

August 2

introducing Mrs. Amina

Dossak

At a time when many women feel that they should do something constructive besides house-keeping, some try this and some try that but just any job would not do for Amina who wanted to try something different and for women.



also a cosy room for relaxing massages and other beauty treatments. Here Amina and her sister welcome their clients and work from 10 a.m. to 6 p.m. beautifying more than half a dozen ladies daily.

Amina thinks that Pakistani women are mostly attracted to her beauty clinic to learn the proper use of cosmetics and for slimming, but only foreigners so far appreciate the importance of relaxing massages. Our women have become figure and fashion conscious and she is glad that at least the Karachi women don't overdo it and waste money. To be well-groomed is to be neat and tidy and in good taste. Even a flamboyant sari cannot hide unwanted fat.

As Amina was keenly interested in every feminine pursuit: cooking, beauty, fashion,inery, she decided to go to London to the Academy of Beauty and Culture. There she learnt how to give facials, body massages, spot reducing, manicure, and ache treatment. While studying she gave one demonstration on Eastern Beauty make-up on the B.B.C.

She said the first thing they asked at the Academy was that I over-weight students should slim down. The result was that my friends now find that I not only have acquired a marvellously slim figure but her personality too has subtly changed. Amina recalls how she could always argue and expect everyone to accept her point of view. Since turning into a career girl she finds she is ready to respect other people's opinions. She has lost her former reserve which kept people at arm's length from her.

She feels after her training at everything has come into proper focus. Life previously was like a film running at full speed. Without rhyme or reason it consisted of an endless round of card parties, mahjong, gossip, gossip and more gossip, accompanied by a mad accumulation of affons, silks, nylons with bags, shoes and jewellery to match.

Her pleasant beauty clinic is arrestingly in pink and hogany has an inviting waiting room and a practical little room and cubicles for manicure and make-up. There is

I asked her if she does any dress designing now as I remember the smart airhostess uniform with the rakish Jinnah cap she entered in the PIA contest. Now-a-days Amina only designs the family trousseaus. Amin has always had an eye for practical fashions for women. She claims she converted the sheath into the tight gameeze and brought in the narrow cuffs for shalwars and also the court shoes as far back as the Pakistan India Cricket match in 1960.

I asked how her family had taken to the idea of Amina turning into a working woman and being away from home the day long. She answered that as usual she is up at six in the morning. She personally serves breakfast to her husband and her three girls and then gives the orders for the day to the servants and gives out the necessary rations which are all under lock and key...she would never dream of neglect and waste in her home.

She sees off her kids to school at 7-30 in the morning. They return at 4-30 and after their tea and wash they do their lessons with a tutor from 5 to 6 p.m. At 6 o'clock Amina comes home with her husband, which gives the family a couple of hours together before the children's bedtime punctually at 8-30. Later she and her husband go

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out to the movies, parties and other social commitments.

Amina feels that all women who have grown up and school going children should take up a job. An independent income of her own should not make a wife bossy or and it is nor necessary that she try to change drastically the standard of living. Life is fuller when there is a career to attend to besides. we women can really appreciate the value of money when we earn it ourselves! (husbands of prospective working women take note!)

MRS. HABEEB.

INTRODUCING

Miss Nargis Gaya

By MRS. HABEEB

We have been steadily paying higher rates to the tailors to have our clothes stitched, but if and when Miss Gaya's dream comes true we will be able to buy paper patterns which, by making easy, will enable us to disperse with expensive tailors.

Nargis' ambition is to have standardised paper patterns for cholis and kameezes. She knows it is a colossal task and will mean compiling a lot of research data to begin with. But I know Nargis and she has always been a diligent worker I can therefore safely predict that one day she will attain her goal.

At present she enjoys her job—that of a lecturer in Clothing and Textiles at the College of Home Economics. She was an M.Sc. in Chemistry when she was first accepted for this post and sent abroad for training in Home Economics Education. She attended Oklahoma State University for two years.

Nargis said that studying abroad was a most interesting experience. The variety of subjects and courses that were available proved a happy surprise when compared to our own rigid system. Nargis attained her M.Sc. and returned to teach at the College of Home Economics in Karachi.

Her lectures on Clothing and Textiles and Related Art cover topics like Grooming, Cleanliness, Budgeting, Planning Wardrobes, Fabrics, Shopping and drafting, fitting and construction of garments. Not only the practicals but the details of theory mentioned by Nargis seemed vastly complicated, I reminded her that most people thought Home Economics was just another name for cooking and sewing. She replied that many students come to our college thinking that they can while away time in college cooking and sewing the hard work and study required comes as a shock to them.

"Still others who visit the col-

lege and see the American Equipment and text-books feel that we are teaching on American lines, but actually we strive to teach our students to become ideal Pakistani housewives.' The Home Economics college does not train students to become ideal housewives only. It prepares students for enterprising careers. Jobs such as Dieticians, Textile Designers, Interior Decorators are open to students. They can also start their own Industrial Homes as they also learn different crafts, leather work, stencilling, natural compositions, tie and die work (chundri) to mention a few. We also need trained Home Economics teachers and of course a great many research workers.

Nargis Gaya is the current President of the Home Economics Association. The aim of the association is to extend the benefits of Home Economics to more people. The Association helps village women to learn crafts whereby they can earn a livelihood. It helps others in need about whom it comes to know from students who do Community Research Development work. The Association also conducts courses in Home Economics subjects lasting for a maximum length of twelve weeks. The jute fashion show arranged by the association a couple of months back was a wonderful display of the uses of jute in everyday life. Nargis must have put in a lot of hardwork to organise the exhibition.

Her pet hobby is sewing and embroidery. Her sisters are lucky to have Nargis's expert supervision and help in cutting and sewing the many smart ensembles in their wardrobes. Nargis is happy that her parents allowed her to avail of the opportunity to receive training abroad. Her mother receives help from her in running the home and her brothers and she enjoy discussing philosophy and the values of life.