World Refrigeration Day

Feeling a little chilly? Or wishing that things were a bit chillier on a hot summer day? Well, World Refrigeration Day serves as a means of raising awareness and understanding of the significant role that the industry and its technology play in modern life and society. So get ready to cool off and chill out because World Refrigeration Day is here! Don't take for granted the importance of refrigeration in modern life. Consider what life without it would be, and have some gratitude for the innovators who made it possible.

#J'ADORE

Dress Up Your Little Girl For Summer

We have shared the latest styles for kids' clothes from colours to designsthat will add to their charms and are soft on their skin.

What are the latest fashion trends for children? Which colours to choose? Where to buy toddler clothing sets online? Questions like these and others will be answered for all the worrying mothers who are looking towards the summer shopping for their kids.

We bring to you premium quality clothing trends to dress your little munchkins in, that will add to their charms and are soft on their skin, protecting them from irritation and rashes. We have shared the latest styles for kids' clothes from colours to designs. In this article, we talk about children's fashion, trends, and colours for the sunny days.

Oversized Clothes And Layering

Oversized clothes are never out of trend. And mothers love them as they last more than a single season with their growing kids quickly outdoing the other clothes. One can expect to see more bat sleeves, as well as deflated sleeves in kids' clothing this spring as more and more designers, are leaning towards them. The complex looks with the layering of clothes are back in fashion and the layering pair amazingly with oversized clothes.

Sundresses

Add to the charms of your baby girl with the chic and classy sundresses which are especially popular for this spring. Lovely dresses in floral motifs and monochrome shades are perfect casual outgoing wear to style your little girl in for her time-out with friends and family.
Shop for high waist and skirt dresses to add fresh designs to her wardrobe.

High Waisted Cropped Jackets

These cropped jackets captured the hearts of fashionistas and mothers alike when they conquered the catwalks. Style your baby girl and give her the modern look with an oversized trim complimented by cropped jackets. Upgrade your daughter's wardrobe to the next level with the latest trends and modern designs to bring her inner, city girl look.

Joggers and Cargo Pants

Add stylish cargo pants and joggers that provide comfort and do not hinder movements to your daughter's spring collective. These trousers give the freedom of creativity as they fit perfectly with different styles. Mothers and girls around the globe love cargos and joggers because of their comfort and practicality so adding them to her wardrobe is a good choice.

Favourite Colours and Prints

Famous couturiers have taken a liking to the classic red this summer season in both, monochrome and combination with terracotta and black. The most popular colours for this spring to dress your kids in are bright and neutral tones with light shades primarily being used. Style your daughter in the light shades of bright yellow, sky blue, light pink, or other colour schemes that you find interesting.

The Whiskered Journey

In the 16th century, Leonardo da Vinci immortalized cats in his paintings, celebrating their elegance and grace. He is also attributed to say, "Even the smallest feline is a masterpiece of nature." Cats graced the canvases of other renowned artists of the time, including Titian and Dürer. As intellectuals and artists rediscovered the allure of cats, their status as pets and household companions was restored.

Caesar and his sons Chester and Rio.

Mariam Abuhaideri
Animal rights activist and a wonderlust

#MEOWSTORY

Throughout my life, cats have been constant companions, weaving their enigmatic presence into the very fabric of my family's existence. From my earliest memories to the present day, I've had a cat for every role one could imagine: a feline sister, a whiskered brother, a purring friend, a meowing cousin, and now, cats for children. Yet, despite their profound impact on my life, I have a feeling that in Rajasthan they are still widely misunderstood for being aloof and evil.

Amidst this feline journey, I have often pondered: Am I a cat person? The answer, perhaps, lies in the very essence of my being. Like these independent creatures, I cherish my autonomy and shun clinginess. I revel in solitude and appreciate the freedom to explore life's mysteries on my own terms. Allow me to clarify a common misconception- I am not an introvert. Rather, I have come to appreciate the tranquillity of my own company. As the years pass, I find myself yearning to distance myself from unnecessary stress and toxic environments. It is in this pursuit of personal serenity that I have discovered a kindred spirit in the enigmatic nature of cats.

In a society that often values constant social interaction, the independent nature of cats may be misunderstood. However, there is great wisdom in embracing a balanced approach to companionship. Cats possess an uncanny ability to discern moments of connection, choosing when to engage and when to enjoy their own company. It is a skill I have come to admire and attempt to emulate. Through my feline companions, I have learned that self-sufficiency does not equate to loneliness. Cats have an innate understanding of personal boundaries, respecting both their own and those of others. Their presence is a gentle reminder that one can forge deep connections without sacrificing the freedom and individuality that we hold dear.

While I hold great admiration for dogs and their unwavering loyalty, I must confess that I sometimes struggle to meet their constant need for attention and affection. Whenever I bring a dog home for fostering, a sense of guilt washes over me. It's not that I lack affection or care; it's simply that I am drawn to the low-maintenance and independent nature of cats-a reflection of my own desires.

Growing up, my feline siblings and I shared a unique bond. While they couldn't speak in human words, their silent presence spoke volumes. They were my confidants, listening attentively as I poured out my thoughts and dreams without judgment. Their gentle purring and soothing touch provided solace during moments of sorrow and celebration in times of joy. They didn't impose their opinions or demands upon me but offered steadfast companionship, demonstrating the beauty of a silent understanding.

And those who don't appreciate cats, here's a reason you might want to reconsider your hatred: In the kingdom of cleanliness, where pristine perfection reigns supreme, cats confidently claim their regal throne. With a flick of their dainty paws and a swish of their impeccably groomed tails, these fastidious feline monarchs declare themselves as the paragons of purity. Their every movement is a symphony of elegance, as they navigate the world with a discerning eye for cleanliness. From the tip of their velvety ears to the very tip of their gracefully arched spines, cats dedicate themselves to the pursuit of impeccable hygiene. Each sleek, sinuous contour of their bodies is a testament to their unwavering commitment to cleanliness, rivalling the most devoted monks in their monastic devotion to tidiness. A meticulous dance of licks and strokes, their grooming rituals are a work of art, transforming the chaos of stray hairs into symmetrical masterpieces. They are the sultans of sanitation, the aristocrats of cleanliness, and in their presence, a tangible aura of freshness pervades the air. For cats, cleanliness is not just a habit; it is an unwavering way of life, a testament to their refined nature. So, behold the majesty of these feline purifiers, the unrivalled champions of immaculateness, for they are the epitome of cleanliness in all its glorious splendour.

Cats possess an air of mystery, an innate ability to hide their emotions behind their luminous eyes. They move with grace, embodying a subtle elegance that demands respect. It is this enigmatic nature that has perpetuated the misinterpretation of their true essence. Those who fail to comprehend their language mistake their independence for aloofness, missing the opportunity to forge a profound connection. But for those who are willing to embrace their inscrutable nature, a whole new world awaits. Cats are creatures of individuality, each with their distinct personality and preferences. They teach us the importance of embracing diversity and respecting boundaries. They encourage us to recognize that love can manifest itself in quiet, subtle gestures-an affectionate head bump, a gentle paw reaching out, or the melodious purr that emanates from the depths of their being.

Cats: enigmatic, independent, and irresistible creatures that have captured the hearts of humans for thousands of years. From their regal demeanour to their mesmerizing eyes, these feline companions have fascinated and mystified us. But how did this extraordinary journey of domestication begin?

Leonardo da Vinci cat sketch.

Tipsy now lives in Chandigarh.

Ancient Egypt- Where It Allegedly All Began

Our journey commences in the land of pharaohs, the Nile Valley of Ancient Egypt. Here, cats held a special place in society, worshipped as gods and treated as sacred beings. Their journey into domestication can be traced back to approximately 4,000 years ago.

In ancient Egyptian mythology, the goddess Bastet, often depicted with the head of a lioness or domestic cat, symbolized fertility, motherhood, and protection. Cats were highly revered and considered the guardians of the home. They were even mummified and buried alongside their human companions to accompany them in the afterlife. Not that I support the burial of live animals, but you get the point. The remarkable bond between cats and the Egyptians extended beyond mere worship. The Egyptians realized that cats were exceptional hunters, skillful at keeping granaries and homes free from rodents. The natural inclination of cats to stalk, pounce, and catch their prey made them invaluable allies in the battle against vermin.

From Egypt to Rome

As the Roman Empire expanded, so did the spread of cats throughout Europe. Cats were seen aboard ships, guarding valuable cargo from pesky rats that plagued sailors during long voyages. These adept hunters became cherished companions, and their presence was considered a good omen.

Goddess Shashthi.

The Roman Empire's fascination with cats was exemplified by the famous story of Pompeii. In 79 AD, when Mount Vesuvius erupted, the unfortunate city of Pompeii was buried under layers of ash and lava. Among the preserved ruins, archaeologists discovered a poignant scene-a cat curled up, forever immortalized by the catastrophic event. This remarkable find demonstrates the enduring connection between humans and cats, even during moments of immense crisis.

The Dark Age of Cats

While cats enjoyed reverence in ancient Egypt and Rome, their fortunes changed during the Middle Ages in Europe. The rise of Christianity saw the demonization of cats, leading to a tumultuous period known as the "Dark Age of Cats."

Cats were associated with witchcraft and devilry, believed to be the familiars of witches. Superstitious beliefs fuelled mass killings of cats, leading to a surge in rodent populations, which in turn contributed to the spread of diseases such as the Black Plague. Ironically, it was during this period that the symbiotic relationship between humans and cats was sorely missed.

The Feline Renaissance

The Renaissance brought about a resurgence of interest in the natural world and its wonders. This newfound curiosity extended to the feline realm, where cats once again assumed their role as valued companions.

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From Asia to the Americas- Cats Conquer New Lands

The story of cat domestication continued its journey across the globe. In Asia, specifically China and Japan, cats were regarded as bringers of good luck and fortune. Japanese folklore heralded the arrival of the "maneki-neko" or "beckoning cat," an iconic figurine believed to bring prosperity to its owners.

As European explorers sailed across the seas, they brought cats along to their new colonies. These feline travellers became essential in controlling pests on ships, and their presence aided in the establishment of successful colonies worldwide. The history of cat domestication took root in North America, South America, and beyond, as cats adapted to new environments and formed bonds with humans in these distant lands.

Modern Times and Internet Sensations

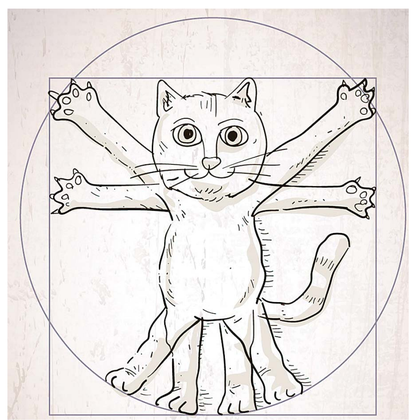
In the modern era, cats have experienced a remarkable resurgence in popularity. No longer associated with witchcraft or superstitions, cats are adored and cherished by millions of people worldwide. In fact they are more widely accepted as pets than dogs. The Internet, with its vast reach, has become a breeding ground for viral cat videos and memes, further solidifying their place as beloved companions.

> Within the vast tapestry of Hinduism, cats emerge as mystical and revered creatures, occupying a unique place in both mythology and everyday life. In Hindu culture, cats are often associated with goddesses and deities, embodying their divine qualities. The goddess Shashthi, known as the protector of children, is depicted with a cat by her side, symbolizing her nurturing and motherly nature.

The diversity of cat breeds has expanded exponentially, with each breed exhibiting unique traits and personalities. From the regal Siamese and the lazy Persians, to the playful Bengal, there is a feline companion for every kind of cat lover. These breeds are the result of centuries of selective breeding, honing specific traits and appearances to match the preferences of their human companions.

Cats in Islam

It is commonplace to find cats in homes of Muslims and that is because cats hold a special place in the Islamic tradition, embodying both reverence and admiration. The Prophet Muhammad himself expressed fondness and compassion towards these enigmatic creatures, emphasizing their importance in Muslim society. According to a Hadith, the Prophet once recounted a tale of a woman who showed kindness to a thirsty cat, and as a result, her sins were forgiven and she was granted paradise. This story serves as a powerful reminder of the significance of treating animals with compassion and respect. In Islamic culture, cats are seen as clean animals, with their fur considered pure and permissible to touch. It is said that the Prophet Muhammad kept cats as beloved companions and treated them with affection and care.



Leonardo da Vinci cat portrait.

Chester.

Cats in Hinduism

Within the vast tapestry of Hinduism, cats emerge as mystical and revered creatures, occupying a unique place in both mythology and everyday life. In Hindu culture, cats are often associated with goddesses and deities, embodying their divine qualities. The goddess Shashthi, known as the protector of children, is depicted with a cat by her side, symbolizing her nurturing and motherly nature. In some regions, cats are believed to be the earthly form of the goddess Lakshmi, the bringer of prosperity and good fortune. Hindus also believe that feeding and caring for cats can bring blessings and ward off negative energies. Their agile movements and sharp senses are seen as a reflection of heightened awareness and intuition. Cats are not merely pets but are regarded as sacred beings, capable of bestowing blessings and guarding households from evil spirits. Their presence in Hinduism serves as a reminder of the interconnectedness between the physical and spiritual realms, honouring the intrinsic value of all living creatures.

A Whiskered Future

So, let us raise a toast to the whiskered wonders who have journeyed alongside us through the annals of history. Here's to the mysterious, graceful, and captivating creatures that have forever made their mark on our hearts-our beloved cats. And as I write this, my ginger Caesar meows in approval.

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#FOOD-TALK

Tiny Glossy Red Cherry!

Cherries can be a delicious and nutritious addition to a varied and balanced diet, offering potential benefits for exercise recovery, inflammation, heart health, and more.

Cherries are delicious fruits that offer several health benefits. The tiny glossy red fruit, not just enhances the aesthetic and taste of your much loved cakes but is also loaded with nutrients. The sweet and tangy delights are good for your heart health, brain health and may also help you sleep better.

Cherries can be a delicious and nutritious addition to a varied and balanced diet, offering potential benefits for exercise recovery, inflammation, heart health, and more. Enjoy them in their fresh, frozen, or dried form, and consider incorporating them into your diet mindfully.

Nutritional Profile of Cherries

Below is an overview of cherries nutritional profile (1 cup, pitted, about 138g):

- **Calories:** 87
- **Carbohydrates:** 22 grams
- **Fiber:** 3 grams
- **Protein:** 1 gram
- **Fat:** 0 grams
- **Vitamin C:** 16% of the Daily Value (DV)
- **Vitamin A:** 3% of the DV
- **Potassium:** 9% of the DV

Health Benefits of Cherries

Below are numerous health benefits of cherries:

1. **Anti-inflammatory properties:** Cherries contain antioxidants and compounds that can help reduce inflammation in the body, potentially benefiting conditions like arthritis and gout. Some studies have shown that regular consumption of cherries or cherry extracts may help reduce gout attacks and joint pain in individuals with arthritis.
2. **Exercise recovery:** Cherries, particularly tart cherries, have been studied for their potential to aid in exercise recovery. They may help reduce muscle soreness and speed up recovery due to their anti-inflammatory properties and natural compounds called anthocyanins. They can be a good snack option before or after a workout due to their natural sugars, fibre, and hydration properties. Some studies suggest that tart cherry juice or concentrates can help reduce exercise-induced muscle damage and soreness.
3. **Sleep improvement:** Cherries are a natural source of melatonin, a hormone that regulates sleep. Consuming cherries or tart cherry juice may help improve sleep quality and duration.
4. **Heart health:** Cherries are low in calories and fat while being rich in heart-healthy nutrients like potassium and antioxidants. They may help reduce the risk of heart disease by improving cholesterol levels and reducing inflammation.
5. **Brain health:** The antioxidants in cherries may provide neuroprotective benefits and help prevent age-related cognitive decline.

Can Diabetics Consume Cherries?

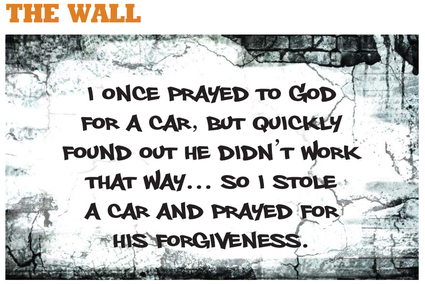
Cherries can be included in a diabetic diet in moderation. They have a moderate glycemic index and can contribute to blood sugar levels. It is important for individuals with diabetes to monitor their carbohydrate intake and consider the overall balance of their meals when consuming cherries.

ThingsTo Keep In Mind

Below are a few things that you need to keep in mind when consuming cherries:

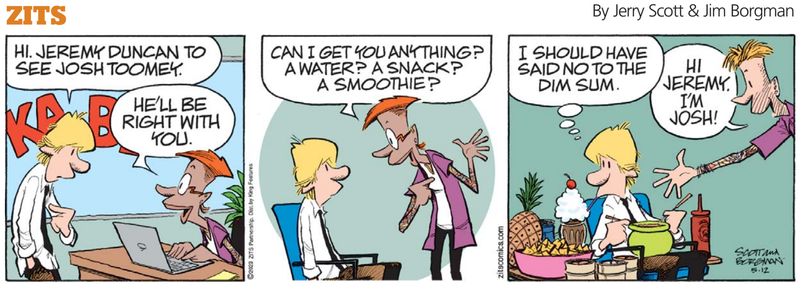
1. Individual responses to cherries may vary, and it's important to listen to your body.
2. While cherries offer health benefits, they should be consumed as part of a balanced diet and not as a sole solution for any health condition.
3. If you have any specific health concerns or conditions, it's always best to consult with a healthcare professional for personalised advice.

THE WALL



BABY BLUES

By Rick Kirkman & Jerry Scott

ZITS

By Jerry Scott & Jim Borgman