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**STRICTLY'S BRENDAN BOWS OUT**

**VALENTINE'S GIFT GUIDE**

**KYLIE 'FRAGILE'**

**SUSANNA 'SINGLE, NEEDY & MOODY'**

**DAVINA 'LONELY'**



**Why he got the axe...**

## HEARTACHE AT HOME



**HOW TO STOP EMOTIONAL EATING!**

**'I ate to hide my loneliness'**



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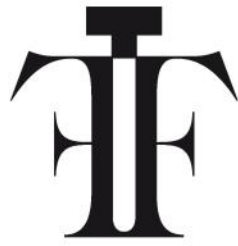
13 FEBRUARY 2018 ISSUE 06

**AB FAB**  
**JOANNA LUMLEY**

**'REBEL? OF COURSE, DARLING'**







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## Get wined and dined... in Greggs!

**Are you a fan of Greggs the bakers?** If so, what better way to spend Valentine's Day than enjoying a romantic candlelit dining experience?

The one-night-only menu will include classic canapés, such as seasoned pork puff pastry sliders, loveheart bakes and a brochette of doughnuts – all accompanied by Prosecco!

It costs just £15 for two at a venue transformed with music, candles, roses and waiter service. What's not to love, we say?

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● Please let me know your thoughts, **siobhan.wykes@hearst.co.uk**

**EXECUTIVE EDITOR  
SIOBHAN WYKES**



Prosecco and puff pastry, what's not to love?!

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# START YOUR week with a smile

# 2

## 1 TOAD-ALLY IN LOVE!

It's the time of year when love is in the air, and how adorable are these frogs? Snuggled together cheek-to-cheek, swinging on a plant, we can't help but feel they've got the right idea – spending time together, doing something simple for Valentine's Day. Count us in (if only the plant would take our weight!).



# 4

## A picture's worth a thousand words...

This expression is pretty much what anyone's would be if they came across Beyoncé and Jay Z in real life. This fan (right) was captured open-mouthed when she spied the stars in a New York hotel, and got posted on Bey's



Instagram. But, before Bey's head got too big, daughter Blue Ivy, six, brought her back to earth, gesturing to Mum and Dad to chill out when they clapped too much at the Grammys. That told her!

WORDS: KELLY ALLEN, LOUISE BULGIN, MILLIE GOOCH, HELEN PIKE PICTURES: GETTY, INSTAGRAM, REX



## Plume-ing marvellous!

Say hello to this week's red-carpet famous and feathered. Model Helena Christensen, 49, and screen star Penélope Cruz, 43, kept their ruffles for the bottom of their gowns, while actress Laura Dern, 50, soared with a fully-feathered frock. No fowl play here!



Fine feathers, fine birds... Helena, Penélope and Laura show that beauty is nothing to do with age and everything to do with style



## MINNIE VICTORY

3

We're so thrilled that our fave cartoon character, Minnie

Mouse, has finally received a star on the Hollywood Walk of Fame, at the tender age of 90! Pop star Katy Perry, 33, also dressed in polka dots, was on hand to present Minnie with the star. It's about time, too, seeing as Mickey Mouse got his 40 years ago!



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## LOVE THROUGH YOUR LETTERBOX

Why send a card when you can post all these goodies through your amour's door? M&S has created Your Secret Admirer's Letterbox Gift, £18, containing chocolate and booze in a box that won't end up at the depot. Its terrific Dine In deal is also back, allowing you to stock up on a starter, main, side, dessert, booze and chocolate for just £20 – leaving you with an average saving of £10. They do say the way to someone's heart is through their stomach, after all...





START YOUR

week with  
a smile



# 6 Birds of a leather

We admit it's not the easiest of trends to pull off but, if you're channelling biker babe chic, copy actress Katie Holmes, 39, with her subtle nod to the style. Leather overalls are a definite no-no, so it's a fashion fail from us for Denise Van Outen, 43. Sorry, DVO, the sexy *Bob The Builder* look just isn't working.



Hell for leather: we like Katie's femme take on the trend, but Denise needs to ditch this look ASAP!

## CHARLOTTE WEARS THE TROUSERS!

Prince George may be closer in line to the throne but, according to the Queen, Princess Charlotte, two, likes to show her older brother who's boss! The British monarch has said that her great-granddaughter very much runs the show at home. Well, who could say no to that cheeky smile?

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WORDS: MILLIE GOOCH, DANIELLE SOUTHWOOD PICTURES: FLYNET, GETTY, JONATHAN PRIME, REX





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### SPOT THE DOG



This gorgeous little pup has certainly stolen our hearts this Valentine's Day! Despite the innocent look on his face, the puppy seems to have been in a fight with some dog-friendly paint and a brush – and lost. We could never be angry with him, though, he's just too cute.



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### Mamma Mia! Here We Go Again

With the entire cast back for the sequel of our favourite singalong film, we can't wait for 2018's dose of *Mamma Mia!* New faces include Lily James, 28, as young Donna, and superstar Cher, plus regulars Julie Walters and Amanda Seyfried. Film of the year? Mamma maybe!



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### THE GREATEST LOVE OF ALL

What's better than a Valentine's gift from you to you? For the most romantic day of the year, treat yourself to Molton Brown's Rosa Absolute collection, with its latest additions, Aroma Reeds and Mini Candles, from £39. Better yet, why not try leaving this page lying around for the man in your life to see if he gets the hint?



Fans and famous faces alike haven't held back in their criticism of Mrs Beckham...

# Victoria under fire!

WORDS: RACHEL CUNNINGHAM

**O**h, dear – 2018 hasn't got off to a flying start for Spice Girl-turned-fashion designer Victoria Beckham.

The Essex-born star, 43, normally the darling of the fashion industry, has been contending with an onslaught of criticism from fans and fellow famous faces alike.

After she shared official imagery from the spring catalogue for her eyewear range on social media, fans were outraged at the 'emaciated' model used in

Victoria's images – especially given her former promise to promote healthy body types in her campaigns.

One of her most furious critics was none other than outspoken *Good Morning Britain* host Piers Morgan, 52.

Blasting the fashion images in an online opinion piece and saying they made him 'feel physically sick', Piers slammed Victoria's choice of model as 'shameful' and claimed, 'There's a stinking hypocrisy at play here,' referring to Victoria's past comments.

She's said previously that she

wanted more 'realistic, healthy-looking' models to 'portray a positive image to impressionable teens who follow her'.

Piers opined that the mum-of-four 'doesn't give a damn' about being a role model to young girls, despite having a daughter, Harper, six.

He added that he feared the impact this would have on his own daughter, Elise, who is the same age as Harper.

A lot of Twitter users agreed with him, branding Victoria's choice 'disgraceful', 'shocking', 'disgusting' and even 'vile'.

Eyebrows were also raised as Victoria's fashion house last year reported losses of £8.4 million, even though hubby David injected £25 million.

Last week, Victoria Beckham Ltd cut prices of some of its

lines by up to 70 per cent.

Less than a week before the model controversy, Victoria and David came under fire when some of their spending habits were exposed. The couple have spent a fortune revamping their new Cotswolds property – an underwear wardrobe reportedly cost £60,000 – although David, 42, will now be commuting to Miami, after launching a US soccer team, which is said to have left Victoria 'seething'. A source said, 'Victoria is seething that David will be spending so much time away.'

One online commentator said the Beckhams epitomised 'what is wrong in this world'.

Victoria once said her kids are her harshest critics. Well, it seems they've got serious competition now...

Lean times for Victoria's fashion firm



David and Victoria were slammed for splashing the cash

The face of Posh's spring range

PICTURES: GETTY, INSTAGRAM, REX

**Piers says Victoria 'doesn't give a damn' about being a role model to young girls**



WORDS: SHELLEY MARSDEN

# THE LAST DANCE

**Why Strictly's Brendan Cole really got the axe...**

**B**rendan Cole, *best's Strictly* columnist last year, is the first to describe himself as 'fiery' – but the controversial dancer may be regretting his outspoken behaviour, following his shock sacking from the show.

As he admitted last week to TV host Lorraine Kelly, Brendan struggled to hold back his tears as he revealed, 'The BBC haven't renewed my contract... I'm quite emotional, a bit raw about it.'

Brendan, 41, has always had a tendency to speak first, think later. But did he ruffle a few too many feathers last year?

Some upset fans on social media blame head judge Shirley Ballas for Brendan's downfall, with one saying,

'Strictly ridiculous to dump Brendan...'

he's a much bigger draw than ghostly Shirley,' while another said, 'Huge mistake... especially if

the rumour about Shirley being at the bottom of this is true.'

And Fiona Phillips, Brendan's dance partner in series three, also questioned the decision, saying, 'Maybe *Strictly* is shooting itself in its own dancing feet...'

So why did the BBC get rid of the dancer who has been on the show since it began 13 years ago? Admitting that his forthright views make him 'a bit like Marmite' (i.e. you either love him or hate him), Brendan seemed to hint at run-ins with colleagues.

'I'm sure I'll never know the ins and outs,' he told Lorraine. 'I'm a strong character within the show. I have my strong views. Some like it, some don't.'

His infamous spat with Shirley, when she criticised his dance with Charlotte Hawkins last October, may have been the final straw – but it wasn't his first feud with a judge.

In 2010, he slammed then-head judge Len Goodman's comments about his dance with Michelle Williams, telling him to 'go to Specsavers'.

Brendan hasn't always seen eye-to-eye with his celebrity partners, either – just last month admitting, 'I haven't liked a few of them. Is that going to get me fired?'

Oh, dear.

Breaking up is always hard to do, but Brendan's putting a brave face on it, already jesting that he's now 'available for weddings, funerals, bar mitzvahs...' Unless, as bookies suggest, he could return to *Strictly* as head judge – or, as some are speculating, be snapped up by ITV for *Dancing On Ice!*

Meanwhile, *GMB* host Charlotte – with whom Brendan really did have the last dance – said, 'It's really sad. End of an era... Won't be the same without him.'

**'I haven't liked a few of my celebrity dance partners. Is that going to get me fired?!'**



Brendan often clashed with head judge Shirley



Dance partner Michelle even had to shut him up!



Close to tears over his shock *Strictly* exit

## Did you know?

Brendan is thought to have met his supposed nemesis, *Strictly's* head judge Shirley Ballas, back in 1994 at the age of 17, at a dance competition in south London.



# The celebrity lonely hearts club

Even if you're rich and famous, Valentine's Day can be tough...

**T**he idea of a day to celebrate love is all very well when you're in a fabulous relationship and your only issue is what dress you're going to wear on your romantic dinner out. But for those who don't have a special someone or, worse still, are in the midst of a break-up, it can be a time to hide under the duvet with a massive bar of chocolate till the love-dovieness is over. And that goes for celebs, too...

## DAVINA 'Sad' and 'lonely'

**It's a long time since Davina McCall, 50, has had to face Valentine's Day as a single woman.** Following her shock split last December from husband Matthew Robertson, when she announced, 'I am very sad to say we've separated,' Davina has been throwing herself, some say excessively, into a vigorous exercise regime.

The renowned fitness junkie took to her Instagram last week to reveal that she had started a course at LDN Muscle PT Academy, where she is seeking her level two and three certificates in fitness instructing. She also showed off glimpses of her gruelling workouts – to the admiration of her fans!

Davina's been throwing herself into the social scene, too, and organised her belated 50th birthday bash in central London recently.

But is she trying a little too hard to show she's happy and coping?

Davina and Matthew, 49, married

for 17 years, insist that their children – Holly, 16, Tilly, 14, and Chester, 11 – are top priority, even spending last Christmas together as a family. But Davina hinted at her vulnerability on Christmas Day, with a slightly shaky video message to her fans.

'It's one of those days where sometimes, even when you're in a huge group of people, it's possible to feel lonely,' she said.

Will this Valentine's Day see loneliness hit her again?

She revealed recently that she'd been tweeting US actor and wrestler Dwayne 'The Rock' Johnson, 45, adding, 'I want to meet him.'

He responded, 'She's going through a difficult time... just keep on going.'

Given how she overcame her past demons, if anyone can keep going, Davina can.

DAVINA MCCALL



Davina and Matthew in happier times





SUSANNA REID

**SUSANNA**  
**'Single', 'moody'**  
**and 'needy'**

She's admitted to 'secret boyfriends', but *Good Morning Britain* co-host Susanna Reid is still single since officially splitting with her ex some four years ago. The former *Strictly* star famously swore off marriage after splitting from her husband and father of her children, Dominic Cotton, in 2014. This Valentine's Day, Susanna is on her own again – and, this time, she's even swearing off trying online dating to meet 'The One'.

'I'm not going out looking for it. I'm not shutting it down completely. In a million years, I'm not going to do online dating,' she revealed last week.

'I haven't been completely a foreigner to love over the past couple of years. If someone emerges in my life, that would be something that I'd embrace.'



Susanna with her ex, Dominic

The journalist, who was with her ex for 15 years, was called 'moody' and 'needy' by Geri Horner (née Halliwell). On the *Good Morning Britain* sofa recently, the former Spice Girl told her, 'Just be yourself... whether it's moody, needy, be you, because you are gorgeous. The right guy might be watching right now. Give me a year.'

Susanna joked, 'If you want a moody, needy 47-year-old... I've got all the time in the world.'



KYLIE MINOGUE

**KYLIE**  
**'Fragile' and 'crying'**

Celebrities seem to fall in and out of love like it's going out of fashion, but the star who truly tugs at the heartstrings is pint-sized singer Kylie

Minogue. It's obvious she longs to meet 'The One' but, after several false starts, it still hasn't happened. She might rue the day she ever sang, 'I should be so lucky in love!'

Kylie, 49, has dated some highly eligible hunks since her

*Neighbours* co-star Jason Donovan in the 80s. Ex-beaus include the late Michael Hutchence of Aussie band INXS, French actor Olivier Martinez and Spanish model Andrés Velencoso (she admitted, some months after her five-year romance with Andrés ended, 'I'm past the crying-every-night stage').

Kylie's most recent disappointment was with Brit actor Joshua Sasse, 30, who she split from – amid rumours of infidelity – in February 2017, after two years together. Joshua was due to marry Harriet Colling, the actress he began dating weeks after splitting from Kylie, on 3 February – but Harriet changed her mind just days before.

Kylie admitted she was 'quite fragile' after splitting from Joshua, and said that working on her new album, *Golden*, 'was a kind of saviour'.

As 14 February looms, it's sad that this gorgeous woman says her career is the one thing she can rely on. 'If there's one love that will always be there for you, it's music,' she revealed. Please don't stop making that music, Kylie – but don't give up on true love.



Kylie's former fiancé Joshua



**TOP TIP**

Don't be afraid to colour clash red and hot pink on the most romantic night of the year!

£27.99

£8

£45

£29.99

# DATE NIGHT!

Add a touch of wow to your wardrobe with these show-stopping outfits





**TOP TIP**  
Bring your wardrobe bang up to date with flattering lilac separation.



**TOP TIP**  
A pretty pencil skirt teamed with a loose-fit blouse is a great alternative to a LBD.

**Farleft:**  
Jumper, £27.99, New Look  
Bag, £8, Primark  
Trousers, £45, Next  
Boots, £29.99, New Look

**Centre:**  
Coat, £149, M&S  
Top, £29.99, H&M  
Jeans, £22, Peacocks  
Shoes, £12, Primark

**Right:**  
Shirt, £75, Topshop  
Skirt, £25, M&S  
Earrings, £9, Saffron  
Accessories  
Heels, £29.99, publicdesire.com



# ‘A rebel? Of course, darling!’

**T**he absolutely fabulous Joanna Lumley, 71, is to host this year’s BAFTA Awards, and we can’t think of a better star to follow Stephen Fry. But, when we catch up with the former model-turned-actress and presenter with those plummy English tones, Joanna confessed she’s really a rebel at heart...

**Hi, Joanna! Are you excited about the upcoming BAFTAs?**

Very! It’s hard to take over from Stephen Fry, as he is one of my dearest friends. And brilliant. I hope people won’t go, ‘Oh, what a shame!’ But I said ‘yes’ indecently quickly. I think we’ll all be in black

**She’s a convent-educated, totally British girl who admits to smoking, snogging movie stars, and a love of red lippie! Move over, Patsy Stone, and make way for Joanna Lumley...**

[echoing the dress code adopted at the Golden Globe Awards last month, in support of the #MeToo campaign], but I would like to wear colour... I love flamboyance and I love our industry, and I want to celebrate it.

**What about *Absolutely Fabulous* – do you and Jennifer Saunders have any plans for more?**

Jennifer says she’ll never write another series, but she’s said [Patsy and Eddie] have not

gone away, so... Sometimes you’re anxious about leaving behind [something] that people love so much. We have not put [those roles] back in their coffins. We can’t let them go. Wouldn’t it be nice if they did come back? Especially as we don’t care how old they are.

**What do you love most about your character in *Ab Fab*, Patsy Stone?**

She’s a cartoon character! She’s a chameleon and can turn into a man. She doesn’t have a border, and there’s something terribly free about that. She’ll sleep with anybody, like an alley cat. Playing Patsy only ever works when my hair is up. When I’ve got red lips, the hair and a smoke, I am Patsy. But people would always prefer Patsy to me in real life.

**You’ve worked with some showbiz greats over the years, like Leonardo DiCaprio. How was he?**

Ah, yes, *The Wolf Of Wall Street*... It wasn’t too painful kissing Leonardo! He was such a gentleman – and stupidly,



The glamorous star didn’t mind kissing Leo!



The Ab Fab duo, Joanna and Jennifer



Patsy and Eddie made it to the big screen





Stephen Fry, 12 times BAFTA host, is a good pal of Joanna's

world. I would wake with the sound of the Tube, and would put on my make-up and my false eyelashes by candlelight. I still go on the Tube!

**And you adore M&S?**

I love it so! I still go in there sometimes. But I've never shoplifted in my life. I've done all kinds of things that are illegal [like a spot of pot in the 60s], but never shoplifting.

**How do you feel about the 'selfie' culture?**

Oh, I know people are going to take a picture [with me] and if you look horrible you'll spoil their day, so I just try to look a bit better when I go out shopping! I don't have a mobile phone – life is too short, and you can get along fine without one.

**What would you still love to do in your career?**

A musical, except I can't sing! When you're married to a musician [composer Stephen Barlow], you know when you can't sing. I'd love to be a hooper on stage – I've done enough gloomy plays.

**How did your convent school shape you?**

The nuns almost expelled me once when I was caught smoking, but they didn't after all, because I was good at Latin! After that, I went to a sort of finishing school and would delight in wearing red lipstick. I just wanted to rebel. I did a lot of that!

**Where would you like your next travel show to go?**

What I really want to do on those shows is to say, 'Look, we're all very different, but we all want the same – a nice life, a laugh and a joke, to work and to look after our children, to know more.' The world's a wonderful place.

● **The BAFTAs will be shown on BBC One, Sunday 18 February, 9pm**

frighteningly beautiful. He was so... un-bratty. When you meet giants, they are mostly fabulous. It's the semi-giants who are the b\*\*\*\*\*s!

**You're not 'starry', either. Don't you still use the London Underground?**

Yes, I do. People may say something nice to me, or have a picture taken. When I started my career, I shared a flat with four girls in Earl's Court, and I thought the Tube was the most thrilling and sophisticated thing in the

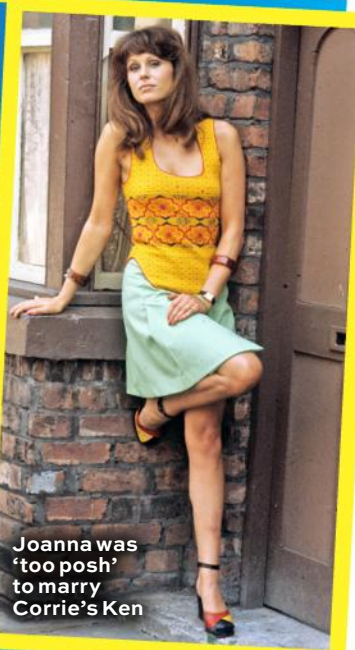
**A RETURN TO THE COBBLES?**

Joanna played Ken Barlow's girlfriend, Elaine Perkins, in *Corrie* way back in 1973. It came at the perfect time, as she'd been out of work for a year and was 'skint'.

She recalls, 'I was quite cheerful but poor. So to get the part and travel up to Manchester was great! I was only in eight episodes, but I'd not watched it before and got completely hooked.'

Bill Roache's Ken Barlow asked Joanna's character, Elaine, to marry him, but she had to say no – the show's creators thought she was too posh.

Producers asked Joanna a few years ago if she'd like to reprise the role. 'I said



Joanna was 'too posh' to marry Corrie's Ken

yes, absolutely! But dates for filming clashed with one of my travel pieces.'

Shame – we'd love to see Joanna in *The Rovers*...





# 'True love.. it's



Phase two: Kim and Gareth, starry-eyed at their wedding

**G**lass of wine, roaring fire, a film about a witty, chiselled, dependable fox of a man (ideally, Matthew McConaughey) falling madly in love with an adorable woman.

**Hello, perfect evening!**

But romcoms should come with a 'Parental Advisory' warning, like the one on albums teenagers listen to. 'Marital Advisory: Unrealistic Content'.

Then, in the small print, '21st Century Fox will not be held accountable for any consequences to your marriage. It's not our fault you didn't marry McConaughey.'

When I go anywhere near the 'la la land' of romantic comedies, my husband of 10 years, Gaz, 36, groans and suggests he spends the next 48 hours in a Travelodge.

'You're going to get annoyed that I don't fly you to San Francisco to watch an opera,' he says, because that's what Richard Gere does in *Pretty Woman*. Gaz drove me to Tesco the other day - I was hungover and pining for crisps - but no flights to the US of A as yet...

He's right, though. Romcoms are dangerous. I can't help comparing the grand gestures of Gere or Gosling to Gareth Jones (my hubby). Richard Gere shimmied up a fire escape to



**Romcom devotee Kim Willis discovers that real life isn't quite like a Hollywood film - it's even better...**

**'If there's one thing I've learnt'**

'Watch romantic films with a tub of ice cream... and a pinch of salt!'



Love in the movies: Matthew and Kate



# not like the movies'

profess his undying love. Gaz left his cereal bowl in the sink, AGAIN. A petty crime that usually passes without fanfare but, after I've seen a romcom? Big mistake. Huge.

Hollywood films leave me worrying that my life isn't exciting enough. But it's not like I'm keeping up my end of the bargain. Mila Kunis had beautiful hair and a kooky, endearing charm in *Forgetting Sarah Marshall*. I had great hair on our wedding day, but now I tend to scrape back my greying locks into a ponytail.

Thankfully, says neurologist and neuroscientist Dr Fred Nour in his new book, *True Love: Love Explained By Science*, it's vital not to expect a long-term relationship to be anything like a movie, because films mostly stop at phase two of the four stages of love.

Phase one: mate selection, in which we gravitate towards a potential partner using vision, hearing and smell.

Phase one went well for me and Gaz. Meeting at work in September 2007, he looked handsome, made me laugh and smelt delicious. I wanted someone to have adventures with and, as if in an ode to *Four Weddings*, we had our first kiss in the pouring rain.

Cue phase two: falling in love. This phase is caused by a group of four potent chemicals called monoamines that flood our brains and cause those giddy, can't-get-

you-out-of-my-head wild times. Like when we went camping in south Wales, and it was absolutely freezing, but we didn't need blankets (I forgot to pack them) because love kept us warm.

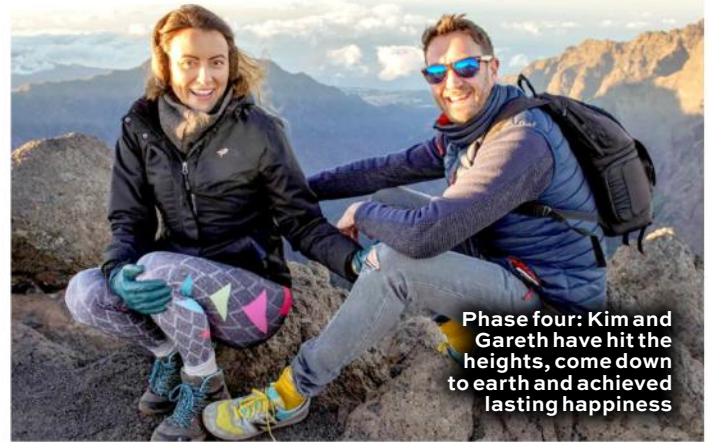
After a few years, these chemicals return to their base level and we arrive at phase three: falling out of love. Here, a realistic, life-long relationship begins... where the credits roll on most romcoms. Did they really live happily ever after? Or did they go home and argue about whether one of us (me) leaves water splashes on the newly varnished kitchen surfaces?

Enter phase four: true love. Based on a different set of chemicals called nonapeptides, these cause strong bonding with our mate, resulting in monogamy, trust and happiness.

Take that, Hollywood! So, my marriage is lacking an orchestra and my husband never sets up *50 First Dates* to remind me why I love him.

But true love is not building your dream house on your own in the hopes that, one day, she'll come back to you (*The Notebook*, a bit creepy, Gosling). It's trudging around B&Q because you're doing up your dream house together.

Dr Nour says the idea that fireworks last for ever is a myth. Perhaps the worry that the spark has fizzled out is responsible for untold



Phase four: Kim and Gareth have hit the heights, come down to earth and achieved lasting happiness

## 'The giddy falling-in-love phase is replaced by realistic "true love"'

divorces, when it was just the monoamines levelling out?

Not a lot of films are made about true love. About how he's scrolling through Facebook and not really listening, but also spent 17 hours researching which new car you could buy that wouldn't give you backache.

About how I buy an array of shower gels in every scent when I know he only likes mint, but I also bound out on to the driveway like a puppy when he gets home. These are not the scenes of Hollywood, but of our happy life together.

My love story might not be as thrilling as Jack and Rose's *Titanic* romance, but we never get to see how they might have panned out. Dr Nour says, '*Titanic* is about the first two phases of love. The falling-in-love feeling lasted in Rose's mind for decades for one

reason – Jack's death stopped love from evolving beyond romance. True love takes longer to develop than a transatlantic trip.

'Imagine what would have happened if Jack didn't die and they went to Boston together, as they'd planned. Would they discover the differences between them? Would they begin to dislike each other's habits?'

Doesn't make for a box-office smash of a sequel, does it? A film about squabbles, in-jokes and sofa snuggles!

Falling in love can't last for ever, but sign me up for true love any day. It's only then that we go on love's greatest adventure – a lifetime. Not Richard Gere in a limo, but that's OK.

I'm glad Gaz doesn't look like Channing Tatum. How much time would he spend at the gym? I'd rather he was here beside me, suggesting we watch something a bit more highbrow than *Along Came Polly*. I'll even wash up his cereal bowl, seeing as it's Valentine's Day.

● **True Love: Love Explained By Science (Niguel Publishing) by Dr Fred Nour, £14.95, is available now. See [truelovebook.net](http://truelovebook.net)**



Pretty romantic: Richard and Julia



Kim gets a taste of true love



# YOU USE IT TO FACE THE DAY WE USE IT TO FACE CANCER

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CAROL MCGIFFIN

THE WAY I SEE IT...

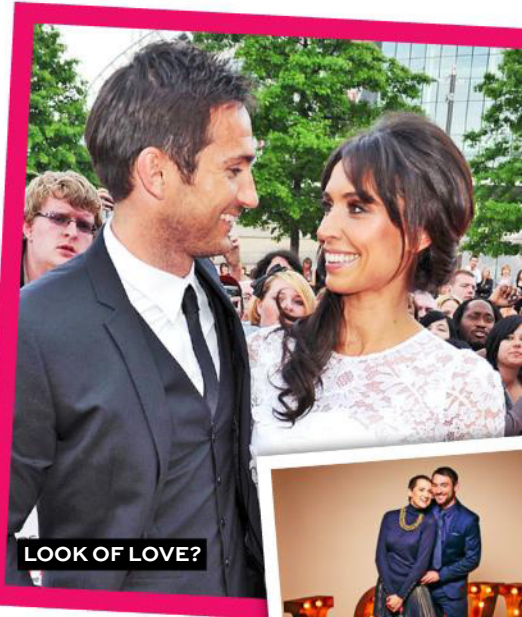
Wise words from our feisty, fearless and funny columnist

LOVE AT FIRST SIGHT!

I must be going soft in my old age. While reading about footballer Frank Lampard falling for presenter Christine Bleakley, I developed one of those daft grins that women get when they look at babies or watch Love Actually. Especially when Frank said it was more or less 'love at first sight'.

Because, believe it or not, I have faith in that instant recognition and love for one person by another that is so strong, it feels as if you might have known them or had a connection before - like in a past life. It's the same as finding The One, that person you're meant to be with but that not everyone is lucky enough to meet.

It is strange, especially as I'm not a fan (putting it mildly) of anything



Valentine's-related - romcoms, soppy cards or romance in general. I find it all so contrived and unnatural. Plus, it heaps pressure on both men and women to not only behave and react in a certain way, but also to feel a certain way. When they don't, it's like something must be wrong.

Humans are naturally unromantic. They burp, fart, dribble and snore. Red roses or a candlelit dinner in a restaurant full of couples, on the one night of the year you're supposed to, is not going to change that.

Accepting the reality - now, that's real love.



I'm loving...

PERFECT PILATES

I've rediscovered Pilates after a 20-year lapse - I'd forgotten how effective and amazing it is. I used to go to classes that had all the fancy equipment but, thanks to YouTube, all that palaver isn't necessary. I've been doing it religiously for about a month, and I can already notice the difference with my persistent back problem. What's more, I no longer make the 'ooofh' noise old people do every time they stand up!



CORE VALUES

I'm loathing...

GRAPHIC VIOLENCE

There seems to be an epidemic of graphic videos these days on news websites. Animal cruelty, people being run over or beaten up - they're everywhere. Are we really so desensitised that we can't get enough of these horror clips? And we don't seem to have a choice in the matter. A lot of news websites play them automatically, or put the images up on popular pages to drive traffic to them. It's sick, isn't it? Or is it me?

PICTURES: GETTY, NICKY JOHNSTON, REX



# Everything you need to know about pain relief



WE ALL SUFFER FROM PAIN AT ONE POINT OR ANOTHER, BUT WHAT'S THE BEST WAY TO MANAGE IT? DR ELLIE CANNON RUNS US THROUGH SOME TREATMENT METHODS...

WHAT A PAIN!  
HERE'S HOW TO TREAT IT YOURSELF

**D**o you know the right painkillers to use when you have an ache or a pain? It can be really useful to know, side-stepping the need for you to book a doctor's appointment or spend a small fortune in the pharmacy. Remember, good pain relief is not just about tablets – there are also many other ways to treat it.

## ICE AND SLOW

If you have a mild strain or sprain in your foot, such as a sprained ankle, the best treatment for it is a combination of rest, ice and elevation. Using ice is incredibly effective for reducing swelling – use an ice pack, or wrap ice in a damp towel, before applying for 15 minutes, three times a day. Do NOT use heat on a sprain. Take simple painkillers, such as paracetamol, up to four times a day.

## SOOTHE YOUR JOINTS

General joint aches and pains that are not caused by an injury are often well treated with NSAIDs – the anti-inflammatory medications that include ibuprofen, naproxen and ketoprofen. These can help reduce swelling or inflammation in joints and can be taken regularly, as a course, for a few days. It's best to take them with food, as they can irritate the stomach or cause nausea.



## HEAT IT UP

Neck pain can be caused by daily exercise, but also by stress, which causes the muscles to tense up. If you are suffering, heat treatment can be really useful. Use a microwavable wheat bag, or a heat pad from the pharmacist, to warm up the muscles and relieve the pain. Combine this with gentle massage. Anything you can do to relax will help the muscles causing the pain to become less tense.

## ELECTRIC LIGHTENING

A TENS machine can be a good option if you suffer with a recurrent pain and want to avoid painkillers. This option is commonly used by women during labour, employing tiny electrical pulses to reduce pain. It can be very effective for back or muscle pain when you don't always want to rely on tablets. TENS machines are available to buy in high street chemists and online.

## TABLET-FREE

Many painkillers are now available in gel or cream form. These can be great for rubbing into joints and sore muscles, particularly where a massage may help. These creams may contain ibuprofen – an anti-inflammatory – and can be used as an alternative to tablets. Others contain warming ingredients to provide pain relief through heat. Creams are useful as an addition to tablets, or as an alternative.







# Look younger with Lesley



Anti-ageing guru **Lesley Reynolds** reveals the latest treatments to help you stay youthful

The body-shaping market is gearing up for the war on wobble – smoothing skin, zapping body fat and giving your bod a boost. Here's how to get some curve control.

## SORT OUT YOUR MUM BUM

**Over time, fat naturally wastes away and muscles lose tone.** Result: a droopy bottom. During a Brazilian Butt Lift, fat is 'harvested' from the stomach or thighs, mixed with the body's own growth factors, called peptides, which encourage cells to grow, multiply and stay young, and

injected back into the bottom area. Using your own fat will create a softer, more natural-looking effect.

The results are permanent but you may need a top-up, depending on how much fat your body absorbs. Expect to be sore and bruised for up to 10 days. From £4,500.

## GET DIMPLE-FREE THIGHS

**Fat or thin, short or tall, cellulite is the bane of most women's lives.** Age and lifestyle, or genetics, cause fat deposits to push through the connective tissue beneath the skin. To address this, CelluTite uses high-energy radio-frequency assisted lipolysis technology (RFAL). A cannula (thin tube) is inserted under the skin, breaking down the fibrous tissues that cause dimples. Support garments are worn for four weeks; results are immediate. From £3,500.



## BOOST YOUR BUST

**B-Lite implants are 30 per cent lighter than the conventional ones.** They cause less strain on breast tissue, which can otherwise lead to sagging, poor posture and back pain. They're made from

a gel containing tiny, hollow microspheres of borosilicate – ultra-light and super-strong. Surgery using B-Lite implants will cost around £6,000, but results last significantly longer than the usual eight to 10 years.

## AND DON'T FORGET...

- A poor diet, smoking, not protecting skin from the sun, yo-yo dieting or extreme weight loss can all affect your skin's tone and elasticity.
- Be aware that some body treatments are slow-going. Kick-starting collagen to tighten skin usually takes up to three months or longer.
- Be wary of so-called 'miracle' lunchtime

treatments that promise big results in three sessions!  
● There's no point spending your hard-earned cash on treatments, only to continue with bad habits such as a hectic lifestyle, eating on the run, too much sugar and failing to commit to exercise. Most treatments require you to eat well and stick to a fitness plan.

For more information on Lesley and her team of doctors, please visit [harleystreetskinclinic.com](http://harleystreetskinclinic.com)

## FIND A SAFE COMBINATION

With any ache or pain, safely combining treatments will allow you to feel better and get on with your daily life. A safe combination would be paracetamol and ibuprofen, along with a warming pain-relief gel. You can also use acupuncture or massage. To be on the safe side, always discuss it with your pharmacist first. Using a painkiller regularly, rather than waiting for pain to strike, is helpful.



## ALWAYS ASK

A simple sprain or muscle ache should not last for more than a couple of weeks if you're treating it correctly. Any swelling would normally subside in the first week. If it is continuing, it's advisable to see your doctor. It may be that you need a stronger-prescription anti-inflammatory for a few days, or your GP may advise the support of physiotherapy plus a targeted exercise regime. And remember, there's no need to keep suffering in silence – ask for expert help.



JOIN THE CONVERSATION

If you haven't had time to keep up with Twitter, Facebook or Instagram, we've done it for you...

# Should music videos have an age restriction?

Former Spice Girl Mel C, 44, last week revealed she has banned her eight-year-old daughter, Scarlet, from watching music videos as they have become too explicit. Melanie Chisholm (aka Sporty Spice) has even called for the 'totally inappropriate' footage – which is now the norm in the music industry – to be regulated. It's been 20 years since the Spice Girls topped the charts and became one of the most famous girl bands of all time, synonymous with girl power. Now, Mel C says 'nothing is shocking any more'. Describing the Spice Girls era as 'a more innocent time', we can certainly see her point... but do you think her view is justified, or is she overreacting?



We're ALL TALKING about

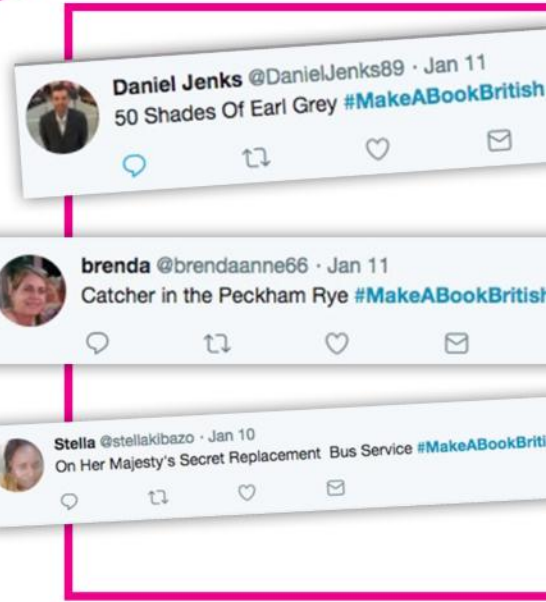


**f** **WHAT DO YOU THINK?**  
Tell us at [facebook.com/bestmagazine](https://facebook.com/bestmagazine)

## Lovely lollipops!

Super-sweet treats

At this time of year, we're always looking for ways to create new and improved versions of anything remotely love related. So, when we saw these lollipop heart flowers were proving popular on Pinterest, we thought we might have to give them a go. Not only are they easy to make, it would arguably keep the kids busy, too! After all, what says 'I love you' more than a heart-shaped lollipop flower? **Find them at [pinterest.com](https://pinterest.com)**





**GOING VIRAL**

**Now that's true love!**

If you ever doubted that true love exists, doubt no more! This adorable video, filmed by American teen Praize Kirkwood, captures the moment her father sees his wife's shaved head for the first time. After growing her hair for 20 years, Praize's mum wanted to cut off her hair, but her daughter revealed she 'wasn't sure how my dad would react'. This is how he did... Praizie's dad is at a loss for words before exclaiming, 'Oh, wow. You are so hot – man!' Telling her she looked like a Hollywood star, his wife beamed as the compliments poured in. His reaction soon went viral, with viewers online calling the parents 'goals', and saying it's 'that for ever kind of love'. **Search for 'You are so hot husband reacts to wife's bold new hair' on YouTube.**



**We heart rosy cheeks**



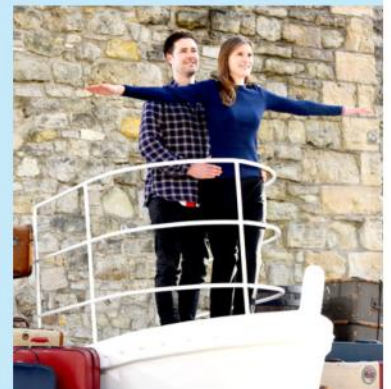
Your lovely words are making me blush

Whether you're in a relationship for Valentine's Day or not this year, doing your make-up like in these snaps would be perfect for a girls' night in, *and* dolling up for a date night with your beloved! If the eyes (below) are a little OTT for most, the blusher has got to be worth a try. Also, if there's an excuse to wear heart-shaped make-up, why wouldn't you?!

**FIND US ON INSTAGRAM AT... @bestmagofficial**

**Becoming Jack and Rose**

Westquay shopping centre has installed a replica bow of the Titanic in front of Southampton's Old City Walls to mark the 20th anniversary of the Oscar-winning classic. Couples can replicate the dreamy scene between *Titanic's* iconic lovers, Jack and Rose.



**Trending on Twitter**

#MakeABookBritish

It's absolutely amazing how putting a British spin on your favourite novels can make them that much better... well, certainly funnier, at least! *50 Shades Of Earl Grey*, anyone? I fancy a cuppa...

**FIND US AT... @bestmagofficial**

**EVERYONE'S USING...**

**Gorgeous glitter masks**



It's official! We can now look pretty while purifying our pores – and the nation has become slightly obsessed with it. So much so, that the #glittermask hashtag is trending everywhere. Glitter masks are made with the same high-quality cosmic-grade glitter used in facial make-up, and Glamglow's very own version, £44, is designed to firm and tone your facial features for a fresh-faced look after every application. Just apply, leave on for 20 minutes (which gives you plenty of time to pose for selfies!) then peel it off. It's so eye-catching, it almost seems a shame to take it off so soon...



Main image:  
 Dress, £55, very.co.uk  
 Heels, stylist's own

## Hem hero

An asymmetric hemline can really flatter your legs.



Below:

1. Bag, £12.99, H&M
2. Heels, £75, Dune
3. Earrings, £6, Oasis
4. Ring, £12, Accessorize
5. Dress, £58, very.co.uk



Above:

1. Earrings, £19, Coast
2. Watch, £35, Oasis
3. Boots, £95, littlewoods.com
4. Bracelet, £19, Oliver Bonas
5. Dress, £14.99, H&M

Main image:  
 Dress, £69, M&Co  
 Heels, stylist's own

## Top tiers

Create a statement swish with layering.



**TAP THE APP**  
 The new and improved Oasis app lets you nab new arrivals the minute they land!





# Pencil perfection

Ideal for an hourglass figure to show off those curves.

Main image: Dress, £109, Coast  
Earrings, stylist's own  
1. Bracelet, £25, Dune  
2. Earrings, £8.99, H&M  
3. Dress, £129, Coast  
4. Heels, £29.99, New Look  
5. Bag, £35.99, Mango



# A cut above!

Ruffles on top will draw attentions upwards.

Main image: Dress, £55, JD Williams  
Accessories, stylist's own



# CELEBRATE YOUR SHAPE

Feel the fashionable love with romantic ruffles



Left:  
1. Bracelet, £19, Accessorize  
2. Skirt, £45, sosandar.com  
3. Heels, £27.99, New Look  
4. Bag, £20, Accessorize  
5. Top, £17.99, H&M



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## HOW TO ENTER

**POST:** Send a postcard with your name, address, phone number and email address to: Dunelm Giveaway, GVBSTN17991, Hearst Magazines UK, The Data Solutions Centre, Worksop, S80 2RT. Closing date for postal entries is 23 February 2018.

**PHONE:** Call 0901 027 2713 by midnight on 19 February 2018. Calls cost 30p per minute, plus your telephone company's network access charge, and will last no longer than two minutes. Calls from mobiles may cost significantly more. Phone line closes at midnight on 19 February 2018. If you call after this time, you will not be entered but you may be charged.

**T&Cs:** The winner will be selected at random from entries received by phone/post. Data protection: we will use the information you supply to process your giveaway entry. For Hearst Magazines UK's data policy, visit [hearst.co.uk/dp](http://hearst.co.uk/dp). For full terms and conditions, see below.

\*TERMS & CONDITIONS Open to UK residents only aged 18+. Phone entries must be received by midnight on 19 February 2018. Postal entries must be received by 23 February 2018. Winners will be contacted using the details provided within 30 days. UK service provider: Spoke (0333 202 3390). ROI service provider: Phonovation/Spoke (01437 8815). Entries in the incorrect format will not be considered. Entrants will be deemed to have accepted these Terms and to have agreed to be bound by them. The terms and conditions apply to the following competition as seen on page 26: Dunelm Vouchers (10 winners). Competition is not open to any employees of Hearst, or anyone else connected with the creation and administration of the competition. Hearst's decision is final in every situation with no appeal. Hearst shall be permitted to exclude or disqualify any entrant at any time at its sole discretion, including, but not limited to: spammers, late, incomplete or multiple registrations, or registrations made by third parties or agents. Hearst accepts no responsibility for late/lost entries. Proof of sending is not proof of receipt. The name of the winner will be available by sending a stamped, addressed envelope to Hearst Magazines UK, 72 Broadwick Street, London W1F 9EP, indicating the name of the competition. No purchase is necessary. Once entered, entries cannot be returned/withdrawn. Prizes must be taken as stated and cannot be deferred, although Hearst reserves the right to change the prize. No cash alternative. By entering the competition, you agree to the terms of the Privacy Policy. Hearst may pass your personal information to promoters of the competition (where it is not Hearst) and their data processors. However, we always demand that any such parties adhere to the same security procedures. Hearst reserves the right to (i) cancel/withdraw this competition and/or (ii) amend these Terms, at any time without notice. Where Hearst runs a competition with a promoter such that the promoter is responsible for the selection and/or the provision of prizes, then Hearst shall not be responsible for, or have any liability for, the provision of such prizes. To the fullest extent permitted by applicable law, in no event will Hearst be liable, whether in contract, tort (including negligence), breach of statutory duty, or otherwise, for any loss, damage or injury arising under or in connection with this competition. These Terms are governed by English law, and entrants agree to submit to the exclusive jurisdiction of the English Courts in relation to all matters arising under, or in connection with, these Terms.





# Paul McKenna's simple tricks to transform the way you eat



PLUS ★ HOW I LOST 13ST AND CHANGED MY LIFE



# Escape the trap of emotional eating

**V**alentine's Day will see enamoured couples all over the country gazing across at each other over a romantic, candlelit meal, but for those of us nursing a broken heart – or seemingly forever doomed to stay in Singleville – 14 February can be a challenging time.

With images of 'perfect' relationships being shoved down our throats, it's no surprise that some of us reach for the chocolates to cheer ourselves up.

Enter Paul McKenna, 54, someone who is accustomed to transforming the lives of others, including a host of celebrities. The hypnotist, self-help guru and TV presenter – who is close friends with *Britain's Got Talent*



Paul with his wife Kate

guru Simon Cowell, 58 – reveals how, when the going gets tough, you actually can resist the urge to finish off a tub of ice cream – or, in other words, break the habit of 'emotional eating'...

**Hi, Paul! So, do a lot of people indulge in 'emotional eating'?**

It's the single biggest reason people overeat! Everybody changes their feelings by some external means these days – drinking, drug-taking, gambling, sex, shopping, losing themselves in work. The first world's drug of choice right now is food and, in particular, highly-

**World-renowned hypnotist Paul McKenna talks about our relationship with food – and how to escape the vicious circle that makes us binge-eat when we feel bad...**

addictive sugar. I lost two very good friends in the past year, both through illnesses you could trace back to sugar.

**Would you link 'emotional eating' to stress?**

Yes. When we have an overwhelming feeling, or life throws up a huge challenge, it's natural to want to make it go away. Some people push through it, others can't. Emotions are part of our intelligence but some, while necessary, are uncomfortable. We don't want to live in them. But there are easily accessible ways to change those feelings.

**Food being the big one...**

Exactly. A mistake people make is they feel overweight and then starve themselves, i.e. slow their metabolism – they start 'dieting'. Have you met anyone that's stuck to a diet? They're normally hungry, and pretty miserable.



Simon, Paul and Misty the dog

## Did you know?

Kate McKenna (née Davey) was Paul's personal assistant for 20 years. He finally discovered she was 'the one' after creating an Excel spreadsheet 'to find out who he really loved'!





Savour the taste of chocolate cake

Yale University in the US has just concluded, after a major survey, that weight loss is behavioural. Naturally thin people don't slow their metabolism down – it's their attitude to food that's different.

**It's Valentine's Day soon and, if you're single, 'comfort eating' may be tempting...**

Very much so. Everyone wants to be happy. Not everyone wants to be in a relationship, but the majority want to find love. Valentine's Day is like what New Year's Eve for me used to be like. If I wasn't in some 'happening' party, I felt like I was missing out. Was I, though? Last New Year's Eve, my wife and I went to bed at half past midnight, woke up and felt great. If you've recently broken up from somebody or you're unlucky in love, it's tough. But if it's not Valentine's Day, there'll always be another form of stress.

**How do you avoid the traps of 'emotional eating'?**

Firstly, tell your body there's enough food, and don't eat too fast. The second rule is to eat what you want, not what you think you should – as soon as you make a food 'forbidden', it's all you can think about.

Finally, eat very slowly – taste every mouthful. Overweight people think about food all day long, then slam it in as fast as they can! Don't eat in front of the TV or your computer, because you *will* eat more!

**So, setting aside quiet time for eating is vital?**

Absolutely! Your health and productivity will be better for it. Prepare your food. Get rid of all distractions. Put your fork in your mouth, then put your knife and fork down.

Sit on your hands, if needs be, then chew that mouthful about 20 times! This retrains your muscle memory to understand when you're full – to hear those signals properly.

The final rule? When you think you're stuffed, stop. If you're wrong, you can always go back and have more. I talk about the 'hunger scale' – never allow yourself to starve or to feel really, really full.

**When's the last time you helped 'fix' somebody's eating habits?**

The other day! My friend and I were in a restaurant, and I told him to order the thing he felt most out of control about – chocolate cake. I'd seen him eat it before; his face would almost be in it!

I told him to chew each bite 20 times. After 15 minutes, he went, 'You're a witch! I'm full. I can't eat another bit!' He couldn't believe it. It's quite lovely to help people.

**The fun factor**

Paul once said that he's 'very good at having fun'. And it's something, he tells best, he takes very seriously indeed.

'I'm a very optimistic person. And I pride myself on having a childlike sense of humour! I'm fun to be around, unless something terrible happens – when my father died, I didn't feel so optimistic. But, instead of thinking about how he died, every time

I thought about him, I'd mentally move that picture aside and think about the fun we had.

'Playing football together, watching a movie, the laughs. It's important to see the lighter side of life and be grateful for all the good things you have every day. You tend to get more in life of what you focus on, so focus on the good things and you will have more fun.'



Having lost a huge 13st 7lb, **Janet French** has finally found happiness...

# ‘I ate to hide my loneliness’

**‘F**linging himself into my arms, my three-year-old son, Joseph, was inconsolable. “Mummy, a boy at nursery said you have a bottom the size of a planet,” he sobbed.

My face burnt with shame, but I had to admit, the boy had a point. At 23st and a size 30, my bottom was massive. As Joseph bawled on my shoulder, I knew I couldn’t let my son be bullied because of me.

I had to lose weight...

Growing up, I was always chubby. I only got bigger as I got older. At 16, I left school to work for a car manufacturer. Ambitious and driven, I quickly worked my way up and, at 19, was head of retail communications.

But I worked ridiculously long hours, and was always too busy to eat. My “meals” were chocolate bars and crisps that I grabbed from the vending machine. I piled on the pounds and, before I knew it, I’d gone from a size 14 to a size 20.

Despite being super-confident at work, I was deeply unhappy in my personal life. I was in constant pain from an

excruciating stomach condition. All I wanted to do was comfort eat to forget the agony I was in.

I was also convinced that no man would ever come near me. But the more I hated myself, the more I comfort ate and the worse I felt.

In 2002, I was finally prescribed strong painkillers to help with my stomach pains, and I met a man who loved me for who I was.

“I think you’re beautiful whatever your size,” Neil always said. And I loved him for it. Two years later, we married and, in 2005, I gave birth to Joseph.

As a busy working mum, I never had time to cook proper meals. I continued to live on fast food and snacks. My weight crept up and up, until the comment from the little boy at Joseph’s nursery gave me the push I needed to change.

I’d tried every diet under the sun, and nothing had worked. Then, I saw a book called

*I Can Make You Thin* by hypnotist and author

Paul McKenna. It had been a gift from a friend, but I’d never bothered to look at it.

Reading the book in one sitting, I felt like I was seeing things clearly for the first time. Paul’s book answered every question I’d ever had

At her largest, Janet was 23st and a size 30



about emotional eating, weight gain and weight loss.

All I had to do was follow four simple rules; eat only when you’re hungry; eat whatever you want to; eat every mouthful slowly and consciously; and stop eating when you’re full. I also listened to Paul’s hypnosis CD for 15 minutes every night as I went to sleep – it helped me visualise myself in a slim body.

The first three weeks was tough, but soon I was following the rules with ease. Within six months, I’d lost 6st, was 16st 7lb and a size 18. I was delighted to be able to shop in regular high-street shops again. The agonising pain from my stomach condition was also better.

As I lost weight, my confidence rocketed. But my marriage was crumbling. In April 2012, Neil and I decided to split.

Then, I couldn’t wait to use my newfound confidence to get out there and start dating again.



Paul McKenna helped Janet turn her life around





She's now a trim size 8...



... and Joseph couldn't be prouder of his mum

## 'I was the size I was meant to be. No doubt – Paul McKenna changed my life...'

Only none of the men I met wanted a woman who was a size 18. One guy even said, "You're a lovely lady, but I don't date fat birds." It was so hurtful.

In July 2012, I decided to go back on Paul McKenna's regime and, by November, I'd got down to 14st and a size 16.

That same month, I met my partner Paul, now 48, online and we hit it off straight away. He boosted my confidence and supported my weight loss.

By the end of 2013, I was 11st 5lb and a size 12.

"I knew you could do it," Paul said, beaming with pride. The following January, I made

a big decision to be weaned off the painkillers I'd been taking for my stomach pain. Being slimmer lessened the pain, but the drugs made me feel sluggish and unwell.

The detox was horrendous, and it caused an imbalance of the hunger hormone, ghrelin, in my body, so all I could think about was food.

I woke up in the middle of the night needing to eat. Not surprisingly, I piled on 4st and was soon back up to a size 20.

When my relationship with Paul began to suffer, I knew I had to do something.

I did loads of research online and, in November 2015, travelled to Belgium to have an operation to remove the part of my stomach that produces ghrelin. This stabilised its levels in my body and, within hours, the hunger that had controlled my life subsided.

Soon, I was back on Paul McKenna's plan. A year later, I'd lost 6st 7lb, and was a svelte size 8 and 9st 7lb. At 5ft 4in, I was finally the size I was meant to be, and I was in no doubt Paul McKenna had changed my life.

Now, at 41, I'm engaged and looking forward to a wonderful future with my Paul. But no one is more delighted about my weight loss than Joseph, now 12. He was my reason for slimming down, and it means the world to me that he has a mum he can be proud of.'

**'If there's one thing I've learnt'**

'Happiness lies in the simplest things, and keeping things simple is the key to contentment.'



# DITCH THE DIET!

# The four golden rules to ditch emotional eating

## GOLDEN RULE #1

### WHEN YOU'RE HUNGRY, EAT!

**I**f you're not sure you're hungry, you're not really hungry. Physical hunger is worth waiting for. It means you can eat, safe in the knowledge your food is really necessary, so you can enjoy it to the full. People on diets impose an arbitrary limit on their bodies. For a very small number of people, this works. For everyone else, the limit of a diet puts the body into 'survival mode'. This decreases the metabolism, so weight loss is slowed and hunger increased. As soon as the dieter relaxes their vigilance, the body's cravings drive a search for food,

and the weight goes back on. My system is not a diet. It works with your body and uses your natural drive for health to help you. In this context, it's very important to know the difference between hunger and the triggers of emotional eating.

Real hunger is entirely separate from contextual cues. It doesn't suddenly come on when you walk past a restaurant. It is not a response to being upset, angry or bored. If you're not sure why you want to eat, pause for a moment. If, after a few minutes, you can still feel hunger in your belly, you probably are actually hungry.



## GOLDEN RULE #2

### EAT WHAT YOUR BODY WANTS

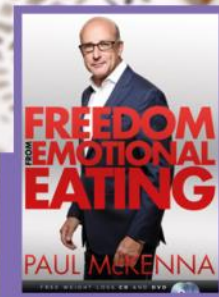
**D**on't eat what you think you should eat, or what other people want you to eat.

The important thing is to trust your body. There are three ways overweight people break this rule. First, they let themselves be over influenced by what other people say they should eat, and respond by eating before checking whether their body is hungry.

Second, they follow artificial diets. Dieting forces people to follow external rules – only eat so many calories per day, good foods not bad, etc. Tune in to

the wisdom of your body and you will eat less overall and find yourself making healthy choices. Your body knows best what you need, and how to reach your healthy weight.

The third way this rule is broken is by emotional eating. My system totally eliminates the need for emotional eating. As you learn new ways to use and process your emotions, you won't need to use food. But, as a living human being, you do still have to eat! So remember: eat what your body wants and you will feel completely satisfied.



Extract taken from *Freedom From Emotional Eating* by Paul McKenna, published by Bantam Press. For more info, visit [paulmckenna.com](http://paulmckenna.com)



# Golden rules to end eating

Paul McKenna tells us how to change our mindset around food and lose weight for good



## GOLDEN RULE #3

### EAT CONSCIOUSLY, AND ENJOY EVERY MOUTHFUL

**W**hen you focus completely on the entire process of eating every time you eat, three things happen. First, you eat less. As you take time to fully experience your food, you eat more slowly. That means you more easily notice feeling full, and therefore stop eating sooner.

Second, you make new food choices. You'll find that your tastes change and you gravitate towards foods with more flavours and textures. People who eat swiftly tend to choose foods that are high in fat, sugar and salt, because the tastes are so bold.

Third, you enjoy your food more, because focusing on it helps you to get more out of it.

To follow this rule, you must do two things:

The first is to focus all your attention on eating. Sit at a table and eat from a plate. Use a knife and fork and relish every moment. Pause and really notice everything about how it feels and tastes.

The second is to eat slowly. Almost all of us have a habit of eating too fast. It is important to slow right down. Chew each mouthful of food 20 times – yes, 20 times. Use that time to savour it like a gourmet and enjoy the textures and flavours of your food to the full.

## GOLDEN RULE #4

### WHEN YOU THINK YOU ARE FULL, STOP EATING

**T**he feeling of fullness is your body's natural signal that you've had enough food. Emotional eating is not driven by hunger or satiety, it is just an activity to mask emotions. People ignore the satiety signal for lots of different reasons. If they are stressed or distracted, they can easily miss it. If they are eating just to change how they feel, they may not have even been hungry in the first place, so they will have eaten straight

past it with the first mouthful. In the cities of the developed world, we are continually presented with more food and more opportunities to eat than we could possibly need, so knowing when to stop eating is a vital skill. If we don't re-learn this skill, we are literally killing ourselves with too much food.

Stop eating as soon as you think you might be full. Wait a few minutes. If you genuinely feel hungry again after five minutes, then eat. If not, don't. It really is that simple.





WORDS: HELEN PIKE

# Scents appeal

**Forget for him and her – these fragrances are designed for all...**

**F**or years the fragrance shelves have been neatly divided into two sections: women's and men's. However, unisex offerings are on the up.

'Gender-neutral perfumes are the future,' says Cathy Newman, marketing and customer experience director at The Perfume Shop, which has seen sales of unisex scents increase by more than 20 per cent compared to last year.

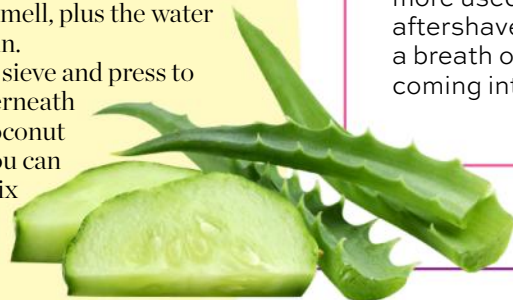
Here's our pick of the best...

## Fake it yourself

### Cucumber body lotion

Dry skin can mean your perfume doesn't hold its scent as long as it could, so applying a moisturiser at the start of the day will give your fragrance more longevity. An ingredient like cucumber is subtle enough not to interfere with the smell, plus the water content will help hydrate your skin.

Grate one cucumber, place in a sieve and press to release the juice (put a bowl underneath the sieve!). Then pour in 3tbsp coconut milk and 3tbsp aloe vera juice (you can find it in larger supermarkets), mix well and pour into a spray bottle. Keep it in the fridge.



## 1 EARTHY

**Hotel Chocolat Rabot 1745 Koray EDP (50ml), £28**, is inspired by wild plants that grow in its cocoa plantation – think spicy bergamot and heady jasmine with a dose of green tea. 'Scent smells different on every type of skin, so it's just a matter of being brave and embracing a change,' explains Suzy Nightingale from The Perfume Society.



## 2 CLEAN

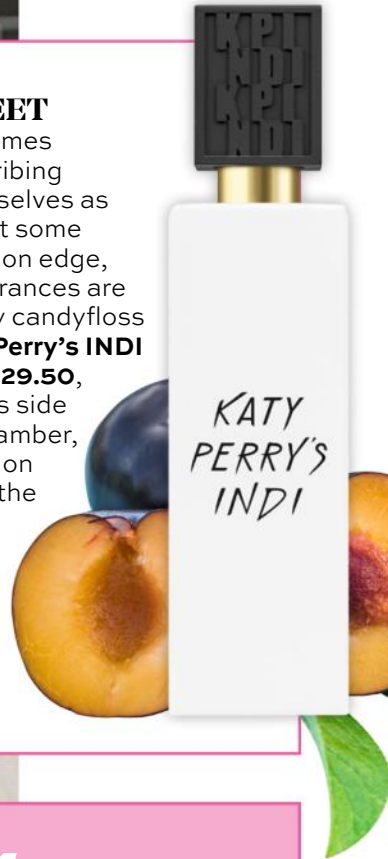
Perhaps the most traditionally masculine thanks to the base notes, with aromatic cedarwood balancing out sharp vetiver, the top notes of neroli and mandarin in **Prada Infusions d'Iris EDP (30ml), £56.50**, lighten it up into a refreshing option that gives skin that freshly showered feeling with every spritz. A good safe option for those more used to classic aftershaves, and a breath of fresh air coming into spring.





**TAP THE APP**  
The Perfume Society website has a virtual fragrance adviser to help you find your perfect scent.

**3 SWEET**  
Perfumes describing themselves as 'sweet' may set some people's teeth on edge, but not all fragrances are heavy on sickly candyfloss aromas. **Katy Perry's INDI EDP (50ml), £29.50**, has a sensuous side dominated by amber, but let it linger on your skin, and the sweet smell of tonka bean and plum will hit you, resulting in a delicious, warm blend.



**4 FRESH**  
'Fragrances weren't always allotted a gender stereotype – Victorian men happily wore floral scents,' says Suzy. First created in the 1800s, **4711 Eau de Cologne (100ml), £17.49**, is a classic universal scent and remains a favourite to this day for its fresh and zesty aroma. With a blend of lemon, orange, rosemary and neroli oil, this has it in abundance.



**5 SPICY**  
Those longing for a stronger scent will find **Stash by Sarah Jessica Parker EDP (30ml), £20**, up their street. Predominantly musky, it's a spicy blend of black pepper, sage and ginger lily, which is punctuated with grapefruit zest and patchouli to add some lightness. The balance of spicy and fresh notes makes it an ideal all-year-round choice and the EDP concentration will leave the scent on your skin for hours.



PICTURES: BIGSTOCK, GETTY





# Dear Gloria

**Gloria Hunniford** is a mum of three and grandmother of 10. She's been divorced, remarried and learned to deal with the loss of her daughter and, on *Rip Off Britain*, she battles consumer issues. In her own words, she's 'lived a lot'. So, ask Gloria anything...

## What should I do about my debt?

**I've run up thousands of pounds of debt on my credit card, and I'm hiding it from my husband. I am overwhelmed with worry about how I'm going to pay it back. My husband is very anti-credit cards and he will be furious at me. I'm so**

**worried about telling him.**  
*Ellie, Middlesbrough*

I can imagine this is causing sleepless nights but, with mounting debt, you simply have to be honest about it in order to get help to sort it out. Even if you don't tell your

husband, there is lots of help around. Try Citizens Advice. It can help you explore options with credit card companies that might help you pay back the debt in instalments. You have to take action immediately – once you do, a weight will be lifted.



## I'm scared my friend has dementia...

**My friend is only 51, but I'm worried that she's showing early signs of dementia. She always makes a joke about it when I bring up any odd**

**behaviour. But this feels like more than just forgetfulness. I don't want to upset her, but I would like to ask her husband or daughter if they have noticed anything similar.**

*Jane, Swindon*

Dementia in those we love is a worrying thing to face. If you are convinced she is showing serious signs, have a quiet word with her husband. Then, between you, if you feel your fears are correct, you can seek the appropriate medical advice together. They can also advise you on how to talk to your friend about it. Good luck.

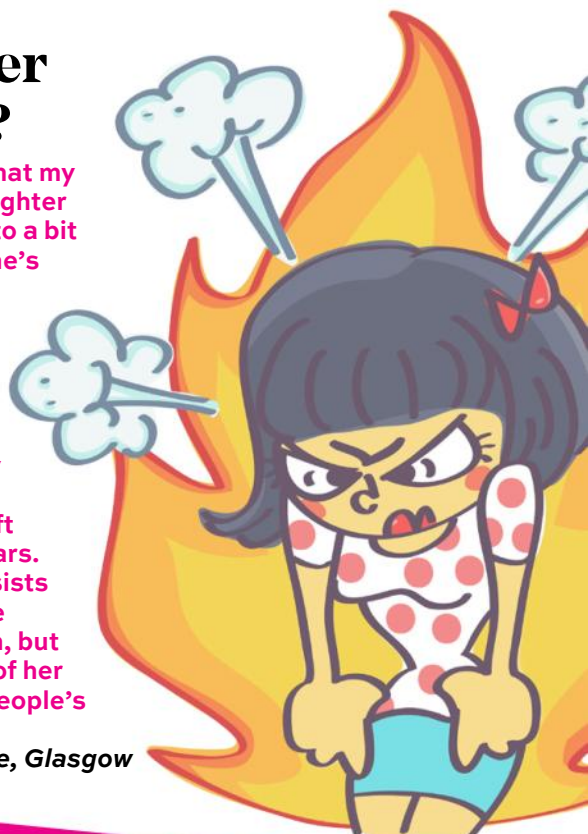


PICTURES: BIGSTOCK, GETTY

## Is my daughter a bully?

**I'm worried that my teenage daughter is turning into a bit of a bully. She's at college now, and I've overheard her speaking to her friends in an overly aggressive way – sometimes they've even left our house in tears. My husband insists that it's just the way girls get on, but I hate the idea of her making other people's lives a misery.**

*Deirdre, Glasgow*





## THOUGHT OF THE DAY

Make a habit of doing nice things for people who'll never find out.

# DEBT

It must be really upsetting to hear your daughter speak and act like this.

I'm sure you didn't bring her up to treat others in this fashion.

It may be that she simply doesn't appreciate how aggressive she is coming across, or how much she's upsetting her friends.

Teenage girls can be volatile – it's not uncommon for them to be fighting one minute and best friends the next.

But I think you need to address it full on, and to hear her side of the story. At least if you make her aware of how she is sounding, she can try to curb her tone.

# Your Stars

with Russell Grant

For the week 6–12 February



## PISCES

20 February – 20 March

Doors are opening for you. Before starting anything new, think about what might lie ahead. You might feel excited about extra work or family responsibilities, but these could be more demanding than you anticipated. Listen to the advice of a Taurus.



## ARIES

21 March – 20 April

Nothing will go as planned. You don't seem able to guess what's going to happen next, yet most things go unexpectedly well. A surprise meeting with an old pal sets the stage for new beginnings, while an invitation will boost your social life.



## TAURUS

21 April – 21 May

You wonder why you bother trying to arrange things when someone else comes along and changes it all. You find it annoying. Some imaginative ideas will be discussed. Not all these are realistic, but this won't prevent you from dreaming romantically.



## GEMINI

22 May – 21 June

A get-rich-quick scheme is a big temptation but, no matter what anyone tells you, money won't be made through risky ventures with dozens of loopholes. If you're in need of a small loan, a relative will offer you the support you need.



## CANCER

22 June – 23 July

You have a 'should I stay or should I go?' decision to make. A hint you hear will prepare you for new openings. This is your chance to do something you've always wanted to do. You are going to have to break away from the past to positively move forward.



## LEO

24 July – 23 August

You feel restless, and this is a sign you're undergoing an inner transformation. Keep plans secret until you know exactly what you're going to do. You're ready to broaden your horizons: either go with the new or grow bored staying the same.

JENNIFER ANISTON IS AN AQUARIAN

21 January – 19 February

Whatever goal you set for yourself, trust you can achieve it. Aquarians will be pushed into the winner's circle.



## VIRGO

24 August – 23 September

You know what you plan to do, but other people and their problems keep getting in the way. You have great sympathy for a situation a friend is going through, and they know that you are there for them whenever they might need you.



## LIBRA

24 September – 23 October

Friends and workmates value your advice. You can't put a foot wrong, and it might feel as if people are being overly generous with praise, but they really do appreciate your friendship. Work being carried out on your home will go better than expected.



## SCORPIO

24 October – 22 November

Getting your household in shape is your first priority. Recent plans to travel may seem less of a possibility now because of this. Discuss the options with your family and, together, you might figure out a way for you to venture into new territory.



## SAGITTARIUS

23 November – 21 December

Working behind the scenes will yield impressive results. Much to your surprise, you will meet the deadline of a huge project. A promotion could be in the works when you make an excellent impression on someone who is in the mood to reward you.



## CAPRICORN

22 December – 20 January

A friend who has been let down recently is relying on you for company. Her behaviour reflects her disappointment and makes you tense when you're around her. It's not that you want this friendship to end, but you will need some space.



Most of us are happy to barter when we're on holiday, yet the thought of negotiating on the high street fills us with dread. But most shops are more than willing to give you a discount if you're prepared to haggle, and you can get absolute bargains on everything from laptops to energy bills! Our financial expert, Sara Benwell, shares her advice on when to haggle...



**1 AUTO-MATIC DEALS**  
Always haggle when buying a car. The average new car in the UK costs £18,000, so a discount could seriously improve your bank balance. The Money Advice Service found that 64 per cent of those who negotiated got money off. Haggling over used cars is even easier, but you're better protected if you buy via a dealership. Arm yourself with the list prices, ask what deal they can give you, and aim for a discount on the model you want.

**2 UNEARTH A REAL GEM**  
High-end items like watches and jewellery are always worth haggling over, because salespeople often have targets or are on commission. Research their competitors to see what's currently on offer. Taking time out to think it over will often prompt salespeople to offer you a discount, but be prepared to walk away from the sale if you don't get the price you want.



# Five things you really should haggle over

**3 THIS DEAL'S ELECTRIC**  
Prices for technology items like laptops and TVs are usually up for negotiation, and you can easily slash hundreds off your bill. And always ask for any extras to be thrown in, such as cables or extra batteries. Most staff have warranty sales targets, so, if you take out a warranty, they're likely to do you a deal. Even better, you're allowed to change your mind within 45 days, so you can return the warranty for a full refund.



**5 SHOCKING DISCOUNTS**  
Haggle with all your utility and service providers – power, TV, internet, mobiles or insurance. When you're near the end of your contract, look for a great deal and invite your existing provider to beat it. If they can't or won't, switch. It could bring you big savings.

**4 HIT UP THE HIGH STREET**  
Whether it's John Lewis or Topshop, you can bag a bargain! Source items that are already discounted, and look for faults and flaws – a chip on a dining room table, or a loose hem on a dress. Often easy to remedy, these could get you big savings. Speak to an assistant manager or supervisor. Managers probably won't have time to attend to you, and junior staff often aren't allowed to give discounts.



WORDS: SARA BENWELL  
PICTURES: BIGSTOCK, ISTOCK, SHUTTERSTOCK



# Breaking the Ice

With DANCING ON ICE'S MATT

Matt Evers gives you the insider's guide to the coolest show on TV...

## FUN OF THE FAIR

This weekend's big group routine will be a big colourful funfair – on ice! There's talk of there being a Ferris wheel, a carousel, a little photo booth, a candy floss station, the works. And the pro dance is going to be performed by just the females, skating to Beyoncé's *Single Ladies*, as it's our Valentine's episode. Let me tell you, it's looking epic!



## CROWN JEWELS

I've been training lots with Kem and Alex. He'll give anything a go, that boy. During one session, he narrowly avoided getting his nether regions sliced off. I could barely look! They were perfecting the 'statue lift' for the end of their *Stay With Me* routine. Let's just say, she got very close to the crown jewels...

*'This weekend's big group routine will be a colourful funfair – on ice!'*

## My dream partner

There are so many celebs I'd love to skate with now that we know the show will be back next year! But if I could pick anyone on the planet, it would be Emilia Clarke from *Game Of Thrones*, who plays Daenerys Targaryen, Mother of Dragons. I'm a huge fan!



EMILIA WOULD BE N-ICE!

## MAN DOWN!

It feels like everybody on the show is battling snuffles. I think we're all hitting what we call the 'mid-series slump'. We're over halfway through now and the relentless pace takes its toll. Donna Air tweeted that she's loving the show but her body needs 'a week in bed'. It's what we're all feeling!



DONNA'S FEELING IT

## Show me the money

So Cheryl has been pretty outspoken about her *DOI* wages! She doesn't think the fee is enough, but she needed the work! It's probably the highest-risk show – in the very first show, 12 years ago, poor Andi Peters broke his leg. So I can empathise with Cheryl but, you know, she threw her hat in the ring!



Follow @TheMattEvers on Twitter FACEBOOK.COM/BESTMAGAZINE 39





# Food o love

This easy but elegant menu is bound to impress



## STARTER: BE MINE BRUSCHETTA

Good deli ingredients mean more taste with less prep!

**Serves 2 Prep time: 5 mins**

**Cook time: about 10 mins**

**Per serving:**

**413 cals; 21g fat (7g saturates); 38g carbs (4g total sugars)**

**4 ciabatta bread slices**  
**1tbsp extra-virgin olive oil, plus extra to brush**  
**1tsp balsamic vinegar**  
**½tsp runny honey**  
**½ of a 125g ball buffalo mozzarella, torn into pieces**  
**40g Parma ham, torn into pieces**  
**75-100g grilled artichoke hearts, chopped**  
**Basil leaves, to garnish**

**1** Preheat the oven to 200°C/180°C fan/gas 6. Arrange the ciabatta slices on a baking tray, brush with a little extra-virgin olive oil and bake for 8-10 mins until crisp and golden.

**2** Meanwhile, whisk together the olive oil, balsamic vinegar and honey in a jug and season.

**3** Arrange the toasted bread slices on a platter and top with the mozzarella, Parma ham and artichoke pieces. Drizzle with the dressing and garnish with black pepper and basil leaves. Serve immediately.



**MAIN COURSE: STEAK & FRIES**

Steak comes alive with a flavourful butter – and this one's ready in minutes.

**Serves 2**  
**Prep time: 15 mins**  
**Cook time: about 10 mins**  
**Per serving: 509 cal; 24g fat (10g saturates); 2g carbs (2g total sugars)**

15g butter, softened  
1tsp Dijon mustard  
Finely grated zest of ½ lemon  
1tbsp chopped fresh chives  
2 x 250g-300g beef steaks  
Sunflower oil, to brush  
12 cherry tomatoes on the vine, cut into two bunches

**1** In a small bowl, mix together the butter, mustard, lemon zest and chives with some seasoning and set aside. Pat steaks dry with kitchen paper and season both sides.  
**2** Oil a griddle pan and put over a high heat to warm up. Brush steaks with oil, then griddle for 5-6 mins, turning once, for medium meat. Transfer steaks to a board, cover with foil and leave for 5 mins.  
**3** Meanwhile, fry the cherry tomatoes in

the griddle pan for 5 mins until beginning to collapse. Top the steaks with the flavoured butter and serve with the tomatoes, fries and a crisp green salad.

**FOR THE FRIES**

No peeling or par-boiling means these oven-baked fries are fuss-free.

**Serves 2**  
**Prep time: 10 mins**  
**Cook time: about 30 mins**  
**Per serving: 220 cal; 8g fat (1g saturates); 34g carbs (1g total sugars)**

2 medium floury potatoes, skins left on and sliced into thin strips  
1tbsp plain flour  
1tsp paprika  
1tbsp sunflower oil

**1** Preheat oven to 200°C/180°C fan/gas 6 and line a large baking tray with baking parchment. Put all the ingredients into a bowl and toss together with plenty of seasoning. Tip fries on to the lined tray and spread out as much as possible.  
**2** Cook for 25-30 mins, turning occasionally, until fries are golden and tender. Serve immediately with your steak.

**DESSERT: TRUE LOVE ESPRESSO POTS**

These decadent puds will have you swooning in no time, and you can make them (without decorations) up to a day ahead.

**Serves 2**  
**Prep time: 5 mins, plus cooling**  
**Cook time: about 5 mins**  
**Per serving: 451 cal; 36g fat (22g saturates); 30g carbs (30g total sugars)**

100g white chocolate, broken into pieces  
75ml double cream  
¼tsp ground coffee,

**finely ground espresso is ideal**

**1** Melt chocolate in a heat-proof bowl over a pan of barely simmering water. Leave to cool for 5 mins. Pour cream into a bowl and whisk until it holds its shape.  
**2** Fold the chocolate and coffee into the cream. Pour into two 75ml cups, decorate and serve.

**GET AHEAD**

Make pots, cover and chill. Take out of fridge 30 mins before needed, decorate and serve.







**Co-op Rainbow Rose, £3.50 (in-store 7 Feb)**  
This bright bloom lasts for ages, and its colourful design definitely has the wow factor!

★★★★★



**Interflora Sweet Sentiment Vase, £22**  
This *Beauty And The Beast*-like flower looks stunning, but we expect it to last a little longer for the price.

★★★★★



**M&S PS I Love You Single Stem Rose, £6 (in-store 10 Feb)**  
A full flower with a fine fragrance. Large and lovely!

★★★★★



Simple single

# COMING UP ROSES

Our pick of the best bunch for that special someone

## Beautiful blooms

**Morrisons 100 Red Roses with Greenery, £25 (in-store 13 Feb)**  
This impressive bunch is an absolute bargain, and the petals have got real staying power.

★★★★★



**Lidl Luxury Rose Bouquet, £25 (in-store 13 Feb)**  
Dare to be different with these white blooms. They start plump, but fade a little faster than is desirable.

★★★★★

**Home Bargains 12 Red Roses at homebargainsflowers.co.uk, £24.99**  
Deep red roses with velvety petals. The scent isn't very strong, but the overall presentation is fab.

★★★★★



## No expense spared

**Waitrose My True Love Bouquet at waitroseflorist.com, £65**  
100 delicate buds in beautiful red and pink hues. This showstopper certainly sticks around, it's still blooming marvellous after seven days!

★★★★★



**Aldi Rhodos Bouquet, £30 (in-store 11 Feb)**  
This arrangement just needs to be placed in a vase, no fiddling necessary. Best of all, the blooms stay fresh and fabulous.

★★★★★

**Asda Extra Special Luxury Bouquet, £30 (in-store 12 Feb)**  
Beautiful and abundant, this fancy buy is packed with fresh green foliage. It's also still flourishing after a week.

★★★★★



Best rated: Excellent ★★★★★ Very good ★★★★ OK ★★★ Almost there ★★ Bad ★



# Food in a flash

MAKE LIFE EASIER IN THE KITCHEN WITH THESE SPEEDY MEAL IDEAS AND SUPERMARKET BUYS

## Cookie monster

Instead of saying it with flowers, pick up a Giant Valentine's Cookie, £5, from Morrisons. This white chocolate and raspberry flavoured sweet treat is decorated by hand, and tastes great with a dollop of vanilla ice cream.



ROMANCE WITH ROSÉ

## Fab fizz!

Think pink, and pick up a bottle of fizz for under a tenner at Aldi! Our favourite is the Chateau de Champтелoup Crémant De Loire Rosé, £7.99, which is a great alternative to Champagne. Looking for something to enjoy with a box of chocolates or luxury dessert? Then the Giotto Spumante Rosé, £5.99, is the perfect pick.



## Perfect pizza

Staying in on Valentine's Day? Pick up a heart-shaped pizza from Asda, £2, to whip up a romantic meal in minutes. Choose from five flavours, or even build your loved one's favourite with the Create Your Own option.

## FLIPPIN' GOOD DEAL!

Iceland has Pancake Day covered this year. If you buy a pancake pan for £5, you'll get pancake mix, lemon juice, syrup and Fry Light oil absolutely free. Available now until 13 February in stores and online.



## Theo's meals in 20 mins

MasterChef finalist and dad-of-three Theo Michaels knows time's short in the kitchen. Every week, he shares a simple and delicious recipe...



**58p**  
PER SERVING

## Rocky road crepes

*This Pancake Day recipe isn't for the faint-hearted, but makes for an indulgent treat. And I defy anyone to eat one of these without licking their lips!*

**PER SERVING**  
**CALS 434 FAT 15g**  
**SERVES 6**

- 130g plain flour
- 310ml milk
- 1 egg
- Salt
- 75g dark chocolate (70% cocoa)
- 2tbsp butter
- Sugar
- 200g marshmallows
- 50g roasted hazelnuts, broken
- 2 bananas sliced

- 1 For the pancakes, whisk together the flour, 250ml of the milk, egg and a pinch of salt. Put to one side for later.
- 2 To make the chocolate sauce, break the chocolate up into a microwaveable bowl. Add remaining 60ml milk, 1tbsp butter and a pinch of sugar and salt. Then microwave for just over a minute. Whisk thoroughly with a spoon until you have

- a lovely chocolate sauce.
- 3 Heat a non-stick frying pan, and add 1tbsp butter (you only need to add it for the first pancake). Once it's melted, pour in a small ladle of pancake batter, and immediately tilt the pan to spread the mixture out. Cook for a few minutes until the top of the pancake is almost cooked through, then flip it over for another couple of minutes. Repeat for the remaining five pancakes.
  - 4 When you are ready to serve, spoon over a little of the chocolate sauce on one half of the pancake, scatter a couple of marshmallows, hazelnuts, banana slices. Then spoon over some more sauce, and fold the pancake over.
- TIP** If the chocolate sauce is too thick, add a little more milk or microwave for a few seconds to warm through.





£17.95

Plate, Emma Bridgewater



Light, George at Asda

£10



£9

Mug, Paperchase



£10

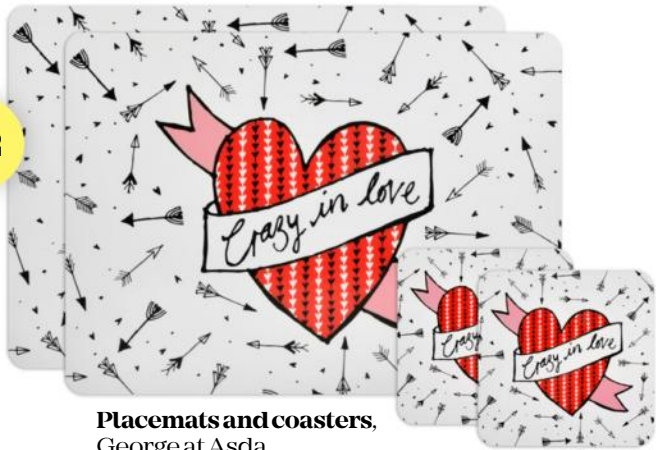
Cushion, Sainsbury's



£14

Candle, Paperchase

Mugs, £4.50 each  
Candles, £10,  
all from Sainsbury's



£2

Placemats and coasters, George at Asda



£1

Cookie cutters, George at Asda



Get the Look

# ALL FOR

These super-cute home buys make a great alter



Shot glasses,  
JD Williams



£6

**TOP TIP**  
These bargain  
buys will  
stand the  
test of time.



Personalised  
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# LOVE...

...alternative to traditional flowers and chocolates



**NAME:** LITTLE HARRY  
**AGE:** 7  
**BREED:** Jack Russell terrier  
**REHOMING CENTRE:** Dogs Trust Loughborough

Little Harry is a big character, who loves to spend time with his favourite carers and learn new tricks. Harry is looking for a home with a single adult he can form a bond with and who can help him settle into home life. He is a quirky guy with lots to offer a patient owner.



**NAME:** BRIDIE  
**AGE:** Under 1  
**BREED:** Border collie  
**REHOMING CENTRE:** Dogs Trust Ballymena

With eyes like marbles, it is hard not to fall under the spell of Bridie, the young border collie patiently waiting for a special new home. Bridie is a sensitive girl, who loves going for walks and playing. She gets startled by traffic, so would prefer to live in a quiet setting. Once she has got to know you, she will be your best friend, but potential owners should be prepared to visit her a few times before taking Bridie home.



**NAME:** MILLIE and SCOOPY  
**AGE:** Both 3  
**BREED:** Jack Russell terriers  
**REHOMING CENTRE:** Dogs Trust Harefield

Scooby and his sister Millie are looking for a home together after their owner sadly passed away. Scooby is more confident than Millie. She can get worried at times, but is easy to win over with some treats, and her dog-to-dog skills can be built up when she is more settled. This pair will need experienced owners with no other pets.



# FOR THE OF DO

Could you give an unwanted pooch a happy forever home? Check out these cuties looking for love...



**NAME:** MAX  
**AGE:** 2  
**BREED:** Pomeranian  
**REHOMING CENTRE:** Dogs Trust Salisbury

Cheeky chappy Max is an intelligent boy who loves to learn, so he's looking for a committed family who can continue with his training. He's a sensitive soul who can take a little while to get to know new people, but in the right home and with time and patience, he'll soon become your friend. Max loves human company, so you would need to be around for most of the time to help him settle in.



**NAME:** MEG  
**AGE:** 13  
**BREED:** Collie cross  
**REHOMING CENTRE:** Dogs Trust Bridgend

Despite being an older girl, Meg is full of beans! She will happily go for a walk in the park, but enjoys curling up in her bed afterwards. She is looking for a quiet home with no other pets, where she can relax in her twilight years. She could live with older children (aged 14 and above).





**NAME:** STEVIE  
**AGE:** 6  
**BREED:** Greyhound  
**REHOMING CENTRE:** Dogs Trust Shrewsbury

Stevie is very smart and likes to be the centre of attention. He loves to be by your side and doesn't like being left alone for long periods of time. After his walks, he enjoys a snuggle and then snoozes the day away. He's looking for an adult-only home with owners who will enjoy keeping his brain busy!



**NAME:** SAPPHERE  
**AGE:** 8  
**BREED:** Siberian husky  
**REHOMING CENTRE:** Dogs Trust Snetterton

Sapphire is a clever and friendly girl. She loves treats and learning new things, but does take a while to trust different people, so new owners will need to spend some time getting to know her. She'll need to be the only pet in an adult-only home, which should have a large garden and access to quiet walks. Her ideal owner would have experience with the breed and be able to continue her positive reward-based training.



**NAME:** NATE  
**AGE:** 6  
**BREED:** Greyhound  
**REHOMING CENTRE:** Dogs Trust Evesham

Nate is a retired ex-racing greyhound, who has hung up his running shoes! He is looking for a cosy sofa where he can spend his afternoons snoozing after a quick burst of exercise. He'd need owners who are around most of the day initially, while he gets used to life in his forever home.

# WE LOVE DOGS!



**NAME:** BETSY  
**AGE:** 7  
**BREED:** Crossbreed  
**REHOMING CENTRE:** Dogs Trust Canterbury

Betsy is a bright spark, who already knows most of her basic training, and loves to run and play with humans! At times she can be unsure of other dogs, so will need to be the only dog in the home. She may take a little while to trust new people, so patience will be key to making sure Betsy is happy in her new home.



**NAME:** LOLA  
**AGE:** 5  
**BREED:** German shepherd  
**REHOMING CENTRE:** Dogs Trust Loughborough

Lola is a very sweet girl, who loves the company of people and playing with her toys. She needs to live in an adult-only home with no other pets. Her ideal home would have a secure garden and access to quiet, rural walks. Lola is having hydrotherapy to manage a hip condition, and will need to return to the centre for regular sessions.



**NAME:** ROXY  
**AGE:** 11  
**BREED:** Crossbreed  
**REHOMING CENTRE:** Dogs Trust Merseyside

Beautiful golden girl Roxy is so laid-back, and is looking for someone to be her constant companion. She loves to be fussed over and likes to play tug of war with her soft toys. She's a very active girl for her years and acts like a big puppy at times! She gets along with other dogs and may love to live with another as she craves company. Roxy can live with children aged 10 and over.



**NAME:** MILO  
**AGE:** 7  
**BREED:** Terrier cross  
**REHOMING CENTRE:** Dogs Trust Manchester

Milo loves the company of people and would need access to a large secure garden for him to have endless games of fetch in. He would need to be the only dog in the home, as he doesn't want to share your love!

You can find out more about any of these dogs by visiting [dogstrust.org.uk](http://dogstrust.org.uk) or calling Dogs Trust on 0300 303 0292



1



# This week's must-see TV

## 1 Elizabeth, Our Queen: A Life Of Service

TUESDAY, CHANNEL 5, 9PM

NEW SERIES

With Netflix hit *The Crown* shining a spotlight on the Royal Family, past and present, like never before, take a step back from its rather sensationalist (and thoroughly enjoyable!) style and get stuck into this fascinating eight-episode series. Focusing on the monarch, who, at 91, is the oldest currently serving state leader, it follows the many decades of Her Maj's long life – including various interviews with her prime ministers, friends and members of the Royal Family. The series sheds light on the real woman who wears the crown, and how she has managed such a challenging job for such a very long time. Totally enlightening stuff.

## 2 James Bulger: A Mother's Story

TUESDAY, ITV, 9PM

It's hard to believe, but it's been 25 years since the murder that shocked the world. Toddler James was murdered by killers who were only boys themselves. His mother, Denise Fergus, welcomes Sir Trevor McDonald into her home to talk about the unending pain of her tragic loss.



2

## Big Soap Story



### EASTENDERS

Mel is overjoyed as she is reunited with her long-lost son, Hunter, but Honey is shattered as she discovers the truth about Billy and Tina. Tension builds between a warring Martin and Stacey.

### EMMERDALE

Lachlan is nervous as Rebecca wakes up from her

coma. Debbie ropes Cain into planting drugs at Joe's party, and Daz and Bernice's attempts to get intimate don't go well.

### CORONATION STREET

There's high drama as Carla collapses. Is it too late for Aidan to save her? Rana continues to deal with the fallout from her affair.





3

### 3 What Would Your Kid Do? TUESDAY, ITV, 8PM NEW SERIES

Comedian Jason Manford hosts this new show, which challenges parents to prove how well they know their own kids – winning prizes along the way. Jason says, ‘As a dad-of-five, I am constantly left in tears laughing at some of the stuff that comes out their mouths. But I’m also often bowled over by their inquisitive minds and sense of right and wrong.’

### 4 My Next Guest Needs No Introduction: David Letterman With George Clooney

FROM FRIDAY, NETFLIX  
The veteran US talk-show host scoops a great guest for his new interview show – none other than Swooney Clooney himself. Dave will be quizzing George about life as a husband and proud father of twins, as well as his Hollywood career.



4



5

### 5 Sky Cinema Valentine UNTIL 18 FEBRUARY

Get some romance in your life (even if it’s only on the small screen) with this special season of love-themed films – including *Love Actually*, *Bridget Jones’s Baby*, *As Good As It Gets* and *Runaway Bride*.

## THEY SAID WHAT?!

**Gwyneth Paltrow made everyone feel a bit nauseous recently when she described her ex-husband, Chris Martin, as being like a sibling. She said, ‘He’s really like my brother, we’re very familial. It’s nice, it’s great.’ The pair, who ‘consciously uncoupled’ in 2013, have two children together, 13-year-old daughter Apple and 11-year-old son Moses.**



### COMING UP

#### JESSICA JONES

Marvel’s crime-fighting superheroine returns for season two of the award-winning New York-based drama, starring Krysten Ritter. Available on Netflix from early March.



### CATCH UP

#### THE X FILES

It’s been a while, but Mulder and Scully are back for more spooky adventures involving conspiracies, aliens and their secret son. Catch up on My5.

### 10 MINUTES WITH MACKENZIE CROOK ON...



**...his character, Veran, in new show *Britannia***  
He’s the enigmatic and charismatic leader of the Druids. They were the most powerful tribe in ancient Britain when the Romans arrived. I have never played such a powerful character before, so that was great. There are some quite gruesome scenes, including human sacrifice.

**...getting the Druid look**  
It took about three-and-a-half hours every day to put make-up on. And then about five hours to take it off! It dominated my life for a long time. He’s an outrageous character and it was quite a leap to jump into that. We filmed over six months, so I had to have a shaved head for half the year!

**...what he does in his downtime**  
It’s all about the family, my garden, the house and my hobbies. I love gardening, which sounds dull, but it’s therapeutic.

**...whether he watches himself on the telly**  
If *The Office* comes on, I can watch an episode but it does feel weird. I don’t watch an awful lot of TV – sometimes I see *Springwatch* or the *Antiques Roadshow*!

● *Britannia* is on Sky Atlantic, Thursdays at 9pm and is also available on NOW TV.



Watch  
ONE  
thing!



Stuart Martin

Sophie Rundle

## Jamestown

Prepare to travel back to the 17th century for season two of *Jamestown*, Sky Atlantic's series following the fortunes of three 'maids to make wives' – young women who sailed out to Virginia to marry men they'd never met. Series two finds Alice and Silas anticipating the birth of their first child, Verity continuing to spar with husband Rutter and tragedy in store for upper crust Jocelyn.

### BEHIND THE SCENES WITH *best*

## *'I had a sense-of-humour failure while filming a birth scene'*

Sophie Rundle, 29, who plays Alice, also stars as Ada in *Peaky Blinders*. She previously starred in *The Bletchley Circle* and *Brief Encounters*.

So your character, Alice, becomes the first settler to have a baby?

Yes. And, as that's the reason the women have been brought over there, she symbolises the future of *Jamestown*. It's a very isolating position for her. I imagine it must have been a

terrifying thing to be a new mum and have no one to ask, 'Am I doing this right?' Plus, everyone wants a piece of the baby.

The water-birth scene looked pretty gruelling...

It was a horrible day's filming, as the stunt lady who had the belly on literally threw herself down a cliff face, which was horrifying and a bit embarrassing – I had to crawl in and do the last roly poly. It was really freezing that day, too. I had a sense-of-humour failure at one point, and insisted

the director sang me a song, and then I cheered up a bit!

Have you filmed a birth before? Yes, that was my fourth or fifth – but the first in the water.

And was that a real baby?

Yes! We had about four or five babies – bigger ones by the end. We all had our favourites – some were more chilled-out than others! And it was hard because the babies just scream and scream – although, of course, they take that sound out.

Is it great being part of







Max Beesley

*'I imagine it must be a terrifying thing to be a new mum and have no one to ask, "Am I doing this right?"'*  
**Sophie Rundle**

such a female-led drama? It is. Audiences want to see fleshed-out female protagonists. It's important we have women front and centre – it's a conversation everyone's joining in, which is exciting. How did you cope with making *Jamestown* and *Peaky Blinders* at the same time? I'm lucky to be doing both of them, but it was quite hard remembering who was who. You've got Alice, who is this gentle, pure-hearted woman, and then there's Ada, who is all guns blazing. You don't want Ada in the *Jamestown* settlement. She'd destroy them all!

● *Jamestown* returns to Sky Atlantic and Now TV on Friday with a double bill, 9pm



**DON'T MISS**

**SURPRISE ME – SOPHIE KINSELLA**  
 When Sylvie and Dan are told they can expect to live to 100, they panic about how they'll keep their marriage alive. Cue efforts to spark up their relationship, which are complicated by secrets. Out Thursday, £12.99



**THE MOUNTAIN BETWEEN US**  
 Would you like to be stranded with Idris Elba? That's what happens to Kate Winslet in this romantic story of two strangers who bond when they're the sole survivors of a plane crash. Out Monday, £9.99



**DON'T MISS**

**NOW THAT'S WHAT I CALL LOVE**  
 If music be the food of love, play on! This Valentine's Day, feast on a selection of the best love songs of all time. From epic throwbacks to recent R&B confessions, this collection will warm your heart! Out now, £15

**OUT AND ABOUT**



**FESTIVAL**

**REWIND FESTIVAL**

The great 80s celebration returns this summer – and is coming to Perthshire, Cheshire and Henley-on-Thames. From Midge Ure and Heaven 17 to Bonnie

Tyler (above), The Jacksons and Kool & The Gang, all your favourites will be there to whisk you back in time. For dates and details, visit [rewindfestival.com](http://rewindfestival.com)



**FILM**

**THE MERCY**

Colin Firth and Rachel Weisz star in this biopic about Donald Crowhurst, an amateur yachtsman who, in 1968, embarked on a disastrous attempt to complete a round-the-world

solo boat race. Making a film largely about one man on his own for so long is no easy task, but Firth is at his brilliant best. This is a highly engaging watch. ★★★★★ In cinemas on Friday



**THEATRE**

**CHICAGO, PHOENIX THEATRE, LONDON (26 MARCH-30 JUNE)**

Cuba Gooding Jr takes the lead as smooth lawyer Billie Flynn in the classic musical about crime and punishment, set in the windy city during the Prohibition era. The show celebrates its 21st year as the longest-running musical on Broadway, and follows the adventures of rivals Roxie Hart and Velma Kelly. For tickets, see [phoenix.londontheatres.co.uk/chicago](http://phoenix.londontheatres.co.uk/chicago)



# Tony Cowell



BEST'S CELEBRITY INSIDER TALKS TO JULIE HESMONDHALGH

# 'Leaving Corrie nearly broke my heart'

**A**ward-winning actress Julie Hesmondhalgh, 47, found fame playing *Coronation Street's* Hayley Cropper – making TV history as the first transgender character to appear in a soap.

Now set to star in a new play about mental health, following a powerful part last year in *Broadchurch*, the mother-of-two reveals what drives her, and why she still misses the cobbles.

**What made you want to be an actor – you had other plans, didn't you?**

Yes, I planned to be a social worker, but that was because when you grow up somewhere like Accrington, in Lancashire, you don't believe being an actor is a real career choice. It doesn't happen to working-class people like me. But I had a great drama teacher who told me, 'Of course you can do it – go to drama school.' So I did!

**What was your parents' reaction to that ambition?**

They were brilliant! They were an ordinary couple who both worked in office jobs and did a Football Pools

round at weekends collecting the money. All my dad ever wanted was for me and my brother to work in a building society in Accrington. But he was very into books and poetry, so I think he quietly inspired me to be creative. I was very lucky. I had a really lovely childhood.

**You played Hayley for 15 years – how do you look back on that time?**

With absolute love and fondness, actually. It was a massive part of my life, I joined the soap when I was 27 and left when I was 42 – during which time I met my husband [Ian Kershaw], got married and had my two children. I feel so lucky to have got that part when I did. It was just the right time to introduce a character like Hayley – it captured the mood of the nation. I don't think it would happen today. She'd be played by a real transgender actor.

**How did you feel when you were told Hayley was to go out with that particular storyline [Hayley was terminally ill and took her own life]?**

When I told them I wanted to leave, I knew they would want to kill off Hayley. But actually it turned out to be a beautiful leaving story. It was both true and real. It was never a right-to-die storyline; Hayley took her own life because she had terminal pancreatic cancer.

**Why did you decide to leave *Coronation Street*, though?**

I thought about it really hard. I took some time out to do a play, which made me realise I had missed being on the stage. It was never an easy decision, because I was leaving a very secure job. But I am a believer in taking the leap and hoping the safety net will appear – and it did. But the week I left *Corrie* nearly

broke my heart. I will never forget it. I loved Hayley and I still miss her today.

**Do you keep in contact with the cast, specifically David Neilson, who played Roy Cropper?**

Yes, I do. They are always so busy. *Corrie* is one big family so you never really leave it completely – you totally remain part of that family.

**Why do you think *Corrie* remains so popular after 50 years?**

It's one of the only shows that still tells working-class stories. It's something that people in Britain can relate to. It has become a constant in people's lives. It is now part of British culture.

**Would you ever work on a different TV soap?**

I don't think so, because I've worked on the best! It would be very hard to top Hayley in terms of a soap character. I never say never, but I don't see it.



Julie gave an emotional performance as Trish in *Broadchurch*

PICTURES: GETTY, ITV, REX





**'I think we all have a responsibility to leave the world a better place than when we came into it'**



Hayley with Corrie husband Roy in 1999

**You played a rape victim in *Broadchurch*. Are you attracted to powerful roles like this?**

Not really. You always have a choice. I just really love a part where they have something important to say. In the case of *Broadchurch*, the victim wasn't a young girl fleeing through the woods. The focus was on an older woman victim, and I think that was an important statement.

**You are a passionate activist. What drives you as a person?**

I think if you are an actor and you have a voice, you have a duty to try to speak up for people who don't have

one. I think we all have a responsibility to leave the world a better place than when we came into it. I like to put my head above the parapet sometimes and try to help others.

**Tell us about your new play, *The Almighty Sometimes*...**

It's an amazing new play, which tackles some huge issues, such as mental health, but it also has two female lead characters, which is unusual in itself, particularly for female actors of my age. But the play raises questions as to why it is that so many people are on medication nowadays for depression, and why so many children are on medication – do they need to be? The play doesn't have an answer – it is one family's story.



With Norah Lopez Holden, in her new play

***The Almighty Sometimes* is at Royal Exchange Theatre, Manchester, from 9 Feb**



# Written in the



The open-air infinity pool is quite an experience

## BEST FOR: SPECTACULAR SIGHTS



### Ragdale Hall Spa, Melton Mowbray, Leicestershire

With such a superb selection of activities and facilities – including 93 comfortable rooms, six pools and 50 treatment rooms – it's no wonder Ragdale Hall is one of our best-loved retreats. And now, its new open-air rooftop infinity pool – heated to 35°C – is likely to entice even more spa lovers.

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Top up your energy levels with tea and scrumptious cakes in the Verandah Bar and Lounge, but leave room for dinner – the food and wine is really good!

Make sure you find time for pampering. The 50-minute Blissful Face and Back Therapy is a gorgeous

starter, but why not treat yourself to more – an Elemis Deep Tissue Massage, Clarins Foot Pampering Treatment or Decléor Ultimate Glow Prescriptive Facial, perhaps? Ragdale's friendly, efficient staff can help you choose.

**STAY:** A two-night taster break starts from £342pp, and includes either a 50-minute Blissful Face and Back Therapy, or the choice of two different 25-minute treatments – from a Soothing Back Massage, a Fresh Feet Treatment or a Soft Hands Treatment. Breakfast, buffet lunch, dinner and full use of the facilities is also included.

Visit [ragdalehall.co.uk](http://ragdalehall.co.uk) or call 01664 433000.



It's great for a break with friends



Champneys 170-acre grounds will give you plenty of room to relax

## BEST FOR: ESCAPISM



### Champneys, Tring, Hertfordshire

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escapism. With a complimentary robe and flip-flops to keep, you'll be itching to use the 25m pool, indoor and outdoor Jacuzzis, sauna, steam room and plunge pool.

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So, whether you're enjoying your complimentary treatment for two,

or exploring the sensational 170-acre grounds, it would be hard to be disappointed by Champneys.

**STAY:** Champneys has three different Valentine's Day packages available – a one- or two-night spa break and a Valentine's spa day from just £99. The packages are available to book at all Champneys resorts between 1-28 February. Champneys one-night Valentine's spa break is priced from £329 for two people per room.

**Visit [champneys.com/spa-resorts/champneys-tring](http://champneys.com/spa-resorts/champneys-tring) or call 01442 291000.**

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### BEST FOR: STATE-OF-THE-ART RELAXATION

**Ye Olde Bell Hotel & Spa, Retford, Nottinghamshire**

Retford might not be the first place you think of when it comes to luxury relaxation, but this East Midlands market town is home to one the most high-tech retreats we've ever seen, Ye Olde Bell Hotel & Spa.

While the hotel itself, a 17th-century coaching inn, is gorgeous, it's the spa just next door that has the real wow factor. Its state-of-the-art thermal room boasts eight unique experiences, including a salt inhalation room and a snow-storm walk. From the swimsuit dryer and make-up remover in the changing rooms to the spa butlers, they really have thought of everything.

No restful weekend is complete without food, and Ye Olde Bell's is simply incredible. All this is topped off with fantastic, friendly service from the staff. Finish your stay with a recharging night's sleep in one of the hotel's rooms and a delicious breakfast.

**STAY:** Spa packages start from £99pp. The Relax and Rejuvenate package is £265pp, and includes a full day in the spa, a two-course lunch, Sabia Med treatment, a 60-minute treatment, dinner, overnight stay and breakfast.

**Visit [yeoldebell-hotel.co.uk](http://yeoldebell-hotel.co.uk) or call 01777 705121.**



... while the rooms are cosy and traditional



Hollywood star Angelina Jolie is looking tinier than ever – is her weight putting her health at risk?

# Angelina: ‘Dangerously thin’?

WORDS: KELLY ALLEN

**S**ince Angelina Jolie announced her split from Brad Pitt a year and a half ago, the actress has not only shed a partner – she’s visibly shed the pounds, too, with one diet expert warning that she seems ‘dangerously thin’.

The 42-year-old had to deal with an acrimonious divorce after 12 years with fellow actor Brad, and previously underwent a voluntary double mastectomy in 2013 after learning that she carried the gene which left her at a genetically higher risk of breast cancer. Two years on, she also had her ovaries removed as a preventative measure.

But recent images taken at the Golden Globe Awards, showing Angelina looking gaunt and with shoulder blades sticking out

sharply, are quite shocking.

Helen Bond, dietitian and consultant nutritionist, tells *best*, ‘Angelina has gone through a lot with her mastectomy and divorce. This stress, along with her film and charity work, plus looking after her six children, may have contributed to weight loss over the years.

‘Historically, she has always been slender. In the past, she was estimated to weigh 8st 11lb and, at 5ft 7in tall, her BMI reading is 17.9, which is underweight. A healthy BMI for her height would be between 8st 6lb and 11st 6lb.

‘She now looks under 7st, which would make her dangerously thin and give her a very low BMI of 15. This could, potentially, lead to health problems, including lowered immunity, vitamin and mineral deficiencies, low energy and mood.’

Angelina, who has six children with Brad – Maddox, 16, Pax, 14, Zahara, 13, Shiloh, 11, and nine-year-old twins Vivienne and Knox – has said she has sworn off dating to focus on caring for her family and taking better care of her health.

Last year, she said, ‘Some women in families put themselves last... until it manifests itself in their own health. Emotionally, it’s been a very difficult year. And I have some other health issues. So, my health is something I have to monitor.’

But her slender frame points to someone who’s trying to do everything at once and forgetting to look after her own well-being.

Let’s hope she starts putting herself first, before it’s too late.

Angelina looks like she’s lost more weight



**‘Emotionally, it’s been a very difficult year. And I have some other health issues’**



Last autumn, the star looked fragile



# best PUZZLES



**WIN**  
**1 X £200,**  
**2 X £100**  
**OR 3 X £50**  
**PRIZES**

Both sets of clues lead to the same answers, revealing in the shaded squares a film starring Kevin Costner (6,4)

## STRAIGHT CLUES

### ACROSS

- 1 Footing the bill (6)
- 5 Corridors (8)
- 9 Comes into pre-fruiting flower (8)
- 10 Proverbs (6)
- 11 Unpopular rodent (3)
- 12 The one after the tenth (8)
- 14 Wild, fronded plant (4)
- 15 English composition (5)
- 17 Wild, striped cat (5)
- 18 Trousers or skirt holder (4)
- 19 Teeth doctors (8)
- 23 Punch or slap, e.g. (3)
- 25 Depositing eggs, etc. (6)
- 26 Organised (8)
- 27 Assesses sizes, etc. (8)
- 28 Bed linen items (6)

### DOWN

- 2 Colleague (4)
- 3 Protection against risks (9)
- 4 Old coin, worth four pence (5)
- 5 Adhesive (5)
- 6 Left over (5)
- 7 Astound (5)
- 8 At long last (10)
- 13 Not accidental (10)
- 16 Body, consistence (9)
- 20 Pleasure outings (5)
- 21 Sweetener (5)
- 22 Aquatic mammals (5)
- 23 Injures (5)
- 24 Top quality (4)

## CRYPTIC CLUES

### ACROSS

- 1 Coughing up is making things worthwhile! (6)
- 5 Spend long periods in sea crossings (8)
- 9 Blooms outside ship are still blooms! (8)
- 10 Present time and times for sayings (6)
- 11 Creature having beginnings of really awful tail (3)
- 12 This hour is about as late as you can get before time is up! (8)
- 14 Far Eastern Royal Navy leaders showing growth (4)
- 15 Attempt to read a piece of literary work (5)
- 17 Some prestige read into an undomesticated creature (5)
- 18 Commonly the supporter? (4)
- 19 They conduct oral examinations (8)
- 23 Strike produces success (3)
- 25 Putting down tarmac is a gainly effort (6)
- 26 Fixed up and laid out (8)
- 27 Evaluates numbers of musical steps (8)
- 28 Pieces of paper with re-written theses (6)

**TO ENTER CALL 0900 100 0921 (UK 65ppm)† / 1550 716 022 (ROI 97cpm)† CODE: PUBSTN18013**

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27														



### DOWN

- 2 All you initially needed in a friend (4)
- 3 Cover could make us cannier (9)
- 4 Goat crossing river for a small sum of money (5)
- 5 Adhesive tape's out of order! (5)
- 6 Additional but thin (5)
- 7 Stagger with a garden feature? (5)
- 8 Lute levy an alternative finally? (10)

### ACROSS

- 13 To talk something over is quite intentional (10)
- 16 Beneath position of importance (9)
- 20 Stumbles upon excursions (5)
- 21 Sweet stuff producing us rag? (5)
- 22 Securely encloses the aquatic creatures (5)
- 23 Is not kind when redesigning hurst (5)
- 24 The optimum magazine! (4)

## ANSWERS

**MEGA CROSSWORD**  
 01/18 SAM SMITH  
**ACROSS**  
 1 Whines 5 Suspense  
 9 Increase 10 Errors  
 11 Hot 12 Symphony  
 14 Give 15 Spite  
 17 Tenth 18 Step  
 19 Departed 23 Got  
 25 Unlike  
 26 Seasonal  
 27 Whispers  
 28 Dishes  
**DOWN**  
 2 Hung 3 Northwest  
 4 Slant 5 Stems  
 6 Steam 7 Earth  
 8 Strengthen  
 13 Nineteenth  
 16 Positions 20 Acids  
 21 There 22 Desks  
 23 Grand 24 Same

Lines open 6 February 2018 till midnight on 19 February 2018 (closes 22 February 2018 for postal entries). Over 18s only. †UK Calls cost 65p per min plus your telephone company's network access charge; ROI 97c per min, and should last no longer than 2 mins. UK SP: Spoke (0333 202 3390). ROI SP: Phonovation/Spoke (01437 8815). To enter by post, use coupon, left.

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## best PRIZE PUZZLES ENTRY COUPON ISSUE 06

Crossword ANSWER CODE: PUBSTN18013

Send to: Best Prize Puzzles (6/18), Hearst Magazines UK, The Data Solutions Centre, Worksop S80 2RT. Print in ink. One entry per household. Postal entries to reach us by closing date of 22 February 2018. Winners will be drawn at random from correct entries received by post and phone. Names and addresses of winners available on request. No correspondence can be entered into. The editor's decision is final.

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 Postcode \_\_\_\_\_  
 Date of birth\*\* \_\_\_\_\_  
 Home telephone\*\* \_\_\_\_\_  
 Mobile telephone\*\* \_\_\_\_\_  
 E-mail address\*\* \_\_\_\_\_

WINNING CHEQUES WILL BE MADE PAYABLE AND POSTED TO THE NAME AND ADDRESS AS WRITTEN LEFT. PLEASE TAKE CARE WHEN COMPLETING THE COUPON!

\*For full T&Cs see p3. We will use the information you supply to process your competition entry. For our privacy policy visit [hearst.co.uk/dp](http://hearst.co.uk/dp).

\*\*optional information



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