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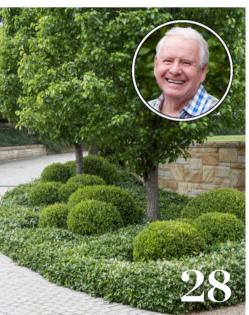




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FOOD

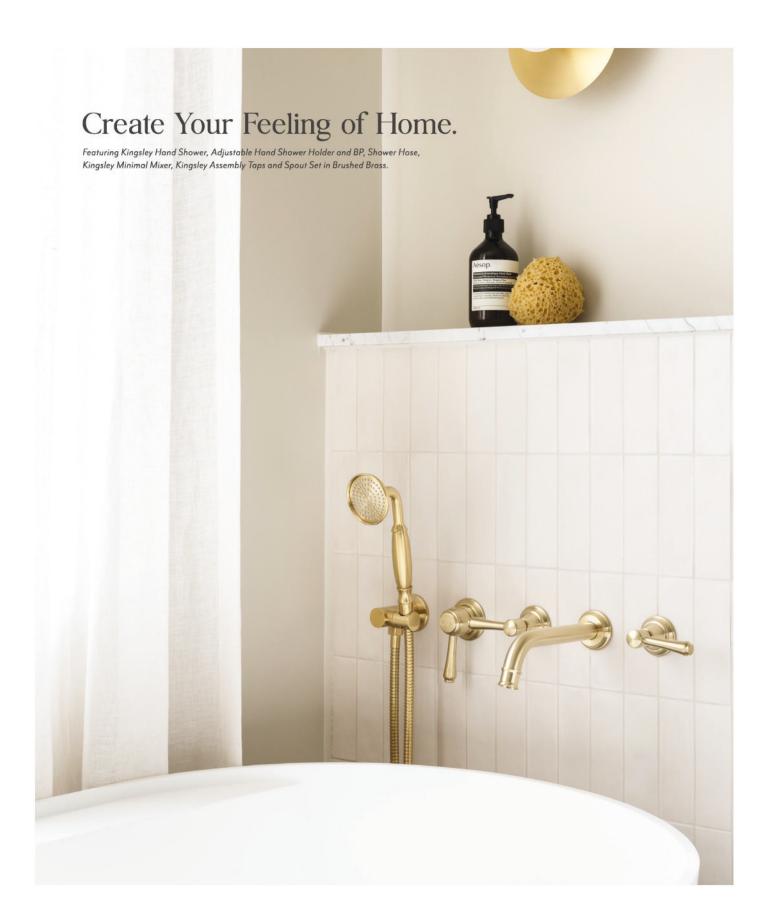
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152 Go all out for cocktail hour and shake up your décor with an easy timber cabinet makeover that's worthy of a toast







Hello!

I love seeing all the signs of spring – flowers blooming, birds nesting and sweet baked treats rising to the occasion

ur favourite season is finally here. It's a time of fresh starts and awakened potential. Time to really get your hands dirty in the garden - whether you have a sprawling backyard, a plot at the front or planters on a balcony. Ever considered growing your own spring vegies (page 52)? It's a great way to cut your food bills and amp up the flavour of your meals - check out our recipes on page 96. Or try your green thumb

at organics with all the tips and tricks on page 68. For fresh seasonings close at hand, build an outdoor coffee table with an integrated herb patch - perfect for small spaces (page 72). And choose from four window-box ideas to give your front yard a fast facelift (page 42).

At this time of year, we want to let more light and colour into our indoor spaces, too. Take a cue from nature to refresh your rooms (page 120), or explore soft pastels (page 128).

As the days grow warmer, the travel bug always stirs. Instead of watching the paint dry, take a top-value break (from page 168).

And if all that doesn't get you fired up for spring, our stunning orange chiffon cake (page 92), raspberry cheesecake crumble bars (page 94) and coconut lemon meringue pie (page 95) will!

Raffaela Pugliese Deputy editor



Nice style, even nicer prices.



Ronnie & Georgia



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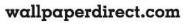






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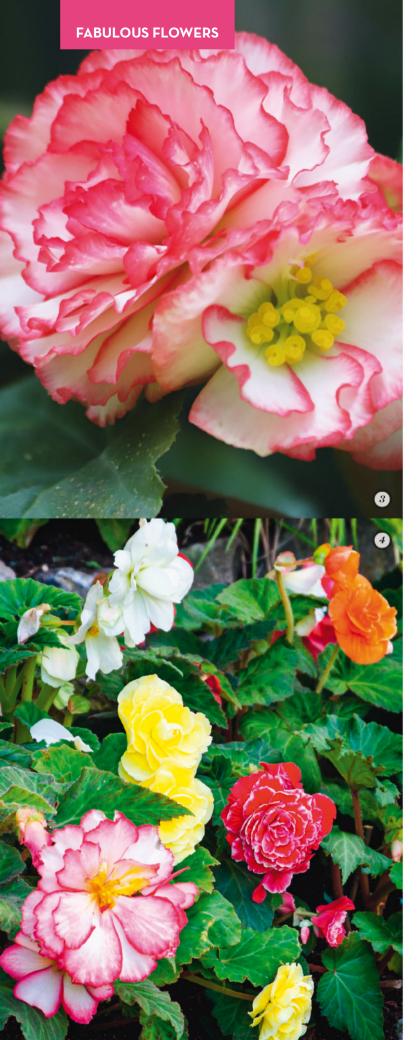






In colours that range from sizzling to soft, begonias bring spectacular or subtly sublime moods to your garden





oses won't bloom in the shade, but the next best thing - tuberous begonias - do. These wannabe roses flower in spring and summer in radiant, luminous shades of red, orange, yellow, white, pink, apricot or salmon. They can be singles or doubles, plain or ruffled, and the petals can have margins or blotches of contrasting colours. Growing to just 30-40cm high and wide, they're pretty perfect in garden beds, pots or in a hanging basket on your porch.

UBEROUS BEGONIAS

CARE FOR TUBEROUS BEGONIAS

CLIMATE Cool to subtropics with no humidity and cool nights.

ASPECT Part shade. **GROWING MEDIUM**

Quality potting mix for growing bulbs or tubers in containers or well-drained, humus-rich soil in your garden beds.

WATERING Regular watering during growing period, allowing growing

medium to dry out between drinks. Don't

water in winter when

the plant is dormant.

FEEDING Apply liquid

fertiliser every fortnight in spring and summer. PLANTING Plant tubers 40-50cm apart, domed side down, 2-3cm below surface in late winter to early spring.

3 FRILLS AND THRILLS

Tuberous begonias are perennials, but if you live in areas that get very cold in winter, plant them as annuals.

4 PERKY POPS!

While some tuberous begonia flowers are pendulous and look best in pots, others are upright and brilliant in beds.

5 HOLD THE DRINKS

Plants grown in containers need more frequent watering than those planted in the ground. But don't overwater as tubers and stems may rot.

TRY A DIFFERENT BEGONIA

- While tuberous begonias are grown for their fabulous, rose-like blooms, there are non-tuberous begonias that have completely different needs and attractions.
- Tuberous begonias are deciduous and dormant in winter, while non-tuberous are evergreen and grow and flower throughout the year.
- Tuberous begonias need a cool to subtropical but non-humid climate, non-tuberous mostly thrive in tropical and humid conditions.
- Tuberous have large, showy blooms, non-tuberous are renowned for their fabulous foliage.





CANE BEGONIAS

There are many species of cane begonias, including those commonly called angel wings. Growing to 1-2m, these flower from mid-summer to mid-autumn, with fleshy flowers that dangle like little chandeliers, in pink, red, orange and white. The foliage comes in fascinating shapes and colours, ranging from light to dark green with colourful splashes or dots in silver or white. Use them as a screen or a hedge, but they need stakes and training as some stems can grow horizontally. Use these stately plants as

a vertical element or in large pots on a verandah or in a courtyard.

CARE FOR CANE BEGONIAS

CLIMATE Frostfree temperate, subtropical, tropical. ASPECT Filtered sun. SOIL Well-drained, humus rich. WATERING Water when soil is dry. FEEDING Balanced fertiliser every fortnight.

7.8 FOLIAGE FANTASIES

Summer flowers are pretty but the lush, hanging leaves are attractive all year round, adding a tropical element to your garden.

AX BEGONIAS

Wax or bedding begonias (Begonia semperflorens) don't like to be alone. They're party plants and look spectacular when mass planted in blocks of red, pink or white. They're also very hardy. thriving in full sun in cooler regions or in part shade where it's warmer. They produce a super abundance of simple, single or double open-faced flowers in summer, and sporadically through the rest of the year, especially if you deadhead spent flowers. Their round, waxy leaves can be a luminous green, shiny bronze or deep purple.

CARE FOR WAX BEGONIAS

CLIMATE A perennial in warm temperate. subtropical and tropical areas, an annual in cool temperate or cold areas. **ASPECT** Part sun and part shade. **SOIL** Rich and well drained. **WATERING** Keep soil moist. FEEDING Apply pellet fertiliser in spring, summer and autumn.

9, 10 SWEET DREAMS

Use bedding begonias in beds, as their name suggests. Grow from seed, leaf or stem cuttings or plant now as seedlings about 20-30cm apart for summer flowers.





REX BEGONIAS

You're not growing rex begonias for their flowers - they're insignificant. It's their foliage that makes them the king of indoor plants. The asymmetrical shape of the leaves present spectacular spiral or splattered patterns in purple, pink, maroon, pewter, silver and multi shades of green. Different colours are splashed along the leaves' veins, making them a prominent feature on the softly rumpled leaves. Grow them in pots and hanging baskets.

CARE FOR REX BEGONIAS

climate Humid subtropical or tropical.

ASPECT Bright filtered light.

SOIL Well drained and humus rich.

watering Allow growing medium to dry out between watering as rex begonias hate soggy roots. FEEDING Apply high-nitrogen fertiliser monthly.

11 INK BLOTCHES

What can you read in the silver and green markings that take on the appearance of a Rorschach test?

12 HAVE A FEAST

You don't want common or garden snails eating your plants, but the Begonia rex 'Escargot' is what you want as part of your plant collection.

13 FORGOTTEN BLOOM

Rex begonias' leaves are so dramatic and dynamic with their colours and patterns that you may miss the fact they produce tiny pink flowers.



Photography Adobe Sto







GROWING ORCHIDS

About 70 per cent of orchids are epiphytes (which means they grow on other plants), or lithophytes (which grow on rocks). The others happily snuggle into humus-rich soil.

Many epiphytes are content to sit in the nook between a trunk and a branch.

To grow your own, tie an epiphytic or lithophytic orchid to a tree or rock with plastic-coated wire or old pantihose that you can remove when it's established.

To mount on a wall, wrap roots in sphagnum moss, attach to a slab of untreated hardwood and hang.

If you want these orchids in your garden bed, put in containers filled with an orchid mix and position where you want.

rchids are one of the marvels of the plant world. Their appeal lies in the many whimsical flower shapes and brilliant colour combos. Now is the time many are putting on a show - some lasting for months. Orchids are generally associated with the tropics, but they grow almost everywhere on the planet except Antarctica. You'll find them high under jungle canopies, snuggled in leaf litter in temperate forests, in alpine meadows and even in the snowy Arctic. Whether you choose a flamboyant exotic from the tropics or a more subtle (but super robust) local orchid, once you start growing your own you'll be hooked!











EVER-LASTING MOTHS

A moth orchid, or Phalaenopsis, in a pot will bloom again and again with the correct care.

 Put in a warm spot with indirect light, away from draughts or air-conditioning units.
 Lift humidity by placing the pot on pebbles in a saucer of water. Keep the orchid away from direct light in summer.

 Apply orchid liquid food every 2-4 weeks when flowering and during leaf growth.

 To avoid splashing leaves when watering, submerge the pot in the sink and let tepid water reach to just under the surface of the potting mix. Leave for a few minutes, then drain. Allow to dry out slightly between watering.

 After flowering, cut back the stalk above the second node beneath the spent flower.

 Every couple of years, pull the plant from its pot, trim the roots and repot in a larger pot with orchid potting mix.

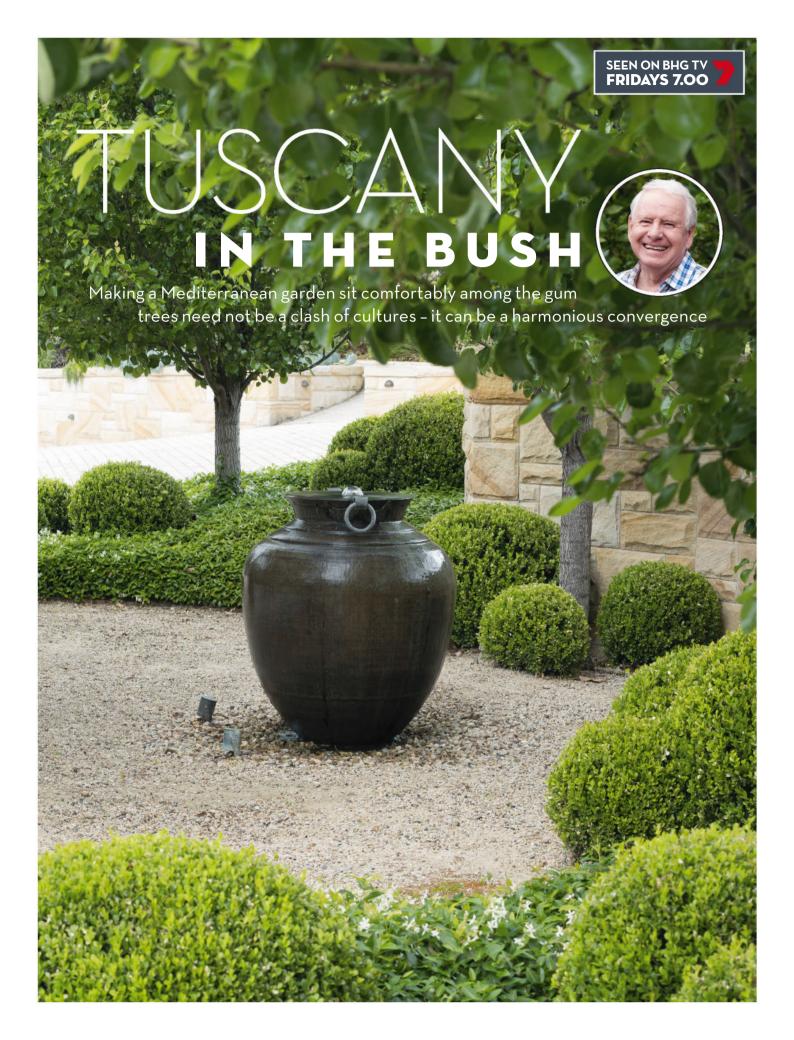










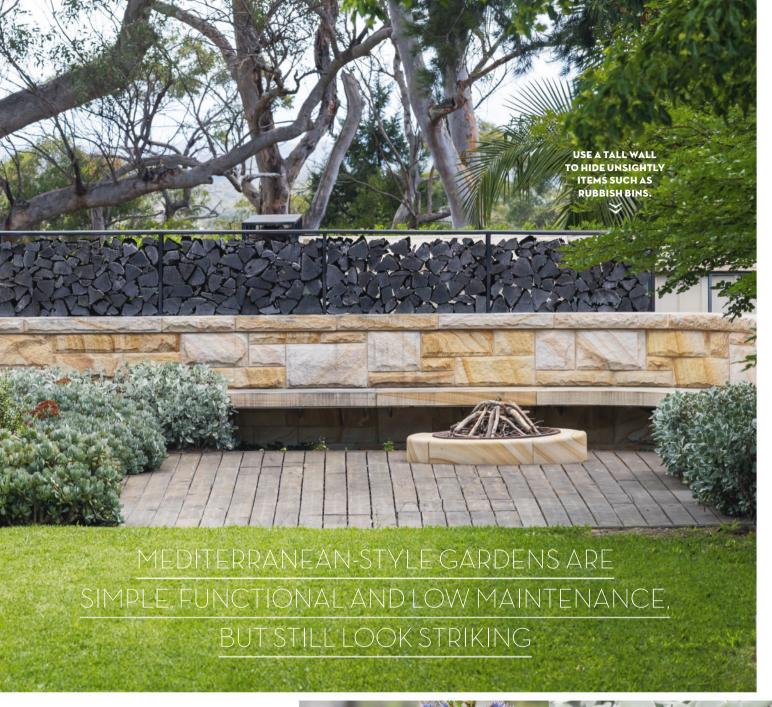


hen your childhood backyard was a grove of olive trees, but in adulthood you look out on a gathering of gum trees, recapturing that sense of the Mediterranean might seem ambitious. But blending Aussie natives with Mediterranean touches can be easy. Use local stone – in this case Sydney's honeyed sandstone – to re-imagine the magnificent structures of ancient Rome and Greece. Mingle Australian natives with waterwise plants from the Mediterranean – they share similar grey-green foliage – and add purple blooms for a punchy contrast. Then use water-filled urns, fountains or rills to bring a sense of cool and cater for thirsty wildlife. It's a billabong, Mediterranean style.







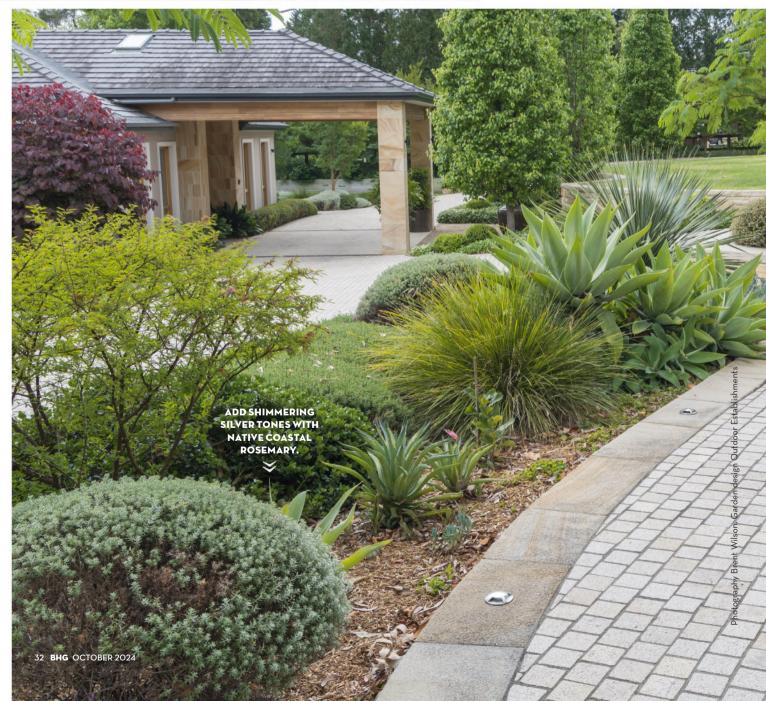


3 A path bordered with sun-loving salvia leads to a kitchen garden planted in raised beds. Lemon trees are a fixture in both Mediterranean gardens and old-fashioned Australian backyards. 4 A wall of honey-toned sandstone brings structure. **5** Salvias can cope with intense heat, nutrient-poor soils and drought. Many are native to southern Europe and northern Africa, and well suited to Australia. 6 Echium candicans 'Pride of Madeira' is frost hardy, drought tolerant and grows well in hot, dry climates. It grows to 2m high and wide, so takes up space, but it more than pays its rent by producing magnificent conical purple flower spikes in spring and summer. **7** Kalanchoe 'Silver Spoons' adds more diversity to foliage colours and textures.





8 There's no need to be strict about growing only Mediterranean plants. Agaves, yuccas and low-growing succulent blue chalk sticks all thrive in a hot, dry climate. 9 When foliage is king in your garden, you can make the most of the beautiful changing colours of a redbud (Cercis canadensis). Its leaves emerge burgundy coloured in spring, turn green over summer, then explode in red, orange and gold in autumn. 10 If your garden is on a slope, consider letting your paths go with the flow rather than putting in steps - especially when you have tykes on trikes or relatives with mobility problems. 11 Star jasmine is just as easy to train into rounded shapes as balls of buxus. 12 When introducing colourful flowers, go big, bold and brassy with agolden flowering aloe.■











fter a long, cold winter, spring celebrates its annual seasonal coup with the gentle eruption of lilac's cottony clouds of tiny flowers. The competition to be spring's flowering supremo is tough, given the profusion of spring-flowering bulbs and bushes. What makes lilac the clear winner is that each of its tiny flowers produces a perfume that sends bees and butterflies into a frenzy as they search for nectar. And while lilacs look like the Christmas-flowering crepe myrtle and the buddleia (butterfly bush) that flower in late summer, lilacs push out their blooms first. Planting this trio is a great way to have flowering trees from spring through to autumn.

GROWING TIPS

Lilac bushes are fussfree so long as you give them the right conditions.

CLIMATE Cool to temperate - plants need cold-winter dormancy to produce their sensational flower clusters. They're frost hardy.

ASPECT Six hours of full sun daily during the growing season.

PLANTING Plant in either spring or autumn. In warmer areas, autumn is

better as it gives time for the roots to gain strength to cope with hot summers. Or you can plant a lilac bush bare-rooted in winter.

soll Aim for a loamy consistency so roots aren't starved of nutrients or become waterlogged. Dig quality organic matter into the soil to achieve the perfect balance.

WATER Water young plants regularly until roots are established and can seek out moisture.

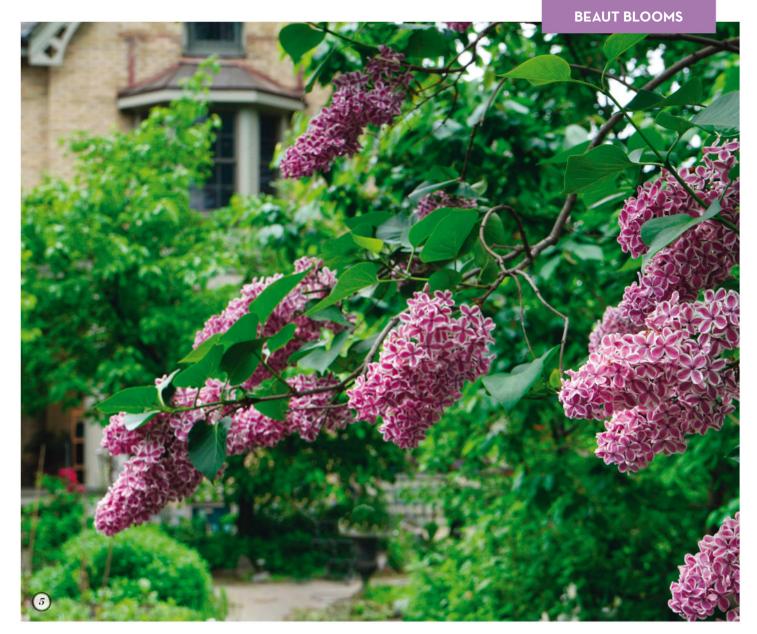
Then water during extended dry periods.

FEEDING Fertilise in late winter. For super blooms, use a plant food high in phosphorus.

PRUNING Prune to shape after flowering. After a couple of years, the lilac bush produces thick woody stems from the base. Keep the bush tidy by removing new stems when flowering has finished, so energy is channelled to next spring's splash.







WHEN LILACS BLOOM, IT'S LIKE FIREWORKS WITH THE SOUND OFF

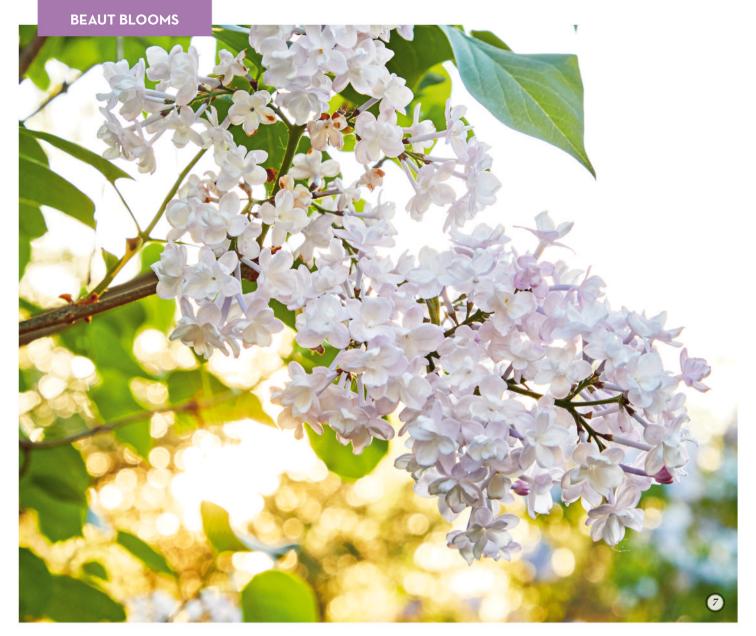
5 FOLLOW THE SCENT!

Lilac's fragrance starts off sweet in the morning, then grows stronger and richer as the day warms. It's the sun's light and heat that help intensify the aroma. If your spring is damp and/or cold, the scent will be much softer. The strongest perfume comes from flowers that are medium to dark purple.

6 MAKE A SPLASH

Lilac 'Sensation' is exactly as its name suggests, producing large heads of striking red-purple flowers, with each petal boldly trimmed in white. It has a more open growth habit so plant it as a single specimen in a spot where you can appreciate both its blooms and fragrance.







SPRING-FLOWERING LILACS TELL US SUMMER IS NOT FAR AWAY

7 DREAMY CASCADES

The beautiful white double flowers of 'Cora Brandt' begin as cream buds. When the clusters are in full bloom, the bush takes on the appearance of a lacy bridal veil.

8 EXERT SOME PRESSURE

Lilac flowers are among the easiest to press to preserve their colour and perfume.

9 PICK THEM FOR INDOORS

When picking blooms for indoors, cut stems just above a set of leaves, with flowers that are at least three-quarters open. Very few buds open $after\ cutting.\ Cut\ foliage$ separately. The flowers last just three to four days once cut, although you can extend that by a day or two by misting the flowers with water.



CREEPING JENNY DIES BACK IN WINTER BUT RE-EMERGES IN SPRING. PHLOX IS AN ANNUAL SO HAS TO BE SOWN EACH YEAR.

EARLY START

Spring's greatest hits come together in this cottage-style arrangement of tulips, mini daffodils and blue phlox. Two young lemon-scented cypresses provide the structure. The spill of creeping Jenny loosens up the look. Phlox and creeping Jenny will last the season, but when the bulbs are spent, replace the daffodils with small zinnias and the tulips with African daisies. This suits full sun but needs regular watering.

DRESSING

Miniature shrubs can be the base for innovative window-box displays, each designed to make the outside of your home say a cheerful and stylish welcome



CLASSIC SYMMETRY

If you fancy a formal theme rather than the traditional tumble of window-box plantings, anchor the arrangement with buxus clipped into spheres. Add height with pink angelonia growing between the buxus, then echo with pink-flowering geranium below. Put in variegated English ivy to add to the formal theme, but lighten it up with native white fan flowers (Scαevolα spp). This suits full sun but needs regular watering.

LESSONS IN WINDOW GARDENING

1BOX STYLE Choose a box that reflects the architecture of your home, be it sleek for a modern house, wrought iron for a formal home or wooden panels for cottages.

2 SIZE There are prefabricated window boxes available – just make sure you

measure your window and are getting the correct size. It can be several centimetres wider or shorter, depending on the look you prefer.

3 INSTALLING Use appropriately sturdy metal brackets to support the boxes. Drill into structural

studs because the boxes get heavy once the growing medium is added, plants are put in and they are watered.

4 WATERING Many prefabricated boxes have predrilled holes or are self-watering, letting plants draw moisture from a reservoir. If you need to drill your own holes, put them close to the edge furthest from the house so water doesn't run down the walls.

A simple trick to help drainage is to line the bottom of the box with wine corks, cover with landscape fabric, then add the growing medium.



WILD CHILD

The flowers appear barely able to contain their excitement in this exuberant arrangement. The key to toeing the line between romance and chaos is creating levels while still using contrasting colors. Purple salvia are your spires, orange zinnias and gold sawara cypress (Chamaecyparis pisifera) hold the centre, while Evolvulus 'Blue Eyes' and calibrachoa trail along. Deadhead zinnias and salvia as needed. This suits full sun but needs regular watering.







ROCK GARDENS

he shapes, sizes, textures and colours of natural stones give you endless creative possibilities. Using a combination of boulders, rocks and pebbles add visual interest and can be incorporated into a variety of landscape styles, from formal gardens to naturalistic landscapes. And creating a dedicated rockery that swallows up part or all of your lawn means there's less grass to mow, feed, water and weed. So turn to stone!



2 GOLDEN DAZE

A sweep of golden sedum can glow up a garden corner.
Sedum blooms from spring through to the end of summer, when the chartreuse flowers give way to zesty lime foliage.
They add fascinating texture, colour and form to a scattering of boulders, rocks and stones.

3 CACTI CARNIVAL

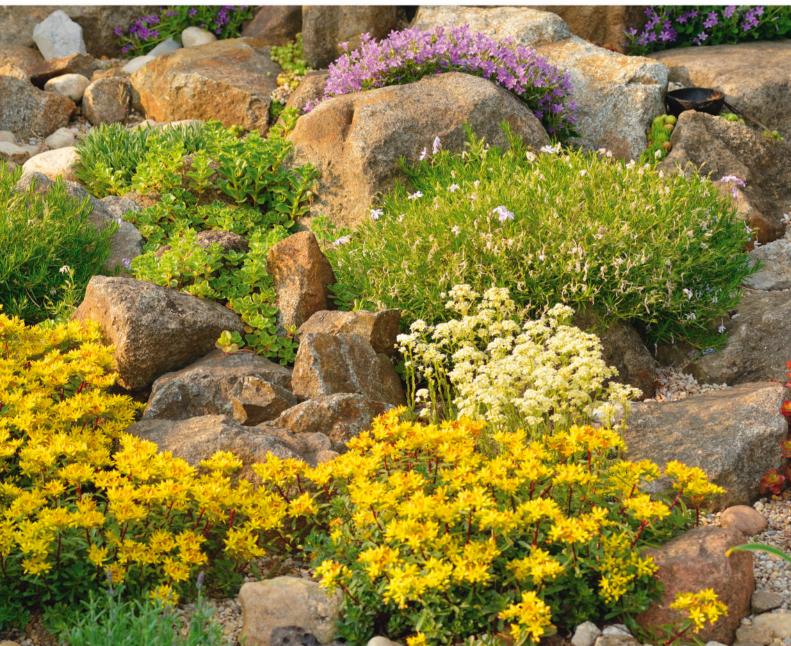
Cacti and other succulents are anatural fit for rock gardens.
They thrive on dry and nutrient-poor soils but still look terrific. Frame a spineless prickly pear (Ορυπτία 'Burbank') with a striking aloe and barrel cacti. Be careful when buying prickly pears as many species are banned.

4 STEADY THE SLOPES

On a sloping site, let boulders be the stars of your garden at the same time as they stabilise the soil to help control erosion.

Fill crevices and gaps with quality, well-draining soil and plant with low-growing, shallow-rooted plants. They will look as though they grow there naturally.





5 ROCKS IN YOUR BED

Landscaping with stone can bring a sense of durability and stability to your garden. No boulder shape is the same, so you get depth and character that can't be blown away, won't wither at season's end and – best of all for those who are time poor – need any maintenance.

6 TAP NATURAL ENERGY

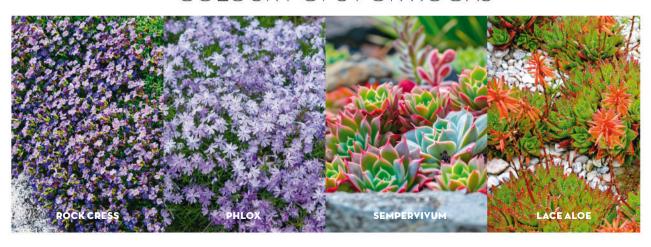
Be a bit arty in your rockery by adding a garden sculpture or two. Real lizards also love to lounge on a rock because stone absorbs heat during the day and radiates it back at night. This creates a warmer microclimate that may let you use plants from warmer climes in cooler climate areas.

7 BE OPEN MINDED

Creating a dedicated rockery can make everything look more open and spacious as you require fewer plants and fillers than a traditional garden design. It may also allow you to more fully appreciate the particular appeal of individual plant species.



COLOUR POPS FOR ROCKS

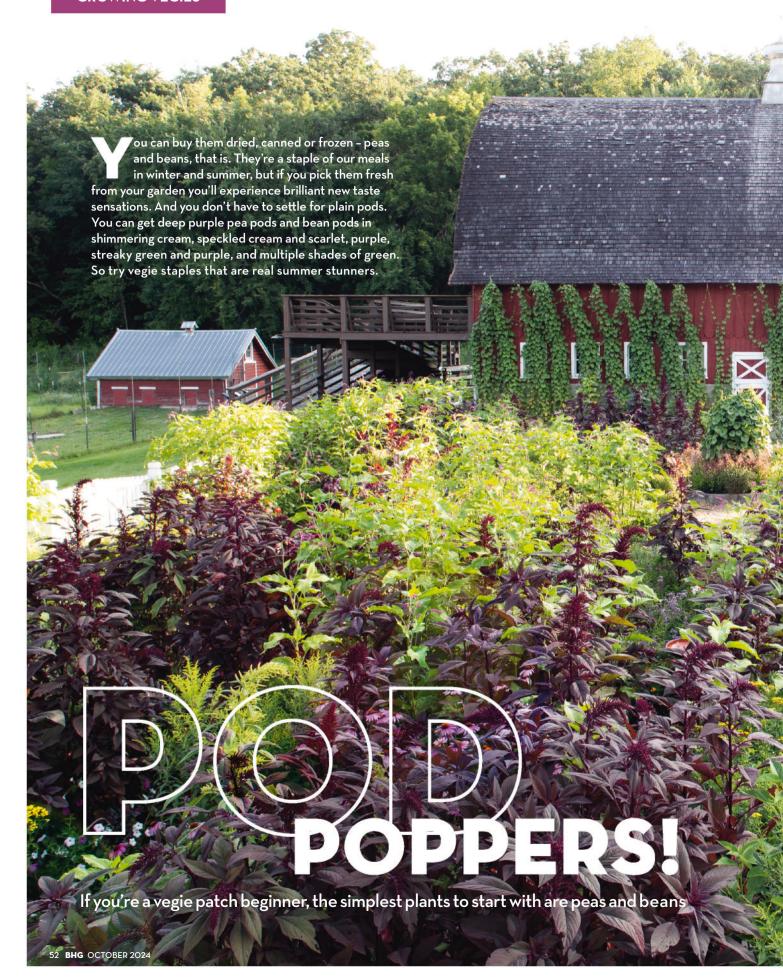


Photography Adobe Stock, Getty Images



MAKEIT REAL

You may want to put boulders directly on the soil's surface so you can see all the rock, but they should be buried into the soil by up to a third. That way, they sit well and won't shift dangerously over time. It also gives a more natural look – you seldom see rocks perched on the soil surface in nature.





—— HOW TO GROW BEANS ——

Be like Jack and grow beanstalks - imagine the green gold you'll harvest!



COOL BEANS These beans look

These beans look like jewels but have great flavours. Buy from heritage seed specialists, such as The Diggers Club, diggers.com.au.



'PAINTED PONY'



'CALYPSO'



'CHRISTMAS LIMA'



'BLACKSNAKE'



DARK RED KIDNEY

There are many, many varieties of beans

but generally they fall into two categories - climbing and dwarf. Climbing beans need support so sow seeds next to a tripod, trellis, or bean netting. They produce a harvest throughout the season. Establish supports before you sow seeds. Dwarf beans are ideal for growing in pots on balconies or decks and produce their entire harvest at once.

cool areas, sow seeds from spring to mid-summer. In warm areas, sow year round, but they do better in cooler months. Aspect Full sun. Soil Well drained. Water Don't water for a couple of days after sowing, then keep soil moist but not soggy. Water the soil, not the leaves so they don't become diseased. Food Feed with low-nitrogen, high-phosphorus fertiliser at sowing time. Phosphorus

Climate In temperate and

promotes flowers, which are followed by pods.

Harvesting Pick pods when they're tender and sweet.

With climbing beans, the more you harvest, the more flowers and pods you get.

2 PURPLE POPPERS

The climbing purple king bean looks stunning in the garden. In boiling water it turns green.

3 HIGH STAKES!

Runner beans are prolific climbers and need support, but they make a stunning focal point in a vegie patch.





So easy peasy - when they're snug as a bug in a rug, it's time for munching





SNOW PEAS



PURPLE-PODDED PEA



PORPLE-PODDED PE

SUGAR SNAPS

Climbing peas, such as sugar snaps and snow peas, need support. Sow seeds next to a tripod, trellis or pea netting. Dwarf peas don't need support to grow, but small frames keep foliage off the soil and help prevent disease. Follow sowing instructions on the seed packet. Climate In temperate and cool areas, sow seeds from spring to mid-summer. In warm areas, you can sow year round, but they do better in the cooler months.

Aspect Full sun. Soil Well-drained. Water Don't water for a couple of days after sowing. Then keep soil moist but not soggy. Water the soil, not the leaves so they don't develop fungal disease. Food Once seedlings are established, feed with lownitrogen, high-potassium fertiliser every 1-2 weeks. Harvest Peas will be ready to harvest after about 8 weeks, depending

on the variety.

4 FLOWERS MEAN FRUIT

You can't get the peas and beans without flowers - delicate, butterfly-like ornaments in white, pink, lilac and red. With high-potassium food, more energy goes to growing flowers.

5 IT'S A SNAP

'Purple Magnolia' sugar snaps start off as gorgeous bicoloured pink and purple-red flowers, then you get these rich purple pods.

6 GROWING TALL

Climbing peas can grow to more than 2m when you give them enough support.

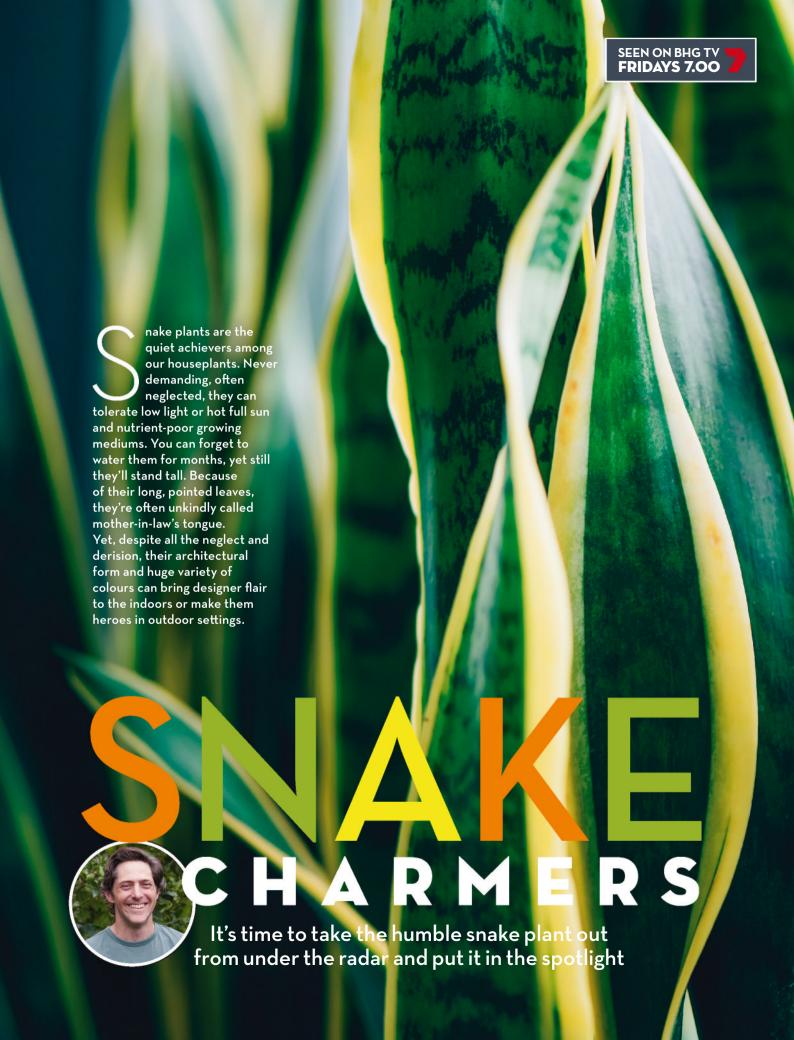
Bean and culinary pea leaves are edible. But don't eat any of the ornamental sweet pea - it's poisonous!











SAY HELLO TO SNAKE PLANTS

Snake plants
(Sansevieria spp.) come
in all shapes and sizes,
with distinct and
different variegations.
They're a plant
you can plonk on a desk,
use to fill an empty
corner or make the
focus of a garden bed.



S. SUPERBA

The dark green leaves have grey-green bands and a bright yellow margin. Grows to 1m.



S. HAHNII'JADE'

Its shiny, deep jade leaves have no markings and overlap to form a rosette. Grows to only 30cm, so is ideal as a low-growing, evergreen edging in border gardens.



S. 'FLAME'

The green leaves come with subtle, grey-green markings and bright yellow margins or streaks. Grows to 30cm.



S. 'MOONSHINE'

The stunning silver leaves come with ultra-thin green margins and faint traces of green variegations.
Grows to about 1m.



S. 'BLACK GOLD'

Its leaves are solid green and the yellow margins may have small variegations. Grows to 1m.



S. HAHNII'JADE MARGINATA'

Looks similar to 'Jade', but is lifted with striking golden margins.



S. 'BANTEL'S SENSATION'

At just 2-5cm wide, the leaves are narrower than most other snake plants. The green is accentuated by distinctive white vertical stripes. Grows to 1m.



S. TRIFASCIATA 'SNAKE PLANT'

The broader green leaves have silver-grey, chevron-style variegations and grow outwards rather than upright to about 1m.



S. 'SNOW'

The leaves appear almost white, but with dark green variegations. It often comes with narrow yellow margins. Grows to 60cm.



S. MASONIANA 'WHALE FIN'

Whale-fin shaped leaves come in various shades of dark green with dramatic vertical stripes. Grows to 1m.



S. DESERTII

Its tall, round, skinny, ribbed leaves often come with yellow chevron stripes. Grows to about 2m.

















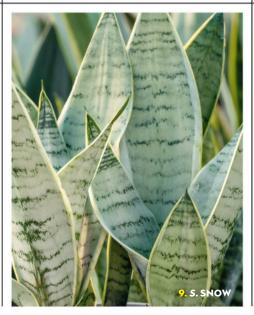
CARE FOR SNAKE PLANTS

• Climate Outdoors:

Tropical, subtropical, warm temperate.
Indoors: Anywhere.
• Aspect Full sun to low light.
• Soil Sandy to well-draining clay.
• Water Fortnightly, allowing soil or growing medium to dry out completely to prevent root rot.
• Food Slow-release fertiliser or organic pellets in pots in spring and summer.
Water at time of application.
• Pests and disease Although highly resilient, snake plants can attract mealy bugs or spider mites – wipe off with

a damp cloth or spray with pest oil. Overwatering can lead to fungal disease.









GROW SNAKE PLANTS IN YOUR GARDEN

As snake plants are so adaptable, the design opportunities for growing them outdoors are endless. Grow a row of snake plants against a wall or fence, or create a dynamic garden bed around 'Snow' snakes with cardboard palm (Zamia furfuracea), copper spoons (Kalanchoe orgyalis), silvery cushion bush (Leucophyta brownii), dwarf aloes, a pewter plant (Strobilanthes gossypinus) and blobs of no-mow grass (Zoysiα tenuifoliα). Then make a 'splash' with 'Whale Fin' snakes in elevated pots.



Create a simple corner garden bed with a couple of 2000x50mm pine sleepers.



Fill with quality garden soil, then several bags of paving sand to improve drainage.



Mix garden soil and sand together so the sand is spread evenly through soil.



Buy a selection of plants that share the same aspect and water needs as snake plants.



Cover soil with pebbles or decorative volcanic landscape stone.





Water the garden bed well, trying to avoid water resting on foliage.



BETTER TIP Snake plants seldom





Position plants in the bed to work out the arrangement, then plant out.



HOW TO PROPAGATE SNAKE PLANTS

You only need to buy one snake plant to get many, many more using these two simple propagating tricks.



Division

Pull a plant from the pot or garden. Shake off any dirt so you can see the roots. Isolate smaller clumps within the larger clump. Gently pull apart the roots and replant. Wear gloves or wash your hands after handling.



Leaf cuttings

Cut a leaf at its base, then cut into pieces 8cm long.
Mark the bottom edges. Let callus for a couple of days.
Plant each cutting, bottom edge first, into well-draining potting mix, or place in a jar of water so you can see roots develop. Wear gloves.

EASY STEPS TO MAKING A PIZZA HERB GARDEN

Create a handy tub of pizza herbs to pick and sprinkle on your slices.

Gather your supplies

- 52 x 31cm barrel planter
- Herb potting mix
- 180mm bamboo garden stake
- Collection of herb seedlings, such as thyme, oregano and Italian parsley

You'll also need Anvil secateurs; gardening gloves

Here's how

STEP 1 Fill planter with potting mix.

STEP 2 Use secateurs to cut stake into six 25cm lengths. STEP 3 Arrange lengths on top of potting mix to form a pizza-shaped wheel. STEP 4 Plant one herb

seedling per 'pizza slice', then water in well.

For you to know

Mediterranean herbs such as thyme, oregano and Italian parsley can tolerate long periods of dry once they're established. While the seedlings are little, keep soil moist at top of pot until their roots develop.

BETTER TIP

Sprinkle chopped fresh oregano on your pizza after it's baked. Fresh oregano will burn and go bitter if put in a hot oven.











EASY STEPS TO GROWING TOMATOES

Think pizza, think juicy tomatoes – and nothing tastes better than those you grow yourself!

Gather your supplies

- Raised planter bed
- Tomato and vegetable potting mix
- Tomato seedlings
- Growing frames
- Selection of marigolds

You'll also need
Bypass secateurs

Here's how

STEP 1 Fill raised planter with potting mix.

STEP 2 Trim lower leaves of tomato seedlings with secateurs.

STEP 3 Plant seedlings and water potting mix.

STEP 4 Position growing frames around seedlings. **STEP 5** Plant marigolds around tomato seedlings and water potting mix.

For you to know

Marigolds' strong aroma deters tomato-loving pests, but attracts beneficial insects, such as parasitic wasps.









EASY STEPS TO MAKING A PIZZA TABLE

Gather your supplies

- 29 x 21cm terracotta pots (2)
- Terracotta primer and sealer spray paint
 - Exterior paint
- · Selleys Liquid Nails
 - 25cm pizza tray

You'll also need

Roller and paint tray; face mask

Safety notes

Wear safety glasses, a mask and tie your hair back. When appropriate, wear gloves and protective clothing.

Here's how

STEP 1 Spray the outside of pots with primer and sealer. Allow to dry.

STEP 2 Apply two coats of paint to the outside of pots with a roller. Allow to dry.

STEP 3 Turn one pot upside-down and dab Liquid Nails around base.

STEP 4 Put remaining pot, base-side down, on top to form an hourglass shape. Allow to set.

STEP 5 Stand tray on top.

FOR PROJECT SUPPLIES, SEE OUR STOCKISTS PAGE











Naturally

Have a go at organic vegie gardening for a bounty of fresh and flavourful seasonal ingredients – year-round

f you love the flavour of organically grown vegetables but they're beyond your budget, think about growing your own. Instead of relying on synthetic chemicals, organic gardening relies on traditional methods that let nature take its own course - no insecticides, no fungicides, no herbicides and no artificial fertilisers. Sounds hard, but everything is at hand to make it easy. It just takes a different mindset, and vou'll be rewarded with food that tastes sublime!



IT ALL BEGINS WITH THE SOIL

The most important component in soil is organic matter, such as compost. It contains decayed micro-organisms of previous plant life, which give plants the nutrients they need. Organic matter helps both with water retention - helping your roots draw up the nutrients - and drainage, so that the roots don't drown from too much water.

BUILD A COMPOST HEAP

A compost heap is an area or bin where organic material will decompose into organic matter. The best spots are flat, well-drained and easily accessible. In cool areas, put it in a sunny spot with shelter from cold winds. In warm, dry areas, give it a bit of shade. Organic material consists of carbon-rich browns and nitrogen-rich greens. Browns include twigs, wood chips, sawdust, leaves, hay, paper and cardboard. Greens include fresh grass clippings, fruit, vegetables and herbs, coffee grounds and egg shells. Mix four times as much browns as greens in volume, not weight. Add water and regularly turn, keeping it moist but not soggy. If it's too wet, add browns, if it's too dry, add greens. It can take up to a year to produce great organic matter – or garden gold!









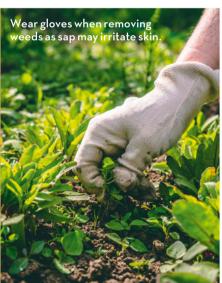






REDUCE WEEDS AND DISEASE

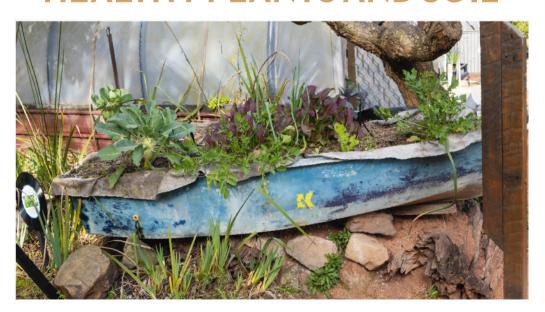
Weeds attract pests and compete with your vegies for water and nutrients. A layer about 5cm thick of organic mulch (straw, lucerne or newspaper) creates a barrier that prevents weeds from getting sunlight and fungal spores drifting from the soil to leaves. Pull out by hand any weeds that sneak through, including the roots. To prevent fungal disease, only water the soil, not the leaves. As the mulch decomposes, it puts organic matter back into the soil.







GROWING PLANTS IN TUNE WITH NATURE MEANS JEALTHY PLANTS AND SOIL



TRY A RAISED BED

Narrow raised beds give you more control over your soil and growing conditions. Consider a wicking bed – an Australian-designed water-saving system. It has a reservoir of water at the base that is drawn up by capillary action to the roots in the soil above. For a step-by-step guide to making your own wicking bed, scan this code.





USE FLOWERS TO ATTRACT OR REPEL INSECTS

Plant pretty marigolds in your patch - they'll attract beneficial insects and pollinators, and repel nasties such as whiteflies and cabbage butterflies. Nasturtiums draw aphids away from your vegies but attract hoverflies that eat the aphids. They also attract pollinators.



CREATE A SEED BANK

Allow one plant of each type of vegie you grow – such as lettuce, cabbage, onion, carrot – to flower. That way you can collect the seeds and put them in a seed bank for sowing next year. Some seeds, such as spinach and kale, are viable for several years, while others, such as onions and parsley, are good for keeping just one year. Share excess seeds with your neighbours!



ROTATE YOUR CROPS

To prevent disease, don't put seeds or seedlings in the same place that related plants grew the previous year or two. Related plants include cucumbers, pumpkin, squash and watermelon (the Cucurbitaceae family) and potatoes, tomatoes, capsicums and eggplants (the Solanaceae family). ■

COFFEE

Save space and put herbs at the heart of your outdoor room with this dual-function furniture piece!



reate a soft symphony for your senses by surrounding yourself with the aromas, textures, sights and tastes of fresh herbs. With a mix of perennials and annuals, you can change the scenery as seasons evolve – even throw in edible flowers!

EASY STEPS TO BUILDING A HERB GARDEN COFFEE TABLE

Gather your supplies

- 70 x 45mm H3 pine (2.4m)(3)
 - 14g x 100mm galvanised bugle screws
- 25 x 25 x 1200mm hardwood garden stakes
- 50mm decking screws
- •135 x 19mm spotted gum decking (10m)
- 652 x 413 x 163mm 30L heavy-duty crate
- 45 x 40 x 6cm coffee table furniture leg (2)
- White enamel spray
 - Timber oil
 - Planting mix grow bag 25L

You'll also need

Tape measure; combination square; pencil; mitre saw; sandpaper; drill; 14g and 10g countersink drill bits; 4mm spacers; paintbrush Keep your herb garden handy for a spring barbie or a casual patio brekkie.

Safety notes

When operating power tools, wear safety glasses, a mask, earmuffs, and tie your hair back. When appropriate, wear gloves and protective clothing.

Here's how

STEP 1 Measure, mark and cut all components with tape measure, combination square, pencil and mitre saw. With sandpaper, sand sawn edges on all spotted gum components.

STEP 2 Refer to the assembly diagram on page 74, then assemble a rectangular frame with 2 Rails and 2 Struts. To connect the frame corners, use a drill and 14g countersink drill bit to predrill 2 holes through the Rail and into the Strut, insert bugle screws and



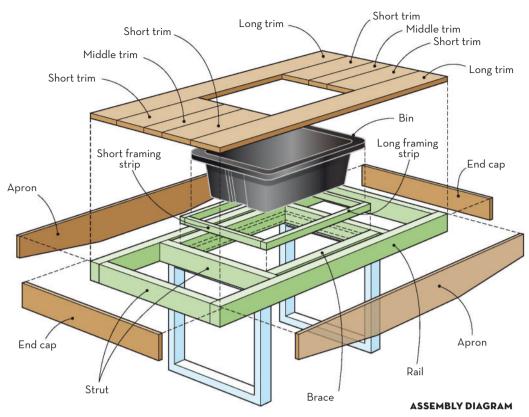
tighten. Repeat for the remaining 3 corners.
Connect remaining 2 struts to the frame, spaced equally from the end Struts and 655mm apart. Predrill 2 holes through the Rail and into Strut ends, insert and tighten bugles. Repeat to attach to the opposite Rail.

STEP 3 To add extra

step 3 To add extra support for the crate, insert a Brace between the 2 middle Struts and flush to Rail. Predrill 3 equally spaced holes through Brace and into Rail, insert and tighten bugles. Repeat to attach the second Brace to the opposite side.

STEP 4 Create a ledge for the crate with 2 Long and 2 Short framing strips as follows. Line up Long framing strip along centre of Brace. Use 10g countersink tool to predrill 4 equally spaced holes through framing strip and into Brace. Insert and tighten decking screws. Repeat to attach second Long framing strip to opposite Brace. Line up Short framing strip along centre of a middle Strut so the ends connect to the Long framing strips. Predrill 3 equally spaced holes through the Short strip and into the Strut, insert and tighten decking screws. Repeat to attach opposite Short strip to opposite Strut. Insert crate into frame.

STEP 5 To taper the ends of the Apron, measure and mark 90mm from corner on both ends and 450mm across on both ends, Draw a line to bisect the 2 points, then repeat to mirror the opposite end. Cut along



Part	Size	Material	Qty
Rail	1430 x 70 x 45	Hʒ Pine	2
Strut	510 x 70 x 45	H3 Pine	4
Brace	655 x 70 x 45	H3 Pine	2
Short framing strip	370 x 25 x 25	Hardwood stake	2
Long framing strip	655 x 25 x 25	Hardwood stake	2
Short trim	450 x 135 x 19	Spotted gum	4
Long trim	1430 x 135 x 19	Spotted gum	2
Middle trim	450 x 90 x 19*	Spotted gum	2
Apron	1430 x 135 x 19	Spotted gum	2
End cap	640 x 90 x 19*	Spotted gum	2

both lines with circular saw. Use tapered Apron as a template to mark the shape onto the second Apron. Cut with circular saw, then sand all sawn edges.

STEP 6 To prepare spotted gum components for assembly, gather Short and Middle trim components and use a combination square and pencil to mark a drill line 20mm from one end and 50mm from the

other end on all 6 components. Mark drill lines on Long trims, Aprons and End caps, 20mm from both ends. With 10g countersink bit, predrill 2 holes on all marked drill lines, 20mm from both edges.

STEP 7 To clad the table frame, refer to assembly diagram, then attach Aprons flush and square to top edge of Rails. Use assembly holes to predrill

into Rail. Insert and tighten decking screws. Measure and mark drill lines 450mm from both ends of Apron, then predrill 2 holes (20mm and 70mm from top edge), insert and tighten decking screws. Repeat for Apron on opposite side of table.

STEP 8 Lay all Long, short and Middle trims on table top as shown in the diagram. Insert 4mm spacers

between the pieces. Using













the predrilled assembly holes, predrill into frame beneath, then insert and tighten decking screws. Predrill 6 additional equally spaced holes into Long strip, and in line with screws on adjacent Short and middle strips. Insert and tighten decking screws.

STEP 9 To complete the cladding, predrill and screw End caps to both ends, and flush with top of table.

STEP 10 To allow for drainage, flip table and with an 8mm drill bit, predrill around 35 equally spaced drainage holes through the base of the crate.

STEP 11 Spray the legs with 2 coats enamel spray, allow to dry after each coat.

To attach legs, flip table and centre legs on middle struts. Predrill through the assembly holes with 3mm drill bit, insert screws and tighten.

STEP 12 Flip table upright and apply timber oil to spotted gum cladding, then allow to dry.

STEP 13 Insert a grow bag into the crate and cut away the plastic, then plant the herbs. Water in.

FOR SHOPPING
DETAILS AND PROJECT
SUPPLIES, SEE OUR
STOCKISTS PAGE



HERB HANGOUT

For a simple vertical herb garden, cut 2 strips of 70 x 45mm H3 pine. Measure and mark 4 equally spaced lines across strips and 1 vertical line along the centre of the strips. With a drill and 5mm bit, predrill 4 pilot holes on marked lines intersections. Sand sawn edges, then apply 2 coats of charcoal exterior paint. For an industrial-style pot holder, use downpipe stand off brackets with 75mm galvanised bolts and nuts. To hang on the wall, predrill a centred pilot hole into the top of the strip, then insert and tighten a 80 x 19mm eye screw. Install 85mm stainless steel hooks to the wall, then insert a white 11x9cm plant pot filled with your favourite herbs.

HELLO, POSSUMS!

If you have to learn to live with your furry marsupial friend, do it on your own terms. Evict them from your attic and build them a one-bedder of their very own!



MARSUPIAL ON THE MOVE

To relocate a possum from your attic, first locate the access hole. After dark, access the attic, then locate and remove the possum's nest. To make your attic less favourable, sprinkle quassia chips or spray possum repellent around the attic, then install a bright light and leave on for 3 days and 3 nights. Place the possum's nest in their new box and install on an evergreen tree, at least 4m high and in a spot that's leafy, secure and protected from strong winds. Now watch and wait! Once you are confident that your possum has moved home, block up the access hole to the attic with chicken wire.

EASY STEPS TO BUILDING A BRUSHTAIL POSSUM NESTING BOX

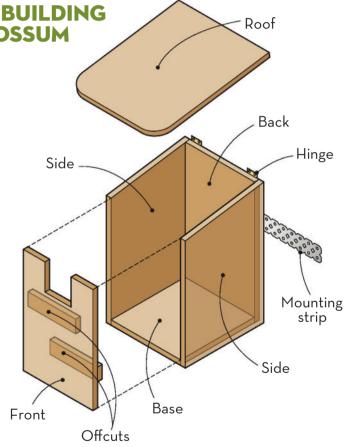
Gather your supplies

- 2440 x 1220 x 18mm marine plywood
- 50mm exterior screws
- Stainless steel hinges (2)
 - Small branch
 - 40 x 600mm zinc mending bracket (mounting strip)

You'll also need

Tape measure;
combination square;
pencil; track saw; jigsaw;
80-grit sandpaper; 1 L
paint tin; drill; 10mm drill
bit; 8g countersink drill
bit; PVA glue; clamps;
15mm galvanised screws;
wood filler; scraper;
leftover water-based
decking paint; paint
brush; wooden dowel;
fruit slice

Safety notes When operating power tools, wear safety glasses, a mask, earmuffs, and tie your hair back. When appropriate, wear gloves and protective clothing.



Components for a brushtail possum box (all in mm)

PART	SIZE	MATERIAL	QTY
Roof	435 x 345 x 18	Marine plywood	1
Front	400 x 265 x 18	Marine plywood	1
Back	465 x 265 x 18	Marine plywood	1
Side	465 x 300 x 18	Marine plywood	2
Base	282 x 265 x 18	Marine plywood	1



















FOR PROJECT SUPPLIES, SEE OUR STOCKISTS PAGE



Project notes

To adjust nesting box

for a ringtail possum, reduce box height by 110mm and create a 65mm entrance square.

• Use dark green or brown water-based exterior stains only and allow smell to dissipate before you install. Leave the entrance hole unpainted, as possums like to chew this area.

Here's how

step 1 Measure, mark and cut all components with tape measure, combination square, pencil and track saw.

Step 2 To create an entrance hole, use combination square and pencil to measure and mark

a 100mm square on the centre of the short edge of the Front panel. With a drill and 10mm bit, drill a hole just within the marked line. **STEP 3** Cut along vertical lines of square entrance hole, then insert jigsaw blade into drilled hole and cut into the square corners. Set aside.

STEP 4 To create a sloping roof for water runoff, measure and mark 45mm from one top corner on a Side panel. Then with combination square, draw a line from the marked point to opposite top corner. Repeat for second Side. **STEP 5** Draw drill lines on Side – 9mm from bottom edge and both side edges.

Predrill countersink drill holes every 100mm along the marked drill line. Repeat on second Side so panel holes are mirrored to represent a right and left Side panel.

STEP 6 Repeat Step 5 to create drill lines and assembly holes for bottom edge of Back panel, and front edge of Base panel. With the 10mm drill bit, drill 5 holes in Base to allow for drainage.

step 7 Refer to assembly diagram to attach Side to Back panel. Line up components with a butt joint and predrill through assembly hole and into adjoining panel. Insert and tighten screws with drill. Repeat for opposite side, then repeat to attach Front and Base panels.

STEP 8 To curve front edges of Roof, line up 1L paint tin on both front corners, draw around edge of tin with pencil then use jigsaw to cut curves then sand sawn edges.

STEP 9 To attach hinges to Back panel, line up hinges 20mm from top edge and mark assembly holes on Back. Predrill assembly holes and attach hinges with 15mm screws. Position Roof

KEEP YOUR
PRECIOUS
PLANTS SAFE
FROM GREEDY
(BUT CUTE!)
POSSUMS.

on top of box so it equally overlaps Sides and Back edges. Mark hinge holes on underside of roof, then predrill, insert and tighten screws.

STEP 10 Patch all screw holes with wood filler and a scraper then allow to set and sand smooth. Wipe away dust. Apply 2 coats decking stain to exterior of box only. Do not paint around the entrance hole or the inside of the box.

STEP 11 To attach mending bracket (Mounting strip) to Back of box, centre bracket across box and about one-third of the way down from top edge. Predrill through bracket holes and into end of Sides, insert 50mm screws and tighten to secure.

step 12 Drill 2 holes through branch, insert and tighten screws to attach to Front panel. Use a dowel as a 'hook' for fruit to coax your possum friend.



Once you get your possum out of your roof and into its brand-new tree house, your garden is still vulnerable to their night-time banquets – generously laid on by you. Try the following measures to protect your garden plants.

- Wrap metal or plastic sleeves around the lower trunk of specimen trees such as magnolias or maples – just make sure there isn't a nearby fence possums can jump into the branches from.
- Grow your vegies in a raised garden bed with a wire, plastic or shade-cloth cover.
- If you're growing herbs in pots near your kitchen, cover them each evening with a wire food cloche or a wire waste basket.
- A natural chemical
 deterrent is to simmer
 100g of quassia chips
 (available from nurseries)
 in 2 litres of water for
 an hour, then strain and
 leave to cool. To use,
 dilute one part of
 the concentrate
 in four parts of water and
 spray on foliage. Don't
 spray on edibles as
- Possums love roses but hate the smell of fish oil. Mix ½ cup fish oil in 1 litre of water and spray on foliage.

the bitter taste

survives cooking.

• For edible plants a potent spray may not be an option. Instead, fill a stocking or pantyhose with an animal-based fertiliser, such as blood and bone, and run it along the edge of the bed. The strong smell keeps possums away.







Jenny Dillon Garden Editor

In your

You've plotted and planned all winter, now it's spring - time to do!

SEASON SPECIALS

Warmer weather brings out cool flowers.



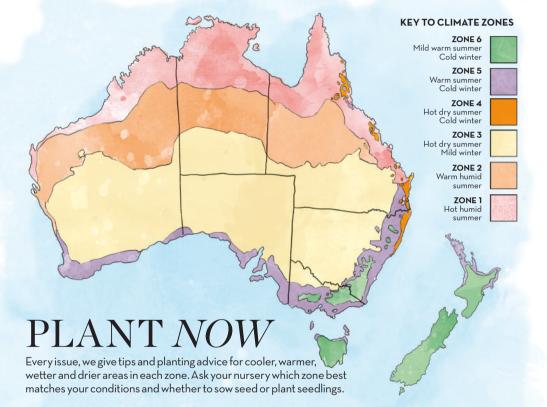
PINK PERFECTION Also known as the native rose, Boronia serrulata has an intense perfume.



DAINTY DANCER Get the aroma of fresh lemon with Darwinia citriodora.



CHECK THIS OUT! Be captivated by rows and rows of snake's head fritillary.



FLOWERS



snapdragon.

ALL ZONES Alyssum, amaranthus, aster, begonia, cosmos, dahlia (top left), marigold, nasturtium, petunia, portulaca, salvia and zinnia. ZONES 1-3 Balsam, celosia, gaillardia (bottom left). phlox, sunflower and torenia. ZONES 4-6 California poppy, candytuft, lobelia and





VEGETABLES

ALL ZONES Asparagus, beans, beetroot, cabbage, capsicum, carrot, celery, choko, eggplant (top left), lettuce, potato, pumpkin, radish, shallot, sweetcorn, sweet potato, tomato and zucchini. ZONES 1-3 Taro, okra and water chestnut. **ZONES 4-6** Cucumber (bottom left), onion, parsnip, pak choy and turnip.

about how they're going to bloom. They just open up and turn toward the light and that makes them beautiful

JIM CARREY, ACTOR





TWIST IN TIME

It's a giant mystery why the cluster of flowers of Chinese wisteria (Wisteria sinensis) twists anti-clockwise while Japanese wisteria (W. floribunda) twists clockwise. What's a fact is the main difference - the size of the racemes, or dangling flower clusters, of the species. The racemes of Chinese wisteria are 15-23cm long. Those of Japanese wisteria are a stupendously long 30-45cm. It's a cascade worth thinking about!



GARDEN SECRETS

Inject your garden with cheap and cheerful colour

1

GLOOM BEATERS

Garden looking a little drab? From bloomin' beaut petunias to lobelias, marigolds and nemesias, there's any number of cheap, quick colour-ups out there. 2

SOW GOOD

Plant cosmos for a massed spring/summer dazzle, place geraniums in pots either side of an entrance, and set up displays of head-turning Iceland poppies. 3

POT PARADE

Paint old pots in zappy contrasting tones for a collection of colour. With drainage holes, good potting mix and regular watering, you'll plant up a storm.



GARDENING ADVICE

- ◆ ESTABLISH new turf lawns in time for Christmas. ◆ REPOT cymbidium orchids if their roots have become too squeezy.
- ◆ **FERTILISE** fruit and ornamental trees to promote fresh new growth. ◆ **DEADHEAD** already-bloomed spring roses
- to encourage new flowers. TREAT Aussie shrubs to a seasonal trim. PLANT UP pots of showy annuals. GIVE your soil a healthy boost by digging in organic
- matter, including compost and well-rotted manure.



WATER WELL IN THE MEADOV

Delight in indoor gardening with this elegant British Meadow watering can by UK company Burgon & Ball. The botanical illustrations of flowers and butterflies on this display-worthy vessel date back to 1815. Made from strong powder-coated galvanised steel, it holds 1L of liquid, \$43 from Botanex, botanex.com.au.

POPPING CHAMPERS

With creamy colouring and old-world good looks, Rosa 'Fragrant Showpiece Champagne' boasts a delicious perfume and high disease tolerance. It's from the Noack Rose company that brought us 'Flower Carpet' ground-cover blooms, and gets to just a metre tall, flowering from early spring to winter's start. Go to Anthony Tesselaar Plants, tesselaar.com.

ON THE WING

Twitter time

Discover the world's most enchanting birds – from the sacred condors of Peru to Victoria's mimicking lyrebirds and Kakadu's noisy bowerbirds – with **The Joy of Birdwatching** (Lonely Planet, \$44.99). A lavishly illustrated guide to 60 of the world's most intriguing birds, it shares details on 120 of the best birdwatching locations. Available at **bigw.com.au.**



WHAT'S ON

Spring spectacular |

Some of the most beautiful gardens in the Blue Mountains of NSW open their gates to visitors for the Leura Gardens Festival, October 4-7. A cool-garden paradise, Leura, 100km west of Sydney CBD, is famous for its magnificent rhododendrons, dogwoods, azaleas, camellias and breathtaking bulb displays. Gardens vary from the sprawling to modestly small, with some offering food and family entertainment. For details, visit leuragardensfestival.com.



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









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moon guide

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

OCTOBER 2024								
SUN	MON	TUES	WED	THUR	FRI	SAT		
		Moon in Virgo	Moon enters Libra 8.19am	New Moon 4.49am	Moon enters Scorpio 9.22pm	5 M,		
6	7	8	9	10	11	12		
m,	Moon enters Sagittarius 9.34am	x.	Moon enters Capricorn 7.38pm	η _ο	First Quarter Moon 4.55am	Moon enters Aquarius 2.31am		
13	14	15	16	17	18	19		
<i>m</i>	Moon enters Pisces 5.55am	Ж	Moon enters Aries 6.34am	Full Moon 9.26pm	Moon enters Taurus 5.59am	В		
20 Moon enters Gemini 6.07am	21	Moon enters Cancer 8.49am	23	Moon enters Leo 3.23pm Last Quarter Moon	25	26		
6.U/am	I	0.454111	ම	6.03pm	રી	શ		
27 Moon enters Virgo I.47am	28 My	29 Moon enters Libra 2.29pm	30 <u>•</u>	31 <u>a</u>				

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

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.

M Aries

∀ Taurus

т.

Cancer Cancer

က Leo

Ω Libra

M Scorpio

X Sagittarius

Aquariu

H 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.

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Preparation time 25 mins plus chilling Cooking time 10 mins Makes 24

250g unsalted butter, softened 11/2 cups plain flour 1/2 cup icing sugar mixture, sifted, plus extra, to dust 1/4 cup cornflour ²/₃ cup quick cooking oats, plus extra 1/3 cup

BUTTERCREAM 125g unsalted butter, softened 1 tsp vanilla extract 11/2 cups icing sugar mixture, sifted 2 Tbsp frozen raspberries, thawed 2 tsp cocoa powder, sifted 2 tsp milk

STEP 1 Preheat oven to 180°C/160°C fan forced. Line 2 large oven trays with baking paper. Using an electric mixer, beat butter in a bowl for 5 minutes or until very pale. Beat in flour, icing sugar, cornflour and oats until just combined. STEP 2 Working with 2 teaspoonfuls of mixture at a time, roll into balls, then roll in extra oats. Put 3cm apart on prepared trays. Gently flatten each ball. Bake for 10 minutes or until light golden and just cooked through. Set aside on trays for 30 minutes to cool. STEP 3 Meanwhile, to make buttercream, using an electric mixer, beat butter in a medium bowl for 5 minutes or until very pale. Add vanilla and icing sugar. Beat for 6-8 minutes or until light and fluffy. Divide in half. Press thawed raspberries through

with a 1cm star nozzle. Set aside.

STEP 4 Add cocoa powder and milk to remaining buttercream portion. Beat for 2 minutes to combine. Transfer to a piping bag fitted with a 1cm star nozzle. STEP 5 Pipe buttercreams on flat side of half the biscuits. Sandwich together. Refrigerate for 10 minutes or until firm. Serve dusted with icing sugar.



ORANGE **CHIFFON CAKE**

Preparation time 20 mins plus 1 hour cooling and 30 mins chilling Cooking time 1 hour Serves 12-14

2 cups self-raising flour 7 free range eggs, at room temperature, separated 3/4 cup caster sugar, plus extra 3/4 cup 3/4 cup orange juice 1/2 cup vegetable oil 1 Tbsp finely grated orange zest 1/2 tsp cream of tartar Edible flowers, to decorate

FILLING 600ml thickened cream 400g sour cream 1/4 cup icing sugar mixture, sifted, plus extra, to dust 1 Tbsp vanilla extract

STEP 1 Preheat oven to 180°C/160°C fan forced. Put a baking tray in oven to preheat. Triple-sift flour into a bowl.

STEP 3 Using a whisk, combine orange juice, oil and orange zest in a small bowl. Gradually add orange juice mixture to egg yolk mixture, beating until combined. Sift flour over mixture and gently fold to combine. Set aside. STEP 4 Using a clean electric mixer fitted with a whisk attachment, beat egg whites in a bowl until foamy. Add cream of tartar, then gradually add extra sugar, beating until mixture is thick and glossy. STEP 5 In 3 batches, fold egg white mixture into cake mixture until just combined. Spoon into an ungreased 25cm angel food cake pan with a removable base and smooth surface. STEP 6 Put cake pan on preheated oven tray. Bake for 55 minutes-1 hour or until a skewer inserted into centre comes out clean. Put a piece of baking paper, just larger than the pan, on a work surface. Immediately turn hot pan upside-down on paper and leave to cool completely in this position. STEP 7 Carefully run a small knife around edge of cake and tube to help release cake from pan (you may also need to run a knife or spatula between base and cake). Using a sharp knife, cut cake into three even layers. STEP 8 For filling, using an electric mixer fitted with a whisk attachment, whisk cream, sour cream, icing sugar and vanilla until stiff peaks form. Put 1 cake layer on a cake stand. Spread with 11/4 cups filling. Repeat layering with cake and filling until all cake layers have been used, finishing with cake. Spread remaining filling over top and sides. Refrigerate for 30 minutes or until firm.

Decorate with edible flowers to serve.





RASPBERRY PISTACHIO CHEESECAKE CRUMBLE BARS

Preparation time 20 mins plus cooling and 4 hours 20 mins chilling Cooking time 1 hour 40 mins Serves 12

3 cups plain flour

3/4 cup caster sugar

1/4 cup firmly packed brown sugar

1/4 tsp fine sea salt

220g unsalted butter, melted

1/3 cup rolled oats

1/4 cup roughly chopped pistachios

1/4 cup raspberry jam

300g raspberries, plus extra, to serve

CHEESECAKE

500g cream cheese, at room temperature

- 3/4 cup sour cream, at room temperature
- 1 cup caster sugar
- 2 free-range eggs, at room temperature
- 1 tsp finely grated lemon zest
- 1 tsp vanilla bean paste
- 2 Tbsp cornflour
- 1 Tbsp lemon juice

STEP 1 Preheat oven to 180°C/160°C fan-forced. Lightly grease a 20 x 30cm slice tin and line with baking paper, leaving a 2cm overhang.

STEP 2 Combine flour, sugars and salt in a large bowl. Add butter and mix with a fork until sandy in texture. Reserve 1½ cups of mixture for crumble topping. STEP 3 Spoon remaining mixture into pan, then use the back of a spoon to press firmly over base. Refrigerate for 20 minutes or until firm.

STEP 4 Bake slice base for 35-40 minutes or until pale golden. Set aside in the pan for 20 minutes to cool.

STEP 5 Meanwhile, for cheesecake, put cream cheese, sour cream and sugar in a food processor. Process until smooth. Add eggs, lemon zest and vanilla and pulse to combine. Add cornflour and

pulse to combine. Add lemon juice and pulse to combine. Pour over base and smooth surface.

STEP 6 Combine jam and raspberries in a bowl, lightly crushing raspberries. Spoon over cheesecake and swirl with a fork. Stir oats and pistachios into reserved crumble topping. Sprinkle over cheesecake.

STEP 7 Bake for 50 minutes-1 hour or until cheesecake is just set and crumble is golden. Transfer to a wire rack for 1 hour to cool, then refrigerate for at least 4 hours or until firm. Cut into pieces and serve with extra raspberries.



UPSIDE-DOWN STRAWBERRY SOUR CREAM CAKE

Preparation time 20 mins plus 30 mins cooling Cooking time 1 hour 5 mins Serves 6-8

750g strawberries, hulled, halved, plus extra, to serve

- 2 Tbsp caster sugar, plus extra 3/4 cup
- 2 Tbsp orange juice
- 2 Tbsp cornflour
- 13/4 cups plain flour
- 2 tsp baking powder
- 1/4 tsp table salt
- 2 free range eggs, at room temperature
- 1 Tbsp finely grated orange zest
- 1/2 cup sour cream
- 120g unsalted butter, melted
- 1 tsp vanilla extract
- Whipped cream, to serve

STEP 1 Preheat oven to 200°C/180°C fan-forced. Line a large oven tray with baking paper. Put strawberries in a single layer on prepared tray. Scatter over sugar and orange juice. Bake for 20 minutes or until softened. Set aside for 30 minutes to cool completely. **STEP 2** Lightly grease and line a 22cm round cake pan (don't use a springform

pan). Arrange roasted strawberries, cut side up, in base of pan. Transfer any juices from tray into a jug and reserve. Using a fine sieve, dust cornflour over strawberries.

STEP 3 Whisk flour, baking powder, and salt in a medium bowl. In a large bowl, whisk extra sugar, eggs, orange zest, sour cream, butter and vanilla. Add flour mixture and stir until just combined.

STEP 4 Spoon into pan. Using a spatula, spread evenly. Bake for 40-45 minutes or until golden and a skewer inserted in centre comes out clean. Set aside in pan for 15 minutes to cool slightly. Invert onto a plate. Serve with reserved juices, cream and extra strawberries.



RHUBARB 'CROISSANT' TOASTS

Preparation time 15 mins Cooking time 45 mins Makes 6

1/3 cup caster sugar
1/4 cup water
1/4 cup orange juice
120g unsalted butter, softened
1/2 cup caster sugar
1 egg, at room temperature
2 tsp vanilla bean paste
1 tsp finely grated orange zest
3/4 cup almond meal
6 stale slices of brioche
250g rhubarb, trimmed and cut into
5cm lengths
1/3 cup flaked almonds
1/3 cup flaked almonds
1/4 cup safety sugar, to dust

STEP 1 Preheat oven to 180°C/160°C fan forced. Line a large oven tray with baking paper.

STEP 2 Combine sugar, water and orange juice in a small saucepan on high. Bring to boil, stirring to dissolve sugar. Remove from heat and set aside.



STEP 3 Using an electric mixer, beat butter and sugar in a medium bowl for 5 minutes or until very pale. Add egg. Beat until well combined. Beat in vanilla, orange zest and almond meal until thick. STEP 4 Put brioche slices on prepared tray and brush with half the sugar syrup. Spread almond mixture evenly over each slice, leaving a 1cm border for almond mixture to spread. Top with rhubarb and almonds and brush with remaining syrup.

STEP 5 Bake for 40 minutes or until golden and rhubarb is tender (cover with foil if overbrowning). Serve dusted with icing sugar.



CHEAT'S COCONUT LEMON MERINGUE PIE

Preparation time 10 mins Cooking time 30 mins Serves 6

1½ cups milk

¾ cup desiccated coconut

50g unsalted butter, melted

2 tsp vanilla extract

1 tsp finely grated lemon zest

1 free-range egg

⅓ cup plain flour

¾ cup caster sugar

⅓ cup lemon juice

MERINGUE

1½ cups caster sugar

½ cup water

½ tsp cream of tartar

4 free-range egg whites,
at room temperature

STEP 1 Preheat oven to 200°C/180°C fan forced. Lightly grease an 18cm (1 litre-capacity) pie dish.

Put on a baking tray. Put milk, coconut, butter, vanilla, lemon zest, egg, flour, sugar and lemon juice in a blender. Blend until smooth, scraping down sides if necessary.

STEP 2 Pour mixture into prepared dish. Bake for 25 minutes or until set. Set aside for 20 minutes to cool slightly. STEP 3 Meanwhile, for meringue, put sugar, water and cream of tartar in a saucepan on low, stirring until sugar dissolves. Bring to the boil on high. Reduce heat to low. Cook for 4 minutes. Remove from heat. Using an electric mixer, whisk egg whites in a large bowl until soft peaks form. With motor running, add hot sugar syrup in a thin steady stream and whisk for 1-2 minutes or until thick and glossy. STEP 4 Dollop meringue over pie. Using a kitchen blowtorch, torch until lightly

golden. (Alternatively, put under a hot

grill for 30 seconds -1 minute). Serve.



PASSIONFRUIT AND JASMINE TEA SYRUP CAKE

Preparation time 15 mins plus infusing and cooling Cooking time 1 hour 10 mins Serves 6

1 Tbsp loose jasmine tea leaves
2 Tbsp boiling water
150g unsalted butter, softened
1 cup caster sugar
1 tsp finely grated lemon zest
1 tsp vanilla extract
3 free range eggs, at room
temperature
1 cup Greek-style yoghurt
2 cups self-raising flour
1/4 tsp table salt

¼ cup passionfruit pulp, plus extra, to serve Double cream, to serve

PASSIONFRUIT SYRUP
Juice of 1 lemon

3 cup water
2 tsp loose jasmine tea leaves
1 cup passionfruit pulp
2 cup caster sugar

STEP 1 Preheat oven to 180°C/160°C fan forced. Grease and line a 24 x 11cm (10cm-deep) loaf pan with baking paper, leaving 2cm overhang. Combine tea and water in a bowl. Set aside to infuse.

STEP 2 Meanwhile, using an electric mixer, beat butter, sugar, lemon zest and vanilla in a bowl for 10 minutes or until pale and creamy.

STEP 3 Add eggs, one at a time, beating well after each addition. Add yoghurt and beat until well combined. Fold in flour and salt. Stir in tea mixture and passionfruit until just combined.

STEP 4 Spoon into prepared pan and smooth surface. Bake for 1 hour or until a skewer inserted into the centre comes out clean.

STEP 5 For Passionfruit syrup, bring lemon juice, water and tea to a simmer in a small saucepan on medium. Cook for 1 minute. Strain into a clean saucepan, discarding solids. Add passionfruit and sugar. Cook on medium until mixture comes to the boil. Reduce heat to low. Cook for 8-10 minutes or until syrupy. Set aside to cool slightly.

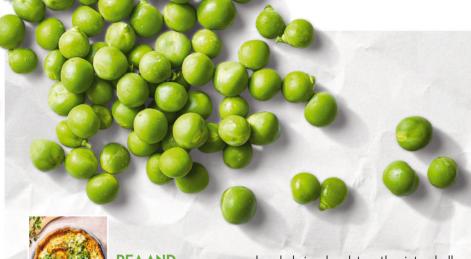
STEP 6 Spoon 2 tablespoons syrup over cake. Cool in pan for 15 minutes, then transfer to a wire rack to cool completely. Drizzle with remaining syrup. Serve with cream and extra passion fruit. ■











PEA POTA WITH WHE

PEA AND POTATO QUICHE WITH HONEY WHEAT CRUST

Preparation time 25 mins plus 45 mins chilling Cooking time 1 hour 10 mins Serves 6

½ cup olive oil
 3 cloves garlic, peeled, bruised
 350g Dutch Cream potatoes, peeled, cut into 3mm-thick slices
 1 cup shelled fresh peas
 Sea-salt flakes and freshly ground black pepper, to season
 6 free-range eggs
 ½ cup thickened cream
 1 Tbsp chopped chives
 2 tsp chopped dill, plus extra, to serve
 2 tsp finely grated lemon zest
 60g soft goat's cheese, crumbled
 Snow pea sprouts (optional), to serve

HONEY WHEAT PASTRY

1 cup wholemeal plain flour

½ cup plain flour

3 tsp sugar

Pinch salt

125g cold unsalted butter, chopped

¼ cup cold water

1 tsp honey

STEP 1 For Honey wheat pastry, pulse flours, sugar and salt in a food processor until just combined. Add butter, a few pieces at a time, pulsing until butter is broken down into pieces the size of small peas. Combine water and honey in a small bowl. With motor running, gradually add honey mixture in a slow, steady stream, pulsing until dough just starts to come together. Transfer to a large piece of baking paper. Using your

hands, bring dough together into a ball. Flatten into a disc. Wrap in paper and refrigerate for at least 30 minutes or until firm enough to roll.

STEP 2 Stand dough at room temperature for 15 minutes. Grease a 23cm round pie tin. Using a lightly floured rolling pin, roll out dough on a lightly floured surface or baking paper to form a 30cm disc. Line prepared tin with pastry, allowing excess to overhang. Gently lift sides of pastry and press into bottom crease of pie tin so there are no gaps between pastry and tin. Folding edge of pastry under, create a thick crust to come 1.5cm above edge of tin, gently pinching and crimping to seal. Refrigerate for 10-15 minutes.

STEP 3 Meanwhile, heat oil and garlic in a large frying pan on medium, without stirring, for 2 minutes or until garlic just starts to simmer. Cook, stirring frequently and occasionally tilting pan to submerge garlic in oil, for 11/2 minutes or until garlic is golden and fragrant. Add potato and cook, stirring occasionally and separating slices, for 10 minutes or until tender and lightly browned in places (reduce heat if potato starts to brown or burn too quickly). Remove and discard large pieces of garlic. Stir in peas and season with salt. Cook, stirring occasionally, for 1 min or until heated through. Using a slotted spoon, transfer mixture to a plate lined with paper towel.

STEP 4 Preheat oven to 190°C/170°C fan-forced. Line chilled pastry with baking paper and fill with pie weights or uncooked rice. Bake for 20 minutes or until edge is just firm and golden. Remove weights and paper. Bake for a further 5-10 minutes or until just cooked through.

STEP 5 Whisk eggs, cream, dill, half of chives and half of lemon zest. Season. Reserve ¼ cup of peas from potato mixture. Add potato and remaining peas to egg mixture and toss to combine. Pour mixture carefully into hot crust, using tongs to spread out potatoes. Top evenly with goat's cheese and remaining chives. Sprinkle remaining lemon zest over goat's cheese.

STEP 6 Bake for 25 minutes or until light golden and filling is just set. Transfer to a wire rack to cool for at least 15 minutes before serving. Top with reserved peas, extra dill and sprouts, if using. Season.

COOK'S TIP

One kilo of fresh pea pods contains about 2 cups of peas, so you'll need to buy and shell 450g-500g whole fresh peas for this recipe.



MIXED PEA,
SPELT AND
ORANGE SALAD
WITH CITRUSSESAME
VINAIGRETTE

Preparation time 15 mins Cooking time 30 mins Serves 4

175g sugar snap peas, trimmed
175g snow peas, trimmed
1 cup spelt, rinsed, drained
2 large oranges
1 Tbsp rice wine vinegar
1 Tbsp pure maple syrup
1 tsp soy sauce or tamari
1/4 tsp freshly ground black pepper,
plus extra to season
1 Tbsp toasted sesame oil
1 Tbsp canola oil
Sea-salt flakes, to season
1/2 cup natural sliced almonds,
lightly toasted
Snow pea sprouts (optional),

STEP 1 Bring a large saucepan of salted water to boil on high. Fill a large bowl with iced water. Add peas to boiling

to serve



water and cook for 30 seconds-1 minute or until bright green and just tender. Using a slotted spoon, transfer peas to iced water.

STEP 2 Add spelt to boiling water and cook, uncovered, for 20-25 minutes or until tender. Drain spelt and transfer to a large bowl. Drain peas and pat dry with paper towel.

STEP 3 Meanwhile, remove long strips of zest from 1 orange (you'll need 1 teaspoon of zest). To segment the oranges, cut off the peel with the white pith, following the curve of the fruit. Working over a bowl to catch juice, cut down either side of each segment close to the membrane to release the segments. Using your hands, squeeze peels and membranes to release any excess juice (you'll need a total of 2 tablespoons of juice). Whisk orange zest and juice, vinegar, maple syrup, soy sauce and pepper in a small bowl. Gradually add oils in a slow, steady stream, whisking constantly until well combined. Season.

STEP 4 While spelt is still warm, add 2 tablespoons of dressing and toss to lightly coat. Add peas, orange segments, almonds and remaining dressing to the spelt mixture.

Toss until well combined.

Serve topped with sprouts, if using, and season.



PEA AND LEEK FLATBREADS

Preparation time 35 mins plus cooling Cooking time 30 mins Serves 8

2 Tbsp olive oil
2 cloves garlic, thinly sliced
3 leeks, trimmed, halved,
thinly sliced
Sea-salt flakes and freshly ground
black pepper, to season
1 cup shelled fresh peas
2 Tbsp chopped fresh mint
3/4 cup ricotta
1/4 cup buttermilk
1/4 cup thickened cream
1/4 cup finely grated parmesan
1 qty Flatbread Dough (recipe follows)
120g fresh mozzarella or feta,
crumbled

FRESH PEA VINAIGRETTE

²/₃ cup shelled fresh peas

2 Tbsp red wine vinegar

2 Tbsp olive oil

2 Tbsp pine nuts

Mint leaves, to serve

2 Tbsp water, plus extra 1-2 Tbsp

1 Tbsp mint leaves

1 Tbsp chopped red onion

Sea-salt flakes, to season

STEP 1 For Fresh pea vinaigrette, cook peas in a small saucepan of boiling, salted water for 30 seconds-1 minute or until bright green. Using a slotted spoon, transfer peas to a bowl of iced water. Drain well. Place peas, vinegar, oil,

water, mint and onion in a small food processor or blender and process until almost smooth. Add an extra 1-2 tablespoons of water, if needed, to make a drizzling consistency. Season with salt.

STEP 2 Preheat oven to 230°C/210°C fan-forced. Heat oil and garlic in a large frying pan on medium for 1½ minutes or until garlic is golden and fragrant. Add leek and season. Cook, stirring, for 5-7 minutes or until leek is golden and tender. Add peas and chopped mint. Cook, stirring, for 2 minutes or until peas are just tender. Set aside for 5 minutes to cool slightly.

STEP 3 Meanwhile, whisk ricotta, buttermilk, cream and parmesan in a bowl. Season.

STEP 4 Grease two large oven trays. Using fingers, flatten one dough portion on a lightly floured surface, working from centre out towards edge. Use a lightly floured rolling pin to roll out dough into a 30cm disc. Transfer to one prepared tray, stretching dough as needed to maintain size. Repeat with remaining dough portion and tray.

STEP 5 Spread ricotta mixture evenly over each dough disc, leaving a 1.5cm border. Top evenly with pea mixture, mozzarella or feta and pine nuts. Bake, swapping position of trays halfway through cooking, for 15 minutes or until mozzarella is lightly browned and crust is golden on edges.

STEP 6 Drizzle flatbreads with vinaigrette and sprinkle with mint leaves. Cut into pieces to serve.

FLATBREAD DOUGH

Preparation time 20 mins plus 2½ hours standing Makes 2 x 225g portions

¼ cup warm water, plus extra ½ cup
½ tsp dry yeast
2 cups bread flour or plain flour
1 tsp caster sugar
1 tsp sea-salt flakes
2 Tbsp olive oil

STEP 1 Lightly whisk water and yeast in a large jug. Stand in a warm place



for 5 minutes or until foamy. Put flour, sugar and salt in a food processor. Pulse about five times to combine. Stir extra warm water into yeast mixture. With motor running, gradually add yeast mixture, then oil, to flour mixture, pulsing until combined. Continue to pulse until dough pulls away from side of bowl and starts to form a ball (if dough isn't coming together, add an extra 1-2 teaspoons warm water and pulse again). STEP 2 Knead dough on a lightly floured surface until smooth and slightly sticky. Shape into a ball and place in a large, oiled bowl. Cover with plastic wrap. Set aside in a warm place to rise for 11/2-2 hours or until doubled in size. STEP 3 Divide dough in half and gently shape into balls, then flatten into thick discs. Wrap each disc in plastic wrap or cover with a damp tea towel. Set aside for 30 minutes to rest. (If making ahead, refrigerate overnight and bring to room temperature before rolling.)



SPRING CARBONARA WITH PEAS AND SHIITAKE 'BACON'

Preparation time 15 mins Cooking time 15 mins Serves 4

350g dried spaghetti
11/4 cups shelled fresh peas
225g snow peas, trimmed,
thinly sliced
1/4 cup olive oil
250g fresh shiitake mushrooms,
stems removed, caps thinly sliced
2 cloves garlic, crushed
3 free-range eggs, at room
temperature
1/2 cup finely grated pecorino
1/3 cup finely grated parmesan,
plus extra, to serve
Sea-salt flakes and freshly ground
black pepper, to season

STEP 1 Bring a large saucepan of salted water to boil on high. Add spaghetti and cook for 9 minutes. Carefully remove

1 cup of cooking water. Add peas and snow peas to pan and cook for a further 1 min or until pasta is al dente.

STEP 2 Meanwhile, heat oil in a large frying pan on medium-high. Add mushroom and cook, stirring occasionally, for 6-8 minutes or until brown on edges and crisp. Add garlic and season well. Cook for 1 min or until fragrant. Transfer a small amount of mushroom mixture to a plate lined with paper towel and reserve.

STEP 3 Whisk eggs, pecorino and parmesan in a medium bowl. Season with pepper.

STEP 4 Drain pasta and peas and transfer to frying pan (if pasta looks dry, add a little of reserved cooking water to loosen). Reduce heat to low. Quickly pour egg mixture over pasta and season with salt. Cook, tossing, for 1-2 minutes or until sauce thickens. Top with extra parmesan and reserved mushrooms. Season to serve.



FRIED SUGAR SNAP PEAS WITH TARRAGON AIOLI

Preparation time 30 mins Cooking time 20 mins Serves 6

3/4 cup plain flour
3/4 cup fine semolina or extra
plain flour
2 tsp baking powder
1/4 tsp sea-salt flakes
1 cup buttermilk
Vegetable oil, for deep frying
450g sugar snap peas, trimmed
2 tsp sea-salt flakes
Lemon wedges, to serve

TARRAGON AIOLI (Makes 1 cup) 2 small cloves garlic, peeled 3/4 tsp sea-salt flakes 1 free-range egg
½ tsp Dijon mustard
1 Tbsp lemon juice, plus extra, to taste
¾ cup canola oil
2 Tbsp chopped tarragon
2 Tbsp olive oil
Freshly ground black pepper,
to season

STEP 1 For Tarragon aïoli, chop garlic with salt on a chopping board, then press down on garlic with side of your knife. Move side of knife back and forth against garlic and salt until a paste forms. Place paste, egg, mustard, lemon juice and remaining salt in a food processor. Pulse until just combined. With motor running, gradually add canola oil in a very slow, steady stream (this should take 2-4 minutes). Scrape down sides of bowl. Add tarragon. With motor running, gradually add olive oil in a slow, steady stream. Scrape down sides of bowl. Stir in about 1 teaspoon of extra lemon juice to taste. Season. Transfer to a bowl. Cover and refrigerate for up to 5 days, or until needed.

STEP 2 In a large bowl, whisk flour, semolina, if using, baking powder and salt. Pour buttermilk into a shallow bowl. Line a baking tray with paper towel.

STEP 3 Pour oil into a large, deep heavy-based frying pan until 3cm deep. Heat to 185°C on a cook's thermometer or until a cube of bread turns golden in 30 seconds. Working in batches and using tongs, toss peas in buttermilk. Lift peas from buttermilk, allowing excess to drain. Quickly toss peas in flour mixture to coat all over. Shake off excess, then carefully lower into hot oil (don't overcrowd pan). Deep-fry for 3 minutes or until golden brown all over and crisp. Using a slotted spoon, transfer peas to prepared tray. Repeat with remaining peas, buttermilk and flour mixture.

STEP 4 Generously sprinkle peas with sea salt while hot. Serve immediately with lemon wedges and aïoli.■









COCONUT CREPES (KUIH DADAR)

Preparation time 15 mins Cooking time 45 mins Makes 8-10

250g plain flour, sifted
1 tsp salt

1 free-range egg
400ml can coconut milk
1 cup water, plus extra ½ cup
to loosen batter, if needed
½-½ tsp pandan extract (see
Cook's tips)
2 Tbsp rice bran oil or peanut oil

COCONUT FILLING
150g shredded coconut
100g coconut sugar
100g raw sugar
200ml water
½ tsp salt
2 pandan leaves, knotted (optional)

step 1 For Coconut filling, put coconut, sugars, water, salt and pandan leaves, if using, in a medium saucepan on low.
Cook, stirring, for 25-30 minutes or until liquid is absorbed and mixture is dark brown and dry to touch. Transfer to a bowl, discarding pandan leaves.
Step 2 Put flour and salt in a bowl. Make a well in centre. Add egg. Gradually whisk in coconut milk and water until smooth. Whisk in pandan extract.
Step 3 Preheat a non-stick frying pan on medium-high. Lightly grease pan

step 3 Preheat a non-stick frying pan on medium-high. Lightly grease pan. Ladle in ½-½ cup batter and swirl to make a 20cm crepe (whisk in extra water if batter is too thick). Cook for 5-10 seconds or until golden underneath. Reduce heat and cook, without turning, until crepe loosens from base of pan when pan is shaken. Transfer to a plate. Repeat with remaining batter, stirring between batches, to make 8-10 crepes. Set aside to cool completely.

STEP 4 Spoon 1–2 tablespoons of filling onto base of each crepe. Fold over base and sides. Roll up to enclose filling.



ASIAN-STYLE MUSSELS WITH DOTI

Preparation time 15 mins Cooking time 10 mins Serves 4

1/2 bunch coriander, roots intact
2 Tbsp peanut oil
1 stalk lemongrass, white part only, finely chopped
1 long green chilli, thinly sliced
1 long red chilli, thinly sliced
2 eschalots, thinly sliced
4 cloves garlic, thinly sliced
3cm-piece ginger, cut into matchsticks
2kg black mussels, scrubbed, beards removed
400g can chopped tomatoes
270ml can coconut milk
Warm roti, to serve (see Cook's tips)

chop, reserving sprigs for garnish.
Heat oil in a large heavy-based
saucepan or stock pot on medium-high.
Add lemongrass, chillies, eschalot,
garlic, ginger and coriander root and
cook, stirring, for 3 minutes.

STEP 2 Add the mussels and stir well.
Stir in tomato and coconut milk, then
cover and bring to the boil. Cook,
shaking pan occasionally, for 5 minutes

STEP 3 Top with coriander sprigs and serve with roti.

or until mussels open.

COOK'S TIPS

• A popular flavouring in Asian cakes and desserts, pandan has hints of vanilla, rose, almond and coconut. Look for fresh leaves and bright-green extract in Asian food stores.

- Make the crepe batter up to a day ahead and refrigerate until needed.
- Find ready-made roti in the fridge
- or freezer section of supermarkets. Heat in a non-stick frying pan for 30 seconds each side before serving.■

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IS GIVING ONE LUCKY READER THE CHANCE TO



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HOW TO ENTER

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CHICKEN, TARRAGON, LEEK AND MUSHROOM PIE

Preparation time 25 mins Cooking time 1 hour 10 mins Serves 6

1/2 cup plain flour 1/3 cup olive oil, plus extra 2 Tbsp 2 brown onions, finely chopped 4 cloves garlic, sliced 2 leeks, trimmed, washed, roughly chopped 200g button mushrooms, sliced 200ml white wine 1.5L chicken stock 150ml pouring cream or crème fraîche 1 bunch tarragon, chopped, plus extra sprigs, to serve 1 bunch thyme, leaves picked Sea-salt flakes and freshly ground black pepper, to season 6 chicken thighs, bone in, skin on Extra olive oil or melted butter, for brushing

STEP 1 Preheat oven to 180°C/200°C fan-forced. Put flour and ½ cup of the olive oil in a small bowl and whisk until a smooth paste forms.

6-8 washed red potatoes, thinly sliced

STEP 2 Heat remaining oil in a large saucepan on medium-high. Add onion, garlic, leek and mushroom. Cook, stirring, for 5–7 minutes or until soft. Add wine and cook, stirring, to deglaze. **STEP 3** Add stock and bring to the boil. Stir in cream or crème fraîche, tarragon, and half the thyme. Add flour paste and cook, whisking vigorously, until the sauce thickens. Season.

STEP 4 For Potato topping, combine potato, remaining thyme and extra oil in a large bowl. Season.

STEP 5 Arrange chicken in base of a large 22 x 32cm (14-cup capacity) baking dish. Pour over 8 cups of the sauce until chicken is generously covered, leaving room for potato mixture on top. (You may have some sauce left over – see Cook's tip.)

STEP 6 Arrange potato, overlapping, over chicken mixture. Brush with extra virgin olive oil or butter. Season. Cook for 45 minutes-1 hour, or until potatoes are golden and chicken is cooked through. Serve with extra tarragon.

COOK'S TIP

Got leftover sauce? It's delicious served as a dip with crusty bread.



1 pomegranate

WHOLE BAKED PUMPKIN

Preparation time 30 mins Cooking time 2 hours Serves 8–10

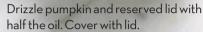
1 whole small Jarrahdale (blue)
pumpkin (2½kg)
½ bunch sage
½ bunch rosemary
2 bay leaves
2 bird's eye chillies, finely chopped
2 cloves garlic, sliced
4cm piece ginger, finely grated
1 Tbsp ground coriander
Pinch nutmeg
Sea-salt flakes and freshly ground
black pepper
½ cup extra virgin olive oil

2 lemons
½ bunch mint, roughly chopped
Greek-style yoghurt or goat's cheese,
to serve

Juice and finely grated zest of

STEP 1 Preheat oven to 220°C/200°C fan-forced. Using a small sharp knife, carefully cut a small, saucer-sized opening in top of pumpkin and reserve the top to use as a lid. Remove and discard seeds from cavity.

STEP 2 Combine sage, rosemary, bay leaves, chilli, garlic, ginger, coriander and nutmeg in pumpkin cavity. Season.



STEP 3 Fold a large piece of foil into a ring that will support base of pumpkin. Place ring onto a baking tray and top with pumpkin.

STEP 4 Bake for 1 hour. Reduce oven temperature to 190°C/170°C fan-forced. Cook for a further 30 minutes-1 hour or until pumpkin is soft when tested with a knife.

STEP 5 Transfer pumpkin to a large plate or serving dish. Score pumpkin into sixths and open pumpkin like a segmented orange (pumpkin will open out like a flower). Drizzle with the remaining oil.

STEP 6 Cut pomegranate in half and scatter seeds over pumpkin with lemon juice, lemon zest and mint. Dollop with yoghurt or goat's cheese to serve.



IRISH STEW WITH LAMB SHANKS

Preparation time 30 mins Cooking time 2 hours 20 mins Serves 6

2 Tbsp olive oil
2 carrots, peeled, roughly chopped
2 celery sticks, roughly chopped
1 brown onion, roughly chopped
2 whole bulbs garlic, unpeeled,
halved horizontally
3 bay leaves
1 bunch marjoram
1 bunch thyme
4-5 (about 1.5-2kg) lamb shanks





300ml white wine
1 Tbsp white sugar
Sea-salt flakes and freshly ground
black pepper, to season
7-8 cups water
½ cup soy sauce
6-8 small Kipfler potatoes, halved
1 bunch baby turnips or radishes,
green stem intact, halved
1 swede, peeled, cut into 2cm pieces
Sliced chargrilled sourdough, to serve

HERB TOPPING
1/2 bunch flat-leaf parsley, chopped
1/2 bunch mint, chopped

1/4 cup capers, drained, chopped

STEP 1 Heat oil in a stockpot on low. Add carrot, celery, onion and garlic. Cook, stirring occasionally, for 5 minutes. Add bay leaves, marjoram and thyme. Cook, stirring, for 2 minutes. STEP 2 Add lamb shanks (don't brown them, as this is a white stew). Add wine and cook, stirring, to deglaze. Add sugar. Bring to the boil. Season.

STEP 3 Pour in enough water to cover lamb. Stir in soy sauce. Bring to the boil on high. Cover with lid and reduce heat to low. Simmer for 2 hours or until lamb is almost cooked but not coming off bone easily.

STEP 4 Add potato, turnip and swede. Simmer for a further 10 minutes or until vegetables are cooked and lamb is tender. Season.

STEP 5 For Herb topping, combine parsley, mint and capers in a bowl.

STEP 6 Sprinkle herb topping over stew and serve with sourdough.

COOK'S TIP

You can swap the carrots for 1 bunch baby carrots, then finely chop the green tops and reserve to add to the herb topping.



PORK CHOPS WITH APPLE SAUCE

Preparation time 30 mins, plus overnight chilling Cooking time 30 mins Serves 4

4 pork loin chops
4 cloves garlic, smashed
½ bunch sage, roughly chopped
½ bunch thyme, roughly chopped
1-2 Tbsp olive oil
Sea-salt flakes and freshly ground
black pepper, to taste

APPLE SAUCE

4 Granny Smith apples, unpeeled Pinch ground cinnamon Pinch ground nutmeg Pinch ground cloves Juice and finely grated zest of 2 lemons 2 Tbsp honey SPROUTS
300g Brussels sprouts,
halved lengthways
1-2 Tbsp olive oil
1 clove garlic, smashed
1/3 cup walnuts

STEP 1 Combine pork, garlic, sage

and thyme in a large bowl. Cover and refrigerate for at least 2 hours or overnight to develop the flavours. STEP 2 For Apple sauce, preheat a barbecue grill or chargrill pan on medium. Cook apples, turning, for 10 minutes or until lightly charred and slightly soft to touch. Transfer to a board. Cut in half and remove pips. STEP 3 Using a blender, blend apple until almost smooth. Add cinnamon, nutmeg, cloves, lemon juice, lemon zest and honey. Blend until smooth. Season. STEP 4 Cook pork on barbecue grill or chargrill on medium for 3 minutes each side or until pink. Transfer to a plate. STEP 5 For Sprouts, combine sprouts, oil and garlic in a bowl. Season. Preheat barbecue flat plate or frying pan on high.

golden brown. Transfer to a plate.
Scatter with walnuts.

STEP 6 Top pork with sprouts and

serve with apple sauce.

Cook, turning, for 10 minutes or until



fast&fresh Fire up the grill for a sweet and spicy midweek BBQ



GLAZED PRAWN AND PINEAPPLE SKEWERS

Preparation time 10 mins plus 30 mins soaking Cooking time 10 mins Serves 4

60g unsalted butter 1 Tbsp finely chopped chipotle chillies in adobo sauce (see Cook's tip)

2 Tbsp honey

Sea salt flakes and freshly ground black pepper, to season

24 fresh large green prawns, peeled and deveined

1/2 pineapple, peeled, cut into 2cm pieces Coriander leaves, to serve

STEP 1 Soak eight bamboo skewers in water for 30 minutes.

STEP 2 Melt butter in a small saucepan on medium. Add chilli. Cook for 1 minute or until fragrant. Add honey. Cook, stirring, for 1 minute or until well combined. Set aside to cool slightly. Season.

STEP 3 Preheat a barbecue grill or chargrill pan on medium. Thread prawns and pineapple alternately onto skewers. Drizzle with half the butter mixture.

STEP 4 Cook on grill, brushing with remaining butter mixture halfway through cooking, for 2-3 minutes each side or until prawns are cooked through and pineapple is charred. Serve with coriander.

COOK'S TIP

Canned chipotle chillies in adobe sauce are great for adding smoky heat to dishes. Find them in the Mexican food section of supermarkets.■

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THE LATEST FOODIE NEWS, PRODUCTS AND TRENDS 1





SNACK SHORTCUT

Small appliances take up cupboard and bench space, but this clever gadget slots in easily and makes tasty, ultra-crisp toasties in your microwave. \$15, kmart.com.au.

Super spears

At its peak from late August to December, Australian asparagus is a delicious addition to spring recipes. Look for even-sized spears with tightly closed tips. Store upright in a glass of water, tops covered with plastic wrap, in the fridge for up to 3 days.



REDALERT

Blood oranges only have a short season from early August to

early October, so you'll need to be speedy to add them to your

fruit bowl. On the outside they look like slightly smaller oranges,

but cut them open and you'll find

juicy, dark pinky red flesh that has

a slight raspberry taste. Yum!

GO CORD FREE

Reduce clutter with the Kitchen Aid Go Cordless System. One battery powers everything in the range, from a mini chopper, hand mixer and coffee grinder to a kitchen vacuum! From \$159, kitchenaid.com.au.



TWISTYOUR COFFEE BREAK

Upgrade your homemade cuppa with a premium syrup. Bickford's salted caramel or roasted hazelnut flavoured syrup for coffee lets you indulge in your favourite cafe flavours without leaving the house, \$7 for 500ml bickfords.net.■



Blood orange photography courtesy of Sydney Markets. Prices are approximate and a guide only.





RESTYLE FOR



SPRING

Throw open the windows, let the sunshine in and rethink your interiors to usher in the budding new season



WELCOME IN BOTANICALS

Your home's entrance is the first thing anyone sees when they walk in. In this often neglected space, potted plants can create an inviting atmosphere. For a selection of hardy houseplants, visit **figandbloom.com.** Replace your large rug with a smaller one to reveal more of your floorboards, dust off your wicker chairs and hang beautiful botanical-themed artwork to transform your entry into an Eden-like environ. You can also make the most of sunnier days with a wall mirror so light bounces through your vestibule.



RENEW YOUR KITCHEN

Before you start redecorating the most used room in your home, clear off your benches, and give them a good scrub, so you can start with a clean palette. Fill corners with display-worthy essentials to keep them handy, then add scented and edible ornaments to your centre island. Stick to a simple colour palette – pair white walls and appliances with light timber finishes for a fresh, natural look. Switch your hardware for a quick update. Find a range of stylish brass cabinetry pulls, including versatile ones with adjustable fixing points, at **abiinteriors.com.au**.



CAREFULLY CURATE YOUR DISPLAY

If you have a solid timber buffet, consider replacing the upper cabinet doors with glass panelled ones to give your kitchen a lighter feel. Of course, this means you'll have to choose display items that fit into your room's colour palette and conceal any wares that don't match. Having the right size and balance of displayed accoutrements can make a big difference to the overall look. Too many large items on one side or a jumble of small items can appear disharmonic, so consider composition. For stylish china and glassware, visit **madeincookware.com.**



STRIKE UP A CONVERSATION

The easiest way to put a little spring into that special place where family and friends gather is to bring in an oversized bouquet of clipped blooms, straight from the garden. It's a visual way to fill your room with seasonal scents. And to really give everyone something to talk about, elevate your dining ambience with a luminous centrepiece. A glass chandelier casts a dazzling array of light across the room – for a sparkling diamond effect, choose cool-white LED light bulbs. You'll find a glittering variety of chandeliers at **oneworldcollection.com.au.**



66 WHEN DECORATING A SUNROOM, LEAN INTO PIECES THAT COMPLEMENT THE INDOOR-OUTDOOR SETTING 99



GET IN SYNC WITH THE SEASON

While you're decluttering your storage cabinets and dusting the tops of your bookcases, you can also stash away those items that made your home cosy for winter. In your sunroom, remove thick, heavy curtains to maximise the warm glow and colours of the outdoors, then swap your deep-hued velvet cushions for brighter ones in lighter fabrics – for a great springy selection, visit **templeandwebster.com.au.**If you'd like to incorporate touches of colour but don't know where to begin, you can't go wrong with nature-inspired tones.

Create harmonious and positive vibes with a tapestry of soft and saturated colours, and bold accents 1GET THE GREEN LIGHT It's not easy being green, Kermit the Frog once sang, but quite the opposite is true when decorating. Contrast soothing pastels with vibrant terracotta, then layer in warm timber elements before adding the icing on the cake - striking emerald green accents. For a three-seater in a similar colour, try the Levede Sofa Bed, \$924.99, at mydeal.com.au.

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2 CARVE OUT THE ENTRY

A partial wall with an oval cutout in the entrance allows for an open feel, but with division. Zone the area by painting the walls in a bold colour such as Dulux Splendid Coral, from **bunnings.com.au**, that contrasts with the minty tones in the living area. Choose coral coloured cushions and other décor pieces to tie it all together.

3 MAKE YOUR OWN MASTERPIECE

Standout artwork doesn't have to bust your budget when you can DIY your own abstract for a fraction of the price. Add eye-catching flair to a plain wall using a stencil and leftover paint. For a cohesive effect, stick to palettes used throughout your interior. You'll find a range of wall art stencil kits at etsy.com.au.

4 SPEND TIME IN NATURE

If your apartment lacks a balcony, you can bring that fresh spring outdoor feeling in. Seasonal flowers instantly add life and lightness to a room, not to mention a jolt of colour. Layer in more colour and texture with an array of vases. For a wide range, visit templeandwebster.com.au.







5 PEARL OF WISDOM

In a windowless kitchen, opt for a white-on-white palette to create the illusion of an airy space. Select warm wood cabinets and floors to take the chill off the cool scheme. You can visually add height, and personality, with Decor8 Clay Subway Chalk tiles, \$43.91 per carton, laid vertically along the backsplash. Available at **bunnings.com.au**.

6 SHEER BEAUTY

Not all of us are lucky enough to have a million-dollar view. That doesn't mean you should keep your heavy curtains drawn during daylight. Instead, opt for sheer curtains underneath your blockouts. For a large variety of window treatments, visit spotlightstores.com.

7 HERE COMES THE SUN

Yellow is the colour of flowers, sunshine and lemons, adding cheerful brightness to any space, whatever the weather. And you don't need much of it to get the most out of its positive effects. Subtle brass, wood and citrus elements in this kitchen quickly perk it up. Choose from a chic selection of brass tapware at abiinteriors.com.au.







8 TIME TO RETHINK PINK

Consider pink as an elevated neutral, not a sugary tone limited to your minis' rooms. Pigmented pinks react wonderfully to natural light, so they're a joy to look at in the morning. That makes them perfect for the main bedroom. Use pink in colour blocks on walls and furnishing, as well as patterned linen, such as these poppy bedsheets. For pink floral bed linen, visit **bedbathntable.com.au.**

9 CHASING RAINBOWS

Ditch your crisp white bath towels for a collection of pastel-toned ones, and use them as a decorative feature. Instead of storing them in a concealed cabinet, show them off. Then add a surprise element with a whimsical yellow vase. You'll find a great range at amazon.com.au.

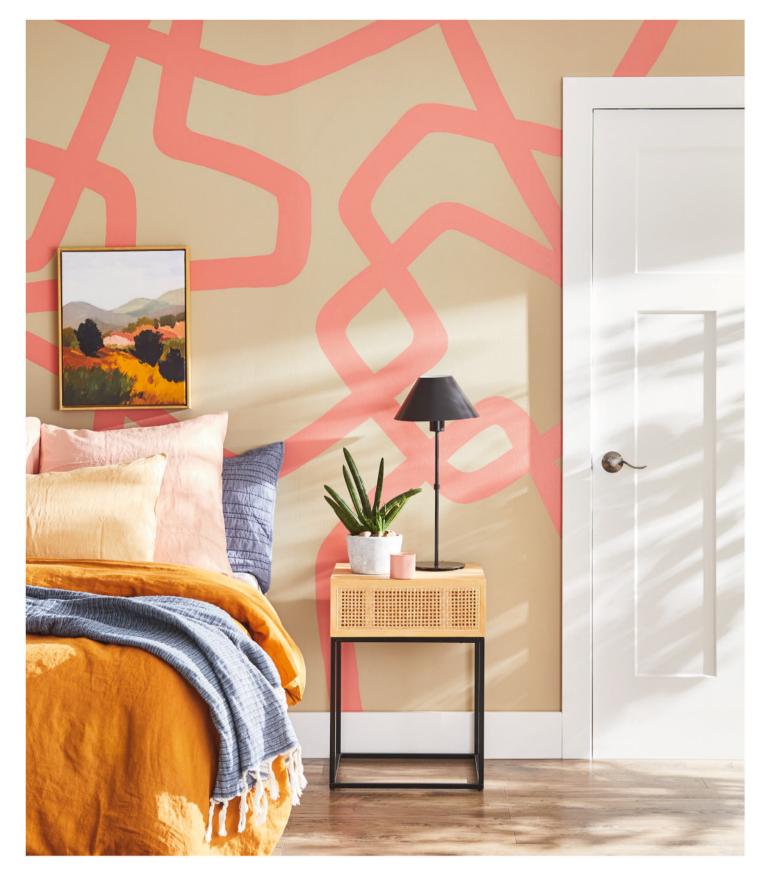
10 DIVE INTO THE BLUE

Aqua evokes the serenity of clear waters, and it's a colour we'll be seeing plenty of over the next year. It adds a refreshing, calming touch to bathrooms, and brings a splash of brightness to neutral palettes. Offset aqua subway tiles with speckled terrazzo, available at tilemall.com.au.



MURAL

Get the bold look
of wallpaper without
the high price tag - no
experience required!
All you need is a blank
wall, paint and your
crafty imagination



OFF THE BEATEN TRACK

Paint a statement wall with chunky curved lines. Lightly sketch swerving lines across the wall with pencil. Make sure lines intersect in several places, while considering doorways, windows and furniture layout. Using a small nap roller (**bunnings.com.au**), trace the lines in a contrasting colour from your wall paint. Repeat, if needed, and touch up the edges or any missed spots with a sash paintbrush, as shown opposite. Try Porter's Paints Chilli Coral (**porterspaints.com**) and Dulux Smooth Caramel (**dulux.com.au**).



THE KIDS ARE ALL WRITE

For kids' spaces, murals offer large-scale art without having to hang an unsafe bulky canvas or heavy frame. Mark the placement for your mural using painter's tape. Mix two parts wall paint – try Dulux wall paint in Sea Drifter from **bunnings.com.au** – to one part water to make the colour wash (blend more than you think you'll need to ensure consistent colour throughout). To apply, dip a soft rag into the mixture and rub it onto the wall in a light swiping motion until you've filled the taped area. Rub until you have consistent coverage and a streaky, mottled effect. Let dry.





FIND YOUR PRIMARY INTEREST

Splotches of red, blue and yellow energise the entryway of a casual living space, playroom, or kid's bedroom. Sketch three large splotch shapes with a pencil, wrapping around corners, and overlapping doors and moulding. Remove or tape the doorknob and middle hinge, and protect your flooring with drop cloths. Use a small nap roller to fill the open areas and a brush for the edges. Scuff-resistant or eggshell paint is ideal for walls, woodwork and the door. Apply up to four coats as needed. Once dry, use a white artist's eraser, which leaves less residue than a typical pink eraser, to remove any pencil markings.













EASY STEPS TO MAKE YOUR OWN ORANGE MURAL

Gather your supplies

- •1L Dulux wall paint in blue (try Bright Bluebell) •Paint tray and roller
- Orange pattern (p144)
 - Kraft paper
 - Level
 - Painter's tape
- Small pots of Dulux wall paint in brown (try Woodland Brown), light and dark orange (try Golden Orange and Bright Delight), and light and dark green (try Pea Case and Plasticine)
 - Plastic disposable bowls
 - •50mm and 25mm flat brushes
 - Artist's brush
 - White eraser

Here's how

STEP 1 Paint wall blue base colour; let dry. Print pattern. (When printing you may need to use 'Tile function' to print oversize document on several sheets of A3 paper that you can then tape together.) After assembling shapes, cut out design and, if needed, trace on large sheet of kraft paper for a sturdier pattern. Using a pencil and level, draw grid on wall. For 44cm wide oranges, you'll want to position your vertical lines about 46cm apart and your horizontal lines about 72cm apart (adjust as necessary to accommodate your desired orange size). STEP 2 Apply small pieces of painter's tape to back of pattern, position on wall so

your grid intersections, and trace with pencil. Gently remove pattern from wall. Working in rows, repeat process to fill wall, leaving space between oranges. **STEP 3** Pour small amounts of each accent colour of paint in plastic bowls. Dip a 50mm flat brush in water, and dab in light orange paint. Fill round section of orange, working around perimeter in circular motion allowing brushstrokes to show for a more artistic look. Resist urge to overcover area. If desired, occasionally dab

orange is centred at one of

STEP 4 Using a 50mm flat brush, follow the same

brush in a little white for

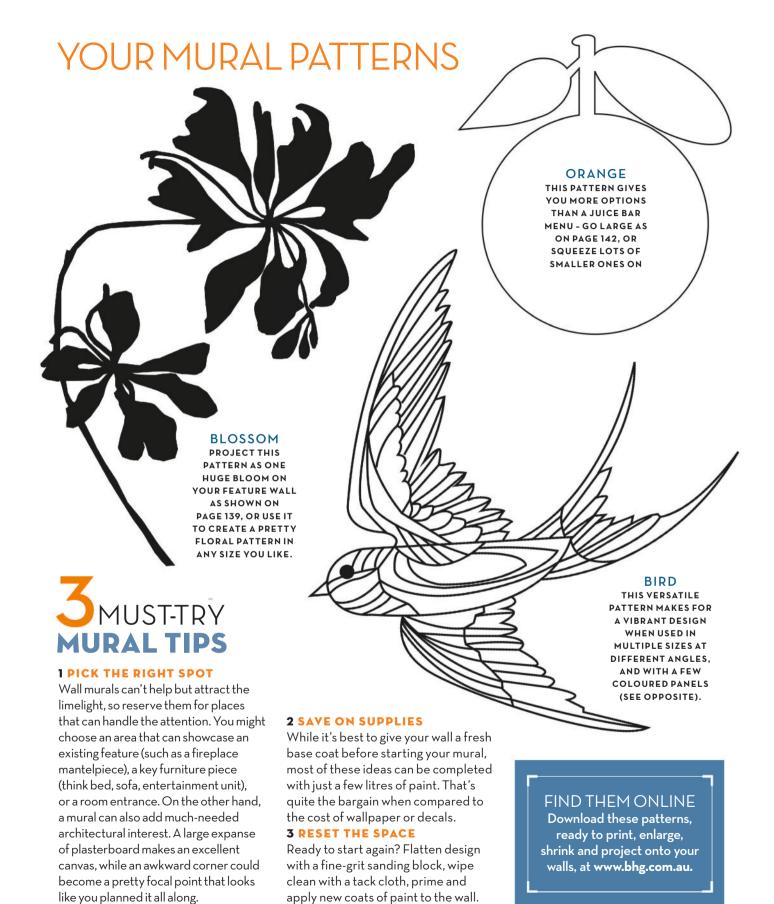
remaining oranges.

extra dimension. Repeat for

process as in step 3 to fill leaves with light green paint. Repeat for all oranges. Fill in all stems with brown paint using 25mm flat brush. Allow paint to dry.

STEP 5 Mix white and brown paint in a bowl to create light brown colour. Using a dry brush and referencing images above and opposite, add dark green highlights to leaves, light brown highlights to top of stems, and dark orange highlights along bottom right-hand and top left-hand curves of fruit. Use wide side of brush and light strokes for larger sections; use artist's brush for dots. STEP 6 Once all paint has dried, carefully remove all visible pencil lines with a white eraser.





like you planned it all along.



LET YOUR DREAM DESIGN TAKE FLIGHT

To mark arch, draw a horizontal line of desired width and at preferred height on wall. From the ends, draw vertical lines to baseboard. Insert a drawing pin into wall at centre of horizontal line. Tie opposite ends of a string to the drawing pin and a pencil - distance between the two should be exactly half the distance of your horizontal line. Draw an arch to connect vertical lines. Mask off outside edge of curve with painter's tape. Paint base colour to prevent paint bleed and let dry. Paint your accent colour. Once dry, project bird design onto wall at various sizes and angles. Trace design with medium liquid paint marker. Repeat, if needed, to thicken lines. Paint sections in a contrasting colour and let dry.

FRESHEN UP

Grab off-the-shelf fixtures and some basic tools for a fast and easy bathroom reno

EASY STEPS TO REPLACE A BATHROOM VANITY AND BASIN

A tired-looking bathroom vanity is easier to replace than you might think. You can create a big impact in just a weekend, going from daggy to dapper without a full rip-out job!



cabinetry and basins), remember the old adage that one person's trash is another person's treasure, and consider giving them away or selling online.

Here's how

STEP 1 Locate and close mains water tap, then open and drain all taps in house. STEP 2 To remove old vanity, remove drawers and doors, then disconnect taps from under the sink with wrench. Dismantle and remove P-trap and then, if required, use handsaw to cut waste pipe flush to vanity base. Unscrew vanity base from wall, then lift and remove basin and vanity. STEP 3 Assemble new vanity carcass according

vanity carcass according to the instructions in its packaging, then place in its desired location. Mark vanity position on the floor, then measure and mark the position of the centre of the hot and cold water pipes on back of vanity. Repeat to mark the waste pipe location on the vanity base. Remove vanity, then use drill and hole saw to cut holes for all pipes. Replace vanity flush on the wall with pipes ready for connection.









STEP 4 Use level to check vanity is level and plumb, then drill three equally spaced holes through back of vanity and into wall. Insert wall plugs into holes, then insert 60mm screws and tighten.

STEP 5 Before installing basin, unscrew connection nut from mixer tap, thread through basin tap hole and tighten nut on underside of basin. Attach two flexible hose connectors to mixer tap. Attach overflow and plug to basin, then lower sink into vanity carcass.

STEP 6 To complete water

connection to basin, wipe down threads on hot and cold spindles (on wall) with cloth, then wrap thread seal tape twice and clockwise around threads of spindles. Attach hose connectors to spindles, then tighten with wrench.

STEP 7 To complete the basin installation, attach P-trap to basin waste and waste pipe. Turn mains water back on, then check mixer tap, basin and waste for leaks.

STEP 8 Attach vanity doors and insert drawers to complete vanity.

Gather your supplies

- Full-height bathroom vanity and basin
 - Basin mixer tap
 - Flexible hose connectors
- Pop-up basin waste with overflow
 - Thread seal tape
 - •40mm P-trap

You'll also need

Wrench; handsaw; pencil; tape measure; drill; hole saw set; level; wall plugs; 60mm galvanised screws; cloth

For you to note

Before you arrange a council pick-up or a tip trip for your unwanted items (such as old



EASY STEPS TO REPLACE A SHOWERHEAD AND BATH TAPWARE







Add a splash of luxury to your morning routine and install a fresh twin shower set with shiny new tapware - it's an easy, inexpensive afternoon project!

Gather your supplies

- Twin shower set
- Wet area silicone sealant
 - Bath tap set

You'll also need Wrench; cloth; thread seal tape; caulking gun

Here's how

STEP 1 Locate and close mains water tap to the house, then open and drain all taps (not just in the bathroom).

STEP 2 To remove all the old showerhead fittings, unscrew hose and showerhead, then use wrench to remove nut. Remove shower bracket and cover plate so wall spindles are exposed.







STEP 3 Remove caps from old bath taps, shower tap and diverter, then remove cover and handles to strip back to spindles.

STEP 4 With cloth, wipe thread on all spindles, then wrap thread seal tape twice and clockwise around threads of spindles. Hand tighten diverter to connect to shower spindles, then wrap cloth around nut and tighten nut with wrench.

STEP 5 Attach new shower arm and head to top of diverter and tighten

by hand. Attach shower hose to shower head, then hook head onto bracket. To complete shower connection, screw hose to other end of diverter.

STEP 6 Apply silicone sealant around all bath and

sealant around all bath and shower spindles, then attach bath tap hardware to complete installation.

FIT A SHOWER SCREEN

Give your bathroom instant shine with a simple frameless shower screen. Apply sealant to back of bracket and attach plumb to wall. Secure mounting bracket to wall stud (or brick) with 60mm screws (and wall plugs for brick walls). Hang screen door onto bracket and tighten screws to complete.

FOR PROJECT SUPPLIES, SEE OUR STOCKISTS PAGE





better decorating

lacktriangle The latest products and home interior trends lacktriangle





GET THE PICTURE?

Here's a book that doubles as décor - Artistic Places by Susie Hodge, illustrated by Amy Grimes, \$32.99; murdochbooks. com.

UNLOCKED

Those vintage metal lockers from your old school days are having a huge moment – as a functional home storage solution that's easy on the eye. Also great as a TV unit, The Standard has four doors and comes in a rainbow of colours (here in Sage). \$649, mustardmade.com.

Over the moon

Get a handle on your front door aesthetic
with beautiful hardware that instantly
improves your home's kerb appeal.
Featuring a seamless design, this semicircular door pull is constructed from
travertine, pre-sealed for durabililty.
Travertine Half Moon Entry Door Pull
(single), \$119.90, abiinteriors.com.au.





The art of TRAVEL

You might not be able to plan a trip to Italy's beloved Amalfi Coast, but you could always savour its spellbinding sights with this framed A3 canvas art print by Petra Lizde.

\$74.95, **oliveetoriel.com.**



PLANT YOURSELF RIGHT HERE

Showcasing the perfect blend of elegance, modernity and comfort, this plush, pink flower-shaped chair with swivel function sits equally well in the living room as it does in the bedroom. Petal Bedroom Chair, \$499.

harveynorman.com.au.





Sweeten up your IVAR cabinet with bold printed fabrics and a lick of paint



Photography Alan Jensen, Tim Roberts; styling Kate Walsh; project Karenza Jewell

EASY STEPS TO UPCYCLING A CABINET WITH FABRIC

Transform a plain timber cupboard into a cocktail cabinet. Easy, fun and inexpensive, it's ready in two shakes of a martini!

Gather your supplies

- IKEA 83 x 30 x 83mm Ivar cabinet
 - Mod Podge
- 6 x 6mm 1.2m square dressed timber (5)
- 112cm cotton drill in Tuscan Sun Peach 1m
- 38mm cotton heading tape in Baby Pink 5m
- British Paints furniture paint in Red Ribbon
- Wavy gold handles (2)
 IKEA Osarp
 brass-colour leg (4)
 112cm cotton duck in

You'll also need

checkerboard print 1.5m

Screwdriver; nap roller; painter's tape; small paintbrush; gold craft paint; tape measure; pencil; handsaw; 80-grit sandpaper; fabric marker; scissors; square; cloth; PVA glue; drill; 5mm drill bit; water-based varnish.

Project notes

- Begin project with a fully assembled IVAR cabinet.
- To use a different cabinet, adjust measurements and quantities of supplies.

Here's how

STEP 1 Remove cabinet doors with screwdriver.
STEP 2 Ensuring surfaces are clean and dry, use a nap roller to seal edges and outer face of cabinet doors and both shelves with Mod Podge, then allow to dry.



STEP 3 Apply painter's tape to outer face edges of both doors. With a small paintbrush, apply 2 coats of gold paint to door trims and edges and allow to dry after each coat.

STEP 4 Measure, mark and cut four 754mm long strips and four 336mm short strips of timber with a tape measure, pencil and handsaw. Sand sawn edges with sandpaper. With a cloth, apply 2 coats of gold paint to all timber strips and allow to dry after each coat. **STEP 5** Keeping the fabric pattern level, measure and mark two 830mm high and 400mm wide fabric panels. Cut panels with scissors. Use nap roller to apply a generous and even layer





















of Mod Podge to both door fronts, then attach fabric panels square to doors. Smooth out any wrinkles and allow to dry. Apply a sealing coat to fabric with Mod Podge and allow to dry.

STEP 6 Measure and cut four 830mm long strips and four 400mm short strips of heading tape. Using a clean small paintbrush, apply Mod Podge to the perimeter of the doors (about 35mm wide) and attach the tape strips. Use a square to mark a mitred corner on all strips, then cut mitred corners with scissors and firmly attach corners. Apply a final coat of Mod Podge



to the heading tape and allow to dry.

STEP 7 Apply PVA glue to unpainted edges of all timber strips and attach flush to edges of heading tape trim. Use painter's tape to hold timber strips in place and allow to dry.

STEP 8 For the handles, measure and mark 300mm from top edge of doors, and 20mm from edge. With a drill and 5mm drill bit, drill 2 holes on both doors.

Attach handles and tighten with screwdriver.

STEP 9 With a nap roller, apply furniture paint to sides, top and front edges of cabinet carcass, and allow to dry after each coat. To seal the paint, apply water-based varnish and allow to dry.

STEP 10 For the legs, attach connector plates on the front corners of the cabinet with included screws, then attach legs.

STEP 11 To cover the internal shelves, follow the method in Step 5 to measure, mark and cut two 770mm wide and 580mm long fabric panels. Using the method in Step 5, attach the fabric to the top, front edge and underside of the shelves.■

FOR SHOPPING
DETAILS AND PROJECT
SUPPLIES, SEE OUR
STOCKISTS PAGE

THE BEAD GOES ON



Get to grips with the art of beading and you'll have the world on a string! Connect with your inner child for a fresh and modern take on this timeless craft









EASY STEPS TO BEAD FLOWERS

You'll need to use two different beading techniques – continuous loop and basic loop – to make your blooms.

Gather your supplies

- Bead spinner (see page 159)
- •11/O and 10/O seed beads
- 26- and 20-gauge wire
 - Curved big-eye beading needle
 - Wire clippers
 - Small needle-nose pliers
 - Small funnel (optional)
 - · Florist's tape

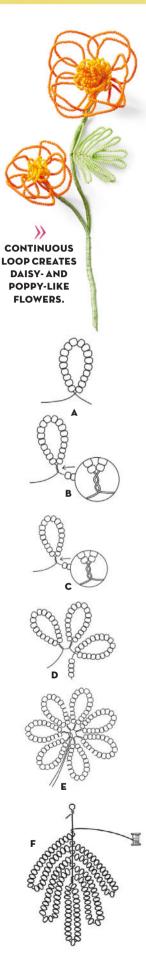


Getting started

Prepare your projects by stringing all the beads needed for each one onto 26-gauge wire attached to a spool. String at least 50-60cm or one tube of beads onto your wire using a bead spinner to make sure you have plenty. It's better to have more beads on the wire than you think you might need. You can reuse any beads left on the wire. Follow these steps before jumping into each project.

STEP 1 Using your bead spinner and spinning anticlockwise, spin beads onto a spool of wire with a curved big-eye needle. (Don't cut the wire.)

STEP 2 Knot or crimp the end of the wire so the beads don't fall off.



Continuous loop:

Flowers and petals

Makes flowers that look like daisies and poppies. Create each flower with a series of loops (one loop = one petal), then form petals into a circle to create a flower.

Here's how

STEP 1 Prepare a spool of wire with beads (see Getting Started, below left).

STEP 2 Slide 8-10cm of beads towards knotted end, leaving 8cm of wire bare between this length of beads and knot (in the bare wire). Let remaining beads fall back to the beaded wire on the spool.

STEP 3 With the length of beads, create a loop (A, left) and twist wire at base of loop three times with your fingers to secure (B).

step 4 Repeat Steps 2 and 3, leaving a small space between each loop (C and D) until you have the desired number of petals.

STEP 5 Cut wire with wire clippers, leaving a 10cm tail. Cross this tail over base of first loop to complete a circle (E). Twist the two wire ends together.

STEP 6 Finish with a centre and a stem (see Flower Centres and Stem, on page 162-163).

Continuous loop variations:

Layered continuous loops

Gives a fuller flower with multiple layers of petals, like a zinnia. Using the loop

technique, create a few flowers of the





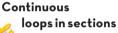
same or different diameters, then stack flowers on top of each other with largest on bottom and smallest on top.



Continuous wraparound

For flowers that have petals with multiple loops.

Make your first continuous loop, then instead of immediately creating a second loop, wrap a length of wire with beads around the first loop (either snugly or with some space between).



Creates flowers with lots of long, skinny petals.

like chrysanthemums. Follow Continuous loop steps to create 5-6 long, tight loops. Instead of completing a circle to form a flower, leave loops as they are (one section of final flower). Repeat until you have about six sections (each with 5-6 loops). Join sections by twisting wire ends together to form a flower.

Lateral continuous loops

For beaded leaves (right) and napkin rings (page 164). This process is similar to the Continuous loop technique, but instead of creating loops next to each other, as you form each loop, bring the end

of the loop to the bare wire and twist, alternating sides as you add loops (see F, page 160).

Basic loop:

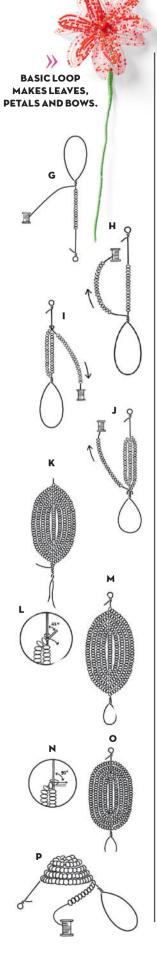
Leaves and oval flower petals

Use this technique to create filled-in shapes like leaves and individual petals. Form each shape by wrapping lengths of beads around a central section of beads (known as the basic count) in a spiral movement.

Here's how

STEP 1 Prepare a spool of wire with beads (see Getting started, page 161). STEP 2 Slide 5cm of beads (this will be called the basic count and is Row 1) so they sit about 10cm below the knotted end (this space between the beads and the knot will be called the basic wire). Let the rest of the beads fall back to the beaded wire on the spool. Take 10cm of bare wire below the basic count and make a loop. Twist the wires together three times to secure (see G, right). Don't make the twists too tight or the wire could break. STEP 3 Bring a length of





the basic count up from the spool and push this length snugly against the left side of the basic count (H). This section is called Row 2.

STEP 4 Wrap the working wire around the basic wire from back to front (L and N). Wrap at a 45-degree angle for a pointed end (L and M) and a 90-degree angle for a rounded end (N and O).

STEP 5 Repeat Steps 3 and 4 on the right side of the basic count to create Row 3 (1).

STEP 6 Repeat Steps 3-5, bringing up more beads for each row (J) until you have your desired number of rows.

STEP 7 Cut the basic wire 6mm above the top bead and bend the short tail to the back side of the leaf/petal. Cut the loop open and twist the wires together. These will become the stem. Cut the working wire, leaving an 8cm tail, and wrap the tail around the base of the leaf three times to secure (K). Trim excess wire.

STEP 8 If using as a leaf, add to the stem of a flower. If using as a petal, make your desired number of petals and twist the wires together to form a flower.

Flower centres

Form one of the centres below, then insert its wire tail through the middle of a flower and twist the wires together.

Continuous loop centre

To create a bunched loop centre for a flower, use the Continuous loop

MAKE YOUR FLOWERS LOOK NATURAL OR WILD AND WONDERFUL

technique to make five to eight 1.5-2cm petals. Once petals are formed into a circle, scrunch them together.

Beehive or dome centre

Follow the Basic loop technique with a two-or three-bead basic count and wrap five rows with a rounded bottom and top (90-degree twists, N). As you begin to wrap Row 6, do so slightly below the adjacent row with one or two fewer beads (P). Continue to wrap each row slightly lower, removing one or two beads per row to create the dome shape.

Stem

STEP 1 Finish your flowers and leaves with a stem. Gather the wires below the flower and twist together so they appear as one wire. STEP 2 Cut a piece of 20-gauge wire slightly longer than your desired length of stem. Create a hook shape on one end and slide this hook through the base of the flower. Twist all the wires together with needle-nose pliers. STEP 3 Wrap the stem with florist's tape. If adding leaves, lay

the leaf wire

parallel to the

stem, wrap leaf

stem around the flower stem, and continue to wrap with florist's tape. STEP 4 If you like, wrap the stem with embroidery cotton. With a 2cm tail of cotton hanging along the stem, hold cotton and begin tightly wrapping it around the stem, covering the 2cm piece of cotton. Stop about 1.5cm from stem end. **STEP 5** Wrap a piece of double-sided tape around the last 1.5cm of the stem. Wrap the embroidery cotton over the tape. Once stem is wrapped, cut the cotton, leaving a tail. Apply craft glue to the tail and wrap around stem; let dry.

ADD DIMENSION WITH LARGER
CERAMIC BEAD ACCENTS:
THREAD BEADS ONTO THE
CENTRE OF AN 8CM WIRE,
TWIST AND THREAD THROUGH
THE FLOWER CENTRE.







BEAD BOWS

Gather your supplies

• Basic supplies for Bead flowers (page 160)

- Wool felt
- Brooch back
- · Hot-glue gun

Here's how

STEP 1 Follow the Basic loop technique (page 162)
Steps 1-7 to make five shapes with pointed tops and pointed bottoms (twist at 45 degrees), using the following dimensions:
Two bow loops: 5cm basic count, 11 rows; Two bow tails: 4cm basic count, 9 rows;
Centre of bow: 1.5cm basic count, 7 rows.

step 2 Once you have formed each shape, assemble the bow: Fold each bow loop in half so the points are together then twist the end wires together to secure.

Next, twist the wires of both loops together so the loops sit like a bow and trim wires to equal length.

Wrap excess wire around

the point where the loops meet.

STEP 3 Gather the two tails and cross their wires over so the tails form a V-shape and twist to secure. Wrap the wires of the now-connected tails where the bow loops meet. STEP 4 Wrap bow centre piece around the middle section of the loops and tails (where you wrapped the excess loop and tail wire). Twist the centre wires together to secure. Trim excess wire, leaving

STEP 5 If you're using the bow as a pin, cut a small rectangle of wool felt slightly larger than your brooch back and hot-glue felt to brooch back.
Hot-glue this piece to the back of bow.

a tail about 6mm long.

Fold the tail over onto

the back of the bow.





NAPKIN RINGS Here's how

STEP 1 Prepare a beaded wire with one tube or 60cm of both sizes of beads using this alternating colour technique. String desired length of one colour of beads onto wire with bead spinner, then empty beads from bead spinner using a small funnel and bead scoop if you like. Add your next colour into the spinner and string desired length of beads onto the same wire. Repeat as necessary. STEP 2 Following the Lateral continuous loops technique (page 162),

Repeat, creating five to eight loops, increasing number of beads used for each loop.

STEP 3 Wrap the bare wire around a bare section of the beaded wire (the working wire) three times. Untie or trim the bare wire knot.

STEP 4 Lay the working wire and the bare wire next to each other and slightly twist together.

STEP 5 Slide 35cm of beads from the beaded wire over the twisted wires to the base of the leaf shape created in Step 2. Cut working wire, leaving a 2cm tail, then tie a knot.

STEP 6 Repeat Steps 1-3 to create a second leaf shape. Join this leaf shape to the knot made in Step 5 by twisting the wires together. Wrap the twisted wires neatly around the base of the second leaf





BEADED PATCHES

Gather your supplies

- Double-sided iron-on appliqué webbing (Vliesofix)
- 25cm (or less) lace fabric with flower or other desired shapes
 - 25 x 30cm wool felt sheet
- Embroidery needle and stranded cotton
- Assorted beads

CUSTOM PATCH Here's how STEP 1 Apply iron-on

webbing to the wrong side of a section of lace fabric following manufacturer's instructions. It should be slightly larger than you need for the finished patch. STEP 2 Trim edges back to the shape that you want the finished patch to be. (Don't remove backing paper.) **STEP 3** Cut a piece of wool felt about 2cm larger than your patch. Peel backing paper from patch and adhere patch onto felt using an iron. (Don't trim excess felt at this stage.)

STEP 4 Thread embroidery needle with a 45cm length of embroidery cotton; knot at one end to secure.

STEP 5 Embroider fabric, following its existing lines. Using a satin stitch, form long, straight stitches that fill in shape. Continue to embroider, changing thread when necessary, until you have achieved the desired look. Tie a knot and trim excess thread.

STEP 6 For beaded accents, stitch each bead to patch using the embroidery needle and thread. Use beads to accentuate centre of a flower (as in largest patches above), to outline all shapes in a design, or in an all-over pattern to add dimension. When design is complete, trim edges of felt back to stitching if desired, or leave a narrow margin.

EMBELLISHED PURCHASED PATCH

If you're starting with a ready-made patch (such as the butterflies above), simply stitch beads onto patch with an embroidery needle and cotton.

WE'RE RESHAPING THE WORLD ONE POLICY AT A TIME.

Female-focused insurance brand Stella and Aussie shapewear brand FIGUR by Jules are partnering up to help empower women all over Australia with award-winning[^] cover.

To celebrate the partnership, when you sign up for a new Stella Comprehensive Car Insurance policy by 25 Nov 2024, you can choose complimentary FIGUR ULTIMATE shapewear shorts, a skirt or mini skirt when taking out a Stella policy. T&Cs apply*.

Stella and FIGUR by Jules are for women reshaping the world.



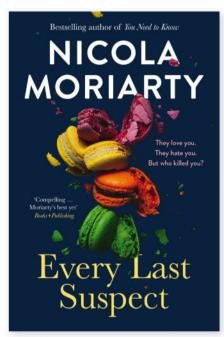
Sam White Stella Insurance Founder Jules Robinson FIGUR Founder

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[THE NEWEST AND BEST NOVELS]



66 MORIARTY BUILDS TENSION EXPERTLY 🤏

THE AUSTRALIAN

Every Last Suspect

Nicola Moriarty (Harper Collins, \$32.99)

Love or hate her, Harriet Osman is impossible to turn down. But someone in her life has finally snapped, leaving her face-down in a pool of her own blood. Harriet isn't one to die quietly though, and she's determined to reveal her killer before she goes. Was it her devoted husband, Malek, with a violent past? Her best friend and lover. Victoria, with a deadly secret only Harriet knew...or the new woman in her life, fellow school mum Karen? The question isn't who killed Harriet, but why did it take them so long to do it?

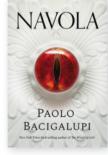


MRS HOPKINS

Shirley Barrett (Allen & Unwin. \$32.99)

Idealistic schoolmistress Mrs Hopkins arrives on Sydney Harbour's Cockatoo Island in 1871 not knowing what to expect. But nothing could prepare her for what she encounters inside the high sandstone walls of the

notorious Biloela Industrial School for Girls. The conditions are dismal, and the girls spend most of their time finding creative ways to outsmart the adults. Mrs Hopkins realises that noble intentions won't be enough to plough through the chaos.

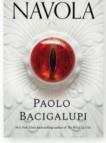


NAVOLA

Paolo Bacigalupi (Bloomsbury, \$34.99)

Navola is a city built on trade and presiding over it all is the Regulai family. Davico di Regulai will be expected to take the reins of power. The boy is not well-suited for his role. His heart is soft where it should be hard. He's tired

of being tested and trained to inherit a legacy he's not sure he wants. But Davico is inextricably tangled in fate's net and his doubts can only summon ruin. In the shade of Navola's colonnaded porticoes, his family's enemies gather and plot. In the deep catacombs, assassins are sharpening their knives.



WINTER OF THE WOLF

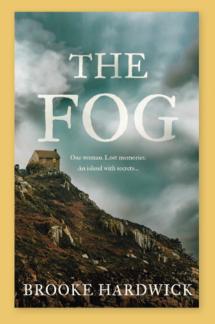
Amanda Willimott (Penguin Random House,

Sidonie is orphaned when her parents are murdered, her father accused of being a werewolf and her mother an accomplice. Many years later, Sidonie's hand in marriage

has been promised to a lecherous physician, and she flees Paris to the village of Dole. History is about to repeat itself after several children are found mutilated and killed. The townspeople, fear there can only be one cause, a werewolf.

The Foa

Kate arrives on the wild, remote island of Rathlin for a 10-day writers' retreat. Plagued by memories she can't unravel and desperate to understand the breakdown of her marriage, Kate is determined to leave the retreat with answers. As the retreat's director uses techniques that tap into the eerie mythology of the island, Kate becomes increasingly fascinated by him and her surrounds. Triggered into a series of disturbing flashbacks, Kate realises her past hides a frightening truth, but can she trust her own mind?





SIP, SAVOUR

Feeling reno fatigue? Battling kitchen burnout? Settle in on the Carnival

f you find yourself dreaming about tapware and tiles, you know it's time for a drop-and-flop holiday. But booking hotels, dealing with delayed flights and organising your restaurant itinerary can add to your stress, not to mention expenses. Well, here's a clever hack - book a long, long weekend aboard Carnival Splendor for a value-packed carefree vacay. Once you embark, there's no more planning - the captain and crew have got it.

A WORLD OF TASTES

A Carnival Splendor cruise lets you broaden your culinary horizons – all in one place. In the mood for a slice of Italy? Pizzeria del Capitano's hand-tossed pizza gets the seal of approval from the ship's Italian captain – and that says something. Head to

Masala Tiger if you're craving smoky tandoori skewers, or design your own stir-fry at Mongolian Wok. And as you tuck into these global flavours, know that much of the fresh produce is sourced from local growers. Now for the best part – meals at these venues are included in your package, so you can feast on these treats for free.

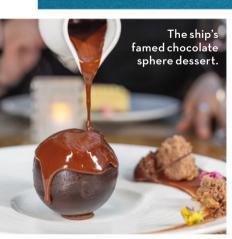
HAND-HELD DELIGHTS

Everyone loves a fresh-off-the grill burg and the poolside Guy's Burger Joint knows how to do them the right way - two butter-soaked buns decked with heaven. Also in the vicinity is Carnival Deli, serving up Reubens so good, they could recreate that famous When Harry Met Sally scene! This artisan-style eatery also offers a range of fresh, made-to-order wraps

and sangers – hand-carved roast turkey breast on a country roll, anyone? For an additional charge, enjoy a lip-smacking Maine-style lobster BLT, fish 'n' chips, oysters or a bucket of mussels at the Seafood Shack.

FUSSY FOODIES SORTED!

Carnival Splendor understands finicky eaters, so your minis won't feel left out. The Gold Pearl and The Black Pearl restaurants consider kids as equals, offering dedicated menus. If you have special dietary requirements, you can make your request when booking. And, every night, there's a no-added-sugar dessert on the menu! From the whimsical décor to the attentive and friendly waitstaff, who break out into song and dance right about dessert time, fun is built into every meal.







AND SAIL!

Splendor where you can let the captain and crew indulge you

FOR THE SWEETIES

So you're a self-confessed sweetaholic? Help yourself to the marble chocolate cheesecake, cherry crumble and more at the Lido Marketplace dessert buffet. Meanwhile, brain-freeze fans can enjoy soft-serve ice-cream and frozen yoghurt from 11am to midnight (subject to bedtime, kiddos!). Need one more sugar hit? The dazzling lolly shop Cherry On Top lives up to its name.

FINE DINING TIME

For an extra fee, Fahrenheit 555 is great value when you consider the high-end menu, polished service and stylish top-deck design. Hit video when your waitstaff brings out the iced oysters, dramatically smoked under a glass cloche, for a post that's sure to go viral. And that's just the entrée! Then tuck

into the finest cut of New York-style filet mignon, before concluding with an unforgettable indulgent dessert.

RAISE YOUR GLASS

You can purchase a drinks package, or opt for drinks à la carte. If you're a grape buff, ask about the Cruise the Vineyards of Australia offer. There's also a raft of open bars throughout the ship, serving cocktails, beers and more, while you can get your blended fruit and espresso fixes at Juice & Java.

LET'S STAY IN

Starting your day with brekkie on your private balcony where you can take in the ocean air and scenery is one of the best reasons to holiday at sea. Order from the tasty room-service menu delivered direct to your door.

And because the crew understands that cravings can strike at any time, you can order from an all-day menu, 24/7.

All this can be enjoyed in between an array of exciting activities, non-stop entertainment and spa experiences. Food, fun and relaxation – just the right ingredients for a fab foodie holiday.

BOOK A VOYAGE

Give yourself an extra-long weekend with a short trip on Carnival Splendor. Find a getaway that suits you, such as a four-day cruise from Sydney to Moreton Island, at carnival.com.au.





ooking for a travel experience like no other? Head down south to Australia's own adventure-filled island. With stunning peaks, interesting land formations and wineries galore, Tasmania should be next on your 'to-visit' list. Whether you're travelling through Tassie solo, with family or as part of a larger group, make sure you seek out these homegrown adventures.

ROAD TRIP REVELATIONS

In the mood for nostalgia at its finest? You may find yourself on the best kind of road trip (with or without that sibling rivalry in the backseat!). Your trip around Tasmania can be a lot like

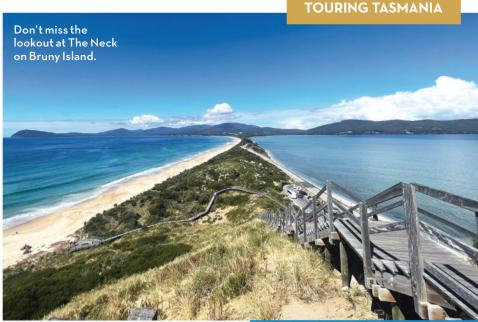
the ones you remember taking as a kid, from pointing out cows to fighting for legroom. But this time, plan your pit stops Tassie style – at wineries instead of service stations. (Just make sure you have a designated driver.) Start in the Tamar Valley region before moving down through the Piper's River area, grazing as you go.

UP INTO THE HEAVENS

For a different view of Tassie, head up to new heights with the many walking tracks and hikes. Tourists often settle for viewing Cradle Mountain from below or walking the easy gravel path up to the Wineglass Bay lookout. But if you skip those brutal hikes, you'll miss out on an unforgettable experience. For vistas beyond your imagination, summitting Cradle Mountain is a must. But you'll need stamina and snacks.

Start as early as possible so you have the routes all to yourself and set your expectations high - you'll be scrambling up rocks in the end! For an added level of difficulty, head towards the Face Track on the way down and hit up Hansons Peak for a final glimpse of the heavenly view. Save time for a revitalising swim in Dove Lake, too - just wander off the path of the Dove Lake circuit near the end of your Cradle Mountain journey. A dip in the





The spectacular





icy fresh water is the perfect way to wrap up your day.

VIEW FROM A NEW ANGLE

The Tasmanian east coast is famous for its distinctly flavoured fresh oysters and Wineglass Bay. For the former, head to Freycinet Marine Farm. As for Wineglass Bay, it's way more than just a 45-minute viewpoint walk. The best way to see the beautiful isthmus on the Freycinet Peninsula is by climbing the mountain behind the lookout. At Mount Amos, you'll find the perfect angle to capture the whole of Great Oyster Bay, including the secluded Hazard's beach. The three-hour return

walk is a challenging venture, but the reward is worth the effort. If you've got an extra day on your hands, take a trip to the isthmus itself and walk the Hazards Beach circuit to view everything from down below.

A TASTE OF CULTURE

With mountains conquered, oysters eaten and wine tasted, it's time to make your way down to Hobart. From there, take a day trip to Bruny Island - skip the busyness of its main attractions and head straight to The Neck for another isthmus worthy of a family picture.

If you're planning a visit to the Southern Hemisphere's largest private museum, MONA, make sure you book an afternoon session of wine tasting at the on-location Moorilla Winery cellar door to round out your day of culture with a bit of fun. Finally, if it's the right time of year, there's nothing more Tassie than a night of T20 cricket at Blundstone Arena.

BOOK NOW

Craving an Aussie trekking adventure of your own? You can explore exciting destinations across Australia, including a 7-day Premium Tasmania trip, at intrepidtravel.com/au.

TREAT YOURSELF TO A WEEKEND STAYCATION OR HIT THE ROAD]

—ESCAPE TO THE COAST—

Hit relax mode with a stay at a beachside hotel or motel!

OAKS CAIRNS, QLD

When in Cairns you want absolute waterfront. Even better if it's only a short walk from your hotel to the boats offering day trips to the Great Barrier Reef. At the Oaks Cairns, a sundowner at the fabulous open air rooftop bar and restaurant gives you views of the Coral Sea as boats come in from a day out on the reef. Deluxe rooms feature giant bathrooms with double rain showers, while the lounge area has a TV you can flip for viewing from the couch or

bed. The modern colour palette is neutral with pops of colour, courtesy of artworks highlighting the natural beauty of Tropical North Queensland. Go to oakshotels.com.

MOTEL MOLLY, NSW

You can't miss the sorbet-toned Motel Molly. This revamped motel in Mollymook, three hours' drive south of Sydney, offers nostalgic coastal chic. Rooms feature beautiful design, including colourful Smeg appliances. Sip cocktails by the heated kidney-shaped pool, hire a bike or take a surfboard to the beach across the road. Go to motelmolly.com.au.

HOTEL SORRENTO, VIC

Need a reason to head to Victoria's glorious Mornington Peninsula? **Hotel Sorrento has** launched a new day spa and wellness facilities, plus a 30-metre pool and 13 luxurious Sunset Suites. The new suites feature floor-to-ceiling windows with outdoor marble baths. Established in 1872, this historic hotel has views of Port Phillip Bay. Sit poolside and dine on kingfish ceviche or Greek salad with prawns, then take a coastal walk before heading to Marlo Spa for a treatment. Visit hotelsorrento.com.au.

Fitzroy Island

near Cairns.

ISLANDS IN THE SUN

Book a vacay at one of these Aussie isles.

ROTTNEST ISLAND, WA

Grab a bike - there are 63 turquoise bays and 20 beaches to discover on this idyllic isle 19km off the coast of Fremantle. Along the way you'll meet quokkas too. Then perch yourself by Pinky's Beach at Discovery Holiday Parks, and enjoy the incredible sunset, discovery holidayparks.com.au.

HAMILTON ISLAND, QLD

Jump on a golf buggy and head towards Catseye Beach on Hamilton Island for the perfect tropical escape. Just a 10-minute ride from the airport, this is the ultimate 'fly and flop' stay. Choose the Reef View Hotel or the Beach Club Hamilton Island for palm-fringed views of the Coral Sea. Visit hamiltonisland.com.au/hotels-and-accommodation.

KANGAROO ISLAND, SA

Hop on a Sealink ferry to Kangaroo Island to sample some of the fine dining the island has to offer - think delicious local cheeses, wines, seafood and honey. Meet with kangaroos and koalas, swim with dolphins and trek walking paths along the coastline. For details, visit sealink.com.au/

kangaroo-island.

Words Andrea Black









GET THE ROYAL TREATMENT

Only a 90-minute drive from Sydney, the idyllic coastal town of Terrigal has clear waters, outstanding hospitality and a vibrant community – you're invited to indulge, unwind and rejuvenate in style!

ant a taste of the suite life?
Check in at the new Coco
Republic-designed Pacific
Suite at the Crowne Plaza Terrigal
Pacific. From the private entry hall,
king-sized bedroom, lavish living areas
and six-person marble dining table,
to the sweeping 180-degree glittering
views and your own sun-drenched
wraparound terrace with loungers, it
redefines luxury on the Central Coast.

SWIM, GYM AND SPA

Indulgence is key to any memorable mini-break, so follow a refreshing dip in the hotel's iconic outdoor pool with a revitalising treatment at the Endota Day Spa. Bring your workout

wear to dust off any cobwebs at the hotel's state-of-the-art gym and sauna facilities, too.

PACK YOUR APPETITE

For a blend of old-world charm with exceptional service in a prime ocean-view setting, the new Meribella bar and restaurant is an absolute must-try. Chef Joshua Mason's tasting menu with matching wines is a culinary delight - the kind you'd expect to find in any of the world's top hotels. In the mood for something more casual? Head downstairs to the Terrigal Beach House. There you can enjoy the signature cocktails and platters of dips, bread and olives in the comfort

of a private cabana – just metres from the breaking waves.

GET READY TO EXPLORE

Follow the boardwalk to Terrigal Ocean Tours for a spot of whale watching, or take a short drive into the hinterland and treat yourself to a unique wine and artisan chocolate tasting at Firescreek Botanical Winery. On your way back to Sydney, stop at Sydney Oyster Tours in Brooklyn. You'll be transported by boat to a family-owned oyster farm where you can immerse yourself in the art of oyster farming. Learning to shuck your own oysters while enjoying prawns, oysters and champagne on the water – heaven.

10 TRAVEL MUST-HAVES

Going on a trip? These essentials will make a world of difference to your next jaunt!



Fedora in Pistachio, \$129, davidjones.com.au. ■

\$49.95, hardtofind.com.au.



LOOKING FOR THE ULTIMATE ESCAPE?

BHG DEPUTY EDITOR RAFFAELA PUGLIESE TREATED HERSELF TO SOME MUCH-NEEDED 'ME TIME' WITH A QUICK GETAWAY ABOARD CARNIVAL SPLENDOR



mbarking on a cruise is safe, relaxing, fun and one of the most carefree ways to travel – not to mention great value. When you arrive home from a four-day trip aboard *Carnival Splendor* feeling refreshed, you know you've had the perfect break.

With a capacity of just over 3000 passengers and a huge personality, *Carnival Splendor* balances big-ship amenities with small-ship service. There are 14 decks, offering plenty of diversions along with quieter spaces.

EMBARK ON BLISS

Before I'd even unpacked, I reserved a treatment at the Cloud 9 Spa. My desk-job aches and pains melted away in the Thalassotherapy pool, a saltwater oasis with water jets that massage the body. At the Thermal Suite, you can tailor your experience with a mix of dry heat and high-humidity areas.

From mini golf to hairraising waterslides and two swimming pools, including a splash pool, or seven large whirlpool hot tubs, there are heaps of daytime activities to choose from.

Alternatively, nab yourself a lounge and a cocktail in the Serenity Adult-Only Retreat, or de-stress with your fave workout in the ship's modern gym. Early birds can even catch a 7am yoga class.

TREAT YOURSELF

Four nights off cooking is heaven, as is the ship's fine dining restaurant, Fahrenheit 555. It's well worth the splurge, with a menu that pairs quality cuts of beef with lobster tail, plus platters of smoky oysters.

For something more casual, you can tuck into the moreish fare at Pizzeria Del Capitano (open till late), Guy's Burger Joint, The Carnival Deli and the delicious Indian standout Masala Tiger, all of which are included in your package.

PAINT THE DECK

After sunset, I felt ready to take on the floating town. 'Elegant Night' gave me an excuse to get glammed up, while the 80s-themed party was perfect for belting out 'Girls Just Want To Have Fun'.

With the nightly festivities of live music, comedy, movie screenings, trivia and more, this floating mini-town felt like a nonstop party.





With Carnival Splendor's funship mentality, there's never a dull moment.



DEPUTY EDITOR RAFFAELA PUGLIESE

APP-SOLUTELY FAB

Your time on board is precious, and thanks to the feature-rich Carnival Hub app, I was able to make the most of mine. It helps you get oriented, track the exciting happenings so you can plan your day at sea or on shore, access any information you need, book your dining table, avoid queues – and even chat with friends.

With all these incredible options to relax, rejuvenate and re-nourish, it was easy to return home without chanting that old traveller's mantra: "I need a holiday from my holiday." Namaste!



SMART WAYS TO SAFEGUARD YOUR WELLBEING AND YOUR BUDGET]

— CUT DOWN ON HEALTH COSTS -

Here's how to save while keeping healthy

REVIEW HEALTH INSURANCE

It's important to regularly review your health insurance policy to check you're being covered for your needs and you're getting the best deal. For an explanation on how health insurance works, visit the Commonwealth Ombudsman's website.

You'll also be able to compare and find policies that match

GO FOR A COMBO

When getting a prescription, always ask your GP for combination medicines, as these convenient products can help reduce costs. For example, asthma medicines combine long-term preventers and quick-relief inhalants into a single dose. For advice on using these medicines safely, visit nps.org.au/consumers/managing-your-medicines.

HELP PREVENT

We all know prevention is better than cure. Prefer not to spend a week in bed missing work and dosing up on expensive cough medicine and painkillers? Get that annual flu shot to get protection. You may be eligible for a free jab under the National Immunisation Program, see health.gov.au/



WORDS OF WISDOM —

THE FIRST WEALTH IS HEALTH

Ralph Waldo Emerson, US philosopher and poet

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

If you need advice, please seek out a licensed financial adviser.

GET SUPPORT FOR FREE



ESTIMATE COSTS

To understand costs for GP and medical specialist services across Australia (not to be used as a quote or medical diagnosis), use medicalcostsfinder. health.gov.au.



GET FIRST AID FOR MENTAL HEALTH

From crisis lines and counselling to trained health professionals, help is available 24/7. Call **Lifeline 13 11 14** and **Kids Helpline 1800 551 800.**



LOOK UP SYMPTOMS

Not sure if you need to see a doctor? The government-funded Symptom Checker can help you decide what to do next, healthdirect.gov. au/symptom-checker. ■





ARE DEMENTIA AND ALZHEIMER'S DISEASE THE SAME?

Dementia is not a specific disease, but rather a term used to describe a group of conditions characterised by declining brain functions, including memory, speech, cognition, personality, behaviour and mobility.

Alzheimer's disease is the most common form of dementia. It's a degenerative disease that is caused by nerve cell death, resulting in shrinkage of the brain. It involves parts of the brain that control thought, memory and language.

Mixed dementia, in which brain changes from more than one type of dementia occur simultaneously, is also common. Factors such as the types of dementia, overall health and genetics can influence the speed of progression.

7 signs of dementia

SEARCHING FOR NAMES You struggle to remember the names of friends and family members.

LOSING DETAILS
You forget things, events and information more often.

MISSING WORDS
You're unable to find words when having a conversation.

FEELING LOST You feel disorientated, even in familiar places.

NUMBER TROUBLES You're struggling to manage numbers, including your finances.

MISLAYING
THINGS
You put things
away in inappropriate
places and then forget
where they are.

LACK OF AWARENESS Your family is concerned about your loss of memory, but you're unaware you have a problem.



GOOD TO KNOW

WISE CHOICES

The healthier your lifestyle, especially during the years 40-65, the less likely you are to develop dementia. That means not smoking or drinking too much alcohol and eating a healthy, balanced diet.

DID YOU KNOW?

When loss of memory, language skills and problem-solving abilities start to impact your daily life, it's time to talk to your doctor.

WHAT'S NORMAL AS YOU AGE?

The good news is occasional memory loss is not an indication you have the beginnings of dementia. Age-related memory impairment is normal and generally doesn't decline substantially or rapidly. But everyone experiences ageing differently, and factors such as genetics, lifestyle and environment all play a part.

WHAT HAPPENS WHEN YOU GET DEMENTIA?

Dementia is a progressive disease, which can appear to be age-related because it mostly presents later in life. Symptoms gradually worsen over time, and in its severe stages, a person can lose the ability to carry on a conversation, communicate, be self-sufficient and cope with their environment.

TOP TIP

The best ways to support healthy ageing, including brain health, are to eat a healthy diet, be physically and socially active, and challenge your brain.

6 smart ways to keep your brain healthy

Although there's currently no cure for dementia, research has identified several strategies that may help reduce the risk of its development.

EXERCISE REGULARLY

Physical activity is one of the most effective ways to reduce your risk of dementia. It improves blood flow and oxygen to the brain, stimulates the growth of new brain cells and reduces the risk of damage or deterioration. Studies suggest that older people who exercise regularly are less likely to develop dementia than those who do little exercise.

There's no conclusive evidence that brain exercises can prevent dementia, but engaging in activities that challenge your brain can help keep your mind functioning well.

Brain training exercises, such as



YOUR DIET A healthy diet is crucial for maintaining brain health.

MANAGE

A Mediterranean diet, which is rich in fish, fruits, vegetables, whole grains, nuts and olive oil, and low in red meat, processed foods and sugar, has been linked to a reduced risk of dementia. The diet is rich in antioxidants, healthy fats and nutrients that can help protect brain cells from damage.

BEMORE SOCIABLE Maintaining social connections helps to strengthen your brain and increases your ability to manage emotions. Social engagement can also reduce feelings of loneliness and depression, which are also risk factors for dementia. Participating in social activities, volunteering, joining clubs and maintaining relationships with family and friends can help to keep your brain active and engaged.

> **KNOW YOUR GENETICS**

If you have a family history of dementia you have an increased risk of developing it, but that doesn't mean it will eventuate. While you cannot change your genetic makeup, by being aware of a family history you can take proactive steps to reduce your risk.

MAKE HEALTHY CHOICES

Adopting a healthy lifestyle can significantly reduce your risk of cognitive decline. This includes avoiding smoking, limiting alcohol consumption, managing stress, and ensuring you have adequate sleep. Chronic stress and high levels of cortisol have been linked to an increased risk of dementia as they can negatively impact brain function and overall health.

Good to know Early diagnosis gives a person the opportunity to get the maximum benefit from available treatments.



LATEST RESEARCH AND DEVELOPMENTS

Ongoing investigations continue to uncover new insights and develop innovative treatments, offering hope for a future where dementia can be effectively managed or even prevented. Here are some promising areas of research.

■ BIOMARKERS AND EARLY DETECTION

Advances in neuroimaging and blood tests are helping with the identification of biomarkers that can detect dementia in its early stages. For example, researchers are studying the accumulation of amyloid-beta plaques and tau tangles in the brain, which are hallmark features of dementia. Early detection can also help determine who might benefit from a particular treatment.

■ MEDICATION AND THERAPIES

There is no cure for dementia and, as it's caused by different diseases, it's unlikely there will ever be a single cure. Research is focused on finding cures for dementiacausing diseases, such as Alzheimer's disease. New drugs aim to reduce inflammation, improve brain cell communication, and protect neurons from damage.

■ LIFESTYLE INTERVENTIONS

Studies continue to explore how lifestyle interventions can prevent or slow cognitive decline. The FINGER (Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability) trial demonstrated that a combination of exercise. diet, cognitive training and vascular risk management significantly reduced the risk of cognitive decline in older adults. For more details go to fbhi.se/ the-finger-study.

■ GENE EDITING AND THERAPY

AND THERAPY Gene-editing technologies. such as CRISPR-Cas9, offer new potential for treating genetic forms of dementia. Researchers are looking at how these technologies can be used to reduce the impact of genes associated with the dementia and open the way for next-generation

treatments.

DID YOU KNOW?

According to the
Australian Institute
of Health and
Welfare, the
number of people
living with dementia
in Australia is
estimated to be
around 411,100.
This is equivalent to
15 people per 1,000,
and increases to
84 people per
1,000 for people

65 and over.

GOOD TO KNOW

RAISING AWARENESS

Dementia Action Week is September 16-22 and it includes World Alzheimer's Day on Saturday, September 21. Led by Dementia Australia, the initiative aims to increase awareness of the stigma and discrimination that people living with dementia experience and, in the process, encourage everyone to help make our communities more dementia-friendly.

better health

THE LATEST NEWS, PRODUCTS AND TRENDS]



CUT WASTE AND SAVE CASH

GAME CHANGERS

If you want sustainable period care, look no further. Featuring quality designs and great colours, Hello Period is a safe and environmentally friendly option as its reusable products last for years, not hours. Choose from a range of internal and external period products.

Reusable Liners, \$27.95, at helloperiod.com.



SHOWYOUCARE

The elders of our community deserve care and respect. The Australian Government is making changes to aged care that will improve the system now and into the future. The aim is for all older people to have access to high-quality and safe care, when and where they need it. You can have your say by going to agedcareengagement.health.gov.au.

SUGAR WATCH

Blood sugar needs maintenance.
The health indications of
Berberine 500 include helping
maintain healthy blood sugar and
assisting sugar and carbohydrate
metabolism. It's traditionally used
in Ayurvedic medicine to help
protect the liver and support
bile flow. Caruso's Berberine
500, \$49.95. Always read the
label and follow directions
for use. For details, go to
carusosnaturalhealth.com.au.

GOOD READS

LONG STORY SHORT

After having long Covid, clinical nutritionist Lee Holmes set about creating a guide to help



shorten its duration. Based on cutting-edge research, her holistic approach aims to help readers manage their symptoms and get back to enjoying life. **Nature's Way to Healing: A Long Covid Guide** by Lee

Holmes, \$32.99, rockpoolpublishing.com.

GOT ENDO? GET EMPOWERED

Endometriosis impacts the lives of millions of people. The new Endo45 app gives users expert support and personalised guidance depending on their specific goal, including reducing pain, enhancing fertility or improving mental health. There's a free trial, then it costs \$14.99 per month. For more details, go to **endo45.com.**







The Benevolent Society, understand that age is no barrier to living an active and independent life which is why we are committed to helping you, your family member or loved one make the most of every opportunity.

We offer a range of Aged Care services and funding options to suit your personal circumstances including Home Care Packages, Social Support, Personal Care and more.



































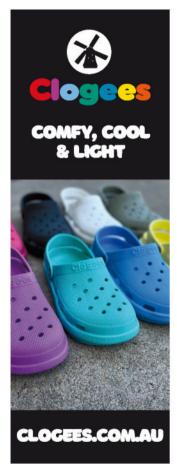
STRUGGLING WITH DIRTY OR STAINED GLASS?

Restore your glass surfaces with the GLASSGUARDTM Glass Restoration Stain Remover. This powerful formula effectively removes stubborn hard water stains, mineral deposits, and soap scum, restoring glass back to its original, pristine condition. Each purchase includes a special glass scourer pad, enhancing the cleaning power and ease of use.



glassguard.com.au/glass-restoration







































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BETTER SHOPPING

PLANNING A TRIP TO THE SHOPS?
HERE'S A ROUND-UP OF PRODUCTS YOU MAY LIKE TO CHECK OUT...



SONG BIRD

It's time to embrace the power of music. Every year, Australian school students are invited to showcase their skills by entering their original song in ACMF's National Songwriting Competition. There are over \$30,000 in prizes to be won.

acmf.com.au



HEALTHY START

Brease carpet is asthma and allergy-friendly, featuring Ultra-Fresh, EasyBac® and Active Care® treatments to prevent the growth of bacteria, mould, mildew and fungi. It reduces common odours and improves air quality.

choicesflooring.com

SPICE OF LIFE

Lift the lid on Moroccan cuisine with Intrepid Travel's delightful 12-day Morocco real food adventure. You'll traipse through markets and experience a wide variety of dishes, starting in Casablanca and finishing in Marrakech.

intrepidtravel.com



SAFE AND SOUND

Feel confident and safe when you step outside with the Solo Connect, a personal alarm on the Samsung Galaxy Watch6. With a single tap and two-way voice communication, users can connect with the MePACS emergency response centre.

mepacs.com.au





OCEAN EYES

Dreaming of a home with ocean views? Draw 419 offers you the chance to win an \$8M beachfront home. Tickets cost just \$5. This four-bedroom home, set on the spectacular shores of the Gold Coast, even has a pool. T&Cs apply.

rslartunion.com.au



WARM WELCOME

Wicka's new collection of premium coir doormats are made from durable 100% natural materials. They are available in a range of stylish designs, from \$59.95, so you can create the first impression that suits your home best.

wicka.com.au

UNDER THE DOME

The Piper lamp effortlessly combines minimalist design with eco-friendly materials. This piece is a stylish and sustainable addition to your living room or bedroom, providing a cosy and inviting atmosphere with a sleek white dome shade.

templeandwebster.com.au



SOFT TOUCH

With its calming green colour and chenille frame, the Joanna bed makes a striking centrepiece. The seamless frame features pillar legs and a PU foam-filled bedhead. Sleep easy knowing it's crafted from sustainably sourced materials.

templeandwebster.com.au



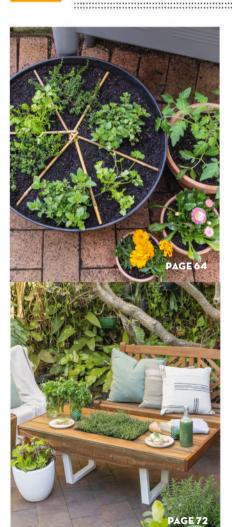
better stockists

PLANNING A TRIP TO THE SHOPS? HERE'S OUR ROUND-UP OF PRODUCTS

YOUR SHOPPING DIRECTORY

Adairs adairs.com.au
Aesop aesop.com.au
Bunnings bunnings.com.au
Country Road
countryroad.com.au
David Jones davidjones.com
Etsy Etsy.com/au

Freedom freedom.com.au
IKEA ikea.com/au
Kmart kmart.com.au
Myer myer.com.au
Pillowtalk pillowtalk.com.au
Seed Heritage seedheritage.com
Spotlight spotlightstores.com



PIZZA PIZZAZZ, PAGE 64

Project supplies Bunnings Eden 52 x 31cm resin whiskey barrel planter. \$19. Scotts Osmocote 25L tomato vegetable and herb premium potting mix, \$9.98. Brunnings 180cm natural bamboo garden stakes, 10 pack, \$9.49. Fountain Products 697 x 425 x 655mm raised garden bed, \$32.40. Jack 1350mm grip and grow curve vegie frame plant trainer, \$15.50. Northcote Pottery 29 x 21cm kriti medium terracotta pot, \$18.68. Dulux 300g Duramax terracotta primer and sealer, \$18.50. Taubmans 1L white low sheen sunproof exterior paint, \$38.95. Selleys 325g Liquid Nails rapid cure strong waterproof adhesive, \$17.48. Chef Inox 25cm aluminium pizza plate, \$6.95 (online only).

COFFEE THYME. PAGE 72

Shopping details Adairs 50 x 50cm Belgian vintage washed linen cushion in Forest, \$79.99. 60 x 60cm Belgian vintage washed linen cushion in Forest, \$99.99. Country Road George cocktail glass in Forest Green, 2 pack, \$69.95. CR x Waverley Australian made boucle throw in Natural, \$399. Freedom Morelia 50 x 50cm cushion, \$59.95. Trebble 50 x 50cm scatter

cushion in Dark Moss, \$59.95. **H&M** (instore only) 1097425 marble mortar and pestle in Grey, \$49.99. 1146628 oil and vinegar bottle in Light Beige, \$27.99. **Kmart** Terra glazed side plate, \$3.50. **Myer** Heritage manor rattan vase small 20cm in brown, \$49.95. Heritage manor rattan vase large 30cm in brown, \$69.95. **Pillowtalk** Arden 19 x 24cm large pedestal decorative bowl, \$49.95. **Spotlight** Warwick Home Santiago 50 x 50cm boucle cushion in Olive, \$50.

45mm outdoor framing H3 treated pine 2.4m, \$13.80. Zenith 14g - 8 x 100mm class 3 galvanised bugle batten screws, 25 pack, \$12.95. Growies 25 x 25 x 1200mm hardwood garden stake, 6 pack, \$18.99. Zenith 10g x 50mm galvanised type 17 countersunk head timber screws, 50 pack, \$19.70. 135 x 19mm spotted gum KD standard decking, linear metre, \$16.50. Handy storage 30L black heavy duty crate, \$19.94. Rapidhome 45 x 40 x 6cm black santos steel tube coffee table furniture leg. \$39.97. Dulux 300g Metalshield epoxy enamel satin white, \$14.90.

HELLO POSSUMS, PAGE 76

Project supplies Bunnings 2440 x 1220 x 18mm plywood hardwood marine AA grade, \$149. Zenith 8 - 10 x 50mm galvanised countersunk rib head timber screws, 50 pack, \$7.34. Lane 50 x 40 x 1.2mm primecoat fixed pin butt hinge, \$1.71. Carinya 40 x 600 x 1mm flat make-a-bracket single, \$3.73.

FRESHEN UP, PAGE 146

Shopping details Aesop Breathless 100ml body oil, \$47. Geranium leaf 100ml body cleanser, \$23. Geranium





leaf 180ml body scrub, \$47. Olous aromatique 100ml room spray, \$77. Polish 150g bar soap, \$29. A rose by any other name 500ml body cleanser. \$63. IKEA Adellovtrad LED block candle in White, 3 pack, \$25. Kmart Beige marble serve board, \$10. Seed Heritage Romee bath towel 70 x 140cm in Silver Grey, \$39.95. Romee bath towel 70 x 140cm in Coffee. \$39.95. Romee hand towel 50 x 70cm in Silver Grey, \$19.95. Romee hand towel 50 x 70cm in Coffee, \$19.95. **Project supplies Bunnings Cibo** 900mm white tonic full height bathroom vanity, \$668. Mondella WELS 5 star 6L/min chrome resonance pin lever basin mixer, \$112. Fix-a-tap 12mm x 8m blue PTFE thread seal tape, \$2.51. Kinetic 32mm chrome pop up basin waste with overflow, \$27.65. Kinetic 250mm stainless steel flexible braided hose mixer tap extension, 2 pack, \$13.30. Caroma 40mm P trap, \$7.86. Methven krome WELS 3 star 9L/min 120 3-function short twin shower system. \$447.67. Mondella chrome resonance ceramic disc bath set, \$113. Selleys 300g clear wet area waterproof silicone sealant, \$15.60.

COTTON CANDY, PAGE 152

Shopping details Country Road Mia coupe in Violet, 2 pack, \$49.95. George cocktail glass in Forest green, 2 pack, \$69.95. Hazel cocktail glass in Amber. 2 pack, \$69.95. Blanchette 20 x 24.5cm medium vase in Brass, \$99.95. David Jones Maison Balzac gin and tonic in Clear/Green, 2 pack, \$99. Maison Balzac le twist cocktail glass in Clear/ Opaque Yellow, \$89. Maison Balzac pomponette coupes in Pink/Amber, 2 pack, \$139. Etsy SolsticeStudioPrints cin cin instant downloadable print, \$12.06. Kmart 1.6L glass container with bamboo lid, \$9. Hanging cocktail accessories kit, \$14.

Project supplies Bunnings Plaid 236ml Matte Mod Podge, \$15.50. 6 x 6mm 1.2m grandis square DAR, \$4.70. Crafted 300ml gold project paint, \$8.96. IKEA Ivar cabinet 80 x 30cm in Pine, \$169. Ösarp 10cm brass-colour leg, 2 pack, \$15. Kmart Gold look wavy handles, 2 pack, \$8.50. Spotlight Tuscan sun peach printed montreaux drill fabric 112cm, \$21 per metre. Birch 38mm cotton heading tape in Baby Pink, \$5.50 per metre. Checkerboard printed buzoku duck fabric multicoloured 112cm, \$21 per metre. ■

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A GARDEN OF GIFT-SPIRATION

Fresh gift ideas for spring



















Catherine Lewis Tea Towel - Spring Blossom Ivory, \$49.95.
 Finger Lime Gin, \$150.
 Plants Embroidery Kit for Beginners, \$22.
 Set Of 3 Jute Pots, \$70.
 Garden Meadow Dessert Plate, \$49.90.
 Grow - Garden Planner, \$62.90.
 Personalised Gardening Trowel Tool For Her, \$148.
 Indoor Watering Can, \$60.50.
 Eden Vase, from \$50.



TAKE CARE OF BUSINESS AND KEEP YOUR PET FELINE HAPPY!



Help your pet to stay purr-fectly calm with these top tips

Stress and anxiety are common in our fourlegged friends, caused by factors such as changes in their environment, introduction of new pets. loud noises or medical issues such as diabetes or allergies. Here's how you can help your cat to relax.

KNOW THE SIGNS

Watch for signs of stress, including hiding, aggression, reduced appetite, excessive grooming or vocalisation, and inappropriate elimination. Give your cat space when they don't want to be handled.

If you notice any change in behaviour in your pet, consult your vet to rule out any medical causes.

GET THE DIGHT KIT

Provide routine, exercise and mental stimulation. Your cat needs to climb access to cat trees or shelves. Play sessions with interactive toys that mimic natural hunting behaviours, such as feather wands, can help to alleviate boredom and reduce their anxiety. Having a safe haven away from noise and household activities also helps

create a sense of security and stability. If you have more than one cat, make sure they each have their own litter tray, food and water bowls, and a scratching post!

TRY THESE TOO

and explore, so give them Ask your vet about anxiety medication. Consider calming supplements like Lovebites B-Calm (lovebites.net.au) or PetzPark Stress & Anxiety (petzpark.com.au). A pheromone spray or diffuser can also help your kitty feel safe, secure and relaxed, from \$79.99, feliway.com.au.



POOP WARS KEEP YOUR SUBURB CLEAN

Shock news - a recent Australian survey* shows 60% of dog owners would abandon their dog's poop if they could get away with it! More than 6 million dogs live in Australia and each produces about 340 grams of waste a day, so that adds up to 1.224 tonnes (or about six blue whales' worth) of poop we could potentially step in! Dog waste that's left on footpaths doesn't only stink up our suburbs, it also makes its way into our waterways and spreads bacteria and parasites - including nasties such as hookworm, ringworm, tapeworm and salmonella** - that are harmful to us and other animals. Here are some ways you can look after your local streets on your daily walks with your pup.

- Bring along eco-friendly home compostable pet clean up bags, \$5 for 60 at kmart.com.au.
- Dispose of waste in your bin at home if you can't find one when you're out. Some local councils issue hefty fines if you're caught not picking up after your dog.
- Carry full poop bags inside a hands-free carrier such as the Pupoon (pupoon.com) or a body bag, like the Adventure Kit from Stylish Hound (stylishhound.com). It is also hygienic - no more ripped bags or stinky smells following you around!

Photography Adobe Stock; sources *survey by Pureprofile, **Int. J. Environmental Research and Public Health

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