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**£23.80**  
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- Absorbs shocks and protects from knocks or twists
- Durable yet breathable, ideal for Summer weather
- Insulation gives soothing comfort where you need it
- Provides support and stability for the knee area
- Suitable for men and women of any age
- 32 small 600 Gauss strategically placed magnets



With 32 strategically placed magnets

Ultra lightweight and breathable - Magnetic Knee Sleeve is the solution to get you walking happy this Summer. Constructed using the latest stretch fabric with 32 strategically placed magnets which fit snugly and around the knee area. Want soothing comfort and support for both your knees this Summer? Why not buy two and save £10?

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☐ 1 x Magnetic Knee Sleeve @ £12.95 + £3.95 p&p = £16.90

☐ 2 x Magnetic Knee Sleeves @ £23.80 POST PAID **SAVE £10**

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## Admiral Nelson Timepiece

### Why the French hate this watch....

In the most decisive sea battle of the Napoleonic Wars, the French navy and its allies lost a total of 22 warships. The British lost none. During the Battle of Trafalgar in 1805, Britain's Admiral Horatio Nelson became a national hero... but also lost his life. The Stauer Nelson Timepiece is modeled after the gold pocket watch found on Nelson after he was killed. Built by legendary British watchmaker Josiah Emery in 1787, the original watch recently sold at auction for more than £637,000. This unique timepiece replicates the extremely rare, "regulator" style that counts minutes along the outside dial while hours and seconds are clocked in separate complications. The automatic, 20-jeweled Stauer Nelson features a handsome gold-fused stainless steel case, case

back and crown. Mineral glass protects the antiqued, ivory-coloured dial, marked with bold black numerals. The watch fastens with a crocodile embossed leather strap and is waterproof to 3 ATM. Fits wrist 6" to 8". We are so sure that you will be stunned at the quality of this magnificent Nelson watch that we offer a 30-day money back guarantee. If you are not completely satisfied, just return it for a full refund of the purchase price.

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**Stauer Admiral Nelson Watch**

Product Code: 16338 **£79.99** WAS £149.99

**WATCH SPECIFICATIONS**

- 20- jewel automatic movement
- Gold fused stainless steel case
- Leather crocodile embossed strap
- 6" – 8" wrist diameter
- 3 ATM water resistance

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Call **0871 075 0222** 24 hours/7days

or visit **www.nelsonwatch.co.uk**

SUNDAY AFTERNOON: TRIVIA

# CHAS'S ROCK'N' ROLL ALLOTMENT



Picture: LUKE SANTILLI

LOVE pearl barley. To me it absolutely makes a stew but a word of warning before I continue; if you decide to add it to your stew, don't overdo it. Overdo it, and I have done, and it will produce a stew like a bucket of wallpaper paste gone wrong. Two ounces of barley in an average stew of a pound of meat and a few veg, like Baby Bear's porridge, is just right. Do this and there is a good chance you will end up being a barley worshipper like me. So what did I do last year? I grew some barley. What a marvellous thing, I thought, to have my own genuine organic pot of pearl barley for our winter warming stew days. I picked a corner of my allotment about 12ft square and Biblically broadcast my barley seed. None fell on stony ground and I did reap it a thousandfold but

### 'The barley was like chewing rubber balls'

after that I was stumped. I found out that to make it "pearl" barley you've got to get the husks off, but how do you get the husk off effectively? I started doing it by hand. After about 20 minutes I had enough to fill a small teaspoon. It was going to be about three hours before I could come up with something like two ounces. This was daft. I mean, like, shelling peas, or slicing beans for dinner does take time but it is sensible time; within the normal dinner preparation margin. Imagine it, your wife has got all the rest of the veg ready for the pot and she's ready for the barley. "Have you done the barley yet?" "Made a start, love." "How much you done?" "Six or seven." "That's well enough, six or seven ounces?" "No, six or seven little seeds." But I so wanted to be able to cook and eat my own organic barley. I tried cooking 'em with the husks on but it wasn't the

same. The little barley seeds didn't swell up. They seemed to find it hard to burst out of their tiny nature-made corsets, and chewing 'em was like chewing tiny rubber balls. So I put my thinking cap on. Not knowing of any small machine I could buy or hire to do the job, I decided it must be done by hand but well in advance of dinner time so that any amount of ounces of barley are at hand when needed. So how was I going to do that? Perhaps I could take it on holiday and do it at my leisure on the beach throughout the week. Should have a nice couple of bags done by the time I get back on the plane home. It would be something to do instead of reading another duff book.

Not that I do this, I don't. I usually write songs when I'm away, so what am I saying? OK, time to end the silliness and back to the sensible. I've got a lovely bunch of barley in the shed. Anybody out there know of a sensible way of removing the husks? HAD A good night at the Orchard, Dartford, last week. Nice, wild, full house. I was asked the other day what me and Dave do in the build up to a typical gig? OK, here's what we did that day. On the way we passed a seafood stall not far from Dave's house. "What's his eels like, Dave?" I asked. "Good," said Dave and we were

soon on the M25 with extra scran in the boot in the tasty shape of two large cartons of jellied eels. We arrived, sound checked and after getting the eels down us Dave said he needed to iron some creases out of his shirt and off he went to the utility room to sort out an ironing board. I made us both a cup of tea while Dave done his ironing and then we both went out on to the stage and ripped 'em up. ●Chas & Dave's autobiography All About Us by Chas Hodges is published by John Blake (£7.99). Chas & Dave gigs: Southend Cliffs Pavilion, tonight. An Audience With Chas Hodges (hosted by Goodmaze and Shed), Corringham Hall, Corringham, Essex, October 26 (0844 561 7107)

# Rupert

And The Fire Bird

EPISODE 13

Pong-Ping marches forward briskly over the grass and Rupert, not knowing what else to do, follows behind inquisitively. At length on a lonely part of the Common the little Peke stops. "Hello, are you still here?" he murmurs. He walks round Rupert and gazes at him solemnly and silently before moving homewards again. Just before reaching his house he points. "I shall need your help tomorrow," he says mysteriously. "Meet me at that same place as soon as you can after breakfast."

To order the **Rupert Annual for 2015** No. 79 (out now) at £7.99 with free UK delivery, please call **0871 988 8370** or send a cheque/PO to The Official Classic Rupert Bear Shop, PO Box 200, Falmouth TR11 4WJ; or order it online at **classicroperubearshop.com**. UK delivery is free.



The little Peke strides on and on, Then turns and gasps, "I thought you'd gone!"



"Meet me tomorrow, over there," He tells the puzzled little bear.



## Did you know?

by Mitchell Symons

**AUTOGRAPHICA, THE ANNUAL EVENT FOR AUTOGRAPH COLLECTORS AND DEALERS, TAKES PLACE IN BIRMINGHAM THIS FRIDAY. HERE ARE SOME CELEBRITIES AND THE (APPROXIMATE) CURRENT VALUE OF THEIR AUTOGRAPHS...**



Greta Garbo (left)	£4,000
Fidel Castro	£2,250
Martin Luther King Jr	£3,000
Samuel Pepys	£5,000
Charles Dickens	£3,000
Queen Victoria	£1,750
Hans Christian Andersen	£500
Laurel & Hardy	£1,000
Charles II	£2,750
Samuel Beckett	£37,500
Walt Disney	£3,000
Leonard Cohen	£300
Oscar Wilde	£30,000

**THIS WEEK'S PONDERABLES...** ●Several ancient Celtic graves contain the bodies of an old person with lots of younger people who were killed as a sacrifice to keep them company. ●A dachshund named Lump once ate a work by Pablo Picasso. ●At 8,568 miles, the Qantas Sydney to Dallas service is the world's longest commercial flight. ●The Austrian cyclist Gerhard Schönbacher stopped to kiss the road just before finishing last in the 1979 Tour de France. ●Sailors used to wear gold earrings to pay for a proper burial when they died. ●There is one Kalashnikov assault rifle (in circulation) for every 70 people in the world. ●Sizes being equal, birds live longer than mammals.

**THIS WEEK'S IMPONDERABLE...** As Friday is the 80th anniversary of Brian Epstein's birth, here is what I think would have happened to The Beatles if Brian had not discovered them: JOHN married Cynthia (when she became pregnant with Julian) and, to provide for his family, became a commercial artist. The marriage ended when Cynthia caught him in flagrante with a sushi bar waitress who then dumped him because he couldn't keep her in fur coats. He is, of course, still alive. GEORGE took a job in a library which gave him the time to continue with his music. In the late 1960s, he took the hippy trail to India and returned with an Indian wife. They moved to Henley where they opened an organic health-food shop specialising in Indian herbal preparations in a shopping centre on the site where the Regal Cinema used to be. PAUL moved to London and enjoyed a certain amount of success as a commercial songwriter in Tin Pan Alley. As the pop charts diminished in importance (without The Beatles), he became a jingle-writer for TV commercials. With his piano-playing American wife, he made many attempts at writing the UK entry for the Eurovision Song Contest but his songs (such as We All Stand Together) were all rejected as "too deep and complicated". The break-up of the Beatles meant very little to RINGO because he never actually joined the group. After a few more years playing in German nightclubs, Ringo settled down with Maureen Cox and together they opened a hairdressing salon where they employed Cilla White (who, as a hairdresser, never found the need to change her name to Black). BRIAN EPSTEIN continued running his store, expanding into hi-fi equipment, and "came out" in the early 1970s. Today, he is a retired businessman living in Marble Arch, within walking distance of some of the best casinos in Britain.

**WISE WORDS...**

Anybody who thinks money will make you happy, hasn't got money. (David Geffen)

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