

SUNDAY MIRROR * MAY 11, 1997

Personal



BODYWATCH!

Lose 6 inches in
6 days with your super
Spring Diet Plan

OVER £480,000 WORTH OF FABULOUS PRIZES TO BE WON IN THIS ISSUE

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personal address book

PENNY SMITH, 36, the GMTV newsreader, grew up in Rutland and now lives in West London. Today she opens her address book to Personal readers...

Stephane Kellan, 48 Sloane St, London (0171 235 9459): I'm a shoe-a-holic. I know every shoe shop in West London, but this is my favourite. It's expensive except in the sales but if I get a pair home and hate them I can give them to my sister, who's the same size!

Conran Shop, 81 Fulham Road, London (0171 589 7401): Stockists of the finest marshmallows money can buy. Coated in coconut, 3,000 calories each and £5 a bag. I just have to eat them in the car!

Royal Opera House, Covent Garden, London (0171 304 4000): I love the opera and I would go here every night if I could afford to. It's the best venue and it's such a pity it will be closing for redevelopment soon.

Harrods, Knightsbridge, London (0171 730 1234): My sister used to work here. It has a great clothes shop, Way In, which sells all sorts of trendy but comfortable clothes which are perfect for when I'm off camera.

George Jensen, 15B, New Bond Street (0171 499 6541): They sell stainless steel bookmarks for around £16. Great design and a clever idea.



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personal pictures

CELINE STAYS MUTE AS STREET KEVIN SHOOTS



TAKE THE MIKE No, Celine Dion does not want a go in the karaoke



READ MY LIPS So that's how Posh Spice Victoria keeps her 24-hour pout in place. She draws it on with a magic marker . . .



BOUNCED Wait til Street Kevin has his affair and Sally kicks him into touch



HIS NIBS "I don't think I've got the hang of calligraphy yet," says Prince



AT A STROKE Jane Seymour fails to spot her pet kitten has been stolen



ROCKING PINK Su has a new music career. She's into "very loud wrap"



HALO HALO Val imitates *The Saint* audience: ears blocked and fast asleep

ARIES

MAR 21 - APRIL 20

Prepare for a dizzy week when you can't quite grasp what folk are on about... and you don't make much sense to people around you. Stand still for a moment. Think about what you want to say and put it over concisely. If you come across as doubtful, others will assume you are wobbly in your convictions. At present you lack purpose and direction but if you are logical in your approach, then you'll soon be sitting on top of the world again.

★ STARLINE 0891 332 501

TAURUS

APRIL 21 - MAY 21

An extravagant, exhibitionist aspect between the Sun in your sign and grandiose Jupiter means you must keep things in perspective or risk losing sight of your life objective. Blind optimism is a by-product of this over-the-top ray so don't assume that some guardian angel will rescue you when the going gets tough. From tomorrow you are more able to cope as your mental faculties return. For today, be guarded and cautious.

★ STARLINE 0891 332 502

GEMINI

MAY 22 - JUNE 21

Contradictory aspects involving Venus in your sign make it hard to fathom out your love life and finances. Jealousy surrounds you, and could be at the root of your difficulties. Someone is motivated by revenge, which only adds to your agony. You must rise above the negativity around you, which is easier if you realise that the only person you can rely on is yourself. Lucky, Mercury helps you to rationalise your emotions from tomorrow.

★ STARLINE 0891 332 503

CANCER

JUNE 22 - JULY 23

Many aspects are circling around you, but never quite upon you. This allows you to peer through the mire and find out which way you should be going. A muddled, vague Monday is possible, but once you get through it you will be able to sort out many emotional issues which have been plaguing you. There's a possibility of an intense midweek period which affects your work or health. Use your common sense to circumvent any high anxiety.

★ STARLINE 0891 332 504

LEO

JULY 24 - AUG 23

You could be left high and dry if you are goaded into doing something because someone says it's good for you... especially professionally. Instead, you must stand back and look at life from your own perspective. Don't take anyone's word as gospel, as one individual is only interested in what's in it for them. You must lower your ambitions or you could bite off more than you can chew. Take just one step at a time, for this week at least.

★ STARLINE 0891 332 505

personal horoscope

Your stars

BY
Russell Grant

SUNDAY MAY 11 TO SATURDAY MAY 17



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

VIRGO

AUG 24 - SEPT 23

The return of Mercury to Taurus after a few weeks of walkabout promises a positive period for travel and learning. But this can also be a highly philosophical time when you can view the world from a position of conviction and principle. This could lead you to join a band of fellow voyagers set on a visionary ecological or religious course. If a problem does arise now, it's due to a deep psychological or emotional blockage.

★ STARLINE 0891 332 506

LIBRA

SEPT 24 - OCT 23

It's so important to separate yourself from your feelings until the end of the week at least. You could be sucked into a situation which is difficult to handle. There are people around who will try to influence you in a negative way. You could take on their thoughts as though they were your own, which puts you at risk from anyone less than honourable and scrupulous. By Friday you are much more independent in spirit and able to combat mind games.

★ STARLINE 0891 332 507

SCORPIO

OCT 24 - NOV 23

Great expectations to do with property, money or your home could come to nothing. Before you hurl yourself into a situation which may cost you dear, make sure you can afford the loss. Better still, don't get into this position in the first place. On the other side of the cosmic coin, an intense aspect involving Venus and Pluto will reveal hidden problems in your sex life and finances. Don't bury them - confront them no matter how much it hurts.

★ STARLINE 0891 332 508

SAGITTARIUS

NOV 23 - DEC 21

Your stars ring you this way and that. Your highs are so high they are unrealistic and your lows are based on an obsession fuelled by doubt - not only within yourself but from those around you. The only way you can deal with this very heavy situation is to stop covering up what's happening in your life with shallow platitudes and false justifications. You're on an awesome cosmic trip. To complete a transformation you must be honest with yourself.

★ STARLINE 0891 332 509

CAPRICORN

DEC 22 - JAN 20

Emotionally you're not the person you used to be. Whether that's good or bad depends on what experiences you have been through lately. It's a peculiar time, as you're not in touch with your true feelings, but are simply reflecting what's happening around you. You still have to throw off the yoke of a past attachment which is holding you back. Then you will be more in synch with your own mind and heart instead of the teachings and influences of others.

★ STARLINE 0891 332 510

AQUARIUS

JAN 21 - FEB 19

Make no assumptions now. To do so will only cause you embarrassment and deal a severe blow to your personal ambitions. You have an amount of luck to help you attain an aim but you are not invincible. To assume you are will lead to a humiliation. By Saturday you can rely on your personal charisma and magnetism to electrify people around you and bring you the success you need to achieve what you want in life without any effort at all.

★ STARLINE 0891 332 511

PISCES

FEB 20 - MAR 20

You should take a big step back and from a safe distance look at precisely where your plans are leading you. Can you afford to get yourself involved with anything that must done in a grandiose, expensive way to succeed? To cut corners for pride's sake is not worth the time or effort, so be realistic from the start and eventually you'll be the toast of the town. Even if it takes a little longer than you would like, it's a sensible option all round.

★ STARLINE 0891 332 512

'She's bossy and fussy... even as a child she made me swop our socks when hers got dirty'

LIZ ON LAURA

My first recollection of Laura is sitting watching films on TV with mum while she went round the house tidying up. It was so funny, her popping in every 10 minutes and saying, "Has it finished yet?" then toddling off again when we said no. She was obsessed with cleanliness and was forever putting things "in order". And she had this thing about her socks. She couldn't bear it if they got dirty. We'd be out walking with mum, and Laura would stop and

demand her socks were turned inside out because the outside was dirty. Then, when that side had got dirty, she would sit me down and swap her dirty ones for my clean ones. I was such a placid child I just let her do it!

Laura was always the practical one; she had to be doing something with her hands. So it was Laura the knitting expert and Laura the crochet queen, whereas I was quite happy on my own. I suppose I was a bit of a loner. I'd either walk around the house singing, or disappear to the bathroom and make up stories in there. The sponge was a scary monster on

more than one occasion. I used to play with Laura quite a lot as well. We shared a bedroom and had bunk beds we turned into an *It's A Knockout* course; ladders and pillows made for fantastic obstacles. Even though Laura was the bossy one, we took it in turns for the top bunk and if there was any argument it was sorted out with a kick fight. At senior school, we started doing our own things more. We had different friends and although we were still incredibly close, the teenage years were the falling out years, just like they are for any sisters. But we never hated each other. Even when

we started going out at weekends, we'd end up meeting in a pub for orders. I don't think we ever went on the pull together though. I moved to London when I was 18 and that's the first time we were properly apart. We used to phone but I've got to admit I was having a great adventure and was far too busy to miss home that much. But one morning I woke up and just knew something was wrong with Laura. When I got through to mum just said, "What's happened to Laura?" Sure enough, she'd been rushed to hospital for a quite serious operation. We only see each other occasionally these days, but it's really funny when we're introduced to people. They're upset that we don't look that alike! I look more like my dad, with his Roman nose. Laura has a button nose like mum's.



TWINS LIZ AND LAURA CARLING WERE BORN IN MIDDLESBROUGH 28 YEARS AGO, LIZ FIRST, LAURA 10 MINUTES LATER. LIZ STARS IN TV'S GOODNIGHT SWEETHEART AND LIVES WITH NEIL MORRISSEY OF MEN BEHAVING BADLY. LAURA IS A COLLEGE LECTURER. TODAY THEY SHARE A ONE TO ONE WITH IAN HYLAND. PICTURES BY ANDY McCARTNEY

LAURA ON LIZ

The first thing I remember about Elizabeth was her having a fit as a toddler. Mum was yelling at me to get a flannel to put in her mouth so she didn't bite her tongue. The problem was, I use to love sucking flannels, so I'm standing at the kitchen door with this flannel in my mouth while mum's yelling at me with her fingers in my convulsing twin's mouth. Luckily, Elizabeth was okay. Even though we were twins we were quite different. While I was doing things around the house she'd be watching TV and pretending she was in the films, or sitting with a towel on her head pretending to be the Virgin Mary. I think that's when we knew she was going to be an actress! Our mum was keen for us to have our own

identity and we stopped dressing the same when we were about six. We were totally different characters and I know I was the bossy one, but that's probably something to do with her being so laid-back and messy... I won't say she was scruffy, but she wasn't far off! We shared a room and had great fun playing there, but Elizabeth was equally happy on her own. It was good that we had different interests. She had singing lessons and mum asked me if I wanted them too, but I was happier knitting or something like that. At senior school we went our separate ways a bit. We still hung

around together at home but had our own friends. We fell out occasionally, but nothing serious. She was so messy and it used to infuriate me. At that age there's no room for being rational. I was right, she was wrong! Elizabeth was the first one to start going to nightclubs and she would come home and tell me all these stories about her night out but I didn't go until a year later. She was at a different college to me by then and our friends didn't do the same things. When she moved to London I was pretty upset. It was like my right arm had been cut off and I couldn't sleep. But I used to visit and we had some

great times, although some places she lived in were a total mess. As twins we had a lot of spooky coincidences when we were young and it still happens now. When she got her big TV break in the series *Boon* - that's where she met her boyfriend Neil - her character turned out to be called Laura. But the weirdest thing happened at a friend's birthday party. We were forever turning up with the same or present, but this time I thought couldn't happen because Elizabeth had been in Hong Kong. But she bought an embroidered, jewelled necklace the same as I'd got in Newcastle

'We're total opposites, but I felt like my right arm had been cut off when she moved away'



**TWO INTO
ONE:** TV star
Liz (left)
sensed at
once when
her lecturer
twin Laura
was taken
seriously ill



DIET AND FITNESS

EXPERT MONICA

GRENFELL INTRODUCES

HER TRIED AND TESTED

PLAN TO HELP YOU LOSE

SIX INCHES OF FAT . . .

IN JUST SIX DAYS

How much do you really want to be slim? Maybe you're one of the millions of women who are not too worried about their weight but fed up with their shape. Let's face it, winter has its compensations. You can hide a lot of lumps under a long, thick sweater. But the day of reckoning has arrived and you are going to have to put on a T-shirt and shorts. So how's your body shaping up to the challenge? The good news is that it's fashionable to have real, feminine curves again. Clothes are soft and flowing, make-up tones are shimmering, pink and pretty, and you can finally relax. Forget ferrying between the gym and the sunbed or thinking up a new excuse not to go out for that meal. The figure is back, and what's more, you're going to have time to enjoy the benefits.

Which is where my great new

SPRING DIET

PLAN comes in. It's your best diet ever because my philosophy is simple: eat plain, eat frequently and eat small. If you're determined, it can take as little as six days to lose an all-over total of six inches of fat or even more from your waist, hips, thighs and all around your body. If you're a food addict, any diet is

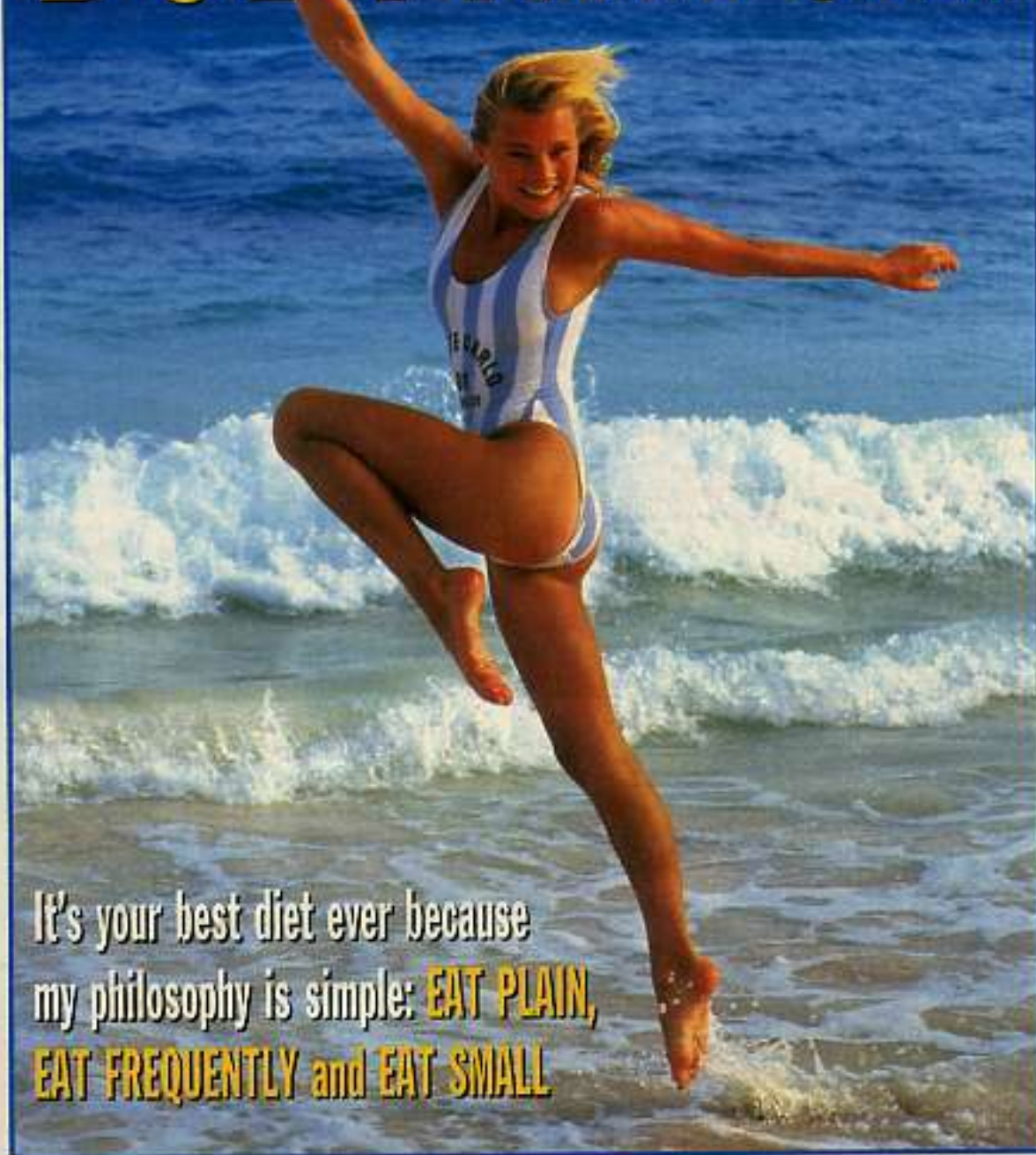
difficult. What I try to do is make it easier for you to be self-disciplined, because you don't get a great figure by simply wishing for it. I am a great believer in eating. Food isn't fattening; it's nourishing. People get fatter because they eat too much and take too little exercise. All you have to do is adjust the mixture until you're eating

enough for a steady weight, and exercising to stay firm and supple. Looking good is about more than just losing weight. We all know someone who's lost weight and still looks a mess. For that reason, exercise has to be a main part of any slimming programme and on Page 26-27 I've demonstrated five exercises that I do

every morning. Join my five-minute workout every day and you'll soon feel the difference. Being slim will give you more confidence in life, because being your own woman means choosing the shape you want to be. And once you've cracked it, you'll wonder why you wasted all those years feeling so bad. ►

personal the spring diet plan

BODYWATCH!



It's your best diet ever because
my philosophy is simple: **EAT PLAIN,**
EAT FREQUENTLY and **EAT SMALL.**

THE DIET

The problem with most diets is that they leave you listless, depressed, tearful and unable to enjoy your new figure. In between times, you're irritable, jumpy and in discomfort from hunger. You've probably also got a raging headache and can't sleep. This is all caused by lack of nutrients, lack of water and low blood sugar, and to my mind it's a high price to pay for being slim. The good news is that on my diet you'll feel none of these things, you'll still lose weight and look beautiful.

This diet lasts for six days out of every seven, though if you want to lose only a few pounds try it for five days. It's unrealistic to expect anyone to watch what they eat every single day, so you can look forward to a couple of days each week which are your "sweet" days, your "curry" days or whatever else takes your fancy. As long as you don't go berserk, these days off won't do you any harm, and will actually keep you better balanced nutritionally.

DAILY ALLOWANCES

- ★ Two slices of multigrain bread.
- ★ One portion of fish or chicken.
- ★ One serving (85g dry weight) of either pasta or rice.
- ★ One 225g potato, baked, boiled or mashed.
- ★ One pint skimmed or semi-skimmed milk.
- ★ One orange, two apples and a bunch of grapes.
- ★ One banana.
- ★ One serving of "colourful" salad vegetables.
- ★ One serving dark leafy vegetables.
- ★ One litre of plain water in addition to your normal drinks.

Helpful ingredients

The Schwartz spice range is perfect for diets because the spices add flavour to bland foods. For chicken,



THESE ARE THE GOLDEN RULES

- ★ You must eat every **THREE** hours
- ★ You must have a snack before bedtime
- ★ **NO** foods are unlimited - not even salads or fruit
- ★ You must drink a glass of water with each meal
- ★ **NO** high-bran products - especially if you have bloating
- ★ Try to eat your main meal at lunch time.

try their Cajun or Piri-piri seasonings, or lemon pepper if you like something less exotic.

WATER - THE FACTS

Water is vital in this diet. You need to drink at least a litre of plain water as well as your normal drinks. Water is vital for digestion: it prevents constipation and bloating and helps clear your skin. Did you know that:

- ★ A third of your fluid intake comes from the food you eat.
- ★ A diet which restricts food could lead to dehydration.

- ★ Dehydration leads to fluid retention and bloating as your body struggles to maintain its water balance.
- ★ Drinking extra water controls bloating to give you a flatter stomach.

WATER IN YOUR FOOD

Remember that water isn't only found in fruit and vegetables. The following foods contain significant amounts, too:

- chicken 70%
- meat 50%
- bread 38%
- fish 75%
- prawns 85%
- cheese 35-55%

FACTS ABOUT FISH

- ★ Salmon has twice as many calories as cod or haddock.
- ★ One portion supplies nearly half the protein you need each day.

BANNED

- ★ **NO** low fat, low-calorie alternatives, such as low-fat crisps: You end up eating a packet when you wouldn't normally have bothered.
- ★ **NO** fizzy drinks: Even mineral water - it bloats you out
- ★ **Only ONE** glass of wine a day: No spirits or beer.

MYTHS ABOUT 'BAD' FOODS

- ★ **There is no such thing as a 'bad' food:** Not chocolate, chips or butter. There are only bad diets.
- ★ **If you ate nothing but spinach and fish or fruit and vegetables, this would be a bad diet.** Any good diet will include chocolate or chips - or anything else you fancy!

- ★ Sardines are one of the richest sources of calcium; because you eat the bones, too.

WANT TO FEEL SLIMMER BY TOMORROW?

By following a few tips, you can reduce bloating and wind and get into a more positive frame of mind which will help you stick to your diet.

WHAT YOU DO WRONG

- 1 Eat too little**
Food contains water (see list) so a restricted diet means you could lack fluid and start retaining it.
 - 2 Swallowing air**
The commonest cause of a bloated stomach is swallowed air. These are some of the causes:
 - ★ Smoking and inhaling.
 - ★ "Slurping" your food.
 - ★ Talking while eating.
 - ★ Chewing gum for hours.
 - 3 Eating too quickly**
This means your stomach has to work harder to break down half-chewed food.
 - 4 Leaving too long between meals**
 - 5 Too much bran**
 - 6 Eating under stress**
 - ★ Having an argument during a meal.
 - ★ Being excited or tense - on a first date, for example.
 - ★ Eating at your office desk.
- Turn the page for your diet plan.**

YOUR PROBLEM: "I find eating every three hours difficult. I don't want to take all that food to work with me - I might not fancy it. It seems an awful lot of fussing."

MY SOLUTION: Do you ever have a biscuit for "elevenses", a cake mid-afternoon or an evening nibble? Then you're probably eating every three hours, but you don't count it as food. Eating absent-mindedly is behind most people's weight problems, so on this diet all you're doing is eating "legitimately" between main meals. Try making two rounds of salad sandwiches and eating half a round at intervals throughout the day.

SIX DAYS TO A SUPERBODY



HERE'S THE SIX-DAY SPRING DIET PLAN THAT CAN HELP YOU LOSE SIX INCHES ALL OVER. REMEMBER THE THREE GOLDEN RULES: EAT PLAIN, EAT FREQUENTLY AND EAT SMALL. WHEN YOU'VE STUDIED THE DIET, TURN THE PAGE TO WORK ON YOUR DAILY EXERCISES

CHECK OUT THE CHART AND TRY THESE TASTY MAIN MEAL RECIPES

POTATOES WITH ROSEMARY AND GARLIC AND ROASTED VEGETABLES
SERVES 4. CALORIES PER SERVING: 245

- 1kg small waxy potatoes
- 4 tbsp olive oil
- 2 cloves garlic
- 3 sprigs fresh rosemary
- 2 tsp dried coarse salt.
- 1 Wash and halve the potatoes. Arrange in a roasting pan and drizzle with olive oil.
- 2 Peel the garlic and slice thinly.
- 3 Sprinkle the garlic and rosemary over the potatoes. Season with a good tbsp of coarse salt.
- 4 Cover the tin with tinfoil, roast the potatoes for about 20 mins at 200°C/400°F/Gas mark 6.
- 5 Take off the tinfoil, turn the potatoes and return to the oven for a further 20 mins. In the final five mins turn up the heat to very high.
- 6 Cut four courgettes and four carrots lengthways, quarter four tomatoes and add to the roasting tin. Toss quickly and return to oven for five mins.
- 7 Finish by flashing under a hot grill for a minute.

STIR-FRIED CHICKEN

SERVES 2: Use a base for a variety of dishes

- 1 average-sized skinless, boneless chicken breast
- Seasoning of your choice
- 2 tbsps vegetable or olive oil
- 1 Slice chicken breast thinly into strips about 2ins long.
- 2 Sprinkle about a dessert spoon of your chosen seasoning onto a dinner plate, add the chicken strips and press firmly, turning until all sides are coated.
- 4 Heat 2 tbsps oil in a frying pan, add the chicken and fry quickly, turning until the meat is sealed on all sides.
- 5 Turn down the heat and cook thoroughly for a further five minutes until the chicken is white throughout. Turn up the heat and allow to blacken slightly.
- 6 Drain thoroughly. Now you can add stir-fried vegetables, cooked rice or pasta to make a variety of dishes in less than 10 mins.

VEGETABLE PAELLA

SERVES 2. CALORIES PER PORTION: 180

- 1/2 small onion
- 3 rounds each chopped red and green pepper
- 1 clove garlic
- 1/2 chopped carrot
- Small tin chopped tomatoes with herbs
- 100g long-grain rice
- Coarsely ground black pepper and salt
- 1/2 tsp turmeric
- 1/2 chopped aubergine
- 1 tbsp olive oil
- Parsley
- 1 Heat olive oil in a large frying pan, add chopped onion and gently sauté until soft.
- 2 Add chopped peppers, aubergine, carrot and crushed garlic, and stir.
- 3 Add raw rice, plus 275ml water and the turmeric powder. Season to taste.
- 3 Bring to the boil, then reduce the heat and simmer until all the water has been absorbed by the rice.
- 4 Serve with a good sprinkling of parsley.

SPAGHETTI WITH SMOKED SALMON, DILL & WATERCRESS

SERVES 2. CALORIES PER PORTION: 236

- 125g fresh spaghetti
- 1 tsp olive oil or 35g butter
- 2 slices smoked salmon, cut into thin strips
- 1 bunch watercress, washed and stripped into sprigs.
- Freshly ground black pepper
- 1 tbsp creme fraiche.
- 1 tsp dried dill
- 1 Cook the spaghetti as directed on the packet. Drain.
- 2 Heat the butter or oil in a large frying pan. Add the salmon and cook for 30 seconds, stirring constantly.
- 3 Add the spaghetti to the salmon, season with salt and black pepper, stir in the creme fraiche, heat through again and stir in the watercress and dill just before serving. Serve on hot plates.

MID MORNING

BANANA SHAKE

Cut one banana into pieces, put into blender with 150ml skimmed milk. Blend quickly and drink immediately. This can be taken to work but should be kept cool.

MAIN MEAL

CAJUN CHICKEN STIR-FRY WITH RICE

Follow recipe on left for basic stir-fry chicken, a Schwartz Cajun spice. Add to 85g boiled rice in 1 dessert spoon of creme fraiche and serve with colourful mixed salad. OR

PASTA PRIMAVERA

Cook 85g pasta spinach person. Stir-fry a veg mix in olive oil which includes black olives, sweet corn, peppers, shredded cabbage, carrot batons. Add 1/2 of chopped basil, a pesto sauce and a creme fraiche. Add pasta to heat through. PLUS

FRESH FRUIT SALAD WITH PLAIN BILLY YOGHURT

LIGHT MEAL

COLOURFUL MIXED SALAD

Should include sweet grated carrot, beet and yellow pepper, watercress, lamb. Add either: 85g of or a mixed bean. French dressing, cooked rice with sweet corn. OR

ROUND OF CHEESE SANDWICHES WITH WATERCRESS, TOMATO, PARSLEY & ORANGE.

SUPPER

100ML WATERCRESS WITH TSP OF DIGESTIVE

Choose wholegrain toast with Marmite or honey, half grapefruit, tea or coffee OR 40g porridge (use water and skimmed milk) with 1 tsp golden syrup, half grapefruit, tea or coffee

150ml GLASS OF MILK, 100g GRAPES

APPLE AND GLASS OF MILK



ORANGE AND GLASS OF MILK



GLASS OF MILK WITH 115g GRAPES

NO MID-MORNING SNACK
(Presuming that you're having a late start today). But do have your breakfast.

ONE FILLET SALMON, STEAMED OR POACHED
Serve with dot of tarragon butter, 225g mashed potato with a little milk, asparagus, and purple sprouting or French beans

ONE COD FILLET
Poach in a little milk and serve with 225g mashed potatoes plus 1 tbsp each of carrots, broccoli and peas
OR
VEGETABLE PAELLA
See recipe on left.

PLAIN ROAST CHICKEN BREAST
Served with plain boiled or steamed broccoli, 2 tbsps carrots and 170g boiled potatoes, plus a little gravy
OR
PLAIN BOILED PASTA SHAPES
Finished with lemon juice and zest, plus a pinch of fresh or dried dill and a dot of butter.

SPAGHETTI WITH SMOKED SALMON AND WATERCRESS
See recipe on left.
OR
POTATOES WITH ROSEMARY AND GARLIC AND ROASTED VEGETABLES
See recipe on left
FRESH FRUIT SALAD

CHILLI CHICKEN WITH RICE
Use the basic stir-fry method on the left, pressing the raw chicken into 2 tbsps dried chilli and coarse black pepper. Add a colourful mixed salad which includes dark green salad leaves.
OR
VEGETABLE CHILLI WITH RICE
Plus colourful mixed salad

VEGETABLE LAYER CAKE
Boil and mash equal amounts of potato, broccoli or sprouts, carrot and swede. Layer in an oven proof dish, leaving the potato for the top. Add 30g grated hard cheese and bake in moderate oven for 20 mins.
WINTER FRUIT SALAD
Mix four apricots, prunes in fruit juice and a sliced pear and serve with natural fromage frais.

FRESH FRUIT SALAD



WINTER FRUIT SALAD (AS TUESDAY)



FRESH FRUIT SALAD

SALAD
Choose from cottage cheese and fruit (grapes, banana, strawberries)
OR
WARM SPICY CHICKEN SALAD
Cook standard cajun chicken strips and serve immediately on a bed of dark salad leaves and grated beetroot with a dash of French dressing

8 OZ JACKET POTATO
Fill it with one of the following:
115g cottage cheese and chopped mixed peppers.
85g cold chicken with 1 tsp mayonnaise.
85g tuna fish with 1 tsp mayonnaise.
MINERAL WATER AND 115g GRAPES



CHINESE STIR-FRIED VEGETABLES
Add a dash of soy sauce.
OR
COLD CHINESE CHICKEN WITH LIME RICE
(Add zest and juice of a lime and a dot of mayonnaise).
PLAIN BIO YOGHURT

TOAST MEAL
(Or, if you are taking it to work, a sandwich meal).
Choose from:
Tomatoes on toast (2 slices multigrain).
One egg, poached or scrambled.
Tinned sardines in tomato juice.
85g cold chicken sandwich.
85g drained tuna.
Mixed salad.
STEWED FRUIT
Such as blackberry and apple, apple, gooseberry etc, with 2 tbsps custard.

MIXED SALAD
With cold salmon
OR
COTTAGE CHEESE AND FRUIT SALAD
PLAIN FROMAGE FRAIS
With 1tbsp fruit coulis or compote



100ml WARM MILK WITH TSP SUGAR; DIGESTIVE BISCUIT

GLASS OF MILK AND A BANANA

MIXED FRUIT SALAD, INCLUDING BANANA

GLASS OF MILK AND ONE DIGESTIVE BISCUIT

NO SUPPER That's if you're going out! Choose a favourite from the week if you're not.

FIVE STEPS TO FITNESS

SET ASIDE A FEW MINUTES EACH DAY TO WORK ON MONICA GRENFELL'S FIVE MUSCLE-TONING EXERCISES AND YOU WILL SEE - AND FEEL - THE DIFFERENCE IN LESS THAN A WEEK

You can't look really good if you don't exercise. Even slim girls can look flabby and shapeless if their muscles aren't toned, and being too thin can be as bad as being too fat. If you can join a gym or exercise class so much the better, but class

times don't always fit in with our work schedules or school runs.

This is where your own self-discipline comes in, because what I want you to do is promise yourself that you'll do these toning exercises every morning and evening whether you feel like it or not.

If you have a lot of weight to lose, you'll need to do a bit more exercise to start with before you really burn off that fat, but once you get going you'll feel so much better.

Add a daily walk, preferably first thing in the morning before you get started on the day's business. It doesn't matter where you live - you can walk to the paper shop, or simply get off the bus one stop early.

Don't sit snacking at your desk at lunch time; it makes you feel dull and sleepy. Walk briskly round your office building and don't worry if anyone thinks you look silly. Nobody looks silly in size 10 jeans!

TAKE CARE!

Tiredness and breathlessness can both be signs of low iron levels.

See your doctor for a check-up if the problem becomes persistent, but try drinking more water and taking more iron-rich foods such as liver, dark leafy vegetables, egg yolks and sardines.

WHEN SHOULD I EAT?

Always exercise on an empty stomach, except in the case of early morning exercise when it is a long time since your last meal. Then you should have a very small portion of porridge (15g of oats) about an hour before.

The general rule is to eat after exercise, when energy stores need to be replaced. Eating after exercise is like putting cotton-wool into a furnace... the calories are quickly burned up!

THE WARM-UP

Never start exercising without warming up first. This will prevent you tearing a muscle by increasing the blood flow. Simply step from side to side and swing your arms for a few minutes, then do some knee bends and arm circles. Lift each knee in to your chest, then kick back each heel towards your bottom.

YOUR PROBLEM: "I've lost two stone in the past year. I'm down to a size 12, but I'm fed up with what I have to do to stay like this. I do aerobics three times a week, I can't eat what I like and I'm always on the scales. I feel like giving up, and going back to fat and happy."

MY SOLUTION: But were you really happy? We all have something we hate - some of us get fed up with the length of time it takes to do our hair or make-up, or get our clothes ready. It all takes time and effort and it'd be a lot less stressful not to bother. But you MUST bother! How do you think Hollywood stars stay glamorous? They spend hours exercising and so must you, or go back to your old figure which would be a real shame. You're not alone!



1a Lie with feet flat on the floor. Support head with a hand at each temple. Breathe in.

WARNING! If you are in doubt about your health, or if you have never exercised before or have been suffering from a chronic illness or injury, you must seek the advice of your GP before embarking on this, or any other exercise and diet programme.



2b Breathe out, lift your head and PRESS DOWNWARDS with your abdominal muscles. Hold for two seconds, release and breathe out again. Do eight slowly, rest by bringing your knees to your chest, then do eight more.



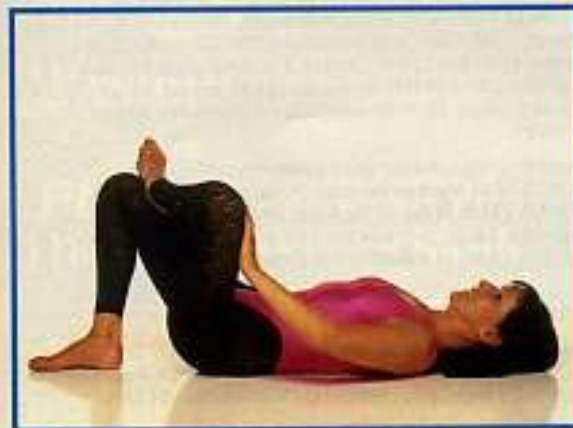
4a Lie as shown, with your head supported by both hands at the temples. Keeping your right foot flat on the floor, extend your left leg upwards. Your thighs are at the same height.



1b Breathe out as you press your stomach **DOWN** and feel your spine flatten to the floor. Hold for two seconds, relax slowly back to the floor. Take care not to pull on your head. Repeat eight times. Rest, then do eight more. Stretch out by turning over and lifting yourself up on your elbows.



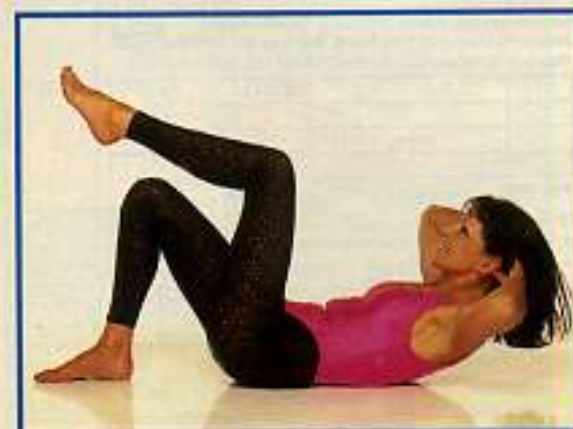
2a This stomach exercise is good if you are a beginner, have just had a baby or are overweight. Lie as shown, with your legs supported near the knee by a chair. Support your head with a hand at each temple. Don't pull on your neck. Flatten your spine so you can feel the floor underneath. Breathe in.



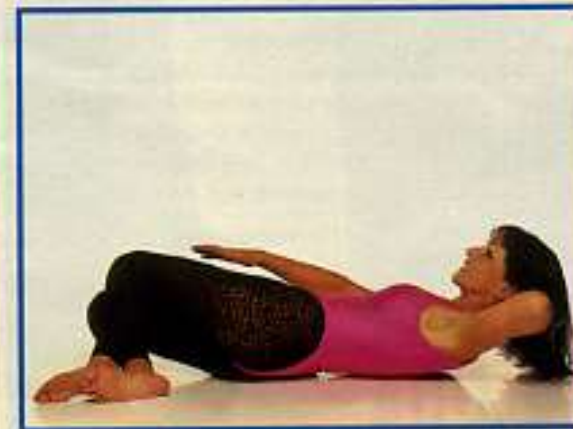
3a This exercise works the oblique muscles which tone and trim your waist. Do this exercise every day for two minutes and you'll see results in a surprisingly short time. Lie flat, with your left foot across your right thigh as shown. Place your left hand on the **INSIDE** of your knee to press your leg **AWAY** from you. Place your right hand in the nape of your neck. Breathe in.



3b Breathe out as you lift your chest, then aim your right shoulder across to your left knee. Hold for two seconds, return to floor and breathe in again. Don't try to reach your knee with your elbow... this isn't important. Do eight, rest and repeat, then change sides.



4b Slowly bring your left knee in to your chest, at the same time as lifting your shoulders off the floor and squeezing your stomach downwards. Breathe out as you do so. Hold the position for two seconds, then return to the starting position. Repeat eight times, rest and change legs.



5 This exercise also trims your waist, and is suited to the more experienced exerciser. Lie with your feet flat on the floor, then allow your knees to fall to the right. Support your head with your left hand. Reach forward to your upper knee, hold for two seconds, then return to the floor. Do eight, rest then change sides. Important: you don't have to touch your knee... the reach alone is enough.

WEIGH INTO A SUPER OFFER!



Save pounds with our super offer on Salter electronic bathroom scales and keep track of your progress as you get slimmer and fitter this summer. These top-name scales are incredible value at only £14.99 each, including delivery to your door.

Features include a durable wipe-clean mat with a clear easy-to-read digital display, low-battery indicator, automatic switch-off and auto zero setting. Your super Salter scales arrive complete with operating instructions and full 12 month manufacturer's guarantee and are available in white only.

To order, simply complete the coupon below and send it with a cheque or postal order (made payable to MGN TP190) for £14.99 for each set of scales you require. Please include the correct remittance when ordering more than one set. Allow 28 days for delivery. Offer closes on May 24, 1997. Readers in the Republic of Ireland send pound sterling only please.

TO ORDER YOUR BATHROOM SCALES

Complete the coupon in block capitals and send it together with your cheque or PO to: **Sunday Mirror Bathroom Scales Offer, TP190, PO Box 33, Markon, Harborough, Leicestershire, LE16 9UR.** Offer subject to availability and for UK & Ire readers only. All cheques/PO's for pound sterling only please. Allow 28 days for delivery. Offer closes May 24, 1997.

Name

Address

Postcode

Salter Bathroom Scales, £14.99 each

Number required

Total cost £

Please enclose your cheque or postal order number for the amount of £ crossed and made payable to MGN TP190. Name and address on the back please.

Please tick this box if you do not wish to receive future magazine offers from other Salter Group newspapers or other companies approved by the Mirror Group, MGN Limited, Leicestershire, England. TP190

On stage the **SPICE GIRLS** are a heady mixture of ck one, Jean Paul Gaultier and Polo Sport while other pop divas such as **COURTNEY LOVE** and **KYLIE MINOGUE** prefer Avoda's Chakra scents, which are blends of natural plant and flower essences. Penhaligon's emporium in London's

Covent Garden is a favourite of US movie queens **GOLDIE HAWN**, **LIZA MINNELLI** and **CANDICE BERGEN**.

Other film stars go for more exotic smells, with **MELANIE GRIFFITH**

choosing Cartier Lo Must and **SHARON STONE** opting for Bulgari's Eau Parfumee. Patou's Joy is a favourite of **THE QUEEN**, though she also wears

Penhaligon's Bluebell. **THE QUEEN MOTHER**

favours Guerlain's L'Heure and **PRINCESS MARGARET** wears Caleche by Hermes. **The DUKE OF YORK** is a fan of Hermes Equipage while **DIANA, PRINCESS OF WALES** wears

either Van Cleef and Arpels First or Anick Goutal's Passion.

PRINCE CHARLES has used Trumpor's cologne for years (as has his father) but last year he asked Floris to create a Highgrove brand of soaps and bath oil - Gloucestershire still awaits the heady new scent.



THE SWEET SCENT OF SUCCESS

THIS WEEK IS FRAGRANCE WEEK . . . SO JO FOLEY HAS SNIFFED OUT THE BEST PERFUMES FROM A VAST ARRAY ON SALE

The scent of a woman (or indeed a man) is one of the world's biggest businesses. The perfume industry raked in £455 million on women's fragrances and £276 million on men's last year. And to help sell even more, this week has been designated "Fragrance Week". Just as tastes change in food and fashion, fragrances go in and out of vogue. In the 1980s the mood was for big strong smells - the fragrant equivalent of a punch in the mouth; the sort you could smell from around a corner or across a crowded room. In California, some were even banned from restaurants, like cigars. They were called Poison, Obsession, Opium and

the daddy of them all - Georgia. This decade has been one of kindness to the nostrils with gentler, lighter, fresher scents - even ones that men and women can share like ck one (and now ck be), LEau d'Issey and Tommy Hilfiger. Although perfume companies

depend on people changing fragrances to keep up with fashion they also know that we tend to cling to old favourites too. The most successful perfume ever is Chanel No. 5 which re-invents itself every few years or so. In fact it has never looked back since Marilyn Monroe declared that it was all she wore in bed.

FRAGRANT FACES

The right person can make all the difference to a perfume, which is why some of the most famous faces in the world have been used to sell the stuff. **Kate Moss** is almost synonymous with CK One, *The English Patient* star **Juliette Binoche** launched Lancome's Poeme, **Linda Evangelista** is the face of Yardley's Baroque, **Demi Moore** and **Bruce Willis** model for the Donna Karan look and lifestyle, and **Liz Hurley** is the woman you see in Estee Lauder's Beautiful and Pleasures ads. **Elizabeth Taylor**, **Sophia Loren** and **Ivana Trump** have all launched their own fragrances as have **Paloma Picasso**, **Pavarotti**, **Julio Iglesias** and **Omar Sharif**. It's amazing that **Fergie** hasn't launched hers yet.



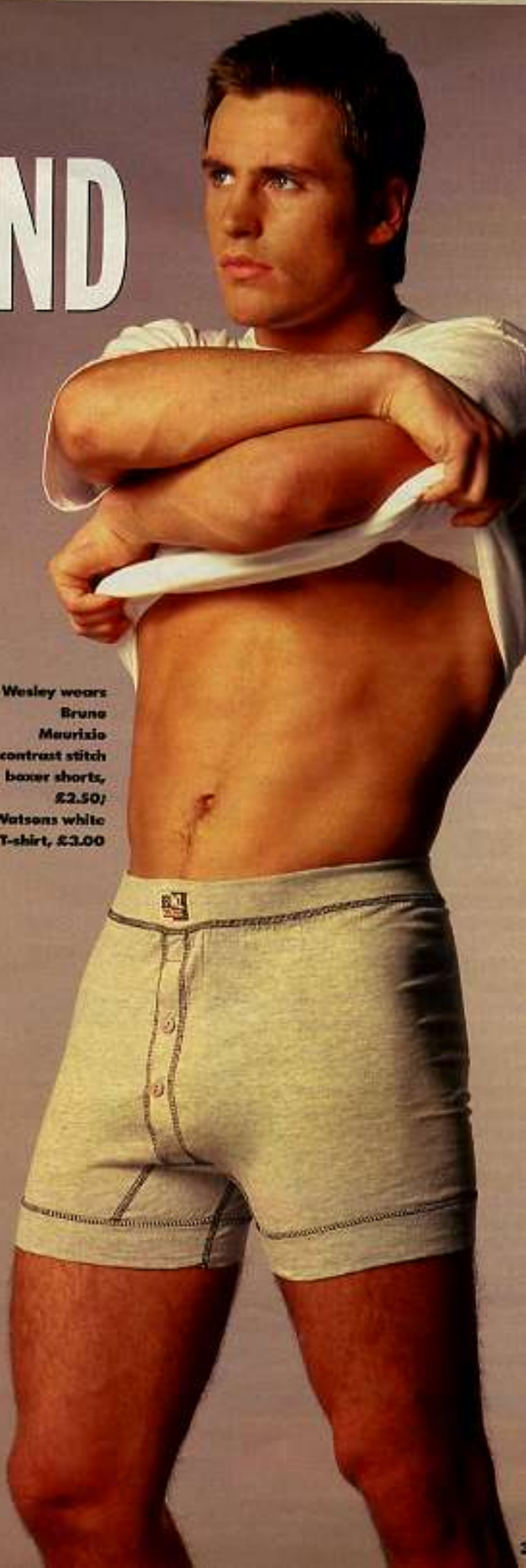
personal fashion

WIN A BRAND NEW MAN!



Carlo wears black
jeans by Calvin Klein,
£35; Armandi casual
blue towelling top,
£8.90; navy three-pack
socks by Wilson, £4.50

Wesley wears
Bruno
Maurizio
contrast stitch
boxer shorts,
£2.50;
Watsons white
T-shirt, £3.00



YOUR MAN CAN LOOK AS GOOD AS RUGBY HUNK
WESLEY COTTON AND SOCCER STAR CARLO NASH
BY WINNING A WHOLE NEW WARDROBE OF STYLISH
CLOTHES AND A MAKE-OVER FROM MATALAN.
TURN THE PAGE FOR HUNDREDS OF TOP PRIZES!

TOP PRIZES WORTH £6,700 MUST BE WON!

Here's your chance to win a fantastic wardrobe of new clothes from Matalan as well as a terrific make-over. It's a sure winner for the guy who wants to impress!

FIRST PRIZE

Our five first prize winners can choose the clothes they like from Matalan's huge range of shirts, sweaters and jeanswear to the value of £400 - and each winner will also get a £100 voucher for a make-over, including top-quality hairstyling and personal grooming. As well as offering their own exclusive top-value labels, Matalan stock other great names like BS by Ben Sherman, Lee Cooper, Farah, Wrangler and many, many more. With 66 stores nationwide there's sure to be one near you!

SECOND PRIZE

We've also got branded denim jackets worth £12.90 each to give away to 100 second prize winners.

THIRD PRIZE

250 readers will win a super Gillette Ultimate shaving pack worth £11.95 as third prizes.

HOW TO ENTER

For your chance to win, simply answer the following question:

How many Matalan stores are there nationwide?

a) 55 b) 66 c) 45

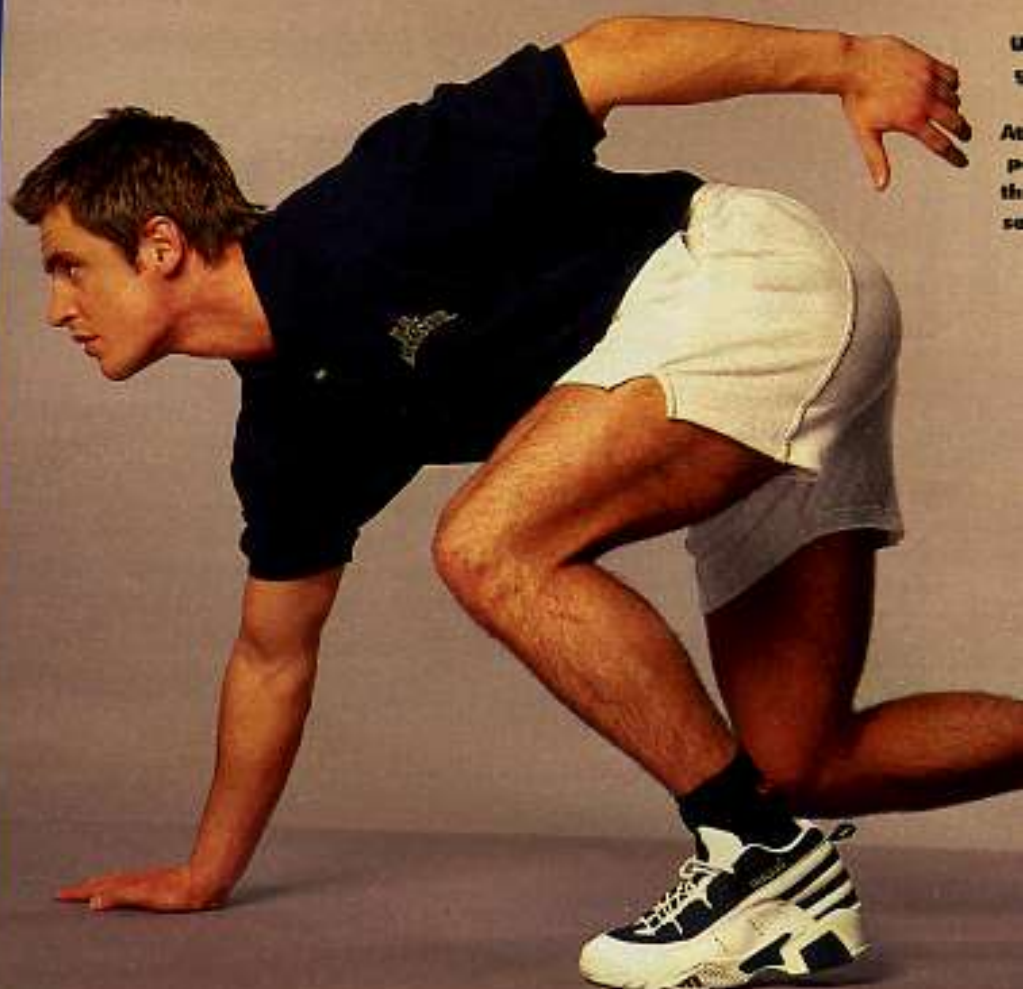
Then send your answer on a postcard together with your name, address and postcode to Sunday Mirror Matalan Competition, PO Box 7291, London, E14 5DE.

Closing date is May 24th, 1997. The first five correct entries drawn win £400 worth of Matalan vouchers and £100 of make-over vouchers. The next 100 correct entries drawn will each win a denim jacket, and 250 third prize winners will receive a Gillette Ultimate Shaving pack. Normal Mirror Group rules apply, with no cash alternative.

MATALAN

For people with more sense than money.

For details of your nearest Matalan store telephone 0191 215 0022



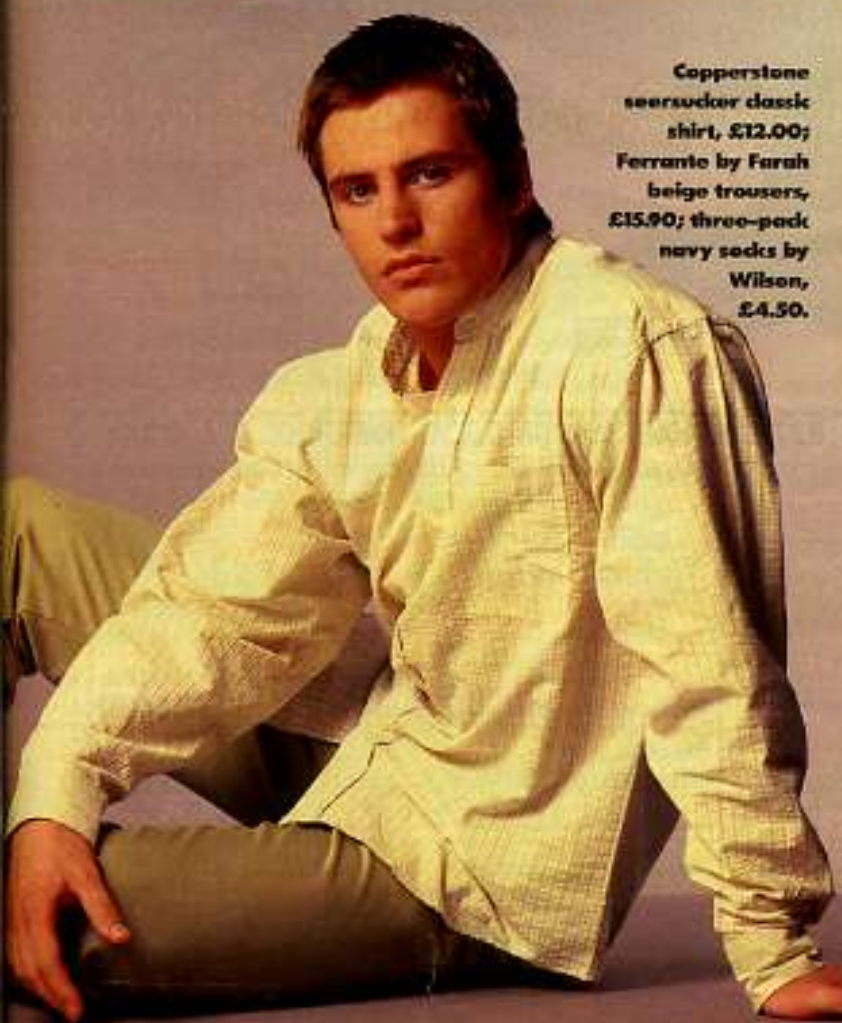
US
short
Athle
£8.70
no
WI



Black jeans by
Calvin Klein, £35;
Armando
turquoise Oxford
long-sleeved shirt,
£6.80.



Airtime stonewash
jeans, £12.90;
Watson white
T-shirt, £3.00;
Zantos denim
western jacket,
£12.90.



Copperstone
seersucker classic
shirt, £12.00;
Ferrante by Farah
beige trousers,
£15.90; three-pack
navy socks by
Wilson,
£4.50.



Zantos basic red
label denim jeans,
£7.99; Second
Image green check
shirt, £9.90.

personal look

The last laugh



“ Right, I’ll stay here barking out orders while you get me something for my sore throat ”

Congratulations to Gary Sheppard from Newbury, Berkshire. This picture wins you £100.



2 CAMERAS TO WIN!

Answer a simple question on the subject of today’s photo and you could win a £129.99 Samsung AF Slim Zoom camera – with multi exposure, close up, time lapse and night-time photography, plus a copy of *The Video Guide To Taking Better Pictures*, worth £14.99.

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, May 16, 1997. Calls cost 50p per minute. Usual Mirror Group competition rules apply.

SAMSUNG

46 ★ If you’ve got a picture that will make the nation laugh, send it to: The Last Laugh, Personal Magazine, 1 Canada Square, Canary Wharf, London E14 5AP. Those printed will win £100 Snaps, which are non-returnable, should be clear and in focus. Write your name, address and daytime phone number on the back.