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THE GOLD ISSUE – BRING ON THE BLING!

# Better Homes and Gardens

04/20

SPRING BULB OFFER
SEE PAGE 170 FOR MORE DETAILS

TV SHOW 7 TURN US ON!

THE MIDAS TOUCH
**9 CRAFTY MAKES**
**+ SPRAY ME GOLD!**

**EASY CHOCOLATE FUDGE CAKES**
Top with ice-cream & caramelised white choc
**BLISS!**

How to do
**BISTRO FOOD**

**Autumn in your garden**
- Fuss-free plants for the dry
- Grow a riot of rhododendrons
- Razzle dazzle with golden blooms

**CHIC & THRIFTY DIY TIME!**
Flip out furniture
Rock a snail rocker
Frame up a curio cabinet

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New design directions and colours, budget tips + Tara Dennis' storage hacks

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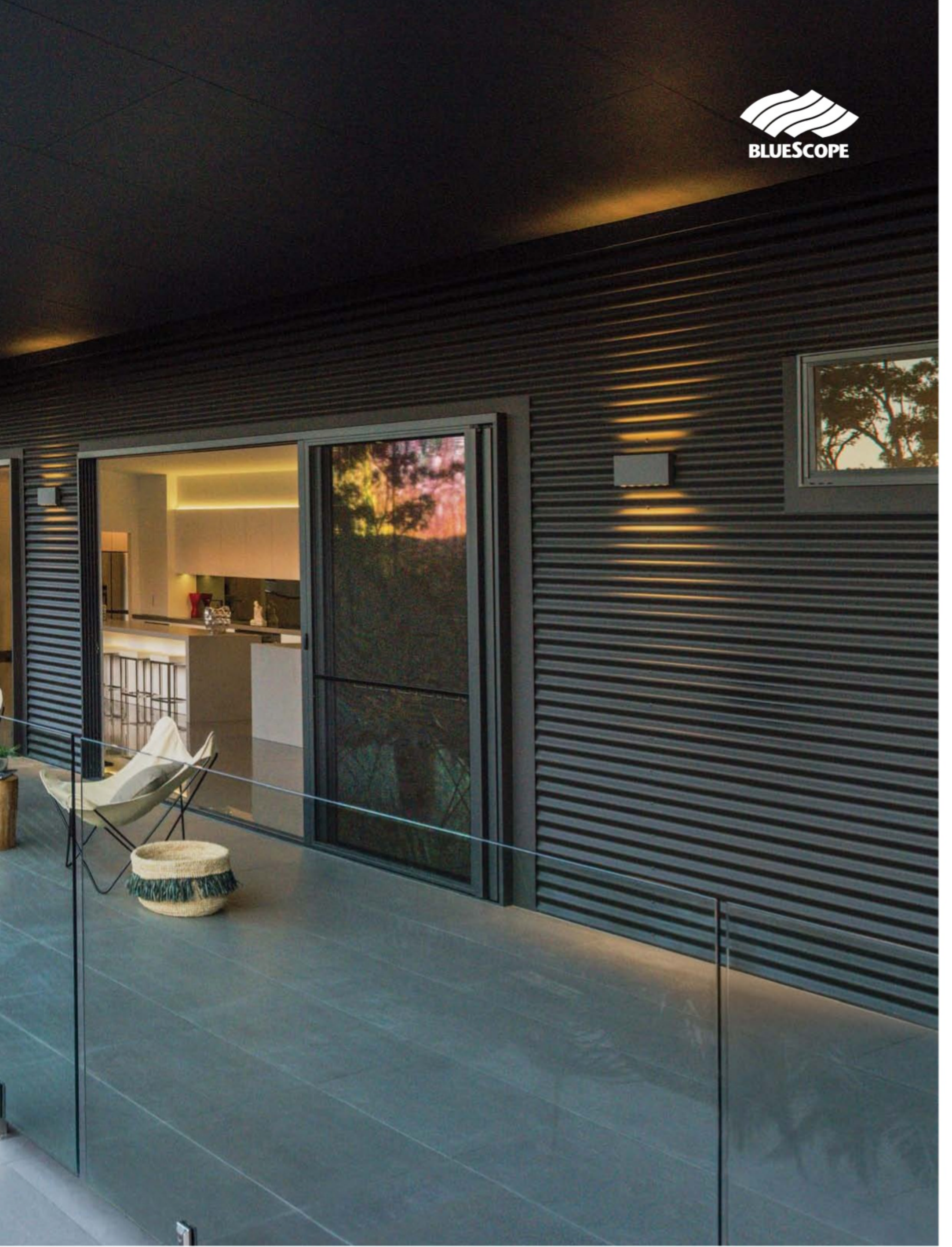
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# come inside

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# watch us on tv

Every issue we bring you projects and recipes from the show for you to make and cook

## THE NEW LOOK *BHG* TV

Our 26th year on-air is underway, you would have noticed we've made a few changes to our team. It's not the first time this has happened, and it won't be the last. To keep the show relevant, we constantly refresh the format.

In 2020, we have welcomed four new team members. They are all incredibly accomplished and passionate. Landscape designer Charlie Albone and horticulturist Melissa King join Graham Ross in our gardening department.

You'll get to know Sam Wood who will help you embrace the world of health and fitness, at the same time as demystifying some of the mixed messages we're often bombarded with.

And James Tobin will be exploring all things motoring and tech. Yep – you won't be able to wipe the smile off his face.

Their enthusiasm and love of the show is infectious, and we're thrilled to have them on board.

Cheers, Johanna Griggs

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NOTE: Television content subject to schedule changes. Check your local program guides for viewing times.


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# Hello...

and welcome to our very special gold issue, which happily coincides with the blaze of glory that is autumn!

There's a feeling of excitement that goes hand in hand with a change of season, perhaps because it's a time for new beginnings.

Many of us, including myself, redecorate to cosy up our homes and not always in a big way – flowers, throws, cushions or a new lamp...

Others whip up the season's best culinary delights and yet others head outside to take in the sight of leaves, turning from summer green to autumnal gold.

And so it is that autumn's golden tones inspired us to sprinkle gold throughout the issue. There's ideas for how you can include accents of this precious metal (and its colour equivalents such as honey, mustard, ochre and yellow) in your interiors, table settings and crafts, not to mention making it a part of your beauty routine – I do quite fancy a gold face mask (p122)!

In my garden (and I'm guessing yours also, however big or small your plot or balcony), there's a bit of groundwork to be done to achieve a flourishing spring garden and that starts right about now!

If you ever needed inspiration, this carpet of ranunculi and our glorious 'Spring fever' feature (p24) will take your breath away. Savvy gardeners are buying their bulbs now, taking advantage of the great savings to be had with our spring bulbs offer (p170).

On a separate topic, I'm thrilled for you to try 'The best of bistro' (p84), where the taste tricks chefs use are revealed. Enjoy! PS, my personal fave is the wickedly good but ever so easy chocolate cake!

Dora

## JULIA LOVES THIS MONTH...

While autumn colours delight, more so does a new kitchen, even if it's just a makeover or a couple of really good ideas! I'm deep in those pages because I'm about to update mine and can't wait. Dive deep yourself and I bet you'll be tempted – new knobs, paint job or the whole lot – not too much that's better. Read on!

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# BE BOLD *and brassy*

Energise your end-of-summer and autumn garden with these late bloomers

THE GOLD STANDARD IN GARDENING

It's the best time of the year – not too hot, not too cold, the earth is warm and your garden is ready for a fresh flush of golden growth. But you don't have to look up into the trees to see the vibrant autumn colours of gold, orange and red, or clean up the leaves as they fall to the ground. Instead, get these power flowers right in your face and bask in their glow.

**CHRYSANTHEMUM**

## CHRYSANTHEMUM

You could have your whole garden planted just with chrysanthemums and every one would be different. The flower forms can be daisy-like, pompom, button, spidery – as well as some amazing decorative varieties – and their colours range from bright yellow, red, white and purple to subtle green, peach or pink. They flower at different times and at different rates so your garden is constantly changing.

### HOW YOU CAN GROW THIS

**Landscape** Garden beds, rockeries, containers.
**Position** Full sun
**Height** 30-180cm
**Soil** Most types, but ensure it is nutrient rich.
**Care** Fertilise before flowering. Deadhead to encourage more flowers.
**When to plant** Spring
**Best zones** Temperate to cool

BASK IN THE SOFT KISSES OF THE LATE SUMMER SUN

## FRENCH MARIGOLD (*TAGETES PATULA*)

If you're looking for a happy garden, then the French marigold will bring out a wide smile. Not to be confused with pot marigold (*Calendula officinalis*) or African marigold (*Tagetes erecta*), it's frilly rather than voluminous. Apart from its electric colour, other advantages include being heat and drought tolerant and resistant to pests. And it attracts pollinators.

### HOW YOU CAN GROW THIS

**Landscape** In pots, garden beds and vegetable beds to deter aphids.
**Position** Full sun
**Height** To 60cm
**Soil** Light, well-drained soil.
**Care** Don't over water and deadhead often to encourage new flowers.
**When to plant** Spring
**Best zones** Sub-tropical and Mediterranean climates

## SNEEZEWEED (*HELENIUM SPP.*)

Bobbing, nodding and throbbing with colour, these daisies have two attractions – the big, bright, brown heads speckled with golden pollen and the full skirts of drooping, fluttering petals.

### HOW YOU CAN GROW THIS

**Landscape** Mass planting
**Position** Full sun
**Height** To 1m
**Soil** Rich, well-drained
**Care** Frost and heat tolerant. Protect from strong winds. Deadhead to encourage more flowers. Cut back in winter.
**When to plant** Early winter
**Best zones** Sub-tropical to cold.

FRENCH MARIGOLD

SNEEZEWEED

French marigolds have the talent to repel unwanted pests because of their smell, but they are also rich in nectar – and that attracts birds, honey bees and butterflies.

Shape and size are two remarkable things about canna lily leaves and colour is another – green, maroon, black, bronze or vibrant variegations.

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SEE PAGE 184

TORCH LILY OR RED HOT POKER

## TORCH LILY (*KNIPHOFIA* SPP.)

When mass planted, the fiery red, orange and yellow bottlebrush-like flowers bursting from the tall stems resemble a torch procession guiding you to the light. The equally tall, sword-like leaves appear as sentinels, protecting the fire that lasts from autumn to spring. If you can get past them, cut a few of the pokers for a dramatic indoor display.

### HOW YOU CAN GROW THIS

**Landscape** Coastal gardens, mass planting, cottage-garden specimen.
**Position** Full sun
**Height** 45-180cm
**Soil** Rich, well-drained but moist
**Care** Drought and frost resistant, but won't tolerate weather extremes.
**When to plant** Spring
**Best zones** Sub-tropical to cool

## CANNA LILY (*CANNA X GENERALIS*)

Take a trip through the tropics with this extravagance of all things big and bold. The bright red, orange or yellow flowers – some with sensational markings – stand tall, putting them in your face and making them impossible to miss.

### HOW YOU CAN GROW THIS

**Landscape** Back of a border, main feature of a circular bed, by a water feature or bottom of a slope.
**Position** Full sun in cool areas, shade in tropics.
**Height** 50cm-2m
**Soil** Rich, well-drained
Care Feed regularly, as they get hungry and water often – they like boggy conditions.
**When to plant** Spring
**Best zones** Tropical to cool (may be treated as annual)

CANNA LILY

## *GAILLARDIA*

This is one of those little low shrubs that have a mighty impact. A sucker for punishment, it thrives in hot, sunny, dry, rocky conditions. Just set and forget and you'll be unjustly rewarded with a profusion of gold and red. Also, it's not called blanket flower for nothing!

## DAHLIA

So often confused with chrysanthemums, dahlias have all the fabulous floriferousness of the former, plus a few extras. They flower earlier than chrysanthemums and come in a greater range of colours. The key difference is the leaves. Chrysanthemums have lobed, lacy leaves, while dahlia leaves are ovate with serrated edges and a pointed tip.

### HOW YOU CAN GROW THIS

**Landscape** Garden beds, containers
**Position** Morning sun, afternoon shade
**Height** To 1.8m
**Soil** Most rich soils, including well-drained and good clay.
**Care** Stake tall plants, cut back after flowering, remove tubers during wet winters, water and feed regularly.
**When to plant** Spring
**Best zones** Temperate

# AUTUMN'S LINGERING WARMTH MAKES IT THE BEST TIME OF THE YEAR

## BLACK-EYED SUSAN (*RUDBECKIA* SPP.)

Summer never fades when the black-eyed Susans stick their heads up. Usually a single row of golden-bronze or rust-coloured petals around a big black centre, new varieties now come with multiple layers of petals. They are easy to grow, vigorous and spread by rhizomes. They are a pretty and bright addition to your garden, and you can take this brightness indoors when they're cut for display in a vase.

### HOW YOU CAN GROW THIS

**Landscape** A perennial or border garden, mass planting, meadows and containers.
**Position** Full sun, light shade
**Height** To 90cm
**Soil** Loamy, able to retain moisture
**Care** Water frequently, and add fertiliser when flowering starts. Frost hardy.
**When to plant** Spring
**Best zones** Sub-tropical to cold ■

## *GOMPHRENA*

Take your mixed border into a flowery autumn with these little balls of fluff that come in purple, pink, orange, yellow and white. They're heat and drought tolerant, and the flowers and leaves are edible, too. Or cut and dry them just before the flowers open.

Plant carefree and colourful black-eyed Susans in front of verbena for a vibrant, late-summer flowering.

DAHLIA

Photography Getty Images

**MAKE CROCUSES YOUR FRONT LINE**
Plant these low-growers at the front of your bed. Pretty and perky when mass planted, they are a visual assault that will win over your heart. Stick with one colour – soft whites, pinks and lavenders or intense yellows, purples and reds – or mix them up!

# SPRING *FEVER*

Put your bulbs to bed now so you'll be bright-eyed and bushy tailed for the uprising!

SPECIAL BULB OFFER

SEE PAGE 170 FOR MORE DETAILS

Gardening is all about the promise, a belief in all your tomorrows. That's why now – as you prepare to shut down for the winter months ahead – you'll be planning and plotting your spring garden. Those fat, ugly little bulbs are as pushy as you can get, packed full of energy and strength so that, as late winter snows and frosts linger, they'll realise their glorious potential as they poke up their leaves then explode with masses of extraordinary colourful blooms. That's a promise!

**BEAUTIFUL BAUBLES** The lovely and hardy but drink-wary grape hyacinth (*Muscari* sp.) doesn't like too much water.

**SNOWFLAKES ARE INDESTRUCTIBLE** These are among the first to pop up in late winter. After the flowers have died, let the leaves remain until they start to yellow in summer so they generate new energy for the bulbs to do their job all over again next season.



# *IN YOUR GARDEN*

### CLIMATE

Spring-flowering bulbs thrive when planted in autumn where the climate is cold. If you live in the warmer parts of the country, you can still have a wondrous spring display by planting later, say in May, when the summer heat has passed. Choose a cooler spot – but not too shady – in your garden, and keep the soil cool by giving it a good soak and mulching it to cool it down further. Or plant bulbs that like the warm weather, such as daffodils – which originally came from warm Mediterranean areas – and irises.

### SOIL

To ensure your soil is well drained, dig in organic fertiliser before planting. Bulbs also prefer a slightly acidic soil. It may be alkaline if you live in an area with low rainfall. You can treat it with a sulphur product, although the organic matter will help.

### CARE

Generally bulbs don't need much care once planted because they are energy stores. But producing the flowers consumes much of this energy, so give them a slow-release fertiliser once the leaves and flowers appear, and keep the soil moist but not water-logged or the bulbs will rot. Once the flowers have gone, don't cut back the leaves, as they are vital for restoring energy to the bulb.

### WHERE TO PLANT

Lots of gentle sunshine is the prerequisite for most spring bulbs, but they don't cope with a strong western sun, even if it is not as intense as it is in high summer. With that in mind, you can then plant them wherever you want. In a flower bed the best effect is achieved with mass planting, either formally or informally. Or you can use your lawn if you don't have to mow it for a month or two. To create a natural wildflower look, scatter your bulbs on the lawn, create holes with either gardening fork tines or a bulb planter, pop in the bulb and cover with the soil.

# *IN THE SHADE*

Fill that bare patch under a tree, below the eaves or on your south side with shade-loving snowdrops (*Galanthus* sp.) and snowflakes (*Leucojum* sp.). These baby ballerinas shine their little white lights through the gloom. Plant both bulbs 10cm deep, pointy end up, and 10cm apart. You don't need to dig the bulbs up after flowering as they naturalise easily and can become prolific.

*Plant profusions of early flowering crocus as a gift for bees, hungry after the lean winter months.*

SPECIAL BULB OFFER
SEE PAGE 170 FOR MORE DETAILS

**ANEMONE POPPY IS PERFECTION**
While the pre-soaked tuber is planted pointy end down, *Anemone coronaria* comes up big, bright and beautiful, with wide open arms through spring. As the name suggests, they flutter in the slightest of breezes.

## CHILL NOW FOR A SPRING THRILL

In warmer areas of the country, bulbs need the cold to get them growing, so pop them in your fridge crisper for about six to eight weeks – in a paper bag so they don't mix with your vegies. This tricks them into thinking they are growing in a cold climate. If your climate is cool or cold, it's just your tulips and hyacinths that need this treatment.

**POTS OF GOLD**

## YELLOW, NOT MELLOW

**1** Make a stairway to heaven by planting late-flowering hellebores in the shade and daffodils in the light.

**2** Jonquils are like baby daffodils, but are much stronger, surviving long after others have given up.

**3** For height, grandeur and grace, the Dutch iris is gold, making a statement in your garden or as a cut flower inside.

**4** Double up with daffodils that have double rows of petals.

# IN YOUR POTS

### BENEFITS

If you have limited space for a garden – such as a balcony, deck or a courtyard – or if the spring sunshine doesn't fall on your garden bed, planting your bulbs in pots or containers is the solution.

This also gives you the advantage of being able to move them around to follow the movement of the sun or, with small pots, bringing them inside temporarily when you have guests.

While you can mix your planting with different types of bulbs as you would in a garden bed, it's better to have one type of bulb per container. Flowering times differ for different bulbs and, because the space is small, your arrangement can end up looking straggly. And the mass of intense colour is one of the brilliant things about spring-flowering bulbs. But you can break the spacing rule that applies to garden beds by planting the bulbs a bit closer together to convey the message that small is mighty.

### GROWING MEDIUM

Use good-quality potting mix not garden soil, which is not only heavy (and hard on you when moving your pot into the sunshine), but can also dry out and become hard, making water penetration difficult.

### CARE

Don't use black plastic pots or other dark containers that can absorb heat – such as metal – as bulbs want soil that is cool. Best are large containers in light-coloured plastic or, better still, terracotta, which allows excess moisture to escape. Make sure your container has adequate drainage holes, as bulbs will rot if water hangs around for too long.

Potting mix comes with a finite supply of nutrients that the bulbs gobble up, especially once the flowering commences. You can top up the nutrients with liquid fertiliser, but it's best to change your mix every season.

During flowering, ensure the mix is moist, but not sodden.

### WHERE TO PLANT

Create a welcome at your front door, fill a sunny corner in your courtyard or on your deck, or dot a window box with bulbs so you can appreciate the blooms from indoors.

The only rule is that the plants gets access to warm sunshine.

**PUT A FRILL INTO A FORMAL GARDEN** White potted tulips brighten up the clipped ivy and balled box.

**GO FOR DAYS OF GLORY** Splashes of fiery pink, orange and purple put greenery in the shade.

### TIPS FOR SUCCESS

- Before planting, give your bulbs a good feel to make sure they are firm and not too dry. Those that feel too light may be dead inside.
- All bulbs except anemone poppies and ranunculi are planted pointy end up.
- Plant them at a depth of twice their size and generally about 10cm apart.

*After perfection? You can't go past the tulip's petals for almost perfect symmetry!*

SPECIAL BULB OFFER
SEE PAGE 170 FOR MORE DETAILS

**MAJESTIC AND MAGNIFICENT**
Cut your iris spears when there is just a little colour in the buds and you'll have blooms for at least a week.

**LAYERS OF PETALS TELL A NEVER-ENDING STORY**
Your ranunculi stems can buckle under the weight of the beautiful blooms, but regain their strength with fresh water.

# *IN YOUR HOME*

### CARE

Spring bulb flowers don't last long once cut, some just a few days. But you can extend their lives with a little effort and attention to detail.

When making a cutting from your garden, look for buds that are about to open. When inside, trim the stems to a length that suits the size of your vase, usually so they are twice the size of the vase. Cut stems with a sharp, clean knife or scissors at a 45° angle so water can enter the stem easily.

Make sure your vases are clean and fill to about a third or half with room-temperature water – if the water is too warm your flowers will wilt. Replace the water every day. At the same time, check the stems and remove any gunk that may have accumulated.

### PRIME EXPOSURE

Flowers in your garden bed mostly require a lot of direct sunlight. But cut flowers suffer when exposed to this light. Put your flowers in a cool spot away from the direct light of windows and from other sources of heat, such as heaters, lamps and other electronic equipment. Also avoid placing your flowers near any draughts, such as open doors and windows, fans or air-conditioners.

### HEALTHY RIVALRY

Daffodils and tulips are among the first to flower in your spring garden, and they have a healthy, even harmonious competition for attention.

But when you bring them inside to pop in a vase, all civilities cease and you need to keep them well apart. This is when the pretty, frilly daffodil reveals its dark personality. Once cut and put into water, it emits a sticky, slimy sap that prevents the stems of other flowers, especially tulips, from taking up essential water. So isolate your daffodils and let all the others have a house party together. ■

*Cut your freesias when they are still in bud and they can last in a vase for up to three weeks.*

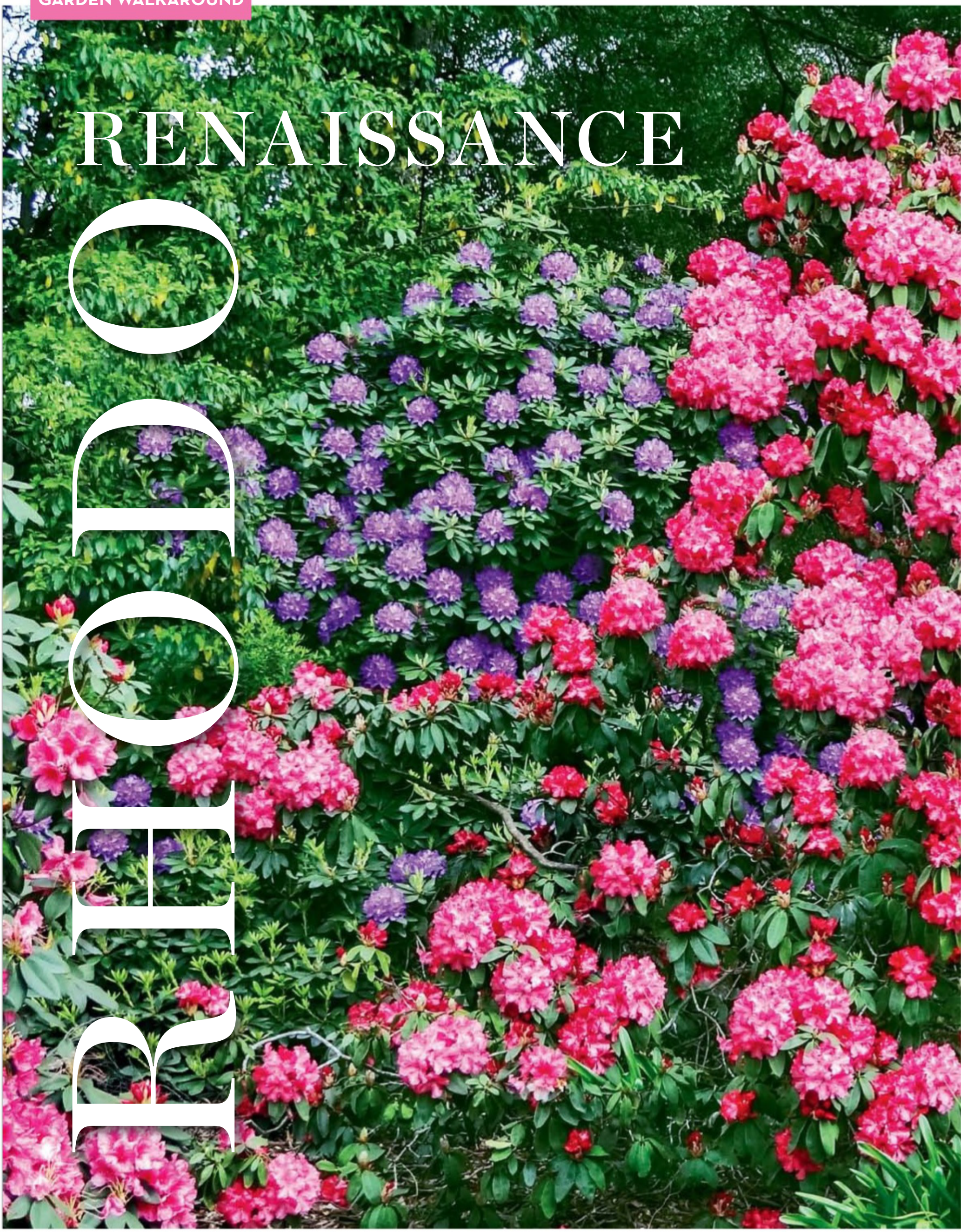
## TIPS FOR SUCCESS

- Don't put cut flowers near fruit, especially bananas, because as the fruit ripens, it exudes a gas called ethylene that makes flowers wilt.
- Remove all the leaves that will be below the waterline, because they can start to rot and cause the water to stagnate quickly.

Photography Getty Images

**HEAVENLY HYACINTHS**
You can grow these bulbs in a glass vase. Make it a centrepiece so you can watch the roots emerge from the base of the bulb and the stalks rise to produce these packed, ruffled clusters of sweet-smelling little flowers.

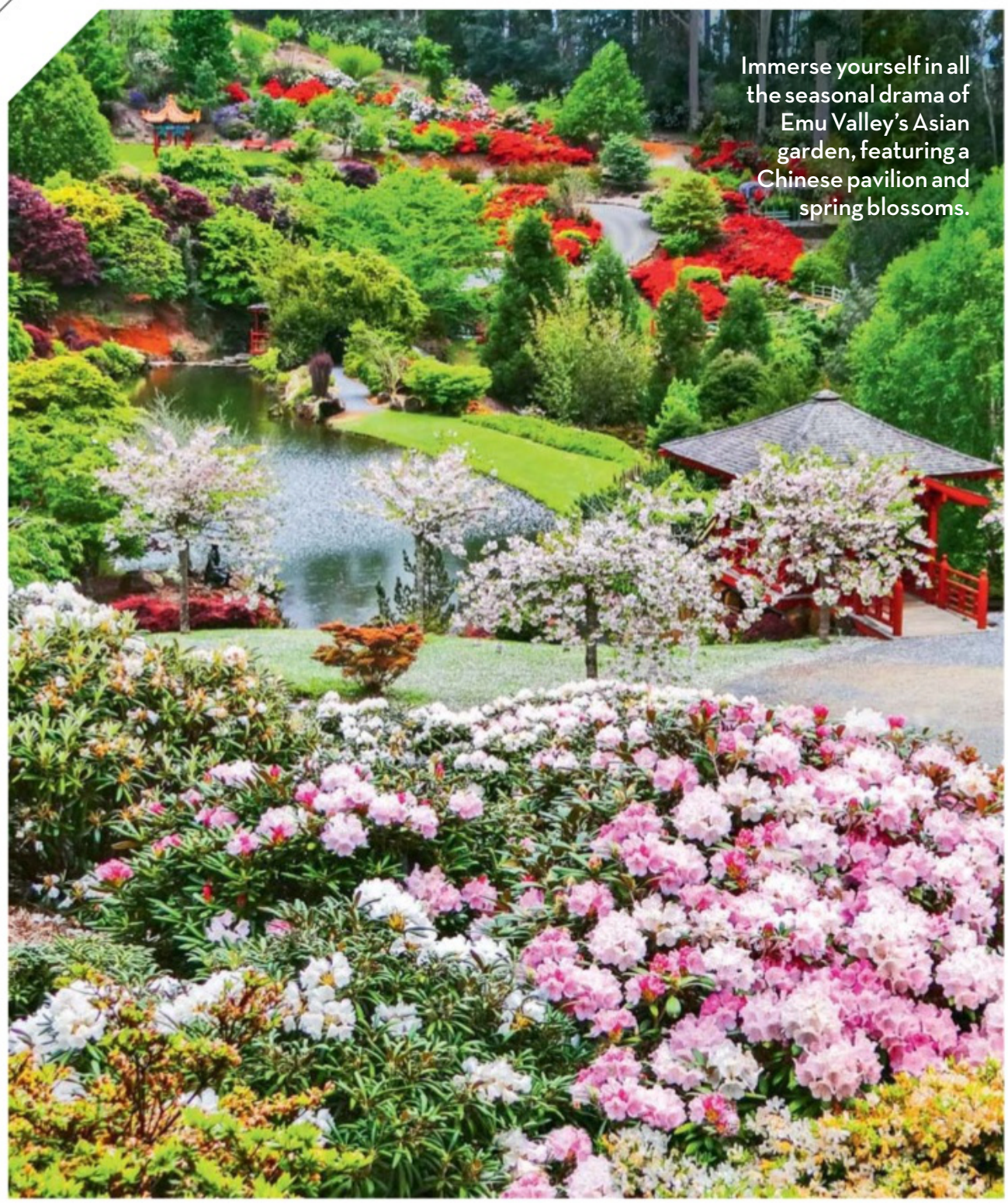
# RENAISSANCE



SEEN ON BHG TV
FRIDAYS 7.00

# BRIGHTEN UP A GLOOMY CORNER WITH THESE GLORIOUS BLOOMS FROM ONE OF AUSTRALIA'S TOP RHODODENDRON GARDENS

Want the razzle dazzle of rhododendrons in spring? Autumn is the best time to plant these ravishing flowering bushes.



Immerse yourself in all the seasonal drama of Emu Valley's Asian garden, featuring a Chinese pavilion and spring blossoms.

You can have pops of colour in your garden or you can have explosions. So why hold back? Find a shady spot, plant a rhododendron – or six – and it's fireworks in spring. The psychedelic glow of the big, bold bunches of simple flowers – whether on the tall, traditional bush, its cute little cousin the azalea or the tropical vireya – are both exciting and energising.

Also known as rose trees, they come in colours to suit any mood: thousands of different pinks, whites and purples, or glaring shades of red, while vireyas produce blasts of the most luminescent yellows, reds and oranges.

The Emu Valley Rhododendron Garden in north-west Tasmania has a world-class collection of more than 22,000 rhodos, with sections dedicated to the plant's different origins – China, Japan, North America and South-East Asia. You'll fall in love with this old flowering favourite all over again!

## SEE IT!

**What**
Emu Valley Rhododendron Garden
**Where**
55 Breffny Road, Romaine, Tasmania
**Opening times**
Daily except Christmas Day and Good Friday, 9am-5pm
**Cost**
Adults $15, concession $12, children free
**More info**
emuvalleyrhodo.com.au

## HOW TO CARE FOR RHODODENDRONS AND AZALEAS

**Climate** Mild to temperate and cold regions.
**Soil** Well drained, slightly acidic.
**Aspect** Dappled shade. Morning sun. Protect from western sun and wind.
**Care** Water regularly, but don't saturate, and feed in autumn and spring with azalea-rhododendron fertiliser. Layer top soil with organic mulch, such as pine chips, to add acid to soil. Remove spent flowers and prune after flowering to encourage abundant flowering next season.

### GARDENER'S TIP

Plant impatiens near your rhodos, as they fall limp if the soil dries out, letting you know it's time to water. Impatiens recover quickly when watered.

## HOW TO CARE FOR VIREYAS

Vireyas are semi-tropical rhododendrons from South-East Asia. They are becoming more widely available for gardeners in warmer areas.
**Climate** Temperate to semi-tropical regions. Not areas prone to frost.
**Soil** Very well drained, slightly acidic.
**Aspect** Dappled bright light. Direct sunlight can burn leaves. Morning sun.
**Planting** Rather that plant directly in the garden bed, build a small mound of very well-drained, loamy soil and plant in the centre, covering the tender roots but ensuring the top of the root ball is at or just above the soil level. Stake.
**Care** Allow to dry out between watering and ensure water drains away so roots don't rot. Fertilise in spring and autumn. Remove spent flowers and prune after flowering to encourage abundant flowering next season and so they don't get leggy.

Photography Emu Valley Rhododendron Garden

**TOP ROW** ◆ Find year-round interest with the pendulous leaves of *R. magnificum*. ◆ Have a blast in spring with this vireya's (*R. tuba*) profusion of trumpet-shaped flowers. ◆ A perfectly pink vireya (*R.* 'Maurice Kupsch'). **MIDDLE ROW** ◆ Follow the seasons with leaf colour changes of deciduous azaleas. ◆ Get the red light with *R. rarilepidotum*. ◆ There's always a family member that's different, such as this mountain laurel (*Kalmia latifolia*). **BOTTOM ROW** ◆ This vireya (*R. zoelleri*) is one of the most spectacular. ◆ Awesomely different is *R. dalhousiae var rhabdotum*. ◆ Let the sunshine in with this vibrant yellow vireya (*R. laetum*). ■

Trish Morrison's 2019 Boutique Garden Award winner 'Remembrance'.

# TRENDING *in your garden*

## Visit the 2020 Melbourne International Flower and Garden Show for the latest looks

A whimsical touch in MUSA Landscape Architecture's 2019 winner, 'Journey'.

There have always been gradual shifts in the way you plan, plant and care for your garden, but among the professionals – landscape designers, horticulturists and nurseries – who help shape your thinking, the shift has been seismic over the past year. Extreme weather events are playing havoc with gardens as flowers bloom out of season, foliage fails to perform and water restrictions dampen your wildest dreams. The shift to more sustainable gardening will be reflected in this year's Melbourne International Flower and Garden Show. It's the show's 25th anniversary and past winners of the Award of Excellence for Best in Show have been invited back to give their visions of the future for your garden. One of these is Mark Browning, who gives you a glimpse of the new trends emerging in garden design.

**SEE IT!**

**What** Melbourne International Flower and Garden Show

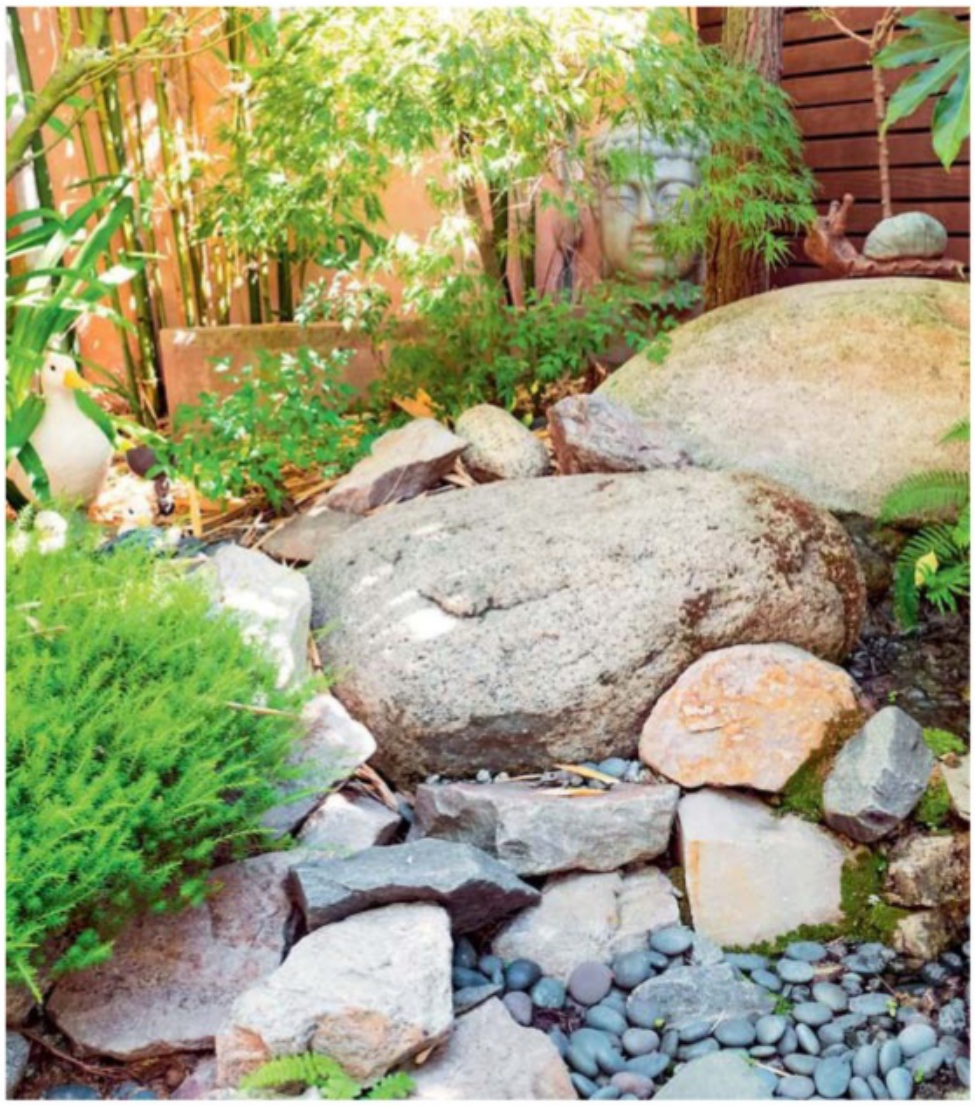
**Where** Royal Exhibition Building and Carlton Gardens, Melbourne

**When** 25-29 March, 2020 Open daily 9am-5pm, Friday 9am-9pm

**Cost** Adult day specific $35 (concession $30), adult any one day $38 ($34), adult multi-day $52 ($46)

**More info** melbflowershow.com.au

Photography Melbourne International Flower and Garden Show, Getty Images



## WHAT'S ALL THE RAGE

▲ **A JAPANESE INFLUENCE** There will be a fusion of Oriental and Australian-style gardens to create a more diverse palette. It's more about style than plants, especially with the use of rocks in garden beds. ▼ **FOLIAGE** You'll see a greater use of ornamental grasses. Many are drought tolerant, all add height and volume to a garden, and produce an amazing array of flowers. ▲ **DIFFERENT LEAF COLOURS** When you can't rely on a long flowering season, you can add colour to your garden with brilliantly hued foliage, from deep purple to red and yellow. ▼ **SUCCULENTS** Drought tolerant and sun loving, they come in a huge variety of colours, shapes, forms and sizes. They can be big statements or dainty with striking flowers. ■

# Find your *serenity*

Take time out to relax and revive in beautiful Japanese style

If you're looking for peace and calm and a bit of spirituality to counter the clamour of your life, a Japanese-themed garden may be your answer. Gory'u Japanese Garden west of Sydney has been sprawling over its 3.5 hectares for the past 25 years and showcases all the elements typical of Japanese landscape design. If your garden is small – or even confined to a courtyard or balcony – you can still take cues from the meticulous attention to detail of Japanese style to help you create your own sanctuary.

**BE BOLD ... GO FOR BOULDERS!** Expose your rocks to the sun so they take on different forms during the day as shadows move and their colours change.

SEEN ON BHG TV
FRIDAYS 7.00

**ICONIC FOURSOME**
Maples, a stone lantern, a water feature and boulders are essential in a Japanese-style garden. If you want a bamboo deer scarer (it makes a clunking noise), buy one online.

**RISE TO THE OCCASION**
If you have room for a pond, put in a moon bridge that is reflected in the water, thus making a full circle.

**LIFT YOUR MOOD**
When you go through a Shinto torii (gate) you are moving from the mundane to the spiritual – which is what gardening is all about!

## *ELEMENTS OF A JAPANESE GARDEN*

### WATER
This has movement and a reflective quality. It can make small gardens appear larger.

### PLANTS
Use evergreen trees such as pine, maples for seasonal colour, bamboo as a plant or part of a structure such as a fence, ornamental grasses, flowering plants – rhododendron, iris, peony – and moss.

### STONES
Boulders placed in isolation can represent plants or animals, rocks clumped together can represent a waterfall, and small stones or pebbles massed together can represent water.

### LANTERNS
These represent love, light and protection from evil.

### BRIDGES
This is a reflection of art and creativity.

### SPACE
Avoid clutter and don't distract the view from your house with elements too close to windows or doors.

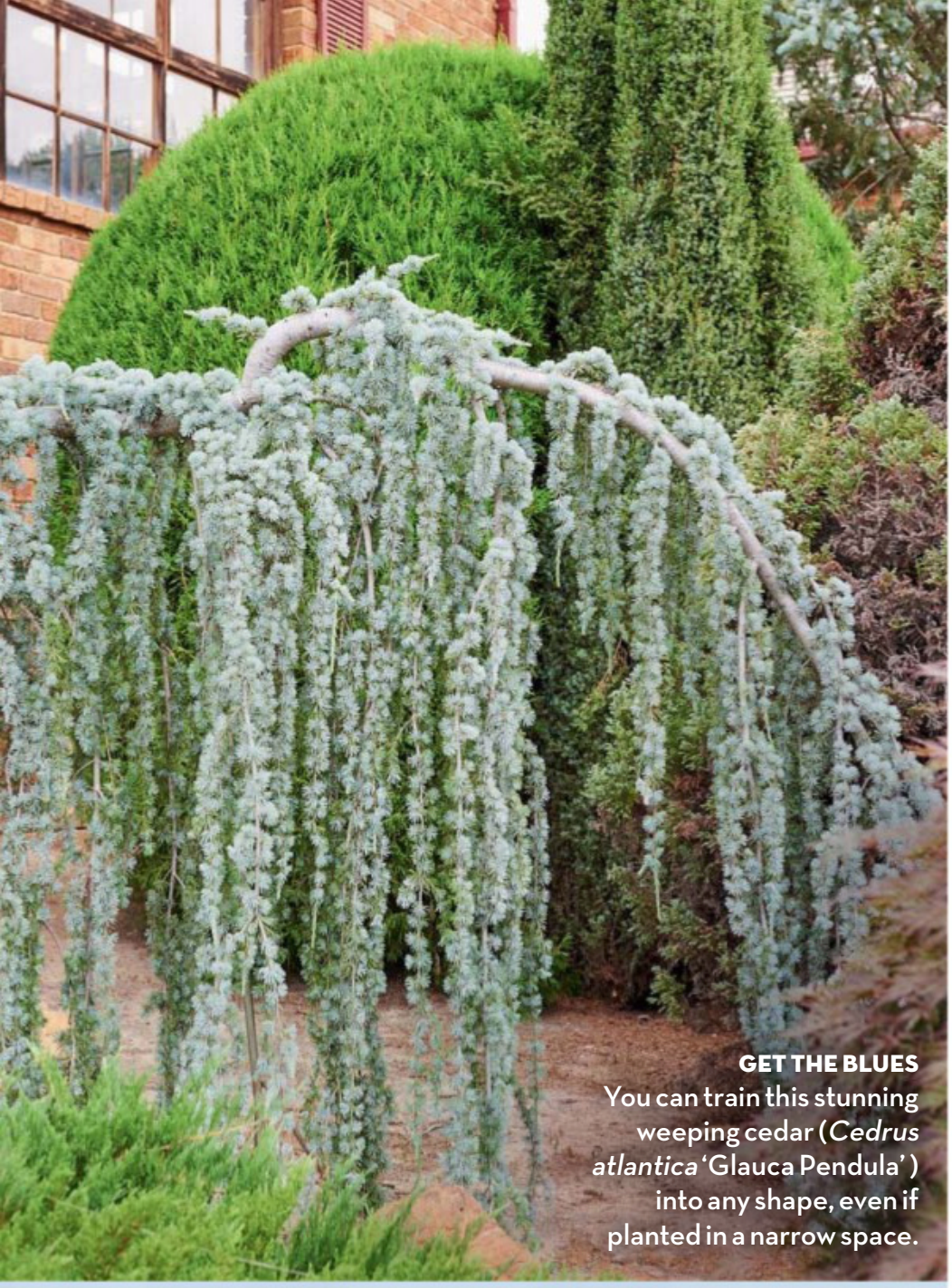
### BORROWED SCENERY
Look over the fence into your neighbour's space and see what you can include in your own view.

**CALM AMONG THE CONIFERS**
Dwarf Albert spruce (Picea glauca var. albertiana 'Conica') grows about 3m high, ideal for a small garden.

**WALK ON WATER**
If your lawn is drying up, replace it with white gravel or sand. In Zen gardens, they represent water.

> Create an oasis in a dry place with careful selection of plants

**SOLID AS A ROCK**
Place your boulders and stones so they look like they are part of the natural landscape.



**GET THE BLUES**
You can train this stunning weeping cedar (*Cedrus atlantica* 'Glauca Pendula') into any shape, even if planted in a narrow space.

**IT'S A COVER-UP!**
Be an economic gardener with juniper (Juniperus squamata 'Prostrata') – one plant spreads up to 1 sqm. It's also drought tolerant!

**SAY GRACE WITH THIS ASIAN STAPLE**
Colour up your garden with maples. The feather-light leaves come in myriad shades – from lime green to deep burgundy – and shapes, and are an outstanding feature in your autumn garden.

**HAVING A LEND FOR A DRAMATIC EFFECT**
Mt York in the background looks like Mt Fuji and is a perfect example of a borrowed landscape enhancing your garden.

**GRAHAM ROSS**
Join me as I take you on a tour of this wonderful garden on *BHG* TV on Friday, 13 March at 7pm on Channel 7.
(Apologies, may be subject to change)
**Go to bhg.com.au for more garden tips and tricks.**

## JAPANESE DESIGN TIPS FOR YOU

- Place the elements of your garden asymmetrically, as it is in nature.
- Your garden should appear to have evolved without your intervention.
- Plantings should be in odd numbers.
- Keep it simple – less is more – with clean lines.
- Create contrast in colour or texture between elements to create positive tension.
- Avoid straight lines and create curves instead, especially in pathways. Or make paths zigzag.

Photography Sue Ferris

**SEE IT!**

**What** Gory'u Japanese Garden
**Where** 85 Baaners Lane, Little Hartley, 145km west of Sydney
**When** Opening times 7am-5.30pm seven days a week by appointment, call (02) 6355 2140 or check myopengarden.com.au for open days
**Cost** Adults $20, seniors/pensioners $15, students $13, families $40
**More info** maplespringsnursery andgardens.com.au ■

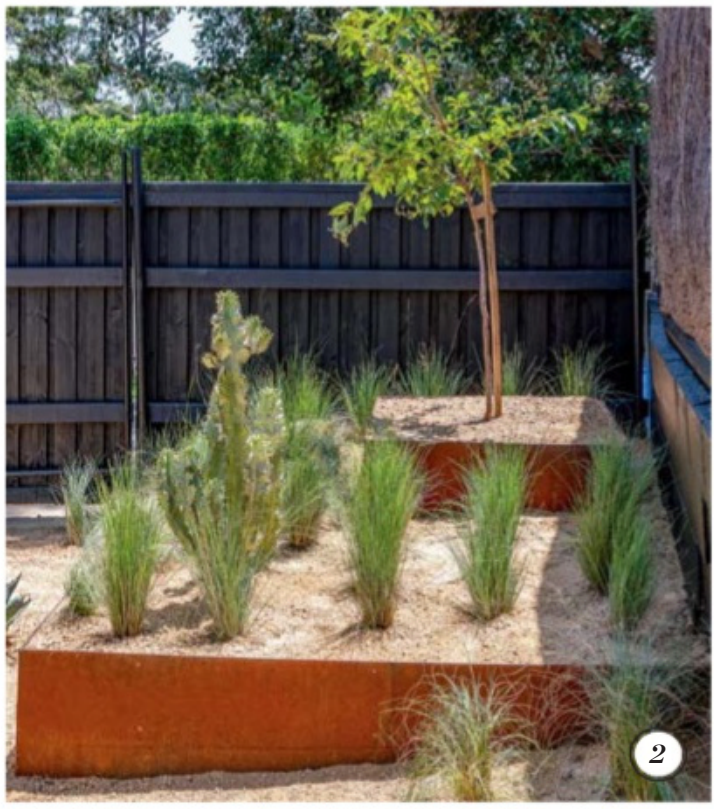
**FOREVER GREEN**
Conifers are elegantly statuesque, their forms come naturally and most tolerate long periods of dry weather.

1

# High & Dry

LUXURIATE IN A WATER-WISE HIDEAWAY THAT THRIVES IN THE HEAT

You can go for that beige-on-beige look that paved courtyards often create. Or you can turn those pavers into the heart of your very own oasis with layers of rich colours that resonate against the pale stone. Go for rusty hues in the shade structure, the rust effect of corten steel and complementary plantings of green and brown grasses. Then add sculptural succulents and elegant grey-blue agaves, paint the fence black and you have a retreat you won't want to leave, filled with plants fit for long, hot, dry days.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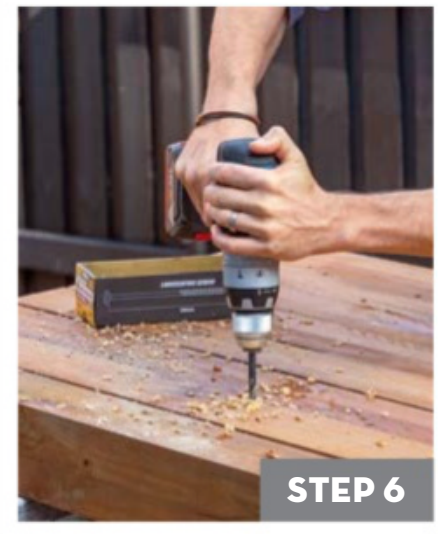
**1 MAKE A STATEMENT**
Build a timber shade structure as the centrepiece of your courtyard. It's a pared-down design and more about aesthetics than function.

**2 ORDER ORNAMENTALS**
Give your garden beds height, volume, movement and delightful masses of little seasonal flowers with ornamental grasses.

**3 FULL EXPOSURE**
Highlight your dry-hardy plants against a dark background – paint timber fences and stone walls black, and use brushwood screening.

**4 WEATHER IT**
Replace outdated stone walls around raised garden beds with corten steel edging to create a charmingly rustic level change.

# EASY STEPS TO BUILD A SHADE STRUCTURE



## Gather your supplies

- 100 x 100mm x 2.4m sawn H4 treated pine (19)
- 200 x 100mm x 2.4m treated pine sleepers (4)

## You'll also need

Timber stain in Cypress; painting equipment; clamp; drill; long 7mm drill bit; 175 and 200mm landscaping screws; post-hole digger; spirit level; concrete mix (approx. 5 bags per hole); wheelbarrow; 32mm spade bit; 11mm drill bit; masking tape; straightedge; hacksaw; M10 threaded rod; M10 galvanised nuts and washers (16); spanner

## Components

**Posts**
100 x 100 x 2400mm sawn H4 treated pine (8)

**Top blocks**
100 x 100 x 400mm sawn (7)

**Bottom blocks**
100 x 100 x 600mm sawn H4 treated pine (4)

**Legs**
100 x 100 x 1800mm sawn H4 treated pine (3)

**Outriggers**
100 x 100 x 1800mm sawn H4 treated pine (8)

**Feet**
200 x 100 x 1000mm treated pine sleepers (8)

## For you to note

All timber stained prior to assembly.

## Here's how

**STEP 1** Lay out posts and top blocks on saw stools with lengths of timber on them to extend their width. Clamp a top block against a post so end of block is 100mm past end of post. Predrill using a long 7mm drill bit, then screw together with 175mm landscaping screws. Use 3 screws per block. Drive screws so they're embedded below the face of the timber.

**STEP 2** At other end of post, place a leg against the post so 600mm of the leg is against post and it overhangs by 1.2m. Screw together with landscaping screws, using 6 screws.

**STEP 3** Lay another post against the top and bottom blocks so the ends align with the other post and screw

into the blocks. Continue attaching blocks and posts together alternating between the two. At the bottom of the assembly, place another leg in the middle, then the final leg at the other side, otherwise use bottom blocks.

**STEP 4** Use a post hole digger to dig three 1.2m deep holes for the legs.

**STEP 5** With a few helpers, lift the assembly so the legs go in the holes. Use a spirit level to make plumb and check the top is level. Mix concrete in a wheelbarrow, then pour into holes. Leave to set.

**STEP 6** Lay outriggers down so their ends are aligned. At 500mm from 1 end, draw a pair of lines 100mm apart to mark where the outriggers will sit on the posts. Between these lines, drill three 7mm clearance holes through each outrigger.

**STEP 7** At other end of outrigger and on the 2 faces adjacent to the one you drilled the holes through, mark a point in the centre of the outrigger 100mm from the end. At these points use a 32mm spade bit to drill a 10mm deep hole (see DIY tip, below). Switch to an 11mm drill bit and drill halfway through outrigger going through the centre of the hole. Make sure the 2 holes meet so threaded rod can pass through. Repeat for all outriggers.

**DIY TIP**

Use masking tape around the hole to prevent splintering the timber as you drill.

1

2

**TOP GARDEN TIPS ON**

## WHAT TO PLANT

Plants have adapted to living in hot, dry conditions in remarkable ways

**1** The African candelabra (*Euphorbia ammak*) actually comes from the Middle East and can grow up to 10m. A living statue! **2** Crepe myrtles (*Lagerstroemia indica*) especially like a hot, dry climate, but also know how to cast shade. **3** You know a plant is drought tolerant when its leaves are grey-blue, such as this agave (*A. ovatifolia*). **4** Native ornamental grasses are enjoying a resurgence. Fountain grass (*Pennisetum* 'Nafray') produces beautiful plume flowers. **5** Mass plant tussock grass (*Poa* 'Eskdale') as a soft contrast to hard edges.

3

4

5

STEP 8

STEP 10

STEP 9

STEP 11

**STEP 8** Lift outrigger onto outside post and clamp to hold. Screw through holes drilled in Step 6 into post using 200mm landscape screws. Repeat to attach second outrigger to other end post.

**STEP 9** Screw remaining outriggers to posts. Have a helper hold a straightedge against the end of the outriggers already fixed so all their ends are aligned.

**STEP 10** Use hacksaw to cut threaded rod to match width of outriggers at posts. Working from 1 side, insert rod into holes at other end of outrigger. As it passes through each outrigger, add a washer, 2 nuts, then another washer. Continue winding on the nuts between each outrigger and pushing the rod all the way through to the other side. Tighten the nuts on each end of the rod then work your way along the outriggers, tightening all the nuts between them. Use a spanner to make sure the nuts sit in the countersunk holes.

**DIY TIP**

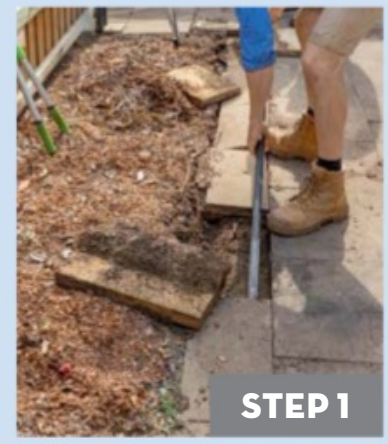
When you're tapping the end of the rod to push it through, put a nut halfway on the end so you are hitting the nut and not the rod.

**STEP 11** At the bottom of the posts, drill a pair of staggered 7mm holes through the post for the feet. Butt feet into rear side of post and screw together using 200mm screws. Make top of feet level and flush with the finished level of the garden around them.

**FOR PROJECT SUPPLIES, SEE OUR STOCKISTS PAGE**

## EASY STEPS TO FINISHING THE JOB

It's the little things that count if you want a dramatic finish. Ensure your shade structure stands in the perfect paved environment.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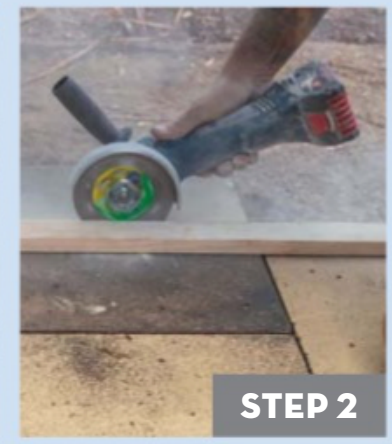
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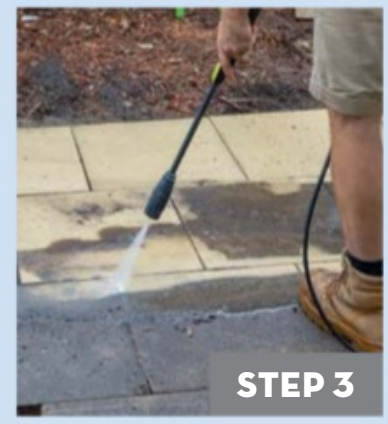
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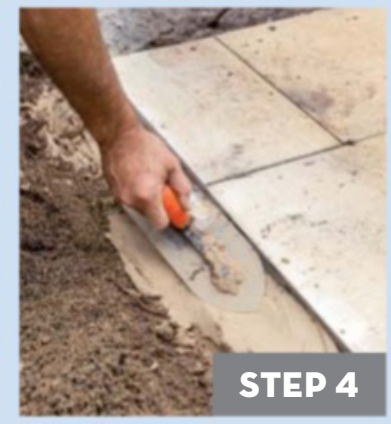
STEP 4

**STEP 1** Reduce the size of the paving to create more garden space. Mark out the new hard surface and carefully remove excess pavers.

**STEP 2** Carefully trim the pavers that break out of the rectangle using an angle grinder with a diamond cutting blade and a piece of straight timber as a guide.

**STEP 3** Clean the remaining pavers with water from a pressure washer.

**STEP 4** Lock in pavers with a strong haunch made from sand and cement. Hide the haunch with a mulch of dull yellow crushed granite. ■

**CHARLIE ALBONE**

Join me as I show you how to create this wonderful outdoor space on *BHG* TV on Friday, 13 March at 7pm on Channel 7.

(Apologies, may be subject to change)

**Go to bhg.com.au for more garden/DIY tips and tricks.**

Photography Brent Wilson, Chris Jones; styling Vanessa Tidy; projects Grahame Rowe

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NATURAL AUSTRALIAN BEAUTY

Jenny Dillon
*Garden Editor*

# In your GARDEN

There's a glorious glow in the air this time of the year

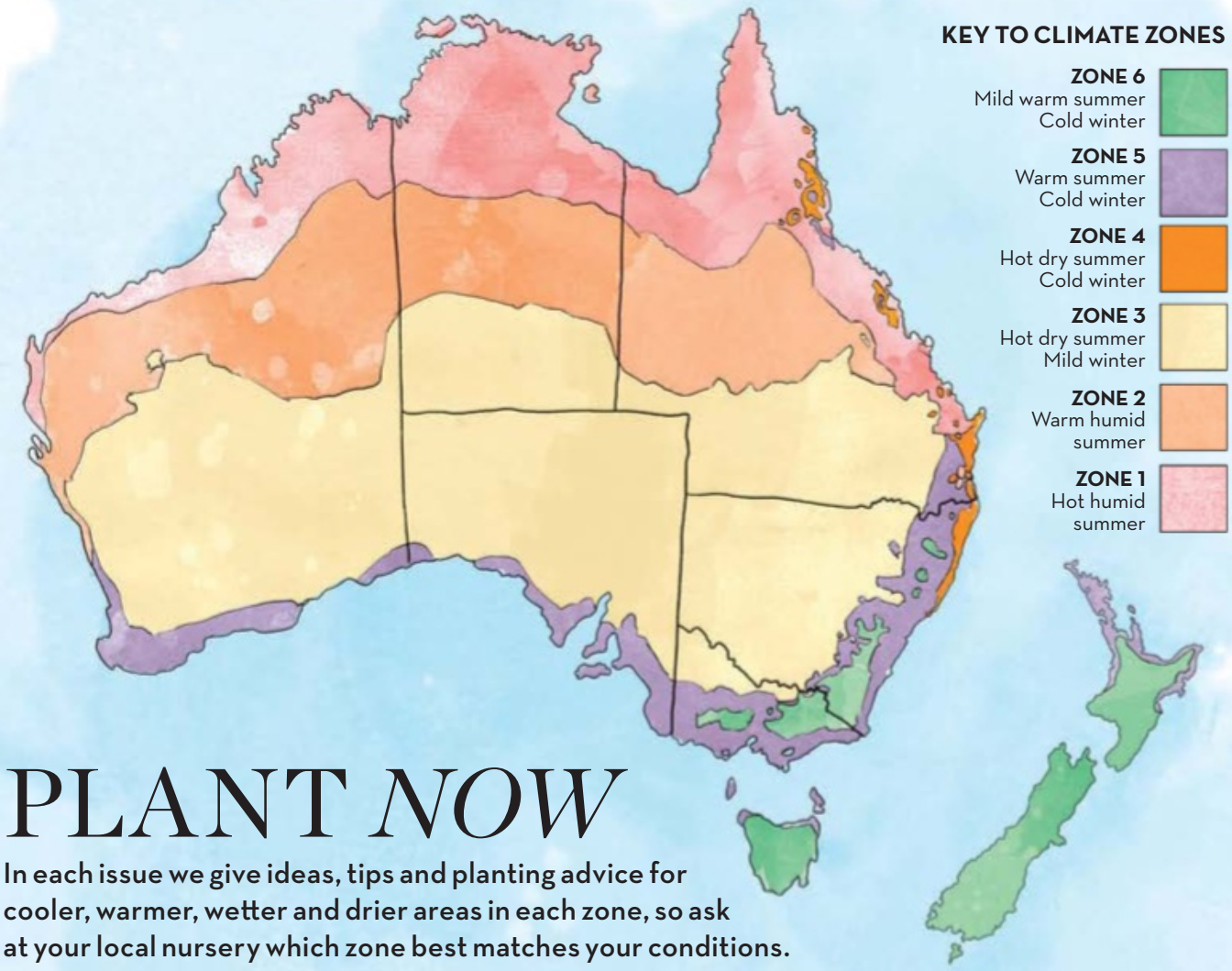
## SEASON SPECIALS

Delight in these cool changes!

**GET HIP**
Enjoy the fruit and the flowers of *Rosa rugosa* at the same time.

**TIMELESS**
They may be old-fashioned, but asters never go out of date.

**WIND CHIMES**
Watch the tall Japanese windflowers flutter in a soft breeze.




## PLANT *NOW*

**In each issue we give ideas, tips and planting advice for cooler, warmer, wetter and drier areas in each zone, so ask at your local nursery which zone best matches your conditions.**

### FLOWERS

**ALL ZONES** Cineraria, cornflower, lupin, pansy (left), poppy, primula, statice, stock and viola.

**ZONES 1-3** Alyssum, cosmos, dianthus, nasturtium, petunia, salvia, snapdragon, torenia and verbena.

**ZONES 4-6** Anemone, calendula, linaria (left), nemesia, penstemon, Virginia stock and wallflower.

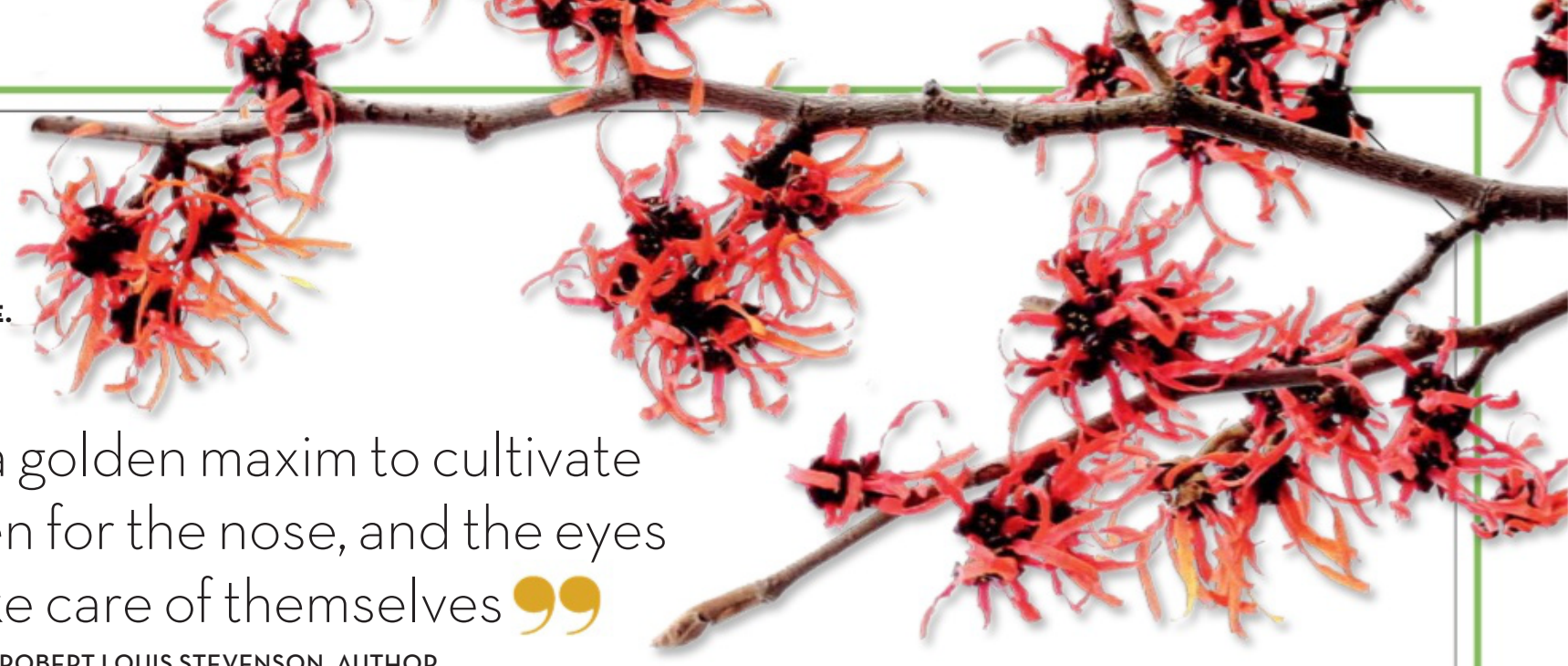
### VEGETABLES

**ALL ZONES** Beetroot, broad bean (left), broccoli, carrot, cauliflower, garlic, onion, parsley, peas, radish and spinach.

**ZONES 1-3** Artichoke (globe), asparagus, capsicum, parsnip, potato, pumpkin and zucchini.

**ZONES 4-6** Artichoke (Jerusalem), Brussels sprout, leek, rocket (left) and turnip.

Photography Getty Images



INTRIGUING SPIDER-LIKE FLOWERS ON THE WITCH HAZEL TREE.

»

> It is a golden maxim to cultivate the garden for the nose, and the eyes will take care of themselves

ROBERT LOUIS STEVENSON, AUTHOR

YEAR-ROUND STAR

## KING CAESIA

One of the most fascinating West Australian exports, *Eucalyptus caesia* 'Silver Princess' (aka Gungurru) is a tree for all seasons. Fire tolerant and happiest in hot summers and dry winters, it stuns in carmine red stamens with yellow-tips over winter/spring, and looks beautiful year round with its snaking form, pendulous foliage and multi-trunks that start pinky-red before transforming to peeling silvery grey. Shelter from cold winds and frosts.

## GARDEN *SECRETS*

Keep the sun blazing with these bright spots

**1**

**ADD GLITTER**

Garden great Gertrude Jekyll knew the value of gold in the garden. It shouts happiness and sunshine, while creating the perfect highlight against darker tones.

**2**

**SHINING NUGGETS**

Think daffodils, marigolds, native billy button (*Pycnosorus chrysanthes*) and yellow day lily (above). Or roses such as 'Gold Bunny' (right).

**3**

**24-CARAT TREES**

Get a glow with wattles or elms (*Ulmus glabra* 'Lutescens'), robinia (*Robinia pseudoacacia* 'Frisia') and golden ash (*Fraxinus excelsior* 'Aurea').

### GARDENING ADVICE

◆ **CELEBRATE** Anzac Day (Saturday, 25 April) by sowing seeds of Flanders poppies like those that grew wild on French and Belgian battlegrounds of World War I. ◆ **CONTINUE** planting spring-flowering bulbs in pots and garden beds. ◆ **TAKE** cuttings of hydrangea, fuchsia, roses and pelargonium. ◆ **TREAT** lawns to autumn fertilising and resow bare patches. ◆ **CUT** back any climbers that have become a bit unruly and overly rampant. ■

# better gardening

[ THE LATEST NEWS AND TRENDS ]

## THE RIGHT SIZE FOR SNIPPIN' ON THE GO

These pocket-sized snippers are perfect for impromptu garden forays. Made of stainless steel with comfy rubber overlay grips, you can use them for most jobs from picking fruit to preparing flowers for the vase. From Hoselink, they're $15.90 from garden tool outlets.

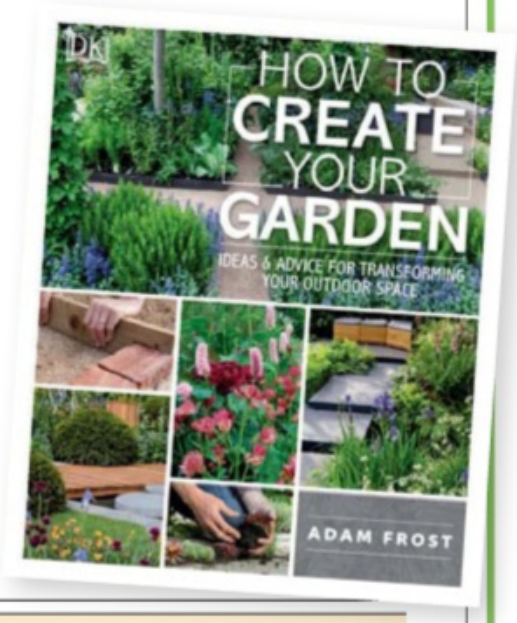
## WHITEST WHITE

Topped with masses of lustrous white floral globes, *Armeria* 'Dream Clouds' will shine a light on any garden. Bred in Melbourne and part of the Dreameria series from Plants Management Australia, its pure white flowers bloom from winter through to summer and are underlaid with glossy green foliage. Compact and very dry tolerant once established, it's ideal for containers or general garden use and is a stunner in rockeries.

WINNING WAYS

## *Grab that dream*

Adam Frost, a gold medal-winner at London's Chelsea Flower Show and a presenter on BBC's *Gardeners' World*, shares his secrets for setting up a dream garden or revamping an old one in *How to Create Your Garden* (DK/Penguin Australia, $39.99). Full of ideas, plans and projects, it's adapted for Aussie readers.



WHAT'S ON?

## THE HILLS ARE ALIVE

Spectacular autumn tones explode in Victoria's alpine high country during the 10-day Bright Autumn Festival, starting Friday, 24 April. With 14 open gardens from the formal to the wild and rustic, there is something for all the family, including music, markets, exhibitions and a street parade. First staged in 1962 and now one of Australia's longest running festivals, it combines with the nearby Wandiligong Nut Festival (Sunday, 26 April). Visit brightautumnfestival.org.au. ■

Photography Plants Management Australia, pma.com.au

# moon guide

Use the phases of the moon to your advantage by following Milton Black's planting guide

## APRIL 2020

| SUN | MON | TUES | WED | THUR | FRI | SAT |
|---|---|---|---|---|---|---|
| | | | 1 First Quarter Moon in Cancer 8:21pm | 2 ♋ | 3 Moon enters Leo 4:26am | 4 ♌ |
| 5 Moon enters Virgo 7:18am | 6 ♍ | 7 Moon enter Libra 7:16am | 8 Full Moon in Libra 12:35pm | 9 Moon enters Scorpio 6:17am | 10 ♏ | 11 Moon enters Sagittarius 6:35am |
| 12 ♐ | 13 Moon enters Capricorn 10:05am | 14 ♑ | 15 Last Quarter Moon 8:56am Moon enters Aquarius 5:37pm | 16 ♒ | 17 Moon enters Pisces 4:29am | 18 ♓ |
| 19 ♓ | 20 Moon enters Aries 5:00pm | 21 ♈ | 22 ♈ | 23 Moon enters Taurus 5:36am New Moon 12:26pm | 24 ♉ | 25 Moon enters Gemini 5:20pm |
| 26 ♊ | 27 ♊ | 28 Moon enters Cancer 3:28am | 29 ♋ | 30 Moon enters Leo 11:06am | | |

You must plant all **ABOVE-GROUND** crops during the moon's **WAXING** cycle.
You must plant all **BELOW-GROUND** crops during the moon's **WANING** cycle.

Times are in **Australian Eastern Standard Time,** AEST. This applies to NSW, the ACT, Qld, Vic and Tas. For SA and NT, deduct half an hour. For WA, deduct two hours. **During Daylight Saving Time, add 1 hour.**

## ZODIAC SIGNS

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

**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.

- ♈ **Aries**
- ♉ **Taurus**
- ♊ **Gemini**
- ♋ **Cancer**
- ♌ **Leo**
- ♍ **Virgo**
- ♎ **Libra**
- ♏ **Scorpio**
- ♐ **Sagittarius**
- ♑ **Capricorn**
- ♒ **Aquarius**
- ♓ **Pisces**

## How to use the calendar

**Best days** **Second-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.

**Best days** **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.

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. ■

ADVERTISING FEATURE

Better Homes and Gardens. REAL ESTATE

# ASK THE EXPERT: HOW TO READ THE PROPERTY MARKET

## TO SELL OR NOT TO SELL? WE ASKED A PROFESSIONAL WHAT TO LOOK FOR AND HOW TO READ YOUR LOCAL MARKET TO GET THE BEST PRICE FOR YOUR PROPERTY

**IN ASSOCIATION WITH BETTER HOMES AND GARDENS REAL ESTATE**

The state of the real estate market is often a hot topic around the barbecue. Is it strong? Is it quiet? It's the source of much speculation, but when you consider that property is probably the most sizeable investment you can make, any insight into its nuances can be valuable.

Multiple factors can have an impact on the property market, such as interest rate changes, new infrastructure, changes in zoning and recent sales. So if you're looking to sell, how do you know it's the right time?

### DO YOUR HOMEWORK

The first step is to arm yourself with the right sources to familiarise yourself with the property market as a whole. Sign up for newsletters, research recent sales online, attend open house inspections and go to as many auctions as you can. This will help you become familiar with the process and feel more comfortable with market values so you can decide if you are ready to sell or buy.

Someone very familiar with the process is Lloyd Allen, principal of Better Homes and Gardens Real Estate Crows Nest, on Sydney's north shore. "Speaking to your preferred real estate agent can give you a good overview of what the current market circumstances are," says Lloyd. "That will help you to interpret your situation and decide how best to proceed with your plans."

### GET A FEEL FOR THE MARKET IN YOUR AREA

Once you've got a grasp on how the market works, you can start to focus more on your local area. Speak to your neighbours and local friends about nearby properties for sale. Taking a look at local open for inspections is also a good idea.

Set up email alerts in your search suburbs and ask an agent you trust for their observations on what's happening locally. Better Homes and Gardens Real Estate offers a service called Home Finder, an online tool that matches your property requirements with its listings and ensures you won't miss a property that ticks all your boxes.

### SELLING IN A STRONG VS A QUIET MARKET

With pros and cons to selling in both markets, overall it depends on your expectations and objectives. "When you are selling in a strong market, there are normally fewer homeowners doing the same thing," says Lloyd. "There are more buyers actively looking to purchase and the market enjoys high demand and clearance rates."

In a quieter market, there may be fewer buyers and sales. The number of properties on the market can play a role in the sale prices being achieved. For many owners it's a decision to sell now or wait until the market is stronger.

"Often there are more vendors in the market than there are buyers, so the supply and demand relationship of the industry forces volumes and prices to contract," says Lloyd. "That said, less stock and fewer properties for buyers to inspect can also be beneficial."

## LOCAL EXPERTS SUPPORTED BY A TRUSTED BRAND

Better Homes and Gardens Real Estate agents know your home is probably one of the most important financial decisions you will make in your lifetime. That's why they're with you every step of the way to offer you valuable and honest advice. Their team of experts can offer you the service and market experience you would expect from a brand whose legacy was built upon a passion for the home. Whether it is periodic updates about market conditions in your neighbourhood, or tips on the latest design trends, the Better Homes and Gardens Real Estate team is uniquely equipped.

FOR MORE INFORMATION VISIT
**BHGRE.COM.AU**

Knock through walls for open-plan living. Rather than conceal the beam, paint it black to show it off.

Blend wishbone chairs – mid-century classics – with modern and rustic furniture.

# as good as GOLD

Make over your home, taking it from mundane to magic, with budget reno tips and a dusting of golden accents

Your overall decor can be quite plain, but statement lighting goes a long way to providing designer cachet.

## 1 COMFY LIVING ROOM

The best interiors evolve over time, which is good news if you have limited funds for a reno or room redo. But you have to start somewhere, so let your launch pad be oodles of paint – a palette rooted in soft whites, creams, beiges and touches of black – and a relaxed sofa, then build from there.

Go for gold nesting tables to amp up the bling factor.

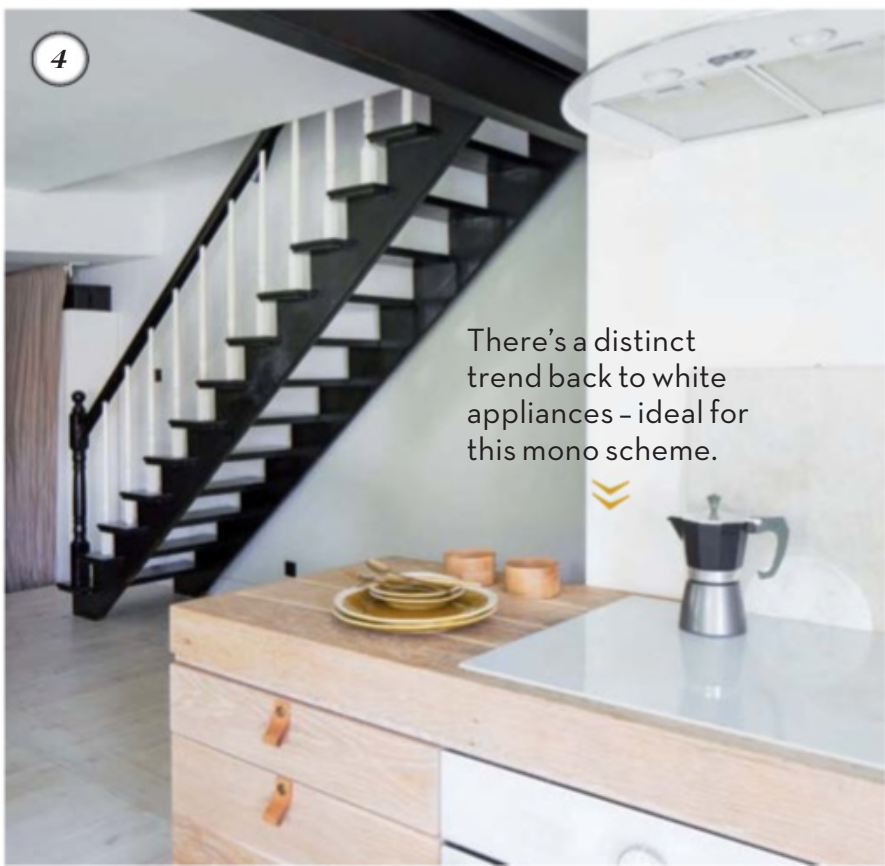
THE GOLD STANDARD IN DECORATING

Kit out your cabinetry with style-led tanned leather handles and pulls from the Osternas range, ikea.com.au.

Whether you're updating one room or committed to a full-on reno, a tight budget can give you a lot of bang for your buck. How? It forces you to make wise choices. A timeless monochromatic scheme based on lashings of white paint and same-type flooring throughout will cut down on wastage and ensure good flow. Go flat-pack shopping where you can, embrace the concept of DIY, check out replica furniture items, add warmth and natural texture with timber and tones the colour of a golden harvest, then introduce a couple of standout pieces.

### 4 STAIRWAY TO HEAVEN

If a home is to feel harmonious, continuity between spaces is key. This handsome and solid staircase, once stained old-school honeyed pine, is ever so striking in black – a shade that's also referenced in the kitchen and elsewhere in the home.



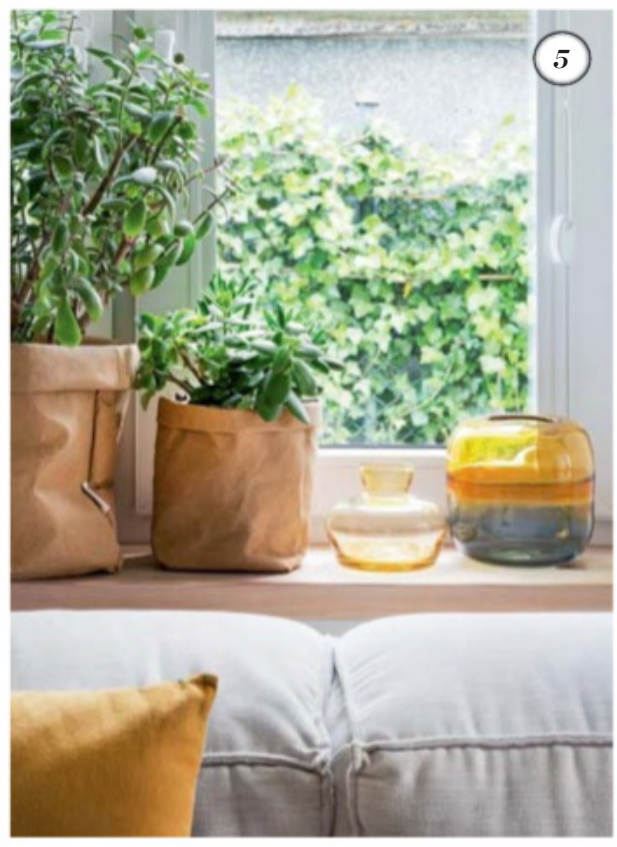

There's a distinct trend back to white appliances – ideal for this mono scheme.

## 2 DINING IN

Save $$$ by installing base kitchen units only. A few box cubbies up high will store smart, display well and look the goods. This gives you leave to splurge on a gorgeous live-edge timber table for your kitchen diner.

## 3 IN THE LIMELIGHT

Look for adjustable or swing-arm wall lamps to provide directional light above sofas or desks for reading and working.




## 5 POTS OF GREEN

When budget constraints put a dampener on your plans for glorious big picture windows or bifold doors, cheat the indoor-outdoor connection with pots of greenery on your windowsills. For similar try, Foundations vases, westelm.com.au. Paper brown or metallic gold bags, from $14, uashmama.com.au.

## 6 NESTING TIME

Create a chic, two-tiered coffee table that can take centre stage or move about as side tables when you're entertaining guests. Back in favour after years on the outer, nesting tables come in all shapes, sizes and material types, but don't look past metallic gold to bring elegance and sophistication to your rooms.

# GET THE LOOK

Include gold, amber and mustard, neutral textures, and a smattering of black to help you bring a warm, relaxed atmosphere to monochromatic spaces.

Foundations vase 37.5cm in Amber, $89, westelm.com.au.

Cara solid brass catchall, $169, and Gabriella solid brass catchall, $406, gregnatale.com.au.

Orion 14-light pendant in Brass/Amber, $895, beaconlighting.com.au.

Sterling set of 2 side tables, $495, mattblatt.com.au.

Replica Hans Wegner Wishbone Chair in Black/Natural Cord, $295, mattblatt.com.au.

Iggy knitted throw in Mustard, $290, globewest.com.au.

Felix Block Left Chaise (more styles available), $2945, globewest.com.au.

**FOR SHOPPING SUPPLIES, SEE OUR STOCKISTS PAGE**

7

8

Why go to the expense of a mirror inset with tile surround when you can simply buy a framed mirror to hang? It does the job and saves dollars.

### 7 LINEN WORLD

Linen, waffle weave, knits, crochet and quilted textiles with a soft handmade quality are right at home in this scene. Add tassels, fringing or pompoms for extra detail.

### 8 MAKE A SPLASH

Carry the black and white monochromatic theme into your bathroom. For the time being, you can update your old vanity with laminate paint and perhaps replace a dingy benchtop with an all-new matt black laminate. Nowhere near as expensive as a full-on reno, but oh what a difference!

> “Supersize your pendant light shade but go for an open, airy rattan weave so it’s not overly imposing, especially if your room is on the small side”

Photography GAP Interiors/Marcin Grabowiecki

### 9 SIMPLY SUMPTUOUS BEDROOM

Invite the cosy into your bedroom with rattan pieces and textured bedding. As for accessories, you’ll find gold accents and amber glass work well together. Sinnerlig pendant light, $99, ikea.com.au. ■

# better decorating

[ THE LATEST NEWS AND TRENDS ]

## BATHE IN THE GLOW

Keen on a seriously indulgent bathroom? Note what a ritzy gold mosaic splashback can do for a minimalist mono scheme. Boost the lavish effect with under-cabinet lighting. Seek out gold glass, a mirror, and penny and ceramic mosaics.

## SERVE UP STYLE

Function meets form in this eclectic mid century-inspired buffet. Great for storage and as a servery. Amelie Facet Buffet in Antique Brass 1860W x 460D x 770mmH, $2530, globewest.com.au.

## Liquid shimmer

Gold is a byword for sophistication and luxury. And the good news is you can create the 'wow' instantly with minimal effort. All you need is metallic paint. Be subtle and brush it onto picture frames and furniture, or go for broke and opt for the drama of covering a broad expanse of wall, as here. Porter's Paint Alchemy Liquid Gold, $129/1L, porterspaints.com.

## LIGHT FANTASTIC

Enhance the appeal of your living room with a striking architectural light. Decidedly glam, the simplicity of this luxe light's design stops it being over the top. LED Dimmable Round Pendant in Brushed Brass, $895, beaconlighting.com.au.

## *Sculptural beauty*

Add colour and sparkle with a striking accent table. Replica Sebastian Herkner Bell Side Table, $895, mattblatt.com.au.

Photography Porter's Paints/Mike Baker/styling Heather Nette King,, GAP Interiors/Colin Poole. GAP Interiors/Costas Picadas. Prices are approximate and a guide only.

# PERFECTLY IMPERFECT

On a budget? Then it's time to bring your decorating DIY A-game to the fore. Sticking to a strict gold and neutral palette, bargain-hunt for a few knockout items – new or old – to kickstart your scheme. For similar, Annie Ornate Mirror, $349, templeandwebster.com.au; Langham side tables, $399.95, amalfihomewares.com.au; Black faux cowhide rug, $39, kmart.com.au.

**ON REFLECTION**
Lean an overscale and ornate gilded mirror against the wall – magic!

**WINGBACK CHAIR**
It may be past its prime, but freshened up, you can enjoy it again. ■

> "Bring your rooms back to life with a sensitive makeover, a little paint and a collective of vintage treasures"

# Refreshed and revived, this kitchen transformation will inspire.

**This Melbourne home was in need of a kitchen make-over to breathe new life into the dated space. Homeowners Margaret and Phil were on a mission to refresh the kitchen, maximise storage and lighten up the room, so that's exactly what they did.**

**PLAN** - ***What did you want to achieve from your renovation?***

"Being quite busy, we didn't have a lot of time to dedicate to this project and wanted it done quickly. So, given our time constraints and need for a fast turnaround, we opted to buy products that were available off-the-shelf. It became clear very quickly that kaboodle's modular range was perfect for us." - *Phil*

**SELECT** - ***Did you have a specific look and feel in mind?***

"Our existing u-shaped kitchen worked well in the space, so we decided to keep this layout but introduced more usable storage with smarter use of cabinets. We also wanted a fairly neutral colour scheme with a sense of warmth, so opted for buttermilk cabinetry and hevea timber benchtops to create this look." - *Margaret*

**CREATE** - ***Tell us about your experience using a flatpack kitchen?***

"Our new kitchen was created using kaboodle's modular products, which were available off the shelf, so we could turn this renovation around fast without compromising on quality or style. More storage was a must-have of course, so we introduced more cabinets and a corner pantry to really make the most out of the space. The hevea timber benchtops also worked wonders to create shelving as an extra design feature." - *Margaret*

**ENJOY** - ***How do you feel now that you've completed your renovation?***

"It looks and feels like a brand new space! It's timeless and bright, and we have plenty of usable storage. We're very happy with the end result." - *Margaret*

kaboodle.
KITCHEN

"yeah we did!"

# GET Creative IN YOUR KITCHEN

## MAKE IT WORK

• House a bar or wine fridge on the outer side of your island so the fam and guests can access beverages without entering the cooking zone.

• A clean, contemporary kitchen deserves to go handle-less. J-pull by Kaboodle Kitchen is a cleverly designed door and drawer handle with a unique J-shaped groove for ease of opening.

Incorporate an appliance 'garage' into your kitchen design. Store a selection of teas and coffees on upper shelves.

»

Photography GAP Interiors/Colin Poole

« Mark out the kitchen island with a trio of pendants that shine a light on your worktop.

**TAKE A SEAT**
A spot of lateral thinking can result in an innovative kitchen design, the envy of others. Here, an in-built bench and wine fridge provide the 'wow' and cleverly bridge the divide between kitchen and living.

**BRIGHT AND BEAUTIFUL**
Although set against a neutral canvas, you can create an overall impression of a cooking space that's full of light, colour and personality. Skylights, coloured chairs and accents combine to do the trick.

**DOUBLE UP ON BUILT-INS**
Consider consolidating all your oven options in the one location by stacking a double oven, warming drawer and microwave in the one location. It's the ideal solution and doesn't use up precious space.

**DARK AND HANDSOME**
Take a leap of faith and go for a mix of cabinetry – matt grey base units and glossy peppercorn black for the uppers. You can go custom or cheat with off-the-shelf flatpack units. Go handle-less for a sleek and sophisticated look.

Design an awesome kitchen that's packed with personality and is easy to navigate when whipping up culinary delights

# A timeless classic

## Team timber with blue, a favourite that's trending big time

Shine a light on your dining table with a swish linear wooden pendant.

Bring a concrete or stone outdoor pedestal table in, box out the legs (the panelling here matches the island's face) and you have a striking dining table.

## ESSENTIAL STYLE

▲ 614L French Door Fridge in Black with ice & water 900mm, Fisher & Paykel.

▼ Davis & Waddell Mandoline Slicer with storage, $39.95, Albi.

▲ Aspect Scandi 4-slice toaster in Deep Blue, $149, Morphy Richards.

◀ Suomi Pitcher 2.4L, $39.95, Maxwell & Williams.

◀ Davis & Waddell steamers/glass lids, from $79.95 each, Albi.

**FOR SHOPPING DETAILS, SEE OUR STOCKISTS PAGE**

Photography GAP Interiors/Sandra Van Aast

## MAKE IT WORK

- Clad the back and doors of your island with tongue and groove panelling as a contrast to flat-fronted units. And raise it to hide the clutter of a working kitchen.
- Go handle-less to highlight the beauty of timber grain without interruption. Push-to-open systems are the way to go.
- Like this blue? Test Wattyl's Space Odyssey in your room.

### TOUGH STUFF

Durable, strong, stain and heat-resistant, easy to keep clean, and hygienic with no-join moulded sinks to boot – is it any wonder domestic kitchen planners are including stainless steel in their benchtop design specs? Choose a brushed finish to help conceal marks.

### LET THERE BE LIGHT

If your kitchen is positioned well back from a light source, think about knocking through a side wall to the outdoors and installing a glass door. We're guessing you probably won't have a paddock to step out to, but a boundary fence is handy for growing a vertical herb garden and will green the scene.

### BACK TO THE FUTURE

Back in vogue, flat-fronted timber cabinetry is solid without panels or framing. Its sleek, minimalist look suits the modern kitchen. Replicate the style with your material of choice to suit your budget – plywood, timber veneer or a laminate lookalike.

# A gold infusion

## Go all out or keep it low-key with a hint of gold as a finishing touch

Hang single-globe pendants with feature brass sockets – cool and understated!

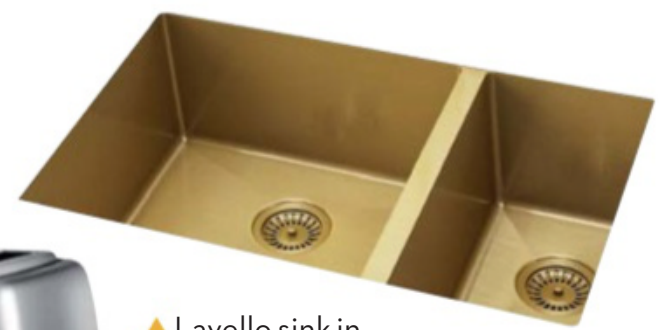
**ON THE FACE OF IT**
Once upon a time, there was a nondescript kitchen... along came metal sheeting to dress up the face of the peninsula! How good does it look? For similar, check out Deco Splash.

Photography ti-mediacontent.com, GAP Interiors/Jake Fitzjones, GAP Interiors/Colin Poole, GAP Interiors/Patric Johansson

## ESSENTIAL STYLE

◀ New York Collection Pot Kettle and 4-Slice Toaster in Silver/Gold, $169 each, Sunbeam.

◀ Regency Hourglass (30 mins), $64.95, Amalfi.



▲ Lavello sink in Brushed Bronze Gold 670 x 440mm, $999, Meir.

▶ Round kitchen mixer tap in Gold/Black, $579, Meir.

**FOR SHOPPING DETAILS, SEE OUR STOCKISTS PAGE**

**BLACK BEAUTY**
Juxtapose the sheen of a gold metallic wall finish with matt black kitchen units. Simply sumptuous! Tone down the glitz with a brass or bronze metal sheeting.

**SPLASHING ABOUT**
There's nothing ordinary about this kitchen! Achieve a similar luxe and lustrous look with textured D-Aston Metallic Mosaics, nerangtiles.com.au.

**CURVES AHEAD**
Customise a glass splashback with a gold wallpaper, a photo or paint finish. Here, the curved detail imitates those of the units.

**TABLE DUTIES**
Designer chairs not in your price range? No worries, go to town on chairs with a gold metallic spray paint. Just prep them before you start.

# Character study

## Elevate plain white units with rustic elements, grey and black

Create character with architectural trims, such as window casings and moulding à la picture rail style.

Get your DIY mojo on! Assemble white flat-pack cabinets. Dress them up with black handles.

## ESSENTIAL STYLE

▲ Vadholma island in Black/Oak, $399, IKEA.

▼ Siran encaustic tile Grey/White 200mm, $8.50 each, Schots Home Emporium.

◀ Evoke Filter Coffee Maker in Blue Steel, $69, Morphy Richards.

▶ Starter knife box set with walnut wood sheath (J series 61932), $599, Cangshan.

▲ Eli pendant light in Grey, $49, Schots.

**FOR SHOPPING DETAILS, SEE OUR STOCKISTS PAGE**

Photography ti-mediacontent.com.

## MAKE IT WORK

• When you don't have time to wait for patina, opt for instant gratification – carefully curated pieces, finishes, timeless materials and industrial elements.
•Decant and display dried food goods in glass jars. Hook utensils and baskets onto black rails.
• Opt for the rusticity of a timber benchtop, and stain chunky raw wood shelves for an aged look.

### FLOOR FEATURE

Patterned floor tiles are enjoying a resurgence, particularly encaustic tiles or their ceramic and porcelain lookalikes. Lay them out so they form a playful patchwork-like design, but stick to a liveable and timeless soft grey/white scheme. For cohesion, opt for mid-grey walls plus white units and trims to match.

### THE ART OF TILE

Showcase bevelled white subway tiles on your splashback, but choose a herringbone layout that scales the height of the wall. This battles subway fatigue and puts a fresh twist on the traditional. The pattern is subtle and interesting without detracting from that on the floor.

### ISLAND EXPOSED

Exposed brick is a must-have material for a cool industrial vibe. Don't go overboard, limit it to either your island or a single wall. If you're renovating, see if it's possible to reuse bricks from knocked-through walls. After a good clean, use a specialist brick sealant to protect the surface.

# A painterly touch

Can you custom colour a flat-pack kitchen? Yes you can! Read on...

**VINTAGE GREEN**
Love the affordability of DIY flat-pack kitchens? Is your heart set on a specific colour? Check the Paint Your Own Doors range, available in four profiles, from Kaboodle Kitchen.

## ESSENTIAL STYLE

◀ Emporium Bondi wall clock in Mint/White, $29.95, Albi.

▼ Loden bowl in Matt Green/White stone, $59.95, Amalfi.

▲ Stephanie Alexander Wattle storage tin, $49.95, Albi.

▶ Morphy Richards Multi-function 3-in-1 cooking pot in Green, $199.99, eBay.

▲ Leaf + Bean Soren teapot with infuser in Moss, $34.95, Albi.

**FOR SHOPPING DETAILS, SEE OUR STOCKISTS PAGE**

Photography Kaboodle Kitchen

A retro pastel green is ideal for a Shaker-style kitchen. Raw board Alpine profile doors/panels and T-pull handles, Kaboodle Kitchen.

Like the colour? It's Dulux Teal Tree.

Source sink, tapware and appliances along with flat-pack units at the hardware. You'll save hours of research and $$$.

Install a stylish marble-look, cut-to-measure gloss benchtop in Biancoccino.

Kit out your kitchen with smart storage solutions from the get-go.

Before you commit to a colour, do a test sample board to see what it will look like.

# A picture of colour

## Here's a palette with panache – a gorgeous teal blue kitchen

Extend your island benchtop to provide extra seating for relaxing, casual meals.

## ESSENTIAL STYLE

▼ Wayfarer mug in Breeze, $7.95, Maxwell & Williams.

▲ Andre Verdier Debutant 24-piece cutlery set in Teal/Mint, $329.95, Albi.

▼ Davis & Waddell Acacia recipe book holder, $34.95, Albi.

▲ Gas on glass 5-burner cooktop 90cm, POA, Fisher & Paykel.

▶ Laguna pitcher 2.8L, $39.95, Maxwell & Williams.

**FOR SHOPPING DETAILS, SEE OUR STOCKISTS PAGE**

Photography GAP Interiors/Colin Poole

## MAKE IT WORK

• Incorporate a timber bench (to match your worktop) beneath the window to create banquette-style seating without eating up precious space. Team with spindle-back chairs for a mix-and-match look.
• Create mood lighting for dinners and soirees with warehouse-style pendants. For similar, try Warehouse Pendant in Gun Black, $189, Schots Home Emporium.

### A ROOM WITH A VIEW

What a difference a picture window makes – it certainly gives this kitchen/diner unique appeal. Inspired by boxed-out window seats, this glass panel starts at bench height and is capped at the top by moulding that continues around the room. You can dine and gaze at the view!

### PATTERN UNDERFOOT

When it comes to flooring, herringbone is popular. You can replicate its high-end look with materials such as timber, wood-effect floating floors, vinyl and tiles – the plain and the faux-wood variety. In this scenario, a dark tile was the material of choice, as it had sufficient strength to ground the scheme.

### IN THE GROOVE

Paint your walls a shade identical to your cabinetry so the teal blue is toned down and the integration is seamless. For a shade of country style, introduce tongue-and-groove wall panelling, painted a matt finish in contrast to high-gloss kitchen cabinets. ■

# KITCHEN SPACE SAVERS

Turn a few pieces of timber into clever storage solutions for the busiest room in your home

STEP 1

STEP 2

STEP 3

STEP 4

STEP 5

STEP 7

STEP 9

STEP 10

Big or small, your kitchen can always benefit from storage and organisational hacks. Instead of trying to find an off-the-shelf product that suits, you can build bespoke solutions. Maximise cabinet space with a simple shelf, free up bench space with a pull-down cookbook stand, slide your chopping boards into an under-cabinet holder and keep your drawers sorted with adjustable dividers. And you can do it all with a few lengths of timber, a couple of tools and basic DIY skills. Now that's clever!

## PROJECT 1 COOKBOOK STAND

Freestanding cookbook stands are great, but end up being another item to find room for in your cabinets or on your benchtop. Install a pull-down stand you can fold up away when it's not needed. Now you see it, now you don't!

### Gather your supplies

- 184 x 19mm x 1.2m dressed pine (1)
- 42 x 19mm x 1.2m dressed pine (1)
- Black piano hinge (1)
- Cabinet knob
- Ball catch
- 65 x 12mm x 1.2m Tasmanian oak

### You'll also need

Handsaw; PVA glue; nail gun or hammer and nails; wood putty; sandpaper; clear varnish; paintbrush; hacksaw; drill; various drill bits; 40mm screws

### Here's how

**STEP 1** Use handsaw to cut 184 x 19mm pine into two 250mm lengths to create shelves. Further cut 50mm off the width of one piece. Also cut 42 x 19mm pine into two 250mm lengths to create battens.

**STEP 2** Spread glue along edge of 1 batten. Sit wide shelf on top so the batten is flush with its edge. Nail together.

**STEP 3** Spread glue along edge of narrow shelf and sit batten on top so the shelf is flush with its edge. Nail together.

**STEP 4** Fill all nail holes with wood putty, let dry and sand smooth. Apply

2 coats of clear varnish. Allow to dry and sand lightly between coats.

**STEP 5** Use hacksaw to cut piano hinge into two 250mm lengths. Sit shelves on bench and butt the edges without battens together. Sit piano hinge on shelves, predrill and screw to shelves using supplied screws.

**STEP 6** Screw piano hinge to top edge of batten attached to wide shelf so the knuckle of the hinge is flush with the outside edge of the batten.

**STEP 7** Drill a hole through the wide shelf near the join with the narrow shelf and attach the handle to the opposite side as the piano hinge. Also screw the tongue part of the ball catch to the narrow shelf near the join.

**STEP 8** Open the stand and hold against underside of cabinet so the back of the stand is against the splashback. Slightly move the shelf to adjust the slope of the stand if required then screw through piano hinge into cabinet to secure.

**STEP 9** Screw latch part of the ball catch to the underside of the cabinet so the tongue on the stand fits into it.

**STEP 10** Construct a U-shaped frame out of the Tasmanian oak to fit around the book stand. Cut the joins on an angle to create mitred joins in the corners, then glue and nail together. Put in position and screw through bottom of cabinet into frame with 40mm screws.

**FOR PROJECT SUPPLIES, SEE OUR STOCKISTS PAGE**

SEEN ON BHG TV
FRIDAYS 7.00

**STAND DOWN**
Give your cookbooks a place to perch while you try out new recipes – and keep your benches clear.

Tucked under a cabinet, the stand integrates seamlessly.

The hinged stand pulls down easily when needed.

**DIVIDE AND CONQUER**
Turn your jumbled utensil drawer into a model of organisation.

Cut notches into your drawer blocks so you can adjust your dividers. Easy!

# PROJECT 2 **DRAWER DIVIDERS**

Store-bought drawer inserts are very useful for holding utensils, but may not be quite right for your needs. By mounting notched blocks in your drawers you can adjust your dividers to create custom-sized slots. Clutter sorted!

### Gather your supplies

- 18 x 18mm x 1.2m Tasmanian oak (1)
- 65 x 8mm x 1.2m dressed pine (1)

### You'll also need

Handsaw; timber blocks; drill; 5 and 10mm bits; sandpaper; sanding block; 30mm screws; clear varnish; paintbrush

### Here's how

**STEP 1** Cut 2 lengths of Tasmanian oak to suit the internal width of your drawer. Bring them together then starting 50mm from 1 end, mark every 20mm along where they meet. Stop about 50mm from the other end.

**STEP 2** Place timber blocks on either side of the marked pieces and clamp the lot to hold them together tightly. At each marked point on the Tasmanian oak, drill a hole using a 5mm bit. Centre the drill bit on the spot where the two pieces meet. Swap to a 10mm bit and predrill each hole to make it larger.

**STEP 3** Separate pieces and sand lightly to smooth rough edges. With top of timber about 60mm from the bottom of the drawer, screw to inside of drawer with 30mm screws.

**STEP 4** Measure distance between ends of holes in timber at each end of drawer and cut required number of dividers to this length. Use sandpaper and a sanding block to round ends of dividers.

**STEP 5** Apply 2 coats of clear varnish to the dividers. Allow to dry and sand lightly between coats. Insert dividers into timber blocks on drawers.

Photography Chris L. Jones; styling Vanessa Tidy; projects Chris Cort

# PROJECT 3 **CHOPPING BOARD HOLDER**

Most chopping boards end up lurking in the dish strainer or living on the bench at all times. You can solve this problem by adding a simple holder under a cabinet.

**A CUT ABOVE**
Slide your cutting boards into a holder made from picture frame moulding – genius!

### Gather your supplies

• 35 x 21mm x 1.2m Tasmanian oak picture frame moulding (1)

### You'll also need

Handsaw; sandpaper; clear varnish; paintbrush; drill; 4.5mm drill bit; countersinking bit; 45mm screws

**STEP 1** Use handsaw to cut the 35 x 21mm Tasmanian oak picture frame moulding to length so pieces are slightly shorter than the depth of your wall cabinets.
**STEP 2** Lightly sand, then apply 2 coats of clear varnish to moulding pieces.
**STEP 3** Drill 2 clearance holes through long side of each mouldings with a 4.5mm drill bit. Countersink holes for head of screws with a countersinking bit. Screw mouldings to underside of cabinet with 45mm screws. Make the distance between the mouldings slightly longer than your chopping board.

Double your cabinet capacity with a simple three-sided shelf.

# PROJECT 4 **CABINET SHELF**

Boost storage with a basic butt-jointed shelf. Measure inside your cabinet to determine the width and height of your shelf. Mark 184 x 19mm dressed pine into a shelf top and 2 sides, then cut using a saw. Apply PVA glue to top edge of one side and butt against shelf, using a quick square to check for square. Nail through shelf top into side using a nail gun to secure. Repeat gluing and nailing for other shelf side. Apply 2 coats of clear varnish to shelf, allowing to dry and sanding lightly between coats. ■

**TARA DENNIS**
Join me as I show you how to conquer kitchen clutter with DIY hacks on *BHG* TV on Friday, 6 March at 7pm on Channel 7.
(Apologies, may be subject to change)
**Go to bhg.com.au for more DIY tips and tricks.**

## New METOD/BODBYN Kitchen $7305

METOD kitchen with BODBYN off-white doors/drawer fronts, glass doors and TORNVIKEN open cabinets, boxes and wine shelves. Includes MAXIMERA soft-closing drawers, SÄLJAN black mineral effect laminate benchtop, interior fittings, hinges, cover panels, plinths, legs, knobs and handles, sink and tap. Your choice of appliances, splashback and lighting sold separately.

New

**METOD/BODBYN Kitchen**

**$7305**

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# Quality from the inside out

**New METOD/BODBYN Kitchen**

These lacquered BODBYN fronts bring a bright and warm touch to your kitchen with their distinct door frames and bevelled panels.

Built using our flexible METOD kitchen system, the inside storage is spacious, and able to handle years of wear and tear.

And you can have confidence in its quality—our METOD kitchen system comes with a 25-year guarantee.

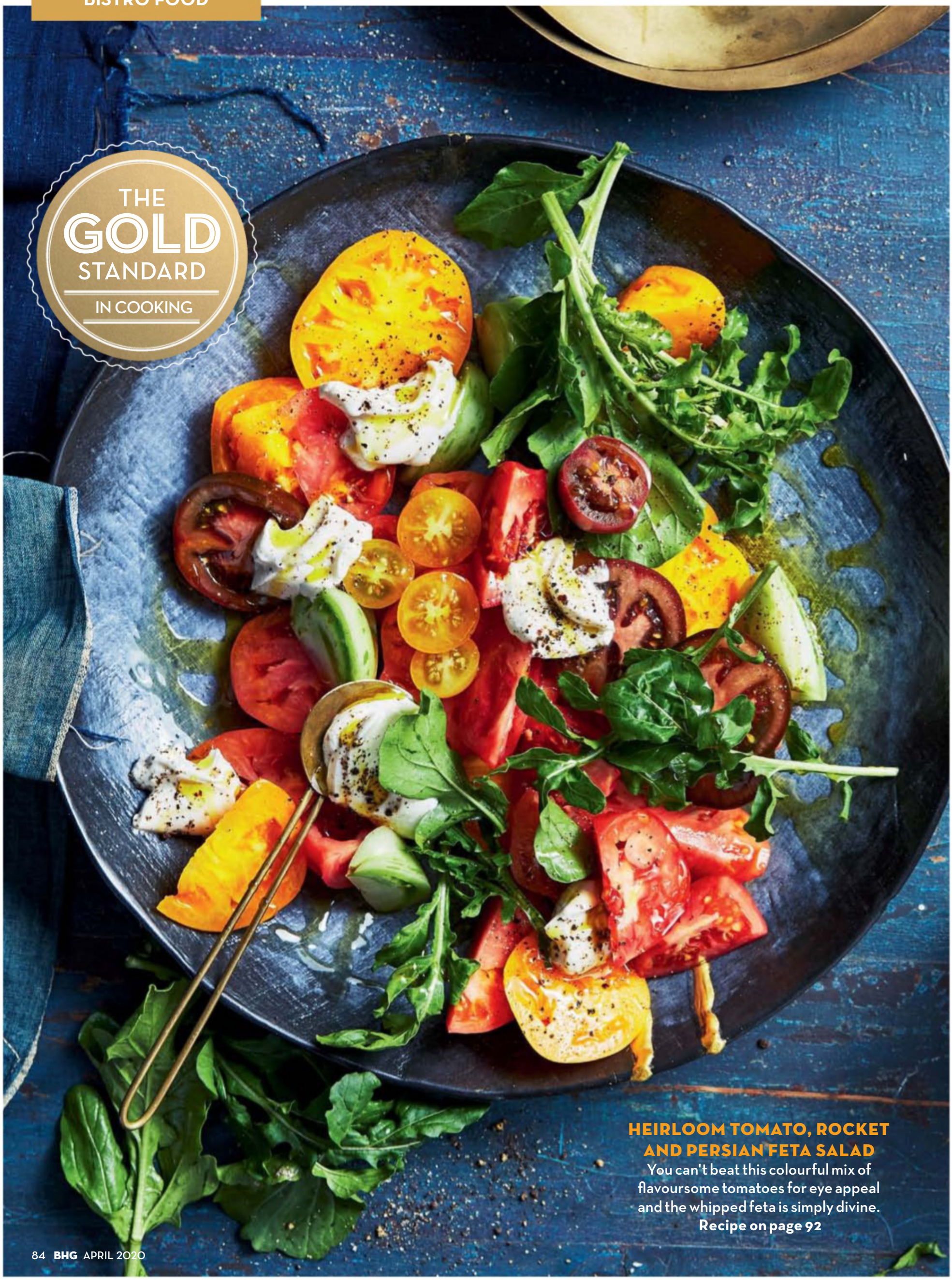
**Get inspired in-store or at IKEA.com.au/kitchen**

25 Year Guarantee

# Your kitchen, your way

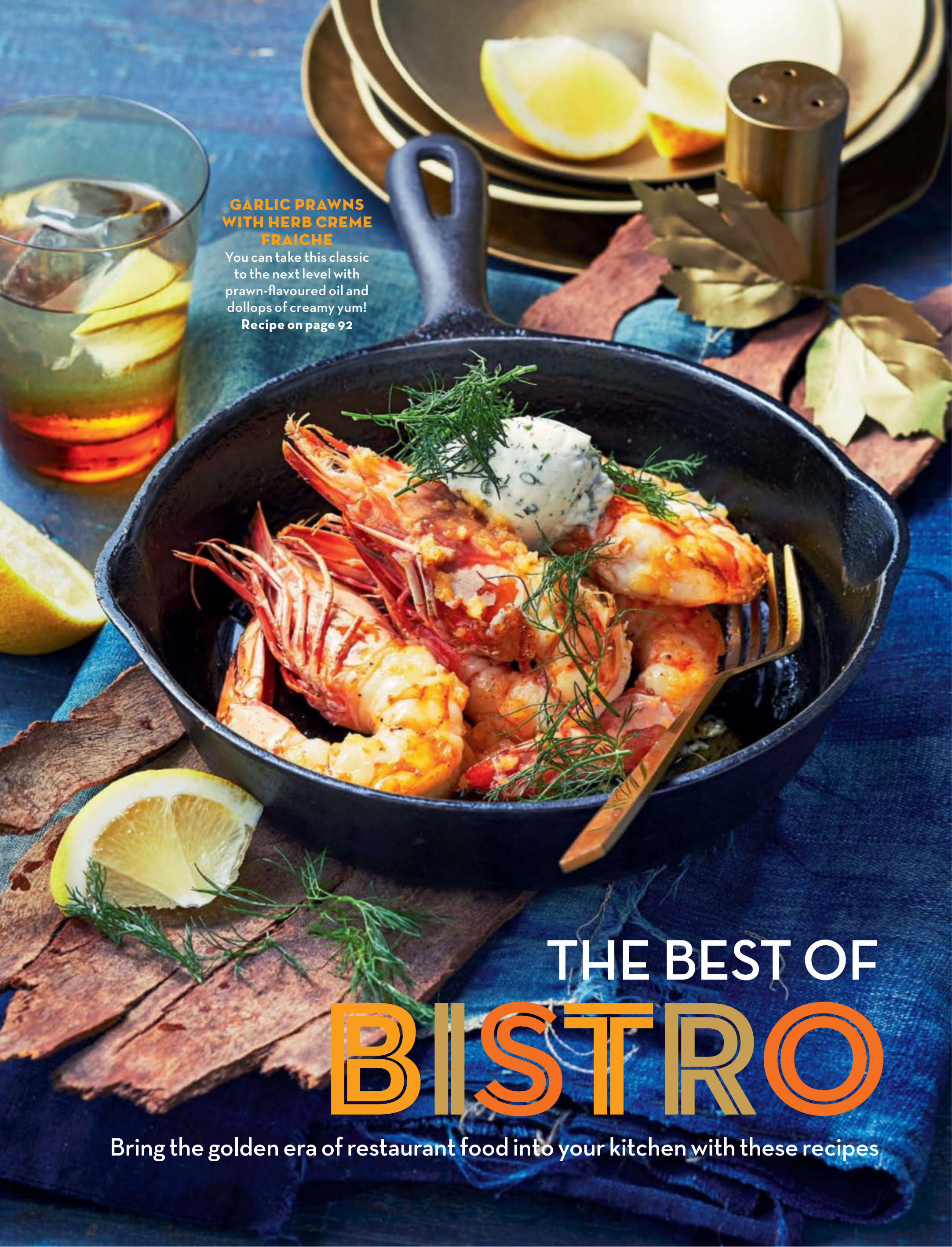
IKEA

THE GOLD STANDARD IN COOKING



## HEIRLOOM TOMATO, ROCKET AND PERSIAN FETA SALAD

You can't beat this colourful mix of flavoursome tomatoes for eye appeal and the whipped feta is simply divine.
**Recipe on page 92**



## GARLIC PRAWNS WITH HERB CREME FRAICHE

You can take this classic to the next level with prawn-flavoured oil and dollops of creamy yum!

**Recipe on page 92**

# THE BEST OF BISTRO

Bring the golden era of restaurant food into your kitchen with these recipes

## PAN-FRIED NEW POTATOES WITH ROSEMARY SALT

Choose even-sized, small new potatoes to ensure even cooking. Give them a wash before using, then boil, lightly crush and deep-fry into deliciousness!

**Recipe on page 92**

> “You can toss your golden spuds in rosemary salt and store in a sealed jar for two weeks!”

**GREEN LEAF SALAD WITH FRESH HERBS AND VINAIGRETTE**

Homemade dressing is the secret to restaurant-quality salad. Ensure you dry the lettuce well, so the dressing really coats the leaves when tossed.

**Recipe on page 92**

**MINUTE STEAK WITH GREEN PEPPERCORN SAUCE**

Good quality steaks, flattened and cooked quickly ensure you get a tender, juicy result – and the sauce is magnifique!

**Recipe on page 93**

## GRILLED CHICKEN BREAST WITH ROMAN BEANS AND CHERRY TOMATOES

Make sure you plan ahead when cooking this dish to allow time for soaking the chicken breasts in brine and drying overnight.

**Recipe on page 93**

“Want chicken that’s juicy with crisp skin? You need to brine and dry – it takes time but is it ever worth it!”

## CHOCOLATE FUDGE CAKES WITH CARAMELISED WHITE CHOCOLATE

You'll just love this twice-cooked, chocolate dessert. You can make it in decadent individual serves or as a deluxe cake.
**Recipe on page 90**

STEP 2

STEP 3

STEP 4

STEP 5

STEP 6

# CHOCOLATE FUDGE CAKE WITH CARAMELISED WHITE CHOCOLATE

**Preparation time** 20 mins plus cooling time
**Cooking time** 1 hour 20 mins
**Serve** 8-10

**360g butter, plus extra, for greasing**
**540g Callebaut 54.5% (or good-quality) dark chocolate**
**435g brown sugar**
**45ml water**
**7 free-range eggs, separated**
**Dark cocoa powder and ice-cream, to serve**

**CARAMELISED WHITE CHOCOLATE**
**100g Callebaut (or good-quality) white chocolate buttons**

**STEP 1** Preheat oven to 170°C fan-forced (190°C conventional). Lightly grease and line base and side of a 20cm springform tin (or 10 x 7.5cm cake rounds) with baking paper.
**STEP 2** Melt butter in a medium saucepan on low heat. Remove from heat. Add chocolate, stirring to melt. Bring sugar and water to the boil in a small saucepan on medium heat. Pour over chocolate mixture, stirring.
**STEP 3** Stir egg yolks into chocolate mixture. Set aside. In a large bowl, whisk egg whites until stiff peaks form.
**STEP 4** Using a rubber spatula, gently fold chocolate mixture into beaten egg whites until well combined.
**STEP 5** Divide cake mixture into two. Pour one half into prepared tin (or divide between individual tins). Bake for 30 minutes (10 minutes for individual tins). Cool completely.
**STEP 6** Flatten top of cake, pushing sides out gently to create a base. Pour remaining mixture over base. Bake as before, then cool completely before removing from tin (chill overnight if time allows). Dust with cocoa powder.
**STEP 7** To make caramelised white chocolate, spread buttons over a lined oven tray. Bake for about 10 minutes, until dark golden in colour. Once caramelised, chop roughly before it cools. Serve cake slices with caramelised white chocolate and ice-cream.

# MADE WITH DIVINELY DARK CHOCOLATE THIS GORGEOUSLY GOOEY CAKE WILL BECOME YOUR NEW SWEET SENSATION

**CHOCOLATE FUDGE CAKE WITH CARAMELISED WHITE CHOCOLATE**

When you make this amazing cake in one large pan, it's just right to use for any special occasion or when catering for a crowd.

**Recipe on opposite page**

## HEIRLOOM TOMATO, ROCKET AND PERSIAN FETA SALAD

**Preparation time** 20 mins
**Cooking time** nil
**Serves** 6

**200g marinated Persian feta**
**Juice of ½ lemon**
**4 Tbsp extra-virgin olive oil**
**500g mixed heirloom tomatoes**
**1 bunch rocket**
**2 eschalots, finely sliced**
**Sea-salt flakes and freshly ground black pepper, to taste**
**2 Tbsp caramelised red wine vinegar (or red wine vinegar)**

**STEP 1** Drain feta and remove any marinating aromatics. Put in the bowl of a food processor with lemon juice and 2 tablespoons of the olive oil. Process to a smooth paste. Set aside.
**STEP 2** Cut tomatoes, then wash and drain rocket. Mix in a bowl with eschalots. Season with salt and pepper, dress with red wine vinegar and remaining olive oil. Pile on a serving plate with dollops of whipped feta.

## GARLIC PRAWNS WITH HERB CREME FRAICHE

**Preparation time** 20 mins
**Cooking time** 40 mins
**Serves** 4

**8 large green tiger prawns**
**Sea-salt flakes, to taste**
**250g prawn heads**
**½ cup water**
**2 cups canola oil (or any other neutral oil)**
**½ cup chopped mixed onion, carrot and celery**
**2 Tbsp paprika**
**1 bay leaf**
**125g crème fraîche**
**2 Tbsp finely chopped mixed herbs (parsley, dill and chives), plus extra dill sprigs, to serve**
**Grated zest of 1 lemon, plus 2 Tbsp juice, to serve**
**6 cloves garlic, crushed**

**STEP 1** Preheat oven to 180°C fan-forced (200°C conventional). Peel prawns, retaining head and last tail shell. Cut down back of prawns and carefully devein. Cut pointed tip off front of prawns and remove eyes. Season lightly with salt and set aside.
**STEP 2** Put all prawn shells and prawn heads in a baking dish. Roast for 15-20 minutes. Cool and crush shells in food processor with water. In a large saucepan, heat 100ml of the canola oil on medium heat. Add vegetables and cook, stirring, for 2 minutes. Add crushed prawn shells, paprika, bay leaf and remaining canola oil. Simmer for about 15 minutes until oil becomes clear. Cool, then strain through a fine sieve or muslin cloth.
**STEP 3** In a small bowl whisk crème fraîche, chopped herbs and lemon zest together until firm. Chill.
**STEP 4** Heat a large cast-iron frying pan, big enough to hold the prawns in a single layer, over medium heat. Add about 200ml of the prawn-flavoured oil (enough to shallow fry the prawns) and crushed garlic. Give a little shake to combine, then add prawns. Cook for 1 minute. Turn prawns over and cook for another 1 minute until opaque.
**STEP 5** Serve prawns, still in pan, with a large scoop of herb crème fraîche on top and drizzled with lemon juice. Garnish with dill sprigs.

## PAN-FRIED NEW POTATOES WITH ROSEMARY SALT

**Preparation time** 10 mins
**Cooking time** 30 mins
**Serves** 4-6

**1kg chat potatoes**
**½ cup sea-salt flakes**
**2 sprigs rosemary, leaves removed, finely chopped**
**Oil, for deep-frying**
**2 Tbsp extra virgin olive oil**
**1 Tbsp chopped parsley**

**STEP 1** Put potatoes in a saucepan of salted water over high heat. Bring to the boil and cook for 8-10 minutes until tender. Drain and, while hot, put on an oven tray. Crush lightly with the back of a wooden spoon. Cool completely.
**STEP 2** Cook salt and rosemary in a frying pan over medium heat, for 2-3 minutes until fragrant. Cool. Set aside.
**STEP 3** Heat oil for deep-frying in a large pan to 160°C. Fry potatoes in 2 batches, for 5 minutes, drain on paper towel. Increase heat to 180°C and fry potatoes again until golden and crisp. Drain again. Toss in a mixing bowl with extra virgin olive oil, parsley and a good pinch of rosemary salt to taste.

## GREEN LEAF SALAD WITH FRESH HERBS AND VINAIGRETTE

**Preparation time** 10 mins
**Cooking time** nil
**Serves** 4-6

**1 butter lettuce**
**1 baby gem lettuce**
**2 Tbsp mixed fresh herbs (dill, tarragon, chives and parsley)**
**Sea-salt flakes and freshly ground black pepper, to taste**

**VINAIGRETTE**
**2 Tbsp aged chardonnay vinegar**
**1 Tbsp dijon mustard**
**¼ cup extra virgin olive oil**

**STEP 1** To make vinaigrette, whisk vinegar and mustard together in a small bowl until combined. Slowly whisk in olive oil to emulsify the dressing. Set aside.
**STEP 2** Break up lettuce and wash leaves in cold water. Drain well. Pick the

Photography Rob Palmer; styling David Morgan; recipes Jo Ward, Michelle Powell and Joshua Sharman

herb leaves from stems. Roughly chop.
**STEP 2** Mix lettuce leaves and herbs in a large bowl. Season, toss with half of the vinaigrette and check seasoning. Serve with extra dressing on the side.

## MINUTE STEAK WITH GREEN PEPPERCORN SAUCE

**Preparation time** 20 mins
**Cooking time** 1 hour
**Serves** 6

**6 x 150g eye fillet steaks**
**2 cups beef stock**
**60g butter**
**2 Tbsp finely diced eschalots**
**1 bay leaf**
**½ cup red wine**
**2 Tbsp green peppercorns**
**1 cup pure cream**
**Olive oil for brushing**
**Sea-salt flakes and freshly ground black pepper, to taste**

**STEP 1** Place 1 steak in between 2 pieces of plastic wrap. Use a meat mallet to pound steak to a thickness of 1cm. Repeat for all 6 steaks.
**STEP 2** Put beef stock in a small saucepan. Bring to the boil over high heat. Continue boiling until reduced to ½ cup. Put half of the butter, eschalots and bay leaf in a small saucepan over medium heat. Cook for 2 minutes then add red wine and peppercorns. Simmer until reduced to one-third. Stir in cream and simmer to reduce by half. Mix in reduced beef stock – sauce should have a glossy texture and coat the back of a wooden spoon. Set aside.
**STEP 3** Heat a large heavy-based frying pan on high. Lightly oil each steak and season. When pan is hot, fry steaks for 30 seconds to 1 minute on each side, depending on desired degree of cooking (this may have to be done in batches). Cover with foil to keep warm. To finish, add sauce to frying pan to deglaze, then stir in remaining butter. Taste for seasoning and serve.

## GRILLED CHICKEN BREAST WITH ROMAN BEANS AND CHERRY TOMATOES

**Preparation time** 20 mins plus brining and overnight drying time
**Cooking time** 40 mins
**Serves** 6

**6 corn-fed chicken breasts, skin on**
**2cm piece fresh ginger**
**2 cups chicken stock**
**100ml dry sherry**
**1 Tbsp cornflour mixed with 1 Tbsp water**
**½ cup sunflower seeds**
**¼ cup rendered chicken fat or duck fat**
**250g roman or flat beans**
**200g heirloom cherry tomatoes**
**Olive oil, for brushing**
**2 Tbsp honey**
**Lemon wedges, for squeezing**
**1 punnet broad bean sprouts, to serve**

### SIMPLE POULTRY BRINE

**2L water**
**150g cooking salt**
**150g sugar**
**1 Tbsp pickling spice**
**2 cloves garlic**
**¼ bunch thyme**
**1 bay leaf**

### SESAME SEED SALT

**2 Tbsp sesame seeds**
**1 Tbsp sea-salt flakes**
**Pinch white pepper**

**STEP 1** To make simple poultry brine, combine all ingredients in a large stock pot. Bring to the boil, covered, over high heat. Remove from heat and allow to cool to room temperature. Set aside until ready to use.
**STEP 2** Put chicken in brine for 2 hours. Remove and put on a rack over the sink. Pour boiling water over chicken to lightly scald the skin (this helps with the drying process). Leave in the fridge, uncovered, overnight, to dry.
**STEP 3** Heat a medium saucepan on high. Peel and slice ginger and toast in the pan for 1 minute, stirring. Add stock and sherry to pan to deglaze. Bring to a simmer and cook until reduced by half. Mix cornflour paste into stock mixture, simmering and stirring until it boils and thickens enough to coat the back of a spoon. Strain and set aside.
**STEP 4** Put sunflower seeds and fat in a frying pan over low heat and cook the seeds until they are a light golden brown. Leave in the fat and set aside. Trim beans and cut into 3cm lengths. Blanch in a saucepan of boiling water for 30 seconds, then refresh in cold water. Drain and set aside. Cut cherry tomatoes in half, set aside.
**STEP 5** To make sesame seed salt, lightly toast seeds by tossing in a small, dry frying pan over high heat for 30 seconds. Grind in a mortar and pestle. Return to pan with salt and pepper. Allow to cool, then lightly grind again in mortar and pestle.
**STEP 6** Preheat a barbecue grill to medium. Lightly oil chicken and place skin-side down on the grill. Cook for 8-10 minutes then turn over and cook a further 5-10 minutes until cooked through (this will depend on the size of breasts). Put beans on the grill after the chicken for 1-2 minutes, turning, to char slightly. Keep warm.
**STEP 6** Bring sauce back up to the boil in a large pan. Stir in sunflower-seed mixture and honey. Cook for 1 minute, then add cherry tomatoes to warm through. Check seasonings, then finish with a squeeze of lemon juice. To serve, carve chicken breasts and arrange on a platter with beans and sauce. Sprinkle over sesame seed salt and broad bean sprouts. ■

### THANK YOU BISTRO REX

These delicious recipes are by talented chefs, Jo Ward, Michelle Powell and Joshua Sharman of Bistro Rex, Sydney's iconic take on a Parisian bistro. Love these dishes? Would you like to try more? To book a table for lunch or dinner, **visit bistrorex.com.au.**

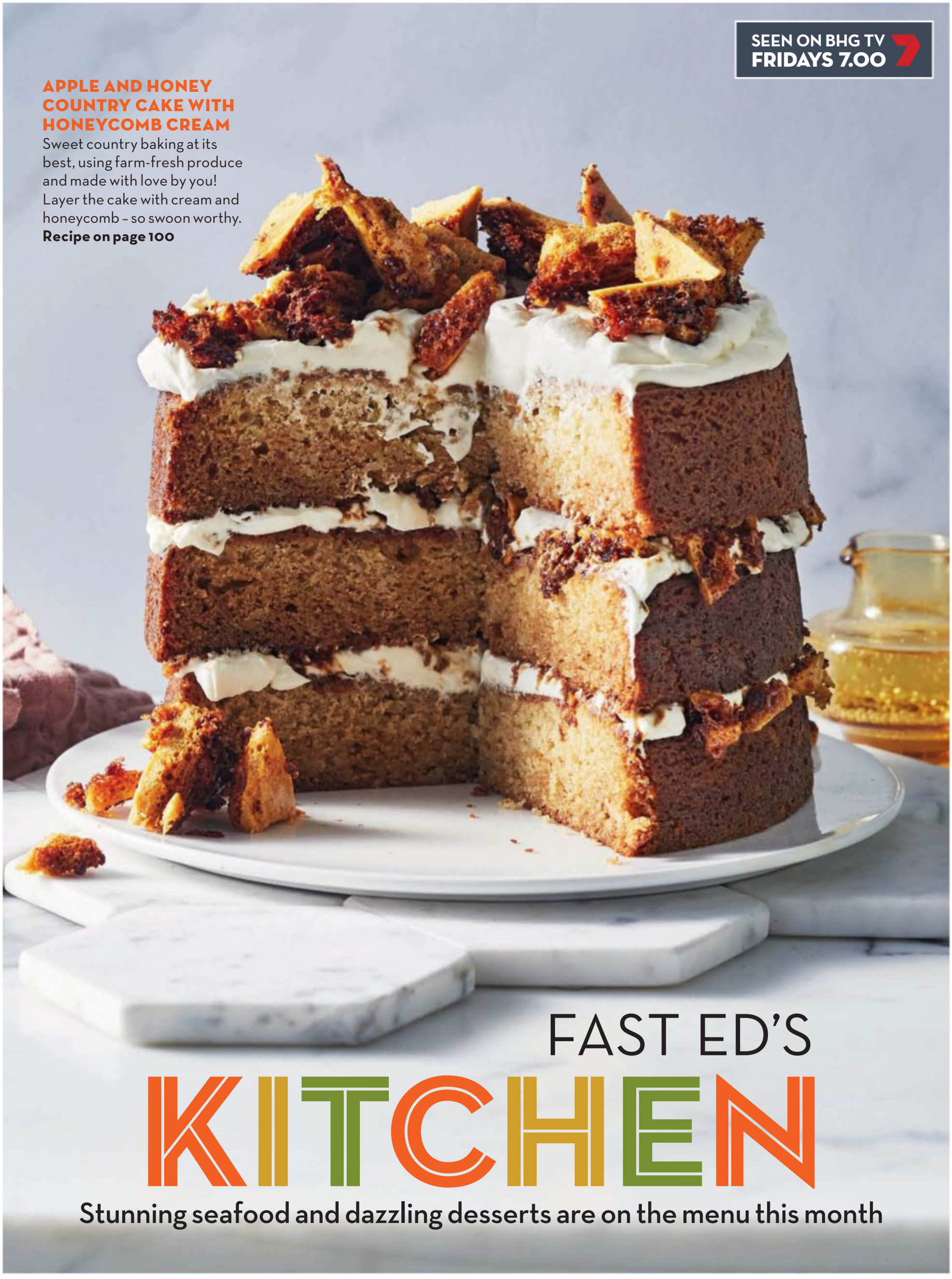
## POLENTA, TOMATO AND CHEESE TRAYBAKE

This will be the year that plant-based foods finally have their moment, while keeping it interesting for both kids and the grown-ups – start here!
**Recipe on page 100**

**ED HALMAGYI**

Take your pick of great sweet and savoury recipes from traybakes to country cakes on *BHG* TV on Fridays at 7pm on Channel 7.
(Apologies, may be subject to change)

**Go to bhg.com.au for more food tips and tricks.**



SEEN ON BHG TV
FRIDAYS 7.00

## APPLE AND HONEY COUNTRY CAKE WITH HONEYCOMB CREAM

Sweet country baking at its best, using farm-fresh produce and made with love by you! Layer the cake with cream and honeycomb – so swoon worthy.
**Recipe on page 100**

# FAST ED'S KITCHEN

**Stunning seafood and dazzling desserts are on the menu this month**

For the crispiest results, you should always squeeze moisture from grated potatoes before mixing with other ingredients and frying.

## CRISPY BACON, SPICY POTATO CAKES AND SET-ASIDE EGGS

This dish is all about great technique. Take the breakfast you know and make it better by using clever cooking skills and adding a few extras. Your eggs and bacon will be transformed, and it's all so simple. Give it a go this weekend!

**Recipe on page 102**

## CRAYFISH ROLLS WITH MODERN MORNAY

Yummy soft bread rolls with a cheesy, creamy, crayfish filling are perfect for parties and picnics. Champagne, please!

**Recipe on page 102**

» MAKE THIS TODAY

“Blue swimmer crab is good value with plenty of delicate, sweet flesh – just the thing for curries”

## YELLOW CURRY OF CRAB AND GINGER

Creamy, light and spicy, this curry showcases easy-to-cook blue swimmer crab. Ready to serve in no time, it’s the must-serve dish for your next alfresco lunch – oh, and the family will love it too!

**Recipe on page 102**

## PASTA SALAD WITH PRAWNS, GARDEN GREENS AND CAPERS

This room-temperature pasta recipe hails from the south of Italy and uses stunning Aussie cooked tiger prawns. It is also great drizzled with a lemony vinaigrette instead of the reduced sauce if time is super short.

**Recipe on page 102**

## POLENTA, TOMATO AND CHEESE TRAYBAKE

**Preparation time** 10 mins
**Cooking time** 45 mins
**Serves** 4

**1L stock (vegetable or chicken)**
**1 cup polenta**
**1 cup finely grated parmesan cheese**
**2 brown onions, finely sliced**
**6 cloves garlic, finely sliced**
**2 bay leaves**
**2 Tbsp extra virgin olive oil**
**2 stalks celery, sliced**
**1L best-quality tomato pasta sauce**
**1 cup grated mozzarella cheese**
**Chopped parsley, crusty bread and wilted greens, to serve**

**STEP 1** Preheat oven to 200°C fan-forced (220°C conventional). Pour stock into a medium saucepan and bring to the boil on medium heat. Whisk in polenta, simmer until thickened, then fold in parmesan. Pour into 2 oiled 20 x 28cm slice pans, spreading evenly. Cool completely.
**STEP 2** Sauté onions, garlic and bay leaves in extra virgin olive oil in a deep frying pan for 5 minutes, until softened. Add celery and cook for a further 5 minutes. Pour in pasta sauce and simmer until thickened, then pour into the base of a 2-litre baking dish.
**STEP 3** Use a 5cm cutter to make polenta discs, then arrange in overlapping lines on top of the tomato sauce. Scatter generously with mozzarella. Bake for 20-25 minutes until cheese is melted, sauce is bubbling and polenta edges are browned. Scatter with parsley and serve with bread and wilted greens.

**COOK'S TIP**

If possible, finely grate your own parmesan from a fresh block for a superior texture result.

## APPLE AND HONEY COUNTRY CAKE WITH HONEYCOMB CREAM

**Preparation time** 30 mins
**Cooking time** 50 mins
**Serves** 8-10

**300g unsalted butter, softened, plus extra, for greasing**
**650g caster sugar**
**2 tsp vanilla paste**
**6 free-range eggs**
**¾ cup sour cream**
**2 Granny Smith apples, coarsely grated**
**1 cup honey**
**4 cups self-raising flour**
**4 tsp bicarbonate of soda**
**¼ cup water**
**600ml thickened cream**
**100g icing sugar**

**STEP 1** Preheat oven to 160°C fan-forced (180°C conventional). Grease and line three 20cm round cake tins. Combine butter, 400g of the sugar and vanilla in a bowl, then beat using an electric hand mixer until pale and creamy. Add eggs one at a time, beating well after each addition and scraping down sides of bowl.
**STEP 2** In another bowl, beat sour cream, apple and 3 Tbsp of the honey until smooth. Sift flour and 1½ tsp of the bicarb, then fold into butter mixture, alternating with sour cream mixture.
**STEP 3** Spoon batter evenly into prepared tins, then bake for 40-45 minutes, until a skewer can be inserted and removed cleanly. Cool on a wire rack.
**STEP 4** Cook remaining sugar and honey with water in a medium saucepan over high heat, to 150°C on a sugar thermometer. Sift in remaining bicarb, pour onto baking paper and cool. Chop honeycomb into pieces.
**STEP 5** Whip cream and icing sugar together in a bowl into stiff peaks and spread on cakes. Scatter with honeycomb, then stack.

## BUTTERED BREAM WITH TEA-SMOKED PORK AND GARDEN GREENS

A match made in culinary heaven! Served on a bed of wilted greens with a touch of chilli, what could be simpler?

**Recipe on page 104**

## CRISPY BACON, SPICY POTATO CAKES AND SET-ASIDE EGGS

**Preparation time** 15 mins
**Cooking time** 20 mins
**Serves** 4

**4 large potatoes, peeled**
**100g butter, melted**
**2 tsp barbecue seasoning, spicy**
**½ bunch thyme leaves, chopped**
**8 rashers bacon**
**2 tsp extra virgin olive oil**
**8 free-range eggs**
**Fried cherry tomatoes, toast triangles and parsley, to serve**

**STEP 1** Grate potatoes coarsely, then squeeze well to remove excess moisture. Toss with butter, barbecue seasoning and thyme in a bowl. Divide into 4. Form into rounds and cook on a hot plate on medium heat for 8-10 minutes each side, until golden.
**STEP 2** Meanwhile, put bacon and olive oil in a large frying pan over medium heat and cook for 10 minutes, turning regularly and draining excess oil from pan occasionally.
**STEP 3** Put eggs in a saucepan of cold water. Fit the lid, bring to the boil on medium heat, then set aside off heat for 6-8 minutes (6 for soft yolks, 8 for set).
**STEP 4** Peel and halve eggs, and serve with potato cakes, bacon, cherry tomatoes and toast. Scatter with parsley. For the perfect breakfast, spread butter and marmalade on toast, as its bitterness cuts through the rich bacon and potatoes.

## CRAYFISH ROLLS WITH MODERN MORNAY

**Preparation time** 15 mins
**Cooking time** 20 mins
**Serves** 4

**2 crayfish (about 800g each)**
**50g unsalted butter, chopped**
**50g plain flour**
**500ml apple cider**
**125g provolone cheese, grated**
**¼ cup cream**
**½ tsp ground nutmeg**
**Soft white rolls, aioli (optional) lettuce leaves, chopped parsley and lemon wedges, to serve**

**STEP 1** Bring a large saucepan of salted water to the boil on high heat. Add crayfish. Return to the boil, cook for 13 minutes, refresh in cold water, then use a sharp pair of scissors to remove carapace. Chop tail meat into chunks.
**STEP 2** Combine butter and flour in a saucepan over medium heat and cook until crumbly. Stir in cider, whisking constantly, until thickened. Mix in cheese, cream, nutmeg and crayfish.
**STEP 3** Halve rolls, spread with aioli, if using, top with lettuce, then add crayfish mixture. Sprinkle with parsley and serve with lemon wedges.

**COOK'S TIP**

Crayfish cooking guide from boiling: 13 mins for 800g; 15 mins for 1kg; 17 mins for 1.1-1.5kg; 19 mins for 2-3kg; and 21 mins for over 3kg.

## YELLOW CURRY OF CRAB AND GINGER

**Preparation time** 15 mins
**Cooking time** 20 mins
**Serves** 4

**4 dried red chillies, stems and seeds removed**
**2 eschalots, chopped**
**7cm piece fresh turmeric, scraped**
**12 cloves garlic, peeled**
**4 kaffir lime leaves, very finely sliced**
**Finely grated zest and juice of 4 limes**
**2 Tbsp curry powder**
**2 tsp ground coriander seeds**
**2 Tbsp sesame oil**
**2 brown onions, sliced**
**8cm piece ginger, peeled, cut into fine batons**
**4 blue swimmer crabs, cleaned and halved**
**2 Tbsp fish sauce**
**2 x 400ml cans coconut cream**
**Steamed rice, coriander and lime wedges, to serve**

**STEP 1** Soak chillies in a bowl of warm water for 5 minutes, until softened. Put chillies in a mortar with eschalots, turmeric, garlic, lime leaves, zest and spices. Pound to a smooth paste.
**STEP 2** Heat sesame oil in a wok over high heat. Stir-fry onions and ginger for 3 minutes. Add crabs and toss well. Mix in curry paste and cook until aromatic. Pour in lime juice, fish sauce and coconut cream. Simmer, tossing occasionally, for 10 minutes. Serve with rice, coriander and lime wedges.

## PASTA SALAD WITH PRAWNS, GARDEN GREENS AND CAPERS

**Preparation time** 15 mins
**Cooking time** 30 mins
**Serves** 4

**1.2kg cooked tiger prawns**
**½ cup extra virgin olive oil**
**¼ cup brandy**
**2L water**
**1 red onion, very finely diced**
**8 cloves garlic, minced**
**2 sprigs rosemary, finely chopped**
**2 tsp capers, chopped**
**4 cups baby spinach leaves**
**1 bunch parsley, leaves chopped**
**2 Tbsp pine nuts, toasted**
**400g angel hair pasta**
**Grated pecorino, bread (optional) and lemon wedges, to serve**

**STEP 1** Peel prawns, reserving heads and shells. Halve prawns lengthways

## HOT CROSS BUN ZUCCOTTO

Your favourite Easter buns are a delicious way to reimagine this no-cook Italian dessert for easy entertaining.
**Recipe on page 104**

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and set aside. Fry heads and shells in half of the oil in a large saucepan over medium heat for 3 minutes. Pour in brandy, simmer for 30 seconds, add water and bring to the boil. Boil until reduced to 2 cups. Strain, set aside.
**STEP 2** Sauté onion, garlic, rosemary and capers in remaining oil in a large frying pan for 3 minutes, until just softened. Mix in spinach, parsley and pine nuts. Toss in prepared prawns and set aside.
**STEP 3** Meanwhile, cook pasta following packet instructions until al dente, then drain, rinse with cold water and drain again. Toss with prawn mixture, arrange in serving bowls, then ladle over hot sauce. Serve with pecorino, bread, if using, and lemon.

## BUTTERED BREAM WITH TEA-SMOKED PORK AND GARDEN GREENS

**Preparation time** 15 mins
**Cooking time** 35 mins
**Serves** 4

**1 pork fillet**
**Sea-salt flakes and freshly ground black pepper, to season**
**1 cup long grain rice**
**½ cup brown sugar**
**¼ cup tea leaves**
**4 x plate-size bream (about 400g each), filleted**
**2 Tbsp extra virgin olive oil**
**100g unsalted butter**
**6 cups mixed leafy vegetables**
**2 long red chillies, seeded and finely diced**
**¼ cup sunflower seeds**
**Juice of 2 limes, plus lime wedges, to serve**

**STEP 1** Season pork generously with salt and pepper, set aside. Combine rice, sugar and tea in a bowl. Line a large frying pan with 3 layers of foil. Arrange tea mixture on top. Put a wire rack over the pan, put pork on the rack, and cover with foil.
**STEP 2** Put pan over medium-high heat and cook until smoke appears from under the foil. Reduce heat to medium-low and cook pork for 20-25 minutes. Set aside, off the heat, for 10 minutes.
**STEP 3** Season bream with salt and pepper. Pour oil into a large frying pan set over medium heat. Cook fish, skin-side down, for 2 minutes. Add butter, turn fish and cook gently for another 2-3 minutes, until firm.
**STEP 4** Set fish aside. Put leafy greens, chilli and sunflower seeds in same pan. Cook until wilted. Add lime juice and remove from heat. Slice pork. Serve with greens, fish and lime wedges.

## HOT CROSS BUN ZUCCOTTO

**Preparation time** 30 mins
plus 3 hours chilling
**Cooking time** nil
**Serves** 6-8

**6 mocha or other hot cross buns**
**695g can peaches in juice**
**1kg fresh ricotta**
**150g icing sugar, sifted**
**2 tsp vanilla paste**
**1 cup fresh breadcrumbs**
**150g glacé cherries, chopped**
**100g hazelnuts, toasted and chopped**
**Seasonal fruit salad, to serve**

**STEP 1** Use a sharp knife to slice each hot cross bun horizontally into 3 even slices. Flatten with a rolling pin. Line a 2-litre pudding bowl with plastic wrap, then a layer of hot cross bun slices to cover – fill any gaps by tearing a slice into small pieces. Reserve remaining slices.
**STEP 2** Drain peaches, reserving juice, then puree fruit in a blender. Combine ricotta, icing sugar and vanilla in the bowl of an electric mixer, and beat with the paddle attachment until smooth. Divide evenly into two.
**STEP 3** Mix breadcrumbs and peach puree into one half of ricotta mixture, and cherries and hazelnuts into the other. Spoon the peach mixture into the pudding bowl, spreading up the sides to form a 3cm thick layer over the hot cross buns. Spoon the cherry and hazelnut mixture into the middle.
**STEP 4** Arrange remaining hot cross bun slices over filling to enclose. Cover with plastic wrap and chill for 3 hours or overnight. Invert, remove plastic wrap, brush with reserved peach juice, slice and serve with fruit salad. ■

**COOK'S TIP**

Let the zuccotto sit at room temperature for 5 minutes before removing the mould and serving, to allow it to soften slightly.

Photography Rob Palmer; styling David Morgan; food preparation Sarah Mayoh

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## DELUXE HERBED CHICKEN CIABATTA WITH FRIED PAPRIKA ONION RINGS

Turn your chook sandwiches into gourmet fare for picnics and parties.

**Recipe on page 108**

# COOKING WITH KAREN

You'll swing into autumn entertaining with these delish recipes

SEEN ON BHG TV
FRIDAYS 7.00

**KAREN MARTINI**

Join me as I take your seafood, sandwiches and sweets to the next level on *BHG* TV on Fridays at 7pm on Channel 7.
(Apologies, may be subject to change)
**Go to bhg.com.au for more food tips and tricks.**

## SKEWERED CHARRED CALAMARI WITH LEMON AND SALTED CHILLI DRESSING

Swap your usual fried battered squid rings for these spicy barbecued beauties.
**Recipe on page 108**

# SIMPLICITY AND FLAVOUR COMBINE TO CREATE DELECTABLE TREATS TO SHARE

## DELUXE HERBED CHICKEN CIABATTA WITH FRIED PAPRIKA ONION RINGS

**Preparation time** 15 mins plus soaking
**Cooking time** 15 mins
**Serves** 6

**4 brown onions, sliced into 3cm rings**
**300ml buttermilk**
**Rice bran oil or olive oil, for frying**
**Plain flour and smoky paprika, to dust**
**Sea-salt flakes, to season**
**150g spreadable butter**
**6 ciabatta rolls, sliced lengthways**

**HERBED CHICKEN**
**250g mayonnaise**
**100g plain yoghurt**
**4 green shallots, white part only, finely sliced**
**2½ tsp green Tabasco**
**Juice of ½ a lemon**
**1½ tsp sea-salt flakes**
**1 tsp ground white pepper**
**650g roasted chicken, breasts and thighs, shredded with some skin**
**4 stalks yellow celery heart, diced, plus 20 small yellow celery leaves, plus extra leaves, to serve**
**½ bunch watercress, picked and chopped, plus extra, to serve**
**½ bunch dill, leaves picked and roughly chopped, plus extra, to serve**
**¼ bunch parsley, leaves picked and finely sliced**

**STEP 1** Put onion rings and buttermilk in a large bowl. Soak for 1 hour.
**STEP 2** Meanwhile, to make herbed chicken, mix mayonnaise, yoghurt, shallot, Tabasco, lemon juice, salt and pepper in a large bowl. Fold in chicken, celery, watercress and herbs.
**STEP 3** Heat 15cm oil in a large saucepan over high heat to 180°C. Drain onion, discarding milk. Dust with flour. Fry in batches, for 4 minutes, until golden – don't overcrowd pan. Drain on paper towel. Season with salt and dust with paprika. Keep warm.
**STEP 4** Butter the rolls. Fill with herbed chicken and top with extra celery leaves and extra herbs. Serve with onion rings.

## SKEWERED CHARRED CALAMARI WITH LEMON AND SALTED CHILLI DRESSING

**Preparation time** 20 mins
**Cooking time** 50 mins
**Serves** 6

**1kg whole calamari (6 small or 4 medium), cleaned, wings attached**
**8-12 metal skewers**
**160ml extra virgin olive oil**
**Sea-salt flakes and freshly ground black pepper, to season**
**6 handfuls baby spinach**
**3 anchovy fillets**
**2 red bullet chillies, finely chopped**
**2 long red chillies, finely chopped**
**2 small garlic cloves, finely grated**
**20ml sherry vinegar**
**Freshly ground black pepper**

**LEMON DRESSING**
**2 lemons, halved**
**50ml extra virgin olive oil**
**1 tsp ground cumin**
**½ tsp salt**

**STEP 1** To make lemon dressing, put lemons in a saucepan and cover with water. Bring to the boil over high heat. Once boiling, strain off water, and repeat the process twice more. On the third time, allow the lemons to simmer for 30 minutes until soft. Drain well and remove all seeds. Put in a blender and process on high until smooth.
**STEP 2** With the blender going, stream in extra virgin olive oil, cumin and salt. You should have a smooth lemon puree that can be dolloped.
**STEP 3** Split calamari hoods so they open out flat, then cut them in half lengthways. Cut the crowns of the tentacles in half, allowing one set for each piece of calamari. Pierce one edge of each calamari piece with a skewer and thread through a couple of times to stop them from curling up when they cook. Attach the tentacles to the ends of the skewers.
**STEP 4** Preheat barbecue grill on high – if you have a real fire going, wait until the flames have died down and you have a good bed of hot coals before cooking.
**STEP 5** Lightly oil calamari using 40ml of the olive oil and season with salt and pepper. Barbecue for about 2 minutes on each side.
**STEP 6** Once cooked, put spinach leaves on a serving plate and slide the calamari onto the spinach. The heat will wilt the spinach which is what you want. Dollop a little lemon puree around the plate.
**STEP 7** Warm remaining extra virgin olive oil in small saucepan. Add anchovies, stirring to melt. Mix in chilli and garlic, stirring to flavour oil. Remove from heat. Stir in vinegar and pepper and spoon over the calamari. Serve while still warm.

## COCONUT SAGO PUDDINGS WITH MINT, LIME AND NUTMEG

**Preparation time** 5 mins
**Cooking time** 15 mins
**Serves** 6-8

**1L water**
**300g sago**

Photography Marina Oliphant; styling Jamie Humby

**A traditional sweet pudding in Malaysia,** this sago pudding is laced with spice, lime and mint – enjoy!

**900ml coconut cream, plus extra 100ml**
**125g grated palm sugar, plus extra 100g, to serve**
**100g caster sugar**
**Pinch of ground cinnamon**
**¾ whole nutmeg, finely grated, plus extra, to serve**
**Juice of 1 lime**
**Finely grated zest of 2 limes**
**10 fresh mint leaves**

**STEP 1** Put water and sago in a large saucepan. Cook over medium heat, stirring occasionally, until boiling. As it thickens, add coconut cream, sugars, cinnamon and nutmeg. Reduce heat to low and cook, stirring constantly (to prevent it sticking to pan base) for 10 minutes, until sago is translucent.
**STEP 2** Remove from heat, then divide among serving bowls.
**STEP 3** Put juice in a bowl with extra coconut cream, stirring until combined. Drizzle over puddings. Grate over extra palm sugar and nutmeg and garnish with zest and mint. Serve immediately. ■

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# EAT WELL WITH PETE EVANS

## Meet your new dinner winner – it's fast and Thai flavoured!

**For a delicious change,** try serving this beefy dish in a crisp iceberg lettuce leaf.

### BEEF LARB

**Preparation time** 10 mins
**Cooking time** 10 mins
**Serves** 4–6

**1 Tbsp sesame seeds**
**2 Tbsp coconut oil or good-quality animal fat**
**600g beef mince**
**⅓ cup lime juice**
**2 Tbsp fish sauce, plus extra, to serve (if needed)**
**½ or 1 bird's eye chilli, finely sliced (depending on how spicy you like it)**
**4 red Asian shallots, finely diced**
**4 green shallots, green part only, finely sliced, plus extra, to serve**
**1 handful of mint leaves**
**1 handful of coriander leaves**
**1 small handful of Thai basil leaves**

**STEP 1** Place a wok or large frying pan over medium–high heat. Add sesame seeds and cook, tossing constantly, for 1–2 minutes until golden and toasted. Remove from pan and set aside to cool.
**STEP 2** Wipe pan clean, place over medium–high heat with coconut oil or animal fat. Add mince and cook, stirring with a wooden spoon to break up the chunks, for 6 minutes or until browned and crumbly. Stir in lime juice, fish sauce, chilli, red Asian shallot and green shallot. Remove from heat and leave to cool for about 1 minute.
**STEP 3** Toss half of the mint, coriander, Thai basil and toasted sesame seeds through beef mince mixture. Taste and add a little more fish sauce if needed. Sprinkle over remaining sesame seeds for a nice crunchy texture,then scatter with remaining herbs. Serve. ■

### KETO MADE EASY

You'll love learning more about the keto diet with these super simple, tasty recipes for every night of the week, *Easy Keto Dinners*, by Pete Evans (Plum, $26.99).

Photography William Meppem; styling Lucy Tweed; food preparation Monica Cannataci

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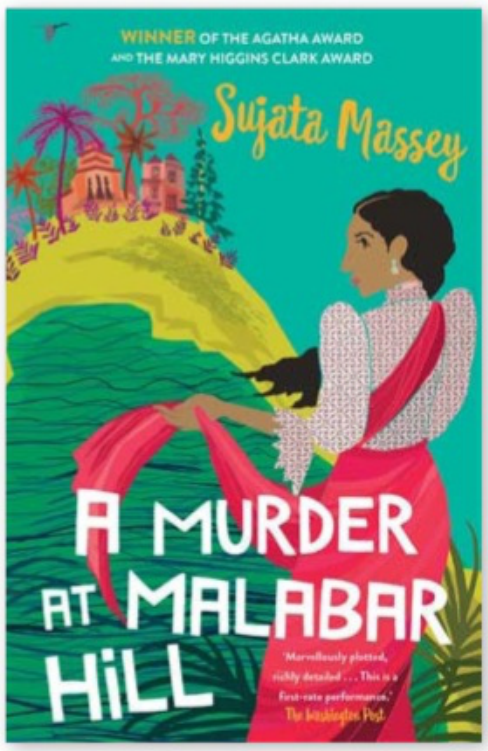
# better books

[ A ROUND-UP OF THE LATEST AND BEST BOOKS TO READ ]




"A splendid first instalment in what promises to be a memorable series"

THE WALL STREET JOURNAL

## *A Murder at Malabar Hill*

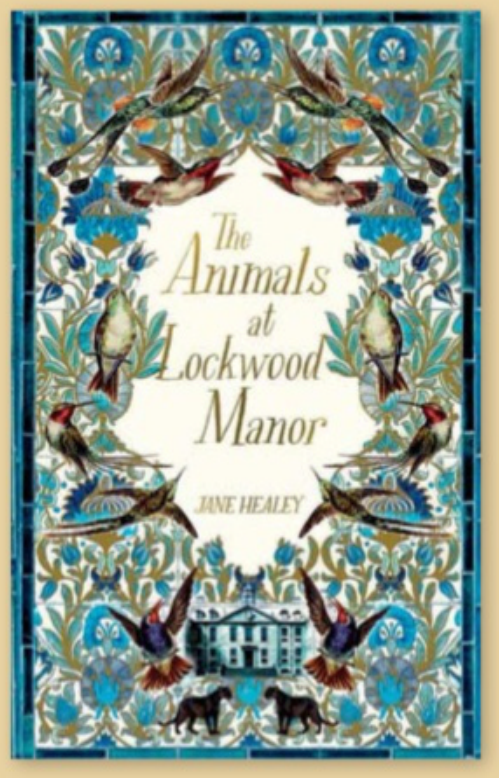
**Sujata Massey, $29.99**

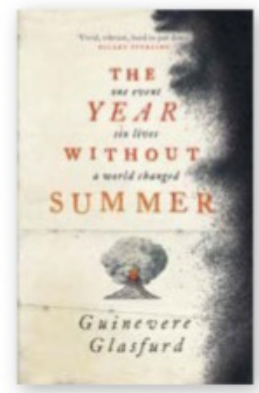
Introducing Miss Perveen. Armed with a legal education from Oxford, Perveen Mistry has joined her father's law firm, becoming one of the first female lawyers in India in the 1920s. Appointed to execute the will of Mr Omar Farid, a wealthy mill owner who has left three widows behind, she notices something strange – all three wives have signed over their full inheritance to a charity. What future will they have? The Farid widows live in strict seclusion, never leaving the women's quarters or speaking to any men. Perveen worries that the women are vulnerable to injustice. Tensions escalate to murder, the widows fall under suspicion and Perveen must figure out what's really happening on Malabar Hill.

## *The Animals at Lockwood Manor*

**Jane Healey, $29.99**

Part love story, part mystery, this is a gripping and atmospheric tale of family madness, long-buried secrets and hidden desires. In August 1939, Hetty Cartwright is asked to help evacuate the natural history museum's collection of mammals in London in the lead up to WWII. Once the exhibits arrive at Lockwood Manor, strange things start to happen. An unsettling read.

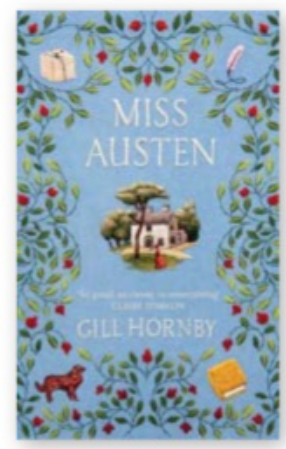



### THE YEAR WITHOUT SUMMER

**Guinevere Glasfurd, $32.99**

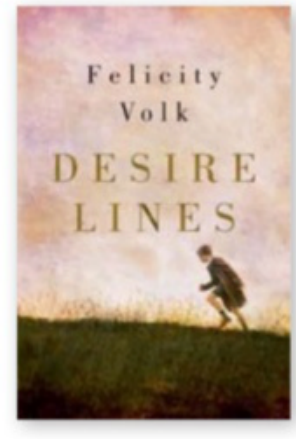
In 1815, a super volcanic eruption on the island of Sumbawa in Indonesia led to the extraordinary 'Year Without Summer' in 1816. Six separate lives, connected only by this event, cannot escape its effects. From Switzerland to Britain this disaster, caused by the volcanic ash cloud, will change all of their lives. Everyone will suffer from starvation except the rich. As desperation sets in, Britain becomes beset by riots. Rebellion is in the air.




### MISS AUSTEN

**Gill Hornby, $32.99**

A wonderfully original, complex novel that delves into why Cassandra burned a treasure trove of letters written by her sister, Jane Austen – an act of destruction that has troubled academics for centuries. In 1840, 23 years after the death of her famous sister Jane, Cassandra Austen returns to the village of Kintbury. In a dusty corner of the vicarage, there are family letters which hold secrets. Should she act to protect Jane's reputation? Or leave the contents unguarded into posterity...




### DESIRE LINES

**Felicity Volk, $32.99**

Arctic Circle, 2012. Landscape architect Evie Waddell finds herself exhuming the past as she buries Australian seeds in a frozen mountain vault. Molong, 1953. Seven-year-old Paddy O'Connor was in institutional care in London, then sent to an Australian farm school full of painful memories. Blue Mountains, 1962. From their first meeting, they grow an unconventional love that spans decades. A story of love and the lies we tell ourselves to survive – and that even truths which seem lost forever can find their way home. ■

Words Joseph Kenworthy

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# the Midas TOUCH

Give your home a touch of luxe with marble-look homewares created by you. Add gold accents for extra glamour and live the lavish life for less

## *1 PRETTY PAPER*

Handmade and decorative papers can be expensive, but you can get the look without the high cost by creating your own at home using a marbling kit.
**All instructions on page 162**

THE GOLD STANDARD IN CRAFT

2

## 2 FINE FRAME

Dress up a basic frame by giving the picture mat a marble cover-up. After applying self-adhesive paper to the mat, trim the edges with a craft knife.

3

### MAKER'S TIP

Trim, peel and stick. Yes, adding marbled accents to your home can be that easy thanks to self-adhesive paper! Outfit virtually any smooth surface for a quick and easy makeover.

4

## 3 STONE SLAB

If a marble tray is out of your price range, here's a great idea for getting the look on the cheap. Make a tray by covering a cheese board with marble-patterned self-adhesive paper, then attach gold drawer pulls for the handles.

## 4 BOARD BEAUTY

Take a run-of-the-mill clipboard from boring to beautiful with self-adhesive paper in a marble pattern. Just stick a strip to the bottom third of the board. So simple!

**All instructions on page 162**

## 5 LOVELY LEGS

Give your desk or a side table a style upgrade and cover the leg rails with marble-look self-adhesive paper. As with any surface, make sure the metal legs are clean and dry before applying the paper, so it adheres properly.

*Keep the theme going and cover storage boxes.*

## MARBLED CLAY

Take polymer and air-dry clay to a whole new level by creating durable faux-marble accessories. Roll pieces into beads for a necklace, cut blended clay into coasters or press it into a thin sheet to make a bookmark.

## MAKER'S TIP

Tear off tiny pieces of gold leaf and use your fingers to rub the metallic pieces onto the surface of your desired craft project. Gold leaf can be added to lots of surfaces and gives a lovely random finish. To protect your gilded piece, seal your project with an all-purpose sealer or varnish.

## *6 BOOKMARK BELLE*

Get out a rolling pin and make a polymer clay bookmark. It's a fantastic gift for the readers in your life! Roll a lightly mixed clump of grey and white clay, trim into a rectangle, then bake. Finish it off with gold leaf accents for a luxe look.

## *7 BEADY BLING*

Colourful bits of clay stand out against neutral grey and white to make these stunning marbled beads. Use a bamboo skewer to make a hole through each bead, rub on small pieces of gold leaf, then thread onto gold chain.

*Use gold leaf and a gold chain to give your beads wow factor!*

## *8 CHIC COASTERS*

Get the marble look with these stylish coasters made from polymer clay. After lightly kneading a few colours together, flatten the clay with a rolling pin and cut out multiple circles using the mouth of a jar. Gold paint on the edges adds shine.

**All instructions on page 162**

## 9 BESPOKE BOWLS

Buttons aren't just for sewing. You can also use them to print on paper and fabric, and to make impressions in clay. Use your buttons to make an ornate pattern in clay, creating these artisan-inspired bowls.

## 10 FEATHERED FANCY

These gold-edged plumes make a subtle work of art or wall hanging. Modelled on bird feathers, each one is created individually from clay and has a unique look. Gorgeous!

## 11 SPOTTY SPOONS

These clay spoons are decorated with food-safe porcelain paint and are designed to be used with salt dishes, but you can easily create a set of measuring spoons. Shape the heads around an existing set, then paint the measurement on the handle to label.

**All instructions on page 162**

## DIPPED IN GOLD

Add a touch of gold to your clay projects using a combination of metallic paint, porcelain paint and gold rub or leaf. Experiment using different techniques to highlight details in your makes and give everything a golden glow!

### MAKER'S TIP

To create realistic feather forms, dry them over different curved surfaces. The most obvious that you may have in your home would be a long cylinder shape such as a rolling pin. Place baking paper on the rolling pin and the cut feather on top until the clay is dry. This will give the plumes a natural, organic look. Experiment and always remember to show us what you've made! #BHGAUS ■

Photography Immediate Media

READER OFFER

# COLOR POUR

## PAINT KITS TO BUY

Time to embrace your creativity and get arty with these kits so you can create unique, abstract and fascinating artwork – simply and easily!

A fun, easy way to create beautiful marble-effect art – just pour the acrylic paint on a canvas then, to move the paint and to blend your colours, pick up the canvas and tilt it so the paint moves across the surface. Yes, it's that easy!

**$175.80**

### PRE-MIXED POUR ART VALUE KIT

Everything you need to make three beautiful Color Pour art projects.

**This pack includes:**

- 3 canvasses
- 10 paints (8 colours, 2 metallic paints)
- 2 paintbrushes
- 6 pouches of glitter
- 1.9g foil flakes
- 1 drop cloth
- 20 stir sticks
- 20 cups
- 6 gloves
- 13-piece toolkit
- Guide book

### PRE-MIXED COLOR POUR PAINT KITS

Color Pour Pre-mixed Pouring Paint kits each contain 4 colour-coordinated paints, 118.3ml each.

AMBER DRIFT

BERRY RUSH

GALAXY SURGE

MIXED METALS

OPAL FLUX

TIDAL WAVE

**$54.71 each**

Better Homes and Gardens.

SHOP · TO BUY YOUR KIT, VISIT BHGSHOP.COM.AU

Postage and handling additional. Delivery within Australia only. Offer available while stocks last.

Prices are approximate and a guide only. Due to the printing process, colour reproduction is a guide only.

# GLOW GOLD

Whether it's your face, your body or your hair – it's time to truly shine

Throughout history most major civilisations around the world used this rare, precious metal to symbolise power, beauty and purity – and little has changed. Gold is still highly valued in the world of aesthetics for its radiance-giving, glow-boosting and skin-enhancing properties. So, if you're ready to go for gold, here's how to achieve it.

## SKINCARE

### GLOW GETTERS

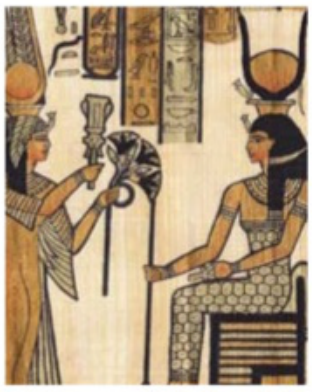
Give your skin real gold service.

- **Achieve a lit-from-within glow**, *24K Gold Luxury Lift & Firm Cream, $60, Peter Thomas Roth.*
- **Brighten, firm and nourish skin,** *Brilliant Gold Toner, $109, AHC.*
- **Go for clear, smooth skin**, *Liquid Gold 24 Hour Moisture Repair Cream, $99, Alpha-H.*
- **Boost luminosity**, *Eternal Youth 24K Gold Age-Defying Face Mask, $9.95, Dr. LeWinn's.*

"IF YOU OBEY ALL THE RULES YOU MISS ALL THE FUN"

KATHARINE HEPBURN

# THE GOLD STANDARD IN BEAUTY



## Becoming enlightened

Did you know gold has a lot more to offer than its great looks? Cleopatra did, she slept in a gold mask to enhance her beauty and the ancient Chinese also used gold to reduce facial wrinkles and treat skin problems. Thanks to modern science we now know it's a non-toxic mineral that's easily tolerated by the body, resistant to bacteria and has anti-inflammatory properties. So products containing gold will not only increase your skin's visible radiance, they'll also slow down premature ageing and help to keep your skin strong and healthy.

As a metal, gold has a monetary value but beyond that, wearing it gives a feeling of comfort and warmth due to it's light-absorbing properties.

## You deserve gold standard beauty care

Treat your skin to this beautiful new cream. It's both cooling and re-stimulating so you'll wake to a reactivated morning glow, *Age Perfect Golden Age Re-Stimulating Rosy Night Care, $36.95, L'Oréal Paris.*

## The golden secret

If you want to rock gorgeous blonde hair, get to know your skin tone. Only warm skin tones suit golden blondes, whereas cool skin tones look much better with neutral shades and platinum blonde.

## Warm or cool?

Skin with a yellow undertone is warm, if it's pink it's cool. Not sure? Cover your neck and upper chest with orange (warm) fabric and then do the same with pink (cool). Focusing on your face, quickly switch between the two and note which is the most complementary.

# *HAIR*

**LOCKS OF GOLD**

Upkeep is key to having great hair.

- **Choose colours by skin tone,** *Excellence Age Perfect Crème Colour, $19.95, L'Oréal Paris.*
- **Bring on the shine and improve hair condition,** *Shimmer.Shine, $42.95, Kevin Murphy.*
- **Enjoy it for its name and great reputation,** *Rose Gold Dry Shampoo, $9.95, Batiste.*
- **Maintain warm tones,** *Blonde Idol Custom-Tone Conditioner Gold, $39.95, Redken.*

# *BODY*

## Head-to-toe radiance

Don't stop at your face when you can easily look gorgeous head-to-toe. Add a little shimmer to your complexion, adorn your limbs with a luminous glow, and enjoy softer, smoother hands.

**LOOK FABULOUS**

Here's how you can light up the room.

- **Look and feel like a goddess,** *Golden Shimmer Face and Body Lotion, $58, Jane Iredale.*
- **Make your legs, arms and décolletage glow,** *Airbrush Legs, $26.95, Sally Hansen.*
- **Give your hands extra TLC,** *The Gold Mask Hand- Revitalising Hand Mask, $23, Starskin.*

# MAKEUP

## Turn up your glow factor

Healthy, radiant skin looks fabulous, with and without wrinkles, and the best way to achieve it is with a daily skincare regimen. Then there is make-up. With a touch of illuminating highlighter on your natural high points (above cheeks, bridge of nose, above cupid's bow) and sheer shadows to define and play up your eyes, you'll look like a million dollars.

**RAZZLE DAZZLE**

Add shimmer and sheen for impact.

- **Let your lips do all the talking,** *Lip Art Lip Gloss, $14.95, Rimmel London.*
- **Draw attention to your eyes,** *Long-Wear Cream Shadow, $47, Bobbi Brown.*
- **Use a luminous highlighter to enhance your features,** *Watt's Up!, $53, Benefit.*
- **Play up your best features,** *Bar of Gold Highlighter Palette, $90, Charlotte Tilbury.* ■

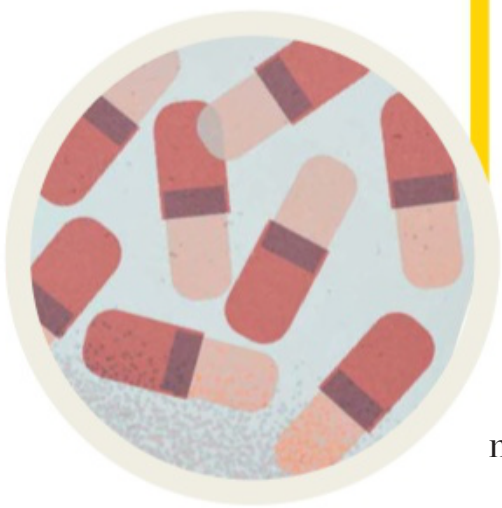
> "SHE WHO LEAVES A TRAIL OF GLITTER IS NOT EVER FORGOTTEN"
>
> KATE SPADE

Photography Getty Images. Prices are approximate and a guide only.

# BE GOOD TO YOUR GUT

OK, so digestive health may not be the sexiest of dinner table topics, but it is the foundation of whole-body wellness. Here are five reasons to be kind to your gut

If the most thought you give to your gut is how you feel after a big meal, consider this: your gut is where so many aspects of good health begin. The trillions of bacteria and other micro-organisms in your digestive system communicate with cells throughout your body. Your 'microbiome', as it's known, influences your immune, nervous and metabolic systems in ways we are only just beginning to understand.



## YOUR GUT ACTS LIKE A SECOND BRAIN

There's a reason your tummy feels upset or jittery when you're nervous or anxious. The enteric nervous system – a complex and sophisticated network that contains more than 100 million nerve endings – lines your gastrointestinal tract and connects your gut and brain. Many studies have linked microbiome changes to mood disorders like depression and anxiety. Some research even suggests that simple dietary changes – eating more probiotic-rich foods such as yoghurt or fermented foods like sauerkraut – could be as effective as antidepressants in helping to ease symptoms.

## IT CAN HELP KEEP YOUR SKIN CLEAR

A healthy microbiome helps regulate the balance of bacteria in other parts of your body, including the skin. When it becomes unbalanced it can cause inflammation that could lead to breakouts or other skin irritations. One study found that 54 per cent of acne patients had impaired microbiomes compared to those who had clearer skin. Keep a look out for skincare ranges that boast strains of probiotic extracts, which can topically ease certain skin conditions like eczema, rosacea and acne.

**take note** Embarking on a mission to improve your gut health and achieve greater wellbeing can be daunting. If in doubt, seek guidance from a healthcare practitioner to maximise your time and efforts, and achieve optimal results.

**YOUR MICROBIOME CAN STRENGTHEN**

# YOUR IMMUNE SYSTEM

A big portion of your immune system is actually located in your gut and a healthy immune system is vital for fighting off bugs and infection. Ideally, you want a calm immune system, not one that's fired up and overactive. One way to keep the peace is by focusing on a plant-based diet that's high in fibre and low in saturated fats and added sugar. Prebiotics in foods such as bananas and oats send signals to the immune system to stay calm.

**IT CAN HELP YOU STAY AT A**

# HEALTHY WEIGHT

We know what we eat matters but there's more to it than that. Studies show huge differences in the microbiomes of people who are obese compared to those who are lean. One reason is that bacteria in your gut help break down fat, extract kilojoules from food and impact production of appetite-regulating hormones like leptin and ghrelin. If the balance of good and bad bacteria is out of whack, the digestive system doesn't function as well as it should.

**Improving your diet will deliver health benefits you had never imagined.**

**IT MAY PLAY A ROLE IN**

# ARTHRITIS

This ties back to the role your microbiome plays in regulating the immune system. An overactive system can lead to autoimmune conditions like rheumatoid arthritis. Overgrowth of certain types of bacteria may trigger an inflammatory response that targets the joints and results in pain. Microbes in your gut can even impact treatment, making certain arthritis drugs more or less effective. Other research is exploring the connection between probiotics and joint health, including whether bacteria in yoghurt reduces joint inflammation. Early promising results show probiotics might be more effective than taking non-steroidal anti-inflammatory meds like ibuprofen which, when taken too often, can cause stomach irritation.

# EAT UP!

A plant-based diet that's high in fibre and low in fat, sugar, and processed foods helps keep your microbiome healthy, encouraging the growth of 'good' microbes. Incorporating more of these pre- and probiotic foods can also help.

## PREBIOTIC FOODS

• Apples • artichokes • asparagus • bananas • barley • beans • broccoli • cabbage • cacao • flaxseed • garlic • leeks • lentils • oats • onions • raw honey • whole wheat

## PROBIOTIC FOODS

• Kefir (milk- or water-based) • kimchi • kombucha • miso • pickles • raw/unfiltered apple cider vinegar • sauerkraut • tempeh • yoghurt (dairy or other)

## GOLDEN RULES FOR A

# HEALTHY GUT

When you have a happy gut and all the benefits, you'll never look back.

### EAT THE RIGHT FOODS

Your daily diet should include a wide variety of fresh, fibre-rich fruit, veg and whole grains, which help supply dietary pre- and probiotics. Good sources of prebiotics include asparagus, onions, bananas, oats and raw honey. For probiotics, fermented foods like kefir, kimchi, kombucha and sauerkraut are great, along with yoghurt with live, active cultures.

### EAT MINDFULLY

Take time to savour your food instead of hoovering it down or eating on the run. Eating slowly helps improve digestion. Importantly, it also reduces the chance of overeating since your brain has time to register that your stomach is full. Overeating can lead to indigestion, heartburn and uncomfortable bloating. It also places an extra load on your liver and pancreas that need to work harder to break down food. Long term, overeating can lead to weight gain, which comes with its own health complications. Slow your roll!

### MANAGE STRESS

Being chronically stressed creates inflammation, which can damage the gut lining and disrupt the digestive system. It's so important to take time out to regroup and relax. Whether it's yoga, fast walking, meeting up with friends or curling up in a chair with a book, find what works for you and do it often.

### GET ENOUGH SLEEP

The more we learn about the critical role of sleep for overall wellbeing – including for digestive health – the crazier we are not to create opportunities to hit the sack earlier and minus our ever-present electronics!.

### RUN FOR YOUR LIFE

Or, at the very least, make a promise to simply become more active every day. It's a difference maker for gut health and so many other areas of wellbeing. Get up and get moving! ■

**take note** Working on having a healthy digestive system involves all aspects of your life, but the benefits are all encompassing too. Concerns you may never have associated with diet could magically disappear. You've got nothing to lose.

# totes glam!

Your perfect tote and cosmetic case for shopping, travelling, work and play!

This gorgeous sequin bag will add sparkle to your day. The luxe fabric features a front panel with double-sided sequins. One side is bright and sparkly, the other a lovely matt finish so you can go from day to night easily – just flick the sequins to your desired side. And the tote's convenient zipper pocket brings order to the beautifully lined interior. The biggest decision you'll have to make is which colour – Black or Rose Gold?

## Better TOTE

### SEQUIN BAG

- Approximately 42 x 38 x 13.5cm
- Front panel sequin detailing with reversible metallic/matt sequins
- Luxe metallic PU faux leather back panel and handles
- Black or Rose gold

### COSMETIC CASE

- Approximately 20 x 12 x 5cm
- Front panel sequin detailing with reversible metallic/matt sequins
- Luxe metallic PU faux leather back panel
- Black or Rose gold

Better Homes and Gardens.

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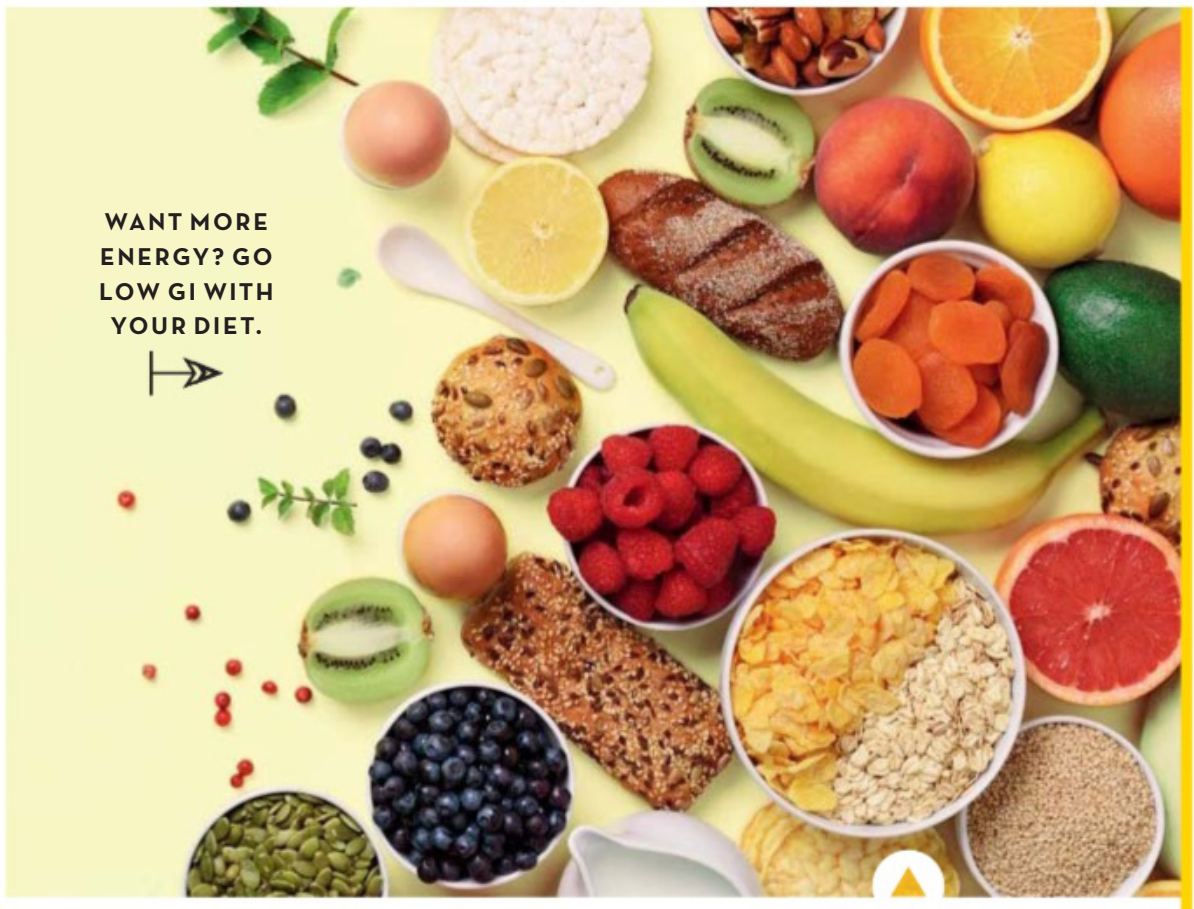
Photography Chris L Jones; styling Vanessa Tidy

# better health

[ THE LATEST NEWS AND TRENDS ]



WANT MORE ENERGY? GO LOW GI WITH YOUR DIET.

## ENERGY BOOSTERS

If your energy is low it could be due to you dealing with stress, a lack of sleep, an illness or a poor diet. To give yourself a lift, eat foods with a low glycaemic index because the sugar content breaks down slowly and releases energy over longer periods. Feast on wholegrains, nuts, grapes, apples, oranges, peaches, pears, bananas, vegetables including leafy greens, and high-fibre legumes such as peas and beans. And don't forget to drink water.

## BE STRONGER

Workout frequency is the most important factor in strength building for women, according to a study published in Sports Medicine. It revealed the biggest strength improvements were the result of the frequency of resistance training, the amount of repetitions and the sets completed. So ladies, if you want to be stronger, do regular exercise.

GOOD READS

## Celebrating women

This book is for women who don't want to sit back and become invisible, hello all you ladies! It's about embracing your inner greatness, regardless of your vintage, and feeling fabulous from the inside out. You'll find the interviews and words of wisdom both inspirational and encouraging. ***The Power Age* by Kelly Doust** (Murdoch Books, $39.99).

PEOPLE POWER

## GOING PURPLE

March 26th is Purple Day for Epilepsy Awareness Month. It's in support of around 250,000 people currently diagnosed with epilepsy in Australia and its aim is to raise awareness, encourage discussion and to let those impacted by seizures know they're not alone. Epilepsy Action Australia offers support, information and innovative services. For details go to **epilepsy.org.au**.

## TWEEN SUPPORT

Bullying and teasing can lead to anxiety, depression and other mental health issues for children. Real Pretty Kind is a streetwear label empowering tweens to cope better and rock their futures. A percentage of the profits go towards putting a stop to bullying and negative body image. Check it out, realprettykind.com. ■

Photography Getty Images

DISCOVER WHY WE ARE

# *AUSTRALIA'S NUMBER 1*

## ONLINE BEAUTY DESTINATION

THE LATEST **NEWS**,
**TRENDS** AND EASY
**HOW-TOS**

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# FLIP OUT FURNITURE!

## A CLEVER PROJECT TO PUT YOU IN A SPIN

When is a table not a table? When it's a chair! This angular design pulls double duty, one way it's a funky looking chair then just flip it over to transform it into a striking table. Built using economical plywood sheets, the natural grain and colour of the timber gives your home that Scandi look that's so hot right now.

### Gather your supplies

- 2400 x 1200 x 25mm plywood (2)
- 6mm dia. x 1.8m Tasmanian oak dowel (1)

### You'll also need

Circular saw; jigsaw; PVA glue; 50mm screws; drill; hammer; flush-cut saw; pine-coloured wood putty; router fitted with a 12.7mm rounding-over bit; sander and sandpaper; clear varnish; painting equipment

### Here's how

**STEP 1** Mark out and cut all components to size. Use a circular saw to make the straight cuts and a jigsaw to finish the cuts in the corners. Refer to armrest and chair front diagrams for their dimensions. Cut 1 edge of the seat and 2 long edges of the backrest on a 12° angle.

**STEP 2** On back edge of armrest, mark out for screw positions. Place 2 screws 40mm from each side, 1 in the centre and 12mm from the edge. Spread glue on short edge of back and butt into armrest. Predrill and screw together using 50mm screws.

**STEP 3** Mark out for screw holes on the front edges of the armrest, which are 20mm from each side and 12mm from the edge. Spread glue on a pair of ends on the chair front and screw together.

**STEP 4** Glue and screw second armrest to back and front. Make the positions of the screws the same as for the first armrest.

**STEP 5** Spread glue along angled edge of seat. Butt into seat back then predrill and screw together. Repeat to create second seat assembly.

**STEP 6** Place seat assembly inside the chair so the seat sits on the chair front and the seat back meets the bottom of the cut-out in the armrest. Screw together with the 2 screws 40mm from each side and another in the centre. Repeat to attach second seat assembly. Leave for 24 hours for glue to dry.

**STEP 7** Remove screws and drill out holes using a 6mm drill bit to a depth of about 60mm. Squirt glue into holes then tap in a length of dowel, leaving it slightly proud of the surface. Leave to dry then make flush with surface using a flush-cut saw.

**STEP 8** Fill any gaps where components join using pine-coloured wood putty. Leave to dry.

**STEP 9** Use router to round all outside corners and the front edge of the seat.

**STEP 10** Sand entire chair to smooth timber and remove cutting marks. Remove dust, then apply 3 coats of water-based clear finish. Let dry and sand lightly after each of the first 2 coats. ■

Photography Phil Aynsley, Chris L Jones; styling Vanessa Tidy; project John Rae

SEEN ON BHG TV
FRIDAYS 7.00

Choose decorating accessories to match the colour of the plywood.

> “THERE’S ONLY 90° BETWEEN A TABLE AND A CHAIR”

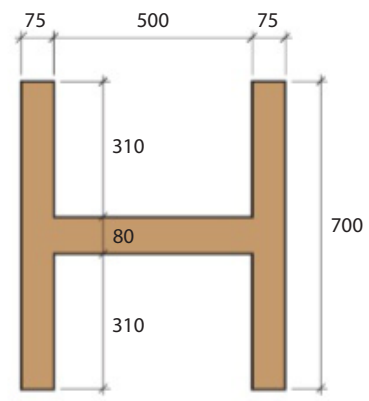
**BE A TWO-TIMER!**
Make a pair to give you a greater range of furnishing possibilities. Two chairs, two tables or just one of each.

FOR SHOPPING DETAILS, SEE OUR STOCKISTS PAGE

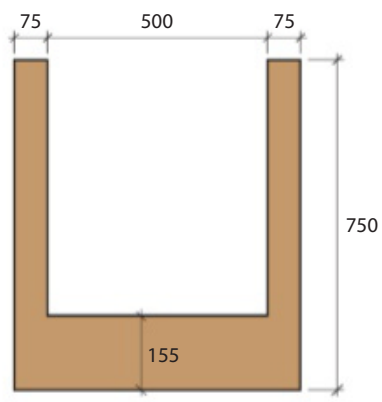
## Components

| PART | SIZE | MATERIAL | QTY |
|---|---|---|---|
| Armrest | 750 x 650 x 25mm | Plywood | 2 |
| Back | 700 x 650 x 25mm | Plywood | 1 |
| Front | 700 x 650 x 25mm | Plywood | 1 |
| Seat | 500 x 500 x 25mm | Plywood | 2 |
| Seat back | 500 x 370 x 25mm | Plywood | 2 |
| Dowels | 60 x 6 mm dia. | Tasmanian oak | 26 |

(All dimensions in diagrams are in millimetres)



Chair front



Armrest

# READY TO ROCK!

**Build a toy rocker your toddler will love. Make sure they hang on tight – this snail's built for speed!**

Get your littlie involved and paint the snail's shell in their favourite colour.

**HOW CUTE IS THIS?**
Turn a garden pest into a bedroom favourite by using your DIY skills to build your child a ride-on snail rocker.

Clear varnish on the body lets the look of the timber shine through.

SEEN ON BHG TV
FRIDAYS 7.00

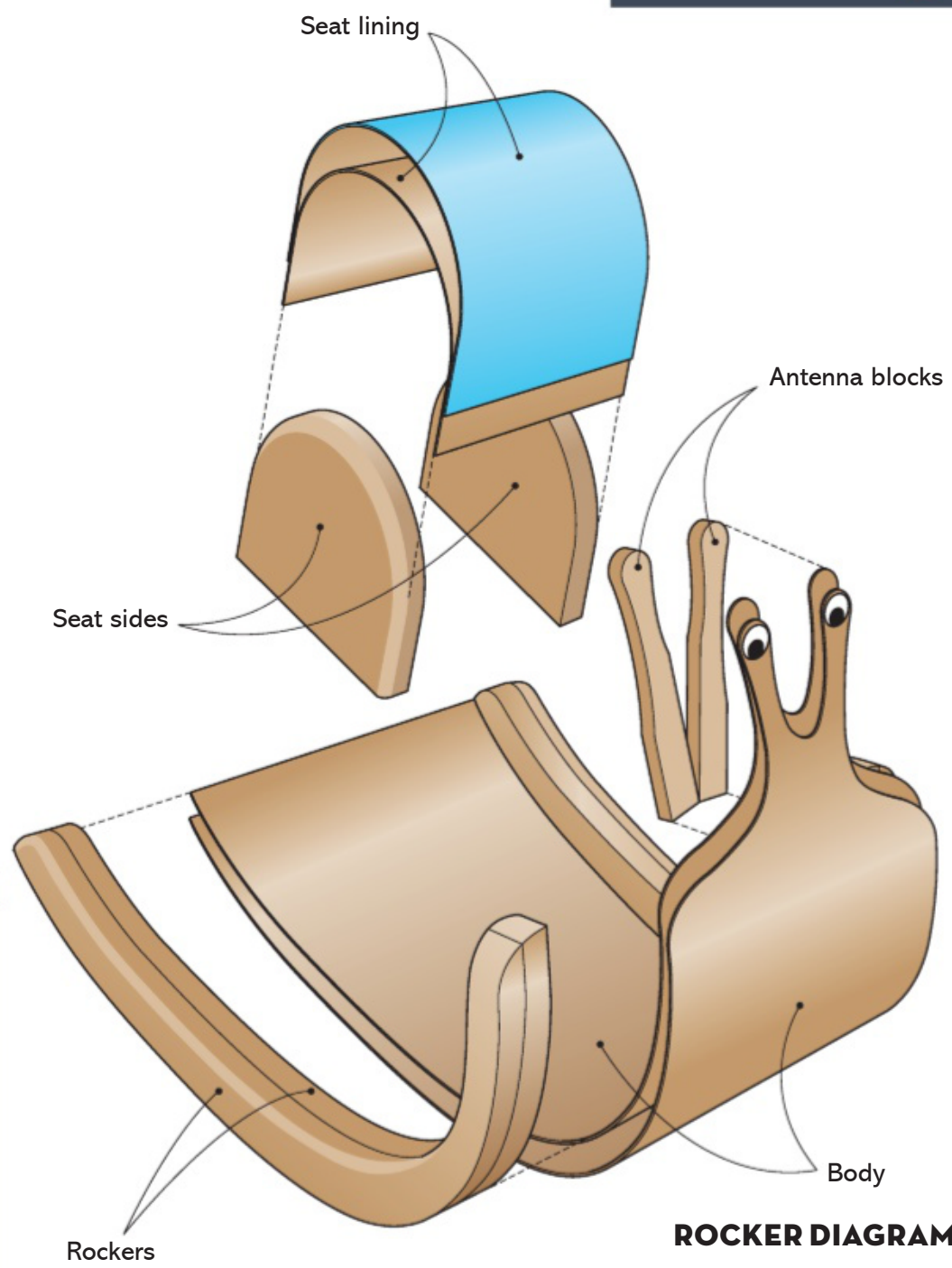
They say slow and steady wins the race, but no-one told this gorgeous gastropod – unlike any of the snails you'll find in your garden, it's made to move! The beauty of this project lies in its simplicity. There are no complicated woodworking joins to master so anyone can give it a go. The contemporary styling will look great in any kid's bedroom and your toddler will be champing at the bit to hop on the shell and get it rocking.

## Gather your supplies

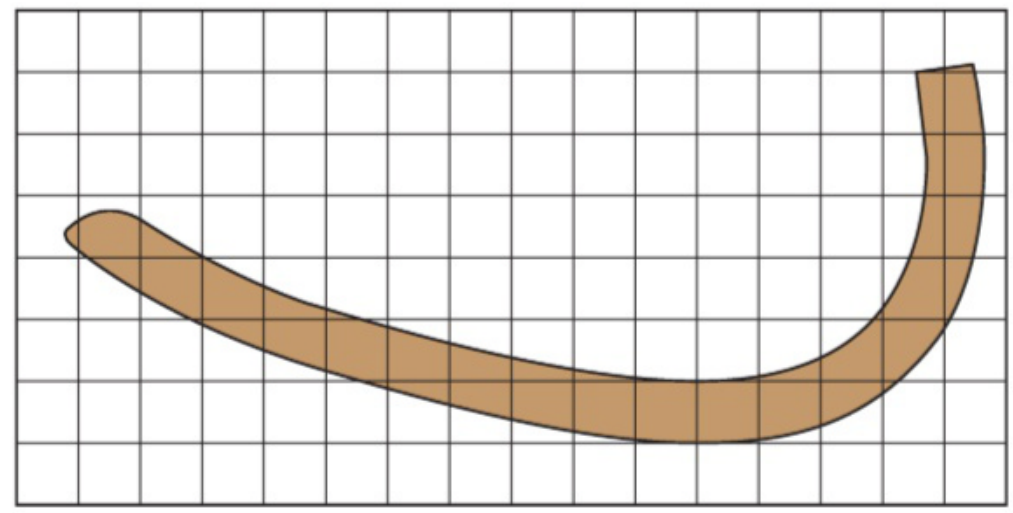
- 2250 x 600 x 30mm plywood (1)
- 1200 x 1220 x 3mm plywood (1)
- 42 x 19mm x 1.2m dressed pine (1)
- 30mm joggle eyes (2)

## You'll also need

Jigsaw; sandpaper; PVA glue; hammer; 50mm bullet-head nails; nail punch; clamps; 20mm wallboard nails; drill; 3mm drill bit; countersinking bit; 20 and 50mm screws; scrap timber; router fitted with a 12.7mm rounding over bit; pine-coloured wood putty; undercoat; painting equipment; Dulux Aquanamel in Summertime Sea; water-based clear varnish; double-sided tape




ROCKER DIAGRAM

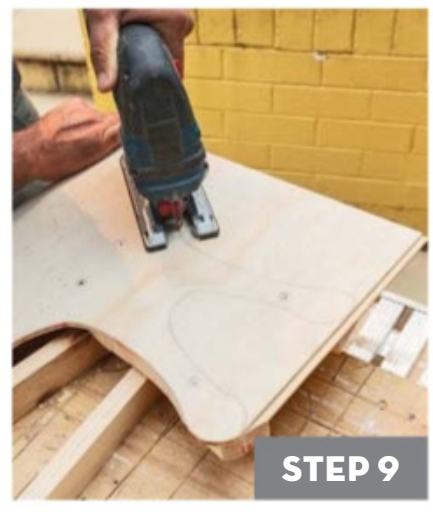


Each square = 50mm

## Components

| PART | SIZE | MATERIAL | QTY |
|---|---|---|---|
| Rockers | 300 x 750 x 30mm | 30mm plywood | 4 |
| Body | 1200 x 405mm | 3mm plywood | 2 |
| Antenna blocks | 42 x 19 x 300mm | Dressed pine | 2 |
| Seat sides | 300 x 250mm | 30mm plywood | 2 |
| Seat lining | 280 x 680mm | 3mm plywood | 2 |

**FOR PROJECT SUPPLIES, SEE OUR STOCKISTS PAGE**



> Bet you never thought your kid's favourite animal would be a snail!

## Here's how

**STEP 1** On 30mm plywood, draw a 50mm grid 800 x 400mm in size. Referring to rocker grid diagram (on page 135), mark where the rocker crosses the grid lines then join these points to make the shape. Cut out shape using a jigsaw. Use this as a template to mark and cut another 3 rockers. Sand cut edges to even out cutting marks.

**STEP 2** To join a pair of rockers, spread PVA glue along the sides where they will meet and bring them together. Nail using 50mm nails, then punch nail heads below surface with a nail punch. Repeat to join other pair of rockers.

**STEP 3** Spread glue along bottom of 1 rocker pair. Starting at the back, lay one body piece on top flush with end and side of rocker. Clamp to hold ,then nail together using wallboard nails. Space nails about 50mm apart. Move clamps along rocker to hold the body in place as you nail.

**STEP 4** Spread glue along second rocker, clamp and nail to other side of body.

**STEP 5** To continue nailing body to rockers towards the front, sit them on the bench with the back half hanging off the side.

**STEP 6** Spread glue all over body, then repeat Steps 5 and 6 to nail second layer of the body to the rockers. Punch the nails slightly below the surface.

**STEP 7** On inside front of body, place antennae blocks so they are splayed, with the top corners 50mm on either side of the centre line of the body. Mark their position, remove then drill pilot holes through the body, 2 per antenna block.

**STEP 8** Turn over, then countersink pilot holes on the face of body so screw heads will sit slightly below the surface. Glue and screw antenna blocks to body.

**STEP 9** On front of body, draw shape of antennae and curve of body at the top of the rockers. Cut out shape using a jigsaw.

**STEP 10** To draw shape of seat side, first drive nail into piece of scrap timber 150mm from 1 end. Nail to offcut of 30mm ply, then hold pencil at 1 end and swivel it to draw semicircle.

**STEP 11** From ends of semicircle, draw straight lines 100mm long, then join these across the bottom. Slightly curve the bottom to match the curve at the bottom of the rocker. Cut out using a jigsaw, then use

### DIY TIPS

- Offset the line of nails slightly from the first layer so they don't hit each other.
- If you don't have a router, use a sander to round the edges. Start with a coarse grade paper, then move to finer grades.

Photography Phil Aynsley, Chris Jones; styling Vanessa Tidy; project John Rae; diagram Steve Pollitt

as a template to mark and cut a second seat side.

**STEP 12** Glue and nail both layers of seat lining to seat sides. On second layer, punch nail heads slightly below surface.

**STEP 13** Along side edges of body, outside top edge of rockers and around curve of seat, use the router to curve these edges and expose the lines of the plywood.

**STEP 14** Fill all nail and screw holes with wood putty and let dry. Sand snail body and seat to smooth putty and remove cutting marks. Around top of body and antennae, hand-sand to round edges for little hands.

**STEP 15** Undercoat then apply 2 coats of water-based enamel to seat, leaving the sides and rounded edges exposed. Leave to dry and sand lightly after each coat.

**STEP 16** Spread glue on bottom edges of seat sides and press against body 195mm from the back edge. Leave to dry.

**STEP 17** Apply 2-3 coats of water-based varnish to entire rocker and seat for a hard-wearing finish. Allow to dry and sand lightly between coats.

**STEP 18** Stick small pieces of double-sided tape to back of joggle eyes and stick to tops of antennae. (Caution: joggle eyes are a choking hazard for toddlers.) ■

A pair of eyes gives your snail instant personality.

The blocks behind the antennae make them sturdy handles.

**ADAM DOVILE**

We've got more great kids' projects coming up so make sure you tune in to *BHG* TV on Fridays at 7pm on Channel 7.
(Apologies, may be subject to change)

**Go to bhg.com.au for more DIY tips and tricks.**

# FIZZY & FUN!

Make your own scented bath bombs or get the kids to create a batch for you

SEEN ON BHG TV 7 FRIDAYS 7.00

## SEED CARDS AND GIFT TAGS

**To get your free project sheet** with all the step-by-step instructions to make plantable cards and tags, head to **bhg.com.au/seed-cards** and download it. It's super simple and you'll have it instantly!

## LAVENDER OATMEAL BATH BOMBS

### Gather your supplies

- 1 cup baking soda
- ½ cup citric acid
- ½ cup cornstarch
- ¼ cup epsom salts
- ½ cup quick-cook oats
- 1½ Tbsp fractionated coconut oil
- ¼ tsp lavender essential oil
- Food colouring gels
- Dried lavender flowers

### You'll also need

Mixing bowls; whisk; scoop; fork; silicone bath-bomb mould

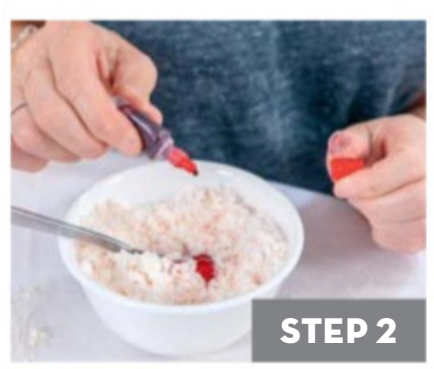
### Here's how

**STEP 1** Put baking soda, citric acid, cornstarch, epsom salts and oats in a container and whisk. Add oils and whisk until a handful of mixture stays together.

**STEP 2** Scoop mixture into bowls. Add a few drops of gel food colouring to each. Mix thoroughly with a fork.

**STEP 3** Sprinkle dried flowers in mould bases, then fill with bath-bomb mixture. Press down firmly, flatten with back of a fork and leave for 15 minutes.

**STEP 4** Gently remove bath bombs from moulds and air-dry overnight. Store in an airtight container. ■



**FOR SHOPPING DETAILS, SEE OUR STOCKISTS PAGE**

Photography Chris L Jones; styling Vanessa Tidy; projects Chris Cort

Rebel Wilson

# Pooch PERFECT

Amazing TransFURmations!

only on 7

# TIPS & TRICKS

Simple hints and hacks to make your DIY life easier

Being a handyperson isn't just about having all the complex skills, it's the basic things that can make a difference. Once you've got these techniques under your belt, you'll find the harder stuff that little bit simpler.

## PERFECT PATCH

**STEP 1** If you need to fill a large hole in timber, like this latch rebate for an old door handle, look no further than a 2-part epoxy filler.
**STEP 2** Take as much filler as you need and add a small amount of hardener. Mix it up, then spread it into the hole. If it's very deep, you might need a few layers. Slightly overfill the hole, but not too much as it's rock hard when dry and difficult to sand.
**STEP 3** When dry, start with coarse sandpaper to quickly remove the excess filler. Switch to a finer grade to make it smooth and to blend with the surrounding timber.
**STEP 4** Remove the dust, undercoat, then apply a couple of coats of paint. You'll never know the hole was ever there.

## CUT IT SQUARE, QUICKLY

**Don't have a drop saw?** Cut timber perfectly every time using your quick square as a guide. Align your saw blade with your cutting point and hold your quick square against the base plate of the saw. You will get a square and straight cut every time.

## SOLID SANDING BLOCK

**Make hand sanding easier and more effective** by creating a chunky sanding block you can really get a grip on – and it's made using offcuts lying around your shed. Take a block of timber and use a handsaw and chisel to cut a tapered groove at one end. Round off the corners at the ends and in the groove, then screw a piece of dowel into the groove so it wedges into it. Cut a sanding belt, wrap it around the block, then tighten the screw in the dowel to hold it in place.

SEEN ON BHG TV
FRIDAYS 7.00

# DRAW A CIRCLE WITH A SQUARE

If you need to draw a circle, here's a simple way to do it using a builder's square. Draw the diameter of the circle and tap a couple of nails in at each end. Place the square down so each side is against the nail. Place a pencil on the inside corner of the square then move the square along the nails, making sure it stays in contact with them. The circle will appear before your eyes! When you've done one side, flip it over to draw the other.

> "Take the first step to becoming a DIY master"

# HANDSAWING MADE EASY

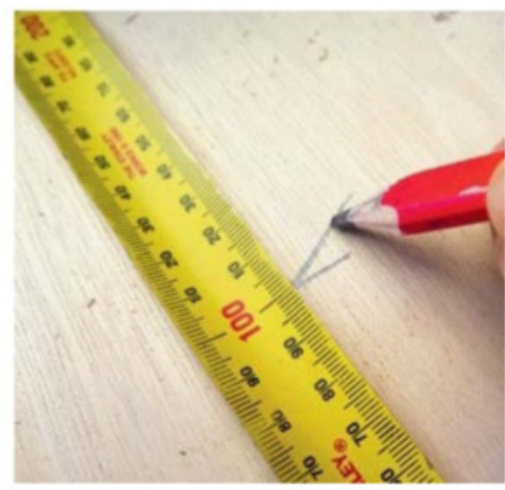
**For more control when you're using a handsaw,** hold the handle in a pistol grip with your index finger extended. This finger naturally gives your hand direction so you will be more accurate with your sawing.

## SAWING THUMBS UP!

**To keep your handsaw from jumping around when you're starting a cut, sit the thumb of your free hand against the blade to act as a guide. Start the cut slowly so the teeth bite into the timber, then shift your hand away from the blade before you really go for it.**

# MAKE YOUR MARK

Always cut on the correct side of a line with this little trick. Draw your measurement mark, then do a second line at an angle away from the part of the timber you want to keep. When the time comes to cut, a quick glance will show you on which side of the line to put your saw. ■



Photography Greg Fahey, John Halfhide, Phil Aynsley, Sue Ferris

THE GOLD STANDARD IN DIY

Do you love the look of an ornate framed mirror? Take it to the next level with this clever project that's half cabinet, half wall safe. Featuring glass shelves to show off your keepsakes in front, the cabinet swings out from the wall to reveal a hidey-hole in the back, perfect for your safe-worthy items. Wow!

# CURIOSITY CABINET

Build a mirrored wall unit to display your treasures with hidden storage behind to keep your valuables

SEEN ON BHG TV 7
FRIDAYS 7.00

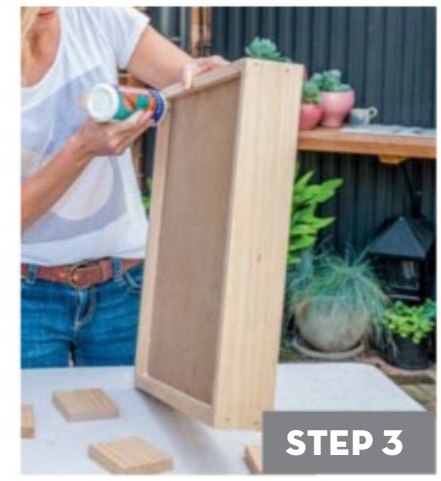
# EASY STEPS TO MAKE YOUR CURIOSITY CABINET

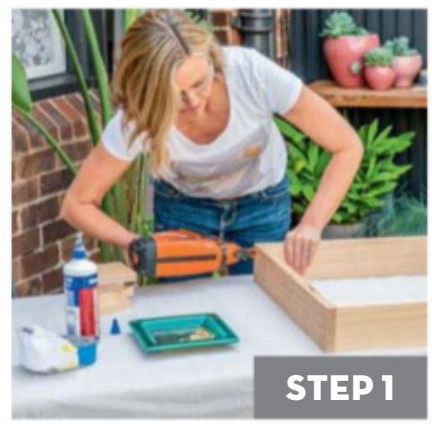
### Gather your supplies

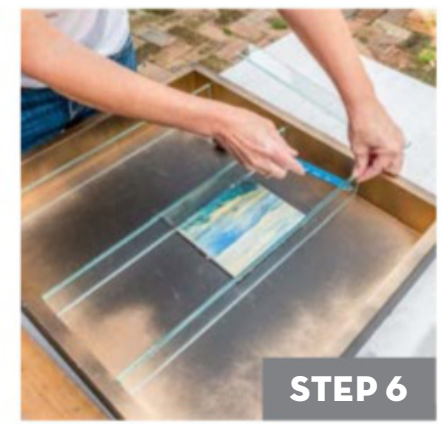
- Vintage picture frame
- 90 x 19mm x 2.4m dressed pine
- 900 x 600 x 6mm MDF
- 4mm mirror
- 900 x 600 x 12mm MDF
- 50 x 6mm toughened-glass shelves

### You'll also need

Tape measure; saw; PVA glue; nail gun and nails, or hammer and 40mm nails; wood putty; sandpaper; undercoat; water-based enamel in black; painting gear; gold spray paint; drill and bits; heavy-duty, double-sided tape; foam core sheet; spray adhesive; decorative tissue paper; ribbon; double-sided tape; small brass cup hooks; gold chain; angle brackets; 15mm button head screws; brass piano hinge; hacksaw; brass shelf supports








### Here's how

**STEP 1** Using your frame as a template, measure and cut 4 lengths of pine to make a box that will sit on the back of the frame. Glue and nail together.

**STEP 2** Cut 6mm MDF so it fits inside the box and run a bead of glue around the edges. Place offcuts of pine on the bench inside the box to act as spacers, then put the MDF inside the box so it sits on the offcuts.

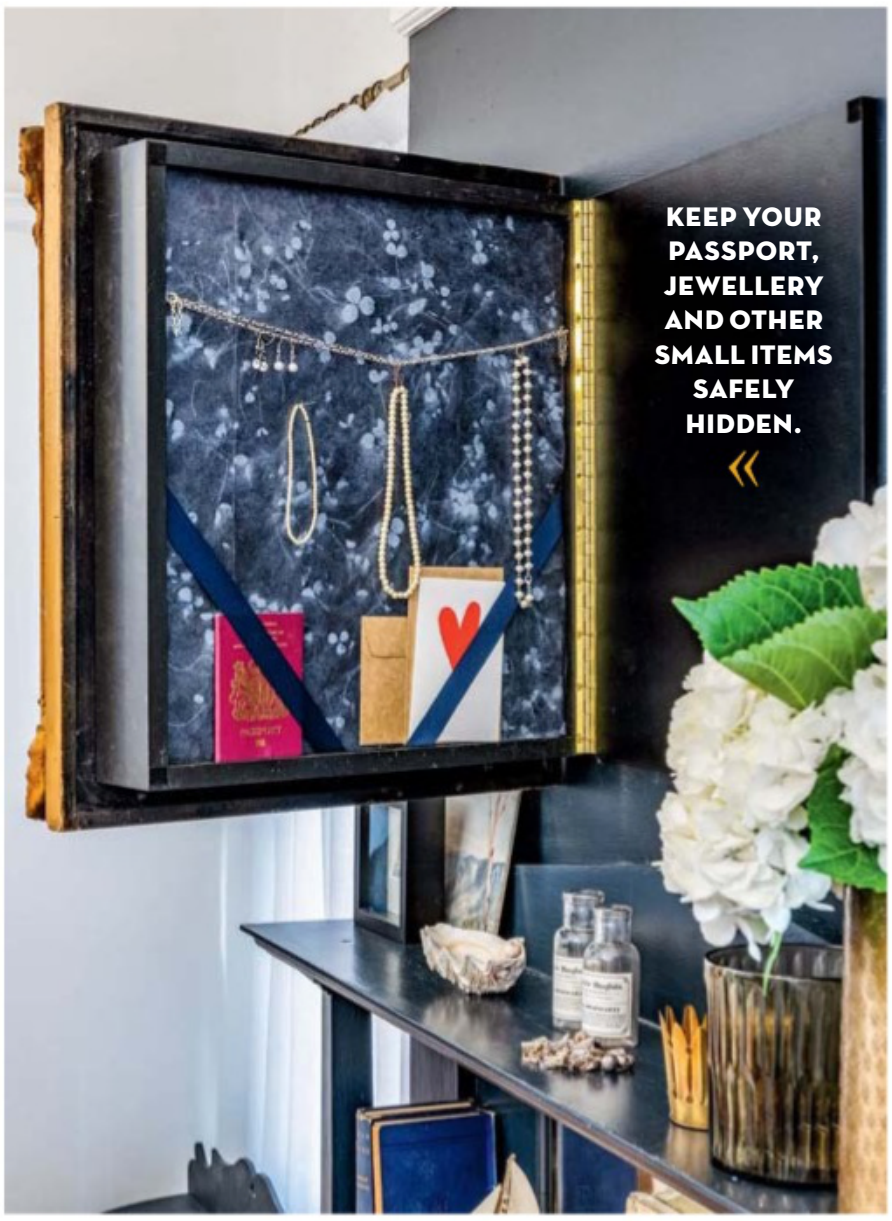
**STEP 3** Run a bead of glue around the join between the MDF backing and the box and wipe off excess with a damp rag. Leave for 2 hours to dry, then turn over and repeat on the other side of the MDF.

**STEP 4** Fill nail holes with wood putty, let dry and sand smooth. Undercoat entire box, then apply 2 coats of black paint.

**STEP 5** Spray the inside of the box with gold paint to connect the inside of the box with the frame.

**STEP 6** Sit the frame on top of the box and mark the bottom of the opening in the frame on the side of the box. This will be the position of the bottom shelf so your things will sit level with the bottom of the opening. Mark the position of the remaining shelves on the side of the box.

**STEP 7** Make a template out of a scrap timber block




> Design and build your own wall cabinet with a twist – a secret compartment!

to drill the holes for the shelf supports in the side of the box. This will make sure that they will be in the same position on both sides. Place template on side of box and drill holes. Use tape around your drill bit as a depth gauge.

**STEP 8** Put strips of heavy-duty double-sided tape on the back of the mirror. Peel the backing off the tape, then put the mirror inside the box and press in place.

**STEP 9** Cut foam core sheet to fit inside of box. Coat with spray adhesive and cover with decorative tissue paper.

**STEP 10** Cut 2 lengths of ribbon to wrap around the corners of the covered foam core sheet and continue around the back. Put a piece of double-sided tape at both ends of the ribbon and stick to the sheet.

**STEP 11** Put strips of double-sided tape on the back of the sheet and stick to the back of the box.

**STEP 12** Screw small cup hooks to each side of the box at the back. String gold chain between the cup hooks.

**STEP 13** Attach the box to the frame using small angle brackets and button head screws. Paint them black to disguise them.

**STEP 14** Cut 12mm MDF to suit the outside dimensions of the box. Undercoat and paint black. Use a hacksaw to cut piano hinge to length and screw to the MDF using supplied screws. Attach other leaf of hinge to edge of box.

**STEP 15** Attach unit to wall by fixing through 12mm MDF. If screwing to a plasterboard wall, make sure you get some fixings going into a timber wall stud behind the plasterboard. Insert shelf supports into holes and sit shelves on them. ■

FOR PROJECT SUPPLIES, SEE OUR STOCKISTS PAGE

Photography Chris L. Jones; styling Vanessa Tidy; projects Karenza Jewell

# LIVE YOUR LIFE

## LIFE'S TOO SHORT TO PUT UP WITH HEARTBURN AND ACID REFLUX. TAKE CONTROL AND ENJOY LIFE'S PLEASURES

### IS HEARTBURN HOLDING YOU BACK?

Have you ever had to leave a dinner with friends early because of discomfort from acid reflux? Or does the thought of a festive feast fill you with dread because of the ensuing heartburn? You're certainly not alone, but heartburn can feel isolating, as sufferers often find themselves missing out on social occasions or suffering in silence with the burning pain or discomfort that goes along with it.

### WHAT CAN CAUSE HEARTBURN?

*Big or heavy meals*
*Spicy or fatty foods*
*Coffee and cola drinks*
*Citrus fruits*
*Alcohol*
*Chocolate*
*Cigarettes*

### TIPS TO MINIMISE AND MANAGE

*Eat smaller portions*
*Avoid known triggers*
*Wait three hours before lying down after eating*
*Avoid tight-fitting clothing*
*Stop smoking*

### TAKE CONTROL

Don't let heartburn take the fun out of life. While you can't always predict what will set off an episode of heartburn or acid reflux, it's reassuring to know you can do something about it. Take control and find relief with Zanzole 24HR, available at pharmacies.

### EFFECTIVE RELIEF OVER 24 HOURS

Zanzole 24HR is an over the counter tablet that gives lasting relief from frequent heartburn and acid reflux. Compared to antacids that offer just 30 minutes' relief*, Zanzole 24HR provides long-lasting heartburn relief when taken as directed. It inhibits the production of acid at the source, to provide continuous relief for up to 24 hours.

*Fennerty, M et al. Short and long-term management of heartburn and other acid-related disorders: Development of an algorithm for primary care providers. J Fam Pract 2009 Jul;58(7 Suppl Short):S1-S12.

**ZANZOLE** 24HR, 14 PACK, RRP $14.95.
ALSO AVAILABLE IN 7 PACK, RRP $9.95.

Always read the label. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional.

Zanzole 24HR

FOR MORE INFORMATION
VISIT **ZANZOLE24HR.COM.AU**

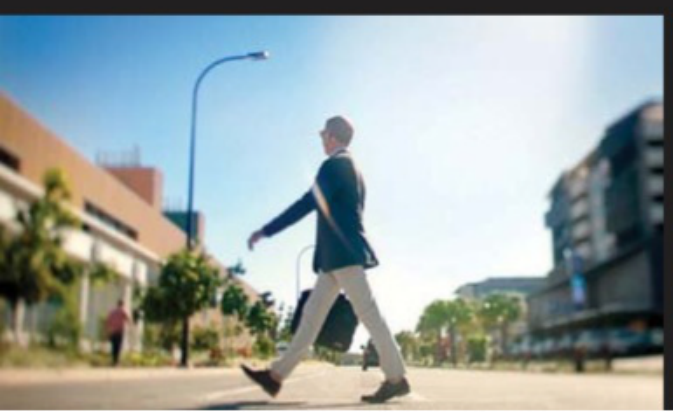
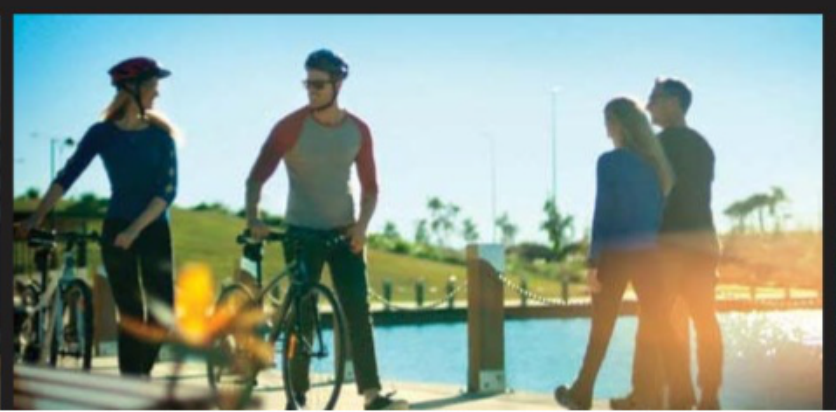
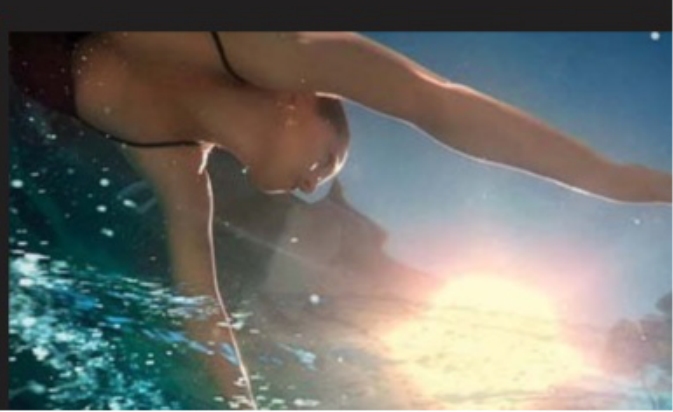
CHPAUS 30929-1219

# WHY CHOOSE THE SUNSHINE COAST?

- $20 Billion invested in major infrastructure projects
- International Airport runway
- ≈200,000 new residents in the next 20 years
- Strong economic growth exceeding State & National Averages
- High rental demand with strong yields
- Fastest Internet Broadband in Australia
- Brand new world-class University Hospital
- Nationally awarded University

"The Sunshine Coast is evolving from a much loved holiday destination to the latest economic and opportunity mecca in SEQ. With it's desirable lifestyle and breathtaking beauty, the Sunshine Coast is one of the strongest performing regions in Queensland and we're so excited to be part of it! A new Solar Farm, International Broadband Submarine cable, $81 million University expansion, $1.6 Billion highway expansion and upgrade, along with a new mass public transport network are just a few of the key infrastructure improvements! This bustling hub will provide exciting opportunities to live, work and play in one of the most lively and rapidly changing locations. We are proud and excited that Revive Oceanside is part of one of the most desirable hotspots on the Sunshine Coast".

**Simon Betteridge** (Managing Director, Gardner Vaughan Group)

# REVIVE
OCEANSIDE

2 Bright Place, Birtinya

GARDNER VAUGHAN
GROUP
Developer | Builder | Manager

## WHY CHOOSE REVIVE OCEANSIDE?

- 50m from the new University Hospital
- Short stroll to Town Centre & Shopping Centre
- Waterfront location - Lake or Mountain Views
- All in one - Developer, Builder & Manager
- Boutique - 30 apartments per building
- Move in today or customise Off-The-Plan
- Pool, Recreation & Function Areas, Sports Storage
- Walking & bike paths, direct Pontoon Access

1 from $389,000 2 from $489,000 3 from $629,000 4 from $964,000

## WHY CHOOSE GARDNER VAUGHAN GROUP?

Gardner Vaughan Group are a leading property developer, builder and building manager with over 20 years experience in South East Queensland.

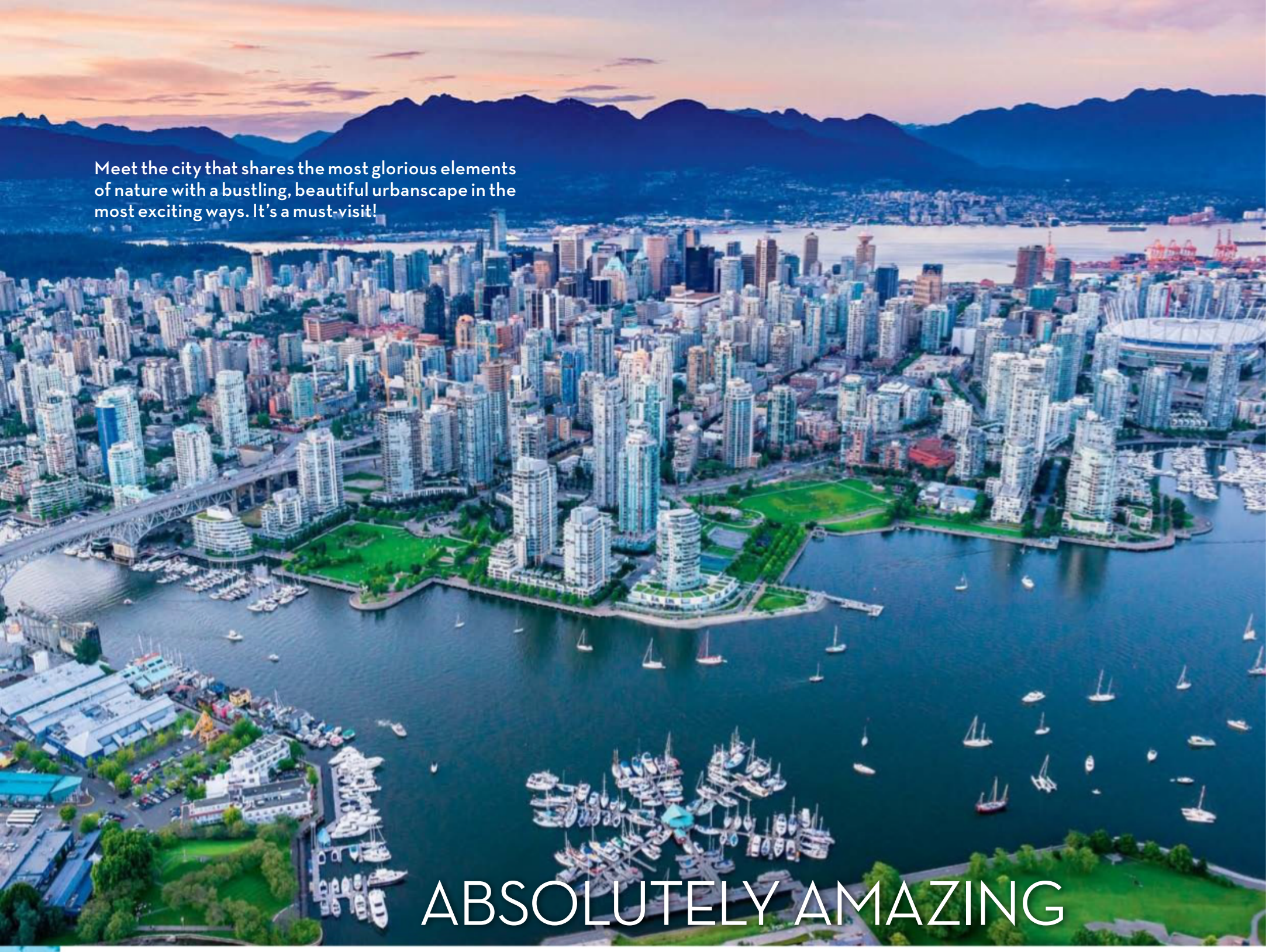
With over $20 Billion in infrastructure projects either completed, under construction or in planning, don't miss your opportunity to be part of one of Queensland's capital growth hotspots! Whether you're looking to downsize or invest, Revive offers something for everyone. Contact our trusted Sunshine Coast agents today for more information!

Better Homes and Gardens. REAL ESTATE

**Danelle Wiseman - 0427 154 915**

**Jonathan Pattinson - 0455 591 498**

reviveoceanside.com.au



Meet the city that shares the most glorious elements of nature with a bustling, beautiful urbanscape in the most exciting ways. It's a must-visit!

ABSOLUTELY AMAZING

# VANCOUVER

If you haven't been to British Columbia, you have a dream trip ahead!

When we travel we plan every trip to surprise, delight and excite us – everywhere we visit and with everything we do. And that says it all for British Columbia. It delivers that and more in spades. If you haven't been, make it a must. Or, is it time you went again anyway?

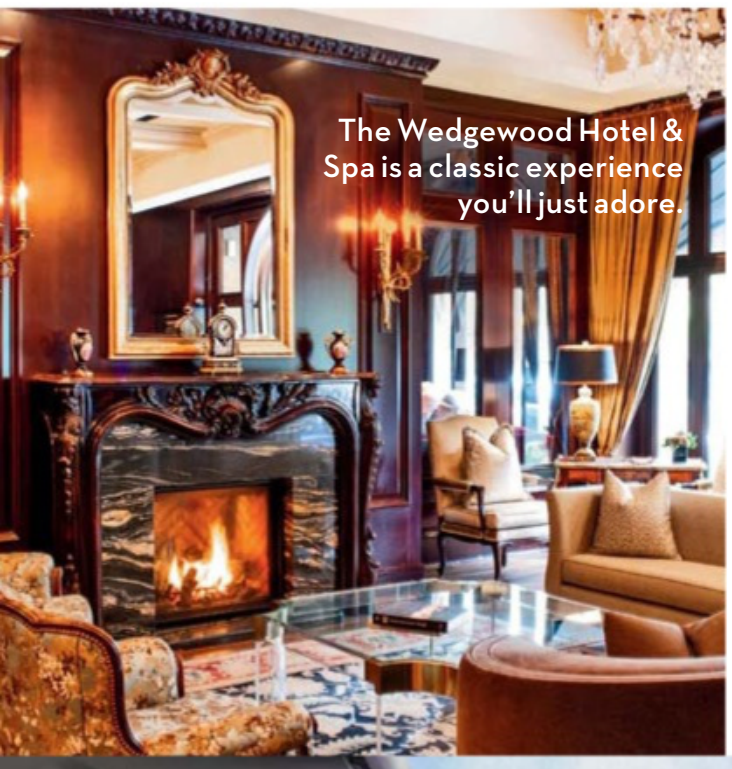
## FIRST STOP, VANCOUVER

What a city! And it's easy to get there. Fly, cruise or drive, it shares its exquisite scenery with the ocean, mountains and rainforest – all part of its busy city life. Stay a good few days because nature gives you the best time, along with a fast urban pace. There is much to love in Vancouver.

## NOW, 5 OF THE MUSTS

1 **Downtown Vancouver.** Robson Street is a must-stroll. Famous for great shopping, it tantalises too, as amazing eating places beckon at every step. Begin at the east end's spectacular BC Place Stadium and walk west to the city's magnificent 400-hectare Stanley Park, where you can ride, walk, swim, eat or just enjoy. Gastown, Vancouver's historic neighbourhood – trendy, arty and stylish, with the city's most exquisite old buildings – is perfect for walking, before ending the day at a schmick cocktail bar. Chinatown, Yaletown and Coal Harbour round out the city's beating heart.
Visit **tourismvancouver.com.**

2 **The Wedgewood Hotel & Spa Vancouver** is the must-stay in the city centre, just around the corner from Robson St and 10 minutes' walk from Canada Place and the harbour. The decor is traditional, cosy and classic, but coupled with



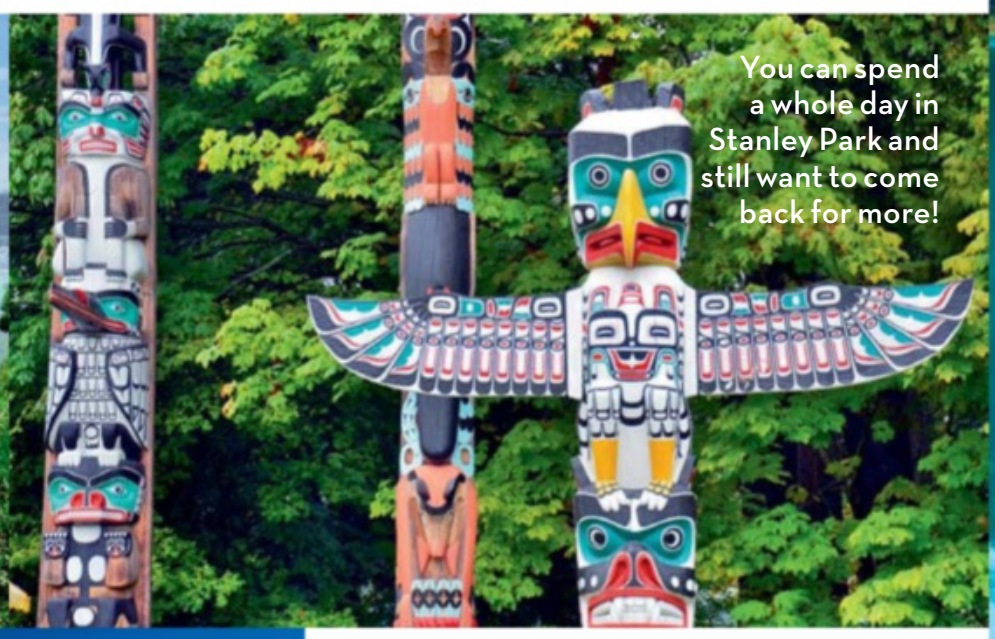
The Wedgewood Hotel & Spa is a classic experience you'll just adore.

all modern amenities. The rooms are charming, calm and elegant. The specialty spa is there to indulge you. But the Bacchus Restaurant, with comfortable club-like decor, is where you just want to sit, wine and dine. Or even enjoy afternoon tea. Whether it's for one night or more, you'll want to throw yourself into one of the huge armchairs and just stay and stay. Visit **wedgewoodhotel.com.**

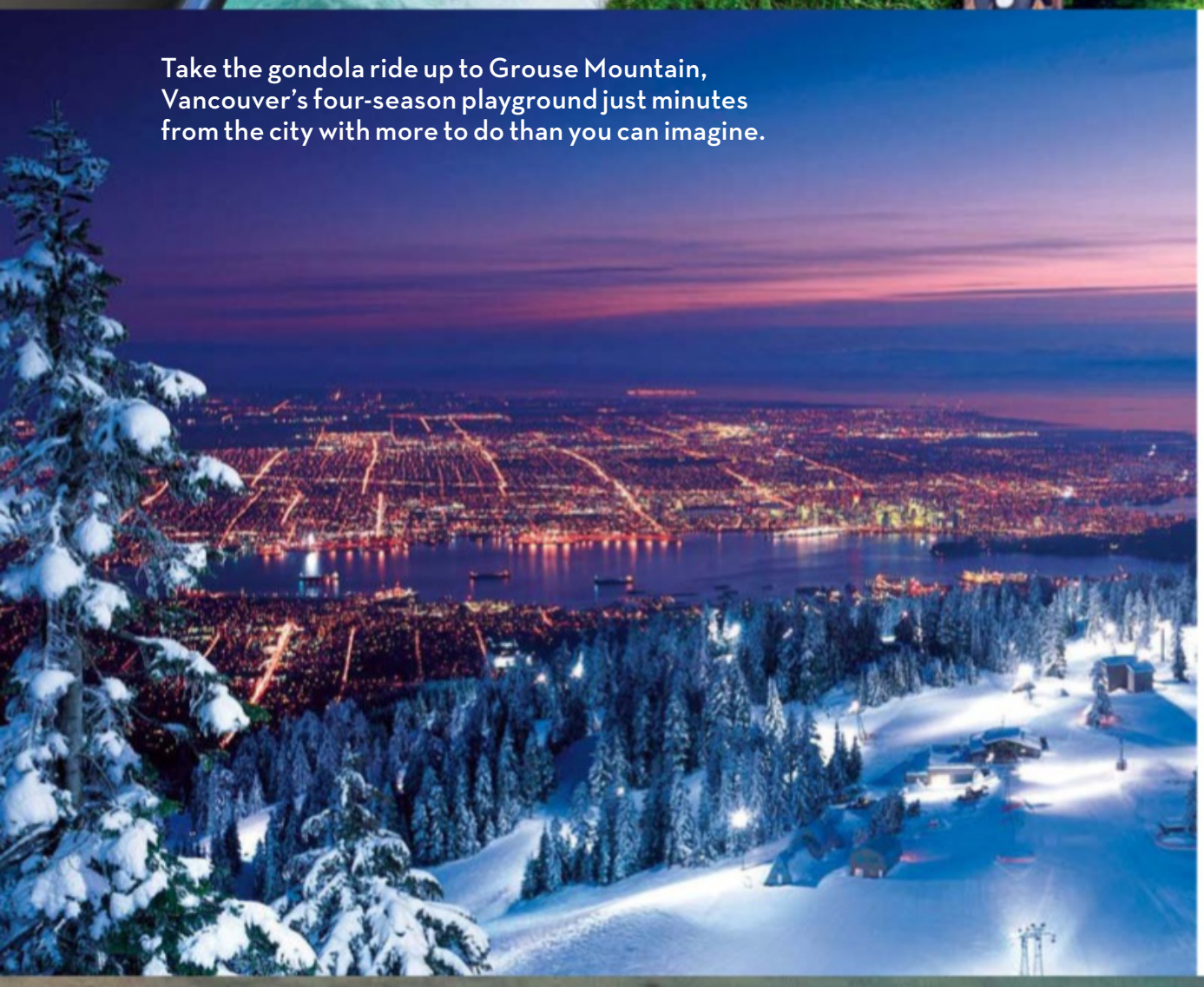
3 **FlyOver Canada,** located in Canada Place, is a virtual flight experience where you'll see, smell and feel your journey over mountains, across rivers, through wilderness, into valleys and above exciting cities as you travel 6000km from coast to coast. It's a must-fly. Don't miss this one! Visit **flyovercanada.com.**

4 **Granville Island Public Market** is a fave place for foodies and locals. In fact it's the second most-visited place in Canada after Niagara Falls. A must-do is the two-hour guided Foodie Tour. Think award-winning charcuterie, local cheeses and wines, delicious doughnuts, artisan breads and more. Bustling and delicious! Visit **foodietours.ca.**

Fly over Canada and soar in your seat across some of the country's most beautiful scenery. It's breathtaking.



You can spend a whole day in Stanley Park and still want to come back for more!



Take the gondola ride up to Grouse Mountain, Vancouver's four-season playground just minutes from the city with more to do than you can imagine.

5 **Grouse Mountain** is Vancouver's year-round playground. Just across the harbour, the eight-minute thrilling Skyride to the peak is a must-take to amazing activities. In summer, meet grizzlies in the wildlife park, go hiking, trekking, ziplining, chairlift riding and paragliding in gorgeous alpine country. Or go to a show then dine with a huge view across the city. In winter, go skiing, ice skating, snowboarding, and sleigh riding. Then warm up in the restaurant with mulled wine before heading back to town. Visit **grousemountain.com.**

## FOR MORE INFO

Check out Air Canada for direct flights, visit **aircanada.com** and Relais & Château for hotels, visit **relaischateaux.com**.

## THE WILD AND WONDERFUL WICKANINNISH INN

Up north on superb Vancouver Island, near the coastal fishing and surfing village of Tofino, lies this unique resort. Perched between ancient rainforest and the edge of the sea, The Wick's location is spellbinding, the architecture grown out of its surrounds and with an atmosphere that immediately frees you from busy urban life, it draws you right into the calm of its wilderness. Heaven!

Inside, gentle carvings and artwork of fauna, flora, native emblems and furnishings flank vistas out to the rugged coastline, making it a tough battle as to whether to swim, walk or ride immediately. Or you simply enjoy your suite, styled like a luxury country cabin with fireplace and armchairs, and views out to the indigenous beauty and uniqueness of the west coast.

The inn's reason for being is to showcase the incredible surrounds of the Pacific Rim while enjoying unique hospitality. The Pointe Restaurant, open for breakfast, lunch and dinner, features west-coast cuisine and wines while experiencing a 240-degree view of the pounding ocean. Nearly circular, with decor emulating the environment, it's amazing! Nearby, Driftwood Cafe provides pastries and teas for daytime relaxing – and you can't get too much of that vista!

Add to that, the Ancient Cedars Spa there encourages relaxation and rejuvenation to pamper yourself as often as you want. What's not to love?

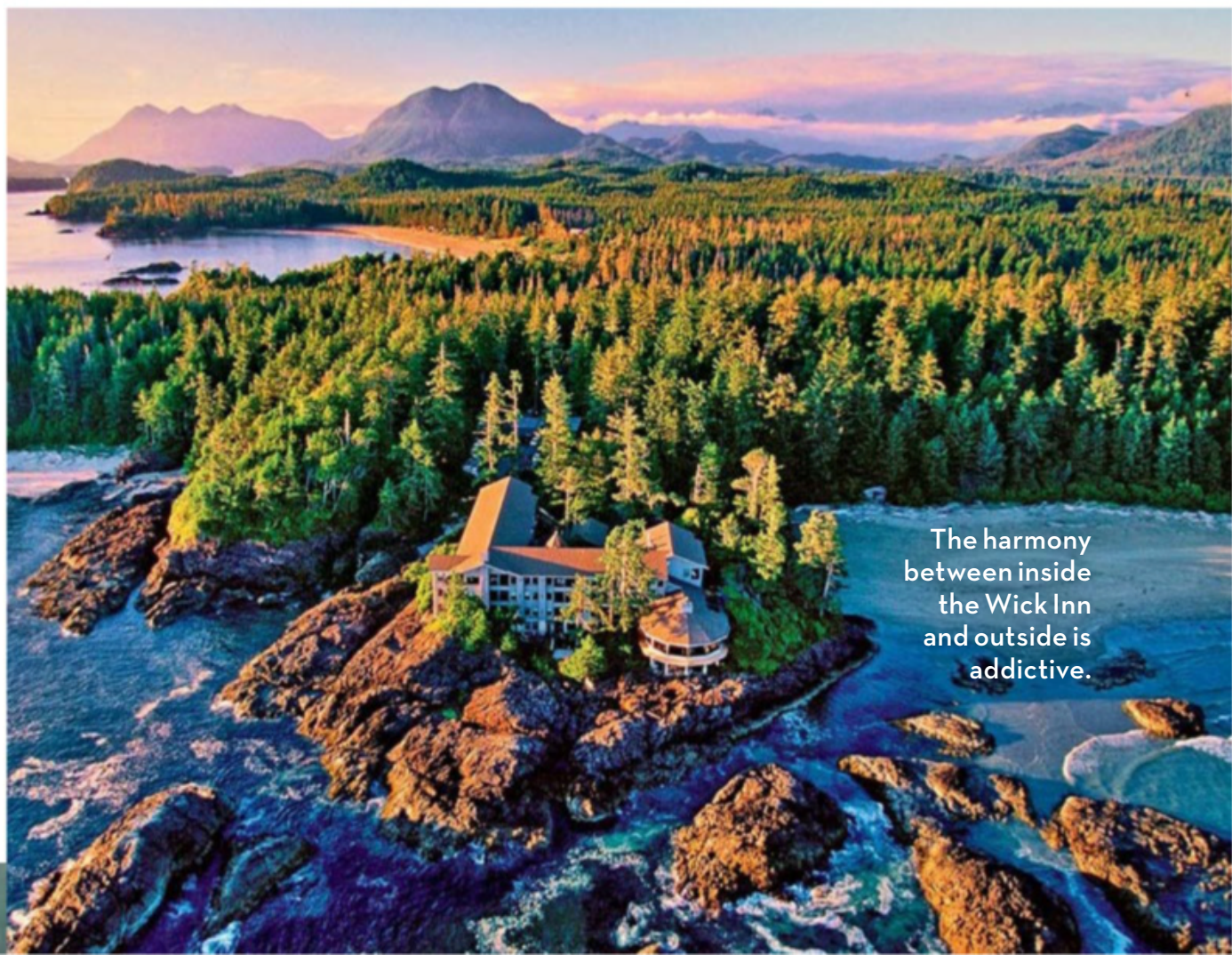
Take your pick of activities such as walking, bike riding, beachcombing, swimming, surfing, fishing, kayaking, whale watching, scenic flights, bird watching, paddle boarding, and a trip to Tofino with its restaurants, galleries and beautiful botanic gardens. Or, best of all, take a walk through the forests, feel the strength of the surrounds, the longevity of the growth, the intensity of the trees, the gentleness of the ferns, fungi, flowers... and find a new love affair with nature.

Visit **wickinn.com.**

Walk the coast and the forests and feel deep peace overtake you.

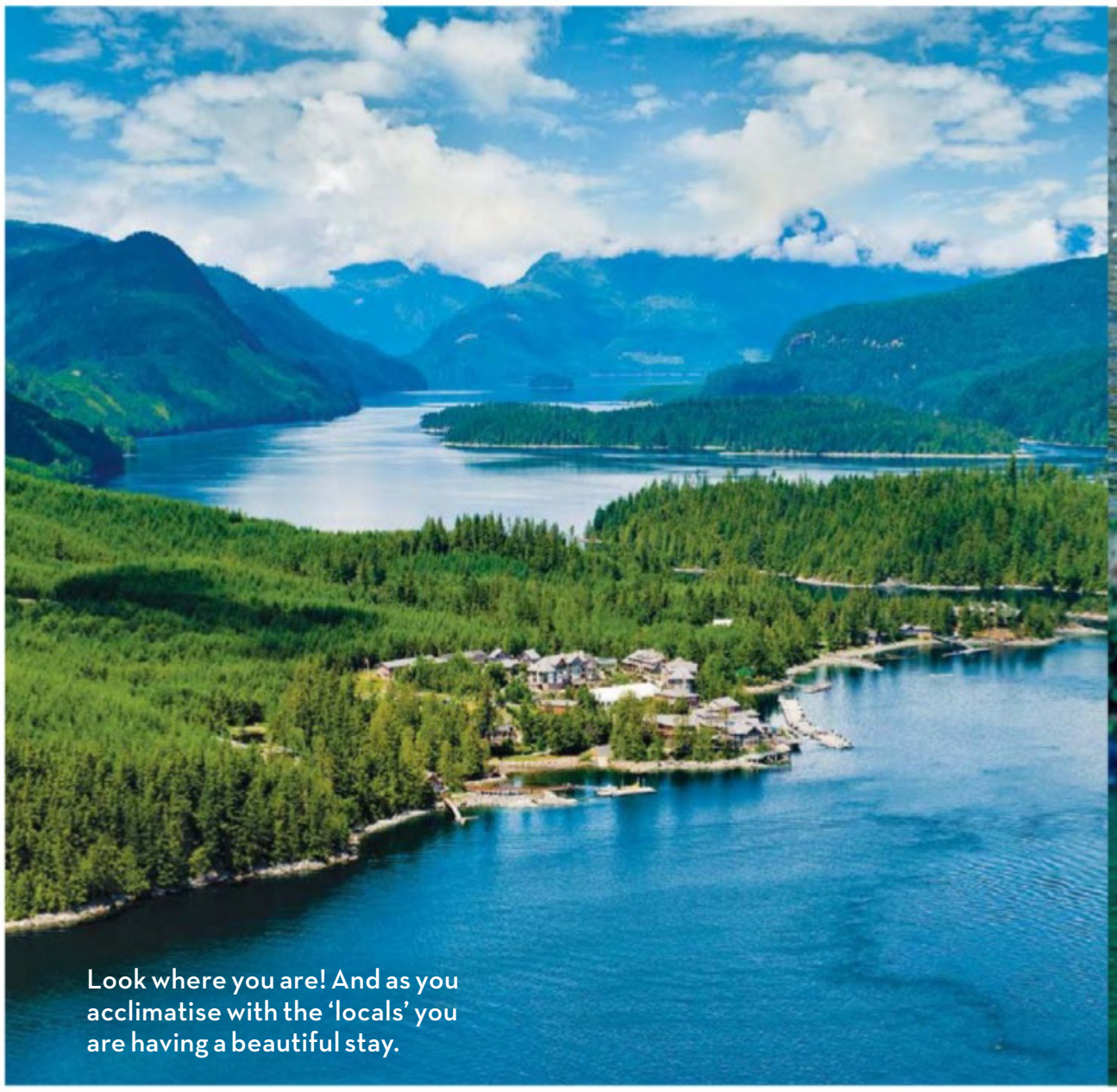
The Spa takes its inspiration from the natural surroundings, layering your bliss.

Inside the lobby is as true to nature as outside. You just don't want to leave.



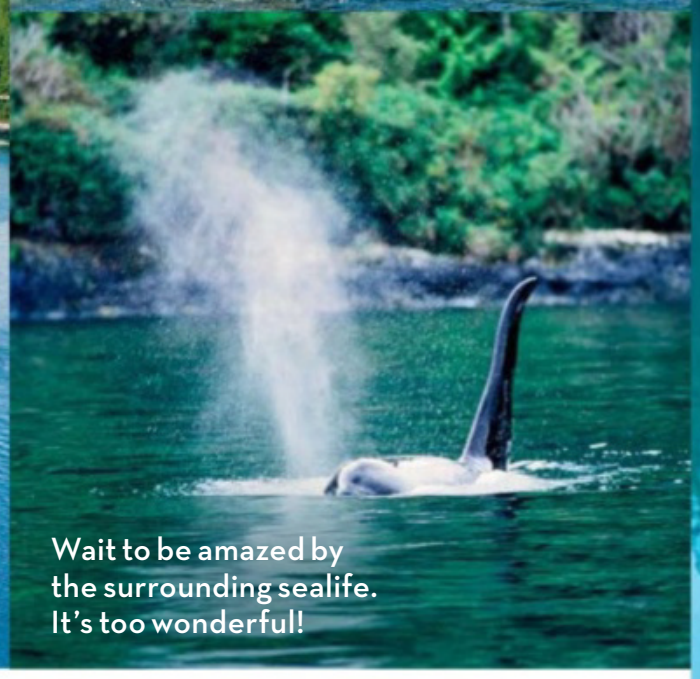
The harmony between inside the Wick Inn and outside is addictive.

> You are miles and miles away from anywhere, sharing pure luxury with wildlife and life in the wild – thrilling!



Look where you are! And as you acclimatise with the 'locals' you are having a beautiful stay.

You need to stay whisper-quiet as you watch the grizzlies in their natural habitat.



Wait to be amazed by the surrounding sealife. It's too wonderful!

## THE SPLENDID SECLUSION OF SONORA RESORT

When the only way you can arrive at a destination is by helicopter, seaplane or boat, you know you are right out there. And as you ride sky high over the amazing rainforests of British Columbia, you sight the most beautiful location, tucked in amidst rich, pristine country. And with bated breath and great excitement, you can't wait to explore. You have arrived at Sonora Resort.

You'll find yourself experiencing an exhilarating mix of luxury, extreme spa indulgence, garden splendour and fine wining and dining – just you wait for superb west-coast cuisine.

But spellbindingly, you are there with the wildest of wildlife. Just across the waters and around coastal corners, magnificent eagles perch, alert and regal, one eye on the resort and the other on their personal lives. Seals wrestle for space on nearby rocks. And super-strong currents create profoundly deep eddies as you cruise past all on your adventure boat. And, as if all that is not enough, activities abound at the resort. Fishing, kayaking, paddling, biking, hiking, swimming, eco-adventure touring and more are all at your fingertips. But really, travelling deep into the forests and getting up close to grizzlies vies for top position with heading out to whale watch and viewing other extraordinary sealife.

Each day is breathtaking, memorable and unforgettable. Add to this your room, decorated in cedar and stone, bringing the outdoors in, but cosy, comfortable and mindful of wrapping you in its charm. Imagine too, the scene from your window – panoramic!

If you want to go somewhere like no other, dream of Sonora. But in reality absolutely go – whatever the season. You will come home a different person. Visit **sonoraresort.com.** ■

### FOR MORE INFO

Check out Destination British Columbia for amazing destinations and experiences. Visit **hellobc.com.**

Photography Getty Image; words Julia Zaetta

Head to the ultimate foodie and relaxation destination for your well-deserved break

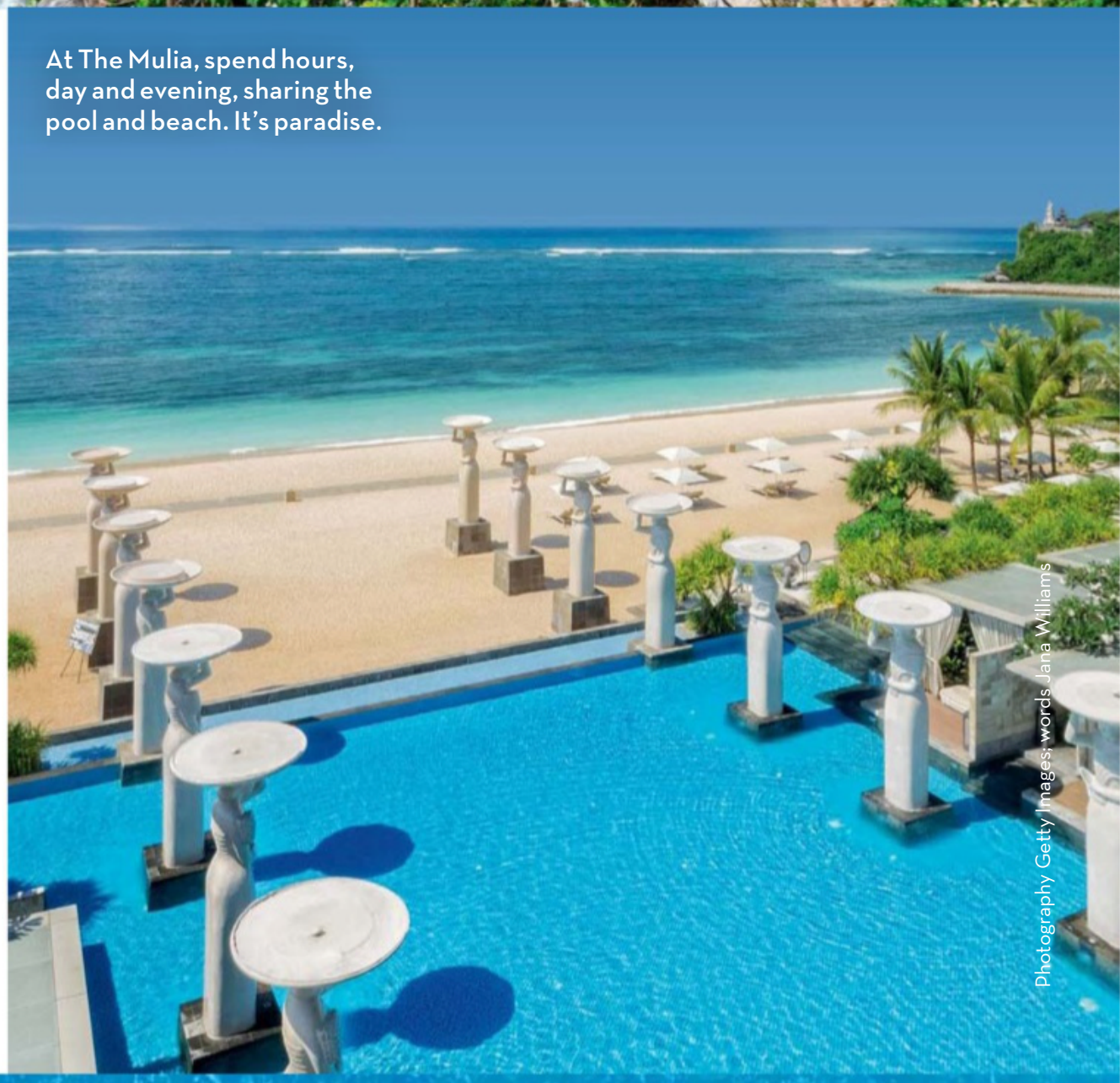
# BALI BLISS

Nusa Dua means two islands, but there is a richness of surrounding islands with beaches – here, exotic Diamond Beach – to explore as well.

In need of some serious relaxation where the only decision you'll likely have to make is which of six pools to spend time beside? Or maybe the stretch of white sandy beach that most appeals? Whichever way you go, a stay at The Mulia in Nusa Dua, Bali, is bound to recharge and rejuvenate you. Want more? Add in an extraordinary personal butler service that includes whisking you off in a golf buggy poolside, beachside or to your private cabana – or whatever you request – and so much more besides. While the 30-hectare resort, flanked by lush foliage, is large and lovely, you'll want to go out and explore the nearby area's mix of upscale resort-style boutiques, temples, cultural experiences and art galleries. The Mulia will organise this for you, too. Very quickly, you will know your stay here is simply paradise.

## WINE AND DINE – YES PLEASE

You really could stay at The Mulia for weeks and still be eating your way



At The Mulia, spend hours, day and evening, sharing the pool and beach. It's paradise.

Photography Getty Images; words Jana Williams

## TOP 3 BALI MUST-DOS

**HEAD TO PIRATE'S BAY**
On Nusa Dua peninsula is a pirate-themed open-air cafe and restaurant in a replica pirate ship made from a salvaged boat. Very special for a sunset drink. **thepiratesbaybali.com**

**SEE MUSEUM PASIFIKA**
With 600 artworks on display from across the Asia Pacific, allow half a day to explore this museum and see works by artists such as Matisse and Gauguin. **museum-pasifika.com**

**SHOP TOKO CENTRAL**
Head to Jalan Raya Kuta and you'll find chic homewares and boutiques. And, from Central Beads there, you can find chic accents to add to your cushions, rugs and more. **centralbeads.com**

The local coastline is rugged and romantic – amazing for walking and hiking.

Take a trip to nearby temples to immerse yourself in the real spirit of Nusa Dua.

through the vast array of delicious foods at the many restaurants and bars. A highlight is the seven-course La La Lune beach dining experience under the light of the moon, which pays homage to Bali's cultural heritage through a culinary presentation. Then there's Sunday brunch at Soleil – voted the world's most luxurious, so don't miss it. Take your time, feasting on cheeses from around the world, fresh oysters, king prawns, a full carvery, pasta and vegetarian delights plus Balinese cuisine. Leave room for dessert, too – there's a huge chocolate fountain to visit and revisit. Oh, and the drinks are bottomless!

### AND PAMPERING, OF COURSE

Indulgence is serious business at The Mulia. The spa offers a combination of relaxation, cleansing and balancing treatments in the sanctuary of its wellness suites. Professional therapists deliver signature treatments to savour, from a relaxing massage to a blend of sculpting scrub and Ayurveda to help restore equilibrium. Serious spa lovers might want to book in for a 3- or 5-day Detox Package, or you can simply opt for an incredible 60-minute Balinese massage to relieve tension and improve blood flow. There's also yoga classes, before taking a seat on a sun lounge beside your pool of choice again.

Dreamy? You bet! So give yourself a well-deserved treat and enjoy! Visit **themulia.com**

**TOP TRAVEL TIP**

## FOR MORE INFO

Wander outside the resort and consider a camel ride along the beach, play golf, go parasailing, dive off the coast, try banana boat riding or take a day tour. Your hotel can organise these activities for you.

# COME AND PLAY ON THE GOLD COAST

THE GOLD STANDARD IN TRAVEL

IN ASSOCIATION WITH DESTINATION GOLD COAST

Think global cuisine, cool markets, a beautiful hinterland and incredible hotels – that's the GC that awaits you

## EXPLORE THE HINTERLAND

The Gold Coast is home to a remarkable natural landscape, from beautiful golden sandy beaches to glorious World Heritage Gondwana Rainforests. Begin the day with a scenic balloon ride across the area and then, back on the ground, head to Tamborine Mountain, the 'Green behind the Gold'. Here, you'll find easily accessible nature trails, the Tamborine Rainforest Skywalk and the Tamborine Mountain Botanic Gardens loaded with exotic and native flora. After your walk, discover the great wineries in the area.

## FEAST ON LOCAL PRODUCE

Fresh and flavoursome tastes abound, from local markets through to upmarket restaurants. You'll find an abundance of regionally grown produce and you can handpick fresh seafood sold straight off the trawlers at Gold Coast Fishermen's Co-Op. Then, for tastes from around the world, Miami Marketta is lauded for its exceptional street foods. So fabulous! And, don't miss the five-course tasting menu at Little Truffle at Mermaid Beach. It's said Hugh Jackman enjoys dining here! Or, buy a brew from Balter Brewing Company in Currumbin, brainchild of pro-surfer legend Mick Fanning and mates.

## WHERE TO STAY

There are incredible accommodation choices. Newer options include luxury suites at The Darling, part of the new look at The Star Gold Coast. Refurbished The Star Grand is also on site. Check out these and other gems, like ultra-modern Iconic Kirra and, in the hinterland, Songbirds. ■

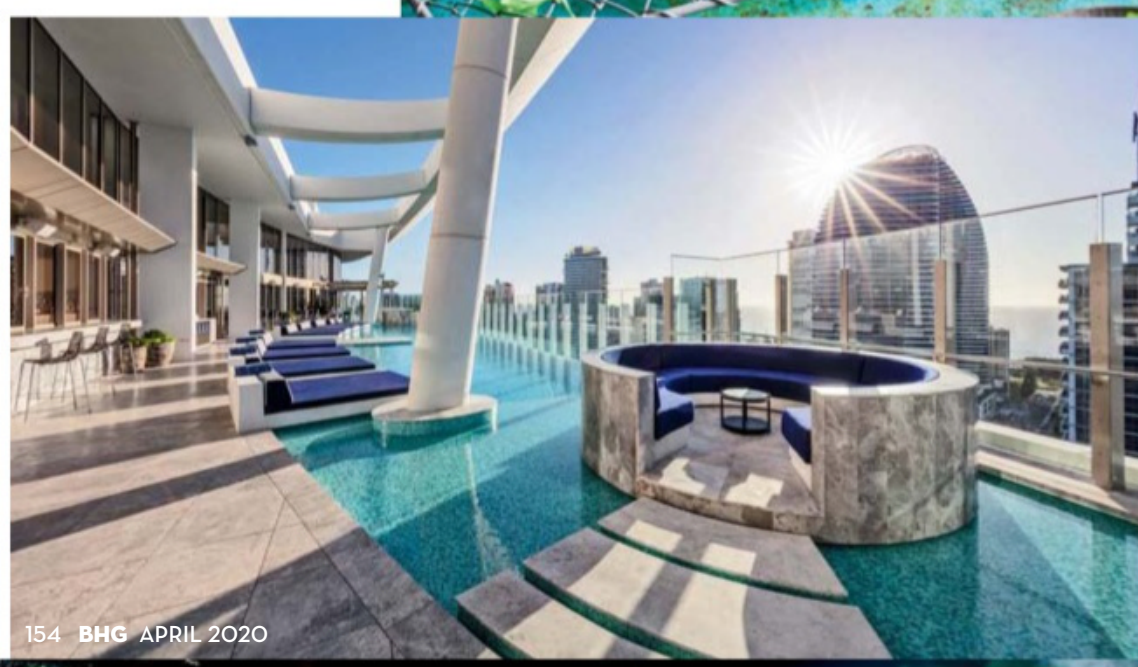
### FOR MORE INFO

**destinationgoldcoast.com**
star.com.au/goldcoast
iconickirra.com.au
songbirds.com.au

▲ The hinterland is rich with breathtaking falls and colourful birdlife.

▶ At Miami Marketta, try Japanese, vegetarian, Greek, Mexican and more.

▼ Loll in the infinity pool 67 metres above ground at The Star Gold Coast.



Photography Getty Images; words Andrea Black

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## Jamie Durie

Jamie Durie is an award winning international designer, an author of 12 books, an internationally recognised TV presenter with over 2 decades of design experience, and a lifetime of environmental empathy.

## Graham Ross

Perhaps Australia's best known gardener, Graham's career as a horticulturalist, radio broadcaster, television gardening presenter and author has spanned more than 50 years.

## Indira Naidoo

One of Australia's most popular broadcasters and authors, Indira has written two books on gardening: "The Edible Balcony" and "The Edible City".

cunard.com/gardening

## To book visit cunard.com, call 1300 363 258 or contact your travel agent

*Fares are cruise only, per person, in AUD, in complete twin accommodation, based on lead category staterooms as specified available at time of publication, inclusive of all discounts, taxes, fees, and port expenses (which are subject to change). Supplements apply for other stateroom categories. Cunard has set aside a reasonable number of staterooms which are available at these fares. Once this allocation is exhausted, fares may revert to a higher fare, but may also be discounted. Some Oceanview and Balcony staterooms have an obstructed view. Valid for new bookings and not combinable with any other offer. All offers are subject to availability. ~Reduced Fares savings are based on Cunard fares launched into the market September 2018, March 2019 and December 2019. #Book an Inside, Outside or Balcony cabin and pay $300 per person deposit when you book, or book a Princess or Queens Grill Suite and pay $600 per person deposit when you book; and pay the remainder of the standard deposit amount on final payment of the booking 120 days prior to departure. Deposits on this offer are non-refundable. Please enquire about our Cunard Fares if this restriction does not suit you. >Complimentary Gratuities offer is based on pre-payment by Cunard of suggested gratuities in the amount of USD13.50 per person per day when booking Grill Suites, and USD11.50 per person per day when booking Britannia staterooms. Inclusive Gratuities offer is not available for third/fourth berth guests. ^On board spending money is in USD, per person, applies to the first two guests in a stateroom, is non-transferable, and cannot be redeemed for cash or be used at the medical centre or casino. Amounts vary by sailing and stateroom. Offer ends 31 March 2020, but may end earlier if sold out. Offer is not transferable, not redeemable for cash and may not be combinable with other select offers or other onboard credits. To be read in conjunction with the Terms and Conditions contained in the latest Cunard brochures which passengers will be bound by. A 1.1% surcharge for Visa and Mastercard and a 2.3% surcharge for AMEX applies to direct bookings made through our call centre and website. There is no charge for debit card payments. Whilst all information is correct at the time of publication, offers are subject to change. Travel agents may charge additional fees - check with your travel agent. Please check with Cunard at the time of booking. Carnival plc trading as Cunard ABN 23 107 998 443.

# better travel

[ CHECK OUT THE LATEST TRAVEL NEWS AND TURN DREAMS INTO AMAZING TRIPS ]

## *Aranui adds new tours*

TO FRENCH POLYNESIA

Tahitian cargo cruise line Aranui Cruises has added three itineraries to its 2021 program, taking guests to 11 new island destinations, including the cruise line's maiden voyage to the Cook Islands, an expanded Pitcairn itinerary and the first dedicated Society Islands cruise. The bumper 2021 program features 21 scheduled cruises around the South Pacific on *Aranui 5*, a 125 metre mixed freight and passenger vessel, which offers one

of the few remaining cargo cruise experiences in the world. Visit **aranuicruises.com.au**.

### MAKE TRAVEL MATTER

Sustainability is key to making travel matter and protecting our planet. If everyone made a few key changes, such as reducing the consumption of single-use plastic and making a conscious effort to pick up even just three pieces of rubbish when at a beach or park, this could cause a ripple effect that can change behaviour, raise awareness and improve our environment. For further information, contact **treadright.org.**

## SINGAPORE ICON BY THE BAY

Gardens by the Bay – the "Most Instagrammed Garden Around the World" – showcases the best of horticulture in its spectacular cooled conservatories. Flower Dome, featuring nine different gardens from five continents, and Cloud Forest, which lets you explore the exotic plants of the tropical montane region. **gardensbythebay.com.sg.**

**For more great travel ideas, turn to our classified pages**

Words Joseph Kenworthy

†You must be a Qantas Frequent Flyer member to earn Qantas Points. A joining fee may apply. If you are not a Qantas Frequent Flyer member, you can join at qantas.com/join. Membership and Qantas Points are subject to the Qantas Frequent Flyer Terms and Conditions, available at qantas.com/terms. Applicable to all Qantas Frequent Flyer members who book with an Australian or New Zealand-based travel advisor or Crystal's reservation office in Australia. For complete terms and conditions & privacy policy, visit crystalcruises.com/legal. ©Crystal Cruises, LLC.

SEASON TWO HAS LANDED!

# TASTEBUD TRAVELLER

Better Homes and Gardens.

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## FIVE-STAR REVIEWS

★★★★★
WANDERLUST
It's like foodie wanderlust in audio form! I can't wait to see where we go next!

★★★★★
DELICIOUS
Nice concept, great hosts! This is a nice change from the stuff I normally listen to.

★★★★★
LOVE IT!
Fun episodes, lots of knowledge gained. Big fan of Lamberto!

## *MEET THE HOSTS*

**JULIA ZAETTA**
***BHG* editor-in-chief**

**BEN ALCOCK**
**Travel blogger**

BROUGHT TO YOU BY collette
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# better finance

[ APPS TO MANAGE YOUR MONEY AND WHERE TO FIND THE BEST DEALS ]

## LIFE SAVERS

Discounts can be found in the most unlikely of places...

### LOOK FOR DEALS

- Telco providers such as Optus and Telstra offer customers in-app rewards like discounted movie tickets and pre-sale access to some of the biggest events in Australia. Download your telco provider's app to investigate.
- Online travel resources such as Skyscanner, Webjet and TripAdvisor source the cheapest flights and accommodation options, taking you directly to the provider's website to book.

### MEMBERSHIP BENEFITS

- Fight the rising cost of living and join One Big Switch online (it's free!) and be added to the mailing list for group-discounted offers on energy, insurance and other household bills. The FiftyUp Club also provides special deals for the over-50 set in Australia on energy and insurance.
- Sign up for a National Seniors Card and you can enjoy savings on everything from meals to utility bills, hotels, tours...

### ECO-FRIENDLY FINANCE

Planning to buy or build a home? Bank Australia has partnered with Clean Energy Finance Corporation to launch Bank Australia Clean Energy Home Loan. Eligible borrowers will get a 0.4% discount on home loan interest rates for up to five years on mortgages below $1.5 million. To qualify, buy or build a home with a minimum of 7-stars under the Nationwide House Energy Rating Scheme. Rates as low as 2.44% are available.

*ENJOY THE GOOD LIFE*

## THE GOAL ISN'T MORE MONEY, THE GOAL IS LIVING LIFE ON YOUR OWN TERMS

## 3 GREAT MONEY-SAVING APPS

### RAIZ INVEST

Formerly known as Acorns, Raiz redirects loose change from your EFTPOS purchases (rounding the purchase up to the nearest $1, $5, etc) into an investment portfolio managed via the app on your phone. It's a quick and easy way to save money and dip your toe into the world of investing.

### SHOPBACK

Perfect for those who shop online, this app provides you with daily discount codes and cashback deals – delivered to your bank account within 48 hours – for more than 500 stores, such as Woolworths, eBay, Uber Eats and more.

### SIPORA

This money-saving app connects to your bank account and uses round-ups to turn the change from your EFTPOS purchases into savings, which are held in a Sipora savings account. You can then use the money to purchase products from the 300 linked retailers with exclusive Sipora discounts, or withdraw the money at any time. ■

This financial advice is general in nature and does not take into consideration your personal circumstances.

Photography Getty Images; words Laura Barry

OUR NEW PODCAST FOR ALL THINGS PROPERTY

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*MEET YOUR HOSTS*

**DORA PAPAS**
**BHG editor**

**GREG FAHEY**
**DIY editor**

# better tech

[ GADGETS TO MAKE YOUR HOME AND LIFE SAFER AND SMARTER ]

## SAVE MONEY

Is your child at the age when they are getting their first mobile phone? Or perhaps they are after an upgrade. Do your bank account a favour and check out the 'good as nu' quality pre-owned iPhones or Samsung Galaxy phones and month-to-month plans packed with data, calls and texts from Nu Mobile. And, they also offer a swap and return policy for a purchased phone if it is damaged, the most you would need to pay back is 40 per cent. Find out more at numobile.com.au. ■

## PEACE OF MIND

How to keep your home and your kids safe and sound

You can make the most of modern technology to keep your loved ones safe and your valuables secure. Check on parcel deliveries or see who's at the door when you're not home, and get a lock on your kids' location and talk to them without an internet connection at any time. Now that's living smart!

### IN TOUCH

Are your kids after more independence but you worry about letting them walk home from school? The Sofihub Secure is a small, mobile personal alert device. Your kids touch a button and an alert and GPS location is sent via text message. It also has an in-built speaker for voice contact.

### ON CAMERA

You don't have to spend the earth on a high-tech security system that is complicated to install and operate. You can get wireless security for a super-affordable price with the Ring Stick Up Cam. Simply use the Ring app to link it to compatible devices.

**IN TOUCH**
Sofihub Secure, $249, sofihub.com.

**ON CAMERA**
Ring Stick Up Cam Battery, $199, au-en.ring.com.

> This is why I loved technology: if you used it right, it could give you power and privacy
>
> **CORY DOCTOROW, JOURNALIST AND AUTHOR**

Photography Getty Images. Prices are approximate and a guide only

## EVERYTHING YOU NEED TO CREATE

# *The Midas* TOUCH

### PAPER

**Gather your supplies**

- Jacquard Marbling Kit (includes 6 marbling colours, carrageenan, alum and gall)
- Jacquard Rich Gold alcohol ink (or other colours of choice)
- Sheets of paper
- Shallow trays/pans (large/deep enough to marble paper freely)
- Whisk or non-food use blender
- 4-litre container with lid
- Newspaper or paper towels
- Various hair picks, combs, rakes, skewers or stylus (for 'combing' patterns)

#### For you to note

Papers that work well for marbling are absorbent and contain little to no protective fillers. Rice papers, printmaking papers, blotter paper, drawing paper, charcoal paper and pastel paper work particularly well. Watercolour paper is not recommended. Experiment with different types of paper.

#### Here's how

**Preparing mordant**

A mordant must be used so that the marbled design will adhere to the fibre quickly and permanently.

**STEP 1** For paper: dissolve 2 tsp/10g of alum in 950ml warm water. Treated papers should be used within 2 days to ensure the mordant is still effective.

**STEP 2** Be sure to stir the solution well to ensure the alum has completely dissolved. Pour prepared Alum solution into a shallow tray or pan. Note: the tray you are using should be large and deep enough to submerge the paper.

**STEP 3** Submerge each sheet of paper one at a time into the alum solution. Leave in the solution for 30 minutes, then line dry. Note: if you plan to use the same tray for marbling, be sure to wash tray thoroughly, as residual alum will contaminate carrageenan solution, preventing proper adhesion of marbled design to the paper.

**Preparing the marbling base**

Carrageenan is a natural seaweed derivative used to thicken water to create the marbling base or 'size'.

**STEP 4** For base: slowly add 4 tsp/19g of carrageenan to 3.8L of warm water. Blend for about 10 minutes (or until all carrageenan is dispersed).

#### For you to note

- Carrageenan may be used immediately, but reaches optimum consistency after 12 hours.
- If hand-mixing with a whisk, make sure there are no clumps. You can also use a 4-litre lidded container and shake the mixture to blend.
- Carrageenan solution will only keep for a few days at room temperature. If it gets mouldy, smells bad or becomes thin, discard. Refrigeration will extend the solution life to a month or more.

**STEP 5** When marbling base solution is ready, pour into clean tray. Before applying paint, clean the 'size' of any air bubbles and dust by laying newspaper or a paper towel on the surface and dragging it towards you. Skimming prior to adding paint is very important, as it removes any 'skin' that prevents the paint from spreading evenly.

**Marbling**

**STEP 6** Begin by gently dropping the paint, one drop at a time, close to the surface of the marbling base. It is recommended to start with black, as it spreads the most. Eye droppers, squeeze bottles, or a paintbrush, straw brush or stylus dipped in paint and flicked are great ways to apply colour.

**STEP 7** Marbled designs are created by combing the colours floating on the size. Combinations of combing patterns and techniques result in more intricate designs. After dropping several colours, drag a stylus through the colours in first a horizontal, then a vertical, back-and-forth pattern until it looks how you want.

**STEP 8** Hold a sheet of treated paper on opposite corners with a slight upward curve. To prevent air from getting trapped and causing holes in the design, carefully lay the paper down on the surface of the design with the middle of the sheet touching first, then gently let go of the sides so that the paper lays flat on the size surface.

**STEP 9** Carefully lift the paper off the size from one edge after a few seconds. Place the print paint-side up on a flat board, or hang to allow print to air-dry completely.

**STEP 10** Once dry, rinse the design by running a small stream of water from a tap onto the paper and running your finger lightly

over the print until it no longer feels slippery. Hang or leave flat to dry.

## FRAME

### Gather your supplies

- Picture frame with mat (this frame measures 30 x 36cm and has a 3cm-wide oval mat)
- Self-adhesive paper with a marble pattern
- Old credit card
- Craft knife

### Here's how

**STEP 1** Remove mat from picture frame. Lay the mat on the self-adhesive paper. Cut the paper slightly larger than the mat.

**STEP 2** Peel off the backing from the self-adhesive paper. Carefully adhere the paper to the mat. Smooth out any air bubbles using the edge of a plastic card.

**STEP 3** With patterned-side down, use craft knife to cut the self-adhesive paper flush with the outside and inside edges of the mat.

**STEP 4** Tape desired picture to back of mat. Insert mat into frame.

## BOARD

### Gather your supplies

- Cheese board (this one is 16 x 45cm)
- Self-adhesive paper with a marble pattern
- Old credit card
- Craft knife
- Two drawer pulls with screws (these measure 1 x 12cm)
- Drill and drill bits

### Here's how

**STEP 1** Lay the board on the self-adhesive paper and cut the paper slightly larger than the board.

**STEP 2** Peel off the backing from the self-adhesive paper. Carefully adhere the paper to the board. Smooth out any air bubbles using the edge of a plastic card.

**STEP 3** With patterned-side down, use a craft knife to cut the self-adhesive paper flush with edges of board.

**STEP 4** Mark the position of handles on top of tray. Drill holes that are slightly smaller than the diameter of the screws where handles will attach. Insert screws through back of board and into the handles on the top of the board.

## BEADS

### Gather your supplies

- Polymer clay in black, blue and pink (such as Sculpey III)
- Bamboo skewer
- Baking tray
- Baking paper
- Craft glue
- Gold leaf
- Necklace chain

### Here's how

**STEP 1** Preheat oven according to clay manufacturer's instructions.

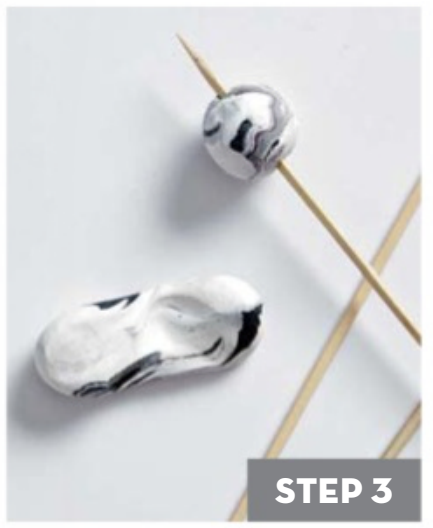
**STEP 2** Tear off 2cm-size pieces from 2 colours of polymer clay. Tear off a smaller piece from a third colour. Knead colours together 2-3 times without blending completely.

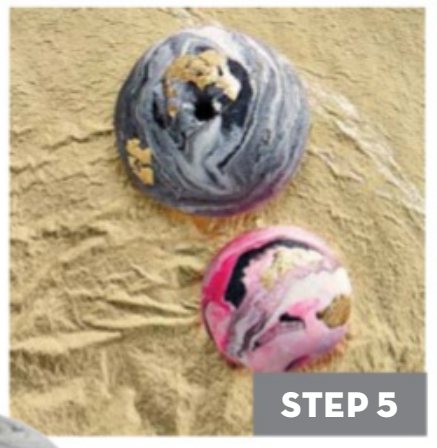
**STEP 3** Roll the clay into a round bead. Use a bamboo skewer to poke a hole through the centre of the bead. Repeat Steps 2 and 3 to form 4 beads.

**STEP 4** Line a baking tray with baking paper. Bake beads on tray according to clay manufacturer's instructions. Allow to cool.

**STEP 5** Paint small spots of craft glue onto areas of the rectangle. Tear off a piece of gold leaf and lay it on the wet adhesive. Rub the leaf onto the clay.

**STEP 6** Thread the beads onto the necklace chain.



**FOR PROJECT SUPPLIES, SEE OUR STOCKISTS PAGE**

## BOOKMARK

### Gather your supplies

- Polymer clay in white and grey
- Rolling pin (for clay use only, not with food)
- Craft knife
- Hole punch
- Baking tray
- Baking paper
- Craft glue
- Paintbrush
- Gold leaf
- Gold ribbon

### Here's how

**STEP 1** Preheat oven according to clay manufacturer's instructions.
**STEP 2** Tear off pieces from white and gray polymer clay. Knead the colours together and form into a ball. Flatten the ball, then roll it as thin as possible using a rolling pin.
**STEP 3** Cut the jagged ends of the clay straight using a craft knife to form a 5 x 15cm rectangle. Punch a hole at the top of the rectangle.
**STEP 4** Line a baking tray with baking paper. Bake the rectangle on the lined baking tray according to clay manufacturer's instructions. Allow to cool.
**STEP 5** Paint small spots of craft glue onto a few areas of the rectangle. Tear off a piece of gold leaf and lay it on the wet adhesive. Rub the leaf onto the clay, removing excess. Repeat for each desired spot. Let dry.
**STEP 6** Tie a piece of gold ribbon through the hole at the top of the bookmark.

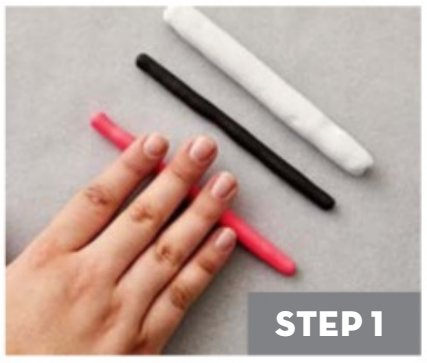
## COASTERS

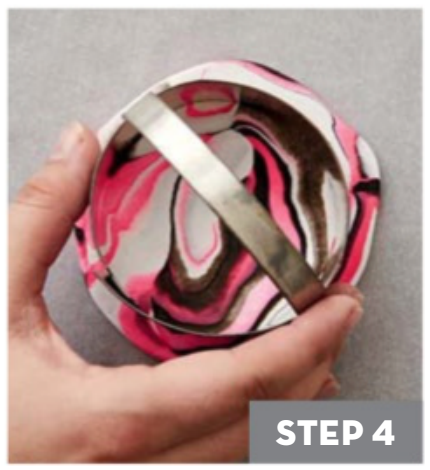
### Gather your supplies

- Polymer clay in white and 2 contrasting colours
- Clay roller or rolling pin (for clay use only, not with food)
- Circle cookie cutter at least 10cm diameter
- Baking tray
- Baking paper
- Artist's acrylic in gold
- Fine-tipped paintbrush

### Here's how

**STEP 1** Roll a 2cm-diameter rod using white clay and a 1cm-diameter rod with each contrasting colour of clay.
**STEP 2** Twist the small rods around the large white rod, then roll into a rod until colours begin to blend. Fold the rod in half and twist the halves together. Roll into a rod. Repeat process until satisfied with the marbling.
**STEP 3** Roll the clay into a ball. Using a clay roller or rolling pin, roll the clay to 5mm thick.
**STEP 4** Cut a circle from the flattened clay using the cookie cutter to make a coaster.
**STEP 5** Line a baking tray with baking paper. Bake according to the clay manufacturer's instructions. Allow to cool.
**STEP 6** Paint the edges of the coaster gold. Let dry.

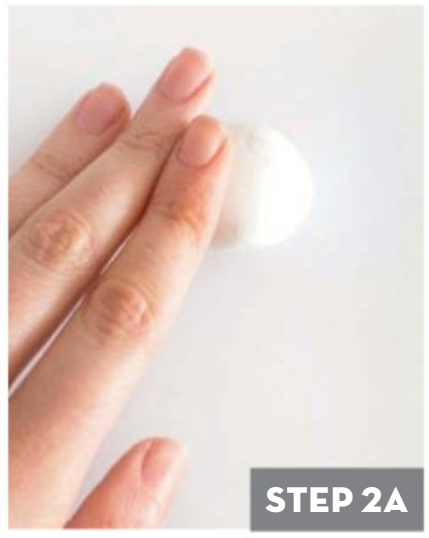


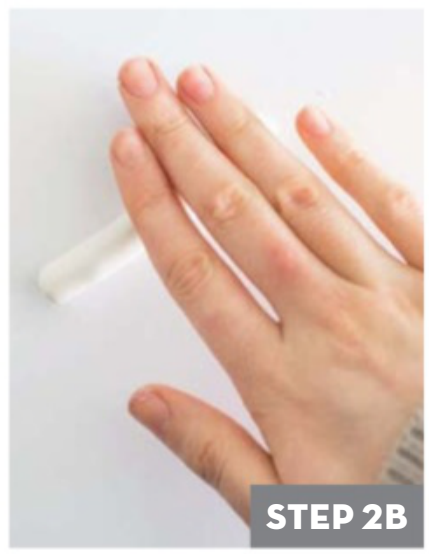



## SPOONS

### Gather your supplies

- FIMO soft clay in white
- Clay knife
- Baking paper
- Baking tray
- Porcelain paint
- Paintbrush




## Here's how

**STEP 1** Cut a slice of Fimo clay. A 350g block will make 12 spoons, but the amount needed depends on the size of spoon you want to make.

**STEP 2** Split the slice in half and roll one half into a ball. Roll the other half into a long cylinder shape – this will form the spoon handle.

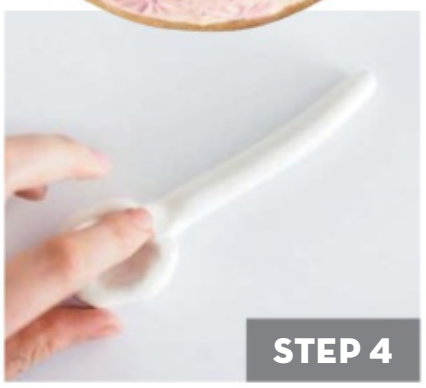
**STEP 3** Press your thumb into the ball, working the clay out to create a hollow area for the spoon head.

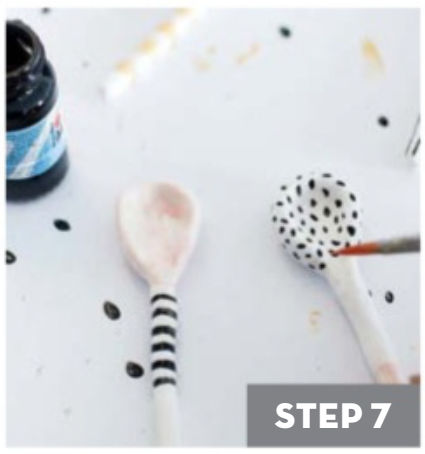
**STEP 4** Join the head and handle together, spreading the clay in both directions at the join so it looks as seamless as possible.

**STEP 5** Finish creating the spoon head, working the clay to the desired shape, and making sure the bottom still stays rounded.

**STEP 6** Repeat Steps 1-5 to make the rest of your spoons, then place on a lined baking tray and bake for 7 minutes at 110°C. Leave to cool completely.

**STEP 7** Paint with the patterns of your choice. Use dots and stripes, and mixed paints to achieve the blush pink shade. You may need to apply more than one coat – leave to dry in between each coat, then leave to dry thoroughly before using to make sure it's food safe.





## BOWLS

### Gather your supplies

- Jovi air-dry clay
- Rolling pin
- Small bowls
- Knife
- Plastic wrap
- Decorative buttons
- Fine sandpaper
- Artist's acrylic
- Metallic enamel paint
- Paintbrush

## Here's how

**STEP 1** Roll out the air-dry clay to about 5mm thick. You can adjust thickness if you prefer, depending on how delicate you want your bowls to be.

**STEP 2** Select a small bowl to use as a mould. Place onto the clay with the rim facing down and cut around the bowl with a sharp knife to create a clay circle.

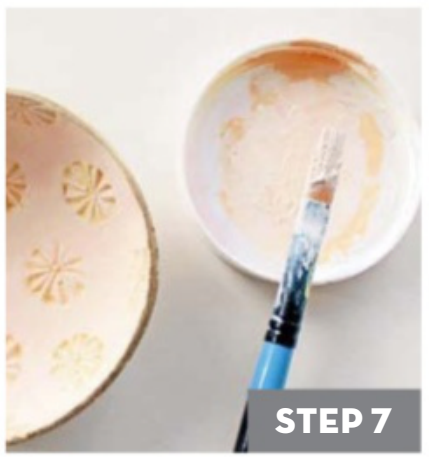
**STEP 3** Line your mould with plastic wrap to make it easier to remove the clay bowl from the mould later. Press the clay circle into the mould, smoothing out any wrinkles and imperfections in the clay with your fingers as you go.

**STEP 4** Press one of your buttons into the clay to make an imprint, then carefully remove it. You may want to pass a piece of thread through the button first, making it easier to lift the button from the clay. Repeat to build up a pattern.

**STEP 5** Repeat Steps 1-4 with different-sized moulds, and building up a selection of patterns with the buttons to create 3 distinct designs. Let dry.

**STEP 6** Remove the bowls from the moulds and lightly sand any rough edges using fine sandpaper.

**STEP 7** Apply several coats of acrylic paint to gradually build up your desired colour, leaving to dry in between each coat. Once finished, highlight the imprinted details using a darker shade, then paint the rims with metallic enamel paint.



## FEATHERS

### Gather your supplies

- Paper
- Scissors
- Jovi white air-dry clay
- Baking paper
- Small plastic roller
- Craft knife
- Plastic wrap
- Knitting needle
- Rolling pin (for clay use only not with food)
- Artist's acrylics in white and gold
- Small branch, about 40-50cm
- Wire cutters
- Fine-tipped and medium-tipped paintbrushes
- White or clear plastic-coated thread (0.2mm bead thread)
- Twine, 70cm

### Here's how

**STEP 1** Using the feather templates (top right), cut out 12 feathers from paper. Place a piece of white clay onto a large square of baking paper and use the roller to roll it 5mm thick.

**STEP 2** Position feather templates on clay and gently press them into the surface using your fingertips. Use a craft knife to carefully cut around feathers. Remove the waste clay, re-forming it into a ball for your next project. Wrap all feathers, apart from one, in plastic wrap and set aside to prevent them drying out.

**STEP 3** Use the knitting needle to draw a line along the length of the feather, following the curve, and finishing it at the point. Use the craft knife to mark the horizontal barbs, cutting them a couple of millimetres deep, and curving the shape to echo that of real feather barbs. Cut away some of the barbs for an imperfect finish.

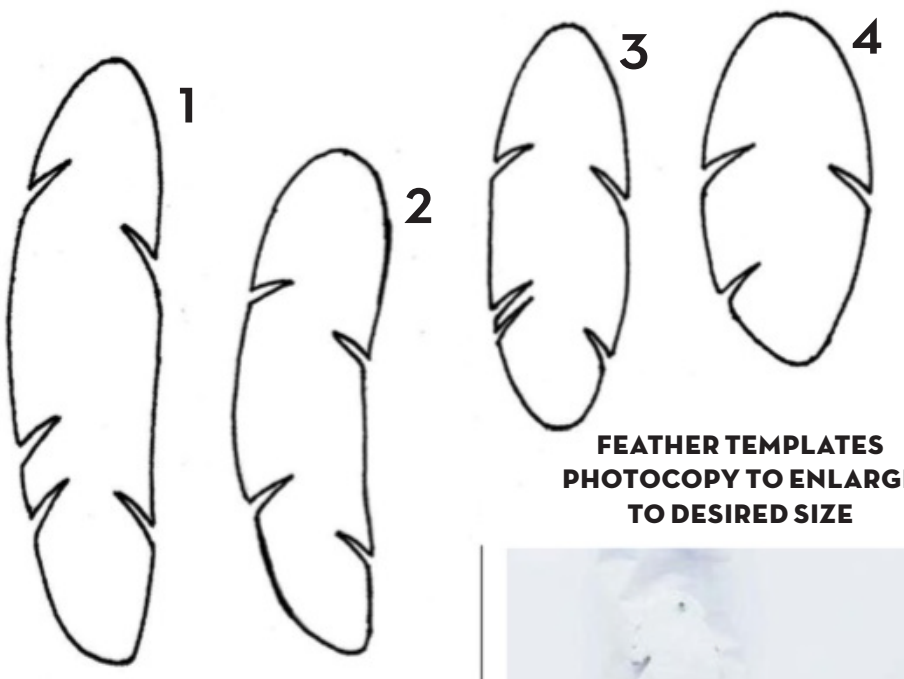
**STEP 4** Use the point of the knitting needle to make a small hole for hanging, 1cm down from the top. Lay the feather out to dry along the length of a rolling pin covered in baking paper, to achieve a curved shape. Repeat Step 3 for the rest of the feathers, making them in batches if you only have one rolling pin to dry them on.

**STEP 5** While feathers are drying, apply a thin layer of white paint to the branch. Leave it to dry, apply a second coat, then put it to one side to dry thoroughly.

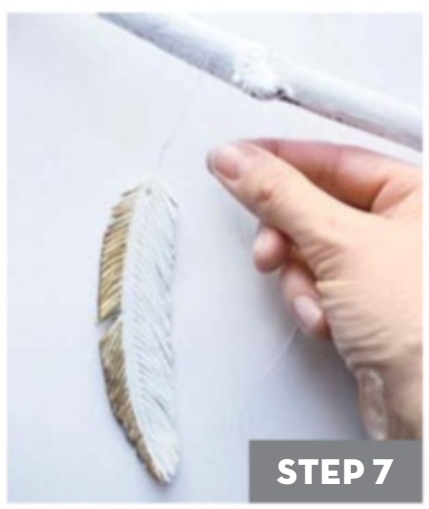
**STEP 6** Use wire cutters to trim away any excess clay from the feathers for a neat finish. Use a fine-tipped paintbrush to paint outer edges of each feather in gold, experimenting with the thickness of the borders for different effects.

**STEP 7** Cut lengths of thread to hang the feathers, tying them through the hole at the top of the feather, then around the branch. Space the feathers evenly along the branch, about 5cm apart, and hang at different lengths in 2 loose V shapes.

**STEP 8** Wrap one end of the twine around one end of the branch, tie it securely, then repeat on the other end of the branch to finish. ■



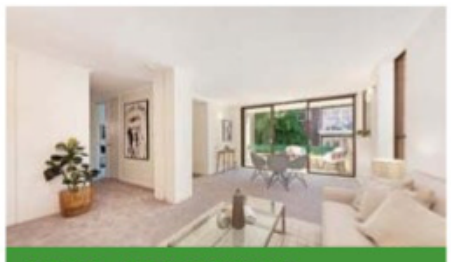

**FEATHER TEMPLATES PHOTOCOPY TO ENLARGE TO DESIRED SIZE**




**FOR PROJECT SUPPLIES, SEE OUR STOCKISTS PAGE**

Photography and projects Immediate Media

Better Homes and Gardens.
REAL ESTATE



SOLD AT AUCTION

Wollstonecraft, NSW

SOLD AT AUCTION

Lane Cove, NSW

SOLD PRIOR TO AUCTION

Chatswood, NSW

SOLD AT AUCTION

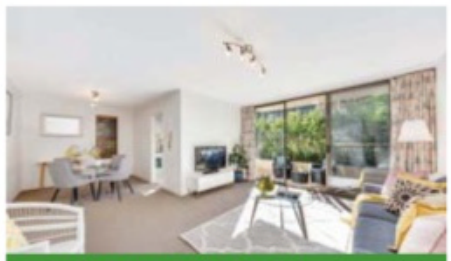
Huntleys Cove, NSW

SOLD AT AUCTION

Lane Cove, NSW

SOLD

Turramurra, NSW



SOLD AT AUCTION

Crows Nest, NSW

SOLD PRIOR TO AUCTION

Chatswood, NSW

# Recent sales by Better Homes and Gardens Real Estate.

You've seen the TV show and read the magazine, now we can help you with all your real estate needs. Call Jane or Lloyd at Better Homes and Gardens Real Estate. They'll be delighted to help you.

bhgre.com.au | 0407 202 751

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# better pets

[ ENCOURAGE YOUR KIDS TO DO VOLUNTEER WORK ]

BOOK A CLASS WHERE KIDS CAN LEARN TO RIDE AND GROOM A HORSE.

## *WORKING with animals*

Does your child dream of working with animals when they grow up?

The good news is they have plenty of cool career options to bark about – horse trainer, veterinary nurse, pet behaviourist, groomer, zookeeper...
Work experience in a variety of animal settings early on will help put your child on the right path, as well as teach them compassion and responsibility. Here are a few ideas for starters.

- **Volunteering at a veterinary clinic** to see how vet nurses care for sick or injured animals. Future Vet Kids Camp offers an exciting hands-on program for animal lovers aged 9–16 who wish to become a vet.
- **Spending time at animal shelters** can teach the benefits of adopting or fostering pets. RSPCA NSW, Animal Welfare League QLD and other shelters offer school holiday programs and the opportunity to become a 'junior rescue officer' (such as with RSPCA WA).
- **For young wildlife warriors,** Taronga Zoo's Wildlife Keeper program is a great start! Many zoos also offer similar fun-filled and action-packed adventure programs.
- **Hanging out with a pet photographer,** dog walker or pet sitter to learn more about animal care and behaviour. ■

Photography Getty Images

Better Homes and Gardens®
REAL ESTATE

# WELL KNOWN MOSMAN LOCAL & REAL ESTATE AGENT, **SALLY-ANNE LAWLOR,** BRANCHES OUT WITH *BETTER HOMES AND GARDENS REAL ESTATE.*

Opening in Mosman in March, the newest Better Homes and Gardens® Real Estate office led by Sally-Anne will continue to build on her well established local network in both sales and property management.

Better Homes and Gardens Real Estate will give locals the opportunity to have their homes marketed nationally through the extended Better Homes and Gardens family, in both print and electronic media, offering the best platform in Australia to bring greater exposure to your home when selling.

Sally-Anne's most recent sale at **9 Lavoni Street, Balmoral** was achieved after another agency had engaged in an extensive and costly campaign, but failed to achieve a sale. The architecturally designed five bedroom home, 200 metres from the beach was later sold by Sally-Anne to a local family – highlighting her extensive local network and ability to reach a result with minimal expense.

Mosman is home to Sally-Anne and it is her goal to ensure that Better Homes and Gardens Real Estate meets the needs of local residents. If you are selling or buying in Mosman, Cremorne, Cremorne Point, Neutral Bay, Kirribilli and Cammeray, we can help you achieve a better result.

Sally-Anne and the team look forward to helping you with any of your real estate needs.

**Sally-Anne Lawlor 0439 998 553**
sally-anne.lawlor@bhgre.com.au

**bhgre.com.au**

READER OFFER

# Our most popular bulbs

GET IN QUICK AND ORDER YOUR BULBS TODAY BEFORE THEY ARE SOLD OUT!

## *Daffodil Yellow Trumpet*

Code: PKDAFYTR010
Pack size: **10**
Price: **$10.80**

30-40cm 10cm Z1-Z3

## *Ixia Mixed*

Code: PKIXIMXD
Pack size: **20**
Price: **$8.90**

50-70cm 5-10cm Z1-Z6

## *Daffodil Premium Mixed*

Code: PKDAFPMX
Pack size: **10**
Price: **$12.00**

30-40cm 12cm Z1-Z3

## *Peacock Iris*

Code: PKPEAIRI
Pack size: **5**
Price: **$9.90**

25-35cm 10cm Z1-Z6

***Not for Tasmania**

## *Hyacinth Mixed*

Code: PKHYAMXD
Pack Size: **5**
Price: **$15.30**

20-25cm 15cm Z1-Z4

## *Snowflakes*

Code: PKSNOWFL
Pack size: **5**
Price: **$8.90**

35cm 12cm Z1-Z4

## *Baby Gladioli Mixed*

Code: PKBGLMXD
Pack size: **5**
Price: **$8.00**

50-60cm 15cm Z1-Z5

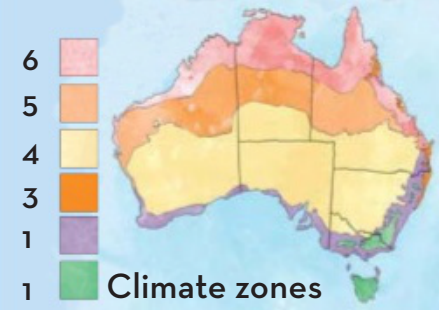
## *Anemone Poppy Mixed*

Code: PKANEPMX
Pack size: **20**
Price: **$8.90**

30-40cm 10cm Z1-Z5

Better Homes and Gardens. SHOP

TO BUY, VISIT **BHGSHOP.COM.AU**




## KEY TO SYMBOLS

Height
Width
Full sun
Part shade
Full shade
Good for pots
Cut flowers

### *Dutch Iris Mixed*

Code: PKDIRMXD
Pack size: **10**
Price: **$12.00**

50-70cm 10cm Z1-Z5

### *Tulip Regular Mixed*

Code: PKTULMXD
Pack size: **7**
Price: **$10.00**

40-60cm 14cm Z1-Z3

### *Ranunculi Mixed*

Code: PKRANMXD
Pack size: **20**
Price: **$8.90**

40-60cm 5-15cm Z1-Z5

### *Grape Hyacinth Blue*

Code: PKGHYBLU
Pack size: **20**
Price: **$8.90**

15cm 7cm Z1-Z4

### *Ranunculi Pastel Blend*

Code: PKRANPBL
Pack size: **20**
Price: **$8.90**

40-60cm 5-15cm Z1-Z5

### *Freesia Double Mixed*

Code: PKFREDMX
Pack size: **10**
Price: **$9.70**

40cm 5-10cm Z1-Z6

### *Crocus Mixed*

Code: PKCROMXD
Pack size: **5**
Price: **$8.90**

8-15cm 7cm Z1-Z3

### *Freesia Hadeco Mixed*

Code: PKFREHMX
Pack size: **25**
Price: **$9.70**

40cm 5-10cm Z1-Z6

# Super saver bulb

## GET IN QUICK AND ORDER YOUR BULBS TODAY

### *Pink collection*

- Daffodil Accent (5)
- Anemone Poppy Pink (20)
- Tritonia Pink (15)
- Ranunculi Cerise Pink (20)

Code: COLBHGPIN Pack size: **60** Price: **NOW $30.00** WAS $36.40

### *Burgundy collection*

- Babiana Mixed (10)
- Sparaxis Purple (10)
- Ranunculi Burgundy (20)
- Tulip Saigon (4)

Code: COLBHGBUR Pack size: **44** Price: **NOW $35.00** WAS $34.60

### *Blue collection*

- Anemone Poppy Blue (20)
- Spring Star Light Blue (20)
- Freesia Double Blue Bayou (10)
- Grape Hyacinth Blue (20)

Code: COLBHGBLU Pack size: **70** Price: **NOW $30.50** WAS $37.00

### *100 days of colour collection*

- Jonquil Erlicheer (5)
- Daffodil Premium Mixed (5)
- Dutch Iris Mixed (5)
- Tulip Regular Mixed (7)
- Black Pearl Lily (6)
- Queen Fabiola (20)
- Freesia Hadeco Mixed (25)
- Ranunculi Mixed (20)

Code: COLBHGHDC Pack size: **93** Price: **NOW $54.00** WAS $67.10

### *White collection*

- Chincherinchee (10)
- Ranunculi White (20)
- Freesia Refracta Alba (20)
- Jonquil Erlicheer (10)

Code: COLBHGWHI Pack size: **60** Price: **NOW $29.00** WAS $36.00

### *Warm climate collection*

- Jonquil Erlicheer (5)
- Grape Hyacinth Blue (20)
- Spring Star Light Blue (20)
- Freesia Hadeco Mixed (25)
- Ixia Mixed (20)
- Queen Fabiola (20)

Code: COLBHGWCL Pack size: **110** Price: **NOW $42.00** WAS $51.20

READER OFFER

# collections

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## *Ranunculi collection*

- Ranunculi Cerise Pink (20)
- Ranunculi Red (20)
- Ranunculi White (20)
- Ranunculi Yellow (20)

Code: COLBHGRAN Pack size: **80** Price: **NOW $30.00** WAS $35.60

## *Daffodil favourites collection*

- Daffodil Ice Follies (5)
- Daffodil Accent (5)
- Daffodil Home Fires (5)
- Daffodil Magnifique (7)

Code: COLBHGDAF Pack size: **22** Price: **NOW $29.00** WAS $36.30

NEW

## *Hyacinth collection*

- Hyacinth Fondant (3)
- Hyacinth Yellowstone (3)
- Hyacinth Woodstock (3)
- Hyacinth Blue Trophy (3)

Code: COLBHGHYA Pack size: **12** Price: **NOW $32.90** WAS $38.80

## *Planting duo – daffodil & iris*

- Daffodil Tete Tete (5)
- Iris Reticulata Harmony (4)

Code: COLBHGDAI Pack size: **9** Price: **NOW $15.00** WAS $18.60

## *Planting duo – daffodil & tulip*

- Daffodil Red Devon (5)
- Tulip Isle De France (4)

Code: COLBHGDAT Pack size: **9** Price: **NOW $13.00** WAS $15.30

NEW

## *Tulip blaze collection*

- Tulip Rambo (4)
- Tulip Isle De France (4)
- Tulip Armani (4)
- Tulip Strong Gold (4)

Code: COLBHGTBL Pack size: **16** Price: **NOW $28.00** WAS $33.10

NEW

## *Tulip blush collection*

- Tulip Tom Pouce (4)
- Tulip Barcelona (4)
- Tulip Flaming Flag (4)
- Tulip Royal Virgin (4)

Code: COLBHGTBS Pack size: **16** Price: **NOW $28.00** WAS $33.60

# Our big bulb

GET IN QUICK AND ORDER YOUR BULBS TODAY

## Mega bulb collection

- Anemone Poppy Mixed (20)
- Dutch Iris Mixed (5)
- Daffodil Yellow Trumpet (10)
- Grape Hyacinth Blue (20)
- Spring Star Light Blue (20)
- Freesia Hadeco Mixed (25)
- Ixia Mixed (20)
- Jonquil Erlicheer (5)
- Ranunculi Mixed (20)

Code: COLBHGMEG
Pack size: 145
Price: NOW $57.00
WAS $78.80

READER OFFER

# collections

Better Homes and Gardens. SHOP

BEFORE THEY ARE SOLD OUT! TO BUY, VISIT **BHGSHOP.COM.AU**

## Fragrant collection

- Jonquil Erlicheer (5)
- Jonquil Soliel Dor (6)
- Freesia Hadeco Mixed (25)
- Freesia Refracta Alba (20)
- Hyacinth Fondant (3)
- Hyacinth Blue Trophy (3)

Code: COLBHGFRA Pack size: **62** Price: **NOW $41.00** WAS $51.40

## Plant & forget

- Ixia Mixed (20)
- Sparaxis Mixed (20)
- Freesia Hadeco Mixed (25)
- Ranunculi Mixed (20)
- Spanish Bells Blue (10)
- Spring Star Light Blue (20)
- Grape Hyacinth Blue (20)

Code: COLBHGPAF Pack size: **135** Price: **NOW $52.00** WAS $65.50

## Bonus boxes NEW

**Wooden Tulip Crate – Pink (20)**

Code: PKTULCPI Price: **NOW $35.50** WAS $39.50

**Wooden Tulip Crate – Red (20)**

Code: PKTULCRE Price: **NOW $35.50** WAS $39.50

**Wooden Tulip Crate – Purple (20)**

Code: PKTULCPU Price: **NOW $35.50** WAS $39.50

**Wooden Tulip Crate – Yellow (20)**

Code: PKTULCYE Price: **NOW $35.50** WAS $39.50

## Grow indoors NEW

**Hyacinth Vase Kit – Blue (1)**

Code: KITVASDBL
Price: **$10.90**

**Hyacinth Vase Kit – White (1)**

Code: KITVASWHI
Price: **$10.90**

**Hyacinth Vase Kit – Pink (1)**

Code: KITVASPSU
Price: **$10.90**

**Hyacinth Vase Kit – Burgundy (1)**

Code: KITVASWOO
Price: **$10.90**

**Offer ends 20 May, 2020, unless sold out prior.** Please allow up to 14 business days for delivery. While every endeavour will be made to deliver within the specified time frame, if your parcel does not arrive on time, please email customerservice@bhgshop.com.au. Offer only available in Australia.
*Postage and handling $9.90 per order. Quarantine surcharge of $4 per order for Tas, NT and WA orders only. ■

# BETTER SHOPPING

## PLANNING A TRIP TO THE SHOPS? HERE'S A ROUND-UP OF PRODUCTS YOU MAY LIKE TO CHECK OUT...

### IN OUR NATURE

Skin and bodycare that reflects the Australian spirit and lifestyle: natural, easy-going and refreshingly real. Powered with nourishing, skin-friendly native wildflower and plant extracts found just off the beaten track. RRP $10.95-$16.95. Visit **natio.com.au**

### YOUR BEAUTY BOOSTER

Nature's Way Beauty Collagen Powder with VERISOL® bioactive collagen peptides helps to nourish and assist the skin. With no taste, smell or flavour, it completely dissolves in all your favourite drinks. It can also be added to your cooking, making it an easy and convenient way to boost your collagen intake. Visit **naturesway.com.au**

### QUALITY FASHION FOR YOUR WINDOWS

Luxaflex® Window Fashions is a market-leading brand, offering the nation's largest range of quality window coverings for inside and outside the home. Its suite of products includes blinds, shutters, soft shades and awnings – all with a focus on innovation, durability and style. Visit **luxaflex.com.au**

### WOULD YOUR FAMILY BE ABLE TO MANAGE YOUR FUNERAL COSTS?

Protect your family today with Seniors Funeral Insurance and premiums that reduce every 5 years. Call 1300 019 770 or visit **seniors.com.au**

This is general information. Please consider the PDS, available from seniors.com.au. Terms and conditions apply. If you change your cover your premium will be affected. Issued by Hannover Life Re of Australasia Ltd ABN 37 062 395 484

AUSTRALIAN Seniors

### MAKE SOME NEW MEMORIES

With a network of more than 100 locations Australia wide, Travel Associates brings together the most knowledgeable, passionate and well-travelled advisers across the country. Let Travel Associates create your next unforgettable holiday. Visit us in store, online or call 13 70 71.

# TOP PICKS

## CHECK OUT OUR PICKS OF THE MONTH TO SEE WHAT'S NEW, WHAT'S HOT AND WHAT'S IN STORE NOW!

### SPECTRUM OF STYLE

Zebrano's range is sensational, in all-embracing styles and sizes from 14 to 24 from exclusive labels such as Curate by Trelise Cooper, Mela Purdie, Banana Blue, Euphoria, Chocolat, Obi, Moyuru, Rundholz and more. From gorgeously gothic to feminine and flirty in beautiful, touchable fabrics. Visit **zebrano.com.au**

### FENCING THAT LASTS

Define your property, contain stock or add impact to your entrance with Steel Post and Rail Farm Fencing. With manufactured and powder coated Australian-made pre-galvanised steel, you can build a fence that lasts and never needs painting. Unlike timber, Steel Post and Rail Farm Fencing is low-maintenance, termite proof and fire resistant.

### SLEEP LIKE AN EMPRESS

The classic chinoiserie style characterised by the use of Chinese motifs and techniques is making a big comeback in interior design. With a detailed pattern inspired by the imperial gardens of the Ming Dynasty, the Empress Garden Quilt Cover Set from Luxotic is a unique combination of this classical style with a modern twist.

### ENHANCE YOUR HEARING

Sound Therapy naturally enhances hearing and offers relief from tinnitus, dizziness and sound sensitivity. Simply listen to beautiful, filtered music as you go about your day to restore and revitalise your ear-brain pathways. Enjoy better sleep, mental focus and peace of mind. Get a free DVD info pack at **mysoundtherapy.com/BHG**

### CRUISE THE ISLANDS OF THE SOUTH PACIFIC

Tahitian cruise line Aranui Cruises has three new itineraries for 2021, including the Cook Islands, a new Pitcairn itinerary and a dedicated Society Islands cruise. See Aitutaki's beautiful blue lagoon, visit Pitcairn's Adamstown and the stunning Raivavae in the Australs. With local crew, cuisine and culture, Aranui offers the most authentic way to cruise the South Pacific. Visit **aranuicruises.com.au**

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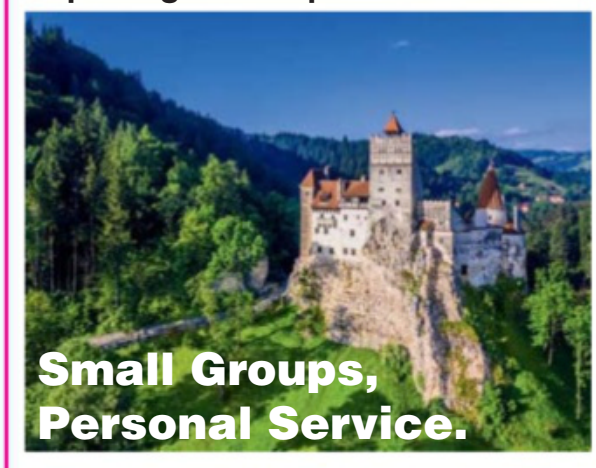

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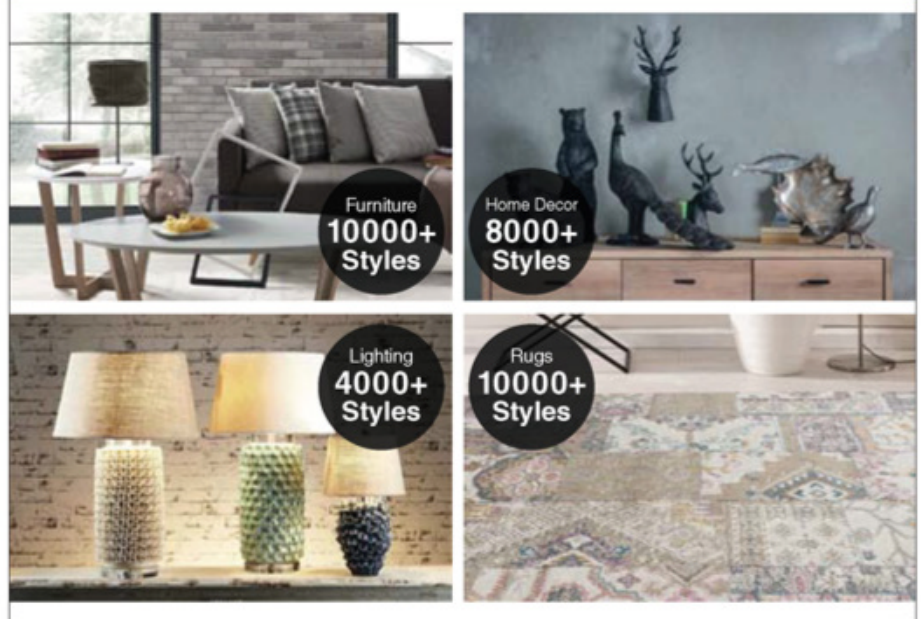

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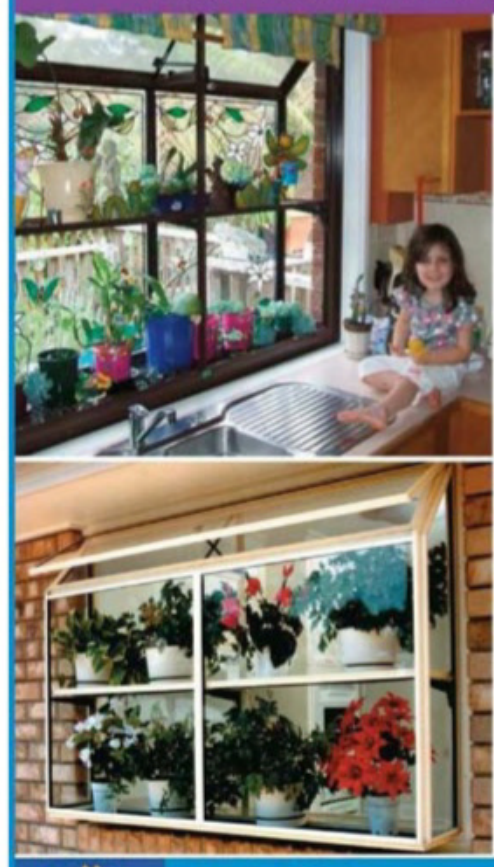
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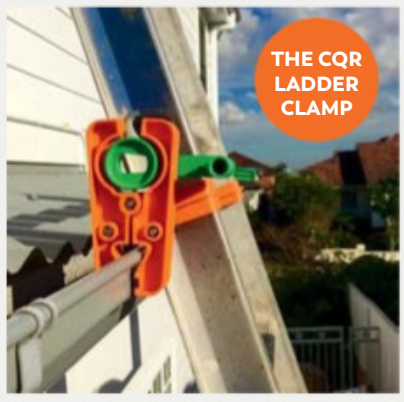


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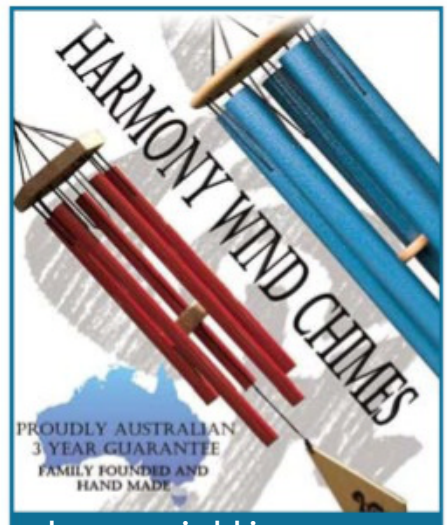


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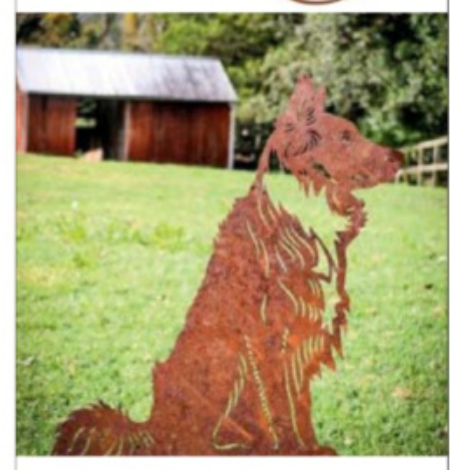

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### HIGH & DRY, P44

**Project supplies** **Australian Native Landscapes** Premium garden mix, $62/m3. Crushed Deco granite 'Gold Gravel', $81/tonne. **Bunnings** 100 x 100mm x 2.4m sawn treated pine, $23.50. 200 x 100mm x 2.4m treated pine sleepers, $26.78. Intergrain Ultradeck stain, $135/4L. 175mm landscaping screws, $57/pk50. 200mm landscaping screws, $75/pk50. Concrete mix, $8.50/20kg. M10 threaded rod, $9.64/3m. **Ideal Edging** Form Boss steel garden edging, various sizes and prices. **Shopping details** **IKEA** Brommo outdoor lounger in Black and Brown stain, $79.

### KITCHEN SPACE SAVERS, P78

**Project supplies** **Bunnings** 184 x 19mm x 1.2m dressed pine, $13.85. 42 x 19mm x 1.2m dressed pine, $4. 610mm piano hinge, $17. 37mm black knob, $5.10. Chrome double ball catch, $5. 65 x 12mm x 1.2m Tasmanian oak, $14.28. Cabothane clear varnish, $21.10/500ml. 18 x 18mm x 1.2m Tasmanian oak, $6.41. 65 x 8mm x 1.2m dressed pine, $11. 35 x 21mm x 1.2m picture frame moulding, $12.70.

### THE MIDAS TOUCH, P114

**Project supplies** **Eckersley's** Jacquard marbling kit, $52.95. Jacquard pinata colour Rich Gold, $8.95. Bokundo marbling tray 400 x 300 x 25mm, $26.50. Paper in Stone Henge 250gsm 560 x 760mm sheet, $11.15. A1 University mixed media 210gsm, $7.15. FIMO soft modelling clays 57g, $5.95. **Kmart** Vinyl adhesive roll 42 x 200cm in Marble, $3. **Spotlight** Polymer clay Sculpey III oven bake clay 57g, from $3. Sculpey acrylic clay roller 8in, $18. Jovi air dry clay 500g, $11. Fiskars softgrip craft knife, $16. Xpress It gold metal leaf 14 x 14cm 25 sheets, $18. Ribtex jewellery stringing thin necklace chain, $3.25. Gold ribbon, from $2. Crafters Choice craft glue 60ml, $3. Francheville artist brush & palette in Natural, $8.50. DecoArt crafter's acrylic paint in Spun Gold 59ml, $3.25. Pebeo porcelaine 150 paint, from $5. Americana enamel metallics, from $4. Jewellery string clear, from $5. Fiskars wire cutters, $20.

### FLIP OUT FURNITURE, P132

**Shopping details** **Adairs** Tivoli vintage blues Persia rug collection 160 x 230cm, $299.99. Stone garden field art in Blush, $149.95. Fringe cushion in Blush, $49.99. **Beacon** Ledlux Lorne LED 1 light round dimmable pendant, Natural, $249. **Country Road** Clive large vase, $79.95. Arro large placemat, $79.95. Theo timber dip bowl, $24.95; salad servers, $39.95. Byron tumbler in Pink, $12.95. Tapas noodle bowl, $19.95. **Provincial Home Living** Nisha linen throw in Blush, $129.95. Henley hatch chair pad, $24.95. **Wild Forager** Florals.

### READY TO ROCK!, P134

**Project supplies** **Bunnings** 2250 x 600 x 30mm plywood, $62. 1200 x 810 x 3mm plywood, $14. 42 x 19mm dressed pine, $4/1.2m. 20mm wallboard nails, $3.98/100g. 50mm bullet head nails, $3.98/pk70. 20mm screws, $3.65/pk40. 50mm screws, $7.80/pk50. Dulux Aquanamel, $34.90/500ml. Double-sided tape, $10.98/1.5m. Cabot's Cabothane, $48.80/1L. **Spotlight** 30mm joggle eyes, $2.25/pk2.

### FIZZY & FUN, P138

**Shopping details** **Provincial Home Living** Nisha linen throw in Doeskin or Dove Grey, $129. Immerse wooden nail brush, $2.95. Bourgogne serving plate in White, $24.95. **Project supplies** **Aussie Soap Supplies** Fractionated coconut oil. Bath bomb mould.

### CURIOSITY CABINET, P142

**Project supplies** **Bunnings** 89 x 19mm dressed pine, $12.75/2.4m. 900 x 600 x 6mm MDF, $8. 900 x 600 x 12mm MDF, $12. Dulux 1 step primer sealer undercoat, $28.40/500ml; Aquanamel in Black, $34.90/500ml; Duramax gold spraypaint, $15.40/ 325g. Heavy duty double-sided tape, $14.50/1.2m. Selleys Kwik Grip spray adhesive, $9.98/150g. Clear double-sided tape, $10.85/1.5m. 15mm brass cup hooks, $3.38/pk25. Carinya 25 x 25mm angle brackets, $2.28/pk4. 15mm button head screws, $9.18/pk100. 610mm brass piano hinge, $10.71. 5mm brass shelf supports, $2.67/pk12. **Spotlight** 5mm foam core sheet, $8.25. Gold chain. **Shopping details** **Elise Cameron-Smith** Handmade boat, $130. **The Lost and Found Department** Large spot brass pot, $49.95. Brass snail, $19.95. Brass danish crown, $39.95. Smoke hurricane, $99.95. French pharmacy bottle, $29.95. French vintage oil painting, POA. ■

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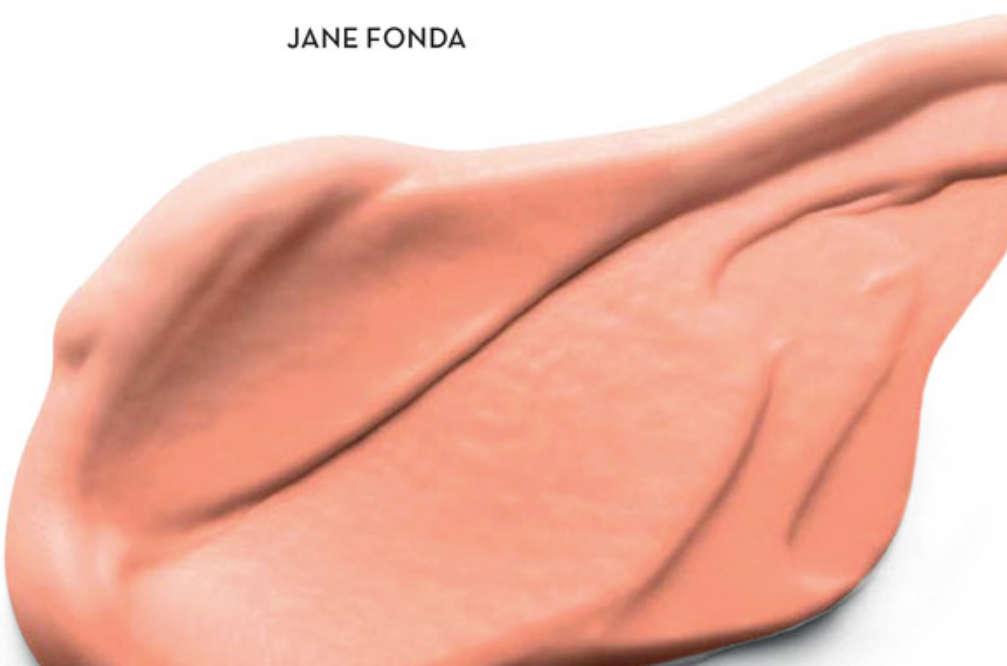
>
> JANE FONDA



L'ORÉAL PARIS
AGE PERFECT

# AGE IS A NON-ISSUE

## BRING BACK THE ROSE IN YOUR CHEEK FOR SKIN THAT IS ILLUMINATED AND FIRMER, WITH L'ORÉAL PARIS AGE PERFECT GOLDEN AGE

Time only moves in one direction, so isn't it time to leave the myth of reverse-ageing in the past? Every smile, laugh or frown counts and while these moments might leave their mark, those telltale lines are the stripes you've earned. So why would you try to erase them? Instead, give your skin the nourishment and support it deserves, with the range that firms, renews and restores radiance.

### DID YOU KNOW...

YOUR SKIN'S OWN NATURAL COLLAGEN PRODUCTION AND CELL RENEWAL PROCESS STARTS TO SLOW FROM AS EARLY AS YOUR LATE 20s.

**STEP 1:**

AMPLIFY WITH SERUM

*The fortifying properties of Calcium B5 with the power of Rosy Micro-Pearls refreshes and boosts skin's radiance.*

**AGE PERFECT GOLDEN AGE** SERUM, $39.95

### SKIN BEYOND YOUR 60s

*As we age, our skin's needs change, which is why mature skin needs mature skincare. As your skin's collagen production slows and its own supplies diminish over time, skin can lose its fullness and firmness and appear saggy. Cell turnover and renewal also slows, which can result in the surface of your skin appearing dull. That's where a skincare regimen that helps to restore firmness and encourage improved cell turnover can be beneficial.*

### ADVANCED CARE FOR SKIN

*The Age Perfect Golden Age range for mature skin includes an eye cream, serum and day/night creams to restore and revive skin's rosy glow. Used together, the range is a skincare routine that nourishes your skin and boosts radiance with every step.*

### THE POWER OF PEONY POLYPHENOLS + CALCIUM B5

*Specifically formulated by the skincare experts at L'Oréal, the Age Perfect Golden Age range combines the power of Peony Polyphenols to help skin to recover its natural rosy glow, alongside Calcium B5, known for its strengthening properties to help restore the skin's density and its own naturally regenerating support structures.*

## STEP 2:

TARGETED CARE WITH AWAKENING EYE CREAM

*Nourish the delicate eye area with this rosy eye cream enriched with radiant pink pigments to instantly awaken eyes.*

**AGE PERFECT GOLDEN AGE** EYE CREAM, $39.95

## STEP 3:

START THE DAY RIGHT WITH YOUR DAY CREAM

*An innovative combination of Imperial Peony and Calcium B5 helps to boost your natural rosy tone and help fight sagging.*

**AGE PERFECT GOLDEN AGE** DAY CREAM, $36.95
**AGE PERFECT GOLDEN AGE** DAY CREAM SPF 15, $38.95

## STEP 4:

WORKS WHILE YOU GET YOUR BEAUTY SLEEP

*Concentrated Neo-Calcium encourages the repair of the skin's barrier while you sleep. Skin is visibly fresh, rested and perfectly hydrated.*

**AGE PERFECT GOLDEN AGE** NIGHT CREAM, $36.95

# GOLDEN MOMENTS

FROM AWARDS TO ACTIVISM, A LIFETIME OF DEFINING MOMENTS HAS SHAPED JANE FONDA INTO THE UNSTOPPABLE WOMAN SHE IS TODAY

Jane Fonda is a woman who has always lived life on her own terms. She defies definition, with a career spanning 50 years of stage and screen and yet she's so much more. She's a political activist, mother, feminist, author and business mogul who truly seems to have the Midas touch. Now, in what she calls her 'third act', Fonda continues to inspire as the ambassador and face of L'Oréal Age Perfect Golden Age. She shares her thoughts on ageing, happiness and self-care rituals.

## BEAUTY FROM WITHIN

While her enduring beauty has long been in the spotlight, what it means to be beautiful has always run deeper for Fonda. "My beauty secret is staying active and exercising regularly," she says. "But I think the most important thing is attitude: you stay beautiful if you stay curious, wanting to keep learning and growing." She also believes women should strive to live their best life at any age. "Developing confidence is key; working to be true to yourself creates happiness, and happiness makes you look good."

## JANE'S GOLDEN RULES

### 1
### CONFIDENCE

*"It's not so much physical beauty that creates beauty as much as what's coming from inside."*

### 2
### ACCEPTANCE

*"Women now have new expectations of ourselves. We are not meant to be perfect... we are meant to be complete."*

### 3
### SELF CARE

*"Too often women don't go the extra mile to make themselves look or feel good because we're raised to think it's selfish or vain. You're worth it."*

> "There's a lot about getting older that is negotiable. If you stay healthy, eat well, exercise and pay attention to the care of your skin, these kinds of things can make the ageing process better"
>
> JANE FONDA

## ON FINDING STRENGTH

"I've worked very hard to get to a place in life where I feel strong and centred and at peace," Fonda says. "Certainly, 60 was a turning point. I view 60 as the last act: the first 30 years is the first act, second 30 years is the second act, and when you turn 60 it's really your last act. Many people don't want to confront that, so they pretend it's not happening. I think one of the smartest decisions that I made was my decision to enter my last act, to become 60, very consciously and very intentionally instead of hiding from it. And I must say, and this is the truth, I am happier now than I was when I was in my first or second acts. But I've worked hard to get there."

## MAKE TIME FOR SELF CARE

With so much more she wants to achieve in life, it's Fonda's approach to ageing that shows why she's a force to be reckoned with, even in her 80s. "What's important is to understand that there's a lot about getting older that is negotiable," she says. "If you stay healthy, if you eat well, if you exercise and if you pay attention to your skin and the care of your skin – how you clean your skin, the kinds of skincare you use – all these kinds of things can make the ageing process better."

## JANE'S SKINCARE ESSENTIALS

**AGE PERFECT GOLDEN AGE** DAY CREAM SPF 15, $38.95

**AGE PERFECT GOLDEN AGE** NIGHT CREAM, $36.95

**AGE PERFECT GOLDEN AGE** EYE CREAM, $39.95

**AGE PERFECT GOLDEN AGE** SERUM, $39.95

# PERFECT MATCH

## WHERE HAVE YOU BEEN ALL MY LIFE? MEET YOUR PERFECT SKINCARE MATCH

### FOR SUPER HYDRATION

*Specifically formulated for mature, very dry skin with precious Manuka Honey from New Zealand, for superior hydration and repairing power.*

**AGE PERFECT INTENSE NUTRITION** CREAM, $36.95

### FOR INTENSE RENEWAL

*Enriched with rare Black Truffle Extract to help stimulate skin cell renewal, plus fermented Black Tea, known to be rich in vitamins, antioxidants and amino acids for cell protection.*

**AGE PERFECT CELL RENEWAL** DAY CREAM, $44.95

### FOR IMPROVED SKIN LUMINOSITY

*Enriched with Soya Bean extract to help support skin's natural firming structures and Melanin-Block™ helps reduce the appearance of existing age spots.*

**AGE PERFECT** CLASSIC CREAM, $32.95

Whether you were a latecomer to eye cream or you didn't always remember your SPF, we get it. But as we age our skin starts to reveal all those little secrets we might have previously been able to hide. But it's nothing to fret about. We all have different skincare concerns, so its great to know you can find the perfect match for all your skin's needs. The skincare experts at L'Oréal create innovative skincare for women of all ages and stages using the latest skincare technologies and harnessing the most innovative ingredients to help women find their perfect match for their best skin every day.