



Choc tactics

efore you chastise yourself for reaching for yet more chocolate during the festive period, consider this: it contains vitamins and minerals, cocoa butter that lowers olesterol and, if it has a high level of cocoa solids, s low in sugar. These surprising but true claims e made by Nicola Porter of The Chocolate ciety, who could probably tell the difference tween Cadbury's and Valrhona by sight, let one taste. The society was founded in 1991 to ucate the chocolate-craving British public – we mpete with the Swiss as the biggest consumers Europe – in the difference between "proper" ocolate, which contains a high percentage of coa, and that which Porterscathingly dismisses "candy bars". Life membership costs £45, ich initially brings a Valrhona chocolate-tasting fact files on the history of chocolate and a mailder list containing such delicacies as gold gées and chocolate-coated marrons glacés. e society also organises such events as tasting nings, chocolate suppers and, if you have the mina and a tooth sweet enough, indulgent ek-long trips to Perugia. Make a chocophile know (or yourself) very happy this Christmas oining up. MARK HOLGATE

Chocolate Society, Clay Pit Lane, Roecliffe, thYorks, YO5 9LS (01423322230). The colate Society shop is at 36 Elizabeth St, SW1 712599222)

First look

Abigail McLellan, a 27-year-old painter based in Scotland, has already won acclaim for her bold, semi-abstract portraits. She was a finalist for the National Portrait Gallery's BP Portrait Award for her painting Louise. But this young artist's portfolio encompasses more than just formal sittings: her landscapes and still lifes, such as Kangaroo Paw (above), are distinguished by a confident,

November 25 to December 24, the Rebecca Hossack Gallery is mounting McLellan's first solo show – artistic credibility and reasonable prices (£400 to £3,600) make it well worth a pre-Christmas look.

The Rebecca Hossack Gallery,

Pale and interesting
Three London exhibitions prove that

Three London exhibitions prove that modern ceramics have shrugged off their folksy, homespun image. English ceramicist Edmund de Waal's work is on show at Egg, 36 Kinnerton St, SWI, until November 30, and then at the Crafts Council Gallery Shop, 44a Pentonville Rd, NI, December 5 to February 16. Contemporary Japanese potter Tsubusa Kato shows at Andrew Readman, 57a Gainsford St, SEI, from December 7 to 20. And on Bond Street, Donna Karan's new flagship store has a small (but perfectly formed) ceramic collection (vases, bowls, dishes, bottles) in colours – taupe, black and this delicious milky white – to coordinate with her scented candles.