



THE JEWISH  
PRINCESS

GUIDE  
TO  
*Fabulosity*

A guide to being fabulous  
for all Princesses

TRACEY FINE &  
GEORGIE TARN

Kick off your high heels and make sure you're sitting comfortably: the Jewish Princess is here to show you how to be *fabulous*.

Following the success of The Jewish Princess cookery books, the Jewish Princess is reaching new heights, this time sharing her definitive guide to lifestyle with a smile. You're never too old (or too young) to feel fabulous; it's all about capturing the feeling and holding on to it.

With her characteristic wit and wisdom, the Jewish Princess lets readers in on the secrets of a fabulous lifestyle. All facets of fabulousity are explored here, from appearance, bags and bling to mothers-in-law, teenagers and running the home. From the time you wake up in the morning until your head hits your Princess Pillow, this book will show you how every day can be Positive, Productive and Princess-like, turning life's journey into a first-class ride.

With chapters such as 'Fabulous Families', 'A Little Bit of Self & Maintenance', 'Days of Your Life', 'Travel Plans', 'To the Shopping Mall and Beyond', and 'Princess Pals', the Jewish Princess delivers a lifestyle guide that both entertains and informs. Topics vary from 'How Not to Let Your Teenagers Age You' to 'The Hairdresser: Following the Holy Grey-l' and 'Handbag: Hand It Over!'

Fabulous illustrations accompany the text in this gloriously packaged and must-have book, so embrace your Inner Princess and let your fabulousity flow!

## Tracey Fine and Georgie Tarn

Tracey Fine and Georgie Tarn first met at the tender age of nine and set off together down the road called Life. They have both been very successful in their chosen fields: Georgie was a top London aerobics trainer and Tracey ran an international internet giftware company. Now, with five children between them, they are involved in charity work, currently The Kiss for A Child, which raises money for children's projects in Eastern Europe and the former USSR.

After a lifetime of experiences, they have used their knowledge and shared values to create two books: *The Jewish Princess Cookbook* and *The Jewish Princess Feasts & Festivals*. They are now food columnists for *The Jewish Chronicle*, regularly appear on television and radio, and have just completed their first book tour of the United States.

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8	Acknowledgements
10	Foreword
14	Introduction
16	Fabulous Families
48	A Little Bit of Self & Maintenance
78	Days of Your Life
98	Travel Plans: Plan to Travel
116	To the Shopping Mall and Beyond
144	Princess Pals
152	The Dating Game
166	At Home with the Jewish Princess
188	A Few of My Fabulous Things
190	Index





## Fabulous Families

For every Jewish Princess, family is the very centre of life. To make a fabulous, award-winning, family soap opera that is totally addictive and that you can never get bored with, certain elements are required. It has to have drama, passion, romance, anguish (boy, am I good at that!), conflict, love and ultimately a fascinating plot that sometimes seems so over the top you just wouldn't believe it. This exciting story goes on for years and just keeps unfolding and unravelling. And, like any good melodrama, just when you think you have all the answers, a new twist in the tale occurs, and you, the viewer, are on the edge of your seat.

At this point, the Valium can come in handy.

The characters in this show can never be dull or boring, whatever their ages. Nobody gets made redundant because they look too old (although a few line-fillers can help), or because they can't remember their lines (I can't even remember my *own* cast's names at times). Even if they disgrace themselves with scandalous behaviour, they are always welcomed back (after a few words or two; this is when, miraculously, I *can* remember their names) into the bosom of the family (and this could be a brand-new pair).

However, for this soap to continue week after week, year after year, decade after decade and generation after generation, one member of the cast has to take centre stage. She is the Queen of the soap – or should I say, the Princess Producer?

## A-Z of Beauty

A is for Attitude. At the end of the day, it is all about how you see yourself. This reflects how others see you.

B is for Botox Or should I call it Mr Spock-tox? Remember, when you freeze the lines in one area, it just makes everything else look *worse* – kind of like when redecorating your skirting boards highlights the fact that your walls really and VERY BADLY need attention.

C is for Cosmetics. The miracle of make-up can make you look like a film star. Just be careful that it doesn't change you into a monster by wearing too much – or finding out too late that it contains an ingredient you are highly allergic to.

C is also for Cellulite. You can try loofahs, creams, pummelling, liposuction, rubbing in coffee grounds and exercise, but at the end of the day remember this: you are not alone.

D is for Drinking Water, that is. Water is a visit to the fountain of youth. I love drinking hot water; it saves on the amount of tea and coffee I consume, plus it is a great detox, plumps out the lines, hydrates your body, soul and brain, and it is *free*. Remember that sometimes when you get a hunger pang you might be panging in the wrong direction and actually you are just thirsty, so try a quick water boost. PS: When you are in the heat, both during and after exercise (I didn't say what sort of exercise...), remember to drink. This is the Princess Perfect accessory.

E is for Exercise Exercise releases the happy hormones: those endorphins in your brain. Only twenty minutes three times a week (that's the equivalent of one episode of *Desperate Housewives*) and you will look and feel fabulous.

F is for Face if Your face is going to get lines, but once you have come to terms with this, it is always nice to remember that every wrinkle you have took hard work to get. (I know!)

G is for Genetics Don't blame yourself for your thighs, nose, thin hair or anything else. For once, it really *is* all your parents' fault!

H is for Hands Your hands are your calling card in life. Have your hand cream by the sink, in your handbag, by your bed and in the car. OK, so you will have to buy in bulk, but this is no Princess Problem.

I is for, well, I. I Am Who I Am and I Am Fabulous. Repeat after me.

J is for Juice. Juice is a fabulous way of drinking in all your vitamins and nutrients, plus it just tastes delicious. You can drink it while you jog, in your jeep or in the jacuzzi – now, wouldn't *that* be fabulous?

K is for Knife By which I mean going *under* the knife – with the right amount of thought, preparation and, of course, a fabulous surgeon (make sure he or she has the proper credentials; don't be embarrassed – ask your doctor for help). Get to know him, make sure you get on, and get to know his secretary. This can produce fabulous, life-changing results.

To the Shopping Mall &amp; Beyond

## *Fabulous & Free*

(well, nearly...)



Come on girls, we all love a fabulous freebie, but sometimes you need to invest a little time and money to recognize just how many freebies are out there for the taking. So I am here to give you some free advice, not only on how spending and freebies can work hand in hand to become a Princess Perfect Partnership, but also on just how many other freebies are on offer.

You see, the reality is that from time to time, you are going to *spend*, and however frugal you may try to be (I know it's hard), occasionally a little fun and frivolity are going to slip into your shopping basket. When it comes to spending your money, therefore, spend it wisely so that you can enjoy the Maximum Freebie Factor.

For example: when I use my flexible friend (yes, I do occasionally), I choose one

To the Shopping Mall &amp; Beyond

that clocks up free air miles. Even though it may take some time (I know you don't believe me), eventually I will have enough mileage to wing my way further than from London to Brighton. Likewise, if I'm shopping in a store that rewards my loyalty with points, I take full advantage of my advantage card; well, you know what points make: Princess Prizes. It is always a thrill when you get to the till to find that you actually don't have to *pay* for anything (amazing!). Remember, though, at the end of the month, whether you have been using your credit card or your store card, it is always payback time; otherwise you will be giving the bank a freebie with your interest.

Being a typical JP, I am not only an expert in the department store, but also in the worry department. As much as I love spending, I also realize that financial security is one of the most fabulous feelings of all. So in order to have the means to live within my means (and maybe enjoy one or two little extras) I decided to step into the world of work – in my very high heels, of course. Surprisingly, when you mean business, it is not all dog-eat-dog, and you don't need to step on anyone (even in your high heels) to get where you are going. In fact, the very opposite is true: there is so much free advice out there – from your bank, from your family (they are *always* available with advice, whether asked for or not) and from your friends. Even lawyers offer their first hour free of charge. I know. I've visited a few.

Days of Your Life

## Noshy Pretzels

Makes 10

14g dried yeast  
 80g caster sugar  
 360g plain flour  
 75g unsalted butter, cubed  
 1 large egg  
 1 teaspoon coarse salt

80ml full-fat milk, warmed  
 50ml double cream, warm  
 170g milk, white or dark  
 chocolate, for dipping  
 chocolate discs, candy sprinkles,  
 for dipping

Preheat the oven to 180°C.

Put all the dried ingredients into a large bowl and make a well in the centre. Put the butter in the well and knead the ingredients into the butter (this can be done with a mixer).

Add the egg, then the milk and the cream, mixing slowly to form a dough.

Take approximately 65g of the dough and roll out to make a thin sausage shape. Repeat this process until you have used all the dough.

The shapes can be 15cm long or 6cm long, depending how many you want to make, by 1cm wide. Shape into pretzels, or leave straight.

Place on ovenproof paper on a baking sheet. Bake in oven for 20 minutes, then remove and leave to cool on a wire rack.

Once cool, melt the chocolate in a double saucepan over a low heat (or a small bowl placed over a pan of hot water) and dip each pretzel into the chocolate, dip again into the discs or sprinkles and leave to dry on the wire rack.

