

EVERYTHING YOU NEED TO KNOW ABOUT...

MUMMY CHERYL!

- The house!
- The babysitter!
- The ballet studio?!



6 March 2017 celebsnow.co.uk

MOM

'WE'VE PUT WEIGHT ON!'

DEAL WITH IT!



KELLY

'I'm more accepting of my curvy body'



MARIAH

'Dieting was horrendous!'



CHANELLE
'Life is for living!'

WHICH REALITY STAR IS THIS?



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Official fuel consumption figures for the Polo range in mpg (litres/100km): urban 39.2 (7.2) – 48.7 (5.8); extra urban 60.1 (4.7) – 68.9 (4.1); combined 47.1 (6.0) – 74.3 (3.8). Combined CO₂ emissions 140 – 97g/km.

They're so

NOW

6 March 2017

Big winners!

When Perrie Edwards proclaimed on the BRITs red carpet: 'That's why we're excited we're performing first, because we can get on the bevvies after,' we knew it was going to be a big night for Little Mix. Opening the ceremony by singing Shout Out To My Ex and then winning Best British Single for the track, the girls had everything to celebrate – and celebrate they did.

From licking their trophy (thank you,

Jesy) to quite literally giving a shout out to their exes as they accepted their award – which must've been awks for Perrie's ex-fiancé Zayn Malik, who was also in the category – the girls ruled the night. Ever the professionals though, they emerged just hours later to fly to New York, where they were performing at Madison Square Garden. Shout out to you, ladies – you really are the best.

Hannah Fernando,
Executive Editor



Inside this week

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Peachy keen, p57



Now



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MOVING IN
TOGETHER



Highs and lows for Millie and Hugo...

Millie Mackintosh and Hugo Taylor have experienced some epic highs and lows. The MIC lovebirds took their relationship to the next level last week when Millie, 27, revealed they'd moved in together and shared a cute snap on Instagram with the caption: 'My new roomie.' Days later, perhaps in the

mood to celebrate, Millie and Hugo, 30, attempted to attend a London Fashion Week party thrown by LOVE magazine. Awkwardly – and in full view of photographers – they were turned away. A LOVE spokesperson said: 'Millie was not a guest at this event. She tried to get in and was turned away.' The shame.

Love
Actually...

Hook-ups,
break-ups and
make-ups

BACK ON?



This could be huge for Steph and Jez...

In what's possibly the most up and down relationship in reality TV history, Stephanie Davis and Jeremy McConnell may be coming back together for a new show. The former lovers became parents to son Caben-Albi in January and, after a very turbulent year

involving Twitter spats and live paternity tests, they put their issues aside for their son. Now it's been reported that Jez, 27, and Steph, 23, may be getting their own Katie & Peter-style reality show, which could net them a sweet £50k. We can't wait to watch it...

IT'S ALL
OVER

Marnie's rage after rumours that Lewis cheated on her...

Last week, when a video leaked allegedly showing Lewis Bloor in bed with another woman, Marnie Simpson made it clear their relationship was over. Then, after being contacted by someone else claiming Lewis had cheated with her while on holiday with Marnie, the Geordie Shore star, 25, let

rip on Twitter, saying: 'Barcelona was the best holiday I ever had... to think he was cheating in a different room as I slept.' The video had been shared by a girl claiming to have met Lewis, 27, after Drake's Valentine's Day gig at the O2. Addressing the clip, Marnie simply wrote: 'F**king scumbag.'





Barcelona was the best holiday I ever had, I loved it we stayed in the w hotel and to think he was cheating in a different room as I slept

RETWEETS
475

LIKES
3,214



3:42 am - 22 Feb 2017

Marnie took to Twitter to show how angry she is with Lewis



HAPPY FAMILIES

Has Ben moved back in with Jen?

Can you believe it's been nearly two years since Ben Affleck and Jennifer Garner broke our hearts with the news they were separating? Well, according to insiders the pair are on the verge of giving things another go – and Ben's even moving back home. Sources say Jen never wanted a divorce and is over the moon that he's returning to her and their three kids. Could Ben and Jen, both 44, get a Hollywood happy ending? We really hope so...

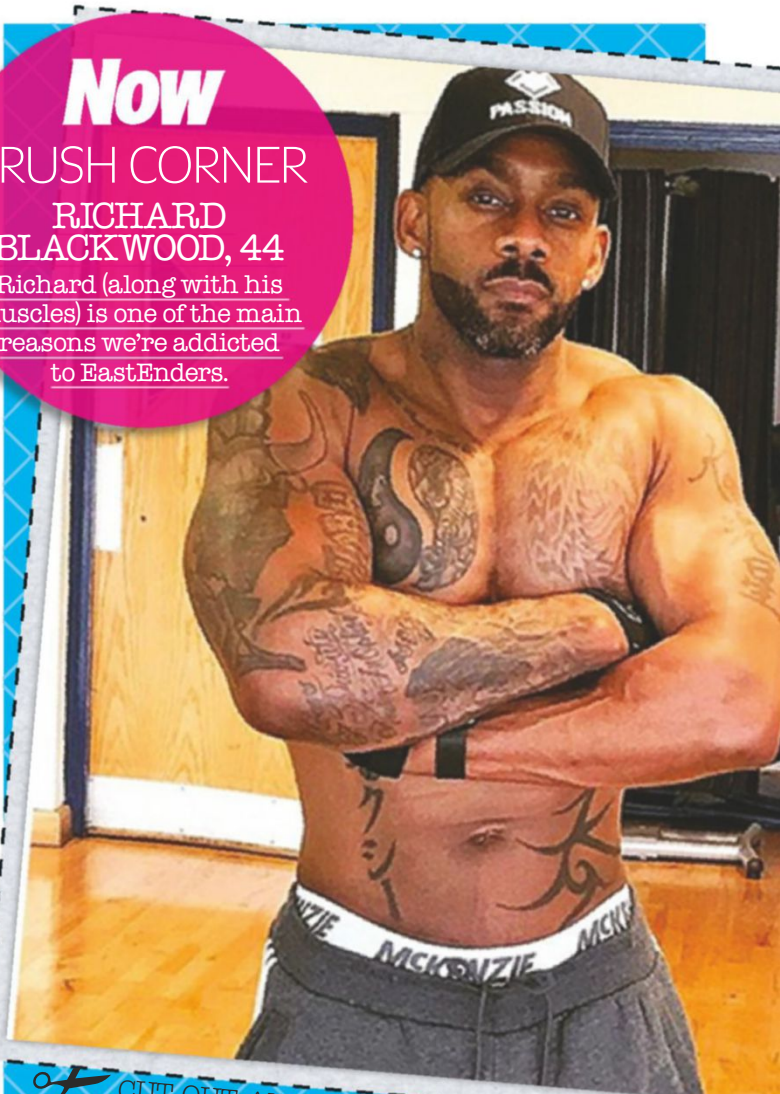


Words: Jack White. Photos: Instagram, Rex Features, Wenn

Now CRUSH CORNER

RICHARD BLACKWOOD, 44

Richard (along with his muscles) is one of the main reasons we're addicted to EastEnders.



CUT OUT AND KEEP!

We've weigh

These celebs couldn't care less if they've packed on a few pounds



Mariah Carey

'Dieting was miserable'

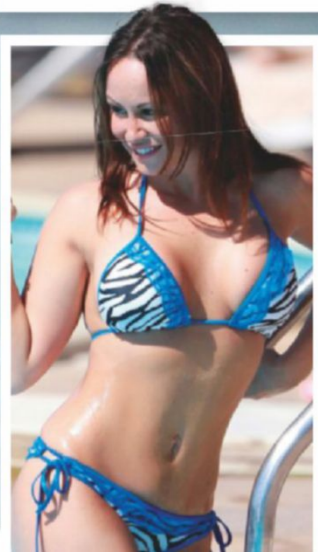
Mimi, 47, famously slimmed down by 40lb on a 'bleak' diet last year, saying: 'I overuse the word because there's a lot of bleakness going on. My bleak diet is horrendous.' She's looking curvier of late and we hope she's happier now she's relaxed her eating habits.

gained t and we don't care!



Chanelle Hayes

'I'm happier
than ever!'



Chanelle, 29, is no stranger to a yo-yo diet and has admitted that her past regimes were 'extreme'. Now happier with her shape and comfortable with the way her body's changed, she recently said: 'Now I'm a mum and nearly 30, my metabolism has slowed down and I've put on weight. I'm a size 16 and happier than ever.'

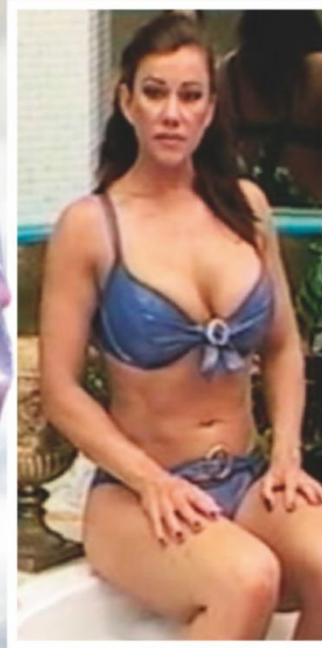
TURN FOR MORE ➡



Lisa Appleton

'I'm proud of my figure'

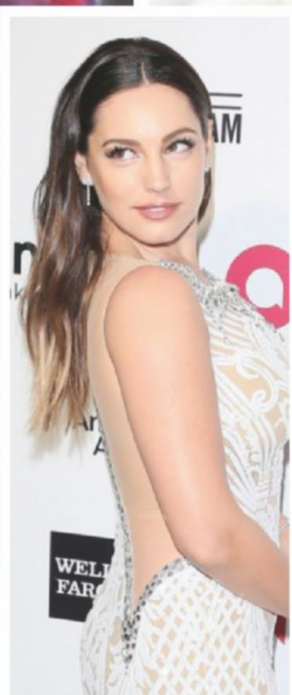
Big Brother star Lisa, 48, vowed to slim down at the end of last year with an intensive exercise regime after she was targeted by cruel trolls, but it looks like she's giving herself a break. She says: 'This is me. Why would I be embarrassed of being me?'

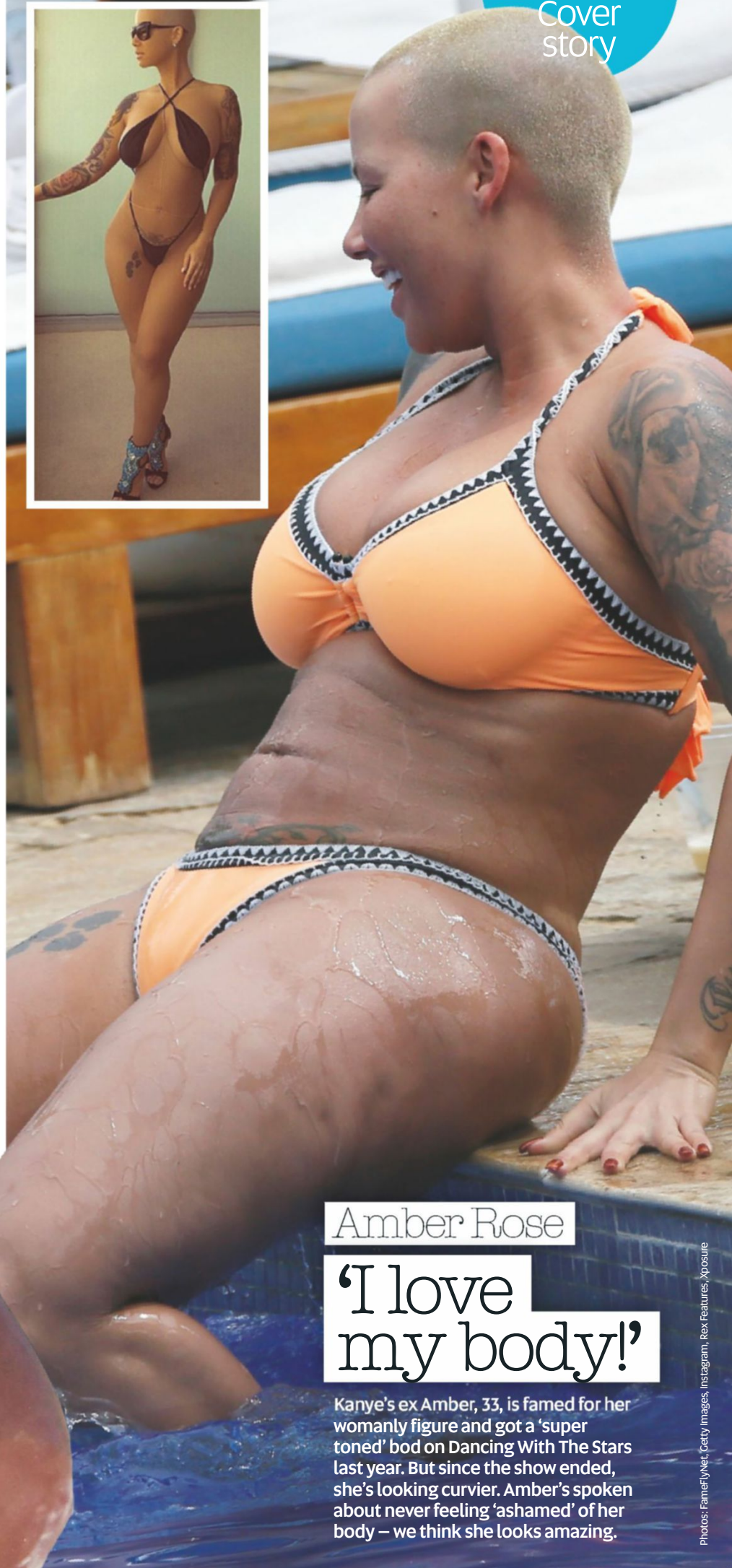
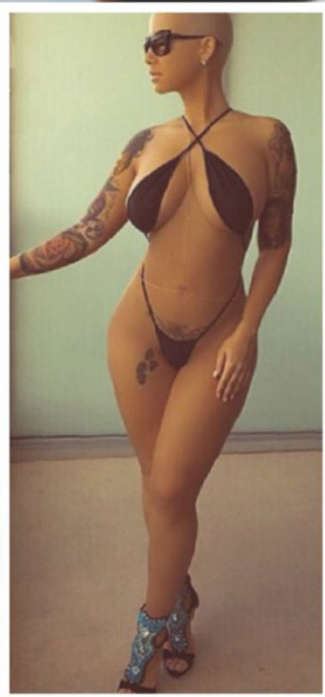


Kelly Brook

'I love sugar in my tea!'

Kelly, 37, was on the Atkins diet in 2015, but is embracing her curves now. She says: 'When you're older you have a few too many glasses of wine and too much chocolate cake. I've got two sugars in my tea and I'm eating a croissant.' Quite right too.





Amber Rose

**‘I love
my body!’**

Kanye's ex Amber, 33, is famed for her womanly figure and got a 'super toned' bod on *Dancing With The Stars* last year. But since the show ended, she's looking curvier. Amber's spoken about never feeling 'ashamed' of her body – we think she looks amazing.

Brooklyn, 17, got close to Ashley, 35, at the Warner Music after-party...

Could they be the next Taylor and Calvin? After all, the unlikely pairing made it for a whole year following their cosy chat at the BRIT Awards back in 2015. So, are Brooklyn Beckham, 17, and Ashley Roberts, 35, about to embark on a romance? Now was at the Warner Music & Ciroc after-party and saw the pair flirting up a storm.

Arm touches, smiles and laughter – Brooklyn and former Pussycat Doll singer Ashley seemed to only have eyes for each other, despite being with celeb pals including Emma Bunton, Jade Jones, Niall Horan and Frank Lampard.

Brooklyn and Ashley were in conversation almost solidly for around 40 minutes, while Brooklyn stuck to drinking bottled water and Ashley knocked back Ciroc cocktails.

Dermot O'Leary joined the group with wife Dee Koppang, Emma and long-term partner Jade were grinding, while Frank and wife Christine

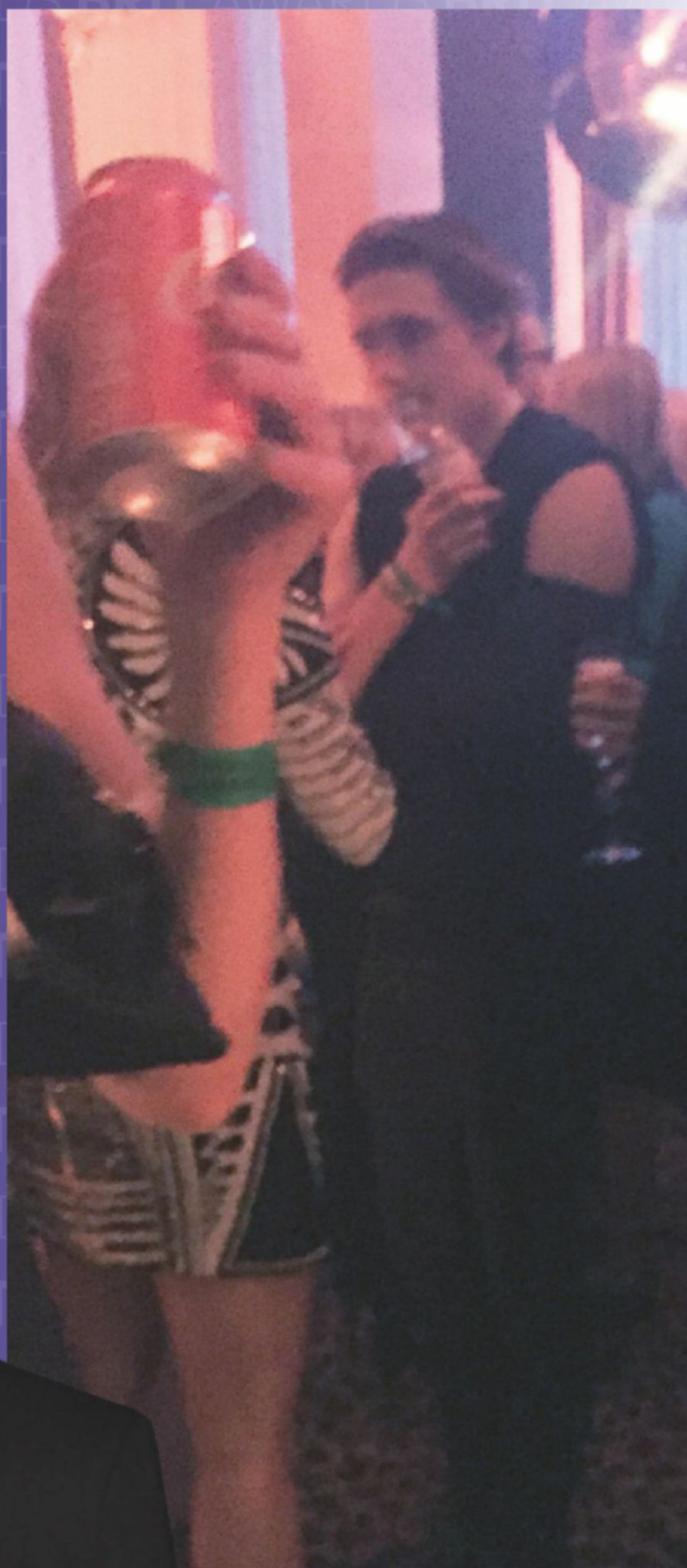


Words by
Jack White

Bleakley let their hair down. But it all seemed to go straight over Brooklyn and Ashley's heads as they cosied up and whispered to one another. At one point, Brooklyn even leaned over and nuzzled into Ashley's neck.

Could this be *the* romance of the BRITs 2017? They are both single... In March last year, Ashley opened up about her romance with a 'normal' guy, but exclusively told Now last week that she'd moved out of their west London flat and is currently staying with 'a friend'. Meanwhile, Brooklyn split from actress Chloë Moretz back in September.

So, two single, attractive stars got close in a VIP room at an exclusive after-party? Not to jump to conclusions but stranger things have happened. We wonder what Posh makes of it all...



His Puss

Ashley and
Brooklyn couldn't
keep their eyes
— and hands — off
one another

All the winners

British Female Solo Artist
Emeli Sandé

British Male Solo Artist
David Bowie

International Female
Solo Artist
Beyoncé

International Male Solo Artist
Drake

British Group
The 1975

International
Group
**A Tribe
Called Quest**

British Single
**Little Mix:
Shout Out
To My Ex**

British Artist Video
One Direction: History

Critics' Choice
Rag'n'Bone Man

British Breakthrough Act
Rag'n'Bone Man

Mastercard British
Album Of The Year
**David Bowie:
Blackstar**

BRITs Global
Success Award
Adele

BRITs Global Icon
Robbie Williams



EXCLUSIVE

sycat Doll?

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false eyelashes'

- Leanne

'Who needs fakes when
you can get this, and it's
2 steps...simple'

- Fleraflav

'Wow! This is the
best mascara I have
ever used'

- Nicole

'If I could give this
product more than
5 stars I would'

- Rachymom

'My lashes actually look like I'm
wearing falsies (which I've never
managed to apply properly!!)'

- LucieJ



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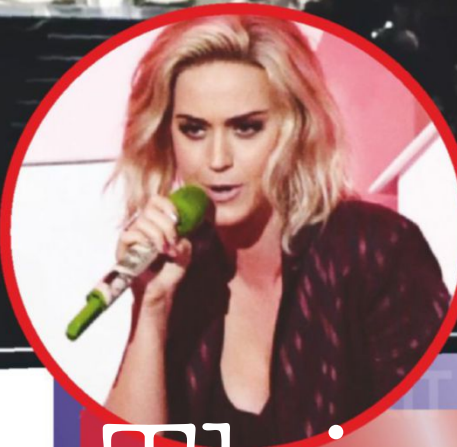
Reviews received via La Belle Famille review panel, details at labellefamille.loreal-paris.co.uk



Katy brought the house down... literally

Katy Perry's performance at the BRITs got everyone talking as she blasted out new single *Chained To The Rhythm*. At one point two skeletons appeared on stage, thought to be a dig at Theresa May and Donald Trump. But it was some dancing houses that really caught everyone's attention,

particularly when one took a step too far and dropped off the stage. After the accident, one fan tweeted: 'There seemed to be a fall in house prices at #brits @BRITs last night.' Thankfully, a rep for the BRITs said the fallen house had survived the incident unharmed. Phew!



Things we noticed on BRITs night...



Liam Payne's ex Danielle Peazer danced with Robbie Williams

One of Robbie Williams' sexy back-up dancers was none other than Danielle Peazer. Dressed in a bralet and hotpants, Danielle put on one hot show. We wonder how Liam Payne felt being in the same building as his ex? They split in 2013, but last year Danielle said they were on good terms. We wonder if they had a catch-up?



Michelle showcased a brand new face

Michelle Keegan may be tight-lipped over whether she's had surgery, but it's fair to say she's had a transformation. As she walked the red carpet with husband Mark Wright, we barely recognised her. The actress was sporting blue contacts, which made her look very different, and users online were shocked by her drastic change. One said: 'I'm trying to figure out what she's done to her face!'



TURN FOR MORE ➡➡

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Nicole Scherzinger jumped on the tube

Just because she's a big celebrity and presented a BRIT award to Liam Payne on the night, it doesn't mean Nicole Scherzinger has to be a diva about her travels. The X Factor judge shunned cabs and a private car to jump on the London underground to make her way to the O2. She shared her experience on Snapchat and even ended up sharing a carriage with an advert starring herself. How quiet did the tube look in Nicole's photos, though? Maybe the Scherzy had the station cleared for her.



Now Opinion

Words by Jack White



Why Little Mix deserve ALL the awards

‘After five years of being together! These are my best friends,’ said Leigh-Anne Pinnock when Little Mix’s mega hit Shout Out To My Ex won them their first BRIT last week. But why has it taken so long? The girls have sold more than 23 million records, clocked up hits all over the world and broken records set by groups including Spice Girls and Destiny’s Child. But away from their musical successes, Leigh-Anne, Jesy Nelson, Jade Thirlwall and Perrie Edwards are perfect examples of who young women should be looking up to. They’re ambitious, they stand up for what they believe in and it’s clear their friendship is incredibly important to them. These four girls have defied X Factor critics to take over the



The Little Mix girls are so inspirational

world – and they’re doing it on their own terms. Every time they dare to perform in anything less than their dressing gowns Little Mix are forced to defend themselves, but the negativity doesn’t stop them wearing exactly what they like. They write their own songs and aren’t afraid to take risks (that almost always pay off). Little Mix are flying the flag for British music and I hope we’ll see them picking up a couple of Grammys in the not-so distant future.

Ed Sheeran was the perfect gent

Could Ed Sheeran be any cuter? Not only is he responsible for writing some of the most romantic songs out there, he treats his girlfriend Cherry Seaborn like a princess, too. As he left the Warner party, he didn’t have any shoes on and was carrying Cherry’s heels because they’d snapped. Cherry was wearing his trainers for comfort. What a true gent!





Abbey Clancy, 31

Abbey looked like she enjoyed the complimentary booze at the Warner after-party. With no food it's little wonder that footballer's wife Abbey looked a little tipsy when she left in the early hours. And that toe... Crouch. Sorry, ouch!



We're pretty sure feet are meant to stay inside shoes!



Christine Bleakley, 38

She looked pretty polished on the red carpet a few hours earlier, but we have a sneaky suspicion Christine enjoyed the cocktails at the Warner after-party a little too much...



BRIT AWARDS BOOZE

The party animals: before and after!

Caroline Flack, 37

She started the night so chic, rocking a PPQ dress and her cute new bob. But after a night of partying, Caroline was a tad bleary eyed as she stumbled into her taxi.



ITS ZERS



Emma Bunton, 41

Emma looked like she had a little Too Much to drink as she made her way out of the Warner after-party clutching on to husband Jade Jones' arm. That smile says 'great night' but those eyes say 'I need my bed'.





Delicious Spoonable treat

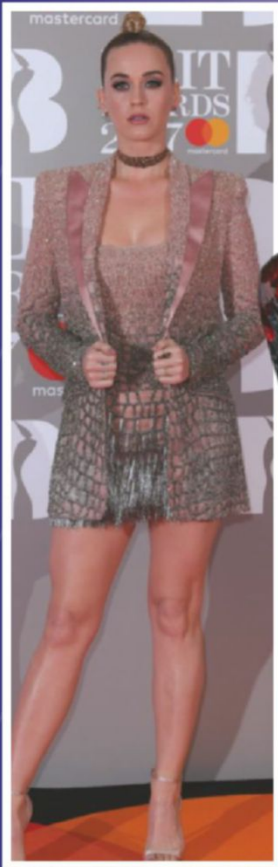


This Easter, discover **the treat that has it all**. Kids love peeling back the **two halves**, for two times the joy. In the first half, they can spoon up layers of **creamy milk and cocoa filling** topped with **delicious crispy wafer bites**. In the second, there's a fantastically **fun toy** for them to enjoy.

The party animals: before and after!

Katy Perry, 32

The singer was full of poise on the red carpet but at the BRITs after-party, Katy was giving us 'drunk auntie at Christmas' vibes as she draped herself over a leopard-print car.



Holly Willoughby, 36

Holly did predict it was going to be a messy night, as she presented an award with best pal Fearne Cotton, and she did not disappoint as she stumbled out of the after-party. Never change, Hols.



News
STARTS HERE!

Ange secret to B

- She **wants Brad b**
- She sobs: 'I miss m
- She bombards him

It was a split that shocked even their inner circle of friends and the less-than-amicable separation has been even more surprising. But five months on, is Angelina Jolie and Brad Pitt's relationship beginning to thaw? According to our insider, Ange, 41, who is said to have instigated the break-up, is struggling.

'Angelina is finding things tough and is questioning her decision to cut Brad out of her life,' says our source. 'For the first time since the split, she's unblocked Brad's number from her phone – and she's the one who is contacting him.'

While she's known for being a strong woman, Now understands Angelina is finding it much harder to cope than people realise.

'Ange finally cracked a few days before she gave her first interview about the split [during which she admitted Brad was a wonderful father] – with late-night texts to Brad telling him she's struggling,' adds our source. 'She can't help but feel the only person she truly trusted in the world is gone from her life for good. Just two nights before the interview, she sent Brad a message saying she doesn't want to continue living their life through a team of lawyers and would like to spend more time with him – even if it's not as

Angelina split
with Brad five
months ago



lina's texts rad

ack
y soulmate'
with loved-up texts



Words by
**Hannah
Fernando**

a married couple. She suggested she and the kids could have him over for a family day and they could put on a more united front, while making it clear they're not getting back together.'

It's believed Brad, 53, never wanted the break-up in the first place and wants to do all he can to make the separation easier for their children – Maddox, 14, Pax, 11, Zahara, 10, Shiloh, nine, and twins Vivienne and Knox, seven.

Our source says: 'Brad sees this as the first step to actually winning Angelina back – which he does want to do. The kids aren't aware that they are in touch, as they don't want to unsettle them any more than they have been, but Ange is definitely letting her guard down.'

We really hope Brangelina can patch things up...

**'She's
finally
letting
her guard
down'**



**Our source says
Brad wants Ange
back, too**



**Happier times:
The stars with
their brood**



Still falling for you?

WHERE: Fabric nightclub, London

WHEN: 21 February

Former lovebirds Dougie Poynter and Ellie Goulding prompted rumours they could be dating once again, as they left Vivienne Westwood's fashion club night together. They officially split in February last year, but have been pictured together a number of times since. Now even spotted them getting cosy outside the GQ Men Of The Year Awards in September. Could they be rekindling the spark? We hope so!

Sep 2016





Looking like
a couple



Arrived
AND left
together





The astonishing story of Richard Corbett's post-porridge tablet

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Richard shared his story at a2milk.co.uk/Richard Why not try it yourself?



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It was the week that...

The soap star has sparked concern for his wellbeing

Danny Dyer's never been the most clean-cut of soap stars, but since joining the cast of *EastEnders* in 2013 as Queen Vic landlord Mick Carter, he's managed to carve out a career as a successful actor and move on from his bad-boy past.

But last week, it was confirmed that the 39-year-old was taking a short break from *EastEnders* due to personal issues. The show's bosses were forced to deny Danny was 'spiralling out of control' after insiders claimed his boozing had taken a dramatic toll.

Shocking video footage from the National Television Awards on 25 January also emerged last week, appearing to show Danny being calmed down by his co-stars. The eyewitness who filmed the incident claimed Danny had suffered a 15-minute meltdown.

Danny's well known for raising eyebrows with his wild behaviour over the years and



Friends appeared to try to calm him down at the NTAs

openly admitted in his 2010 autobiography *Straight Up* that he took to crack cocaine like a 'duck to water'. He's also confessed to cheating on his childhood sweetheart and

now wife Joanne Mas, but insisted in 2015: 'I thought the grass was greener, but the grass was horrible and I don't ever want to go there again.' However, last week the actor was accused of sending a string of lewd texts to a fan in her thirties.



Has Danny's drinking become a problem?



Danny Dyer took a break from *EastEnders* following NTAs incident

It was the week that...

Gordon Ramsay rated fans' food



The fearsome chef did not hold back with his critique

Gordon Ramsay is as famed for his fiery tongue as for his culinary talent and now the chef is critiquing fans' food on Twitter. People tweeted Gordon, 50, with photos of their culinary creations –and he wasn't afraid to be honest.

One posted a photo and said: 'What do you think of last night's dinner?' He replied: 'Did it just come back up?'

Another fan asked: 'Hey Gordon.

How about giving my cheese egg mayo toast a spot on your restaurant menu?' Gordon replied: 'Looks like the inside of my grandad's colostomy bag.'

And one said: 'What do you think of my grilled chicken?' He savagely responded: 'Could you not hear your fire alarm?' Ouch!



Simon appeared to throw shade at Zayn

Did he make a dig?

The Chase presenter Bradley Walsh has revealed that Simon Cowell, 57, seemingly mocked Zayn Malik, 24, over the fact that Bradley, 56, had the biggest selling debut album last year, outselling former One Direction star Zayn's debut solo album. Bradley said: 'It was hysterical. I'm probably the oldest new artist Sony has ever signed. I got big congratulations from Simon Cowell. He thoroughly enjoyed it.' Ooh-er...



The Moffatt family were axed from Gogglebox

Scarlett's parents won't be returning this series

They're one of the best-loved families on Gogglebox, but Scarlett Moffatt's parents Betty and Mark and sister Ava won't be returning this series. It was recently revealed that Scarlett, 26, was taking time

out from the show and Channel 4 has confirmed that the whole family will be absent from series nine.

Tweeting last week, Scarlett said: 'We are gutted too, thought my mam and dad (and little Ava) would still be able to do it but we will still be watching.'

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Katie's makeover for Kieran's 30th

Katie Price wants to give her toyboy a new look

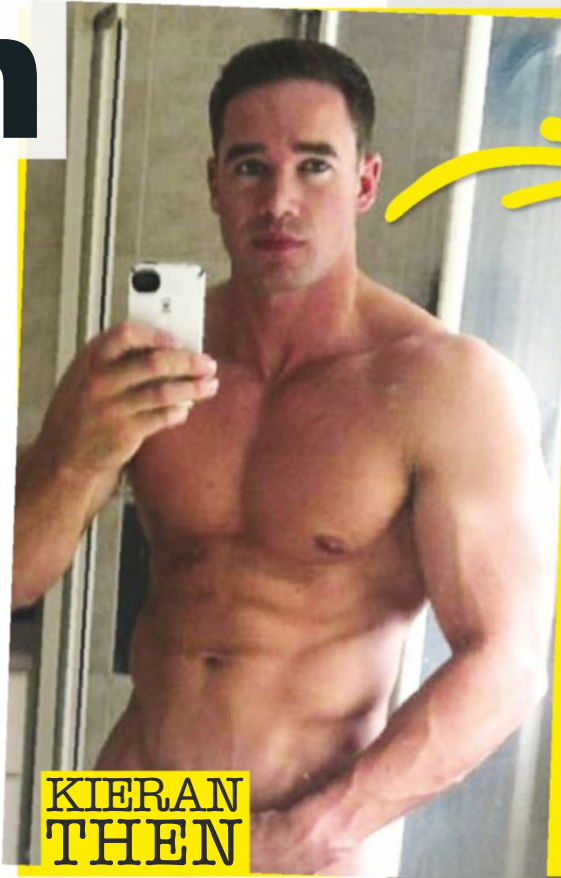


Words by
Kat Romero

When Katie first met her husband Kieran Hayler in 2013, he was a 26-year-old stripper for Adonis Cabaret with a rippling six-pack and bulging biceps. But after swapping his day job and gym obsession for life as a stay-at-home husband at the pair's Surrey pad, it's fair to say Kieran's once sculpted physique has drastically transformed.

Defending his larger frame last year, the now 29-year-old insisted: 'I had to have an amazing body – that's what the women paid for. Now I'm happy at home and comfortable.'

But insiders tell Now that



KIERAN THEN

ahead of Kieran's 30th birthday on 22 March, Katie, 38, is planning an entire image overhaul, telling pals: 'I need to give my toyboy an upgrade!'

A source says: 'When Katie first met Kieran he was in incredible shape. His body has changed over the years and she's joked that her toyboy piece of man candy doesn't look so good on her arm any more. She used to get a lot of satisfaction from knowing she had such a young and good-looking man. So she's planning to splash out on pec implants and a nose job for him.'



KIERAN NOW

Speaking last year, Kieran said: 'I don't want to go the gym six times a week and have an immaculate diet. I'm so happy now I can eat whatever I want.' He added: 'I'm not in bad shape. I'm happier now spending time with the kids – I don't want to be stuck in the gym.'

But insiders say Katie misses Kieran's old physique. A source says: 'She likes Kieran staying home more but she can't deny how much she loved his old body. She doesn't want him slaving away at the gym so she's promised to give him a spruce the Pricey way: with a surgeon.'



Katie's got plans for dealing with Kieran's new cuddly physique

Lauren, you O

Joey's Instagram account has been very active for someone who's been behind bars for the last eight years...

Her jailbird boyfriend Joey Morrison may have been in prison for the past eight years – and have another year on his sentence until he's a free man – but that hasn't dampened Lauren Goodger's affection for him. The 30-year-old has professed her love for the convicted criminal and, despite



Words by
Kat Romero

him being behind bars, has insisted she sees marriage and kids in their future.

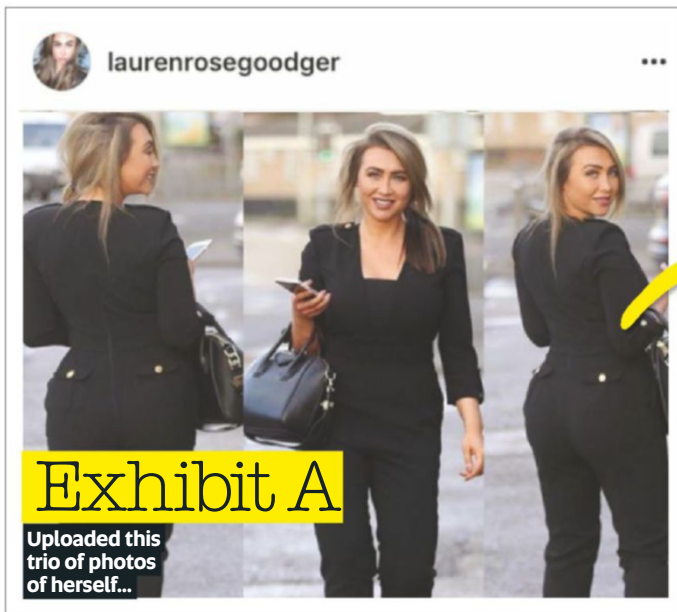
Earlier this month, it was revealed she'd even set up

an Instagram account for Joey with the bio: 'FOR WHEN I'M HOME'. The Instagram account states that it's run by family but bizarrely, all of the uploads are written in Joey's voice. From posts of his Yeezy trainer collection and throwback snaps with mates to loving photos of Lauren, it's quite an active

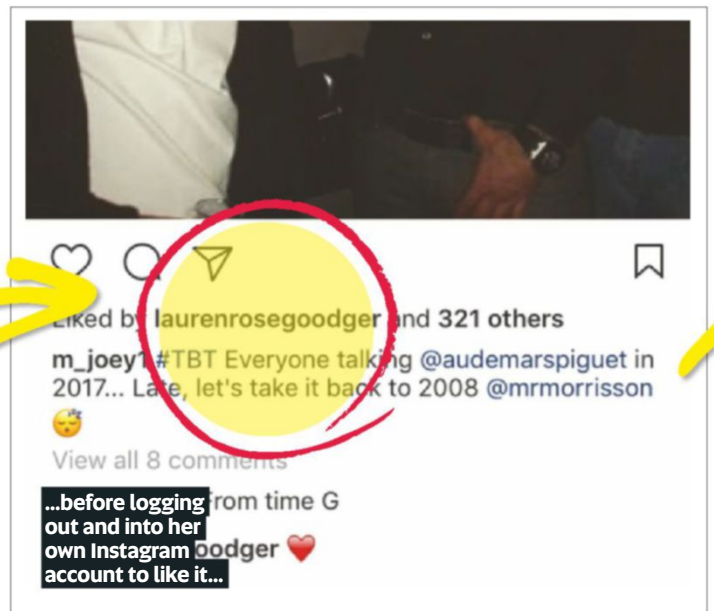
account for someone we assume isn't allowed a mobile phone...

Insiders tell Now Lauren's also been running the account. But if the star really is behind his Instagram, that means she'd be logging in as Joey and liking her own photos – then logging back in as herself to like his... that *she's* uploaded!

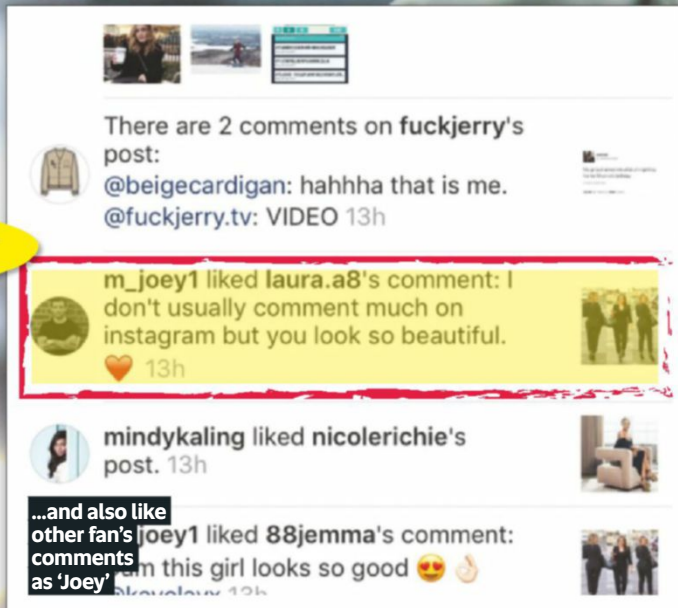
If Lauren is running Joey's account, that means she would have...



And also



K hun?



Dental floss,
Kendall?



Kendall with Nick Grimshaw at the LOVE and Burberry London party, showing off her odd-looking gold grill





Hello,
Deirdre...



Bella
slips out!

London Fashion Week: Even top models can have an off day

WHERE: London
WHEN: 17-21 February

The world's top supermodels hit London for Fashion Week and proved that even runway queens can have their off days. Leaving the LOVE magazine party, Kendall Jenner's gold grill looked like a bit of food caught between her teeth,

while her hooded cape was a big knitted no-no. Then poor Bella Hadid accidentally flashed a nip as she jumped in a cab home.

And days earlier, their mate Hailey Baldwin was spotted at trendy Mayfair restaurant Sexy Fish rocking specs that wouldn't have looked out of place on Corrie's Deirdre Barlow! Fashion fail.

Cheryl and Liam's baby... the first few weeks

What will baby Chiam's life be like? Now has the lowdown...

After what felt like months of speculation surrounding a mystery 'bump', Cheryl, 33, and boyfriend Liam Payne, 23, are finally welcoming their first child together. But what will life be like for the new celebrity tot? Now delves into baby Chiam's first few weeks...

Childcare

Considering Cheryl once said she was 'put on the Earth to be a mother', you'd expect her to tackle motherhood hands-on. Sources revealed earlier this year that she doesn't intend to hire any staff to help with the



Words by
Kat Romero

new baby and will lean on family and friends instead.

An insider tells Now: 'Cheryl is determined to do most of the work any new mum would do. She doesn't want to be one of these celebrity mums who has a team of nannies. She and Liam don't want a nanny at all. They'll do all the late-night feeds themselves and the baby will go everywhere with them.'

'When Cheryl and Liam do venture out, they'll use Cheryl's mum Joan as a babysitter. They don't want to bring in a nanny when they have close family who are happy to step in.'

Cheryl's best mate Kimberley Walsh has spoken about relying on her mum to help with kids Bobby, two, and two-month-old Cole, so it's understandable Cheryl will follow suit.

Security

Cheryl and Liam have remained fiercely private throughout the pregnancy and Now understands they

TURN FOR MORE ➡

Liam revealed this snap from inside his plush mansion at Christmas



The family home

Now understands Cheryl has moved her things from her rented property in Hertfordshire to Liam's home in Surrey and removal vans were spotted leaving her house just last week. Liam's three-storey mansion reportedly boasts a luxury outdoor swimming pool, a tennis court, a cinema and a ballet studio.

Sources told Now in October that the pair had already started decorating a nursery. One insider claimed: 'They always chat about what they're going to do

with it, the colour scheme and every little detail.'

Sources say Cheryl will still keep her rented home, where photographers captured a £1,250 Silver Cross pram being delivered in January. Plus we're sure she'll be keen to pop back as it's just minutes away from pal Kimberley's place – and we expect her former bandmate will be good to have around for parenting tips.



Best pal Kimberley reckons Cheryl will be a 'brilliant' mum



**‘They’re
planning to
do all the
late-night
feeds
themselves’**



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The doting grandmothers

Cheryl is incredibly close to her mum Joan, who was even invited to the birth. Despite Cheryl insisting she hasn't moved Joan into Liam's Surrey home, insiders say the singer's relied on her heavily throughout her pregnancy and will continue to do so during early motherhood. It was Joan who first sparked suspicion that Cheryl was expecting back in September when she was spotted buying a maternity pillow in Mothercare.

Liam's mum

Karen is a nursery nurse, so she'll be able to dish out plenty of advice. Sources revealed last year that Karen thought Cheryl was the 'perfect' partner for Liam, so we're sure she'll be on hand moving forward.



Karen (left) and Joan (right) will be around for support



are eager to keep their new baby out of the spotlight, too.

The couple's romance has faced a backlash from 1D fans since it was confirmed in February 2016, with some even threatening to cause Cheryl harm. In June last year, one fan wrote on Twitter: 'Liam will be ma husband. So, you all don't worry about cheryl. Im crazy enough to kill her lol.' So it's understandable the pair have upped security at their Surrey home.

A source tells Now: 'Cheryl's doubled the budget for security and has invested heavily in monitoring systems and round-the-clock bodyguards so she can relax without worrying about people she doesn't want getting close. She knows there'll be a constant struggle to keep the baby out of the public eye and this is her way of trying to take control of things. Her baby's privacy and security is the absolute priority.'

'Cheryl kept mum for nearly all of her pregnancy'



Cheryl's post-baby body

Considering she remained tight-lipped about her pregnancy, it's no surprise Cheryl hasn't publicly spoken about if or how she'll regain her pre-baby body. The star's weight has yo-yoed over the years and in 2015 she looked thinner than ever, with a source saying it was due to 'stress'.

An insider tells Now: 'Cheryl wants to go on a very nutrition-rich diet three months after the birth. She desperately wants to get her pre-baby body back, but she's been advised not to rush it.'

'She'll work with a personal trainer at home so she doesn't have to leave the baby. She's set herself the goal of losing 5lb per month until she's down to her ideal weight.'



We've reduced the total amount
of salt in a typical Happy Meal® by 47%*

good to know

*Based on Chicken McNuggets, Fries and a Fruit Shoot now and in 2003. Happy Meal® served after 10.30am. Subject to availability. © 2017 McDonald's

Katy keeps her guard up (and barrier) meeting Jedward

WHERE: BBC Radio 1, London

WHEN: 21 February

They've got their own army of devoted fans, but that didn't stop Jedward queueing with a pack of KatyCats to meet their idol Katy Perry. John or Edward (we can't tell them apart), 25, managed to grab the US superstar, 32, for a selfie – and making sure the barrier was firmly in place, Katy struck her best pose.

'I took a selfie with Katy...'

'...and my friend liked it'

Making sure Jedward can't get too close!

SELENA GOMEZ IN COACH

Fashion Week-ready, Selena Gomez works this cute sheer number out in New York. Ahead of the trend, we'll be copying her look with this Simply Be designer double.

DRESS £59 SIMPLY BE



Inspired by...

Celeb looks we want to steal this week



MILLIE MACKINTOSH IN MILLIE MACKINTOSH

Wearing her own collection, Millie looks blooming gorgeous in this blouse. Sadly, it's not available until June, but we love this Tu alternative.

BLOUSE £18 TU AT SAINSBURY'S

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Moody blooms

TALIA STORM IN NEW LOOK

Top of the crops, singer Talia looks absolutely amazing in this floral co-ord from high street fave New Look.

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Exact
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LOUISE THOMPSON IN CHI CHI LONDON

Made In Chelsea star Louise oozes sophistication in this Chi Chi London dress, and the bell sleeves are SO on trend.

DRESS **£77.99** CHI CHI LONDON



FEARNE COTTON IN NEEDLE & THREAD

Fearne is prepared for rain in this mac from Needle & Thread. Copy her style with this lookalike from Lighthouse for a fraction of the price.

MAC **£40** LIGHTHOUSE

GEORGIA AND TOMMY:

'TOWIE is now The Hunger Games!'

Essex's hottest couple reveal the drama that is tearing apart the cast, and why they won't be rushing up the aisle anytime soon...

Georgia Kousoulou and Tommy Mallet have gone from strength to strength since getting together two years ago on *The Only Way Is Essex*.

They moved in together last summer, bought a dog and are so far the only couple to have met on the show and avoided the so-called 'TOWIE curse'.

Now is kept waiting to speak with the busy pair for several days due to their filming duties on the new series. But when we do finally pin them down, Georgia, 25, is full of apologies and chats away at 100 miles per hour.

Tommy, 24, is the reserved one of the two, but he clearly is smitten with Georgia and is extremely protective when discussing their relationship.

The duo are just back from



Interview by
**Sarah
Robertson**

filming a special in Tenerife, where they were shockingly set upon by a group of thugs outside a McDonald's one evening.

Here, the reality stars open up about their ordeal, and why, despite being happy, marriage and babies are a long way off...

Tell us the gossip from Tenerife – was it plain sailing or were there lots of arguments?

Tommy: It's all going off. There's not a lot we can tell you – you're going to have

to tune in! It was an eventful trip.

Georgia: Yeah, it started off smoothly and then it became a nightmare.

Is everyone mates or have there been fallouts?

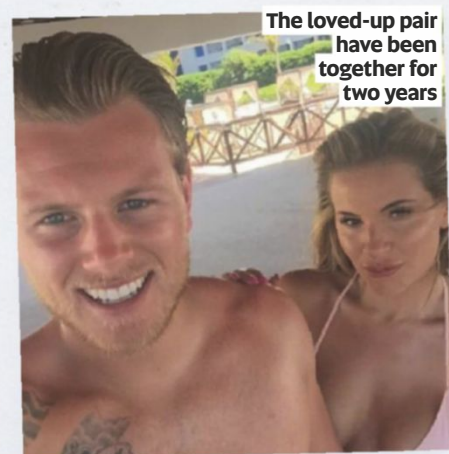
T: The boys are alright, but towards the end it went a bit funny.

A new girl, Amber Turner, came along and stirred things up. Someone dropped

a bomb and it caused huge problems. TOWIE is becoming like *The Hunger Games*. It's bad, man.

TURN FOR MORE ➡

'I would never cheat on Tommy'



The loved-up pair have been together for two years

THE
BIG
INTERVIEW





‘When we do get engaged, I will be obsessed!’

✦ **What about the girls, has there been tension?**

T: The girls have been fine.

G: Yeah, it’s been more of a problem for the whole group.

Have you met James Lock’s new girlfriend, Yazmin Oukhellou? Is she someone you think you’ll get on with?

T: I don’t really know her that well, but she seems alright.

G: I only met her briefly, but she appears to be a nice girl and James seems happy.

Is it weird filming without Danielle Armstrong? Do you miss her?

T: Yes, Dani was a very big character for TOWIE. She’s very opinionated.

G: I miss her, but I know she is happy, so that helps. She felt it was her time to go.

Who will fill her role now?

T: Everyone wants it. Georgia will get it.

You were involved in an unprovoked attack at a McDonald’s in Tenerife – what happened?

G: I can’t go into it for legal reasons, but the boys were amazing. We are over it now.

T: I can’t remember much about it. [To Georgia] You are still pretty and you ain’t got a scratch on you, you’re fine.

Why do you think TOWIE stars are often targets of violence? It seems to have happened quite a few times now...

G: I don’t actually think it has anything to do with TOWIE. I just think you can be in the wrong place at the wrong time. It can happen anywhere.

T: I think one attack during a series is not a big incident, to be fair.

How do you both avoid the ‘TOWIE curse’?

T: Don’t cheat!

G: Everyone talks about a ‘TOWIE curse’, but I’ve always said I don’t believe in it! It’s about the person and the couple – if you are going to cheat, you are going to cheat regardless. The only difference is, when you’re on TOWIE,

everyone knows about it. I’d never cheat on a partner and nor would Tommy. We’re a team and nothing can break that.

When will you get married?

G: I would like to know the answer to this myself!

T: I’ve got more to achieve first. The thing with reality TV is, a lot of people do things to get magazine deals, and I’m not like that. I am setting my life up with Georgia. Putting a ring on her finger to get a few tweets ain’t going to cut it. I’ve got a few more houses to buy first [laughs].

How would you like Tommy to propose?

G: Hopefully, it will be a secret and I won’t know about it beforehand. Obviously, we talk about it, and I think every girl makes hints and shows a boy the ring and tells them how they want their wedding to be, but we are enjoying every stage of our relationship. We moved in together last summer and we’re just taking everything as it comes. Although, I can’t wait to be engaged and to plan our wedding, so when it happens it will be really nice!

Will you turn into Bridezilla?

G: What’s that?

You know, a bride-to-be who turns crazy and monstrous planning her wedding?

G: [Laughs] I think I will be obsessed with it! You know how you dream about your wedding day when you’re a little girl? I just want it, definitely.

Will you have a massive day, with a glamorous white dress?



Tommy says he and Georgia are ‘soulmates’



Georgia with TOWIE stars Megan McKenna, Chloe Sims and Danielle Armstrong

G: Naturally, it will be big, because my dad is Greek and my mum's Irish, and they have massive families. Tommy's family are Irish as well, so we'll either do it big with everyone there, or it'll just be us and the dog. There's no in-between.

Do you both want babies soon?

G: I don't feel I'm at that stage yet. When it happens, it happens, and it will be amazing, but right now I'm just focused on the show and want to take it all one step at a time. I hate rushing things.

T: There's no rush, man. Let's get a perfect life first.

Now you are living together, how do you keep that passion alive in the bedroom, and your relationship fresh and exciting?

T: I don't talk about that stuff – it's not a gentlemanly thing to do.

G: We're just like a normal couple – we are young, we have our date nights, but we also like our nights in. We are best friends. Communication is key.

Is Tommy romantic?

G: He is, but not soppy. We don't do PDAs, but personally I don't like things like that.

T: I am, sort of. Georgia has always loved Pomeranians, so I bought her one called Monkey – she nearly had a heart attack.

What's the other person's worst habit?

T: She takes too much of the wardrobe up!

G: I don't like the toothpaste situation. It bugs me. He brushes his teeth and [to Tommy] you don't put the lid on the toothpaste, and it goes all down the sink and I have to clean it.

Who's the messiest?

G: [To Tommy] You're going to say me.

T: We're both quite clean, to be fair.

G: I have a lot of clothes, but [to Tommy] you have a lot of shoes! But you do the hoovering quite a bit, so I can't complain too much.

Do you argue much?

G: We don't have major rows, where you don't talk for days. I can't stand all that. If I've got the hump, I tell him and get it out in the open, and then we are over it. Life is too short.

T: We hardly ever argue, and if we do it's over minor stuff.

Do you fart in front of each other?

G: Definitely not. You can get comfortable with each other and that's fine, like I don't wear make-up. But no, I think you should keep that to yourself.

T: [Tone changes] This is a bit personal for my liking!

Do you work out together?

G: We have the same trainer, but I always think I'm better than him and he thinks he's better than me. [Mimics Tommy's

voice]: 'Georgia, that's not how you do it.' So I like to get in my own zone.

How do you deal with temptation?

You must have gorgeous girls and guys throwing themselves at you

all the time when you're out...

G: When you're happy in a relationship, you don't even see that. I think when you start looking at other people that's when you know you shouldn't be together. We are so not like that.

T: We are soulmates.



The Only Way Is Essex is on ITVBe at 10pm from Sunday 5 March

Mischa Barton

The American actress, 31, is best known for her role in *The OC*, but fame hasn't been an easy ride for Mischa. After hitting the party circuit hard with the likes of Lindsay Lohan, she was arrested on suspicion of driving under the influence in possession of marijuana in 2007. Then, in 2009, she hospitalised after a 'full-on breakdown'. Mischa said: 'It was terrifying, straight out of *Girl, Interrupted*. Story of my life. I'd been through the wringer.' Earlier this year,



She was our golden girl as Marissa in *The OC*

fans feared for Mischa after she was pictured behaving strangely in her garden, mounting a fence and screaming, before being taken to hospital. She said: 'I voluntarily went to get professional help and was informed I'd been given [date rape drug] GHB. After an overnight stay, I'm home and doing well.'

Mischa blamed her recent behaviour on having been unknowingly drugged



Kate with her bad boy ex Pete

Shocking celebrity meltdowns

Sometimes fame comes at a cost and these celebrities definitely found out the hard way...



Kate Moss

Remember when Kate fell off her supermodel perch in 2005? She was photographed snorting cocaine while in a relationship with Libertines bad boy Pete Doherty and had several modelling contracts dropped. She issued a statement saying: 'I accept that there are various personal issues I need to address and have started taking the difficult yet necessary steps to resolve them.' La Moss had another reported meltdown on an Easyjet flight in 2015, after pal Sadie Frost's birthday bash in Turkey. She drunkenly called the pilot a 'basic bitch' after she was refused more booze.

ing rity owns

Charlie Sheen

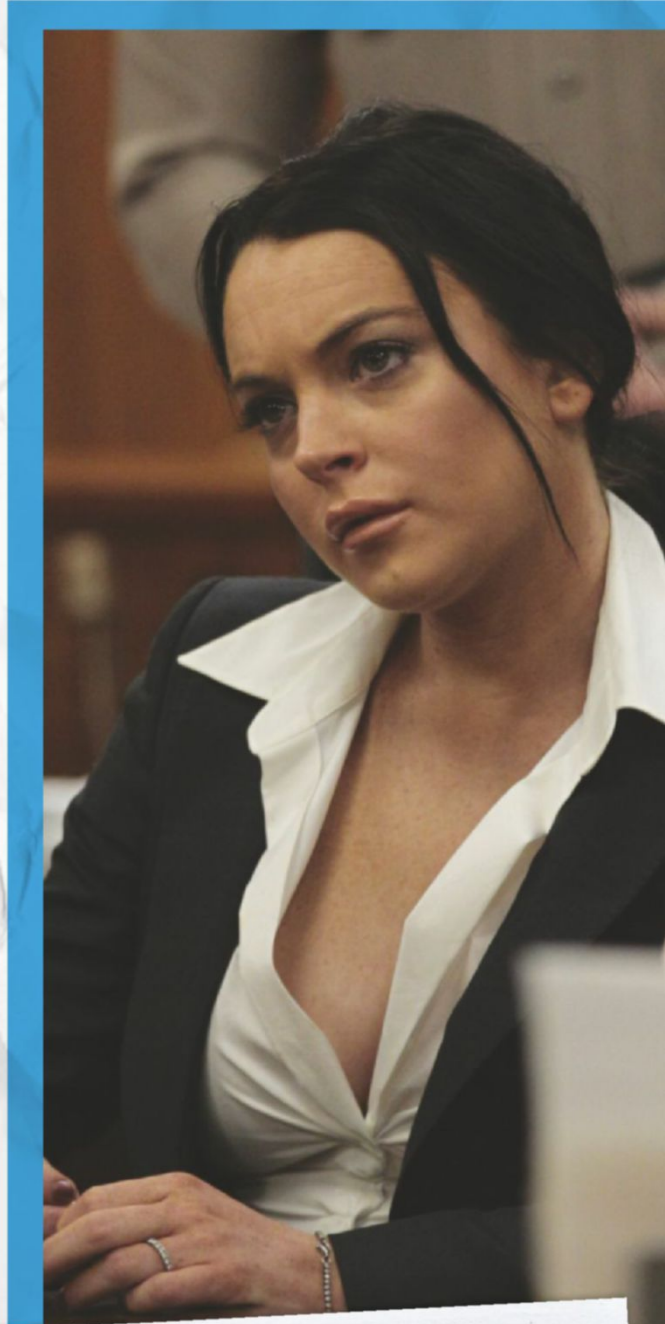
Actor Charlie has faced his fair share of controversy over the years but the most legendary has to be his reaction to being fired from *Two And A Half Men* in 2011. After his contract was terminated over comments he'd allegedly made about series creator Chuck Lorre, Charlie – who'd been the highest paid actor on telly, raking in \$24 million for the role – started to behave in bizarre fashion. As in the time he claimed: 'The only thing I'm addicted to right now is winning,' before going on to say: 'I am on a drug. It's called Charlie Sheen. It's not available because if you try it once, you will die. Your face will melt off and your children will weep over your exploded body.' He also moved in with two lovers, one a former porn star, that he called his 'goddesses' – and told everyone he had 'tiger blood' and 'Adonis DNA'. Er, winning?



Charlie sparked concern for his mental health



He later admitted: 'That was one weird phase'



Amanda Bynes

After shooting to fame in *Hairspray* and *She's The Man*, Nickelodeon star Amanda, 30, announced she was retiring from acting in 2010. Few could have predicted what would come next, as she was arrested for driving and drug offences. In 2013 police reported she'd thrown a bong out of her apartment window, and after she allegedly started a fire in a neighbour's driveway, she was held on psychiatric evaluation. Her parents were granted conservatorship, but in 2014 Amanda tweeted bizarre claims that her dad had planted a microchip in her brain. She's now studying fashion out of the limelight.

Amanda fell victim to the curse of the child star



Li-Lo's 2010 mugshot after she violated her probation

Shocking celebrity meltdowns



Linds stole our hearts
in kid's classic
The Parent Trap

Lindsay Lohan

Where to begin with Lindsay? After winning our hearts as a child star in *The Parent Trap* and going on to star in cult classic *Mean Girls*, *Li-Lo*, now 30, went into a downward spiral. After extreme partying and drink-driving charges, she admitted: 'It's clear to me that my life has become completely unmanageable because I'm addicted to alcohol and drugs.' She's been to rehab six times and was charged with theft of a necklace, for which she was sentenced to four months in prison. After the whirlwind of her twenties, Lindsay has yet to regain the status she had as an in-demand actress in her *Mean Girls* days. You can sit with us, Linds.



Britney Spears

An overworked Britney, 35, had a complete breakdown in 2007 that resulted in her shaving her head and attacking a pap's car with an umbrella. After filing for divorce from Kevin Federline in November 2006 she faced numerous stints in rehab and even lost custody of her sons. Speaking after the events, Brit said: 'I've been through a lot in the past two or three years and there's a lot that people don't know... Sometimes I think I get kind of lonely.' Her father has conservatorship over her, reportedly for the rest of her life, but Brit's back on track after getting her boys back.



Brit publicly
shaving her head
was a shocking
moment

John Galliano

He was once one of the biggest fashion designers in the world and was at the helm of Christian Dior when he went on a horrific anti-Semitic rant in Paris in 2011. Captured on video, Galliano appeared drunk as he shouted at a group of Italian women: 'I love Hitler. People like you would be dead. Your mothers, your forefathers would all be gassed.' After facing trial in France for the anti-Semitic remarks, he was found guilty and fined. His lawyer argued that he'd been under stress and had addiction issues. In 2014, the designer spoke out about his troubles, revealing: 'I repeated a pattern that I'd known as a teenager and I was in an explosive mix of drugs and alcohol. I said the most terrible, the most unbearable, the most horrible thing.' After seeking treatment for addiction, he's made a return to fashion.



The disgraced designer with pal Kate Moss

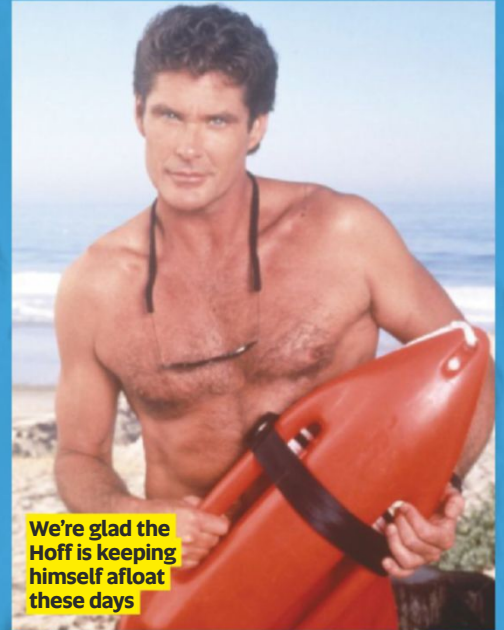


The model managed to style out her community service high-vis

Shocking celebrity meltdowns

David Hasselhoff

Back in the noughties, the Baywatch star battled with alcohol addiction. In 2007 a video went viral of a drunk David eating a hamburger off the floor, while his daughter Taylor-Ann pleads with him to get sober, begging: 'Tell me you're going to stop.' As a result, David lost visitation rights to Taylor-Ann and her sister Hayley. After kicking the booze at AA, the Hoff admitted: 'It's my responsibility to do the best I can and to take it one day at a time. But alcohol can become deadly. The scariest is when you go into a meeting and you're like: "Where's Steve?" and they say: "Oh Steve died last night."; Sounds pretty dark...



We're glad the Hoff is keeping himself afloat these days

Naomi Campbell

The original supermodel diva, Naomi, 46, has been convicted of assault on four occasions after facing 11 accusations between 1998 and 2009. She was found guilty of attacking her former PA with a phone in 1998 and settled the case by apologising and paying out an undisclosed sum of money, but the claims kept on coming. Naomi did nothing to avoid them, even wearing a T-shirt that read: 'Naomi hit me... and I loved it'. She was convicted of assault again in 2006 for throwing a phone at her housekeeper and served her community service in a ballgown. Then, in 2008, she was banned for life from British Airways after kicking and spitting at two police officers when her luggage got lost. Life lesson: don't cross Naomi.



All hail the temper tantrum queen Naomi



Helen Flanagan

We know Flanners for her portrayal of foxy Rosie Webster on Corrie. But do you remember when she was a child star on the show?



Soap then an



Jamie Borthwick

All together now: awww! Check out Walford's Jay Brown when he was a wee one – our hearts are melting.



Jack P Shepherd

David Platt's been involved in his fair share of mischief on the Corrie cobbles over the years – and it's etched all over his face, too.



Maisie Smith

She might not be on EastEnders right now, but character Tiffany Butcher returned to screens for a bit in November. Bring her back! And wasn't she cute when she was a kid?



Ellis Hollins

Ellis joined Hollyoaks as Tom Cunningham when he was just three years old, and he's transformed in front of our eyes.

You guys have changed...



Adam Woodyatt

EastEnders' Ian Beale has been on the show since the very first episode in 1985. And actor Adam has earned himself five British Soap Awards along the way.



stars: d now



MERMAID

Make a splash with all the colours of the sea!

ADELE



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BAG £15.99
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- 1 RIMMEL KATE LASTING FINISH LIPSTICK IN IDOL RED £6.49
- 2 TOPSHOP LIPS IN DON'T CRY FOR ME £8
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- 14 MAKE UP FOREVER LIPSTICK IN 104 £17
- 15 TOO FACED LA CRÈME COLOR DRENCHED LIP CREAM IN TOPLESS £18

Be



AMBER
HEARD



ROSIE
HUNTINGTON-
WHITELEY

RED VS NUDE

The two most popular
lip shades of the year –
which will you choose?



Matte
finish

100%
natural

Long
lasting,
low cost

Dots and lines

Bit of a weird one so don't say we didn't warn you! We've spied celebs and models alike drawing lines down their face and body. Little black dots under your eyes like Emma Roberts and Lianne La Havas actually look pretty darn cool and can make your eyes look bigger. Try it, we dare you! PIXI BY PETRA CAT EYE INK £12 MARKS & SPENCER



CARA
DELEVINGNE



OSMAN
STUDIO



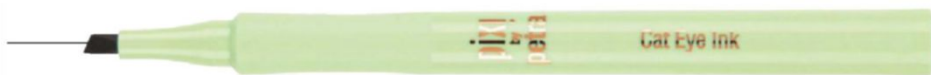
MATTHEW MILLER
CATWALK SHOW



EMMA
ROBERTS



LIANNE LA
HAVAS



Beauty

SPRING TREND
SPECIAL

Peaches and cream

Make your mani look like dessert with the latest colour combo making waves in the beauty world. Try using peach and cream shades to do a French mani with a twist.



All the latest make-up looks straight from the catwalk

Loud lashes

If you only try one new trend this year make it spiky, oversized eyelashes. YSL's new mascara makes it super-easy, as the brush is wider than usual and the new formula gives dramatic lashes in a flash.

£23

YSL THE SHOCK MASCARA VOLUME
EFFET FAUX CILS IN BLACK



ASHLEY
IACONETTI

CHRISTINA
MILIAN

Alien glow

Pearlescent, iridescent, almost holographic highlights are seriously trending over on Instagram. Get this otherworldly look by applying one of these to the inner corners of your eyes and down your nose.

YOUTUBER
GINA BOX



FRANCESCO
SCOGNAMIGLIO
CATWALK SHOW



NEW STYLE

Out-there arm candy

Cos everyone needs at least one statement bag... check these out!

Chanel-inspired

ADELYA BAKHTIYAROVA

£30
JOANIE CLOTHING

£99
KURT GEIGER

£27.99
BONPRIX

£9
PRIMARK

£115
VIVIENNE WESTWOOD AT VERY



DRESS £44
GIRLS ON FILM AT LITTLEWOODS



TOP £14
GEORGE AT ASDA



TOP £32
MISS SELFTRIDGE



DRESS £45
SIMPLY BE



TOP £49.50
CUBIC



DRESS £25
FASHION UNION



JUMPSUIT £55
LOST INK AT LITTLEWOODS



JUMPSUIT £32
BRAND ATTIC

Gingham style

First spotted on the catwalk, checks are the big comeback kid. Try teaming with a palette of white and red.

OLIVIA PALERMO

KENDALL JENNER

Bow mules

Slide into these beauts whatever your budget. Wear with jeans and no socks.



£24.99
EGO



£34.99
TAMARIS



£120
VERY EXCLUSIVE

SEASON E BUYS

SPRING TREND
SPECIAL

From the must-have shoes to the only prints to be seen in – we've got you covered!

90s kid

Throw it right back to hi-tops, old-school logos and easy-to-wear track tops.



BOMBER £35
V BY VERY



T-SHIRT £65
UMBRO AT ASOS



CAP £12
ADIDAS AT TOPSHOP



SWEATER £120
CALVIN KLEIN AT LITTLEWOODS



TRAINERS £75
NIKE AT VERY EXCLUSIVE

Cult classic

Ear-marked

From dainty charms to bold pendants, 2017 is the year of the earring – wear your hair up to show them off, of course.



£45
TILLY SVEAAS



£8
ASOS



£35
TATTY DEVINE



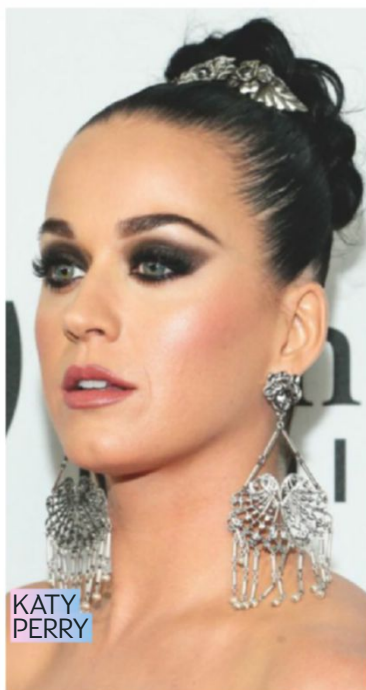
£12.99
BONPRIX



£44.90
LOLA & GRACE



£55
DAISY



KATY PERRY

Dress to impress

It's all in the detail, so if your frock has embroidery, studding, sequins or ruffles you're on to a winner.



£22.99
NEW LOOK



£120
MISS SELFIDGE



£79
MONSOON



£155
COMINO COUTURE

DRESS £35
PEACOCKS

Micro trends

Easy updates to keep you ahead of the fashion game!

1

SKIRT **£95**
TOPSHOP

Multi-buckles

TOP **£22.50**
NEW LOOK

SKIRT **£82.50**
CUBIC

Eyelets and lace detailing

JACKET **£25**
BOOHOO

BRACELET **£40**
STELLA & DOT

Snake eyes

CAMI **£20**
PRETTY LITTLE THING

3

Make it marble



Just a hint of sun is all that's needed to get these sunnies out. Make sure they're marble-framed, yeah?



Cat's-eye styles suit most face shapes

- 1 **£25** SKINNYDIP
- 2 **£12** ASOS
- 3 **£12** ASOS
- 4 **£35** TOPSHOP

Ballet babe

Great news: you don't have to be a ballerina to try this – hurrah! Think tulle skirts, cosy knits and ribbons.

JUMPER **£39**
TOPSHOP

SOCKS **£4.50**
ASOS

BELT **£20**
ASOS

Corset-style

SARAH JESSICA PARKER

JUMPER **£19.50**
MARKS & SPENCER

SKIRT **£39**
FASHION UNION AT BRAND ATTIC

SKIRT **£18**
LASULA

HEELS **£40**
ASOS

FEARNE COTTON

Wear with a long-sleeve top

City stripes

As seen on:

Reese Witherspoon, Alesha Dixon and Cat Deeley.

Hot features:

Over-sized fit that tucks in easily and handy pocket. Earn your fashion stripes in classic colours.

Best worn with:

Black ankle grazers and snaffle loafers.

1



Celeb office inspo!

REESE WITHERSPOON



Monochrome

As seen on:

Zosia Mamet, Kendall Jenner and Karlie Kloss.

Hot features:

Black-and-white panels, pin-sharp piping and a Peter Pan collar. This style shows you mean business.

Best worn with:

Slim-fit trousers and suedette block-heeled boots.

4



ZOSIA MAMET

- 4 MONOCHROME BLOCK SHIRT £16
- 5 A-LINE MINI SKIRT £14
- 6 SHOPPER £12
- 7 CROSS-BODY BAG £8

5



WORKWEAR

TREND FOCUS

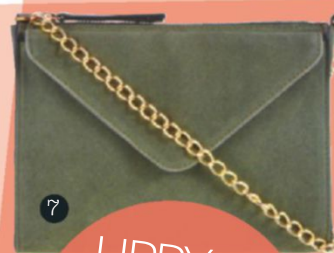
Fix up, look sharp. Rework these 9-5 staples and be the most stylish at work

When you're running late, there's no time for wardrobe dilemmas. That's why it pays to stock up on stylish new-season separates that you can fling on and go! The new trends bridge the fashion gap between masculine and feminine. The result? Well, the rose pink trousers (from a suit), soft shirts and khaki shirt dress all get our vote. Bag a pair of ankle boots and some snakeskin loafers and your work wardrobe is covered! All that'll be left to do is errr... work. Meh.

3



- 1 BLUE STRIPED SHIRT £14
- 2 PINK TROUSERS £16
- 3 KHAKI SHIRT DRESS £20



LIPPY VS LAPTOP
A mini cross-body bag or oversized shopper?
Humm... we'll take both.

6



Watch #theshow

Kate Thornton, Denise Van Outen, Matt Johnson, Fernie McCann and Tanya Philipson choose from Matalan's SS17 collections. Tune in at matalan.co.uk

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SERIES
EYESHADOW IN
NIGHT CLUBBING
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ECO EYELINER
£14 MARKS
& SPENCER

BARRY M BOLD
BLACK
WATERPROOF
EYELINER £3.99

BOUTIQUE NAIL
POLISH IN UNDER
THE THUMB £4
SAINSBURY'S

SARA HILL
GLITTER IN DARK
SOUL £15

GRUNGE

girl

SPRING TREND
SPECIAL

Think deep berry shades and smoky eyes
for an updated spin on this classic look.

URBAN DECAY
VICE VINTAGE
LIPSTICK VINTAGE
IN OIL SLICK £15

MAYBELLINE
MASTER PRECISE
CURVY EYE LINER
INTENSE BLACK
£6.99 BOOTS

ESSIE NAIL
POLISH IN
LICORICE £7.99

PRESS ON
NAILS

H&M PRESS ON
NAILS £5.99

NO7 GEL
LINER BLACK
£8.50
BOOTS

3INA LIP OIL
BALM 100
£7.95 ASOS

NEW LOOK PURE
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BERRY
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LIPSTICK £3.99

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MARKS & SPENCER
AUTOGRAPH
FIBRE SCULPTING
BROW GEL
£9.50

Try that
cat's eye
flick

The perfect
high-shine
nail



KENDALL
JENNER



LILAH
PARSONS

BEAUTY



ELLE FANNING

PLAY IT STRAIGHT

'If you want to rock this chic hair look, apply **TRESemmé Keratin Smooth Shine Oil, £7.34**, to de-frizz, followed by **TRESemmé Get Sleek Smooth & Tame Cream, £5.49**, for an über-polished finish,' shares hairdresser and TRESemmé UK hair ambassador Aaron Carlo.

PREP & PRIME

It's not just your make-up that looks and lasts better when you apply primer – your hair does, too. Yes, you read that right – primer for your hair is really a thing! **VO5 Express Primer Spray, £3.99**.



PRECIOUS METAL

Platinum blonde is set to be a major trend, but blondes don't necessarily have more fun – not when it comes to the condition of their hair. However, **L'Oréal Professionnel's Smartbond, £16.49**, protects the bonds in your tresses after the lightening process.



JENNIFER LAWRENCE

Words: Amelie Ollennu. Photos: Rex Features



SPRING TREND SPECIAL

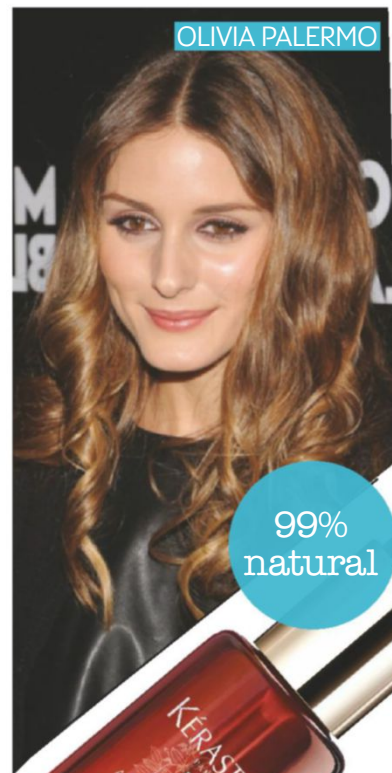
Spring fling

Keep your locks looking fresh with these hot hair trends



CURL IT

Forget natural waves and curls – faux Goldilocks ringlets have made a comeback. If you're not brave enough to wear the look but like the idea of curls, use the **GHD Creative Curl Wand, £100**, and then pile hair up into a loose messy bun.



OLIVIA PALERMO

99% natural



BOTANICAL BABE

Kérastase has created a new Aura Botanica Collection. With nourishing avocado oil and jojoba oil for softness and shine, we love **Kérastase Concentré Essentiel Aromatic Nourishing Oil Blend, £36.10**.

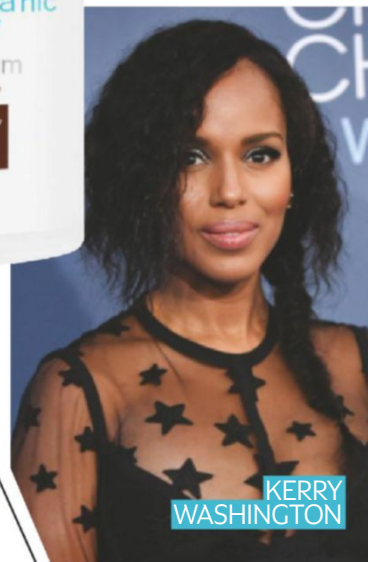
BRAIDY BUNCH

Try a low-slung plait that embraces your natural texture. Apply **The Organic Pharmacy Hair Serum, £19.95**, after washing, braid and leave to air dry.



VA VA VOLUME

Dreamgirls meets Hitchcock's The Birds was the inspiration behind the 60s dos at Sophia Webster's SS17 show. The styles varied from beehives to backcombed barnets, all with lots of height. Volume is in, so get experimenting with some brand-new styles.



KERRY WASHINGTON



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to soften



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to wash
away weight



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Scherzinger

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feel my skin and
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With biotin which contributes to the maintenance of normal skin, plus selenium and zinc
which contribute to the maintenance of normal hair and nails.

*UK's No1 beauty supplement brand for skin, hair and nails. Nielsen GB ScanTrack Total Coverage Unit Sales 52 w/e 3 December 2016.


VITABIOTICS

YOU & IMPROVED

Your guide to heart, health and happiness

Your period diet REVEALED

Food can impact how you look and feel throughout the month. Ella Allred, nutritionist at superfooduk.com, spills the beans...

DAYS 15-28 THE POST-OVULATORY PHASE

This can be the hardest part. If your egg isn't fertilised, oestrogen and progesterone decline again, taking you back to the menstrual phase.

That little nightmare – PMS – kicks in.

EAT: Magnesium-rich foods: green leafy veg, wholegrains, nuts, seeds. B vitamins for energy: fish, eggs, poultry.

For better sleep try turkey, walnuts, cherries.



Now LOVES

Pukka Turmeric Gold 20 sachets, £2.49, Waitrose



DAY 14 OVULATION

Your libido will peak thanks to the luteinising hormone. We also feel more social but may

experience ovulation pains.

EAT: Ginger (try throwing it in a smoothie or stir fry), and turmeric-rich food. Foods containing zinc: fish, figs, wholegrains.

DAYS 1-5 THE MENSTRUAL PHASE (OR, YOUR PERIOD)

On day one, low progesterone and oestrogen hormones cause bad moods. The loss of iron-rich blood makes us fatigued.

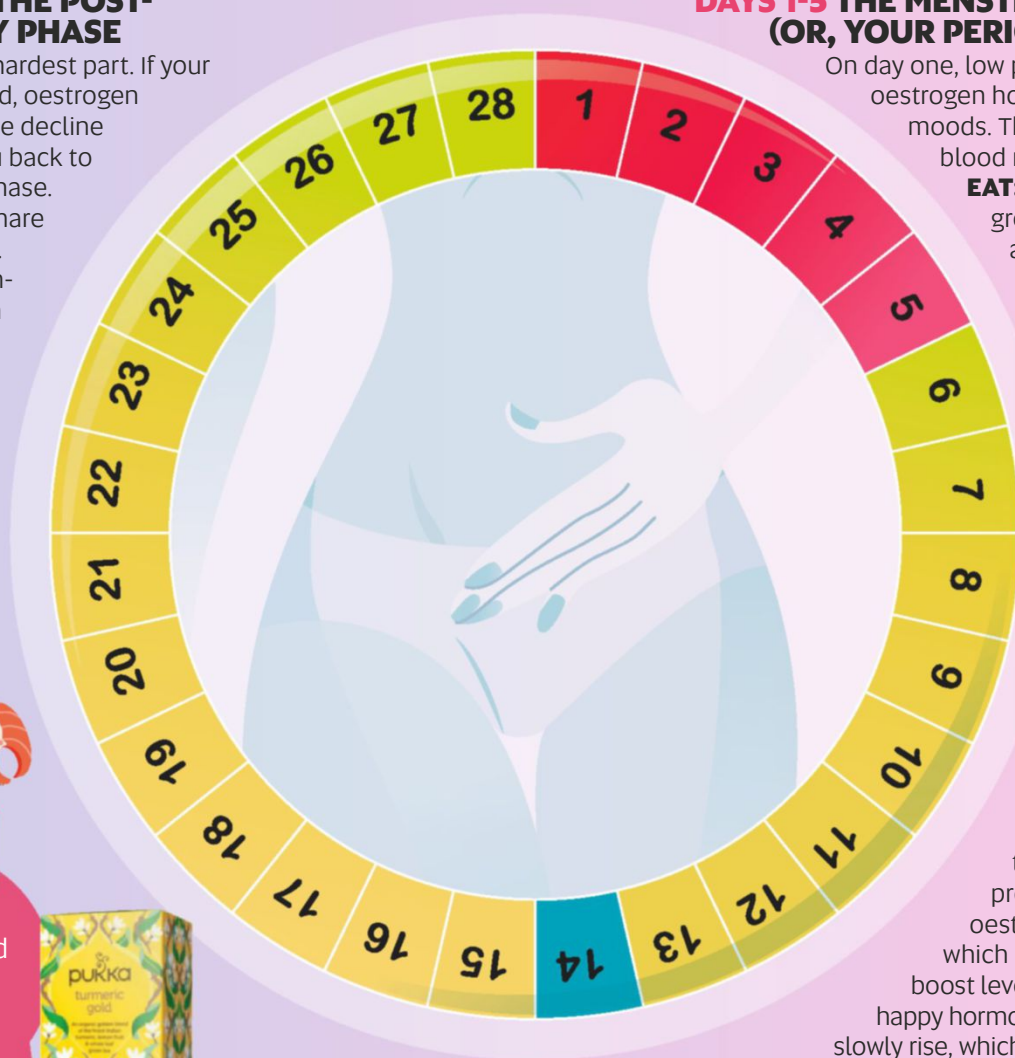
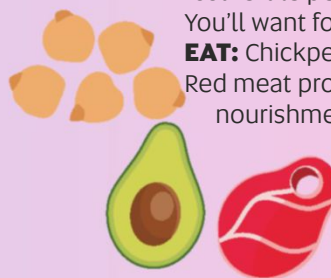
EAT: Iron-rich foods: green leafy veg, beans and poultry. Omega-3 in oily fish, chia and flax seeds.



DAYS 6-13 THE PRE-OVULATORY STAGE

You're feeling GOOD and looking your best, and it's all thanks to high progesterone and oestrogen hormones, which improve sleep and boost levels of serotonin (the happy hormone). Your libido will slowly rise, which is funny, as it's your most fertile period. Trying for a bubba? You'll want foods rich in folic acid.

EAT: Chickpeas, spinach, avocados. Red meat provides vitamin B12 for cell nourishment. **ALSO:** Drink at least two litres of water or fruit tea per day to boost levels of cervical fluid.





Did you know that European forests, which provide wood for making paper and many other products, have grown by 44,000km² over the past 10 years? That's more than 1,500 football pitches every day![†]

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[†]UNFAO, Global Forest Resources Assessment 2005-2015.

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twosides.info



Oh.My.Bod.

Former model Jodie Kidd, 38, shares her top-to-toe health secrets

'I do yoga at home!'

HEIGHT: 6ft 2in
WEIGHT: 10st
SIZE: 12

Hey, Jodie! How do you keep fit?

I love doing yoga. I try to do a little bit every day at home after Indio [her five-year-old son] has gone to bed. I also go to the gym four to five times a week and use the cross trainer and light weights.

Is there a body part you really struggle with?

I think every woman is between here and here [points to her tummy and thighs].

Any moves to work those areas?

A lot of core. Yoga is great on your core. The Fitbit Fitstars app will tell me to do crunches – you do three reps of those. I do them quickly on the carpet next to my bed.

Do you have a favourite body part?

My legs. They're long, slim and they get strong when I cycle.

Is there a food you always avoid? Is there something that doesn't agree with you?

Sprouts. I just don't like them.

Do you have any guilty food pleasures?

If I fall off, then I really fall off. I'll tend to go and have pizzas and bottles of wine, spectacularly fall off and then spend the next two weeks making up for it. Wine is a bugger, but when you're really focused and trying to be strong you can't have it.

Do you have the odd glass?

Not at the moment. In November and December I put on just under a stone because I wasn't exercising, so now I'm like: 'Right, let's get back to it!' It's amazing how quickly you can put weight on and how hard it is to lose it.

Jodie is the new ambassador for Fitbit UK



JODIE'S FOOD DIARY

Now's expert sports nutritionist Ollie Frost gives his verdict on her daily diet



Breakfast

Homemade quinoa bread with avocado, tomato and ham.

OLLIE SAYS Quinoa is high in protein, and avocado contains omega-3 to help prevent illness..

402 cals



Lunch

Fish and vegetables.

OLLIE SAYS White fish is super-lean and low in fat, but high in protein. Then you have salmon, which is protein and fat-rich with high amounts of omega-3. This meal lacks energy – a small sweet potato or cup of rice would boost overall calories and energy for Jodie.

290 cals



Dinner

Homemade chicken curry with homemade spicy black dhal.

OLLIE SAYS Homemade curries are a sensible way to avoid hidden calories and large amounts of fat. Dhal helps to lower cholesterol due to the lentils and their high levels of soluble fibre.

461 cals



Snacks

I don't snack, but if I do it's nuts.

OLLIE SAYS Nuts are always going to be the best snack. They're high in protein and essential fats, plus they're very convenient. The most nutritious nuts are almonds, walnuts and macadamias.

370 cals



TOTAL CALS 1,523 (GDA 2,000)

OLLIE'S VERDICT Jodie's diet is extremely healthy. However, she could do with increasing her carbohydrate level. Adding a small portion of carbs to each meal will help. A low-carb diet will leave you feeling fatigued and can even affect your mood.

Follow Ollie on Twitter @Ollie_frost

DOWNLOAD THE 5:2 COMPLETE MEAL PLANNER APP TODAY

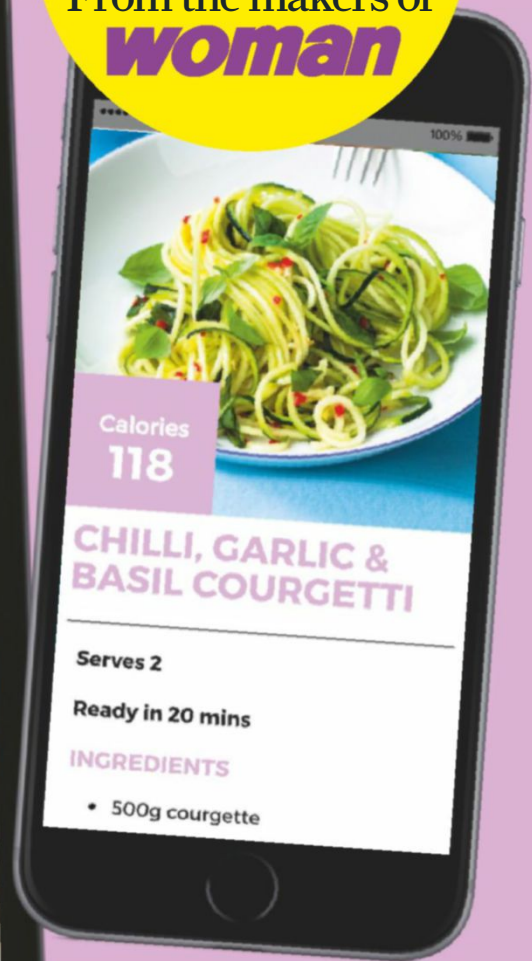
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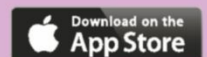
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and Sweet Treats**



The 5:2 Complete Meal Planner is available for supported devices for Apple and Android. Additional bundles cost 99p. All prices shown are UK only and may vary for other territories.

Tried & tested

Refuel after a gruelling session with these delicious quick fixes, approved by superfooduk.com nutritionist Shona Wilkinson

POST-WORKOUT FOOD



Best for: **WHEN YOU'RE STARVING**

BFree Sweet Potato Wraps 6 pack, £2.99, Asda

WRAP IT WITH Hard-boiled eggs, spinach and hummus.

These will change wrap-life forever! Shona explains that the CoQ10 in spinach plays an important role in strengthening muscles.



Best for: **ON THE GO**

Myprotein My Bar Zero, £2.49, myprotein.com



One of Now's faves, this bar is low in saturated fat and has only 2.4g of sugar. 'The high protein will help your muscles to recover and the low sugar won't cause blood sugar to spike,' says Shona.

Best for: **UNDER 5-MIN MEALS**

Whole Earth Peanut Butter Mixed Seed 340g, £2.99, Tesco

SPREAD IT ON

Wholemeal toast with sliced banana. PB doesn't just taste amazing (so much so, we munch straight out the jar), it's high in protein too – perfect for muscle-building. Shona says: 'Nuts improve blood flow, which is really important for sports performance.'



Little extra for the kit bag

Hey Like Wow Vitamin Waters 250ml, 99p, Tesco. No sugar, and packed with vitamins B6, C & D.



Best for: **BREAKFAST**

The Collective Straight Up Unsweetened Live Yoghurt 900g, £3, Waitrose

MIX IT WITH

Oats, nuts, seeds, berries

This tub will keep you going a while! For toppings Shona suggests: 'Pumpkin seeds for protein and some zinc.'



Best for: **KEEPING YOU GOING BEFORE THE NEXT MEAL**

WOW Chia Seed Drink 250ml, £2.49, Selfridges, Planet Organic and Wholefoods

The apple, spinach and kiwi flavour is our fave. Shona says: 'Chia seeds contain protein, fibre and omega-3. These are cold-pressed, which keeps the majority of nutrients intact.'



Avocado, almond butter & spiced sunflower seeds toast

SERVES: 2

ENJOY... For breakfast or as a super-speedy dinner

You will need...

2 tbsp sunflower seeds
 $\frac{3}{4}$ tsp paprika
 $\frac{3}{4}$ tsp ground cumin
Pinch of sea salt
2 slices of multigrain bread
4 tbsp almond butter
1 ripe avocado

1 Toast the sunflower seeds in a dry pan over a medium heat for 2 mins, then add the paprika, cumin and sea salt, and toast for another minute.

2 Meanwhile, toast the bread, then spread with almond butter while it's still warm. Next, peel and thinly slice the avocado, then lay the avocado on the toast and sprinkle with the seeds, ready to serve.

Pair with...

Peanut butter
 hot chocolate

Serves: 2 Time: 10 mins

You will need...

175ml water
3 tbsp cocoa powder, plus extra to finish
600ml milk
100g dark chocolate (at least 70% cocoa) broken into pieces
 $1\frac{1}{2}$ tbsp demerara sugar
3 tbsp peanut butter
Whipped cream, to finish

1 Bring water to a simmer in a saucepan over a medium-high heat. Whisk in cocoa powder, add the milk and bring back to a simmer.

2 Whisk in the chocolate and sugar until the mixture is smooth and creamy. Add the peanut butter and stir well.

3 Divide between two mugs, top with whipped cream, then dust with cocoa powder.



*Extracted from
 Pip & Nut:
 The Nut Butter
 Cookbook by
 Pippa Murray
 (Quadrille,
 £15 RRP)*



SUPERMARKET SWEEP

We've found this week's hottest deals on the aisle – go grab that bargain!

Perfect for:

BRIBING THE KIDS

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35-MIN
RECIPE

Asian meatballs

SERVES: 4

CALORIES: 327
GREAT FOR... A healthy meatball alternative. Use leftovers to make a tasty lunch wrap

You will need...
500g lean minced beef
1 dessert spoon cornflour
10g garlic purée
20ml red wine vinegar
1 inch ginger, peeled and grated
½ tsp salt
30ml low-salt soy sauce
1 tsp black pepper
100ml beef stock

50g shallots (diced)
1 tsp Chinese five-spice
Handful fresh coriander

1 Mix the minced beef with the garlic purée, five-spice, ginger, salt and coriander. Shape into balls and place in an oven dish with a little water. Cover with foil. Cook for 20 mins at 180°C.

2 Fry off the shallots, mix the cornflour with soy sauce to create a paste, and add to the shallots with the red wine vinegar and beef stock.

3 Bring to the boil until you have a smooth sauce. Pour over the cooked meatballs. Serve with rice and vegetables.

www.bodycheer.com

SMOOTHIE OF THE WEEK

Raw cacao nibs and nut butter in this nutrient-packed drink make it taste seriously naughty. Luckily, there's no naughtiness involved, so enjoy guilt-free!

MONKEY BUSINESS

1 cup spinach
1 banana, frozen
1 tbsp almond butter
1 tbsp raw cacao nibs
1 tsp cinnamon
1½ cups unsweetened almond milk



NutriBullet recipes available at www.highstreettv.com

SATURDAY 4 MARCH – FRIDAY 10 MARCH

Scopes

Your week ahead with **David Wells**



EVA MENDES

turns 43 on
5 March

IF IT'S YOUR BIRTHDAY THIS WEEK...

Money features highly for you during this solar year, including some that will arrive from an unexpected source at precisely the time you need it. But you should continue to be cautious with your cash, regardless of how much eventually comes your way. From October the world will throw its doors wide open to you, so go off and explore everything it has to offer.

AQUARIUS 21 Jan-19 Feb

You know what you've said and who you said it to, so just have faith in that and all will be well. Don't involve yourself in gossip – instead, champion those who may have been misunderstood.

Communication is key. Call for more.
UK: 0905 8171571* IRL: 1560 787911*

TAURUS 21 Apr-21 May

This week it's all about learning from a past event and then just letting it go. Don't let yourself dwell on might-have-beens, Taurus. Concentrate on silver linings and weave some magic.

Mars brings passion. Call for more.
UK: 0905 8171562* IRL: 1560 787902*

LEO 23 Jul-22 Aug

Shifting sands are hard to walk on, but you'd try if it was the only way to get what you wanted. You might take one step to the left and two to the right, but that's fine. Same goal, different route.

Your reputation is enhanced. Call me.
UK: 0905 8171565* IRL: 1560 787905*

SCORPIO 23 Oct-22 Nov

You've recently upped your gym time, changed your diet or meditated more – all signs that you're looking after yourself better. And here comes someone who appreciates your hard work.

Work deals are delayed. Call for more.
UK: 0905 8171568* IRL: 1560 787908*

PISCES 20 Feb-20 Mar

With three planets urging you get things moving, you could be tempted into rushing. But too much haste could easily lead to delays caused by silly mistakes. So slow things down, Pisces.

Money secrets are revealed. Call me.
UK: 0905 8171572* IRL: 1560 787912*

GEMINI 22 May-20 Jun

If it's all too much for someone, maybe they should think about moving on. It's not that you have an ulterior motive, you simply want them to see the options. But could you take their place?

Changes at work and socially. Call me.
UK: 0905 8171563* IRL: 1560 787903*

VIRGO 23 Aug-22 Sep

There are some beautiful words being spoken and there's a clear attraction, but does that mean someone is 'the one' for you? Maybe have a coffee first and work it out from there. No rush.

Call to hear about urgent travel plans.
UK: 0905 8171566* IRL: 1560 787906*

SAGITTARIUS 23 Nov-21 Dec

When you can see clearly and others just see fog, that may be because you haven't explained yourself well. Your challenge this week is to get family excited about the great things you do.

Call to hear about love setbacks.
UK: 0905 8171569* IRL: 1560 787909*

ARIES 21 Mar-20 Apr

Did you 'forget' to mention an important detail to a certain someone? Now it's explanation time, Aries. You need to revisit your feelings, reassess your intentions and put this right.

A money deal is energised. Call me.
UK: 0905 8171561* IRL: 1560 787901*

CANCER 21 Jun-22 Jul

That offer letter didn't arrive and another interview has been rescheduled... But that doesn't mean you're stuck where you are. Job changes are just taking a little longer than usual.

Other doors may be opening. Call me.
UK: 0905 8171564* IRL: 1560 787904*

LIBRA 23 Sep-22 Oct

Just because you can't see what someone is doing, that doesn't mean they're doing something they don't want you to see. Just relax and give yourself over to trust, truth and chocolate.

Dig deep into a money deal. Call me.
UK: 0905 8171567* IRL: 1560 787907*

CAPRICORN 22 Dec-20 Jan

No one told you what was going on, so there must have been a conspiracy. Actually, it's not that dramatic. They had their reasons and now you need to be calm enough to listen to them.

Hot singles incoming. Call for more.
UK: 0905 8171570* IRL: 1560 787910*

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The Fix

What'll get
your pulse
racing
this week



FILM OF THE WEEK

The next generation

Logan

Out 3 March

This film follows Wolverine (Hugh Jackman) as he attempts to hide from trouble. But when a young mutant girl (Dafne Keen) shows up, Wolverine finds

himself both protecting and fearing her. And the thing he's most scared of? Family. You'll want to get your claws into this one. Sorry. We couldn't resist.

NOW RATING ★★★★★



FILM

To the knuckle

Fist Fight

Out 3 March

Remember when there was a fight at school? It was terribly exciting. This film sees two teachers (Ice Cube and Charlie Day) go head-to-head to hash

out a rivalry... The only problem is, the kids have found out and it's become the event of the term. Silly, but good fun, which is sometimes all you want.

NOW RATING ★★★★★



FILM

Small-town America

Certain Women

Out 3 March

Michelle Williams, Kristen Stewart and Laura Dern star in this gripping tale about three American women whose lives intertwine. Looking at

what it is to be female in 2017, it's an examination of the life of the everyday woman – which is an extraordinary thing in itself. A film with a heart.

NOW RATING ★★★★★

The Fix

NOW SPEAKS TO

Tremaine, Twaine and Tristan from Gogglebox

We catch up with Bristol's finest trio of brothers as a brand new series of the telly-loving show hits our screens

Gogglebox is back on screens where it should be...

Tremaine: We've been so excited to be back on telly.

Twaine: We're buzzing.

Do you guys get recognised in the street?

Twaine: We get it every now and then, especially if we're all together.

Tremaine: It's not too hectic but you get the odd person, and that suits us fine. People smile and go: 'I recognise you

from somewhere.' I think Gogglebox is such a well-liked show that we don't have much to worry about.

How did you guys get the job on Gogglebox?

Tristan: Someone came up to me in the street with a clipboard when I was out in Bristol. So it was totally at random. They told me they were looking for new cast members in Bristol. I thought: 'Watching telly for a living? That's something that I could definitely do!'

Was it weird at first? Were you nervous?

Tristan: I was definitely nervous. But you get used to it.

Do you have to watch all that telly, or do you watch clips?

Tremaine: We watch clips because it'd be really hard to watch all that TV.

Twain: It's good, though. It gets you into lots of different programmes that you might not have watched before.

What do you like watching?

Twaine: I love watching The X Factor. It's just such a ridiculous TV show.

Tremaine: I'm a documentary and drama type person. David Attenborough is where it's at. I love watching anything about the jungle.

Tristan: I'm more of an all-rounder. I'll dip in and dip out of anything.

Do your family tune in to watch you?

Tristan: Yes they do! There's nine of us in our family altogether and they all try to watch.

Twaine: There are lots of nieces and nephews, too. It's a big family. It probably boosts the viewing figures a bit! [Laughs] One of our nephews is a DJ, so we'll all get together and he'll bring his decks round and we'll make a night out of watching the show.

Gogglebox is on Channel 4 at 9pm on Fridays



Words: Rosie Crauskas. Photos: Getty Images, Rex Features

**Also
this
week**



FILM

**Trespass
Against Us**
out 3 March

Michael Fassbender plays a man who wants to escape his criminal family.



EVENT

**Jurassic
Kingdom**
nationwide
from 1 April
(jurassic-kingdom.uk)

Life-size dinos take over UK parks.





TV SHOW OF THE WEEK

Keeping Up With The Kardashians, 9pm, Hayu, 6 March and E!, 12 March
Kim and co return for series 13 – and there's a new bundle of joy in the family. Drama ensues, as always.

Our fave TV shows



EastEnders

BBC One, 8pm, 6 March

Preston's mum calls from America to find out where he is – and Michelle is in a flap.



Clique

BBC Three, from 5 March

Holly and Georgia are students in Edinburgh – but a sinister clique may tear them apart.



Amy Winehouse In Her Own Words

BBC Four, 11.30pm, 10 March

This show pieces together interviews to create a portrait of our favourite songstress.



Mutiny

Channel 4, 9pm, 6 March

Here 21 ordinary men are challenged with a gruelling 18th century-style sea journey.



What makes us sizzle or leaves us cold

Lee Ryan on EastEnders

We're so excited about the Blue boy's casting in Easties. Yes, we're getting Danny Dyer and Lee Ryan in one show. This is going to be telly gold.



Relaunching the 3310

The iconic Nokia phone is back with a colour screen – but will it have Snake? That's the all-important question, surely.



National

Cereal Day, 7 March

Any excuse for a bowl of the good stuff. But what if you prefer toast?



A Holly-less Geordie Shore

The Geordies are back – but it's looking lacklustre without our favourite.



BOOK

The Marvelous Misadventures of Ingrid Winter by JS Drangsholt
out 1 March

Stressed Ingrid is sent to Russia by work. But is she at breaking point?



EVENT

Hockney at Tate Britain London, **until 29 May**

This exhibition of the art giant's work is colourful, evocative and emotional.



DVD

I, Daniel Blake out now

Ken Loach's look at British life on the poverty line won the BAFTA for Outstanding Film. A brilliant piece of drama.

MAX

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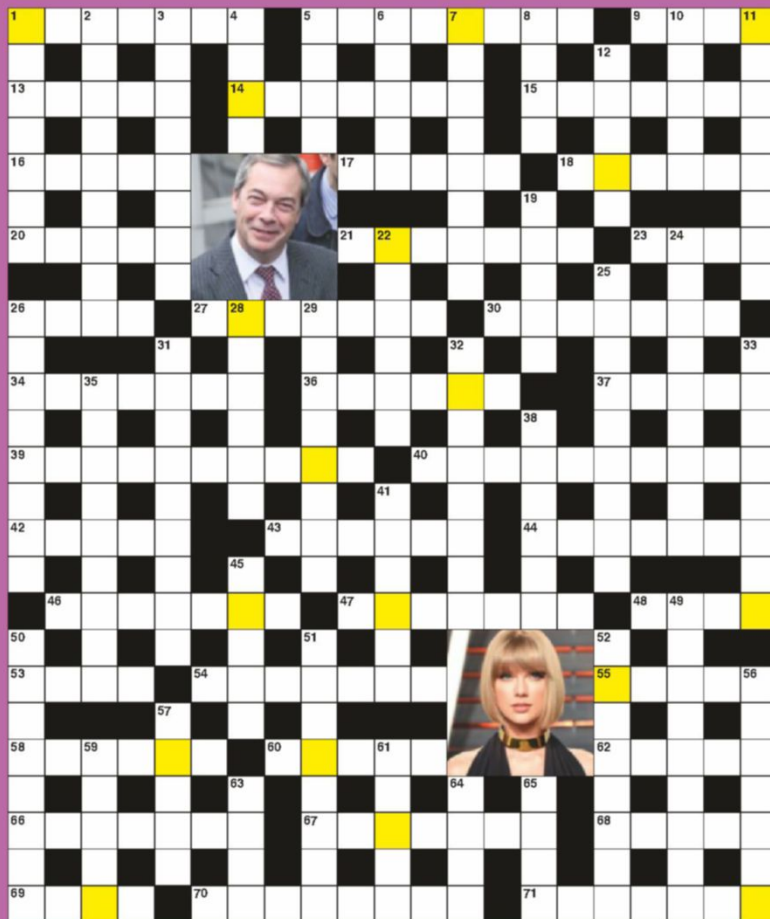
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Celebword

Fill in the answers in the grid below and the letters in the yellow squares will spell out the answer to this bonus question: in a recent poll, the followers of pop star Taylor Swift and those of former UKIP leader Nigel Farage were found to be the ones most likely to be partial to what?

ACROSS

- 1 One who looks after your molars (7)
- 5 Male chicken who crows at dawn (8)
- 9 Land measurement of 4,840 square yards (4)
- 13 Fills suitcases for your hols (5)
- 14 Leisure interest, hobby (7)
- 15 Solid round balls (7)
- 16 Spanish term for Mister (5)
- 17 School numbers subject (5)
- 18 Second largest continent (6)
- 20 Devilish creature (5)
- 21 Very hard rock (7)
- 23 Mini-cab (4)
- 26 Hurry, haste (4)
- 27 Ferocious S American river-fish (7)
- 30 Snacks that might be salted or dry roasted (7)
- 34 Intelligent sea-mammal (7)
- 36 Glassy type of paint (6)
- 37 Hospital worker (5)
- 39 Stand-in actor for emergencies (10)
- 40 Circus main man (10)
- 42 Within the vicinity (5)
- 43 Tension (6)
- 44 Male child by a partner's former marriage (7)
- 46 Devour (7)
- 47 Dried seedless grape (7)
- 48 Bustle, commotion (4)
- 53 Danger (4)
- 54 Scrupulously exact (7)
- 55 Large mammal from 18 Across (5)
- 58 Suck up (6)
- 60 Symptom of a cold (5)
- 62 Capital of France (5)
- 66 Rules of language (7)
- 67 Pasta used in soups (7)
- 68 Rub out (5)
- 69 Moist (4)
- 70 Politeness (8)
- 71 Details on an envelope (7)



DOWN

- 1 Ousted from power (7)
- 2 Pseudonyms used by mates (9)
- 3 Financially covering (8)
- 4 Use a keyboard to write (4)
- 5 Ready money (4)
- 6 Fine porcelain (5)
- 7 Mammal with a trunk (8)
- 8 Compass point (4)
- 10 Welsh breed of dog (5)
- 11 Over the moon (8)
- 12 Vertical passage into a mine (5)
- 19 Ferrous metal that might be stainless, mild or even cold (5)
- 22 Warm up again (6)
- 24 Painful inflammation of the joints (9)
- 25 Overwhelmed, filled to abundance (9)
- 26 Increase a second time – efforts, for instance (8)
- 28 Set on fire (6)
- 29 Amusing story (8)
- 31 Reduced selection of suitable applicants (5-4)
- 32 Learner, novice (8)
- 33 Fish smoked to become kippers (8)
- 35 Ridiculous, absurd (9)

- 38 Urges forward (4,2)
- 41 Holds dear (6)
- 45 Dapper (5)
- 49 Term meaning capital letters (5,4)
- 50 Organised, laid out (8)
- 51 Fast sailing ship or large sherry glass (8)
- 52 Flock watcher (8)
- 56 Pearl-producers (7)
- 57 Winning card in whist or bridge (5)
- 59 Mass of bees (5)
- 61 Hand-warmer (5)
- 63 Group of three (4)
- 64 Performance (4)
- 65 Largest continent (4)

ANSWERS

ACROSS 1 Dentist 5 Cocker 9 Acre 13 Packer 14 Sparrow 16 Sphere 17 Maths 18 Africa 20 Danton 21 Tax 26 Rush 27 Piranha 30 Peanuts 34 Dolphin 36 Emerald 37 Nurse 39 Understudy 42 Local 43 Stenson 44 Stepson 46 Countess 47 Current 48 Fuss 53 Risk 54 Precede 55 Hippo 58 Absorb 60 Couch 62 Parts 66 Grammar 67 Noodles 68 Erase 69 Damp 70 Courtesy 71 Answer DOWN 1 Deposed 2 Nickname 3 Insuring 4 Type 5 Chest 6 China 7 Elephant 8 East 10 Cory 11 Escalate 12 Reheat 14 Arthritis 15 Inundated 16 Redoubt 18 Ignite 29 Anecdote 31 Shortlist 32 Beginner 33 Herrings 35 Ludicrous 38 Eggs on 41 Values 45 Smart 49 Upper case 50 Arranged 51 Schooner 52 Shepherd 56 Oysters 57 Trump 59 Swamp 61 Glove 64 Play 65 Asla

Answer: Deep fried mushrooms

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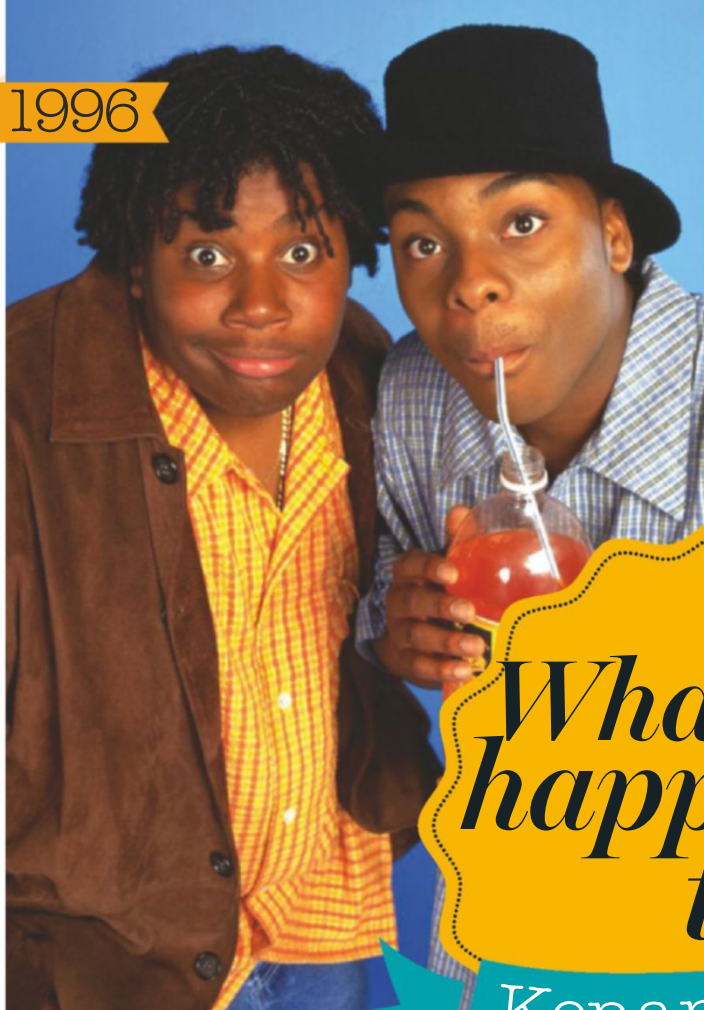
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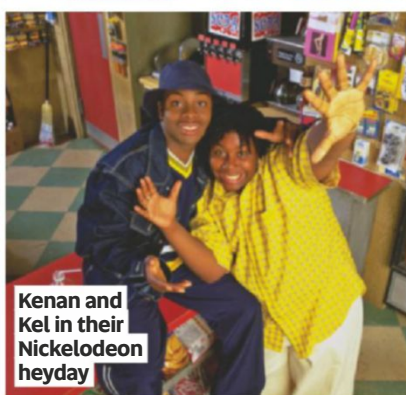


Whatever happened to....?

Kenan & Kel



Kenan with Lindsay Lohan on Saturday Night Live in 2006



Kenan and Kel in their Nickelodeon heyday



Reunited in 2015 for a Good Burger sketch on The Tonight Show

Cult icons

The coolest show when we were kids was totally Kenan & Kel. The Nickelodeon sitcom ran from 1996 to 2000 and was about two teenage best mates, played by Kenan Thompson and Kel Mitchell. With a theme tune by rapper Coolio, the show followed straitlaced Kenan and his dopey mate Kel as they got up to all sorts of mischief in Chicago. With their catchphrase: 'Aw, here it goes!' the show was a cult classic. It's currently

showing on Nickelodeon, if you're nostalgic.

You look familiar...

Sometimes Kenan and Kel crossed over to other popular kids' shows like Sister, Sister and Sabrina The Teenage Witch. The pair also starred in the 1997 film Good Burger, although they played different characters than on their Nickelodeon show. In 2015, Kel said of their comedy partnership: 'The magic from it was such a blessing. Me and Kenan would riff with each other backwards and forth and it just worked.'

What was next?

After the show ended, both boys continued down the comedy route. Kenan starred in the films My Boss's Daughter in 2003 and Snakes On A Plane in 2006. He's also been part of TV comedy institution Saturday Night Live since 2003, breaking the record for the longest-running African-American cast member on the show. Meanwhile, Kel is back on

Nickelodeon in another kids' sitcom called Game Shakers.

Is a reunion on the cards?

In September 2015, the pair appeared in a Good Burger sketch on The Tonight Show With Jimmy Fallon. Now both 38, they delighted fans by promising they'd reunite as Kenan and Kel. Kel said: 'It was awesome to be back in that zone again and be on set together.' In 2016, Kenan said: 'I miss and love those guys – it was awesome times. I wish we could just pick up and do Kenan & Kel: The Grown-Up Years, getting everyone back working together. I feel like it would be an awesome moment for everybody.' However, we've yet to see them reunite. Come on boys, do it for us.

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Kellie, 25

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