

LIVING

A Medley of the East and West

WHEN I visited the Italian Ambassador Dr. Clapdio Pacifico's house, it was raining and the dignitary, the owner of the house was away. I had a quick look at this living and dining rooms and library, and was indeed impressed by the magnificence.

abstract pattern.
On one of the tables in the drawing room, was a typical Italian hat, used by the military police. There was a vase full of peacock feathers. There were two pieces of baroque sculpture and a framed picture. There was a massive book on Michelangelo too.

by Fayza Haq

some showing dancing scenes, some lovers, and there was the seated Buddha too. A head of Buddha was also to be found. There were numerous colourful paintings on the walls which showed lords and ladies from the Middle East.

had brocade fabrics, on top of which were old delicate tissue, "jamdan" and silk "saris", in pink, blue, orange and purple, which added to the gorgeous effect of the sitting room.

Jute Persian style carpets, bought in Bangladesh, in blue, red and beige added to the richness of the room. There were palm trees in large brass pots to adorn the corner. One of the tables had silver horse heads as posts. These silver animal corner posts, I was informed, were bought in India.

Among the numerous pictures that decorated the living room were ink designs of sketches. The first showed the residence of the Popes until the fifteenth century. There was then the delineation of the staircases made by Michelangelo. There was a famous church included in the picture. Two magnificent statues of gemit were found in the sketch. This also included the office of the mayor of Rome. In the middle was a statue of Marcus Aurlius, the most enlightened of the Roman emperors.

A third picture showed the Piazza de Pietra, a famous bank, which is important in Roman history, and was built over Roman ruins. There was also a depiction of the Castel St. Angelo, which had water all around it, and a drawbridge. Another pen sketch showed Roman ruins with the Archo de Tito.

There was the delineation of the Fontana de Trevi, where people throw coins for wishes from all over the world. There was the Colosseum and many more sketches of Italian ruins.

Modern art pictures with varied themes and styles filled the room. They blended subtly with the old and ancient artifacts found in the room.

There was an enormous stone sculpture piece with a man sitting on a cow, the edges of the plaque being decorated with roses.

Sculpture pieces were found all over the drawing room, neatly tucked away with trays, books on art, and vases.

The dining room too was decorated tastefully with terracotta pieces in brown and burnt grey, showing goddesses at rest and the Buddha concentrating at prayers, Italian bowls in ceramic in burnt

red, green and blue, along with silver candelabras and stone statues of amorous gods and goddesses. There were two large globular lamps in brass and this added richness to the atmosphere.

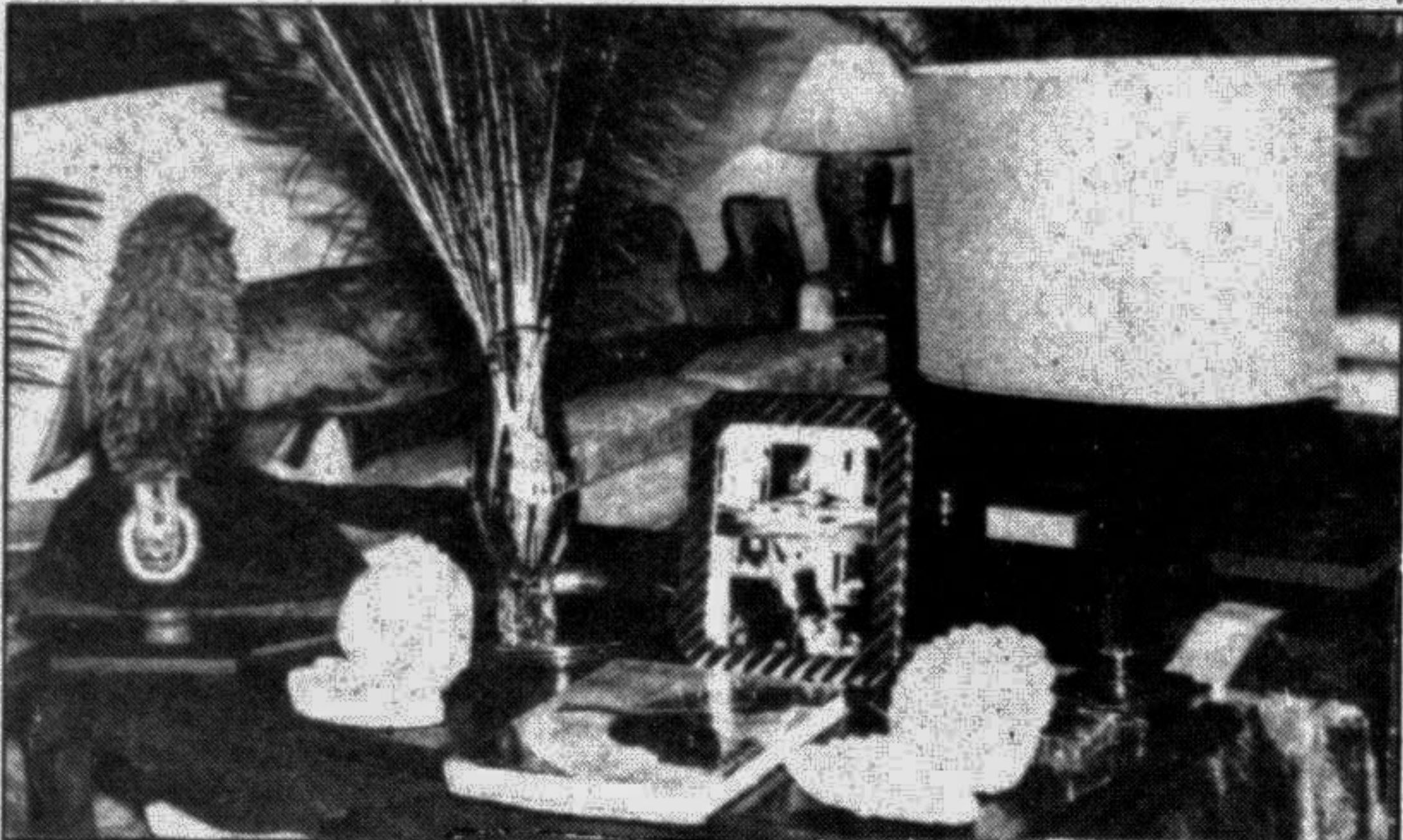
The dining table was a neat wooden, dark brown one with cream striped fabrics for the chairs. Modern European paintings decorated the dining place. Even the little extra room was decorated with wooden carvings, modern paintings, framed in burnt gold and beautiful terracotta pieces, vases and lamps.

The library was a neat room in the corner with bound books, magazines, paperback books and numerous European paintings and prints in soft colours. The back of a massive

statue of a Hindu god could be seen from here. There were lamps of all shapes and sizes to be found here. Bluish carpets and striped silk sofas completed the neat effect.

In between the library and the drawing room was a black modern Italian chair in net and leather. There was a gorgeous lamp and a mirror too, with "Allah" and "Mohammed" carved on them. Apparently the Ambassador had touched up these two curio pieces by adding colour of his own.

One came away from the house feeling that one had had a fine flavour of Italian living, which had been tastefully mingled with decor from Bangladesh, India and the Middle East.



The Italian soldier's hat adjacent to the peacock feathers and the baroque sculpture heads.

At the entrance was a terracotta statue of a dancing man in the Thai style, although I was told that it was obtained at Bangladesh. This was highlighted by a heavy glass chandelier, at the bottom of which, was a fountain in a modern

On two shelves were Hindu mythological figures with their many hands and legs. There were seated deities, as well as dancing gods. There were figures shown at war too and these were of brass. There were also terracotta statues,

These were delightful rich paintings and even the frames were carved and painted over.

For the main sitting arrangement there were delicately carved chairs with roses, in wood. They had delightful intertwined backs and



The glass table with the silver horse heads for ends from India.



The colourful chandelier with the Thai type statue and a glimpse of the fountain.

Cold Dishes



Apple Shortcake

Ingredients: 6 oz. self-raising flour, 1 oz. sugar, 3 oz. margarine, 1/2 lb. apples (peeled and cored), 1 egg (fresh or dried), pinch of salt, milk to mix.

Cook the sliced apple till quite soft, in sufficient water to prevent it burning, then sweeten to taste. Beat the margarine and sugar to a cream. Add the egg (reconstituted if dried), beating it in well, then add the flour and salt sieved together, and a very little milk to make a stiff dough. Divide in half, roll out into two rounds the size of a sandwich-tin, put one round in the bottom of the greased tin and cover with the cooked apple, put on the other round and bake in a moderate oven for about 45 minutes. Leave till cold before turning out.

Chocolate Jelly

Ingredients: 1 quart milk, 6 tablesp. grape chocolate, 1 oz. sugar, 1/2 oz. powdered gelatine, vanilla essence.

Heat the milk and dissolve the gelatine in it, then add the chocolate and sugar. Cook for 5 minutes, stirring all the time. Allow to cool a little, whisk thoroughly for a few minutes, add the vanilla essence and pour into a wetted mould. Leave till set firmly before turning out.

Chocolate Trifle

Make a custard with custard powder and a pint of milk, adding a desertspoonful of cocoa and one of sugar to the custard powder when mixing to a paste. Boil up the rest of the milk and pour on to the paste, return to the pan and cook for 2 minutes, then put aside to cool. Put a layer of stale cake in a glass dish, pour over some of the cold custard, put another layer of cake, more custard and so on till the dish is full, finishing with a thin layer of custard. Just before serving sprinkle a layer of flaked chocolate over the top.

Caramel Pudding

Ingredients: 1 pint milk, 1 tablesp. cornflour, half an egg (fresh or dried), 4 oz. sugar (brown for preference), small piece of margarine, 1 tablesp. cold water, small pinch of salt, vanilla essence to taste.

Put the margarine, water and sugar into a pan and cook together till a rich golden brown, shaking the pan frequently so that it does not burn. Heat the milk in another pan, and when hot stir in the cornflour mixed to a smooth paste with a little cold milk. Then stir in the browned sugar, the salt and the beaten egg (reconstituted if dried).

Cook gently till the mixture thickens, add vanilla essence to taste and leave till cool, stirring now and again to prevent a skin forming on the top. Pour into a glass dish and leave till cold.

Date Jelly

Ingredients: 1 cupful stoned chopped dates, 1 tablesp. lemon-juice or good pinch mixed spice, 1 tablesp. powdered gelatine, 2 cupfuls boiling water, 2 tablesp. cold water, custard.

Wash the dates, stone and chop finely. Dissolve the gelatine in the 2 tablespoonfuls of water heating it sufficiently for the purpose, then stir into the boiling water. Stir in the dates and lemon-juice (or mixed spice), mix well and leave to cool for a few minutes, then pour into a wetted mold and leave to set. Turn out and serve with custard. **SL**

It's Time for Relaxation

ARE you impatient, irritable or unable to concentrate, then you are suffering from tiredness — because these are all signs of fatigue. Adequate rest or relaxation can cure all of them. Maybe you did have an adequate night's sleep but you still feel all worked up and tired. Then you are one of those unlikely people who just cannot relax. I know it sounds weird but some people actually cannot relax.

Unable to relax can cause sleeplessness. Don't fight it because it makes insomnia even worse. Try a traditional remedy of a hot milk drink or a warm bath — something you will never regret in learning a relaxation technique which can recharge your batteries in a few minutes. You could relax either physically or mentally.

tense and let go.

(5) Slowly tell each part of your body to tense and then let go, including your eyes, lips and don't forget to smooth away those ugly frowns. While you are tensing and relaxing your breathing should, slow down.

(7) Concentrate on your breathing and repeat the sequence until you feel completely relaxed.

In the rush of modern existence, people feel the necessity to relax. Here are some simple ways to take it easy and to handle the complexities of life.

quences until you feel completely relaxed.

by Dr Rezina Quddus

is slowly being filled with air and the rib cage expanding outwards and upwards.

(4) Think of all the pleasant things a like a beautiful garden, clear blue sky patches — clouds floating by, sitting by a clam ocean, use your wildest imagination.

(5) If any worries do recur just say no to them and go back to the dreamy would.

(6) You are completely relaxed now and almost floating in air. Sweet day dreams.

When you are working, whether at home or office, and you feel that the tension is slowly building up, stop everything take ten minutes off. Some people want to finish all their work before they can relax. Once you are tired you function less efficiently. Don't wait until your body really aches all over and you are so tired that you are unable to function properly. Take a break: put your feet up relax your muscles, take a few deep breaths and then go back to work. I am sure you are working much better now.

Some people get so tensed sometimes, that they get a mental block. Break the block by doing something physical like swimming, gardening,

aerobics, cooking your favorite dish, or even gossiping with your best friends about the latest scandals. A little relaxation can take you a long way. Don't say you have no time. Just fifteen minutes of your valuable time can make you a more efficient worker, a better spouse and a wonderful parent. What are you waiting for? Just relax right now.



Courtesy: Shananda

Physical Relaxation

You can tune your body to relax whenever you want to by giving orders in sequences to your body to release the tension.

(1) Find a comfortable position.

(2) Close your eyes.

(3) Think about your left foot — tense it and let go.

(4) Tell your left leg to

Mental Relaxation

(1) Choose a comfortable position — it could be on your side with a pillow under your upper leg and arm or a reclining propped up position.

(2) Slowly try to clear your mind of anything which is bothering you — stressful thoughts and anxiety.

(3) Concentrate on your breathing take slow and deep breaths. Imagine that the lower most part of your beings

Body Maintenance

If you are tense and because of that cannot get energy flowing through, and you feel, "Oh, I've got to get through this" and suddenly the block of chocolate syndrome hits, well, a cup of tea instead will stabilize everything and the energy will start flowing.

It is an urgent signal for the circulation of more blood to flow to the head. Blood pressure rises a little on chocolate, so you get a sudden whoosh of energy. A lot of instinctive signals are based on recognition of what you have felt before, through a particular food. Someone gets a sudden craving for sweets, "Oh, I shouldn't eat that, it's sweet and full of sugar," one says.

But the craving usually means somewhere in the bowels there is a blockage. Something is starting to create a block in one part where the bowels can't move smoothly and one's body says it needs lozenges.

It is like the dog that wants to eat grass when he is ill. Feed grass to a dog who is well and he won't touch it.

Fasting and instinctive eating go together, say diet authorities. "Animals only eat what is good for them. A human will knowingly eat what is bad for it."

The goat is the most selective eater (he knows it all). It drives you crazy keeping goats. One day they'll eat this, the other day that, and next day they'll go straight through your patch of vegetables and clean up every carrot. The next week they won't touch carrots.

tem you set up a lot of nutritional problems.

Food should never be on the scene if somebody is not insisting they want food and are relaxed.

Another bad area is compulsive eating from boredom. If you are suppressing emotions, whether it is boredom, with the children, having a hate session with your husband, housewife-at-home depression, isolation away from other people, you have got some sort of emotional suppression.

This hits your liver like a bomb and the metabolism starts to go into an underfunctioning. Underbalanced area. Anatomically, the next segment to the liver is your right hand and arm.

So if the liver is overloaded emotionally, you have got so much repression churning around, the next area your body goes to is the hand. And the instinctive reflex is for your hand to go to your mouth.

So if you are bored or there is no stimulation and nothing much is happening, you eat!

This is a sign of emotional frustration. By eating you fill the emotional area, fill up the emptiness (literally) with food. Right eating makes a difference, but compulsive eaters really cannot eat right until they straighten their lives out. It is difficult to be a compulsive eater if you have got a very full life.

If you have a craving for something you know is absolutely wrong, say, lobster fried, three times a day, that is not instinct, that is a replacement area for something else. With instinctive food, it is a good thing to eat whatever it is until you're sick to death of it, because when you're sick to death of it your body does not need it.

sugar is probably the worst thing that has ever happened to nutrition. Sugar, it is believed, still has the nutritional elements of sugar in it. It has all the minerals, very high iron, the molasses, but as it is processed the emptier it becomes.

What we are getting in the end is an empty carbohydrate and the only thing we get out of that is a little bit of body energy. What we are doing is inhibiting our body's ability to produce very necessary energy from all other food. Your body will take the easy way out if it can. If you are eating white sugar it will take the energy from that.

ADDITIVES

Almost all processed foods inevitably contain additives. If you look on the packet or on the label of a tin you will often find a list, which indicates what has been added.

That doesn't mean these are necessarily harmful — it is not possible to make generalizations.

For a clear indication of the complete story, ask at the store where you buy, particularly if it is a reputable health food store.

FOOD POISONING AT HOME

One of the biggest food poisoning areas would be in food that is frozen and reheated, frozen and reheated. Do not do it.

INSECTICIDES

It is said, "This is an area nobody knows enough about. I got caught recently when I sold some rosehips to a man to feed his bees and the whole hive died."

"I found the rosehips, which I thought had been picked from a natural area, still had spray in them. The people had sprayed the roadside three years earlier." **GDH**

(To be continued)

TOM had just finished brushing his teeth, when he thought he saw a twitch of movement from the toothbrush holder. Now you or probably I would have thought we imagined it, and that is precisely what Tom did. When he was half-way through the door, suddenly he was ninety-nine-point-nine-nine-recurring per cent sure he had seen his toy motor-boat move. He had a suspicious look on his face, but he heard his mother calling that he had to go for his Christmas shopping.

As soon as Tom had left the room, he would have sworn that fannel was smiling!

Then from the other side of the room one-by-one all the dental accessories fell onto the

Did it Happen?

by Rehan Khan

ground, the tooth-brushes, then the toothpaste, and then the dental floss as well!

The door slammed shut, and then the washing machine burst open, and water gushed out everywhere!

There was revving of a large noisy engine, and suddenly Tom's toy motor boat jumped off the shelf where it was, and into the bath, where the hot and cold taps had been emptying the water taps.

Then the tumble drier opened its door as if to say 'come in' ... but instead of any-

thing going something came out! It was Tom's teddy bear. It had puffed up like a hairy football, and was literally floating in mid-air! (Tom had put it in the day before because it had become wet the day before).

The medicine cupboard creaked open, and the largest bottle, stood at the front ... suddenly all the bottles started unscrewing in tandem! There seemed to be one bottle which

though the things heard it, they began to dance around the room.

Suddenly the sound of Tom's jalyop arrived ... and so did the car! Then the most astonishing, gob-smacking, totally ridiculous completely ... "wow" thing occurred, it was if someone or something had turned the world into a video-recorder, and pressed the "rewind" button on the toys. Everything went back to the exact position it started at.

Tom entered room, he looked around, he walked to the shelf where his toy motor-boat sat. There he found a small measure of dental floss.

That night he went to brush his teeth and spent ages pondering over how it got there.