

SUNDAY MIRROR ★ OCTOBER 19, 1997

Personal

Ask yourself

Is your man prettier
than you?

George Clooney

'I killed Batman'

Family Health

Your essential
A-Z guide



BIGGER! BOLDER!
FOR WOMEN WHO
KNOW WHAT THEY WANT!

Personalists

Oops, I seem to have come out without my wallet

FAMOUS BANKRUPTS

Peter Bogdanovich

Walt Disney



Grace Jones Mark Twain
Margot Kidder Mickey Rooney
Alan Bond Peter Adamson
Eddie Fisher Lionel Bart

Aaarghhh!

FAMOUS PHOBIAS

Kim Basinger: **crowds**
Anne Robinson: **birds**

Johnny Depp: **downs**
Madonna: **thunder**

David Bowie: **spiders**
Joan Collins: **dark**
Julie Andrews: **loud noises**
The Artist Formerly Known As Prince: **heights and dirt**
The Duchess of York: **snakes**
Sean Connery: **needles**

After you, Mr Steed

CELEBRITIES WHO APPEARED IN THE AVENGERS



▲ Kato O'Mara
Christopher Lee



▲ John Cleese
Penelope Keith



▲ Charlotte Rampling
Donald Sutherland



▲ Ronnie Barker
Warren Mitchell
Peter Bowles
John Thaw

Should you be out on your own?

10 PEOPLE WHO WERE ON THIS IS YOUR LIFE BEFORE THEY WERE 30

◀ Don't look now, Twiggy, but there's a man with a big red book behind you



Twiggy **20**
Bonnie Langford **21**
Stephen Hendry **21**
Robin Cousins **22**
John Conte **23**
◀ George Best **25**
Ian Botham **25**
Kevin Keegan **27**
Elaine Paige **27**
Jim Davidson **29**

How much?

TIME TO UPDATE THAT MONOPOLY BOARD

Drunk in charge, fine £20

According to Horseferry Road Magistrates' Courts, someone drunk in charge of a vehicle could expect a fine of £350 plus a year's disqualification.

You have won 2nd prize in a beauty contest, collect £10

Second prize in Miss UK beauty contest gets £1000.

Doctor's fee, pay £50

A Harley Street doctor will typically charge £75 for an initial consultation.

You have won a crossword competition, collect £100

First prize in the Sunday Mirror Giant Family Crossword is £3000

Mayfair

In Monopoly, a house costs £200 but at today's prices for a 4-bedroom house, expect to pay a minimum of £800,000.



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LUCKY NUMBERS

the Personal way to choose your lucky Lottery balls

10

19

24

29

36

44

It's 10 years since champion jockey Lester Piggott was jailed for three years for tax dodging

Wednesday is the 19th anniversary of John Paul II becoming the first non-Italian Pope in 456 years

24 years ago on Thursday former US President Richard Nixon handed over the Watergate tapes

Jacqueline Kennedy stunned the world 29 years ago tomorrow when she wed Greek tycoon Aristotle Onassis

Veteran soccer striker Ian Rush of Newcastle United is 36 tomorrow. Many happy replays, Ian!

Also known as Mandy, "Bobby" and Prince of Darkness - Labour's ace spin doctor Peter Mandelson is 44 on Tuesday

Spectacular grace
in fine
bone china



Shows approximately actual size of 60" (17cm) High. Base provided

Dance of the Dolphins . . . a superbly hand-crafted work of art.

They are the playful children of the sea, diving and weaving through the waters, disappearing beneath the waves. Then, reappearing from the ocean depths, they leap for joy in a spectacular display. Now, all the grace of these marvellous animals is portrayed in a work of art in pure white bone china and a touch of gold. *Dance of the Dolphins* is a showpiece of elegance and enchantment. Brooks & Bentley artistry beautifully interprets the sleek lines of the Dolphins, the tossing waves, the sense of ease and pleasure in their world. Dramatic from any angle, your sculpture will have its own gleaming black lacquered base to show it to its best advantage.

Dance of the Dolphins is available exclusively from Brooks & Bentley at the special offer price of just £48.00* (regular price £75.00), payable in three convenient interest free instalments. To acquire this exquisite sculpture, please post the reservation form by 20th November, 1997. Or if you prefer you can order by telephone, call 01732 361122 24 hours a day 7 days a week.

Ref: 104151

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RESERVATION FORM

Dance of the Dolphins

Please post by 20th November, 1997.

Please enter my reservation for *Dance of the Dolphins* at the special offer price of just £48.00* (regular price £75.00). I need send no money now. I will be invoiced in three equal interest free monthly instalments of £16.00*, beginning when my sculpture is ready for despatch. I will be given the opportunity to pay by cheque, postal order or credit card.

*Plus £3.65 per sculpture for postage and packaging.

Mr/Mrs/Miss _____

PLEASE PRINT CLEARLY

Address _____

Postcode _____

Ref: 104151

Signature _____

Please Don't Give to Charity. Write to us when you receive your sculpture.

Post to: Brooks & Bentley, Hildenbrook House, The Slade, Tonbridge, Kent TN9 3JF.

We may also require completion of a return form with the sculpture. Please send your return form to: Brooks & Bentley, Hildenbrook House, The Slade, Tonbridge, Kent TN9 3JF.



Please post by 20th November for Christmas Delivery

COVER PICTURE BY ANDY McCARTNEY

Spot the
difference

AND WIN A STEREO VCR!



You could win this stunning new Nicam stereo VCR worth £400 from Hitachi. This state-of-the-art machine has Hitachi's Dynamic Picture Equaliser, a 4-head set-up, satellite control function and Video Plus programming to deliver superb performance ... as well as the fastest rewind in the world. For your chance to win dial 0891 525 314.

HOW TO ENTER There are three differences between our pictures of top model Sophie Dahl. But in which boxes are they? Phone 0891 525 314 and leave your answer, name and address. The winner will be the first correct answer selected at random from entries received by the closing date, Friday, October 24, 1997. Calls cost 50p per min. and should last no longer than two mins.

ALL YOU HAVE TO DO IS CALL
0891 525 314

Person



EYE EYE Wife **Kelly** congratulates **John Travolta** on his new film role ... a remake of *The Big Sleep*



SNEER AND PEER **Jimmy Nail** and **Mick Jagger** go for the gum ... while **Angela Griffin** and **Tracy Show** put the Corl in Coronation Street



CROCK'N'ROLL **Kylie** tries to still a wild child with her crocodile top ... but we can see through it

PICTURES BY ALL ACTION, BIG PICTURES, PRESS ASSOCIATION, RETNA, CAN NGUYEN, CAPITAL, EPI

pictures



IT'S SIMPLE, DUMBO "... and by using live piano keys we save elephants from being poached," explains **Sting**



HAY HO "He's a big dance fan," says **Wayne**. "He's in the stalls every night!"



LET US BRAY "Now look," says champion jockey **Frankie Dettori**, "it may not be my normal sort of ride, but anyone who doesn't like it can kiss my ..."



BUY IS IT ART? Actress **Su Pollard's** bid to be hung in The Tate is rejected ... public execution is illegal



FEVER PITCH **Sheryl's** dress is a bit like husband **Gazza** ... turns in a seamless performance, but it's rough round the edges

ARIES

MAR 21 - APRIL 20

You are nothing if not adventurous, but you should, at the moment, be content to sit on the sidelines and see how well others cope with the action. All sorts of deals are being discussed, but some confusion is likely concerning joint endeavours, and you may find that an error of judgment has far-reaching effects. It's not all doom and gloom, of course, and with Saturn forming stunning links with both Mars and Venus you are certain to see friends and family at their best. If you feel wary of an unusual invitation, remember it comes from those who have your best interests at heart.

For your in-depth weekly forecast call
0930 564 061

TAURUS

APRIL 21 - MAY 21

A number of options are available regarding a personal or professional relationship, but none of them feels quite right. What you must do, therefore, is follow your intuition and wait until you are 101 per cent sure of what you really want. It will happen when you least expect it and when it does you'll be glad you waited. Meanwhile, you can look forward to surprising financial developments midweek when your ruler Venus provides the boost you need. Something you thought of as a burden will turn out to be a blessing in disguise. Treasure it.

For your in-depth weekly forecast call
0930 564 062

GEMINI

MAY 22 - JUNE 21

No matter how hard you try to get things done, something or somebody gets in the way. In fact, this week's clash between Mercury and Uranus might appear to make matters worse as even more hurdles are thrown in your path. Once you take a closer look at whatever's going on in your life, however, you'll realise the planets are working in your favour. Every hold-up or delay is designed for a purpose. You weren't meant to live today what belongs to tomorrow and the future. Discover the joys of the here and now and a happier, healthier existence will be yours.

For your in-depth weekly forecast call
0930 564 063

CANCER

JUNE 22 - JULY 23

While others seem happy to focus on work or business matters, you would like nothing more than to leave it all behind for a while. What you must remember, however, is that your life may be fuller and richer than those around you. And you learned long ago that there's more to life than work. Obviously you have responsibilities to live up to, but not every minute of every day. Save some energy for the Sun's move into Scorpio on Thursday. Close companions will seek the company of someone who knows what the lighter side of life is all about. You.

For your in-depth weekly forecast call
0930 564 064

Your stars

PETER WATSON'S WEEKLY FORECAST



SUNDAY OCTOBER 19 TO SATURDAY OCTOBER 25

LEO

JULY 24 - AUG 23

Someone may be pushing to reach crucial decisions, but instinct tells you to hang fire. And that instinct is right. The Sun's clash with Neptune early in the week is certain to cloud the issue and an error of judgment now could be felt for weeks to come. You must therefore take control of the situation and prove you have time on your side. Other people's panic and concern can be contagious, but if you establish an air of peace and calm you'll achieve the desired goal. The solution has more to do with creative thinking than hasty action. Don't move before time.

For your in-depth weekly forecast call
0930 564 065

VIRGO

AUG 24 - SEPT 23

Conflicting reports about joint finances may set you thinking, and you'll be pleased that loved ones are clearly on your side. Some rather ambitious plans have been under discussion and will soon start to gather momentum. Make sure, therefore, that the appropriate checks and balances are in place. No-one wants to put restraints on something which could bring results. Nor does anybody want to see good money or resources go to waste. If others expect you to strike the right balance, the Sun's change of signs on Thursday will help you find the way.

For your in-depth weekly forecast call
0930 564 066

LIBRA

SEPT 24 - OCT 23

In spite of all the ups and downs it has had to endure, one special relationship seems stronger than ever. This isn't achieved by luck, of course, but by investment of your time and affections. And though it would be nice to think you could accomplish as much in every area of your life, it simply cannot be done. To do all you have done takes energy and discipline and you cannot afford to be distracted by minor episodes while re-writing entire chapters of your life. The planets urge you to adopt a gentler pace. You are looking for quality, not rapid results.

For your in-depth weekly forecast call
0930 564 067

SCORPIO

OCT 24 - NOV 23

You might well be offered the chance to swell your bank balance by working at something you do easily and well. And although you may have a few doubts of your own, you must not allow anyone else's negative thinking to undermine your confidence. The decision is yours and must remain so, and by the time the Sun moves into your sign on Thursday your mind should be quite clear. Either you must take the plunge or walk away. Rest assured that whatever decision you make will be the right one. The important thing is not to be seen hovering on the edge.

For your in-depth weekly forecast call
0930 564 068

SAGITTARIUS

NOV 23 - DEC 21

Little by little you are learning to trust the new world you've begun to inhabit. No matter how stimulating a change of circumstances may be, it can take its toll while adjustments are being made. And what you're feeling now is a mild attack of first-night nerves. However, once the week gets under way, Saturn's stunning links with Mars and Venus will provide the self-assurance you need. Tell yourself you're in the right place at the right time and creativity and vision will arrive. No-one's expecting miracles of you. Just relax and smile. You're doing fine.

For your in-depth weekly forecast call
0930 564 069

CAPRICORN

DEC 22 - JAN 20

The skills you have acquired should stand you in good stead for the future. What you must take care to avoid, however, is an air of over-confidence or bulliness in an area you know little about. Those you are closest to are tolerant of most things. But at the first hint of any hypocrisy or conceit a very different picture might emerge. Your ruler Saturn is joining forces with Mars and Venus to spring a few surprises on you. How you handle them is up to you entirely, but never forget those who came to the rescue when life was at a much lower ebb.

For your in-depth weekly forecast call
0930 564 070

AQUARIUS

JAN 21 - FEB 19

Any unexplained doubts and confusion are part of the build-up to Wednesday's Mercury-Uranus clash when you might be taken aback by the behaviour of someone you thought you could trust. As a result the atmosphere could become strained, but you'll get through the week unscathed if you join forces with a kindred spirit. It will soon be time to accept the fact that something should be cut out of your life. Once you decide where the axe must fall you'll experience feelings of joy and relief. Your opinions are held in high regard. Let them be known.

For your in-depth weekly forecast call
0930 564 071

PISCES

FEB 20 - MAR 20

You seem to have had your sights set on a particular trophy for so long you have begun to doubt it could ever be yours. And while the sharp link forming between the Sun and Neptune may appear to add to your problems, it could be what you need to motivate you into proving just how deserving you are. Confidential information is about to affect your attitude towards a crucial deal or arrangement. You have the resourcefulness to shine above the rest, but must not be tempted to canvass for attention or beg for compliments. Your turn is coming. Wait.

For your in-depth weekly forecast call
0930 564 072

Would you swap your best friend for a Prada handbag?



WILL JENNY NISBET TRADE IN HER LIFELONG PAL PRUDENCE FOR A MUST-HAVE ACCESSORY? IT'S A CLOSE-RUN THING . . .



Would I do it?
Would I swap?
Yes, but only for their tan pony skin numero with overlaid zebra print and the name Prada

embroidered 100 times over its black silk lining – for those of a forgetful nature. It costs a measly £600. And, if it came with a little matching purse, I wouldn't scream "How vulgar" and throw it back. No, I would be gracious and merely ask where she would like my best friend Prudence to be delivered. Sauntering around Prada's flagship store in Sloane Street, deep in the heart of Knightsbridge, I pondered this delicate negotiation. Handbags in every skin, shape and shade from lipstick red to midnight black – I am not taking nasty nylon rucksacks – shouted "buy me" in this beige temple to the rich-and-hip. As I surveyed these serried ranks, I finally grasped the sheer impossibility of ever owning such a key "it" item.

Enviously, I watched a Japanese businessman produce a large drawing of a Prada bag – obviously someone didn't trust him to get the right model. It's doubtful whether Leonardo da Vinci would have lavished such attention to detail on his daubs as this unknown Japanese housewife.

Then it struck me. Who won the war? Surely every atom of natural justice should be outraged that a £2,000 black crocodile handbag, with the neatest, flattest Prada clasp, was about to gladden hearts in Tokyo while I remained here in London, bereft and under-accessorised. "It's not fair," I screamed inwardly, only half noticing the American tourist making a complete fool of herself in a sheer evening dress two sizes too small.

The cry, rising unbidden to my lips, reminded me of the day in my school playground when I had been offered six flying saucers, a sherbet dab and a Beano in exchange for my very best friend. Another nine-year-old was eager to be her constant

companion and willing to pay for the privilege. I didn't take up the offer, but if only such a barter system still operated today, at which point would you succumb? Would you forego your friend's affection, companionship and advice in exchange for a Mercedes, a villa in Mustique or a steam iron that works? A Prada handbag for Prudence, would, I mused, be a good swap. While the handbag is sleek and luxurious, my best friend is starting to get a bit tatty round the edges. When she's on my arm, people don't look at me enviously and sigh: "Wish I could afford a best friend like that."

Of course, she has emotional depths that a handbag hasn't. But having said that, the pony skin with the zebra print is pretty roomy.

To be fair, a handbag doesn't laugh in your face when you say you've lost two pounds, ring you up at midnight to blubber down the phone or bitch about you behind your back. Nor has a handbag ever been heard to mutter: "You're an alcoholic" when

you reach for another glass of wine. Around the time of that playground encounter my mother told me that a good handbag was a friend for life. But now I realise that a full-on, designer label model must remain beyond my financial grasp, forever marooned on Planet Fashion. Sadly, I left the store clutching my poor excuse for a bag – a so-called free gift I received after buying a ruinously expensive moisturiser and mascara. Over a comforting cappuccino in nearby Harvey Nichols, I flicked through the pages of a magazine and saw the words which made my heart soar: "A look's not good enough – it has to be *the* look," wrote the fashion director of Harper's Bazaar. Last year it was all Gucci, Prada, Helmut Lang. This season we're into Marc Jacobs, Michael Kors and Ann Demeulemeester. Yikes! I had almost made the most terrible mistake. The fashion dial moves so fast that you have to be revved to the max or you're left behind. I had almost betrayed my very best friend for last year's accessory. ■

WHAT WOULD YOU TRADE YOUR BEST FRIEND FOR?

JULIE BELL, 28: "A bar of chocolate or a bottle of wine would be enough for my mate Emma. Right now I'd swap her for a cigarette . . . I gave up last Sunday!"

JODIE ADAMS, 18: "I reckon I would swap my best mate for a cruise around the world, but not for much less."

CHRISTINE NICKLIN, 44: "I'd only swap my best friend for something very special. Joan Claude

van Damme in *Hard Target* would do nicely. It's the way he does his hair . . ."

NICOLA RANDALL, 35: "I'd be tempted by a million pounds but I think I'd still turn it down. Real friendship is worth more than money."

JANET HEMPHILL, 47: "My best friend is my husband Robert. I wouldn't swap him for anything. He's the best thing that ever happened to me."

VICTORIA SAMPSON, 22: "I could swap my best friend for a holiday, but it would have to be somewhere special like Australia."

TERRI HINGCHLIFFE, 38: "I'd swap my best pal for her gorgeous husband, no problem. He's the only reason I'm still friends with her!"

TAMMY BURKE, 46: "There's nothing I'd swap my mate Gwen for. Our kids grew up together and friendship means more than possessions."

Queen of tart

BAND OF GOLD TURNED KAY MELLOR INTO THE VOICE OF BRITAIN'S PROSTITUTES. SHE TELLS HILARY KINGSLEY WHY SHE'S RETURNING TO THE SUBJECT IN A NEW SERIES OF TV DRAMAS. PICTURE BY HOWARD WALKER

She didn't know it then, but when WPC Kershaw, the character she played in the soap *Albion Market* was killed off, Kay Mellor's new life was just beginning. Kay had fought her way up from a council estate in Leeds. Now the former teenage mother of two, turned mature student, turned actress, is Britain's busiest writer of stories about ordinary women's lives. *Band Of Gold*, her ITV series about Bradford street whores battling pimps, police, debt, drugs and depression has, to her amazement, made her a prostitutes' champion. *Girls' Night*, her bitter sweet film about a woman with breast cancer, starring Julie Walters and Brenda Blethyn, hits cinemas this month. Her play *A Passionate Woman*, starring Stephanie Cole, opened in the West End to rave reviews, and *Playing The Field*, a hilarious six-part series about women footballers ("with very little football in it") begins soon on BBC1. Now, at her large grey stone house in leafy Headingley, Leeds, comedienne

Jennifer Saunders and actress Saskia Reeves are on the phone to Kay. They are checking that she's happy for them to read for roles in *Fanny And Elvis*, a tale about the problems of fertility. It'll be another dark story told with loads of jokes. Yet in spite of this heady whirl of hits, 44-year-old Kay's feet are firmly planted in northern reality. She's a warm, friendly person, shorter and plumper but otherwise the spitting image of her actress daughter Gaynor Faye (better known as Judy Mallett in *Coronation Street*). As we munch sandwiches in her newly re-painted sitting room ("the curtains cost more than our first house!" she gasps when you admire them) it strikes you that maybe she enjoyed the struggle to be heard more than her dizzying success. "Sometimes my mother visits me, hears what I'm doing and says, 'I can't believe it!' And I can't believe it either," she says. "But I love not having to worry about money and being able to help pay for things for my daughters and granddaughter" (that's Grace, her other daughter

Yvonne's 22-month-old toddler). "I've been on the other side and it hurts like mad. But now I know that a lot of people look at me and think, 'If she can do it, maybe I can too'." Her early life could have been a running story in *Coronation Street* or *Brookside* - soaps for which she was later to write. As a flirty and bubbly 16-year-old, Kay met motor mechanic Anthony, 18, fell in love, got pregnant, married and had baby Yvonne before you could say: "By 'eck, lass, slow down!" Her Jewish talkress mother Dinah, disappointed that bright Kay missed university, nevertheless supported the couple, as did Anthony's parents, who squeezed them into their own council house until Gaynor was born two years later and they got their own flat. Kay skimmed and scraped, bought clothes from Oxfam, drove an old banger and went back to her books. When the girls started school she was writing doing essays on the kitchen table, gathering O and A-levels and finally a drama degree. When Anthony decided that he, ▶



“ I saw a girl of about 14
on the street corner peering
into cars and just couldn't
get her out of my mind ”

too, would like to reclaim the education he missed and began a sociology degree. Kay sought acting work to pay the bills. Along came a little role as a policewoman in *Albion Market*. In the end, Kay wrote her own exit from the series.

"I didn't think the stories were very good, so I wrote a script and handed it in, expecting it to be thrown in the bin," explains Kay. "But Bill Podmore, the executive producer, said it was promising and he made me the story editor."

"It was good because I knew the actors and knew who could handle exciting stories and who couldn't. But I was working day and night, and felt I had to get rid of WPC Kershaw... so she just disappeared!"

When *Albion Market* closed forever in 1986, Kay moved up to *Coronation Street*. But despite writing meaty scenes for Ivy Tilsley, Rita and Alan Bradley, she felt constricted.

At *Brookside*, her next home, she huddled in corners with fellow writer Jimmy McGovern (later to write *Cracker* and *The Lakes*), and penned lines for Sue Johnston's saintly Sheila Grant, which made everyone cry - Kay included.

She also devised the long-running children's serial *Children's Ward*, and submitted her first "issue" drama, a story about child abuse called *Place Of Safety*, to Yorkshire TV.

Suddenly she was a "proper writer" and everyone, including the BBC, came knocking on her door.

"I remember sitting in the BBC canteen, eating chips and telling the head of drama my ideas for about two hours," she says. *Band Of Gold*, the best of them, was accepted, but nervous of possible outrage, Auntie went cold on it. Kay was determined not to abandon the idea.

She became interested in vice girls one November night about ten years ago when she and Anthony, on their way to a party, drove through Lumb Lane, the red light district of Bradford. Kay noticed a blonde, mini-skirted, crop-topped girl with legs blue and mottled from the cold, standing by the road. She bobbed down to look in the car,

hoping that Anthony was a "punter". "When I saw her face, I was shocked. She looked about 14 - the same age that Geynor was then. I kept thinking, 'Whose daughter is this? What kind of a society do we live in where children of 13 or 14 have to sell their bodies?'"

Upset by the experience, Kay later tried to talk to some of the street women, but conversations were usually in frustrating snatches before their threatening pimps arrived. Then a policewoman friend introduced Kay to a prostitute she knew, and over a period of many months that



BUSINESS AS USUAL Lana Headey and Cathy Tyson (above) and Geraldine James (below) in Kay Mellor's new TV drama series, *Gold*



There never was and never will be anything pornographic. I just wanted to show people what was happening

woman p...
stories of...
the punter...
around hi...
and high...
detective...
Kay's info...
Carol, the...
Cathy Tyso...
had a rich...
"walk" and...
She also g...
the older p...
Geraldine J...
girl on the s...
Tracey, play...
When the fi...
screened on...
needed to h...
watching Ba...
Kay winces...
could so con...
There never...
anything por...
show people...
Carol and Ro...
Monday (Oct...
series called...
One story de...
becomes a vi...
another with...
raped, and the...
question of ra...
"The lack of se...
black girls who...
is heartbreaking...
When she doe...
word process...
it first thing...
-the Mellor dia...
events. Both da...
frequent visitors...
cluttered with to...
for little Grace...
Yet she still has t...
work on their ba...
ago she and Ger...
to a meeting of th...
a sort of union fo...
"We thought we...
off as cosy middl...
didn't really unde...
says Kay. "But the...
loved *Band Of Go...
I realised I was the...
"I thought I'd finish...
but I couldn't aban...
And I won't." ■*

Make your diet count

IT'S EASY TO EAT MORE THAN YOU NEED . . . UNLESS YOU WEIGH OUT PORTIONS, SAYS MONICA GR



It's one of those constant moans from almost everyone on a diet: "I'm eating next to nothing, but I'm still piling on the pounds." The only sure way of finding

out exactly how much you are eating is to weigh every portion. I know it's fiddly and, as a nutritionist, I think it is more important to look good than worry about weighing every morsel. But it's very easy to miscalculate the number of calories you are eating, as I found out when I weighed everything I ate between 7am and 2pm one day. I thought I was very busy and had eaten very little . . .

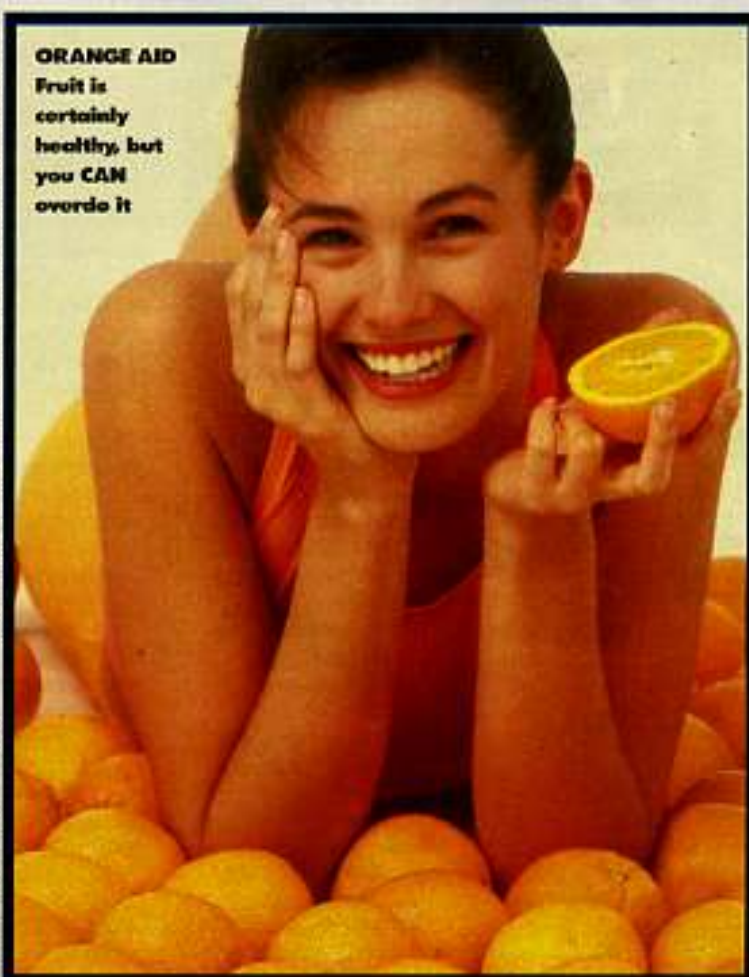
7am 1 oz porridge made with water **107 cal**

10am 3 squares chocolate **170 cal**

1pm 1 banana, 1 slice toast, no butter, tsp marmalade **275 cal**
1/4 pint skimmed milk in my coffee **46 cal**

TOTAL 598 cal

Not much? Well here's the shock. My "frantic" morning had been spent flying between my word processor and the telephone, so I hadn't actually been on the move. At eight stone, my resting calorie burn-up rate is just 46 an hour so I had used up only 322 calories in seven hours! Keep this up and you could soon be fighting a losing battle against the bulge. So if the pounds refuse to budge, start weighing everything and also build up calories in the bank by exercising more. You might just have found the answer to why you're not losing weight!



ORANGE AID
Fruit is certainly healthy, but you CAN overdo it



MONICA'S MAILBOX

Dear Monica, I can't understand why I am getting fat. I eat reasonably and go out for a meal only once a week, but I have put on a lot round my thighs in the past year. I am not doing much exercise as I am working hard and am always tired, but I only ever used to do aerobics twice a week anyway. I'm eating a high-energy diet with plenty of carbohydrate to try to feel better, but it's no use. I cut out all fat and only eat fruit at lunchtime. Please help, as I am getting very depressed.
Anne, Weston-Super-Mare.

Dear Anne, Your body is programmed to store fat in case you are starving and your muscles only need a certain amount of carbohydrate before excess is stored as fat. I really want to get it through to readers that excess food from ANY source is stored as fat, including fruit or vegetables. You must exercise more. Lots of girls come to my exercise classes straight from work exhausted beyond belief, but they always leave bouncing! A couple of hours of exercise burns about 800 calories, and over time this will mount up. You get enough carbohydrate for a day in one bowl of corn flakes, 3oz pasta, three slices of bread, a few grapes, an orange and a mixed bean salad. So cut those portions!

TIME TO TR SADDLEBAG



Lie as shown, head on your left hand. Slowly extend your bottom leg to step backwards. Place your foot on the floor.



Slowly extend your bottom leg to step forwards. Hold for three seconds, rest and change legs. Stretch cross-legged, lean forwards. Hold for

YOU CAN HAVE OF A GOOD TH

Piling on the calories just because it is how much you REA each day. These are recommended daily

Vitamin A 2 ozs car

Vitamin C One oran OR one potato

Vitamin E Small ha

Vitamin D 4 ozs sa

Vitamin B6
One bowl of cereal

Vitamin B1
4 tbsps rice

What do he see in me

NOBODY BATS AN EYE WHEN A BEAUTIFUL WOMAN DATES A PLAINER MAN, BUT IT'S CONSIDERED BLASPHEMY WHEN IT'S THE OTHER WAY AROUND. TODAY, THREE WOMEN TELL THEIR OWN STORIES TO WENDY SLOANE. PICTURES BY ANDY MCCANN

CAROLINE BRENNAN, 36
Financial advisor, London

When John and I started dating, none of my friends could believe that I was able to get a man like him. He is tall and classically handsome with luxurious brown hair, whereas I have reddish hair and glasses and I'm very skinny. We met at university 15 years ago when we were both studying foreign languages and had a lot in common. All my friends assumed that because of my looks it would be a short-lived affair, that his liking me was some sort of bizarre aberration on his part. But they were wrong. John is a great guy and he and I are very happily married. He has never made me feel unattractive or less of a person than he is, and he does everything he can to make me feel secure and happy. In fact, the only time I think of us as an "odd couple" is because of the reaction of others. The worst experience was when I was speaking to a woman I'd always considered a close friend. John and I had just got engaged a few months earlier, and I was deliriously happy. My friend confided that a mutual friend was amazed when she learned of our engagement. Supposedly she'd said: "Why are they getting married? I can't believe that a man who looks like John would

seriously be interested in Caroline." I was extremely hurt, not only because of her comments, but because a supposed friend felt the need to pass them on to me. And when I was pregnant with my daughter Nellie, I learned how a few people had enquired that they hoped she would get her looks from John and not from me. Other people have made a few jokes that I must be especially good in bed. I just don't understand it. My relationship with John is nobody's business but ours. And I don't know why people think he is a better person than I am, just because he may be better-looking. Beauty is only skin deep, and nobody has the right to pass judgment on me because of something as superficial as the way I look.

ERROL EVANS, 29
Scaffolder, Redhill, Surrey

When I met Faye, who had just split up from a marriage that lasted only a year, there was something I really liked about her. Although she didn't have God's gifts in the looks department, she did have a nice body and a great personality. We ended up going out for about two and a half years. The biggest problem was my mates. When I can

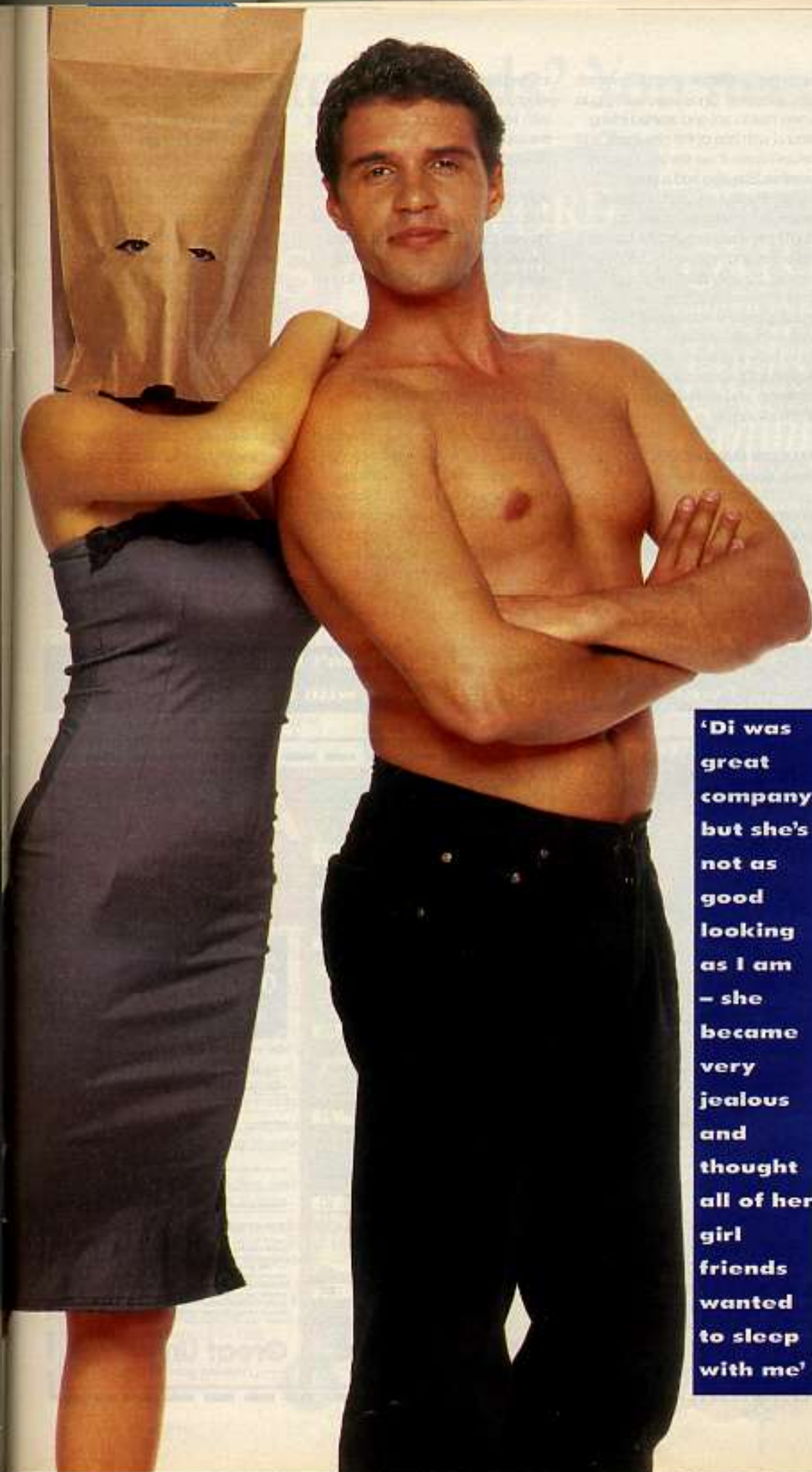
afford it, I like to buy designer clothes, and I like to take care of myself and look good. Faye comes from a nearby village and is a country girl. My mates would say how ugly she was and ask me why I was with a girl who wasn't a looker. But I would always say, "Why I'm with her is not your problem, I'm the one who's going out with her, not you." What they said didn't make any difference to me. I was happy. But it mattered to Faye. It got to the point where she would refuse to go to my local with me. She would only go out if I promised to take her somewhere where nobody would recognise us. She became more insecure and started to rely on me more and more.

We broke up mainly because I wanted to live in town, and Faye was too much of a village girl. She finally moved away and I don't know if she's happy now, although I have heard she remarried and has three kids.

After Faye, I dated attractive women, and my current girlfriend is attractive but a big girl. She's big-boned. She gets ribbed a bit for her size, but it's not really a problem. I initially get attracted to a woman by her looks, but beautiful women are often too stuck-up and vain.

ANNE JONES
Interior designer

Michael was gorgeous. He was a beautiful professional. He had an impeccable sense of style. He started chatting to me. We were attracted to each other. I eventually met him. I was nervous. It turned out he was 10 years older and a fashion designer. He went to university as a model. I had no idea what to let alone how to be more presentable. We went out for a while. Few people from my generation were aware that we were together. He was embarrassed by me. He tried everything to keep our relationship from not introducing friends to meeting at the bus stop instead of at university when we were home together. I thought he really loved me - not just my personality, that is, but because I didn't look fabulous and



'Di was great company but she's not as good looking as I am – she became very jealous and thought all of her girl friends wanted to sleep with me'

wear trendy clothes every day I just didn't fit in with his idea of the ideal woman. Michael always looked great, but I must admit that he spent a lot of time staring at himself in the mirror. That got a bit tiresome, as well as having to put up with comments from women eager to go out with him. Once a friend who had no idea that Michael and I were dating said: "Ooh, look at that gorgeous guy. I'd love to get my hands on him." For some reason, I felt devastated – as if he were a piece of especially delicious meat that everybody wanted to taste, while I barely even existed. That summer we spent two months travelling together. I thought things would be easier without his friends around, but I started to get paranoid. I felt that people were always staring at the two of us and wondering, "Why is he with her?" The last straw came when a man we met on a boat in Italy lectured me on how beautiful Michael was and how lucky I was. Now I'm with a guy who's pleasant-looking, but no model. Maybe I was just out of my league with Michael. Being with a god is not an experience I'm eager to repeat. I'll settle for a lowly mortal any day.

DURAN HASSON, 29
Restaurant manager and London-based Cypriot

When I first met Di I felt she was very unusual, as in my country you just don't get people with ginger hair. Originally I was taken by her because she looked so different, especially her hair and her eyes. Di had a great personality, but a lot of my friends wanted to know what I was doing with her. I didn't like her dress sense at all as she was always travelling and looked a mess, but I thought that was something I could convince her to change.

Di and I were married for four years, and her looks were one of our main problems. She's not as attractive as I am and felt jealous all the time. She was convinced that all her girlfriends wanted to sleep with me. She was so jealous that she thought that every woman on the street just wanted to jump me. Before Di I ►



NICE AS PIE
Frank Skinner
gets to grips
with his
favourite
sandwich

PICTURE BY GEOFY BARRATT

Frank Skinner

TAKE ONE LOAF OF BREAD, A MEAT PIE, CHEESE SLICES AND A TV COMEDIAN . . . COLIN WILLS SAMPLES THE RESULT

The last time I met Frank Skinner, he pulled down his trousers and showed me his pants. They were his lucky pants and he was wearing them to bring good fortune to the England football team. We were outside Wembley Stadium and there were a few thousand other people milling about, so it was hardly what you would call an intimate moment. Lunch with Frank was much the same. A very public sandwich, munched to the accompaniment of

diesel engines and taxi horns on a London pavement. The thing that made it special was the sandwich itself – Frank's very own invention and a reminder of his childhood. And, do you know, it was delicious. If Paul Newman can make a killing out of salad dressing, I suggested between mouthfuls, surely the world is ready for the Frank Skinner Meat Pie 'n' Melted Cheese Sandwich. "I made my first one when I was a boy," he says. "Then when I left home I started to experiment a bit more. For a while I was on cheese and brussels sprout sandwiches. The trouble was, they were very

lumpy. In texture they were rather like one of those massage gloves you buy in Body Shop." When he came down to London, Frank lodged with fellow comic David Baddiel. "Dave couldn't believe it when I first made one in front of him," he says. "If I'd gone into a corner and slowly severed the head off a puppy he couldn't have been more astounded." Frank is 40 now, and much of his life has been spent catering, and indeed fending, for himself. "I don't go in for a lot of proper cooking," he says. "When I'm on the road (his current tour ends on December 6) the only places that are open at 3am are

dodgy fast food outlets. You've got two choices – feel hungry or feel sick." He did try domesticity once, in a marriage to a nanny called Lisa Collins. It lasted 10 months. "We started growing apart from day one really," he says. "We got married on the Saturday, spent Sunday together, then on the Monday I went on tour with Steve Coogan. "When we decided to part and I began packing up my things, I discovered a layer of our wedding cake in the kitchen. It was still edible. I realised then that our cake had lasted longer than our marriage." The experience did bruise him, no ▶



FRANK'S A LOT Colin Wills is introduced to the Skinner sandwich

I'd wake up hearing this strange rasping noise . . . then realise it was my tongue scraping against the roof of my mouth

doubt about that. He certainly isn't contemplating taking the plunge a second time with his current partner, photographer Tessa Halmann, 29, who he has known for a year. "She's not asked me and I've not asked her," he says. "In fact, I doubt if I will ever get married again."

Tessa won't be with him on tour either. "I love her but it's too much of a distraction. You spend your time worrying about if she's getting bored. Girlfriends have come on the road with me in the past and it's never worked out."

"The way I see it, when I'm working I'm working, when I'm not I'm not. When I was in a factory I didn't invite friends round to watch me grafting and I don't see why I should change just because it's showbusiness."

Could it be that a steady girlfriend would get in the way of the groupies and the dressing room orgies? Frank laughs. "Strangely, I've never been bothered with anything like that. If girls started screaming when I was on, I knew there had to be a mouse in the theatre."

"Actually, I pulled on my third gig and after that . . . nothing. I don't think they looked on me as in the least bit sexy. I was 30 before I went full-time and by then women saw me as that slightly old comic from Birmingham telling dirty jokes. Having a well-known face can only get you so far when it comes to getting off with women."

But booze, that other performer's excess, more than made up for it. He gave up drink 10 years ago, and hasn't touched one since. But the way he describes it, his life before that was a succession of lost weekends.

"I loved the irresponsibility of drinking – never being quite sure of where you were going to end up that night – but it did get out of hand. It got to the stage where, if I was on a binge, I needed a couple of double Pernods to get me started in the morning."

"The hangovers were horrendous. I'd wake up and hear this strange rasping noise and then I'd realise it was my tongue scraping against the roof of my mouth. I was so dry I'd need a glass of water, but I was shaking so much I couldn't hold the glass, so I used to drink it straight from the tap."

Frank's rich now, and it could be champagne all the way, but he seems to lead his life on an eminently sensible plane. He is a fanatical West Bromwich Albion supporter. He drives a J-reg VW Golf, and lives in a perfectly ordinary flat.

"I love my work, I get tremendous joy making people laugh," he says.

"Afterwards, well, as long as I can jump into the car and go and watch the Albion, I'm happy."

No doubt with a meat pie sandwich safely tucked away in his Tupperware box for half-time. ■

Could we have the

LUNCH A sandwich, consisting of a hot cheese on top, smothered in brown sauce, on brown bread.

THE BILL £2.32 (for two)

RESTAURANT The pavement in Dover Piccadilly, London.

HOW TO MAKE YOUR OWN



The real "Frank" is made with a flat, oblong (not round) meat and potato pie. But these can be hard to get, especially in London. No matter. Any meat pie will do, provided it has a thick, rich gravy. It can be heated until the gravy bubbles. **Cost 62p**



On to slices of cheese, cheese sides, cheese



Next put the whole thing inside two slices of bread – it could be wholemeal like ours, or just white sliced, run-of-the-mill bread **Cost 39p**

Now for the topping. Frankly, it has to be HP **Cost 62p (a bottle)**



You are now ready to experience heaven. And don't forget to wash your hands!



Batman!

JOKER JACK NICHOLSON COULDN'T DO IT. NOR JIM CARREY AS THE RIDDLER. NOW HEART THROB GEORGE CLOONEY CONFESSES TO GILL PRINGLE HOW HE LEFT THE CAPED CRUSADER FOR DEAD

George Clooney was supposed to be the sexiest Batman ever. The *ER* heart throb was Hollywood's hottest property. Fans worldwide couldn't get enough of him and he looked a cert to take the fourth Caped Crusader epic to new heights of popularity and profit. But *Batman And Robin* was lashed by the critics and, in comparison to the earlier films starring Michael Keaton and Val Kilmer, it failed to set the box office alight too. "I believe I actually killed it off," admits George, 36. "I think my character was uninteresting, and I think that in many ways, that may have been my fault. I don't think they'll do another *Batman* movie now."

Upset though he is by the comic strip catastrophe, it amounts to no more than a small blip on a graph of success that is still heading steadily skywards with his starring role opposite Nicole Kidman in *The Peacemaker*, to be released here on Friday.

And with his elevation from TV doctor to Hollywood action hero, he has cast aside his old image as the womanising bachelor who dated all the most beautiful actresses of his

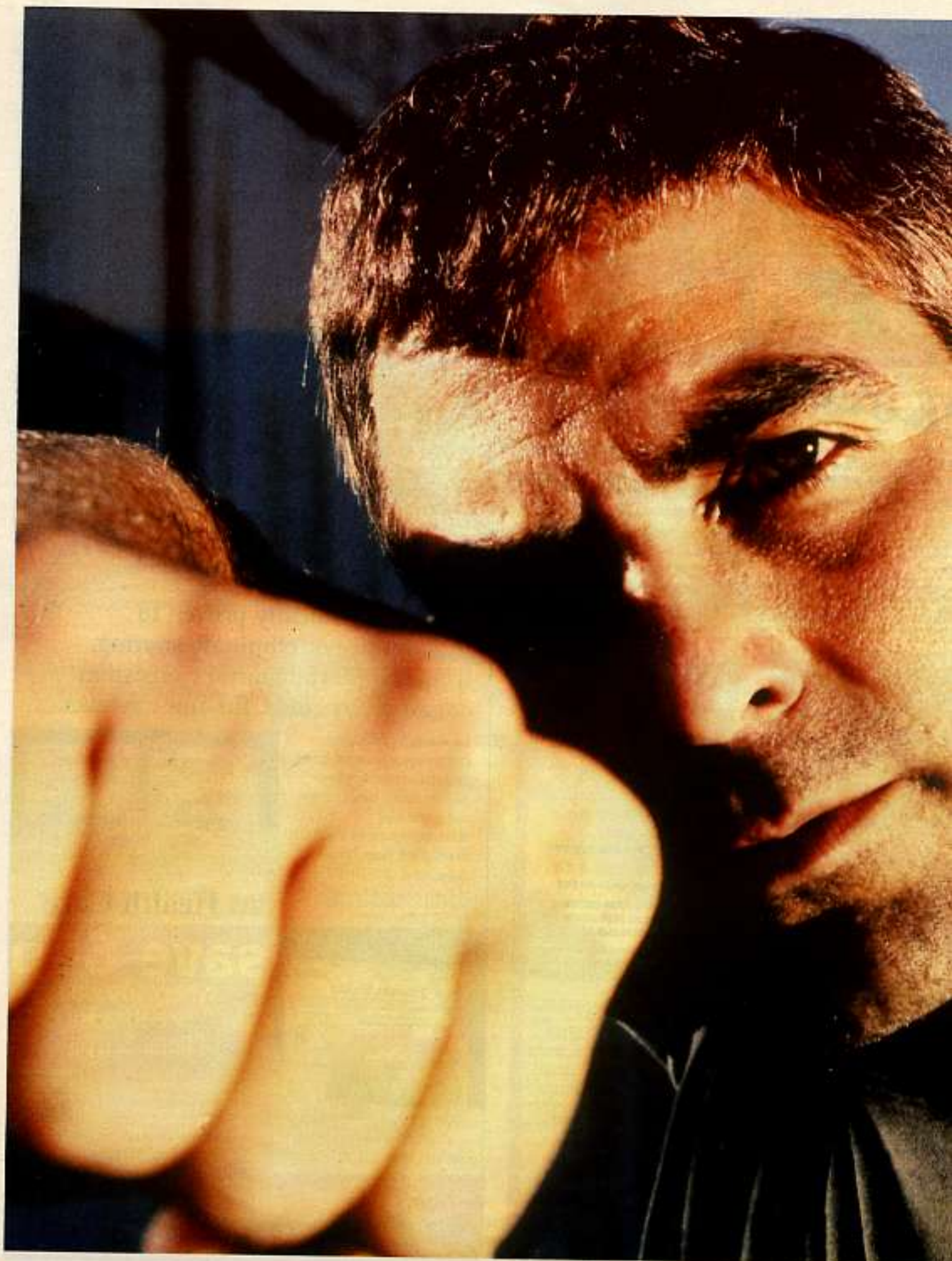
generation. The dishy TV doctor attended every party in town, making irreverent jokes, slugging down beer and vowing never to settle down to boring domesticity. The only living thing to share his ramshackle home was his pot-bellied pig, and as an ace practical joker he attracted his own gang of bachelor buddies who loved to hang out with him to see what crazy plot he would hatch next.

Now the string of girlfriends has made way for a sensible steady in the shape of 23-year-old waitress Celine Baltrun. The old gang has been booted out, along with the empty beer bottles, over-flowing ashtrays and sweaty sleeping bags. And instead of partying all night, Clooney now spends his evenings glued in earnest to America's tabloid TV programmes, vowing to correct celebrity injustices.

He has become a self-ordained evangelist bent on defending any fragile multi-millionaire movie star who ever croaked: "Don't take my picture!"

He feels that the media machine has become his enemy – but recently learned that the paparazzi can bite back. Showbiz photographers, tired of his tantrums, refused to take ▶

“ I don't think they'll do another *Batman* movie now . . . and that may be my fault ”



A face for the future

MARGARET CAN HANDLE JOB INTERVIEWS WITH NEW CONFIDENCE AFTER A HELPING HAND FROM TOP MAKE-UP ARTIST MARTYN FLETCHER

Margaret was bored with the same old reflection in the mirror and wrote asking if I could face a challenge. "Since I was made redundant I've been going for interviews and a new look might help me get a new job," she said.

HAIR First things first. Margaret had always coloured her hair at home with a dark brown rinse, but I used a warmer mahogany shade to suit her skin tone. The shape needed a little work, so I removed all the weight from the sides and back but kept the length on top. There was still some old perm there to give the style some lift.

MAKE UP Margaret had always hated the feel of foundation on her skin but I used a tinted moisturiser and she had to agree that she could not feel it, and it did make her skin look healthier.

CHEEKS To add more warmth to her face I used bronzing pearls instead of blusher to create a healthy glow. I also brushed the pearls at the temples to add warmth there.

EYES Margaret was a victim of over-plucking in the Sixties, so I showed her how to fill in her eyebrows with a thin brush and a brown eye shadow. "I can't believe how much more natural it looks than using an eyebrow pencil," she said. She had always used blue shadows and was shocked how much better natural shades looked. I used colour from the lashes to the socket line followed by a couple of coats of brown mascara.

LIPS To complete the look I chose a copper red lipstick which brought the whole look together. To prevent the colour bleeding I blotted with a tissue, dusted the lips with a little loose powder, then applied a second coat.

VERDICT "This is just the boost I needed. I love the eyes - you have made them look bluer," said Margaret. "I'm going to my next interview with added confidence." ■



MARGARET'S MAKE-UP COST

Body Shop Colourings tinted moisturiser	£3.75
Max Factor's Earth Spirits eye shadow	£3.69
Max Factor 2000 Calorie mascara	£5.79
Body Shop Colourings brush-on bronze blusher	£6.35
Oil Of Uley Colourmoist lipstick	£5.99
TOTAL	£27.57

GET A FREE PERSONAL MAKEOVER!

Now you've seen the magic results that a top hair and make-up artist can achieve, do you think YOU deserve a Personal makeover? Or perhaps one of your friends could do with a re-style? If you think so, send us a photo and explain why you

would like a makeover in no more than 50 words... and you too could have your looks transformed by our top stylists. Write to: Makeover, Personal Magazine, Sunday Mirror, 1 Canada Square, Canary Wharf, London E14 5AP.

Mark
Wogan's

STEP-BY-
STEP
COOKERY



Salads goo

KEEP OUT THE AUTUMN CHILL WITH THESE THREE DELICIOUS HOT SALAD



FOOD STYLING BY JANET WARREN

CHICKEN LIVER AND MANGETOUT SALAD

SERVES 4

400g (14oz) trimmed
mangetout

225g (8oz) chicken livers

2 small radicchio

1 tbsp white wine vinegar

3tbsp olive oil

1 tsp grain mustard

Salt and pepper

15g (1/2 oz) butter

- 1 Boil the mangetout for 3 mins, plunge into cold water and drain.
- 2 Separate the radicchio leaves, combine the oil, vinegar and mustard and dress the leaves and mangetout.
- 3 Melt the butter in a hot frying pan and fry the liver for about 2 mins until cooked but tender. Arrange over the salad and serve.

This makes a great winter starter, the richness of the livers is well balanced by the sharpness of the radicchio.

BAKED SALAD

SERVES 4

1 large red pepper

1 large yellow pepper

1 large aubergine

200g (7oz)
mozzarella cheese

100ml (3 1/2 fl.oz)

olive oil

1 tsp dried basil

Rock salt

- 1 Quarter and de-seed the peppers, place under a very hot grill and cook until the skin blackens and bubbles (Picture 1). Then place in a plastic bag and leave to cool.
- 2 Slice the aubergine, sprinkle with the salt and leave for 20 mins. Then rinse under cold water, pat dry with kitchen paper and brush with 2/3 of the oil (Picture 2). Place under a hot grill until brown on both sides.
- 3 Remove the cooled peppers from the bag and peel off their skins. Slice the mozzarella thinly. Place the peppers, aubergine and mozzarella alternately on an oven proof plate or dish (Picture 3) and sprinkle with the basil and the rest of the oil. Season with salt and pepper and place in a pre-heated oven at 200°C/Gas 6 for 12mins.

This is really just a classic Italian salad but cooked! Try some variations by grilling thinly sliced courgette or some grilled tomatoes.



enough to heat

FROM TV CHEF MARK, STAR OF CHANNEL 4'S *HERE'S ONE I MADE EARLIER*. PICTURES BY ANDREW SYDENHAM



ROCKET AND WATERCRESS SALAD WITH SEARED SALMON

SERVES 4

300g (11 oz) skinned salmon fillet

1 bunch watercress

1 bunch rocket

1 tbsp white wine vinegar

3 tbsp olive oil

1 tsp sugar

1/2 tsp mustard powder

2 tbsp salad onions

1 Slice the salmon into 1/2 cm strips and heat a little olive oil in a large frying pan. Season the fish with salt and pepper and fry for about 2 mins on each side until cooked.

2 Remove any thick stalks from the salad leaves. Mix together the oil, vinegar, sugar and mustard and season with salt and pepper.

3 Dress the salad leaves, arrange the warm salmon over the top, sprinkle over the chopped onions and serve.

This simple salad is both tasty and colourful and the perfect autumnal dish.





Dear John and Bonnie

FAITH HEALER JOHN McGRATH HAS RID PATIENTS OF EVERYTHING FROM MIGRAINES TO CRIPPLED BACKS. NOW HE AND HIS PSYCHIC WIFE BONNIE ARE ON HAND TO HELP YOU.

DEAR JOHN & BONNIE

After 29 years of marriage, I have left my husband because of his unreasonable behaviour. I feel depressed and lonely and wonder if I have made a mistake. My husband says he has realised he treated me badly and would like us to try again, but I hesitate to give him a second chance. Do you have an answer for me?

Yours, Mrs V L

I have consulted the cards and I am surprised that such a strong woman as you put up with so much for so long. When you look back on the good times you must also remember the negativity and the torment that your mind endured.

You have had to listen to a lot of hot air and empty promises. Consolidate what you have now, control your mood swings and trust your intuition, because you have already made up your mind. Get on with your life and go forward. There is a change of house coming up for you which will require sacrifices, but you should not worry - everything will be fine.

DEAR JOHN & BONNIE

When my partner of 30 years died I was devastated. We were very close and very much in love. Last week when I entered the bedroom we shared I could smell his Old Spice after-shave. I felt as though he could be near me. I sat daily at the hospital and held his hand and told him I loved him always. Is he aware of my suffering?

Yours, B A

Your partner Jimmy loves you now as much as he always did. As he

comes closer he shows me that he loved the sea and walking along the shore. He treasured the time you shared and shows me a wedding ring which he says will be of particular importance to you. He is also showing me a picture of a wardrobe in your bedroom and is expressing some concern. He asks that you do not grieve for him. He is with you so much of the time and is very happy that you are able to smell his after-shave, because is it his way of showing you that he is near to you. He also shows me how he cares for you as you are sleeping at night.

DEAR JOHN & BONNIE

My little daughter was stillborn over 10 years ago and I cannot get over it. I wonder if she sees me, and who she is with. I never got to cuddle her or hold her hand and tell her that I love her. Does she know I love her? Since then I have had other children but I just cannot fill that empty space in my heart. Yours, C J

Coming close to me is your daughter. She has a beautiful head of brown curly hair and with her is your grandmother Kate and your grandfather Peter. They have given her so much love since she came over to them and they have tried hard to take your place. They see your suffering and longing but would like you to know that she is safe with them. They named her Rose because you love roses, particularly white ones. As your little daughter approaches she asks that the white rose she holds is given to you so that every time you see one you will know that she loves you.

OUR MESSAGE FOR THE GRIEVING

We have had so many letters from readers full of guilt and unhappiness because they weren't there to say goodbye when loved ones died. It is impossible to answer them all individually. All of you are asking if your loved ones know that you are hurting and unhappy. The answer is that they are very aware of how you are feeling and they wish you would remember the love you had for each other through good times and bad. Though you didn't get to say goodbyes, they are never far from your side. They also want you to have a loving thought for them instead of a guilty one, and ask you to remember that one day you will all be together again. So give up the guilt and replace it with love... and allow peace into your life and the lives of your families.

DEAR JOHN & BONNIE

My darling wife Babs died of cancer in 1995. She fought it for over four years and was so brave. We did everything together and I am now lost. I have made friends with a lovely lady who is in the same state as me. I would like to see more of her, but she just can't let go of losing her darling husband, who died in 1994.

I knew him well all my life and went to school with him. Do you think she will change? Life now does not seem worth much.

Yours, BH

Your loving wife shows me how she suffered with cancer. She wants you to know that she is now free of pain and thanks you for all your loving care. She sends her love and support and wants you to be happy. She is sad that you feel your life is not worth much after all you both shared and built together. She knows about your new friend, and explains that this lady suffers from great depths of sorrow and is living in the past with her memories. She needs a friend at this time who will help her, be patient and things will work out. Financial help is also on its way to you. ■

John and Bonnie's Phone Lines

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

Calls cost 50p per minute

Walkies for porkies

BRITAIN IS A NATION OF COUCH POTATOES... AND THAT'S JUST OUR DOGS! BUT ANIMAL EXPERT NICK SAYS IT'S CRUEL TO LET YOUR PET GET OVERWEIGHT

It's not just humans who have to watch their weight. A recent survey by a pet nutrition company found that, for the second year running, British dogs are considerably heavier than their European neighbours. A staggering (or rather, waddling) 33 per cent were more than 10% overweight, and 15 per cent of these were seriously obese, meaning more than 25 per cent overweight. Experts suggest our increasingly leisured and

sedentary lifestyle is a prime cause, leading people to choose breeds of dog which are generally content to sit on the sofa.

Brian Leonard, External Affairs Officer for the Kennel Club said: "There is a degree to which we want couch potato dogs for couch potato owners!"

However, pets need exercise – an obese pet can be in grave danger of an early death, because excess fat

can result in heart attacks. And it's not just cats and dogs who need to watch their weight; even the more exotic species are prone to obesity.

Rabbits and guinea pigs can easily become too heavy, especially if they are not given any exercise. So let them out for a daily run.

Smaller rodents such as fancy rats, mice and hamsters can keep in trim by having an exercise wheel in their cages, while rats prefer to be allowed to run free for 10 minutes each day.

Surprisingly, even reptiles and amphibians can overeat. Young Burmese Pythons will eat all before them – but the damage to their internal organs can lead to serious problems in later life.

And the American Ornate Horned Frog, nicknamed "Pacman Frog" because of its tendency to eat anything that moves, has actually been known to burst!

The Guinness Book Of Records says the fattest known cat was Nimmy, of Queensland, Australia, who weighed 46.9lb when he died in 1986. The heaviest known dog was an Old English Mastiff, Alcama Zorba, who weighed 343lb in 1989. ■



Win! 50 Barker Parkers



Ever wished you could say "Stay!" to your dog and really mean it? What you need is a Barker Parker.

This is the gadget that every dog owner has been waiting for – a super-powerful suction cup that clips on to your pet's lead.

All you do is stick it firmly to the nearest sheet of glass and your pet is firmly parked.

This isn't just a shopping aid – although it's a real bonus when you just want to pop in to a store. You can use it to keep your pooch firmly in the back of the car, or tethered to a window at the vets or in a cafe. Visiting is easier if you can park your dog safely and easily near any convenient window.

All 71 PETSMART stores are stocking the £4.99 Barker Parker, but the Sunday Mirror has 50 to give away – and hundreds more available at the giveaway price of £3.99 inc P&P.

Write to: STAYPUT, PO Box Hayling Island, Hants., PO1 9YR.

Cheques should be made out to STAYPUT.

The first 50 orders received will have their money returned and the Barker Parker sent free! Delivery within 28 days of order.

SILVER TAKES SLIMMING GOLD

Hill's Pet Nutrition has recently announced the winners of its Pet Slimmer of the Year competition.

Dogs and cats from all over the UK entered, and some of the finalists had shed up to 40 per cent of their body weight thanks to strict diet regimes.

The winners were Silver, a four-year-old brown short-haired tabby cat, owned by Mrs Iris Johnson-Smith, of Battlesbridge, Essex, who slimmed down from 20lb to 12lb, and Cherry, a 14-year-old Cavalier King Charles spaniel owned by Bert and Marion McKenzie of Dundee, who slimmed down from a wobbly 46lb to a positively svelte 24lb.

Cherry couldn't resist cream cakes and biscuits, but became so fat she had to be dragged out of the house for her daily walk.

"It was hard work getting her to stick to the diet," said Mr McKenzie, "But the struggle has been worth it because she's much healthier and less grumpy than she used to be."



SOFT, SLEEK AND SU

LEATHER IS THE SKI

BE SEEN IN

AUTUMN. JULIET AS

SHOWS YOU HO

WEAR THE SEXIEST

STREET STYLES. PICT

BY ANDY McCAR

FAR LEFT

Chocolate leather mini-skirt, £89 and mock leather shirt, £79, both from Fenwick (01753 9161); purple opaque tights, by Aristoc (01773 525520) at major dept. stores; brown suede knee-length boots, £75, from Faith brand (0800 289297).

LEFT

Black leather mini dress, £299, from Forma (0171 359 4350); red suede cummerbund belt, £29, from Otto Glanz (0181 365 1711); black tights, £5, from Marks & Spencer branches (0171 935 4422); red strappy sandals, Style BU 2374YZ, £25, from Freemans (0800 900200).

FRONT COVER

Black leather jeans, £899, from Hennes (0171 255 2031); turquoise shirt, Style WA 70, £25, from Freemans (0800 900200); leather ankle boots, £695, by Roberto Gianni (0171 935 2002).

Hair and make-up by PANIL

Hide and sleek

RIGHT
Brown zipped and belted jacket, Style VS 7559, £120 from Index (0800 401080); cream leather skirt, £80, by Gossip (0181 746 2022); green chevron striped top, £25, from Debenhams (0171 408 4444); brown diamond lights, £6, by Aristoc (01773 525520); brown suede knee-length boots, £75, from Faith (0800 289297). ▶



RIGHT
Black leather mini
trouscoat, £325,
from selected
Marks & Spencer
branches (0171
935 4422);
red crepe de chine
shirt, £39.99 from
Next (01162
894424);
red opaque
tights, £2.50, by
Jonathan Aston
(01162 862388)
at major dept.
stores.



RIGHT
Black leather and
Lycra jeans, £145, by
Gossip (0181 746
2022); purple shirt,
Style M5 4873,
£1799, from Empire
(0800 220230);
black strappy
sandals, Style
BP2373YZ, £35,
from Froemans
(0800 900200).

LEFT

Black leather cropped fitted jacket, £290, A-line short skirt, £120, both by Forma (0171 359 4350); black satin vest, £19.99, from Next (01162 849424); sheer red stockings, £18, by Wolford (0171 935 9202); strappy sandals, Style BO 2370YZ, £35, from Freemans (0800 900200).



Best buy



Here are some finishing touches to complete your leather look . . .

★ The wear-with anything boot that's a great all-rounder . . . black leather ankle boots (left)

£45 from Flavel (0171 631 0224)

★ Add a wild touch to your glove compartment . . . fake-fur trimmed leather gloves (below) £30 from Deberhams (0171 408 4444).



★ Get organised in style and brighten up your working week with brightly coloured leather organisers, from £26.95, by Filofax (01444 238100)

★ An extra-wide belt gives you a great waistline this winter . . . red



leather belt (left) £46, by Otto Glanz (0181 365 1711). It's pictured with the red-hot gloves that show you mean business . . . red leather gauntlets, £65, by Cornelius James (0171 499 9423).

PERSONAL LOOK

It's a laugh



" You never told me you were married! "

Congratulations to Keith Parkinson from Eltham, London. This picture wins you £100.



2 CAMERAS TO WIN!

Answer a simple question on the subject of today's photo and you could win one of two Minolta VECTIS GX cameras - this revolutionary new range of cameras has been created for today's demanding leisure pursuits. The GX-1 is rugged, designed specifically for hard street action. Call **0891 525 397** and leave your answer on line with your name and address. Two winners will be selected at random from all correct answers after lines close on Friday, October 24, 1997. Calls cost 50p per minute. Usual Mirror Group competition rules apply.

MINOLTA