

SUNDAY MIRROR • AUGUST 17, 1997

# Personal



**EUREKA!**

**ULRIKA!**

# Contents

★ AUGUST 17, 1997 ★

**5 personal pictures**

MANDY SMITH, ROBBIE WILLIAMS and the DUKE OF YORK in the frame

**7 personal horoscope**

Your brightest and best weekly forecast, from RUSSELL GRANT

**10 personal one-to-one**

Soccer star DENNIS WISE and agent ERIC HALL talk about their friendship

**15 personal file**

First steps in obedience training for your dog with Britain's top animal trainer ANN HEAD

**20 personal competition**

Win a BMW Z3 Roadster or big cash prizes in our fantastic £200,000 phone-in

**23 personal taste**

Pamper your taste buds this summer with MARK WOGANS Deep-fried Ice Cream

**24 personal fashion**

Clothes with attitude... at an affordable price. ULRICA JONSSON models Etam

**28 personal crossword**

Search for the hidden celebrity and win £1,000 in cash!

**30 personal look**

Just when you thought it was safe to go back on to the beach...



**THE ULRICA LOOK**  
New styles to make real women look great PAGES 24-25

**personal address book**

**MICHAEL GARNER, 43**, plays the hated "Poison" Pearce in London's *Burning*. Back on screen in the hit ITV show on September 7, he lives in North London with his wife, Paula, and children Harry, 6 and Maeva, 2.



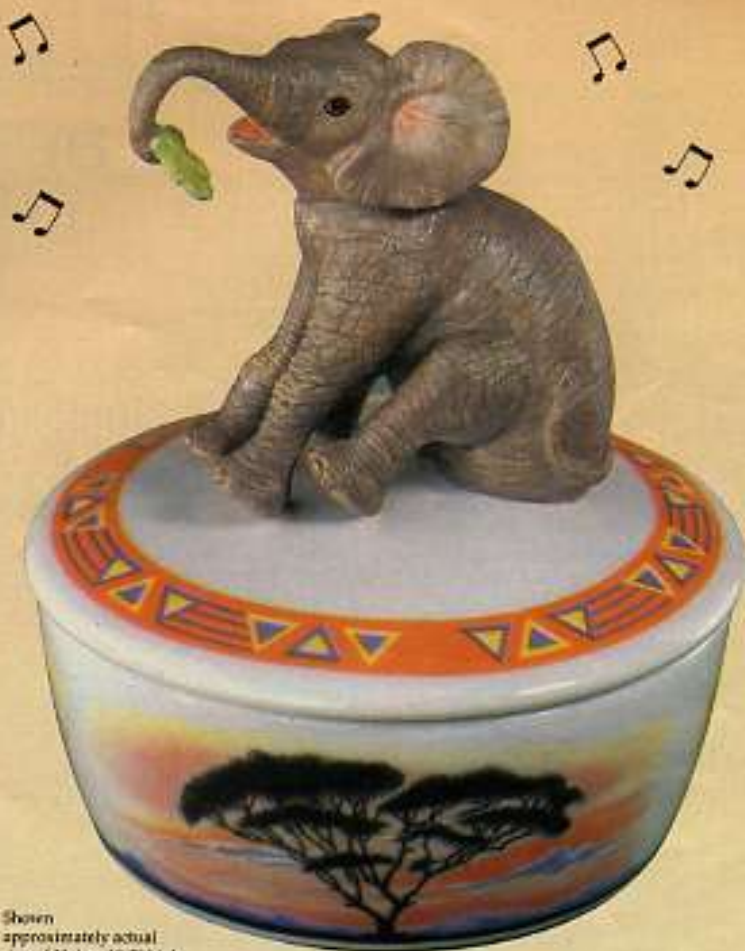
**Sports Pages, Caxton Walk, 94 - 96 Charing Cross Road, London (0171 240 9604)**: This is a specialist sports book and video shop which I find impossible to pass. You can find lots of obscure autobiographies of forgotten footballers. I love it.

**National Portrait Gallery, 2 St Martins Place, London, WC2 (0171 306 0055)**: This is a new discovery for me and its great if you have an hour to kill in London. In the past I'd have a coffee and read a paper. Now I pop into the gallery. It's very accessible - just rows and rows of faces. It's fascinating.

**The Grouse Inn, Longshaw, Sheffield (01433 630423)**: I like to go for long weekends to the Peak District. I have a long walk on a Sunday morning and end up at this pub in the middle of nowhere. It does a lovely pint of Wards.

COVER PICTURE: NEIL KIRK

## Baby Elephant Music Box



Shown approximately actual size of 11.4cm (4 1/2") high.

Hand-crafted in fine porcelain to play 'Baby Elephant Walk'

*Bright eyed and ever curious, the baby elephant is one of the world's most engaging youngsters. Today, thanks to conservation efforts world-wide, the once endangered African Elephant is once more growing in numbers.*

To celebrate this good news, Brooks & Bentley present the Baby Elephant Music Box, hand-crafted in fine porcelain to capture the charm and spirit of this adorable baby animal in sculpture and song. The striking pattern on the music box lid perfectly compliments the surrounding design of acacia trees against an African sunset. And when you turn the key, this delightful music box plays Baby Elephant Walk on an eighteen note precision musical movement.



Available exclusively from Brooks & Bentley at the special issue price of just £29.95\*, you can enjoy the Baby Elephant Music Box in your own home by simply returning the reservation form by 15th September, 1997. Or if you prefer, telephone 01732 361122 today to secure your order. You need send no money now. 1108157

**BROOKS & BENTLEY**

Brooks & Bentley, Hildenbrook House, The Slade, Tonbridge, Kent TN11 1JY.  
© B&B 1997 Company Registered in the U.K. No. 2879801.

RESERVATION FORM  
**Baby Elephant Music Box**

Please post by 15th September, 1997.  
Please accept my reservation for the Baby Elephant Music Box, to be hand-crafted for me at the issue price of £29.95\*. I need send no money now. I understand I will be billed in two interest free monthly instalments, beginning when my music box is ready for despatch. I will be given the opportunity to pay by cheque, postal order or credit card.

\*Plus £3.95 per music box for postage and packaging.

Mr./Mrs/Miss \_\_\_\_\_ PLEASE PRINT CLEARLY  
Address \_\_\_\_\_  
Postcode \_\_\_\_\_ 1108157  
Signature \_\_\_\_\_

Please allow 4 weeks to deliver. All prices include VAT and delivery.  
Do not allow any other comparable service to enter your mind unless you wish to be bound. If you would prefer not to be bound then please tick this box   
Post to: Brooks & Bentley, Hildenbrook House, The Slade, Tonbridge, Kent TN11 1JY.

# personal pictures

SOAP GIRLS MAKE A CLEAN BREAST OF IT...



**NET ASSETS** It's Mandy's "Bruce" look: Nice to see through, to see through, nice



**WHO NEIGH-BARES WINS:** "It's not fair," pouts *EastEnders*' Marlene. "Just because Emma's big *Down Under* doesn't mean she has to steal the limelight here."



**EAR ACHE** "No beer, no drugs, no girls. No beer, no drugs, no girls." Robbie enjoys his new self-help tape



**HEART TO HEART** Is Zoe really so desperate for romance? No, it's all been blown up out of proportion...



**FITTING THE BILL** Anna Walker launches her new career... as a body double for Donald Duck



**HARDY ANNUAL** "Another fine mess? Ha, you don't know you're born. Let me tell you about another fine mess..." Prince Andrew becomes party bore.

## ARIES

MAR 21 - APRIL 20

Love life in the doldrums? As fair Venus moves into airy Libra the tradewinds of amour will blow sweetly throughout your relationships. Sounds good, eh? One day your prince or princess will come, if they haven't arrived already. No longer is Cinderella your soulmate, for you are entering a romantic period when your heart dances with joy. But on or around Saturday you must be prepared for sex or money to cause one hell of an upheaval.

**★ STARLINE 0891 332 501**

## TAURUS

APRIL 21 - MAY 21

Oh happy Sunday! Today your ruling star Venus trails her magic charm into your horoscopic house of work and service. This is the time to reform, revolutionise and renew your commitment towards the vocation of your choice. This week you are swathed in a charismatic cape which adds to your sparkle and allure. You only have to be in the same room as someone for them to know you are the right person for the job... whatever it is.

**★ STARLINE 0891 332 502**

## GEMINI

MAY 22 - JUNE 21

You quicksilver star Mercury isn't looking so fleet of foot. In fact his tiny wings are flapping furiously in the wrong direction. This is a clue that for the next few weeks you are likely to be chasing down blind alleys and getting in an emotional stew because you are too intellectual about your feelings. Your compassion and sympathy are either totally lacking or so over the top that you leave loved ones flummoxed. Use your head AND heart!

**★ STARLINE 0891 332 503**

## CANCER

JUNE 22 - JULY 23

You don't have much affinity with the air sign Aquarius, but tomorrow's Full Moon in the water-carrier's constellation requires you to stand back from intimate matters. Money, sex and anything else that gets you going must be carefully looked into. You could be clinging on to a situation which is dead and gone, but try telling you that! That's my job, and I'm telling you to let go of whatever it is that's eating away at you emotionally.

**★ STARLINE 0891 332 504**

## LEO

JULY 24 - AUG 23

This is a week of endings. The clue comes from the Full Moon in Aquarius and the Sun leaving your sign to veer into Virgo on Saturday. It's not easy for you to accept that some things have to come to an end. That's when the powerful square featuring Mars and Uranus comes into play. If you don't take the initiative and say goodbye to something or someone, you'll be forced into a position when you have no choice... and that could be messy.

**★ STARLINE 0891 332 505**

## VIRGO

AUG 24 - SEPT 23

Mercury spoils the impact of the Sun entering your sign as he does a backflip through the heavens. This gives rise to a few weeks when communications are utterly futile. Even if you're on the ball, other people aren't. The frustration of no calls returned, no answers to questions and no point of contact to get what you want means you are kept hanging on forever. So instead of wracking your nerves, use this time for mental planning.

**★ STARLINE 0891 332 506**

## LIBRA

SEPT 24 - OCT 23

It's your turn to hit the jackpot as your glamorous ruling planet, Venus, returns home and tells you to take a good look at yourself. Of course, she has other roles - like giving you a chance to make love or money - but I want you to use the period until September 12 to reemerge your image. From your fashion sense to your face and body you have an opportunity to make so much more of your personal appearance. Start with your hair and work downwards!

**★ STARLINE 0891 332 507**

personal horoscope

# Your stars

BY  
Russell Grant

SUNDAY AUGUST 17 TO SATURDAY AUGUST 23



**RING RUSSELL'S STARLINES**

For your detailed **WEEKLY FORECAST**, call the star line shown under your star sign.

For a daily personal horoscope, call the **DAILY HOROSCOPE** on 0891 332010 and tap in your birthday.

To look into the future, call **FUTURESCOPE** on 0891 332011, tap in your birthday and the date of your special day.

**ALL CALLS COST 50P PER MINUTE**

For a **MONTHLY HOROSCOPE** forecast call...

Aries	0891 332 801
Taurus	0891 332 802
Gemini	0891 332 803
Cancer	0891 332 804
Leo	0891 332 805
Virgo	0891 332 806
Libra	0891 332 807
Scorpio	0891 332 808
Sagittarius	0891 332 809
Capricorn	0891 332 810
Aquarius	0891 332 811
Pisces	0891 332 812

## SCORPIO

OCT 24 - NOV 22

You're in a bit of a cosmic tangle, which results in a couple of weeks with your back against the wall, domestically and professionally. Your reaction is to throw everything in the air and cause mayhem in the hope that you'll shake the problem off. But you won't. What you must do is bide your time, for someone near or dear is about to spring a surprise which will release you from your imprisonment. When it happens, be grateful.

**★ STARLINE 0891 332 508**

## SAGITTARIUS

NOV 23 - DEC 21

Deep and intense love vibes centre on you as you long for someone who can satisfy you sexually. Chances are it's not the person you're with but a secret someone who has a hold on your heart - possibly a person you have already met. You are heading towards a formidable set of stars, culminating in an Eclipse on September 1. That's when your feelings, ambitions and dreams must be fulfilled, or you'll feel you've been denied your destiny.

**★ STARLINE 0891 332 509**

## CAPRICORN

DEC 22 - JAN 20

You're going to like the Sun sailing into Virgo because it triggers a run of good luck and allows serendipity to run riot through your world. It can manifest itself in so many forms, and there's not enough space to tell you every permutation. But among the major events to come are international opportunities or educational possibilities which broaden your scope, enabling you to push back the boundaries of your tiny, narrow existence.

**★ STARLINE 0891 332 510**

## AQUARIUS

JAN 21 - FEB 19

You live in exciting times, but also turbulent ones. Change won't take place softly and silently but with an impact that can shatter the comfortable or familiar lifestyle you're accustomed to. If you are prepared to take it on the chin - and you've had enough practice since 1985 - it will be worth it in the end. Don't be rigid by trying to resist the inevitable with all your might - let these dynamic winds blow you along to where fate wants you to be.

**★ STARLINE 0891 332 511**

## PISCES

FEB 20 - MAR 20

It's obvious to you now that you need someone to share your problems with. The solitude you have felt recently is because you've had to do things alone. In some cases, you have chosen that course and rejected the help that was at hand. Now, when you want support, it's not there. Whether at work or in marriage, reach out and clasp the hand of a person who wants to be a part of your life. They are there, if you open your eyes and look.

**★ STARLINE 0891 332 512**

## 'Dennis is like part of the family... I get on really well with his mum'

### ERIC ON DENNIS

**W**hen Chelsea won the FA cup this year I remember thinking how much me and Dennis had been through since he last won it with Wimbledon in 1988.

That's how we met. I was looking after the money spin-offs for all the Wimbledon boys and after the final a few of them asked me if I'd be their agent. Dennis was one of them and I nearly fell over when he told me how little he was earning.

I look after 36 players now, but Dennis is the special one for me – in fact I always say I look after 35 and a half and Dennis is the half!

Right from the start we've never had a contract. I don't believe in them. If a player doesn't think I'm doing the job he can just walk away. I don't want to hold anyone back. Loyalty works both ways and Dennis is so loyal to me. If ever anyone approaches him with an offer he'll say: "That sounds good, but you better speak to Eric first". He has enough on his plate concentrating on the football so I'm there to look after all the other stuff. Because I come from a showbiz background, where your clients tend to be insecure, I developed the habit of seeing them at least twice a week. I've carried that through to my football as well, but I see Dennis more often than most because he lives just round the corner from me.

He's like part of the family now and I'll often go out for dinner with him and his girlfriend Gerakine and I get on

really well with his mum and dad too.

When I threw a party for my mum recently it was only natural that Dennis and his mum came too. I think that's one of the reasons why our friendship will probably outlast our business relationship – we've bonded. One test for our friendship was his court case a couple of years back. He was accused of assaulting a taxi driver, but I knew he was innocent. People ask me why I didn't just wash my hands of him. They think it could have been damaging professionally for me if he'd been sent to prison. Maybe it could, but I never even considered it. Dennis was a mate who needed me and I went to court every day. It was the best day of my life when he won his appeal and I don't mind admitting I cried my eyes out. Dennis has calmed down a lot since his younger days. He still has this wide boy label for some reason, but he's just a quiet, home-loving lad who sees his mum and dad every day. I'm the one who goes to all the showbiz parties, and although the invites always include Dennis, he hardly ever comes along. He'll just say: "Not for me, Monster," and I accept that.

Another place we don't go together is the barber's although everyone thinks we do – I think the council does his actually. I suppose we've become synonymous with each other – we're a double act. His nickname at Chelsea is Ernie so they all call us Eric and Ernie, but the funny thing is I've never heard him call me Eric in all the time we've known each other – he just calls me Monster.





AS THE NEW FOOTBALL SEASON GETS INTO GEAR, CHELSEA'S FA CUP-WINNING SKIPPER DENNIS WISE AND HIS LARGER-THAN-LIFE AGENT ERIC "MONSTER" HALL - A COLUMNIST FOR OUR SISTER PAPER THE PEOPLE - TELL IAN WYLAND HOW THEY BECAME GOOD FRIENDS. PICTURES BY BRENDAN MONKS.

## 'Eric stuck by me at the lowest part of my life... that's real friendship'

### DENNIS ON ERIC

**E**ric's certainly different. I was a bit wary of him at first, but he's very straight down the line as well as being one of the wittiest blokes I know - I think that's why he gets on so well with people. He did a great job for the boys at Wimbledon and we had no hesitation in asking him to be our agent because he'd already proved that he had our best interests at heart. I'm glad he came along when he did. I was 21 and I'd just won the FA cup so the media interest was starting to grow and it's difficult not to let that go to your head. There's a lot of pressure in modern football and I was lucky to have Eric behind me. Young players are very naive and can be easily manipulated. I was no different. The one time I got my fingers burnt was with a TV documentary I was approached to take part in. Eric was a bit 'fiffy' about it, but I did the interview anyway and sure enough, I was made to look bad. Eric shows me the right way to go about things and I'm happy to let him do it because he knows more about it than me. He puts me in touch with the right kind of people and sets up lots of things for me when I'm not training - it's easy to get bored and a lot of players have come a cropper because of it. He never makes me do stuff I don't want to do either, even though he might make more money if

I did. That doesn't matter to him, he's more interested in us being happy. Some footballers I know don't hear from their agent for a whole year unless a new deal needs sorting out but Eric's not like that - we go out for beers or dinner at least twice week. He's a good mate and as far as business is concerned I think it works better because we have this strong friendship. Trust is very important. I don't need a contract with Eric because we know where we stand and I can safely say that we haven't fallen out once in nearly 10 years. Obviously, the best thing he's done for me is sticking with me at the lowest time of my life - my court case. He could have just said: "Woah, I'm not touching this one," and left me to it, but he didn't. What can you say about that? That's real friendship and I've no doubt we'll be good mates for life. Some people call Eric a show-off and a mouthy so-and-so, but that's just his showbiz background coming through. One thing I love about him is that he can laugh at himself. I remember a story about him going to some posh hotel for a showbiz bash and waltzing straight past the front desk and through a door. About 30 seconds later he came out and said: "Not much going on in there," before carrying on into the main party - he'd only gone and walked into a broom cupboard! One thing you can't do with Eric is talk football. He knows nothing about it. I don't think he's ever kicked a ball in his life and when we had a fantasy football team he picked all defenders! ■



# GOOD DOG!



**BRITAIN'S TOP ANIMAL TRAINER ANN HEAD (LEFT) IS THE OWNER OF TV SUPERDOG PIPPIN OF *COME OUTSIDE*, AS WELL AS ARTHUR THE CAT AND MANY OTHER ANIMAL STARS. SHE ALSO TRAINED THE BULLDOG FOR LABOUR'S ELECTION CAMPAIGN. TODAY SHE OFFERS HER EXPERTISE TO PERSONAL READERS WITH A SIMPLE GUIDE TO THE FIRST STEPS IN DOG OBEDIENCE. PICTURES BY ANDY McCARTNEY ►**

# GOOD DOG!

Dog ownership means a great deal more than just putting a bowl of food down once a day. We keep our pets or working animals in a domestic environment, beholden to us for food, health and shelter. We restrict most of them so they cannot escape, either because we need to make use of their working abilities or for our own amusement and pleasure. If we treat them badly, only God can help them. They have no means of answering back.

Dog ownership should be a lifetime commitment, ideally until your pal dies of old age or your vet advises that it would be a kindness to end his days to avoid unnecessary suffering. So puppies should never be impulse buys. They require full-time responsibility and care, and a great deal of thought should be put into the breed and type chosen. Consider every aspect of your lifestyle before you make a move, and even when you have decided on a particular "make", don't just dash down to the nearest breeder. Take your time and think about it.

## 1 Which collar to use for walking and training?

There are many styles of leading devices on the market and the one you choose will depend upon the size, shape and temperament of your dog. There is no one perfect design which suits all. Puppies, if started young, really require only gentle persuasion. If trained properly they should need no more than that for the rest of their lives. This is why I favour a soft slip collar. Adults vary so much that it may require a bit of experimentation before finding a suitable method.



## 2 We must have a suitable method of controlling the pet.

I like a slip collar based on the choke chain design but made of softer material, either rope or nylon "tape". If you have a young puppy, a leather collar should suffice. Whichever method you choose, it really won't be all that important at the beginning, as we merely want to get the little fellow used to being confined to the end of a lead.



## 3 There is a right and a wrong way to put on a slip collar.

The picture (which features Alfie handled by Rhianna) illustrates quite clearly that the top of the ring must be upper on the side you wish your dog to walk. If the collar is fitted correctly it will drop and release immediately after you have checked it. If it is put on the other way it will remain in the "choke" position and will do just that - CHOKE! This will achieve nothing. We are aiming for a situation in which the dog is uncomfortable when he pulls and comfortable when he doesn't. It's that simple. If the collar is on the wrong way it will still be uncomfortable after the dog has corrected himself and ceased to pull. Consequently he will be very uncomfortable. It's just a matter of common sense. Try slipping the choke collar over your dog's head first in one position and then in the other. When you jerk sharply you will feel the difference immediately.

## 4 Assuming that he is fully vaccinated, take him out on to a quiet street.

Take just a few steps forward and chat away to your pet keeping his attention. Take just one, two, three, four, five steps, and then come to an abrupt halt, a DEAD STOP. Now if you have taken only a few steps your dog should not have had the opportunity to forge ahead and when you stop he will be quite surprised. Don't worry about his position at this stage; he may sit or stand as long as he takes notice and associates your actions with the word "STAY" - say it clearly and precisely!







A



B

**5** Now show him a clear signal so he will have no opportunity to become confused. The stay signal is the flat hand held in a position where it can easily be seen (A). Repeat "Fido stay" (use his name!) then quietly reassure him with "Stasy... that's good... stay." Then after about 20 or 30 seconds say: "Fido heel", and off we go again. If you have to bend down to reassure him this is fine in the beginning (B), but once he gets the hang of things, you may remain upright. Just gain his confidence a bit at a time and relax! This will help him no end. It takes courage to use a loose lead in the beginning as one's natural instinct is to hold on tightly. This will have an adverse effect. Take heart - communicate with just your voice and your light line, and it will work well for you both.

**6** After a week of "stepping and stopping" your pet should be steady enough to control with your "lead" hand, allowing your other hand the freedom to show him the "stay" signal. Do place your hand in a position where he can see it clearly. If you chat away to him and keep his attention he should look up in your direction and take notice.

**7** Do always try to keep your lead loose.

This is very evident in the photo. If a dog is in the correct position there is no need to "string him up". He must learn that walking next to you is a comfortable and pleasant experience.

When the lead goes on he must learn from the absolute beginning that there are rules.

**A.** Lead ON in the street; walk nicely and learn a few manners. (Can't be bad!)

**B.** Lead OFF at home; relax.



**8** Keep up the training until your pet is trotting along in fine style and stopping whenever you ask him to.

(Always at every kerb of course, for the sake of road safety.) Now we can teach him to sit.

To sit your pet at the kerbside is excellent practice. Right from the start it will instill in him the knowledge that he must behave himself on a busy road. It is one of the first steps to responsible pet ownership. ▶



**FREE DOG FOOD FOR EVERY DOG!**



This coupon can be used as payment for one Pets Choice Webbox 800g (Chicken or Beef) chub at Asda or as part payment for the Webbox variety 6 pack of chubs.

Offer applies at participating Asda stores and may be redeemed on Sunday 17th August, Monday 18th August or Tuesday 19th August 1997 only. This coupon cannot be redeemed for cash. Photocopied or defaced coupons will not be accepted. Only one coupon per product per visit. Please do not use the coupon against any other product as this may cause embarrassment and delay at the checkout. Offer closes August 19th 1997.

To the retailer: Pets Choice Ltd will redeem this coupon at its face value provided that it is only taken in part payment on a Webbox Variety 6 pack or in full payment on the Webbox 800g chub on August 17th, 18th and 19th 1997. Coupons should not be accepted after this date. Offer valid at participating Asda stores only, while stocks last. Only one voucher per household.

Return by September 19th 1997  
Redemption address: Pets Choice Ltd, MCH, Dept 263, Colby, Northants, NN17 9NH MCH coupon code: 67660069  
No cash alternatives will be offered. Do not accept defaced or photocopied coupons. No discussions will be entered into. Voucher cannot be redeemed against any other product.



We've teamed up with Pets Choice Ltd and ASDA to offer every reader FREE dog food. We're offering YOU the chance to treat your dog to a Webbox 800g dog chub worth 39p - absolutely FREE!

Great tasting Webbox chubs are wrapped in handy sausage-shaped packs in a selection of popular varieties. They're more than a match for many canned dog foods... and less packaging means lower prices for you.

Webbox chubs are easy to open - just cut through them with a knife and they're ready to serve. They're safe too, with no jagged edges to worry about. They're also convenient - you can keep them at home for up to nine months before opening. Choose from two delicious flavours - chicken or beef - and your dog will be your best friend this dinner time! All you have to do to claim your FREE Webbox chub is cut out the coupon on the left and take it to a participating ASDA store today (August 17), tomorrow (August 18) or Tuesday (August 19) 1997. Then your pet can enjoy the great taste of Webbox!



# FLEA PROBLEM?



Still treating your pet for fleas without any success?

The fleas on your pet are only the tip of the iceberg. 99% of the problem is in the home environment as immature stages – eggs, larvae and pupae – living in carpets, soft furnishings and even cracks in the floor.

As quickly as you kill the adult fleas on your pet they are replaced by their offspring. The problem continues giving you and your pet no relief. To break the vicious cycle it is essential that you treat your home as well as your pet.

**ACCLAIM® 2000 ENVIRONMENTAL FLEA CONTROL** with Precor kills both adult fleas and the immature stages in the home environment. A single aerosol is sufficient to treat a large family home and will provide protection from flea infestation for 7 months.

Available from veterinary surgeons.

Acclaim® 2000 contains no organophosphates. Read label before you buy. Use pesticides safely.

**sanofi**  
ANIMAL HEALTH

SANOFI ANIMAL HEALTH LTD.  
7 AWBERRY COURT, HATTERS LANE,  
WATFORD, HERTS, WD1 8YJ  
TELEPHONE: 01 923 212212

## ACCLAIM® 2000

Please send me further information and advice on flea control.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Acclaim and Precor are registered trademarks.  
Contains 0.09% w/w S-methoprene, 0.53% w/w permethrin.

# GOOD DOG!

**9 To teach the sit.** Take a few steps forward with your dog at your side and then come to a nice sharp "stay" (A). This will get your student's attention, particularly if you keep communicating with him: "Fido stay", "that's good", etc. Now gently press his rear end into the sit position with your left hand, holding the lead loosely with your right hand (B). Reassure him with the words "sit" and "stay" – "Fido sit, that's good, now staaay".

Reassure him again and then slowly stand up. Don't make a quick move or you may unsettle him. Then repeat: "Fido sit, that's good, now staaay." Show him a nice clear stay signal (remember your loose line at all times). If he gets up, just put him back into the correct position and try again. Don't get frustrated with him if he doesn't grasp it right away. The more relaxed you are with the situation, the more confidence you will instill into your pet. It won't take him long to learn.

After a nice sit and stay of about 30 seconds, off we go again: "Fido heel", step out nicely for a few paces, then "stop", "stay" and repeat.



**10 Another good practice is to "bag it and bin it".**

This one is for the owner, not the dog. To be seen with a pocketful of small plastic bags ever ready for the scoop, will win you both many friends (and make an enormous contribution to the environment).

**It only takes a minute to "bag it and bin it".** Someone should put that to music! Good luck. ■



personal taste

# MARK WOGAN'S Step-by-step cookery

DEEP-FRIED ICE CREAM IS A MOUTH-WATERING HOT AND COLD TREAT  
FROM TV CHEF MARK, STAR OF CHANNEL 4'S *HERE'S ONE I MADE EARLIER*



**1** Scoop the ice cream into balls then re-freeze (see top picture).



**2** Crush the digestive, nuts and sugar, and mix the eggs and milk together.

**3** Dip the balls of ice cream into the egg, then the crumbs, and repeat the process twice more (see middle picture). Return the balls to the freezer and store until required for cooking.



**4** Pre-heat the oil to 190°C/380°F. Deep fry the balls until golden (about 15 secs – see bottom picture) and serve them immediately with maple syrup and decorate with fresh fruit. ■



## DEEP-FRIED ICE CREAM

+ 250g (9oz) digestive biscuits + 4tbsps caster sugar + 125g (4 1/2oz) finely chopped pecan nuts + 1 litre (2 pints) vanilla ice cream + 4 tbsps milk  
+ 2 eggs, beaten + Maple syrup and summer fruits to serve

personal fashion

# ULRIKA IN STORE

TV'S ULRIKA  
JONSSON HAS  
ATTITUDE AND  
STYLE . . . JUST  
LIKE THE  
AFFORDABLE NEW  
"CLOTHES WITH  
PERSONALITY"  
RANGE FROM ETAM



**W**hen you're blonde, Swedish and you start your TV career as a

weather girl it's easy to be dismissed as a lightweight. But *Gladiators* star Ulrika Jonsson defied the cynics when her wit and personality proved more than a match for comics Vic and Bob in their hit *Shooting Stars* quiz. Now she's set to front TWO new shows later this year . . . and she's been chosen to model Etam's "Clothes With Personality" range. The new look celebrates "real women in clothes with attitude and style" and is available now at Etam stores.



**FRONT COVER AND TOP LEFT:** Striped turtle neck jersey, £15; black jacket with toping, £20; black leggings with toping, £10.

**LEFT:** Flannel pyjamas, £22.





**LEFT:**  
Satin  
pyjamas,  
£25.

**RIGHT:**  
Long  
velvet  
shirt  
dress,  
£45.



**LEFT:**  
Saffron  
cord shirt,  
£20; black  
slim leg  
jeans, £19.

**RIGHT:**  
Limo  
zipped  
pale fleece  
top, £22;  
black  
leggings,  
£8.

Stylist:  
**CHARLOTTE  
PILCHER.**  
Pictures:  
**NEL  
KIRK**



personal look

# The last laugh



**"I hate those signs saying, 'Don't feed the seagulls'. What harm can it possibly do?"**

Congratulations to Miss C. Humphrey from Yiewsley, Middlesex. 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 ultra compact Minolta VECTIS 20 cameras - with 2x zoom, advanced photo system

features, drop in loading, secure capsule design and print quality improvements by magnetic IX.

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, August 22, 1997. Calls cost 50p per minute.

Usual Mirror Group competition rules apply.

MINOLTA