

LIVING

Flair in Fashion

by Sylvia Saleem

FLAIR. Who has it? Can you acquire it? We all flip through the pages of the glossies and admire the effortless elegance, the breathtaking chic, of the international beauties in the photographs. But they are regarded as race apart, the fortunate few, born with an innate sense of both fashion and elegance and blessed with enough money to indulge their good taste.

This is not quite so — you don't have to be beautiful and you need not be rich to be chic, to possess flair. To the uninitiated, the ability to sense the subtle ways of fashion seems almost a separate quality, like the gift of good health, a beautiful nature or will-power. But what is it really? Can we develop it — and how?

Flair is mainly composed of honest-to-goodness self-knowledge and self-discipline. These virtues are the first step towards a recognition of one's bad points and knowledge of the good: in fine shoulders, a tiny waist, or good legs — whatever it may be. These, coupled with discipline in form and taste, plus a splash of originality pave the primrose path to personal chic.

Flair and Your Figure

There isn't a shadow of a doubt that a good figure helps tremendously. Clothes look and "hang" better on the well-defined figure rather than on the well-endowed — so aim to acquire a line. There's many an unpromising if not downright ugly duckling who has been transformed into a fairly arresting swan by the simple application of a sensible diet, followed relentlessly over a period of time.

If, however, you've never been able to stay with any diet of longer than a week — or, if for reasons of health, the ranks of the slender are forever closed to you — the thing to do is to look at yourself without rose-coloured glasses, in a full-length mirror and in a strong light. Determine then to accentuate the positive and eliminate the negative. Do away with anything which detracts from the neatness of your silhouette, relearn the elements of posture and carriage, have your hair restyled so that your hair style gives you height or detracts from over-tallness, adds fullness to your face or softens a too square jaw line.

Flair and Your Hair

Flair is knowing that you can never be smarter than your coiffure. You can be dressed from head to foot by Dior, but if you've a badly groomed hair style the whole effect will be wasted. On the other end of the

scale, even the simplest, most inexpensive clothes will look a million dollars with a smooth, shining, well-cut, well-kept hair style. Vivid exponents of the gentle art of hair flair are some of the most elegant women in the world who, having found the most flattering way to wear their hair, vary the style only in

beware, however — this degree of jewellery can be overpowering, though it does emphasise the fact that fashion should be fun. So find your own idiosyncrasies, develop them by selecting from current crazes whatever suits you best. Stripping yourself of all jewels or studying the effect of a little more jewel

features, seem transformed when the blue of the eye is emphasised by an exactly matching hat or dress. Certain tones of brown from topaz to bitter chocolate look fabulous with brown eyes or red hair. If one particular colour suits you more than another, discover it, make it your own, and you'll be remembered: "the woman who always looks so gorgeous in champagne beige". If you've definite colouring — dark hair, red, brown or blonde — you will not be able to fail to make an impact with this kind of strategy.

Some women even carry their personal colour plan as far as their furnishings. An elegant of our acquaintance was besotted by the shade aquamarine — true, with her blonde hair and aquamarine eyes, she looked her loveliest when she wore this shade. Presumably, she also looked her best in her aquamarine bathroom, in her living room with its pale aqua walls and wild silk chair covers, and in her bedroom with its deep aqua carpet and pale aqua furnishings. But this is a classic illustration of having too much of a good thing, when the eye longs for the relief of another colour!

Flair is always personal. Never make the mistake of modelling either looks, or your colour preference, or your style of dressing on someone else's. It's no use at all trying to create an illusion of a carefully dishevelled wanton type if your real potential lies in smooth grooming. One woman's triumph may well be another's undoing. Nor will the fact that you have paid a king's ransom for an exclusive creation assure that you're necessarily going to look fabulous in it. Unless that superb coat or dress complements your own personality exactly, it's going to smother your own personal charms into oblivion. Your clothes should do something for you, add to, not subtract from, your personality.

When you have learnt to know your type, your style — spend wisely on the things which are going to make you look and feel consistently at your best. If you've a trim figure, but heavy legs, spend on good quality shoes and stockings, save on inexpensive but well-styled dresses and suits. Alternatively, if it's your figure that needs help, consider the investment of good bras and belts, perfectly cut clothes. Know yourself — and finally, having learnt the rules, throw the book away. Part of the fun of possessing flair in fashion is the enjoyment of elegance without affectation.



the slightest way from year to year — but it is that vital variation which keeps them looking contemporary rather than passe.

The Personal Look

Flair is finding a personal look. There are some women — Chanel, for instance — who made the wearing of beads and bracelets, pearls and pins the size of flying saucers an integral part of their personality. Less dramatic personalities should

excitement may help you to find a completely new personal look. Make it a rule never to say "but I always wear my pearls" — or whatever it may be.

Part of this personal look can also include a feeling for colour — a talent for knowing which colours do a deal for one and which colours do nothing. We all know that colour can have quite an effect on the personality. Blue, for instance, is becoming to most women — even the most unremarkable

Fascinating Flautists

by Fayza Haq

THE performance on flute by Le Trio d'Argent, at a recent programme at the American International School auditorium, arranged by Alliance Francaise was unique. The Dhaka music lovers have heard the violin, guitar and piano being performed on their own. This was the first time that one heard pieces ranging from classical to contemporary on the flute alone.

Michel Boizot, Francois Daudin Clavaud and Xavier Saint-Bonnet, who had formed a group since '84, all graduating from L'Ecole Normale de Musique, presented Kuhlman

usual skill and artistic sensibility. Together they explored the beauty and depth of classical and contemporary music. They revealed the imagination and rhythmic sense of composers with their dedication and expertise. The notes and lines were carefully phrased and elegantly balanced. Their precision and speed were marvellous.

There was no apparent leader. The trio members simply changed places on stage, now mingling with the audience, now playing with the lights

his group. Francois, whose group has played in England, Germany, Belgium, Italy, Greece, Africa, the Caribbean Islands, Cuba, Mexico, Guatemala, Brazil, Thailand, Vietnam, the Philippines, China and Japan felt that the standard of concert music varied in different parts of the world, just as audience reaction too varied. "In France they will readily clap and cheer, while in Japan they listen to you silently and intently," he said.

He realised that there was a

group, said that numerous famous composers wrote for the flute performance such as Mozart, Beethoven, Kuhlman and Walckiers. However, he admitted the most well-known composers did not write for the flute alone.

He felt that there were no bars to the appreciation of music. "Concerts are enjoyed whether it be in Vietnam or in Italy," he remarked.

He added, "While it is impossible to compare classical music with contemporary pieces, we have tried to play both. I do not think classical music will die out." He insisted that French music was no less inferior to the German as it had composers like Debussy, Berlioz, Rameau, Lully and Ravel.

Michel informed that since the last four years the trio could live on their earnings as concert players and did not have to resort to teaching.

Xavier, 31, who lives in Paris now, like the rest of the trio, played the flute at a concert at the age of nine, being accompanied by his sister on the harp. He said he greatly enjoyed African, Latin American and Indian music. He personally found contemporary music very absorbing as it had elements of various types of modern music from all over the world. He admitted that classical concerts were gradually getting less popular. "This is because it is too serious for the young people. Similarly, teenagers drop their lessons in piano and violin due to the load of other subjects in their curriculum," he commented.

The trio's combination of the alto flute, bass flute, piccolo and the normal flute appeared effortless and ingenious.



XAVIER SAINT-BONNET, FRANCOIS DAUDIN CLAVAUD, MICHEL BOIZOT

(Trio Op. 13), Mozart (Divertimento No. 2 K 4390), Walckiers (Grands Trios Op. 93), Bocquillon (Melodie), Pecou (Pour un Rituel Imaginaire), Tcherepentine (Trio Op. 59), Huber (Oiseau D'argent), Bocquillon (Territoires) and Clavaud (Desce De Sol).

These radio and T.V performers, and award winners of the Yehudi Menuhin Foundation, played with un-

dimmed, or completely off and all one could see were the flutes. The entire evening was a sheer joy.

Talking to the flautists, one found that Francois was influenced by his father who played the violin, and a friend of his who played the flute. Francois who has been playing for 20 years now, said that he practised for three hours by himself, and three hours with

vast difference in the way the flute is played in the west and east. In one of the pieces that the trio played at Dhaka, they tried to combine the notes of the east and west. He felt that conventional concert music would go on despite the popularity of video music. "We often listen to pop, jazz, rock and modern music and try to interpret them," he said.

Michel, 37, the oldest in the

Personal Cleanliness

IT is not just the parts of your body that are seen, like your hair and face, that need looking after. The rest of your body, too, deserves regular maintenance if you are to feel clean and healthy. A number of these beauty routines are performed daily, such as bathing or brushing your teeth. Others can be performed once in a while, such as exfoliating your skin or removing unwanted hair. Caring for your body from top toe creates endless rewards. You will look better, feel better, and be confident that you are always looking the best you can.

To feel clean you also need to smell clean. Sweat itself does not smell, but when it remains on the skin for a while the body's natural bacteria makes it decompose, causing odour. These bacteria flourish in warm damp surroundings — in the areas where sweat is trapped by clothing.

To eliminate unpleasant body odour it is important to remove sweat before it has a chance to decompose. For most people this means having a daily bath or shower; using an underarm deodorant or antiperspirant prevents sweating and cuts down odours. In addition, you should wash and change your clothes regularly. Sweat clings to fabric, especially synthetics. Wear loose-fitting clothes in natural fabrics, which will allow sweat to evaporate.

Bathing
For your daily bath or shower a mild soap and a clean sponge or flannel are all that you need to keep fresh. Don't use antibacterial or deodorizing soaps, which will upset your body's natural cleansing mechanism. Although many people are used to taking baths, a shower is probably a better way of getting clean, as you are rinsing off in clean water. Also, a shower can be invigorating as the pressure of the water helps to speed up the circulation.

No matter whether you take a bath or a shower, make sure that the water is warm but not too hot; hot water will make you sweat and can dry out the skin.

Never remain in the bath or shower for so long that your skin becomes wrinkled. The longer that you are immersed in water the more natural oil that is lost and the more dehydrated your skin becomes.

Deodorants and antiperspirants
These products offer extra

protection for the underarm area. Deodorants do not stop perspiration, they only stop the bacteria in sweaty areas from decomposing the sweat. If you perspire heavily, use an antiperspirant, which dehydrates the sweat glands so that less sweat is produced.

Both of these products come in a variety of forms, such as creams, sticks, roll-ons and aerosol sprays. Roll-ons are probably better than aerosols as they are generally more effective and they go exactly where you need them to. Experiment to find a brand you like, and use it regularly. Never use them on inflamed or broken skin, or immediately after shaving under your arms; apply them at least a half hour before shaving. If you get any adverse reaction, change your product immediately.

Feminine hygiene
There is no need to use special feminine hygiene sprays or products in the vaginal area; soap and water are all that is needed to keep the genitals clean. The vagina itself is self-cleansing, and the deodorant sprays and scented sanitary protection products that are available can upset the delicate balance of its natural secretions, causing irritations or allergies. The vagina only smells unpleasant if some infection is present. If you do notice an odour, consult your doctor who will be able to determine the cause. MS



How to Make a Habit of Success

WHAT, exactly, is an achievement? It is something which you enjoyed doing well and which gave you a feeling of pride. It stirred your emotions, gave you a lift. You'd like to repeat it frequently — in fact, the oftener the better.

The age at which your tri-

umphs occurred is not important, nor need they sound impressive to others. For winning a spelling bee, you might have received praise from your class mates. For collecting a dozen different eggs of song-birds, you

might have been soundly trashed. But what others think is of no importance; all that counts is your own opinion of your achievements. When you stick to this rule, you will begin to discover that most interesting stranger who is yourself.

To chart your own road to success, why not begin by listing 20 achievements which have been highly rewarding to you? Tradition will warn you to shy away from putting down anything that might smack of "conceit." But bear in mind that it is only when you achieve that you can honestly express humility. And don't box yourself in by saying, "Oh, I felt pretty good about it at the time, but actually it was small stuff." Remember, each achievement must stand on its own in terms of what it meant to you. You must re-create the period in which the even took place, and then look at it — with as much detail as possible — through the eyes of the person that was you at the time.

Don't stop with achievements freshest in your memory. Go back as far as you can. One client told me that at seven a runaway horse had bolted with him. Instead of clinging, terrified, to the saddle, he had been thrilled by the experience. In fact, the enjoyment of that wild ride was so unforgettable that he longed to be with horse — to breed and train them himself. And, in time, he became a highly successful breeder of Arab horses. If he hadn't been exted by that first achievement, if instead he had found horses terrifying creatures, he would never have gone into his present business.

An achievement is made up of many things — talent, aptitude, even instinct, as when a man leaps into an ice-choked river to save a child without first considering the fact that he can't swim. If you will analyse each of your achievements in terms of its components, you

will soon discover that dissimilar though your triumphs may seem, there are certain factors which crop up in each of them: imagination, for example, or leadership, creativity, showmanship or perseverance.

It is one thing to know your DSF and another to apply them most effectively. There are many thousands of possible occupations and careers, but they can be divided into five groups: the commercial world of finance and sales; the industrial world that transforms raw products into saleable goods; the service world that teaches, transports, feeds, houses, cleans, etc; the professional world of scientists, doctors, lawyers, accountants, consultants, etc; the ownership world of individual enterprise. A breakdown of the five groups reveals 12 general occupation classifications: artistic, computing, mechanical-technical, words, persuasion, ideas, science, human relations, problem solving, musical, physical and leadership.

Strong abilities can function as weaknesses and lead to setbacks unless they are understood. A skilled dressmaker was a worried woman when she came in to see me. She could complete a dress so expertly and swiftly that her less talented co-workers complained that she was trying to show them up. When she tried to coach them in some of her own skills, she was accused of being "a meddling busybody."

By the time she had completed for me an analysis of her success factors she had discovered the source of her trouble. Of her success factors — creative, design-art, energy drive, individualist, manager and production — she commented, "I suppose they made me seem pretty bossy. What I have to learn to do is to keep quiet."

— Courtesy "How to Make a Habit of Success"



Paris Fashion by Jean-Charles de Castelbajac. AFP Photo

Cinnamon Bread Turnovers (Wentelteejjes) (for 4)

- 8 slices stale bread
- 2 oz. sugar
- Margarine for frying
- Pinch of salt
- 1/2 pint milk
- 1 teaspoonful ground cinnamon
- 1 egg

Beat the egg with 1 oz. sugar, pinch of salt and some cinnamon. Soak the bread in a

mixture of milk and the beaten egg until the slices are quite soft. Fry in a shallow pan in margarine until golden brown on both sides. Sprinkle with the remainder of the sugar and cinnamon.

Cookery

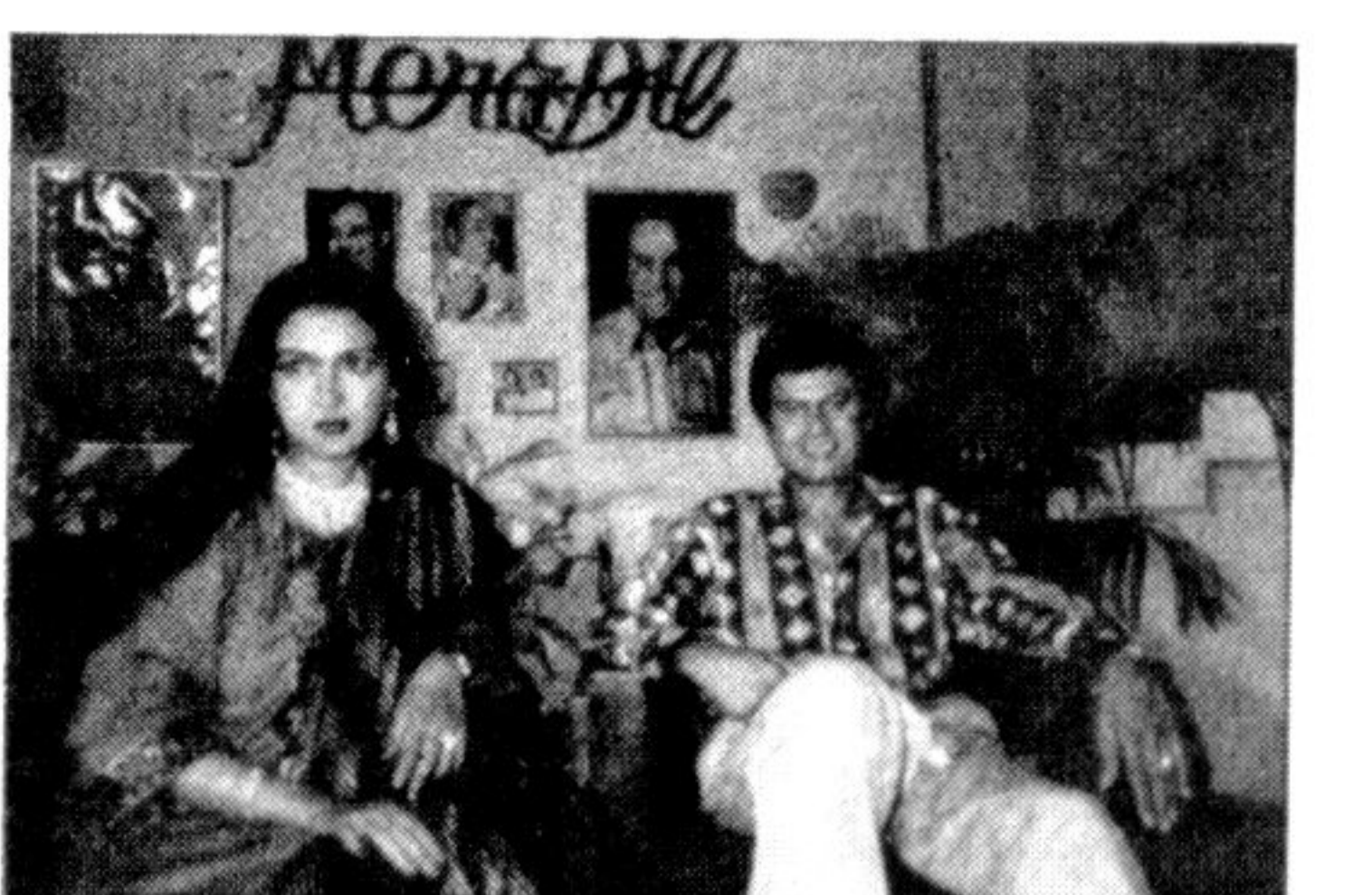
Dutch Rusks (Besc-huit met bessensap) (for 4-6)

- 12 Dutch rusks
- 1 pint water

1 lb. sugar
1 piece spiced cinnamon
1 pint red currant juice (or diluted red currant jelly)
1 tablespoonful cornflour
Peel of 1 lemon
Soak the rusks, each one separately, in half the red currant juice in a large dish. Slowly heat the rest of the juice with the sugar, water, cinnamon and peel. Mix the cornflour with a little water and add this to the hot juice when almost boiling. Keep on stirring and let the sauce boil for several minutes. Then pour over the rusks in a dish and serve hot or cold. SL



Krutika Desai and Neesha Singh in 'Manasi' on Zee TV



Anuradha and Kanwaljeet in 'Gaata Rahe Mera Dil' on Zee TV