

Kay Kraft's monsoon collection

KAY KRAFT has recently released its monsoon collection with attires for both sexes ranging through all ages. There are three types of sarees: cotton, silk and synthetic within 350-1850 taka. For the men there are many designs for fatuas and shirts both casual and formal. Prices range between 250-595 taka with many solid colors also taking pride of place. T-shirts are available for young children along with clothes for newborns.



Sunsilk hair care program

SUNSIK has launched a new campaign called Hair Adventure. Nope, you do not climb Mount Everest using your long hair but it does have a lot to do with keeping your long hair long and shiny. It does involve discoveries such as what type of hair you have. Computer software is used to determine your hair type and the particular shampoo required to maintain it. The campaign also helps women choose hair styles matched to the shape of their faces. The campaign started since 19th June at the two branches of Agora. Too bad there isn't much for men to do.



EPIQUEs self employment programs for women

EPIQUE Institute offers programs for women to start off on self-employment related to food preparation and computing. It completed its first batch of Professional Cooking Course on 30th May 2004. The next course started on 3rd July while course on Thai & Chinese starts on 11th July, sweets and curd preparation on the 17th and Bakery course on 27th July.

Mango & Ice Cream Promotion

WHO could turn down such an irresistible combination of Ice Cream and the season's most popular king of summer fruits, the Maggo? Both kids and adults alike will surely welcome a big helping of this summer temptation!

To beat the scorching heat and cool off - treat yourself with scrumptious Golden Mango Surprise which is made with delicious mango filled crepes, served with your choice of Ice Cream and topped with Chocolate Sauce and Whipped Cream! Or, try our fabulous Mango Split, that is a trio of Ice Cream of your choice and served with fresh Mango slices, topped with Chocolate Sauce and Whipped Cream!

Delicately arranged and artfully presented, these tasty treats will be created under the supervision of Sheraton's Executive Sous Chef Linus Rosario, the king of summer fruit mango and ice cream!

This month-long temptation is kicked off from mid June and lip-smacking delights will be available at the Hotel's Bithika Restaurant, Poolside Restaurant Italia Bar & Bistro and The Tea Lounge of Dhaka Sheraton for you to enjoy.

-LS desk



DIARY OF A FOOD OBSESSED PERSON BY SAM Q



Diary of a Food Obsessed Person

Dearest diary,

It is that time of the year again. Everybody is either going on a holiday or coming back from one and of course, friends and relatives.....meaning a very demanding sibling, coming into town from different parts of the world. H-E-C-T-I-C. You know, human cloning actually seems quite a possibility from my point of view. So everybody can get a piece of me. I know, I know, everybody loves me, popular person, in demand, all this blah blah and BS is quite an ego boost but I wish...

once in a while, they should get of my case. Only yesterday I got three different angry reactions from three different sectors. To top it off my mom says, "beta, you are only giving time to your friends, what about me? Poor thing she got the blast of my simmering patience. Anyway diary, if only my friends could read my secret out pouring, I am sure they would all boycott me. Thank goodness! No chance of that happening. Anyway I am back from my holiday. My son and I ate like there was no tomorrow. And my son said, "Yeah mom, what if there is no tomorrow? Lets go for it." But let me tell you something, continental food sucks. In my opinion authentic Chinese and Thai food simply says it all. That's what taste is all about. We went to

an Indian restaurant which is owned by a Bengali person and is going through there guest book which boasted having Arundhati Roy, Ashwariya Rai, Cheri Blair, Sting, The Osbourne family and also the likes of Sachin Tendulkar, but the food there was so... so... ordinary. Shefali, my friend's cook, cooks Indian food way better than any Indian restaurant. I needn't had gone to Soho for that kind of food. Anyway my tall, leggy perfectly proportioned friend is back from her far east holiday also, raving about the food and all and has the audacity of telling me she has put on six pounds and that is not the end of it. She says she only wants to loose three pounds and keep the other three. And to make matters worse she was saying them to ME. By the way actually the worse is yet to come. My freshly arrived foreign friend, petite and slim, after being complemented on her look says to me "no I don't I feel pretty, I feel fat; I'm not in my happy weight." Sometimes I feel they hang around me just to feel slimmer. By the way this foreign friend of mine is 5 ft and 3 in tall and weighing at a maximum of 52 kg's. How 'happier' do you want to be, woman? Anyway I am going to finish off with a tasty Chinese recipe today. Try it out and see how it goes. In the early years of my

married life we used to go this floating Chinese restaurant where they served this dish made with pigeon meat. I now make it with minced chicken. Turns out pretty good.

Minced chicken in lettuce

4 dried mushrooms
1 tbsp oil
400 gms minced chicken
6 green onions roughly chopped
1 clove garlic crushed
2 tsp sesame oil
2 tbsp soy sauce
2 tbsp oyster sauce
2 tsp corn flour
100 gm fried noodles
1 cup bean sprouts chopped coarsely
2 small onions sliced extra thin
8 large iceberg lettuce leaves

1) Place mushrooms in small heatproof bowl, cover with boiling water, wait 20 minutes, drain. Discard stems and chop coarsely.

2) Heat oil in wok or large frying pan, stir fry chicken until cooked through. Add mushrooms, onions, garlic, sesame oil, sauces and corn flour and stir fry for 2 minutes. Just before serving stir in noodles, sprouts and extra onions. Divide mixture among lettuce leaves, wrap and serve.

Overnight pack

HAVE you noticed how it's always more difficult to pack an overnight pack than it is to pack for lets say...a whole week? That's because usually a weeklong trip requires much more planning and with that planning comes an understanding about what you need to take and what you don't need. Rest assured because we'll be helping you decide what you need for an overnight pack.

Let's start with the toiletries kit. Whether it's an overnight stay or a weeklong one your toiletries kit should always carry these things: miniature bottles of shampoo and conditioner, a little bar of soap, a tiny tube of toothpaste, a toothbrush and a hair brush. Then in addition according to the



weather add a little bottle of lotion or powder and Chap Stick as needed. No one ever said that an overnight stay wouldn't take its toll on your skin. Also carry a portable hair dryer if the event calls for it.

Now for clothes. If you're going on a business trip, take a set of formal clothes and matching shoes for the event and a set of regular clothes to change into later. If not, just take set of regular clothes for the next day. Also take a set of undergarments for the next day. As for miscellaneous things, take a hand towel and a bath towel.

If all of this seems a bit confusing to you, here's a recap on what you need for an overnight pack:

A toiletries kit, travelling hair dryer, hand towel, bath towel, set of undergarments, set of regular clothes, set of formal clothes (if needed), pair of shoes, Bon voyage!

By Tahiat-e-Mahboob

Travelling with allergiesss

THE first step in successful vacation planning is to know what your asthma triggers are. Avoidance of your known asthma triggers is half the battle toward asthma control. Dry climates will have more dust, but less pollen, while humid climates may have less dust, but mold and pollen counts will be much higher. You may have relatives who smoke or own pets that you have a known allergy. Food allergies are also important to consider when eating unfamiliar dishes away from home.

Methods of travel also have to be taken into consideration. If traveling by plane, make sure you take your asthma medication as carry-on luggage. Even when taking trips by car, it's advisable to have your "Rescue Medications" always close at hand. Avoid leaving medications in a car for any length of time. Temperatures in a closed car during the summer can reach 160 degrees in a matter of minutes and many medications don't do well at high temperatures.

Many people choose to enjoy the great outdoors by doing camping trips. Asthma planning is a must for these trips also. Don't let the relaxed pace of a vacation lull you into neglecting to take medications, doing peak flow measurements, and any other activities that are part of your asthma plan. This will help insure a safe and fun vacation.

Traveling With Food Allergies Can Be Dangerous. While a food allergy can make preparation for vacation travel more complicated, allergy sufferers should not be discouraged. If you suffer from food allergy, there are several things you can do to insure a reaction-free trip. One of the first things you should do before traveling is talk to your allergist. If you suffer from allergies, you and your allergist should discuss your travel plans, including the travel-related risks, and decide on what medications to bring with you. An easy way to insure that you are effectively avoiding consumption of your allergy food is to bring your own food. If you have control of what is in your food and what the food container has come in contact with then you will be more likely to avoid a reaction.

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