

EASY Living

MARCH 2009

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BETTER SLEEP, AND MORE OF IT

New advice that really works

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GOOD FOUNDATIONS

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From fired to inspired

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COVER STAR

DAVINA McCALL

Flying the flag for normal women

GET SET, GO!

Fast ways to be fit, healthy, toned and energised



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IN THE KNOW...



Out of Africa

We've completely fallen in love with the spring/summer collection by Sika, which draws upon the culture, colours and landscape of Ghana, West Africa, for inspiration. The bold prints, colours and silhouettes are show-stopping, and their brightness will lift that dour February mood.

Cotton t-shirts, £110, SIRA at Cherry Picked Boutique, London. Call 020 8850 8158; sikadesigns.co.uk



Giles notecards, £37 (includes ten cards and ten envelopes – two of each design), Smythson. Call 0870 521 1311; smythson.com

Style notes

The newspapers may be awash with this month's fashion weeks, but catwalk envy be damned! Immerse yourself in a fashion show of your

own with these delectable notecards adorned with sketches by fashion designer Giles Deacon, which come with an array of coloured envelopes.



ART Hats: An Anthology

Tribbles, top hats, tiaras, fascinators, flat caps, bowlers, bonnets, berets, skull caps, Stetsons and a Coptic Fez – hats in plentiful number and rich variety will be on display in a baroque garden at the V&A, curated by milliner Stephen Jones. Having scoured the museum's archives and numerous private collections, Jones has gathered an amazing array of headwear and created a series of displays themed around inspiration, creation, the salon and the client. Expect a magical, fascinating experience. At The V&A Museum, London SW7, from February 24-May 10 2009. Call 020 7942 2000; vam.ac.uk.

PHOTOGRAPH BY KEVIN MAHEU/CORBIS

BOOK *Days Of Grace* by Catherine Hall (Portobello, £10.99)

Shy 12-year-old evacuee Nora arrives in Kent, leaving behind war-torn London. Her surrogate family are the Rivers – full-of-life Grace with her silent, glamorous mother and her secretive father, the Reverend. Nora then becomes witness to the Rivers' crumbling marriage, and to the devastation of Grace, from whom Nora must also hide her intense Sapphic desires. Hall's writing has a darkly ominous pull, broken only by the story's startling revelations, which shock like shards of glass. A sparkling gem.



Gilded love note

This charm necklace has a lasting Valentine's appeal. The gilded token with its ruby red Swarovski bicone crystal is a perfect cheery little love missive that doesn't cost the earth. →

Gold-plated postcard charm, £15. Call 0770 109 9105; pollyandprince.co.uk

