

#TRIED&TASTED

Healthy Winter Drinks for Kids

With the onset of rains, it's getting cooler, which means it's time for something warm & comforting! Check out our healthy winter drinks for kids which provides warmth, comfort & nourishment!

When the weather gets cooler, all we want to do is curl up in warm clothes and sip on something creamy and comforting! And that's exactly what we've brought to you today - warm, comforting as well as healthy winter drinks for kids and the rest of the family. Most of these can be made with ingredients you already have at home, so get ready to brew some yummy stuff that'll make you feel like hugging the mug!

Healing Turmeric Tea

- Ingredients**
- 2 teaspoon Little Moppet Foods Turmeric Milk Masala
 - ½ cup milk
 - 1 cup water
 - 1 Tablespoon honey



Preparation

- 1 Pour water in a sauce pan and heat on a medium flame.
- 2 Add the turmeric milk masala and allow the mix to boil. Simmer for 2 minutes.
- 3 Strain the decoction.
- 4 Add milk and honey to the decoction and give a quick stir.
- 5 Pour the tea into a cup and serve hot.

Raagi Badam Malt With Jaggery

- Ingredients**
- For the Raagi Powder:**
- 1 cup Raagi / finger millet / Nachni flour
 - ¼ cup almonds
 - 1 tsp cane sugar
- For the Raagi Malt:**
- 2/3 cup water about 150 ml
 - 1/3 cup whole milk about 50 ml
 - + 2 tablespoon for mixing the flour

- 1-1/2 teaspoon Raagi / finger millet flour
- 2 teaspoon jaggery crushed or grated
- 2 cardamom pods
- 1 teaspoon almond meal or badam finely ground
- Ghee few drops (optional)

- Preparation**
- For Raagi Powder & Almond meal**
1. In a skillet or kadai, dry roast Raagi flour on medium heat until the raw grassy smell goes away being careful not to burn it. Once cooled, store in an airtight jar.
 2. In a spice grinder or small mixer jar, pulse the almonds with the cane sugar to a fine meal. |||||



'What China will do next' has been a matter of intrigue and much speculation in the arena of world politics. For a country that is obsessed about becoming the greatest and most respected power in the world, nothing seems too much, not even occupying the lands of other countries and claiming them as theirs, says Maroof Raza in his newly released book 'Contested Lands'.



Chinese Hotpot and The Veggies...? (...2)

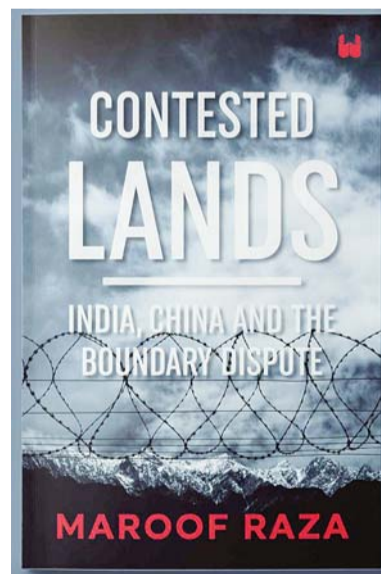
#CONTESTED LANDS

As told by Maroof Raza



In the book it is stated that China's modus operandi is also well known as it has a notoriously long history of walking into other's lands and claiming the territory by changing the ground position and then citing ancient historical claims. China's approach to maps is also different from every-one else's because they are all about Beijing's intentions. Why is China such an expansionist?

China wants to be the world's most pre-eminent by 2050, and the only country that will challenge their rise to that position is the United States of America. Now US is doing everything to prevent that. However, for 25-30 years between 1970 to 2010, US steadily made convenient for China to become rich and powerful thinking that if China becomes rich and powerful, it will join the other rich and powerful western countries. I always say that US has more think tanks that the British Army has, but they still get every solution wrong because they start from the logic that their aim is to show China is rich and wealthy. They believed that once that will happen China will become a part of the western democracy. The point is that they don't do enough homework. Instead of going this way,



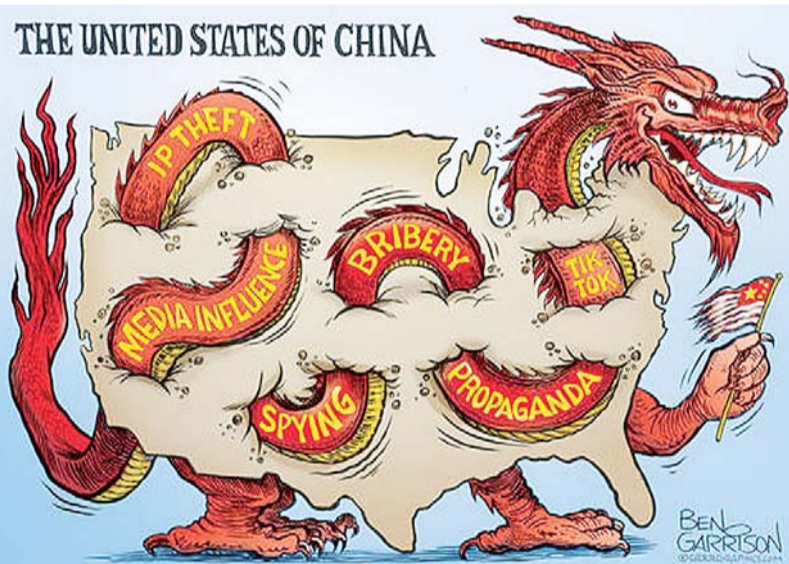
How is that China is so dominating when it comes to warfare while Pakistan operates through stealth and terrorism? Till 1947 - 1948, Pakistan was basically the stooge of the British, who wanted to occupy the valley along with the northern area and run it as a semi-autonomous area in which the British could also have a stake. My earlier book on Kashmir has details on it. Pakistan was a two-part operation run by three British officers. When there was first attack in 1947, which came to notice of Nehru, he was so angry that he threw a paper weight on Sardar Baldev Singh. The thing with Nehru was that he liked having stupid people around him so that they could not threaten him with a coup.

Second time, when Pakistan attacked us in 1965, they were told by a think tank in America that if you do the same operation similar to that of 1947 - 1948, with a few modifications, you can easily win and could take over Kashmir. They did that but they didn't expect India to respond with the air force and the entire army. And they were caught on their backfoot. In 1971, they didn't expect India to take over Bangladesh because they thought that they will repeat their actions of 1965 and defeat India. They thought

they should actually study the Chinese mentality and set ups, and then decide on an aim. The US does this mistake every time. In Iraq, they went in with an assumption that they will change the regime and create a democracy. In the process, they destroyed a perfectly functioning country and their other arguments did not withstand whether it was about oil or something else. Now look at the level of human rights abuse in those areas now!

So, Pakistan has been foolish because they don't have any strategic thinking. China has been working on a plan on Aksai Chin from the very beginning as they want to control the waters there. And from the waters they also want to control the mineral resources because Aksai Chin is connected to Sinkiang, a place used by Russians earlier to get Uranium they needed for their first nuclear plant. China wanted to replicate the Russian model because Mao believed that having a nuclear weapon was the only certificate needed to be a great power.

However, experts warn that India too must be prepared for consequences as China would instigate



it would be a stalemate with them attacking on the western front as well. They had no idea that India was having a plan to move Russian troops to east Pakistan. Although Dhaka was not the objective, but eventually it became because of the success of the troops on ground.

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rebuild Germany. When America rebuilt Japan, they even wrote the constitution of Japan. They built in clauses like Japan would be associated with democracy and left no room for the Japanese to question the wisdom or stupidity of democracy.

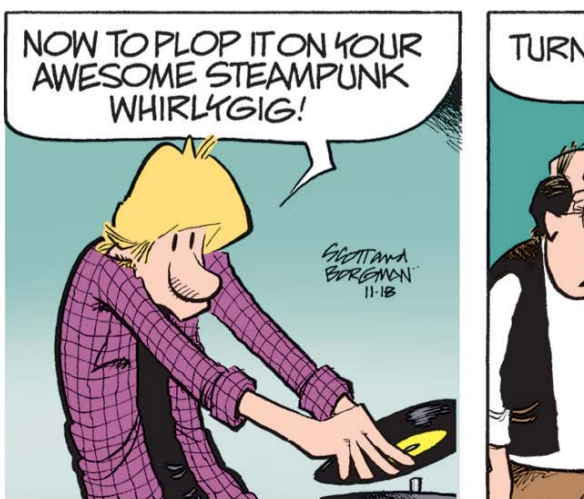
So, even when Japan had an aerial standoff with the Chinese about the Senkaku islands in the East China Sea, the Americans said that we will only help Japan if it gets hit by the Chinese first. You think Chinese will give a trial punch to Japanese? If the Chinese will hit them to destroy them in one go. What will Americans respond to then? There may be a second strike but the first attacker will get the advantage. In case the same thing happens to India, a more reliable partner would be Russia. In the war of 1971, Russia not only supported India in the UN but also moved 4 divisions on to the Chinese border. Their policy was simple for China. If China attacks India, Russia will attack China, which will definitely distract China and ease the pressure off India.

BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman



Can pigs look up?

Pigs can look up, but their mobility is limited to about 45% angle and it depends on the fatness of the pig. Wild boars and pigs are able to look up enough to see the sky because they don't have as much neck fat as farm pigs. Pigs can tilt their head up and they can look at the sky sideways and while rolling in the mud. So it's a complete myth that pigs can't see the sky.



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Concluded



THE WALL

