

VOLUME 20, ISSUE 8, TUESDAY, AUGUST 25, 2020
BHADRA 10, 1427 BS

Star

LIFE

Style

E-mail: lifestyleds@yahoo.com
64-65 Kazi Nazrul Islam Avenue, Dhaka-1215. A publication of The Daily Star

Skirting the HEAT

THE TWO-WHEELED STEED
MODDING BIKES **P3**
CHEERFUL, FLOWY, AND COMFORTABLE
SKIRTS IN SUMMER **C**
A SUMMER COOLING HACK
FROZEN GOODNESS OF POPSICLES **P8-9**

MODEL: MANOSHI





BERGER EXPERIENCE ZONE

Berger Home Décor is now Berger Experience Zone.
Now you can avail our **ONE-STOP PAINTING SOLUTIONS** nationwide.

24/7
FREE CALL **08000-123456**
সকল সংক্রান্ত যেকোন সমাধানে

OUR SERVICES

- ▶ Illusions Painting
- ▶ Trained Painter Selection
- ▶ Complete Painting Supervision
- ▶ Color Scheme Selection
- ▶ Solution to Damp or Crack on the Wall
- ▶ Complete Wood Coating Solution

Univent BER 274720

Mid-Season Sale at Le Reve

One of the leading fashion and lifestyle brand in Bangladesh, Le Reve announces its Mid-Season Sale Festival 2020, offering up to 70 percent off on all kinds of regular and festive collections for women, men, and children.

Commenting on the Mid-Season sale festival, Monnujan Nargis, the CEO of Le Reve said, "Le Reve has launched a whole new sale festival called the Mid-Season Sale Festival 2020. This year we offer 30 to 70 percent off on all high-quality men, women, and kid's clothing collections from recent seasons.

"To ensure the full festive-vibe, Le Reve outlets have been upgraded with fresh visual display concepts and some stores are being expanded too so that the shoppers can enjoy the sale safely and happily. Our only goal at this MSS 2020 is to reinforce our promise of customer satisfaction and delight."

The Mid-Season Sale Festival 2020 is going on at the following outlets in Dhaka: Uttara, Banasree, Dhanmondi, Mirpur 1 and 12, Wari 1 and 2, Jamuna Future Park, Bashundhara City, Bailey Road, Police Plaza Concord,



Basabo, and Mohammedpur. The sale is also going on at their stores in Narayanganj, Khulna, and Sylhet.

For more details log into www.lerevecraze.com or follow them on social media, www.facebook.com/lerevecraze.

Community based programme by Bangladesh Art Week

During times of the pandemic, Bangladesh Art Week has organised a three-month long programme between August and September, 2020. Through this initiative, scheduled to mark their anniversary, 77 local artisans and their 387 family members residing in Chattogram and Sirajganj now has the opportunity to receive financial, creative, and educational support. The rampant spread of the coronavirus has made local communities of weavers, blacksmiths, carpenters, masons, fishermen, folk singers, folk artists, and potters vulnerable, and it is through this programme that the art initiative plans to help them.

For more information, follow them on social media at facebook.com/bangladeshartweek

Corona safety precautions at Radisson Chattogram



In order to ensure a quality lodging experience for guests, Radisson Blu Chattogram Bay View has implemented social distancing margins, taken disinfecting measures, implemented improved air circulation processes to increase air quality, and

has sanitisers and disinfectant wipes available to all guests in the fitness and wellness areas.

Upon check-in, disinfected room keys are handed over to guests and the hotel now provides travel size hand sanitisers as an in-room amenity during their stay. Moreover, the medical team is well equipped to deliver necessary medical services, if needed.

As part of the Radisson Hotel Group, Radisson Blu Chattogram takes pride in maintaining all the guidelines provided by WHO and promises to serve with top-notch hygiene and provide visitors with quality lodging experiences.

For more information, visit www.radissonhotelgroup.com/media

Seasonal Tastes introduces new health protocols

The award-winning signature restaurant of The Westin Dhaka has introduced a buffet serving Pan Asian, international, and local favourites with an all-new experience. In order to ensure safety and well-being of guests and associates, facemasks are now a prerequisite at the eatery. Round the clock sanitisation with medical grade disinfectants makes sure preventive measures of the highest order are undertaken. To ensure social distancing, tables are now set apart following new health guidelines amid COVID-19.

Recently, Seasonal Tastes has also been announced "Travelers' Choice Winner" on TripAdvisor, which is awarded for being in the top 10 percent of restaurants worldwide based on guest reviews, ratings, and saves.



The buffet is available six days a week, between Monday and Saturday for dinner only. It features multiple live cooking stations where assorted kebabs, tempuras, pastas, shwarma, noodles, sushi and many signature dishes are prepared. Various kinds of healthy salads, fruits, and desserts are also part of this offer.

The dinner priced at Tk 4,999 per person comes with various Buy One Get One (B1G1) offers from several banking partners. In order to enjoy the buffet, make prior reservations by calling +8801730374871.

ঐতিহ্যের আর এক নাম আধুনিকতা
ঠিক যেমন ঝপচাঁয় আভিজাত্য মানেই

অ্যান্ডালিনা

সোপ

ঝপচাঁয় আভিজাত্য...

#AUTOMOBILES

Basics of bike modification

Remember when Bon Jovi said “I’m a cowboy, on a steel horse I ride”? Perhaps, he liked motorbikes almost as much as we do. And when you customise them to suit your needs, be it performance or cosmetic, they truly take on a unique identity, and that is usually why they are cherished possessions of their owners.

There are a lot of options out there, and here’s what you should know before you start tinkering with your bike.

If you like your bike to stand out in terms of aesthetics, it’s probably a good idea to apply a customised paintjob with a colour that appeals to your taste. Remember that chrome paints will make it look shiny, but also consider the possibility of scratches on chrome. If a custom paintjob is too expensive for you, there’s always vinyl wraps available in a huge variety of matte and glossy colours and finishes.

Alex, a stunt performer and owner of a bike servicing shop, shared some tips for beginning modders.

“You want to start small. Headlights, tail lights, handlebars are the ones you should start with,” he said.

The wheel lights will give you a very sci-fi vibe to your ride, the neon accent lights under



the chassis will give you a retro or ghostly glamour. These beginner customisations will cost you around Tk 10,000.

You also have the option to customise the turn signals. The built-in ones usually stick

out and are not all that flashy. Installing a custom LED signal will ensure that it’s visible from a distance, in addition to fitting in well with the custom body modifications that you have just added.

A more practical customisation is the Fender Eliminator kit. The fenders that come on new motorcycles are bulky, ugly, and generally ruin the appearance of a motorcycle, and their elimination gives you a slim and edgy look that young riders appreciate. On top of that, the eliminator kit ensures that the rear light and turn lights are fit properly.

If you are more concerned about performance, your focus should be on mods like air filters and suspensions. Standard filters will certainly do the job but a performance air filter will ensure that your engine can get more air for combustion, thus boosting its performance. They might be a bit expensive, but their performance output will be more than worth it.

Performance suspensions on the other hand, which are configured to your specifications will improve the bike’s handling, responsiveness, braking and overall ride quality.

However, it is very important to note that a number of engine and muffler customisations are not permitted, and therefore might get you into trouble with the police, which is why it is highly recommended that you consult a licensed mechanic before modding your bike. They will have all the information you need.

Adding a frame slider and an engine guard is as good idea as any. The engine guards are basically a bar of steel that separate the engine from the ground. In case of a crash, it ensures that there are no scratches or heavy brunt on the engine. A frame slider on the other hand, are small devices on the sides that are similar to roll bars. They keep the frame away from the ground in the event that the bike tips over.

If you want to really spice it up, you should go for a customised fork. But remember, this will not only change the overall look of the bike, it will also change the performance and the balance of the vehicle.

Last but not least, are the tyres, seats and handlebars. Leather accessories might look good, but the lighter ones will also scratch easily and will require regular conditioning treatment. Tyres will not only change the look, but will directly influence the balance and performance, as tires dictate how much grip your bike has with the road. Always choose tyres that support the terrain you drive on. Avoid tyres that do not properly fit with your wheels since they will affect the handling.

And remember, safety should always be a priority, even with mods.

By Ashif Ahmed Rudro
Photo Courtesy: Haunt Ryderz



Practicing self-care during a time of uncertainty

We all have been caught in the whirlpool of uncertainty that is the COVID-19 crisis, and some of us are suffering from grave inertia. Apart from taking a heavy toll on our lives, this pandemic or lockdown has compelled us to change our daily routines and most of us are clueless about how to handle this 'new normal.'

It is justified to be fearful, but let's not forget that we need to take care of ourselves for the sake of our loved ones as well as ourselves. The term 'self-care' can be exceedingly helpful in coping up with this current 'limbo' and enhance our capability to take care of ourselves and others.

The phrase 'self-care' gets thrown around a lot, especially on social media, and this term has been often associated with something 'luxurious.' In short, there are a lot of misconceptions about this term



like having a spa day, getting your hair done, or going to a very fanciful restaurant to eat. However, self-care is a lot more than that and it can be described as *'the act of intentionally engaging in habits and behaviours that support your well-being.'* I feel that self-care is knowing your own needs and taking care of yourself at the most fundamental level.

The following tips or pointers can be very easily applied in our daily lives and these are conducive for practicing the art of self-care.

Making small and purposeful efforts

Self-care does not mean bringing big changes into your life or doing things alone. It is about making small efforts to feel livelier such as making your bed as soon as you get up in the morning and tidying up your space before going to bed at night. Planning your routine properly so that you can get enough sleep at night and spending time with the people that make your life joyful.

In short, doing purposeful acts that do not make life monotonous.

Eating healthy and getting enough exercise

As we have been spending a lot of time at home, we need to be conscious of our eating rituals. It is wise to start planning healthy meals that contain a lot of vitamin C instead of reaching for sugary snacks. We need to focus on adding leafy greens to our meal plans and consuming seasonal fruits. It is crucial at this moment to do regular exercise. Going out for a quick walk or freehand exercise at home can be much helpful. Small efforts such as taking the stairs instead of the elevator and taking a few minutes to stretch can do wonders for our physical health.

Taking a 'breather'

If we look at the positive side, this lockdown has given us the chance to take a pause. When we become fearful or tensed, our nervous system reacts as if we are encountering some kind of threat. Therefore, instead of getting lost under the pressure, we can take a breather by practicing meditation. It can be a five-minute breathing exercise or a guided meditation practice. Most of us are working

from home, so setting a boundary around working hours can be helpful to keep personal and professional life separate. Moreover, we need to be mindful of the news that we are receiving from social media, as well as other sources.

Appreciating the simple pleasures

I have found this amazing quote by Beau Taplin, and this saying could not have been any more relevant about being appreciative.

"I'm beginning to recognise that real happiness isn't something large and looming on the horizon ahead but something small, numerous and already here. The smile of someone you love, a decent breakfast, the warm sunset, your little everyday joys all lined up in a row."

We are often so busy that we do not stop or take a pause to appreciate the basic pleasures of our life, such as planting a tree or a flower, sipping our morning tea or coffee slowly, or enjoy the sunset or sunrise. It is the appropriate time for us to be mindful and appreciative of life. We can start by reading the books that have been left on our nightstand or do the tasks that we have planned to complete. Moreover, we can extend our generosity to the underprivileged people who have been the worst sufferers.

This crisis can encourage us to adopt a healthier lifestyle. Focusing on how to be the best version of ourselves and be happier will motivate us to be kinder to ourselves and others. Thus, in order to be physically and mentally strong and improve our quality of life, we should embrace practicing self-care in our day to day life.

By Ayman Anika

Photo: LS Archive/ Sazzad Ibne Sayed

◆ HOROSCOPE ◆



ARIES (MAR. 21-APR. 20)

Fulfil your personal obligations promptly. Don't get mixed up in unfavourable situations. Help those less fortunate. Your lucky day this week will be Sunday.



TAURUS (APR. 21-MAY 21)

Time to redecorate your home. Expect changes at work. Risky financial ventures will result in unrecoverable losses. Your lucky day this week will be Thursday.



GEMINI (MAY 22-JUN. 21)

Don't exaggerate your emotional situation. Help wherever possible. Hold your temper. Your lucky day this week will be Wednesday.



CANCER (JUN. 22-JUL. 22)

Get involved with children. Ask for assistance in financial ventures. Stick to your own business. Your lucky day this week will be Thursday.



LEO (JUL. 23-AUG. 22)

Keep track of your finances. Get involved in environmental organisations. Get together with friends and loved ones. Your lucky day this week will be Thursday.



VIRGO (AUG. 23-SEP. 23)

Help elders in your family. Be smart to get ahead of others. Make new friendships. Your lucky day this week will be Sunday.



LIBRA (SEP. 24-OCT. 23)

Tackle emotional problems head-on. Reconsider decisions concerning your work. Be considerate with your partner. Your lucky day this week will be Thursday.



SCORPIO (OCT. 24-NOV. 21)

Opportunities for romance will be present. Expect opposition from family. Financial problems can arise with unnecessary spending. Your lucky day this week will be Tuesday.



SAGITTARIUS (NOV. 22-DEC. 21)

Work can be emotionally upsetting. Explain your intentions to loved ones. Concentrate on learning about your trade. Your lucky day this week will be Thursday.



CAPRICORN (DEC. 22-JAN. 20)

Avoid confrontations. Rely on your instincts. Investments may be misrepresented this week. Your lucky day this week will be Monday.



AQUARIUS (JAN. 21-FEB. 19)

Put extra effort at work. Ask for help on complicated matters. Spend time with friends you enjoy. Your lucky day this week will be Tuesday.



PISCES (FEB. 20-MAR. 20)

Hanging out can bring about new romance. You may be confused emotionally. Visit loved ones who are unwell. Your lucky day this week will be Thursday.

#BEAUTY

Quarantine hair care tips

by Sabikun Nahar

HairBar Bangladesh, one of the most prestigious high-end salons of Dhaka, have re-opened after a long break since the initiation of the lockdown in mid-March. Sabikun Nahar, proprietor of the renowned salon, sat down with Star Lifestyle to discuss all things hair and other beauty essentials.

Catch the full online interview on this week's episode of Lifestyle Talkies on The Daily Star's Facebook page. More details at the end of the article.

Tips and tricks to regain sheen and shimmer in dull hair

- Yoghurt hair mask is a great way to bring back the shine.
- Other DIY methods could be to put on a home-made papaya mask or a banana mask with an ample amount of honey in it, helping to bring back life into dull and lifeless hair.

What to do with long, unruly quarantine hair?

- Embrace the longer hair style, or cut it short with the help of experts (only) in a COVID-19 safe salon.
- Don't try any adventurous cuts at home as a personal project, this may turn out to be disastrous!
- To trim hair, take the edges and snip off dull ends with a sharp scissor. Take help from loved ones if you feel less confident.
- Men can try out interesting styles like 'the man bun,' 'the low ponytail,' or hair bands for the time-being to embrace their long, pandemic hair.
- Use good quality styling products like a mousse, hair-gel etc. to tame unruly hair.

What to do with unpleasant hair roots?

- Try out box colours for the moment. But make sure to use it only on the roots. Follow the instructions given in the package religiously. Don't keep the colours on for a longer time than specified. This will only dry-out the hair and make it look even more dull.
- To give a unified sheen to the entire hair, you may choose to colour the rest



of the hair, but make sure to keep it on for a maximum of 10 minutes, to prevent any sort of over-drying.

How to choose hair colours?

- Level is how much lift the colour has. The higher the number, the lighter the colour.
- Warm skin colour tones should go for lower numbers (specified on the boxes) and vice versa.
- An olive toned person can choose deep brown, burgundy, cinnamon, etc. whereas a cooler toned person will look better in ash, blondes, blues and violets, etc.

Is HairBar Bangladesh open for clients?

Yes, it is, with all the precautions specified by WHO. We value the lives of our clients first over anything else.

Is HairBar Bangladesh all about hair care only?

No, not at all! We provide all kinds of beauty and makeup support at our salon. You can definitely get a facial, manicure and pedicure while colouring your hair at our salon.

By Mehrin Mubdi Chowdhury

Photo: Ls Archive/Sazzad Ibne Sayed

Essentials:

Keep on the lookout for **Lifestyle Talkies** every **Tuesday at 7:30PM**, at **TheDaily Star Facebook page**. For any queries or interview topic suggestions, mail us at **lifestyleds@yahoo.com**

LS EDITOR'S NOTE

Plants for interior décor

Plants brighten up our moods and help reduce stress and anxiety; the greens friends make us feel calmer and self-aligned. Thus, their use in contemporary interiors is gaining traction among both homemakers and interior consultants. Not only do plants make living spaces more pleasing, but indoor plants can act as an accent pieces to create a certain drama in the room.

A big Ficus, fern bushes, *Bakul* or Spanish cherry plant placed at the most sunlit area of the room draws all the attention of the guests towards it, giving them a warm first impression.

Adding plants in your rooms creates a visual interest, and it is therefore of utmost importance to understand the strongest and weakest points of your room. While decorating your space, you should concentrate on the areas that need brightening up and make a decision after looking around the space from different perspectives; this will help you choose the best spot.

Remember to emphasise your style of interior decor; if you are into a boho chic décor or flea market styles, your plant pots should reflect the same tone. Do not mix styles, like if the rest of your home displays a modern décor, then do not use plants pots with bohemian look, as it will only cause a visual disturbance.

Large plants are more suited for people who do not want to overcrowd the room and if you want to use individual plants to create an ambiance, it is best to choose just one with an interesting silhouette.

While small plants look beautiful in interiors due to their versatility and low maintenance, they are perfect for basically any space in the house. Small plants can be placed in a composition of three or five. It can be placed along with your decoration items, and it can act as a centrepiece in your living room centre table. A small bush of fern placed at the centre of your dining table becomes the point of focus while laying the table for four or six people. Indoor plants like snake plant, monstera deliciosa, different variety of pothos, spider plant, rubber tree, and bird's nest fern or maidenhair fern are best for indoors and can thrive on indirect sunlight. Now, armed with information, go choose your first plant! We hope you enjoy the experience.

This week in Star Lifestyle, read about how to make popsicles and also how to be footloose in skirts.



— RBR

Photo:LS Archive/Sazzad Ibne Saye

#FASHION

Skirts used to remind me of a couple of things — male friends talking about the Greenherald uniform (sorry, plus I'm an alum) or the image of strong wind knocking at the hems. Marilyn Monroe's fault, obviously! So, after a long while of barely seeing anyone brave a skirt on the streets, it's great to see them making a comeback. Long skirts, ankle-baring, knee-length — you name it. Many of us have been able to restart wearing skirts during the pandemic, even indoors.

The skirts *are* BACK

From the land of saris and longer kurtas, it's a no-brainer that skirts would be a natural derivative of east-western fusion wear. I wonder, are skirts the unsung heroes of our wardrobes? Sure, we love the freedom, privacy, and cool factor a pair of jeans brings, but the skirt has some much sartorial versatility to offer.

Whether it's mini or maxi, simple or printed, the summer staple can be updated with tights or leggings for winter style, or just topped with any white or black tee to take an outfit to next-level chicness.

Like the short kurta, the skirt fits in the spectrum between Eastern and Western wear. Yet, we are still toeing the hem, and many of us wonder if it would be too bold.

"I love wearing skirts," says Anika, a 25-year-old student, "but I always feel like I'm getting extra stares, as if I'm wearing something really revealing!"

The enigma and objectification of the wardrobe item is starting to wear off, and the skirt getting its due place among us — an awesome fusion piece that offers a range of versatility, whether you like a little bit of flaunt or you prefer modest fashion.

"I have pictures of my grandmother wearing long skirts with a simple blouse during her younger years," she added. "But clearly, even I had

reservations about donning it!"

Over the pandemic lockdown, the trend of the skirt is making waves across homes.

"Since I've been staying at home completely, I've been more into experimenting with the items in my wardrobe that I didn't wear out that much," says Nabila, a 30-year-old development worker.

"I'd wear skirts at home that I'd bought during my travels, but never wear outside. The long skirts I used to buy from New Market are so comfortable for working and chilling at home. It reminds me of my mum or grandmother relaxing in their kurta and petticoat on hot, humid days," she added.

So are skirts making their way back into acceptable wear?

"I used to wear skirts before the lockdown to class as well and so did a lot of my friends," says Anika. "Maybe post-lockdown, society will be less obsessed with how we cover our legs!"

One of the best features of the skirt is versatility and how one can achieve a lot of different looks based on how they feel like pairing it! I'm all about functionality and fusion, and it looks like the wardrobe comeback is embracing that too!

Flowy and cotton
We already named it! Since it's the

summer months, the easiest pairing would be cotton skirt. The fabric works best for our weather, and you will feel like a bohemian princess doing your house work while being extra comfy in the warm months.

Floral
It's always floral season in Bangladesh, and they're always pretty and funky. By far, florals are the most popular summer print. You can choose a long skirt or midi, and dress it up with a single coloured silk or chiffon blouse, or dress it down with plain t-shirts and sneakers.

Plaid
Long associated with either the '90s grunge scene or dry academic garb, the plaid has made quite the comeback since the last few seasons. They look great as skirts. Go grunge, or go posh, or even low-key with the plain tee.

Fusion prints
Desi fabric and embroidery on western wear is back! Actually, were they ever really gone? You can't go wrong with beautiful hand embroidery and block print motifs. Choose a long flowy skirt if you like the bohemian vibe, or a crop skirt for a stylish, unique fusion look.

By Dibarah Mahboob
Model: Manoshi



Star
LIFE Style



#FOOD

EASY TO MAKE popsicle recipes

Summer is unquestionably synonymous to popsicle season. Albeit we are hurtling towards the end of this hot and humid weather, the heat does not seem to reduce in its intensity except on the cool rainy days. What we really need to accustom ourselves to this tormenting temperature is to cool ourselves internally. The best way to do this during summer is by concocting delicious popsicles — chunky mango, mango kulfi, chocolate cookie, mixed fruit pastel popsicles, which will not only cool you off, but will give you delicious bursts of refreshment.

Although store bought popsicles is a readily available option, it does not give you the freedom to pick, choose, and play around with fun ingredient combinations. Needless to say, you are limited to only a few flavour options to choose from.

On the contrary, when it comes to making your own popsicles, the sky is the limit. You can choose your desired flavour blends, layer them as you like, and control the intensity of each flavour profile, which ultimately result in unique popsicles that leave you craving for more. Thus, in order to enjoy the last bit of summer in a delectable way, here are four popping popsicle flavours that are sure to penetrate right into your soul. And what better way is there to beat the heat during this never-ending humid season?

CHUNKY MANGO POPSICLES

The inclusion of mango chunks in this popsicle is probably the best way to devour frozen mango cubes. Every bite will give you a fruity burst of sweet mangoes accompanied with the slight tartness of yoghurt; a match made in heaven for sure. As good as they look and taste, these are also very easy and simple to make requiring minimal ingredients.

Ingredients

2 medium-sized mangoes
1 cup sour yoghurt
½ cup milk
2 tbsp sugar
1 tsp mango essence (optional)



Method

To make these popsicles, first begin by preparing the mangoes. Choose sweet and soft mangoes, if possible, for this one. Slice the mangoes lengthwise from either side



of the seed and get rid of the seed entirely. Remove the peel carefully so that you are left with four large mango cheeks. Cut them into small bite size chunks and leave them aside for later use.

In a blender, drop in the sour yoghurt, milk, sugar, and mango essence all at once. In this case, adding mango essence is optional as its absence will not hamper the flavour profile much. You can adjust the amount of sugar according to your desired level of sweetness. Next, give the blender a blitz until you are left with a slushy and homogenous mixture.

To prepare the chunky mango popsicles for freezing, drop the cubed mango chunks in your popsicle moulds and fill them up till the top. Do not pack them tightly but rather

just loosely assemble them, leaving plenty of space around the chunks. Then, pour in the prepared yoghurt mixture to fill in all the gaps around the mango chunks.

After this, all that is left to do is pop in your popsicle sticks and let them firm up in the freezer overnight before you can enjoy these delicious and fruity treats!

MANGO KULFI POPSICLES

If you are wondering how to use up the last mangoes of the season, this popsicle is your answer. You can make these in bulk and store them in your freezer for long periods, allowing yourself to go back and enjoy the irresistible taste of sweet mangoes whenever your heart desires. This one is loaded with the appropriate spice blends and boasts a creamy and silky texture.

Ingredients

4 cups milk
1/4th cup condensed milk
Pinch of saffron
1 tsp cardamom powder
1 tsp cinnamon powder
1 large ripe mango
2 tbsp chopped nuts

Method

To make this luscious kulfi popsicle, start by preparing the mango and nuts. Peel away its skin and retrieve the flesh of one large ripe mango. Blitz this to attain a fine mango puree, measuring about ¾ cup. You can use a combination of nuts according to your choice — cashews, pistachios, and almonds. Remove their skin and finely chop them to get the required amount.

Then, to prepare the kulfi base, reserve 1 tablespoon of milk separately from the 4 cups of milk and add in a pinch of saffron into that. Let the saffron flavour infuse with the milk while you heat up the rest of the milk on medium-low heat.

Gradually bring the milk to a steady simmer and pour in the condensed milk. Stir the mixture continuously so that it does not burn or stick to the bottom. Reduce this to half its original amount. Allow it to reduce and thicken until its quantity becomes about 2 cups.

Once in that stage, it should be very thick and this is your kulfi base where you can add flavours and condiments according to your preference. Add in one by one the reserved saffron infused milk, cardamom powder, cinnamon powder, and chopped nuts. Mix this just until combined and remove it from the stove.

After that, pour in the mango puree and mix well until it becomes a uniform mixture. Let this mixture cool for about 5 minutes and then pour it equally into kulfi moulds or paper cups. Cover the moulds with a sheet of aluminium foil and pop in skewers or popsicle sticks. Let it set in the fridge overnight before it is ready to be served.

CHOCOLATE COOKIE POPSICLES

This is yet another unique popsicle recipe, that not only tastes amazing but an equal eye candy. If you are a fan of milk and cookies, then you will love this one! Made with a combination of two basic ingredients, being milk and sandwich cream cookies, you will get a delicious icy and crumbly

relish from each bite. Needless to say, it is a decadent and sinfully indulgent dessert.

Ingredients

8-10 cream sandwich cookies
2 tbsp chocolate syrup or sauce
4 tbsp shaved dark chocolate
1 tbsp sugar
1 cup milk

Method

The preparations needed to make these popsicles are very easy, so you might want to get kids involved. Firstly, begin by preparing the chocolate. Take about 50 grams of hard dark chocolate and cut the bar ever so slightly at the edge, by just shaving through. At the end of this process, you should be left with approximately 4 tablespoons of shaved dark chocolate.

Next, take about 8-10 individual pieces of cream sandwich cookies, either in vanilla or chocolate flavour. Make sure they are hard and crunchy, as opposed to being soggy. Break them up into small chunks, measuring about a quarter of their original size so that you can easily fit them into the popsicle moulds.

After that, in a blender, mix together the milk, sugar, chocolate syrup or sauce and dark chocolate shavings. Blend all these together to attain a thin chocolaty milk mixture. To prepare the popsicles, drop the cookie chunks into the popsicle moulds and fill them entirely, packing them as closely as you possibly can.

Then, pour in the milk mixture up till the top to drench the cookies and fill in the empty spaces and crevices



entirely. Pop the popsicle lids atop and immediately put them in the freezer to set. Now all there is left to do is wait before you can bite into these chocolaty and crumbly popsicles.

PASTEL POPSICLES

Pastel popsicles are distinctive in their attributes. These are layered with the goodness of fruits and seem deliciously appealing. It is also a great means for kids to enjoy fruits and a fun way to ensure their nutrition intake. Making these is a slightly laborious and time-consuming process, but the outcome is worth it, as there is delight to be had in every bite!

Ingredients

2 kiwis
1 orange
2 tbsp rose syrup
¾ cup milk

½ cup raspberries
250ml soda water
1 tsp sugar

Method

To make the layers of these popsicles, start by preparing the kiwi layer. Peel off the skin of 2 kiwis and blitz them in a blender to get kiwi puree. Then, pass this through a fine mesh sieve to get rid of the seeds and any hard particles. The remaining mixture should have a thick consistency. Dilute this with about 3 tablespoons of soda water to retrieve that pastel colour.

To make the raspberry layer, repeat the same process. Blitz the raspberries to get raspberry puree and pass it through a fine mesh sieve. The remaining mixture should be thin and dark, so add 3 tablespoons of soda water and 1 teaspoon of sugar to make it lighter in appearance.

To prepare the rose syrup layer, simply add a couple tablespoons of rosewater to ¾ cup of water and mix well. For the orange layer, squeeze out the juice from 1 large orange to attain about ¾ cup of fresh orange juice. No preparation is needed for the milk layer.

To assemble, pour in little amounts of the prepared mixtures from the five options and leave them to set in the freezer. Once the bottom layers are set for each popsicle, pour in the second layer of your choice and repeat the process until there are three layers. You can mix and match to create your own flavour combinations!

By Fariha Amber

Food and Photo: Fariha Amber



Post-graduation blues with a hint of Corona

I was on my way back to Dhaka on 15 June, 2019, on a one way-ticket flight from the United States of America. After rejecting one job offer that paid the bare minimum and two unpaid internships in the 'land-of-opportunities,' I was determined to look for a better platform for myself and make a statement of success; like the most of you. You see, I had a very clear and organised plan of working in Dhaka, saving up a good portion of money and spending some quality time with my family here before reapplying for graduate school. So far, everything was going as planned and while sipping my orange juice sitting on a window seat, looking out the now rising sun over some unknown country, I was content.

Soon after I arrived in Dhaka, I was consumed by the infamous summer weddings and numerous 'catching-ups' with my friends and family. The familiar hustle and bustle of Dhaka city poured in and out of my daily routine once more, and to be honest, I was loving it! To make things better, I landed myself a dream job for all economics graduates at one of Dhaka's finest research firms. In short, life was good and I was right on track in achieving my five-year-plan (yes, I'm one of those).

However, (and there is always a however,) something larger than my life plans was looming right around the corner. After working at my job for six months, I had

a sudden vision of trying a different field of work at a much bigger platform. My applications and interview for that particular vacancy went extremely well and in the spur of the moment, I left my current job. And that was when everything began to change rapidly and without warning — the project I had applied for shut down (enter Covid-19) and before I knew it, I was living under the title of unemployed.

I needed a breather from the hectic life that I'd been living and thought of using this time as an excuse to be away (for a short while) from both work and studies. I, along with the people around me started spending more time with their families and explored their creative sides that included any and every skill that was humanly possible. Some even tried inhuman skills (at least to me) of baking the perfect bread from scratch or completing a data-coding course work. In short, the coronavirus seemed to have brought a massive change to our robotic lives.

Fast forward to almost five months amid the pandemic, I am losing my mind and my hair. What seemed like a relaxed holiday soon turned into trapped isolation. Like most of you, I never imagined the virus to last this long, I truly believed that the situation would be back to normal in no time, and in the meantime, I was enjoying a much-needed break. Little did I know that we were moving

towards what is now known as "the-new-normal."

It is hard for me to pour out my emotional struggles like this on a public platform, but I truly believe that it is extremely important for us to share our thoughts and emotions with each other in these appalling times. It is important for us to realise that we are not the only ones waking up in the middle of the night with anxious thoughts and the looming fear of failure. We are among the many who are besieged by the horrors of this pandemic and its everlasting effects. And no matter how many perfect breads we make during the day, the terror of the unknown future keeps us up during the night.

On a personal level, I have been experiencing a series of anxiety attacks that mainly focus on my career. Being a discernible part of the "lost-generation," I often have days where there is nothing I can think of except the fact that my five-year-plan has gone down the drain. Being unemployed post-graduation and not knowing where and when I can apply for graduate school does not help my situation. On days like these, I feel lost, like I am worth nothing. I question my qualifications and I question my fate.

But here is where we all go wrong. The human brain often tends to be extremely pessimistic. Over the last few months, I have

realised that the true meaning behind being successful and happy in life is adaptability. I understand and realise that a lot of our plans have been delayed, are uncertain or have already been cancelled. Be that weddings, travel destinations, education and employment — our dreams of each seem to be getting less achievable by the second.

Nevertheless, it is important for us at this stage in life to rearrange our timelines in accordance with recent changes. There is no use for us to sit back and cry over situations that we do not have any control over whatsoever. Instead, apply for the next semester, research on current job opportunities, take that impossible data-coding class, improve and boost your resume, keep on planning that wedding with more details (now you have more time to make it perfect) and lastly, just bake that bread from scratch already!

This is a time for patience and a time for endurance, it is a time to be considerate and kind towards each other, a time for us South-Asians to realise that mental health is as important as our physical health. For my religious friends, this is the best occasion to show your faith in your respective Gods. And as for my non-believer friends, persistence and perseverance goes a long way, keep on trying, for this too shall pass!

By Arusa Rahim

Flighty love affair of balloons

I have always thought of balloons as a merging point for dreamscapes and reality, like candies from my imagination put on a blue summer sky canvas — their translucence lending the belief that there's more than just air holding them afloat.



The red ones are straight from my memories of "Le Ballon Rouge," and when they bounce unexpectedly, a corner of my heart always hopes for sentience, a loyal helium filled friend to protect against slingshots and sharp edges.

There's undeniably magic in the sight of a child who has come in possession of a balloon; their glee making them skip on spot, the sugar rush-like excitement vivid on their face, attention phasing in and out of this world, and adventures in the palms of the tiny tot visible to any passer-by paying attention.

Many parties throw them on corners for the perfunctory appearance of fun, but it really shows when someone does so. In a world with award winning art and photograph from the same props, what a disservice it is to be dismissive of them.

The quest of friends blowing up balloons for a surprise party, a date with a bundle in hand, or someone happy with a balloon in one hand and an ice cream in the other cannot be mimicked without effort or thought.

A proper fair has to always feature blue and pink candy floss and an uncountable number of balloons.

There is an expression in Japanese, "fuwa fuwa," which is used to express the feeling "light and airy." And that light-heartedness is carried by balloons all around the world.

I once saw a girl cry from just looking at a room full of airborne balloons with cards attached to them, with little regard to what happened to her mascara and all the adoration of the world for her significant other. It was one of the sincerest efforts at a birthday party I had ever seen.

Just how we accept the possibility of heartbreak, we brace ourselves for the tragic fall of balloons or their deflation, or of an annoying uncle at a party popping one for attention.

Maybe we fall in love with balloons as kids and carry remnants of that onto adulthood, and rarely do we stop to get some, but the love for them follows us around whenever we pause to look at them.

Shuffling through my memories, I find they are quintessentially Bengali in how I have seen flocks carried in one rickshaw by a romantic hero silhouette, or vendors on random streets of Gulshan or Banani, beside the fuchka stands and tea stalls.

By K Naim Uddin
Photo: Collected

#FASHION

Reviving fondness of vogue through reading

The leisurely pursuit of reading has always provided a momentary escape from unfavourable situations, acting as an oasis of hope and helping us to find the joy of fashion and creativity, helping in the channelling of energies to a more fruitful direction. The quarantine is settling into becoming the new normal for many of us. Between intermittent periods of social distancing and juggling duties and responsibilities, many of us ache for some reading to rest the demons of impatience and sway away the clouds of anxiety through some quality

time reading helping us to go into a mode of relaxation.

As we spend more time whiling away our time on Netflix or any other streaming service during the quarantine period, we should also be acutely aware of the importance of self-care in our times of compulsory isolation.

Social media, although, has long become an embedded part of the algorithm of modern life, does not always offer the same feeling of enthusiasm for days that have been lost through the lack and distancing of social interactions. Scrolling through a bombardment of images, videos, and statuses can be a tiresome process and needs to have a break taken away from it.

The following five fashion-centric books might be a good entry to the varied and rich world of fashion.

The Devil Wears Prada

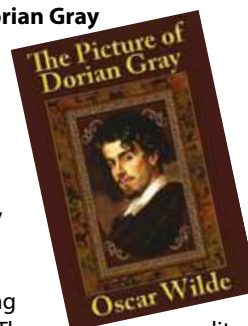
While the Anne Hathaway and Meryl Streep starrer film has besotted many of us, the book on which the film is based upon is equally beguiling and in many ways, a more adventurous read into the world of New York fashion and the drama occurring in it. Written by Lauren Weisberger based on her experiences working for Anna Wintour of *Vogue* Magazine, the novel showcases complex intricacies of power dynamics and gruelling demands in the fashion industry, with



occasional glances at references related to make up scenes and world-renowned fashion weeks.

The Picture of Dorian Gray

The priest of wit and panache, Oscar Wilde, has woven a magnificent novel written during the heyday of the aesthetic movement, which believed in creating "art for art's sake." The quality of the prose is nothing short of masterful, with accurate and incisive descriptions of the lifestyles and mannerisms of Victorian England. It was Wilde's brilliant story of a dark and broody fictional character infatuated with beauty, just as Oscar was, that transformed him into a fashion icon with exemplary imagery of different fabrics and piercing glances.



Queen of Fashion: What Marie Antoinette Wore to the Revolution

Marie Antoinette remains an enigma in the world of fashion. A woman hated, reviled, admired, and deeply speculated about at the same time. The author, Caroline Weber, provides descriptions of Marie Antoinette's luxurious outfits and of the styles she promoted, like her unique architectural "hairdo-like" poufs and panniers. Caught in the midst of rising resentment and revolutionary fervour, the author navigates how the ill-fated queen tried to insert her individuality through her



fashion choices in an incredibly hostile and constrained world.

Coco Chanel: The Legend and The Life

Coco Chanel is a household name throughout the world, and her brand, Chanel, has captivated audiences, with many being proud owners of her brand of perfumes. Justine Picardie's biography delves behind the scenes of the woman behind the brand, tracing her journey from childhood to living in a convent orphanage to her fuelling rise to super stardom. She even tackles the claims of anti-Semitic remarks and Nazi links that had bogged Chanel her whole life.



Great Expectations

Charles Dickens's artful novel on the complexities of love and relationships is also a portal into looking at the timelessness of fashion and its visceral impact on the mind of its characters, especially the vengeful Ms Havisham. Based in mercantile London with merchants, bankers, and socialites climbing up the ladders of social hierarchy, the novel offers one of the finest and dapper descriptions of fashion and lifestyles from the 19th century.



By Israr Hasan
Photo: Collected

IMPROVED

with color guard

Fast wash

DETERGENT POWDER

POWER WASH

এখন নতুন মোড়কে

আরো উন্নত ফর্মুলায়

KOHINOOR CHEMICAL

#FOOD

Posto — Bong Appétit



available at Courtside Chef's Table so far, and it stands out from the available palate quite a lot. For one thing, the nutty sweetness is very apparent in the taste and flavour. The texture is left soft, the insides well marinated, and the red gravy possesses a kick from the myriad of spices used.

To keep things fresh, the beef dish is changed regularly in a range from rezala to kala bhuna. There also happens to be

off the menu items, like chicken korma, for breakfast on the weekends.

Posto is definitely worth a shot as a fun destination to grab a meal after a spontaneous short drive on the weekend, maybe after a game of badminton or football at the courts below, or for catching up with friends over snacks like the gur doughnut, or a cup of gur tea. Future plans for the restaurant include adding new



items to the menu and serving the dishes in terracotta crockery.

By Kazi Naim Uddin
Photo courtesy: Posto

Essentials:

Chef's Table Courtside, Shatarkul, United City

Facebook Page: Posto

Contact # 01311-470707

Business Hours: 11 AM – 11 PM



Like an alchemic exploration to mix root recipes of classical items with modern day ingredients, Posto attempts to dive a level deeper into Bengali cuisine.

Posto is the Bangla name for poppy seeds, and the seeds are indeed infused subtly into every dish. When asked about the ethos of the restaurant, one of the founders, Afsar Ahmed, said, "Our prime focus is to never compromise on quality and hygiene,



no matter the costs or profit margins."

It is situated on the second floor of Courtside Chef's Table, with sunlight illuminating all corners during the day, open air flowing in and a view of the relatively empty highway nearby.

Diving straight into their star item, the Nawabi Nihari is best described as vintage with the recipe tracing its lineage to Nawab heritage. One of the ideas was to use butter and cream like they used to in yesteryears, and to also have the nihari available all day long. The creamy nihari has two chunks of beef, cooked to melt in the mouth softness in it. The thick bone marrow stew is a must-try with Posto's available range of bread — paratha, rumali ruti, luchi, or naan.

Ziko Ahmed, another of the four founders added, "The nihari is keto friendly, and for the first part, we only use the oils that seep out of the beef, tendons and bones, while the initial stew is allowed to simmer overnight."

Another delight from their menu, the Pakki Biryani is meat and rice cooked separately, and with chicken in place of mutton. The egg chop in it is unique insofar that the egg is mixed into the chop for texture, as opposed to leaving it whole, the taste with every bite is balanced with generous amounts of potatoes. One thing is for sure, this biryani will not leave you wanting more alu.

Duck Posto is the only duck dish