

SHE

HE

Keep hair long to please daddy but has to be cut short once you hit middle age, you'd look ridiculous otherwise; attract the boys but not too much; wear a short skirt to keep in fashion but not too short, too long and you're boring, too short and people will talk; study hard but don't bury your head in the books, how will you expect to get married that way; be sure to hide any intelligence in front of him, don't want to intimidate; excellent mark in exam but more importantly have you put on a few pounds, enjoy your food but not too much; don't want to look greedy, don't be a fussy eater, remember a moment on the lips is an inch on the hips; always be sure to smile and laugh but not too loudly, don't want to seem vulgar; don't be too easy but don't play too hard to get; never show him up, have some respect for he knows best, Adam and Eve and all that; build a career but only until you meet your man; have kids and lose your identity, you're 'so and so's' mum not you anymore; keep your man happy even if it means turning a blind eye, boys will be boys; don't annoy him because if he hits you its your fault you know, not his; be attractive but not too much, you're a mother for gods sake; keep him happy, keep them happy, never mind if you are happy.

'SHE' by Monica Perdoni

Suck on the breast to satisfy mummy. But don't bite and make sure you behave. Don't play in dirt or get your clothes muddy. Or make a mess with your toys coz that will make her go funny. Eat your dinner even when you're full and then allow yourself to be manipulated by listening to her droll. Don't fly the nest because that will cause a shake up, but by now your old enough to see beneath her make-up. She puts you through the blender to disguise her agenda but there's no hiding a latent bitterness about her god given gender. Remember to say 'you're pretty' when her skirt is polka dots and sickly. Because when asked for an opinion don't tell her the truth! She don't want to hear as it might stir up the fear that a whisker has sprouted an her chin. But what is to be expected when a female emulates masculine. Encourage her to be her true female self. Don't plague her for ruining your razor and she's right - don't hit her - ever! Even if she has you at your wits, just take a break and scamper giving her time for folly and pamper, until the mood fleets on by and a flood falls from her eye. Being bold and strong are no longer enough. Show her your 'feminine side' to please her self image. Become her mirror and tease her visage. Be responsible, father, make her happy.

'HE' by 'who go' boss?

Mad Hatter Monthly

Free

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Yoghurt Weaving - The New Alchemy

For centuries now, thousands have searched to unravel the secrets that form the foundation to the art (or science) of alchemy.

The quest for The Philosopher's Stone, The Elixir of Life and the ability to transform base metals into gold have motivated individuals into the outwardly strange behavior employed to unlock the deepest mysteries of our existence.

People commonly mistake alchemy for a half-baked, superstitious attempt at science, totally overlooking the allegorical nature of the work. Alchemists themselves have often made extraordinary claims to hide the serious intent behind their studies.

The world of alchemy has recently been stirred by the arrival of a new Holy Grail, a product of our culture that throws this ancient art into a more modern perspective. Yoghurt weaving has been slowly seeping into our collective subconscious since the arrival of hippy culture in the 1960's, setting waves in motion that are now beginning to engulf our modern "New-Agers" with a force that approaches that of a social tsunami, one that threatens to drown out the desperate cries of their own inner voices. In an attempt to find futile alternatives for man's most dangerous preoccupations, a small band of visionaries, fuelled by the juice of cosmic fungi, stumbled upon this modern form of alchemy – yoghurt weaving, now increasingly popular.



Yoghurt weaving is effectively a form of magic. It begins with a search for the constituent elements that form the intricately woven substance of this reality. Once equipped with this knowledge, practitioners can begin to weave the disparate threads that form their own realities into parallel alternatives they can inhabit.

Some of the leading lights of the alchemical community happen to reside in Brighton and some of these form the backbone of The Mad Hatter's very own team of researchers dedicated to this subject. Drawing on their vast experience in alternative therapies, our experts appear to be nearing the end of their investigation, proficient now with all basic yoghurt weaving techniques.

The focus group convenes once a week and those seeking to contribute should trace the Sign of the Rose upon the entering the Mad Hatter and by doing so make your presence known to established group members.



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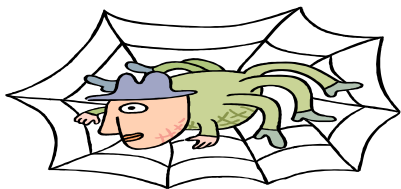
If you haven't yet discovered this local alternative to the faceless supermarket, then get yourself down pronto to the Open Market. A holistic haven of organic goodies, *Pulse* operates a scoop and weigh system (cutting out needless packaging,) stocks fair trade and equal exchange ranges, sells locally sourced fruit and veg, popular salad bags and dried and tinned goods. You really won't find a more eco-aware and green outlet than this centre of nutritional goodness. And it's affordable. Really. Cheaper than

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Norris



Two month's ago, Norris, the Hatter's pet spider set off on a spiderdelic journey to space and beyond. He's now under the guide of the extreme surfers ...

Dear all, I have travelled far – yet where I am I have no comprehension! After exhausting lessons from the extreme surfers in what they call 'web control' I am now officially a 'space-wind' rider.

This place is certainly very beautiful and I feel safe but it seems too big and vast to me. The surfers say I have much to learn and have given me a silver pouch containing a small stone. Although I am not allowed to look at it yet, I'm told it contains one atom of every kind of mineral known (and unknown) in the universe. Apparently it has special powers and if my training stays on course I will be taken to a being known only as the

'light master', who will show me how to use the stone for some purpose.

Before I go to my next lesson want to tell you about one of the most beautiful things I have ever seen. A surfer took me to one side recently and opened up a nanosecond time warp. When space is viewed through the warp I saw a wonderful golden web reaching far across deep space and sending thousands of rays of sparkling life in all directions – Marvellous!!

Bye for now, Norris x x

Catch up with Norris' travels next month.

Crystal

HOWLITE : Gemini

Howlite is a calming stone that can be placed under the pillow to help insomnia or can be held during the day. Increases calm awareness and emotional expression. It balances calcium in the body and is good for teeth, bone structure and soft tissue. Howlite helps eliminate rage, pain and stress when it is held. It is said to combine

MHM review

Casba, Western Road, Brighton.

There's nothing like a great kebab after the pubs kick everyone out, and there's no better kebab shop than Casba. There's always a friendly service with cracking kebabs. Good quality donner and tasty chicken. The falafel is succulent with a pleasing texture. As well as the good old kebab, Casba as offer a healthy selection of rice's, curries and burgers. [open 6pm-late] XXXXXXcheck.



'Coffee is balm to the heart and spirit' - *Giuseppe Verdi*
'Some people feel the rain, others just get wet.' - *Bob Dylan*
'Follow your bliss and doors will open when there were no doors.' - *Joseph Campbell*
'Whatever you can do, or dream you can do- begin it. Boldness has genius, power and magic in it. Begin it now.' - *Goethe*
'*Mad*: 1 suffering from mental disease. 2. wildly foolish 3. very enthusiastic 4. excited' - *Collins Shorter Dictionary*



Coffee Trivia

- In December 2001 Brazil produced a scented postage stamp to promote its coffee - the smell should last between 3 and 5 years.
- Vincent Van Gogh was a big frequenter of the café society and famously said "I have tried to show the café as a place where one can go mad."
- Revolutions have been planned in coffee houses, namely the French and the American Revolutions.
- At the end of the 16th century records show there were at least 500 cafes in Istanbul alone. The first European cafes were opened by immigrants from Asia around 1650.
- Last year in Britain, £738 million was spent on coffee.
- In the UK we drink approximately 70 million cups of coffee per day.
- It takes 42 coffee beans to make an espresso.
- Over half the espresso consumed in the UK is drunk in the South East of the country.

(courtesy of the British Coffee Association)