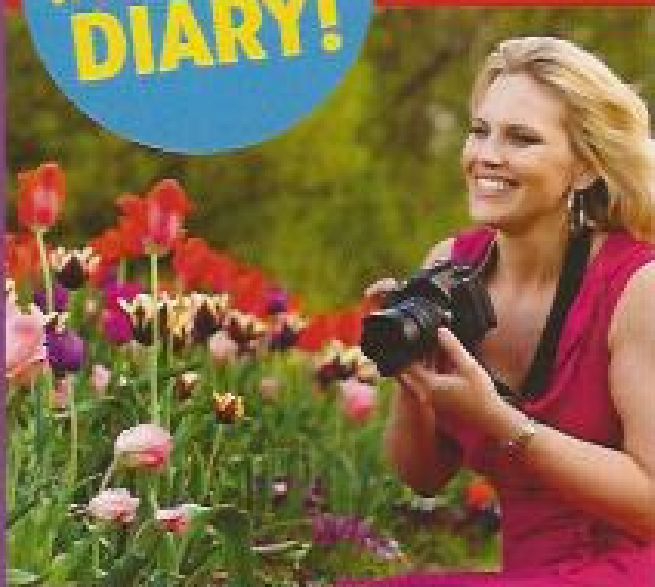


YEARBOOK 2014

A year with YOURS

from your favourite magazine

CLEAR
WEEK-TO-VIEW
DIARY!



Seasonal recipes



Craft projects

All new fiction

Great days out

Tips and quizzes

Your memories



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Home hints

Spare a thought for your skin and hair, as chilly winter weather can cause lots of damage. Treat both as a moisturising boost with coconut oil. Use it as an intensive conditioner by massaging it into your hair, leave to soak for ten minutes then rinse, or massage it into your skin straight after the bath. You can even cook with it!

Wise words

"Forgive, forgive, forgive"

My dear old dad said this to me when I was angry one day. He was such a lovely, kind and clever man. I keep remembering his words, especially when faced with family squabbles.

Celia Preston, Leicester

Headgear of yesteryear



My granddaughter, Rachel, looks so cute in this woolly bonnet! I think this would have been taken when she was about three years old, in 1978, outside our local church. I doubt she could read the hymnbook she seems to be carrying, but at least she seems interested! I love how cosy she looks – even now she doesn't like the cold and loves to be wrapped up warm!

Sheila Barker, Wakefield, West Yorkshire

On this week...

November 28, 1971 – Farmer foils drug smugglers
A Cambridgeshire farmer became a hero after ramming a plane used by drug smugglers. Detectives had asked Ray Convine to keep an eye on a disused wartime airfield on his land after a tip off. Convine drove alongside the plane after it landed then rammed his truck into its side. The ringleader handed himself in shortly afterwards.

Recipe of the week



Scottish Tea Loaf

Makes: 1 loaf

Preparation time: 20 minutes, plus overnight soaking

Cooking time: 50 minutes, plus 5 minutes cooling

450g (1lb) mixed dried fruits
250g (9oz) soft light brown sugar
200ml (7fl.oz) cold tea
2 tsp Scotch whisky
450g (1lb) self-raising flour
1 tsp mixed spice
1 egg, beaten

- 1 Mix together the dried fruit and sugar and pour over the cold tea and whisky (whisky is optional, you can use just tea if you prefer, but it does give a lovely depth of flavour), cover the bowl and leave to soak overnight.
- 2 Preheat the oven to 190°C/375°F/Gas Mark 5 and line a 2lb loaf tin with greased baking paper.
- 3 Uncover your bowl and you will find that the fruit is beautifully swollen and juicy now. Sift the flour and spice into the fruit and stir well to combine. Now add the beaten egg and mix it all thoroughly.
- 4 Spoon the mixture into the prepared tin and bake for 50 minutes, or until a skewer comes out clean. If the cake is browning on top, place a piece of folded baking paper on top to protect it.
- 5 Let the cake cool in its tin for about 5 minutes and then take it out and let it cool thoroughly on a wire rack.

Top Tip: This is a two-part cake and you need to start things off the night before you want to bake it.

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