

Joseph Eve's Weekly

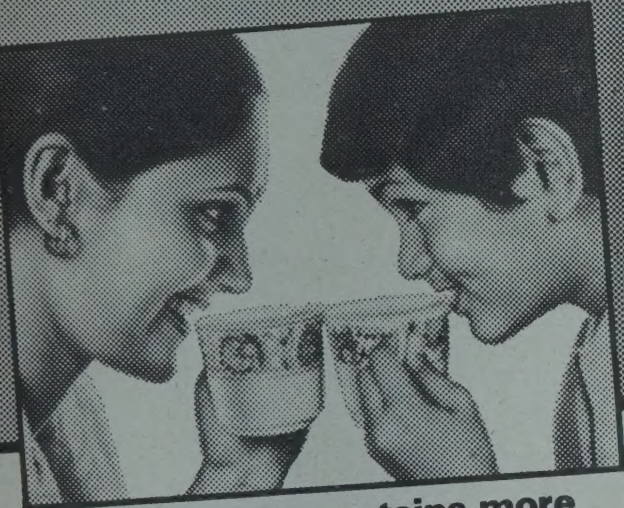
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**FRIGIDITY:
A Guide To
Understanding
And
Overcoming It**

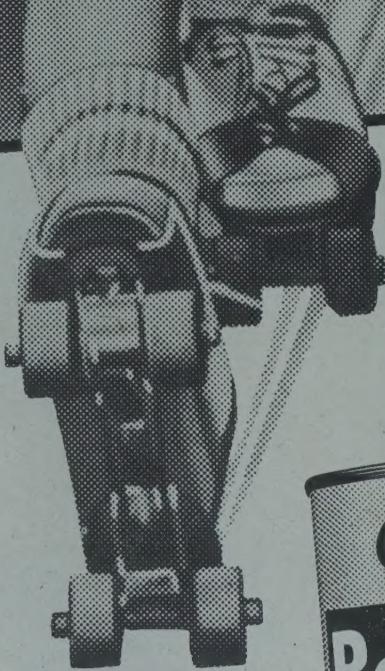
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FOR THE
SINGLE WORKING
WOMAN:
A Very Real
Problem**

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cocoa-delicious Bournvita**

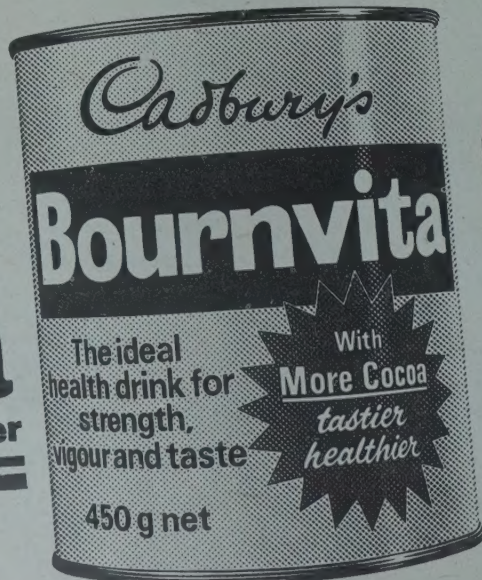


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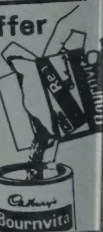
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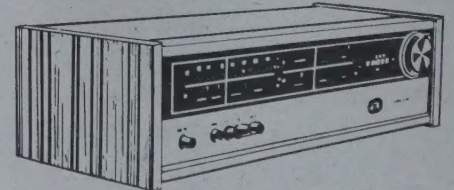
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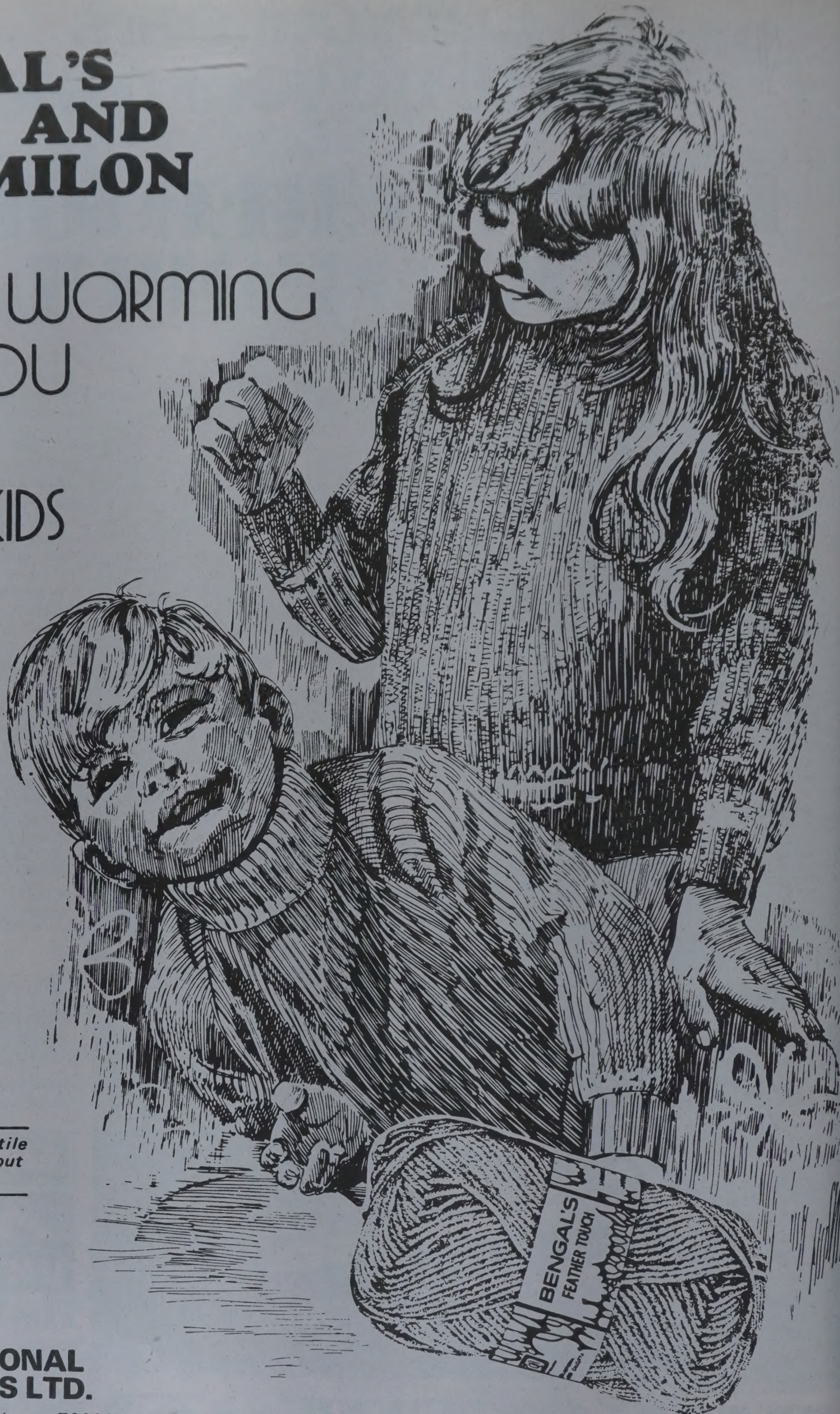
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RADHA MEHTA

etite, quiet and soft spoken, Radha has clear cut plans for her future and doesn't believe in a humdrum career. An active participant in the extra-curricular activities of New Era School, she was also secretary of the Student's Council and took part in dramatics. At present a Senior B. A. student at St. Xavier's College, Bombay, Radha spends her leisure hour doing Batik painting, swimming, horse riding and yoga, and of course goes out occasionally to parties and dancing. Her broadminded parents encourage her in her various hobbies and interests.

A disciplined girl, Radha says, "I would prefer a love marriage rather than an arranged one." Of the present teenage society, she thinks they lack sincerity in any field and most lead an aimless existence.

Ambitious and career minded, Radha would like to take up a career in Management and Economics after graduating.

Photograph: Anand Mahajan.

VOL. XXXI NO. 44 BOMBAY

CHAIRMAN PUBLISHER & MG. DIRECTOR
J. K. SOMANI J. C. JAIN

EDITOR:
GULSHAN EWING

STUDIO:
FAROKH REPORTER
STAFF PHOTOGRAPHER:
B. K. SANIL

PRINTER:
R. S. SARANGAN
PRINTED AND PUBLISHED AT
Sanj Vartaman Press,
Bombay Samachar Marg,
Bombay-400 023.

PROPRIETORS:
Eve's Weekly Ltd.,
Bombay-400 023.

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Do you have anything to say? Then say it here. We pay Rs. 25, 15 and 10 for the three best letters.

1st prize

SPARE A PRAISE

Aren't we housewives an underserving lot? For years we have used standard domestic products at home, and taken all the credit for the "lovely food" or the "excellent tea or coffee" or even the "lovely complexions". I don't think I've yet read of a housewife writing and complimenting the firms for their excellent goods. But let something go wrong, then by Jove, we write to the papers and magazines and complain to the firm concerned also, discuss over coffee parties "look what our country is coming to" etc, etc. I was myself a victim of this Indian heritage of complaining. I've been using Brooke Bond Red Label Tea since I got married in 1959; long before that my mother also used it. The quality and taste and compliments we took as our due. Last month, I happened to get some substandard tea leaves in my packet. I promptly complained, put some of the leaves in a plastic folder and sent the lot by Regd. Post to Brooke Bonds. I felt most lousy when, by return post, I received a polite apologetic letter from their Sales Administration Officer. And to make me feel lousier they presented me with a packet of their Taj Mahal tea! Why didn't I think of writing and complimenting them all these years? We take so much for granted. Come on housewives, let's praise instead of complaining. I know I can fill pages with names of various firms that have served me faithfully over the years.

And by the way, I've been reading Eve's Weekly since my schooldays, when it was a loose-page magazine. Cheers!

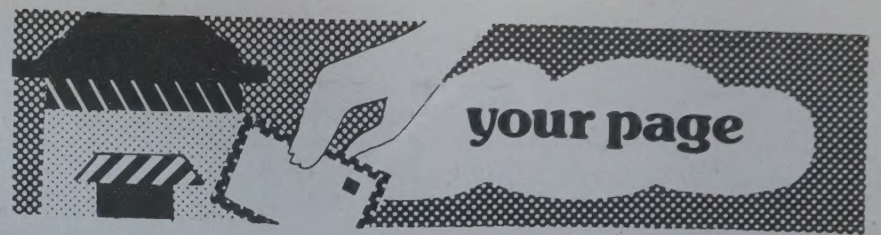
S. Kumaran, A. P. O.

Cheers. And we know it will gladden many a commercial heart to read your thoughtful letter. However, frivolous complaints apart, we do feel housewives must protest and complain against substandard and shoddy goods.

2nd prize

DOMESTIC UN-BLISS

Women's position in her personal life has deteriorated to a great extent. One hears regularly of women being burnt to death or murdered because of suspected or actual infidelity. They are either knifed to



death or burnt to death after pouring kerosene on them. Then there are also cases where they are badly beaten in the course of domestic disputes. Such tragedies also occur in the case of dowry and other domestic matters. The number of lives lost is very large. Recently a man living in a chawl killed his wife for suspected infidelity and then committed suicide. How revolting! A special law must be passed to deal with these domestic matters. And we must stop glorifying fidelity and woman's honour. The culprits are films, books and religious stories (Ramayana, etc). Women's fidelity is no doubt important but not to the point of killing them or beating them. Why cannot they be treated more like human beings, I shall never understand.

J. V. Jacob, Bombay

Yes, there is far too much fetish about fidelity. Men must be made to understand that a woman can be good and sweet and companionable even if she has been unfaithful. And why not? Isn't a man...?

3rd prize

THE Q OF D

Don't you think that parents have all these years been duped into giving dowries for their daughters instead of demanding a lumpsum for parting from their daughters? Parents sacrifice their daughters, whom they have brought forth, cared for and looked after, to be married to a total stranger and to serve him (in most cases the in-laws, too) lifelong, bear his children and maintain his house. No man marries a girl and keeps her in a showcase without using her for the aforesaid reasons. Then where is the question of demanding dowry on the basis that men provide food and accommodation for the girl throughout life. There is no need to beg men to come forward and help in abolishing dowry; instead they must be made to understand that they should be grateful for getting a girl to be by their side in their life's struggle. Once men learn to be grateful, especially towards their in-laws there won't be any question of Dowry in our country.

Mrs. Natarajan, Kerala.

Taking your argument to its logical conclusion, it would appear the men should be paying to acquire a wife. The

question of dowry, however, cannot be solved in such simplistic terms. Let all women strive for economic independence — that, alone, seems to be the solution.

THE FASTING HUSBAND

So far I have known only of cases of women who fast on certain days and occasions for their husbands to live long or for the health and well-being of the children or family.

Can you believe that there are men who fast for the health of their wives?

Recently, I came across a couple where the wife is perpetually on drugs to drown the pain caused by a fall on the stairs a couple of years ago. The several operations in the spinal region and medical treatment so far, have not succeeded. The drugs are weakening her and, to a large extent, slowing her down.

Her husband is fasting every Tuesday for his wife's quick return to good health. Can there be a better medicine for her than this, her husband's concern for her?

Padma Ramachandran, New Delhi

We may not have believed it—but now that you have told us. This is one fortunate, blessed wife — are there any more?

LOST OPPORTUNITIES

"So much satisfaction" — I quite agree with your recent first prize winner. I was, am, also of the same opinion. I am a Ph.D. I proudly turned down the offer of Lecturership because I wanted to be a good housewife — and of course I am, with two happy, healthy children and a loving husband. I do my duty, cooking, cleaning the house and even the car, some stitching also. I do special cooking too...Chinese food, cakes, biscuits, jams, but even now I am not satisfied. My daughter is in High School, my son will follow in two or three years. I will not be much help to them in their studies and I am no more their friend. Now how will I spend my time in the coming years? The offer I turned down so proudly. I am not getting now even after trying hard.

Mohini, Lucknow.

There is no need to feel sorry for yourself. You made a decision and you should seek your happiness thereby. And why can't you be a friend to your children? Have you tried, or are you too busy filling up just their tummies?

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Sectional Head of the Nutritional and Quality Evaluation section at the Food Irradiation and Processing Laboratory (FIPLY), at the Bhabha Atomic Research Centre, Dr. Urmila Vakil has that air of quiet competence about her which soon shows through her deceptive stature and fragile voice.

After finishing her Ph.D. in 1955, on the Role of Vitamin B12 in Transmethylation Reactions," she served as a Senior Scientific Research Fellow at the Department of Chemical Technology (UDCT), Bombay University, till 1960, when she proceeded for post-doctoral training to the John Hopkins University, Baltimore, and thence to the Columbia University as a Williams Waterman Fund Research Fellow. "My main interest there was to work on Vitamin A deficiency, more precisely, the relation between Vitamin A and protein metabolism."

On her return to India she was at the Haffkine Institute for a couple of years before she joined B. A. R. C in 1965. Today, she has about eight people working under her, most of them pursuing their post-graduate or doctoral studies with her guidance.

Describing her work, Dr. Vakil has this to say: "Our main interest is to study the effect of radiation on food or the wholesomeness of irradiated foodstuffs. By this method, it is possible to avoid the massive waste of food that goes on in the country. Radiation treatment is one of the ways of increasing the shelf life of perishable foods; besides extended storage, retention of quality, control of microbiological spoilage and elimination of toxic substances are some of the advantages of this process.

But then, any treatment should be safe for human consumption. We have found that irradiated potatoes, wheat or shrimp are safe and have no adverse effects on health. Potatoes and onions which normally sprout in two weeks can be preserved for six months by irradiation. In a country where 30% of the potatoes rot away, the advantage of this method remains undisputed. Again, for wheat, irradiation appears to be better than fumigation (the currently used method of preservation) because, in the later method, the possibilities of chemical residues being left over exist.

As humidity is high in our country the increasing number of insects at times makes two fumigations necessary, thus further aggravating the content of fumigants which can harm the human system. We have also discovered that radiation treatment makes compositional changes and that the quality and acceptability of several food items can be improved by this. For instance, the baking quality of wheat or the cooking quality of red gram improves following irradiation."

But what is this radiation treatment?

"Foods like wheat, shrimp, etc. exposed to a Cobalt 60 source which emits gamma rays that disinfect the wheat and reduce the spoilage organisms in fruits and perishable goods like fish, thereby increasing their shelf life. Take sea-food in particular. A method like refrigeration serves to preserve it only for 2-3 days and ice-storage is effective for 5-10 days. Freezing also contributes to tissue-damage which affects both the texture and flavour.

"Again, canning is too expensive a method for widespread use and sun-drying causes brown discoloration, putrid odour and also makes the fish amenable to

eve today



URMILA VAKIL:

BENEFITS OF IRRADIATION

mold and insect growth. As against this, irradiation is a safe and effective method of assuring both a longer shelf life and retention of near-original flavour. For this, we decrease the water-content of the fish to 40%, which is one way of reducing the spoilage organisms; then, a little heat-treatment is given, which serves to lower the dose of radiation required. The process is called dehydro-irradiation of shrimp and if used on a mass-scale holds immense potential for boosting exports."

Dr. Vakil continued, "Then we study certain nutrition problems. Protein deficiency, a product of socio-economic circumstances coupled with ignorance of nutritional values, is rampant here. Now, there is a close relation between Vitamin A and protein. So we study how the storage, transport, and utilization of Vitamin A is affected in protein-calori malnutrition and how the protein deficiency affects metabolism at cellular and sub-cellular levels. Vitamin A deficiency, as we know, leads to night-blindness and other eye ailments. The experiments are conducted on animals like rats by feeding them a diet deficient in Vitamin A.

"Further, I have worked on the effect of radiation on the bio-chemical processes in animals as well as in plant tissues. If an animal, for instance, is exposed to X-ray radiation, some bio-chemical lesions do take place in the system. In plants the seedling-growth is affected due to adverse effects on the auxin-metabolism (that is, the synthesis of some growth-promoters in plants like gibberelins is reduced)."

She has also gathered valuable research-data on the role of Vitamin C in brain-development in an animal. "We have found that Vitamin C has a very decisive role in pre-natal development, and ascorbate sulphate (a metabolite of Vitamin C) has been postulated as a sulphate donor to facilitate the transport of Vitamin C across the blood-brain barrier. We are currently interested in the alterations in the structure-function relation-

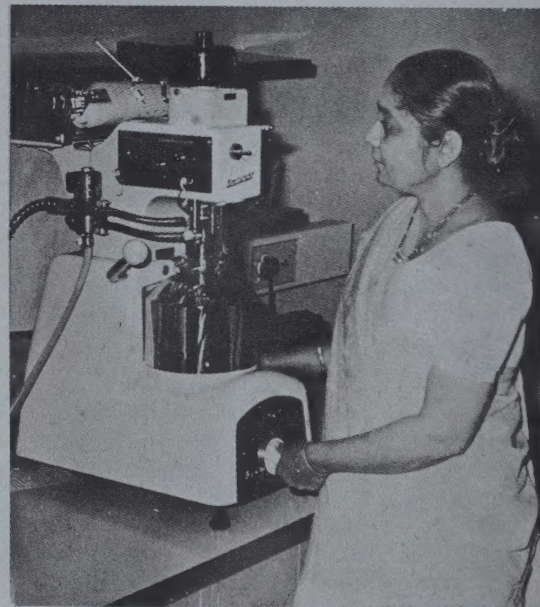
ship in cellular and sub-cellular bio-membranes in Vitamin A deficiency."

Yes, she really enjoys her work, "for it presents new challenges every day" though she admits "it does demand a lot of patience and endurance; but now working in the lab has become a part of my life process."

In 1971, Dr. Vakil visited laboratories in the USA, Canada, the Netherlands, Germany, and U.K. on a lecture-cum-study tour. She has participated in several seminars within the country. Seventy of her publications have appeared in reputed national and international journals like the "Journal of Nutrition" (U.S.A.), "Radiation Research," "Radiation Botany" and so on.

Her present projects include "evolving a combination process by radiation and other treatments to decrease the flatulence factor in legumes (dals or pulses) which are our chief source of protein, without reducing nutritional quality. Experiments have already been carried out successfully on tur dal. Irradiation of sutures and other medical equipment (like disposable syringes) is one of the everyday projects of public utility at FIPLY, for it serves to sterilize them en masse."

Dr. Vakil's greatest satisfaction was "when we observed that irradiated foodstuffs are fit for human consumption, for it has such an immense bearing on the economy of the country." The process, it appears, is feasible on a large scale, for



we lack neither the equipment nor the qualified personnel — if only its application is approved by the authorities.

Never encountered discrimination? I asked.

"No, not at any level," claimed Dr. Vakil. "I think I have been given equal opportunities. I have also had total cooperation from my family. Bio-chemistry was a very new subject when I started my post-graduate studies and I was drawn to it because it is a life-science, the application of which can be utilized for human welfare. I feel it is a grand opening for girls provided they have the interest and dedication."

Brushing aside my doubts about managing a home efficiently while holding such an absorbing job, she admonished, "Of course you can do it, provided you plan your schedule in advance."

Shailaja Gauguly

In increasing numbers men and women today admit their lack of sexual response and ask for help. Their apathy or repulsion to sex may be due to physical or psychological problems. Every man and woman wants to respond, wants to love and be loved. They want to give and receive sexual happiness but cannot either because the wife is frigid or the husband impotent.

Lack of sexual desire, fear or revulsion may be owing to psychological factors or physical difficulties. Regarding psychological factors fear is at the root of many sexual disorders. Fear of pregnancy or childbirth, or social disapproval, or of divine punishment has made many incapable of enjoying sexual relations. It may also be due to inhibitions and/or indoctrination based on the notion that sex, whatever its form, is evil, "dirty," participation in which is demeaning and disgusting.

Sometimes guilt feelings, or traumatic experiences with regard to sex create frigidity, sometimes it can also be due to false attitudes, ignorance, and even lack of interest. Frigidity may also exist owing to certain misconceptions, about masturbation, etc, which are responsible for creating inhibitions which arrest normal and healthy sexual response.

Among physical causes may be mentioned disfunction of the vaginal muscles (a common complaint), hormonal deficiency, lesions or adhesions in the genital tract causing pain and hence revulsion, and neural malfunctioning. Conditions like dyspareunia, i.e. serious pain during the sex act, may interfere with intromission, often it may be a case of introitus where the vagina has been narrowed by a peculiar development of the surrounding connective tissue. In other cases steriosis (the inability of the tissues to yield and permit the vagina to accommodate the male organ) may assume different degrees of seriousness. Vaginismus, another cause of painful intercourse, is a condition in which the muscles of the vagina clamp down at the touch of the penis, and lock in a spasm that makes it very difficult and even impossible to complete intromission. Internal infection, inflammation or insensitive erogenous zones may also be some additional causes.

If revulsion is due to sex relations which are physically painful, then the first thing to do is to get medical treatment from a good obstetrician and gynaecologist. If the doctor feels the source of the condition is emotional or of a psychic origin, then, of course, one can seek the attention of a good psychiatrist.

There are many ways by which an individual or couple can enhance sex enjoyment.

(1) Overcoming one's fears and reservations about enjoyment of sex is one of the major tasks. One must believe that sex is a wholesome, natural part of life and definitely not sinful, dirty or evil as many people have been taught to believe. Sometimes the anti-sex attitudes are so deep within us that we are unaware of them. Then counselling or psychotherapy may become necessary. But a lot can be done by sheer will power to overcome deeply ingrained prejudices against sex.

(2) A good start in overcoming prejudices can be made by reading scientific books and journals about sex and by checking on one's unquestioned assumptions and vague ideas about sex. Some useful books to help one would be Maxine Davis' "The Sexual Responsibility of Women", Van de Velde's "Ideal Marriage", Marie Stope's "Enduring Marriage", Dr. Hannah and Abraham Stone's "A Marriage Manual" and Mary Macaulay's "The Art of Marriage", and "Your guide to Love and Sex" by Paula Newhorn. Besides

PROBLEMS OF SEXUAL INADEQUACY

Mabel Fonseca

Frustration in sex makes a mockery of married life, but the cause—frigidity and impotence—can be found and cured if there is understanding, frankness and courage

these, there are good books by Dr. Eustace Chesser, Dr. Albert Ellis, and Dr. Chartam available at any good booksellers.

(3) Another important step in overcoming blocks to sexual participation is overcoming communication problems between husband and wife by talking about the difficulties that deter them.

(4) Privacy is an important factor. It can be planned for and some spontaneity preserved in spite of the fact that one may be living in a large family.

Sexual coldness among women may manifest itself in a variety of ways. Some may lack any sex urge, others may have strong desires and become easily aroused, but may

absolute frigidity is rare

not derive any pleasure from the sex act itself. Sexual coldness may be only temporary or relative in degree, the result of a number of mental factors.

Absolute frigidity is rare. In the words of Dr. Arnold Kegal, "I have treated many thousands of cases, and the one thing of which I am certain is that there is really no such thing as a cold woman or cold man. In their heart they are warm and loving. But the ability to express that warmth is locked away."

The husband's sexual capacity and behaviour must also be taken into consideration. As Dickinson aptly puts it, "It takes two persons to make one woman frigid." A counselor may often hear a woman say, "He treats me like a thing," which may imply that the husband with all good intentions may lack skill. In other instances the woman may give an impression of sexual coldness because her husband first approach frightened her, or was uncomfortable or painful. In still other cases, it may be that an argument has created some resentment and hence has temporarily blocked the sexual response of the woman.

If the coldness persists, however, adequate sex education and re-education of the husband and wife, with a reorientation of the wife's attitudes to allay baseless fears instructions on the technique and art of love, provision of satisfactory and reliable methods for the prevention of conception and other medical and/or psycho-therapeutic measures are often of great value.

HE COMES OFF TOO SOON

Premature ejaculation is probably the most common male sexual problem and is most frequent in the early years of married life and much can be done to overcome the condition by timely treatment.

Ejaculation is termed premature if it takes place soon after the entrance of the penis into the vagina before the female partner can reach her climax, or if it takes place before the entrance of the penis into the vagina. In the latter case the semen may be expelled while the penis is still semi-erect or before any erection at all has taken place, when kissing or embracing his sexual partner or merely seeing her. This is a more serious form of premature ejaculation.

But this definition assumes that the wife is sexually normal and can reach a climax within a reasonable time. A woman may require twenty minutes of active stimulation before she can reach the climax. Some women may never climax or can do so only after prolonged intercourse. It is unfair in those cases to expect a man to retain his ejaculation long enough to satisfy a woman who requires a lengthy coitus.

The man who fails to control ejaculation and denies his wife sexual relief, approaches each sexual act in a state of nervous tension. This in itself is enough to cause premature ejaculation, even if there were no actual physical basis for it.

Newly married men often suffer from excessive excitement and nervous tension which causes premature ejaculation. However, as one gains more confidence the problem sorts itself out. In a minority of cases the abnormal shortness of the foreskin or over-sensitivity of the glans causes premature ejaculation. In such a case a physician should be consulted, and only if the condi-

persists in spite of the physical check-up would one see a psychiatrist.

Among the physical causes are infections, either of the prostate gland or of the urethra, the tube through which both urine and semen must pass. In some males who have not been circumcised, the prepuce (foreskin) may be so long that it covers the head of the penis almost entirely and makes it hypersensitive to any friction, resulting in premature ejaculation. Anything which reduces a man's general health may also affect his sexual response. Sometimes a glandular malfunctioning (the thyroid or adrenal glands) is the cause.

Dr. Karl Abraham, one of the first to study the problem of premature ejaculation, believed it was due to a hypersensitive urethra. He said that men who suffer from premature ejaculation had difficulty in learning bladder control as children.

In older men, premature ejaculation is often a symptom of the loss of sexual vigour which accompanies advancing age. In young men, healthy and sexually vigorous, who reach orgasm so rapidly that they are unable to satisfy their partners, the cause may be that the glans penis is so supersensitive that genital union almost immediately results in ejaculation.

Couples facing marriage must also be aware of the fact that premature ejaculation frequently occurs on the wedding night. Both bride and groom are usually tired after the day's ceremony and celebrations and the tension which accompanied them and the preparations for the wedding festivities.

Both may be selfconscious, and the bride may be fearful about her first sexual experience and the groom may be no less apprehensive than she, especially if he is inexperienced.

books that can help you

The young husband should not be too embarrassed nor the young bride too disappointed, should the first union end in premature ejaculation. If the bride's hymen is difficult to rupture, this is even more apt to happen.

Knowledge of techniques of foreplay, whereby the female can be brought to a point where she can quickly reach a climax, is of considerable value in overcoming the effect of premature ejaculation. In such cases too, one can practice "pleasuring" or fondling of the partner, but need not be obsessed that the sex act must be complete. When anxiety and excitement are dispelled, erection will come naturally. Positions such as the inverse position with the wife occupying the superior position can be tried to retard ejaculation. For further information on positions etc, one could read "Guide to Sexology", compiled by the editors of "Sexology", "Introduction" by Frank S. Scorpio, and "Understanding Human Sexual Inadequacy" by Fred Belliveau and Lin Richter. Yogic exercise under proper guidance has frequently helped.

Anesthetic ointments have been helpful in some cases. Applied to the glans penis before intercourse, they make the organ less sensitive and able to withstand longer contact with the vagina. But this ointment is used only where erection can take place. Dr. Lombard Kelly, with long clinical investigation and experimentation, found that dibucaine hydrochloride (Nupercaine, Ciba) in one percent ointment in tubes was very satisfactory for

prevention of premature ejaculation. A quantity sufficient to cover the head of the penis is massaged in thoroughly about twenty to thirty minutes before intercourse. Tranquillizers have been useful in some cases, hypnosis in others, not to mention counting the alphabet backwards. Now newer approaches are being found to this major sexual problem, giving promise of cure.

Treatment nowadays is based on the theory of desensitization which aims at curing premature ejaculation by retaining the man's pattern of sexual response so that a greater amount of sexual stimulation is needed to trigger the ejaculatory reflex. There are a number of methods of using this retaining technique. All can be used by any husband and wife who are willing to cooperate to overcome this problem.

techniques to adopt

The first method is the active approach developed by Dr. James Semans. The method requires the wife to stimulate the male organ manually until the husband becomes aware of the sensation that immediately precedes ejaculation. He then signals his wife, who must immediately cease stimulation. When the sensation has disappeared, the wife again resumes stimulation, and the husband halts her when he feels that ejaculation is about to occur.

Repeating this procedure establishes a pattern of sexual response in which intense stimulation is tolerated and ejaculation is delayed. Soon the man finds himself able to postpone ejaculation almost indefinitely. Because ejaculation occurs less quickly when the male organ is wet than when it is dry Dr. Semans advises the man to lubricate his organ with a bland cream for the desensitizing technique.

The second, the passive approach, was developed by Dr. Joseph Wolpe, a renowned psychiatrist. He noted that impotence and premature ejaculation were often caused by anxiety or fear of the sexual situation. Dr. Wolpe found that by desensitizing the man to these situations so that they no longer disturb him, he learns to tolerate them without ejaculating immediately.

Unlike the Semans technique, Dr. Wolpe's method does not require the wife to stimulate her husband actively. As a matter of fact, it insists that nothing at all be done to increase his sexual excitement and that no sexual demands be made of him.

The recommended procedure is for the husband and wife to engage in sexual closeness without either expecting intercourse. In bed they are to indulge in only as much sexual activity as the man can tolerate without anxiety. He is to do only as much as he really feels like doing, and no more. Because there is no set goal he must reach, no level of sexual performance he must attain, the anxiety he feels about sexual inadequacy is lessened. As he becomes more relaxed, he is able to indulge in more intense embraces without becoming anxious.

In the use of either technique, premature ejaculation may accidentally occur, and the couple is advised to expect this. Because they no longer regard it as a sign of failure, it does not create tension or arouse in the man feelings of inferiority. If premature ejaculation accidentally occurs during the procedure Dr. Semans advises that all further efforts be delayed, except that the husband is to manually

stimulate his wife till she reaches completion. He considers that helping the wife achieve sexual relief is something the husband must do if he is to get her continued cooperation. With the Wolpe method, the man is not required to perform any love-making except that which he freely desires.

Dr. Williams Masters and Virginia Johnson whose clinical work in this area is very significant and of great importance, advocate a method similar to that of Dr. Semans. They suggest that the male be manually stimulated by his partner for short controlled periods with stimulation withheld at his own discretion when he feels ejaculation is imminent.

Anyone concerned with this problem should read the Masters original text with care. It presents in detail for the first time the highly effective technique for learning ejaculatory control. Millions of men with this problem can now learn how to satisfy their wives, improve their own lives, and avoid marital difficulties.

The first step in the treatment is to know that the pattern of premature ejaculation can be changed. Confidence in themselves is important. Usually when premature ejaculation is a problem, the couple adopts the technique of not touching the man's genitals. Not only is this ineffectual, but it also deprives the woman of the pleasure of touching, and the man the pleasure of being fondled. The Masters use a "touching" technique which brings the man control and gives the couple the freedom of caressing each other without ever having to think "don't touch."

In the first days of therapy the husband and wife practise "pleasuring" each other. As soon as the husband achieves full erection, the wife employs a manoeuvre called "the squeeze technique."

The couple must make certain that they are instructed in this therapy by a sexologist. This play is to accustom the male to the squeeze experience. The quick effectiveness of this therapy gives the couple new confidence immediately to open physical and verbal communication which was previously blocked.

IMPOTENCY IN MARRIAGE

Broadly speaking, there are three types of impotency:

(1) In cases where erection cannot be achieved under any circumstances, impotency is said to be total and may be permanent. Total impotency is however extremely rare. It may be caused by physical or psychological factors and in some cases it can be treated by physiotherapy or psychotherapy. However, in most cases it is not receptive to treatment.

(2) In cases where erection can be achieved but not sustained until orgasm, impotency is said to be partial and may be temporary in nature. Partial impotency is relatively common. Many men experience the phenomenon at one time or another during their lives. Again, the causes may be psychological or physical and accordingly the treatment may have to be psychotherapy or physiotherapy. In a majority of the cases therapy may be effective.

(3) Cases where erection can be achieved and sustained until orgasm with some partners but not with others, are almost a universal phenomenon. In these cases selective impotency is almost invariably psychogenic and the response to psychotherapy is quite favourable.

When impotency occurs, it is usually symptomatic of a number of deep-rooted problems.

(1) Physiological disorders in any of the three nervous systems — the central, peripheral, and the automatic — or severe injury to the pelvic region, can result in impotency.

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PROBLEMS OF SEXUAL INADEQUACY

Physical exhaustion can also create impotency, till strength is restored.

Another physical cause of impotency is hormone deficiency. Testosterone, the hormone generated by the testes, if deficient, can diminish the capacity for erection. Sometimes endocrine and metabolic disturbances can give rise to impotency. Impotency may also be a side effect of an organic disease. Diabetes can cause temporary impotency. So also the condition called arteriosclerosis. Obesity, gout, chronic rheumatism and high blood pressure may also create impotency.

(2) Temporary impotency may usually arise from situations or circumstantially induced factors, such as homosexuality, a nagging wife, depression or worry over finance, fatigue, weakness of desire, and addiction to alcohol or drugs, especially sedatives and narcotics.

(3) Psychological and emotional upsets are largely responsible for most cases of impotency.

It must be noted that there are certain cases where persons wilfully curb the sex urge. This may be due to ambition or fear of impregnating the wife, having wrong convictions or unrealistic philosophies of life and living.

How does then one go about determining the causes of impotency and the means by which it can be overcome? The first step is to classify the problem in terms of total, partial or selective impotency. If, for example, a man regularly achieves erection and orgasm with certain women but not with others, or only in homosexual congress, then his problem is strictly psychological. If on the other hand, he has not achieved erection or orgasm for a prolonged period (six months to a year or more) it is quite possible that physical factors may be involved.

In the latter case, the first step should be to consult a neurologist and a physician. Physically induced impotency may be traced to problems of diet, over-exertion, or a generally run down condition.

It is important to note that the wife's role is substantial and crucial. Even if the wife has nothing whatever to do with the cause of her husband's impotency, there is a great deal she can do to overcome it, or at least to mitigate it and help achieve some sexual satisfaction for both concerned. She must never show by word, attitude, or gesture, no matter how unsuccessful her husband's attempts have been, that she regards him as sexually inadequate. She should try talking things over with him and see if any problems of the past or present are worrying him.

Hypnosis has been successfully used in cases of frigidity and impotency. However, there is no certified list of such practitioners in our cities, and there are many pseudo-practitioners of hypnotherapy. If one wishes to consult one, it is best to write to the head of the psychiatric departments of good hospitals like the K. E. M. and the J. J. in Bombay, and they can recommend someone.

Occasionally a man marries in spite of knowing he is not altogether potent, but in the belief that marriage may be a cure for his condition. But marriage should not be entered into unless the future wife is fully

cognizant of the man's disability and is willing to accept him in spite of his condition. In our society this can only happen in a love marriage. There are men and women, however, particularly of advanced age, who may look upon marriage more as companionship and are willing to disregard the sexual factor, but this is a matter of individual understanding and adjustment.

Dr. David Mace found that the best method of treatment is to lead the husband into the anxiety producing situation by very slow, easy stages. He asks them to experiment by putting the penis in the vagina and just lying together in this position. The penis need not be erect, and on no account must they at this stage attempt to complete intercourse. The wife must be willing to have her climax later, outside the vagina.

The object of all this is to reverse the husband's efforts in the vagina — from trying to reach a climax to trying not to do so. A couple could go on with this exercise until they find it quite comfortable and enjoyable. The non-coital climax is always available, so

the selfish male

they need fear no frustration. Sometimes it may turn out that there is a climax in the vagina. If this does not occur the couple still have non-coital sex experience to support their marriage and some may accept this as the best they can expect.

"What I cannot understand is his wanting a girl like that," a betrayed wife sobbed. "She's common and vulgar and there is sex written all over her. How could he like her?"

The answer was that his wife — cold, matter of fact and brought up in a Victorian attitude — had starved him of sex until the man was swept away by the first woman who warmheartedly offered him everything he had been denied.

PROBLEMS OF SEXUAL RESPONSE

Wives, however, are not solely to blame. Husbands can almost force this on them. Tradition has always made it appear that men can enjoy sex and not women. This means that when he is aroused his wife should satisfy him, but her desires are not of any consequence. Comparatively, few men are thwarted in their sex life. They make it customary to describe their sexual activities with their wives as their "rights." Very few talk about a wife's rights to sexual pleasure.

Man is inclined to be selfish about sex and is not greatly concerned with the emotional needs of his sex partner. Virtually no woman will spontaneously seek sexual satisfaction purely as a physical relief. It is impossible for her to treat sex in the same way as a man does. The arousing of her sex desire, and her means of satisfying it, are infinitely more complex than in the male.

"I've never had any real pleasure with my husband's lovemaking," a wife said recently. "It all seems to be over so quickly and by the time I've got excited, he's ready to go to sleep."

If a man is too quick in ejaculation, the woman is left restless, unsatisfied, and with a sense of frustration which can eventually turn to hatred. Women long for the true consummation of love, but most of them can't understand how they can achieve this. "I've been married six years," says one wife, "but I can honestly say that I've never had any real pleasure during intercourse with my

husband. He gets very angry and says I'm cold and it is spoiling our marriage. I love him and want to feel passionate, but I don't know how."

Ecstasy in a woman is not something that can be turned on like a tap. A man can have an orgasm which is completely and entirely physical. A woman has to be excited mentally before she can achieve physical satisfaction. If a man has been nagging the whole day and at the end of the day he wants to make love to her, she cannot be physically responsive.

Women also can spoil their sex life by failing to make themselves attractive. "It's attractiveness a man and woman want," a doctor said. "Women with grease on their face get into bed talking about the price of potatoes and are surprised when a man doesn't feel passionate. Men, yawning and smelling of drinks, say it's time for bed and wonder why it doesn't give the woman a thrill."

7 WAYS TO EXCITE A RELUCTANT MATE

The loss of sexual desire in marriage can usually be traced to one or more of eight principal causes. If these causes can be eliminated, sexual desire can be restored.

BE ATTENTIVE during the early days of a sexual relationship to a partner's sexual wishes and pleasures. Don't regard your own satisfaction as the only end. The man must work actively to arouse the woman's desire, and the woman must excite the man's passion.

After a while, however, many men and women fall into a pattern of expecting the spouse to want sex whenever they do. Instead of working actively to arouse a partner's desire, they simply assume that the partner will be aroused because they themselves are.

If your mate's sexual desire appears to have diminished, it may very well be because you no longer are doing what you once did to excite his or her interest. The art of inspiring sexual interest is no less important after years of marriage than it is the first time a man and woman have sex.

AROUSE YOUR PARTNER: The man who takes his wife for granted usually shows it by losing his enthusiasm for sexual foreplay. He rushes into coitus, totally unconcerned whether or not she is adequately aroused. As a result, she fails to enjoy the act and is not especially eager to participate the next time. Sexual boredom rapidly sets in, both for the unsatisfied woman and for the man himself. Because of her lack of responsiveness, he finds himself deriving less and less pleasure from each act of intercourse.

The solution to this problem, obviously, is to make sure that your mate is in the mood before you attempt coitus. Arouse her with kisses, caresses, and tender words. Begin coitus only when you are sure that she is as excited as you are.

TURN ON — NOT OFF: The woman whose husband ignores her need for foreplay often complicates matters by rebuffing his sexual advances in a negative way. She says, "Don't do that," or, "I'm not ready yet." He, in turn, responds not by providing the stimulation she requires but by losing his own desire for sex. A wise approach is to initiate foreplay on her own that will sustain both in building up.

VARY THE SEX ROUTINE: Far too many couples rapidly settle into a routine in which lovemaking takes place only at night, only in bed, only with the lights out, and only in one position. As a result, sex becomes routine and loses much of its excitement.

Continued on page 47

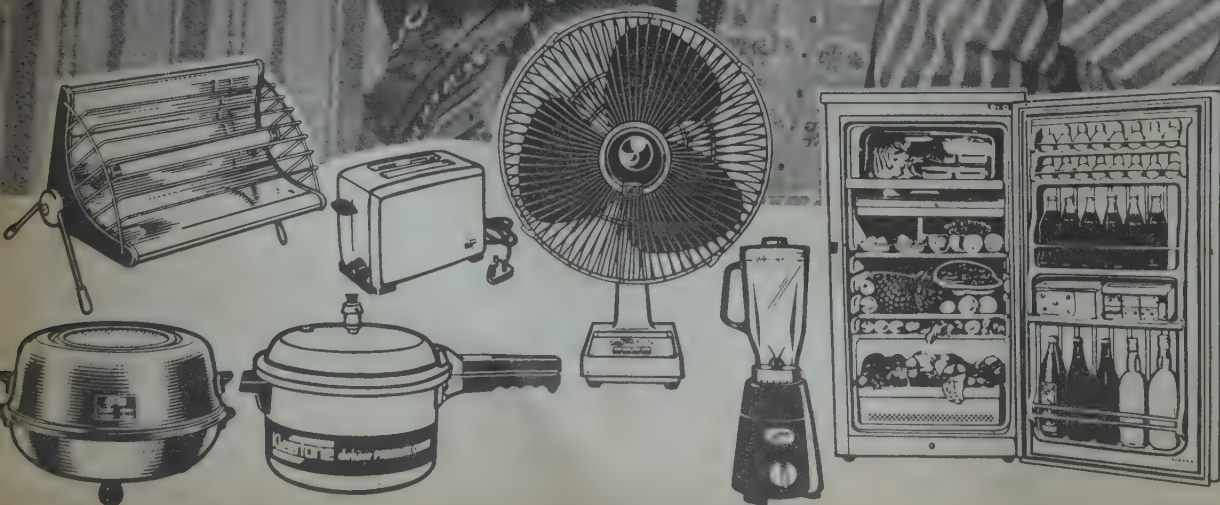
'One crease and he puckers up his face like this!'

His favourite speech: 'Nothing like a hot bath to ebb away your tiredness!'



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ook, let's get this basic thing lightened out first . . .

The person you fall in love with and the person you could have sex with can be (and often are) two different people. Of course, if one could fall in love with somebody who is also (not only) his/her ideal concept of a sex partner, it would be the ideal thing. But practically speaking, this doesn't always happen.

The fact is that love and sexual desire are two different and separate forces. (Please, by "love" I mean the normal, heterosexual, romantic love and not "love between parents and children" and "love of nature," etc.) Admittedly, love and sex go hand in glove. Still, they are separate all right. Just as the hand and the glove are two separate and different things.

Fine. You'll be able to appreciate the validity of what I'm going to say now. Just as there are certain women who are frigid, sexually, there are a whole lot of people (both men and women) who are frigid, love-wise. More so in this country like ours, for reasons we shall come to later.

I don't know how the Oxford dictionary defines the word "frigidity" and I don't know what the pundits of psychology say it means. And I don't care . . .

What I do know is that frigidity is largely the result of some mental inhibitions. And inhibitions result when the mind is convinced about disapproving of something.

Now, love has always been something associated with sex. And sex, down the ages, has generally been looked down upon. Unwittingly, in the bargain love also came to be looked down upon.

But suddenly, of late, there has been a great change in people's attitude towards sex. A whole lot of psychological theories have been propounded. A whole lot of books have been written advocating the "sanctity," the "purity," the "naturalness" of sex. Yes, more and more books written by "experts" and doctorate-holders are being brought out by the minute, which tell you how to get the most out of sex — no holds (or postures) barred.

But love, poor thing, got left behind . . .

For some strange reason, not many psychologists feel inspired to write books advocating the "naturalness" of falling in love. And the tragedy is that "literate" people tend to form their opinions and judgements on the basis of opinions and judgements enunciated by the people before them. I am no lover of lovers of reading. It is because of those stupid people who seek their answers in books written by other stupid people that I am writing this stupid article.

I look around me and what do I see? I find that while the young men and women of today can talk

Afraid to fall in love? Does the fear of hurting one's ego affect not only love- making but love itself?

Harmeet Kathuria

very casually and candidly of sex — vaginal, anal or oral — they find some difficulty in saying the word "love" (no, I am not exaggerating). They tend to substitute the word with some funny-sounding expressions like "luv-shuv," "Lo-oooh" and "luf."

Funny, isn't it? So funny that it's not funny.

So, okay. Now we come down to the reason for this.

Obviously, the first is inhibitions. Sure, love is not consider-

wise, being a frequent witness to crude, exhibitionistic kind of love can put a person off love itself.

What they don't realise is that love does not necessarily only mean holding hands and walking arm in arm in a crowded bazaar (not that I personally disapprove of such things).

The second reason is ego.

People, at least quite a few of them, tend to suppress any likely desires in themselves of falling in love. The reason? They are afraid of their feelings of love being not reciprocated. This happens to people who are looked up at by their near and dear ones — especially the eldest brother or the eldest sister or whosoever is respected in the family. Their thinking goes like this: "What if I fall in love and the other party doesn't? What will my brothers/sisters/cousins think of me?"

The third reason is an inferiority complex.



ed something "bad" and "dirty" like sex. But it's considered something stupid all right. Well, even if it's not exactly stupid, it's something stupid people do. That's why we find that the people who are not in love tend to feel themselves superior to those who are.

I am now going a bit off the track to help you understand my point better.

Admittedly, people in love behave and look a bit funny. When you are not in love and you look at others who are, you are inclined to feel amused and you tell yourself, "My God, if this is the way people in love behave, I'm certainly not going to fall in love." But imagine yourself looking detachedly at a couple making love. Even the sanest of people will look funny.

Just as being witness, at an immature age, to a raw performance of sex can make a girl frigid sex-

Again, this deals with people who are afraid of their feelings of love being not reciprocated. Like the girl who is convinced she is a wall-flower. Also, the girl who looks at the other girl who is more popular with the guys and convinces herself that being dated by boys and going out with them is something only the tarty girls do. And in the process, she acquires a defensive personality.

The frigid (love wise) are more marked in a society like ours because they know they have an easy alternative — arranged marriages. Not a very nice solution, of course. But, at least, it takes away the risk of their getting hurt — on the emotional and the ego front.

Arranged marriages are fine as an alternative. But sometimes, it becomes the cause. A great percentage of our young girls in smaller towns will never allow themselves to fall in love for fear

of their love being not realised.

Generally speaking, girls are more prone to being frigid (love-wise) than men. And this is largely due to the roles assigned to them by the society. It is the man who always flirts. The woman just allows herself to be flirted with. Even the woman who flirts doesn't make advances. She only gives the impression that she's game.

As things stand today, and as I see them, the average girl doesn't really fall in love. She only waits for some man to fall in love with her and then, depending on the man, she either rejects or accepts him. And if she accepts him, she gradually allows herself to get fond of him. That's all.

Another reason why the girl would rather prefer to wait for the man to fall in love with her than fall in love herself, is that she likes to have the upper hand during the courting period. Why? Well, suppose she falls in love first and makes her love known to him, she wouldn't know what stand to take if things got down to sex. More so, if she's not so confident of getting her man eventually.

As against all this, there does exist a peculiar variety of boys/men who are frigid. These are the men who still haven't mentally grown out of their knickers. The average school boy's heroes are the ones who say, "Hi-Ya Silver, away" and do all kinds of heroic things. But they never fall in love.

When these boys grow up, they still carry in their minds the concept of those heroes who never fall in love. But sex, being a stronger force, is not curbed. As such, these juvenile men take the stand: "Sex is fine but love is crap."

There is another analogy here in that just as temporary sexual frigidity can set in following a painful act of sex, a temporary frigidity, in love, can also result following a painful or disappointing romantic involvement. As such, people recovering from a broken romance or marriage are quite averse to falling in love. If physical abnormality is sometimes the reason behind sexual frigidity in some women, frigidity of love can often be due to some psychological abnormality in many people.

But there's no denying the fact that love is a strong and natural desire, like sex. Just as sex needs an outlet, love, too, needs an outlet. And just as the people who deny themselves normal, heterosexual sex, resort to masturbation and homosexuality, the people who deny themselves normal, heterosexual, romantic love resort to falling in love with themselves and with all kinds of weird things (nature, animals, etc.) and people (parents, children, brothers, sisters, cousins, etc.).

Until and unless, of course, they become frigid . . .

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DIWALI ENCHANTMENT

Ikebana is a widely practised art. It has been kept alive by Japanese masters by their continuous experiments with new materials and forms. This gives the art sufficient flexibility to adapt itself to the minds and moods of the country where it has gained popularity.

Ikebana is for all seasons and the Diwali

mood is reflected in these fascinating arrangements linked with lamps and deccyas, by Ikebana enthusiasts from Bombay. In metropolitan cities, where nature is conspicuous by its absence, these compositions help capture the spirit of nature as well as of the festival.



LEFT: Gaiety is the keynote of this elaborate composition by Neena Aggarwal... a profusion of wood pieces, branches, flowers, bamboo vases and shining brass deccyas in traditional designs.

ABOVE: An effective arrangement by Gopi Lalwani. It incorporates driftwood, red gladiolis, silver oak leaves, a decorative marble cylinder topped with a red vase, and unusual brass lamps.



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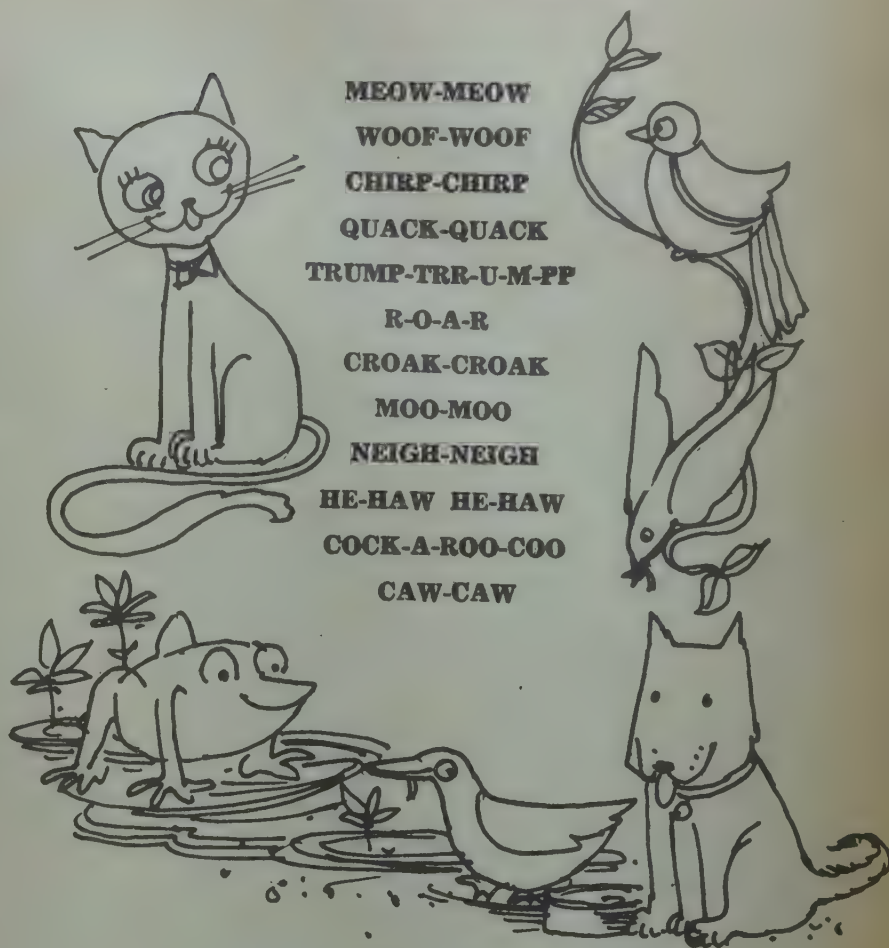
FIND MY OPPOSITE

All the words in the first row have words that mean their opposite in the second row. Find them.

SWEET	SKY	CRY	NIGHT
HOT	SALT	FAST	OUT
DRY	LATE	IN	DOWN
EARTH	SOUR	POOR	LAUGH
EARLY	WET	DAY	SLOW
SUGAR	COLD	UP	RICH

I AM AN ANIMAL!

You have the sounds. Guess which animals they belong to.



THE

ADVENTURES OF

omphy-
momphy
tak tak

It was Omphy Momphy's birthday. Omphy Momphy was very excited. He had been counting the days for the last one week. Every day he would ask his mother, "How many more days for my birthday?" And his mother would say, "I thought you knew how to count, Omphy Momphy!" So, Omphy Momphy would count on his fingers, one, two, three, four.

"I want many presents on my birthday," said Omphy Momphy. "You may want but you may not get," said Omphy Momphy's father. "Please Papa," said Omphy Momphy. "Today is my birthday." "Yes," agreed Omphy Momphy's father. "Today is a very special day."

Omphy Momphy laughed and jumped up and down! "I want a bicycle... a small one, a cric-

ket bat, a big ball, chocolates, two colouring books, big marbles and small marbles..."

"Hold it!" laughed Omphy Momphy's father and mother. Omphy Momphy stopped suddenly.

"Now choose two things that you want. I shall give you one present and your mother shall give you the other present," said Omphy Momphy's father.

Omphy Momphy thought very hard. "I want a bicycle and a cricket bat," he said at last.

"Right," said his father. "Now let's plan your party for the evening."

"Yes Yes!" agreed Omphy Momphy. He had been planning his birthday party for days and days. He had already made his



own invitation cards. His mother had cut out the cards for him and Omphy Momphy had drawn a birthday cake with candles and written "Please come to my birthday." Then he had given a card to each of his friends. Then he and his mother had planned the food he wanted to serve to everyone on his birthday party. A big chocolate cake with "Happy Birthday" written on it. Jam and tomato and cheese sandwiches. Special biscuits which had different animal shapes... a rabbit, a monkey, a bird, an elephant, and a duck.

Omphy Momphy planned the games they would play. "Marbles!" said Omphy Momphy. "If you play marbles on your birthday, then it will be a 'Fighters Birthday' instead of a Happy Birthday! You boys fight too much when you play marbles!" O.K. agreed Omphy Momphy. "We will play Catch Me and Hide and Seek and Coo-ey!"

"Which are almost all the same games!" laughed Omphy Momphy's father. "So we have three games. How about Treasure Hunt?"

"Yes!" said Omphy Momphy with excitement. And that is how the morning passed.

When Omphy Momphy was dressed for his evening party he got a big surprise. There was a brand new bicycle for him in the dining room! There was also a cricket bat and even a cricket ball! There were coloured strea-

mers and balloons hanging from the roof. It all looked very nice indeed. And then the bell rang! It was the first of Omphy Momphy's guests.

The bell continued to ring and Omphy Momphy's friends continued to come! Everyone laughed and played and shouted. They sang Happy Birthday Omphy Momphy when he cut the birthday cake and how they ate and ate and ate. Then came Omphy Momphy's mother's surprise... ice cream for everyone!

It was a lovely birthday! And when all his friends had left and Omphy Momphy opened his many presents he found that he had got all that he had asked for... marbles and chocolates and colouring books... and much much more!

Find My Opposite
ANSWERS:
(Ans: Sweet: Sour; Hot: Cold; Dry: Wet; Earth: Sky; Early: Late; Sugar: Salt; Cry: Laugh; Fast: Slow; In: Out; Poor: Rich; Day: Night; Up: Down.)
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people known

Colonel Iqbal Singh has every reason to feel unsafe. Not only did he and his wife have the most harrowing experience of being stabbed and taken for a ride at gunpoint, followed by the narrowest of escapes possible in such a situation, but the terrorists' threat to strike again is one that they are likely to carry out. In a statement, the Indian military attache said that he feared that there would be future attempts by the gang in spite of heavy security precautions. And Col. Singh is in no mood to take any more. He has enough trouble surviving the first attack. Not only has his household been upset by the incident, but his wife has been "psychologically shattered."

The newly elected president of the 60-nation International Union for Child Welfare, India's Mrs. Tara Ali Baig, is President of the SOS Children's Villages of India, and former President of the Indian Council for Child Welfare. This is the first time that an Asian and a woman has been elected to this high international office.

With headquarters in Geneva, the IUCW, founded fifty-seven years ago, is responsible for the charter for children which was later adopted by the United Nations in 1959 Declaration of the Rights of

charge early this year, the town had a English medium high school, a Hindi medium middle school and a home for destitute girls, all of which are housed in beautiful new buildings. Agra has lost a champion of the poor with Mother Teresa's shifting to Bombay. But Agra's loss is Bandra's gain. She is now in charge of the St. Anthony's Home at Bandra.

An Olympian is dead. Mohinder Singh, young but seasoned hockey player, died suddenly in Jullunder after a brief illness. In his death, Indian hockey has lost a player and sportsman who would have won many more laurels for his country, had death not cut his career so abruptly. Mohinder Singh, who came of a scheduled caste family, proved his merit during the World Cup matches at Kuala Lumpur in 1975 and in the Montreal Olympics in 1976.

Dr. Zhivago's Lara has come alive. Mrs. Olga Ivinskaya, Boris Pasternak's great love and the model for Lara, will soon be publishing her memoirs in New York in early February next year. In the book, Mrs. Ivinskaya has revealed some little known facts about Pasternak and his writing for the first time. The book will tell why and how Pasternak had to reject the Nobel Prize for Literature in 1958, following the publication of "Dr. Zhivago" in the West. She also says that the harassment meted out to him and her, because of her relation-



ship with the writer, led them to contemplate joint suicide. The book is titled "A captive of Time". According to its translator, Mr. Max Hayward, the book is "one of the few really important documents to have come out of Russia, and a work of enduring value for the history of our time."

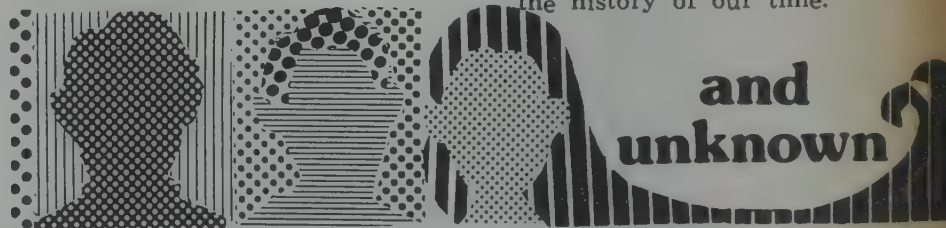
Once is quite enough, according to Princess Margeret of England. The princess who separated from her husband after a marriage that lasted 19 years, in 1976, is reported to have stated that she has no intentions of marrying again. According to her, marriage is too tiring to go through more than once in one lifetime. Princess Margeret was not only thinking of herself, however, when she took this decision. As she herself pointed out, any decision on her part to marry once more would also be an embarrassment to her sister, Queen Elizabeth.



Thus, for all practical purposes, including the welfare of the princess herself and the general interest of the royal family it seems likely that Margeret will continue to live alone.

the Child. In recent years it was the first-international organisation to be invited to visit the People's Republic of China, and the only one permitted to work for the rehabilitation of war victims among children in Vietnam.

Perhaps being named Teresa makes one devoted to the cause of serving humanity. Another Mother Teresa, who lived in Agra till recently, is as much respected and revered there for her contribution to the poor of that town as her better known namesake is the world over. In 1948, this Mother Teresa first came to Agra to take charge of the St. Francis Convent and orphanage run by the nuns of the congregation she belonged to — the congregation of Franciscan Missionaries Poor Clares. In the years that followed she changed things much, so that, by the time she handed over

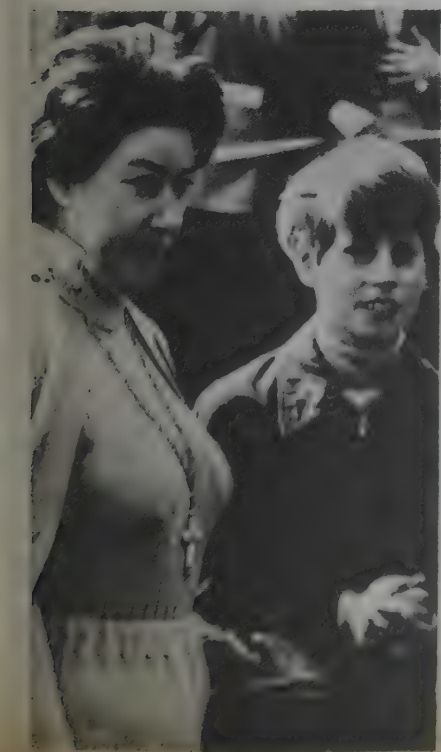


and unknown

Thirteen-year-old Narayana Subramaniam is an Indian-born Canadian with a deep interest in British history. His interest goes one step further than just reading though. Narayana also writes — and his favourite writing is based on incidents from the history of Britain. One such piece of creative writing — a play, "Marriage of Mary Tudor", won for its young author the Vice-President of India's Gold Medal in the Shankar's Weekly International Children's Competition. An event that besides making Narayana himself feel proud, is also a matter of pride for two countries — India and Canada, as well as for children as a whole.

In the Painting section, 15-year-old Miss Nagasawa of Japan won the President's Gold medal for "My Friend", bringing Japan's tally of gold medals through the years to four.

Compiled by Sathya Saran



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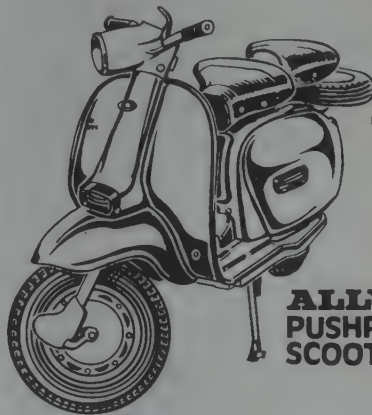


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**THIS GAY MIDI COAT
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TEXTURE WILL KEEP
YOU WARM IN WINTER**

MATERIALS :

Raymond's Doubleknit Vainali, 2 balls each Red 207, Black, Purple 349, Orange 379, Yellow 314, Green 272, Rust 271, (50 grams each). Crochet Hook No. 10 and 5 buttons to match.

MEASUREMENTS :

Bust 86 cms., length 98 cms., sleeve seam 11 cms.

ABBREVIATIONS :

ch. = chain; dbl. tr. = double treble; rep. = repeat; dc. = double crochet; beg. = beginning; ch. sp. = chain space; dec. = decrease; tr. = treble.

BACK

With Green wool work a row of 118 ch., turn.

1st row : 2 dbl. tr. in 6th ch. from hook, * 1 ch. miss 1 ch., 2 dbl. tr. in next ch., rep. from * to last 4 ch., miss 3 ch., 1 dc. in last ch., fasten off wool. (Every row is worked on the right side.)

2nd row : Join Yellow wool at beg. of first row, before the first dbl. tr., 3 ch. (for 1 tr.), 1 ch. in same place as 3 ch., * 1 ch., miss 2 dbl. tr., 2 tr. in next 1 ch., but retain last loop of each row, hook over hook and draw through all loops, rep. from * to last 2 dbl. tr., 1 ch., 1 tr. after last dbl. tr., fasten off.

3rd row : Join Purple wool to beg. of row, on top of first Yellow tr., 4 ch., * 2 dbl. tr. in next ch. sp., 1 ch., rep. from * till last dbl. tr. in last 1 ch. sp., fasten off.

4th row : In Orange, as 2nd row.

5th row : In Rust, as 3rd row.

6th row : In Black, as 2nd row.

7th row : In Red, as 3rd row.

Rep. 2nd and 3rd rows following colour sequence as before that is, starting 8th row with Green wool).

Dec. 1 stitch at each end of 9th and every following 4th row till dec. have been worked on each row. Continue straight if necessary till back measures 84 cms.



in length, end with a 2nd pattern row.

Shape Armholes : Keeping continuity of pattern and colour sequence miss first and last pair of tr. (dbl. tr.) in next 4 rows.

5th row : Miss first a pair of tr. (dbl. tr.), and 1 tr. (dbl. tr.) of next pair at each end.

6th row : Join wool after first tr. (dbl. tr.) of previous row, work 3 ch. and continue from next sp., miss same at the other end, as at the beg.

7th row : Join wool just before the first pair of tr. (dbl. tr.) and 4 ch. and continue to work in next sp., end as 5th row.

8th row : Join wool on top of first pair of tr. (dbl. tr.), 4 ch. and continue in pattern, end as before.

9th row : Miss first and last pair of tr., pattern to end.

Now continue straight till armhole measures 15 cms. in length, end with a 3rd pattern row (21 pairs and 1 tr. on each side).

Shape Neck : Leave 24 sts. at centre for neck and work 3 more rows over remaining sts. on either side for each shoulder. Fasten off.

LEFT FRONT

With Green wool work a row of 62 ch., turn.

1st row : 2 dbl. tr. in 6th ch. from hook * 1 ch. miss 1 ch., 2 dbl. tr. in next ch., rep. from * to last 4 ch., miss 3 ch., 1 dc. in last ch., fasten off wool.

Continue in colour sequence and pattern as for back. Keep centre front edge straight and shape side edge to match back till armhole, end at side edge.

Shape Armhole and Neck : Miss first pair of tr. (dbl. tr.) at beg. of next 4 rows. Continue shaping armhole as for back, at the same time shape neck in next row, dec. 1 pair of tr. (dbl. tr.) at neck edge in next and every following row till work matches back at shoulder, fasten off wool.

RIGHT FRONT

Work right front to match left front, reversing shapings.

Sleeves :

With Green wool work a row of 56 ch., turn.

1st row : 2 dbl. tr. in 6th ch. from hook, * 1 ch. miss 1 ch., 2 dbl. tr. in next ch., rep. from * to last 2 ch., miss 1 ch., 1 dbl. tr. in last ch., fasten off wool.

2nd row : As 2nd row of the back (with colour sequence to match back) work next 6 rows straight in pattern.

Shape Top : Dec. 1 pair of tr. (dbl. tr.) at each end of next 4 rows.

5th row : Dec. 1 pair and 1 tr. (dbl. tr.) at each end.

6th row : Start after the first pair of tr. (dbl. tr.), dec. same at the end of the row.

7th row : Join wool over first pair of tr. (dbl. tr.), 4 ch., 1 dbl. tr. after the first pair of tr. work the row to end as above.

8th row : Join wool over the first tr. (dbl. tr.) of previous row, work a dc. in same place, pattern across end as above. Fasten off wool.

With Green wool and right side facing work a row of dc. along the base of each sleeve.

To Make Up :

Join side, shoulder and sleeve seams. Set sleeves into armholes.

Edging :

With Brown wool and right side of work facing, starting at lower end of right front edge, work a row of dc. along right front edge round back of neck and down left front edge, 1 ch., turn.


Next row : 1 dc. in each dc. to end, 1 ch., turn.

Next row : 1 dc. in each dc. to 52 cms. then work 5 button loops at equal spacings. To work a buttonloop, * 5 ch., miss 4 dc., 1 dc. in next 12 dc. rep. from * 4 times more, then continue in dc. till base of left front.

Sew buttons on left front edge to correspond with the button-loops.

Arnavaz Dhoudy

Photograph : Farokh Reporter



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Effectively prevents
body odour caused
by perspiration.

Keeps you
completely fresh
as no other soap can.

**Recommended by skin specialists
for complexion care.**

When Mrs. Karnik walked down the irregular brick path, which ran through her patch of garden up to her front door, she had no indication that today was going to be different from any other day in her quiet life. She was a woman nearing 40 with a pleasant face and stout in built. A school teacher and now a vice-principal of a small suburban school, her life was punctuated by school bells, as predictable as the seasons.

Closing the front gate behind her, she stepped on to the road under the green canopy of the large rain-tree which spread its sheltering branches outside her house — a little cottage like structure with a green latticed verandah. The rain-tree was one of an avenue of similar trees, down the length of which the breeze swept in cool gusts. She stood for a moment to enjoy it before going to the bus stop.

It was the short recess. She was sitting in her office, when a peon burst in unceremoniously. "Bai-saheb, one of our boys has jumped into the well behind the school," he said in great excitement. Mrs. Karnik did not wait to hear further details, but hurried past the peon, down the stairs, across the compound to the back of the school. At the time she reached the well, the girl had been rescued by the young P.T. master, who had jumped

in after her without wasting time.

Mrs. Karnik soothed the sobbing girl with words of sympathy and quickly propelled her through the chattering groups of children to the privacy of her room. There she gave her a change of clothes from the cupboard where she kept her own spare sari, blouse and petticoats. She ordered

**Young love is fierce,
impatient and will not wait.
But wisdom — and
happiness — Mrs. Karnik
pointed out, lie in
patience, in waiting for the
opposition to wear away**

Vera Sharma

ed a hot cup of tea from the canteen and took up the telephone.

"What is your father's office telephone No.?" she asked.

"252237. Madam, please don't tell him anything," the girl pleaded.

"Look my child, I have to tell him. It is my duty."

"But what should I tell him?" Sudha said in bewilderment.

"The truth, my child," said Mrs. Karnik kindly. "Anyway, why did you jump into the well? Surely there must be some other solution?"

Sudha started weeping again, her shoulders shaking uncontrollably.

"How can I tell you? What can you know of how it feels to fall in love?"

"Why, child should that make you want to die? It should be something to live for!"

"But his mother and my parents are against it. We don't belong to the same caste, you see," Sudha said sniffing.

"How old are you?" asked Mrs. Karnik smiling, with a faraway look in her eyes, remembering another young girl.

"Seventeen."

"And he?"

"Twenty."

"Well, look my child, first I

will phone your father and then I will tell you," she hesitated for a fraction of a second before finishing her sentence, "about my sister."

Sudha looked on without interest as Mrs. Karnik dialled and informed her father.

"Your father will be here in an hour," Mrs. Karnik said with a warm smile, as she settled herself comfortably in her chair and watched Sudha sip the hot tea.

"As I was saying," she continued, "my sister was in a similar predicament. She was in love with a boy of a different community. Of course both my parents and the boy's people were against it. He was of a higher caste than ours. My parents warned her that the marriage could never succeed with so much opposition. They had known each other in college and had secret meetings in restaurants where no one they knew would be likely to come, had gone out for walks and to the pictures, always being careful to walk separately on opposite sides of the road, and coming together only when they had reached their destination. But the world is full of eyes and one day they were found out.

"They had to face their parents. 'No, no never,' said his mother

Continued on page 27

BLIND LOVE





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BLIND LOVE

Continued from page 23

then he asked her. 'Are there no girls in our community? Good girls, beautiful girls, rich girls. All waiting for boys like you.'

"He tried hard to explain to his mother that love does not concern itself with all this. That it is a personal relationship between two individuals who want to spend the rest of their lives together.

"His mother could not understand this peculiar boy. It seemed indecent to her that anybody would choose an individual. One's parents chose a household of suitable status, a girl of reasonable looks and the best bargain in dowry that was offered. She herself had been married off at fourteen and considered herself happy.

"So my sister and her friend continued to meet in secret, waiting for a time when both would be financially independent and could marry without having to consult anyone. But fate intervened.

"The young man was seriously injured in an accident in the college laboratory. After some months he recovered, but he had lost the sight of both eyes. My sister was desperate. She too wanted to commit suicide, but the thought of his condition held her back. His education had to come to an end and he started to learn Braille. He was a good musician too, always taking part in college functions. Now their meetings had to come to an end.

"My parents felt relieved. They started looking for a husband for her, but she wanted to study further. One day she learnt from a common college mate that the financial position of her boyfriend was very difficult, and that he had started giving tuitions in music in addition to teaching in a school for the blind. She wanted to meet him, but there seemed no way."

Mrs. Karnik watched as the girl put down her cup and saucer. Her expression had changed to one of eagerness. "And then what happened?" she asked.

"Well, my sister decided to learn music! By this time she had passed her B.A. and was studying for her B.T. My parents were tired of bringing proposals of marriage to her. She always found some reason for refusing.

"She went to his house. His mother had never met her. They lived in a small cottage similar to our own. She asked to see him and fixed up the details of the tuition. When he heard her voice he appeared to recognize it and seemed puzzled. He asked her name, but my sister purposely gave a false name in case he should misunderstand her taking lessons from him as pity or charity.

"During the following year she found an opportunity to tell him who she was. He was very happy. His mother became quite fond of my sister, and when she persuaded my unwilling parents to put forward a proposal of marriage, his mother who had refused her earlier on grounds of caste, now accepted her. She knew the girl was earning good money, and nobody would marry a poor, blind man. Besides, how long would she be there to look after him! So, she swept the bar-

daughter is quite all right." She glanced at Sudha who looked scared. "Your daughter was playing with some girls, and slipped into the well. How often have I told the girls to leave those mango trees near the well alone, but no, they are crazy about the green mangoes. There now, take her home. Luckily she was not hurt."

As Sudha was bundled out of the door by her father, she looked back in gratitude at Mrs. Karnik ...



Mummy
Why does
their bathroom
smell bad,
and ours
so
nice?

Darling,
we use
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CHAITRA-BLS-163

rier of caste aside and they were married.

"My child, the path of true love never runs smoothly, so the English say. But in your case, I hope it will be smoother. Wait until you both can earn. This will give you time to test each other. Then you can do as you please."

There was a moment's silence, and Sudha said in a small voice, "I too will wait."

"That's a sensible girl," said Mrs. Karnik. "Death is so final."

There was a knock on the door. Mrs. Karnik rose to open it. Mr. Shinde stood outside, a worried expression on his face.

"Come in," said Mrs. Karnik. "No need to be worried. Your

The incident was over. The grey routine of the day enveloped Mrs. Karnik. That evening she was very tired. She got out of the bus and walked down the avenue of rain-trees. The breeze was cool and refreshing.

Birds of many varieties were twittering in the branches above. She opened the little gate and stooped to pick a newly opened mogra bud which she absent-mindedly tucked into her hair. From the cottage came the sweet strains of the Veena. She glanced up to the verandah lattice-work front. "Yes, he is home," she said to herself. Her expression changed to one of joy, as she saw the white cane with the red tip hanging on its accustomed nail.

QUIZ

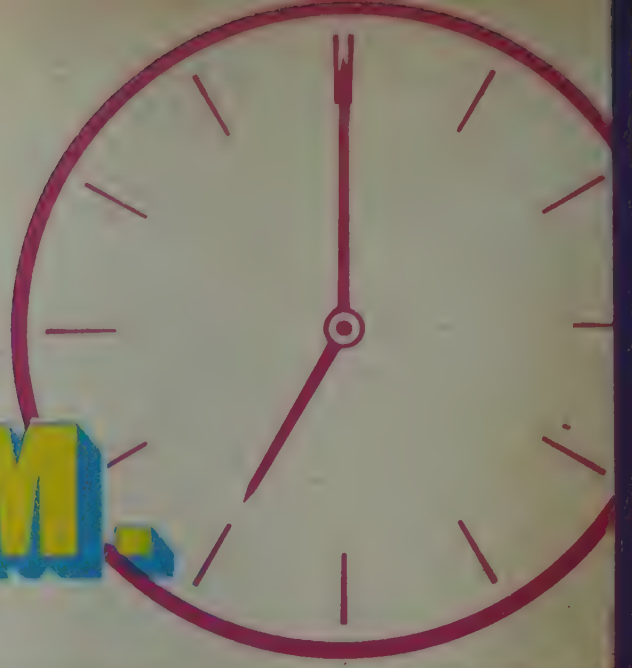
HEGMAN

1. What is a palindromic word?
2. If Vat 69 is not the famous whisky, what is it?
3. Who was the first woman chief minister of a state in India?
4. Gertrude Ederle of the United States achieved a remarkable first. What was her unique achievement?
5. Who are the four queens represented in a pack of playing cards?
6. What was the name of Ravana's youngest brother?
7. The brain receives the sensations of pain from every important organ of the body except one. Which one?
8. What is Tarpeia Premens?
9. Which world famous singer made her debut in the Marathi film "Paheli Mangalagaur"?
10. Who invented a) the gramophone b) miner's safety lamp?
11. Under what title was Edmond Dantes better known as?
12. Of which country is Valetta the capital city?
13. Name the book written by Shanta Rama Rau on Gayatri Devi's life.
14. Pataliputra is to Patna as Kurukshetra is to ...

1. Any word that reads the same backward and forward, i.e. Malayalam, Anna, etc.
2. The Pope's phone No: Vatican 69.
3. Suchitra Kripalani—she was the C.M. of U.P.
4. She was the 1st woman to swim the English Channel.
5. Boadicea, Cleopatra, Queen Esther and the Queen of Sheba.
6. Vibhishan.
7. The brain itself.
8. It is the virus that causes the common cold. It is 05 millionth of an inch in diameter!
9. Lata Mangeshkar.
10. (a) Thomas Alva Edison, (b) Sir Humphrey Davy.
11. The Count of Monte Cristo in the book of the same name by Alexander Dumas.
12. Malta.
13. "A Princess Remembers".
14. Panipat, Pataliputra & Kurukshetra were the ancient names of Patna and Panipat.

ANSWERS

SWIRL
EASY
AFTER 7 P.M.



as
Diw
So
th



LEFT: The way to look enchanting! 100% Polyester screen-printed sarees float in colourful splendour; while one is styled into a ghagra-choli ensemble with the pallav effectively used for the choli and the borders running vertically down the hemline of the ghagra.

CENTRE: Go seductively feminine in an off-shoulder Spanish dress designed from two shades of fancy cotton full voile 2x2 tebilized Butta shirting when he strikes out in a red shirt with woven stripes in black, blue and white in full voile 2x2 Dobby doria shirting worn with navy blue trousers in Polyester/cotton suiting. It has woven self-colour stripes.

BELOW: Nothing like opulence for your grand entrance! A green-yellow marble print maxi is styled from full voile 2x2 cambric; while the blue flowing caftan, shirred at the high waist is tailored from Polyester/cotton shirting material with satin stripes over-printed in floral design.



There is a happy lull in the air
 Deep into a festive slumber, to dream
 of series and fashions! And though
 it comes upon us and has many splendoured
 aspects, the closest to
 our hearts are clothes and jewels!
 So, take your wings and fly into activity and plan
 your fashion ensemble for
 the holiday season. Look your ravishing
 in lovely maxis, caftans and
 designed by Salome Kapur for
 after 7 o'clock evening
 and you are sure to catch as many
 compliments as the envious eyes
 around you!

The Arvind Mills Limited, Ahmedabad.

Photographs: Farokh Reporter.

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"The New Height course is worth its weight in gold and more! My life has changed since I gained 11 cms. in height."

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Send by V.P.P. I shall pay postman Rs. 33 on delivery.

Signature.....NAME (BLOCK LETTERS)

ADDRESS.....

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poise

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Arun was sure he was going to be a brilliant engineer. After all, he had done well in Mathematics and Physics in his examinations, he loved tinkering with mechanical gadgets and even in childhood Meccano sets had been his first love. Arun is familiar to us all. Too often, we take decisions about careers based on marks scored in examinations, childhood likes and dislikes and the social desirability of the career. But Arun's story has a different epilogue. He took an aptitude test though we expected that it would only confirm his beliefs. He was wrong. The test showed that he had no aptitude for a career in engineering. Today, he is a successful businessman.

I quote this instance not as a stray incident but because more and more young people are seeking such guidance. The alarming fact however is that there are many more who go through life in unsatisfying jobs, because they did not bother to find out what career would suit them best.

Youth is termed irresponsible, headstrong and accused of venting anger in destructive ways. It is perhaps not so much a shout of anger as a cry of despair. Burdened with a new-found independence, they often need help but fear to seek it because of the fear that it would in a sense be accepting defeat. It is in this context that student counselling has achieved importance today. Counselling can be greatly useful not only in vocational problems but also on more personal issues.

I decided to talk to a few students, the managements of some colleges and a few counsellors to find out their views on counselling.

The students as a whole are apathetic towards the idea of student counselling. Some tended to welcome it but only as far as they identified it with vocational guidance. But as Dr. Nafde of the Institute of Vocational Guidance put it, "When students need help, it is not possible to segregate their need for vocational guidance from other problems confronting them."

I talked to some college students from Elphinstone, Xavier's and Mithibhai College of Commerce. To my amazement, many of them did not even know whether there was a counsellor in their colleges; though some of them did feel the need for counselling.

Most of the students felt that the counsellor should be someone with whom they could establish good rapport. They argued that since the students would be acquainted with him he would inspire more confidence. But many counsellors disagreed with this viewpoint. They in turn argued that the students might not be very frank because of the student-teacher relationship and may fear the repercussions in case their problems were academic in nature.

The fact that student counselling is necessary has been long

recognised. Even as far back as in 1966, the Kothari Commission saw a strong need for it and noted in its report that "Youth needs a guiding hand today and it is this predominant need on their part which imparts a special importance to the programme of student counselling."

The Government of Maharashtra had recognised this need even earlier, and set up an Institute of Guidance in 1950. In cases concerning only vocational guidance, the

Apart from helping to take up a congenial career, student counselling is important to the young to discover themselves

Jyoti Gokhale

most important part is widening the students' horizon. Students often have a very limited knowledge of possible careers. The Institute helps them not only by providing all the possible information but has also evolved (and validated for Indian conditions) aptitude tests to indicate the career which is likely to suit the student best. A study of the case histories of students who have availed of these tests revealed that over 80 per cent of them were successful in the careers chosen with the aid of these tests. This, in itself is argument enough to warrant special attention being paid to counselling. In addition there are other reasons. The problems students face are not limited to the choice of a career. There are other situations, personal and psychological, in which they need help. In the case of career choice, increased information alone may provide a solution; in the case of problems of coping with the environment, a more intimate guidance is necessary.

First generation students face a large number of problems in adjusting to their new atmos-

phere. They may face problems of language or sudden urbanization. There is the unfamiliar situation of co-education. In an effort to cope with this entirely new milieu, the student either withdraws into himself and remains a non-participant or, at the other extreme, is so carried away by the temptations of urban living that his career takes second place to living it up.

College students face greater problems as they go through the identity crisis of adolescence. Physical maturity is not accompanied by psychological maturity. The adolescent is, in effect, not old enough to cry and at the same time not young enough to ask for help. It is at this stage that they need guidance in handling the problems of growing up. Often, parents are incapable of helping their children, and the young person goes through periods of acute depression, miserable in the knowledge that he alone is so mixed-up and confused. But, as Shabnam Shaikh, a counsellor, said, "They must realise that there are many problems which are a part of growing up and which, if talked over at the right time, are easily solved. On the other hand, a repressed emotional disturbance could lead to a mentally defensive state which is harmful."

The problems, therefore, exist. The need is recognised. But for counselling to be fruitful, a change in attitude is necessary. The stigma attached to it must be removed. Students need to be educated about the nature of their problems and must know that solutions are possible.

Change in the social attitude towards a phenomenon is always slow, and requires painstaking work. The Indian Council of Mental Health and Hygiene has done some pioneering work in this sphere. They have been sending trained counsellors to schools and colleges. The response in schools has been more encouraging than in colleges. A point on which the organization lays great stress is that people need to be educated. Members of the council have been organizing lectures, film shows and other audio visual methods in schools and colleges. Their latest documentary, "Seeds of Aggression", is another effort in this direction.

The problem cannot be solved overnight. But with concerted effort by parents, teachers, educational institutions, the Government and, most of all, students, counselling can achieve the importance it deserves. Most of all, students must realize that there is qualified help available and that seeking guidance in an effort to sort out problems and becoming more complete persons is not cowardice. It takes courage to take the responsibility for oneself and, if need be, seek help.

STUDENT COUNSELLING



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PERSONAL CHOICE:

SOUTH KHADO!

If music be the food of love, play on" said Shakespeare. Kusum, wife of Sandan Ramchandani of Skyspeed travel agency, believes that music as well as food add spice to life. She learnt cooking from a very tender age from her mother and music from various ustads who frequented her family home for good food.

Bandru Atma helped her to develop a flair for ghazals and music director Bulo C. Rani will soon come out with cassettes of Kusum's ghazals.

With music and spicy Indian food on the menu, Kusum's house is always filled with guests from all walks of life — film world, business magnates and tourists. And with her two sons (Anoj) and Karan stepping into their teens, Kusum has all the time for music and cooking delicious fare. She appreciates rich Indian food and disagrees that one puts on weight with "Take a look at my family, they are all slim and trim and we relish only our kind of food," she insists.

MOGHLAI KOFTA

- 1 kg. minced mutton
- 6 cloves garlic
- ½ kg. onions, finely sliced
- ½ kg. tomatoes
- 100 grams cur.
- 4 cloves
- 8 cardamoms
- 1 tsp. shah-jeera
- 1 bay leaf
- 2" piece cinnamon
- 2 tsps. salt
- ¼ tsp. turmeric
- 2 tsps. red chillis
- 200 grams ghee

Grind the mutton along with peeled garlic, ginger and salt and

mix with raw eggs. When well blended, make into round balls of lemon size. Heat ghee in a dekchi, lightly fry the onions and add the rest of the masalas and chopped tomatoes and fry well. Add 1½ cups of water, beaten curd and let it boil, then carefully place the koftas (meat balls) into it, cover and cook on slow fire for 45 minutes or till the koftas are cooked through and a thick gravy remains.

MUTTON GREEN MASALA

- 1 kg. mutton pieces
- ½ piece coconut, grated
- 1 sprig curry leaves
- 2 tsps. each, cardamom seeds, shah-jeera, cloves, cinnamon powder
- 2 kamal pat or tej pat
- Salt and chilli powder to taste
- 1 tsp. turmeric powder
- 1 tbsp. vinegar
- 50 grams coriander and mint leaves, ground to paste
- 6 green chillis, ground
- 200 grams butter

Put mutton along with the rest of the ingredients in a dekchi and fry well for 15 minutes, add a little warm water and keep on slow fire and cook for 45 minutes or until the meat is tender.

BRAIN MASALA

- 6 whole mutton brains
- 3 medium sized tomatoes
- 3 medium sized onions
- 2 tsps. salt or to taste
- ½ tsp. turmeric powder
- 2 tsps. chilli powder
- 4 green chillis, minced
- ½ bunch coriander
- 2 tbsps. ghee

Clean the brains well, removing the veins carefully. Heat ghee in a dekchi and fry finely sliced onions in it until brown. Add chopped tomatoes, mix it and cook until it becomes like a thick paste. Add salt, turmeric, red chilli powder, green chillis and chopped coriander. Add boiled brains into this masala and keep it on a slow fire for 5-8 minutes.

FRIED LIVER MASALA

- 1 kg. liver
- 3 tbsps. ghee
- ½ dstsp. turmeric powder
- 1 dstsp. red chillis
- 1 dstsp. garam masala
- Juice of 2 fresh lemons
- 4 green chillis, ground
- A little coriander and mint leaves
- Salt to taste
- 2 tsps. ground cumminseed

Cut the liver into one-inch pieces and wash well. Heat ghee in a dekchi, add all the masala ingredients, stir and add liver and fry for 10 minutes. Add salt to taste and green chillis, and a little warm water, stir, cover and cook on a slow fire for 15 minutes or until the liver is tender. Add the chopped coriander and mint leaves, cover and remove.

CHEESE CHICKEN

- 2 chickens, jointed
- 200 grams butter
- 2-3 cubes Amul cheese, grated
- Juice of 2 fresh limes
- 2" piece ginger, ground
- 6 cloves garlic, ground

- 1 tsp. vinegar
- 1 tsp. saffron
- 4 tbsps. curd
- 4 red chillis, ground
- Salt to taste

Mix all the masalas in curd and marinate the chicken in it for one hour. Place the chicken with masala marinade in a dekchi, add vinegar, grated cheese and salt to taste and a little warm water and cook on a slow fire for 45 minutes.

ORIENTAL FISH CURRY

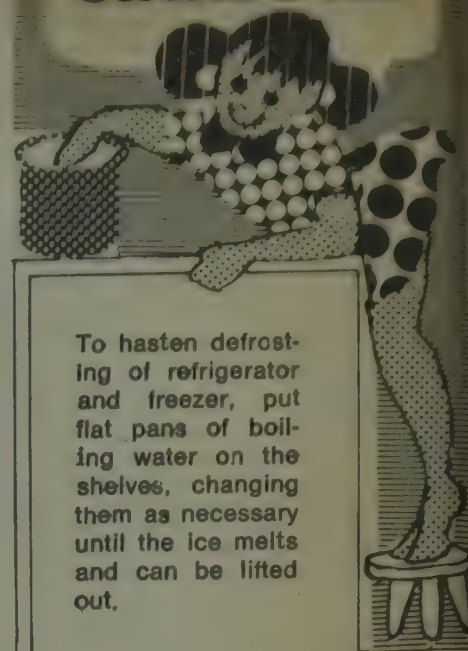
- 2 pomfrets
- 1 tbsp. khushkhush
- ½ coconut, grated
- ½ tsp. asafoetida
- 10 peanuts

MUTTON BIRYANI

- 500 grams Basmati rice
- ½ kg. mutton pieces
- 1 doz. almonds, chopped
- 100 grams seedless raisins
- 1½ tsps. saffron
- 4 tsps. salt
- 2 tsps. chilli powder
- 2 medium sized onions
- 4 medium sized tomatoes
- 1 tsp. cumminseed
- 6 cardamoms
- 1 tsp. shah-jeera
- 2"-3" pieces cinnamon
- 4 hard-boiled eggs
- 2 bay leaves
- 4 tbsps. ghee
- A little mint leaves

Fry finely sliced onions in ghee till light brown. Add shah-

cuckoo lal



To hasten defrosting of refrigerator and freezer, put flat pans of boiling water on the shelves, changing them as necessary until the ice melts and can be lifted out.

COOKING AND KITCHEN HINTS

1. Make soup or stew into a really substantial and satisfying meal by adding dumplings or cooked noodles.

2. Keep all the small kitchen equipment you use frequently near your preparation surface.

3. Minced meat is a very economical way of buying meat—it goes further and tastes good with vegetables added.

4. A pressure cooker is a great time saver for cooking meats and dals—also for cooking in the containers.

5. Mix leftover mashed potatoes with any chopped meat, mashed fish or vegetables. Form into croquettes, coat with egg and crumbs and deep fry.

6. To make hard butter from the refrigerator spread easily, beat in a little boiling water—one teaspoon water to every 60 grams of butter.

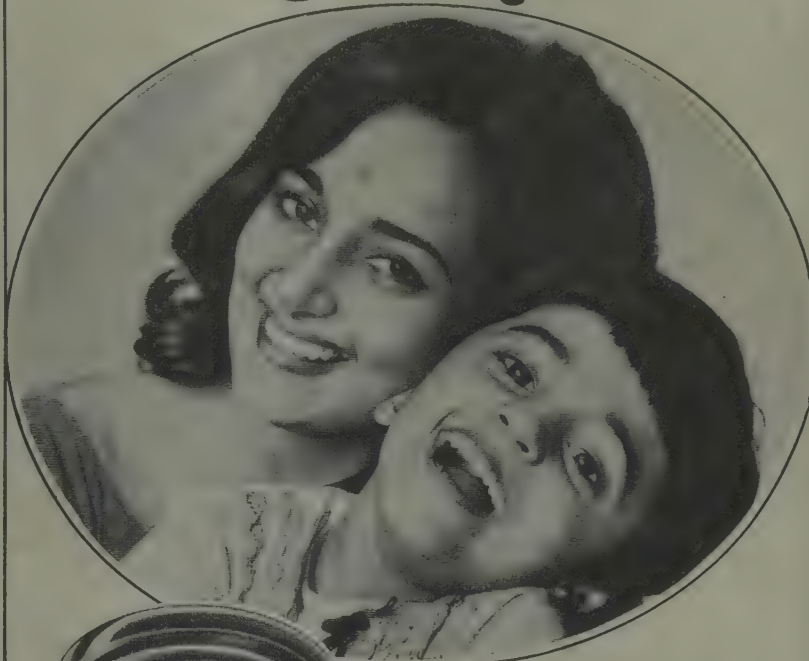
7. Save used tea leaves and allow it to dry. Use again to make cold tea, flavoured with mint and lemon.

8. When you defrost your refrigerator, save all the melted water and use it to top your car batteries. It is as good as distilled water!

9. Curdled mayonnaise? Don't panic. Beat an egg yolk in a separate bowl. Gradually add curdled mixture, beating all the while and stop adding as soon as you have the right consistency. Use remaining mayonnaise in the same way with another egg.

10. Never throw away a squeezed lemon when you use it for a recipe. Use it to rub over your hands to keep them discoloured and fair.

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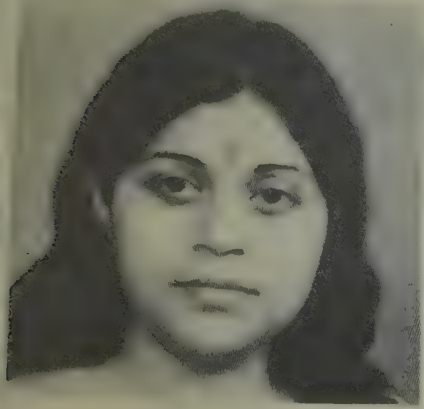
- 2 fresh limes
- 2 tsp. red chillis
- 1 tsp. turmeric powder
- 1 tsp. coriander powder
- 4 green chillis
- A little chopped coriander
- Salt to taste
- Ghee or oil for frying

Grind all the masala ingredients together with coriander leaves. Mix the fish slices well with the masala and let stand for 15-20 minutes. Heat ghee or oil in a dekchi and fry the fish slices with the masala. Put a little water in the vessel in which fish was mixed and put that water into the dekchi. Cover and cook on slow fire for 15 minutes. Remove and garnish with chopped green coriander.

jeera, cumminseeds, cardamoms, chopped mint and tomatoes and fry for few minutes. Put in the mutton pieces, fry well, add water and salt and chilli powder and keep it on slow fire for 45 minutes until the meat is tender. Cook rice separately after frying it for few minutes. Add saffron dissolved in a little milk and salt and just enough water to stand one-inch above the rice. When the rice is cooked and the water completely absorbed add half of fried almonds and raisins, toss lightly and put on very slow fire. While serving, arrange the mutton in the dish and spread the saffron rice over it. Sprinkle with remaining almonds and raisins and garnish with boiled eggs.

Premila Lal

recipes from our readers



Mrs. Mala Chatterji, Calcutta

Clean and cut the chicken in small pieces. Apply curd and keep aside for $\frac{1}{2}$ hour. In the cooker add oil or ghee and brown the onions, stirring throughout and adding one tablespoon water at a time, till one cup of water has been added. Then add chopped tomatoes. Stir for about ten minutes. Add salt, chilli powder, water and chicken, stir for 5 minutes then pressure cook the chicken till tender.

FOR THE EGGS:

- 3 eggs
- 1 large onion, chopped
- 2 tomatoes, chopped
- $\frac{1}{2}$ bunch coriander, chopped
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. chilli powder
- $1\frac{1}{2}$ tbsps. oil or ghee

Heat oil and add the onions. When light brown, add tomatoes, salt, chilli powder and coriander, stir till eggs are cooked (approximately 3-4 minutes).

VEGETABLES:

- 4 cups rice, half boiled
- 200 grams carrots, scraped $\frac{1}{2}$ boiled
- 200 grams beans, $\frac{1}{2}$ boiled
- 300 grams peas, $\frac{1}{2}$ boiled
- 3 potatoes, diced

PRAWNS IN TOMATO

- 1 kg. shelled prawns
- 2 cups skinned and chopped tomatoes
- 2 tbsps. butter
- 2 tbsps. flour
- 1 tsp. chilli powder
- 1 tsp. fresh ground pepper
- 1 onion, grated
- 2 cloves garlic, crushed
- 2 tbsps. coriander leaves, chopped
- Salt to taste

Melt the butter in a pan and add onions. Fry for a minute, then add the flour and stir till blended. Add tomatoes, crushed garlic, chilli powder and pepper. Also add salt to taste. Bring to a boil, stirring constantly. Reduce heat and simmer for 10 minutes. Add prawns and cook for 10 minutes. Sprinkle with coriander leaves and remove from fire. Stir well before putting into a serving dish. Serve with boiled rice or noodles.

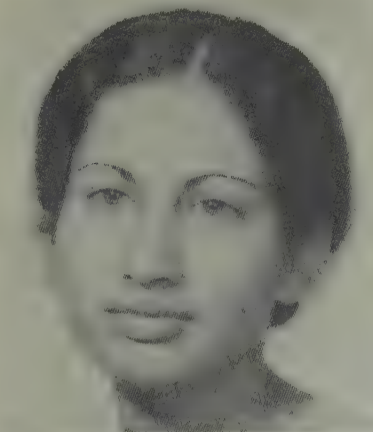


Miss Manjari Dhody, Madras

CHICKEN PULAO

FOR THE CHICKEN:

- 1 chicken
- 1 cup curd
- 1 onion, ground to a paste in mixi
- 2 tomatoes, chopped
- 1 tsp. turmeric
- 1 tsp. chilli powder
- 1 tsp. garam masala
- 1 tsp. amchoor
- 2 tbsps. oil or ghee
- 2 cups water
- Salt to taste



Miss Suman of Patiala, wins Rs. 50 plus a non-stick coated toaster and Tin-O-Mat from Trupti Industries, Bombay.

MUTTON CURRY WITH SPINACH AND EGGS

- 700 grams mutton
- $\frac{1}{2}$ kg. cleaned spinach
- 360 grams ghee
- 8 cloves
- 1 tsp. coriander seeds
- 30 grams ginger, finely ground
- 1 cup of curd
- 25 grams butter

Except rice, fry all the above ingredients in 1 tablespoon of oil or ghee in a large vessel. Add boiled rice and 1 teaspoon of salt and $\frac{1}{2}$ cup water. Cook on low fire for 4 minutes, then add the chicken and eggs. Heat on low fire for 2 minutes. Remove from fire. Toss well. Serve hot, garnished with beet root and cucumber, cut in small pieces.



Ms. Elizabeth Thomas, Madras

APPU'S PORK CURRY

- $\frac{1}{2}$ kg. fresh fatty pork
- 25 cloves garlic
- 3 large onions
- $\frac{1}{2}$ " piece ginger
- 5 ripe tomatoes
- 4 tps. chilli powder
- 5 tps. coriander powder
- $\frac{1}{2}$ tsp. turmeric powder
- 1 tsp. mustard seeds
- 2 sprigs curry leaves
- Salt to taste

POWDER:

- 3 cardamoms
- 5 cloves
- 3 sticks cinnamon
- 3 tps. aniseeds

Cut pork into small pieces and keep aside. In a dekchi heat oil and crackle mustard seeds and curry leaves. Add sliced onions garlic and ginger. Fry till onion is golden brown. Add chilli powder, fry for a while, then add coriander and turmeric powder. Add enough water to cook meat. Let the water boil. Add salt and meat pieces along with powdered spices. Cover and cook till meat is tender. Add chopped tomatoes. Stir well and when the gravy thickens, add coriander leaves, cover and remove from fire.



Mrs. Caral Verghese, Mysore

FROZEN MEAT LOAF

- 2 kgs. lean mutton, minced
- 2 onions, chopped finely
- 2 tomatoes, chopped finely
- 1 bunch mint, chopped
- 1 piece ginger, ground
- Pepper and salt to taste
- 1 tsp. mixed spices
- 1 tsp. vinegar
- 1 cup fine bread crumbs
- $\frac{1}{2}$ cup cooked green peas
- Fat for frying

Mix the mince with all the other ingredients well, except the egg and bread crumbs. Grease a loaf tin and pack tightly with mixture pressing well to fill it up fully. Freeze for an hour or even longer. When ready, slice the meat-loaf, dip into beaten egg with salt and pepper, toss into bread crumbs and fry in hot fat, till golden brown. Serve with potato chips and salad or mash potatoes and tomato sauce. Note: This loaf can be frozen for a day or two.



- 15 cloves garlic, finely crushed
- 10 medium onions, finely sliced
- 1 tsp. ground black cumminseed
- 5 green cardamoms
- Red chilli and salt to taste
- 6 eggs

Heat the ghee in a pan and fry half of the onions. Remove the onions and add coriander seeds, cloves, cardamom seeds, crushed garlic and ground ginger. Fry it till the mixture is cooked and ghee separates. Add mutton and fry quickly on fire. Then add the rest of the onions and fry till the onion juice dries. Add salt and red chilli powder.

Grind the spinach and add to the meat. Put half a cup of water and cook in pressure cooker for 10 minutes. Then uncover and cook till the liquid dries up. Add fried onions and little curd at a time, fry till the whole of it is consumed. Pour the mixture into a round flat dish. Sprinkle roasted ground black cumminseeds. Break whole eggs over it, dot the centres of the yolks with a little butter, salt and black pepper and place the dish under the grill for 10 minutes till the eggs are set. Serve hot with chappati or nan.

ATTENTION, COOKERY ENTHUSIASTS!

From this issue onwards, each recipe for the weekly and monthly contests and Recipes From Readers' page must be accompanied by this coupon. Those not accompanied by the coupon and a passport size photograph will not be considered for publication.

Address your entry to the Cookery Editor, Eve's Weekly Ltd., Bombay Samachar Marg, Fort, Bombay-400 023.



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She doesn't have the legs for mini-skirts; only the nerve.

She asked the judge for a divorce because her husband only talked to her three times in their five years of marriage and she wanted custody of her three children.

The stripper woke after a high night and found herself with her clothes on. She yelled: "Ye gads - I've been draped!"

John Chapman once criticized a Mae West show. He wrote: "Miss West now has one more bust than she needs."

Definition of an I. O. U.: A paper wait.

Meteorologist: A man who can look into a girl's eyes and tell whether.

She was only a sculptor's daughter but her bust was the biggest in town.

She was only a wrestler's daughter, but she sure knew all the holds.

She was only a pirate's daughter - but she had a treasure chest.

"But how could you bite yourself on the behind?"
"I sat on my false teeth."

"That's all right," the dentist said, "you don't have to pay me in advance."

"What advance?" the patient answered. "I'm just counting my cash before you give me the gas."

The prayer of a small girl: "Please Lord, can't you put



the vitamins in pie and cake instead of codliver oil and spinach?"

The best way to stay on a diet is to keep your mouth and the refrigerator closed.

Husband: "I want a divorce - my wife called me a lousy lover."

Judge: "You want a divorce because your wife called you a lousy lover?"

Husband: "No, I want a divorce because she knows the difference."

"I don't get it," said one pretty girl as she took off her clothes. "I tell the doctor my sinus is bothering me and he tells me to strip."

A naked redhead with a satchel on her lap replied, "My case is even more puzzling. I'm here to tune the piano."

"The landlady was over to the house and she gave father

three days to pay the rent.

"What did he do?"

"He took Fourth of July, Easter and Christmas."

A kiss is of no use to one - yet absolute bliss for two. The little boys get it free, the young man has to ask for it, the old man has to buy it.

The baby's right, the lover's privilege, and the hypocrite's mask.

To a young girl: faith. To a married woman: hope. To an old maid: charity.

A kiss is a pleasant reminder that two heads are better than one.

A bashful young bachelor, Cleary.

Of girls was exceedingly leery.

Then a lady named Lou
Showed him how and with who,

He could render his evenings more cheery.

Compiled by George Fegradoe

ACCOMMODATION:

acute problem facing working women

BOMBAY

As the number of women going out to work — either out of sheer necessity or personal choice or both—increases, the problem of finding accommodation for the single working woman gets simultaneously graver.

In Bombay, the situation is particularly serious compared to the other cities, because the city provides the maximum job opportunities for women. In addition, Bombay has a acute housing shortage any day. The city does have about half a dozen hostels for working women and a large number of people providing paying guest accommodation. But this barely touches the tip of the iceberg. While the hostels have long waiting lists, the exorbitant rates charged for PG accommodations cater to a very small proportion of women who need a place to stay.

Till some years back, it was only the Young Women's Christian Association (YWCA) which had a hostel for working women. Now, a few private organisations, like the Women's Graduates Union (WGU) and the Mahashashtra Sahakari Udyogini have also taken up the cause of single working women and constructed a few hostels.

The Y.W.C.A., Amrapali, All Saints Home, Yuvati Sharan, Villa Theresa, Purshotamdas Thakurdas Hostel, and a newly constructed hostel by the Shramna Sadhana Trust are among the few alternatives that the city has to offer. While each has its advantages, the drawbacks probably outnumber the former. Those residing in these hostels do so out of sheer desperation and not because they particularly like the places.

Besides the usual complaints of inferior quality of food, dark, dingy rooms, cramped quarters, lack of privacy (in most cases one room has to be shared by three or more girls), the occupants also complain most bitterly of the repressed atmosphere in these hostels because they are subject to varying degrees of stringency.

Also, most of the city hostels do not have an effective organisation through which the residents can get their grievances redressed. Since most of the girls are at the mercy of the authorities, who can expel a resident with just a 24-hour notice, any such organised body is unable to function properly.

The residents of the YWCA

The most difficult problem facing working women in cities is the lack of adequate, convenient and secure accommodation

hostel, which provides boarding and lodging at reasonable rates and is centrally located, find the authorities tradition-bound and not very receptive to change. Also, the hassle of having to come back at a "ridiculously early hour" frustrates any effort on the part of the girls to be free and independent.

While Purshotamdas Thakurdas hostel, run by the WGU, does not give ground for any of the usual grouses (the food, rooms and other facilities are good) it is slightly more expensive than the others. Also this place does not allow its residents to stay beyond a period of three years.

Consequently, a sense of insecurity assails the girls, who are unable to find suitable alternative accommodation after their "too brief a sojourn" in this hostel.

Here, once again, the girls have come up against a human wall in the form of authorities who fail to see reason.

The residents of the other hostels also have their share of similar grouses but these places have the advantages of being comparatively cheaper and are meant exclusively for working women of lower income groups. However, most of them are located in the suburbs, thus posing the additional problem of commuting, since most of the offices are clustered in south Bombay.

The desperate need for shelter has resulted in the mushrooming of "petty landlords," who let out rooms to paying guests. Here, once again, the issue is not so easily resolved, because the charges for the rooms are fantastic, sometimes going up to Rs. 500 and more for only lodging. Cheaper places are also available but these are to be found only in "chawls", located in some dark alley of the city where "drunkards and whores abound."

These landlords and landladies are notorious for letting out small rooms with bare essentials, like a fan, a bed, a cupboard. Most often meals are not provided and cooking in the rooms is strictly taboo. In such

cases, the girls staying as PGs are forced to go out and eat alone, usually in small eating places, as they cannot afford anything better. To say that this causes a lot of embarrassment and tremendous extra cost to the girls is saying the obvious.

In other cases, girls are not given a duplicate key to the flat, which often leaves them stranded outside for hours, when their landlords are not in. Objections to entertaining visitors and keeping the lights and fan on for too long are also not unheard of, while having to share one tiny room with three to four girls is now being accepted as normal.

In spite of this, a number of girls feel they have more freedom as paying guests, though they lack the advantage of "collective bargaining" which the hostel girls can have. Here, they just have to depend on the landlady's bonhomie. Besides, staying as a PG can prove terribly lonely, which is not the case in hostels.

It has been said much too often that the government and social organisations should help mitigate the hardships of the increasing number of working women by constructing more hostels. But what also needs to be improved is the quality of hostels already existing. What really should be done immediately is the relaxation of the rigid rules and regulations that most of the city hostels insist on.

Anita K.

DELHI

The existing hostels are not really hostels. They are just homes turned into hostels. Therefore proper facilities for community (dormitory) living or independent living are not available. Privacy is rare, but as most of these make-do hostels are cheap, there is a great demand for them.

PG accommodation in general can be more comfortable, but not always safe. And it is usually expensive also and there-

fore the ordinary working woman cannot afford it.

In Delhi, distances are a real problem as cheap transport as in Bombay is not available in the capital.

Working women living in good hostels are really lucky. They have cosmopolitan company and learn the great virtue of adjustment. They have security and can live in peace, eat reasonably good food and enjoy clean, well-kept rooms.

Lakshmi Raghuramaiah

CALCUTTA

It is amazing that in a big metropolis like Calcutta there is an absolute dearth of accommodation for working girls—so much so that many a girl opts for an early marriage or a job in her hometown rather than strive for suitable, reasonable accommodation in this city.

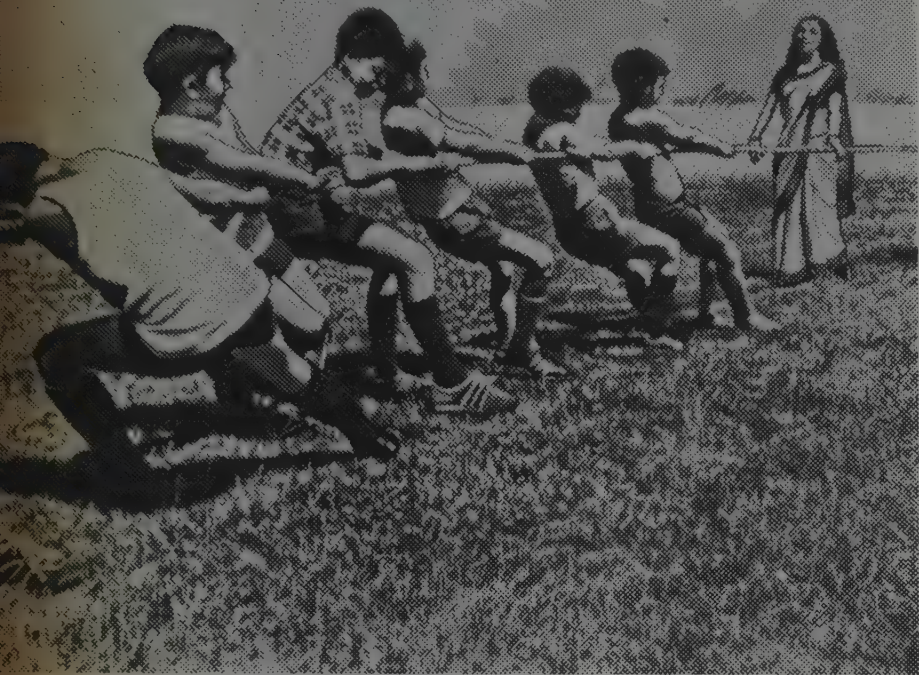
There are just four hostels that are known of and between them they offer just over 100 beds to working girls.

Nazareth Villa, a Catholic hostel, lies a "bit out of the way," on C.I.T Road. But so far as its reputation is concerned, the reports are glowing. Started by Spanish nuns, it now houses students as well as working girls and charges a very reasonable Rs. 265 per month. The rooms range from three seater to small dormitories for five or six residents, but they are very spacious. The first impression one gets is of cleanliness, and the girls admit that this is so even in the kitchens and, most important, the bathrooms.

The food, as hostels go, is "tolerable," but what the non-Catholics admire is the respect shown to their religious sentiments. This is the only hostel which does not serve beef. In the other three there is no option. It's either beef or tasteless vegetarian fare.

The problems here are: water-logging during the monsoons, and transportation. Although the bus stops just at the "doorstep," they are usually so crowded that even getting a foot-hold is next to impossible. Alternatively, there is a tram depot about a ten-minute walk away. One of the rules which the residents resent is the "back by 9 p.m." one. "It makes us feel like school kids," remarks a working girl.

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ACCOMMODATION:

acute problem facing working women

situated in one of the most congested and crowded parts of the city is the Salvation Army hostel, in Dharmtala. This gives preference to Christians and, therefore, to Hindu women on a first-come first-served basis. Here, again, transportation is a problem. Situated on a main road, it is a mid-route stop and the buses and trams that go past are impossible to board. One has to walk nearly half a mile to catch a bus or tram. No packed benches are given to the working women. But, as they all remark, "The unimaginative sandwiches—usually beef ones—served in all the hotels are very unpalatable taken by us. We usually go in for canteen lunches at the office which, although subsidised, still work out rather expensive on a daily basis, or we arrange for 'dubba lunches' at our own expense."

St. Vincent's Home is situated in Diamond Harbour Road. Transportation — or the lack of it — is the main problem. The girls commute, sharing taxis or mini buses which are, again, quite an added expense. The rates at this hostel also are very reasonable — Rs. 150 to Rs. 200 per month — and the atmosphere quite homely. The surroundings are much better than those of the other three hostels.

The YWCA, on Middleton Road, is the most expensive of the hostels in the city. But on account of its central location and country-wide fame, women from outstation flock here, not being aware of an alternative.

The working women start by paying Rs. 415 per month and can go up to Rs. 515 and further to Rs. 815, if they want to pay more than the limited one year. An extension of 6 months is granted on "guest" rates, which most of the girls find exorbitant. There were numerous complaints voiced by the residents, but they were afraid to disclose their identity for fear of being "chucked out." The commonest grouse is the size of the rooms. Many a single room has been converted into micro-compact double rooms where the girls keep stepping on each other's toes. Another complaint which has been often voiced, but not heeded by the authorities is the easy access to the floor residents' bathrooms by the guests. Especially during the holiday season, where there is an excess of guests, it is most common for a girl to walk out of the bathroom in just a gown, to be confronted by a male guest, waiting his chance to use the toilet. Then there are the anonymous phone calls which trouble the girls no end. Although this hostel is located in one of the quietest parts of the city — Park Street — it is unsafe for girls to walk out after sunset, as in the

other hostels. While the Salvation Army is the worst in this respect, one hears of eve-teasing and "goondaism" outside the confines of the Nazareth Villa too. At the Y.W.C.A. there have been numerous incidents of men trying to "pick-up" girls who may even venture out for a stroll after dark. And finally as one of the residents states, "I wish we'd have a less impersonal relationship with the authorities at the Y. There is no committee who will listen to our complaints." "The atmosphere is so very commercial," says another, "it seems that their main interest is how to make more and more money."

Very few of the working women go in for PG accommodation. They all agree that security, privacy and independence are found more in hostels.

Those who go in for Paying Guest accommodation do it more out of not getting place in hostels or "wanting a home away from home." They usually want to live in "with family friends but that's got its hang ups because they feel responsible for you and, in turn, you feel you are answerable to them for your actions, and thus lose out on your privacy." Most landladies only give out rooms on a "bed and breakfast" basis. This is a "problem for girls because they can't eat out every night unless one has a rich obliging boyfriend," one of them states. The landlords aren't too keen on taking on girls. "It's a bigger responsibility than looking after one's own daughter," explains away a prospective landlady. "Besides, you don't have full authority over their movements and comings and goings."

So the only way this big problem in this city can be solved is by the government and private organisations setting up more hostels. The criteria the girls wanted kept in mind were no profit-no loss basis; good, tasty, wholesome food; cleanliness, especially in the bathrooms; decent areas, preferably residential ones, and finally, some kind of medical facilities — like an infirmary.

Amita Sarwal

MADRAS

Y.W.C.A. is internationally reputed for the good and comfortable accommodation it provides at reasonable rates for working women. In keeping with this tradition the Madras Y.W.C.A. runs four such hostels — the students' hostel called the Mithra Bhavan exclusively for students, the Lahirry, a transit hostel, St.

Margaret's Hostel for the lower income group drawing a salary of Rs. 500 and below, and the Platinum Jubilee Hostel for the higher income group (Rs. 500 to 800).

These hostels have rooms with attached bathrooms and mosaic flooring. The second floor of the building is nearly ready for more residents. At present there are above 150 residents and more on the waiting list. The president of the National Y.W.C.A., Mrs. Lily Thomas, is herself the president of the hostel committee, and each hostel has a secretary. The girls are welcome to bring their grievances to the committee and any constructive criticism is readily accepted.

The rules are strict, as the authorities are anxious that their good name is not tarnished. Facilities available are in keeping with modern living. A TV was presented by the Madras Round Table 30, there is a radio, two pianos, indoor games. And the residents are invited to participate in the activities of the Y.W.C.A. if they have the time and inclination. From time to time the residents get together to display their histrionic talents, and they are encouraged to do so.

While the residents are quite happy with the accommodation and the food which is provided at only Rs. 100 a month, the working women feel that this hostel is only an extension of their college days, where strict rules were followed. They feel that they are now old enough to look after themselves and balk at the explanation required for their late comings and such trivial offences. This is a "bit old fashioned," is the opinion of some of them.

Women Students' Christian Hostel on Rundalls Road, Vepery, is a comparatively new hostel, but one which is very popular. They have limited accommodation for working women. The charges are about Rs. 175. Accommodation is sometimes three to a room. Their food includes a packed dry lunch. There is a common room, a radio is available and a few indoor games. Every month there is a get-together and a homely atmosphere prevails.

The Guild of Service Working Women's Hostel accommodates about 40 women of the middle income group (Rs. 600 salary range). It is situated in the premises of the Guild of Service on Casa Major Road, Egmore. They are charged about Rs. 150 a month and the problem is that "no one wants to leave the hostel!"

The Punjab Association Work-

ing Women's Hostel in Graemes Road has accommodation for about 70 working women. They have facilities like T.V., water cooler, indoor games, reading rooms. The accommodation is either single room or rooms for two. The rates are very reasonable and as it is in the heart of the city everything is convenient. It was started about ten years ago. The rules are very strict and so far they have had no problems with the residents. Women's Indian Association, a quasi-government body, runs a hostel for working women in Adyar on Greenways Road. It caters to working women in the Rs. 300 to Rs. 800 salary range.

The Pudupet Convent and Our Lady's Centre on McNichol's Road, Chetpet, are run by Catholic nuns, on the school campuses. There is great demand for these hostels which cater to a wide range of working women.

By and large, the residents are quite happy under the circumstances, the main consideration being the cheapness of accommodation and food. As all these hostels are situated well within the city, accessibility is very easy. There is a sense of security and in Madras there is not much fear of molestation and worrying by Eve-teasers and unscrupulous characters.

Susie Kuruvilla

BANGALORE

Paying guest accommodation is not popular in Bangalore because it is comparatively expensive. Except for a few who have such accommodation, the majority stay either with relatives or in a joint family set-up or else go to working women's hostels.

The urgent need for these have made some private individuals with big houses, take to the hostel-line as a partly-commercial/partly-service project; a few also run hostels as purely commercial ventures. There are some women's organisations which run them on a no-profit, no-loss basis, with the sole idea of providing comfortable, secure accommodation for working women from outside the city.

Some of the well-known hostels in the city are the U.W.A. Hostel, the Sharada Kutira, Gargi Sadana, Vimala Vijaya Sudarshana Hostel, M.E.W.S. Hostel, etc.

The U.W.A. working women's hostel is run by the University Women's Association with a great deal of success. Begun on a modest scale in a house at Ulsoor, the hostel was shifted to a rented house in a more central place, with accommodation facilities for 22 girls.

The U.W.A. then made plans to have their own hostel building. Their efforts to get a site were rewarded when the Bangalore Corporation gave them

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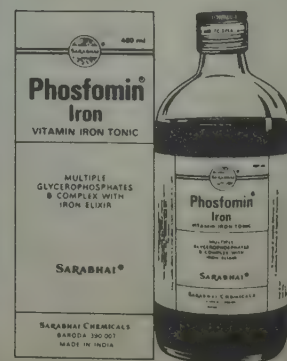
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**ACCOMMODATION:
ACUTE PROBLEM FACING
WORKING WOMEN**

site at a nominal rent on a 10-year lease. The Association then took advantage of the scheme of the Central Government to provide maximum hostel facilities to working women, during the I.W.Y. and the women's decade, and the U.W.A. hostel is fast nearing completion. When it opens, it will accommodate 75 girls comfortably.

The U.W.A.'s terms are Rs. 50 deposit, and a monthly charge of Rs. 170 per person, out of which the rent, staff salaries, light and water bills and cost of

food will be met. The hostel will be run on a no-profit, no-loss basis.

Once, when there was a complaint about food, the hostel Committee of the U.W.A. had a frank discussion with the inmates about the problems and costs of running such a hostel, with only service as their idea. They told the women to take over the budgeting and the actual running of the hostel within the funds available. This proved invaluable, and when the inmates realised the management's difficulties, they cooperated better and often gave a helping hand in the management.

The Menu is another big headache, and some working women

make arrangements to cook for themselves on certain days or even certain items everyday. The arrangement has worked out well in many hostels. There are a few hostels, like Deepak Hostel, which take a few girl students along with working women. While the students are helped in regard to accommodation, they find that it is very difficult for them to study in the evenings/nights/mornings because the working women want to enjoy their out-of-office hours in talk/music/fun/games. There is lot of noise and laughter, but the students have no option.

Rules and regulations form a sore point with inmates, even

more than food. Boy-friends are objected to by the hostel managements, and the working women want more freedom to come late or stay out.

There is a crying need for more working women's hostels in the city, so that the women are able to have some choice in the matter of location and food. The majority serve completely vegetarian fare and charge around Rs. 100 per month. The U.W.A. is the sole exception, providing occasional non-vegetarian food and daily eggs.

The women prefer private or institutional hostels to government-run hostels, but feel com-

Continued on page 49

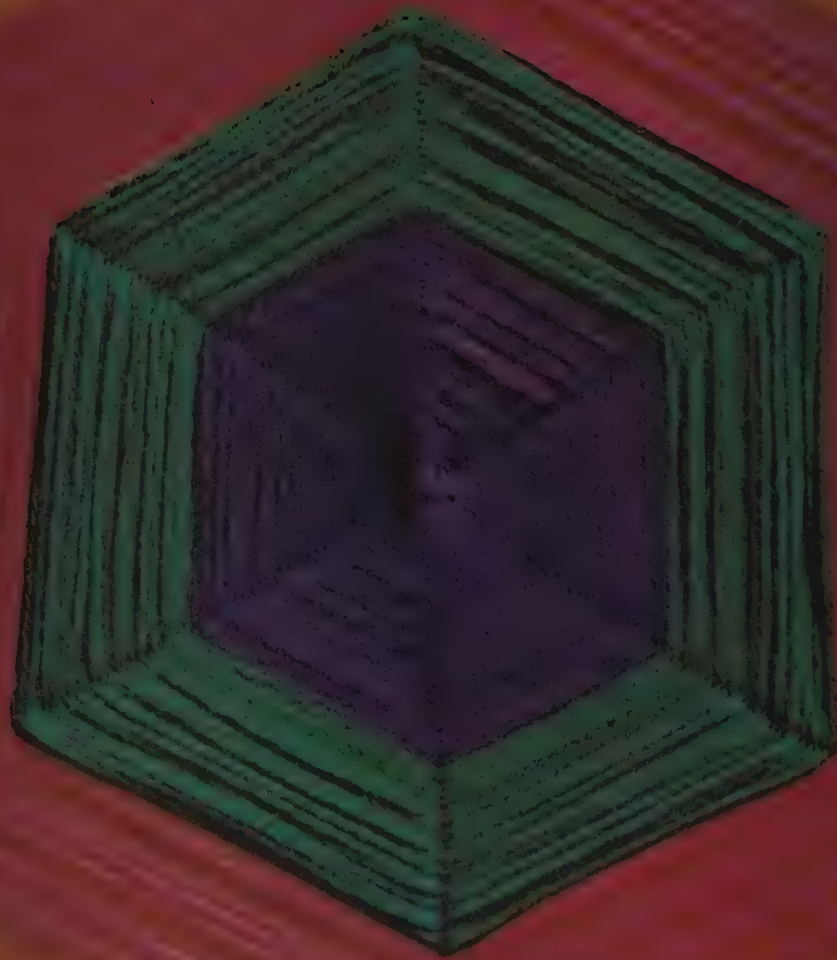
WORKING WOMEN'S HOSTELS UNDER THE GOVERNMENT OF INDIA SCHEME

Sl. No.	Cities	Population in lakhs (1971)	Number of hostels sanctioned	Accommodation in the sanctioned hostels	Capacity which can be further sanctioned
1	2	3	4	5	6
ANDHRA PRADESH					
1.	Guntur	2.69	1	20	30
2.	Hanamkonda (Warangal)	2.07	1	50	Nil
3.	Hyderabad	17.96	4	175	125
4.	Vijayawada	3.44	1	30	20
5.	Vishakhapatnam	3.63	Nil	Nil	50
BIHAR					
1.	Patna	4.91	1	21	29
2.	Dhanbad	4.34	Nil	Nil	50
3.	Jamshedpur	4.56	Nil	Nil	50
4.	Ranchi	2.55	Nil	Nil	59
HARYANA					
1.	Ambala	2.69	1	25	25
GUJARAT					
1.	Ahmedabad	17.41	Nil	Nil	300
2.	Bhavnagar	2.25	1	25	25
3.	Jabalpur	2.27	1	25	25
4.	Rajkot	3.00	1	Nil	50
5.	Surat	4.93	1	25	25
6.	Vadodara	4.67	1	20	30
PUNJAB					
1.	Amritsar	4.58	Nil	Nil	50
2.	Jullundur	2.96	1	96	Nil
3.	Ludhiana	4.01	Nil	Nil	50
MADHYA PRADESH					
1.	Bhopal	3.04	2	80	Nil
2.	Gwalior	4.06	1	24	26
3.	Jabalpur	5.34	2	80	70
4.	Indore	5.60	1	48	102
5.	Ujjain	2.08	1	100	Nil
6.	Durg-Bhilai Nagar	2.45	1	20	30
7.	Raipur	2.45	1	20	30
MAHARASHTRA					
1.	Bombay	59.70	6	662	Nil
2.	Pune	11.35	3	140	160
3.	Sholapur	3.98	1	24	28
4.	Nagpur	9.30	3	190	Nil
5.	Nasik	2.71	1	26	24
6.	Amravati	2.11	2	50	Nil
(In 1975-78)					
7.	Kolhapur	2.67	Nil	Nil	50
8.	Sangli	2.01	Nil	Nil	50
9.	Thana	2.07	Nil	Nil	50
10.	Ulhasnagar	3.96	Nil	Nil	50

Sl. No.	Cities	Population in lakhs (1971)	Number of hostels sanctioned	Accommodation in the sanctioned hostels	Capacity which can be further sanctioned
1	2	3	4	5	6
RAJASTHAN					
1.	Ajmer	2.64	1	20	30
2.	Bikaner	2.04	Nil	Nil	50
3.	Jaipur	6.36	1	50	100
4.	Jodhpur	3.17	Nil	Nil	50
5.	Kota	2.12	Nil	Nil	50
TAMIL NADU					
1.	Coimbatore	7.36	2	120	30
2.	Madras	31.69	6	241	59
3.	Salem	4.16	3	45	5
4.	Madurai	7.11	2	70	80
5.	Palayamkottai (Tirunelveli)	2.66	1	50	Nil
6.	Tiruchirapalli	4.64	Nil	Nil	50
7.	Kanchipuram	2.00	1	24	28
TRIPURA					
1.	Agartala	1.60	1	20	30
UTTAR PRADESH					
1.	Allahabad	5.13	1	45	105
2.	Gorakhpur	2.30	1	50	Nil
3.	Lucknow	8.13	2	60	90
4.	Kanpur	12.75	1	20	280
5.	Agra	6.34	Nil	Nil	150
6.	Aligarh	2.52	Nil	Nil	50
7.	Bareilly	3.26	Nil	Nil	50
8.	Dehradun	2.03	Nil	Nil	50
9.	Meerut	Over 5 lakhs	1	200	Nil
10.	Saharanpur	2.25	Nil	Nil	50
11.	Varanasi	6.06	Nil	Nil	150
12.	Muradabad	2.72	Nil	Nil	50
WEST BENGAL					
1.	Calcutta	70.31	3	180	120
2.	Howrah	7.37	Nil	Nil	150
3.	Asansol	2.41	Nil	Nil	50
4.	Durgapur	2.06	Nil	Nil	50
5.	Bhatpara	2.04	Nil	Nil	50
6.	South Suburban	2.72	Nil	Nil	50
ARUNACHAL PRADESH					
1.	Itanagar	Capital	Nil	Nil	50
PONDICHERY					
1.	Pondicherry	Capital	Nil	Nil	50

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Knitting yarn



ASHOK KUMAR:

A Wide Range Of Interests

The reluctant hero who has now become a screen legend in his lifetime

N. Bharathi

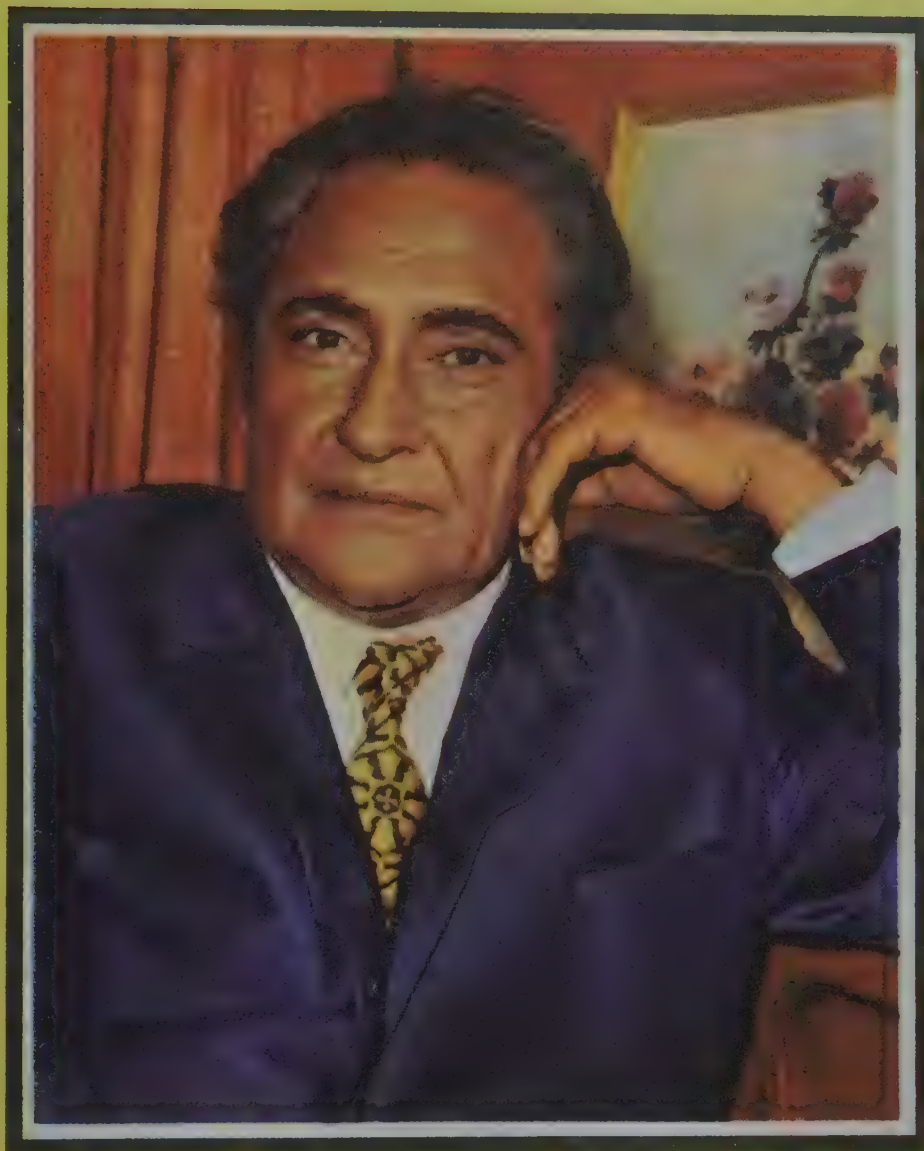
The bungalow in Chembur used to overflow with various members of the Ganguly family—Ashok Kumar, his wife, their son Aroop and three daughters, Bharati, Roopa and Preeti. Today Aroop (married to a Keralite) and Preeti live in their father's flat in town, while Bharati and Roopa live, obviously, with their respective husbands. All of them drop in occasionally to meet Ashok Kumar...like visitors.

One never hears of Ashok Kumar throwing parties ("I have some personal reasons for this," he explains). But Ashok Kumar likes having people over for lunch. Stars shooting in nearby S. K. Studio invariably land up at his place during the lunch break. And Ashok Kumar likes keeping an open house. The main reason for welcoming people so warmly is Ashok Kumar's deep rooted interest in human beings.

It is almost an insatiable passion with him. I remember how he floored me when I met him after a three-year gap and he rattled off even the name of the building in which I was staying! Ashok Kumar hates giving interviews when he's shooting. To him an interview is a meeting with another human being and that shouldn't be done in a hurry. So he calls you over for lunch (and he carefully remembers each person's dietary habits) and makes it a good three or four-hour session.

Almost everything about him is different from the normal male you find in films. At an outdoor shooting you come across male stars drinking and gossiping (it's always shop talk). But go to an outdoor shooting with Ashok Kumar and you'll find him rushing away to meet some saint or an interesting personality not connected with films. At one outdoor schedule, Ashok Kumar spent his evenings talking to and keenly questioning a young godman. "He's a very interesting man. I asked him a lot of difficult questions but he had answers for all of them," he later said. Of course, experience also teaches one to be frank, so Ashok Kumar doesn't flatter when he comes across someone insipid or stupid. That's why a compliment from him can be taken at its face value. If he chooses to throw a compliment in your direction, you may be sure that he means it.

When you meet Ashok Kumar you know you're going to meet a man who won't bore you about



his achievements. On the contrary, Ashok Kumar has this charming habit of playing down himself and taking such an interest in you that often you come back feeling that maybe he could write a better article on you than you on him.

Add to this, Ashok Kumar's interest in palmistry. He'll study your palm with a lot of concentration and finally, put into a nutshell your character traits with a few predictions thrown in. When Ashok Kumar was very young, someone read his palm and told him that he'd become a big judge in the Supreme Court. His family was thrilled. But Ashok Kumar grew up and took up a profession far away from law courts.

"Probably what that person meant was that I'd do well in my profession," Ashok Kumar explains. "It need not necessarily be in the profession which he pointed out. It's only that I'd rise to eminence in my field like a supreme court judge in his field..."

In his bungalow, Ashok Kumar has his den upstairs...a den filled to capacity with equipment enough to prove his interest in music. Be it Western, pop or Indian classical, he likes them all. He plays around with his equipment and does things like separating the tracks so that the singing is separated from the musical accompaniment. He has one piece of music which he casually taped when a bunch of gypsy-type people descended on him. He heard them and let them go without taking much interest in their work. Today, that piece of music is his most cherished possession—a nameless father and son duo in a rare jugalbandi. Ashok Kumar has received many tempting offers to part with it, but as it isn't his own he is in no position to take royalty on it.

Ashok Kumar's interest in homoeopathy has been written about many times before. I know of at least one journalist (female) who is under treatment for her pimples. Ashok Kumar met

her when she went there for an interview. He has taken a personal interest in her case from that day. Over the telephone she gets her directions and everybody feels there's a vast improvement.

He is an authority on almost all the subjects he touches upon.

At lunch time he is capable of suddenly pushing a dish towards you and asking you to guess what it is. The last time I gingerly tried one, it turned out to be potato peel! "In Ireland you never come across a rheumatic patient. Potatoes are very good to keep rheumatism away," he explains. "Another myth is that potatoes are fattening. It is not," he affirms. His daughter Roopa, who is studying nutrition at the Catering College, is her father's biggest admirer. "In college I find all his theories are correct. I used to disbelieve them once upon a time. But now I find that he's right," she admits.

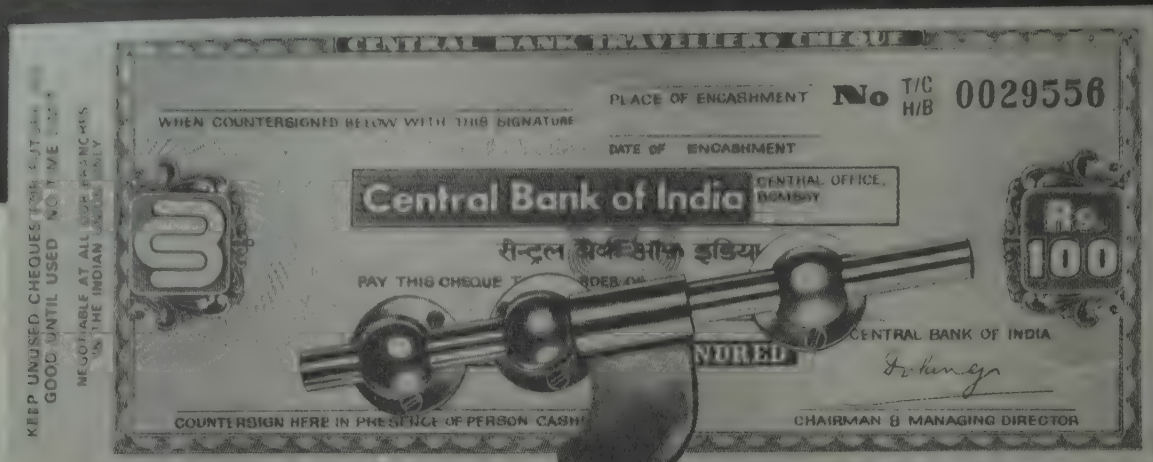
An afternoon with Ashok Kumar is spent on discussing books, gardening, music, food, homoeopathy...you name it and he's ready to discuss it. And till you bring up the topic of films he doesn't indulge in shop talk. Ashok Kumar, well over 60 years, is mentally alive and agile. Once upon a time his daughters were scared of him and he was one of those proverbial fathers—very strict and conservative. But he has changed over the years. His daughters have married men of their choice. Ashok Kumar was appalled when he learnt of their inclinations, but had to give in good naturedly. Today he himself mouths the words of the man who once said to him, "She's marrying a human being isn't it? That's enough"

To Ashok Kumar, film acting is not his only interest. But he does take care to be disciplined, punctual and hard working about his roles. I remember how upset daughter Preeti was when she saw "Ek Se Badhkar Ek" and found her father jumping around in the film. He had just recovered from a heart attack and in her words, "Papa had no business doing such scenes."

Today, like it or not, Ashok Kumar, in spite of making a genuine effort to cut down on his assignments, has almost 40 films to complete before he can even think of retirement!

Photograph: B. J. Panchal

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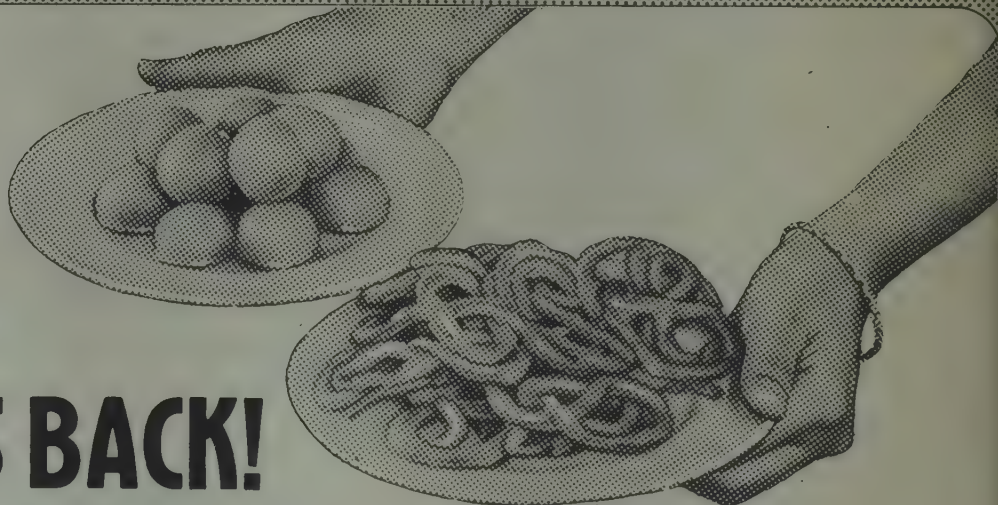
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MAKE-UP CAUSES PIMPLES?

My cousin tells me that using make-up causes pimples. Is this true? She used some powder and foundation and her skin broke out in pimples.

S. D. (Ahmedabad)

High quality cosmetics will not cause pimples if properly applied and the skin is cleansed well before using these. Cosmetics should never be applied on a dirty face. Some girls are allergic to certain cosmetics even if they are good. Your cousin should find out the cause.

THIS EXERCISE

I am 34 and have fat on my face. I am not overweight, but I look older. I am not over-weighed, please suggest me some good exercise for this.

N. A. (Chandigarh)

Try this exercise and do it regularly for good results.

Stand with feet apart, chest up and head held high. Swing your arms together to the side and up lifting the mid-section. Then swing the arms back to the other side. Do this twice. Then swing the arms forward and up, and circle them around and down and up again in a continuous motion, as you do the two quick steps to the side.

CHOOSE YOUR COSMETICS WITH CARE

Then do this:

Stand with feet apart, arms stretched overhead, right hand grasping left wrist. Bend smoothly towards right, head up and pull the left hand to increase the bend, and extend the pull all along the left side. Come back to position — then another bend and another. Now bend to left pulling on the right hand.

This one is for suppleness.



Again stand with feet wide apart, arms stretched overhead. Sway over to the right — away over, chin up — and as you sway let the right knee bend. Sway the trunk over to the other side, this time bending the left knee. Keep the stomach muscles tightened as you sway.

USE OF FACE POWDER

I hardly know of any girl who uses face powder. It is out of fashion to use it?

Y. K. (Bombay)

Powder is used by some girls to minimise complexion imperfections which sometimes a foundation cannot do. Powder helps to soak the oiliness on the skin and makes the complexion seem smooth. A naked face collects dirt particles that clog pores and a powdered face keeps these at bay. A face powder completes your make-up, sets it and makes it last longer.

TO REMOVE HANGNAILS

How do I remove hangnails? When I try to pull it off, more skin comes off causing the area to bleed.

I have a short nose, can I make it appear longer with make-up?

K. B. (Delhi)

You should never pull a hang-nail nor bite it off. With a manicure scissor, snip it off gently.

To improve the appearance of your nose, take two shades of foundation — a light and a dark. Apply a thin line of light foundation starting from the bridge to the tip of the nose. Blend this

into the darker foundation used all over the face.

BRIGHT NAIL COLOURS

I have always been using pale nail polishes. Now I want to try out bright colours like maroon, red and so on. But my nails are very short, will these colours suit me?

D. R. (Hyderabad)

Bright nail colours do not suit everyone. Only those with long, shapely nails can carry these well. You have large knuckles and stubby nails, and if you apply bright shades, they will draw attention to your nails. So avoid these and keep to the pale shades.

CONSTIPATION PROBLEM

My face is long and thin, will a side parting suit me?

I get constipated often and feel uneasy when I am constipated. Any remedy?

P. P. K. (Bombay)

Side parting is not for those with a long and thin face, or if the forehead is too high or square.

The most common causes of constipation are lack of exercise, faulty diet, insufficient fluids and tension.

You should have plenty of fruits and salads and drink plenty of water and fruit juices. Also have regular exercises — walking is a good form of exercise.

Take gulkand every morning to keep your bowels clean; or take isabgol every night before you go to bed. These can be had at any medical shop.

THE ETERNAL MALE

It is not woman but man who is a bundle of contradictions, and a man's "selective memory" can drive you up the wall

of years he has been married, or the whereabouts of his car keys and you will have him stumped. He will cudgel his brains with not much result, and it may be noted in passing that he will not be ashamed of this "forgetfulness." Men with such memories usually call it a "selective memory," though selective on what basis is left to the imagination.

Man is supposed to be observant, alert, one of a breed of clear thinkers. But you can turn a whole house upside down, redecorate it or alter it and it is a safe bet that he will walk in without noticing anything at all. And to add insult to injury he will have the nerve to ask "what have you been doing today?"

He might know a lot about machines but a leaking tap would defeat him. Clever with his hands?

Just give him a tin of jam to open and take a ringside seat to watch the fun. Also be ready with a large cloth to mop up the inevitable mess of spilled jam, a bandage and antiseptic to deal with minor injuries like bleeding thumbs and lots of sympathy and a cup of tea for his "hard work."

Clever with figures? (The unfeminine ones that is.) Get him to tote up the household accounts and watch him get a different total every time.

A man, they say, is practical and reasonable. Turn him loose in a market with a shopping list. He will come back without some of the things mentioned and some additional unnecessary items not included.

Helpful? Sure. Some men would go miles to help a fellowman, but

the short distance from the dining table to the kitchen or the clothes peg to the cupboard beats him. He will stay up half the night talking shop to his friend but, at the least sign of garrulity on the home front, he will find refuge behind the newspaper or files, or sleep.

He is a great admirer of plunging necklines, skin-coloured tights and bared midriffs but all on other females except his wife.

Punctual? But of course. He is never a minute late for office, meetings, conferences and parties. But dinner at home is usually heated, cooled and heated again, waiting for milord's pleasure.

Endowed with such a contradictory temperament (or double standards in plain, simple English) and blessed with a selective memory that retains the number of runs made by Desai in 1963 and forgets the location of his car keys five minutes after dropping it into his pocket, man remains an enigma. An enigma that no amount of time or experience can unravel.

Malati Jaikumar

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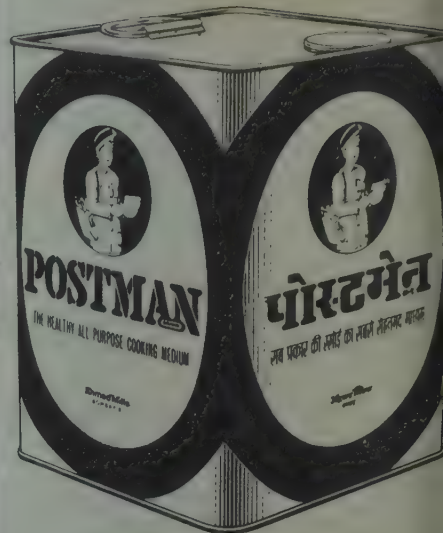
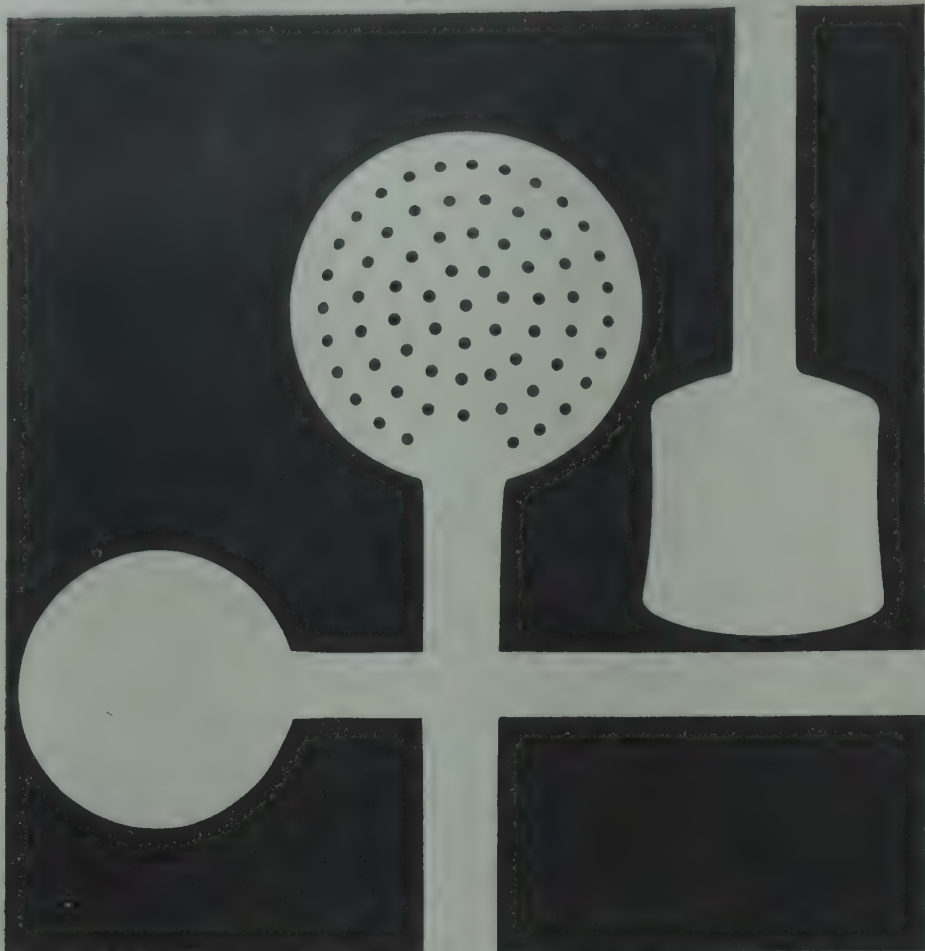
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PROBLEMS OF SEXUAL INADEQUACY

Continued from page 11

To restore that excitement, a couple might experiment with different coital positions, or engage in sex somewhere other than the bedroom.

STAY ATTRACTIVE: When a partner's sexual desire begins to wane, one of the first places to look for a reason is the mirror. Early in a sexual relationship, most people are extremely careful about their appearance and grooming. Subsequently, however, many men and women become quite lax.

Nothing diminishes sexual attractiveness like bad breath, unpleasant body odours, and similar signs of personal uncleanliness. Were you as careful about personal hygiene the last time you made love to your spouse as you were the first time you made love? If not, this may very well be the reason why your spouse's sexual desire has diminished.

BE COOPERATIVE: The time will come in every marriage when one partner simply will not be in the mood for sex, no matter how tenderly and lovingly his or her mate approaches the matter. If this happens repeatedly, the person whose interest is rejected may soon lose interest. To avoid this, the partner who is not in the mood for sex might be wise to compromise.

Some successful couples articulate the following rule very early in a relationship. The female pledges that she will not deny the

male when he desires her, even though she herself may not want it. And the male pledges that he will make every attempt to gratify the female — manually, or orally if he cannot do so genitally.

If each partner is confident of the other's eagerness to please, the relationship cannot fail to be strengthened, and mutual desire will be thus enhanced.

TAKE A REALISTIC VIEW: Unfortunately, some men and a great many more women lose sexual interest simply because their preconceived notions about sex are unrealistic. They enter a relationship expecting that each sexual encounter will be an exquisitely pleasurable and supremely gratifying act, culminating in simultaneous orgasm. When this does not happen, they become disenchanted.

Sometimes, during the early stages of a relationship, a woman will feign desire because she believes it is expected of her and because she wants to please the man. Perhaps she will nurture the secret hope that as time passes her dormant desire will come to life. When it does not, whether because of negative sexual conditioning earlier in her life or for other reasons, she may abandon the pretence of liking sex and appear to have lost what in reality she never felt.

Likewise, some men marry for purely financial reasons or because they hope that marriage will "cure" them of homosexual impulses or other unwanted drives. They may succeed in carrying out coitus initially but may lose the ability — or the inclination — as the marital relationship is prolonged.

When the problem is a long-standing lack of sexual desire rather than the mere loss of sexual desire, professional counselling almost always will be necessary before sexual compatibility is achieved.

this week for you

K. H. Shroff

For October 29 to November 4



ARIES (March 21 — April 19) Do not speculate. Consult someone experienced before change of job. Curb temptation for snap decisions. Favourable days: 29-30.



TAURUS (April 20 — May 21) Push personal interests in your profession. Home affairs require discretion. Conservative action prevents trouble. Favourable days: 1-2.



GEMINI (May 22 — June 21) Favours recreation, relations with family members and business. Stimulating week for romance and screen people. Favourable days: 3-4.



CANCER (June 22 — July 22) Your expectations will be fulfilled despite delay. Your judgement is good. Favourable days 1-2.



LEO (July 23 — Aug. 23) Influences are favourable and your plans of a personal nature and career favoured. 19-20-21 August born find obstacles. Favourable days: 29-30.



VIRGO (Aug. 24 — Sept. 22) Benefits through writings, travel and relatives. Youngsters experience romantic friendship. Luck favours. Favourable: All days.



LIBRA (Sept. 23 — Oct. 22) Venus with Sun augurs well for health, wealth and fame. Birth of child to married ones. Rapport in love. Excellent week for artists. Favourable days: All days.



SCORPIO (Oct. 23 — Nov. 22) Caution required in profession and with friends, home and romance. Benefic planet recedes and excites. Cool it. Favourable days: 30-1.



SAGITTARIUS (Nov. 23 — Dec. 21) Require extra initiative in whatever you want to achieve as your ruler Jupiter recedes. Financial stringency likely. Favourable days: 31-2.



CAPRICORN (Dec. 22 — Jan. 19) Benefits promised in career and job. Lucky Venus in 10th house auspicious for status. Times ahead are favourable. Favourable days: All days.



AQUARIUS (Jan. 20 — Feb. 19) Be patient and good natured. Don't get into arguments however provocative the situation. Continue to follow routine. Inspiration in creative arts. Favourable days: 30-31.



PISCES (Feb. 20 — March 20) Relatives may interfere in domestic life. Seek pleasure in short trips. Writing of all kinds helpful. Broken romance revives. Favourable days: 1-2.

THAI FOOD COMES TO INDIA

A Thai Food Festival is being held from October 22 to 29 at the Hotel Oberoi Inter Continental. A variety of exotic Thai dishes are being prepared by selected chefs who are specially flying in from Bangkok.

Four graceful Thai classical dancers in their traditional costumes perform the famous candle dance and episodes from the Ramayana.

This gastronomical event has been made possible by courtesy of Siam Intercontinental Hotel and Thai Airways Intercontinental.

Hotel Oberoi Inter Continental will hold a French Food Festival from November 21 to 26. There will be a vast variety of cheeses and delectable gourmet dishes prepared by the Maitre Chef of Sopexa, the internationally known promoter of French-cooking. A French guitarist is specially flying out to entertain with the lilting songs of Paris. This festival is being made possible by courtesy of Air France.



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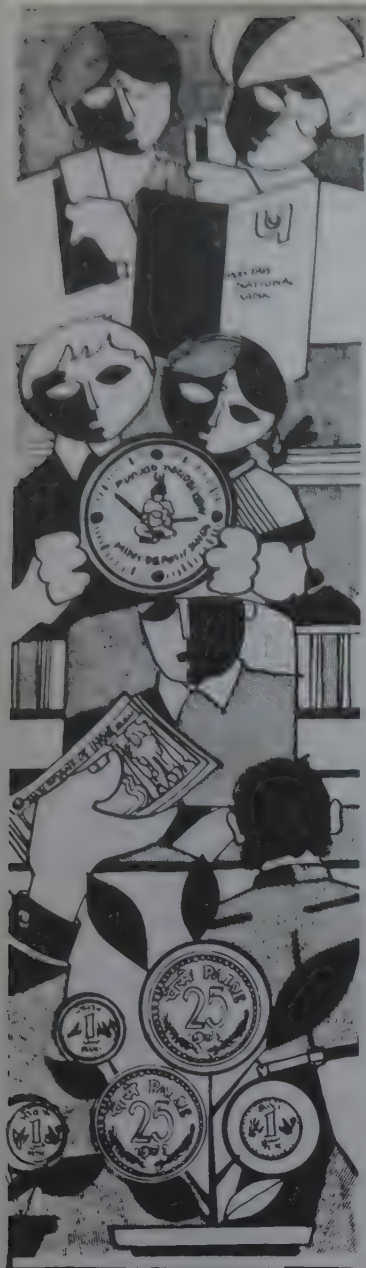
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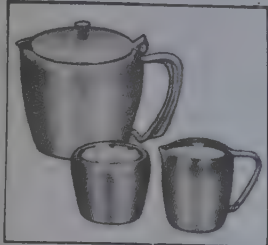
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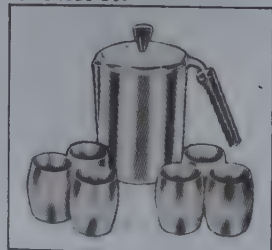
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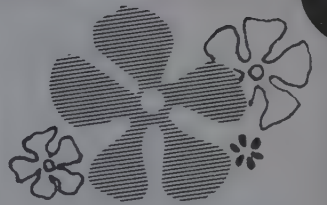
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**ACCOMMODATION:
ACUTE PROBLEM FACING
WORKING WOMEN**

Continued from page 41

Competition will help to keep up standards. Cities like Bangalore still have old homes with lots of rooms and often the inmates are very few in number, mostly retired old people, whose children all live outside the city or country. They face problems of maintenance, and it would be a good move if some of the people could be persuaded to let out part of their homes for such hostels, so that more hostels could be opened for working women.

Shakuntala Balu

AHMEDABAD

It is indeed surprising that even in a big city like Ahmedabad the single working woman cannot find adequate means of accommodation for herself. After coming to the city from the country-side, or simply wishing to launch out on her own, her dreams get a rude jolt when she has no shelter to nurture them in! Perhaps thousands of young women, otherwise capable and qualified to take up jobs, are not emigrating to Ahmedabad for fear of being unable to find shelter for themselves.

For Ahmedabad offers them a choice of only two hostels — the Sulochanaben Narottambhai Working Women's Hostel, and the Y.W.C.A. Hostel. The former is undoubtedly the better of the two, with 21 rooms and accommodation for 42 people. Amenities include beds, cupboards, desks, drawers, chairs, fans, lights, and easy access to bathrooms equipped with geysers. Meals are served in a huge, neat dining room, but the inmates can make their own snacks in the separate pantry provided if they so wish. A washerwoman aids in the laundry work, and telephone facilities are also provided. There is provision for games like table tennis, badminton, carrom and even a small library. With prior permission, a hostelite can stay out as late as 10 p.m.; otherwise she must return by 9 p.m.

The charges are fairly moderate (Rs. 30 for the room, Rs. 100 for food and about Rs. 15 for electricity, per month), considering the clean and healthy environment. The hostelites interviewed were generally happy, not only with what was available in the hostel but also in nearby places.

Transportation is no problem, because the bus stand is just opposite the hostel and bus frequency is sufficient in Paldi. Their only grouse was food, which they confessed was often insavory.

The warden of this hostel, Mrs.

Nirmalaben Machhar, is sensitive to the needs of the inmates. This "Mahilagar" is run by the Ahmedabad branch of the All India Women's Conference, which will soon be opening up similar hostels in Rajkot and Surat.

The Y.W.C.A. Hostel in Navrangpura is essentially for those women with incomes less than Rs. 500. The present hostel is a rented house, with four large rooms, the maximum occupancy being 23. The rate is Rs. 115, all inclusive.

The chairperson of the Y.W.C.A. Hostel, Ahmedabad, Mrs. Chandra Perianayagam, asserts that more could be done to better the lot of working women by offering them less expensive and agreeable accommodation facilities. The Y.W.C.A. plans a new hostel, to be located in Mirzapur, which will have much better amenities. The accent there will be on sports and cultural activities. Separate pantries will enable women to experiment with food and create a more communal and convivial atmosphere.

One does hope that the new YWCA hostel will be an answer to the present problem of limited accommodation.

Needless to say, both the hostels are always full, even though the maximum stay permitted at the S.N.W.W. Hostel is two years and, at the Y.W.C.A., three years.

The paucity of accommodation reinforces the need for a well-equipped hostel for working women (especially of the lower income group) in a big city like Ahmedabad, where many young girls, in spite of getting good jobs, are unable to give a helping hand to their families only because there are not enough places where they can stay in comfort and feel secure. We hope that philanthropists, industrialists and other social organisations will listen to the cry of the single working woman.

Manju Thirani

HYDERABAD

Hyderabad has hardly any good hostels for the working woman. There are altogether about four.

The Andhra Yuvathi Mandali Hostel, in Barkatpura, accommodates about 32 women. The rates are very nominal and there are single rooms as well as rooms that can be shared by two, three and four women. A room for four costs Rs. 32 each — for the lodging. Board costs Rs. 75, for two meals and tiffin once a day. Tea and coffee are not provided, but can be made on a stove in the kitchen for the use of which an extra charge of Rs. 1 per month is made. Hot water for baths can be had at 15 paise per bucket. A donation of Rs. 100 is expect-

ed from each inmate, together with a deposit of Rs. 100, which is refundable, provided the depositor stays a minimum of three months.

This hostel is not so centrally located. But in a city like Hyderabad, where places are spread out, but where cycle-rickshaws and auto-rickshaws are quite easily available, this hostel is a boon. It was started around 1958.

The other two hostels, run by the Y.W.C.A., are also fairly good. They are clean, and one is situated very centrally, in King Kothi in Hyderabad. The other is in Marredpally, in Secunderabad.

Rates here are about Rs. 200 to Rs. 300 per month — generally graded according to the women's salaries and according to the decision of the board. The one at King Kothi is well-established and can accommodate about 30-32 women. The one in Secunderabad was converted into a hostel from a large hall when there was a dire need for a hostel. This can only accommodate about five to six girls, and, again, the rates are reasonable (only Rs. 50).

Here a kitchenette is attached because the board found that most working women prefer to cook their own food. Most students, however, prefer to have board provided.

In each case, the secretary has to be contacted for accommodation.

The All-India Women's Conference also has a hostel in Himayatnagar. This is also centrally located and, since many offices are around Abid Road, Himayatnagar is extremely convenient for a working woman. This hostel also caters to the average working woman and charges about Rs. 8 per day for lodging and about Rs. 70 to Rs. 80 per month for board.

The Andhra Mahila Sabha runs a hostel near Osmania University on University Road for 400 women. This accommodates its staff, trainees and students as well as some outside working women. The two colleges of the Sabha also run a hostel for their students. Here also the charges are very nominal and amount to Rs. 77, which includes board (Rs. 65.00) establishment (Rs. 10), subscription to the Sabha (Re. 1) and medical fees (Re. 1).

Paying guest accommodation is not easily available in Hyderabad. Very few families take paying guests but since few women work in Hyderabad compared to the larger cities like Delhi and Bombay, the problem is not so acute. Usually, if women come from outside Hyderabad, they try to stay with relatives or friends.

The All-India Women's Conference is now building a hostel in Khairtabad but it will be some time before the hostel is ready.

Bilkiz Alladin



Devi

Rajesh had almost completed work in Mehmood's "Janata Hawaldar" in Bangalore, but Hema Malini was nowhere on the scene. At one time it looked as if the duet song would have to be picturised on Rajesh and a dummy. Mehmood flew down to Bombay, parked himself on Hema Malini's doorsteps and laughed and cried by turn. Then he gave up Hema, instead sent up a prayer to Allah and found that he has more influence with Allah than Hema.

**ALLAH BRINGS
HEMA
TO B'LORE**

It happened this way. The Dharam-Hema affair hung in the air. The affair was almost collapsing owing to the Bombay-Bangalore defective trunk line. So Dharam decided to take off from his "Shalimar" spell and call on Hema. He flew down to Bombay for a day. That was on Monday. And Hema thought she should return her lover's visit, so she decided to fly down to Bangalore. Of course, at the producer's cost. The surprised but happy producer was Mehmood. And the entire "Janata Hawaldar" unit went into raptures over Hema's punctuality, sense of duty, consideration for her producers, etc., etc. Only Dharam and the telephone operators know the truth.

We do not have "continuity girls" like in the West. Those efficient, sharp-eyed females keep track of the minutest detail from a hairpin to a ring. But we have a more luscious kind of continuity girl. At least Shakti Samanta believes in it. One noon, I saw Prema Narayan in his office. That was when he was making "Amanush". After she left, he sent the hat round for opinions on the dark visitor. All the men thought, and I agreed, she was healthy and wise.

The next I saw her was on the screen in "Amanush". At one time it looked as if Prema ran a parallel role to Sharmila and now she has a dance number in "Anandashram".

Prema's continuity on the screen may have been limited to one scene, but her visits to producer Shakti have reached a full feature film length.

Due to the compression of the heart the blood flows in the blood vessels and the pulse that all of us can feel at the wrist or elsewhere results from this rhythmic contraction of the heart. We all know that all living creatures with a circulation system have blood pressure. This is a sign of life.

When you are angry or agitated, when you are passing through strains and stresses, when you have mental tension, etc. your blood pressure goes up. Besides the fast paced life of modern days, tensions, food habits, environmental factors, etc. influence the blood pressure directly. Blood pressure varies considerably at different times and is not fixed all the time. To exemplify, when you are agitated it goes up, when you are comfortably sleeping it comes down. There is a lot of difference between the blood pressure levels of children and aged people. As age advances, blood pressure rises.

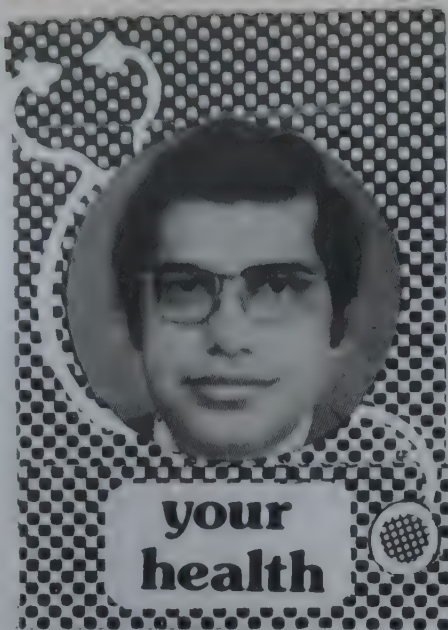
As we are advancing in age, tensions mount and our eating habits change. This leads to many suffering from high blood pressure. Though we have progressed at a very fast pace in all directions of medical treatment, yet we are unable to cope fully with this disease. The biggest hurdle is the unnoticed growth of this disease which can quietly keep on damaging our body organs and reducing the life span considerably.

NORMAL BLOOD PRESSURE

To propel blood throughout the body and, in the case of some parts, against gravity, pressure is required. This necessary pressure is generated by the rhythmic contraction of the heart and this can be recorded. The convenient places at which the pulse can be felt are where the arteries are at the surface, e.g. wrist, thigh, etc. In a normal person the upper limit of blood pressure is supposed to be 130 mm. of mercury as measured in the measuring instrument. With the process of aging, the pressure increases, partly because the blood vessels harden and lose their elasticity.

For those people pressures higher than 130 may be considered normal. For practical guidance, if you add 90 to your age, that should be the upper limit of blood pressure in you. For example, for a person whose age is 45, the normal blood pressure is 135 m.m. of mercury. The same may be considered high for a younger person. In children the blood pressure is even less.

People are confused when we doctors talk about the two levels of blood pressure like 120/80. The pressure recorded at the time of the pumping of the heart is the upper level and is known as the systolic pressure and the one recorded when the heart is relaxed is the lower level or diastolic pressure. Both the pressures are important. The systolic denotes the activity of the heart while the diastolic shows the condition of the blood vessels.




Dr. Padam Singhvi,
M.S., F.R.C.S.(Eng.),

HYPERTENSION: the silent killer

**Hypertension,
commonly known
as high blood
pressure, shows
few outward
symptoms and
many become
aware of it too
late for effective
treatment**

**Unknown
Essential**



Known Causes
Renal
Endocrinal
Vascular Diseases
Toxaemia

Causes of hypertension.

WHAT IS HYPERTENSION

Blood pressure recording shows the processes going on in the body. Therefore, any rise or fall in the pressure depends upon the changes that occur in the body. As mentioned earlier, it is quite possible that the blood pressure will rise considerably under the stress situations but it will come back to normal after the stress is over, but if the pressure remains high persistently as shown by repeated recordings, this shows hy-

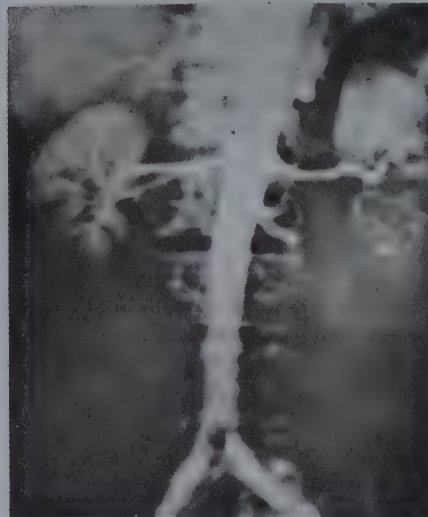
per-tension. This type of person should be treated whether he has other symptoms or not. If a 35-year old man has a blood pressure of 150/90 on repeated examinations he needs to be treated even though no outward symptoms are present.

ROUTINE CHECK-UP

As we have mentioned earlier it is unwise to wait for visible symptoms of high b.p. The wise course after one is 35 years old, is to get the b.p. checked at least once a year. If there is any doubt, then repeated check-ups are necessary to establish or rule out hypertension. High blood pressure is also known to occur in children therefore, it is advisable to get the b.p. of your child checked once or twice in childhood to make sure that it is normal.

THE CAUSES:

Every symptom has a cause and high blood pressure is also a symptom. Unfortunately, the causes are evident in only 20% of cases. This type of rise in blood pressure is known as SECONDARY HYPERTENSION. One of the well-known causes of this is kidney disease. Any reduction in the supply of blood to the kidney can produce hypertension. Various diseases of kidneys result in hypertension. Anaemia, brain tumours, thyroid



Arteriography showing normal blood circulation of kidneys.

and adrenal gland tumours etc. can cause rise in b.p. In some, the major blood vessel, the aorta, is narrowed at one place since birth and in these patients the b.p. will be high. In pregnancy too the b.p. may go up.

But in 80% of the cases there is no easily established cause. This type of hypertension is called essential or primary hypertension. But there are certain circumstances and predisposing factors which help in the appearance of

this disease. The modern fast pace of life in cities, mental tensions, irregular food habits, pollution, too many ups and downs and various other strains have their effect on the human body and one of the results is hypertension.

Hypertension can also be hereditary. If both parents have high blood pressure, then the chances of their offspring developing hypertension are more than 50 per cent. This type of hypertension will develop 8-10 years earlier than the usual ones. Certain drugs, smoking, drinking, and eating too much salt contribute to hypertension directly or indirectly.

Obesity is bad from every point of view and fat people do develop high blood pressure more than others. Various studies in this direction have proved this point time and again. One peculiar point in favour of females is that they suffer less from this disease and can stand it better than their male counterparts.

Therefore, a quiet, emotionally stable man, living in a serene atmosphere with limited wants and ambitions will have much less chances of having high blood pressure.

SOME STATISTICS

On a global level it is found that some 15 to 25 per cent of the world's adult population suffer from this ailment. So roughly every 5th adult suffers from high blood pressure.

According to an American insurance company's reports, hypertension reduces the life span considerably. If a man of 35 years has normal blood pressure he can expect to live some 41 years more. If the same is 140/95, his life span will shorten by 9 years and if his blood pressure goes to 150/100 he will lose as many as 16 years of life. Though Indian statistics are not available, yet it is presumed that these will not be drastically different. The bright side of this gloomy picture is that high b.p. can be prevented by timely and proper treatment.

SALT AND HYPERTENSION

It is a common belief that too much salt is the root cause of hypertension. This is a misconception. Salt is essential for life. Actually, it does not play a very significant role in the appearance of hypertension. But it does play a role in maintaining blood pressure at a high level.

In Japan, salt consumption is very high and so is the incidence of hypertension. Without going into technical details, it is sufficient to say that excess salt in the body retains water and this extra volume is not good for hypertension. But there is no need to get scared about salt and there is no need to stop the consumption of salt altogether, but it is advisable to curb the habit of adding extra salt to every dish and one should use restraint in eating salt after 35 years of age. Of course, once hypertension is detected then salt restriction becomes a part of the therapy.

HOW TO DETECT B. P.

It is unfortunate that there are not very many outward symptoms of this disease. For many years it may grow in you silently and that is why it is called the SILENT KILLER. When symptoms do occur, they may be headache, dizziness, heaviness, pressure on the eyes and heart and at times palpitation. But these symptoms are very vague and do not definitely indicate hypertension. However, if you get consistent headache early in the morning on rising, you are advised to go for a b.p. check. Sometimes people can't sleep properly, they become irritable and can't concentrate on their work. But these symptoms mostly appear in the late stages due to complications arising in a hypertensive subject.

pressure rises it starts damaging the blood vessels and then some of the main organs start showing the effects of raised blood pressure. Four of them are effected the most: the heart, brain, kidneys and eyes.

Because of raised pressure the heart has to pump harder and this increased work damages it. The chances of a hypertensive person getting heart attack are more than those of a normotensive person. Similarly, delicate blood vessels of the brain may burst under the increased pressure resulting in a cerebral stroke or paralysis.

The blood vessels of kidneys under pressure may damage the delicate working of the kidneys and these start failing, resulting in uraemia. Eyes are perhaps the

a revolution in the treatment of this disease. With proper and timely treatment it is not only possible to keep the blood pressure under control but to delay the complication sufficiently for a person to lead an absolutely normal life.

TREATMENT

For secondary hypertension where the cause is known it is easy to treat the patient. Usually surgery is required to remove the tumour or other offending cause and once it is removed, the blood pressure reverts to normal.

But for primary hypertension one has to take medical treatment for the rest of the life. With several kinds of good and cheap medicines available in the market one can hope for an effective control of blood pressure. Some of the drugs remove extra water from circulation while others dilate the blood vessels. There are newer drugs that now act centrally and reduce the nervous influence on the blood vessels that causes rise in blood pressure. The newer Beta blockers are very effective in controlling blood pressure. I shall be failing in my duty if I do not mention the name of the late Dr. Rustom Jal Vakil who gave serpina drug to the world. This drug has been borrowed from Ayurveda and has become a potent weapon in controlling blood pressure.

Patients are advised to restrict their intake of salt and regulate their diet. They should also avoid mental tension. There should be more hours of rest, weekend free for home and entertainment. They should reduce responsibilities, walk in the morning, work in the garden and reduce their weight.

With research going on all over the world, newer and newer drugs will come in the market for effective control of high blood pressure. I must warn people that they should not leave treatment half way. It is a life long process.

YOGA AND HYPERTENSION:

One or two postures called Asanas are not going to cure you or help you reduce your blood pressure. What is required is total tranquillity. This type of relaxation of mind does result from Yoga and it is helpful in bringing about serenity of the mind and body, thus helping in the control of blood pressure. In the recently concluded International Congress on Hypertension held in Bombay, Dr. Dali Patel of U.S.A. has convincingly shown with his biofeedback techniques that the tall claims of Yoga as the magic cure of hypertension are not based on scientific research.

Yet yoga is shown to be of value and further deep and scientific scrutiny and research are required to prove its value. Savasan is a wonderful way of relaxing and the chemical studies done on this Asana have shown encouraging results. In this the

patient lies flat on his back and actively relaxes with deep and prolonged breathing exercises. We sincerely hope that some day someone in our country will do a proper scientific study of this excellent asana.

HOW TO AVOID B.P.

You can't challenge heredity at present, but you can certainly lead a life whereby you can reasonably keep yourself free from this disease. The practical hints are: Reduce if you are overweight, keep regular dietic habits and eat at regular times, eat less salt and fatty things, reduce your mental tensions, don't take over responsibilities, don't race against the clock and relax as and when you can. One should also keep diseases like diabetes under proper control. Smoking and drinking may not be directly related to hypertension but they do contribute to it indirectly. Therefore, these habits should be condemned.

SOME QUESTIONS:

Pills taken for family planning are known to cause hypertension in some females. But that does not mean that they will cause this problem in everyone. Therefore, there is no need for panic. One should be vigilant and get blood pressure checked periodically when taking these pills.

Other questions often asked are: Can one play games and indulge in sports activities? Yes, one can, provided he does not indulge in static exercises like pushing the car or opening a jammed window with a jerk. These type of static exercises make a lot of demand suddenly on your body.

Another vital question is, "Is it necessary to treat an elderly person with a slight rise in blood pressure without symptoms?" The blood pressure is high even normally in elderly persons and if it is a border line the best policy is to leave it to your consulting physician to decide. In most cases the answer perhaps will be to leave him alone.

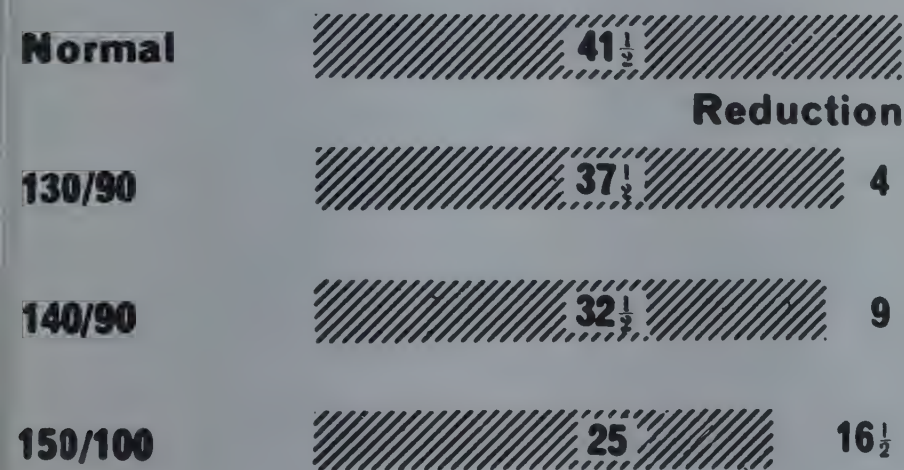
Some people have low blood pressure. This is good for health. A certain level of blood pressure is vital for sustaining life and should be present. Anything near normal but on the lower side is good and should not cause worry, but if it is too low or brings about any symptoms, consult your doctor.

Will high blood pressure cause disturbances in sex life? Should a hypertensive restrict his sex activities? The answer is very simple—be normal. You do not have to either restrict or curb your normal sex activities, but over indulgence is of course undesirable.

Hypertension is a silent killer and one has to be conscious of it. Both a nagging boss and a nagging wife can give you hypertension. Beware of this disease, discover it early and with effective and prompt treatment save yourself from complications.

Life expectancy (years)

Men At age 35



Statistics showing how b.p. reduces life span.

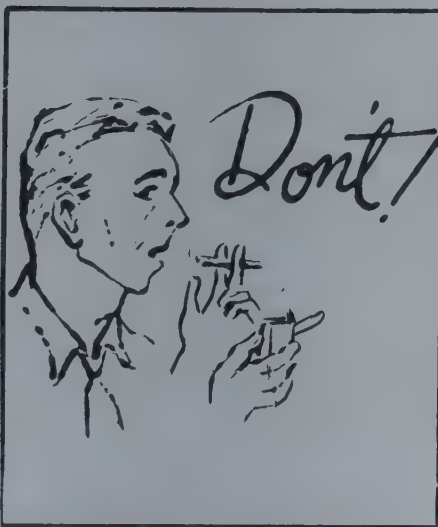
Often blood pressure rises temporarily due to stress and strain but returns to normal after the tensions are relieved. This is called the labile stage. Later on, it gets fixed at the high level and when it is established hypertension. The patient and the physician should not be lulled into thinking that it is only labile high blood pressure and dismiss it as temporary. Vigilance is necessary in such cases and prompt treatment may prevent the patient from developing hypertension.

THE BORDERLINE CASE

Many people tell their doctor that a little rise in blood pressure has been detected incidentally but they have no symptoms of hypertension. Is it still necessary to have a check-up and treatment, they ask. The answer is a simple YES. As explained earlier, one may lose as many as 16 years of life if the b.p. is 150/100 at 35 years of age. Is it not worth having these years of life just by making proper and timely treatment? If you want to save yourself from the dreadful complications later you must go to the doctor.

COMPLICATIONS

The first victims of high b.p. are the blood vessels. As the



A case against smoking.

most delicate organs and when, because of hypertension, the blood vessels in the eyes start bursting and cause haemorrhage, gradual blindness results.

Every organ pays the penalty for this raised pressure. The complications are very serious and each one is capable of killing the patient. Actually one does not die of hypertension but is killed because of its complications. Either they kill the person or they cripple him to the extent that life becomes useless for him.

Modern treatment has brought

people and events

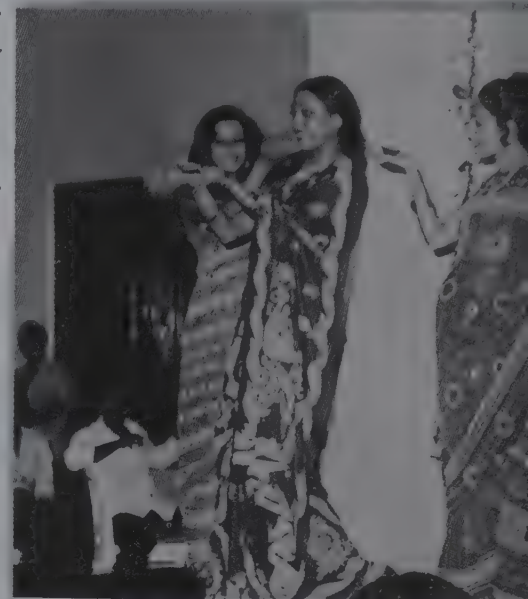


Seen on All-India Flag Day for the Blind at the office of Bombay Mayor are (from left) Mrs. Amy Damkewalla, secretary, Finance Raising Committee, National Association for the Blind, Mrs. Mohini Mathur, PRO, Mayor Murli Deora, Mrs. Nibha Walawalkar, vice chairman, and Dr. Pallonji, employment officer.



LEFT: Mrs. Leela Rajkumar (standing) gave an Ikebana demonstration organised by the Ikebana International Bombay Chapter. Seated (from left) are Mr. Horino, consul-general for Japan, Mrs. Horino and Mr. R. K. Laxman.

RIGHT: Seen at a reception in Bombay by Mr. William F. Courtney, U.S. consul-general, in honour of the American film stars of Shalimar, are (from left) Mayor Murli Deora, Sylvia Miles, John Saxon, Mary Ann Saxon and Mr. H. H. Ismail, president, Bombay Hospitality Committee.



Mala, Nina and Sushila model Dinoo Vacha's latest creations at S. Kumars annual exhibition of Laxmi Vishnu saris in Bombay.



RIGHT: At an exhibition of embroidered bedspreads held in Calcutta by Mrs. Beena Khaitan (ext. left) are (from left) Mrs. Rekha Bhalotia and Mrs. Saroj Chiraneewala.

LEFT: Sunita Ahuja, gen. secretary of the Indian Council of Young Journalists, welcomes Mr. L. K. Advani, Union Minister for Information and Broadcasting, at the Council's annual function in New Delhi.



Mrs. French (4th from left), wife of the British Deputy High Commissioner, opened the preview of "Exotica", an exhibition held by the Guild of Service in Madras. Seen with her (from left) are Mrs. Malvenan, Mrs. Indira Kothari, Mrs. Malhan, Mr. French and guests.



LEFT: Mrs. Mekhl Jha, wife of the Governor of J&K, giving away woollen shawls to the blind students of the Kellor Memorial School at Srinagar, while Mrs. Urvashi Suri, president Lioness Club, which manages the school looks on.

bombay

The heavy downpour of September 2 did not dampen the spirits of the 12 participating colleges of the XII Inter-collegiate folk dance competition organised by North Bombay Jaycees at the Shanmukhananda Hall. The rains delayed the programme by about an hour, but all the colleges reported on time and the show was packed to capacity.

Lala Lajpatrai College (Rove Dance) was adjudged first thereby retaining the Gurudayal Beria Rotating trophy. R. A. Podar (Santhal dance) and Narsee Monjee (Roomal dance) were awarded the second and third trophies respectively. Each participating college was given a cash subsidy of Rs. 800 to cover part of the production expenses. The first three prize winning colleges were given cash prizes of Rs. 500, Rs. 300 and Rs. 200 respectively. The dance directors of the first three prize winning colleges were also honoured in the traditional way by presenting them with Kashmiri shawls.

Kamal Dujodwala, president of North Bombay Jaycees, welcomed the gathering and gave away the prizes, while the programme was carried out by Project Manager R. Sridhar, joint Project manager Katayun Dinshaw and Project secretary J. Pohuja under the auspices of the Youth Activities Commission with Miss Archana Baxi as chairman.

"Man is the real danger to Nature," said Dr. Rashmi Mayur, addressing a seminar on "Man & His Environment" organised by the Andheri Jaycees.

Dr. G. Z Shah, Principal of Bhavan's College, inaugurated the seminar. Dr. K. A. Patel, Vice-Principal and In-charge of the Biology Department, also participated in the deliberations.

Welcoming the gathering, Mrs. Vimala Somaiah, president of Andheri Jaycees appealed to each individual to contribute to the betterment of the environment and of the community.

Mr. Tarasingh Nagpal, vice-president, introduced Dr. Rashmi Mayur, and Mr. M. M. Shah proposed a vote of thanks.

The Friends of Children Society held its annual film premiere. The film shown was "Mayday: 40,000 ft.", on October 20, 1977 at the Eros.

The Society, having completed a number of building projects, such as homes for destitute children, a dormitory for a school, a wing of a children's hospital and an operation theatre, is now concentrating on helping the child within its family. It has taken up an extensive programme of spon-

oring deserving children to help them attain their rightful place in life.

Sanjivani, with Sadvichar Parivar of Ahmedabad, had planned to construct 400 houses for the flood victims of Gujarat, but donations from the public will now enable them to build 700 houses.

Two major donors are: Sasma Foundation, Bombay, who have donated Rs. 1,54,000 and M/s. Kantilal Maganlal and their friends, Rs. 10,000.

Readers are requested not to send any further donation for this particular project as Sanjivani plans to construct not more than 700 houses.

S. Kumars held their annual exhibition of their festive collection of 100 per cent Laxmi Vishnu saris for a selected audience at the Ballroom, Taj Intercontinental. Dinoo's latest creations were beautifully modelled by Mala, Nina and Sushila. On display were a spectacle of colour and trend-setting designs in traditional moods, predominant pallavs in Rangoli shades.

Speaking at a press conference arranged by Mr. S. P. Godrej, trustee, World Wildlife Fund-India, Mr. Lars-Eric Lindblad, well-known explorer and wildlife conservationist, outlined proposals to preserve wild life in India and earn money for the same by encouraging select tourists to visit India.

Mr. Lindblad was in India for the annual convention of the Intrepid Club held in Srinagar.

delhi

The first annual function of the Indian Council of Young Journalists was held at Mavalankar Auditorium. L. K. Advani Union Minister of Information and Broadcasting, was the chief guest and Mr. D. R. Mankekar presided over the function.

Mr. Advani released the first issue of "ICYJ Mirror", a monthly magazine launched by the Council.

The function was followed by a Cultural Evening.

calcutta

Mrs. Beena Khaitan held an exhibition of embroidered bedspreads in exquisite colours and designs manufactured under the banner of "Rajeshwari". Made from local handloom materials and combined with a cascade of rainbow colours, each product is a unique piece. Many people visited her exhibition

which was held at Park Hotel and a lot of export enquiries were received by her.

Mrs. Jayashree Mundkur, a student of Calcutta Kalamandalam School, had her Bharatnatyam Arangetram at Kala Mandir. A disciple of Mrs. Thankamani Kutty, she started learning dancing only five years ago, after her marriage. Her dance rhythm, expression of eyes, movements of hands, fingers and feet are excellent.

In the recital, Mrs. Thankamani Kutty was Nattuvangam, Mr. D. Kannan played the mridangam, Mrs. Laxmi Narayanswami sang the vocal songs and Mr. S. Hariharan played the flute.

madras

'Exotica,' an exciting exhibition and sale of leather goods, sarees, jewellery and linen was organised by the Guild of Service to raise funds. At the preview of the exhibition a glamorous fashion show was held to highlight some of the antique creations of art in silk and handloom. These included heavy Banarases brocades, Hyderabad and Gujarati sarees. Mrs. French, wife of the British Deputy High Commissioner, was the chief guest and opened the show. Mrs. Indira Kothari welcomed the guests.

kerala

World Law Day was observed as Human Rights Day recently in Cochin under the auspices of the Kerala unit of the World Peace Through Law centre. Inaugurating the function held in this connection, Mr. V. Balakrishna Eradi, Judge of the Kerala High Court, stressed the importance of upholding basic human rights while Mrs. Leela Damodar Menon, M.P., drove home the point that the upholding of basic rights should start at home. Professor Krishna Nair felt that a full-fledged unit of the centre should be set up in the State. Mr. K. A. Damodar Menon presided. Mr. S. Parameswaran welcomed the gathering and Mr. K. V. Narayanamurthy proposed a vote of thanks.

A big education complex with a public school and a women's college is planned in Calicut by the Sree Narayana Education Society. It proposes to raise about Rs. one crore through donations and membership fees. It plans to enrol about 500 members with a fee of Rs. 1000 each.

world of eve



JANAK KAPOOR

Associated with a few of the leading theatrical groups of Calcutta, Janak Kapoor prefers character roles. "If I have to sing on stage, I do so," she says. Most of her shows have been in aid of local charities, of which the Light House for the Blind is her favourite. With the Sangeet Kala Mandir, she has toured the industrial belt of Renukoot, Renuagar and Raipur, performing for the workers. "This is a hobby for me and I know that as long as I don't do it on a commercial basis, I can give my best to the theatre," she adds.

Janak is also a business woman. She and her husband export garments, tea, metals and leather products to the USA and Arab countries. She was in-charge of Sita World Travels' counter at the Hotel Hindustan International for seven years.

She used to write couplets and short stories in Urdu. An "afsana" of hers was awarded a prize by an Urdu magazine.



PRABHA DEVI PRASAD

Prabha Devi Prasad, born in the Fiji Islands, was interested in Indian music and culture even in childhood. She did her M.A. in music from M. S. University in Baroda.

While in India, she was chosen as a judge for the All-India Music and Dance competition held in Srinagar in 1962. She was the youngest judge selected.

In 1965 and '67 she was invited by the New Zealand Education Department to lecture on Indian culture and music.

In 1968, she was invited to teach Indian music in USA, under the auspices of the National Schools Assemblies Agencies of Hollywood and the Capes Agency. Besides a book on Indian music, Prabha Devi has also published an East Indian Recipe book. She is connected with the guitar conservatory of Puget sound and the Parks and Recreation Department of the State of Washington. In her L. P. "Sitar Goes International", she plays popular western tunes on the sitar.

Prabha Devi lives in U. S. A. She is in India to do further research in music. She has just recorded an LP of bhajans and ghazals.

madam im adam

This guy Franklin was in a spot. It appears that one evening, after his sixth martini, the sap proposed to a babe who took him up on it pronto. Now the poor goof's engaged and, believe me, he's looking for the door marked OUT.

So he comes to me, twice as miserable as a giraffe being led to the guillotine. "Listen, pal," he whimpers, "tell me how to get out of this one and I'll be so damn grateful I'll have TIME magazine sent to you for the rest of your life."

Franklin is a nice, sensible sorta guy when he isn't plastered, so I took him aside and taught him some tricks to try. These masterpieces are outlined below for the benefit of other men who are facing the axe. These are the methods recommend to men who want to kick loose from the chains and get back into circulation.

1. Get sacked! This seldom fails. The average girl quickly loses all interest in a man when he's broke. So a pretty surefire way to break an engagement is to lose your source of income. You must also be resolute enough to resist the lady's attempts to get you fixed up in her father's bank or her uncle's garage. So what if you have to live for a time on peanuts and tea? It's worth it, pal!

2. Let it "slip out" that there's

insanity in your family. Invent a relative, say a grandfather, and tell the tale of the time he raced down the street in his underpants shouting "Yahoo" at the top of his voice. Be prepared to produce photographs. You can have these faked in a film studio. For a stronger demonstration, get a friend to pose as your maternal uncle and introduce him to your girl. At just the right moment he should produce eggs from various pockets and start pitching them at the ceiling fan.

You'll get your freedom back, PDQ.

3. Argue like hell with your future father-in-law. About anything, preferably politics or religion. Begin every sentence with, "I think you're talking malarkey." To clinch matters get yourself invited to dinner. The purpose is to give you a chance to say to your future mother-in-law, "I've eaten food a lot worse than this — but I can't remember when."

You may wind up in hospital — but what's so bad about a few broken ribs? You'll be free won't you?

4. Whistle at girls. This should be done when walking down the street with the bride-to-be. Make it loud and clear and see that you hit the high notes. Whistle at young women and older women. On second thoughts, cut out the older women. You can liven things up by following the whistle with a lusty lip-smacking, after which you say, "Wow — that babe's got a better treasure chest than a pirate ship."

5. Hock the engagement ring. Tell the little lady you dropped a packet by betting on crippled horses. Explain further by saying that you were sorely in need of a few berries to tide you over until she married you. After that, you wouldn't have a care in the world. End up by saying, "By the way, baby, have you any spare jewelry?"

6. Cut your shaving down to once a week and arrange your heavy dates on the fifth and sixth days. Take her to one of those hotspots with microscopic dance floors. Do waltzes, quicksteps, foxtrots and tangos — and be sure you do them cheek to cheek. Bribe the band leader to stretch the numbers out.

At the end of the evening, tell her politely, "Hey, baby, you better change your brand of face cream — you're breaking out in a rash."

7. It's just possible — but most improbable — that all these methods might fail. If so, pal, you're up the well-known creek. But keep your braces buttoned because you can still squeeze out of it. What I'm going to suggest is a drastic method of breaking an engagement, but I've never known it to fail yet.

Lean closer, brother, this is going to be good. If everything else fails, chum, here's what you do:

MARRY SOMEONE ELSE!

G'bye now!

Adam

Eve's Weekly

ISSUE OF NOVEMBER 5

next
week

FESTIVAL SPECIAL

Giving you ample time to prepare for the festival of lights, we present:

Diwali Delicacies

Recipes for delicious festival sweets and dishes.

Festive Decorations

A do-it-yourself guide to brightening up your home for Diwali.

Celebrations — At What Cost?

A survey among different sections of society on whether we are justified in spending so much money on festivals.

"The Stars Are The Sparklers"

A short story about a poor boy's Diwali.

Also:

- The Janata Party and its image among women.
- Imbibe the spirit of '77"

“Thanks to KLM, I understand people much better”*

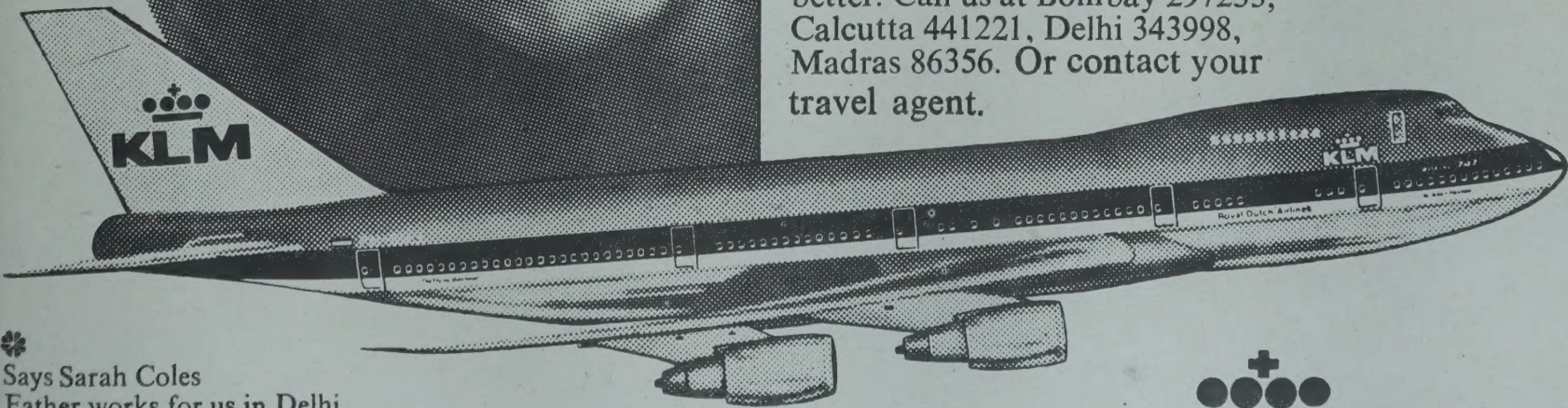
If you travel direct to Holland, en route to the UK, Europe or North America between November 1, 1977 and March 23, 1978, why not stay a while with the Dutch?

Our National Tourist Office offers “Holland on the House” again this year. Ask your Travel Agent for more details, but here are a few of the benefits that you can receive :-

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- A canal cruise through Amsterdam in a glass-topped boat.
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- A tour through the world famous Heineken Brewery.
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* Says Sarah Coles
Father works for us in Delhi


KLM

“The reliable airline of those surprising Dutch”

*Such a show of splendour,
Colours a-dancing in gay abandon.
Celebrating a fiesta of beauty,
In designs to capture your heart.*



Khatau
Terkosa
100% 'Terene' Sarees

