modern woman

January 1974

Contents

		PAGE
SPECIAL FEATURE		
1974 STARSCOPE	The man in your life	12
OTHER FEATURES		
LAW	Custody of Children	6
FORUM	Wives and Their Husband's Lady Secretaries	8
COOKERY		
HOUSE WIFERY	Cleaning Agents	28
FICTION	Special Case	10
	The Truth Surpasses	
Continued	The Naked Corpse	17
FEATURE	In Defence of Moral Decadence	18
	The Hair Revolution-Imohimi Craig	22
	Way out of Loneliness	24
BEAUTY	Fashion Accessories	31
MEDICAL	Care of Fractured Bone	34
	Mothers' Information Bureau	35
YOUR CHANCE TO WIN ₦102.00		7

Our pin-up in unisex outfit is vivacious Yinka Adeyanju. Yinka loves modelling and for her the sky is the limit.

Editor:
Adunni Oladipo

Advert Manager:
Pat Ayonmegbemi

Snr. Graphic Artist:
Odoemé Tony

Printers & Publishers
Modern Publications Co. Ltd.,
47/49 Salami Saibu Street, Pedro Palmgrove, Lagos.

All correspondence to
P. O. BOX 2583, Lagos. Phone 43057.

modern woman subscription form

I enclose the amount of .....

being the cost of ..... copies of Modern Woman. Annual subscription — one Naira eighty Kobo (₦1 : 80k) (Nigeria only-postage extra for oversea orders).

Name .....

Address .....

send orders direct to Modern Woman, P. O. Box 2583 Lagos.

LETTERS TO modern woman

PENSIONER'S PLEA

When the surgeon was doing his hospital ward rounds, the elderly man beside me told him he wasn't feeling well. "Never mind, I'll make you ten years younger tomorrow" he said, comfortingly. "Oh, please don't do that," the old man replied, "or I'll lose my old-age pension."

Ile-Ife. Mansurat Olubunmi.

CLEAN BREAK

After my wife had been nagging me for two years to replace the caps on toothpaste tubes after use, I made a New Year resolution to mend my ways. And the sequel? My wife asked me: "Why aren't you cleaning your teeth these days?"

Lafenwa. Akinwale.

NUDE FASHION

Can anybody predict what the fashion craze will be for 1974. For, come to think about it, our girls have gone from micromini to mini then came the midi followed by the maxi, and manus maxi with the bikini wear coming in between. Some girls have even dared posing for newspaper almost nude. What next do we expect in 1974? Your guess may be as good as mine - nude girls on our roads of course.

Ogbomosho. Adunni.

SONGS OF PRAISE

Taking my young daughter for a walk one Sunday, we passed a church and heard voices singing. When she asked what they were singing, I told her: "Hymns of course." Her reply was, "Do they sing hers as well?" Then I had to explain the difference between Hymn and Him.

Ondo. Cecilia Emmanuel.

CAUGHT RED-HANDED

My husband and I went out for a walk one day, and passing my neighbour's house we noticed she had a new gate. As we could see her looking out of the window, my husband said: "Let's pretend to take it." So we both lifted the gate off its hinges. What a laugh she had, the gate had just been painted and our hands were covered red.

Fadeyi. Iyabo Jagua.

SECOND HAND

My four year old daughter seemed to accept my explanation that we could not afford another baby. But a few days later, she knocked on the door of a neighbour who had just arrived from hospital with her second baby and asked: "Can I have your new baby please? Mummy can't afford another one yet."

Abeokuta. Mrs. Samson.

GIRLS....?

How times have changed. When I was young we used to play "mothers and fathers." One day when my ten year old daughter and her friend were playing with their dolls, she told me, "we are playing at unmarried mothers." I am now wondering what kind of games her children will play!

Victoria Island. Yemi.

SAVING TIP

I have a wooden safe into which I drop my loose coins once in a while. Each time I run out of cash, I quickly break it open. You may not believe it, but there was a day towards the end of one month when I opened up the contents and to my surprise, there was a whole five naira, made up of half-kobo, kobo, five kobo and ten-kobo coins. It made me feel on top of the world to have so much towards the end of the month. Try it, and you'll discover it's a fine way of saving without tears.

Abeokuta. Biola.

DRIVERS IN SKIRT SKIRT

Isn't it odd that men prefer to buy second-hand cars that have been driven by women despite the fact that the same ladydrivers are daily scorned by men?
The ladies therefore have to their credit, a record of being more careful behind the wheel.

Ibadan. Femi.

LESS ACCIDENT PRONE

At a recent gathering, one of the topics that fascinated me most was on women - drivers and rate of accident. 90% of the speakers agreed that ladies are less accident prone. The points given in their defence being that they concentrate more once they get hold of their steering.

But, for the men they argued that God's handwork must be admired.

What about the sh legs below the mini- the velvet skin exposu a backless dress no talk of "rolling Samba the background and sexy hairstyles? Mos them therefore agreed all these are worth a seconds gaze even tho it may lead to fatal a dents claiming either l lives or putting the off the road or both.

Lagos. Pamel

STRINGED TOYS

Experience they say the best teacher so I thi I can give all mothers very useful hint on toy that have strings attache

I left my three-year o girl in the room playing with her pull-along to wagon. When I came back five minutes later, I found the horse already stuck in a chair and in an attempt to pull it out, she taut the string round his neck and tried to pull along. She was already chocked when I got there and I had to shout for help from neighbours who helped to get her to a nearby hospital before it was too late.

Mothers, Watch out.

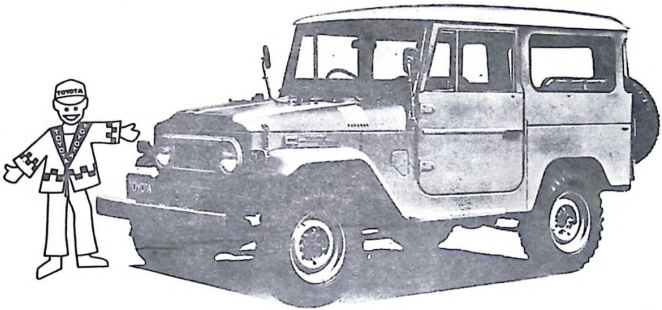
Enugu. Comfort

IMPERSONAL

The impersonal relation ship now existing in so of our big towns leave much to be desired. appears the present gener tion finds it difficult t exchange simple greeting You find people comin across each other witho exchanging greetings. What the use of the daily c for cultural revival ar the huge amount allocate to the re-awakening of c culture if we find it ev so difficult to exchan simple greetings? Are getting too busy do nothing and therefore ca find time even to open mouth? Greetings is important aspect of Nigeri culture.

Ibadan. B

WHAT MAKES MY TOYOTA LANDCRUISER SO FANTASTIC...?



Because it can tackle anything the weather or terrain can dish out... mud, rocks, sand, impossible roads, the steepest hills. Brawny body construction, 4-wheel drive with 6 different gear speed ratios. And the Land Cruiser's rugged 6-cylinder OHV 155 HP engine makes light work out of anything you can give it. An outstanding safari car, too... comes in Hardtop, Canvas Top or Station Wagon. That's why I say...

"MY TOYOTA IS FANTASTIC"

R.T. BRISCOE (NIGERIA) LTD.

21 CREEK ROAD, APAPA. P.O. BOX 2104, LAGOS. TEL. 46471, 46470, 46479
Branches: ILUPEJU, IBADAN, ABA, WARRI, KANO and authorised dealers throughout the Federation

COROLLA DELUXE

COROLLA STATION WAGON

CORONA SEDAN

CROWN DELUXE

HI-LUX PICK-UP

DYNA PICK-UP

DYNA MICRO BUS

COASTER BUS

LANDCRUISER HARD TOP

LANDCRUISER STATION WAGON

TRUCK

Professor Phumble

By Bill Yate

Professor Phumble

By Bill Yates

STAY STRONGER LONGER . . .

Kepler Blood Tonic puts new life into tired blood. Keeps you fit, strong, energetic and alert. You'll live a more lively life. And Kepler Blood Tonic's KING SIZE BOTTLE means more value for your money. So stay stronger longer. Take Kepler Blood Tonic . . . it's good for the whole family.

with **KEPLER** BLOOD TONIC

Wellcom

WHAT THE LAW SAYS ON:

CUSTODY OF CHILDREN

By Modern Woman Lawyer.

"Custody of children in the event of a marriage breaking up does not depend on the whims and caprices of either parent. The interest of children independent of their parents is paramount to the court."

Mr. A. and his wife were married 15 years ago and things have been moving well with them. They tried to understand each other and respect each other's feelings. Mr. A. was trying to live within his means and was meeting his family commitments. The marriage was blessed with three children, all boys who are now in primary schools and Mrs. A. a teacher by profession helps with the upkeep of the home.

Suddenly Mr. A. began to keep late nights with a chain of girl friends and could no longer care about his family. The situation went on unabated for about two years and the position was such that Mrs. A. had to take charge of having to keep the family together financially and otherwise. Mr. A. a business executive was persuaded on a number of occasions to change but he turned a deaf ear and the situation became intolerable. Relatives had intervened to no avail.

Mrs. A. became so worried that she threatened to move out of the house with the children, leaving the husband in the matrimonial home. She called her husband and told him of her intentions if he would not change. Mr. A. did not raise any objection to her moving out of the house but seriously objected to her taking the children with her. Mrs. A. insisted on taking the children with her as she had suffered so much for their sake and claimed that if they were left behind, nobody would take care of them as the husband was irresponsible. She later sought legal advice as regards her rights of action.

The position at law is that Mrs. A. cannot of her own take the children away from the matrimonial home without a court order especially when the husband objected. She would have to commence a legal proceeding before the Court either for a divorce or judicial seperation out of which such ancillary matters such as custody of children would come for consideration.

Rights of Parties:

In the event that Mrs. A. goes to Court, she will contend that with the facts as earlier stated, she would be best suited to take care of the children and therefore the custody should be given to her although her husband should be made to pay all the children's bills. Mr. A. on his part may move that his wife was telling lies against him of his alleged irresponsibility and although he had no objection to his wife moving out or renting a [illegible] he would urge the [illegible] to grant him the custody of the three children.

Independent Decision:

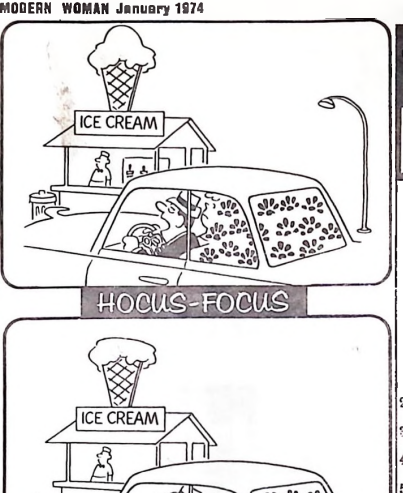
It must be stated however that the Court is not bound by the sentiments of either party as to where the custody of children would be. The general welfare of the children is so paramount a factor with the courts that it would consider their custody independent of either parents' contentions. In fact the Court may order that the children be kept in a Welfare Home or with the social workers if from the evidence before it none of the parents is capable of taking proper care of the children for one reason or the other. Custody may also be granted to the husband rather than to the wife depending on the circumstances of the case.

In the case under consideration, it is likely d[illegible] with the evidence as earli[illegible] stated, the custody of [illegible] three children would [illegible] given to Mrs. A. who, [illegible] a period of two to th[illegible] years that things had fall[illegible] apart in her matrimon[illegible] home, had been taking c[illegible] of the children, saw [illegible] their movements, fed a[illegible] clothed them and saw [illegible] their welfare generall[illegible] whilst her husband had [illegible] time to stay indoors, [illegible] even provide the fa[illegible] with the necessary upkee[illegible] financially and otherwis[illegible]

If however, the custo[illegible] is given to Mrs. A. it do[illegible] not automatically me[illegible] that Mr. A. would no lon[illegible] see his children. He [illegible] be ordered to be payi[illegible] regularly costs of maint[illegible] ing the children but [illegible] Court may also order th[illegible] reasonable access be giv[illegible] to him to see the childr[illegible] either monthly or at suc[illegible] other times that the co[illegible] would deem reasonable.

In the event that [illegible] absolute divorce was n[illegible] granted and may be [illegible] relief granted to the w[illegible] was a judicial seperati[illegible] together with the custo[illegible] of the children, it [illegible] possible that a reconci[illegible] tion is found and the parti[illegible] come together again, t[illegible] the children must be brou[illegible] back to their normal h[illegible] where Mr. A. stays.

It is important to n[illegible] that custody of childr[illegible] in the event of a marri[illegible] breaking up does not dep[illegible] on the whims and capri[illegible] of either parent. The [illegible] terest of children inde[illegible] dent of their parents [illegible] paramount to the Court [illegible] so an order for cus[illegible] will be made conside[illegible] all circumstances and [illegible] children would be [illegible] where most suited, ei[illegible] with the father, the mo[illegible] or in an independent [illegible] such as a Welfare H[illegible] or such other places [illegible] the Court thinks fit.



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them?

NOVEMBER SOLUTION

(1) Hair is different
(2) Picture Frame is different
(3) Bib is missing
(4) Glass is added
(5) Bracelet is missing
(6) Sleeve is shortened

WINNERS OF NOVEMBER TRUST YOUR EYES

1st Gabriel Diwanke
P.M.B. 348, Opobo
S.E.S. N40.00

2nd Alusanu Verima
Nigeria Police,
Bauchi. N.E.S. N20.00

CONSOLATION PRIZES

1. Olukemi Ojo
N68/808, Kobowu
Street, Mokola,
Ibadan. N2.10

2. Mrs. C. O. Asho
26, Amobi Street,
Onitsha, E.C.S. N2.10

3. Miss Sola Akinboboye
Mary Immaculate College,
Ado-Ekiti W/S. N2.10

4. Jacob Oye-Tanwo Abiola
Federal Fire Service,
Lagos. N2.10

5. Sunday A. Alagbe
P. O. Box 613,
Jos B/P. N2.10

6. Nephew Bola
Signal & Telephone Office,
N.R.C. RAF.
Kafanchan. N2.10

7. Olatoun Olabi
Box 230,
Warri. N2.10

8. Bidemmu Ayoola
12, Igbeon Street,
Abeokuta. N2.10

9. A. O. Onuigbo
c/o Ibegbu, Afoigwe,
P. O. Ogidi,
E.C.S. N2.10

10. Miss Agnes A. Ifeka
Wusasa Hospital
Zaria, N.C.S. N2.10

11. Mr. John Sunday Tobby
Ikot Osidu,
c/o Ikot Usop P.A. N2.10

12. Augustine Komolafe
P. O. Box 232,
Ilesha. N2.10

13. Kolade Ogunnusi,
2, Odumasa Street,
Makun, Sagamu. N2.10

14. Ijeoma B. Ezeike
T. T. C. Box 49,
Awka. N2.10

15. John Ayeni
O. G. S. Offa,

CAN YOU TRUST YOUR EYES?

YOUR CHANCE TO WIN ₦102

1st Prize	N40	(£20)
2nd ,,	N20	(£10)
20 Consolation Prizes	N2.10	(£1 : 1/-) each

CAN YOU REALLY TRUST YOUR EYES ?

January Entry Form

Read through, cut out the coupon and send it with an entry fee of 10k (1/-) Postal Order (crossed) addressed to:— Editor, Modern Woman, P. O. Box 2583, Lagos.

You are free to send in not more than three entries but each entry must be accompanied by an entry form.

These are the differences.

1.....

2.....

3.....

4.....

5.....

6.....

Name .....

Write in block letters

Address .....

I enclose postal order No.....for 10k.

We regret that the editor will not entertain any correspondence about the results of this exercise.

16. R.I. Okoho,
Modern Way Supermarket
39, Edozien Street,
Uwani, Enugu. N2.10

17. Mrs. Olusola Hammond
29, Onipede Street,
Lawanson,
Surulere. N2.10

18. Moshud Yusuf
c/o Mr. R. D. Moronfolu,
Iponri Police Station,
Lagos. N2.10

19. Mrs. D. Owolabi,
P. O. Box 128,
Ilorin. N2.10

20. Joseph Oderinde
B.282, Wunji Street,
Bauchi. N.E.S. N2.10

WIVES' VIEWS ABOUT THEIR HUSBANDS' LADY SECRETARY

"The principles of public relations dictate an air of peace and friendliness between the boss and his secretary. This of course should never be allowed to degenerate to the level of 'office wife'."

CONDUCTED BY 'BAYO ADEBOWALE

There is the general assumption that the average Nigerian house wife looks on her husband's lady secretary with a mixture of suspicion and hatred. She thinks that this secretary is capable of various mischieves: making eyes at the boss during over–time periods; accompanying him on official tours which may, at times, last days; sharing in the top secret of the matrimonial home; and even snatching the man from the legitimate wife!

I spoke to a number of ladies whose husbands keep lady secretaries in their offices. I invited their opinions about speaking through these "hateful" secretaries to their men, on urgent domestic affairs; their reactions to their husbands' continuous overtime and official tours with lady secretaries. I also wanted to know from them if they feel that, because lady secretaries spend more time with their husbands, they (the secretaries) thus understand their feelings better. Where the secretary gains the upper hand, who is to blame? What is their advice to secretaries, wives and bosses? What do they foresee as the future of Nigerian lady secretaries? These are some of the questions I confronted them with during the course of the interview.

I first spoke to vivacious Mrs. Kofo Lucas, an Administrative Secretary (wife of Professor Lucas of the Department of Preventive and Social Medicine, University of Ibadan) in her office at the Ibadan University Library. Mrs. Lucas approached the topic in a matter–of–fact way and spoke with an air of quiet authority over a topic in which she appears an expert.

MRS. LUCAS: "I have no malice against my husband's lady secretary. Over the years, various secretaries (both expatriates and Nigerians) have worked with him and I am basing my views on the pleasant relationship I have had with all of them. Those who have worked with him for a number of years have become family friends. Right now, if my husband's secretary says he's too busy to answer my telephone call, I'll request that my husband rings me back when he's less busy... I know he wouldn't deny me the conversation if he is contacted. He knows I don't disturb him for petty things, neither do I pester him with ex less telephone calls.

If my husband dines out with his lady secretary purel at the official level, that is, along with other membe of the staff, there's nothing wrong in it; but he would succumb to the base habit of doing this at the person level I trust; he is a man of integrity – a public figure – and he has his reputation to defend... In case of officia tours with the secretary, (with his type of job, this seldo happens) there is nothing strange about it. If such occa sion does arise, I have no doubt they will maintain the se proper official relationship. If he has assignment for long periods, say one year, the whole family would go with hi but for shorter periods, I may accompany him when it convenient.

The relationship inside the office should be mainly the official level.... in this case, the lady secretary m understand the man better; that is, as far as office work concerned. The personal relationship should be reserv for the wife at home, and because of this, it is importa that the man should maintain discipline in the offic It is not proper that official understanding should gradual into intimacy. When this happens, the whole office se up breaks down.

Where the secretary gains the upper hand, the blame m be that of the wife who may refuse to create an atmosphe of happiness for husband at home... she may be the na ging type who would encourage his secretary all along the sheer fun of it... the secretary herself may be the ty who enjoys breaking other people's homes out of envy may be the lonely type who wants men's company at costs.

To reserve the posts of secretaries for men only will l a wrong step. This particular job is strictly a woman job... It is a job which requires feminine touch.

My advice to wives is that they should show unde standing and give their husbands maximum love. From t point of view of husband and wife, the relationship betwe

them is the most important thing. If it is good, then there can be no problem, but if it is bad there are many dangers – because, if the problem is not from the secretary, it will be from one of the many other women around! Secretaries should perform their duties efficiently without getting emotionally involved; bosses should have self–control and maintain good discipline."

Next I spoke to Mrs. Teleola A. Asseez who works at the office of the Secretary of Ibadan Polytechnic. A mother of four children, Mrs. Asseez is the wife of Dr. L. Olayinka Asseez, Chairman to a number of council offices and Senior lecturer in Geology, University of Ibadan. She has been in secretarial employment for ten years.

MRS. ASSEEZ: "If it is my husband's lady secretary who comes on first each time I telephone him, I don't see anything wrong in this. Naturally I do not expect my husband to answer all telephone calls. Moreover, he cannot have any way of telling that I am the caller so, it is one of those things that every wife has to put up with. Moreover, I too have to answer calls coming to my boss and I decide which would be brought to him and which ones I can take care of. When you are working for a big executive, you too know the problems and can therefore understand why things are the way they are.

I am always happy when I can locate my husband's whereabouts these days. When I telephone his main office in the University of Ibadan, sometimes I am told he has gone to the office of the Ibadan Wastes Disposal Board. I may telephone the Board and find that he has just left for Mapo Hall or the Ibadan Bus Service. So, whenever I can track him down somewhere, I am happy and I can leave a message for him to call me back. If his secretary asks me to leave a message, I see nothing wrong in this. I need not leave the real message, for, when he calls me back I can talk to him directly.

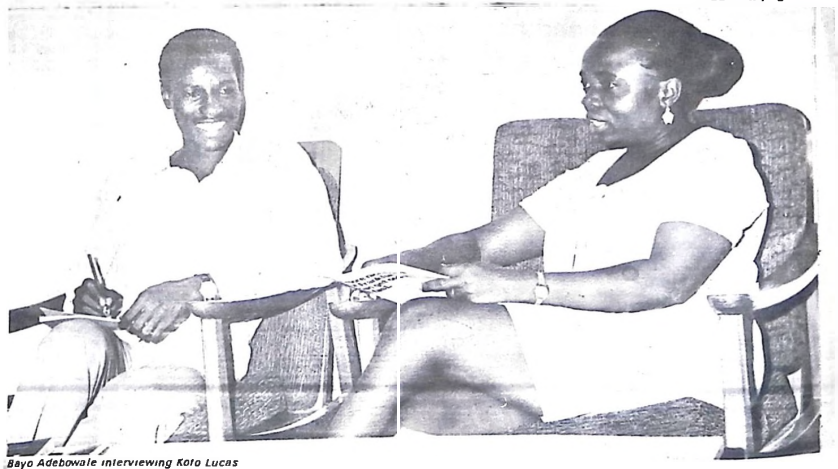
I am irrevocably against my husband dining out with the lady secretary - except on very special occasions when I expect to be present too. I think that the question of overtime and official tours with lady secretaries in attendance should be discouraged as it leaves room for abuses and constitutes a danger to the peace at home. The boss may do overtime when need be but not necessarily with the lady secretary in attendance. I do not do it, as a secretary, because my husband frowns at it and he too does not do it.

The lady secretary, if she does only her work does not share any secret with the boss besides the official ones. It is only when the two are involved in extra-marital affairs that they share some other personal secrets. The principles of public relations dictate an air of peace and friendliness between the boss and his secretary. This is the way things should be but should never be allowed to degenerate to the level of "office wife."

The case of the secretary gaining the upper hand should never happen if the boss has any conscience or shame. If it does happen, the boss is to blame. He is the one who makes the first move which the Secretary encourages or discourages. If on the other hand, the Secretary makes advances, he should, for his own name, rebuff such advances. If he has such moral fibre the secretary will retract into her shell and all will be well. A woman cannot force a man although we recognize that there may be serious temptations.

It appears to me that female Secretaries are passing their efficiency to male counterparts. First there is the desire to get rich quick and hence most of them are turning to trading. They are all accused of being unmindful to their productivity as a factor for the progress of the organisations they serve. Also to their discredit are other vices like casual leave and sick leave. Unless

(Continued on page 13)



Bayo Adebowale interviewing Kofo Lucas

SPECIAL CASE

BY BAYO

The almighty woman decided to look after her son's pregnant wife. Even when the doctors foresaw danger and recommended emergency treatment, the mother - in - law claimed to be more experienced and so gave a counter instruction. "No more going to the clinic unless you want to be butchered before you have your baby." Eventually, madam 'Knowall' could no longer cope. Her hands were tied and her whole frame shook. Where will it all end?

The ante-natal clinic was packed full that day. The nurses were busy shouting at the sluggish ones among those women who came for treatment. The queue was long and the patients stood pushing their protuberant bellies against one another and quarreling among themselves. Bosede Yusuf was among the first batch of women to arrive at the clinic that day. She had not slept much over the night because she had abdominal pain. Her cousin who happened to be around, presumed that her delivery period had come and had immediately conveyed her to the clinic – later on travelling away on urgent business. But there she was, almost bringing up the rear and virtually neglected by the nurse . She hated them at once – these bribe–taking, partial nurses of the clinic. Her mother–in–law had told her a lot of things about their wickedness and indifferent attitude to patients.

The pain inside her stomach grew and she felt dizzy. She stretched an handkerchief on bare ground and sat down casting bewildered eyes on the crowd of noisy pushing dishevelled pregnant women that made up the ante-natal clinic. She was bored down by all she saw and silently blamed herself for coming to the clinic at all. At long last, the nursing sister came around and examined Bosede's swollen feet and puffy face.

"Your first pregnancy?" She asked.

"Yes, madam," Bosede timidly answered b

"Why have you not come to register for treatmen the clinic ever since?"

"It was my mother-in-law .... she said I should on .... that it was not yet time for me to enrol ....

"Mother-in-law? .... Where is your husband?"

"He is not around .... he is working in Kano S .... he only comes home occasionally to see us".

"Your mother-in-law is wrong to have delayed at home .... you are six months pregnant now and care whatsoever".

"Mother-in-law takes good care of me ....."

The nursing sister looked at Bosede and shook head in pity. She examined her puffy feet and her equ puffy face again. She saw that her eyeballs were yell too. The nursing Sister contemplated Bosede for anot minute and shook her head once more. Then she turn around and whispered to another nurse who was stand behind her:

"Special case ... take this woman to the Emerge room; give her iron and vitamin tablets; examine urine and take her blood pressure; ... yes ... she special case .... I'll contact Dr. Williams at once. Do stand there looking stupid nurse! I say take the wom away to the Emergency room!"

In a minute, Bosede found herself gazing at the c ing of the Emergency room as she rested her ach back on the bed. Tears trickled down her eyes as remembered the grim expression on the face of the nurs Sister when she was discussing her case a little w ago with her colleague. She seemed to have grasped gist of their discussion although she could not spea word of English. Illiterate patients know that w nurses look moody and muse and knit their eyebr there is enough reason for anxiety. And in any c Bosede had heard that only cases of serious na were referred to doctors in the Emergency room. sobbed so violently that her shoulders quivered - shak her whole frame.

She heard the voices of people outside the Emerge room and quickly wiped off her tears. Just then, anot woman - "special case" again - was ushered in by nurses. Her own case appeared to be more serious cause the doctor entered at once to attend to her. full thirty minutes, Bosede saw the nurses taking hur steps to and from the bed as the doctor issued out structions to them in husky tone. Bosede was later given to understand that the woman's body had l too small to contain a normal-sized baby - so her w had to be opened up and the baby removed. That re

tion had an indelible impression on Bosede's young, ignorant mind. She marvelled all the more, when she saw that both the operated woman and her child were still alive and feeling fine.

Next, the doctor shifted his attention to her. After diagnosing for about five minutes, the doctor affirmed that Bosede might likely be operated too because her child was coming out "head upward, feet downward!" But the operation had to wait for some time more because her pregnancy was still young and the child might probably change position through proper medical care. However, the doctor insisted that Bosede should report at the clinic everyday. She could, for now, go back home because, according to the doctor, there was nothing to panic about yet.

The nursing Sister stayed behind to talk to Bosede. She interpreted what the doctor has said about her delicate position to her in a kind but firm manner:

"You should make sure, from now on, that you attend the clinic for treatment ....pregnancy is quite a normal event .... so, mind you don't go loafing about the home and sleeping all the time .... you carry on as you used to do .... eat well, take your medicine, rest well and then report at the clinic here everyday .... you understand?"

"Yes, thank you", Bosede said smiling to the nursing Sister, "I'll make sure that I fulfil my appointments".

But for three whole months, Bosede never showed her face at the clinic. She had conspired with the mother-in-law to take a different step. The advice of both the nursing Sister and the doctor had been rejected in its entirely. Her mother-in-law,as usual, spoke bitterly about hospital treatment and affirmed that she had never in her life gone to deliver in any hospital.

"Nurses are callous and extremely impudent", she would say, "hospital people charge exorbitant fees .... and at times too, the doctors would prefer to open up your bowel with a knife and carry out the new child .... I don't know what makes them do this".

Mother-in-law's reference to the opening up of women's bowels sent a strong chill through Bosede's veins. She instantly remembered her clinic experience and swore never to go there again - instead, she would continue following mother-in-law to that local clinic of the old bearded herbalist.

Bosede managed to boycott the ante-natal clinic for three full months. At the end of the third month, however, she was back again. This time, she was brought in by the clinic ambulance. Her husband had arrived from Kano and had come to the clinic to fetch the ambulance earlier on.

Bosede was laid on a stretcher, covered with a red blanket and carried to the Emergency room. She was accompanied by the husband and a fat evil-looking old woman - obviously her mother-in-law. Anxiety was boldly written on the faces of them all. The husband was a thin young man, nervous and terribly upset because of his wife's serious condition. The mother-in-law was very fat and looked worried too .... she was sobbing and covering her face with her head-tie.

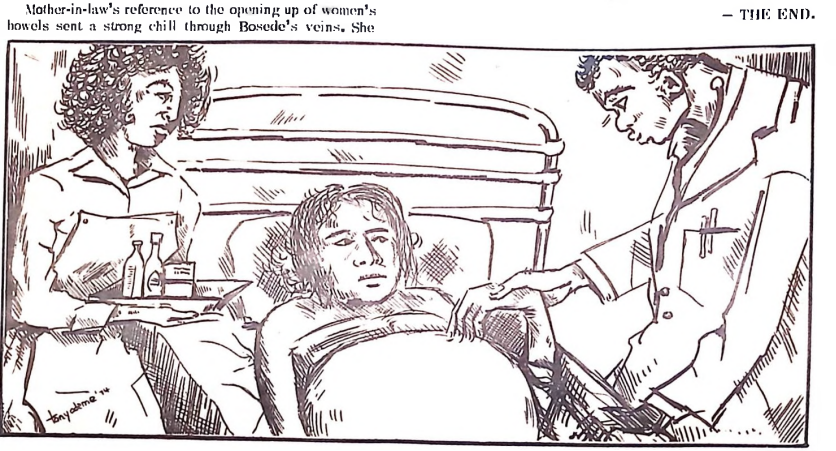
Both the nursing Sister and Dr. Williams recognized their "special case" at once, for, they exchanged quick meaningful glances. Bosede's case now was a case of severely obstructed labour and the doctor took her husband to task over it.

"Her pain started about a week ago", explained the husband. "Mother thought she could help her deliver at home as she's been quite good at such things. But this time she couldn't do it and she took her to a herb ..... herba ...." His voice suddenly choked.

"To a herbalist! ....to the native doctor!" the nursing Sister came to his rescue. There was silence. The mother-in-law looked away and concentrated her gaze on the hard floor of the room.

Bosede was carried to the theatre and her dead baby boy was extracted through an operation performed by Dr. Williams. Bosede looked haggard, lean and gaunt and for many weeks she stared at everybody blankly - with eyes that held no hint of recognition.

— THE END.



1974 STARSCOPE

Do you find it difficult to understand the man in your life? From his birth sign, you can discover what governs both his actions and his thoughts.

AQUARIUS

(Jan. 21 to Feb. 19)

You will find that you get the most out of life when you can mix with all types of people - so be sure to widen your circle. Follow your star each month by putting original new ideas into practise, but be wary of your tendency not to heed the advice of others. New interests, new friends, romance - one of these could enter your life as a result of this year's events. You have ideals and your imagination will help you to create new environments.

PISCES

(Feb. 20 to Mar. 20)

You are by nature a sentimentalist, but should not make the mistake of allowing everyone to off-load their burdens on you. You need to concentrate on one particular interest; any diversion now could be detrimental. Don't delude yourself that you can afford to be over-generous, don't live in a dream world, however strong that Neptune pull is (for you are ruled by this planet of dreams and lovely illusion). There is one high spot in the year when you will be invited to a glamorous occasion.

HE'S AQUARIUS

If you want a challenge, you can depend on it with this one. He's charming and restless, fascinating and opinionated. If you want to marry him let him make the running. He appears to be fairly cool on the surface, is a flirt when it suits him, but when he loves, he loves. Because he tends to be clever, once married you must let his work come first. He is very interested in the world about him. Whether he's a teacher, reformer, scientist, publisher, manufacturer or lorry driver, you'll know him by his bright, intense gaze. Marriage rating: Give him enough rope and he'll always love you. Be prepared to entertain a multitude of his friends.

HE'S PISCES

Dreamy, sensitive, the true romantic, this one is elusive. But he's wonderfully relaxing to be with. After a while you find that he has a subtle but delightful sense of humour. He does well in any artistic work, or as a musician. If in a job he loathes he concentrates on personal relationships within his family. He's marvellous sweetheart - whimsical, sad, funny by turns. Marriage rating: Wonderful if you are not the ambitious kind and learn to see the world through his eyes.

ARIES

(Mar. 21 to April 20)

The accent is on three aspects of your life. 1. on your domestic life. 2. On your finances. 3. On social commitments. Uranus transiting Libra divides your energies between problems and home and a very demanding undertaking. Be prepared for presure at work for the first two weeks. Later you will have better ideas, but some matters may need stabilising, so don't rush into a tricky situation just yet; biding your time will pay off.

TAURUS

(April 21 to May 21)

You may still be feeling the restrictions enforced by the effect of Saturn. Other people are not exactly co-operative circumstances seem to go against you. The best way to cope with this feeling that you are wading through toffee and getting nowhere is to plan for the future, look to tomorrow. In the meantime love matters could take a turn for the better and those financial worries can be straightened out if you get someone close to you to help put things in perspective. Take off your magnifying glasses when you're looking at molehills.

HE'S TAURUS

Practical, home-loving, good natured and tolerant, he has one fault - a stubborn streak. He's a persistent sweetheart, a steadfast and loving husband, a marvellous father. He likes a job with a definite purpose in view. He often appreciates his own jokes, but fails to see others' he is lovable. Don't try drive him - coax him, rather show his love in things he does for you.

Marriage rating: He and appreciates a good h

HE'S ARIES

Ambitious, hardwork successful, ruled by planet Mars, there's no ing him. His most irrita fault is his way of contra ing you - for he knows a He can plan for the l and if his plans include life will be exciting progressive. He is all and needs a mate who female and intelligent doesn't want to wear trousers. Sometimes is no pleasing him. he's made his choice h constant and true.

Marriage rating: Wonderf you can stand the pace

GEMINI (May 22 to July

You may have to tact to achieve your this month. You will more than busy with family and their affa The Moon entering Ge on 7th brings favour developments and you expect change, aided your natural vitality, quickly returns even a depressed period time. Prestige in work career is high. The f week shows some he influences for you. T is both romance an stroke of luck in s

CANCER

(June 22 to July 23)

It's a time of consid activity, variety and work. Conditions become a bit puzz especially since c people around you c to act in a strange But the luck is a your side in any show so be confident ir will to win throug a cause you believ You will be reward your acceptance responsibility.

(Continued on p

wives' views

(Continued from page 9)

there is a change of attitude on the part of female secretaries, the trend of prefering males to females may continue at a greater momentum.

My advice to bosses is that they should realise that their lady secretaries are or would be somebody's wife. As they would not like other men to mess around with their wives, they should not do the same to their secretaries. The wives, on their part should not cry wolf where none exists. If there is any suspicion, they should wait until they can prove same. The lost sheep may be regained by careful discussion. The Secretaries should not attempt to combine domestic affairs with their official duties. They are hired to decrease pressure on their bosses and should not increase it by falling in love with them. Finally, they should not convert the office to boutiques or places for gossips. They should be seen to work for every kobo they earn."

I met Mrs. O. Fatoki, wife of the Faculty Officer, Faculty of Education, University of Ibadan in their residence at 8 Carr Road, University of Ibadan. A teacher at Abadina School, Mrs. Fatoki was busy washing her husband's clothes when I jumped on her. We had earlier on arranged for the interview on telephone.

MRS. O. FATOKI: "My husband's secretary is a self-respecting elderly woman. She had answered my telephone calls to my husband times without number. It is not in my habit to discuss private matters over the telephone, but if there is any urgent private matter, I'll leave a message that he rings me back. It is not advisable however to discuss personal matters over the telephone because if the lady secretary did not hear it, certainly some other people might be hearing it somewhere else. You know what our P. & T. is like in this country.

I wouldn't take to my husband dining out with the lady secretary. It would be a betrayal of the confidence I repose in him if he does that. But we are just assuming and I know very well that he can never attempt such a thing. I have no cause to suspect him up till today.... He had served as an Education Officer and Assistant Registrar successfully with lady secretaries. There had been no complaint whatsoever.

By the nature of his work, my husband is a very busy man and I see nothing wrong in his spending extra hours in office - but not necessarily with the lady secretary in attendance. Official tours with lady secretary is most unacceptable to me. But if it does happen, I will assume that nothing has happened and hold him in good faith. You see, you just have to trust each other. The moment you start suspecting yourselves, then you are inviting unhappiness to the matrimonial home. Ours is a Christian home and we believe in faith and mutual trust. Many at times, my husband had performed the humanitarian job of helping both his lady secretaries and other workers to solve problems of one kind or the other.

In a situation where the lady secretary gains the upper hand, it is the fault of the three people involved. Firstly, the wife may be the nagging type who makes things difficult for the husband at home. It is just natural that if the husband does not find happiness in the matrimonial home, he would look for it elsewhere. Secondly, there is no end to what some secretaries can do to secure the love of their bosses - even by juju! Thirdly, the man himself may be the naturally flirtatious type who has no regard for the care of his wife and children at home. They are the types who believe in "variation" and "a change of hand" to the detriment of the matrimonial life.

My advice to wives is that they should keep their houses neat all the time, care for the children, prepare good food and endeavour to give their husbands their maximum love. They should not be proud or grow swollen headed because they have the bosses as husbands. The secretaries should pay attention to official work only in the office. They should have consolation in the fact that they too are capable of securing even better husbands than their bosses through 'constitutional' means."

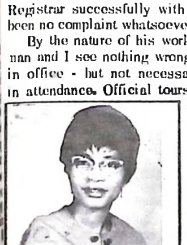
Mrs. F. O. Balogun, wife of the Faculty Officer, Faculty of Arts, University of Ibadan comes next. Mrs. Balogun is herself a secretary in the Faculty of Agriculture, Dean's Office, University of Ibadan.

MRS. BALOGUN: "It's time people stopped dragging the good names of lady secretaries into the mud. The fact that there are few bad eggs doesn't indicate that all lady secretaries are bad. Tell me a profession wherein we don't have the bad eggs. My husband's secretary is a personal friend and we get on fine. But my privacy with my husband is important and should not be divulged to people. There is a limit to what you can discuss over the telephone.

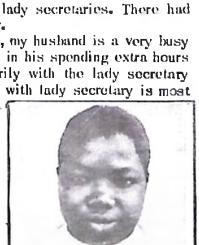
If I heard that my husband dines out with his secretary, he has to satisfy me with an explanation if not, I will react as a human being with natural human tendency. Afterall there is no true love without some trace of jealousy. This is also true of over-time and official tours with lady secretary in attendance. Let me at once make it clear that I am basing all these on mere assumption because there has not been a time my husband has fallen into base habits like these. We trust each other and go about our duties in an atmosphere of calm and understanding.

Officially it is possible for the secretary to understand the boss better. The quality of a good secretary is to study the boss and penetrate into his general disposition - all these the good secretary would relate ONLY to the official duty. It is the wayward, the lazy, indolent and the unqualified secretaries who carry this to extreme for their own selfish end..... and I assure you that they are in the minority today.

I advise wives to close their ears to rumours and steer clear of gossips. They should contribute to their husband's success by giving him maximum support.



Mrs. Teleola Asseez



Mrs. O. Fatoki

COOKERY

APPETISING FAMILY TREATS

By Our Cookery Edi

In these days of continually rising costs we are all trying to find ways of stretching the naira so we can at least be sure of average supply of our needs for a good part of the month. But while you are trying to save, the right variety as well as good quality dishes should be chosen. It is with this in mind that we bring you these money saving but rich recipes. Your family deserves occasional treat.

Save ..... buy wisely.

Unless you have a refrigerator, only buy what you need, shop as often as possible for perishable food.

Study the season in relation to foodstuffs and stock non-perishable varieties when they are cheaper.

Use vegetables as much as possible they can be very nourishing when properly prepared to preserve the food values.

Never waste food. There are some delicious disguises that could be made out of leftovers.

Learn to enjoy cooking and experimenting, and always be ready to try new ideas.

POTATO LOAF

1—lb. cooked new potatoes - cut into thick slices.
½—lb. tomatoes - skinned and sliced.
Cheese sauce made with 1 oz. margarine (or butter), 1 oz. flour, 1/3 pint milk, Seasoning, 4 ozs. grated cheese; crisp breadcrumbs Little margarine or butter for coating the tin.
1 extra tomato and parsely for garnishing.

Coat the tin liberally with margarine or butter. Shake over the crumbs.

Arrange layers of the sliced potatoes and tomatoes covering each layer with some of the thick well-flavoured cheese sauce.

Cover the dish well with greased paper and bake for about 45 minutes in the centre of a moderate oven.

Turn out and serve with crisp watercress.

TOMATO PIE

6 ozs. short crust pastry.
1 lb. tomatoes.
3 ozs. grated cheese.
2 teacups breadcrumbs.
Seasoning
1 oz. butter
1 onion - lightly fried.

Cut the tomatoes into pieces and heat gently until a pulp - remove one or two slices for garnish.

Line a pie dish with the pastry and fill with the tomatoes mixed with the onion, half the crumbs, cheese and butter.

Bake for approx. 40 mins. in the centre of hot oven lowering heat after 20 mins.

Garnish with the sliced tomatoes.

VEGETABLE CURRY

About a pound of mixed vegetables which can include beans, peace and carrots.

FOR THE SAUCE:

2 ozs. margarine
1 onion
1 apple
1 tablespoon curry powder (little less if wished)
1 tablespoon dried fruit
1 desertspoon desicated coconut
1 teaspoon sugar
1 desertspoon chutney seasoning.
Squeeze of lemon juice
1 pint water or stock.

Heat the margarine, fry the onion and apple until soft.

Add the curry powder and flour.

Cook for several minutes.

Stir in all other ingredients.

Add the diced vegetable these should be fairly large pieces and simmer for about 35 mins. longer.

Serve in a border of boiled rice.

VEGETABLE SOUP

A large bowl of home-made vegetable soup, served with crusty bread and cheese, makes a meal in itself. Try this recipe.

1 small cauliflower
½ lb. carrots
4 white medium sized onions
1 small turnip
about 3 new potatoes
2 pint stock or water
Seasoning
½ teacup cream (use milk if wished)
1 oz. butter

Cut all vegetable into tiny pieces and put into the saucepan with the stock which should be a white stock (from chicken or veal bones) or water.

Bring to the boil then simmer gently, until the vegetables are tender. Seasoning well.

Take a large spoonful of vegetables out for garnishing then rub the rest through a sieve.

Return to the pan with the stock, butter and heat together.

Stir in the cream at the last minute, taste and re-season if wished.

Put into hot soup cups or plates and top with the diced vegetables.

WISE WAYS WITH LEFT-OVERS

Caramel Pudding
2 ozs. sultanas
4 ozs. castor sugar
3 egg yolks
2 large slices of stale bread about ½ inch thick
½ pint milk.

Put 3 ozs. of sugar and 3 tablespoons water into a pan and stir until sugar has dissolved.

Boil steadily until brown.

Add milk, then heat gently until the caramel has dissolved in the milk.

Remove crusts from bread, cut into neat dice and pour caramel - flavoured milk over this.

Add rest of sugar beaten with egg yolks, then sultanas.

Leave to stand for ½ hour.

Stir briskly, pour into greased souffle dish or basin.

Cover with greased paper and steam gently for about 1½ hours until firm.

Serve hot or cold - turning out and decorating with glace cherries.

For special occasions decorate with cream.

BUTTERSCOTCH FINGERS
8 thin slices of bread
Apprict jam
2 ozs. margarine
2 ozs. brown sugar
2 ozs. golden syrup
Few nuts to decorate.

Remove crusts and sandwitch. Slices of bread with appricot jam. then cut each sandwitch into fingers.

Melt margarine, sugar and syrup in frying pan until the sugar and syrup has melted.

Cook fingers in this mixture - turning over until golden brown on both sides.

Serve at once topped with chopped nuts.

STALE BREAD

Make bread into crumbs, put on a baking tray and leave in moderate oven until golden, turning over several times.

When crisp, put between grease - proof paper and roll until very fine. Store in an air tight jar.

POTATO GRATINEES

Approx. 1—1¼ lb. cooked potatoes
1 teacup milk
Little margarine
½ teacup grated cheese
Seasoning

Cut potatoes into thick slices.

Arrange in greased pie dish,

Season well and add a small amount of margarine to each layer.

Pour over milk - cover top with cheese and cook for about 1 hour in very moderate oven until the milk is absorbed and the cheese gives a really thick crust on top.

POTATOES CROQUETTES

Mash left over, cooked potatoes until very smooth.

Mix with yolk of egg, and form into finger shapes.

Roll in egg - white and crumbs.

Fry until crisp and brown.

POTATO CAKES

Add grated onions, or grated cheese or chopped, parsley to masked potatoes and form into flat cakes.

Flour lightly and fry until brown.

DUCHESS POTATOES

Add plenty of margarine and egg yolk - to mashed potatoes.

Season well. Pipe into pretty shapes or form into pyramid shapes and bake until crisp and brown.

POTATOES LYONNAISE

Fry equal quantities of raw thinly - sliced onion and thickly sliced, left - over cooked potatoes until onions are soft and tender.

Tip on to hot dish — garnish with chopped parsley.

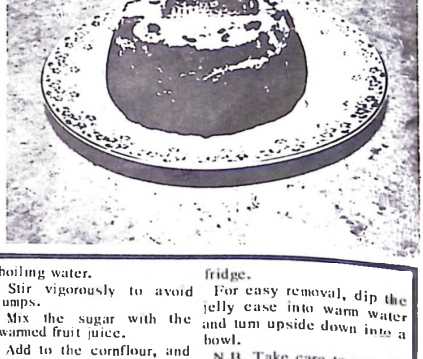
HOME MADE LOLLIES

Any brand of fruit Squash. As many ice block trays as your freezer can take. Cocktail sticks.

Fill each ice block tray with the squash. Put one cocktail stick in each hole. Set your fridge to freezing Point. Place the trays in the freezer. Remove for use after all the liquid has solidified.

Suitable for children's parties. For variety, you can use different kinds of squash i.e. Orange, Lemon, Blackcurrants etc.

N.B. The Lollies will take the shape of the ice block tray used. For easier removal, place the tray under running tap for a few seconds



HOME MADE JELLY

Corn flour, sugar, fruit juice, food colouring.

Put some water to boiling point.

Blend the cornflour with cold water and add to the boiling water.

Stir vigorously to avoid lumps.

Mix the sugar with the warmed fruit juice.

Add to the cornflour, and bring to boil until the mixture begins to foam.

Remove from fire and add the colouring.

Mix well and bring back to boil.

Put in fancy jelly cases and allow to set in the fridge.

For easy removal, dip the jelly case into warm water and turn upside down into a bowl.

N.B. Take care to use the colouring that will match the fruit juice used e.g. Yellow for Orange, Red for black currant etc.

Both recipes specially contributed by Mrs. A.O. Abioye — Ibadan.

Slim the Natural way!

If you're overweight and worried about it, all you need is Limmits. Limmits biscuits contain all the essential ingredients your body would normally obtain from a bulky meal without the part that makes you put on weight. So, just leave out one meal a day and replace it with one vitamin-packed meal of Limmits and a glass of unsweetened milk. And see how you slim the natural way. No need to starve, no dangerous drugs. Limmits is not only meant for women but for men too. So, why not ask your man to try Limmits with you.

Limmits SLIM THE NATURAL WAY

Limmits are available in a wide variety of flavours

Biscuits		Crackers
Chock mint	Orange	Cheese
Lemon and Lime	Coffee	Lime

Available in all chemists, patent medicine stores and supermarkets throughout Nigeria

Pfizer The most trusted name in family medicines.

PATTERN SERVICE

Quick-Sew Caftan

HIGH QUALITY PRINTED PATTERN

4986
S–10½-12½
M–14½-16½
L–18½-20½

by Anne Adam

Make a memorable entran at parties in a glamoro caftan. Just 2 main parts sleeves and dress are all on

Printed Pattern 4986: NE Half Sizes: Sm (10½, 12½ Med (14½, 16½); Lge. (18 20½). Med. Size takes 2 yards 60-inch fabric.

Send your Postal Order for each pattern toget with coupon to: Modern Woman Pattern Servic Box 2583, Lagos.

Pattern Order Form

I enclose Postal Order Value

Pattern Nos.	Size
Each pattern is 45k	

Name .....

Address .....

.....

Don't forget to check your size before orderin

THE TRUTH SURPASSES

This is a story every family must read. There is a lesson in it for each to learn.

by Gbemi Olatunji

The truth is bitter but it always surpasses and this reminds me of a man who once lived in a village and whose name was "Ottoleke" – literally meaning, (the truth surpasses). He has two equally energetic and industrious wives but the snag of the situation was that each of them had a self–destroying habit. The senior one whose name was "Awigbo" – meaning (never heeds warning) was a thief, while the junior one whose name was "Ottokoro" – meaning (the truth is bitter) was adulterous. Ottoleke knew of his wives' ills and was not happy over the situation because he was one of the outstanding persons in the village.

Each evening, after taking his supper, he would call his two wives and lecture them in turns on the gravity of their malpractices. On each occasion, each of them would deny ever doing anything of the sort and they would even swear by whatever they could name. These lectures and swearings notwithstanding, they did not stop their evil deeds. Reports kept pouring in from every nook and corner of the village about the vices of the two women. Their husband was worried about this but yet, it never occurred to them to put an end to their evil ways.

Ottoleke made up his mind that he would not divorce any of his wives but would do his utmost to make them change. He lectured them the more and even threatened them but still they refused to yield and yet he never divorced them. Then at a time, he made up his mind that he would report both of them to their respective parents but he soon dismissed that idea on grounds that people would say he could not control his wives. He was so much worried about the disgrace his wives were causing him that he decided to seek the help of a renowned native doctor who then lived in a nearby village. On getting to the native doctor's place, he narrated everything to him (the native doctor). By the time he had finished his story, the native doctor was full of pity for him but he told him the only thing he (Ottoleke) would do was to go back home and continue preaching and pleading with his wives to yield. The native doctor told him that if however at the end of three months to that period they failed to yield, then he could come back and report.

He did as the native doctor told him but still there was no change of attitude in them. He preached and pleaded but yet, they never changed. And so, at the end of three months he went back to the native doctor. On getting there and after putting his case to the native doctor again the native doctor told him he would need to do something. He (the native doctor) told him (Ottoleke) that he would see a change of attitude in both women as soon as he started to use the medicine he would prepare for him. He then gave Ottoleke a list of the things he would buy. Ottoleke bought everything and took them to the native doctor and he (the native doctor) told him to come back in three days to collect the medicine. On the appointed date, Ottoleke went to collect the medicine and the native doctor gave him instructions on how he would use it successfully. Ottoleke thanked him and went back home. According to the instructions the native doctor gave him, he was to pretend to be travelling on the two different occasions he would use the medicine.

The following morning, he called his wives and told them he would be travelling in the evening of the same day. He warned them that he would not like to hear any report about them when he was back from his trip and the two of them promised to be careful while he was away. In the evening he packed a bag with which he was purported to be travelling but went to hide in the home of a friend with whom he had previously arranged. No sooner had he left home than Ottokoro (the junior wife) called in her lover after ensuring that Awigbo (the senior wife) was in her own room. She made it clear to him that he would spend the night with her and would have to leave very early the following morning. To this arrangement, the lover–man agreed and soon they undressed and were very much relaxed in bed. After a good session of fondling and romancing, and love making, they both fell into a long peaceful sleep.

As fate would have it, the peace was to be short-lived for, when the woman woke up early the next morning to get her lover to dress and leave, she got the rudest shock of her life – he laid there on the bed stone–dead! Ottokoro was panic–striken and would have even shouted for help but for the fact that she wouldn't want anyone besides herself and of course, her husband to know about the situation. She immediately pulled down the body from the bed and tucked it under the bed. She then locked the door and sat down to think about a way out of the whole mess. She was still dazed and her thought was still in a whirl when she heard the unmistakable knock of her husband on her door. She quickly let him in and immediately locked the door and knelt down in front of him. He was surprised and asked what the matter was with her. She hesitated a while but soon, like a flood, the story started pouring out non–stop with tears of regret rushing down

(Continued on page 19)

In defence of Moral decadence

By Uche Uz

"This is not the age to force anybody to swallow what you have chewed; it may be poison for him. This is why the Daltonian atom which years ago was indivisible can now be divided and the custom of killing twins in parts of this country has now given way to rearing quadruplets."

I do not know whether I am morally justified to put up this argument but that will depend on your definition of morality. Morals precisely is the theme of this article.

The other night I overheard a man scolding his daughter just because she wore a pair of trousers to a neighbour's birthday party. This girl is in form five in a secondary school. Of – course, she cried herself to sleep that night and had since packed all her fancy clothes into a small box now hidden under her bed.

I overheard this man saying that the reservoir of morality and virtue that was filled long ago (may be by his fathers) has been leaking away ever since. But the funny thing is that his grandfather thought that the reservoir had been filled by their grandfathers and had been leaking away ever since. And maybe their grandfathers thought so too.

So, I have been wondering why that reservoir is not empty by now. Obviously it is a good thing it has not, because it will afford me the opportunity to tell my children the same story.

I agree completely with the man that none really appreciates what he has until that thing is lost. Which means that when their generation must have passed away and there is none to keep this youth fire in check, then we shall begin to feel the impact of this moral laxity.

But I think the future can take care of itself, it has always done so. At least, so it seems to me, because it has always been a characteristic of man to believe that the old things are better than the new ones (especially where moral values are concerned); that the old virtues are being thrown overboard and that the good old ways are disappearing.

Now as children, we are hearing these stories from our fathers; they probably heard from their fathers who heard from their own fathers. When these fathers die and we have our children we shall also tell them the same story. That is why I said earlier that the future will take care of itself because this thing is a chain reaction and it is bound to continue.

I think every new generation must redefine the meaning of morality and virtue. It then can pass this new definition on to the next generation who should be given a chance to rediscover for itself it's suitability for the prevailing conditions.

This is not the age to force anybody to swallow what you have chewed; it may be poison for him. This is the Daltonian atom which years ago was indivisible can now be divided and the custom of killing twins in parts of this country has now given way to rearing quadruplets.

To be frank, some children of today are getting t of pretending to be good children and making themsel laughing stocks. Although these children have lear to live with their parents lamentations and grumbling resigned good humour, I feel they have been embarras enough without having to be embarrassed for their arch parents.

A few years back, if a girl wore trousers, she termed a high society prostitute or a cheap harlot pending on her social status. People hooted and ca her names any-where she went in that dress. But is not the case now; a girl is regarded as a "t village girl" if she wears anything outside min trousers or clothes of some fanciful sort.

I am of the opinion that the voice of the peopl the voice of God. This means that God will hav accept what the majority of people are doing as and what only a handful are practicing as bad. S the society accepts this modern trend of dressing fashion and calls it PSYCHADELIC, I am asking t old fashioned parents to help their children grow maturity by allowing the environment some free l to develop them.

As generations come and go, youths find that moral teachings of their parents no longer fit in p or run against the practices of their parents. Or t how does one explain the ever soaring cases of ma infidelity among our elders or the religious fana who preach one thing and do another.

The first thing therefore is for a generation to dis facts from fancies and strip pretence and hypoc from the morals handed down by their predeces All they need do is give a helping hand in the for advice. Tell them what you know and leave the face the dilemma of their own time. Remind them each generation has the task to build up its own m values which it will hand down. It is the experi gained from forming their own code of conduct tha make them adults.

Dear parents, give your children a chance; a ch to form their own characters with which to face greater world outside your wings of parental protec Someday, they will have to live with that outside and they will surely crumple under the heavy yo life if you do not stop spoon feeding them now your ancient ideas about life.

It is true that children of this time smoke, and visit the theatres much too often. These t

older ones are horrible things fit only for irresponsible children. Children without any parents to guide them; children who will inevitably end up behind the bars because they are bound to cut more than they can chew.

But children generally do not learn ethical principles: they follow the examples set by ethical (or unethical) people. That is why they learn fastest by copying attitudes and habits of people around them. So, if you look hard enough, you will see that today's juvenile deliquency stems from the moral laxity of our elders.

On the other hand, morals and virtue are a part of our culture. Culture, we know, is a people's knowledge stored up for future use. But culture varies from group to group and from one period of time to another within any single group: Morals and virtue also change with it and so we have to make allowance for this social change because our present society has a high degree of readiness and capacity to change particularly in it's social order.

All I have been trying to say, is that "morals and virtue are not static like family treasures tucked away in a trunk box. They are changing things and can never be better than the generation which upholds it." In other words, each generation embraces those aspects of the past moral codes (usually in altered form) which live on in the present.

If I have convinced you that we are a well meaning generation, fulfilling the aims and purposes of those who were before us, ready for the challenge of the future and worthy of continued and enthusiastic support then I have accomplished what I intended to say to you.

"God will have to accept what the majority of people are doing as good and what only a handful are practicing as bad. Since the society accepts this modern trend of dressing as fashion and calls it PSYCHADELIC, I am asking these old fashioned parents to help their children grow to maturity by allowing the environment some free hand to develop them."

THE TRUTH

(Continued from page 17)

her cheeks. When she had completed the story, Ottoleke sat in complete silence. He thought of the best way he could solve the problem. His thought whirled from one to the other. After a while, he called Ottokoro and told her that he had found the way they both could solve the problem without a third-party intervention. He asked her to buy an empty sack and a very big needle. He also asked her to get some twine, old newspapers and rags. She did everything accordingly and Ottoleke helped her put the body in the sack. After that, they stuffed the spaces left with rags and newspapers. He then told Ottokoro that he was travelling again that evening and that as soon as everybody in the village was asleep that night, she should carry the sack into the market place and stand it by the big tree there. She agreed and was hoping for the night to fall. All the while, Awigbo did not know what was going on and neither Ottoleke nor Ottokoro told her.

In the evening as usual, Ottoleke dressed and left for his "trip". Then, at nightfall, Ottokoro carried the body in the sack to the market and stood it exactly where Ottoleke had told her to stand it. She was lucky enough as no one saw her. She quickly went back home – relieved. Belief it or not, fate is a very trickish (if not cruel) thing – because, it was that very following morning that Awigbo decided to look around for a "booty". As if being pushed by something, she made for the market in the very early hours of the morning and she soon came across the heavy sack propped up against a tree. As there was nobody around to question her mission, she quickly carried the heavy sack on her head and made her way to her room as quickly as possible before anyone could notice her. On getting to her room, she laid down the sack on the floor, locked the door and started to open up her "booty". She soon discovered that the content of the sack was a dead human body. Fear gripped her and she started sobbing. She thought of the best way to solve the problem but she could not arrive at any conclusion: She then made up her mind to tell her husband when he came. She was still brooding over the situation when she heard Ottokoro welcoming Ottoleke – their husband.

He first went into Ottokoro's room and she told him she had done what he asked her to do about the dead body and she promised him that from thenceforth she would desist from adultery. They both embraced each other and soon Ottoleke was knocking on the door of Awigbo's room. She quickly let him in and bolted the door immediately he got inside. She did not waste any time in telling him the whole story and she even showed him the "booty". He opened his mouth in a bid to speak but he could only gasp. He stood rooted to the spot and could not even move. After thinking over the situation for a while, he told Awigbo that he had got the best solution to the situation. He told her that after nightfall, and when everybody in the village would have slept, she should remove the body from the sack and carry it to the front of the Bale's (village head) house and lay it some distance away from the main building. He then called both Ottokoro and Awigbo into Awigbo's room. He showed Ottokoro what Awigbo had brought home and asked her to narrate in front of Awigbo, the story behind the body in the sack. When Ottokoro finished, he asked Awigbo to narrate her own part too in the presence of Ottokoro. She did. Both of them then knelt down and begged their husband to forgive them. They promised and vowed that such acts would never repeat themselves and that from thenceforth, they would stop their evil ways. They did because "the truth surpassed." As for the dead body, it was deposited in the right place and the man's relations picked it up the following morning for burial without asking any question since his body was found in front of the Bale's house. Their belief was that the Bale's guards might have mistaken him for a thief in the mid-night and shot him dead. The villagers were all surprised at the sudden change of habit in both Awigbo and Ottokoro. Ottoleke, Awigbo and Ottokoro lived happily ever after both wives trying to live up to the standard expected by their husband and the husband on his part has been a happy man ever since because as his name suggests: "Truth will always surpass."

"F" IS FOR

Go places in this maxi with flared skirt and double sleeves and see through the fashion world in this psychadelic sun-shade.

Floral crepe midi opened up in the centre o tailored pair of trousers - ideal as office wear. Our model right is in a casual dress ma checked and plain cotton materials.

LORAL

This month's selections are from Go—Gay Fashion House along Rabiatu Thompson Crescent, Surulere.

It's floral cat suit with plain cremplene mid-rib band and choke complete with Oliver Twist cap.

The Happy trio - from left Olabisi Agboola in "Crepe Evening Jabbot" made from floral cremplene with shoes to match. Woolen midi topped with nylon blouse to match is modelled in the centre by Alberta Smith while Miss Onigbanjo looks ever so happy in her cronic midi with emphasis on the "Bat Man's sleeves".

THE HAIR REVOLUTION

—Imohimi Craig

Every once in a while the craze enters the head of the Nigerian but only after she has spied it on some outsider and everyone shouts; copycat. I shout too but at a select group. I scold but only the so-called enlightened Nigerian who is usually the guilty party.

First it was the Afro style. And now the plait. But the hair revolution has always been seen out of perspective and without enough deep or far sight.

Long before the Afro cut, I had known Nigerians who had taken to the style and still keep to it. For the group of individuals, it was the Afro style that caught up with them. Beside one likes to give the credit where it rightly belongs.

Emperor Haile Selassie has always worn his hair the long Afro way in the way that some ancient paintings of some inhabitants of Ethiopia has shown the Afro style which has been maintained in many parts of that country till today.

My first picture of a Fijianwas that of a man with high Afro style. Today it still is.

Again in the case of the plait, the majority of Nigerians have always known this method as the only way of taking care of their hair. And it hasn't all to do with hair hygiene if one goes by the several names for the different hairstyles. So to say, as some Nigerians have been claiming, that our people don't appreciate their way of life until someone copies it and sells back the idea to us is pure daydream.

It is the people who can write and read who suffer from this inferiority complex not the average Nigerian woman who hardly knows what a stretching comb is.

And since it is within this group that such shallow statements emanate one finds it easy to understand their wild effusion. In the same way one understands the previous blindness to the goodness existing in their own culture.

And this is why I should like to correct a few mis-statements. The Black Americans approach to hairstyling is nothing but distressing. A Sango devotee or priest plait is understandable. So is the tuft which have a lot to do with religious and magical beliefs of a lot of us. To claim as one American magazine has done that 'in Africa, tribal priestesses once braided their hair as a symbol of their religious powers, and warriors plaited prior to battle' is utter rubbish that does little justice to the creative genius and the fashion taste of the African woman.

To set a man who cannot distinguish a bata drum from a bembe donning a plait, just for some misunderstood reasons is therefore unfortunate.

But enough about this since the other statements in the offending article show that all the facts relate to some fictitious Africa. The same article refers to 'bizarre–sounding' corn–rowing variations as the 'Nzinga' from Nigeria (who ever heard of such an invention!) and t Umoja from Egypt!! (Umoja indeed).

But like I said before, enough with ignorant statemen and on to the subject matter which is hair and the Niger female.

Let's start with hair care and education. It isn't eve Nigerian girl in secondary school who is a day stude Learning hair hygiene therefore is not just a matter cutting it to prevent lice and dandruff. So I would sugge including hair-plaiting as part of home science school.

I am making this suggestion for the simple reason th few of the sophisticated mothers of these children kn anything about hair-plaits. This is the only way we can ke the art without resorting these days to a few professio plaiters as happens in Lagos.

Self-reliance and close touch with the culture of the lan apart, hair-plaiting instead of cutting and 'centre-partin has other advantages. The hair grows longer and the g develop some interest in and sense of aesthetics.

After hair care and education it's one little step adulthood and the avoidance of those situations o finds disgusting and an obstacle to deep feeling of lo for a woman. Things like false eyelashes dropping i your beer. Like finding strands from stretched hair your eba or a piece of wig in the soup.

Again, it's my firm belief that a lot of the elderly Nige women who turn out these days in funny wigs lost their h through stretching them and can never recover them.

A situation that hardly arises with many grannies I kr who were brought up without the help of scalding oil and stretching comb.

But then the hair revolution has always been with us. have several attitudes and points of interest when it co to the hair and the female. Like armpit hair which are c sidered fabulous in some circles.

Like hairiness which when it does not affect chin or the area above the lips, attracts men. (Do you know that women with hairy limbs and some hair the chest are considered very sexy by many Niger men?!

What I am trying to say is that the so-called hair revolu has always been with us only a lot of us are blind to existence or have taken it for granted. We have always the wig here which can still be seen on ceremonial occasi on Bini and Efik women. What we call Afro fashion in hairst was and has always been the ordinary way of life with majority of our females!

The F

GREAT AFRICAN WOMEN OF THE PAST II

MISS ELFRIDA ESTHER THOMAS

by 'Kunle Akinsemoyin.

Part of the mystery of life is the way those destined to die young pack more achievements into their young lives than those favoured with a longer span of life. One of these rare personages was Miss Elfrida Esther Thomas whose premature death both convulsed and stunned the community of Lagos. Short as her life was yet she accomplished enough to make her life an inspiration to all, especially the young. She endeared herself to the community by leading an exemplary life of self-denial. Imbued with a sense of mission and an energetic spirit savoured with devotion the entire community of Lagos paid her the unique and unusual homage of remaining for several minutes spellbound and rooted to the spot where they stood after the conclusion of the funeral obsequies at the graveside.

Born on 14th October 1859 at waterloo in Sierra Leone she was the only daughter of Reverend Thomas, the Local Superintendent of Wesleyan Church at Abeokuta. At an early age her parents discerned in her the need of a high culture placed her at the Church Missionary Society Female Institution in Lagos under the guidianship of Rev. and Mrs. Mann joint principals of the Institution. She was there for five years. The Institution in those days was specially geared to train daughters of prosperous merchants and enlightened parents who wished to give their daughters an education that would make them good mothers and accomplished wives. From there, where the parents could afford it, the daughter would proceed to England to put the finishing touches to her education. Elfrida did so well that her parents sent her to Wilton House School in Reading, England.

This was in 1880. The two years she spent at the school were remarkable in what she accomplished. The impression she left was that of a devout Christian in every sense of the word. She showed such a marked improvement as a musician that all were agreed she was destined for a future of great promise. As a vocalist she had a lot of merit. As was customary in those days, finishing education for girls included practical training like going out to the theatre, to a party and the like, as well as meeting people at Tea Parties and Garden fetes. In being shown around Elfrida was so moved by the misery she saw was caused by the excessive consumption of alcohol that she became a member of the 'Young Abstainers Union Association which she introduced to Lagos shortly after her return to the island on 24th August 1882.

Always eager to do all in her power to better the lot of those less fortunate than her, she wasted no time in making herself useful in every way. Despite her superior education she was humble and singularly free from any 'airs and graces'. She regularly attended the Sunday School as she did before she went to England acting always with self-denial, energy and devotion. Consequently, her class was very popular and what impressed most people about her was that she not only taught her pupils by precept but also by example.

One of the leading socialities who believed that women should take more active part in the social life of the community, she founded the Lagos branch of the Young Abstainers Union Association, which due to her indefatigable efforts became popular. She also had plans to form a Dorcas Society so that in her silent, gentle and unobtrusive way she may render service to her [illegible]. But this was not to be.

While on a visit to her father at Abeokuta she caught a cold, which became worse on her return to Lagos. On medical advise she went to Gbologun on Victoria island. But instead of improving her condition steadily became worse. With Christian fortitude and courage she fought for dear life and when the end finally came she was calm and reposed.

She died on 5th September 1883 just over a year after her arrival in Lagos and at the tender age of 24. The funeral oration made at her graveside and the funeral sermons at the Wesleyan and other churches on the Sunday after her death were a great tribute to her and a worthy memorial to a brave young soul.

"Ageing men often marry young wives a are cared for in their old age, whereas wom more often grow old alone."

WAY OUT OF LONELINESS

This is a problem that we should all begin to tackle now, says Our Special Correspondent.

"Today, children grow up quickly and are out and away on their own at an ever-earlier age. The home where grandparents, uncles and aunts lived on, playing a useful part and finding companionship, and protection, has gone."

At one time I took the optimistic view that prosperity would go far to ease one of the major problems of life - loneliness. I was wrong. Prosperity has, if anything, accentuated the problem, given it a new and frightening twist.

In today's society I see loneliness, in extent though not in intensity, as a more immediate problem for women than for men. Ageing men often marry young wives and are cared for in their old age, whereas women more often grow old alone. And women's span of life is lengthening at a swifter rate than that of men. The likelihood of loneliness in old age is increasingly greater. And that is a frightening thing. The prospect of living on alone into the years of infirmity and dependence looms darkly.

Perhaps, at this moment, you don't think that loneliness can ever be your problem. You are young unmarried, enjoying life. So, only a few years ago it seems to them, were the wistful, elderly women I met recently in the wards of a large hospital, on their way to institutional life.

This tragic state of things stems from the fact that where as the home and woman's part in it has, over the past few years, grown in strength and influence, it has also telescoped in time. Marriage and motherhood is a full-time career, but not a life-time one

New problems

Today, children grow up quickly and are out and away on their own at an ever-earlier age. The home where grandparents, uncles and aunts lived on, playing a useful part and finding companionship and protection, has gone. Explain it as you will in terms of house space and economics, it is hard reality and it presents new problems that must be solved.

The fact is that there are two kinds of loneliness. From one of them none of us, young or old, can escape. This is the loneliness of knowing we are alone in certain aspects and at certain moments of our life. For those who have faith in the goodness of God there is a spiritual companionship that gives courage and strength. For those who have not this faith, there is no answer.

But the other kind of loneliness can and must be fought off. I mean the loneliness of isolation in cities: of having, wherever one is, no friends or acquaintances; of living alone of having no one of one's own with whom to share thoughts and hopes.

This is not a problem that can be easily and readily solved by creating social centres to bring people together. To many who suffer from loneliness these are of little help. Some people are lonely simply because they are unable to mix. And returning alone to the empty room or flat only deepens their depression.

The cure for this typ loneliness is in our power. Not only can protect ourselves again but we can find on our ov enjoyment of life that s last us to the end of our

Towards independen

We must reject all sighted and useless sac and resignations and pla self-protection, self-suffic and self-development. justification lies in unselfishness of the m

If you are strong yo you can help others. If develop your personality your gifts you will con enjoy life more and to co nicate that enjoyment.

Study the health of the and not the illnesses. remember that your mind your first and cons attention in this trai Achieve a really healthy and you need not worry illness.

A miracle happens when conquer your impulses self-pity, worry, fear; wh will and concentration learn how to thrust you terest outwards.

You will have made a mendous discovery w if only for a few mon you can completely yourself in something side yourself. If, for inst delight flows warmly th you because you are a of the beauty of a black-b song, you are no longer l

It is only a beginning if you make it the begi of the habit of looking side yourself for beauty colour and liveliness and and gaiety you will grad win for yourself a lastin in being alive.

Here is one sure wa being happy and unc on your own. It is a rewa joy to yourself and to o for what may have to long, brave fight.

"A miracle happens when you conqu your impulses to self-pity, worry, fear; when will and concentration you learn how to thr your interest outwards."

Now Omo washes even brighter ...because it's

new super active

BLUE

OMO

New super active blue Omo has extra brightening power. Extra power that gets coloured clothes brilliantly bright, whites amazingly white! You can see the extra brightness for yourself. Because new super active blue Omo washes brighter – and it shows

STARS

(Continued from page 12)

HE'S CANCER

Moody but not mean. Very very romantic, but not always confident of his own attractiveness. No one can understand why because he's very sexy. He understands women and likes children, is kind but not soft. He tends to love his home. Is a one-girl man. Don't hurt his feelings, for he can sulk privately for days. He would do well in welfare work, teaching, civil service, horticulture. He's best left alone when down but when he's happy he's wonderful company.

Marriage rating: Shy of marriage at first, but once wed his home is his castle.

HE'S GEMINI

Getting a word in edgeways is sometimes the trouble with him. He is a fast thinker, likes lots of friends, wants a girl who'll keep him interested, keep him guessing. He likes to travel, to move around. He is probably in an artistic career, or could be a courier or sales representative. He is emotionally changeable, but not nad-tempered. Only tiredness makes him grumpy. Although he has lots of girl friends before marriage, he'll devote all his thoughts and energies to pleasing the girl he chooses.

Marriage rating: Fun to know, difficult to pin down. He likes his wife to share his interests.

LEO (July 24 to Aug. 23)

You are hindered by a heavy-going phase so don't expect too much. With determination, yours from birth, you'll still make good headway. The second and third weeks could bring about the fulfilment of a plan formulated earlier. Demands in the family circle will be heavy and require time and thought from you because a partner is either away or busy.

VIRGO (Aug. 24 to Sept 23)

Watch your step just now, keep plans on the move but look out for unexpected twists in life that will necessitate quick change ideas. Your sensitive nature may find it hard to cope with problems this month and you will tend to take a dim view of any obstacle to your happiness that bars your path. Minor re-adjustments in working routine, new hobbies and interests, proper time off to relax, will help you manage your life in a sensible way.

HE'S LEO

He is basically a happy person, worm hearted, very devil-may-care in the poses he strikes refusing to be ordered about. He'll be the sweetheart-husband for ever. Make his life revolve round you. Sometimes he appears to take nothing seriously, and he can be irritating. But he has drive and ambition and lion-hearted courage. He'll bring you roses on a wet Tuesday and forget your birthday next week. He'd do well in the services, or in some adventurous career that leads to travel - journalism, actor, politician, diplomat.

Marriage rating: Blissful happiness with other fire signs - Aries and Sagittarius - but plenty of storms. He likes rows because he likes making up.

HE'S VIRGO

If he keeps his garden or woodwork tools in neat rows you know at once he's a perfectionist. He has an analystical mind, is neat to a fault. His ambition usually takes him a long way to the top. He's not extravagant, but this doesn't mean he isn't fun to go out with. He tends to be very correct. His occasional bouts of scatty humour makes him endearing. He's rarely romantic, but once he's made up his mind he goes all out to get his girl. He could succeed in any work that needs precision.

Marriage rating: He doesn't - like scenes or emotionally demanding women. He is a wonderful husband and father.

LIBRA (Sept. 24 to Oct. 23)

The New Year finds you feeling rather quiet and low perhaps, but exciting new trends soon occur and your spirits improve. Your Sign is associated with partnership, for it rules the Seventh House, and it is therefore quite impossible for you to live alone. If you are looking for love this is the year when you will find it, so long as you know what you want and are prepared to make adjustments.

SCORPIO

(OCT 24 to Nov. 22)

A Moon/Mars combination early on has a helpful influence. Whatever you have to face, whatever you must do just now you will be assisted. The New Moon brings special news. From that time forward the pace hots up and you will find that you are in demand. If you are a career person there is going to be a fine prospect of promotion or some wonderful proposition this year to make you think about your position and make plans to change it. Family affairs and home affairs are routine and responsibilities are heavy.

HE'S LIBRA

He has a lazy charm, is irresistible to most women, often without knowing it himself. He has taste, is instinctively fastidious, and has probably chosen one of the less usual careers. He evades a showdown about anything, dislikes rows. If he has not matured he can be self-indulgent and wilful.

Marriage rating: There's no need to worry about the other girls who find him a wow - after all he chose you

HE'S SCORPIO

He's the strong and s type but never at a los words at the right Intensely emotional, never wears his heart o sleeve. Don't be misle his apparent thick skin - sensitive at heart. Jeal is his worst fault. passionate, secretive, n a wife who has eyes fo one but him. He does at his work, because of capacity to concentrate believes in higher educ and training; is never big businessman, but the expert, the professo the researcher. As a he is intense, moody, chase you determinedly, if you keep him at ba long he'll probably hate or lose interest in you suddenly.

Marriage rating: Hap with other water signs - P or Cancer. Difficult at t but you can always a to his sense of hu

SAGITTARIUS

(Nov. 23 to Dec.

Quite a number of pla appear in your Sun-S From the 2nd week you the expensive Jupiter fluence. You will be abl undertake anything now confidence. Venus Mercury bring fair luck you will find that an ad turous, driving mood t over. Decisions must taken about domestic is and you should not sh from these. Most things turn out to your advant

CAPRICORN

(Dec. 22 to Jan

Your year will open on a ful note: certain restric which may have been o tive during the latter pa 1973 will recede and t will be a feeling of gr confidence a promise developments of a benef nature. Interests of emotional kind will favoured. Full Moon m home, domestic outge are heavy; extra respon lities occur, but the is brisk and you have time to brood.

HE'S SAGITTARIUS

He's probably the outdoors type, has lots of girl friends before he marries, has wide-ranging interests, chats up all sorts of interesting people, likes practical jokes. This doesn't mean he cannot be serious, for he is very serious about marrying his kind of ideal girl. But often he doesn't know what his ideal is until he meets the next one. He's not too worried about getting to the top in a career: that's why he so often does. He can't bear routine, is bowled over by feminine beauty, and has the false reputation of a wolf.

Marriage rating: He won't be bossed (but he wouldn't dream of bossing you). Uses his charm to get round you.

HE'S CAPRICORN

Don't expect him to pay you compliments or be at all facile in expressing his love in words. But he certainly wouldn't bother to take you out if he weren't serious, or sure that he could become serious, given the chance. He's kind and understanding, has many sterling qualities, but at times needs lifting out of his earthbound moods. He works hard at earning a living and is careful with money. He wants his girl to be intelligent.

Marriage rating: The ideal husband who thinks first and foremost about making a home. Never underestimate him.

STONES

Throughout history precious stones have always been endowed with magical powers .... now learn which stone has a special meaning for you.

THE DIAMOND

A sparkling precious stone, white or "blue" in colour, the diamond is a symbol of purity and innocence. The Zodiac gem of those born under ARIES, it has the legendary power of protecting its wearer from evil. By tradition the diamond promotes constancy between lovers, hence its popularity as a gem for the engagement ring. The hardest of all stones, the word "diamond" comes from "Adomas" meaning indomitable. If you are ARIAN born, wear the diamond to bring you strength and luck.

THE EMERALD

A sparkling green precious stone of the bery group, the emerald is a symbol of constancy and true affection, and especially lucky for those born under TAURUS. The ancient Egyptians and the incas of Peru considered it a stone of the gods. A highly polished emerald was once believed to have the power of restoring failing eyesight, and Nero, watching gladiators in the arena, used an emerald to lengthen his vision. If you are born under TAURUS the emerald will bring you luck and happiness.

THE RUBY

A precious sparkling stone which varies in hue from pale pink to deep red, the ruby is the symbol of freedom, dignity and divine power and is the gem ordained by the Zodiac for subjects of CANCER. Besides attracting love and devotion, the ruby is said to have the power to rekindle love that has waned. It was thought to grow paler when illness or misfortune threatened the owner — Katherine of Aragon, first queen of Henry VIII, was warned of her decline in royal favour by a ruby she were on her finger. An ancient Cingalese legend calls this beautiful gem "Tears of Buddha." If you are CANCERIAN choose the ruby to bring you all that you desire deep in your heart.

THE TOPAZ

A semi-precious sparkling stone of yellow, white or pink, the topaz stands for love and loyalty and luck in business! In the Middle Ages it was set in gold and hung about the neck to protect against enchantment, insomnia and ailments of the throat and lungs. Its powers were said to wax and wane as the Moon did. The topaz is the lucky stone of SCORPIOS, who are often psychic, and wise men in the East held that it enabled them to receive messages from the astral plane. SCORPIOS can wear the topaz confident that it will bring them constancy in love and luck in their career, too.

THE TURQUOISE

An opaque, blue-green, semi-precious stone, the turquoise was so called because in olden times it was brought through Turkey on its way to Europe from Persia. The Turks looked upon it as the horseman's talisman, for it was supposed to protect both rider and mount on long journeys; thus it is the lucky stone of SAGITTARIANS — subjects of the sign of the Archer—Horseman. Its magical attributes also include protection from the evil eye and the power to dispel jealousy. SAGITTARIANS should wear it to safeguard both their love and their life.

THE OPAL

It is said to be unlucky for all except LIBRANS, whose Zodiac gem it is. But the ancients had no fear of the Opal — they believed it bestowed very wonderful benefits to the wearer and it was called "the gem of hope." This semi-precious stone is not crystalline in form like other gems, but is a variety of silica. The iridescent hues are caused by the irregular refraction of light from its surface. The gem is always cut in the smooth oval style. Porous, the opal should not be brought into contact with water or oil. LIBRANS can wear it for extra luck — but it is not really an unlucky stone for others.

AGATE

A semi-precious stone, the agate's mystical qualities bring health and long - life to the wearer and special good fortune to Gemini subjects. In olden times it was said to bestow the gift of eloquence, and it was once worn to prevent headaches and allay skin irritations! A form of quatz, agate brings wealth and happiness to any GEMINI who wears it.

THE GARNET

A semi-precious sparkling stone of deep red, the garnet is the emblem of faithfulness, and the lucky stone of all CAPRICORNIANS. If given to a friend it will perpetuate the friendship. It was revered by the ancient Egyptians, Greeks and Romans as the stone of power. Worn as an amulet, it was believed to preserve good health and ward off melancholy. If born under CAPRICORN the garnet will bring loyalty.

CHRYSOLITE

A sparkling greenish yellow semi-precious stone, the chrysolite is the emblem of gladness, serenity and faithfulness and the stone of those born under VIRGO. In ancient times it was worn at night to banish phantoms and ensure sound sleep. If you are born under VIRGO the chrysolite will bring you luck and tranquillity.

THE SARDONYX

A rich red-brown semi-precious stone, the Sardonyx has mystical powers which confer courage, virtue and friendship. It stands, too, for married bliss, and a bride who wore the gem on her wedding day was bound to be happy; it had the reputation, too, of bringing popularity to the wearer. It is the gem appointed to LEO, for whom it spreads warmth and affection and popularity - all of which are very important to LEO subjects.

THE AMETHYST

A semi-precious stone that's a form of quartz, the amethyst

Continued on page 29

HOUSEWIFERY

From time immemorial Home Management has been considered the most important responsibility of a woman. In the traditional African society, it was the man who provided the cash with which the woman managed the home. With the advent of Western Civilization which consequently brought about the emancipation of women, women's eyes became open to the various opportunities available to them to go out for paid jobs and most important of all to help their husbands in the up-keep of the home. But with the soaring cost of living, even when both the man and his wife are on full time jobs, the renumerations do not go far into the month. And, as it has ever been, its the woman who, after working hard for part of the money, faces the uphill task of stretching it as far as possible.. As experience might have taught most women, home management is not too palatable when combined with full time job. The most unpleasant of it all is that she is downright broken before the first half of the month is over.

What is the solution? There does not seem to be a very easy one yet but, for the few who can deny themselves and put in a few more hours into home - management life could be considerably eased by the practice of what Domestic Science Specialists call "Home Economics."

What is Home Economics?

It is simply the running of the home in the most inexpensive way and still getting the full value for the amount invested.

BRANCHES:

1. *Cookery*
2. *Laundry*
3. *Housewifery*
4. *Sewing and needlework*

Even with the soaring cost of living, every ideal woman can still manage to put her family on the right type of diet at very minimal cost with good planning: See Cookery page.

Laundry is expensive and time consuming but can be made much cheaper and better by the use of home–made agents like detergents and hard soap and by mastering the basic skill in washing and ironing different kinds of materials.

Can you imagine how much an average family pays to the tailor/seamstress for making new dresses; for giving new look to old dresses and for mending torn ones? Home Economics recommends that every woman should learn the basic techniques in sewing and thus be able to make simple dresses from dress patterns; and mend all clothes of the family.

Modern Woman runs a regular pattern service starting from the February issue, we shall start series on home lessons in needlework. Follow them save a lot of Naira.

HOUSEWIFERY

This has to do with cleaning around the house. I that the efficient running of the home rests mainly the woman. So, while she aims at having an ideal ho she also wants to cut her coat according to her s This the average woman can easily achieve thro wise spending. While departmental stores are filled new expensive cleaning agents, the wise woman lo round for home-made equally effective ones and emerges a winner at making her home shine at little cost and with minimal effort.

Below are some home-made cleaning agents will be quite useful for regular cleaning. In subseq issues of Modern Woman, we shall be dealing with cleaning of the various areas and the different obj in the home. Be a Modern Woman: Learn to stretch naira.

HOME–MADE VIM

Egg shell
Wood Ashes
Table salt

Clean and put egg shells in the sun to dry.
Grind to powder
Sieve the ashes
Mix shell powder, sieved ashes and table salt togethe
Store in a container with fitting lid.
Ideal for cleaning pots, cutlery and other metal object

Housewifery Recipe (1)

VINEGAR - FROM BANANAS

1. Peel ripe bananas and place in a jar in the sun.
2. Each day strain off the juice into a wide – mouthed bottle, uncorked, but cover with muslin until fermentation sets in.
3. Strain and keep for use.

Furniture and Fl polish.

Housewifery Recipe (

FURNITURE POLISH

Equal parts palmoi olive oil, kerosene Vinegar. Mix all well together and put into bottle.

Continued on pag

stones

Continued from page 27

is the gem belonging to subjects of AQUARIUS. Its mystical powers inspire virtue and high ideals, and for thousands of years has been chosen for the episcopal ring of a prelate. In olden times doctor wore the amethyst, for it was said to have healing powers. The gem is also the traditional stone of lovers. The word amethyst is derived from a Greek word meaning "freedom from intoxication" — for the stone was supposed to over-come the effects of wine. AQUARIANS should wear the gem for health and happiness in love.

THE BLOODSTONE

A red-speckled variety of green jasper, the bloodstone is the symbol of courage and the stone appointed to subjects of PISCES. It is used for seals, cameos and signets, and many of the seals of ancient Babylon were cut in jasper. There is a legent that on the hill of Calvary, some of Christ's blood fell upon green jasper beneath the Cross. A much older legend states that the bloodstone was formed when Uranus was wounded by his son, Saturn. Victory in battle and protection from drowning were said to be its great attributes. It is a lucky stone for subjects of PISCES, but not perhaps to everyone's taste, so an altemative stone for this sun-sign is:

AQUAMARINE

A sparkling precious bluey-green stone, the aquamarine is a stone of the beryl group and its name is taken from the Latin words meaning "sea water." It is the lucky stone for seafarers and is said to bring harmony to married life- therefore it is a good choice in an engagement ring!

THE SAPHIRE

A sparkling blue precious stone, which as well as the diamond, is the lucky stone of ARIANS. It stands for hope and tranquillity, truth and virtue and is especially lucky for lovers. In the fourth century St. Jerome declared that the saphire's inherent virtue "precures favours with princes, pacifies enemies, frees from enchantment and maintains freedom from captivity." Best choice for ARIANS would be a diamond and saphire engagement ring, to bring double luck!

COLOURS

Colour plays an important part in all our lives - here's how to use it not only to suit your mood and feelings, but also to bring you good fortune when you need it most.

RED AND CRIMSON

Red is the lucky colour of SCORPIO; crimson the lucky colour of ARIES. The colour of Mars, red, has a stimulating, exciting effect, but should be used carefully otherwise it can be irritating to the eyes of someone else. If ever you feel "off colour" you'll find that you can't bear to wear red. Red should never be worn if you are trying to patch up a quarrel, or at any time when tact or compromise is required, but when faced with a situation that demands courage and energy wearing something red can act like a charm on you.

YELLOW

The lucky colour of GEMINI and one of the lucky colours of VIRGO, yellow is the colour assigned to the Planet Mercury, ruler of both these signs. It is supposed to be the luckiest colour of all and to have a happy effect on its wearer. Yellow is the colour for money, rather than the colour for love, and should be worn when you are beginning a new job. Yellow gives confidence to a person who is shy or timid, but you should not wear it when doing anything that needs, above all else, patient attention to detail.

GOLD AND ORANGE

These are the lucky colours of LEO, and the colours emanating from the Sun.

Orange is the colour that has the power to promote friendliness: gold is representative of pride. Orange by itself stands for marriage; it is also the choice of intellectuals.

BLUE

Blue is the lucky colour of TAURUS and LIBRA, and the colour of Venus. It is also one of the lucky colours of VIRGO. The traditional colour for lovers, blue has influences of love and peace and expresses happiness. It should not be worn on serious or practical occasions. It has a soothing effect on the nerves.

GREEN

This is lucky for LIBRANS and for those born under CAPRICORN. AQUARIANS' lucky colour is light green.

The hue of spring and an emblem of hope and sincerity, it is unlucky to be married in green. But it is lucky to wear green if you want to attract attention, or when you are going to start anything new and different.

PURPLE AND VIOLET

Purple is the lucky colour of SAGITTARIUS, violet the lucky colour of CANCER. Purple stands for dignity and commands respect. It is a colour that attracts success and prosperity. Violet is a help in bringing out artistic qualities and dramatic ability in the wearer.

SILVER AND LIGHT GREY

These are the lucky colours of Piesces. Silver attracts sympathy and understanding. Grey is soothing and should be worn when avoiding strife or quarrels.

BROWN

Brown is the colour of wisdom and will give you poise when you need it most.

WHITE

White is the colour of purity and innocence.

FAWNS AND BEIGE

These colours are soothing and are the best ones to wear when you have serious work - to do - work that needs deep concentration.

PINK AND ROSE

Both these colours stand for romance and harmony.

BLACK

A lucky colour according to Romany lore. Black cats are lucky; a dark man, a lump of coal on New Year's Eve are lucky. Black in dress suits CAPRICORNIANS and SCORPIOS best. It stands for wisdom, reserve and tranquillity.

FASHION ACCESSORIES

HOW TO CHOOSE FASHION ACCESSORIES

Shoes, gloves, hats, belts—these and other accessories can be used to bring out your best features or change a casual outfit into a more formal one. To make sure the accessories you buy will be the ones best suited to you, consider this advice from fashion experts.

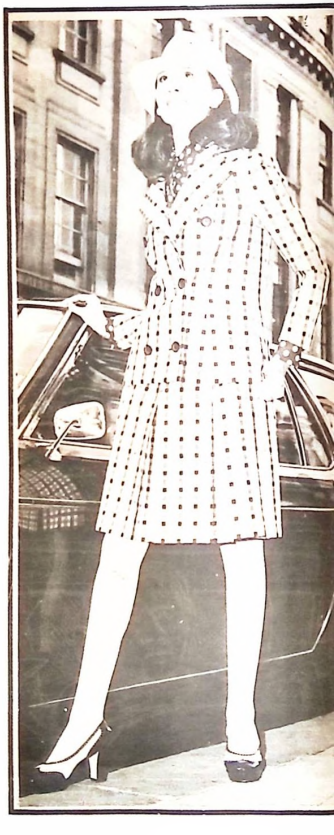
SHOES. Select shoes that will look good on your feet. If your legs are slightly heavy, a low-cut shoe with a medium heel will help them to appear slimmer. If your legs are thin, "clunky" shoes will add desired width. Long feet will appear even longer if you wear conspicuous shoes that draw attention to themselves. Above all, be sure your shoes fit well in length and width and that they give the needed support to your instep. (As a general rule of thumb, shoes should be at least one-half inch longer than the longest toe, the ball of the foot should coincide with the widest part of the shoe, and the heel should fit snugly.)

HANDBAGS. A woman who is either short and heavy or tall and heavy should avoid large, round bags or very small handbags. Moderately large bags that are square or elongated will offset her size. The tall or short but slender woman also looks best with a moderately sized handbag. For example, a medium-sized clutch bag, which is very popular now, would be perfect for the slender woman.

When purchasing a handbag, make sure that it is roomy and has several pockets to accommodate what you usually carry. See that the inside fittings are well made and that the lining does not pull when the bag is open. Check the frame to see that it is well made, firmly attached to the shoulder strap or handle and that the handbag closes tightly. Try all the inside closings to see that they work.

HATS. The main point to remember when hat shopping is that a hat is a frame for your face and, if it is to be the right one, a woman has to know her facial characteristics. For example, a woman with a long nose will find that the nose becomes too prominent if she is wearing a hat with a mushroom brim. It would be de-emphasized if she wore a hat with an irregularly shaped brim. A round face will appear rounder under a round hat or a hat with a brim that cuts straight across the forehead. A long, thin face can be counterbalanced with a hat that has a short brim, a small crown and angular lines.

Proportion and scale in hats also are important. While looking at yourself in a full-length mirror, decide if the hat goes with your height, the length of your torso and the width of your shoulders and hips. A woman with a short heavy figure looks better in a moderately large hat with a high crown or one with an upward movement of the brim. A tall, heavy woman can wear a hat that is brimless front if it has width at the sides. A cloche also can look well. A tall and thin-figured woman appears best in low-crowned hats, while the petite, thin woman s look for a high crown in a hat to give her an appea of height.



A brightly coloured cloche or wide-brimmed hat can add interest to a slack suit or sports dress. A turban with a pin attached can be just the right accent for a long dress and will add to its formality.

GLOVES. If you are wearing no other accessories, a pair of gloves can be just the right touch to add style to an outfit. Make sure they fit properly and that the color harmonizes with your outfit. What the gloves are made of and their length are two important points to consider when wearing gloves. The material determines, to some extent, where the gloves can be worn. For example, satin gloves would be considered only for formal evening wear, while leather, knitted gloves or fabric gloves may be worn during the day and into the evening.

The length of glove you buy is indicated by the type of outfit you are going to wear. Long gloves are necessary, for example, if your dress has wide sleeves.

If you wish to wear long gloves in another way, you might try rolling the cuff down to form a thick cuff around the wrist. Wear one of the new rolled hats to match.

BELTS, SCARVES AND JEWELRY. An appropriate scarf combined with belt and jewelry can change a simple dress into one to wear out for dinner. Be careful to select the best belt for your figure. Wide belts and belts in very bright colors look best on slim women. They also can wear several very narrow belts at the same time. The woman with a heavy figure should wear a narrow belt in the same color as her outfit.

Scarves can be used in varied ways. Drape them around your neck when wearing a plain dress, and pin the scarf at the shoulder with a decorative pin for a face-softening effect. Or you can twist two scarves of harmonizing colors together and then drape them around the neckline letting two tails show and tucking in the other two. Scarves also may be used as ascots to fill in open-necked blouses and add color to an outfit. To perk up a sweater, tie a scarf around your neck in western style.

Jewelry also can be used to highlight your best features or use facial characteristics to best advantage. The shape of an earring, for example, can add width to a narrow face or length to a wide face.

TUNJI REFUSED TO DIE

A SHORT STORY BY BET

Tunji went to the backyard. He looked over the fence to the reservoir that has always been his target. Today is supposed to be his last day on earth and he has expected that his parents and relations that stayed in the same house with him would have seen his suicide note and make attempts at stopping him. He went back to his room expecting a knock which never came. "Has the truth dawned on them?" "Do they think I've played them the fools long enough and are determined to find out the truth?" It seemed so very cruel, brutal but how could he help it? He has lived a lie for so long; what's going to be the end of the indiferent attitude of his people?

Tunji has been able to live in a dream world for so long. Whereas he presumed that people around him could not easily crack his nuts, he failed to realise that he could not continue to fool all of them at all times. To his two cousins with whom he lived in his (Tunji) father's house. Tunji was a coward. He was also considered shy and pleasure loving. He was understood to hate failure in any venture even though he seldom worked to achieve success. While his cousins were busy studying, Tunde would engage in other pleasurable activities. He used to sleep very early and wake up late. His life then became a time - table of eating, dancing, talking and sleeping. At the end of each term, therefore, Tunji went home with a poor result. As would be expected, his dad was always scolding him for his poor performances.

Each time this happened, Tunji threatened to end his life in the water reservoir about a hundred yards behind the house. He would therefore decide on which day to die. He would then write his intention in bold letters and drop it in a place where it could be easily seen by other members of the family. The first time it was: "TUNJI TO DIE ON MONDAY AT TWELVE NOON IN THE GOVERNMENT WATER RESERVOIR JUST BEHIND THE HOUSE".

His mother was the first to pick the note and you can imagine the feeling of a mother who picks a suicide note from her only child. She screamed and ran to her husband, imploring him to call Tunji and reassure him of his love and that never would he scold him again. She also contacted some other members of the family to plead with Tunji not to commit suicide. Everyone acted up to expectation and Tunji finally changed his mind and called off death.

At the end of the following term, there was another suicide note followed by the family plea. Then it dawned on some of the people that the notes followed similar pattern - they all came after school results and everyone seemed to be determined to let Tunji realise that his game was up.

The year end result for 1973 found Tunji far below average. He failed as usual. So he decided to end his life once and for all. He wrote in a paper: "TUNJI TO DIE ON 10TH DECEMBER 1973 AT 9 A.M. PROMPT". He kept it in a conspicuous place for everyone to see. But this time his father instructed that Tunji be left alone. He said that if Tunji jumped into the reservoir, he (dad) would save Tunji. Everybody, therefore, pretended not to have seen Tunji's suicide note. Tunji seeing this, wrote more and scattered them all about the house. Nobody seemed to be bothered.

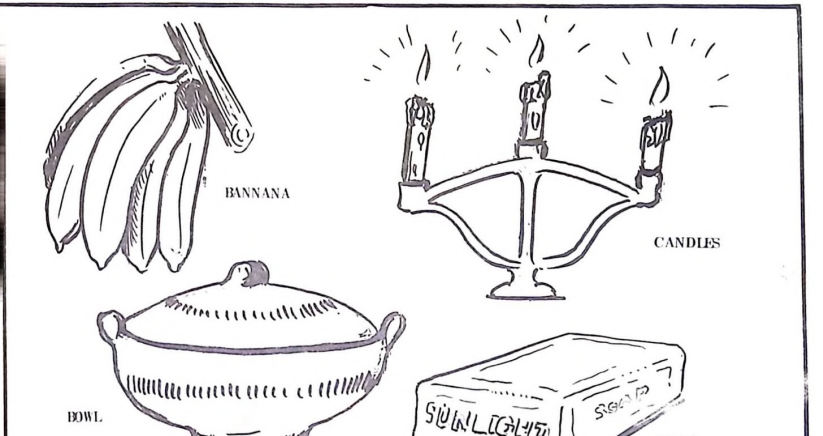
On the 10th December, 1973, Tunji went about in morning greeting everybody: "Goodbye for ever". Everybody answered without trying to find out where he going. At half-past eight in the morning, Tunji saw that death was near, shifted his time of death to the morning. When it was almost ten, Tunji changed appointed time to eleven. He started packing his l in the house as if he was going on a journey. He farewell songs - all to make people aware of his i tions but they all looked unconcerned. He conti changing his time of death - shifting the hour for At three in the afternoon, one of his cousins Tunji in a sarcastic manner: "Have you forgotten decision?" At that, Tunji looked more worried but not answer. He thought he was been ridiculed and be he hated being an object of ridicle, he decided something though he was still expecting some resis from the people in the house, especially from his mother.

At five in the evening, Tunji decided to play the He left home reluctantly - going towards the rese Nobody called him back. He walked slowly toward reservoir. "Is he really determined to commit suic Everyone around seemed to be asking. The moth came impatient as she would not like to miss th child of her birth. The father reassured that if should jump into the reservoir, he (dad) would sa

About an hour later, Tunji reached the edge reservoir. He looked up and down. He looked t the house and looked towards the water that spelt Tunji remained there for about half an hour without the plung of death. He later removed his clothe seemed to be playing with the water. He remaine for another quarter hour looking at the water but made no move to dive. He was afraid. He was stricken. He could not go inside the water. He refused to face the death he had so often invited

When it was getting dark, he got up and h shirt over his shoulder as he walked sluggish home.

As he was entering the house, one of the confronted him with the question which to Tunji sharper than a sword; "What made you change you To this Tunji simply replied: "If any of you know how easy it is to end one's life then let try to find out for himself. But I can tell experience that it is not easy to die".



Continued from page 28

HOUSEWIFERY

FLOOR POLISH

12 sticks wax candles.
Two bars red soap, one-and-half pints kerosene.

1. Pare soap and wax candles very finely and melt over stove.
2. Stir in the kerosene while wax and soap are still hot (not boiling). Do not stand near the fire.
3. When thoroughly mixed put into a tin and lay aside to cool.

TO USE:
Mix with a little kerosene to make a liquid.
Apply a little with a cloth, rubbing on the wood the way of the grain. Polish with a large duster, pad or polisher.

Housewifery Recipe (3)

SOAP JELLY:

1. *Cut scraps of soap into small pieces and put into a jar.*
2. *Cover with cold water.*
3. *Put some water into a pan and put the jar of soap scraps into it.*
4. *Put it on the fire and let the water boil till all the soap is dissolved. When cold, it will form a jelly. Cover and put away. Use for making soap lather. Ideal for washing your lace and other delicate materials as it helps to preserve the colour.*

HARD SOAP:

Three gin bottles oil.
Nine tablespoonful caustic soda.
Twenty-four tablespoonful water.

1. Dissolve the caustic soda in the water. The liquid will become quite hot and should be allowed to cool till warm.
2. Melt the oil over the fire.
3. After cooling slightly, but while still liquid, pour into the caustic soda liquid.
4. Stir slowly till well mixed about two minutes.
5. Pour into well-oiled or wet mould.
6. Cover up and leave in a warm place for twenty-four hours.
7. Remove from the mould.
8. Store up to a month before using.

Housewifery Recipe (4)

AFRICAN SOFT SOAP - 'OSE DUDU.'

Dried plantain skins.
Palm oil.

1. Have a piece of tin with holes pierced in it.
2. Place plantain leaves on it and burn over a coal pot.
3. Mix ashes with a little water into a paste and rub through a sieve.
4. Mix sieved ashes with palmoil.
5. Put into a pot and cook over the fire till crumbs form.
6. Remove the crumbs from the pot as they form, and roll into balls.

MEDICAL

MIND THAT FRACTURED BONE

The type of first aid applied to a broken or fractured bone goes far in determining the end result of the accident Says Our Medical Correspondent.

In these days of fast impatient and reckless living, accidents do happen more often than ever before. While it is agreed that nothing is better than prevention, we must not loose sight of the fact that occasional inevitable incidents do occur. This is why everyone should have the basic knowledge of what to do in emergency. Now and again accidents do happen and more often than not, bones are broken or displaced. Some of these cases could be saved from further deterioration if the right help is given in form of first-aid to the victim.

Most fractures result from falling off an object and crash-landing i. e. tree, raised platform, moving vehicle, staircase, bicycle etc.

As soon as the accident happens, the first thi first-aider should do is to locate the area affecte most cases of fracture, the victim either hears or the bone snap. This is soon followed by a feeli sharp pain and swelling of the affected area. In where bleeding occurs under the skin, there is also colouration. In more serious cases though, broken of the bones are felt to be overlapping. Almost imme ly, the affected limb seems to shrink and becomes sl than the other.

In very serious cases, the victim suddenly bec weak and on the verge of collapse. Eventually h into a condition of shock. If not given immediate tion, this could lead to some other complications.

In some cases, the fracture might occur in so the smaller bones in which case the pain may n felt immediately. The victim, not realising wha happened continues with his normal pattern of life the pains come on later and soon become unbea In other delicate cases, the bones only get sl cracked and not completely broken. By attempti force a broken or displaced bone back to position more harm could be done. The best thing to do, the

is to apply some first aid to the area and then get the victim immediately to the doctor.

FIRST AID:

While you either send for or arrange to move patient to a doctor; Apply a splint over the area to prevent further damage and to keep injured area steady.

2. Make sure the victim is warm and thus prevent shock.
3. In case of bleeding, apply pressure (cold compress) over the area. If this fails to stop the bleeding, apply a tourniquet in the following way:

Tie a flat band i. e. a large handkerchief or a necktie around the area with one knot. Put a small stick over the knot and tie more knots. Gently twist the stick until the bleeding stops. Don't tighten it further but release as soon as bleeding stops.

4. Keep an ice bag over the injured area to keep pain at the minimum.
5. In very serious cases do not attempt to replace but leave all manipulation to the doctor.
6. Only an xray may determine the extent of damage, so do not make any self-diagnosis.

IMPROVISED SPLINT:

Splints could be improvised from pillow folded blanket, a cot, magazine, newspapers folded together and other similar objects could be very useful.

Outside the home, though, sticks, tree branches, umbrella, walking sticks, broom hands can be very handy in emergency cases. The most important thing is to hold the broken fragments steady before medical help is made available.

Care must be taken to ensure that where the splints comes in contact with the skin, the bandaged area is supported with a sling made from a narrow stripe of cloth, a bandage or a scarf. This helps to keep pressure off the fractured area.

THE END.

Mother's Information Bureau

DAD'S PET

My daughter feels more at ease with my husband than with me. I am very worried.

Don't worry because your daughter feels more at ease with your husband than with you. I don't know your daughter's age, but it is likely she spends the greater part of the day in your company and her daddy spends the little time he has for her petting and spoiling her. Try and observe the things which your husband does to please her, and try to please her too.

RASHES

My daughter is two years old. Even though I wash her every night before bed she has rashes all over her body by day break. It happens whether she sleeps in bed or on a bare mat. What can be done about it?

* It is not enough to wash your daughter every night before bed time. You should also see that she sleeps on a clean sheet and not on a bare mat. She has the rashes because her skin comes in contact with some dirt on the bare mat or on a dirty linen.

YELLING BABY

Please help me about my little girl. She wakes up in the night with a yell, and starts talking to herself. This last for an hour or more. If we shake her enough she stops. I presume this is an abnormality in a three-year-old baby. What is the remedy?

* The condition of your girl cannot be abnormal especially if she was not doing so before. This condition may be due to some emotional disturbance or a break down in her health. It will be quite useful if you take her to see a psychiatrist.

CIRCUMCISION

My husband refuses circumcising my boy of three because of a family taboo prohibiting this until the age of five. This boy is particularly disturbed and the situation gets worse every day. What would you advise me to do?

* A family taboo is something very difficult to kick against especially when your husband refuses to reason with you. I think a three—year —old boy is too young to feel particularly disturbed, so try and keep him well protected and avoid open discussions about this, especially in the presence of the boy. He will soon learn to accept the condition and feel less disturbed.

WEANING

I want to wean my little boy who is five months old. Can you offer any hints?

* The emphasis is on the baby's diet and general care. More attention should be given now to see that the baby is adequately nourished and well cared for. Strict cleanliness should be observed in preparing the baby's artificial feeds; and semi-solid feeds, if not already introduced into the baby's feed, should be added now gradually and increased as the baby gets used to them. Fruits, vegetable and one-half boiled egg should be given daily.

VOMITTING

My 4 weeks old baby vomit frequently after taking her feed. Her appetite is good but when I finish feeding her and put her to settle down in bed, she starts to vomit. What can I give her to stop the vomiting?

* I feel that your baby should be seen by a doctor for this persistent vomiting. The remedy may be simply feeding her in a position and not laying her flat too soon. Also try to pat her on the back to release the wind after each feed. On the whole, the doctor's prescription will be most advantageous after a thorough check.

BREAST FEEDING

Some mothers breastfeed their babies at night lying down beside them. Do you think this is good for a baby?

* It is not good for any baby to be fed lying down. It is always preferable and more hygienic for babies to sleep on separate beds near their mothers. When babies cry at night, it does not always mean they want to be fed, so mothers should first find out if anything makes them uncomfortable.

PATTERN SERVICE

Newest Arrivals

HIGH QUALITY PRINTED PATTERN

9006
8-18

SASH IT WITH DASH over a turtletop—this newly collared pinafore expresses layered look to casual perfection. Doubles as a dress!

Printed Pattern 9006: Misses' Sizes are 8 (31½-inch bust with 33½-inch hip); 10 (32½ bust, 34½ hip); 12 (34 bust, 36 hip); 14 (36 bust, 38 hip); 16 (38 bust, 40 hip); 18 (40 bust, 42 hip). Size 12 (34 bust with 36 hip) pinafore 1¾ yards 60-inch; top 1¾ yds.

Send your Postal Order for each pattern together with coupon to: Modern Woman Pattern Service, Box 2583, Lagos.

Pattern Order Form

I enclose Postal Order Value

	Pattern Nos.	Size
Each pattern is 45k		

Name .....

Address .....

.....

Don't forget to check your size before ordering.

STERI

Visin

The One Dr
cure for red
itching eyes

NOW
in new squeeza
plastic pack

Visine is a pure well balanced solution reco
mended by the world's leading doctors
Visine soothes tired itching eyes quickly a
provides faster, safer and more effective re
from blurred vision, red stinging eyes and ot
uncomfortable eye irritations due to night drivi
reading, TV, sewing, swimming, wind and s
glare.
Try the one drop test and see how it works
just 60-secs.
A Visine eye is a clear eye.
Don't take chances with your eyes protect th
with Visine.

Available in all chemists, patent medicine sto
and supermarkets throughout Nigeria.

Pfizer

The most trusted name in family medicin

Another chapter in Ralph Egbe's Detective Serial:

THE NAKED CORPSE

She was just a nice, hard-working and clever girl from a well-to-do family. As the only girl of her parents five children, she had all the parental/financial care she deserved.

She came to the city unaccompanied and had stayed the night in an hotel on her way to London. Why on earth will anyone be determined to kill her? There was no trace of violence and nothing was missing from her property. How quickly can the hands of the law catch up with the murderers?

Kadiri stared at him in utter amazement but Dike had backed out without waiting to explain his point.

It was a forty-five minutes jolly ride back to Lagos. The taxi that brought Davey Dike back to the city glided through busy streets and heavy traffic until it finally came to a screeching halt in front of the detective's office. Dike was the only passenger. He slowly opened the door, paid the driver and slammed the door. The driver smiled his thanks and drove off at full speed. Dike looked around him as if to reassure himself that he was really within the reach of his office. It was then he noticed a pair of beautiful, sparkling eyes peering down on him from the window panes of his office on the first floor. Dike smiled broadly at the smiling red lips and started ascending the stairs.

Monica Dele walked elegantly across the office to welcome her boss at the door. She opened the door and came face to face with him. Dike's hard eyes surveyed her lovingly and for a moment they stood gazing at each other as though it had been days they last met.

"My dear girl, how is the office?".

"Fine", the girl answered. "And how was the trip? How haggard you look boss!".

Dike smiled, and walking to his desk, said "And how charming you look!".

"Stop that joke and be serious", Monica Dele laughed. "Any developments?".

Dike sat down, lit a wrap of cigar before he spoke. "Yes, it was a sad but successful adventure. First of all, please go to the refrigerator and get me a bottle of orange squash. Make it cold - really cold. I'm flaming hot!".

Miss Dele walked to the refrigerator. "Despite the heat, you're still inhaling that devilish cigar", she said.

Dike unbottoned his shirt and sat sipping his orange squash. Miss Dele came and sat on a stool beside him.

"Tell me, boss, did you find Mrs. Adeko?".

"We found her ..... dead", he said coldly.

The girl recoiled. The smile faded from her face.

"Dead? What happened to her?".

"She was murdered. I was not surprised. I had an inkling of this sort of situation. You see Mrs. Adeko actually knew who killed Miss Menda and she physically aided and abetted the crime. Now, either the real murderer or one of the accomplices knew that I had interviewed Mrs. Adeko. He became frightened that Mrs. Adeko would talk. Women, you know, are, generally weak-minded and feeble and when pressure is brought to bear on them, they are ready to tell you anything just to save their necks. This must have been what our murderer calculated and he felt that his seat was really hot. He became so restless that he dashed to Mrs. Adeko's flat to ask her if she had told me anything. She swore she had not told me anything. But the man did not believe her. You remember that figure hiding and listening to our conversation when I first interviewed Mrs. Adeko?".

"Could it be that man sitting at the same table with her when we first spoke to her in the Club?" Miss Dele asked.

"No, it wasn't. But that figure was obviously in that club, watching our movements. That figure is the murderer of Mrs. Adeko and his name is Sam Duro".

Miss Dele thought for a while. Then she said, "Where is this Sam Duro?".

"He is still a flying feather. But our men spotted him a few hours ago and he is still being trailed. I'm expecting a stream of messages any time from now. By the way, any messages or phone calls?".

"None. But a call came from the Mandel Hotel. The man said he is a senior security officer in the Hotel and would like to speak to you on a matter of pressing importance".

"A matter of pressing importance", Dike repeated thoughtfully, almost inaudibly.

"How long ago?".

"An hour or two ago".

"Dial his number immediately".

Miss Dele's slim fingers raised the telephone receiver and dialed the man's number, "Hello ----- I'm speaking from Davey Dike Criminal Investigations Agency. .... I'm Monica Dele, his secretary .... Not in the office? ..... Alright leave this message for him: Mr. Dike would like to speak with him at once. This is urgent .... Yes, if he wishes to come personally, that's better ..... Okay thank you very much ..... Bye".

(Continued on page 38)

THE NAKED CORPSE

She replaced the receiver and turned to her boss with a smile.

"The Security Officer is not in the office. He is expected back in a few minutes."

"Who answered your call?"

"The telephone operator put me through to his office. I think the call was answered by a receptionist or a secretary."

Dike was silent. Miss Dele paused for a moment, then asked.

"What are your immediate plans in this case?"

"I don't know yet until I hear from our men. It is curious nothing has turned up."

"It may be that that man has vanished like Daphne, the morning dew," Monica Dele said.

"It is possible," Dike agreed with a nod, "and if he disappears under the vigilant eyes of our operatives, then I rate him one of the smartest criminals I've ever known. I don't believe he can escape our net."

"Now, boss, what business has this Sam Duro in this murder case? Is he the murderer of Miss Menda or an accomplice? I find this rather confusing".

Dike lit a fresh wrap of cigar before he spoke.

"My dear girl, let's not under-estimate the complexity of this case. In my own view, Sam Duro may not be the killer of Miss Menda. Indeed, when we capture him, we may still have a long way to go before we meet our man. But there are aspects of this case, which I, too, can't understand. How Mrs. Adeko, Sam Duro and any others are connected with the murder is what I can't tell. Sam Duro holds a management post in a government establishment. He is a graduate. Mrs. Adeko was the Chief Steward of Mandel Hotel. She was a graduate. What connects them with Miss Menda and what could they benefit by her death? Now, Sam Duro has done away with a member of their gang - in a futile attempt to protect his identity. There is more to this than meets the eye".

"Something strikes me, boss," Monica Dele said seriously. Dike looked at her.

"And what is it?" he asked.

"You remember Chief Menda told us that his daughter's boy friend - one Sylvester Otuli - is also a graduate of

"Yes, he said so".

"Then, let's check the background of these two men. We shall find out if they had been acquainted with one another in the past and if so, the depth of such acquaintance. This fact will then throw some interesting light on this case. For instance we can find out whether there had been any communication between them within the past few weeks. If so, the nature of the communication, dates, places, signatures and so on. All these facilitates a smoother and quicker solution to the problem".

"Quite logical, my dear girl", Dike smiled appreciatively, "You're fast improving in all fields - psychology, logic, law, politics, crime detection, etc. I've thought of this. I know what I ....." the phone on the desk cut him short. He personally took the receiver.

"Yes, Hello?".

"This is Paul speaking from Ibadan".

"And Dike here. What have you found, Paul?".

"Little, Mr. Dike, very little. We ran out of luck. We have at last caught up with Mrs. Adeko's car but

"Good work, Paul. Go on", Dike interrupted.

"But the driver - Mr. Sam Duro - has vanished. He abandoned the car in an isolated spot along Ije Byepass. We met the car engine still buzzing, even of the fact that he hurriedly abandoned it and in fear. He must have detected that we were keeping on him. When we arrived on the scene, there was we could do. The police finger print experts are working on the car and it will be taken to the post before long. Meanwhile, a massive hunt has for Sam Duro".

Dike breathed heavily, bitter disappointment marked on his hard-drawn face. He scratched his and closed his eyes in an attempt to think

Paul's voice came again. "Did you hear me Mr. Dike?".

"Yes. You said that you have lost sight of S and I can't blame you for this. The task before is to locate this man - and quickly too, otherwise be too late for us to prevent further destruction dence. Now, check the hotels and clubs in Sam Duro can't leave Ibadan now. But he will do so in the night. So, our time is running sh you have to do is this. Try and locate him. When contact me without delay. Keep two operatives his movements. Warning: don't invite the police to see him first for certain reasons before th take over. After contacting me, come over to t here and leave the rest to me. But if after nine can't get him, ring me and come down all the that case, we shall have to find new avenues!

Paul said. "But Mr. Dike suppose he has left Ibadan? What's the next line of action?"

Dike thought for a while, then said. "If he ready left Ibadan, he must have planned hi route well in advance. Secondly, it may be destination is a town miles away from Ibadan - a friend's house. In that case, our action is intensive investigation with particular referen family background, his circle of friends, his and so on. But let's not dwell on this point a ment. Our primary concern now is track him combing the major centres of the city. By the

o you know of any car hiring service at Ibadan?"

"No – I've no idea".

"Then find out. If there is any, ask the attendant r anybody concerned to show you the official entry ecords. Or, ask them the number of customers they had erved from 10 a.m. to 3 p.m. this afternoon. Then check n that".

"Okay, I'll do that. I think that's all at the moment. But keep close to the telephone, there may be more essages rolling in from our operatives. See you later".

The detective hung up and saw his secretary's ques-ioning countenance.

"Well?" she asked.

"Well, Sam Duro has disappeared, just as you sup-osed. And that has created more problems for us".

"Where do you think he would escape to?" Monica Dele asked.

"The whereabouts of a criminal is always a mystery. le has cleverly out smarted our men and his escape oute can't easily be guessed. But he will soon be ornered. He has thrown up a challenge which I have illingly accepted". Dike paused to listen as heavy oots sounded at the stairs. "Go and see who it is", e said.

But before Miss Dele could get up, Inspector Bruno Kadiri had entered the office, closely followed by two ther constables.

Dike sniffed, "Good afternoon, Inspector. Have you rought the body down to Lagos?".

Kadiri sat down and mopped his face with his handker-hief.

"Yes, we have done that. All formalities have been arried out. The autopsy is being conducted and the esult will soon be known".

"But Inspector", Dike cut in, "I left you rather in hurry without examining the body more closely. What an you suggest as the cause of death? Did you dis-over any instruments of murder?"

"We discovered Mrs. Adeko was shot two times on he neck and head. Two empty shells were found some ven yards away from the body. They were fired from a 38 calibre automatic revolver"

Dike's eye-balls darted from side to side in their ockets.

"Did you say a .38 calibre automatic revolver?" he sked.

"That's right. And you're the only one I know in ossession of such a weapon and ....."

"Wait a minute, Inspector. It is true I have a revolver f that make. Now, that weapon has never parted with me. Is it not possible that this Sam Duro has the same revolver?"

"That's the point I'm trying to make. Do you know f any store dealing with revolvers?"

"There is one around Obalende".

The Inspector thought for a while. "We shall check n that store before ....."

"But we have already known that Sam Duro possesses he revolver. The merchant will simply tell us that he ought it on a certain date".

"I know what I'm talking about, Mr. Dike. Supposing Sam Duro didn't buy that revolver? Supposing he wasn't he person who shot Mrs. Adeko? We can't accept facts n the surface without first undertaking some basic nvestigations. It is true that Sam Duro was seen driving off in Mrs. Adeko's car. How do we know that he was alone in that car? How do we know that he actually drove off from the scene of murder? As I have pointed out before, this case is not as simple as it seems. It is complicated and some aspects of it still baffle me. We still have a long way to go Mr. Dike".

"I get your point now. You mean that Sam Duro was not alone in the business?"

"Exactly. And to illustrate my point further. When finger prints were taken, the result showed two distinct finger prints on the body and the prints on the bullet shells were identical to one group of prints on the body. When the car is found, we shall compare the prints on it with the ones on the body. So we now see that while Sam Duro is a potential suspect, there's still someone in the dark".

"I have no doubt that if Sam Duro is found, we shall have a clearer perspective of the situation. But that is a big 'if' ".

"Yes, this reminds me, Mr. Dike. What exactly did you mean by 'yet another murder'?" You made that remark at ..... Answer the phone first".

The phone on Dike's desk rang continously.

The private detective raised the receiver himself.

"Hello? Yes, you're through to me".

"Paul speaking from Ibadan."

"Good, Paul. What development?"

"At last, we have found Sam Duro ..... stone dead. Following some information, we traced him along Ijebu Ode road and found him riddled with bullets. We have not alerted the police yet. And two operatives are patroling around the vicinity".

"Did you check the calibre of the ....."

"Yes - Yes, we did. They're fired from a .38 automatic revolver or some other gun like that. We found nothing of importance. The revolver itself was not seen. The murderer must have taken it with him".

"Alright, Paul, You should come here at once. Keep other operatives on the job and come down. For obvious reasons, let the police see the body. They know what to do."

A few moments later, Dike looked up and faced the bewildered Inspector.

"Now, Inspector, your question is answered. I mean the question of 'yet another murder' "

"What happened?" Kadiri asked.

"Sam Duro has been murdered. And so we are back where we started. But I anticipated this and this is exactly what I meant when I made that remark. However, I'm happy you fully understand the situation as your line of argument clearly showed. With the death of Sam Duro, the criminal now has a feeling of security and some measure of independence."

Dike fumbled in one of his files and got a piece of paper. A telephone number was scribbled on it. He gave the paper to Miss Dele and said, "Ring that number."

The girl looked at the number.

"A distant call, boss?"

"Yes. That is Enugu"

Miss Dele rang the operator. She was instantly put through to Enugu. She covered the mouth of the receiver and said:

★Be sure to read the next thrilling instalment in February issue of Modern Woman.

Dear Remi

THE MISTAKE OF A NIGHT

One night as my brother was going out, he suddenly remembered on his way to the bus-stop that he had no money on him, not even the bus fare. On getting back home he asked me to give him any amount until he came back. I went inside and gave him all the ten Naira I had left for the month. The following morning he gave me back fifty kobo. I then told him how much I gave to him. He was surprised and said he thought it was fifty kobo. He said he gave the money to the bus conductor. On coming down he demanded forty-five kobo from the conductor and he gave him just that. How do I get back my money?

Abule Ijesha. Okoro.

** The story sounds incredible but you left a loophole by not telling him how much you were handing over. Try to appeal to him and see if he will be willing to pay even part of it. I hope this has at least taught you a useful lesson.*

QUESTIONABLE BABY

I am a young boy of 22 working with the Nigerian Railway Corporation. I have a girl friend who is a clerical officer with the Board of Customs Lagos. About thirteen months ago, she was transfered to Ibadan. About two weeks after she went away, she wrote that she was pregnant. I did not deny it because we met often while she was here in Lagos. She has delivered a bouncing baby boy in October. The child does not resemble either of us or any member of my own family. Do I disown the child?

Yaba. Olusegun,

** I don't seem to see your point of argument because you have not at any stage doubted your girl. Even if you suspect foul play, it may be too early to decide whether or not the child resembles you. Your best bet may be to seek doctor's advice.*

LOVE PROBLEM

I am a girl of 18. I have a boy whom I love dearly. He usually visits my house and has been introduced to my parents. We have promised to marry each other. My problem is that he never allows me to visit his own house, or any of his family. Is he serious at all?

Ijeba-Ode. Musili Akanni,

** I guess your boy has something to hide. Either that he is married or he already has his plans with somebody else in which case he is only having you for fun. Play it cool while you try to find out more about him.*

SILLY MAN

I have a friend whose wife was delivered of a baby boy in a private hospital three weeks ago. Three days after delivery, the woman was declared fit to go home but not until she had paid her bill which was then N18.00. Since then, the husband who promised coming back the second day with the money to collect his wife has not been seen in the hospital. I am the one responsible for what ever the woman needs for both herself and the baby ever since. I am afraid if the man will take any action if I pay the bill and have the woman discharged from the hospital.

Idiaraba. John Okolo,

** Look for your friend and find out why he has done such a callous thing to his wife and child in the hospital. Tell him you are ready to help him financially as a friend if he hasn't got the money. If he agrees with you, then go with him to the hospital. If he refuses your offer, forget about it and stop going to the hospital.*

UNTRUST - WORTHY HOUSE - WIFE

We are only three women in the house I am staying. Whenever I left my cupboard unlocked something must be missing. Each time I made the complaint to others with whom I share the kitchen they feel offended, One evening while returning from work I decided to go into the kitchen first. Surprisingly I met one of them, a house-wife like myself one of the soda kept inside my c I was dump and c utter a word. La came to beg me report the matter body. Now what if I discover else is missing cupboard?

Palm-Grove. Alaka

** Since you ca red-handed once, is the only one in then she will herself. But if it again and you g of her, make a re her husband.*

ARROGANT

I am 21 and engag girl of the same a parents approve of t but what I find di is this girl's lack of for me. I think this b made worse by the f we were formerly cla

Recently, she can house to instruct should stop further f at controlling her mo because afterall, w the same status.

In spite of her support for me, I s disturbed at her attit I cannot foresee ho will work out in fut is this the normal p with intending p

Oyo.

Even though it h said that familiarity contempt, there ha cases of contempora make success of th affairs your girl i arrogant and does n a right match f

For that smooth fresh look

Joy is the toilet soap with something sp
Joy has a mild creamy lather which sm
and refreshes your skin.

Every time you use Joy, it's just like
a beauty treatment.

Joy has a delicate perfume which st
your skin longer.

JOY - your own special beauty treatm

Dear Remi

THE MISTAKE OF A NIGHT

One night as my brother was going out, he suddenly remembered on his way to the bus-stop that he had no money on him, not even the bus fare. On getting back home he asked me to give him any amount until he came back. I went inside and gave him all the ten Naira I had left for the month. The following morning he gave me back fifty kobo. I then told him how much I gave to him. He was surprised and said he thought it was fifty kobo. He said he gave the money to the bus conductor. On coming down he demanded forty-five kobo from the conductor and he gave him just that. How do I get back my money?

Abule Ijesha. Okoro.

** The story sounds incredible but you left a loophole by not telling him how much you were handing over. Try to appeal to him and see if he will be willing to pay even part of it. I hope this has at least taught you a useful lesson.*

QUESTIONABLE BABY

I am a young boy of 22 working with the Nigerian Railway Corporation. I have a girl friend who is a clerical officer with the Board of Customs Lagos. About thirteen months ago, she was transferred to Ibadan. About two weeks after she went away, she wrote that she was pregnant. I did not deny it because we met often while she was here in Lagos. She has delivered a bouncing baby boy in October. The child does not resemble either of us or any member of my own family. Do I disown the child?

Yaba. Olusegun,

** I don't seem to see your point of argument because you have not at any stage doubted your girl. Even if you suspect foul play, it may be too early to decide whether or not the child resembles you. Your best bet may be to seek doctor's advice.*

LOVE PROBLEM

I am a girl of 18. I have a boy whom I love dearly. He usually visits my house and has been introduced to my parents. We have promised to marry each other. My problem is that he never allows me to visit his own house, or any of his family. Is he serious at all?

Ijebu-Ode. Musili Akanni,

** I guess your boy has something to hide. Either that he is married or he already has his plans with somebody else in which case he is only having you for fun. Play it cool while you try to find out more about him.*

SILLY MAN

I have a friend whose wife was delivered of a baby boy in a private hospital three weeks ago. Three days after delivery, the woman was declared fit to go home but not until she had paid her bill which was then N15.00. Since then, the husband who promised coming back the second day with the money to collect his wife has not been seen in the hospital. I am the one responsible for what ever the woman needs for both herself and the baby ever since. I am afraid if the man will take any action if I pay the bill and have the woman discharged from the hospital.

Idiaraba. John Okolo,

** Look for your friend and find out why he has done such a callous thing to his wife and child in the hospital. Tell him you are ready to help him financially as a friend if he hasn't got the money. If he agrees with you, then go with him to the hospital. If he refuses your offer, forget about it and stop going to the hospital.*

UNTRUST - WORTHY HOUSE - WIFE

We are only three women in the house I am staying. Whenever I left my cupboard unlocked something must be missing. Each time I made the complaint to others with whom I share the kitchen they feel offended. One evening while returning from work I decided to go into the kitchen first. Surprisingly I met one of them, a house-wife like myself, one of the sodas kept inside my c I was dump and utter a word. I came to beg and report the matter body. Now what if I discover else is missing cupboard?

Palm-Grove. Alab

** Since you ca red-handed once, is the only one i then she will herself. But if it again and you of her, make a husband.*

ARROGANT

I am 21 and sing girl of the same parents approve of but what I find is this girl's lack for me. I think this made worse by th we were formerly cl

Recently, she ca house to instruct should stop further at controlling her because afterall, the same status.

In spite of her support for me, I disturbed at her att I cannot foresee h will work out in is this the normal with intending

Oye.

Even though it said that familiari contempt, there h cases of contempt make success of affairs your girl arrogant and does a right match