

Summer Eid: dos and don'ts

Summer Eids are going to be the norm for the next few years, and thus we must remember to adjust expectations and plans to make it the most fun.

DO'S

Have a lot of cool drink options. Colas are often a staple, but as they are not as healthy, an array of fruit juices can be a great addition to the menu in this heat. Lemonades, shakes, mojitos and iced teas are just some of the options you can look at.

Fancy ice cubes

Instead of freezing water in the trays to add to your drinks, freeze fruits or tea to add to your drinks. Not only does this make your drink look good, it enhances the taste since you are not using water. To make your ice cubes look prettier as well, throw in some herbs or pomegranate seeds into the cubes, and they will come out looking like crystal decorations you can drink.

Eid outfits

Opt for breathable fabrics like cotton to wear during the day, as well as sandals, so your feet too, feels the air. If you have long hair, consider a bun or nice loose braids which will allow your scalp to breathe while your hair does not get caught up in sweat.

New clothes for all the staff

As you get dressed up for Eid in brand new clothes, see to it that your help does too. Even though they might be helping around the home and kitchen, make sure they do so in new attires, so their Eid is just as joyous.

Have non-dairy dishes too, in case there are guests with lactose intolerance.

Have a lot of salads on the menu. Fresh greens have this light watery crunch which helps to balance even the oiliest of meals, which feels great on a hot summer's day.

DON'TS

Avoid fried food on the menu

We have had these all throughout Ramadan, so let us skip the oils on Eid, since



oily foods and a warm weather does not go hand in hand.

Stay away from food that is too rich for the lunch menu. In the hot humid weather, dishes like these can cause some uneasiness in the tummy. Save them for the dinner time instead, when the weather is a little more lenient on us.

Outdoor parties

You can also add this for the night time, or at least after evening, because as good as outside gatherings are, the weather will not let you have fun. Prepare ahead with lots of stand fans as well, since we cannot always rely on nature for cool winds.

Don'ts for Eid outfits

Try to avoid dark colours during the day, as well as fabrics like georgette, which enhance perspiration. Stay away from closed shoes too, which will lead your body to heat up more. Try to avoid a lot of hair spray or tight hair dos, since these make your scalp sweat more, and can lead to headaches.

Thick makeup

It will only melt off of your face, and even if it is waterproof, it will feel heavy and uncomfortable. Go with lightweight products, and avoid too much layering, and yes, we are talking about baking your face.

A closed home

With closed doors and windows, we love to close ourselves in our little cages aka bedrooms. This Eid, why not try getting out of our little spaces, and actually open up all the doors and windows, and letting some air and sunlight in. Although it is pretty hot outside, open windows also let air flow, cooling down the home and making it more fresh and breathable.

By Anisha Hassan

Photo: LS Archive/Sazzad Ibne Sayed

CHECK IT OUT

Eid-ul-Fitr arrives bringing joy, and shopping for new clothes for the occasion is not only limited to oneself, but family and friends, and of course, children. The littlest ones must have the perfect outfits. "Mum & Little Ones," a rising brand, is a place to find everything children might need for Eid!

For babies, Mum & Little Ones has casual shirts, t-shirts and pants for boys of 3 months-5 years, ranging between Tk 900-2500. Traditional cotton panjabis are offered for 1-7 years at Tk 1200-1500, along with sherwanis for 1-6 year olds at Tk 2300-3600. Alternatively, find a stylish suit at Tk 4800-5500 for 1-2.5 year olds.

For girls, cute party dresses are available for ages 3 months-6 years, ranging from Tk



1500-7200. Also, lehengas for 1-5 years at Tk 4425-5060, and beautiful casual dresses for ages 3 months-3 years at Tk 850-1850. Regular cotton dresses are from Tk 350-1260.

No outfit is complete without the perfect pair of shoes, and that goes for children



The last moment check list

We have successfully made it to the end of another Ramadan. However, despite all the preparations and checklists through the month, there are things that often skip our attention. From that one missing condiment to the un-ironed curtains, a last look always helps.

STOCKING UP ON THE PERISHABLE GOODS

Eid equals heaps and heaps of shemai, firni, and many more dairy desserts. So it only makes sense that stores will run out of dairy goods as Eid arrives. So make sure to stock up on it, and in all forms too. That is powdered, liquid, and condensed, so you are good to go for at least two weeks after Eid.

ONE LAST TRIP

Make one last trip to the grocery store to see if you have missed out on anything. Since we do not have time for lists, a trip can help you visualise what you might need.

HAVE AN EXTRA SET OF SPOONS

This will be such a lifesaver when all

your spoons lie dirty in the sink and new guests appear. Instead of waiting on the used ones to be cleaned, bring out a new set.

REPLACE YOUR TABLEWARE

Tablecloth, mats or runners; the ones we use every day, eventually become rough and stained. The night before Eid, give them a good clean, or replace with a brand new set. Do remember to tuck away the new set a few days after Eid so you do not end up staining this one as well.

TAKE ONE LAST LOOK

This includes the bedrooms to see if there are new ironed bed sheets and fluffed pillows; the living room to see if it is organised, the bathrooms to see if it is well replenished, and finally, the dining to check if all dishes are squeaky clean.

We are leaving the kitchen out because we expect a little chaos there with all the meal preps.

By Anisha Hassan

Photo: LS Archive/Sazzad Ibne Sayed

Mum & Little Ones in Dhanmondi

clips to even baby wigs, bold bandanas and tiny bangles are all available, retailing between Tk 75-490 each.

For the mums, some high-end make-up brands such as cult-favourites MAC, Lancôme and Estee Lauder and premium Japanese brand Shiseido are available. Of course, the more affordable brands like Maybelline, Revlon, Makeup Revolution, The Body Shop, Flormar, Alix Avien and Lakme are there too!

To conclude, "Mum & Little Ones" is a pretty amazing place to go for cosmetics and kids' ware, at 774 Satmasjid Road, Dhanmondi, Dhaka.

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