences. Here are 15 of our favourites, offering brilliant blooms and fabulous fragrances.

Use climbing plants to accentuate the vertical in your spring garden – fragrant wisteria is just one glorious option.
Shrubs, like *Viburnum plicatum*, fill the middle layers of the spring gardenscape with flowers.

Blossoming trees are the very essence of spring. And many of them, like this flowering plum, are compact and easy to grow.

Get to know this selection of shrubs, trees and climbers that shout ‘Hello, Spring’!
Bearing fabulous blooms during the mid-to-late spring season, lilacs range in colour from mauves and purples to pink and white. And they offer more than just good looks – their perfume is divine, too! To flower well, lilacs need cold winters (ideally with frosts), so they’re not a plant for mild zones. In warm temperate climates, try the Persian lilac (Syringa persica), a similar but smaller-growing form. Where soils are acidic, apply a dressing of lime around the tree each year.

- Height: 2-3m
- Best zones: 2, 3, 4 and cool elevated parts of 6
- Position: Sun • Deciduous

"Perfumes and colours create sensory heaven"
Wonderfully tough flowering trees, ornamental pears can tolerate air pollution, drought and coastal conditions. In spring they produce masses of white blossoms along their bare branches and, as an extra bonus, in autumn the foliage turns vibrant shades of orange and red before falling. Growth shapes, sizes and heights vary according to the cultivar (there are many available), so there’s something to suit just about any garden.

- Height: 10-15m
- Best zones: 2-7
- Position: Sun
- Deciduous
3 Flowering peach and plum

These showy members of the *Prunus* genus are among the most planted blossom trees in the country. Both are reliable performers, producing masses of spring blooms in many shades of pink and white. Blooming quite early in spring, they turn on a true flower-smothered spectacle, after which their fresh green leaves start to slowly unfurl. Two standout forms are the double-flowering plum (*Prunus × blireana*, shown here) which bears fragrant rose-pink flowers, and the flowering peach (*Prunus persica ‘Magnifica’*), which smothers itself in deep-crimson blooms.

- **Height:** 3-4m
- **Best zones:** 2-6 and cool elevated parts of 7
- **Position:** Sun • Deciduous

4 Crabapple

The small, single blooms of crabapples create gorgeous frothy displays which are the very essence of spring. Members of the apple family, they’ll thrive anywhere their fruiting cousins do. One of the most popular, and also one of the hardiest, is *Malus floribunda* (shown here) which bears white single flowers opening from rose-pink buds, creating one of the prettiest of spring combos. If your tastes run to darker shades, there are also cerise-red flowering forms, too. Some, but not all, cultivars go on to produce crops of small fruit (the crabapples), but these are more common in colder districts.

- **Height:** 4-9 m
- **Best zones:** 2-6 and cool elevated parts of 7
- **Position:** Sun to light shade • Deciduous
With butterfly-shaped leaves and orchid-like flowers, bauhinias are marvellous small trees for bringing a little blossom beauty to warmer and tropical climates. There are many species, including several native ones, but the most popular is the Hong Kong orchid tree (*Bauhinia x blakeana*) which bears delightful pink flowers in spring. They do well even in tough conditions, such as dry soils and exposed locations, but need protection from frost.

- **Height:** 4-6m  
- **Best zones:** 4-8  
- **Position:** Sun  
- **Evergreen**

Watching each new bud unfurl delights the soul.
Offering a vast range of gorgeous colours to choose from, climbing roses are hard to resist. There’s variety in the flower forms too, from dainty singles, through to large multi-petalled blooms. Having long lax stems, rather than twisting tendrils, climbing roses need to be tied onto their support – they look fabulous on pergolas, posts and pillars. Many older varieties of rose bloom in spring only, while modern climbers will continue to bloom well into summer.

- **Best zones:** 2-7
- **Position:** Sun
- **Deciduous**
Bearing trumpet-shaped flowers in pink or white, *Pandorea jasminoides* is a fabulous native climbing plant. It’s a moderate grower, easy to keep in check, and ideal for covering a pergola or trellis. Easy to grow in any mild to tropical climate, it needs moderate watering through the summer months and is not frost hardy. There are a number of lovely forms available, including the pure white ‘Lady Di’.

- **Best zones:** 1, 3, 6, 7, 8
- **Position:** Sun or light shade
- **Evergreen**

For your Climate zone map, see Garden diary on page 74.
One of the loveliest members of a large family of climbing plants, Clematis montana bears masses of four-petalled flowers in shades of pink or white. Best suited to temperate or cold climates, they’re quite vigorous growers and will easily cover a wall, shed or frame. They favour a rich organic soil and grow best when planted with their roots in the shade and their leaves in the sun.

- Best zones: 2, 3, 4, 6
- Position: Sun
- Deciduous

Draped in glorious sprays of mauve blooms, heavy with perfume, wisteria is impossible not to fall in love with. It’s one of the signature plants of springtime, and is easy to grow anywhere outside of tropical zones. Its only fault is that it can be a little too vigorous in habit, so make sure you can give it plenty of space to spread – over a wall, fence or pergola is ideal.

- Best zones: 2-6
- Position: Sun
- Deciduous
Sprays of rich purple flowers smother this lovely native climber every spring, often appearing as early as August. Hardenbergia is a compact grower which won’t get out of hand and is great for training around pergola posts, or over a fence or frame. Happy to grow in full sun or light shade, it will thrive in any average well-drained garden soil. There are also pink and white flowering forms available.

- Best zones: 1-7
- Position: Sun or light shade
- Evergreen

Look to native plants for hardy but beautiful options
5 splendid shrubs

1 ceanothus
If blue is your thing, check out Californian lilac, or ceanothus. Its flowers look like blue froth, in shades of sky through to navy according to species, and they are abundant! The small evergreen leaves are shiny and deeply veined, making it a handsome shrub all year round. Ceanothus needs good drainage and likes a chilly winter – it won’t thrive in climates with warm, wet summers.

- Height: 1-4m  
- Best zones: 2, 3, 4 and cool parts of 6  
- Position: Sun  
- Evergreen

2 viburnum plicatum
When it’s in full bloom, the flowers of this lovely shrub give the effect of tiered layers, spread out along the horizontal branches. Pure white, they make a crisp contrast to the pleated leaves, which appear just beforehand. Native to Japan and easy to grow, it makes a delightful large feature shrub for the rear of a deep garden bed.

- Height: 3m  
- Best zones: 2, 3, 4, 6 and cool elevated parts of 7  
- Position: Sun  
- Deciduous

“Team pastel pinks with cool blues and crisp whites”
3  **Indian Hawthorn**
Tough shrubs, suitable for warm and cool districts, Indian hawthorns (*Raphiolepis* species) put on a splashy display in spring. The simple five-petalled flowers, which can be white or pink, appear in clusters above dark green leathery foliage. Evergreens, they make great flowering hedges and need next to no maintenance – trimming once a year and watering in dry weather is all that’s required. They also grow well in sandy coastal soils.
- **Height**: 3m
- **Best zones**: 2-7
- **Position**: Sun or moderate shade
- **Evergreen**

4  **Spiraea**
With its arching canes of frothy white blossom, this is one of spring’s most beautiful sights. A native of China, *spiraea* is known best by its common name of ‘May bush’ (though in the southern hemisphere, it blooms in September and October!) The individual flowers are tiny, but they appear by the thousands, in little rounded clusters which completely smother the branches. It makes a wonderful informal hedge or large feature shrub.
- **Height**: 1-2.5m
- **Best zones**: 2, 3, 4, 6
- **Position**: Sun
- **Deciduous**

5  **Rhododendron**
With clusters of trumpet-shaped flowers, *rhododendrons* give a garden lots of impact. They flower quite late, November in most districts, so they make a great back-up to early spring blossoms. Give them plenty of room to spread, and choose a spot that offers dappled shade. They need well-drained acidic soils, with plenty of organic matter added. There are hundreds of flower colours, so buy them while they’re in bloom.
- **Height**: 2-5m
- **Best zones**: 2, 3 and elevated parts of 6 and 7
- **Position**: Dappled shade
- **Evergreen**
Spring at Hitachi Seaside Park in Japan is quite literally a sea of blue as more than four million nemophila flowers spread over the Miharashi Hills under a brilliant azure sky. Reach the top of the hill o’ blooms and you’re rewarded with stunning views of the Pacific Ocean. So what are these beautiful blooms and how can you get the blues at your place?

**NEMOPHILA**, or Baby blue eyes as it is called, is a lovely late winter and spring flowering annual. Growing up to 30cm high, it has ferny green foliage and white-centred, cup-shaped blue blooms. Native to North America, and specifically the Pacific coast and California, in Australia you can cultivate it in all climate zones, from tropical to cold! Popular with pollinators, grow this pretty annual to fill rockeries, beds and borders, or use in hanging baskets and containers.

**SEE IT!**
What Hitachi Seaside Park, Japan
When Mid-April to early May, check dates on the site en.hitachikaihin.jp.
More info Ross Garden Tours visits this park as part of its Japan Spring Gardens trip. Call 1300 233 200 or visit rosstours.com.

**HOW TO GROW THEM**
Baby blue eyes (*Nemophila menziesii*) likes a warm, sunny spot in fertile, well-drained soil. Sow nemophila where it is to grow, as the seedlings don’t like being transplanted. Space at 15cm in rows and lightly cover with soil, or sow in clumps, from February through April in all climate zones and spring in cold districts. Thin out seedlings, water regularly and start liquid-feeding when buds appear. It flowers in just 12-14 weeks.
Make it grand

Take your cue from this landscape to create a gorgeous garden where the old meets the new
hen it comes to garden style, you don't have to choose between the classic and contemporary – it's easier than you think to have both! For inspiration, you can't go past Retford Park, an historic Australian garden that has evolved during the past five decades into an iconic landscape. Take a wander around this sprawling estate and see how its heritage roots survive into the present day when it comes to landscape style, plant selection and gardening practices. There are so many great ideas for you to try at your place, whatever the size of your outdoor area.

1 Give a knot garden a twist. Plant and clip low box hedging to create the design and use lawn in between instead of the traditional crushed gravel.
2 Affectionately called ‘the blobbery’, The Fountain Walk at Retford Park is a procession of amazing spheres of green and silver-leaved topiary. Grow your own – in the ground or in pots – for low-maintenance living artworks. Try teucrium, westringia, helichrysum and buddleia. Call them mounds, domes or balls, these living sculptures will add dimension to your outdoor area.
About the garden

The story of this amazing garden dates back to the 1880s, when Samuel Hordern acquired the land and renamed it Retford Park, building the Italianate-style residence. In 1964 media identity James Fairfax AC acquired the home and 20 acres. He brought in English landscape architect John Codrington to advise on the gardens. For more than 50 years they were under the care of Fairfax, until he gifted Retford Park to the National Trust of Australia, which took over in 2017 and is managing the historic property in keeping with its heritage roots while adding modern touches, such as going chemical-free. Featuring an aboretum, knot garden, fountain walk and emu run, pool and pavilion, this garden is a delight year-round.

3 Crushed gravel is a softer alternative to concrete or paving for garden paths and is ideal for creating curves. You can choose a colour to suit your garden, from white and gold to brown and red, and buy it from landscape suppliers.

4 Tiered fountains are a formal garden classic, but definitely have their place in modern spaces, too. The sound of burbling water is effective at screening traffic and other noises, and it actually helps to cool the air during the warm months.

5 How cute is this guy? You probably don’t have room for an emu run at your place, but there are lots of other native birds you can attract and make welcome in your garden.

6 Don’t go past garden-variety flowers such as tried-and-true petunias. Even in the grandest designs, they’re effective at introducing those splashes of much-needed colour.
You can green your scene and be water-savvy at the same time.

7 Create a simple garden-themed art installation with a collection of watering cans. Ask around for donations of weathered specimens and scour the kerb for cast-offs.

8 Garden statuary adds a whimsical touch to any landscape; just scale the piece to suit. You can position small figurines to peep out of garden beds or go for a majestic stag such as this one.

9 Turn off the taps with a ‘waterless’ garden. This bed features non-functional garden taps in a waving sea of the ornamental grass Imperata cylindrica. A tough, Aussie plant that thrives on neglect, it’s perfect for hot, dry climates.

10 Please be seated! Turn rusted metal chairs with an ornate wrought iron design into eye-catching planters. Replace the seat pad with weed mat, fill with mix and plant up with silver helichrysum.
Take outdoor lounging to the next level with a living sofa! Build it out of concrete blocks using high-strength construction adhesive, then line with weed mesh to hold the soil mix and grow a creeping plant such as *Helichrysum petiolare*. Make the cushion using a bowl planter and more wire.

**SEE IT!**

What Retford Park

Where 1325 Old South Road, Bowral, NSW

When The gardens are open on the first weekend of each month, from 10am to 4pm.

1 How to de-thatch
Over time, a layer of dead grass develops at the base of lawns, known as thatch. Because it sits on top of the soil, it tends to prevent water and air from getting through effectively, so it’s a good idea to remove it each spring, before fertilising. To do this, rake firmly over the entire lawn, using a metal-tine rake, to remove as much of the thatch as possible.

2 Time to aerate
Grassy areas are there to be enjoyed, but over time, activities like walking and playing cause the soil surface to become compacted. Aerating the ground helps the soil to breathe and, when done before fertilising, ensures that the nutrients are properly absorbed and go straight to work. The basic technique involves using a large garden fork, sinking the prongs in about 5cm deep, and working across the lawn in rows (space your rows about 15-20cm apart). If you have a large lawn to cover, you can also hire a spiked roller to do the job. Alternatively, if you’re planning to also top-dress the lawn with fresh soil, you could hire a coring machine – these remove small cylinders of grass and soil.

3 Give it a feed
Once your lawn is dethatched and aerated, it’s ready for the most important step of all – a spring feeding. This is when you’ll get to see a wonderful green-up. Apply an organic-based lawn food, as these contain animal manures that help to improve the soil as they sink into the aeration holes. Follow up in mid-to-late spring with an application of one of the controlled-release lawn fertilisers, such as Lawn Master from Yates, which release their nutrients gradually for long-term feeding. Always water well after applying any fertilisers.

Transform that dull post-winter patch into a verdant sward of emerald green.
Lush & lovely lawns

It’s time to get outside and give your grass some lovin’. Here’s your spring guide to achieving the ultimate patch

Lawns – there’s a lot of it about. Just about every self-respecting homeowner harbours a secret desire to have the best expanse in the street, and lawn-care products are bestsellers in home and garden stores, especially when spring rolls around. You’ll even find a lawn-addicts fan page on Facebook (called, appropriately, ‘Lawn Porn!’) where people can share photos of their perfect green creations. But regardless of your level of grass obsession, here’s a springtime guide to what to do now to revive your patch and have it looking its best. And if it’s time for a new lawn at your place, check out our hints on choosing and planting.
WHERE IT’S SHADY
Some of the most popular turf varieties in Australia these days are the soft-leaf forms of buffalo, such as Sir Walter, Palmetto and Sapphire. Looking good almost all year round (apart from a little discolouring during very cold weather), they also offer another great benefit – they can tolerate partial shade. This makes them super useful for planting underneath large trees, as well as for use in urban gardens where overshadowing from adjoining buildings is a common problem.

Even small gardens can accommodate lawn as a feature. Try an idea like this one, containing a rectangle of green grass within a metal border.

CHOOSING THE RIGHT VARIETY
Grass varieties fall into two groups: warm season and cool season. Always choose a lawn type that is right for your climate (see Garden diary for your zone map, on page 74).

- **Warm-season grasses** do their growing from spring to autumn, slowing down or going dormant over winter. They grow best at temperatures between 20°C and 30°C, so are best suited to climate zones that are warm temperate, subtropical or tropical. Most of them, however, can tolerate a little light frost, and still bounce back when the weather warms up again.

- **Cool-season grasses** grow best when temperatures are between 10°C and 20°C, so mostly during spring and autumn. They slow right down over summer, but stay nice and green through winter. These are the grasses you see in the suburbs of Canberra and rural areas of southern Australia, where winter nights are frosty. These types also tend to be very fine-leaved, so they make very elegant lawns.

**Warm lawns:** Buffalo, soft-leaf buffalo, couch, kikuyu and zoysia.

**Cool lawns:** Fescue, Kentucky bluegrass, Canberra Blend, ryegrass and bent.
TIME FOR A NEW LAWN?

If your old grass is beyond repair, or you’ve moved into a new house surrounded by bare ground, then it’s time for a brand new lawn. These days, laying turf is by far the most popular option, but you can also choose to establish a lawn from seed – just bear in mind that it will take longer and require a little more dedication.

TURF IS BOUGHT BY THE ROLL

and laying it is an easy DIY job. There are a number of popular lawn varieties (such as the soft-leaf buffalos) that are only available as turf. Here’s the low-down on laying it.

1. Start by removing existing grass and roughening the soil surface with a fork or rake.
2. Spread a layer of turf underlay soil (available from landscape suppliers). Level with a rake.
3. Roll out turf, pressing each strip firmly together. Use a sharp knife to cut the turf as necessary, to fit around structures, path edgings, etc.
4. Walk over freshly laid turf to press it down (or hire a lawn roller for large areas). Water well.

SEED IS THE CHEAPEST WAY

to create a new lawn. However, it’s also slower to establish than turf and you won’t find all lawn varieties available in seed form. Seed sowing is a good option for large areas (where turf would be expensive) and also for country gardens, where it allows you to oversow with fresh seed each spring, or after drought periods. For best results, sow seed in spring or autumn and always choose a seed blend which suits your climate zone. Here are the basics for successful sowing.

1. Remove all existing grass from area and use a rotary hoe to turn over ground. Smooth soil to a fine texture with a rake – you need a 10-20mm layer of loose crumbly soil on top.
2. Spread a lawn-starter fertiliser over entire area (these are high in phosphorus, which is needed by germinating seeds).
3. Divide grass seed into two portions. Spread the first half in one direction, then spread the other half at right angles, to ensure even coverage. Lightly rake the crumbly surface, then water with a very fine spray. Water daily to keep the surface soil moist, until the seeds germinate and the grass is well established. Avoid any traffic for at least 4–6 weeks.
4. Mow grass when it has reached about 6–7cm high. Use the highest blade setting, gradually reducing on subsequent mowings.
Create a coastal vibe with a sandy strip, rocky slope, sun-loving succulents, grassy tufts, and a mini Adirondack (PS, it's made from paddle-pop sticks!)
Pot up a miniscape

If you think big, but go little, you can garden on a grand scale in a small space!

You can create any self-contained scene you can dream – from a flowering forest or fairy glen to a tropical jungle – in a few simple steps. All you need to landscape in miniature are plants, pebbles and figurines. And when it comes to the planter, anything goes – shallow bowls, metal laundry tubs, even suitcases!

1. 2 Team with a theme in your miniscape. Go alpine or tropical, it’s up to you. Just choose plants that will thrive in your area and give them the right position and water.

3. 4 A whole new world in miniature needs paths, doors, bridges, animals and more. Love the suitcase idea? Just waterproof, line with plastic, then add drainage holes!
GARDEN PROJECT

A miniscape of shade-loving plants is ideal for indoors or a covered outdoor area.

Gather your supplies
- Container
- Slate or stone paver
- Ferns, palms, moss and grass
- Pebble mulch

You’ll also need
- Drill and bit; bagged garden soil mix; hammer; chisel

FOR YOU TO NOTE
- Wear work gloves, goggles and a dust mask before breaking up slate or stone, to protect yourself from sharp shards and dust.
- You can buy stone or slate pavers from garden centres or hardware stores.
- Use bagged soil mix, not potting mix or soil from your garden, as it can be compressed and formed to create a stable base for the rocks.

STEP 1 Make drainage holes in your pot if needed, using a drill and bit appropriate for the material.
STEP 2 Fill pot with garden soil mix to about 20mm below the rim.
STEP 3 Wearing appropriate safety gear, break up slate or stone paver. Slate is easy to work with, as you can split it along the stratified layers using a hammer and chisel.
STEP 4 Make a soil mound at back of pot and insert pieces of slate or stone in descending height order to create cliffs, firming soil around base to stabilise them.
STEP 5, 6 Arrange the plants still in their pots, positioning taller varieties at the back. When you’re happy with the arrangement, take a photo for your reference.
STEP 7 Make planting holes and position plants, backfilling around them with soil. Lay stone shards flat with pre-moistened moss around them. Water in gently using a spray gun, then mulch.

PLANTING IDEAS
Your plant selection depends on the miniscape theme, but doesn’t have to be authentic – a beach scene doesn’t need only coastal species. The trick is to get the look while using plants that thrive in your area and suit the pot’s location. Go for mini and dwarf varieties and small growers.
- Mini mondo grass
- Fig (bonsai starter)
- Blue fescue grass
- Oscularia deltoides (upright succulent)
- Maidenhair fern

Good things do come in small packages, as these lovely little landscapes show.

Mulch any bare soil with fine pebbles in a toning colour.
Make a mountain scene with rocky cliff faces and shade-happy plants such as palms and ferns. And don’t forget the moss!
EASY step-by-steps

Turn baking tins into designer-look planters in a few easy steps. Go monochrome or bold with the colour, or a mix of both.

Gather your supplies
• Round metal cake tin
• 12mm marine plywood
• Exterior spray paint and primer in one
• Plants (we used succulents)

You’ll also need
Pencil; straightedge; drill and bit; jigsaw; 120-grit sandpaper; screws; construction adhesive; drop sheet; potting mix; wall-hanging hooks

FOR YOU TO NOTE
• Aluminium tins are ideal for this project, as they are easy to drill and lightweight for hanging.
• To finish the planter, spray paint is the easiest option. Look for a two-in-one primer and paint that bonds to both metal and timber. Otherwise you will have to apply a metal primer to the tin and an exterior acrylic to both the metal and plywood.

STEP 1 Position cake tin upside down on plywood and trace around it using a pencil. Draw the tin back to allow for the width of the rim and trace a second circle.

STEP 2 Use a straightedge to draw a line across the inner circle. Find the midpoint to mark the diameter for a semicircle, or mark a smaller section to cover only one-third of the tin.

STEP 3 Make a starter hole with a drill, then cut out the marked inner section of ply using a jigsaw. Sand cut edges.

STEP 4 Position plywood in the tin and hold in place to mark a series of points on the tin rim.

STEP 5 Use marked points to drill pilot holes in side of tin just under rim. Drill through tin side to secure plywood with screws.

STEP 6 Run a bead of construction adhesive between plywood and tin. Smooth off with a damp finger.

STEP 7 Spray all metal and plywood surfaces of planter with 2 coats of paint, allowing it to dry in between coats.

STEP 8 Drill drainage holes in base of the planter. Attach a hanger to back of planter. Add potting mix, position plants, backfill around them with more mix and firm down gently by hand. Hang planter on a wall hook rated to take its weight. Water in with a weak seaweed solution.

PLANTING IDEAS
You can choose any succulents you like for these planters, here a mix of upright, rosette-style and trailing varieties were used. For best results, use a cacti and succulent potting mix.

• Aeonium • Echeveria • Sempervivum • Sedum • Trailing ice plant • Senecio radicans ‘String of bananas’ • Rhipsalis cereoides

Cook up a storm in the garden with these fabulous planted tins
Why restrict yourself to off-the-shelf plant pots when, with a little ingenuity, you can create something unique and a bit of fun? Using old cake tins, you can create a wall garden with a difference, and display a collection of trailing succulent plants. Round tins work best for this project and the scale of the display is up to you – just group a trio, as here, or combine more tins for a much larger display.

W

it's a
piece of
cake

Repurpose your old bakeware into a garden display with a difference!
OUTSIDE

summer feasting

Outdoor dining and outdoor cooking – the perfect pairing from Harvey Norman

Concorde 3-Seater Sofa, $899; Concorde 2-Seater Sofa, $699; Concorde Armchair, $399; Concorde Coffee Table, $399; Natura 502-EG3D Rug (160x230cm), $349; Hali Outdoor Striped Scatter Cushions in Midnight Blue, $19.95 each; Bayview Outdoor Square Scatter Cushion in Blue, $29.95; Fiddle Leaf Fig (75cm), $44.95; Birds Nest Fern (50cm), $29.95; Black Lantern Tall, $59.95, and Short, $34.95. All other items are stylist’s own.

Harvey Norman

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**Grilled King Prawns with Garlic, Chill and Oregano**

Grilled on the BeefEater Bigg Bugg

**Find this recipe:** [HN.COM.AU/RECIPES](HN.COM.AU/RECIPES)

RIGHT: BeefEater Bigg Bugg BBQ with Trolley and Cover, $699. BELOW: Concorde 5-Piece Round Dining Setting, $1299. All other items are stylist's own.
LEFT: Masport Grande Pizza Oven, $999.
BELOW: Louie Sunlounger with Cushion, $399.
All other items are stylist’s own.

FIND THIS RECIPE: HN.COM.AU/RECIPES

GAS OPERATED, SO THERE’S NO NEED TO PREPARE A FIRE

PROSCIUTTO, FIG AND FOUR-CHEESE SOURDOUGH PIZZA COOKED IN THE MASPORT PIZZA OVEN
Lazy Sundays

Sawyer 3-Seater Sofa, $899;
Sawyer 2-Seater Sofa, $699;
Sawyer Armchair, $399;
Sawyer Ottoman, $199;
Sawyer Coffee Table, $349;
Hali Outdoor Striped Scatter Cushions in Kale, $19.95 each;
Base 36213-852 Rug (160x230cm), $299. All other items are stylist’s own.
Brunch with friends

Masport Ambassador 6-Burner BBQ in Stainless Steel, $2999; Masport Ambassador Double Beverage Cooler in Stainless Steel, $1599; Tonic 3-Seater Sofa, $1299; Tonic Armchair, $349; Tonic Coffee Table, $449; Base 36213-954 Rug (160x230cm), $299. All other items are stylist’s own.
MODERN AND STYLISH FIBRE-REINFORCED CONCRETE TABLE TOP AND WICKER STOOLS

GRILLED SALMON KEBABS WITH ZUCCHINI AND DILL SAUCE
GRILLED ON THE MASPORT AMBASSADOR 6-BURNER BBQ

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DESIGNED TO DELIVER AN AUTHENTIC SMOKING EXPERIENCE WITH A CAST-IRON COOKING CHAMBER AND POWERED WITH CHARCOAL.

FIND THIS RECIPE: HN.COM.AU/RECIPES
Petrus Extension Dining Table, $2299; Maddox Resin Dining Chairs in White, $129 each. All other items are stylist’s own.

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**OUTDOOR INSPIRATION**

**garden diary**

Step outside and indulge in the sights – and glorious scents – of spring

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**FLOWERS**
All zones Alyssum, amaranthus, begonia, cosmos, marigold, petunia, portulaca, salvia, verbena and zinnia.
Zones 2-5 Ageratum, arctotis, aster, calendula, candytuft, carnation, chrysanthemum, cornflower, dahlia, delphinium, dianthus, impatiens, lobelia, nasturtium and snapdragon.
Zones 6-8 Celosia, cleome, gomphrena, petunia and phlox.

**VEGETABLES**
All zones Beetroot, capsicum, cucumber, lettuce, pumpkin, shallot, silverbeet, squash, tomato and zucchini.
Zones 2-5 Beans, cabbage, carrot, celery, kohlrabi, leek, parsnip, parsley, potato, radish, rhubarb, spinach, spring onion and sweet corn.
Zones 6-8 Eggplant, okra and (in coastal areas) radish, sweet corn and tomato.

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**KEY TO CLIMATE ZONES**

In each issue we give ideas, tips and planting advice for different climate zones, so it's important to find the zone number for your area. Naturally, there will be cooler, warmer, wetter and drier areas in each zone, so ask a horticulturist at your local nursery which zone best matches your conditions.

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*Before taking those cast-off bits of metal, pipe and corrugated iron to the tip, consider them as possible materials for an all-weather scarecrow. It's amazing what quirky configurations can be created from what is basically junk, and all you need to support it is a few garden stakes driven into the ground. You don’t even need to paint your scarecrow. Leaving the metal bare to the elements will produce a nice rusty finish as displayed on this wonderful tin man at central Victoria’s Blackwood Ridge Nursery & Gardens.*
what's new...

...IN PRINT
Cacti make great house mates and Happy Cactus (DK/Penguin, $19.99) provides all the guff: display tips, planting and feeding advice, and keeping these prickly pets looking their best. Fifty of the most popular are profiled, with watering tips and advice on the best pots to display them. A quirky pocket-sized book.

...AT THE NURSERY
Daisies have got a lot bigger and showier with the release of the Grandessa varieties from the Floriana Collections range. Bred in Australia, these world-first hybrids have flowers up to 10cm in diameter! Hardy and tolerant of semi-shade, dry conditions and frost, they come in Yellow, White, Red and Sunset.

...IN WATER METERS
Keep tabs on water use with a nifty Nozzle Flow Meter. It measures usage per session and accumulated usage up to 999 litres. From Hoselink, it’s battery operated and costs $23.90. Visit hoselink.com.au.

...IN KIDS’ GARDENING
Get littlies growing with dinosaur Grass Hair Kits. Made of ceramic, the range includes dilophosaurus, T-Rex, pterodactyl and triceratops. They come with seeds, soil pellets and instructions and are $4.95 from Mr Fothergill’s, mrfothergills.com.au.

...IN POSSUM REPELLENTS
Using ultrasonic sounds and a strobe light, the Pestrol Possum Away is designed to repel possums from gardens. With a range of up to 10 metres, the portable unit can be either plugged into mains power or used with batteries. Weatherproof, it can be placed in a range of outdoor spots. It’s available for $149.90 from pestrol.com.au, 1800 338 888.

...IN GARDEN GAMES
Add an oriental mood to your outdoor dining with a pair of woven rattan-trim Hemingway Montecristo tea-light lanterns. Ideal for hanging or decorating a table, they come with leather handles and a glass insert to protect from candle flames. A set of two (24 x 29cm and 15 x 24cm) is $180 from Satara, satara.com.au.

...IN LANTERNS
Bowl over your friends with a bocce tournament. This pine hand-painted Catalina bocce set by Sunnylife includes eight 75mm wooden balls and one 32mm ball. It’s $49.95 from gyrofish.com.au.
**in the garden**

**Colour up your spring** with containers filled with seasonal bloomers. You’ll find polyanthus, primula, cineraria, nemesia and lots more in nurseries now. **Plant edible flowers** for adding visual zing to your cooking. Good starters include scented geraniums, nasturtiums, pot marigolds (*Calendula officinalis*) and borage. **Repot plants** that are getting too squeezy. Either plant into larger pots or, if necessary, carefully trim the outside of the rootball and slide back into the same pots. Either way, work in new potting mix. **Consider a hot display** of dahlias for late summer, by planting them now.

Before planting tubers, dig in plenty of compost to give them a good start. **Save toilet rolls** to protect newly-sown seeds. Bury the rolls vertically four-fifths deep into the soil and sow a few seeds into the top of each. In time, the rolls will rot away, leaving the seedlings happily growing. **Smarten gravel paths** by spraying weeds with a herbicide or, for a more eco-friendly option, pull them by hand. **Treat native plants** to a shaping spring clip, to encourage fresh growth. If they’re in flower, wait till after the blooms have finished. **Give gardenias** a post-winter check up. A good traditional pick-me-up, if leaves are yellowing, is a dose of epsom salts mixed in about nine litres of water. **Feed lawns** now with a good organic fertiliser. Also, raise mower blades a few extra centimetres, to protect soil from sun and reduce evaporation of moisture. **Start early tomatoes** outdoors. In cooler regions, hold your planting until about Melbourne Cup Day (6 November). **Treat flowering roses** to a ration of rose food. And don’t be afraid to pick a few flowers for an indoor vase display.

**what's on**

Many of the best cool climate gardens of the upper Blue Mountains of NSW are on show during the 54th Leura Gardens Festival, over two long weekends, 29 September–1 October and 5 October–7 October. At their glorious spring best, the gardens boast displays of azaleas, rhododendrons, dogwoods, camellias and other exotics. There’s also daily Music in the Gardens. See leuragardensfestival.com.au.

**REPOT**

**CYMBIDIUM ORCHIDS** that are getting too big for their current pots.

Arches add great personality to a garden and help to divide it up into different rooms or spaces. They also provide the perfect support for climbing plants or, as here, hanging baskets. Seek out funky cone-shaped baskets, like these, and plant them with scarlet-red pelargonium. Then add a cluster of pots around the base, painted in eye-catching pinks and purples.
2-in-1 Washer and Dryer.
Big on convenience. Perfect for small spaces.

**Speed through laundry day** with no need to transfer your washing between appliances.

**Wash and dry clothes from just 60 minutes** for 2 kg of laundry.

**Enjoy quiet and water-efficient performance** thanks to the EcoSilence Drive® motor and a 4.5 star water rating.
## October Calendar

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<td>Moon enters Capricorn 5:17am</td>
<td>First Quarter Moon 6:02am</td>
<td>Moon enters Aquarius 5:36pm</td>
<td>Moon enters Cancer 9:27am</td>
<td>Moon enters Gemini 5:41am</td>
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<td>Moon enters Aries 4:58pm</td>
<td>Moon enters Taurus 12:33am</td>
<td>Full moon 2:45am</td>
<td>Moon enters Libra 12:42pm</td>
<td>Moon enters Gemini 5:41am</td>
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**Best days**
On these days, thin out seed boxes, sow all types of seeds and plant seedlings that produce their crop above the ground. These include all varieties of peas, beans, corn, cabbage, cauliflower, broccoli, brussels sprout, eggplant, lettuce, celery, silverbeet, spinach, endive, Chinese cabbage, tomato, cucumber, asparagus crowns, artichoke, marrow, pumpkin, capsicum, melon, zucchini, chicory, sprouts, rhubarb, all herbs (except garlic) and all agricultural crops, such as sunflower, grains, cereals, canola and cotton. During these days, you can also plant flowering shrubs, annuals, flowers (not bulbs), cactus, flax, tree ferns, passionfruit vines and kiwifruit. Plant all fruit trees and trees that produce edible nuts, such as almond, pecan, macadamia and walnut. Grapes and banana can also be planted during these times. Take cuttings from established trees and shrubs, and propagate. This is also a good time for planting trees and climbers and sowing new lawns.

**Second-best days**
On these days, sow all seeds and plant seedlings of root vegetables that grow their crop below the ground, such as carrot, parsnip, radish, beetroot, onion, leek, swede, turnip, sweet potato, seed potato, yam, cassava, peanut, garlic and ginger. This is a good time to plant flowering bulbs, or bulbs for propagation and development rather than flowers. Also, plant bare-rooted trees, to develop root growth, and refurbish established lawns.

**How to use the calendar**

**Fire signs**
- Aries and Sagittarius are in harmony with all fruit. Leo is in harmony with nuts and all seed-producing crops.

**Earth signs**
- Capricorn and Taurus are in harmony with all root vegetables that produce crops below the ground, including garlic. Virgo is in harmony with all herbs.

**Air signs**
- Libra, Aquarius and Gemini are in harmony with plants that produce flowers and perfumes.

**Water signs**
- Cancer, Scorpio and Pisces are in harmony with above-ground crops, including trees; shrubs; lawns; and leafy, juicy and fleshy vegetables.

**Zodiac Signs**

The 12 signs of the zodiac are divided into four groups – fire, air, earth and water.

- **Fire signs**
  - Aries and Sagittarius
- **Earth signs**
  - Capricorn and Taurus
- **Air signs**
  - Libra, Aquarius and Gemini
- **Water signs**
  - Cancer, Scorpio and Pisces

**Best days**

- A favourable time for transplanting all types of established trees, shrubs, ferns and bulbs.
- Weed and lightly feed. Water with seaweed-type products only.
- Destroy or spray weeds, pests and noxious growth. Burn off, cut lawns, do heavy pruning and clear rubbish – don’t plant or transplant anything. Prepare soil and fertilise garden beds for future planting; spread and make compost; feed all established plants, shrubs and lawns, then water in. This is the best time for dethatching or coring lawns.
- Do not plant or transplant anything, as the moon is adversely aspected with the sun.

**Any questions?** Email milton@miltonblack.com.au.
Bamboo fibre
7 piece entertaining set

Entertaining made easy
TWO GORGEOUS DESIGNS TO CHOOSE FROM!

The perfect snack or party platter, this set can be used indoors or out with hot or cold foods. In two decorative designs, it’s the ideal entertainer for you at home, and also makes a wonderful gift. Each set includes a large round platter in your choice of design with six smaller nesting bowls – great for an assortment of snacks, dips, sauces or anything you like really!

FEATURES
• 30cm diameter serving tray in your choice of design
• Six nested serving bowls, in two colours
• Made from bamboo fibre
• Top rack dishwasher safe

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Visit bhgshop.com.au or phone 1300 745 898
Offer available until October 23 or while stocks last
SPINACH, FETA AND LEMON PASTIES
Preparation time 25 mins
Cooking time 30 mins
Makes 36

60g baby spinach leaves
Finely grated zest of 1 lemon and juice of ½ lemon
1 Tbsp extra virgin olive oil
125g Danish feta, crumbled
2 tsp ground sumac
1 tsp dried mint
Sea-salt flakes and freshly ground black pepper, to season
3 sheets frozen ready-rolled shortcrust pastry, partially thawed
1 free-range egg, lightly beaten
Black and white sesame seeds, to garnish

STEP 1 Put spinach in a large microwave-safe bowl and add 1 tsp water. Cover with plastic wrap and microwave for 45 seconds. Set aside, covered, for 10 minutes.

STEP 2 Use your hands to squeeze excess water from spinach, then finely chop and transfer to a second large bowl. Stir in lemon zest, juice and olive oil and mix thoroughly. Add feta, sumac and mint, then season and mix again.

STEP 3 Preheat oven to 180°C fan-forced (200°C conventional). Line 2 oven trays with baking paper.

STEP 4 Cut a pastry sheet in half to create 2 rectangles, then cut each rectangle widthways into 3 to create 6 rectangles. Cut each rectangle in half on the diagonal to create 12 right-angled triangles. Repeat with remaining sheets to make 36 triangles.

STEP 5 Put a tsp of spinach mixture in the middle of the widest end of each triangle. Starting at the spinach end, roll up the pastry towards the pointy end until the filling is enclosed and a croissant shape forms. Pinch the sides. Transfer pastries to prepared trays, seam-side down.

STEP 6 Brush the top of each pastry with a little of the egg. Sprinkle with sesame seeds to garnish and bake for 25 minutes or until pastry is golden. Set pasties aside on trays to cool slightly before serving warm.

MIDDLE EASTERN MEZZE PLATTER
- Spinach and feta pasties (or buy spinach and feta pastizzi)
- Dolmades (stuffed vine leaves)
  - Hummus sprinkled with dukkah
  - Beetroot dip
  - Greek-style yoghurt, drizzled with olive oil
  - Toasted Lebanese bread, cut into wedges
  - Cherry tomatoes
  - Fresh fig wedges
  - Pomegranate wedges
  - Pistachios in shell
  - Mint sprigs
  - Pickled turnips
  - Pickled cucumbers, sliced in half lengthways
  - Dried apricots

Platters of plenty
To buy this gorgeous 7-piece entertaining set, see page 79

Mezze translates to ‘taste’ or ‘bite’ and there is lots of that to do here! Dips and a mix of fresh, dried and pickled fruit set apart this style of hors d’oeuvres. >

Make a starring nibble and buy the rest for truly effortless entertaining.
Sesame Sushi Rice Balls
Preparation time 25 mins
Cooking time 20 mins
Makes 40

2¼ cups sushi rice
600ml water
2 Tbsp rice wine vinegar
¾ cup sesame seeds, lightly toasted
Togarashi (red chilli seasoning), to sprinkle

STEP 1 Put rice and water in a medium saucepan over medium-high heat and bring to the boil. Lower heat to a simmer and cook, covered, for a further 13 minutes. Set aside, covered, for 10 minutes. Fluff rice with a fork, stirring in vinegar. Cover with a tea towel and set aside for a further 10 minutes.

STEP 2 Shape 1 Tbsp of the rice mixture into a ball, using slightly wet hands. Repeat to make 40 balls.

STEP 3 Roll each rice ball in sesame seeds to coat, then sprinkle with togarashi. Serve.

Asian Platter
- Sesame sushi rice balls (or buy nigiri sushi with your fave topping, such as prawns, salmon or avocado)
- Cooked edamame, sprinkled with black sesame and salt flakes
- Steamed gyoza, served in a steamer basket
- Deep-fried spring rolls
- Gem lettuce leaves
- Avocado wedges
- Carrot sticks
- Radish halves
- Green shallot
- Coriander sprigs
- Pickled ginger
- Sweet chilli sauce
- Soy sauce
- Hoisin sauce
- Roasted sesame
- Kewpie mayonnaise
Serve up all the favourites for an Asian-style finger food feast. Deep-fried spring rolls, steamed dumplings and sushi balls. Throw in sauces for dipping, pickled ginger and edamame and you’re done!

➤ To buy this gorgeous 7-piece entertaining set, see page 79
ROSEMARY AND CRANBERRY BISCUIT
Preparation time 20 mins plus overnight chilling
Cooking time 1 hour
Makes 45-50

3 free-range egg whites
5 tsp caster sugar
1 1/2 cups plain flour
1/4 cup dried cranberries
2 Tbsp sesame seeds
2 tsp finely chopped rosemary
15g parmesan, finely grated
2 Tbsp milk
2 tsp sea-salt flakes
1/4 tsp freshly ground black pepper

STEP 1 Preheat oven to 160°C fan-forced (180°C conventional). Line an oven tray with baking paper.

STEP 2 Put egg whites in a large bowl and beat with an electric hand mixer until stiff peaks form. Add sugar and beat again for about 30 seconds or until mixture is thick. Sift in flour. Add cranberries, sesame seeds, rosemary, parmesan, milk, salt and pepper. Mix well with a wooden spoon until mixture comes together to form a loose dough.

STEP 3 Turn dough out onto a clean dry surface and knead, shaping the smooth dough into a flattened log about 20cm long and 7cm wide. Transfer the log to prepared tray. Bake for 40 minutes or until light golden and firm to touch. Set the log aside to cool on tray, then wrap it in plastic wrap and chill overnight.

STEP 4 Preheat oven to 140°C fan-forced (180°C conventional). Line 2 oven trays with baking paper. Using a serrated knife, slice log into 5mm-thick slices and arrange on prepared trays in a single layer. Bake for 20 minutes, turning once halfway through cooking, until the biscotti are crisp and dry to the touch. Set biscotti aside to cool on trays. Serve.

CHEESE PLATTER
- Rosemary and cranberry biscotti (or buy fruit crackers)
- Blue cheese, such as gorgonzola or Danish blue
- Fig jam
- Dutch smoked cheese
- Double brie
- Mini Babybel cheeses
- Swiss cheese
- Spicy tomato chutney
- Pear and apple slices
- Vintage cheddar sprinkled with caraway seeds
- Honey pot
- Dried figs
- Fig and walnut roll
- Pickled cornichons
- Water crackers
- Multigrain crackers
- Sesame and poppy seed crackers
Who doesn’t love a cheese platter? And this selection has something for everyone. Soft, hard, stinky or smoky – it’s all here. Along with fresh, dried and pickled fruit, honey, jam, crackers and biscotti made by you! ➤

To buy this gorgeous 7-piece entertaining set, see page 79

PARTY FOOD
CHEESY ITALIAN MOZZARELLA AND TOMATO DIP
Preparation time 5 mins
Cooking time 15 mins
Serves 8-10

½ cup canned finely chopped tomatoes
¼ cup tomato paste
¼ cup basil leaves, finely chopped, plus extra to garnish
1 Tbsp extra virgin olive oil
2 tsp dried Italian herbs
180g tub baby bocconcini, drained

STEP 1 Preheat oven to 180°C fan-forced (200°C conventional).
STEP 2 Combine tomatoes, paste, basil, oil and herbs in a large bowl.
STEP 3 Stir in bocconcini.
STEP 4 Transfer to two 1-cup capacity wide, shallow baking dishes. Bake for 15 minutes.
STEP 5 Garnish with extra basil leaves and serve hot.

ANTIPASTO PLATTER

- Cheesy Italian mozzarella and tomato dip
  (or buy a semi-dried tomato flavoured dip and garnish with basil leaves)
- Arancini balls
- Thinly sliced crusty baguette
- Mixed marinated olives
- Dutch carrots
- Sliced salami
- Sliced prosciutto
- Fresh red grapes
- Semi-dried tomatoes
- Stuffed baby peppers
- Marinated artichokes
  - Basil pesto
  - Grissini breadsticks
  - Basil leaves

Antipasto is Italian for ‘before the meal’ and is often served as a first course, but who needs more food after a spread like this! 😊
All the elements of amazing antipasto are on this platter. A gooey and cheesy tomato dip you can cook in just 15 minutes, tasty deli meats, crusty bread, olives and pesto plus crumbed and fried rice balls. Yum! ➤

To buy this gorgeous 7-piece entertaining set, see page 79
CINNAMON SUGAR PUFFS

Preparation time 20 mins
plus 1 hour proving
Cooking time 25 mins
Serves 8-10

200ml milk
25g butter
2 Tbsp caster sugar, plus extra ½ cup
5g dried yeast
2 free-range eggs
2 cups plain flour
2 tsp ground cinnamon
Oil, for deep-frying

STEP 1 Put milk and butter in a large heatproof jug and microwave for 30-second intervals until butter has melted and milk is warm, not hot. Stir in caster sugar and yeast and set aside for 2 minutes. Add eggs and whisk until smooth.

STEP 2 Put flour in a large bowl and make a well in the centre. Pour in milk mixture, whisking until a smooth batter forms. Cover with plastic wrap and set aside for 1 hour to allow dough to double in size.

STEP 3 Meanwhile, combine ground cinnamon and extra caster sugar in a large wide bowl.

STEP 4 Pour enough oil into a large deep saucepan until 5cm deep. Heat oil to 160°C on a cook’s thermometer.

STEP 5 Use 2 teaspoons to carefully drop teaspoons of batter into the hot oil, cooking about 8 doughnut balls at a time, cooking for about 5 minutes, turning occasionally until golden and cooked through.

STEP 6 Remove doughnut balls from oil using a slotted spoon and drain on paper towel, then immediately add to the cinnamon sugar. Toss well to coat, then transfer cinnamon-coated doughnut balls to a large plate.

STEP 7 Repeat Steps 5 and 6 to cook remaining batter. Serve.

STEPS

• Cinnamon sugar puffs (or buy cinnamon doughnut holes)
• Apricot delights
• After-dinner mints
• Marshmallows
• Chocolate crème wafer sticks
• Assorted sweet biscuits
• Fruit skewers
• Chocolate topping
• Caramel topping
• Lemon curd
• Fresh strawberries and blueberries
• Mint leaves

Sugar and spice and all things nice – and chocolatey and fruity – are on this platter of temptation perfect for a tea or dinner party.
What a sweet sensation! Berries and bickies are the main players on this platter. And the cinnamon-coated puffs are surprisingly easy to make or you can cheat with doughnut holes from your local bakery. Either way, you’ll be keeping everyone sweet!

To buy this gorgeous 7-piece entertaining set, see page 79
Roast pumpkin, red onion and feta quiche
Everyone will go crazy for this richly flavoured meat-free creation – not just the vegetarians!
Recipe on page 94
Meatlover’s quiche

The name of this tart says it all! With a combination of beef sausage, chorizo and smoked ham, it’s meaty and mouthwatering.

Recipe on page 94
**easy step-by-steps to quiche Lorraine**

**Preparation time**
20 mins plus 30 mins chilling and 35 mins cooling

**Cooking time**
1 hour 20 mins

**Serves** 6

**Ingredients:**
- Cooking oil spray, to grease
- 1 quantity shortcrust pastry dough (see recipe on page 95)
- 250g rindless middle bacon rashers
- ¼ cup coarsely grated tasty cheese
- 3 free-range eggs
- 250ml pure cream
- 125ml milk
- Sea-salt flakes and freshly ground black pepper, to season
- Micro herbs, to garnish

**Instructions:**

**STEP 1** Preheat oven to 180°C fan-forced (200°C conventional). Lightly grease the base of a 24cm-wide 4cm-deep removable-base fluted tart tin with cooking oil spray.

**STEP 2** Use a lightly floured rolling pin to roll out shortcrust pastry dough on a lightly floured surface to form a disc about 3mm thick. Line tin with pastry, pressing it in with your fingers, ensuring it is pushed firmly into the corner and up the side of the tin. Trim any overhanging pastry by either rolling a rolling pin over the top, or using a butter knife. Transfer to an oven tray and chill for 30 minutes to allow pastry to rest.

**STEP 3** Use a fork to prick the base about 16 times. Line pastry shell with baking paper and fill with baking weights or dried rice or beans. Bake shell, on oven tray, for 15 minutes. Carefully remove paper and weights and bake for a further 12 minutes or until pastry is light golden.

**STEP 4** Meanwhile, heat a large non-stick frying pan over medium heat, add bacon and cook for 7 minutes, turning occasionally, or until bacon is golden. Transfer to a plate lined with paper towel to drain off excess fat. Transfer to a chopping board and finely chop. (You can cook bacon up to 2 days ahead and store in a zip-lock bag in the fridge.)

**STEP 5** Reduce oven to 160°C fan-forced (180°C conventional). Scatter bacon and cheese in the base of the cooked tart shell.

**STEP 6** Whisk eggs, cream and milk in a large bowl until just combined, then season. Pour mixture into the tart shell on top of fillings. Season with extra pepper. Bake for 40-50 minutes or until the filling is just set in the centre – it should still have a slight wobble in the centre. Allow quiche to cool in tin for 15 minutes before removing from the tin. Set aside for 20 minutes. Serve warm with garnished micro herbs.

**Preparation time**
20 mins plus 30 mins chilling and 35 mins cooling

**Cooking time**
1 hour 20 mins

**Serves** 6
The classic version of Quiche Lorraine from France uses crème fraîche not milk and, traditionally, it doesn’t contain cheese either. But who doesn’t love cheese!? 

“Melt-in-the-mouth quiche is a perfect marriage between a crispy crust and a full-bodied filling.”
**ROAST PUMPKIN, RED ONION AND FETA QUICHE**

**Preparation time** 20 mins plus 30 mins chilling  
**Cooking time** 1 hour 40 mins  
**Serves** 6

- 500g seeded unpeeled pumpkin, cut into thin wedges  
- 1 red onion, cut into thick rounds  
- 1 Tbsp extra virgin olive oil  
- Sea-salt flakes and freshly ground black pepper, to season  
- Cooking oil spray, to grease  
- 1 quantity shortcrust pastry dough (see recipe opposite)  
- 100g Danish feta, roughly crumbled  
- 3 free-range eggs  
- 250ml pure cream  
- 125ml milk  
- 2 tsp thyme leaves, plus extra sprigs to garnish  
- Spring salad of snow peas, snow pea sprouts, asparagus, dill and flat-leaf parsley leaves, to serve

**STEP 1** Preheat oven to 200°C fan-forced (220°C conventional). Line a large oven tray with baking paper. Arrange pumpkin and onion on the tray in a single layer. Drizzle with oil and season. Roast for 20 minutes or until vegetables are just tender. Set aside to cool to room temperature.

**STEP 2** Meanwhile, follow Step 1 of Quiche Lorraine.

**STEP 3** Follow Steps 2, 3 and 5 of Quiche Lorraine, placing roast pumpkin, onion and feta into the tart shell.

**STEP 4** Follow Step 6 of Quiche Lorraine, adding thyme to egg mixture.

**STEP 5** Serve quiche garnished with extra thyme, served with salad on the side.

**MEATLOVER’S QUICHE**

**Preparation time** 20 mins plus 30 mins chilling  
**Cooking time** 1 hour 30 mins  
**Serves** 6

- Cooking oil spray, to grease  
- 1 quantity shortcrust pastry dough (see recipe opposite)  
- 1 Tbsp extra virgin olive oil  
- 3 thick beef sausages (about 350g)  
- ¼ cup caramelised onion chutney  
- ¼ cup coarsely grated tasty cheese  
- 100g thinly sliced triple smoked ham, roughly torn  
- Sea-salt flakes and freshly ground black pepper, to season  
- 3 free-range eggs  
- 250ml pure cream  
- 125ml milk  
- 3 tsp finely chopped flat-leaf parsley leaves, plus extra sprigs to garnish  
- Spring salad of snow peas, snow pea sprouts, asparagus, dill and flat-leaf parsley leaves, to serve

**STEP 1** Follow Steps 1, 2 and 3 of Quiche Lorraine.

**STEP 2** Meanwhile, heat oil in a large non-stick frying pan over a medium heat. Squeeze filling from sausage casing into bite-size pieces directly into the pan and cook for 6 minutes, turning occasionally, or until almost cooked through. Add chorizo and cook for a further 4 minutes until chorizo is golden and sausage pieces are cooked. Transfer to a plate lined with paper towel to drain off excess fat.

**STEP 3** Follow Step 5 of Quiche Lorraine, placing small dollops of chutney, cooked sausages and chorizo, cheese and ham into the tart shell.

**STEP 4** Follow Step 6 of Quiche Lorraine, adding parsley to the egg mixture.

**STEP 5** Serve quiche garnished with extra parsley, served with fries on the side.

**CREATE YOUR OWN**

To make your very own 24cm quiche flavour creation, follow these basic guidelines.

**Pastry** 1 quantity shortcrust pastry dough (see recipe opposite).

**Filling flavours** About 1½-2 cups of assorted fillings (see Cook’s tips).

**Grated cheese** ¼-½ cup of your favourite cheese (try gruyere, cheddar, feta and brie).

**Custard** 3 free-range eggs and 1½ cups of liquid dairy – such as milk, cream, sour cream or a combination of these.

**COOK’S TIPS**

- The best advice for making quiche is to ensure all of the ingredients used in the filling are in an edible state when you add them to the recipe, as they will not cook through any further once incorporated into the quiche.
- Ensure meat, such as bacon or sausage, is cooked. Fish, such as salmon, should be smoked and ready to eat, or pan-fried.
- Vegetables should be cooked to remove excess moisture, especially mushrooms. You can sauté, roast or blanch them.
- Pat vegetables dry with paper towel to ensure they are as dry as can be before adding them to the quiche.
easy step-by-step
to shortcrust pastry dough

Preparation time 10 mins
plus 30 mins chilling
Cooking time nil
Makes enough for a 25cm quiche

2 cups plain flour
Pinch of fine salt
150g butter, finely chopped, chilled
1 free-range egg yolk
4-5 Tbsp iced water

TO MAKE IT BY HAND
STEP 1 Combine flour and salt in a large bowl.
STEP 2 Add butter and use your fingertips to rub into flour until mixture resembles coarse breadcrumbs.
STEP 3 Add egg yolk and 4 tablespoons of the iced water.
STEP 4 Use a butter knife in a cutting motion to combine mixture until a dough has loosely come together.
STEP 5 Use your hands to bring pastry together into a rough ball. If dough seems dry or isn’t holding together, add more iced water, 1 teaspoon at a time, until all flour is incorporated. Transfer to a clean dry surface.
STEP 6 Knead the pastry for 1 minute to form a smooth dough.
STEP 7 Shape dough into a disc and wrap in plastic wrap. Refrigerate for 30 minutes.

TO MAKE IT IN A FOOD PROCESSOR
Put flour, salt, butter, egg yolk and 1 tablespoon of the iced water in a food processor and process until a dough ball forms. If the dough seems dry or isn’t holding together, add remaining iced water, gradually. Turn out dough onto a lightly floured surface and knead for 20 seconds or until smooth and soft. Shape dough into a disc and wrap in plastic wrap. Refrigerate dough for 30 minutes.

COOK’S TIPS
- You can cook the pastry shell up to 2 days ahead and store in an airtight container at room temperature.
- Baking, or pie, weights are used when cooking the shell to ensure a flat, crisp crust. You can buy ceramic weights from department stores and online.
Take your weeknight dinners and family desserts to the next level of flavour.

Fast Ed’s kitchen

Chickpea goulash
Usually made with beef, goulash is just as delicious created with healthier chickpeas. Recipe on page 102

Hey gang!
From curry and coleslaw, to stews and stir-fries plus pudding, too, watch me give your go-to meals and favourite treats a taste twist this month on BHG TV, Fridays at 7pm on Channel 7.

ED HALMAGHY

GO TO BHG.COM.AU FOR MORE FOOD TIPS AND TRICKS.
Easy lime and sesame chicken stir-fry
A ready-to-cook stir-fry mix is an easy, yummy way to eat more vegies. ➤
Recipe on page 102
MEATBALL DOUGHNUTS
Preparation time 20 mins
plus 1½ hours proving
Cooking time 20 mins
Makes 24

500g Simply Cook Pork Mince
San Choy Bau
2 free-range egg yolks
1 brown onion, grated
4 cloves garlic, minced
4cm piece ginger, finely grated
400g baker’s flour
1 sachet (7g) dried yeast
1 Tbsp caster sugar
225ml warm milk
2 Tbsp unsalted butter, melted
1½ tsp fine salt, plus 1 Tbsp extra
1 Tbsp olive oil
Vegetable oil, for deep-frying
2 Tbsp icing sugar mixture
1 tsp ground sage
HP sauce, to serve

STEP 1 Put mince, seasoning sachet, yolks, onion, garlic and ginger in a large bowl, then mix until very well combined. Roll heaped tablespoons of mixture into 24 balls. Put on a lined tray, cover with plastic wrap and chill.

STEP 2 Put flour, yeast, sugar and milk in the bowl of an electric mixer, fitted with paddle attachment and beat on medium for 8 minutes, until very smooth. Add butter and salt, then knead for 3 minutes with dough hook. Cover with plastic wrap and set aside in a warm draught-free place for 1 hour or until doubled in size.

STEP 3 Meanwhile, heat oil in a large frying pan on medium-high. Cook meatballs until just browned. Remove meatballs and drain oil on paper towel.

STEP 4 Divide dough into 24 pieces, then wrap around meatballs. Arrange on a lined tray, cover with plastic wrap and set aside until almost doubled in size.

STEP 5 Pour oil into a large, deep saucepan until 5cm deep. Heat to 180°C on a cook’s thermometer, or until a cube of bread turns golden in 30 seconds. Fry doughnuts in 4 batches for 3-4 minutes until golden. Drain well on paper towel, then dust with a mixture of icing sugar, sage and extra salt. Serve with HP sauce.

Meatball doughnuts
Wrap mince in dough for a savoury deep-fried treat no-one will believe is homemade.
Duck and banana curry

Fruit in curry is a traditional element in many classic recipes. Here, banana adds a hint of aroma and sweetness, and a distinctive texture to the sauce.

Recipe on page 102
**Gazpacho with tomatoes three ways**
This recipe uses fresh and juicy fruit to make a cold soup served with semi-dried tomatoes and a tasty jam.

Recipe on page 103

**Toast pudding with rhubarb and whisky**
Always stuck for a Father’s Day gift for Dad? Not anymore! Craft him an extraordinary dessert, made with love.

Recipe on page 103

**BBQ pork ribs with grilled broccoli and cauliflower coleslaw**
Slow-cooked ribs in a sticky sauce are finger-licking good!

Recipe on page 104

**Roasted carrot and coconut slice**
Carrot gets a dessert makeover. Forget the cake, combine it with coconut for a slice of delight.

Recipe on page 104
COFFEE AND PEANUT BUTTER CAKE

Preparation time 30 mins
Cooking time 1 hour 30 mins
Serves 10

Cooking oil spray, to grease
200g digestive biscuits, crushed
150g unsalted butter, melted
6 free-range eggs, separated
250g block cream cheese, chopped
1 cup crunchy peanut butter
¾ cup dark brown sugar
½ cup sour cream
3 tsp vanilla extract
1 cup caster sugar
1 cup self-raising flour
2 Tbsp cocoa powder
2 Tbsp very strong coffee, at room temperature

300ml thickened cream, whipped
Sugared peanuts and raspberries, to serve

STEP 1
Preheat oven to 160°C fan-forced (180°C conventional).
Grease and line a 24cm springform cake tin. Put biscuits, half the butter and 2 of the egg whites in a medium bowl and mix until well combined. Press into base of prepared tin and bake for 10 minutes. Chill until set.

STEP 2
Put cream cheese, peanut butter, brown sugar, sour cream, 4 of the egg yolks and half the vanilla in the bowl of a food processor, and process until smooth. Pour cream cheese mixture over biscuit base in tin, and bake for 35-40 minutes, until just set.

STEP 3
Increase oven to 190°C.
Combine remaining yolks and whites in the bowl of a stand mixer, add caster sugar and remaining vanilla, then beat on high speed with the whisk attachment for 10 minutes, until very light and smooth. Sift flour and cocoa together, then mix in gently, alternating with coffee and remaining butter. Pour over cheesecake, then bake for 35-40 minutes, until just set. Cool completely before removing from tin, then use a spatula to spread whipped cream over the top. Sprinkle with candied peanuts and raspberries. Serve.

Coffee and peanut butter cake
Can you live without peanut butter and coffee? Of course not! So it makes sense to use them to craft an incredible cake. And the results are... amazing!
CHICKPEA GOULASH
Preparation time 10 mins plus 4 hours soaking
Cooking time 50 mins
Serves 6

1½ cup dried chickpeas
1 brown onion, peeled
2 carrots, peeled
1 swede, peeled
2 sticks celery
1 Tbsp extra virgin olive oil
12 cloves garlic, minced
2 Tbsp ground sweet paprika
1 tsp ground cumin
1 tsp dried mint leaves
1.5L low-salt vegetable stock
150g low-fat sour cream
2 Tbsp plain flour
Sea-salt flakes and freshly ground black pepper, to season
4 cups baby spinach leaves
1 bunch dill, leaves finely chopped
Brown rice, to serve

STEP 1 Put chickpeas in a large bowl with 1L of water and set aside for 4 hours, or overnight. Shred vegetables using the grating blade of a food processor. Put a large saucepan over medium-high heat, add oil, vegetables, garlic, paprika, cumin and mint, and cook for 5 minutes, until softened.

STEP 2 Pour in stock, add chickpeas and simmer, uncovered, for 40 minutes, until chickpeas are just tender. In a small bowl, mix sour cream and flour until smooth. Stir sour cream mixture into chickpeas and simmer for 5 minutes or until thickened, then season. Stir through spinach and dill, and serve goulash with brown rice.

EASY LIME AND SESAME CHICKEN STIR-FRY
Preparation time 10 mins
Cooking time 15 mins
Serves 4

500g chicken thigh fillets, cut into fine slices
1 Tbsp cornflour
1 Tbsp sesame oil
1 Tbsp light soy sauce
Finely grated zest and juice of 2 limes
2 Tbsp canola oil
2 Tbsp oyster sauce
2 Tbsp honey
1 tsp ground cardamom
2 tsp rice wine vinegar
400g Simply Stir-fry Traditional Vegetables

800g hokkien noodles (cooked according to packet instructions)
½ bunch coriander, leaves picked
¼ bunch Thai basil, leaves picked
Toasted sesame seeds, to serve

STEP 1 Put chicken in a large bowl, add cornflour and toss to coat. Add sesame oil, soy, lime zest and juice, mix well and set aside for 10 minutes. Put half the canola oil in a wok over high heat, and fry the chicken in 3 batches until just firm, then transfer to a large bowl. Set aside.

STEP 2 Combine oyster sauce, honey, cardamom and vinegar in a jug, stir until well combined. Heat remaining oil in the wok, add vegetables and cook for 4 minutes. Return chicken to wok, pour in sauce mixture and cook for 2 minutes. Add noodles to wok and toss. Stir through herbs, and serve stir-fry topped with sesame seeds.

DUCK AND BANANA CURRY
Preparation time 20 mins
Cooking time 1 hour 50 mins
Serves 4-6

1 duck (about 2.2kg)
2 brown onions, finely sliced
2 green chillies, sliced
6 kaffir lime leaves, finely sliced
8 cloves garlic, roughly chopped
10cm piece ginger, roughly chopped
1 tsp fine salt
1 Tbsp ground turmeric
2 tsp ground cumin
¼ tsp ground cloves
12 cardamom pods
6 star anise
2 Tbsp sesame oil
2 x 400ml cans coconut cream
250ml chicken stock
1 Tbsp fish sauce
2 ripe bananas
4 green shallots, cut into 4cm lengths
2 cups snow peas, trimmed
Rice and steamed pak choy, to serve

STEP 1 Use a sharp knife to cut breasts off the duck, then remove thighs and drumsticks. Arrange duck pieces skin-side down in a large heavy-based saucepan set
GAZPACHO WITH TOMATOES THREE WAYS

Preparation time 20 mins
Cooking time 1 hour
Serves 4

250g punnet cherry tomatoes, halved
1 tsp celery salt
⅓ cup extra virgin olive oil
2 red onions, finely diced
12 cloves garlic, minced
½ bunch thyme, finely chopped
4 Roma tomatoes, seeded and finely diced
1 Tbsp Worcestershire sauce
Sea-salt lakes and freshly ground black pepper, to season

STEP 1 Preheat oven to 180°C fan-forced (200°C conventional). Line a large oven tray with baking paper. Cut cherry tomatoes into 6cm lengths, then toss with icing sugar and vinegar in a large bowl. Arrange on prepared tray and bake for 15 minutes, until just tender.

STEP 2 Toast bread until deep-brown (see Cook’s tip), then tear into small pieces and combine with milk in a large bowl. Leave bread to soak for 20 minutes. Using the back of a wooden spoon, press through a fine sieve over a large bowl. Discard solids and reserve milk.

STEP 3 Peel bananas, place in a small bowl and mash with a fork until smooth. Add bananas to curry, stir, and cook for a further 30 minutes. Stir in green shallots and snow peas. Serve curry with rice and pak choy on the side.

TOAST PUDDING WITH RHUBARB AND WHISKY

Preparation time 30 mins
Cooking time 1 hour
Serves 6

1 bunch rhubarb
¼ cup pure icing sugar
2 tsp red wine vinegar
6 slices wholemeal bread
500ml milk
Cooking oil spray, for greasing
4 free-range eggs
1 cup caster sugar
2 tsp vanilla extract
1 tsp ground cinnamon
1½ cups self-raising flour
100g unsalted butter, melted
125ml whisky
Cream or ice-cream, to serve

STEP 1 Preheat oven to 140°C fan-forced (160°C conventional). Line a large oven tray with baking paper. Cut rhubarb into 6cm lengths, then toss with icing sugar and vinegar in a large bowl. Arrange on prepared tray and bake for 15 minutes, until just tender.

STEP 2 Meanwhile, combine chillies, lime leaves, garlic, ginger and salt in a large mortar and pound to a smooth paste. Mix in the spices. Add the paste to saucepan with sesame oil and cook for 5 minutes. Pour in coconut cream, stock and fish sauce, then return the duck and onion. Simmer gently for 1 hour.

STEP 3 Peel bananas, place in a small bowl and mash with a fork until smooth. Add bananas to curry, stir, and cook for a further 30 minutes. Stir in green shallots and snow peas. Serve curry with rice and pak choy on the side.

COOK’S TIP
The bread needs to be really well toasted to get that flavour through the milk.
simmer for 30 minutes, until sauce-like in consistency. Set tomato jam aside.

**STEP 3** Bring a large pot of salted water to the boil over high heat. Slice a small cross in base of each tomato, and gently place into boiling water for 20 seconds. Refresh tomatoes in a large bowl of iced water, then peel and dice. Put bread in a large bowl, cover in cold water and soak for 10 minutes. Remove bread and pass through a food mill (see Cook’s tip) with tomatoes, remaining onion and garlic, cucumber, capsicum and basil.

**STEP 4** Mix in juice and vinegar, then season. Stir in remaining olive oil, then add 2 cups crushed ice. Divide semi-dried tomatoes between 4 bowls, ladle in soup and top with basil leaves. Serve with croutons topped with tomato jam.

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**FOOD IN A FLASH**

**ROASTED CARROT AND COCONUT SLICE**

**Preparation time** 15 mins
**Cooking time** 2¼ hours
**Serves** 24

- 2kg carrots, peeled, ends trimmed
- 2 tsp extra virgin olive oil
- 1 pink lady apple, skin on, grated
- 1½ cups wholemeal self-raising flour
- ½ cup desiccated coconut
- 4 free-range egg whites

**STEP 1** Preheat oven to 180°C fan-forced (200°C conventional). Line a large oven tray with baking paper. Put carrots on prepared tray, drizzle with oil and cover tightly with foil. Bake for 1 hour, remove foil and bake for a further 1 hour. Set aside to cool slightly.

**STEP 2** Grease a 20 x 30cm slice tin and line base and sides with baking paper. Transfer carrots to a large bowl and mash until smooth. Stir in fennel seeds and rice malt syrup, mix until well combined. Pour in milk, add apple and mix again. Fold in flour, milk and coconut.

**STEP 3** Put egg whites in a large bowl and beat, using an electric hand mixer, until soft peaks form. Fold gently into carrot mixture, spoon mixture into prepared tin and smooth surface. Bake for 40-45 minutes, until firm to touch. Cool slice completely in tin, before cutting into squares. Serve.

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**COOK’S TIP**
If you don’t have a food mill, use a food processor on pulse.
Woolworths Frozen Crumbed Fish Fillets are an easy way to get a healthier meal on the table. With 25% less salt, 50% less saturated fat* and a 4 Health Star Rating, they’re ready in just 20 minutes. Pop some Aussie grown snap frozen peas and sweet potato mash on the side and you have a meal the whole family will love. For more easy ways to be a little bit healthier, visit woolworths.com.au/making-healthier-easier

That’s why I pick Woolies

*Compared to previous Select Crumbed Fish Fillets
Semifreddo with coffee and toffee almonds
Forget buying gelato! This creamy Italian dessert is like a frozen mousse or fluffy ice-cream, but with espresso and liqueur it's not one for the kids!

Recipe on page 110

Make seafood to savour and desserts to devour!

cooking with Karen
Hello home cooks!
Give your menu a spring fling! Watch me
zing up baked or fried fish with spicy rice
and hot mayo, make zesty biscuits and
flavour a frozen dessert with coffee and
toffee this month on BHG TV on Fridays
at 7pm on Channel 7.

Roasted fish with green
olives and spiced rice pilaf
Feed the family with a one-dish
fish and rice bake, flavoured
with fresh parsley, zesty
lemon and juicy tomato. ►

Recipe on page 110
Crispy whitebait with green Tabasco mayonnaise
Dip bite-sized fried fish into a mayo made extra tasty with hot sauce and fresh chilli.
Recipe on page 111

Create the gastro pub experience at home this weekend with more-ish morsels of deep-fried whitebait
Lemon poppy seed biscuits
They look like cafe creations but these soft-centred biscuits are easy to make at home. ➤
Recipe on page 111
STEP 6 Using a wooden spoon, fold in whipped cream and stir well.

STEP 7 Fold milk mixture into soaked biscuits along with crushed toffee almonds, allowing natural lumps to occur. Pour into tin and smooth surface. Cover with foil and freeze for 6 hours.

STEP 8 Remove semifreddo from tin and serve drizzled with a little extra liqueur, extra toffee almonds and a scatter of coffee beans over the top.

SEMIFREDDO WITH COFFEE AND TOFFEE ALMONDS

Preparation time 15 mins plus 30 mins soaking and 6 hours freezing
Cooking time 5 mins
Serves 8

120ml strong espresso coffee
2 Tbsp almond liqueur, plus extra to serve
12 savoiardi biscuits (see Cook’s tip)
6 free-range egg yolks
1 tsp vanilla extract
180ml milk
250g caster sugar
900ml thickened cream, lightly whipped
½ cup toffee almonds, crushed, plus extra to serve
Chocolate-coated coffee beans, to serve

STEP 1 Mix coffee and liqueur in a small jug. Lay biscuits in a shallow dish and pour coffee mixture over the top. Set aside to soak for 30 minutes.

STEP 2 Grease a 1.5L loaf tin or terrine, then line base and sides with a double layer of foil, ensuring foil overhangs the edges.

STEP 3 Beat egg yolks and vanilla in the bowl of an electric mixer with whisk attachment until pale.

STEP 4 Put milk and sugar in a medium saucepan over low-medium heat, bring to a simmer, then cook for 1 minute.

STEP 5 Pour warm milk mixture into egg mixture in a steady stream, and beat on low until mixture has cooled to room temperature.

ROASTED FISH WITH GREEN OLIVES AND SPICED RICE PILAF

Preparation time 15 mins
Cooking time 40 mins
Serves 4

GREEN OLIVE PASTE
250g pitted green olives
¼ bunch flat-leaf parsley leaves, finely chopped
20ml extra virgin olive oil
1 lemon, skin on, sliced finely, then cut into tiny triangles
Sea-salt flakes and freshly ground black pepper, to season

SPICED RICE PILAF
60ml extra virgin olive oil
1 brown onion, finely diced
4 cloves garlic, finely diced
2 tsp cumin seeds
½ tsp sea-salt flakes
2 large tomatoes, skin on, coarsely grated
300g basmati rice
1 heaped tsp smoked paprika
Freshly ground black pepper, to season
750ml chicken stock, hot
80g butter, chopped
4 x 180-200g white fish fillets, such as blue-eye
12 vine-ripened cherry tomatoes
¼ cup flat-leaf parsley leaves
300g natural yoghurt, to serve
1 lemon wedges, to serve

STEP 1 Preheat oven 200°C fan-forced (220°C conventional). To make green olive paste, finely chop 150g of the olives and put in the bowl of a food processor. Add parsley and oil and blitz. Transfer to a bowl, stir in lemon and season. Crush remaining olives and stir in. Set aside.

STEP 2 To make spiced rice pilaf, add oil to a heavy-based ovenproof dish over medium heat. Add onion, garlic, cumin and salt and sauté for 5 minutes. Add tomatoes and cook for 3 minutes. Stir in rice, paprika and 10 grinds black pepper. Sauté for a further 1 minute, then stir in stock. Bring to a simmer, then add butter. Put dish in oven and roast, uncovered, for 15 minutes.
Crispy whitebait with green Tabasco mayonnaise

**Preparation time** 10 mins  
**Cooking time** 10 mins  
**Serves** 4-6 as a starter

- Canola or vegetable oil, for deep-frying  
- 200ml whole-egg mayonnaise  
- 1½ Tbsp plain yoghurt  
- 1 Tbsp green Tabasco sauce, plus extra to serve  
- 3 green chillies, finely chopped  
- 4 lime leaves, chopped and pounded to dust  
- Squeeze of lemon juice  
- Sea-salt flakes, to season  
- 500g fresh whitebait (see Cook’s tip)  
- 150g fine semolina  
- Lemon cheeks, to serve

**STEP 1** Pour oil into a large deep saucepan until 5cm deep. Heat to 180°C on a cook’s thermometer, or until a cube of bread turns golden in 30 seconds.

**STEP 2** Mix mayonnaise, yoghurt, Tabasco, chilli, lime leaf and lemon juice, then season with salt.

**STEP 3** Remove dish from oven. Coat fish in green olive paste then nestle fillets into rice, spooning any leftover paste on top of fish. Scatter cherry tomatoes over the top and return to oven and cook, uncovered, for 12 minutes or until fish is cooked. Remove from the oven and scatter parsley over the top. Serve with yoghurt and lemon wedges.

**CRISPY WHITEBAIT WITH GREEN TABASCO MAYONNAISE**

**Preparation time** 10 mins  
**Cooking time** 10 mins  
**Serves** 4-6 as a starter

**STEP 2** In a small saucepan, bring lemon juice to a simmer, add 100g of the butter and let butter melt, remove from heat and set aside.

**STEP 3** In a large mixing bowl, combine flour, baking powder and salt, set aside.

**STEP 4** Serve immediately with extra Tabasco, green Tabasco mayonnaise and lemon wedges.

**LEMON POPPY SEED BISCUITS**

**Preparation time** 20 mins  
**Cooking time** 15 mins  
**Makes** 24

- 65ml lemon juice  
- 250g unsalted butter, chopped  
- 420g plain flour  
- 1 tsp baking powder  
- ½ tsp fine salt  
- 2 Tbsp honey  
- 250g caster sugar  
- 1 free-range egg  
- 2 tsp vanilla extract  
- 4 tsp finely grated lemon zest, plus extra ½ tsp  
- 3 Tbsp poppy seeds, plus extra 1 Tbsp

**STEP 1** Preheat oven to 175°C fan-forced (195°C conventional). Line 2 baking trays with baking paper.

**STEP 2** Mix mayonnaise, yoghurt, Tabasco, chilli, lime leaf and lemon juice, then season with salt.

**STEP 3** Toss half the whitebait in semolina and fry immediately for 2-3 minutes or until lightly golden. Drain and season with salt. Repeat with remaining whitebait and semolina.

**STEP 4** Serve immediately with extra Tabasco, green Tabasco mayonnaise and lemon wedges.
Fruit salad cheesecake slice
Adorned with a rainbow of fresh spring fruit, this buttery biscuit-based wonder is even more delicious than it looks. Irresistible! PS, don’t tell your guests, but it’s a cinch to make!
FRUIT SALAD CHEESECAKE SLICE

Preparation time 20 mins plus 1 hour 30 mins chilling
Cooking time 25 mins
Serves 12

Cooking oil spray, to grease
250g plain sweet biscuits
(try Butternut Snap cookies)
130g butter, melted
2 x 250g block cream cheese,
chopped, softened
½ cup icing sugar mixture
Finely grated zest of 1 lemon
2 free-range eggs
300ml thickened cream, whipped
Edible flowers, to serve

FRUIT SALAD
125g punnet raspberries
125g punnet blueberries
½ x 250g punnet strawberries,
hulled, roughly chopped
1 orange, peeled, diced
½ lime, cut into thin rounds,
then into wedges
Pulp of 4 passionfruits
1 Tbsp small mint leaves

STEP 1 Grease a 17 x 27cm slice tin with oil, then line base and sides with baking paper. Put biscuits in the bowl of a food processor and process until they resemble fine breadcrumbs. Add butter and process until combined. Press biscuit mixture into base of prepared tin. Freeze for 30 minutes.

STEP 2 Meanwhile, preheat oven to 160°C fan-forced (180°C conventional). Put cream cheese, sugar and lemon zest in the bowl of a food processor and process until smooth. Add eggs and process again until smooth.

STEP 3 Spoon cheese mixture over chilled biscuit base and spread to cover. Bake for 25 minutes or until set. Cool for 15 minutes, then chill for 1 hour.

STEP 4 Combine all fruit salad ingredients in a large bowl.

STEP 5 Spoon whipped cream onto cooled slice, and top with fruit salad and edible flowers. Cut slice into pieces and serve immediately.
STEP 2 Heat a non-stick frying pan over medium heat. Add curry paste and cook, stirring frequently, for 2-3 minutes, or until paste pulls away from pan and is fragrant. Allow to cool.

STEP 3 Preheat oven to 200°C conventional (180°C fan-forced). Lightly grease a 12-hole ⅓-cup capacity muffin tin.

STEP 4 Heat coconut oil in a frying pan over medium heat. Add onion and sauté for 5 minutes, or until translucent. Add garlic and cook for 30 seconds to soften. Remove from heat, set aside and allow to cool.

STEP 5 In a large bowl, combine mince, coconut cream, eggs, curry paste, onion mixture and salt and mix well. Spoon evenly into holes of prepared muffin tin. Place tin on an oven tray (some liquid may drip from tin during cooking) and bake for 15-20 minutes. Rest in tin for 5 minutes, then turn out.

STEP 6 Meanwhile, blanch cauliflower in boiling water for 2 minutes, or until just tender and slightly crunchy in centre. Drain in a colander and set aside to steam dry. (If any moisture is left on the cauliflower it won’t roast properly.)

STEP 7 Line an oven tray with baking paper. Drizzle oil over cauliflower and toss to coat. Scatter cauliflower in a single layer over prepared tray and season. Roast for 15-20 minutes until golden and tender. Serve muffins with cauliflower, raita, coriander leaves and lime cheeks.

GUEST CHEF: MEET PETE!
Passionate about good food, TV host, chef and author Pete Evans regularly gets into the kitchen on BHG TV to share his love of cooking with healthy, delicious recipes.
Temperature adjusts within 2.5 hours

YOUR STORAGE SOLUTION

Designed with the growing family in mind, the new FlexSpace™ French Door fridge from Westinghouse has a range of storage solutions that makes accessing your food so much easier!

FLEXSPACE™ CONVERTIBLE DRAWER
With a touch of a button this FlexSpace™ Convertible Drawer* converts from a fridge to deep freezer to suit any occasion, whether it’s freezing meat for dinner or chilling the weekend wine!

SNACKZONE™ DRAWERS
A cheeky little compartment for even the smallest of family members to reach, the Westinghouse SnackZone™ drawer allows for easy access and ensures that healthy snacks (and treats!) are always available!

SMARTSPLIT™ ASYMMETRICAL DOOR DESIGN
With a clever split design you now have more usable space in your fridge doors, allowing you to reach for larger items with ease. This will help save you time and energy so you can focus on the more important things in life!

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*Temperature adjusts within 2.5 hours
Maximise your living space with fold-out furniture

Are you looking for more elbow room in your home? Try this project on for size! Put aside a weekend to knock together a dining table you can fold into a stylishly compact console or desk. Clever design and well-placed hinges are all it takes to give you two pieces of furniture in one!

Short on space? Entertain with a mid-sized dining table, then fold it up and stash it away when the party's over!

FOR SHOPPING AND PROJECT SUPPLIES, SEE STOCKISTS PAGE
Timing Table

Gather your supplies

- **Legs and table frame**
  42 x 28mm x 2.7m merbau (5)
- **Tabletops** 1800 x 405 x 18mm merbau panel (2)

You’ll also need

Drill; Smart-Bit to suit batten screws, 7mm bit and 13mm spade bit; 100, 50 and 75mm stainless steel batten screws; PVA glue; mitre saw; clamps; masking tape; chisel; SOSS invisible hinges (7); timber blocks; spirit level; circular saw; 240-grit sandpaper; Feast Watson Proofseal; clear varnish in a satin finish; Mastertouch Caranauba wax

For you to note

- All joints glued with PVA. Wipe off excess with a damp rag before it dries.
- Where cut ends butt into rounded edges, round cut ends with sandpaper to match.
- Countersink and predrill all screw holes using a Smart-Bit. Enlarge pilot hole in countersunk component to create a clearance hole.

2 The minimalist lines of the legs won’t dominate your living area, making it seem more spacious.

### Components

<table>
<thead>
<tr>
<th>Item part</th>
<th>Size</th>
<th>Material</th>
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<tr>
<td>Stiles</td>
<td>42 x 28 x 630mm</td>
<td>Merbau</td>
<td>8</td>
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<tr>
<td>Leg rails</td>
<td>42 x 28 x 325mm</td>
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<td>Leg braces</td>
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<td>Cross rails</td>
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<tr>
<td>Table braces</td>
<td>42 x 28 x 350mm</td>
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<tr>
<td>Tabletops</td>
<td>1500 x 405 x 18mm</td>
<td>Merbau</td>
<td>2</td>
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</table>
EASY step-by-steps FOR YOUR DINING/SIDE TABLE

Here's how

STEP 1  Apply PVA to end of stile and butt into leg rail flush with 1 end. Secure through rail using 100mm batten screws. Repeat to attach second stile to other end of rail, and second rail to other ends of stiles. Note: Glue all joints in following steps before screwing.

STEP 2  Using mitre saw, cut 1 end of leg brace at a 45° angle. Working from centre, cut off corners at other end at 45°. Position on inside top corner of leg frame. Screw through stile into brace using 50mm screws. Offset screw from centre of brace so it doesn’t break through timber. Screw through rail into brace using 75mm batten screws.

STEP 3  Repeat Steps 1 and 2 to create 3 more leg frames.

STEP 4  Sit leg frame on edge so inside stile is facing up. Clamp to bench to hold. Place hinge template on edge of stile 100mm from outside corner of frame. Use screw to mark timber with drilling points on template.

STEP 5  Using 13mm spade bit, drill holes in stile at each marked point to depth specified by hinge instructions.

STEP 6  Use sharp chisel to straighten edges of housing for hinge and smooth bottom.

STEP 7  Repeat Steps 4-6 to create housing for hinge at opposite end of stile and to create hinge housings in remaining leg frames. You’ll need a pair of leg frames with the housing near the right edge of the stile and a pair near the left.

STEP 8  Sit an opposing pair of leg frames on their side so edges nearest to hinge housings meet. Clamp to bench. Place hinges in housings to check fit and that tops are flush with stiles. Shave bottom of housings or pack under hinges with cardboard as required. Predrill and screw hinges to stiles using supplied screws. Repeat to join second pair of leg frames.

STEP 9  Sit leg assemblies upside down on blocks with a 1m gap between them. Place 1 cross rail between them so top edge of rail (which is facing down) is flush with top edge of leg frame and side face of rail is flush with inside edge. Screw through leg frame into cross rail using 100mm screws.

STEP 10  Place second cross rail between leg frames towards opposite end. Make bottom edge of rail (which is facing up) flush with end of stile and side face flush with inside edge. Screw through

DIY TIP
When drilling for hinges, use masking tape around your spade bit as a guide to ensure you drill to the correct depth.
leg frame into cross rail using 100mm screws.

**STEP 11** Cut ends of table brace on a 45° angle so direction of angle goes in opposite direction through timber. Place brace on edge between top cross rail and leg frame. Secure though cross rail and leg frame using 50mm screws. Repeat to attach other table brace.

**STEP 12** To cut tabletops to length, align panels on blocks then clamp spirit level to panels to act as a guide for circular saw, making sure blade is on the cutting line. **STEP 13** Repeat technique used in Steps 4-6 to create hinge housings on 1 long edge of each tabletop. Align hinge template with edge near top faces of panels. Place hinges 105mm from each end and in the centre of panels. Fit hinges in housings and secure in place with supplied screws. **STEP 14** With tabletops folded together, sit leg assembly on top so face of cross rail is flush with hinged edge of tabletops. Screw through cross rail and table braces with 50mm screws to secure legs to tabletops. **STEP 15** Lightly sand using 240-grit sandpaper. Remove dust, apply Proofseal to entire unit. Follow with 3 coats clear varnish. Allow to dry and lightly sand between coats for a smooth finish. Wax tabletops following product instructions.

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G'day there!

This table has no complicated joins – all the timber parts are simply screwed together – so why not give it a go? See me make more great projects on BHG TV, 7pm Fridays on Channel 7. 

GO TO BHG.COM.AU FOR MORE DIY TIPS AND TRICKS.
Some products, options, attachments or accessories may not be available in all regions and from all dealers. Products, specifications and availability are subject to change without notice. Conditions apply. Repayments based on Recommended Retail Price (RRP) incl. GST of base unit only at participating dealers through 31/03/19 - E110: Total Cost $3,736 – RRP $3,499, X350: Total Cost $5,756 – RRP $5,519, Z335E: Total Cost $4,636 – RRP $4,399. Total Cost equals RRP plus $79 annual fee over the interest free term. RRP does not include pre-delivery, freight, assembly or dealer charges, these are determined by your dealer. Minimum first repayment is E110 - $108.00, X350 - $124.00 and Z335E - $115.00 (including annual fee for first year), rounded up to the nearest dollar. It represents the highest monthly repayment required in the event the credit card is used for the promotional purchase only. Above repayments do not equal minimum payment due per month and other additional interest, fees or charges may be applicable. Monthly repayments are required and calculated at 3% of the promotional balance or $20, whichever is higher. Calculated based on 52 weeks in a calendar year, assuming 3% of the promotional balance is paid monthly at an interest rate of 0% p.a. for 30 months. Minimum purchase $750.00 and 20% deposit required. Interest free finance is applied only to promotional transactions for the specified period. Balances outstanding at the end of the promotional period will form part of the normal account balances and will accrue interest at the cash advance rate current at the time. Lending criteria, terms and conditions, fees, and charges apply and are available on application. See in-store for details. Credit provided by HSBC Bank Australia Limited ABN 48 006 434 162. Australian Credit Licence 232595.

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A beautiful lawn to enjoy doesn’t need to be hard work. John Deere ride-on mowers are designed to be easy to use and maintain, and make it quick and easy to get professional results. They’re quality USA made, and built to last. And for a limited time, it’s even easier to make one the pride of your property with low weekly payments. Nothing Runs Like a Deere™

Find out more at JohnDeere.com.au/LawnsToLiveOn
Be inspired to give your place a fabulous revamp

Take three suburban houses, throw in the Better Homes and Gardens TV team and what do you get? A truly fabulous trio of makeovers! The crew stepped up to help a group of neighbours transform their house fronts and create a whole new level of street appeal. Fresh paint schemes, new landscaping and a bunch of clever touches with trim and carpentry created amazing results – check them out, steal a few ideas and get thinking about what you could achieve at your place!
coastal style

Give a bare bones home an easy, breezy makeover

What you can do
• Paint the house walls and trim.
• Create a front courtyard with sandstone paving.
• Remove old metal railings and install new timber posts.
• Clean and paint concrete paths and porches.
• Add timber trim around aluminium-framed windows.
• Fill garden beds with plants to disguise brick foundations.

1 Add bags of character to a simple facade and turn a barren front yard into a leafy haven using the tips and tricks of coastal style. The look relies on lining boards instead of brick or rendered walls, a neutral colour scheme, and natural materials such as stone and timber. Metal isn’t used much, as it corrodes, so remove or cover it where possible. Laidback living is the aim, so add timber furniture, outdoor cushions and woven accessories to feel like you’re always on holiday at home! And when it comes to plants, palms are a must.

1 Contrast is key, so go for almost-black walls and fresh white trim, then soften the scheme with timber accents.

2 Lay crazy paving! Rough-cut sandstone has a relaxed feel and adds a warm tone to the front entrance. Find a local supplier and have it delivered. Too easy!

3 Bromeliads are your besties when creating a tropical-style garden. The range of foliage colours and patterns is amazing.

4 Swap metal posts and railings for timber pillars. For a big saving, stain treated pine posts to the colour of a more expensive timber!

Here’s your colour scheme for paints
• Bright white
• Deep grey or almost black
5 Add pots of style
to your verandah with glossy green foliage plants, and upgrade a bare concrete floor with paving paint.

6 Make the transition from lawn to verandah with a paved area that doubles as an outdoor lounging spot for enjoying your lush new garden!

WHAT TO PLANT
• Bromeliads
• Strelitzia nicolai
• Ferns
• Ornamental ginger
• Philodendron ‘Xanadu’
• Cordyline fruticosa
• Croton
• Liriope
• Dracaena marginata
To turn a dated coffee-and-cream home into a contemporary classic, stick to clean lines and a simple colour scheme. The trick is to update not redesign the facade. Paint the house light grey and use crisp white and charcoal for trim and features. Replace any old window awnings and the garage door. Give a feature-less front yard more dimension with evergreen hedges and a small tree. A limited palette of plants – mainly foliage with fragrant flowers in season – perfectly matches your simple modern theme.

Here’s your colour scheme for paints
- Charcoal
- Pale grey
- White

**WHAT YOU CAN DO**
- Deck over the front porch and build wraparound steps to the front yard.
- Modernise the look of windows with slatted awnings.
- Install a new garage door.
- Remove shrubs and plant a new front hedge.
- Build and install a front gate.
- Paint the house, including gutters, fascia brickwork and front door.

**Bring a no-frills frontage bang up to date**

1. **Define your boundaries!** If your front yard bleeds into the nature strip, give it a border. Forget a fence and plant a hedge – you can even pop a gate in the middle!

2. **Want an instant revamp?** Invest in a new garage door and colour-match it to the front door and guttering.

3. **Transform a tiled porch** with timber. Lay decking boards over the top and build wraparound steps.

4. **For a low-growing hedge** that’s also low maintenance, try *Gardenia florida*. PS, it has the bonus of fragrant white flowers.
5 Match new features, such as the gate and awning, to create a cohesive design.

6 Create an entrance! Decorate your new timber porch with a wall light, floor lantern, welcome mat and lollipop topiary balls in quirky planters.

WHAT TO PLANT
• Ficus benjamina standards
• Gardenia florida
• Magnolia 'Little Gem'
• Carex 'Feather Falls'
• 'Sir Walter’ buffalo lawn

FOR SHOPPING AND PROJECT SUPPLIES, SEE STOCKISTS PAGE
Design is in the detail, which is why you can give a blah and boxy house the look of a country cottage with just a few changes. The idea is to add and clad, not remove or replace. A paved porch turns into a timber-floored verandah with a decorative tiled inlay. Bare metal verandah poles become timber posts with ‘collars’ and ‘boots’ that feature fretwork in between. Paint and an old-fashioned knocker make the front door a feature, while the garden beds become mini meadows and window boxes add the final pretty touch.

**What You Can Do**
- Lay a deck over the front verandah, including tiled inlay.
- Paint the house, including trim, gutters, fence and front door.
- Box metal verandah posts and add decorative fretwork and brackets.
- Plant a cottage-style garden and install window boxes.
- Add character to the adjacent fence and gate with painted timber trim.

**1 Team with a theme** and reflect the colour scheme of your house in your garden, adding pops of more vibrantly hued flowers here and there.

**2 Refresh don’t replace** old metal fences and gates with paint, then add trim and install new latches to tie them into the look of the house.

**3, 4 Upgrade the entrance** with a decorative tiled inlay and timber or metal fretwork in both black and fresh white. Paint the front door a feature colour and add decorative touches such as a hanging basket. PS, use the same tiles to create a house number.
5 **Make the most** of a large verandah and add a cane or rattan bistro setting so you can sit and admire the new floral view.

6 **A cottage garden must-have**, you can build a windowbox from timber then pop in troughs of seasonal colour - mix upright and cascading blooms.

7 **For fabulous spring colour**, the Senetti range of cinerarias produce more blooms for longer. In summer, swap for calibrachoas and petunias.

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**WHAT TO PLANT**

- Cineraria
- Gerbera
- Lobelia
- Argyranthemum
- Osteospermum
- Lavender
- Primula
- Pennisetum ‘Nafray’
- Polygala ‘Little Bibi’

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So it’s easy for you to follow, we’ve put the step-by-step instructions for these front makeovers on a project sheet. The project sheet also includes a complete list of the materials and tools you’ll need to do the job.

To get your free project sheet, visit [bhgshop.com.au/projectsheets](http://bhgshop.com.au/projectsheets) and download it – it’s super-simple and you’ll have it instantly! You can print it out on A4 paper or save it to your device of choice. And while you’re there, you can browse for other projects you might love, too!

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FOR SHOPPING AND PROJECT SUPPLIES, SEE STOCKISTS PAGE
OutDOOR OVERHAUL

Use various types of lighting to create different moods in your new space.

Before

Transform your tired old outdoor area and get ready for a summer of entertaining.

Life OF THE Party

Transform your tired old outdoor area and get ready for a summer of entertaining.
If your outdoor area has good bones but is looking a little worse for wear, all it takes is a little DIY magic to bring it back up to scratch. After a good clean and a lick of paint, build a cook’s corner complete with a stunning barbecue bench and vertical herb garden. Finish off with a variety of lighting and you’ve got an outdoor area that’s ready to rock.

Add charm by refurbishing old items, like this vintage sewing machine table, then top it with a bench to suit.
**Components**

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<td>Barbecue side sheets</td>
<td>198 x 663 x 15mm</td>
<td>Compressed fibre cement</td>
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**Gather your supplies**

- **Bench frame** 140 x 45mm x 5.4m (2) H3 treated pine
- **Wide leg frame** 140 x 45mm x 3.0m (1) H3 treated pine
- **Leg frames, leg blocks and bench cleats** 90 x 45mm x 5.4m (2) H3 treated pine
- **Upper bench frame** 190 x 45mm x 5.4m (1) and 3.6m (1) H3 treated pine
- **Barbecue sheets** 1800 x 900 x 15mm compressed fibre cement (1)
- **Bench cladding** 88 x 23mm x 5.4m (12) Modwood Sahara Decking

**You’ll also need**

- Circular saw with fence attachment; nail gun and nails; drill; 100mm batten screws; clamp; angle grinder fitted with diamond cutting blade; 5mm masonry drill bit; 50mm decking screws; black exterior paint; painting equipment

**For you to note**

- When using power tools, wear all safety gear required and refer to your product instructions.
- At 947mm high, the bench was designed to suit a tall person. Adjust the height of the leg frames to reduce the height of the bench and cut decking boards for cladding accordingly.
- Dimension for barbecue opening to suit product pictured. Adjust to suit the size of your barbecue.

**Here’s how**

**STEP 1** Construct the lower bench frame by sitting bench cross pieces (A) between bench sides (B) and nailing. Start with a cross piece at each end of sides. There are 3 cross pieces to support the BBQ. The first of these is 500mm from one end of the frame and final cross piece should finish 900mm from the first. The third should be in the centre of these 2. Add 3 more cross pieces equally between cross piece supporting BBQ and far end. For extra strength, screw through sides into cross pieces using 100mm batten screws.

**STEP 2** At end of lower bench frame where the BBQ will be, insert 2 leg blocks (C) on the flat so face of blocks are flush with bottom of frame. Place 1
block adjacent to end cross piece and the second on the corresponding side of the next cross piece. At other end of frame, position third leg block adjacent to the cross piece at that end and screw in place. **STEP 3** Construct leg frame by butting 2 leg cross pieces (D) into leg uprights (E) flush with each end. Nail to hold then screw together using 100mm batten screws. Repeat to construct second leg frame. **STEP 4** With bench frame sitting upside down, place 1 leg frame on end cross piece and leg block at end nearest the BBQ. Make leg frame flush with outside end of bench frame. Screw together. Place second leg frame on adjacent cross piece and leg block so it is 410mm from the first and screw in place.
**OUTDOOR OVERHAUL**

Why turn your outdoor area into party central? If you build it they will come!

**STEP 5** Use wide leg cross pieces (F) and wide leg uprights (G) to build wide leg frame. Attach to other end of bench flush with outside end of frame.

**STEP 6** Turn frame over so it is sitting on its legs. Place leg braces (H) in bottom corners of leg frames and screw in place. Ensure leg frames are parallel to each other.

**STEP 7** Place lower bench frame in position against pergola posts and clamp. Screw through frame into posts. If freestanding, hold bench in place using masonry anchors through the leg frames into the concrete below.

**STEP 8** Insert remaining leg cross pieces and wide leg cross piece into their respective frames halfway up from the bottom.

**STEP 9** Construct upper bench frame by sitting upper bench cross pieces (I) between upper bench sides (J) and nailing. Make a cross piece flush with each end and space others evenly between these. Strengthen frame by screwing together using 100mm batten screws. Sit frame on lower bench frame and make flush with end. Join using bench cleats (K) placed on inside of frames and nail through cleats into both frames. Use a pair of cleats towards each end of frames.

**STEP 10** Construct short upper bench frame by sitting 2 upper bench cross pieces between short upper bench sides (L) flush with each end and screwing together.

**STEP 11** Sit short upper frame on bench frame and make flush with end. Place remaining bench cleats on inside of frames and nail through cleats into both frames.

**STEP 12** Using angle grinder, cut barbecue base sheet (M) and barbecue side sheets (N) to size. Also cut a hole in base sheet to allow access for BBQ gas hose. Slide base sheet in position on lower bench frame in gap between upper bench frames. Place side sheets against sides of upper bench frame. Drill 5mm clearance holes through fibre cement using masonry drill bit then screw sheets to frame with decking screws.

**STEP 13** Paint bench frame and visible edges of fibre cement in black.

**STEP 14** Measure for cladding along face of bench. At BBQ area, butt boards into fibre cement sheets. At ends of frames, overhang boards by 23mm. Cut boards to length and fix to face so top edge is 4mm below top of bench, predrilling and countersinking as per manufacturer’s instructions. Continue laying boards below this leaving a 4mm gap between boards. For boards covering legs, overhang both sides of legs by 23mm.

**STEP 15** Lay first board to top of bench so edge of board is flush with face boards. Overhang ends of bench by 23mm. Continue laying boards leaving a 4mm gap between them.

**STEP 16** Measure and cut boards to sit vertically on ends of frames and insides of legs. Leave a 4mm gap to boards on top of bench. Screw boards to bench so they align with the boards on top of the bench. Use a circular saw with fence attachment to cut boards along their length to fit at sides.

Highlight your handiwork by installing LED strip lighting under your barbecue bench.

Photography: Chris Jones, Greg Fahey; styling: Vanessa Tiddy (magazine), Jo Greenwood (TV); projects: Greg Sparke, Chris Cort, Graham Rowe; diagram: Stephen Pollitt. Product specified may differ from images shown.
Gather your supplies
• 150 x 25mm sawn treated pine (shelving and planter)
• 100 x 50mm treated pine sleeper (blocks)
• Terracotta pots in various sizes
• Selection of plants

You’ll also need
Charcoal exterior stain; painting gear; measuring tape; circular saw; drill and 4mm bit; 65mm treated pine screws; 100mm galvanised batten screws; utility knife; undercoat; exterior acrylic paint in selected colours; garden soil mix; weed mat

For you to note
• Stain all material prior to cutting and assembly.
• Ensure pergola posts are H4 treated pine, which is suitable for in-ground uses. If not, box around posts to isolate them from the soil in the planter.

Here’s how
STEP 1 Measure between pergola posts that are farthest apart to determine width and height of shelf unit. Use saw to cut sides to length then top and bottom, allowing for thickness of sides. Butt top and bottom into sides, predrill with 4mm bit then screw together with 65mm screws.
STEP 2 Determine number of pigeonholes, here roughly 400mm square. Deduct thickness of sides and dividers from overall measurement then divide by number of holes to find exact size. Cut dividers to length. Using 1 divider as a spacing block, butt dividers into top and screw together.
STEP 3 Butt shelf into open end of dividers and screw together. Butt more dividers into this shelf so they align with those already fixed. Predrill and screw on an angle through shelf into dividers.
STEP 4 Repeat Step 3 to add more dividers, shelves and finally the bottom of unit.
STEP 5 Lift unit into position between pergola posts. Screw through sides into posts using 100mm batten screws.
STEP 6 Measure and cut treated pine to length for planter sides and ends, securing butt joins with screws. For longer joins, use 2 lengths of pine and cut a cleat to fit over join on inside of planter, screwing into both sides of join.
STEP 7 Cut sleeper to length to create blocks. Insert blocks between sides of planter at pergola posts. Screw through sides into blocks then through blocks into posts to secure planter edging.
STEP 8 Use a knife to cut weed mat then lay on inside of planter, fill with garden mix and plant up.
STEP 9 Apply undercoat to terracotta pots and let dry. Follow with 2 coats of exterior acrylic, allowing to dry after each coat.
COME ON, GET A PRICKLE ON KIDS!

Bit by bit!
Take your cactus-making game to the next level by cutting slots in multiple roundish branches and joining them together. Reduce the size of each branch extending from the main body.

Straight up
Tissue-paper flowers in pastel pink add a burst of pretty colour to this classic-looking cactus. Just slot the two shapes of the cactus body together to make it appear 3D, then use dressmaker’s pins to attach the flowers.

The three amigos!
Bunch a trio of cacti in a wide-mouthed terracotta pot – just stagger their heights and draw ribs on each plant with a marker.
Bring cool colour to your bedroom with these 3D desert plants – decorated and potted up by you. Oh, and they’ll never need watering... ever!

Get started on this cactus-themed craft project by sketching out the striking silhouettes of prickly plants on foamcore board. Ask a grown-up to cut out your designs, then use water-based paints and marker pens to make them look like the real deal. You can even pin on bright tissue-paper flowers before ‘planting’ them in terracotta pots.

Hey, spike!
The only thing missing here is a sombrero-wearing passer-by! PS, note how the main silhouette is supported by a central column.

Curvy cactus
Bright paint, glossy varnish and tissue-paper blooms bring this beauty to life!
Instructions over page

Little fella
Use foamcore offcuts to make mini cacti to complete your patch of plants. You just need a smaller container to suit. The best bit? These pots start at $1 from Bunnings.
Gather your supplies
- 6mm foamcore board in white
- Water-based paint in a shade of green
- Marker pen in black
- Small decorative pebbles in white
- Terracotta pot

You’ll also need
Scissors; self-healing cutting mat; pencil; craft knife; metal ruler; small dish; paintbrush; newspaper; water-based gloss varnish; Chalk Paint by Annie Sloan in Lem Lem (or any green colour you love); tissue paper in colour of choice; dressmaker’s pins

For you to note
Foamcore board typically consists of three layers: polystyrene or polyurethane that is clad with paper on each side. It’s strong, lightweight and easily cut with a knife. Try Spotlight and Kmart for inexpensive sheets of foamcore board.

Here’s how
STEP 1 Using a photocopier, enlarge Cactus diagrams to 400%, then 127%. Cut out shapes using scissors to make 2 templates.
STEP 2 Place cutting mat on work surface. Put foamcore board on top.
STEP 3 Place both templates on foamcore board. Lightly trace around each shape with pencil.
STEP 4 Use craft knife to carefully cut along marked lines. Use knife against edge of metal ruler to cut along straight lines. This is a job for an adult.
STEP 5 Pour a little green paint into small dish. Use paintbrush to coat both sides of cactus shapes. Apply 2-3 coats. Let dry after each coat.
STEP 6 Lay out newspaper in a well-ventilated area. Spray one side of each cactus shape with a thin coat of varnish. Let dry.
STEP 7 Use marker pen to draw an even spread of short lines on both faces of cactus shapes. These are to mimic the prickly spines of the cactus.
STEP 8 Using paintbrush, decorate pot with chalk paint. Here, only the rim of the pot is painted, but you may like to get creative and paint zigzags or any design you love. Let dry.
STEP 9 Slot cactus shapes together. Pour a thin layer of pebbles in pot. Place cactus in position and pour more pebbles around base of cactus to hold it in place.
STEP 10 Concertina-fold a 5 x 5cm piece of tissue paper (make folds about 3cm deep). Fold this in half, then cut a neat triangle shape extending from the fold. Push a pin through the inside of the fold, then push the pin into the edge of foamcore cactus to hold tissue-paper flower in place. Repeat to make as many flowers as desired.
STEP 11 Repeat Steps 1–10 to make and decorate a whole patch for your place.
WAKING UP TO A GORGEOUS BEDROOM IS THE PERFECT START TO A CHILD’S DAY

Norway Single Bed in Natural, $449; Norway Bedside Table in Natural, $199; Llama Party Quilt Cover Set* in Single, $109.95; Llama Party Sheet Set* in Single, $119.95; Llama Party Playmat, $59.95; Sherbie Lamp in White, $149; Tess Seagrass Pom Pom Basket (Set-of 2), $119; Lil Song Bird Cushion, $29.95; Lexi Llama Print (40x50cm), $79. All other items are stylist’s own.
CONTRASTING STITCHING
Heston King Single Bed in Grey, $649;
Heston King Single Bed in Pink, $649;
Circ Bedside Table in White, $299;
Jungle Double Quilt Cover Set*, $119.95;
Jungle King Single Sheet Set*, $99.95;
Flamingo Double Quilt Cover Set*, $119.95;
Hearts King Single Sheet Set*, $99.95;
Florida Cushion with Tassel Trim in Sage, $59.95;
Jungle Cushion, $34.95;
Flamingo Cushion, $34.95;
Harper Throw in Nude, $79.95;
Harper Throw in Pink, $79.95;
Frolic Lamp in Blue, $249;
Suffolk Seagrass White Round Basket (Set of 3), $179;
Soft Sheep Rug in Grey (160x230cm), $499. All other items are stylist’s own.
Oxford Single Bed with Trundle, $1198; Oxford 4-Drawer Tallboy, $849; Lucie Side Table, $399; Enchanted Single Quilt Cover Set*, $109.95; Enchanted Single Sheet Set*, $119.95; Felicia Fairy Cushion, $29.95; Fairy House Cushion, $29.95; Mushroom Grey Cushion, $29.95; Florida Cushion with Tassel Trim in Peach, $59.95; Select Nickel Lamp, $125; Pluto Timber Bead Wall Mirror (76cm Diameter), $509; Luxury Shaggy Rug in 7001/600 (160x230cm), $599. All other items are stylist’s own.
Tyson Single Bed in Almond, $499; Tyson Bedside Table in Almond, $299; Surfari Single Quilt Cover Set*, $109.95; Surfari Single Sheet Set*, $119.95; Swimmer Cushion, $29.95; Camper Van Cushion, $29.95; Sundae Blue Playmat, $59.95; Ryker Bedside Lamp in Grey, $109; Maggie Wall Hanging, $129. All other items are stylist’s own.
My perfect age is now.

Jane Fonda
PALE WASHED-OUT SKIN?
RESTORE YOUR HEALTHY ROSY GLOW

SPECIFICALLY FORMULATED FOR VERY MATURE SKIN

PEONY POLYPHENOLS

AGE PERFECT
GOLDEN AGE

/ RESTORE SKIN’S ROSY GLOW
/ TIGHTEN SAGGING SKIN
YOUR GOLDEN AGE IS NOW.

For more information visit:
www.lorealparis.com.au

L’ORÉAL PARIS
Controlling your weight can take more than diet, exercise and willpower. In fact, your brain can work against you causing you to put weight back on.

Ask your GP how prescription medicine can help take the weight off your body and mind.

CanScienceTakeTheWeightOff.com
Learn the secrets to lush locks all the time, find out how to stop restless legs for a good night’s sleep and take care of your pearly whites for a beautiful smile.
Give your hair the TLC it needs and enjoy glossy, healthier locks.

Characteristics

WHAT’S YOUR HAIR TYPE?
Your hair type is a combination of texture, density and shape, but if you still aren’t sure after reading the below, ask your hairdresser for help. Knowing the type will help determine your haircare needs.

Texture – refers to the circumference of individual strands – fine, medium and coarse. If you can’t feel a single strand between two fingers it’s fine, if you can easily feel one, it’s coarse.

AGELESS HAIR

OH SO fine
This hair texture is fragile, so don’t shampoo and blow-dry it every day and drop the heat. Try a dry shampoo on alternate days. Lightweight conditioning and styling products prevent your hair from being weighed down.

TRY Fibralogy Thickening Shampoo and Conditioner, $7.99 each, L’Oréal Paris; Treat It Heat Protective Spray, $7.99, Models Prefer; Keratin Strength Fortifying Spray, $19.95, Klorane.

Love your hair by knowing it better and it’ll love you back

Women often wish their hair was different – straight when it’s curly, thick when it’s thin – especially when it’s misbehaving or isn’t looking fabulous. Pretty common, yes? But what if you could tweak your haircare routine and manage your locks with greater ease, just the way they are?

The trick is to embrace your hair’s texture, density and shape. Welcome to Hair School.

Give your hair the TLC it needs and enjoy glossy, healthier locks.
Density — refers to the amount of hair growth on your scalp. If you part your hair and easily see scalp, it’s thin; if you barely see scalp, it’s thick, somewhere in between is medium.

Shape — refers to how straight, wavy, curly or kinky your hair is in its natural state.

Condition
The better your hair’s condition, the better it will look and the easier it will be to style. Good condition comes from having a wholesome diet and lifestyle, but hair is also affected by how you treat it and what you use.

WHAT YOU DO...
Heat styling, including blow-drying and straightening, causes a degree of damage, so apply leave-in conditioner to wet hair, use a heat-protection spray and do regular treatments. Chemically treated and dyed hair becomes more porous, so to improve its condition and reduce colour fading, use treatments and shampoos and conditioners for coloured hair.

TIP
Blow-drying with a round brush – big or small, depending on your hair – or using a straightener helps to smooth the hair strands, reduce frizz and boost shine.

YOU ARE
This hair texture needs extra nourishing care. Wash no more than twice a week so scalp oils can travel down to the ends. Brush to distribute oils. Never towel rub hair after washing, as this roughs up the strands and causes frizz.

TRY
Nutrisse Avocado Enriched Mask, $13.99, Garnier; Hair Expertise Ultra Rich Precious Oil Mist, $17.95, L’Oréal Paris; Repair & Protect 7 Shampoo and Conditioner, $5.49 each, Tresemmé.

A FRESH START
Styling products, including dry shampoo, leave a build-up on the hair and scalp. Be sure to shampoo twice and use a clarifying shampoo once a month for a deep cleanse. Try Clarifying Shampoo, $37.95, Moroccanoil.

Density — refers to the amount of hair growth on your scalp. If you part your hair and easily see scalp, it’s thin; if you barely see scalp, it’s thick, somewhere in between is medium.

Shape — refers to how straight, wavy, curly or kinky your hair is in its natural state.

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Curl control
A little effort is required to create lovely curls, but they’re so worth it. Sure, a straightener is one approach, but natural curls are beautiful. Curly hair is prone to dryness and frizz so follow these guidelines.
• Do not over-wash hair; once or twice a week is fine and always use a conditioner after shampooing.
• Do apply conditioning masks or treatments to maintain moisture.
• Do use a hair wrap to absorb moisture after washing.
• Do apply leave-in conditioner or a smoothing cream to the ends.
• Do not disturb curls until they’re dry, or use a diffuser to dry hair faster.

shine IT UP
Healthy hair has natural oils, which help keep the surface smooth. When hair is dry it doesn’t reflect light or shine so follow these tips.
• Do use nourishing hair products.
• Do not wash and blow-dry every day. Use dry shampoo in between.
• Do treatments on dyed and chemically treated hair and when living in a hot, dry climate.
• Do wear a hat when spending time out in the sun and wind.

TRY
Luxe Dry Shampoo, $9.99, Batiste; Marrakesh Oil & Coconut Oil Serum, $10.99, Schwarzkopf Extra Care Hair Repair; Frizz Ease Secret Weapon Finishing Crème, $16.99, John Frieda.

GOT frizz
What is frizz? When hair is dry or dehydrated the cuticle layer opens and absorbs moisture from the air, swelling the strands and making it frizzy. Possible causes include towel drying, harsh shampoo, not enough deep conditioning and over-processing with chemicals. Sleeping on a silk pillow slip helps.

TRY
6 Miracles Oil Essence, $10.99, Schwarzkopf Extra Care Hair Repair; Argan Oil Recovery Hair Mask, $15.99, Essano; Silk Queen Pillow Case, $85, Slip; Jamaican Black Castor Oil Strengthen, Grow & Restore Treatment Masque, $23.99, SheaMoisture.

TOOLS OF THE TRADE
Having the right styling tools and gadgets can make a world of difference to your end result. If you’re new to tools, ask your hairdresser for help.

BRUSH UP ON STYLE
1. Create more volume and smoothness by using a round styling brush, Ceramic Radial Brush, Medium, $28.99, Lady Jayne.
2. Brush hair with TLC, especially if it’s fine, Pure Bristle Pocket, $165, Mason Pearson.
3. Dry hair faster and minimise heat damage; Ultimate Air Dry Hair Brush, $25.99, EcoTools.
4. Even fine hair will love this dryer. It dries faster and achieves ultra-smooth results, AIR3D Hair Dryer, $199.95, Remington.
5. Style and nourish your hair at the same time, Keratin & Argan Oil Nourish Straightening Brush, $79.95, Remington.
6. Great dryer for thick, medium to long and curly hair, Venezia Professional Dryer, $159.95, VS Sassoon.

TURNING ON THE HEAT
FOR SHOPPING DETAILS, SEE STOCKISTS PAGE
They have a lot more in common than just their family

We tend to think there’s nothing more sensitive than a baby’s soft skin. But sadly, as we age, our skin becomes thinner and can be more fragile than a baby’s, making it more vulnerable to damage. And the repair process is also less effective.

Unfortunately, the incidence of bladder leakage or incontinence tends to increase with age, so we need to pay as much attention to our own skin as we do to that of our grandchildren.

Accidents happen, but skin damage shouldn’t. As well as the discomfort of irritated skin impacting on our enjoyment of life, damp warm skin is the ideal breeding ground for bacterial and fungal infections.

Effective skin care for incontinence can be as easy as three simple steps:

1. Cleanse
2. Soothe
3. Protect

J’ADERMA Skin Care products have been specifically formulated for incontinence skin care and are dermatologically tested.

J’ADERMA Skin Care products are available in pharmacies or online at jaderma.com.au. For more information, or to obtain free samples, visit jaderma.com.au.
Two friends meet for coffee. Friend 1, who has gained a few kilos, laments to Friend 2 that she has nothing to wear to an upcoming formal function because she is ‘way too fat’. Friend 1 to Friend 2: ‘So I was thinking, YOU must have something I can borrow, right?’ Friend 2: ‘Um…’

Was Friend 1 just having a momentary lapse of sensitivity? Nope. Fact is, Friend 1 almost never asks how Friend 2 is doing. She has no real idea of what’s going on in her life. During a recent health scare for Friend 2, Friend 1 was AWOL. (So busy! So stressed! So sorry!)

Friend 2 however, is the ever-present safety net in Friend 1’s drama-filled soapie. So, no momentary lapse, just self-absorbed business as usual.

**THE IMPORTANCE OF GETTING A CLUE!**

All take and no give = bad friend. Don’t be that person! Of course, it’s not always so black and white. Our lives are hectic and we’re all guilty of dropping the ball occasionally. The trick is to have a little self-awareness and pick it up again quick smart.

Likewise, if you are the ‘wronged’ friend, don’t be a doormat. A friendship worth its weight should be able to withstand a little truth-telling. If not, reassess.

**IT’S A FACT**

We need friends – they’re essential for wellbeing. Positive friendships can help add years to your life, speed recovery from illness, reduce risk of depression and even improve mental acuity.

Good friendships add meaning and purpose to life, especially as we age, when connectedness is vital. Sharing everything from the mundane to the momentous, they help shape us, ground us, guide us. They support, celebrate, commiserate and call just to shoot the breeze. They get you, they let you be you. They make you feel loved and valued.

Bad friends, on the other hand, just make you feel like, well, bad!

**GOTTA GET AWAY?**

Backing away from a friendship that’s gone bad – or simply no longer fits – can sting but sometimes there’s little choice. The upside? You can devote more of your precious time to those who truly make your heart sing.
A good friend is like a four-leaf clover, hard to find and lucky to have.

**IRISH PROVERB**

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**the telltale signs**

**GOOD FRIENDS**
- Value face-to-face time (look, no phone)
- Share air time without feeling the need to one-up the conversation
- Call or text just to touch base
- Understand that life gets crazy sometimes
- Remember important dates in your life
- Ask how your dad/mum/Uncle Steve is doing
- Remember you were having scans/a job interview/a tough time with your kids
- Offer honest, non-judgemental feedback
- Don’t care if your house/hair is a mess
- Let you cry or whinge without needing to ‘fix’ you
- Pick up where you left off even if it’s been a while
- Are truly happy for you when good things happen
- Apologise when they’ve messed up

**BAD FRIENDS**
- Are expert at the subtle dig or put-down. If you point it out they’ll say they ‘didn’t mean it that way’ or suggest you can’t ‘take a joke’
- Are needy and attention seeking, so leave you feeling drained after seeing them or even just speaking to them on the phone
- Always have a bigger, better ‘me too’ story to share
- Indulge in mean girl gossip (you better believe they’re gossiping behind your back, too)
- Betray confidences
- Break promises
- Something always comes up at the last minute to derail getting together (Psst, you’re just the back-up plan)
- Are often late but always have a great ‘reason’ (aka little respect for your time)
- Never call first unless they need something

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**bad friend**
Annoying twitches keeping you up all night? Totally not OK! Try the following tips

Being denied a relaxing, dream-filled sleep by your own legs is a cruel kind of irony. While symptoms vary from person to person and range from mild to maddening, restless leg syndrome (RLS) is characterised by uncomfortable sensations that cause an irresistible urge to move, usually in the quiet of the night.

Those afflicted with RLS, also known as Willis-Ekbom disease, describe feelings of creeping, crawling, pulling, tingling, throbbing or aching which leads to tossing and turning, kicking, jerking, needing to massage the affected area or pacing the floor in the wee hours seeking blessed relief.

Short-term, RLS can cause daytime crankiness and impaired ability to function in situations where you need your wits about you. Long-term, chronic sleep deprivation can lead to anxiety, depression, relationship problems, lowered immunity and increased risk of illness and disease.

WHAT IS IT?
Experts believe RLS is linked to disturbances in the brain’s signalling system. Neurons are misfiring somehow but the ‘why’ often remains a frustrating mystery. In some cases, RLS can indeed be traced to other health issues or certain medications.

GO NATURAL
Complementary therapies like acupuncture, massage and transcutaneous electrical nerve stimulation (TENS) are worth a shot. Some also swear by magnesium supplements and other herbal or homeopathic remedies.
RLS is a common, though often puzzling condition.

**WHAT WORKS?**

As for treatment, it’s often a case of trial and error. What works for some won’t for others and what works sometimes, may not always. Lifestyle changes are recommended as a first line of defence. For moderate to severe cases, success is often achieved via drug therapy. Central nervous system depressants, anticonvulsants and meds that increase the flow of the neurotransmitter dopamine can be effective under the close supervision of your doctor.

**WHAT TO DO**

**1 RAISE THE ALARM**
Talk to your doctor ASAP. They’ll go over your history and current medications, and run tests to rule out or confirm conditions that may be the cause. Nerve damage, poor circulation, iron and vitamin deficiency, kidney disease, family history and pregnancy are some. Certain prescription or over-the-counter meds, including older antidepressants and even cold and allergy preparations, may also be triggers.

**2 AVOID STIMULANTS**
Nix the caffeine, cola, choccies and sugary treats, especially in the evenings, also black tea, alcohol and cigarettes. Drink caffeine-free herbal teas instead.

**3 MANAGE SLEEP SPACE**
A cool, dark room free of electronics is optimal.

**4 TRAIN YOUR BODY**
Add resistance training to your exercise routine. Walking, yoga, Pilates and swimming are good, too.

**5 SHIFT YOUR FOCUS**
As with insomnia, the more you fret, the worse it can get. Retraining your brain, a technique used in pain management, can be very effective and involves reframing negative thoughts, deep-breathing exercises and positive visualisation.

**6 CHECK OUT SUPPLEMENTS**
Consider taking magnesium with taurine, or herbal and homeopathic remedies; many people swear by them.
They say your hands and neck will give away your age in a heartbeat, but your pearly whites are pretty good at telling on you, too. Teeth can naturally discolour with age and might appear yellow or even grey, despite your best efforts. While not everyone is going for that startling Hollywood whiter-than-white glow (sunglasses please!), there’s definitely something more youthful about a brighter, whiter smile.

However, an ageless look is not just about the colour of your teeth; the health of your entire mouth, from your teeth to your gums and even your tongue, impacts not only your appearance, but also your whole wellbeing.

Did you know, for example, that gum disease left unchecked may lead to bone loss or serious bacterial infections that can enter the bloodstream and cause heart trouble? Alarming but true, folks. Making dental care a non-negotiable priority is the simplest way to prevent your mouth from going south. Oh, and the idea that losing your teeth is inevitable as you age is so last century. While today’s dentures and implants are awesome should you need them, taking excellent care of your originals gives you a greater chance of sidestepping them altogether.

**KNOW THE SIGNS**
Gum disease can be mild, or meaner than a cut snake. Getting ahead of it will save you all kinds of grief. See your dental professional if you notice the following.

- Frequent bleeding when brushing or flossing.
- Bad breath that won’t quit.
- Pain, redness and inflammation on the gum line.
- Loose teeth.
- Gums that appear to be receding from your teeth.

**TRY THIS!**
‘Pulling’ coconut oil between your teeth is an age-old way to naturally clean and whiten your chompers. Simply place a couple of tablespoons of unrefined coconut oil into your mouth and slowly move it (pull) between your teeth and around your mouth for up to 15 minutes.

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**DRINK MORE WATER!**
It’s vital for healthy teeth and gums and, in Australia, most tap water is not only safe to drink, it also contains the fluoride necessary for added protection. It can be tough remembering to sip enough each day, so we’re loving the new Thermos Connected Hydration Bottle. Its ‘smart lid’ bluetooth technology helps you track and monitor your H2O intake. Visit thermos.com.au or amazon.com.au for details.

**HERE’S HOW**

1. **Brush morning, night** and in between when necessary. Brush along the gum line and the inner, outer and chewing surfaces in a gentle, circular motion; too rough and you risk damaging enamel and injuring your gums.

2. **Run the brush over your tongue** a couple of times as well. This helps reduce bacteria in your mouth and freshens your breath. Swish with a swig of a good mouthwash, too!

3. **Floss!** It’s not an optional extra! By neglecting to floss, you miss cleaning the surfaces between your teeth where food debris hides, making plaque build-up more likely. If you’re not a fan of traditional floss, try a powered water flosser instead.

4. **Replace your manual toothbrush**, or the head of your electric brush, when you notice the bristles are starting to look ratty,

"You brush at night to keep your teeth. You brush in the morning to keep your friends"
or every three months, whichever comes first.

5 Use a quality toothpaste that promises all-round protection for teeth and gums. Look for a paste that prevents cavities and tartar build-up, strengthens enamel, fights bacteria, protects gums, removes stains and plaque and freshens your breath while doing it. We love the Colgate Total range!

6 Make a date with a dentist at least twice a year. You can’t beat a professional cleaning. As well, regular check-ups help nip potential problems in the bud. Dental X-rays can pinpoint trouble spots, small cavities can be treated before they become more problematic, and if whitening is your goal, a dental professional can discuss options that will be more successful and lasting than many over-the-counter choices.

7 Don’t smoke – it’s the sworn enemy of a beautiful mouth.

8 Watch for hidden sugars in food and drink. It’s not just obvious sugary treats to be wary of, but also items such as crackers, dried fruit, chips and biscuits.

9 Go easy on the coffee, cola and red wine. Over time, they can cause discolouration.

10 Don’t let your mouth dry out. Saliva offers protection for teeth and gums. Some meds can cause a dry mouth, so if this is a problem for you, discuss with your GP or dentist. In the meantime, chewing sugar-free gum can help encourage saliva production and neutralise acids that lead to decay.
Have cleaner air inside, enjoy the comfort of a soothing pillow, oh and love your skin down there!

**tea please**
Delight your tastebuds and enhance your health with a cup of gorgeous flavoured tea. Bodhi organic herbal teas are created by Lisa Guy, a naturopath with a healthy obsession with the healing powers of herbs. Her teas are totally delicious and cost $14.95 each. For more info, go to bodhiorganictea.com

**SKIN RESCUE**
If you suffer from incontinence J’Aderma products are ideal for you. Their unique formulations and percentage of active ingredients work quickly to cleanse, soothe irritation or penetrate the epidermal layer to provide a moisture barrier. They cost $14.95 each, go to jaderma.com.au for more information.

**CLEAN-UP INDOOR AIR**
This range of home-purifying products from Purefolio was developed with SAN-AIR technology. It uses a mix of Australian organic essential oils to produce products with powerful microbial-reduction properties at low dosage. The airborne SAN-AIR minimises the likelihood of respiratory infections caused by the release of ‘spores’ from contaminated surfaces. Go to purefolio.com.au to see the full range.

**A GOOD READ**
Is it time to take a chill pill? If that’s a yes, read A Life Less Stressed by Dr Ron Ehrlich (Scribe, $35). It’s an holistic guide to the stresses capable of wearing you down and the simple changes you can make to lead a happier, healthier and more resilient life. You can’t lose. Visit scribepublications.com.au

**Hot or cold comfort**
Hand-crafted in Australia, these barley- and lavender-filled Tonic Heat Pillows can be heated in the microwave to relieve stress, and ease tension, body aches, neck and back pain. Or they can be cooled in the fridge to help reduce bruising and swelling. They make a perfect gift and are available for $35 each from BHG Shop, go to bhgshop.com.au/categories/more/better-you/products

Prices are approximate and a guide only. Always read the label. Use only as directed. If symptoms persist, see your healthcare professional. Check product label for storage details.
Colgate® Optic White™
The ONLY toothpaste with the whitening ingredient dentists use^
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At Flight Centre, we know that home is where the heart is, everyone loves to renovate and update, but what about your career?

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Take your holiday show on the road and explore this amazing country from the ground. Stay at caravan parks or camp sites, or go next level with a glamping experience – it’s up to you!

Pack up your motorhome and choose a state to explore.

Check out uniquely Aussie history in the towns of Queensland.

Get back to nature in the lap of luxury and go glamping in Tassie.
Do you want to taste the freedom of hitting the road and setting up camp near amazing natural landscapes? You’re not alone. Last year Aussies took 11.6 million overnight caravan and camping trips. Want to know how to take to the road in style and be across what’s new in the camping, caravanning and motorhome world across Australia? Read on!

LUXURY HOLIDAY PARKS
Like the idea of a road trip but not sure about staying at a holiday park? They’re no longer about musty old toilet blocks and tents hoisted on damp ground. Many parks are upping their game, offering all the features of a resort, including restaurants, pools, kids’ clubs, tennis courts and golf courses – without the expensive price tag. The Big4 Koala Shores Port Stephens Holiday Park features spa suites and endless activities, from stand-up paddleboarding to table tennis and mini golf. big4.com.au

Take your pooches on the road with you!

Get away from it all in a motorhome full of mod cons.

Camping adventure special

be a happy camper

No need to sacrifice comfort these days when you holiday in a caravan or motorhome.
GETTING SMART
No more bumping your head on tiny doorframes and balancing a chopping board across the sink. Motorhomes and caravans are much better equipped than they used to be. Think stainless steel kitchens, bigger fridges and clever storage systems, and you have paradise on wheels. Plus, they’re easier to tow and drive with reversing cameras, GPS navigation systems and portable wi-fi modems for streaming TV. The best way to view what’s on offer? Go to an expo and speak to motorhomers, as well as the experts. caravanparkingsales.com.au

TRY BEFORE YOU BUY
Don’t know what size motorhome is right for you? Why not rent one for a long weekend and see how it drives? It also gives you the chance to see if you need the roll-out awning, how the toilets work and what kitchen and dining setting suits you. Companies such as Britz and Apollo Motorhomes offer a great range from basic to luxury, including vans so spacious and decked out, they seem bigger than a city apartment!
britz.com/au/en; apollocamper.com

BRING YOUR BEST FRIEND
In days gone by, holiday parks could be hit and miss when it came to bringing a pet. These days many roll out the welcome mat for four-legged friends. Sure, there are stipulations and rules you need to follow, but it’s one paw forward in the quest! Simply Google ‘pet-friendly holiday parks Australia’ to help you map out your dream trip with your furry friend.

Choose your own adventure and take as much time as you’d like in stunning spots such as the Bay of Fires in Tassie.
Want to really see this great country? Road tripping is the way to go. From bucket-list coastal drives to a trip down history lane, there’s a drive to suit you for a holiday to remember. Pack your sense of adventure and go!

**ROCKHAMPTON TO WINTON, QUEENSLAND**

Want a trip that takes in plenty of history? Start in Rockhampton, then head to Capricorn Caves and explore, staying onsite in the caravan park or campground. Head to the central west via Longreach, and visit the Australian Stockman’s Hall of Fame or Qantas Founders Museum. Follow scenic back roads to Winton, home of the Waltzing Matilda Centre, the first museum dedicated to a song! And don’t miss the largest collection of Aussie fossils at the Age of Dinosaurs Museum.


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**BEFORE YOU GO**

- Have each family member choose their favourite driving songs and make an Apple or Spotify playlist.
- Make sure you have learnt the basics of car repairs. There are short courses available or, for an introduction, check out YouTube.
- Get your car or motorhome serviced, and consider carrying a jerry can of fuel, just in case.
- If towing a caravan, go to caravan-camping.com.au and click on the ‘Buyers Guide’ tab to download the checklist ‘On The Road Safety’. They have other useful checklists, including ‘Travelling with Pets’.

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**Hire a boat to cruise Currambene Creek in Jervis Bay, NSW.**

**Walk the beach trails on the Mornington Peninsula, Victoria.**

**Explore the awesome Capricorn Caves, Qld.**

**Start in Hobart, then take in the scenic east coast by road, Tas.**
Put the wheels in motion to see the best of Australia

GREAT EASTERN DRIVE, TAS
A drive up the east coast of Tasmania is a magnificent trip you can do in two days or 10. Begin in Hobart, then weave through scenic seaside villages and set up at holiday parks that look out to sea, such as Big4 Iluka On Freycinet, right on beautiful Coles Bay. From Orford, get a ferry to car-free Maria Island, a mountainous wildlife preserve with a ghost town from its penal colony days. Other highlights include the awe-inspiring natural beauty of Wineglass Bay and Freycinet National Park. Get snap-happy at Binalong Bay, part of the Bay of Fires, widely regarded as the most beautiful spot in all of Tassie.

CORAL COAST, WA
Looking for amazing wildlife, pristine beaches and natural wonders? Head to the Coral Coast. There’s a range of self-drive trips, including the Ultimate Bucket List Itinerary, which begins in Perth and takes in the Pinnacles Desert in Cervantes. Eat fresh seafood in Geraldton, then bask in the beauty of Kalbarri. Swim with dolphins, snorkel at Ningaloo Reef and watch a magical sunset at Monkey Mia. Be wowed at Francois Peron National Park, known for its red cliffs, white beaches and turquoise waters. The holiday parks along the way offer a range of accommodation, including family cabins and powered caravan sites.
australiascoralcoast.com

AROUND THE BAY, VIC
The Bellarine and Mornington peninsulas boast beautiful coastlines. If you want a leisurely trip with many stops, this is the route. On the first leg, meander to Queenscliff, visiting gorgeous historic streetscapes, Geelong’s colourful waterfront and the cellar doors that dot the highway. Cross the bay on the car ferry and spend time in famous Mornington Peninsula towns Sorrento and Portsea where there’s an array of holiday parks. More cellar and farm doors are to be found on the way back to Melbourne, but make the time to climb up to Arthurs Seat for the incredible views and stroll the boardwalks of Cape Schanck that snake above the turbulent waters of Bass Strait.
visitvictoria.com/Things-to-do/Touring-routes/Around-the-Bay-Touring-Route

SOUTH OF SYDNEY, NSW
Leave the hustle of the big city behind and take in the verdant valleys where the Southern Highlands meet the Shoalhaven at Kangaroo Valley. From there head to the historic town of Berry (don’t miss the Donut Van), then drive south among rolling hills towards beautiful Jervis Bay, where white-sand Hyams Beach is a highlight. On the way back, journey up Grand Pacific Drive, cross the Sea Cliff Bridge and through the Royal National Park.
visitnsw.com
If you like the idea of discovering the great outdoors but think it might be a little uncomfortable roughing it under the stars, then glamping is for you. Luxury tents are popping up in the most sublime sites from heritage-listed national parks to islands and wineries.

**TRUFFLE LODGE, TAS**
Luxury camping just got better on the banks of the Derwent River. The African-style safari tents feature rain-showers, hand-carved wooden baths, king beds, coffee machines, private decks and heating. All on a truffle farm! Each tent is linked by a boardwalk to the main lodge. Go for a bike ride or walk (look out for the resident platypus), or just kick back. trufflelodge.com

**MINJERRIBAH CAMPING, QLD**
Want an island escape? Just outside Point Lookout on Straddie, Minjerribah Camping is launching glamping-friendly bell tents with high-quality bedding, bamboo chairs, and power. Sheltered behind native forests, there are tents for couples and for families available from 11 December, 2018. Walk along the headland to spot dolphins, try snorkelling or simply sit back with a sundowner. minjerribahcamping.com.au

**DISCOVERY PARKS, BAROSSA, SA**
Imagine exploring the best wineries and sampling amazing produce, then retiring to the deck of your safari tent. At Discovery Parks, Barossa Valley they’ve hoisted 12 luxury tents (with ensuites) in a private area among native gums adjacent to Turkey Flat Vineyards, affording an incredible vista across the vines. discoveryparks.com.au

**FLASH CAMP, KAKADU, NT**
A once temporary set-up in the UNESCO World Heritage Listed wilderness of Kakadu National Park, the Flash Camp experience has been so successful a year-round glamping site at Cooninda is being planned. You can camp by a billabong and scan the starlit sky while enjoying the boho-chic ambience of your tent. Tours out of Cooninda to iconic locations such as the spectacular Jim Jim Falls also make it the perfect place to glamp. kakadutourism.com

**PAPERBARK CAMP, NSW**
Hidden among imposing eucalypts and paperbarks along the banks of the Currambene Creek, 2.5 hours south of Sydney, is a riverside hideaway that takes glamping to new heights. It's one of the originals, and still one of the best, due to its beautiful design and incredible location. The tents are on raised, polished, hardwood floors and feature all the amenities of a luxury hotel, with ensuites and locally made toiletries. Grab a canoe and paddle away or simply watch the kangaroos and abundant birdlife while dining at the camp's Gunyah Restaurant. paperbarkcamp.com.au
No need to rough it, here’s a round-up of the best luxury camping options in Australia.

Explore iconic Kakadu locations from your Flash Camp base, NT.

Have a fab food and wine experience in the Barossa, SA.
No need to stick to beer or billycan tea when you’re on the road or camping. You can easily mix and shake your way to a classic cocktail to enjoy under the stars.

**GIN AND TONIC**
Touted as an anti-malarial bevvie in colonial times, the amount of quinine in modern tonic water won’t repel a mozzie! But it’s still a refreshing drink to end the day. Add about 60ml gin to a cup full of ice, pour over tonic and garnish with lime.

**COSMOPOLITAN**
Bring cocktail hour to the camp site. Put 30ml each vodka and cranberry juice, 15ml triple sec, the juice of half a lime and ice in a shaker, then shake and strain into a glass. Garnish with lime and sip away.

**APEROL SPRITZ**
This bubbly beauty is a summer fave. You can take the 3:2:1 method of Prosecco, Aperol and soda (90, 60 and 30ml). Or, go 50:50 with a splash of soda in an ice-filled glass. Garnish with orange. So zesty!

**BLOODY MARY**
Doubling as a hangover cure, this is also a popular mocktail – minus the vodka! Fill a glass to three-quarters with ice, then add 30ml vodka, 60ml chilled tomato juice, a tablespoon lemon juice and dash Worcestershire sauce. Pinches of sugar, celery salt, black pepper and Tabasco are optional. Garnish with a celery stick.

**HOT TODDY**
If the sun is going down and there’s a chill in the air, warm up with whisky. Simply boil water, add a pour of whisky and stir in honey. Smooth!

**PACK FOR THE PERFECT COCKTAIL**
- A stainless steel cocktail shaker is a must, as it’s compact and won’t break.
- Pack small bottles of alcohol (like those you get in a mini bar) to make measuring easy or take a shot glass along.
- Glasses break, so use tin or copper cups. The bonus is they keep the libations cool, too.
Swing into Paradise at Paradise Koh Yao – set on a secluded island just a short boat ride from Phuket!

From only $849 per person twin share (save 61%)

8 nights in a Standard Studio at Paradise Koh Yao Resort
1 night in a Deluxe Room at Marina Express-Aviator Phuket Airport Hotel
Return flights including 7kg carry-on luggage per person
Buffet Breakfast daily for 2 guests

Bonus 7travel extras:
- Guaranteed upgrade to a Jacuzzi Suite in Low Season
- Free return transfer between resort and airport
- Free arrival transfer between Yacht Haven Marina and resort
- One introductory yoga session per guest
- One half day beach shuttle at relevant National park fee at expense of client
- Half Day Kayak self-tour
- Half day mountain bike rental per guest
- Free WiFi in resort and guest room
- One introductory Thai Massage per guest

Soak up the South Pacific sun and surf at the Sheraton New Caledonia Deva Spa and Golf Resort!

From only $1,149 per person twin share (save 54%)

5 nights in a Deluxe Domain Room
Return economy flights including checked luggage per person

Bonus 7travel extras:
- Buffet breakfast daily
- Double room upgrade from Traditional Domain Room
- Unlimited Golf Green Fees for 2 guests
- Glass bottom boat tour for 2 guests
- Bottle of Champagne in room on arrival
- Complimentary Rhum tasting per person
- Free WiFi
- Buffet Breakfast daily
- Unlimited Golf Green Fees for 2 guests
- Glass bottom boat tour for 2 guests
- Bottle of Champagne in room on arrival
- Complimentary Rhum tasting per person
- Free WiFi

Conditions apply. Price is per person twin share (ex Sydney), pricing for other cities available. Valid travel periods only, subject to availability and surcharges. May change without notice.

For terms and restrictions, see www.7travel.com.au or call 1300 297 577

Sign up to 7travel for incredible deals and the most amazing escapes
Why bother with knitting needles and crochet hooks when all you need is mega balls of super chunky wool and your very own hands and arms? You can make a beautiful scarf in 30 minutes max and a stunning throw in four hours or less! As for these cushions and baskets, set aside roughly an hour and you’ll be done! With 13 colours to choose from, you can whip up these projects with ease and decorate your home in colourful boho style, stunning neutrals or the prettiest of pastels.

CUSHION TO CUDDLE
Textured and tactile, this woolly cushion is worked in moss stitch, sometimes called seed stitch. Basically it’s a combo of two basic stitches, knit and purl, which you alternate across each row.

Get your project sheet, page 171

BEAUT BASKETS
Tempted by these striking baskets? Have a go at making them yourself, for until you do, you won’t believe how simple – and fast – it is to finger crochet. Taking just a ball for each and leftovers for contrast, chain and double crochet your way to homeware heaven!

Get your project sheet, page 171

ROUND AND ROUND
This petite cushion, finger crocheted no less, will have many admirers, including yourself. You can share the secrets to making it or be a little cheeky and offer to take orders!

Get your project sheet, page 171

To order your mega merino wool, visit bhgshop.com.au or call 1300 745 898
MAKE YOURS

chunky & quick

You can knit or crochet these fabulous merino wool throws, cushions and baskets with just your hands and arms!

QUICK KNITS

MOSS STITCH THROW
No needles required for this super plush, super fast and super simple moss-stitch blanket. It will put the chic into your home and you can proudly proclaim you made it by hand. You style maven, you!

Get your project sheet, page 171

3 balls
4 hours

THIS YARN IS MACHINE WASHABLE
Just ring or visit the website
Order form: BHG 2018 Chunky Wool Offer
bhgshop.com.au  BHG Chunky Wool Offer GPO Box 4983 Sydney NSW 2001  Call 1300 745 898

Below are all the offers. Simply fill in the quantity of each item you require, then calculate the totals. Or, put in your order online!

<table>
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<tr>
<th>DESCRIPTION</th>
<th>PRICE</th>
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<td>10111 Citron (yellow)</td>
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GRAND TOTAL

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First name        Surname

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Postcode: __________________________

Daytime phone: (_____) __________________________

Email: __________________________

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Enclosed is my cheque/money order for $_________ made payable to Better Homes and Gardens magazine.

Mail your coupon to: BHG Chunky Wool Offer, GPO Box 4983, Sydney NSW 2001

For credit card orders, order securely online at bhgshop.com.au or call 1300 745 898.

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Photography Andre Martin, photography assistant Nick De Lorenzo; styling Lisa Hilton, styling assistant Eleanna Raissis

ARM KNIT SCARF
If you want to try arm knitting, then this scarf is by far the best beginner project – promise! You’ll master the technique in a flash and soon you’ll be onto even bigger projects for your home.

Get your project sheet, opposite page

MULTI-FRINGED SQUARE CUSHION
Made using just your hands, this fun cushion with its multi-coloured fringing will bring out the boho queen in you. Prefer a subtle palette? Try pastels, neutrals or how about an on-trend dark blue?

Get your project sheet, opposite page

Order your desired number of
So it’s easy for you to follow, we’ve put the step-by-step instructions for these throws, cushions, baskets and scarf on a project sheet. The project sheet also includes a complete list of the materials you’ll need to make the projects.

To get your free project sheet, visit bhgshop.com.au/projectsheets and download it – it’s super simple and you’ll have it instantly! You can print it out on A4 paper or save it to your device of choice. And, while you’re there, you can browse for other projects you might love!

**NO-HOOK FRINGED THROW**

This has to be the easiest DIY throw you’ll ever make. Just use your fingers to chain and ‘hook’ your way to this 100% merino wool throw. Love!

Get your project sheet, above.

**chunky merino wool balls** at bhgshop.com.au or call 1300 745 898
CROSS-STITCH NOTES:
• When stitching, don’t pull the thread too tight, as this can make the work uneven.
• You may want to enlarge graphs for easier viewing.
• Read through instructions before you begin.

Here’s how
STEP 1 Start by finding the centre of the fabric, fold into quarters to make a crease – this will show you the middle. You will start stitching from the centre of the design. To mark the centre point, make a small dot with water soluble pen.
STEP 2 To begin stitching, thread the required colour onto the needle and bring the needle from back of work through to front leaving a 3cm tail at the back. Hold this tail, so your first few stitches are worked over it. This will secure your thread evenly. Never tie a knot in your thread.

STEP 3 The cross-stitch is worked in horizontal rows from left to right. Stitch cross-stitch with 2 strands of cotton over 2 fabric threads. Start with diagonal stitches from bottom left to top right, work the line in that thread colour. Complete the row.
STEP 4 The return row is stitched right to left, make crosses by bringing the needle up at bottom right corner and down at top left corner. Complete the return row and repeat the stitching sequence until the area is stitched as charted. To end off your thread, take your needle through to the back of your work and run it under a few stitches then trim cleanly.
STEP 5 Once you have completed all the stitching, if your work is wrinkled, iron it flat with an iron on warm, using a cloth to protect your stitching.

TO MAKE TASSEL
STEP 1 Cut a piece of cardboard to 4cm (diagram below).
STEP 2 Cut a 20-25cm piece of DMC stranded cotton 799 (blue) and place it along top edge of cardboard. This thread will be used to tie a knot later.
STEP 3 Wrap leftovers of cotton in shades 799, 825, 32 and 3840 around cardboard 35-40 times. Use cotton piece from under the wraps to tie double-knot at top of tassel. Pull threads together very tight. Cut ends of cotton and remove from cardboard.
STEP 4 Thread needle with 30cm of light blue cotton. Tie the knot and stitch through the head of the tassel to start.
STEP 5 Wrap around neck of tassel 6-8 times. Stitch a couple of times through the neck of the tassel to secure the thread and tack ends into the neck of the tassel. Trim tassel ends evenly.

TO MAKE POMPOM
STEP 1 Cut 2 pompom discs out of cardboard (scale diagram below) and put both together.
STEP 2 Wind leftovers of green cotton in shades 907 and 702 around the discs, starting from the centre. Keep going backward and forward, till you cover cardboard completely.
STEP 3 Cut threads between cardboard discs, working from outer edge. Only snip a bit at a time, holding discs together with your other hand, until you have cut all the way around.
STEP 4 Slide a 40-50cm length of yarn between 2 cardboard discs. Tie pompom tightly. Give it a few knots to make sure it’s secure. Slide 2 cardboard discs off pompom.
STEP 5 Fluff up pompom so it’s nice and round. Trim neatly. Don’t cut knotting threads, use them to attach pompom.
BEE SAMPLER
About 32 x 37cm

Gather your supplies
- DMC Stranded cotton:
  1 skein each 505, 702, 907, 728, 726, 899, 32, 3840, 799, 825, 310, 03 and 535
- DMC Perle cotton:
  4075 for edging
- 25 count white evenweave linen
  Lugana 45 x 50cm
- DMC tapestry needle size 22
- 2 Plastic strips for hanging or wooden dowel
- Calico fabric or felt for backing

Here’s how
To start, refer to Step 1 in General instructions.

STEP 1 Refer to central bee stitch diagram and embroider outline of bee in backstitch as marked on the chart. Stitch body of bee in satin stitch using 2 strands of 310, 535, 726 and 728. Refer to diagram for colour placement.

STEP 2 Refer to cross-stitch diagram and complete design, using steps 2-5 of General instructions.

To finish
STEP 1 The back can be covered with fabric or felt. Cut embroidered piece to about 35 x 40cm. Cut backing fabric same size. Fold under 1.5cm seam allowances on linen and backing fabric and press.

STEP 2 Align edges and stitch front and back together with blanket stitch using DMC Perle cotton 4075. Insert hangers or dowel in between fabrics as you stitch around.

STEP 3 From leftover threads make a cord for hanging and small pompom and tassel for decoration (see instructions opposite).
**BEE BROOCH**

About 5 x 7 cm

**Gather your supplies**
- DMC Stranded cotton: 1 skein each 728, 310, 899, 702 and 32
- DMC Light Effects: E317
- 32 count Belfast linen 10 x 15 cm
- DMC tapestry needle size 22
- Brooch pin

**Here’s how**
To start cross-stitch, refer to Steps 1-5 in General instructions. Then work backstitch (diagram on page 172) once all cross-stitch completed. Secure the end off as you would with cross-stitch.

**To finish**
Cut finished piece to 7 x 15 cm. Fold under 1 cm seam allowance along 2 long sides. Fold in half and stitch running stitch along all 4 edges using 1 strand of black cotton 310, leaving a 1 cm fringe at the bottom. Attach brooch pin to top as you stitch running stitch.

Pull threads to form the fringe. Decorate with tassels and a pom pom (instructions on page 172).

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**SPRING WREATH**

Gather your supplies
- DMC Stranded cotton: 1 skein each 23, 963, 962, 3832, 3831, 15, 728, 18, 164, 989, 3346, 562, 809, 3838, 791, 26, 209, 33, 34
- 25 count white evenweave linen Lugana 35 x 35 cm
- DMC Tapestry needle size 22
- Embroidery hoops: 25 cm and 12.5 cm
- Felt for backing
- Craft glue or glue stick

**Here’s how**
To start cross-stitch, refer to Steps 1-5 in General instructions.

**To finish**
**STEP 1** Position the smaller hoop first, centred on your fabric. Pull your fabric very tight. Flip your fabric upside-down so the smaller hoop is face down on your table. Now position your larger hoop, centring the smaller hoop. Pull

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“Embrace busy bees, spring and sunshine”
your fabric drum tight. Try pulling at odd angles to remove the creases. You might need to adjust position of your linen in the hoop.

**STEP 2** Trim excess fabric from the outer and inner hoop, leaving about 3-4cm excess.

**STEP 3** Cut notches into the trimmed fabric in the centre hoop and fold the fabric to the back.

**STEP 4** Glue the trimmed fabric back using glue stick or craft glue. If your fabric is puckering near the screw on the centre hoop you can apply a small amount of glue to hold it down.

**STEP 5** Work running stitch (diagram on opposite page) along the outer edge of the fabric and pull it tight.

**STEP 6** Trace around the inner and outer hoops onto the felt, then cut out the hoop shape. Place the cut felt onto the back, folding in excess fabric. Place glue along the edges and press it firmly around the edges.
HOUSE SAMPLER CROSS-STITCH
About 30 x 21cm on 25 count evenweave linen

Gather your supplies
• DMC Stranded cotton:
  1 skein each 3839, 336, 992, 991, B5200, 02, 03, 21, 22, 842, 841, 310
• 25 count white evenweave linen
  Lugana 35 x 45cm
• DMC tapestry needle size 22

Here’s how
To start, refer to steps 1-5 in General instructions. Then work backstitch once all cross-stitch has been completed (backstitch diagram on page 172).
FOR THE LOVE OF blooms
... and all things cross-stitch

Celebrate the breathtaking beauty of flowers with these stunning cross-stitch designs, chosen specifically to tempt you! They will bring colour and a sense of spring to your home, year round. And once you start stitching your favourite design, you’ll find yourself so immersed you won’t want to put it down. Stitch, relax, enjoy!

To buy cross-stitch kits, visit bhgshop.com.au
EASY step-by-steps TO ARRANGING FAUX FLOWERS

**RUSTIC BEAUTY**

Gather your supplies
- Floral foam brick, dry x 2
- Rectangular container, about 27W x 15D x 11cmH
- Grey eucalyptus spray (6238GY) x 2
- Green eucalyptus berry spray (5772) x 2
- Green leucadendron stem (6255GR) x 3
- Rust hybrid leucospermum stem (6095RU) x 3
- Green stonecrop stem (5818GR) x 3
- Cream/green skimmia spray (5448CRGR) x 2

You’ll also need
Secateurs; knife; scissors; heavy-duty wire cutters; faux moss (optional)

**NOTE:** Cut stems, as required, to suit height of arrangement as you go.

Here’s how

**STEP 1** Arrange flowers and foliage by type and colour on your work surface.

**STEP 2** If necessary, shave foam brick, shaping it to suit container. Pack foam brick into container, cutting second brick and using it to completely fill container. Aim for a snug fit that is almost level with the container.

**STEP 3** Insert grey eucalyptus stems into foam, arranging them close to edge of container. The shoots should fan outward all the way around at front and spill slightly over the container.

**STEP 4** Insert 2 green eucalyptus berry stems into foam at centre back and at left of centre back, about 1.5cm in from container edge and the other about 3cm in from edge. Angle these stems so at their tallest they point to the left and right of container.

**STEP 5** Insert 1 leucadendron stem directly into foam halfway between front edge of container and foam centre. Angling the flower heads slightly outward and toward the front corners, insert 2 more, 1 to the left of centre and 1 to the right.

**STEP 6** Insert rust leucospermum stems into foam as a group just right of centre, arranging them toward the right of the container at different heights and so the heads point in slightly different directions. Varying the heights achieves a natural looking arrangement.

**STEP 7** Fill holes in the arrangement with stonecrop, starting with left-hand side of container, before moving to the centre, then the right-hand side tucking these stems back behind the leucospermum.

**STEP 8** Fill visible gaps with skimmia. Make sure foam isn’t visible. If it is, cover foam in a little faux moss.

**DARLING DAHLIAS**

Gather your supplies
- Floral foam brick, dry, 23 x 11 x 8cm
- Round pot or container, about 14cm dia. x 13cmH
- Magnolia leaf (5388) x 2
- Fuchsia dahlia spray with bud (6091FU) x 3
- Grey/red eucalyptus spray (5825GYRD) x 2
- Pink dahlia spray with bud (6091PK) x 2
- Pink/cream hybrid lilac (4960PKCR) x 4
NATIVE SPLENDOUR
Gather your supplies
• Floral foam brick, dry, 23 x 11 x 8cm
• Rectangular container, about 25W x 13D x 13cmH
• Magnolia leaf (5388) x 4
• Green eucalyptus spray with seeds (6230) x 2
• Green eucalyptus berry spray (5772CU) x 2
• Green leucadendron stem (6231GR) x 2
• Hanging succulent (6204) x 2
• Brown berry spray (6233LB) x 2
• Rust hybrid leucospermum stem (6095RU) x 3
• Yellow hybrid leucospermum stem (6095YE) x 3
• Green sedum stem (5822) x 2
• Cream/green cabbage stem (5815CRGR) x 1
• Gypsophila spray (6203) x 2

You’ll also need
Secateurs; knife; heavy-duty wire cutters

NOTE: Cut stems, as required, to suit height of arrangement as you go.

Here’s how
STEP 1 Arrange flowers and foliage by type and colour on your work surface.
STEP 2 Shave foam brick, shaping it to suit container if necessary. Aim for a snug fit that is almost level with the container.
STEP 3 Insert magnolia stems into foam at front left-hand and back right-hand corner of container. If you have a round container, as here, imagine the pot as being square. Spread leaves out. Insert green eucalyptus sprays with seeds at the back just left of centre.
STEP 4 Add green eucalyptus berry sprays at centre back. Working on the left half of container, insert leucadendron stems into foam. Ensure flower heads point in different directions with 1 leaning toward the left of the container.
STEP 5 At the back of the arrangement and alongside eucalyptus spray, insert hanging succulent so it leans to the right.
STEP 6 On the right-hand side of the arrangement, add brown berry spray stems. Manipulate a few of the berry shoots so some face up and others fan out toward the right.
STEP 7 Angling each stem, insert rust leucospermum in a group of 3 at front left half of arrangement. Note how these flowers spill out over container edge and how they face slightly different directions.
STEP 8 Repeat Step 7 with the yellow leucospermum arranged on right side of container. Ensure flower heads stand slightly higher in placement than their rust counterparts. Ensure 1 flower head angles out to the right and that the other 2 are shorter and straighter but still angled slightly.
STEP 9 To finish, insert a sedum stem into the foam at centre front.
STEP 10 Centre and arrange cabbage stem directly under the lower pair of yellow leucospermum. Fill in any gaps with gypsophila sprays and remaining sedum and foliage.
PEONY ENVY

Gather your supplies
- Floral foam brick, dry
- Oval boat shape container, 30-35W x 15D x 11cmH
- Fern leaf spray (6245) x 2
- Green fern leaf spray (6243) x 2
- Lavender dried-look hydrangea (6252LV) x 1
- Purple peony (6249PU) x 3
- Pink stonecrop stem (5818PK) x 3

You’ll also need
- Secateurs; knife; heavy-duty wire cutters

NOTE: Cut stems, as required, to suit height of arrangement as you go.

Here’s how

STEP 1 Arrange flowers and foliage by type and colour on work surface.

STEP 2 Shave foam brick, shaping it to suit container. Stuff gaps with leftovers. Aim for a snug fit that is almost level with the container.

STEP 3 Separate and trim fern leaf stems and, following shape of container, insert into foam at centre front and sides of foam so they spill over rim.

STEP 4 Trim green fern leaf sprays to suit and insert 3 at back of container. Following container’s shape, position 1 at centre back and the other 2 leaning in opposite directions toward left and right of container. These ferns should stand taller than those at front.

STEP 5 Start by arranging left half of container. Cut hydrangea stem to suit, then angle it so head points to left of container before inserting into foam. Aim for the head to almost rest on ferns at front.

STEP 6 Arrange right side of container using 3 peonies. Note differing heights of peonies and how they don’t face the same direction, for a more natural appearance.

STEP 7 Using trimmed stems of stonecrop, fill gaps at centre front and back plus left side of container. If necessary, tuck fern offcuts into any gaps or to conceal any visible foam.
NEED A NEW PRAM?
(Don’t worry, we’ve done the hard work for you)

The best baby products reviewed by experts and Aussie mums

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A painful inflammatory disease of the joints, arthritis can affect animals, particularly those in their senior years. While it’s incurable, with an early diagnosis, arthritis can be managed effectively throughout your pet’s life.

A tailored veterinary treatment plan supported by strategies at home can help give your pet relief and maximise his or her comfort and wellbeing!

Provide your furry friend with well-padded bedding away from cold or damp draughts, place carpets on slippery surfaces and have a ramp for your dog or cat to get on and off the bed or couch. Avoid climbing stairs or jumping in and out of the car.

Keep your four-legged pal moving to relieve stiffness while being mindful not to aggravate the joints with chasing a ball at the park! Swimming and walking on the leash are safe exercises to do with your dog. Try complementary treatments such as acupuncture and massage, as these can be therapeutic.

Keep your pet’s weight under control with a complete and balanced diet. Also, to help promote healthy cartilage and joint health, consider oral supplements such as glucosamine, chondroitin, green-lipped mussel and shark cartilage.

It is very important you don’t give your dog or cat over-the-counter or human pain medications, such as ibuprofen or Panadol, as they can be fatal to animals!

Are you thinking of getting another dog or cat? It might sound like a great idea, but it’s not a decision to be taken lightly. Avoid World War III breaking out at home by choosing suitable personalities and take time to plan the introduction – go slowly and carefully.

- Assess your current situation – does your dog or cat even like other animals?
- Choose a new dog with a similar play style to your dog-in-residence. Size also matters! You don’t want anyone getting squashed!
- Keep your pooch on a lead when introducing it to a cat until both are calm. And rotate which animal has freedom and which is confined. If either show aggression, the match may not work out.
- Consider getting an experienced pet trainer to assess your current dog or cat and help with the introductions.
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Feel good about treating your family at Macca’s with the new range of healthier Happy Meal® options including 100% Aussie Chicken Breast Bites, Grape Tomatoes, and Yoplait Petit Miam Strawberry Yoghurt.

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FINE WINE

The McW 480 range is inspired by the relationship between the land, the climate and the winemaker. Sourced at an average height of 480m, these refreshing medium bodied wines deliver elegance and vibrancy. Available in Sauvignon Blanc, Pinot Grigio and Shiraz. Visit mcwilliams.com.au

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The new FlexSpace™ fridge from Westinghouse features the FlexSpace Convertible Drawer™ that cleverly converts from a fridge to a deep freezer at the touch of a button. With five pre-defined settings, from -23 to +7 degrees, you can easily customise your fridge to suit every occasion. Visit nationalproductreview.com

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Looking for a bed for your child that will still be stylish and practical when they reach the teenage years? With clever storage solutions and an optional extra space-saving trundle bed, the Sankara bed’s contemporary and unique design is built to adapt as the kids grow. Visit harveynorman.com.au

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 Julia Zaetta, Editor

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SPRING FEVER, P14

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**Morning with ME, P26**


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**TWO TIMING TABLE, P116**

**Project supplies** Bunnings 1800 x 405 x 18mm FJ merbau, $50. 42 x 28mm merbau, $11.28/2.7m. 50mm stainless-steel batten screws. 75mm stainless-steel batten screws, $11.50/ pk25. 100mm stainless-steel batten screws, $14.60/pk25. Sikabond PVA glue, $17.38/500ml. Feast Watson Proofseal, $33.90/1L. Matt Blatt Medina ceramic urn/vase in Celadon, $129. Hanging Lemon Beauty Vibe in pot, $165. No Chinze In the SAC Avenue linen throw in Blush (as seen in tablecloth), $279. Maya ikat cushion, $143 (cover only). Pillow Talk Oscar chair in Pink, also available in Teal and Charcoal, $399.50. Porter’s Paints Eggshell Acrylic in Breakwater. Tribe Home Trident large brass tray, $73, small. Raw round brass tray, $131 set/3.

### TWO TIMING TABLE, P116

**Project supplies**

- **Bunnings**
  - 1800 x 405 x 18mm FJ merbau, $50.42 x 28mm merbau, $11.28/2.7m. 50mm stainless-steel batten screws.
  - 75mm stainless-steel batten screws, $11.50/pk25.
  - 100mm stainless-steel batten screws, $14.60/pk25.
  - Sikabond PVA glue, $17.38/500ml.
  - Feast Watson Proofseal, $33.90/1L.
  - Matt Blatt Medina ceramic urn/vase in Celadon, $129.
  - Hanging Lemon Beauty Vibe in pot, $165.

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**Orders of the Day, P117**

**Two Tone Teaservice, P121**

**Shopping details**

- No. 9 Coastal style Bunnings Bayliss outdoor mat plain 55 x 90cm, $42.95.
- IKEA APPLARO outdoor chair, $135 each.
- BITTERGRKA watering can in White, $14.99.
- TUVASURE throw, $14.99.
- Lack of Color The Spencer Boater, $79.
- Outside Space Landscapes Gardening and landscaping services.
- **Provincial Home Living** Monser cushion 50 x 50cm in Dove Grey, $84.95. **Tara Dennis Store** Garden Bench 123 x 45 x 72cm in Teak, $1089.
- **Water Tiger** Scholars benches in Antique elm, 110 x 15 x 50cm, $275. **No.11 Simply modern** e Bunnings Saxon ladies garden rainboots in Black, $116. **Emerald standard Fig tree** 300mm, $37.90. **Ficus** 50 x 23 x 80cm, $37.50. **Ficus** Emerald $10. **Bayliss Federation outdoor mat** 50 x 23 x 80cm, $37.50. **Ficus Emerald standard Fig tree** 200mm, $37.90. **Ficus** Emerald standard Fig tree 300mm, $116. **The Lost and Found Department** Galvanised pots, $98 (large), $68 (medium).
- **Provincial Home Living** Coronet lantern in Natural, $129.95. **No.13 Cottage charm** e Bunnings Holman 9L watering can, $15.91. Precinctlite Terrazzo pot 43 x 15cm in Grey Omni, $29.95. Potted plant Alfresco bowl, $29.98. Bayliss outdoor mat 45 x 75cm, $22.95.
- **Lots-a-Colour** Flowering annuals.
- **PMA** Shrubs and flowers.
- **Provincial Home Living** Bistro outdoor chair in Black and White, $199. Marble table top in White, $149.95. **LIFE OF THE PARTY; P128**
- **Project supplies** e Bunnings 140 x 45mm H3 treated pine, $44.29/5.4m. 90 x 45mm H3 treated pine, $29.79/5.4m. 190 x 45mm, $60.16/5.4m. 1800 x 900 x 15mm compressed fibre cement, $93.60. 100mm galvanised batten screws, $20/pk100. 50mm decking screws, $94/pk500. Matador Titan built-in 4 burner barbecue. 150 x 25mm sawn treated pine, $7.35/2.4m. 100 x 50mm treated pine sleeper, $6.82/2.4m. Intergrain pine sleeper, $6.82/2.4m. **Connectable LED cafe lights**, $49.99. Connectable LED cafe lights, $49.99. **Mercator Fan ceiling 140cm**, $295.
- **Shopping details** e Bunnings Mimosa 2 x 1m Nebraska cement dining table, $1699. Scheurich 25 x 12cm glazed indoor bowl in White, $29.98. Scheurich 12 x 11cm indoor glazed pot in White, $7.40. Scheurich 28 x 25cm indoor glazed pot in White, $49.50.
- **Hope & May** Low round recycled elm stool, $220. **Spotlight** Casa Domani Pearlesque 12-piece coupe dinner set in White, $39.95. Bouclair Nordic cement cooking jar, Grey, $15. Bouclair warm minimalist vineger bottle, $5. **Unitex Rugs** Alfresco large rug in Charcoal 320 x 230cm, $399. **COME ON, GET A PRICKLE ON KIDS!, P134**
Winter dessert in UNDER 30 MINUTES

Mocha puddings

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