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incorrect loading and alignment, this

in turn makes our posture even worse

compensate whilst other groups

become weak. This can result in

Poor posture can result from long

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classic pain symptoms.

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as the various groups of muscles try to

permanent visible postural defects and

This comfortable posture support gently urges your tired shoulders

back to keep your spine correctly aligned, helps ease the strain on

of inactivity, sitting, driving, working at

The Cause

SUNDAY AFTERNOON: TRIVIA

OOD NEWS! My leeks are rust free. Spraying with the half gin, half ater solution seems t ave done the trick. also pulled any rust infected leaves off, one or two on some, so this probably helped. They do look good. Gonna give em a liquid seaweed feed later.

Ain't gonna be long now before I will start doing a bit of autumn into winter digging. I am looking forward to it. When you decide it's time to start digging your plot don't overdo it; no more than 20 minutes the first day then do something else that uses different muscles.

I've got an American spade I bought when me and Dave were gigging in Cleveland, Ohio, a few vears ago. I've always wanted one since I saw 'em being used in an old American black and white

They just have a long straight

## 'The half gin, half water thing did the trick'

handle about 5ft in length and the shovel is shaped like the ace of spades. Less back breaking to use than our short handled ones.

The spade got lost in Chicago en route from Cleveland and it was delivered later to my home by special delivery. It was all wrapped up in brown paper and the postman thought it was some new fangled American guitar I'd ordered and said he'd taken personal charge of it in case it got damaged. I don't think he believed me when I said it was a spade for digging the allotment

Unfortunately, though, I won't be using the spade for digging this year, I will be using a fork. Why? As much as I would like to use the spade because it is beautiful to use, on my ground I have this field bindweed Continual Dutch Hoeing it for the last couple of years has knocked it back a lot but it is still there and the fine spaghetti-like roots are in pretty merry abundance eneath the soil. So using a fork

The King calls down, "It is indeed!

My carrier-bird of matchless speed.'

will enable me to pull a lot of it out like string as I go, whereas using the spade will chop up the roots leaving each piece to sprout anew creating more merry

abundance above the soil.

Got some bags of manure to cover the other half of my main plot this year. The half I did last vear is looking well healthy. That's where my leeks are growing. Manure really does put your soil in shape. I remember I first found out about it when I was a kid. Mrs Brown down the road was always the first out after the coalman's horse with a broom and shovel to collect the

horse dung. "What's she want that for, Mum?" I asked. I used to enjoy finding some semi-hard bits to chuck at Ernie Mortimer but I guessed she didn't want it for

that. "To put round her roses," answered Mum, "helps 'em grow better." Well Mum's always right.

I wasn't mad on Mrs Brown. though. She drooled over babies and hated us kids. "Go and play down your own end of the street you little..!" I used to wonder at what stage did she stop drooling over us as babies and how long was it before she started hollering at us as kids?

I suppose it was from the time we were able to get out of our prams to the time we learned to kick a ball into her garden that you never got back. I'd dream of her getting the drooling and hollering mixed up and her hollering at babies in prams.

"Go and lay in your pram down your own end of the street you little..!' Then horror of horrors,

Diddums little Chazzywazzy kick his little football and break my lean-to window then?" At that point I always woke up.

> gigs for October: 24 Globe Cardiff, 25 Leas Cliff Hall Folkestone, 26 An Audience with Chas Hodges (hosted by Goodmaze and Shed) Chas and his piano and your chance to come along and have a RABBIT about the past five decades from the Beatles, Jerry Lee Lewis, Joe Meek, Albert Lee, Gene Vincent, Cliff Bennett and The Rebel Rousers plus hear some of those favourite songs from the past. Corringham Hall, Essex (0844 561 7107). Chas And Dave: All (John Blake Publishina).

● Forthcoming Chas and Dave



separated, it cost £10,000. When Brad Pitt's wife Angelina Jolie, was married to Billy Bob Thornton, they bought

●There was just one shot fired in the 1784 Kettle War between the Netherlands and the Holy Roman Empire. The shot hit a kettle.

mistress when she saw the painting La Lecture.

THIS WEEK'S IMPONDERABLE... Why do people say "I'll take a raincheck'

when they decide to postpone something? You would think it would mean that they would see what the weather is doing later before deciding on their plans and, I suppose, that is what this phrase has come to mean but the origins are slightly different. In the US, a raincheck was offered to people who had tickets to a baseball game that was rained off. They would be given a raincheck which was a ticket for a game at a later date. So a aincheck is a substitute for something you want rather than putting something off for the future.

Any kid will run any errand for you, if you ask





The other birds glide from the sky. To bid the little friends goodbye.





KATY PERRY, WHO IS 30 ON SATURDAY. APPEARED IN A POP VIDEO (CUPID'S CHOKEHOLD BY GYM CLASS HEROES). HERE ARE OTHERS WHO HAVE DONE LIKEWISE.

The Stars (Are Out Tonight) by David Bowie Kirsten Dunst -

I Knew I Loved You by Savage Garden Nicole Kidman - True To Life by Roxy Music Dave Grohl - Tribute by Tenacious D Jamie Bell -

Wake Me Up When September Ends by Green Day Cherie Lunghi – Something About You by Level 42 Adrian Edmondson – Terry by Kirsty MacColl Phill Jupitus - Happy Hour by The Housemartins Elijah Wood - Ridiculous Thought by The Cranberries

TIMOTHY WEST, WHO TURNS 80 TOMORROW, ATTENDED THE SAME SCHOOL AS FELLOW **ACTOR JULIAN RHIND-TUTT. HERE ARE OTHER** PAIRS OF CELEBRITIES WHO ATTENDED THE SAME SCHOOL...

Adrian Chiles & Jacqui Smith (Haybridge High) Jemima Khan & Vanessa-Mae (Francis Holland School)

Simon Amstell & Penny Lancaster (Beal High School) Andrew Strauss & Mark Durden-Smith (Radley) mogen Stubbs & Emily Mortimer (St Paul's Girls) Jude Law & C.S. Forester (Alleyn's)

Indira Gandhi & Dame Iris Murdoch (Badminton) **Kevin Spacey and Val Kilmer** (Chatsworth High School, California)

Rachel Weisz & The Princess Royal (Benenden) Lily Allen & Sophie Dahl (Millfield) Neil Diamond & Barbra Streisand

(Erasmus Hall High, New York) Sir Tom Stoppard and Adrian Edmondson (Pocklington)

Nick Drake & Chris De Burgh (Marlborough College) Trinny Woodall & Camilla, Duchess of Cornwall (Queen's Gate)

Sir Salman Rushdie & Neville Chamberlain (Rugby)

## THIS WEEK'S PONDERABLES...

• The bloodhound is the only animal whose evidence is admissible in an American court and they can be subpoenaed to

 Brad Pitt and Jennifer ston were the first models joined together at Madame Tussauds. When they

an electric chair for their dining room.

Pablo Picasso's first wife Olga realised he had a



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neck and back and helps to

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And The Fire Bird

In spite of all they have seen Rupert and

Pong-Ping have to gaze at the size of the

enormous bird that is swooping towards

them. From the higher terrace comes the

voice of the King. "There you are, little bear. That is the

biggest and the strongest of our carrier-

pirds. You will soon be home again and

The carrier-bird takes the pals on its

broad back and then listens while an

official gives it the King's final orders.

your village birds will hear my