

Katie Cardew's seasonal review: autumn

This is the first of a series of seasonal reviews by multi-talented, super-busy local illustrator, boutique owner and interior designer Katie Cardew, with some fabulous ideas on how to make the most of your interiors this season



Alexandra Wallace

designer, a mother of two children and owner of a menagerie of animals that seems to be growing at an alarming rate... oh and we are also renovating our beautiful 17th-century home. Safe to say, life is beautifully busy.

With acquaintances done, I'll dive straight in, for autumn happens to be my favourite season of all...

First up, a confession. It's officially pumpkin season. But I don't love pumpkin carving. It's so blinking difficult! And I really like owning all 10 of my fingers. I usually end up on my lonesome at the kitchen table carving, while the kids slink off to watch Paw Patrol. But something I definitely will be trying this year is pumpkin painting! Grab a few pumpkins (smaller are better), some acrylic paints and let your imagination go wild. Failing your imagination, I've seen some stellar examples to copy on Pinterest (the leopard print ones are particularly fabulous).

In between steaming off wallpaper, we also love a good autumn weekend walk. We grab the dog, kids, our lovely pony and roughly one million snacks and head off into Rutland's countryside. Our go-to place

HELLO and a great big welcome to my world of interiors page! Let's jump straight in with the briefest of introductions and I'll do my best not to sound like a terrible Tinder bio. I'm Katie and I am an illustrator, an interior

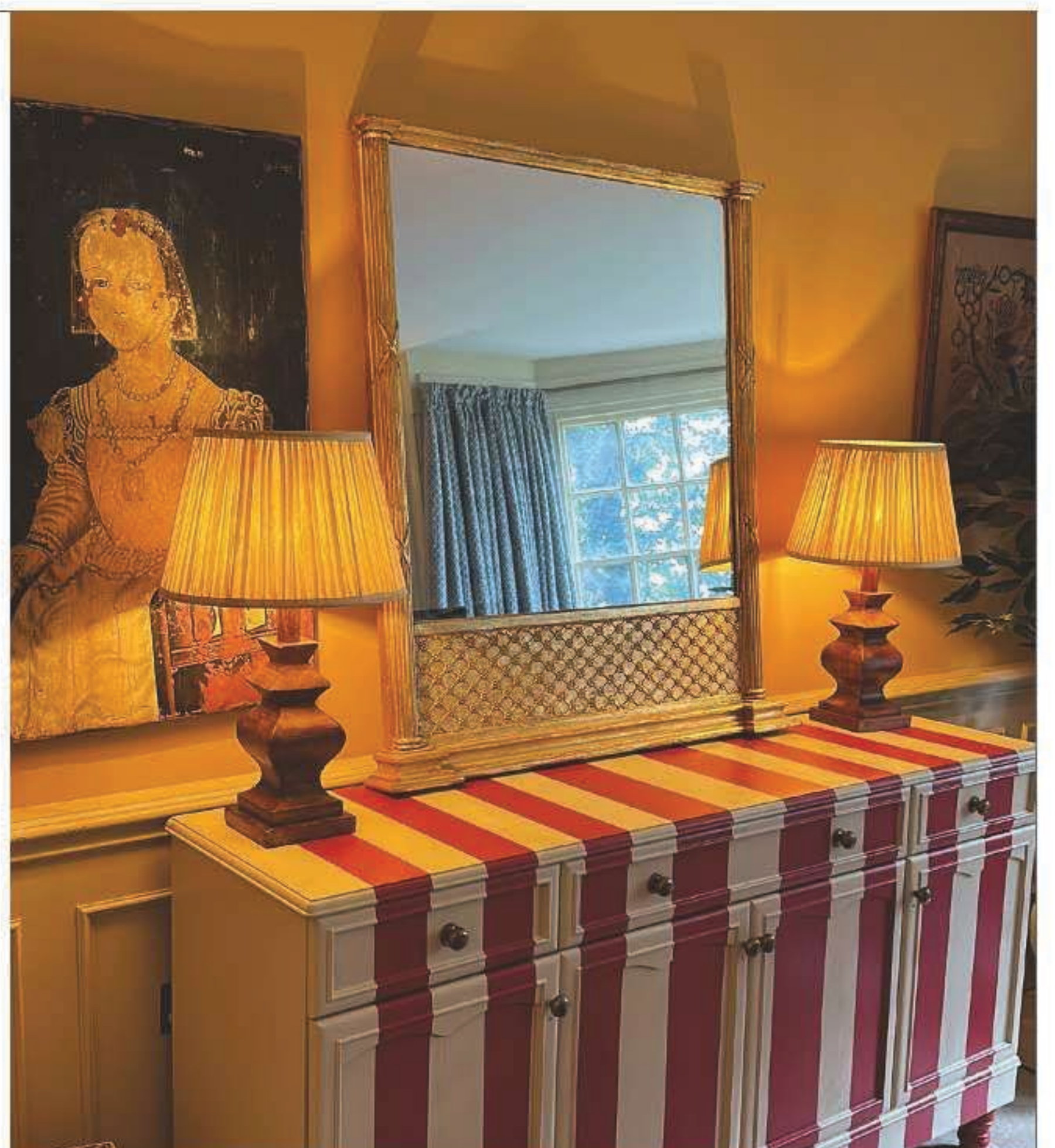
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How our house is shaping up this autumn

As I mentioned before, we are currently renovating our lovely 17th-century home. With the kitchen and two bedrooms complete, our current projects lie in the dining room, pantry no, no, no, it is the pantry that I dream about at night... Growing up, our family friends had one, and I remember standing in it, staring up at what seemed to little me like acres of treats, breathing in a heady mix of cake, spices and cool air. Fast forward a fair few years, and I can't wait to finish my very own. Our clever joiner Colin has finished the cabinets and shelves (complete with the cutest little ladder to reach the top shelves) and the first coat of the most beautiful dark plum paint colour is on the walls. Watch this space!

In the dining room, I am most excited about our new sideboard, painted by local furniture painter Florrie Parsons. Rather than laughing at my mad cap idea, she simply got stuck in and the result is SO fun and beautiful. Stripes for the win! To top it off, the sideboard was a £50 Facebook marketplace find, and I love that an old piece of unloved furniture now sits taking pride of place.

Follow our renovation and my interior design projects on instagram:
[@homes_by_katiecardew](#)





Interiors tips

Bring autumn into your home and embrace team COSY. Here are my easy wins:

- Starting with **candles** - and I'm not necessarily talking expensive scented ones. I'm talking simple, tapered candles. You can buy them in the most fabulous colours, and I guarantee lighting a few around the home will make you feel happier. They sell beautiful glass candle holders in Stone and

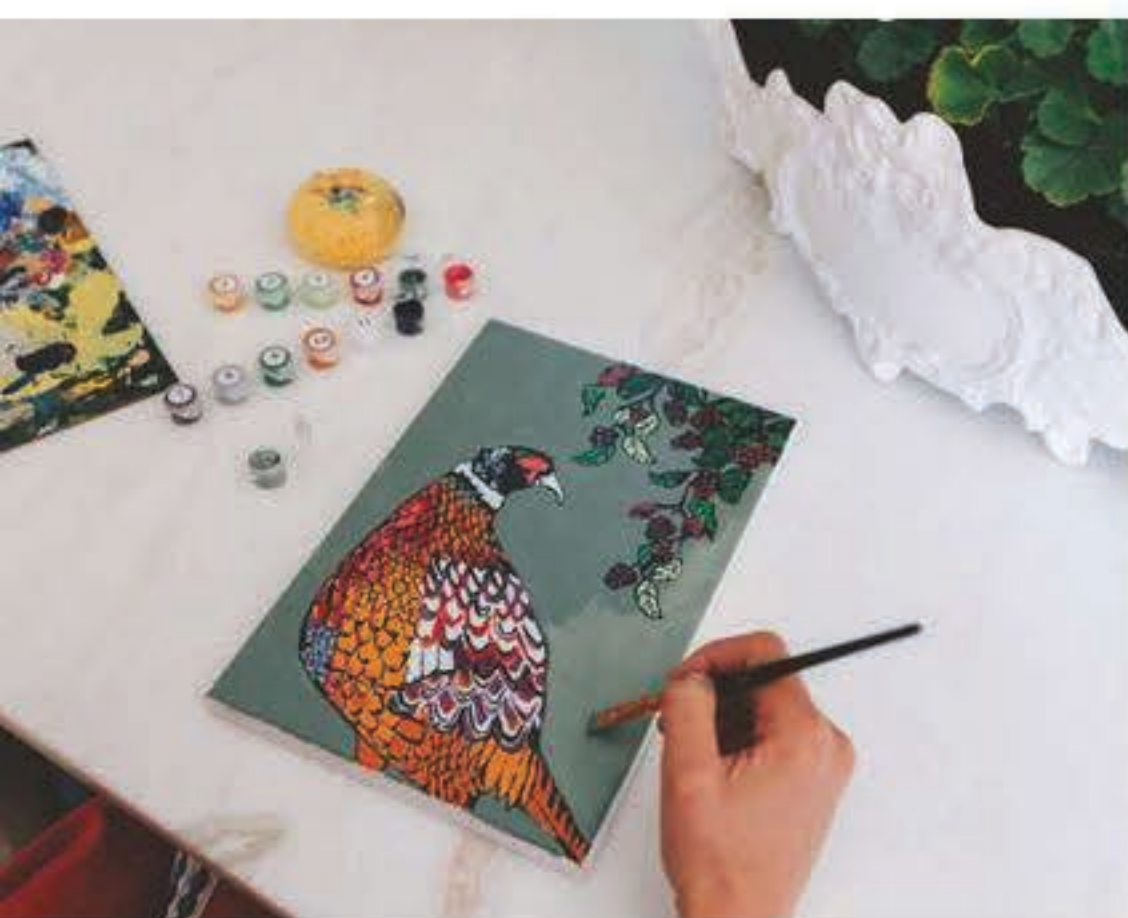
Ivy, Oakham, or nab some second-hand brass ones from most good antiques shops.

- Next up, **throws**. Now I do admit I have a mild obsession but forgive me this, for they are wonderful. Do you ever see photos of sumptuous, cosy beds in magazines and wonder how they do it? The answer is layers. One throw is, I'm afraid, not enough. Start with a quilt over your duvet, folded over around three quarters of the way up the bed. Then layer it up with a second throw or blanket across the lower half of the bed. Using

big square pillows behind your regular pillow is a great way to add some height and add a couple of plumped up cushions to complete the look.

- My last tip for homely cosiness is simple: **lamps**. The more the better. I love a pleated shade - they throw out the most glorious diffused light. Or have a go at painting one! Grab a cheap plain shade from John Lewis, some acrylic paints and get painting. YouTube or Pinterest have some great how-tos, but you can't really go wrong!

Things I love this season



Above: Grab yourself a cuppa (or a glass of wine) and get stuck in to one of our epic paint by numbers. They are hard enough to be challenging but easy enough for beginners. Choose from four different animals. Paint and instructions provided! £16 in store and online.

Below: Good-quality table mats and matching coasters are the simplest way to make your dinner table look gorgeous. I'm loving our new striped scalloped ones this autumn. Plus, they are made in Rutland using sustainable eucalyptus and cork, win win. Coasters £4, placemats £17, online and in store.



Above: I can't get enough of coloured tapered candles. My favourite colours are bright pink or soft green. Try Uppingham hardware store D Norton and Sons, from £1.

Every lovely candle needs an equally lovely candle holder. Goodwin and Belle (Uppingham) does some beauties or head to St. Martin's Antiques Centre in Stamford to nab a second-hand set.



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