

RELAXED WAY TO ACHIEVE WELLNESS

# The Lady

4-17 JANUARY 2019

**INTERVIEW**

***'I'm not  
the best  
cook!'***

**Prue Leith**

**PLUS**

**Exclusive Recipes**

***'Fashions  
change but  
human nature  
doesn't'***

**Barbara Taylor  
Bradford**

**Are you *EVER*  
too posh for a  
hand-me-down?**

**GLORIOUS**

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Podgy Pets Slimming Club!

Why Should Older Ladies  
Give Up Short Skirts?

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