

THE MALAYSIAN **Women's Weekly**

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MUST-READ!

"I got pregnant after a one-night stand – and my husband wants the baby!"

Don't Move, Improve!

Make your home feel new with clever decor tricks

SMART SHOPPING SPECIAL:

FABULOUS FASHION BUYS

from RM30!

School Holiday Plans Settled!

- ✓ Free activities + adventure trips
- ✓ Fun recipes for your kids to try
- ✓ Courses + workshops (book now!)

Reese Witherspoon
New man, new movie and a fabulous new family life

Special Report
What's Driving Asia's A-List Stars To Suicide?

Health Update
IS YOUR SALAD MAKING YOU FAT?





compiled by
Elizabeth Soong

FREEZE AND ZAP

No time to cook every day? Here's a tip – just cook once a week and store the food in the freezer. All you'll need to do when you get home from work is to reheat it. It's good to pack food in small or individual portions so they freeze quicker and are preserved better. Pick a suitably-sized container – a small amount of food stored in a huge container traps a lot of air, increasing the likelihood of freezer burn or food deterioration. Tupperware's FreezerMates come in a variety of sizes, so you can freeze the food according to its quantity.

If you're pressed for time and want something convenient and fast, Sri Kulai is a halal range of microwaveable, frozen, ready-to-eat meals with no added MSG and preservatives. The range includes Malaysian favourites like *nasi lemak*, chicken rice, *sambal udang* and *dim sum*. Available at selected Jaya Jusco outlets from RM5.90 to RM12.90.



GO LIGHT

Cut unhealthy fat from your family's diet by replacing butter with olive oil, potato chips with popcorn and beef bacon with lean ham. For a healthier homemade pizza, use low-fat cheese, reduce the use of processed meats and top with a lot of veggies like tomatoes, onions and capsicums.

CHEF SKILLS: PIZZA DOUGH

Makes 1 large or 4 individual pizzas Preparation 15 mins, plus standing time

INGREDIENTS ■ 1 cup warm water ■ 8g sachet dried yeast ■ 1 tsp fine white sugar
■ 2½ cups plain flour ■ 1 tsp salt



1 Combine water, yeast and sugar in a jug. Stand in a warm place for 10 minutes. Sift flour and salt together in a bowl.



2 Stir the yeast mixture into the flour to form a soft dough. Turn onto a lightly floured surface and knead for 8 minutes.



3 Place dough in an oiled bowl and cover with plastic wrap. Leave to rise in a warm place for about 1 hour.

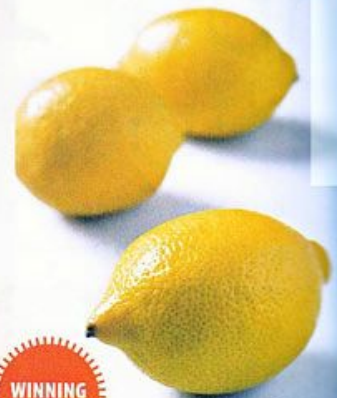


4 Use your fist to knock down the dough to remove the air. Knead into a smooth ball and continue as required.

THIS MONTH... WATCH *Crash My Kitchen*, a culinary makeover show designed to dig you out of your food rut and open up a world of culinary possibilities. At 7pm on Fridays, Astro Channel 707. BRING the pleasure of French cooking to your table with *French Food At Home* with Laura Calder. Tune in on Mondays, 9pm, on the Asian Food Channel (Astro Channel 703).



READER hints



To get the most out of your lemons, soak them in warm water for an hour. The lemons will be easier to juice and you'll get more extract.

– Tan Ai Peng

Is there a mess of glitter on the floor after your child's craft session? Use a wet wipe to clean up. It sticks to tiny craft items and eases cleaning. – Jacky Yeap

THIS MONTH'S WINNING TIP RECEIVES A DETTOL HAMPER WORTH RM150



Keeping hands clean is the single most effective way to break the chain of infections. Dettol Hand Soap provides 10 times more protection than ordinary hand soaps by killing 99.9 percent of germs. It comes in a convenient pump pack, with five variants – Original, Fresh, Skincare, Sensitive and Herbal.

Share your hint and win prizes!

Send your hint with your name, address, NRIC and phone number to The Women's Weekly/Reader Hints, ACP Magazines Pte Ltd, Unit 801 & 804, Level 8, Uptown 2, 2 Jalan SS21/37, Damansara Uptown, 47400 Petaling Jaya, Selangor. The winner will have to bear all postage and handling costs.