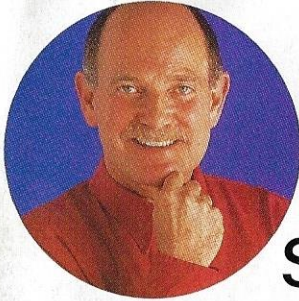


Personal

SOUTH

FOR WOMEN WHO KNOW WHAT THEY WANT

SUNDAY MIRROR ★ JANUARY 4, 1998



Peter
Watson's
star

forecasts
for 1998

**16-PAGE
MONTH-BY-MONTH
PULLOUT
PART ONE:
LOVE AND MONEY**



It's new!
Your Personal 7-day
TV guide inside

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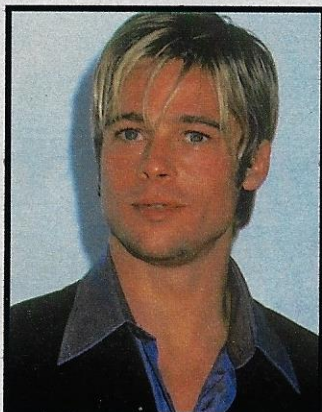
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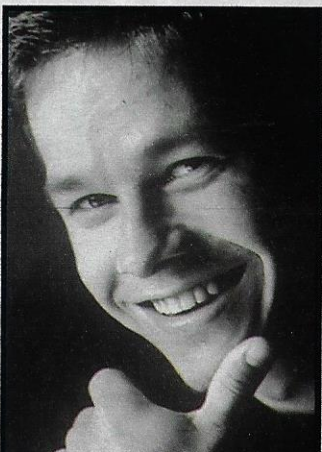
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LUCKY NUMBERS

the Personal way to choose your lucky Lottery balls

1

15

21

26

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Away the lad. Kevin Keegan sensationally quit as Newcastle United manager 1 year ago this week.

This is the big one – streaker Erika Roe claimed her 15 minutes of fame at an England rugby match 15 years ago today.

Inventor Clive Sinclair was showing off his two-inch wonder this week 21 years ago – the world's smallest TV screen.

Let your hair down with this one. Millions of Russians did 26 years ago this week when long hair for men became legal.

TV host Angus Deayton is 42 on Tuesday – have you got news for him if you win!

Put it down to Gail force if this one comes up – Coronation Street veteran Helen Worth is 47 this week.

COVER PICTURE BY ANDY McCARTNEY

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LOOK AGAIN, FREEPOST, BRADFORD, WEST YORKSHIRE BD99 1FP.

Are you scared of staying single forever?



FRIEND IN NEED
Suddenly, you look at the man who is 'just a mate' in a whole new light



HOW LONG DOES A DESIRABLE AND AVAILABLE MAN LAST ON THE SINGLES SCENE? JENNY NISBET LEARNS TO COUNT IN MILLISECONDS

"Don't mention the word climax to a spinster on a Friday afternoon," said 35-year-old Louise, abruptly terminating my fascinating analysis of tumultuous events in Nicaragua which, as I was trying to explain, were currently mounting to a c-----. She took my breath away. Surely it was outrageously politically incorrect of Louise to use the word spinster and hint at sexual frustration in the same sentence, especially when speaking about herself. She was in grave danger of badly letting down the now coyly renamed "Singletons" of the world. Spinsters, as we all know, are old ladies who continue to knit balaclavas for servicemen who will never return from the First World War. Singletons are bright, witty career girls who prop up wine bars, smoke like chimneys and moan to the newspapers if they haven't had a man for six hours. But whatever name they go under, it is true that women are practising the art of being single longer than ever before - and still not getting it right.

Just look at poor old Deirdre in *Coronation Street*. She's been a solitary mum, divorced, widowed... and she still gives her building society book to the first man in uniform who buys her a white wine. We're getting it wrong because we've failed to learn from the lessons of the past. In terms of power and achievement, history has shown us that it's single women who get ahead, not couples. Think of Boadicea, Coco Chanel, Joan of Arc, Kate Adie... But if wearing woad, designing handbags, hearing voices or polishing your vowels in war zones doesn't appeal, then it's usually back to drag-hunting for a suitable man. What's the problem with that? As if you need me to tell you! For a start, only 48 per cent of the population is male and of these you can probably discount the following categories: married or otherwise engaged/afraid of commitment/alcoholic/workaholic/congenital liar/emotionally damaged or plain perverted (some guys cleverly

combine at least two of the above). Most of them turn up at my friend Sally's Mix-n-Mingle-'Cos-You're-Single-parties. That's where Sally met Harry, a former pyromaniac with five kids, and Bill, a commitment phobic with a cross-addiction to Tantric sex. Like most people, I was born single and the solitary state has been thrust back upon me a few times in my life, like a recurrent bout of flu. The first thing you notice in your try-to-be-brave new world is that everybody else is in couples. Then you realise that there are lots of other attractive, sympathetic, intelligent, funny single people out there - and they are all women. Occasionally an unattached man comes along who is desirable, solvent and has no anti-social behavioural problems. But how long does he last on the singles scene? Can you count in milliseconds? This truth was vividly brought home to me when I attended an up-market singles event with my friend Prudence and we took George along. I have known George since I was five and although he is sweet and kind he has never been more than a friend. At the entrance, both Prudence and I sternly lectured George that he was not to hang

around us as we didn't want him putting off dozens of eager suitors. The evening started with a talk by the designer-dressed dating boss, during which she went among the crowd of solos asking personal questions (yes, this is how you spend nights when you're single and desperate). Eventually she came to George, and when he said he was a vet there was a sudden buzzing interest from all around. But when she asked him if he'd like to get married and he answered in a small, sincere voice "Yes and I'd love to have a baby" there was the deafening screech of alarm bells as a hundred biological clocks went off simultaneously. Afterwards, as Prudence and I propped up the bar, we could just see George in the far distance, sinking under a sea of eager hopeful anxious to make him a father - preferably that night. Recently, two acquaintances were both suddenly released from their solitary confinement by marrying guys they had always known purely as friends. So if you're tired of being a Singleton, why not dust off that long-time mate? On the other hand, after a few mornings waking up next to that old mate, you may just decide that staying single forever sounds like a lot of fun. ■

There are lots of attractive, sympathetic, intelligent people out there - and they're all women

Hello, big boy



MARK WAHLBERG MADE HIS NAME BY TAKING OFF HIS TROUSERS – FIRST AS RAPPER MARKY MARK, THEN AS AN UNDERWEAR MODEL, AND NOW AS AN ACTOR. BUT EVERYTHING'S NOT WHAT IT SEEMS INSIDE HIS CALVIN KLEINS, SAYS GILL PRINGLE. PICTURE BY GREG GORMAN

Six years ago ex-con and former petty thug Marky Mark dropped his trousers during a live stage show. That simple action defined him as one of the most famous pop icons of 1991. From teen-idol rapper he became a Calvin Klein model, and his image – wearing little more than a smile and a pair of undies – was plastered around the world, even on the biggest billboard in New York's Times Square.

But today he is again known as Mark Wahlberg – the name his parents gave him 26 years ago – and he's dropping his trousers for an entirely different reason. Mark has reinvented himself as an actor, starring as a Seventies hard-core porn star in the much-acclaimed movie *Boogie Nights*.

It's Wahlberg's fifth film. His previous project *Basketball Diaries* (co-starring Leonardo DiCaprio) made the industry sit up and take notice, and now *Boogie Nights*, which opens in Britain on January 16, has moved him into the major league. His next project sees him starring with Robert De Niro. Juvenile delinquent, hit rapper, international model, video director, Hollywood star... Wahlberg has been given more chances in life than most, and he knows just who to thank for such bounty: "I thank the Lord

for all the blessings he's brought upon me," he announces, between sipping a beer and lighting up another cigarette.

"I readily acknowledge Him as my saviour. I let Him know that I realise I am weak but that I want to be strong and that my heart is open to being filled with nothing but the Lord's love.

"I firmly believe there is a God, and that you will be judged for your actions, which presents problems for someone like me who had been a sinner in the past."

Such intense religious fervour from so unexpected a source almost makes you giggle – especially after witnessing his *Boogie Nights* character Dirk Diggler peeling off down to his 13-inch prosthetic penis – but you have to suppress the laughter because Wahlberg is totally serious.

"I just hope God is a movie fan or at least understands that the movie is just a movie. I think it's OK. But I don't actually know if any of it is OK," he says doubtfully. After all, *Boogie Nights* is not the obvious choice for a good Catholic boy in search of salvation. Wahlberg plays Eddie Adams, a 17-year-old whose massive endowment makes up for his below-average intelligence. The film charts his X-rated career – under the direction of porn film-maker Jack Horner (played by Burt Reynolds) – from success to inevitable downward spiral. Amid gratuitous

cocaine use, random acts of violence and complete lack of sexual inhibitions, he handles his character with aplomb, transforming naive Adams into egomaniac Dirk Diggler. "I decided to just go for it. This isn't a feel-good movie, and it's something I'm going to carry around with me for a long time, regardless of its success or failure," says Wahlberg, who had some explaining to do when his mother visited him on the set to discover her precious son had shed 36lbs and looked like death.

"It was necessary for me to lose the weight for the coke-head scenes. There was no way I could just play being so beat up, looking as buff as I was. My mother took one look at me and yelled, 'You're coming home right now! What are you doing to yourself? You're dying'. I think she feels a little better about it now that the film's doing so well," he says hesitantly.

"The nudity didn't bother me at all, as long as it was used in the right context. And since I was starring as a porn star, I couldn't really complain any of it was out of place," says Wahlberg, whose private parts are exposed just once, yet frequently alluded to by the admiring "ooohs" and "aaaahs" of those co-stars who get to witness his big trouser treasure. Only in the movie's final shot does he get to flash his prize 13-inch



asset, leaving audiences gasping. "Of course it's not all mine, but most of it is. As anyone who ever saw my Calvin Klein ads can testify, I have nothing to be ashamed of," he says.

"But I still have my personal life and I want to be happy. I'm not married yet, so my only hope is that I can find somebody who hopefully hasn't seen this movie!"

Wahlberg fears that the discrepancy – however small – between the illusion and the reality of his private parts will prove too much for a girl to handle, so to speak. "I better hurry up and find a steady date because expectations are going to go through the roof as more women see this movie.

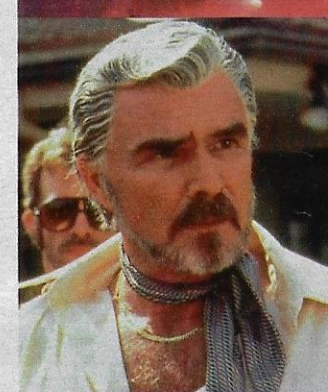
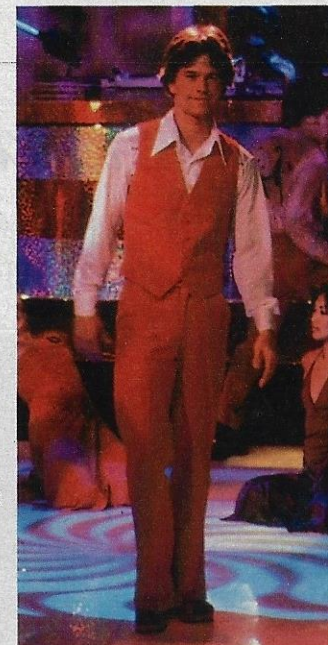
"Success might make it easier for me to get a date, but I don't know how easy it's going to be to keep one after they learn the truth." One girl who is clearly more than happy with the truth is stunning model

Natalie Goldstein, who accompanied Wahlberg to a recent MTV movie awards party, winning an unofficial prize for wearing a dress with the least amount of fabric possible.

"I love women. They can control my every thought and action if I let them. There's so many beautiful women in this town, although I long to meet someone who has the same goal as mine – that is, to have a strong family-oriented lifestyle," says Wahlberg, who says he wants to raise a family in a nice quiet place like Montana, and attend church every Sunday.

"But I don't think I'm going to meet that woman in Hollywood. There are too many women here who are out to use you for their own gain."

Although he's following a path laid down by his big brother Donnie, who first found fame with boy band New Kids On The Block before heading for Hollywood, you wonder whether Mark Wahlberg, the rap star and model, ever had any idea he would one day be able to turn in such a high-calibre performance as he does in



PORN IN THE USA Veteran Burt Reynolds plays the hard-core director shaping Mark Wahlberg's career as a stud in his new movie

Boogie Nights?

"No, initially I wasn't really interested in the whole process of acting, especially when I was so committed to my music. It was Danny de Vito who changed my whole life around," says Wahlberg. "I met Danny and director Penny Marshall, and ended up working with them both in *Renaissance Man*, which is where I developed my passion for acting.

"Now I can't believe my good fortune to be working with someone like Robert De Niro and being in a position to make up my mind if I want to work on a project or not, rather than taking the first thing that comes my way.

"I love that I've been given such great opportunities to prove myself as an actor. I've learned so much through the experience. It's really like going to school. I try to pay attention and learn as much as possible.

"I'm grateful at having been given this second shot at success, and I'm handling it more wisely this time round. I recall the first big cheque I ever got – as Marky Mark – I went and blew the whole thing, the whole 100,000 dollars, on a car. It was only after I bought the thing that I realised I didn't have the money for petrol.

"I kinda learned the hard way. I was the only teenager where I grew up that had a Mercedes and that was a lesson in itself. "That was such a dumb thing because everybody was trying to steal it, or smash it or crash it or something. I would literally cancel a show just so I could go home and drive my car. I look back and laugh at the old me. I was so arrogant, believing I was the toughest guy on the street. Now I realise that none of that stuff matters.

"I got very quickly sucked up by that whole world. I lived in a lot of places in a short amount of time. I probably upset a whole lot of people in the process.

"But I've had time to do a lot of good things to make up for it, and I believe this is the first time in my life that I have a clear conscience. I don't want to blow it this time." ■

I believe in God – so I hope He understands this is just a movie

Cleanse that toxic waist!

MONICA GRENFELL'S THREE-DAY DE-TOX DIET WILL HELP YOU RECOVER FROM NEW YEAR EXCESSES



May I start by wishing each of you a truly warm and Happy New Year. Your system is probably overloaded and sluggish after the indulgences of Christmas feasting.

So here's a diet that will benefit most people – you'll find my Three-day Detoxification Diet works wonders at making you feel lighter, brighter and more energetic and it will spur you on if you are planning to start a long-term diet plan to lose weight*. Follow this diet for three days only.

YOUR DE-TOX SHOPPING LIST

Here's what you need to stock up with for the three days.

- ★ 3 x 420g tins of unsweetened prunes in natural fruit juice
- ★ 9 bananas
- ★ 350g/12oz tinned or frozen strawberries
- ★ 3 pots natural 'live' yoghurt
- ★ 1 white cabbage
- ★ 1 red cabbage
- ★ 450g/1 lb carrots
- ★ Watercress or Lamb's lettuce
- ★ 50g/2oz walnuts
- ★ 50g/2oz mixed seeds, such as sunflower or pumpkin seeds
- ★ 3 tbsp French dressing
- ★ 900g/2lb stir-fry vegetables such as baby corn, mangetout, carrots, mushrooms, coloured peppers, bean sprouts
- ★ 3 oranges

You will need a blender or food processor for this diet.

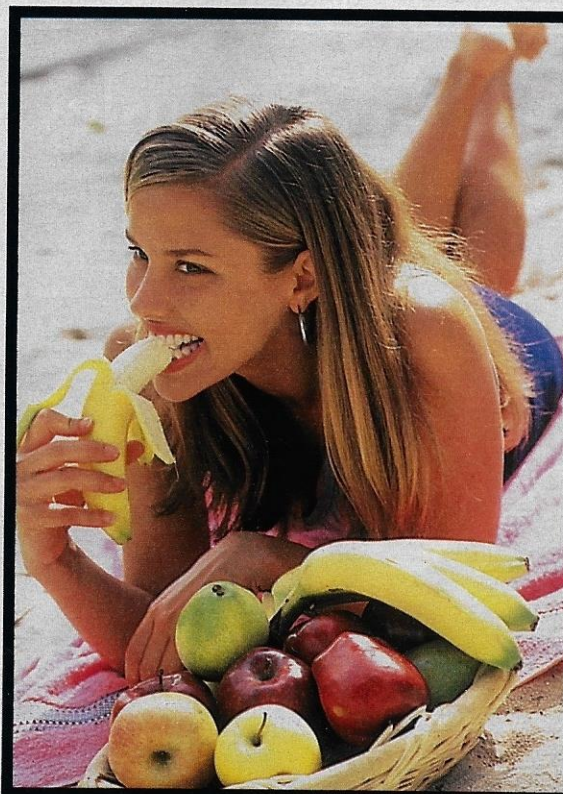
With this de-tox programme you eat five times a day:

Start the day by filling a jug with 2 pints of water, and a whole sliced orange. Refrigerate until needed.

BREAKFAST

(same each day)

One banana, blended with one pot of live yoghurt and topped with half a tin of prunes (save some prune juice for later). Glass of orange water.



MIRACLE FOODS

Bananas and prunes are two of nature's most helpful foods...

- Bananas are:**
- ★ Easy to digest
 - ★ A good source of fibre
 - ★ An excellent source of potassium
- Prunes are:**
- ★ A good source of dietary fibre
 - ★ An excellent source of potassium
 - ★ Rich in Vitamin B6 – good for PMS sufferers
 - ★ An effective laxative
 - ★ A good source of iron

MID-MORNING

One banana, blended with 100ml prune juice to drink. Glass of orange water.

LUNCH

Winter salad Make a large salad of uncooked red and white cabbage and peeled carrot – have as much as you want – all washed and grated. Toss in 1 tbsp French dressing and serve on a bed of watercress and/or lettuce of your choice. Top with half an ounce of crushed walnuts and a handful of mixed seeds. You may think this salad sounds plain, but you'll be surprised how tasty it is! Glass of orange water.

MID-AFTERNOON

One banana, blended with 110g/4oz strawberries.

EVENING MEAL

Stir-fried vegetables Using 1tbsp oil, lightly stir-fry at least 300g/11oz vegetables. Add soy sauce to taste. Glass of orange water.

* This diet is for three days of de-tox only. If your New Year's resolution is to lose weight, I'm going to make your dream come true in *Personal* magazine later this month. I have made up eight very different plans to suit everyone, so there will be a healthy eating plan to suit you. Watch this space! ■

THE ONLY WAY TO REALLY BURN OFF CALORIES!

If you have never exercised before, don't feel embarrassed. Bear in mind that when you are sitting doing nothing you are still burning about a calorie a minute. The moment you start moving that can double – proving that exercise really is the best way to lose weight. Always

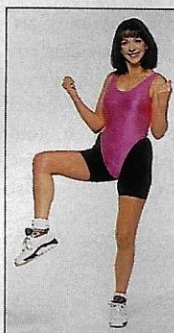
start gently until you get used to how fit you are. Start with these simple warm-up exercises:



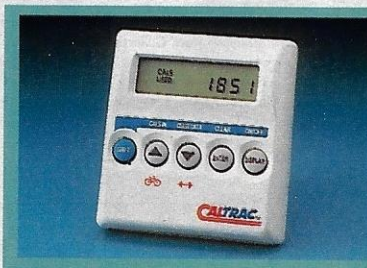
1 Step from side to side, swinging your arms. Do 16.



2 Kick each foot backward towards your bottom. Start with your arms outstretched, bringing your elbows in to your waist with each kick. Do 16.



3 Lift each knee as shown 16 times, curling your elbows as you lift.



SAVE £19 ON CALORIE COUNTING!

To count my post-Christmas calories I use CALTRAC, a mini computer which stores your personal details and monitors your weight loss. CALTRAC comes with explanatory video and calorie booklet. **£19 OFF REGULAR PRICE TO SUNDAY MIRROR READERS ONLY! USUAL PRICE £94 SPECIAL PRICE FOR SUNDAY MIRROR READERS: £75! CALTRAC is not available in the shops. Call 0121 472 0361 for credit card ordering**

Are you being served?

Or ignored, poisoned and called a liar...

APPALLING FOOD AND SHODDY SERVICE ARE FAR FROM RARE IN SOME RESTAURANTS. HORROR STORIES RANGE FROM GLASS IN MEALS TO SHRIEKING WAITERS. WENDY SLOANE MEETS SIX CUSTOMERS WHO WERE LEFT SUFFERING FROM RESTAURANT RAGE. PICTURES BY ANDY McCARTNEY

THE WHOLE TOOTH

My girlfriend and I went out for a meal with a friend called George and his wife. We went to an Indian restaurant, which George had recommended, before attending a concert. I ordered a chicken biryani as my main course, but a few minutes into the meal I found something crunchy and hard. I spat it out and saw that it very much resembled a plastic dental plate – with one false tooth stuck to it. It was disgusting.

I said to the waiter: "What do you think this is?"

He was a bit taken aback. I told him I had found it in my food, and he said: "No you didn't. It's your false tooth."

I told him he had better get the manager, who came out, had a look at the tooth and to my dismay took the same line as his waiter.

He said: "No, this cannot be. This is something you must have done," which angered me even more.

I told him I wanted a refund but he refused and there was a bit of a scuffle as they tried to get me out.

It's not a top restaurant but it has a good reputation in the area. They eventually apologised to me but still refused a refund. I told them their apology meant they were admitting guilt, but then it got even worse when my mate George intervened and said: "Why don't you just leave it?"

I still refused to pay, and the manager threatened to call the police. I told him to go right ahead. I didn't make a commotion, but I spoke loud enough for everyone in the restaurant to know I was unhappy with my food.

Two policemen came and tried to calm the situation. I told them they could throw me in the cells as I hadn't done anything wrong, but they ended up taking the middle ground: No bill, but no compensation. I walked out and didn't pay a penny. Needless to say, I've never been back there since.

John Woodhead, 35, electrical engineer

THE BIG CHILL

I took my two sons and their partners to an expensive restaurant to celebrate the fact that one of my sons had just been made a consultant radiologist.

The restaurant had recently received another Michelin star as it is one of the most popular in London.

It requires that you book six weeks ahead and is very expensive.

When we arrived they sent us to a corner table. The air conditioning was on full blast and I asked for it to be turned down several times because it was freezing.

I was wearing a long dress, but my daughters-in-law were wearing light evening dresses and were extremely cold. One was so uncomfortable that my son had to let her wear his jacket. My other son draped cloth napkins all over his wife to make her a bit warmer.

Despite our complaints, the management did nothing.

They totally ignored it, and the entire evening was ruined.

My son wrote a letter of complaint, which they didn't even bother to answer. The food portions were minuscule, although it cost the five of

us £500. I didn't mind the money, but we really didn't enjoy the evening.

When my daughter-in-law came home, she was so hungry she had to eat some Jaffa cakes.

Susie Rottenberg, 63, doctor

CREEPY COFFEE

My boyfriend and I disagreed over which restaurant to go to, so we decided to go to the first one we saw – a big mistake. It was a small, faded Greek restaurant in central London and we were the only customers there so perhaps we should have taken that as a warning.

An ancient waiter with squeaky shoes and a dusty old jacket emerged from under the one light bulb. I ordered houmous as a starter and they didn't have any pitta bread.

The calamari tasted as though it had come straight out of a tyre factory. But the Greek coffee really took the prize. It looked quite good, and was quite thick, but when I got to the bottom I could see a dark shape.

I looked more closely and saw an enormous moth lying there with its legs in the air.

I have a real phobia about moths.

I screamed and leapt to my feet, knocking over the table. The waiter ran over to see what was the matter. I was trembling. I could only point at the cup and could barely explain. He looked at me and said quietly: "Oh, would you like another cup?"

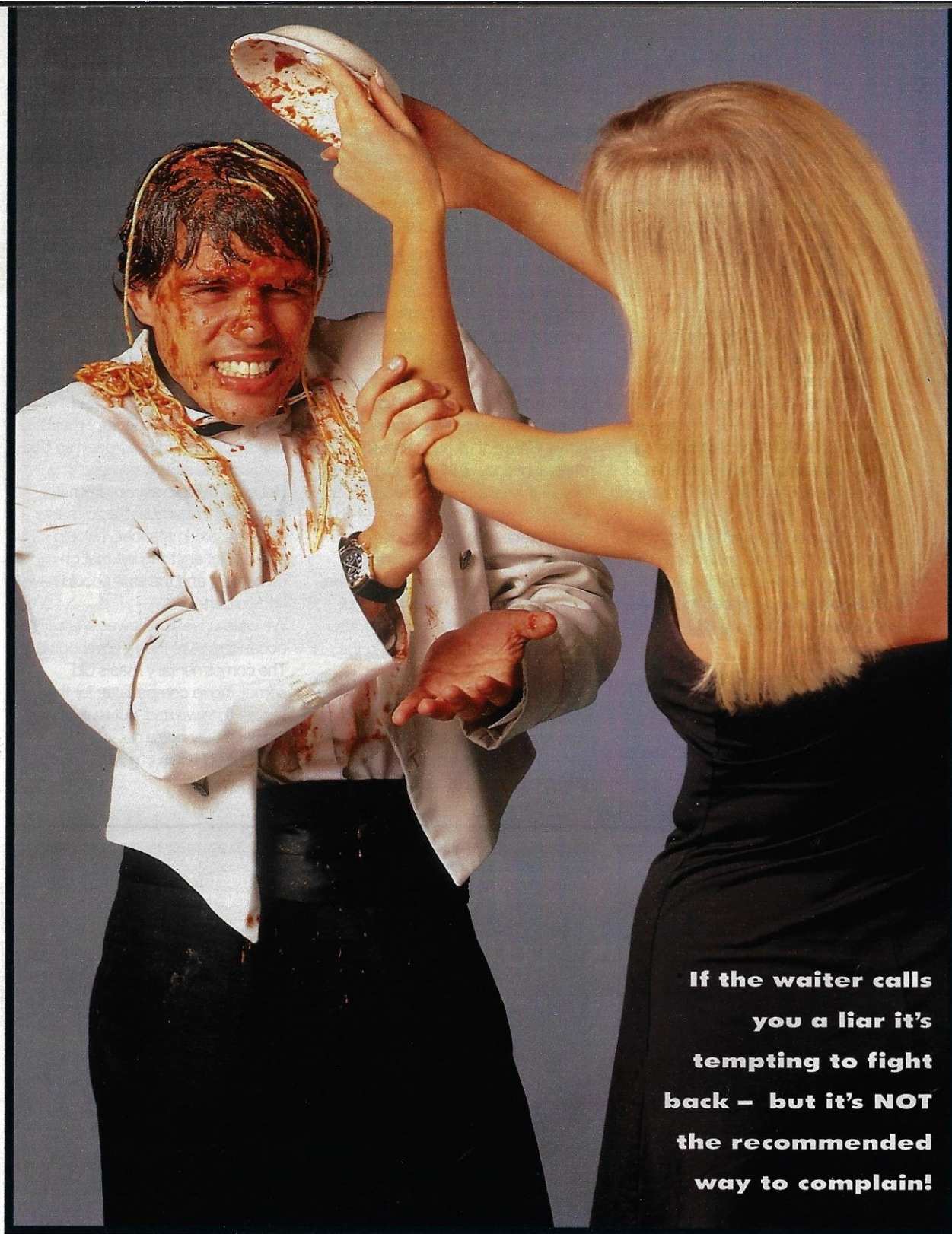
I went berserk, shouting and screaming at the waiter, but I was amazed to see that my boyfriend was already paying the bill and even suggesting we leave a hefty tip. He was obviously embarrassed at my distress. He thought I was being completely unreasonable and said I was wrong to make such a fuss in a place which had fallen on hard times.

"Good," I yelled back at him. "I'm not surprised – if the only regulars are large insects."

I had to go to the pub for a double brandy to calm down. I never went back and, in fact, I phoned the public health office to complain.

They got back in touch to thank me afterwards because when they inspected the kitchen they found it crawling with cockroaches and the place was closed down. Oh, and I also dumped the boyfriend.

Vicci Bentley, 46, freelance writer



If the waiter calls you a liar it's tempting to fight back – but it's NOT the recommended way to complain!

TURNING THE TABLES

I went to a Thai restaurant with David, a model friend of mine who's a tall black, American guy. The restaurant was well known and we had dressed up, as my friend was leaving the country and it was to be one of the last times I would ever see him. We wanted it to be special.

We walked in and the place was practically empty. We asked for a table for two, and were told they didn't have any available.

We said we'd come back in 15

minutes and when we returned the place was still pretty empty.

We again asked for a table for two, and were told the only one available was squeezed right against the till and in the path of all the waiters who were rushing around with drinks and food.

They said there definitely wasn't another table available for us.

Then another couple came in and asked for a table for two.

The manager asked if they had a reservation and they said they didn't.

So he converted a table for four and gave them a beautiful place by the window.

We asked: "What's the deal here? Why did you convert a table for them but not for us?"

He claimed they had a reservation, but obviously they didn't.

We kicked up a massive stink with the manager and one of the hostesses. We accused the manager of all sorts of things, but he just pretended we didn't exist – looking to the side and acting as if nobody was

discovered a huge lump of glass in her lasagne.

It looked like a shard from a broken wine glass, but it wasn't just a little sliver, it was a great big lump lurking in the bottom of the dish.

Naturally, we called the waiter and complained. But he refused to believe us and accused us of dropping the glass into the lasagne to get a free meal. We ended up having a screaming match with him.

He accused us of trying to take him for a ride. It all got terribly

►

talking to him. We started waving our hands in front of his face to get his attention, but still he did nothing. The other customers started staring at us as we were making such a commotion.

David thought maybe they were being racist because he's black, even though everybody who worked in the restaurant was Asian.

We finally left, and wrote a scathing letter. We never received an answer. There was nothing else we could do as we hadn't actually eaten anything at the restaurant, so we couldn't ask for a refund.

It was the last time I saw my friend David. It made me really angry. We were expecting such a pleasant evening, and instead it ended like that.

Sam Saunders, 24, model

LETHAL LASAGNE

A friend was over from Australia and we went to see a film and then out for dinner in Soho to a groovy little Italian restaurant. We ordered a starter and then lasagne. We were halfway through the main dish when

my companion

HOW TO GET GOOD SERVICE

Here are a few tips from restaurant guru Steve Dixon to make sure you get speedy service and satisfaction:

- ★ Help yourself to a menu.
 - ★ Don't let the waiter vanish after ordering drinks. Go straight on to order the food.
 - ★ If you're waiting for the bill, stand up and put your coat on.
 - ★ Stage-whisper any complaint into the waiter's ear and say: "Sort this out immediately and we'll say no more about it."
 - ★ Check the bill against the menu. Get illegible handwriting translated.
 - ★ With serious food hygiene complaints, contact your local Environmental Health Office. If the bill is not settled to your satisfaction, tell the Trading Standards Office.
- Steve Dixon edits Cateringnet, the hotel and catering industry Internet Web Site (www.cateringnet.co.uk).*



embarrassing, especially as it was a pretty quiet night and we were all screaming. Everyone was staring at us, and a few of the other customers were even laughing. But it was also quite satisfying because they were also fishing around in their meals to make sure they didn't find any glass. In the end we actually paid for that terrible meal. We caved into this petty Mussolini purely because we were embarrassed by the way he was carrying on. The girl I was with is a journalist and an incredibly outspoken person, but even she paid when the waiter screamed louder than she did. I have never come across this type of behaviour in Australia. I'm sure it could happen, but certainly not in a restaurant that was pretending to have a friendly ambience and located in an area geared to tourists.

Victoria Clark, 31, copywriter

BAD TIMING

It was my grandmother's birthday and we all wanted to go out and celebrate with a meal. So we booked a table at one of London's top

restaurants. When we arrived the staff seated us almost immediately. But the service quickly went downhill from there – it was as if we were being served by a group of 16-year-olds.

They were unprofessional to the point of being slapstick – it was just really bad. We ordered our drinks and were brought olives. Then we ordered bread and got no butter. We asked for butter three times and by the time it arrived we had no bread left. Finally, the main course was due to arrive. Some of us had ordered chateaubriand, which you could only have if it was to share with two people or more. Four of us ordered it, and it came first – about 15 minutes before the other people's order arrived. Also, the pomme frites were late. We wanted our steak with our chips, but they didn't come until after we had finished the steak. And the vegetables came even later. The service was so bad that we were in that restaurant for four hours – that was how long it took for us to get served and eat our meals. We didn't stop complaining

throughout the meal, but the staff just seemed totally unapologetic and dismissive. We wanted to make a big complaint at the restaurant after we had finished, but felt bad as it was my grandmother's birthday and we didn't want to make too much of a fuss and ruin her big day. Instead, my mother wrote a letter of complaint to the restaurant, which I must admit they dealt with straight away by phoning us back and offering two complimentary meals. The service could have been so bad because the staff were new. But such horrible service from a restaurant in inexcusable no matter what the circumstances. I would never inflict anything like that on my customers and the staff should have known better. We were upset, but it was a family occasion so we tried to overlook it. The complimentary meals did something to compensate for the terrible time we had, but really it was the least they could do.

Emile Herman, 22, shop manager ■

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Shining examples



DON'T KNOW WHERE TO START IN THE SEARCH FOR THE PERFECT SHAMPOO? BEAUTY GURU MARTYN FLETCHER CAN HELP

Choosing the right shampoo from the array of specialist products available in most ranges can be a hair-raising experience. But to get it right, all you need to understand is your hair type. . .

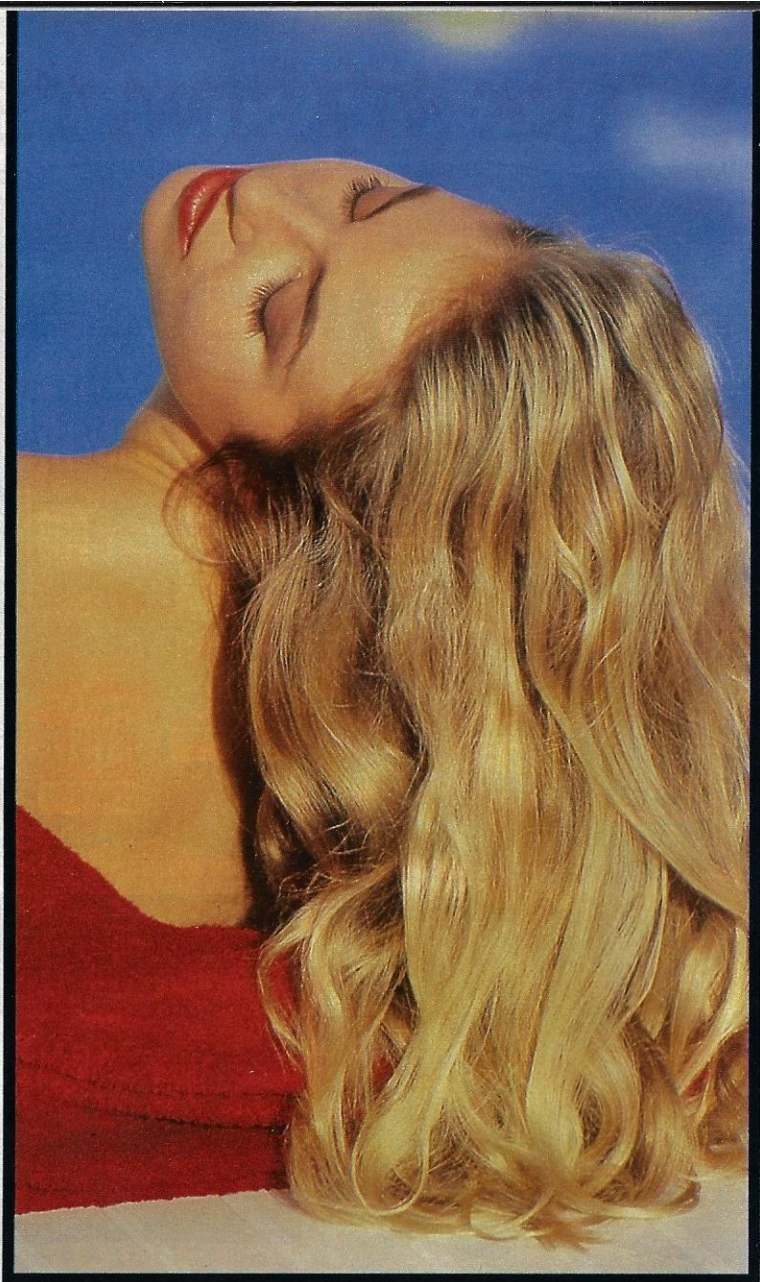
GREASY HAIR
Caused by overactive sebaceous glands, greasy hair looks oily within a day. It's often lank and needs frequent washing. But daily shampooing can over-stimulate the oil glands, so avoid harsh products and choose a pH-balanced shampoo that won't send signals to the scalp to produce extra oil. A pH balance of about 6.5 will match the scalp's own. Joshua Galvin Oil Free Shampoo can help, as can Original Mint Source Lemon and Mint To Balance Oil-prone Hair.

GREASY HAIR WITH DRY ENDS
Greasy hair can develop dry ends through over-use of hair dryers and heated styling tools, too much sun, or too harsh a shampoo. The more damaged the hair, the more negative charge it has, and so it will eagerly grab the positively charged conditioning agents in shampoos. If your hair is this type, conditioning molecules in shampoo will slip off the greasy bits and zap the dry ends where they are needed most. Try Charles Worthington Results Balancing Act Oil Regulating Shampoo for Oily Roots and Dry Ends, or J.F. Lazartigue Nature-L Rebalancing Shampoo.

DRY HAIR
Hair that feels dry and looks dull usually mean the sebaceous glands are underactive. This type of hair is very prone to split ends. To make it sleeker and more controllable, it needs silicone, as found in richer conditioning shampoos, such as Superdrug Naturals Coconut Oil for Dry Hair. Silicone works by smoothing roughened hair shafts and so makes hair easier to control and shinier. As you shampoo dry hair, gently massage the scalp with your fingertips to stimulate the circulation and encourage the oil glands to work harder (but don't rub hard or pull at the root area). Regular brushing when the hair is completely dry stimulates the scalp and spreads natural oils from the root to the tip. A smooth-bristled brush is best: rubber or plastic bristles are rounded at the ends and won't damage the scalp or tear the hair cuticle.

COARSE AND FRIZZY
Strong, dry, wiry hair is naturally more brittle and breaks quite easily. The more moisture you can get into the hair, the easier it is to control and the less likely it is to break. So you need a rich conditioning shampoo, such as John Frieda's Frizz Ease Corrective Shampoo and Nicky Clarke's Frizz Control Shampoo.

CHEMICALLY TREATED HAIR
Your hair can quickly become dry and porous as a result of perming,



bleaching or tinting. Permed hair can be very similar in texture to frizzy hair, so silicone is the secret again. For colour-treated hair, silicones have a similar function – to "take" the colour the cuticle has to be opened. Silicones will close it up again and seal in the colour molecules, helping to prevent the colour from fading. The smoother the hair cuticle, the more hair reflects the light and the glossier, more richly coloured it looks. Try Charles Worthington Results Moisture Seal Glossing Shampoo and Body Shop Brazil Nut Shampoo or Wella Experience with Liquid Hair.

FINE HAIR
When each hair is narrow in diameter, it tends to lie flat and is difficult to style. Shampoos specially formulated for fine hair contain polymers and silicones to add volume to limp hair – try St. Ives Hair Repair Thickening Shampoo or Andrew Collinge

Thickening Shampoo. Look out for oat protein – a very effective volumising ingredient. But be careful not to over-use shampoos for fine hair, because if a narrow hair shaft is overloaded with bulky molecules, the weight will make it flat and lank again. It's a good idea to use a clarifying shampoo, such as Neutrogena's, every fourth shampoo to remove any build-up.

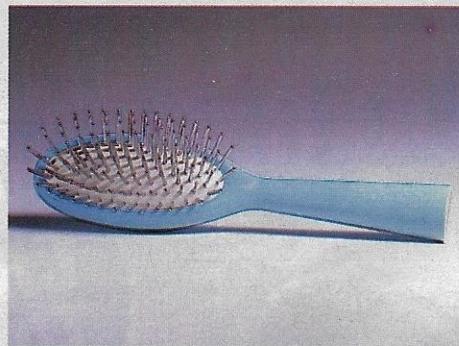
FLAKY SCALP
Flakes of dead skin accumulate on the scalp and can be itchy – not to be confused with dandruff. Try Paul Edmonds Dry Scalp Shampoo or Boots Specialist Dry Scalp Shampoo.

NORMAL HAIR
Lucky you – your hair shines and holds a style. Choose shampoos which don't change the pH balance, and rinse well. Try Superdrug's Citrience Shine On Shampoo or the VO5 range for normal hair.

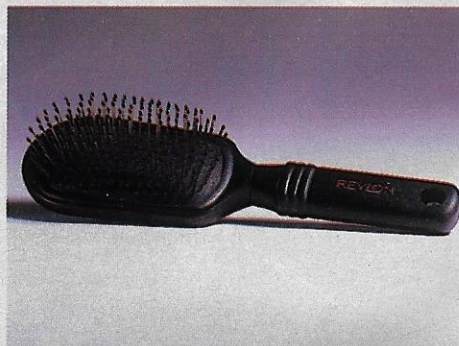
HAIR BRUSH BEST BUYS

Keep your hair controlled and tangle-free with OLIVIA BUXTON'S selection of the best hairbrushes:

★ **Acca Kappa, £26.50**
Large brush with acetate plastic pins. Ideal for all hair types and it leaves your hair tangle-free and smooth. It's also available in different sizes in chrome, gold, tortoiseshell and ivory effects with matching toilet accessories. From House of Fraser stores (0171 624 5397).



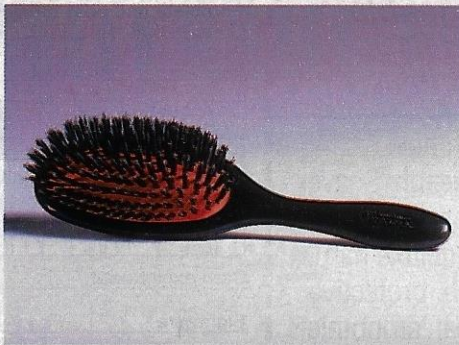
★ **Revlon, £7.99**
Black cushion-base wire bristle brush. The metal bristles are most effective, and guaranteed to de-tangle the thickest and curliest of hair and help keep any style in place. For stockists call Revlon's consumer helpline (0990 133191).



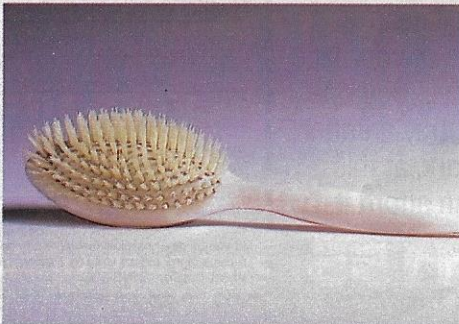
★ **Boots, £5.50**
Wooden hair massage brush with plastic bristles. Definitely more suited to massaging the scalp rather than brushing hair. Excellent for all hair textures and lengths and for de-tangling wet hair. From Boots stores nationwide (0845 0708090).



★ **Denman, £7.35**
Black cushion brush with natural bristle and nylon quill for grooming. Ideal for your handbag. Bristles firm, not scratchy, but suitable only for fine to normal hair. From Boots, Superdrug, Sainsbury, Safeway, John Lewis and Selfridges (0181 974 6674).



★ **Charles Worthington, £8**
Natural bristle smoothing brush with styling guide and bag. Sold as suitable for fine, medium, straight or wavy hair, but barely copes with dry, fine hair. From Charles Worthington salons in London, and Boots (0845 0708090).



Today's Specials



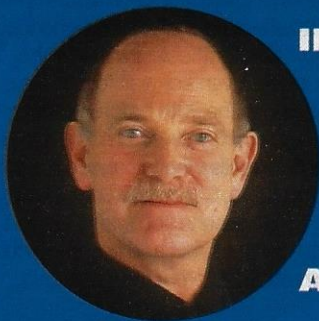
VO5 HAIR FOOD
Nutrient enriched for healthy hair

Available from all good quality retail outlets including large Boots stores, Superdrug & Tesco.

PETER WATSON

Your stars for 1998

PART ONE LOVE AND MONEY



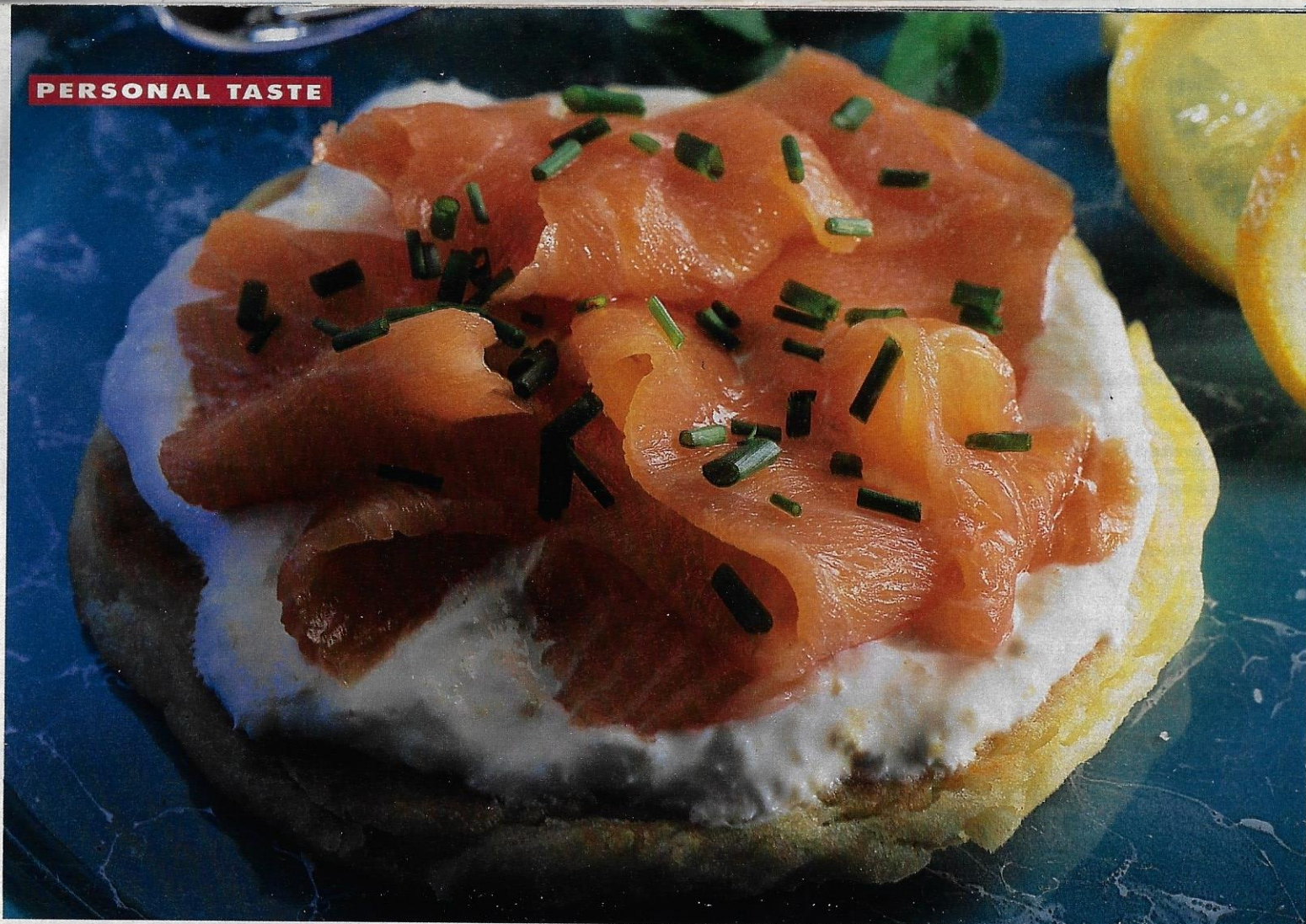
IN PART ONE OF YOUR
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FOR 1998, EXPERT
ASTROLOGER PETER

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FORECASTS FOR EACH SIGN OF THE
ZODIAC, WITH A SPECIAL FOCUS ON
LOVE AND MONEY. WHATEVER YOUR
HOPES AND DREAMS, YOU CAN USE THIS
PERSONAL GUIDE TO HELP YOU MAKE
THE VERY BEST OF ROMANCE AND
FINANCE IN THE YEAR AHEAD.

★ DON'T MISS YOUR 1998 GUIDE TO HEALTH
AND HAPPINESS IN PART TWO NEXT WEEK



PERSONAL PULL-OUT-AND-KEEP



Mark Wogan's

STEP

BY STEP

COOKERY



POTATOES ARE A NOURISHING STAPLE FOOD AND THEY CAN BE MADE MUCH MORE EXCITING THAN GOOD OLD MASH AND CHIPS. SO NEXT TIME YOU PEEL THE SPUDS, GIVE THEM THE CELEBRITY TREATMENT WITH THESE DELICIOUSLY DIFFERENT RECIPES

Superspuds!

SMOKED SALMON POTATO CAKES

SERVES 4

450g/1 lb baking potatoes, peeled and cubed

50g/2oz butter

1 egg yolk

2 tbsp/30ml horseradish sauce

150ml/1/4 pint sour cream

Grated zest 1 lemon

300g/11 oz smoked salmon, cut into strips

Salt and pepper

Fresh chives for garnish

1 Boil the potatoes until they are tender. Drain off the water and leave them to cool slightly. Add the butter and the egg to the potatoes and season with the salt and pepper. Mash the potatoes until smooth.

2 With floured hands shape the mash into four 10cm/4in circles. Place these on an oiled baking sheet, bake in a pre-heated oven for 45 minutes, turning halfway through cooking.

3 Mix together the cream, horseradish sauce, lemon zest, salt and pepper. Let the potato cakes cool slightly, then spread thickly with the cream. Pile the salmon on top and sprinkle with chopped chives. *This is a wonderful vegetarian main course. If made smaller, potato cakes are a great starter, too.* ▶



PERSONAL FASHION

Scarlet woman

RED IS HOT AND HAPPENING! FOR THE WARMEST OF WINTER DAYS AND NIGHTS MIX SHADES OF GLAMOROUS SCARLET FROM TOP TO TOE AND JUST FEEL THE TEMPERATURE RISE . . .

FASHION BY BECKY SUNSHINE.

PICTURES BY ANDY McCARTNEY

Mesh/floral top, £29.99, Kookai (0171 937 4411); wool skirt, £16.99, George (0500 100 055); Court shoes, Faith, £35 (0800 289 2971); sheer tights, £3.50, Aristoc (01773 525 520).



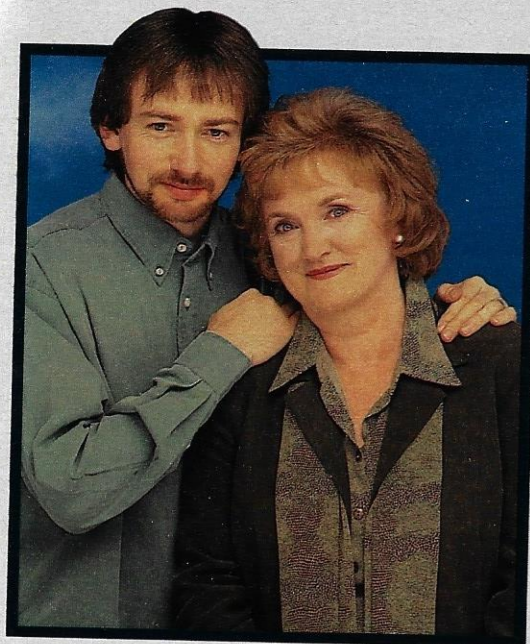
RIGHT
Brocade
bandeau, £30,
Tattoo (0171
543 5000);
beaded
necklace from
£35, by
Venus Rising
(0171 289
8928)

**HAIR AND MAKE-UP
BY JAYNE ROBINSON**

FAR LEFT
Velvet jacket, £95,
Principles (0171
927 1443);
brocade trousers,
£18, C&A (0171
629 1244);
patent mules, £50,
by The Magic Shoe
Company
(0171 791 3352).

CENTRE LEFT
Ribbed sweater,
£30, Wallis
(0181 910 1333);
fleece top, £40,
Coppernob (0171
436 3600);
mesh/floral skirt,
£3999, by Kookai
(0171 937 4411).

LEFT
Sparkle cardigan,
£22.99, George
(0500 100 055);
floral print dress,
£50, Dawn
Stretton at Hypo
DF (0171 937 310);
Mules, £50, Magic
Shoe Company
(0171 791 3352).



PERSONAL HELP AND HEALING

Dear John and Bonnie

EVERY WEEK FAITH HEALER JOHN McGRATH AND HIS PSYCHIC WIFE BONNIE ARE ON HAND TO ANSWER YOUR LETTERS

DEAR JOHN AND BONNIE
I lost my darling wife in June and I have grieved every day since. We were married for 42 years and had an eventful life together which I remember so well that I cry every time I think of a particular episode in our past. I rang your bereavement phone line (right) and was deeply moved and impressed by what you had to say. I believe deeply

in the afterlife as you describe it, and have had several psychic experiences myself over the years. What troubles me still is that I have an impression - I don't know how else I can describe it - that my wife Cynthia felt she was not loved when she died, since she felt she was such a burden. How can I convince her and myself that this is not so?
H.A.C., Oxfordshire

It's lovely to get a letter from someone who loves his wife as much as you do and who misses her so very much. Your wife Cynthia, as she draws close, asks me to tell you that she forgives you for what happened in the past and asks that you leave it there where it belongs. She knows she was a burden to you because of her many serious illnesses and does not want you thinking that you could have done any

more for her than you did. She wants you to understand that the only way she could cope was by withdrawing into herself and she is concerned that she may have been too demanding of you. Love under such severe conditions can become a bit strained, but it is never, ever far away and Cynthia does know that you loved her despite everything - so please put your mind at rest.

DEAR JOHN AND BONNIE
I am terribly confused. I have lots of dreams at night and every morning I write them down. I can tune into other people's feelings and emotions, I can sense a good or bad atmosphere even in strange places and I always feel someone is with me. I feel as though I can tune into the spiritual world but I am frightened. I sometimes sit and try but when I feel a presence I stop. I have been like this since I was little and always thought that I was a bad-minded person because I knew what people would be thinking and knew what was going to happen. People laughed and said I was stupid but a few days later it would happen. Can you help me understand?
D.B., Suffolk

You are a very psychic and spiritual person. The reason you can pick up on good and bad atmospheres in buildings or with people is because you have an ability that makes you "clairsentient". The presence that you can feel is your guide who is with you trying to help you to understand your

gift and encouraging you to help people - hence the dreams and the messages that you are able to give. Do not be frightened of your ability. Why not ask for help and courage to use the natural gift that you were born with? Try to join a development course where you will be shown how to develop your gift with confidence.

DEAR JOHN AND BONNIE
I believe that we are guided and helped by guardian angels or spirits yet I feel that I am, and always will be, alone in this world. This is what I want to know: is there someone special out there for me? Do we take our love for that special person to the afterlife? Do we meet that person on the other side and continue the relationship?
M.W., Cheshire

Yes, each of us has a guide or guardian angel who remains with us from the time we are born until we pass over. Sometimes when you need help the most you may hear them as an inner voice guiding you in the right direction. Unfortunately, most of us ignore them and end up making lots of stupid mistakes. We

should learn to cultivate that inner voice. Yes, I feel that there is someone special for you but the time is not right yet. Be patient. Yes, we do take love for that special person to the afterlife, and we do meet our loved one and continue to love each other in a way that is pure and untainted by worldly demands. ■

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

RUNE LINES

Simply look at these rune symbols for a few moments and decide which one appeals the most. Then ring the number for your rune message.

	0930 566 741 Relationships and Partnerships		0930 566 744 Strength
	0930 566 742 The Gateway		0930 566 745 Health and Blessings
	0930 566 743 Growth and New Beginnings		0930 566 746 Protection

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Go out with a real bang . . . use gunpowder



**FORGET THE DOLEFUL
HYMNS AND GLOOMY
WAKES . . . COLIN WILLS
SUGGESTS WAYS OF**

PUTTING MORE FUN INTO FUNERALS

Everybody feels like death after Christmas, but not half as much as the Malagasy Indians of Madagascar. They know how to enjoy a good funeral. In fact one burial isn't enough for them. Not content with laying their relatives to rest and shooting off home for a nice ham tea, every few years they dig them up again, dry them off in the sun and throw them up in the air. It's supposed to be a tribute . . . rather like giving someone the bumps on their birthday. I'm 100 per cent behind the Indians on this one. When you've got to go, you've got to go, so you might as well give someone a good laugh while you're at it.

The best funeral I ever went to was for an old eccentric who insisted that everyone got blind drunk and wore fancy dress. The outcome was that the village pub ran out of beer in less than an hour and his coffin was carried to its final resting place by two pixies, the Pink Panther, Batman, Goofy and a pantomime horse. People end up in some very strange places. The bones of Boadicea, who

died in 60AD, are said to lie under Platform 10 of Kings Cross station. Several of her soldiers are probably still there, chewing on Travellers Fare pork pies, shaking their watches and waiting for the delayed 12.28pm from Leeds. Nowadays you can even get shot off into space. One firm is offering to mix your ashes with gunpowder and build them into a firework rocket. Light the blue touch paper and - *whoosh!* - there goes Uncle Harry, while the mourners stamp their feet around the bonfire and reach for another hot dog and cup of tomato soup. Hopefully someone will be there to mutter a few kind words as he disappears over the gasworks at 100mph. The unbreakable rule about funeral speeches is that nothing bad is ever said about the deceased. If Hitler had lived to a ripe old age, there wouldn't be a mention of his lunatic quest for world domination and the fact that he plunged millions into war. The bloke doing the speech would

home in on his earlier career as a house painter, how you'd never find Adolf skiving off in a corner somewhere with his Thermos flask and *The Sporting Life*, how you could see your face in his skirting boards and once he'd given you an estimate, that was it, he wouldn't try to con you out of an extra 50 quid later like some of the cowboys you find in Berlin.

Likewise Jack The Ripper - heavy on the healthy evening rambles and his delight in meeting new people, not a peep about sharp knives and prostitutes.

Putting a spin on things is the name of the game, rather like an official spokesman for a nuclear power plant who, when the population for five miles around starts glowing in the dark, says what a blessing nuclear fuel is, saving the council so much on street lighting.

The only way you can get a true

picture of the departed is to know the code. When someone is described as "a family man with Victorian values," you know that he hurled his children into cold baths every morning and scraped his wife's face clean with a Brillo pad if he ever caught her wearing make-up. "A fun-loving, boisterous nature" means a man who never drank less than a bottle of gin a day and whose silver wedding anniversary had to be postponed indefinitely when he ran off to Las Vegas with the girl from the greengrocers two days before the event.

Still, funerals are the ultimate pay-back for everything. After all, you're still here; they're not. But even that wasn't enough for a woman from Tasmania, who was recently fined £200 for dancing on her late husband's grave while singing *Who's Sorry Now?* That's what I call a send-off. ■



**MOURNING
GLORY**
Graveside
garlands on
Mexico's Day
Of The Dead

“The coffin was carried to the grave by two pixies, the Pink Panther, and a pantomime horse”