

Contents

INSIDE

9 **TOM KITCHIN**
These symbols of autumn add earthy colour and flavour to the plate
Page 18

9 **RUTH WALKER**
Can money really buy us time?
Page 23

Editor Fiona Leith (0131-620 8451)
Feature writer Peter Ross Travel editor Janet Christie (spectrumtravel@scotlandonsunday.com)
Lifestyle editor Ruth Walker Design Gavin Munro and Pamela Moffat Production editor Ilona Amos
Pictures Kayt Turner (0131-620 8487)
Spectrum Magazine,
108 Holyrood Road, Edinburgh, EH8 8AS
Web www.scotlandonsunday.com
Tel 0131-620 8626 Fax 0131-620 8491
E-mail spectrum@sos.scotlandonsunday.com
Advertising 0131-620 8963



ISSUE 758

- Cover** Photo Talk/Rex Features
4 **Magic** Amy Adams on her enchanted acting career
8 **Gladrags rocker** Deconstructing Rod Stewart
12 **Green sleeves** Victoria McQuillan's eco-fashion
16 **Chit Chat** In a stew
18 **Tom Kitchin** on great game and seasonal vegetables
20 **Drink** Brian Elliott on pinot grigio **Restaurant** Richard Bath is at Dalmore Inn
22 **Lifestyle** Green Goddess; anti-ageing products tested
22 **Mind and Matter** Lifelines; In Person; Horoscopes
26 **Fashion** Nomad sense
28 **Travel** Family breaks; The Balmoral, Edinburgh; Lochore Meadows, Fife
34 **Brain Teasers** Puzzles

LIFESTYLE NEWS

GET WHAT YOU WANT OUT OF LIFE

SURVIVAL OF THE FITTEST

CROSSING the Atlantic in an inflatable, jet-skiing round the UK, climbing Everest, drinking urine from a rattlesnake skin – these are the kind of things Bear Grylls does before breakfast. If you fancy learning some of his extreme survival techniques, book in to his inaugural Survival Academy (01483 424438, www.beargryllssurvivalacademy.com), being held in Sutherland from 3 to 9 November. The six-day course, run by his expert team, includes foraging for rodents, river-crossings and remote medical trauma, and culminates in a 36-hour expedition that will put these skills to the test. There are only ten places and it costs £2,999. Just be careful with that Gerber knife.



one

two

QUICK SIX-PACK

SAGGY eyes, baggy jowls, beer gut. The perils of ageing aren't just a female concern, as men realise that the occasional blob of moisturiser isn't always enough to keep those lines at bay. Caci has just introduced a range of treatments in Edinburgh's Him salon that claim to address specifically bloke-related issues. From the non-surgical facelift to the eye treatment and stomach lift (equal, they say, to 360 sit-ups), all you have to do is lie back and plan your next pint. From £35, Him, 78 Queen Street, Edinburgh (www.himrooming.com)



WELLY GOOD SHOW

WE NEVER pack for our summer holidays without stowing a pair of our favourite Havaianas. Just the name makes us think of long, sun-kissed days and Brazilian beach bars. Sadly, our hard-working lifestyles – not to mention the Scottish climate – don't quite stretch to living the dream, though now we can still celebrate that cool Latin-American vibe in the rain. The brand's new range of wellies come in brights, patterns and classic black and green. Ariba! Havaianas, £45, at Office and Schuh (www.havaianas.com)



4

LET'S FROCK

QUICK, update your lust list. Debenhams has just taken delivery of this lush little black dress. Designed for the store's Editions collection by the team behind Preen – known for its clean lines and exquisitely made clothes for grown-up girls – this leather-pannelled number ticks all the right winter fashion boxes. £220 (www.debenhams.com)



five



3 CHOCS AWAY

CARAMEL with a hint of cinnamon and a touch of salt... No were not talking whisky, we're describing chocolate, as National Chocolate week gets its sweet teeth into us from tomorrow and Amelia Rope indulges us with a limited-edition bar to celebrate. Handmade with salted cashews smoked over maple and oak, it comes in single-origin milk or dark chocolate and is very, very tasty. Smoked cashew nut bars, £6, Amelia Rope (www.ameliarope.com), at Wholefoods, Glasgow, Woodwinters, Bridge of Allan and Edinburgh, and The Longship, Orkney