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# Life

Style

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## WHITE for cool summers

BRINGING BACK INTO THE LIMELIGHT  
WHY THRIFT SHOPPING IS THE WAY **P45**  
HILL DELICACIES  
DRIED FISH RECIPES **P9**  
SHINING IN YOUR KITCHEN?  
STAR LIFESTYLE RECIPE COMPETITION **P11**

PHOTO: SAZZAD IBNE SAYED  
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LOCATION: PAN PACIFIC SONARGAON, DHAKA



পাঁচ দশক ধরে দেশজুড়ে  
সবার আস্থার শিখরে বাজার রবিয়াল্যাক।  
তারুণ্যে ভরা অনন্য এই রঙে রাঙিয়ে যাব দেশ একসাথে।





# Overcoming the habit of oversleeping

We are often warned about the health implications of getting too little sleep or staying up late. While these habits are legitimate concerns and might even lead to insomnia and irregular sleeping habits, the other side of the spectrum, oversleeping or getting too much sleep, is just as harmful.

Oversleeping could be the result of multiple causes; stress, unbalanced diet, overworking, etc. In extreme cases, a doctor should be consulted as some people might develop sleeping disorders. However, it might be worth a try to adapt some habits into one's lifestyle to overcome oversleeping.

## Getting into a routine

Easier said than done, having and sticking to a routine would assist the quality of sleep one gets. Setting specific times to wake up, preparing healthy and balanced meals, regularly exercising and heading to bed on time would help the body to develop its own schedule and function accordingly, thus avoiding oversleeping or under sleeping.

## Creating the perfect sleep environment

The body and brain can be prepped for slumber by establishing a sleep-friendly environment, which will make falling asleep much easier. A dark silent room is necessary for a good night's sleep. Filtering out background noise with earplugs might be worth a try. The room's temperature is also an important consideration. With a room too hot or too cold, sound sleep is unlikely. Adjusting the fan's speed or regulating the air conditioner's temperature to find the desired temperature, could help in falling asleep quicker.

## Changing alarm habits

A love-hate relationship with alarms is common. Hitting snooze and getting those last few minutes of sleep is tempting. However, using a light alarm or a sunrise alarm instead of a loud jingle helps in



waking up more gently and naturally, thereby preventing the annoyance we feel because of loud and invasive alarms, and also decreasing the temptation of hitting snooze. This will help waking up on time instead of oversleeping.

## Avoiding caffeine

Caffeine is a necessity for some people to function. However, as caffeine helps us stay awake, it is no surprise that it also pushes back bedtime. Avoiding caffeine a few hours before bedtime would help the body and mind relax, slowly preparing for slumber.

## Putting the tech away

Blue light from phones and computers affects our sleep. Harvard Health Publishing by Harvard Medical School shared an article

about the adverse effects of blue light on sleep. They explain how light of any kind has a negative impact on melatonin production (the hormone regulating the sleep-wake cycle), however blue light has a far worse impact. So, putting electronics away before bed is one step toward learning how to sleep better and for longer periods of time.

## Avoiding naps and extra sleep on the weekends

Many use weekends to catch up on their sleeping. However, sleeping longer than usual on weekends can be harmful to one's sleep schedule and health. According to an American Heart Association study, individuals spending their weekend to get

more sleep are more likely to have poor cardiovascular health than those who do not.

Additionally, frequently napping throughout the day can make one feel even more fatigued or sluggish than if they had not rested at all. Staying hydrated can help to stay alert during the day.

Other activities like reading a book before bed, meditating and stretching, keeping a sleep journal to monitor one's sleep habits, and listening to soothing music could also help improve quality of sleep and prevent oversleeping.

By Puja Sarkar

Photo: LS Archive/ Sazzad Ibne Sayed

us on /Sandalina

ঐতিহ্যের আর এক নাম আধুনিকতা  
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

**স্যান্ডালিনা**  
সোপ

রূপচর্চায় আভিজাত্য...

**KOHINOOR CHEMICAL**





#LITERATURE

# The Islamic strain in Kazi Nazrul Islam

Do I contradict myself?

Very well then I contradict myself,  
(I am large, I contain multitudes.)  
These words of a nineteenth-century American poet can very well be used to characterize Kazi Nazrul Islam. Nazrul also expressed his own contradictions brilliantly in "Bidrohi": "*Momo ek hate banka bansher banshori, aar hate rono turjo.*" Translated into English by Kaiser Haq, they read: "In one hand I hold the tender bamboo flute/The trumpet of war in the other."

Nazrul's iconic poem uses both Islamic lore as well as Hindu myths to rebel against all that dehumanises and discriminates

against human beings. Yet, this same poet used the memory of a glorious Islamic past to write poems denouncing the British Raj or calling for a revival of that glory. At the same time, he also wrote the most devout *hamds* and *naats* in praise of Allah and His Prophet.

That a child born in impoverished conditions in Churulia would grow up to write poetry, songs, fiction, political editorials, speeches and become the national poet of Bangladesh should have been impossible. But all these things did happen. As a child, growing up near a mosque, going to school in a *maktab*,

often doing odd jobs in the mosque, his life should have been like that of countless villagers who die unknown and unsung. Or, introduced to the life of itinerant *leto* groups where he learned about Hindu myths and legends, he could have turned into a vagabond. But something happened to transform his life.

The most important change that took place in the life of a young man who was forced to earn a living from a tender age, whose schooling was only sporadic, was his enlisting in the 49th Bengali Regiment. Posted to Karachi, he was exposed to what he would never have known in Churulia or in the small towns to which his restless nature took him. In Karachi, for the first time, he not only got a regular salary which enabled him to subscribe to magazines from Kolkata, but also, despite the parades and marches, enough spare time to write. He had learned Arabic as a young boy, now he learned Persian. He read about communism and the Russian Revolution. He heard about the events taking place in the Middle East and the rise of Kemal Pasha. These events inspired Nazrul to write both poetry and fiction.

The poems "Kemal Pasha," "Ronobheri," "Bajichhe Damama" and "Shat-el Arab" reflect a Pan-Islamic influence. In "Shat-el-Arab," for example, he draws upon the history of the glorious Muslim past. In Syed Sajjad Husain's translation, the poem glorifies the place which witnessed so many battles:

Forever glorious, forever holy,  
Your sacred beaches, Shat-el-Arab,  
Are bathed in gore, the blood of fighters  
Of many races, and diverse colours.  
But at the time that Nazrul was writing, Arabia was as subjugated as India was. There is thus an elegiac note in the poem. Not satisfied with bemoaning a lost past, in "Bajichhe Damama" the poet gives a call to battle to restore the lost glory of Islam. In translation the lines read,



The war-drum is beating, tie your turbans  
and raise your heads high, O Muslims.

The flag flies from the broken fort.  
Prepare to build anew,

With the kalma on your lips, the sword in  
your hands

And the courage of Islam in your breast.

It was this same poet who wrote the iconoclastic "Bidrohi," celebrating the rebel as a superman whose head did not bow before any deity. He wrote "Anandamoyeer Agamoney," invoking Durga to destroy the British Raj as she had destroyed

Mahishashur. He also wrote kirtan and shyama sangeet, devotional Hindu songs. At one time, Nazrul was writing so many devotional Hindu songs, that the wife of his friend, Dr Hamid, was very upset. Undaunted, Nazrul – who was well-known for the spontaneity with which he composed his pieces – wrote the *hamd*, "Ei Sundar Phal Sundar Phul Mitha Nadir Pani," punning upon the name of his friend's village: Sundarpur.

Along with other *hamds* in praise of Allah, Nazrul also wrote several *naats*, praises of the Prophet, regularly sung at *milads* today in Bangladesh. Apart from "Tora Dekhe Ja Amina Mayer Kole," where he images the Prophet as a baby, "The radiant full moon cradled . . . in the arms of dawn," he also wrote, "Saharate Phutlo Re," "Islamer Oi Sauda Loye," "Amar Priyo Hazrat." He wrote about Fateha Doazdaham, about Moharram, about the two Eids – the song "O Mon Ramzaner Oi Rojar Sheshe Elo Khushir Eid" is regularly played as soon as the Eid ul Fitr moon is sighted.

In other poems and songs, he wrote about the different obligations of a Muslim. In "Namaz Poro, Roza Rakho," he refers to prayers, fasting, the kalma, hajj, zakat, the Quran. In another song, "Hey Namazi Amar Ghore Namaz Poro Aaj," he admits that he does not always pray, but invites his friend to pray in his house and turn his house into a mosque. In "Masjideri Pashe Amar Kabar

Nazrul's iconic poem uses both Islamic lore as well as Hindu myths to rebel against all that dehumanises and discriminates against human beings.

Diyo Bhai," he asks to be buried beside a mosque so that from his grave he may hear the muezzin's call to prayer, hear the footsteps of the faithful as they pass by, hear the sounds of the Quran being recited. The Government of Bangladesh did keep this request, burying him on the premises of the Dhaka University Mosque.

Before 1971, there was an attempt to make Nazrul an Islamic poet. "Hindu" words were changed to "Islamic" ones; words, phrases and stanzas were omitted. But Nazrul was not an Islamic poet. Married to Ashalata Sengupta, whom he renamed Pramila, he named his sons a combination of Hindu and Muslim names. And in his poems on socialism, he talks about a world where all religions coexist peacefully. In "Samyabadi," translated by Sajed Kamal as "I Sing of Equality," Nazrul embraces four major religions. But he also points out that it is not important to be a devout Hindu, Christian, Buddhist or Muslim. The greatest religion of all is the religion of humanity.

What I've heard, my friend, is not a lie:  
There's no temple or Ka'aba  
greater than this heart!

**By Niaz Zaman**

**Photo: Collected**

The writer is Advisor, Department of English and Modern Languages, Independent University, Bangladesh, and a writer and translator.



# Everything you need to know about thrift shopping



Thrift shopping, another word for second-hand shopping, is slowly becoming the new norm of clothing consumption globally. In this article, we break down the very basics of what it is and how you can be part of this change.

## What is thrifting?

Buying gently used items at a discounted price is called thrifting. A new term to our vernacular, it is also seductively termed as “pre-loved,” “resale,” “vintage” etc.

It is good to note that the term “vintage” differs from its popularly substituted counterparts. While any item of clothing of any age can be sold second-hand, for an item of clothing to be considered vintage, its age must be a minimum of 20 years.

## So, what's with all the hype surrounding thrift?

The growing eco-consciousness of consumers, especially in the Gen-Z demographic, combined with the power of social media giants like TikTok, Instagram, and YouTube providing a

platform for creative self-expression and a raging pandemic that has made us all rethink our ways of life and reduce our needs for shopping for clothes, pre-loved shopping took over our collective consciousness and transcended to the mainstream from the niche.

The second-hand clothing market is composed of two categories – brick and mortar thrift stores and resale platforms, the latter of whom fuelled the recent boom. Resale platforms like Depop and TheRealReal took off along with countless Instagram-based vintage and thrift shops.

Trends like fashion flipping – buying pre-loved clothing and reselling them and thrift flipping – reworking a thrifted piece into something, has cemented



the place of pre-loved shopping as a mainstay in mainstream fashion consumption.

## Why should I opt for pre-loved?

Fashion, along with its glitz and glam, has its fair share of dark history surrounding environmental damage. According to a 2019 report published by the House of Commons Environmental



Audit Committee, “textile production contributes more to climate change than international aviation and shipping combined.”

Less than 1 percent of materials used to make clothing are currently recycled to make new clothing, a \$500 billion annual loss for the fashion industry. This has been largely fuelled by the growth of fast fashion giants like H&M and Zara, and more recently by the uber-fast fashion companies like Shein, which churn out 700-1000 designs daily at impossibly cheap prices, contributing more and more to landfill.

With the growing environmental consciousness of modern-day consumers, especially in the millennial and Gen-Z demographic, thrifting has become their go-to for a sustainable lifestyle choice, a step towards circular fashion. Alongside these changes in values, some other inspirations for shopping pre-loved include the strive for individuality and creative self-expression, a newfound love for the whiff of nostalgia of past times, and vintage inspiration used by fashion designers in their latest designs.





Although thrifting is largely understood to be the practice of buying and using preloved or vintage stuff, especially in fashion, it is essentially a way of life. A thrifty person can also be dedicated to reusing, renewing and repurposing existing materials. Moreover, consciously choosing cheaper and long-lasting items, like we often see available in the roadside stalls of Dhaka, rather than seasonal fast fashion from expensive brands, can also be the hallmark of a thrifty individual.

Fast fashion is produced en masse, leading to many people wearing the same outfit. Vintage is the alternative response to it, providing exclusivity, the chance to create their unique style, and providing broader fashion independence to defy the trends and standards set by industry players.

Vintage/thrift shopping allows a new life to a garment, continuing its journey. Vintage pieces will last you much longer compared to fast fashion counterparts due to their higher quality and care provided. Moreover, their value soars with age, making them worthwhile investments. In the West, vintage and pre-loved shopping for archival pieces of famed designers and luxury brands are popular to obtain high-quality luxury items at highly discounted rates.

#### Addressing the stigma surrounding second-hand shopping

Global statistics make it evident that the stigma surrounding second-hand clothing has greatly reduced. A 2019 report by analytics firm Global Data and online store Thredup estimated that the used fashion market will be worth \$64 billion by 2028 — contrasting with the \$44 billion fast fashion industry. Moreover, there are still some concerns shared by the people in our country which have been addressed below.

There is prejudice attached to pre-loved clothing as hand-me-downs. The question that pops into the mind of people, especially older generations is why buy used old clothes worn by other people if you can buy new ones. In their minds, it accentuates a perception about lacking affordability for new clothes. There is also the question of hygiene involved.

To address all these concerns, thrift stores go above and beyond to wash clothes and do repairs if needed to restore the quality of the pieces. The owners will curate the items carefully to ensure that no item is too old or worn out. It is interesting to note that alongside adding to the charm, vintage connoisseurs look for signs of aging and wear to determine the authenticity of an item. If there is a defect on an item, the seller will usually mention it and the price of the product will reflect so.

#### The Bangladeshi context and some tips

As for Bangladesh, there are a lot of shops on Instagram which collect second-hand clothes and sell them. Some popular shops include Vintage Ziana, @aesthrift.bd, Dhaka Vintage, Thrift Store BD, and countless others. You can find some amazing pieces for prices starting from Tk 300 to Tk 700.

The rules might differ slightly from shop to shop, but the general rule of thumb is to book the pieces via DMs or comments as soon as they are posted for sale. These items run out fast and there is only one piece available, so keep an eye for the timing of the drops. Before booking a piece, make sure the measurements of the garment match your size.

Happy thrifting!

**By Maliha Arosha Hasan**  
**Photo: Sazzad Ibne Sayed**  
**Model: Alfie Hossain**





# White staples for summer

White is pure, while also dominating and bold. It is a hue that is plain and pristine, yet compels onlookers to give its wearer the due respect. For ages, white has been worn on occasions like weddings to signify the chastity of the bride and in religious festivities to represent peace. In the present fashion scene, white is a silent, yet enticingly potent colour that one almost cannot do without in some form or another.

Although the colour is versatile and serves as the most beautiful backdrop to any shade on the spectrum, one style that is currently topping the fashion charts is the combination of white on white. Be it eastern ethnic wear or a billowy western summer dress, the final look is simple and almost entirely dominated by the colour white.

## WHITE IS GRACEFUL

Through ages, we have seen our grandmothers and our mothers wear white saris with white blouses. For many of us, the combination may have seemed pale and uninteresting at that young age. However, the grace of the dreamy white grew on many of us as our taste matured and is now one of the top combinations for our sari ensemble. Be it a satin blouse on a full sequined sari or a gorgeous, pearl worked blouse behind a plain white satin sari, the combination makes the wearer look elegant and immediately noticeable. Pairing the look with a white pearl hair pin, white heels and a small clutch will elevate the look to a whole new level.

## WHITE IS SASSY

A shade that works well on all skin colours, white is the choice for most summer and beach wear. Reflecting off heat and giving the wearer some coolness, summer dresses in cotton or crocheted material are all the rage now and the top choice for a casual day out with the girls or a solitary walk along the beach. Paired with a wide brimmed white hat and wedges in the same colour, the look can be completed by adding some chunky bracelets on the hands and a polka dotted silk scarf. Due to the quietness of the colour, none of it will ever seem like overkill.

## WHITE IS NOSTALGIC

A loose, mirror-worked white kameez with bell bottom sleeves and shalwar to match will never go out of style. Nor will a shorter, lightly embroidered kurti with a traditionally styled shalwar. Be it a garara or a sharara, ways to style the all-white combination of traditional wear are endless. Pair the look with flat, white sandals or *khussa jutis* and big statement earrings in oxidised gold and pearls to steal the show at each dinner party you show

up to. The understated style works well without a dupatta too but the long scarf in plain or embellished material will really lift the entire look.

## WHITE IS POWERFUL

Some may mistake white to be a timid colour for the professional scene but when worn right, it can look every bit as impressive and tough as black. Pant suits with capes are trending in both dark and pastel colours and one of the most daring shades one can wear the ensemble in is — you guessed it — white! Keeping the look chic and minimal here with small earrings in white and gold and a classy pair of milky white clogs will have you turning heads wherever you go. Opting for a box or briefcase style handbag will make the wearer look even more striking and professional.

**By** Munira Fidai  
**Photo:** Sazzad Ibne Sayed  
**Model:** Tania  
**Wardrobe:** Chondon  
**Make-up:** Sumon Rahat  
**Styling:** Sonia Yeasmin Isha  
**Location:** Pan Pacific Sonargaon, Dhaka



# VICTORIAN BLOUSES

## A gift from the past



There was a time when saris and ghagras used to make a lot of noise — embellishments, stone work, lace — while the blouses used to be plain affairs, demurely hidden beneath the anchal. Nowadays, we prefer a little more equality at least in terms of pulling up the blouse game. We want the top to have as much, or even more of a say, than the bottom.

A blast from the past that has made its way back into the world of today's fashion, is the Victorian blouse. With happening sleeve details, sheer volume and lacy flounces, Victorian blouses are comfortable, chic, and oozing with style — the ultimate fashion statement for you this season.

**The Victorian balloon**  
Balloon sleeves are in and how. The drama and the comfort level surrounding the entire number is on another



level altogether. All the attention is effortlessly steered away from the chest, to the arms. If half sleeved balloon sleeves are bold and have you showing off your slender arms, long sleeved balloon sleeves are chic and have the most beautiful cuff work. In fact, we are all about plain bodies with heavy work on the cuffs to amp the look up. Bonus, these blouses work amazingly well with harem pants or jeans as well, if fusion is your look.

**Ruched sleeves**  
Add more oomph to the balloon sleeve by



bunching them up in places to give a more flouncy look to the entire affair. The sleeves stand apart and look gorgeous even without any embellished work on them, simply thanks to the scrunched-up look. They show up as more detailed and will have all gazes on you in no time.

### Bell sleeves, ring a bell?

Bell sleeves have made a major comeback into the blouse scene and the hype is well worth it. Fitted sleeves with a sudden flair-y end is a dramatic ending all romantics hope for. It instantly lifts the look of the outfit and plays up even the most conservative or conventional outfits.

### Ruffles galore

Ruffled saris and blouses are fashion fads that are in and out of the scene every now and then. Ruffled blouses have

we are all about plain bodies with heavy work on the cuffs to amp the look up. Bonus, these blouses work amazingly well with harem pants or jeans as well, if fusion is your look.

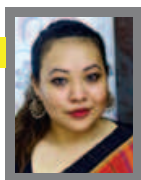


a lot going on in their sleeves. Heavy stiff ruffles or flowy, soft ruffles, no matter what your look, the style makes you look regal and gives you all those red-carpet feels.

By Munira Fidai  
Photo: LS Archive/  
Sazzad Ibne Sayed



**FUSION FLAVOURS**  
CHIANGMI TALUKDER  
LENA



# Dried Fish Delicacy in Hilly Cuisine

Dried fish is one of the key ingredients of most recipes in hilly cuisine, and their popularity is on par with any other meat dish. 'Suri Suguni'/ 'Chhuri Shutki' and 'Eje-guri'/ 'dried-prawn' are pantry staples for the Chakma community, and are incorporated into preparations of local veggies, primarily as a flavouring additive.

The recipe of the traditional delicacy called 'Pajon,' most commonly associated with the Biju festival, requires a good number of different types of dried fish to intensify the authentic flavour of pajon. Cooking dried fish in a bamboo tube and inside banana leaf wraps are two other famous



## Method

Chop fish into inch long pieces and soak in warm water for 20 minutes, to make it soft and clean. Drain the water and wash the pieces. Mix all the ingredients in a large mixing bowl and give a good mix with clean hands and marinate for half an hour. Get one steel box with a lid. Transfer the marinade into the box. Cover the box with banana leaf and then close the box with the lid. The banana leaf will help to add subtle sweet leaf flavour. Put the box into a steamer and steam for about 30 minutes over medium flame. Serve with hot steamed rice.

## STIR FRIED JACKFRUIT WITH DRIED FISH

### Ingredients

4 pcs dry fish/chhuri shutki  
2 cups jackfruit, thin pieces (boiled)  
½ cup onion, chopped



1 tsp garlic paste  
1 tsp ginger juice  
4 pcs dry red chilli  
1 tsp red chilli powder  
½ tsp turmeric powder  
1 cup or less water

½ cup oil  
Salt to taste

## Method

Chop fish in 1-inch pieces and soak in warm water for 20 minutes. Drain and clean the fish, then transfer to a bowl. Put red chilli, turmeric powder and salt over the dry fish pieces and mix well.

Heat a pan with oil over medium flame. Add red chillies and fish. Sauté for a few minutes until pieces turn golden brown. Transfer fish out of the oil and set aside.

Heat the same pan with the remaining oil, and add chopped onion. Fry until the colour changes. Put garlic paste and the juice of ginger, sauté for a few minutes. Put jackfruit along with fried dry fish pieces and stir fry. Put a little amount of water at a time and keep stirring until everything is well cooked. When the water evaporates and oil separates, transfer the food into a serving dish.

## DRIED PRAWN SCRAMBLED EGGS

### Ingredients

3-4 eggs  
20-30 pcs dried prawn  
¼ cup onion, chopped  
2-3 green chilli, chopped  
¼ cup oil  
Salt to taste  
Turmeric powder, a pinch

A handful of lemon basil /coriander leaves, chopped ½ cup

## Method

Heat a pan with oil over low-medium flame. Add dried prawn along with salt and turmeric powder. Fry until the prawn gets



well-cooked and crispy. Add onion, chilli and sauté for 1 minute or less. Add eggs and keep stirring. Add lemon basil or coriander leaves, mix well and let the egg cook for a while, transfer into a serving dish.

## ROASTED DRY FISH SALAD

### Ingredients

4-6pc chhuri/loitya Shutki  
10-20pcs Bird eye/green chilli  
½ cup onion, chopped  
¼ cup coriander leaves, chopped  
Salt to taste

## Method

If you have a charcoal BBQ griller, you are very lucky and if not, then nothing to worry, use your gas stove! Fire your stove and place a net over the stove and place your dry fish over it on low-medium heat. Make sure to burn your dry fish on each side, evenly. Make sure to make all parts crispy and well-cooked at the same time. Increase and decrease your fire if required.

The sands that are in the body of the fish and the smell will just go away while you char them on open flame. Clean all burnt black parts by rubbing a knife onto it. If your dry fish are well cooked and crispy enough, you can break them into bite size pieces easily. If not then roast again.

Roast all green chillies as well and smash, make a coarse grind paste by using mortar and pestle. Put chopped onion, coriander leaves, salt and roasted dry fish pieces and smash for a few times.

Serve with hot rice and with boiled/ garden fresh vegetables.

and traditional ways of cooking in the hills. Roasting dried fish in an open fire or on charcoal embers is another popular method of making dried fish salad/salsa.

Here are some dried fish recipes from hilly cuisine to try for every dried fish lover.

## STEAMED DRIED FISH CURRY

### Ingredients

10-12 pcs loitya shutki/dried bombil  
1 cup onion, chopped  
1 tsp garlic paste  
½ tsp ginger paste  
1 tbsp green chilli paste  
1 tsp red chilli powder  
1 tsp turmeric powder  
½ cup oil  
½ cup coriander leaves, chopped  
Salt to taste  
½ cup water (for gravy)  
1 medium size banana leaf (optional)

**Food and Photo: Chiangmi Talukder Lena**





# 5 must-have cushion cover sets

Cushion covers are an essential part of any home, and the process of choosing cushion covers does not have to be a daunting one! Here's a quick look into the trending cushion covers to use in 2022.

Cushions are fluffy, cosy and can make anyone feel comfortable. Be that with a throw pillow or bed pillow—every so often and undeniably—we all have felt the urge to snuggle in a corner and absorb the comfort that we get just by simply holding a pillow. However, not every type of cushion is suited for use everywhere. So, while choosing cushions, one must be mindful of the need and design of the interiors. And again, we cannot select cushions whilst leaving behind its escort—the much-needed cushion coverings as they can greatly impact and change the overall design of the home décor.

## The comfort of cotton

Cotton has been a popular choice for quite some time as the fabric is both washable and hardy. Moreover, it is very cool to the touch and can easily be the perfect choice for summertime use. According to some shop owners, hand-printed cotton cushion covers are in demand currently.



Additionally, as cotton is a natural fibre, it can be a comforting ally for people with skin conditions.

## Sturdiness of canvas

Canvas is essentially a very strong cotton fabric, and recently, it has gained immense popularity among customers. Canvas is resistant to the weather, can be waterproofed and comes in a stunning array of beautiful colours. For those who are looking for good and sustainable fabric for outdoor usage, canvas cushion covers can easily be a wise choice.

## Splendour of silk

Silk will be a more appropriate choice for the places where cushions will be placed for decorative purposes rather than functional. Undoubtedly, silk is a luxurious fabric—the fabric which is both soft and expensive—

and with attentive care, it can last really long. The market is filled with splendidly embroidered silk cushion covers, so do not resist the temptation to decorate your home with the extravagance of silk.

## Stylish leather

Leather is loved by many for its durability and flexibility; however, it is often overlooked as a cushion cover fabric. Leather is considered a versatile material due to its arrangement of complex natural fibre; and with time, leather becomes user-friendly as its patina and texture mature. The colour, texture, smell and surface resistance of cushion covers crafted from leather certainly make them a unique and valuable commodity. But keep in mind that leather can be a bit difficult to clean, so certain areas (kitchen, dining room) of

the house might not be the best choice for leather cushion covers.

## Eclectic local fabrics

There are many precious and sustainable local jewels hidden in our country that we are not aware of or not making use of properly. One of these treasures is our golden fibre—the often-neglected jute. Cushion covers made from jute are not only beautiful to look at but also very eco-friendly. Shops specialising in Bengali ethnic wear and handicrafts such as Aarong and Agrey Handicraft are offering cushion covers made from jute fibre, and among them, screen printed and glass fitted ones are most popular.

**By Ayman Anika**  
**Photo: Sazzad Ibne Sayed**



# Star Lifestyle Recipe Competition 2022

Star Lifestyle is organizing a Cooking Competition for all our home chefs, to create a scrumptious meat platter for the upcoming Qurbani Eid.

The competition requires interested individuals to send ONE AUTHENTIC MEAT RECIPE by June 4, 2022. The recipe NEEDS to be attached with high-resolution pictures of the prepared items, so that it helps us in selecting the best of the chefs and ensure authenticity.

Top three winners of the competition will also get the opportunity to become recipe columnists for Star Lifestyle, the prestigious supplement of The Daily Star. The champion will also get the opportunity to collaborate



with The Daily Star, to produce an exclusive recipe video, to be shared and viewed by our readers and patrons.

So, gear up and send us the menu,

recipe, and images ASAP to [lifestyleds@yahoo.com](mailto:lifestyleds@yahoo.com), and mark 'Shining in my Kitchen' in your mail as subject.

## \*\*\*Conditions Apply:

- To take part in the competition applicants must be 21 years and above.
- Recipe MUST be attached with pictures of the food – final decision will be based on the plating alongside the content.
- Any recipes received after the deadline will not be considered eligible for the competition.
- Decisions regarding the competition lie solely at the discretion of Star Lifestyle, The Daily Star.



## ◆ HOROSCOPE ◆



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

Exhaustion will lead to health problems. Try to do something relaxing. Your partner may not appreciate you. Your lucky day this week will be Thursday.



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

Your hard work will pay off. Deal with others gently. Underhandedness will affect your reputation. Your lucky day this week will be Wednesday.



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

Come up with something unique this week. Your partner will get tired of your antics. Shopping will be on your mind. Your lucky day this week will be Tuesday.



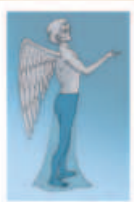
### CANCER (JUN. 22-JUL. 22)

Make money through innovative ideas. Get to the root of the problem. Love and romance are evident. Your lucky day this week will be Sunday.



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

You will be ending friendships this week. Spend quality time together with your partner. Discussions will lead to disputes. Your lucky day this week will be Friday.



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

Be patient and understanding. Look towards possible investments. Change your self-image. Your lucky day this week will be Saturday.



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

Consider making residential changes. Past lovers may try to come back into your life. Do whatever your partner wants. Your lucky day this week will be Friday.



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

Take advantage of moneymaking ventures. Keep your personal life private. Sudden changes can happen in your financial situation. Your lucky day this week will be Friday.



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

Enjoy an evening with friends. Opportunities for love will develop while traveling. Don't get upset. Your lucky day this week will be Thursday.



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

Don't start unnecessary disputes. Face emotional problems head-on. Co-workers may try to undermine you. Your lucky day this week will be Friday.



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

Don't let co-workers make you angry. You need time to rejuvenate. Your partner needs extra attention. Your lucky day this week will be Saturday.



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

Overreacting could get you into trouble. Your efforts at work will be recognised. Pleasure trips will be enjoyable. Your lucky day this week will be Thursday.

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



# Daraz Mall Fest brings deals, flash sales, vouchers and many more surprises!

Fashion, health and hygiene, gadgets, sportswear, travel goods and home decor – these are yearlong necessities, which we all need. Finding a reliable platform where everything is available under one roof with convenience and budget friendly options is quite rare. Well, now we need not look far as Daraz is back at it again with Daraz Mall Fest and an extensive range of quality products with great deals!

We all are accustomed to shopping online. However, these products are oftentimes faulty, unreliable and do not last long. Daraz, on the other hand, has been an entrusted online marketplace for all its customers since the get go. As an online marketplace, Daraz is diverse. Daraz Mall is a section of Daraz, which can be accessed through the app and is home to endless deals and products. One of the many unique features of Daraz Mall is that all the products enlisted are genuine products from trusted brands and all have easy return policies. Their collaborations with popular brands and dedication to convenient shopping makes Daraz the ideal spot to shop without any worries. To bring these features and conveniences to customers with an array of offers, discounts and vouchers, the Daraz Mall Fest has begun!

From the 18 to 28 of May, Daraz Mall Fest is launching over 150,000 deals from over 800 brands with more than 250,000 assortment of products. The campaign is co-sponsored by Lotto, Bata, Dettol, Studio X, Realme and Dove. Additionally, the brand partners include Fabrilife, Veet, RiBANA, Focallure, Motion View, Haier, Livingtex, Furnicom, A4Tech, Logitech, Motorola, and Infinix. As these worldwide and popular brands come together, what Daraz has in store is something for everyone's preferences and necessity.

For many of us, buying electronics and daily use products from unreliable stores at cheap prices often means that the products have a short lifespan. In turn, our investment



is futile and becomes a great inconvenience for us to go on about our day smoothly. Daraz's deals and budget friendly options are combined with products coming from popular brands. One of the main attractions of this campaign is that Daraz is housing an array of global brands. Starting from necessary electronic gadgets like smartphones, cables and fast chargers, headphones from Xiaomi, Baseus, Ugreen, Oraimo to fashion equipment like electric hair remover and electric eyebrow trimmer from Ckeyin, Daraz has all kinds of necessary devices. Other than that, Samsung, Walton, TP-Link, Logitech and Singer will have their collection of electronics and gadgets ready for purchase.

When it comes to electronics, Daraz is going the extra mile to make sure customers find what they are looking for. What makes this season even more attractive is that customers will be able to find new products and latest model launches from Realme, Infinix, Samsung, Motorola and the

latest OnePlus TV launch. The smart TVs come with mega deals and it is a great buy for upgrading one's home theatre or TV system. Not only is Daraz the perfect place for shopping for the budget conscious, but also the hub of the trendiest and latest products.

Aside from electronics, we all have individual needs for healthcare and personal aesthetics. Daraz has not forgotten about these necessities. Everyday backpacks, wallets, sports bags, pouch bags for both men and women from LoiusWill are all available on this platform. Furthermore, depending on what suits us, it is important to buy the best product for your skin and self-care. For this requirement, Unilever and L'Oréal will be presenting a diverse collection of bath and body products, haircare and skincare and many more goods catering to every need. Above that, starting from Veet to Airwick to Dettol, Daraz is aiming to ensure that customers have access to all Reckitt products like Dettol, Harpic and Lysol and many more online and can get them delivered straight to their doorstep with convenience.

With all these amazing offers, Daraz has not forgotten about restocking

our kitchen. Our favourite groceries, food, snacks and drinks will be widely available from notable and beloved brands like Marico and Nestle.

This season Daraz is leaving no stone unturned and making sure that customers can shop with fun and convenience. From trendy fashion products, smart appliances and gadgets to groceries and daily essentials, beauty and glamour, health and hygiene to sporting and outdoor goods, travelling necessities and home decor, Daraz Mall is the one stop needed to fulfil any and all demands.

With an already extensive and attractive collection of goods, Daraz is offering multiple mega deals, hot deals, flash sales, mystery boxes, vouchers, free shipping, and review and win contests. What makes this campaign more interactive is that Daraz will be hosting live streams from their app to showcase their products and deals so that customers can assess their desired products in real time. It does not stop here! With vouchers up to Tk 12,000, Bkash discounts and EMI, the Daraz Mall Fest simply cannot be missed!

So, wait no longer and grab what you need now within this limited time as Daraz Mall Fest is going above and beyond to make sure customers do not go unsatisfied with good deals and the best products available!

**By Puja Sarkar**  
**Photo: Daraz**

