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Zodiac this WEEK Nita Chhotalal



ARIES

Personal: You are engaging in a conflict of some nature. Despite the fact that you think you've won, you might still lose in the big picture because you have annoyed or hurt those that you have argued with and, as a result, you are on the road to isolating yourself. **Professional:** You will need to be extra cautious with your finances right now, especially when it comes to trusting others. **Love:** Ego may push you and your loved one to clash without any real reason, but can be damaging should it continue.

TAURUS

Personal: You need to be more endearing and loving towards others. You are receiving positive energy from the universe and you need to share that energy. **Professional:** It is likely that you will be having enough funds coming in to cover what you spend. It is, however, still advisable to be wise with your money so that this period of stability lasts. **Love:** Try and be aware of your partner's and your own talents; give

each other trust to do things that are your strengths.

GEMINI

Personal: You can be filled with new energy and new innovative ideas can be put into action now. **Professional:** You will have all that you need. So, there's no need to worry about your expenses. **Love:** If single, you need to open yourself up to the world. Even in the face of embarrassment or rejection, you might find the partner you are looking for.

CANCER

Personal: The old ways are no longer useful and you must find another set of beliefs, values and processes to take their place. **Professional:** It would be wise for you to make sure you have some funds put away right now. There may be unwelcome surprises in store that can create a sudden loss of resources. **Love:** Relationships that have weak or crumbling foundations won't last much longer and may collapse. While initially painful, these clear the way for new experiences.

LEO

Personal: You hold within you all that you need for your fulfilment. The only thing that you need is courage. **Professional:** When it comes to your finances, your faith and positivity should help you reach your financial goals. **Love:** As long as you and your partner remain communicative and honest with one another, there is great potential for you two to be closer together.

VIRGO

Personal: This is a time of communication and sharing of ideas. Whether it is someone else's ideas or yours, it is time to open up and talk about them as long as it is constructive. **Professional:** You may be full of great ideas about how to stretch your finances, or how to make more money, but whatever ideas you may have may be in the very early stages. If you can, try and draw from people that may have more experience than you. That can be helpful in the long run. **Love:** You or your partner need to take care of the small or petty disputes. They can turn into bigger conflicts should they

not be handled properly.

LIBRA

Personal: It is time for you to listen to your intuition rather than prioritise your intellect and conscious mind. **Professional:** If you are being presented with the opportunity to put your finances to use, your intuition will know whether this is a good choice or not. **Love:** You and your partner need to be honest with each other to make your relationship strong.

SCORPIO

Personal: You need to resolve issues with creative solutions as well as your emotional connection and awareness of others. **Professional:** If you have been in a strained financial situation, you may need to get creative in order to solve your issues. **Love:** If single, you need to be patient and keep the real world in sight as you go on your quest for love.

SAGITTARIUS

Personal: Certain actions or decisions which need to be properly implemented are likely to be

postponed even if there is an urgency to act at this particular moment. **Professional:** You may be planning a big change in your career. This may look like taking a step backward but it can be a calculated process to realign your path with something that is more fulfilling to you. **Love:** You and your partner need to have more of acceptance and less of expectations from each other.

CAPRICORN

Personal: You are at a point in your life where a new cycle is beginning. You are about to start afresh. What is to come will bring great abundance and opportunity. **Professional:** New opportunities that will be available to you can secure you a better job or a higher position in your existing company. Good energy is coming your way. You should welcome it like a breath of fresh air. **Love:** Couples will find their relationship becoming stronger and giving them a feeling of stability and security.

AQUARIUS

Personal: You are experiencing a transition of some kind, but one that is not happy and filled with

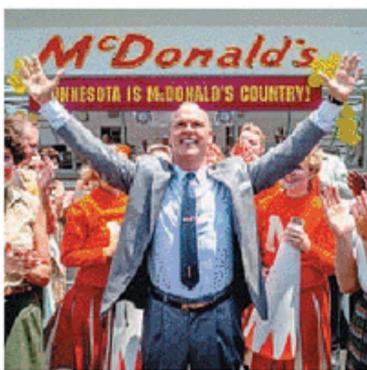
regret. This transition will most likely be the result of decisions you made in the past. And now they are forcing you to leave something behind in order to move forward. Despite your sadness, you need to remember that moving on is the ideal option for your future. **Professional:** As you find material stability, let past experiences be a reminder to you to keep an eye on your bank accounts. Remember to save for a rainy day. **Love:** If you're single, you need to be ready to leave a part of yourself behind, perhaps one that prevented you from accepting love.

PISCES

Personal: You need to see beyond the limited perspective that you have created for yourself to see the possibilities and to recognise that you have your own internal power. **Professional:** You may feel like things are closing in on you right now when it comes to your financial situation. There are so many ways to better your situation. You just need to be a little more creative. **Love:** You and your partner need to communicate clearly and stop the blame game.

WATCHIT!

MOVIES ON TV



Ray Kroc (Michael Keaton), a struggling salesman of milkshake machines, visits the small McDonald's family restaurant run by brothers Mac (John Carroll Lynch) and Dick McDonald (Nick Offerman) and spots a chance for a successful business venture. The Founder, Sony Pix, 9pm

AFTERNOON

Operation Red Sea: STAR Movies Select HD, 1pm
Herogiri: Jalsha Movies, 1pm
Yuddha: Colors Bangla Cinema, 1pm
John Wick, Chapter 2: Sony Pix, 1.45pm
Baazi: Zee Bangla Cinema, 2.30pm
Surf's Up 2, WaveMania: &Prive HD, 2.45pm
Come Back: Aakash Aath, 3.05pm
Ip Man, Kung Fu Master: STAR Movies Select HD, 3.15pm
John Wick, Chapter 3: Sony Pix, 3.50pm
Shedin Dekha Hoyechilo: Colors Bangla

MORNING

Santan Jakhan Shatru: Colors Bangla Cinema, 10am
The D Train: &flix, 11.10am
Soul Surfer: &Prive HD, 11.20am
Ainbo: STAR Movies Select HD, 11.30am
John Wick: Sony Pix, noon
Mangaldeep: Zee Bangla Cinema, noon

Cinema, 4pm
Arthur Christmas: &Prive HD, 4.05pm
Haami: Jalsha Movies, 4.10pm
The Hitman's Bodyguard: STAR Movies Select HD, 4.45pm
Abhimanyu: Zee Bangla Cinema, 5pm
Patient Zero: &flix, 5.25pm

EVENING

The Mechanic: Sony Pix, 5.55pm
U-Turn: Aakash Aath, 6.30pm
Moonfall: STAR Movies Select HD, 6.45pm



After a highly contagious virus turns people into highly intelligent, streamlined killers, an asymptomatic victim (Matt Smith) who can communicate with the infected, must lead the last survivors on a hunt for Patient Zero and a cure. Patient Zero, &flix, 5.25pm

Devi: Jalsha Movies, 7pm
Bidhilipi: Colors Bangla Cinema, 7pm
The Raid 2: Sony Pix, 7.25pm
Subhasher Chokhe Khudiram: Zee Bangla Cinema, 8pm
The Founder: Sony Pix, 9pm

SPORTS

UFC 303 - Pereira vs Prochazka 2 - live: Sony TEN 2, 7.30am
India Women vs South Africa Women, One-off Test, Day 3 - live from Chennai: Sports18 1 & 1 HD, 9am
MotoGP, TT Circuit Assen - Main Race - live: EuroSport, 2.15pm
FIH Pro League, Men's - Netherlands vs Belgium - live: Sports18 1 HD, 6.30pm
Cycling World Tour - Tour De France, Stage 2 - live: EuroSport, 8pm
UEFA EURO, Round of 16 - England vs Slovakia - live: Sony TEN 2, 9.30pm
ABB FIA Formula E World Championship, Round 14 - Hankook Portland E-Prix - Qualifying Race - live: Sony TEN 1 & 1 HD, 10pm
BWF, Yonex US Open - live: Sports18 1 HD, 10.30pm
UEFA EURO, Round of 16 - Spain vs Georgia - live: Sony TEN 2, 12.30am

ENTERTAINMENT

ENGLISH

The Flight Attendant: Colors Infinity, 6pm
Brooklyn Nine-Nine: Comedy Central, 8pm
Lonely Planet: Sony BBC Earth, 8pm
Break Point: Zee Cafe, 8pm
Game of Thrones: Colors Infinity, 9pm
Spy in the Ocean: Sony BBC Earth, 9pm
Shark Tank: Zee Cafe, 9pm
Nathan for You: Comedy Central, 10pm
Incredible Journeys with Simon Reeve: Sony BBC Earth, 10pm

HINDI

Suhaagan: Colors, 6.30pm
Meetha Khatta Pyaar Hamara: STAR Plus, 6.30pm
Kaise Mujhe Tum Mil Gaye: Zee TV, 6.30pm
Krishna Mohini: Colors, 7pm
Maati Se Bandhi Dor: STAR Plus, 7.30pm
Main Hoon Saath Tere: Zee TV, 7.30pm
Superstar Singer: Sony, 8pm
Laughter Chefs Unlimited Entertainment: Colors, 9.30pm
Madness Machayenge - India Ko Hasayenge: Sony, 9.30pm



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TECH



↑ Sonodyne Antara comes with IP65 rating, making it a good companion for pool parties. Pictures: The Telegraph

overpower and kill a song like Queen's *Another One Bites The Dust* or even something fresh out of recording studios — Sabrina Carpenter's *Please Please Please*.

Whether you lay the speaker flat or carry it around, the sound is warm and surrounds the listener, which is quite unlike most of the offerings from a market that's becoming stagnant.

CONSISTENCY MATTERS

One may point out there's no built-in microphone so you can't use it as a speaker phone. The point is: Who wants to take calls on a speaker? Even the Bose SoundLink Max speaker doesn't have a microphone.

But there is one feature that the Sonodyne speaker offers: You can connect two Antaras in "duet mode" for a more immersive sonic experience.

Sonodyne has gone with Bluetooth 5.4, which is the latest version. One of the main improvements in Bluetooth 5.4 is the bi-directional communication with thousands of end nodes from a single access point. It also translates into energy efficiency, reliability with connection and better security. Range? It remains as good as before but there is better connectivity.

Another feature you will find highlighted on the box if you choose to explore the product is DSP or digital signal processing technology. It's integral to audio engineering that makes use of specialised mathematical algorithms to measure and modify digitised audio signals. Using DSP, the device can precisely manipulate digitised audio signals, besides using it to monitor and control audio signals presented to input and amplifier circuits. Like a race car is optimised for a certain type of racing, the audio DSP is optimised to process audio data efficiently and accurately.

The hardware translates into rich sound quality, which is ultimately what makes this speaker special. The passive radiator enhances bass performance and, at the same time, there is some fancy digital processing to reduce distortion, even at high volumes. The speaker holds up together quite well. Sonodyne has done a good job creating a wider sound stage than you'd expect with the max giving sound more depth and openness. It offers more of a stereo experience than many Bluetooth speakers that claim to be stereo speakers.

Sonodyne Malhar, the bigger brother, has a more booming sound but Antara doesn't fall far behind, both in terms of volume and bass performance. It certainly ticks all the boxes to become a companion for a pool party, besides filling a small-to-medium-sized room, taking up very little space.

SOUND SORcery

Sonodyne Antara proves that sound in small packages can be impressive

Bluetooth speakers have become an indispensable gadget segment. Everybody's got one somewhere by now. Whether you use your speaker around the house, or in the shower, or bring it to the park, or maybe you're one of those folks who keeps it on the balcony and shares music with everyone nearby.

The thing about Bluetooth speakers is that once you buy one, there is no need to update it for years, especially when the sound quality is good. No wonder, Sonodyne continues to invest heavily in the sound department.

Everybody growing up in '80s and '90s India has heard of this brand, which has delivered in the era of big-box home loudspeakers with their full-bodied sound as much as it is offering now through portable speakers. After coming up with the excellent Malhar system a few years ago, the company, started in 1970 by IIT engineer Ashoke Mukherjee, has come up with Antara, a portable wireless music system that can be defined with two words — sound sorcery.

SOUND IS CONSTANT

Unlike the Apple HomePod or Bose SoundLink Max, Sonodyne is focussing on what matters — sound and sound alone. Innovation is restless but sound is constant.

The small, portable Sonodyne Antara sounds phenomenal, delivering true stereo sound. The company hasn't crimped on the technology driving the 25cm x 8.6cm x 9.8cm sturdy wireless device: It comes with two 2.5-inch LF

transducers (woofers) with 2.5-inch passive radiator and two HF drivers (tweeters). A total of four drivers and two passive radiators create a rich soundstage.

Antara delivers expansive sound with a surprising amount of bass and crucially, that low end isn't muddy or boomy, instead, everything about this speaker is rich, clear, and detailed. All this is very important: Recently we reviewed Sony ULT Field 1, which too is a good speaker but make no mistake, its bass output can



↑ The speaker is small enough to fit anywhere in the house

← The design and sound are inspired by its elder brother Sonodyne Malhar (in the background)

↓ The speaker offers better bass and clarity than most wireless Bluetooth speakers

AT A GLANCE

Device: Sonodyne Antara

Price: Rs 14,999

High notes

→ Sounds excellent for its compact size

→ Battery life is good

→ Comes with Bluetooth 5.4

→ Sturdy and has IP65 rating

Muffled note

→ A handle on the speaker would have made it easier for those on the move

SHOULD YOU BUY IT?

Despite the size, the sound is big. Personally, I don't care for a Bluetooth speaker to have a companion app as long as the soundstage is accommodating. This one can be moved from room to room or carried outside. The choice of ports is also worth noticing: Aux In, Pre Out, USB and USB-C charging. The 3,350mAh battery can offer up to 12 hours of playtime and there is IP65 rating, ensuring you can use the speaker outside. The only thing I find missing is a handle, which can be useful to carry the 1.5kg speaker around. Overall, Sonodyne Antara helps the listener escape the boundaries inherent in streaming audio over Bluetooth to a small speaker. This is affordable sonic sorcery.

— Mathures Paul



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PEOPLE

PRIDE AND PASSION

Filmmaker Onir opens up to t2oS on his recent film *Pine Cone* and why his movies are always about himself

Pine Cone was released in 2023 but the ripples of conversation that the film triggered reached Calcutta in June 2024. Post the screening of the film at The American Center, an afterparty was hosted at Lord of The Drinks, South City Mall. I got to talking with the man of the hour, filmmaker Anirban Dhar aka Onir on the sidelines of the afterparty. Onir shot to fame with his strong debut film *My Brother Nikhil*, which dealt with raging sexual health issues in the queer community. His other films *I Am*, *Shab*, *Kuch Bheege Alfaaz* and *Chauranga* are critically acclaimed across international borders. From being the first filmmaker in the Indian landscape to make a prominent gay film with sensitive issues, to continuing that over two decades, Onir has been a trailblazer and artistic pathbreaker in the truest essence.

Pine Cone, which has been screened at the prestigious BFI Flare: London LGBTIQ+Film Festival as well, deals with Sid Mehra (played by Hanun Bawra), a filmmaker partly based on Onir's life, who navigates life as a homosexual man beginning from 1999 to 2019, a year after homosexuality was finally decriminalised. Excerpts from our conversation over drinks with Onir...

Congratulations! After so much international attention, your hometown is also showering you with love for *Pine Cone*. What are your thoughts on this?

I'm feeling happy now after the response. I'm happy that the film has finally reached Calcutta. However, I was feeling very sad that it took one whole year for *Pine Cone* to come to Calcutta. I have been travelling extensively with the film. Of course, the international attention is humbling but even in India multiple cities, including Bengaluru, Chennai, Mumbai and Chandigarh, have hosted special screenings for *Pine Cone* but not Calcutta. Another realisation is that *My Brother Nikhil* has been re-released and it is showing in eight cities but, again, not in Calcutta!

You've been making queer films much before the decriminalisation of Section 377. Does it take guts for Onir to make the films he does?
I don't think it's about guts. Be it the

first film *My Brother Nikhil*, which was the first mainstream queer film at that time, or the recent one, *Pine Cone*, for me it is always about me because I am talking about myself. I never take my films as a bold film and I do not see them as something gutsy. My films are about having a dialogue and the problem is the other side. Why is your identity and so-called society so fragile that you cannot accept mine? I accept you the way you are in all your reality.

With the smile Onir is always spotted with, he continued, "We were talking about this just today during the screening of *Pine Cone* at The American Center that when International Pride Month occurs and there are all these events and appreciation and people say that they are doing it for the community but I say that you are doing it for yourself. You can do it because we accept you, your happiness, your everything from childhood but you have to learn to accept me, which is... so simple. I do not understand what is so complicated about accepting my life. This is also because of which when I was making *Pine Cone* I wanted to express desire and to bring out the aspect of queerness which you do not see on Indian screens very often. More than the queer community, I want straight people to watch *Pine Cone* and share the joy.

As we sat in the lounge area right outside Lord Of The Drinks, the loud music from inside was trickling out every time someone opened the door. It did not matter. As Onir, dressed smartly in black, sat there with me, glasses on the table, talking about the strength in expression and his evolution as a person. Talking about the reaction *Pine Cone* has received, the filmmaker said, "I find that women especially, wherever I have screened, identify much more with the storyline and essence of *Pine Cone*... so many of them have come up to me and said: "We could feel what you were depicting in the film". In a way, we are all fighting patriarchy. I have always given the example of how it took hundreds of years for women to break the oppression and the fight is ongoing! So our journey has just begun... I mean I will probably never experience it in my lifetime to be treated as an equal citizen in this country. It is so unfair, what did I do

to deserve this?"

There is a flicker of sadness in his eyes peeking through his simple glasses. "Recently, I was in Bengaluru at Tata Institute of Social Sciences (TISS) for the screening of *Pine Cone* and my brother is the dean there. So he along with his students were there and I could not help but think that both of us were born in the same family, both of us were pushed into sports even if we did not want to be there, I was better (*laughs*)! At one point, while growing up, he realised he was straight and so did my sister while I came to terms with my homosexuality. Now, I am really fortunate that my parents accepted all three of us. They were very clear... they did not have a conversation with my brother because he was straight so they did not have a conversation with me because I was gay. Moreover, they always say that they are the happiest living with me more than the others."

He takes a sip of his drink while maintaining his composure while narrating the story of his life, this time not through a film. "I see my siblings living happy lives, having families right and I, like millions of other Indians, am forced to think that if I would do the same mundane things, it would be considered criminal.

As queer people, one doesn't have basic rights like getting married legally...

Yes, like we attend anything and everything that the straight community does, beginning from weddings to anniversaries to whatnot... and we do that happily! Why can they not do that for us? This very fabric of our society keeps pushing me to narrate stories and express myself.

So, how was the journey like for you while identifying yourself?

Oh! It took me a long while (*giggles*). The time when I was growing up, there was no representation. Even when I was in college, I was constantly falling in love with girls! While I was also attracted to boys, I just took it as a part of my life and not an identity per se. It was only when I watched *My Beautiful Laundrette* (1985 film) in Jadavpur University that I realised that s**t that is me! That is the power of cinema.

A beaming Onir continued, "That is when I felt that these are the stories I need to tell so that the next generation does not need to watch only Hollywood films but they can watch our films and relate more while also feeling understood. I want my films to make people and their stories feel visible and that their lives are not running jokes but they matter.

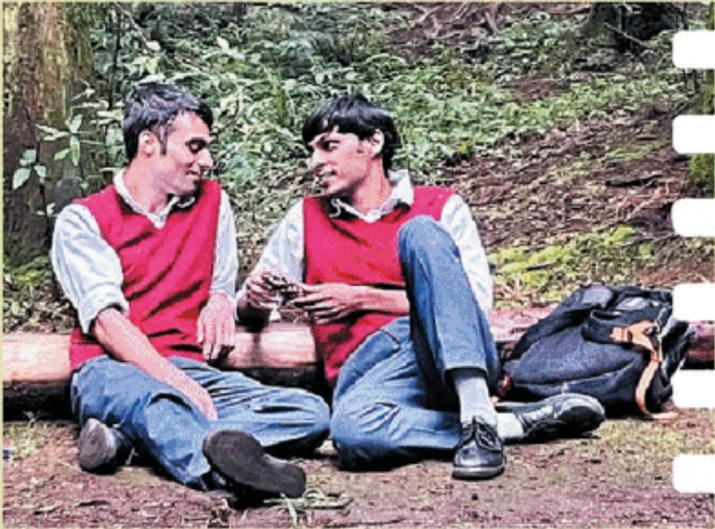
Pine Cone is being called a semi-autobiographical film. As far as we know, Sid's character is Onir, beginning from supportive parents, his view of life and the way he could be a guiding light to Derek. Walk us through the conceptualisation of showing a part of your story on-screen.

So, in the first draft, I wrote Sid as myself and then I realised it was too close. Then I brought in a writer... everything that happens after the first night in the film is fictional. In fact, everything that happens in the film till the first night happened

WHEN THEY RE-RELEASED MY BROTHER NIKHIL IN DELHI, I HAD CRYING MOTHERS TELL ME HOW THEY REALISED THAT THEY WASTED SO MANY YEARS WITHOUT ACCEPTING THEIR SONS. THAT ONE COMMENT KEEPS ME GOING.... I AM TIRED OF PEOPLE SAYING THAT MY FILMS ARE AHEAD OF THEIR TIME. I SAY YOU'RE BEHIND TIME

— ONIR

Onir at Lord Of The Drinks



Sid (played by Hanun Bawra) and Derek (played by Aniket Ghosh) in *Pine Cone*



Sid and Ron in *Pine Cone*



Shooting with Arpita Chatterjee for *Shab* (2017) in Delhi



Shooting in Calcutta tram for film *Kuch Bheege Alfaaz*

here in Calcutta in 2019.

Out of curiosity, I ask him if the real-life Derek knows that the film is about him, to which a melancholic Onir replies, "I don't know, he has gone off to Canada. I was like a climbing stone for him and it really hurt me. However, this is why the storyline has been fictionalised post the first night because I wanted the film to have a message of hope. My writer also believed that the film must end on a hopeful note."

Why name it *Pine Cone*?

A pine cone is what he gifted me and I still have it at home. Obviously, I named the film like that.

That little pine cone was only yours once and now *Pine Cone* belongs to so many others. How does the attention feel, both nationally and internationally?

Honestly, I was very surprised at BFI Flare: London LGBTIQ+ Film Festival. They had earlier talked about two screenings but they were both sold out and then a third screening was arranged. Plus, when I was there they wanted my presence to be a surprise so they did not take me to the hall directly. And I was like, why do you think it is so popular? There will anyway be mostly South Asians who would want to watch the film.... When I walked into the theatre, 450-seater, packed, 80 per cent White people. The way they said they could identify with the film, especially the older audience, was surreal.

Tell us a little about the casting...

Since the auditions took place post-Covid-19, we arranged it through an online medium. The challenge was that there was intimacy. So while a lot of people came on board, they would eventually back out because of familial restraints and more. They would literally be like their families would be okay if it was about kissing a girl on screen but not with kissing a boy. Hanun was cast last moment when my original choice backed out saying 'Ma Baba bolche korte na...'. Hanun (Bawra) was working on my social media team earlier and then he shaved off his beard one day and I noticed him. Whilst in talks with Hanun, I told him that I hope he would not have a problem with his parents back in Kashmir. I still recall he said, "Kashmir mein toh if I kiss a woman also it will be a problem... so I would rather explore myself as an artiste and kiss a man."

Onir, how is *Pine Cone* different from your previous films?

I feel it is a film made with a queer gaze and it celebrates queerness without filters.

So much so without filters that the entire film was shot on an iPhone?

Yes... the key is to download every night after shooting! (Laughs)

What is your take on making films starring heterosexual characters?

Actually, most of my films don't have queer characters. Out of the eight films I have made, five of them are heterosexual love stories. My last one, for instance, was shot in Calcutta, *Kuch Bheege Alfaaz*, is about a love

story of a man and a woman.

Your films that stand out are about the queer gaze...

Yes, because in a country like India, there are already very few films that have the queer gaze. So a certain amount of international attention comes because of that.

What does *Pride* mean for you?

It does not just mean to stand up for the queer community but for all marginalised communities. Like in my film *I Am*, all four stories deal with different kinds of marginalised sections. While one story dealt with Nandita Das as a single mother or Manisha with the Kashmiri political backdrop. So that is *Pride* for me, to stand up fearlessly for all the marginalised communities and it is not a barter. I will speak up for anything that I feel is wrong because how can my morality be a barter?

How does the future look like? What is the way ahead?

The next film I am doing has all my life's savings and everything I have ever earned. It is shot in Kashmir and I have initiated a dialogue on queerness in Kashmir as well. I cannot reveal more about the project as of now.



He looks towards the now-empty corridors of the food court of South City Mall and says, "I have faced so many hurdles in life by now that I am used to it and I don't think much about it. I do what has to be done. Filmmaking is my voice, my identity and my life. Given a choice, I would any day make a film people advise me against instead of getting a flat. The film will be here even when I am not here, who's going to use the flat? When they re-released *My Brother Nikhil* in Delhi, I had crying mothers tell me that they realised how they wasted so many years without accepting their sons. That one comment keeps me going." He concluded, "I am tired of people saying that my films are ahead of their time. I say you're behind time!"

— Sanjali Brahma

Pictures: B Halder (Onir pictures at South City Mall) and courtesy Onir

TT Connect Initiative
Ask Doctor Harsh ...again



Dr. Harsh V. Agrawal
MBBS, MD (Chicago USA)

■ Hello Doctor, It is becoming very routine to check for Vitamin D3 these days. These tests were not available during our time and everyone seemed to be doing just fine, My question is that are we over diagnosing vitamin D3 deficiency. What are the hazards of over correction or increased dosage of the supplements. I am a GP practising medicine over the last 40 years.

—Dr. Sabyasachi

Hello Dr. Sabyasachi, As rightly pointed out by you vitamin D3 tests are being very routinely ordered on patients leading to higher detection of D3 deficiency and increased supplementation of medicines. Vitamin D test and its association with calcium is though not new. It has been identified as early as 1920. Increased interest in this vitamin of late has been due to increased research in the non skeletal (non bone related) effects of deficiency. Research has been showing increased association of deficiency to development of diseases like diabetes, osteoporosis, heart disease TB etc.. Tests for Vitamin D3 deficiency is not routinely recommended and should

be reserved for patients who have increased risk for development of deficiency (decreased intake through diet, reduced exposure to sun, less absorption of the vitamin in the body, problems with the kidney and liver and certain medication which tend to decrease the level of the vitamin D3 in the blood) or who show evidence of deficiency in the blood tests and X Rays (low levels of calcium/ phosphorous, osteoporosis etc..). Supplementation is available through injections, tablets or sachets. One has to be careful in not over supplementing. Increased levels of D3 can lead to increased calcium in the blood which can in turn cause severe complications. Current research has shown that high levels of D3 can in fact worsen arthritis.

■ Hello Doctor, I have diabetes and have been recently started on Glyciphage by my Doc few days ago. Have been experiencing severe diarrhea and vomiting ever since. Can it be due to the medicine?
— Chirantan

Hello Mr Chirantan, Diarrhea and vomiting are common side effects of Metformin (Glyciphage). They generally abate after a few days. If they persist then you have to consider a change in medicine.

This article is to spread public awareness about common diseases

If you have any questions please email at drharshvardhan19@gmail.com or WhatsApp/call at 96746 44443 Follow on Facebook and Instagram: askdoctorharsh

All Asia Medical Institute - 8B Garcha First Lane, Kolkata: 700019 (Besides Gariahat Pantaloons) Ph : 033 40012200/ 96746 44442

"Silence lay heavily upon the wood and the stone of Hill House, and whatever walked there, walked alone" — Shirley Jackson in *The Haunting Of Hill House*

The Land Of The White Orchids is about an hour-and-a-half drive, in favourable weather, from Bagdogra airport. The panoramic view from our balcony, which was a heritage property called Cochrane Place, aptly justified Kurseong's claim to the epitaph. The fog that settled on the greeting greenery reminded me of the cotton I used to stick on chart paper while

illustrating Yuletide during my nursery days. And in the midst of the mist, I couldn't help but wonder why we associate mystery and everything spooky with the mountains.

About 30km from Darjeeling, a definite tourist spot is found in these Kurseong hills, the enigmatic Dow Hill of Kurseong. The Dow Hill Church is known for its mystery and macabre. There's no dearth of paranormal stories and happenings, and not just among the locals. Dead road, haunted school and a headless woman are some of the key characters that one gets to hear of in these hills of Kurseong.

But what is it about mountains and mystery? Why are they used as tools, as if they are hand in glove, while conspiring horror tales and mystery novel plots?

The relationship between mystery and the mountains often stems from their awe-inspiring and inaccessible nature. Mental health specialist Alokika Motwane offers her views as she shares the "element of unpredictability and uncertainty". She further adds that both mountains and mystery plots deal with "a sense of things we can't control".

Mountains trigger thoughts related to unexplored terrains.

■ WANDERER ■

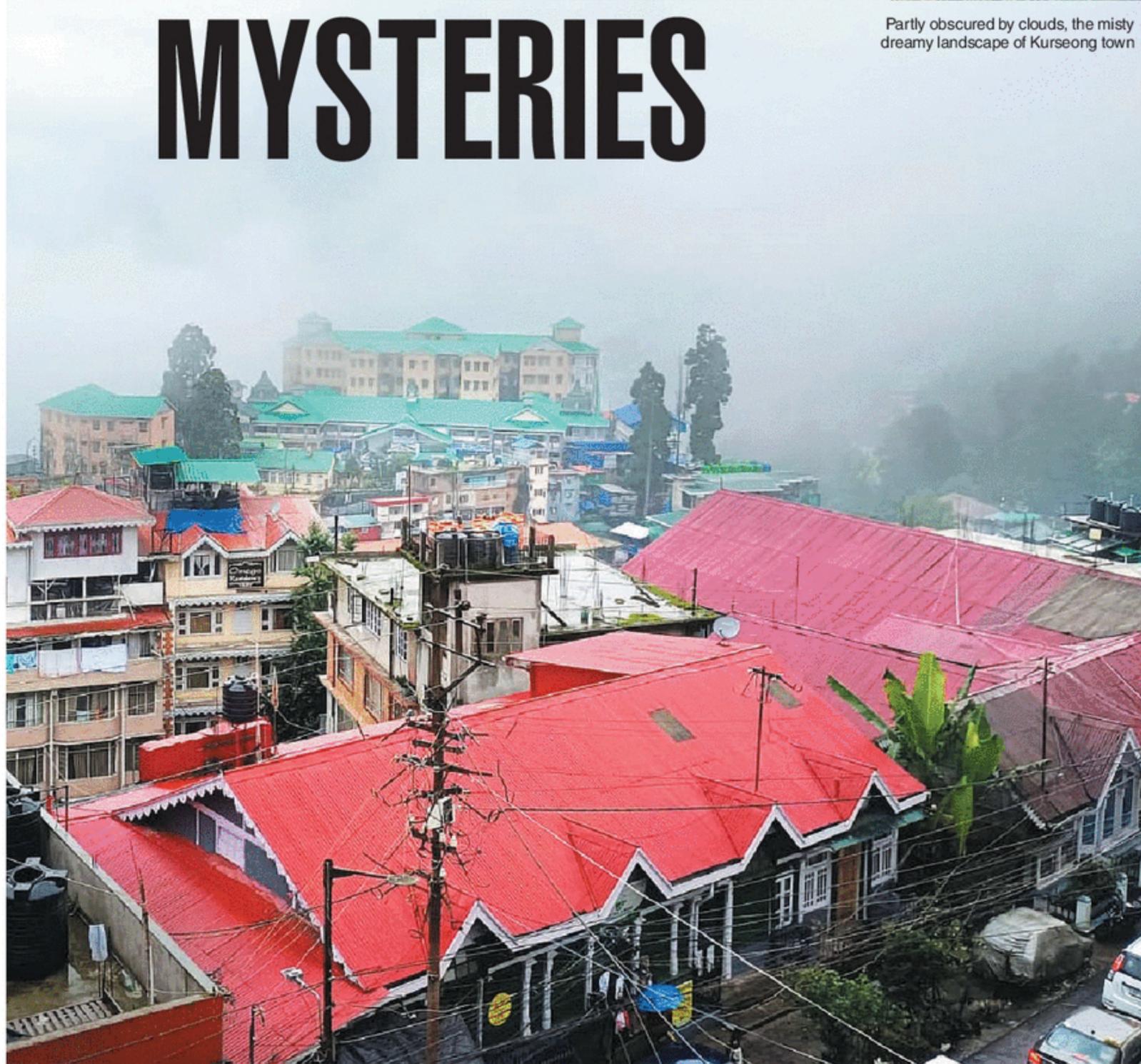
What is it about the hills that make them so effective as settings for whodunits in books and cinema?

MOUNTAINS & MYSTERIES



Partly obscured by clouds, the misty dreamy landscape of Kurseong town

Dow Hill Chapel in Kurseong has lots of mysterious stories swirling around it



Throughout history and literature, mountains have been depicted as places of danger and hidden treasure. An avid reader of Agatha Christie thrillers, Sanjukta Deb nearly did a PhD paper on the author and reasons that hills and mountains have a "sense of indescribable feel". The head of operations and analytics of a Calcutta-based eldercare unit is a regular travel partner to my annual mountain expeditions. She further adds that the "atmosphere of cold (usually associated with fear), dark and gloom are some things that thrillers can't do without".

Theatre actor Dhruv Mookerji, a regular face in television commercials and fellow Theatreian member, explains that mountains are "bigger and more awesome than humans to keep as the backdrop". Interestingly, Suyash Saraf, the young and enterprising CFO at Alphabet International School, Chennai, shares his views that mountains are "rugged landscapes symbolising isolation and danger". Though he hears the roaring sound of the waves lashing against the Pallavakum shores from his swanky office, he too resonates with the enigmatic character of the mountains.

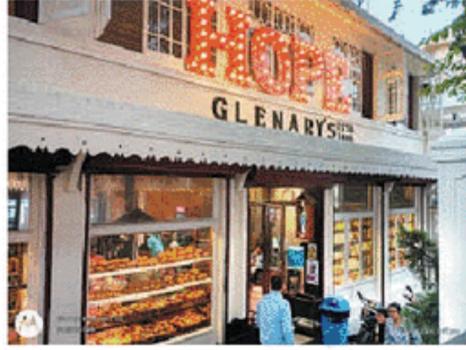
The dean of Jaipuria schools and another founder of Theatreian, Kanak Gupta, from his Dwarka residence, mentions "the hollowness in the vastness" of the mountains, while expressing the alluring character of this exquisite gift of nature. Advocate Deborshi Barat, a lead performer in Theatreian classics, has performed in several Christie thrillers including *The Mousetrap*, where fog, mist and a cold climate are essential ingredients of a

thriller, demystifying the mystery of mountains. He says that “the fear of falling, the dizzying aspect of height, coupled with low oxygen and treacherous terrain” are the features that add to the awesomeness.

Filmmaker Tathagata Bhattacharjee, fresh from the Rituparna Sengupta and Victor Banerjee starrer *Akorik*, also shot in the hills, mentions that the “landscape becomes so vast and soothing to the eye and the mind that the story proceeds interestingly”. It’s evident that he doesn’t restrict the mountains to mysteries only.

Anuradha Datta’s official designation reads OS/personnel department, Metro Railway, Kolkata. She has performed in several classics including the Christie thriller *Towards Zero*. She mentions a list of thrillers where the mountains play pivotal roles — Netflix’s *Haunting of Hill House*, to the Amitabh Bachchan-Emraan Hashmi starrer *Chehre to Mary Shelley’s Frankenstein* is set in the Alps. “Hills and horror go hand in hand through the eras in literature, movies and life,” she contributes.

Calcutta girl Laura Mishra, now settled in Mumbai, is the head of



Glenarys in Darjeeling is a must-visit.



Kurseong, the ‘land of the white orchids’

content and associate producer at Locomotive Global Media. Laura directed the Theatreian production of Christie’s *The Mousetrap* and *The Witness for the Prosecution*, which ran to packed houses in St. Andrews Auditorium in Bandra and Sophia Bhaba Auditorium in Breach Candy, Mumbai. She reasons that “hills and mountains add atmospheric themes to the narrative.”

Lopa Sharma, Theory of Knowledge (International Baccalaureate®) global examiner and an avid reader who loves to drive her Bolero, has the experience of steering the wheel for more than 24 hours at a stretch. She drove from Gurgaon to Leh and back. Lopa, too, feels the “intriguing mysterious element which is not obvious” is the reason for mountains being the obvious choice for a mystery.

“Ay to the proof, as mountains are for winds, that shakes not, though they blow perpetually,”

wrote Shakespeare in *The Taming of the Shrew*. The bard explains it in this quote about the testimony that mountains brag.

While absorbing how ethereal the Kurseong hills are at this time of the year, I have to reflect on the eerie reputation of Dow Hill that juxtaposes with the serene beauty of its surroundings. The unsettling tales prompt contemplation of life’s dualities — light and darkness, certainty and ambiguity. The magnanimity of the mountains makes us acknowledge that life’s richness lies in its contrasts and complexities. *Murder in the Mountains*, a Feluda novel by Satyajit Ray, is yet another evidence of the appreciation of tangible and enigmatic aspects of existence, as metamorphosed by mountains.

— Tathagata Chowdhury

Pictures: Sanjukta Deb
The author is founder of the theatre group, Theatreian



A cemetery in Kurseong on the way to the Dow Hill builds up the atmosphere.



Petals and thorns existing together in nature’s natural harmony in Kurseong



The travellers - Sanjukta Deb and Tathagata Chowdhury



FARNAZ



- TOMBOY
- DYKE
- LESBO
- SHE-STUD
- CROSS-DRESSER
- MASCULINE
- BUTCH

These are the words, members of the LGBTQIA+ community hear every day, which pierce their hearts. Don’t you think they deserve a life of dignity? Become an ally and end it, once and for all. Speak up and break the stereotypes.



COVER STORY

MARKING A MILESTONE

Delivering a blockbuster in his 50th film, *Maharaja*, southern superstar **Vijay Sethupathi** engages in conversation with *Haricharan Pudipeddi* about his journey and what this success means to him

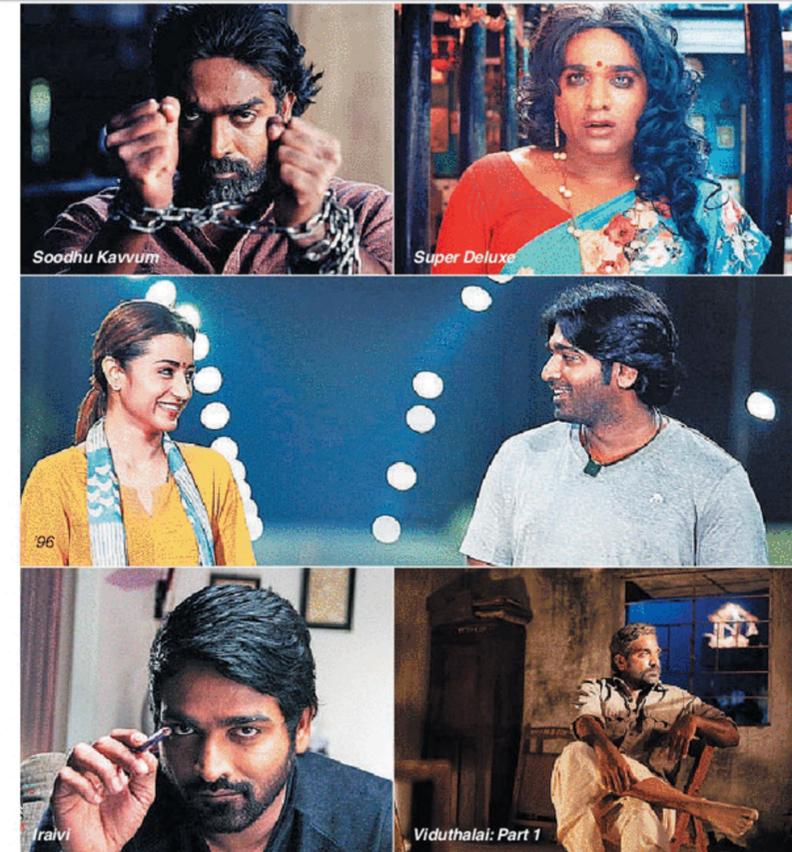


The success (of *Maharaja*) is definitely heartening for a lot of reasons. One of the main reasons is that my last few releases didn't do well at all. In fact, when large banners were put up for *Maharaja* during release, I even heard people discussing what's the point of these banners when people don't show up to watch his films. I am glad *Maharaja* answered all those questions

Fourteen years and 50 films later, how does it feel to look back at your career today where you are one of the biggest actors of the country? When I look back at my career, I don't just see myself and my efforts. I am what I am today because of all those memorable filmmakers I worked with over the years. Had they not envisioned me in the roles that they wrote, I don't think my career would have come this far. I just feel grateful for all those opportunities that came my way and still are coming, despite quite a few misses in the last few years.

Maharaja, which is your 50th film, has turned out to be a bona fide blockbuster. Did you at any point feel the film would be too dark for the liking of the masses? I don't think I ever thought it was going to be dark. I do get what you are trying to say. We did definitely discuss that it would be violent, but we also knew that there would be a strong emotion backing it. Unlike regular hero-driven commercial films, *Maharaja* doesn't feature mindless violence. This is a story of a father proving his love for his daughter by going the distance to get justice.

Vijay Sethupathi, who is unarguably one of the most versatile actors in the country today, has just crossed a major milestone in his career with the release of his 50th film, *Maharaja*. The film, which is directed by Nithilan Swaminathan, is on its way to become the first Rs 100 crore-grossing Tamil film for Vijay, who plays a barber in it. Over the last 14 years, the 46-year-old unassuming actor — whose silences speak on screen and who lets his work do all the talking otherwise — has experimented with all kinds of roles, playing everything from hero to villain. His talent for straight-faced comedy is well known and his gender-bending turn as a trans-woman in the 2019 film *Super Deluxe* earned him a National Award. Sethupathi's exemplary work on screen has earned him the title of 'Makkal Selvan', which translates to 'Treasure of the People'. Sethupathi has extended his filmography beyond Tamil cinema, earning praise globally for the Hindi films *Jawan* and *Merry Christmas* and for the web series *Farzi*. In an exclusive chat with t2oS, Sethupathi opened up on the milestone moment in his career, the speed at which he greenlights his projects and how he feels as a father as he gears up to launch his 19-year-old son soon.



SETHUPATHI'S BEST

SOODHU KAVVUM: This 2013 gangster comedy, made in the tradition of Guy Ritchie's heist films with a difference, is a story about a group of misfits who want to make a living out of crime. Vijay Sethupathi's effortless comic timing as Das, the group leader of the molley crew, was explored to the fullest in this 'kidnap gone wrong' thriller which was a runaway hit.

SUPER DELUXE: There are superlative Vijay Sethupathi performances. And then there is *Super Deluxe*. Unarguably the most special performance of his career had the actor bending the rules in more

ways than one. Sethupathi played a trans-woman in this 2019 Thiagarajan Kumararaja directorial that questions gender dynamics and one's basic freedom to choose who he or she wants to be. The turn deservedly earned him a National Award.

'96: A story about unfulfilled romance, '96 revolves around the reunion of two childhood lovers, played by Sethupathi and Trisha Krishnan, after two decades. The movie achieved what most love stories miss — the art of conveying love without actually saying it on screen. With this 2018 film, Sethupathi showed that he can ace romance as well as he excels in other genres.

IRAIVI: A story about women told from the perspective of the men in their lives, this 2016 Karthik Subbaraj-directed moving drama might have been a box-office dud but it is counted as a sensitive tribute to women. Vijay played one of the three main leads and left a strong impact with his performance.

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→ CONTD ON P14

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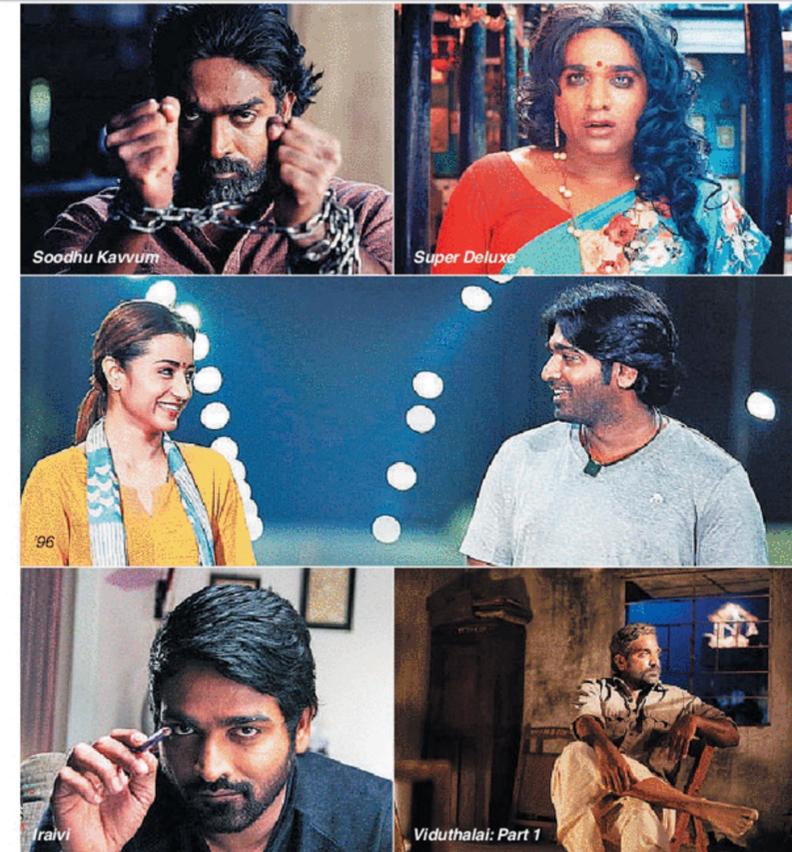


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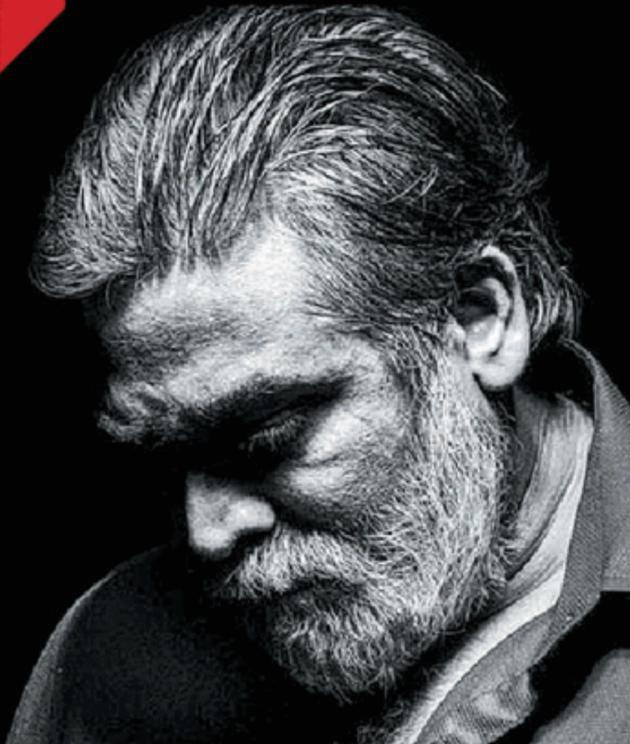
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→ CONTD ON P14

FROM P13

I think I am done with antagonist roles as I feel these characters have limitations and there is not much I could contribute as an actor. While I will continue to take up interesting projects in other languages, I am done with playing the baddie



We strongly felt the emotion the father goes through in the film is what the audiences will also go through and feel.

Maharaja wasn't deliberately planned as your 50th film but how does it feel to have achieved this milestone in your career? It did feel special that *Maharaja* was going to be my 50th release. Honestly, the feeling didn't last long as I wanted to give audiences a good film to remember. My last few films as a hero didn't work well and the results did affect me on a personal level. I wanted to make sure I didn't take that pressure in signing any film that came my way. When Nithilan (Swaminathan, director) pitched the story of *Maharaja*, it felt like a very honest film. Personally, I don't like to dwell too much on milestones as I feel they would hold me back from experimenting.

Do you feel the success of *Maharaja* has given you the strength and freedom to experiment more? The success is definitely heartening for a lot of reasons. One of the main reasons is that my last few releases didn't do well at all. In fact, when large banners were put up for *Maharaja* during release, I even heard people discussing what's the point of these banners when people don't show up to watch his films. I am glad *Maharaja* answered all

those questions. I will always continue to pick roles that challenge and push me out of my comfort zone. I don't see any excitement in picking roles that aren't pushing me.

Your 25th film released in 2018 and you finished working in 25 more in the next six years. What is the secret behind the speed at which you are working when most of your contemporaries are struggling to do even two films a year? Honestly, I didn't plan these releases and I just focused on working as hard as possible. Some of these films are also the ones where I just played strong characters and I would technically finish my shooting in a few weeks and head to my next film. I didn't play a hero in every single one of them. This is one of the main reasons why I could complete a project in a quick time and get on to the next film.

What still excites you about acting and taking up different characters? It is the joy of getting to play different characters and working with filmmakers with unique visions. One of the main reasons I started taking up opportunities outside the Tamil industry is to get to work with exciting filmmakers and play the kind of roles I might not get anywhere else. In *Viduthalai 1* and *2*, I play the same character but we shot the second part months after the release of the first, and it still felt

refreshing to play the same character because it stayed on with me.

Are you still sticking to your recent statement about not taking up antagonist roles anymore? Yes, absolutely. I think I am done with antagonist roles as I feel these characters have limitations and there is not much I could contribute as an actor. While I will continue to take up interesting projects in other languages, I am done with playing the baddie.

Your son Surya is all set for his acting debut. You were at the teaser launch of his film *Phoenix* recently. What was your advice to him? More than any advice, I warned him about the journey... all the struggles and pressure he could face and asked him if he still wanted to be an actor. When he told me he was still interested, I told him I would be there to always support. It wasn't a planned move as he is just 19. Director Anil Arasu met me on a flight from Bombay to Chennai one day and shared a story idea. I thought he was pitching it for me with the prospect of working together. Once he was done with the narration, he told me he wanted to cast my son. I wasn't sure and I told him to talk to Surya and see if he's interested.

Which is your favourite film of Vijay Sethupathi? Tell t2@abp.in

say IT ON SUNDAY

WE ASKED: Which are the best places to visit during the rains?
Tell t2onSunday@abp.in

Licha Sarma Goswami

I really love the rains. Coming home from school drenched during the monsoons is different and fun. In the monsoons, I really love to visit Santiniketan because every time I have been there I have seen the Kopai River exactly the same, like a city's drain. I have heard that the true beauty of the river can be seen only in the monsoons. I would really love to enjoy that particular beauty of this river.

Sougata Das

A visit to a hill station would be ideal during the rains. I visited Ravangla in Sikkim and got blessed by spells of rain. It was an ethereal experience because of the beautiful view of Himalayan range which one can enjoy in solitude and with a steaming cup of coffee. Monsoons in Calcutta are also very special to me because the lane to my house remains waterlogged. My mother used to by me kitos so that I could change my school shoes and socks and just jump in the puddles. I made paper boats and watched as they sailed down the drains. Now, as I think back, I feel really nostalgic.

Avidha Mojumder

My rooftop has always been a fascinating place for me during the



Nohkalikai Falls in Meghalaya



Munnar in Kerala

in the rain on my rooftop. Growing up, Shukna, a small tea garden in Darjeeling, had been one of the best places to visit during the rains. Mouth-watering momos and green chutney compliments any rainy day there.

Sonakshi Choudhury

Among all the seasons, monsoon is the unusual but ideal season for exploring certain places like hill stations or any forest retreat. The places below are the best spots for me to visit during rains:
Darjeeling: As I visited the queen of the hills two years ago during the monsoons, I can tell how beautiful and exquisite Darjeeling looks under the veil of misty clouds. The

nature there gets rejuvenated by the rains. The breathtaking Ghum railway station, the misty view of the hills, a jolly toy train ride and a trek through the wet pine forests will be the perfect monsoon treat for a soulful mind and refreshing mood.

Lonavala: I often hear that monsoon will be the perfect season to explore Lonavala, a lovely hill station tucked away in the Sahyadri mountain range and situated in Maharashtra. Lonavala is quite famous for lush green valleys, breathtaking scenes of the hills, remarkable waterfalls and ancient caves and I am counting my days to visit this place.

Kerala: It's my long-time wish to visit Kerala during the monsoons because it becomes paradise when the rains come down there. Places like Munnar and Silent Valley thrive with lushness, tea gardens look spectacular, the forests are splendid and the weather is wonderful.

Meghalaya: Well, it will be an injustice to myself if I omit 'the abode of clouds' and one of the much-coveted places to visit in my bucket list. I am just counting my days to explore this heavenly state during the monsoons. I want to experience the rains in Cherrapunji, which is the wettest place on the planet, awe-inspiring waterfalls like Nohkalikai, pristine lakes and rivers like the famed crystal clear Dawki river, beautiful villages, the breathtaking Khasi hills and many more hidden gems that generally remain unexplored. I also want to enjoy the city vibe of Shillong, the scenic capital of Meghalaya.

Sikrity Ghosh



संस्कृति परिचय

Sanskriti Parichay presents
18th Annual Theatre Presentation
In association with



मातृ देवा भवः

ललाटे देहठ भवः

30th June, Sunday
10:30 am
GD Birla Sabhaghar
29, Ashutosh Choudhary Avenue, Kolkata - 19

Curator and Director | Chief Guest
Shubha Churiwal | **Mukta Nain**

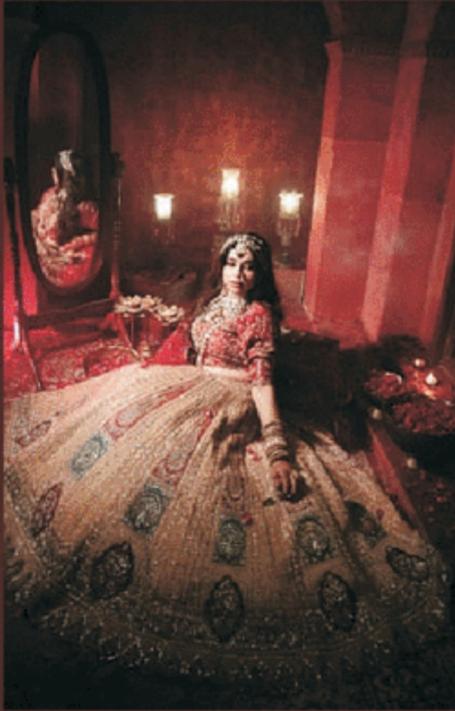
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The rain stopped, the sun came out and the Lamborghini Bull Run was ready to go

Abhimanyu Mehta, general manager, Lamborghini Delhi, said: "With Bull Runs we tend to have a lot more fun apart from the driving element of it. Also, the Lamborghini owners come together and have a good time... it's a great weekend getaway. Our objective with Bull Runs is for Lamborghini owners to engage with each other, drive, get a feel of the car and explore new places in the country. The community here (in Calcutta) is very tight-knit and it is great fun to meet the Lamborghini owners in Calcutta." t2oS was there for the ride.

LAMBORGHINI OWNERS WHO JOINED THE BULL RUN



Parveen Agarwal and Paromita Chakraborty



Shashank Saurav and Shreya Joshi



Atul Surana and Madhu Surana



Sagar Podder



Aryan Dhandhanian

WHEELS
RAIN
DANCE

The rains gave the Lamborghini Bull Run from Calcutta a somewhat different dimension

There are a number of ways to enjoy a car. One, of course, is from the driver's seat. The other is to ride shotgun with someone who is way more familiar with the vehicle than you are and, therefore, can handle it much better. To experience a vehicle pushed towards its limit, sometimes the second is the better option.

And so it was at the third edition of the Lamborghini Bull Run from Calcutta to Mayapur. It managed to pack in a lot in a not particularly long drive. There was a variety of road conditions, from crawling traffic jams to long open stretches, and from bone dry to rather heavy showers.

The drive was flagged off



from Taj Taal Kutir in Calcutta and ended at the pretty Hotel Sonar Bangla in Mayapur. Organised by Lamborghini Delhi for owners of Lambos, this was the first time that the Bull Run was over two days. The participating cars included a number of variants of the Huracan, a pair of Urus Performantes and a lone Aventador. Nothing this side of 600bhp or that side of 3.5 seconds to 60mph from standstill.

Speaking with t2oS,

Twesh Kalra and Tulika Prasad of Lamborghini Delhi briefed the participants



The participants in party mood after the Bull Run. (From left) Parveen Agarwal, Shashank Saurav, Madhu Surana and Atul Surana



Huracans and Urus Performantes in pop colours make for a pretty sight in the driveway of Hotel Sonar Bangla in Mayapur



The fat tyres on the Lambos raise a pretty phenomenal amount of spray that, if one is following the car, gives the impression that it's raining way harder than it actually is.



Congested roads are a great equaliser, but it still surprises how easily one can drive these performance cars in this kind of stop-go traffic.



Stop a Lamborghini Huracan in an eye-popping yellow on the road for five minutes and word gets around pretty fast that there's an exotic nearby



The rains came back along the way to Mayapur from Calcutta and pretty heavily too. But, boy, did it make the colours pop even more amid the greys around!



Lamborghini Delhi general manager Abhimanyu Mehta flagged off the Bull Run

— Abhijit Mitra

Pictures: The author and Lamborghini Delhi

ADVENTURE

A HIGH LIKE NO OTHER

Runa Dey (fourth from left) and her team on the Longstaff Col



Meet **Runa Dey**, a Bengali schoolteacher who has successfully climbed the notorious Longstaff Col

For Runa Dey, the inspiration to face and overcome daunting challenges lies in literature. The 47-year-old Bengali schoolteacher is credited with becoming the “first Bengali woman” to successfully climb the notorious Longstaff Col (5,910 metres) located amidst the Nanda Devi East peaks and Pachu Col (5,400 metres) situated on the ridge of Nanda Lapak peak during the same expedition on June 15 and 20, respectively.

A col is a mountain pass — the highest part of a road between two higher mountaintops.

The elevation of Longstaff Col might not sound challenging for a seasoned mountaineer, but the treacherous nature of the climb speaks volume of it. The Col is considered to be Camp I towards the Nanda Devi East peak.

“The climb to Longstaff Col is very treacherous. One has to trek for 16 hours from the advance base camp to reach here. This is quite strenuous because of steep slopes infested with loose boulders and that’s why it is prone to fatal falls. Mind you, there is no margin for error,” said Dey, who lives at Nalin Sarkar Street near Hatibagan in north Calcutta.

“A hanging camp which is usually at a distance of six hours from the advance base camp is often found missing as the ridge is highly prone to rock fall. In fact, the last leg of crossing is more challenging as cascading water lines the steep trail. Those make the stretch quite slippery to manoeuvre,” she said.

SCALING GREAT HEIGHTS

Dey draws inspiration from literature to embrace new challenges. “Starting from Shonku



The long Jummering face to the intermediate camp



Mountaineering equipment and load distribution at the base camp



Dey holds the Tricolour after climbing Longstaff Col



Maharaj to a large number of Bengali authors, the desire to explore and overcome the odds is widely portrayed in Bengali literature. These days, Bengali women are also coming out of the four walls of their homes and scaling great heights in the realm of mountaineering.”

Dey started mountaineering in 2014 and is credited to be the “first Bengali woman” to cross the Traill’s Pass in the Nanda Devi range in 2022.

“This is a testimonial to the fact that Runa Dey, a trekker rather than a professional climber, ascends to Longstaff Col which is technically very demanding. It’s really good to see more women trekkers and climbers coming forward in scoring important achievements in mountaineering,” said Everest and explorer Debabrata Mukherjee.

The team consisted of Raju Chakraborty, Runa Dey and Sumanta Bose from Bengal, Mayukh Banik from Himachal Pradesh, Chandramauli Singh from Rishikesh, Srikumar M. from Tamil Nadu and Jibin Joseph from Kerala. High-altitude porters Lopsang Sherpa and Lakchong

Sherpa from Darjeeling, Dev Singh, Pratap Singh and Narender Singh accompanied the mountaineers.

“Climbers generally avoid this area, as evident by the relatively few climbing attempts made in previous years. Logistics are a huge deciding factor,” said Raju Chakraborty, the team leader.

“More importantly, restrictions play a significant role in limiting climbing attempts in this area. If you cross over Longstaff Col, you will enter the Nanda Devi inner sanctuary, which is not permitted by the Indian government. So the moment you try to do any expedition in this area, obtaining permission is very difficult, making people understand that you are not going to cross the col, rather you will touch it and come down or ascend Nanda Devi East,” said Chakraborty.

“For us, ascending the Longstaff Col was 16 hours of strenuous climb, divided into two days, as we were able to pitch three camps on the route,” he said.

“More so, Dey is also the first woman climber in the world to ascend Pachu Col. However, we could not descend to Pachu Glacier from the col due to bad weather. It’s an alpine-style climb and a pretty tough one,” he said.

Veteran mountaineer Basanta Singha Roy is all praise for the team. “Climbers should explore the lesser-known destinations on and off. Heartfelt congratulations to the entire team, especially Runa Dey, for successfully climbing the cols. Both the cols are indeed challenging and highly technical climbs, making the entire team’s effort commendable,” he said.

✓ Dey hangs on a waterfall wall

STARTING FROM SHONKU MAHARAJ TO A LARGE NUMBER OF BENGALI AUTHORS, THE DESIRE TO EXPLORE AND OVERCOME THE ODDS IS WIDELY PORTRAYED IN BENGALI LITERATURE. THESE DAYS, BENGALI WOMEN ARE ALSO COMING OUT OF THE FOUR WALLS OF THEIR HOMES AND SCALING GREAT HEIGHTS IN THE REALM OF MOUNTAINEERING — RUNA DEY

— Bitan Sikdar



DURRI BHALLA

The traditional cuisine of Japan is based on rice with miso soup and other dishes with an emphasis on seasonal ingredients. Side dishes often consist of fish, pickled vegetables and vegetables cooked in broth. Seafood is often grilled but is also served raw as sashimi or as sushi (I have already done a full article on making the latter — *Rocking The Rolls*, t2onSunday, June 18, 2023). Seafood and vegetables are also deep-fried in a light batter as tempura. Apart from rice, noodles such as soba and udon are extremely popular. Some dishes like ramen, gyoza and curries have been adapted to Japanese taste and ingredients.

TERIYAKI CHICKEN

This chicken dish is usually had with steamed rice and is extremely flavourful and easy to make.

INGREDIENTS

- * 500g boneless chicken diced into 1-inch cubes
- * 1tbsp olive oil
- * ¼ cup soya sauce
- * ¼ cup water
- * 1tbsp mirin
- * 2tbsp honey
- * 1tbsp light brown sugar
- * 1tbsp rice wine vinegar
- * ¼ tsp sesame oil
- * 2tsp fresh ginger minced
- * 2tsp minced garlic
- * 2tsp cornstarch
- * Sesame seeds for garnishing
- * Chopped spring onions for garnishing

METHOD

- * In a small bowl whisk together soya sauce, water, honey, brown sugar, rice vinegar, sesame oil, ginger and garlic paste and cornstarch.
- * Heat oil in a skillet over medium-high heat.
- * Add in chicken and let brown on the bottom about 3-4 minutes. Then flip and continue to cook for about 3 minutes.
- * Stir in sauce and continue to cook the chicken by tossing it around until the sauce is thickened about 30-60 seconds longer.
- * Serve on a bed of rice and blanched broccoli.
- * Sprinkle toasted sesame seeds and green spring onions.

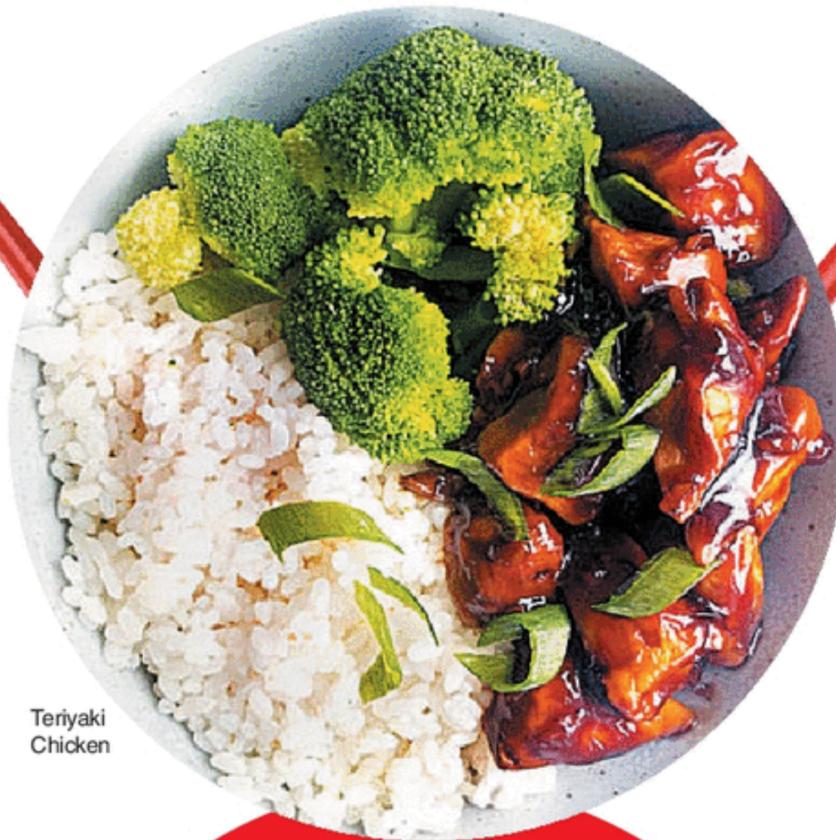
JAPANESE CHICKEN CURRY

This curry is one of the most popular homemade meals in Japan. You can also make it with beef. This curry with steamed rice tastes divine. In Japan, they have ready boxed roux, but here I will show you how to make it.

INGREDIENTS

- * 500g chicken thighs cut into bite-sized pieces
- * Steamed rice
- * Pickled ginger to serve (optional)
- **For the roux**
 - * 50g unsalted butter
 - * ¼ cup plain flour
 - * 2tbsp curry powder (Japanese brand preferably)
 - * 1tsp garam masala powder
- **For the curry sauce**
 - * 2tbsp vegetable oil

- * 2 garlic cloves minced
- * 1 onion finely chopped
- * ¼ cup soya sauce
- * 1tbsp honey
- * 2tsp apple cider vinegar
- * ¾ cup apple juice
- * 2 cups chicken stock
- * 2 peeled potatoes cut into chunks
- * 1 carrot cut into chunks



Teriyaki Chicken

- * 1tsp chilli powder
- * Sea salt to taste

METHOD

- **For the roux**
 - * Heat the butter in a small pan over medium-high heat.
 - * When the butter is foaming, add the flour. Cook stirring for 2 minutes or until the mixture has darkened slightly.
 - * Add the curry powder and garam masala. Cook for another 2 minutes. Then transfer the mixture to a bowl and keep aside.
- **For the curry sauce**
 - * Heat oil in a large wok or saucepan over medium-high heat. Add garlic and onion. Season with a pinch of salt and cook stirring for 2-3 minutes.
 - * Now stir in the roux and add the chicken and mix until well coated.
 - * Now add soya sauce, honey, vinegar, apple juice and chicken stock. Mix well.
 - * Now add the potatoes and carrot. Bring the curry to a simmer. Then turn the heat to low and simmer for 45 minutes without the lid.
 - * Check if the vegetables are tender and the curry sauce has thickened. Now add chilli powder and check for seasoning.
 - * Remove from heat and serve with steamed rice and pickled ginger if using.

■ **FOOD** ■

A JAPANESE YEN

Many dishes have spread from the land of the rising sun to well beyond its shores. Here's a bunch that's popular throughout the world

TONKATSU (FRIED CUTLETS)

Tonkatsu is a pork cutlet and one of the most popular dishes in Japan. It is commonly served with a bottled sauce (Bulldog is a beloved brand), but making a homemade version is simple and quick — and equally tasty. It is always served with thinly sliced crisp cabbage, which is chilled.

INGREDIENTS

- * 500g pork loin, cut into 4 pieces. Pound the pieces until they are less than ½ inch thick. Use the best pork you can find with some fat on it and don't overcook.
- * ½ cup all-purpose flour
- * 1 large egg
- * 1½ cup breadcrumbs. Panko should be good
- * Salt to taste
- * Black pepper to taste
- * Vegetable oil for pan-frying
- * Shredded cabbage sliced very fine
- * 8 tomato wedges
- * 8 thin slices of cucumber

• **For the sauce**

- * ½ cup ketchup
- * 2tbsp soya sauce
- * 2tbsp Worcestershire sauce
- * 1tbsp mirin
- * 1½ tsp sugar
- * 1tsp Dijon mustard
- * ¼ tsp garlic powder



Japanese Chicken Curry



Tonkatsu (Fried Cutlet)

METHOD

- ★ Stir all the ingredients for the sauce and keep aside.
- ★ Put the flour in a shallow bowl.
- ★ Whisk the egg with a dash of water in another bowl.
- ★ Put the Panko breadcrumbs in a deep dish.
- ★ Sprinkle salt and pepper on both sides of the pork.
- ★ Dredge one cutlet in the flour, coating it completely. Then shake off the excess. Now dip in the egg mixture. Then coat with panko gently pressing so that the panko sticks.
- ★ Heat about 1/3 inch of oil in a medium skillet over medium heat until it simmers. Add 2 cutlets and cook till golden brown on the bottom for about 3 minutes. Then flip and cook and cook for another 2 minutes. Transfer the cutlets to a paper towel-lined cutting board, sprinkle with salt and tent with foil to keep warm.

For serving

- ★ Slice the cutlets crosswise into 1/2 inch strips. Place a sliced cutlet along with a scoop of rice on each plate. Also place a mound of cabbage and 2 tomato wedges and cucumber slices. Then drizzle the cutlets with the sauce.

TONKOTSU RAMEN

Making Tonkotsu ramen at home is truly a labour of love. To make authentic Tonkotsu ramen takes time and effort. But it is so truly worth it. It has five major components — broth, noodles, pork, egg and *tare*. It is garnished with enoki mushrooms and thinly sliced green onions. You cannot rush this but you can make lots of broth and freeze it for next time. The pork is called Chasui. You can make it with beef or chicken too. *Tare* is a kind of sauce that you put in individual bowls before adding the broth. So let's start.

INGREDIENTS

- ★ For the tare
 - ★ 2 slices bacon
 - ★ 1/4 cup soy sauce
 - ★ 2tbsp mirin
 - ★ 2tbsp sake
 - ★ 4tbsp shiro miso (available on Amazon or any Asian department of a store)

METHOD

- ★ Combine all the ingredients in a small saucepan. Simmer at the lowest setting for about an hour. Top up with a bit of chicken stock if needed.
- ★ Remove the bacon.
- ★ For medium-boiled eggs
 - ★ Bring enough water to cover the eggs to a boil. Boil them for 6 minutes 30 seconds. Then submerge the eggs in iced water. Cut into half just before serving.
- ★ For the noodles
 - ★ Boil the ramen noodles in plenty of water. It usually takes 4 minutes. You do not need to salt the water.
 - ★ Boil the enoki mushrooms in water. Do not overcook. You just need it to be softened.

For the Chasui pork belly

- ★ 800g pork belly
- ★ 1/4 cup soy sauce
- ★ 1/2 cup mirin
- ★ 1/4 cup sugar
- ★ 3 cloves garlic left whole
- ★ 2 green onions coarsely chopped
- ★ Enough water to cook the pork

METHOD

- ★ Mix all the ingredients and cook on low flame till the gravy is all evaporated and the pork is shiny and glossy. This may take some



Tonkotsu Ramen

time. The pork has to be really tender and sticky. Then cut slices and keep aside.

For the Tonkotsu ramen broth

INGREDIENTS

- ★ 2 1/2 kg of pork bones with a little meat on them
- ★ 100g white mushrooms sliced
- ★ 1 onion peeled and halved
- ★ 50g of pork fat piece

METHOD

- ★ Put the pork boned in a large stock pot and cover with cold water.
- ★ Bring to a rolling boil over medium-high heat. At this time a huge mess of scum will form.
- ★ Remove from heat and dump the water and carefully rinse all the bones under cold running water.
- ★ Return the bones to the stock pot. Cover the bones with cold water and bring to a rolling boil.
- ★ Add the mushrooms, onions and pork fat and maintain a rolling boil for at least 10 hours. Replenish the water along the way. The bones must be under water the whole time. It's best to cover the pot for this so that the water does not evaporate fast.
- ★ Remove the piece of fat and cut into pieces and blend with little stock and put it back inside.
- ★ After about 10 hours remove the stock from heat and cool slightly. Remove the bones and strain the stock.

For the final assembly

- ★ Put a quarter of the *tare* at the bottom of each of four bowls. Then add 1/2 cup of broth into each bowl and stir to mix. Now add the noodles and pour 1 1/2 cup of broth. Place 2 slices of pork, enoki mushrooms and one egg cut into half. Garnish with green spring onions.

JAPANESE SOUFFLE PANCAKE

This is a very popular Japanese street food. Also, it is very easy to make.

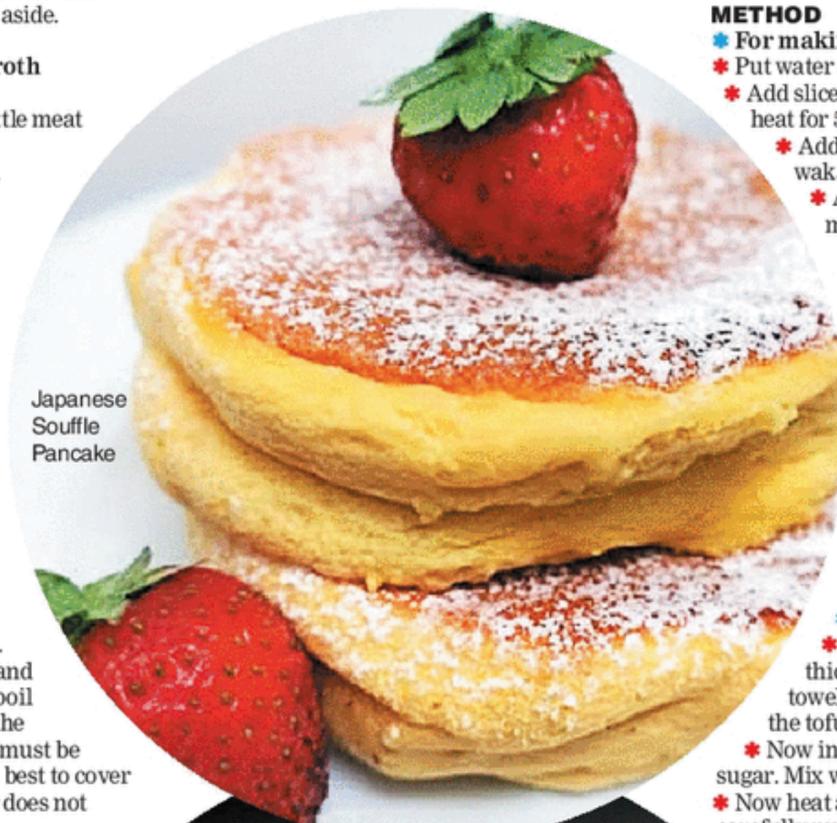
INGREDIENTS

- ★ 2 eggs

- ★ 4tsp milk
- ★ 3 1/2tbsp all-purpose flour
- ★ 1/4tsp vanilla extract
- ★ 25g sugar (2tbsp)

METHOD

- ★ Separate the egg yolk and the white in separate bowls.
- ★ Put 20ml milk in the egg yolk and whisk well.
- ★ Sieve the flour in the egg yolks and whisk well.
- ★ Add vanilla extract and whisk well.
- ★ Whisk the whites of the egg.
- ★ Add 1/3 of the sugar and whisk again.
- ★ Add the rest of the sugar and whisk well with hand-blender till soft peaks are formed.
- ★ Now take little of the egg white and gently fold into the egg yolks.
- ★ Take the egg yolk mixture and mix with the white of eggs. Fold gently till all well combined.
- ★ Now put the mixture in a plastic piping bag.
- ★ Heat a non-stick skillet with a drop of oil. Then wipe it off.
- ★ Now snip the tip of the bag and quickly pipe the mixture in a



Japanese Souffle Pancake



Crispy Tofu Donburi

- ★ circular fashion. You could put 3 at one time. The heat should be low.
- ★ Put 2 drops of water. Cover and cook till the bottom is golden. Then gently flip and put 2 more drops of water and cover and cook till it is nice and golden.
- ★ Remove to a plate. Put a piece of butter on each and drizzle a little maple syrup or honey. Enjoy warm pancakes.

CRISPY TOFU DONBURI (VEGETARIAN DISH)

Make it crispy with caramelised sauce and you will love it.

INGREDIENTS (FOR 2 SERVINGS)

- ★ 300g firm tofu block
- ★ 125g kale
- ★ Steamed rice
- ★ 2tbsp sake
- ★ 2tbsp soy sauce
- ★ 2tbsp sugar
- ★ 10g unsalted butter
- ★ Sesame dressing

For the miso soup

- ★ 1/2 onion
- ★ Dried wakame seaweed
- ★ 2tbsp miso (or to taste)
- ★ 300ml water

METHOD

For making miso soup

- ★ Put water in a pot.
- ★ Add sliced onion. Simmer onion on low heat for 5-8 minutes.
- ★ Add a tablespoon or so of dried wakame seaweed.
- ★ Add miso paste. Simmer for 3-4 minutes and the miso soup is done.

For preparing the kale

- ★ Trim the stems of the kale and then cut into bite-sized pieces.
- ★ Then blanch in boiling water for 30 seconds. Drain the water. Put it in a bowl. Drizzle with roasted sesame dressing. (I have used Kewpie brand). Mix the kale well with the dressing. Add some chopped green onions when serving.

For preparing the tofu

- ★ Cut the tofu into 1/2 inch thickness. Wipe dry with paper towel. Sprinkle some cornstarch over the tofu to coat it. Not too much though.
- ★ Now in a bowl mix sake, soya sauce and sugar. Mix well.
- ★ Now heat a little vegetable oil in a pan and carefully put the pieces of tofu and fry for 3 minutes on medium heat on each side. After 3 minutes add the sauce and caramelise the sauce around the tofu.
- ★ Now add the butter and fry till nice and golden-brown and the sauce coats the tofu.

For the plating

- ★ In a bowl, put some rice. Then place the kale. Place the tofu and sprinkle some roasted sesame seeds and chopped green onions. Serve hot with hot miso soup.

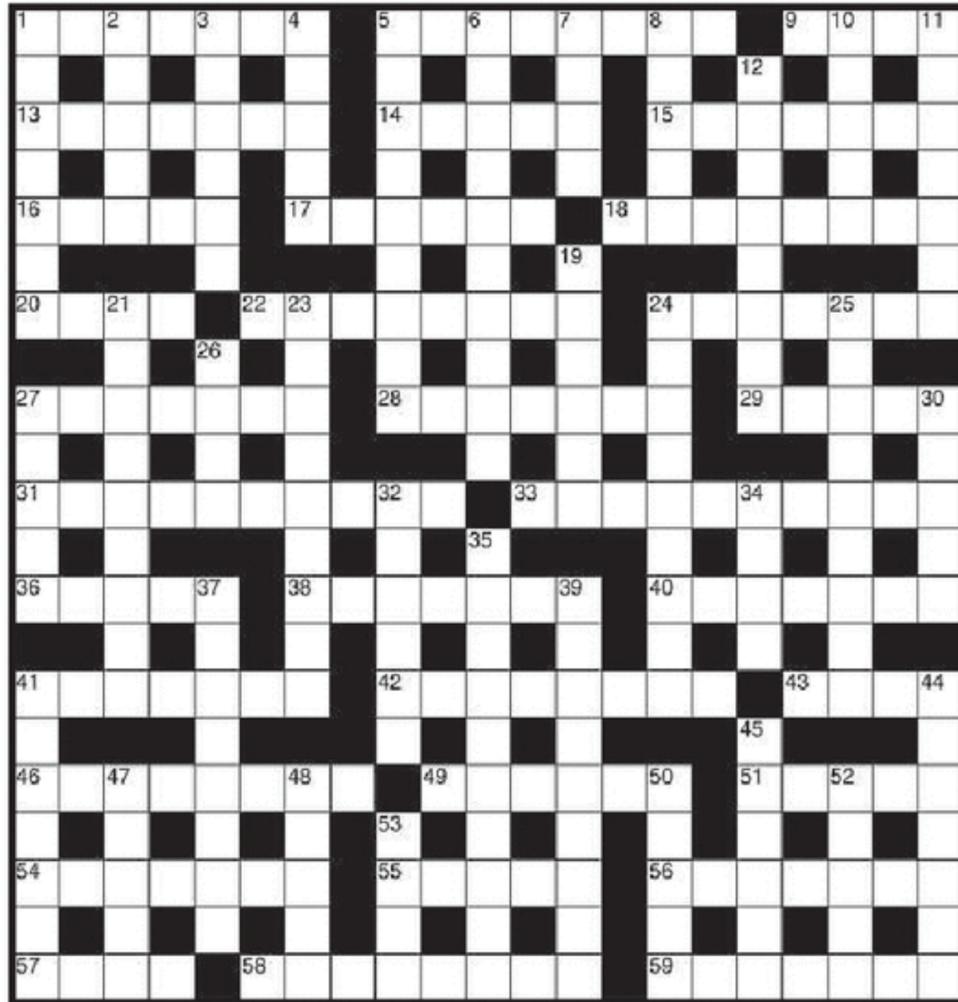
NOTE: For authentic ingredients check Amazon or any big supermarket.

Pictures courtesy the author

Durri Bhalla is a cookery expert and author of Indian Bohra Cuisine and Inner Truth To Good Health And Weight Loss. You can find her @ durribhallaikitchen on Instagram, @ Durribhallaikitchen on Facebook and Durri Bhalla on YouTube

PUZZLES

SUNDAY CROSSWORD 764



ACROSS

- 1 Artist from Provence whose paintings include The Basket of Apples, The Bathers, The Peppermint Bottle and Still Life with a Ginger Jar and Eggplants (7)
- 5 Bearing panicles of fragrant blueish-lilac flowers in May, a vine found climbing over old English country houses, walled gardens and areas around London (8)
- 9 Herb with aromatic feathery fronds with a similar taste to fennel, used to flavour fish dishes, gravlax and tzatziki (4)
- 13 Victorian polymath whose designs of mechanical computers with those of pioneering programmer Ada Lovelace influenced the steampunk genre (7)
- 14 Living in a holt and with young called cubs, a semi-aquatic fish-eating mammal related to the weasel, mink, stoat, badger and ferret (5)
- 15 Author of a series of seven autobiographies including I Know Why the Caged Bird Sings, The Heart of a Woman and Mom & Me & Mom (7)

- 16 Variety of chalcedony formed from layers of quartz, used to make cabochons, beads, pestle-and-mortar sets and toy marbles (5)
- 17 Tuft-like ornament with a variety of uses such as a key fob, curtain tie or to decorate a loafer, mortarboard or keffiyeh headdress (6)
- 18 Types of words in a thesaurus (8)
- 20 Deliciously —; containing a collection of plant-based recipes, the fastest-selling debut cookbook ever (4)
- 22 Legendary courtier to Dionysius II who was seated under a naked sword suspended by a hair to teach him the precarious nature of happiness (8)
- 24 Following his official renouncement of the name Saxe-Coburg and Gotha in 1917, the first monarch of the House of Windsor (6,1)
- 27 Instrument with a gnomon for telling the time; one of the devices made by horologist Thomas Tompion (7)
- 28 Czech novelist who wrote The Book of Laughter and Forgetting and The Unbearable Lightness of Being (7)

- 29 Word heard by some listeners in a recent internet audio-illusion consisting of a sound bite of the word "laurel" (5)
- 31 Diamanté-like spangle (10)
- 33 The capital of Ethiopia (5,5)
- 36 Desert Island Discs host who fronted the BBC's coverage of the wedding of the Duke and Duchess of Sussex (5)
- 38 One of the four main precious gems; a form of beryl traditionally used as a birthstone for May (7)
- 40 Synonymous with Saville Row, sewing professionals specialising in made-to-measure shirts and suits (7)
- 41 Occupation involving investigating atoms, molecules and elements (7)
- 42 Beetle considered a gardener's ally; an imprint of illustrated books for children; or, as two words, a recent movie based on a mother-daughter relationship (8)
- 43 Recipient of a Nobel Prize for research in radio astrophysics whose uncle Gilbert wrote The Concept of Mind (4)
- 46 Leading cellist who premiered John Tavener's The Protecting Veil in 1989 (8)
- 49 Author of the Helliconia trilogy whose story Supertoys Last All Summer Long formed the basis of Steven Spielberg's A.I. Artificial Intelligence (6)
- 51 Italian for a comic opera singer (5)
- 54 Through the —; panel show originally with David Frost and Lloyd Grossman (7)
- 55 Segment of a bulb of garlic; or, an aromatic flower bud of an Indonesian tree used in sweet and savoury recipes (5)
- 56 Country with cities including Rabat, Fez, Marrakesh, Casablanca and Tangier (7)
- 57 Organism studied in dendrology (4)
- 58 — — — It Gets; film with Jack Nicholson as a misanthropic author (2,4,2)
- 59 A set or series of 100, especially consecutive years, runs at cricket or miles on a single bike ride (7)

DOWN

- 1 — rose; old fashioned pink peony-like bloom, Rosa centifolia (7)
- 2 Kept by Walter Rothschild, an animal known collectively as a zeal (5)
- 3 The capital of Niger (6)
- 4 Former world no. 1 tennis player known on the court as the Ice Maiden (5)
- 5 Georgian town in the Oxfordshire Cotswolds, site of Blenheim Palace (9)
- 6 Operatic soprano noted for her coloratura role as Lucia

- in Gaetano Donizetti's Lucia di Lammermoor (10)
- 7 Jane —; Charlotte Brontë novel (4)
- 8 Country with a green, white and red national flag known as il Tricolore (5)
- 10 With eight whisky distilleries, the "Queen of the Hebrides" near Jura (5)
- 11 Known as le Bien-Aimé (the Beloved), the king of France from 1715-74 (5,2)
- 12 Rural science concerned with crop production and soil management (8)
- 19 Coastal city in West Flanders, formerly linked to Dover via ferry (6)
- 21 Angular distance east or west of the prime meridian expressed in degrees (9)
- 23 Traditionally measured in rods, perches or poles, a plot of land rented for use as a potager or for hen- or bee-keeping (9)
- 24 Ridley Scott film with Russell Crowe (9)
- 25 Practiced by John Burke, the study and tracing of lineage (9)
- 26 Bird of prey, a toy or a small sail (4)
- 27 A cloud of droplets; a sprig forming a hand-tied bunch of flowers; or, a brooch in the form of a jewelled bouquet (5)
- 30 Irish poet who co-founded the Abbey Theatre with Lady Gregory in 1904 (5)
- 32 Knitting implement; or, a pine leaf (6)
- 34 Egyptian god in the form of a bull; or, the genus of the honeybee (4)
- 35 Tree with fragrant bark and timber used for essential oil and incense (10)
- 37 Documentary-film pioneer and GPO Film Unit chief whose productions include Drifters and Night Mail (8)
- 39 James Joyce short story collection (9)
- 41 Game traditionally played in whites (7)
- 44 Financial state of a country or region, especially in terms of GDP (7)
- 45 Moon named after a fairy king (6)
- 47 Section of a flower's pistil (5)
- 48 Thoughts discussed in a brainstorming session or by a think tank (5)
- 50 Lemony spice derived from dried berries, served sprinkled over chickpea salads, hummus or grilled meat (5)
- 52 Triangular scarf or shawl (5)
- 53 Brand of smart speaker designed by Amazon to connect to Alexa (4)

ANSWERS

ACROSS

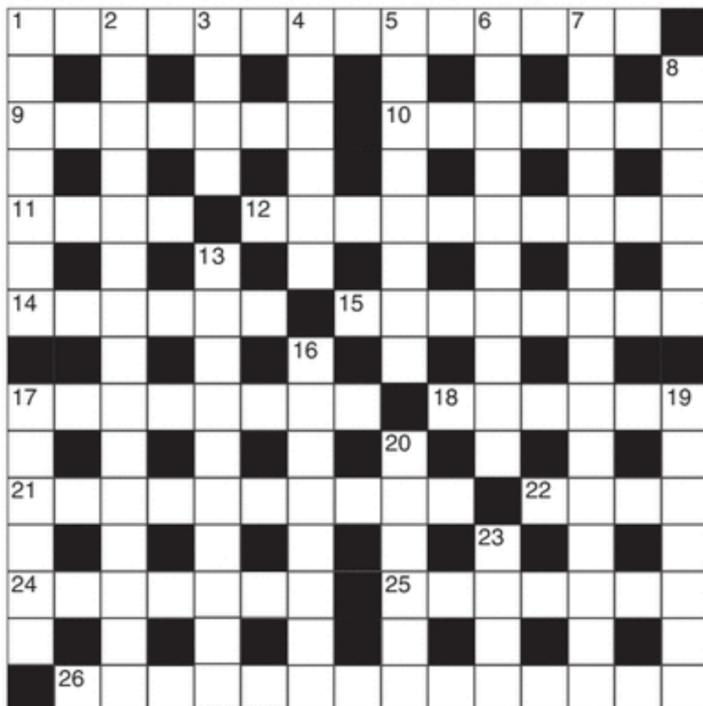
- 1 Cezanne, 5 Wisteria, 9 Dill, 13 Babbage, 14 Otter, 15 Angelou, 16 Agate, 17 Tassel, 18 Synonyms, 20 Ella, 22 Damocles, 24 George V, 27 Sundial, 28 Kundera, 29 Yanny, 31 Rhinestone, 33 Addis Ababa, 36 Young, 38 Emerald, 40 Tailors, 41 Chemist, 42 Ladybird, 43 Ryle, 46 Isserlis, 49 Aldiss, 51 Buffo, 54 Keyhole, 55 Clove, 56 Morocco, 57 Tree, 58 As Good As, 59 Century.

DOWN

- 1 Cabbage, 2 Zebra, 3 Niamey, 4 Evert, 5 Woodstock, 6 Sutherland, 7 Eyre, 8 Italy, 10 Islay, 11 Louis XV, 12 Agronomy, 19 Ostend, 21 Longitude, 23 Allotment, 24 Gladiator, 25 Genealogy, 26 Kite, 27 Spray, 30 Yeats, 32 Needle, 34 Apis, 35 Sandalwood, 37 Grierson, 39 Dubliners, 41 Cricket, 44 Economy, 45 Oberon, 47 Style, 48 Ideas, 50 Sumac, 52 Fichu, 53 Echo.

By arrangement with The Daily Telegraph

CRYPTIC CROSSWORD 14375



ACROSS

- 1 Job application, getting rent freezes with it (14)
- 9 Coming from France? (2,5)
- 10 No protection for deaf motorists — that chap shows irritation (7)
- 11 Hard element drive Father Christmas out of Santa Fe (4)
- 12 Two Yanks cycling, one's front is hard, the other's soft but carrying on (5-5)
- 14 Bowl over with one short leg and a runner (6)
- 15 Figure of 'The Genie set free' (8)
- 17 Discount ring sent back twice (4-4)
- 18 Causes a ferment in speech that

- turns blue? (6)
 - 21 Thriller, where words are written by famous artist (4-6)
 - 22 Lose rag, knocking pots over (4)
 - 24 Taste of Moscato Asti exquisite for light lunch? (7)
 - 25 Previous expansion of IT? (3-4)
 - 26 Bear hugs for all represented fun (or not!) (6,2,6)
- DOWN**
- 1 Country welcomed in dreamer — I capitalized! (7)
 - 2 Alien from Ancient Rome (7,3,5)
 - 3 Number beginning to elevate skywards? Not these (4)
 - 4 Digital protection
 - needs to speed up (6)
 - 5 Registers report of wrongdoing in Prague? (6,2)
 - 6 County right to cut store's lease (10)
 - 7 Troublesome closing of public toilets? (15)
 - 8 Livingstone, say, converted any man or woman from Africa (6)
 - 13 Rival clubs in Paris, little to be revealed in changing room (10)
 - 16 One has a ding-dong to get admission (8)
 - 17 Leave grub youngster polished off (6)
 - 19 This person in the ascendant, Iron Throne-holder? (7)

YESTERDAY'S SOLUTION



- 20 Begin play, Shakespeare's Hamlet? (3,3)
- 23 What Greek eats flipping salt beef sandwiches in slices? (4)

By arrangement with The Daily Telegraph

11036

SUDOKU MODERATE

	2		6		7	1	3	
1				9				
3			4	2	9			
2						5		8
7		4						2
		8		7				9
				5				
	1	5	2					6

Fill in the 9x9 square grid with the numbers one to nine. The numbers should be arranged in such a way that each row, column and mini-grid contains one of each number. Solution to Sudoku 11034 is on the right

7	1	2	8	6	3	4	5	9
4	9	5	2	7	1	6	3	8
6	3	8	4	5	9	1	2	7
3	6	7	1	8	5	2	9	4
8	5	4	9	2	6	3	7	1
9	2	1	3	4	7	5	8	6
2	4	9	6	3	8	7	1	5
5	8	6	7	1	2	9	4	3
1	7	3	5	9	4	8	6	2

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11037

SUDOKU GENTLE

8			6			2		
6				4				
		2	9		3			4
		5				3		
2	4			3			8	7
		3				1		
1			8		4	6		
				7				5
		8			5			1

Fill in the 9x9 square grid with the numbers one to nine. The numbers should be arranged in such a way that each row, column and mini-grid contains one of each number. Solution to Sudoku 11035 is on the right

9	7	1	2	6	8	3	5	4
3	2	4	9	7	5	6	8	1
5	8	6	1	3	4	9	2	7
1	6	3	5	8	7	2	4	9
7	9	8	4	1	2	5	6	3
4	5	2	3	9	6	7	1	8
2	3	5	7	4	1	8	9	6
6	1	7	8	2	9	4	3	5
8	4	9	6	5	3	1	7	2

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QUICK CROSSWORD 14027

1		2		3		4		5		6		7
8						9						
10									11			
									12		13	14
15												
			16									
			18		19		20		21			
					22							
23			24									
25									26			
27						28						29

ACROSS

1 Gear (3)

3 Facial features (5)

6 Writer's medium (3)

8 Discover (5)

9 Our cart (anag) (7)

10 Unpredictable (3-3-4)

12 Upset; upsetting (3)

15 Part of building (4)

17 Hookah, e.g. (4)

18 Brazil or pecan? (3)

22 Circus MC (10)

25 Ancient sports site (7)

26 Little rogue (5)

27 Desire; currency (3)

28 Rub out (5)

29 Metal mined in Cornwall (3)

DOWN

1 African desert (8)

2 Can't riot (anag) (8)

3 Dog (6)

4 Salary (6)

5 Tension (6)

6 Jot or tittle (4)

7 Pavement edge (4)

11 Tree juice (3)

13 Sidetrack; entertain (8)

14 Freshwater reptile (8)

16 Animal covering (3)

19 Favourite drink (6)

20 Mexican lizard (6)

21 Pester; aggro (6)

23 Physique; organisation (4)

24 Sacred song (4)

Yesterday's solution

Across: 1 Sock; 4 Rut; 6 Ease; 8 Access; 9 Employ; 10 Precinct; 11 Yule; 12 Prepossessing; 17 Open; 19 Outright; 22 Digits; 23 Stifle; 24 Bare; 25 Ray; 26 Soon.

Down: 2 Occur; 3 Kneecap; 4 Risen; 5 Theatre; 6 Empty; 7 Swollen; 10 Pup; 13 Replica; 14 Sponsor; 15 Spirits; 16 Gut; 18 Naive; 20 Tasty; 21 Hello.

By arrangement with The Daily Telegraph

Jumble
David L. Hoyt and Jeff Knurek

JUMBLE THAT SCRAMBLED WORD GAME

Unscramble these Jumbles, one letter to each square, to form four ordinary words.

GDITI

NEVTE

SLENOS

GAROFE

Get the free JUST JUMBLE app - Follow us on Twitter @PlayJumble

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

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Yesterday's Jumbles: WIPER BLUFF SETTLE VACANT
Answer: She didn't want him to wear his old formal outfit because she didn't think it was - SUITABLE

COMICS

Calvin and Hobbes by Watterson

The Fusco Brothers
by J. C. Duffy

By arrangement with The Daily Telegraph

B.C. by Johnny Hart



Luann by Greg Evans



Baby Blues by Rick Kirkman & Jerry Scott



The Wizard of Id by Brant Parker and Johnny Hart



Hagar the Horrible by Chris Browne



Flash Gordon by Dan Schkade



Dennis the Menace



Doonesbury Classics by Garry Trudeau





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