

STELLA

ON PARADE

Military style goes
soft for summer



FIRST PERSON

'My friends hated me
being skinny'

FOOD

Joy of soy: Diana
Henry's tasty
'takeaways'

HEALTH

What your stomach
says about you



Wool cardigan,
£195, MHL by
Margaret Howell
(margarethowell.
co.uk). Cotton
pyjama top, £435
(for the set), Morpho
+ Luna (morphoand
luna.com). Cotton
shorts, £10, Beyond
Retro (beyondretro.
com). Cotton cap,
£70, Zadig &
Voltaire (zadig-et-
voltage.com)