

# THE Kensington MAGAZINE

June 2014



Fashions in Kensington

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## Front Cover:

Image of 'King George II, Queen Caroline and his mistress, Henrietta Howard' at Kensington Palace by kind courtesy of Historic Royal Palaces



Lucy Elliott, Editor  
*(Image: By kind courtesy Michael Potter)*

This month being the start of the summer 'season', we thought it might be fun to look at the various fashions in vogue, over time. We consider the impracticalities of the mantua, worn by women in Georgian times, the provocative and never-previously-seen-before mini skirts of the 60s, inspired by Biba, and consider the fashionable hats of today.

We have been very busy in Kensington recently: from pop star Bryan Adams visiting Royal Hospital Road, The Roof Gardens exhibiting a scaled down replica of the original 1939 gardens at the Chelsea Flower Show and a sleepover for children at Kensington Palace, among other events.

June looks also to be a very busy month with exhibitions, talks, concerts, fetes and lectures - all taking place within walking distance of your homes, so do please give your support and enjoy, Lucy

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## GET IN TOUCH

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## Hidden Kensington GEORGIAN FASHION

### Four kings... Innumerable courtiers... Uncounted lovers... One palace...

This month local resident Jenny Davis-Peccoud looks into the fashions that paraded through the halls and chambers of Kensington Palace during the Georgian era.

The Georgian era spans the reigns of four Georges, the first Hanoverian kings of Britain. It started in 1714, ended in 1830 and encapsulated the Regency period from 1811-1820. Kensington Palace played a central role early on, as the chosen residence of both George I and George II. After Queen Caroline's death in 1737, the palace fell out of favour, and neither of the later Georges chose to live there.

In its heyday, though, the palace was the glamorous set for the dramas, tragedies and comedies that played out at the British court. George II and his cultured wife Caroline hosted lavish parties, where courtiers would strive to outdo each other in the latest fashions.

Let's start with the men. Embroidered suits were all the rage - short trousers topped by ruffled collars, extravagant waistcoats and cut-away jackets. Every gentleman carried a ceremonial sword and wore a wig. And most also carried a flat, unwearable version of a hat - to doff without ruffling their locks when they passed in front of the monarch.

Ladies wore the latest style of 'mantua', an ultra-wide dress which became ever more popular, and ever wider, as the period wore on. It was tightly laced on the top, with three rows of frills for sleeves. The skirts were made of heavy folds of embroidered material, supported by an elaborate dress hoop underneath. The hoops, fabricated from whalebone, made it hard to walk, so ladies took very small steps and appeared to glide across the floor. Forget about sitting down.

Ladies bedecked themselves with fine jewels and always carried a fan. In fact, a whole language developed around ladies' fans. As intimate encounters were rife at court, these subtle signals were required for both sides of the game. Lucy Worsley, Chief Curator at Historic Royal Palaces, suggests that the ladies painted by William Kent on the walls at Kensington Palace are all saying



The Rockingham Mantua made from white silk satin brocaded with a pattern of stripes and scrolling garlands of exotic flowers in silver thread and trimmed with silver lace. The silk is probably French but the cut of the mantua is English ([www.artfund.co.uk](http://www.artfund.co.uk))

variations of 'I am married', 'I wish to get rid of you' or just plain 'no'.

Visitors can relive some of the glamour of these days during the "Glorious Georges" season at Kensington Palace. The State Apartments have been restored to the style of George II, with many contemporary artefacts on display. Each day people can view Queen Caroline getting dressed in the silver "Rockingham mantua" and associated under-garments.

On July 9th, the Georgian Fashion Remix show will profile "clothes and accessories from the collections of contemporary British fashion designers who have taken inspiration from Georgian silhouettes, materials and decoration". The Orangery, built in 1761, provides the perfect backdrop for this event. (Tickets £25.)

*Note: The author would like to recognise the website [www.historyextra.com](http://www.historyextra.com) <<http://www.historyextra.com>> as an invaluable source for this article.*

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## History of Kensington: BIBA: Fashion in the 1960s By Sarah Goldsmith

In early 1960's Britain, children born in the "baby boom" following World War II were in their mid-to-late teens. The economy was finally emerging from its post-war stalemate and London was on the verge of "swinging" again. The problem, though, for any 17, 18, 19-year old, with their first disposable income at hand, was where to buy clothes; according to Barbara Hulanicki, the landscape was "desperate."

In 1963, Barbara and her husband, Stephen Fitz-Simon, began a mail-order company out of their apartment on Cromwell Road, with a post office box on Oxford Street. Within a week after placing an ad in the Daily Mirror for a gingham dress with a matching headscarf, they had hundreds of responses. In all, they sold 17,000 dresses for £1.25. With their marginal profit, they opened a store at 87 Abingdon Road, in the back of an old chemist's shop. Fitted with Victorian furniture and with an air of Art Nouveau, the shop was so small that the fitting room was almost non-existent. When the store first opened, there was one brown stripe smock dress in stock in only one size. It sold out that day.

Meanwhile, Cathy McGowan from the popular television show Ready Steady Go had begun to wear Biba clothing, influencing these new hoards of teenagers looking for inexpensive yet trendy clothing. By 1966, Biba moved to larger digs at 19-21 Kensington Church Street. The clothes were a response to the 'Mod silhouette' which Barbara later criticized as being only for very skinny women. Instead, the clothes she designed worked on three-dimensional figures, allowing the wearer to appear skinnier. Additionally, the clothes played to new assets; whereas the focus had been on the upper part of the female body, Hulanicki's clothes showcased the legs. Whilst other fashion designers, notably Mary Quant, had begun this trend and had shown short skirts, Biba was the first store to sell the miniskirt. The colors were also different, focusing on what were called "auntie" colors (purples, browns, mustards), instead of pastels or primary colors. Now teenagers had a place to shop, and they populated



Twiggy in BIBA  
([www.beyondretro.com](http://www.beyondretro.com))

Biba in droves. In 1966, Biba was named "the most 'in' shop for girls" by Time magazine.

Three years later, the store moved to High Street Kensington, and soon its owners weren't referring to it as a clothing brand but as a lifestyle. Biba had grown a bit too fast, and soon it was formed into a limited company with Dorothy Perkins owning the majority. It was at this point that Biba began both its ascent and its decline. In a story all too familiar in Kensington's history, as the store grew more popular, it expanded at a greater pace, and it all proved unsustainable. In 1973, British Land bought out Dorothy Perkins and Biba moved to the mutli-story Derry and Toms building on High Street Kensington. In less than 10 years, Biba went from a mail-order business to a seven-story lush, "sexy" department store, capped off by the Kensington Roof Gardens and a Rainbow Room where Mick Jagger and Marianne Faithfull hung out. In 1974, it all came to a head with a property crash, and a year later, the British Land Company closed the store. For a brief moment, all eyes were on this funky, art deco-inspired store with its clothes to match, first filling a void, but then expanding on a parallel level with the needs and economy of its baby boomer clientele. Though Biba in its original form barely lasted a decade, its legacy lives on in the High Street of today.



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Review:  
**SOUTH KENSINGTON GP CLINIC**  
By **Raphaella Thomas**

Mere steps opposite South Kensington tube station lies the South Kensington GP Clinic, a new and convenient source of private medical care in the area.

An independent group of friendly and experienced GPs whose ethos is to provide high quality family doctor and specialised services that is right for each patient. Access to a doctor could not be easier with same day and walk-in appointments available 6 days a week. As well as being open from 8am-7pm on weekdays they also have a Saturday Clinic from 9am-4pm. There is also 24 hour medical cover and home visits provided by the practice GPs themselves.

Probably due to this level of personal attention and care provided by the UK and USA trained doctors, the practice already has some 1500 patients registered since last winter and is particularly popular amongst the international community living in London and those visiting the city on holiday or on business.

Whilst each of the male and female doctors at the private GP practice have their particular specialties, together their combined expertise covers all the vital branches of health from allergies, gynaecology, sexual health problems, fertility, children's health - you name it. Should you need onward referral to a specialist or therapist the doctors have close links to the best in London and can provide priority referrals. They believe by retaining their independence this model offers the best possible outcome for the patient.

Furthermore the practice keeps up to date with the latest developments in medicine and current events, so they can recommend the necessary precautions for those planning a trip abroad (anyone wishing to travel to Brazil for the football should visit to get their yellow fever inoculation) and advise necessary treatments or precautions for those vulnerable to certain conditions. Plus the resident paediatrician Vanessa, who worked



Dr Vanessa Preece with a young patient  
*(Image kindly supplied by  
South Kensington GP Clinic)*

for 8 years as a community paediatrician, offers regular developmental checks for children, having been trained in the latest techniques, something you'd be hard pressed to find in other practices across the UK.

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By The Meditation Trust

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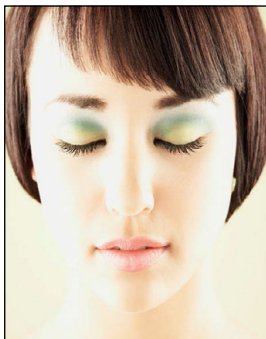
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# The KENSINGTON News I

## STORIES OF FASHION IN KENSINGTON

Kensington is rich with fashionable stories, from the Georgians to Biba and the current day. An event where children and parents experienced Georgian fashion was a [Sleepover and 'Masked Ball'](#) held at [The State Apartments, Kensington Palace](#). Great excitement for the 20 participating children and their parents. Here they learnt how powder their faces, make masks, learn the language of the fan, how to curtsy, try on Georgian wigs and finally how to dance, true Georgian style. It might be fair to say this was not quite as stately as the real thing but when you are 6-11 yrs old style is not as important as just managing the steps (with bounteous enthusiasm). The icing on the cake was sleeping in Queen Victoria's room or The Duchess of Kent's bedroom (albeit on the floor in sleeping bags!), overlooking the Round Pond. (See blog for more images: [www.blog.thekensingtonmagazine.com](http://www.blog.thekensingtonmagazine.com))



Children receiving instruction from 'The Countess of Promfret' and "Lady Charlotte Sundon' at the [Kensington Palace Sleepover and 'Masked Ball'](#) (Image Lucy Elliott)

## BUSINESS NEWS

Popular Japanese style restaurant chain [Yo-Sushi](#) has opened in High Street Kensington (opposite The Odeon). Yo-Sushi offers an authentic Japanese dining experience complete with a special carousel conveyer-belt. As well as numerous hot and cold dishes, the restaurant offers an exclusive dish: the savoury grilled pancake 'Okonimiyaki' which comes with a variety of toppings.

[The Meditation Trust](#), a UK charity established to make Transcendental Meditation (TM) accessible and affordable for all, now runs regular courses in Kensington with resident Dr Gemma Beckley (Clinical Psychologist and independent TM teacher). TM is the simplest, most natural, and therefore most powerful meditation practice. Benefits indicated by scientific research include improved mental and physical health, sleep, relationships, energy and creativity. Private and business courses are also available, with all courses including free support and guidance for life. For a free information pack and details of courses and free introductory talks, please call: 01843 841010 (9am-4pm, Mon-Fri), [info@meditationtrust.com](mailto:info@meditationtrust.com), [www.meditationtrust.com](http://www.meditationtrust.com)

With 20 years experience of working in some of the most prestigious salons, including a couple of stints at the Salon in Hotel de Paris, Monaco, Frenchman [Sebastien Nabath](#) has set up his own Salon, [Sebastien](#), at 15 Thackeray St. Referred to as 'The Master of Hair Extensions' by SPA Magazine he uses 100% human hair or monofibre. Highlights, blow-dry, cuts, and free consultations for that special event are all offered. The Salon uses and stocks Moroccan oil and L'Oreal products. Walk-ins welcome. 020 7937 2946

[JH Kenyon](#), Funeral Directors, held a Service of Dedication and Blessing to open their new premises at 279 Kensington High St. Officiated by The Rev. Canon David Hutt (Canon Emeritus of Westminster), The Rev. Gillean Craig (St Mary Abbots) and in the presence of the Mayor of Kensington & Chelsea, Cllr. Charles Williams and local residents/businesses, this was the formal start to the continuing of a business which has served local families in their hour of need for over 130 years.

New to London is [Henry Dakak Jr.](#) a designer, artist and craftsman, whose bespoke furniture, lighting, objects and interiors are an interesting dialogue between the past, the present and the future. He comes from a long line of Lebanese mechanical engineers and art dealers and takes

# The KENSINGTON News II

inspiration from the Age of Enlightenment. He then layers it with a flavour of the 1940s before finally adding a modern twist. Bespoke collection of furniture, accessories and jewellery available for retail and trade. Catalogues available upon request. Call Paul 07738 903740 email: London@henrydakakjr.com. (See page 3.)

Killik & Co recently launched a new service, [Killik Currency](#), to provide individuals and companies with highly competitive exchange rates when transferring money to or from overseas bank accounts. Unlike most banks, Killik doesn't charge a fee for the transfer of funds and where possible, absorbs any corresponding bank and beneficiary bank charges on behalf of clients. Services cover one-off transactions such as house purchases or sales as well as regular payments such as mortgage, pension, salary and school fees. For further information, please contact Julian Chester, Branch Manager of Killik & Co's Kensington branch on 020 7603 3618 / julian.chester@killik.com

Congratulations to Jason Window, Chair and Sheena Aitchickhoune, Vice Chair of the recently re-launched [Kensington High Street Retail Forum](#). This event was held at The Roof Gardens with some 70 local retailers in attendance. If you are a retailer close to or on the High St. and would like to join to help with ideas and/or ways in which to make the High St. a Number One destination (as opposed to Westfield or even the Kings Road) please email jason.window@theroofgardens.virgin.com or sheena.aitchickhoune@kensingtonclosehotel.com. The next meeting will be held on July 1st at 6.00 pm. at Sticky Fingers.

Enjoy the [Saint Stephen's Festival](#) in the beautiful Victorian Church of St Stephen on Gloucester Road, a place of worship indelibly associated with the writer T.S.Eliot and now home to a festival of art and music in the first week of June. There are lunchtime concerts each day by students from the Royal College of Music and evening concerts, as well as work featured by artists in the stunningly lit art exhibition. (See page 27 for more info.)

## GENERAL

Singer/songwriter, photographer and philanthropist [Bryan Adams](#) recently unveiled a plaque commemorating the refurbishment of a berth at [Royal Hospital Road](#). The proud owner, 81 yr old Tom Mullaney was the recipient of the Bryan Adams Foundation's gift. Adams has a strong link with the Royal Hospital; all the men in his family having served with the British Army.



Bryan Adams with Chelsea Pensioners, including Tom Mullaney (left to BA). (Image: Lucy Elliott)

At the Chelsea Flower Show, The Roof Gardens exhibited their garden designed along the lines of the original by Ralph Hancock in 1939. David Lewis (Head Gardener) and Mattie Morgan of Land Designs were supported on Press Day by members of the Branson family and the Mayor and Mayoress of Kensington & Chelsea.



David Lewis, Eve and Holly Branson, Mattie Morgan standing in front of 'The Roof Gardens' exhibition garden at Chelsea Flower Show (Image: Lucy Elliott)

At the time of writing, The Roof Gardens had received a Bronze Medal in the Artisan Garden category. Of course there is still the 'People's Choice' which may afford them Gold...

# The KENSINGTON News III

If you happen to be passing through Kensington Church Walk you might like to pop into [Hornets](#) and see some beautiful press images of the royal family taken 50 years ago; Charles & Anne on their horses, the young Albert before he became King, and a rather lovely picture of Princess Elizabeth dressed as a fairy! How little did we know that this fairy princess was going to become one of the most powerful monarchs since Elizabeth I?



Princess Elizabeth with her father, HRH King George VI (Image kind courtesy Hornets)

From May-July, [The College's Chelsea Centre and Kensington Centre](#) are both offering a variety of tasters including Foreign Languages, Psychology, Creative Writing, Music, Digital Media and African Caribbean studies. It's the perfect opportunity to meet new people, learn new skills or discover a talent – and all for free!

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[John Lewis](#) celebrated their 150 years of business, with a Roof Top Party above their premises in Oxford Street. An excellent (and current) exhibition shows the development of the Store over the years, complete with genuine artifacts - very knowledgeable staff are on hand to augment the history.

For the fourth year, [Patrick Tako](#), owner of [Chez Patrick](#), generously donated an evening at his restaurant to raise money for charity. This year the [Metropolitan Masonic Charity](#) chose to raise funds for [The Magic Breakfast Charity](#). Those present included the Deputy Mayor Mr Sam Mackover; Mr Keith Tallon, representing the Charity; the MC, Mr Brian Sylvester and a further 46 friends who between them raised £3320 on the night making a total over the four years of £8,100. For more information please see [www.metgl.com/charity-matters](http://www.metgl.com/charity-matters) or [www.magicbreakfast.com](http://www.magicbreakfast.com)



MC Brian Sylvester, Elise Auxenfans, Deputy Mayor, Cllr Sam Makover and Patrick Tako

(Image kind courtesy Toby Brown)

Disadvantaged children from Kensington had a real treat for Easter, playing football with the star [Edgar Davids](#), the former [Milan](#), [Juventus](#) and [Barcelona](#) footballer. The children met Edgar at St Cuthbert and St Matthias Primary School in Earl's Court, as part of a football workshop hosted by the charity [Solidarity Sports](#). The charity champions sporting opportunities and healthy eating initiatives for disadvantaged children in London. Edgar commented, "This is a fantastic project and seeing the smiles on the children's faces made my day! It was brilliant to visit Solidarity Sports and see their valuable work in the community first hand."

**Stop Press:** "Whispers of Summer" 12 July, 5pm [Britten Theatre](#), [Royal College of Music](#). Extraordinary Gala Performance celebrating the Anglo-Russian Year of Cultural Exchange 2014. An evening of music & ballet, featuring performances by Natalia Kremen Ballet School Students, renowned musicians & guest ballet stars from The English National Ballet, The Royal Ballet & Rambert Dance Company. Ticket enquiries 0207 993 1102



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# A Passion for Hats

## By Maria Perry

The most dazzling hat I ever owned - a sunflower yellow straw - came from British Home Stores in Plymouth. On returning to London, I was employed by Sky Television as their Ascot presenter. I took the train that year. As it reached Ascot Station, I leaned through the window and was snapped by a posse of papparazi. 'Here's a nice lady,' said one. Scrutinizing his badge, I replied sweetly, 'I'm so glad you think so, I'm your Hat Commentator.'

If you are not an aficionado, the lure of Ascot Week with its unique combination of Royalty, racing, rogues, champagne and picnics-in-the-Car-Parks is incomprehensible but regulars love it! Umbrellas incidentally, will this year be as obligatory as hats. In Kensington we have an exceptional choice of both.

The Hat Gallery M/V in Earls Court Road is well-known in Amsterdam, though the Kensington branch opened only two years ago. It offers a wide selection of model hats in vibrant colours with prices ranging from £589 for Philip Treacy to £179 for a modest turban, with less expensive crushable hats for packing plus a large selection of pill-boxes and wide brimmed straws. The vendeuse, Chiara, specialises in helping customers who say 'I'm just not a hat person.' She loves watching their faces light up, when, while trying a hat, they find one which suits them. Gentlemen's hats include boaters and panamas and there are some fabulous umbrellas.

Gina Foster needs no introduction and we all congratulate her on the eye-catching scarlet pill-box, worn by the Duchess of Cambridge, when she stepped off the plane recently in New Zealand. 'Small hats are fashionable this year, says Gina, 'also Coolie hats' (disc like creations, cunningly styled to stay on in the wind). All Gina's hats have invisible elastic to keep them in place. She also favours 'cocktail hats' - tiny confections of feathers and veiling, as 'fascinators have got themselves a bad name.' Her window this year features mostly neutrals with delicious



A Nicki Marquardt hat  
(image kindly supplied by The Hat Gallery M/V)

numbers in cream or black, for every occasion. Her made-to-measure specials are in any colour ordered by the customer and are designed and made in her atelier near Portobello Road.

For competitively-priced hats, Marks and Spencer have a selection from £15 including the Season's fashionable ice-blue. Immaculate grey toppers for gentlemen have, of course, arrived at Hornets and are currently available from their Church Street shop.

The Hat Gallery M/V, 32-34 Earls Court Rd.  
Gina Foster, 5 Kensington Church Walk



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## Live-in care offers dignity and peace of mind

Harriet is an 83-year-old widow living alone in Kensington with her Yorkshire terrier. She relishes her independence. But her failing memory and the arthritis that began to plague her ten years ago means it is increasingly difficult to cope alone.

Does that sound familiar? It is the story of many similar clients who turn to Corinium Care for live-in care when frailty and vulnerability get the better of them.

What elderly people often fear most is losing that independence, their home and the memories it holds. At the same time they recognise they cannot keep calling on family and neighbours to help out when everyday tasks become daily obstacles.

Live-in care offers a welcome solution: constant care from someone who will help with everything from cooking and dressing to walking the dog, as well as offering quiet companionship.

Chief Executive Camilla Miles grew up in Kensington and founded Corinium Care Ltd in 1995 after moving to Gloucestershire.

The company, based in the Cotswolds, now has 17 staff, more than 800 registered carers and recruitment offices in South Africa and Zimbabwe.

Corinium Care has also won a host of awards for everything from its excellent customer care and training to its business strengths.

“Most of our clients are very independent and want the comfort of knowing there’s someone there to help with things they can no longer manage – like opening a jar, or getting in and out of the bath. They don’t need nursing, but they would appreciate help from someone compassionate and caring,” said Camilla.

“Some have varying degrees of dementia, from short-term memory loss to advanced Alzheimer’s. Others are recovering from a stroke and need respite care. We also offer post-operative care for people who are recuperating after a hospital stay.”



### Live-in care specialists Corinium Care

Camilla attributes the success of Corinium to its high standards, its confidentiality and its mission to put the personal touch at the heart of all it does. “After almost 20 years providing care, we know how important it is for our clients to have the right person alongside them, offering full-time care and companionship. That’s why our live-in carers are second to none and carefully matched,” she said.

“All are carefully selected and benefit from Corinium Care’s own award-winning training programme. They come from all walks of life but what they have in common is a caring nature and a desire to make their client feel safe and comfortable in their own home.

“We deal with people who have lost the ability to cope alone. Our aim is to offer them dignity at the most vulnerable time of their lives.”

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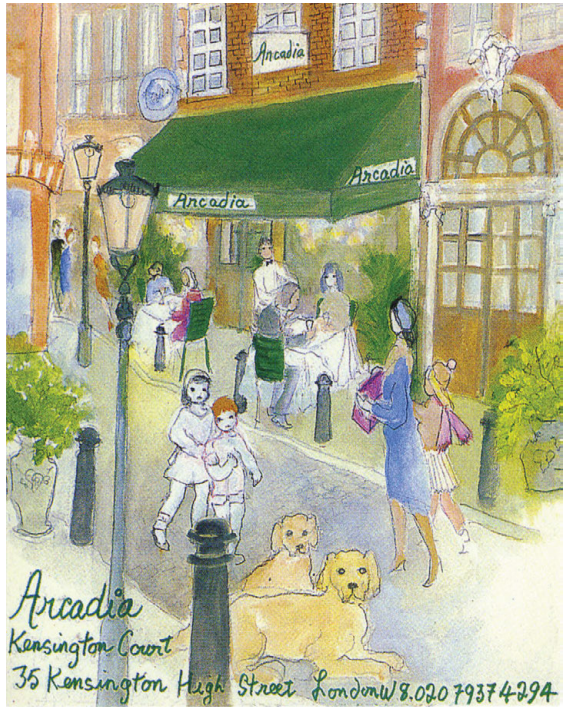
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# Landscape and Horticulture by Benedict Bull

## The Fashioning of a Button Hole



A choice of flowers for button holes ([www.rochdaleflorist.com](http://www.rochdaleflorist.com))

The button hole has come to mind today that the English Season is underway. It is conducted under a garland of flowers that has changed somewhat over the years. Lucy has pointed out to me that the theme of this June edition is fashion and nowhere is the language of flowers more prominent than mounted on our very lapel.

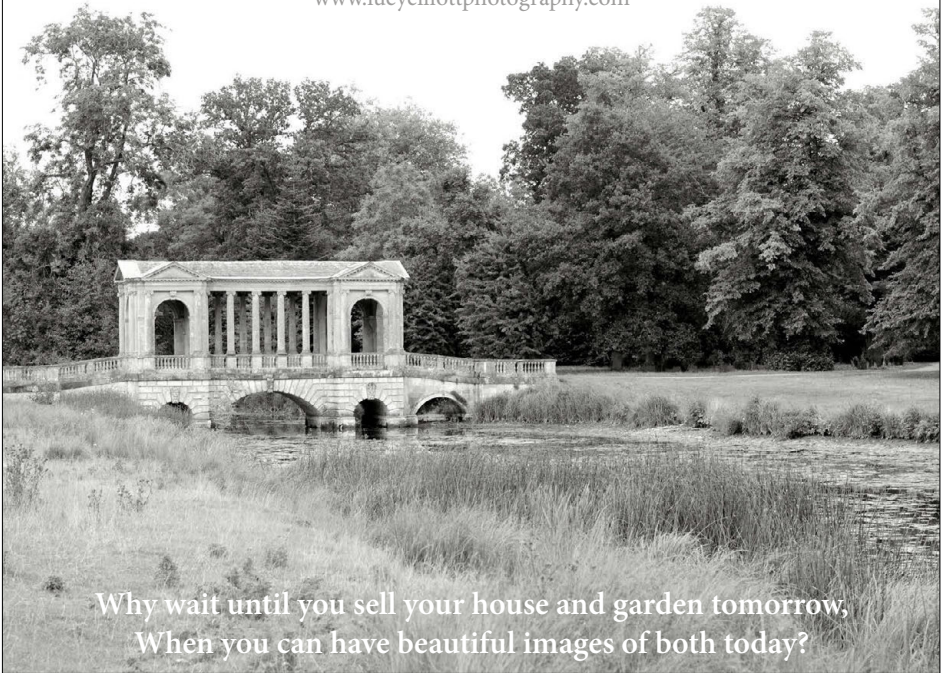
The camellia and the carnation in particular have a whole series of cultivars and crops dedicated to servicing the buttonholes of elite gentlemen. I like the single white selections or even a scented dianthus with the 1920s and 1930s selections remaining unsurpassed to my sagging, middle-aged eyes.

The buttonhole precedes all the modern rhetoric and bombast of the steel-clasped virtual gardens mounted in the house or on the wall. It is a slit of a textile lapel where our own industrialist and consumerist garden begins as it is a testament to our passing vanity and the debasement of our proper understanding of the role and value of plants in our society. Look at the iconography of plants in the fifteenth century compared to those sported now. How rich, subtle and kind compared to our modern, superficial fixation with form and colour. What can you expect

though with a refrigerated super lorry of flowers parking in Holland Park Avenue once a week? Buying flowers there is like going to a colour chart and selecting a bra based on colour and cup size! Where is the sinew and ingenuity of confirmation in that patient reader?

In pseudo-modernist fashion I do not sport a buttonhole myself, feigning good manners as a regular member at the races or passing off quietly at the back of a wedding. But behind these circumstantial shimmies lies the reality in that I am lazy and prefer flower heads on the plant, unless I have a specific message to convey without words. And if I have something in mind then that is not something I would purchase but something I would cultivate with my own hands or loot from a hedgerow.

So on what pretext then do we carry garlands in our bleak attire? 'Better embroidery hidden', I answer to dry the tears. Surely not only ushers, grooms, brides and coffins, where a bit of weight is required, sported only by the extremely pretty, monstrous ugly or significant relations somewhat between, or one purporting as a heavily swagged emissary of another realm, or a boating man saluting a monarch or some such like dignitary...



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 LIMITED  
EDITION

# Restaurant Review:

## PIZZA EXPRESS (or a guide on how to choose your pizza)

### by Ffiona

To paraphrase Bill Clinton, "It's all about the pizza, stupid!"

In 1965 the brand was launched in Wardour Street by a visionary chef/entrepreneur, Peter Boizot. He knocked down a wall in order to install the Italian oven in which he baked high quality, authentic pizza. Two years later, he teamed up with artist Enzo Apicella to open his second restaurant, next to the British Museum. The design created by Apicella complemented perfectly the food, creating a template for all the other restaurants that followed. Our local is situated just off High Street Kensington, perfect for refuelling whilst shopping, or for a pre or post cinema meal.

The menu is comprehensive, well designed and has something for everyone. As you would expect, there are starters, sides, salads, and baked dishes. However, if you visit PizzaExpress, there is really only one choice, the pizza. These are what this restaurant is all about and there are plenty to choose from. The menu includes: the classic pizza (these date from the 1965 Wardour Street menu), Leggera Pizza (all under 500 calories), Romana Pizza, Calzone and, a touch that many will appreciate, there are gluten free choices as well.

Everyone should try one of the Classic Pizza. All the old favourites are here: Four Seasons, La Reine, Giardiniera etc. However, I love simplicity and usually have the Margherita. There is nowhere to hide with one of these, the tomato sauce must be full of flavour and substantial enough to support the creamy mozzarella on top; PizzaExpress never disappoints. With one of their salads or coleslaw and a glass of ice cold Prosecco, I'm in heaven.

If you prefer the pizza base to be thin and crispy, go for the Romana range (although you can also ask for this thinner base to accompany the classic pizza as well).



Pizza, PizzaExpress style

Of the 14 topping available, the Caprina Rossa is worth a mention. It combines beetroot, creamy goat's cheese, red onions, garlic and mozzarella. Once baked, it is garnished with Gran Moravia cheese, rocket and pesto and lemon. Complex flavours and a simple base. Pizza perfection.

The Leggera range of low calorie dishes uses the same thin base, but it is baked as a ring, the middle being filled with salad. The Spring menu also includes a Risotto Fresco (less than 300 calories) comprising oak roasted salmon, garlic and parsley in a cream and white wine sauce.

Do not skip dessert. Vanilla Panna Cotta, Summer Pudding, Double Chocolate Espresso Torta and Gelati sit with Dolcetti or Legera Sorbets together with a range of gluten free desserts. These will leave a sweet taste as you plan your next visit to a unique chain of restaurants where quality and a warm welcome are the enduring hallmarks of its success.

PizzaExpress  
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[www.fffionas.com](http://www.fffionas.com)



# GET WELL SPOON



Delicious beetroot and chocolate brownies

Sports Day Winners - Perfect for sports day, these brownies are designed to give you the edge for that all important race...

2 x 300g packs of ready cooked beetroots  
100g unsalted butter (chopped small)  
200g dark chocolate (min 70% cocoa)  
1 teaspoon vanilla extract  
250g caster sugar  
3 eggs  
100g plain flour  
25g cocoa

Buttered baking tin  
oven preheated to 180C (350F/Gas 4).

Grate the beetroot and warm through in a saucepan, drain off excess liquid via a sieve and put in a blender with butter, vanilla and chocolate. The chocolate and butter should melt, whizz mixture up until very smooth. In a bowl whisk up the eggs and sugar until pale and foamy, carefully fold in the beetroot mix using a metal spoon, and then sift in the flour and cocoa powder, fold in to try to conserve as much air as possible. Pour the mixture into a baking tin and cook for 25 minutes. The brownie should be risen and have a little wobble. When cool, cut into squares.

Beetroots are seasonal from June to October. They are rich in potassium, fibre, folic acid, antioxidants and nitrate. The nitrate in beetroot provides two advantages to the sportsman. It is converted into nitric oxide, which widens the blood vessels - increasing blood flow, and also reduces the amount of oxygen required by muscles to work efficiently, meaning you have more stamina.



Text: Victoria Kell Illustration: Aletta Ritchie www.getwellspoon.com

Cacao supports oxygen uptake resulting in more energy and the sugar will give you some instant energy to speed off the starting blocks.

# Book Review: May We Be Forgiven by a.m. Holmes

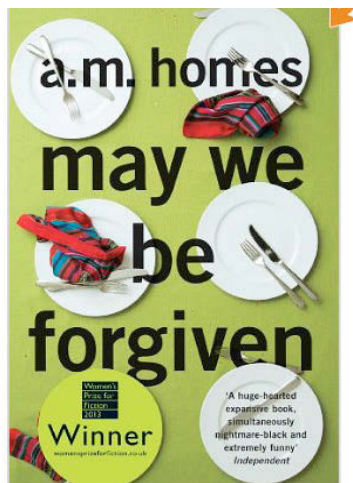
(Granta £8.99)

by Elizabeth Reid

What happens when the American Dream goes wrong? That is the central theme of this fascinating novel. Published in 2012, it has received mixed reviews. Some bemoan a lack of plot, others accuse the author of not having developed her characters sufficiently, and whilst there may be some truth in these points, the fact remains that she has constructed a masterful analysis of the destructive force of modern life, managing to inject the darkest themes with a shot of high octane humour.

The action revolves around two brothers, George and Harry Silver. George, the elder brother, was born a bully and age has not mellowed him. A very successful television executive, he is married with two children and a beautiful house in the New York suburbs. Blessed with all the material trappings that are supposed to generate happiness, he has attained a level of arrogance that most mortals could only dream of. His younger brother, Harry, is an academic. He specialises in Nixon about whom he has been writing a book for most of his career. His home life with wife Claire appears as arid and unappealing as his day job.

One November afternoon, Harry is helping his sister-in-law, Jane, clear away the remnants of the Thanksgiving dinner. In the kitchen, Jane suddenly leaves the washing up and kisses Harry with passion before calmly returning to the family to serve dessert and coffee. Shaken, Harry is left to wonder about the significance of the kiss. A few weeks later, George crashes into a car, killing the parents of a young boy. The authorities sensing that George is not “normal” send him to a hospital to assess his mental state. Harry is asked to keep Jane company and they continue where the kiss left off. One night, George unexpectedly returns home and calmly kills Jane. Harry is left to look after George’s house and pets and comfort his nephew and niece whilst George is held in a secure psychiatric unit.



As the story unfolds, the question arises, is the book about George or Harry? Are the problems Harry faces in trying to console George’s two children, care for his pets and deal with life now that his wife is divorcing him, of his own making or are they down to his brother’s actions? Alternatively, is the book about George coming to terms with his true nature and trying to understand himself? In their own ways, both brothers are seeking redemption, but from whom and why?

The book unfolds at high speed and the relentless pace of events and dialogue never slackens. Seen through Harry’s eyes the life of this dysfunctional family is told with humour that almost masks the blackness of the situations the brothers face. It is hilarious, compulsive and satisfying reading as little by little the pieces fall into place. Keep your evenings free as once you start, you won’t be able to put it down.

# What's On in and around Kensington

## ART EXHIBITION, LUNCHTIME AND EVENING CONCERTS June 1 to June 8

Tuesday June 3 Peter O'Hagan piano plays The Goldberg Variations by J.S.Bach.

Saturday June 7 Collegium Musicum Choir and Orchestra perform The Chichester Psalms by Bernstein. Starting times 7.30pm  
St Stephen's Church Gloucester Road SW7 4RL  
020 7289 3082

## SOLO EXHIBITION BY SERGIY OVCHARUK: 'Inspired by Music of Colours' June 2 - 14th

A solo exhibition of oil paintings by a prominent Ukrainian artist from Lithuania, Sergiy Ovcharuk at The Art Gallery, Association of Ukrainians in Great Britain, 49 Linden Gardens, Notting Hill. 020 72298392 [gala.art65@gmail.com](mailto:gala.art65@gmail.com)  
[ludmila.pekarska@augb.co.uk](mailto:ludmila.pekarska@augb.co.uk)

## INNER PEACE TALK: IS STRESS INEVITABLE? Monday 2 June, 6.30 pm to 8.00 pm, Free

Margaret Baron will talk about 'Learn how to live in the 21st century without being stressed'. Radisson Edwardian Vanderbilt Hotel, 68-86 Cromwell Road, London SW7 5BT. 0207 938 1862, [kensington@uk.brahmakumaris.org](mailto:kensington@uk.brahmakumaris.org) [www.brahmakumaris.org/uk/kensington](http://www.brahmakumaris.org/uk/kensington)

## 'TO THE SEA', 25th Anniversary Show 3rd - 20th June 2014

We are proud to present new work by renowned semi-abstract painter, Michael Honnor, who celebrates his 25th year with Thackeray Gallery this June. THACKERAY GALLERY Est 1968 020 7937 5883 [www.thackeraygallery.com](http://www.thackeraygallery.com)

## BOOK LAUNCH OF 'THE LICENCE OF WAR' Thursday 5th June 6.30-8.00pm

Come to the launch of Claire Letemendia's second novel in her exciting seventeenth-century trilogy following the adventures of her irresistibly attractive hero, Laurence Beaumont, during the English Civil War. Daunts, Holland Park, 112-114 Holland Park Avenue, London W11 4UA  
Please RSVP to [partyrsvp@randomhouse.co.uk](mailto:partyrsvp@randomhouse.co.uk)

## ORGAN RECITAL SERIES

June 6th and 20th, July 4th and 18th at 7.00pm. Free entry except May 9th (£12/£8con)  
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organists, to celebrate the church organ's recent restoration. Supported by the Heritage Lottery Fund. St Johns' Church, Lansdowne Crescent, Notting Hill, W11 2NN 020 7727 4262, [www.stjohnsorganproject.com](http://www.stjohnsorganproject.com)

## SUMMER SPARKS FAMILY DAY

Saturday 7 June, 11am - 4pm, £4 donation

Fun-filled day of activities for children 9 and under and families. Arts and crafts workshops, games and pocket money stall. Also a Nearly New sale for high quality child and baby clothes, toys and equipment. St Michael's Church, Chester Square SW1W 0207 229 5499  
[www.summersparks.org.uk](http://www.summersparks.org.uk)

## DESIGNER DAY

7 June, 10am - 5pm

Fashion followers should head down to Trinity Hospice's Fulham charity shop for a stylish Designer Day where top names including Acne, Burberry, Chanel & Louboutin will be on sale at amazing prices. Get down early so you don't miss out! 785 Fulham Road 020 7787 1001  
[trinityhospice.org.uk/trinity-shops](http://trinityhospice.org.uk/trinity-shops)

## EBB AND FLOW EXHIBITION

11-15 June 2014, Free Saatchi Gallery

'Ebb and Flow' is a photographic exhibition by renowned Chinese photographer, Qin Yuhai. Opening in London, the art event features a world exclusive of new water studies taken from the Chinese landscape over a period of many years. 020 7248 5846  
[lynda@ashcommunications.com](mailto:lynda@ashcommunications.com) [www.activeukchina.com/ebbandflow](http://www.activeukchina.com/ebbandflow)

## TRANSCENDENTAL MEDITATION INTRODUCTORY TALK

Wed 11th June at 7pm FREE

Meet Kensington resident Dr Gemma Beckley (Clinical Psychologist and Independent Teacher of Transcendental Meditation). Discover how simple, effortless meditation can produce dramatic improvements in quality of life, including health, happiness, energy and creativity, and greater profits if you run a company! For more information see page 10 and call Gemma on 01843 841010 [www.meditationtrust.com](http://www.meditationtrust.com)

# What's On in and around Kensington

**NSPCC GALA PERFORMANCE OF LA FANCIULLA DEL WEST, HOLLAND PARK** 12 June. Tickets £105/£135 The NSPCC is delighted to offer you the chance to see a special gala performance of Puccini's masterpiece, La fanciulla del West. This magical evening will begin with a drinks reception, followed by canapés served throughout the evening. All proceeds are going to help our ChildLine Schools Service. Call Sam Wilkins 07824 406301 ohp@nspcc.org.uk

**AMBER BALL at INTER CONTINENTAL PARK LANE** 13 June £160.00 pp Brain Tumour Research Campaign's annual Fundraising Ball supporting Imperial College's Charing Cross Hospital with a Champagne Reception, 3-course dinner with wines, live dance band and fundraising activities - all glamorous fun for a good cause! Contact Wendy Fulcher 020 8601 2402 or see [www.wayahead-btrc.org](http://www.wayahead-btrc.org)

**OPEN GARDEN SQUARES WEEKEND** Sat 14th June - Sun 15th June £10 (advance), £12 (on day), £5-6 for National Trust members, children free London's squares and gardens will be open to the public. A total of 218 gardens are available to view. Gardens taking part in W8 include the famous Roof Gardens, Kensington Square, Cornwall Gardens, Holland House Garden, Lexham Gardens, Sunningdale Gardens and Edwardes Square. [www.opensquares.org](http://www.opensquares.org)

**INNER PEACE TALK: WISE THINKING** Monday 16 June, 6.30 pm to 8.00 pm, Free Sister Jayanti will talk about 'Re-awaken your inner wisdom to cope with life's ever increasing demands'. Radisson Edwardian Vanderbilt Hotel, 68-86 Cromwell Road, London SW7. 0207 938 1862, [kensingtonukbrahmakumaris.org](http://kensingtonukbrahmakumaris.org), [www.brahmakumaris.org/uk/kensington](http://www.brahmakumaris.org/uk/kensington)

**'A LIFE WITH FREEDOM, PURPOSE, AND HAPPINESS'** Tuesday, 17th June, 2014, 7.00 p.m. Free Leide Lessa, a teacher and practitioner of Christian Science, shares ideas to have a balanced and harmonious life is a divine right and available to everyone. Christian Science Reading Room, 8 Wright's Lane 020 7937 3389 [clerk@firstlondon.org](mailto:clerk@firstlondon.org) website: [www.firstlondon.org](http://www.firstlondon.org)

**CHELSEA ART SOCIETY 67th ANNUAL OPEN ART EXHIBITION** 19 - 23 June Chelsea Town Hall, Free 10 - 19.00 (Sun 10.00 - 17.00) final day (10.00 - 14.00)

Come and see various works of art by local residents.

**SOLIDARITY SPORTS FUNDRAISING CONCERT** Sat 21st June 5-7pm Adults £10 Children £5

Solidarity Sports, a charity for disadvantaged children in Kensington, is hosting a family concert, featuring The Rock Choir, the UK's and world's largest contemporary choir. St Cuthbert with St Matthias Church, 50 Philbeach Gardens, London SW5 9EB Tickets: [www.solidarity2014.eventbrite.co.uk](http://www.solidarity2014.eventbrite.co.uk) or 020 7376 0032

**FOX PRIMARY SCHOOL SUMMER FAIR** Kensington Place, W8 Sat 21st June, 12.30-16.30 Entry: £1

A fun filled family event at the school with loads of activities for children including a spinning teacups ride, face painting, kids crafts, BBQ, International Café, Raffle, Silent Auction with amazing lots, second hand books, toys and flea market. Contact us [www.fox.rbkc.sch.uk](http://www.fox.rbkc.sch.uk)

**ST MARY ABBOT'S FETE - 'MARY POPPINS'** June 28th

St Mary Abbots will be hosting its summer fete with this year's theme being the iconic childminder 'Mary Poppins'. As well as a jumble, bric-a-brac, raffle, silent auction and various stalls there will also be prizes given out to children with the best Mary Poppins inspired fancy dress such as Edwardian nannies, bankers, chimney sweeps etc. The event is sponsored by Marsh & Parsons.

**GLORIOUS GEORGES FAMILY FESTIVAL AT KENSINGTON PALACE**

June 28th - 29th Standard Palace entry ticket, children under 16 free. As part of the Glorious Georges season, Kensington Palace hosts a series of special family friendly activities that will allow visitors to discover Georgian court life. From dancing and dressing up to dining with George II himself at a picnic, it's a travel back in time with characters from the royal court. [www.hrp.org.uk/KensingtonPalace/WhatsOn/](http://www.hrp.org.uk/KensingtonPalace/WhatsOn/)

# Science Bites: The Arrival of Lab Grown Organs

## by Dr Alex Anderson

Growing human organs outside the body may sound like a scene from a science fiction film, but several recent studies have shown that this is becoming reality. Patients who have skin cancer on their nose often need to have large areas of it removed. To replace the excised areas, cartilage from other areas of the body is usually used (which can be painful and lead to complications).

In April, scientists at the University of Basel (led by Professor Ivan Martin) published in the medical journal *The Lancet* an alternative reconstructive therapy<sup>1</sup>. They took a 6mm piece of a patient's own nasal cartilage and allowed specific cells to expand. These were then seeded onto a membrane scaffold and allowed to grow until they formed a thin layer, which was shaped to the correct size before being implanted into the same patient's wound.

Although this study was only on five patients, the results after a year showed very few complications. Other organs and tissues have also been successfully created from patient's own cells before being implanted back into them, and becoming functional.




Organ Regeneration of the ear  
([www.nationalgeographic.com](http://www.nationalgeographic.com))

These include lab grown vaginas, which have been successfully implanted into four patients<sup>2</sup>, as well as a trachea (windpipe)<sup>3</sup>.

These studies show that we are beginning to be able to replace some of the tissues and organs of people who lack them as a result of accidents or diseases.

#### References:

- 1 doi:10.1016/S0140-6736(14)60544-4
- 2 doi:10.1016/S0140-6736(14)60542-0
- 3 doi: 10.1016/S0140-6736(08)61598-6



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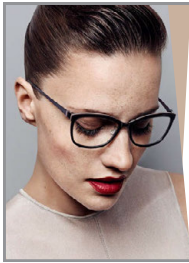


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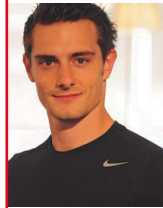
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