

“Heat is a factor in food production. It brings down the nutrients of oil seeds during the friction while extracting. However, in cold-press, oils are obtained naturally by crushing oil seeds at room temperature — no extra heat or chemicals required,” Mamum explains.

They also cater to gluten-intolerant people and carry millet and other grains



that are unprocessed, organic and great for such people.

Kitchen Fantasy is a venture of Dhaka Dough where they make environmentally friendly kitchenware that is devoid of colour, varnish, or lacquer. They use sustainable sources of wood for such products. They profess not on beauty but on the experience of guilt-free consumption.

“Sustainability is a necessity,” Mamum emphasises along with his friend and co-founder, Shamima Akhter, Director of Corporate Affairs for Unilever in Bangladesh.

For more details, visit their webpage: <https://mykitchenfantasy.com>

By RBR
Photo: Courtesy



◆ HOROSCOPE ◆



ARIES (MAR. 21-APR. 20)

Personal investments will yield money. Don't let yourself get rundown. Join a club to work off that excess energy. Your lucky day this week will be Saturday.



TAURUS (APR. 21-MAY 21)

You are going through a period of questioning. A little rest will do you good. Avoid problematic co-workers. Your lucky day this week will be Saturday.



GEMINI (MAY 22-JUN. 21)

Consider a change of crowd. Only present ideas that you have vetted carefully. Spend time with your family. Your lucky day this week will be Tuesday.



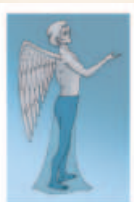
CANCER (JUN. 22-JUL. 22)

Anger may cause you grief. You can meet someone special if you socialise. Make plans for physical activities. Your lucky day this week will be Saturday.



LEO (JUL. 23-AUG. 22)

Only undertake something you plan to see through. Communications with loved ones may be strained. Overstressing can lead to health problems. Your lucky day this week will be Friday.



VIRGO (AUG. 23-SEP. 23)

Don't be careless with your belongings. Avoid any wrong doings. Make plans with your partner. Your lucky day this week will be Wednesday.



LIBRA (SEP. 24-OCT. 23)

Travelling for work will yield good returns. Do what it takes to avoid feeling unsettled. You might have trouble fulfilling your obligations. Your lucky day this week will be Saturday.



SCORPIO (OCT. 24-NOV. 21)

Take a different approach. Your involvement in groups will lead to interesting friendships. Get out and about. Your lucky day this week will be Friday.



SAGITTARIUS (NOV. 22-DEC. 21)

You might experience an unsteady emotional state. Don't overspend on luxury. Any contributions you make to organisations will be appreciated. Your lucky day this week will be Sunday.



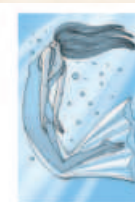
CAPRICORN (DEC. 22-JAN. 20)

Adventure will result in added knowledge. Stay away from social unpleasantness. Romance can be exciting. Your lucky day this week will be Wednesday.



AQUARIUS (JAN. 21-FEB. 19)

Children may be difficult to deal with. Don't get involved in uncertain financial ventures. Social events can bring about new potential partners. Your lucky day this week will be Tuesday.



PISCES (FEB. 20-MAR. 20)

Sort out any unsavoury situations. Don't be too eager to jump into an investment. Spend some time at home. Your lucky day this week will be Thursday.



সামগ্রী মূল্যে এখন ক্রয় করুন গ্রেড-১ সাবান

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