*Q: Is that a rusty colour on the breast of that Restless Flycatcher?* Answer: Quite possibly. To explain the illustrations, note that some guides recognise a northern sub-species, *nana*, as a separate species, ‘Paperbark Flycatcher’. ***Pizzey***: shows slight buff on adult, a little more on immature, none on *nana*; text - ‘often washed yellow-buff across breast’. ***Morcombe***: shows trace of buff on both races; text: - ‘both races ... may have a slight buff tint on breast, lost as fine buff feather tips wear’. ***Slater***: shows slight trace of buff on male, more on the female ‘paperbark form’; text - ‘faintly buff breast ... in female’ Juv: ‘buff breast’. ***S&D8***: shows no buff on adult male, buff on obviously young juvenile, no illustration of *nana*; text – ‘pale buff wash on breast variable’ Juv: ‘throat, upper breast, washed creamy buff’. What the guides do not bring out is that the ‘buff’ can be a pronounced rusty colour. ***HANZAB*** says: ‘orange-buff wash to breast appears slightly more prevalent in adult female compared with adult male’. ***DAB*** (Schodde & Mason) says of juveniles: ‘buff on the breast, which disappears with wear, may be carried into adulthood, more in females than males’.