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Sun woman



The Betty Brisk Interview

CELEBRITY ETIQUETTE AND DAILY DILEMMAS

Our guest Jamie Oliver wanted to make the gravy – I told him: ‘I’ll kill you first’

DON'T tell Judy, but the sight of you on TV makes me come over all giggly and girlish. Why is that, do you think?

I use subliminal imaging and have done for years. It is a standard part of any TV contract I sign that micro-second images of Brad Pitt must be flashed on-screen every 30 seconds.

Mr Brisk's younger than me. He says he prefers women "who have done a bit", so he doesn't have to explain anything. Should I take that as a compliment?

I happen to know your husband and called him for help on this one. He says he in no way intended that remark as a compliment. It was said in the middle of a row on your wedding anniversary and he added the fact you are trying to rewrite history ("again") is "bloody typical of the woman". Sorry, I'm just telling it like it is.

Your dislikes list includes rosy-cheeked farmers, beard trimmers and tap dancers. How do you feel about men's baggy underpants (my own personal bugbear)?

I shun underwear of any description. I think it is rude.

I fidget watching others do things I KNOW I can do better, which is pretty much everything. Are you a control freak too?

Oh, very much so. In fact my wife has grown so weary of my ceaseless (and, of course, entirely justified) criticism of everyone and everything on the television, she now watches it wearing headphones. Perhaps she has grown tired of me being right all the time. I accept this must be very demoralising.

I'll take over the cooking from the hostess at dinner parties if I think she won't be up to scratch. When would you steam in?

Well, I ejected Jamie Oliver from my kitchen when he, his wife Jules and their girls came over for Sunday lunch. He said he wanted to help out with the

Each week Betty, our no-nonsense (and frankly eccentric) Mistress Of Modern Manners, quizzes a celebrity on their ethics and standards. Here RICHARD MADELEY talks about why he won't wear underpants, sulking and keeping passion alive

gravy. I said, "I'll kill you first," and he retreated. I don't think I over-reacted to his unsolicited offer of help. Do you, Betty?

I gather you put chicken livers in your spaghetti bolognese. Are you a bit Heston Blumenthal in the kitchen?

Well, if frozen foodstuff takes too long to defrost I have been known to add antifreeze. It's surprisingly effective and there's nothing wrong with a quick fix. Most people survive, I find.

I imagine there might be the occasional heated debate round your house. True?

Judy and I long ago agreed to use the AV system to resolve any disagreements. The whole family does. For example, we recently decided to have a holiday in Portugal, the destination of choice for a substantial minority of Madeleys. But then we remembered AV and balloted our second and third choices. As a result, we all enjoyed a memorable fortnight in the Democratic Republic of the Congo.

Are you the petulant one who flounces and slams doors and sulks for hours?

Whatever. Shut up, anyway.

Do you call Judy "Jude"?

I never address my wife by anything other than her full name and avoid eye contact unless given specific permission to do so.

You've been married for 25 years and still find each other sexy. Any tips for Mr B and I... we seem to have left our bed-breaking days behind us.

See above. It keeps the magic alive.

Would you fight ageing by dyeing your hair? Waxing your bits? Having Botox?

I'm not sure what I would find more embarrassing – going through the process or being found out. No, I will take ageing on the chin – however grizzled it may become.

Richard and Judy's Book Club Summer Reads are currently available at WHSmith. See richardandjudy.co.uk



Betty can sleep at nights now, knowing Noel Gallagher's wedding has gone smoothly and that Cheryl Cole's announced she's fine... though is she? Really?

LIAM GALLAGHER was apparently "too busy" to turn up for the wedding of his brother Noel at the weekend. Imagine the whoops of joy, elated high fives and huge sighs of relief all round that must have greeted that news at the ceremony.

The groom was probably already stressed beyond measure with worry over what the scarily unpredictable Russell Brand might come out with during his best man's speech.

Fretting that your sulky little brother might nut the vicar, heckle during the vows or try to snog the bride's mother would have put a complete dampener on the day.

WHAT A relief! Cheryl's finally broken her silence to reassure her anxious fans that that she's "absolutely fine" after a "weird past few weeks". Phew.

Though I do wonder if anyone was actually that worried. Maybe Cheryl, unemployed and with no prospects in the pipeline, has noticed that we've all been moving on without her.

It might explain those rumours she's getting back with Ashley (perhaps he texted her pics of himself in his underpants – it's worked for him before).

But surely she has no intention of rekindling their romance. She can't be that desperate for publicity. Can she?



THE LOW-DOWN ON DESIGNER VAGINAS, TOE TUCKS AND RIB REMOVAL...NOT FOR THE SQUEAMISH

THE secrets of cosmetic surgery are about to be revealed in a new four-book series called Never Mind The Botox.

The co-authors, Penny Avis and Joanna Berry, go behind the glossy brochures, reassuring pep talks and immaculate receptions to reveal the often ugly and occasionally gruesome reality of major surgery done in the name of beauty.

While we are often assured the "down time" is minimal and side-effects are rare, this book tells you exactly what you could be letting yourself in for.

While the books are classed as fiction, the authors have based their novels on the real-life accounts of patients and industry insiders to uncover what we are having ripped and tucked.

Here Penny and Joanna, pictured below, write exclusively for The Sun and reveal the most shocking and extreme cosmetic surgery procedures they came across during their research.

The squeamish should look away now...

Toe tucks – toes lengthened, shortened or narrowed to fit designer sandals

This is the latest must-have surgery for those who want to look perfect in their strappy sandals.

With Keira Knightley allegedly using a foot double, as her feet are "too big and veiny" and Victoria Beckham's bunions getting about as many column inches as her husband, it's not surprising that mere mortals are stressing about the appearance of their feet.

The "toe-besity" procedure list, costing from £3,000, includes:

Toe tuck – slims the little toe to help you fit into narrow shoes – can involve shaving the bone and fat reduction.

Toe slimming – removes fatty deposits that make the toes look uneven.

Toe shortening – reduces the length of toes (normally the second toe) so they form a perfect arc shape.

Foot lift – lifts the arches of your foot to make high heels more comfortable.

However, according to the American Orthopaedic Foot And Ankle Society, cosmetic surgery for feet is a risky proposition.

The chance of complications from these surgeries is high, including permanent nerve damage, infection, bleeding, scarring and chronic pain when walking.

At its worst, foot cosmetic surgery gone bad could make it difficult for a woman to wear any shoes at all.

We came across one lady in the US who still couldn't walk on her left foot nine months after surgery and developed neck and back complications as the other foot took the strain. Her bills for the extensive physiotherapy she needed were not covered by her medical insurance and that, combined with being off work for months, sent her badly into debt. We would rather have ugly feet.

Mummy makeover "gift cards" covering the price of a boob job, nose job and tummy tuck.

Confronted with celebrities Angelina Jolie and Katie Holmes bouncing back into shape seemingly seconds after giving birth, mummy makeovers are growing in popularity.

Jennifer Lopez, Britney Spears and Kerry Katona are all said to have had them. Combine that with the dramatic rise in the range of cosmetic surgery procedures available, it is not surprising that gift vouchers have swiftly followed suit.

However, these can backfire. We came across a man who gave his wife a mummy makeover voucher and she was so offended she promptly left him. And

RISKY... does Pamela owe her flat tummy to rib removal?



RASH... Kerry Katona is said to have had a 'mummy makeover'



another where it was so successful that the recipient woman ran off with her tennis coach. Proceed with caution.

With tummy tucks from £5,600, boob jobs from £4,000 and nose jobs from £3,000, nor is it a cheap option.

Armpit Botox and similar treatments for excessive sweating

A common pre-Oscar night or wedding day treatment,



Botox costing from £350 is injected into the armpits to eliminate or reduce sweating for several months.

However, one of the side-effects is that sweat can then appear somewhere else, as the body still needs to get rid of it.

On the forehead, back of the neck and between the legs are common areas where this can

occur instead – and that's certainly not a good look.

Designer vaginas to have the "lady garden" of a 16-year-old again

There is an increasingly popular trend in women choosing to have these procedures which start at £2,500

It is often linked to internet pornography creating unrealistic images of what women should look like downstairs – which if true, is a pretty horrifying incentive.

Jordan has confessed to having had treatment to her "lady areas" but said it was for medical reasons. But it's not just for porn stars and celebs. The most

WEIGHT FOR IT... even skinny Cheryl Cole has 'cankles'



possible). The surgeon injects the hair into the eyelids, normally under a local anaesthetic. After the treatment, patients have to wear goggles at night to stop themselves scratching them out in their sleep as they are so itchy. The "after" photos are very scary indeed – weeping, scabby, swollen and bruised eyelids, worse than a heavyweight boxer after 12 rounds.

Complications can include severe itching, eyelid infection, ingrown hairs and even inward turning of the eyelid against the eyeball.

The transplanted hair will also continue to grow like hair on your head, so will need to be trimmed regularly and curled to shape like normal lashes. Costs start at £3,500.

Ankle liposuction

"Cankles" happen where the calf meets directly with the ankle giving it a swollen appearance due to a lack of muscle or a build-up of fluid.

With ankle liposuction, fatty deposits are removed to trim and shape the ankle area.

However, as ankles are primarily made up of muscle and bone and contain a number of key nerves and veins, the procedure, costing from £800, is much more complex and risky than liposuction in other areas.

Cheryl Cole was recently photographed with cankles, showing that it isn't always related to weight.

Contour irregularities, nerve damage, blood clots and hanging skin are just some of the reported side-effects and the swelling can take several months to go down, rather defeating the object.

And if you thought these were a step too far, wait until you see what could be just around the corner due to popular demand...

Rib removal with tummy tuck to create an hourglass figure

There's a long list of celebrities who have been rumoured to have had this done: Cher, Jane Fonda, Raquel Welch, Tori Spelling, Pamela Anderson, Janet Jackson... the list goes on.

As far as we could see, none of the rumours have ever been proved to be true.

But our research showed that chat rooms still abound with people seeking out where they can get it done – despite the fact they

TOE THE LINE... foot ops to fit in shoes



BRING ME SUNSHINE

EVEN amid the downpours, there's some sunshine so it's still worth buying some cool shades for the summer party circuit.

You can be subtly stylish in classic metal or tortoiseshell frames, or funk it up with brights and prints. And with prices starting as low as £2, why stop at one pair? Here, we reveal our top ten aviator sunglasses.

- 1** Tortoiseshell, £16, Topshop
- 2** Pink, £10, Dorothy Perkins
- 3** Black, £5, George at Asda
- 4** Two-tone, £14, Topshop
- 5** Pink snakeskin, £4, Peacocks
- 6** Gold, £5, F&F at Tesco
- 7** Gold detail, £18, House of Fraser
- 8** Red, £2, Primark
- 9** White, £6, M&S
- 10** Blue floral, £5, Peacocks