

**HARRY & MEGHAN
YOUR GUIDE TO
THEIR BIG DAY**

**WHAT
YOU'LL SEE
& WHEN**

May 21, 2018, AUST \$4.70/NZ \$4.60 Inc. GST

New Idea

CAMILLA & BEA ATTACK KATE

WEDDING REHEARSAL WAR!

ZIN_NI_2118

- **BANNED FROM RECEPTION!**
- **'SHE STOLE MY DRESS!'**

**EXPLOSIVE
INTERVIEW!**

**HOUSE
RULES
CHIARA**



**'HOW
I LOST
50KGS!'**



**PATTI'S PAIN
MATT
CAUGHT IN
VIOLENT
SCANDAL**



**WOW!
MAFS
TRACEY
CONFESSES**

**'I'VE
DUMPED
SEAN...
FOR DEAN!'**



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46

Indulge in these perfect brunch ideas - yum!

ROYAL WEDDING COUNTDOWN
1 WEEK TO GO!



The dress will be finished, the guest list confirmed and the father-of-the-bridle will be practising his speech – at last the royal wedding is on Saturday!

The New Idea team is ready to bring you all the romance and the drama of this historic event this coming week on our website, podcast, Facebook, Instagram and of course, in the magazine too! Our special wedding issue and our commemorative collector's edition will be on sale and hitting stores next week.

To make sure you're ready to be a part of the celebration, have a look at our viewing guide (see page 26), make your bunting (see page 69) and sit back and enjoy what is to come. Happy royal wedding!

FRAN

Frances Sheen, Editor

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WINTER CHIC MADE EASY



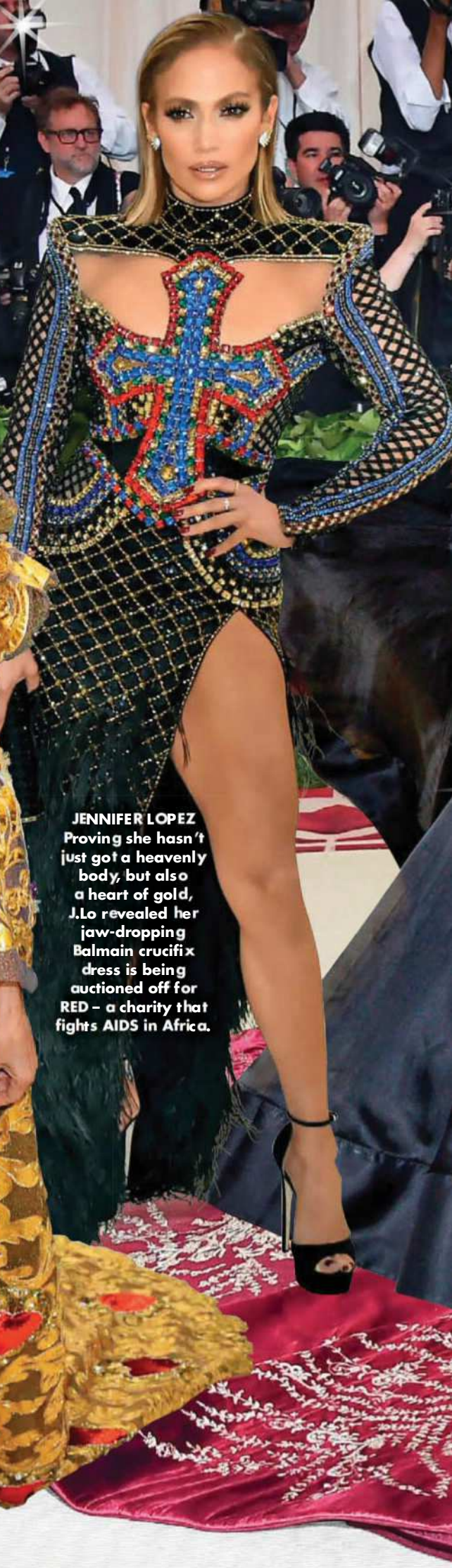
STARSHOTS



LYNDA CARTER
Hollywood's original Wonder Woman traded her superhero cape and headband for a shimmering gold crown and regal, structured dress by Zac Posen.



SARAH JESSICA PARKER
You can always count on SJP to bring the fashion! Going quite literally above and beyond with this year's religious theme, the former SATC star teamed her gilded gold Dolce & Gabbana gown with an ornate headpiece that included an actual nativity scene!



JENNIFER LOPEZ
Proving she hasn't just got a heavenly body, but also a heart of gold, J.Lo revealed her jaw-dropping Balmain crucifix dress is being auctioned off for RED - a charity that fights AIDS in Africa.



MET GALA

**THE CELEBRITY
EVENT WAS FASHION
HEAVEN**

MADONNA

This year's theme was practically made for the *Like A Prayer* singer! The music legend glided down the red carpet in a black Jean Paul Gaultier design and topped it off with a crown made entirely of crosses.

**ROLL
OUT
THE RED
CARPET!**

BLAKE LIVELY
The things celebs do for fashion! The train on Blake's intricately-beaded Atelier Versace gown was so long she needed to travel to the event in a party bus.

AMAL CLOONEY
The evening's host made sure she let everyone know who was wearing the trousers! The human rights barrister chose to stand out in pants, corset and train by London-based designer Richard Quinn. Fun fact: the Queen marked her first fashion show appearance at Quinn's London show.

STARSHOTS

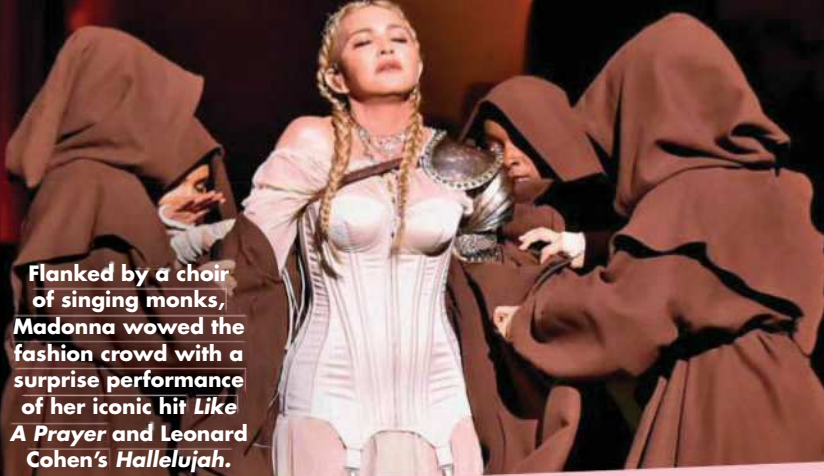
KATY PERRY
The pop star was angelic in a custom Versace Chainmail mini-dress, gold knee-high boots and huge angel wings. Just heavenly!

GIGI HADID
With a body as heavenly as Gigi's, it was easy for her to nail the theme. The Victoria's Secret model wore a stained-glass window inspired Versace dress.

KIM KARDASHIAN
She may have a body made for sin, but Kimmy pulled off the night's theme in a curve-hugging, gold Versace dress with cross details.



DIANE KRUGER
Part Cinderella, part Marie Antoinette, Diana wowed the red carpet with her dramatic Prabal Gurung creation.



Flanked by a choir of singing monks, Madonna wowed the fashion crowd with a surprise performance of her iconic hit *Like A Prayer* and Leonard Cohen's *Hallelujah*.

SNAPSHOTS OF THE NIGHT



RIHANNA
The night's co-host 'reigned' over the red carpet, channelling Pope-chic in a John Galliano creation complete with headdress. 'It would be a sin not to wear it!' she told *Vogue*. Amen!

THESE STARS PROVE THEY ARE TRULY THE GODS OF FASHION!



Pop princesses Ariana Grande and Miley Cyrus strike a pose, while Katy Perry gets chummy with the queen of fashion, Donatella Versace.



Nailed it! 'Katy actually flew my nails on her plane over to me from LA LOL,' Kim tweeted.



What do you get when you cross a halo and a durag? Solange's Gala outfit.



Kim and SJP snap a stylish selfie together.

KEITH'S SEXY SONG

ABOUT NICOLE

Keith Urban, 50, has penned a 'sexy' song about his wife Nicole Kidman, 50, describing her as a 'maniac in bed'.

The Nashville crooner has admitted his new single is all about what goes on between the bedsheets with him and Nicole. The lyrics include, 'She's a maniac in the bed but a brainiac in the head' along with: 'she'll wake you to make love in the middle of the night.'

Keith admitted to the *Daily Telegraph* the song is 'just a simple, fun, sexy-a**e song about my wife.'

'If I feel that way about her, what's the problem?' he told the publication.



Keith's new song suggests that there's still plenty of passion in his marriage with Nicole!

KARL AND JASMINE BABY BUZZ



It has been rumoured for quite some time that Karl Stefanovic's fiancée Jasmine Yarbrough is pregnant, but recently fans went into overdrive when they saw the couple pictured together at a friend's wedding. Jasmine, 34, wore a peplum dress that

appeared to reveal a small bump as she stood next to *Today* host Karl, 44. 'Is that a baby bump?' questioned

several fans as the couple posted the picture to their social media accounts. In the picture, Jasmine was also holding a glass of what appeared to be champagne, leaving others to question the validity of the ex-model's rumoured pregnancy.

MIRANDA KERR WELCOMES BABY BOY!

Supermodel Miranda Kerr and Snapchat billionaire Evan Spiegel, 27, have welcomed their first child together. The adorable baby boy has been named Hart, after Evan's grandfather and famous lawyer Hart Hunter Spiegel, and was born on May 7 at the Cedars Sinai Medical Center in Los Angeles. Miranda, 35, also shares seven-year-old son Flynn with ex-husband Orlando Bloom. Miranda wed Evan last May at an intimate ceremony held at their luxurious Brentwood Mansion worth US\$12million.



THESE CELEBS HAVE EVERYONE SAYING 'HELLO BABY!'

PRINCE LOUIS ADORABLE FIRST PICS

The Duke and Duchess of Cambridge have released two adorable images of their newborn son, Prince Louis, spending his first few days at home. In the photos, taken by the duchess, one is a touching image of the prince with his three-year-old sister Charlotte lovingly kissing his forehead. Another photograph is of just Louis and shows he is incredibly similar in looks to his two siblings when they were newborns.

In both images, the prince is dressed in the hand-me-downs Charlotte and elder brother George, four, wore when they were first photographed. George was not in the pictures, as he was thought to be attending school at the time.

He's a history breaking boy, being the first male in line to the British throne who won't overthrow his older sister in the order of succession.

**CHARLOTTE
SHOWERS
HER NEW
BABY
BROTHER
WITH LOVE!**



THE CONTROVERSIAL MARRIED AT FIRST SIGHT STAR HAS ENDED HER RELATIONSHIP WITH SEAN THOMSEN

Less than a week has passed since Tracey Jewel dumped boyfriend Sean Thomsen in spectacular fashion and she's already run straight back into the arms of another man... her ex Dean Wells!

After five months of dating, the 35-year-old brunette broke off her relationship with the FIFO [fly-in fly-out] worker because she wasn't ready to make the move to Melbourne to be with him.


And speaking exclusively to *New Idea*, Tracey reveals she can't stop thinking about her former 'husband' Dean.

'I hear what he's up to - it's hard not to,' she spills.

'I'm sure he'll be happy to hear about this break-up. I reckon he will [call me].'

So, is the mum-of-one considering getting back together with the divisive 40-year-old?

MAFS' 'I'VE SEA



Tracey and Dean had a roller-coaster relationship on Channel Nine's reality series *Married At First Sight*, which aired earlier this year.



TRACEY DUMPED & NOW I WANT DEAN BACK!

'Dean will always have a soft spot in my heart and who knows?' she answers.

'The way me and Dean ended things, you never say never. Some couples can take a break and have some space and come back.'

'I'm ready and I know what I want.'

As for the breakdown of her relationship with Sean, 35, Perth mum Tracey reveals she ended things on Monday last week after things had been 'quite strained'.

'There's a multitude of reasons and we both could see the writing on the wall for the last couple of weeks,' the author and blogger explains.

'I think we've both been in denial, wanting it to work so badly, but it's just not.'

'You just build up that resentment and ill feelings towards each other because you want things to change, but they're not going to.'

'I just had to call it because I'd rather leave on good terms and still be amicable rather than it turn nasty and bitter.'

Tracey blames their lifestyle differences for causing fractures

can't give that to me.

'That's why I can't move to Melbourne with him, I need my friends and my support around me. I'm not ready to move.'

After coping extreme backlash for their relationship, which was revealed on the final episodes of *Married At First Sight*, Tracey admits, 'It's a miracle me and Sean have made it this far, to be honest.'

'I was prepared for the criticism of what was on TV with Dean, but what I wasn't prepared for was my personal criticism,' she continues.

'Luckily, he hadn't moved in yet, we hadn't finalised anything moving forward in the next chapter of our lives.'

The 35-year-old brunette dumped Sean at the airport after picking him up from a week working away at the mines.

'It was brutal,' she admits.

'Because he works away and I've been away a lot, I had to

wait until when I picked him up from the airport and I just told him straight away.

'I couldn't even wait for him to get into the friggig car.'

Tracey – who will next month go on a publicity tour with her new book

IT'S ALL OVER FOR TRACEY AND SEAN

This Goddess Means Business – reveals she wanted to release the news of her break-up herself because she 'can't fake it'.

'The problem is that you have to get it out there because you can't keep pretending,' she says.

'I'd rather get my words out about the real reason rather than gossip and he said, she said and all that rubbish that goes with it because I don't have a bad word to say about Sean and that's why I'm doing this.'

'It's not nasty and I don't want it to get to the point where it's nasty either, which is why I called it.'

Under the guidance of a counsellor, Tracey made the difficult decision that she needs

to remain in Perth, close to her 10-year-old daughter. It wasn't a decision she made lightly.

'I've been seeing someone on a regular basis and I'm feeling a lot better for that,' she says.

'That's who recommended me not to move to Melbourne and to create routine and not make too many changes in my life at this point in time.'

So has Tracey told her daughter about her break-up with Sean?

'No, I haven't,' she says.

'I will, after Mother's Day. Everyone has an opinion about me abandoning her.'

'I realised that Sean can't give me what I need right now and sometimes you just need to look after yourself.'

The unlikely Perth couple lasted only five months.





THE SIMMERING TENSIONS BETWEEN THE PRINCESSES FINALLY BOIL OVER

Kate has had to come to the actress' aid, pulling Beatrice, Eugenie and Camilla into line over their meddling in Harry and Meghan's special day.



Camilla has ensured that Meghan's parents, Thomas and Doria, are treated as second-class citizens during the ceremony.

THE WED REHEAR SHOWDO MEGHAN'S

From the moment they laid eyes on each other, Meghan Markle and Prince Harry's love story has been full of controversy and their nuptials fraught with drama. And now at the wedding rehearsal, certain royals have continued to make Meghan's life a nightmare, as *New Idea* can exclusively reveal.

Palace insiders have spilled that the wedding rehearsal was upset by the meddling Duchess of Cornwall and Princesses Beatrice, 29, and Eugenie, 28.

'The wedding rehearsal was incredibly tense, and it was no surprise when all that tension bubbled over and there was an enormous row,' says a source.

Eugenie, who is due to marry this October, was at the centre of the showdown.

'Bea and Eugenie were being very difficult, making all sorts of inappropriate comments. Eugenie was overheard at one

point telling her sister, even though Meghan and Harry's wedding was coming first, hers was going to be a lot more of a showstopper and people would be talking about it for years,' the source spills.

Insiders also indicate that Bea went to great lengths to ensure she'll wear the best dress and apparently 'stole' one of Kate's options she had set aside. The sisters also boasted they would upstage Meghan, 36.

'Bea and Eugenie were also

'KATE AND MEGHAN WERE TAKEN ABACK AT HOW RUDE THEY WERE, AND IT WAS KATE WHO SPOKE UP'

going on and on pretty loudly about how they are going to make sure that they are the best dressed on the day. They were humiliated after their outfits were ridiculed at William and

Kate's wedding, and they're not going to make that mistake again – and that everyone would be talking about what they wore more than Meghan's gown.

'Kate and Meghan of course were quite taken aback by how rude they were, and it was Kate who spoke up and said they were being disrespectful and to show some manners,' says the source.

The sisters are said to be riled up after their mother, Sarah Ferguson, was snubbed from the wedding. 'Beatrice and Eugenie got very fired up – wailing about how they were born into the

royal family and Kate and Meghan weren't, so it was them who should show the respect.

'Kate and Meghan didn't stoop to their level and kept a dignified silence. They just feel like the outcasts of the royal family, and seeing their mother treated so poorly when she is a duchess is just disgusting – they're so angry over it all.'

The sisters have even ousted poor Meghan from the Royal Lodge on the eve of her wedding, insisting they stay there instead. As their father Prince Andrew owns the lodge, they made sure Meghan was not given access to the premises.

And it's not only the sisters who have been stirring the pot. Camilla, 70, who has a history of meddling in Harry's affairs, made efforts to ensure Meghan's



DING SAL WN! FURY



THERE'S A FIERCE BATTLE RAGING BETWEEN THE ROYALS!

When Fergie (right) was snubbed from attending the royal wedding, her daughters came out swinging – trying to upstage Harry and Meghan's loved-up May nuptials.



WAR BEHIND PALACE GATES!

parents were second rate. 'Meghan's parents have felt the wrath of Camilla,' continues the royal source. 'She has been causing trouble left, right and centre – she's doing her best to disrupt this wedding. The last straw was when Meghan found out Camilla had moved her parents to bad seats in the church – so they were tucked away.' It's also rumoured Camilla made it her mission to ensure there was plenty of meat on the menu, when she knows Meghan and her friends are vegans. In fact, Camilla made so many changes here and there that Kate had to step in. 'Kate spoke to Camilla and told her it was inappropriate to make changes. Kate has really stepped up to protect Meghan and tackle Camilla on her behalf.'

Harry and Meghan currently reside at Nottingham Cottage, but since Eugenie has confirmed she will be moving in next door with her soon-to-be-husband Jack Brooksbank, Meghan has insisted on moving nearer her sister-in-law Kate. Kate and Wills live in Apartment 1A and Meghan and Harry are said to be moving into Apartment 1. It is much larger than Nottingham Cottage and Meghan will be closer to Kate, who has supported her, unlike Eugenie who has been very frosty.



Princess Eugenie & Jack Brooksbank.



William and Kate, Prince George, Princess Charlotte and Prince Louis.

Prince Harry and Meghan are moving to a larger apartment nearer to Wills and Kate.





WEDDING SECRET B OPEN LE

MY MESSAGE TO PRINCE HARRY... ON HIS WEDDING DAY

When Prince Harry and Meghan Markle walk down the aisle this Saturday in front of billions of fans worldwide, there's one Australian who won't be watching the historic royal wedding on TV – Simon Dorante-Day.

Queenslander Simon has long fought to prove that he's Prince Charles and Camilla's secret son, with a mountain of convincing facts to back up his claims. But when it comes to watching

Harry and Meghan's wedding, Simon – who has nine children with wife Elvianna – says it's simply too painful to watch the wedding with his own eyes, knowing that he and his family should be with his royal parents and half-siblings in London on this very special day.

Now as his fight for answers reaches unprecedented levels, Simon has written an open letter to Prince Harry ahead of the wedding, opening his heart about the close pull he feels to the man he believes is his half-brother...

Simon believes he has a deep connection to half-brother Harry and his bride-to-be, because he, too, is in a mixed-race relationship.

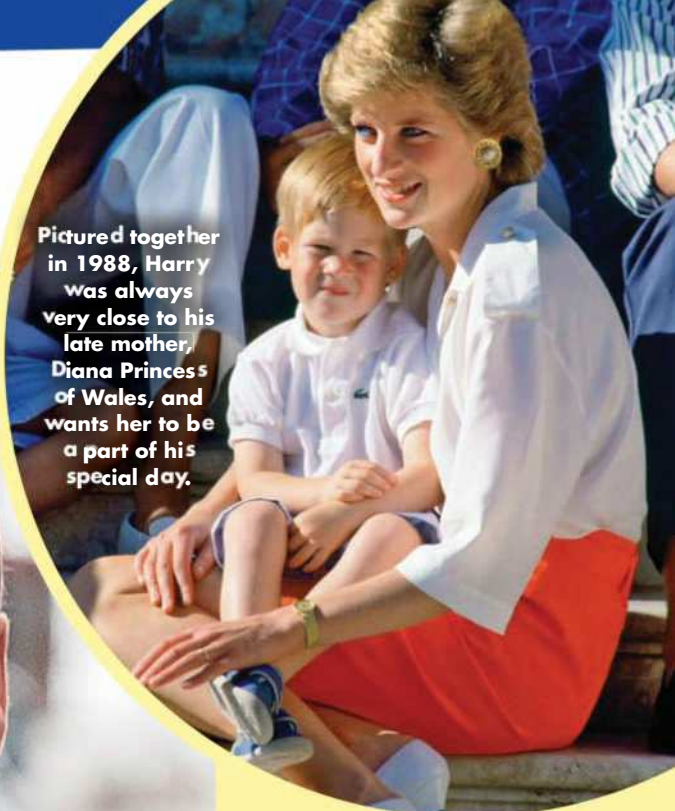


Charles and Camilla have always denied Harry's half-brother's existence, but that may be about to change.

G DRAMA

ROTHER'S

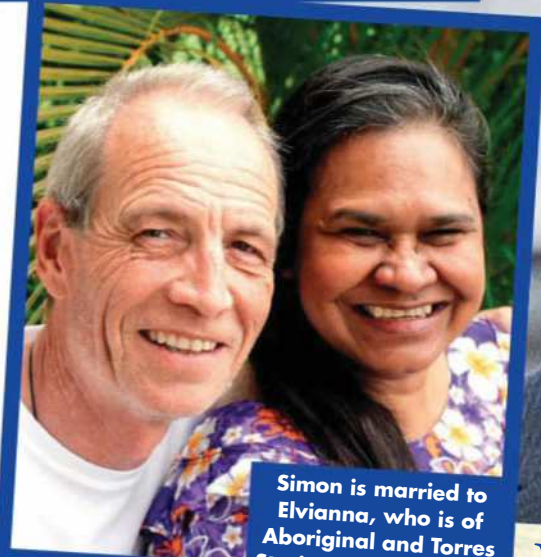
TTER



Pictured together in 1988, Harry was always very close to his late mother, Diana Princess of Wales, and wants her to be a part of his special day.



TURN TO PAGE 26 FOR YOUR ULTIMATE WEDDING GUIDE



Simon is married to Elvianna, who is of Aboriginal and Torres Strait Islander descent.

HARRY'S BEAUTIFUL TRIBUTE TO DIANA

Prince Harry is set to honour his mother Princess Diana in an amazing tribute on his wedding day, by inviting his mother's siblings – Lady Sarah McCorquodale, Lady Jane Fellowes, and the Earl of Spencer, Charles – and has asked his aunt Jane to do the reading.

'Harry wants Diana to be remembered at his wedding – making sure she is with him and William and [Meghan] on his special day is just so important to him,' says a palace source, who says Diana will feature heavily in his speech.

'He's put a lot of time and effort into making sure that his mum is incorporated as much as possible. He's already written his speech and Diana has played a huge part in it,' the source adds.

By the end of the speech, chances are there won't be a dry eye in the house: 'Listening to him opening up about his mother and the sadness he feels at her not being there or meeting Meghan will certainly tug at the heart strings and leave all the guests very moved,' the palace insider spills.

Meghan will also honour her late mother-in-law in a special way too, as she is said to be wearing Diana's famous Spencer tiara on the day. The piece has an elaborate flower and diamond design and was kept by Diana's brother, Earl Spencer, until Harry and William turned 30, when it was returned to them as part of their inheritance.

Dear Prince Harry,

It's strange to be writing a letter to a man I've never met, especially when I believe that man is my brother. I, as I'm sure you've been told, have been fighting for 20 years to prove that I am the son of Prince Charles, your father, and Camilla, Duchess of Cornwall.

But now as you prepare to walk down the aisle with your bride-to-be, I find myself sad and, to be honest, a little angry that I won't be there in person to share in

fight for answers isn't over, and I hope that we will all be in your life one day.

For now, it will simply be too painful for Elvie and I to watch your wedding from our lounge room in Queensland – it just hurts too much.

Recently I was asked which member of the royal family I think I'd be closest to and I immediately said you – the answer flew out of my mouth. I think I would definitely get along with you if we met.

seem in love. I hope that you're surrounded by positivity in the lead-up to your big day. I've seen that you and Meghan have copped a lot of negativity and that's upsetting to me and Elvianna. You've had enough pain in your life, you don't deserve more.

My wife Elvianna is an Indigenous Australian and as a mixed race couple, we wish you well. We know how hard it is. When I met Elvianna it wasn't acceptable for a white man to be with an Aboriginal or Torres Strait Islander woman. I've encountered a lot of hate and been called hateful names for being with an Indigenous Australian woman, and I can only imagine what you have copped for being with someone of mixed race.

One day we hope to sit down with you and Meghan. Until then, I wish you all the best, and I hope you're as happy as Elvianna and I.

Best wishes,
Simon, Elvianna, the children, our sons-in-law and grandchildren.

'IF I HAD NOT BEEN HIDDEN AWAY BY CHARLES AND CAMILLA WOULD WE BE CLOSE TODAY?'

your day. If I had not been hidden away by Charles and Camilla, would we be close today? Would I be your best man instead of Prince William? Would my wife Elvianna be close to your fiancée, Meghan? Would my children be part of your wedding party?

These are questions I will never know, but my

Growing up as a teenager, I was exactly like you – I was rebellious, I was wild, I loved partying. And then there is the fact that we both grew up without our mothers, under different circumstances of course.

If I was to sit down with you before your big day, I would of course wish you all the best. The big brother in me worries that everything seems a bit rushed, but you and Meghan certainly



MATTHEW NEWTON'S FUTURE FATHER-IN-LAW HAS BEEN LINKED TO HARASSMENT

Matthew's parents Patti and Bert are said to be distressed that their son has been linked to yet another scandal, as New Idea can exclusively reveal the father of Matt's fiancée Catherine Schneiderman is facing allegations he has been sexually violent to women.

This is obviously Patti and Bert's worst nightmare come

and has left his parents anxious.

Two of the women, Michelle Manning Barish and Tanya Selvaratnam, told *The New Yorker* that Eric 'repeatedly hit them, often after drinking, frequently in bed and never with their consent'.

Eric, who resigned from his position as attorney general last week, said in a statement: 'It's been my honour and privilege to serve as Attorney General for the people of the State of New

'READING THESE ALLEGATIONS AGAINST ERIC HAS SENT A SHIVER DOWN PATTI AND BERT'S SPINES'

true – that Matthew's become embroiled in another scandal,' says a family source.

According to recent reports, Matthew's future father-in-law Eric Schneiderman violently assaulted four women he was in relationships with. The news sees Matthew's name dragged through the mud

York. In the last several hours, serious allegations, which I strongly contest, have been made against me.'

Both Patti and Bert hoped Matthew going stateside would be a good move, particularly as Eric was such an upstanding figure. But now these allegations have them more worried than ever, and Patti is keen to head to New York to ensure her son's safety. 'They really hoped that Matthew's move to New York and his relationship with

Catherine would see him settle down and that his life would be scandal-free. They were really encouraged by the fact Cat's dad was such an upstanding man and had such an important, high-profile job. But reading these allegations against Eric has sent a shiver down Patti and Bert's spines,' spills the close source.

Since Eric's recent resignation, Matthew's past is being rehashed by the American

The television greats are fearing for their son once again, as Matthew's alleged violent history is being brought into the spotlight in the American media.



PATTI'S PAIN

SCANDAL RO THE NEWTON

M Manning Barish
 @ManningBarish
 Follow
 After the most difficult month of my life-I spoke up. For my daughter and for all women. I could not remain silent and encourage other women to be brave for me. I could not...



ATTORNEY GENERAL BOMBSHELL
JEKYLL AND SCHNEID
 Four women accuse state's top lawman of slapping, choking them

As state AG, Eric Schneiderman checked out the 'Attorney General' but privately, he physically abused his wife, women told The New Yorker. **SEE PAGE 5.**



Matthew is being dragged into Eric's ongoing sexual misconduct saga by simply being linked to his daughter Catherine.



media, and despite moving to the US to escape bad press, his misdemeanours are now being splashed over all the papers.

In 2006, Matthew was accused of domestic assault against his then partner actress Brooke Satchwell, and in 2010, actress Rachael Taylor ended their relationship due to an altercation. Court documents revealed that Rachael was left with injuries consistent with having her head 'bashed against the floor and walls'.

In 2011 and 2012, Matthew was charged with two more assaults – one against a Sydney taxi driver and another against a hotel receptionist in Miami.

Following the charges, Matt, who has been diagnosed with bipolar, checked into the Betty Ford centre in California for alcohol and drug treatment.

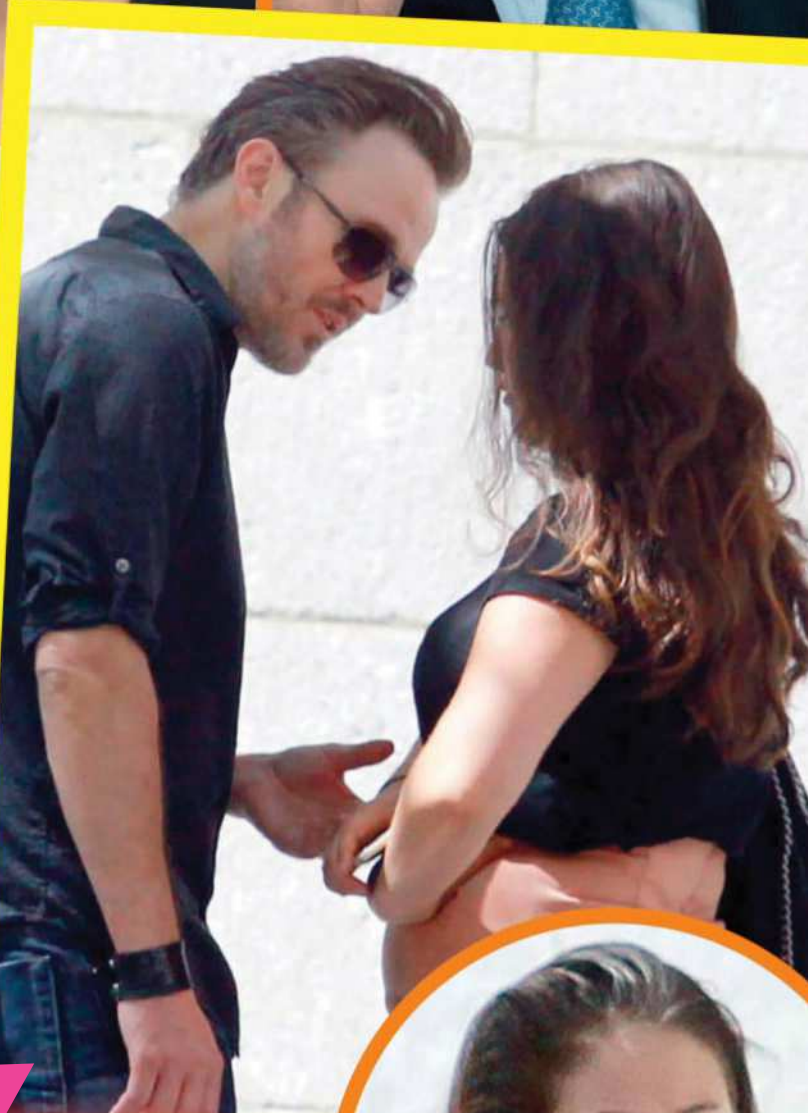
He later expressed his regret in an *A Current Affair* interview,

saying: 'It is intolerable to harm women, it is intolerable to harm your best friends and it is intolerable to harm yourself. I've done all of those things and I utterly regret it.'

Since getting engaged to Catherine, 25, Matthew, 41, hasn't been linked to any other domestic upsets and has been on the road to better health, but now this scandal has dragged him into another mess.

'Obviously Matthew isn't a part of the drama, but just the fact that he's been dragged into his father-in-law's mess is very upsetting for Patti and Bert.'

Eric, who has long been a supporter of women's rights, has denied the allegations, adding: 'In the privacy of intimate relationships, I have engaged in roleplaying and other consensual sexual activity. I have not assaulted anyone. I have never engaged in non-consensual sex, which is a line I would not cross.'



While Cat and Matt have been living happily together in New York – with the actor showing no signs of relapsing – this new scandal has hit home for both of them.

CKS FAMILY



**TWO
DATES,
ONE
WEEK!**



**JUSTIN
ROMANCES
JEN'S FRIEND
EMMA STONE**

JEN'S FURY

THE ULTIM



**Emma and Justin
shared a taxi
after the Met Ball in New
York last week.**

Jen Aniston is said to be furious that her estranged husband Justin Theroux has already fallen into the arms of another A-list star – her good friend Emma Stone.

Tongues are wagging as he was recently seen strolling hand-in-hand with Emma Stone, leaving Jen seething.

The loved-up duo were pictured laughing and giggling as they strolled through the streets of New York for late-night sushi at swanky restaurant Blue Ribbon – and Jen is shocked.

'Jennifer couldn't believe her eyes when she saw Justin and Emma out on a date,' a source tells New Idea.

'She doesn't care that Justin has moved on – she has moved on as well. But

with Emma Stone?' they add.

On the date, Justin, 46, appeared to be keeping a low-key profile with his cap pulled over his eyes while Emma, 29, seemed to be shouting something as she walked close to her companion.

Emma also donned a cap pulled over her eyes and wore casual attire in an attempt to blend into the surroundings.

The date preceded the pair's recent appearance at the Met Gala, where they were pictured hanging out and later leaving the afterparty – held at Up & Down club – in a car together.

The pair became close friends on set when they filmed Netflix show *Maniac* and Jen is said to be wondering whether they have been dating while she and Justin were still a couple.

'Justin and Emma did a movie together last year, so Jen is of course now wondering whether



The pair are getting cosy while Justin's ex Jen is left fuming.



Justin and Emma were seen dining out together in New York.



ATE BETRAYAL

they hooked up back then – when Justin and Jen were still married,' spills the source.

'It's certainly not the first time Jen's seen her husband fall for another actress on set, so of course she's wary. It happened with Brad and Angelina – so Jen can't help but think history is repeating itself,' the insider says.

To add insult to injury, Jen has been close to Emma for a while and with these recent revelations, Jen feels her pal has been disloyal. 'She and Emma have been friends – the fact that she's now hanging with Jen's ex-husband is a complete betrayal. Emma has obviously chosen to side with Justin after the whole split, which is very telling to Jen considering that she's been friends with Emma.

'She just wants to know when their hook-ups started – they looked so cosy and happy on

their date, like this definitely wasn't their first night out,' the source continues.

'Jen just feels completely humiliated, like she's being played for a fool – and she doesn't like it one little bit.'

Jen and Justin called it quits in February this year and he has stayed friends with Emma since. Justin even posted the two of them hanging out onto his Instagram, but he was quick to declare they were 'just friends'.

But just a month after announcing his split from Jen, Justin was seen at the Louis Vuitton show beside Emma.

He has also been linked to various other women including actress Aubrey Plaza and artist Petra Collins, while Emma is said to be dating writer Dave McCarthy since last year.

In the meantime, Jen has been rumoured to be back together

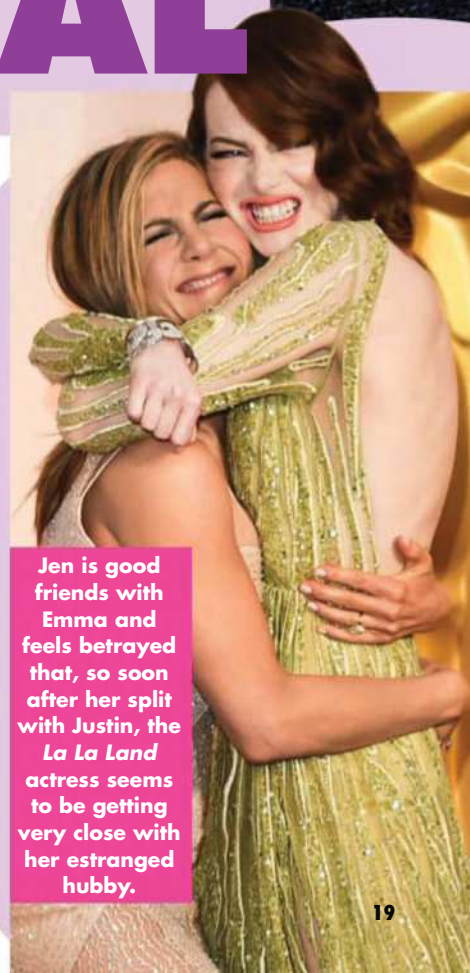
again with her ex-husband Brad Pitt who recently finalised his divorce from Angelina Jolie.

Jen is also alleged to be pregnant with Brad's child and was spotted getting off a private plane a few weeks back, hiding what seemed to be a baby bump.

But the news comes amid controversy that Brad Pitt is secretly dating beautiful architect Neri Oxman, leaving Jen to possibly consider raising their baby alone.

Jen and Justin have remained estranged since the split and sources tell New Idea the pair had an explosive showdown a few weeks ago as he returned to their Bel Air mansion to collect the rest of his belongings.

Now with the recent release of the pictures of Justin's cosy date with Emma, the relationship with Jen is certain to become even more frosty.



Jen is good friends with Emma and feels betrayed that, so soon after her split with Justin, the *La La Land* actress seems to be getting very close with her estranged hubby.



The two lovebirds have been happily waiting to wed for some time.

THE
VETERAN
SWIMMING
CHAMP TIES
THE KNOT

LISA CURRY'S
**HAPPILY
EVER AFTER**



LISA'S HAD A BIG YEAR WELCOMING GRANDSON FLYNN

Lisa is getting very excited about her big wedding day plans.

It was the moment she'd been dreaming of – after nearly a decade of waiting, Lisa Curry is gliding down the aisle and into the arms of the love of her life and Elvis impersonator, Mark Tabone.

The former Olympic swimmer took to Instagram ahead of the big day to share several pictures of the festivities in the lead up to the wedding.

In one picture Lisa could be seen posing with three friends in 'Team Bride' sunglasses, while in another she smiled for the camera while donning pink pyjamas.

Describing the occasion as a 'raging hens night', she wrote in the caption: 'A few more sleeps and I'll be a "Mrs".'

'Thanks to my gorgeous friends who endlessly help me out doing all the last-minute

runaround things. I couldn't have done it without you.'

The star also shared several pictures of her pre-wedding beauty regime, including a relaxing facial and her hair extensions trial.

While rumours of a wedding have been circulating for months, the *I'm A Celebrity...Get Me Out Of Here!* star had until recently insisted that she wasn't

and start looking at a date because we weren't looking at anything until it [the divorce] happened,' she said upon hearing the news, before joking: 'It better be soon while I'm skinny.'

It certainly marks a turnaround for Lisa, who remains good friends with ex-husband Grant.

And it seems life really couldn't get much better

'MARK AND I CAN ACTUALLY GO AND START LOOKING AT A DATE... IT BETTER BE SOON WHILE I'M SKINNY'

ready to walk down the aisle, stating that she and former ironman Grant Kenny – who Lisa has three children with – had yet to finalise their divorce, despite splitting some nine years ago in 2009.

'Grant has just been busy, it's been nearly nine years, I've been trying to get it done for a while,' the sports champ previously told News Corp.

However, following her elimination from the *I'm A Celeb* jungle last year, Mark, 50, informed his fiancée that Grant had finally signed the divorce papers.

'Mark and I can actually go

for her at the moment.

The sports star is a doting mum to her three children, Jaimi, Jett and Morgan – not to mention adoring her new role as a grandma!

Lisa has been unable to resist updating fans with cute snaps after youngest daughter, Morgan, gave birth to her son Flynn back in March.

'I'm a Granma!!!! Welcome to the world little Flynn. Words cannot describe how happy I am for my bubba,' Lisa shared with her Instagram fans.

In another update, Lisa wrote: 'Doesn't matter how busy or how tired I am... holding my grandson is the most beautiful feeling in the world.'

Now becoming Mrs Tabone, following Mark's romantic proposal in Malta back in 2016, Lisa's dream of a happily ever after has finally come true.

And we couldn't be any happier for her if we tried!



'I'VE LOST 50 KIL



David also lost a considerable amount of weight in the last few years.



BEFORE

AFTER

She may have a larger than life personality, but Chiara is almost half the size she used to be!

The outspoken *House Rules* contestant reveals exclusively to New Idea that she lost more than 50kg after undergoing gastric sleeve surgery.

'My highest weight when I was pregnant was 114 kilos,' the 32-year-old mum says. 'When I had my surgery, I dropped more than 50 kilos and I got to 60.9 kilos.'

Five years ago, the Perth hairdresser made the difficult decision.

'It got to a point where I couldn't do it anymore,' Chiara explains. 'I grew up

my whole life with my weight being such an issue that I didn't want the rest of my life to be like that. One of my friends had had it done. I didn't want it to consume my life anymore.'

Proud husband David, who has also shed an impressive 25kg in the past few years, says he just wanted Chiara to be happy.

'We did everything before we went down the surgery route,' David, 38, says. 'We did shake diets, we went vegetarian, we tried all sorts of things!

'I saw how upset she was getting and I just said: "Let's do this."'

In more than \$20,000 of credit card debt already, the couple decided to take money from Chiara's

superannuation to pay for the costly procedure, which dramatically reduces the size of your stomach.

'We didn't have enough money to do it obviously,' she reveals. 'Out of pocket it was close to \$5000, not to mention paying for top cover health insurance!'

While Chiara says her life now is '100 times better', undergoing surgery wasn't the easy way out.

'When I first had the surgery, I was kicking myself, thinking: "What the hell have I done?" Because I couldn't eat,' she says. 'I would be chock a block full from half a sandwich and I was like: "So what's there to do now?" I couldn't even enjoy food anymore.'



KIM & MICHELLE 'WE QUIT'

Things go from bad to worse this week on *House Rules* for Kim and Michelle.

The New South Wales mother and daughter team tell New Idea they were ready to pull the pin after things became all too much on the second renovation.

'We struggled, we just wanted to go home,' Michelle, 27, says.

'We were so out of our comfort zone. We'd never travelled anywhere, we'd never been away from home.

Kim and Michelle are ready to leave the competition.



Michelle misses her daughters Bella and Aaliyah.



Being away from the kids was hard, we really felt it. In my opinion the first week was harder than having kids for the first time!

According to 56-year-old Kim, grandmother to Michelle's two

daughters Bella and Aaliyah, competing was 'scary'.

'We were just mother and daughter and pretty much everyone else had their partners

**THE FEISTY
HOUSE RULES
CONTESTANT
OPENS UP
ABOUT HER
LIFE-CHANGING
WEIGHT LOSS**

OS'

David adds: 'Chiara and I comfort eat, we sit down and we eat together, that's how we cope.'

Losing weight has completely overhauled the busy mum's life and is the reason the married couple are competing on *House Rules*.

'If I never had that surgery, I would never have entered this competition,' Chiara states. 'I would never have had the confidence. I feel like a weight has been lifted, no pun intended.'

'Going clothes shopping now, I don't have to worry if it's going to fit.'

Smiling at his wife, David says: 'The moment Chiara had the surgery, everything settled down and I noticed there was a lot more confidence back in my wife.'



BEFORE

Chiara has lost more than 50kg after having gastric sleeve surgery.



AFTER

The mother and daughter team have been struggling from the start and just want to go home.



with them,' she says. 'It's hard for two girls and me at my age!'

And when a medic is called to attend to Kim this week on *House Rules*, things fall apart even further for the struggling team.

'I could be sent home,' Kim

confesses. 'I might have to leave the competition.'

Could this be the straw that breaks the camel's back for struggling mother and daughter Kim and Michelle

7
HOUSE RULES
AIRS MONDAY
TO WEDNESDAY,
7.30PM, AND
SUNDAY, 7PM

These days the busy mum weighs in at about 60kg and is happier than ever!

Photo of Chiara: Lawrence Furrey. Hair and make-up: Steph Lai. Stylist: Pto Cook. Photo of Kim and Michelle: Lawrence Furrey. Hair and make-up: Georgina Hull and Steph Lai. Stylist: Siohan Sheehan. Kim wears Sussan and Country Road. Michelle wears Witchery and Prastiche.

New Idea ROYALS

BRAND NEW PODCAST!

Welcome to New Idea Royals – Australia's best podcast for all things royal! Kick back with a cup of tea as we discuss everything from Prince Harry and Meghan Markle's wedding to intriguing palace secrets, all brought to you by royal expert commentator Angela Mollard and New Idea editor Frances Sheen.



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It's been a tough few years for much-loved television star Grant (below, with wife Chezzi and daughters Sailor, seven, and Scout, two).

Grant Denyer has made the shock announcement that Ten's popular game show *Family Feud* is over.

The 40-year-old host put the rumours the show was on its last legs to bed, when he appeared on 2DayFM's *Breakfast Show with Em, Grant and Ed* last week.

'It's obviously been a huge success for myself and for Ten for four years,' Grant said. 'We only thought we'd get two years out of it, so it was really lovely to stretch it to four.'

The father-of-two will have hosted 1200 episodes when the last show airs. Grant hinted that the show was axed due to poor ratings. 'We're probably guilty, if anything,' he explained, 'of driving it into the ground a little bit too early.'

'Six days a week, twice a day, plus All Star episodes, we might have squeezed that lemon a little bit too much,' Grant admitted.

Grant appeared in the most recent iteration of the series. It previously ran on both Channel Nine and Channel Seven, before Channel Ten took it on. The host admitted that his time on the show was re-energising.

'It came along at a time when I was looking for something new... and it kind of rebirthed

me,' the Logie-winner added. 'It obviously reinvigorated that 6pm timeslot [on Channel Ten], which was dead for them for about five years.'

Before then, Grant worked as a *Sunrise* weatherman and *Million Dollar Minute* host, and when he was announced as *Family Feud*'s presenter, the news came to some as a shock.

TV commentator David Knox, publisher of *TV Tonight*, said at the time: 'This news reeks of a lack of imagination.'

'If this is the best Ten's brains trust can come up with for 6.00, then it's probably time to hoist the white flag.'

Despite the sad ending of *Family Feud*, Grant's appointment to 2DayFM's *Breakfast Show* has helped its popularity. Since he joined Em Rusciano and Ed Kavalee earlier this year, the show has had a ratings boost of 4.4 per cent.

A Network Ten spokesman confirmed Grant will have a new game show, to be announced within the next few weeks.

'*Family Feud* has been an important part of our schedule for the past four years,' he said. 'We feel it is time to rest the show. It will be put on hold later this year and we will be announcing an exciting new game show very soon.'

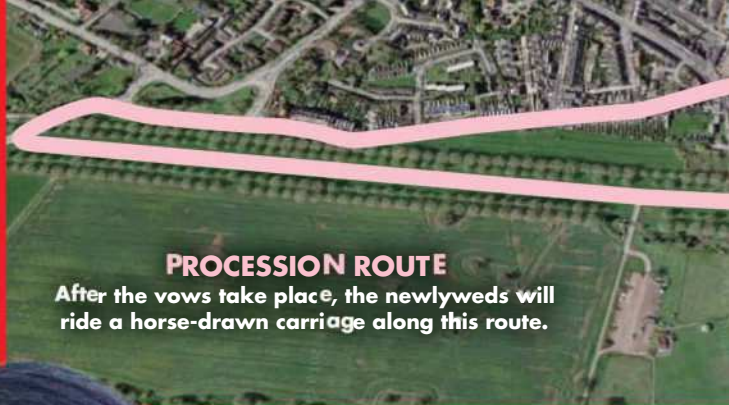


The former *Sunrise* weatherman has hosted *Family Feud* since 2014.

A DEVASTATING NEW BLOW FOR THE POPULAR TV STAR

GRANT DENYER'S SHOCK HEARTBREAK

**FROM THE
DRESS
TO THE
WEDDING
VOWS, WE
HAVE EVERY
LITTLE
DETAIL
COVERED**



PROCESSION ROUTE

After the vows take place, the newlyweds will ride a horse-drawn carriage along this route.



**THE ROYAL
WEDDING**

**YOUR
ULTIMATE
GUIDE**

ROYAL WEDDING SPECIAL



Windsor Castle



THE STATE APARTMENTS
The Queen's residence.



ST GEORGE'S CHAPEL

The ceremony will be held here at noon.



WINDSOR CASTLE

The lunch reception for 600 guests will be held here after the wedding ceremony.



THE RECEPTION

The formal evening reception will be held here at Frogmore House – less than a kilometre south of Windsor Castle – for 200 guests.

It's the world's most anticipated wedding. Royalists will tune in globally to watch Harry wed his Hollywood star.

Indeed, Meghan and Harry's relationship has been anything but traditional, and their wedding will follow suit. From the vows to the wedding gifts and cake, the couple are proving themselves to be the most modern royal couple yet.

The venue is also different from where Kate and William married, and there will be fewer guests attending. That said, they have invited 1200 'commoners'.

The wedding starts at noon and will be over by 1pm, but the crowds will gather beforehand. Members of the royal family are expected to arrive at 11.20am.

The crowd granted exclusive access to the grounds includes 1200 members of the public, 1140 palace staff, 200 people from favoured charities and 100 schoolchildren. Six hundred guests have been invited to the chapel and a lunchtime reception. The newlywed couple will then take a horse-drawn carriage through the grounds.

THE DATE

According to royal expert Kate Nicholl, Prince Harry chose the date, May 19, to honour his poorly grandfather Prince Philip.

'He's incredibly close to his grandfather,' Kate explained to *ET*. 'Harry thought it was a great thing to [have] the wedding sooner rather than later, so that his grandfather could be there, fit and healthy.'

MEGHAN'S HAIR & BEAUTY

It's been rumoured that Miguel Perez will do Meghan's hair, although he has not yet officially confirmed this. In terms of style, according to Meghan's previous hair and make-up artist Lydia Sellers, Meghan may opt to wear her hair down.

'We styled her hair down a lot – that's the look she gravitates toward. It could be straight or wavy or anything else, but she likes it down,' says Lydia.

'Her approach [to make-up] is very effortless. She just wants to look like a better version of herself. That's something she believes in.'

THE WEDDING SCHEDULE

(IN AUSTRALIAN EASTERN STANDARD TIME)

6PM

Guests arrive at the Round Tower via coach.

7PM

Around 2600 invited charity workers, members of the public, local school kids and staff from Windsor Castle stand in the grounds and watch as 600 guests arrive for the service at St George's Chapel.

8.20PM

Meghan departs her overnight destination, along with her mother, and they begin their journey to the church while members of the royal family start to arrive. They will enter through the west steps of St George's Chapel, via the Galilee Porch. Some will be on foot, and others will arrive by car. Prince Harry and his brother Prince William, Duke of Cambridge, will arrive most likely by foot and will also enter via the west steps.

9PM

The service begins.

10PM

The newly married couple proceed out of the church and acknowledge the 200 representatives of Prince Harry's charities, gathered in the Cloister. Harry and Meghan then embark on a carriage ride around Windsor for half an hour, while the royals and guests make their way to St George's Hall, inside the castle, for the reception.

10.30PM

Harry and Meghan return to the castle for the reception with all 600 guests in St George's Hall.

2AM

Guests leave the reception.

4AM

Evening reception for 200 at Frogmore House. This is the final time today that the public will see Meghan and Harry.



PRINCE HARRY'S OUTFIT

The couple have invited 250 members of the armed forces to take part, and soldiers from Harry's former regiment the Household Cavalry will form a guard of honour. According to royal correspondent Phil Dampier, Harry may wear the uniform of Captain in the Blues and Royals – part of the cavalry – even though he left the army in 2015. Although, some experts predict he will just wear a morning coat.

THE CARRIAGE

The palace has announced that Harry and Meghan will have a carriage procession after the ceremony. 'The carriage is pulled by four horses, and there's two outriders in front – so there's six in total,' the lead rider, Philip Barnard-Brown, announced. The happy couple have chosen the Ascot Landau coach, which was built in 1883.

THE SPEECHES

According to Phil Dampier, Meghan plans to make a speech at the reception, breaking with the tradition that the bride doesn't speak. She has told friends she wants to thank the Queen and the royal family 'from the bottom of her heart' for welcoming her into their fold.



THE VOWS

The pair will make their vows in front of Justin Welby, the Archbishop of Canterbury. According to Phil, they will vow to 'love, comfort, honour and keep' each other – as Charles and Diana did, as well as William and Kate.

THE SERVICE

The service will be held at St George's Chapel in Windsor Castle, and is said to be a very special venue for Prince Harry.

'He spent a lot of childhood there, went to school there [and] it's where he spends a lot of time as an adult with his grandmother,' Kate told *ET*.

Guests are set to enjoy performances by artists, including Christian gospel group

The Kingdom Choir and cello prodigy Sheku Kanneh-Mason – who received a personal call from Meghan herself.

The teenage cellist said: 'I was bowled over when Ms Markle called me to ask if I would play during the ceremony, and of course I immediately said yes. What a privilege to be able to play the cello at such a wonderful event. I can't wait!'

It's reported Harry and Meghan have formally invited 600 guests to the lunch reception.



MEGHAN'S DRESS

Following in the footsteps of her soon-to-be sister-in-law Kate, Meghan will wear two wedding gowns on the big day. 'She will have two dresses, one for the ceremony and another dress for the evening,' a source told *Vanity Fair*. 'The plan is for her to change after the ceremony so that she can party the night away in something glamorous and less restrictive. Meghan can't wait to surprise everyone, especially Harry. The wedding dress itself will be traditional and elegant. There is talk of some lace and sleeves, and Meghan has been working very closely with the designer who has been sworn to secrecy.' The designer hotly tipped to take on the gig is Australian duo Ralph & Russo, although Erdem and Oscar de la Renta have also been thrown around.

ROYAL WEDDING SPECIAL

THE CAKE

Harry and Meghan have asked pastry chef Claire Ptak of Violet Cakes in London to do the honours.

The cake will be a lemon elderflower creation 'that will incorporate the bright colours of spring', so less traditional than the usual fruit cake. It will be covered in buttercream and decorated with fresh flowers. Megan interviewed Claire in years past for her now defunct blog The Tig.



Claire has been commissioned to make a modern yet stunning spring cake.



THE PHOTOGRAPHER

The same photographer, Alexi Lubomirski, who took their engagement pictures, will also do the honours on the big day. Alexi is known for his candid and modern photography, expressed in the contemporary engagement shoot he did for the couple.

THE READING

A statement released from the palace confirmed that Princess Diana's sister, Lady Jane Fellowes, will give the reading. 'Prince Harry and Ms Markle both feel honoured that Lady Jane will be representing her family and helping to celebrate the memory of the late Princess on the wedding day,' the statement read.

CHURCH RULES

It's compulsory for hats to be worn in church, so everyone must adorn their Sunday best. The bigger, the better – and it's frowned upon if you don't. Also, no wedges are allowed – not that they are particularly on trend at the moment!

WEDDING GIFTS

It's been announced that Harry and Meghan will ask for donations instead of gifts.

'Prince Harry and Ms Meghan Markle are incredibly grateful for

the goodwill they have received since their engagement, and have asked that anyone who might wish to mark the occasion of their wedding considers giving to charity, instead of sending a gift,' the palace said in a statement on Twitter. 'The couple have personally chosen seven charities which represent a range of issues that they are passionate about, including sport for social change, women's empowerment, conservation, the environment, homelessness, HIV and the Armed Forces.'

THE FLOWERS

Self-taught Philippa Craddock has been asked to look after the flowers. While it's not been confirmed which flowers she'll use, ones that bloom in May will be used and sourced locally. Think white garden roses, foxgloves and Meghan's favourites peonies.

A statement from Kensington Palace said: 'The designs will reflect the wild and natural landscapes from which many of the plants will be drawn.'

While it's not known exactly what flowers will be used, Philippa will use seasonal flowers sourced locally.

1 MILLION

HANDFULS OF CONFETTI A lot of confetti will be thrown on the day. In fact, it's estimated a whopping one million handfuls will be thrown.

8000

STREET PARTIES The entire country will be celebrating the royal nuptials, and it's estimated over 8000 street parties will take place throughout the UK.

531

KILOMETRES OF BUNTING With all the parties taking place, there's an estimated 531 kilometres of bunting expected to be used.

ROYAL WEDDING BY NUMBERS

3 BILLION

VIEWERS It's the event the world is waiting for and an estimated 3 billion will tune in on May 19.

1.5 BILLION

TISSUES It's going to be an emotional day and with 3 billion viewers tuning in worldwide, over 1.5 billion are estimated to be used.

\$356 MILLION

DOLLAR BOOST TO THE UK ECONOMY It's believed over 450,000 royal fans will visit the country to witness the nuptials, bringing in an impressive \$356 million boost to the economy.

16,000

GLASSES OF CHAMPAGNE Each of the 4040 guests will be expected to quaff around four glasses of bubbles each, meaning an estimated 16,000 glasses of champagne will be drunk to celebrate the day.



THE STAR-STUDED GUEST LIST

According to Phil Dampier, among the celebrity friends we can expect to see are Sir Elton John, tennis ace Serena Williams – who is a friend of Meghan’s – singer Ellie Goulding, some Spice Girls, Joss Stone, James Blunt, Ed Sheeran, Sarah Rafferty, other actors from *Suits*, and Cara Delevingne. Meghan’s bestie Priyanka Chopra recently confirmed she will be attending, and Meghan’s rumoured hairstylist Miguel dropped a hint that Amal Clooney was attending – as he confirmed he would also be doing her hair for the wedding that day. Harry is thought to have invited his two previous serious girlfriends, Chelsy Davy and Cressida Bonas.



MEGHAN’S PARENTS

Despite rumours otherwise, Meghan’s mother Doria and father Thomas will be attending the wedding. Thomas will walk Meghan down the aisle, and the palace recently released the statement: ‘Both of the bride’s parents will have important roles in the wedding. On the morning of the wedding, Ms Ragland will travel with Ms Markle by car to Windsor Castle. Mr Markle will walk his daughter down the aisle of St George’s Chapel. Ms Markle is delighted to have her parents by her side on this important and happy occasion.’

SECURITY

Security is likely to cost at least 10 times as much as the wedding, which the taxpayer will foot.

Thames Valley police will be preparing for around 100,000 spectators in what will be the force’s largest ever security operation. Reinforcements have been called in from other forces,

including the Metropolitan Police.

Policing expert Graham Wettone says of the operation: ‘On the day, there will be overt police officers deployed, sharp shooters out on the streets and also some on standby in the background ready to come out if needs be, and then there is of course the highly visible policing presence in and around the town centre.’



THE COST

The royal family will foot the bill, which is estimated to cost in the region of \$4 million – which is substantially less than William and Kate’s wedding that cost a massive \$34 million.

THE RECEPTION

Around 600 guests have been invited to the lunch reception at St George’s Hall, in Windsor, hosted

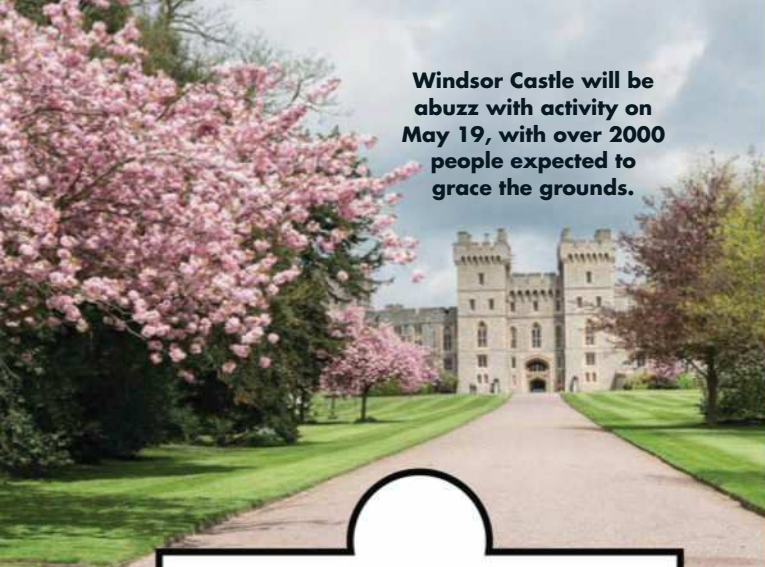
by Her Majesty The Queen.

The hall is one of the largest rooms in the Castle and The Queen often uses it to host formal state dinners. Table Talk are rumoured to be catering on the day and the menu will certainly be flavoursome, seeing as Meghan is a self-confessed ‘foodie’. In terms of wine, given that Meghan’s blog *The Tig* was named after the Tuscan plonk Tiganello, chances are guests will be treated to a glass or two of such Italian wine.



With lots of wedding revelry expected to take place around the UK, an extensive security operation will be employed to ensure Windsor Castle is secure.

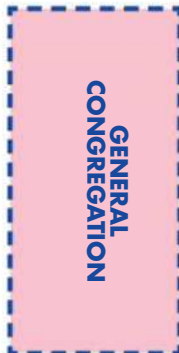
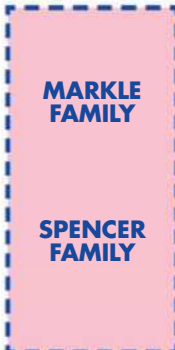
Windsor Castle will be abuzz with activity on May 19, with over 2000 people expected to grace the grounds.



ST GEORGE'S CHAPEL, WINDSOR CASTLE



BRIDE & GROOM



WEST DOOR

NORTH TRANSCRYPT

SOUTH TRANSCRYPT

THE EVENING RECEPTION

Just 200 guests have been invited to the evening reception at Frogmore House, located nearby Windsor Castle. This event will be hosted by Prince Charles and is located in the same venue where the couple had their engagement shoot. The lavish event will no doubt include A-list performances, which have been rumoured to include the Spice Girls and Ed Sheeran, while Sam Smith has expressed a keen interest to perform. 'I'm obsessed. I want to sing at the wedding. Oh my god, I'd love to. It would be a dream,' he gushed.



THE BEST MAN

The palace confirmed that Prince Harry has asked his brother William to be his best man. The Duke of Cambridge is said to be honoured to have been asked, and is very much looking forward to supporting his brother.



THE BRIDAL PARTY

Meghan will not have a maid of honour to avoid the Pippa Middleton drama, when she effectively stole Kate's show. But the actress will have a handful of girlfriends, including bestie Jessica Mulroney. At the time of press, specific details on the bridal party, which will include bridesmaids and page boys, had yet to be confirmed – but Prince George and Princess Charlotte are expected to be part of group!

ROYAL WEDDING SPECIAL

EDWINA BARTHOLOMEW ON WHAT TO EXPECT



There's something magical about a royal romance isn't there? It's hard not to get swept up in it all.

The whole *Sunrise* family will be going over to London to cover the royal wedding and we will be broadcasting from different hotspots across the city, as we countdown to the big day.

Over this next week, all the royal insiders will be keeping us up-to-date with the latest wedding developments.

On the day, we will be in with the crowds at Windsor Castle covering all the best moments, from the arrival of the guests to the first time we see the dress. The *Sunrise* team will be entirely immersed in it, short of being invited. Unfortunately, the invite never quite made it to me.

Knowing that Prince Harry has quite an irreverent sense of humour, I'm sure we'll see a lot of surprises on the big day.

It's such a unique experience for me to cover the wedding after my honeymoon. Love is certainly in the air in my life.

I really hope the couple get some time for themselves to soak it all up and embark on their marriage together.

I think for Neil [Varcoe] and me, it was really nice to be able to take time out on the day and really appreciate what a unique and hopefully once-in-a-lifetime experience it really is.

Everything can be captured in photos, but to be able to remember that feeling of being at your own wedding and marrying the love of your life is something truly special.

Join *Sunrise* LIVE in London, Monday to Friday from 5.30am. On Saturday join the Seven News team led by Melissa Doyle and Michael Usher LIVE from 4pm [AEST] on Seven and 7PLUS for the most spectacular coverage of the Royal Wedding.

7NEWS

Royal Wedding



**THE ACTRESS
OPENS UP
ABOUT HER
LATEST ROLE
PLAYING
GOLDEN
GIRL OLIVIA**

While she is in LA, Morgan always keeps in touch with her boyfriend (right) back home.



OLIVIA STAR MO

MY SEC FRIEND WITH D

She is the charming girl-next-door, and with her beaming smile and humble attitude, Morgan Griffin is tipped to be the next big thing.

And her latest role in the mini-series *Olivia Newton-John: Hopelessly Devoted To You* has really got people talking. Morgan plays Olivia Newton-John from ages 16 to 22 in the series, alongside Delta Goodrem, who plays her from age 22.

But the young actress has in fact met Delta before!

They first crossed paths back in 2003 when Morgan scored her first break at only 11 years of age, after being handpicked by Delta to play the younger version of the singer in her *Innocent Eyes* film clip.

Now, they are sharing the screen again as the same person, and while they didn't get to work together, Delta helped Morgan get into character.

'Delta and Olivia are pretty good friends, so it was nice to hear some

stories and anecdotes from Delta about their time together,' she tells *New Idea*.

In an exclusive shoot, the actress explains what it's like to play a world star.

'I love [Olivia] so I was excited to play her,' Morgan tells. 'She started her career so young and she's been doing it for a long time, I had no idea. I would love to have that longevity in my career, so it's motivating and inspiring to have an icon that's done that.'

But playing a woman as

just trying to bring her energy as much as we can,' she shares.

'I'm sure it's a very intrusive thing to have a biopic made about you, but I think it's more of a celebration of her life. I just hope that people will enjoy it and love her even more than they already do.'

It's the role of a lifetime for Morgan, but it wasn't easy.

'The biggest challenge for me was changing my voice, because my natural register is a lot lower than Olivia's,' she says.

Unfortunately, Morgan didn't

'IT'S MORE OF A CELEBRATION OF HER LIFE. I JUST HOPE THAT PEOPLE WILL ENJOY IT AND LOVE HER'

famous as Olivia also comes with a lot of pressure to get it right.

'We are not trying to impersonate anyone, [the series] was

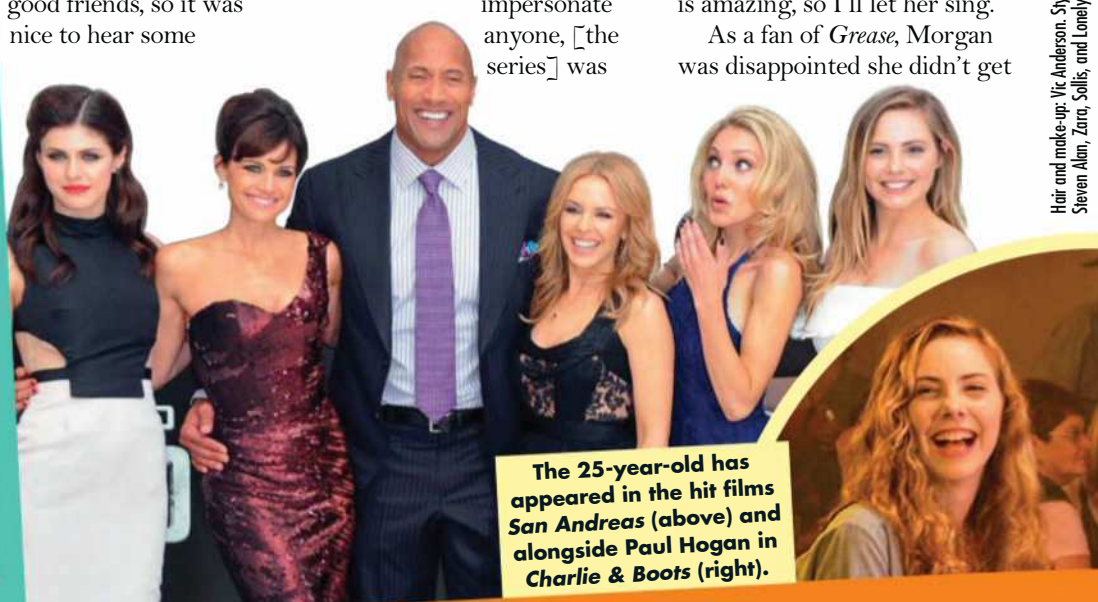
get to test out her singing chops.

'I don't sing, I mime over Delta,' she revealed. 'But Delta is amazing, so I'll let her sing.'

As a fan of *Grease*, Morgan was disappointed she didn't get



Morgan portrayed a young Delta in the *Innocent Eyes* music video.



The 25-year-old has appeared in the hit films *San Andreas* (above) and alongside Paul Hogan in *Charlie & Boots* (right).

Hair and make-up: Vic Anderson. Stylist: Lydia-Jane Saunders. Morgan wears: Moss and Spy, Steven Alan, Zara, Solis, and Lonely from deadprethy.com.au.

MORGAN GRIFFIN

RET SHIP ELTA



The young star (right) plays Olivia Newton-John from ages 16 to 22 in the new mini-series.



7
**OLIVIA AIRS
SUNDAY AT
8.30PM**

to don Olivia's famous leather pants from the film.

'I got to see the costume on the day though,' she shares. 'It was amazing and Delta looked incredible.'

Of course, Morgan also got to wear a number of stunning costumes during filming – and even got to take some home.

'I kept some really cool tan knee-high boots and one of the dresses they made for me. But I can't wear it once the show comes out because everyone will recognise it,' she jokes.

Like so many before her,

Morgan is making the leap to Hollywood – but it isn't always easy on her loved ones.

'My partner and I live here and my family are all here, so they find it hard when I go to LA,' she says.

But the actress has a special way of keeping the romance alive when she's overseas.

'Because of the time difference, we can sometimes have breakfast and dinner at the same time, so we can have a meal together via FaceTime,' she says.

And Morgan says her family make sure she stays grounded.

'If I ever got too big for my boots, my parents would bring me right back down,' she laughs.

By Zoe Burrell

Photos: Lawrence Furzey



New Idea celebrates Olivia's life, loves, iconic songs, films and fashion in our new glossy book. Just \$9.99 at selected newsagents and supermarkets or at subscribetoday.com.au.





Rachel Antonio (pictured) was last seen on Anzac Day, 1998. A coroner later found that she was killed by Robert Paul Hytch (top).



HE AN WI

IT'S BEEN 20 YEARS SINCE CHERYL AND IAN SAW THEIR DAUGHTER

It was Anzac Day, 1998, when Queensland schoolgirl Rachel Antonio asked her mother Cheryl to drive her to the cinema.

'I still remember standing in the garden, watching her wave as they drove off,' says her father Ian, 65, from the family home in Bowen.

'She said, "Mum, I'll get a taxi home," Cheryl, 63, recalls.

But the loving parents never saw their daughter again – and her body has never been found.

Rachel, a bubbly 16-year-old whose favourite band was the Spice Girls, never went to the film, *Good Will Hunting*, at 7pm. Instead, according to a coroner, she went to a local beach to meet her secret boyfriend, Robert Paul Hytch.

Findings handed down by the Queensland Coroner David O'Connell at an inquest in July 2016 found that Rachel 'died following a physical altercation between her and Robert Paul Hytch... she died

from the injury or injuries she suffered during that altercation.'

The coroner found that Hytch then 'secreted her body' and 'later disposed' of it.

The inquest heard how Rachel had pretended to Hytch that she was pregnant, to get back at him after she'd discovered he was seeing someone else.

Back in 1998, Hytch was the 25-year-old, athletic captain of the local surf club, where Rachel was a volunteer lifeguard.

Eight months after Rachel vanished, Hytch was charged with murdering her. At his trial the following year, 1999, he was found not guilty, but guilty of manslaughter, and sentenced to nine years in jail.

But after serving nine months, he was granted a retrial and acquitted.

Now 45, he has consistently denied having had anything to do with Rachel's death – or that he was in a relationship with her.

But Rachel's diary, found in her bedroom two days after she vanished, tells a different story.

In it she detailed a series of intimate liaisons between her and the older man in the months before she vanished.

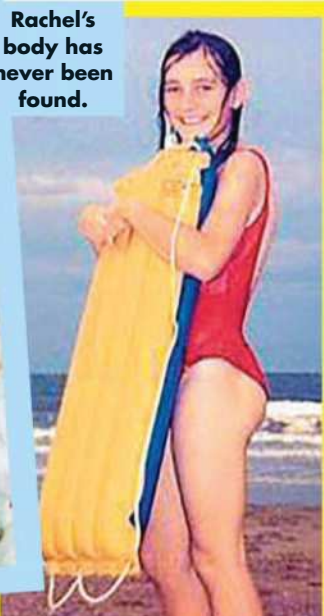
Repeated entries outlined her feelings for Hytch, with whom she said she'd lost her virginity.

'I think I love him,' said one entry. Another expressed worry that Hytch was losing interest in her.

'Until the diary was found, we just thought they were good friends through the surf club,' says Cheryl. 'I thought he was a nice young bloke, he helped her with her swimming,' Ian recalls.



Rachel's body has never been found.



KILLED OUR GIRL D GOT AWAY TH IT **GRIEVING PARENTS TELL**

'Hyтч was even one of the first people to help me search for Rachel once we told police she was missing.'

Hyтч claimed he'd been at his brother's 18th birthday party on the evening of April 25, 1998, except for when he drove to the local video store.

When he returned to the party, his shirt was missing. He

During the criminal trial, Rachel's diary entries that detailed her relationship with Hyтч were determined not to be admissible as evidence.

'I approached Robert Hyтч at one of his early court appearances one day and asked him outright, "Did you kill Rachel?"' Ian recalls, with emotion. 'He just replied, "No."

a judicial review of the coroner's findings – an application that was dismissed by the Supreme Court on April 18 this year.

Hyтч has 28 days to lodge an appeal to overturn the decision in the Queensland Court of Appeal.

Meanwhile, the Antonio family is still feeling the strain after 20 years of sorrow.

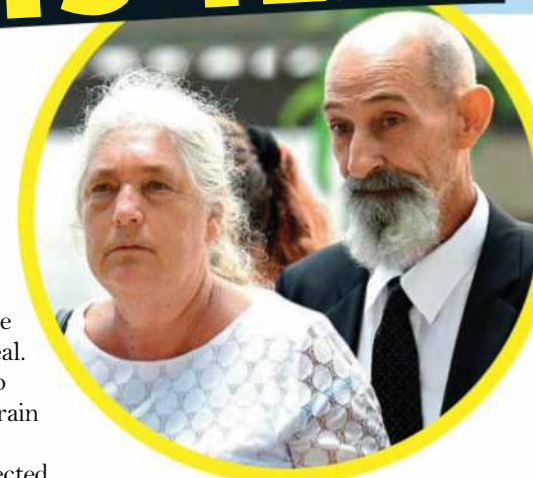
'My family has been affected terribly,' says Cheryl, who has two other children, John, 44, and Christine, 42. 'But we've all had to be strong and hold it together for the sake of each other.'

'Rachel would have wanted us all to be strong.'

Ian nods: 'We are getting older. And before we die we want to know what happened to our daughter. We want her body to be found.'

'Not a day goes past that we don't miss our girl.'

By Jacqui Lang



'HE KILLED RACHEL. BUT HE CAN'T BE CHARGED WITH MURDER OR MANSLAUGHTER...'

claimed that this was because he'd dirtied it while fixing his car, which had broken down on the drive. That shirt has never been found.

Sandals that Hyтч was wearing the night Rachel vanished were found to have tiny drops of her blood on them, though Hyтч attributed this to a time when Rachel was once injured during lifesaver training.

But there was more evidence, which led the coroner to make his damning conclusion – that Hyтч killed Rachel.

'You'd expect him to be behind bars, wouldn't you, after the coroner determines he's behind our daughter's death?' Ian sighs.

'He killed Rachel. But he can't be charged with murder or manslaughter – because he's already fought those charges and our law says you can't be charged with the same thing twice. So he's a free man.'

He couldn't look me in the eye. He just hid behind his father.'

Refusing to give up on their fight for justice, Ian and Cheryl continued to push for answers. Which is why, after they wrote to the coroner in 2014, an inquest was finally held into Rachel's death.

The coroner rejected Hyтч's claim that he wasn't

romantically involved with Rachel and concluded that he was satisfied 'beyond any doubt whatsoever' that Rachel and Hyтч had been in an 'intimate, personal relationship'.

Hyтч called for

TIME LINE OF EVENTS

Anzac Day, 1998: Rachel Antonio is dropped at the cinema, never to return home.
December 30, 1998: Police charge Robert Paul Hyтч with her murder.
November 1999: Hyтч is found not guilty of murdering Rachel but guilty of her manslaughter and sentenced

to nine years in jail.

2001 At his retrial, Hyтч is found not guilty of manslaughter.

2014: Inquest begins into the death of Rachel Antonio.

July 2016: Coroner finds Rachel died following a physical altercation with Hyтч.

April 2018: Supreme Court upholds the coroner's findings. Hyтч has 28 days to appeal.



Cheryl (inset above, with Ian) took Rachel to the cinema, but the coroner found she went to the beach to meet her secret boyfriend instead.

Supreme Court upholds Coroner's findings that Robert Hyтч killed Rachel Antonio



Age-defying Gina has been dubbed 'the world's hottest grandma' for her enviable looks.

GLAM GRANDMA

MY BEAUTY SECRETS REVEALED!

BELIEVE IT OR NOT, GINA IS 47 AND SAYS SHE FEELS BETTER THAN EVER

NOW

With her golden locks, flawless skin, and toned physique,

Gina Stewart could fit in among the most glamorous of fashion models.

But this blonde beauty is 47 years old and a grandma-of-one, who loves nothing more than spending quality time with her four-year-old daughter at her Gold Coast home.

And despite being a single mum to her children James, 27, Casey, 25, Cody, 22, and Summer, four – while also being a nana to her son James' 10-month-old baby girl – Gina doesn't have a single grey hair or stretch mark.

The woman dubbed 'the world's hottest grandma' has even knocked out scores of young women, after reaching the semi-finals for the coveted crown of Miss Maxim Australia.

What's her secret? A more natural approach.

'I've never drunk coffee my entire life,' Gina tells New Idea. 'My mother always told me it was bad for you, and it was probably the only advice I've ever taken from her.'

'I can't remember the last time I had a drink. I try and stay away from all kinds of alcohol, and I don't smoke.'

'I also try and have at least two or three litres of alkaline water a day, but I avoid tap water.'

'I only eat organic fruits and vegetables, and I stay away from all packaged and processed food.'

With hardly a wrinkle in sight, Gina radiates an aura of health, beauty and eternal youth – but it hasn't always been that way.

After a traumatic incident two decades ago, Gina sought help from a psychiatrist so she could deal with her emotions.

But after being dependent on a potent 'cocktail' of anti-depression and anti-anxiety drugs for 16 years, Gina says she

Two decades ago, Gina became dependent on a potent cocktail of medications to help her deal with a past trauma. But she now tries to avoid all chemicals.





The glam gran uses organic rosehip oil on her face as a moisturiser.



Gina (with Summer) is a doting mum-of-four, as well as a grandma-of-one.

eventually became 'fed up' with the amount of chemicals in her body. During this difficult time, Gina admits she had breast implants and she's also tried Botox and fillers just once.

But after realising the cosmetic procedures were making her 'feel sick', two years ago she made the 'life-changing' decision to give up all pharmaceuticals. Now the only supplement Gina takes daily is Moringa extract, which she says was recommended by her naturopath. She plans to have her implants removed too.

'When I was on all those different medications, I looked absolutely terrible,' recalls Gina. 'My face was all distorted, my eyes looked strange, my skin was awful, and I was constantly bloated.'

'I also felt quite numb, tired, and down a lot of the time. Now I feel energetic, happy and alive, and I look so much better now than I did 20 years ago.'

While she recognises it's impossible to avoid 'all' chemicals, she's learning to eliminate them as much as possible. The mum even stays away from all forms of plastic – refusing to drink out of plastic bottles or eat out of plastic containers.

'It can be easy to look after yourself as naturally as possible by eating plant-based foods that are inexpensive,' she explains. 'Being as natural as I can, inside and out, is what I believe has kept me looking so young.'

Less is more when it comes to skincare, Gina believes.

'I did a major

overhaul of all my skincare products two years ago,' she reveals. 'I was using all these expensive products that promised to make me look amazing.'

'But it wasn't making any difference, so I decided to try the natural route and it's been so much better for my skin and my pocket.'

Now Gina says her 'secret weapon' is using 100 per cent organic rosehip oil on her face as a moisturiser – and she smothers coconut oil on her body and hair.

'It's made a huge difference, and people always tell me that my skin is fresh and glowing,' she says, smiling.

She also uses all-natural toothpaste and deodorant.

So what does the glam gran eat to stay in shape? She tells *New Idea* it's down to a penchant for hormone-free white meat. 'I eat eggs and avocados every day, as they're so healthy. But I keep away from sugar as much as possible, as well as bread, pasta and potatoes,' she adds. 'I work out at the gym for 10 to 20 minutes, four times a week, just doing some weights and light cardio.'

But it isn't all about restricting herself. 'Chocolate is my weakness, so I don't

deny myself of this,' she says, adding: 'I will let myself pig out once a month, especially on carbs. On special occasions, I'll have a glass of red wine too.'

'Curves are sexy,' she concludes.

By Jasmine Kazlauskas

GINA'S TOP TIPS FOR AGEING BEAUTIFULLY

- 1** Limit coffee, soft drink and alcohol intake, and drink at least two litres of water daily – preferably alkaline.
- 2** Use rosehip oil on the face to achieve a healthy and glowing complexion, and put coconut oil on the body to keep the skin soft and supple.
- 3** Eat natural foods, and fill up on organic fruits and vegetables, while staying away from packaged and processed food.
- 4** Avoid chemicals in daily life by using natural deodorant, toothpaste and skincare, and limit the use of plastic containers and drink bottles.
- 5** If possible, cut down on the use of heavy medications and find natural alternatives.



THEN

EXPERTS REVEAL

18 WAYS TO GET WEALTHY FOR WINTER!

OUR EXPERT PANEL:



Rebecca Maher of The Fiscal Mum – with two little girls she knows the financial challenges of family life. ‘Knowledge is power when it comes to managing your financial life – so I won’t just tell you what to do, I’ll teach you how to do it too.’



Sonali Rodrigo, senior financial adviser with Tomorrow Financial Solutions – Sonali is also a mum to Liam and Spunky the dog, and a passionate foodie. She wants to help others plan for their future and live their ‘dream life’.



Jessica Brady, financial adviser with Fox and Hare Wealth – Jessica admits she ‘meandered’ through her early twenties before realising she needed to ‘get serious about all things finance related’. Now her passion is to help others save.

CUT THAT FOOD BILL

The latest figures from the Australian Bureau of Statistics show the average household spends \$237 per week on food and non-alcoholic drinks.

Challenge yourself to a ‘mid-week groceries ban,’ says Rebecca. ‘If you run out of eggs at the end of the week, have toast for breakfast. Never mind if there are no tomatoes in the salad on the last day – enjoy the simpler version. It can save you up to \$3000 per year.’

‘Cook once, eat twice,’ says Jessica, who is also a passionate believer in bulk buying. ‘Prepare enough for dinner and lunch the next day. Buying a daily lunch is a huge expense.’

‘Plan your meals before you go shopping, so you buy only what you need, and check your pantry to avoid doubling up,’ Sonali advises, adding that you can save up to \$40 a week by choosing generic branded items.



MAKING EXTRA CASH

When it comes to making money, the experts say you needn’t be limited by your salary. There are many ways to create extra cash if you put your mind to it.

‘One of the best ways to increase your income is having a side hustle,’ says Jessica. ‘With technology platforms like Airtasker and Upwork, it has never been easier. I know someone who loves baking and now has a thriving homemade biscuit delivery business on the side of her regular job. If you have friends with similar interests think about joining forces.’

Expert suggestions:

- Got a car and spare time? Why

not look into being an Uber driver?

- ‘If you love animals, consider offering your services as a dog walker or pet minder,’ suggests Sonali. ‘If you have a safe home with a fully fenced yard, you could earn up to \$30-40 per day minding a dog. Sign up at sites like pawshake.com.au or petcloud.com.au.’

- Did you know if you collect \$2 coins in a 1.25L Coke bottle, you’ll have almost \$2000 by the time it’s full? Get everyone in the family in on it and it you’ll be cash rich before you know it!
- If graphic design is your passion, try creating and selling instant



downloadable DIY designs on websites such as Etsy, suggests Sonali. ‘A party decoration kit can fetch up to \$25-\$30 per download.’

- For many single parents, online surveys and paid market research are a great way of earning some much-needed spending money for the next school holiday.





WITH THE HOLIDAYS OVER, NOW IS THE PERFECT TIME TO SAVE FOR THE NEXT SCHOOL BREAK



Rebecca Maher (pictured) is a mum of two girls and understands the strain that comes with having a family.



REDUCE THAT RENT OR HOME LOAN

Earlier this year it was revealed that 38 per cent of Australians who had struggled to afford food have done so because of overwhelming rent or mortgage repayments.

'If your home has more than one bedroom, taking on a housemate could earn up to \$250 per week,' says Sonali, who is also a staunch believer in shopping around for a better home loan deal.

'Making mortgage repayments weekly or fortnightly over monthly, you will be shocked at the amount of interest you will save over time,' suggests Jessica.

Got space in the backyard and live in a trendy or touristy area? Consider a granny flat says Rebecca. 'Even if you live in a quiet or out-of-town area, people from the city are often looking for low-key weekend getaways. You can even market them on Airbnb as a writer's cabin to appeal to a certain market and make it your niche.'

Another ingenious way of making a quick buck is renting out your car space if you have one. 'People driving to the city for work will pay up to \$400 per month for a relatively safe parking spot. You can advertise on sites like Parkhound or Gumtree,' says Sonali.



THE LOWDOWN ON LIVING COSTS

According to ASIC's MoneySmart website, families spent an average \$74,301 on living costs in 2016.

'I make my own cleaning products, I save a huge amount per year and they work just as well,' says Jessica. 'You can find a heap of blogs and tutorials online.'

'Use energy sucking appliances in the night and use sun where possible to dry clothes.

It's better for the environment and better for the hip pocket,' says Sonali.

'I save a heap of money by having a junior hairdresser cut my hair. Some people are freaked out by this idea, but it has always been great for me,' Jessica suggests.

Need a new piece of furniture? Check out eBay, Gumtree and Facebook Marketplace before handing over

your hard-earned cash at the shops, Rebecca advises. 'Search for the specific name of the piece you like or the desired retailer – you can often luck out.'

Sonali says setting the thermostat on your heater to between 18 and 20 degrees in winter can save you heaps. 'Every degree above 20 can add 10 per cent to your heating bill,' she reveals.



NEW IDEA

FOOD

FRESH
NEW
RECIPES

IMPRESS YOUR
GUESTS WITH THESE
BITE-SIZED TREATS!

THROW A
TRADITIONAL
HIGH TEA PARTY





**HARRY &
MEGHAN**
ROYAL WEDDING



Raspberry and Almond Bakewell Tarts

Makes 24, Prep 45 mins, Cook 30 mins

175g unsalted butter, chopped,
at room temperature
100g cream cheese, chopped,
at room temperature
2 tbsps caster sugar
1¾ cups plain flour
½ cup raspberry jam
¼ cup flaked almonds

FILLING

75g unsalted butter, chopped,
at room temperature
¼ cup caster sugar
2 eggs
1 cup almond meal

ICING

⅓ cup icing sugar mixture
2 tps water
Pink food colouring, to tint

- 1 Lightly grease two 12-hole round-based patty pans (1 tablespoon-capacity).
- 2 Beat butter, cheese and sugar in a small bowl of an electric mixer until creamy. Transfer to a large bowl. Add flour. Mix with a wooden spoon to form a dough.
- 3 Roll level tablespoons of dough into balls. Place in prepared pan holes. Press the dough with your fingertips to line holes to form a

case. Place 1 tsp of raspberry jam into each case.

4 To make filling, beat butter and sugar in small bowl of an electric mixer until light and fluffy. Beat in the eggs, one at a time, until combined. Stir in almond meal.

5 Spoon 2 tps filling into each case, spreading evenly, then sprinkle with almonds.

6 Cook in a moderately slow oven (160C) for about 25 to 30 minutes, or until golden. Stand in the pans for 10 minutes. Loosen edges with a palette knife, then transfer to a wire rack to cool completely.

7 To make icing, place sugar in a small bowl. Stir in water until smooth and a thin consistency. Tint pale pink with colouring.

8 Drizzle icing over tarts. Stand until set before serving.

TIP

For a change, replace raspberry jam with apricot, blueberry or plum jam. Tarts can be made three days ahead. Store in an airtight container.

Turkey, Cranberry and Cucumber Sandwiches

Makes 30, Prep 25 mins

½ cup spreadable cream cheese
2 tbsps finely chopped fresh chives
15 slices large white sandwich bread
¼ cup whole berry cranberry sauce
200g shaved turkey breast
10 butter lettuce leaves
Salt and pepper, to taste
50g butter, softened
1 Lebanese cucumber (180g), very thinly sliced
200g shaved Jarlsberg cheese

- 1 Combine cream cheese and chives in small bowl. Spread evenly over 10 slices of bread.
- 2 Spread cranberry sauce evenly over the cream cheese mixture

on five of the bread slices.

3 Top with turkey and lettuce. Season with salt and pepper. Place remaining bread slices, spread-side down, on top.

4 Lightly spread half the butter over the top of the sandwiches. Top with cucumber and cheese. Spread remaining butter over remaining slices of bread. Place, buttered-side down, over cheese.

5 Wrap sandwiches individually in plastic wrap and refrigerate for 30 minutes.

6 Unwrap sandwiches. Cut away crusts. Cut sandwiches in half. Cut each half into three even pieces. Transfer to a serving plate. Cover with plastic wrap until ready to serve.

Mini Potato-Topped Beef Pies

Makes 36, Prep 45 mins,
Cook 25 mins

Cooking oil spray
4 sheets frozen puff pastry,
thawed
Extra tomato sauce, to serve

FILLING
1 small onion, finely chopped
300g beef mince
1 tblsp plain flour
1 beef stock cube (5g),
crumbled
2 tblsps Worcestershire sauce
1 tblsp tomato sauce
1 tblsp chopped fresh thyme
Salt and pepper, to taste

TOPPING
650g brushed potatoes,
peeled, chopped
50g butter, chopped

1 Lightly spray three 12-hole mini muffin pans (1-tablespoon capacity) with oil. Place on two oven trays.

2 To make filling, heat an oiled, large saucepan over a medium heat. Add onion. Cook, stirring occasionally, until soft. Add beef. Cook, stirring to break up mince for about 4 minutes, or until browned. Add the flour.

Cook, stirring for 1 minute.
3 Dissolve stock cube in ½ cup boiling water. Add to pan with remaining ingredients. Bring to a boil, stirring, for about 1 to 2 minutes, or until thickened. Transfer to a bowl. Allow to cool.

4 Meanwhile, make topping. Gently boil potatoes, covered, in a medium saucepan of water for about 20 minutes, or until tender. Drain. Return to the pan and coarsely mash. Add butter. Stir over a low heat until hot. Season with salt and pepper. Cool slightly.

5 Using a 6½cm round cutter, cut out 36 rounds from the pastry sheets. Press pastry rounds into prepared pan holes. Divide filling evenly among pastry cases.

6 Transfer topping to a piping bag fitted with a 7mm star nozzle. Pipe over the filling. Spray with cooking oil.

7 Cook in a hot oven (200C) about 25 minutes, or until golden brown. Stand in pans for 5 minutes before removing.

8 Serve warm pies with extra tomato sauce.

TIP

Pies can be made up to one day ahead. Store in an airtight container in the fridge. Reheat on an oven tray in a moderate oven (180C) for about 12 minutes, or until hot.

Banoffee Cheesecake Truffles

Makes 40, Prep 1 hour 10 mins

300g dried banana chips
(4 cups)
250g packet Butternut Snap Cookie
250g block cream cheese,
chopped, at room
temperature
380g can Nestle Top 'n' Fill
Caramel
1 tsp vanilla essence
100g dark cooking chocolate,
finely chopped
2 x 290g packets White
Choc Melts

1 Process the banana chips in a food processor until finely chopped, then transfer to a large bowl.

2 Pulse the cookies in same food processor until coarsely chopped. Transfer to the bowl with the banana chips. Stir to combine. Reserve ⅓ cup.

3 Process cream cheese, caramel and vanilla in same processor until smooth. Add to cookie mixture with dark chocolate. Mix well. Refrigerate, covered for 30 minutes, or until firm.

4 Roll tablespoons of mixture into balls. Place on a tray lined with baking paper. Refrigerate, covered for 1 hour.

5 Place white chocolate in a large, heatproof bowl. Sit bowl over a large saucepan of simmering water. Stir until melted. Remove from heat.

6 One at a time, dip balls into white chocolate to coat. Remove with a fork, allowing excess to drip away. Return to same tray. Sprinkle with reserved cookie mixture.

7 Refrigerate truffles until set before serving.

TIP

You can replace White Choc Melts with dark or milk, if preferred. Truffles can be made up to one week ahead. Store in an airtight container in the fridge.

Serving suggestion.



Pizzeria taste. Surprisingly
from your freezer.



Ristorante
PIZZA

[@dr.oetkeraustralia](https://www.instagram.com/dr.oetkeraustralia)

ON SPECIAL
THIS WEEK

CHICKEN DRUMSTICKS



FEED THE FAMILY WITH THESE
FLAVOUR-PACKED MEALS THAT
WON'T BREAK THE BUDGET!



TIP

Panko breadcrumbs are available in the Asian section of major supermarkets. Or if you prefer, process sliced bread to form crumbs. We finely grated a piece of parmesan for this recipe.

**\$3.80
PER SERVE**

Chicken Drumsticks with Avocado Salad

Serves 4, Prep 20 mins, Cook 1 hour

8x185g large chicken drumsticks (1.5 kg)
½ cup plain flour
Salt and pepper
2 eggs, lightly beaten
1½ cups panko breadcrumbs
½ cup finely grated parmesan
Olive oil cooking spray
Bottled Ranch salad dressing, to serve

AVOCADO SALAD
1 cob corn, husks removed
½ large iceberg lettuce, shredded (400g)
1 large avocado, chopped
1 red capsicum, chopped

1 Dust chicken in flour seasoned with salt and pepper.
2 Place eggs in a shallow dish.

Combine the panko breadcrumbs and parmesan in a separate, shallow dish.

3 One at a time, dip chicken in eggs, then coat in breadcrumb mixture, pressing to coat. Place on an oven tray lined with baking paper. Spray with cooking oil.
4 Cook in a hot oven (200C), turning every 20 minutes, for

about 1 hour, or until golden brown and cooked through.
5 Meanwhile, to make the avocado salad, cut the kernels from corn cob. Place in a large bowl with remaining ingredients. Toss to combine.
6 Serve chicken with salad drizzled with dressing.

Roasted Lemon and Rosemary Chicken

Serves 4, Prep 15 mins,
Cook 1 hour

8 chat potatoes (650g) halved
3 large carrots (400g), peeled,
cut into 3cm pieces
2 red onions, cut into 4cm wedges
8x185g large chicken drumsticks (1.5 kg)
Salt and pepper, to taste
1/3 cup lemon juice
1/4 cup Dijon mustard
1 tbsl olive oil
1 tbsl chopped fresh rosemary
3 cloves garlic, crushed
2 chicken stock cubes (5g each), crumbled
Steamed peas, to serve (optional)

- 1 Combine potatoes, carrots, onions and 1/2 cup water in a large, non-stick roasting pan. Arrange chicken drumsticks over the top. Season with salt and pepper.
- 2 Combine lemon juice, mustard, oil, rosemary, garlic and stock cubes in a small jug. Mix well. Pour over chicken.
- 3 Cook, uncovered, in a hot oven (200C), brushing pan juices over chicken every 20 minutes, for about 1 hour, or until chicken is cooked through and the vegetables are tender.
- 4 Serve with steamed peas (optional).

**\$3.50
PER SERVE**



TIP

Rosemary can be replaced with thyme. For a change, chicken thigh cutlets with the skin on, can be used instead of the drumsticks.

Sticky Chinese Chicken Drumsticks

Serves 4, Prep 15 mins,
Cook 1 hour

8x150g medium chicken drumsticks (1.2kg)
1/2 cup water
Steamed jasmine rice, to serve
Sliced red chilli and green spring onions,
to garnish

STICKY GLAZE

1/3 cup savoury plum sauce
1/4 cup sweet chilli sauce
1/4 cup soy sauce
2 tsps bottled chopped ginger
3 cloves garlic, crushed
2 tsps sriracha chilli sauce

- 1 To make glaze, combine all ingredients in a large bowl. Add chicken. Toss well to coat.
- 2 Pour water into a large, non-stick roasting pan. Arrange chicken in a single layer over base of pan, scrapping in any glaze left in bowl.
- 3 Cook in a moderate oven (180C), brushing glaze in pan over chicken about every 20 minutes, for about 50 minutes to 1 hour, or until the drumsticks are cooked through.
- 4 Serve chicken with rice. Garnish with combined chilli and onions.

**\$2.50
PER SERVE**



TIP

Omit sriracha sauce for a milder flavour. We used SPC bottled savoury plum sauce. Adding water to the pan stops the glaze from burning and creates a sticky sauce.



FAVOURITES

Ooh la la, it's French toast!

TIP

We used pane di casa from Woolworths supermarkets. For a change, replace spread with raspberry jam and hazelnuts with chopped roasted almonds.



INDULGE IN THESE FABULOUS EGGY-BREAD MAKEOVERS FOR BRUNCH OR DESSERT

Chocolate French Toast with Hazelnut Crumble

Serves 6, Prep 30 mins, Cook 20 mins

520g loaf pane di casa bread
½ cup chocolate hazelnut spread
4 eggs, lightly beaten
1 cup milk
2 tbsps brown sugar
1 tsp vanilla bean paste
Double cream and fresh raspberries, to serve

HAZELNUT CRUMBLE

½ cup plain flour
2 tbsps brown sugar

50g cold unsalted butter, finely chopped
¼ cup roasted hazelnuts, coarsely chopped

1 To make the crumble, combine the flour and sugar in a bowl. Rub in the butter with your fingertips to form coarse crumbs. Stir in the hazelnuts. Spread onto an oven tray lined with baking paper.

2 Cook in a moderate oven (180C), stirring halfway through

cooking time, for about 12 minutes, or until golden brown and crisp. Remove from oven and cool on tray.

3 Meanwhile, trim ends from the pane di casa bread and cut into 12 even slices (about 1½cm thick). Sandwich together two slices at a time with chocolate hazelnut spread.

4 Whisk the eggs, milk, sugar and vanilla in a large jug. Pour into a large, shallow dish. Add the sandwiches and let stand for

5 minutes. Turn over and repeat until soaked. Remove, allowing excess egg mixture to drain away. Place them about 4cm apart, on a large oven tray.

5 Cook in a hot oven (200C) for about 20 minutes, or until golden brown.

6 Serve warm topped with cream, hazelnut crumble and fresh raspberries.

Coconut and Fruit French Toast with Maple Syrup

Serves 6, Prep 25 mins, Cook 15 mins

4 eggs
270ml can coconut milk
6 slices thick-cut cafe raisin bread
1 tsp ground cinnamon
Maple syrup, fresh blueberries and vanilla ice-cream, to serve
Toasted coconut flakes, to decorate

- 1 Grease and line two large oven trays with baking paper.
- 2 Whisk eggs and coconut milk in a large jug. Pour into a large, shallow dish. Cut bread slices diagonally in half.
- 3 In two batches, place bread into the

egg mixture. Stand for 2 minutes, then turn slices over and repeat until soaked. Remove from mixture, allowing excess egg mixture to drain away.

4 Place bread slices, about 4cm apart on the prepared oven trays. Sprinkle tops with the cinnamon.

5 Cook in a moderate oven (180C), swapping the trays halfway through cooking time, for 15 minutes, or until golden brown.

6 Serve French toast warm with maple syrup, blueberries and ice-cream. Sprinkle with coconut.

NEW
FOOD
IDEAS



Mexican French Toast with Roasted Tomato Salsa

Serves 6, Prep 25 mins,
Cook 17 mins

65cm long French baguette
4 eggs, lightly beaten
1 cup milk
2 tsps chipotle in adobo sauce
1 cup finely grated parmesan
1 tblsp taco spice mix
Lime wedges, to serve

ROASTED TOMATO SALSA

2 x 250g punnets cherry tomatoes
1 tblsp olive oil
Salt and pepper, to taste
2 avocados, chopped
1/3 cup chopped fresh coriander
2 tblsps lime juice

- 1 To make salsa, combine tomatoes and oil in an oiled, large roasting pan. Season.
- 2 Cook in a hot oven (200C) for about 10 minutes, or until tomatoes start to soften. Transfer to a large bowl to cool.
- 3 Meanwhile, trim one end from baguette. Cut diagonally into 12 x 3cm thick slices.
- 4 Whisk eggs, milk and chipotle in a jug. Pour into a shallow dish. Combine parmesan and seasoning in a separate, shallow dish.
- 5 In two batches, place baguette slices into egg mixture. Stand for 2 minutes. Turn over and repeat until soaked. Dip in parmesan mixture to coat on both sides.
- 6 Heat an oiled, large, non-stick frying pan over a medium to low heat. Add baguette in two batches. Cook, for about 2 to 3 minutes on each side, or until golden brown.
- 7 Transfer baguette to an oven tray lined with baking paper. Cook in same hot oven for about 5 minutes, or until golden brown. Remove.
- 8 Gently stir avocados, coriander and lime juice through tomatoes in bowl. Serve salsa with hot toast and lime wedges.

TIP

We used cafe-style raisin bread available in most major supermarkets in the bread section. To toast coconut flakes, sprinkle over an oven tray. Cook in a moderate oven (180C) for about 5 to 7 minutes, or until golden. Cool.



GO ON, TREAT YOURSELF

THE SIMPLICITY OF THIS DISH IS THE KEY TO IT BECOMING YOUR GO-TO DESSERT!



NEW
FOOD
IDEAS

Apple and Strawberry Shortcake

Serves 6, Prep 30 mins, Cook 45 mins

Cooking oil spray
125g unsalted butter, at room temperature
½ cup caster sugar
1 tsp vanilla essence
1 egg, at room temperature
¾ cup plain flour
¾ cup self-raising flour
Extra 3 tps caster sugar
Custard, to serve

FILLING

3 small Granny Smith apples
2 tbsps caster sugar
2 tps finely grated lemon rind
100g small strawberries, hulled, quartered

1 Spray base and side of a 20cm round springform pan with oil. Line base with baking paper. Place on an oven tray.
2 To make pastry, beat butter and sugar in the small bowl of an electric mixer until light and fluffy. Add vanilla essence and egg. Beat until combined. Add the combined flours. Beat until mixture just starts to come together to form a soft dough.
3 Turn out onto a lightly floured bench. Shape into ball. Cut in half. Shape each portion into a flat disc. Wrap one portion in plastic wrap and refrigerate.

4 Roll out remaining pastry between two sheets of plastic wrap into a 20cm circle. Remove the plastic wrap. Lift pastry into prepared pan to cover the base. Gently press edge to fit pan.
5 To make filling, peel apples. Cut into quarters. Remove cores and cut each quarter into three wedges. Cut wedges crossways into four pieces (about 1½cm). Place apple in a large bowl with sugar and rind. Toss to coat.
6 Spread filling over pastry in the pan. Roll out refrigerated pastry between two sheets of

plastic wrap to a 20cm circle. Remove the plastic wrap. Lift pastry on top of filling. Gently press edge to cover filling. Lightly brush top with water. Sprinkle with extra sugar.
7 Cook in a moderate oven (180C) for about 45 minutes or until pastry is golden brown and apples are soft. Remove from oven. Stand for 15 minutes before removing side of pan.
8 Serve shortcake warm or cold with custard.



Photo: Benito Martin.
Styling: Carolyn Fienberg.
Food preparation: Sarah-Jane Hallett.
Recipe development
Barbara Northwood, with thanks to
Hannah and Warren.

TIP

Shortcake is best eaten on the day it's made, but can be made up to two days ahead. Keep in an airtight container in the fridge. To reheat, place portions in a microwave for about 40 seconds on High (100 per cent).

It's
more
than a chip,

It turns court-chip into
companion-chip.



Ah McCain... you've done it again!

QUICK FIX WEEKNIGHTS

FIVE TASTY MEALS ON THE TABLE
- IN 35 MINUTES OR LESS



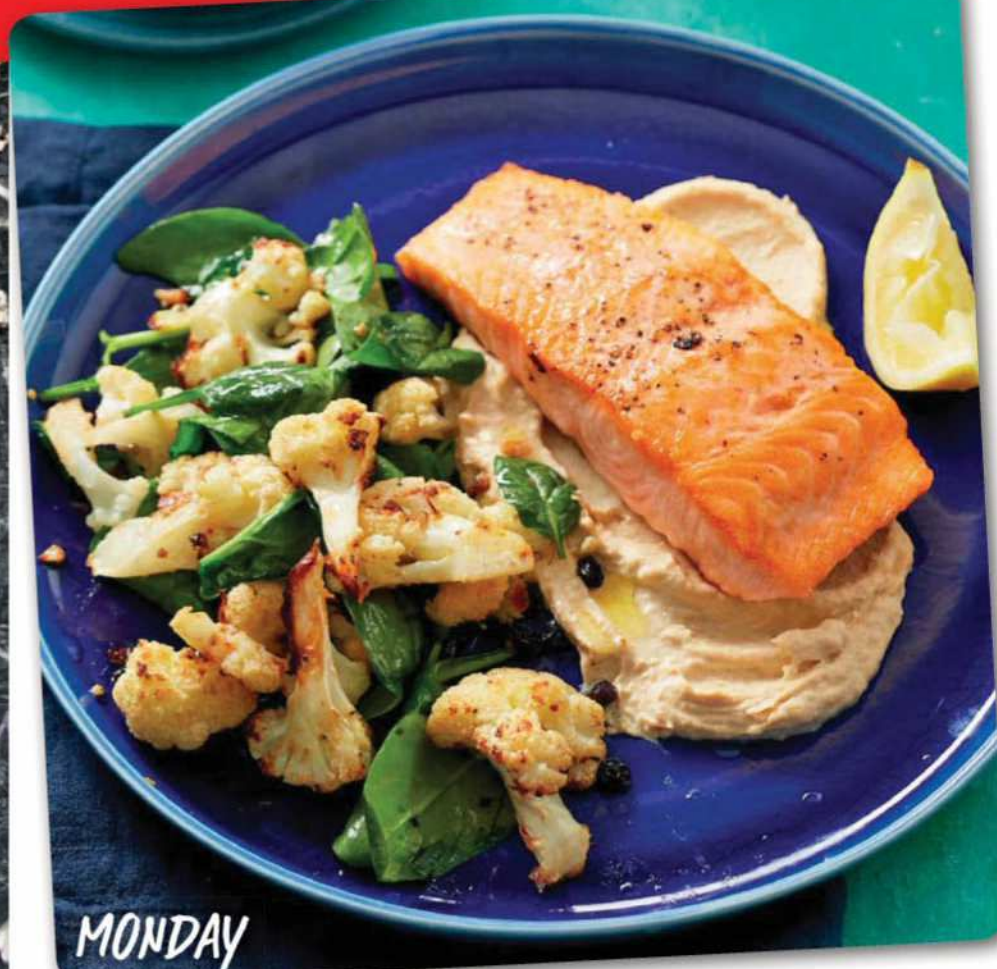
TUESDAY

Mediterranean Lamb and Zucchini Farfalle

Serves 4, Prep 15 mins,
Cook 10 mins

375g farfalle pasta
1 tbsp olive oil
1 onion, finely chopped
3 cloves garlic, crushed
500g lamb mince
2 zucchini (300g), trimmed, coarsely shredded
250g punnet cherry tomatoes, halved
2/3 cup chopped fresh parsley
2 tbsps lemon juice
Salt and pepper, to taste
100g soft feta, crumbled

- 1 Cook pasta in a stockpot of boiling, salted water until tender. Drain, then return to pot and cover to keep warm.
- 2 Meanwhile, heat oil in a large, non-stick frying pan over a medium heat. Add onion and garlic. Cook, stirring occasionally, until soft. Add lamb. Cook, stirring to break up mince with a wooden spoon, for about 4 minutes, or until browned.
- 3 Add zucchini and tomatoes to the pan. Cook, stirring for about 2 minutes, or until tomatoes start to soften. Transfer to the stockpot with the farfalle.
- 4 Add parsley and lemon juice. Season with salt and pepper. Toss well to combine.
- 5 Serve pasta sprinkled with feta.



MONDAY

Roasted Salmon with Spiced Cauliflower

Serves 4, Prep 15 mins, Cook 20 mins

4 x 200g skinless, boneless salmon fillets
Hummus and lemon wedges, to serve

SPICED CAULIFLOWER

2 tbsps olive oil
3 cloves garlic, crushed
2 tps ground cumin
800g cauliflower, trimmed, chopped
Salt and pepper, to taste
60g bag baby spinach leaves
1/4 cup currants

- 1 To make spiced cauliflower, combine oil, garlic and cumin in a large bowl. Add the cauliflower and season with salt and pepper. Toss well and transfer to an oven tray lined with baking paper.
- 2 Cook in a very hot oven (220C) for about 20 minutes, or until cauliflower is tender.

Transfer to a large bowl. Add the spinach and currants. Toss to combine.

3 Meanwhile, season the salmon fillets with salt and pepper.

4 Heat an oiled, large, non-stick frying pan over a medium heat. Add the salmon. Cook for 3 minutes on each side. Transfer to an oven tray lined with baking paper.

5 Cook in the same very hot oven for about 5 minutes, or until salmon is cooked to your liking.

6 Serve salmon with hummus, lemon wedges and spiced cauliflower.

TIP

Cumin can be replaced with mild curry powder, Cajun or Moroccan seasoning. Add salmon to oven 5 minutes before removing the cauliflower.



WEDNESDAY

Sweet Potato and Mexe Bean Quesadillas

Serves 4, Prep 20 mins,
Cook 10 mins

400g sweet potato, peeled, cut into 1½cm pieces
1 tbsp olive oil
1 onion, thinly sliced
30g sachet taco spice mix
425g can mexe beans
375g jar mild salsa (thick and chunky)
½ cup chopped fresh coriander
8 x 20cm white wraps
2 cups grated Tasty cheese
Guacamole, to serve

- 1 Place potato in a microwave-proof dish with 2 tbsps water. Cover with damp absorbent kitchen paper. Microwave on High (100 per cent) for about 5 minutes, or until tender. Drain.
- 2 Heat oil in a large, non-stick frying pan over a medium heat. Add the onion. Cook, stirring occasionally, until soft. Add taco spice mix. Cook, stirring for 1 minute.
- 3 Add the sweet potato, undrained mexe beans, ½ cup of the salsa and ½ cup water. Bring to a boil. Gently boil for about 5 to 7 minutes, or until thickened. Remove from heat. Stir in coriander.
- 4 Divide potato mixture evenly over half of each wrap. Sprinkle with cheese. Fold over to enclose. Arrange on two large oven trays lined with baking paper.
- 5 Cook in a hot oven (200C) for about 10 minutes, or until golden brown.
- 6 Serve quesadillas with guacamole and remaining salsa.



THURSDAY

Pork Sausages with Apple Gravy

Serves 4, Prep 10 mins,
Cook 18 mins

2 tps olive oil
12 thick pork sausages
Mashed potato and steamed peas, to serve

APPLE GRAVY

1 red onion, thinly sliced
2 cloves garlic, crushed
2 tps fresh thyme leaves
1 cup apple juice
1 tbsp wholegrain mustard
2 tbsps traditional beef-flavoured gravy powder
1 beef stock cube (10g), crumbled

- 1 Heat oil in a large, non-stick frying pan over a medium to high heat. Add the sausages. Cook, turning regularly, for 10 minutes, or until browned all over and cooked through. Remove.
- 2 To make gravy, drain excess oil from frying pan, leaving 1 tbsp. Return pan to a medium heat. Add onion, garlic and thyme. Cook, stirring occasionally, for about 3 minutes or until soft.
- 3 Add apple juice, mustard and combined gravy powder, stock cube and ¾ cup water. Bring to a boil. Gently boil, stirring occasionally, for about 5 minutes, or until slightly thickened.
- 4 Return sausages to apple gravy. Turn to coat. Remove pan from heat.
- 5 Serve sausages with gravy, mashed potato and peas.



FRIDAY

Satay Beef with Tomato and Cucumber Salsa

Serves 4, Prep 15 mins,
Cook 9 mins

4 x 200g beef sirloin steaks, trimmed
250ml can satay sauce
2 tbsps soy sauce
2 tbsps sweet chilli sauce
270ml can light coconut milk
Steamed jasmine rice, to serve

TOMATO AND CUCUMBER SALSA

3 small roma tomatoes, cut into 2cm pieces
2 Lebanese cucumbers, cut into 2cm pieces
½ cup roasted salted cashews, chopped
2 green spring onions, thinly sliced
2 tbsps lemon juice

- 1 To make salsa, combine all the ingredients in a bowl and mix well.
- 2 Cut beef into 1cm thick slices.
- 3 Heat an oiled, large wok over a high heat. Add beef in three batches. Stir-fry for about 2 minutes, or until browned. Transfer to a plate. Lightly cover to keep warm.
- 4 Reduce heat to medium. Add combined sauces and coconut milk to wok. Mix well. Bring to a boil. Gently boil for 2 minutes. Return beef. Stir for about 1 minute to heat through.
- 5 Serve beef mixture with steamed rice and salsa.

TIP

We used Ayam satay sauce. It's available in the Asian section of major supermarkets or Asian grocers. Don't cook beef for too long once it's returned to the wok, or it will toughen.

KITCHEN notes

CRUMBLE IN MINUTES...

Fancy something sweet? Try our quick, no-fuss biscuit crumble. Simply place 250g packet Scotch Finger biscuits in a large snap-lock bag. Seal. Gently pound with a rolling pin until coarsely crushed. Add ½ cup brown sugar, ⅓ cup

shredded coconut, 125g melted unsalted butter and 1 tsp ground cinnamon. Rub to combine. Sprinkle over canned apples, peaches or pears and cook in a moderate oven (180C) until golden brown. Serve warm with ice-cream.

Photos: Andre Martin. Styling: Janelle Bloom, Carolyn Fienberg. Food preparation: Sarah-Jane Hallett. Recipe development: Mel Burge.



SHAKE IT UP!

These new McCain Shake Shake chips come in two big bold flavours – tasty Chicken and lip-smacking Salt and Vinegar. Simply pour the included flavour sachet into the bag, shake to mix, then bake and devour! It's more than a chip, it's a bowl to share. RRP \$3.99. Visit mccain.com.au.



Roasted Pumpkin Hummus

Makes 2 cups, Prep 20 mins, Cook 12 mins

500g butternut pumpkin, peeled, finely chopped
2 tbsps olive oil, plus extra to serve
2 cloves garlic, crushed
2 tsp ground cumin
¼ tsp cayenne pepper
Salt and pepper, to taste
400g can chickpeas, drained, rinsed
2 tbsps hulled tahini
2 tbsps lemon juice
Toasted baguette slices, to serve

1 Toss pumpkin with oil, garlic, cumin and cayenne pepper in an oiled, large roasting pan. Spread in a single layer. Season with salt and pepper.

2 Cook in a hot oven (200C) for about 12 minutes, or until tender. Remove. Cool slightly.

3 Process chickpeas in a food processor until finely chopped. Add pumpkin mixture. Process until smooth. Add tahini and juice. Process until combined. Season.

4 Spoon into dish. Drizzle with extra oil. Serve with toasted baguette slices.

**NEW IDEA
MAKE IT
TONIGHT**

**Tandoori Chicken
with Onion Rice**

Serves 4, Prep 15 mins, Cook 6 mins

¼ cup tandoori paste
¼ cup Greek yoghurt
12 chicken tenderloins (750g),
trimmed
Steamed broccoli and extra
Greek yoghurt, to serve

ONION RICE

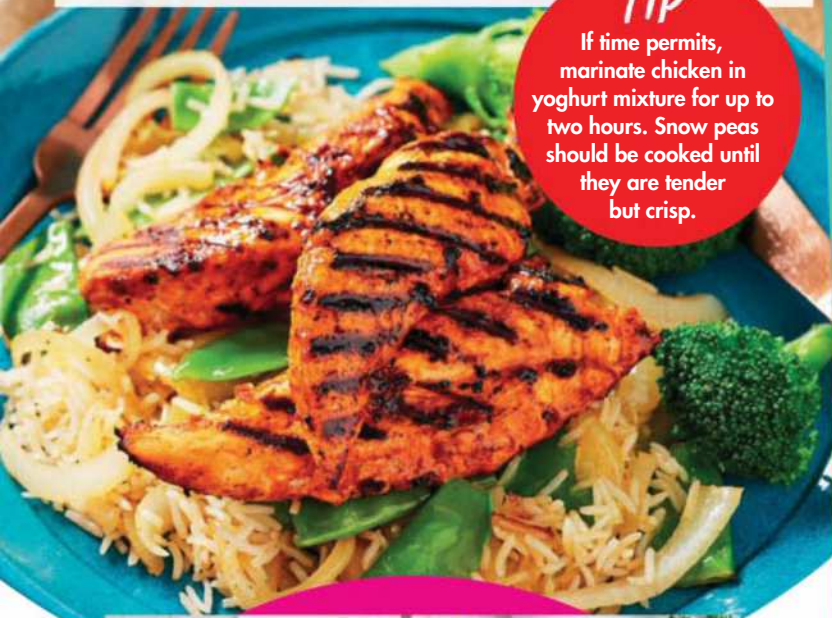
2 x 250g packets
microwaveable basmati rice
1 tblsp olive oil
1 large onion, halved, thinly
sliced
2 tsps all-purpose seasoning
150g snow peas, trimmed,
halved
2 tblsps lemon juice

1 Combine paste and yoghurt
in a large bowl. Add chicken.
Toss well to coat.
2 Heat an oiled, grill plate over

a medium to high heat. Add
chicken. Cook, for about 2 to
3 minutes on each side, or
until cooked through. Remove.
3 Meanwhile, to make onion
rice, heat rice according to
packet directions.
4 Heat oil in a large, non-stick
frying pan over a medium to
high heat. Add onion. Cook,
stirring occasionally, for about
3 minutes or until soft. Add
seasoning and snow peas.
Cook, stirring for 1 minute.
5 Add rice to pan. Stir for about
2 minutes, or until combined
and heated through. Remove
from heat. Stir in juice.
6 Serve chicken with onion
rice, steamed broccoli and
extra yoghurt.

TIP

If time permits,
marinate chicken in
yoghurt mixture for up to
two hours. Snow peas
should be cooked until
they are tender
but crisp.



WHAT'S NEW

This beautiful Seed & Leaf plate collection by Maxwell & Williams makes a perfect gift. The porcelain plates and dishes, featuring tiny heart-shaped cut-outs and delicate embossing, are available in various shapes and sizes. Elevate your next afternoon tea into a high tea status with the two-tier cake stand. The range is available from Myer, David Jones, Matchbox or online at maxwellandwilliams.com.au, with a starting RRP of \$7.95.

**IN SEASON
MANDARINS**

VARIETIES Imperial, Fremont, Sunburst, Taylor Lee, Honey Murcott, Daisy, Hickson and Afourer.

STORE Ideally, mandarins can be stored in the fridge for up to two weeks, or in a cool, dark place for up to three days. Make sure they are kept out of direct sunlight.

FACT Imperial mandarins, the most popular variety in Australia, originated in Sydney in 1890. They're available from April to October.

TRY Make a sauce to serve over pancakes or crepes by stirring equal quantities of caster sugar and water in a saucepan over a low heat, until sugar is dissolved. Bring to boil. Boil, without stirring, until bubbles subside and mixture turns golden brown. Remove from heat. Carefully add a little fresh-squeezed mandarin juice and segmented mandarins. Stir over a low heat until toffee is melted. Remove from heat, cool slightly. Serve warm.



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PHOTOS: DAVID HAHN.
STYLING: JULIE RUSSELL.
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1 **The Body Shop British Rose Body Yogurt, \$16.**
This moisturiser is 100 per cent vegan and fast-absorbing, featuring community trade English rose essence.



Drew Barrymore

Drew Barrymore is a fan of Estee Lauder

2 **Jurlique Rosewater Balancing Mist Intense, \$79.**

One is sold every two minutes globally.



3 **Natio Rosewater Hydration Antioxidant Serum, \$22.95.**
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6 **T2 Organic Beauty Queen tea, \$18,**
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Victoria Beckham is a fan of The Body Shop.

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- TRIOLOGY TRILOGYPRODUCTS.COM,
- T2 T2TEA.COM.

HIDDEN SUGARS

WHAT YOU NEED TO KNOW

HOW CUTTING DOWN CAN BOOST YOUR WELLBEING

READING LABELS

Sugar has plenty of pseudonyms – here are a few commonly included ingredients to be wary of when you're checking the labels on food: agave nectar, barley malt, beet sugar, cane juice, caramel, carob syrup, corn syrup, dextrose, fructose, fruit juice concentrate, glucose, maltodextrin, rice syrup, sucrose, saccharose, malt syrup, and HFCS – high fructose corn syrup.

When carb cravings strike, it can be very tempting to reach for a quick fix like hot chips or a muffin. Sadly, there's plenty of sugar hiding in our favourite carbs, making them a key contributor to raised cholesterol, mental decline, and even wrinkles. High-carb foods also increase your risk of heart disease and type 2 diabetes, and train your body to store fat around your belly says Colette Heimowitz, Vice-President, Nutrition And Education, with low-carb living experts Atkins Nutritionals. Here, she explains the problem with hidden sugars and how we can retrain our tastebuds...

HIDING PLACES

It's time to stop thinking of sugar as just that white stuff sitting on the shelf or in desserts. Did you know eating a bagel has the same effect on your blood sugar as seven teaspoons of sugar? Or that a cup of white rice has the same effect as eating more than 11 teaspoons of sugar? In comparison, our bodies are built to circulate the equivalent of only two teaspoons of sugar at a time.

By contrast, half a cup of broccoli has the same effect as a quarter teaspoon of sugar, and an avocado has even less.

You can enjoy a hearty breakfast of scrambled eggs and sliced avocado with barely any effect on your blood sugar, leaving you feeling satisfied and in control of your hunger. On the other hand, if you chow down on a bagel, your blood sugar will spike and then fall, and your hunger and cravings will return shortly. Carbs are not the enemy here – the effect they have on your blood sugar is.

PRIME CULPRITS

Bread, potatoes, and pasta all contain what we call hidden sugars. These are not added sugars, but rather foods that convert into sugars when your body absorbs them. You don't see them, but your body does. Any excess sugar in your bloodstream that isn't used as energy is stored as fat. This is called the "hidden sugar effect". Regardless of whether the sugar comes from confectionery or a bagel, it has the same effect on your blood sugar, waistline and health.

Over time, a constant influx of sugar from carbohydrate-rich foods may cause your body to become insulin resistant. Your body then needs to pump out more insulin as the insulin is less effective at shuttling sugar out of your bloodstream. Chronic high blood sugar can ultimately lead to prediabetes, which is the precursor to type 2 diabetes.

BETTER CHOICES

Brown rice is better than white rice, and wholemeal pasta and bread are also slightly better than white, as the higher fibre content will slow down the release of sugar. However, quality as well as quantity needs to be part of the equation.

Portion control is key here, and your carbohydrate tolerance will determine the optimal serving size. I typically recommend a half cup serving as a side dish, alongside vegetables, protein and healthy fat.

We should be opting for full-fat milk rather than skim, as whole milk contains less milk sugar. And instead of a low-fat flavoured yoghurt, full-fat Greek yoghurt is optimal, combined with berries and slivered almonds. Greek yoghurt is lower in milk sugar, and higher in protein. Berries are a low-glycaemic fruit choice, and slivered almonds add healthy fat and additional protein.

THAT TASTY PASTA DISH COULD BE GIVING YOU WRINKLES!

5 WAYS TO BEAT CRAVINGS

EAT REGULARLY

Skipping meals or going too long between meals can cause cravings. Eating every few hours maintains blood sugar and energy levels, keeping the appetite under control. Eat until you're satisfied, but not stuffed.

INCLUDE PROTEIN WITH EVERY MEAL

Make sure you are having approximately 20g of protein per meal for breakfast, lunch and dinner. For instance, a 115g chicken breast contains approximately 20g of protein.

CHOOSE HIGH-FIBRE CARBOHYDRATES

Fibre performs an important

role in helping moderate swings in blood sugar levels.

SAVOUR FOODS WITH NATURAL FATS

Fat makes food taste good and is filling, so you eat less. Dietary fat is key to the Atkins program, and to overall good health. All fats except manufactured trans fats (hydrogenated or partially hydrogenated oils) are a healthy part of Atkins.

DRINK UP

Water and other fluids like tea and coffee (in moderation) encourage your body to let go of water weight. Aim for eight 250ml glasses a day.

PERFECT COMBOS

The ideal meal contains a combination of a high-fibre carbohydrate, protein, and healthy fats. Think chicken, fish, tofu, or meat, with a salad or cooked vegetables topped with olive oil, and a side serving of brown rice.

Make sure to include a good serve of protein with each meal.



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Molly boot in Taupe, \$319.95

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They say that breaking up is hard to do, and we all know it's true. It's a time when you are often so upset that you act from an emotional rather than rational place. But there are ways to make it easier on yourself.

Relationship counsellor and author of *Mindful Relationships* (Exisle Publishing, \$29.99), Margie Ulbrick (margieulbrickcounselling.com), has some advice.

MANAGE THE EARLY DAYS

According to Margie, the initial stages are most likely to be the hardest – no matter who initiated the break-up.

'You may be in shock if the break-up was not initiated by you and could be reeling with so many emotions. Even if it was of your doing, you may still be heartbroken,' she says.

'You will most likely be feeling a range of things, including grief, anger, or confusion. Now is the time to very intentionally practise some self-care. Nurture, nurture and nurture.'

Margie recommends doing what you can to bring yourself tiny moments of relief, from taking a warm bath to enjoying a walk in nature.

'Spend time with friends and family who are supportive, and know that this will pass and that it will get easier,' she says.

BUT I MISS THEM!

On days when you really miss their presence, you might notice you tend to isolate yourself to miss what is happening in the present, says Margie.

'Consciously choose to notice what you can be grateful for, and write these down,' she explains.

'Look for small things – the comfort of a pet, a friend, a good meal, and really savour those.'

WRITE A LIST OF THEIR ANNOYING QUALITIES

According to Margie, it can be a positive thing to recall the things you found most annoying about your ex.

'Write a list,' she says. 'Really let yourself remember that this relationship was not perfect, and that there were irritations and annoyances that you no longer have to endure.'

THE SOCIAL MEDIA SITUATION

To delete or not to delete, that is the social media question. If you're worried you might find yourself looking at an ex's Facebook or Instagram, it might be a good idea to defriend or unfollow.

'Why put yourself through the pain?' says Margie.

'Although it is tempting, ask yourself what purpose it serves? Does it bring any relief or does

it make it harder? It may be a weaning process, but try and do it less and less!'

GET OUTSIDE ADVICE

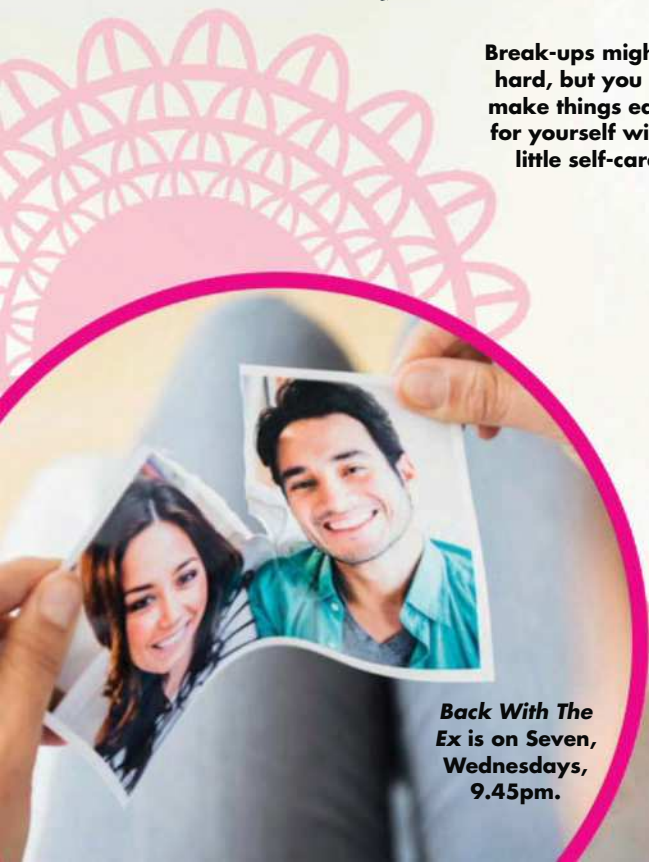
It's always a good idea to talk through your feelings with those closest to you, but according to Margie, friends and family can have blind spots.

'They can be influenced by their own feelings about the person or their own difficulties with seeing you in distress,' she says. 'A relationship counsellor will be able to ask questions and clarify things that you may not otherwise have considered.'

HOW TO GET OVER AN EX (FOR GOOD THIS TIME)

WANT TO FORGET THEM? RELATIONSHIP EXPERT MARGIE ULBRICK HAS TIPS

Break-ups might be hard, but you can make things easier for yourself with a little self-care.



Back With The Ex is on Seven, Wednesdays, 9.45pm.

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GIRL OR BOY?

WITH MUM-OF-TWO AND SOCIAL COMMENTATOR ANGELA MOLLARD



SKIN RELIEF

With one in three children suffering from eczema and other skin conditions, an Australian nutritionist believes a diet low in salicylic acid, found in plants, might bring some relief.

Karen Fischer put her daughter on a low-salicylate diet (no grapes, oranges, kiwi, tomato, avocado) and says the change brought relief from the itching.

WEIGHT OF EVIDENCE

Running while pregnant does not cause premature births or babies born with low birth weight, according to new research. Infants are unaffected, regardless of distances run or whether she runs through all three trimesters, according to the latest research from Kings College, London.



journey, even when I don't know them personally,' she says.

Even though she already has two children, Kate Hudson was so elated at having a third child, with her musician boyfriend Danny Fujikawa, that she shared a video of her gender-reveal party to Instagram. The couple popped several balloons revealing that they were expecting a girl.

As Kate wrote: 'We have been trying to keep this pregnancy under the radar for as long as possible but I'm poppin' now! 'A little girl on the way.'

It's lovely news for Kate but spare a thought for the mum in Western Sydney who had her gender-reveal spoiled, when her son prematurely popped the balloon with a plastic sword on the way to the party (PS: It's a girl). The incident was caught on CCTV camera and shared on Facebook.

There is nothing I loathe more about modern parenting than gender-reveal parties.

Don't get me wrong, I love babies but I don't need to put on make-up and splash out on a gift simply to find out whether your future child is a girl or a boy (it's not that exciting when there's only two options).

But two events have recently given me cause to cheer these ridiculously contrived celebrations. Firstly, the little kid who popped his pregnant mum's 'gender-reveal' balloon before her big announcement party.

And secondly, Kate Hudson. Because when the coolest mum in Hollywood adopts the cheesiest way to announce that she's having a daughter, you feel compelled to change your tune.

For the uninitiated, a gender reveal party works like this: an expectant couple, having discovered the gender of their child via ultrasound, takes the

result to a baker or a balloon supplier and asks them to bake either a blue or pink cake or fill a balloon with blue or pink confetti, depending on the gender of their child.

Some will already know results themselves, others will have asked the sonographer to write it down and keep it secret so, they too, can have a surprise.

Then the expectant parents invite their mates over and either pop the balloon or cut into the cake to reveal what they're having. Usually it's a baby.

Stephanie Anderson, who launched her Into The Garlands business last year – after organising a gender-reveal party for a friend, says she's surprised by the popularity of the event.

'I adore gender-reveals,' she says, explaining that she makes the confetti herself and adds feathers to the balloons which she constructs for \$45 to \$50. 'There's something really special about sharing that part of the

GUESS WHO GOT A LOT DONE TODAY?

NOT ME, BUT CONGRATULATIONS TO SOMEONE OUT THERE...

THE FLAWSOME MUM

Need a break? Take some time out and have a laugh by visiting The Flawsome Mum page at facebook.com/theflawsomemum.

The FLAWSOME Mum

'(BEING A MUM) CHANGES YOUR WORLD COMPLETELY... WHENEVER I'M CHOOSING A PROJECT, I ALWAYS THINK: "HOW'S IT'S GOING TO AFFECT THE LIVES OF MY DAUGHTERS?" YOU LEARN THAT YOU'RE ACTUALLY MORE CAPABLE THAN EVER.'

Emily Blunt, actress and mother of two.



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ANGELA MOLLARD, COLUMNIST, PUBLIC FIGURE & MOTHER OF TWO

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**ANGELA
MOLLARD,**
COLUMNIST,
PUBLIC FIGURE &
MOTHER OF TWO



WASHER



DRYER



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MON-WED 7.30

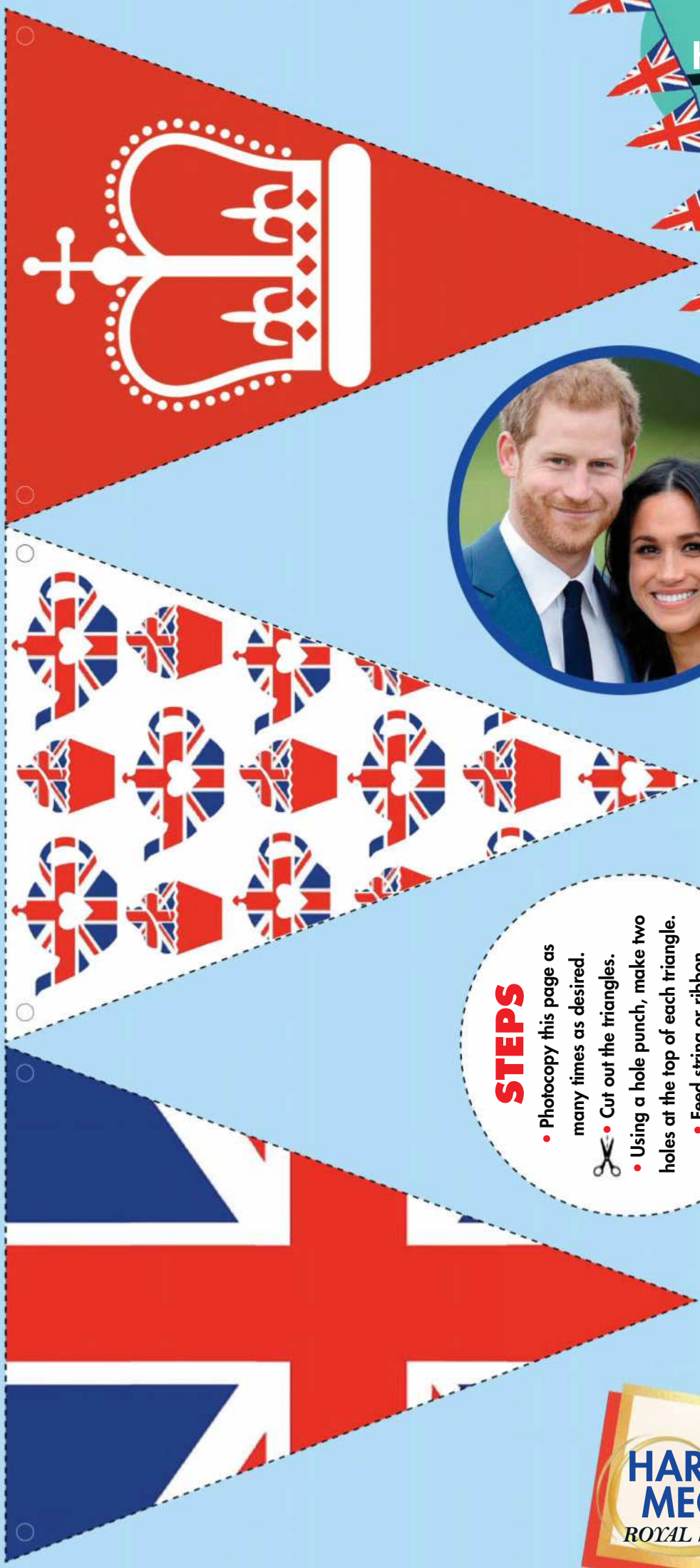


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STEPS

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- Using a hole punch, make two holes at the top of each triangle.
- Feed string or ribbon through the holes, linking the triangles together.





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The architecture is magnificent, the spa experiences sublime and the restaurant on-site, Muse, is well worth booking for a memorable dinner. mitchelton.com.au.

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There are restaurants just steps away, a gym on site, and if you feel like breakfast in your own suite, there's a supermarket across the road. Best of all, it's a short distance from all of Perth's attractions. thesebel.com.

BELLS AT KILLCARE, NSW

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Sit back and have a cocktail among the immaculately-landscaped gardens or book in for a pampering session at the spa.

The restaurant is not to be missed as is the nearby Bombini at Avoca, where you can enjoy modern Italian in a gorgeous homestead overlooking beautiful foliage. Save room for their gelati. bellsatkillcare.com.au; bombini.com.au.



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ALLISON DUBOIS



LOVED ONES FIND HAPPINESS WHEN THEY PASS, SAYS ALLISON

Q My mum passed away nearly four years ago. When I found out she was gone, my heart felt so empty with a huge hole. I miss her terribly. I know she is now happy and free from pain.

Lin, via email.

A Lin, losing a parent leaves us feeling like a small child again, One thing that helped me when my dad died was to remember that every day I wake up is a good day because it's a day closer to seeing my dad again.

It's also, a new opportunity to make wonderful memories with my children so that when I'm gone, they will remember how happy we were. Reflect on all the special moments you had with

your mother throughout your life and know that she loves you with every fibre of her being.

Smile when thinking of your mum fondly and live your life without fear knowing that she's watching over you.

Q My mother died last year. She was 93 and had been in care for about six-and-a-half years.

Is she happy now she is with our father and her family, and do you think she has found my daughter, who died at birth 39 years ago? I know Mum has only been gone a short time but I used to go and see her each week. Is there anything more I could have done for her the last week-and-a-half?

James, via email.

A James, your mum lived 93 long years. There isn't any more you could have done for her. Her body was worn out.

She knew that you loved her and knew that you appreciated that she was your mum. Don't let the end of your mother's life continue to affect your life in a negative way, as that's not what she would want.

Your mother is free from her worn out body, she can thrive with youthful energy again loving your dad and loved ones.

Talk to her, she's all around you. My sense is that she loved being a mother very much and she has no intention of leaving her kids. You can expect daily visits from your mum.

Close your eyes and hear her words. She's fine and she's very proud of you. As for your daughter that died at birth, most babies that die at birth find a way back to their family.

In other words, her soul would come back as a child you had later, or a niece, or perhaps a granddaughter. Her soul would find a body that could survive.

Q The last six years were horrendous – cancer, mum dying, an accident, jail for a driving offence. Also friends fell away, ripped me off, my family's gone and I'm trying to rebuild a relationship with my children. Is it my turn for happiness and an easier road?

Liz, via email.

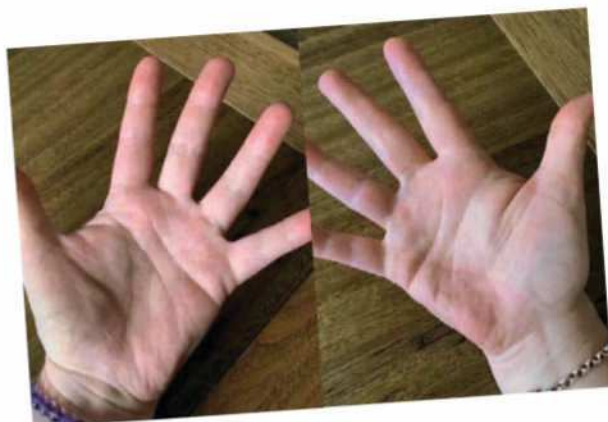
A Liz, that sounds rough! In order to find happiness you'd have to let go of the bitterness you're carrying.

I can tell by the tone of your question that you feel victimised and abandoned. The energy that we project in the world is the energy we get back from others.

So, let go of things that hurt you in life and start over again with a positive attitude. A good visualisation technique is to picture all the sad moments of life going down a shower drain, an actual spiritual baptism.

HAVE A QUESTION FOR ALLISON? Email destiny@newidea.com.au

Dear Lauren,
Your hands have an overall conical aspect, with strong air elements. This usually results in an emotionally-balanced personality. These hands often have a good degree of optimism.



Doom, gloom and purveyors of bad news, are not well received by people such as yourself.

The upside to this is that you will look for the beauty in every situation. An eye for quality work and creative endeavours is a blessing. Don't try to make art too practical, if you have to make a living from it. Trust your first instincts, yours are intuitive hands.

If you have a 'gut feeling' about something or someone, don't ignore

it, as it will never steer you wrong.

There is one good strong marriage/relationship line marked on the hand that will remain with you for the long haul. The right-hand head line has a dynamic fork at the end of it, this is usually the sign of someone who appreciates literary efforts and even considers a career in writing or communication.

On a soul level you should be making the effort to learn from the past and let it go, resist the tendency to think that your past

defines your future. The quicker that you lay something to rest, the faster you can move on.

The first thing I see in your future is a connection to a male, who has foreign interests and ambitions.

A disappointment arises when something doesn't work out for them. Money and travel are highlighted for mid-year. You should be enjoying the warmth a winter

escape provides. A relationship is moving in a positive direction.

News of a possible relocation interstate or overseas comes in the spring. It can be hard to make a choice sometimes, but you will make the right one. A great work opportunity opens up for you.

Your partner needs to beware of petty quarrels in the early part of 2019. Best to avoid conflict.

SUSAN TAYLOR



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UP FOR
GRABS!

Sheep sound	Select	Hammer's target	Twilight heroine	Amazed	Burrowing mammal	Arabic prince	Plague rodent	Reduce to least possible	Assails		
Pimples			A in USA								
			Wonder super-heroine					Distress code (1,1,1)			
Taj Mahal, Indian landmark	Lubricant		Of select, privileged groups								
							Extinct NZ bird				
Ben Stiller character	Lawmaker	Adolescent									
Allow							Digital data storage medium	Explosive compound (1,1,1)			
Stare lustfully	Jennifer -, actress and singer										
							Domestic animals	Alligator pear	Three -, comedy team		
Charged particle											
Health resort											
Limb		Boyfriend					- Armstrong, jazz great	- McLaughlin, sports presenter	Extinct Mauritian bird		
							Fifth sung note		Knight's title	Company head (1,1,1)	
Garden summer-house	Puts to work again									- Lee, film director	
		Garlic mayonnaise								Gaming cube	
Cow sound	Kate -, singer				Hotel suites						

WORD SEARCH To win one of two prizes of \$50 in our word search, find everything on the list in the grid. One of the entries can't be found. Write this on the entry coupon.

\$100
UP FOR
GRABS!

N	F	R	E	A	K	S	A	N	D	G	E	E	K	S	O	U	J
P	N	E	Z	L	C	L	P	T	B	V	K	O	I	T	C	V	P
M	E	M	F	A	B	L	B	A	P	N	Z	Q	R	V	T	Q	R
B	R	O	K	E	B	A	C	K	M	O	U	N	T	A	I	N	V
P	C	H	V	G	M	F	S	M	P	O	Z	D	J	T	P	Z	X
Q	P	S	Y	K	Z	Y	G	Q	L	F	E	W	O	H	V	M	D
J	X	Y	X	U	V	T	W	G	P	C	J	D	L	E	V	I	L
E	T	D	K	E	N	I	L	D	O	O	L	B	Q	F	R	U	L
M	E	D	Y	Q	P	V	A	U	S	T	I	N	F	O	U	N	D
H	A	A	V	Y	G	A	Z	B	Q	D	U	R	P	U	Y	C	J
A	S	D	M	J	X	R	C	T	Y	A	V	E	M	N	D	Y	Y
U	K	R	M	G	E	G	T	P	Z	V	E	E	O	D	L	Q	Y
E	M	O	T	E	M	O	C	L	E	W	L	Y	A	E	E	K	Q
N	O	I	X	J	N	C	S	I	D	J	M	Q	B	R	N	V	W
T	R	A	G	G	A	T	A	H	T	N	A	M	A	S	J	Y	I



THIS WEEK: LINDA CARDELLINI

- AUSTIN FOUND
- BLOODLINE
- BROKEBACK MOUNTAIN
- DADDY'S HOME
- FREAKS AND GEEKS
- GRAVITY FALLS
- MAD MEN
- SAMANTHA TAGGART
- SCOOBY-DOO
- THE FOUNDER
- VELMA
- WELCOME TO ME

WORD MAKER

How many words of four letters or more can you make from the letters on the right? Each word must contain the centre letter and you must make one nine-letter word. No proper nouns.

YOUR GOAL: 25

R	A	T
D	Y	A
O	N	M

SUDOKU

Slot the numbers 1 to 9 into every horizontal line, vertical row and 3 x 3 square. Here are three puzzles, graded from easy on the left, to hard on the right.

				5	2			
			7	2			5	4
5				9			3	1
	7	3						2
		5	1		4	7		
	8					5	4	
9	3			4				6
1	6			3	7			
		4	8					

7			9			6		
				2		1		
3			1	5			2	7
	3	5			4			
6	4						9	3
			8			5	4	
5	6		4		1			9
		2		9				
		4			6			1

		9		8				2
5		3						
					1	9	7	
9	6			4	5		3	
	4		9	2			6	8
	5	8	7					
						1		3
4				9		5		



PUZZLES

CODE CRACKER

To win one of three prizes of \$100, work out which number represents which letter. All letters of the alphabet appear at least once. Fill in the coloured boxes at the bottom to reveal our prize word. Write this answer on the entry coupon.

**\$300
UP FOR
GRABS!**

2	5	2	6		25	24	19	22
	6		2		2		8	
7	8	19	19	21	6	21	14	
	15		22		6		3	
20	2	26		20	8	7	8	26
	7		23		17		5	
	7	19	24	9	9	18	21	14
	21		8				8	
7	21	8	1	21		1	8	22
13			1		4			18
2	10	18	21		21	15	13	11
18			14		14			19
18	2	14		14	6	2	19	2
11				11			21	
3	11	6	16	18	11	2	14	
	2		2		19		2	
7	26	11	6	12		11	18	14
	19		2		18		18	
	21	15	11	17	11	19	8	15
	2		16		11		11	
5	18	21	21		19	8	17	10

1	2	3	4	5	6	7	8	9
10	11	12	13	14	15	16	17	18
				D				L
19	20	21	22	23	24	25	26	
M								

26	6	11	22	13	12
----	---	----	----	----	----

ACROSS

- 1 – Bueller, movie character famous for taking a day off (6)
- 5 Energetic 1940s dance style (9)
- 10 Self-effacing (6)
- 13 Military uniform colour (5)
- 15 Lower leg joint (5)
- 17 Sultanate on Borneo (6)
- 18 Domestic cavy (6,3)
- 19 Wound mechanical component (6)
- 20 Trousers (5)
- 21 Surface sheen (5)
- 22 Hard outer surface (5)
- 25 Pattern on a tyre (5)
- 26 Wonderland girl (5)
- 28 Julie –, musical film star (7)
- 29 Home screen on a computer (7)
- 32 Blue/red secondary colour (6)
- 35 Dawn deity (6)
- 37 Beach area near Los Angeles (6)
- 39 Sense of repeated experience (4,2)
- 42 1920s party girl (7)
- 43 Brass instrument (4)
- 44 Part of a list (4)
- 45 Ancient messenger of the gods (7)
- 47 Feather used as a pen (5)
- 49 Buccaneers (7)
- 50 Large flightless bird (3)
- 51 Anger (3)
- 52 Beirut's country (7)
- 55 – Menzel, actress and singer (5)
- 56 Capital of Samoa (4)
- 58 Faithful to allies and oaths (5)
- 60 Dangerously unpredictable individual (5)
- 62 Juicy citrus fruit (6)
- 64 Punctuation mark (5)
- 65 Eastern spiritual guide (4)
- 66 Kitchen operative (4)
- 67 Skin damage caused by UV rays (7)
- 70 Upmarket accommodation comprising several rooms (5)
- 71 Strategic board-game (5)
- 73 On time, quick (6)
- 75 Fur-lined parka (6)
- 77 Spicy sausage served on pizza (9)
- 78 Pearl-producing shellfish (6)
- 81 Brave, intrepid (6)
- 84 Fully developed (6)
- 85 Vehicle safety strap (8)
- 86 Iridescent gemstone (4)
- 88 Hereditary conductor (4)
- 89 Land of little people in *Gulliver's Travels* (8)
- 90 Help (6)
- 91 Stimulating hot drink (6)
- 92 Japanese miniature tree (6)
- 95 Sleep through winter (9)
- 97 – Williams, tennis champ (6)
- 99 Protective head-wear (6)
- 101 First appearance (5)
- 103 *Beauty and the Beast* heroine (5)
- 104 Blake –, Pink Panther movie writer/director (7)
- 106 Swine (4)
- 107 – Kendrick, actress (4)
- 109 Foamy lather (5)
- 110 Ten year period (6)
- 112 Sewn joins in a garment (5)
- 115 Workers, collectively (5)
- 117 Legendary Himalayan monster (4)
- 118 *Lady and the –*, Disney dog film (5)
- 119 Break into small pieces (7)
- 120 Historical period (3)
- 121 Fairy-like sprite (3)
- 122 By good fortune (7)
- 124 Supernatural or occult practice (5)
- 125 151 across markings (7)
- 128 Bivouac (4)
- 129 Long, arduous journey (4)
- 130 Rapturous amusement (7)
- 134 Without a partner (6)
- 136 Famous swimwear brand (6)
- 137 Cute marsupial found on Rottneet Island, WA (6)
- 138 Dog's house (6)
- 140 Meat chopping utensil (7)
- 143 Mythical girl who opened a forbidden container (7)
- 145 – Agutter, actress (5)
- 147 Precise (5)
- 149 Julianne –, actress (5)
- 151 Asian big cat (5)
- 152 Spanish red wine variety (5)
- 154 Rich cream-filled cake (6)
- 156 14th century BC queen of Egypt (9)
- 158 Reptile (6)
- 160 – Midler, singer and actress (5)
- 161 Inexpensive (5)
- 162 Fluffy dessert (6)
- 163 – Versace, fashion personality (9)
- 164 Calm, untroubled (6)

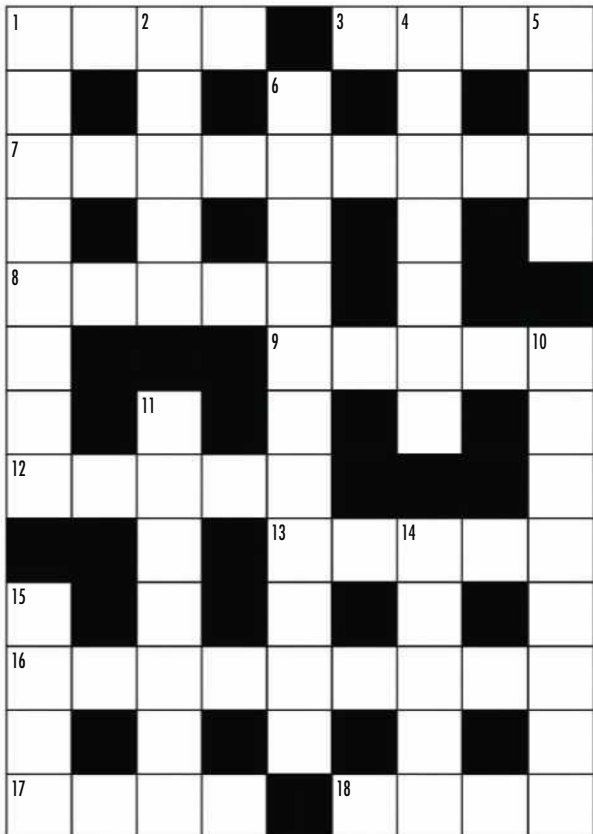
DOWN

- 2 Make a mistake (3)
- 3 Ladder steps (5)
- 4 Jump rope (4)
- 5 Puzzle with shaped, interlocking pieces (6)
- 6 Spoil, contaminate (5)
- 7 Cricket team number (6)
- 8 Creature walking on two feet (5)
- 9 Group of geese (6)
- 10 Military dining hall (4)
- 11 – Braithwaite, singer (5)
- 12 Male child (3)
- 14 Out of the ordinary (8)
- 16 Decisive boxing punch (8)
- 23 Stylised formal ceremony (6)
- 24 Lofty (4)
- 26 Vaulted church recess (4)
- 27 Plant said to be lucky if found with four leaves (6)
- 30 Peaceful, serene (8)
- 31 Well known, closely related (8)
- 33 Volume with cardboard cover (9)
- 34 Force out (5)
- 36 Penguin breeding colony (7)
- 38 Frozen maritime hazard (7)
- 39 Female rabbit (3)
- 40 – Ardern, NZ Prime Minister (7)
- 41 Not able to be copied, equalled (10)
- 46 Set apart (7)
- 48 Quickly, in music (7)
- 49 Tasty cinema snack (7)
- 53 Ill-mannered person (4)
- 54 Sleeping gown (7)
- 57 Simple dress (5)
- 59 Donkey (3)
- 61 Possess (3)
- 63 Out of practice (5)
- 68 Not discouraged (11)
- 69 Smallest of the United States (5,6)
- 72 Bright illumination trained on a single performer (9)
- 73 Relatively small (4-5)
- 74 Lyrically (6)
- 76 Elevate (5)
- 79 – Watson, actress (5)
- 80 Sauce made with pine nuts, garlic, olive oil and herbs (5)
- 82 Beer variety (3)
- 83 – Hawn, actress (6)
- 86 Proposal (5)
- 87 Expert fighter pilot (3)
- 93 First two batters in a cricket team's innings (7)
- 94 In front (5)
- 96 Put in a different order (10)
- 97 Backless seat (5)
- 98 Every evening (7)
- 100 Establish dimensions, quantity (7)
- 102 Large bovine creature (7)
- 104 Shady tree (3)
- 105 Prepare, as a task for others (3)
- 106 Medical doctor (9)
- 108 Trim and tidy (4)
- 111 – *Grace*, popular church song (7)
- 113 Statistical mean (7)
- 114 Panicked flight of animals, particularly cattle or horses (8)
- 115 Range of colours (8)
- 116 Ben –, actor (7)
- 123 Impertinent backchat (5)
- 126 Slight, sudden pain (6)
- 127 Night before (3)
- 131 Blue –, Australian cattle dog (6)
- 132 Snails, prepared as food (8)
- 133 Good looking, of a man (8)
- 135 *I Love –*, classic sitcom (4)
- 139 Dutch cheese variety (4)
- 141 Gained by effort or merit (6)
- 142 Colourful squawking bird (6)
- 144 Continent stretching from Casablanca to Cape Town (6)
- 146 Requirements (5)
- 148 Spin, pirouette (5)
- 150 Flowed slowly (5)
- 151 Cylinder (4)
- 153 Mountains (4)
- 155 Fuss, bother (3)
- 157 Enthusiastic supporter (3)
- 159 Groove worn by wheels (3)

PUZZLES

CRYPTIC CROSSWORD

Give your brain a workout!
To check if you're right, see solutions.



ACROSS

- 1 Noblewoman made adjustments (4)
- 3 Piece about time (4)
- 7 Make sure Fiona is extremely wicked (9)
- 8 Colloquial idiom in anyone's language (5)
- 9 Pawns horse's leg joints (5)
- 12 Navigate outer course (5)
- 13 Justin Timberlake's band heard in basin ('1,4)
- 16 Raise your hand to edit true novel (9)
- 17 Medicine does the trick (4)
- 18 Wedding vow left for object of adoration (4)

DOWN

- 1 Giant extinct reptile is around again (8)
- 2 Crime group opens Mondays and Fridays in August (5)
- 4 Vanquish counter (7)
- 5 Loudly lamented lost fog (4)
- 6 Weird fringe thing is quite scary (11)
- 10 Some suspect Ralph is ghostly (8)
- 11 Hustler travels at great speed (7)
- 14 Give up harvest (5)
- 15 Enthusiastic diva returned (4)

QUIZ TIME

To win one of two prizes of \$50, write the answer to the first quiz question on the entry coupon. For the other answers, see solutions.

\$100 UP FOR GRABS!

- 1 What is the name of Gomez and Morticia's daughter in *The Addams Family*?
- 2 Which domestic animal is the emblem of teams in both the NRL and AFL competitions?
- 3 Which classic 1975 movie is set at the island resort of Amity?
- 4 Which actress had three children with Bruce Willis during their 1987-2000 marriage?
- 5 In which sport did *The Bachelor* (2018) star Nick Cummins represent Australia?



MAY 07 ANSWERS

COMPACT STARS

L	O		L
O	V	E	N
F	L	O	W
L	E	E	A
C	O	U	R
M			
W	E	B	
O			
C	O	P	S
D	E	W	
P	R	O	
E	R	R	
S	C		
K	H	O	
V	E	X	
R	S	E	

Winning title: *I Feel Pretty*

CODE CRACKER

1	2	3	4	5	6	7	8	9	10	11	12	13
X	Y	H	U	E	S	G	N	Z	D	O	T	L
14	15	16	17	18	19	20	21	22	23	24	25	26
C	K	F	B	I	R	M	W	J	V	A	P	Q

Winning word: Rumble

WORD SEARCH

Winning answer: *Sherlock Gnomes*

SUPERCROSS

ACROSS: 1 Camera, 4 Absorb, 8 Family, 11 Almond, 14 Elastic, 17 Nervous, 18 Russian, 20 Idiom, 21 Squeeze, 23 Rustles, 25 Blake, 26 Scapagoat, 27 Apricot, 31 Norwegian, 32 Admit, 34 Android, 36 Antonio, 38 Tacit, 41 Dim, 42 History, 44 Crepe, 45 Proud, 46 Recital, 48 Reese, 49 Jump, 50 Demon, 51 Bunk, 53 Cadet, 56 Odyssey, 57 Lush, 58 Port, 59 Trolley, 63 Target, 65 Barbecue, 67 Tape, 69 Escape, 73 Risotto, 75 Torque, 76 Igneous, 77 Pegg, 80 Mayor, 81 Cardiff, 83 Balloon, 84 Scare, 86 Duck, 88 Sprouts, 89 Celine, 91 Cranium, 94 Lyrics, 96 Anne, 97 Alcatraz, 98 T-Shirt, 102 Chevron, 103 Also, 104 Acid, 106 Acolyte, 110 Riley, 112 Silk, 113 Dylan, 114 Joke, 115 Tight, 119 Vikings, 121 Shorn, 122 Ricci, 123 Perfume,

124 Oui, 125 Nasty, 127 Ringlet, 128 Art Deco, 129 Notes, 130 Quadruped, 133 Macbeth, 136 Frequency, 138 Elton, 139 Upright, 142 Pastels, 144 Roman, 146 En masse, 148 Amnesia, 149 Release, 151 Astute, 152 Sydney, 153 Assume, 154 Mantis.

DOWN: 1 Credits, 2 Miami, 3 Ali, 5 Bouquet, 6OUNCE, 7 Borne, 8 Flour, 9 Moses, 10 Lachlan, 11 Apu, 12 Origami, 13 Dungeon, 15 Tempest, 16 Cassowary, 18 Reservoir, 19 Subject, 22 Zip, 24 Ufo, 27 Adored, 28 Reddened, 29 Champion, 30 Tattoo, 32 Asher, 33 Mystery, 35 Decimal, 37 No Doubt, 39 Cited, 40 Tolstoy, 43 Oversee, 47 Cyclops, 49 Jay-Z, 52 Kite, 54 Isobar, 55 Portugal, 56 Otter, 60 Lease, 61 Scuffy, 62 Foe, 64 Rusty, 66 Afternoon, 68 Phenomena, 70 Eagle, 71 Concept, 72 Furnace, 74 Turn, 78 Absence, 79 Isla, 80 Medal, 82 *In the USA*, 85 Alibi, 87 Curse, 90 Intact, 92 Mitre, 93 Fan, 95 Carry-On, 99 Shooter, 100 Ants, 101 Wave, 102 Caravan, 103 Allison, 105 Dioxide, 107 Yoghurt, 108 Hypnotic, 109 Marriage, 111 Lakes, 116 Teems, 117 Gollum, 118 Scotch, 120 Scripture, 123 Professor, 126 Y-Fronts, 129 Neutral, 130 Que Sera, 131 Attempt, 132 Dorothy, 134 Ash, 135 Tea, 136 Freedom, 137 Yankees, 140 Grain, 141 Tangy, 142 Pasta, 143 Snags, 145 Meant, 147 She, 150 Elm.

Winning word: Outspoken

QUIZ TIME

Winning answer: Sweden

ANSWERS THIS WEEK

WORD MAKER

Possible words include: Amatory, Anatomy, Army, Arty, Dory, Dray, Drayman, Dynamo, **Mandatory**, Many, Maya, Mayor, Moray, Mornay, Myna, Nary, Notary, Randy, Rayon, Ryot, Tardy, Tayra, Toady, Today, Tray, Try, Tryma, Tyro, Yard, Yardman, Yarn, Yond. .

QUIZ TIME

1 Prize answer, 2 Bulldog, 3 Jaws, 4 Demi Moore, 5 Rugby Union.

CRYPTIC CROSSWORD

Across 1. Dame, 3 Item, 7 Nefarious, 8 Slang, 9 Hocks, 12 Route, 13 'N Sync, 16 Volunteer 17 Dose, 18 Idol.
Down 1 Dinosaur, 2 Mafia, 4 Trounce, 5 Mist, 6 Frightening, 10 Spectral, 11 Hurtles, 14 Yield, 15 Avid.

HEXWORD

1 Maisie, 2 Harlem, 3 Squirrel, 4 Emilio, 5 Mayhem, 6 Jabiru, 7 Pamela, 8 Persia, 9 Trolls, 10 Olivia, 11 Trance, 12 Strong.
Hidden word: Mobile

SUDOKU MANIA

3	4	9	6	1	5	2	8	7
8	1	6	7	2	3	9	5	4
5	2	7	4	9	8	6	3	1
4	7	3	9	5	6	1	2	8
2	9	5	1	8	4	7	6	3
6	8	1	3	7	2	5	4	9
9	3	2	5	4	1	8	7	6
1	6	8	2	3	7	4	9	5
7	5	4	8	6	9	3	1	2

7	2	1	9	8	3	6	5	4
4	5	9	6	2	7	1	3	8
3	8	6	1	4	5	9	2	7
9	3	5	7	6	4	8	1	2
6	4	8	5	1	2	7	9	3
2	1	7	8	3	9	5	4	6
5	6	3	4	7	1	2	8	9
1	7	2	3	9	8	4	6	5
8	9	4	2	5	6	3	7	1

6	7	9	5	8	4	3	1	2
5	1	3	2	7	9	8	4	6
2	8	4	6	3	1	9	7	5
9	6	7	8	4	5	2	3	1
8	3	2	1	6	7	4	5	9
1	4	5	9	2	3	7	6	8
3	5	8	7	1	2	6	9	4
7	9	6	4	5	8	1	2	3
4	2	1	3	9	6	5	8	7

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Start Date: 14/05/2018 at 09:00 AEST. Close Date: 27/05/2018 at 17:00 AEST. Draw Date: 01/06/2018 at 12:00 AEST.
Weekly total prize value: \$1,000.00. If you're calling, leave only your answers to the questions (as many as you can complete, in the order listed on the entry coupon) along with your first and last name and full address. If you SMS your answers in, please add a comma between each answer. If posting, see below. NSW Permit No. LTPS/17/20104; ACT Permit No. TP 17/02430.1; SA Licence No. T17/2283.
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CODE CRACKER

NAME

WORD SEARCH

SUPERCROSS

ADDRESS

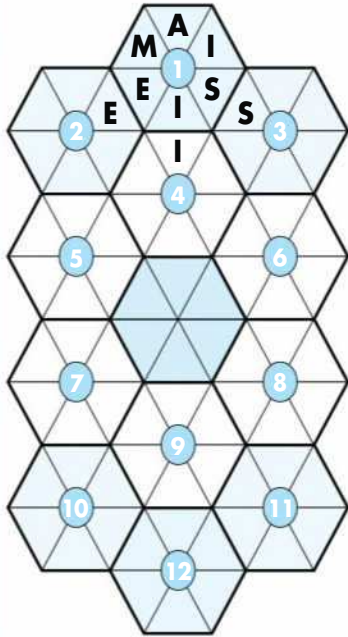
COMPACT

QUIZ TIME

TEL

HEXWORD

Each of the clues below has a six-letter answer. Write the answer clockwise in the spaces around the appropriate clue number. Where the hexagons touch, the letters in the adjoining segments will be the same. We've answered one clue for you. The letters in brackets tell you the first letter of the answer. The letters in the inner coloured hexagon will spell a hidden word.



CLUES

- 1 – Williams, plays Arya Stark in *Game of Thrones* (M)
- 2 Area of New York on Manhattan's upper east side (H)
- 3 Elaborate handwriting flourish (S)
- 4 – Estevez, son of Martin Sheen, brother of Charlie (E)
- 5 Chaotic disorder and destruction (M)
- 6 Australian black-necked stork (J)
- 7 – Stephenson, actress and psychologist, wife of Billy Connolly (P)
- 8 Former name of Iran (P)
- 9 Internet and social media provocateurs (T)
- 10 – Wilde, actress (O)
- 11 Mesmeric state (T)
- 12 Uncover, as with a finished project in *House Rules* (R)

HOROSCOPES



WITH KAREN MOREGOLD

For all things astrological, visit my website: karenmoregold.com

ARIES

MAR 21 – APR 20

Your financial goals, priorities and practices will change, as a major new seven-year Uranus cycle gathers momentum. You will make unusual investments, there will be unexpected gains, large one-off outlays, a sideline or new source of income. You could also splurge on expensive technology. This week an unexpected gift or purchase will be a joy. A sentimental family get-together will touch chords.

LUCKY NUMBERS: 37, 43, 45

TAURUS

APR 21 – MAY 21

The planet Uranus, moving into Taurus, will launch a major new seven-year cycle. A 'new you' will emerge as strong new personal values and goals take shape and you will break free from a situation that's been holding you back. There may be a move or changes to your environment too. This week, exciting plans on the drawing board will surge forward and it will be a joy to hang out somewhere you love to be.

LUCKY NUMBERS: 7, 10, 20

GEMINI

MAY 22 – JUN 21

A new seven-year Uranus cycle will bring inner change, spiritual growth, opportunities to resolve old issues and answers to questions you've been asking for a long time. You will also revisit places and reconnect with people from the past. This week, a domestic or family project could prove a challenging task and a family discussion will shed light on a complex matter. A new possession will add to your joy.

LUCKY NUMBERS: 11, 18, 29

CANCER

JUN 22 – JUL 23

Changing desires and friends will feature during a new seven-year transit of the planet Uranus. You could start to want very different things from life. Fun, ambitious and exciting plans will take you into new circles and bring unusual experiences. This week, you will enjoy unusual activities, a creative endeavour will inspire, and you will foster a new personal style. Singles, a magnetic energy will attract romantic interest.

LUCKY NUMBERS: 1, 2, 6

LEO

JUL 24 – AUG 23

A new seven-year Uranus cycle could bring a change in your career or personal direction, and exciting opportunities as well as challenges will beckon! Also, a bold project with someone dear will reshape your relationship and singles, love will find you. It'll strike like a bolt from the blue! This week, a professional door will open. There will be a chance to show what you can do! Sharing fun times will add a new zest.

LUCKY NUMBERS: 12, 21, 31

VIRGO

AUG 24 – SEPT 23

Travel for fun or work, spreading your wings on the job, new learning, and a new chapter in a long-distance relationship will feature during a major new seven-year Uranus transit. Your horizons will expand dramatically! Exploring a new interest will bring a feast of discoveries. Reconnecting with a friend or relative from afar will bring some surprise news. Proactive PR will foster valuable connections.

LUCKY NUMBERS: 8, 27, 28

LIBRA

SEPT 24 – OCT 23

An accent on finances during a new seven-year Uranus cycle will bring complex business, wheeling and dealing, unusual opportunities and all kinds of special and unexpected expenses. Restructuring your affairs will set you up for a new situation. Realisations and discoveries will bring dynamic personal growth. There will be a stroke of good fortune and a tender exchange will warm a relationship.

LUCKY NUMBERS: 17, 22, 34

SCORPIO

OCT 24 – NOV 22

Changing relationships, big changes for family members, changing how you handle some relationships and unusual new involvements will be themes of a new seven-year cycle of the planet Uranus. Singles, love could blossom at a most unexpected time and place. A family event will be an opportunity to show support, an emotional outlay for someone you love could put a dent in the finances.

LUCKY NUMBERS: 9, 36, 39

SAGITTARIUS

NOV 23 – DEC 21

Your approach to health, diet or fitness will change during a new seven-year Uranus transition. You will broaden your knowledge, and you may also change your lifestyle. A changing situation or duties on the job will bring opportunities to learn as you go. A tender exchange with a friend or relative will deepen mutual understanding and practical efforts to help a loved one will speak caring volumes.

LUCKY NUMBERS: 3, 13, 30

CAPRICORN

DEC 22 – JAN 20

A new seven-year Uranus cycle promises more fun in life. You will pour energy and money into holidays, romance, fun pursuits, special times with your children or grandchildren, and a project or hobby you love. Creative tasks and projects will showcase your talents too. Making a special effort for a loved one, to get to know the people in their world, will pay rewarding dividends, building communication that bridges generation gaps.

LUCKY NUMBERS: 5, 23, 25

AQUARIUS

JAN 21 – FEB 19

A change of home or changes to your home, changing family relationships, and big changes for family members could unfold during a major new Uranus transition that will pervade the next seven years. Your household technology will also improve dramatically. This week, an unusual situation on the home or family front will keep you on your toes. There will be a special domestic task or family event and you will learn something new.

LUCKY NUMBERS: 4, 16, 40

PISCES

FEB 20 – MAR 20

There's a new seven-year Uranus cycle starting. During this period, unusual new interests and projects will add exciting and different dimensions to life. You will develop a skill you've long wanted to nurture and there will be fun short trips. Travelling further afield and meeting knowledgeable unusual people will bring a feast of fascinating discoveries. A romantic turn of events will add a fresh burst of energy to your love life.

LUCKY NUMBERS: 14, 15, 19



Pacific magazines

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YOUR SAY

WHAT FUNNY THINGS HAVE YOUR MM AND KIDS SAID LATELY?

INNOCENCE OF YOUTH

My friend was showing his five-year-old grandson some very old photos taken when he was a little boy. 'Wow,' said his wide-eyed grandson, 'you really were young once. So when did you decide to get old Granddad?'
JUDITH CAINE, DONVALE, VIC.

LITTLE HELPER

While out shopping with my 15-year-old grandson, we ran into a teacher he had in Year 6, who remembered him vividly. I have never felt so proud of him as I did when she told me what he did on her first day in his classroom. She recounted to me how the class was really unruly and noisy, so my grandson told the class to be quiet and behave for this teacher and the class immediately sat down and were quiet.
MARIE SIEGMUND, CHIFLEY, ACT.

MYSTERY VOICE BOX

As I tried to exit an underground car park recently, the machine wouldn't accept my ticket. After a few tries, I pressed the 'help' button on the console. 'How may I help you?' a deep voice said. I heard a gasp from Danny, five, in the back. 'Who's in there?' he asked.
ALI LOCONTE, COOLANGATTA, QLD.

CLASS ACT

My husband and I went to a Small Farm Field Day about an hour's drive away from home. We happened to bump into another local person there who was also attending with his young son. While the men were talking, I asked the little boy if he was going to the local school, to which he replied, 'Yes'. I then asked him which class he was in. 'The first demountable,' he said.
M. SANDA, ALBION PARK, NSW.

MERE MALE

FAILURE OF POWER

We had a power failure at school and some classrooms had electricity and some didn't. The MM principal made an announcement over the PA system: 'If you cannot hear this message in your classroom please send a child up to my office to inform me.'
DEBORAH BOWDEN, ROSEBUD, VIC.

FAMILY PRIORITIES

My cousin approached his girlfriend's father saying he wanted to marry her. The father gave my poor cousin a lecture on the responsibilities of marriage ending by asking 'Can you support a family?' My MM cousin



My three-year-old granddaughter, Indiana, knows mums need to be multi-skilled. Here she is taking care of baby while she makes an important phone call.
ANNE FISHER, GIRRAWHEEN, WA.

'Billy' the goat appears curious as to what all of the fuss is about, as my 10-year-old grandson, Dante, poses for a photo with him.
JEANETTE NOBLET, BONGAREE, QLD.



This 'street library' in the grounds of rural Rocky Plain Public School was made of old microwave ovens. I thought I'd deposit a copy of New Idea for the locals to read!
DEBRA MCLAREN, BARGO, NSW.



PHOTO OF THE WEEK WINS \$100

replied: 'Well actually, I was just planning on supporting your daughter. The rest of you will have to fend for yourselves.'
VICKIE MAVROS, SALE, VIC.

SCORPION'S REVENGE

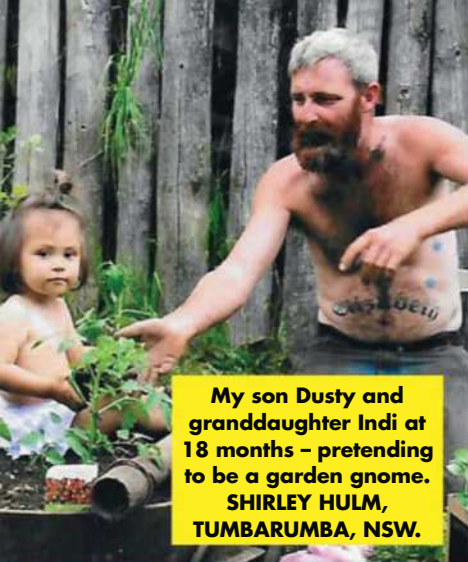
I was telling my adult son that I'd been bitten by a scorpion while I was kneeling in the garden. His reaction? 'Don't worry mum!' he said. 'I've already retaliated! I ate a scorpion when I was in Thailand!!!' Eeewww. His revelation did little

to ease the painful throbbing on my leg.
ROBYN ROBERTE, WOOLLAHRA, NSW.

LOCKED UP TIGHT

I told my MM husband that I was concerned my online bank account might not be as safe as I thought. 'Oh don't worry about that,' he replied, trying to reassure me. 'I logged into your account the other day and changed all your security questions.'
SAMANTHA NICHOLSON, YANCHEP, WA.

Send us your funny stories about your kids and mere males and win! The letter/pic of the week wins \$100 and all other published entries receive \$25. Post your original letters and photos (sorry, photos cannot be returned) to Children's World or Mere Male, New Idea, GPO Box 7814, Sydney, NSW 2001, or email childrensworld@newidea.com.au, meremale@newidea.com.au, nene@newidea.com.au or letters@newidea.com.au.



My son Dusty and granddaughter Indi at 18 months – pretending to be a garden gnome. SHIRLEY HULM, TUMBARUMBA, NSW.



This is my great-nephew Murphy who is seven months. My niece is trying her hand at photography and used him as a prop. JULIE WOLFE, RESERVOIR, VIC.



NENE KING

DON'T BEHAVE LIKE A LOVE-SICK TEENAGER AT WORK – YOU COULD RISK YOUR ENTIRE CAREER, SAYS NENE.

Q I've been married for three years and really want to have a baby, but my husband seems to have gone off the idea. He says we're still young – I'm 32 and he's 35 – but I feel ready for kids and want to go ahead. Now he does everything to avoid discussing the subject. How can I make him realise how important this is to me?
VICKY, VIA EMAIL.

A The problem is too important to be ignored. A pity you didn't discuss the matter of when to have children before you got married. To avoid talking about the subject is not good for your relationship. You need to tell your husband how important it is to start a family. Your age is perfect for childbirth. Perhaps you need some advice from a professional. Family Relationship Advice Line on 1800 050 321 may help. If you want your husband to understand your feelings, then explain them – avoiding the subject must not be allowed to continue.

Q I think I'm in love with my boss. Nothing's been said and I've got no idea if he feels the same way, but I can't stop thinking about him. He is married but I don't think he's very happy. Would I be mad to tell him how I feel?
ANONYMOUS.

A Get your head out of the clouds. For goodness sake, you sound like a love-sick teenager. You may be in love with your boss but telling him would be wrong. You know nothing about his marriage and just presume he is not

happy... wishful thinking! The consequences of declaring your love could be embarrassing and even jeopardise your job. I suggest you put your head down and stop the love-sick nonsense. You seriously have no idea what people are dealing with in their personal lives, so don't be such a sooky-la-la and button your lip!

Q One of my neighbours has a little dog who's very cute but, she regularly goes out until late at night and leaves him on her balcony, where he barks constantly. It often keeps me awake and I have early starts for work, so I really need my sleep. How can I bring up this subject without upsetting her?
BARB, VIA EMAIL.

A Your neighbour is thoughtless and sounds like she does not deserve to be a dog owner. Dogs need to bark every now and then, but if Fido is getting in the way of your daily life you need to do something. Before you take action make a log of when the dog is being disruptive. Record the dates and times when the barking occurs. You notice the barking only happens when the owner is out. After two or three weeks approach the neighbour with the facts. Don't go down when you are angry and frustrated – your neighbour may not even realise there is a barking problem. Ask her if the dog can stay inside when she is out. Explain the barking keeps you awake and you start work early. Avoid gossiping with other neighbours about the dog or starting a petition. That's when things can escalate. It's not Fido's fault, the owner needs to be more responsible. Hopefully she will want to solve the problem.

Letters

IT'S A BOY!

What exciting news for the world! At last, Prince William and his wife Kate, Duchess of Cambridge, were happy to let the world know that they have a new baby boy, fifth in line to the British throne. Congratulations to William and Kate on the arrival of their new bundle of joy, a sibling to Prince George and Princess Charlotte, who both must be excited to have a new baby brother. This new member of the royal family is Queen Elizabeth's sixth great-grandchild. What a glorious event for Prince William and Kate and the rest of the British royal family.
MARIA AURORA WEAVER, CHRISTCHURCH, NZ.

MODEL PARENTS

To be loving caring role models, parents don't need to stay together if their relationship isn't working. Marriages and relationships breakdown for many reasons, often ending in resentment, loss, sadness and a sense of failure as well as setting new challenges. Not so for Jessica Marais and James Stewart. The beautiful pictures in New Idea (April 30) showed this wonderful couple is a testimony to happy, loving parenting. Both have introduced new partners to their treasured little Scout and have become a blended family – sharing parenting – highlighting that it is possible to move on, and be wonderful parents.
MARILYN JOHNSTON, BORONIA, VIC.



CHARITABLE VIEW

How thoughtful of Prince Harry and his bride-to-be Meghan to ask their wedding guests to donate to chosen charities instead of giving presents. Princess Diana would have been so proud of her second son.
MAV JANETZKI, HORSHAM, VIC.

COOKING UP DRAMA!

MKR is full of drama this season (NI April 23). I like confidence in people but there has been some disrespect and potty-mouthing this time around! It's not necessary. Good luck to brother and sister Henry and Anna from Tasmania. My pick is for them to win.
PATRICIA HARVEY, MOOREBANK, NSW.

ENTERTAINMENT



It's all laughs with team captains Andy, Robyn and Laurence.



Funnyman Shaun Micallef is heading back to our screens to once again host the hit show *Talkin' 'Bout Your Generation*. The hilarious game show returns with a new look, new team captains and all-new games.

At first Shaun, who previously hosted the program back in 2009 on Channel Ten, wasn't sure he wanted to take on the role for a second time.

But as he was helping out with auditions for the team captains, he made a deal with the producers. If they could get Andy Lee, Robyn Butler and Laurence Boxhall onboard, he would host.

'They managed to get them all and I was more than happy to do it in that case,' he tells New Idea. 'I thought that it would be a bit of work and we could have some fun together.'

But the people who really convinced him to do it were his children.

'They are the reason I'm doing it,' he gushes of his three sons. 'I asked my 15-year-old: "Should I do this again because I'm not sure it's wise to revisit the past?" And he said: "Yeah, do it again."

'They're nostalgic for the old days, so they were quite happy for me to do it. In fact, they're the reason I did originally.'

Before his stint as the game show host, Shaun was mostly on late-night programs and his kids were usually in bed by the time he came on TV.

'I thought: "Oh, I'll do a 7.30pm show on a popular station and they can see their father in a good light,"' he jokes.

'They used to watch the show and it would be talked about at school the next day. There was some kudos from them because I was vaguely recognisable from the TV.'

But now that his kids are grown up, Shaun is getting a bit worried that they might want to follow in his footsteps.

'I hope not. I could do without the competition quite frankly,' he says, laughing.

While Shaun is having fun back at the helm, he reveals things wouldn't go quite as smoothly if he was in the captain's position.

'I would be appalling,' he admits. 'I'm not a very good guest on these things because A, I don't like the competition, and B, I don't know anything about pop culture at all.'

This season, the baby boomers are noticeably absent. They have been replaced with Generation Z – aged nine to 23 – and Shaun thinks they are the ones to look out for.

'They know far more than anybody, they are the real



Shaun has three sons with his wife Leandra.

TALKIN' 'BOUT
YOUR
GENERATION
AIRS MONDAY,
MAY 21, 7.30PM,
CHANNEL NINE.



dark horse in this race.'

Despite being known for his loud and exuberant personality, Shaun reveals that it is all an act.

'I perform as an actor more than a stand-up comic,' he says. 'On *Talkin' 'Bout Your Generation*, I am pretty much performing a version of myself rather than being myself.'

But as for sinking his teeth into acting in a drama, the host doesn't think it would suit him.

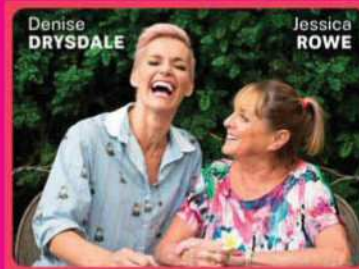
'There are plenty of good actors around and I'd rather do the thing that only I can do.'

'If you need a Shaun-Micallef-type presenter, I'm the go-to-guy for that role.'

SHAUN
'I'M
THE
FOR

THINGS TO CHECK OUT

LISTEN



ONE FAT LADY & ONE THIN LADY

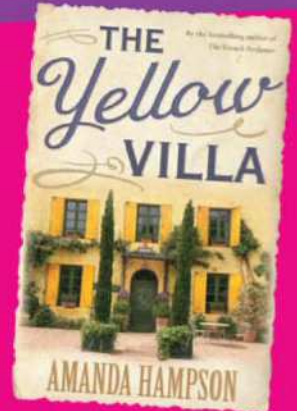
ONE FAT LADY & ONE THIN LADY OUT NOW

Aussie icons and best friends Denise Drysdale and Jessica Rowe have teamed up in this laugh-out-loud podcast about work, family, relationships and everything in between. Recorded at Jessica's dining table, the two women compare their candid tales in an unfiltered conversation that will have you nodding in agreement and laughing along the way.

READ

THE YELLOW VILLA OUT NOW

This novel by Amanda Hampson is for anyone who has ever dreamed of packing up and moving to Europe. Mia and Ben have decided to sell their Sydney flat and move across the world, purchasing an old yellow villa in the picturesque town of Cordes-sur-Ciel in France. They soon meet their neighbours and are swept up in their lavish lifestyle. But, things are not what they first seem with their new friends.



WATCH



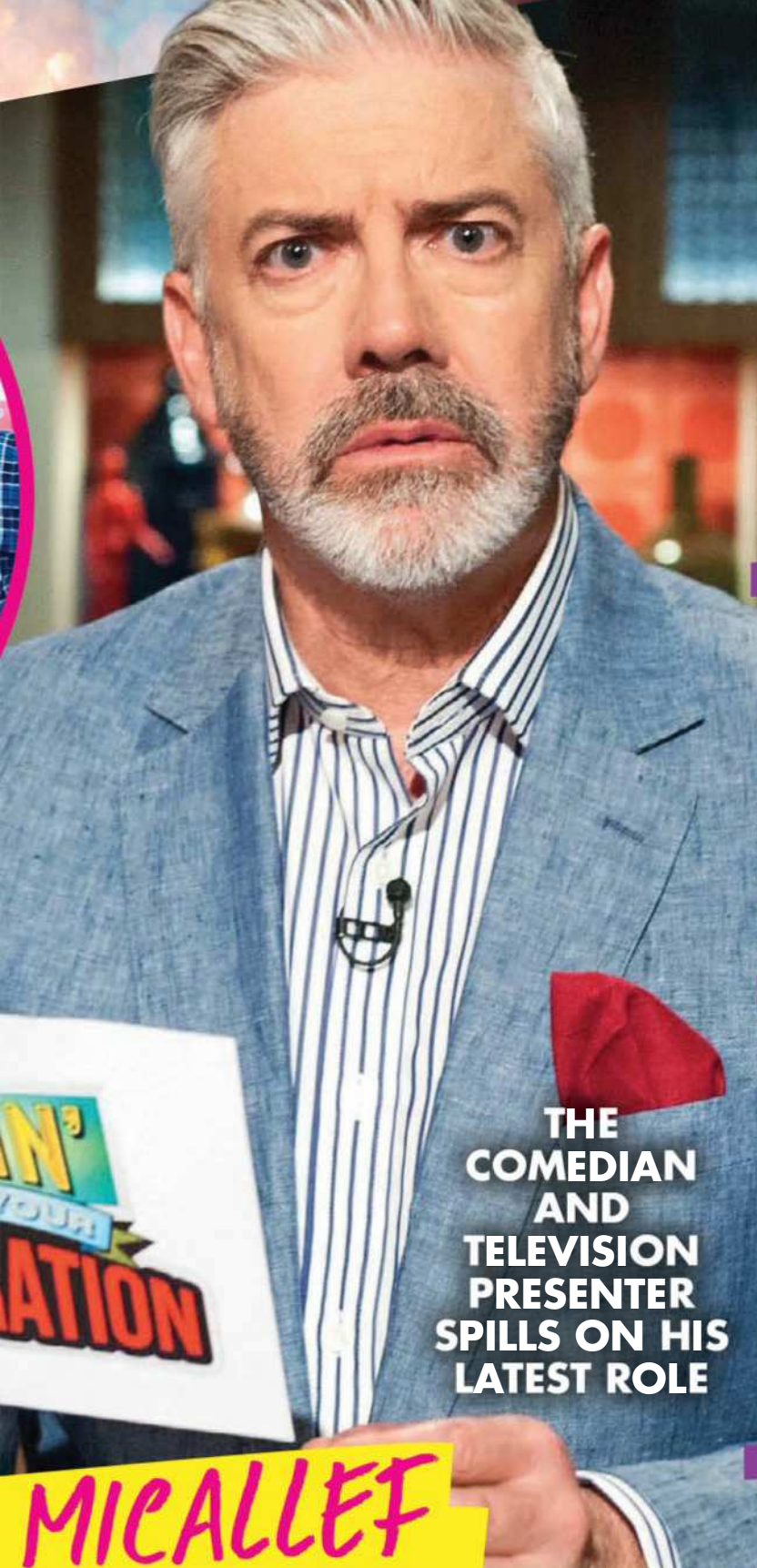
DEADPOOL 2 IN CINEMAS WEDNESDAY

Wise-cracking superhero Deadpool (Ryan Reynolds) is back! And this time around, he will be trying to stop bad guy Cable (Josh Brolin), who is hell-bent on killing a young boy with mutant powers. In his effort to keep the kid alive, Deadpool will seek out the help of his mutant friends to create the new group X-Force. Expect a lot more laughs from this highly anticipated sequel.

STREAM

13 REASONS WHY SEASON TWO ON NETFLIX FRIDAY

It was the show that everyone was talking about, and the second season is sure to create just as much controversy. In the aftermath of Hannah's (Katherine Langford) tragic suicide, her parents prepare to go on trial to get justice for their daughter, but someone will do whatever it takes to keep the truth surrounding her death buried. The second season will see Katherine return, along with Kate Walsh, Dylan Minnette and Brian d'Arcy James to reprise their roles.



THE COMEDIAN AND TELEVISION PRESENTER SPILLS ON HIS LATEST ROLE

MICALLEF

DOING SHOW MY KIDS'

ERIC McCORMACK

'MY MARRIAGE SAVED ME'

Following the hijinks of a gay lawyer living with his best female friend in *Will & Grace*, Eric McCormack's portrayal of the witty – and drop-dead gorgeous – Will left women around the world pining for a live-in gay bestie of their own.

With the news that the newly revived show has been commissioned for another two seasons, the star is now firmly back into his famous alter-ego's shoes – and they still feel good.

'It's like putting on one of those pairs of shoes that aren't just familiar but shoes that you'd forgotten were in such good shape and fitted so well,' the 55-year-old actor tells *New Idea*.

Reunited with his three

co-stars, Debra Messing (Grace), Megan Mullally (Karen) and Sean Hayes (Jack), Eric says the quartet were delighted to be able to instantly embrace their characters again.

Despite having been quickly catapulted to fame after the show first aired in 1998, Eric credits his wife of 21 years, Janet – who he married five months before his first audition for the show – on his down-to-earth approach to celebrity.

'At the time we actually got married it was a really slow summer,' he reminisces. 'I thought I was going to get this job and all this money, but I didn't, so she actually married an out-of-work actor!'

However, despite his success

Eric admits that his 16-year-old son, Finnigan isn't looking to follow in his father's famous footsteps.

'He's shown an inclination to run in the other direction of my footsteps I think!' Eric jokes.

'The fame part of it has never been something that interested him. He's very independent and very much his own guy. I think there's a musician in him; I'm not sure if there's an actor. I said to him once: 'Why don't you go to an acting class? They're so much fun,' and he replied: "That's your schtick dad!"'

ERIC McCORMACK TURNED WILL & GRACE'S HUNKY WILL TRUMAN INTO A HOUSEHOLD NAME

THE FIRST SEASON OF TRAVELERS IS AVAILABLE ON BLU-RAY AND DVD FROM MAY 23.

As the lead 'traveler', Eric must maintain the life of an FBI agent to succeed.

Pictured here with son Finnigan, 15, and wife Janet. Eric credits both his success and his down-to-earth nature to his family.





The stars of *Will & Grace* (L-R) Debra Messing, Megan Mullally, Eric, and Sean Hayes fell straight back into their roles for the show's reboot.



So what does the future hold for Eric? 'When my kid gets out of high school in a few years, I'd love to go back to Broadway and to get to the West End and do

from a dystopian future who inhabit the bodies of people about to die in order to change the world for the better. 'When I got the script the idea of Donald Trump being

'WHEN WE GOT MARRIED, IT WAS A SLOW SUMMER, SO SHE ACTUALLY MARRIED AN OUT-OF-WORK ACTOR!'

something there,' he reveals.

That said, Eric hasn't exactly been resting on his laurels. Before signing on for the reboot of *Will & Grace*, Eric was already revelling in the success of his other lead role in the Netflix hit *Travelers*.

Eric stars as FBI special agent Grant MacLaren, the leader of a group of travellers

president was laughable,' he recalls. 'But by the time we shot the first season it was starting to get scary, and by the time the first series aired it was a grim reality. The joke we get all the time now is: "So they're coming back to take care of Trump, right?" Who knows?' he laughs.

'Maybe that could be the plot of season three!'

STARWATCH



TOM & KATIE \$2M

The pair walked down the aisle at Italy's Odescalchi Castle, with Katie wearing a stunning, custom-made \$50,000 Giorgio Armani gown. A further \$900,000 was spent flying A-list guests such as Will Smith, David Beckham and J.Lo in for the big day, where they were treated to a fireworks display and 300 bottles of vintage wine.

However, it looks like money doesn't buy happiness – as five and a half years later, Katie blindsided Tom by filing for divorce.

AFTER THE WEDDING THEY HONEYMOONED IN THE MALDIVES

THE MOST \$\$\$ CELEB WEDDINGS OF ALL TIME!



PAUL & HEATHER \$3.2M

The former Beatles star spared no expense for his second wedding. The British musician and former model Heather Mills went for an Indian-themed wedding, spending \$40,000 to rent out Saint Salvatore's church in the remote Castle Leslie estate in County Monaghan, Ireland.

The pair chartered private jets (to the tune of \$12,500 each!) to fly in guests for the special day and had the venue kitted out with \$144,000 worth of flowers – not to mention a \$4500 wedding cake!

All you need is love? Not quite. Six years later, the couple were divorced and Paul was made to pay Heather a staggering \$50 million in a settlement.

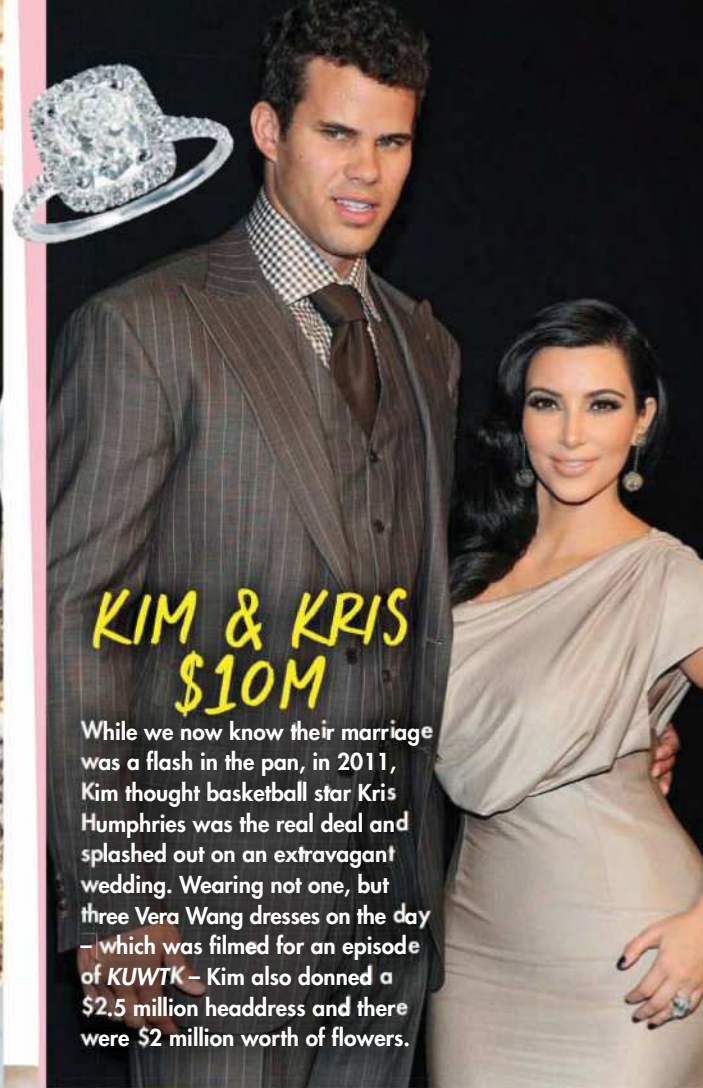
DOES BIG MONEY REALLY BUY A HAPPY EVER AFTER?



KIM & KANYE \$12M

They're two of the world's most over the top stars, so it's no surprise Kimye's wedding was seriously and excessively opulent! The pair paid \$400,000 to rent out a 16th century castle in Florence, Italy for their 2014 nuptials. And while Kim wore a \$500,000 Givenchy haute couture gown, she made sure her guests – who arrived in private jets – looked their best, by gifting her glam squad at a cost of \$380 per person.

Kim's wedding to Kris was extravagant, but the marriage only lasted 72 days – so her big day with Kanye was super stupendous!



KIM & KRIS \$10M

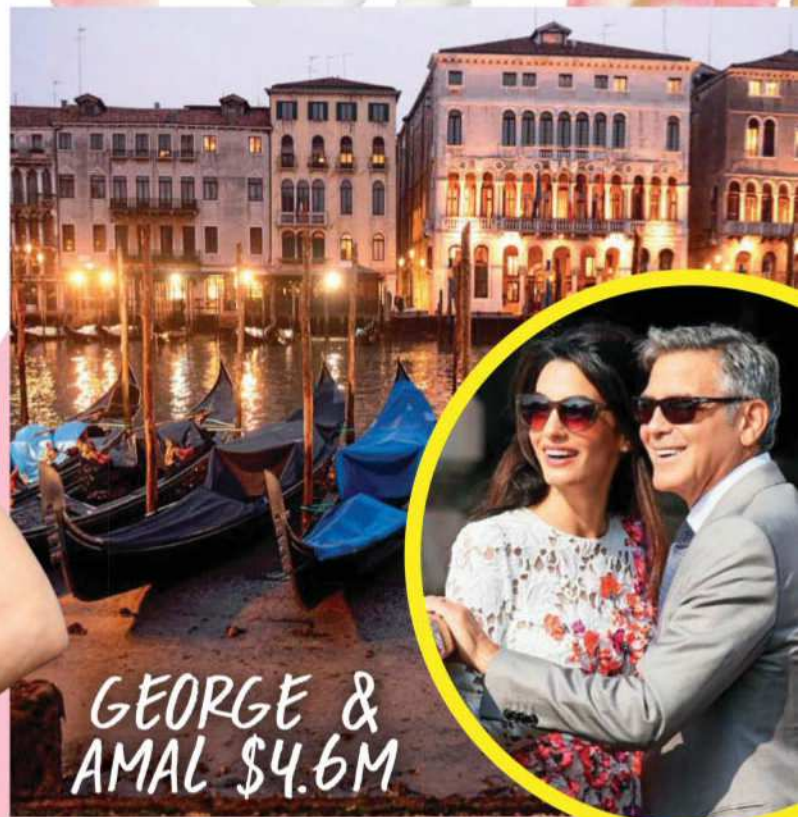
While we now know their marriage was a flash in the pan, in 2011, Kim thought basketball star Kris Humphries was the real deal and splashed out on an extravagant wedding. Wearing not one, but three Vera Wang dresses on the day – which was filmed for an episode of *KUWTK* – Kim also donned a \$2.5 million headdress and there were \$2 million worth of flowers.



JUSTIN & JESSICA \$6.5M

They're one of Hollywood's more low-key couples, but when it came to their 2012 wedding, Justin Timberlake and Jessica Biel went all out – taking over Italy's entire five

star Borgo Egnazia resort. Ensuring she looked like a real-life princess, Jessica wore a stunning pink Giambattista Valli gown worth a reported \$100,000.



GEORGE & AMAL \$4.6M

George and Amal Clooney's 2014 Venice wedding came with a hefty price tag. The pair put their guests up at the luxury Belmond Hotel Cipriani, which cost an eye-watering \$3 million. And the ceremony itself was just

as fabulous, with the couple spending \$250,000 on flowers alone, plus \$80,000 on the bar bill – including \$50,000 worth of champagne. Amal's gorgeous Oscar de la Renta gown cost a cool \$380,000.

STARWATCH



JULES AND GUY SEBASTIAN
Jules showed off her slimmed down frame in an eye-catching sequined dress by Lillian Khallouf and accessorised with hubby, Guy.



JESINTA FRANKLIN
The Aussie model stood out from the crowd in a Marilyn Monroe Andy Warhol print Versace dress and slicked back hair.



DELTA GOODREM
'Honoured to receive InStyleMag @ AudiAustralia #WomenOfStyle Award!' posted Delta, who sang a medley of Olivia Newton-John's hits on the night.



SAMANTHA ARMYTAGE
The Sunrise presenter enjoyed a rare late night out and looked stunning in a silver Toni Maticevski mid-length dress and matching clutch.

WOMEN OF STYLE

AUSTRALIA'S MOST FASHIONABLE LADIES WALKED THE RED CARPET FOR THE 10TH ANNUAL INSTYLE AND AUDI WOMEN OF STYLE EVENT

JONESY VS AMANDA THE GREAT DEBATE

WITH NEWS THAT PRINCE HARRY MAY BE INVITING SOME OF HIS FORMER FLAMES TO HIS WEDDING, WSFM'S JONESY AND AMANDA DISCUSS WHETHER THAT'S A GOOD IDEA



JONESY SAYS...

I must be the only person who thinks it's a little odd that while I'm exchanging vows with my new bride, there's my former flame looking on. This is a wedding, not a game show where the other contestants stand idly by as you enjoy the showcase. What if one of the exes goes rogue and yells: 'It should've been me!' Or what if you look at the ex and think the same? Unless you're into polygamy, that's the only time another missus should be at your wedding.



In 2012, Harry began seeing Cressida Bonas (right). Both former girlfriends are said to be invited to his wedding.

Harry dated on-off girlfriend Chelsy Davy (left) between 2004 and 2010.

AMANDA SAYS...

Yes it is! I find it interesting that several of my colleagues were appalled by this. Of course, there's a period post break-up where you have to intensely dislike each other - cut each other's clothes up, Photoshop them out of holiday snaps, stalk their new partners - the usual. But after that it's not outside the bounds of possibility that you can be friends and include them on your wedding day. Only they know which Royal Doulton plates need to be replaced after your break-up.



MELISSA DOYLE
The *Sunday Night* host gets our vote for the most elegant of the night in this Audrey Hepburn-style, strapless floral gown.



THE DOCTOR MISSED HIS CALLING AS A HIPSTER MODEL!

THEN

DR KARL

OOH, LA, LA!

You'd be forgiven for thinking the above picture is the latest artwork for a trendy, hipster album cover... but you'd be wrong.

The dark-haired hottie with the smouldering stare is none other than a young Dr Karl!

The now 68-year-old scientist – best known for his wacky shirts and appearances on ABC television and Triple J radio – admitted to news.com.au that the picture was taken some 45 years ago.

'The photo is from when I was in my early twenties, sitting on top of Mount Keira having a cup of coffee with my parents on Boxing Day,' he said.



NOW



BINDI'S BIG STEP

Chandler Powell had fans guessing at the meaning behind his latest Instagram post.

The professional wakeboarder shared a romantic image of himself and Bindi surrounded by nature in New York's Central Park.

'Thankful for this life filled with a whirlwind of adventures,' he captioned the cute snap.

'No matter what, we are always able to slow down and enjoy where we are in the world. Blessed to embark on this



incredible journey together with @bindisueirwin.'

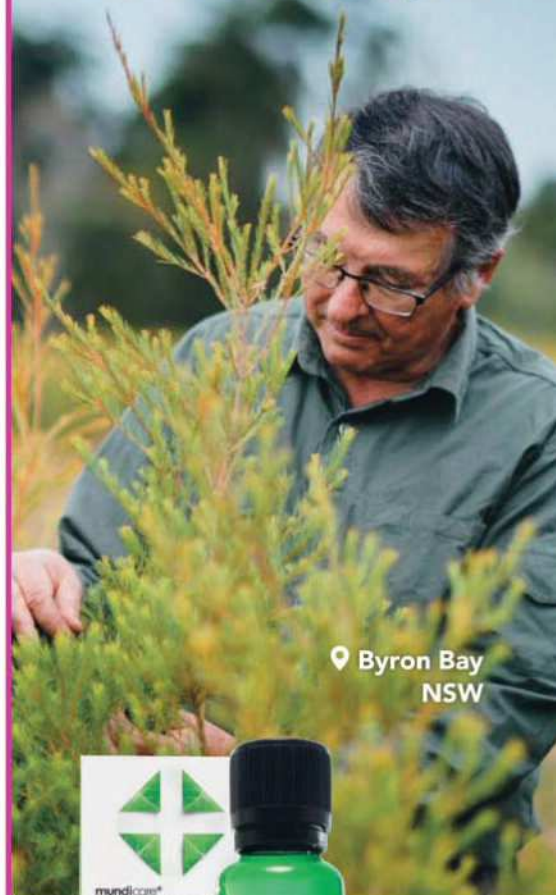
Whatever the next step in their journey is, we bet Bindi's late father, Steve, would be proud!

We're not sure if Chandler's hinting at wedding bells or a holiday, but this pic of the pair sure is cute!

What natural antiseptic can I use on a minor cut?



Australian Melaleuca Oil Nature's Antiseptic



Byron Bay
NSW



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Cathy died from cancer just a few months after her mother succumbed to the terrible disease.



CATHERINE GODBOLD 1975-2018

IN LOVING MEMORY



FRIENDS AND FAMILY MOURN THE LOSS OF THE TALENTED AND MUCH-LOVED ACTRESS

Home And Away actress Cathy Godbold tragically lost her life to brain cancer on Friday

May 4, at the young age of 43.

The star was diagnosed with cancer over 10 years ago and fought two brain tumours over the decade. Sadly, the disease came back and was untreatable.

'The cancer reappeared in the same place and was impossible to treat it and certainly impossible to operate,' said her stepfather Ross Mitchell, who describes Cathy as 'fun loving' with a 'devilish sense of humour'.

Home And Away star, Laura Vazquez, 42, looks back fondly.

'I met Cathy after she left Home And Away, as we weren't on at the same time. She was working on another show on Channel Seven while I was on Home And Away, so we always did publicity events together,' she says on how their firm friendship was forged. 'She

was an absolute sweetheart and always full of life. She had time for everyone and one thing I remember the most about her was that she always had the most beautiful smile.

'We had a ball working together and shared special times that will be fondly remembered. She was so young and taken too soon.'

Other co-stars were also heartbroken and Debra Lawrance posted a special tribute on her Instagram page.

'Vale beautiful Cathy Godbold who passed away yesterday after a long battle with brain cancer. Cathy was such a light on Home And Away. Her scenes with Les Hill were beautifully played and compelling to watch. Feeling so much sadness about this.'

Kate Ritchie commented on the post saying: 'How very sad. She was so grown and beautiful to a young actress such as I.'

In the weeks leading up to her death, close family friend Sally

Browne visited the actress daily and said: 'Cathy was a wonderful, young woman and a very talented young actress.'

'But like all brain tumours, it eventually took over and it was just a tragic, tragic end.'

The sad news coincides with Carrie Bickmore's new range of Beanies 4 Brain Cancer. Carrie lost her husband to brain cancer over 10 years ago and set up the charity to raise funds for research.

Many of Cathy's fans bought beanies to help fight the disease.

After her diagnosis, Cathy said: 'It was a terrible shock to find out I was ill. Because I am young and healthy I have a much better chance of beating it. I want to get healthy and get back to work as soon as possible.'

Cathy was laid to rest last Thursday. Her death comes just six months after her mother, radio personality Rosemary Margan, died of cancer aged 80.

Our thoughts are with family and friends. She'll be missed.

FORD: A CENTURY OF INNOVATION EXPRESS

Honouring the innovation that changed the face of transportation around the world!

Locomotive Lights Up!



Issue One - Locomotive Steam

Issue Two - Coal Tender

Issue Three - Flatbed Model T

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