

## #TRIED&TASTED

### Easy-peasy Jelly

Looking for a sweet, delectable condiment to enhance your dishes? Then you need to make one of these incredible jelly recipes.

Perhaps the prettiest sight in the kitchen is homemade jelly. There is nothing like a row of jars full of translucently colourful jelly. Learn how to make jelly at home with this beginner's guide, including tips on water-bath canning for storage. Plus, see our basic jelly recipes-classic orange, strawberry and blueberry!

#### Orange Jelly

##### Ingredients

- mandarins oranges
- lemons
- sugar
- liquid pectin
- butter

##### Preparation

1. Sterilize the jars, lids and rings.
2. Juice the mandarins and lemons.
3. Add juices, sugar and butter to a large pot and bring to a boil.
4. Boil hard for 1 minute, stirring constantly.
5. Add 1 package Liquid Certo, bring back to boil.
6. Remove from heat and immediately ladle into



7. Add the lid and screw on tightly.
8. Process in a boiling water canner for ten minutes to seal completely.
9. Makes 7 to 8 pint jars of jelly.

#### Strawberry Jelly



##### Ingredients

- 4 cups strawberry Juice (From 4 pounds strawberries, see note)
- 1-2 tbsb lemon juice (optional)
- 1 Package powdered fruit pectin (Sure Gel)
- 4 cups sugar

##### Preparation

1. Wash and hull the strawberries, and place them in a saucepan with a splash of water and lemon juice (if using). Mash with a potato masher and simmer over medium heat for about 10 minutes until they've released their juices.
2. Strain the strawberry pulp through a jelly bag or dampened cheesecloth for at least 2 hours, preferably longer for a better yield.
3. It takes roughly 4 pounds of strawberries to make the 4 cups of juice needed for this recipe. If you're a bit

short for any reason, add water or fruit juice.

4. Bring the juice to a boil on the stovetop and add the powdered pectin. (Don't add the sugar yet.) Return the mixture to a boil, stirring frequently to distribute the pectin, and boil hard for about a minute.
5. Add the sugar, and return to a boil. (This is important, don't add the sugar until last or the strawberry jelly may not set.)
6. Boil hard for about 1 minute, and then pour into prepared canning jars leaving 1/4 inch headspace.
7. Store in the refrigerator, or process in a water bath canner for 10 minutes. Turn off the heat and allow the jars to stand in the canner for an additional 5 minutes before removing them to cool.
8. Check seals and store any unsealed jars in the refrigerator for immediate use.

#### Blueberry Jelly

##### Ingredients

- Blueberries - 4 cups fresh or frozen
- Water - To cover top of blueberries
- Granulated sugar - 1 cup to every 1 cup of juice

##### Preparation

1. Wash BLUEBERRIES and remove any raw berries and leaves.
2. You will need a large boiler, pour blueberries in and top with water level with berries or one cup water to every two cups berries, mash berries first or after they start to boil.
3. Let boil on medium to high heat until blueberries are stewed and pulpy, then mash berries until they release all juice, turn heat to low and simmer for 10 to 15 minutes.



## From 'JLF' to 'It can happen anywhere conference'



Shailaza Singh  
Published author, poet and a YouTuber

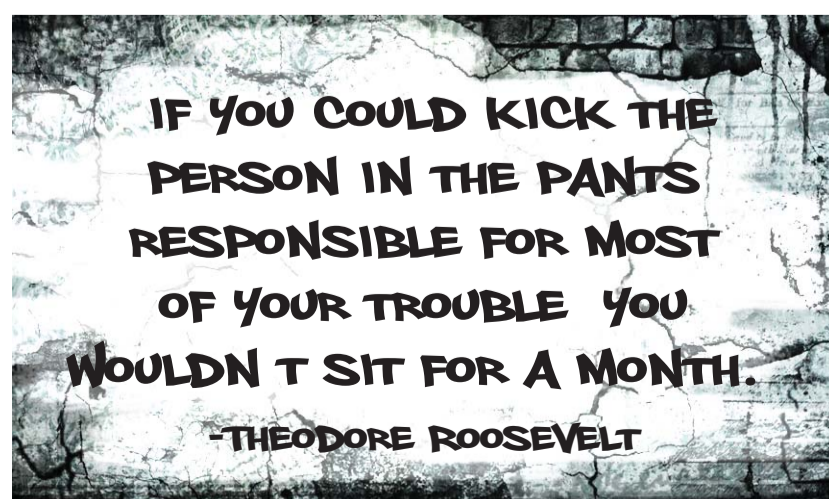
Once upon a time, in the land of kings, came an yearly festival that was adored and revered by all. It was about books, stories, authors, food, heritage and much more. But then the great storm of time blew in the land and all that remained were the authors, books and blank white walls.

Abhi to mandir bana hai aur murat ki stappa hui hai. Pran pratishtha abhi baaki hai. (The temple has been built, the idol has been installed. But the life spirit is yet to come). These were the words spoken by Padmashree Pushpesh Pant, the well-known historian and a self-confessed foodie. The venue was the sixteenth edition of the Jaipur Literature Festival at the Clarks Amer Hotel in Jaipur.

There was something that happened to you as you entered Diggi Palace for the Literature Festival. The old world charm of the building and its surroundings transported you to an era of Shakespeare or Dickens or even Enid Blyton or the old Jaipur where you could expect some royal person to welcome you.



### THE WALL



### BABY BLUES



### Global Belly Laugh Day



The discipline of science that studies laughter is called gelotology. While scientists can't be exactly sure about the history of laughter, laughter has presumably been around since the very first human beings were on the earth! Global Belly Laugh Day is a day for having a good, deep chuckle at anything at all! Whether it's reading from a joke of the day calendar or seeing something funny on the internet, getting in a good laugh each day is an excellent practice.

Most of them including Sudha Murthy, Shobha De professed their love for JLF in no uncertain words. They even said that this venue has more space and is much better than the old home of JLF. Perhaps they were right after all. The books were in the bookshop, the authors were on the dais, it was business as usual, what more could one ask for?

alone experience them. Or maybe the entire festival is a buffet table set with ungarished but seemingly good food.

#### Ignoring the Glares

Despite an entrance fee of 200 INR, the literati crowd has vanished and has now been replaced by selfie clicking fans. They aren't interested in books or authors. Instead, they are just looking for a good selfie time. While walking around the literature festival venue, I initially almost felt guilty for disrupting these selfie masterpieces which were almost at every nook and cor-



ner but then after encountering a dozen or more with a hastily muttered sorry, I stopped apologizing for walking through their selfies and just walked away ignoring their glares.

On the first day of JLF, a strange incident happened. After lunch, I decided to visit the washroom for obvious reasons. However I found there were almost ten people waiting for their turn in that bathroom. I went to a floor above and discovered more ladies waiting their turn in this bathroom too. Someone advised me to try the next floor but when I went there, the floor was seemingly under construction or renovation (could not ask anyone since there was no one around). Ultimately I reconciled to my fate and went back to the original washroom on the ground floor to wait for my turn. I had never faced this predicament in Diggi Palace for they always had a bevy of mobile bathrooms for those natural urges. Not that I am comparing or complaining. We should all learn to control our natural urges!



has donned a new avatar: It has shedded the skin, bones, the blood of the pichla janam and has now become a full blown shher ka mela abeit with a heart of steel. There is music, there are performances, there is drama but all wrapped in plastic casings. You can see them but you cannot touch them, let

was. In some sessions, people were busy scrolling their phones while the speakers droned on. Or perhaps that's the new way of subconscious listening to enable better understanding.

#### Business as Usual

I remember a dialogue from the movie Band Baja Baraat. In a scene where Anushka Sharma and Ranveer Singh are trying to find a caterer for their wedding, their friend advises them 'Shaadi mein sabse zyada logon ko kya pasand hai? Khaani! Who saari saawat bhool jayenge par khaana yaad karenge' (people will forget everything about the wedding but they will remember the food that was served). Though this literature festival isn't a wedding function per say, it is no less than one either. In the earlier days, one could expect to be introduced to new delicacies of the Rajasthani cuisine which made the literature festival an attraction for the lovers of food too. Today's reality is quite different. There were those customary versions of sev matar paneer or bajre ki rab which are perhaps as common place as a chola bhatura but it was no longer a food fest of the yesteryears. It was food, and food is

for pure simple consumption, not for experiencing eclectic flavors. Vena, a home maker from Jaipur who visited the festival on Sunday said, 'The food is so ordinary Namak bhi kam hai (the salt is also less). We could have had better food in a restaurant. To think, we paid about 13,000 rupees for an entire day's package. We did not even get to meet any celebrities during lunch. This is really a different festival. We were expecting to meet some celebrities but when I went there, the floor was seemingly under construction or renovation (could not ask anyone since there was no one around). Ultimately I reconciled to my fate and went back to the original washroom on the ground floor to wait for my turn. I had never faced this predicament in Diggi Palace for they always had a bevy of mobile bathrooms for those natural urges. Not that I am comparing or complaining. We should all learn to control our natural urges!

The crowds that thronged Gulzar's or Sudha Murthy's sessions were huge. Though it seemed as if her songs were ad libbed, people were still dancing to Usha Uthup's songs. Many queued to get their books signed by their idols and perhaps that was where the fun

ner but then after encountering a dozen or more with a hastily muttered sorry, I stopped apologizing for walking through their selfies and just walked away ignoring their glares. On the first day of JLF, a strange incident happened. After lunch, I decided to visit the washroom for obvious reasons. However I found there were almost ten people waiting for their turn in that bathroom. I went to a floor above and discovered more ladies waiting their turn in this bathroom too. Someone advised me to try the next floor but when I went there, the floor was seemingly under construction or renovation (could not ask anyone since there was no one around). Ultimately I reconciled to my fate and went back to the original washroom on the ground floor to wait for my turn. I had never faced this predicament in Diggi Palace for they always had a bevy of mobile bathrooms for those natural urges. Not that I am comparing or complaining. We should all learn to control our natural urges!

## #JLF DIARIES

### The Vibrant Festival

#### Press vs. Privilege

While the press lounge at JLF served up a spread fit for a high school lunchroom, with offerings such as Fatafat Bhel and watery machine coffee, the speakers lounge is a veritable feast fit for royalty. One could find delicacies such as flavoured yogurts, exotic fruits, croissants, cappuccinos, and doughnuts. But who are we to question the ways of the JLF overlords? After all, it's not like the media is responsible for making these speakers celebrities or anything."

#### Priority: Bangles over Books

The schools of the city dragged their children to the JLF with the lofty idea that listening to these so-called "great" speakers will inspire them to take up writing or do other great things in life. But what do the kids care about? The shiny trinkets and silver jewellery on offer at the Festival Bazaar, of course! Who needs inspiration when you can have a new set of bangles? Looks like these kids have their priorities straight.

#### Stuck in time warp

Ah, the age-old problem of being stuck in the past. The Jaipur Literature Festival (JLF) has been around for 16 glorious years and yet, here we are, still grappling with the concept of a "Mughal Tent." It's almost as if we're stuck in some sort of time warp, where the Mughals are still ruling India and the concept

of cultural sensitivity is yet to be invented. Let's not be too hard on JLF; after all, it's not easy to keep up with the times and the ever-evolving landscape of political correctness.

#### Warm words or warm embrace?

Free hugs at the Jaipur Literature Festival? Now that's a novel idea! On one of the days the entry to the front lawn had a



boy and a girl holding a sign that simply said "Free Hugs." It's like a beacon of hope in a world that can often feel cold and lonely.

#### Fashion over Fiction

Is it a literature festival or a fashion show? Sunday saw huge crowds at JLF but let's be real, it was really just an excuse for everyone to break out their finest outfits and give the paparazzi a much-needed photo opportunity. Because who needs books when you have designer labels and Instagram likes?

#### Beyond Mother-in-Law

It seems that the world has forgotten that Sudha Murthy is a renowned author, educator, and philanthropist and now only sees her as the mother-in-law of Rishi Sunak, the UK Prime Minister. It's as if her greatest achievement is no longer her literary works or charitable endeavours, but rather the fact that she's related to a political leader. Come on, folks, let's give this brilliant woman the credit she deserves for her own accomplishments and not just because of her relationship to someone else.

#### Arty Literary Faces

The lit fest isn't just about promoting the arts, it's about promoting them on your face! This year, the face painting marquee is taking it upon themselves to add to the colour and vibrancy of the festival. Because even the most die-hard bookworm can't deny the allure of a good face paint session.

#### Fashionable

#### Footwear Fiasco

The walk from the parking lot to the JLF entry is like a journey through a desert, much to the dismay of the fashion-conscious literary enthusiasts who grace the festival in their fancy stilettos and high-heeled boots. But fear not, dear fashionistas, for the true test of style is not how well you can walk in heels, but how gracefully you can hobble in them.

## #SKIN-CARE

The fatty acids in sweet almond oil aid the skin's ability to retain moisture.

### Wonder Worker



With the winter chill making everyone shiver and places like Delhi witnessing multiple cold waves, many people also experience skin issues, especially dryness. This is usually a result of dryness in the air, as well as bathing with hot water on a daily basis. As such, is there any remedy that can help take care of the skin in this weather? Yes, there is - and it works magic!

#### The answer is- Almond Oil

Sweet almond oil can be used in various forms such as moisturiser, or an eye makeup remover, or to massage the body, hand, and head. The fatty acids in sweet almond oil aid the skin's ability to retain moisture, while its vita-

min E content calms inflammation brought on by dryness. The oil's zinc concentration helps reduce rough, calloused skin. Hence, almond oil has also been used to treat eczema and psoriasis, two disorders characterised by dry skin.

#### How to use it?

Just pour couple of drops in your bathing water.

#### Other ways to use it

- Apply it on a slightly damp skin either after shower in the morning or at bedtime on the arms, legs, neck. If you have dry skin, you can even apply it on the face.
- You can massage it gently into the skin. It acts as a good

min E content calms inflammation brought on by dryness. The oil's zinc concentration helps reduce rough, calloused skin. Hence, almond oil has also been used to treat eczema and psoriasis, two disorders characterised by dry skin.

- nail and cuticle moisturiser. Just apply a few drops to the nail at bedtime.
- You could mix it with sugar or oats to use it as a scrub.
- You could also use it on chapped lips.

#### Tips to get healthy skin

- A healthy sugar free diet, adequate sleep, exercise, coupled with a skin care routine and avoiding stress, alcohol, nicotine will result in good healthy skin.
- A must AM routine should be cleansing, moisturising and protecting the skin with a sunscreen. A PM routine should be cleansing, applying a serum and an under eye cream followed by a moisturiser.



By Rick Kirkman & Jerry Scott

### ZITS



By Jerry Scott & Jim Borgman

