

Gourmet cauliflower cheese • Fisherman's stew • Sticky date pudding

# Notebook:

Ideas for Living

## New life

TRULY CANDID  
BIRTH STORIES

'Surfing saved  
my marriage'

WHO CARES FOR  
THE CHILDREN  
OF DRUG ADDICTS?

Quote of the month  
"Have food, faith and friendship"  
- John Larson

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FASHION LOOKS  
FOR WINTER

It's easy!  
Our do-ahead  
dinner party

*You're invited*

# July



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winter chills



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up with golf



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for cold days



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*Friday 28*  
Neverending story

**NITS ARE DRIVING** kids, and their parents, nuts. Itchy heads and constant scratching leads to raw, scabby scalps – beyond the 'ick' factor, this can make concentration difficult and lead to pain during washing and brushing hair. Keeping locks pest-free starts with knowledge and ends with vigilance. For a natural concoction to combat nits, try the recipe opposite, or for more ideas, see [www.nitpickers.com.au](http://www.nitpickers.com.au).

PHOTOGRAPHY: ANDREW LEHMANN - STYLING: GEORGIA HARVEY-GUSTON - HAIR: JAMES FROM SHAGGULELLUM ESSENTIAL OILS & VIRGIN COCONUT OIL FROM MACRO WHOLEFOODS MARKET; CHILDREN'S AIRBORN EASY COMBES SPRAY FROM WASHOPE & SON; CHILDREN'S FIT COMBS FROM THE BODY SHOP; AIRBORN COMBS FROM THE BODY SHOP; STOCKIST DETAILS, PAGE 214