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Formal, NOT DULL

THE SINGLE PIECE WONDER
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PHOTO: SAZZAD IBNE SAYED
MODEL: SURJO
WARDROBE: POUSHEE
MAKEUP: MASUM
STYLING: SONIA YEASMIN ISHA
LOCATION: RADISSON BLU DHAKA WATER GARDEN



An advertisement for Berger Silk paint. On the left, a woman in a purple dress stands in a room with green walls, looking at her reflection in a mirror. In the center, a sign with Bengali text reads: "BERGER LUXURY Silk স্বপ্নের প্রাণবাতাসে পুরানো নতুন আবাসে সৃষ্টিত আড়িনা". On the right, a can of Berger Silk paint is shown with a "Hygienic Coating" logo.

Growing bamboos indoors and around the home

They possess a remarkable ability to elevate the ambience of living spaces, roofs, and gardens. While bamboos can help forge a hedge outdoors, they may be incorporated into a Feng shui scheme inside the home as well. Additionally, most variants of bamboo are quite easy to grow.



Here are some things to keep in mind if you plan on bringing some bamboo home.

Picking the perfect bamboo

Lucky bamboos are the best option for those who are looking to add something indoors. In some cultures, lucky bamboos are believed to bring abundance and good luck. This trait leads them to be frequently used for Feng shui. Lucky bamboos are technically not bamboos at all, and have actually acquired the name due to visual similarities.

If you wish to add bamboo to your garden or roof top, you have the choice of either going for running bamboos or clumping bamboos. All bamboos spread via rhizomes, but the nature of the rhizomes determines how rapidly a bamboo will spread. If you are new to growing bamboo, it is best to purchase clumping bamboos. Clumping bamboos usually grow in clusters and spread more gradually than running bamboos, making maintenance easier. It is better to get mature bamboo from nurseries than to start from young tender ones if you are new to them.

Growing medium

Indoors, lucky bamboo can be grown in pebbles, soil, or plain water. Nevertheless, they usually prefer to grow in soil, or a vase

packed with pebbles. If you go for soil, make sure it is fertile and well-draining. If you would rather use pebbles, ensure that they are densely packed and filled with a few inches of water.

Ideally, the soil for growing clumping bamboo outdoors should be fertile, slightly acidic, and well drained but moist. Make sure to grow your outdoor bamboo in a container or within below-ground barriers if you are especially worried about them invading the rest of your garden.

Placement and Design

Indoors, lucky bamboos are best placed in partial shade and indirect light. Unlike bamboo grown outdoors, direct light can easily make its leaves scorch. According to Feng shui, lucky bamboo symbolises growth, nobility, flexibility and an open heart. If you want to dabble in a bit of Feng shui, place your lucky bamboo near the entrance. This is believed to bring growth, stability and harmony to the family.

When placed on a study or work desk, lucky bamboo is thought to help with growth and expansion in one's career.

Outdoors, clumping bamboos do well in direct sunlight. Clumping bamboo can be grown into a hedge or screen outdoors, bordering your garden. They can also be grown in containers of different sizes to create mini bamboo forests on your roof.

Bamboos may be a great option as background plants as they tend to grow well with both annuals and perennials if maintained well.

Water

Lucky bamboo growing in soil should be watered every five days, or once a week. If you choose pebbles as your medium, make sure that the water and pebbles cover most roots at all times.

Although outdoor bamboos grow best in moist soil, they should not be overwatered. Outdoor bamboos are usually more resilient to drought than over watering. You should either water once a week, making sure that the soil is drenched but not soggy, or do frequent but shallow watering.

Care and maintenance

To ensure that the lucky bamboo grows straight and tall, make sure to give it adequate light. If it starts stretching, this may be a hint that the placement is too dim for the lucky bamboo. As lucky bamboos are generally known to be prone to stretching, make sure to turn your plant by a quarter every few days to avoid stretching and coiling. Although offshoots can be pruned, it is best to leave the main stalk alone.

Prune offshoot bamboos growing outside makeshift boundaries when it comes to outdoor clumping bamboos. The tops can also be pruned and manicured easily too, with the right tools.

If the bamboo gets too invasive, you may want to create a trench around the designated planting area and fill it with peat moss or coco peat. You may also need to prune the roots of the clumping bamboo once every two years to keep maintenance at its peak.

By Tasfia Ahmed
Photo: Collected



us on /Sandalina

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ঠিক যেমন রূপচর্চার আভিজাত্য মানেই

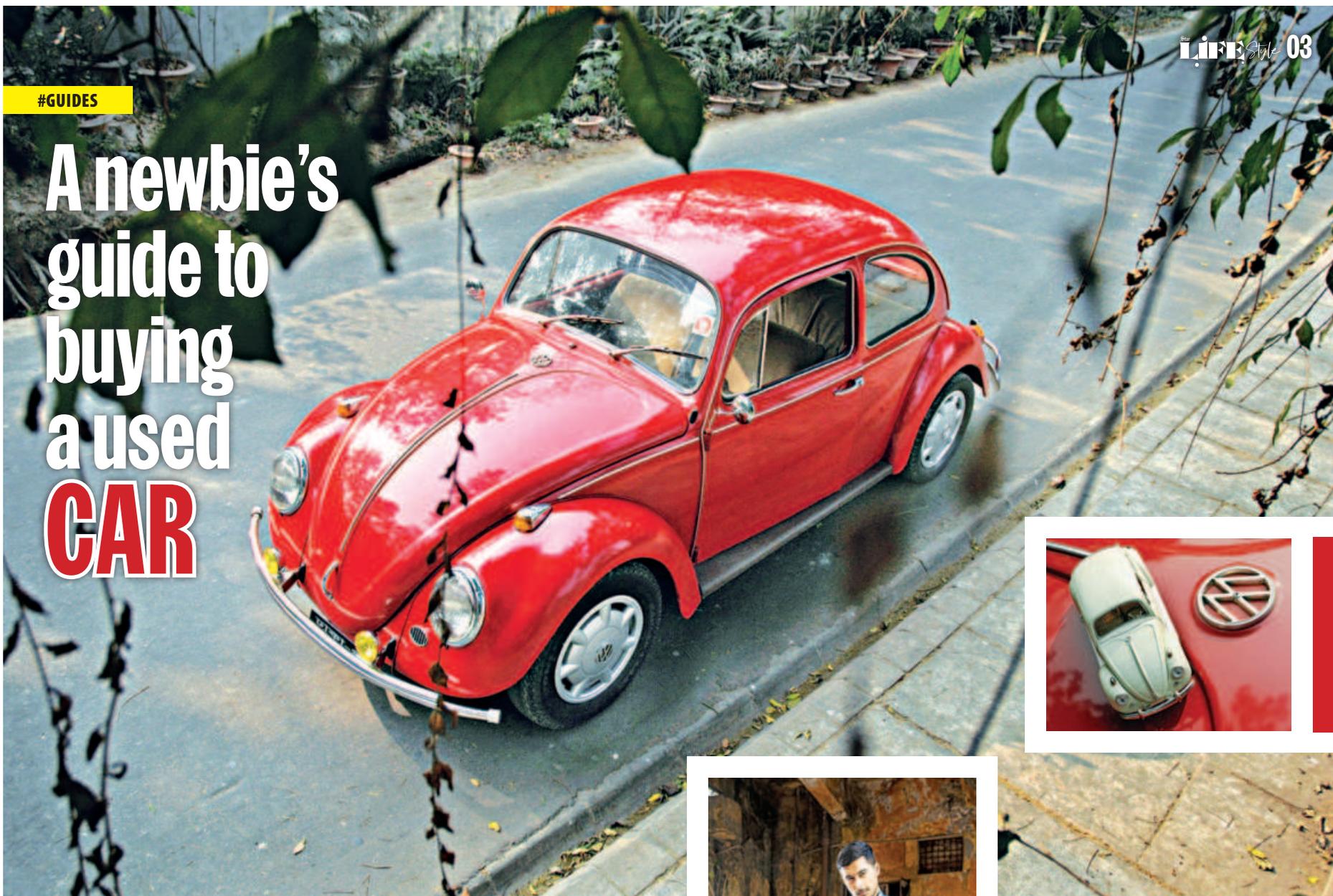
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KOHINOOR
CHEMICAL

#GUIDES

A newbie's guide to buying a used CAR



Buying a used car can be extremely gratifying when done right, but unfortunately, the process of buying can be difficult to navigate for newbies. Here are a few things to keep in mind before you buy a second-hand car.

Keep an expert handy

It is crucial to keep an expert by your side if you want to get the best out of your purchase. Before meeting up with sellers, take a mechanic you trust with you for in-depth checks and test drives. Mechanics can inform you about any existing damage along with price estimates for required fixes. They will also warn you about cars you may want to avoid buying altogether. Even the specific sound the exhaust makes can indicate damage, and signs such as this may be hard to detect with untrained eyes and ears.

If you are looking at used cars online, invite a close car enthusiast over to help you weed out scams. Online sellers often tend to try their luck by asking for ridiculous prices in the hopes of trapping clueless buyers. Due to the anonymity of virtual interactions it is best to have a friend help you detect possible red flags and verify postings before any in-person meet ups.

Local vulnerabilities

When it comes to used cars, some potential damages are more specific to Bangladesh than other countries. The suspension and engine take the biggest hit over the years when it comes to local cars. Bangladeshi roads and terrains leave their mark on the car suspension, increasing the likelihood of wear out and collapse. On the other hand, the practice of relying on CNG in spite of the severe damage it does to an engine's lifespan is also widespread. Make sure to get both thoroughly investigated by a mechanic before you buy the car as they are likely to not be in the best of conditions.

Investigating interiors

Though it is best to leave the exterior check to an expert, interior checks can be easier to conduct for newbies. As inhabitants of a tropical country, start by making sure that both the front and the rear air conditioners work. Then check for odour!

Bad odours can be hard to get rid of and may also hint at exterior issues as well. While the smell of burnt oil may signal



at an engine leak, the smell of antifreeze may indicate a coolant leak. Both are to be avoided.

Play around with the infotainment system and see if it freezes or glitches. Test out the seats to see if they get jammed when you try adjusting. Finally, ensure that the dashboard, seat frame and windshield wipers are all perfectly intact and functioning.

Legal essentials

Oftentimes, a car's paperwork may be extremely outdated and filled with test fails. This can bite you in the back later. Getting

the car's paperwork sorted and the car back to road condition may cost triple the price you may have paid for the car itself. Before any negotiation, it is vital to look into the necessary papers, including vehicle registration, tax documents, certificate of fitness, along with accident history.

To stay on the safe side, you may also want to take a peek at the engine model number. The owner may claim that the engine is 1500cc even if it is way beyond the acceptable limit, causing you to be in big trouble if you ever get caught.

Be wary of online purchases

Although people are starting to buy cars online, it is always best to go investigate the car in person rather than blindly accept the deal online, or wait until you can visit a weekly car fair to purchase a used car. An in-person purchase can help you test the car more in-depth before you make any commitments.

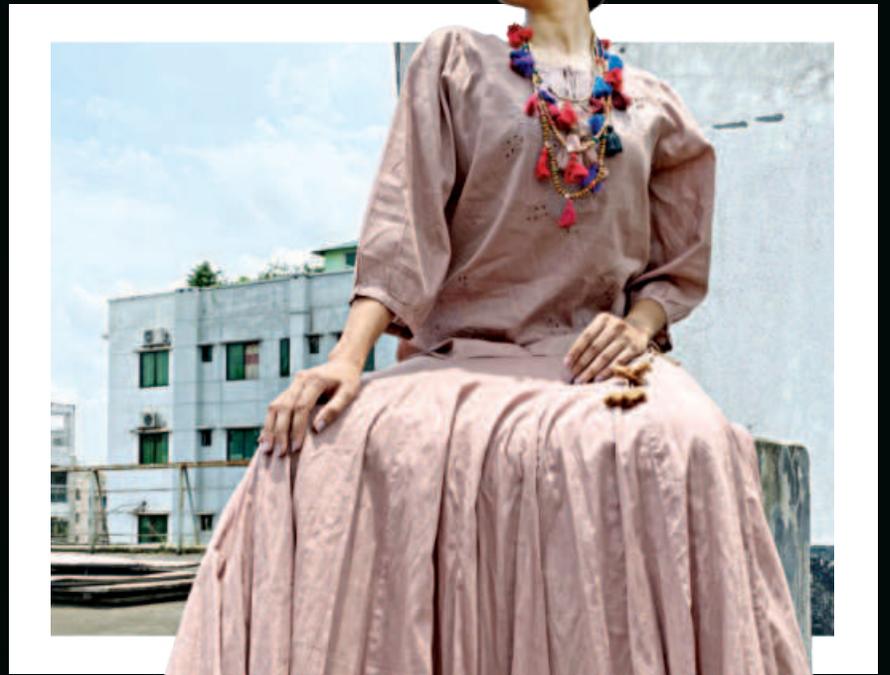
Car fairs will also allow you to take a look at other cars along with their prices and make sure you do not have an extreme case of buyer's remorse. Even the small things, such as interactions with the seller can inform you a lot about the car's condition.

On the other hand, the online marketplace has numerous sellers which take advantage of buyers who may not be too privy with cars and their prices. Additionally, the sale of cars with outdated and dubious papers is exponentially more common in the online sphere. Unless you are undoubtedly sure about the seller's credentials, it is best to avoid it.

By Tasfia Ahmed
Photo: LS Archive/Sazzad Ibne Sayed

#FASHION & BEAUTY

Styling rules are meant to be broken!



Fashion is a fabulous way to express one's personality and mood however one's heart desires. Existing paradigms are constantly challenged in the sartorial universe, binding social constructs are forever deconstructed to innovate and create. It's little wonder then that in the world of fashion rules don't really matter much! Even more so when it comes to dressing the way we want.

Carpe diem ladies, we must seize not just the day but the very moment, for we do not know what the next one will bring. And fashion is life's greatest, easiest, simplest pleasures that brings us so much of joy so why should we allow boring old rules to ruin it?

Read on for rules of fashion that were totally made to be broken!

Mixing metals

Whoever said gold must be only paired with gold was no fun! Metals look even better when mixed with other metals; too much of a good thing is actually wonderful! So stack your gold bangles with copper ones, and put together a silver chunky cuff with thin gold bracelets and shine on!

Dark colour on dark colour

Dark colours actually look really chic when worn together. A midnight blue blouse will look fabulous with a black pencil skirt, and a rich, deep purple top will look sophisticated with bottle green wide-legged pants. Other combinations such as maroon and navy, black and navy also look very

classy together.

Avoid certain styles

Do you avoid for your short dresses because even

good mini so missing mean you are losing out on having fun! Getting clothes tailored for your body shape/height is key. Alterations make a world of difference so get outfits fitted properly and enjoy them to your heart's content!

maxi dresses height? Or are a big no-no you are tall though you love a dress? Life is short

out on certain styles

Mixing prints

Remember the grim old rule that prints cannot be mixed? Throw it out the window! In 2021, designers around the globe are pairing florals with polka dots, stripes with chevron and we are here for it! So go ahead, let your imagination run wild and mix prints that make your heart sing happy tunes!

By Sabrina N Bhuiyan
Photo: LS Archive/
Sazzad Ibne Sayed



#FASHION & BEAUTY

The return of JUMPSUITS

The epitome of humble beginnings, the jumpsuit was literally a one-piece worn by parachuters to jump from planes, earning it its name. Created in 1919 as a functional garment, it never really took off in the world of fashion until the 1960s when it appeared to have gone through quite the metamorphosis. It appeared in the *Vogue*, a statement black number designed by Yves Saint Laurent and from then on, there was no turning back for this one-piece wonder.

The jumpsuit really had its moment in the sun in the late '60s and '70s, with athletes and dancers wearing the comfortable piece for work time and disco goes donning the unisex attire in the evening with equal zeal. The jumpsuit has been hanging around the fashion scene ever since and now it is considered to be that one golden piece from the seasons past that has held on fast. If anything, it has become even more trendy.

Jumpsuits can be simple or embellished and there is a lot to play around with. The necklines for instance.

Halter necks can make the simplest outfits stand out and collar embellishments can 'bling up' the plainest of the suits. Capes on the jumpsuits add more drama to the attire by giving it a business-like polish. And then there are the pants — slim fits versus wide palazzos can make all the difference between a formal and casual look.

There is another specialty of the one-piece suit. It works on all body types. It gives glamour to long legs and length to short ones. It has a slimming effect on rounder figures and makes even the slightest frames look filled out and noticeable. It can add style and appeal to women who wish to turn heads without showing much skin.

The jumpsuit is a versatile garment that one can wear to parties, family dinners, workplaces or to outdoor events like a friendly neighbourhood barbecue. In *vogue* literally everywhere and with styles that vary to suit every kind of event, the jumpsuit is adaptable and worth a buy or two. Some of the most common jumpsuit styles are blazer jumpsuits, boiler suits, cape jumpsuits, culotte jumpsuits, flared jumpsuits, sweatshirt and tank jumpsuits.

Blazer jumpsuits are the ones that

give you that extra professional oomph while at work. With a blazer neckline, and paired with light jewellery and heels, this outfit is one of the best official looks for those who have a pear-shaped body.

Boiler suits, in direct contrast to the blazer, are sporty and maxed out on comfort. Made with plain nylon or denim material, with slight detailing on the waist, a cinched pant and deep pockets, this suit makes an uber cool style statement, especially when worn with sneakers.

Cape jumpsuits recreate the blazer-over-shoulders look with an attached cape. The flirty look is great for office wear as well as evening cocktail attire. With boat or V-neck, this stylish number takes away attention from the top and arms and add the touch of glamour to the shoulders.

Culotte jumpsuits usually sport rounder or higher necklines and higher hemlines. This cut-off hemline is what makes this style popular among the petite framed women, as it creates the illusion of long legs, especially when paired with heels or wedges.

Creating a jazzy, snazzy party look is the flared jumpsuit style where one can experiment all they want with the sleeves or pants. Go off shoulder, bare one shoulder, add frills or high-low flares on the hems— make it your style canvas.

Sweatshirt jumpsuits and tank jumpsuits are both informal attires that can be sported with hoods or without. The slight difference between a tank jumpsuit and a sweatshirt jumpsuit is simply what their names imply — a tank jumpsuit looks like a tank top while a sweatshirt jumpsuit is made of warmer material, creating scope for this summery style in winter.

By Munira Fidai
Photo: Sazzad Ibne Sayed
Model: Surjo
Wardrobe: Poushee
Makeup: Masum
Styling: Sonia Yeasmin Isha
Location: Radisson Blu Dhaka Water Garden





"I wanted to do something different, something that was largely absent from the fashion scene of Bangladesh and one in which I could lead the way. And I thought — why not formal wear?"

MAHIA NINAN Poushee and her formal attire



Mahia Ninan Poushee, a young, effervescent fashion designer of 26 talks about how she stumbled onto fashion and where she plans to take it next.

For Poushee, fashion was a chance meeting. Her first love was photography. However, as she began making dresses for herself and modelling them on Facebook, she realised that people really liked what she was wearing and were willing to pay for it. With a paltry investment of Tk 10000, Poushee made a few dresses and put them up on her profile one night — happy if they sold, happy if they didn't. Little did she know that she would wake up and in 12 hours find everything sold clean. After that, she never looked back.

"My father was furious!" muses Poushee. "He wanted me to join a particular school and follow a particular profession. And here I was, at 19, selling dresses and making money!"

Between fits of laughter, Poushee reminisces how opposed her father was to her calling in the beginning and a few years later, how he became her pillar of support, pushing her to join fashion school and hone her skills.

Poushee credits social media engagement for her successes.

"Most of my work got recognised on Facebook. From getting my first paid order to finding partners for my first shop in Banani — Kayara — to being able to send off hundreds of pieces to Italy, every opportunity found me via Facebook.

"I was a fledgling still. I had no idea how exports work, what quality checks were. I learned everything on the job."

Poushee is the billboard for her own work. "I'm most comfortable in pants and a t-shirt. But when I go out socially, I make sure I wear my own pieces and I dress so well that it compels people to buy the piece from me. Even when I am on a tour — what you see in pictures is all about my work. I know when I

make the pieces that I should be able to sell them."

When Poushee realised that formal wear fashions from China were leading the market demand, she decided to cater to it.

"I create the entire look, from the innerwear to the upper and bottom, and that's when the customers can visualise how they can wear my creations."

A strong believer of inclusivity, Poushee has recently started venturing into plus-sized fashion.

"I want everyone to wear my creations — not just skinny people."

The young designer worked hard to get measurements correct for larger sizes.

"I have it down to a T now. Just tell me what size you wear and I can nail down the perfect measurement. There are hardly instances where any tweaking is required anymore."

Poushee is all for quality as well.

"I have been known to turn down hefty profits if I was unsure about the quality of the product I am delivering."

The young designer feels that fashion is a necessary part of life in any era.

"Everywhere you go, people will notice you. Make sure they notice you for the right



reason," she quips. To this effect, she holds consultations with her clients about the right looks for them and provides them custom-made attire, blending their choices with her expertise.

She plans to diversify into designing eastern dresses and other fashion genre come Eid, this year. To the fashion students, she has a few potent words of advice — "Work on developing your taste. This industry has a lot to do with trends, the more knowledge you gain on recent and upcoming trends, the wider your imagination and taste develops. If you are going to take inspiration from a famous piece of work, try to surpass the original."

Some of her work featured here includes a dress with embellishments and creative sleeve work in ice blue, a jumpsuit in tan with a cross body bow, pantsuits with cropped and worked innerwear in bright hues like yellow and orange, a white two-piece number with an attached cape, a powerful pantsuit with a bunched and cropped inner and leg slits in a metallic shade of grey and finally, a creative patchwork jacket with puffed sleeves in ochre.

By Munira Fidai
Photo: Sazzad Ibne Sayed
Model: Surjo
Wardrobe: Poushee
Makeup: Masum
Styling: Sonia Yeasmin Isha
Location: Radisson Blu Dhaka Water Garden

A NOTE ON NUTRITION**CHOWDHURY
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Hidden calories in everyday food

Frequently, we receive patients in our chambers with heaps of frustrations that they are starving and depriving their body and souls, suffocating the desire for food, but still failing to make any substantial positive results in terms of weight reduction. Fallaciously, taking foods containing concentrated calories are primarily responsible for this. Whenever one is under a diet plan, whether to reduce weight or due to any other clinical issues, it's very important to ascertain foods of fewer and higher calorie. In our country, there are some vastly preferred common foods which are taken usually just as a snack, but contains good amount of



calories. Puffed rice (muri), toast biscuits, dates, nuts, banana, suji, flattened rice flakes (chira), and any deep fried items are just some on this list of calorie-heavy food.

Banana is the most available fruit in our country which contains a good number of calories and carb. For patients who are under weight-reducing diets or diabetic, it must not be considered as a fruit but rather a portion of carb, though it is packed with high nutritional value. Fruit juices are more desirable than whole fruits especially for kids. Because of the lack of fibre, fruit juices carry more calories than

the fruits. High fibre fruits and vegetables helps us reduce the daily calorie intake. It also improves the satiety level and reduce hunger pangs. Dried fruits like dates, raisin, prunes, and dried mango pulp are rich source of good amount of calories which are just random finger food for many families in the city area. Anyone who wants to get rid of hidden calories must be aware of high glycaemic index fruits and vegetables. Mango, litchi, jackfruits, grapes, pomegranate, potato, carrot, yam, sweet pumpkin, (all root and tuber vegetables) contain a high glycaemic index. They need to limit the intake of these to restrict the calorie.



Olive oil has enormous health benefits, like reducing bad cholesterol, boost the immune system etc. but also contain high calories. One teaspoon carries about 45kcal. So, having too much olive oil to enjoy its health benefit would backfire on any weight reduction initiatives. Measurement and restriction in oil should get the highest priority in a low calorie meal plan. The most common mistake that people make is to reduce carb, protein and other categories of food, without keeping count of their daily oil intake through cooking. Oil is the most calorie dense nutrient in the food

world. Another calorie dense food item is table sugar. A slight difference in the amount of sugar in a recipe can make a considerable change in the amount of total calories.

Nuts are an abundant source of protein and good fat but they are categorically calorific. So, a handful of nuts everyday on and off would be a good reason for failure in weight management. Chanachur is a highly popular snack item which is rich in both fat and carb. And as it's a dried food, one can take in huge amounts while in social settings with friends and family.

Serving wise, puffed rice (muri) and rice flakes (chira) contain all the nutrients of rice and the same amount of calories except the moisture. Two cups of rice are equal to four cups of puffed rice (muri). But puffed rice doesn't provide hunger-satiety like rice. The same applies to toast biscuits and bread. Two to three slices of bread could be the carbohydrate part of a main meal whereas toast biscuit, which contain the same ingredients and calorie is most of the time eaten in good numbers as a snack.

Dairy cream and thick mayo, butter, ghee and sauces add extensive calories to an otherwise healthy meal. These are often high in sugar or high-fructose corn syrup. Pick the options lower in calories and sugar such as mustard, vinegar, lime juice, hot sauce, garlic, herbs, and spices are almost calorie-free, contain antioxidants and offer lots of flavours. It would also be helpful to cut the extra calorie from a meal and make the meal much healthier.

Photo: LS Archive/Sazzad Ibne Sayed



DESHI MIX
SALINA PARVIN



Make the SAUCE at home



HOT CHILLI GARLIC SAUCE

Ingredients

- 1 cup chopped chilli peppers (about 100 grams)
- 3 tbsp vegetable oil
- 2 hands garlic, crushed or minced
- 3 shallots, medium size, minced
- ½ cup tomato purée
- ½ cup rice vinegar
- 3 tbsp sugar
- Salt to taste
- 1 tsp fish sauce

Method

Rinse, clean and remove stem of the chillies. Blot dry with paper towel. Wearing rubber gloves, mince the chilli peppers.

In medium saucepan, heat oil then add minced garlic and shallots for 1 minute or until light brown and fragrant. Add tomato purée and minced chilli peppers. Let the sauce come to a simmer then lower heat to keep at a low simmer. Add fish sauce, salt, vinegar, and sugar. Mix well.

Continue simmering for 5 minutes. This will break down the chilli peppers and soften them to create the smooth consistency. Transfer hot sauce to blender and blend until smooth. Taste the hot sauce to further customise the hot sauce to your liking. Add more sugar, vinegar if needed. Blend one last time till smooth. Pour into sterilised jar and use safe canning techniques to store for longer.

TOMATO AND BASIL SAUCE

Ingredients

- 500g tomatoes, chopped
- 3 tbsp extra virgin olive oil
- 1 large onion, chopped
- 2-4 garlic clove, crushed
- 1 tsp chilli flakes

2 tbsp vinegar

- 2 tsp sugar
- Bunch of basil leaves, cut into small pieces
- ½ tsp salt
- ½ tsp freshly ground black pepper

Method

Heat oil in a saucepan and gently cook the onions and garlic until softened. Stir in the tomatoes, chilli flakes, vinegar and sugar. Bring to a simmer and cook slowly for 45 minutes to 1 hour. Stir in the basil and season with salt and pepper. Remove from heat and allow it to cool. Now pour the mixture into the food processor. Blend the mixture for a smooth sauce and serve.

TAMARIND SAUCE

Ingredients

- 1 cup tamarind
- 3 cups water
- ½ cup jaggery/sugar
- 1 tsp roasted ground cumin
- 1 tsp roasted ground coriander
- 1 tsp red chilli powder
- 1 tsp chaat masala
- ½ tsp ginger powder
- ¼ tsp black salt
- Salt to taste

Method

In a bowl, add tamarind and hot water to cover it. Allow the tamarind to soak for about 30 minutes. Squeeze the pulp by hand and then transfer the soaked tamarind to the blender and blend until smooth. Pass it through a mesh sieve to collect all the fibre. Now add the spices powder to the tamarind pulp, and stir to combine. Place the pan on heat, bring the sauce mixture to a boil and allow it to

simmer for 5-7 minutes. Add the salt, taste and adjust the seasoning accordingly. Once the sauce has cooled down, transfer to a sterilised jar.

FRESH GREEN SAUCE

Ingredients

- 1 cup fresh mint leaves
- 1 cup fresh coriander leaves
- 4 garlic cloves, peeled
- 3 tbsp fresh lemon juice
- 3 green chillies

¼ cup olive oil

Salt and sugar to taste

Method

Place all the ingredients in a food processor. Process on high speed until blended. Add more lemon juice or salt if desired. Remove from food processor and serve with fish, chicken or whatever you wish.

HONEY MUSTARD SAUCE

Ingredients

- ½ cup mayonnaise
- 1 tbsp Dijon mustard
- 1 tbsp yellow mustard
- 3 tbsp honey
- 1 tbsp vinegar
- ¼ tsp garlic powder
- ¼ tsp paprika
- ¼ tsp freshly ground black pepper
- Salt to taste

Method

Combine all the ingredients in a bowl and whisk or stir continuously until smooth. Use

immediately or refrigerate until ready to use.

WHITE SAUCE

Ingredients

500ml whole milk

- 1 onion, halved
- 1 bay leaf
- 2 clove
- 50g butter
- 50g flour

Method

Gently bring whole milk to the boil in a small saucepan with onions, studded with bay leaf and cloves. Turn off the heat and leave to infuse for 20 minutes. Melt butter in another saucepan, then add plain flour. Stir continuously until a paste forms, this is called roux. Continue cooking for 2 minutes. Remove the spices from the milk. Add the infused milk to the roux gradually, stirring as you go, until get a smooth sauce. Cook for 5-10 min, stirring continuously, until the sauce has thickened. Season to taste.

MEXICAN CHOCOLATE SAUCE

Ingredients

- 2 cups chocolate chips
- 1/3 cup sugar
- 1/3 milk
- 1/3 cup water
- 1 tsp vanilla extracts

Method

Heat sugar and water in a saucepan. Pour in milk and simmer for few minutes. Whisk in chocolate chips until smooth. Add vanilla extract and mix well. Remove from heat and serve. Use for everything because this stuff is magical.

Photo: LS Archive/Sazzad Ibne Sayed



Quick and easy winter laundry tips

As chilling as winter may be, it is the usage of life skills such as laundry or showers that really help our bodies absorb the true essence of the season. Other than very rare occasions, this is not a splendid experience. Hence, here are some of the easiest winter laundry tips that you can incorporate in your daily lives that will make this chore manageable.

Dish it out

Fragile garments that are made of wool often shrink or tear if harsh washing agents come in contact with them. So, in order to avoid that, use a coin-size dishwasher and fill up the washing sink. Wait for 2-3 min for the soap to settle in. After that, gently submerge your woollen goods into the water. Do not twist it as it may hurt the fabric. Rather, gently press one of the garments against the other and repeat the process until the soap is gone.

Go stainless

'It's shivering outside!' is the most commonly used phrase in winter and this often limits us from immediately addressing our laundry alerts, especially when it requires some extensive stain removal. The simplest way to get rid of a stain is to dampen that area, apply a stain remover and keep it for at least 15 minutes. After that, wash it off. In case you do not have a



stain remover, lemon juice can help you out as well.

Air drying diaries

In winter, one of the most calming factors is the extreme sunshine that hits our fences right from the start of the day. This is a great opportunity for air drying clothes. Try to finish doing laundry while the sun is at its peak so that you get to expose the cleaned clothes to the natural heat outside. Make sure you keep it for a good 2 to 4 hours to

make it completely dry. Air drying keeps the colour of your clothes vibrant and your garment safe from wear and tear.

Dehumidifiers for the win

Even in winter, drying areas can get stuffy. To avoid such situations, try to get a dehumidifier. There are lots of e-commerce websites that sell small to large dehumidifiers depending on consumer needs so all you have to do is identify the type of dehumidifier your drying space needs and order it on



the go. Dehumidifiers erase excess moisture from the air so this is a healthy way of keeping your garments well.

Prioritise to not jeopardise

We often think that washing all woollen clothes or all cotton clothes will not cause any problem as long as it is of some colour. That is completely untrue. Each and every fabric needs to be catered as per their needs. Use the thumb rule of prioritisation before washing clothes. If you have a mix of denims, linens and more then select the bunch that immediately need your attention and wash them together. Others can wait but cannot be jeopardized due to time limitations.

To conclude

Winter laundry as all laundry is a chore, but it becomes less tiresome when it is prepared for.

By Zeba Fareha Hossain
Photo: Collected

#PRESS RELEASES

Secret Recipe opens new outlet

If you can't seem to get enough of the cheesecakes from Secret Recipe, you're in luck. The Malaysian franchise has just come up with a brand-spanking new and premium outlet in Gulshan, inaugurated on 16 January. The newest Secret Recipe is the chain restaurant's 14th outlet and the vision propelling the café to unforeseen heights is its dedication to food and reinventing it as art.

"Food is an experience for the senses. Good food doesn't only taste good but also looks aesthetic. The food and beverage industry in Bangladesh is growing exponentially. Our GDP has already increased and our standard of living is also improving. Secret Recipe pushes the envelope in food as well and provides customers what they deserve: an



unmatched quality and the most original of recipes," Bangladesh Securities & Exchange Commission Chairman Prof Shibli Rubayat UI Islam proudly states.

The chairman and director of Fair Group, the sole franchisee of Secret Recipe Bangladesh, Ruhul Alam Al Mahbub, took the stage and reaffirmed Secret Recipe's uncompromised commitment to international food regulations and the dedication with which its chefs and staff

aim to create a spectacular gastronomical experience every time a customer walks through its doors.

Muttasim Daiaan, director at Fair Technology, a concern of Fair Group and Secret Recipe Head of Business and advisor, K S M Mohitul Bari, were also in attendance.

The new Secret Recipe champions the buzz and hubbub that a bustling café in the heart of Dhaka is typical of. And it does so in the best way. When you come to this

outlet, you can get comfortable in any of its tables and the staff will cater to all your food cravings.

Light music plays away to the sound of chitchat with old friends and riveting tales of gossip. Reminisce and warm up to nostalgia as you help yourself to spoonful after spoonful of their classic New York cheesecake.

If you're missing a sweet tooth, order any of their laksas, soups or pastas, or dive head-first into steaming bowls of pure love. If neither of those strike your fancy, gobble down on their sandwiches, burgers or pizzas and you will find yourself asking for the cheque with a satiated appetite, yearning for the kind of deep sleep that results only from a well-eaten, hearty meal.

The only thing better than reading about good food is to experience it. And, so, to awaken your senses, the newest Secret Recipe awaits to deliver all of its promises and more.

By Ramisa Haque
Photo: ATM Arif

Essentials:

Address: BTI Landmark, 16 Gulshan Ave, Dhaka 1212

Home Delivery: +88 09613505085

Website: <https://secretrecipebd.com/>



#PRESS RELEASES

Kay Kraft's Falgun celebration

The well-known fashion house Kay Kraft has launched its new collection ahead of the joint festivities of Falgun and Valentine's Day celebrations in February. The collection features clothes specially catered to the occasions as well as those fit for use all through the year. There is something for everybody— men and women of all ages, as well as children.

Clothes from the collection features ikkat, floral, geometric and textured designs on ready to wear items stitched in cotton, silk, linen, half-silk, two-tones and voiles, embellished with embroidery, screen print, digital print and tie-dye on lemon yellows,

mustards, violets, purples and copper tones, maroon, marigold, java green, parrot green and magenta, among others.. There is an array of styles too, kurtis, tops, sarees, shalwar kameezs and skirts for women, panjabi, coatie and shirts for men, and of course panjabis and frocks for children. What's more, there are also "family sets" where clothes for all members including parents and children are made to match as a coordinated set. The lifestyle section offers colourful masks and jewellery too. Head to your nearest Kay Kraft outlet to buy your Falgun dress now, or log in at KayKraft.com.



Falgun at Bishwo Rang

Just as winter is leaving and nature makes ready for spring, Bishwo Rang brings its patrons its new Falgun collection, to celebrate the season of colours. The collection includes colourful sarees, panjabis, kurtis, three-piece suits, fotua and shirts. Natural elements and shapes have been adapted into geometric patterns to create designs on readymade clothes made with cotton, muslin, half silk and khadi, to allow for comfort in the warming weather. The collection features embroidery, block prints, appliques, cutwork, screenprint etc. on a host of vibrant colours and new and unique styles fit for a spring celebration. Visit any Bishwo Rang outlet to grab your favourite today.

HOROSCOPE



ARIES (MAR. 21-APR. 20)

Extravagance will be a problem. Ask for favours when you need it. Avoid unnecessary gossip. Your lucky day this week will be Tuesday.



TAURUS (APR. 21-MAY 21)

Your partner will not stand for criticism. Children might cause problems. Spend time with those having similar interests. Your lucky day this week will be Sunday.



GEMINI (MAY 22-JUN. 21)

Avoid making changes that your partner won't appreciate. Be sure to clear up any misunderstandings. Jealousy can lead to heartache. Your lucky day this week will be Saturday.



CANCER (JUN. 22-JUL. 22)

Meet new possible romantic partners through colleagues. Avoid getting into disputes. Financial losses are likely if you don't use good judgement. Your lucky day this week will be Thursday.



LEO (JUL. 23-AUG. 22)

You might be at fault. Don't blow situations out of proportion. Keep your thoughts to yourself. Your lucky day this week will be Wednesday.



VIRGO (AUG. 23-SEP. 23)

Emotional deception is evident. Avoid partners who already have a relationship. Social events will be successful. Your lucky day this week will be Tuesday.



LIBRA (SEP. 24-OCT. 23)

Overreacting could get you into trouble. Mend any disputes at home. Expect your workload to double. Your lucky day this week will be Tuesday.



SCORPIO (OCT. 24-NOV. 21)

Delays will cause setbacks. Don't lose control regarding financial matters. Don't create unnecessary issues. Your lucky day this week will be Wednesday.



SAGITTARIUS (NOV. 22-DEC. 21)

Residential moves will be favourable. Travel will be enlightening. Secret affairs can only lead to devastating circumstances. Your lucky day this week will be Wednesday.



CAPRICORN (DEC. 22-JAN. 20)

Property investments will pay off. Your creative input will be appreciated at work. Deal with your boss carefully. Your lucky day this week will be Saturday.



AQUARIUS (JAN. 21-FEB. 19)

Opportunities to get ahead are evident. Don't be persistent when offering assistance. Don't get involved in trouble. Your lucky day this week will be Monday.



PISCES (FEB. 20-MAR. 20)

Don't push your philosophies on others. Investments will bring financial gains. Be careful when traveling. Your lucky day this week will be Saturday.

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#HEALTH & FITNESS



Nursing and Caregiving: A SET OF HELPING HANDS

Adulting is not easy. You have to take care of yourself, your family and your career; all at the same time. And this can often turn out to be challenging, especially when a family member gets sick and you have to attend to them. We can't always stay home to look after our loved ones and go out for work at the same time. This is where nurses and caregivers can assist you in your hour of need.

Know your needs

Before you hire someone, you must decide if you need a nurse or a caregiver. They are not the same. Nurses are licenced with medical training and they can carry out all the duties of a nurse. Caregivers on the other hand are more like helping hands. They will not perform medical duties and you should not expect or ask them to either (for your own safety). But more and more caregivers are getting additional trainings these days.

"Before we provide our service, we need information about the patient. We listen to the patient history and requirements and then we recommend if a nurse or a caregiver is appropriate for that person," said Abu Salhe Forkan, owner and CEO of Israt Caregivers.

If you are worried about your privacy, worry not, for both male and female caregivers are available. Some of the caregiving agencies are also offering caregivers in the form of nannies that can

It is care for patients with life-threatening illnesses & their families

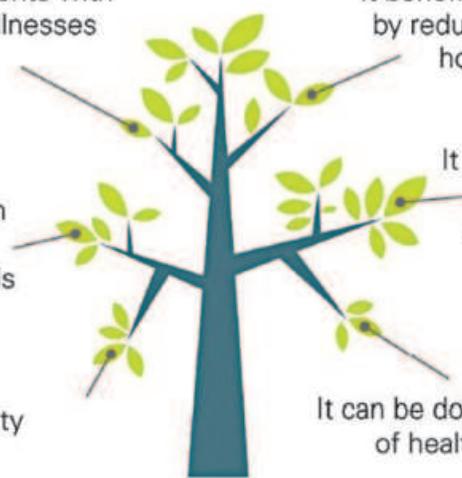
It can be given in homes, health centres, hospitals and hospices

It improves quality of life

It benefits health systems by reducing unnecessary hospital admissions

It relieves physical, psychosocial & spiritual suffering

It can be done by many types of health professionals & volunteers



assist new mothers with their babies since this can be a very challenging time.

What they can do for you

As mentioned earlier, nurses have medical licence and training. Therefore, they can carry out medical duties that one might need. Pushing an injection might seem like a very mundane activity, but even that should be done by properly trained personnel.

Nurses can do that as well as other activities like supervising the medication, checking blood pressure and oxygen level, administering insulin, etc. Caregivers will help you with other regular activities like physiotherapy, bathing or cleaning the patient, feeding them, changing diapers, etc.

"We have licenced nurses and trained professionals. In addition to that, we train

them ourselves as well so they can perform their jobs better. They are also briefed on their responsibilities and what they can and cannot do. This is important since dealing with a patient is a very sensitive issue," said Jony Gomes, Managing Director of Clara Care Services LTD.

The timetable

So, how long will the helping hands be available for? The timetable will depend entirely on your needs and only you can know the answer. How long do you need someone to be present and taking care of your loved one? Perhaps, you need someone to be taken care of only for the time that you will be away from home. Or maybe the situation is dire and you need someone around the clock. Most nursing agencies will offer different time packages in the form of 8, 12, and 24 hours. If you need someone to be present constantly, they can arrange more than one personnel to cover the time accordingly.

The COVID concern

It is natural to be concerned about the COVID threats.

"During the COVID crisis, the demand for nurses and caregivers were higher for obvious reasons. Being involved in this industry, we try to maintain all the safety protocols as much as possible. We have taken care of COVID patients as well as general patients over the past year," affirmed Sandip Biswas, owner of 24Sheba, one of the newer organisations in the industry. He also informed that in cases of emergency, should an ambulance be needed, they can help with those as well.

Remember!

If the person to be taken care of needs some kind of special equipment such as oxygen tank, heart rate monitor, etc., you should get them yourself and be prepared since the nursing services will only offer you personnel and they will not be equipped with all the gadgets. The pricing might also vary depending on your requirements.

To hire a caregiver, you will have to be willing to spend at least Tk 600 for each shift and the amount will vary depending on how long the shift is. For nurses, the pricing will be different and depend on a number of factors such as timing, qualifications of the nurse, the patient, etc. The ideal thing to do would be to discuss it freely with the agency before you reach a contract.

Knowing when you need a pair of helping hands and reaching out for help is a wise action. Contact information and reviews of agencies that offer such services can be found online with a simple Google search. For more information, one can visit their websites and (should) always discuss the details before reaching a contract.

By Ashif Ahmed Rudro
Photo: Collected