

LIVING

Happy with People . . .

by Sylvia Saleem

COMPANIONSHIP is one of the chief joys of life but even in this modern age some of us still suffer from qualms and inhibitions in our dealings with others. We meet someone who attracts us and whom we would like to know better. We realise that one of us has to make the first move but we find it difficult to do it unaffectionately. So we find excuses, and say diffidently, "She probably doesn't want to know me." This is a negative attitude that certainly won't help. Sometimes we have a wild hope that the person we admire will make a be-line for us. This certainly won't happen unless we look as though we would appreciate it.

The Right Approach
So, take care, when you set out to make friends, that your manner doesn't put people off. Without realising you are doing so, you may become a lump of ice. The causes is generally a fear of being repulsed. Overcome it at all costs. Your hat is on straight, your gloves are clean, and you know what's going on in the world. Tell yourself that everybody can do with one more attractive friend and that you are going to be that person. Then proceed from there.

There is also the contrary case where, in our anxiety to make a good impression, we over-do everything and make a bad one. Sometimes we adopt the behaviour and mannerisms of a friend who is always successful. This hardly ever works because it lacks spontaneity. The best way to get on in the initial stages of a friendship is to follow your own line and be quietly agreeable. It may not take you very far at first, but it will prevent you from shedding tears of frustration into your pillow at night. Remember never to let one disappointment with people deter you. Don't give in. Try again.

If your opportunities for forming fresh ties are limited, you can't afford to let one slip. And when you don't know what to do — follow your instinct. It is invariably right. So you will acquire assurance and learn to enjoy yourself.

We are most likely to enjoy

people if we are prepared to put all we possess into a relationship, regardless of what we get out of it. Lots of efforts will fall on stony ground to begin with. That isn't at all important . . .

Be Willing

Do favours readily. Don't look for a way out if somebody

ing your routine disturbed. Extend invitations as through you can't wait to see your guests, not as though it is a tiresome obligation. Accept invitations in the same spirit.

Never refuse an invitation for a trivial motive (especially if you don't have many opportunities);

how to be a good friend is bound to bring happiness.

Too "Sensitive"
If you are too easily hurt, it usually means you don't feel sufficiently secure. Be careful if you are subject to prickly reactions, because if you don't guard against them, people will regard you as a liability and you may miss a lot of fun.

Another unfortunate failing is to try to bring everything round to one's own point of view. "I think or feel this, that or the other", often implies that the other person doesn't know what she is talking about — or that you're just not interested.

Expecting Too Much

Enthusiasm for life may be responsible for the feelings we have sometimes of being let down. Remember that you can't set the pace for the rest of the world and it is foolish to try. It is important to know how and when to wait patiently for whatever you are looking forward to. Perhaps it is a party, or a date with a special man. Try not to put all your eggs in one basket. Circumstances change and everyone needs the reserve move which can come to their rescue in an emergency.

Sentimentality

There are people who regard sentimentality as an accomplishment, like standing on one's head or playing the flute. In fact, it is often a form of self-dramatisation which, unless checked, can falsify your entire outlook on life.

Sentimentality is essentially selfish, having nothing to do with the tender eye, loving heart and generosity of spirit which allow some people to divine immense joys, unspoken griefs. This blessed intuition is a wonderful gift. Truly romantic people — provided their life is laid on solid foundations — are the most understanding and sympathetic. They have an instinct for life which enables them to see the silver lining and show it to others, and this, at the cost of occasional pain, is well worth cultivating. Here you have the whole difference between real sentiment — which is always natural and sincere — and sentimentality, which is often no more than a bath of crocodile tears. (To be continued)



asks you to give them a helping hand. Be ready to help a stranger with advice — if she wants it. When plans are being discussed, put others' references before your own — then you will be included in the programme. Welcome callers: don't show plainly that you hate hav-

Home Thoughts from Abroad

by Fayza Haq

IT'S just so exciting when you are away from home and receive letters, and post cards, of course if it is a parcel of magazines or a draft or cheque included in the letter, the receiving of the message is even more pleasurable.

One is concerned about the sister having her first child, the widowed mother one left behind, the cousins whose marriages might not have clicked, the numerous women friends who have problems at work and at home. There will be letters in details about the old school or college friend with the throat cancer or the brain tumour or even death of old colleagues with hypertension or overdosage of sleeping pills which might have your mind blown, until your husband takes you to a fancy restaurant and talks you out of your despair and gloom mood. Letters from home are not necessarily jubilant ones and might carry messages about a close relative dying of a bomb blast or even of a friend of decade dying of hospital neglect.

If you do not have of big budget, writing to everybody you want to means counting every cent, and keeping an eye out for sales when cards are easily available. It is always fun if you have the time, to roam through card shops and get unusual cards with appropriate messages for the niece you take great pride in, or the friend who has achieved academic honours.

You would like to send letters in expensive note pads decorated with imaginative patterns. But you do not always have the

money for it. Sometimes attractive postcards and letter papers are available in some other part of town which is not easily accessible. An obliging woman friend or kind and considerate relative may help out and deliver you the writing material on an agreeable weekend.

Sometimes you are in a place

able cards except blank ones with floral motifs.

Not having the facilities of servants in an average home in the west, a lot of time is spent in housekeeping. Yet you remember your friends' anniversaries, your brother's birthday, your friend's marriage and you try your level best to use the



where it might be difficult to get appropriate cards. When I was in the Maldives I found that blank UNICEF cards at a considerable price was all I could obtain for all occasions. With a job to maintain and a home to run it was difficult for me to find time to make my own cards with water-colours. Similarly during Eid, at UK and Australia, I could not find suit-

dollar coin collection to buy books, scarves, prints, handkerchiefs, and make them into sizeable packets to be shipped by sea as the budget may not afford anything more.

Fax is not cheap abroad and neither are telegrams. Yet when an only sister or dear friend gets married, or you hear and see TV and newspaper reports of floods at home, you

send the necessary telegramme or telex and even send home money if you can. Similarly Mother's Day and Father's Day are good excuses for sending home your love and affection.

You are miles away from friends who were once close to you at school, when you are at Manhattan, Montreal or Melbourne. You are busy with courses, housework and necessary socialising with in-laws neighbours and friends wherever you are. But this does not stop you worrying over the brother at home with a tumour, or a precious uncle who used to be a workaholic and is now jobless.

When you are at home, back in Bangladesh, you tend to sometimes take your friends and family for granted. At times you even avoid them if there is a fascinating film on TV like "Nicholas and Alexandra", by saying you have flu, when you just have a cough and cold. You find "holidays" and "parchents" blasé sitting in Dhaka, and birthdays a bit irksome if it is raining and you are carrying a large present in a rickety rickshaw.

You skip "milads" if you have extra work at the office.

Yet when you are living abroad, and are coming home for the once in two years visit, you carry colognes, lipstick, aftershave and knickknacks for as many members of the family and friends as your suitcases will hold. This surely goes to prove that there is considerable truth in the old saying "distance lends enchantment".

Hand and Foot Care

Most women tend to ignore their hands and feet when performing their beauty routines and only give them attention when they become troublesome. Although little can be done about changing the basic structure and shape of your hands and feet, you can easily make them better looking by lavishing some regular care and attention on them. Having attractive, cared for hands and feet is an integral part of good grooming, and can make all the difference in the world.

good, a weekly manicure is an essential. If you want to do a professional job it is important to have the right equipment. You will need:

- Emery boards
- Nail scissors or clippers
- Orange sticks and rubber-tipped hoof sticks
- Cuticle cream
- Cuticle remover
- Nail polish remover
- Cotton wool balls
- Chamois buffers and buffing cream
- A bowl of warm soapy water

Cuticle care

Once your nails are neatly filed, you should start on the cuticles. Apply a small amount of a good cuticle cream to each nail bed, massaging it in. Using a rubber-tipped hoof stick, gently loosen the skin all around the nail, then soak the hands in a bowl of warm water for a few minutes. When the cuticles have softened, gently scrub the nails and cuticles using a soft nail brush. Rinse well in clean water and dry. Push the cuticles back again with the hoof stick and apply hand cream, massaging it over the fingers, hands and wrists.

The first steps

Before you begin, assemble all the equipment you will need. Then remove all trace of nail polish with polish remover. Soak a cotton wool ball in the remover and rub it gently across the nails, working from the cuticle to the tip of the nail.

The next step is to file the nails with an emery board. An emery board has two surfaces, a roughened side to do the filing and smoother side for finishing off. Use the smoother side and file the nails, in one direction working towards the centre. Hold the emery board by the narrow end, and don't use a back and forth sawing movement.

Avoid filing too low down at the sides of the nails as this will weaken them and cause them to split.

Use cuticle clippers to remove hangnails 'or torn skin, and apply cuticle remover around the cuticle, working it in with the hoof stick. Cuticle removers do not actually remove the skin; instead they help to loosen the cuticle and remove any acid deposits underneath.

Leave the cuticle remover on the hands for the stipulated period of time, then immerse the fingertips in warm water and clean and brush the nails. Clean the surface of each nail again very thoroughly with a cotton wool ball dampened with polish remover.

This will remove all trace of soap and creams or oils. It also prepares the nail surface for the basecoat and ensures that polish will adhere properly. (to be continued)

S HATHI Chowdhury and Subrana Murshid held an exhibition of unusual pottery and ceramic lamps at "La Galerie" recently.

All the displays were handmade and had a glazed effect. The two ladies had two artist friends, Minhazul Colonel and Apu, to help them with the actual work.

Shathi and Subrana provided the form, pattern design and material including the colour, and the display was the product of efforts of two and a half years.

In the unique collection of vases was first one in the shape of a clay kettle in ancient oriental style with flowers and other motifs. There was another with bars of blue etching. One had leaves, sunbursts and a cluster of patterns. There was one which had a fish pattern with fins the tail at the top, and the mouth at the bottom. The body was a mixture of brown, green and blue. This was enormous,

Colour, Texture and Tint

like most of the other creations. There was an entree like a punch bowl with a mother fox and her children on the lid. On the body of this curio were fine geometrical patterns.

One also found a covered jar with geometrical motifs which was based on an old filter. Yet another container had a human face and a spider's nest blended into one. One was decorated with brown and black leaves with an embossed effect. A "kamranga" was the inspiration of a green and black pottery piece. A cylindrical vase with colours seeping from the top to the base was another attraction.

One of the lamps was a soft blue one painted against a pale beige colour with squares formed in a neat pattern. Another was of red clay and had a "khaddar" shade matched with a wooden base. One was a

turquoise blue lamp with deeper blue forming a floral pattern. Yet another piece had subtle paisley motifs.

There were some other interesting pottery too such as one in the form of a basket and two others in the shape of Grecian urns with floral and geometrical patterns. There was one that brought in an Egyptian design with dots, circles and lines. The urns were in metallic ash colour.

Discussing the problems of "Texture" which had made the ceramic ware, Subrana said, "Our main problem is a financial one. We require Tk 20,000 per month to work. To have the showroom at Sobhanbagh we don't have adequate funds. We want to branch out of Dhaka to places like Chittagong or Sylhet but our financial standing is not good enough. Again, some-

times we have problem in achieving the right tint of colour."

The prices of the vases and



lamps ranged from Tk 200 to Tk 3,200, while "Texture" has had successful house shows before.

Along with painting shows that present experimental skills, pottery displays too should be included more often in the metropolitan activities. **F. Haq**



Calendar Girl Murders. —Star Plus

Cookery

powder at the last. Pour the mixture into a lined cake tin that has been dusted out with flour and sugar, and bake for about 1 1/2 hours or until it is quite firm. When cold, ice the cake with Chocolate Icing.

Butter Cake
1 lb. flour 1 lb. eggs
1 lb. soft sugar 1 teaspoonful baking powder
1 lb. butter 2 teaspoons essence of vanilla

Beat the butter and sugar to a cream, then add the yolks of eggs and the flavouring and beat all well together. Whip the whites of eggs to a stiff froth, and sieve the flour with the baking powder. Add alternately a little flour and a little white of egg to the mixture until all is lightly blended together. Pour the mixture into a papered cake tin and bake in a moderate oven for about 2 1/2 hours or until well risen and cooked through.

Chocolate Cake
1 lb. flour 1 teaspoon essence of vanilla
1 lb. butter a pinch of powdered cinnamon
1 lb. grated chocolate a pinch of grated nutmeg
1 lb. soft sugar 1 wine-glass Rose-water
6 eggs 1 teaspoonful chocolate icing

Beat the butter and sugar to a cream and mix in the chocolate, vanilla, spices and rose-water. Add one egg with a little of the flour, and beat for a few minutes, then another egg and more flour and so on until all the eggs and flour have been beaten in. Add the baking

Coffee Cakes
1 lb. flour
1 lb. soft sugar
1 lb. butter
1 lb. currants
4 eggs
2 tablespoons very strong coffee
1 teaspoonful baking powder
a little milk
coffee icing

Beat the butter and sugar together. Then add the eggs one at a time along with the flour,

add beat the mixture well after the adding of each egg. Then add the currants and the coffee, which must be strained, and enough milk to make the mixture just soft enough to drop from the spoon. Mix in the baking powder last of all. Have ready some fancy cake tins well greased with butter and dusted out with a mixture of flour and sugar. Three parts fill them with the mixture and bake in a moderate oven from 20 to 25 minutes. When ready turn out the cakes and while still warm coat them with Coffee Icing.

Currant Cakes
1 lb. flour
1 lb. roasted and sifted rice flour
1 lb. soft sugar
1 lb. currants
1 teaspoonful baking powder
10 or 12 eggs
essence of lemon
6 oz. butter

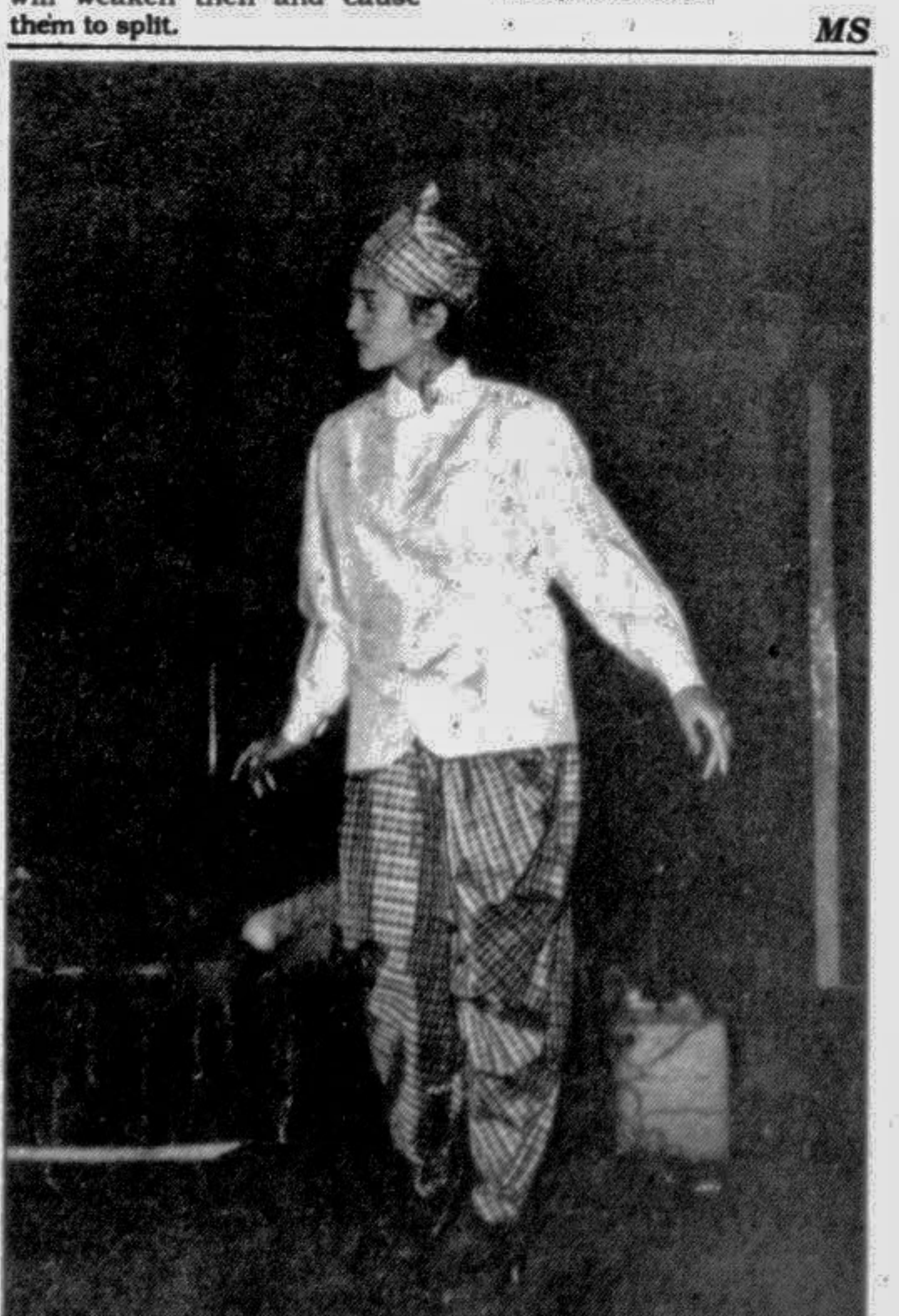
Beat the butter and sugar to a cream, then add the yolks of the eggs and beat a few minutes longer. Whip the whites of the eggs to a stiff froth, and sieve the flour with the baking powder. Add the whites of the eggs and the two kinds of flour by degrees. Mix very lightly and stir in the currants well cleaned, and the flavouring. Have ready some small tins well greased with butter and dusted out with flour and sugar. Three parts fill the tins with the mixture, put into rather a quick oven, and bake for 20 minutes or until cooked through. **SL**

The Basics

Your hands take a lot of punishment every day; they are immersed in water, covered with soaps and cleansing solutions, and perform a wide variety of tasks, all which can affect the condition of your hands and nails.

To keep your hands looking good, you should always protect them when doing housework. Wear rubber gloves when doing dishes or using cleaning products, and wear gardening gloves when working outdoors. And always wear gloves in cold weather to keep your hands warm and help improve circulation. Dry your hands thoroughly after they have been in water, since the longer water is on the skin the more dehydrating it is.

Apply lots of rich moisturizing cream after washing and drying your hands, the more the better. The best way to get into the habit is to keep some hand cream in almost every room of the house so it will be within easy reach. To keep the cuticles in good condition push them back gently after a bath or shower when the skin is soft, and massage in cuticle cream nightly. Don't continuously pick at or push your cuticles or you may damage the matrix and cause ridges, spots and lines in the nails.



An unusual eastern look for the young and trendy

MS