

FOR WOMEN WHO KNOW WHAT THEY WANT

Personal

SUNDAY MIRROR ★ DECEMBER 7, 1997

Eat

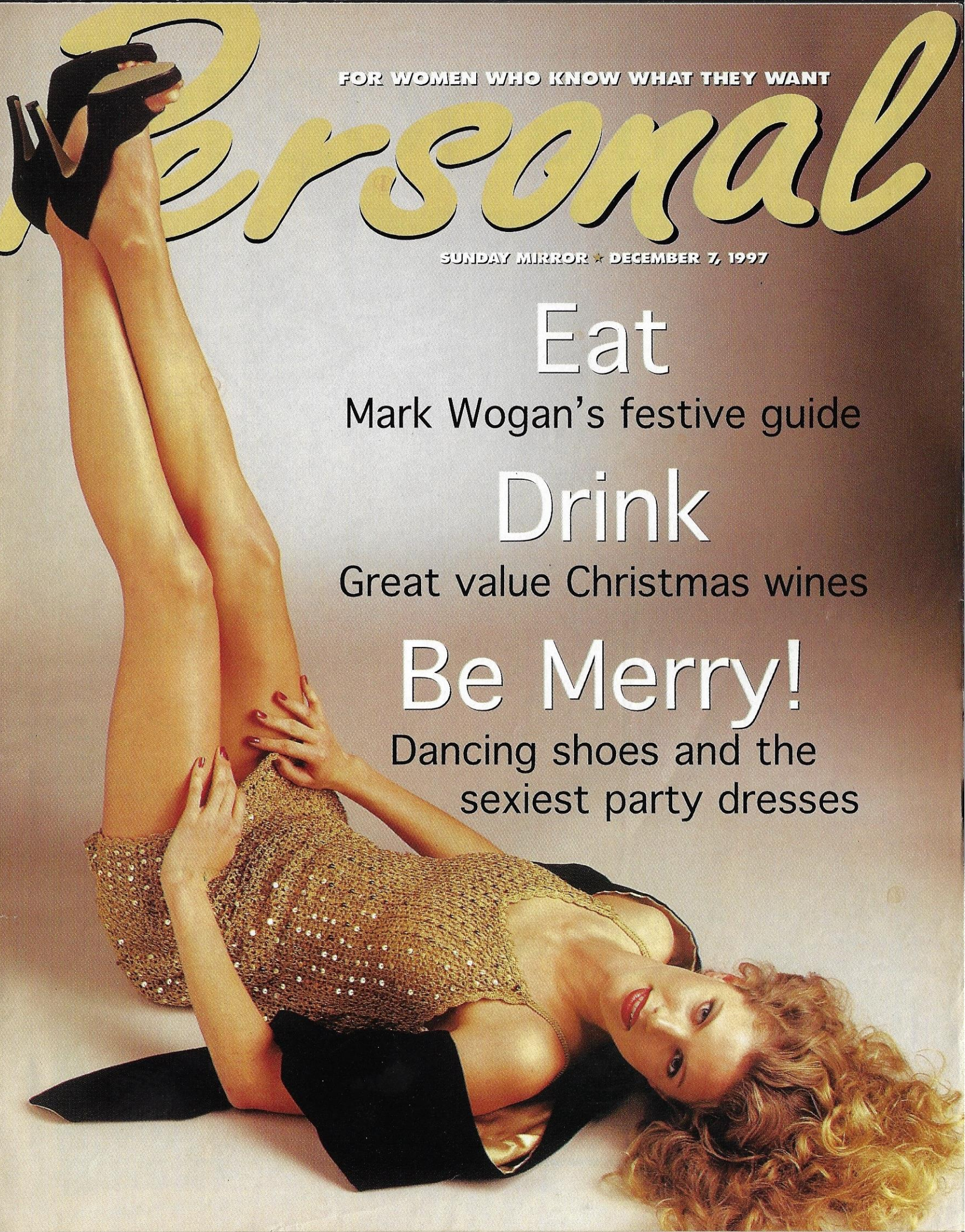
Mark Wogan's festive guide

Drink

Great value Christmas wines

Be Merry!

Dancing shoes and the
sexiest party dresses



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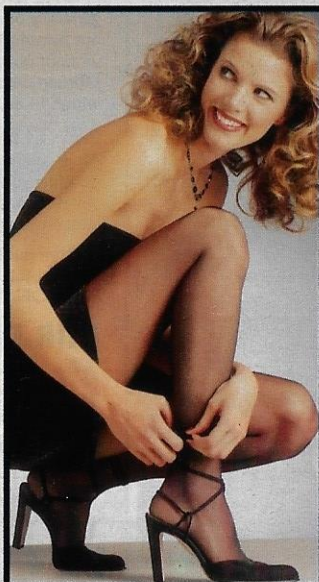
Find the hidden star to win £1,000

42 IT'S GOODBYE FROM HIM

Hugging and kissing in the back row with COLIN WILLS and his movie memories



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DAZZLING DRESSES And the hottest heels – PAGES 36-39

LUCKY NUMBERS

the Personal way to choose your lucky Lottery balls

5

Princess Anne celebrates **five** years of wedded bliss with Commander Timothy Laurence on Friday.

15

We all wanted to phone home this week **15** years ago when Stephen Spielberg's ET hit the cinema screens.

25

You could be blasting off into orbit with this one. **25** years ago today Apollo 17 set off for the moon.

30

You could be at the core of fashion with this number. **30** years ago today the Beatles opened their trendy Apple boutique in London.

43

Make your mind up on this one. Eurovision winner Mike 'Bucks Fizz' Nolan is **43** today.

45

Let's hope the Bee Gees don't forget to post their cards - it's Clive Anderson's **45th** birthday on Wednesday.

COVER PICTURE BY ANDY McCARTNEY

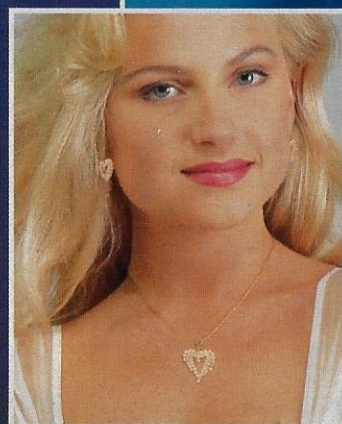
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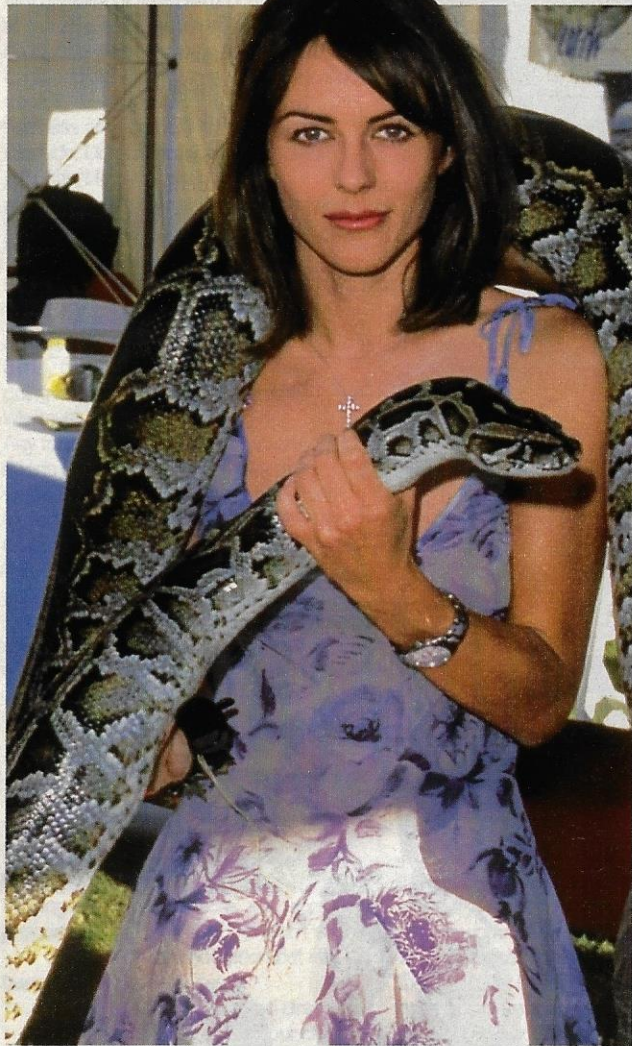
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Personal pictures



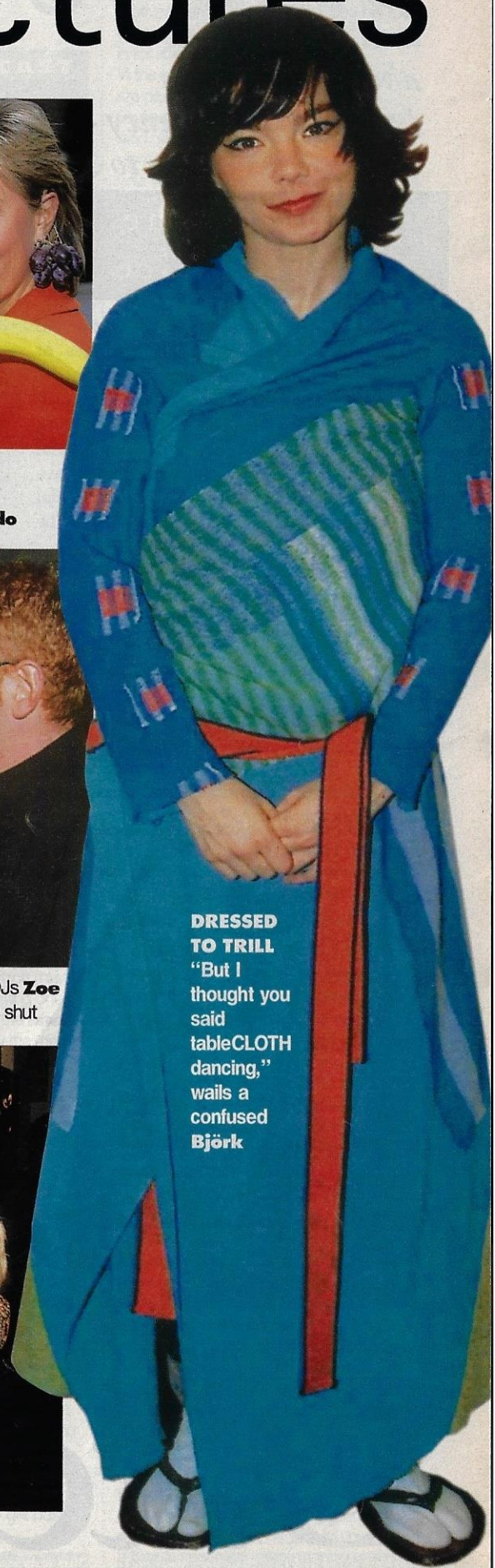
HISS AND HERS Watch out Hugh... let your python off its leash just one more time and **Liz Hurley** has found the ultimate solution



STOP OR I'LL FRUIT! It started as a friendly argument... now it's bananas at dawn for **Annabel Croft** and **Jill Dando**



THANK EVANS A moment of bliss... DJs **Zoe Ball** and **Chris Evans** with their mouths shut



DRESSED TO TRILL "But I thought you said tableCLOTH dancing," wails a confused **Björk**



OVER THE TOP "You may as well give up girls," **Samantha Fox** tells **Mica Paris** and **Samantha Janus**. "When you've really got it, there's no need to flaunt it..."

PICTURES BY REX, STEVE GRANITZ/RETNA, ALPHA, CAN NGUYEN, WENN BIRSEN KESKIN

Do you have party poise?

(or are you always too poised to remember?)



TAKE JENNY

NISBET'S FESTIVE

TEST AND FIND

OUT IF YOU'RE A GRACEFUL GUEST

OR JUST ANOTHER PARTY ANIMAL

"It's my party and I'll cry if I want to, sigh if I want to, die if I want to."

About the only thing I haven't seen at a party yet is a dead body, but hey . . . the night's still young.

Like the song says, how many thousands of lives have been emotionally scarred by parties? Why each year do we forget the horror of the previous social season and convince ourselves yet again that at this year's Christmas party we will:

a Finally meet the man of our dreams, leading to a sizzling affair and possible marriage.

b Improve our career prospects by having a deep, meaningful conversation with the boss, who will immediately recommend instant promotion together with a heavy pay rise.

c Network with important, interesting people and dazzle the assembled company with wit and charm, leading to an incredibly flattering photograph in *Tatler* magazine.

d Finally get off with Drop Dead Gorgeous in sales and marketing.

Why, after drinking too many paper cups of Cockatoo Ridge Chardonnay and throwing up on the stairs, do we totter towards a minicab with the mind-numbing realisation that:

a The man of our dreams spent all night doing the lager lurch around a 22-year-old with a flagrantly unfair DD advantage, leading us to a public crying jag in the loo.

b We backed the boss into a corner and told him exactly what's wrong with the company despite only being able to gargle the longer words.

c The glittering throng moved off to dinner – our invitation only extended to drinks.

d Drop Dead Gorgeous in sales and marketing told us to drop dead. It's no wonder so many people feel that before venturing forth they should sit a test on their fitness to survive a party. So try this one:

1 Wishing to make an entrance, on arrival should you:

a Sheepishly wave a bottle of warm Argentinian Sauterne at your host and apologise for being late?

b Burst in waving a can of own-brand supermarket lager, doing the Austin Powers Sixties Shag and brandishing a half-eaten kebab?

c Cartwheel across the floor revealing French knickers and suspenders?
Answer: c *It warms up a seriously dull room and is a sure way of gaining instant attention from either sex.*

2 You're concerned to find you're getting plastered. When should you stop drinking?

a Now – while you're still in control?

b Once the Sex God lets you out of the broom cupboard?

c Before you fall under the boss?

Answer: Don't ask me, just pass another cup of Hungarian Rhapsody, I mean Reisling, I mean aaagh. . .

3 Making a graceful exit, do you?

a Remove your Abba platform heels and crunch softly across the crisp encrusted carpet in your socks, so as not to disturb the intertwined couples in the throes of passion

b Replace your clothing (or at least as much of it as you can find) in the dark of the broom cupboard.

c Continue singing *My Way*, even though the karaoke machine was switched off hours ago?

Answer: Why not stay the night?

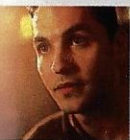
Some people leave parties with all sorts of questions still buzzing in their heads. Should they have told their hostess where they accidentally dropped her home-made taramasalata or let her find it when she makes the beds? Was that really James from accounts and Marcus from integrated strategies making out under the coats? Will your husband ever forgive you for what you've just done – and who, at the party, hates you enough to tell him? People often worry, too, over what they have said.

Like my friend Avril, who gaily remarked to her high-society host: "When that woman gets tired of the sound of her own voice, she can always count the spots on her ridiculous dress. Needless to say, the loud lady in polka dots was the host's darling wife and Avril was never invited back to Chattering Castle. So parties are definitely not the place to discuss how you lost everything in post-natal depression, always fall for married men, or still feel unsure about your sexual orientation. No, parties are there for you to forget your problems and enjoy yourself . . . even if it kills you! ■



Try replacing your clothing (or as much of it as you can find) in the dark broom cupboard

When I say no I mean no



CHRISTMAS PARTIES, FREE-FLOWING DRINKS, FLIRTATIOUS GLANCES... THEY'RE ALL PART OF THE FESTIVE SEASON. BUT WHAT BEGINS AS FUN CAN END IN TEARS AND TRAUMA. TV WRITER OL PARKER TALKS TO HILARY KINGSLEY ABOUT HIS HARD-HITTING NEW 'DATE RAPE' DRAMA

She was up for it, that was pretty clear. That's what he said in court, anyway. That's what his friends said too. They were witnesses, in the pub and at the party. After the party he took her home and she let him up to her room – for coffee, she said. Everyone knows that “coffee” after a date is code for sex. Bad sex, he had to admit later. But it was worse for her. The worst. She called it rape. But, hey, come on, say his friends. She wasn't stupid. She must have known what would happen, letting him into her room, her being so beautiful and all. And where's the harm, anyway? His casual, dismissive attitude to one of the most traumatic of all crimes – one cause of the huge gulf between male and female attitudes to “date rape”. And it's at the heart of *In Your Dreams*, a powerful new BBC film drama which allows both sides to have their say. Flashbacks show the events from the perspective of the accused rapist and his victim, who are both students. But in the end the film aims to blitz the belief that in today's world of accepted casual sex, no “normal” man forces himself brutally on a woman after a date, and if he does,

isn't it all her own fault for being such a nasty little tease? One of the more surprising things about the drama, to be screened on BBC2 next Sunday, is that it was written by a man – 27-year-old Cambridge graduate Ol Parker. At first he was uncomfortable tackling such a difficult subject, but the BBC twisted his arm. He had already established his credentials as a writer in tune with “youth culture” with *Loved Up*, an earlier TV drama which took a clear-eyed view at Ecstasy and the drug culture in 1990s Britain. “They wanted me to write something else for them,” says the tall, talented Parker, not long out of university himself. “I had a vague idea of something light about the confusion between the sexual signals given out by men and women. But Elinor Day, the producer, suggested I researched rape. I was horrified and I went back later and said it was a minefield, I couldn't do it, I'd get it wrong. But she was insistent.” So Parker, a judge's son from North London, began talking to women he knew, asking them about their experience of being coerced into sex. He was amazed to find that so many of them, often those who

seemed the most confident, reported traumatic episodes. “I didn't have to search far to find women who had experienced date rape,” he says. “So many women had a story to tell – some were near misses, others were ultimately horrible. It made me aware that I really ought to write about it. “I know that some people will say I can't write about this without having suffered from rape or been accused of it myself. All that I can say is that every line in the film comes from the mouth of a real person.” The film stars rising Hollywood star Thandie Newton as Clare, a nervous new arrival on a university campus. Oliver Milburn plays James, the medical student she had known as a child. She thought she would fancy him – then found she didn't. As the story unfolds he initially thinks she'll be a drag. Then he sees her, kisses her, dances with her, boasts about her and he just can't go home until he's had sex with her. The film captures the cool, laid-back life of Britain's students, one in which nice young women frequently can and do go to bed with nice young men after one night out, and none of the old double-standards apply. Except that, ultimately, they do. And

the shock, misery and outrage of sex without consent is as great for women in 1997 as ever it was in less promiscuous times. Like no other rape drama, *In Your Dreams* gets into the heads of the two people involved, to show how differently they saw things at every stage. It points out just how easy it is for everyone to blame the girl and treat the boy as the victim of “lies” when a girl feels “ashamed”. It also shows how the legal system cannot cope with evidence that isn't completely black and white. If a woman admits that she was at any stage attracted to the man, it can be made to seem as if she asked to be attacked. Parker says he's prepared for a backlash of criticism by men, many of whom still don't believe a woman's “no” means “no”. He interviewed two rapists, one who had been convicted and one whose case was dropped, but both insisted that they were innocent victims of vindictive women. “They were very intelligent men – not the sort women think of as rapists, or neanderthals who drag you into a bush.” He also had long chats with two rape victims and read the reports of several recent “date rape” trials. “Women are expected to be tough ▶



**HE SAYS,
SHE SAYS**
Oliver Milburn
and Thandie
Newton star
in Ol Parker's
rape drama,
In Your Dreams

Rape casebook

1991 Mike Tyson, 22-year-old world heavyweight boxing champ, was given a six-year jail term for raping beauty queen Desiree Washington in an Indianapolis hotel room. He denied harming her because, he said, her eyes weren't blackened and no ribs were broken.

1991 William Kennedy Smith, nephew of JFK, was acquitted of raping a girl. It was said that she'd drunk excessively that night.

1993 Matthew Kydd, studying at the University of East Anglia was cleared of raping a student. She was described as a “slut” by the prosecution. She had claimed he forced her to perform sex and assaulted her with a truncheon.

1993 Solicitor Angus Diggle, 35, was given a three-year sentence for the attempted rape of a woman solicitor after a ball. Her friends found him wearing only frilly cuffs and a green condom. He protested: “I spent £200 on her. Why can't I do what I did to her?”

1994 Ben Emerson admitted having sex without the consent of a fellow student when they shared a bed after a night out and indulged in sex play. He was acquitted of rape. During the trial the prosecution revealed that the girl wore a rubber skirt and liked body piercing.

1997 Darren Clarkson, 26, a 17-stone former boxer was acquitted of raping a 22-year-old student after a dance. The woman did not report him for several days. His counsel argued that she made it up to excuse her “bad behaviour” – she was involved in sex play with another student earlier that evening.

I didn't have to search far to find victims. So many women have a story to tell

If you can't beat it, eat it

DON'T RESIST YOUR CRAVING FOR CHOCOLATE. INDULGE IN MODERATION, SAYS MONICA GRENFELL



I was in a fantastic speciality chocolate shop in Lincoln last weekend and asked the assistant how she managed to work there and not

spend all day nibbling. "Oh that's easy," she laughed. "On the first day they just tell us to help ourselves to as much chocolate as we like and you think 'Wow!' It lasts about a week before you get fed up. I haven't had a bit of chocolate for three months and it just doesn't interest me any more." Christmas and chocolate go together, and one thing is for certain – the more you hide it away or try to resist it, the more it seems to call your name from the fridge. I have even known someone drive down the road and throw a box of chocolates into a particularly filthy bin, then drive back again at midnight to retrieve it, wash it off and scoff the lot! The answer is not to resist it, but to have a small amount every day whether you feel like it or not. Stick to about 2oz maximum, and have it at the same time every day, such as after lunch. Here is my quick fact file of all that's good or bad about this favourite treat:

GUIDE TO CHOCOLATE

- ★ A 100g (4oz) bar of chocolate has more caffeine than a cup of instant coffee.
- ★ Chocolate contains some protein, iron and magnesium.
- ★ It contains phenylamine, an essential amino acid which the body cannot make.
- ★ It contains 170 calories per ounce.
- ★ Caffeine is addictive, so you can suffer withdrawal symptoms.

THE SUGAR TRAP

The sugar in chocolate enters the bloodstream within 20 minutes and gives instant energy. If it's not followed by a more substantial meal

CALMING FOODS AT CHRISTMAS

- ★ Warm milk sweetened with honey
- ★ Rice
- ★ Potatoes



with long-term carbohydrates – such as bread, rice or even a banana – your sugar level will plummet and you will feel very tired, even depressed.

WHICH HAS MORE CAFFEINE?

Chocolate contains caffeine and sugar in large amounts. These can lead to irritability, tremors, migraine and withdrawal symptoms. See which has more caffeine:

DRINKS: 1/4 PINT (140ml) CUP

Decaffeinated coffee 3 mg
Cocoa 4 mg
Cola 18 mg
Tea 40 mg
Instant coffee 65 mg
Ground coffee 115 mg

CHOCOLATE: 4oz (100g) BAR

Milk chocolate 20 mg
Plain chocolate 80 mg

PAINKILLER TABLETS (2) .. 60 mg



MONICA'S MAILBOX

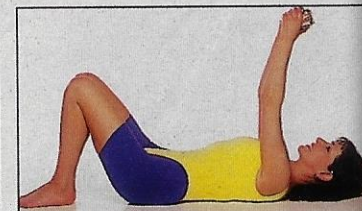
Dear Monica, My husband and I came here from India three months ago. The problem is I have started to feel more hungry than back home. I am 25 and I live a very happy, stress-free life in computer programming and my husband is a doctor. I do yoga four times a week and walk once a week. My weight has risen – I am now 9 stone 7 lbs but would like to be 8 stone (I am 5ft 2ins tall). I am sending you a list of my daily diet. Do I need to eat less? I eat meat only once a week. We eat mostly vegetables cooked in sunflower oil, and Indian spices. Should I go to the gym? Anna, Brighton.

WEIGHT FOR IT

Low-cut party frocks need a toned chest and bustline. This exercise increases muscle strength around ribs and collarbones without adding fat, so add it to your three-times-a-week aerobic routines, such as cycling or swimming.



Take position as shown above, knees bent so that the small of your back presses flat to the floor. Keep it pressed down. Using light, 1lb weights, or 2 bottles of water, stretch out arms, keeping your elbows slightly bent. Breathe in.



Breathe out, as you slowly raise the weights together. Twist your arms so your little fingers face each other, palms towards you, return to floor. Repeat 12 times.

Dear Anna, The detailed daily diet you sent gave me quite a fright! You are not eating enough vital foods. Beans and rice have protein, but it is poor-quality protein. You get good protein only from animal sources such as dairy foods, fish, milk and cheese, so increase your weekly meat diet to twice a week. Instead of snacking on crisps, eat 15 dried apricots. And instead of having only two plain biscuits for breakfast, replace them with two Weetabix or Shredded Wheat with skimmed milk. Eat rice twice a day instead of once. By increasing starchy food, expect to gain about 4lbs in the first three weeks. You will lose it when your body has re-programmed itself – probably about 5lbs a month later. ■

Mark Wogan's festive feasts



Here's to the coming season of celebrations! Whether you're planning a good old-fashioned Christmas or you're looking for tasty alternatives, now's the time to sit back and plan your special menus with the help of Mark Wogan's festive creations. Pheasant, ham and pork make a delicious change if you're tired of turkey, and don't forget a few meat-free dishes so the vegetarians don't get a raw deal. As for Mark's desserts, prepare to swoon! And don't miss our **PERSONAL** taste report on the best-value red and white wines. Merry Christmas!

**FOOD STYLING BY
JANET WARREN
PICTURES BY ANDREW
SYDENHAM**

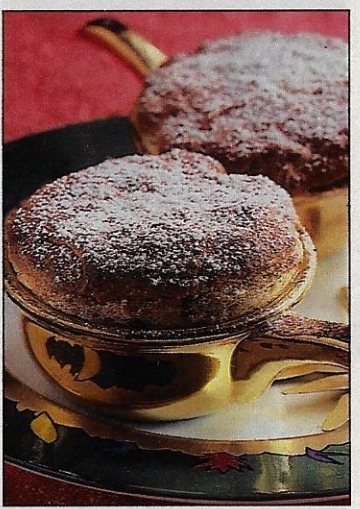
Reg. Address: SONGCREST LTD. Unit B3, Greenwood Industrial Estate, Carmel Drive, Shrewsbury, SY1 3TB Reg. No. 1367455



THE GRAND FINALE

CHRISTMAS PUDDING SOUFFLÉS

- SERVES 4**
- 3 egg yolks**
- 110g/4oz cooked Christmas pudding, crumbled**
- Melted butter**
- 75g/3oz caster sugar plus extra for sprinkling**
- 5 egg whites**
- Icing sugar for dusting**



1 Mix together the egg yolks and Christmas pudding until you have a thick paste. Brush the inside of four individual soufflé dishes with the melted butter then line this with the extra caster sugar, shaking out any excess.

2 Whip the egg whites to a soft peak, then add the sugar and whip until stiff and shiny. Add a little of the egg white to the pudding paste to loosen it, then gently fold in the rest of the whites.

3 Pour the mix into the prepared dishes. Run a knife just around the top of the inside of the dishes. This ensures they rise evenly. Bake in a pre-heated oven at 200°C/Gas 6 for 12-15 minutes (place a baking sheet in the oven to pre-heat it, as it is important to have heat from the bottom). Remove from the oven, dust with icing sugar, and serve.

MARSCAPONE ICE CREAM WITH MINCEMEAT SAUCE

- SERVES 4-6**
- 2 egg yolks**
- 3 tbsp double cream**
- 55g/2oz icing sugar**
- 225g/8oz marscapone cheese**
- 1 tsp vanilla extract**

- FOR THE SAUCE**
- 250g/9oz mincemeat**
- Juice of one orange**
- 4 tbsp Cointreau (optional)**

1 Beat the egg yolks and icing sugar together until light and creamy. Add the double cream to the marscapone with the vanilla and blend until smooth. Combine the egg and marscapone.

2 Place the mixture in a freezer container and freeze overnight or at least 6 hours.

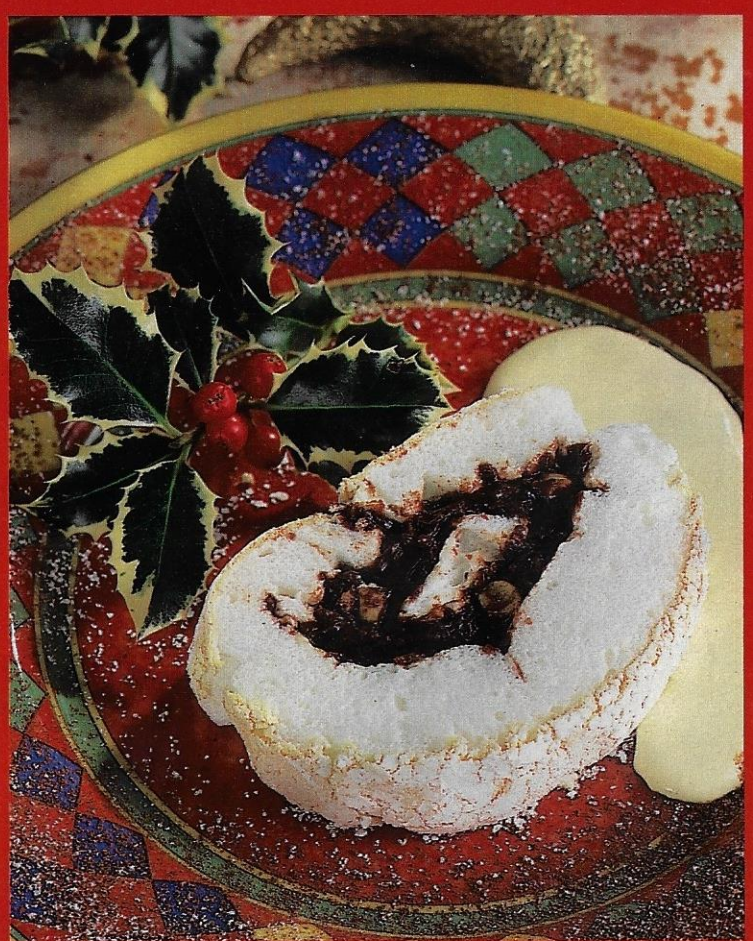
3 For the sauce, place



all ingredients in a pan and bring to the boil, stirring constantly. Remove from the heat.

4 Remove the ice cream from the freezer 20 minutes before you need it. Serve scoops of ice cream with the hot sauce.

★ *Marscapone is an Italian cream cheese stocked by most good supermarkets. For this recipe and the brandy sauce (right), raw eggs are not recommended for pregnant women and small children.*



YULETIDE ROULADE WITH BRANDY SAUCE

- SERVES FOUR**
- 5 egg whites**
- 180g/6oz caster sugar**
- 1 tsp cornflour**
- 4 tbsp double cream**
- 50g/2oz hazelnuts, skinned and roughly chopped**
- 150g/5oz Nutella chocolate spread**
- Icing sugar and cocoa powder for dusting**

- FOR BRANDY SAUCE**
- 2 egg yolks**
- 2 tbsp golden syrup**
- 250ml/9 fl. oz double cream**
- 1 tbsp brandy**

1 Whisk the egg whites until they start to hold their shape. Slowly add the sugar bit by bit until the eggs are stiff and shiny. Then whisk in the cornflour.

2 Line a 30x20cm/12x8ins baking tin with baking parchment. Allow the parchment to overlap the edges.

Pour in the egg whites and smooth out over the tin. Bake in a pre-heated oven at 100°C/Gas 1/4 for 1 hour, turn off the oven, open the door slightly and leave for 1 hour.

3 Turn out the meringue on to a clean tea towel. Mix together the cream, nuts and chocolate spread. Carefully remove the parchment and spread with the chocolate mix. Gently fold over the bottom edge of the meringue, and using the tea towel, roll it up like a Swiss roll.

4 For the brandy sauce: beat the egg yolks until creamy, warm the syrup until very runny, then pour over the eggs and whisk quickly, then whisk in the brandy. Whip the cream until it starts to thicken, then fold in the eggs. Cover and chill overnight. Allow to sit at room temperature for half an hour before serving. Place the roulade in a large plate and dust with icing sugar and cocoa powder, then surround with the sauce and serve.

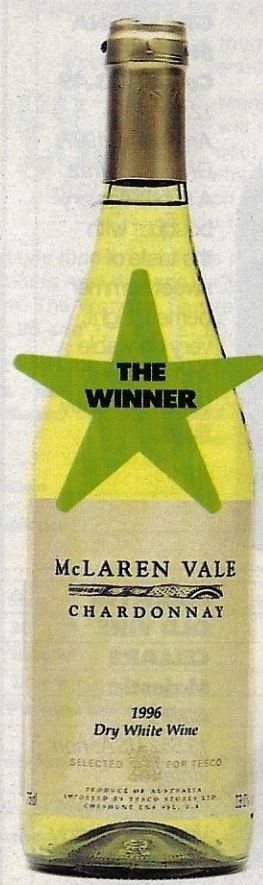
★ *The roulade will keep for three weeks in the freezer. Allow two hours to defrost.*

CHRISTMAS WINES

Best whites

To help you choose your Christmas drinks we assembled a team of experts and sampled scores of whites available now at supermarkets and off-licences. We whittled the selection down to 10 bottles with an average price of £4.99 and marked them for bouquet, taste and overall impression. Cheers!

JOANNE LAYTON



MCLAREN VALE CHARDONNAY Tesco: £5.99
13.0%. Australia, 1996.
Grapes: Chardonnay
A very subtle, fragrant bouquet, with a delicious, smooth fruity taste reminiscent of peaches. Excellent value for money. **9/10**



PETIT CHABLIS Somerfield: £4.99
12.5%. France, 1996.
Grapes: Chardonnay.
Very fruity with a strong scent of apples. Rich but delicate and smooth-tasting with a hint of raisins. Good wine for a dinner party. **8/10**



SAUVIGNON BORDEAUX Majestic: £3.89
11.5%. France, 1996.
Grapes: Calvet.
Smelled of ripe gooseberries. A pleasant fruity, berry taste. A little light-textured but without being too watery. **7/10**



SANTARA CHARDONNAY Co-op: £3.99
13%. Spain, 1995.
Grapes: Chardonnay.
An oaky/woody bouquet and a dry but fruity taste. Full-bodied, with a surprising aftertaste. **7/10**



WHITE BURGUNDY CHARDONNAY Safeway: £4.99
12.5%. France, 1996.
Grapes: Chardonnay.
Aroma a little like sherbert, with a nice strong oaky taste. Should definitely be served well chilled. **7/10**



VIN DE PAYS D'OC CHARDONNAY Sainsbury's: £4.45
12.5%. France, 1996.
Grapes: Chardonnay.
Fresh, melony bouquet with a surprisingly tongue-tingling citrus taste. Suitable for any occasion. **6/10**



EXPLORERS SAUVIGNON BLANC Co-op: £5.99
12.5%. New Zealand, 1996.
Grapes: Sauvignon Blanc.
Strong citrus smell with a light and lemony taste. A little dry, but certainly worth exploring. **6/10**



SANTA RITA SEMILLON Majestic: £4.49
12.5%. Chile, 1996.
Grapes: Semillon.
No obvious bouquet but a sharp, zesty taste. Not a bad contender for its price range. **6/10**
Now turn the page for your best buys in red wine >



Keeping it in the family



LORRAINE'S DAUGHTER TAMMY ASKED US TO HELP CHEER UP HER MUM AS SHE APPROACHED THE BIG FOUR-O . . . SO BEAUTY EXPERT MARTYN FLETCHER INVITED THEM BOTH FOR A MAKEOVER DAY TO REMEMBER

Lorraine

HAIR Although she's hitting 40, Lorraine was reluctant to go for a big chop. That's fine by me – keeping long hair past 40 can be great as long as you have a good cut and condition it well and often. By keeping the length but removing some of the weight, the style instantly became more bouncy. Although there was some movement, I used a very gentle body wave to add bounce at the roots as well as the ends. After perming I used the diffuser attachment on my drier to encourage the curls as it dried, then used a little styling wax to add shine and to separate the curls.

MAKE UP Lorraine has good skin but the colour did need evening out. Using a make-up wedge and avoiding the eye area, I used a liquid foundation which would feel light on her skin and then set it with loose translucent powder. I also used a ▶



light-diffusing under-eye concealer to help soften fine lines.

EYES I darkened and filled in the eyebrows using make-up for blondes and redheads. A bronze-brown shadow brushed from the lashes to the socket line added definition, then, as a highlighter, an ivory shade under the brow bone. Brown mascara completed the eyes.

CHEEKS I used a bronze blusher – pink wouldn't have suited Lorraine's hair colour – dusted along her cheekbone with a large, soft brush.

LIPS Soft brown lip-liner sharpened the outline of the lips, which I then softened with a lip brush and finished with a tinted gloss stopping just before the lip line to prevent feathering.

PICTURES BY ANDY MCCARTNEY

LORRAINE'S MAKE UP

Foundation: Almay Time Off Age Smoothing Make-Up	£8.50
Powder: Almay Luxury Finish Loose Powder	£6.95
Concealer: Body Shop Colourings Lightning Touch Concealer	£4.25
Eyebrows: Body Shop Colourings Eyebrow Make-Up	£4.00
Mascara: Rimmel Dark Brown Lash Flatterer	£2.49
Blusher: Sensiq Perfect Powder Blush in Terracotta	£4.00
Lip Liner: Rimmel Lip Pencil in Summer Wine	£1.79
Lipgloss: Streetwear Lip Gloss in Schmutz	£5.00
TOTAL	£36.98

TAMMY'S MAKE UP

Powder: Boujois Pressed Powder	£5.95
Eyes and Blusher: Sensiq Perfect Powder Blush in Sandy Beach	£4.00
Mascara: Rimmel Dark Brown Lash Flatterer	£2.49
Lipstick: Rimmel Fashion Plus Lipstick in Rare Russet	£1.69
TOTAL	£14.13

Tammy

HAIR Tammy was growing out of what had been a disastrous colour and now had a full five inches of re-growth. To disguise the line, I highlighted just the root area so as her own colour grows back it will blend in with the old. To achieve a

flattering shape around Tammy's face I first had to take off a couple of inches off the length to remove dry ends. Then I cut a further six inches at the front, shaping around the cheeks. A smoothing mousse and blow-drying with a large round brush added lasting volume.



MAKE UP

"I'm not one for wearing much make-up," warned Tammy, so I just used a pressed powder to echo her natural skin shade and kill any shine.

EYES The important thing was to tame Tammy's eyebrows. Plucking the few stray hairs from underneath her brows made them look more groomed and also made her look more awake! Rather than using an eye shadow I used a brown blusher dusted over the eyelid. After a quick coat of brown mascara it looked as if I had spent hours on her eye make-up.

CHEEKS Using the same blusher, I used for her eye make-up, I brushed just under Tammy's cheekbones to make them more pronounced. Use a large blusher brush for this, as a thin one can give you a stripe across the face.

LIPS Tammy had good lips that could take colour so I used a lip brush to apply an orangey-brown to brighten up her face.

VERDICT Lorraine couldn't stop looking in the mirror. "We look more like sisters now!" she said. "Can we take you home with us?" ■

Beauty best buy

When Ingrid Millet first chose the ingredients for her rejuvenating creams she selected one guaranteed to appeal to high-society beauties – fresh caviar! That was back in 1964 and for many years Ingrid Millet Skincare remained a well-kept beauty secret among chic Parisians. Now we can all share the secrets, because three Ingrid Millet ranges of beauty products have just been launched in the UK, under the guidance of Monsieur Jean Daviaud. They are available from selected beauty salons. Ingrid Millet is offering a £10 reduction on The Discovery Kit from the Source Pure range, which normally costs £35.99 (plus £2 P&P) but is available to you at only £25.99 (plus £2 P&P). The Source Pure range contains natural ingredients, chosen for their purifying, moisturising and oxygenating qualities – a cocktail of tender flowers, delicate fruit and delicious essential aromas which help banish dull skin and blotchy complexions. The Discovery Kit is ideal to take on

holiday and the handy-sized products are suitable for women of all ages.

TO PURIFY *Aromamousse* (30ml) is a foam-cleansing mousse containing essential oils of bergamot and mint. *Aromapure* (100ml) tones with refreshing essential oils of coriander and lemon.

TO MOISTURISE *Fresh Moisture Emulsion* (15ml) contains guava and lychee fruit and is non-oily to encourage a perfect matt complexion.

TO BALANCE *Balancing Aromatic Cream* (15ml) contains menthol and beech bud to oxygenate your skin, leaving it supple and silky.

ALL YOU HAVE TO DO IS

- ★ Write down your name and address.
- ★ State that you saw The Discovery Kit in *Personal* magazine. Enclose a cheque for £27.99 payable to Caci International.
- ★ Post to: Ingrid Millet, Caci International, 11 Heath Street, Hampstead, London NW3 6TP. Phone 0171 431 1033, extension 209 for further details and stockists.

This offer is open to all readers.
Closing date: December 31, 1997.
Please allow 28 days for delivery.

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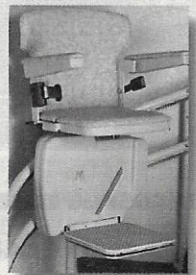


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PERSONAL HELP AND HEALING



Dear John and Bonnie

THIS WEEK'S ADVICE FROM HEALER JOHN McGRATH AND HIS PSYCHIC WIFE BONNIE INCLUDES HELP FOR READERS LEFT IN TURMOIL BY FORTUNE-TELLERS

DEAR JOHN AND BONNIE
Back in 1983 my friend had a fortune-teller at her house who asked us all if we would like to know when we would die. I said no, but she insisted that everyone else had said yes, so I gave in. She told me that I would live to be 77, and that didn't seem too bad, though all the women in my family have so far outlived the men. I was 51 at the time, so 77 seemed a long way off. Now, though, I am 65 in November. The time seems to be going so quickly and it's a bit worrying. My mum always said that no one knows when their time will come. Could you please reassure me?
Yours, M.J.P.
P.S. The lady also told me that I would never be rich when in fact I had just won £10,000 in a lucky number competition.

Your mother certainly had a lot of sense and you should heed her advice. Let me put your mind at rest. You will not go a minute before or after your time, despite what the fortune-teller told you. No one can play God, not even her. The prediction about your lack of wealth just goes to show how wrong she could be. Why don't you just relax and enjoy yourself? You're in the prime of your life - go and be happy!

DEAR JOHN AND BONNIE
I had my fortune told quite a while ago and was told that I had a black spirit over my shoulders.

Could you please tell me what this means and what I should do? I have been having lots of problems. Yours, H.

The blackness that the fortune-teller saw over your shoulder is a negative presence which was attracted to you because of negative circumstances that you placed yourself in at that time. It is a contributing factor to the problems that you have been having, but it is not totally responsible. Because you have been having upsets, you have been feeling down. This attracts negativity and the more down you get, the bigger the blackness becomes. You must start to think positively. Begin each day thinking, "every day in every way, things are getting better and better". Then draw a beam of gold light down your entire body - this will help to dispel the blackness.

DEAR JOHN AND BONNIE
I am 19. Two years before I was born, my mother miscarried with a baby boy. About three years ago I started thinking about my big brother as if he was here, wondering what he would look like and what sort of person he would have been. When I get changed to go out I sometimes think about him going with me. I went to a fortune-teller once and she said that my mum had had a miscarriage and that my brother was in the room. Could this be true? I once saw a black outline standing behind my

sister and I screamed. Then I felt a calm come over me. Could this have been him? If so, why did he have the build of a man in his twenties, not a child? Yours, L.G.

We both felt that we had to reply to your letter to reassure you that it is your brother that you are sensing around you. He wants to feel part of the family and is very happy that you feel so close to him. Yes, he was most probably in the room with you when you visited the psychic. She was able to sense his presence, and also the way that he passed over. The reason you saw his outline as a young man's is because when children pass over, they are often nursed back to health by family members who are already there and they continue to grow up. You felt calm when you saw him because of the love he was sending to you. The last thing he would want to do would be to frighten his sister.

DEAR JOHN AND BONNIE
I started having migraines in March 1968 just a month after my mum died. I still suffer at least two a week. I have had every medication I can think of. Can you help? Yours, B.P.

Both John and I think that your mind and body still have not got over the shock of your mother passing over, even though it was so long ago. You must have loved her very much. John has been able to help many migraine sufferers in the past, so we feel sure that if you find a good healer he or she will be able to help you. You might also like to listen to the advice on John's phone line (below).

DEAR JOHN AND BONNIE
Please help put my mind at rest. In July this year I gave birth to a baby boy. He was born four months early and was very tiny. He lived for four weeks but became very ill with an infection and my partner and I were told that he had no chance of survival. We had to decide whether to turn everything off and let him go in our arms, or let the doctors carry on, which would only have prolonged the inevitable. We decided to let him go and stop his suffering. Ever since that day I have thought of nothing else and worry whether I did the right thing. Is he happy now? Is he being looked after by a loved one? We both love him so much and we are pretty sure that we cannot have any more children so we need to know if he is OK and does not blame us for what we thought was the right decision to make. Yours, C.J.

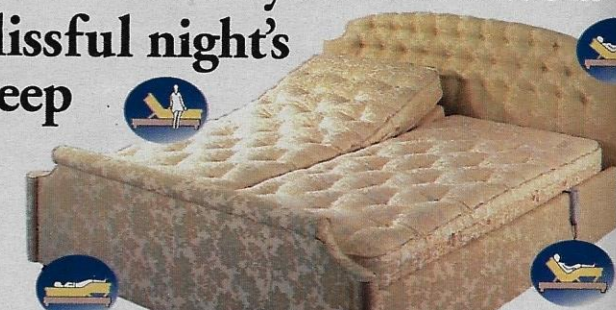
Sometimes we are forced to make a choice and then we have to live with it for the rest of our lives. You were both brave enough to make what must have been a very difficult decision, and you must never let go of the fact that you saved your son a lot of unnecessary suffering and that he passed from this life feeling the comfort of your love and the strength of your arms around him. No, he does blame you. That is not something that is done on the other side - it is only in this world that we are quick to blame or judge each other. Rest assured, he is with all your loved ones and they will look after him until you meet again. ■

John and Bonnie's Phone Lines			
JOHN'S HEALING LINES		BONNIE'S PSYCHIC HELP LINES	
Stress	0930 564 076	Relationships	0930 564 082
Back Pain	0930 564 077	Bereavement	0930 564 083
Depression	0930 564 078	Desertion	0930 564 084
Meditation	0930 564 079	Eating Disorders	0930 564 085
Migraine	0930 564 080	Problems At Work	0930 564 086
Addiction	0930 564 081	Self Confidence	0930 564 087

Calls cost 50p per minute

If you have a question write to: John and Bonnie, PO Box 6869, London E14 5BS. For healing appointments phone: 01277 812482. They will answer as many as possible in Personal Magazine, but regret that it is not possible to offer individual replies.

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LEFT
Lilac devoré dress, £49.99, Miss Money Penny (0171 436 8280); pink peep-toe shoes, £55, Ad Hoc (0171 376 1121); bracelets and rings, from £12, Venus Rising (0171 289 8928); All tights are Ultra 10, £3.50, Aristoc (01773 525 520).

PERSONAL FASHION

FOR INSTANT PARTY SPARKLE JUST SLIP INTO A SHIMMERING LITTLE FROCK, STEP INTO YOUR HIGH HEELS – AND YOU'RE READY TO CELEBRATE IN STYLE. BY BECKY SUNSHINE. PICTURES BY ANDY McCARTNEY

Put on those party heels!



ABOVE AND FRONT COVER
Gold crochet dress, £54.99, River Island (0181 998 8822); black velvet stole, £35,

Marks and Spencer (0171 935 4422); black suede peep-toe shoes, £54.99, Office (0181 838 4447).



RIGHT
Silver lace dress, £59, Style CA2766QY, Warehouse for Freemans (0800 900 200); silver organza wrap, £34.99, and

diamanté earrings, £5.99, Accessorize (0171 313 3000); black and perspex mules, £50, The Magic Shoe Company (0171 791 3352).



LEFT
Plum jacquard dress, £109, Coast (0171 873 9251); red satin slingbacks, £99, Kurt Geiger (0171 546 1888); Ultra 10 tights, £3.50, Aristoc (01733 525 520).



LEFT
Blue velvet dress, £109, Miss Selfridge (0181 910 1359); black suede court shoes, £70, Ritual (0171 405 5149); blue diamanté bracelet, £999, Accessorize (0171 313 3000).



RIGHT
Blue sparkle tube dress, £40, Tattoo (0171 543 5000); black strappy shoes, £65, Bertie (0171 391 9933); black rose necklace, £4.99, Accessorize (0171 313 3000).

Hair and make-up by Jayne Robinson

Best buy

Silver jewellery is the perfect accessory for this season's space-babe look. Here's OLIVIA BUXTON's selection - plus a great reader

★ Round sterling silver pendant and chain, £39.99, H. Samuel (0181 905 9000).

★ Diamanté silver Y-Necklace, £25 (matching earrings, £18, also available), Mikey (0171 287 1232)

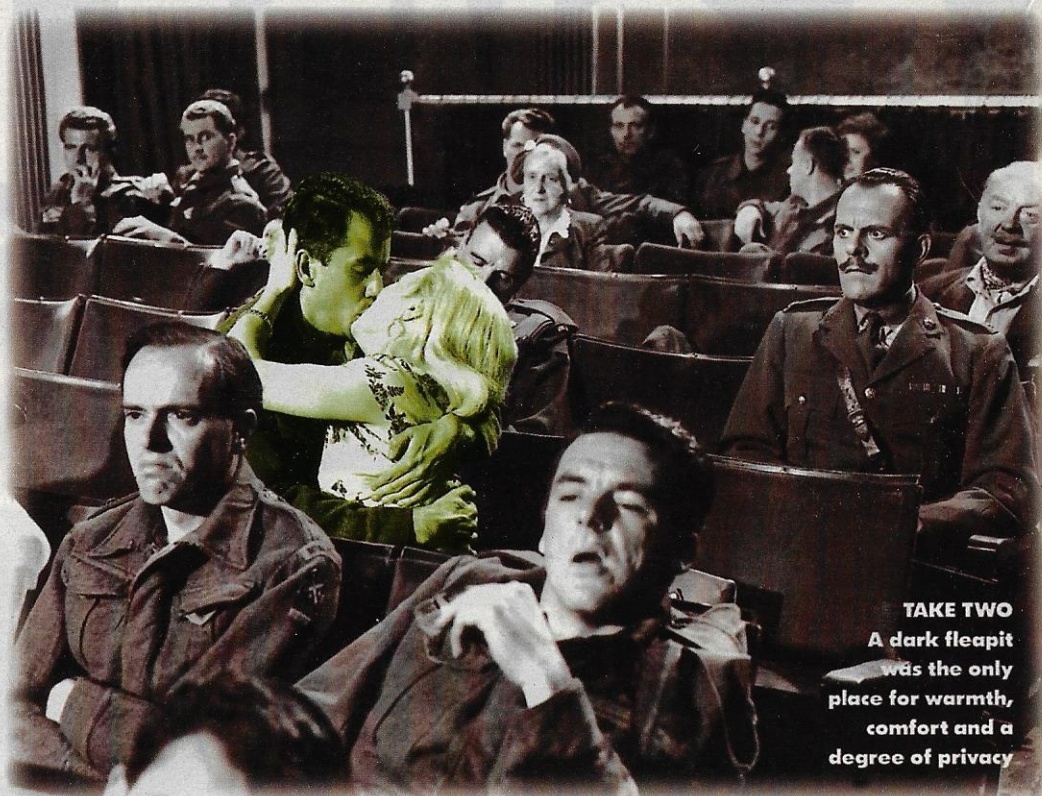
★ Silver torque with tortoiseshell pendant, £10 from selected Marks and Spencer stores (0171 935 4422)

★ Silver spiral torque, £18, (matching spiral arm bangle, £10, available), Mikey (0171 287 1232)

★ Matt droplet necklace, £11.70 (earrings £7.95) Chunkydory (mail order 0181 866 7263).
★ Necklace only £6.95 if you say you saw it in *Personal*



Mary Poppins, the Kama Sutra



TAKE TWO
A dark fleapit was the only place for warmth, comfort and a degree of privacy

. . . and a choc ice



COLIN WILLS LOOKS BACK ON THE DAYS WHEN A VISIT TO THE CINEMA MEANT EITHER LOVE BITES . . . OR FLEA BITES

I went to one of those new cinema complexes the other night. It was on an industrial estate underneath a motorway flyover, and the only thing wider than the screen was the grin of the girl behind the cash desk as she swiped another 20 quid off your plastic. Although the place looked like an enormous B&Q depot and the car park was bigger than the Kalahari Desert, they did their best to make you believe you were in Hollywood. They even gave stars' names to the lollies, like the Arnie Schwarzenegger Crunch and the Demi Moore Surprise. Bearing in mind Demi's attraction to nude roles, the biggest surprise about that one was that they handed it to you with the wrapper on. If you didn't fancy getting your jacket covered in ice cream stains that made you look like you'd spent six

hours rolling around in albatross droppings, you could buy exotic Chinese snacks to eat while you were waiting. They called it the "total cinema experience" and I have to admit it was totally different from the cinemas I grew up in. There, the overriding experience was one of scratching yourself frantically for several days afterwards. They were home to so much biting livestock they should have been taken over by Rentokil. Fittingly, they were universally known as fleapits. For a cinema to qualify as a fleapit, the staff had to meet certain standards. The manager had to wear a dinner suit at least 40 years out of date and treat all his patrons with utter contempt. The usherette's face had to be caked with more make-up than a hippo after a mud bath. The projectionist had to have a drink problem and show the reels in the wrong order, so that a Western, for

instance, might begin with the villain's bullet-ridden corpse being carted off to Boot Hill for burial 45 minutes before he rode into town. Why did we put up with it? The answer, as ever, was sex. It wasn't like it is today when your girlfriend's parents turn down the duvet for you and ask you whether you'd like poached or scrambled eggs for breakfast. The cinema was just about the only place where you were assured of warmth, comfort and a degree of privacy. It didn't matter what film was on – the real action took place in the back row. John Wayne, Marilyn Monroe and Bugs Bunny flickered unseen as you and your loved one embarked on three hours of non-stop passion. It was like the Kama Sutra with a break half-way through for a choc ice. In the cinema you learned the practical arts of lovemaking, like how to undo a bra clasp from outside a

sweater with one hand while casually eating a packet of Butterkist popcorn with the other. If there was any justice, such dexterity should have been rewarded with a brilliant career in micro-surgery in later life. It was the kind of intricate skill that once made Britain the envy of the world. Some cinemas even had double seats in the back row so there wasn't even an armrest between you. They turned a showing of *Mary Poppins* into a writhing orgy *Caligula* would have been proud of. I remember watching *Taste The Blood Of Dracula* in a double seat and ending up with more love bites than the vampire's wife. But cinema just did not come without a price. My brother-in-law was sitting next to a couple intent on exploring each other's tonsils one night when suddenly a hand appeared through the red velvet curtain behind them and grabbed the bloke by the lapels. "You bastard!" roared an unseen voice. "That's my wife you're mauling." The incident ended with a full-scale punch-up in the aisle. But as the film happened to be bum-numbingly dull, nobody minded in the slightest. That's the way it was in those days. We believed in making our own entertainment. ■

↳ You learned how to undo a bra clasp with one hand while eating Butterkist popcorn with the other ↲