

lifestyle

magazine

December 2016 /
January 2017



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Welcome to lifestyle



@GarySkent

Welcome to our Winter edition of Lifestyle.

It is good to see Warrington has started to climb the national league table for culture and heritage, although I believe we still have a way to go if we ever want to become a "City of Culture" - but having said that - there is nothing wrong with ambition!

I was one of the first to jump to the defence of our town last year when the national press published the headlines stating Warrington was bottom of the league for culture.

It certainly doesn't take much for the media to jump on to publishing negative articles - apparently it helps sell newspapers!

I personally believe last year's report was flawed, especially when it stated we had no canals in Warrington!!!

When pressed on the issue it had to be a certain type of canal to qualify!

Hopefully we can continue to climb up the league table.

There is still plenty to be proud of in and around Warrington.

Finally we would like pass on seasonal greetings to all our readers and advertisers, wishing you all a Merry Christmas and Happy New Year.

The next issue of Lifestyle will be our February/ March edition, when spring will be on the horizon!

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*Nicola Adams models Panache Autumn/
Winter 16 sports collection*

Altered Perception



'Altered Perception' British boxer Nicola Adams MBE, the first woman to win an Olympic gold medal in the sport, models the Autumn Winter 2016 Panache Sport collection. Nicola was joined in the campaign by Panache team members allowing the product to be showcased in sizes ranging from a B to a G cup.

Following the Rio 2016 Games they have the Wired Sports bra in a rich Teal shade and teamed with an 'Odyssey print' – an ode to the vivid colours of Brazil and the vibrant nature of the hillside Favelas. The wired sports bra is also available in a digitally designed Neon Pixel Print multi colour pattern on a black base. Continuity options of black, white and grey remain available.

The Non Wired Sports Bra, along with core colours of Black and Latte, is available in patriotic

Red, White & Blue marl and also the Neon Pixel plain, a vibrant Pink solid colour with black piping detail.

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Yo-yo dieting a no-go, even if you're slim

Shona Wilkinson, *Nutritionist at SuperfoodUK.com*

Are you guilty of yo-yo dieting, constantly in the cycle of losing weight and then piling it all back on again? This could be more dangerous than you think, with research suggesting that those who yo-yo diet are over 3 times more likely to die suddenly from heart abnormalities.

The research, which tracked 158,000 post-menopausal women, also revealed that those who yo-yo dieted were 66% more likely to die from clogged arteries and that the greatest risk was for generally slimmer people. We have asked our Nutritionists for the low-down on yo-yo diets and how we can avoid falling in the trap of these 'binge' weight loss schemes....

What is yo-yo dieting?

"Yo-yo dieting is defined as a repeated loss of weight over a period of time. Not only can this negatively impact our physical health, but it can also have an effect on our mental health. Crash

diets, followed by overeating can lead to us feeling guilty and having low self-esteem, which can result in an unhealthy relationship with food," says Nutritionist, Cassandra Barns.

The research supports the theory that yo-yo dieting is repeated weight loss and states that periodically a crash diet is to lose ten pounds or more.

What do the experts think?

"We know yo-yo dieting has a detrimental effect on our weight as our body goes into starvation mode and then holds on to food when it gets the chance. The link with cardiovascular problems seems to stem from the fact that usually when your body gradually loses weight, it is given a chance to adjust other things in the body, such as blood pressure and blood glucose levels. When there is rapid weight loss, the body isn't able to adjust itself quite as quickly, or effectively. This

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can lead to heart issues. There is also the theory that it can cause DNA problems although this hasn't been studied on humans.

"This all adds to the correct advice that nutritionists give in that a slow, steady and gradual weight loss is much better and sustainable than rapid weight loss dieting," explains Shona Wilkinson, Nutritionist at SuperfoodUK.com the online shopping destination for health & wellbeing.

"By cutting back on calories to extreme levels, whilst 'yo-yo' dieting, you can be at risk of malnourishment, and you may be more tempted to overindulge in the likes of alcohol when 'off' your diet. Also, when our weight fluctuates regularly we often diminish muscle mass, which is crucial for a high metabolic rate when resting," adds Cassandra.

Seven yo-yo-proof diet tips, to help you keep the weight off

1. Don't starve yourself or skip meals

"If you miss meals or starve yourself your body will think there is a shortage of food and its response is to slow down your metabolism and hold onto fat stores. This type of eating can make you have cravings because your blood sugar will be low and your body needs a quick fix," says Shona.

2. Skip the fad diets

"Fad diets, especially those that miss out whole food groups, may work temporarily but are usually too difficult to maintain for more than a couple of weeks," says Dr. Marilyn Glenville, author of Natural Alternatives to Sugar, www.marlynglenville.com.

3. Add protein to each meal

"Protein slows down the rate the stomach processes food and slows the passage of the carbohydrates with it. As soon as you add a protein (be it animal or vegetable) to a carbohydrate you change it into a slower releasing carbohydrate, which will make you feel fuller for longer," says Shona.

4. Don't eat on the run

"It gives your body the message that time is scarce and that you are under pressure and stressed. Furthermore, your digestive system will be less efficient. Make a point of sitting down and eating your food as calmly as possible," says Marilyn.

5. Never Skip Breakfast

"The old saying says that 'breakfast is the most important meal of the day' and when you have breakfast, you are literally 'breaking the fast.' Sleeping causes your metabolism (fat burning capability) to slow right down and nothing gets it going faster than breakfast. But always remember that just as important as having breakfast itself, it's also vital to choose healthy breakfast options such as wholegrain cereals like porridge, organic 'live' natural dairy products like yogurt, organic eggs and fruit. Sugar-laden cereals will cause your blood sugar to rise sharply and drop quite quickly, making you feel more hungry quickly – you need something that will sustain you and keep you feeling fuller longer," says Shona.

6. Eat little and often

"Try to keep your blood sugar levels and energy levels stable by eating something every three hours. Eat breakfast, lunch and dinner plus a snack mid morning and one mid afternoon, with no longer than three hours between. Try not to eat carbohydrates after 6pm.

"This will stop those roller-coaster highs and cravings for sweet foods. Because your blood sugar isn't allowed to drop, your body will no longer have to ask you for a quick fix. As the blood sugar steadies, so will the mood swings," explains Marilyn.

7. Don't cut out all fat

"Fat is an essential part of our diet and should not be avoided. We need to eat the right kind of fats: oily fish, nuts, seeds and seed oils in order to obtain essential omega 3 and 6 fats, which are necessary for our health. What we should be avoiding are the processed fats found in junk food and bakery products," adds Marilyn.

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How to protect your skin this winter

Consultant Dermatologist and British Skin Foundation Trustee, Dr Bav Shergill (pictured), has some top tips for keeping skin in good shape this winter.

The dreary British weather can play havoc with our skin, especially for those with existing skin conditions like eczema or psoriasis. Each winter our body is exposed to harsh changes, leading the blood vessels in the skin to change rapidly to account for the fluctuating temperature. This can leave the skin looking flushed, red and weather beaten.

Wind, rain, central heating and soggy clothing can all irritate the skin.

Make sure you're moisturising regularly and using an emollient that's right for you – keeping skin moist is imperative to avoid it getting cracked and infected.

Be careful with the kinds of clothes you wear. Some materials, for example, lamb's wool may irritate skin and cause flare-ups.

One of the best and simplest ways to combat the winter effects on skin is to regularly apply moisturisers and lip salves. This will help replenish the lost moisture from the skin. All skin types benefit from a moisturiser.

Avoid harsh, alcohol-based cleansers and soaps. Stay away from cleaning products that contain alcohol and go easy on the exfoliation.

Protect skin with warm clothing (a scarf, hat and gloves) whilst outside. If the rain makes your clothes damp, ensure that you change into something dry as soon as possible and don't leave wet clothes in contact with your skin which may cause further irritation or chaffing.

Whilst it's natural to want to stay warm indoors, even the central heating can affect our skin. The drier air in centrally heated buildings means the skin can dry out, so try not to turn the thermostat up to maximum.

Avoid the temptation to have a long hot bath, as this can strip away much needed natural oil from the skin. Try and shorten the length of time and remember to keep the water temperature warm not hot.

Apply a moisturiser to skin straight after a bath or shower while the skin is still slightly damp.



Drying your skin vigorously with a towel can damage it, so pat dry and don't rub.

About the BSF

The British Skin Foundation is the only UK charity dedicated to raising funds for skin disease and skin cancer research. Our unwavering commitment to funding quality research means we won't stop until we've found cures for common skin problems like eczema and acne through to potential killers like malignant melanoma. This year the British Skin Foundation turns 20 years old – to date we've raised £15 million to fund research projects since 1996.

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Beautiful ballet brings magical fairytale of Snow White to life

Vienna Festival Ballet presents this delightful telling of the classic story Snow White in a magical show which is not to be missed.

World premiere choreography by Barry McGrath propels this timeless fairytale into the 21st Century and answers the age-old question "who is the fairest one of all?"

Based on the traditional Grimm brothers' story, this ballet incorporates all the classic elements – a beautiful girl, an enchanted mirror, a poisoned apple – as well as some added extras like hip-hopping dwarves who help Snow White find her Prince Charming.

This spellbinding ballet promises to entertain and dazzle the whole family when it comes to Warrington's Parr Hall in December: it's a perfect Christmas treat!



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'How to kiss a boy'

World renowned vocal powerhouse LeAnn Rimes has recently released her latest UK single 'How To Kiss A Boy'

The track is the second to come from her album 'Remnants'.

The song is a narrative for a first kiss with someone special, and no one can tell the story better than LeAnn, with her powerful and empathetic vocals perfectly capturing the moment.

At 14, Rimes won "Best New Artist" making her the youngest recipient of a Grammy® Award. and her debut album "Blue," celebrates the 20th anniversary of its release this year.

Out of the 42 singles she has released throughout her expansive career, "How Do I Live," ranks No. 4 on Billboard's "Greatest of All Time: Hot 100 Songs," and it holds the record for being

the second longest charting song ever on the Billboard Hot 100 chart. 15 of her multi-genre singles are top-10 hits, including "Can't Fight the Moonlight" which went No. 1 in 11 countries.

As well as a wealth of country and pop hits to her name Rimes has acted in TV series and films including Anger Management (TV series), Days of Our Lives (TV series), Reel Love (TV movie) and Northern Lights (TV movie) making her a truly talented all round entertainer.

LeAnn Rimes is an internationally acclaimed singer and ASCAP award-winning songwriter. Globally, she has sold more than 44 million units, won two Grammy® Awards; 12 Billboard Music Awards; two World Music Awards; three Academy of Country Music Awards; one Country Music Association Award and one Dove Award.

LeAnn is embarking on a tour later this year, dates are :

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What do over 17 million Brits have in common?

Shocking new statistics on acne revealed by British Skin Foundation

Do you feel that you constantly have stubborn breakouts of spots? You are not alone, with over 17 million Brits claiming to suffer from acne at some point in their lives, according to The British Skin Foundation. Also, over 1 in 3 of those people admit that they don't know what to do to help with the condition, but don't fret!

Here are our experts top tips on how to help beat breakouts naturally...

1. Stop the sweet tooth

"Quit unnecessary dietary sugar for youthful and clear skin. Removing sugar from the diet will have the biggest impact on your skin. Sugar contributes to hormonal imbalances, which can lead to spotty and greasy skin. It's the hidden sugars in our food we need to watch out for – always check the sugar content in sauces, bread, cereals, soups, yoghurts, dressings and most 'low fat' foods," says Lily Soutter, Nutritionist and weight loss expert at lilysoutternutrition.com.

2. Aid your acne with essential oils

Essential oils should be your best friend. Unlike anti-acne treatments available on the market, oils are packed with vitamins, amino acids and anti oxidants so they won't dry your skin. Instead, they can smooth fine lines and heal blemishes at the same time. 'Go for a combination of Tea Tree, Aloe Vera and Myrrh Essential Oils for anti-inflammatory properties and to achieve a more even complexion. Try Soothing Skin Gel by What Skin Needs (www.whatskinneeds.co.uk, £14.99),' says Nutritionist, Cassandra Barns.

3. Choose orange foods

'Betacarotene, found mainly in carrots, sweet potatoes and butternut squash is a precursor to vitamin A, which is an essential nutrient for proper skin function and maintenance. Vitamin A is specifically beneficial for treating acne as it

protects your skin from free radicals,' explains Dr Marilyn Glenville, the UK's leading Nutritionist (www.marilynglenville.com), author of *Natural Alternatives to Sugar*.

4. Boost your healthy gut bacteria

We all need healthy gut bacteria to support gut function, helping to break down food, absorb nutrients and eliminate toxins. 'The skin is closely connected to the gut and supporting gut function can help to reduce skin outbreaks. There are a number of studies linking the use of probiotics to positive outcomes for eczema, acne, rosacea and anti-aging. To support your skin include fermented foods in your diet, such as kefir, sauerkraut, kimchi and miso soup. You can also take a supplement, such as Pro-Ven 25 Billion (Boots, £13.95),' says Cassandra.

5. Detox your liver

"This is a potent antioxidant in the body, which also "recycles" vitamins C and E that are all important for optimum skin health and hormonal health too. Selenium is crucial for detoxification through the liver, which is the "garbage dump" of the body, so keeping it functioning optimally is crucial to reduce acne. If one organ of elimination is "blocked" toxins will come out elsewhere, often through the skin. You can find Selenium mainly in Brazil nuts, shellfish, whole grains and seeds,' says Shona Wilkinson, Nutritionist at Superfood.uk the online shopping destination for all things health and wellbeing.

6. Zap away zits with Zinc

Snack on pumpkin seeds. 'These nutritional gems are excellent sources of zinc, one of the most important minerals for maintaining healthy, happy skin. It is thought that as much as 20% of the body's zinc is stored in the skin, and it has a major role in growth and healing. Deficiency in this mineral is linked with acne; dry skin, dermatitis and poor wound healing,' says Marilyn.



7. Use the loo regularly

'Visiting the bathroom for a number 2 regularly is actually really important. Clearing out your bowels is your body's way of removing toxins. If we don't go regularly, we can end up reabsorbing old hormones and toxins, which the liver needs to deal with a second time! If you're not using the loo enough, your body will push the toxins out through the skin causing inflammation and acne! So make sure you're getting enough fibre,' says Shona.

8. Omega 3 could be your saviour

Make sure you have oily fish at least three times a week. Lily says, 'These foods contain healthy fats which make the skin plump and supple. They can also help to balance your hormones, which can help prevent spots.'

'Fish such as wild salmon, sardines, herring and anchovies are all omega-3 rich. But if you're not a fan of fish, or are concerned you're not getting enough omega 3 from your diet, then I would suggest taking a supplement. Go for Natures Plus Ultra Omega 3/6/9 (£17.75, revital.co.uk),' says Cassandra.

Keeping You Safe on the Road

By Raf Khan from
Warrington Service Centre



Passing your MOT test first time

Did you know that 38% of people leave booking their MOT to the last minute? Perhaps you didn't know that driving without renewing your MOT can incur a fine of up to £1000.

Warrington Service Centre (www.warringtonservicecentre.co.uk) provide full MOT checks and encourage you to book well in advance.

What can you do to get a better chance of passing your MOT?

- Check the washer bottle – is it full?
- Have you emptied your car of unnecessary items?
- Have you check that your vehicles tyre tread depth is over 1.6mm?
- When you checked the tread did you check the inside as well as the outside?
- Remember to check the tyre tread depth on the spare tyre too.
- Are the wiper blades working and in a good condition?
- Have you checked your lights and indicators?
- Do you need to change any failed bulbs?
- Do you have windscreen cracks? Get them repaired, this is often free with your insurance.

Only 23% of people check their vehicle before MOT. Going through our checklist above can save you money and time.

If you have to pay labour charges for the smallest of jobs, the cost at a garage can mount up. In addition, the time it takes to bring your car back in for a retest, and the fuel consumed in traveling will also add to the hidden costs of an MOT.

At Warrington Service Centre (www.warringtonservicecentre.co.uk), we understand that it is not always possible to run through these checks in advance, for various reasons. With this in mind, we are always careful to be cost considerate. Our clients come back to us time after time for their MOT testing and services, and our business is built on our reputation.

Our clients are not just Warrington based, but come from the surrounding areas, because they know we offer the added value they need.

"I would like to thank you for the work that you have completed on our cars over the recent weeks. Not only have you completed MOT tests (and the repairs required) but the service you completed on Sue's car has resulted in her describing it as "like driving a different car".

So if your MOT date is getting close give us a call on 01925 232255 or use our online booking <http://www.warringtonservicecentre.co.uk/online-booking> to get a date in your calendar.



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Until hangover-free alcohol comes into play, here are 10 natural ways to beat the hangover

With Christmas festivities round the corner we have asked our experts for their top tips on how we can help beat a hangover, the natural way!

So, firstly what is a hangover?

“Most of us have experienced the pain and the frustration of a hangover. They are a pain in the... well, head! Alcohol is a diuretic, meaning that once in your blood; your body needs to put its water supplies in your blood to dilute it. This creates an increase in blood volume and pressure. To bring your blood pressure down, we then need to excrete the water down the toilet. The problem being, now our cells are lacking the water that they need. Our brain is around 70% water, and dehydration can lead to brain shrinkage, which is what causes the pain. Your body also has to deal with a mountain of alcohol toxins. They all need processing and excreting, which puts strain on your liver and kidneys,” explains Shona Wilkinson, Nutritionist at Superfooduk.com the online shopping destination for all things health and wellbeing.



10 tricks to hack your hangover

1. Soothe your head

“Considering what a hangover is, water seems like the obvious cure, however not all water is equal. The control of hydration is the hands of electrolytes. Electrolytes are minerals found in water. For your best chance of beating that hangover, choose mineral rich water or add in some extra electrolytes. They are designed for athletes and sports people. The water will also

help to flush out the toxins, speeding up the detoxification process. Drink a large glass of mineral rich water before bed, take a glass to bed and be sure to drink plenty in the morning,” explains Wilkinson.

2. Avoid sugar, before, during and after

‘Before, during and after drinking it’s best to avoid sugary foods and drinks, as alcohol consumption tends to play havoc with energy and blood sugar control. It’s better to focus on protein and unrefined carbohydrates, which release glucose slowly. Say no to caffeine and spicy food that can not only worsen the dehydration, but also irritate your stomach,’ explains Dr Marilyn Glenville, the UK’s leading Nutritionist, author of Natural Alternatives to Sugar (www.marilynglenville.com).

3. Have a bite before bed

Try to have something before you go to bed, this doesn’t mean however grabbing a doner kebab on the way home! “Having something nourishing to eat before going to bed will help give you the nutrition that your body needs to detoxify. Getting drunk is taxing so something healthy will go a long way to support your recovery,” says Shona.

Nutritionist, Cassandra Barns adds, “stay away from foods that contain high levels of unhealthy fats. These include fried foods, foods that contain hydrogenated fats (found mainly in margarines and processed foods), and poor quality, cheap cooking oils. The liver has to work extra hard to process these types of fats, when it is already under strain dealing with the alcohol and its breakdown products. Unhealthy fats can also worsen any inflammation in the body, which can add to the effects of the inflammatory cytokines that (as we saw above) could contribute to hangover symptoms.”

4. The morning after, go for a run

Sounds crazy? Shona explains, “The movement will get your blood circulating and will help speed up detoxification, while the sweating will help you excrete the toxins. It will however add to you dehydration. Ensure that you drink plenty

of hydrating fluids before, during and after your run."

5. Try a downward dog, rather than the hair of the dog



"The movement from the likes of yoga and Pilates will help to increase blood flow to all parts of your body, but importantly, your liver. The more blood that passes through, the quicker your liver can detoxify the alcohol. The sweating will help to eliminate the toxins through your skin. However the sweating can make the problem of dehydration worse, so ensure that you drink plenty of water at the same time!" says Shona.

Focused breathing is an important aspect of Pilates and can help with any nausea you may be feeling, whilst also being a great way to take your mind of your hangover! "Anyone who does Pilates regularly will recognise the moment, a few minutes into a session, when you get an overwhelming sense of release and calm, and, dare I say it, even joy. As your breathing deepens and settles into its rhythm, as your spine lengthens and unravels, as your deep core muscles connect and your limbs stretch out, mind and body unite and you suddenly feel in control. The world seems to be a better place. It's almost addictive, which might explain why classes have waiting lists. No one leaves, no one wants to miss out," says Lynne Robinson, Founder of Body Control Pilates (to find a teacher near you visit www.bodycontrolpilates.com) and author of *Pilates For Life*.

6. Get fruity with it!

The water and mineral content of fruit will help to rehydrate you and put an end to your hangover headache. "There is an enzyme in pears that scientists are investigating for its ability to help us metabolize alcohol, and prevent us from having a hangover. If you're going to eat fruit, it makes sense to choose a pear!" advises Shona.

If you are not a big fan of pears, go for berries. "They are rich in antioxidants and offer protection

from free radicals, which are considered another cause of hangovers," adds Marilyn.

You can also top up your antioxidant levels by taking the right supplement. "The unique blend of organic wholefoods in Natures Plus AgeLoss Women's Multi (www.revital.co.uk, £28.45) will help to replenish the vitamin and mineral loss after a night out of drinking. It will help to counteract the high free radicals production that your liver will release to detoxify the alcohol intake," suggests Cassandra.

7. Bone Broth

"If you make your own broth or stock at home using animal bones, vegetables and a pinch or two of sea salt, you could do worse than drinking a cup or two of this the morning after. 'Bone broth contains lots of minerals that are naturally released from the bones during cooking – and these, together with the salt, could help to fight fatigue and boost your energy levels. The amino acids it contains can help to soothe the gut lining too,'" says Shona.

8. Activated charcoal

"It's actually used in the treatment of some kinds of poisoning, because it absorbs toxins and helps them to be removed from the body. However, it would make sense to take the charcoal during or shortly after drinking alcohol rather than the next morning, as it binds toxins in the gut before they can be absorbed," says Shona.

9. The liquid from the pickle jar

Yes, you've heard us right. "The vinegar could be stimulating the liver to help detoxify and eliminate the alcohol. When pickles ferment, they also produce a certain type of soothing bacteria to help with irritated stomach," explains Cassandra.

10. Help mend your hangover with magnesium

"Magnesium can be depleted by alcohol and many of us are already deficient in this nutrient. Try adding magnesium rich foods into your diet, such as leafy green vegetables and to ensure you're getting your daily dose try Natures Plus KalmAssure Powder (www.naturesplus.co.uk, £22.50). Magnesium and Vitamin C both support the alcohol dehydrogenase enzyme that breaks down alcohol and eliminates it from the body, helping you to feel more refreshed," says Cassandra.



Funny man Dave Spikey celebrates 30 years in comedy

PHOENIX Nights funny man Dave Spikey is coming back to Warrington to celebrate 30 years in comedy.

Dave Spikey: Juggling on a Motorbike will look back on his remarkable life and his incredible journey from working class kid to chief biomedical scientist to much-loved comedy performer and writer via Phoenix Nights, 8 Out of 10 Cats, Bullseye, The Royal Variety Show, Parkinson and many more.

The Dead Man Weds and Magnolia star reflects that maybe none of this would have happened and that he would still be looking down his microscope today if it wasn't for the juggler on the motorbike.

Dave had been working in the NHS for 19 years as a biomedical scientist when in 1987 someone uttered the immortal words: "You're really funny, you should be a comedian." And for some reason he took them seriously!

Only a few months later he won the national talent show Stairway to the Stars, clinching the award with a routine about a juggler on a motorbike.

Thirteen years later on Friday 13 October 2000 he switched off his microscope for good and the following Monday found himself sitting on a rain-swept car park dressed as a giant berry wondering if he should have taken more notice of the omens to avoid what may have turned out to be a bit of a mistake.

As it turns out, it wasn't, and now in 2017 he celebrates the 30th anniversary of his comedy career.

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Base - French pastry:

- One Packet lard 225g
- Plain flour 450g
- 1 egg
- 2 tablespoon caster sugar

Crumb lard and flour, add eggs and sugar then mix to dough, May need small spoon of water to bind — food processor is great for this

Chill in fridge

Top - Viennese pastry:

- 450g soft margarine
- 125g corn flour
- 125g icing sugar
- 350g plain flour ,
- 1 dessert spoon vanilla essence or brandy

This all needs beating together to resemble cake mixture, really easy if popped in food processor. Place in large piping bag with large size nozzle.

Filling:

- 1 jar mincemeat
- Paper cases

Roll out base pastry, cut out circles place in a paper case in a bun tray, put a teaspoon of filling and pipe around edge with topping.

Bake in oven 200c (400f) or gas reg 6 till golden brown, turn in oven if oven has hot spots, cool on tray and sprinkle with dusted icing sugar .

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dusty beams with torch in hand, grabbing what's needed then clambering back past boxes filled with long-forgotten belongings. But that dark and dingy place is worth thousands. In fact, it takes up a third of the floorspace in an average home.

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