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Star LIFE Style

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The white TRUTH

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PHOTO: SAZZAD IBNE SAYED
MODEL: HERA
MAKE-UP: SUMON RAHAT
WARDROBE: SHAHRUKH AMIN, ALMIRA
STYLING: SONIA YEASMIN ISHA





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Cinematic experience at home

When the pandemic introduced strict lockdowns and people were confined in their homes, aching for some entertainment, suddenly we realised how much we missed the theatres. As you could not go out to the cinema to catch a movie, it would not be a bad idea if you had that cinematic experience at home. A Home theatre or a Home Audio Visual System reproduces that movie theatre experience.

Why get it?

Lazing in front of Netflix is a popular concept these days. One of the things we regret about watching TV shows at home is that we do not get to see certain episodes with the movie theatre experience. (Looking at you NBC's Hannibal). Having a home theatre setup would allow you to get that experience even with the TV shows and web series. Lately, some studios are releasing movies on streaming services as well and even if you just want to rewatch Top Gun before the sequel is released, why not do it like Maverick?

The Setup

You are probably wondering if you need a separate room for such a setup. The answer is — yes and no. If you cannot afford a separate room, you can set up a home theatre in any room but you might not be able to achieve the full immersion that a theatre can provide. On the other hand, if you set it up in a separate room, you can almost recreate the entire theatre experience.

There's two ways you can set up the audio-visual system. The first one is to consult a professional. Most providers will sell the system both as a whole setup as well as separately as individual components. If you consult a professional, they will measure the room/setup space and then recommend you accordingly and most providers will install the setup themselves saving you the trouble.

Alternatively, you can choose to set it up yourself. In which case, you should know what you will need for the setup.



What you will need

You will need to acquire a Multi-channel AV receiver, FullHD or 4K TV or Projector, HDMI cables, Surge Protectors and A Surround Sound System. Of course, you might get confused about choices like TV vs. projector and surround sound system. That's understandable. What we recommend is comparing your choices side by side so that you know exactly what one offers that the other does not.

A big TV screen will certainly work and latest TVs, particularly 4K variants, offer

unparalleled sharp pictures. But if your aim is to recreate a movie theatre experience then you should probably go for the projector. As for surround sound system, you might be tempted to get a soundbar if you are on a budget but remember — soundbars will not offer you anywhere near that surround sound experience that a multichannel setup will offer. A 5.1 surround sound uses five separate audio channels plus a subwoofer to create an illusion of immersion.

If you are into gaming, you might want

to install your gaming console and connect it with this impressive setup. Playing your favourite games on such a setup has to be cathartic.

The Room

The room that holds the setup can affect your movie experience. If the room has hard floor, then there's a chance that it might reflect sound and cause echo effects that could affect your sound system.

Make sure that the room is carpeted so that the softer surface absorbs the vibrations rather than reflecting the sound.

Same for the walls.

Some acoustic modifications would certainly enhance your experience. Mind the lighting of the room as well. Certain lights can cause glares on the TV and affect the projector's image. Having a dimmer control would surely come handy. And as for seats, get any seating setup that you find comfortable. Couches are probably a good idea and chairs are not recommended because let's face it, nobody enjoys watching a movie sitting on a chair.

For those on a budget, you could probably get a setup a bit cheaper if you buy all the devices individually and install yourself but in order to get a decent setup, you will have to be willing to spare at least Tk 2 lakh.

Places like the Stadium Market, Multiplan Centre, BCS Computer City are your best choices if you are planning on buying individual components but if you can manage it, call in a professional who will provide, as well as install the whole setup.

A home theatre can be a cherished place to have some family time or just chill. Or if you are like me and missed the premier of Christopher Nolan's *Inception* on the big screen and want to have that experience again, I don't think anyone could blame you.

By Ashif Ahmed Rudro

Photo: SM Intisaab Shahriar

Special Thanks to Sayedur Rahim Bappi, CEO of 'Noise.'



us on f /Sandalina

ঐতিহ্যের আর এক তাম্র আধুনিকতা
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

স্যান্ডালিনা

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রূপচর্চায় আভিজাত্য...







#TECH

Upgrade to a Smart Home

Smart homes are probably the next step in modern lifestyles. But they are still a bit rare in Bangladesh to get your hands on them. Remember watching Ironman at the theatre and wishing that we all had a smart home like that — one that will listen to all our commands and act just the way we want it to? One that we can control with just our words or appearance? Well, those days are not very far. Sure, we do not have a highly advanced AI like JARVIS but we can still create a smart home to make life easier.

So, what can you do to turn your home into a 'smart one?' Let's start from the door.

Smart Doorbell

There are a number of modern features that can be installed at your door. You can acquire a smart doorbell that allows you to see exactly who is calling on you. These smart doorbells are capable of capturing photos and even videos and detecting movement. You can even have an audio conversation with whoever is on the other end of the bell. It's a pretty good choice for people who are concerned about their safety and privacy.

Smart Door lock

Speaking of safety and security, one can also install a smart door lock at the front door. These locks are popular at office settings because they let you control access simply by modifying the programming of the lock.

There are locks that come with the option of passwords, RFID cards (one can also replace the card by using a wristband with the chip embedded in them) and if you want biometric security system, there is the option of fingerprint locks. Some locks will come with all three options. The choice is yours. And while you are installing gadgets to ensure your security, do not forget the most obvious one — CCTV cameras at points of interests. They can be accessed over the Internet from anywhere.



Smart Lights

If you are new to the whole 'smart home' idea then perhaps you can start with the simple things such as the fans and the lights? Smart light bulbs are not only very practical but affordable as well. Have you ever wished that you could control the lights from all across the room, with your smartphone? Smart lightbulbs allow you just that feature and so much more. You can also adjust the brightness according to your need. Using the smart controls, you can also change the colour as well as the colour temperature.



Smart Cleaner

One of the most annoying chores at home has to be cleaning the floor. Vacuum cleaners certainly make the job easier but still tedious. If you are automating your home, getting a robotic vacuum cleaner can be an option. These robotic devices can connect to your home Wi-Fi and you can control them through an app. It lets you set up a cleaning schedule and path. And don't worry, these robots are self-charging so that spares you yet another headache.

Smart Home Assistant

Smart home assistants are actually smart

speakers linked to an assistant application. If you have used voice command assistant apps on your phone or something similar, then you know the drill.

These smart speakers can be wired or wireless and they will be connected to the home Wi-Fi and they can respond to voice commands. Which means you can carry out certain tasks just by voice commands.

Obviously, you can play music with a voice command but you can carry out more complicated tasks such as setting a timer or schedule for a reminder. Carrying out Internet searches, controlling the lights and fans or any other smart gadgets that might be connected via the Wi-Fi. Whether you want to get a Google Home or Amazon Echo Dot, that is up to you but with a smart home assistant, you will get the feeling that you are living in the future.

Smart Appliances

Whether it's your air conditioner, refrigerator, washer or air purifier — smart versions of all those appliances are available. You can control them via your smartphone, know their status and get notifications about potential issues beforehand, making life much easier. So, annoying thoughts like- "Did I leave the AC on" can no longer bother you. Just check it on your smartphone and even if you did leave it on, you can control it with just a swipe of your phone.

Online shops like *Daraz* and *Penguin* will offer home delivery, shops like *StarTech* and *Ryans* will offer a number of items as well and smart home appliances can be found in many appliance showrooms. We recommend a quick online search about the products before buying so that you get an idea about the price as well as the specifications.

By Ashif Ahmed Rudro
Photo: Collected

A NOTE ON NUTRITION**CHOWDHURY
TASNEEM HASIN**

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Our eyes are complex organs that need many different vitamins and nutrients to function properly. Common conditions such as diabetic retinopathy, age-related macular degeneration, glaucoma and cataracts can impact our eyes, and malnutrition seems to have an influence on all of them.

Adding powerful vitamins, antioxidants and minerals to the diet can improve vision and overall eye health. Researchers have linked eye-friendly nutrients, such as lutein and zeaxanthin, vitamin C, vitamin E, copper and zinc to reducing the risk of certain serious eye diseases.

Diabetes is a leading cause of blindness. People with diabetes should carefully monitor blood sugar levels, take medications exactly as prescribed by their doctor, and manage carbohydrate intake while focusing on eating low-moderate glycaemic index (GI) foods. The current daily recommendations for healthy eye nutrients are:

500 milligrams (mg) of vitamin C
400 international units of vitamin E
10 mg lutein
2 mg zeaxanthin
80 mg of zinc oxide
Lutein and Zeaxanthin

Lutein and zeaxanthin are part of the carotenoid family, a group of beneficial compounds synthesized by plants. Several studies suggest that these plant compounds may prevent cataracts and prevent or slow the progression of age-related macular degeneration (AMD).

Dark green leafy vegetables are the primary source of lutein and zeaxanthin, as well as other colourful fruits and vegetables like broccoli, corn, peas, etc.

Vitamin C

This lowers the risk of developing cataracts

Nutrition for healthy eyes



and when taken in combination with other essential nutrients, it can slow the progression of age-related macular degeneration and visual acuity loss.

Vitamin C is a powerful antioxidant that may protect eyes against damaging free radicals. In addition, required to make collagen, a protein that provides structure to your eye, particularly in the cornea and sclera. For the daily dose, try incorporating oranges, grapefruit, papaya, green pepper and tomatoes into your diet.

Vitamin E

Many eye conditions are believed to be associated with oxidative stress, which is an imbalance between antioxidants and free radicals which break down healthy

tissue. Vitamin E is a potent antioxidant. Some vitamin E rich options include nuts, seeds and cooking oils. Salmon, avocado and leafy green vegetables, vegetable oils (including safflower and corn oil), nuts, wheat germ and sweet potatoes, etc.

Essential fatty acid

Omega-3 fatty acids are a type of polyunsaturated fat. The cell membranes of your retina contain a high concentration of DHA, a particular type of omega-3.

Omega-3 fats may also benefit individuals with dry eye disease by helping them produce more tear. Studies in pre-term and full-term infants suggest that getting enough omega-3 fatty acids in the diet is essential for optimal visual development. And can help reduce inflammation and support the eye's oily outer layer and may help prevent diabetic retinopathy (DR) when included in diet.

To increase omega-3 fatty acids in your diet, include rich sources such as fish, flaxseed, chia seeds, soy and nuts. Omega-3s can also be found in cooking oils such as canola and olive oil.

Zinc

Zinc plays a vital role in bringing vitamin A from the liver to the retina in order to produce melanin, a protective pigment in the eyes. Impaired vision, such as poor night vision and cloudy cataracts, has been linked to zinc deficiency. For natural dietary sources of zinc, try red meat, shellfish, and nuts and seeds.

Vitamin A

Vitamin A plays a crucial role in vision by maintaining a clear cornea, which is the outside covering of your eye. This vitamin is also a component of rhodopsin, a protein in eyes that allows to see in low light conditions called xerophthalmia

which begins with night blindness. If vitamin A deficiency continues, tear ducts and eyes can dry out. Eventually, cornea softens resulting in irreversible blindness. Some studies suggest that diets high in vitamin A may be associated with a reduced risk of cataracts and age-related macular degeneration (AMD). Sweet potatoes are an excellent source, as are leafy green vegetables, pumpkins and bell peppers.

Thiamine

Thiamine or vitamin B1 plays a role in proper cell function. It's possibly effective at reducing the risk of cataracts. Food sources of thiamine include whole grains, meat and fish. In addition, supplements have also been proposed as a way to treat eye disease.

Niacin

Niacin may play a role in the prevention of glaucoma, a condition in which the optic nerve of our eye becomes damaged. Some food sources include beef, poultry, fish, mushrooms, peanuts, and legumes.

Riboflavin

As an antioxidant, riboflavin may protect against damaging free radicals in our eyes. Diets high in riboflavin have been associated with a reduced risk of developing cataracts. Research suggests that certain vitamins and nutrients may help prevent or slow the progression of several different eye conditions. Supplements may be beneficial if there are missing any of these vitamins in diet. However, eating a balanced diet rich in fruits, vegetables, whole grains, protein and healthy fats will provide with all the nutrients for maintaining healthy eyes.

Photo: LS Archive/ Sazzad Ibne Sayed

◆ HOROSCOPE ◆

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

Avoid being overly opinionated. Make up for your transgressions. Love and romance are evident. Your lucky day this week will be Friday.

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

Your reputation will be affected. Your suggestions at work will be well-received. You will overeat this week. Your lucky day this week will be Friday.

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

Your partner will cause major issues this week. Talk about your intentions. Trips will be pleasurable. Your lucky day this week will be Wednesday.

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

Be honest with yourself. Don't let personal problems interfere with work. You hard work will pay off. Your lucky day this week will be Sunday.

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

Try your hand at something creative. Don't let work upset you. Changes at home will be favourable. Your lucky day this week will be Sunday.

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

Read up on self-awareness. This will be a good week for a new relationship. Spend time with friends. Your lucky day this week will be Monday.

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

Romantic relationships can suffer. Your contributions at work will receive recognition. Property deals will pay big dividends. Your lucky day this week will be Monday.

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

Avoid confrontations. Pamper yourself this week. Don't reveal any personal details. Your lucky day this week will be Saturday.

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

Exercise should be on your routine. Confusion is apparent. Travel will bring about new romance. Your lucky day this week will be Friday.

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

Be honest whenever possible. Visit friends you don't see that often. Put your energy into self-improvement programs. Your lucky day this week will be Monday.

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

Rely on your wits to get your way. Older relatives will be difficult. You can make excellent purchases this week. Your lucky day this week will be Monday.

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

Don't get involved in situations beyond your control. Don't reveal secrets. This week will be hectic at home. Your lucky day this week will be Wednesday.

#CHECK IT OUT

Autumn in Dhaka

Prominent designer Shahrukh Amin creates an array of signature dresses and saris in shades of white that is all about 'purity'

The days have turned hot and sultry; the nights and the mornings have cooled down. This year, autumn comes soaked in the dew of renewed optimism, albeit not without its dash of melancholia. The sudden bursts of rain, punctuated on an otherwise sunny day; the plush white replacing the dark clouds of the passing rains — this is the season at its characteristic best.

Yearnings of life spread new wings in autumn 2021 as we wish for the plague to end, and the excitement of being alive overtake all. Poets can very well indulge in an unwarranted squabble — is autumn the season of anticipation, or languor and apathy? However, we are all for making life saturated with whatever positivity that is floating about like cotton candy in the sky, and make life merry.

It was in this quest for this new zest for life that we sought out a session with designer Shahrukh Amin, and his flamboyant whites, the new collection of the season, simply did not disappoint.

SEE CENTREFOLD

Photo: Sazzad Ibne Sayed

Model: Hera

Make-up: Sumon Rahat

Wardrobe: Shahrukh

Amin, Almira

Styling: Sonia

Yeasmin Isha



Shahrukh Amin has always been the active couturier constantly reinventing himself at his design studio. Over the decades, he shined with his range of prêt-à-porter made available through the label, Almira by Shahrukh Amin. He has created haute couture with panache, and Amin has been a prominent face at local shows and as invitee representing Bangladesh at fashion weeks abroad.



Star
LIFE Style

In a conversation shared with Star Lifestyle, the busy creative revealed his frustration bottled over months due to the ongoing pandemic. Yet, when the opportunity finally arrived, he found himself focused enough to bounce back and do what he does best.

The fact that the world is gradually reawakening to a new normal comes as a sigh of relief for Shahrukh, and he believes it speaks volumes for the resilience and fortitude of the human soul.

Shahrukh Amin's new statement collection is a testament to the designer's creative aptitude that remained firm, although veiled for some time. Set to be revealed to his clients on October 1st, 2021, the signature white collection has been a reflection of his artistic aptitude and as he puts it, has a loud air of 'purity'

signed all over it.

Perhaps, best described as 'in shades of virtuous white' rather than plain whites, the ensemble sees profuse use of the colour, set off with contrasting embellishments.

The fabrics for the collection have been carefully selected from a range of handloom material, various crepes, and a choice range of half-net-half-crepe textile.

Shahrukh has always been the one to push his creativity when it comes to cuts, but this time, the dresses, rather than created as sharp kameezs and shalwars, are loose flowy anarkalis and ghararas. This, he attributes mostly at maintaining the comfort factor rather than a product of his experiments.

The saris are, as mentioned before, a reminder of royal splendour and the fabric has been a choice selection that can surely guarantee comfort, without taking an iota of the razzle-dazzle. The blouses are a cut above, and are at times like tops rather than conventional pieces that fashionistas are comfortable with. Almost translucent, the blouses embody a rich weave of designs incorporated that alone make them signature worthy, rather than just a part of a rich ensemble.

Ease and luxury spell out and the style quotient well-maintained through the needlework by his team of exquisite artisans. He has made profuse use of embroidery that gives off a metallic sheen, although done in thread alone. One can also find mirror work, and other embellishments.

Recently, Shahrukh Amin has also been dabbling in creating jewellery for his clients and shared few picks to go along the dazzling white collection for the exclusive LS photoshoot.

The stunning pieces, often in vibrant hues, once again set the serenity of the off-whites and the beige, yet never overpowering the calmness of the shades. Always motivated to keep himself busy, Shahrukh Amin is already planning a jewellery exhibition as soon as the pandemic phases out.

After a hiatus of months, designers are slowly breaking down the shackles of Covid-19 and expressing themselves with new lines. Some have reintroduced their once popular designs in an effort to be part of this new

normal.

Says an old Bengali proverb, "When the kaash is flowering, you know the rains are over and autumn has begun." A fashion revolution is already under way and Shahrukh Amin has made his move.

By Mannan Mashhur Zarif

Photo: Sazzad Ibne Sayed

Model: Hera

Make-up: Sumon Rahat

Wardrobe: Shahrukh Amin, Almira

A signature white palette — dresses reminiscent of regal opulence





#CHECK IT OUT

Dress in colours this Durga Puja!

BISHWORANG's 2021 Durga Puja Collection is a combination of grace and elegance, radiance and colour, power and comfort. Not only does this collection present itself as the embodiment of Durga Puja, but also as beautifully crafted, creatively evoked and elegantly designed clothing which is captivating and fit for festivities.

BISHWORANG has been relentlessly highlighting Bengali traditional and heritage in skilful and creative styles for the past 25 years. The designs and patterns in this year's collection have been conceptualised by Biplob Saha.

Taking inspiration from the traditions of Durga Puja, the collection utilises motifs surrounding the celebration, like *mantras* and *alpanas*. It gracefully combines tradition and the revering aesthetics of the festival. The sophisticated and captivating combination of goddess Durga's crown with graphical geometric patterns makes this collection all the more endearing. These designs and patterns are elegantly presented on their saris, panjabis, dhutis, fatwas, shirts, and so on.

Bright colours are used in creative and dynamic patterns and designs enchanting the festive aura without being overwhelming. Subtle combinations of hues of red, orange, yellow, blue are accentuated

on white fabric. The *mantra* calligraphy adds a dimension of boldness and embodies the strength and the power which goddess Durga symbolises. The designs also include *chunari*, tie-n-dye, block patterns, batik, handicraft, applique, cutwork, and screen print.

The colourful clothing also comes with comfort.

BISHWORANG has taken the scalding heat into consideration while designing the collection. Fabrics used have been cotton, linen, and viscose. Additionally, to add a dimension of elegance and grace, there are various attires made from fabrics like joysilk, dupian, half silk, georgette, and chiffon.

The collection is exhibited and available on their e-commerce site www.bishworang.com and Facebook page, [bishworangfanclub](https://www.facebook.com/bishworangfanclub).



By Puja Sarkar

Models: Sadia Islam Mou & Shipan Mitra

Concept Design Art Direction & Fashion

Direction: Biplob Saha

Hair & Makeup: Sadia Islam Mou & Labu

Photography: Chandan Roy Choudhury

Studio & Outfits: Bishworang

With special thanks to Bishworang Family & Black cat Studio.

#FOOD & RECIPES
SALINA PARVIN



An assortment of diverse recipes

MANDI

Ingredients

500g rice
700g mutton
Salt as needed
6 tbsp oil
2 medium size onions
1 tsp whole cumin
1 tbsp whole hot spices
2 green chillies
1 tbsp chopped garlic
1 tsp dry ginger powder
1 tsp red chilli powder
1 tsp coriander powder
1 tsp cumin powder
2½ glasses hot water
1 tsp butter

For the mandi masala —

1 tsp bay leaf
1 tsp cloves
1 tsp cardamom
1 stick cinnamon
1 tsp black pepper corn
1 tsp nutmeg
1 tsp roasted cumin

Method

Put all the mandi masala ingredients in a grinder and grind well. Keep aside.

In a pot, add and marinate the mutton using salt, 1 tablespoon of mandi masala, turmeric, and oil. Keep in the refrigerator for 30 minutes.

In a cooking pan, add oil, onions, whole cumin, whole hot spices, salt, green chillies and fry it until light brown. Add garlic, marinated mutton, salt, red chilli powder, black pepper, dry ginger powder, and cumin powder. Mix well.

Now add hot water and steam for 30-40 minutes on low heat. After steam let the mutton out and add rice in the pot and cook for a while.

Afterward, add mutton on the surface of the rice and cook. In the end place a foil paper in the middle of the rice with hot coal and butter and cover it for a while to get that smoked aroma. Now your tasty mutton mandi is ready to serve.

VERMICELLI LOAF

Ingredients

1 pack vermicelli
¼ cup ghee
1 cup sugar
½ cup mawa
½ cup mix nuts
¼ tsp cardamom powder
2 egg white
½ cup powder milk

Method

In a pan, dry roast the vermicelli. Soak vermicelli in hot water for few second. Let the water drain. Grease a cake mould. Now in a bowl beat the egg thoroughly and make a foam. Add all ingredients to it. Mix gently. Pour the mixture into the prepared cake mould and bake in a moderate oven for 30 minutes. When it is done, allow it to cool down. Cut into pieces and serve.

CHOCOLATE SALAMI

Ingredients

1 cup cocoa powder
200g tea biscuits, digestive
½ cup toasted almond, chopped
4 tbsp raisins
2 tbsp water
½ cup butter, melted
¾ cup condensed milk
2 rectangle plastic sheet
Coating —
2 tbsp cocoa powder
2-3 biscuits, powdered for coating

Method

Soak raisins in 2 tablespoons of water for 10 minutes. Break biscuits into large bits with hand. Then take biscuits, cocoa powder, chopped nuts in a bowl. Mix all together. Add soaked raisins, butter and condensed milk to the biscuits mixture and mix thoroughly. Mixture will be wet but firm. Divide the mixture into two portions. Place one portion in the centre of a plastic sheet. Then roll it into a log. Press it very tightly and twist the ends like candy. Repeat with remaining mixture to make second log.

Coating the log —

In a bowl mix biscuit powder and cocoa powder. Remove the plastic wrap from the chocolate salami log. Roll the log in cocoa-biscuit mixture. Slice with a sharp knife just before serving.

Photo: Sazzad Ibne Sayed

Food: Salina Parvin

#PRESS RELEASES

‘Feed the Hungry’ — an event celebrating six months of C’Zar

C’Zar marked its 6-month anniversary by organising an event on 12 September, 2021, called ‘Feed the Hungry.’ The purpose was to feed high-quality food to underprivileged children. A total of 109 children from Korail slum area were provided food on the day of the event.

One of C’Zar’s specialties is their 5-metre pizza, the first of its kind in Bangladesh, which gained immense popularity among customers, food bloggers and critics. They wanted to share their specialty with less fortunate children of the city and spread happiness among them, if even for a day.

“We have seen kids curiously stare at our metre-long pizzas while delivering. However, they could only look as the price



was too much for them to afford. Upon completing six months as a successful pizzeria, we decided to feed these underprivileged children with the same quality of ingredients we use to treat our premium customer base. We used cheese from Australia and the base of the pizza was



made with Italian San Marzano tomatoes. We wanted to serve the most special pizza to these little angels,” said Sifat Siddique, Managing Director of C’Zar Foods Pvt Ltd.

Keeping in mind that most of these children fail to get a well-balanced regular diet, C’Zar ensured that the meal they were

providing the children was wholesome. A nutritionist was consulted to make sure the meal contained everything a child needs in a day. The pizza had extra protein and vegetables. Special focus was given to ensure the meal had vitamin C and B12 as well as beta-carotene, because many of the children were malnourished. The children were given chocolates and drinks as well.

The day was a one filled with joy and laughter from the children, not because of the mouth-watering food they got to eat but also for the kind and loving interaction they experienced from C’Zar.

By Faiza Khondokar

Tips for organising your closet

If you have ever been late for an appointment for not being able to find your desired outfit for that one corresponding orna or hijab or tie at the right moment, you are not alone. We are used to shoving our clothes in the closet and later feel like we have nothing to wear even if we have myriad clothes.

We know it sounds daunting to give your wardrobe a makeover, but the feeling of finding right things at the right time is unparalleled. We are aware of the story that you organise your closet every now and then and even then, it does not stay organised.

The pitfalls behind the cliché are firstly, you did not really organise your closet in a way that fits your personality and lifestyle and secondly, you just tidied up things; you did not organise. To give a full makeover is to pull everything out, edit, and be intentional with how you have set it up in a way that makes sense for you.

First and foremost, you need to take everything out and keep the closet clean so that you can reimagine about how you are going to arrange things. Upon pulling out the shoved clothes, you might discover that you have three different black shirts you did not know you own. It's like digging down and coming across antiques.

Declutter things that do not fit you or match your fashion anymore. Put it up for donation or consignment. Have the desire to purge things that you do not need anymore.

Keep your casual wears that you use most of the times at the top shelf hanging and visible following by your formal wears. If you are maintaining a minimal wardrobe, you can place them side by side. You can segregate them based on the colours or oldest to newest or the type of clothes.

Keep your tank tops and trousers in separate drawers in a file folded manner not pile folded. If you do not have spare shelves or drawers, you can go for DIY baskets to keep these. Maintain separate baskets for your undergarments as well and just place all the baskets beneath the hanging clothes.

Maintaining a catch-all basket is a must. This is where you keep all the accessories like cufflinks, tie, ornaments, hair-bands, hankies, glasses etc. These tiny things indeed make the biggest differences upon not finding at the right moment. Use over the door hooks for hanging belts and ornas.

If you further want to give your closet a beautiful outlook, use matching hangers.

By Tahmid Azad Sohan
Photo: LS Archive/ Sazzad Ibne Sayed



Wardrobe essentials to keep at all times

The pandemic years of 2020 and 2021 brought forth the minimalist in all of us. Not only have we become more conscious of our spending, we have also begun prioritising the existing contents of our closets.

While we are on the subject, let's take a look at some of the 'must-haves' for every wardrobe.

Closet lifelines

A white t-shirt is a classic with endless possibilities. It is undoubtedly one of the most important wardrobe staples we can think of.

Pair with a denim pants and sneakers, and you got yourself an effortless casual look; a tulle skirt or high-waisted tailored pants would make it look more chic. In winters, the white t-shirt is a perfect fit with all types of jackets.

We may be working from home for the past year or so, but we shouldn't look like we have dragged ourselves out of the bed every time we join a meeting.

This is why a crisp button up needs to be among the front-liners of our closets.

When traditionals are goals

Despite being a traditional outfit, kurtis have become one of the most worn casuals these days. The single piece gives us complete freedom to decide how we want to wear it.

Paired with jeans or leggings, they give a low-effort everyday look. On the other hand, wearing the same kurti with embroidered pants or palazzos and some accessories can take your style up by a notch.

Hence, some kurtis are a must in your wardrobe staples.

The all-rounder bottoms

Jeans are timeless and versatile. With zero

chances of going wrong, it is no surprise that we need to keep a pair or two of denims ready to go anytime we want.

Straight-cut or wide-legged tailored pants in basic colours will never let you go wrong for any occasion, be it office or social gathering.

Another necessity in a girl's closet is a pair of leggings. We all have days where finding a pair of bottoms for our kameez or kurti feels like a lost battle. This is where having a pair of black or white leggings will save you from a possible outfit-migraine.

Shoes we cannot live without

There is no one answer to what is more important when it comes to shoes; it's all about your preferences.

A pair of ballet flats is an absolute necessity for all of us. They give us the much-needed comfort, while looking

feminine and cute.

Sneakers on the other hand make the perfect companion for a day out.

Pumps may not be used as frequently as flats or sneakers, but we can't deny their importance for occasional and formal wear.

To finish with perfection

Much like shoes, the range of accessories we need can vary from person to person. However, there are a few staples we cannot go without.

For instance, a watch and an all-rounder belt are some items you ought to have regardless of your age, gender or personal style.

A pair of silver studs or golden hoops will never let you down.

By Nusrath Jahan

#FOOD & RECIPES

Délifrance Bangladesh – the new boulangerie in town!

Step into a Parisian bakery located in Paris and you will be greeted with the delicious aroma of freshly baked breads and croissants. Walk into Délifrance Bangladesh and you shall be met with the same, only that it would not require you to travel to France!

Located in the heart of Dhaka on Gulshan Avenue, Délifrance Bangladesh officially opened its doors on September 09, 2021. Best known for serving delectable French cuisine, Délifrance operates in over 30 countries and has more than 380 restaurants all over the world.

Abid Mansur, Managing Director of Les Bleus Ltd., the company behind Délifrance Bangladesh, said, “We wanted to bring



something different catering to the diverse taste palate of the country, realizing the exponential growth and change in the food scene of Dhaka in the last few years.”

However, being launched amid the pandemic posed some unprecedented challenges. “We were held up by the successive lockdowns in France and Bangladesh. Training the employees has been another challenge, thus we had to

conduct it online,” noted Athula Yapa, CEO of Les Bleus Ltd.

On a brighter note, the outlet of Délifrance Bangladesh is the first of its kind with a fresh new look, yet one that carries the ambience of its global subsidiaries. Furthermore, it is also one of the first to source raw ingredients only and make everything from scratch.

The bistro ensures the finest quality

ingredients in the making of their products. While the equipment are sourced from Spain and Italy, especially made for Délifrance Bangladesh, the core ingredients such as flour and sheets of butter among others are also imported.

Interestingly enough, six types of flours are used, where each type is required for the different items that are served. The soft launch and online availability played a pivotal role in sprucing the menu to make it more suitable for local tastes by incorporating customer feedback.

Délifrance Bangladesh offers food for every meal of the day. Start your day by grabbing a cup of warm, aromatic coffee made with their own blend and pair it up with freshly baked, flaky and buttery croissants – almond, butter, French vanilla, or chocolate.

Try their sandwiches for lunch, which are served in generous portions with the option to select the type of bread from an array of butter croissant, baguette, ciabatta, and multi-cereal bread. For a healthier option, wraps and salad bowls are the way to go.

Slice into their crispy puffs to enjoy a

crunchy delicacy or the cheesy quiches to relish a cheese-pull for your afternoon snack. For people with a sweet tooth, munch on their selection of tartelettes – chocolate, caramel, lemon, or the special tart of the moment! Finally, indulge into a cheesy lasagne or pasta for dinner and reward yourself with a slice of their mouth-watering carrot cake or apple and nut pie.

In the near future, Délifrance Bangladesh aspires to spread across the city and become an essential part of the thriving food scene. They are currently open for dining in from 8am to 11pm every day and are available on major food delivery applications as well.

Essentials:

Address: Plot #114, Casablanca Tower (1st Floor), Gulshan Avenue, Dhaka 1212

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

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

Website: <https://delifranceresaurants.com/bd/>

By Fariha Amber
Photo: Turn Up PR

এখন
ফাস্ট ওয়াশ
ডিটারজেন্ট পাউডার
১ কেজির সাথে
১ টি **৫৭০** লব্ধীসোপ **ফ্রী!**

Fashion back in the nineties was nothing less of a landmark which made a bold statement. It seems to be part of a cycle. What were popular trends years earlier always end up reappearing decades later.

Styles worn in the 90s have entered our wardrobes since the late 2000s and now in 2021, almost everyone is trying to ace that '90s look. The 1990s were a great time in terms of a lot of things, from songs to movies, and of course style. Here is a small guide to take a trip back to the '90s and deck yourselves in the fashion of that era.

#FASHION & BEAUTY

BACK TO THE '90s Fashion



Flared jeans

Flared and wide-legged jeans were everyone's go-to denim option before skinny jeans became a thing. They are very comfortable to wear in almost all weather and can be paired with a variety of tops. These jeans are a good option for both official and casual looks. They seem to go well with almost every body type.

Crop tops

Crop tops have become an absolute favourite item these days and you will be surprised to know they originated from the '90s.

A cropped T-shirt or sweatshirt, paired with mom jeans have become the beloved summer street look. You can pull off a cropped style by going for a cropped hoodie

or sweater in winter as well. Wearing a long-oversized shirt or jacket over a cropped tank top has also been in these days.

Overalls

If you were a '90s kid, you have undoubtedly worn an overall at least once as a child. Surprisingly, these overalls have become a popular fashion item for adults in modern times. You can create multiple creative looks with an overall by choosing what to wear underneath it. Different types of shirts and T-shirts can be paired with overalls to produce unique looks.

Oversized and Loose clothing

Oversized upper wear and loose pants were a striking feature of the '90s. These gave a sporty and effortless look. Such

clothes have hit the market again after all these years and have become an absolute favourite. Oversized T-shirts can be paired with different types of pants and worn for multiple occasions. Oversized jackets, hoodies and sweatshirts not only provide you extra comfort but give that hip-hop or grunge vibe.

Jewellery

Chokers and hoop earrings have made their way back into latest trends and styles once again. Chokers are quite versatile as they go well a number of attire and add an extra 'edge' to your look.

Be it the chunky metal, fabricated, elastic or layered chokers, all of them will surely uplift your entire look. Another jewellery item which made its statement in

the '90s was the hoop earrings, which have made a major comeback. This one single piece of jewellery is enough to create a bold look.

Shoes

Jelly shoes, Steve Madden sandals, chunky sneakers, Adidas slides, embellished meshed slides, buffalo platform sneakers, combat boots and kitten heels were some of the most significant footwear during the '90s. Surprisingly enough they have all hit the market in recent times. Based on your outfit, choose a complementing footwear to complete your '90s look.

By **Faiza Khondokar**

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