

This week we're Loving



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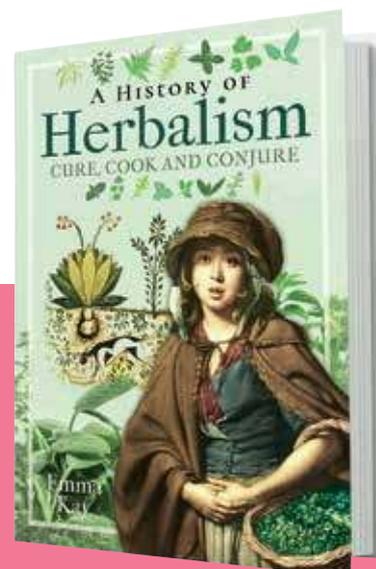
Highland Jinks

On July 16, the highest village in Scotland holds its annual Highland Games. With a history going back 175 years, Tomintoul's games showcase traditional events as well as lesser-known ones, such as barrel racing.



Great Eggs-ercise

British Hen Welfare Trust Egg Club member Shani Marshall had the ideal way to deliver fund-raising eggs from her rescue hens when her rescue donkeys, Puk and Treacle, needed more exercise. The team are now a welcome sight around Derbyshire.



Helpful Herbs

Food historian Emma Kay explores the magical, medicinal and culinary properties of herbs in "A History Of Herbalism" (Pen & Sword, £20), from prehistoric ritual to wonderful modern flavourings.



Eating Out

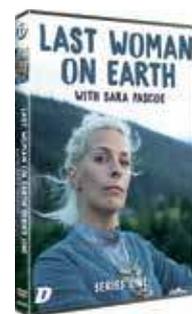
Can't you see this traditional picnic basket filled with a scrumptious spread worthy of the Famous Five? It has an inner pocket and insulated inner compartment to keep food warm or cool and is £45 from www.maisoncherie.shop.



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Party Time!

London-born actor, producer and director Alex Winter, who came to international fame as Bill in the 1989 film "Bill & Ted's Excellent Adventure", will be fifty-seven on July 17. We hope he has an excellent day!



Last Woman On Earth

Comedian Sara Pascoe travelled to the far corners of the globe to learn about the world's most endangered jobs before they disappear, turning her hand to skills in danger from new technology. This feel-good series is out now on DVD, priced £12.99.



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Beat The Bugs

American scientists have found a way we might deter mosquitoes with our clothing. The little biters are most attracted to the colours red, orange, black and cyan, but are more likely to ignore green, purple, blue and white.



A Quick Fix

Make rapid repairs with a handy FixIt kit. Simply soften the mouldable, reusable, compostable bioplastic in hot water and mend your stuff. As the non-toxic plastic hardens, your item should soon be usable again! This gift pack costs £24.99 at www.fixits.com.



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Swan Census

Every year, the London Vintners and Dyers Guilds take part in the annual Swan Upping ceremony on the Thames to claim ancient rights of ownership of cygnets born to the Guilds' parent birds. This year's event is from July 18-22.