

LIVING

Being a Woman

by Sylvia Saleem

NEARLY all women share a fundamental desire for love, and hope for a fair share of popularity and enjoyment — particularly with men.

One of the first things to understand about men is that whether he admits it to himself or not, a man, when he thinks of taking a woman permanently into his life, always asks himself if she will study him. He may put up with certain failings if he loves her very much, but never the one of not putting him first. Physical beauty alone, is not the key to a man's heart that it once was. Standards have changed. Personality can carry you just as far — if not farther — for it usually combines two highly-prized ingredients: intelligence and vitality. The girl with quite homely features, who makes the most of herself and her possibilities, has a better chance than one who merely relies on her looks. Her confidence in herself as a person gives her a charming aura of basic serenity and calm.



Serenity

To be truly serene — a woman's greatest attraction — we must know ourselves inside out — our reactions (especially to disappointments), our powers of endurance and recuperation. It is a great thing for a woman to find her personal remedy for little ills. Often something very simple acts like a charm. Some are restored by a few hours in the country... or listening to familiar music. Others prefer to get on with a job of work. Until we have learnt to take the rough with the smooth we are never able to stand on our own feet. When we first stop being sorry for ourselves, we are making progress.

We must all be prepared for occasional set-backs in human relationships. They aren't important if we know how to bide our time and have patience. But start fretting and, before you know where you are, the face is a mask of dissatisfaction. Everything we do must be important. It is a question of bringing enthusiasm to all our undertakings. This communicates itself to others — especially to men, and nothing makes a person more stimulating than to be interested in what she is doing. Give value to a trifle and it can become extremely existing.

Other things that matter are... Vital Virtues. Other things that matter are... A positive approach to life is the right one. Everything is easier when you think and act constructively. This broadens your understanding, gives you the elbow-room in which to develop your character. Of all the things that matter this is the most important. As you grow so will the world around you.

splendid thing to cultivate. Everybody likes to be appreciated — but to hear it said makes them doubly happy. If your actions are inspired by consideration for others, nobody will be able to do enough for you in return.

Always give people the benefit of the doubt. Then they may do as much for you. Somewhere, in a list of the things that matter in a woman's world, money must be mentioned. Remember that it can only be regarded as a means, not an end. Nothing is less worth while quarrelling about. Nobody ever has enough.

Rights and Privileges. Always behave as if you are proud of being a woman, not with a defiant mixture of gaucherie and heartiness which shows, particularly to a man, that you are in the habit of looking out for yourself. The young woman's sisters would constantly remind her how much better off so and so's wife was comparing her to the wives of rich businessmen, ministers, secretaries and ambassadors. There were repeated verbal and physical conflicts at home. Even though the young man helped the wife with the office work which she brought home she was never content and even resorted to humiliating him in public. Finally she wangled herself a job at Cologne and without saying anything as a goodbye, left the country and sent the naive young man a handful of divorce papers.

No Short Cuts. There are no short cuts to happiness; you have to play fair with yourself before you can play fair with others. To kick against the pricks, or try to force things our way, is a waste of time. Allow them to follow their own course and they will probably turn out very well, much better than if we had taken a hand in shaping them. The worst situation can't last for ever so force yourself to keep calm and regard the difficulty philosophically. Then you should be able to turn difficulties as easily as pancakes (or nearly). This ability can be a sheet anchor in the storms of life.

There are no short cuts to happiness; you have to play fair with yourself before you can play fair with others.

Harassed Husbands

by Fayza Haq

meeting whom ever she feels like it, as if she had not been married at all and had no responsibilities to her husband and home. She feels no pang of guilt for having abandoned the man she married on the re-

and then she goes for her swimming, her beauty massages, her visits to the tailor, and women friends. The husband is not happy with the state of affairs but he has no alternative. He too is afraid of a



bound, when her old college friend got married. "Why don't you give her a divorce?" the husband's friends ask. "I'm over forty and I think I have finished with life. I don't want people to say that my children have divorced parents, and I still love the woman I married. I guess it is just my luck," the dumb-founded husband says.

broken home. His wife too is sharp tongued and censorious about all the work that she does in the house, including looking after the children. Yet he likes to keep up the facade of "they lived happily ever after". The neighbours and friends and even the children's friends at school know what goes on at home but the husband prefers to let sleeping dogs lie.

after his office hours, organises the cooking and clearing, tutors his three children and waits patiently for the wife to come to dinner at 7 pm. The wife has a job at a firm from nine to five

to marvel including the four cars, three refrigerators, VCRs and airconditioners in every room. He deals in dollars and pounds and gropes his pocket to take out only large bills that small shops cannot cash on the spot. Yet he is an unhappy individual despite his wardrobe of fifty suits, matching ties and colognes to go with them. He constantly resorts to tranquilizers and alcoholic drinks.

One wonders at the cause of the chain smoking, drinking and keeping a set of girl friends at places like Paris and Kuala Lumpur. His wife, to whom who was engaged when he finished school, and whom he married as soon as he was 21, gives him no peace he complains "I even swallow my pride and live with her family. I do everything that she tells me to do but she will not follow a word of what I ask her to do. She takes no interest in my hobbies or my work. If I ask her to accompany me abroad she firmly refuses. Even at parties I turn up alone while she has a get together of her own somewhere else," he explains.

"I am ready to stand on my head like some yogi if that would please her but nothing brings a smile to her face. It is not enough that I have a roaring business and sons to inherit it. I want some care and affection when I return home. My wife appears to have neither the time nor the inclination to give me my due rights. Her sisters even flaunt a divorce on my face and it breaks me up. It is not enough that the world lauds me for my financial success. I yearn for appreciation at home" he adds.

Another tormented husband has a detectable wife but she agonizes him by smiling invitingly at every available pair of trousers at office and parties. Her boss is known to be locked up in her room sometimes, and to stroke her openly with the excuse of fixing the end of her "sari" or shawl. Narmeen had married Reza, when the young doctor she was in love with left the country. Crazed with the jilting, she had accepted the first available offer. Narmeen is chasing her career desperately till late hours. "Even in America the husband and wife share the work," Reza says ruefully.

In our country where we have no marriage counselling as in many other countries and here domestic troubles are left to tattling tongues and prying eyes to make worse, there appears to be very little way in bringing together a couple that may appear to be drifting apart.

The Versatile Pasta

Genoise Soup

- 8 oz. macaroni 2 bay leaves or noodles marjoram leaves
1 quart stock, or 1 quart water and 3 meat cubes
1 egg
Bring the stock, or water and meat cubes, to the boil and add the bay or marjoram leaves and the macaroni. Cook for 5 minutes. Mix the egg with 2 tablespoons of the soup, season and boil for 1 minute, remove the herbs, sprinkle cheese on top and serve at once.

Meat and fish dishes

- Oxtail Supreme
1/2 lb. macaroni 1 chopped carrot or noodles 1 cupful cider
1 oxtail Salt and pepper
1 oz. fat 2 bay leaves
1 lb. tomatoes

Macaroni Fish Loaf

- 6 oz. quick macaroni 1 lb. white fish, flaked and boned
1 dessertspoonful

COOKERY

- 1 teaspoonful paprika 1 small can processed peas
2 onions
Cut oxtail into pieces, removing surplus fat. Fry in the fat until browned, stir in paprika, fry for another 5 minutes. Add sliced tomatoes, sliced onions and carrot. Stir well, add beer or cider, salt and pepper and bay leaves. Simmer in oven or on hot plate for 2 hours. Cook macaroni or noodles in plenty of well-salted boiling water (only 7 minutes if quick-cooking variety) and drain well. Toss in a little butter or margarine, mix with the peas, arrange round edge of large warmed serving dish, pour oxtail mixture into centre, then warm through in oven.

- flour 1/2 pint water
4 oz. grated cheese
Tomato sauce
Fat for frying
Cook spaghetti for 15 minutes (if quick macaroni is used, cook for 8 minutes). Blend flour with a little cold water from 1/2 pint. Boil rest of water, add to flour, stirring constantly. Re-boil, add tomato puree. Season and simmer for 3 minutes. Cook chopped onion gently in fat. Add tomato sauce, grated cheese and spaghetti, well drained. Serve with grated cheese served separately.

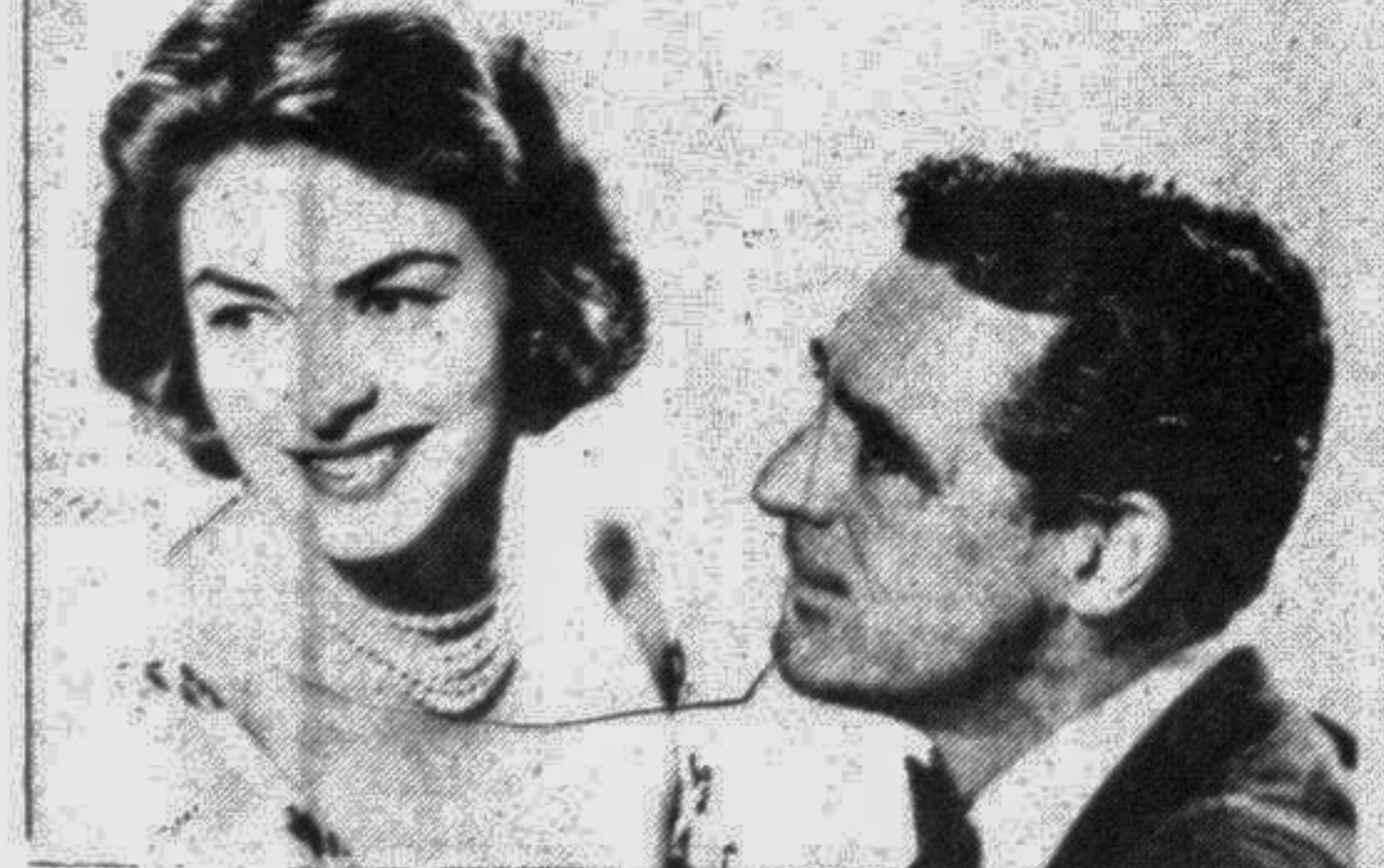
Spaghetti lalienne

This is a basic recipe which can be used for any type of pasta.

- 1/2 lb. spaghetti 2 tablespoonfuls tomato puree
1/2 lb. spaghetti 2 tablespoonfuls onion



Laura Ashley in 'Queenie' - Star TV photo



Cary Grant and Ingrid Bergman in 'Indiscreet'

30 Simple Steps to a More Beautiful You

by Farzana Haque

- WASH your face every night before going to bed. First, clean your face with a good cleansing milk and dab astringent or toning lotion. Then use a glycerine-based or a moisturizing soap or a face-wash cream or 'uptan'. (A concoction of pea-flour and turmeric) to wash the face.
2. Brush your teeth twice a day and scrape your tongue with a scrubber. Check for any bad breaths. In case of bad breath, brush your teeth after every meal and rinse with an antiseptic mouthwash. If bad breath persists, consult a doctor. Bad breath may be caused by indigestion, stomach trouble or dental infection.
3. You should sleep or relax for at least 7-8 hours every day. One hour afternoon nap is both refreshing and good for health.
4. Make a habit of plucking and shaping your eyebrows whenever necessary.
5. Use rubber gloves while washing clothes, dishes and when gardening. If hands tend to get wet often, use a hand lotion.
6. Apply a body lotion or oil after bathing, rub with a towel and dab with a light talcum powder. Use a good deodorant or an anti-perspirant wherever necessary.
7. Apply a moisturizing lotion to your hands (including elbows) and feet before going to bed. You may use a mixture of glycerine and lemon juice as a substitute.
8. Examine yourself thoroughly in front of a mirror once a month. Measure and weigh yourself once in while and take precaution about weight problems.
9. Make a habit of walking regularly. If a separate time cannot be managed, walk to your working place or to school or to shops.
10. Drink 7-8 glasses of water every day. This helps in getting rid of toxic wastes in your body, helps with your digestion and keep your skin glowing.
11. Avoid high starch food like rice, bread. Opt for food which are rich in fibre like fruits, vegetable etc.
12. Eat a lot of vegetables and go for fresh fruits or curd instead of sweets and ice-creams after a meal.
13. Avoid fried food for these may cause acne, pimples and blemishes. Try a glass of water with drop of lemon after every meal. This helps with digestion and acts as a refresher.
14. Have a glass of cold or hot milk every day, preferably fatless.
15. Change your hair style and parting as often as you can. Shampoo your hair once or twice a week and rinse it with a good conditioner. You may opt for henna-based shampoo.
16. Make a habit of changing your shoes after a few weeks. Put the used shoes out to dry in the air.
17. Sketch out a time for an hour of relaxation or comfort. Sit in a quiet and darkened room, close your eyes and breathe in and out (at least 10 times) imagine yourself in a far away land.
18. Keep your body posture straight when in a standing or sitting position.
19. Scrub your body with pumice stone or a scrubber or brush regularly. In cases of warts or corns, consult a doctor.
20. Measure and weigh yourself as often as you can. If you are underweight or overweight, take action now.
21. Release your tensions by lying on your back, covering your eyes and massaging the neck and forehead gently. A splash of cold water works wonders.
22. Cut and file your finger and toe nails once a week and apply a bright coloured varnish. You can also go for a natural colour.
23. Always keep the following things handy, viz. a compact powder, a lipstick, a small bottle of perfume and a mouth fresher in your bag with a comb or a hair brush for emergencies.
24. You need not use body soap every day for it tends to bring in too much dryness to your skins. However use an anti-perspirant where sweat occurs.
25. After a hard day's labour put both your feet in a tub of cool water and sit down for 10 minutes.
26. If your eyes are overstrained, put drops of salted lukewarm water in your eyes and watch them sparkle!
27. Include a lot of vegetable and fish in your diet. There is no harm in taking a vitamin tablet a day.
28. Spare time for a little bit of jogging, dancing or any form exercise, each day.
29. Use mascara, eyeliners and a bright coloured lipstick and watch the effect.
30. Dress to please and comfort yourself, not for the people ogling to see what is the latest in fashion. Walk proudly, bear confidence and get, see go...

How Stress Affects Your Back

STRESS may begin in the mind, but it doesn't stay there. It often takes up residence in our musculoskeletal system, bringing with it muscular tension and sometimes even skeletal imbalance.

Back pain is often the companion of muscle tension. The more we hurt, the more we tense our muscles. It's an unfortunate cycle of reaction to

stress. Understanding the cycle is the first step toward stopping it. Emotions and Muscular Tension. Muscular tension often starts with emotional pressure — pressure from trying too hard or from holding bad feelings. These pressures persist, forming knots of tension in favorite spots along our spines: between the shoulder blades, the back of the neck and in the lower spine.

It has been said that whatever we don't want to face, we store in our back. Tension and Impaired Blood Flow. Blood vessels pass through muscles. Sustained contraction of muscles reduces this blood flow. As a result, less nourishment and oxygen reaches the muscles and surrounding tissue. The muscle and its surrounding area cannot function efficiently. The lack of oxygen may even cause muscles to spasm. It's easy to understand how muscle tension, brought on by stress, can cause physical pain in the body.

Muscle Tension and Alignment. Because muscles and their tendons attach to bones, muscles tension can pull unevenly on bony structures and may eventually pull them out of alignment. Then, because of a lack of normal nerve transmission from the brain to tissue cells, the breakdown of tissue can begin. Even a small misalignment can be the beginning of more serious problems. Understand Your Back. Stress preys on the body's most vulnerable part. If you're like most people, that's your back.

The human spine is designed for strength and flexibility, with three natural curves to carry your body weight evenly. The shape of your spine is supported by muscles in your back, legs and abdomen. If you spend most of your time sitting or have poor posture, these crucial muscles are weakened and must strain to support your spine. This weakened condition makes it difficult for your muscles to bounce back from stress; instead, they



A long flowing 'kurta' would be cool for summer.