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Whispers of WINTER

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PHOTO: SHAHRIAR KABIR HEEMEL
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Why soup deserves a spot in your winter routine

Dhaka winters are unlike any other season — a subtle chill in the air that seems to carry nostalgia with it. As December rolls in, homes buzz with the soft hum of tea kettles, and dinner tables transform into cosy gathering spots. But amidst all this seasonal cheer, one comforting companion is quietly making a comeback: **soup**.

The case for soup in winter

With the steam rising up like a comforting whisper, there's something enchanting about encircling a warm bowl of soup with your hands. In their busy, sometimes frantic lives, Bangladeshis are beginning to rediscover this pleasure, which is more than simply eating.

Once confined to the role of a side dish, soup has now earned its position as a convenient, healthful, and decadent staple.

Why soup?

Deliciously Healthy: Rich in nutrients, soups are a simple way to include fish, veggies, and even proteins in your diet. For example, prawn soups have the optimum balance of taste and protein, making them suitable for sustaining energy levels in the cooler months.

Quick Comfort: With everyone juggling work, family, and the endless WhatsApp pings, cooking can feel like a marathon. Enter soup — a meal that's hearty, wholesome, and ready in minutes.

Hydration on the Go: Winter often tricks people into drinking less water, leading to dehydration. Soups step in as a sneaky hydration hero, offering fluids without effort.

Appetite Booster: A piping hot bowl of soup stimulates your senses and appetite, especially after long days navigating the grind of urban life.

Flavours to fall for

Rich, varied tastes are nothing new to Bangladeshis, and soups are no different. The selection is as diverse as your cravings, ranging from robust vegetable mixtures, to broths filled with prawns. There is something for everyone with options including Winter Vegetables, Thai, and Corn with Chicken.

Thai Soups: A spicy, tangy delight that pairs perfectly with prawns or chicken.

Corn with Chicken: This light, creamy recipe is pleasant with every bite.

Winter Vegetables: A unison of veggies in season that will warm your body and soul, including cabbage, spinach, and carrots.

Elevate your soup game

Here's how to do it with Vegetable Soup and a Cheesy twist.

Ingredients

- MAGGI Vegetable Soup 2 Packets
- Bread 2 Pieces
- Carrot (Small Cubes) 2 Tablespoons

- Cheese (Small Cubes) ¼ Cup
- Onion (Ring Cut) ¼ Cup
- Paprika ¼ Teaspoon
- Minced Garlic ½ Teaspoon
- Oil 1 Teaspoon
- Water 4 Cups

Method

Mix MAGGI vegetable soup powder in 4 cups of water and cut bread into small cubes. Fry them lightly in a pan to make croutons.

Heat oil in a pan and brown the garlic. Then, fry the carrots and add the soup.

When the MAGGI vegetable soup boils, cook it for 5 minutes with onions before pouring it into a serving dish. Top it with croutons, cheese, and paprika.

Why it's more than just a bowl of soup

Soup is more than just sustenance in a bowl; it's healing. It's a small pleasure that doesn't push you to step beyond of your comfort zone, the taste of home after a long day, and the warmth you want for on chilly evenings. It reminds Dhaka's citizens that even with all of the city's activity, there is time to pause, relax, and recharge.

Let soup be your cosy companion on chilly days in winter. There is a bowl just waiting to be filled with flavour — and your next memory — whether it's the earthy richness of winter veggies, the zing of Thai spice, or the creaminess of chicken corn.

Discover the joy of soups this winter.

LS Desk
Photo: Courtesy

Indulge in winter bliss with Dan Cake Chocolate Velvet Cake and Choco Chips Muffin

No winter moment is truly complete without something sweet to nibble on — something that feels indulgent yet comforting. And what is the perfect partner for your winter cravings? **Dan Cake Chocolate Velvet Cake and Choco Chips Muffin** are your answer! **The charm of winter, the taste of chocolate**

Weddings, late-night pithas, and chilly winds are all part of Dhaka's winter vibe, but in the middle of the mayhem, everyone needs a little alone time and something warm, rich, and shamelessly decadent to go with their tea or coffee. The goal of Dan Cake's Chocolate Velvet Cake and Choco Chips Muffin is to make every mouthful feel festive.

Imagine this: it's your weekend, and you enjoy your favourite show. You want to treat yourself to a delicious chocolate delicacy that melts on your tongue like a smooth, velvety chocolate cake. You want more after that experience, so why not a chocolate chip muffin with lots of chocolate chips scattered on top, which gives it the ideal balance of crunch and fluff? This kind of indulgence satisfies hunger and soothes the soul.

From Danish heritage to Dhaka homes

Crafted with a special Danish recipe, Dan Cake doesn't just taste good — it feels premium. Every mouthful reminds you of the brand's dedication to excellence, employing only the best ingredients to provide an unmatched dessert experience. But don't let the fancy origin fool you; Dan Cake fits perfectly into Bangladeshi life. Whether you're rushing to a family gathering or simply looking to unwind after a long day on the road, these treats are as versatile as your daily routine.

A sweet treat for every occasion

What makes Dan Cake such a standout is its ability to fit seamlessly into every winter moment:

- **Festive Addas:** Hosting a rooftop barbecue or chai session with friends? Bring out the Chocolate Velvet Cake, and watch it disappear faster than the last jilapi at a wedding.
- **Family Time:** Nothing says love like sharing Choco Chips Muffins with the kids while they binge-watch cartoons under a heavy quilt.
- **Me-Time:** A slice of chocolate velvet cake with a steaming cup of coffee and indulge in calm while watching your favourite Netflix show.

The perfect gift of sweetness

Winter in Dhaka is all about spreading joy — whether it's through cha invitations or exchanging gifts. With its elegant packaging and premium taste, Dan Cake Chocolate Velvet Cake and Choco Chips Muffin make for the perfect gift. It's thoughtful, delicious, and way more exciting than the usual box of dry fruits.

Available now across the country, it's time to elevate your winter moments with a touch of sweetness. After all, every season deserves a little decadence — and this one is just waiting for you to take a bite.

Dan Cake: Taste That Brings You Closer!

LS Desk
Photo: Courtesy

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Start your winter mornings with All Time Bread: Perfect breakfast for busy Bangladeshis

Winter mornings in Dhaka are a unique struggle. The fog settles in like an uninvited guest, making it harder to leave the warmth of your blanket, let alone prep a hearty breakfast. Add to that the never-ending hustle of office runs, school drop-offs, and general life chaos — it's no surprise breakfast often gets side-lined. But here's the thing: skipping your morning meal during winter is not advised; your body needs to generate heat, and warming up takes longer without a good, fresh breakfast.

Solution? **All Time Bread**, the ultimate winter breakfast saviour that promises a healthy, convenient and versatile start to your day without eating into your precious morning minutes.

Let's be honest: winter mornings in Bangladesh are tough. The chill hits harder when you realise you've got to pack tiffin, catch up on last night's cricket highlights, and somehow, still show up on time for your 9 AM meeting. All while fighting the temptation to snuggle back into bed. And amidst all this, breakfast often becomes a quick gulp of cha and whatever leftovers you can grab.

But here's why breakfast matters more in winter: your body needs fuel to keep you energised and warm throughout the day. And no, a day-old cold shingara from the shop adjacent to your office isn't going to cut it. Not only is it unhygienic, but it can also make you sick in multiple ways!

All Time Bread to the rescue

What if we told you that breakfast could be easy, delicious, and warming — all thanks to **All Time Bread**? This soft, fresh, and versatile bread is your blank canvas to create a variety of comforting meals, whether you're a toast-and-butter minimalist or a culinary experimenter.

- **For children:** School mornings demand speed and creativity. All Time Bread is perfect for crafting fun sandwiches — think jam-stuffed smiles or Nutella stars. Pair it with warm milk, and you've got a tiffin-box winner that keeps the little ones happy and energised.

- **For all mothers:** Whether you are team avocado toast, or prefer a classic egg sandwich, All Time Bread adapts to your lifestyle. Grilled cheese for the cheesy-at-heart or bread with peanut butter for the gym-goers — it's a quick fix that doesn't compromise on taste or nutrition after a long day.
- **For the elderly:** All-time bread's soft texture makes it ideal for elderly family members. Pairing it with a cup of hot tea or even a bowl of warm soup turns breakfast into a moment of comfort and warmth.

A slice for every lifestyle

The beauty of All Time Bread is its ability to seamlessly fit into both deshi and Western breakfast traditions. Whether you're dunking it into a steaming cup of tea, soup or pairing it with butter and marmalade, it just works. And for Dhaka's ever-evolving foodies, it's a handy base for trendy options like shakshuka or bread pizza.

Bread has become a quick, reliable, and budget-friendly solution for households juggling modern demands with traditional expectations. And with All Time Bread, you're getting the premium quality that's as fresh as Dhaka's winter mornings (minus the cold). To make it even better, you can get the delicious soft bread in any and all convenience stores around you.

This winter, make mornings less chaotic and more comforting with **All Time Bread**. Whether it's for your children, parents, or yourself, this bread is more than just a breakfast option — it's a warm hug on a chilly day.

Head to your nearest store and grab a pack of All Time Bread today. It's time to turn winter breakfasts into moments of joy, one slice at a time.

LS Desk
Photo: Courtesy

WINTER WOES? RESCUE
Vaseline Deep Restore Serum in Lotion

In Dhaka, winter is a double-edged sword. We love the foggy mornings, the wedding feasts, and our winter travels to exotic locations, but the dry air? Not so much. It slips in quietly, leaving skin flaky, itchy, and dull, as though it's entirely given up. A dash of pollution and a whiff of that bone-dry gust makes your skin feel as dry as a drought-riddled field in the peak of summer. But have no fear—Vaseline Deep Restore Serum in Lotion has your back.

WHY IS WINTER DOING THIS TO US?

If your skin could speak in the winter, it would probably be saying, "Help!" The dry air and low humidity suck moisture from it, leaving it dry and irritated. Sensitive skin has it even worse, becoming red and patchy. And the battle doesn't stop there — dehydrated skin also ages more quickly, making you appear older and more exhausted than you actually are.

That is why moisturising isn't just a summer or winter thing; it is what your skin requires throughout the year for good health, youth, and let's face it: happiness.

What Is Different About Vaseline Deep Restore Serum in Lotion?

This isn't your usual lotion. It's a serum-in-lotion, so it has the lightness of a lotion but the deep hydration of a serum. What does that mean for you? Skin that feels soft and hydrated, and, most importantly, alive.

HERE'S WHAT MAKES IT SPECIAL:

- **SUPERIOR HYDRATION:** It's filled with microdroplets of Vaseline Jelly and glycerin that penetrate your skin and seal in moisture for up to 48 hours. Gone are the days when your skin feels dry.
- **NON-GREASY FORMULA:** Nobody has the time to sit and wait for heavy creams to absorb. This one soaks up quickly to get you on with your day.
- **REPAIRS SKIN:** It does more than hydrate—it fortifies your skin's natural barrier, shielding it from pollution, dryness, and everything else winter hurls at it.

Who Is It For?

Honestly? Everyone. If you're a student dashing between classes, a parent managing life's never-ending to-do lists, or simply someone trying to make it through Dhaka's winter, Vaseline Deep Restore Serum in Lotion is right at home in your regime. It's gentle enough for sensitive skin and powerful enough to take on the driest elbows and knees.

WHY SHOULD YOU MOISTURISE?

Because your skin deserves more than being neglected. Here's why moisturising is non-negotiable:

- **STAY YOUNGER:** Damp skin is more elastic and less prone to fine lines and wrinkles. Who wouldn't want to fend those off?
- **FIGHT THE DRYNESS:** Winter robs skin of its natural oils. A good moisturiser restores that balance and leaves your skin feeling soft.
- **FEEL GOOD:** Healthy skin doesn't just look good—it makes you feel confident and ready to take on the day.

Easy to Find, Easy to Love

Vaseline Deep Restore Serum in Lotion — you can find it everywhere, from the smallest corner shops in Dhaka to the big stores in Chattogram or Sylhet. You can even pick it up online, because let's be real, to even step outside in winter sometimes feels like an accomplishment.

EVERYDAY HEALTHY AND FRESH SKIN

Winter is challenging, but your skin shouldn't have to be. Treat your skin to the care it deserves with Vaseline Deep Restore Serum in Lotion. It's fast, easy, and does the job, whether you're facing down winter's bite or simply seeking to maintain healthy skin year-round.

Pick one up today and never have dry, dull skin again! Because your skin deserves to feel Healthy and Fresh Everyday—no matter the season.

By K Tanzeel Zaman

#FOOD & RECIPES

Winter breakfast in Bangladesh

Winter in Bangladesh, which occurs from December to February, is the coolest time of the year with temperatures ranging from 10-20 degrees Celsius. Many people enjoy hearty, warm breakfasts to start their day off on the right foot during this time. From savoury and sweet to dishes loaded with calories to the brim, Bangladeshis love to take full advantage of the winter season when it comes to their appetite.

One popular breakfast dish in Bangladesh during the winter is paratha, which is a type of flatbread made from flour, salt, and water. It is often served with dal, a type of lentil soup, and vegetable curry. This combination provides a balance of protein, carbohydrates, and vegetables to fuel the body for the day ahead.

Another winter breakfast favourite in Bangladesh is shingara, which is a savoury fried pastry filled with potatoes, lentils, or minced meat. It is often served with chutney or yoghurt for dipping, and it provides a satisfying and tasty start to the day.

A traditional Bangladeshi breakfast during the winter may also include paratha, a type of flatbread made from whole wheat flour and ghee (clarified butter). It is often served with egg, chicken, or vegetable curry, and it provides a warm, filling meal to start the day.

If you are more of a hearty breakfast kind of person, then nihari is your answer. Nihari is derived from the term 'Nahar,' which means 'day.' The richness of the spices in the sauce, cooked for about 6 - 8 hours overnight in enormous pots

packed with dough, undoubtedly begs for a comparison with a wild stormy affair. It is thought that after the morning prayers, or Fajr, the Nawabs would have Nihari and then sleep until the afternoon prayers, or Zuhr. One would be curious to know how someone could sleep after eating a platter of Nihari. It's a hearty stew full of flavourful ingredients and perfect for a chilly winter morning.

In addition to these savoury dishes, many people in Bangladesh enjoy sweet breakfasts during the winter season. One

popular option is misti doi, a type of sweet yoghurt fermented with jaggery (a type of unrefined sugar). It is often served with fruits, nuts, or honey and provides a satisfyingly sweet and creamy start to the day.

If you want dry desert, then bhapa pitha is for you! Bhapa Pitha is a sort of rice cake that is the most well-known traditional winter dish in Bangladesh. It is formed with freshly ground rice flour in discs and cooked after the contents are poured in. Coconut and date molasses are used to make the filling. Brown sugar or jaggery can be used as a replacement for date molasses. Bhapa pitha may be seen on every street corner in Dhaka throughout the fall and winter seasons.

Patishaptas are long, thin rectangular crepe rolls that exude delectable puree made from shredded coconut or caramelised molasses. Fine rice flour and semolina can be used to make thin crepes. The warm, gooey, and sweet filling of these pithas is the highlight, satisfying both the heart and the hunger. The filling is frequently substituted by kheer or kheersha, which is essentially the wet custard that Bengalis enjoy for dessert.

Patishapta is a versatile pitha that may be prepared in a variety of ways. Some people like it as a savoury dish by filling the pancake with veggies and meat purée.

These pithas are ideal for breakfast since they take little time to cook and are also ideal for special events because they bring out the festive spirit in everyone.

Overall, Bangladeshi winter breakfasts are hearty, filling, and delicious, and they often incorporate warm, savoury dishes as well as sweet treats. These meals provide the fuel and warmth needed to face the season's cooler temperatures, and people of all ages enjoy them. Never mind the seasonal calories, live a little!

By K Tanzeel Zaman
Photo: LS Archive/Sazzad Ibne Sayed

#FASHION & BEAUTY

Winter fashion trends that need to end

If you are a fashion enthusiast, you have already started mentally planning your change in seasonal attire. Fashion naturally evolves quite a bit over time. However, people often have a hard time letting go of their favourite fashion trends. This is why today to talk about some winter trends that, well, have passed their prime. We

are not judging your style if you still own or adore any of these outdated winter fashions listed below but you are probably better off without them this season.

Badly fitted clothes
Even though oversized clothes are still in style, it's advisable to discard completely shapeless things. Such sweaters frequently have an unpleasant appearance. Choose roomy warm clothes that do not hang on you or fit your body too tightly.

Shawl with western clothes
Admit it, we have all done it before. Wearing shawls with our favourite blue jeans and a white tee. However, with the evolving fashion trends, this probably will not be the pinnacle of your best fashion moments. Shawls are best suited for our traditional wear. Regardless of gender, pair your favourite shawl with the style of traditional clothes that you like the most.

Monkey caps
Monkey caps are the most overused winter fashion accessories of all time. We get that you might feel it saves you from the cold breeze of winter, but you do not necessarily need to opt for a money cap to curb the cold. You can instead style your look with a nice woollen hat which not only saves you from the cold but also are a great style statement.

Buying cheap winter clothes
We understand that we all enjoy a good deal. Having said that, winter is just not for style. There should be a nice blend of style and comfort. So, refrain from your ODC (Opposite of Dhaka College) binge to make sure the clothes that you are buying for the winter are not only stylish but also protect you from the weather. And investing in a good piece of jacket or overcoat will last you a very long time.

Skipping on moisturiser
This may not sound like typical fashion advice, but skincare is never out of fashion. Keeping your skin moisturised is important throughout the year. The extreme weather of winter demands you to take care of your skin even more. So, do not try to hide your dry skin under baggy winter clothes, instead, moisturise your skin regularly.

By K Tanzeel Zaman
Photo: LS Archive / Sazzad Ibne Sayed

#TRAVEL

6 places in Bangladesh to visit in WINTER

Growing up in a tropical monsoon region like Bangladesh, you should be no stranger to humidity, sweat, and more sweating. Which is why, the winter season is something most Bengalis love, cherish, hope, and pray for to stay as long as possible. "Most" because some anomalies are allergic to cold and NRBs who love to jump at the opportunity to say, "Eita kono thanda hoilo?" (Is this your idea of cold weather?).

Putting them aside, winter lovers often love to travel with layered-up clothes throughout the country, but often end up visiting the same place in other seasons. To change that up, here are the top 6 places to visit in the winter.

LALAKHAL

Lalakhal, a broad canal, is located in Jaintiapur, Sylhet District. The bluish-green lake is the main reason people come here. The only thing to do in Lalakhal is taking a boat ride. However, the mix of the lush hills and the gorgeous canal water will undoubtedly take your breath away. Sunsets are more beautiful in Lalakhal. Lalakhal is best visited between November and February. The canal's water is at its optimum during these months. It signifies that the water's colour is readily seen. If you're lucky, you might even spot some migratory birds in Lalakhal. The water loses its clarity during other seasons of the year, particularly during the rainy season.

SAINT MARTIN

St Martin's Island is Bangladesh's sole coral island. Because of the abundance of coconut palms on the island, it is known as "Narikel Zinzira" in Bengali, which translates to "Coconut Island." The island is located 9 kilometres south of Cox's Bazar. It is wonderful to walk along pristine beaches and swim in clean water. A boat ride to Chhera Dwip, a small island near St. Martin's, is available. Due to strong seas, Chhera Dwip was separated from St. Martin's. When visiting St. Martin's, you must go scuba diving. You can also sample the amazing local cuisine, get low-cost gifts from the local market, and take some stunning photographs.

KUAKATA

Bangladesh is well-known for two seaside resorts: Cox's Bazar and Kuakata. While Cox's Bazar is well-known and visited by many tourists, those who have seen Kuakata have never forgotten the peace and quiet it affords. Kuakata is the ideal destination to visit in the winter. You will have more privacy on this beach, so photographing the gorgeous sunset

and sunrise with your family will be pretty relaxing. The hotels and resorts in Kuakata have nice and comfortable rooms with heaters in the bathrooms so that you may take a long bath even in the winter.

SREEMANGAL

Sreemangal is a popular tourist destination in Bangladesh because of its green tea fields. It is situated in Sylhet Division's Moulvibazar District. Because of the enormous number of tree plantations and the origin of the seven-coloured tea, it is known as Bangladesh's tea capital. Sreemangal is well-known for two reasons: Madhabpur Lake and Baikka Beel. The only confirmed location in Bangladesh for the great white-bellied heron is Madhabpur Lake. Baikka Beel is a small wetland where the large-billed reed warbler can be found. Apart from Madhabpur Lake and Baikka Beel, Sreemangal is known for the surrounding Lawachara Rain Forest, Hum Hum waterfall, and Rema-Kalenga Wildlife Sanctuary.

SITAKUNDA

Sitakunda is one of Bangladesh's oldest sites. Sitakundu's natural and attractive beauty is ideal for relaxing your mind. It is well-known for the Chandranath temple and other Buddhist temples. The location is heaven because of the numerous waterfalls, mountains, and green rivers. If you enjoy nature and adventure, you must visit this location.

RANGAMATI

Rangamati, or Lake City, is a popular tourist destination in Bangladesh, famed for its waterfalls, lakes, parks, and mountains. It is another hill district in Chittagong Division, like Bandarban.

Kaptai Lake, Bangladesh's largest lake, is located in the Rangamati district's Kaptai Upazila. The lake has a maximum depth of 150 metres and an average depth of 30 metres. Aside from this lake, Rangamati is known for the Shuvolong Waterfall, Hanging Bridge, Sheikh Rasel Eco Park, Rajban Bihar Pagoda, and many other local tourist sites. When visiting Rangamati, you must go kayaking on Kaptai Lake. Lakeshore Resort, located near the lake, includes a swimming pool with a panoramic view of the lake.

By K Tanzeel Zaman
Photo: Courtesy

Add zest to your winter

SHOPPING WITH EBL CARDS

Winter brings festivities on its wings. Picture this: the excitement of updating your wardrobe with snug essentials, prepping for festive gatherings, visiting your favourite spots, and hunting for the perfect gifts for your loved ones. It's all magical until you glance at your wish list and budget, and then reality hits. But what if there was a way to make it all effortless and rewarding? That's where your EBL card comes in.

Imagine stepping into your favourite store, ready to splurge a little on yourself or someone special. As you head to the checkout counter, you're pleasantly reminded of the exclusive discount awaiting you as an EBL cardholder. Suddenly, that chic designer bag, luxurious winter coat, or intricately embroidered outfit for a wedding feels a little lighter on your wallet. EBL cards bring you exclusive deals at your favourite brands and stores, helping you stay stylish while keeping your budget intact.

Big purchases no longer have to mean big expenses upfront. Dreaming of that new gadget, upgrading your home with winter appliances, or thinking of a vacation? The EBL ZIP facility lets you turn large payments into manageable instalments, spread across months that too with no interest. Now, you can shop guilt free and enjoy the season to the fullest.

But winter isn't just about shopping, it's also about creating memories. Planning a holiday getaway or a cosy staycation? Your EBL card unlocks amazing discounts on OTA platforms, so booking flights and hotels is not only seamless, but also budget friendly. And before your journey begins, enjoy five-star hospitality at EBL Skylounge, where comfort meets convenience.

The magic of EBL cards doesn't stop there. Transactions at participating outlets earns you cashback, turning everyday purchases into savings. Whether it's groceries, electronics, or last-minute festive buys; those rewards add up, making your holiday season even sweeter.

Prefer availing banking services on the go? EBL Skybanking Application let you avail services with advanced security features, like OTP verification and fraud protection, ensure your transactions remain safe, while exclusive features amplify your experience.

And here's the cherry on top; every time you use your EBL card, you're rewarded. Earn loyalty points with every swipe, which can later be redeemed for vouchers, travel perks, or exciting offers. Every transaction becomes an opportunity to give yourself a treat.

This winter, let your EBL card transform your season. From unbeatable discounts and flexible payment options to luxurious travel perks and rewarding loyalty programs, EBL ensures that you focus on what truly matters; creating memories with your loved ones.

What are you waiting for? Grab your EBL card and make this winter unforgettable. After all, the best gifts aren't just the ones you give but also the ones you receive with every swipe!

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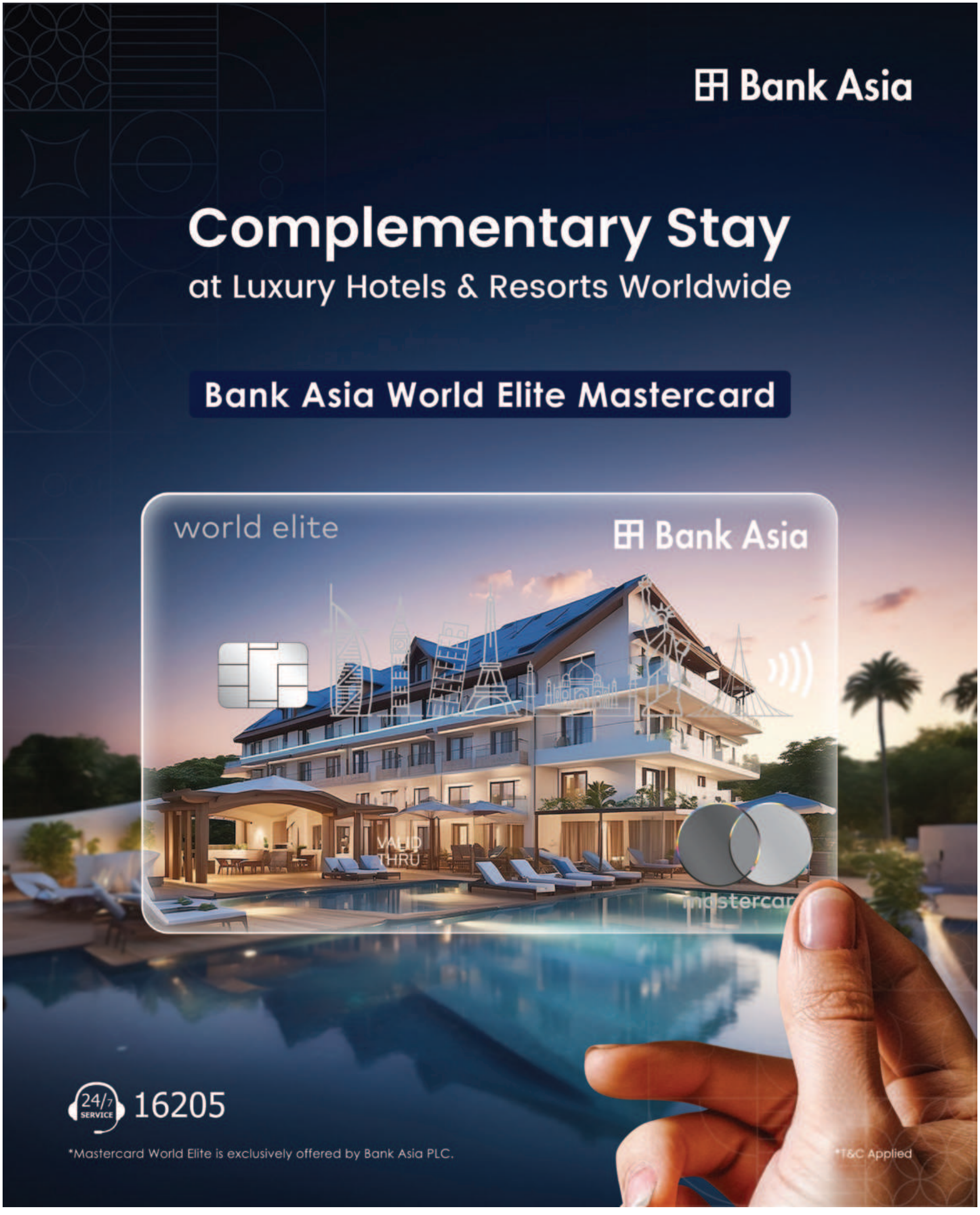
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