

BEST RECIPES!
TRY OUT TUESDAY
P. 82

RECIPES
FOOD MAGAZINE

JUNE '83

PICNIC PIES, CAULIFLOWER
CRISP, SUMMER DESSERTS,
PASTAS, COURGETTES

MUST
PICK-UP
CASTER
SUGAR
HAZEL
NUTS
DOUBLE
CREAM

CHOCOLATE
STRAWBERRY LUPS
MAKES 12
8oz MILK CHOCOLATE
6 SLICES OF JAM
FILLED SWISS ROLLS
4 TBSP SWEET SHERRY
OR ORANGE JUICE
1oz WALNUTS FINELY
CHOPPED
8oz STRAWBERRIES
1/4 PT WHIPPING
CREAM



DESSERT

PICNIC
DESSERTS
LUNCH
PASTAS

POEMS JAN
03
+ WRITING MARCH
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LEAFS, WOODED
SCAPE, SWEET DOG,
WENDY, CHELSEA
WHEELBARROW

- BLANK VERSE ✓
- RHYMED ✓
- FREE VERSE ✓
- EPIC ✓
- NARRATIVE POETRY ✓
- SONNET ✓
- EPIGRAM ✓
- DIB ✓
- LIMERICK ✓
- LYRIC POETRY ✓
- BALLAD ✓
- WILLAMIC ✓

VOLUME ONE 2/3

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we need more
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little bottles
Hogart's
"many had"
Growth
Chewing gum

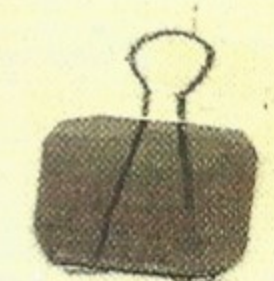
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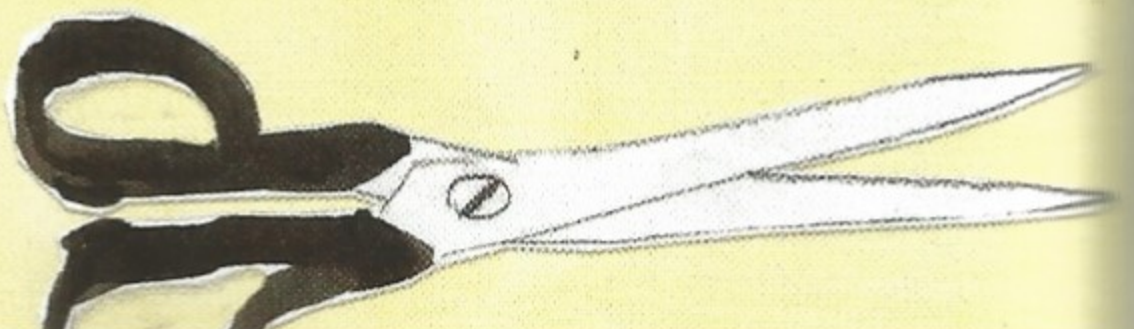
LIFE IS
WHAT HAPPENS
WHEN YOU
BUSY MAKING
OTHER PLANS
JOHN LENNON



KEYWORDS

SPANISH

GLC



COMMONPLACE PEOPLE

*Making a place to hold memories, spark creativity
and celebrate curiosity*

words Sarah Davies
illustrations Maisy Summer

Did you ever keep a scrapbook as a child? Or do you have a book now where you collect the recipes that you use most frequently or are your go-tos for celebrations? Do you journal or keep a notebook filled with those things that pique your curiosity but might seem totally mundane to other people? If you do, you'll know how helpful these physical creations and

curations can be - a place where the mind can be spilled out, sorted through and sparked into new shapes and possibilities.

Particularly popular during the Renaissance and the 19th-century, commonplace books have actually been around forever. One of the most famous commonplace books is *Meditations*, collected by the Roman Emperor Marcus Aurelius

who ruled between 160 and 181 AD. Still in print (and popular as ever), I have a copy that sits on my bedside table and I like to dip into it every morning... it's like taking a wander through another's wondering. Other famous creators of commonplace books include President Ronald Reagan, Virginia Woolf, EM Forster and Bill Gates. Sherlock Holmes is probably the most famous literary →

“Commonplace books are an ever-evolving journey through the interests of the person who keeps them”

character to have a commonplace book: spread over several volumes and arranged alphabetically, he draws on its collected knowledge to help solve many of his cases.

A commonplace book is a way of recording and remembering information that's interesting to the compiler. Not intended for publication or indeed ever to be seen by anyone else, commonplace books are working documents of the life and its liver; an ever-evolving journey through the interests of the person who keeps them. They are not journals or travelogues, they can have one theme or many, and they often contain recipes, quotes, poems, proverbs, information boards copied from museums or walks, names, book titles, thoughts and ideas - really anything that catches the compiler's fancy. A commonplace book is gloriously un-techy, requiring only a notebook and pen, but it's also very much an analogue iteration of modern-day computer databases; a precursor to Pinterest boards and Instagram grids.

“Creating a journal, scrapbook or collage allows the imagination to spontaneously journey somewhere that inspires and gives us a safe haven from the worries of the world, which is a real boost for mental health and wellbeing,” says drama therapist Esyllt George (@iseult777).

And like all forms of creative expression, freedom is key. There are no particular rules about how to organise a commonplace book other than the ones you make based on your needs at the time. Many of my own commonplace books don't have an index system attached to them - they are just given a start and end date and by knowing what period of my life they pertain to, I find it easy to go back and find what it is I am seeking. If you'd like a more orderly system, though, you could consider the following methods...

You could divide a book up alphabetically and arrange each nugget of information you want to save under a header word or theme, and then put it on the 'correct' page.

You could number every page of a notebook and assign the first few pages as a table of contents or the last few pages as an index.

You could choose one theme for a book and have a series of books where you gather thoughts on different subjects.

I don't like to be too prescriptive about the organisation of the things I collect because I like ideas to be able to cross-fertilise and crash together to create interesting combinations. I actually enjoy just flipping through my collection of commonplace books, scrapbooks and journals, scanning the things

I've recorded to see if any bits jump out at me as exciting possibilities to explore further. Sometimes it could be just one word or phrase, sometimes it might be two seemingly unrelated notes that spark something in my mind and send me off on an adventure of research and creation. As emotional health coach Amanda Green (amandagreencoaching.co.uk) says, “Shifting into a creative state expands our mind and changes our energy. With activities such as journaling and scrapbooking, we can get into a flow state which encourages curiosity and taps into our intuition, both of which can help us access a higher level of problem-solving ability for all areas of life.”

Some people use photographs and drawings and print things out (particularly long passages) to add to their books. I tend to keep word and picture books separate. I don't really know why, it's just what works for me. If I find a particularly long passage in a book that I want to remember I just write the first bit and then the page number so that I can refer back to the original (although one of my favourite entries does say “p.45 All the words!!”, this from Anne Lamott's book on writing *Bird By Bird: Instructions on Writing and Life*).

My collection from the 2020 Edinburgh International Book Festival is all on green sticky notes...

—MANCHESTER—

LOOK BACK AT PG 47 FOR KEY TERMS.

POINTS OF REFERENCE:

GO VISIT

MAP:



UK'S SECOND MOST POPULOUS URBAN AREA: 2.7 million.

- ST ANN'S SQUARE
- ALBERT SQUARE
- CHINA TOWN
- PICCADILLY
- RIVER TRIBE
- STEVENSON SQ
- ANCOATS

4
2
9
1
1
4

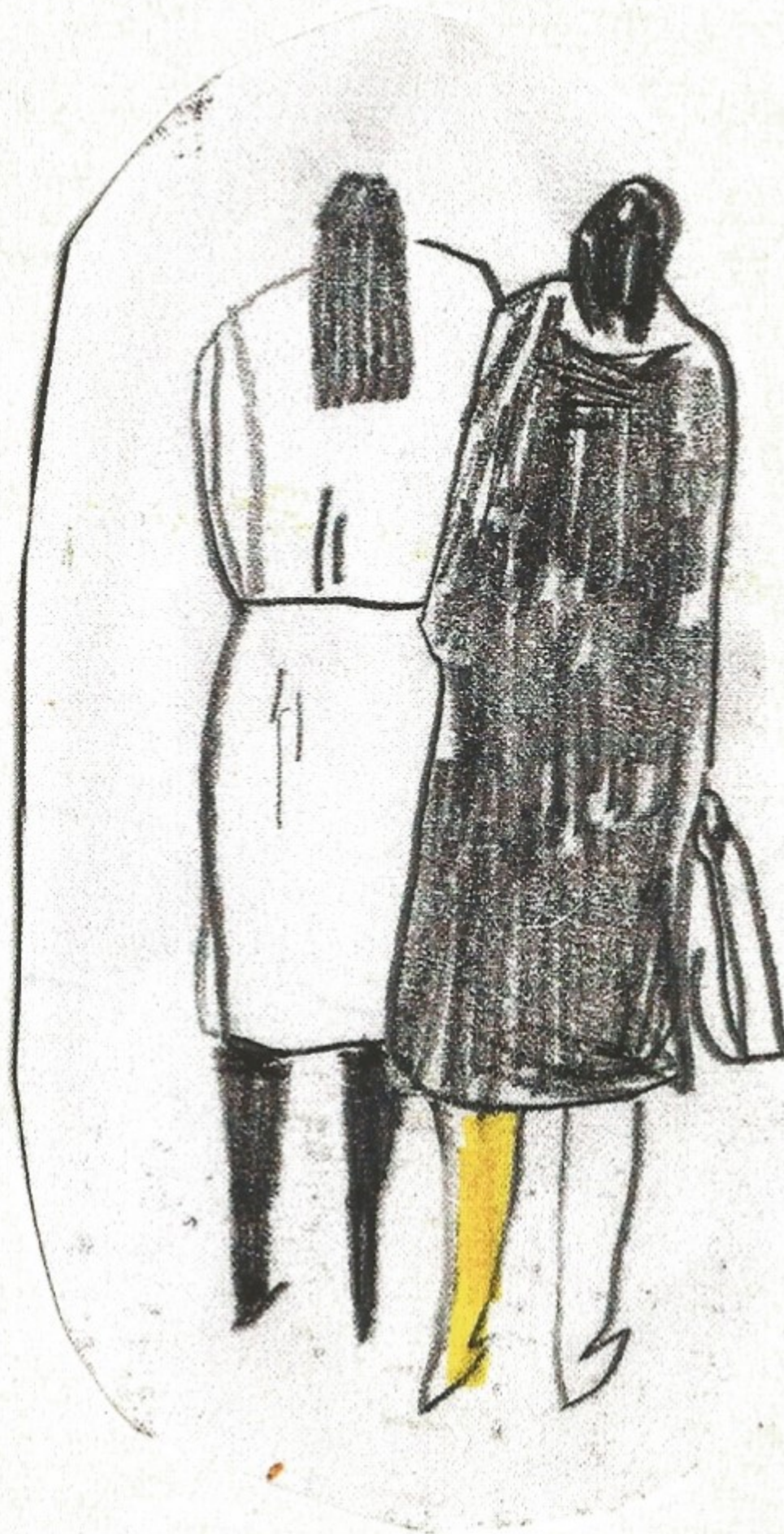
LOOK UP LATER

80



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“Words, pictures and textures are important ways to investigate and celebrate the things that are important to us”

(which just happened to be next to my computer as I watched the online talks). Not all of the notes relate to the festival, but they were clearly things that were rolling around in my head at the time. I simply grabbed the pad and scribbled a note every time something resonated. I'd considered transcribing these notes into a book but I like the fact that I can shuffle them into different configurations and play with the connections, and I may even paste them into other books of mine as and when I feel the urge to add an additional layer to an existing idea.

Not being precious about these books - remember, they're not for display - is a big part of the freeing fun. Words, pictures and textures are important ways to investigate and celebrate the things that are important to us: they spark our curiosity and help us to explore ourselves and our worlds. They also help us hold onto things that our heads cannot - there is always a feeling of comfort that comes when we physically pen down our bright ideas alongside safely stashing a beloved copy of a hand-me-down recipe or a passage with personal significance. A safety net grows from these pages, a net that will keep these most ephemeral of thoughts secure, ready for us to return to when we're ready to turn them into something that helps us make more sense of the everyday and truly celebrates the commonplace. If you want a sneak peek of some of my books, visit the *oh* blog at ohmag.co.uk.

BIBLIO THERAPY

Eve Menezes Cunningham (selfcarecoaching.net), author of *365 Ways to Feel Better: Self-care Ideas for Embodied Wellbeing* (White Owl), offers these thoughts on how you might create your own mood box or book in order to explore specific feelings

With a mood box, we choose a mood we want to anchor and then we use all of our senses to create this mood. Include visual cues (such as pieces of writing and images), auditory prompts (CDs, musical instruments), kinaesthetic materials if you value touch (a piece of fabric you like stroking or holding, a rock) and even olfactory inspiration (such as essential oils - a scent that instantly connects you with the feeling you're seeking). If creating a commonplace box rather than book, you might also want to add in some gustatory cues (ensure these foods are not perishable!).

This process can also easily be adapted for a commonplace book. Identify the feeling you want your book to evoke for you e.g. optimism; don't limit yourself to one feeling or one book if you can't decide, but do keep each one focused for best results. Collect the pieces of writing and imagery and consider adding cues for your other senses in a way that works for you. This might be the lyrics to favourite songs or the words to a chant or saying that you love. It may be a written piece about birdsong, or a description of your favourite scent, perfectly evoked. As long as it makes you feel something, you are on the right track.

For the kinaesthetic element, find evocative pieces that connect with your heart as well as considering how you will decorate your book. Experiment by using different textures that support the feeling you're seeking to amplify or explore. There's nothing to stop you adding a couple of drops of essential oil or perfume to the pages for the olfactory anchors. And, for the gustatory element, you might include favourite recipes or print photos of your favourite foods: photos you can almost 'taste' just by looking at them. Use your creativity and you'll be able to make something that is uniquely supportive for you because it is tailored for all the senses. ♦