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Star

# Life

Style

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## Autumnal grace

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**LIFE IN LUXURY**

PHOTO: SAZZAD IBNE SAYED  
MODEL: TANIA  
MAKE-UP: NOYON AHMED  
WARDROBE: ROSE BY NIZHU  
STYLING: SONIA YEASMIN ISHA



# NO দাগ ডেমিশন

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## CavinKare launches CHIK Hand Sanitizer

Renowned Fast-moving consumer goods (FMCG) products manufacturer CavinKare Bangladesh Private Limited has recently announced the addition of a new CHIK Hand Sanitizer to its product line.

The "Made in Bangladesh" CHIK Hand Sanitizer is the company's first sanitizer in the country. With the use of hundred percent halal, non-flammable and children-friendly components, this natively manufactured hygiene product is effective in combatting the pandemic.

One of the most unique features of the CHIK Hand sanitizer is its one-of-a-kind formulation with Benzalkonium chloride and Cetrimonium chloride (long-chain fatty alcohol with quaternary ammonium compound), anti-microbial agents proven to destroy enveloped viruses.

Besides, CHIK Hand Sanitizer is also infused with aloe vera extract and Vitamin E which is well-known for skin nourishment. It is also no-rinse and non-tacky when dry.

A 50ml bottle of the CHIK Hand Sanitizer can be availed at Tk 50 at all nearby stores.

## "Red Cow Butter Oil" celebrates International Chef's Day 2020

On Tuesday, 20 October 2020 an event was organised at the Emmanuel's Convention Centre in the capital, with the support of "Red Cow Butter Oil".

During the event, participating chefs provided valuable feedback on the challenges and discussed different ways of boosting Bangladesh's hospitality industry in COVID-19 times.

A foundation was formed at the event to uphold the interests of all chefs across the country. The quick formation of a working committee through general elections for the newly formed Chef Federation was also announced at this conclave of chefs.

The program ended with a performance by artist Dithi Anayar.

## Blazing the trail for women's football

"I have no room to sleep, and it's impossible to sleep if it rains, as the rain drops find their way onto my bed, said 16-year-old Unnati Khatun, and famous female footballer native to Jhenidah. She is a national team member, and the daughter of Abu Daud Sheikh of Doharu village in Shailokupa upazila of Jhenidah.

This correspondent recently visited Doharu village and spent the day talking to Unnati about the various aspects of her life.

Unnati is one of seven siblings, and her father works as a van puller and has no land to his name. They live in a tin-shed house with two rooms, the roof is rusted and holes in it, through which rain water leaks in, making life very difficult, especially in the monsoon.

But luck seems to have smiled on Unnati as she recently got a cheque of Tk 5 lakh from the Prime Minister.

Unnati was inspired to practise football by her head teacher, Rabiul Islam, at Doharu Govt. Primary School. He was always there for her, both in terms of advice or financial aid. With the training under her belt, she took

part in the Bangamata Football Competition in 2015.

After passing class five in 2016, she applied for BKSP in 2017, and got admitted in 11 February, 2018.

Later, she set off for India to take part in the Subroto Mukherjee gold cup, led by Joya Chakma. She scored six goals and played in five matches, and was awarded Tk 13,000 and a certificate for her participation.



In March 2018, she joined the national team. She took part in Subroto Mukherjee gold cup in India once more, in September 2018. She played six matches there and faced Tripura in the finals. In 2019, she and



her team went to the same field again and played with six teams, eventually coming out as champions. In October of the same year, she was in the team that went to Bhutan to play under 15, coming out as runner-up.

Finally, she got her chance to play at Bangamata Sheikh Fazilatunnesa Mujib gold cup in February, 2020. Here, she managed to reach her full potential, scoring six goals in four matches. She was awarded the golden boot and golden ball. Currently, she is practicing at her own school grounds during the pandemic. She plans to become a coach in the future and contribute to the betterment of the nation and the sport.

Unnati is not alone in the field either, as there are others such as Oishi Khatun from Class 8, Banya Khatun, and Baishaki Khatun of Class 7, who are also studying in BKSP from the same village. Unfortunately, they mentioned that stalkers in the village disturb their practice sessions in the field every day.

Unnati has achieved her place and honed her skills despite the many trials that she has faced in her young life. Her father Daud Hossain says that despite working all day long, his earning of Tk 200-300 is not nearly enough to support his large family, leading to a lot of struggle. His sons and daughters have to go without food quite often, and there have been times when Unnati went to play tournaments without eating anything, simply because he could not manage it.

Rabiul Islam, head teacher of Doharu Govt. Primary School said that Unnati's talent was evident quite early in her life. She is extremely hardworking and sincere, and deserves more attention for her performance.

By Azibor Rahman  
Photo: Azibor Rahman

us on /Sandalina

ঐতিহ্যের আর এক নাম আধুনিকতা  
ঠিক যেনন রূপচর্চায় আভিজাত্য মানেই

# অ্যান্ড্রামিনা

## সোপ

রূপচর্চায় আভিজাত্য...





**BEAUTY DISSECTED**

**BY DR FIRDOUS QUADER MINU**

M.B.B.S, D.L.O ENT, Head-Neck & Cosmetic Surgeon, Phone: 01841845531



# Symptoms of COVID-19: Loss of smell and taste

It has been over six months now that we have been living with Covid-19. Since its arrival, we have been struggling to adjust with this deadly virus and go on with our daily lives.

When the virus first hit us, there was a lot that we did not know about its signs and symptoms, but we are now more aware. A lot of people have asked me if loss/change in the sense of smell and taste is part of COVID-19 symptoms. The answer to the question is a YES! A few months ago, it was not considered an important symptom, but now, it is confirmed as one of the major complaints from patients who have contracted the Coronavirus.

About 40 percent of patients suffering from COVID-19 experience loss/change in smell and taste as preliminary symptoms. So, anyone experiencing this should isolate themselves, and get tested, along with all members of the household.

As these are new signs, lots of studies



are ongoing as to how well patients recover these losses of senses. It has been seen that some patients recover fully within four weeks of the infection, but others have reported longer periods on follow ups.

Now, why does COVID-19 affect the patient's olfactory senses?

Studies have found that the entry point of the coronavirus is the nasal passage, and the roof of the nose is lined by olfactory

epithelium. Scientists at Harvard University have discovered that olfactory cells in the upper nasal cavity are most vulnerable to infection by the coronavirus.

The good news is that the sensory neurons that detect and transmit the sense of smell to the brain are not among the vulnerable cell types. It is the supporting cells of the olfactory sensory neurons, some stem cells as well as blood vessel cells that

are infected and cause the disturbance in the olfactory sensation. So, there is no permanent damage to the olfactory cells themselves.

As the patient recovers from COVID-19, the cells recover their normal function.

As far as the sense of smell is concerned, usually no particular treatment is needed for recovery. In very rare cases, patients do not recover fully and that becomes a difficult condition. In these cases, patients should consult an otolaryngologist.

There is a very strong relation between the sense of smell and taste. We mostly enjoy our food and our environment by smelling it. In COVID-19, even if the taste buds are not affected, without the sense of smell, there is an alteration in the taste of food. And this causes a loss of nutrition and health for the patient in the long run.

There is a well described correlation between smell blindness (anosmia), depression and anxiety. This is because much of the pleasures in life are related to the sense of smell — from enjoying meals to bonding with people. The smell of food, the smell of perfume, body odour, and even the smell of chemicals and fire make up a big part of our life, and security. So, if there is a permanent loss of these senses, it will have long term effects.

**Photo: Collected**

**#HEALTH & FITNESS**

## A sound mental health

According to the World Health Organization (WHO), mental health is defined as a state of well-being, in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

In simple words, mental health does not only reflect presence and absence of a mental disorder or disease. It determines whether an individual is in any kind of mental turmoil or whether s/he is in correct state of mind, and is such a factor that influences both physical health and the



entire functionality of a person.

This is such an important issue that October 10 is designated as World Mental Health Day, which was first initiated in 1992 by the World Federation for Mental Health, to create and spread awareness through myriad activities.

But, how well are we actually acquainted with the importance of mental health?

A few statistics will help answer this question. The WHO estimates that each year, approximately one million people die from suicide (which is roughly one death every 40 seconds), and 264 million people are affected by clinical depression annually.

Both of these signify one thing — how

poorly mental health is regarded and how well it is ignored.

We pay the maximum attention to our physical health, visit doctors regularly, go for regular check-ups, etc. But our mental health stays unattended and forgotten. Most importantly, we fail to address it with the care and attention it requires.

Looking at the Bangladeshi context, the situation is worse.

The awareness on mental health is so poor that the topic is sort of a taboo. A person of poor mental health is scared to share with others and keep it all in, for fear of being misjudged or shamed.

In our society, a poor mental condition or depression is often regarded as just a 'phase' or an excuse.

To make matters worse, there is severe lack of experts who can help victims to overcome their poor state of mind. Psychotherapy or mental counselling seem to be way off our league and inaccessible. Finding a psychotherapist or mental counsellor is not even close to how easily one can find other specialists like dentists, gastroenterologists, etc.

Such ignorance is what aggravates conditions and eventually starts taking heavy toll on physical health or in more severe cases, lead people to take some very bad decisions from which there is often no

coming back.

It is high time we

Spread Awareness — teach people what mental health is and educate them that it does exist!

All institutions must have mental counselling units — students, especially high school and university students, are a very vulnerable group and there should be availability of accessible experts who can help them overcome this, while maintaining absolute confidentiality. Workplaces should also have such facilities.

All hospitals must have mental health departments — just like hospitals have different specialised departments, there should be a completely separate mental health unit with the best, skilled psychotherapists, psychiatrists, and counsellors.

Be willing to listen to others — at times, all one needs is somebody who will listen. The best possible treatment is as simple as giving someone company and trying to understand.

More people must be encouraged to pursue higher education in subjects related to mental health, so that adequate experts do not become a limiting factor.

**By Faiza Khondokar**

**Photo: Collected**

# Of patriarchy and a need to change

People invariably get hurt by loved ones; whether they meant to do it or not remains another question to ponder on. I am talking about family elders, who should by now know how to conduct themselves in this time and era of all things politically correct.

It's something they often did not say, but their underlying tone was enough to bring tears to your eyes; they did not pronounce the silent hatred, but the casual expression of ignoring you was enough to peel away the shell around your heart; something they carefully avoided or did not take into cognisance that hurt you.

They do not know the severity of the upheaval their blatant arrogance has caused inside of you. And how it dismantled your entire crux of being.

People forget how those subtle expressions, the body language, those pin pricks undo you; things like body shaming, gender inequality, or as simple as the matter of being fair complexioned or not. And you still cannot fathom the strange feeling how easily these elderly loved ones throw their noxious influence around, and how we can hardly retort back.

Anyway, moving forward, whatever they say, whatever they do, some would say you swallow the pain and move on; after all, they are your family elders. But is this the correct way of dealing with delinquency—avoiding them I mean? This giving up attitude of ours actually got them going this far, if the uptight elders were taught a lesson in their childhood then they would have done better now.

We say elders cannot be changed — their pride, their lack of political correctness, their attitude towards life — are the reasons why you avoided them at family gatherings in the first place. They got away with such political incorrectness in their hey days, which is exactly the reason of such narcissistic confidence now at

the far end of their lives. You cannot expect them to do any better.

The question remains, who would bell the cat—who will teach etiquettes to octogenarians? There are such elders in everyone's family and they get away because of their revered positions, failing to recognise how their personality traits are mimicked by ardent fans in the extended family, or in their socio-cultural circle; men who learn nothing but ultra-chauvinism from them.

These elderly individuals are the reason why men in our country are so disdainful. I would also add that their narrow-mindedness and looking at the world from a very selfish point of view are reasons enough for us to fear these band of men.

These days when violence against women are so rampant, we must learn to forgo of reverence and go deep into the battleground. You may say these are small incidents and casual comments, but what would the little fan of theirs learn?

We need to stop them from spreading toxicity and also stop the fans from picking such incorrect traits. And we need to do it now!

*This week in Star Lifestyle, catch the story of a footballer from Jhenaidah and her achievements. You go girl, nothing can stop you, not even the patriarchs of the family.*

*Also we have a special session arranged for our readers and patrons; keep a lookout for **Lifestyle Talkies tonight, at 8:30 p.m., at The Daily Star Facebook LIVE** for a much needed discussion on **Self Defense Tactics** and making it compulsory knowledge for every citizen of our country, including school going children. Watch this show to see numerous MYTHS busted by experts in the field.*

— RBR

Essentials

*The Lifestyle Talkies viewing session has been updated from 7:30 p.m. to 8:30 p.m on every Tuesday at The Daily Star Facebook LIVE, based on popular choice and requests.*

# “Berger Easy Clean” reintroduced with a strengthened formula

Accommodating customers with a new generation painting solution for elegant interiors, Berger Paints Bangladesh Limited has reintroduced its unique “Berger Easy Clean” strengthened with engineered, modified polyester fibers.

This improved formulation was created in partnership with the Reliance Group of India, ensuring increased quality. The formulation includes VIRGIN polyester and polypropylene (mono-filament fibres) for secondary reinforcement in construction applications, made by Recron, a flagship brand of Reliance.

This partnership has enabled Berger Paints Bangladesh Limited to be the first and only paint company in the country to implement such innovation with effective features such as UV sparkle cross linking polymer, superior stain resistance, low VOC, anti-fungal, faster roller/brush applicability.

The stronger formulation ensures even better washability, while common household stains can be removed using plain water or soap water. For extreme stain, T6 thinner (tarpin oil) can be used.

Berger Easy Clean entails patented engineered modified polyester fibres. This three-dimensional integrated webbed network boosts the comprehensive strength of the paint than any other conventional interior paints.

This particular variant of paint is available in drum, gallon, and liter sizes (18 liters, 3.6 liters, and 0.9 liter) across the country. This variant is a colorbank based product and offers more than 2000 shades.



## ◆ HOROSCOPE ◆



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

Don't invest in joint ventures. Your partner can be difficult. Health problems are likely. Your lucky day this week will be Monday.



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

Pursue outdoor activities. Look to hobbies of interest. Avoid getting into disputes. Your lucky day this week will be Friday.



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

Endure if you wish to save the relationship. Be careful to avoid mistakes. Your work will be appreciated. Your lucky day this week will be Thursday.



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

Plan any event carefully. Romantic encounters are likely. Avoid issues with in-laws. Your lucky day this week will be Wednesday.



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

Children can cause trouble. Avoid criticising others. Keeping a level head is key. Your lucky day this week will be Thursday.



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

Find ways to stay occupied. Consider making career changes. Reorganise your finances. Your lucky day this week will be Tuesday.



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

Put your plans to action. Win favours with superiors. Delve into worthwhile causes. Your lucky day this week will be Saturday.



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

Fulfil your duties. Family members can be a source of grief. Keep an eye on your health. Your lucky day this week will be Wednesday.



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

Look into creative endeavours. Avoid going behind people's back. Take care on spending money. Your lucky day this week will be Monday.



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

Uncertainties in your life will be unnerving. Invest in viable projects. Make plans to travel with your partner. Your lucky day this week will be Monday.



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

Sort out pending paperwork. Think about yourself for a change. Make new friends and broaden your horizon. Your lucky day this week will be Sunday.



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

Avoid staking your own money. Do something energetic. Don't hurt anyone's feelings. Your lucky day this week will be Friday.

#FASHION

# Working from home in Wearhouse

For the past few months, working from home has become the norm for many, and as ex-office-goers struggle to maintain the balance between work and the distractions of the household, fashion has taken a backseat.

With that being said, casual attire and office wear are still necessary during online meetings and work events. To fulfil this requirement of both comfort and style, online store Wearhouse presents an array of casual, comfortable, and elegant clothing with their recent Fall Collection, catering to fit the 'work from home' criteria.

Tasnim Ferdous launched the online store in 2015 as a hobby to design clothes she wanted to wear but could not find in the market. A year later, she devoted herself full-time to the store.

Her background in architecture is heavily reflected through the prints and illustrations on the clothing through bold colours, print-based doodles and illustrations of our social surroundings and landmarks. Ferdous aims to create awareness regarding the architecture of Bangladesh through fashion and encourage local products by using local materials in the clothes.

The recent collection embodies the theme of 'working from home.' To stave off the feeling of isolation and confinement,



the free-flowing clothes with cheerful and colourful prints instil a sense of happiness and calmness. Particularly, the new 'starfish' prints, inspired by Ferdous' own scuba diving experience, breaks the feeling of isolation by illustrating an underwater journey.

The original starfish doodles, handcrafted on pure cotton, come in bright summer colours in jumpsuits, pull-up kurtis, long dresses and so on. The breezy summer clothes transport nature indoors through soothing colours and floral doodles, which come in varieties of styles including boat necks, half sleeves and cape sleeves, tassel pull ups, side pockets and many more, all in soft fabric to keep one comfortable and fashionable at home.

Starting from kurtis inspired by

underwater elements, kurti-palazzo sets to long dresses in different cuts and colour variations to 'Noyontara' kaftans and jumpsuits, the clothes come in breathable fabric, suitable for both work and leisure.

The clothes come in sizes ranging from 34 to 50 to make sure no one is left out. Ferdous attributes the availability of the wide range of sizes to promoting body positivity as "it does not matter what your height is, what the colour of your skin is, as all you need is confidence to feel good about yourself"

Wedding events and brides have not been overlooked. Warehouse takes up bridal events to produce colourful and detailed illustrations to fulfil the bride's requirements and fit the wedding theme. Of course, this requires at least three-months' prior notice and appointments to create detailed samples before achieving the final garment.

With the recent focus on hygiene and sanitation, Warehouse guarantees full precautionary and safety measures. The production site is sanitised daily and for extra measure, only one person handles the product, maintaining all safety regulations. Additionally, they have paused hosting showcases for their products till the situation improves but are open to appointments for which customers are

requested to reach out either through the Facebook page or through Instagram at [wearhouse\\_bangladesh](https://www.instagram.com/wearhouse_bangladesh).

Their diverse products are not only limited to those living in Bangladesh where home deliveries take about three to four days, but also available to other countries as they ship internationally.

Wearhouse has something for everyone. Even if one cannot find the style their heart desires, they also sell separate fabrics allowing customers to make and customise their own clothes according to their comfort. Moreover, the store will be launching its vibrant Puja Collection on 17 September. This collection will feature reversible saris and other festive silk attire bejewelled in sequins with a jovial colour theme, along with subtle yet celebratory outfits for those planning to spend the festival season in the comforts of their home.

Ferdous is driven to work with desi products, cheerful colours and detailed prints. Having something for every style requirement, she hopes to encourage people to buy locally and perhaps even spread the beauty of the Bengali style and tradition breaking geographical boundaries.

**By Puja Sarkar**  
**Photo Courtesy: Wearhouse**





Life Style

#FASHION

As summer waves us goodbye, fall almost tiptoes in. The pandemic successfully ruined our summer plans, including most of our styling ideas for 2020. However, as the year nears its end and South-East Asian street-style scenario revives slowly, the popular trends for the next few months have been gaining momentum. Designers are busy etching out styles for the coming fall season and we are pretty much — ‘super excited!’

# Fall adventures

Here are the top three styles that you need to follow to get back into the game.

**PASTELS ARE BACK**  
After spending months in quarantine wearing nothing but sweatpants and t-shirts in dull hues, it's finally time to flaunt the aesthetic side of our personalities. And pastels somehow blend in with the colours of the season. Romantic as they are, these colours look gorgeous on the Bengali belle — be it on a sari, kameez or a kurta. Just remember to pair the pastel fabric, whatever it may be, with a Baguette bag and colourful headgear. Yes, the '90s are back!

**LONG FLOWY DRESSES**  
Another trending 'blast from the past' item is the long flowy dress. You have already worn them in floral prints, but this time, designers mostly stick to the basic, plain fabric, highlighting the cuts and the flow. Minimalism at its best!

Hope you have been able to sense the vibe behind the trend — its comfort! The pandemic has certainly taught us to feel a special affection for this special category and hence, the idea is reflected in all aspects of life, including fashion.

This means that long flowy dresses are no longer paired with 6-inch heels and arresting jewellery but with regular sandals, flip-flops and single stone studs.

You want to show your flair, remember it's hidden in the simplicity.

**FASHION STATEMENT MASKS**  
This last bit is a choice. One can wear the regular masks or fashion mask based on preference. But it's definitely the protective item that has become a mainstay in our daily lives. With this very information in mind, the fashionista amongst you can definitely show off your personality with this must-have essential item. Our suggestion would be to keep these masks in basic colours and try to match the outfits you have planned to wear throughout the day. I would definitely stock up on loads of masks in pastel shades for the season. I am sure, now that you know what's trending, you will too!

**By Fashion Police**  
**Photo: Sazzad Ibne Sayed**  
**Models: Tania, Arpita, Manoshi**  
**Styling: Sonia Yeasmin Isha**  
**Wardrobe: Rose by Nizhu**  
**Makeup: Noyon Ahmed**





08 **Life** Style

**THE MILLENNIAL COOK**

FARIHA AMBER



# For the mac and cheese!

A glossy, gooey, cheesy sauce covering every crevice and arch of macaroni, served piping hot in a bowl that can be enjoyed at any time of the day — this sounds like the perfect comfort food, and it surely is! You might have guessed it by now, it is macaroni and cheese that is being glorified here.

Albeit macaroni and cheese has its roots deeply etched in the Italian cuisine, its vast popularity enabled it to have its own renditions in various parts of the world. While in Brazil, cream cheese is a core ingredient, and in Egypt, people prefer to have it in pie form, all variants of the dish are delicious nevertheless.

Mac and cheese is unquestionably a delectable food to savour given the minimal effort and ingredients it requires for its appetising taste, not to mention it can be put together very quickly as well. It is a



well-suited food to prepare even for amateur cooks that can bring about amazing results without failure.

Whether you like to serve it for brunch on lazy mornings or use it as company while binge watching movies, a good bowl of macaroni and cheese never fails to warm up the soul. Thus, here are four variations of scrumptious mac and cheese for you to relish. From classic to stuffed, there is one for every occasion.

## CLASSIC MAC AND CHEESE

This classic recipe of macaroni and cheese

is easy to make and a must-try. It is quick to cook, requiring minimal preparation and is also a versatile recipe where you can use this as a base and add other ingredients and condiments as per your preference.

### Ingredients

2 cups elbow pasta  
60g butter  
3 tbsp flour  
2½ cups milk  
1 cup shredded cheddar cheese  
1 tsp salt  
½ tsp black pepper powder  
½ tsp chilli flakes  
1 tbsp chopped parsley

### Method

Add enough water in a pot to cover the stated amount of pasta with plenty of salt and bring it to a boil. Once it reaches a rolling boil stage, drop the pasta and let it cook uncovered for about 15 minutes or until al dente.

Meanwhile, place a pan on medium-high heat and add 60 grams of butter to it. Once the butter is melted, add 3 tablespoons of flour in small amounts and stir continuously using a whisk. Cook this for a couple of minutes while still stirring to cook off the raw flour taste. This is the base of the sauce, which is also known as a roux.

Next, gradually add in 2½ cups of milk in a steady stream while whisking continuously. Once the milk is fully incorporated, add 1 cup shredded cheddar cheese and stir well. The sauce should be thick and bubbly by now.

After that, add in the condiments including salt and crushed black pepper —

check for seasoning and add accordingly as the saltiness also depends upon the sharpness of cheese. Then, add in the chopped parsley and chilli flakes and reserve a little for garnish.

Drain the cooked pasta and add it to the cheese sauce. Stir to combine and serve piping hot with a sprinkling of chopped parsley and chilli flakes atop.

## SEAFOOD MAC AND CHEESE

*If you are a fan of seafood pasta, but the very thought of cooking seafood concerns you, then worry not because this recipe is a fool proof way to cook seafood at home. It eliminates the rubbery texture that homemade seafood often has and is sure to tantalise your taste buds.*

### Ingredients

2 cups macaroni  
1 tsp chilli flakes  
1 tbsp chopped coriander  
For the sauce —  
50g butter  
2 tbsp flour  
2½ cups milk  
1 cup shredded mozzarella cheese  
For the seafood —  
500g seafood mix  
2 tbsp oil  
1 onion  
1 garlic glove  
1½ tsp salt  
1 tsp crushed black pepper  
½ tsp chilli powder  
½ tsp turmeric  
½ tsp garlic powder  
2 tsp Cajun spice  
1 tsp mixed herbs

**Method**

Cut and prepare your selection of seafood into bite-sized pieces; this recipe includes a mix of shrimp, squid, octopus, and cuttlefish. Add spices, including turmeric, chilli powder, salt, black pepper powder, garlic powder, Cajun spice, and mixed herbs to the prepared seafood. Mix this well and let it marinate for about 30 minutes. Also, finely chop the onion and garlic clove.

Next, bring a large pot of salted water to a rolling boil and drop the macaroni in it. Let this boil until fully cooked while still firm. Meanwhile, cook the seafood; in a pan add 2 tablespoons of oil and allow it to heat up. Drop the seafood mix and cook for a couple of minutes while stirring.

The seafood will release moisture so cover this and allow it to cook for 10-15 minutes, or until all the moisture evaporates. Stir 2-3 times in between ensuring all sides are equally heated. Once fully cooked, remove the seafood onto a plate using a slotted spoon.

In the same pan, add in 50 grams of butter and let it melt. Add chopped onions followed by chopped garlic and cook them until translucent. Drop in 2 tablespoons of flour in two additions and whisk to combine fully. Next, pour in 2½ cups of milk in a steady stream while stirring all the while.

Following this, add in 1 cup of shredded mozzarella cheese to the sauce and stir — cover with a lid and let the cheese melt entirely. Meanwhile, drain the pasta using a fine mesh sieve. Once the sauce is thick and bubbling, add the seafood back, along with the cooked pasta.

Mix everything together to incorporate fully and sprinkle chopped coriander and chilli flakes on top as garnish.

**STUFFED BELL PEPPER MAC AND CHEESE**

If you ever find yourself confronted with a dilemma of choosing between Bolognese pasta and macaroni and cheese, then this recipe shall be your fix. Cheesy pasta loaded with Bolognese sauce that is filled inside

bell peppers and baked to perfection with a crunchy top; every spoonful of this will leave you craving for more.

**Ingredients**

- 2 large red bell peppers
- 2 large green bell peppers
- 2 large yellow bell peppers
- 2 cups elbow pasta
- For the Bolognese sauce —
- 2 tbsp olive oil
- 500g beef mince
- 1 onion
- 2 cloves garlic
- 1 cup tomato purée
- 1½ cup beef stock
- 1 tsp black pepper powder
- ½ tsp dried rosemary
- ½ tsp dried thyme
- ½ tsp paprika powder
- ½ tsp sugar
- 1 tsp salt
- 2 bay leaves
- 2 tbsp tomato paste
- 1 tbsp balsamic vinegar
- 1 tbsp Worcestershire sauce
- For the cheese sauce —
- 50g butter
- 2 tbsp flour
- 2 cups milk
- ½ cup grated mozzarella cheese
- ½ cup grated cheddar cheese
- For the topping —
- ¼ cup breadcrumbs
- 1 tbsp mixed herbs
- 1 tbsp butter

**Method**

Begin by preparing the bell peppers — chop off the tops and remove seeds from the centre, leaving a cavity in each bell pepper. Brush the exterior with olive oil and lightly sprinkle with salt and keep them aside. Finely dice the bell pepper scraps, onions, and garlic cloves and let the pasta cook inside a pot with salted boiling water until al dente.

To make the Bolognese sauce, add 2 tablespoons of oil in a pan followed by the

chopped onion and garlic to cook them until fragrant and translucent. Next, add in the tomato paste and cook for a minute. Then add beef mince and stir to cook for about 5 minutes until it changes colour. Once in that stage, add the diced bell peppers.

Next, pour in the tomato purée along with beef stock and add the condiments including salt, black pepper powder, dried rosemary, dried thyme, paprika powder, sugar, and bay leaves. Add in balsamic vinegar and Worcestershire sauce and stir to combine. Cover this with a lid and let it cook for 15-20 minutes until most of the moisture is evaporated and you are left with a thick Bolognese sauce.

Meanwhile, in another pan, add in butter and allow it to melt. Once molten, drop in flour and whisk until fully incorporated. Then gradually pour in milk along with shredded mozzarella and cheddar cheese and stir to combine until the cheese is completely molten. Into the cheese sauce, add the cooked pasta along with prepared Bolognese sauce and mix to combine.

Preheat your oven at 160° C and mix the breadcrumb and mixed herbs together along with butter. Scoop the mac n' cheese inside the prepared bell peppers and top generously with the breadcrumb mixture. Let them cook in the oven for 10 minutes until the tops are crunchy.

**MAC AND CHEESE WITH CRUCIFEROUS VEGETABLES**

Do you really have to ditch the mac and cheese for being a healthy eater? Not with this recipe! This macaroni and cheese recipe is loaded with the goodness of cauliflower and other cruciferous vegetables that are well incorporated into the sauce, making it a great way to sneak these healthy ingredients into your diet.

**Ingredients**

- 2 cups elbow pasta
- 1 head cauliflower

- 2 cups broccoli florets
- 1 cup shredded cabbage
- 2 tsp mustard
- 1 tsp lemon pepper powder
- 1½ tsp salt
- 1 tsp garlic powder
- 1 tsp mixed herbs
- 1½ cups milk
- 40g butter
- 2 tbsp flour
- ½ cup cream cheese

**Method**

Add enough salted water to cover the pasta completely and allow it to boil. Meanwhile, chop the cauliflower head into little bite-size chunks and do the same with broccoli. Once the pasta is cooked and al dente, drain the water using a fine-mesh sieve and reserve a cup of the starchy water.

In a blender, drop the cauliflower chunks along with the reserved pasta water in gradual additions and blend them together to make a fine purée. If the water is still hot, remove the funnel from the blender's lid and cover the top with a cloth while using it. The cauliflower purée should have a thick consistency.

In a pan, add the butter followed by flour and whisk them together for a couple of minutes until the raw flour taste is cooked off completely. Next, add in the shredded cabbage followed by salt, garlic powder, mixed herbs, and lemon pepper powder. Stir everything together and cover the pan with a lid in order to allow the cabbage to fully cook, for about 10 minutes.

Next, gradually add in milk while stirring simultaneously. Add the cauliflower purée along with mustard and cream cheese and stir to attain a homogenous mixture. Lastly, add the cooked pasta into this concoction along with broccoli florets and stir to combine.

**By Fariha Amber**

**Food and Photo: Fariha Amber**





# Bags for Fall

The season of fall, luxe bags and polished leather — the trio that sums up our desires. Fall fashion has our hearts and nothing beats a refined bag to tie our cosy outfits together. And it excites us a step further to see the trending leather bags this year, all taking over the fashion scene to serve us the most outstandingly chic looks possible.



As classic as they shall remain to be, leather bags at the moment are very on-trend, with almost every fashion brand coming up with their own creations. They have completely taken over both the runways and our Instagram feeds. And in all honesty, we are all about this hype. Leather looks sophisticated and lasts a good while. They add a posh-factor to the most basic styles — completely elevating the entire tone, especially when it comes



to styling fall-looks, we cannot think of anything more elegant than a nice leather bag.

On top of that, warm tones are mandatory for fall; besides our well-loved blacks and whites, browns, beiges, mustards and pistachios are one of the most sought-after colours to look for this year. They all complement the fall-palette. But if you can only opt for one, we say you get a beautiful warm-brown toned bag; it will pair well with almost every one of the looks you have planned.

As for the bag-styles, quite a few are in vogue. From vintage to contemporary, the styles vary from bigger ones to smaller with a simplistic trait in common. And it's hard to make a pick; all of them are nothing less than fabulous! They all give off a different feel and will transform your

outfits in different manners. So, we are listing a few that might suit your personal style and be your inseparable companion for the season —

## Small bags with short handles

These bags are easy to take and look adorable. They are super chic and more on the modern side of the spectrum. Goes



with both flowy-dresses and fitted-formals, it's a dainty little touch to your pretty outfits.

## Wide bags with long handles

A vintage comeback, wide bags with long handles look graceful with every outfit. From a super cosy trench coat with even a simple top, this bag can add all the elegance to finish off any basic fall look.

## Cross-body

Throw on a cross-body to get your look



right at ease. Convenient to carry and functional, a cross-body is all you need for the casual days. Plus, it goes great with most looks, ranging from girly to grungy!

## Waist bags

Waist bags are the perfect option to pull-off a modern-grunge aesthetic. They look best over pants and bring more attention to the curves of your waist. We live for the carelessly-fun vibe they give off!

With all these bags around, make your pick smartly. Choose one that you will carry often and get the most use out of. Do not forget to take proper care so the leather stays looking beautiful for the longest. And most importantly, have fun rocking all the stunning looks!

By Zohaina Amreen

# Return of the Baguette Bag

While most things have gone downhill in 2020, some have gone up, and we are glad that small purses are one of them. Large chunky bags were big until last year, and while they have not gone redundant, smaller bags have been more popular, in particular baguette bags.

A staple accessory from the early 2000s, this design has made its way back, and of course, in funkier colours and prints than the last time it was around. So, it only makes sense that we take a closer look into this old, but rediscovered purse trend.

## The Croc Effect Baguette

Kicking it off with the most popular on the list, you have probably seen this numerous times while scrolling through social media. This dainty purse has a croc-effect for a nice texture, slim handles, a slim body, and a chain.

This style specifically has been an all-rounder. It is classy, well suited for the evening and dates. At the same time, it is casual enough to take to the mall. Now that is a hard combination to find!

## The Buckle Baguette

Even though these are small, you can



always throw on a buckle. Save this for the boot season when you match one with the other for a tied-together look. Thanks to the buckle, these are more suited to heavier clothing styles, such as oversized blazers or sweaters.

## The Wide Handled Baguette

This style simply has a wider handle compared to the traditional baguette bag. While the bag itself remains petite, the handle gets an upgrade. This certainly adds more character, not to mention structure to the purse.

While they pair well with pretty much every kind of outfit, they are especially suitable for clothes with strict shoulders. This means blazers, suits, or even balloon sleeves where this creates a definite line of separation.

## The Cloth Baguette

This sleek trend is not confined to harder materials and can be found made from softer cloth as well. These are not as sturdy, but they do a fine job of making an outfit look natural and comfortable. And because of this, this style is best for casual outings. They pair really well with a kurta or shalwar kameez, which shares similar cloth structures.

## Make it Yours

As one of the most popular bag trends this year, expect to see a lot of this bag around you. They do come in various colours, styles, and textures with minimal design differences

too, but if you want to, you can take it a step further to make it your own.

Chains are one accessory that can be used. You can pick anything from your current collection. These can be neckpieces or chunky chains from other bags you might have. And if they are too long, use double layers.

One way is to wrap them around the handle and attach each end to the hooks. Or you could simply let them hang down the side.

Pins are another way you can spruce up your purse. And of course, scarves. Silk scarves are a classic bag accessory. Even though they are traditionally reserved for bigger bags, do not feel shy to try it out.

Not all baguette bags you find will be labelled 'baguette'. But you have certainly come across them more than you think. The idea is to have a slim and long purse that tucks well under the arms with a petite handle. It is functional and fashionable, so there is little reason to not check it out.

By Anisha Hassan

Photo: LS Archive/ Sazzad Ibne Sayed

#DECOR

# Shared office spaces

Pulling up a Sayl chair and settling in to your designated hot desk at your usual 9-5 is what drags the working class out of bed five days a week, 260 days a year. But this daily phenomenon is not achieved by the weaning appeal of cold floors, boring beiges and isolated workstations.

Not for the laid-back millennial gradually edging out white-collar conformists anyway!

A budding niche in commercial real estate has been capitalising on the modern concept of co-working spaces where a single, vast office floor is broken into cubicles and rented out to other companies.

And, so, the hottest offices to work at in these changing economic times has increasingly become one where your company is a professional tenant and where you soak in the mixed styles and services of trending shared office spaces!

But co-working offices are more than just a melting pot of different companies running point from under the same roof. They are a practical answer to problems faced by entrepreneurs today.

"Bangladesh suffers from a lack of flexible office solutions and co-working spaces," states Fahad Ibna Wahab, founder and CEO of CoSpace, an enterprise dedicated to corporate office management and providing shared offices to local and international organisations.

"Founding start-ups means investing lakhs in renting, furnishing and running an office for perhaps, just 10 people without even knowing for sure if your idea will take off. You can't even tell how much/how little your company will grow or, even if you'll manage to make any profit in practice at the end of your fiscal year," explained Wahab.

"Economic and operational uncertainties more often than not tank your initial investments after which you're left paying massive overheads on failed attempts. In contrast, opting for a co-working space

simply means moving in to a ready-to-use office without any investment, defining your own terms when it comes to how big or small of a space you want to start out with and walking away with minimal collateral costs whenever you want," he resolves.

Speaking of the economy, the global coronavirus pandemic has dipped whole economics, including that of Bangladesh and caused businesses to incur losses that will take years to recover. At the current state, during this period of recovery from the fallout, co-working spaces may be the



perfect solution to limit investments for entrepreneurs and remote workers.

But what kind of entrepreneurs are we talking about here?

Mostly, all of them!

Any company, including new businesses, with teams of 4 to even 30, in e-commerce, risk management, technology, law, fashion, construction and more can be accommodated at co-working spaces.

Shared offices are especially a go-to for freelancers who yearn for a hot desk to operate from. CoSpace in particular, provides a host of facilities and services to house all the clients coming through its doors; the top one arguably being its prime location of Kemal Ataturk Avenue in

Dhaka's Banani.

Moreover, at CoSpace, you can rent out open and dedicated desks, private cabins and office rooms for up to six people. You will also be able to exploit virtual office services where you get to use CoSpace's address as your commercial destination to get your parcels/letters delivered and stored, along with a virtual receptionist. CoSpace also boasts a 40-person canteen, conference rooms, a lounge and reception, central air conditioner, power backup, high-speed Internet and private lockers. These

simply the network of like-minded people, different in their own fields, learning from each other to be better and challenging each other to do better.

"This is why shared offices offer better chances at success. When you are around 10 other companies working alongside you to solve a market need, you feel the pressure and are driven to give your best," affirmed Wahab.

There's little to lose at shared office spaces. But does that mean the death of conventional offices?

"Banks and institutions for 40 plus people and/or long-term leases should still go for layouts of square offices. In that sense, the old idea of an office is in no way dead. But we are seeing a shift in how things are done. The rise of office management solutions being outsourced by bigger corporations to companies like CoSpace who can take care of things like decor, utilities, security, cleaners and external support staff means you're just billed one invoice at the end of the job," states Wahab.

Similar companies making your life easy that way include CO-LAB Dhaka, Workstation 101, Moar and Office Suites, to name a few.

That's the goal at the end of the day though: to make life easier! On that note, ditch lounging around in the coffee shop down the street or a poor excuse for a work table in the corner of your bedroom and embrace real productivity. After all, a swivelling chair is only fun to twirl in when you can revel in the insights that would not otherwise occur in a conventional office or even at home!

By Ramisa Haque

Photo Courtesy: CoSpace

Essentials:

CoSpace: <https://www.cospacebd.com>

Contact: 01557-837283

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**ফাস্ট ওয়াশ**  
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নাম**

with color guard  
**Fast wash**  
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POWDER

১টি  
৫০ গ্রাম

টিবো ফ্রী  
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# One year of luxury lifestyle with Penthouse Livings

What is common among brands like BMW, Apple, VITO, and KOHLER? They all define luxury with functionality and are all available in Bangladesh through Meghna Executive Holdings. The latest addition to this group of lifestyle brands is Penthouse Livings Limited, which recently completed one year of successful operations in the country.

Located in one of the most vibrant parts of the city, the sole showroom spanning over 7500 sq. ft. is situated in Banani, giving them an edge to capture a rather growing niche segment of the country who seem to be fascinated towards living a luxury lifestyle.

Evidently, a sizeable chunk among the citizens of Dhaka are starting to put emphasis towards home décor and lavish interior design. Recognising this new shift towards luxury living, Penthouse Livings inaugurated as the brainchild of Moklasur Rahman Pinto, Managing Director, Meghna Executive Holdings on 25 October, 2019.

Since then, Penthouse Livings has received an overwhelming response, which comes as no surprise as it provides customers with a global shopping experience locally. The luxury lifestyle brand is home to several renowned furniture and home décor brands from around the world,



giving shoppers the freedom to pick and choose everything under one roof.

Some of the most desirable lifestyle brands around the world that maybe difficult to find elsewhere in Bangladesh, but are not foreign within the bounds of Penthouse Livings include Christopher Guy, Caracole, Nourison, Eichholtz, Jonathan Adler, Michael Aram, Kim Seybert, Anna, Cristal De Paris, Michael Amini, Hudson Valley, Intercoil, Falken Porzellan, Lenox Corporation, Richmond Interiors, Gabriela Seres, and Mackenzie Child.

Currently housing over 20 such luxury lifestyle brands, the company plans to introduce 15 more in the near future, under the guidance and leadership of M Shamsul Arefeen, Director of Operations.

The USA-based brand Christopher Guy is the most exclusive brand among these, which offers customisation options. Some of their furniture, rugs, lighting, and other home décor accessories hold the tag of Eichholtz, an elite brand of Netherlands. On the other hand, the modern and elegant rugs are products of Nourison.



Walking into the store, the first thing to notice is the brand window, which is repeated in every floor to display the most exclusive and bestselling products that are available. It is also hard to miss the eye-catching and resplendent chandeliers and wall scones during a store visit, which are mostly sourced from Hudson Valley.

The store has a unique way of displaying products, in the sense it applies visual merchandising. The combination of dramatic lighting and placement of products truly reflect what the layout would be like at one's own home. Furthermore, the store provides renowned artists the opportunity to showcase their paintings in-store.

Penthouse Livings offers a one-stop solution that covers everything from ceiling to floor, covering a vast array of products, including sophisticated furniture, exquisite tableware, elegant dinnerware, striking



mirrors, scented candles, and lighting solutions among many others.

The company caters to both corporate clients and residential customers, and Caracole is one such brand that is highly popular among both customer groups. Their long-term clients are mostly project-based and categorise under the

hospitality sector, including hotels and office spaces.

Along with that, the company also works with individual residential projects to offer personalised services. By tailoring their products and services to fit the specific requirements, home layout, and budget of every client, they offer solutions that are feasible both financially and spatially.

The brand also offers supreme architectural and interior solutions that is largely made possible due to the contribution of the in-house architects and construction supporting team, which includes Israt Jahan Ritu, Senior Architect and Nafis Mustafa Choudhury, who was also part of the interior design team initially. Furthermore, their expert logistics support team safeguards that delivery of products is done in a professional and impeccable manner.

Penthouse Livings is a trustworthy brand when it comes to providing authentic and genuine products in a hassle-free and affordable manner. By providing easy access to world class brands with premium home décor products and furniture, the company is redefining the luxury living scenario of the country.

To know more, check out —

Website: [www.penthouselivings.com](http://www.penthouselivings.com)

Facebook: <https://www.facebook.com/penthousebd/>

Instagram: <https://www.instagram.com/penthouselivingsbd/>

Showroom Address: Suvastu Suraiya Trade Centre, Plot No. 57, Block B, Kemal Ataturk Avenue, Banani, Dhaka - 1213

**By Fariha Amber**  
**Photo Courtesy: Penthouse Livings**