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Star

# Life

Style

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# PURE *like* the rain

ANOTHER TIMELESS HAIRDO  
SEE-THROUGH BANGS **P11**  
READY TO CELEBRATE THE RAINS  
MONSOON FASHION **P5, C**  
SUSTAINING FASHION AND THE ENVIRONMENT  
WHY SLOW FASHION IS THE ONLY WAY FORWARD **P12**

PHOTO: SAZZAD IBNE SAYED  
MODEL: TANIA  
MAKE-UP: SUMON RAHAT  
WARDROBE: SUSIL BASAK  
STYLING: SONIA YEASMIN ISHA



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# Call for feature writers at Star Lifestyle

Star Lifestyle, the leading lifestyle weekly supplement of the country, is looking for staff writers. This is your chance to be part of The Daily Star, and embark on a career in journalism with some of the leaders in the field.

#### Main Responsibilities:

- 1 Conduct research, generate relevant ideas, and write articles on a regular basis.
- 1 Re-write features and articles.
- 1 Source, arrange, and conduct relevant interviews.
- 1 Cover events as and when necessary.
- 1 Writing copies for ad content when required.
- 1 Preparing content and content plans for special events.
- 1 Generate ideas for the write-ups of Star Lifestyle.
- 1 Operate Wordpress and manage social media activities.

#### Education:

- 1 Graduation from any reputed educational institution.

#### Qualities Required:

- 1 Strong English skills with a good grasp of grammar, vocabulary, and writing style.
- 1 Excellent observational and critical thinking skills.
- 1 An inquisitive mind with a basic understanding of journalistic principles.
- 1 Punctuality and ability to work with deadlines.

To apply, send us your CV and two sample write-ups on topics of your choice, related to lifestyle. The articles must be unpublished and original, and of approximately 600 words each.

Email us your submissions at [career@thedailystar.net](mailto:career@thedailystar.net) and please mention "Application..." in the subject line. Deadline:

# Sub-editor wanted at Star Lifestyle

Star Lifestyle, the leading lifestyle weekly supplement of the country, is looking for sub-editors. This is your chance to be part of The Daily Star, and embark on a career in journalism with some of the leaders in the field.

#### Main Responsibilities:

- 1 Editing and proofreading features and articles for Star Lifestyle.
- 1 Sourcing, arranging, and conducting relevant interviews for the pages.
- 1 Writing copies for ad content when required.
- 1 Preparing content and content plans for special events.
- 1 Oversee the layout of the supplement in accordance with the supervisor's instructions.
- 1 Generate ideas for the write-ups of the Star Lifestyle.

#### Education:

- 1 Graduation from any reputed educational institution.

#### Qualities Required:

- 1 Strong English skills with a good grasp of grammar, vocabulary, and writing style.
- 1 Excellent observational and critical thinking skills.
- 1 An inquisitive mind with a basic understanding of journalistic principles.
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Monsoon is dreamy for some and exasperating for others, yet it is the best season in Bangladesh. The rivers are full and abundant with sweet water fish, nature is at its greenest best. It is the right time to explore the nooks and crannies of Bangladesh.

You hear monsoon and you think lush green outdoors drenched in raindrops; curling up in bed with a steaming cup of cardamom tea and a book; aubergine fritters and a warm plate of *khichuri*; dancing in the rain and singing at the top of your voice without a care in the world. Or, sitting at the favourite cosy corner looking out the glass window while the dark clouds and grey sky make the day even darker.

A rainy day can mean visiting grandparents for a tea-party; sipping milky frothy tea with biscuits and *puris* and yummy fritters. It can be collecting flowers and leaves from the garden to play with pots and pans and dolls. It can be listening to fairy tales and stories from grandpa, curling up on his side while his baritone voice recreates action in words of how the demons were beaten by the prince!

Such monsoon afternoons are made of sheer happiness at its purest form.

When it rains, you are also reminded of wind pushing the bedroom door so hard

that it jams the locks; the incessant heavy downpour makes the rainwater sweep inside the room through the door crack, the living room full of wet clothes dumped on chairs and racks, power cuts disrupting daily chores: For a homemaker monsoon conjures up for these images and the thoughts are very much realistic. It is the real-world side of the otherwise romantic season of Bangladesh.

Monsoon also means water-logged roads, early morning office goes splashed dirty by a zooming car, school children in raincoats, men and women with umbrellas and tiffin boxes trying to hop on a bus, CNGs stuck on the road, rickshaw pullers make do with plastic wrap around the head demanding hefty fares or rain-soaked passers-by sitting at the local 'tong' and sipping a cup of hot milk tea.

For an onlooker looking down on the street from her tall apartment building, these might be joyful fodder for a newspaper article, but down at ground zero, monsoon is dirty drain water, stench ridden air and water-logged streets.

But come monsoon, good or bad, you try and make use of the season of plenty.

- RBR

Photo: LS Archive/ Sazzad Ibne Sayed

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ঐতিহ্যের আর এক নাম আধুনিকতা  
ঠিক যেমন রূপচর্চার আভিজাত্য মানেই

# অ্যান্ডালিনা

## সোপ

রূপচর্চার আভিজাত্য...





#PERSPECTIVE

# Hajj after two years: From despair to hopes of fulfilment for Bangladeshi Hajj pilgrims

Hajj took place in the last two years only for residents of Saudi Arabia on a limited scale, robbing pilgrims from rest of the world, along with Bangladesh, the chance to perform Hajj. With the COVID-19 pandemic now waning thanks to successful vaccination campaigns, Hajj will be performed in full swing this year. But how have the pilgrims, Hajj agencies and businesses coped in these two years?

## After two years of worry comes hope

“We registered two years ago for Hajj, and then came the pandemic and everything was postponed. We hoped last year we could perform Hajj but it was on a limited scale too, leaving us wondering if we can perform Hajj in the near future,” said Mosharof Hossain, a retired government official.

Thankfully, those who registered two years ago were able to get the priority among the 57,856 Bangladeshis that will get the chance of performing Hajj this year. But getting the clearance for performing Hajj has some new criteria like proof of COVID-19 vaccination and an age limit of 65 years.

“Hajj expenses have increased significantly, along with the prospect of COVID tests within 72 hours of the flight, I feel nervous as what if we test positive and miss the flight! But at last, we can finally perform Hajj this year and for that I feel very thankful,” said Syeda Shirina Islam, a business owner from Dhaka.

## Cautious optimism from Hajj agencies

With the arrival of COVID-19 pandemic, Hajj and Umrah related services were absolutely stopped, incurring huge losses for most agencies, while many went out of business altogether.

“Our business was totally stopped during the first year of pandemic as both Hajj and Umrah couldn't take place. We had some respite after Umrah was allowed from last year, but since most of our earnings are centred on Hajj season, it continued to



be very tough for us,” said MD Masum Billah, CEO of Jetway Hajj Group.

Thankfully Hajj is taking place after two years and

Hajj agencies have finally got the clearance to get busy with Hajj packages, though they remain cautiously optimistic about the season, considering the restrictions and challenges.

“This year, over 57,000 Bangladeshis will be able to perform Hajj, but the demand is such that we could have sent more than 300,000 people if it was permitted! Even though we are facing problems like significant increase in price for packages, and only three airlines permitted to conduct Hajj flights, we are happy to help people perform Hajj,” added MD Masum Billah.

## Time to start anew for businesses

Perhaps no other entity took more losses

than the businesses who sell various Hajj essential items like ihram, abaya, prayer mats and so on during the Hajj season, like those at Baitul Mokarram Shopping Complex and in many retail shops.

“When the pandemic struck, our sales came crashing to a halt. We store our products in a rented facility but when Bangladeshi pilgrims were barred from going to Hajj, our business stopped and we could not pay the rent and had to move the products elsewhere. We closed our shops and only resumed after Umrah started at the end of last year,” said a representative of Hajj Essential BD, a retail shop in Mirpur who sell various Hajj essentials.

With Hajj resuming after two years, business have started to rebound, with demand for necessary items like ihram, carry bags, prayers mats very high among other items.

Hajj Essential representative further added, “Our customers have already started ordering for the essential items, we also sell on online and we are hoping we will have a good business this year. We import most of our products so recently, with some disruptions happening in the import process, we are having problems getting our products at the right time, but still we hope customers will be satisfied with our collection of products.”

A very limited scale Hajj only for residents of Saudi Arabia caused a domino effect of problems for Bangladeshi pilgrims and business alike. With COVID-19 pandemic significantly waning, everyone is optimistic about this year's Hajj season to be conducted as per the norms.

By Fedra Al Hossain

Photo: Star

## Reeling from the recent price hike

Today, I feel like Chicken Licken — the sky has indeed fallen on my head and I believe the world is coming to an end. I thought I am immune to the recent price hike; My god! Was my bubble busted or what? I bought two free range chicken for Tk 1360 from an Uttara local market (free range chicken are Tk 600 per kilogram here in Uttara and Tk 580 in Karwan Bazaar).

I have the bad habit of never bothering about the price. I hardly bargain. I feel vendors who are at my doorstep or in the local market are there to make some profit; that is their earning, why should I cut it in half? But today, when I realised

that the two-kilo chicken are the same price as two kilograms of beef, I was shaken.

I started a little check on my monthly budget. I was feeling the pinch in managing the family budget for a while now, but chicken and beef being the same price was like highway robbery in broad daylight and it gave me the shove I needed so badly to make reality checks.

My monthly dry goods bill, which tallies between Tk 10,000 to 12,000 every month is Tk 14,500 this month. I get it done from Kawran Bazar. My mother on the other hand, gets it done from Uttara and her bill

varies from Tk 9,000 to 10,000. It's Tk 12000 this month. And Tk 40,000 (and rising) for chicken, fish, and vegetables, eggs... So, yes, everything is priced high; the extra money that I had from the family budget to run fancy errands are now depleting faster that I can count it.

I never do any panic buy as I think it is a wastage of money. It is giving in to market manipulation and giving in to nasty brokers. And also, because perishable items like onions, potatoes, fish will rot even if they are stored carefully. Thus, whenever the market screams, 'price hike', I stay calm and tell myself that if I can buy seven litres

of oil every month, a Tk 30 or so increase in oil price will not hurt me much.

What I failed to realise is that the hike is a constant thing, it is steadily increasing every month or rather every week it now seems, and never coming down actually. This is definitely burning a hole in my pocket and I take no cognizance of it.

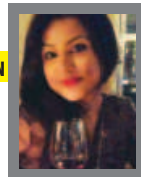
I act as if I am immune to it. For people like me, working and too lenient to count pennies, this market inflation is indeed a wake-up call. Start counting your chickens and pennies from today.

- RBR



**SUMAYA KHAN TALKS FASHION**

**SUMAYA KHAN**  
Fashion Designer



## Who did it better at Cannes: Aishwarya or Deepika?

The 75th Cannes Film Festival wrapped up on 28 May. But Cannes is not your regular award show! There's a proper fashion element to it, and many of us wait throughout the year just to see what the celebrities are going to wear to walk the red carpet. There have been many head-turners in this year's Cannes, but let's focus on my two favourites from Bollywood and their Cannes looks this summer: the gorgeous Deepika Padukone, and the queen bee Aishwarya Rai Bachchan.

### AISHWARYA RAI

The B-town queen and 1994 Miss World Aishwarya Rai has been an inspiration in our teens. We grew up watching her be the Paro or the Jodha. She has been known for her beauty worldwide and I personally think she is drop-dead gorgeous. Sadly, she was highly criticised in social media for her choice of outfits at the 75th Cannes Film Festival.

On day one, she chose Pierpaolo Piccioli, the famous Italian designer and the creative head of Valentino for her entire look from head to toe. While bright pink is definitely a mainstay this season, that pink pantsuit really did not compliment her beauty. Oversized suits are always trending, yet something went really wrong with her look!

Her stylist Aastha Sharma had such a beautiful canvas to work on and all I could see was her matching pink platform shoes. I mean that would obviously look great with something subtle! If Sharma had to pick only Valentino, why not their famous nude rock studs? I would just grab a red high heel strappy sandals from Christian Louboutin. You can never go wrong with his footwear. The colour red and pink are an amazing fashion statement, as evidenced by Beyonce.

Aishwarya's make-up and hair were done by artists Stephane Lancien and Val Garland. Many people hated her makeup, but honestly, we all go through bad makeup days, and it was mostly the poor outfit and shoe which made her look so dull. Her hair looked slick, but the middle parting does not go with her face. If you have a big face, avoid middle partings.

Did you know that there are limited edition Barbie dolls of Aishwarya Rai? Sadly though, Rai herself was not dolled up enough, even when her stylist picked a black floral Dolce & Gabbana for her second look. If I had to dress her up with only Dolce & Gabbana, I would have decided between their 2022 chiffon or lace long dresses. Black is too powerful and best reserved for night events. The outfit might have worked if the flowers were on a white dress.

On the third day, Rai wore a custom-made gown from an Indian designer, Gaurav Gupta. His work was inspired by the birth of Venus — as mentioned on his Instagram posts. This look was co-styled by Sharma and Mohit Rai. Mohit has done some amazing fashion direction and hence, this look has saved the day for Aishwarya. There was also a good dewy makeup on

the gorgeous Aishwarya. The hair was on point too.

### DEEPIKA PADUKONE

Oh, lady you are so fine, you blow my mind!

The Gehraiyaan actress has come a long way in terms of acting, looks, and rocking the red carpets with her beautiful smile. Padukone made her first debut in a white and gold Rohit Bal sari 10 years ago. That classic sari look did not impress anyone. This Cannes Film Festival, she walked as a jury for the first time and yes, she did not miss a single chance to shine.

She rocked many outfits this time, so let's start with my favourite — ArdAzAei's black pantsuit. Peplum style was something new for this season, but it really did not miss the 2022 touch. Props to her stylist, Shaleena Nathani.

The Cartier diamond studded neck piece was mesmerising, embellished with emeralds on the panther's eyes. Her most talked-about look was when she wore Sabyasachi Mukherjee for her first day as a jury member. The 36-year-old actress flaunted that look like a rockstar, with Louboutin spike platform heels. Although the bridal jewellery was a little much for a day look, but it still worked. Her makeup artist kept the nude glam on point.

I believe you can never go wrong with Sabyasachi's sari and when Deepika wore it, it was perfection. The strapless sequence blouse was made to perfection, and her eye makeup was quite daring too.

My personal favourite was her French look, where you see her carry those retro outfits by Louis Vuitton. She looked outstanding in that black and white printed shirt and the bright pink skirt. You also should not miss her fun attire in the LV zipper beige jacket. I have absolutely loved the knee length boots. I adore monochrome looks, but when Deepika wore the Richard Quinn's floral dress with those floral boots, it only reminded me of her husband, Ranveer Singh. Her LV black dress was nice, but whenever I see any celebrity in black designer outfits, I compare them with Elizabeth Hurley's black Versace dress, which she wore for the premiere of 'Four Weddings and a Funeral' in 1994. That was a masterpiece.

Lastly, I would like to mention her orange body con corset long dress, which is designed by a Saudi Arabian designer from Ashi Studio.

**By Sumaya Khan**  
**Photo: Collected**

# SHADES OF A WOMAN She is mysterious

*Each woman, a treasure trove of her own,  
beautiful, enchanting and mysterious.  
That's what I learnt while growing up.  
Then I met all the women in my life,  
and I realised how true was the saying.  
Because in each woman I met with depth,  
as deep as the ocean,  
and as rare as the Painite.  
Once, slightly sad and broken  
the next second a whirlwind of joy,  
amusement and laughter.*

**- Fashion Police**  
**Photo: Sazzad Ibne Sayed**  
**Model: Tania**  
**Make-up: Sumon Rahat**  
**Wardrobe: Susil Basak**  
**Styling: Sonia Yeasmin Isha**



#COVER STORY



# She is QUEEN

*My opinions  
I have many  
They are my veil of beauty  
My scars  
They decorate me shoulder to toe  
Like a marvelous gown  
I'm not afraid to let them show  
My pride  
Adorns me  
Like fine jewels  
I know my worth  
My strength  
It protects me  
Like a shoe handcrafted with care  
I can go anywhere  
Call me Queen like it's my name  
I won't forget to take my claim  
I don't care what they say  
Being a woman can look this way*

- Elle M



# She is a STORM

*Her eyes are deep pools of esoteric history. They whisper of tantalizing magic secrets and mysteries. Somehow, they reflect both heartfelt joy and misunderstood misery. They speak of crippling defeats; abuse, deceptions and trickery; of allowing herself to be used as nothing more than an accessory. But also hard won and fought for victories and bare-naked authenticity. Her featherlight touch will leave you nervous and jittery, while your soul will goad you into proceeding regardless with an inquiry. She inspires and elicits changes in trajectory. She can leave you with a whiplash injury if you dare be shady or slippery. Her energy will make you wonder if she's of the earth or if she's made instead of far-off places and witchery. She will never reveal of which it might be— it's up to each one who looks what they will see.*

- Amanda Dobby

# Recipes from around the world

## FRIED CHICKEN WITH TARTAR SAUCE

### Ingredients

To marinate chicken —

500g chicken thighs  
2 tbsp soy sauce  
1 tbsp ginger-garlic paste  
1 tbsp lemon juice  
1 tsp black pepper  
1 tbsp oil

To coat chicken, for frying —

Flour for coating the chicken  
1 tsp garlic powder  
1 tsp corn flour

A pinch of baking powder

Salt to taste

For the vinaigrette —

½ cup vinegar  
1 tsp sugar  
Green chilli (as per taste)

Tartar Sauce —

3 tbsp mayonnaise  
2 tsp diced onions  
1 tsp diced gherkins  
¼ tsp pepper  
1 tsp lemon juice  
½ tsp dry parsley

### Method

Marinate the chicken by mixing the marinade ingredients, and let rest for at least two hours. Now, by mixing the dry ingredients of the coating, place the mix on a flat tray or plate. Just coat the marinated chicken with the dry coating mix. Deep fry the chicken in hot oil, and let rest for two minutes after it is done. In the meantime, prepare your vinaigrette. After that, prepare your tartar sauce by mixing all the ingredients for it. Drench the crispy fried chicken with the prepared vinaigrette, and then top it off with the tartar sauce. The dish is ready to be served.

## COCONUT FREEZER

### Ingredients

½ litre cold milk  
1 tbsp condensed milk  
½ cup coconut milk (optional but highly recommended)  
1 tsp sugar  
2 tbsp shredded coconut flesh

### Method

Mix all the ingredients together in a blender, and serve cold. The perfect drink to for hot summers!

## GRILLED CHICKEN AND POTATOES BAKE

### Ingredients

Chicken and marination —

500g chicken breast and thigh  
1 tsp onion powder  
1 tbsp olive oil  
2 tbsp ginger-garlic paste  
1 tbsp dark soy sauce  
1 tbsp light soy sauce  
1 tbsp oyster sauce  
1 tbsp lemon juice

For the bake —

5-6 medium sized boiled potatoes  
2 sweet potatoes (cut in halves and boiled)



Salt and pepper, as per taste  
1 tsp oregano  
2 tbsp olive oil/butter  
2 whole onions (cut in four pieces)  
3 cloves garlic

### Method

At first, marinate the chicken with the marinating ingredients. Let rest for at least 3 hours. On a tray, oil properly to prep it. Place the marinated chicken around the centre, and on sides place your boiled potatoes. Now, in the spaces in between, place your onions and garlic cloves. After that, on the set tray with those, add your salt, pepper, oregano, and drizzle in your olive oil. Preheat your oven at 180 degrees, and bake at 180 degrees for twenty minutes. Serve hot!

## TURKISH EGGS

### Ingredients

2 eggs  
½ cup Greek yoghurt (hung curd can also be used)  
1 tsp butter  
1 clove + 1 clove garlic  
½ tsp black pepper  
Salt to taste  
Red chilli flakes (as per spice preference)  
Dill/any fresh herb, to top off

### Method

First, water-poach your eggs in boiling water with salt for three-four minutes (I use the vinegar trick to keep the shape in perfect circle), because we need a runny yolk. Once done, place on your paper towel.

On a pan, heat up the butter, add your garlic minced, salt, and the chilli flakes. Once the garlic is cooked and oozes flavour, take it off the heat.

Prepare your yoghurt-mix by mixing the yoghurt, salt, pepper, the other clove of garlic (grated), and mix thoroughly. Now, on your plating dish, add the yoghurt first. Then add the egg. Drizzle over the spicy



garlic butter and top off with fresh herbs. Serve with crispy garlic toast or any toast of choice.

## CRISPY PRAWN AND MANGO SALSA SALAD

### Ingredients

For crispy prawn —

6-7 medium sized prawns, de-shelled  
½ ginger-garlic paste  
¼ tsp black pepper  
1 tsp lemon juice  
½ cup flour  
Water, as per preference  
1 tsp corn flour  
½ baking powder  
Salt, as per taste  
¼ tsp garlic powder  
Oil for frying

Mango salsa —

½ cup ripe mango grated  
Thai Red Chilli (bird's eye), as per spice level preference  
1 tsp sugar  
1 tsp lemon juice  
Mint leaves

### Method

First, marinate the prawns for ten to twenty minutes with ginger garlic paste, pepper, lemon juice. Now, prepare the coating

by mixing flour, baking powder, corn flour, garlic powder, salt, and water. Mix thoroughly till the one-string consistency is achieved.

Make the salsa on the side by mixing all the salsa-ingredients.

Dip the prawns in the batter and then deep fry in hot oil. Set on the plate by placing the crispy fried hot prawns. Pour over the mango salsa over hot and crispy prawns. Enjoy this delicious winner of flavours and textures!

## SWEET POTATO WITH GARLIC TAHINI AND CHIMICHURRI

### Ingredients

2 boiled sweet potatoes  
Salt and pepper  
1 tsp olive oil  
½ yoghurt (hung curd)  
1 clove garlic (grated)  
Salt as per taste



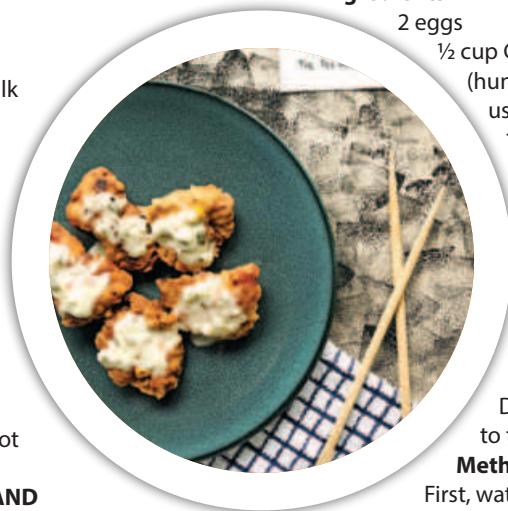
¼ tsp pepper  
1 tsp Tahini  
½ sugar  
For Chimichurri Sauce —  
½ cup coriander (chopped)  
¼ parsley (chopped)  
1 tbsp vinegar  
2 tbsp olive oil  
1 clove garlic, finely chopped  
1 tbsp finely chopped onions  
Chilli flakes, as per preference  
A pinch of salt  
½ tsp oregano  
A pinch pepper (ground pepper)

### Method

First, place the boiled potatoes in a baking sheet and add salt and pepper, along with a drizzle of olive oil. Bake for fifteen minutes at 180 degrees.

On a bowl, mix in tahini, yoghurt, olive oil, grated garlic clove, salt, pepper, sugar, and mix very well. Now, mix all the Chimichurri-ingredients together to prepare the amazing Chimichurri sauce. On a plate, first place the yoghurt mix. Now, add your baked potato on top, and drizzle the delicious Chimichurri sauce. Enjoy!

**Food and Photo: Shababa Suzanna, owner and founder, Fat Duck's Big Pot**



#FOOD & RECIPES

# Savoury bites with All Time Milk Bread

Although bread is a pantry staple and rather categorised as an everyday ordinary food, it can take a hundred different forms. The versatility and simplicity of bread makes it the perfect ingredient to play around with and produce a variety of delicious items.

All Time Milk Bread is freshly made and packed, which makes it so soft and delicious to eat. Whether used to prepare a quick sandwich or create mouth-watering appetizers such as prawn balls, All Time Milk Bread stands as the shining ingredient.

Here are four recipes for you to try using All Time Milk Bread.

## SALMON GRILLED CHEESE SANDWICH

### Ingredients

- 6 pieces All Time Milk Bread
- 3 tbsp butter
- 12 slices Cheddar cheese
- 1 cup shredded mozzarella cheese
- 6 large slices smoked salmon
- ½ tsp black pepper

### Method

Spread butter evenly on one side of each of the bread slices, and let it toast in a pan with the buttered side down. Then, put one slice of cheddar cheese on each of the bread slices. Sprinkle shredded mozzarella cheese on one of the bread slices and let it melt slightly.

Once slightly molten, place smoked salmon slices over the piece with mozzarella cheese. Sprinkle some black pepper powder over the salmon slices and finally, take the bread slice with cheddar cheese and place it on top with the cheese side facing down. It's ready when everything is glued together; serve warm and immediately.

## PRAWN BALL

### Ingredients

- 4 slices All time Milk Bread
- 250g peeled and deveined prawn
- ½ tsp lime juice
- 1 tsp soy sauce
- ½ tsp fish sauce
- ½ tsp oyster sauce
- ½ tsp oil
- ½ tsp black pepper powder
- 1 tsp garlic and ginger paste
- 1 tbsp cornflour
- 2 tbsp finely chopped onions
- 2 chopped green chillies
- 1 tbsp chopped coriander
- Oil for frying



the bread slices.

Place the sliced sausages, olives, mushrooms and diced bell pepper onto each of the prepared bread slices. Sprinkle the top of each with oregano and chilli flakes. Broil these in a preheated oven for 15 minutes at 160°C, or until the cheese is oozing and molten. Serve immediately!

By Fariha Amber

Food and Photo:Fariha Amber



### Method

Pat dry the prawns to get rid of any moisture and finely chop them such that they make a paste. Next, add lime juice, soy sauce, fish sauce, oyster sauce, oil and mix them well. Add chopped onions, coriander, green chillies and combine.

Next, season the mixture with garlic-ginger paste and black pepper powder. Lastly, add cornflour and bind them together to get a mushy mixture. Next, cut the brown edges from All Time Milk Bread slices. Cut the remaining white part into little dices.

Take some of the prawn mixture onto your greased palm and roll them to form little balls. Roll the prawn balls onto the diced bread so that all sides are coated. Let this refrigerate for 30 minutes before deep frying them in hot oil.

Flip them occasionally ensuring all sides are fried evenly and golden brown in colour. Once fully cooked, dredge them on a fine mesh sieve or kitchen towel to get rid of excess oil. Serve them with sweet chilli sauce or tomato ketchup.

## PANZANELLA SALAD

### Ingredients

- 3 medium sized ripe tomatoes
- 2 tsp salt
- 5 slices All Time Milk Bread
- 6 tbsp olive oil
- 1 large red onion
- 2 garlic cloves
- 2 tbsp balsamic vinegar
- ½ tsp mustard
- A handful of coriander leaves

### Method

Chop the tomatoes into bite size pieces and place them on a colander with a bowl beneath to collect the tomato juice. Sprinkle salt over them and toss to coat. Let this rest for 15 minutes. Meanwhile, take the slices of All Time Milk Bread and remove the edges; cut them into bite size cubes and sprinkle 3 tablespoons olive oil over them

— toss to coat.

In a preheated oven at 180°C, bake the bread pieces for 10 minutes to form croutons. In the bowl with tomato juice, add balsamic vinegar, mustard, crushed garlic cloves and whisk to combine.

Drizzle the remaining three tablespoons of olive oil in a thin streak while constantly whisking until it becomes a smooth dressing.

Once the bread croutons are toasted, throw them into a salad bowl with the diced tomatoes, chopped onions, chopped coriander leaves, and drizzle over the freshly made dressing. Toss everything well to combine and serve.

## BREAD PIZZA

### Ingredients

- 8 slices All Time Milk Bread
- 1 cup shredded mozzarella cheese
- 4 tbsp cheese spread
- 6 tbsp pizza sauce
- 3 sausages
- 6-8 pieces black olives
- 6 pieces button mushrooms
- 1 tsp oregano
- 1 tsp chilli flakes
- ¼ cup chopped bell pepper

### Method

To prep the ingredients, thinly slice the sausages, black olives, and mushrooms. Spread the cheese spread evenly onto All Time Milk Bread slices. Next, spread over with pizza sauce. After that, generously sprinkle over mozzarella cheese on each of





# The Art of Feng Shui — Inviting Chi and Zen into Your Home

Would you believe it if we told you that inviting peace and good vibes into your life can be as easy as rearranging furniture? That's what Feng Shui — an ancient Chinese art of setting up one's home in harmony with the positive energies of the environment — teaches us.

*Feng* means 'air' and *Shui* means 'water' and according to Taoist vision, Chi is the understanding that the land (wood, fire, earth, metal and water) is alive and buzzing with energy. Together, Feng Shui believes in harnessing the energies of the environment to bring good luck, health, and positive energy into living spaces and thereby, into lives.

In order to bring about very specific life improvements with Feng Shui, one needs to position objects, use particular colours, understand and make space for opposite energies (Yin and Yang), and make use of the *Bagua* map (guide) to balance out the vibes of the space and open the home to their flow.

For bedrooms, this means using warm, earthy tones like browns, creams and corals or soft, natural hues like greens and lavenders to create a more tranquil and restorative sleeping space. Your bed should

be placed in a commanding position, which means far away from the door and next to a solid wall instead of a window; this subconsciously makes a person feel more secure when asleep.

Furniture with sharp corners have pointed energy and can direct negative energy to you so one should always opt for fixtures with softer lines and curves. As a bedroom is usually meant for sleep or personal time, it is best to get rid of all equipment that represents work or entertainment, like television sets or workout gear, from there.

Feng Shui believes that all "eyes" other than those of the people inhabiting the room should be avoided. This would include eyes in pictures, sculptures or paintings.

Positioning furniture to allow lots of natural light into the room is a great way to boost serotonin levels in the morning and Feng Shui is all for it. It also encourages the use of soft evening lights and pitch darkness for the night to ensure that your evenings are relaxing and your nights, restful and rejuvenating.

Furniture in the living room should be placed facing an entryway as that is



considered empowering, and all sofas and armchairs should have solid walls behind them. Bathrooms should just give off relaxing vibes and this can be achieved by using soft towels, a calming wall colour or a scrumptiously scented candle.

Home workstations and offices should have desks in commanding positions and

all wall hangings with water features, such as paintings and mirrors, should be placed lower than level with your nose just like in nature; water features above the nose could represent debt or insecurity. Colours like purples, greens and some blues, all of which signify wealth and abundance can be added to the walls of this room.

Decluttering is very important to Feng Shui, as is minimalistic beauty. Getting rid of unnecessary paraphernalia in the kitchen and the home can make way for new things in your life and adding greenery and tasteful hangings where you can see them will add joy and freshness into your living space.

Feng Shui is a vast concept with different schools of thought. However, one common belief binding all these thoughts together is that people are not immune to the energies of their environment and once the basics of this art are mastered, Feng Shui can offer powerful benefits like health, wealth and peace to those practicing it. So, what's holding you back from rearranging your life to wellness and prosperity?

By **Munira Fidai**

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

## #LITERATURE

# Gift of prophecy: Khona's origin story in Bangla folklore

Khona, the mythical lady of ancient Bengal was as keen and clever as her prophecies, or so history depicts her to be. She still lives on in our hearts as a mystery that is enshrined by folklore.

But who was she actually? And what is her story?

Books tend to describe that there are many versions to Khona's story, the most popular being the distressing story from twelfth century Gupta period. And snippets of the story go as follows:

There was once a famous astrologer and mathematician in the later years of the Gupta period living in Ujjain by the name of Boroha Mihira (Varaha Mihira). Boroha was a key member in the royal court of king Bikram Aditya (Vikram Aditya). The famous astrologer's wife gave birth to a son with an inauspicious lifeline. His father, the famous Boroha sketched the little boy's horoscope and was astounded by it. The ill-fated boy was supposed to die within the year.

In order to prevent the ill-fated forecast Boroha concocted a plan, which forced him to abandon his one and only child



inside a vessel and let it flow down with the river. The child was later rescued in Sinhala (today's Sri Lanka) and raised by the king of the nation. He later grew up in the Sinhalese royal court and married the daughter of the king (Khona). Later they travelled together, back to Ujjain, to reunite with Boroha.

One day in the royal court of Bikram Aditya, Khona defeated her father-in-law in a debate, hurting his ego tremendously. This is when Boroha ordered his son to cut



the tongue of his wife, to which he heeded, and Khona as a result of the atrocity, succumbed to her wounds and died.

While the story has millions of loose threads which forces it to qualify as folklore, we cannot but take archaeology into consideration. Strangely enough there are actual ruins (mounds of Khona-Mihir) 40 km northeast of Kolkata, in a place called Deulia, near Berachampa, Barasat. Archeologists says the specific site dates back to times as early as third century B.C.

—somewhere between the times of the Maurya and Gupta dynasty.

The bewildering mix of these folk tales keep us inspired till now. Was the mound the burial place of the legendary Khona? Or was it simply an observatory challenging the archaic mindsets of the Gupta people including her father in law's?

Some contexts portray her story to be more political. Since most of her adages are related to agriculture, few depict her to be an emblem of the village farmers. The story of her tongue being cut construed from the fact that the farmers did not have much say in worldly matters, even though they were experienced enough to concoct valuable prophecies that mattered everywhere from daily lives to the world of cultivation and farming.

Few others say that Khona actually lived and was a mouth piece for the illiterate farmers of ancient Bengal, and voiced out their concerns when required. Class conflict was the major reason that caused enragement in the royal courts. In addition to that male chauvinism had a huge part to play which ultimately encouraged the livid members of the court to order for her execution.

Whatever the story maybe, the mystery still remains vast. And maybe the 'butchery part' has a strong association; maybe history simply wanted Khona's identity to remain 'hidden' forever.

By **Mehrin Mubdi Chowdhury**

Photo: **Collected**

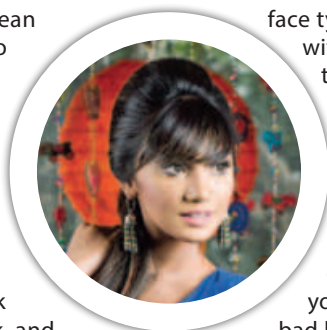
# See-through bangs: Hairstyle to take away from Korean dramas

Bangs have been one of the most resilient haircut fashions since time immemorial. However, even they could not remain completely untouched by change and have gone through various evolutions. Full blunt bangs, curtain bangs, side fringes, wispy bangs, and baby bangs have all added charm and magic to many a face during different stages of their lives. The recent rising star of the bang family is see-through bangs and it seems to have taken the hair styling industry by a storm.

Also known as wispy bangs or airy bangs, see-through bangs have been

sported first by popular Korean stars but have gradually also gained acceptance in the West. These bangs do not cover the forehead completely but somewhat show it off through the gaps and are worn slightly longer on the sides to give it a more fringed and layered feel. The overall look is light, contoured, laid back, and generally, quite soft.

Popular Japanese hairstylist Yuki feels that see-through bangs suit mostly all



face types, but especially those with shorter foreheads as these faces are generally kept away from traditional bangs. Even if see-through bangs can make these faces look smaller than they are, if kept super wispy and slightly grown out, they give off a more youthful feel which is not a bad look to have.

A good stylist would section out the front part of your dry hair in a triangle and then use the point of their scissors to

cut into your hair from the ends to give those beautiful, textured bangs. Where curtain bangs are very high maintenance, needing to be styled with round brushes or blow-dried just right to give them that favourite direction, see-through bangs require a lot less work and still give you that put-together look. A new hairstyle is always a gamble but if you have played around with bangs before and youthful and feminine is your preferred look, see-through bangs are a fresh hello.

**By Munira Fidai**  
**Photo: LS Archive/ Sazzad Ibne Sayed**

## ◆ HOROSCOPE ◆



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

Trusting will be difficult at work. Make time for friends this week. Make sure to finish any pending work. Your lucky day this week will be Monday.



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

Your partner won't be happy with you. Sort out any investment issues. Get to the bottom of things. Your lucky day this week will be Friday.



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

Ask a loved one for advice. Your quick wit will be appreciated. Don't push your luck. Your lucky day this week will be Monday.



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

Your extra effort will be recognised at work. Emotional disputes will end in sorrow. You will make new friendships. Your lucky day this week will be Wednesday.



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

Being unappreciated will affect your motivation. Don't overspend on luxuries. Enjoy some socialising this week. Your lucky day this week will be Tuesday.



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

Do something fun this week. Maybe it's time to rethink things. You need time to rejuvenate. Your lucky day this week will be Thursday.



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

Don't overspend on entertainment. Children can be a handful. Come up with ideas to save money. Your lucky day this week will be Tuesday.



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

Don't settle for anything below you. Step back and reassess the situation. Don't cave in to every demand. Your lucky day this week will be Saturday.



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

Business trips may be unproductive. Enlist the entire family's help. Consider the feelings of your partner. Your lucky day this week will be Sunday.



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

Use your high energy productively. You might have a mental breakdown this week. People might be plotting something. Your lucky day this week will be Saturday.



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

You will have trust issues this week. Arguments could lead to desertion. Don't let your emotions interfere with work. Your lucky day this week will be Thursday.



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

Be open about your feelings. Romantic opportunities will be plentiful. Added knowledge will be beneficial. Your lucky day this week will be Saturday.

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







# Slow Fashion in the Bangladeshi Context

As one of the pioneer slow fashion brand in Bangladesh, Friendship Colours of the Char, are promoting a lifestyle with responsibility towards the sustainability of our culture, heritage, and earth. Using the centuries-old techniques of handloom, hand-dyeing, and hand curving, which confirms the preservation of the naturalness of mother earth with zero carbon footprint and adapting the 'zero waste' policy in fabric usage to ensure zero waste— Slow Fashion is the "luxury pillar" of this sustainability movement. For those who prefer to buy less, but of higher quality, and of designs that are timeless classics and earthy, slow fashion is a good fit. We are offering responsible pieces which are traditional and unique.

On the contrary, 'Fast Fashion' brands are now producing twice as much as in year 2000 due to increase in global garment consumption, which is estimated to reach 102 million tonnes by 2030, up from 62 million tonnes per year. This waste contribution of Bangladesh's textile industry is said to generate about 577,000 tonnes which are quite concerning for the inhabitants of the country.

One study estimates that 15 percent of fabric used in garment manufacture is wasted due to cut outs. According to the United Nations Environment Programme statistics, 60 percent of the 150 million clothes manufactured globally in 2012 were wasted. Despite increasing rates of textile waste, textile recycling remains too low, with 57 percent of all discarded clothes ending up in landfills causing many public health and environmental hazards as harmful compounds, including methane, are emitted when landfills are burned.

Bangladesh alone creates nearly two lakh tonnes of recyclable cotton waste, which is worth about \$100 million. Polyester, a synthetic material that emits more carbon than cotton, is used to make most cheap apparel. Moreover, synthetic materials account for 35 percent of all microplastics entering the oceans, usually through washing machine water effluent, which degrades slowly in the oceans and form

"Currently, the global practice is to try to bring the wastage rate down to zero. In this situation, it is not logical to increase it. The commerce ministry should look for ways to reduce the existing 16% wastage rate."

**Dr Khondaker Golam Moazzem,**  
**Research Director at the Centre for Policy Dialogue (CPD)**

a poisonous chemical that harms marine life and ecosystems. The microplastics end up entering the human food chain, creating complicating health problems.

Currently, 44 trillion litres of water are used annually for irrigation, 95 percent of which is used for cotton production. Furthermore, the textiles and fashion industry has caused a 7 percent decrease in local groundwater and drinking water globally, especially in water-stressed manufacturing countries such as Bangladesh, India, and China.

According to the most recent study in the Bangladesh textile industry, spinning waste accounts for 24 percent, weaving waste for 35 percent, cutting loss accounts for 10-15 percent. Also, dye loss accounts for up to 2,00,000 tonnes, and post-consumer waste accounts for 1,000 tonnes. Bangladesh needs to act as soon as possible because the sums are alarmingly large and pose a serious threat to long-term sustainability.

In 2021, the Bangladesh commerce industry took a self-destructive step by enacting a policy that allows readymade garment exporters to increase their wastage rate from 16 percent to 28 percent, allowing them to sell raw materials in the domestic market. This single policy has had a multifaceted

effect, including environmental degradation, incompetence among local producers due to easy entry and lax rules for production, and contributing to today's crisis of foreign currency reserves due to increased imports.

The RMG industry calculated 16 percent wastage in various stages of production in 1998; the industry now demands 40 percent, implying that their wastage has increased by 150 percent over the last two decades. Dr Khondaker Golam Moazzem, research director at the Centre for Policy Dialogue (CPD), disagreed with the commerce ministry's decision to increase the wastage rate, stating that the global practice is to reduce wastage to zero by using cutting-edge technology.

As a 'Third Sector' organisation, Friendship Colours of the Char find it easier to follow the 'Slow Fashion' path because they prioritise environmental and social wellbeing over profit maximisation.

"Slow fashion is the recognition that, there are human beings behind the clothes we wear. As consumers, we have the power to change the world by just being careful in what we buy"

**- Nazra Mahjabeen Sabet,**  
**Director of Operations, Friendship Colours of the Char.**

As a social enterprise, they are leveraging their social capital by gaining access to rural artisans who make eco-friendly products that define the social enterprise model. Their mission is to empower the chars' marginalised women by developing an alternative and regenerative rural economy centred

on women weavers. Their natural abilities are being honed and improved through training in centuries-old traditional handlooms, natural dyeing, and handcraft, and their skills are being used in production centres located in the remote chars of Kurigram and Gaibandha, creating unique pieces of clothing and homeware. Their ability to earn a living gives them control over their lives and discourages early marriage, resulting in conscious family planning and lower divorce rates.

Control over income also provides these women with more domestic decision-making power, a social voice, and self-esteem. That is how Friendship Colours of the Char model recognises rural women's communal problems and generates socio-economic changes from the micro to macro level while promoting environmental sustainability through responsible consumerism. Slow fashion, as opposed to fast fashion, establishes foundations that benefit both communities and the environment, whereas fast fashion does not.

**By Nazra Mahjabeen Sabet**  
**Director of Operations, Friendship Colours of the Char**  
**Photo: LS Archive/Sazzad Ibne Sayed/ Friendship Colours of the Char**

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