

SOUTH

PERSONAL

SUNDAY MIRROR MAY 9, 1999

Pulling power

Those sexy strings

Jimmy Nail

Hard man no more

Relationships

How we changed our men to hunks

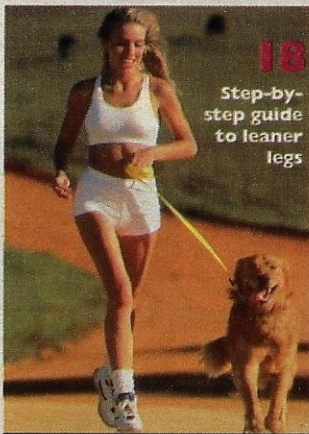
Fitness

Short cut to thinner thighs

Fathers-to-be

Should they be at the birth?

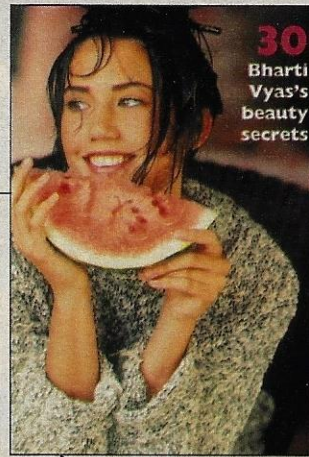




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Step-by-step guide to leaner legs

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10 THINGS YOU SHOULD KNOW ABOUT... POSTMEN

Why women love them, and dogs hate them

HELEN ROLLASON

Helen finds herself re-enacting a scene from *The Italian Job* in a Mini Cooper on a trip to Rome...and meeting a footballing nun

THE INTERVIEW

He was known as TV's hardman but JIMMY NAIL has gone all soft. He tells Richard Barber why his family are more important than ever



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THE BIG QUESTION

Gone are the days when a father-to-be's place was outside the delivery room pacing the floor. Now he's expected in the thick of it. But is that really wise?

MARRIED TO A STRANGER

Thousands of women in Britain are forced into arranged marriages. One woman tells what happened when the arrangement didn't work out

SALLY GUNNELL'S FIT FOR LIFE

Take the short cut to lovelier, leaner legs with part three of Sally's Shape Up For Summer healthy eating and exercise plan

NIFTY WAYS TO CHANGE YOUR LOVER

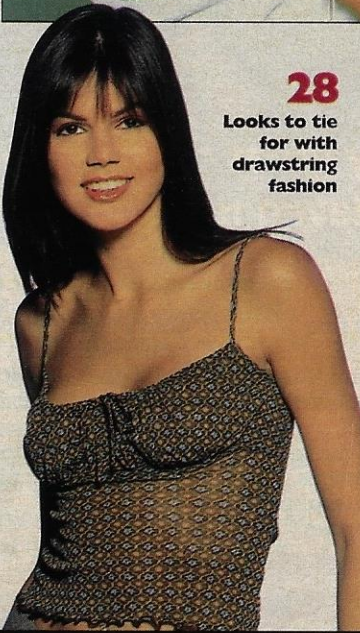
Ever wanted to change something about your man but been too afraid to act? Four women explain what they did to improve their partners

DOCTOR MARK

Dr Mark Porter answers your health queries about genetically-modified food and hot baths...and offers his top tips for strong, healthy bones

FASHION

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BHARTI VYAS continues her series on looking good naturally by explaining how to smooth a crinkled forehead...PLUS we test five LIP GLOSSES

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One lucky reader gets a new look thanks to MARTYN FLETCHER... PLUS ANDREW COLLINGE answers your hair problems

HOMESTYLE

How a dash of colour and a handy husband helped turn a dull front room into a gothic splendour...PLUS we test five ALARM CLOCKS

FOOD

If you think a WARM SALAD is what you get when the lettuce goes limp, just check out AMANDA GRANT's wonderful recipes

DREAMS

Our expert Khamsin helps four more readers unravel the secrets of their night-time thoughts

TV WEEK

Your top viewing guide for the week ahead, including the major TV highlights at-a-glance

CROSSWORD

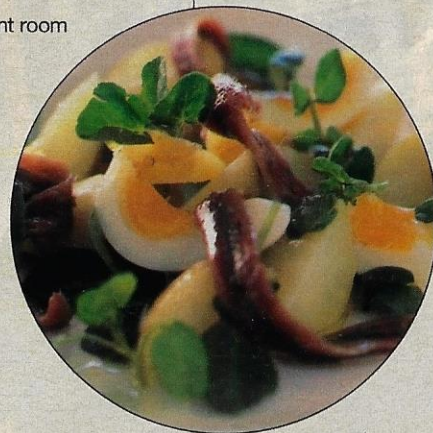
Fill out the grid, find the name of the hidden star and our £1,000 prize could be yours

PERSONAL STARS

Justin Toper's weekly forecast. If your sign is Taurus, you're about to get a tremendous welcome

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Egg-citing ways with warm salads



This week's MUST have

Come up smelling of roses with this week's delightful must have. Hot on the heels of fashion's fixation with all things flowery come these gorgeous **rose-print cushions** from New Renaissance. Made from the finest-quality pure cotton, these floral plump cushions are sure to make any dull room bloom with the joys of spring. They cost £20 each and have easily-removable, machine-washable covers. Also available are crisp, cotton pyjamas, sumptuous towelling robes, wash bags, a complete bed linen range, plus tableware. Prices start at £12.



For stockist information and inquiries call New Renaissance 0171 240 8302.

This week's MUST win

With summer holidays just around the corner, you'll be able to travel in style and relax on the beach with this week's great giveaway. We have teamed up with bacon company Danepak to give away five limited edition **holiday luggage kits worth £450**. Each kit comes complete with two top-of-the-range, hard Delsey suitcases with matching beauty case and garment bag, a sun parasol, a cool box and a fun camera to capture every sunny moment. For your chance to win this fantastic Danepak holiday kit just answer the question below and **call 0901 380 1212** (Irish readers call 1550 131 500) leaving your answer, name, address and daytime phone number:

Who had a hit with the song Summer Holiday?
a) Cliff Richard b) Little Richard
c) Richard Burton

Danepak have also teamed up with Airtours to offer up to £200 off selected holidays - see promotional packs of Danepak bacon and ham for details.

Your call will cost no more than a first class stamp. All winners will be chosen at random from all correct entries received after the closing date of Friday May 14, 1999. Normal Mirror Group rules apply with no cash alternative.



COVER PICTURE: ANDY MCCARTNEY

When in Rome



The Italian job as we called it, all about women football commentators, was a real pleasure to film.

It was for The Correspondent spot on BBC2 on Saturday night. There were a lot of unusual aspects to it but I have to say, of all the things that amazed me about being in Rome, it was the traffic.

Our rather dishy driver, Francesco, was never once fazed by the width of the roads. He didn't take any notice of the fact that there were tables out on the narrow, cobbled side streets that would normally be regarded as blocking the way, or the thousands of scooters and people buzzing around totally oblivious to danger.

We seemed to drive anywhere.

No-one stops. While we were having heart attacks, sucking in our breath in the back of the car, Francesco

squeezed through yet another impossible space at top speed and his amazingly tranquil nature added to the fun of the "shoot".

It took us a while to get the meaning of lots of Italian words for working purposes, but we kept coming across this sign in the back of many vehicles "BIMBO ABORDO", surely not. It made us smile anyway.

The Italian's love to talk and they will always use 10 words when one will do, but the language is so beautifully expressive. Instead of: "Please don't walk on the grass", the sign says: "The grass is yours also so please do not walk on it."

Needless to say, the beauty of Rome was enthralling, but there was no time for sightseeing. My first task when I got off the plane was to go to a Lazio game, following and talking to the biggest Lazio fan of all, Sister Paula. This amazing nun is hugely famous in Italy for her commentating. Sister Paula is the Alan Hansen of Rome. I interviewed her with her Lazio scarf wrapped round her habit while she was

watching her favourite team struggling to a goalless draw against Moscow Locomotiv, eating a huge tub of popcorn and greeting everyone in sight who kept coming up to kiss her hand.

In mid-sentence there would be whoops of joy and cries of pain, translation seemed almost unnecessary.

This special lady once played football and then coached it before talking about it on television. Sister Paula says it is her way of keeping in touch with the young poor people of Rome as everyone in Italy loves football. Really though, in Italy at present there are no equivalent Mottys or Barry Davies as we know them. Although I did meet one sports reporter who used to work week-in, week-out, on matches.

Donatella Scarnati is a highly-respected

While we were having heart attacks in the back of the car, our Italian driver squeezed through another impossible space at top speed

sports journalist who gave up commentating a few years ago. Donatella's view is that the women's commentary is very different; men and women do not think the same, and the commentary by women has a much more human approach.

I can't see our football fans tolerating that. Can you imagine: "Just let me tell you that this morning Michael Owen had porridge for breakfast and he said he felt ready for anything, although he was a bit disappointed with the way his mother had pressed his shorts – the crease is in the wrong place. He doesn't feel this will affect his game unduly but being the perfectionist that he is, it is hard to tell." Actually, I am doing Donatella a huge injustice because she was known to have an

encyclopedic memory and there was nothing she didn't know about the players. A more down-to-Earth person you could not wish to meet. Like me, she had been in sports broadcasting for 20 years and had seen all sorts of changes.

In Italian sport now though, they do have a tendency to push forward very glamorous women who haven't a clue about sport, and get them commentating on anything from the footballers' legs to the cars they drive. The television executives say the men just want to look at the women. Surprise, surprise, it is simply a show for the ratings. In Britain, I would love to see more women serving their football commentary apprenticeship. In local radio stations up and down the country, on a Saturday afternoon or mid-week, wouldn't it be

great if they were learning what's what?

However, it is not an overnight skill. You need utter dedication, and perhaps have a certain kind of personality.

I am full of admiration for our clever commentators. It is an immensely hard profession.

I can't imagine how they constantly cope with the spontaneous identification. I can barely spot which is my cat at the bottom of the garden.

This is a subject that will run and run, but it was interesting that in the very macho country of Italy the people totally accepted women commentating on their sacred sport. What is more, virtually nowhere else in the world seems to find it acceptable.

You would have thought that there would be women football commentators in America or Sweden or France, but no.

We finished off our wonderful few days in Rome with a bit of a spin round the city in a red Mini Cooper, my driving resembled a frog with hiccups, but the documentary had got the working title of "The Italian Job" so we had to do it didn't we? ■

My mother's death changed me forever

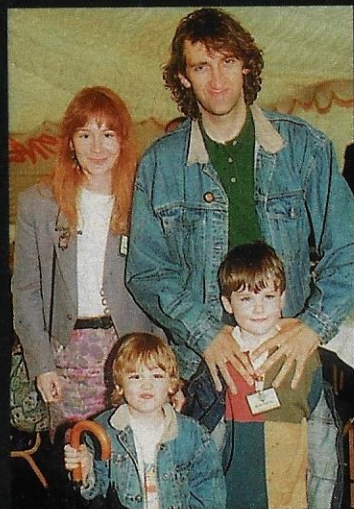
The lanky figure in green corduroy loping across the hotel lobby is instantly recognisable. There's no mistaking Jimmy Nail. Unfortunately for him. Ever since he became Britain's least-likely sex symbol, courtesy of Oz, the property developer in TV's *Auf Wiedersehen, Pet*, the Geordie boy has strained every sinew to resist life in the goldfish bowl. He's always been happy to talk about his work, because he must. But when it came to his private life Jimmy wanted to keep it just that – private. Until now.

At 45, Jimmy Nail is a new man, he's changed – mellowed – and there isn't a sign of the aggression and boredom of the past.

"I've gradually grown more comfortable with who I am and what I am. The older I've got, the easier I've found it to accept myself. I think I've finally learnt not to beat myself up so much," he says. The death of his adored mother Laura late last year was the watershed in his life. Studying his large hands with their bitten fingernails, Jimmy is clearly still trying to come to terms with her loss. "Her death has made me aware as never before of the precious nature of the people who are close to me," he says. "But it was difficult, difficult. Do you mind if I don't talk about it?"

His reticence is understandable. But he does, however, admit his mother's passing has caused him to reorder his priorities. He has a greater realisation of just how blessed he is, particularly in his own family – wife Miriam, and children, Tommy, 13, and Freddie, 10. Jimmy, still something of a tearaway at the age of 26, met Miriam, then 20, nearly two decades ago and he says she's the only woman he's ever loved. "Talk about a

JIMMY NAIL TELLS RICHARD BARBER WHY HE'S FINALLY SHED HIS HARD-MAN IMAGE



FAMILY MAN Jimmy with wife Miriam and sons Freddie, now 10 and Tommy, 13

lucky break. And we're still together. In the entertainment business, the personal casualties are colossal," he says. "Unusual? It's bloody miraculous, man. But, you know, we have two wonderful boys." And it's here that Jimmy gives the game away. His face softens as he talks about his sons – Jimmy a hard man? Not any more. "Someone asked me what I did in my downtime. I said that I hung out with my kids. My kids are my life," he says. "Oh and they're fantastic. I get my real pleasure through them. Watching them grow, seeing things they do, hearing things they say, it just makes me so happy. I'm blessed with my children, absolutely blessed. My goal in life is to

earn plenty of dosh to go on holidays with my kids." Jimmy, born Jimmy Bradford, spent his own childhood growing up in Newcastle.

His father, also Jimmy, a former boxer and footballer with Huddersfield Town, died of emphysema in 1990.

His sister, Shelagh, had died some years earlier on her 21st birthday. A surviving sister lives with her family in their native Newcastle.

"Fatherhood isn't easy," he says. "I tell the boys, 'Your dad's your dad. He's nobody special. He's no different from the guy who mends cars or digs gardens. I got lucky in my life, but that's not how things are for everyone. In fact, for most people, it isn't,'" he says.

"They're really well-grounded, my kids. Indirectly they're spoilt, of course, because of the life we're able to live. But anyone who knows them will tell you they're not brats."

That they are so well-grounded is quite an achievement for a father who was once a member of the highly-feared faction of Newcastle United supporters who went by the name of Benders, in deference to their superhuman ability to drink vast amounts of lager and create havoc wherever they went. It was an association that landed Jimmy six months in Strangeways

Prison for kicking a policeman in the face at a football match.

Quite how he managed to get his act together and became one of Britain's most famous entertainers, Jimmy is at a loss to explain.

Although he found out where he got his musical talent from just a few months before his mother died.

"I was chatting to her about my dad. He'd returned from the war, like so many of his generation, a changed man," says Jimmy.

"'But before the war,' she said, 'he'd come around to my house and serenaded me with a concertina'.

"I said, 'A concertina? My dad?' I couldn't believe it. But, evidently, he had one of those little squeeze-boxes and he'd come and woo my mum with music."

It also turns out that his mother sang in amateur music hall productions. Jimmy had always wanted to be successful. "But I never wanted to be quite literally recognised by everyone. Even now, I find it quite disconcerting," he says.

That said, Jimmy Nail continues to perform in public. His new album, *Tadpoles In A Jar*, is released by East West Records tomorrow; the tour that will promote it is planned for the end of the year; then there's a film about gambling he'll shoot this summer and a TV

“My goal in life is to earn plenty of dosh so I can go on holidays with my kids”



PET PROJECT Jimmy with the rest of the cast of *Auf Wiedersehen, Pet*

drama series he's writing – and may direct – set at the time of the Jarrow hunger marches of the 1930s.

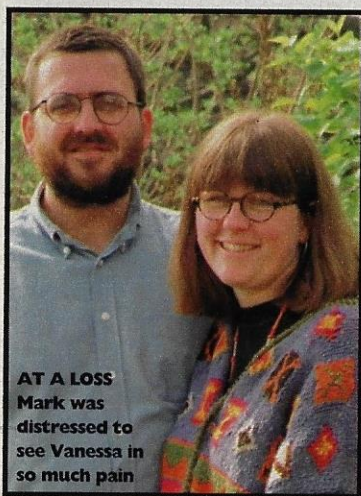
"There's a lot of the performer in me, which is why I don't devote myself to writing and directing. If I accept that I've got the brass neck to stand up and think I can entertain people, I must also acknowledge that I possess a giant ego," he says. "I can make a phenomenal living as an actor, staggering amounts. And as much as I might want to keep my head down for the sake of my sanity and my family, there are occasions when someone comes along with a really wonderful script and a wheelbarrow load of bread. That's hard to resist."

But he refuses any more to be embarrassed about his success in his beloved home city. "I'm not a very public person. I haven't had a drink for 11 years so I'm not that comfortable in a pub," he says. "And I'm not down the supermarket every day, dancing round the trolley. When I'm not working, I'm with the family. I'm not interested in the hoopla, the sausage-on-a-stick cocktail circuit."

"But I do try to remain accessible and approachable. I've always thought that there might be some wayward kid in Newcastle who sees me and thinks, 'Oh, he's pretty much how he used to be. Well, if Jimmy managed to crack it, maybe I could have a go'," he says. "So if somewhere along the way I can have done that, I'll be happy." ■

Fathers-to-be should they be at the birth?

TODAY IT IS ALMOST EXPECTED THAT A MAN WILL BE IN THE HOSPITAL DELIVERY ROOM WHEN HIS PARTNER GIVES BIRTH - WHETHER HE LIKES IT OR NOT. BUT, ASKS JILL TODD, IS HIS PRESENCE REALLY SUCH A GOOD IDEA?



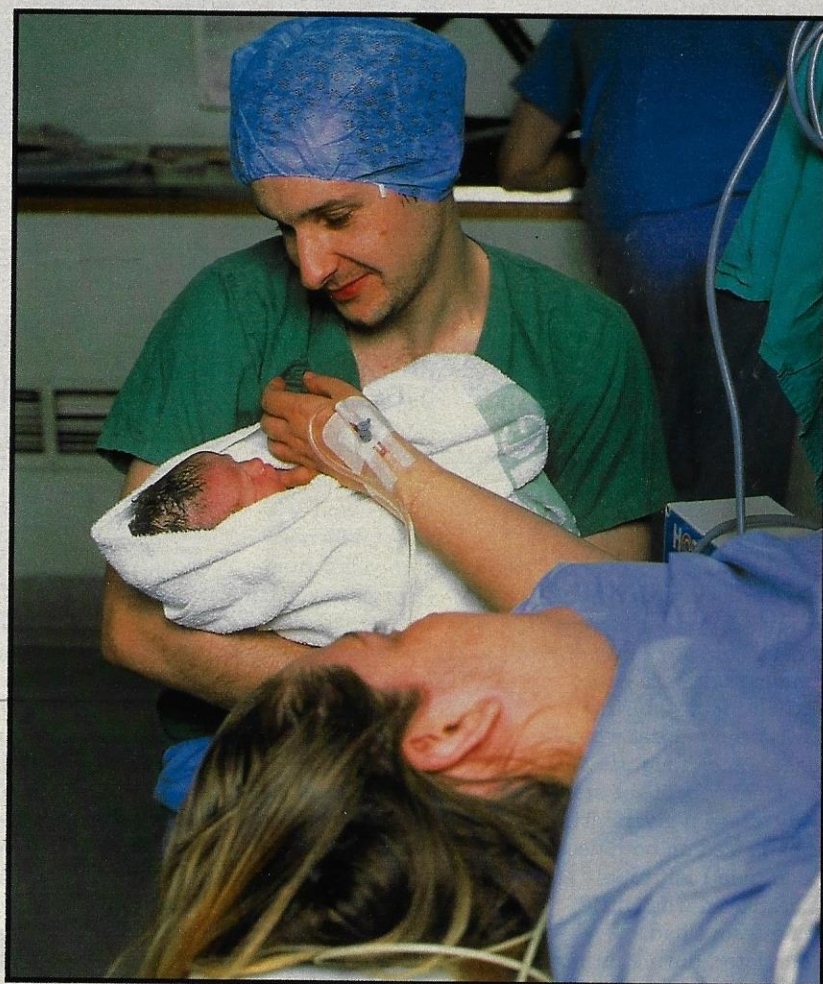
AT A LOSS
Mark was distressed to see Vanessa in so much pain

MARK REDMOND, 35, a lecturer in community development, lives in Bournemouth with his wife Vanessa, 37, and children Jack, 10, Henry, five, and Eve, three. Mark says...

When Vanessa was expecting Jack I knew from the start that I wanted to be with her throughout the birth. There was no pressure from Vanessa, it was my decision, and she was happy that I wanted to be there. I never had a moment's doubt that it would be the right thing for both of us - not only because I wanted to support Vanessa and share what I knew would be an incredible experience, but also because I wanted to be there to welcome our baby into the world. We went to National Childbirth

Trust classes together, read all the books and convinced ourselves that we knew exactly what to expect. We'd prepared a birth plan which we presented to the rather sceptical medical staff. We wanted a natural labour in hospital with no drugs and no medical intervention. Despite all our careful planning, the reality was a total surprise. I was wholly unprepared for the level of pain - and I'm sure Vanessa was too.

Within minutes of the first contraction the birth plan was thrown out the window and Vanessa even asked for an epidural because of the pain. So much for natural labour. Afterwards we felt really stupid about the birth plan. We'd even packed a holdall with Lucozade and energy tablets - and never even glanced at it. It taught me a real lesson - you have to be flexible and go in with an open mind. Like most men, I went in with the idea of being supportive but when I saw Vanessa screaming in agony. I felt at a loss. I wasn't sure what to do at first. There were times when I felt out of my depth and even guilty, but I tried to help by reassuring her it wouldn't last long, reminding her how to breathe properly and



massaging her to calm her down. I also acted as a verbal punchbag while she let rip. I never had time to feel squeamish or faint because I got so involved. I was hovering between both ends and, although I was distressed at Vanessa's pain, I found the whole thing incredibly exciting. That probably sounds an awful thing to say when your partner has been in agony for six hours, but it's true. One of the most positive things about seeing all

three of our children born was that in every case I was the only man involved. I felt enormously reassured having so many women around me. They were very calming. When Jack was born he shot out to the end of the bed and I held him first. It was an amazing, highly-emotional feeling. Being so intimately involved in my children's births has deepened my relationship with Vanessa. I not only love her and desire ▶

“ I took on the role of verbal punchbag while my wife let rip ”

Up until I was 17, I had a liberal upbringing. Me and my sisters watched the soaps, loved pop music, had friends of both sexes and all backgrounds. I never dated a boy and would always keep my legs covered. Apart from that I considered myself to be like any other teenager. I got 8 O-levels and wanted to be a chemist. But there was one big difference – I was to have an arranged marriage. I had no choice over my future and I never thought, or had the courage, to question my father.

When I was 17 word got out that I was soon to be available for marriage. I was raised to believe that you marry once, and for life, so the choice had to be good. I was quite philosophical about it – I thought if I can't marry for love, I'd like my husband to have money.

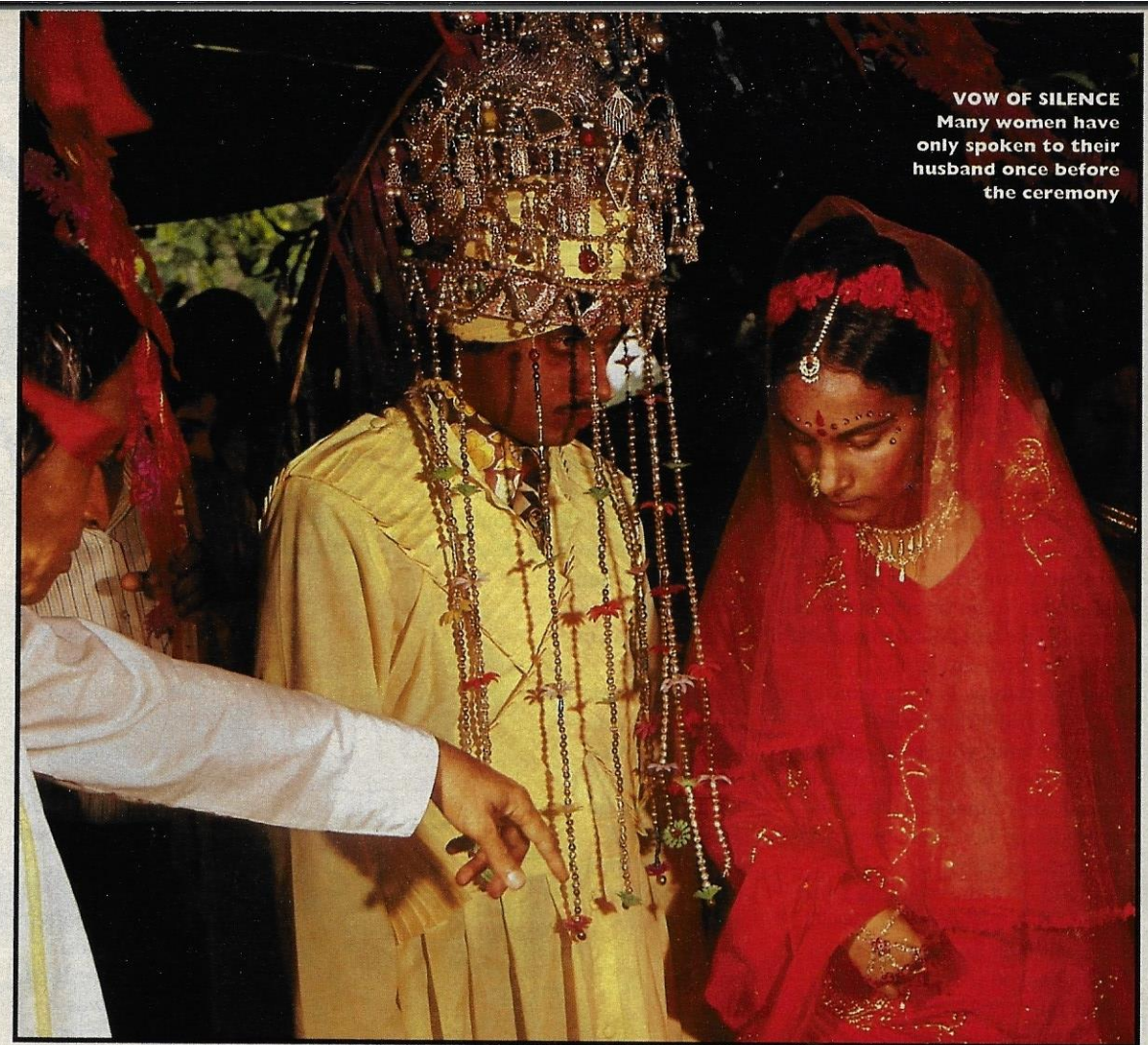
It was one day when I was busy revising for exams that my dad suggested we meet the family of a business acquaintance of his, who was looking for a bride for his son, Ravi.

As tradition goes, they visited our home to vet me. I had to make samosas and serve them tea. We made chit-chat and they told me that Ravi was wealthy and dined in restaurants every night. I didn't give him too much thought as I was too busy organising a party for my birthday, which was three weeks away.

A few days later, my parents and I drove to meet Ravi. I was made to wear a sari, something I only wore for weddings, and felt self-conscious, aware I was being shown off like some chattel.

Ravi came in to the room and we made small talk as his father sat in as chaperone. Then we went for a walk, again accompanied by his father. Ravi seemed pleasant enough but I didn't find him attractive. I wondered if he'd fit in with my friends and what would they think of him. When you're 18, those things seem important.

After lunch, his father took me upstairs and asked me if I wanted to marry Ravi. I said I would let him know after discussing it with my parents. "No, you must tell



VOW OF SILENCE
Many women have only spoken to their husband once before the ceremony

Married to a stranger

ARRANGED MARRIAGES ARE OFTEN VIEWED AS OUTDATED IN TODAY'S SOCIETY. SOME WORK, OTHERS DON'T AND MORE AND MORE YOUNG ASIAN WOMEN ARE DEMANDING A SAY IN THEIR FUTURE. HERE ONE WOMAN TELLS SHERON BOYLE HER STORY

me now," he demanded. "We have money, you can have anything you want. You can carry on with your education." That swung it for me as I desperately wanted to continue studying. I agreed to consider Ravi, but said I would let them know after talking with my family. On the way home, my mother seemed hesitant. I think she was suspicious about why

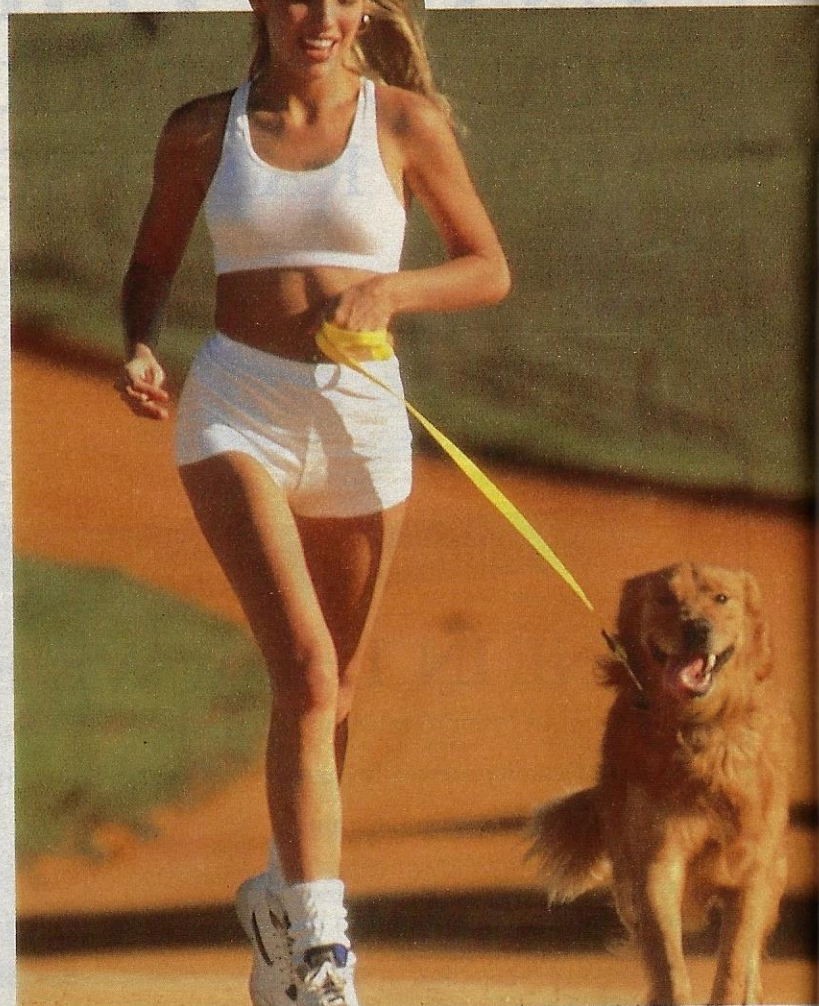
they were so keen, but my dad kept asking if I liked him. I had never been out with a boy so I had no-one to compare Ravi with. "Do you want to marry him?" dad asked. We'd had a proposal from a guy who lived in the US and another who was too old, so Ravi seemed like the best of the bunch. "He's OK," I muttered. I tried to forget about it all and concentrate on my college exams.

Dad kept asking when they finished, but I wouldn't tell him so he went to college and found out for himself. A week after that visit to Ravi's house, my father stopped at a printer's shop on the way home from college. He handed me a package and when I looked at it, I read my own wedding invitation. That's how I found out I was marrying Ravi in 14 days' time. I felt sick ▶



Take the short

STEP OUT IN SHORTS WITH CONFIDENCE WITH SALLY'S GREAT HEALTHY EATING AND EXERCISE PLAN



It's week three of my healthy eating programme, which I've compiled in conjunction with The British Heart Foundation, and you should be looking leaner and feeling fitter and more revitalised. This week my exercise routine concentrates on toning and firming the legs. But first I'd like to tackle the bumpy subject of cellulite. Cellulite is a combination of fat, fluids and waste which build up when the blood and lymph circulation become sluggish. Experts believe the tendency to develop cellulite is inherited and any hormone upheavals, such as pregnancy and the menopause,

can exacerbate the condition, as can poor eating habits and lack of exercise. Aerobic exercise is especially important in tackling cellulite as it boosts circulation so you start eliminating waste efficiently. The lymphatic pumping action can increase up to 30 times during a vigorous workout. A healthy diet, packed with fresh produce, is also important as fat and processed foods have been linked to cellulite. Also aim to increase your water intake to flush out toxins and get to grips with massage which helps break down cellulite deposits. All these changes can mean smoother, lovelier legs.

MENU PLAN - WEEK THREE

Here are five breakfast, lunch and dinner ideas. Each day choose one from each. Mix and match with previous week's recipes.

EXTRA ALLOWANCES (350-400 CALORIES)

Mid-morning and afternoon snack 1 piece of fresh fruit or bowl of crudites (carrot, celery, peppers, mushrooms).

After-dinner snack Small pot of low-fat yoghurt or rice pudding, or fromage frais, with or without 1 piece of fresh fruit or 100g/4oz fruit in juice. Alternatively, you may have 1 unit of alcohol.

Milk 1/2pt of skimmed/semi-skimmed milk a day, including in tea etc. Milk in menu is additional.

BREAKFASTS (250 CALORIES)

Mushrooms on toast 10 mushrooms, sliced and cooked in 2tsp unsaturated oil, on 2 medium slices wholemeal toast.

Beans on toast Small can (200g) baked beans on 1 medium slice wholemeal toast.

Scrambled egg 1 egg, scrambled, on 1 medium slice

wholemeal toast; small glass of fruit juice.

Branflakes 1oz/25g branflakes; 150ml/1/4pt semi-skimmed or skimmed milk; 1 slice wholemeal toast with scrape low-fat spread; 1tsp marmalade or jam.

Grapefruit 4oz/100g unsweetened grapefruit segments; 1 slice wholemeal toast with scrape low-fat spread; 200g pot low-fat yoghurt.

Water Drink 6-8 glasses a day.

MORE EXTRAS FOR HIM

Men can follow this meal plan too by adding the following.

Breakfast Add 1 medium slice toast with scraping of low-fat spread and 1tsp jam/marmalade.

Lunch Add 1 fruit bun, or fruit scone, or wholemeal roll.

Evening meal Have larger portion e.g. up to twice the amount of potatoes, bread, pasta etc but not extra sauce, meat or fat.

LUNCHES (350 CALORIES)

Sweetcorn Soup Put 1 small chopped onion; 1 chopped carrot; 175g/6oz sweetcorn; squeeze of lemon juice; and 225g/8fl oz water in a saucepan and bring to the boil. Simmer for 25 minutes. Puree in blender then stir in 2 level tsp low-fat natural yoghurt. Reheat gently and serve with 1 medium slice of wholemeal bread.

Fruit and Cottage Cheese Pile a selection of chopped fresh fruit on to a bed of low-fat cottage cheese (use a small 100g/4oz pot), plus 1 wholemeal roll.

Hummous Pitta Bread 1 wholemeal pitta bread,

slit and stuffed with 2tbsp reduced fat hummous; shredded lettuce; cucumber; tomatoes; and onions. 1 piece of fruit.

Meat Salad Take 2oz/50g ham, trimmed of fat, or 3oz/75g cooked chicken breast (skin removed). Then add some lettuce; tomatoes; cucumber; and grated carrot. You can have 1tbsp oil-free dressing and 2 slices wholemeal bread. 1 piece of fruit.

Egg Sandwich Use 1 egg; 2 slices of wholemeal bread spread with a scraping of low-calorie mayonnaise. Stuff the sandwich with salad. 1 piece fruit.

NEXT WEEK: PART FOUR - Beach workout

cut to leaner legs



DINNERS (400 CALORIES)

Cod Fillets With Red Peppers (serves 4). 1tbsp olive oil; 1 red pepper, cut into thin strips; 4 thin slices red onion; 1tsp garlic, chopped; 1/2tsp dried oregano or 1tbsp fresh; 1lb/450g cod fillets, cut in 4 pieces; 2tbsp fresh parsley, chopped; ground black pepper.

Heat the oil over a medium heat in a non-stick frying pan. Add the red pepper and sauté for 3 minutes. Separate the onion into rings and add to the pan with the garlic and oregano. Cook for 1 minute. Push the vegetables to the edge, add the cod fillets, cover and cook for 3 minutes. Turn the fish, cover and cook for a further 1-3 minutes until the fish is opaque. Sprinkle with parsley, season with pepper.

Spoon the red pepper mix over fish and serve. Serve with 2/3cup rice and green beans.

Teriyaki Orange Fish Fillets (serves 4) 1lb/450g fish fillets (cod, sole, haddock); 1tsp

grated orange rind; 4fl oz/125ml orange juice; 1tbsp onion, finely chopped; 1tbsp soy sauce; 1tsp fresh root ginger, grated; 1/2tsp sugar; 1tbsp water; 1tsp cornflour. Arrange fish in single layer in large frying pan. In a small bowl, mix together orange rind and juice, onion, soy sauce, ginger and sugar; pour over fish. Bring to boil.

Reduce heat to simmer and cook, covered, for 3-5 minutes or until the fish is opaque and flakes easily with fork. Remove the fish to serving dish, reserving orange mixture in the pan.

Mix the water and cornflour until smooth, pour into the pan and bring to boil, stirring. Pour the orange sauce over fish. Serve with broccoli and 1 cup noodles or 2/3cup rice.

Chicken With Broccoli Stir-Fry (serves 4) 12oz/350g boneless chicken; 1tbsp cornflour; 1tbsp soy sauce; 1tbsp sherry; 12oz/350g broccoli; 1tbsp vegetable oil; 2 garlic cloves, chopped; 2tbsp fresh root ginger, finely chopped; 4tbsp water;

2tbsp hoisin sauce (optional). Slice chicken into thin strips. In a bowl, stir together cornflour, soy sauce and sherry, add chicken and stir to coat well. Separate broccoli into florets, peel stalks, then cut into 4cm/1 1/2in pieces. In a wok, or large non-stick frying pan, heat the oil over high heat. Add the chicken mixture, stir-fry for 2 minutes or until lightly browned. Stir in garlic, ginger and broccoli. Stir fry for 2 minutes. Add water, cover and steam for 2 minutes or until broccoli is tender. Stir in hoisin sauce. Serve over 1 cup hot noodles or 2/3cup rice.

Lamb Chops Dijon (serves 6) 12 loin lamb chops (2 1/2lb/1.25kg); 2tbsp Dijon mustard; 1tsp dried rosemary; 1/4tsp whole black peppercorns, crushed. Remove excess fat from chops, arrange in single layer on a grill pan. In a small bowl, combine the mustard, rosemary and peppercorns. Spread over chops. Grill 10cm/4in from heat for 5 minutes, turn and cook for 4-6

minutes (longer for medium-rare or done to your liking). Serve with 5 small new potatoes with fresh dill and cherry tomatoes.

Penne With Tomato (serves 4) 10oz/300g penne or other short pasta; 1tbsp olive oil; 1tsp garlic, chopped; 4 large tomatoes, cut in wedges; 10 black olives, halved; 50g/2oz crumbled Feta cheese; 25g/1oz chopped fresh parsley; 2tbsp/30ml chopped fresh basil or 2tsp/10ml dried, 4tbsp/60ml freshly grated Parmesan cheese.

Cook pasta until tender but firm in large pot of boiling water, drain and return to pot to keep warm. Meanwhile, in large non-stick frying pan, heat oil over medium

heat, stir in garlic. Add tomatoes and cook, stirring for 3 minutes or until heated through. Transfer to pot with drained pasta, add olives, Feta, parsley and basil, toss gently to mix. Sprinkle each serving with Parmesan. Serve with large, mixed salad.

SLIM TIP
If the weather's fine, leave the car at home and walk to the shops or office. Move at a brisk pace and swing your arms as you stride to gain maximum aerobic benefit.

Sally thanks the British Heart Foundation for their help in compiling this delicious meal plan. For more information on healthy eating, contact the Heart Foundation on 0171 935 0185.

Five steps to thinner thighs

If you wobble when you walk then it's time to tone your thighs and firm your calves. These exercises will do just that. Practise them every other day and you'll see shapelier legs in no time. Remember to warm up and stretch first and to do some cool down stretches afterwards.

1 Lie on your right side with your head resting on your right hand, your left hand on the floor in front. Bend your right leg and keep your left leg straight, making sure your hips are stacked on top of each other (don't roll forward). Raise your left leg, hold for a couple of seconds then lower. Repeat 8-10 times. Change sides and repeat with the other leg.



2 Increase the difficulty of the first exercise by bending your left leg, bringing the heel towards your bottom, before straightening the leg and lowering it. Repeat 8-10 times. Change sides and repeat.

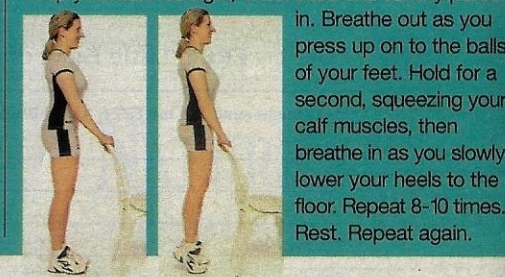


3 Keep on your side, but place your bent left leg over your right leg. Lift your right leg, keeping it straight with your foot flexed, then lower it again. Repeat 8-10 times. Change sides and repeat.



4 Stand with your hands on your hips and your feet just over a hip-width apart. Lower your body and bend both knees, then straighten them out again, at the same time lifting one leg out to the side. Keep your back straight and tummy pulled in at all times. Repeat 8-10 times, change legs and repeat.

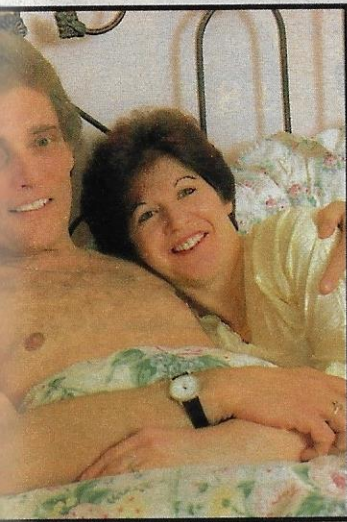
5 Rest your hands on the back of a chair for support. Place your feet a little more than a hip-width apart and bend your knees slightly. Look straight ahead and keep your back straight, chest lifted and tummy pulled in. Breathe out as you press up on to the balls of your feet. Hold for a second, squeezing your calf muscles, then breathe in as you slowly lower your heels to the floor. Repeat 8-10 times. Rest. Repeat again.



PICTURES: ANDY MCCARTNEY

Nifty ways to change your lover

WE ALL HAVE AT LEAST ONE THING WE'D LIKE TO CHANGE ABOUT OUR PARTNER, BUT HOW WOULD YOU GO ABOUT IT? FOUR WOMEN TELL DENNA ALLEN WHAT THEY DID TO IMPROVE THEIR MEN



SNORING
Christine Revel, 35, has been married to sales rep John, 50, for four years. They live in Great Baddow, Essex, with her children Shaun, 12, Stacey, 10, Amy, seven, and their four-year-old son Ryan. Christine says...

We realised we had to take action on our belated honeymoon when John spent the night sleeping on the balcony, just so I could get a bit of peace. His snoring was driving me to distraction. He was out like a baby and I wasn't getting a wink. I hadn't really noticed it when we were first together. He'd come to bed very late, so I was usually already asleep. But it became a problem after Ryan was born. He'd wake up in the middle of the night for his feed. John didn't even hear him crying and when I came back to bed his snoring would keep me awake until morning.

It used to sound like a train was rattling through our bedroom. I couldn't block it out and if I shoved him he'd just grunt, turn over and start again. Alcohol made it even worse. I hated going on about it, because John is such a wonderful husband and a brilliant father, but it was really getting me down. We tried everything to stop the snoring; mouthshields looked awful - it was like sleeping next to a boxer and they were

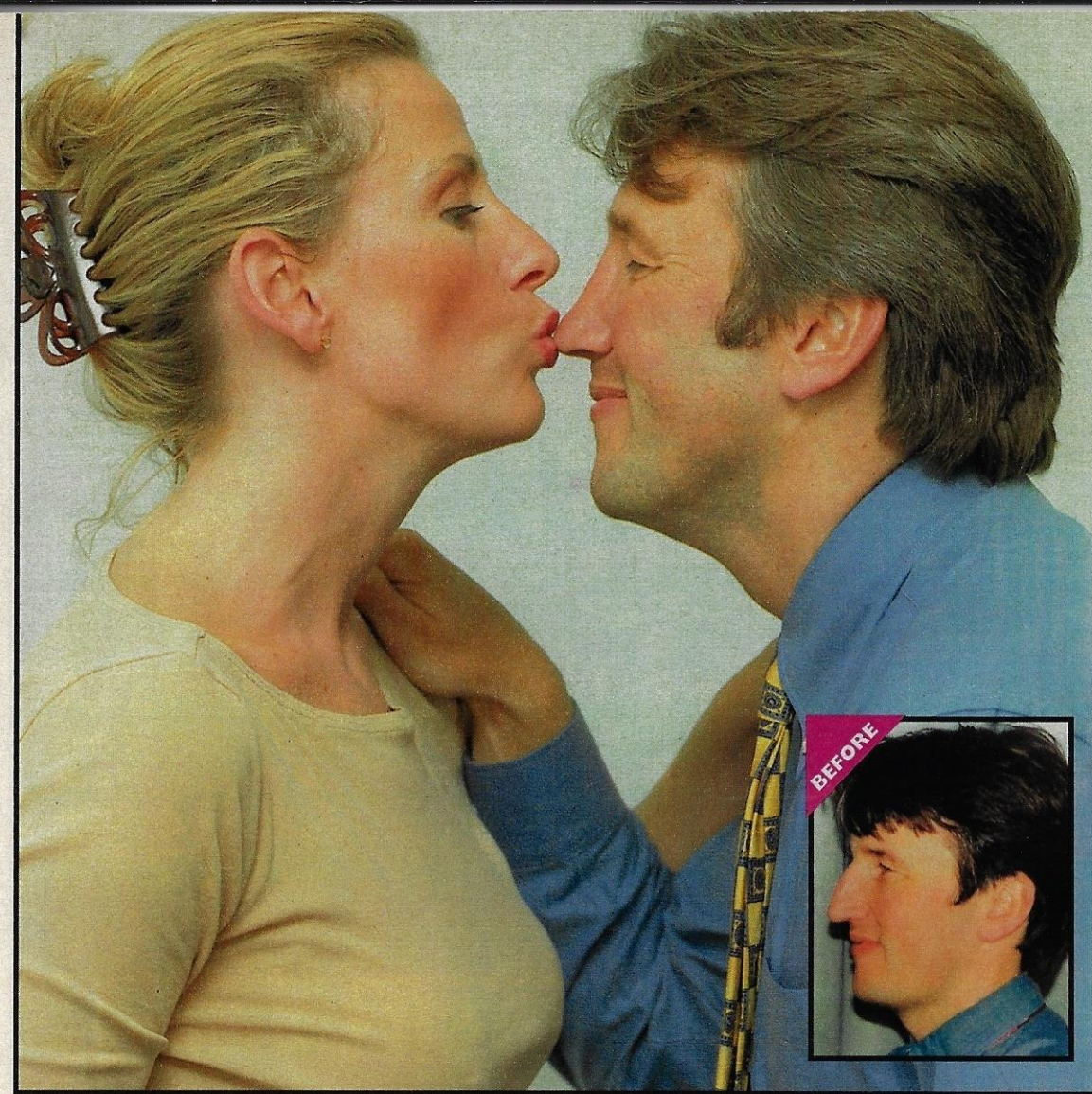
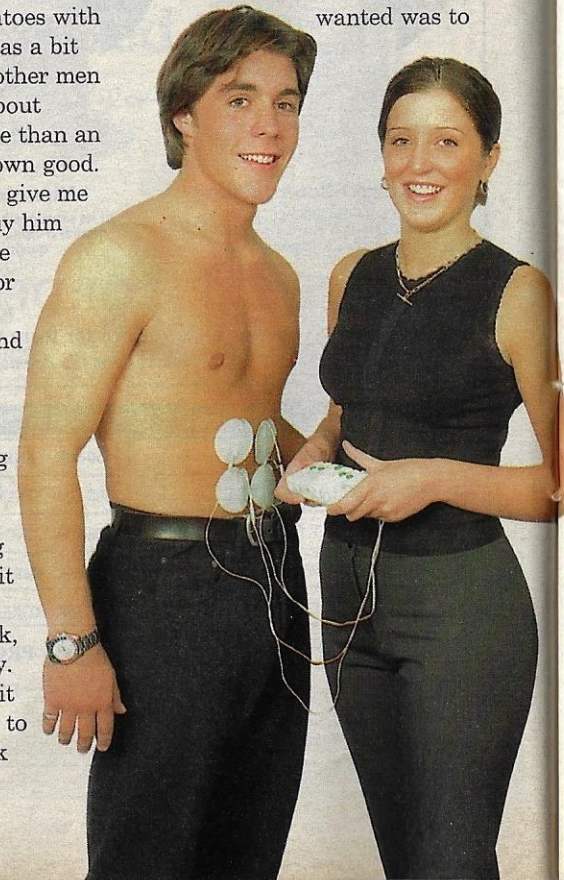
uncomfortable for John. Sticky patches worn over the nose made him feel sore, and nasal sprays didn't have any effect. Then he tried a mouthwash made from essential oils including lemon, peppermint and lavender. It's meant to unblock the sinuses and, not only does it smell lovely, but it also really works for John. Now we both get a good night's sleep. **John says...**At first I just thought Christine was over-exaggerating and nagging for the sake of it, but then I found out the children called me "Volcano". I tried everything to stop, even a ridiculous mouthshield that made me look like Hannibal Lector with a Bruce Forsyth chin. Christine nearly fell off the bed laughing. It was very unromantic. Not only does the mouthwash mean Christine gets a good night's sleep, I also wake up with a sense of well-being, I think the herbs must give you a real boost.

FLABBY STOMACH
Gemma Blakefield, 20, an admin assistant, from Thame, Bucks, and her boyfriend Ross Barr, 22, who works in his family's marketing business, have been together for two years. Gemma says...

Ross always had a great body and a perfect six-pack tummy, because he kept himself fit playing football two or three times a week. But eight months ago he snapped a knee ligament during a match

and had to give up sport while it healed. I didn't notice at first, but he started putting on a lot of weight, especially round his stomach. Suddenly I realised he was developing love handles and I hated it. I felt bad about nagging him, because I knew it wasn't his fault that he couldn't get more exercise, but he'd put on more than a stone and I had to do something. Firstly, I made sure there was no beer in my fridge and started cooking him healthy meals, such as pasta and baked potatoes with tuna. And I suppose I was a bit cruel, I'd say how well other men looked or make jokes about being able to pinch more than an inch, but it was for his own good. I kept badgering him to give me the money so I could buy him one of those Slendertone Body Profile machines for men, where you attach pads to your stomach and they stimulate the muscles. Eventually he gave in, but at first it was a nightmare getting him to use it. It was only after a few weeks, when he could see a big difference and realised it was helping him lose a couple of pounds a week, that he took it seriously. Now he's happy to use it regularly and he's back to his old, trim self. I think

he agrees it was money well spent. When he's fit enough to play football again, he doesn't want to be too fat to get out there - and it would have cost a lot more to buy a new wardrobe of clothes. **Ross says...**I'm basically a lazy person and once I couldn't play football anymore I just sat back and did nothing. Gemma, on the other hand, is very fit - she does mountain biking, karate and goes to the gym regularly - so the last thing she wanted was to



watch me going to seed. At first I didn't want to bother with the machine, I just wanted to carry on eating what I wanted and watching TV, but in the end I gave in and I was amazed with the results. Now I use it while I'm watching footy on the TV.

BIG NOSE
Jayne Davies, 32, and Michiel Kruidenier, 40, an accounts manager, have been together for 10 years. They have a four-year-old daughter, Annelies, and live in Cardiff. Jayne says...

From the moment I first saw Michiel while he was selling property in Tenerife I was very attracted to him. He was 6ft tall, with blond hair, and a wonderful Dutch accent. Fortunately, he noticed me and we started seeing each other. I remember thinking he had a pretty big nose, but it

didn't really bother me. But the longer we stayed together the more I noticed it. It had a big hook and he looked like the puppet Punch. The older he got and the more his face thinned out, the worse it looked - especially after we'd had a row. I used to call him "Big Nose" when we were arguing, then one day he called me "Bucket Arse", because he said my bum was big and saggy and that has given me a complex about it ever since. I'd wanted him to

have a nose job for years, but he wasn't interested. He said it cost too much. But eventually he gave in and had it done two years ago. It makes a huge difference and, now it's done, Michiel thanks me for it. He was handsome before, but he's absolutely gorgeous now.

"The older he got the worse his nose looked... especially after a row"

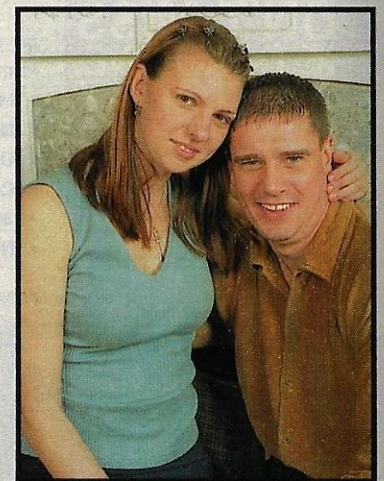
Michiel says...Nobody had ever mentioned my nose before Jayne. Obviously I knew it was big, but it was a hereditary thing and I thought it suited my face. But whenever we had a row, it came up. Eventually I gave in and had it done and I was astonished with the results. Immediately afterwards I looked like I'd done 10 rounds with Mike Tyson and I wondered what I'd let myself in for. But when the splint came off after 10 days later I could see it knocked years off me. Now I'm having my eyebags done - it's a 40th birthday present from Jayne.

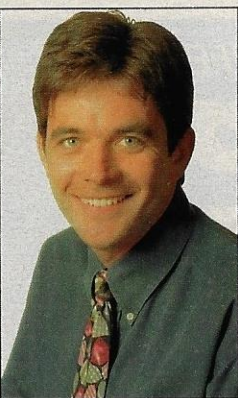
POOR SEX DRIVE
Kellie Hine, 23, a financial advisor, has been dating self-employed refuse collector, Mike Bloomfield, 41, for just over six months. They live in London. Kellie says...

I'd known Mike for a couple of years and I always thought he was a lovely bloke. When we started going out our friends had a field day because of the age

difference and kept saying he wouldn't be able to keep up with me. The best thing to do in that situation is to laugh about it and play along - I used to call him "Granddad" and stuff like that. But he's brilliant. I've been out with men a lot younger than Mike who are only interested in themselves. He's very caring and funny. He's like a best mate. Then one day a friend gave me some herbal tablets she'd picked up in a health food shop that are supposed to boost male sex drive. Again I treated it like a joke. Mike works through the night, six days a week, so it was fair to say that on his one night off - Saturday - he was usually knackered and ready to go to sleep by 11pm.

I gave him the pills and said they were a joke, but he decided to try them and the results were amazing. We couldn't believe the effect they had on his libido - he can keep going all night. Now I'm the one who's not getting any sleep. **Mike says...**When Kellie gave me the tablets I knew it was a joke, but because I work nights and obviously that takes its toll, I decided to give them a try. It's a 10 day-course, but within two days I was a different man. It doesn't just give you a boost sexually, it makes you feel a lot livelier all round. My friends have all enjoyed the joke at our expense, but now they're very interested in these tablets. ■





Dear Doctor

FROM A FIT MAN'S EARLY WARNING OF MAJOR SURGERY TO A HUSBAND'S WORRIES ABOUT HIS WIFE HAVING HOT BATHS, DR MARK PORTER ANSWERS YOUR HEALTH PROBLEMS

Eye tests are a sight easier

I was under the impression that the Government was about to reintroduce free eye tests but I haven't heard anything. What's the current situation?

The Government has recently changed the rules by reintroducing free eye tests for men and women over 60. Lots of other people can get them too, including children under 16, some students, people on Income Support, Jobseekers Allowance, Family Credit or Disability Working Allowance, those registered blind or partially sighted, and people with diabetes and glaucoma. For a full list of those eligible, check with your local optician. I would strongly advise everyone to have their eyes tested regularly. Routine tests can also pick up underlying health problems such as high blood pressure and diabetes.

Frankenstein food facts

Do you know of any booklets that list foods which contain genetically modified produce? My family and I are healthy eaters and don't trust labels produced by manufacturers. The most comprehensive one I have come across is GM Free: A Shopper's Guide To Genetically Modified Foods by Sue Dibb and Dr Tim Lobstein of The Food Commission (Virgin, £4.99). I think the potential risks of GM food to humans have been exaggerated, but I am concerned about what these crops might do to our environment.

Are hot baths a health risk?

My wife insists on having very hot baths. I've heard that this can be dangerous but she says I am making a fuss about nothing. What do you think?

I've had a number of letters on this subject recently and they have all been from men worried about their partners – maybe women like their baths hotter than us chaps. Hot baths are perfectly safe for most people, but there are two areas of possible concern. Firstly, older men and women and teenagers are prone to a condition called postural hypotension – where their blood pressure drops on standing, making them feel dizzy or faint. Having a hot bath can make this much worse, and there are cases of people collapsing and injuring themselves after a long soak. Secondly, there have been claims recently that pregnant women who enjoy a long, hot bath or sauna may be putting their baby's health at risk. One study found a slightly increased risk of spinal cord damage, though more research is needed.



The waiting game

My father is being investigated for possible cancer of the lung. His specialist has told him that he needs more tests and he won't have a definite answer until he gets the results of these in three weeks. Is the delay likely to make it more difficult for the doctors to treat, and do you think it is worth going private?

Investigating the exact cause of a shadow on a lung can require quite complex special investigations, including scans and a bronchoscopy (passing a camera into the airways), and I am afraid some wait is inevitable. GPs and specialists go out of their way to deal with cases like your father as quickly as possible but, in today's NHS, three weeks is par for the course. All doctors would agree that the quicker a cancer is picked up and treated the better, but some forms of lung cancer can take more than 10 years to become noticeable, and a few weeks are unlikely to make any difference. It will seem like an eternity for your father but I am sure his specialist is doing his or her best and will want to be sure, before deciding what needs to be done. At this stage you are unlikely to get an answer any quicker by going private.

Early warning of an operation

I have just been told that I have an aortic aneurysm in my stomach and that I might need to have it operated on at some time in the future. It was picked up at an insurance medical and it hasn't caused me any problems so far.

I am fit 50 and a non-smoker – should I be concerned?

The aorta is the main artery leading away from the heart. It runs down the spine towards the legs and is about the size of a garden hosepipe. In some people the muscular walls can weaken, causing bulging. The most common cause in Britain is damage to the lining of the blood vessels (atherosclerosis) brought on by poor diet, high cholesterol, high blood pressure and smoking. If the swelling is not too severe it may never cause problems, but if yours is worsening your specialist may suggest surgery. It's a big op but generally very successful.

Write to
DR MARK at
PO Box 89, Stroud,
Glos., GL6 7RS,
or send your e-mail to
info@drmarkporter.co.uk
He regrets he cannot
give personal
replies.

Doctor's hotlines

Female orgasm.....	0660 060 571
Premature ejaculation.....	0660 060 572
Penis size.....	0660 060 573
Dandruff.....	0660 060 574
Drink problems.....	0660 060 575
Prostate trouble.....	0660 060 576
Indigestion.....	0660 060 577
The menopause.....	0660 060 578
Guide to vitamins.....	0660 060 579
Hair loss in men.....	0660 060 580
Dealing with thrush.....	0660 060 581
Vasectomy.....	0660 060 582
Drugs and impotence.....	0660 060 585
Hormone replacement therapy.....	0660 060 589

Calls cost 50p per minute at all times

Too embarrassed to see my GP

I have an embarrassing problem that I can't talk to my GP about. I had a fling with a man while on holiday in Australia over Christmas and I think I may have caught genital warts. Will they go on their own or do I need treatment? Genital warts are caused by the Human Papilloma Virus (HPV). They are the most common form of sexually-transmitted disease with around 70,000 new cases every year in England alone. Genital warts, like other types of warts, do sometimes disappear on their own but you shouldn't wait for that to happen. The longer you leave them the more likely you are to pass them on and, left untreated, they can lead to cancer of the cervix (although the risks are low). I can understand your embarrassment, but you shouldn't be concerned – your doctor will have seen far worse. If you really can't face your own GP go direct to your local Sexual Health Clinic (which is where your GP is almost certainly going to refer you anyway). You can make an appointment over the phone (the number will be in your local directory) and they won't inform your GP if you don't want them to.

Top tips for strong bones

Most people don't give their bones a second thought, but ignoring them can lead to all sorts of problems in later life. Bone is a living tissue, our skeletons are constantly being remodelled as old bone is dissolved and new bone is laid down, with the average adult replacing his or her entire skeleton every seven years. Our bones are at their strongest in our mid-thirties, after which some thinning and weakening is inevitable. Most of us never notice that our bones are not what they used to be, but one in three women and one in 12 men over 50 will develop osteoporosis – a condition where their bones become so weak they can fracture or crumble at the slightest injury. Osteoporosis is a major cause of pain, disability and early death. Tell-tale signs include aches and pains, loss of height, a curved spine and fractures – particularly of the hip and wrist. It is treatable, but prevention is better than cure. Here are my tips for healthy bones...



● Eat a diet rich in calcium and vitamin D. Calcium is mainly found in dairy foods. Young men and women need around 1000mg a day (equivalent to two pints of milk or 5ozs of Cheddar cheese – low-fat alternatives generally contain the same amount of calcium), but those over 50 need closer to 1500mg a day. Vitamin D helps our bodies use calcium properly. It's manufactured by our skin when it's sunny and margarines are fortified with it. If you don't eat many dairy products, use margarine or spend enough time outdoors then consider a calcium/vitamin D supplement.

● Exercise – strengthen bones with weight-bearing exercises such as walking, climbing stairs, dancing, etc. ● Don't smoke, or drink too much alcohol. ● If you are a woman, consider HRT – it replaces the female hormone oestrogen which keeps bones strong and disappears with the menopause. ● For more advice on osteoporosis and bone health contact the National Osteoporosis Society at PO Box 10, Radstock, Bath, BA3 3YB.



Refreshing
Calcium
delivered
daily.

HALIBORANGE
CALCIUM

Wake up to refreshing Haliborange Calcium plus Vitamin D*. There's no tastier way to help maintain strong and healthy bones. Haliborange provides a reassuring 100% of the Recommended Daily Amount of Calcium and contains Vitamin D, which is essential for bones to effectively absorb Calcium.

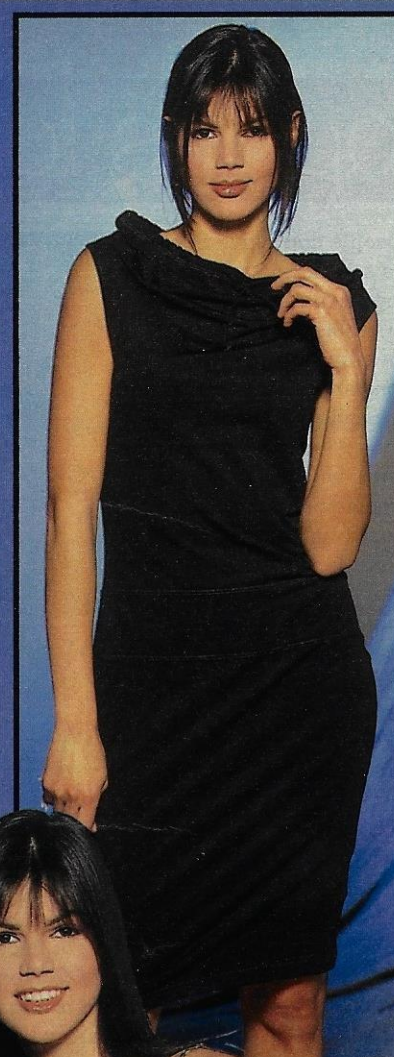
As it's a tangy effervescent drink, it offers a delicious alternative to chalky tablets. Simply dissolve two tablets in water to make a sparkling citrus drink with more Calcium than one pint of milk. Haliborange Calcium. Nobody delivers Calcium like it.

Haliborange Calcium. For strong and healthy bones.

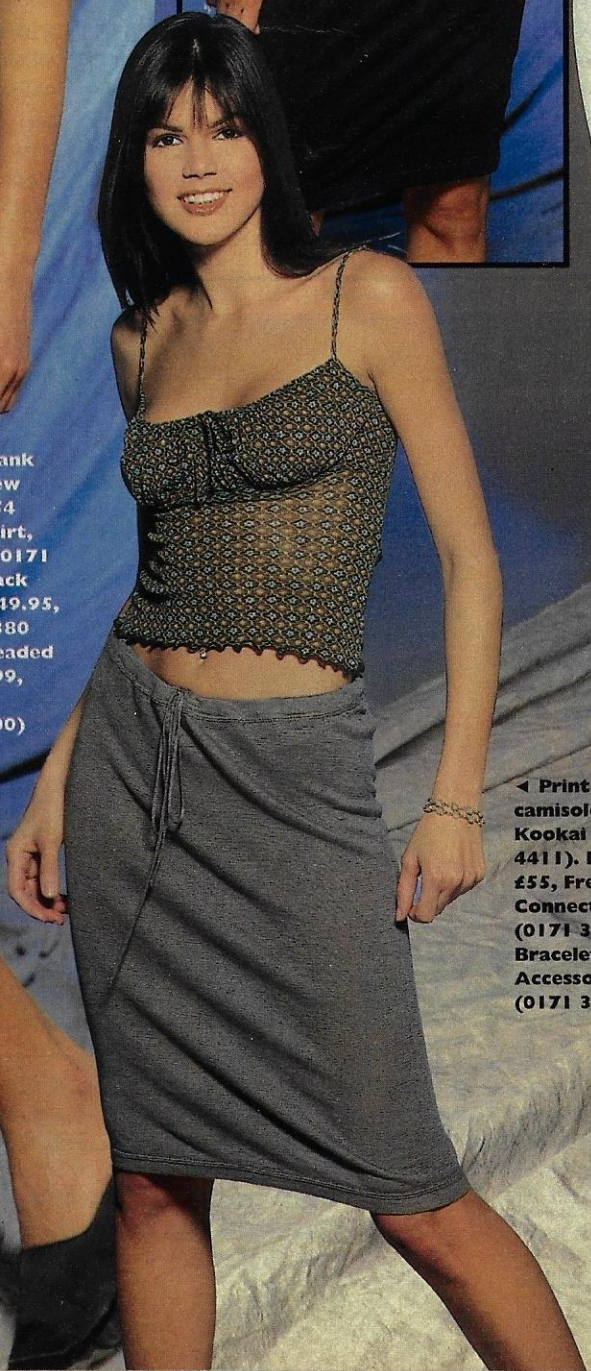
*Those who lack dairy products in their diet, women approaching the menopause and post menopause, women of child bearing age, lactating and pregnant women, and dieters may benefit from Calcium supplementation.



◀ Sleeveless tank top, £9.99, New Look (0500 454 094). Black skirt, £19.99, H+M (0171 255 2031). Black satin mules, £49.95, Bertie (0171 380 3800). Blue beaded hairband, £3.99, Accessorize (0171 313 3000)



◀ Black funnel-neck dress, £30, Owen Gaster for Bhs (0171 262 3288)



◀ Printed camisole, £29.99, Kookai (0171 937 4411). Knit skirt, £55, French Connection (0171 399 7200). Bracelet, £4.99, Accessorize (0171 313 3000)

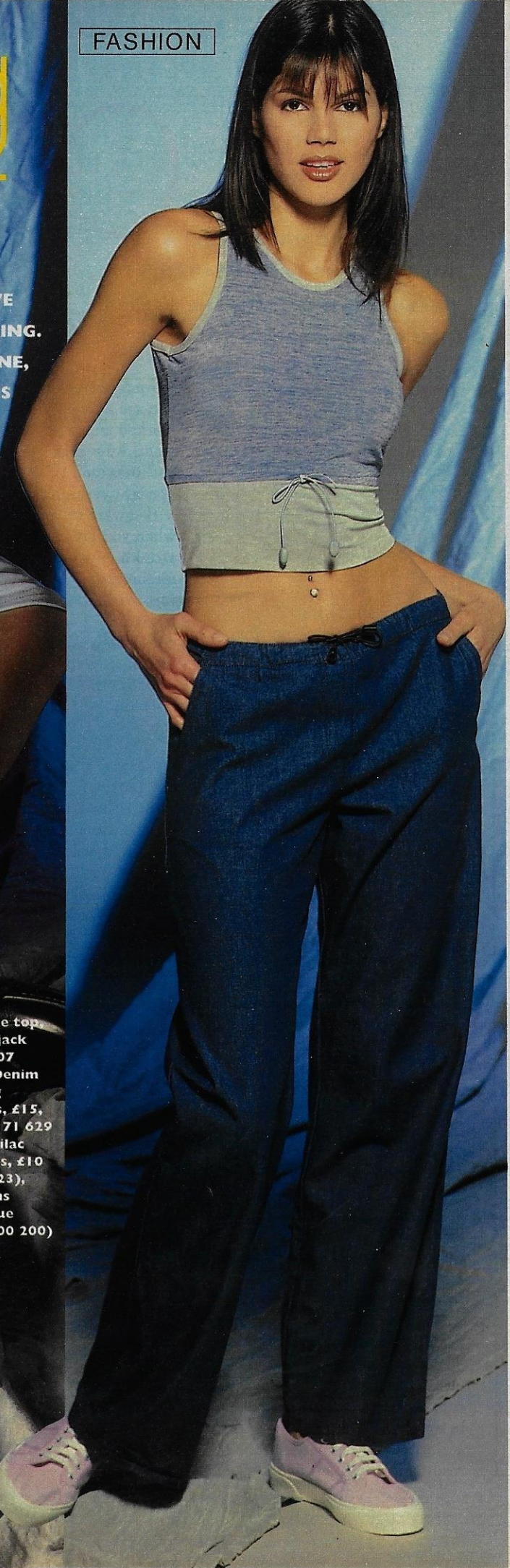


Sky blue ▲ slash-neck top, £35, Blue Nile (0181 442 8917). Grey flat-front trousers, £40, Miss Selfridge (0181 910 1375). Black leather shoes, £79.99, KG by Kurt Geiger (0171 546 1888)

Pulling power

IF YOU'RE ALL TIED UP IN KNOTS YOU'VE OBVIOUSLY DISCOVERED THE DRAWSTRING. IT'S EVERYWHERE, SAYS BECKY SUNSHINE, ON TOPS, TROUSERS, SKIRTS, EVEN BAGS

FASHION



Blue ▶ two-tone top, £19, Flyjack (0171 207 1995). Denim wide-leg trousers, £15, C&A (0171 629 1244). Lilac plimssoles, £10 (BX10123), Freemans Catalogue (0800 900 200)

Accessories

Large linen ▶ drawstring bucket bag with blue lining, £59, Dollargrand (0171 794 3028)



◀ Natural woven shopper drawstring bag with ribbon, Faith (0171 289 297)

Green ▶ and gold sari border drawstring purse, £19.99, Accessorize (0171 313 3000)



Natural ▶ linen drawstring bucket bag with red lining, £39, Dollargrand (0171 794 3028)



Pictures: ANDY MCCARTNEY
Hair & Make-up: MARTYN FLETCHER

LIP GLOSSES

Bloom Aromatherapy Lip Gloss, £9.50

Australian formula with conditioning evening primrose and calendula oils and flavoured with mandarin and vanilla. The colour was rich and taste so delicious, I kept wanting to lick my lips. Mail order: 0171 372 4101



MAC Lipglass, £8

Wet-look formula flavoured with vanilla. It looked pretty, but felt sticky and heavy and sank into the creases after a while. My boyfriend said it felt like snogging sticky tape. The vanilla smell got on my nerves, too. Mail order: 0171 534 9222



Revlon Street Wear Lip Gloss, £3.95

Translucent gloss with conditioners and cooling menthol. Shiny, but very pretty and subtle. I loved the minty taste and cool, soothing feel.



Christian Dior Diorific Plastic Shine, £13

Long-lasting gel-oil formula with light-reflecting "shine boosters". Wow! This really does look like PVC. The colour is really strong. A little goes a long way. It made me look wickedly tarty and I loved it!



Helena Rubinstein Forever Gloss, £13

High shine, long-lasting, intense colour formula. It's quite stiff, but very glossy – you only need a bit. I was amazed how long the colour lasted.



VICCI BENTLEY



BHARTI VYAS CONTINUES HER SERIES ON

LOOKING GOOD NATURALLY BY EXPLAINING THAT WHAT YOU EAT HELPS SMOOTH THE LINES ON YOUR FOREHEAD

The more "expressive" your forehead is, the greater the tendency to creasing and furrows. Tension also results in a loss of elasticity, which makes the skin more prone to line and wrinkle. Added to this, most of us rarely give the skin on our forehead as much attention as the rest of the face, so it's no wonder it suffers. But you can help iron out the rough spots by watching what you eat. Vitamin C and protein play an important part in the production of collagen, which helps keep the skin supple. And if you smoke, stop – smoking reduces the level of vitamin C available to the body, as well as interfering with the oxygen supply to the cells and can lead to an increased tendency to wrinkle.

PREMATURE LINES AND WRINKLES

Permanent creases are a sign that the collagen fibres – responsible for the resilience of the skin – have undergone a change which undermines their ability to erase the temporary lines made by habitual expressions.

What To Do

- Boost your vitamin C count by including some fresh fruit and vegetables in every meal. As mentioned, make sure that you are getting enough protein.
- Try to stimulate the circulation to your forehead whenever you can, using small pinching movements. Increasing the blood supply to the forehead will nourish and help to repair the ailing tissue and help to bolster it against further damage. Once or twice a day will not be enough, you need to be "pinching" in every spare moment.
- Don't be too impatient for results, as it will probably be a

Crease lightening

few months before you see any marked improvement. After all, the lines didn't appear overnight.

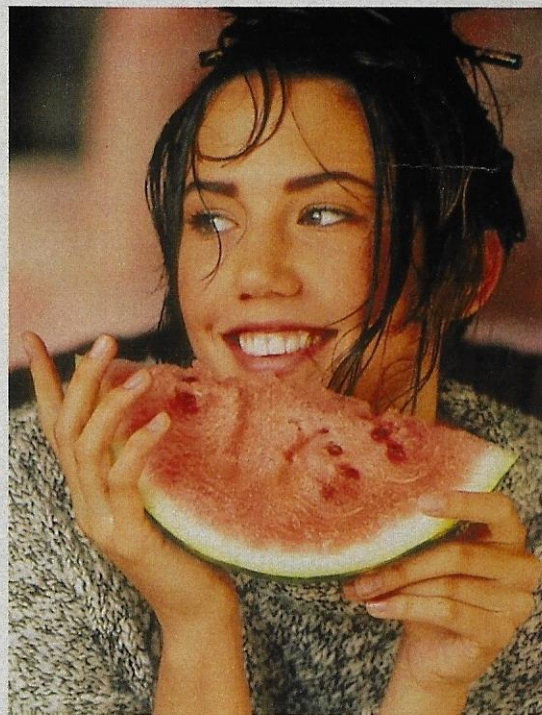
- Be aware of when you are wrinkling your forehead or frowning your brow and consciously relax the muscles to smooth out the skin.

CONGESTED AND SPOTTY SKIN

The forehead is a common area for spots to develop, particularly if the skin is oily or overloaded with dead skin cells. The problem can be exacerbated by natural scalp oils and greasy cosmetics. There is also a tendency for this problem to flare up during periods of hormonal upheaval, such as pregnancy or puberty. Constipation and a clogged lymphatic system are often at the root of the problem.

What To Do

- Avoid touching your forehead



if you have an outbreak of spots. The oils from your fingers simply "nourish" the spots and transport bacteria to the area.

- Never pick spots if you want to avoid scarring and prevent them becoming further infected.
- Avoid foods which seem to aggravate the problem and cut right back on your consumption of sugar, refined carbohydrates and saturated fats. ■

What's New



Look out for L'Eau D'Issey Couleurs Soleil Summer Fragrance, a limited edition, alcohol-free perfume. Issey Miyake have

updated last summer's fragrance by adding more cyclamen, freesia and rose to make it fresher than ever. It comes with a see-through case which doubles as a handbag, and costs £29.

Original Source have two new invigorating gels – one for the shower and one for shaving. They've combined tea tree oil, which helps boost the immune system, and lemon oil, which relieves stress and aids sleep. Ideal for men and women, Original Source Tea Tree And Lemon Shower Gel (250ml) is £2.49. The Shave Gel (200ml) is £2.99. Available at Boots, Sainsbury's and Safeway.



MAKEOVER



**MARTYN
FLETCHER GIVES
ONE READER
AN INSTANT**

**UPDATE BY CHANGING
THE HAIR STYLE SHE'S
HAD FOR 20 YEARS**

Anne Keenan, from Whitley Bay, Tyne and Wear, had reached a crossroads in her life. Having just celebrated her 44th birthday and her second wedding anniversary to husband Paul, it was time for a new image. "My hair and make-up hasn't changed since my mid-twenties," she said. "I know I'm getting too old for this style and its time to move on, but to what?" Here's what Martyn did...

HAIR

Anne told me that every time her highlights started to grow out she could not bear the re-growth, so she had some more put in. It was time to be drastic. The reason why the re-growth was so obvious was because the highlights had been bleached too light in contrast to her natural colour. To create a softer, more natural look I highlighted the re-growth area using a caramel tint. The only way to lose the old highlights was to cut them out, which was simple as I wanted to create a shorter, layered style that could be tucked behind the ears. Maintaining the style at home would be easy as I dried it mainly with my fingers, finishing off the top with a large round brush and a touch of wax.

FACE

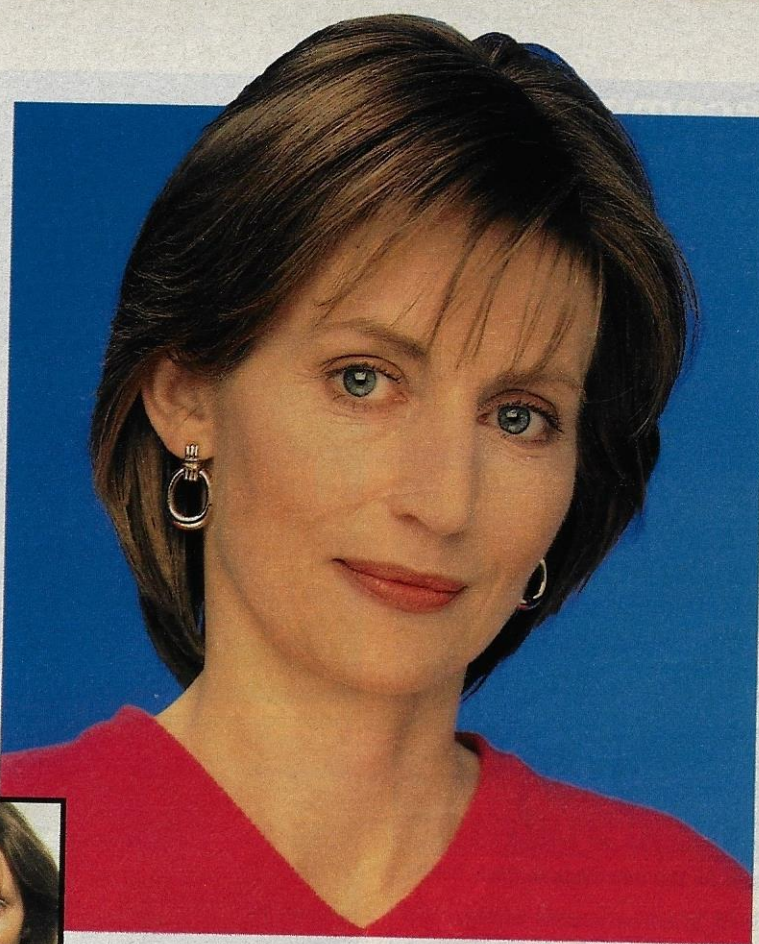
Anne has a good complexion so I used just a touch of powder foundation to take away the shine.

EYES

Anne didn't want to look over made-up so I chose a muted mushroom shadow from the lashes up to the socket and along the lower lashes to balance the look. I then applied a couple of coats of brown mascara and filled in the eyebrows using a soft, brown eyebrow pencil.



BEFORE



Dying for a change

CHEEKS

To add warmth to the face I brushed a nude shade of blusher along the cheekbone. It brought the whole of Anne's face to life.

LIPS

I chose a raspberry long-lasting lipstick, which I applied with my lipbrush to get a good lip line. The darker the lipstick the more precisely you have to apply it.

CLOTHES

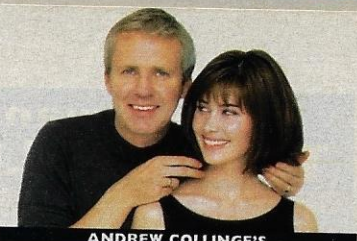
Our fashion stylist Marsha thought that black was too strong for Anne's pale complexion and suggested that lighter shades would be more flattering. The fuchsia jumper instantly lit up her eyes and skin and when teamed with a pair of leather trousers gave her a very trendy look.

VERDICT

"What a difference! I wish I had taken the plunge years ago," said Anne. "You certainly have knocked the years away. I feel really sophisticated." ■

ANNE'S SHOPPING LIST

HAIR Charles Worthington Results Lasting Impression Defining Wax.....	£3.85
FACE Oil of Ulay More Than Powder Make-Up.....	£9.99
EYES Max Factor Earth Spirits Eye Shadows in Walnut.....	£4.00
L'Oreal Eyebrow Pencil.....	£5.49
L'Oreal Voluminous Mascara.....	£5.99
CHEEKS Maybelline Brush Blush in Fresh Peach.....	£3.69
LIPS Maybelline Moisture Whip Lipstick in Electric Orchid.....	£4.39
CLOTHES	
Top: Best Basil from Kays Catalogue.....	£21.99
Fake leather trousers (not pictured) from Kays Catalogue (08000 681 689).....	£79.99
TOTAL	£139.38



ANDREW COLLINGE'S

Hair clinic

I have a very annoying problem. My long, thick hair gets greasy after one day. I've tried shampoos for greasy hair but nothing seems to work. I blow dry my hair every day, but don't use any styling products. It's driving me crazy! Lisa.

AC: Over-active sebaceous glands secrete excess grease through the hair follicles, so try changing your shampooing technique. Be careful not to apply any product directly on to your scalp and avoid unnecessary rubbing of the scalp. Concentrate, instead, on just cleansing the hair using a mild pH balanced shampoo, like Andrew Collinge Balance Shampoo (£2.99 for 200ml). Cut fat from your diet and eat plenty of greens. And don't forget to condition regularly.

I am in my mid-forties and have been using dyes for a long time. But I don't find them very effective at covering up grey. Should I leave the solution on for longer than advised? Joan Wadeson, Lancs.

AC: The key to determining how to cover grey hair successfully is choosing the right product for the amount of grey you have. For example, if you have an even sprinkling of grey, then a semi-permanent colour that will stain your grey hair, while giving the rest of your hair a fabulous shine, is perfect. However, a semi-permanent colour on say 30 per cent grey hair or hair that is totally grey in one area, would not give sufficient coverage. For this you need a permanent tint. Finally, when making a decision about choosing a new colour or correcting a problem I would always recommend a visit to a professional hair salon.

Do you have a problem?

Write, including your name and address, to Andrew Collinge at: Hair Clinic, Personal, PO Box 4013, London E14 5BE. Sorry, Andrew cannot give personal replies.

PICTURES: IAN DERRY

Dressed to thrill



SUMMER IS NEARLY HERE, SO GET IN THE MOOD WITH A FEW WARM SALADS FROM AMANDA GRANT. ALL OF THESE EASY-TO-PREPARE DISHES ARE PERFECT FOR LIGHT LUNCHES OR QUICK SUPPERS

COUSCOUS WITH FETA CHEESE & FRIED TOMATOES

Couscous is one of the truly great dishes of Morocco, Tunisia and Algeria.

Serves: 4

Preparation time: 20 minutes
(plus 30 minutes soaking time)

Cooking time: 15 minutes

350g/12oz couscous

570ml (approx) vegetable stock or water (to cover the couscous)

sea salt flakes, ground black pepper

450g/1lb big juicy tomatoes

2tbsp olive oil

3 cloves garlic, peeled and chopped

200g/7oz Feta cheese, crumbled

Handful fresh basil leaves

Large handful fresh flat leaf parsley, roughly chopped

Juice of 1/2 lemon

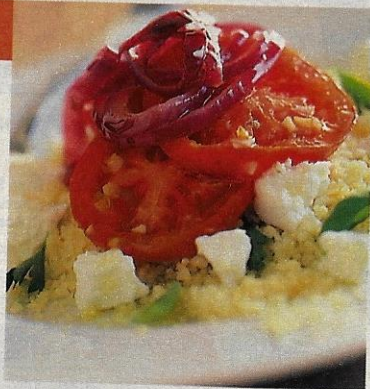
For the dressing:

3tbsp olive oil

1 red onion, sliced into rings

1tbsp white wine vinegar

sea salt flakes, ground black pepper



onion and cook until soft. Turn off the heat, add the vinegar and season. Fluff up the couscous with a fork, add the Feta, basil and parsley and season with lemon juice. Mix everything together and divide between four serving plates. Top each with hot garlicky tomatoes. Spoon over the onions and drizzle with dressing.

TIGER PRAWNS WITH CHILLI AND GARLIC

These chilli prawns are also delicious served with pasta for a more hearty supper.

Serves: 4

Preparation time: 15 minutes

Cooking time: 5 minutes

550g/1 1/4lb raw tiger prawns

150g/5oz vermicelli rice noodles

4 spring onions

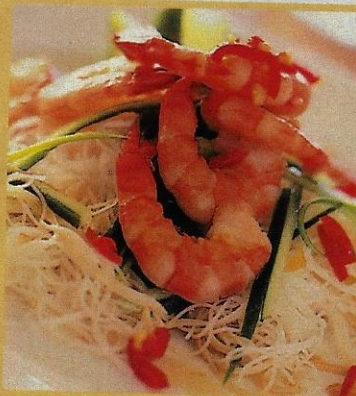
1/2 cucumber

1tbsp olive oil

1 red chilli, deseeded and finely chopped

2 cloves garlic, peeled and chopped

2tsp toasted sesame oil



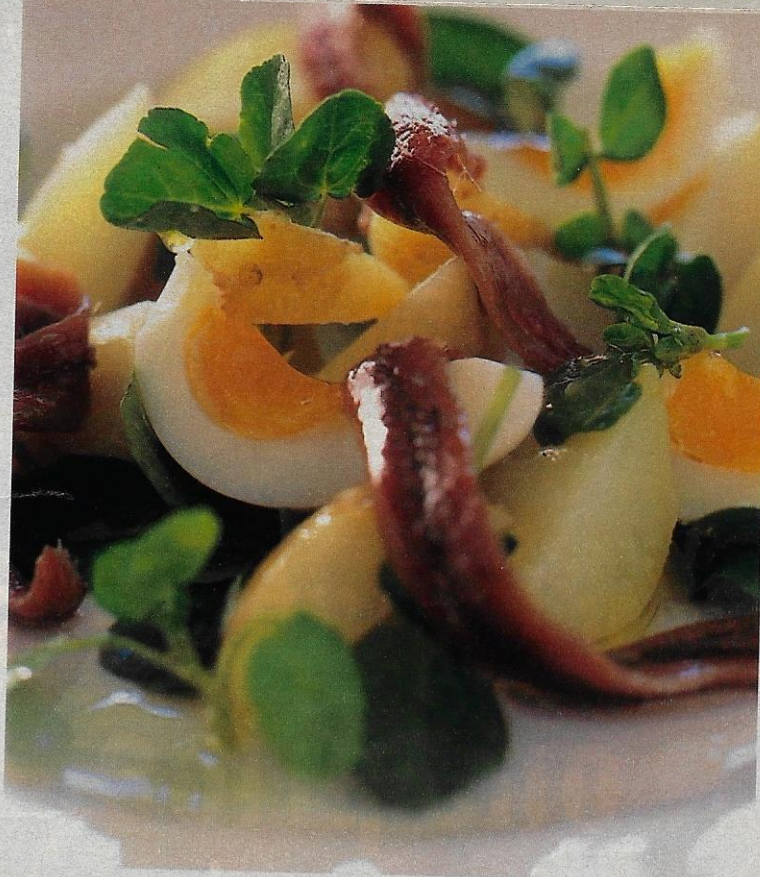
2tsp light soy sauce

2tbsp dry vermouth

sea salt flakes, ground black pepper

squeeze of lime juice

2 limes, cut into chunks, to serve



NEW POTATO SALAD WITH EGGS

Instead of the traditional salad of potatoes tossed in a mayonnaise, the tangy lemon juice and salty anchovies give this salad attitude.

Serves: 4

Preparation time: 15 minutes

Cooking time: 10-12 minutes

550g/1 1/4 lb new potatoes

4 eggs

3tbsp olive oil

1 1/2tbsp lemon juice

sea salt flakes, ground black pepper

8 anchovy fillets, drained from oil and halved

Bag of fresh watercress, roughly chopped

Cook the new potatoes in boiling water for about 10-12 minutes or they are until tender when pierced with a knife. Drain and cut in half.

Meanwhile, soft boil the eggs, bring a pan of water to the boil, add the eggs and boil for 6 minutes. Drain and plunge straight into cold water, peel and cut into quarters.

Whisk the olive oil and lemon juice together, season well. Pour the dressing over the warm potatoes (they will absorb the flavours). Add the watercress, eggs, anchovies and season. Serve while the potatoes are still warm.

Peel the prawns leaving the tail intact. Cut a line down their backs, remove the black veins. Prepare the noodles following the pack instructions. Cut the spring onions and cucumber into thin strips, put in a bowl with the noodles. Heat the olive oil in a large frying pan, sauté the chilli and garlic for a minute. Add the prawns, cook until pink. Add the sesame oil, soy and vermouth. Leave to simmer for a few minutes. Put the noodles and vegetables on four plates, top with prawns. Season the pan juices with lime juice, salt and pepper. Drizzle over the salads and serve with chunks of lime.