











**EARLY** all women share a fundamental destre for love, and hope for a fair share of popularity and enjoy-ment — 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 screnity 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 jeb of work. Until we have been 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 ex tremely existing.

The Versatile Pasta

Genoese Soup

Bring the stock, or water and

meat cubes, to the botl and add

the bay or marjoram leaves and

the macaroni, cook for 5 min-

utes. Mix the egg with 2 table-

sponfuls of the soup, season

and boil for 1 minute, remove

the herbs, sprinkle cheese on

Meat and fish dishes

top and serve at once.

Oxtail Supreme

marjoram

leaves

2 tables

poonfuls

Salt and

pepper to

grated cheese

or noodles

quart water

and 3 meat

cubes

egg

l quart stock.

# Being a Woman

by Sylvia Saleem

There are people who sit back like spiders, with no warmth, no enthusiasm.... just waiting for a miracle to happen. It is no use their complaining that people don't like them. Why should they? They don't make an effort - and living in society means making constant efforts. Wide knowledge isn't necessary to make you entertaining: profound observations kindness of heart, generosity, a sense of humour, optimism... an ability to inspire others with confidence. Men depend on women for these qualities almost more than they themselves realise. If you can give them hope as well, you are performing one of the most valuable deeds. This doesn't mean just telling them not to worry - which is often impos-



versational ball rolling. There world is full of interesting things and a passing comment - which shows you have a lively mind - is sufficient. Watch for amusing bits in the papers daylor some it will all w

Vital Virtues Other things that matter are

sible - but providing them with concrete reasons to hope. Always remember that taking trouble is bound to bring good results. Some people have a knack of doing the graceful thing - of paying the right compliment, saying the encouraging word, creating a pleasant

atmosphere around them. It is a

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 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 quarreling 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, are prepared to pay your share of a meal and can find your own way home. Wise women are sticklers for their privileges. It puts a value on their sex. After all, it is always nicer to have things done for you than to do them yourself. A womanly woman never thinks the world would be a better place if she had the running of it.

### 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

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.

LMOST every other day in the newspapers are A flashed the stories of the cruel fate of many of the married women in our country. There are at the same time, many harassed husbands who try very hard to please their wives with their lasf taka and the sweat of their brow but fail to appease their spouses. They hear nothing but complaints, groans and moans and talk of how other wives have diamonds and Mercedes while they have to make do with rickshaws and artificial jewellery, or what they got many years back when they got married.

I know of a young man whose wife refused to stay with her in-laws and he had to rent a flat with a view of a dozen different type of roses. The wife did not want to cook or clean and this was done by servants while she pursued a career. The matter did not end there. 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. · I know of another man who

for 15 years has greeted his wife with "saris", perfumes, shoes, bags and cosmetics of all types. Not only that, he has looked after his two daughters in every possible way that his income would allow, buying a doll one day and a camera at another. When she ordered the VCR and small car it arrived out of nowhere although the man was up to his neck with debts. Yet the wife nagged and quarrelled with him constantly, demanded a new house, got it and yet was not appeased. She took up a job and told the entire Dhaka city what a lazy good for nothing bag of bones she had been saddled with. Finally she packed her belongings and decided to live with a rich aunt in Gulshan, leaving her family behind. Her husband still duly visits her with gifts and money for support but Shahana, the wife, has no good word to say about him. "He is a useless vagabond and I am lucky not to have his appearance everyday. In the meantime, she is doing exactly as she wants and

# 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 pangs 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

NORTH **V5. SOUTH** 

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 dumbfounded husband says.

I know of another man who, 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 tob at a firm from nine to five

broken home. His wife too is sharp tongued and censorious about all the work that he 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.

Anwar, in his thirties, is the father of two delectable children, and has an established business that takes him from Peking to Vancouver. His worldly assets are visible for all

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 tranguilisers 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 Lampur. 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 ex "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 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.

8 oz. macaroni 2 bay leaves or 1 teaspoonful 1 small can paprika processed 2 enions Cut oxtail into pieces, remov-

ing 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

## Macaroni Fish Loaf

1 chopped ib. macaroni 1 cupful noodles cider oxtail 2 oz. fat Salt and beer or pepper 2 bay leaves b. tematoes



Laure Ashley in Queenie



Cary Grant and Ingrid Bergman in "Indiscreet"

lemon juice

## warm through in oven.

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

1 teaspoonful grated pint milk 2 eggs Salt and pepper Slices of cucumber 2 slices lemon 2 tablespoonfuls breadcrumbs

## Spaghetti Ialienne

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

face with a good cleansing milk

and dab astringent or toning

lotion. Then use a glycerine-

based or a moisturizing soap or

conction of pea-flour and

day and scrape you tongue with

a scrubber. Check for any bad

breaths. In case of bad breath,

brush your teeth after every

meal and rinse with an an-

tiseptic mouthwash. If bad

breath persists, consult a doc-

tor. Bad breath may be caused

for at least 7-8 hours every day.

One hour afternoon nap is both

washing clothes, dishes and

when gardening. If hands tend

to get wet often, use a hand lo-

after bathing, rub with a towel

and dab with a light talcum

or an anti-perspirant wherever

7. Apply a moisturizing lo-

elbows) and feet before going to

ughly in front of a mirror once a

month, Measure and weigh

yourself once in while and take

precaution about weight prob-

9. Make a habit of walking tor

6. Apply a body lotion or oil

powder. Use a good deodorant the air.

glycerine and lemon juice as a away land.

refreshing and good for health.

3. You should sleep or relax

and shaping your eyebrows fatless.

or dental infection.

whenever necessary.

necessary.

substitute.

2. Brush your teeth twice a

turmeric) to wash the face.

2 tables lb. spaghetti (or other pasta) l tablespoonful

poonfuls tomato puree 1 onion

 $\frac{1}{2}$  pint water Tomato sauce 4 oz. grated Fat for frying cheese

Cooke spaghetti for 15 minutes (if quick macaroni is used cook for 8 minutes). Blend flour with a little cold water from \frac{1}{2} pint. Boil rest of water, add to flour, stirring constantly. Re-boil, add tomato puree.

3 minutes. Cook chopped onion gently in fat. Add tomato sauce, grated cheese and spaghetti, well drained. Serve with grated cheese served separately.

by Farzana Haque

10. Drink 7-8 glasses of wa-

ter every day. This helps in

getting rid of toxic wastes in

gestion and keep your skin

like rice, bread. Opt for food

and go for fresh fruits or curd

instead of sweets and ice-

fruits, vegetable etc.

creams after a meal.

which are rich in fibre like

12. Eat a lot of vegetables

13. Avoid fried food for these

14. Have a glass of cold or

15. Change your hair style curs.

blemishes. Try a glass of water

with drop of lemon after every

meal. This helps with digestion

Shampoo your hair once or

twice a week and rinse it with a

good conditioner. You may opt

your shoes after a few weeks.

Put the used shoes out to dry in

hour of relaxation or comfort.

breathe in and out (at least 10

18. Keep your body posture

19. Scrub your body with

pumice stone or a scrubber or

brush regularly. In cases of

warts or corns, consult a doc-

Sit in a quiet and darkened

16. Make a habit of changing

17. Sketch out a time for an

for henna-based shampoo.

and acts as a refreshner.

11. Avoid high starch food

ASH your face every regularly. If a separate time

night before going to cannot be managed, walk to

bed. First, clean your your working place or to school

a face-wash cream or "uptan" (A your body, helps with your di-

by indigestion, stomach trouble may cause acne, pimples and

4. Make a habit of plucking hot milk every day, preferably

5. Use rubber gloves while and parting as often as you can.

tion to your hands (including room, close your eyes and

bed. You may use a mixture of time) Imagine yourself in a far

8. Examine yourself thoro- straight when in a standing or

sitting position.

or to shops.

Season and simmer for

30 Simple Steps to a More Beautiful You

## How Stress Affects Your Back

TRESS 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 un-

fortunate cycle of reaction to

20. Measure and weigh

21. Release your tensions by

yourself as often as you can. If

you are underweight or over-

lying on your back, covering

your eyes and massaging the

neck and forehead gently. A

splash of cold water works

and toe nails once a week and

apply a bright coloured varnish.

You can also go for a natural

ing things handy, viz. a compact

powder, a lipstick, a small bot-

tle of perfume and a mouth

freshner in your bag with a

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 oc-

put both your feet in a tub of

cool water and sit down for 10

strained, put drops of salted

lukewarm water in your eyes

and watch them sparklet

26. If your eyes are over-

27. Include a lot of vegetable

28. Spare time for a little bit

29. Use mascara, eyeliners

30. Dress to please and

of jogging, dancing or any form

and a bright coloured lipstick

comfort yourself, not for the

people ogling to see what is the

dence and get, see go . . . .

Walk proudly, bear confi-

and fish in your diet. There is

no harm in taking a vitamin

25. After a hard day's labour

comb or a hair brush for emer-

23. Always keep the follow-

22. Cut and file your finger

weight, take action now.

wonders

colour.

gencies.

minutes.

tablet a day.

exercise, each day.

latest in fashion.

and watch the effect.

**Emotions and Muscular** Tension Muscular tension often starts with emotional pressure

stress. Understanding the cycle

is the first step toward stopping

- pressure from trying too hard or from holding back 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 prob-

Understand Your Back Stress preys on the body's

most vulnerable part. If you're like most people, that's your 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

importance and allow yourself contract and cause pain. You to say no without guilt when have to learn how to condition your body as well as your mind you can't do something.

Condition Your Mind Learn to let go. There are

to beat back stress

some things in your life that you can't control; accept them and save your energy for the things you can do something Learn your signs of stress.

Do you break out in a sweat? Do your knees knock? Everyone has a different response to stress. Recognizing yours is the first step in getting it under control.

Learn to relax. Try breathing exercises, daydreaming - it doesn't matter what - but do it every day. Reserve 15 minutes for yourself and make a commitment to this time.

Learn to manage your time. Do important things in order of

Condition Your Body A regular program of exercise will give you an outlet for some of your tension and strengthen your stress-susceptible muscles. Aerobic exercises are

especially good stress busters because they make your breathe deeply and pump more oxygen-rich blood through your body. Aerobic exercise also releases hormones called endorphins, your body's natural pain relievers.

## You Can Do It

Even if your life isn't completely stress free, it can be free of stress-related back pain. You can break the connection between pain and stress by taking care of your body and your



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