

Elizabeth Poston (1905-1987)

Nurtured in rural Hertfordshire, Elizabeth loved the English countryside – its wildlife, its peace and beauty, especially the views to the west of her home, Rooks Nest House, Stevenage, views equally beloved by her friend E. M. Forster who lived in the house as a boy and wrote about them in his novel *Howards End* (1910) – a book based upon the house and its inhabitants. Appropriately enough, when *Howards End* was televised by the BBC in 1970, it was Elizabeth who wrote the music for it.

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