

Dhaka Day by Day

Variety in Breakfast

by A S M Nurunnabi

In one's food regimen, breakfast occupies an important place. This is so far the nutritional point of view. After overnight abstinence from food, the body becomes more receptive to food in the morning.

Over the years food habits including breakfast habits have undergone changes. They have evolved from an elaborate form to a skimpy one. Till the early part of the current century, breakfast for the well-to-do meant bread of different varieties, *chapati*, *parata* or *bakarkhani* and *kabab* and several kinds of *halwa* and *firni*.

Breakfast habits differ among different classes of people obviously on economic grounds. Today for the rural poor, the breakfast consists

of fermented rice with a few slices of onion, chili and some grains of salt. This is also more or less true of lower sections of people in the city. Even at those levels a slow change has been taking place. The differences between prices of rice and atta becoming almost level, there is a tendency among them to turn to attamade *chapati* whenever situation allows.

For the city dwellers mostly, the breakfast food is light and different from what one eats for mid-day meal. In the hectic pace of city life, for most of the city dwellers there is hardly any spare time for elaborate breakfast. They begin the day with a cup of tea or coffee gulped down with a piece of bread or *chapati*. It thus serves as an apology for breakfast for them. Only holidays provide breaks from such spartan regimen.

Since they make do with a frugal breakfast on weekdays, they tend to become hungry by lunchtime. But many of them can ill afford to compensate it by a good lunch. It is interesting to learn that some imaginative eateries in the city sensing the sufferings of office-goers, have started to supply a traditional breakfast of flattened rice, shredded coconut and banana and

brown sugar. For those whose taste in food has strong rural moorings, this is undoubtedly an improvement on toast and tea.

For those who can spend a little more money on breakfast, there are many roadside hotels and restaurants. It is observed that most of them do a roaring business in the morning selling *parata* or *tandurt roti*. Such items are usually taken with vegetable curry or thick lentil soup. Some customers prefer egg fry or omelette which is also supplied. Some restaurants offer an additional range of items such as beef curry, mutton curry, chicken curry, *singara*, *samosa*, etc. *Biriani* is also served as a breakfast item at some places, particularly in the old part

of the city.

In general, a characteristic feature of our breakfast dish, with exceptions for the well-to-do, is the absence of fruit items. The common items in the breakfast fare of those who can afford them are bananas, pineapples, apples, mangoes — when they are in season.

In winter, an innovation is generally noticed as breakfast items. At that time,

a kind of rice cake with brown sugar inside it is prepared through the process of steam passing through a perforated lid. This item is so popular in that season that it is exclusively taken at breakfast without any additional item.

On the whole, breakfast for most of the city dwellers does not represent a substantial fare. Culturally we are oriented to regard the mid-day meal as more important. However, in the opinion of doctors, breakfast should be balanced so that it can take care of the major part of a day's caloric needs.

There is no denying that breakfast in Bangladeshi homes, by and large, tend to become monotonous. In such a situation, the only relief lies in trying any of the good outside caterers for a change.



Lata Nasiruddin seen receiving crest from the Information Minister Barrister Nazmul Huda after the premiere show of "Chokh" at BIRDEM auditorium, yesterday. President of Shandhani Ruhul Amin Majumder is also seen. — Star photo

Death anniversary of Moezuddin

The 9th death anniversary of Advocate Moezuddin Ahmed will be observed today in a befitting manner, reports BSS.

Moezuddin Ahmed, a former MP and one of the organisers of the Liberation War, was killed by the agents of the fallen autocracy on this day in 1984.

Dhaka City Awami League will organise a discussion today afternoon at its central office in memory of the slain leader.

Need for posthumous eye donation campaign stressed

By Staff Correspondent

Information Minister Barrister Nazmul Huda yesterday underscored the need for campaign to promote posthumous eye donation.

He was addressing as chief guest the reception ceremony for the contributors and also the premiere show of *Chokh* (The Eye) at the BIRDEM auditorium yesterday morning.

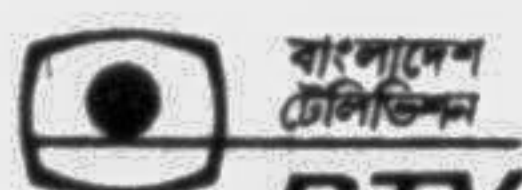
Chokh — a tele-film on en-

couraging posthumous eye donation — was made by the Sandhani National Eye Donation Society in collaboration with the World View.

The minister, speaking on the occasion observed that there were emotional factors to discourage posthumous eye donation. Waving the yellow Sandhani agreement card before the audience, the minister announced posthumous donation of his eye amid loud applause.

The artistes of the film Abul Hayat, Abul Khaer, Lata Nasiruddin, Upal, producer Nawazish Ali Khan, music director and script writer of the film Humayun Ahmed were awarded by the Sandhani for their voluntary efforts in making the film.

"Since the inception of Sandhani, we have received only 10 corneas from our donors while the rest 500 were collected from unidentified bodies," said the Secretary General of Shandhani Dr Tarik Reza Ali in his speech.



Monday

5:00	Opening announcement
5:05	Al-Quran
5:10	Programme summary
5:15	News in Bangla
5:25	Sports programme: Football-Arsenal VS Sheffield
6:25	Desh O Biggan
6:55	Open University
7:20	Nazrul Songs
8:00	News in Bangla
8:30	A special programme on World Tourism Day
9:00	Vara Nadir Barke
10:00	News in English
10:30	Comedy series: Murphy Brown
10:55	Musical programme: Disco Rally
11:30	Khabar/The News
11:40	Tomorrow's programme summary
11:45	Closing

Metropolitan

RAJUK exchanges 1400 plots: JS body told

Rajdhani Unnayan Karttripakkha (RAJUK) yesterday told a parliamentary body that so far 1400 plots had been exchanged on request of the allottees under the Town Improvement Act 1953 and nothing illegal was done by RAJUK, reports UNB.

The statement was made by the RAJUK Chairman at the 20th meeting of the Standing Committee on Ministry of Works held at Sangsad Bhaban with Works Minister Barrister Rafiqul Islam Miah in the chair.

Among the allottees were government officials, politicians, lawyers, industrialists, journalists and members of the public.

An official handout said the meeting lauded the initiative taken by the Works Minister after his surprise visit to RAJUK, Public Works Department (PWD) workshops and some other departments under his ministry.

The meeting reviewed the progress regarding the decisions taken by the sub-committee on the issues of abandoned houses.

Present at the meeting were among others MPs Keramat Ali Talukder and Shahjahan Chowdhury of BNP, RAJUK Chairman, Chief Engineer of PWD and Housing and senior officers of the concerned ministry.

BPC Parjatan Month begins October 16

By Staff Correspondent

Bangladesh Parjatan Corporation is launching a month-long programme on tourism to project the image of the country as an attractive tourist destination. The 'Tourist month' will begin on October 16 and continue till November 11.

Briefing newsmen at Hotel Abakash, Chairman of the Corporation Col (retd) Patwari said, the month-long programme is aimed at highlighting the tourist attractions of the country with a view to encouraging foreign tourists and also to promote domestic tourism.

Patwari said, all-out efforts were being made by the Parjatan Corporation to step up the quality of service and further extend promotional activities to highlight the image of Bangladesh as a country with unspoiled beauty and many scenic spots. Several new attractions for tourists are being developed, the Chairman said.

The tourist month will feature a number of programmes that include holding of rallies, tourist fairs, fashion-shows and food festivals. The Parjatan Corporation will also organise seminars, essay contests and fun festivals.

Attack on Rajbari govt college Principal slated

By Staff Correspondent

BCS General Education Association in a statement yesterday strongly condemned the assault on Rajbari Government College Principal Mohammad Yashia Islam, his wife Prof. Rabeya Begum and other members of the family by the unidentified miscreants.

The principal and his family members were seriously injured in the attack on his house last Thursday, the statement said.



DHL executives due tomorrow

Alec Ang, Area Manager, South Asia-Indochina and Poh Eng Seng, Regional Planning Director, South East Asia, DHL International are due to arrive in the city tomorrow, says a press release.

Ang will inaugurate the DHL Worldwide Express New Service Centre in Narayanganj on the same day while Eng Seng will formally open Khulna's new DHL Service Centre at the local Shilpa Bank on September 29.

The DHL senior regional management staff will attend Customer Reception at Narayanganj and Khulna after the inauguration on the new service centres.

Weather

Temperature may rise

By Staff Correspondent

The sky will remain partly cloudy over the country. Temporary light to moderate rain or thundershowers accompanied by gusty wind is likely to occur at a few places over Rahshahi and at one or two places over Chittagong division and weather will remain dry over Dhaka, Khulna, Barisal divisions.

Met office forecasts, day temperature may rise by one to two degrees Celsius over the country. The country's highest and lowest temperatures of 34.5 and 21.5 degrees Celsius respectively were recorded in Kutubdia yesterday.

The sun sets today (Monday) at 5.50pm and rises tomorrow (Tuesday) at 5.49am.

The maximum and the minimum temperatures at humidity record in some major cities and towns of the country yesterday were:

Temperature in degree Celsius		Humidity in percentage		
Cities/Towns	Max	Min	9am	6pm
Dhaka	31.7	24.7	80	76
Chittagong	31.4	25.3	92	77
Rajshahi	31.4	25.6	89	97
Khulna	31.7	25.1	85	83
Barisal	31.5	24.2	85	97
Sylhet	28.8	25.8	95	-
Cox's Bazar	32.0	24.6	73	77
Dinajpur	28.0	24.0	97	98

German envoy meets Shawkat

Ambassador of Germany to Bangladesh Dr Karl Heinz Scholtyssek yesterday paid a courtesy call on the Food Minister Mir Shawkat Ali at his secretariat office here, reports BSS.

The Food Minister apprised the Ambassador about the present food situation of Bangladesh. He requested the Ambassador for joint investment by Germany in Bangladesh.

NOTICE TO CONSIGNEES

The containerised cargo ex. M.V. LEVERKUSEN EXPRESS V-14336 from Hongkong, ex. M.V. GURU BHUM V-207N from Jakarta have been relayed to M.V. IMKE WEHR V-006, Imp. Rot. No. 768/93 is due to arrive Chittagong on or about 29-9-93 from Singapore. Consignees are requested to take delivery of their cargo from FCL containers within 5 days free time from the date of landing and if cargo not cleared within 45 days will be guided by Customs Act.

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NOTICE

It is hereby notified for general information that Liberian flag carrier ship MV "Tony Best", carrying 14,500 metric tons cement from China, arrived Chittagong outer anchorage on 24-3-93 and after the importer cleared 3,500 metric tons cement, in the first phase, it left Chittagong for Mongla Port but stuck to land accretion in the sea 60 miles south of Mongla fair way on 10-4-93. Attempt was made to salvage "Tony Best" by clearing some cement from the ship by lighter vessel MV "Queen of Heart". But on failing to lighterage cement with the said lighter, the owners later sent a powerful tug namely "Salvigor" from Singapore to salvage MV "Tony Best". The tug touched "Tony Best" on 18-5-93. After a few attempts "Salvigor" could at last free MV "Tony Best" from the accretion on 21-6-93. But MV "Tony Best" having a deeper draft it was not possible to bring it to Mongla, so "Salvigor" tugged MV "Tony Best" to Chittagong outer anchorage on 27-6-93. But the engine/generator/propeller of the ship being out of order it could not be possible to clear the goods.

Meanwhile, the ship was drifted by strong current to near Sandwip and again stuck to accretion. There some repair was done to the generator and 2000 tons cement was cleared and then freeing the ship from the accretion it was brought near the Chittagong outer anchorage.

We applied to the Chittagong Port Authority for bringing the ship within Chittagong Port. During processing of our appeal by the Chittagong Port Authority "Tony Best" was again swept away on 17-8-93 night by strong current for the third time about 10 miles north and stuck to accretion near Bhatiary Crepyard. On our appeal, an experienced pilot of Chittagong Port Authority tried to salvage "Tony Best" with Tug Kandari-2 & BLV Lusai but failed on 26-8-93. Later, on 29-8-93, we sent lighter vessel "Shah Badr-1" with stevedoring labour to "Tony Best" side for clearing goods from there. But the generator of the ship being again out of order, it could not be possible to clear the cement. We again sent mechanic to repair the generator. Meanwhile, on 2-9-93, the harbour master of Chittagong Port Authority along with an experienced pilot freed MV "Tony Best" from the accretion with the help of Tug Kandari-2 & BLV Lusai of the Authority. But then, on finding that water was leaking in the hatch of the ship "Tony Best" was not brought in, rather kept three miles north of the outer anchorage for observation.

Within the next few days water leaked in the hatch of the ship and 9,000 metric tons cement was damaged. As such, the Master of MV "Tony Best" submitted Marine Note of protest to the Notary Public on 6-9-93.

Meanwhile, the ship, in half-merged condition, drifted from Chittagong outer anchorage to about 60 miles north and stuck to sand near Urir Char.

It may be noted that the owner of "Salvigor" tug and the owner of MV "Queen of Heart" have lodged two separate Admiralty suits Nos. 22/1993 & 19/1993 respectively against the ship at the honourable Admiralty court under Bangladesh High Court Division demanding Taka two crore sixty lakh & Taka fourteen lakh fifteen thousand respectively and brought MV "Tony Best" under attachment.

It may be further noted that the owner of MV "Tony Best" also owes to us a total of Taka twenty four lakh eighty thousand against supply of food/water to the ship/ship-store supply/engine/generator repair/Chittagong Port dues/tug hire charge/lighterage charge/stevedoring charge etc. On the other hand, the crew of the ship being not paid salary for 3/4 months are passing their days in frustration. In the meantime, the importer, vide letter dated 21-9-93 has also demanded Taka two crore sixtyfour lakh three thousand three hundred as compensation against the 9,000 metric tons cement.

Under the circumstance, none should venture salvage of the ship or purchase/sale it as scrap. Anybody doing so shall bear its full liability & responsibility himself.

Local Agent of MV "Tony Best"
AEKA SHIPPING LINES

11, Dharma Sabha Cross Road, Khulna
&
Kader Chamber
97, Agrabad Commercial Area,
Chittagong.