

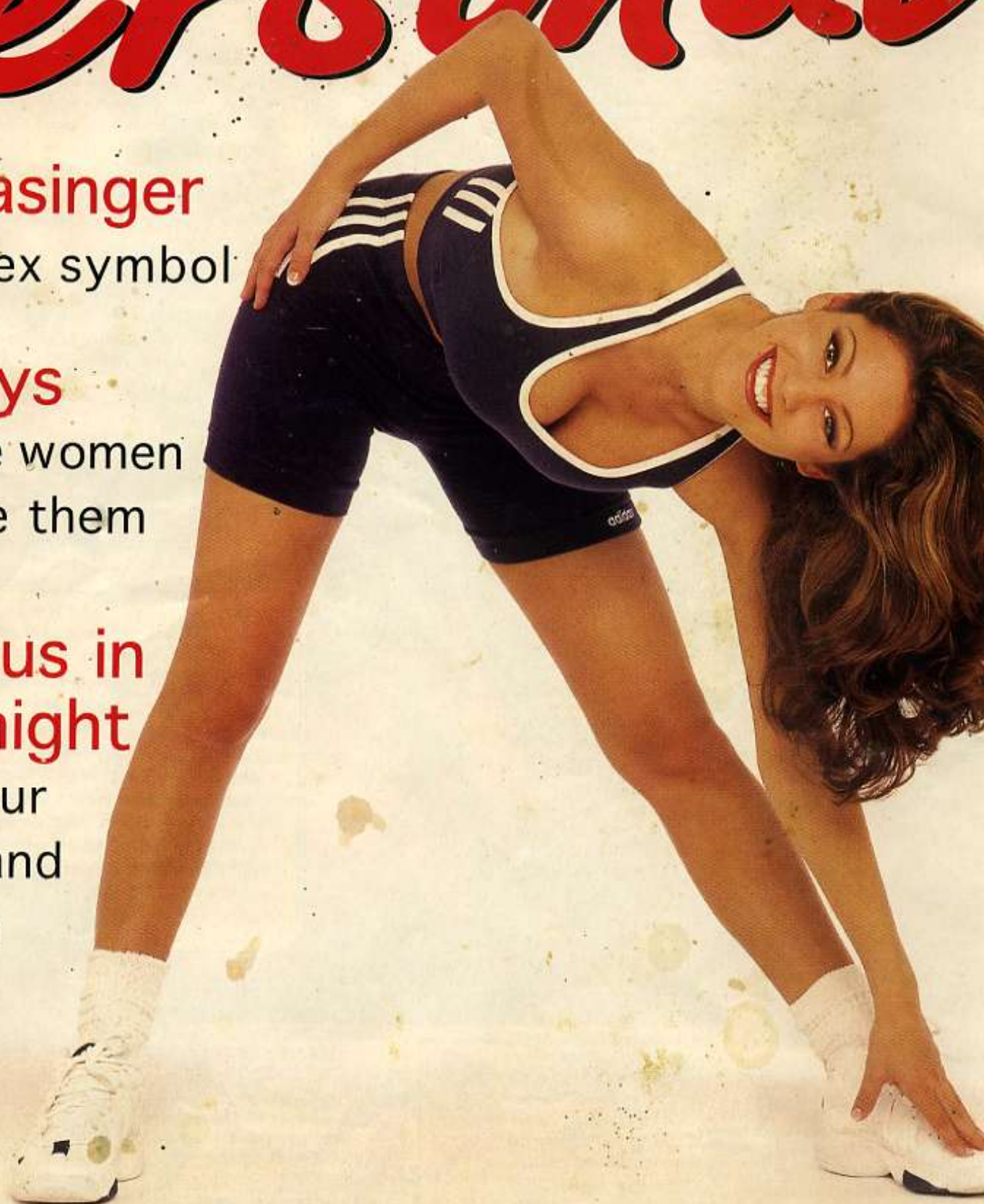
SUNDAY MIRROR ★ OCTOBER 26, 1997

# Personal

**Kim Basinger**  
I'm no sex symbol

**Toyboys**  
Meet the women  
who love them

**Fabulous in  
a fortnight**  
Start your  
fitness and  
diet plan



**BIGGER! BOLDER!**

FOR WOMEN WHO **KNOW** WHAT THEY WANT

# Personalists

## Have you ever noticed how...

### 10 EXAMPLES OF SOD'S LAW

Cheques get lost in the post but bills never do

The other queues always move faster than yours...



Illnesses always start on a Friday evening...

... but end on a Monday morning

Friends come and go but enemies accumulate

The odds of bread falling butter-side down are directly proportional to the value of the carpet

The more severe your itch, the more difficult it is to scratch

If in a single month only three enjoyable social activities are taking place, they will all happen on the same evening

You only ever find an object in the last place you look

The only way to get a bank loan is to prove you don't need one

## You can't put that there

### 10 PLACES WHERE WE'VE YET TO SEE ADVERTISEMENTS

- 1 Canterbury Cathedral
- 2 Policemen's helmets
- 3 Fire engines
- 4 Outside Buckingham Palace
- 5 Inside a hospital operating theatre
- 6 The Duchess of York's shoes
- 7 The Bible
- 8 Hearses
- 9 The House of Commons
- 10 On TV sets



## Criminal records

### THE VILLAINS' TOP 10

- 1 I'm Gonna Get Me A Gun Cat Stevens
- 2 Killer On The Loose Thin Lizzy
- 3 Back Stabbers The O'Jays
- 4 Jailhouse Rock Elvis Presley
- 5 Breaking The Law Judas Priest
- 6 Street Fighting Man The Rolling Stones
- 7 I Fought The Law The Clash
- 8 Guilty Barbra Streisand
- 9 Rubber Bullets 10 CC
- 10 I Shot The Sheriff Bob Marley



## Big lips is back

### 10 THINGS SAID ABOUT MICK JAGGER

"Mick Jagger is one of the sexiest men in the world and the best lover I've ever had."

**Jerry Hall**

"I think Mick Jagger would be astounded if he realised to how many women he is not a sex symbol." **Angie Bowie**



"From when I first met him, I saw Mick was in love with Keith. It still is that way."

**Anita Pallenberg**

"Mick was never very interested in having sex... Mick was only interested in reading a book." **Marianne Faithfull**

"The only man in the world with child-bearing lips."

**Bette Midler**

## Finally bought a CD player?

### 10 USES FOR OLD RECORDS

- 1 Pizza plates
- 2 Gardeners' kneepad
- 3 Ears for Mickey Mouse
- 4 Exhibit at the Tate Gallery
- 5 Bicycle wheels for a midget
- 6 Frisbee
- 7 Pooper-scooper
- 8 Bizarre wedding ring for someone with a very small finger
- 9 Spare wheels for a Lada
- 10 Skating rink for gerbils



## Who are you calling a...

### SIX INTERNATIONAL INSULTS



#### AUSTRALIANS

"Violently loud alcoholic roughnecks whose idea of fun is to throw up in your car"

(P.J. O'Rourke).

#### AMERICA

"What a pity, when Christopher Columbus discovered America, that he ever mentioned it" (Margot Asquith).

#### CANADA

"A country so square that even the female impersonators are women" (Richard Brenner).



#### NEW ZEALAND

"A country of 50 million sheep - three million of whom think they're human" (Barry Humphries).

#### THE SWISS

"A whole country of phobic handwashers living in a giant Bardays Bank" (Jonathan Raban).

#### GERMANY

"German is the most extravagantly ugly language: it sounds like someone using a sick-bag on a 747" (Willie Rushton).

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## LUCKY NUMBERS

the Personal way to choose your lucky Lottery balls

2

25

34

37

39

49

It's two years on Thursday since the Queen made history by taking a scheduled flight for the first time on a visit to New Zealand

This week in 1972 we saw Marlon Brando as *The Godfather* and heard about Chuck Berry's *Ding-a-Ling*

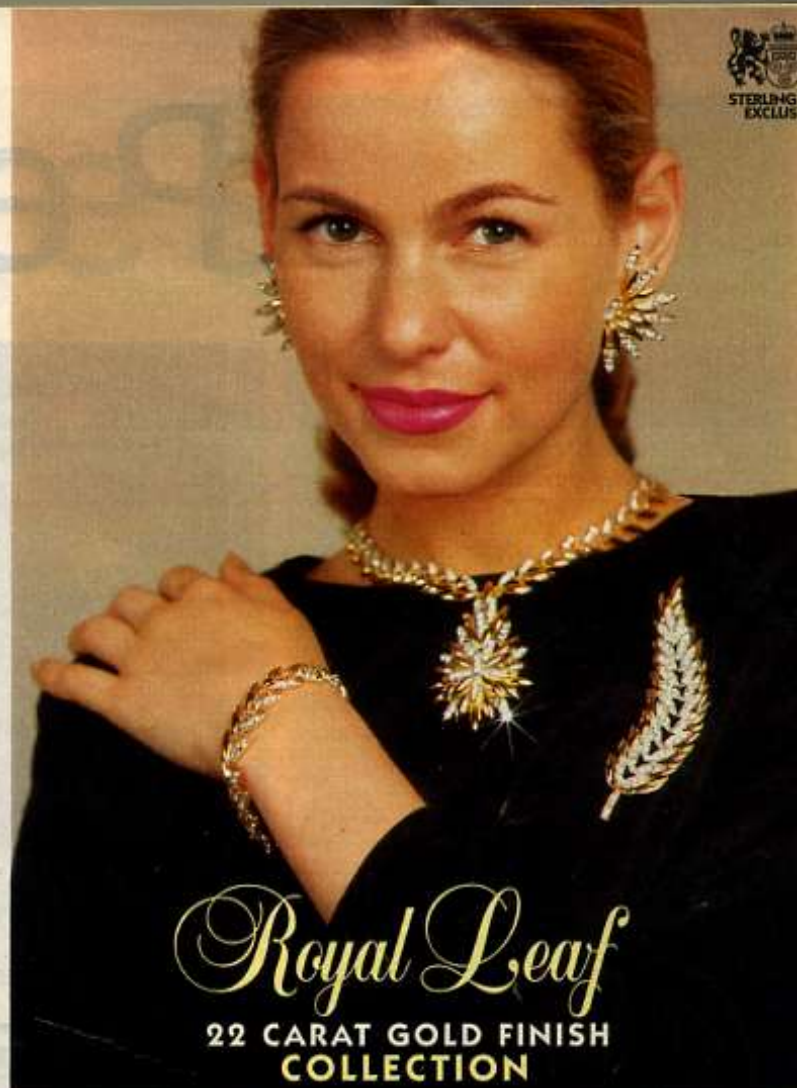
Marla Maples is 34 today. Wonder if Donald will come up in their imminent divorce settlement?

Cassius Clay's first pro fight was 37 years ago this Wednesday. He quickly became "The Greatest"

As Duran Duran star Simon Le Bon embarks on his 40th year tomorrow, wife Yasmin can test his Reflexes

America's First Lady, Hillary Rodham Clinton, hits 49 today. If she has a party she knows where to send the Bill

COVER PICTURE BY ANDY McCARTNEY



## Royal Leaf

22 CARAT GOLD FINISH COLLECTION

The Master Jewellers at Sterling Mint proudly present the Royal Leaf Collection. A truly spectacular 5-piece set comprising of necklace with matching earrings (clip on), bracelet and brooch - a classic design of everlasting beauty.

**22 carat Gold finish** lovingly hand set to perfection and finished in the purest 22 carat Gold. The entire set is crafted in the UK with breathtaking attention to detail. **314 Diamond-cut Austrian Crystals** The magic splendour of each piece ablaze the radiant fire of hundreds of the world's finest diamond-cut Austrian crystals. **A unique Gift** In the tradition of the master jeweller's art, each stone is individually hand-cut, so it is impossible for any two pieces to be exactly the same. You will be the envy of your friends and neighbours as this is the ultimate Christmas gift.

**Certificate of Authenticity** hand numbered in gold is provided. Each set is issued as an exclusive Heirloom Edition and offered in a luxurious presentation case free of charge. **Guarantee** 100% satisfaction assured, we give you a 14-day money back guarantee.

**Easy interest free payments** Buying our stones in bulk and cutting out the middle man allows us to pass substantial savings on to you. Simply send in your first payment by Nov. 30, to qualify for the reservation.

**A) The complete 5 piece set** Your personally crafted set attractively presented in a quality presentation case can be yours on the first of only 4 convenient, monthly interest free instalments of £35.00\* \*Plus £2.99 per order for p/p

**B) Brooch with bracelet only** this 2 piece set in a luxury presentation case is yours on the first of only 2 convenient, monthly interest free instalments of £35.00\*. You may pay by cheque, postal order, Switch, credit or debit card. Please allow approx. 28 days for delivery. Fast Priority Delivery

Option also available, phone for details Tel: **01708 444879**  
Sterling Mint (Dept LM) PO Box 23, Hornchurch, Essex RM12 4Q

**A) Complete 5 piece set** Number of sets ordered... enclosed £..... (Please enclose first payment of £37.99 per set). I understand I will be billed for 3 monthly interest free instalments of £35.00. (Total price £142.99 inc p/p)

**B) Brooch + Bracelet** Number ordered... enclosed £..... (Please enclose first payment of £37.99 inc p/p) I understand I will be billed for 1 monthly interest free instalment of £35.00. (Total price £72.99 inc p/p)

Mr/Mrs/Miss \_\_\_\_\_ Tel \_\_\_\_\_  
BLOCK LETTERS PLEASE

Address \_\_\_\_\_

Postcode \_\_\_\_\_ Signature \_\_\_\_\_

Please charge my Visa/Access/Mastercard/Amex/Switch No \_\_\_\_\_ Expiry Date \_\_\_\_\_ Switch issue no \_\_\_\_\_



Necklace 31cm (13 1/2") long  
Brooch 13cm (7 1/2") long  
Brooch 7cm (2 1/2") long  
Earrings 6.2cm (2 1/2") long

Spot the  
difference

AND WIN A STEREO VCR!



You could win  
this stunning  
new Nicam  
stereo VCR



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

**HOW TO ENTER** There are THREE  
differences between our pictures of TV  
beauty Tania Bryer. But in which boxes are  
they? Phone 0891 525 314 and leave your  
answer, name and address. The winner will be  
the first correct answer selected at random  
from entries received by the closing date,  
Friday, October 31, 1997. Calls cost 50p per  
min. and should last no longer than two mins.

**ALL YOU HAVE TO DO IS CALL**  
**0891 525 314**

# Persona



**FUR ENOUGH** Ben Elton anticipates any  
catty remarks ... by getting his retaliation in first

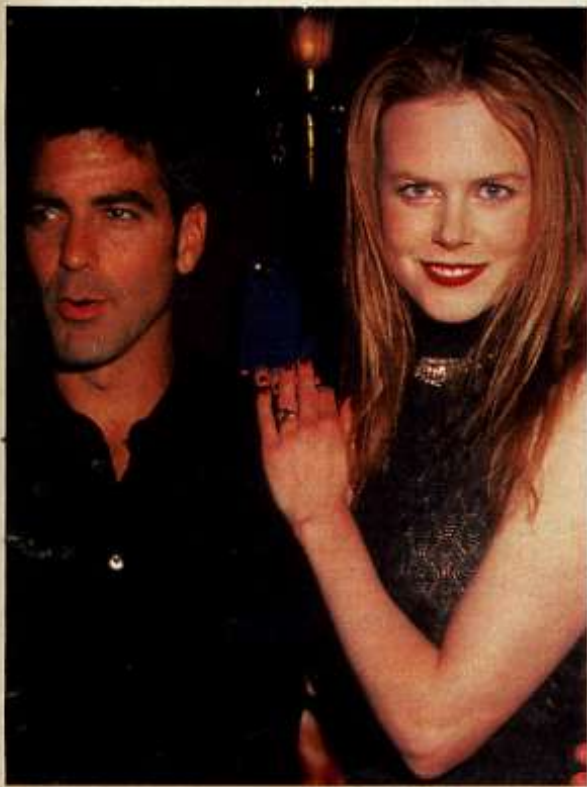


**OPEN WIDE** Frank and Denise flash their  
pearlies ... while Dani and Ulrika show  
why blondes have more fu ... fu ... footballers



**THEREBY HANGS A TAIL** Page 3  
of envy, but the fishy character trapped  
**Messenger's** dress feels a right sprat

# pictures



**HIGH LIFE** Nicole Kidman turns in a towering performance alongside **George Clooney** . . . ever since tiny Tom cruised into view she likes a guy she can lean on



**ARMLESS FUN** If this is his pick-up technique, no wonder **Jim Davidson's** had so many broken relationships



**FLAG WAIVING** Could **Kate Moss** be staging a supermodel sit-in? Well she is in the union, Jack!



**BUDDY GUY** After losing his Britpop crown, Blur's **Damon** starts a flower-power revival



**PRIVET MOMENT** "Look Sly, I'm sorry, but I actually was dragged through a hedge backwards," explains wife **Jennifer Flavin**

## ARIES

MAR 21 - APRIL 20

With money matters being affected by two sharp planetary links you are hardly likely to start the week with a song in your heart. Remember, however, that some things are not meant to be, and by pulling out the plugs now you might save time and trouble later on. Refuse to dwell on yesterday's dreams. By the time of Friday's New Moon your sights will be set on a more worthwhile project than was previously considered. And, provided you make your bid at the right moment, you'll recoup losses and save the day. In this instance, timing is everything.

For your in-depth weekly forecast call  
0930 564 061

## TAURUS

APRIL 21 - MAY 21

It seems that partnership matters are dashing with the working pattern of your life and you must do everything in your power to restore peace and calm. What you cannot have is a situation where you are torn between the two, and consequently do neither of them justice. Friends and foe alike are aware that you rarely give in or give up — you are, after all, the fixed earth sign of the zodiac. But perhaps it's time to demonstrate some measure of flexibility in the hope that others will do likewise. Where you lead, others will follow. Try it and see.

For your in-depth weekly forecast call  
0930 564 062

## GEMINI

MAY 22 - JUNE 21

Day-to-day routines are being disrupted and it's hard to ascertain why. And, while you rightly proclaim your innocence, there's nowhere to lay the blame. The simple explanation is that the planets are having a little game with you, so neither over-react nor rise to the bait. Mercury is asking the right questions, but Jupiter is providing answers which throw more spanners in the works. Steer clear of speculation or debate. Friday's New Moon heralds a brand-new start. Until then there's only one thing you should want to hear on the subject. The sound of silence.

For your in-depth weekly forecast call  
0930 564 063

## CANCER

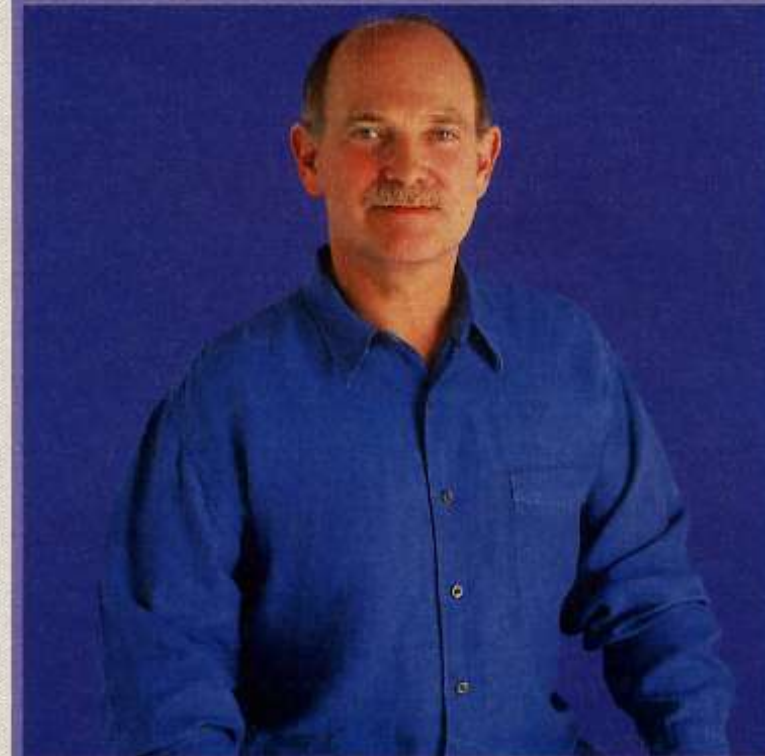
JUNE 22 - JULY 23

Your sensitivity is one of your great strengths, but it can work against you in times of stress or strain. What you are facing now is a situation which could be resolved if certain individuals would step down or help make amends. Unless that happens soon, however, you'll be tempted to sever all ties and connections. Just think how much chaos will be created and what little good will be done. A Mercury-Jupiter clash early in the week means you are reading far more into situations than really exists. Do nothing that cannot be undone. An explanation is on its way.

For your in-depth weekly forecast call  
0930 564 064

# Your stars

PETER WATSON'S WEEKLY FORECAST



SUNDAY OCTOBER 26 TO SATURDAY NOVEMBER 1

## LEO

JULY 24 - AUG 23

You are trying to satisfy two conflicting obligations and doing neither very well. With the Sun at odds with Uranus, it will not be easy to combine the pressures of an intense relationship with everyday life, and some sort of respite may be the only answer. Don't imagine that a long goodbye or dramatic finale is called for. These things are often resolved quite quickly, and Friday's New Moon sees you enjoying a brief state of limbo before deciding what the next move should be. There is truth in the words: wandering paths will cross again if it is meant to be.

For your in-depth weekly forecast call  
0930 564 065

## VIRGO

AUG 24 - SEPT 23

Plans to invest in your home environment are long overdue and others will happily listen to whatever suggestions you care to make. Indeed, the combined influence of Venus and Mars should help bring things to a swift and happy conclusion, although you must resist getting side-tracked by sub-plots you don't need to hear. What you are about to witness is a cry for attention, and a polite but firm response is the only answer. Make a clear distinction between fact and fiction. Then let others see you are determined not to let the two merge into one.

For your in-depth weekly forecast call  
0930 564 066

## LIBRA

SEPT 24 - OCT 23

Much as you dislike any confrontation, it would be the easiest thing in the world to fall out with certain individuals this week. It would also be a great shame. You have been picking your way through complex financial or formal arrangements recently, and this has probably left you tired and tetchy. So it's little wonder you're over-reacting to even the most innocent remarks. Bite your tongue and bide your time. By the end of the week you will discover a formula that suits everybody concerned. You'll also be extremely glad you decided to watch and wait.

For your in-depth weekly forecast call  
0930 564 067

## SCORPIO

OCT 24 - NOV 22

As money matters enter a more manageable phase, family affairs are beginning to keep you on your toes. In fact, antagonistic links to the Sun and Mercury may get the week off to a slightly bumpy start. But don't worry. Just remind those around you that you're not in the business of harbouring grudges. Whatever upsets may occur, they are minuscule in the grand scheme of things. This is a time to let bygones be bygones. A New Moon in your sign suggests that joy is about to make an entrance — but it will wait and see whether it is welcome before it appears.

For your in-depth weekly forecast call  
0930 564 068

## SAGITTARIUS

NOV 23 - DEC 21

No-one could deny that you have been under pressure — but still you keep coming back for more. And so you should, because current developments are guaranteed to bring out the best in you. Who cares if others insist on springing a few surprises? No one will catch you out. You're well equipped to stay ahead of the game. You will, however, need to conserve energy if you are to keep up the pace for much longer. The trick lies in using the minimum of effort for the maximum effect. Cut corners and lighten your load. You've got a long way to go.

For your in-depth weekly forecast call  
0930 564 069

## CAPRICORN

DEC 22 - JAN 20

In an attempt to solve ongoing problems you have made certain changes to your life. However, in doing so, you have probably given rise to many more questions than answers. Not until you face some basic truths will you see your way clear to improving the situation. Accept the fact that a reappraisal of family or financial arrangements is long overdue. And try to persuade others to give their full co-operation. What transpires around the time of Friday's New Moon will provide the germ of an idea which could have great bearing on your long-term security.

For your in-depth weekly forecast call  
0930 564 070

## AQUARIUS

JAN 21 - FEB 19

You are likely to be faced with an argument you simply cannot win. So have nothing to do with it in the first place. A Mercury-Jupiter clash means that colleagues and close companions will start the week in an argumentative mood. But surely you've got better things to do than to split hairs over issues that hardly matter anyway? Someone has to be the grown-up in this situation, so it may as well be you. At the first hint of controversy, just remind everyone that this is everyday life they're dealing with — not rocket science. A true perspective will save the day.

For your in-depth weekly forecast call  
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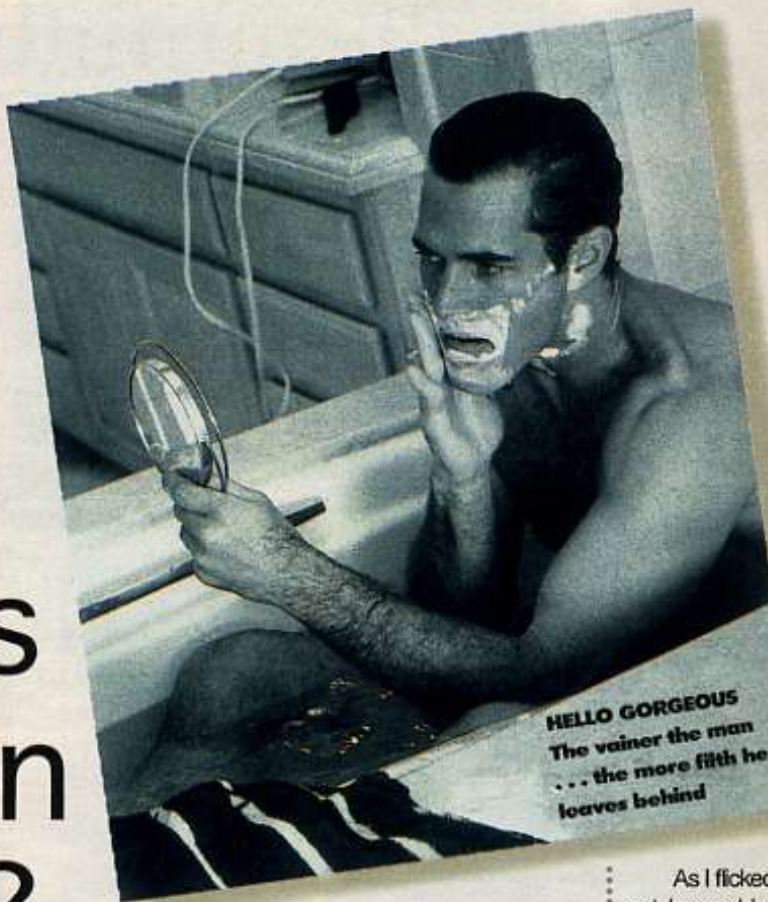
## PISCES

FEB 20 - MAR 20

The urge to move onwards and upwards gets stronger each day. Even so, you cannot ignore the fact that something, or someone, seems to be holding you back. And this is hardly surprising with so much powerful planetary activity occurring in the most sensitive area of your chart. It seems you are being reminded of some unfinished business and may have to deal with the past before heading off into the future. It's not so much a case of settling old scores, more of a need to seek some sort of truce. Life is too short to have enemies. Make friends.

For your in-depth weekly forecast call  
0930 564 072

# Can you love a man who leaves his toenails in the bath?



**HELLO GORGEOUS**  
The vainest the man  
... the more filth he  
leaves behind

the walls of a tube station, a six-pack of Carlsberg Special Brew cooling on the window ledge. Once ensconced with me, though, he turned into Terence Conran, telling me: "Surely that plant needs its leaves sponged with soapy water?" or "the trouble with terracotta tiles is you can't get them really clean."

**JENNY NISBET SAYS MEN ARE JUST LIKE A MONASTERY ON WASH DAY ... FULL OF FILTHY HABITS**



Lounging by the pool of a Majorcan hotel while taking a

late break, a fascinating tableau unravelled in front of me. In what could have been a scene from the Old Testament, a beautiful young girl with gym-honed arms and the dearest little Armani bikini was kneeling at the feet of a chubby Liverpoolian TV comedian putting on his sandals. As he continued to talk fluent Scouse into his mobile phone, she adjusted the Velcro straps with a satisfying snap before proceeding to neatly rearrange his toes, like so many pasty-white piano keys. OK, so at a single stroke this pin-legged blonde had eliminated 20

years of feminist struggle. But a far more important question nagged me: Would she have performed this doting ritual so eagerly if she had just sat on his toenail clippings in the bath? Is it possible for a girl to treat a man like a Sex God when she has the inside track on his most revolting habits? Can you have a meaningful relationship with a man who lights a cigarette before getting out of bed, grows a fungus in his washbasin and hides dirty saucepans under the sink? Women may not be so much of a health hazard, but that doesn't mean we don't have irritating habits. For instance, my friend Kirsty still talks about "My Hugo" even though Hugo ran off with another woman 10 years

ago. Still, no one is allowed to mention that.

Then there is my busty ex-flatmate Alice, who pinched my boyfriends by the simple expedient of greeting them at the front door wearing only a skimpy red sweater and no knickers – most of them never made it as far as the sitting room. But when it comes to truly irritating habits my mind is irresistibly drawn back to my own Guardian of the Hearth. Like Elizabeth Barrett Browning, let me count the ways . . .

**1** My boyfriend is never wrong. Only the Pope is more infallible – and my partner is not Catholic.

**2** He keeps a photographic rogues gallery of ex-girlfriends which he looks at wistfully from time to time.

**3** He is a high priest of the Home-is-a-Temple syndrome. Before moving in, Charlie was perfectly happy living in a cupboard in Earl's Court. His interior design ideas came from the decor section of *The Big Issue* – a Julia Roberts film poster ripped from

As I flicked a duster over the TV set, he would recall quaint domestic scenes from his youth – rugs thoroughly beaten in the sun, serried lines of silver, mahogany polished as shiny as a prized conker.

But left alone for any time, he is like a garden. He quickly returns to the wild. After a week in the Mediterranean, I came home to find my flat looking spookily like the set of *Men Behaving Badly*. Dirty washing everywhere, a bare light bulb swinging above the bed ("I put in too strong a bulb and it burned the shade," he explained). In the kitchen a tomato explosion seemed to have taken place. "I wanted to clean it up, but I couldn't remember the name of those round wire things," he laughed cheerfully. "Brilo pads!" I shrieked on my way to a comforting bath doused with Magnolia Oil from Artisan Parfumer and clutching a large gin and tonic. Sinking gratefully into the soothing water, something sharp pierced my bottom. AAAARRGH!

I was lying on a bed of nails. Men as Sex Gods? Huh . . . ■

## WHAT'S YOUR MAN'S MOST DISGUSTING HABIT?

**VICKI HARRISON, 23:** "My boyfriend Ben breaks off during sex for a cigarette. It's unbelievable . . . he just stops everything and says, 'Hang on, I'm dying for a fag' – I don't know why I put up with it."

**HANNAH DAVIES, 24:** "Tom's had the same boxer shorts since he was 16. They have things like 'Thunderbirds Are Go' on the front and they're full of holes."

**SOPHIE BROWNING, 26:** "I can't stand his pet names for me. He calls me 'baby' and it sounds like a crap film. He tried 'sweetheart', but the worst is 'cupcake' – it makes me puke!"

**NATASHA BLAZE, 23:** "My boyfriend's really fit, but I can't bear the way he poses in the mirror. Before he's even said 'hello' he's lifting his shirt up and admiring his body. I wish he'd look at me the same way."

**ANN HOPE, 37:** "Ian is a pig in the kitchen. He drinks milk and juice from the bottle, and if he makes sandwiches he actually licks the butter knife between slices."

**CLAIRE WILSHIER, 19:** "My boyfriend Tom uses a horrible cheap deodorant and after-shave. I don't think he ever has a proper wash – he just splashes himself all over and thinks that makes him clean."



PICTURE: RETNA

I'm no

sex symbol

WHAT HOPE FOR THE REST OF WOMANKIND IF ALEC BALDWIN THINKS HIS WIFE IS THE MOST UNFEMINE WOMAN HE'S EVER MET? GABRIELLE DONNELLY GETS AN L.A. CONFIDENTIAL WITH KIM BASINGER.

**K**im Basinger? It can't be. The woman in front of me runs a hand through her beautifully-cut short, light brown hair and sighs cheerfully.

"It's growing back," she says. "I had it all off at first – right down to the roots. I went home looking like a man. Alec (as in Baldwin, her husband) thought it was so funny, he kept calling me *Jim Basinger*." Kim's trademark long blonde hair was a temporary sacrifice she made for the opportunity to star as a Forties-style glamour girl in the forthcoming thriller *L.A. Confidential*, which opens in Britain this week. "The character's hair had to be that platinum blonde they had in those days, and the director said to me, 'You can either dye your own hair, or we can fit you for a wig'. I couldn't possibly wear a wig, because with all the hair I already had, it made me look like I was wearing a football helmet. So we dyed my own hair platinum, and it was a total disaster. My hair actually started to fall out! I just about made it through to the end of the movie, and then I had to have it all cut off."

Still, she adds, given the choice, she'd do it all over again.

"Making the movie was a fantastic experience – I'm a huge fan of those old 40s and 50s films. When I was a child, I used to sit with my father for hours and watch them on television – I can still remember seeing the reflection from the screen on his face, and how wrapped up in it all he was. For this role, I watched a lot ▶



of old Veronica Lake films, and I absolutely fell in love with her. There was a spirit about her that was beyond the hair and the make-up and the walk and the talk. It was just sheer glamour."

You would think that Kim, a famous beauty and former model, would know a bit about glamour. But she says her husband – the not entirely unglamorous Alec – would be the first to tell you how very wrong you were.

"I sometimes find him just staring at me, and he'll say, 'You are the most unfeminine girl I've ever known!' "And he's probably right. But to be honest, I still think he's a little bit surprised by that. I mean, he does know the real me, and I know why he married me, and I love the reasons he loves me.

"But I do also think, from a man's point of view, he thought he was getting a little of that sex symbol type girl. And that's just not me!" However, she admits ruefully that the sex symbol label is precisely the public image she has. "When I did that sexy movie, *9½ Weeks*, I went to Europe to publicise it, and they said, 'Kim, you are a sex symbol.' I said, 'Well, that's nice, thank you very much'. I didn't know the tag was going to follow me around forever.

"I was taking to my agent the other day about a movie I really, really wanted to do, and he was humming and hawing, and eventually he said, 'Look, Kim, the problem is that the character is a mother. And the producer just can't see you as a mother, somehow'.

"I put the phone down and thought, 'I don't believe this'. I have a daughter aged two, I haven't had a full night's sleep for two years, but the producer can't see me as a mother!"

She admits, though, that parenthood is a juggling act.

"Having my daughter, Ireland, was the biggest accomplishment I'll ever achieve, and I'm happier with her than I would ever have thought possible. But I can't say it's easy.

"I remember when I was pregnant, Bruce Willis – who's got three



**NAUGHTY FORTIES**  
Kim studied old movies by Veronica Lake (right) to get the look for her new film



children – said to Alec, 'It's all over. You'll never sleep again in your whole life'. He was right. Ireland has changed everything. I'm a real hands-on mom, and I haven't spent a night away from my baby yet. "Although that might have to change because Alec is going to choke me if I don't go away with him for a weekend quite soon!"

Since becoming a mother, Kim has had to change her priorities, and some things have fallen behind. Her office, she admits, is "a nightmare", and she still has mail she hasn't answered since January. But one thing she has not let slide is her commitment to animal rights.

"I'm working on a campaign right now called Free The Elephants. It is truly appalling what is going on in circuses across America. These unfortunate elephants and many other animals are trained to do tricks, and then they're herded into railway cars and trucks and transported right across the country in the most horrific conditions . . . all supposedly in the name of entertainment.

"It's horrible. I don't claim to be an expert, but I am in the position to generate some publicity about it. And that's what I intend to do." Yes, Kim Basinger is very much more than just a sex symbol – and you'd better believe it. ■



**I have a daughter of two and I never get a full night's sleep. Yet one producer said he just couldn't see me as a mother!**



## fact file

- ★ Birthdate: December 8, 1953, in Athens, Georgia.
- ★ Star sign: Sagittarius.
- ★ She was first noticed as the girl in a US shampoo commercial when she was 16. A year later she bared all for *Playboy* and launched a successful modelling career.
- ★ Her first acting role was a bit part in the hit Seventies detective show *Charlie's Angels* which led to a role in *The Six Million Dollar Man*.
- ★ She met her third husband Alec Baldwin on the set of *The Marrying Man* - it took Alec four years to persuade Kim to marry him.
- ★ To stop the media from finding out about their wedding, Alec sent the guests invitations to a pie-eating contest instead of the more traditional wedding invites.
- ★ She used to date pop star Prince, and in 1992 she tried her hand at singing, taking over Madonna's vocal part on the hit *Shake Your Head* by Was Not Was.

PICTURE BY HERB RITTS/VISAGES/COLORIFIC

PERSONAL CHOICE

# Ready, steady... eat!

THEY FEED THE STARS AND WRITE BESTSELLING COOKBOOKS, BUT WHERE DO CELEBRITY CHEFS EAT OUT?

ANTONY WORRALL-THOMPSON

AGE 45

**RESTAURANT** Woz, Notting Hill Gate, West London.

**TV SHOW** *Ready Steady Cook*.

**CURRENT PUBLICATIONS**

*30 Minute Menus* (Hodder Headline), *Quick and Easy Fish/Winter Warmers* (Martin Books).

**CELEBRITY CUSTOMERS**

Rory Bremner and Michael Palin.

**MOST FAMOUS DISH** Eight-hour lamb shanks with flagelot beans, garlic and rosemary.

**EATS OUT AT . . .** Riva in Barnes is my favourite. The food is simple and natural from northern Italy. I also like the River Cafe in Hammersmith and I love Sunday lunch at The White Hart in Shiplake Row, near Henley.

**WORST DINING**

**DISASTERS** I take great pride in knowing the source of all my meat and hanging it myself. One man insisted his steak was frozen and threatened to "shove it up my . . ." I took a 40lb piece of meat and threw it on his table shouting: "If this is frozen, you can stick it up my . . . yourself."



ANDREW NUTTER

AGE 25

**RESTAURANT** Nutters Restaurant, Rochdale, Lancs.

**TV SHOW** *Utter Nutter* starts on Channel 5 on November 9.

**CELEBRITY CUSTOMERS**

Mark Owen, Anna Friel, Maureen Lipman, Darren Day

**MOST FAMOUS DISH**

Crispy Bury black pudding won-tons

**EATS OUT AT . . .** In

Manchester I'm always working, so I tend to go to Edenfield Chinese Restaurant for a mid-night snack. When I'm in London I enjoy L'Orangere, Yo Sushi!, L'Odeon and the Groucho Club.

**WORST DINING**

**DISASTER**

I was about 18 years old and the Dorchester Hotel had recently been refurbished. I went there and had a fantastic meal with lobster, foie gras and all the luxuries. Unfortunately, I drank too much champagne – and finished the evening throwing up all over their newly fitted carpets.



TONY CARSON

AGE 41

**RESTAURANT** Jim Thompson's Oriental. Branches in Chelsea, Shepherds Bush, Putney and in Croydon, Surrey.

**CELEBRITY CUSTOMERS**

Diana Ross, David Hasselhoff, Jack Dee, Chris Tarrant.

**MOST FAMOUS DISH**

A spicy Thai Sam-ba Udang.

**EATS OUT AT . . .** I don't have a particular favourite but like to keep abreast of the competition. Recent visits have included The Lanesborough's Conservatory Restaurant, Quo Vadis and Bluebird (all in London).

**WORST DINING DISASTER**

I once had to cater for a staff do and asked one of my head chefs to arrange the spread. For some reason she thought I was joking, and there was nothing to eat. We ended up having to organise a whip-round to get a Chinese takeaway.



SUSAN BROOKES

AGE 53

**TV SHOW** *This Morning*.

**CELEBRITY CUSTOMERS**

Frank Bruno, Michael Palin, Richard and Judy.

**MOST FAMOUS DISH**

A super-rich chocolate cake

**EATS OUT AT . . .** The Angel at Hetton. It's a Yorkshire Dales pub just down the road from us and it's very welcoming and cosy. Plus, the food's better than at home!

**WORST DINING DISASTER**

We had Sherrie Hewson (who played Maureen Holdsworth in *Coronation Street*) on the show and she's a bit accident prone. She was talking me through a dish that she had "prepared earlier" when she dropped it on the studio floor. Another time, Judy Finnigan and I were having a chat in the studio kitchen when she put her script down right on the hob. So we had a fire live on air! ▶



**ALBERT ROUX****AGE** 61**RESTAURANT** Le Gavroche, Upper Brook Street, London.**CELEBRITY CUSTOMERS**

Everyone from taxi drivers to Prime Ministers.

**MOST FAMOUS DISH** Soufflé Suisse, a cheese soufflé cooked in cream.**EATS OUT AT . . .**

I'm not worried about the ambience of a restaurant – it's what's on my plate that counts above everything. In London I go to Restaurant Marco Pierre White – he produces very, very true French cuisine.

And in the game season I do not know anywhere that cooks it better than at The Connaught.

**WORST DINING DISASTER**

I was preparing a banquet for a Jewish children's appeal. People had paid hundreds of pounds for seats. Then without any warning 22 ovens collapsed simultaneously because of an electricity problem. The President of Israel and his guests had to do without the lamb. They agreed it didn't matter – at least the money was going to a good cause.

**RICK STEIN****AGE** 50**RESTAURANT** The Seafood Restaurant, Padstow, Cornwall.**TV SHOW** Rick Stein's Fruits of the Sea.**PUBLICATIONS** Fruits of the Sea/Rick Stein Cooks Fish (BBC).**CELEBRITY CUSTOMERS**

David Bowie, Denis Thatcher, Edward Woodward.

**MOST FAMOUS DISH** Shellfish with olive oil, garlic and lemon juice.**EATS OUT AT . . .**

Locally I go to the Pig And Fish in St Ives. I like the fish and they're good with pigs too! In London I love the Ivy, it's a perfectly run restaurant – the food is fun and the atmosphere is brilliant. I also love the simplicity and quality of The River Cafe in Hammersmith.

**WORST DINING DISASTER**

I'd just started out when someone ordered Dublin Bay prawns. The waiter came back a few minutes later with the message: "They were delicious, but have you ever thought of cooking them?" I'd just assumed prawns came a bluish colour. ■



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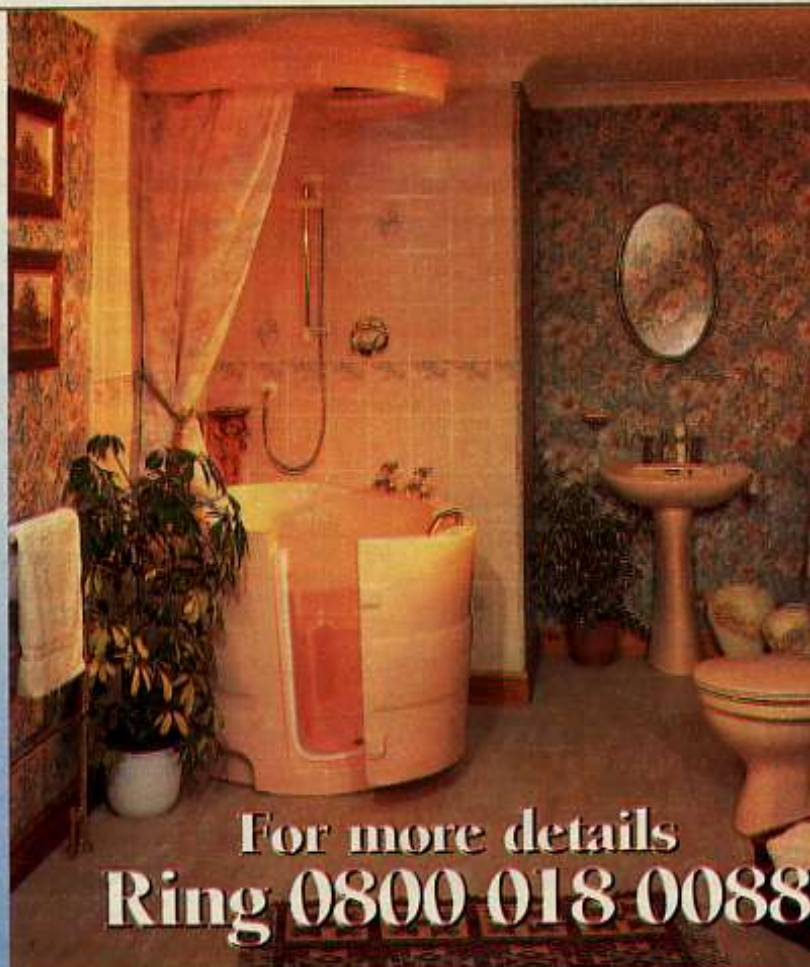


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# Fabulous



**SLIMMING FOR A BIG OCCASION OR A WINTER SUNSHINE BREAK? NEED TO LOOK GREAT IN NEXT TO NO TIME? LET MONICA GRENFELL GUIDE YOU THROUGH HER STEP-BY-STEP PLAN FOR A FABULOUS NEW YOU IN JUST TWO WEEKS!**

**H**ow is it possible to look Fabulous In A Fortnight? If you are two stone overweight, had a disastrous haircut last week, are tied to the house with three children and a bucketful of dirty washing, or haven't enough money to buy anything more stunning than a new pair of tights, it will take more like a Miracle In A Month to get you anywhere near fabulous. Right? Wrong! Absolutely anybody can look fabulous. Plenty of women spend a fortune and still look a mess, and I'm here to show that with a bit of organisation and commitment you can look Fabulous In A Fortnight without having to book in at a health farm or lash out on a new wardrobe.

Many of my clients come to me with a specific occasion in mind. It can be anything from a job interview,

wedding, office party or the homecoming of a loved one. I even helped one young girl who was suddenly asked to a football match by the boy of her dreams. Despite the fact that she would be dressed in jeans and a sweater, she still wanted to make the best of herself. She shed half a stone, got rid of her spots and it must have worked, because they are now engaged!

## What is a 'Fabulous' woman?

- ★ She is slim.
- ★ She has good legs.
- ★ Her complexion is clear and healthy.
- ★ Her hair is glossy.
- ★ Her hands and feet look cared for.
- ★ She has good posture.
- ★ Her body is smooth and scented.
- ★ She has a good bustline.
- ★ She has a bright and friendly smile.

## The diet

You can't look good if you don't eat. And you can't look good if you eat rubbish. I firmly believe that if you are going to look fabulous, you must spend LESS time in the kitchen, and the food you eat should be uncomplicated, unprocessed and wholesome.

### THE RULES

Follow this diet for six days, then have a day off. Although I have not included the instruction every day, you must follow these golden rules:

- ★ **Every** meal is accompanied by a glass of water.
- ★ Your daily ration of butter is 7g or 1/4 of an ounce. It isn't much, so spin it out or save it.
- ★ **Three** slices of bread each day – either for breakfast, a sandwich meal or supper.
- ★ **Four** pieces of fruit each day – I have included stewed fruits, as they are excellent for cleansing your system. If you cannot stew it yourself, look for bottles of fruit compote in supermarkets.
- ★ **Yoghurt** is plain "live" yoghurt – the bacteria help the digestion of high fibre. **No** "diet" or low-fat yoghurts.
- ★ Try to eat your **main meal** in the middle of the day.
- ★ Drink only **decaffeinated** coffee or tea.
- ★ You should drink a **pint of skimmed milk** every day in drinks or on cereal, plus a small glass of regular milk (in milkshakes).



# in a fortnight

DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX
<p><b>MID MORNING</b> 5 fl.oz/140ml skimmed milk, OR coffee made with skimmed milk OR Banana milkshake: 100ml skimmed milk and one banana, blended together.</p>	<p><b>MID MORNING</b> One apple, orange or pear plus tea or coffee.</p>	<p><b>MID MORNING</b> One banana, 5fl ozs/140ml full-cream milk.</p>	<p><b>MID MORNING</b> One digestive biscuit. Tea or coffee.</p>	<p><b>MID MORNING</b> 5 fl ozs/140ml full-cream milk. One digestive biscuit.</p>	<p><b>MID MORNING</b> Two Rich Tea biscuits. Tea or coffee. Plain water.</p>
<p><b>MAIN MEAL</b> Mushroom Medley Risotto OR Roast or grilled chicken breast with potatoes, carrots, broccoli.  Poached stuffed peach, tea or coffee and a glass of water.</p>	<p><b>MAIN MEAL</b> Macaroni cheese with tomatoes.  Chicken roulade with layered vegetables.  One banana chopped into one carton natural fromage frais.</p>	<p><b>MAIN MEAL</b> Grilled plaice, 6 ozs/170g) boiled potatoes, two tbsp each carrots, peas, broccoli OR Thai-style stir-fried vegetables.  Baked apple and custard.</p>	<p><b>MAIN MEAL</b> Pasta primavera OR Salmon fillet with 6 ozs/170g mashed potatoes and green vegetables.  Plain fromage frais with stewed fruit.</p>	<p><b>MAIN MEAL</b> Cod in lemon caper sauce with lime rice OR Linguini in creamy watercress sauce. OR 1/4 vegetable quiche (bought) with French beans and 6ozs/170g potatoes.  Glass plain water.  Fromage frais with stewed fruit or bought compote.</p>	<p><b>MAIN MEAL</b> Seafood pilaff OR Vegetable chilli OR Herb omelette with mixed salad and 4 ozs/115g boiled potatoes.  Rice pudding.</p>
<p><b>LIGHT MEAL</b> One jacket potato, 1oz/30g grated cheese.  Salad from salad selection.  Fresh fruit salad.</p>	<p><b>LIGHT MEAL</b> Cottage cheese and fruit salad: One sliced apple, 12 grapes and 12 orange and grapefruit segments. 100g/4ozs cottage cheese on watercress bed OR one round cream cheese and grape wholemeal sandwiches.  Mixed fresh fruit salad OR three pieces fresh fruit.</p>	<p><b>LIGHT MEAL</b> Welsh Rarebit with tomatoes OR One round salad sandwiches on wholemeal bread with one tsp mayonnaise.  Mixed fruit salad.</p>	<p><b>LIGHT MEAL</b> Waldorf salad OR Smoked chicken with pesto pasta salad OR One round egg mayonnaise sandwiches on wholemeal bread.  Orange and grapefruit segments with plain bio yoghurt.</p>	<p><b>LIGHT MEAL</b> Egg mayonnaise salad OR One jacket potato with prawns OR One round egg sandwiches on wholemeal bread with watercress.  Plain water.  Fresh fruit salad.</p>	<p><b>LIGHT MEAL</b> Warm, spicy chicken salad OR Baked beans on toast OR One round light cream cheese and grape wholemeal sandwiches.  Two pieces fruit OR Fresh fruit salad.</p>
<p><b>SUPPER</b> Two slices wholemeal toast, one tsp jam or Marmite.  Bedtime drink.  Mineral water.</p>	<p><b>SUPPER</b> Two slices wholemeal toast, one tsp jam or Marmite.</p>	<p><b>SUPPER</b> Two digestive biscuits.  Bedtime drink.</p>	<p><b>SUPPER</b> 1 oz/25g porridge, 1 tsp sugar (no milk).</p>	<p><b>SUPPER</b> Plain yoghurt with a few sultanas and 1/2 oz/15g, mixed nuts or flaked almonds.</p>	<p><b>SUPPER</b> 1 oz All Bran. 5 fl ozs/140ml skimmed milk.  Chopped apple. Two brazil nuts, chopped.</p>

★ **BREAKFAST** is the same every day. Have either 1 oz/28g porridge made with water and a little skimmed milk, or two slices of wholemeal toast, with butter from your allowance and 1 tsp marmalade. It is a good idea to add a boiled egg twice a week. Drink tea or coffee as usual, and remember to drink a glass of water.

★ **MAIN MEALS** should be accompanied by vegetables and potatoes, rice or pasta. Even if you choose a curry or stir-fry, always have a side plate

of fresh, dark leafy vegetables, such as broccoli, cabbage or spinach, which are good for their anti-oxidant properties.

★ **LIGHT MEALS** These should always include a colourful, mixed salad. There are 20 special and unusual salads to try, but even if you have a toast meal or take sandwiches to work, include salad.

★ *This is a calorie-counted Mix and Match diet. Stick to the rules and you can choose meals from other days. Full recipes are in my book (see over).*

# Fabulous in a fortnight

## Beauty

These treatments should be done **EVERY DAY**:

- ★ Moisturise your body with scented cream after your bath.
- ★ Thoroughly cleanse, tone and moisturise your face.
- ★ Massage your hands and nails for two minutes with a rich cream.
- ★ Shave your legs.
- ★ Pluck stray hairs from your eyebrows.
- ★ Apply rich body lotion to your shoulders, neck and chest before you go to bed.

These treatments should be done **THREE TIMES A WEEK**:

- ★ Exfoliate your face
- ★ Remove hard skin from your feet, and massage.
- ★ Soak your nails in hot oil for 10 minutes.

These treatments should be done **ONCE A WEEK**:

- ★ Complete body exfoliation or scrub down.
- ★ Full facial mask.
- ★ Full pedicure.
- ★ Full manicure.
- ★ Deep hair conditioning treatment.

## Next week

**Week Two of your diet plan . . . PLUS tips on hair care, beauty routines, improving your posture and voice, and how to read body language. It's all in Personal Magazine next week . . . don't miss it!**

Extracted from *Fabulous In a Fortnight* by Monica Grenfell, to be published on November 7 by Pan, price £7.99.



## Your daily exercises

Looking fabulous means daily exercise. You will lose fat, banish unsightly goosebump flesh from the tops of your thighs, and clear your complexion. Always start the day with a good wake-up stretch and a mobilising warm-up.



### Should I eat before exercise?

No, eat afterwards. You should have an empty stomach when you do strenuous exercise. Think of it like putting cotton-wool into a furnace – your body is still burning fuel for a couple of hours AFTER strenuous exercise, so choose some cereal and fruit or a rice or toast meal – and plenty of water.



PICTURES BY ANDY MCCARTNEY



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**2**

Go into kick-backs. Kicking each foot backwards to your bottom, starting with arms outstretched. Bring your elbows in to your waist and stretch out again. Repeat 16 times.



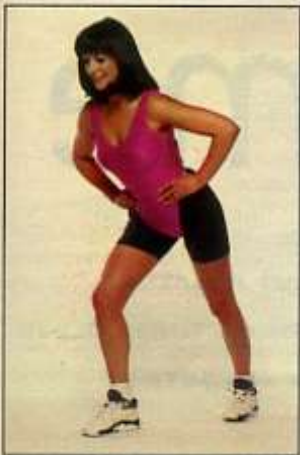
**3**

Lift each knee as shown 16 times, doing simple elbow curls.



**7** **SIDE LEG LIFTS**

With leg extended, bottom leg slightly bent, rest on one hand. Lift your top leg, being careful not to fling it upwards. Lower and raise again 16 times SLOWLY. Change legs.



**5**

Following the picture, lean slightly forwards and press your heel back to the floor. Hold for 10 seconds. Change legs and repeat.



**6**

Hold each arm across your chest for 10 seconds to stretch your shoulder.



**8**

With legs crossed, lean forwards and feel the stretch in your outer thighs. Hold for 10 seconds. Lie on your other side and repeat the leg lifts. Stretch out again.

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# My toyboy is the only man for me

A MAN ON A DATE WITH A MUCH YOUNGER WOMAN HARDLY RATES A SECOND GLANCE. BUT A MATURE WOMAN OUT WITH A YOUNG MAN IS STILL RARE ENOUGH TO ATTRACT STANGE LOOKS. TODAY, THREE WOMEN AND TWO 'TOYBOYS' TELL THEIR STORIES TO WENDY SLOANE. PICTURES BY ANDY McCARTNEY

## JANET BRADLEY, 65 Landscape designer, London

It is quite common to see an older man with a young woman, as long as he's well-heeled and has a certain amount of power. But you don't often see a young man with a woman of my age. My boyfriend is only 31, and he looks a lot younger. Mark has a really schoolboyish face. People always think he's a lot younger than he really is, but mentally he's older than his years. He's very intelligent and knowledgeable and brilliant at all sorts of things. I have known a number of young men, and since I'm in pretty good shape I never feel intimidated or embarrassed when I'm with them. I suppose with Mark I initially wondered a bit why he was with me, but he isn't the type of man who needs to date a mummy figure, and as he makes pots of money I know he isn't with me for that. I did wonder if perhaps Mark feels it's a bit of a feather in his cap to be with an older and more worldly kind of person. But we do have a lot of the same interests, so it doesn't seem that odd.

I remember on one occasion we were in a restaurant, and at the end of the meal the waitress gave the bill to me. It was obvious she thought I was his mother. I considered that

quite a hoot. With Daniel it was a bit different. I met him at a party. He was nice and attractive, but only 23. At the time I was in my late 50s, but I never really thought of the age difference between us. I often attend parties where there are people of mixed ages, and when I met Daniel I wasn't looking for a man – it just happened. We started talking and got along very well. Daniel offered to drive me home. In the car, he invited me to go and hear some jazz the following week, and I accepted. I thought it was quite normal. Daniel was probably the youngest boyfriend I had, and when I was with him I was aware that occasionally people were staring at us. But I didn't mind. I'm the one who broke it off, as I just got tired of him. I think he was quite hurt, but it may have just been his ego.

## GEORGE HEADLY, 21 Builder, London

I work with my father and my uncle in the family building business. About three years ago, when I was 18, I was taking off some taps from a sink unit in a flat owned by a titled lady in a fancy part of London. I was lying underneath the sink and she literally just walked up to me and grabbed me in the crotch. I hadn't heard her come into the room. I jumped up and

cut my head on the trap of the sink and blood started to pour down my face. She rushed over and apologised and helped me to the couch, grabbed a first aid kit and tended to my wounds.

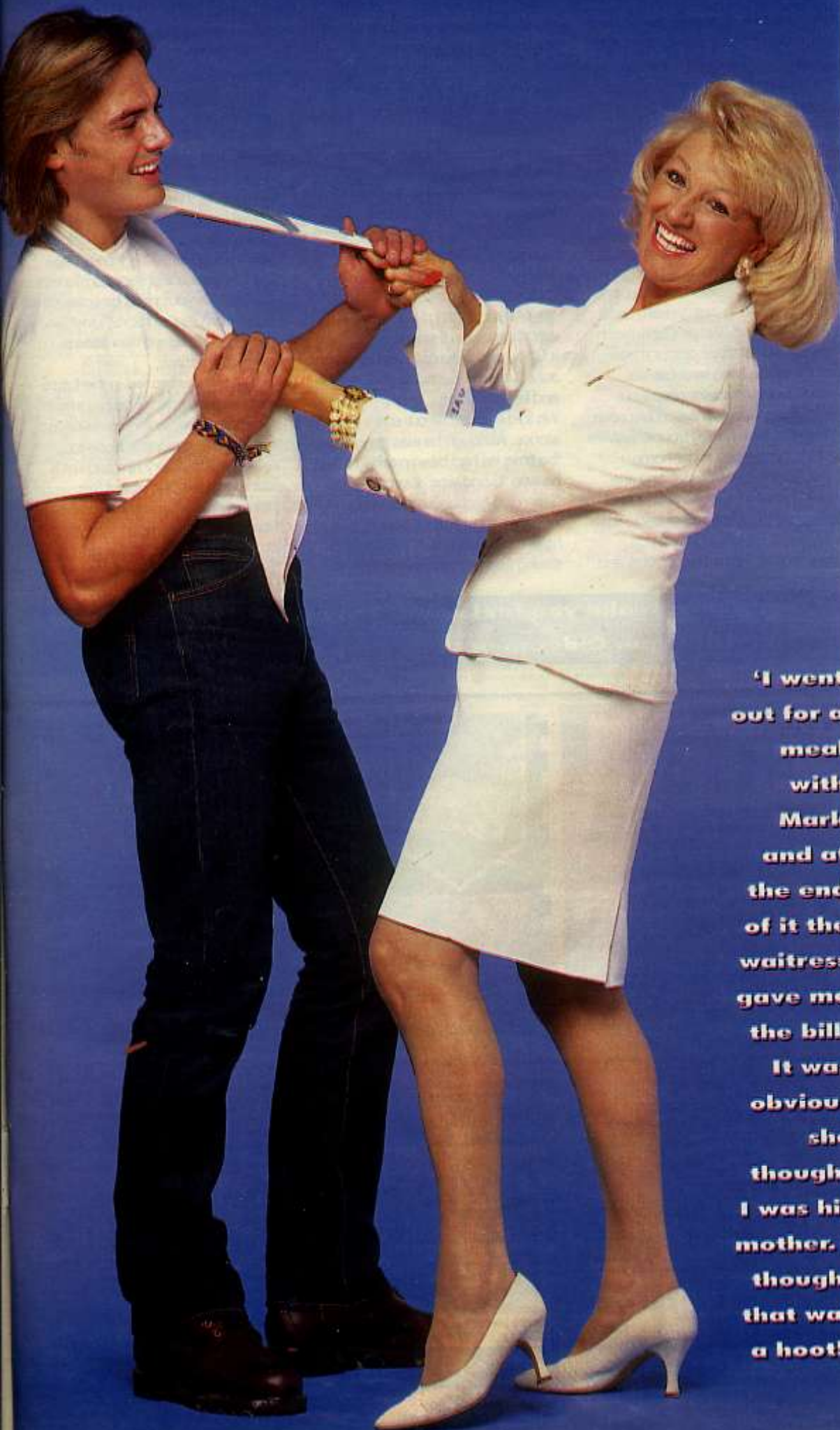
That's how it all started. She removed my blood-stained shirt... and it didn't stop there. She was 59 at the time, but she modelled in fashion magazines and looked terrific. She was immaculate and would spend practically all day at the gym. She takes really good care of herself and gets most of her clothes from fashion magazines. She looks about 45. Whenever I work in this particular block of flats she'll come looking for me or I'll go over to her place. I just go to her bedroom and we have sex. She's divorced and she pays me a lot of compliments, but usually about my performance, not about my youth or looks. She likes young guys because of their energy in bed, mainly, and I'm all for it.

Sometimes when I'm working in her block she'll say, "Fancy coming out later?" And I'll say, "Yeah, why not?" I usually have to find an excuse not to go home with my dad as I still live at home. We usually go out for a meal and then back to her flat. But I never spend the whole night there. It would be too awkward to explain

where I'd been when I got home. When we go out she's always in designer clothes, but she likes to be dressed the way she first met me in jeans and a T-shirt. She also goes out with an older guy. She's got a lot of it – and she always says we go out. But that's not why I'm with her. I guess I'm kind of a keeper, but I don't see her on a date so I don't care.

## TABITHA SCOTT, 40 Medical assistant, Essex

I've always dated younger men. Older ones are boring – and absolutely wonderful, they're so well. They smell lovely and look good. They don't try to impress at that age because they know they can go to bed with anyone. They are not desperately trying to impress with you. They care about you as a person, are very attentive, and they'll say you look nice. They're approvingly, are caring and thoughtful. I met Brian when he was still a teenager and I was almost 20. He got himself into a financial mess and disappeared. So now I've been seeing Tony, who is a successful building contractor. He was working on a house near me and I became like a father figure to



**'I went out for a meal with Mark and at the end of it the waitress gave me the bill. It was obvious she thought I was his mother. I thought that was a hoot!'**

even though he's still in his early twenties. He gives me 100 per cent attention.

Tony grew up with nothing and was determined to do well for himself. He works terribly hard and has made an absolute fortune. But he doesn't talk about money all the time, as older men do. They think they need to impress you with what they've got financially, but they tend to let themselves go physically and think they don't have to try. Younger men make you feel good – they seem proud to be with you.

I recently met another young man when I was on holiday with my 16-year-old daughter and a group of her friends. I was just walking along and I saw Paul, and I thought: "That has got to be the most drop-dead gorgeous male I have ever seen in my life!" I thought there was no chance I would ever be with him, as he was just a baby. He was only 20, but he was so beautiful. We met later and ended up having the best time together, laughing and chatting all day long. He still phones me. My daughter said: "I don't care if he's only 10 years old, he's so beautiful, take him home!"

Every single young man I have been out with has been so easy to get on with. I'm never nervous when I start to date them, and I don't feel any age difference on the mental level at all. An older man will freak out if someone whistles or stares at me, whereas a younger man will be bursting with pride.

**DEAN CHEREDEN, 17  
Mechanic, Hayes, Middlesex**

The first woman I ever slept with was an older woman. I was 14 and she was in her early 20s. She was a friend of my sister's, and they came home late one night. When she started to come on to me, I assumed it was because she had an unsuccessful night out.

She started teasing and messing around with me at first, but then it got a little bit more serious and, in fact, she took my virginity that night. I didn't have any idea what I was doing, so it wasn't much fun. But I ▶



soon changed my attitude. Last year I was going out with Sue, a girl of my age. She was attractive, but it was her mother, Hazel, I found really interesting. I can flirt with girls my own age, but with Sue's mother, who's in her 30s, it was different. I felt it was the first time that someone was actually interested in me. So I stopped seeing Sue and concentrated on Hazel. One day we ended up messing about on the sofa. From the start, I wanted it to happen. She brought me a drink. I began stroking her leg, and things seemed to just go from one thing to the next. We probably slept together about three or four times but the whole thing was just sex. About six months later one of our neighbours, a widow called Maureen, in her 40s, kept having trouble with various appliances in her home. It was during the summer, and she was in her bikini a lot. One day, she asked me to rub oil on her back, then suddenly the bikini top came off. Older women know their bodies and

know what they want. They also never really want a relationship, just mutual fun and pleasure. I find young girls are too slim and uninteresting for me. A woman in her 30s or 40s is more of a real person.

**JACKIE MONSON, 42**  
**Counsellor, Ilford, Essex**

Ian and I were introduced at work. At first I thought he was just a nice-looking kid. One day on my way home I stopped to admire his motorcycle. He asked me if I'd like to go for a spin and I did. It was fun. I went home and thought no more of it. Then one Saturday he phoned and asked me if I wanted to go for a ride and have a picnic. We told each other our entire life stories. Although he was only 22 at the time, he had been married when he was 16 and was divorced. I had been divorced about four years when we met, and we seemed to have a lot in common. We started seeing each other often.

We talk a lot about our age difference. I have a son only years younger than him, and I'm a bit embarrassed to be with him. In fact, when he first came home flat he looked so young that his sons thought he was the old friend. But all my three children accepted Ian without any trouble. Later, I told three of my girlfriends about Ian, and they were all thrilled for me, which was a relief. I was feeling worried about Ian. Ian makes me feel very comfortable. I accept his youth and he accepts my age. I don't feel old at 42, I feel like me - and being with Ian seems perfectly natural. But I don't want to feel in the past that I've made him give up on the most important things in his life. I realise that Ian is close to asking me to marry him and I'm starting to feel bad about that. I already have three children. I don't want any more. I would think it's unfair of me to deprive him of those experiences. ■

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## OUT TO LUNCH

**T**ravelling on the Tube to meet Jack Dee for lunch, a drama unfolded beneath the streets of London which would have brought

a smile to his deadpan features. A man had lost his money in a chocolate machine and, purple with rage, was shaking it like a terrier shakes a rat. My train came in before I could see the ending, but I told Jack about it and his eyes misted over with sympathy.

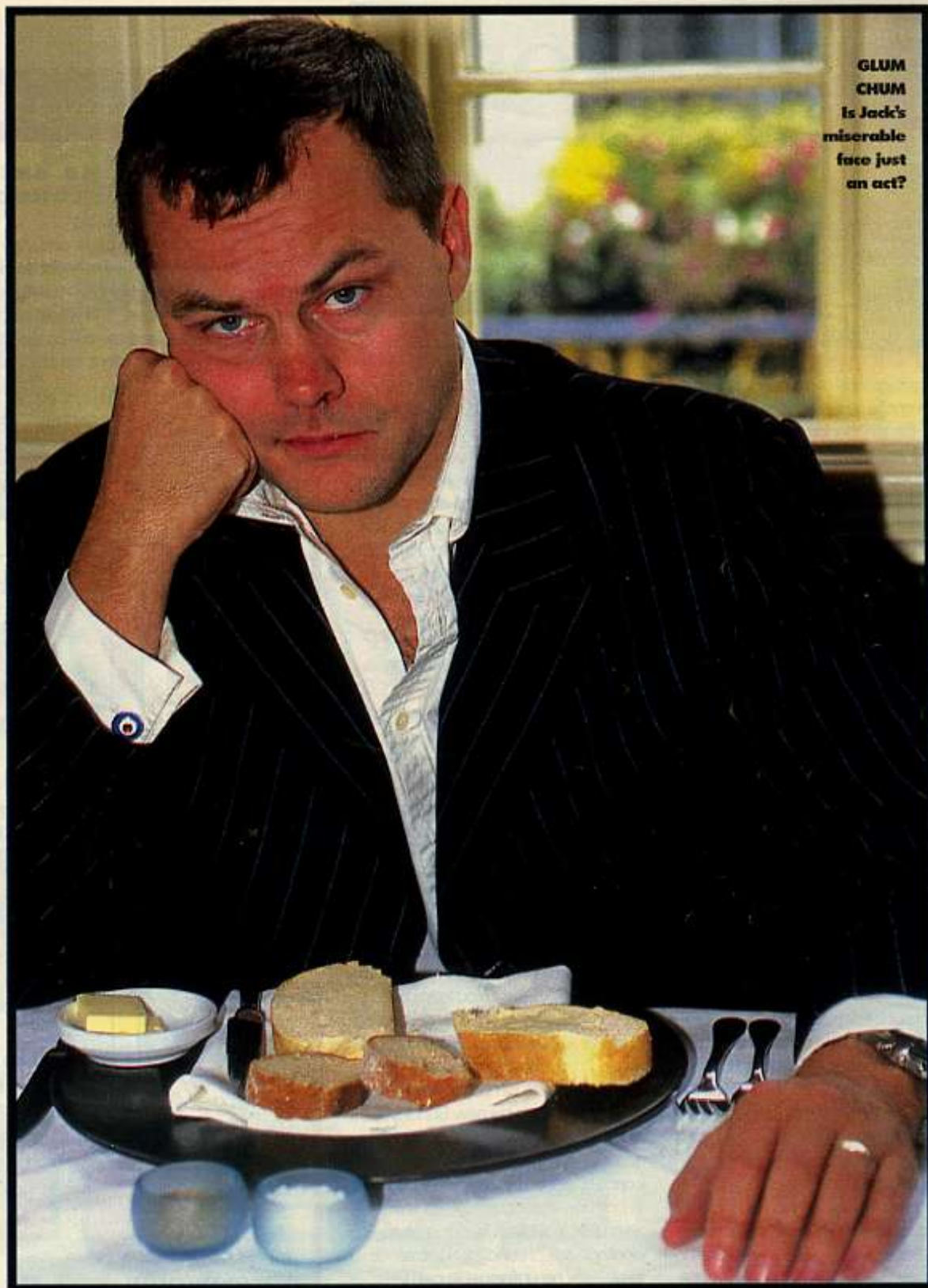
"Yeah, I've never once got a bar of chocolate out of one of those," he said. "But I'm the eternal optimist. I keep putting my money in. I think, maybe, just this once, it'll work."

The constant battle between Man and Machine (Latest score: Man 0 Machine 531) is a recurrent theme in Dee's repertoire. "Sometimes I think we humans are just the silver ball being pinged around an enormous pinball table," he says. "Whenever I do a gag about appliances breaking down or trains being cancelled for no reason, I hear an enormous sigh of recognition from audiences. We have all suffered, and continue to suffer."

We are in London's trendy Soho House. The room is beginning to fill up and it's easy to see the similarities between a restaurant and a theatre... the general buzz of conversation, the expectancy of a treat to come. Restaurants are where Jack learned the trade of comedy - from the other side of the serving hatch, so to speak. He worked for long periods as a chef, a waiter and a manager.

"The worst place was a restaurant in West London with private dining rooms downstairs which was a great favourite of young, cocky, City traders. You get 18 of them swilling back the claret and all hell is let loose. They used to have stag nights there and after the strippers had done their act, they would pass the hat round and perform "extras" for the guests. Out of wickedness, I would always send the youngest waiter down with a box of cigars. He'd be stepping over writhing bodies saying, 'Cigar sir?' and when he got back his face would be white as a sheet.

"The night to end all nights was ▶



**GLUM CHUM**  
Is Jack's miserable face just an act?

# Jack Dee

**HE PICKS AT HIS SALAD, HE DRINKS WATER AND TOMATO JUICE... COLIN WILLS FINDS**

**OUT IF TV COMIC JACK REALLY IS AS MISERABLE AS HE SEEMS. PICTURE BY ROY FISHER**

# SOHO HOUSE

## 40

**DEE TIME** Jack chose the exclusive Soho House dining club for his lunch date



when there was a stag night in one room and a hen night in the other. After the strippagram they got horny as hell and started to mix and mingle. It finished up with the bride-to-be from one wedding party on the floor pleasuring the groom-to-be from the other wedding party while everyone else was standing round looking bewildered and thinking, 'Maybe this ought not to be happening.'

"Later I got a job at the Ritz as a chef. There were all sorts of loonies there. One bloke had his locker plastered with Star Trek posters and if you asked him to do anything he would salute and say, 'Aye, aye, Captain'. "I gave up catering when I had to make breakfast for the doorman and he pushed over a 50p piece. I thought to myself, 'Hang on, the doorman is giving me a tip. Something is not quite right in my life'."

Jack's career took off, like so many others, after a spot at the Comedy Store. Afterwards he rode home on his motorbike, screaming with joy. When success came, the bike was traded in for a car, but now, at the age of 34, he sheepishly admits to buying another one. "It's an 1100cc BMW. I've always had this thing about bikes. I kid myself it's an economy. I say, I'm not paying £25 a day parking a car, then I go and spend 10 grand on a motorbike. My wife Jane views the whole thing with fear and trepidation." Jane - they met when he was running restaurants - and their children Hattie, five, and Phoebe, three, are the inspiration behind many of his routines about family life. So are their pets, including the latest, a dachshund called Barney. "He's a funny little fellow. He's developed the unfortunate habit of trying to have sex with soft

toys. No Teddy Bear is safe."

Jack was there at both his daughters' births - "and at both conceptions" - and even though they were difficult births, he wouldn't have missed them. "You are never the same after having kids. Something in you changes. The difference they have made to my life is impossible to describe.

"I would love another child. Jane lost one earlier this year and that was terrible, but we're trying again. I think three's a nice number, don't you?" Offstage, with his trademark cockiness gone, Jack is a wonderfully warm lunch companion... except that he's not eating much lunch. He looks at the Soho House menu, chooses a salad, and washes it down with water. It's a combination of dieting and having to ride his monster bike home.

"I call it my SAS diet - no snacking, no alcohol, no seconds. I still cook for everybody at home though, Spanish and Indian mostly, and I love watching other people eating. You learn so much about them. There is something primitive about eating. All the natural greed in your character comes out." His incisive view of human nature is well to the fore in his new Sunday night ITV series which starts tonight, and in a video, *Jack Dee Live In London*, out on November 10.

In both he walks on stage as sharp as a tack, in a black Mafioso-style pinstripe suit... and then proceeds to destroy his unflappable calm. "The basis of my comedy is that I create this image of myself as always being in control and then stick pins in it. Like, I do a gag where I say I was out until 4am last night celebrating the wife's birthday. She was bloody furious when I got in..." ■

**There is something primitive about the act of eating. All the natural greed in your character comes out**

## Could we have the bill, please

**SOHO HOUSE, 40 GREEK STREET, SOHO, LONDON (0171 734 5188)**

A members-only dining club, and very "clubby" it is too, by Laura Ashley out of the *Antiques Roadshow*, with richly-painted walls, heirloom furniture, 18th Century prints and marble fireplaces. The whole place is a rabbit warren of steep staircases and narrow corridors. But, unlike many clubs, the food is excellent, simple and well cooked.

### DRINK

When I last met Jack we drank what seemed like an entire vineyard of red wine, but I was in for a dreadful shock. He's now on a diet, hence a thimbleful of coffee, a Virgin Mary (that's a Bloody Mary without the vodka), and mineral water. Someone sent over a glass of wine which Jack toyed with politely. What could I do but follow him down the temperance road - one doesn't want to get a reputation as a falling-down drunk, does one?

**WAITER** Damien. Very pleasant, very cheerful, always smiling yet never tried to butt in. Nothing like his namesake in *The Omen*.

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### MAIN COURSE

More calorie counting, I'm afraid. Jack went for the Caesar salad, of which he is a great fan. By this time, I was getting a bit bored with this water and rabbit food lark. So I ordered the chicken in a rich sauce, and mixed veg (mangetout and green beans).

**DESSERT** When it came to pudding, Jack fiddled with a coffee cup small enough to have come from a Wendy House kitchen. With a cry of "What the hell", I chose the banana tart, with a huge dollop of cream. While I was eating it, I looked him straight in the eye with the spoon poised at my lips, so he could see every single delicious mouthful. I know how to make dieters squirm.

**COST** £31.95, plus an extra £4 for the excellent service.

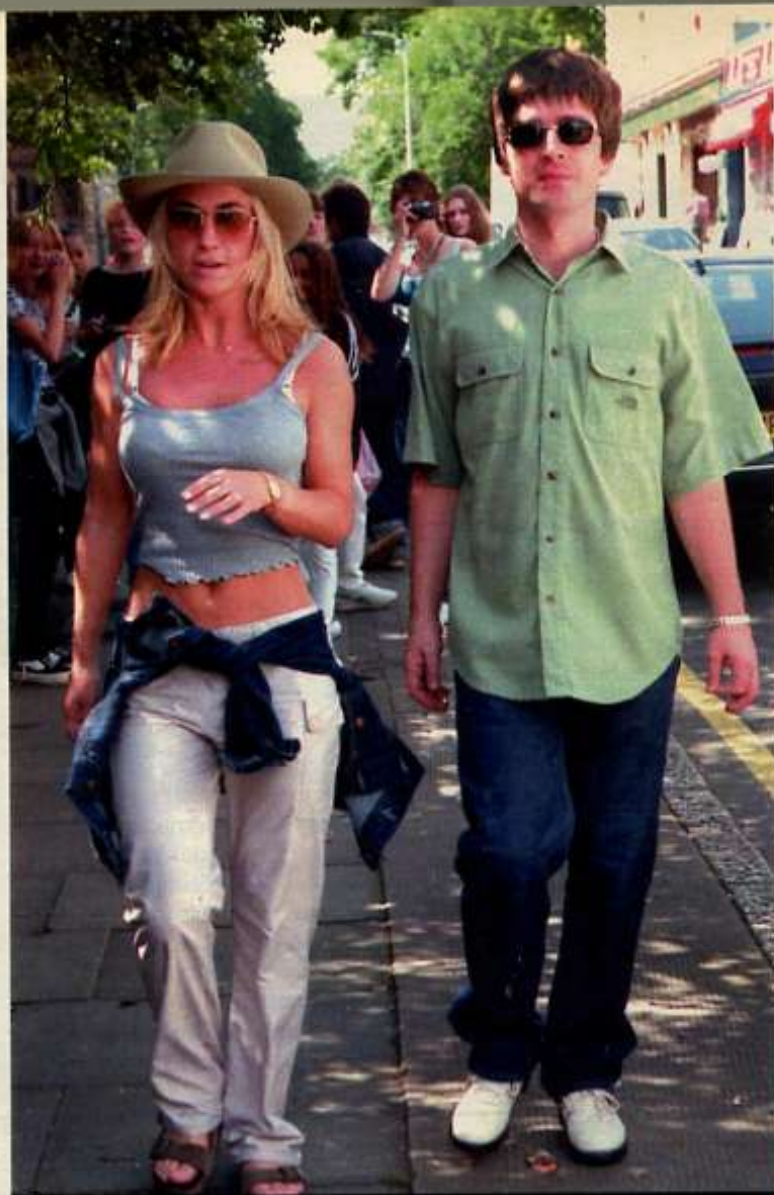


# Be here now, Noel

HOW A SLEEPY VILLAGE IS PREPARING TO WELCOME NEW RESIDENTS NOEL AND MEG GALLAGHER

**T**he quiet village of Little Chalfont in Buckinghamshire is about to go pop. Noel Gallagher of Oasis, currently the biggest name in British music, has bought a majestic country estate among the rolling hills, and plans to settle there with wife Meg. But their arrival has not gone unnoticed, and locals have prepared a warm welcome for the couple. Noel paid more than £1 million for the Shelling estate, and will have famous neighbours including rocker Ozzy Osbourne and his wife Sharon, Seventies hit maker Leo Sayer and soccer ace David Platt. But, unimpressed by fame bestowed in the outside world, locals say the Gallaghers will be just as welcome as any ordinary newcomers... and they hope Noel and Meg will find time to join in village life. Leading the congregation of well-wishers is Father John Byrne, parish priest of St Aidan's Catholic Church.

His church, on the edge of the village, is just a stone's throw from the Shelling estate, and Father John hopes Noel will be drawn back to his Catholic roots and take a place in the front pews for Sunday mass. "There'll always be room here for Noel and Meg," he says. "It's a beautiful village, as close to paradise as you could find in England." And he's quite unruffled about Noel's claim that Oasis are "bigger than God". "I hope to have a discussion with Noel about that," he says. "I don't quite agree with what he's saying, but I want to find out more about it. "There are a lot of young people living in the area, and having Noel around could really be beneficial if he's a good role model."



**COUNTRY HOME** Noel and Meg are swapping London life for the £1 million Shelling estate (left). Below: local priest Father John Byrne

A huddle of immaculately-kept shops on Cheries Parade is the hub of village life – just the place for multi-millionaires Noel and Meg to pick up their household supplies.

But Noel's northern tastes may have butcher David Sanders well and truly stumped. "I've no idea what Northerners eat," he says. "But I doubt if a young guy like him would be into tripe and onions.

"He's a city boy and a hearty country diet will do him good." Mr Sanders is already hard at work preparing a batch of gourmet pet mince, just right for the couple's cat

and dog. "But if his wife thinks he's a pet or he behaves like an animal, she'll feed him on it, no problem," he laughs.

Chip shop boss Frank Oz says he can cure Noel's homesick blues if he pines for the home comforts of Manchester.

"If he needs his mushy peas and chips, I'll be here for him," he says. But grocer Neil Warner thinks a daily dose of greens would be a better. "Noel probably isn't too keen on veg, but there's all sorts of exotic fruit he might fancy.

"I know it's not cool for a rock star to admit he keeps his daily vitamin intake up, but it will help him make his music." A few doors down the road at the Wine Rack off licence, Oasis fan Catherine Thorogood is certain she'll get to meet her idol – he's bound to need cigarettes and alcohol, particularly if hell-raising brother ►

As the local priest, I'd like to talk to Noel about his claim that Oasis are bigger than God

Liam comes to kick his heels in the country.

"He'll be looking for cheap drink, no doubt, but if Liam comes in and starts playing up he'll get kicked out by the police," she says.

Across the village at Murdoch's Bar And Grill, manager Barry Hudson is living dangerously, offering to buy the Gallagher's a round or two if the stars strum a tune for drinkers. "If Noel and the band wanted to have a jam we'd be quite happy to put up a marquee in the garden. He could be heard by the whole village from here."

John Brooks' store just up the road is bound to get some custom from happily married Noel – especially if the rocker ever steps out of line with his wife.

Florist John says he can provide bouquets fit for a pop queen at his Floral Art store. "We've had orders for royal occasions in the past, but I don't know how Noel will compare to Ozzy Osbourne," he says.

"Ozzy used to spend £500 on bouquets for his wife, so Noel will have a lot of catching up to do." But not everyone in Little Chalfont is ecstatic about the arrival of such



**ANYONE FOR ROCK CAKES?** Little Chalfont baker Sarah G... (centre) and her staff... and grocer Neil Warner (above)

well-known neighbours. Postman Freddy Chandler expects a sudden increase in his workload, and he predicts that the Gallaghers will face problems the minute they step over the threshold – because they'll have to clamber over a mountain of waiting fan mail. "He doesn't even live here yet, and it's flying in by the sackful," says Freddy.

Noel could be in for a close shave from hairdresser James Thompson whose salon shares its name with the chart-topping group. "I've clearly got a fan, grins James. "We were here first, long before anyone ever heard of the group." Despite the Gallaghers' glamorous lifestyle, with frequent appearances on TV and in the newspapers, they

won't be treated as VIPs in Little Chalfont. Local baker Sarah G... says, "We hope they'll pop in and say hello and have a cuppa. But celebrities don't get the star treatment around here. "I'm afraid they'll just have to be one of us – one of the locals." Like she says, Noel, you gotta roll with it. ■

PICTURES: WENN/TONI WARD/BIG PICTURES

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— Making your life easier —

would rather see a woman go without foundation than use it wrongly. But most women do tend to get it wrong. How many of you, for example, use foundation to add colour to your face? How many think it hides the odd age line?

Foundation is not meant for this. It is designed only to even out your natural skin tone. You shouldn't be able to see where it starts or where it finishes. That means using a shade that matches your skin tone perfectly so that you can't see it when it is blended in.

#### TRICK OF THE TRADE

Try a little experiment. Apply your normal make up but forget the foundation. Lightly moisturise your face, and if you have any under-eye shadows or broken veins, dot on a little concealer. Now apply your usual eye shadow, mascara, blusher and lipstick. If you like, you can lightly dust with a translucent powder.

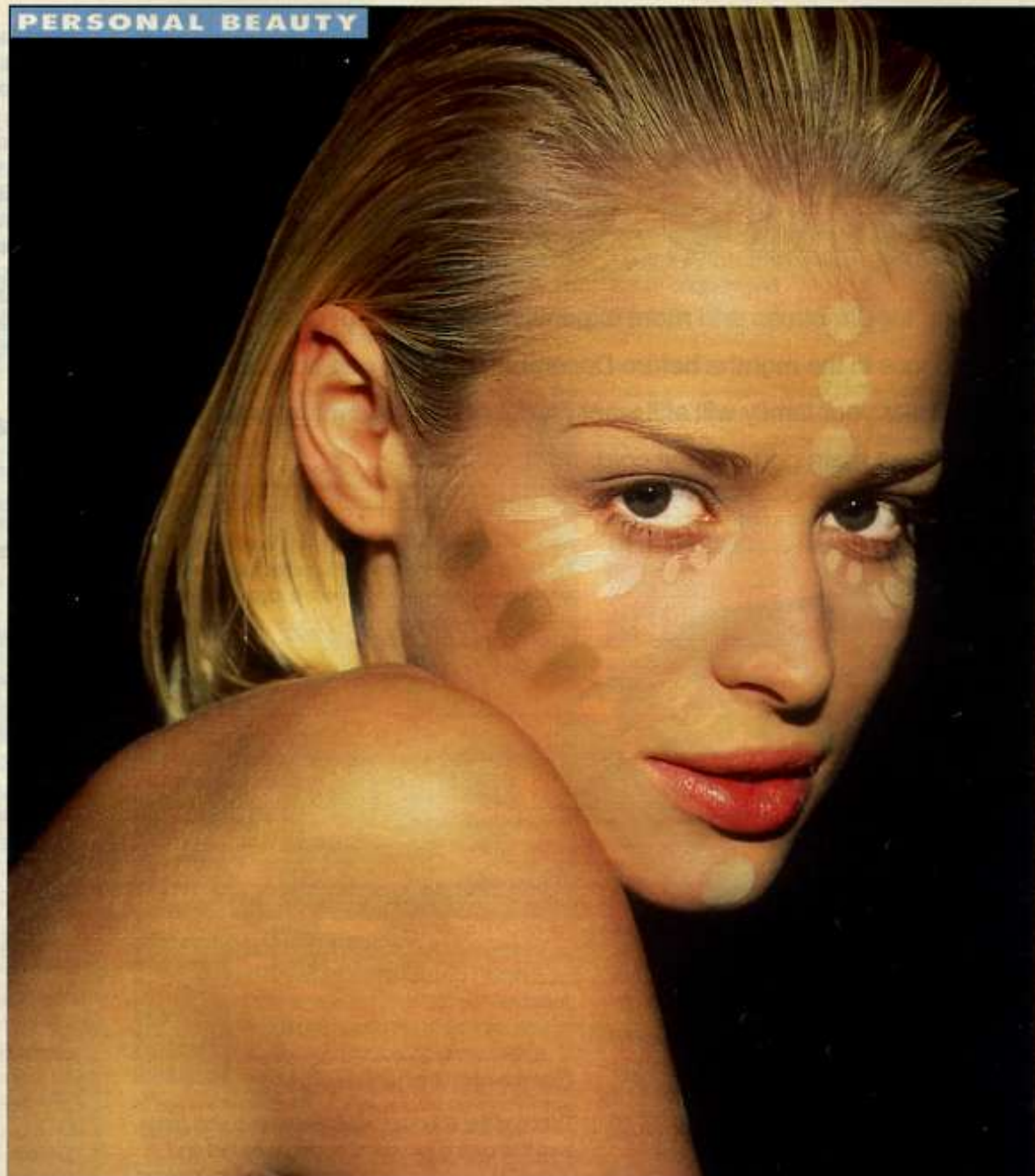
Now, take a step back and look into a mirror. Do you look younger and fresher? If the answer is yes, you are guilty of using foundation wrongly. A cardinal beauty sin!

Let me ask those of you using it for colour a question: Where do you stop? At the jaw line, so you end up with a tide mark around your chin? And what happens when you wear a low-cut dress? Do you take it right down to your stomach? Colour should be added with other make-up products like blusher and bronzing pearls – but never foundation.

#### LINES OF AGE

Or are you guilty of using foundation to make you look younger?

I hate to tell you this but that "mask" is having the opposite effect as it helps highlight every line in your face. Whenever I'm working in television and have to age an actress, I apply a thick layer of foundation, ask her to wrinkle up her face, and then set the effect with powder. Ten years older – immediately! Now do you see my point? The older you get, the lighter the touch you need. So throw away that panstick. Light-reflecting properties can now be added to give the skin a softer effect. Perfect for mature faces and, with ingredients improving all the time, there are good



**MARTYN FLETCHER, MAKE-UP ARTIST TO THE STARS, GIVES YOU EXPERT ADVICE ON USING COSMETICS LIKE A PROFESSIONAL. THIS WEEK . . . FOUNDATION**

# First base

foundations in all price ranges. Now let's see how to match your skin tone. Your best bet is to buy foundation when you are not wearing any. You must test it on your face. It is pointless trying it on your wrist, arm or elbow as the skin there is not the same colour. Never ever judge the colour from the bottle, or shade chart. Test it along your jaw bone.

Dot it on to your skin then blend the edges away. If you can see a round circle of colour, then the colour is not right for you.

#### TEXTURED FINISH

Once you have found the right shade for you, decide on texture. Dry skins benefit from a richer formula while greasy skins need an oil-free base. Now you have your new foundation,

how do you apply it? I always start in the middle and work outwards.

A note of caution here. You do not need to put it everywhere. You might just need it across the nose, cheeks and chin. Wherever you apply it, dot it on, then blend using a slightly damp cosmetic wedge. This will help to get right into the corners and will also prevent streaking. ■



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# Let's go nuts

EAT THEM SWEET, EAT THEM SAVOURY . . . ALMONDS CAN BE THE MOST VERSATILE

FOOD STYLING BY JANET WARREN. PICTURE BY ANDREW SYDENHAM



## LAMB AND ALMOND STEW

SERVES 4

**1.5kg (3 1/2 lbs) boned leg of lamb cut into thick slices**

**2 cloves garlic, crushed**

**1 onion, thinly sliced**

**1 400g (14oz) can tomatoes, drained**

**150ml (5 fl. oz) white wine**

**750ml (1 1/2 pints) water**

**100g (3 1/2 oz) flaked almonds**

**1/4 tsp saffron powder**

**1 tsp dried thyme**

**4 tps olive oil**

**1 stock cube**

**Flour for coating**

**Salt and pepper**

**Chopped parsley and extra almond for garnish**

**1** Heat the oil in a large thick casserole dish and fry the onion and garlic until the onion is soft.

**2** Coat the lamb in the flour and fry with the onions until browned on all sides. Add the wine, cook and stir for 2 mins then add the water. Crumble in the stock cube and bring to the boil, add the almonds, saffron (use turmeric for a less expensive alternative), thyme and season with salt and pepper.

**3** Cook covered over a medium heat for about 45mins. When cooked, remove the lamb, transfer it to a serving dish and process the sauce in a blender. Pour over the sauce and garnish with chopped parsley and more flaked almonds.

*This is a traditional farmers' dish from Central Spain and is great served with thick cuts of bread for soaking up the sauce.*

## BAKEWELL TART

SERVES 4-6

**450g (1 lb) frozen sweet pastry**

**170g (6oz) caster sugar**

**170g (6oz) ground almonds**

**4 eggs**

**1 tsp almond essence**

**Raspberry jam**

**85g (3oz) icing sugar**

**Juice 1/2 lemon**

**55g (2oz) flaked almonds**

**1** Roll out the pastry and line a 25cm (10ins) loose bottomed flan ring. Prick base with a fork and brush with egg white (Picture 1). Bake for 15 mins at 190°C.

**2** Beat the butter and sugar in a food processor until creamy. Add the eggs, mix in the almonds and essence.

**3** Spread a thin layer of the jam over the pastry base and pour over the almond mixture (Picture 2).

**4** Bake in a pre-heated oven at 190°C for 30 mins. For the topping, blend the icing sugar and lemon juice. If needed, add water for a pouring consistency.

**5** Pour the topping over the tart and sprinkle with the almonds (Picture 3). Return to the oven for 5 mins more.

**6** Serve in wedges, half dusted with icing sugar and a little single cream.

*The credit for this recipe goes to my mother. Once you've lined the flan ring chill the pastry in the fridge for about 30 mins. This will stop it shrinking.*



# with the almonds!

INGREDIENT IN YOUR KITCHEN. HERE ARE THREE DELICIOUS ALMOND RECIPES FROM TV CHEF MARK



## TROUT WITH ALMONDS AND PINE NUTS

**SERVES 4**

**4 rainbow trout**

**30g (1 oz) pine nuts**

**25g (1 oz) flaked almonds**

**Seasoned flour for coating**

**80g (3oz) butter**

**3tbsps lemon juice**

**2 tbsps chopped fresh parsley**

**Salt and pepper**

**1** Make sure the trout are properly cleaned and gutted and coat them in the flour, shaking off any excess.

**2** Melt  $\frac{2}{3}$  of the butter in a large frying pan and fry the fish over a low heat for about 8 mins on each side. Keep the fish warm and pour out the excess butter.

**3** Put the pan on a higher heat, melt the remaining butter and fry the nuts until browned. At the last minute add the lemon juice.

**4** Pour over the nuts, season with the salt and pepper, sprinkle over the parsley and serve.

*This is a slight variation on a classic dish, with pine nuts adding more flavour and texture.*





# Dear John and Bonnie

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

## DEAR JOHN AND BONNIE

**My two brothers both died in tragic circumstances – one of cancer aged 27 and the other in a car crash at 28. I know I am psychic to a certain extent but have been worried about trying to use this energy in the wrong way in a desperate attempt to get in touch with them. I want to know they are both happy. Also, can you tell me your opinion on Tarot cards? I bought a set which I just play about with and I feel they could be useful to me.**

**Yours, M.B.**

I am sure you have psychic abilities and my advice is to relax, stop trying so hard, and let it happen naturally. You should meditate for about 15 minutes every day. Go to a quiet place where you won't be disturbed and just calm your mind and think of yourself and your brothers in happier days. John's meditation line (below right) offers further advice. It will be much easier to meet and share your love for each other when you are in a calm frame of mind. As I am writing to you the name Gary is being given to me and love is sent to you. He shows himself playing football and I can hear sounds of laughter. If you find the Tarot cards are helping you, then why not continue to use them? And why not share your gift with other people and help them?

## DEAR JOHN AND BONNIE

**My poor cat died very recently. I really loved him and cared for him. I would like to know how he is. Why hasn't he come to me in a dream or anything to let me know how he is? Does he know**

**that I really did love him? Has he tried to let me know that he is OK or not? I can't help feeling I didn't do as much as I should have for him.**  
**Yours, S.R.**

It is so difficult to lose a member of the family, human or otherwise. They give you so much emotional support and a caring, interested ear to tell your problems to. This does not change when they pass over. They are there to comfort you.

To answer your questions, yes, he does know how much you love him and how his passing has caused you great sadness. He knows that you did what you thought best for him. You may have felt sometimes that he is with you. It is his way of letting you know that he is free of pain at last.

## DEAR JOHN AND BONNIE

**A couple of weeks ago I had my palms read. The lady told me that all my relationships would fail and I would end up hurt. She also said I would have five children but more than one would die. She was unable to carry on the reading as I started to cry. A few days later she called and said that the only way I could stop these things happening would be to buy a £100 charm from her. I cannot afford it and I don't want my life to depend on a charm. I don't know what to do.**  
**Yours, Miss C.W.**

I am sorry you had such a bad experience. Please don't judge all palm readers by this lady's actions. To help put your mind at rest I have done a spread of cards for you. At the moment you need time to heal your emotions. You have no sense of

self-worth and that is why previous relationships did not last. Learn to do nice things for yourself at least once a week. Just a relaxing bubble bath or beauty treatment will do.

You are going to have happy things to look forward to. You will meet the right man and you will be happy. I am glad to see that you had enough sense not to be intimidated into buying a lucky charm. Now get out there and live life – don't be afraid!

## DEAR JOHN AND BONNIE

**My husband passed away two years ago and I still have his ashes in a casket by my bed. A friend told me that he will not be at rest until I scatter them. Is this true? I do get comfort knowing I have him near to me.**  
**Yours, Mrs J.F.**

I feel the presence of your husband and he shows me pictures of you both laughing and dancing. He wishes you to know that if you are comforted by having his ashes close to you then you should continue to do so. I am sure your friend means well but you know yourself what is best.

## DEAR JOHN AND BONNIE

**I lost my beloved husband in 1995. He had Alzheimer's and I sat with him for four nights and days before he died, but he did not know me and I cannot come to terms with it because we loved each other for 62 years. My son also passed away suddenly at the age of 61. I cannot get over the shock of losing them both without saying goodbye. When my husband died and I went home there were coloured webs on our bed. I tried to get hold of them but they just floated away.**  
**Yours, Mrs E.B.**

As I read your letter, I was conscious of your husband Ron asking me to tell you that he loves you, watches over you and he wants to thank you for all the care you always gave him. He tried to say goodbye when he passed over by helping you to see the coloured webs over the bed you shared for so many years. He has just gone from this world to another and both he and your son still love and care for you very much. He says that you should take life easier and stop working too hard.

## John and Bonnie's Phone Lines

JOHN'S HEALING LINES		BONNIE'S PSYCHIC HELP LINES	
Stress	0930 564 076	Relationships	0930 564 088
Back Pain	0930 564 077	Bereavement	0930 564 088
Depression	0930 564 078	Desertion	0930 564 088
Meditation	0930 564 079	Eating Disorders	0930 564 088
Migraine	0930 564 080	Problems At Work	0930 564 088
Addiction	0930 564 081	Self Confidence	0930 564 088

Calls cost 50p per minute

**PERSONAL FASHION**

# turn on the power

**DRESS TO IMPRESS THIS AUTUMN IN  
STYLISH AND SUPER-SMART GREY.  
IN A SLICK, CHIC POWER SUIT  
YOU'LL KNOCK 'EM DEAD**

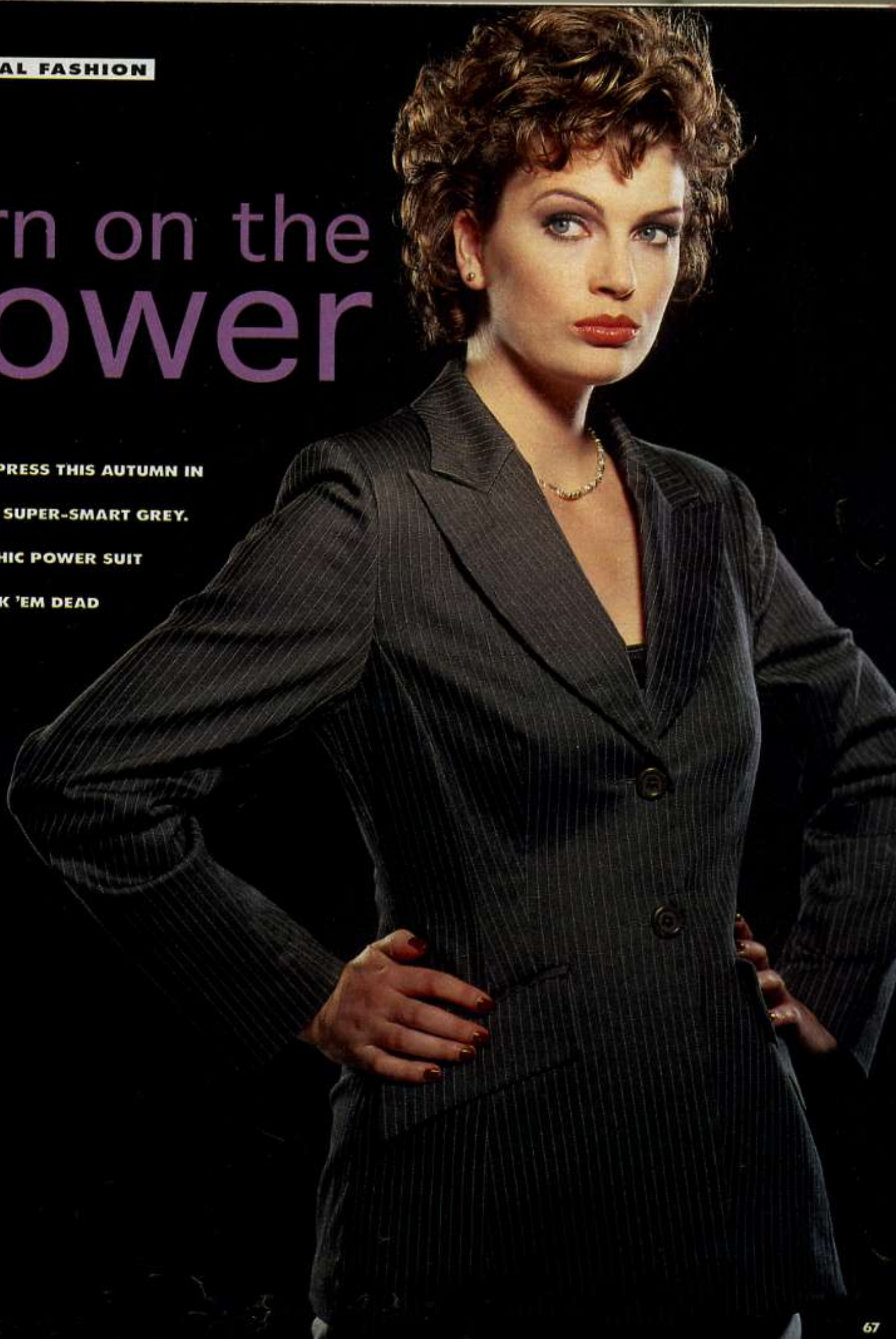
**SAYS BECKY**

**SUNSHINE.**

**PICTURES**

**BY ANDY**

**McCARTNEY**



**RIGHT**  
Herringbone jacket, £60, matching skirt, £25, from Top Shop (0171 291 2351); blue shirt, £40, from French Connection (0171 399 7200); black satin shoes, £125, from Pied a Terre (0171 235 0564).

**CENTRE**  
Long-line jacket, £85, matching skirt, £60, both from Wallis (0181 910 1333); black one-shouldered top, £24.99, from Kookai (0171 937 4411); black strappy sandals, £25, from Dolcis (0800 192 192).

**FAR RIGHT**  
Pinstripe jacket, £60, from Miss Selfridge (0181 910 1359); black satin vest, £18, from La Senza (0171 831 1000); silver necklace, £4.99, from Accessorize (0171 313 3000); stud earrings, £6.95, from Chunkydory (0181 866 7263). ▶

Hair and make-up by  
**MARTYN  
FLETCHER**





Metallic stretch  
jacket, £75,  
matching  
trousers, £45,  
both from Lipsy  
(0171 263  
6206); silver  
lurex sweater,  
£30, style  
WG78322 from  
Freemans  
(0800  
900200);  
black sandals,  
£49.99, from  
Office (0181  
838 4447).



Stretch flannel  
jacket, £160,  
matching  
trousers,  
£85, both  
from French  
Connection  
(0171 399  
7200).

Pinstripe  
jacket, £70,  
matching  
trousers,  
£40, both  
from  
Top Shop (0171  
291 2351); red  
sheer top,  
£39.95, from  
Biba (0171  
226 0788). ■



PERSONAL LOOK

# It's a laugh



**"Poor Mr Gulliver. He's aged such a lot since we last saw him"**

Congratulations to Helena Taylor-Knox from Witney, Oxon. This picture wins you £100.



## 2 CAMERAS TO WIN!

Answer a simple question on the subject of today's photo and you could win one of two Minolta VECTIS GX-2 camera. This revolutionary new range of cameras has been designed specifically for today's exciting and demanding outdoor leisure pursuits. Call 0891 525 397 and leave your answer on line with your name and address. Two winners will be selected at random from all correct answers after lines close on Friday, October 31, 1997. Calls cost 50p per minute. Usual Mirror Group competition rules apply.

MINOLTA





Line dancing, we're told, is the social event of the late Nineties. From Basildon to Blairgowrie, the world and his wife

are putting on their

stetsons, polishing their spurs, waxing their chaps and going along to local church halls to listen to scratchy Johnny Cash records in an attempt to master steps with names like the Tennessee Double-Shuffle. All I can say is: Best of luck y'all.

As a sworn enemy of line dancing, speaking from inside the ring of covered wagons on the Indian reservation, there's absolutely no point to it. Rows and rows of people wearing shirts with white fringes, belts with six-gun shaped buckles, and jeans two sizes too small, moving one foot in front of the other and clapping every three seconds. It's like the hokey-cokey with buckskin accessories.

Line dancing goes against everything true dancing stands for. For one thing, you are so far away from each other that you might as well be at opposite ends of the state of Texas. For another, country and western music is a music of extremes. It's either so upbeat and yee-hah that any thoughts of sex come a distant second to thoughts of the social banishment you are risking after having too many baked beans during the interval at the refreshment bar (no doubt called the Chuck Wagon, as you'll probably find later when your heads against the toilet bowl).

Or it's so bloody depressing that you feel like turning to the obituary pages for a bit of light relief. It's hard to harbour lusty thoughts about that ill' ol' saloon girl in the next row when you're listening to some hillbilly banging on about how Emmy Lou has left him, his dog has just died and he spends every night until 2am in Smokey Joe's bar drinking whisky. For those of us who grew up in the dance halls of the rock 'n' roll years, a more pointless way of spending an evening can hardly be imagined.

IT'S GOODBYE FROM HIM . . .



# Stepping out of line

WHY COLIN WILLS HEADS FOR THE HILLS

AS SOON AS HE HEARS A 'YEE-HAH!'

The object of the exercise for my generation was to get as close to the object of your desires as possible. At that end, the "bum hugger" was invented. This was a slow number with such a horry, pulsating, insistent beat that, in the semi-darkness with the rainbow lights playing around your faces, Mary Poppins would have turned into a raging Jezebel.

With your partner in a dreamy state of suppressed passion, you could even let a surreptitious hand brush down her thigh to see if – joy of joys – she had suspenders on. In those days the top of the stocking was known as the "giggle band" – if you got as far as that, you were laughing.

One hundred per cent surefire "bum huggers" included *April Love*, by Frankie Boone. *Don't* by Elvis Presley. *Don't Leave This Way* by Richie Valens, *Only You* by The Platters and *True Love Ways* by Buddy Holly. If you didn't get lucky after that lot, it was hardly worth putting on the Aqua Velva aftershave which, incidentally, didn't half make your teenage acne smart.

It wasn't all plain sailing however. One night a DJ working in the dark at the Den Pavilion, Teignmouth, instead of the slow number, accidentally put on *Monster Mash* by Bobby "Boris" Pickett and the Crypt-Kickers, a far from novelty record which stopped you just in its tracks and produced more *coitus interruptus* than when you were round at your girlfriend's place and her mum and dad came home. I can still smell the lavender perfume and taste the bright pink Rimmel lipstick on the girls I kissed goodbye at the bus station afterwards. And I can still hear the rustle as bra-strings were hurriedly fastened in doorways when a light went on upstairs. Such things are unknown to the would-be John Waynes and Annie Oakleys who now frequent the same church hall. I see that there is a move to get ballroom dancing recognised as an Olympic sport. Of course they're years too late. For those who grew up with a girl in their arms moving well-oiled machines to the sound of Marty Wilde under the silver ball it always was. ■

There's no point to line dancing . . . it's like the hokey-cokey with buckskin accessories