ARBiT
it happens here...



Celebrating National Sandwich Day: A Tribute to Flavour and Creativity

National Sandwich Day, celebrated on November 3, honours one of the world's most versatile and beloved foods: the sandwich. From classic peanut butter and jelly to gourmet creations with artisanal breads, fresh vegetables, and savory fillings, sandwiches are a culinary staple that caters to all tastes and occasions. The day encourages people to get creative, try new recipes, or simply enjoy their favourite sandwich with family and friends. Beyond being convenient and delicious, sandwiches reflect cultural diversity and innovation in the culinary world. National Sandwich Day is a fun reminder to celebrate flavour, variety, and the joy of a well-made meal.

राष्ट्रदूत
TUESDAY
03 November 2026
A-B

#BEING THERE

The Companion But 'Doing Nothing'

The Man Who Got Rich by Doing Nothing: A Japanese Lesson in Presence



In a world obsessed with productivity, one man from Tokyo found a way to turn doing nothing into a full-time career, and a surprisingly meaningful one.

Meet Shoji Morimoto, a 37-year-old with a degree in physics who has become a viral sensation in Japan. He's married, educated, and doesn't have a traditional job. But don't mistake that for laziness, Morimoto earns a living by hiring himself out as someone who "does nothing."

It all started in 2018 when he posted a simple ad online:

"I'm available for rent as a person who does nothing. Having a hard time shopping alone? Missing a teammate for your game? Need someone to hold a place in line? I can't do anything special, just basic things."

The post exploded.

People flooded in with requests, not because they needed a skill, but because they needed a presence. Morimoto quickly went from doing this for free to charging 10,000 yen (about $100) per session, plus travel and meal expenses. Three years, 3,000 clients.

That's right. He gets 3-4 bookings per day. His clients range from lonely lunch-goers and anxious individuals signing divorce papers, to social media users who want someone by their side in photos. He listens, he walks, he shares space, without judgment, expectation, or agenda.

What's the secret?

In a world that constantly demands that we hustle, build, achieve, and chase, Morimoto offers the rarest commodity: quiet companionship. A stranger who will simply be there. And somehow, that's exactly what thousands of people need.

As Morimoto puts it:

"People often feel they can't share things with someone they know. With me, there's no pressure, no expectations. I just exist beside them."

This isn't a story about laziness. It's a story about connection. A reminder that sometimes, doing nothing means doing everything that matters.

#O.K.

Where Does "OK" Come From?

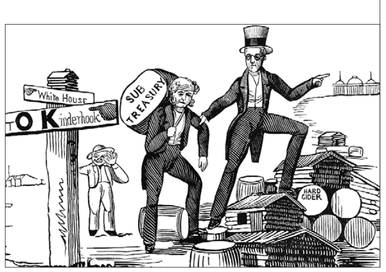
"OK" was born from "oll korrect," a deliberately misspelled version of "all correct"

It's one of the most used words in the world, yet, its origin story is surprisingly playful and brilliant. The word "OK" dates back to the 1830s in the Boston, during a quirky linguistic trend in the United States. At the time, people enjoyed inventing humorous abbreviations and intentionally misspelling phrases for fun. "OK" was born from "oll korrect," a deliberately misspelled version of "all correct." What started as a newspaper joke quickly caught public attention.

The phrase gained major popularity in 1840 during the U.S. presidential campaign of Martin Van Buren. Van Buren was nicknamed "Old Kinderhook," referencing his hometown of Kinderhook, New York. His supporters formed "OK Clubs" and used the slogan "Vote for OK!" The clever double meaning, both "Old Kinderhook" and "all correct," helped the term spread rapidly across the country.

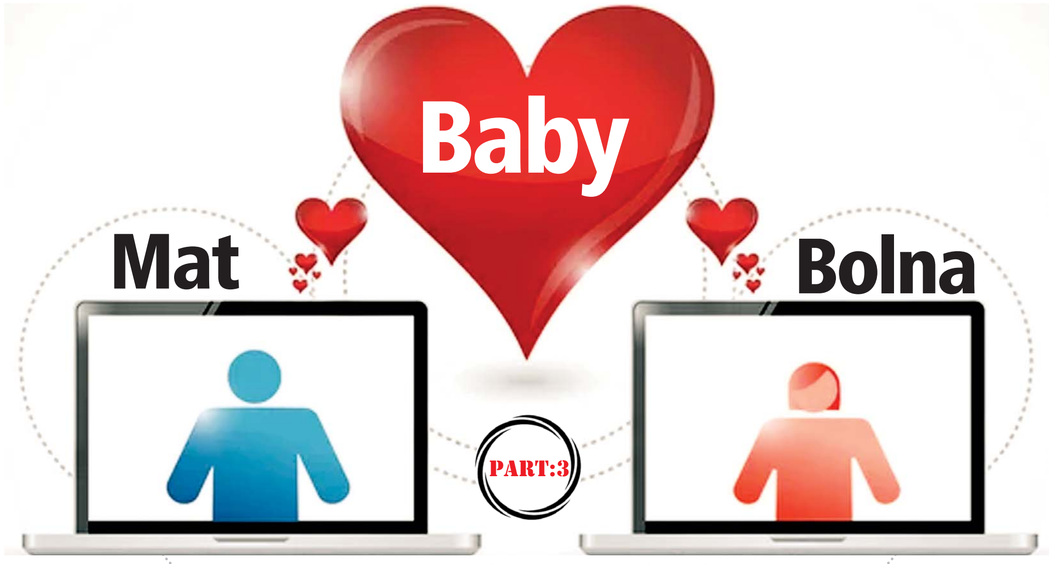
Soon after, telegraph operators embraced "OK" because it was short, efficient, and easy to transmit. In an era when brevity saved time and money, those two letters were perfect. As communication technology expanded and American influence grew, the word traveled across borders and languages.

From a lighthearted newspaper joke to a presidential campaign chant, and eventually to global everyday speech, "OK" became one of the most recognized and universally understood words on the planet. Language truly has a fascinating way of evolving!





Shailaza Singh
Published Author, Poet and a YouTuber



One man, one chat, start to finish. In the third part, I lay out the recipe for an online romance: cooked in six weeks, left to go cold in six months, with every 'dear' measured out along the way.

Let me make one thing clear before we begin. I do not like being called dear by a man I met last week. Or baby. Or anything with sugar in it. In real life, the only people who call me dear are credit card letters and uncles at weddings who have forgotten my name. Affection from a stranger on a chat app is like a free gift from a shop. Sooner or later, you find out what it was meant to sell you.

I have watched men on dating apps for twelve years, and most chats die young. But one, from 2022, ran its full course, and when I went through it recently, I realised I had been handed a complete recipe. Here it is, for anyone who wants to try it at home.

Ingredients

One Telegram account. Two names. A sea behind the house. Weather, in large quantities. 'Dear,' to taste. 'Baby,' one pinch, to be removed when asked and added back later. Honey and cinnamon, for emergencies. And one 'Will call you,' to finish.

Step 1: Arrive Under Another Name

His Telegram showed one name. His first message announced another.

Raj. Of course. He was probably imagining himself as Shah Rukh Khan, standing in the mustard fields with his arms open, while I came running towards him in my heels.

There was only one problem. I am not Simran. I am Bauji. I do not run towards a man with two names. I put him under a microscope.

And Bauji, if you remember, took the whole film to say, 'Ja, Simran, ja.' I never said it.

'Hi. Raj here.'

Two names, one man. At least, he was upfront that he came with a duplicate. Most men on these apps hide the second identity. He introduced it.

'Reached office?' he asked. I said I was working from home. He said he would go to office. 'Manager is on leave,' he added. 'So I am his backup.'

A backup. By profession. I should have read it as a job description. It turned out to be his whole personality.

Step 2: Stir In Sambar

Our early conversations were not about poetry or politics. They were about sambar. He gave me a tip, I tried it, it was good. 'Awesome. U tried it?' he asked, as if his recipe had just won MasterChef.

The next day: 'U vanished after having sambar yesterday.'

Earlier, a woman vanished after a man broke her heart. Now, she vanishes after lunch.

Some nights: 'Had food?' 'Wassup???' 'Good night dear.' No reply from me, and still a good night dear. He had wished good-night to an empty room. At least, he was polite to it.

Step 3: Season With Weather

'And now it's beautiful rains. Lovely weather. I love rains. To drive in the rains. Romantic weather.'

I said I like watching the rain, not driving in it.

'Yeah,' he said instantly. 'To sit in the balcony.'

He changed his mind faster than the weather he was describing.

Then came 'very humid and hot,' then 'deadly hot weather.' I know his humidity. I do not know his surname.

Step 4: Add Dear To Taste

His taste, not mine. 'Good morning dear.' 'Hey dear.' 'Ok dear.' 'How's ur day going my dear?' 'What else dear?' And when he was feeling regional: 'That's ok da.'

I never once called him dear back. I said 'Hi.' I said 'Hmm.' I said 'Chalo lets talk kal, sleep time.' Any woman reading this knows what 'Chalo lets talk kal' means. It means the conversation is over and so, quite possibly, is kal.

He did not know. 'Ok dear. Good night.' And the next morning, as regular as the milk packet at the door: 'Good morning dear. Are u working today?'

One morning, I replied late. 'Sorry didn't see ur message.'

'All good? I was wondering what happened.'

'Nothing...'

'Ok.'

'So whats up,'

'Nothing much. Just at home.'

'Hmm.'

Two adults, both with nothing, passing it carefully back and forth like an empty plate at a dinner table, each waiting for the other to put something on it.

Step 5: Fold In One Pinch Of Baby

One morning, he sent me a video of the sea. 'That's behind my house.'

It was lovely. Pink sky, grey water, waves coming in slowly like they had nowhere to be. I told him he was very lucky. 'For what?' he asked. 'This scene,' I said. 'I love the ocean.'

> Honey and cinnamon. The cure for everything in every Indian kitchen. Fever, heartbreak, a bad mood, a man who calls you baby. 'Warm hugs for u,' he wrote. 'When u feel low don't stay alone. Just ping me. Or call me.' I said he must be busy. 'That's ok da. U can.' I said I didn't want to disturb him. 'Nothing like that. Just feel free to ping me. Or call me.' Then: 'Come.... Give me a hug.'

'Scene is good baby.'

'Baby?' I typed. One word, one question mark. In Jaipur, that is a warning shot.

He ignored it and told me it was very humid and hot. Then, he sent a video of his temple festival. Then, he quoted my 'Baby?' back to me and added, 'Cute ho.'

So, I said it plainly. 'Mere ko baby mat bolna.'

'Ok,' he wrote. And then: 'Done.'

Done. Like a customer care ticket. Complaint registered. Issue resolved. Please rate your experience. I sent him a laughing emoji, because there is no other reply to a man who handles your feelings like a service request.

And with the ticket barely closed: 'R u there on Instagram? Wanted to see ur pics.'

The baby was gone. The pictures were wanted.

Step 6: Garnish With Photography

When I told him I am not a very good-looking person, he said it was not about looks. 'I do photography. So I always observe a lot.'

Then, he told me what he had observed. 'Your different styles and looks. Ur choices of outfits. Accessories.'

Accessories. From a thousand kilometres away, a man had been studying my earrings. I typed 'Oh. My god,' twice. Then 'Nahhhhiiii.'

I told him I am very simple. No fashion.

'That's ok,' he said. 'I didn't say u need to put make up or have high fashion.' And then, with great dignity: 'Anyways.'

Nobody had asked his permission to skip the make up. It was granted anyway.

Another morning, when I called him mean, he sent a hugging emoji instead of a sorry. I asked, half joking, whether he would hit me.

'No. Will hug u. That's easier. Ha ha.'

I told him I was not talking to him.

'Achaaa. Fight mood me ho.'

So, the man calls me baby after being told not to, studies my earrings, offers hugs instead of an apology, and the diagnosis is that I am in a mood.

Step 7: For Emergencies, Add Honey

Then came a bad morning. Mine. I told him I was not in a good frame of mind. 'Dimag kharab hai,' I wrote.

'Don't be baby,' he replied.

A few days earlier, he was not allowed to call me baby. Now, I was not allowed to be one. The man had found a loophole in my own sentence.

'Keep ur mind calm. I am with u.'

And then, the prescription. 'Do u have honey at home? And cinnamon.' A tablespoon of honey with a pinch of cinnamon powder, twice. 'Even you can take.'

Honey and cinnamon. 'The cure for everything in every Indian kitchen. Fever, heartbreak, a bad mood, a man who calls you baby.

'Warm hugs for u,' he wrote. 'When u feel low don't stay alone. Just ping me. Or call me.' I said he must be busy. 'That's ok da. U can.' I said I didn't want to disturb him. 'Nothing like that. Just feel free to ping me. Or call me.'

Then: 'Come.... Give me a hug.'

Four dots, one hug, and we had never met. This is exactly what I cannot stand. Affection that arrives before acquaintance is like a wedding card from someone you don't know. You wonder how many others got one.

To be fair to him, he was kind. He sent me the sea, a sambar tip and an ear when I was low. Nothing he gave was wrong. It just came in the wrong order. The hug arrived before the hello.

I called him, as he had insisted. Later that day came the three most famous words in the Indian man's vocabulary. Not those three. These.

'Will call you.'

There is no call after it in the log.

Step 8: Simmer For Six Months, Uncovered

Six weeks later, I wrote, 'Hey.' Nine days after that, at 3:12 in the morning: 'Hey dear. Hope you are doing fine.'

Then, like a phone battery at the end of a long day, he ran down one message at a time. January 4, 'How are u?' January 12, 'Hey dear. All well.' January 19, 'Good morning dear.' February 17, 'Hi. Good morning.' June 5, at 10:57 at night: 'Hi. How are you dear?'

Every few weeks he turned up at one per cent, still saying dear.

Today, when I open the chat, Telegram tells me exactly where he is.

'Last seen a long time ago.'

For a man who was never going to let me stay alone, that is a very long time.

Then, one night at 9:33, my phone buzzed. Mr. Byron. The man who had opened with Byron and closed with lunch.

'heloooo,' he wrote. 'kahan gaya bhoooo'

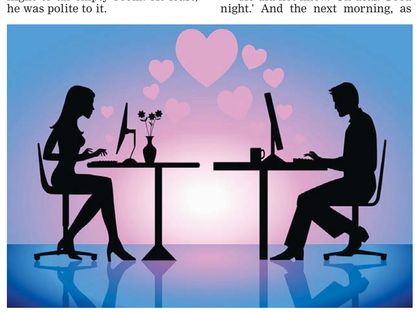
I looked at it for a long time. Then, I began to type.

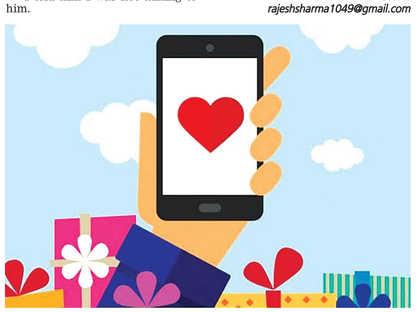
To be continued...

rajeshsharma1049@gmail.com

#KAHAN GAYAB HO?



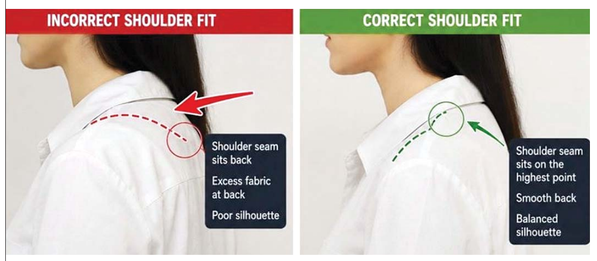




#THREE SIMPLE WAYS

Check Whether a Garment Will Fit You

Human shoulders are not symmetrical front-to-back, and skilled pattern makers account for this when designing garments



Most people judge a garment by its size label, colour, or fabric. However, experienced tailors and garment technicians know that good fit depends on construction details that are often invisible to the casual shopper. By understanding a few basic principles of garment engineering, you can quickly determine whether a shirt, kurta, jacket, or top is likely to fit well, even before trying it on.

Understanding the Four Basic Parts of a Garment

Almost every upper-body garment consists of four primary components: the front panel, the back panel, and two sleeves. While these pieces may appear symmetrical at first glance, they are intentionally designed with subtle differences to accommodate the shape and movement of the human body.

One of the most important details is that the back panel is usually slightly longer than the front panel. This extra length allows the garment to sit naturally on the body, accommodating the curve of the shoulders and upper back. Well-made garments account for these anatomical differences, resulting in a more comfortable and stable fit.

The Shoulder Forward Test

A quick way to evaluate a garment's construction is to check for what garment makers call "shoulder forward."

The seam that joins the front and back panels should not sit exactly at the midpoint of the shoulder. Instead, it



should be positioned a few centimeters towards the front of the garment. This forward placement helps keep the garment balanced on the body and prevents it from pulling backward during movement.

To check this:

1. Hang the garment on a hanger.
2. Observe the shoulder seam from the top.
3. The seam should sit slightly forward rather than exactly centered.

If the shoulder seam is positioned too far back or directly on top of the shoulder, the garment may twist, shift, or develop fitting issues during wear.

Check the Fabric Grain: Tana and Bana

Traditional textile terminology refers to two fundamental directions in woven fabric:

- **Tana (Warp):** The longer yarns that run lengthwise through the fabric.
- **Bana (Weft):** The shorter, thicker yarns woven across the width of the fabric.

In a properly constructed garment, the warp direction should run vertically, while the weft direction should run horizontally.

Why does this matter?

The warp provides strength and stability, while the weft contributes flexibility and comfort. If the fabric grain is misaligned during cutting, the garment may twist, stretch unevenly, or lose its shape after washing. When examining a garment, look closely at the fabric texture or weave pattern. In many fabrics, the slightly thicker visual lines correspond to the weft direction and should run horizontally across the garment.

The Armhole Test

One of the easiest ways to assess garment quality is by examining the armhole construction.

Lay the garment flat on a table and focus on the area where the sleeve joins the body. Feel or observe the seam line around the armhole.

In a correctly designed garment:

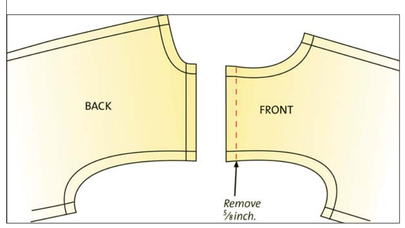
- The front armhole curve is slightly shorter and deeper.
- The back armhole curve is slightly longer.

This difference reflects the natural anatomy of the shoulder and arm. Human shoulders are not symmetrical front-to-back, and skilled pattern makers account for this when designing garments.

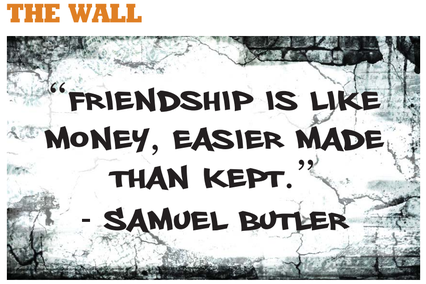
If the front armhole measurement is noticeably shorter than the back armhole measurement, it is generally a sign that the garment has been patterned correctly and is more likely to fit comfortably.

Small Details, Big Difference

A well-fitting garment is the result of thoughtful pattern making rather than just accurate sizing. By checking three simple elements, shoulder forward positioning, fabric grain alignment, and armhole balance, you can quickly identify whether a garment has been constructed with proper attention to fit. The next time you shop for clothing, don't rely solely on the size tag. A quick inspection of these hidden construction details can tell you far more about how the garment will look, feel, and perform once you put it on.



THE WALL



BABY BLUES

By Rick Kirkman & Jerry Scott



ZITS

By Jerry Scott & Jim Borgman

