

SOUTH

SUNDAY MIRROR ★ APRIL 19, 1998

Personal

THE ROAD TO FRANCE

Great 20-page
WORLD CUP
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HEALTH

SPRING CLEAN
YOUR SYSTEM
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GRENFELL





LEADING MEN
Rachel has starred with Ewan McGregor and Keanu Reeves



with it. If you were English you couldn't talk about intimate things such as love the way he does." Rachel's wedding night scene takes place in a cave lit by a thousand candles and filled with water. "He came from the sea so it seems natural they should make love in the water," she says. "I think you could safely say that was a first for me!"

While *Amy Foster* is a landmark movie in her career, her meeting with

Alessandro in *I Want You* was more significant personally. She is obviously besotted with the fair-haired actor who played Nicolas Cage's brother in the thriller *Face/Off*. She plays a hairdresser still infatuated with the sweetheart who has served eight years in jail for killing her father. Rachel, who previously had a long relationship with producer Dominic Anciano, says: "Alessandro makes me feel very lucky. He's very special and very clever. We just don't see enough of each other."

She has recently bought a bachelor girl pad overlooking Primrose Hill in London, but she's hardly ever at home. And she's finally decided to get rid of her big, aggressive Jaguar. Such an Uptown Girl just doesn't look right behind the wheel of a car like that, so she's flogging it off.

"It's my beast of burden," she says. "It guzzles up my money all the time. It only cost me £2,500, but it's the sort of car driven by a second-hand car dealer. It's got to go." ■

Weiszed up

HER BIG HOLLYWOOD BREAK TURNED INTO A COSTLY FLOP. BUT RACHEL WEISZ HAS LICKED HER WOUNDS, LEARNED HER LESSONS, AND IS POISED FOR THE BIG TIME AGAIN. BY IVAN WATERMAN

Gorgeous Rachel Weisz should have become very famous in 1996. All the insiders thought her first Hollywood film, an action thriller called *Chain Reaction*, would launch her into the same orbit as Gwyneth Paltrow and Sandra Bullock. The film looked like a surefire winner on paper. Directed by the man who made *The Fugitive* and starring Keanu Reeves, all it required of Rachel was to look brainy and alluring as an English toff scientist who helps Keanu save the world. But as big breaks go, *Chain Reaction* turned out to be more of a disappointing crumble.

The critics hated it ("ham-fisted, ludicrous and idiotic" said one) and it flopped badly at the box office. For most young actresses this would have been a career-threatening setback. But North London-born Rachel is made of sterner, and smarter, stuff.

She picked herself up, chalked it down to experience, and made a note to choose her roles more carefully in future.

Today, at the age of 27, she has a very wise head on her shoulders and a better idea of where she is going. Now she's back with a whole string of starring roles in movies and on TV. And it looks as if 1998 really is going to be her year.

"I wasn't in a position to choose a couple of years ago when Hollywood came knocking," she says. "It was my first real opportunity in a big-budget movie. But that doesn't necessarily mean you are going to be a 'star'. There are no guarantees. "It's hard to say why *Chain Reaction* didn't work. The studio edited out a lot of stuff. But it was fun."

Part of the fun was in keeping the media guessing about her on-set friendship with heart-throb Keanu. She says that any notions of romance came from the fertile imaginations of publicists. But she did like Keanu a lot, and stoutly

defends him from suggestions that he's a bit of an airhead. "Keanu is one of the most profoundly intelligent people I have ever met," insists Cambridge graduate Rachel. "He is extraordinary. People think he's forever on a motorbike with teenage girls in pursuit. But he is nothing like that."

What must be stated about Rachel, 27, is that she simply oozes class. She's a chic, cerebral sort... but she could also pass for a Latin pin-up with her olive skin, full lips, sensuous eyebrows and high cheekbones. Bernardo Bertolucci, who directed her in the film *Stealing Beauty*, says she reminded him of the young Gina Lollobrigida.

Rachel's exotic looks come from her Hungarian-born father, a talented and successful engineer and her Austrian mother, who is a respected psycho-therapist. Both sides of the family came to Britain in the 1930s to escape the Nazis, and home is a splendid family house in Hampstead. Rachel was educated at Benenden (Princess Anne's old school) and the exclusive St. Paul's in London. At the age of 14 she was smart enough to turn down the role of Richard Gere's daughter in the truly awful Biblical debacle *King David*.

Instead, she studied away, took modelling assignments and by the time she was old enough to drive she had saved enough cash to buy herself the car of her dreams... a huge 3.5 litre Jaguar of the sort Jack Regan used to tear around in chasing villains in *The Sweeney*.

She won a place at Cambridge reading English Literature and formed a theatre company group, Talking Tongues, because she really wanted to act. After getting her degree, she quickly won attention starring alongside Ewan McGregor in the BBC's version of the French classic *Scarlet and*

Black. She played the luscious Mathilde to his dashing, cheating Julien Sorrell. For the tragic finale, she had to nurse her lover's decapitated head on her lap.

To shoot the scene, McGregor's face was made up to look dead and he spent a whole afternoon with his head stuck firmly between her thighs. Rachel smiles and says mischievously: "You could say he's gone from strength to strength because of that. We still laugh about it whenever we bump into each other. "Actually, that was a long day. I had the most awful pins and needles afterwards. Hasn't he done well though? He's brilliant."

Then came an award-winning foray into West End theatre and an ultra-modern revival of Noel Coward's *Design For Living*. In the audience were men who smoked fat cigars and came from a promised land called California. They liked what they saw. And so she took off

for Hollywood and made *Chain Reaction*... and it bombed. A role in Bernardo Bertolucci's arty but sexy *Stealing Beauty*, which co-starred Jeremy Irons and Liv Tyler, kept her name in lights while she planned her next move. And now she's back with a vengeance. Coming up on May 8 is her first starring film role in the dark and mysterious drama *Amy Foster*. This will be followed by a burst of pure frivolity as she saves the soul of soccer nut Neil Morrissey (behaving badly as usual) in *My Summer With Des*, which will screened by the BBC to co-incide with World Cup fever in June.

Then in August she teams up on screen with two other leading lights of the Brit Pack, Catherine McCormack and Anna Friel, for David Leland's affectionate World

War Two saga, *Land Girls*. After that it's back to more serious fare in Michael Winterbottom's obsessive love story *I Want You*, set against the backdrop of a small English coastal town. The breezy setting of Hastings in Sussex with its historic battlements obviously had an effect - Rachel fell madly in love with her American co-star Alessandro Nivola. But she also managed to find time to pop across the Atlantic to make a small independent American film, *Going All the Way*, in which she plays a Fifties femme fatale who snares Oscar-winning Ben Affleck of *Good Will Hunting* fame.

People in the know say she may soon have a prize or two herself for her moving portrayal of *Amy Foster*. Directed by Beban Kidron (who made the BBC's acclaimed *Oranges Are Not The Only Fruit*), it's an adaptation of Joseph Conrad's turn-of-the century tale about a poor Ukrainian adventurer who is swept into a remote Cornish village when his ship is destroyed by a storm.

Amy and the seafarer are two misfits who soon recognise they share a common bond in the £8 million drama, jammed solid with stars such as Kathy Bates, Ian McKellen, Joss Ackland, Zoe Wanamaker and Tom Bell.

Rachel was given a cottage for three months near Bodmin where she lived alone and got to grips with the part. "Anyone who has been alone or felt lost in their lives, which I have, could associate with Amy. She is strong and passionate. I wished I was more like her, she is such a dignified noble person. She is not afraid to stand by what she believes."

French idol Vincent Perez, who plays the shipwrecked Ukrainian, made a lasting impression on Rachel even though she was missing her true love Alessandro.

"He's a wonderful and beautiful man," she says. "He was very passionate, possibly the most passionate man I have ever met and he can get away

FOR A WHOLE AFTERNOON EWAN MCGREGOR'S HEAD WAS BETWEEN HER THIGHS



IN LOVE Rachel and her boyfriend, American actor Alessandro Nivola

BAG TO FRONT

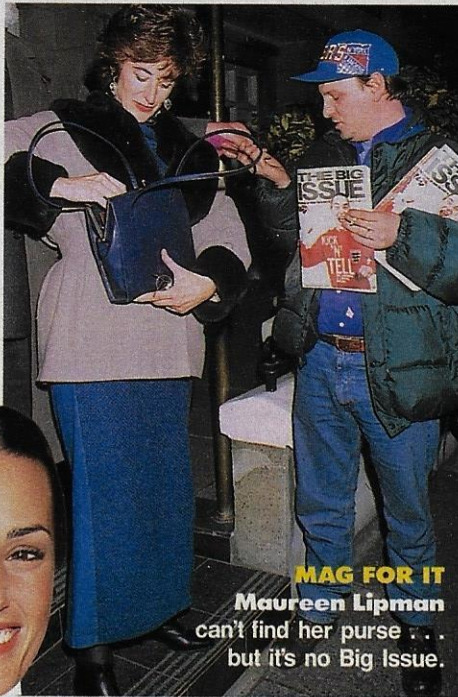


KEANU BELIEVE IT... Mr Reeves puts in extra time as an airport bag handler.

TODAY'S MUST-HAVE CELEBRITY ACCESSORY IS THE HANDBAG... PERFECT FOR CARRYING GIANT EGOS



SCHINDLER'S TRYST? Or is Liam Neeson just carrying around a bundle of new scripts?



MAG FOR IT Maureen Lipman can't find her purse... but it's no Big Issue.



OFF KEY Songbird Kylie Minogue is hardly dressed to trill.



BLONDE AMBITION Tamara Beckwith's a girl who loves to be spotted.



LE BOMB Nice try, Yasmin, but Tony's already picked his Cool Britannia babes.



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HOW TO ENTER There are THREE differences between our pictures of Spice girls Mel C, Mel B and Victoria. But in which boxes are they? Phone 0930 563 989 and leave your answer, name and address. The winner will be the first correct answer selected at random from entries received by Friday, April 24, 1998. Calls cost 50p per minute and should last no longer than two minutes.

ALL YOU HAVE TO DO IS CALL 0930 563 989



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The long-lost truth about our G.I. DADS

PATRICIA TRACEY HIGHLIGHTS THE ANGUISH OF WORLD WAR TWO BABIES DESPERATE TO TRACK DOWN THE FATHERS THEY NEVER KNEW

Rock star Eric Clapton reached the age of 53 before he discovered the truth about his father last month. But his shock at learning that he has step-brothers and sisters in America and Canada is repeated hundreds of times every year when less famous people find out that they too were fathered by a stranger from across the Atlantic.

Visiting servicemen fathered more than 100,000 children in Europe during World War Two... and at that time the stigma of being an unwed mother was so strong that women hid the truth from their illegitimate children as they grew up. Half a century later the secrets are finally emerging, often when mothers make death-bed confessions to astonished middle-aged children... who find it difficult to come to terms with the secret from their past.

Shirley McGlade was one such war baby, and when she finally found her own father in America after a 10-year search, she formed an organisation, called War Babes to help others. She launched the group in 1984 and has since helped over 400 people trace their real dads and step-families. She currently has more than 2,000 members, and a book based on her experience is about to be turned into a BBC documentary. "There are hundreds of mothers now in their 70s and 80s who want to unburden themselves," says Shirley. "They realise time is running out and they don't want to take their guilty secrets to their graves."

But after more than 50 years, it can cause so much sadness because many of the fathers are now dead. Not only that - when middle-aged people find out that the man they

called "Dad" is not their real father, they are in total shock. "We offer support and the exchange of first-hand experiences which help them come to terms with it." Today Shirley tells the story of her own search for her American father, and two other War Babes members reveal their experiences.

To contact War Babes, write to Shirley McGlade at 15 Plough Avenue, South Woodgate, Birmingham, B32 3TQ, enclosing a SAE.

JEAN'S STORY

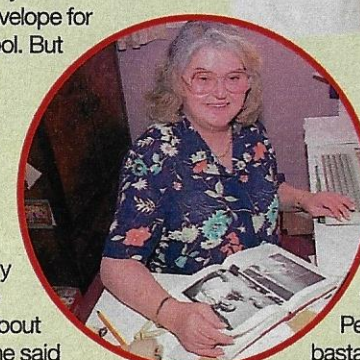
Jean Baillie, 52, a Marks & Spencer sales assistant from Kenilworth, Warwickshire, discovered only recently that she had been adopted. Her natural mother and adoptive parents took the secret to the grave. She is still searching for her real dad.

"I had agreed to help a disabled friend trace her family tree and while I was at St. Catherine's House I decided it would be fun to look up my own birth. I was surprised when I couldn't find the entry but thought no more of it. On my next trip, when I found myself inexplicably drawn towards a sign saying "Public Register of Adoptions", I discovered the truth. Until that moment I had no idea that my devoted, loving parents, who both died at 92 four years ago, were not my real mum and dad. I had had an idyllic childhood growing up with my brother, but after the discovery my life went into orbit. While I waited for details to come through I had counselling, and little things from my past suddenly took on significance. Like when I wanted to look up my horoscope and my

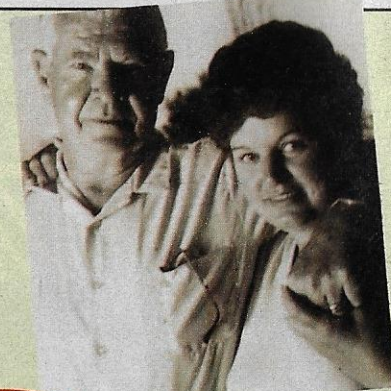
SHIRLEY'S STORY

War Babe organiser Shirley McGlade, 52, from Birmingham, was reunited with her real dad - her mum died just a year after Shirley found him.

"My mum and nan always said my dad had died on the beaches before I was born. I was 13 when I first realised something was wrong. Mum had sealed my birth certificate in an envelope for me to take to school. But I was curious, and when I found the father section was blank I was so devastated I just ripped it up. I confronted my mum who was very embarrassed. She made up a story about being engaged. She said they had planned to get married but he died on D-Day. She reassured me that he would have loved me. I had a miserable time being brought up by a stepfather. I had a half brother and sister and he would always refer to me as a war "leftover". He didn't physically attack me but the mental agony was awful. I still can't bear to mention his name. I was so ashamed that I didn't have



Shirley meets her father at last... and helping other war babes today



a dad, and even our neighbours shunned me. I always felt different from everyone else. People use the word bastard so lightly these days. But when you are one, the word cuts through you like a knife. I would escape by pretending my father was a hero in a war film. I used to watch the credits and pick out a name that could have been my dad. I even wrapped a photograph of the film star Jeff Chandler in plastic and showed it to my friends, saying he was my father. It wasn't until 1972 when my son happened to say that

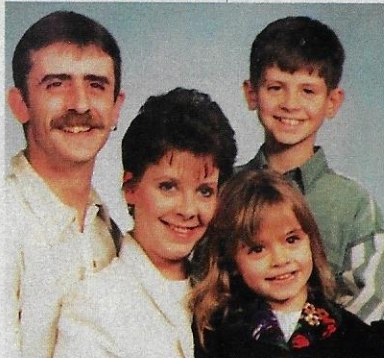
D-Day was in June 1944 that I discovered the truth. Mum had told me my dad died in 1945, but I looked realised that she couldn't have been pregnant for 16 months! I started asking questions, and it was only then she admitted that he was an American called Jack Crowley. I filled in form after form all designed to put you off. Finally I went on NBC television to make an appeal. I didn't give his name or anything, just certain details because I didn't want to embarrass him. Eventually he was found in the small silver mining town of Wallace, Idaho, and I got his telephone number. I rang pretending to be a young member of a family he used to know in England and asked him if he would write and send a picture. As soon as mum saw the photo she said: "Yes, that's him." I called again and told him who I was. His response was just fantastic. He told me about his family... that he had married twice and I had two half-brothers by his first wife. I told him how nervous I was and he said: "Why are you



DAD'S ARMY Shirley's father Jack in uniform

afraid of your own father?" I asked him if I should write to him at a post office box, but he said there was no need - he was going to tell his family all about me. When he said that I was on such a high, I felt like standing on top of mountain and sticking up two fingers to everyone who had shunned me. When he finally said: "Will you come over" after phoning and writing for 12 months I was afraid. I wanted him to like me and worried that he wouldn't. I just couldn't take my eyes off him when I saw him for the first time. I had put him on a pedestal and it took a long time to realise that he ate food and went to the loo like everyone else. I think he felt that maybe I wanted something from him. But I told him the only thing I wanted was his name on my birth certificate. He said he would sign as many affidavits as I liked. The day his name went into that space I felt secure for the first time in my life. And when I had a letter signed "Love from your Dad" it was everything I ever dreamed of."

CHRIS'S STORY



Chris Bird, a 32-year-old tyre worker from Wolverhampton, and his elder brother Kelvin were brought up by his mum Phyllis and her parents after she divorced her husband when Chris was two. He never knew a father figure or that he had a secret family... until a mysterious Canadian got in touch...

"As far as I knew my dad was called Eric Bird and he lived in the same town as me. My grandparents said I could see him if I wanted but I would be better off not bothering. So I didn't. Sadly, my mum was killed in a car accident when I was 14 and I just had to get on with my life. Then Eric got in touch to tell us that someone had put an ad in the local paper trying to find a Kelvin and Chris Bird and gave a number to ring. I called and a woman said that she ran an organisation that re-united families and she had a letter from a John Assalone in Canada who was claiming to be my half brother. What's more he said I had three half-sisters living in Toronto. My grandfather had just died and I thought someone was after something. Even though this guy claimed to know a lot about my mum, I needed a lot of convincing. So I called him in Canada. He told me that he and his sisters Maria, Franca and Fernanda had spent some of their childhood in Britain when their dad Jonah Assalone, a former Italian soldier, and their mother lived quite close to us in Wolverhampton. Jonah and my mother had started an affair, and I was the result, but the Assalones then emigrated to Canada. I was so bowled over by this that I went to see Eric, and asked him straight out if it could be true. He told me: "Well it was a flip of a coin as to whose kid you were." I was quite upset to be told in such blunt terms. It wasn't easy at first to accept that I was a love-child. It was also a big shock for Kel. He was 10

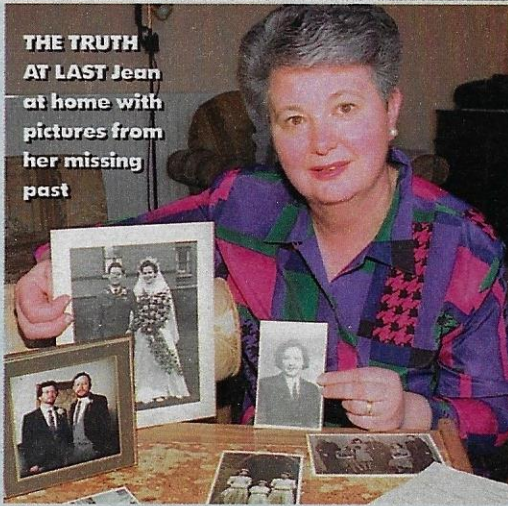
years older than me and could remembering playing with John as a kid. One minute I was Chris Bird and had one brother. The next I was Chris Assalone with another brother and three sisters. It takes a while to come to terms with something like that. I discovered that Jonah had never tried to hide the fact that he had an affair with my mum and that he was my father. He told his other children that they had a brother in England. He even showed them a photograph of me as a baby, taken when they lived in England. My brother John told me he had always wanted to look for me but our father advised him not to. Mum never gave me an

THAT'S MY DAD Chris with his own family... and half-brother John with their father, Jonah



BROTHERS AND SISTERS Chris with Maria, John, Franca and Fernanda

inking before she died. I was still quite young and maybe she reasoned that I would not have been able to handle it. If my grandparents knew, they didn't breathe a word. So if John and the girls hadn't come looking for me, I'd never have known. Seven months after I first spoke to John I decided to go to Canada. My new family really wanted to meet me and paid for us to go over. There was a grand re-union with my big brother and sisters at the airport. It was all very happy. Now I'm sad that I never got to know my father, who died several years ago. It has filled in a huge gap in my life. For the first time I feel whole. I'm so glad John wrote that letter." ■



THE TRUTH AT LAST Jean at home with pictures from her missing past

Mary were brought up in a children's home in Warrington, Cheshire, close to a U.S. military camp. When she got pregnant by a married G.I. called de Ritter she was sent away. I was born in a nursing home in Stratford-upon-Avon and adopted six weeks later. There were a couple of thank-you letters she had written to the home afterwards. She didn't mention me but said she was trying to cut out seven months of her life as if they had never existed. I placed an ad in a Warrington paper and I was thrilled when I got a response and was given the number of one of my natural cousins, Peter, who turned out to be Ada's son. I rang him and told him the whole story. He was so excited and said: "By heck, not Auntie Flo!" He was wonderful to me. He invited me up and filled me in on the family history including how the three sisters

had all married, Florence and Mary to Americans, and had families. Sadly they had all died without breathing a word about me. My mum married Frank Price in 1949 and went to live in America. They had two sons, Frank and Adrian. Pete rang Frank's wife and broke the news gently. A couple of days later I spoke to him for nearly an hour, but he seemed a little nervy and unsure. Although my new family have welcomed me with open arms I feel a sense of guilt that I have invaded their lives and unlocked a secret that my mother took to her grave. I also feel disloyal to my adoptive parents who were so wonderful to me. They were loving parents who gave me a good home and somehow it seems disrespectful to them. It is so sad that they couldn't bring themselves to tell me the truth. But I don't hold anything against them. I am sure they did what they felt was best for me. I feel very lucky that I should have found such love after a difficult start.

I am also relieved that my brother has been so supportive. He said: "You're still the Jean I have known for the last 50 years - it's no big deal." But it was very traumatic as the pieces slowly fitted into place. I feel happier now that I have found out the facts. I still have a few doubts but I think I have done the right thing. It must have been very difficult for my mother... in the end she died from chronic asthma. I just wish I had met her. Now that I have found my real mother's family, I am just praying that I can find my natural father and that he is still alive."



THE FAMILY JEAN NEVER KNEW Florence, Ada and Mary with their husbands



Don't you just love this time of year? All that back-breaking gardening to look forward to, as well as bankrupting yourself taking the kids to theme parks and having to cast off your thick black tights to go on a beach. Spring's great! When the sun comes out it can tell the world that you've spent the winter glued to the sofa, eating. You might not look too bad after an hour getting ready and the lights low, but how about the cold light of a spring morning? Are you toned, glowing, smooth and healthy? Or blotchy, grey and rather slack? Well cheer up. We're all in the same boat but we're going to take action. I've devised a top-to-toe diet and exercise plan which promises to leave you feeling brighter, lighter, and healthier. You're going to get into those shorts, you're going to have a wonderful summer – and you're going to look great! The diet is rich in natural, raw foods which have special properties:

- ★ They help to get rid of excess water and bloating.
- ★ They contain potassium which

Give your body spring clean

SHAKE OFF THE WINTER BLUES AND GET YOURSELF IN SHAPE FOR THE SUNSHINE WITH MONICA GRENFELL'S NEW DIET AND EXERCISE PLAN

helps regulate body fluids.

- ★ They can act as appetite suppressants.
- ★ They help cleanse the stomach.

One of the most important things you can do for your body is to give it plenty of water to flush out toxins. Apart from drinking plenty of pure water, you should eat food with a high water content. This diet is mostly fruit and vegetables, balanced by potassium-rich foods. Calming, appetite-suppressant foods will help you lose the craving for food and make you feel happier and healthier.

FOODS WHICH CLEANSE THE STOMACH

- ★ oats
- ★ cauliflower
- ★ vegetables
- ★ figs
- ★ wholewheat bread
- ★ prunes
- ★ strawberries
- ★ lentils
- ★ live yoghurt
- ★ olive oil

No need for expensive remedies for a sluggish stomach. You are designed to keep your own system healthy by eating plenty of fibre and eating frequently in small amounts. The foods listed above are among the best.

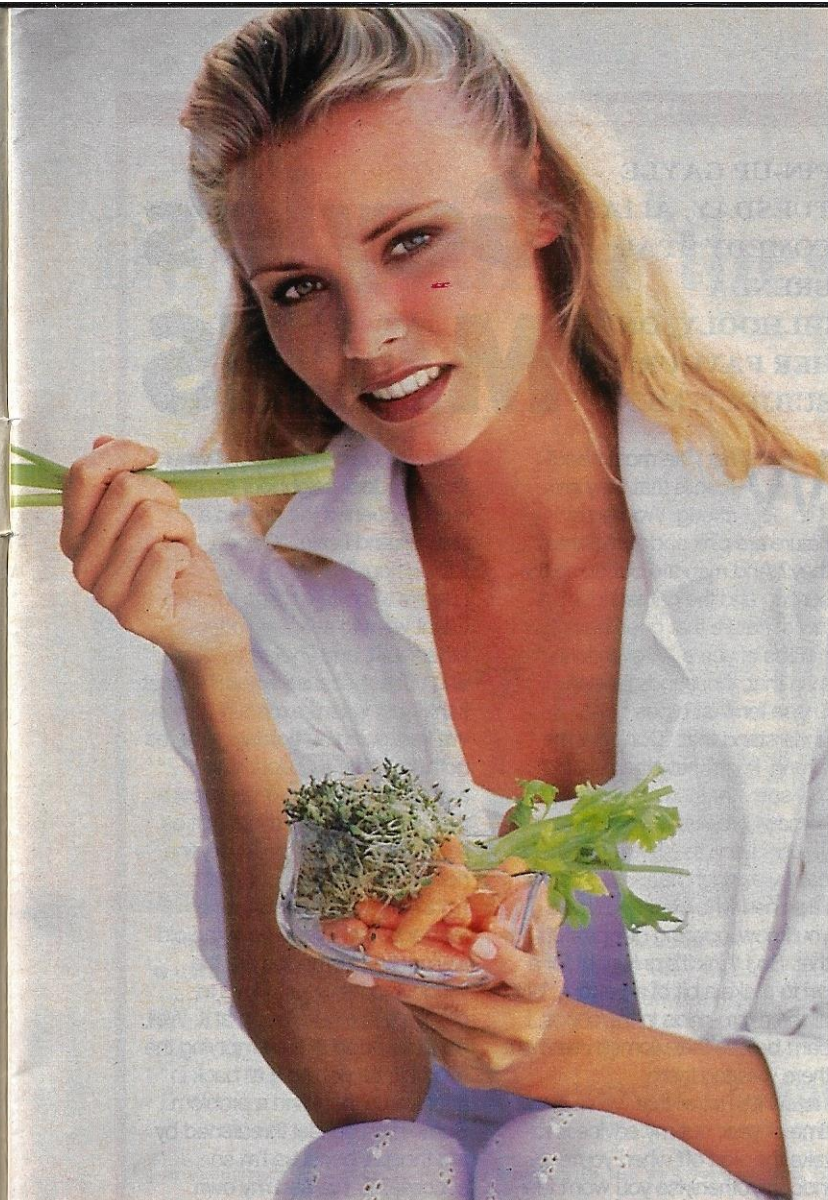
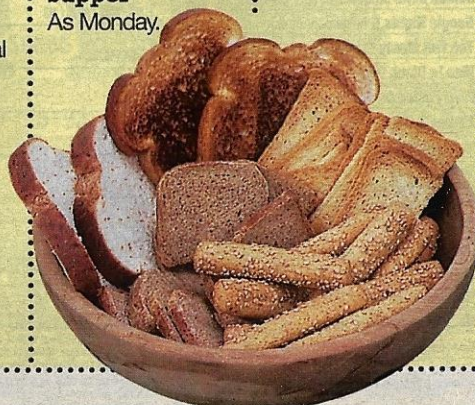
WATER RETENTION

Foods containing a lot of salt can cause water retention and bloating. The beetroot, cabbage, asparagus, celery and parsley in this diet will help eliminate excess water, and help if you suffer from headaches.

POTASSIUM-RICH FOODS

- ★ apples
- ★ grapes
- ★ dried apricots
- ★ leeks
- ★ aubergines
- ★ tomatoes
- ★ bananas
- ★ citrus fruits
- ★ broccoli
- ★ potatoes
- ★ pineapple

EVERY DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Drink 4 pints of plain water every day – at least 1 glass with each meal. Drink pure fruit juices in between. Use only decaffeinated coffee and tea, or herbal teas.</p> <p>Drink at last 1/2 pt skimmed milk every day – a glass before bed aids sleep.</p> <p>There is a starchy snack in the late evening. This helps to keep your blood sugar level moderate at night to prevent restlessness and a morning "hangover".</p>	<p>Breakfast 1/2 grapefruit, Fruit Salad (see recipe).</p> <p>Light meal Special Spring Salad (see recipe). 1 banana.</p> <p>Main Meal 6oz fillet steak OR 1 roast chicken breast OR 2-egg cheese omelette. Steamed broccoli, poached mushrooms, 1 boiled potato, 2 grilled tomatoes. Baked pineapple.</p> <p>Supper 2 slices wholemeal toast, scraping of butter, cup of warm milk</p>	<p>Breakfast As Monday.</p> <p>Light meal Cottage cheese and raw vegetables, cauliflower florets, carrot sticks, celery batons, red and green pepper strips</p> <p>Main meal Portion of cod, peas, runner beans, carrots. 1/2 melon filled with sliced seedless grapes.</p> <p>Supper As Monday.</p>	<p>Breakfast As Monday.</p> <p>Light meal 1 carton (125g) live plain yoghurt with chopped banana and sliced apple.</p> <p>Main meal Spring Salad with 4oz tuna fish. Fruit salad with blueberries, strawberries mangoes etc. (or tinned mango)</p> <p>Supper 30g Bran Flakes, 100ml milk.</p>	<p>Breakfast 1/2 grapefruit, 4 dried apricots, 4 prunes, 2 dried figs, 1 small carton plain yoghurt topped with sunflower seeds, 2 flaked almonds and pumpkin seeds.</p> <p>Light meal Spring Salad with 100g/4oz cold chicken OR small jacket potato. 1 apple.</p> <p>Main Meal Stir-fried veg (mushrooms, baby corn, bean sprouts, onions, mixed peppers, etc.) with beef strips and soy sauce OR grilled and flaked salmon baked apple and sultanas</p> <p>Supper 1 slice toast, Marmite, glass of milk.</p>	<p>Breakfast As Thursday.</p> <p>Light lunch Spring Salad</p> <p>Main meal Leek and potato soup, 2 slices of wholemeal bread. Baked peaches with crème fraîche.</p> <p>Supper Bowl muesli (unsweetened) topped with sliced apple, strawberries, seedless grapes (as available).</p>	<p>Breakfast As Monday.</p> <p>Light lunch Home-made lentil soup. OR Asparagus soup OR Broccoli and Stilton soup. 2 slices wholemeal bread. 1 banana.</p> <p>Main Meal Grilled or poached cod, 8oz mashed potatoes, steamed cabbage OR Aubergine, courgette and tomato bake with cheese topping. Hot baked bananas.</p> <p>Supper Mixed dried fruits, seeds nuts and yoghurts.</p>



SPRING CLEAN RECIPES

SPECIAL SPRING SALAD

This salad incorporates all the best ingredients to help you banish excess fluids, re-hydrate and eliminate toxins the natural way. If any ingredients are hard to come by don't worry – just include as many as you can manage. The salad should be eaten with a dressing which is rich in olive oil. It is healthy, and you only use a little.

BASE

Make a bed of salad leaves like lettuce, lamb's lettuce etc.

SALAD

- Shredded raw white cabbage
- Shredded red cabbage
- Grated or batons of carrot
- Sliced chicory leaves
- Grated or sliced beetroot
- 2 tsp sweetcorn
- 6 asparagus spears and cooked celery sticks, cut thinly
- Tiny cauliflower florets

Chopped parsley
Fresh pink grapefruit segments
DRESSING

- 4 tbsp pure olive oil
- 2 tsp wine vinegar
- 2 tsp french wholegrain mustard
- Ground black pepper
- Grated zest of a lemon

Mix all ingredients in a jar and refrigerate until needed. Use 1 tbsp per salad meal

FRESH FRUIT SALAD

Make at the beginning of the week and refrigerate until needed.

- 2 cubed mangoes
- 1 fresh pineapple, cubed, or 2 tins pineapple chunks
- 1 tin blackberries in fresh juice
- 2 sliced fresh peaches, or 1 tin peach slices in juice
- 1 melon, cubed
- Sliced strawberries (added as needed).

FOOD FACTS

- ★ Tomatoes and aubergines are members of the nightshade family, and can cause sensitivity in people suffering from arthritis.
- ★ Pineapples contain bromelain, an enzyme which helps digestion.
- ★ Celery is very underated. As well as being low in calories – only 7 calories in two sticks – it reduces inflammation and acts as a mild sedative and a natural diuretic.
- ★ If you suffer from unconnected

food cravings and weight gain you might be lacking in the essential amino acid phenylalanine, which is found in meat, cheese and chocolate. There is no chocolate in this diet due to its high-calorie and sugar content but meat and cheese are fine in small quantities.

- ★ Beetroot contains folic acid which is beneficial in pregnancy.
- ★ Strawberry seeds contain lignin, a strong dietary fibre.

SPRING CLEAN EXERCISES

No weight-loss plan is complete without exercise. Start by burning an extra 250 calories a day and after Thursday increase it to 500 calories if you can. That's 15,000 calories in a month.

If you also reduce your food intake by 500 calories a day you can lose 8 1/2 lbs by mid-May! Choose one 250-calorie exercise every day:

- ★ 1 hour of slow walking
- ★ 40 minutes of brisk walking
- ★ 1 hour 10 minutes weeding
- ★ 80 minutes playing bowls
- ★ 45 minutes of golf
- ★ 18 minutes of squash
- ★ 35 minutes of tennis
- ★ 40 minutes of badminton
- ★ 35 minutes mowing the lawn



- ★ 30 minutes heavy digging
- ★ 1 hour of mountain biking
- ★ 25 minutes racing cycling
- ★ 30 minutes' moderate swimming

You can increase your calorie burning in several ways.

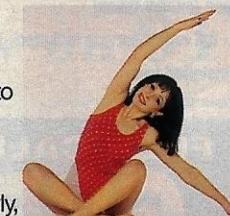
- Double the time spent, increase intensity (walk uphill, faster cycling), add small amounts of exercise such as parking further from the shops, walking to work, taking an evening stroll.**

Exercise is not just for burning fat. You also need to tone your muscles. The areas which have suffered over winter are mostly below the waist, so today's simple exercises are designed to tone the waist

Hip Stretcher

1 This simple exercise helps to banish that little "pad" which sits on your hip bones. Sit cross legged on a mat. Sit up straight and raise your arms above your head. Breathe in.

2 Breathe out slowly and lower one hand to the floor. Slide your fingertips along slowly, extending the other arm as shown. Keep both buttocks on the floor. Hold for 6 seconds, feeling the stretch in your hip. Breathe easily again. Slide the fingers along the floor one more inch and hold. Lower your top arm and come to sitting, repeat on other side.



Tummy Toner

1 Lie flat with a ball or book between your knees to keep them still. Squeeze tightly. Extend both hands in front, clasped. Breathe in.

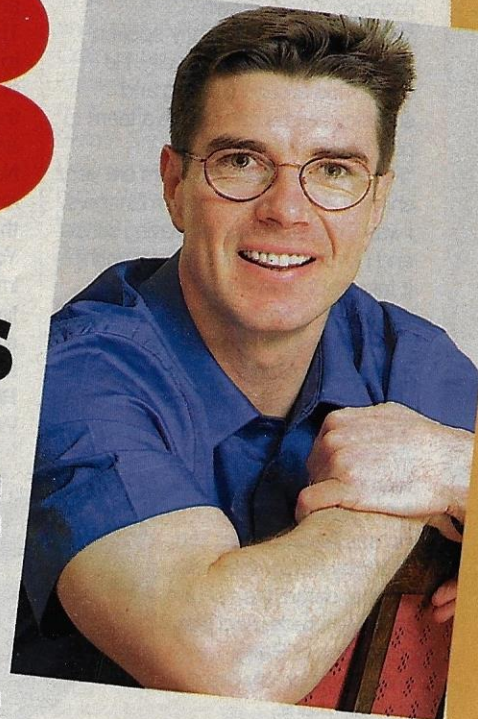
2 Breathe out and press your back down so you can feel the floor. Slowly curl up as if someone is pulling on your hands. Look up at the ceiling. Feel all the air go out of you and hold. After three seconds return slowly to the floor and breathe easily. Repeat eight times, rest and repeat again. ■



WORLD CUP

1998

My guide to who's hot and who's not



BY TV'S BARRY VENISON

TV pundit Barry Venison is putting his shirt on Alessandro del Piero to play a starring role in the World Cup – or rather, his son's shirt.

Barry is so convinced that the Italian ace will set France alight this summer that he has bought a Del Piero No.10 shirt for 11-year-old Max to wear.

"I got it when I was in Turin covering Juventus for ITV earlier this season," Barry reveals. "I was so thrilled by Del Piero's performance I immediately went to the souvenir shop and bought the shirt. I wanted Max to be the first kid on the block to wear it if Del Piero does electrify the fans – as I think he will.

"Mind you, the stage is set for any number of players to attain superstar status overnight.

That is part of the glamour of the World Cup as the stars capture the public's imagination.

"It could be Ronaldo of Brazil, Bergkamp of Holland or an English youngster like Michael Owen. It's like the Oscars. No one is ever quite sure whose name will come out of that golden envelope."

Nobody is more qualified to play

the role of Mystic Meg in our exclusive World Cup preview than Barry, 32. After a glittering playing career – including two England caps – he has now become one of the most

respected summarisers on television. Barry can give a fascinating glimpse of the game from both sides of the touchline.

So OK Barry, in at the deep end. What chance have England got?

"I think we're among the top five teams in the world now.

I can't see us failing to get through our group. But after that, anything can happen. All sorts of factors come into play, especially injuries

and self-belief.

"If Glenn Hoddle has his 'spine' fully fit we could really go places. By his spine, I mean David Seaman, Tony Adams, Alan Shearer and Paul Gascoigne. But take one or two of those away and you reduce England's effectiveness."

While Barry and his 163-strong

ITV team criss-cross France during the competition – he is due to cover ten games in the first 15 days – England will be cocooned behind the walls of their Brittany camp. But Barry says that the main walls they will have to build around themselves will be psychological.

"Glenn is very shrewd. He'll try to protect the players from pressure – especially the pressure of people back home expecting England to win. I don't think you'll find too many newspapers coming through the letterbox of the England camp.

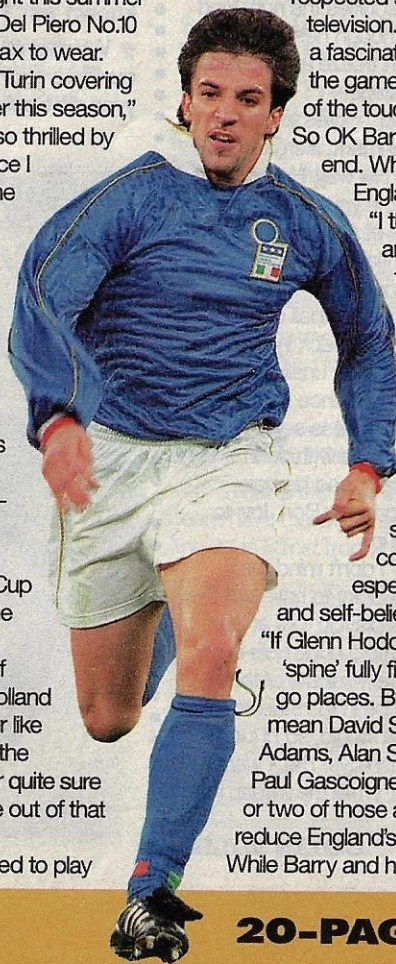
"Discipline will not be a problem. He won't have anyone there who will rock the boat. Knowing Glenn, he'll probably allow a glass of wine with dinner, and there may be a window for wives and girlfriends to visit for a couple of days. But he will want to create a little island of his own inside France, "Make no mistake, it will be an insular group who will win it. A squad of players who couldn't care less what is happening round the corner or on the other side of the world. It's just them – together and focused."

Which naturally brings up that eternal question mark – Gazza. Like everyone connected with the game, Barry has mulled over the contradictions that go to make up England's most gifted yet erratic player.

"I think there are two Gazzas. The Gazza inside a football shirt and the

other Gazza when he takes it off. "I am very pro Paul. He was very good to me when I first played for England. In football terms, he is the most naturally gifted midfield talent we have – totally irreplaceable. But he does pose problems.

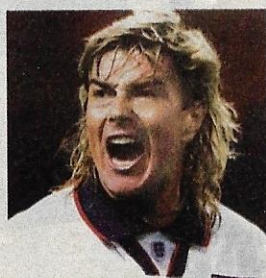
"Off the field, Glenn will have to work overtime to keep his mind occupied. Gazza is totally hyper and it's filling in the empty hours that is the difficulty. "One England player I will be keeping a special eye on will be Michael Owen. To have achieved what he has at the age of 18 and to have dealt with it with such maturity is incredible. I don't know how he does it. He must have fantastic parents." So all in all then, England are a force to be reckoned with? "Certainly. Don't forget, we won Le Tournoi in France last summer playing against France, Italy and Brazil. And it's rubbish to say it was just a friendly competition. We beat Italy and I can tell you they were going hell for leather. There is a new respect for English football around the world." Scotland are in a tough group – the smart money is on Brazil and Norway going through. But Barry hasn't ruled them out by any means. They have players like John Collins and Paul Lambert, who have years of European experience. But ▶



20-PAGE FRANCE 98 PULLOUT

Barry thinks it's the team's togetherness and lack of prima donnas that is their main selling point. "They are a team without stars, but they have a terrific defensive record. They'll take some breaking down. And I have a nice feeling about their manager, Craig Brown. "He's very straight, quietly-spoken and open. He attracts loyalty. He doesn't go around bawling and shouting but he can inspire a team to play above themselves. "Players like him, and players are very shrewd and cynical about managers. I was a pro straight after leaving school and I know all about that relationship. It takes about five minutes to suss out a new manager. They watch his mannerisms and body language, see if he's comfortable with himself. Craig Brown seems to have passed that test with flying colours."

Among the 32 competing teams there is a paddock full of potential dark horses like Scotland. But to lift the trophy they will have to defeat the genuine thoroughbreds. And that, according to Barry, means principally Brazil and Germany. "Brazil have a lot of toughness about them now, as well as breath-taking skill. And they've



STRONG IN THE HAIR
Venison the player

got players who can win games on their own. Up front Ronaldo is a devastating combination of pace and power. He gives defenders nightmares because he's so in control of the ball and he goes straight for the throat. But I also like Denilson, the midfielder. He's a little guy but there's an edge of nastiness about him. He's always involved." Barry's hankering for Germany may surprise a few people. "Oooh, never underestimate them. I think they'll go very close. There's an athleticism

about them and they are technically proficient, which they don't get a lot of credit for. People say they are pedestrian, but what they are is very controlled. Being in charge of Germany must be a manager's dream. They don't have any airs and graces. They allow themselves to be moulded for the common good. And they do have a lovely arrogance."

National characteristics are often reflected in the way a team plays. You could no more imagine a petulant firebrand in the white shirt of Germany than a shy and unassuming Ruby Wax. Winning the World Cup is about

harnessing your natural strengths to a cause. Experience of the occasion is also a big plus. Italy, though they only qualified by the skin of their teeth, are no strangers to football's peaks. They've been there and done it many times. "The prospect

of being isolated in a camp situation for five weeks is not at all daunting to them. It happens in their domestic games. They can't believe that most English players finish training at 1pm and then are left to their own devices. "Having a set diet and regulated bed-times is second nature. They're a bit 'womanish' actually. They like to be pampered. British players tend to be a bit more macho and look down on that kind of thing." Being host nation, France are a lot of people's favourites, but Barry isn't

totally impressed. "I think they're a bit brittle and they haven't really got a goal scorer like Shearer or Ronaldo."

Part of the joy of the World Cup is watching emerging nations explode onto the scene – remember Cameroon eight years ago? They're back again, but according to Barry, "The honeymoon is over, they've shot their bolt now." This time it could be Nigeria, the Olympic champions, led by former



Everton striker Daniel Amokachi – "he goes at defences like a big, strong bull." Jamaica, nicknamed the Reggae Boyz, will have a great time. "They'll turn every game into a jamboree, but I can't see them getting beyond the group stage."

Barry believes the crucial factor may be a virtuoso performance by one of the superstars. "But there's superstars and superstars. The best ones will operate within a team context. The ones who aim simply for individual glory will fail."

"Del Piero personifies the right kind of superstar. Though he's still young, he won't freeze and he likes taking centre stage.

"The same 'feel' applies to Brian Laudrup of Denmark, Bergkamp of Holland, Flo of Norway, Hagi of Romania and the young 19-year-old Juan Riquelme of Argentina. All have the potential to make those watching spellbound."

For Barry, whose football career was cut short by a back injury, the World Cup will be an unalloyed joy. He's changed a lot since his playing days, not least in dress sense and haircut. His suits vie with John Barnes for daring, and his hairstyle's gone from Jon Bon Jovi to more like Tin-Tin.

Barry laughs. "I don't mind the jokes. I feel so lucky to have got this telly job. I miss playing, but at least I haven't fallen into a huge hole in my life. I'll enjoy every minute of the World Cup. I'll be in the stadiums rather than in a studio, so I'll just let everything wash over me. I want to hear the roars, smell the sweat, feel the passion."

COLIN WILLS

SO YOU THINK YOU KNOW FOOTBALL?

NEAL COLLINS ASKS THE QUESTIONS FOR ALL YOU BUDDING JOHN MOTSONS

1 The world's biggest country will not be at France '98. They are?

2 How many matches will be played in the 1998 World Cup Finals?

3 How many World Cups have been played so far?

4 How many different winners have there been?

5 Only one of those past winners have NOT qualified this time. Which nation failed?

6 In which Paris suburb is the new Stade de France?

7 A 20-year-old Brazilian will move from Sao Paulo to Real Betis of Seville for a world record £22million after the World Cup. Who is he?

8 Which Brazilian, sent off seven times in a season, is known as 'The Animal'?

9 Which unfancied Arabian side, qualifiers against the odds again this year, did Scotland draw against in

1978, much to the chagrin of the Tartan Army?

10 At Italia 90, in Genoa the Scots suffered another World Cup shock, this time losing 1-0 to which little known Latin American outfit?

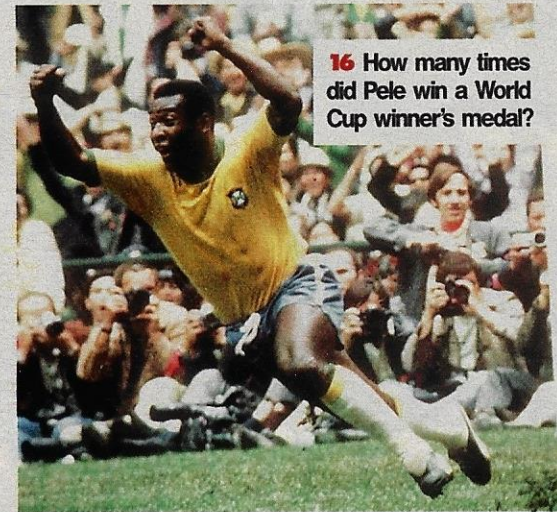
11 Which late goal, scored against England, put Scotland out of the Euro 96 quarter-finals?

12 Scotland have qualified for SEVEN World Cup finals: 54, 58, 74, 78, 82, 86 and 90. How many times have they progressed beyond Round One?

13 Norway's largely British-based squad has been put together by which coach over seven years?

14 Italian coach Cesare Maldini's son will captain his side during the World Cup.

15 Andres Escobar was shot dead four years ago after scoring an own goal at US 94. Which country did he play for?



16 How many times did Pele win a World Cup winner's medal?

Who is he and which club does he play for?

17 Italy have won the World Cup three times. When was the last?

18 How many times have Cameroon qualified for the World Cup finals?

19 Which nation beat holders South Africa to win the African Nations Cup this year?

20 Hosts France have never won the World Cup, but they did win the European Championship – in which year?

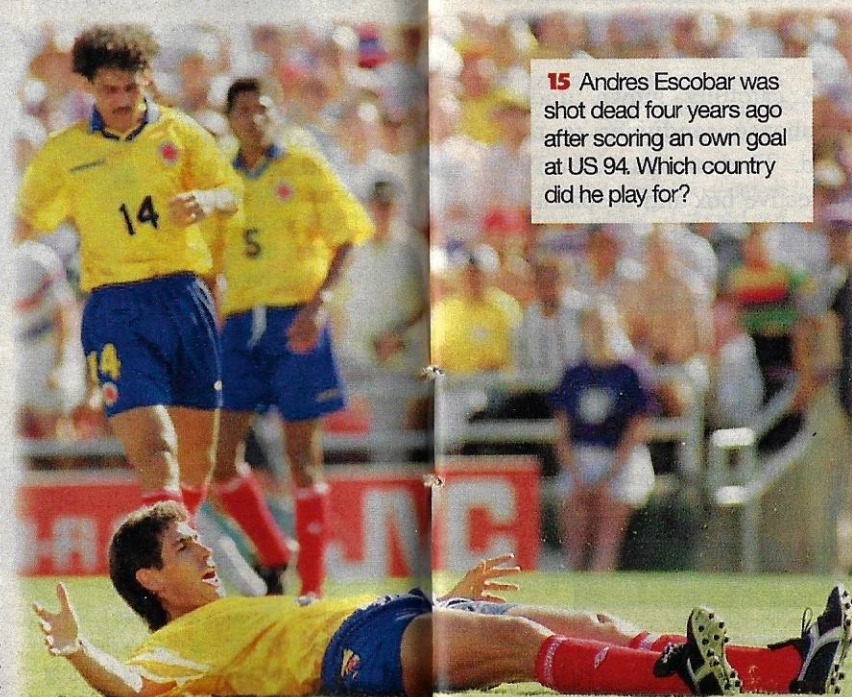
21 What is the best Denmark have done in the World Cup?

22 Tony Adams was one of the finds of Italia 90. True?

23 How many times have South Korea qualified for the World Cup finals?

24 When did England first play in the World Cup finals?

25 What is the best the England team have managed since they won the Jules Rimet trophy in 1966?



Check your answers on the right, award yourself a point for every one you get right, then add up your total. Are you John Motson? Sadly, if you scored over 20, yes... you should get out more. If you scored 10-19, don't worry, you're perfectly healthy. If you scored less than 10, you know very little about football and probably support Derby County.

GRAHAM NICKLESS GETS THE EXPERT VERDICTS

GEORGE BEST

(Manchester United and Northern Ireland):

It's those magical Brazilians for me because the team is full of class players like Ronaldo and Romario. They may not have done so well in Europe in past years but I think France will suit them. England should win through to the quarter-finals but poor Scotland haven't got much hope.

Bestie's Hot Tips: Brazil, France, Germany and Italy.

STEPHEN HENDRY

(snooker star):

I will be in Paris cheering for Scotland against Brazil in the World Cup's opening game but to be honest I don't rate our chances. England fancy themselves and they may get to the later stages – but they won't win it. I'm going for Italy because they have such strong individuals. I enjoy the way they play as a team and they are always a threat – and the Brazilians can never be discounted.

Stephen's Hot Tips: Italy, Brazil, France and Germany

LAWRIE McMENEMY

(Northern Ireland boss):

Brazil appear to be flying at the moment and with their tremendous forward power I can see them becoming world champions again. I would love to see England and Scotland do well, but I know from experience how frustrating the injury situation can be after a long, hard domestic season.

The Germans have this knack of reaching the knock-out stages and France are strong too.

Lawrie's Hot Tips: Brazil, Germany, France and England.

EDDIE JORDAN

(Formula 1 Team Owner):

It's a shame the Republic of Ireland aren't there – I'd know instantly who would win it! Never mind, at least the Irish are the best supporters in the world.

As a Coventry fan I'll be supporting England if Glenn Hoddle selects Dion Dublin. I think it will be a battle between Brazil and Argentina."

Eddie's Hot Tips: Brazil, Argentina, Germany and Italy.

JOHN DENNIS

(Barnsley chairman):

The Germans seem to have this habit of doing well, and because it's in Europe, I back them over Brazil. I'd like to see England go all the way and I think they can reach the semis. Craig Brown's Scotland have done remarkably well to qualify for the finals with their limited squad.

Before Christmas I would have said England were looking very strong but at this stage we are heading towards the tournament with some uncertainty because of injuries.

John's Hot Tips: Germany, Brazil, England and France.

JON SMITH

(leading soccer agent):

Brazil will win it. They have always bred talented ball players but many of them have toughened up playing more physical football in Europe.

I hope England can win through to the semi-finals – and if they should meet Germany again along the way my money will be on Glenn Hoddle's team because the law of averages says it's our turn to beat them!

Jon's Hot Tips: Brazil, France, England and Italy.

FRANK WARREN

(boxing promoter):

I am going to fly the flag and say that Glenn Hoddle's England are good enough to be crowned world champions in France this summer.

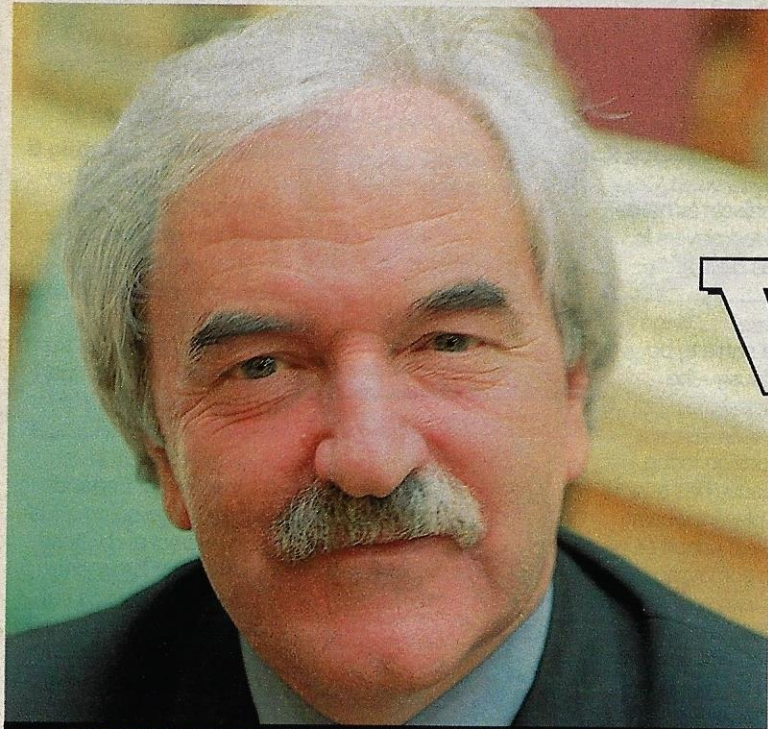
England are capable of beating any team on their day because they have the best goalkeeper in the world in David Seaman and one of the best strikers in Alan Shearer.

Frank's Hot Tips: England, Germany, France and Brazil.

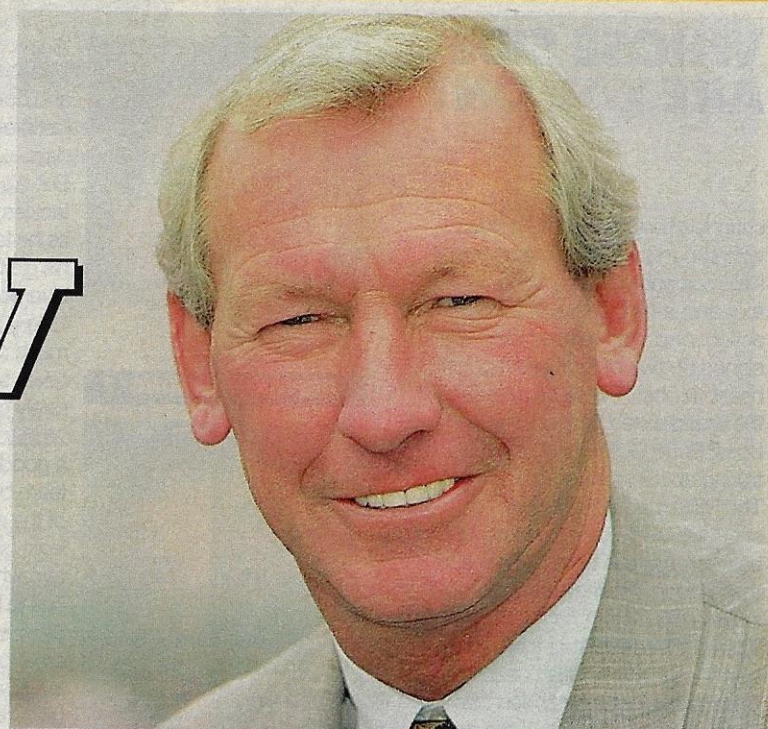
ANSWERS: 1. Russia; 2. 64; 3. 15; 4. five (Brazil, Italy, Uruguay, England, Argentina and West Germany); 5. Uruguay; 6. Denis; 7. Denilson de Oliveira; 8. Edmund; 9. Iran; 10. Costa Rica; 11. Bergkamp's late goal in the 4-1 defeat against England ensured Holland's passage to the quarter-finals ahead of the Scots; 12. None; 13. Egil Olsen; 14. three (1958, 1966 and 1970); 17. 1982 in Spain (they also won the first two World Cups in 1934 and 1938); 18. three; The Indomitable Lions made it in 1984, 1990 and 1994; 19. Egypt; 20. 1984; 21. Round of 16; 22. No: He was left on the bench; 1986; 23. Four times before France 98: 54, 86, 90 and 94; 24. 1950; 25. 4th at Italia 90.



1998



DESMOND LYNHAM: BEST IN THE BUSINESS, SO HE SCORES 10



BOB WILSON: DOUBLE WINNER WHO SCORES A 7



GRAHAM NICKLESS SURVEYS THE BIG NAMES IN THE REAL WAR OF FRANCE 98: BBC VERSUS ITV

WHOSE SIDE ARE YOU ON?

They say the British always love an underdog, but that doesn't seem to apply to the trailing side in TV's

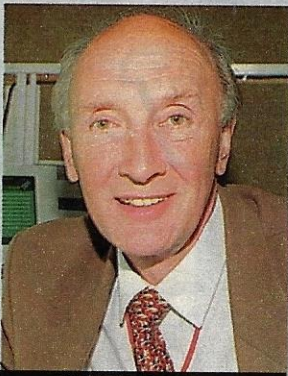
biggest sporting battle. ITV go into France 98 with a distinct disadvantage after the BBC's ultra-professional show totally dominated the viewing figures during the Euro 96 tournament two summers ago. Desmond Lynham's lads attracted the tournament's highest audience of 17.5 million for England's heartbreaking semi-final defeat to Germany, while ITV lagged well behind with 6.3 million.

And the Beeb had three times more viewers for Germany's final victory over the Czech Republic. Traditionally, the BBC has dominated coverage of major sporting events. And despite the Ruud Gullit factor as a major boost for ITV, it looks like the ad-free channel will win this one too on viewer loyalty alone.

Although Bob Wilson's ITV boys have sharpened up their act, they still trailed a little behind the Beeb when we compiled this handy guide to the players on each 11-man TV team, with a rating out of 10 for each big name. Both ▶



JOHN MOTSON: 8

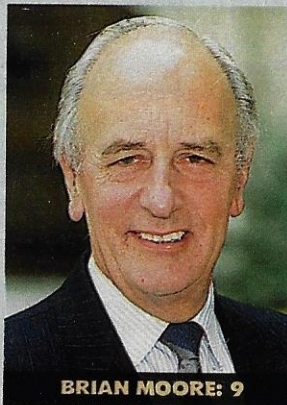


BARRY DAVIES: 8

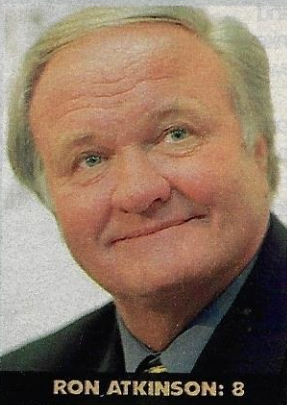
BBC

Team boss **Desmond Lynham** is the best sports presenter in the business. He always looks so much in control even though he supports poor old struggling Brighton & Hove Albion. Des is more than just a football anchorman, he has also been the hero of countless Olympics, the voice of Wimbledon and the man unfazed by cancelled Grand Nationals.

.....**Rating 10**
John Motson will rattle our brains with facts and figures galore but, despite the battle for supremacy with Davies, he's still in complete control most of the time.....**8**
Barry Davies is a good old-fashioned pro with a likeable personal touch to his reports.....**8**



BRIAN MOORE: 9



RON ATKINSON: 8

ITV

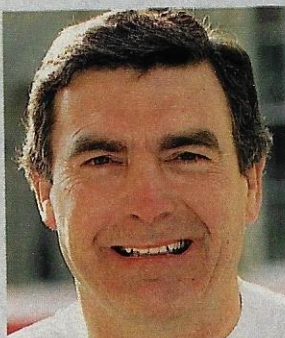
As a former Scotland goalkeeper, team boss **Bob Wilson** may not have the safest pair of hands in an emergency, but Bob did win the double with Arsenal back in 1971 and has a sound knowledge of the game. It's the kind of experience Dishy Des lacks. Sadly, it's the only advantage Bob has. Not the best of team leaders nor is he a great link-up man.....**Rating 7**
Brian Moore is Mr Dependable. One of the most genuine voices of football who will not let anyone down in his World Cup swan song. Never really got over Sky's Premiership monopoly.....**9**
Ron Atkinson - big Ron likes to speak his mind and is prepared to have a go - in his own way.....**8**



1998

WHOSE SIDE ARE YOU ON?

channels have loaded their sides with experts to comment on every kick, spit and penalty during four-and-a-half weeks of soccer action. And both teams have signed up two of football's biggest heart-throbs. ITV will be parading the dreadlocked former Chelsea boss, Ruud Gullit who just loves talking about sexy football. The BBC have retaliated by snapping up Tottenham Hotspur's easy-on-the-eye David Ginola and those clean, flowing shampoo-ad locks of his. There's little doubt that there is no better anchor man than dear old Des Lynham who has been the Beeb's very own catch of the day for years. The winner of too many presenter and personality awards to count, he's a complete charmer in the studio, no matter what sport he is talking about. And goodie-two-shoes Gary Lineker is still a household darling despite those dreadful crisp adverts. Luckily for us, there is always Alan Hansen on hand to occasionally wipe that grin off Lineker's face. Obviously ITV's big gun is Gullit. The former European footballer is as good on the box as he was on the field. ITV will also have two former England managers – Bobby Robson and Terry Venables – to add weight to their coverage. And Alex Ferguson, the living legend of Manchester United, will be around to keep a very close watch on Scotland's progress. The BBC kick off the battle with Scotland's World Cup opener against holders Brazil in Paris on June 10. John Motson will once again have enough facts and figures on hand to talk to the hind legs off a donkey and Barry Davies will add his own inimitable personal touch. The other side will rely once more on Brian Moore who, bless him, will be reporting his *ninth* and final World Cup tournament alongside Ron Atkinson and Ian St. John. Maybe there's time for ITV to emerge from behind before the head-to-head confrontation of the World Cup Final on June 12. Let battle commence and may the best telly team win!



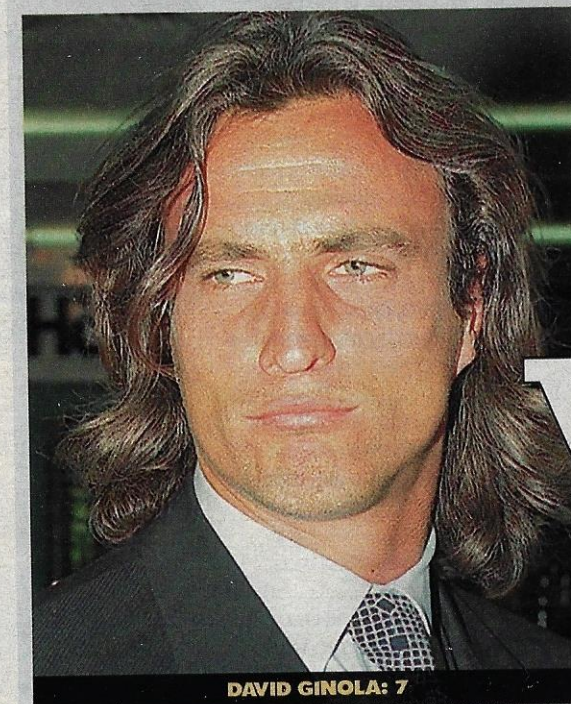
TREVOR BROOKING: 7



ALAN HANSEN: 8



GARY LINEKER: 6



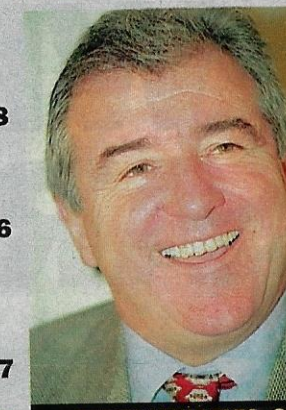
DAVID GINOLA: 7



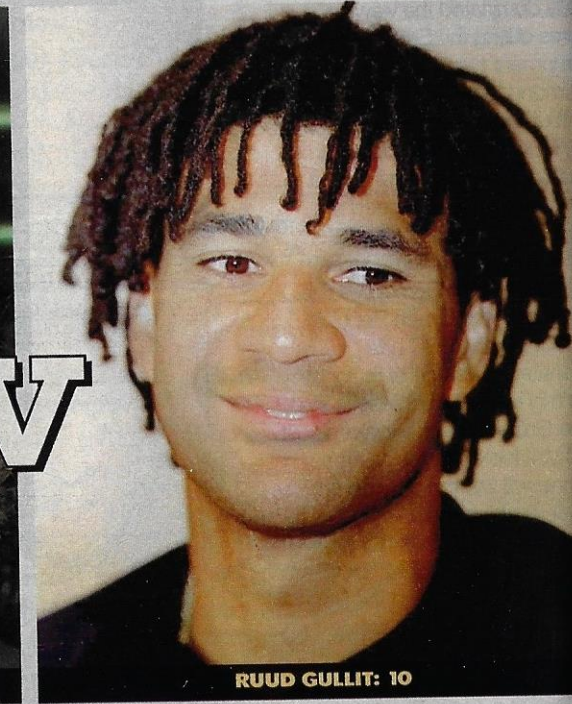
IAN ST JOHN: 5



KEVIN KEEGAN: 5



TERRY VENABLES: 8



RUUD GULLIT: 10

Trevor Brooking likes to sit on the fence and doesn't take risks... just like his West Ham days.....**Rating 7**
 But **Alan Hansen** tackles subjects as hard as he tackled players in his glorious days at Liverpool.....**8**
Gary Lineker is too much of a softie to be taken seriously – he rarely criticises.....**6**
Mark Lawrenson is a good addition to the team because he's one of the ex-players who at least packs a punch or two when something has to be said.....**8**
Jimmy Hill remains a great old campaigner who leads with his chin but talks out of his bottom....**6**
David Pleat is one of the best summarisers with a crisp delivery who provides excellent background information from his experience in management.....**8**
Chris Waddle speaks as he played on the wing – slow with a wobbly delivery.....**6**
David Ginola He may look good under the TV lights but will he come up with anything worth listening to?.....**7**

BBC TOTAL 82

Ian St John always states the obvious and some may feel he's a little past his sell-by date.....**Rating 5**
Kevin Keegan sits on the fence far too often because he does not like to upset anybody.....**5**
Terry Venables, former England manager, has always had the gift of the gab and for the most part he has something useful to say, too.....**8**
Bobby Robson is another former England manager who commands great respect and whose views cannot be ignored – if he gets his words out correctly.....**7**
Alex Ferguson is worth listening to but will need to cheer up and smile more in front of the cameras....**7**
Barry Venison is a great talker who will say what he thinks.....**8**
John Barnes may be up there in the fashion stakes with Venison but that's about it.....**4**
Ruud Gullit has a smile to match his eloquence. Probably ITV's biggest asset, as the Beeb know only too well, because he knows what he's talking about and knows just how to say it.....**10**

ITV TOTAL 78

WORLD CUP FRANCE 1998

GROUP A

1. BRAZIL
2. SCOTLAND
3. MOROCCO
4. NORWAY

BRAZIL V SCOTLAND
St Denis (Paris), Wednesday, June 10th **BBC1-4.30pm**

MOROCCO V NORWAY
Montpellier, Wednesday, June 10th **ITV-8.00pm**

BRAZIL V MOROCCO
Nantes, Tuesday, June 16th **ITV-8.00pm**

SCOTLAND V NORWAY
Bordeaux, Tuesday, June 16th **ITV-4.30pm**

BRAZIL V NORWAY
Marseille, Tuesday, June 23rd **BBC1-8.00pm**

SCOTLAND V MOROCCO
St Etienne, Tuesday, June 23rd **BBC1-8.00pm**

GROUP B

1. ITALY
2. CHILE
3. CAMEROON
4. AUSTRIA

ITALY V CHILE
Bordeaux, Thursday, June 11th **ITV-4.30pm**

CAMEROON V AUSTRIA
Toulouse, Thursday, June 11th **BBC1-8.00pm**

ITALY V CAMEROON
Montpellier, Wednesday, June 17th **ITV-8.00pm**

CHILE V AUSTRIA
St Etienne, Wednesday, June 17th **BBC1-4.30pm**

ITALY V AUSTRIA
St Denis (Paris), Tuesday, June 23rd **ITV-3.00pm**

CHILE V CAMEROON
Nantes, Tuesday, June 23rd **ITV-3.00pm**

GROUP C

1. FRANCE
2. SOUTH AFRICA
3. SAUDI ARABIA
4. DENMARK

FRANCE V SOUTH AFRICA
Marseille, Friday, June 12th **ITV-8.00pm**

SAUDI ARABIA V DENMARK
Lens, Friday, June 12th **BBC1-4.30pm**

FRANCE V SAUDI ARABIA
St Denis (Paris), Thursday, June 18th **BBC1-8.00pm**

SOUTH AFRICA V DENMARK
Toulouse, Thursday, June 18th **ITV-4.30pm**

FRANCE V DENMARK
Lyon, Wednesday, June 24th **BBC1-3.00pm**

SOUTH AFRICA V SAUDI ARABIA
Bordeaux, Wednesday, June 24th **BBC1-3.00pm**

GROUP D

1. SPAIN
2. NIGERIA
3. PARAGUAY
4. BULGARIA

PARAGUAY V BULGARIA
Montpellier, Friday, June 12th **ITV-1.30pm**

SPAIN V NIGERIA
Nantes, Saturday, June 13th **BBC1-1.30pm**

SPAIN V PARAGUAY
St Etienne, Friday, June 19th **BBC1-8.00pm**

NIGERIA V BULGARIA
St Denis (Paris), Friday, June 19th **ITV-4.30pm**

SPAIN V BULGARIA
Lens, Wednesday, June 24th **ITV-8.00pm**

NIGERIA V PARAGUAY
Toulouse, Wednesday, June 24th **ITV-8.00pm**

GROUP E

1. HOLLAND
2. BELGIUM
3. SOUTH KOREA
4. MEXICO

HOLLAND V BELGIUM
St Denis (Paris), Saturday, June 13th **BBC1-8.00pm**

SOUTH KOREA V MEXICO
Lyon, Saturday, June 13th **ITV-4.30pm**

HOLLAND V SOUTH KOREA
Marseille, Saturday, June 20th **ITV-8.00pm**

BELGIUM V MEXICO
Bordeaux, Saturday, June 20th **BBC1-4.30pm**

HOLLAND V MEXICO
St Etienne, Thursday, June 25th **BBC1-3.00pm**

BELGIUM V SOUTH KOREA
Paris, Thursday, June 25th **BBC1-3.00pm**

GROUP F

1. GERMANY
2. USA
3. YUGOSLAVIA
4. IRAN

YUGOSLAVIA V IRAN
St Etienne, Sunday, June 14th **BBC1-4.30pm**

GERMANY V USA
Paris, Monday, June 15th **BBC1-8.00pm**

GERMANY V YUGOSLAVIA
Lens, Sunday, June 21st **BBC1-1.30pm**

USA V IRAN
Lyon, Sunday, June 21st **BBC1-8.00pm**

GERMANY V IRAN
Montpellier, Thursday, June 25th **ITV-8.00pm**

USA V YUGOSLAVIA
Nantes, Thursday, June 25th **ITV-8.00pm**

GROUP G

1. ROMANIA
2. COLOMBIA
3. ENGLAND
4. TUNISIA

ROMANIA V COLOMBIA
Lyon, Monday, June 15th **ITV-4.30pm**

ENGLAND V TUNISIA
Marseille, Monday, June 15th **BBC1-1.30pm**

ROMANIA V ENGLAND
Toulouse, Monday, June 22nd **ITV-8.00pm**

COLOMBIA V TUNISIA
Montpellier, Monday, June 22nd **BBC1-4.30pm**

ROMANIA V TUNISIA
St Denis (Paris), Friday, June 26th **BBC1-8.00pm**

COLOMBIA V ENGLAND
Lens, Friday, June 26th **BBC1-8.00pm**

GROUP H

1. ARGENTINA
2. JAPAN
3. JAMAICA
4. CROATIA

ARGENTINA V JAPAN
Toulouse, Sunday, June 14th **ITV-1.30pm**

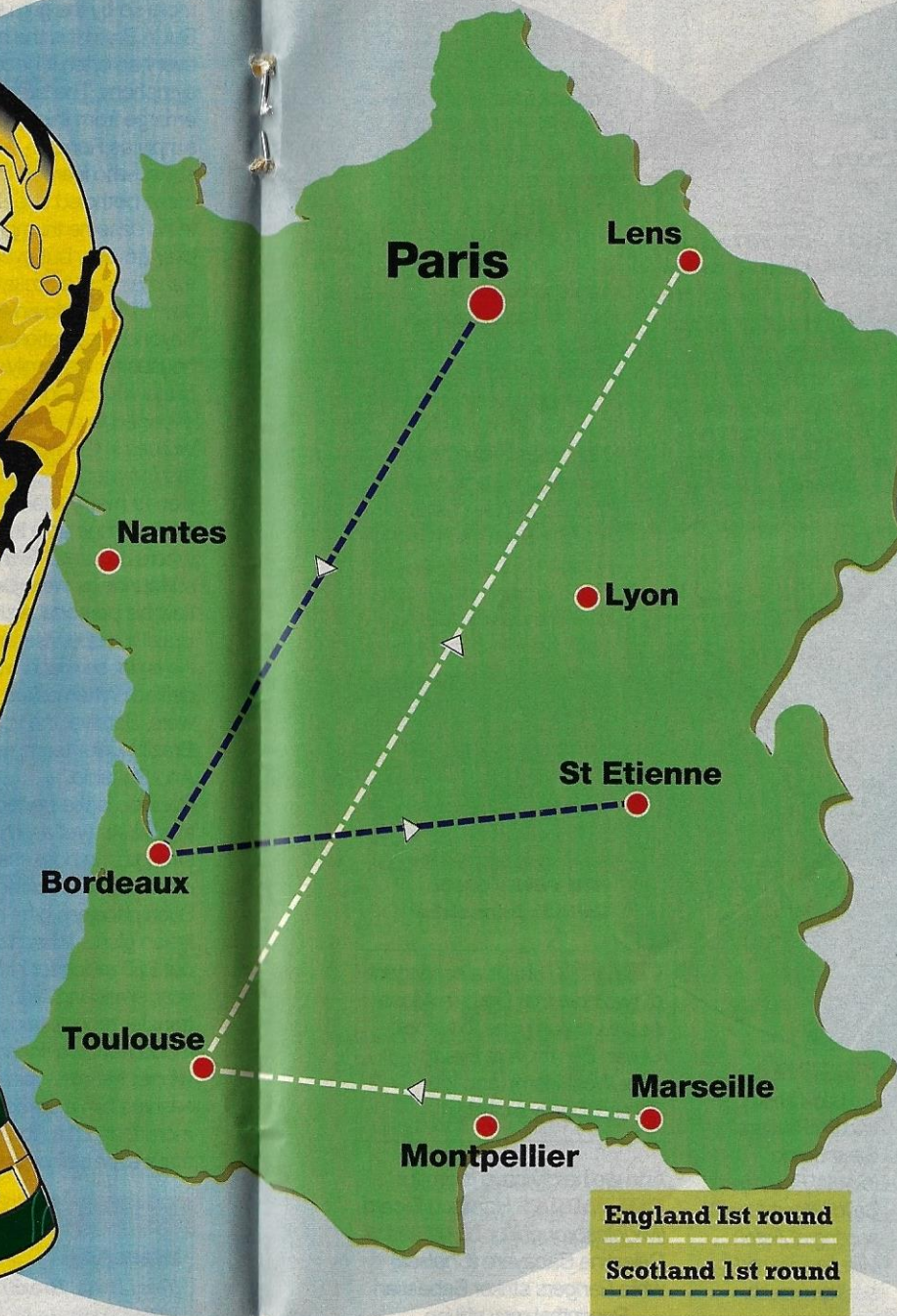
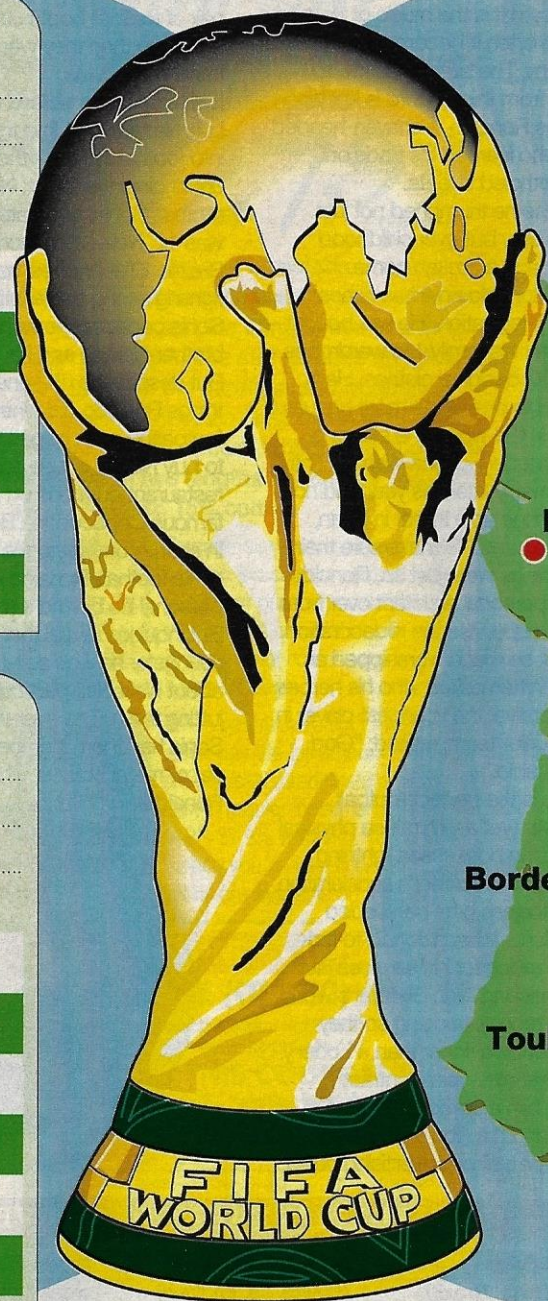
JAMAICA V CROATIA
Lens, Sunday, June 14th **ITV-8.00pm**

JAPAN V CROATIA
Nantes, Saturday, June 20th **ITV-1.30pm**

ARGENTINA V JAMAICA
Paris, Sunday, June 21st **ITV-4.30pm**

ARGENTINA V CROATIA
Bordeaux, Friday, June 26th **ITV-3.00pm**

JAPAN V JAMAICA
Lyon, Friday, June 26th **ITV-3.00pm**



2ND ROUND-LAST 16

- | | | | |
|---|--|---|---|
| 1. Winner A v Runner-up B
Paris, Saturday, June 27th | 3. Winner C v Runner-up D
Lens, Sunday, June 28th | 5. Winner E v Runner-up F
Toulouse, Monday, June 29th | 7. Winner G v Runner-up H
Bordeaux, Tuesday, June 30th |
| 2. Winner B v Runner-up A
Marseille, Saturday, June 27th | 4. Winner D v Runner-up C
St Denis (Paris), Sunday, June 28th | 6. Winner F v Runner-up E
Montpellier, Monday, June 29th | 8. Winner H v Runner-up G
St Etienne, Tuesday, June 30th |

QUARTER FINALS

- | | |
|--|---|
| A. Winner 1 v Winner 4
Nantes, Friday, July 3rd | C. Winner 5 v Winner 8
Marseille, Saturday, July 4th |
| B. Winner 2 v Winner 3
St Denis (Paris), Friday, July 3rd | D. Winner 6 v Winner 7
Lyon, Saturday, July 4th |

SEMI-FINALS

- | |
|---|
| A. Winner A v Winner C
Marseille, Tuesday, July 7th |
| B. Winner B v Winner D
St Denis (Paris), Wednesday, July 8th |

PLAY-OFF 3RD & 4TH

Loser 1 v Loser 2
Paris, Saturday, July 11th

FINAL

Winner 1 v Winner 2
St Denis (Paris), Sunday, July 12th



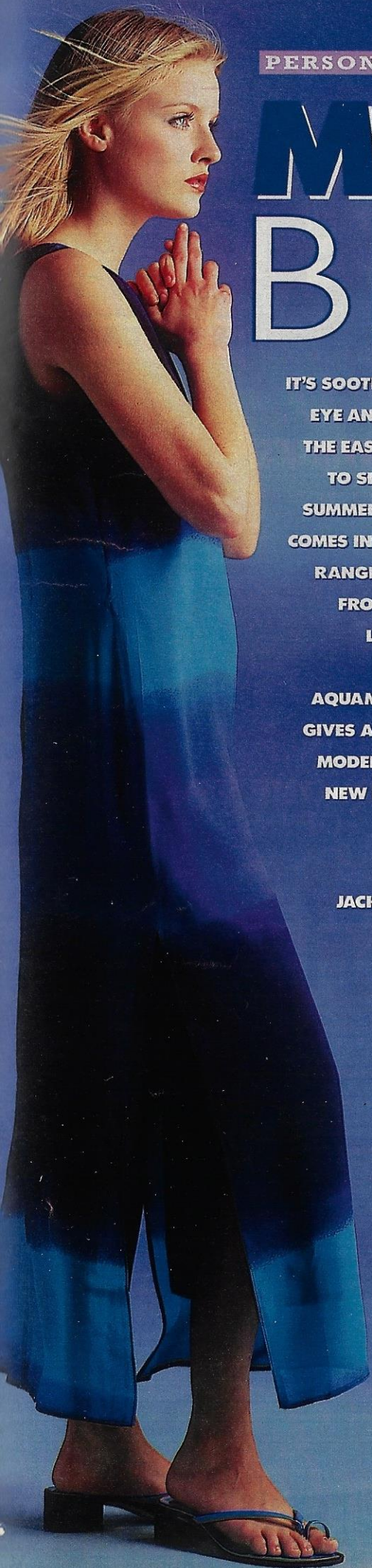
PERSONAL FASHION

MOODY BLUES

IT'S SOOTHING ON THE EYE AND PROBABLY THE EASIEST COLOUR TO SLIP INTO THIS SUMMER. COOL BLUE COMES IN A RAINBOW RANGE OF SHADES, FROM POWDERY LAVENDER TO VIBRANT AQUAMARINE, AND GIVES A DISTINCTIVE MODERN TWIST TO NEW HIGH STREET SEPARATES

Fashion by JACKIE HOLLAND
Pictures by ANDY McARTNEY
Hair and make-up by JAYNE ROBINSON

LEFT Striped dress, £4999, (MJ3493), and sandals, £1999 (BW4978), both from Empire catalogue (0800 220 230)



LEFT Sequin bandeau top, £20, by John Zack (0171 580 9512). Chiffon skirt, £87.50, Samaiya Beaumont (0171 487 4939). Earrings, £2995, and beads, £24.95 both Fenwick (0171 629 9161)



LEFT Off-the-shoulder top, £91.75, by Samaiya Beaumont (0171 487 4939). Split skirt, £20, John Zack (0171 580 9512)



RIGHT Opaque feather T-shirt, £25.99, and matching skirt, £34.99, both by Diva (0171 323 4535)



LEFT Flower-print jacket, £129, and matching trousers, £69, both by Fenwick (0171 629 9161)