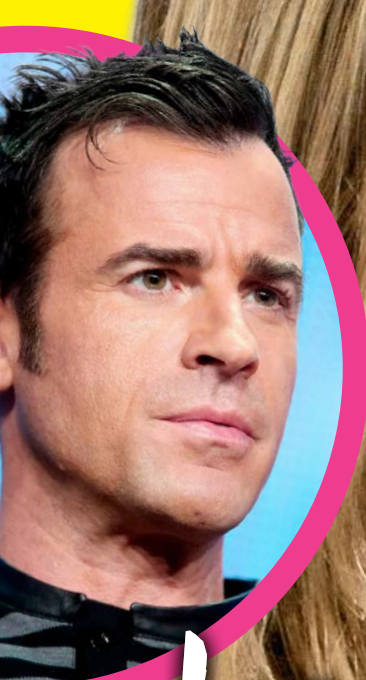


# New Year

February 13, 2017  
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Jen

## DUMPED

FOR NAOMI WATTS!

THE MOMENT JUSTIN BETRAYED HER

THE PHOTOS HE TRIED TO HIDE



JESS MARAIS  
HAPPY  
AT LAST!

APP\_NI\_0717

BRIDE & PREJUDICE CRISIS

STAR'S  
SHOCK NEW  
HEARTBREAK



BEK & KYLE

## BABY SHOCK

THE NEWS NO-ONE SAW COMING!

Plus  
TYSON SNAPS!  
THE EXPLOSIVE  
SHOWDOWN



AFTER 17 YEARS  
NOELENE & HOGES  
'HE'S COME BACK TO ME'



TZIPORAH'S  
EXCLUSIVE  
CONFESSION  
HOW I'LL  
SEDUCE  
STEVE PRICE



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**A**s a mum-of-two, I give myself a high-five when I manage to get both of my kids out the door for school with matching shoes on – so I am totally in awe of the Tucci family.

The Perth family are celebrating the first birthday of their quintuplets – and there are three older children in their brood! What's more, they are a lovely, smiley family whose kids are delightful and so, so ridiculously cute (right).

The Tucci family asked New Idea to come along to the quintuplets' first birthday party, and you can see the adorable pictures on page 28. How the parents managed to throw a party in their own home – complete with five fabulous cakes – and look so relaxed in the shots, I will never know. Perhaps mum Kim should write a parenting guide – I'd certainly read it!

**Fran**

Frances Sheen,  
Editor



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# New Idea

**FEBRUARY 13, 2017**

**28**

What's better than a first birthday? Sharing it with your four quin siblings!

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# Spot



It's official! Putting on their traditional red-carpet PDA, it appears **KEITH URBAN** and **NICOLE KIDMAN** have finally perfected the forehead touch pose.



Hey girls... **RYAN GOSLING** turns on the charm to impress **EMMA STONE** and **AMY ADAMS**.

SAG  
AWARDS  
2017

# Sequins and SAGS



Presenter **DOLLY PARTON** and best actress in a comedy winner **JULIA LOUIS-DREYFUS** were in good spirits.

**SOFIA VERGARA** was happy to have her husband/handbag **JOE MANGANIELLO** by her side.





Towering beehive? Check!  
Winged eyeliner? Check!  
Splash of leopard print?  
Check! They say imitation  
is the sincerest form of flattery,  
and REBEL WILSON absolutely  
nailed her impression of the  
late AMY WINEHOUSE while  
filming *Pitch Perfect 3*. But  
can she sing like her? We'll  
have to wait for the movie  
to be released later this year.



**WHAT  
WOULD  
AMY SAY?**



Cute! MERYL STREEP  
couldn't resist  
straightening  
RYAN's bow tie  
for him!



ERIC STONESTREET  
totally crashed  
JOE & SOFIA'S  
date night!



QUEEN ELIZABETH II  
looks tickled pink  
while visiting the  
new Fiji exhibition  
at the University of  
East Anglia in Norwich.



*Falling  
on hard  
times*

Beatrice was spotted shopping at a supermarket recently, buying some budget groceries before she appeared to struggle with her credit card at the self-service checkout.

**P**rincess Beatrice has lashed out at the Duchess of Cambridge in a shock new attack driven by jealousy, anger and bitterness.

Furious that she's been cast aside and refused an official royal role, Bea has taken aim at the duchess over her hard-luck story – outraged that while Kate has her choice of designer outfits, an army of bodyguards and the deep affection of the Queen, she has been 'cast aside like a dish cloth'.

The stark differences in the young royals' lives were more apparent than ever recently, when Bea was spotted shopping at a local supermarket – as New Idea's exclusive photos show. While Kate, 35, enjoys five-star meals prepared by expert palace chefs and served by private maids each night, the 28-year-old Princess of York is forced to trawl through local supermarkets.

And while Kate has free rein over the crown jewels and the Windsor family fortune, Bea was embarrassingly caught out at the supermarket ATM – struggling to withdraw money from the machine, with onlookers revealing 'she appeared to have insufficient funds in her account'.

Palace aides say the whole embarrassing encounter left Bea red-faced – and it seems poor Kate copped the brunt of her wrath.

'Bea can't help but blame Kate for her current desperate situation,' says the Kensington Palace source. 'She looks at Kate and she has everything that Beatrice is entitled to – the luxury clothes, cars, jewels, bodyguards, and is the darling of the royal family. Bea feels like she's been cast aside.'

'As far as Bea sees it, she was

The Princess of York has lashed out at the duchess over her life of privilege.

*Beatrice tells*  
**YOU'VE  
MY LIF**





**Last year, Charles refused Andrew's plea to give his daughters royal roles. Meanwhile, the duchess has access to all the palace luxuries.**

born a princess – Kate married into the family. She doesn't expect to be treated better than Kate, she doesn't feel more entitled. But she thinks she deserves more than being forced to scrounge around the supermarket for lettuce and being embarrassingly caught short at public ATMs.

'After the supermarket encounter, she called Kate and let fly. She was clearly very upset – saying how unfair it was.'

While sources close to Kate say she was 'taken aback' by Bea's rant, she tried to comfort and calm her down.

'Kate feels so bad for Bea,' says the insider. 'At the end of the day, Kate is just doing what she's told – her security detail, her schedule are all organised for her. She would love Bea to take on an official role, but she just doesn't have that kind of sway with Prince Charles. She's stuck between a rock and a hard place.'

The tension started last October when it was revealed that Charles, 68, had formally refused brother Prince Andrew's request to have his daughters Beatrice and Eugenie move into Kensington Palace and take on official royal roles.

Charles' controversial decision was based on his desire to 'slim down' the royal family, and has led to 'enormous friction' between him and his brother.

'They barely speak to each other now,' says the palace source.



**SHE HAS IT ALL!**

'They of course deny it, but the tension is undeniable. Andrew has been living in Charles' shadow for years, but [Charles] denying his daughters their rightful place in the royal family was the last straw. He's furious.'

While Eugenie, 26, is said to be less concerned about the decision, insiders say Beatrice has taken the news 'very hard'.

'She's recently broken up with her long-term boyfriend, she's been cast aside by the royal family – she really does feel very alone,' says a close pal. 'She can't help but be bitter.'

'The truth is, she's short of money and has to constantly ask her dad for loans and for him to pay her bills, and she doesn't see her life changing.'

**NZ**



**'Kate feels so bad for Bea. At the end of the day, Kate is just doing what she's told,' says a close insider.**



# Kate RUINED

**AS THE PRINCESS HITS HARD TIMES WITH NO CASH AND NO ROYAL PERKS, SHE TAKES AIM AT THE DUCHESS**





*My Kitchen Rules* airs Monday to Wednesday, 7.30pm, and Sunday, 7pm, Channel Seven.



Their romance has only just begun, but the *MKR* lovebirds know exactly where they stand on the subject of marriage and babies.

**T**hey've made no secret of their chemistry for one another, as the fairytale *My Kitchen Rules* romance between Bek and Kyle reaches fever pitch this week.

But behind the scenes, sources close to the TV couple reveal they were rocked by a baby scandal early in their sizzling romance.

While Bek has been upfront about her desire to settle down and have a baby, Kyle's plans couldn't be more different.

'Bek and Kyle hit it off straight away – you could cut the romantic tension with a knife,' an insider tells. 'It didn't take long for things to turn towards love, but they definitely hit a hurdle when they were talking about their plans for the future.'

The insider says during a break in filming, the pair were discussing weddings and babies. While Bek was saying she 'couldn't wait' to have



**BEK & KYLE'S**

# PREGNANCY SHOCK

**IT'S THE BIG NEWS NO-ONE SAW COMING...**



a baby, Kyle said he wanted to concentrate on his career.

'Bek's a vet and already has a really established career, and the next steps for her are settling down and starting a family,' says the source. 'But Kyle has quit his job as a bartender and the next few years are all about him making a career in food.'

'So having that conversation early on was a bit of a wake-up call for both of them. But in the end, they decided to put their baby differences behind them and see where their chemistry takes them. They couldn't have been more into each other.'

The insider tells New Idea that the conversation took place shortly after their meal at David and Betty's instant restaurant, where banter around the table quickly turned to Bek and Kyle's electric romance.

After midwives Karen and Ros were quick to say the lovebirds would be heading down the aisle by the end of the show, they were asked how many kids they'd like.

While Kyle was coy, Bek made light of the situation, saying she would be nervous having Kyle's babies.

'They're going to be really big,' she said, laughing. 'That wouldn't be a lot of fun!'

Bek later said: '[The others] picked out baby names. It was going to be Kylie if it was a girl! There was lots of jokes and lots of

wedding and baby talk – they all seemed to love it.'

Speaking exclusively to New Idea, Kyle reveals that at this point his career is his main focus.

'I'm not looking to settle down any time soon,' he reveals. 'I'm 27, I've got grand plans on launching myself on a food platform, and make some money and build a profile.'

'If romance is something that pops up along the way, then so be it, but I wouldn't say it's kids and marriage any time soon.'

But despite his big plans, Adelaide-born Kyle admits Bek, 27, definitely hit him for six.

'We got along really well, and she is funny and cool. That's what I was most attracted to – her sense of humour,' he tells.

Perth native Bek also admits she was drawn to Kyle as soon as they saw each other.

'What really sparked it was that we've both got the same sense of humour and talking was very easy with him. We got on really well,' she says.

And there's no doubt the pair have *MKR* fans wanting more.

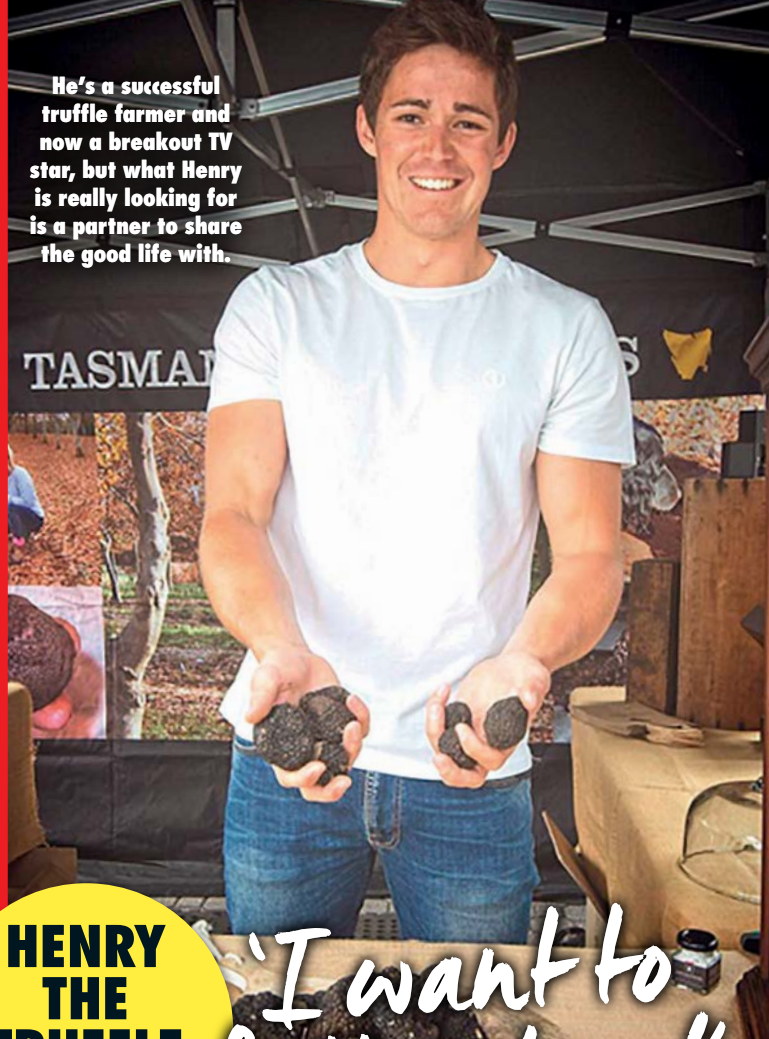
'They're such a gorgeous couple,' tweeted one fan of the pair. 'They'd have the cutest babies ever.'

Wrote another fan: 'Hurry up and get married!' **NI**



**Bek and Kyle say they first bonded over their similar sense of humour.**

**He's a successful truffle farmer and now a breakout TV star, but what Henry is really looking for is a partner to share the good life with.**



**HENRY THE TRUFFLE HUNK...**

*'I want to fall in love!'*

**Form an orderly queue, ladies! The breakout star from *MKR*'s first episode is looking for love.**

Henry Terry, the truffle farmer who Caz likened to a 'Calvin Klein model', tells New Idea he's open to finding a special lady, thanks to his new-found fame.

'I am single,' the hunky 25-year-old confirms.

'I'm open to anything, I'll give anything a crack!'

Not only is the Tasmanian local gorgeous and available, he comes from respectable, well-to-do farming stock.

'Mum and Dad were the first people in Australia to grow a French black truffle,' he reveals.

At just 22, the good-looking country boy started a side business using his family's truffles, which has taken off exponentially.

'I started playing with the truffles in the kitchen,' he explains.

'That's my primary business now. We use all our

truffles to make products like oils, chocolate, ice-cream.'

Henry is no stranger to TV either, having appeared on *The Living Room* and SBS' *Food Safari* with Maeve O'Meara.

Now that his stint on *MKR* has catapulted him to fame, Henry is keen to explore a career on the small screen.

'I've done a few bits and pieces,' he explains.

'I'd give it a go, give it a crack!'







# Fight night

# SABOTAGE AND THREATS OF VIOLENCE

THE GLOVES ARE OFF AROUND  
THE TABLE THIS WEEK!



If looks  
could kill...

My Kitchen  
Rules airs Monday  
to Wednesday,  
7.30pm, and  
Sunday, 7pm,  
Channel Seven.



Tyson reveals he and Amy (right) have not been impressed by the 'average' dishes in the competition so far – infuriating David and Betty (above), whose south-east Asian entree and main were a big hit with the other contestants.



**S**ince day one, Tyson has been a ticking time bomb. And this week, the villainous *My Kitchen Rules* contestant is set to explode into his alter ego – Angry, Angry Man – with fiery consequences.

'If I wasn't doing this... I'd be punching a wall,' Tyson rages during his instant restaurant with sister Amy.

It seems the pressure is finally getting to the usually unshakable Uber driver, and a series of clashes with opinionated David

around the table on Monday night doesn't help things.

'There was tension between us and David and Betty,' Amy explains. 'Some of the things they would say particularly upset Tyson and I'd have a bit of a dig and then laugh it off, whereas Tyson takes it a little more seriously.'

Sydney contestant David picks a fight with Tyson, 26, at Tim and Kyle's instant restaurant when the fussy foodie complains that so far, all the dishes in the competition have been 'average'.

'Everything's been average. There hasn't been anything great yet,' Tyson gripes.

But David, 32, isn't having a bar of it, taking a verbal swipe at his enemy.

'I take [what you said] personally because our dessert wasn't that good, but our entree and our main was above average,' he says. 'I get annoyed when you say that.'

Betty adds: 'To us, we do take offence to it.'

While things kick off on camera, behind the scenes there is also mounting tension between the two teams over strategic scoring.

'David and Betty were





Josh  
speaks  
his mind

## THE BIGGEST VILLAIN IN MKR HISTORY



vocal about being critical with their scoring later on in the first round,' Tyson reveals.

'I think everyone went pretty easy when it came to scoring at the start, but I feel you have to be consistent throughout.'

David admits he and Betty, 27, may have made some mistakes in their scoring.

'We scored Damo and Caz higher than we should have,' he confesses.

'In the beginning we based it so much on people and whether

or not we felt sorry for them. 'Betty and I did play with our hearts too much and we did warn people not to make the same mistakes that we did, and then some people interpreted that in their own ways and took that to mean we're playing with strategies.'

With Amy and Tyson still left to cook, will they show that they can walk the walk?

By Holly Richards **NI**



Manu and  
Pete: 'Leave us  
out of it!'

Tensions may be running high around the table, but don't expect any sympathy from the judges! Manu and Pete refuse to be drawn into the drama. 'We don't know what happened there [between David and Tyson],' Pete says. 'We don't really delve into their personal lives - we keep a professional distance and just focus on the food.'



**W**e've seen plenty of *MKR* villains over the years, but if the rumours are to be believed, nothing compares to 'Seafood King' Josh!

The 25-year-old from Broome - who hits our screens later this week when Group Two premieres - ruffles plenty of feathers

on the show, with several contestants slamming him as 'sexist', 'mean' and the 'most offensive person I've ever met'.

'Josh is the villain of the series and he's 110 per cent just horrid,' says fellow contestant Alyse.

She adds that everyone around the table was 'shocked' by things he had to say.

But while Josh is at the centre of many fiery showdowns - with Court, Tully and Alyse regularly going head-to-head with the controversial contestant - he's not fazed.

'I don't really care how I am portrayed, I'm pretty happy with how people see me,' he says.

'During our instant restaurant, a lot of the teams were being fake, saying one thing for the cameras, something else in private. So I called them out on it - I hate fake people.'

Contestants were shocked by Josh's comments at the table, but the plain-speaking wannabe chef declares he doesn't care what others think!





## “Lowan Muesli. A great way to start the day.”

A handwritten signature in blue ink that reads 'Hayden Quinn'.

Hayden Quinn - TV presenter, author and champion of a healthy lifestyle. Hayden believes a healthy start to the day is essential, which is why he chooses Lowan Muesli. Lowan contains all natural ingredients, is high in wholegrains and is packed with fibre and taste. Make Lowan the perfect way to start your day.



For information about our range and tasty  
recipe ideas visit [www.lowan.com.au](http://www.lowan.com.au)





Insiders say the songstress is smitten with the talent agent.

Australia's golden girl is in love — and she wants the world to know!



Delta and Joe have been long-time friends.

**S**he's been linked to a whole host of eligible Aussie bachelors in the past few months, but it looks like unlucky-in-love Delta Goodrem is finally off the market.

The 32-year-old is said to be smitten with talent agent Joe Dadić, after the pair were spotted in numerous social media snaps together.

Delta certainly hasn't been shy about flaunting her new romance. The loved-up singer has shared a video to her Instagram story of the new couple driving along, listening to music alongside the caption: 'Backstreet comes on radio u know it's a good day!'

And back in November, Joe — who works with the likes of The Veronicas and US singer Mya — posted several group shots of himself and Delta enjoying a holiday with friends in Byron Bay, NSW.

'Best weekend,' the media businessman captioned one particular image of the group posing with wine glasses.

Although Delta and her new love have known each other for some time, close pals reveal their friendship developed into romance after Joe accompanied her on tour late last year — and there's even talk of wedding bells in the not-so-distant future.

'They've been friends for years, so things are moving really quickly now that it's romantic. He's actually desperate for her to marry him — he's sure she's The One,' an insider reveals to *New Idea*.

The pop star was recently rumoured to be dating rugby union player Drew Mitchell, but the short-lived four-month relationship is said to have ended last year. Since then, the brunette beauty has been linked to a number of celebrity suitors, including Karl Stefanovic, Andy Lee and Hugh Sheridan.



Although she's tight-lipped about her love life, the singer posted a telltale video with her man recently (right).

While we're dying to know more, Delta is remaining tight-lipped on her new love, having previously stated that she's no longer interested in discussing her love life or letting dating rumours trouble her.

'I'm really proud to say I've learnt I don't want to be the person that talks about that,' she told *Stellar* magazine.

'I've learnt that's not who I am. When I look back at certain chapters in my life, I think, that's not who I am, that's not the core of me, I don't have to do that.'

NI



The couple enjoyed a getaway to Byron Bay with friends.



Delta's shock romance

I'VE FOUND THE ONE!







It was revealed Paul and Noelene didn't speak to each other for 17 years after their second divorce.

# At last! HOGES & NOELENE REUNITED!

**THE SAD,  
SECRET HEALTH  
CRISIS THAT  
HAS BROUGHT  
THEM BACK  
TOGETHER**

It was the ugly divorce and affair scandal that rocked the '80s, with Aussie icon Paul Hogan walking out on wife Noelene after three decades together for his much-younger *Crocodile Dundee* co-star Linda Kozlowski.



'I had him while he was young... and handsome,' says Noelene of her marriage to Paul.



But with his relationship to Linda now over, it seems Paul and Noelene have turned to each other once again as they face one of the biggest battles of their lives. Sources close to the Hogan family tell New Idea that the couple – who first married in 1958 and share five children – have banded together to support one of their adult sons, who is thought to have suffered a stroke.

Noelene, 76, reportedly now lives with her ill son to help care for him – while 77-year-old Paul is never far away, so that he can offer financial and emotional parenting support.

'The family remain very close, fiercely private,' the family source tells New Idea. 'Talking about Hoges is very much off-limits for all of them. It's believed he looks after all of them financially, so there's no way they would ever

upset him. They are a very close-knit clan.'

Revelations of Hoges and Noelene's renewed bond in the face of their son's health concerns come as a hugely anticipated Channel Seven mini-series on the Aussie legend's life prepares to air.

While the acclaimed show will highlight the actor and comedian's iconic career, his tumultuous marriage to Noelene will no doubt feature heavily.

But while Hoges has never been far from the headlines, Noelene has chosen to stay out of the limelight, remaining largely silent since her 'embarrassing' split from second husband Reg Stretton in 2000.

'Noelene hasn't spoken in public since her humiliating and very short-lived marriage to Reg,' says the source. 'Their relationship ended more or less immediately after their South Pacific honeymoon.'

'Noelene met Reg at the local club where she still gambles. He took half his family on the

Josh Lawson and Justine Clarke play the Hogans in the new mini-series.



THIRD TIME LUCKY?

honeymoon and just drank all day while they were there. She was intensely, intensely hurt and embarrassed by the whole incident.'

Since the break-up, the family insider tells New Idea that Noelene has thrown herself into the lives of her kids – Brett, Clay,

'All the kids live on Sydney's northern beaches,' the source tells. 'At one stage, Noelene was running a local fashion boutique with her daughter Loren.'

'But the last time they were all in the same room together was for their youngest son Scott's wedding in 2007 – Linda

## 'When it comes to their sick son, Paul and Noelene are a united front and he'll do anything to help'

Todd, Loren and Scott – and her 10 grandchildren. After moving out of her marital mansion, she now lives in a 'very unassuming' '70s-style red-brick home on a main road in the Sydney suburb of Belrose.

and her son with Paul, Chance, were there as well. But Scott, who's a dead ringer for his dad, has since split with that wife and is now engaged to a woman called Nola.'

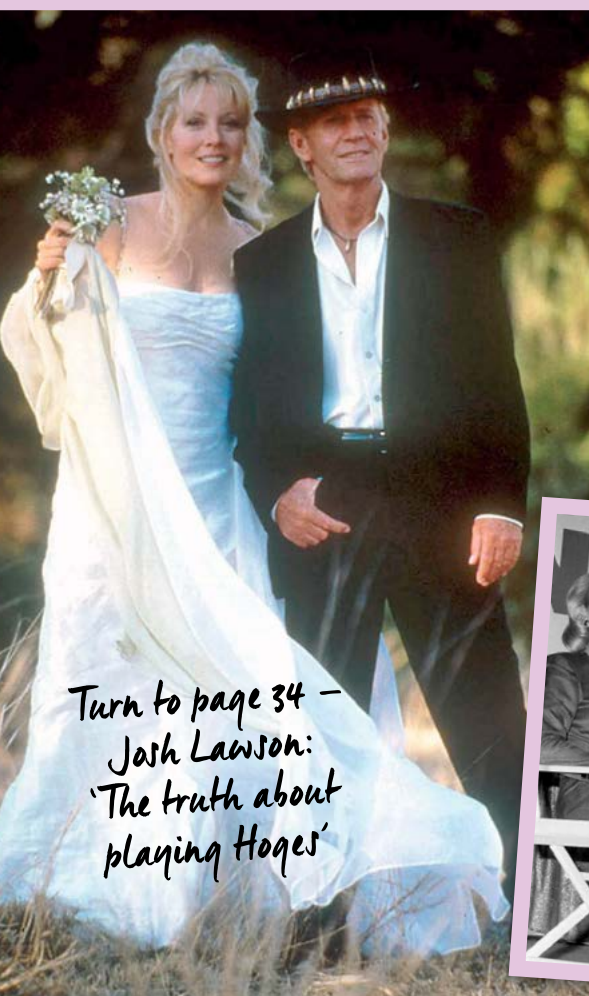
Adds another source: 'The entire extended family hasn't been in the one room for a long time, but Paul stays in contact. Especially when it comes to their sick son, Paul and Noelene are a united front and he'll do anything to help.'

While Noelene put on a brave public face after Paul left her for Linda – 'I had him when he was young, virile and handsome... but she's got him in older times when all he wants to do is sit around the house and not go out' – friends say she still never really recovered from their break-up.

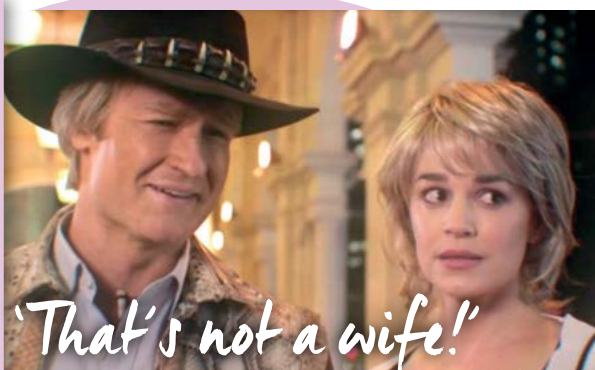
'Everybody says Hoges was the love of Noelene's life and she has never got over losing him,' says the source. 'They had a long history: married in 1958 then divorced in 1981, only to remarry a year later – then to divorce again in 1990 when he met Linda.'

'Noelene's widely viewed as a really likeable woman – but in saying that, also a little lonely and sad.'

NZ



Turn to page 34 –  
Josh Lawson:  
'The truth about  
playing Hoges'



After they starred together on the big screen (left), Hoges and Linda fell in love. Their real-life union ended in divorce in 2014 after 24 years, although Linda says: 'It is very friendly. We talk all the time.'





# WHO'S THAT GUY?

# THE MAN MAK JESS SMILE AG

## JESSICA IS HAPPY ONCE MORE AFTER A TOUGH FEW YEARS

**J**essica Marais has a lot to smile about these days, as the mum-of-one can't hide how happy she is any longer!

Jessica and a mystery man were spotted in Sydney looking carefree as they ran errands and did some shopping for homewares. They laughed the afternoon away and spent time with Jess' four-year-old daughter Scout.

This is one of the first times Jess has been seen with a man since her split from her ex-fiance James Stewart. Jess and James parted ways in 2015, after six years together.

The former couple first met on the set of *Packed To The*

After a lonely few years, the 32-year-old is happy again.



The pair enjoyed their afternoon while Scout was with her father James.





# ING AIN

## MODERN FAMILY

*Rafters*, where they played onscreen lovers. It didn't take long for life to imitate art, and the pair announced their engagement in 2010. Two years later, Jess and James welcomed their daughter Scout into the world, and the two continue to successfully co-parent her today.

Since splitting from James, the 32-year-old's primary focus has been her career and Scout.

**'James is really happy for Jess, now that she's happy again. She's a great mother... and he wants the best for her'**

With her love life on the backburner, Jess' career flourished and she won starring roles on *The Wrong Girl* and *Love Child*.

However, after a few lonely years, Jess was very open to friends about how she was

ready to move on and find a new special someone.

'For a while now, Jess has felt open to new love – she hasn't dated anyone seriously since her split from James and she feels that's the missing link in her life,' a source close to the star reveals.

And however close Jess and her new man are, her former fiancé James, 41, seems to be totally OK with the situation, as the photos above reveal. All four were pictured together as Scout finished her time with Jess, and James took over the parenting reins.

After dropping Scout off with James, the pair had an easygoing and fun day together, wandering in and out of shops

in the inner Sydney suburb of Waterloo and laughing as they struggled down the street with a large pot they had bought.

And Scout seemed to be enjoying her day too. As she left with her dad, she couldn't contain her excitement, giving Jess a big hug. James was also

in a friendly mood as he shook the man's hand and chatted cheerfully with him.

'James is really happy for Jess, now that she's happy again,' the close source explained.

'She's a great mother to Scout and he only wants the best for her and for their daughter.'

NZ



James enjoyed the company of Jess' man as he picked up his daughter.



Scout appeared to be very excited and gave them all big hugs.



The star and her mystery man shared a few laughs as they shopped for homewares.



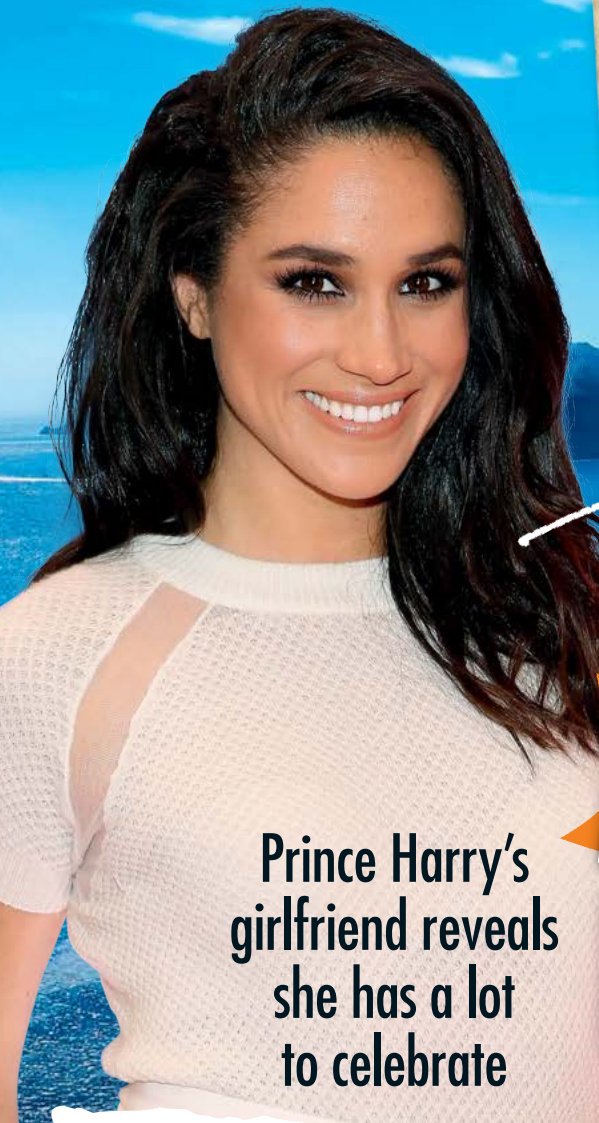
### HAPPIER TIMES

After meeting on *Packed To The Rafters*, the pair enjoyed six years together and had a daughter.



The former couple are now focusing on their careers.





Prince Harry's girlfriend reveals she has a lot to celebrate

# Meghan Markle My dream hens party!



Dining at their favourite restaurant on the island, Meghan was joined in Hydra by friends Lucy (left) and Lindsay (far right).

GIRL GANG

**A**s photos of Meghan Markle's recent bachelorette party emerge, the Queen can breathe a sigh of relief... Prince Harry's future bride toed the royal line, opting for tasteful over trashy.

Having recently planned a celebration for her friend Lindsay Roth, Meghan has revealed a traditional hens party simply isn't her style. 'The thought of running

around a city trying to get into clubs and wearing headbands of the phallic persuasion didn't seem very "on brand" for us, I opted instead to woo the bride to be with a more low-key stagette,' the 35-year-old wrote on her blog *The Tig*, of the occasion.

With the stereotypical strippers, shots and nightclub shenanigans taken off the table, the *Suits* actress instead planned an indulgent weekend on the Greek island of Hydra.

'There is something wholly cathartic about being able to turn it all off – to sunbathe with no one watching, swim in the briny Mediterranean Sea, eat copious amounts of Greek salads and fried red mullets, and toast to the day,' she recalls.

Having shared several photos from the sunny break on Instagram, the indulgent girls' weekend looks fit for any royal

bride-to-be, with Meghan and her two pals Lucy and Lindsay sipping wine, soaking up the sun, indulging in local delicacies and taking dips in the sea.

While Meghan will no doubt opt for a similar pre-wedding celebration, sources reveal Harry will choose an exclusive resort at another European vacation for his bucks.

Having recently enjoyed a romantic Norwegian holiday with Harry, 32, and reportedly gaining the approval of Harry's sister-in-law Kate during a recent meeting, Meghan's chances of planning her own hens do and royal wedding are increasing by the day.

Indeed, Meghan's co-star, Patrick J. Adams, who plays her fiance on *Suits*, did little to quash rumours that an engagement is imminent, after a fan asked him what it was like kissing 'the potentially future princess of England'?

'The same as it was before she was potentially a future princess of England,' he answered. **NI**



It was all aboard for the bachelorette party, which saw Meghan and her two close friends jetting off to Athens and the Greek island of Hydra, to toast the bride before her big day.



Photos of Meghan with suitcase, in bed and with friends: Instagram.com



Harry and Meghan started dating last year, and reports suggest they will soon be engaged.




# **"IT'S #MKR SEASON"**

KELSEY & AMANDA



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Flirty Justin couldn't wait to sweep Naomi into his arms (below) when they met in New York on January 28. However, the actor's mood quickly changed. 'Justin panicked after he realised he'd been photographed,' an insider confirms to New Idea. 'He wasn't happy that he had been caught out with Naomi.'

**THE  
PHOTOS  
THAT  
BROKE  
JEN'S  
HEART**

**J**ennifer Aniston has been dumped by husband Justin Theroux, just days after he spent a wild night with Aussie actress Naomi Watts.

Sources close to Jen and Justin say the pressures of leading separate lives have finally taken their toll, with the couple rarely seeing each other in recent months and attending red-carpet events alone.

But the final straw was seeing photos of Justin and newly single Naomi 'all over each other' during a recent night out, with onlookers revealing that the chemistry was 'obvious'.

The stars – who have a long history together, since filming the erotic thriller *Mulholland Drive* in 2001 – set tongues wagging at a recent fitness class launch in New York, as they spent time together in deep conversation.

The shock photos of Justin and Naomi, who recently split from long-term partner Liev Schreiber, were the tipping point for Jen, who confronted her husband over the heartbreaking betrayal of taking Naomi to the party and not her.

'They had a very messy blow-up over Justin's night with Naomi,' an insider tells New Idea.

'Jen couldn't believe it when Justin walked out on her and told her he'd had enough. She was very upset, saying she couldn't believe it. It's devastating for her.'

It's not the first time there have been sparks between Naomi, 48, and Justin, 45.

Production sources confirm that rumours of a wild affair on the set of *Mulholland Drive* in 2001 – when Naomi

**JUSTI  
DUMPS  
...FOR NAOMI**





Jen is all too aware that sexy Naomi is just her man's type... and Justin's recent Instagram post (left) isn't helping her insecurity.

THE END

THESE SHOCK  
NEW PICS HAVE  
LEFT JENNIFER  
HEARTBROKEN

N  
JEN  
WATTS!



## JUSTIN'S BLONDE AMBITION

Naomi bears a striking resemblance to Justin's former partner of 14 years, Heidi (above left), who he dumped around the time he started dating Jen. Pals say Jen fears he could blindside her, just as he did Heidi.

was single and Justin was dating former girlfriend Heidi Bivens – were rampant at the time, causing shock waves during filming.

'When they filmed *Mulholland Drive*, they got on famously,' the insider reveals. 'Naomi was single and there were rumours they were getting close outside of filming hours.'

'It stopped when Heidi started flying in from New York to check up on him on set.'

'It's no secret Jen stole Justin from Heidi. As a result, Jen's always had in the back of her mind he'd do to her what he did to Heidi.'

'Jen goes mental when Justin is pictured with someone else, but the fact it's Naomi, who's a dead ringer for Heidi, has really upset her.'

The row over Justin's night with mum-of-two Naomi comes after a trying six-month period for Jennifer, with their marriage suffering a series of blows.

Sources close to the couple

say they 'haven't recovered' since Justin spent four months in Melbourne filming *The Leftovers* while the former *Friends* star stayed in LA, with the separation causing untold damage to their relationship.

'At the end of the day, they've barely seen each other since June,' says the friend. 'After Justin was done with filming, he went to Europe and has been in New York ever since, while Jen has stayed in LA. No marriage can survive that.'

Justin's solo appearance at the Golden Globes and his no-show at Jen's *Office Christmas Party* premiere in December raised eyebrows – as did the actress' shock decision to pull out of last week's Sundance Film Festival at the last minute.

'Jen just couldn't face the media with so much turmoil in her life,' says an insider close to the star, who turns 48 this week.

'Jen's begged Justin to give her another chance,' says a source. 'Her fear is that he and Naomi have a past, and clearly there is chemistry there that can't be denied.'

NI

Justin's post: instagram.com



## FLIRTY FUN

Justin hung out with gorgeous actress Elizabeth Marvel on January 27, and cosied up to attractive admirers (left) the following day.





## CHRIS' HEARTACHE

# 'I COULDN'T

# WITH

**THE BRIDE  
& PREJUDICE  
STAR OPENS  
UP ABOUT  
HIS SAD  
RELATIONSHIP  
WITH HIS  
PARENTS**

**T**hey're the gay couple who won the hearts of Australians after last week's episode of *Bride & Prejudice*. Chris' fractured relationship with his Jehovah's Witness mother Yvonne and his straight-laced, conservative father Geoff shocked viewers after hearing their thoughts on their son's homosexuality.

Yvonne claimed: 'I feel that my son has died,' while Geoff revealed he didn't hate his son, but was unsure if he loved him.

Now, Chris exclusively opens up to New Idea about the hardship of growing up gay in his strict religious household.

'I couldn't compete with Jesus,' says the 39-year-old. 'I could sit here and argue, but it's not going to get through. My mum's eternal salvation and my eternal salvation as opposed to how I live my life now, obviously that [her religion] is her priority. It's hard to use logic with people who don't recognise a logical argument.'

In last week's episode, Chris proposed to his long-term partner Grant, 32, and they set about breaking the exciting news to their parents. While Grant's mum and dad were elated

**By appearing on the show, Chris (with partner Grant) hopes it will not only mend his relationships, but will help other gay people find acceptance.**





Dad Geoff and mum Yvonne have had little contact with their son in recent years.



# 'T COMPETE JESUS'

FAMILY IN PAIN

with the news, Chris knew telling his parents would be difficult.

'I always knew I was different, but being told that difference was wrong from a young age was hard,' Chris recalls. 'In my early teens, I remember some footage of the Sydney Mardi Gras came on the TV and my parents' reaction – they really vilified the people who were participating and all I could think of was: "Oh my God, that's me." I knew from that point

**'It feels like a part of my life has been missing over the last 18 years'**

I had to make a decision – would I continue to suppress that and follow the religious line, or would I break away? I chose the latter obviously.'

After coming out at 22 to his father, Chris and his parents have had very limited contact.

[Since coming out], the relationship has been strained. I haven't been able to be myself and talk about things other than work,' he explains.

'I couldn't tell them about any relationships I was in or anything in my personal life because they couldn't handle it.

'I would spend less time with them and move further away, because every time I would go home I would be so upset. It's demoralising to pretend to be someone you're not.'

Due to his parents' beliefs, they've caused Chris a great deal of pain, and appearing on *Bride & Prejudice* is as much for him to face up to conversations he's put off for years, as it is to help other gay people struggling.

'My story isn't unique – I've been dealing with this for nearly 20 years – but there are a lot of kids out there dealing with this right now,' he says.

'They're scared about what will happen if they come out to their parents and the big message I hope comes across is that, despite everything that happens, there's going to be people around that love and support you.'

Chris also hopes homophobic people watching the show will think twice before judging gay people.

'There are people out there who say: "I don't agree with it [homosexuality]"', but what



In the midst of his wedding plans, the Sydneysider has to face his parents.

*Bride & Prejudice* airs Monday, 9pm, Channel Seven.

they need to understand is that when they do take their stand, what's the impact? They need to understand you can have your view, but your lack of acceptance is making us feel like second-class citizens.'

But despite his parents' persecution of his sexuality, Chris still remains optimistic about their relationship, and when questioned whether he still loves them, his answer is strong and clear.

'Absolutely. It feels like a part of my life has been missing over the last 18 odd years and I'd like that to be different,' Chris explains. 'So if that opportunity came up, I wouldn't slap it away at all.'

Whether or not Chris will change the view of his parents, audiences will have to wait and see how everything unfolds in the coming weeks.

By Ali Cromarty **NI**



Chris shared a strong bond with his dad and mum until his 20s when he told them he was gay.



I'M A CELEB EXCLUSIVE

# Tziporah's shock love confes 'HOW I'LL SEDUCE STEVE'



The former model has formed a close bond with a surprising ally



COMMON GROUND

While Steve didn't like Tziporah at first (top), the pair quickly discovered they shared an interest in politics.



What do you think of the alt-right movement?

**T**hey're the unlikely couple that have all of Australia talking. But while *I'm A Celebrity*...

*Get Me Out Of Here!* audiences watch the sparks fly between former model Tziporah Malkah and shock jock Steve Price, there's more to the sizzling chemistry than meets the eye.

Sources close to Tziporah, 43, say she's long been 'smitten' with the controversial *The*

*Project* star, and was 'beyond excited' when she found out she was going to be in the South African jungle with him.

'Tziporah loves that Steve just says what he wants, and doesn't care if he ruffles feathers,' a pal of the '90s cover girl tells *New Idea*.

'She loves that he's educated and opinionated and well-read – and while not everyone would agree with his point of view a lot of the time, she respects that he's willing to put himself out there.

'She thinks they're really similar in many, many ways.

'When she found out they were going to be on *I'm A Celeb* together, she was beyond excited. She's smitten with him and knew they'd hit it off. Tziporah has her eye on him, that's for sure.'

Before going into the jungle, Tziporah opened up to *New Idea* about her loneliness and her dream of finding someone special after her stint on the show.

'I would love to have a wonderful companion,' she revealed. 'You've got no ideal'

And it seems she's found that friend in Steve, with the pair rarely leaving each other's side

during their first few days in the wilderness.

While the 2GB radio star was initially reluctant to see Tziporah enter the reality show, within a day they were discussing right-wing politics and praising outspoken figures such as Pauline Hanson, Donald Trump and journalist Milo Yiannopoulos.

Captivated Kate told Steve: 'You are one of my favourite people in the world, you are!'

But while Tziporah is clearly enamoured by Steve, 62, the opinionated media star is happily married to Wendy Black.


Tziporah's chemistry with Steve is the latest headline that's come her way since she landed in the jungle. Just hours after appearing on the show, she copped the wrath of body bullies who branded her 'morbidly obese' and 'unrecognisable'.

Speaking to *New Idea* before her surprise appearance on the reality show, the ex-model revealed she'd gained 8kg over Christmas – succumbing to the temptations of the holidays.

'It's not easy during the silly season, plus my trainer's been away!' Tziporah confided, before heading to Africa.

The taunts will be a tough blow for Tziporah, who last December vowed to drop 20kg, telling *New Idea* that she's long struggled with body confidence.

'I've always had an unhealthy body image,' she said. 'At my thinnest I thought I looked fat. At my biggest I can look in the mirror and think I look fine. But now I have to lose this weight.'

'My doctor said: "I know you're an icon for the bigger woman but you can't continue to do it at your own expense."' 

Main photo of Tziporah: Lawrence Furzey



# sion

Tziporah – who recently opened up about her body issues with *New Idea* – has copped criticism from viewers over her appearance.



## CASEY'S SECRET SHAME

Heartbroken, overweight and lonely, Casey Donovan developed a disturbing addiction to online dating, fuelled by junk food binges.

In the wake of her sham six-year relationship with a man who did not exist – in reality she was being cruelly duped – the *Australian Idol* winner sank into self-loathing.

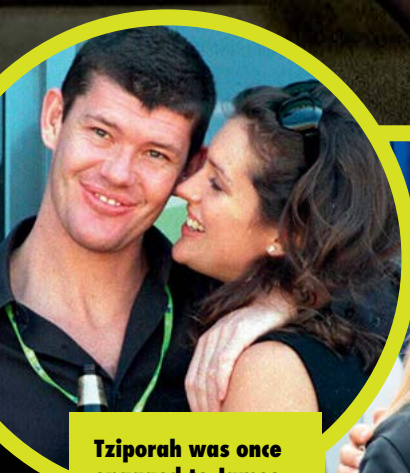
'She was looking for love in all the wrong places,' a friend tells *New Idea*. 'She went out and had sex with total strangers she found online. It was like she needed validation after that awful catfish experience. She needed to believe somebody found her attractive.'

'When the sex left her unsatisfied she turned to junk food, gorging on bulk McDonald's. Her car was a tip!'

The story of Casey's catfishing hoax was broken exclusively by *New Idea* back in 2014. The catfish – later identified as her best friend Jade Katie Cavanagh – pretended to be a man called Campbell, and eventually persuaded the singer to have sex with her.

'It started at 16. I'd never had a boyfriend, I was always the kid that was a bit different,' said Casey, 28. 'I thought someone had loved me for me, and it was hard to find out it was all a lie.'

After being cruelly catfished by Jade Katie Cavanagh (above), Casey turned to unhealthy habits to cope with her pain.



Tziporah was once engaged to James Packer (above), while shock jock Steve has been married to Wendy (right) for 11 years.





# Beyoncé I'M HAVING TWIN!

**BUT ARE THEY  
BAND-AID BABIES?**

Beyoncé and Jay Z shared their news with fans, revealing Blue Ivy (below) will soon have two new siblings.

**F**inally putting those split rumours to rest, Beyoncé and Jay Z shocked the world last week by announcing they're expecting twins!

Breaking the surprise baby news via Instagram, the *Lemonade* singer posted a photo of herself clad in lingerie, holding her pregnant belly, with the message: 'We would like to share our love and happiness. We have been blessed two times over. We are incredibly grateful that our family will be growing by two, and we thank you for your well wishes. – The Carters.'

Of course, this isn't the first time Queen Bey has dropped a baby bombshell, famously announcing she was pregnant with daughter Blue Ivy, now five, during her performance at the MTV Video Music Awards in 2011 (pictured, far right).

However, it hasn't been easy. Beyoncé is said to have put her body – and her allegedly shaky marriage – through hell in a desperate bid to conceive a second child as far back as 2012.

From IVF and acupuncture to cupping, nothing seemed to work – and the lack of a baby was one of the things that tore them apart and drove Jay Z away, according to insiders.

Complicating matters was the infamous elevator fight, where Bey's little sister Solange attacked Jay Z with her handbag as they left the 2014 Met Gala – an altercation rumoured to be sparked by his infidelity.

**'They had some serious marital problems recently... But all that has been forgiven as they await the birth'**

Now, friends are wondering if the pregnancy is a last-ditch effort to save their relationship.

'They've had some serious marital problems recently, and Beyoncé was close to leaving Jay Z for good,' a pal reveals.

'She's had to deal with a lot, especially all the rumours of Jay Z cheating. It's been difficult for Bey. She even stopped wearing

her wedding ring for a while.

'But all that has been forgiven for now, as they await the birth. Boys, girls or one of each, they will be glad to just have two healthy babies.'

'They've managed to patch up their marriage for the time being. This pregnancy has given them hope in the relationship again. They're both over the moon! **NZ**

**Solange's elevator attack hinted at Bey and Jay's problems – now pals hope welcoming twins will help their marriage.**

**DOUBLE JOY**





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# THE TUCCI QUINTUPLETS SURE KNOW HOW TO SMASH UP THEIR FIRST BIRTHDAY CAKE



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5 times the fun!

# IT'S THE FIRST BIR



Kim and Vaughn have their hands full caring for five babies, along with daughters Aiva (above left) and Indiana, and son Kurt.

**W**ith their toothy, gummy grins melting the hearts of everyone in the room, it's clear the Tucci quintuplets are used to being the centre of attention.

It's party time and there's bedlam in the house, but for parents Kim and Vaughn Tucci,

bedlam is the new normal. Just 12 months ago, the pair welcomed Keith, Allison (known as Allie), Penelope, Beatrix and Tiffany. Now, as the tots, who were all conceived naturally, demolish their birthday cakes, their proud, tired parents can't believe they've survived the year.

'When Kim told me we were having quins, it all seemed pretty simple,' grins Vaughn, 33, who hasn't been able to work since his family of five became 10 overnight. 'To be honest, I'm amazed they're all still alive.'

'I didn't think it would be this hard and I certainly had no idea I'd be needed this much,' adds Kim, 27, who's also mum to Aiva, five, Indiana, three, and nine-year-old Kurt, her son from a previous relationship.

'I wouldn't swap this experience for the world, but there are days when all I want is a shower without someone saying "Mum!"' she adds.





The adorable tots celebrated their milestone in style, gleefully demolishing their sweet treats.



PARTY TIME!

# QUINS' BIRTHDAY!

The Perth-based couple were happy with their little family, but after having two daughters with Vaughn, Kim desperately wanted him to have a son.

They agreed to try for one more baby, but were blown away after learning Kim had released five eggs – and all were fertilised successfully!

'I couldn't get my head around it,' says Kim, twirling the stone ring on her finger made from the five umbilical cords of her babies.

The courageous mum now lives her life day by day, trying not to set high expectations for fear of failing to meet them.

She documents her ups and downs on a blog, *Surprised By Five*, read by 340,000 fascinated followers who just want to know how she does it.

'We sometimes say to ourselves: "Why? Why are we in this position? Is it a positive or negative thing?"' Vaughn laughs. 'Of course, it's positive and we

wouldn't change a thing, but it is damn hard work!'

Smashing his fist through a mountain of blue icing, Keith, who is named after his late grandfather, couldn't be happier on his first birthday.

Despite being born prematurely at just under 30 weeks, he's a healthy 12kg. His height is off the growth charts, and he already has six teeth, while Tiffany and Beatrix have none.

All the babies look different, particularly Tiffany, who is blonde with blue eyes, in contrast to her siblings' dark features – and all except Allie are crawling.

'We call Keith "The Chief", because he's the leader,' smiles Kim, who has a nickname for all of her little ones. 'He likes to dominate already and mesmerises girls with his smile.

'Allie gets Alligator, because it flows from her name. She's the cuddliest and is always content, while Tiffa [Tiffany] is happy,

but can be a bit of a bully.

'Penelope is our little tomboy and gets Poppa because she has a grin like Popeye. And Beatrix, or Bee-bee, is our pretty, high-maintenance princess.'

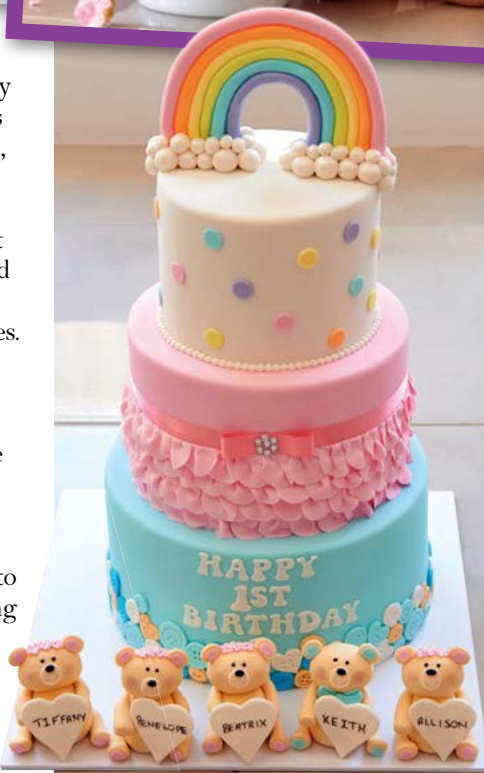
The Tuccis admit they don't get out much – it's just too hard – and Kim gets very anxious when strangers touch her babies.

'It took many hours to get a photo with Santa in the local shopping centre last year,' she says. 'I'm a bit of a germaphobe too, so when people started running their fingers through Keith's hair I freaked.

'My babies mean the world to me, and Vaughn and I are trying hard to enjoy every stage without getting overwhelmed by the responsibility.'

By Karalee Katsambanis

Photos: Frances Andrijich NI







HAPPY  
FAMILY

## MAFS' ZOE EXCLUSIVE

*Amazing  
slimdown!*

# I LOVE M BODY AF

**W**inning hearts across Australia when she married a stranger on a controversial TV reality show, Zoe Hendrix is clearly a girl who likes a challenge. So it comes as no surprise that just 12 weeks after giving birth, she is back in a bikini.

With daughter Harper-Rose perched happily on her hip and TV husband Alex Garner proudly watching on, the

reality star exuded confidence at our exclusive photoshoot – looking amazing as she showed off her petite size six figure.

Losing an impressive 17kg since the birth of her beautiful little girl, she has every reason to be proud of her achievement. But as the new mum sits down with *New Idea*, she reveals that there's been no personal trainer, boot camps or even a strict diet.

'I've simply been walking and pushing my pram while Harper sleeps,' she says, smiling. 'I do about five to seven kilometres a day to my local park. I just put my shoes on, put on a podcast or crank up Beyonce and go.'

As a regular gym user before her pregnancy, Zoe surprised



The *MAFS* star is proud of her body – before and after baby!





**Her workout secret?** Zoe has simply been spending quality time with Alex and bub Harper, two months (left).

The much-loved reality TV star is loving her physique more than ever after the arrival of little Harper-Rose

# Y NEW TER BABY!

herself when she recently attended a session and felt lost without her little workout buddy.

'I only stepped into a gym once since Harper was born, for a pump class,' she says. 'I didn't enjoy it much because I missed having her beside me. Maybe I will do that when she's bigger, but for now, walking is perfect.'

Gaining 20kg during her pregnancy, the TV favourite says the past few months were the most difficult to stay on track with her health – and even Alex struggled to keep in check, piling on 10kg himself.

'We did go out and eat a lot in trimester three, as I was not up for cooking dinner very often,' Zoe says. 'I craved

Magnum ice-cream a lot, and meatlovers pizza was a favourite!'

But the brunette beauty says since then, the key to her rapid weight loss was maintaining a healthy, balanced diet without cutting anything out completely.

'I became more conscious of what I ate and ensured that I had healthy food options within arms reach,' says the *Married At First Sight* star. 'As I am breastfeeding, that also motivated me to ensure I eat a balanced diet and I drink at least three litres of water a day. But I still enjoy myself and do it in moderation. I will never say no to a Bunnings sausage sizzle!'

And despite ballooning from 50kg to 70kg, she says she relished her pregnancy body.

'I loved having a big, pregnant belly and, apart from the water retention in my feet and hands, I felt lovely,' Zoe beams. 'My body was growing a little human, so the gain was welcomed and celebrated.'

And while her motto is 'healthy body, healthy mind', she also had another more important reason to get back into shape.

'I want to be comfortable and confident in my own skin, just like any other woman,' Zoe says. 'I remember my first shower in the birth suite. I was in both awe and shock at what my belly and boobs looked like. But my body was the vessel that carried our beautiful child and I have new-found respect for it. I wanted

to feel healthy and strong, so I can be the best mum.'

And as for the future, apart from being in the throes of building their dream home and planning a family holiday to the US, Zoe and Alex are already talking about their plan for baby number two!

She adds: 'Yes, we have spoken about having more, and we don't want a big gap between them – but for now, we are enjoying our gorgeous girl.'

By Jonica Bray

Photos: Tina Smigielski

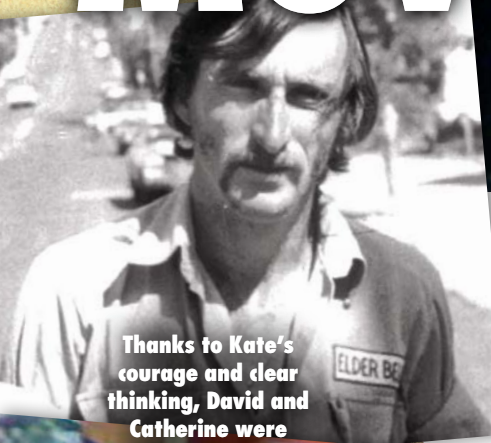




# 'IT WAS LIKE A HORROR MOVIE'

**Murder Uncovered** premieres on Wednesday, 9pm, Channel Seven.

Thirty years after escaping a serial killer couple, Kate Moir opens up about her nightmare ordeal



Thanks to Kate's courage and clear thinking, David and Catherine were caught just hours after she escaped.



**S**adistic sexual predators Catherine and David Birnie had already raped and murdered four women by the time they abducted and enslaved 17-year-old Kate Moir.

She was on her way home from the pub one night in November 1986, when the 35-year-old Birnies stopped and offered her a lift. After pulling up outside her home, Kate realised there was no door handle.

'[David] grabbed me, put my head between the two front seats, pulled a butcher's knife from his Ugg boot and put

it at my throat and I pretty much swallowed my tongue,' she says.

Kate's hands and feet were bound with cable ties.

'I asked: "Are you gonna rape me or are you gonna kill me?" They said to me: "We'll only rape you if you're good." I knew that my best-case scenario was I was about to get raped by this weird couple.'

Back at their Willagee home, Catherine watched Kate shower then looked on as David raped the terrified teen.

'She sat on a chair at the end of the bed. During the rape, I asked her what she was doing, and she said: "I'm taking down notes to improve John's [David's alias] and my sex life." I was just thinking: "I'm in a horror movie."'

After being shackled to the bed,

the couple allowed Kate to write goodbye letters to her loved ones.

David then raped her again, before chaining himself to Kate and going to sleep for the night.

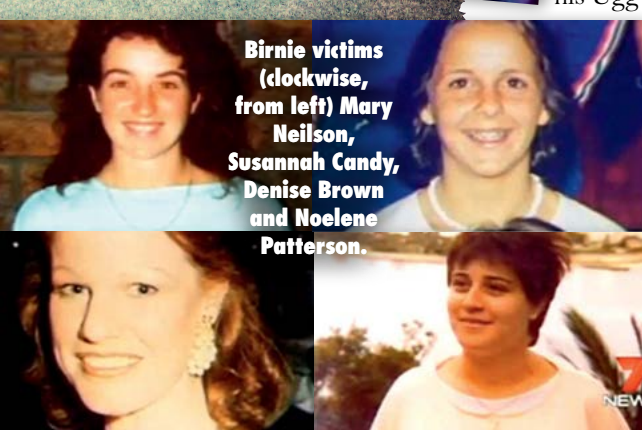
'I thought if I went to sleep I'd never wake up,' she recalls.

Early the next morning, with a knife at her throat, Kate was made to ring her family and tell them she had slept at a friend's house.

When David went to work, and Catherine was distracted by a knock at the door, courageous Kate seized her chance to escape – bursting through a bedroom window before running for help.

The Birnies were arrested and eventually confessed. After being jailed for the horrific crimes, David committed suicide in 2005, but Catherine remains behind bars.

NZ



Birnie victims (clockwise, from left) Mary Neilson, Susannah Candy, Denise Brown and Noelene Patterson.

## THE ROOKIE COP

Having just graduated from the police academy, Laura Hancock, then 22, had never even taken a statement when Kate Moir arrived at the station. Now, in a TV first, Laura and Kate share the full story of Kate's extraordinary survival in Channel Seven's new true crime investigation series *Murder Uncovered*. Chilling details of the Birnies' murder spree will be uncovered from never-before-given interviews with the detectives who investigated and family of the killers.



Laura (right) stood by Kate as she gave evidence that put the Birnies away for good.



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# TVextra

It's an unseasonably warm June morning in Brisbane, but Josh Lawson hasn't even noticed.

He's too busy pacing back and forth on the footpath outside a beautiful Queenslander, scratching his blonde wig and running through the 15 pages of dialogue he'll perform today.

Getting a sit down with the 35-year-old actor, who has taken on the gargantuan task of playing Aussie treasure Paul Hogan, isn't easy, but there's no doubt it's worth it.

'It's a tough shoot, I won't lie,' Josh tells *New Idea*.

'Towards the end of the week it's tough and I'm an insomniac at the best of times, so I'm not getting much sleep anyway.'

Ever the perfectionist, Josh made a promise to himself that if he was going to take on such an important role, he was going to give it his all.

'I put a lot of pressure on myself – maybe too much pressure,' the former *Thank God You're Here* breakout star admits.

'I just hope I'm doing it justice and I hope that you don't see the bags under my eyes...'



'I want him to be proud of this,' says Josh of his role as Paul Hogan.



Forget about the millions of Aussies who will be watching his every move this Sunday when the first episode of the two-part TV event airs, there's only one man Josh is seeking a seal of approval from.

'I'm very aware and conscious of the fact that Paul is going to watch this,' he admits. 'I want him to be proud of this. Not necessarily of my performance exclusively, but of the overall story and the project. I hope we do a good job telling his life story, because it's an amazing life and it's a life that had a lot of reach and critical input into the world of comedy as we know it in Australia.'

The Brisbane-raised writer, director and actor reveals scripts were sent to Paul, *Crocodile Dundee* director John Cornell and his wife Delvene Delaney.

'They occasionally had tweaks to make,' Josh recalls. 'Simply because they were able to say if things didn't happen exactly like they were written down in the script. The end result really is a more truthful version of the story.'

Part and parcel of delving head first into Hoges' life story was physically looking the part.

Every day the hair, make-up and costume departments tirelessly transformed Josh into the blond larrikin.

'It took a few hours every morning and then an hour to get out of it, so it was pretty intense,' he explains. 'The wig was part of it – obviously his blond locks were something everyone remembers distinctly.'

'I also lost a little bit of weight for it because he's quite a slender guy. He was a boxer

as a younger man, so I wanted to train, do a little bit of boxing to get that into my body.'

Even Josh's voice received a makeover to reflect that of the star of *The Paul Hogan Show*.

'His voice is so different, it's of another time and place,' Josh says. 'He's got a much deeper voice because he was a pack-a-day smoker for a while.'

While Hoges is iconic around the world, there are still parts to his story that will surprise fans.

'We've weirdly remembered some of his famous lines wrong,' says Josh. 'It's: "That's not a knife, *that's* a knife," and "I'll slip an extra shrimp on the barbie."

'What I'm afraid of is that when people watch the show, they're going to think we've got it wrong!'

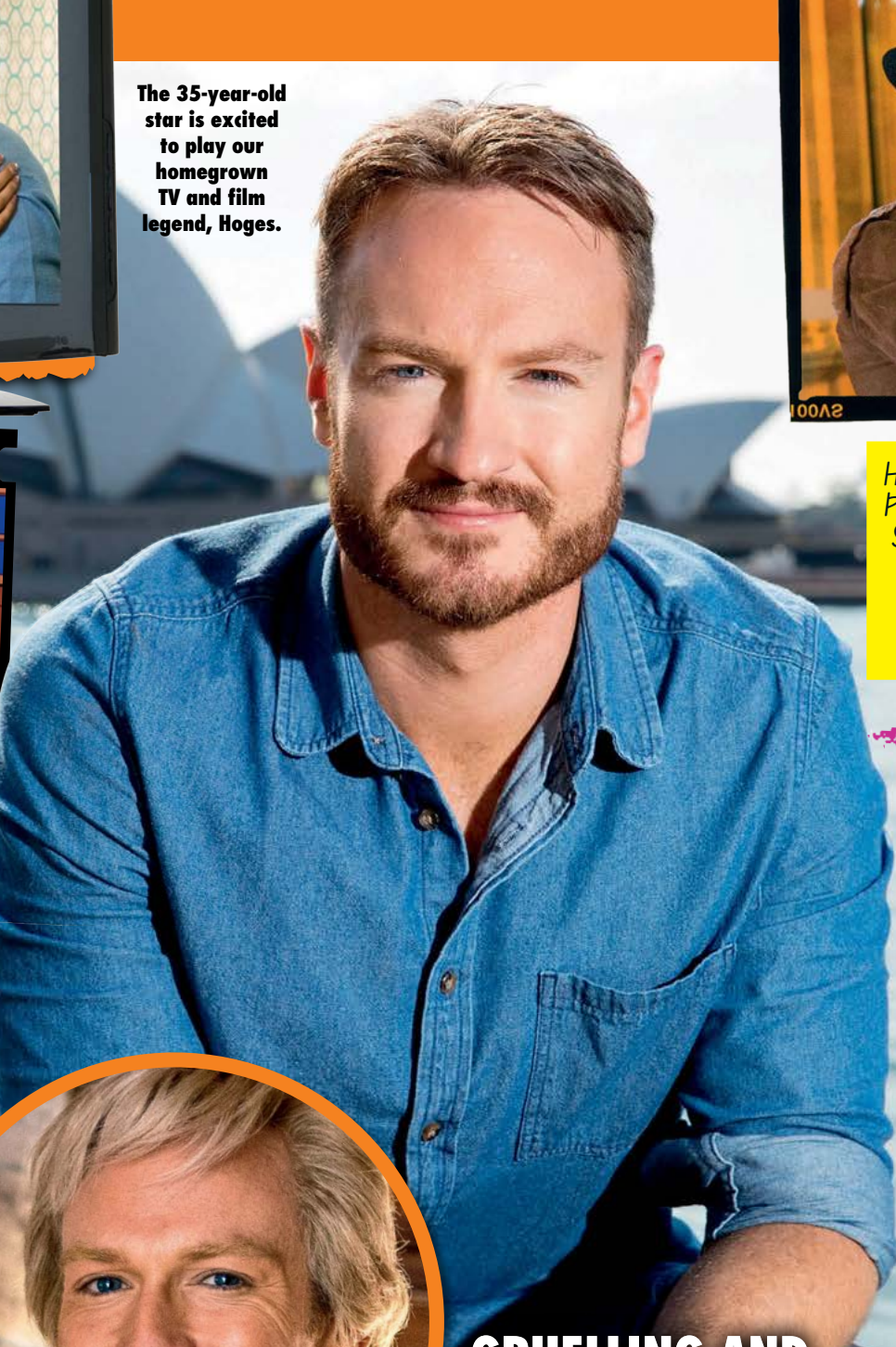
By Holly Richards **NI**



## Josh Lawson MY SHOCKI ABOUT PLAY



The 35-year-old star is excited to play our homegrown TV and film legend, Hoges.



**GRUELLING AND GRITTY – THE AUSSIE ACTOR REVEALS HIS LATEST LIFE-CHANGING ROLE**

# spills NG TRUTH ING HOGES



Hoges: The Paul Hogan Story airs Sunday, 8.30pm, Channel Seven.



'I wasn't brave, but I pretended to be brave,' says the actress of that scene.

## HOGES ACTRESS BARES ALL... LITERALLY!

There was one thing on Laura Gordon's mind when she won the role of Linda Kozlowski – that famous *Crocodile Dundee* bathers scene!

Linda stripped down to a black G-string bathing suit while playing her character, Sue Charlton.

'She had so much gumption,' Laura says.

'I wasn't brave, but I pretended to be brave.'

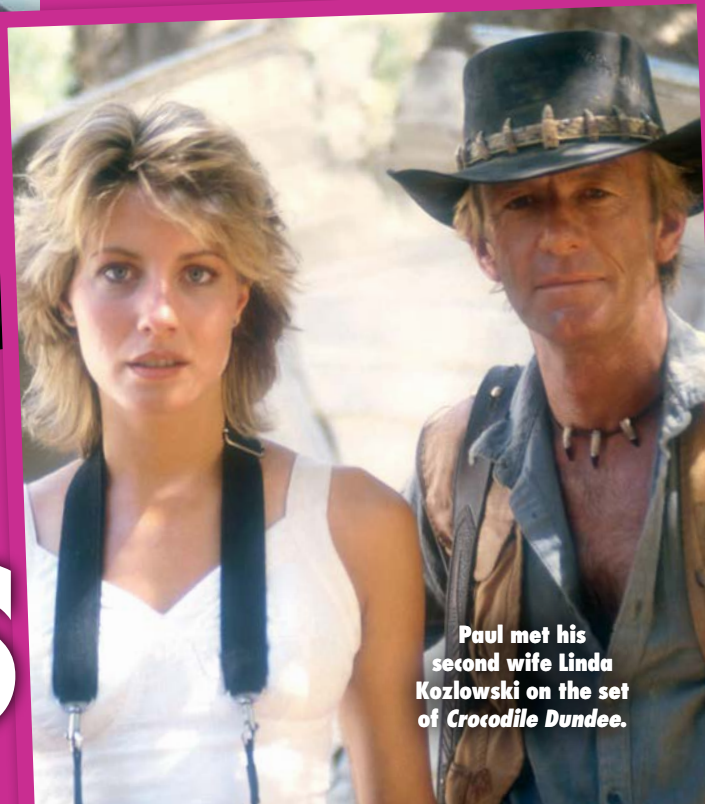
The yoga fanatic claims she has three things to thank for the scene going off without a hitch.

'Bronzer, barre class and bravado,' she laughs.

Laura admits she's honoured to portray an unseen side of Paul's second wife.

'She was really demonised in the press as a homewrecker,' Laura explains. 'But I think this really celebrates their love and their marriage and their story as just another relationship that happened after [Paul's first wife] Noelene.'

'I like showing a fully fleshed version of her that people might not expect.'



Paul met his second wife Linda Kozlowski on the set of *Crocodile Dundee*.





Lauren had doubts about going through with the wedding, and regretted it afterwards.

COLD FEET

## The truth about Andrew and Lauren — and the man who mended her broken heart

**E**verything seemed perfect when Lauren walked down the aisle to hunky firefighter Andrew on *Married At First Sight*.

However, New Idea can exclusively reveal the details of the behind-the-scenes explosive fights that tore the couple apart almost immediately.

'They were supposed to head off to Thailand for their honeymoon and she refused to go,'

says a friend. 'She thought he was arrogant and rude, and didn't even want to be in the same room as him, never mind on a romantic trip away.'

Having to be kept separated by producers due to their heated altercations, the single mum gave up all hope of finding love.

However, a source says the Sydney sales executive has finally found 'the man of her dreams' and couldn't be happier that things turned sour with her television husband.

'Lauren's glad it didn't work, because otherwise she wouldn't

have met her new man, Jake,' says a friend.

'She is blissfully happy with him. He is a lovely guy, very settled and really looks after her!'

It was only weeks after the show that Lauren met Jake through their mutual friends, and the pair hit it off immediately.

Taking into account he too was a single

Lauren said her husband Andrew was 'arrogant and rude'.

# MAFS runaway bride

# WHAT REALLY HAPPENED







Lauren and Jake – together with her son, and his son and daughter – make a ‘Brady Bunch’ family.

parent, Lauren, 33, felt an instant connection and that they were looking for the same things.

‘Jake’s got twins and Lauren has her son Dylan, so their lives were already very similar with a big focus on family,’ the friend says. ‘Lauren loves spending time with his kids and they adore her too – she says they are her “Brady Bunch”.’

Taking to social media, Lauren has been happily posting family photos of her new clan, tagging cute snaps #modernfamily and #twinsanddylan.



Initially feeling a little embarrassed after the show, Lauren worried that people would judge her for calling it quits so early, but since things have become more serious with Jake – with the happy couple even discussing moving in together – she now knows she was right to walk away.

‘It was never going to be right and now she is confident enough to stand by her decision,’ says the insider.

‘She was furious they paired her with someone seemingly to create drama, but she has put it all in the past now!’ **NZ**



It was all smiles for Lauren and Jake on a recent holiday to the Great Barrier Reef.



## ‘Blake’s my back-up man’

Blake’s waiting in the wings in case Michelle’s marriage doesn’t work out.

They’re the bubbly blonde twins causing controversy with their double wedding on this season of *Married At First Sight*, but it was almost only one sister walking down the aisle.

Michelle and Sharon Marsh, 31, were both introduced to *The Bachelor* love rat Blake Garvey at a charity event in August, and with a shared love for the Perth social scene, they soon hit it off.

‘They all got along but there was a definite spark between Blake and Michelle,’ says our source. ‘They were giggling away and chatted like they had known each other for years.’

Both newly single, with Blake having recently announced his split from Louise Pillidge, the pair were keen to get to know each other better. But unfortunately, Michelle had already signed up for the dating reality show.



The twins’ double wedding is the first of its kind on *Married At First Sight*.



Definitely fun-loving, Michelle and Sharon have already proved to be controversial contestants!



# TV extra

ON FOR  
YOUNG  
AND OLD

Monday, February 6

# TV HIGH

## Husbands at war!

**AUSTRALIA'S FAVOURITE DADS  
RETURN WITH MORE FUN, FIGHTS  
AND FABULOUSLY FLAWED FAMILIES**

### HOUSE HUSBANDS MONDAY, 9PM, CHANNEL NINE

**I**f there was ever a TV series to make our lives feel normal, it's *House Husbands*!

The wacky, lovable lads and their families are back for another season of feel-good funny moments.

Joining the cast this season are beloved former *Packed To The Rafters* star Hugh Sheridan, who plays music teacher Nick Gazeki, and music darling Delta Goodrem as Izzy Dreyfus.

Other new faces in town

include Mark's overbearing parents Liz (Nancye Hayes) and Bernie (Roy Billing), plus Justin's (Firass Dirani) estranged younger brother, who has a troubled past.

In the first episode of the fifth season, Lewis (Gary Sweet) is unimpressed with his neighbour Rachel's (Jane Allsop) new younger beau (Hugh) and their alfresco lovemaking habits.

He's even less impressed to discover that Nick will be teaching music at Nepean South Primary School!

What will Lewis learn about Nick's past that could win the dad some peace and quiet at home?



*Rafters* star Hugh Sheridan joins the cast as school music teacher Nick.

## LIGHT ENTERTAINMENT

### WORLD'S MOST AMAZING VIDEOS

MONDAY, 7.30PM, 7MATE

Meet some people who faced death and lived to tell the tale. Featuring real people and real danger, this US series is not for the faint-hearted!

From explosions and life-threatening accidents to sharks behaving strangely, you won't believe what you see in these videos.



Hear first-hand accounts from people who cheated death.

PN 5012

PN 5012



# to Sunday, February 12 LIGHTS



## DOCOS

### THE EIGHTIES

WEDNESDAY, 8.35PM, SBS

Travel back to the era when acid wash, shoulder pads and crimped hair were all the rage! This fun series gives viewers an in-depth look into historical events that helped shape the 1980s.

It was the era the doctors and nurses of *M\*A\*S\*H* said goodbye, while David Letterman, Madonna (left) and Oprah Winfrey said hello.

*The Eighties* provides audiences with an extraordinary insight into a decade that had a profound impact, and features interviews with the likes of Tom Hanks and Shelley Long.

### RUNNING WILD WITH BEAR GRYLLS

TUESDAY, 7.30PM [AEDT],  
THE DISCOVERY CHANNEL

This series is like *I'm A Celebrity... Get Me Out Of Here!* on steroids.

In the third season of Bear Grylls' no-holds-barred adventure show, stars including actress Courtney Cox and singer Mel B put their survival

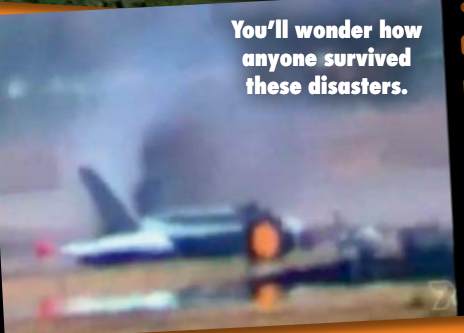


skills to  
the test.

Based on the same concept as *Man Vs Wild*, each week a celeb tags along with Bear (inset) on his journey through some of the roughest parts of the planet.



You'll wonder how anyone survived these disasters.



Con artist Maddie (centre) is caught out when her victims fight back.

### IMPOSTERS

LAUNCHES

WEDNESDAY ON STAN

Golden Globe winner Uma Thurman stars in the first episode of this new US drama.

Maddie (Inbar Lavi) is a beautiful and highly successful con artist who seduces her

## STREAMING

targets before robbing them of everything and leaving without a trace.

Unfortunately for Maddie, three of her latest cons have decided to team up and take her down – but they soon learn she isn't alone in her world of thievery and deceit.

## DRAMA

### 800 WORDS

TUESDAY, 9PM, CHANNEL SEVEN

Things are finally heating up between hot new duo George (Erik Thomson) and Fiona (Michelle Langstone, right).

They're the talk of Weld, and now the pair are putting pressure on their new relationship by hosting their first dinner party together.

But if they're to survive



as a couple, they'll need to overcome many dramas, both in and out of the kitchen.

### NEWTON'S LAW

THURSDAY, 8.30PM, ABC

It's been a long time since we've seen Aussie icon Claudia Karvan (left) at the helm of a show. But the revered star is back – and in top form – in this exciting new court drama.

After more than a decade of battling to help the less fortunate, Josephine Newton's (Claudia) suburban solicitor's practice is burnt down by a disgruntled client, and her friend Lewis Hughes (Toby Schmitz) persuades her to return to the bar.

With her business and marriage to Callum (Brett Tucker) crumbling, what has she got to lose by going back? A lot, it seems...



Josephine returns to the bar after her life is turned upside-down.



# THE REAL HOUSEWIVES OF SYDNEY

IT'S TIME TO GET *Real!*



**Arena**

**SUNDAYS**  
**8.30** PM  
EDT

only on  
**FOXTEL**  
or stream it on Foxtel Play



# New Idea Food

Fresh,  
new  
recipes



## Healthy but tasty

Create satisfying  
meals with  
minimal cooking!

### Tandoori Chicken Salad

Serves 4, Prep 20 mins, Cook 14 mins

2 tbsps tandoori paste  
600g Macro Chicken Tenderloins  
Free Range  
125g packet mini rotis  
2 tbsps olive oil  
1 baby cos lettuce, trimmed,  
thickly sliced  
1 Lebanese cucumber,  
thinly sliced  
1 small red onion, halved,  
thinly sliced  
1 cup firmly packed fresh  
coriander leaves

1 avocado, halved, sliced

#### YOGHURT DRESSING

1 1/3 cups Greek yoghurt  
1/2 cup firmly packed fresh  
mint leaves  
1 tsp ground cumin  
Salt and pepper, to taste

1 To make yoghurt dressing,  
place 1 cup of the yoghurt in  
a food processor with mint and  
cumin. Season with salt and

pepper. Process until smooth.

2 Combine paste, remaining  
yoghurt and chicken in a medium  
bowl. Stir until coated.

3 Heat a lightly oiled, large, non-  
stick frying pan over a medium  
heat. Add rotis in two batches.  
Cook for about 2 minutes on  
each side, or until crisp and  
golden. Remove. Cover to keep  
warm. Tear into large pieces.

4 Heat oil in same pan over  
a medium heat. Add chicken.

Cook for about 3 minutes on each  
side, or until cooked through.  
Remove. Cut in half diagonally.

5 To serve, toss lettuce,  
cucumber, onion, coriander,  
rotis and chicken in a large  
bowl. Transfer to a serving  
platter. Top with avocado.  
Drizzle over yoghurt dressing.

TURN OVER FOR MORE  
DELICIOUS RECIPES





# Tuna and White Bean Greek Salad

Serves 4, Prep 20 mins

250g punnet baby roma truss tomatoes, halved  
1 Lebanese cucumber, halved lengthways, thinly sliced  
1 medium green capsicum, cut into 1cm pieces  
1 cup loosely packed fresh basil leaves, plus extra, to garnish  
400g can cannellini beans, rinsed, drained  
½ cup pitted kalamata olives, drained  
425g tuna in oil, drained, flaked

Salt and pepper, to taste  
100g Greek feta, sliced

## DRESSING

¼ cup extra virgin olive oil  
2 tbsps lemon juice  
2 tbsps red wine vinegar  
1 tsp dried oregano

**1** To make dressing, whisk all ingredients in a small jug until combined.

**2** Combine tomatoes, cucumber, capsicum, basil leaves, beans, olives and tuna in a large bowl. Season with salt and pepper. Pour dressing over salad. Toss to combine.

**3** Transfer salad to a serving platter. Top with feta. Garnish with extra basil leaves.

**TIP**  
Try adding shredded barbecued chicken meat to salad instead of tuna. Add dressing to salad just before serving.

Photos: Oliver Ford. Styling: Janelle Bloom. Food preparation: Sarah-Jane Hallett. Recipe development: Kerrie Warner.

# Mediterranean Lamb Salad

Serves 4, Prep 15 mins, Cook 8 mins

600g lamb leg steak  
2 cloves garlic, crushed  
Salt and pepper, to taste  
100g sliced hot salami, torn  
120g baby spinach and rocket salad leaves  
180g tub traditional bocconcini, drained, torn in half  
⅓ cup semi-dried tomatoes in oil, drained

## DRESSING

¼ cup olive oil  
¼ cup balsamic vinegar  
1 tbslp honey  
½ cup dried figs (90g), sliced

**1** To make dressing, whisk 2 tbsps of the oil, vinegar and honey in a medium jug. Add figs. Stir until combined.  
**2** Toss lamb with remaining oil

and garlic in a medium bowl. Season with salt and pepper.

**3** Heat a lightly oiled, large, non-stick frying pan over a medium to high heat. Add salami. Cook, stirring, for about 2 minutes, or until browned. Remove from pan.

**4** Add lamb to same heated pan. Cook for about 3 minutes on each side for medium doneness, or until cooked to your liking. Remove. Cut into thick slices.

**5** To serve, place salad leaves, salami, lamb and dressing in a large bowl. Toss to combine. Arrange on a serving platter. Top with bocconcini. Scatter over tomatoes.

**TIP**  
We used hot sopressa salami – try a mild variety, if you prefer. Replace bocconcini with feta, for a change.







## Asian Chicken and Crunchy Noodle Salad

Serves 4, Prep 15 mins

2 cups shredded roasted chicken meat  
4 cups thinly shredded Chinese cabbage (250g)  
4 green spring onions, diagonally sliced  
1 cup shredded carrot  
1 cup loosely packed fresh mint leaves, plus extra, to garnish

100g packet Chang's Crunchy Noodles

### DRESSING

2 tbsps peanut oil  
2 tsps sesame oil  
2 tbsps white vinegar  
1 tblsp caster sugar  
1 tblsp sweet chilli sauce  
2 tsps soy sauce

**1** To make dressing, place oils, vinegar, sugar and sauces in a small jug. Whisk until combined.  
**2** Combine chicken, cabbage, onions, carrot, mint and noodles in a large bowl. Mix well. Drizzle over dressing. Toss to coat.  
**3** Serve salad immediately garnished with extra mint.

**TIP**  
Salad and dressing ingredients can be prepared up to one day ahead. Keep, covered, separately, in the fridge.



# Be inspired!

## VALENTINE'S DAY

Share this delicious treat  
with the one you love!



**DAMO  
& CAZ**

**ACCESS  
ALL AREAS**

**MKR**  
MY KITCHEN RULES

'Our tip for having a special Valentine's dinner is don't just focus on the eating aspect. Make cooking a part of it and relax, have fun and enjoy doing something together. Some of our best memories have come from cooking together.'



### White Chocolate Panna Cotta with Syrupy Strawberries

Serves 4, Prep 30 mins, Cook 5 mins

300ml tub thickened cream  
100g white cooking chocolate,  
chopped  
½ cup milk  
½ cup caster sugar  
1½ tps powdered gelatine  
1 tblsp water

**CHOCOLATE HEARTS**  
½ cup Dark Choc Melts, melted

**SYRUPY  
STRAWBERRIES**  
½ cup caster sugar

½ cup water  
1 tsp vanilla bean paste  
250g punnet strawberries,  
hulled, halved

**1** Combine cream, chocolate, milk and sugar in a medium saucepan over a low heat. Stir until chocolate is melted and mixture is smooth. Remove from heat.

**2** Sprinkle gelatine over water in a small heatproof jug. Sit jug in a saucepan of simmering water.

Stir until gelatine is dissolved. Stir into warm chocolate mixture.  
**3** Divide evenly among four dariole moulds (⅔-cup capacity). Refrigerate, covered, for 6 hours or until set.

**4** To make hearts, pour melted chocolate onto a tray lined with baking paper. Quickly spread to about ½cm thickness. Stand at room temperature until set. Using a 4½cm heart-shaped cutter, cut out four heart shapes. Gently lift off paper with a palette knife.

**5** To make syrupy strawberries, combine sugar, water and vanilla in a medium saucepan. Stir over a low heat until sugar is dissolved. Bring to boil. Gently boil for about 3 to 5 minutes, or until slightly thickened. Add strawberries. Transfer to a bowl. Cool.

**6** To serve, turn out panna cottas onto serving plates. Spoon over syrupy strawberries. Decorate with chocolate hearts.



macro

Organic

# Throw quinoa in the mix

From salads and burger patties to a tasty alternative to rice, there's nothing quinoa can't do. It's super healthy, packed with fibre, iron and protein, plus it's gluten free and certified organic.

Check out these great recipes along with the rest of the Macro range in the health food aisle or online at [woolworths.com.au/macro](http://woolworths.com.au/macro)



Quinoa Berry & Mango fruit salad



Chicken, Zucchini & Quinoa Burger Patties



Only at Woolworths





# Budget busters!

# One-Bowl Treats

Yummy goodies that save on the clean-up  
— without scrimping on taste

## TIP

You will need two medium bananas (about 175g each) for 1 cup mashed banana. Un-iced muffins will keep for up to three days, stored in an airtight container at room temperature.

**\$0.35**  
PER MUFFIN

## Banana Maple Muffins

Makes 12, Prep 20 mins, Cook 25 mins

1¾ cups self-raising flour  
½ tsp bicarbonate of soda  
¾ cup brown sugar,  
firmly packed  
1 cup mashed ripe banana  
⅓ cup vegetable oil  
2 eggs, lightly beaten  
2 tbsps maple-flavoured syrup  
½ cup Betty Crocker Creamy  
White Frosting

1 small banana, peeled,  
sliced

**1** Line a 12-hole muffin pan (⅓-cup capacity) with muffin wraps.  
**2** Sift flour and soda into a large bowl. Stir in sugar. Make a well in the centre. Add mashed banana, oil, eggs and syrup. Stir until

combined. Divide evenly among prepared pan holes.

**3** Cook in a moderate oven (180C) for about 25 minutes, or until a skewer inserted into the centre comes out clean. Remove. Stand for 10 minutes in pan. Transfer to a wire rack to cool.  
**4** Serve with a dollop of frosting and sliced banana.



## Peach Slab Cake

Serves 15, Prep 25 mins,  
Cook 50 mins

125g unsalted butter, chopped,  
at room temperature  
¾ cup caster sugar  
1 tsp vanilla essence  
2 eggs, at room temperature  
2 cups self-raising flour  
1 cup sour cream  
3 yellow peaches (130g each)  
Icing sugar mixture, to decorate

**1** Grease a 19cm x 30cm  
lamington pan. Line base  
and sides with baking paper,  
extending paper 4cm above  
pan edges.

**2** Beat butter, sugar and vanilla  
in a large bowl of an electric  
mixer until light and fluffy.  
Beat in eggs, one at a time,

until combined. Add flour  
and sour cream. Stir until  
combined. Spoon into  
prepared pan. Smooth  
over top.

**3** Cut peaches in half.  
Remove and discard  
stones. Cut into 1cm slices.  
Arrange in a single layer  
over cake mixture.

**4** Cook in a moderately slow  
oven (160C) for 50 minutes,  
or until golden brown and  
a skewer inserted into centre  
comes out clean. Remove.  
Cool completely in pan.

**5** To serve, lift out of pan.  
Dust with sifted icing sugar.  
Cut into squares.

**TIP**  
Replace Milk  
Choc Bits with  
Dark Choc Bits  
and cranberries  
with sultanas, for  
a fruity alternative.

**NEW FOOD  
IDEAS**

**TIP**

You can replace  
peaches with plums or  
apricots, for a change.  
Cake can be made up  
to three days ahead.  
Store in an airtight  
container.

**\$0.49**  
PER SERVE



**\$0.40**  
PER COOKIE

## Fruit and Nut Choc-Chip Cookies

Makes 16, Prep 25 mins, Cook 25 mins

125g unsalted butter,  
chopped, at room  
temperature  
1 cup brown sugar,  
firmly packed  
1 egg, at room  
temperature  
1½ cups self-raising flour  
½ cup Milk Choc Bits  
½ cup dried cranberries  
½ cup chopped pecans

**1** Line two large oven  
trays with baking paper.

**2** Beat butter and sugar in a  
small bowl of an electric mixer  
until light and fluffy. Beat in  
egg until combined. Add flour,  
Choc Bits, cranberries and  
pecans. Stir until combined.  
**3** Roll 2 tbsps of mixture into  
balls. Arrange about 4cm  
apart on prepared trays.

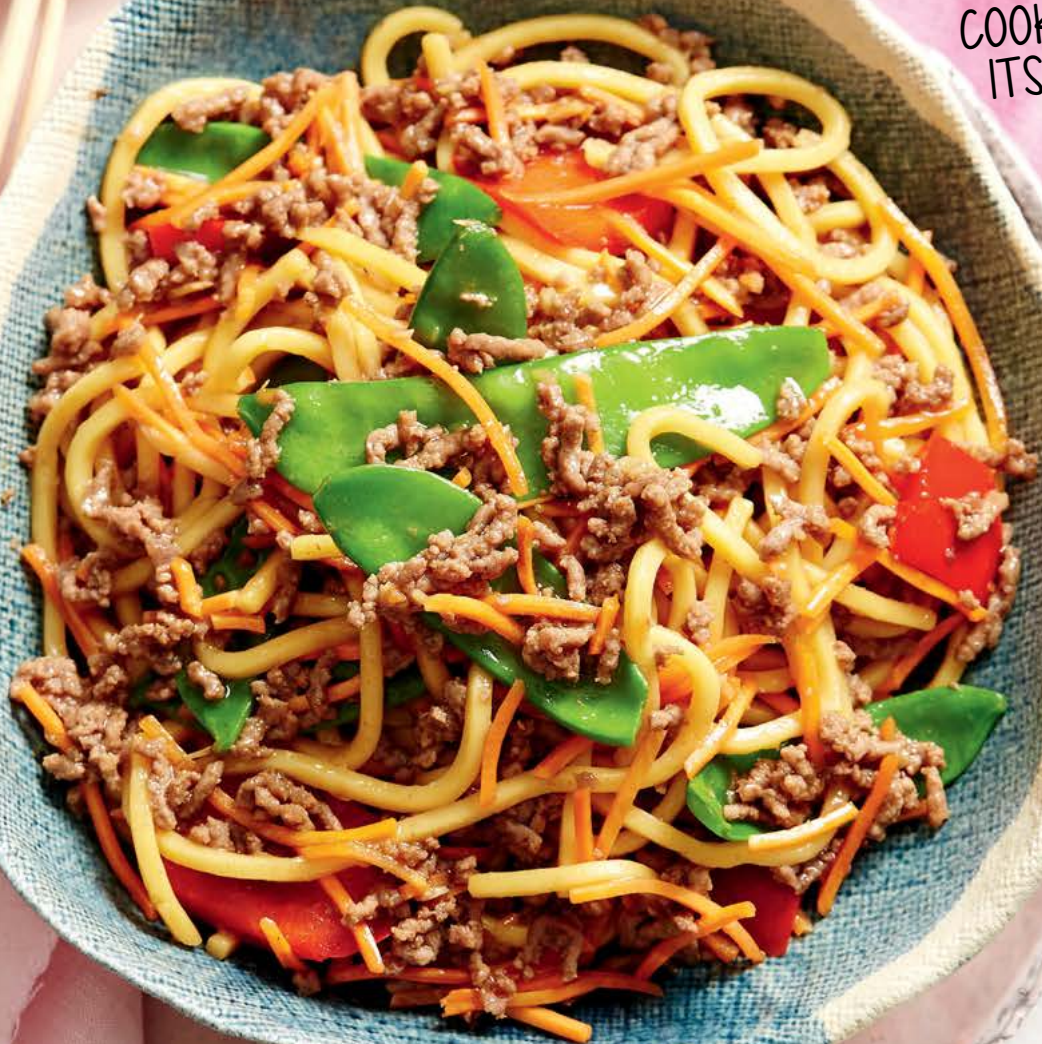
**4** Cook in a moderately slow  
oven (160C), swapping trays  
halfway through, for about 25  
minutes, or until golden brown.  
Remove. Cool on trays. Serve.



# Cooking against the clock



EASY WOK  
COOKING AT  
ITS BEST!



**TIP**  
For a change,  
replace hokkien  
noodles with rice noodles.  
Packaged shredded carrot  
is available in the fruit  
and vegetable section of  
major supermarkets.

## Cantonese Hokkien Beef Stir-Fry

Serves 4-6, Prep 5 mins, Cook 9 mins

450g packet fresh  
hokkien noodles  
500g beef mince  
2 cloves garlic, crushed  
200g snow peas, trimmed  
1 red capsicum, cut into  
2cm pieces

2 cups packaged shredded  
carrot (160g)  
2 x 100g sachets Cantonese  
stir-fry beef sauce  
½ cup water  
1 tblsp soy sauce

**1** Prepare noodles according  
to packet directions. Drain.  
Keep warm.  
**2** Heat a lightly oiled, large, non-  
stick wok over a high heat. Add  
beef and garlic. Stir-fry, breaking  
up mince, for about 5 minutes,

or until browned.  
**3** Add snow peas,  
capsicum and carrot.  
Stir-fry for 2 minutes. Add  
sauce sachets, water, soy  
sauce and noodles. Stir-fry for  
3 minutes, or until hot. Serve.



## Yellow Curry Chicken and Vegetable Stir-Fry

Serves 4, Prep 5 mins,  
Cook 13 mins

700g chicken tenderloins, chopped  
2 tbsps peanut oil  
½ cup yellow curry paste  
400ml can coconut milk  
1 tbslp fish sauce  
500g Oriental stir-fry frozen vegetables (4 cups)  
1 cup coarsely chopped fresh coriander stems and leaves  
¾ cup roasted, unsalted cashews  
Steamed jasmine rice, to serve

- 1** Toss chicken with oil in a large bowl.
- 2** Heat a large, non-stick wok over a high heat. Add chicken in two batches. Stir-fry for about 3 minutes, or until lightly browned. Remove.
- 3** Add paste. Stir-fry for 1 minute. Return chicken to wok. Stir in milk and sauce. Bring to boil. Boil for 2 minutes.
- 4** Stir in frozen vegetables. Simmer for about 4 minutes, or until chicken is cooked and vegetables are tender. Stir in coriander and cashews.
- 5** Serve with rice.

**TIP**  
The stir-fry vegetables we used consisted of broccoli, yellow beans, carrots, sugar snap peas, water chestnuts and red capsicum.

**NEW FOOD IDEAS**



## Tom Yum Fried Rice

Serves 4, Prep 10 mins, Cook 6 mins

450g packet family size microwave jasmine rice  
1 tbslp peanut oil  
2 eggs, lightly beaten  
2 tbsps tom yum paste  
2 tbsps soy sauce  
3 green spring onions, finely sliced  
300g packet Asian-style coleslaw kit

Lime wedges, to serve  
Diagonally sliced green spring onions, to garnish

- 1** Heat rice according to packet directions.
- 2** Heat oil in a large, non-stick wok over a high heat. Add rice. Stir-fry for 2 minutes, or until rice is separated. Make a well in the centre. Add eggs. Stir-fry for 1 minute, or until eggs are scrambled through rice.
- 3** Add paste and sauce. Stir-fry for 1 minute, or until combined. Add spring onions and coleslaw with dressing sachet from packet. Stir-fry for about 2 minutes, or until hot. Stir through fried onions from packet (if available).
- 4** Serve with lime wedges. Garnish with sliced spring onions.

**TIP**  
Coleslaw kits are available in different varieties from major supermarkets. Try adding cooked, peeled and deveined school prawns with coleslaw for an added touch of Thai.



# Kitchen Notes



**New Idea**  
**MAKE IT**  
tonight

## Ginger and Black Bean Lamb Stir-Fry

Serves 4, Prep 10 mins, Cook 10 mins

1½ cups jasmine rice  
2 tbsps vegetable oil  
600g lamb stir-fry strips  
1 onion, halved, thickly sliced  
1 red capsicum, cut into thin strips  
115g punnet baby corn, halved lengthways  
2 cloves garlic, crushed  
2 tps finely grated fresh ginger  
1 bunch baby bok choy (340g), trimmed, halved lengthways  
⅓ cup black bean sauce  
1 tblsp honey

**1** Cook rice in a large pan of boiling water until tender. Drain. Cover to keep warm.  
**2** Meanwhile, heat half the oil in a large wok over a high heat. Add lamb in two batches. Stir-fry for about 2 minutes, or until browned. Remove.  
**3** Add remaining oil to same hot wok. Add onion, capsicum, corn, garlic and ginger. Stir-fry for about 2 to 3 minutes, or until vegetables are almost tender.

**4** Return lamb to wok with bok choy. Add combined sauce, honey and ¼ cup water. Stir-fry for a further 2 minutes, or until hot.  
**5** Serve stir-fry with rice.

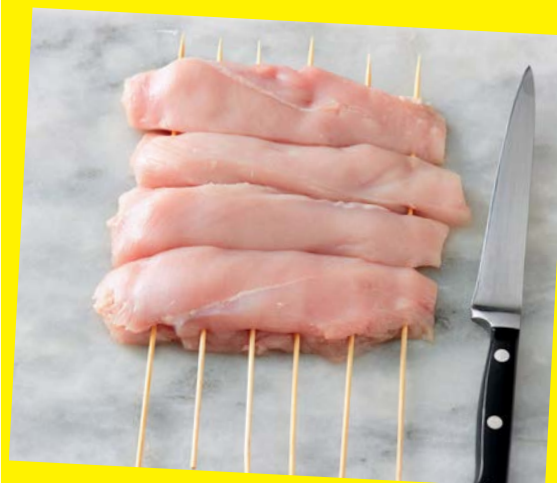
**TIP**  
For a change, serve stir-fry with thin rice noodles instead of rice.

## HOW TO... Quick chicken kebabs

Here's an easy way to make kebabs that are all the same size so they'll cook through evenly. Brush with a bottled marinade or sprinkle with your favourite spicy seasoning, such as Moroccan or Cajun. Cover and refrigerate until you're ready to barbecue!



**1** Cut two medium chicken breast fillets in half lengthways. With long sides facing you, place side-by-side on a chopping board. Trim both ends of fillets, if necessary.



**2** Carefully insert six wooden skewers, about 2cm apart, through the side to hold chicken together.



**3** Using a sharp knife, cut between the skewers to make six kebabs.



# ABOUT VANILLA

No matter which vanilla products in the Queen range you use – extracts, essences or pastes – they are all made from all natural vanilla bean pods. The name 'essence' is still included on some Queen products as a nostalgic link to past recipes, but nothing artificial is added. Queen also supports and helps to empower vanilla farmers in various parts of the world, including Tonga and Madagascar. For more information on vanilla, its production or for recipes, visit [queen.com.au](http://queen.com.au).



## NEW FOOD IDEAS



## Fibre foods

We all know fibre is good for us but it can be difficult to get enough in your diet. Fibre One bars are a new low-calorie snack that are naturally high in fibre (5g per square) to help fill you up! Choose from Chocolate Fudge Brownies or Lemon Drizzle Squares – they are great for that 3pm slump. Available from leading supermarkets nationally (RRP \$5.50).

## Gluten-Free Raspberry, Almond and Coconut Loaf

Serves 8, Prep 15 mins, Cook 1 hour

- 1 cup gluten-free plain flour
- 2 tsps gluten-free baking powder
- 1 cup almond meal
- ¾ cup desiccated coconut
- 50g unsalted butter, melted
- ⅔ cup caster sugar
- ⅔ cup milk
- 2 eggs, lightly beaten
- 2 tsps finely grated lemon rind
- 1 cup fresh or frozen raspberries
- 2 tbsps slivered almonds
- Spreadable butter, to serve (optional)

- 1** Grease a 12cm x 22cm medium loaf pan.

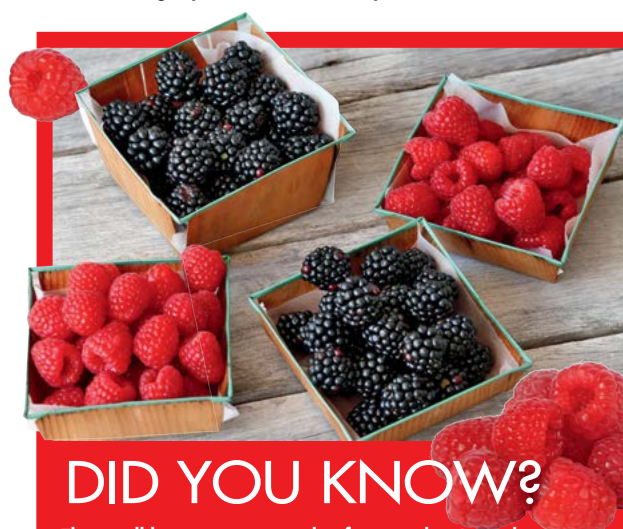
Line base and sides with baking paper, extending paper 2cm above pan edges.

**2** Sift flour and baking powder into a large bowl. Stir in almond meal and coconut. Make a well in the centre.

**3** Combine butter, sugar, milk, eggs and rind in a jug. Add to flour mixture. Stir until just combined. Add raspberries. Fold in gently. Spoon mixture into prepared pan. Smooth over top. Sprinkle with slivered almonds.

**4** Cook in a moderate oven (180C), covering lightly with foil if top starts to over-brown, for about 1 hour, or until a skewer inserted into the centre comes out clean. Remove. Stand loaf in pan for 15 minutes. Turn out onto a wire rack to cool.

**TIP**  
If using frozen raspberries, do not thaw before adding to cake mixture.



## DID YOU KNOW?

There will be a constant supply of top-quality Australian raspberries and blackberries until autumn this year, due to consistent rainfall, a cooler winter and more plants in the ground! Boost your breakfast by adding berries to yoghurt, quinoa, muesli or porridge, or spread cream cheese or ricotta on toast, drizzle with honey and top with berries. Remember to choose berries that are firm, plump, glossy and have an even colour. Store them in the refrigerator unwashed, to prevent them going soft.

## Books for the kitchen

Looking for a killer kale salad or how to make your tuna pasta bake that bit healthier? Then *How To Cook Healthily* by The Medicinal Chef Dale Pinnock (Quadrille Books, \$39.99) is the book for you. It covers a wide variety of old favourite recipes made healthy, plus the latest trends in nutritious eating. The recipes are simple to read and beautifully photographed, so it's sure to get you started on the road to good taste and good health!





# Eat your vegies!

YOU'LL BE  
DELIGHTED WITH  
EVERY BITE

NEW FOOD  
IDEAS

## Kale and Sweet Potato Fritters with Herb Sauce

Makes 12, Prep 20 mins, Cook 12 mins

5 small kale leaves (120g)  
200g sweet potato, peeled,  
coarsely grated  
3 eggs, lightly beaten  
¼ cup self-raising flour  
2 tps paprika  
¼ tsp chilli powder  
Salt and pepper, to taste  
Olive oil, for frying  
Endive leaves and sliced  
avocado, to serve

### HERB SAUCE

½ cup mayonnaise  
¼ cup buttermilk  
1 tbsp finely chopped  
fresh coriander  
2 tbsps finely chopped fresh mint

- 1 To make herb sauce, combine all ingredients in a small bowl. Refrigerate.
- 2 Wash kale. Drain. Pat dry with absorbent kitchen paper. Remove leaves by cutting a V-shape either side of the centre stems. Discard stems. Shred leaves. You will need 2½ cups.
- 3 Place kale in a large bowl with sweet potato, eggs, flour, paprika and chilli. Season with salt and pepper. Mix well.
- 4 Heat enough oil to cover base

of a large frying pan over a medium heat. Add 2 tbsps of kale mixture. Using the back of a spoon, press down gently to shape into a round. Repeat to make 3 more fritters.

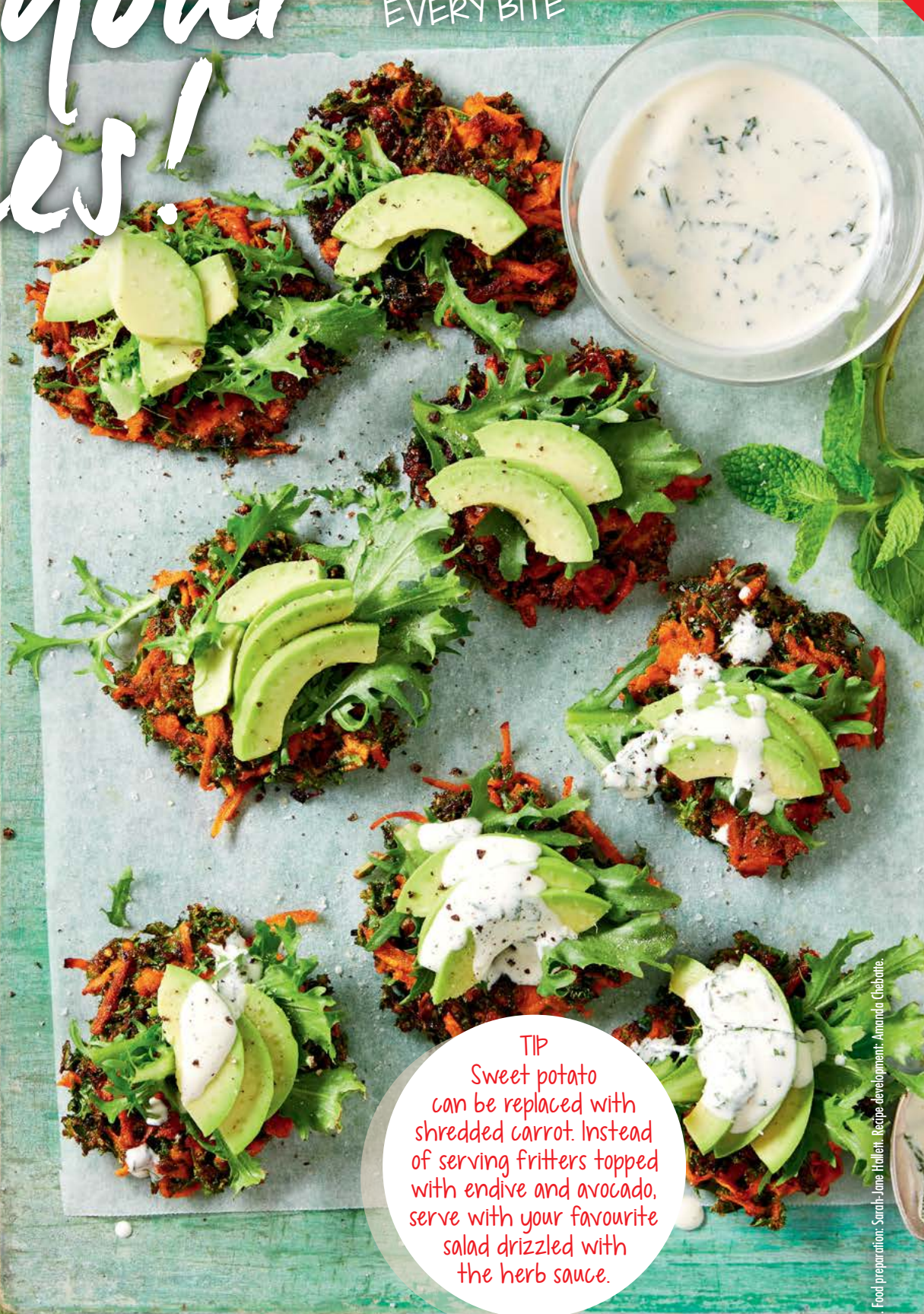
5 Cook for about 2 minutes

on each side, or until golden brown. Remove. Drain on absorbent kitchen paper. Keep warm by placing them in a single layer on an oven tray, lightly covered with foil, in a very slow oven (120C).

6 Repeat method twice with remaining kale mixture to make 8 fritters.

7 Top warm fritters with endive and avocado. Serve with herb sauce.

**TIP**  
Sweet potato can be replaced with shredded carrot. Instead of serving fritters topped with endive and avocado, serve with your favourite salad drizzled with the herb sauce.





**Not Sold  
In Stores**

# Coca-Cola® Time for Refreshment Vending Machine Clock

**The Sights, the Sounds, the  
Memories of Coca-Cola for All Time!**

- Recaptures the look of an authentic 1950s Coca-Cola® vending machine in fascinating detail
- Precision timepiece features accurate quartz movement, Coke® bottle weights and a Coke bottle cap pendulum
- On the hour, the clock face illuminates with neon-look LED lights, a Coke bottle appears and the “pop, fizz” of opening a Coke bottle sounds
- Distinctive, officially licensed collectable clock showcases nostalgic Coca-Cola logos, artwork and lettering plus a sculpted coin return and bottle opener
- Includes a hand-numbered Certificate of Authenticity

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50cm  
Tall!**

**It Lights Up!**



Recapturing the look of a vintage Coca-Cola vending machine, this substantial clock blends 50s-era style with modern quartz-accurate timekeeping features!

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- 2. PHONE:** Toll-Free 1300 725 103  
8am-5pm E.S.T Mon – Fri
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**The Bradford Exchange, Reply Paid 86369  
Parramatta NSW 2124**

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Please allow up to 10 business days for delivery. All sales subject to product availability and reservation acceptance. Credit criteria may apply. Our privacy policy is available online at [www.bradford.com.au](http://www.bradford.com.au). From time to time, we may allow carefully screened companies to contact you. If you would prefer not to receive such offers, please tick this box. ☐

### Your satisfaction is guaranteed!

Act now to acquire the Coca-Cola Time for Refreshment Vending Machine Clock in five instalments of \$59.99 or \$299.95 plus \$19.99 postage and handling. Your purchase is risk-free, backed by our 365-day guarantee. Send no money now. Just mail the coupon or go online today at [www.bradford.com.au](http://www.bradford.com.au) and search for 'Coca Cola Clock'.



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Clock shown much smaller than actual size of about 50cm in. H x 19cm. W. x 10cm D. Requires 2 "D" batteries and 1 "AA" battery, not included; 3-way switch on side.

**Fastest  
way**



Dress, \$169,  
Estelle from Myer.  
Earrings, \$8.99,  
Colette by  
Colette Hayman.  
Shoes, \$179.95,  
Witchery.

Jacket, \$99.95,  
City Chic.  
Singlet, \$34.95,  
Witchery.  
Skirt, \$69.95,  
City Chic.  
Shoes, \$69.95,  
Therapy from  
Style Tread.

# Hello, curves!

Show off your  
fabulous shape  
at every occasion



**NEW**  
*hion*



Dress, \$129,  
Estelle from  
Myer.  
Earrings, \$14.99  
(for 2 pairs),  
Lovisa.  
Bracelets,  
\$6, Target.  
Shoes, \$169.95,  
Witchery.



**BACK IN  
BLACK**

Shirt, \$99.95,  
Valentina Loves  
from David Jones.  
Pants, \$44.95,  
Forever 21.  
Earrings, \$19.99,  
Lovisa.  
Shoes, \$169.95,  
Nude from  
Style Tread.



T-shirt,  
\$24.95,  
Forever 21.  
Jeans,  
\$249.95,  
Embody  
Denim.  
Glasses,  
\$69.95,  
Witchery.  
Shoes, \$29.95,  
Forever 21.



**NEW**  
*hion*

**Hello,  
curves!**

**Dress, \$99.95,  
City Chic.  
Earrings, \$7.99,  
Lovisa.  
Shoes, \$129.95,  
Nine West.**

**Top, \$29.95,  
Forever 21.  
Skirt, \$59.99,  
Sara from  
Ezibuy.  
Shoes, \$139.95,  
Nine West.**

**Dress, \$390,  
La La Belle.  
Shoes, \$159.95,  
Nine West.**

**WHERE TO BUY:**  
City Chic [citychic.com.au](http://citychic.com.au),  
Colette by Colette Hayman  
[colettehayman.com.au](http://colettehayman.com.au),  
David Jones [davidjones.com.au](http://davidjones.com.au),  
Embodiment [embodiment.com.au](http://embodiment.com.au),  
EziBuy [ezibuy.com.au](http://ezibuy.com.au),  
Forever 21 (02) 89370346,  
La La Belle [lalabelle.com.au](http://lalabelle.com.au),  
Lovisa [lovisa.com.au](http://lovisa.com.au),  
Myer [myer.com.au](http://myer.com.au),  
Nine West [ninewest.com.au](http://ninewest.com.au),  
Style Tread [styletread.com.au](http://styletread.com.au),  
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LIVE.

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FOOTCARE



# Collagen building formula for healthier HAIR, SKIN & NAILS

**C**ollagen is responsible for your skin's elasticity. A high abundance of collagen is why young skin remains taut and smooth. However, as you age collagen production becomes disrupted and your skin loses some of its natural elasticity and firmness. This can result in wrinkles and fine lines.

Frank Caruso and his clever team of researchers have developed Caruso's Super Collagen Builder to support the production of collagen in your body and help improve the health of your hair, skin and nails. This delicious tasting formula contains a number of active ingredients including Astaxanthin, Silicon, Vitamin C, Biotin and French Marine Pine Bark. Together, these ingredients support your hair, skin and nails, helping to maintain their health and appearance.

## Collagen building action

Caruso's Super Collagen Builder contains Vitamin C and Silicon. Vitamin C is involved in the production of collagen and may assist in the maintenance of collagen and connective tissue.

Silicon is also involved in the formation of collagen. Silicon plays a fundamental role in the crosslinking mechanism of collagen and elastin.

## Astaxanthin for healthier looking skin

Has your skin lost its spring? Caruso's Super Collagen Builder contains Astaxanthin for healthier skin. Astaxanthin is a powerful, red coloured antioxidant. It helps fight free radicals and may help skin health and supports the moisture content of your skin. Plus, it may assist with wrinkles and skin elasticity by protecting the skin. Caruso's Super Collagen Builder also contains another powerful antioxidant, French Marine Pine Bark.

## For healthier, thicker, fuller hair

Having beautiful, healthy hair doesn't happen by accident. Your hair needs good nutrition to look its best. Unhealthy hair can be a combination of dull, limp and lifeless, weak, brittle and splitting, thinning or just plain unmanageable hair. Caruso's Super Collagen Builder contains selected ingredients for healthier hair. That's why Biotin is in Caruso's Super Collagen Builder. The Silicon in Caruso's Super Collagen Builder helps support your hair and may improve the strength of your hair.

## For healthier, stronger nails

With age or through poor nutrition, your nails may become weak and brittle. This can lead to them cracking, splitting, chipping, flaking or growing slower. Your nails need vitamins and minerals just like the rest of your body to stay healthy. The Silicon in Caruso's Super Collagen Builder helps support your nails, feeding the nail bed and encouraging the growth of healthy, strong nails. Whilst Biotin may assist people with brittle nails by increasing nail thickness. It may also reduce the risk of nail splitting and improve nail strength.

## 100% Money Back Guarantee

The premium quality Caruso's Super Collagen Builder formula was developed by Caruso's Natural Health, a proud Australian owned family company, founded by Frank Caruso. Frank is so passionate about helping people with their health, he stands behind every one of his formulas with a 100% Money Back Guarantee. Frank's confident because behind him is a passionate team who create all of his formulations. See the Caruso's Super Collagen Builder label or our website for more details. So if you want healthier hair, skin and nails, try Caruso's Super Collagen Builder today! Caruso's Super Collagen Builder is available from leading health food stores and pharmacies in a 500mL oral liquid size for RRP \$29.95. For more information please call our qualified Naturopaths or Customer Service Representatives on 1300 304 480, or visit [www.carusoshealth.com.au](http://www.carusoshealth.com.au).



 **Made in Australia**

Super Collagen Builder is a Trade mark of Caruso's Natural Health.

Always read the label and use only as directed. If symptoms persist see your Health Care Professional. Vitamin supplements should not replace a balanced diet. © 2015 Caruso's Natural Health

For more information visit [carusoshealth.com.au](http://carusoshealth.com.au)



carusoshealth



carusosnaturalhealth



This product may not be available at all the stores within these retail groups



CHC70406-02/15

**100% Australian Owned Family Company**





# 4 ways to AGE-PROOF YOUR HAIR

Achieve amazing hair at any age by following these tips from celebrity hairdresser Franck Provost

## 1 STOP THINNING HAIR

With age, hair growth slows – and the hair that does grow becomes sparse and fine. You can improve density with volumising products and minimising breakage by using styling tools on lower heat settings. Shorter styles with layers can make your hair look full and improve manageability.

**TRY: Viviscal Gorgeous Growth Densifying Shampoo and Conditioner (a), \$19.95 each. Nioxin Thickening Spray (b), \$38.**

## 2 EMBRACE GREY

Hair turns grey when the cells stop producing pigment due to age or stress. But why not embrace it? Highlights and lowlights offer dimension and guard against

flatness. Lighter tones of champagne, ash, silver and a very pale blonde work well and create the illusion of full, healthy hair. Use light-reflecting hair products to maintain radiance and natural shine.

**TRY: John Frieda Clear Shine Luminous Glaze (c), \$19.99.**

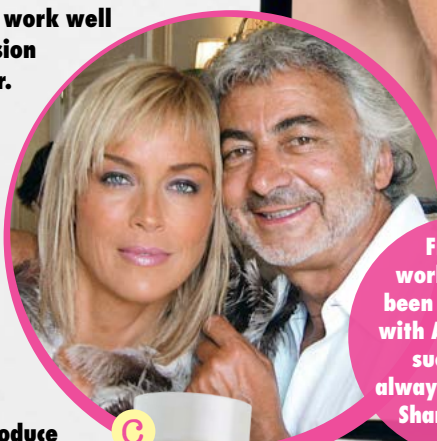
## 3 RESTORE DRY HAIR

Oil glands don't produce as much sebum as we get older, which means hair quickly becomes dry. Oil-based products can help combat this, but try reducing the use of heat-styling tools – they will weaken your strands. Instead, be sure to use moisturising shampoos and conditioners.

**TRY: Essano Argan Oil Of Morocco Nourishing Shampoo and Conditioner (d), \$15.99 each.**

KODAK E100VS

NEW Beauty



Franck's work has long been a favourite with A-list celebs, such as the always glamorous Sharon Stone.

## 4 STRENGTHEN BRITTLE HAIR

Hair becomes brittle and loses its elasticity with age. Eating foods rich in omega-3 and 6 fatty acids – such as oily fish and avocado – will help hydrate the scalp and strengthen follicles. Try using a conditioning masque at least twice a week.

**TRY: A'kin by Al'chemy Ginkgo & Jojoba Intense Moisture Masque (e), \$19.95.**



## BEAUTY ED'S FAVE

It's a magic wand for your skin – a cover-up and foundation in one you can use to retouch uneven skin and spots throughout the day, using an easy, no-mess applicator.

**Bobbi Brown Retouching Wand, \$62.**



## The Love Spot

A gentle reminder that it's Valentine's Day soon, so spoil a loved one or yourself with one of these last-minute gift ideas...

**1 Mavala I Love Mini Colour's nail polish, \$8.50 each. Choose a loved-up moniker to suit your mood: MyAngel, MyDarling, MyLove, MonAmour, MyPassion and MySweetheart.**

**2 Essano Repairing Rosehip Oil Body Wash in Adore, \$9.99. The lux scent of jasmine and fig makes for a sensory shower experience every time.**

**3 Physicians Formula Sexy Booster Va Va Voom Volume Mascara, \$24.95. It delivers big lashes with a sultry boosting formula, thanks to the inclusion of an ancient aphrodisiac herb – horny goatweed!**

**4 Glasshouse Rendez-Vous candle, \$44.95. An alluring blend of orchid, sugar cane and heady amber wrapped in a gold glass jar.**



WHERE TO BUY: A'kin by Al'chemy [akin.com.au](http://akin.com.au), Bobbi Brown [bobbibrown.com.au](http://bobbibrown.com.au), Essano [priceline.com.au](http://priceline.com.au), Glasshouse Fragrances [glasshousefragrances.com](http://glasshousefragrances.com), John Frieda [johnfrieda.com.au](http://johnfrieda.com.au), Mavala [mavala.com.au](http://mavala.com.au), Nioxin [nioxin.com](http://nioxin.com), Physicians Formula [priceline.com.au](http://priceline.com.au), Viviscal [viviscal.com.au](http://viviscal.com.au).

Text: Adriana Donnolo and Shonagh Walker. Still-life photos: Guy Bailey.



# GLOW ON THE GO!

The best new workout-friendly beauty buys

**T**his weather is perfect for enjoying the outdoors – and with these finds, you can be well-protected *and* look your best while working out.

**1 MOISTURISER WITH SPF**  
Start your sun protection in the bathroom by applying a face moisturiser with the highest SPF you can find. Extend it to your décolletage too.

**Jurlique Purely White Skin Brightening Day Cream SPF 30, \$70.**

**Nivea Daily Essentials Rich Moisturising Day Cream SPF 30+, \$12.99.**

**2 EYE CREAM WITH SPF**  
Sunscreen stings if it gets in your eyes, but not if it's formulated for that area.

**Alpha-H Absolute Eye Cream SPF 15, \$69.**

**Mecca Cosmetika To Save Eyes SPF 30, \$28.**

**3 A TINTED SUNSCREEN**  
You don't want a full face of make-up, but you do want a flaw-covering, radiance-enhancing tint that also protects your skin from the sun.

**Laura Mercier Tinted Moisturiser SPF 20, \$59.**

**Natural Instinct Tinted Face Natural Sunscreen SPF 30, \$17.95.**

**4 WATERPROOF MASCARA**  
Avoid panda eyes when you're sweaty while running.

**Napoleon Perdis Mesmer-Eyes Waterproof Mascara, \$39.**

**Rimmel London 100% Waterproof Mascara, \$12.50.**

**5 LIP GLOSS WITH SPF**  
This is really important, as your lips are vulnerable to sun damage due to their protruding nature. Slather it on regularly.

**Lanolips Tinted Balm, SPF 30, \$12.95 each.**

**Blistex Five-Way Lip Protection SPF 30+, \$3.95.**

## SPOIL YOURSELF AND BOOK IN FOR A POST-RECOVERY MASSAGE

**WHAT** Deep recovery massage at Endota Spa.

**WHY** Restores balance and works deep into the muscles to release tension.

**HOW** Warm jade stones are placed on specific areas to encourage self-healing. The massage is tailored to help your body release toxins and heal stressed organs. The stimulating effect of arnica, peppermint and clove essential oils bring back a sense of balance and calm.

**COST** \$115-\$125 for an hour, [endotaspa.com.au](http://endotaspa.com.au).  
**BEST BIT** The included foot massage – pure bliss!

Keep it up at home with Endota Spa Organics Clove and Mint Recovery Balm, \$45.

**NEW Beauty**

Actress Kate Hudson knows how to look good while working out!

**WHERE TO BUY:**  
Alpha-H [alpha-h.com](http://alpha-h.com),  
Blistex [blistex.com.au](http://blistex.com.au),  
Endota Spa [endotaspa.com.au](http://endotaspa.com.au),  
Jurlique [jurlique.com.au](http://jurlique.com.au),  
Lanolips [lanolips.com.au](http://lanolips.com.au),  
Laura Mercier [lauramerciertrimex.com.au](http://lauramerciertrimex.com.au),  
Mecca [mecca.com.au](http://mecca.com.au),  
Napoleon Perdis [napoleonperdis.com/aus](http://napoleonperdis.com/aus),  
Natural Instinct [naturalinstinct.com.au](http://naturalinstinct.com.au),  
Nivea [nivea.com.au](http://nivea.com.au),  
Rimmel London [au.rimmellondon.com](http://au.rimmellondon.com).



# *Feeling great*

If keeping your family healthy, happy and feeling their best is a top priority, here are some wellness ideas to help you make it happen





# Stay on top

Don't let pain stop you from doing the things you need to do.  
We've put together some pain relief ideas to help keep you on the move



## GET SPEEDY RELIEF

- Nurofen Zavance is absorbed up to twice as fast\* as standard Nurofen. It provides effective relief so it's a great choice when you need relief and you need it fast!
- Helps reduce fever and provide pain relief for headaches, muscular pain, cold and flu symptoms, period pain and more.
- Available in most leading grocery and pharmacy stores.



## THE PAIN DRAIN

Trying to get through a busy day when you're in pain is no fun – especially when the kids need you or you're at work. Whether a headache has come on or you're dealing with period pain, it's hard to stay on top of all you need to do when pain strikes and saps your clarity and energy. Thankfully, there are some simple things you can do to help prevent pain and find relief, and keep on top of your game.

## TAKE ACTION

If you have a headache, simple breathing exercises may help ease muscle tension (a common headache culprit). Practising good posture can help ward it off in the first place. If menstrual

cramps are causing grief, applying a heat pack to your abdomen can be effective. Eating a healthy diet and cutting down on coffee and alcohol around the time of your period can help too.

**Experiencing a headache?  
Try a gentle massage to  
soothe the muscles in  
your head and neck**



Always read the label. Use only as directed. Incorrect use could be harmful. If symptoms persist consult your healthcare professional.

\*Dewland P et al BMC Clinical Pharmacology 2009, 9:19

The information contained here is for your general information only and is not intended to diagnose or prescribe. Always see your healthcare professional if you have any questions.  
ASMI 27171-1216





## ACUTE PAIN

When you're suffering from acute pain like a backache or migraine, relief can't come soon enough! You should always consult with your doctor on the best course of treatment. You might also want to try Nuromol – its formula helps provide effective relief for acute pain.

## THE POWERFUL STUFF

- Nuromol combines the power of two active ingredients, ibuprofen and paracetamol, in one tablet for superior pain relief.\*
- Helps relieve acute back and joint pain, headaches and more.
- Provides up to eight hours' relief.
- Now available in pharmacies.



\*vs 1000mg of regular paracetamol. Mehlisch, et al 2010 (Sponsored by RB).





## FOR YOUR LITTLE ONES

- New Nurofen for Children Soft Chewable Capsules are easy to chew orange-flavoured soft capsules that can be taken without water! A specially designed option for pain and fever relief for children aged 7+.
- Convenient for busy families on-the-go.
- No mess, no fuss.
- Headache, pain and fever relief.
- At most pharmacies and supermarkets.



# Good to go

When busy young bodies are feeling under the weather it can be hard on them and hard on you

## BUSY BODIES

Children lead busy lives exploring, learning and playing. They don't have time to be sick! But as they grow and their immune systems develop, the common ailments of life can affect them and slow them down. So when your busy bee is clearly not feeling their best, it's good to have a plan to help relieve their pain and fever. And when they feel better, you'll feel better too.

## THE BASICS

Kids expend a lot of energy over the course of a normal day and it can catch up with them. Sometimes all they need is rest. Make sure they're getting the basics to keep them fuelled up: plenty of sleep, a balanced diet and plenty of water. While you can't be with them all day, you can remind them to keep up their water intake and keep an eye on their drink bottle.





# *Pain, pain go away*

The first tiny tooth is an exciting milestone in your bub's life.  
Help keep them comfortable and happy through the teething years

Teething can be uneventful, but it can also cause some babies discomfort as the new teeth push through the gums. If your baby is agitated and has red gums, flushed cheeks and/or excessive saliva, there's a good chance a tooth is on the way. To soothe sore gums, pop a teething ring in the freezer for a cool, soothing distraction for babies to chew on, and offer them plenty of cool drinks. You can also soothe sore gums by gently rubbing a small amount of Bonjela Teething Gel onto your baby's gums with a clean finger. It brings fast-acting relief to baby's sore gums and Mum's peace of mind, too.

**DID YOU KNOW?**  
**Bonjela Teething Gel can be used by the whole family**

## **TEETHING COMFORT**

- Bonjela Teething Gel provides fast, soothing relief from teething. It's sugar-free and colour-free and suitable for babies from four months old. Use only as directed.





## MULTI-TASKER

- Gaviscon Dual Action Liquid and Tablets provide lasting relief for heartburn and indigestion in just four minutes.
- Unlike other antacids, Gaviscon not only settles stomach acid, but also forms a protective barrier to prevent stomach acid coming back up the oesophagus (food pipe).



Before

After



# Beat the burn

Experiencing heartburn or indigestion can ruin a good time quickly. Eat with peace of mind and enjoy your guilty pleasures

It's a familiar scene for many of us. We've enjoyed a delicious meal with friends or family, perhaps overindulged a little, then we're soon hit with a bout of heartburn or indigestion. Thankfully, a few simple tweaks can help keep the dreaded feeling at bay. Taking your time to eat slowly can help, as can keeping your weight in check and avoiding fatty, spicy foods.

**It's easy to overindulge sometimes! Be prepared and arm yourself with Gaviscon**



**Staring at a  
computer screen  
for prolonged  
periods can  
leave eyes dry  
and tired**



# Bright eyes

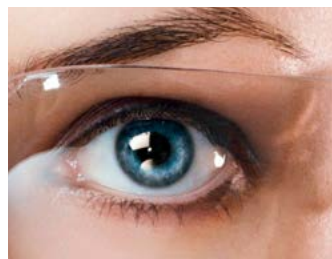
You might exercise and watch your diet to stay in shape, but your eyes need looking after too

## HARD WORKERS

From a busy day at work to watching the kids, our eyes work hard for us every day. They're our windows to the world and it's important to look after them, but common everyday triggers like long hours at the computer and pollution can take their toll. Get proactive and avoid dry, uncomfortable or tired eyes with some everyday kindness.

## DAILY CARE

The eye might be a complex organ but it often doesn't take much to keep your peepers in shape. Even a little care every day can be beneficial. Drinking plenty of water helps keep eyes hydrated and if you work at a computer, it's important to take regular breaks. If your eyes do feel dry or tired, they can easily be treated with a quality eye spray like Optrex ActiMist\*.



**You don't need  
to put up with dry  
eyes – relief is just  
a spray away**

## RELIEF IN SIGHT

- Optrex ActiMist is the convenient everyday solution for relieving and refreshing dry, tired or uncomfortable eyes\*.
- ActiMist is applied to closed eyes, so you can use it even if you have make-up on\*.
- New Optrex Night Gel Drops help to restore your eyes' moisture while you sleep.
- Specially developed hydrating complex provides lasting protection from discomfort.



Always read the label. Use only as directed. If symptoms persist, see your healthcare professional.

\*Dry, tired or irritated eyes due to disturbed lipid layer of the tear film. \*When wearing make-up, it is recommended to apply from 20cm.

ASMI 27171-1216



# Soothe sayer

When you have a sore throat, it can be difficult to focus on much else. Soothe the pain so you can carry on with your day



Sore throats  
can occur  
at any time  
of year

## THE CAUSES

Sore throats can occur at any time of year, and are caused by many different factors such as viral or bacterial infections. Most sore throats are not serious. The symptoms will often improve within seven days and can be treated at home. Your GP is the best person to diagnose the cause but whatever the reason, a scratchy, sore throat can be unpleasant. Whatever you can do to help prevent a sore throat in the

first place is a good idea, like avoiding close contact with anyone already infected.

## HELP YOURSELF

We all get sick from time to time and if you do come down with a sore throat, natural remedies like warm honey and lemon drinks can help. If that doesn't do the trick, Strepfen's throat spray or medicated lozenges can help provide fast, effective relief.



**From the makers  
of Strepisils, the number  
one sore throat brand\*\*.**  
**Available from your  
pharmacy**

## SPRAY AND SOOTHE

- Strepfen is the only\* throat spray that provides up to six hours' relief from painful and swollen sore throats.
- From the makers of Strepisils, the number one sore throat brand.\*\*
- Delivers fast and effective pain relief without numbing.



## OR TRY THIS...

- Strepfen Intensive medicated lozenges provide up to four hours' relief for sore throats.
- Anti-inflammatory action to help relieve painful swelling and tenderness.
- Available in two flavours: Honey & Lemon and Orange.



Always read the label. Use only as directed. If symptoms persist see your healthcare professional.

\* Compared with other anti-inflammatory throat sprays. \*\*Based on Nielsen Scan Data for Combined Grocery & Pharmacy Markets to MAT 21.09.2016

Strepfen contains Flurbiprofen for relief of painful and swollen sore throat.

Strepisils contains Amylmetacresol and Dichlorobenzyl Alcohol for the temporary relief from the symptoms/discomfort of sore throats and minor mouth infections.

ASMI 27171-1216





Mum-of-two and social commentator Angela Mollard guides you through the thrills and spills of parenthood



## FITTER KIDS

With studies showing 78 per cent of kids are getting less than the recommended daily hour of exercise, I love this Milo Champions Band (\$39, Harvey Norman). Worn all day, the band keeps track of a child's steps, kilojoules burned and activities participated in. By syncing it with the app, they can set challenges with friends and gain points to unlock new levels of play. Parents can monitor their progress and send them messages of support!



## Planning ahead

'What do you want to be when you grow up?' is a common question for kids, but Google's chief education evangelist Jaime Casap says ask: 'What problems do you want to solve?' As he says: 'This changes the conversation from "Who do I want to work for?" to "What do I need to learn to be able to do that?"' Genius.



*'I do have elements of the helicopter parent... When my daughters are playing on the monkey bars, I try not to hover and say: "Be careful!"'*

– Nicole Kidman, actress and mum-of-four



Parents – encourage your kids to be mindful and you will all reap the benefits.

NEW Kids



THINK ABOUT IT

# CAN YOU TEACH KIDS to be mindful?

**M**indfulness has become a buzzword among grown-ups, but could it also help kids? New research is showing that mindfulness, or paying attention to the present moment, helps kids to de-stress, regulate their emotions and pay attention. Here's how to teach it to your kids...

### KEEP IT SIMPLE

It's a tricky word to grasp, so explain to kids that mindfulness is just noticing – our thoughts, feelings, tastes and how things feel.

### BECOME MINDFUL

It's hard to teach anything if you can't do it yourself. Read a book on mindfulness such as *Mindful Relationships* by Dr Richard Chambers and Margie Ulbrick, or download an app. Start with practising meditation for five minutes a day.

### PLAY BREATHING BUDDIES

Get kids to lie down with a stuffed animal on their tummy. Ask them to breathe silently for a minute, noticing how their breathing buddy moves up and down. Encourage them to focus on sensations.

### COLOUR IN

Buy a colouring-in book and encourage your kids to focus on the different colours. As the authors of *Mindful Relationships* point out: 'To ensure this doesn't become an exercise in perfectionism, also make sure you encourage them to intentionally, consciously go outside the lines!'

### SQUISH AND RELAX

Lying down, ask kids to squish up their muscles then release them. Focus on different parts of the body holding the squished-up position for a few seconds then release it.

### TEST THEIR TOUCH

Mindfulness doesn't have to be serious, so try this game: choose 10 objects that are fun to touch – pine cones, rice, marbles, leaves and cotton wool are all good. Blindfold kids, give them one of the items and ask them to describe what they feel. Encourage them to really feel the object before they call out what it is.

### GET WALKING

Kids love adventures so try a 'noticing walk'. Amble around your neighbourhood listening to sounds, turning over logs and looking at spiderwebs and plants.

### USE THE WEATHER

Encourage kids to check in with their emotions by using a weather word to describe how they feel – sunny, rainy, windy, calm, tsunami. Just as we can't change the weather, we can't change our feelings, only how we relate to them.

COME HERE YOU BIG, BEAUTIFUL CUP OF COFFEE AND LIE TO ME ABOUT HOW MUCH WE'RE GOING TO GET DONE TODAY.

### THE FLAWSOME MUM

Need a break? Take some time out and have a laugh by looking at The Flawsome Mum page at [facebook.com/theflawsomemum](https://facebook.com/theflawsomemum).





**B**y now, you're back at work, but if you're serious about being healthier in 2017, then you need to know how to stay on track during the daily office grind.

Here, Susie Burrell, dietitian and creator of diet and lifestyle program ShapeMe (shapeme.com.au), shares key food and fitness ideas to use daily...

Adopt these diet and fitness habits now for your healthiest year in the office

**7AM**

### BREAKFAST Eat a good meal

Skipping breakfast is non-negotiable – but it's important to choose your food wisely. Susie says you should have wholegrains, low-GI carbohydrates and a good source of protein. 'Try a smoothie, Greek yoghurt and berries, or avocado with eggs or smoked salmon on wholegrain toast.'



**9AM**

### WORK ARRIVAL Drink water

Before you jump into the day's tasks, Susie recommends filling a water bottle and sipping it regularly throughout the day. As well as keeping your body hydrated, drinking water can help prevent you from mistaking hunger for thirst.



**10AM**

### MORNING TEA Snack smart

Well-timed and well-chosen snacks can help to curb the temptation to hit the vending machine. 'Aim to eat every few hours to keep your concentration levels up and your metabolism pumping,' Susie advises. For a healthy snack, Susie's go-tos are cheese and crackers, a small coffee, a piece of fruit, a handful of mixed nuts or homemade bliss balls.

**11AM**

### AT YOUR DESK Get up and move

Chained to your office chair? Susie recommends standing up and moving at least once every hour. 'Incidental activity is crucial for mental wellbeing and cognitive functioning,' Susie explains. 'A pedometer or fitness tracker are great for keeping you on track.'



**1PM**

### LUNCH HOUR Bring your own

A homemade lunch can do more than just save you money. 'Homemade lunches tend to contain around half the kilojoules of a similar cafe or food court option.' (See above right for a recipe idea.) Susie recommends making an effort to eat lunch away from your desk and taking a 20-minute stroll.

**3PM**

### PEAK PERIOD Stress relief reboot

Frantic times can sometimes make us feel inclined to reach for a sugar fix. Instead, Susie recommends keeping a protein-rich snack handy and either eating it away from your desk, or while watching a funny video. That way, you can zone out and regroup before getting back to the task at hand.



# Your new HEALTHY- AT-WORK ROUTINE





Restore vitality and  
undo any holiday  
weight gain.

NEW  
Health



## Mexican Chicken Salad

Serves 1

1630kJ | 18g fat | 42g protein | 10g carbs | 8g fibre

120g chicken breast, cooked  
2 cups baby spinach  
¼ avocado, sliced

¼ tsp ground cumin  
¼ tsp ground coriander powder  
Salt, pepper and fresh chilli, to taste

### TOMATO SALSA

2 medium tomatoes  
½ small red onion  
1 clove garlic, crushed  
1 tblsp fresh coriander, chopped  
Juice ½ lime

**1** Mix all ingredients for tomato salsa together in a bowl.  
**2** To serve, place chicken, avocado and salsa over a bed of spinach and allow juices from salsa to dress the leaves and chicken.

5 PM

### AFTER HOURS Set physical activity targets

'At a minimum, aim for 10,000 steps a day in addition to at least two heart rate-raising exercise sessions a week,' Susie says. To make it happen, she suggests scheduling workouts into your diary and treating them as unbreakable appointments. To achieve the step target, try a few routine adjustments. 'Park your car further away, or get off public transport a few stops earlier,' Susie says.



7 PM

### DINNER

#### Eat a homemade meal

Home-cooked weeknight meals are essential for sticking to healthy goals. Susie suggests making big dinner batches at the weekend and freezing single portions to heat up. 'Learn how to make quick healthy meals such as omelettes and soups,' Susie adds. And when ordering takeaway, choose wisely. 'Japanese food is generally lighter, or you could get a plain stir-fry or naked burrito.'

9 PM

### FINAL PREPARATIONS Get organised for tomorrow

Setting yourself up for a healthy work day starts with being organised the night before. 'Pack your lunch and snacks and lay out all your clothes – including your exercise gear,' Susie says. 'You could even download some music or a podcast to listen to when you walk or exercise.'

10 PM

### BEDTIME

#### Have a pre-sleep ritual

Catching at least six hours of shut eye is crucial – and Susie says a consistent evening routine will help to make it happen.

'Aim to eat your last meal at least two hours before hitting the sack,' she says. 'And don't use laptops or phones in bed.'

TURN IN  
EARLY





This finished quilt will be big enough to cover both of you while cuddling on the sofa.

SNUG AS  
A BUG

All materials for this quilt are available at Spotlight, [spotlight.com.au](http://spotlight.com.au).

## WHAT YOU'LL NEED

Fabrics are from the 'Sugar & Spice Valentine' range.

- 20cm Fabric A – Sweet Hearts, red
- 20cm Fabric B – Hearts Allover, pink and red
- 50cm Fabric C – Love Birds, red (includes border 2)
- 50cm Fabric D – Love, lilac (includes binding)
- 1.4m Fabric E – Multi Hearts, multi (includes backing)
- 1.2m Prima Homespun, Natural Unseeded
- 10cm Prima Homespun in Lemon Chrome, Lime and Marine
- 110cm x 125cm Sew Easy double-sided fusible, cotton-bamboo batting
- Matching Gutermann 100 per cent cotton thread
- Rotary cutter, mat and quilting rulers
- Quilting pins, tape measure
- Scissors, seam-ripper
- Quilt marker
- Needle for hand sewing
- Sewing machine with a ¼ inch foot and walking foot

All fabrics should be 100 per cent cotton, washed and pressed.

A ¼ inch seam allowance is used, unless otherwise indicated.

Read all instructions before beginning.

## HEART QUILT

Finished quilt measures 36.5 inches x 42.5 inches (92cm x 108cm).

### CUTTING

All strips are cut across the width of the fabric, unless it's stated otherwise.

From each of Fabrics A and B cut one 4.5 inch strip. Crosscut this strip into 10 rectangles of 4.5 inches x 2.5 inches.

From Fabric C cut four 2.5 inch strips for border 2. Then cut one 4.5 inch strip and crosscut it into 10 rectangles of 4.5 inches x 2.5 inches.

From Fabric D cut four 2.5 inches strips for binding. Cut one 4.5 inch strip, then crosscut it into 10 rectangles of 4.5 inches x 2.5 inches.

From Fabric E cut one 4.5 inch strip, then crosscut into 10 rectangles 4.5 inch x 2.5 inch. Set aside the remainder for the backing.

From each of Lemon Chrome, Lime and Marine Homespun, cut one 2.5 inch strip, crosscut each strip into four rectangles of 2.5 inches x 4.5 inches, for a total of 12 rectangles: four in each colour.

From Natural Unseeded

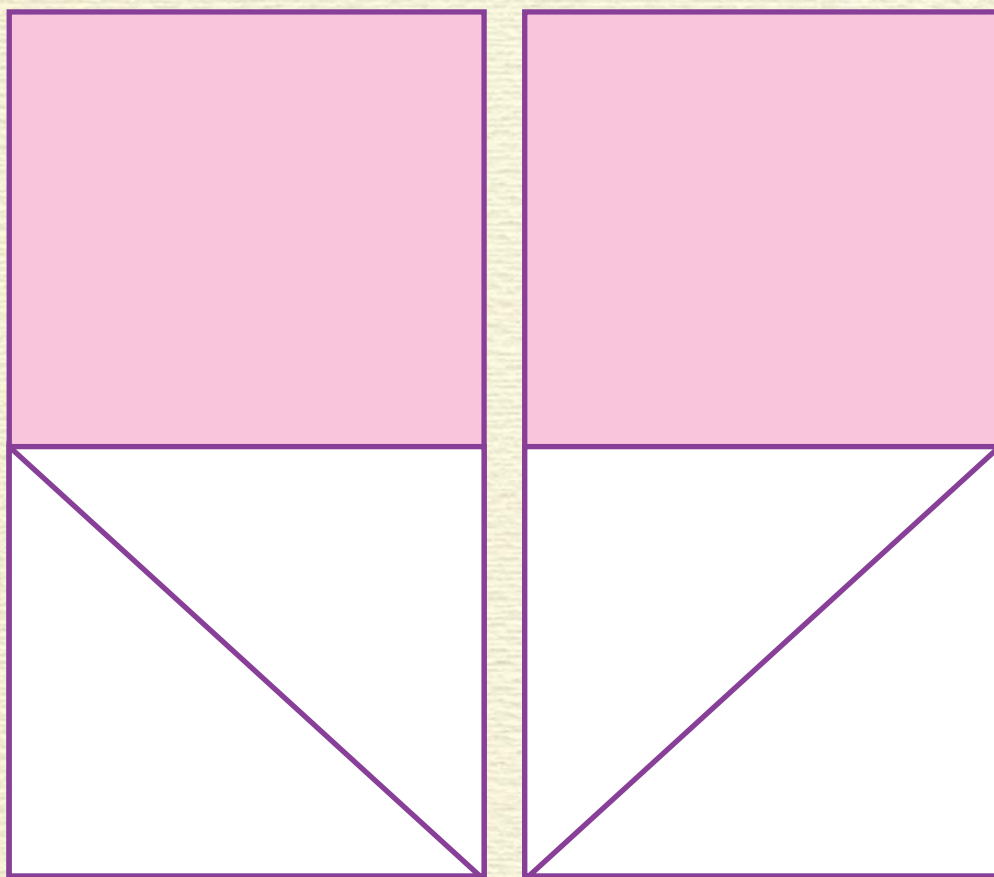
# CRAFT A QUILT

for your Valentine

Spread the love with this creative project for someone close to you

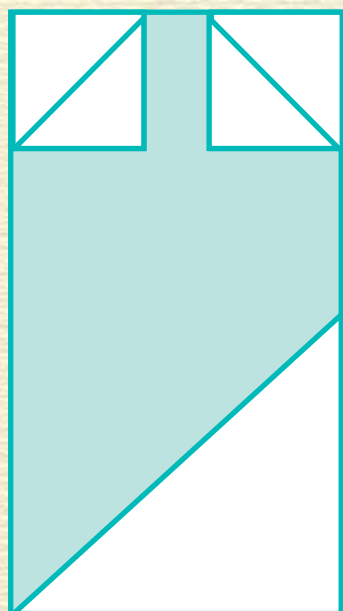
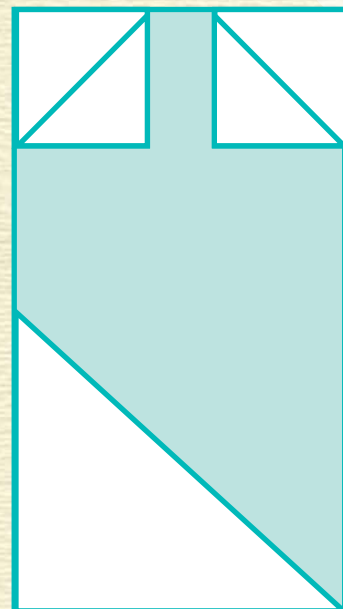


## Step 2 pattern (to scale)



Everyone loves a home-made gift, and this is sure to reignite your loved one's flame.

**NEW**  
*Home*



Homespun, cut three 1 inch strips and 16 x 2.5 inch strips; crosscut 1 inch strips into 120 x 1 inch squares; set aside 4 x 2.5 inch strips for border 1 and 5 x 2.5 inch strips for row sashing. Crosscut 4 x 2.5 inch strips into 60 x 2.5 inch squares; crosscut 3 x 2.5 inch strips into 24 x 4.5 inch strips for block sashing.

### HEART BLOCKS

**1** On each 2.5 inch homespun square, draw a diagonal line from corner to corner. On each 1 inch homespun square, draw a diagonal line from each corner. Note: as Fabrics A-E are directional, make sure both 2.5 inch x 4.5 inch rectangles are facing the right way.

**2** Place two Fabric A 2.5 inch x 4.5 inch rectangles side by side face up and position a 2.5 inch homespun square at the bottom of each strip as shown.

**3** Sew along the drawn line. Trim off the corner, leaving a 1/4 inch seam allowance. Press seam towards homespun.

**4** Place a 1 inch homespun square in each top corner of each Fabric A strip and sew along the line from corner to corner on each square as shown.

**5** Trim corners, leaving a 1/4 inch seam allowance and press the seams open. The heart block should measure 4.5 inches.

**6** Repeat steps two to five using 2.5 inch x 4.5 inch rectangles and 2.5 inch and 1 inch homespun squares to make 30 4.5 inch heart blocks.

### ROWS

**7** Arrange the 30 heart blocks into six rows of five blocks in each row.

**8** Sew a 2.5 inch x 4.5 inch sashing strip to the right-hand side of blocks 1, 2, 3 and 4 in Row 1. Press seam towards sashing.

**9** Sew left-hand side of block 2 to the other side of the block 1

sashing strip and press seam towards sashing. Repeat to sew all the blocks in Row 1 together. There is no sashing strip at each end of the row.

**10** Repeat steps 8 and 9 to sew together blocks and sashing strips in Rows 2 to 6.

**11** Sew a 2.5 inch sashing strip to the bottom edge of Rows 1, 2, 3 and 4. Press seams towards sashing and trim off any excess fabric.

**12** Sew the top of Row 2 to the sashing strip on Row 1 and press seam towards sashing. Repeat to sew all rows together. There is no sashing strip at top of Row 1 or the bottom of Row 6.

### BORDERS

**13** For border 1, sew a 2.5 inch homespun strip to each side of the quilt top. Press seams towards border and trim off any excess fabric. Sew two 2.5 inch homespun strips to the top and bottom of the quilt top. Press and trim excess fabric.

**14** For border 2, sew one 2.5 inch Fabric C border strip to each side of the quilt top. Press seams towards border and trim excess fabric. Sew two 2.5 inch Fabric C strips to the top and bottom of the quilt top, press and trim excess fabric.

## Step 4 pattern (not to scale)



**15** Layer the Fabric E backing, batting and quilt top and baste together. Quilt as desired.

**16** Join the 4 x 2.5 inch Fabric D binding strips on the bias to make one long strip. Press in half lengthwise and bind, mitering the corners. Attach a label or sign and date your quilt.





# Allison Dubois



**NEW**  
**Destiny**

Lots of people will find love this year, so put yourself out there, says Allison

**Q** I have been divorced for more than 10 years and I feel left behind. Many others I know who've divorced have found new relationships and they're flourishing. Apart from a short relationship, I have been single. Despite having a family and a busy workplace with lots of work friends, I feel lonely. Will I find someone?

*Ruth, via email.*

**A** Ruth, you are in control of this part of your life. There are so many men out there who would love a woman's company and warmth. If love isn't coming to you, you have to go out and find it. What effort are you putting in to meeting someone?

The energy you project is what you draw to you. People are often drawn to humour, intelligence and compassion – many different personality traits that I'm sure you possess.

There are singles' cruises, match-making sites and many ways to meet a mate. This is a year of new beginnings, so a lot of people will fall in love. Get out there and find someone!

**Q** My son Caleb took his own life, aged 16. Our younger son was able to spend a few hours with Caleb near the end. But what do you think was in his head that led him to do such a thing? Is Caleb happy? Who will look after him now?

*Debbie, via email.*

**A** Debbie, people who commit suicide usually have a chemical imbalance, so they are already battling depression, and a trigger or event occurs that pushes them over the edge, making it impossible to cope.

Our teenage years are delicate ones full of ups and downs. It's not that Caleb didn't love his family, he just hit rock bottom.

His soul, however, is whole and content. He exists with family and friends who have died but Caleb continues to check in on his living family. He will find ways of letting his brother know that he's around, through music and other methods.

People who pass from suicide go where all other good people go, so he's in great company.

**Q** My mum passed away a few months ago and I keep dreaming of her falling over and fainting. She suffered a lot. Is she at peace? Or suffering? I don't feel her presence, which makes me sad.

*Silvana, via email.*

**A** Silvana, it sounds like your dreams are a way for you to empathise with your mum's struggles throughout her life.

I assure you that she is no longer suffering or struggling. When we die, we relive the happiest days of our lives and find forgiveness for those who may have hurt us.

Your mother is young again, thriving and laughing with the people who preceded her in death, who she missed so dearly.

She'd want you to savour the rest of your life and not waste one day that you could be making a beautiful memory.

When we lose someone dear, an emotional wall goes up for self-preservation. Once you can visualise your mother vibrant and in a contented place, your wall will start coming down.

You'll start to feel your mother's presence and your dreams will become warm and loving visions.

**HAVE A QUESTION FOR ALLISON?** Email [destiny@newidea.com.au](mailto:destiny@newidea.com.au)

For help and support relating to suicide, visit [lifeline.org.au](http://lifeline.org.au) or call 13 11 14.

**Q** I had a dream that snakes were following me. They were vivid green and yellow, and one was pregnant. A couple tried to bite me, but mostly, they were friendly. I stopped the ones that tried to bite me by squeezing them at the point where their upper and lower jaws met. They calmed down and slithered beside me. I kept waking, then falling back into the dream.

*Susie, via email.*

**A** Snakes represent different things, depending on how they behave. The colours of the snakes are also relevant – green and yellow are positive colours representing growth, intellect and fertility, so, it's no surprise one of the snakes was pregnant.

The overall aspects of the dream suggest there will be a positive outcome to any obstacles you're currently encountering.

The fact you subdued the snakes that tried to bite you suggests that any negative talk or gossip around current situations and new projects will be stemmed by your handling of the situation.



# Susan Taylor

New Idea's dream analyst explains the meaning of yours

**Q** For years, I've had the same kind of dreams. I'm alone – I think it's my mum's home, but the building looks nothing like her home. I'm often in different towns or countries. I can't get outside – sometimes I feel trapped, other times I'm pottering around while looking outside.

*Rochelle, via email.*

**A** In the dream state, our subconscious mind often depicts or represents our waking state

of mind as a house. For example, if the house is cluttered, then so is your mind. If you are trapped in the house, then you are trapped by your own limiting beliefs.

The solitude in your dream is indicative of feeling alone with your thoughts or problems. When you are just pottering around, things will be going well in your life.

When you see yourself as trapped, or in another country, you will be going through a 'tough patch', where you may feel stuck or out of your comfort zone.

**IF YOU WOULD LIKE A DREAM ANALYSED BY SUSAN,** send a detailed description of your dream with your name to [destiny@newidea.com.au](mailto:destiny@newidea.com.au)



A Spiritual Tribute to Those Affected by Alzheimer's

# An Inspiring Angel of Caring

**ENHANCED WITH  
SWAROVSKI**

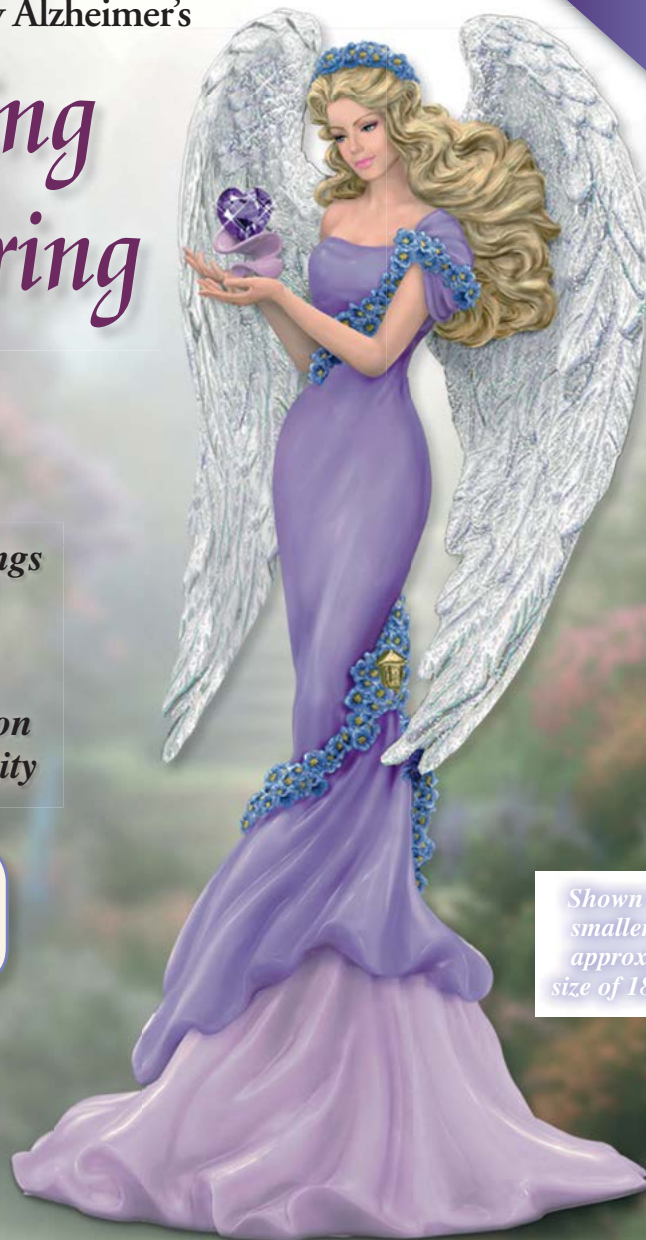
*Featherly light pearlescent wings  
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*Limited hand-numbered edition  
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*A portion of the proceeds  
is donated to benefit  
Alzheimer's research.*

THOMAS KINKADE.  
*Painter of Light.*



*Shown much  
smaller than  
approximate  
size of 18cm tall*

*Support  
the Cause*

Everyone needs a little inspiration, so we're proud and pleased to share with you "Caring" — an angelic messenger of hope for those battling Alzheimer's.

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Looking as if she just stepped out of a Thomas Kinkade painting, "Caring" bears a heart-shaped Swarovski crystal as a token of her compassion. Every detail is impeccably crafted by hand, including her hand-painted lavender gown and pearlescent wings sparkling with glitter. There's even a golden lantern nestled among the forget-me-not flowers, assuring you this is a genuine Thomas Kinkade original. **Plus a portion of the proceeds from your purchase will be donated to help fund Alzheimer's research.**

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# Puzzler

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## COMPACT STARS


**To win one of four prizes of \$50, complete the puzzle and read the coloured squares to reveal a movie featuring the pictured actress (3,4,2,4). Write this title on the coupon.**

**\$200  
UP FOR  
GRABS!**

## WORD SEARCH

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

**\$100  
UP FOR  
GRABS!**

Norwegian pop group (1-2)	False	Highest part of a structure	Michael —, former REM singer	— Baker, jazz great	Dwelling, abode	— Blyton, children's author	— at Work, Aussie pop group	Making broader	Gossip or tell-tale
In pain, injured			Pharmacy outlet						
			Sharpened					Name before marriage	
Vietnam's capital	Shirt or blouse		Distinguished, leading						
							Tennis court divider		
Raised to highest state	Triple-flavoured ice-cream	Heavy winter garment							
Hero of <i>The Matrix</i> movies							Jessica —, pictured actress	Unit of electrical resistance	
Richard Roxburgh TV series	— Moregold, astrologer								
							Frankenstein's servant	Far-fetched dream	Issue forth (from)
Golf score									
Middle-earth monster							All —, romantic song (2,2)	Sing in Alpine style	
Zodiac big cat		Whip	Greek cheese	That's funny (1,1,1)	<i>Oriji</i> Flow singer				
			Faucet		Aged	Imperial weight			
Big finish to a show	Skin illustration					Nicodemou, actress			
		Market seller's table				Harden			
Fermenting vessel	Bloke			Melissa —, TV presenter					

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



THIS WEEK: MARION COTILLARD

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EDITH PIAF  
INCEPTION**

LA VIE EN ROSE  
LADY MACBETH  
PUBLIC ENEMIES  
RUST AND BONE  
TALIA AL GHUL  
THE LITTLE PRINCE

# WORD MAKER

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

YOUR GOAL: 22

O T R  
Y H U  
T A I

# SUDOKU

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

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

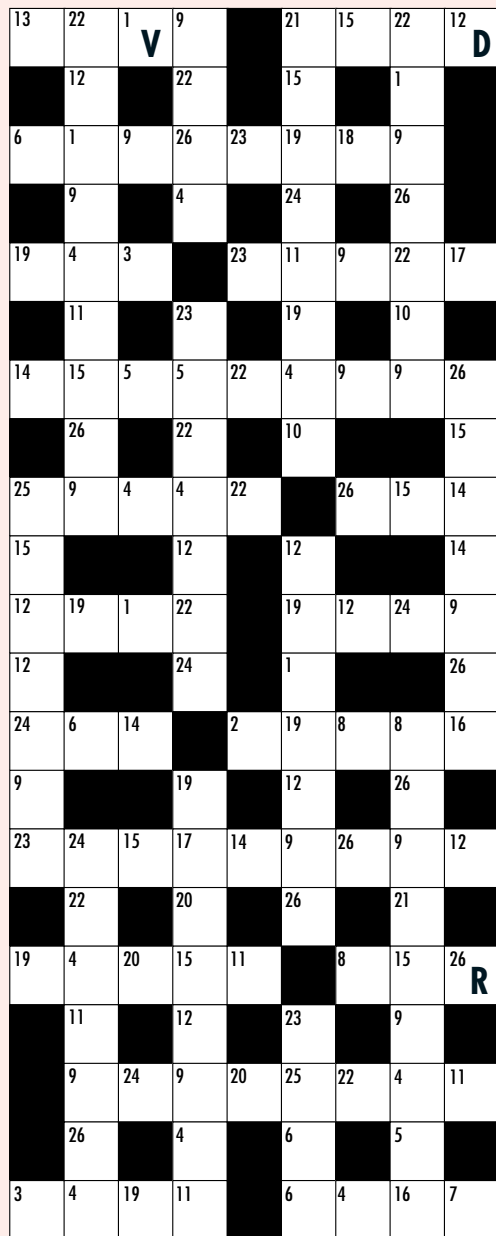


# Puzzles

## CODE CRACKER

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

\$300  
UP FOR  
GRABS!



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

9	7	9	17	20	11
---	---	---	----	----	----

## ACROSS

- 1 In front (5)
- 4 Precious aromatic resin, among the gifts of the Magi at the Nativity (5)
- 6 Group of products manufactured at the same time (5)
- 9 Started again after a break (7)
- 12 Hawaiian dance (4)
- 13 Meek, shy (5)
- 14 Fierce carnivorous dinosaur (13)
- 15 Supporting column or tower (5)
- 16 Hippie era rock opera (4)
- 17 Man's neck accessory (3)
- 18 Workers' organisation (5)
- 22 – Rogen, actor (4)
- 24 Of the countryside (5)
- 25 Reclusive person (6)
- 27 Take pleasure in (5)
- 28 At liberty (4)
- 29 Until tomorrow morning (9)
- 33 To the rear of a vessel (6)
- 35 Do very well (5)
- 36 Cool, trendy (3)
- 37 Six point kick in Aussie rules (4)
- 39 Follow as a result (5)
- 40 Reflected sound (4)
- 41 Russian emperor (4)
- 42 Render senseless (4)
- 43 Surface sheen (5)
- 44 Red planet (4)
- 46 Tribal symbol (5)
- 47 One who spoils festive fun (5,6)
- 52 With one's identity concealed or obfuscated (9)
- 54 Paul –, comedian and actor (5)
- 56 Destroyed, rendered unusable (6)
- 57 Snug and warm (4)
- 58 Former Portuguese colony in Southern China (5)
- 60 French personal pronoun (3)
- 61 Military uniform colour (5)
- 63 Additional (5)
- 64 One hundred runs in cricket (7)
- 65 Carbonated soft drink (4)
- 67 Silvery hair colour (4)
- 69 Violent whirlpool (9)
- 73 Precise, accurate (5)
- 74 Coffee with chocolate flavour (5)
- 75 Clumsy dolt (3)
- 76 Chopping tool (3)
- 77 Basketball shot (3-2)
- 78 Supporting frame for a painting (5)
- 80 Celebratory pyrotechnics (9)
- 83 Biblical garden (4)
- 84 Large brass instrument (4)
- 87 Guacamole fruit (7)
- 89 Grown-up (5)
- 90 Dairy product served with jam and scones (5)
- 92 Ostentatious thespian (3)
- 93 Church tax (5)
- 94 Visual style (4)
- 96 Llama-like ruminant (6)
- 98 Outspoken (5)

- 100 Word repeated by the eponymous raven in Edgar Allan Poe's poem (9)
- 104 Proven, grounded in fact (11)
- 107 Bend (5)
- 109 Fertile dirt (4)
- 111 Colleagues (5)
- 112 Water-filled ditch surrounding a castle (4)
- 114 Body of fresh water (4)
- 116 Divine, consecrated (4)
- 117 Keyboard instrument (5)
- 118 Soy bean curd (4)
- 119 Bristly beard on grain husk (3)
- 121 Precious stone (5)
- 122 Poem of 14 lines (6)
- 123 The classical past (9)
- 124 Rowing blades (4)
- 125 Petrified resin (5)
- 127 Pearl-bearing mollusc (6)
- 131 Egret-like bird (5)
- 133 Gain through effort or merit (4)
- 135 Brazilian ballroom dance (5)
- 137 Fuss, bother (3)
- 139 Japanese wrestling sport (4)
- 140 Spreading rapidly via social media (5)
- 141 Not conforming to a specific category (13)
- 143 Skewered meat dish (5)
- 144 Second-hand (4)
- 145 Gracefully slow (7)
- 146 Fastidiously groom oneself (5)
- 147 Helvetian (5)
- 148 Sharp pain (5)

## DOWN

- 1 Legendary king of Camelot (6)
- 2 Mexican friend (5)
- 3 Arabian Gulf nation, invaded by Iraq in 1990 sparking the first Gulf War (6)
- 4 Woman bearing a leadership role (9)
- 5 Aircraft shelter (6)
- 6 Floating marker (4)
- 7 Faint vestige (5)
- 8 That woman (3)
- 9 Dining establishment (10)
- 10 Grinding tooth (5)
- 11 Hang freely (6)
- 15 Relevant, apposite (9)
- 19 Harmless (9)
- 20 Pasta strands (7)
- 21 Less expensive (7)
- 22 Large, flat sea creature with a barbed tail (8)
- 23 Decrepit dwelling (5)
- 26 Encounters (5)
- 30 Twitter subject marker (7)
- 31 Joined as a single entity (6)
- 32 Moral principles (6)
- 34 Sporting squad (4)
- 38 Vessel in which Jason sailed in search of the Golden Fleece (4)
- 44 Torso, particularly as revealed by a crop-top (7)
- 45 Bridge (4)
- 48 Colour linked to communism (3)
- 49 Supporting, favouring (3)
- 50 Respiratory gas (6)
- 51 Voting district (10)
- 53 Central Australian monolith (5)
- 54 Maori warriors' ceremonial challenge (4)
- 55 Floating biblical menagerie (3)
- 59 Lightweight paddle-propelled boat (5)
- 60 Municipal leader (5)
- 62 Smell, fragrance (5)
- 64 Soft French cheese (9)
- 66 Italian appetiser plate of mixed meats, cheeses and olives (9)
- 68 Canary colour (6)
- 70 Horse shelter (6)
- 71 Marty –, hero in *Back to the Future* film series (5)
- 72 Group of employees (5)
- 75 Deferential, fawning or servile (10)
- 79 Cavalry sword (5)
- 81 Royal domain (5)
- 82 Baked meal (5)
- 85 Stanley's wife and Blanche's sister in *A Streetcar Named Desire* (6)
- 86 Alcohol compound added to petrol (7)
- 88 Cute aquatic mammal (5)
- 89 – Clooney, lawyer and wife of George (4)
- 91 – Grande, river in the Mexico/US border (3)
- 95 Wise nocturnal bird (3)
- 96 Burnt residue (3)
- 97 Coffee capsules (4)
- 99 Drape at the front of theatre stage (7)
- 101 City of *Romeo and Juliet* (6)
- 102 Defeat by weight of numbers (9)
- 103 Without any difficulty (6)
- 105 Lead singer of U2 (4)
- 106 Something which is not as it appears (8)
- 107 Make do, deal with a situation (4)
- 108 Given to strong feelings (9)
- 110 Art and practice of public speaking (7)
- 111 Sleeping garments (7)
- 113 Very familiar (with) (10)
- 115 – Landing, seat of royal power in *Game of Thrones* (5)
- 118 Official name (5)
- 120 Mythical youth in love with his own reflection (9)
- 126 Spade (6)
- 128 Sport played at Wimbledon (6)
- 129 Pound, as of nails (6)
- 130 Discreditable person (6)
- 132 Subsequent showing of a film or TV series (5)
- 134 – Witherspoon, actress (5)
- 136 Representative (5)
- 138 Open pastry treat (4)
- 142 Drink delicately (3)



Bring spring into your home for 60



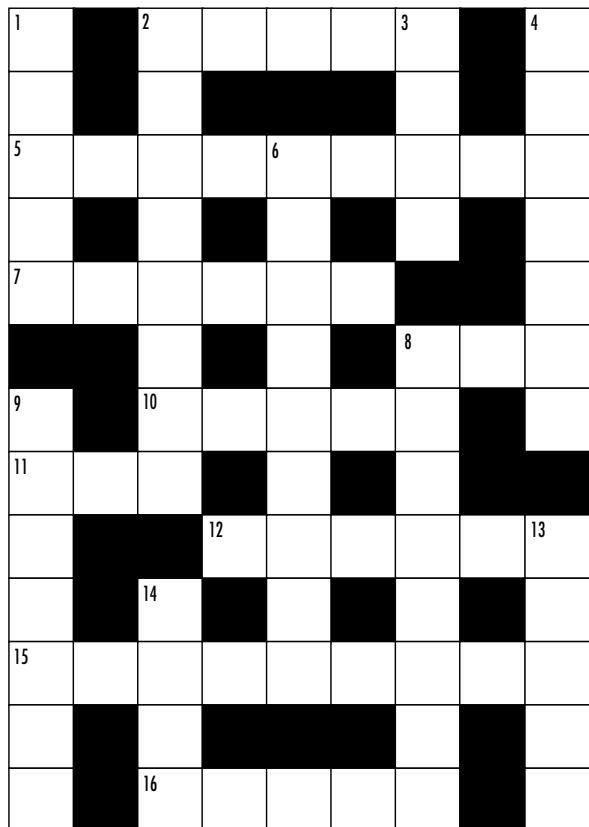




# Puzzles

## CRYPTIC CROSSWORD

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



### ACROSS

- 2 Lance all at sea competing without drugs (5)  
5 Asian city-state twists Gina's rope (9)  
7 Part of centaur or atmospheric light (6)  
8 Fashionable northern hotel (3)  
10 Recorded primate in touchdown (5)  
11 Actor given word to line up (3)  
12 Start by looking over next day's entries for fair hair (6)  
15 Guy beats Ian's improvised performance (9)  
16 Foe opens *New Musical Express* on radio (5)

### DOWN

- 1 Olden times recall a meal from Italy (5)  
2 Solid company centre building (8)  
3 None better for advertising lights (4)  
4 Gift in attendance now (7)  
6 Cool pairs revisit historical site in Athens (9)  
8 Name to suffer tidy fine (8)  
9 Use both kinds of power against defendant (7)  
13 Make nine and you get world-weary boredom (5)  
14 Even gambolled when fit and ready (4)

### QUIZ TIME

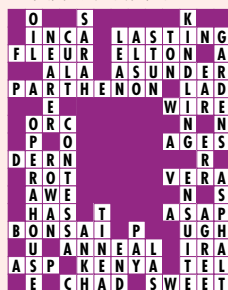
To win one of two prizes of \$50, write the answer to the first quiz question on the entry coupon. For the other answers, see solutions.

\$100  
UP FOR  
GRABS!

- 1 What was the first name of the *Happy Days* character known as Fonzie or the Fonz?  
2 What fruit provides the principal flavour of the liqueur Midori?  
3 Longines, Rolex and TAG Heuer are all luxury brands of what kind of accessory?  
4 How many spots are there on a standard Twister mat?  
5 Who is the patron saint of lovers, beekeepers and greeting card manufacturers?

## JAN 30 ANSWERS

### COMPACT STARS



Winning title: *Lion*

### CODE CRACKER

1	2	3	4	5	6	7	8	9	10	11	12	13
L	V	E	F	O	R	D	P	H	I	Q	N	W
G	S	J	B	M	K	Y	A	X	C	Z	T	U

Winning word: *Crunch*

### WORD SEARCH

Winning answer: *Top Gun*

### SUPERCROSS

ACROSS: 1 Jasmine, 3 Medal, 5 Flare, 8 Flavour, 10 Gnu, 11 Lightning, 13 Kid, 14 Nut, 15 Slip, 17 Direct, 20 Spelt, 23 Jade, 24 Butterfly, 28 Nicole, 30 Lurid, 31 Kai, 32 Nude, 34 Vicar, 35 Logo, 36 Ming, 37 Skua, 38 Coupe, 39 Bugs, 41 Tense, 42 Lunch, 44 Flock, 47 Extra, 49 Wife, 51 Wicca, 53 Pail, 54 Bali, 56 Apache, 58 Afar, 59 Galileo, 61 Few, 63 Formula, 64 Otter, 65 Irate, 67 Atom, 69 Golf, 71 Cider, 73 Samoyed, 76 Knees, 79 Lunar, 80 Smart, 81 Jupiter, 82 Pyjamas, 83 Motor, 85 River, 87 Edith, 90 Iceland, 93 Evans, 95 Nail, 96 Text, 97 Vital, 98 Amish, 100 Victory, 103 Pun, 105 Synonym, 108 Lyre, 109 Father, 110 Ewer, 111 Till, 112 Ashes, 114 Alas, 116 Pearl, 119 Depth, 121 Shelf, 122 Loser, 124 Fair, 126 Icons, 127 Earl, 129 East, 131 Hymn, 132 Proud, 133 Alec, 134 Guy, 136 Drive, 137 Twelve, 138 Eyeshadow, 139 Ness, 140 Yacht, 142 Utmost, 146 Farm, 150 Rag, 151 Job, 153 Neverland, 154 Awe, 155 Feather, 156 Spell, 157 Yummy, 158 Thrifty.

DOWN: 1 Jungle, 2 Eggnog, 3 Multitask, 4 Lather, 5 Fail, 6 Angel, 7 Elk, 8 Fade, 9 Russia, 12 Gardening, 15 Strength, 16 Prude, 18 Emoji, 19 Steak, 21 Pursuit, 22 Ladle, 25 Laconic, 26 Cliche, 27 Jigsaw, 29 Brie, 33 Duff, 34 Vat, 39 Buffalo, 40 Slope, 43 Naive, 45 Laurie, 46 Crag, 48 Adieu, 50 Inflate, 51 Will, 52 Cue, 55 Acrid, 56 Adams, 57 Hotly, 60 Latin, 61 Fred, 62 Wink, 63 Focus, 66 Lords, 68 Mar, 70 Flambe, 72 Return, 74 Maple, 75 Elect, 77 Nsync, 78 Samba, 81 Julia, 84 Rusty, 85 Rat, 86 Vixen, 88 Interim, 89 Help, 90 Ivan, 91 Eliza, 92 Diver, 94 Above, 97 Velvet, 99 Scholar, 101 Cheap, 102 Ants, 104 Unite, 106 Yes, 107 Mire, 109 Fluff, 113 History, 115 Sawyer, 117 Abolish, 118 Lashes, 120 Heal, 121 Spectrum, 122 Laps, 123 Red, 125 Argentina, 126 India, 128 Radar, 130 Steam, 133 Aloof, 135 Yesterday, 141 Belief, 143 Osprey, 144 Magnet, 145 Cheeky, 147 Range, 148 Ajar, 149 Oval, 152 Bus. Winning answer: Turn Fifty this Year.

### QUIZ TIME

Winning answer: *Melanie Griffith*

## ANSWERS THIS WEEK

### WORD MAKER

Ahoy, Author, **Authority**, Hair, Hair, Hart, Hoar, Hoary, Hour, Houri, Hoya, Huia, Hurt, Oath, Ruth, Tahr, That, Thirty, Thoria, Thou, Throat, Throaty, Troth, Truth, Youth.

### QUIZ TIME

1 Prize answer, 2 Melon, 3 Wristwatch, 4 24, 5 St Valentine.

### CRYPTIC CROSSWORD

Across: 2 Clean, 5 Singapore, 7 Aurora, 8 Inn, 10 Taped, 11 Cue, 12 Blonde, 15 Sebastian, 16 Enemy.  
Down: 1 Past, 2 Concrete, 3 Neon, 4 Present, 6 Acropolis, 8 Identify, 9 Accused, 13 Ennui, 14 Able.

### HEXWORD

1 Submit, 2 Zodiac, 3 Brutus, 4 Scream, 5 France, 6 Caucus, 7 Salary, 8 Iberia, 9 Strive, 10 Eureka, 11 Carrie, 12 Louvre.  
Hidden word: *Fruity*.

### SUDOKU MANIA

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

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

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

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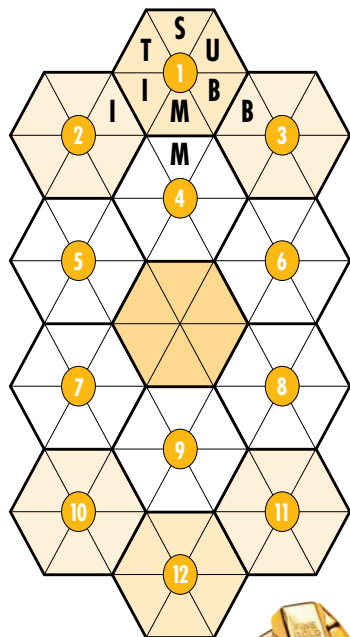
Competition closes 19/2/17 at 5pm AEDT.





## HEXWORD

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



## CLUES

- Hand in for evaluation, as an academic work or job application (S)
- Collection of astrological symbols (Z)
- One of the key conspirators in the assassination of Julius Caesar (B)
- The —*, iconic 1893 painting by Norwegian expressionist artist Edvard Munch (S)
- Joan of Arc's country (F)
- Parliamentary members of a political party (C)
- Regular income (S)
- Region of southwest Europe comprising Spain and Portugal (I)
- Apply vigorous and consistent effort in pursuit of an outcome (S)
- Cry of discovery (E)
- Fisher, played Princess Leia in *Star Wars* (C)
- Famous palace in Paris, now used as a museum and home to many of the world's greatest artistic masterpieces (L)



Pacific magazines

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# Horoscopes



WITH KAREN MOREGOLD

For all things astrological, visit my website: [karenmoregold.com](http://karenmoregold.com)

## AQUARIUS JAN 21 – FEB 19

A family occasion or duty will open the way to reset a relationship and put a challenging patch behind you. A thoughtful gesture will show how much someone cares and an exciting invitation will introduce you to a fun new circle. Singles, enticing romantic possibilities will fire your imagination and passion. On the job, clarify a complex request or task before you begin, and pay attention to details.

LUCKY NUMBERS: 21, 37, 45

## TAURUS APR 21 – MAY 21

Strokes of good fortune on the job this week will help you make your mark and boost your earnings or impress a colleague. You'll go the extra mile for a special domestic or family project, a stylish occasion will add fresh pizzazz to your social life, and contact with someone you've been missing will touch sentimental chords. A challenging conversation, handled positively, will mend a bridge.

LUCKY NUMBERS: 15, 23, 35

## LEO JUL 24 – AUG 23

A unique opportunity to help or do something nice for another will be meaningful for both of you, and a special family event or gathering will be a chance to heal a relationship and set up a new chapter. Travel plans or fun arrangements with a distant relative or friend will fire up your imagination. Outings to beautiful and exciting places will be a joy. Don't let an old upset or grievance flare up again.

LUCKY NUMBERS: 2, 3, 7

## SCORPIO OCT 24 – NOV 22

A bargain or lucky financial deal will put a big smile on your face this week. You may also learn something important through this. It will take an all-out effort for you to bring a bold family or domestic enterprise to success. On the job, unusual conditions, tasks and goals will test your versatility, ingenuity and follow-through. Getting out and about to different places and having fun passing encounters will be stimulating and educational.

LUCKY NUMBERS: 19, 28, 41

## PISCES FEB 20 – MAR 20

A lucky break will help you bring plans you've been working on for a long time to completion. Stepping back in a situation or commitment you've had a break from will involve a brush with the past, but there'll be something to learn or approach from a fresh new angle this time around.

A long-awaited get-together will be an emotional occasion. Spending up big on someone you love will come from the heart.

LUCKY NUMBERS: 4, 13, 14

## GEMINI MAY 22 – JUN 21

Good news this week will lift your spirits and a thought-provoking exchange will explain someone or something you're keen to understand. You'll welcome the opportunity to correct a misunderstanding. Exploring new places and social scenes, meeting charming people and enjoying unusual experiences will be fun and enlightening. A romantic turn of events will add a fun sparkle to your love life.

LUCKY NUMBERS: 16, 20, 24

## VIRGO AUG 24 – SEPT 23

A breakthrough with an exciting but challenging endeavour will open the way for a thrilling achievement. A surprise turn of events will bring a special personal opportunity. Unusual outings and fun activities will whet your appetite for more, though they may be on the expensive side. An old health issue may require a fresh, positive approach, or an ambitious health goal will need a concerted effort.

LUCKY NUMBERS: 6, 12, 26

## SAGITTARIUS NOV 23 – DEC 21

An invitation or overture from another who's significant emotionally could come from out of the blue. A special achievement on the job will do you proud. A change of scene or routine will be refreshing, a discovery will shed light on something you haven't understood, and fun different experiences will be a taste of happy times to come. Romance will burn brightly too. Singles, a flash of attraction could ignite a passionate involvement.

LUCKY NUMBERS: 1, 30, 31

## ARIES MAR 21 – APR 20

A fortuitous encounter will bring timely guidance with an exciting personal endeavour or set the scene to foster an advantageous connection. Friendly vibes with new people will set up fun friendships. Reconnecting with someone you can't wait to see will be an emotional treat and delicious romantic interludes will energise your love life. Singles, a romantic meeting could set your pulse racing!

LUCKY NUMBERS: 9, 17, 29

## CANCER JUN 22 – JUL 23

Going from strength to strength with a financial project or making headway towards a long-term financial goal will reinforce your confidence. Sort out details and loose ends as you go. A financial boost will bring in extra money but special outlays will take it out again fast. A social first will break fun new ground but it may have a few challenging aspects. Singles, a defining moment will set the course of a new romance.

LUCKY NUMBERS: 10, 11, 22

## LIBRA SEPT 24 – OCT 23

You'll be in the right place at the right time to cultivate a charming friendship, fortuitous connection or, for singles, an exciting new romance. A creative project or passionate personal interest will go forward in leaps and bounds. An enlightening discussion will guide you with an important decision. In a situation where you feel pulled in different directions, calm your energy and let your priorities lead you through it.

LUCKY NUMBERS: 5, 25, 32

## CAPRICORN DEC 22 – JAN 20

Advantageous career trends will help you to strengthen an important association, show your abilities and achieve impressive results. A financial matter or project that's been hanging in the balance will move forward and there may be a challenging decision or large outlay. The solution to a personal problem will come from out of the blue. Prickly differences with someone close could cause tensions, so keep your cool to deal with this.

LUCKY NUMBERS: 8, 18, 38



# Your Say

NEED A LAUGH? SHARE THE ANTICS OF YOUR FUNNY KIDS AND CHEEKY MM!

## CHILDREN'S WORLD

### FINANCE AND FAIRYTALES

We were having a discussion about money when my seven-year-old grandson asked: 'What are taxes?' His mum started to explain the concept, saying: 'Once upon a time, taxes...' Before she could say another word, my grandson said: 'Oh no! You are not going to tell me a fairytale, are you? Fairytale always start with "Once upon a time!"'

*Dianne Bahr, White Rock, Qld.*

### LIFE LESSONS

Our 10-year-old grandson was thrilled to receive \$80 at Christmas. The next day he was devastated when he realised his money had accidentally been gathered up with the Christmas wrapping and had ended up in the garbage bin, which had already been emptied. Our daughter tried to console him, and explained it was a lesson in life. He replied: 'But couldn't I have learnt with only \$5?'

*Debby Barnes, Werribee, Vic.*



**My sons Eamonn, 11, and Liam, seven, are regular art critics, and these bird sculptures dotted around North Perth got their tick of approval.**

**NICOLE RYAN, MIRANDA, NSW.**

### GET SET, SONIA!

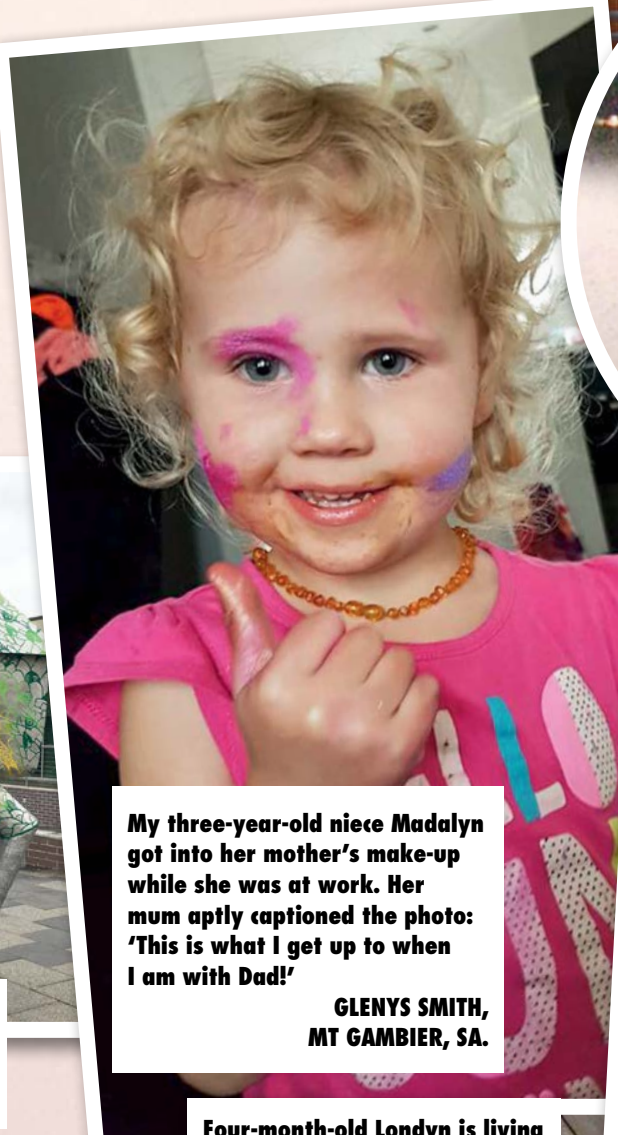
My four-year-old granddaughter Olivia came to visit me one day. She wanted to play a game, and told me I was to go first. She then came out with: 'Ready, Sonia Marks, get set, go!' After I stopped laughing, I phoned my daughter-in-law – who's called Sonia – and of course Olivia thought that's what you had to say to start a race!

*Dianne Sadler, Orange, NSW.*

### FICKLE BRIDE

Miss Four recently attended her first wedding with the family. She enjoyed it, but afterwards, she asked me with some curiosity why the bride changed her mind. Confused, I asked her what she meant, and Miss Four explained: 'Well, she came into the church with one man, but then she went out with another one!'

*A. Chalmers, Highton, Vic.*



**My three-year-old niece Madalyn got into her mother's make-up while she was at work. Her mum aptly captioned the photo: 'This is what I get up to when I am with Dad!'**

**GLENYS SMITH, MT GAMBIER, SA.**

**Four-month-old Londyn is living the high life on holiday.**

**KIRSTEN ZAMMIT, PORT MELBOURNE, VIC.**



## Mere Male

### DI... WHY?!

**My MM husband wanted to run a temporary TV cable from one bedroom to another. He devised a plan to run the cable through a wall between built-in wardrobes that he thought backed onto each other. Next day, I stopped him as he was about to drill through the wall. Although we've lived in the house 24 years, he'd completely forgotten about the bathroom separating the two rooms!**

*Glenda Cass, Rosebud, Vic.*

### SANTA, BABY

**My grandson was misbehaving, so I picked up my mobile and said I was calling Santa to tell him how naughty he was being. Master Five asked how I knew Santa's number – and cheeky MM told him that nan and Santa dated a long time ago!**

*B. McCain, George Town, Tas.*

LETTER OF THE WEEK  
WINS  
\$100!

### FITBIT FRAUD

**MM grandpa won a Fitbit challenge he'd set up with his mates. They smelled a rat, as Grandpa isn't exactly known for his energetic pursuits. His cover was blown when his little grandson announced that Grandpa had scored the Fitbit record by rocking all day in his rocking chair!**

*K. Simpson, Ocean Reef, WA.*

### LIFE HACK

**My MM uncle always keeps his hat hanging on a hook behind his front door, and puts it on whenever the bell rings. Depending on who is there, he either says: 'Oh, I was just about to go out', or welcomes them with: 'Oh, I've just got home, please come in!'**

*Mary Gunawan, Tweed Heads, NSW.*

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





READER OF  
THE WEEK  
WINS  
\$100!

There was plenty of time to read my favourite magazine during a polar night in Svalbard in the Arctic Circle.

**ANNE BRETtingham-MOORE,  
ST LEONARDS, NSW.**



There's nothing like a nice holiday to put a smile on my three-month-old's face!

**ALLY BENNETT,  
ENGADINE, NSW.**



# Nene King

IT'S TOUGH BEING CAUGHT IN THE MIDDLE WHEN LOVED ONES DISAGREE, SAYS NENE



## WHO WINS THE WAR?

**Q** My husband and my bestie have never really got along, but in the last year it's really intensified. He thinks she's loud and selfish, and avoids being home when I invite her over, while she's dismissive and thinks he isn't good enough for me. They're the people I love the most and I don't understand the animosity.

*Aimee, Boronia Heights, Qld.*

**A** This is disgraceful behaviour – your husband and your best friend should hang their heads in shame, carrying on like a couple of naughty schoolchildren. The two people you love most are not considering your feelings, and are being selfish and hurtful. Demand that they come to a civilised truce – there's no need for them to be best buddies, just cordial.

## YOU'VE GOT MALE

**Q** My husband and I have been happily married for almost 10 years, during which time I've never been unfaithful. However, due to pressure at work I have been seeing very little of him lately, and at times have felt lonely. I have always been able to confide my problems in the local postie who often drops in for a cup of tea after his round. I've seen him as a friend, nothing more, until one day I found myself kissing him and before I knew it we were in bed making love. What should I do now?

*Hattie, Cairns, Qld.*

**A** The liaison was spur of the moment and undeniably exciting, but if your marriage is still important, put away the teapot and leave the postie to his rounds. It's time to decide your priorities – the man you've been married to for 10 years, or quick rumbles with the attentive postie. Your husband deserves to know you feel neglected – suggest a romantic dinner or a holiday away from pressing work commitments.

## INSENSITIVE FRIEND

**Q** I'm a single mum with a toddler and struggle to make ends meet. My friend's hubby occasionally travels for work, and she makes a big deal about her 'solo parenting' when he does. It drives me batty – doesn't she realise my situation? She's a good friend, but I find this inconsiderate. Should I say something?

*Annette, via email.*

**A** It doesn't seem to take much to drive you batty! It's nonsense to describe your friend's behaviour as inconsiderate. Her life is different to yours. She is a good friend, so it's highly unlikely she is deliberately going out of her way to make you feel inadequate about your situation. Stop feeling sorry for yourself and remember, silence is golden.

## ASK ME ANYTHING!

To contact Nene, email [nene@newidea.com.au](mailto:nene@newidea.com.au) or write to Advice, New Idea, GPO Box 7814, Sydney, NSW 2001.

# Letters

## REAL HEROES

I take my hat off to all the unsung heroes who helped in the wake of the Melbourne Bourke Street tragedy. From the cousins who tried to stop the car to the bystanders who administered first aid and the emergency services personnel who

attended the scene, this is what Australia is all about. Let's remember the heroes and the victims, not the horror inflicted by the maniac driver.

*Debbie Dye,  
Cooranbong, NSW.*

## AUSSIE EATS

Thank you for the delicious and simple Australia Day recipes (NI Jan 30). Many of them will be on my family favourites menu for some time. I also enjoyed reading about *My Kitchen Rules* and going behind the scenes. I'm

looking forward to seeing how this new series plays out!

*Gael Brown, Alfred Cove, WA.*

## NEW FOODIES

Karen Martini is always such a joy to watch on *Better Homes And Gardens*, and her recipes are simple, classic and always have a delicious twist. I agree, this generation is more experimental in regards to food and it'll only grow more with shows like *BHAG* and *My Kitchen Rules*! Karen's beautiful daughters are learning from the best

and I'm sure they make a mean lamb and Greek salad!

*Christina Hatzis, Yokine, WA.*

## COME BACK JACK

Like many other performers, Jack Vidgen has struggled with fame and the demands of being in the spotlight. Six years after winning *Australia's Got Talent*, it seems Jack is still struggling to find himself. I hope it won't be long before this talented young man finds contentment, and music is part of his life again.

*Judith Caine, Donvale, Vic.*

LETTER OF  
THE WEEK  
WINS  
\$100



# Entertainment

A white-hot shower scene promises to set pulses racing.

**D**arker, sexier and more passionate than ever – after two long years, Jamie Dornan and Dakota Johnson are back, once again wearing as little as possible.

In the second film of the trilogy, the stakes are higher, Jamie's abs are just as desirable and the sexiness is almost too much to handle!

But this time, the action is not restricted to the bedroom – it's what's going down outside that will have you on the edge of your seat as well...

If you thought the first film was raunchy, the second instalment will definitely make you blush!

*Fifty Shades Darker* is in cinemas on Thursday.

Jamie and Dakota return to the roles that had everyone talking.

## Fifty Shades

# 6 OUTRAGEOUS MOMENTS

Are you ready for the sexiest film of the year?





The temperature's rising in the elevator!

## 1 INTRUDER ALERT

It's called *Fifty Shades Darker* for a reason. Prepare yourself for some thrilling and heart-racing action – but not all of it is bedroom-related this time! Anastasia's life is threatened when Leila, one of Christian's former lovers/submissives, begins stalking Anastasia. Leila is out for blood!



## 2 HOT AND STEAMY IN THE SHOWER

It wouldn't be *Fifty Shades* without a raunchy sex scene or seven. Consider this steamy shower scene one to watch – you won't be able to peel your eyes away from the screen.

## 3 THE ELEVATOR

This is almost too hot to handle! Things get heated in a lift as Christian pushes the boundaries in public with Ana (above).

## 4 WINNING ANA BACK

The previous film saw Anastasia end things with Christian, so when we pick up again, Christian has a lot of wooing to do in order to win her over. He's relentless in his efforts, but Anastasia needs Christian to promise there will be no more secrets.



Christian's bitter ex Leila is hell-bent on revenge.

## 5 MRS ROBINSON APPEARS

As if Anastasia didn't have enough on her plate, the arrival of Christian's business associate Elena – who Anastasia labels 'Mrs Robinson' – causes major disruption to the couple's relationship. Could Elena be more than just Christian's colleague?



A chopper crash leaves lives hanging in the balance.

## 6 HELICOPTER RIDE FROM HELL

Things go haywire for Christian on a helicopter flight and he crashes. No-one can find Mr Grey, leaving Anastasia fearing the worst. Will he survive?

# THE WHO'S WHO OF DARKER

Get to know the new faces from the film

## Bella Heathcote as Leila Williams

Australian actress Bella plays one of Christian's disgruntled ex-submissives, Leila. Haunting and stalking Anastasia, and even breaking into her apartment, Leila poses a great threat to Ana's life – and things are set to get very scary indeed!



## Tyler Hoechlin as Boyce Fox

You know Tyler from his time on *7th Heaven* and *Teen Wolf*, and now the hunky actor is suiting up to play Anastasia's former uni classmate, Boyce, an author. The two get closer when she becomes his editor at the publishing company where she works.



## Kim Basinger as Elena Lincoln

Kim is perfectly cast as Christian Grey's elusive and beautiful business associate. Elena and Christian go way back – she is an old friend of his mother's. While things are now all business, Elena is jealous of Anastasia.



## Rita Ora as Mia Grey

The British songstress made a blink-and-you'll-miss-it appearance in the first film, with four lines of dialogue, but this time round Christian's adopted sister will have a much bigger impact. The bubbly and outgoing Mia immediately warms to Ana.



## Hugh Dancy as Dr John Flynn

The *Hannibal* actor makes his *Fifty Shades Darker* debut as psychiatrist Dr Flynn. Struggling with exes causing trouble, making Ana happy and running his empire, Christian turns to the doctor for help.







Bill and Michelle (inset) split in March 2013, and he has now found happiness again with new wife Lisa.



# MICHELLE'S WEDDING SHOCK!

**T**he *Biggest Loser* star Michelle Bridges may have been the first to find love after splitting from husband of nine years Bill Moore, but the businessman has beaten his former wife down the aisle.

While the personal trainer has embarked on a very public romance with her co-star Steve 'The Commando' Willis – welcoming son Axel last year – Bill has quietly been dating new love Lisa, recently making things official in an intimate ceremony.

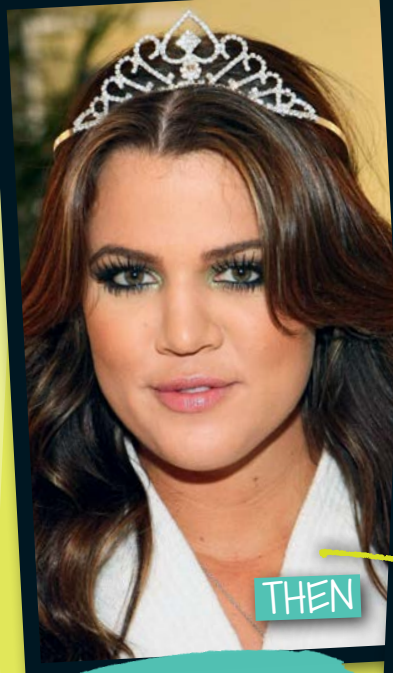
'What a beautiful few days we have had

celebrating our wedding with family and friends. Thank you so much to everyone who joined us in person and to all who joined us in loving support and spirit,' Lisa posted on Facebook following the big day.

She added: 'We are very happy.' Despite Bill

describing his break-up with Michelle as a 'difficult time', he continues to work as her business partner, with the star saying they are a 'great team'.

Michelle and Steve are parents to son Axel, 14 months.



THEN

## KHLOE, IS THA

Whoa! It's no secret Khloe Kardashian has undergone a glam transformation in recent years, but this is taking it to the next level!

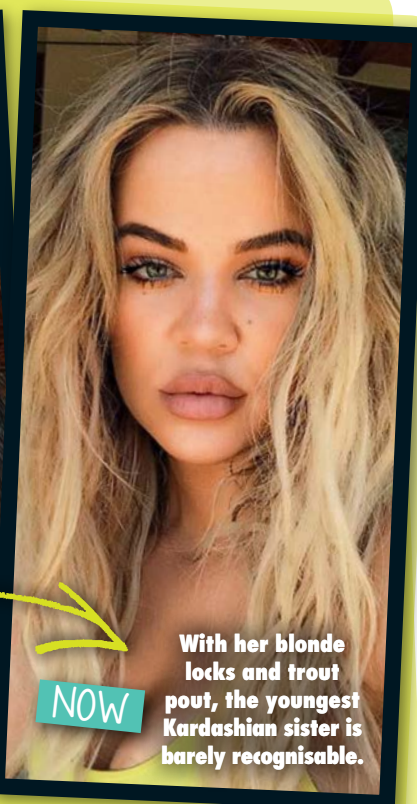
Given how dramatic her new look is, LA-based surgeon Dr Stephen Grifka,



THEN

Marie recently boasted she'd lost 22kg with Nutrisystem and had kept it off for the 10 years she had been its ambassador.





NOW

With her blonde locks and trout pout, the youngest Kardashian sister is barely recognisable.

# T YOU?!

who has not treated Khloe, has little doubt the star has gone under the knife.

'It appears as if she's probably used soft tissue filler to augment her lips,' he says, adding it also looks like she's had a brow lift.

## POSH & BECKS

say 'I do' again... 17 years later!

After admitting their first time down the aisle was way over the top, David Beckham has revealed he and wife Victoria have since renewed their vows in a very low-key ceremony.

'It was a lot more private,' he reveals of the hush-hush event. 'There [were] about six people there in our house.'

Despite reports the couple's 17-year marriage is on shaky ground, David says he and Victoria always pull through.

'Of course you make mistakes,' he says. 'And we all know that marriage is difficult at times. It's about working through it.'



The pair, who wed in 1999 (below right), are parents to Cruz, Harper, Romeo and Brooklyn.



## DIET DIVAS AT WAR!



NOW

Oprah Winfrey and Marie Osmond are battling it out over who's the biggest loser... on the scales that is!

With Oprah on Weight Watchers and Marie on Nutrisystem, the showbiz stalwarts are embroiled in a bitter feud over which program is best.

Sources tell *Globe* Oprah, 63, riled up Marie, 57, by boasting that she can still enjoy a glass of wine.

'To me, toasting a glass of wine, there's a lot of sugar in that glass,' Marie retorted, slamming the Weight Watchers program.

And while a rep for Marie has dismissed rumours of a feud, close insiders insist otherwise.

'They've had a frosty relationship for ages,' spills the source.

'Behind closed doors, Marie refers to Oprah as a phony with a huge ego to match her huge body.' Ouch!

After buying a major stake in Weight Watchers, Oprah lost 19kg in 14 months.



THEN



NOW





# Starwatch

## Julie Bishop SHOCK NEW LOOK!

**W**hile protruding collarbones and gaunt complexions are red-carpet staples, onlookers were left stunned to see a very slim Julie Bishop stepping out at the G'day USA Gala in LA. Clearly enjoying rubbing shoulders with the likes of Nicole Kidman and John Travolta at the A-list bash, Australia's Foreign Minister appears to have undergone a new glam makeover.

'Nobody recognised Julie at first, she's really glammed up her look. She's changed her hair

and has definitely lost weight,' observed a red-carpet source. 'Everyone was telling her how fabulous she looked.'

'The peplum-style, sparkling outfit she wore was meant to accentuate her curves, but she still looked tiny and a lot thinner in the face.'

Indeed, clocking up 50km a week pounding the pavement, the polli says running every day 'allows me to focus'. And while she doesn't follow a specific diet, she tries to 'eat healthily'.

But even though her trim frame may be the celebrity trend du jour, it appears Julie's new look has sparked concerns – with a Northern Territory columnist comparing her to a 'gaunt POW lookalike'. Ouch!

Julie's svelte frame has sparked concerns for her health.

The politician sported a fuller figure four years ago.

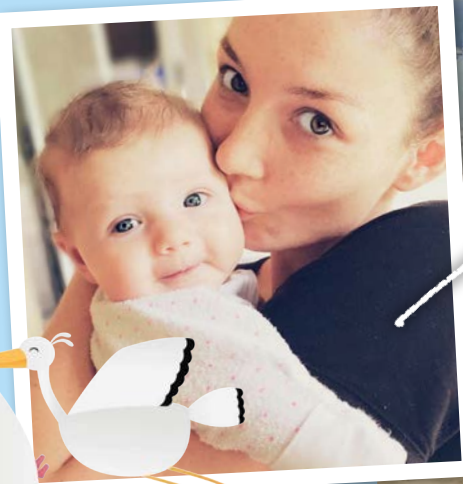
## RICKI'S BIG BABY NEWS

She's remained steadfast in her plans to stay childless, but Ricki-Lee Coulter could very well have a change of heart after becoming besotted with her baby niece Harlow.

Bombarding her Instagram account with pics of the adorable tot, the former *Australian Idol* contestant can't seem to get enough!

'I love her so much!' the singer captioned one of the photos.

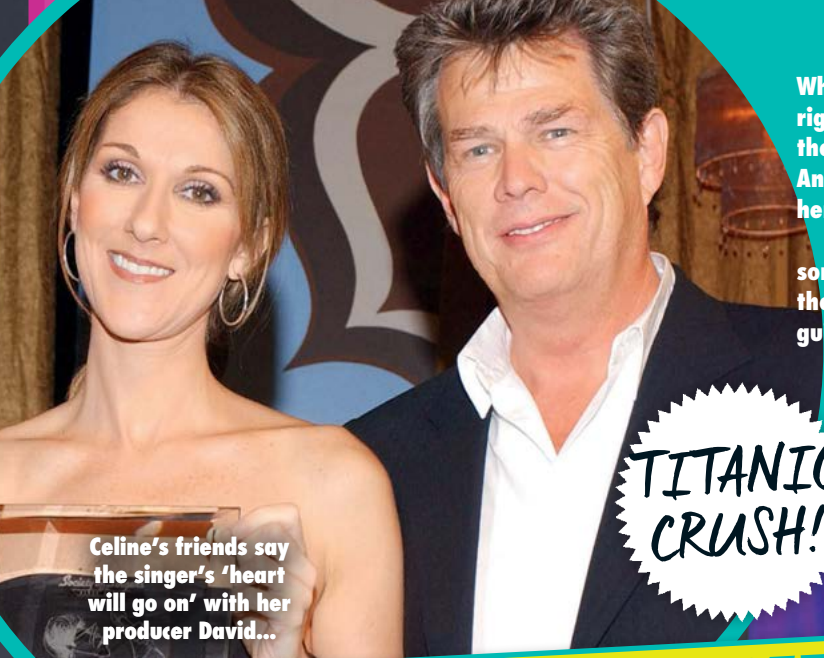
Despite her cluckiness, Ricki has always maintained kids were not part of her and her husband Richard Harrison's future, saying: 'It's just something that we don't want and it's a personal decision.'



The singer couldn't be more besotted with her niece Harlow.







When it rains, it pours! Isn't that right, Celine Dion? One year after the passing of her husband Rene Angelil, the singer has found herself torn between two men!

While the star has taken some tentative steps back into the dating world with her sexy guitarist Kaven Girouard, *Star*

magazine reports the 48-year-old is also secretly harbouring a titanic crush on her long-time producer David Foster.

'When we bring it up, she blushes and says: "I love David, but he only dates supermodels!"' a source tells the magazine.

May the best man win!

**TITANIC CRUSH!**

Celine's friends say the singer's 'heart will go on' with her producer David...



...but guitarist Kaven is also vying for the songstress' affection.

## CELINE'S LOVE TRIANGLE



According to friends, Kaley was 'loud' and 'a mess' as she stumbled around the Chateau Marmont.

## Kaley's in MELTDOWN MODE

Uh-oh! Pals are worried for *The Big Bang Theory* starlet Kaley Cuoco, after the actress went on an all-night bender ahead of the Screen Actors Guild Awards.

Partying it up at the pre-SAG Awards party at the Chateau Marmont in Hollywood, the blonde beauty was spotted stumbling around and looking a bit worse for wear as the night wore on.

'She was a mess! She was loud and people were looking at her,' says an insider.

With her boyfriend Karl Cook nowhere in sight, the source also tells *New Idea* the actress was instead 'leaning on [co-star and ex-boyfriend] Johnny Galecki'.

Unperturbed by her dishevelled state, Kaley said she was on a mission to let loose.

'I'm not going to sleep. I'm just going to go the whole way,' she said on the night.



Pals fear for the *Big Bang* star after she let loose at a SAG Awards party.



## Wacky Winona

Forget the shoplifting scandal, Winona Ryder will now forever be known for the raft of bizarre faces she pulled on stage during *Stranger Things* co-star David Harbour's acceptance speech!



# Starwatch

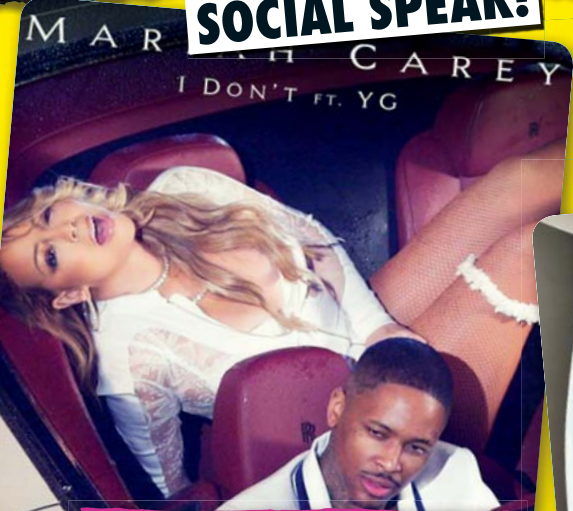


## Hair enough

Kylie Minogue killed off our dreams of an '80s *Neighbours* throwback wedding when she announced that her dress 'won't be like Charlene's'. Boo! So, it's up to fiancé Joshua Sasse to go for that Scott Robinson/Jason Donovan mullet then.



## SOCIAL SPEAK!



**WHO: MARIAH CAREY**  
The not-so-shy singer announced the arrival of her single *I Don't* on Instagram. From the pic, it looks like the full title might be *I Don't Think This Uber Driver Is Going To Take Me Home From The Pub*.

## You don't say!

'We didn't hesitate for a second. We're completely compatible,' is the sort of thing blokes *never* say on the subject of their engagement. Hmmm, we get the feeling Sofia Vergara was hovering close by when hubby Joe Manganiello was asked about married life!



## Have a chip, stat!

Surely the *I'm A Celeb* stars have enough to worry about in the jungle without fearing Tegan Martin's tummy! 'I hope I don't get hungry because, at that time of the month, the contestants would rather meet a wild lion than Tegan,' she says. Yikes!



## Busting out

Ellen DeGeneres totally scared *Fifty Shades Darker* star Jamie Dornan, leaping on him with fake boobs in full motion yelling: 'I assume you like a girl in a uniform!' The hilarious sketch probably left Jamie feeling like a right tit.



# CELEBS SAID WHAT?

OH YES THEY DID...

## WHO: GRANT DENYER

A little bit of dunny humour from Grant, who's blaming his 15-month-old daughter for putting his belongings in the toilet. Everything but his career, that is, which thankfully isn't down the pan!



Sun's out, buns out!



## WHO: KYLIE JENNER

'Body is a Wonderland' accompanies this post from the scantily clad social media queen. That's easy for her to type, if we try and heave ourselves out of a swimming pool like that, our body is a wobble-land!



# Monaro

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#### THE FACE

- Powered by a reliable Seiko VD 54 B movement
- Accurate recreation of the Monaro badge
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#### THE WATCH CASING AND BAND

- Crafted in rugged stainless steel
- Rotating bezel
- Reverse engraved with stats & slogan
- Side etched with Holden Monaro



Time was when the world judged a bloke by the car he drove. If he drove a Monaro, the world was his. Big on grunt and big on style, the Monaro set him apart. Now the Monaro is honoured in a men's chronograph that captures the power, the looks and the respect of the ultimate muscle machine!

Officially licensed from Holden, the "Monaro Watch" has got winner written all over it. Check out the face. The famous Monaro badge shines in raised relief, set against eye-catching metallic red. Three chronographic sub dials give you a stop watch function in addition to the accuracy of the quartz movement. The side is engraved with Holden Monaro. The case back features the Holden Lion and the production years of Holden's ultimate car. Even the box has Monaro embossed all over it. Wear it with pride and let the world know that the Monaro and the Monaro man are back!



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