

# LIVING

## Mother and Daughter

by Sylvia Saleem

WHAT is the happiest time in a mother's life?

Perhaps every one has their own answer to this, but it might very well be — "when her daughter has a baby". This is not only because having grandchildren is so delightful but because having a grown-up daughter can be a very satisfactory state of affairs.

By the time a daughter is grown-up and leading her own life, the friendship between mother and daughter can be among the most comfortable and happy friendships that a woman can have. The daughter knows all about her mother's faults by then and can accept them as part of an imperfect character that she loves.

Mother knows her daughter fairly well and is happy to have someone with whom she can be herself and whom she no longer feels she has to direct and push around.

It was not always like this. Nearly all mothers and daughters go through a very sticky patch in their relationship together. Often it lasts for some years and makes both of them very unhappy. However understanding and forbearing the mother is, or however good and kind the daughter may be, it is seldom completely avoided. These years when mother and daughter rub each other up the wrong way and get on each other's nerves are part of life, part of the changing and growth of a relationship. Before this time starts the daughter is a child; after it she is a young woman; and during the hurly-burly between, if things go well, the relationship has changed into one of two people who love each other, understand each other and, with all their hearts, wish each other well.

All of us know mothers and grown-up daughters who still cannot enjoy each other; but we also know ones who can. Is there anything that we can do ourselves to help us reach a happy ending?

### Understanding Feelings

As a start it is a help to try to understand our feelings during the difficult years of friction.

First of all, what does it feel like to be a mother with a daughter who is in her early teens? Mothers want their daughters to be a success. What kind of success? Well, that depends on the mother as an individual. Sometimes she will want them to be the kind of success she was, or to have the kind of success she never had but longed to have.

One mother remembers that when her daughter was fourteen or fifteen, she used to nag her about her untidy hair. This became quite an issue between them. Looking back now, she often thinks, "For goodness sake why was I so maddening? Couldn't I see anything about her but her hair?" And she admits that, at the time she hardly could.

When some years later a friend said to her, "I honestly don't know what's happened to my daughter. We used to be such friends, but now — her

hair," this mother clutched her friend's arm and gasped. "Do not be as idiotic as I was. Try not to look at her hair." They both burst out laughing at their own intensity, realising for a moment how foolish such trivial anxieties can look at a distance.

But the question remains: why do untidiness, a strange way of dressing, peculiar slang, or a multitude of other little things upset a mother so?

### Her Way to Happiness

It may well be because mothers want their daughters to be happy. But they want the happiness to be something that they can understand. It is hard to watch your daughter changing into a stranger, dressing in

Nothing I say or do is right. I just cannot please her."

### Confusion

Sooner or later a girl must become sufficiently independent to live her own life. But she isn't yet. It is this feeling of dependence mixed with a striving for independence which confuses her. Sometimes it makes her rude and impatient when she feels that her mother is trying to keep her too young, and sometimes when she really wants to stay young and protected but knows she cannot. Then sometimes she wishes her mother would give her a gentle little push towards independence instead of holding her back from it. On the whole mothers

It is hard not to feel this self-pity sometimes, but not very realistic. If a daughter is taught to help from the time she is small by a mother who finds pleasure in keeping house well, they will probably go on together happily enough, with occasional squabbles as the daughter gets older. But basically the family home is mother's house. When guests come into it, when the family race home from school, it is the mother's house they are coming to. A young woman can't really be expected to feel quite the same about it. She has her own life waiting for her. She is absorbed in her plans for it. The house work has to get done but it is not part of her very own exciting, new life.

A young woman grew up and married and became an enthusiastic gardener in her own garden though she had never pulled out a weed at home. One day, as she and her mother were looking at her beautiful dahlias, she said, "Why didn't we grow dahlias at home, Mum?" Her mother looked at her dumfounded and said, "But we did; beautiful ones." The daughter replied, "Did we really? I never noticed them." She must have been waiting for her own garden. There was not a weed in it.

Now for a moment let's look at life with Mother from the point of view of her daughter. When we were little we did not worry what mother was like. We loved her without thinking because she was there. As teenagers we sometimes worry if she does not look enough like other people's mothers, and even if she does not behave like them. We want her to care about us, but we do not want her to make us look silly by the things she says in front of our friends: "mind you're back early", "take your mac", "remember you have not finished your prep". That sort of fussing makes us look childish. So we get angry and impatient.



a way that would have been thought unattractive when you were young, perhaps going around with boy friends who you are quite sure would never have charmed you at any age. But if mothers realise that this is what is worrying them perhaps they can also stand back for a moment and try to understand more clearly what is happening.

If a teenager's clothes, her untidiness, her boy friends, seem to be rather like those of the other people of her age then perhaps her way of being happy is not really so different from her mother's.

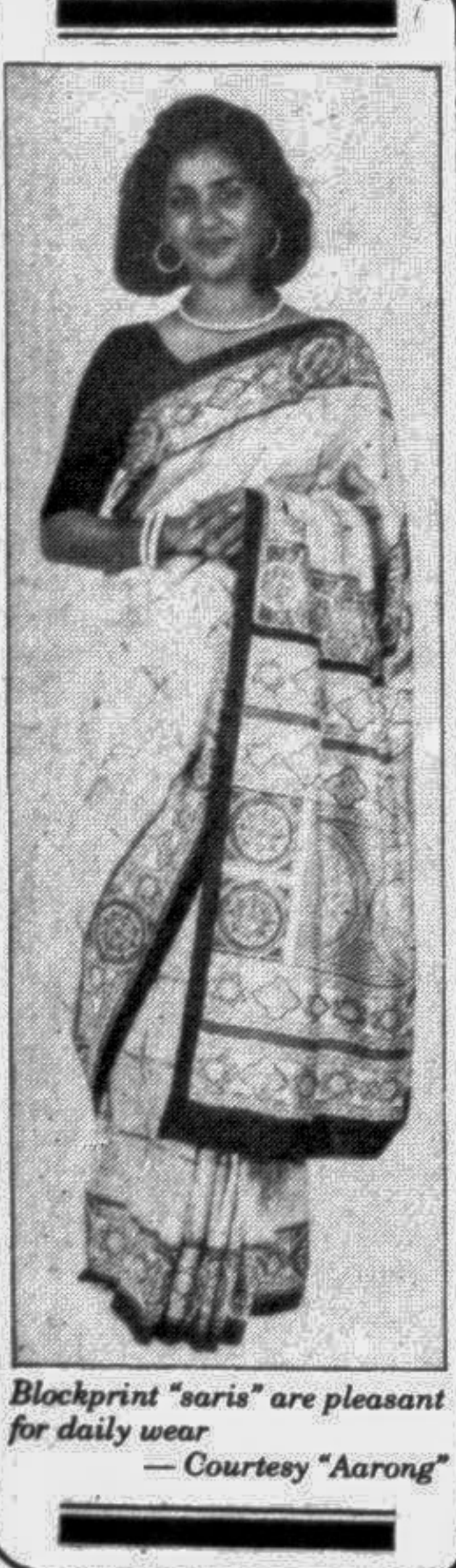
In our early teens what we all hope for is to be just like the others with, perhaps, something special of our own inside. That is the same in every generation. It is just that the fashion in clothes and in pop music alters a bit and the young woman of today must live in her own generation. Still, it is hard for a mother not to feel, "we used to be such friends and now she does not want me any more.

do tend to hold daughters back. This is not just because they dread the day when their children will no longer belong to them. It is also because they are afraid that they will be unhappy. Well, they will be sometimes. Certainly they will not be less unhappy if they remain dependent on the family circle.

What, then, can a mother do? How can she prevent unhappiness for her daughter? Sooner or later we all come to know that unhappiness is part of life. The encouraging thing to know is that when a young woman has learnt to stand on her own feet she can meet unhappiness and even learn from it. A grown daughter can come back to the mother who let her go and discuss her sorrow as with a friend, and this sharing can help them both.

### The Future Ahead

Sometimes as a daughter grows a mother resents the fact that she is "taken for granted." Mother does the housework, the cooking, the washing up. No one says thank-you; the daughter does not do her share.



Blockprint "saris" are pleasant for daily wear — Courtesy "Aarong"

### Cheese Puffs (Bouchees)

4 oz. finely-grated cheese  
2 oz. sieved flour  
2 eggs

salt and pepper to taste  
oil for frying

Choose a rather dry piece of cheese, as it grates better than when quite fresh. Sieve the flour again with the salt and pepper, mix in the cheese and stir in the yolks of the eggs with a wooden spoon until all the ingredients are well mixed.

Have ready a deep pan three-fourths filled with boiling coconut oil or good dripping.

Whisk the whites of the eggs to a very stiff froth and stir into the cheese mixture lightly but thoroughly. As soon as it is well mixed take up small teaspoonfuls at a time and drop into the oil. The mixture will puff out at once, and the puffs should not be allowed to fry too long or they will become tough instead of being light and crisp. When just nicely coloured a golden brown lift out and drain at once on kitchen paper. Serve in a hot dish on a folded napkin.

For convenience, the puff mixture may be made some time before it is required; but once the whisked whites of eggs have been added frying must be begun immediately. They should also be served as soon as possible after being cooked.

Care must be taken to see that the oil is really boiling, otherwise the puffs absorb too much of it and become sodden. These remarks apply to all fried

### Cookery

foods, but especially to those of the fritter variety. The best way of testing the oil for the correct heat is to drop in a small piece of bread. If it sizzles and rises to the surface at once, at the same time taking on a delicate golden tinge, then the temperature is about right.

### Prawn and Olive Canapes

rounds of buttered bread not more than 1/2 inch in diameter  
boiled prawns  
thick mayonnaise sauce

chopped olives  
cayenne pepper to season  
strongly  
slices of stuffed olive

Keep aside as many of the smallest prawns as there are rounds of bread, and chop as many more as will be needed to top the rounds. Cut 1 slice of stuffed olive for each canape, and chop the bits left over into very small pieces — two goods slices can be cut from each olive, and the top and bottom ends are sufficient for mixing. Stir the chopped prawns into some mayonnaise sauce, add the chopped olives and cayenne pepper.

Pile up on the rounds of bread, and garnish the top of each with small prawn and slice of olive.

### Chicken Rolls

bread cases  
chicken mince

To Make the Bread Cases. — Cut some stale bread into slices about 2 inches thick, and with a pastry cutter stamp them out into rounds about 2 1/2 inches in diameter, then with a smaller cutter, mark the centre about three fourths of the way through. Brown the rolls in the oven or fry them in dripping until a nice brown colour, drain well and carefully remove the centres. Keep a little lid for each case.

Prepare the same chicken mixture as for chicken patties (Recipe 13/3). Fill the bread cases with this mixture, put on the lids, and serve hot.

### Cream Cheese Biscuits

small round or square cheese biscuits  
cream cheese  
horse-radish sauce

grated cheese  
strips of gherkin  
butter

Mix the cream cheese with just enough butter to make a pliable paste, and add horse-radish sauce to give a sharp flavour.

Spread the mixture on the biscuits, smoothing it over with a knife, dip each one into grated cheese to coat the top, and decorate with a thin strip of gherkin stuck through the centre.

## What Strategies Work for Permanent Weight Loss

### Skippping meals is a good way to lose weight.

False. Many dieters skip breakfast and lunch, then are so famished by dinnertime they consume more food than if they had eaten moderately throughout the day. Further, taking one big meal a day is associated with increased fat production, elevated cholesterol and impaired glucose tolerance.

Snacks are fattening, not meals. False. Whether you call your food a meal or a snack, if you consume more calories than your body needs you will gain weight. Snacking between meals may help some of us eat less later and can therefore be helpful in a weight-loss program.

### Excess weight is caused by excess water, so taking water pills (diuretics) is a good way to lose weight.

False. Water pills can dangerously dehydrate a person and are not indicated for weight loss. If you suspect you are one of the small number of people who have water-retention problems, be sure to see a doctor.

### If you continue to eat the same amount of food each year, you will gradually put on weight as you grow older.

True. As you age, your body requires less energy to satisfy its metabolic needs. Also, physical activity may decrease after young adulthood. If your food intake remains constant, weight gain will result. An overweight person who loses weight and then regains it is no worse off than before.

False. Losing and regaining weight repeatedly may be more harmful than simply staying overweight. Blood pressure and serum cholesterol can increase abnormally during periods of weight gain, and may not return to normal during weight loss.

### If you adhere strictly to a diet, you will lose weight every week.

False. At some point nearly every dieter reaches a plateau. A number of factors can halt weight loss temporarily. If you stay with the program, the pounds will resume coming off.

### Eating natural foods is not necessarily useful when dieting.

True. Foods without additives or preservatives may be sound nutritionally because some additives may be harmful.

However, "natural" does not mean "low-calorie". Some nut mixes, cereals and other items in natural-food stores are very high in calories.

### There is no need for dieters to take vitamin pills daily.

True. There is probably no need if you eat a balanced diet. Starches should always be avoided.

False. Starches (complex carbohydrates) and protein contain four calories per gram. So, gram for gram, starch is no more fattening than protein. Fats, which contain nine calories per gram, are the most fattening. You do not necessarily need to decrease the amount of starch you eat, unless it is a disproportionate part of your diet. It is important to eat starches that are high in fiber, such as whole grains, dried beans, peas, and raw, unpeeled vegetables. Fiber expedites food movement through the large intestine, though it has no magical weight-loss properties.

### Potatoes are not fattening.

True. One medium to large-sized baked potato contains only 145 calories. However, adding a quarter cup of sour cream brings the total to 265 calories, and two tablespoons of butter or margarine almost triples the count. Frying potatoes also boosts the calorie count because of the oil you consume.

### Plain yogurt is good for a diet.

True. An eight-ounce serving of plain yogurt has 8 grams of protein, 4 grams of fat and about 140 calories. This is a high ratio of protein to fat, and the calories are reasonable. But sweetened, fruit-flavoured yogurts have about 250 calories or more per container. Add fresh fruit, low-calorie preserves, or cinnamon to plain yogurt instead.

Grapefruit helps burn fat. False. Some people think they can eat anything and still lose weight, as long as they begin each meal with a grapefruit. Grapefruit supplies vitamin C, is low in calories and carbohydrates, and provides more bulk than citrus juices. However, it has no special fat-burning qualities.

### Whole-wheat and white bread are about equal in calories.

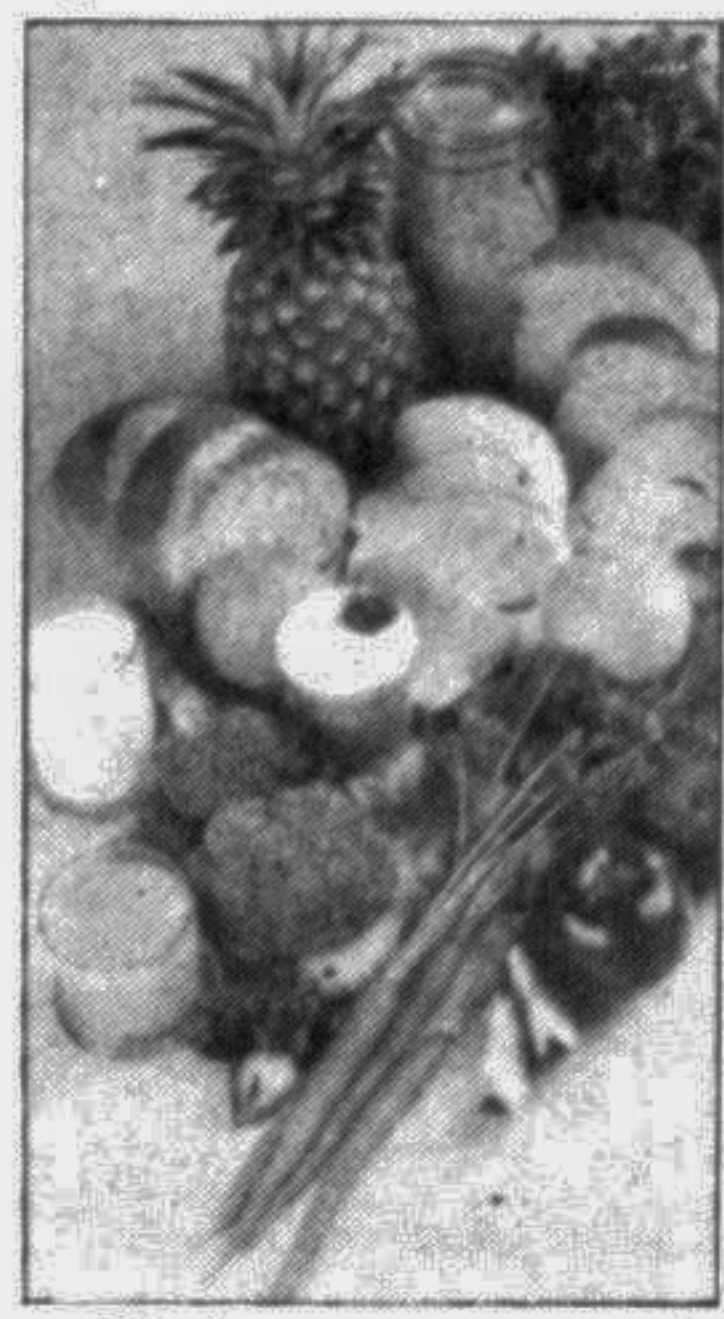
True. Whole-wheat bread has a higher fiber content, but the calorie difference is negligible.

### Washing spaghetti and rice lowers the calories.

False. Washing before cooking may remove some vitamins, but only a minuscule amount of starch and almost no calories will be lost.

### Calorie for calorie, honey is a better sweetener than sugar.

False. Honey has 65 calories per tablespoon, sugar 45. Since honey is a more efficient sweetener you may need to use a little less of it for the same sweetening effect, so the calorie count will probably turn out to be equivalent.



### Dieters can eat unlimited amounts of vegetables because they are so low in calories.

False. Many are excellent calorie buys — although anything eaten in excess can hinder your diet. Others are not such great calorie bargains. The vegetables listed below have fewer than 25 calories per half-cup serving:

Asparagus, bean sprouts, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, cucumber, eggplant, green beans, green pepper, lettuce, mushrooms, onions, spinach, tomatoes, yellow squash.

### The best diet is one very low in carbohydrates.

False. Some popular diets recommend severe restrictions of carbohydrates. However, there is no evidence that this produces greater weight loss than any other diet that re-

stricts calories to the same degree. In fact, carbohydrate deprivation can cause headaches, dizziness and lethargy, and put an added burden on the kidneys.

### Children may not outgrow their "baby fat".

True. The bodies of overweight children usually contain an excessive number of fat cells because of overfeeding in infancy. Once fat cells develop they are there for life — hence the tendency of fat children to become fat adults.

Breast-fed babies are less likely to be fat than bottle-fed ones.

True. When babies feed from the breast, they regulate their own intake. When they are fed from a bottle, the mother may be more likely to determine how much is consumed.

### Children should be allowed sweets or they will develop an abnormal craving later on.

False. A craving is more likely to develop from the presence of sweets than from their absence. Children fed sweets at an early age may develop a lifelong habit of ingesting many empty calories.

### The liquid protein diet is safe and effective.

False. If you fast — eat nothing at all — your body will use its fat stores for energy. Unfortunately, the lack of protein will lead to a loss of muscle as well. So scientists have developed various protein supplements for use while fasting.

But the liquid protein diet has two major drawbacks: First, fasting can be dangerous, even under supervision of a physician (if he or she is not familiar with the complications). Second, weight gain inevitably results when the fast ends, because no new eating habits are learned to help maintain weight loss.

### It is important to count the calories in ketchup, mayonnaise and other condiments.

True. A tablespoon of ketchup has about the same number of calories as a teaspoon of pure sugar, while a tablespoon of mayonnaise has more than twice the calories of a tablespoon of sugar. Some commercial dressings, such as blue cheese and Thousand Island, have nearly as many calories as mayonnaise.

Courtesy condensed from "The Partnership Diet Program"

## Shimmering Cascades of Scintillating Prints

by Fayza Haq

ern designs blended with eastern 'jamdani' patterns. I specialise in all types of silks, as I would like to promote Bangladeshi silk. At the same time, I work in cotton as well. I believe that Bangladeshi cotton and silk are of a high standard but we are suffering from underproduction and lack of projection. My aim is to project Bangladeshi silk because our prices are competitive. Ten years ago the quality was not that good but today I think our silks can compete well with those from all over the world. Should we get the right assistance we can promote Bangladeshi silks and cottons overseas.

At the exhibition was a gorgeous peacock blue "sari" with a floral motif (Tk 2,600); a blue and green one with floral patterns on white silk (Tk 3,800); a Tangai half-silk with black and gold roses on green and gold check (Tk 2,000); a black half-silk with green and red border with gold peacock designs (Tk 2,000), and a two tone Rajshahi silk printed with Australian dyes (Tk 4,800). There was a black, gold and red on white (Tk 4,800), and a blue, brown, gold and orange one with a peacock pattern (Tk 4,800). There was a Thakurgaon silk and cotton one with purple and pink motifs (Tk 3,800), and one which was a

blend of Japanese and modern contemporary geometrical designs on off white background. There was too a shocking pink "sari" with gold and purple border. There were numerous other "saris" to choose from, if you could afford them.

The textile designer, who had done bed sheets and pillow cases as well, remarked, "In Bangladesh we have single loom bedsheets so that I get my double sheets from abroad. I do both hand printing and screen printing on them." There was one with multicoloured parrots in green, orange, yellow and blue, with marbeling effect.

There was one with a woman's head done in modern sweeps in red and black. One found one with a European design of red and blue poppies with delicate stems. There were others with marble prints with four to five colours being utilised in the pattern. Their prices ranged from Tk 1,800 to Tk 3,000.

In the exhibit were also "kameezes" with collotes and jackets, which had been hand printed and cost Tk 900 to Tk 2,800. There were T-shirts with motifs of human beings, lizards, birds and kuala bears. There were dress materials with exotic Aboriginal designs done in orange, red and black. The designer's work spoke of patience and imagination as well as dexterity.

Nilufer, who has got her diploma in textile design and printing from the National Art School in East Sydney, Australia, added, "My husband who has been a diplomat for 25 years, encouraged me to study textile designs for the last five years. I had to combine the duties as the wife of a diplomat with my work till 2 a.m. With my two children studying abroad, I now have plenty of time in hand for my own work. I was a part of the Australian Fashion Framework team that went to London, Paris, New York and Madrid, apart from coming to Dhaka, where 20 of my Rajshahi silk "saris" were modelled."



A dress displayed at the textile show



Nilufer modelling one of her "saris"