

# LIVING

## Of Teddies and Other Cuddlies

by Farzana Haque

A cousin of mine, aged eleven always clutches a small pillow whenever he feels sleepy and carries it to wherever he travels be it Hong Kong or America — it rests in his suit case. The pillow is the pillow from his babyhood, the first one he ever laid his head on. It has been around ever since, and no amount of cajoling or sweet words has been able to talk him out of it. We just hope that he would outgrow it soon. Looking at him, I think of my childhood when a pot-bellied, over-stuffed Santa Claus could not be missed even for a minute. He was my best friend, my confidante. Readers may be reminded of a similar character from Charlie Brown series where 'Linus' carried a blanket whenever he went.

There are the various, soft and stuffed cuddlies which form an integral part of our lives, of our forgotten childhood. A cuddly can be referred to as anything which one can cuddle up with or hug or which makes one feel very secure, safe and special. A cuddly is a friend to a child, for him/her to talk to, to listen to. It is a part of a child's imagination, story — making and dream world. I have a niece who is three and a half years old and her best toy is her one-legged, one-eyed doll whom she literally mothers (smothers). She does not want anything new to replace her favourite doll. These cuddliest and dolls come in various forms; teddies (available in all sorts of sizes, shapes and colours) — being the original cuddly and the most in demand. But there are trolls, Mutant Ninja Turtles, ponies, E.T.S, Mickey Mouses, rabbits, Cabbage Patch Dolls, Strawberry Shortcakes (dolls smelling of strawberries) and umpteen cartoon characters — all soft, stuffed and beautiful. They are ready to make anyone

smile in a minute, go to sleep or even make them burp. I believe with the food aid, given to famine struck nations, cuddlies would also form an important part of the food for a child's thought. Behind the picture-faced characters that cosy up in every child's mind, there lies a psychological reason for this desire — to hold onto something cuddly.



When a baby is around five or six months old, parents may notice a strange phenomenon — that of the baby being obsessively attached to a particular object. To their surprise they

may find their baby making a do until his precious possession is returned to him/her. Well, in psychological parlance, these cuddliest may be referred to as 'traditional comfort objects,' as though to most of us, they are just cuddliest, huggis and comforters. Some

their mother's discarded clothing like a nightie their object of love. Babies usually become attached to these during the middle of their first year when they become conscious of the big world watching them. These cuddliest are used as emotional props either with or instead of thumb sucking. When a baby clutches on to his familiar cuddly, he feels confident and independent in the big, adult world. But some times parents may misunderstand his dependence on his cuddly. Then, a battle occurs between the child and his/her parents. On one hand, the parents cannot comprehend why their child would prefer a dumb doll to their arms and on the other hand, the child cannot figure out why parents would want to wrench his/her one and only beloved object from him — the one thing he/she feels safe with.

Sometimes parents attempt to substitute one cuddly (new) for the old one. Even then the baby may detect that the old familiar friend is missing and it may take a while for the child to adopt the new cuddly. Sometimes new or even better cuddliest cannot replace one's old one and tantrums are thrown in.

As a child grows older, he or she, steps out of this interdependence and feels confident by himself/herself. Sooner or later, the cuddliest are propped up as a souvenir from childhood in shelves and cupboards or given away to another child in need. The cuddlies are just a bridge between total dependence of infancy and the fumbling independence of early childhood and youth. Parents should learn to realise this important march towards independence and provide all the support.

Why rebuke a child when even an adult hugs a pillow when seeking comfort in his/her sleep?

## Happy with People...

by Sylvia Saleem

HERE are some of the main stumbling blocks in our relationships with men. Remember that they aren't born considerate... (though they are usually kind, which is different). This lack is a by-product of the male superiority complex, which women often don't take seriously enough. Most men have very little sense of humour about themselves. If you want to be happy, accept the excuses a man makes for himself.

### Proceed with Caution

Learn to take the long view — or details will be magnified, molehills become mountains, and nothing leads more quickly to quarrels. It isn't the big disputes that are the danger — these are usually shattering enough to lead to a swift reconciliation — but the petty little squabbles which niggle away at love and end by destroying it. Watch it — or it becomes a habit. Remember that men hate emotional scenes and will do anything to avoid one. Never risk a showdown for a trifle. You may hear a lot of unpleasant things about yourself.

But our very worst fault — in our relations with the opposite sex — is our over-emotionalism. Hardly any man manages to tell us sufficiently often that he loves us. It irks him to have to try. He complains, too, that we ask for these protestations of devotion at the most impossible moments — when he is running to catch a train or comes to find us to sew on a button. Men like to take their feelings for granted; prefer to clean the car or read the paper rather than talk about emotions. If those of us who are too intense could keep our own emotions in check we should live more happily — at least we would have less cause for fruitless heart-searching.

The preservation of good manners and a certain independence is one of the ways of preventing love from becoming a habit. No two people can live permanently in each other's pockets; the moment inevitably arrives when all their small talk is exhausted. By keeping sufficient distance between yourself

and another person to allow room for liberty of thought and personal privacy, the feeling of strain is eliminated.

### Tact

Tact is something to cultivate — invaluable in all our dealings. But it is particularly necessary with men, who are less ruthless than we are, more anxious to put a good face on

things, scared of extreme behaviour.

Few men ever come up to our romantic dreams — who cold? File this discovery — then behave as if you hadn't made it. Most of them vaguely realise they leave something to be desired, but dislike being constantly reminded of it. They hate our insistence, particularly when they are in the wrong; our habit of treating them like small boys when they displease us; our fondness for discussing them with total strangers. They respond best to subtle treatment. Make a point of keeping your man so contented that he is pure bliss to live with.

### Giving In

There is no real equality between the sexes, and those who think otherwise are merely deluding themselves. Women have freedom, opportunity — but this doesn't put us on the same footing as men. Fortunately, we aren't natural world-shakers. We know that success doesn't put its arms round us when we're tired and can't sleep at night. So, if we're wise, we know when and how to give in gracefully. The benefits it brings are well worth while.

### Women Friends

Men are wonderful... but they don't provide us with quite the same deep understanding as another woman. You can work off a lot of steam on your own sex. Women really enter into our problems, will listen by the hour (whereas men won't at all). They stand up for and encourage us, minimise our misfortunes, offer us a helping hand — and we don't always have to try to look our best for them.

Sound, women's friendships (the seeds of which must be sown in youth for deep attachments more difficult to form later and need a background of shared experience) provide a great deal of happiness... and are one of the best insurances for later years.

## Women and Ornaments

by Nasreen Taher

If you ever interview a Bangladeshi woman on her favourites, you will obviously get the answer that gold ornaments top the list. One of the reasons is that, it transforms her into a lovely lady, and mostly, it displays her ability and choice of living her life. In a society like that of the Bangladeshis, sometimes it is believed that the gold ornaments in a woman portrays her marital bliss — the more she wears, the happier she is. Although there is hardly any justified argument about or against this belief, yet married women of all ages in our country do tend to display themselves with the golden ornaments they put on.

These gold ornaments, which have come through the ages, have their history too. In older or primitive days, women used to wear them too. At that time, ornaments were made of copper, tin, even grass or flowers.

However, flowers are still a part of the woman's fashion. Even today, at the beginning of spring season, or marriage ceremonies, or even at classical and native dances, women are seen wearing bangles, necklaces, and head bands, etc. made out of flowers, etc. made out of flowers sown together. In the olden days, ornaments did not have many designs — they were plain and

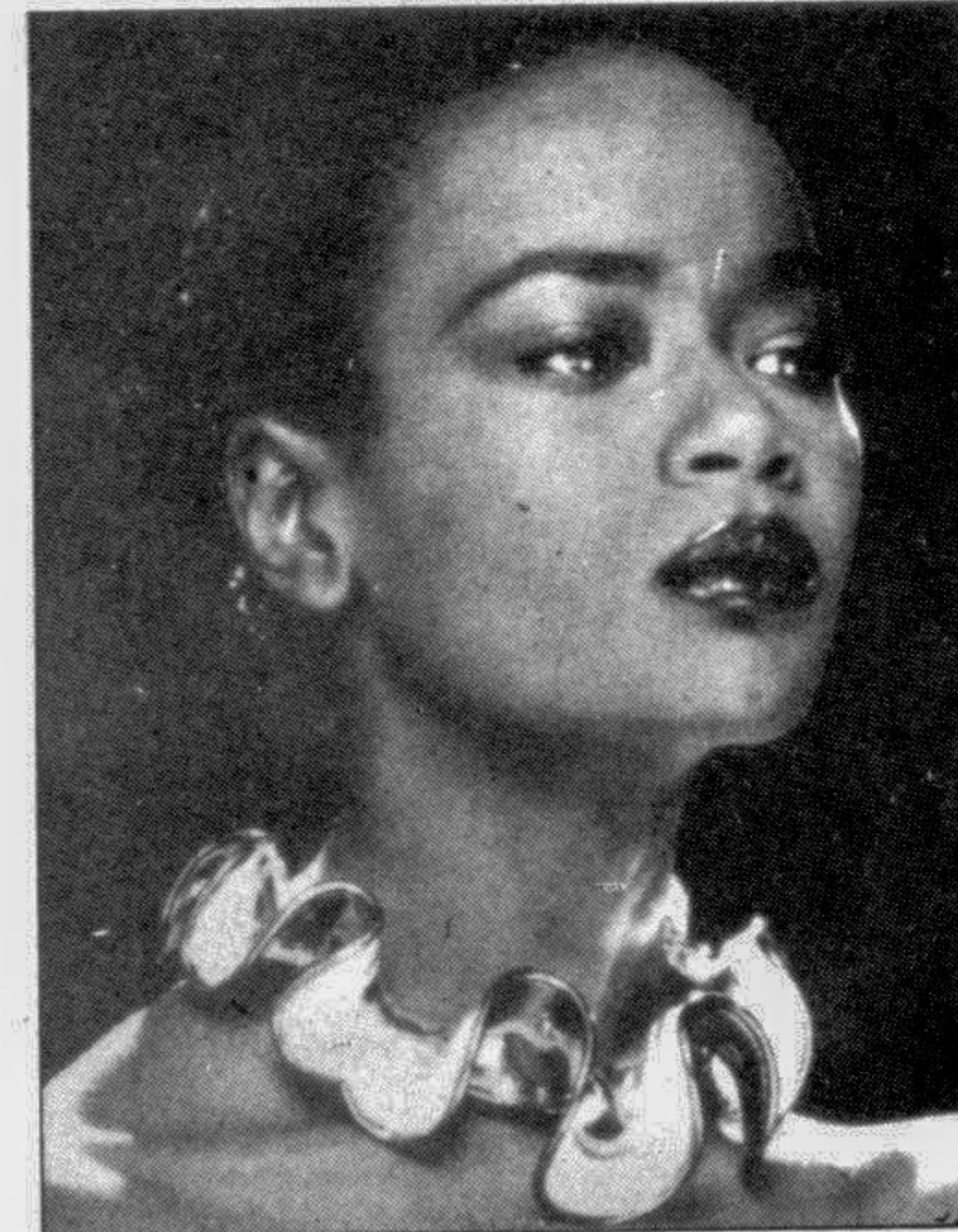
served just a purpose of an extra outfit for women.

In the middle ages, women were more organised with their jewellery. Beautiful designs carved on gold, ornaments made out of pearls, and stones like ruby, diamonds, sapphires, etc. never failed to cheer the heart of a woman. Even braids of young ladies were decorated with belts made of gold. The trend came along that more aristocrat families had their women wearing more gold ornaments than the less fortunate ones. Gold ornaments became a chief source of the display of wealth in the upper classes.

In the twentieth century, gold ornaments have increased in designs and numbers more than ever before. Today, the Bangladeshi women wear gold ornaments made out from the old and middle age designs, and also the east-west intermingling patterns. As a result of these mixtures, we have headbands, noserings, earrings, necklaces, armlets, bangles, bracelets, rings, waistbands, footbands, etc. made out of gold.

The toes have rings to wear too, just as much as the braids have long belts to sport.

Throughout the ages, the women of Bangladesh and other



parts of Asia have beautified themselves with ornaments made out of gold. They are not

only a source of beauty, but also serve as a symbol of class and status in our country.

### Mending broken nails

At this point, mend any nails that are cracked or splitting; this should only be done if you are planning to polish the nails, as the patch will show on bare nails. Patching kits include a small sheet of fibrous tissue, plus a special fixative that holds the patch firmly in place. Tear the paper so that the edges are jagged, hold the patch over the forefinger and apply the adhesive. Then place the patch over the split; use tweezers if it makes positioning the patch easier. Put a drop of polish remover on your forefinger and smooth over the patch. Then press the patch down and wrap it under the nail tip. When the patch is smooth, apply a coat of adhesive over it, then polish as usual.

### Buffing

If you are not wearing polish, this is the time to buff the nails. Work the chamomise buffer in one direction, usually from the nail bed to the tip. This improves the blood circulation and makes the nails shine. There are also special buffing creams that you can use with the buffer.

### Polishing

The first step in polishing is to apply basecoat, which protects the nail from becoming stained by brightly coloured polish and helps prevent polish from chipping. Only three strokes of polish are needed if your nails are to look neat. The first should be down the centre of the nail from the base to the tip, and then one stroke in the same direction on either side of the first.

Most polishes develop their true-colour after two or three coats, although there are specially formulated single coat polishes available. Be sure to allow the polish to dry thoroughly between coats. There are special sprays and fixatives to help polish dry quicker, and some of the newer brands are made to be quick-drying, which comes in handy when you are in a bit of a rush. To finish your manicure, apply a topcoat to help seal the polish.

### False nails

Stick-on false nails are the easiest type to apply at home, and there are a number of different kits that come equipped with a set of nails and a tube of adhesive. The procedure varies from brand to brand, so always follow the manufacturer's instructions. Be sure and choose nails that closely match the size of your own. You may need to trim or file false nails before using to get them the proper size and shape.

If you want really long nails, nail extensions are usually the answer. They are difficult to apply correctly at home, and you should get a professional to do the job; some beauty salons provide this service. The process is time consuming and expensive.

## BEAUTY TIPS

### Hand and Nail Problems.

A number of disorders can affect the hands and many of them can be prevented. One of the most common problems is eczema, which is an inflammation of the horny layers of the skin. Other skin problems include calluses, warts, chilblains and whitlows.

Your nails are also prone to

various disorders, and can be an indication of your health and general well-being. Stress or tension can cause thinning, ridging or furrowing in the nails. The nails may develop ridges if there is a circulatory problem, and pallid nails are often a sign of anaemia.

Chapping is usually caused by the skin drying out and is often worse in cold weather. Moisturize the hands regularly.

Keep your hands out of water. Wear rubber gloves for washing up or when cleaning with detergent.

The predisposition to eczema is inherited. An attack can be triggered off by a decline in general health or stress. Your doctor can prescribe creams or tablets to ease the symptoms of eczema.

Whitlow infection of the nail fold is caused by the entry of bacteria into the skin around the nail. If severe you may need professional treatment. The whitlow may need to be opened under local anaesthetic.

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## Dabbling in Modelling

"THERE is a lot of grouping and favouritism. Some models try to influence the organiser and try to dictate the designer. This irritates the other models working together. The models who make trouble want to be the focal point of the show and they do not stoop to do anything to get their way," laments Mau who has spent years in modelling.

The designers apart from ones like Dia and Miree don't have faith and confidence in themselves and this leads to grouping of models on the stage. The choreographer is not independent and gets dictated by the models, who want to decide what they want to wear, and how many times they will get a chance on the catwalk," Mau added.

"Most of the models think that the more westernised and revealing the clothes they wear, the more popular they will be. They do not realise that we are still very much in the east. The demand is more for 'sari' and 'shalwar-kameez' rather than other dresses," she continued.

Is modelling a good standard in Bangladesh? "No, because parents here think that modelling is not a good past time or a respectable source of income. The girls who come for modelling often lack dignity and personality. They want to show off their figures and not the clothes, and this gives all the models a bad name. Often the atmosphere is cheapened by men in the audience who can easily buy a Tk 800 ticket and then expect the models to behave like call girls," Mau elaborates.

She complains that the payment is very low, the average pay for a fashion show being Tk 1000 or Tk 1500. The TV ads like 'Adcom' or 'Matra' pay even Tk 10,000 but I hear some pay only as much as Tk 3,000. After rehearsing for fifteen days and for four hours daily this is too little. Sometimes the payment is de-

ferred and in some cases never given," she added.

"Modelling should improve: it should be a teamwork with the organiser, designer, choreographer, models and the person in charge of the music should all work together, but this, unfortunately is not always happening.

She continued, "Modelling in TV is improving every day but in the magazines and newspapers, the pictures often degrade

the image of the models. 'Pearl and Muslin' is an exception."

"Modelling has been my hobby. I have enjoyed the praise of the designers but now I'm blasé. I've stopped modelling and have gone on to choreography, as I can implement my own ideas and the remunerations are better, providing I work independent of the designer and organiser," she concluded.

— Fayza Haq



Mau seen with her sister

## COOKERY

### Chicken Vegetable Korma (Subdeg)

- 1 kg (2 lbs) chicken
- 2 turnips
- 1 kholrabti (knol khol)
- 2 potatoes
- 1/2 cup finely chopped onion
- 1 tablespoon ground ginger
- 2 teaspoons ground garlic
- 1 tablespoon ground coriander
- 1 tablespoon ground poppy seed

- 2.5 cm/1-in piece cinnamon, 3 sticks
- 4 cardamoms
- 1/2 cup natural yogurt
- 1 tablespoon sugar
- 2 teaspoons salt
- 1 tablespoon keora water
- 1/4 cup raisins
- 3/4 cup ghee or soya-bean oil

1. Make eight pieces of a chicken. Peel vegetables, cut into 5 cm/2-in or medium-sized cubes.
2. In a saucepan place ingredients and mix well.

3. Make dough of 1 cup of flour and 1/4 cup of water. Put lid on the saucepan and seal the lid with dough so that the vapour can not come out. Cook over low heat for about 2 hours.
4. Serve with pullao, or porota or bread. Makes 12 servings.

### Coconut Chicken

- 2 (1kg/2 lbs) chickens
- 1/2 cup finely chopped onion
- 1 tablespoon ground ginger
- 1 teaspoon ground garlic
- 1 teaspoon chilli powder
- 1 tablespoon ground coriander
- 1 tablespoon salt
- 3/4 cup natural yogurt

1. Cut chicken into 8 pieces. Except coconut milk combine all ingredients in a saucepan, mix well. Cover and cook over a moderate heat for about 25 minutes.
2. Add coconut milk. Cover and keep over a low heat, stir from time to time. When meat is tender gravy is thick and oil surfaces remove from heat.
3. Serve with porota or bread and salad. Makes 8 servings.

- 3/4 cup cooking oil
- 1/2 cup thick coconut milk

1. Cut chicken into 8 pieces. Except coconut milk combine all ingredients in a saucepan, mix well. Cover and cook over a moderate heat for about 25 minutes.
2. Add coconut milk. Cover and keep over a low heat, stir from time to time. When meat is tender gravy is thick and oil surfaces remove from heat.
3. Serve with porota or bread and salad. Makes 8 servings.

### Chicken Pineapple Curry

- 1 kg (2 lbs) chicken
- 1/3 cup finely chopped onion
- 2 teaspoons ground ginger

- 1 teaspoon ground turmeric
- 1 teaspoons chilli powder
- 2 teaspoons ground coriander
- 1/2 cup finely chopped pineapple

- 2.5 cm/1-in piece cinnamon, 2 sticks
- 3 cardamoms
- 2 cloves
- 1 bayleaf
- 2 teaspoons salt
- 2 teaspoons sugar
- 1/2 cup cooking oil

1. Cut chicken into eight pieces. Combine ground spices and make paste with 1/2 cup of water.
2. Except pineapple place all ingredients in a saucepan. Add a little water just to make meat tender. Put lid on and cook over a moderate heat till meat is tender.
3. Fry meat stirring constantly for 5-8 minutes. Add pineapple and keep over a low heat. When oil separates out remove the curry from heat.
4. Makes 8 servings. SL