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**LIFE**  
Style

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# The Pant Rant

HELPING THE GUT  
PROBIOTICS EXPLAINED P5  
THE SMART BOTTOMS  
PANTS FOR EVERY OCCASION C  
THE FAVOURED GRAIN  
VARIETY OF RICE RECIPES P9

MODEL: MYSHA



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## Le Reve Fall 2020 Collection is out now

One of the leading fashion and lifestyle brands in the country, Le Reve, has come up with the Fall 2020 Collection, focusing on the changing preferences of fashion lovers in this 'season' of new normal.

This year, the Fall Women's Collection comes under the title 'Terraform' for those who are passionate about ecology and inspired by the possibility of new discoveries. Various fabrics featured in the collection comprise comfortable viscose, cotton, georgette, art silk, satin, chiffon, poly and silk faux, cotton-blend, knit, and dry-fit fabrics.



The Le Reve Fall Men's Collection is Jettison — a plethora of casual panjabis to wear at home, outdoors and parties is the main attraction of the collection. Two eye-catching collections of premium quality formal shirts and business casual shirts are added to

sparkle up men's everyday office style.

The Le Reve Fall 2020 Collection is available at all their stores. For more details, log into [www.lerevecraze.com](http://www.lerevecraze.com). Follow them on social media — [www.facebook.com/lerevecraze](http://www.facebook.com/lerevecraze)

## Cappuccino for a cause

"Cappuccino for a Cause" is a humanitarian initiative taken by International retail coffeehouse chain shop Gloria Jean's Coffees Bangladesh.

Gloria Jean's Coffee Bangladesh will contribute a portion from their cappuccino sales, which is the bestselling drink of GJC, to Niketan, an innovative care organisation, in order to bring a smile to thousands of disabled children. On March 2020, Niketan and Gloria Jean's Coffees Bangladesh signed a MoU in this

regard.

Niketan offers high-quality care and education for children with a complex disability in Bangladesh. They dream of a world in which children with complex disabilities are accepted and can join schools, a world in which they can decide their future. They believe that the best way to do this is through a holistic approach.

According to figures from the World Health Organization, 15 percent of the

world's population has a disability. In low-and-middle-income countries such as Bangladesh, this is 20 percent. In a lot of cases, the disabled simply feel invisible, because they are tucked away in their homes out of shame or for practical reasons. Gloria Jean's Coffees Bangladesh has decided to stand beside Niketan, for the care and education for handicapped children in Bangladesh.

To know more about Niketan, please visit: [www.niketan.nl/en](http://www.niketan.nl/en)

## The Westin Dhaka Introduces Staycation Offers

The Westin Dhaka has recently introduced new staycation offers for Bangladeshi citizens and expatriates residing in Bangladesh. Under "Family Staycation," guests can stay in Deluxe Rooms at Tk 10,999 Net per night and in Junior Suites at Tk 14,999 Net per night and avail many extra benefits.

Family Staycation guests will receive complimentary kids stay (aged 12 years and below), complimentary breakfasts for 2 adults and 2 children (aged 12 years and below), early check-in at 10 AM and late check-out at 4 PM and many other extra privileges. Under "Half Board Staycation" guests can stay in Deluxe Rooms at Tk 15,999 Net per night and in Junior Suites at Tk 19,999 Net per night and avail many extra benefits. Half Board Staycation guests will also get complimentary buffet dinner at the award-winning Seasonal Tastes restaurant for 2 adults and 2 children (aged 12 years and below) along with all the other benefits from the "Family Staycation" offer. The offer is valid until 31 October, 2020 and can be booked by calling +8801799987566.

Giving full priority to the safety and security of the guests and associates, The Westin Dhaka also introduced "Commitment to Clean," an all-encompassing programme to ensure World Class cleaning and sanitisation standards to instill a heightened sense of safety, security, comfort and confidence in guests.

us on [f /Sandalina](https://www.facebook.com/Sandalina)

ঐতিহ্যের আর এক নাম আধুনিকতা  
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

# স্যান্ডালিনা

## সোপ



রূপচর্চায় আভিজাত্য...





# Top ten classics for a reading newbie

While the world is shaken to its core by the ongoing pandemic, we have little else to do than to brave through these difficult times in isolation. But pretty soon, this separation from society ends up fraying your emotions. To keep our spirits up, there are loads of things to do. This is also a good time for people not too interested in books, to pick one up and discover the magic that bibliophiles have been enjoying all this time. Who knows? This social isolation just may make you a convert. And here are 10 examples that are sure to get you started.

## Love in the Time of Cholera by Gabriel García Márquez

Colombian author Márquez, best known for pioneering magic realism, takes us on a journey through a human's soul. Although, pure romance is the central theme of the novel, the author draws parallels of that love by introducing love of money, status, power, etc. to the plot. It is a must-read in 2020 because the author takes daily mundane things and makes us appreciate these little things in life by elevating them to a divine, enchanting, magnificent and magical level.



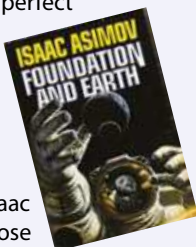
## Great Expectation by Charles Dickens

Most novels are known for their protagonist's remarkable journey from a distortion of his/her idea of self to finding himself/herself. However, Charles Dickens, the Victorian social critique, take us through Pip's innocence to his development of self-identity to the end where his idea of self is completely distorted. It is a book that takes the reader through the difference of class and its effects on society (something crystallised by the pandemic), the different forms of crime and punishment along with tactical imagery and symbolism of capitalism, emotion and their effects on society.



## Foundation and the Earth by Isaac Asimov

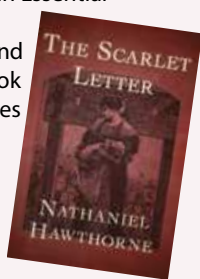
The book is perfect for those wondering what the future may hold for Earth and mankind. Isaac Asimov, whose predictions of the 21st century have been mostly accurate, takes readers beyond the Galactic Age to different human civilisations in space. The book explores all the sciences, economics, philosophy, politics and psychology in simple beautiful English.



## The Scarlet Letter by Nathaniel Hawthorne

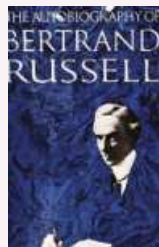
A controversial novel often ending up in Essential American Novel list and Banned Book lists, explores puritanical colonial America, exposing the essence of public and, private truth, institutional and human morality, the natures of evil itself and the powers of redemption and revenge.

The Scarlet Letter is a powerful controversial tale of truth, virtue, morality, religion and redemption that takes place against the backdrop of a judgemental 17th century puritan colony. It is a book that believes in the power of redemption over revenge, love over hate, human morality over institutional morality, everything that we need now and everything today's youth aspires to.



## The Autobiography of Bertrand Russell

The book is a door to famous British philosopher Bertrand Russell's life, which he led on the basis of logical reasoning and philosophical ideas, a combination rarely seen. The book not only gives a personal history of major historical events and people, but also useful personal philosophies and morals which the critique develops throughout his life.



The book in its essence is an ode to love and an advice to never stop searching for it. The words pull us down to the core of our souls and attempts to explain and understand life, economy, and survival.

## 1984 by George Orwell

Being the most famous dystopian novel, 1984 not only explores a totalitarian social and political structure, but also love, thriller, and horror. George Orwell takes inspiration from our reality and rewrites history to create another reality.

The book is relevant for numerous reasons throughout history, but especially so in the 21st century because of its views on truth, flagrant lies, and the nature of exercising power over people through the distortion of reality.



## Sophie's World by Jostein Gaarder

Perfectly summarising Socrates's quote: "All philosophy begins with wonder." Gaarder turns philosophy into fiction and fiction into philosophy in "Sophie's World". The book is often referred to as being "a history of philosophy."

A 14-year-old girl name Sophie starts receiving anonymous letters from a man claiming to be a philosopher and a girl named Hilda, two people who are complete strangers to her. However, everything ties together in the end with an enormous plot twist during which she has to apply all the philosophical theories she has learned in her daily life.



## A Brief History of Time by Stephen Hawking

Stephen Hawking did an amazing job bringing some of the most complex concepts of theoretical physics such as quantum theory and the theory of general relativity by toning it down to simple English so that an average person can understand and make a little bit more sense of the universe, reality and the concept of time.

The most beautiful characteristic about this book is that there is no heated battle between religion and science, Hawking explores all the possibilities with scientific reasoning.



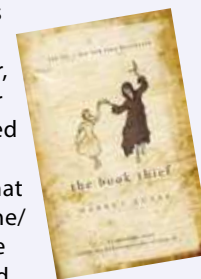
## Rebecca by Daphne du Maurier

The novel puts forward a mystery disguised as romance that explores the criminal mind through the eyes of the people closest to the criminal. The gothic novel explores themes of gender and the performance of femininity, rivalry and repressed sexuality by amplifying the horror felt by the lost, confused, and scared narrative voice.



## The Book Thief by Markus Zusak

This is a ballad of death. Death not only narrates the story, but shakes and changes each character to their core. Through this personification of death, readers learn that some things, such as death, is inevitable. However, as the book's protagonist finds power, love and joy regardless of what befalls her, the reader is reassured that no matter what happens he/she will be alright and there will always be someone or something to pick them up. It is a tale about the oneness of people, materials and nature.





# Global kitchens

Cosmopolitanism is all about accepting societal norms and cultures from many different countries and being open to different ideas and ways of doing things. From fashion to cuisine, it has been injected into our everyday lives, and truly enough that it has become a staple in our kitchen and experiments with all things food.

If you take the case of vindaloo: the word vindaloo is a mis-constructed pronunciation of the popular Portuguese dish carne de vinha d'alhos (meat marinated in wine-vinegar and garlic), which made its way to India in the 15th century, along with Portuguese explorers.

In India, the dish had a Goan twist to it, and wine vinegar was substituted by palm wine, and local ingredients like tamarind pulp, black pepper, cinnamon, and cardamom found its way into the dish. However, when the dish travelled to



England, it became just another bland, yet somewhat hot curry!

I mention the story of this famous dish for people to understand how cosmopolitanism found its way into our food habits.

For me, a soul food would be piping hot rice with a steak of hilsa fish fried in mustard oil, but for my child, soul food is chicken siu mai or prawn har gao, which

are specific versions of Chinese dumplings. So much has changed between my child's generation and mine.

Food preference in our daily cuisine proves true to the fact that we experiment with our everyday dal-bhaat (lentil soup and steamed rice) menu. We have pastas on Monday nights, steaks over the weekends, soups and rice paper rolls on Tuesdays, burgers on Wednesdays and all these, which are not Bengali dishes, we prepare at home. Sometimes, the cooks do it for us in a way the lady of the house taught them, and they often experiment with their recipes, bringing in new twists to these common global foods.

I read somewhere that 'intellectual curiosity doesn't stop when you enter the kitchen', and its true. Cooking is an art where some of us follow the recipe to the tee, and some experiment all the while.

Exotic ingredients like pink Himalayan salt, green or pink pepper, Szechuan peppercorns, pomegranate molasses, sumac, tahini, and za'taar are not so strange anymore, in fact they are regular in our kitchen, just like our turmeric and chilli powder. Similarly, my foreign counterparts, be it an American or Mediterranean, have garam masala powder and curry powder stocked in their kitchen larder.

The question now is whether there is the unacknowledged or inappropriate adoption of the customs, practices, ideas, spices etc. or in one word, a cultural appropriation through this cosmopolitanism.

Personally, I would justify myself by saying that when I am experimenting with a vindaloo recipe, adding or subtracting from the original recipe is not a matter of grave concern, because then I make that dish out of my own understanding of the original

recipe, which I can always follow when the occasion calls for it. But one thing as an experimental cook I must learn is the right usage of all the ingredients I collect. If I add za'taar or sumac to the fish curry, it would be an utter disaster. Or, if I start calling my beef stew a regular Bengali beef curry, that would be sacrilegious in the world of cosmopolitan kitchens!

On today's episode of Lifestyle Talkies, we sit down with freelancer and food enthusiast Kaniska Chakraborty discussing about global kitchens and its following stories.

Tune in to The Daily Star, and Star Lifestyle's Facebook page at 7:30 PM today, Tuesday, 22 September. While you are at it, why not try our cosmopolitan recipes of rice from Chiangmi Talukder Lena on Page 9.

- RBR  
Photo: LS Archive/ Sazzad Ibne Sayed

## HOROSCOPE



**ARIES**  
(MAR. 21-APR. 20)

Take the day to relax. Travel could lead to something exciting. Avoid overreacting. Your lucky day this week will be Saturday.



**TAURUS**  
(APR. 21-MAY 21)

Don't let anyone get you down. Live up to your promises. Don't let anyone take advantage of you. Your lucky day this week will be Wednesday.



**GEMINI**  
(MAY 22-JUN. 21)

Don't let anyone hold you back. Don't exaggerate matters. Try not to be overbearing. Your lucky day this week will be Friday.



**CANCER**  
(JUN. 22-JUL. 22)

Address the issues at hand. Money problems will get worse. Do your own work. Your lucky day this week will be Sunday.



**LEO**  
(JUL. 23-AUG. 22)

Be divulge any secrets. Sort out any pending work. Look into reinventing your image. Your lucky day this week will be Friday.



**VIRGO**  
(AUG. 23-SEP. 23)

Don't come on too strongly. Don't expect romantic encounters to be lasting. Travel will be uplifting. Your lucky day this week will be Saturday.



**LIBRA**  
(SEP. 24-OCT. 23)

Don't be too trusting of anything that happens. Catch up on overdue paperwork. Find time for some entertainment. Your lucky day this week will be Thursday.



**SCORPIO**  
(OCT. 24-NOV. 21)

Romance could develop through social interactions. Don't ignore any emotional issues. Reconnect with friends. Your lucky day this week will be Thursday.



**SAGITTARIUS**  
(NOV. 22-DEC. 21)

Do things you love. Family members can be difficult. Plan a nice evening with your partner. Your lucky day this week will be Thursday.



**CAPRICORN**  
(DEC. 22-JAN. 20)

Co-workers can cause problems. Health issues can mess up your schedule. Lovers will be demanding. Your lucky day this week will be Friday.



**AQUARIUS**  
(JAN. 21-FEB. 19)

Problems with loved ones may arise. Uncertainty regarding your partner may emerge. Help someone in need. Your lucky day this week will be Wednesday.



**PISCES**  
(FEB. 20-MAR. 20)

Your partner will cause issues. Don't put off any work. Don't make any decisions in haste. Your lucky day this week will be Monday.



#HEALTH & FITNESS

# Probiotics — the functional food

Functional food refers to any food that offers more than their basic nutritional value. These have an additional function (other than their primary function), like being able to counteract or remedy certain diseases/ conditions, and they do this by adding new ingredients, or more of already-existing ingredients to our diet.



Probiotics, also known as ‘good bacteria,’ are the naturally-occurring microbes in the gastrointestinal tract and intestines of humans, which have proven to have multiple health benefits for humans. They produce compounds which inhibit the growth of many pathogenic bacteria, like the ones which cause diarrhoea.

Probiotics also help maintain intestinal conditions that will stop growth and colonisation of pathogenic microbes, and thus, they are known to have anti-diarrhoea effects. They are known to help those with lactose intolerance and alleviate symptoms related to lactose intolerance.

Studies have found that probiotics

help people with arthritis. They have a direct effect on the mediators of the immune system which are responsible for the inflammation that is associated with arthritis.

Moreover, probiotics are important in down-regulating inflammation associated with atopic eczema and many food allergies, especially milk allergies. These ‘good bacteria’ have also shown to control blood pressure and blood cholesterol levels.

One of their most important properties is that they can fight gastritis, gastric ulcers, and gastric cancer. In addition, probiotics can help treat bowel disorders and can reduce abdominal pain, flatulence and constipation.

Last, but definitely not the least, is the role of probiotics in preventing tumour formation. They not only inhibit growth of tumour cells, but also detoxify ingested carcinogens that may be present in the food we take, like processed meat or sugary soft drinks.

Although probiotics are present in our intestines naturally, it does not hurt to add to their amount, and that is where probiotic-enriched food come into action. While these may be taken in the form of capsules or tablets as regular supplements, there are certain food items that are enriched with them. These not only provide you with probiotics but also serve your taste buds well.

Fermented food products (most of which

are readily available in markets in ready-made form) are rich in probiotics and some of the best examples include —

- Yoghurt
- Kefir (fermented milk)
- Fermented pickles
- Kombucha (fermented black or green tea)
- Tempeh (fermented soybean product)
- Traditional buttermilk (leftover liquid from making butter)
- Certain types of cheese like mozzarella, cheddar and cottage cheese
- Green olives (salt-water brined olives undergo a natural fermentation by the lactic acid bacteria which are naturally present on the olive, which has many health benefits)
- Miso paste. Miso is a traditional Japanese seasoning produced by fermenting soybeans and the paste is used on soup, and salads as an alternative to soy sauce.

One can also promote their already-existing probiotics and boost their number and activity without having the need to consume them from external sources. Plant-based foods have shown to stimulate the growth and activity of probiotics present in our gut. Garlics, onions, leeks, asparagus, barley, oats, bananas, apples, flaxseeds, etc. all help probiotics to flourish and significantly increase their efficiency.

**By Faiza Khondokar**

**Photo: LS Archive/Sazzad Ibne Sayed**

#PRESS RELEASE

## Probiotic yoghurt for a healthy body

Life has changed for all of us. Outbreaks of pandemics have taught us to take care of our body, and not just from the outside, health must be ensured from within. One must increase immunity. Only then will we be able to win the fight against this terrible virus and many others and stay healthy.

The question is how?

Let’s try to find out a bit more about our digestive system and balanced diet. The human body has a variety of micro-organisms in its digestive system, together they are called gut microbiota. Located in our digestive system. They play a role in the metabolism of the human body and help to stay healthy. It also plays a positive role in maintaining the metabolism after taking food and medicine. The role of micro-organisms is also in building the structure of the body. Most importantly, when the body comes in contact with a harmful micro-organism, the gut microbiota tries to resist it. If the body’s immune system is good, it can be prevented. When the body receives beneficial microorganisms through food or supplements, we call them probiotics. This kind of food makes the body healthy and strong from within.

When the immune system is weakened,

the number of infections in the body increases. To take care of the digestive system of the body, we need proper nutritious food. Probiotic yoghurt plays beneficial role in this regard, as it is a healthy dairy product. Probiotic yoghurt



ensures the presence of good bacteria at the right amount. For this attribute, it helps to keep the body’s beneficial bacteria active and functional.

A special aspect of the benefits of probiotic yoghurt is that it reproduces

beneficial bacteria, resulting in a rapid increase in its number in the body. Moreover, it activates the beneficial bacteria and neutralises various harmful chemical elements in the body. It also provides various vitamins and minerals in the body.

The presence of these beneficial bacteria in our digestive system increases our digestive power. By fighting harmful bacteria, it helps to improve the body’s immune system.

People are getting more health conscious. They have learned to evaluate their body’s own needs and prepare food lists checking their nutritional values. It is easier to ensure physical fitness if you have probiotic yoghurt in your daily diet.

If you are thinking about giving probiotic yoghurt a try, you can effortlessly order it by visiting Aarong Dairy’s online shop. You can also find it at all super shops in Dhaka, Chattogram and Sylhet. Aarong Dairy has brought probiotic yoghurt to the market to help consumers improve their quality of life.

At this critical time of the pandemic, let us all pay attention to increase the body’s resistance to the disease. Let’s make probiotic yoghurt part of your daily meal.



# Styling PANTS the trendy way

Pants are an essential; they are comfortable, wearable and can be dressed both up and down.

Pair them with absolutely any top and you will have an easy yet fashionable outfit really quick.

Especially at times when formal events are mostly at bay, pants have become our casual go-to, now more than ever. The styling of pants can vary and with a little more thought, you can elevate any look to add an effortlessly-chic element.

### RIPPED DENIM

Very '90s, ripped jeans, once-known-to-be a 'grunge fashion-statement,' have now built its reputation as 'casual chic.' They look cool, give off a fun vibe and can be worn under most informal settings. Ripped jeans are best paired with comfy pieces like t-shirts and shirts; tuck-in or let it loose to let the jeans decide your tone. Pair it with some cool sneakers and your favourite accessories to pull off an everyday no-brainer outfit. Layering with jackets/bombers can really amplify the look.



### FITTED 'YOGA'

The styling of yoga pants come from the 'athleisure' trend that has been garnering more popularity by the minute. In the past few years, they have paved their way into the fashion realm instead of strictly sticking to their label as a 'workout outfit.'

Staying at home is the new-normal, and yoga pants can add a fun yet motivating vibe to your day. These form-fitted pants are very comfortable and look amazing on different body types; these are sure to increase your body-positivity and self-love! Pair it with tees or your favourite athleisure-top, wear your kicks and have a sporty, productive day.

### STRAIGHT-LEG LEISURE

Straight-leg trousers are very on-trend. As casual as they are, they can easily be turned into high-fashion depending on how you style them. The bigger pockets are super 2000s and almost reincarnate the flared and over-the-top era. But of course, the styling that we see today is what makes it stand out. You can choose different ways to wear these pants, depending on your personal preference. Stick to the basic t-shirts or give it a girly, romantic mood by pairing with something cute. The chicest way to style it is by pairing with a flirty crop-top. A pair of strapped heels and some vintage accessories will bring this look to life.

### MOM JEANS

Currently the most hyped pair, mom jeans are absolutely everywhere. It's loosely-fitted around the thighs and legs, thus, gives the body a beautiful silhouette. Super casual — these jeans are perfect to run errands or even take some Instagram #ootd pictures. Popularised mostly by fashion bloggers around the world, mom jeans can be paired with any top (shirt, t-shirts, even dresses and kurtis) as they always give off a fun yet chic vibe.



### COMFY SWEATS

Just like yoga pants, sweatpants are also a part of the athleisure trend. It's perfect for both a stay-at-home mood or for a nice day-out. Sweatpants can be both styled up and down. Stay cosy by pairing it with sweatshirts and hoodies or style the outfit with your favourite t-shirt; it's definitely the most relaxed pair of pants out there. A thought to proper accessorising (chunky jewellery is our personal Pinterest-inspired recommendation) and a pair of sunnies are all you need to add the fashionable aspect to this chilled-out look!

### FLARED SLITS

Flared-slit pants are also one of the trendiest pair to look out for right now. The classiest one of all, this pair also serves an illusion of longer legs and basically looks stunning on everyone. Style it with a loose blouse or a fitted top to get the best look. A pair of heels typically elevates the beauty of these pants. With the elegance of flares and slits, look gracefully gorgeous in these pants anywhere you go.

By Zohaina Amreen  
Model: Mysha







**DESHI MIX**  
BY SALINA PARVIN



# The versatile palm juice

Palm juice or “taal er rosh” is the sweet sap extracted from the fruit of palm trees during summer. This is a symbolic and well-known food in Bengal. It contains vitamin A, B, C and the elements zinc, calcium, potassium, and iron. It also contains antioxidants.

#### How to extract the palm pulp —

Peel the fruit, separate the seeds (there are usually three segments) and cut off the fibre with a pair of scissors. Just rub the fibre over colander holes until the pulp passes through. Now pass the pulp through a sieve. The juice is ready to use.

#### TAAL ER ROSHER BORA

**Ingredients**  
1 cup palm pulp  
1 cup rice flour

½ cup mashkalai dal  
¼ cup sugar  
Pinch of salt

#### For the syrup —

1 cup sugar  
1 cup water  
2 cardamom pods

#### Method

Soak mashkalai dal in water for 4-5 hours. Then drain the water completely. Grind it in a mixer as a smooth batter. Pour the batter in a bowl, add palm pulp, rice flour sugar and salt. Mix it properly until its airy and nicely fluffed up. This really helps to make them soft and light inside, and crispy outside.

Meanwhile, prepare a single-thread consistency sugar syrup. Boil sugar and water. Once the sugar dissolves and it comes to a boil, let simmer for around 15-20 minutes. Add the cardamom pods. Heat oil in a pan. Take a spoonful of batter and drop it in the oil and deep fry them. Strain the excess oil on a tissue paper and soak them in the syrup for about 5 minutes.

#### ICE APPLE SHARBAT (TAAL ER SASH ER SHARBAT)

**Ingredients**  
5 ice apple/palm shell (taal er shash)  
2 tbsp sugar  
2 glasses coconut water  
1 glass water

#### Method

Peel the ice apples carefully, cut them into small cubes. Keep the juice in a glass. Take a

jug. Add water, coconut water, ice apple juice and sugar. Stir well until sugar dissolves. Now add the ice apple cubes, stir and sharbat is ready to serve.

#### PALM FRUIT PAN CAKE

##### Ingredients

1 cup palm pulp  
1½ cup rice flour  
½ cup sugar or as per your taste  
½ cup milk  
3 tbsp ghee  
Pinch of salt

##### Method

In a bowl, add rice flour, palm pulp, sugar, milk, and salt. Whisk to a smooth batter. Set aside for 15 minutes. Meanwhile, heat a large cast iron or non-stick skillet over medium high heat. Add 1 teaspoon of ghee to the pan and swirl to coat. Add 2 tablespoon portions of the batter to the pan, cook on the first side until bubbles appear on the surface, the edges begin to look dry, and the bottoms are golden brown. Flip the pancakes and cook for 2 minutes. Repeat using more ghee and cook the remaining batter.

#### PALM LADDU

##### Ingredients

2 cups scraped fresh coconut  
2 cups palm pulp  
1½ cup dry roasted press rice powder  
2 cups sugar  
½ cup mixed nut  
2 tbsp palm oil

#### Method

Heat palm oil in a non-stick pan. Add scraped coconut, palm pulp, and sugar and cook for 10 minutes. When the water dries up, add 1 cup pressed rice powder and condensed milk to it. Mix well and cook until it turns sticky and you can make ‘laddu’ from the mixture. Now add mixed nuts and turn off the heat. Mix continuously for 2-3 minutes. Transfer the prepared mixture in a bowl and set aside to cool. Divide the prepared mixture into equal portions shape them into ‘laddus’. Coat the ‘laddus’ in remaining roasted, press-rice powder. Store or serve.

#### TAAL ER KHEER

##### Ingredients

2 cups palm pulp  
1 cup sugar  
1 cup grated coconut  
1 litre milk

##### Method

Heat milk in a heavy bottomed pan on low flame. Keep stirring continuously to prevent the milk from burning at the bottom. When the milk thickens add the palm pulp and sugar. Stir steadily and add coconut. Cook for 1 hour and stir continuously. Now the mixture should thicken and the distinct and flavourful smell of palm should be released. Pour the ‘kheer’ on a serving dish. Cool in a freezer and serve.

Photo: LS Archive/Sazzad Ibne Sayed



#FOOD

# Rice delicacies from across the globe

Rice is a staple food for over half the world's population. Different countries consume it differently and each country has made the grain their own, with original recipes and distinct spices. There are so many famous and distinguishably flavourful rice dishes consumed all over the world such as Indonesian 'Nasi Goreng' to Mexican 'Arroz Rojo' and vibrantly colourful Vietnamese glutinous rice 'Xoi Ngu Sac' to Korean 'Bulgogi' plain rice bowl.

Although rice is commonly tied to obesity, it is an excellent source of energy, vitamins and minerals.

Without further ado, let's dig into some appetisingly dainty and delicious rice recipes inspired from some of the world's most popular dishes.

## THAI STYLE PRAWN FRIED RICE

### Ingredients

¼ cup cooking oil



- 1 tbsp chopped garlic
- 1 large size onion, chopped
- 2 tbsp ready-made Thai chilli paste
- 1 cup prawn
- 2 cups cooked rice
- 2 tbsp soya sauce
- 1 tbsp fish sauce
- 8-10 fresh Thai basil leaves

### Method

Heat the frying pan with oil on medium heat. Add chopped garlic, onion and fry until colour becomes light golden. Add prawns along with chilli paste and sauté for few minutes. Add rice and soya sauce, fish sauce and give it a good stir and fry until all the ingredients mixes together. Then transfer to a bowl and garnish with fresh Thai basil leaves.

## MEXICAN STYLE YELLOW RICE

### Ingredients

- 1 large tomato, cut into cubes
- 1 big size onion, cube cut
- 2 garlic cloves
- 1 Jalapeno
- 1 green chilli
- ½ tsp turmeric powder
- ½ tsp paprika powder
- ¼ cup chopped carrot

- ¼ cup chopped red bell pepper
- ¼ cup chopped yellow bell pepper
- 2 cup chicken stock (1 ready-made chicken stock cube diluted in 2 cups of water)
- 1 cup long grained rice (uncooked)
- Olive oil ¼ cup
- Salt to taste

### Method

In a grinder, put tomato, garlic, onion, and jalapeno, grind together and make a smooth paste and set aside. Heat a cooking pot with oil on medium heat. Add all uncooked rice and fry until grains turn slight brown colour. Add the tomato paste, turmeric and paprika powder, salt and chicken stock. Stir it and cover with a lid. Boil on low-medium heat until the rice gets cooked properly. If needed, add extra water. Add chopped carrot, bell peppers and give a good mix, then cover the lid again and cook it for another 1-2 minutes on low heat.

Ready to serve.

## INDONESIAN STYLE CRAB MEAT FRIED RICE

### Ingredients

- 2 medium size onion
- 3 garlic cloves
- Shrimp paste 1 tbsp
- 2 red chillies
- 1 egg
- 1 cup crab meat
- 2 cup cooked rice
- 2 tbsp soya sauce
- 1 tbsp fish sauce
- ¼ cup oil

### Method

In a grinder, put onion, garlic, chillies, shrimp paste and grind together. Make a

smooth paste and set aside. Heat the pan with oil on medium heat. Fry the egg as crispy fried poached egg and set aside. In the same pan, on remaining oil, put the paste and sauté for 1 minute. Add crab meat, stir fry for another minute. Add cooked rice, soya sauce and fish sauce, and stir fry for a few minutes. Transfer into a plate. Garnish with crispy fried poached egg and crispy fried onion on top.

## KOREAN STYLE BEEF RICE BOWL

### Ingredients

- 2 tbsp cooking oil
- 2 tbsp sesame oil
- ½ cup chopped onions
- 2 tbsp chopped garlic
- 1 tsp chopped ginger
- ½ tsp black pepper powder
- 1 tsp red chilli flakes
- 1 cup ground beef
- 2 cups cooked rice



- 2 tsp soya sauce
- 1 tbsp sesame seeds

### Method

In a bowl, put soya sauce, sesame oil, black pepper powder and red chilli flakes. Mix together and set aside. Heat the pan with

cooking oil on medium heat. Add chopped onions, garlic, ginger and fry until it turns golden. Add beef along with the sauce-oil mixture and stir fry until the meat gets cooked and water gets dry. Meanwhile, take a bowl with plain cooked rice and serve the beef over the rice and garnish with sesame seeds.

## VIETNAMESE STYLE RAINBOW RICE

### Ingredients

- 1 cup uncooked glutinous rice/basmati rice
- 2-3 cups water
- 5 tbsp sugar
- 10 tbsp orange juice
- Natural food colouring using strawberry, beetroot, saffron, blueberry, and spinach
- Shredded coconut
- Different types of nuts
- Banana leaf (cut according to steam cooker size)

### Method

In a cooking pot, put water and grained rice. Boil and cook the rice about 80 percent. Drain remaining water (if any) and divide the rice into 5 separate bowls. Add 2 tablespoons of orange juice with 1 tablespoon of sugar in each bowl. Add different food colourings to each bowl and stir to give a good mix.

In a steam cooker, place a banana leaf. Put coloured rice side by side according to the cooker. Steam it for 15 minutes on medium heat or until the rice get cooked. Transfer into a plate and garnish with shredded coconut and nuts.

Recipe, food, and photo by Chiangmi Talukder Lena



# Things my child taught me

Motherhood is the most special stage in a woman's life. Every mother makes plans and so did I. Even before conceiving my child, I had planned what I would teach him/her, things that I would focus on. It was a never-ending list that had started from family and cultural values to practical things such as how to count and learning to prepare own meals for survival.

As parents, we are expected to take up the responsibility to teach all sort of things to our children. However, it may come as a surprise but it is a fact that the tables also turn and we begin to learn from our children.



I personally feel that raising my son has been the most eye-opening experience and I have re-learned many life lessons. Helping him navigate life has really taught me valuable lessons to not only become a better parent, but a better person, and deal with life more effectively.

So, here are some essential lessons that I learnt from my son, whom we lovingly named, Eeshan.

#### **BE CURIOUS AND TRY NEW THINGS**

As adults, we are really comfortable with our usual, mundane lives, and we also have familial and financial responsibilities, so we cannot often venture out to new

opportunities or explore new areas as we wish. But I have noticed that Eeshan is fearless. Every new toy, place, person is exciting to him and he wants to know, learn more — he does not shy away or care about future consequences or failure. This, I feel, is true risk taking.

#### **UNIVERSAL LOVE**

Children have no sense of hatred or jealousy, and they do not understand any kind of discrimination. It is us adults, who sow the seeds of discrimination in our children's mind. Every morning, when Eeshan wakes up, he asks about his cousins, jethu (uncle), the cat that lives downstairs, our cook, as well as the driver. He understands and realises no distinction. To him these are all those people and cat, who love him dearly.

#### **ATTENTION TO DETAIL**

Eeshan was quite ill recently, and his father and I had to take him to visit his regular paediatrician. I literally did not sleep the night before as he was crying and waking up frequently due to his fever. So, I just put on a casual dress, was ready to get out of the house and then suddenly heard him saying "Maa, lishpick (lipstick) dao."

He knows that I never leave the house without putting on lipstick, and he had wanted me to put it on that day, even though, being exhausted, I had completely forgotten about it.

#### **SHARING IS CARING**

Eeshan must always share his food. Whether it's breakfast, lunch or dinner,

he makes sure that I feed his soft toys; monkey, penguin and bear before I offer it to him. Often, I find the newspaper smeared with food because he also tries to feed those lucky ones whose photos appear in the newspaper!

#### **NEVER EVER GIVE UP**

We went to a picnic once, and there was another toddler there who had a flower in her hand. Nothing gets in the way of what a toddler wants. So, Eeshan tried and successfully traded his ball for the flower.

#### **MOVE ON AND ENJOY LIFE**

Sadness never lasts long for Eeshan. One moment I find him screaming with tears rolling down those chubby cheeks because I want him to go to bed, the next moment he is happy to read a new book with me in bed.

Children forgive, forget, and move on swiftly because they are too busy enjoying life, which is a skill us adults sadly fail to develop throughout our lives.

As parents and adults, I think we need to worry less about what our children are learning or doing, be less controlling, and allow them to flourish gradually and in their own time. We also need to be more thankful as well as grateful to our children for teaching and reminding us about these important life lessons that we are forgetting to practice and implement in our daily lives as adults.

By Aishi Dastidar

Photo: Navila Ameen Bidhu

# Rethinking sanitation around you

More often than not, even after rigorous care in one's personal hygiene, the shortcomings of illness do not seem to lessen. That is when it's time to think beyond the personal space, and take a look into sanitation.

It might seem a bit of a no-brainer, why sanitation of all things? Is it not just limited to the pipes leading out of the toilet? That's where the general mistake lies, as sanitation tackles how a group can maintain their personal hygiene and contribute to the overall cleanliness of their surroundings. Thinking of it that way, these two are

closely related and cannot be separated that easily.

Semantics aside, it is essential to look into the sanitation situation of your home and surroundings if you want to fool-proof yourself and your family from germs and other ailments. Effective sanitation is easier than you may think, with a bit of practice that is. In most cases, these practices need to be carried forward by the household help as well.

Start with the basics, like food preparation. From properly washing vegetables to keeping the raw meat away from other uncooked items, these are all small things that often slips one's attention.

Another thing is cleaning contact surfaces. You do not want the same surface to be used to cut raw vegetables, and poultry or fish later on. There is also the concern of separating and sorting before cleaning. Think twice before throwing your house mopping rag with your clothes for washing.

As for the equipment being used, make sure to clean everything in the proper order. One common mistake is using the same bucket of water to clean the entire house.



As saving water is a concern, this can be solved by using a small amount of water per room. Also, using the same mop for the kitchen and the children's room is an absolute no.

At the end of the day, sanitation in our daily lives is all about keeping cross-



contamination at bay so that individuals can reap the maximum benefit from their personal hygiene practices.

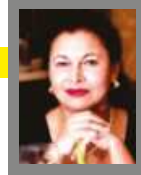
— LS Desk

Photo: LS Archive/ Sazzad Ibne Sayed/ Nazneen Haque Mimi



**THOUGHT CRAFT**

BY NASRIN SOBHAN  
Freelance Writer



# This too shall pass

COVID-19 has changed our lives. Many seniors have not set foot outside their homes since April. They have sent away many of their staff, have tested and retested their essential employees, and have stopped socialising, except through Zoom or other media. Some brave souls have ventured out for special occasions, but by and large, we have all decided that discretion is the better part of valour.

Some would call this new way of life a challenge, especially for the young. They want to go out and enjoy life, and this is an onerous burden to be borne. They bemoan the lack of lunches, teas, and rich dinners. The rich clothes and jewels are wasting away in their closets and safes, while the days pass, long and mournful.

On a different tack, I am deeply impressed by the degree of common sense exercised by everyone in our country, from executives to the rickshaw pullers in the streets. Everyone has a mask and tries to practice distancing, insofar as it is possible.

For this, we are grateful to the foundations, the NGOs and civil society in general, for their constant reminders to exercise caution and observe appropriate safety measures.

For those of us who are retired or frail, or need to avoid going out, this period of isolation is a time to be creative, to re-educate ourselves in history, literature or poetry, to paint or learn to play the piano, or to read all the books we meant to read, but never could for want of time.

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I have given up books, except for gory murder thrillers. I have also taken to a bit

of baking, with mixed results. Someone else has discovered the joys of house cleaning, and yet another person has taken up intricate embroidery.

At other times, it is pleasant to just sit by our windows, or go up to the roof and admire the surrounding views. It is cheering to see the comings and goings of daily life, to listen to the clanging of hammers on the building site next door, or watch workers sitting in a spaced-out circle on the pavement puffing on cigarettes and enjoying cups of hot sweet tea.

I am heartened by the quality of their laughter, and their jokes and cheerfulness in the face of hardship, hard labour, and probably many other deprivations. Truly, the human spirit is magnificent in its sheer indomitability.

Despite all of life's adversities, including this unfortunate time of COVID-19, the world itself is still a beautiful place. The clouds are a different shape every day, outlined against different coloured skies, violet, periwinkle, or just pure heavenly blue. At night, the moon shines icy white, but

on other nights, it might be a golden crescent moon against an indigo sky. No photo could ever do justice to nature's unsurpassed beauty.

And the glory of the rain! There are few sights as charming as rain falling on trees, the gentle patter of raindrops, and the thunder and the wind. Unfortunately, the floods resulting from excessive rain bring devastation to the country and its people in some areas.

In the villages, children rejoice when it rains, and run out to dance in the warm showers. In the city, the best way to enjoy it is to go up to the roof with a large umbrella and just sit there quietly and listen to the music of the rain.

Sometimes, we forget that we too are part of nature and creation. While there is time and opportunity, we should appreciate our world and enjoy an hour or two of utter peace, whenever possible.

Life is surprisingly short, and no matter how many years we might live, it passes in a flash.

In the hurly burly of life, we forget that we shall not pass this way again.

**IMPROVED**

প্রতিটি  
**ফাস্ট ওয়াশ**  
ডিটারজেন্ট পাউডার  
১ কেজির সাথে  
**মাদার  
আর এক  
নাম**

**Fast wash**  
DETERGENT  
POWDER

with color guard

১টি  
৫০ গ্রাম

টিবো ফ্রী  
লাভারী সোপ

**POWER WASH**

**KOHINOOR CHEMICAL**

আরো উন্নত ফর্মুলায়



**LIFE AS IT IS**

**WARA KARIM**

Writer, painter, gardener, content creator  
Website: <http://www.scratchingout.com>



# Preparing for the second wave

The lockdown condition of spring and summer seasons was bearable, thanks to long, sunny days and warm weather. However, as I look to the future and think of the cool-cold days ahead, I feel that spending the next six months within four walls could become challenging. I almost want to beg to these sunshine days, "Please stay a bit longer."

America is fearing a second wave of the coronavirus in the fall. Health experts are worried about how dire the situation may look like in the fall and winter, the seasons when the influenza virus also circulates. Second wave or not, my daughter's school is not reopening for in-person classes this year and my husband will continue to work from home until at least the end of 2020.

I am preparing myself for the frigid, housebound days. I am a warm weather person all in all. I like to keep my windows open and let in the fresh air. I love summer mornings when sunshine pours through my east-facing windows. However, as cold days arrive and temperatures begin to dip and sunlight loses its intensity, I can no longer keep my windows open.

Unlike other years, this year, we cannot visit Dhaka or visit our extended family here in the US, or even go on a winter vacation. All of this means that I will have



to do everything in my power to make the winter lockdown bearable.

**CLOTHES AND ACCESSORIES**

I made a small investment in clothing and accessories in summer. I figured under this long, continuous stay-at-home situation that dressing nice at home lifts my spirits. I have been wearing my "outside" clothes at home since March, mostly the cotton

and linen dresses that I only used to wear outside. I have been also wearing lipstick and light jewellery, mostly necklaces and bracelets, in self-quarantine. They make me happy; they do!

I have already purchased a flannel dress and a pair of comfy sweatpants for the chilly days ahead. To stay cosy in winter, I am going to pair up my new and old sweatpants with light sweaters and cardigans.

**NETFLIX AND NOVELS**

Because I will be spending very little time outdoors (sad time for a gardener), I want to spend my leisure watching some good shows on Netflix. I want to go back to the shows that I abandoned half-way back in spring, because suddenly, the COVID-19 pandemic became the focus of my attention. I also want to finally start reading the books that have been collecting dust on my shelves.

**PERSONAL PROJECTS**

I want to create some new and meaningful content for my column, blog, and YouTube channel. I want to sit with paper, brushes and paints and create new artworks to beat the cold weather blues. Winter can be a depressing season for a summer person, so my goal is to ensure I do not fall into a creative rut. If you are getting

bored at home in this lockdown, try to find techniques to rekindle your artistic spark.

**FOODS AND DRINKS**

Yes, I will be consuming vitamin C to strengthen my immune system, but I might be indulging in some rich and comfort foods and drinks, too. What do I have on my mind? Hot cocoa, dark chocolate, Danish cookies, double-chocolate brownies, fried chicken, mutton biriyani and beef tehari!

**MAKE HOME COSY FOR WINTER**

Houseplants do not like drafts. My indoor plants need extra care this time of the year, but plants in home boost my mood, so I might bring home one or two new "green friends" in the fall. In the past, lighting fairy string lights and burning spicy, woody, warm-scented candles like rose, sandalwood, vanilla, orange, cinnamon, etc. in the cold season proved to have a relaxing effect on my mind. The flicker of a candle, its aroma and gentle glow create that perfect ambience your mind needs during stressful times. I want to try these time-tested tips again in the fall and winter.

Indeed, you are the best judge of your body and mind, so take control of your well-being, and do your utmost to make these unprecedented times bearable.

**#FASHION**

## The Lingerie Story

In the world of clothing, we often skip a few topics, undergarments being one of them. It used to be mostly related to sensuality before, but today, lingerie stands for something much more. It is not just about how you look in it, but how you feel in it.

So, let's dive into the world of lingerie as we explore what's underneath, all in depth.

In the 19th century, undergarments started to gain a definition as women got more conscious of their body and sensuality. Back then, it only related to sensual aspects as the upper class would make hefty investments on lingerie for special occasions such as weddings and anniversaries. Later on, the idea was taken but reshaped as brands such as Victoria's



Secret mass commoditised the concept. Yet, it was mostly labelled as a sensual amplifier, one could say.

Now, lingerie and fashion has evolved into a stronger bond, as brands such as Fenty by Rihanna has used undergarments as an expression of self-love. In fact, it can transform the way we look and feel about our bodies. But for that, it's important to find the right ones.

Basic undergarments fall under the formal definition of lingerie and a good fit is all you really need. Finding the right size can be critical; know your actual bust and cup size to find out what your accurate size is.

An undergarment is worn all day and should leave no room for discomfort. Make sure they fit right, appear seamless under clothing, and comfortable. After



the three points are checked, explore different materials to find the best one for you. Colours can be tricky; the smart thing to do is to invest in good quality nude shades. One that matches your skin tone will never show through your outfits.

Now that the basics have been covered, let's get into the fancier versions of undergarments — what we know as 'lingerie.' Like we have implied before, they are much more than just underwear. The first thing to keep in mind is to find

one that simply boosts your confidence. In this case, needless to say, it's crucial to find a piece that goes with your body shape and size. Corsets and garter belts suit an hourglass body as they bring all the attention to the cinched waist. A pear-shaped body can be exemplified with a style that's flowy from the hips.

Inverted triangle shaped body looks great in 'bustiers' which accentuates the shoulders and the busts. For rectangular bodies, camis and corsets are best to bring out more shape.

Once you find the right one, look into different materials, styles and designs; lace, satin and furs are forever adored. Whichever makes you feel special is 'the one!'

Lingerie is not just important to look good on the outside, but to feel special on the inside. You see yourself and your body looking amazing; this can instantly make you feel good and confident. As if it sends a reminder to love yourself while increasing body positivity. Of course, you can surprise your partner by decking up in a gorgeous lingerie; but on other days, enjoy a good mood by wearing it for none but yourself. Appreciate yourself and always love your body; let this little piece of fabric remind you to do that every once in a while!

**By Zohaina Amreen**  
**Photo: Collected**