

SUNDAY MIRROR * NOVEMBER 30, 1997

Personal

Exposed

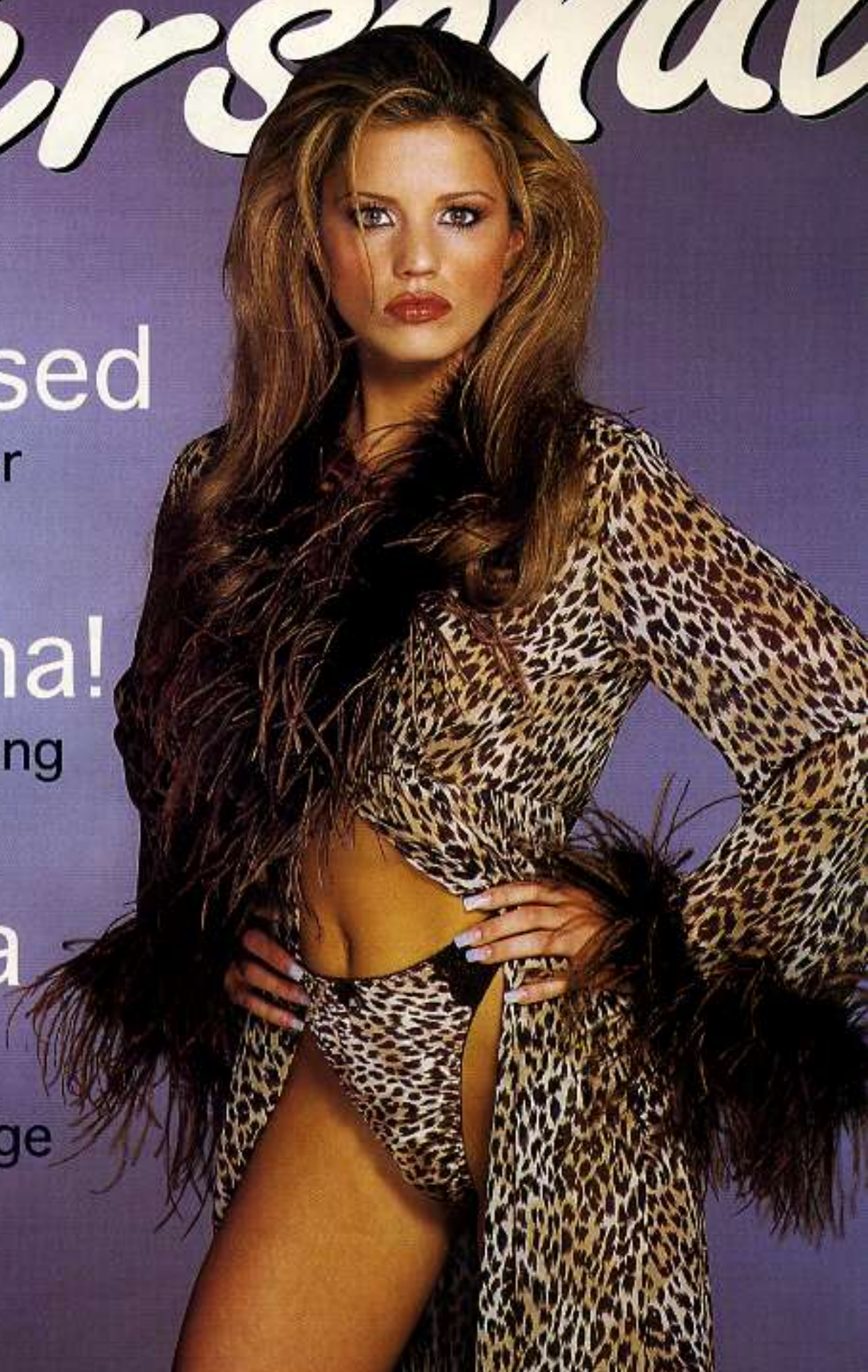
Fashion for
passion

Yee-ha!

Line-dancing
lovers

Santa
time

Your 4-page
children's
gift guide



FOR WOMEN WHO KNOW WHAT THEY WANT

Personalists

Parting shots

FIVE GREAT FILMS AND THEIR LAST LINES

"A man's got to know his limitations"

Clint Eastwood as Harry Callahan
Magnum Force

"He'll be all right"

Mark Hamill as Luke Skywalker
Star Wars



"Oh good. For a moment I thought we were in trouble"

Paul Newman as Butch Cassidy
Butch Cassidy And The Sundance Kid

"Well, you know, it wasn't easy"

Peter Sellers as Inspector Clouseau
The Pink Panther

"Come on, eat!"

Sigourney Weaver as Ripley
Alien



Fault lines 5 EXAMPLES OF MURPHY'S LAW

Anything that can go wrong will go wrong

When someone says "it's not the money, it's the principle" nine times out of 10 it's the money

Whenever you make a journey by bicycle, it's always more uphill than downhill

▲ If an experiment works, something has gone wrong

When you dial a wrong number, it is never engaged



What was that you called me?

Jam today

THE 10 EUROPEAN CITIES WITH THE WORST TRAFFIC CONGESTION

Lisbon (average speed of traffic: 5.8 mph)

◀ Paris (8.5 mph)

London (10.4 mph)

Istanbul (11.2 mph)

Athens (12.4 mph)

Madrid (14.9 mph)

Budapest (16.5 mph)

Berlin (18.2 mph)

Rome (22.4 mph)

Warsaw (23 mph)

FIVE STARS AND WHO (OR WHAT) THEY WERE NAMED AFTER

Gloria Hunniford (after the actress Gloria Swanson)

Glenn Hoddle (after the bandleader Glenn Miller)

Dale Winton (after the actor Dale Robertson)

Martina Hingis (after the tennis star Martina Navratilova)

Chelsea Clinton (after the song *Chelsea Morning*)

Sorry, I'll read that again . . .

10 UNINTENTIONALLY RELATIONSHIP HEADLINES

SHOT OFF WOMAN'S LEG HELPS NICKLAUS TO 66

SQUAD HELPS DOG BITE VICTIM

DRUNK GETS NINE MONTHS IN VIOLIN CASE

DOCTOR TESTIFIES IN HORSE SUIT

THUGS EAT THEN ROB PROPRIETOR

CITY MAY IMPOSE MANDATORY TIME FOR PROSTITUTION



ENRAGED COW INJURES FARMER WITH AXE

GRANDMOTHER OF EIGHT MAKES HOLE IN ONE

FARMER BILL DIES IN HOUSE

DEFENDANT'S SPEECH ENDS IN LONG SENTENCE



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Your animal health questions answered



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Lingerie for loving... and a great offer from La Senza

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Find the hidden star to win £1000

50 IT'S GOODBYE FROM HIM

Women and football are a match made in hell for COLIN WILLS

LUCKY NUMBERS

the Personal way to choose your lucky Lottery balls

7

There'll be a scramble for this number. Seven years ago this week Edwin Currie told us our eggs were full of salmonella

11

Did you see Sid? British Gas shares were up for grabs this week 11 years ago

29

Watch out all you budding Del Boys. The first Trades Descriptions Act was passed on this day 29 years ago

30

Make a heartfelt wish. 30 years ago this week the first successful heart transplant was performed

37

You could score a winner with this number - Gary Linaker is 37 today

42

Lights please. Wembley staged its first floodlit football match this day 42 years ago, when England played Spain

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HOW TO ENTER There are TWO differences between our fun pictures of veteran hooper Lionel Blair. But in which boxes are they? Phone 0930 563 989 and leave your answer, name and address on line. The winner will be the first correct answer selected at random from entries received by the closing date of Friday, December 5, 1997. Calls cost 50p per minute and should last no longer than two minutes.

ALL YOU HAVE TO DO IS CALL
0930 563 989

Persona



HOT STUFF "Why oh why do they keep casting me as the scarlet woman?" **Michelle Collins** sobs to **Miss Deo**



ON HIS JACK "What's this guy got haven't, apart from youth, looks, w



KISS OF DEATH **Chris Evans** gets in some early practice for the Christmas mistletoe. **Hillar** staves him off with a snarl. **Gillian Anderson** relies on disguise, but it's too late to save poor **Dar**

pictures



LET US SPRAY "No need to be jealous, Jack," insists *Coronation Street*'s **Adam Rickitt**. "All they've offered so far is seven days' worth of deodorant . . ."



TRUE BREW Songbird **Louise Limer** limbers up for a golden oldie from her days at the Italia Conti stage school. "OK boys, in B flat . . . I'm a little teapot"



GOAL FLICK "Safe Hands" **Seaman** is only signalling how many penalties he'll save . . . isn't he?



FROCK HORROR Surely that can't be gorgeous supermodel **Helena Christensen** in those old rags? Corset is . . .

ARIES

MAR 21 - APRIL 20

Certain individuals seem determined to influence your future. However, there are perfectly valid reasons why you might want to break the pattern of a lifetime and move off as and when it suits you. You have done as much as you can to right an awkward situation and it is up to others to carry on where you left off. Saturn in your own sign joins forces with the Sun at the end of the week, providing a heaven-sent opportunity to inform others of your intentions. Try to have plans well and truly laid before Mercury starts moving backwards on the 7th.

For your in-depth weekly forecast call
0 9 3 0 5 6 4 0 6 1

TAURUS

APRIL 21 - MAY 21

You are about to learn something you can use to your advantage. Whether this information encourages you to plan a journey, make contact with people from far and wide or embark on a course of study, it must not be allowed to go to waste. The New Moon in one of the money angles of your chart is your signal to join forces with those who will help you produce something which shows great potential. True, there may yet be unexpected developments which would stop others in their tracks. You are made of sterner stuff.

For your in-depth weekly forecast call
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GEMINI

MAY 22 - JUNE 21

You must have known for some time that you have been skirting around some extremely sensitive issues. The Sagittarian New Moon is therefore your signal to begin again and behave in a manner more appropriate to the situation. Don't think anybody's likely to tell you off or take you to task, but do be prepared to partake in some meaningful dialogue. It is time to start stripping away any layers of self-deception and creating a clearer picture of who you are and what you are doing. Try to have plans for shared endeavours in place by next weekend.

For your in-depth weekly forecast call
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CANCER

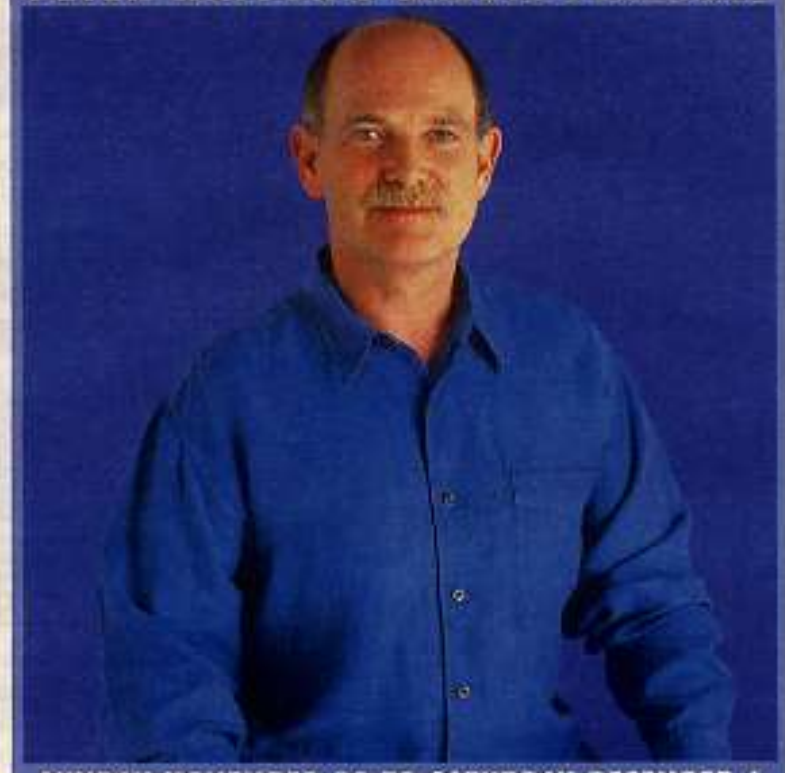
JUNE 22 - JULY 23

If you are feeling tired and out of sorts it is for one reason and one reason only - you've been doing too much, too often. So let the New Moon act as a reminder to study schedules and clear any backlog before making further commitments. You obviously feel driven in an area you know better than anybody else. With so much going on, however, you cannot afford to stumble and be outwitted by someone else's slight of hand. Even when you play your masterstroke, the ball may be sent flying back over the net at breakneck speed. Watch points.

For your in-depth weekly forecast call
0 9 3 0 5 6 4 0 6 4

Your stars

PETER WATSON'S WEEKLY FORECAST



SUNDAY NOVEMBER 30 TO SATURDAY DECEMBER 6

LEO

JULY 24 - AUG 23

Something which starts out as an off-the-cuff remark or casual suggestion is likely to take on a great deal of importance as the week progresses. With so much planetary activity in the area of your chart concerning work or routine duties, it probably hasn't occurred to you that a major excursion might be on the cards. However, if someone in a position of authority pulls strings, you could be heading for a total change of scene. Don't be surprised if, by the time your ruler the Sun joins forces with Saturn on Friday, your journey has already begun.

For your in-depth weekly forecast call
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VIRGO

AUG 24 - SEPT 23

You are now in a much stronger position to steer family affairs in the direction you would wish them to take. However, you must not allow your individuality to be eclipsed by a role you've been forced to play. You are entering a phase when you should be seen at your very best. Of course you'll have to curb the tendency to overspend, but there's nothing new about that. Be prepared for Friday's magnificent aspect between the Sun and Saturn to provide an unexpected windfall. It could go a long way towards helping a vision become reality.

For your in-depth weekly forecast call
0 9 3 0 5 6 4 0 6 6

LIBRA

SEPT 24 - OCT 23

Why is it that whenever you feel ready to make a long-awaited speech you find your audience has already left and gone home? Having made up your mind to settle old scores, you probably feel cheated that nobody is prepared to listen. Don't think for one moment it's because no one's interested in what you have to say. Quite the reverse is true, in fact, and certain people may be nervous in case you're about to put them on the line. Have every confidence that Friday's stunning Sun-Saturn link will get your message across in one way or another.

For your in-depth weekly forecast call
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SCORPIO

OCT 24 - NOV 22

If formal negotiations are crying out for attention you had better start immediately. You seem to have prepared your case and collected your thoughts, so why wait? Money matters may be high on the agenda, but make sure you're not expected to suffer through someone else's lack of organisation. What you do you do very well, and must be rewarded accordingly. The Sun is shining on your earning power. Saturn is lifting restrictions and enlisting the support of someone with some sway. Keep going until you score the triumph you deserve.

For your in-depth weekly forecast call
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SAGITTARIUS

NOV 23 - DEC 21

Haven't you been waiting for something magical to happen? How often have you thought it's time for some good news on the personal, financial, or romantic front? Well, any or all of those things could occur this week, and the only danger lies in letting it go to your head. Being ruled by Jupiter, you like to see things happen in a big way. Just be careful you don't tread on somebody else's toes, especially towards the end of the week when a Sun-Saturn link makes your private life go with a real swing. Never forget, a little moderation can mean a lot.

For your in-depth weekly forecast call
0 9 3 0 5 6 4 0 6 9

CAPRICORN

DEC 22 - JAN 20

Your instincts are so finely tuned you're able to pick up much of what's going on behind closed doors. And that's useful because it means you're less likely to be taken aback when plans are revealed later in the week. Don't imagine anyone else will be able to take advantage of you. With Mercury in your sign, your mental agility is second to none. Do remember, however, that family and loved ones are working to their own agenda, and their plans might not coincide with your own. Any announcements should be greeted with the warmth they deserve.

For your in-depth weekly forecast call
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AQUARIUS

JAN 21 - FEB 19

You may still be a long way off having your life structured the way you want it. However, you at least have the scaffolding necessary to get the work under way. So let the New Moon mark the point at which you go for broke and pursue your own hopes and wishes for a change. There will be obstacles, of course - there always are when involved with anything worthwhile. But they're not insurmountable and won't hold you back for long. News arriving at the end of the week should confirm the fact that you've swung into action at precisely the right time.

For your in-depth weekly forecast call
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PISCES

FEB 20 - MAR 20

Although you may have had cause for concern over recent weeks, there should be little to worry about now. In fact, the planets seem to be adding just what you need to start making progress in areas you've been forced to neglect or overlook. With so much emphasis on your long-term security and financial welfare, you'll have the confidence to give everyone a bit of a treat, yourself included. So breathe a huge sigh of relief and let go of everything that has hurt or confused you. It's time to focus on the road ahead which is now so clearly signposted.

For your in-depth weekly forecast call
0 9 3 0 5 6 4 0 7 2

Drowning in oceans of top beauty lotions



JENNY NISBET RIPS AWAY THE VEIL OF PROMISES TO REVEAL

THE TRUTH ABOUT SKIN CARE PRODUCTS. GIRLS WANT THEM!



Once upon a time a spot on my face would have been about as popular as a pork sausage at a bar mitzvah. But no longer. Now I realise a pimple is a tell-tale sign that I still have a teenage complexion, bursting with natural oils. Obviously there are masses of excited hormones racing round my system, which understandably erupt occasionally with sheer youthful exuberance. "Won't keep you a moment," I cry gaily to my friend, "just applying some concealer to my spot." She knows my sub-text. She may need La Prairie Age Management Intensified Serum (£105 for 30ml) with alpha hydroxy acid anti-wrinkle treatment, but a dab of good old Clearasil is good enough for me. Rather like a mature mother with her offspring, I take a special pride in my pubescent pimple, examining and analysing its progress, charting its

emergence, rise and decline, free from that teenage angst which once saw a spot as a threat to my sexual allure. Now, of course, I'm older and wiser, knowing that men aren't concerned with superficial appearance – they're only interested in our deeper qualities. Yes, well, that's what we over 35s tell ourselves.

While I may pretend that all I use on my skin is a touch of Nivea, the truth is I'm a sucker for every new cream going. This is because I've noticed that the women who say, "I never do a thing to my face", usually have the rhino hides to prove it. I'm a constant prowler around the marbled pampering parlours of the department stores, and particularly attached to those creams which promise to get on with the task of rejuvenating while I lie blithely asleep. "Vital skin care ingredients are absorbed faster and deeper at night, giving you an instant energy boost and a fashionably dewy look" is the sort of statement of faith that has me hollering, "Praise the Lord –

and pass the cheque book."

I want to be soothed, hydrated, toned, balanced and oxygenised without any effort.

Okay, so pack me a serious punch on the beauty front – I can take it. And apart from the hype, there are the names. Who could resist Yves Saint Laurent's Fruit Jeunesse with its overtones of a moody, philosophical French film? Or Guerlain Issima Midnight Secret? "The cream for nights that are too short," it says on the label. And who am I to argue?

Of course, one face cream can't be expected to do all the work. Each area requires special attention. So around my eyes I smooth Nina Ricci Time Defence Eye Contour Extract (£24 for 15ml), an oil-free gel which firms delicate skin, reducing puffiness and dark circles. Around my mouth I swear by Estée Lauder's Lip Zone Anti-Feathering Complex or Complexe Haute-Definition du Contour des Levres as the tube so helpfully adds in French for those

of us unlucky enough to only speak English. But wait, we haven't even got to my neck, chest or hands yet. I know you're dying to ask. My treatment for these instant age giveaways is quite simple – use a moisturiser daily, ideally with sun block, as well as night cream or serum, plus a weekly exfoliator and every fortnight a re-vitalising mask.

To be honest, I don't actually do all these things – I just don't have enough spare lifetimes to spend. I simply buy

the appropriate ruinously expensive potions and look at them fondly for reassurance now and again as they languish on the dresser. Let's face it, a girl can't sit around all day concentrating on her skin when there are legs to be waxed, eyebrows to be plucked, cellulite to be brushed, stomach muscles to be crunched, heels to be pumiced and important decisions still waiting to be made on which waterproof mascara and whether my signature scent? No, my solitary spot reminds me of those carefree teenage days when, after jumping in the bath (optional), all I had to do was apply a line of inky black kohl round the eyes, pancake my lips and douse myself in patchouli – its musky fragrance seductively reminiscent of a hyena on heat. Sadly, all the sophisticated beauty products in the world can't turn the clock back to the joys of a teenage Saturday night when the boy of my dreams was pampering his body especially for me, sexily splashing Brut all over his rippling muscles. Ahh, those were the days . . . ■

👉 I simply buy the ruinously expensive potions and look at them fondly for reassurance



Bungle IN THE jungle

IN A NEW DISNEY COMEDY, BRENDAN FRASER PLAYS A CLUMSY TARZAN WHO CAN'T EVEN SWING FROM A VINE WITHOUT CRASHING INTO THE NEAREST TREE. NOW HE GIVES GILL PRINGLE THE LOWDOWN ON HIS LOINCLOTH . . .

He's more the King of the Bungle than the King of the Jungle – the kind of Tarzan who seriously wonders whether his loincloth would look

better as a shoulder wrap. *George Of The Jungle* was a big cartoon hit in America in the 1980s, and now it's a live-action Disney comedy starring the muscular Brendan Fraser in the title role. His character might be the original dim-witted he-man, but 29-year-old Brendan – all 6ft 3ins of him – is tipped as one of the next generation of Hollywood leading men. His early career took in minor movies like *Airheads* and *With Honours*, but he first won big attention as a weirdo teenager in the cult horror flick *The Passion of Darkly Noon* – his character was recently voted No.25 in the all-time list of movie monsters. *George Of The Jungle*, which opens in Britain on December 18, is his first starring role in a big-budget blockbuster. Like Tarzan, George is an orphan marooned in the jungle when his parents' plane crashes. He builds a tree-house out of the wreckage and grows up under the

watchful eye of a chess-playing, apron-wearing gorilla with the voice of John Cleese.

Unlike Tarzan, George never quite gets the hang of vine-swinging – hence the movie's catchphrase: "Watch out for that tree!"

The role involved prancing around semi-naked for hours at a time, but Brendan wasn't embarrassed about his lack of clothing.

"I have always been comfortable in my own skin," he says.

"The worst bit of the whole process was right at the beginning when everyone began to agonise over my loincloth and whether it should have a higher or lower hemline!

"There was this terribly earnest discussion about whether it was a thong or a butt-flap. Then it turned to the materials – faux fur or real fur? Fur was in then fur was out. Then it turned to cheetah print or leopard print. They drove me crazy!"

A diet of snake meat and forest fruits might keep the fictional George in

fighting trim, but Brendan had his mind on sweeter things while making the movie.

"I had a desperate craving for chocolate because I knew I wouldn't be seeing any of it – along with a load of other things," he says.

"I signed a deal that I wouldn't put on weight and I would also stay fit. But I didn't expect it to be so tough.

"Disney wanted me to look like a cross between a model, Mr Universe and a sex idol. They were very specific, insisting that a fitness trainer followed me everywhere, especially during breaks, making sure I didn't secretly stuff myself with doughnuts or French fries.

"It was the most difficult task of my life. Movie sets always have such wonderful catering – and it's available 24 hours a day.

"But when the director called 'cut!' my trainer would lead me off to the weight room and put me through my paces while the rest of the cast and crew went out to eat burgers and

then torture me afterwards with the details. I was in agony. I was on the George diet for months. George couldn't cheat. He couldn't eat junk food. And I had to work out like a maniac – spending six months training before we even started. I guess George's jungle must have a treadmill in it as well."

Despite all this emphasis on his physique, the movie makers hired Brendan before they checked out just how fit he was.

Producer David Hoberman confesses: "A couple of months after we'd hired Brendan, the director Sam Weisman said to me, 'My God! What kinda shape is the guy in?'

"I said, 'I dunno!' Everyone was nervous about asking the question on the phone, so I ended up calling and leaving a message saying, 'Brendan! We need you to come in. We need to see your body'.

"He didn't call back, but his agent rang with a message from Brendan asking, 'Do you need me to actually

I had to go to the weights room and train while the rest of the cast ate burgers. I was in agony!



**HOW GEORGE
GOT INTO
THIS SHAPE
FOR THE
JUNGLE**

A gym was built on the set where Brendan did his daily exercises. Says director Sam Weisman: "Brendan's trainer Rodney was an ex-marine who took him over and was totally ruthless. Brendan had a high-protein, low-fat diet. For stamina, he did aerobics and rock climbing. He did a lot of working out to keep up his cardiovascular strength, and he got his body fat down to six per cent. "Rodney came with us to Hawaii on location, so when Brendan picked up a chocolate peanut cake, Rodney was there to tell him, 'You don't need that!'"

come in? Is it all right if I just take some pictures and send them to you instead?"

"My God, we were worried then, but the next day Brendan decided to come and see us.

"He strolled in with some weights, took off his tank top, did one curl, and we said, 'OK Brendan, go home!'

"The kid had been working out for three months and was pretty much in the same amazing shape as you see him in the movie.

Playing a chump with a load of chimps presented Brendan with some unique acting problems.

"Never before have I had to swing on a vine towards a very stationary object while a group of monkeys hold up numbers giving me scores out of 10 for style and content," he says.

"And how exactly do you prepare for a scene alongside a talking gorilla?"

"At least I was able to get a grip on the tree-climbing thing by taking rock-climbing lessons, which helped me with my fear of heights."

Bungling George is the kind of guy Brendan feels at home with, because he was raised on a comedy diet of Benny Hill, Rowan Atkinson and Monty Python.

"I consider that to be the finest education you can get," he says.

"I was born in the United States, in Indiana, but my father was a Canadian trade commissioner so I spent my my childhood all over the place — in Amsterdam, Detroit, London and Ottawa.

"I was the youngest of five boys so I got to wear a lot of hand-me-down sweaters. And I wasn't exactly a star student. I remember my parents were mortified when one teacher described me as undisciplined." Yet he showed an iron will to keep himself in shape when he landed the part of George.

If Brendan ever faltered in his strict fitness regime, his beautiful fiancée, actress Afton Smith, was on hand with encouragement and advice.

"She'd never complained about my physique in the past but she wasn't slow in coming forward with suggestions," says Brendan.

"We're getting married shortly, so I'm hoping she'll let me out of the gym for the honeymoon!"

For the moment, he may have trouble booking the time off. He has just completed a new version of Frankenstein, called *Gods And Monsters*, with Sir Ian McKellen, before embarking on the comedy *Blast From The Past*. The chump with the chimps looks set for a golden future. ■

A trim tum in three weeks

WITH MONICA GRENFELL'S SIMPLE STRATEGY YOU CAN BEAT THE BULGE BEFORE CHRISTMAS



You look forward to the party for weeks. You trawl round the shops for a dress which fits, you wake up "thin" in the morning and everything seems

to be going swimmingly. Then, come the evening, you pull on your gorgeous new dress and simply can't hold your stomach in. You feel bloated and uncomfortable, and your stomach has a life of its own. It's enough to make you give up and stay home pigging out on chocolate. I had a massive postbag after my *Fat out for a top ten* column back in July – it's clear that your stomachs are close to your heart!

It is also clear that many of you are going the wrong way about trying to get a flat tummy. Having a big weight problem is one thing, flabby muscles another, and the solutions are more long-term. Well-toned muscles are half the battle (see the exercises, right), and with just three weeks to Christmas week there's still time to make a difference with my:

TOP TIPS FOR A FLATTER STOMACH

★ DRINK EXTRA WATER

It helps digestion and is your best cure for constipation. Have six glasses a day.

★ AVOID FIZZY DRINKS

They cause abdominal gas.

★ CUT OUT BRAN AND HIGH-FIBRE FOODS

You can get all the fibre you need from fruit and vegetables. If you are sensitive to bloating, cut out pasta.

★ EAT RICE, POTATOES AND OATS INSTEAD

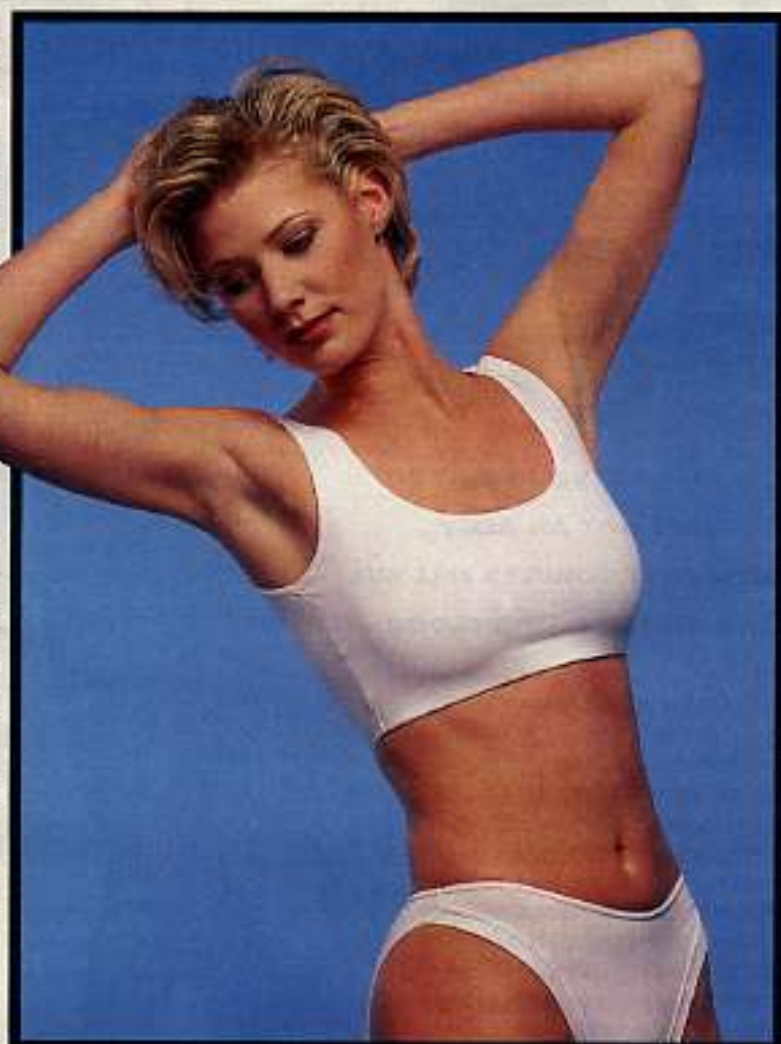
These starchy foods will banish cravings and settle your stomach.

★ USE MILK AS A FOOD

Milky drinks and shakes can be used

MONICA'S MOTTO

"If it moves, nothing will settle." Fat lives little corners of your body where it won't be disturbed, so **KEEP EVERYTHING MOVING!**



as meal replacements any time you like. Warm milk sweetened with honey releases tryptophan which stimulates serotonin – nature's tranquiliser

★ DON'T CHEW GUM

The biggest cause of wind is swallowed air, which you get when you chew gum.

★ CHEW YOUR FOOD 20 TIMES

Sounds boring, but unchewed food is a major cause of digestive bloat.

★ AVOID ANYTHING WHICH SAYS 'VERY LOW FAT' OR 'LOW CALORIE' ON THE LABEL

They contain emulsifiers and stabilisers which are mildly laxative – they can mount up in the system and cause flatulence.

★ EAT LITTLE AND OFTEN

Eating infrequently leads to delayed

gastric emptying; that is, your food takes a long time to pass through you and will make you feel uncomfortably full.

★ EAT A FRESH FRUIT SALAD AT ABOUT 9PM EACH NIGHT

Slice up one apple, half a banana, 10 grapes and five dried apricots. Have with some warm skimmed milk and honey. You always feel great next morning.

KEEPING YOUR WAIST TRIM

This exercise tones the oblique muscles which run down the side of your torso, shaping your waist.



Lie flat, your right knee bent and left foot across right thigh. Place your left hand on the **INSIDE** of left knee. Support your neck with your right hand. Breathe in.



Breathe out as you lift your chest and press your back to the floor. Aim your right shoulder towards left thigh. Hold for two seconds as you feel your stomach muscles working, release. Do 12 times, change sides and repeat. Do two sets each side on alternate days.

ABS-OLUTELY GORGEOUS

A flat, strong stomach doesn't only look great – it also helps support your spine and prevent serious lower-back problems, especially in later life. Weider make a handy device to help you exercise your abdominal muscles:

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Love lines

LINE DANCING IS THE PLACE TO START IF YOU WANT TO GET HITCHED – EVEN IF YOU HAVEN'T GOT AN ACHY BREAKY HEART. THREE HIGH-STEPPIN' COUPLES TELL SUE MALINS HOW THEY FOUND LOVE ON THE DANCE FLOOR

EMMA HARTMAN AND IAN COURTMAN

Ian and Emma found love among the lines at the Boot Scoot Club at the Fairfield Hall in Croydon. He's a 25-year-old rugby-playing credit controller; she is a 21-year-old single mum who took up dancing after the birth of her daughter. They got engaged on July 4 this year.

EMMA'S STORY

After my daughter, Kenna, was born I was looking for somewhere to go to get my figure back. I'd tried aerobics but I found it boring. It was my mum who suggested line dancing. I wasn't sure I'd like it – I was only 20 and thought it might be all older people dressed in gingham. But there were loads of young people and they played lots of chart music. When you are a young mum your social life is restricted and line dancing was better than going to the pub or a nightclub. You can even go by yourself and never feel out of place. Before I had Kenna I used to work as a groom on Mohamed Al Fayed's estate in Oxted, Surrey. Being at home with the baby was a big change in my life. I was looking for companionship – certainly not love –

but all that changed when I met Ian. The first time I saw him I thought he was very nice. But we became friends first, and I didn't want to ruin it. It took ages before I dared speak seriously to Ian. Then one evening I told him how I felt and I was thrilled that he felt the same about me. The engagement was a bit of a shock, especially as it took place in the middle of a rugby field! Now I have a lovely diamond solitaire and we hope to get married in a year or two. In the meantime we're still into the dancing. We both reached the Boot Scoot National Championships semi-finals. Even Kenna loves it!

IAN'S STORY

I started dancing in May last year – I went for a dare. I had some friends who went and I was always taking the mickey out of them. In the end they said: "Put up or shut up." So reluctantly I went. I'm like any other 25-year-old – I like chart music, I play rugby, I didn't want to prance around in a cowboy hat to boring country music. But it was brilliant. I was hooked from the start. I spotted Emma as soon as I joined. She looked terrific and she was a brilliant dancer. I never thought I'd get anywhere near her level – let alone

near her personality. It was a while before I plucked up the courage to speak to her. We were nothing more than friends for ages. But one night we started talking and our feelings spilled out. We've been together ever since and it's been wonderful. Love was the last thing I was looking for when I went line dancing but it's changed my life. I've even been dancing on TV – on Channel Five and on the *Emmerdale* video. I still play rugby, but I don't keep the line dancing a secret any more. The good thing is that all that strutting and stomping is pretty macho stuff!"

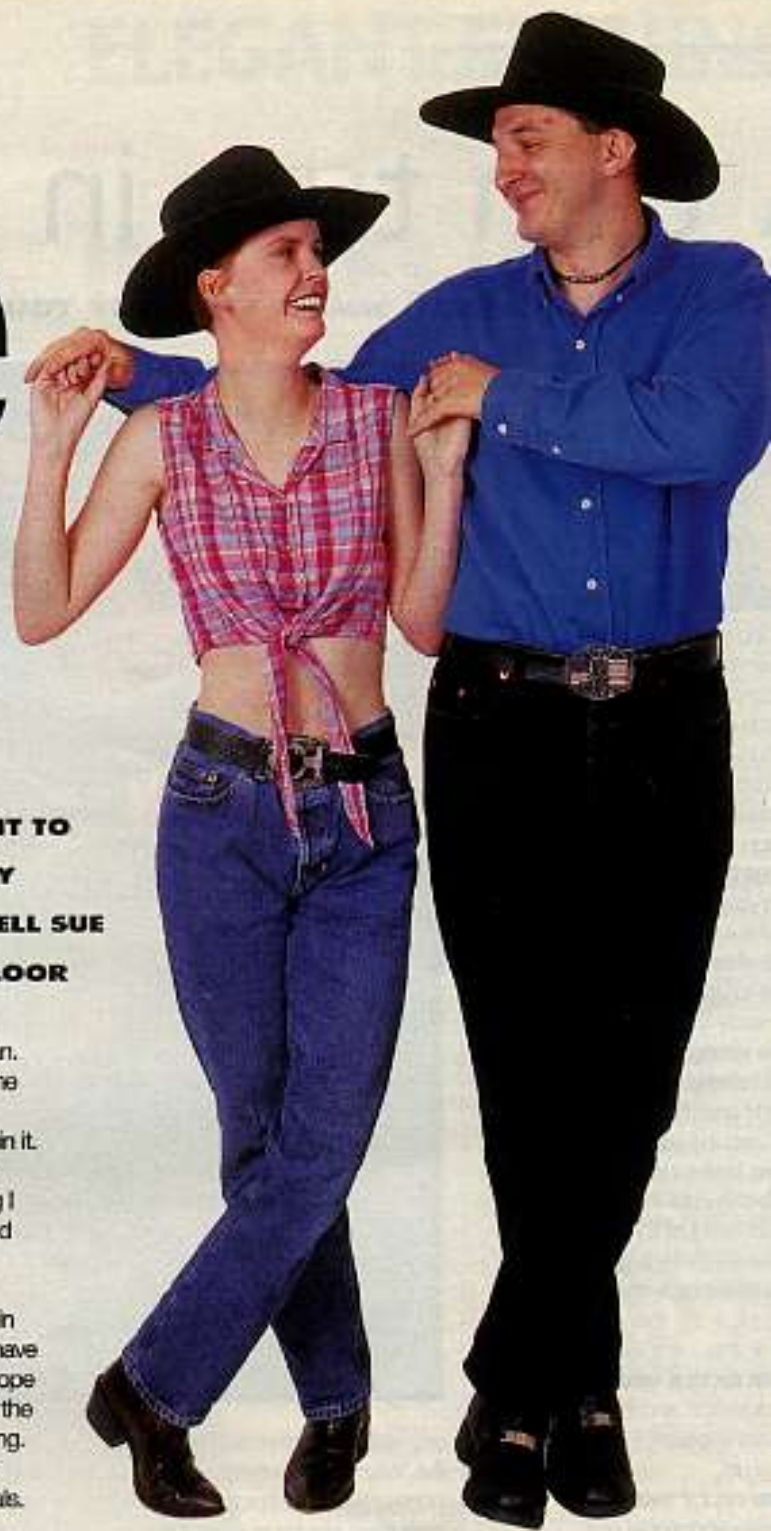
Boot Scoot Clubs: 0181 224 3434.

ANGELIQUE FERNANDEZ AND HUGHIE THOMAS

Angelique is a line dancing teacher from New York. Her boyfriend Hughie is an engineer from Dumfries. They became an item when he joined her class in London. They've been together for two years.

ANGELIQUE'S STORY

I was married for 13 years but overnight my husband developed a bad case of the male menopause. Then he walked out. I am now a single traveller, I found myself in London teaching, and a friend there took





When Hughie became my star pupil I couldn't ignore him any longer – so I asked him out

about a country club at the army base. When I walked in all I saw was wall-to-wall cowboys. It was like a dream – 20 men for every woman, and I thought: "This is for me." Later, I moved to London and started a line dance school. One day Hughie walked in and I thought: "Wow!" He is such a dramatic-looking person. Over six feet tall, with a quiet authority. What was really great was that he had no idea how good he looked. Gradually he became my star pupil and I couldn't ignore him any longer so I asked him out! For the first time I'm ready to plan my future with someone else. Hughie's my cool, quiet classic cowboy and I'm ready to ride off into the sunset with him.

HUGHIE'S STORY

My shyness made it hard to get to know people, let alone attractive women. Two years ago I had little self-confidence and spent a lot of time on my own. I was also single

after the messy breakup of a six-year relationship. I needed a new interest and had discovered line dancing in California, so I thought I'd try it again. I remember the first time I saw Angelique – long dark hair, amazing figure, and she could really dance. For weeks I stood near the stage and watched her. I never thought someone like her would look at me. But through line dancing I went from a clumsy oaf into someone who could look really good on the dance floor. We even appeared on *The Big Breakfast* showing Lily Savage how to dance. I knew my feelings for Angelique were getting stronger, but I still didn't have the nerve to ask her out. You could have knocked me down with a feather when friends told me she wanted to get to know me. I knew within weeks that I loved her. The big surprise was knowing she loved me too.

You can e-mail Angelique at sunsetstampede@compuserve.com



JOAN AND JOE O'BRIEN

Joan, 52, was locked in an unhappy marriage and Jo, 59, was a marathon-running, self-confessed loner when they met four years ago at a club near Leicester. They married this summer and went straight from the church to a Western Way Dance Weekend in Burton upon Trent.

JOAN'S STORY

Going Western dancing – a combination of partner dancing and line dancing – was a way of making life more bearable because my marriage had started crumbling. I was definitely not looking for a man. At that stage I'd had enough of them. When I met Joe in 1992 at a class in Narborough, near Leicester, he was just one of the group. He was with a woman I assumed was his wife – I later found out she was the wife of a friend. We danced together a few times and he told me about his

running. Then out of the blue he asked me if I'd like to go to a different Western class. That's where it all began. We were in the car park when suddenly he kissed me. Pretty soon it had become a whirlwind romance. A few weeks later my marriage broke down and I moved in with Joe. We lived together for four years and decided to get engaged last October. We got married in July and everyone wore Western outfits. I had a lovely dress, matching satin ankle boots – and a stetson with a veil attached!

JOE'S STORY

I'd been on my own for about 10 years since my first marriage ended.

I was a bit of a loner, but I was happy enough because I was a member of the Huncote Harriers, near Leicester, and heavily into marathon running. I've done the London Marathon four times as well as running in marathons all over the world. But as I got older I started to get more injuries so I was looking for something else to keep me fit and give me a bit of a social life too. Not romance, not for a minute. I was very happy being single. I didn't find line dancing at all easy. In fact I was on the point of giving it up when Joan came along. It was very odd. I'd been struggling to master the steps, but when I danced with Joan it all fell into place. The first time I saw her I thought: "What a good-looking woman," but I didn't think I had much chance. Then we started dancing together and within weeks it all changed. She says I swept her off her feet but she swept me off mine, too.

Western Dance Weekends:
01283 563339. ■

INN CROWD

Alun (left) and Billy are regular diners at their "after-work drinker"

OUT TO LUNCH

The Woolpackers

IAN HYLAND TUCKS AWAY A YORKSHIRE FEAST WITH *EMMERDALE*'S RESIDENT COUNTRY-POP STARS

When at last you find your way in, all you can do is gawp as you step out of the cold and into what looks like a country inn dropped into the very heart of Leeds city centre. I was still taking in the oak-paneled walls of Whitelocks when an even bigger surprise came along. Billy Hartman, better known to *Emmerdale* fans as Woolpack landlord Terry Woods, opened his mouth and instead of that gruff Yorkshire accent, a broad Scottish brogue came tumbling out. "It happens all the time," laughs Alun

Lewis, who at least stays true to his Cockney roots as postmaster Vic Windsor. "A lot of people think Billy's putting on the Scottish accent when they meet him for the first time. Everyone thinks he comes from Yorkshire." Whitelocks is Alun and Billy's "after-work drinker" – a bit of an understatement, judging from all the Egon Ronay and Les Routiers awards and the smells of home cooking wafting from the kitchen. "We come in here for a couple of real ales and the atmosphere is so relaxed you can't help but unwind," says 41-year-old Alun. The special brews are an attraction for Billy as well, but he seems to be

more interested in the wonderful food. "It makes me mad that breweries are phasing out pubs like this," he says. "The food is excellent and I'm not just saying that. I eat here all the time and when my parents come down from Scotland this is where I take them." Billy, 39, doesn't just love his food – he becomes passionate about it as he goes into intricate detail about his current favourite delight. "Take a good leg of lamb," he says, "make a few holes and fill 'em with fresh anchovies. Then roast it slowly with garlic, rosemary and whatever your favourite herbs are – it's really gorgeous. "If you're going to cook anything, you have to do it properly, give it the full

works. Otherwise – well, it's not worth eating is it?" It's a view fully endorsed by Alun, although he sometimes finds it difficult putting this good advice into practice. "I've got two kids – a five-year-old and a seven-year-old – and if I go home tonight and ask them whether they want fish fingers and chips for dinner or a nice leg of lamb with anchovies, I know what the answer will be. Gourmet food tends to be off the menu when you have got kids." It's obvious that Alun and Billy, partners in *Emmerdale*'s highly successful spin-off group, The Woolpackers, are great mates, ►



It makes me mad that the breweries are phasing out pubs like this . . . the food is excellent

and they share a passion for – and an encyclopaedic knowledge of – music from rock 'n' roll to country.

So it's no surprise to learn that both formed bands in the 1970s before they drifted into acting.

"I'd heard about Billy and his music before he joined *Emmerdale*," says Alun, who had already been in the ITV soap for two years. It'd better tell you that he played the lead in the first Elvis musical because he won't. He always undersells himself. He's got one of the best vocal ranges I've heard."

It wasn't long before they used their time off the set on *Emmerdale* to form a country and western band, which in turn led to them playing a gig at *Emmerdale's* end-of-year party. That one performance was enough to convince the scriptwriters that this was something that should be used in the show.

"We were called Farmer Giles and The Chalfonts then," says Alun. "And we were soon playing gigs all around Yorkshire."

Billy adds: "We went down a storm. One bar in Huddersfield was so full we had to go in through through the next-door flat."

"We also had a standing ovation at Wakefield Prison," adds Billy, who fits in the gigs in between trips back home to London to see his wife Karen.

"Well, they could hardly walk out," smirks Alun into his claret. Record companies quickly got wind of their popularity and soon the people responsible for Robson And Jerome's pop career made Billy and Alun a very good offer.

"For some reason they wanted us to change our name," laughs Alun. "And *Emmerdale* were quite happy for us to be doing the music as well as the show. The Woolpackers was a good cross-promotion idea."

A Top 10 single and album soon followed and Alun and Billy found themselves caught up in the line dancing tidal wave.

"We didn't really know anything about line dancing at the time," admits Billy. "But it's staggering to see thousands of people across the country doing perfectly choreographed routines." Fruitless attempts were then made to teach the boys how to dance.

"The record company pretty much locked us in a room with an instructor one day," says Billy.

"It was very much a case of, 'We have ways of making you line dance'," adds Alun. "But it still didn't work."

The Woolpackers new album is called *The Greatest Line Dancing Party Album* – and the lads aren't complaining.

"I think most people who hear it will realise there are some great country songs on there that you can line dance to – or not," says Billy. "It's good clean fun, folks."

Both agree they are enjoying the pop star lark but they consider themselves actors first – they are signed up to *Emmerdale* for at least another year.

"The pop game's different these days," laments Alun as we sip our after-lunch port-and-brandles.

"All that shirtless flouncing, showing off their bodies."

"We can't compete with those six-packs. Me and Billy are more like party-sevens!" ■

Could we have the bill, please?



WHITELOCKS, TURKS HEAD YARD, LEEDS LS1 6HB. 0113 245 3950

The archetypal inn set in the winding back streets of Leeds city centre. It's hard to find your way in – just ask a friendly local – and even harder to find your way out after an afternoon sampling the various guest ales on offer. The decor is woody and warm and there's no loud music.

THE BILL

No nonsense pub bill. They're noted for their plain speaking in Yorkshire and you can't get any simpler than Food, Drink, Payment Method and Total can you?

SERVICE

The waitress was exactly like Leeds itself; cheeky, friendly and never false. She let you know it was your pleasure to eat there and her best put down was: "We have all sorts of famous people in here. We had Timothy West in the other week and his party had a whole beef joint with all the trimmings."

SCOTTISH & NEWCASTLE RETAIL

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COST

How cheap? Three big men fed and lavishly watered to bursting point for £50. As I probably said at the time you'd be lucky with change from £100 in London – that's if you could find a meal like that in London in the first place.

DRINK

Two bottles of the finest claret proved Billy was no mug when it came to picking the grapes. When the vino ran out there were still plenty of interesting tippees to be tried at the bar as Billy and Alun got their rounds in without fuss.



FOOD

Billy was right; it was incredible. I had the Yorkshire puddings to start; huge and home-made and swimming in a gravy which was as perfect as the pub's lighting – dark, but not uncomfortably dark. Billy couldn't finish his butcher's dream of a mixed grill, while the veg alone would have fed me for a week. Alun knew his limits – he just had the moneys steak pie for his main course.

PERSONAL PULL-OUT AND KEEP

Your personal gift guide

WEEK TWO: PRESENTS FOR CHILDREN

Under £10



Pain bubble baths £3.99, from branches of The Disney Store



Ravensburger Tolotubbies Giant Floor puzzle: £7.99, from branches of Sainsbury

Pyjamas
by Zed
£15.99
Phone
0171 499
1633 for
details



Knitted hat and matching mittens: (1-2 years) £6, from selected larger Boots branches

Crocodile snap game: £2, from branches of Marks and Spencer



Christmas pudding slippers: £9.99, from branches of ASDA



**MAKE-UP
ARTIST
MARTYN
FLETCHER**

**SHOWS YOU HOW TO
HIDE UGLY BLEMISHES
ON THE SKIN WITH A
SIMPLE COSMETIC COVER**

If you have never had a spot on your face or bags under your eyes, you don't need to read this page – we don't do beauty tips for aliens! Most earthly creatures suffer from facial blemishes – even top models and movie stars – and most people can't just hide until it goes away. That's when you need a concealer.

Foundation make-up often isn't enough, unless you use one so thick it's like a mask. But concealers used correctly on their own, or with a light textured foundation, give the appearance of a flawless complexion. The most common areas needing treatment are under the eyes, facial spots and tiny thread veins. They each need different concealers to do the job properly. Use one too heavy under the eyes and every line and shadow will be emphasised.

The best formulation for under-eye shadows is liquid concealer. It is light in texture but with twice as much pigment as a foundation, covering shadows without becoming too heavy. Many contain light-diffusing ingredients which help to deflect attention from fine lines.

Don't use a lot when you apply it. Just place a couple of dots on the inner corner of your eye and blend them into your foundation or moisturiser using a patting motion with your ring finger. Do one eye at a time to make the blending easier. Choose a shade slightly lighter than your foundation, but never more than two shades lighter. The contrast will



**Martin's
best buys**

**FOR UNDER
THE EYES**

Top models use:
★ Yves Saint Laurent Radiant Touch, £18.50
Others worth trying:
★ Colourings Lightening Touch, £4.25.
★ Cover Girl Invisible Concealer, £4.49
★ Boots No.7 Under-eye Concealer Pen, £5.75

TO HIDE SPOTS

★ Max Factor Erase, £3.99
★ Rimmel Hide the Blemish, £1.69
★ Outdoor Girl Cover Up, £1.89
★ Boots No.7 Blemish Concealer, £4.75

**FOR SCARRING
AND BIRTH
MARKS**

★ Colourings Extra Cover Concealer, £3.65
★ Dermablend, £11.25 (phone 0171 278 9597 for stockists).

Vanishing act

draw attention to the problem. You won't need concealer on the outer corners of the eyes, as the colour here rarely varies, but make-up artists sometimes use a dab at the outer corner to "lift" a droopy lid. Concealers which come in pots, pencils or lipstick-style dispensers are perfect for making spots or tiny veins disappear. They are made with heavy waxes with twice as much pigment as the liquids. Use a cotton bud or old lip-brush on spots to avoid spreading bacteria. Once applied, soften the edges by again patting in with your ring finger

until you have created an even skin tone. Aim for a perfect colour match, or just a shade lighter than your foundation.

Once the blemish is covered you need to set the concealer so it lasts all day. Use a loose translucent powder dabbed on using a rolling motion with a powder puff.

Brushing can smudge the concealer before it is set. A longer-lasting effect can be achieved by building up coverage with two layers of concealer and powder.

It is better to apply your concealer after foundation, because slight

blemishes or shadows can be hidden with foundation alone.

Specialist concealers are also available to cover birthmarks, acne and scars. Modern concealers are effective and waterproof, so you can even swim without fear of revealing your less-than-perfect skin.

TIPS

- ★ Applying your make-up in natural daylight will help you to spot every flaw that needs attention.
- ★ Remember to wash your brush after use to keep it germ-free.
- ★ Mix a lighter and darker concealer to create your perfect shade. ■

Mark
Wogan's

STEP

BY STEP

COOKERY



A chocolat

SATISFY YOUR CHOCOLATE CRAVINGS WITH THESE MELT-IN-THE-...

FOOD STYLING BY JANET WARREN. PHOTOGRAPHY BY ANDREW SYDENHAM



CHOCOLATE BROWNIES WITH MARSHMALLOW ICING

MAKES 30

BROWNIES

50g/2oz cocoa powder

200g/8oz self raising flour

250g/10oz soft butter

300g/12oz caster sugar

4 eggs

1 tsp vanilla extract

55g/2oz chopped walnuts

MARSHMALLOW ICING

100g/4oz white
marshmallows

30g/1oz unsalted butter

BROWNIES

1 Sift together the cocoa and flour.

2 Cream together the butter and sugar. Then beat in the eggs and vanilla. Fold in the flour and cocoa, mix until smooth. Then add the nuts.

3 Line a greased 33 x 23 x 5cm tin with greaseproof paper. Pour in the mix and bake in a pre-heated oven (180°C/Gas 4) for 25 minutes.

4 When cooked, turn out on to a cooling rack. When cool, cut into bars.

MARSHMALLOW ICING

Place the marshmallows and butter in a saucepan and stir constantly over a low heat until smooth.

TO SERVE

Spread brownie bars with the icing.

The brownies should still be gooey in the middle. To check this stick a skewer into the cake – it should come out still coated.

PANCAKES

1 Sift the flour and salt into a bowl. Make a well in the middle and place the eggs and a little of the milk in it. Using a whisk, draw in the flour until you have a thick mix. Beat well and add the oil. Add the rest of the milk (see Picture 1) and beat until you have a thin cream. Cover this mix and refrigerate for 30 minutes (this is a good time to make the sauces).

2 Heat a small frying pan and wipe with cooking oil. When ready pour a tbsp of the batter into the pan and swirl it around to make a thin pancake (Picture 2). After about 1 minute turn the pancake and cook until brown. Repeat this process (makes 12 pancakes).

3 Combine the jam and liqueur and spread the pancakes thinly with the jam and fold into triangles. Keep in the fridge until needed (these can be made the day ahead).

FUDGE SAUCE

Place all the ingredients in a small saucepan over a low heat. Stir continuously until smooth. Do not boil.

ORANGE SAUCE

Whisk together the eggs and sugar until pale and creamy. Place the milk, cream and zest in a pan and bring to the boil. When hot, gradually add the milk to the eggs, whisking constantly. Return this to a low heat and whisk slowly until thick. Sieve out the zest and put it to one side. Then add the Grand Marnier.

TO SERVE

Cover one half of the plate with the fudge sauce and the other with the orange sauce to create a two-tone effect. Place three pancakes per plate, garnish with zest, dust with icing sugar. Serve immediately.

PANCAKES WITH ORANGE AND CHOCOLATE FUDGE SAUCE

PANCAKES

110g/3.5oz plain flour

Pinch of salt

1 egg

1 egg yolk

290ml/10.6 fl. oz milk

1 tbsp oil

1/2 jar apricot jam
(sieved)

1 tbsp Grand Marnier

FUDGE SAUCE

150ml/5fl. oz sweet
condensed milk

250ml/8.5 fl. oz
double cream

100g/3.5oz dark
chocolate, chopped

ORANGE SAUCE

4 egg yolks

80g/3oz sugar

250ml/8.5fl. oz milk

150ml/5fl. oz double
cream

Zest of 1 orange

1 tbsp Grand Marnier
(optional)



dream come true

DESSERTS - GOOEY CAKES, A SENSATIONAL SAUCE AND A CREAMY CONFECTION - FROM TV CHEF MARK



CHOCOLATE SABAYON

SERVES 4

4 egg yolks

4oz/100g caster sugar

60ml/4 tbsp dark rum

4 level tsp cocoa powder

icing sugar for dusting

Sponge fingers or langue de chat biscuits for serving

1 Place the egg yolks and sugar in a heatproof bowl over a pan of simmering water. Whisk the eggs and sugar until they are thick and creamy. Take care not to let the water touch the bottom of the bowl or the eggs will scramble.

2 When the egg mix has thickened, gradually add the rum and then sift in the cocoa powder and whisk until combined. Cook the mixture for a further 5 minutes over the simmering water until it is once again thick and creamy.

3 Spoon the mixture into serving glasses or small glass bowls and serve dusted with the icing sugar, with the biscuits or sponge fingers.

This is a simple dish to prepare, the rum, although optional, gives it a sophisticated taste. An easy but stylish pudding!



Dear John and Bonnie

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



DEAR JOHN AND BONNIE

After six years of marriage and two beautiful children, I still love my husband but he says he doesn't know if he still loves me. He seems to think I should be happy to stay with him for the sake of the children, although he shows me no affection or warmth. Should I stick it out and hope that his feelings return? Or should I try to make a new life for myself? Yours, A.M.

I have done a spread of the tarot cards for you. They say that there is loss and betrayal, but it doesn't necessarily mean that all is lost. If you want to try to save the marriage, you must try to cool the intensity of your feelings for him. Give yourself space to reflect and calm your emotions, and remember that fear of being trapped in an unhappy situation only intensifies the problem. If you decide that enough is enough, do not worry, because the next card says that you will achieve many things. It reveals that you have been thinking of studying and encourages you to do so - this will help you to get the extra cash you will need, and this will help you to relax about the future.

DEAR JOHN AND BONNIE

Why do I still grieve for my first child who died many years ago? I never saw him because he died a few minutes after birth. I was very ill afterwards and when I wrote to the hospital to ask where his grave was they said that at that time stillborn children were buried in an unnamed grave. I think of him

often and regret never seeing him. Now that I have a grandson myself I think of him more than ever. Yours, Z.R.

You never had the chance to grieve properly for your son or to hold him and feel his little body close to yours. You were probably told to pull yourself together and that you had plenty of time to have more children, and so you did. But there will always be that empty space in your heart for your son. Try to understand that your son is a man now, as children continue to grow up on the other side. He is always close, especially when you feel down. Talk to him and ask him to help you, even with the little things in life, and help him feel a part of the family where he belongs. It doesn't matter that there is no grave - he is only a breath away.

DEAR JOHN AND BONNIE

Strange things have been happening to me. Something has sat on me in bed, sometimes I can't breathe and I have seen shadows creep over my body and pillow. Things which talk in Double Dutch touch me and hold me down. I have recently moved house, but it still happens. My mother once slept in a bed next to me also heard "it" too. Please can you help? Yours, V.

This is obviously very frightening and we will do what we can to help. I sense from your letter that you always give the impression of being calm on the outside but inside there is a mass of confusion. Remember, it is very dangerous to meddle with the

DEAR JOHN AND BONNIE

I visited you earlier this year when I had a lot of pain with the top of my arm and shoulder. I am now writing to tell you that since my visit to you I have been without pain and offer my heartfelt thanks. Now for the

crazy bit: on the odd occasion when I have felt a twinge, I put my left hand on my right shoulder and think of you and say: "Help me, John" and it goes away (I told you it was crazy!) My sincere best wishes to you both. Yours, C.S.

occult, no matter how innocent it seems. Both John and I send our protection to you, but we also suggest that you ask your local vicar or priest or a good medium to cleanse your home. This will give you back the peace you need.

DEAR JOHN AND BONNIE

Before she died, my mother asked me to find the daughter she gave up for adoption in 1946. I have been doing my best to find Diane but it is so hard. I have a message for her to let her know the reason why she had to be adopted. Since my mother died my tongue has been swelling so much. Do you think it is due to my feelings of failure in not finding my sister? Yours, R.R.

Yes, John feels that you are suffering with the problem in your tongue because of your need to deliver the message from your mother to your sister Diane. Your tongue is swelling because you haven't as yet located your sister, and you are desperate to get the words out to her. Since you haven't been able to do this yet, the fear that you might not be able to do so is causing a blockage in your throat and mouth. Please realise that this was your mother's problem, not yours. Stop letting it affect you. I can assure you that it certainly is not making your mother happy to see you damaging your health in this way. I also feel that you should look to Sheffield in your search. ■

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

Your pet subjects

EXPERT NICK MAYS ANSWERS SOME OF THE MANY READERS' QUERIES WE'VE RECEIVED FROM PET LOVERS IN RESPONSE TO OUR POPULAR PAGE ABOUT ANIMAL HEALTH AND WELL-BEING

ACTIVE TORTOISE

Q I have a tortoise that has not yet hibernated, despite the recent cold weather. What can I do to encourage it?

Very young tortoises do not always hibernate; they have to mature beyond five or 10 years before they settle into a rhythm and, as tortoises can live for 100 years, they have plenty of time to consider the benefits! Older tortoises usually start to slow up and stop eating from September onwards.

If your tortoise is less than 13 years old, it is most likely to have been born and bred in this country, as the law against importing tortoises without a special licence came into force in 1984. There is a trend for captive-bred tortoises to be less regular in their hibernating than those born in countries where there is a more marked change of weather. Warmer summers and mild autumns in the UK have also kept many tortoises awake for most of the year.

To encourage hibernation, leave him in a rat-proof box filled with garden debris in a dry place in your garage or garden shed, but don't worry if he stays frisky throughout the winter.

DOGGY TOOTHPASTE

Q My young dog has very embarrassing bad breath. What could be wrong, and what can I do?

A I suspect that your dog is suffering from a build-up of tartar on his teeth, which can, if left unchecked, infect the gums and cause further problems. A sure sign of excessive tartar is the smell you have noticed. Ask your vet to give the dog a dental examination. Most vets now recommend cleaning dogs' and cats' teeth from an early age. If you start them early they will accept it, and there are now animal toothpastes available in flavours to tempt them into the routine. Experts agree that using a pet toothbrush every other day can save many problems later in the animal's life.



How to tell if it's Mr Beaky

Q My daughter has recently acquired a pretty blue and white budgie. How can we tell if it is male or female?

A There is a piece of hardened skin just above the budgie's beak called the cere. It is coloured blue in males and brown in females. All young budgies have a pale brown cere, whatever their sex, but it develops its proper colour as the budgie matures. Just to make things awkward, however, the cere is brown in both sexes of white and yellow budgies.

Talking of cage birds, if you're one for the birds, why not spread your wings and flutter along to the National Cage and Aviary Birds Exhibition in Birmingham next weekend?

This is the "Crafts" of the Cage Bird world, and visitors will be able to see the top exhibits amongst thousands of different species of cage birds taking part in the show.

Visitors are greeted by a seven year-old Catalina macaw who opens the show with a cheery wave, while one of the major attractions for parrot fans is the Macaws Direct walk-through aviary - the very latest design in desirable residences for the well-appointed parrot. The National Cage & Aviary Birds Exhibition, National Exhibition Centre, Birmingham, Saturday December 6 and Sunday, December 7, 1997. Admission prices: adults £6, senior citizens, £6, Children (5 to 16 years of age): £2.50. For a £1 reduction telephone the Advance Booking Hotline on 01460 68686.

WHY THE SNEER?

Q My cat occasionally curls his lips, narrows his eyes and seems to "sneer" at me. Sometimes he does this when he's about to eat. What's he doing?

A No cause for alarm - your cat is indulging in the very natural act of phlegming. Basically, the cat goes through the procedure you describe to allow natural odours to enter its mouth and come into contact with a special organ in the roof of its mouth named the Jacobson's organ. This is packed with scent receptor cells and allows the cat to build up a detailed "sensual" picture of whatever it is smelling. It is present in many species of animal, including humans, although ours is rudimentary and hardly used.

NESTING NEEDS

Q I have a pair of zebra finches which have started laying eggs. However, they lay them in their food dishes, on the cage floor and even in their bath! How can I make sure that they will look after their eggs and hatch them out successfully?

A Quite simply, by providing them with a proper nest! Small basket nests can be bought from pet shops and these are easily attached to the bars of the birds' cage. As for nesting material, shredded tissue paper or fresh hay placed in the nest will do fine. If you lay some of this material on the floor of the birds' cage, they will take great pleasure in collecting it and making their nest properly. All being well, you should soon hear the cheep of tiny finches!

Labrador Welfare wish to thank all those who responded to Nick Mays' article in Personal Magazine, November 2. We are still busy finding new homes for dogs, but we do not do this over the Christmas period. June Roberts, Secretary, Labrador Welfare. Phone: 0114 266 1756

If YOU have a pet's health question for Nick Mays, write to him, care of Pet Page, Personal Magazine, Sunday Mirror, 1 Canada Square, Canary Wharf, London E14 5AP

PERSONAL FASHION

Top left: Red satin balconette bra, £17; co-ordinating G-briefs, £7.50 and suspender belt, £10; black stockings, £5.

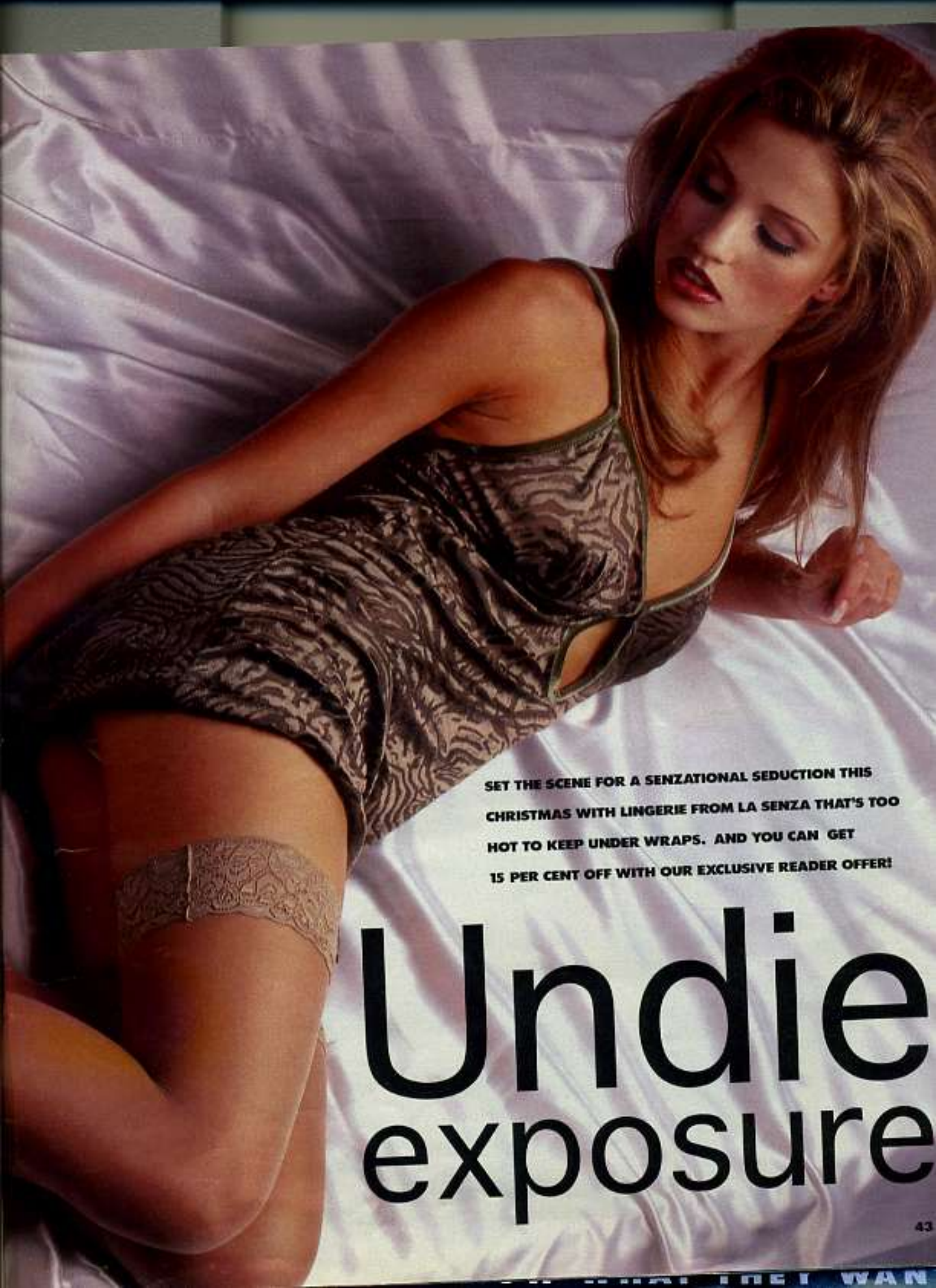
Bottom left: Bitter chocolate stretch body with lace trimmed cups, £30.

Main picture: Olive green devoré chemise, £29; Slimmer hold-up natural stockings, £6.

All lingerie from La Senza. Call 0171 831 1000 for details of nearest store.

Fashion by JULIE ASKEW
Pictures by ANDY McCARTNEY
Hair and make-up by PAMILLA



A woman with long, wavy brown hair is lying on a white, wrinkled sheet. She is wearing a dark, patterned lace dress with a low-cut back and a matching lace garter belt on her right thigh. She is looking down and to the right with a soft expression.

SET THE SCENE FOR A SENZATIONAL SEDUCTION THIS
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Left: black dove
underwired bra,
£19; matching
briefs, £6; lace
top hold-up black
stockings, £5.

Right: leopard
print chemise with
lace cups, £29;
self-stripe
chocolate
gown, £59.

Top: leopard print
robe with ostrich
feather collar and
cuffs, £99;
leopard print
G-briefs, £8;
Shimmer hold-up
stockings, £6.



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La Senza is one of the fastest-growing lingerie names on British High Streets, with an expanding chain of stores offering everything from everyday undies to the ultimate in Hollywood-style glamour. Now *Personal* magazine has teamed up with La Senza to give readers their sexiest Christmas present ever! Cut out your exclusive *Personal* discount voucher above and take it to any La Senza store to get 15% off your purchases on a single visit. For details of your nearest store, call:

0171 831 1000

IT'S GOODBYE FROM HIM . . .

Keep those girls away from our balls!



quite frankly – the etiquette of football means nothing to them, as in knowing not to baw: "Send him off ref, he's a bloody animal" when a

ticket mix-up has put you among a group of opposition supporters who look as though they have had their heads pushed into pencil-sharpeners. What man has not felt his heart sink to his boots when his partner has pulled his sleeve and said: "Did you hear what that bloke behind has just called me – aren't you going to do something about it?" and then looked round to find King Kong in a Millwall shirt. Best if they don't come at all really. They never enter into the spirit of the thing. They criticise the colour scheme of the kit, they don't know the tune of "The referee's a w----r" and they lift up the buns on hamburgers, look at the piece of pink shoe-leather underneath and say: "Eat that? I'd sooner stick needles in my eyes." Far better if they stick to the Centre Court at Wimbledon, where they can scream to their hearts content and get lost in love for the Gregs, the Tims and the haircuts that time forgot. ■

FOOTBALLS, THAT IS. COLIN WILLS SAYS IT'S BEST FOR WOMEN TO STAY AWAY WHEN SATURDAY COMES



My idea of showing a girl a good time when I was a teenager was to take her to watch Torquay United play football. Few of

them ever came back for more. For some inexplicable reason they always found more urgent things they had to do on Saturday afternoons – though when I saw one of them through her front room window de-fluffing her navel, I began to have my doubts. Looking back, it was probably just as well. Hell is spending 90 minutes at a football match next to a woman who has absolutely no interest in the game at all. You try to be patient and you think you've got through and then, after 72 minutes, she says: "So if they

kick the ball into that net thing, it's a goal, right?" and you're back to square one. Mind you, if they had only persevered, they would have found plenty to entertain them. There have been more comedians at Torquay over the years than have ever walked on stage at the Royal Variety Show. The present chairman keeps 44 parrots in the club colours and once painted the visiting team's dressing room pink because he was told it would lull them into a such a sleepy state they wouldn't care if they kicked a ball or not. Result: Torquay lost their next three home games and it was back to the paint chart. But the greatest comedy moment of all was when they were saved from going out of the League altogether by the actions of a police dog called

Bryn. Torquay, needing to draw their last match to stay up, were 1-2 down with 10 minutes to go when defender Jim McNichol, chasing a ball over the touchline, collided with Bryn and was bitten on the backside – a wound that required 17 stitches. In the time added on for treatment of McNichol's savaged bum, Torquay equalised and stayed up. Never since Lassie has so much been owed to a four-legged saviour. Admittedly, such moments of high drama are few and far between, and it can be a long wait for a woman. Times are changing and more and more women are getting interested in sport, but for every fanatic there is still someone else who has been dragged along by her bloke and spends her time gazing at thighs gleaming with wintergreen and seeing if there's anyone in the Scunthorpe United side who looks even remotely like Brad Pitt. Females can also be a damn nuisance,

Did you hear what the bloke behind just called me – aren't you going to do something about it?