

## #REMEDIES

### No Need To Live With Stains

Effective Home Remedies to Remove Stains from Clothes



Stains on clothes can be frustrating, whether it's from medical marks, pen ink, oil, dirt, or other stubborn substances. While commercial stain removers are widely available, simple household ingredients can often do the job effectively, saving time and money. Here's a guide to tackling common stains using items you likely already have at home.

For iodine stains or medical marks, one effective method involves vitamin C. Simply dissolve two vitamin C tablets in warm water and use the solution to gently spray the stained area. The natural bleaching effect of vitamin C helps lift the discoloration without harming the fabric.

When it comes to pen marks, glycerin combined with dishwashing liquid works wonders. Squeeze a small amount of glycerin directly onto the stain, add a few drops of dishwashing liquid, and gently rub it in. This mixture softens the ink and helps break it down so that it can be washed out more easily. Oil stains can be particularly stubborn, but a combination of rubbing alcohol and dishwashing liquid is highly effective. Spray alcohol on the stain first to break down the oil, then, add a few drops of

dishwashing liquid and gently massage it into the fabric. For added scrubbing power, sprinkling some table salt over the area and rubbing it with your hands can help absorb excess oil before washing. For general dirt or grime, laundry powder remains a reliable option. Add a scoop of powder to the affected area, pour in a little baking soda, and then add hydrogen peroxide. Allow the mixture to soak for some time to let the ingredients penetrate the fabric fibers. The combined cleaning power of the detergent, baking soda, and hydrogen peroxide helps lift dirt and restore the garment's appearance. After soaking, rinse thoroughly with clean water to remove all residues.

These home remedies are simple, effective, and eco-friendly alternatives to chemical stain removers. By using ingredients like vitamin C, glycerin, dishwashing liquid, baking soda, and hydrogen peroxide, you can handle a variety of stains with minimal effort. Always remember to test any solution on a small, inconspicuous area of the fabric first to ensure that it doesn't affect colour or texture. With a bit of patience and the right ingredients, even the toughest stains can often be removed, keeping your clothes looking fresh and clean.

## A History Of The Famous Dabba

The popularity of the pails, which were eventually compartmentalised to be able to carry more food, led to the rise of travel foods like chikki, doodh roti, khakhara, gurgoli (energy bars) and the famous chivda (to which even Queen Elizabeth took fancy). Made in different sizes, a pair or two could carry even pickle and slow-cooked dishes like the Parsi umbriyo, mutton sukke, masala channa, pickles and Oriya macho chutka and the UP Kukur rotla as well. While the metal body kept the food warm for a reasonable amount of time, the heaviness discouraged not only the robbers but also the merchants who refused to carry more than two if travelling alone.

● Bulbul Joshi

The idea of the tiffin is believed to have emerged in the 19th century and credited to the British. The history of the tiffin box, however, dates back to a much earlier time.

Mention 'tiffin,' and it's likely to lead to two different discussions: one, around the Mumbai Dabbawala and its founding father Mahadeo Havaji Bachche, and two, a shorter one on how the idea of tiffin came up, which is conveniently credited to the British. According to David Burton's *The Raj At Table*, "tiffin emerged in the 19th century." And to a large extent, Burton's theory is right. Not only tiffin, the word, but tiffin as a lunch carrier too became popular in and around the 1880s when Gora Sahib began a tradition of having a lighter snack after the (deliberate) light lunch to survive the hot weather in India. For the working Indians though, the tiffin was the lunch that they couldn't go home to.

The lunchboxes that came up in Europe, the United States and the Great Britain in the 1800s were mostly toolbox-lookalike lunch packs designed by R. J. Reynolds in Wisconsin, who stumbled upon the idea after watching kids and miners reuse their tobacco and cookie tins to pack their lunch, for safety. It was at the time (1885) when the first ekiben, a lunch of rice balls with pickled apricot, became popular in Utsunomiya Station, Japan.

But are tiffin carriers that young? While most histories of lunchboxes will help you believe so, for India, and much of South East Asia, the concept of tiffin carriers predates the Raj by a century at least.



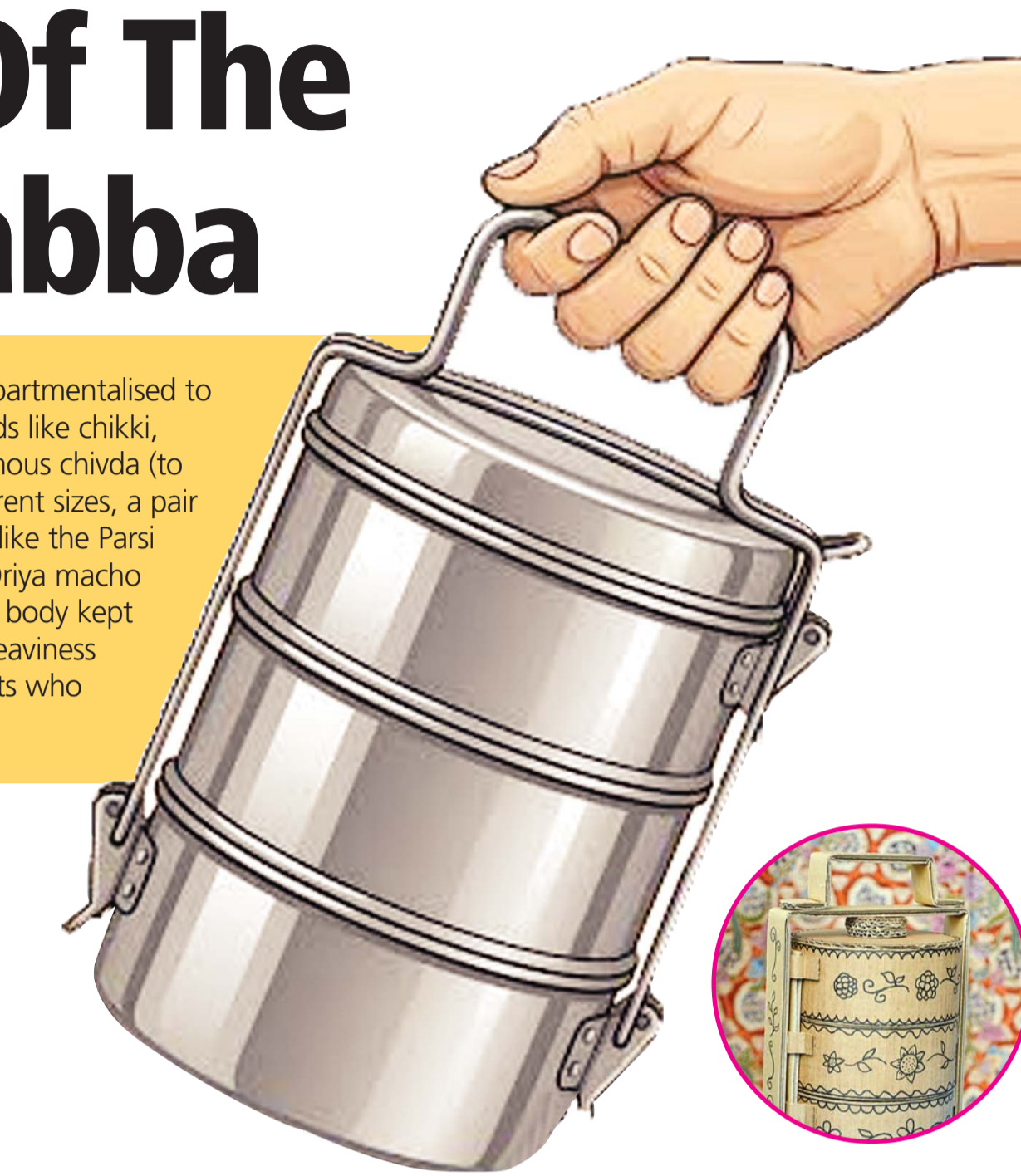
According to old Jataka tales, the invention of tiffin boxes came about from a traveller's necessity. An old tale narrates how a merchant after having sattu from his bag had left it open for a snake to take refuge. The merchant carried the snake to the nearest Sabha (rest houses during the Mauryan time) to be bitten and killed by it during a refill.

Back in the yore, animal skin or jute and cotton bags were the more preferred way to carry travel food, especially by the orthodox Hindus who didn't eat on the road. The only respite was the rest houses where they could rest their tired selves and replenish their stock. It was, in fact, the only time merchants and travellers ate a well-cooked meal. Coincidentally, the best-supplied Sabhas were closer to the city's entrance, like Taxila had one right outside its toll gate. Hence, food in a bag was not just the only option but also susceptible to thefts by the outlaw.

Whether it was the snake, the cons of food in a bag or the sheer boredom of eating sattu and dried boiled rice, the first tiffin carriers, which were heavy metals made from aluminium or brass, came from the necessity to carry edible food with safety. The merchants took to it instantly.

The popularity of the pails, which were eventually compartmentalised to be able to carry more food, led to the rise of travel foods like chikki, doodh roti, khakhara, gurgoli (energy bars) and the famous chivda (to which even Queen Elizabeth took fancy). Made in different sizes, a pair or two could carry even pickle and slow-cooked dishes like the Parsi umbriyo, mutton sukke, masala channa, pickles and Oriya macho chutka and the UP Kukur rotla as well. While the metal body kept the food warm for a reasonable amount of time, the heaviness discouraged not only the robbers but also the merchants who refused to carry more than two if travelling alone.

This is when the Bento Box, which was invented by military commander Oda Nobunga around the late 1500s to serve his men individually portioned food, reached India through the Silk Route. Made of bamboo, these boxes were great for carrying, and could accommodate quite a few things; however, for Indian-styled meals, they were highly unsuitable. The few made of metal were good to carry dry food. The other tiffin carrier look-alike that reached the shores was the Arabic Safartas. Essentially stacked boxes, one on top of the other, secured by an iron frame, it made carrying food easy. Though tedious, it was a better alternative to the heavy metals and was instantly popular among merchants on the Silk Road. Although some believe that the Safartas was inspired from the first Indian iteration of the carrier. There is another theory that the idea of the first tiffin carrier came



## #CULTURE



ness discouraged not only the robbers but also the merchants who refused to carry more than two if travelling alone.

Tiffin became the best way to carry home-cooked food. In fact, the tradition of carrying tiffin started with the Parsis, who found the eat-nap habit a waste of time and got lunch delivered to the office instead. It is said that Mahadeo Havaji Bachche began his innings as a dabbawala while delivering hot, home-cooked meal to a Parsi businessman and then Gora Sahib, and soon, his service was so much in demand that he had to employ jobless youth who knew their area from the back of their hand.

From the way food was carried in temples without spilling. The first tiffin carrier, in fact, replicated the temple style, where similar-sized pots and pans were kept on top of each other and then secured with a coil; it was the exact replica of how

milk and milk produce were stored in traditional kitchens.

The other influence came from the food servers on the port station who transported food in the same manner, and the food carriers from Mughal Kitchens who would skillfully carry a tower of pots and pans on their head without a drop spill. It is said that the tiffin carriers were a replica of these techniques but with a few tweaks, the frame, for instance, was fixed, in which similar-sized pails would be inserted. While this ensured that a complete thali could be carried at a time, the pails kept moving, leading to some spillage. This was when a friction clamp was added to the tiffin carriers. In the coming years, there were more experiments done with bottles, barnis and other utensils. An example of those experiments is the curd carrier still used by tribal women in Rajasthan to sell curd.

Curiously, the first tiffin carriers that got popular were made of brass, this may have something to do with the wide use of brass, or the fact that brass didn't add any flavour



## Plant Something Day: Growing a Greener Tomorrow

Plant Something Day is a gentle reminder that even the smallest green action can create lasting change. Observed each year in spring, the day encourages people to plant trees, flowers, herbs, or vegetables and reconnect with nature. Beyond beautifying spaces, planting improves air quality, supports biodiversity, and nurtures mental well-being. Whether it's a backyard sapling, a balcony herb pot, or a community garden, every effort counts. The day also highlights the importance of sustainable living and environmental responsibility. By planting something today, individuals take a simple yet powerful step towards a healthier planet for future generations.



to the food like iron or other metals once it's cooked. The other reason is, of course, the lightness that made carrying four to five pails secured with clams easy.

Funnily, tiffin carriers, and the food they carried, quickly became a favourite with the wealthy as well, who saw it as a convenient device to transfer food, say, to the temple. In fact, the Chettiyar community, which is famous for their elegant tiffin carriers, each of them was either enamelled or had a design carved on them, used it for taking their offerings to the temple, and getting the prasad back home.

So fond was this community of the tiffin that soon these carriers became a part of their gifts to the groom, or even to a kid starting school, albeit with a difference. The presented tiffin carriers were bespoken to the core, with a few commissioned to the Swedish enamelware companies. There's a good chance that it was the Chettiyar tiffin carriers that reached Indonesia, where it took the shape of a Rangtang. These exquisitely decorated tiffin carriers became an integral part of the Game cuisine as well. Carriers would be filled with dry fruits and snacks and given to the mahut to be carried on elephant backs during royal hunting trips. There is a possibility that the British could have first seen the interesting contraption tied to a rope on an elephant during one of these expeditions, and would be surprised knowing that it was food that was still warm, tasty and miraculously hadn't spilt.

In a manner of speaking, the queen's trash panda too was the variation of the tiffin, and could have later led to those old stainless steel and brass school tiffins that had compartments to carry more food.

What was privy to the merchants and royalty became a mass

item of use in the 1850s, with the Raj setting up offices and cities which changed the way Indians ate, there would be no lunch at home or nap after that. Tiffin became the best way to carry home-cooked food. In fact, the tradition of carrying tiffin started with the Parsis, who found the eat-nap habit a waste of time and got lunch delivered to the office instead. It is said that Mahadeo Havaji Bachche began his innings as a dabbawala while delivering hot, home-cooked meal to a Parsi businessman and then Gora Sahib, and soon, his service was so much in demand that he had to employ jobless youth who knew their area from the back of their hand. And that's how Harvard's biggest case study was born. With industrialisation, tiffin carriers became a matter of convenience to eat home-cooked food, the only difference was while the workers carried their own food, for the babus and sahibs, food was delivered fresh in tiffins that were decorated Chettiyar style.

It was with the Indians and the British that the tiffin carrier reached the rest of the world, including the iconic Raffles Hotel in Singapore, which opened in 1887, where tiffin carriers were used to serve the desi meal of Raj-style curries, kebabs and rice. And while the tiffin carrier kept changing, brass gave way to stainless steel and the Railways, on taking the dabba for serving meals inside the train, added a section for cooled water too, the one thing that didn't was the way food was filled in the pails: dry food at the bottom, curries in the middle and sukha sabzi on the top. Aside from the fact that such a buildup kept the food secure and warm, it was the secret for why food carriers never spilt food even as they sprinted towards the destination.

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## #LEGENDS

### The Inspiration For Sherlock Holmes

Conan Doyle shared the personal and professional experiences that led him to create the character who would define his career

In 1929, Sir Arthur Conan Doyle, the legendary British author best known for creating Sherlock Holmes, reflected on the origins of his most famous literary character. Sherlock Holmes, a brilliant yet eccentric detective with unparalleled powers of observation and deduction, had become one of the most iconic figures in detective fiction by then. But in a rare interview, Conan Doyle shared the personal and professional experiences that led him to create the character who would define his career.

#### The Birth of Sherlock Holmes

Sherlock Holmes first appeared in *A Study in Scarlet*, published in 1887, but Conan Doyle later admitted that he had not initially set out to create such a groundbreaking character. According to Doyle, Holmes was born out of necessity. At the time, Doyle was a young, struggling writer and physician. He had written several novels and short stories, but none had achieved significant success. The idea for a detective character came almost by chance.

"I wanted to write a detective story, but I did not know where to start," Conan Doyle revealed in the 1929 interview. He noted that his initial inspiration was the growing popularity of detective fiction, especially the works of authors like Edgar Allan Poe, whose detective character, Auguste Dupin, influenced Doyle's thinking. But it wasn't until Doyle had a conversation with Dr. Joseph Bell, a professor at the University of Edinburgh, that the true essence of Holmes began to take shape.



combined with logical reasoning, that I transferred to my fictional detective." Bell, in turn, was flattered by the comparison but often downplayed his influence on the creation of Sherlock Holmes. Despite his modesty, it is clear that Dr. Bell's methods of diagnosis and reasoning formed the basis of the techniques Holmes would later employ to solve the most baffling cases.

#### Holmes as a Reaction to Popular Characters

At the time of Holmes's creation, the detective genre was dominated by "romantic" detectives, larger-than-life characters who solved cases through intuition, luck, or supernatural insight. Conan Doyle sought to create a more realistic, scientifically grounded detective. Unlike other detectives of the era, Sherlock Holmes relied not on chance but on careful analysis of evidence and logical deduction.

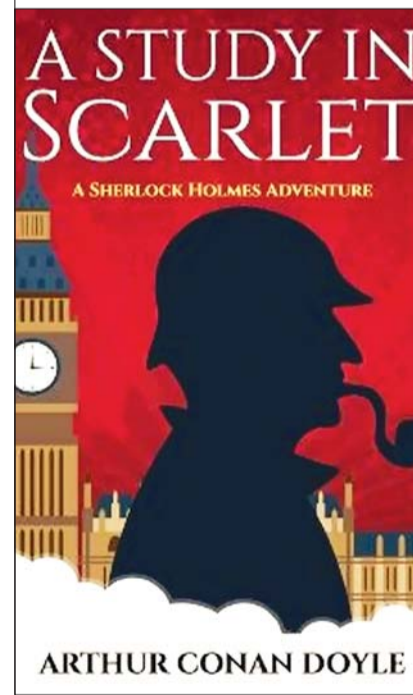
#### The Influence of Dr. Joseph Bell

Dr. Joseph Bell, who taught Conan Doyle during his medical studies, became one of the key inspirations for the character of Sherlock Holmes. Bell was a keen diagnostician, known for his extraordinary ability to deduce a patient's medical history and condition simply by observing small details, like the way a person walked, the way they held themselves, or even their mannerisms. Conan Doyle often recalled Bell's demonstrations in class, where Bell would deduce details about a patient without them saying a word. It was a skill that deeply impressed the young doctor.

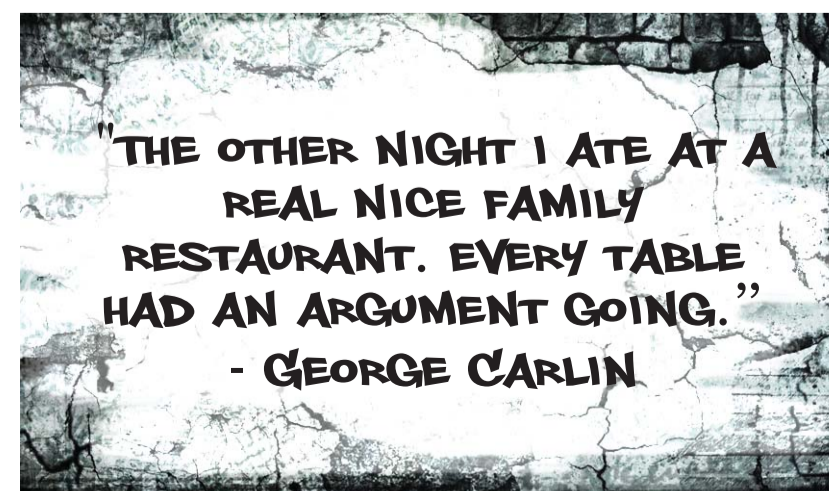
In his 1929 reflection, Conan Doyle described Bell as the "model" for Holmes's extraordinary powers of observation and deduction. "He could tell at a glance what a person's occupation was, or where they had been," Doyle recalled. "It was this keen sense of observation,

"I wanted a detective who used reasoning," Conan Doyle explained. "Holmes was the embodiment of scientific inquiry. He solved cases by carefully examining the evidence and drawing conclusions from the facts, not by relying on imagination or supernatural explanations."

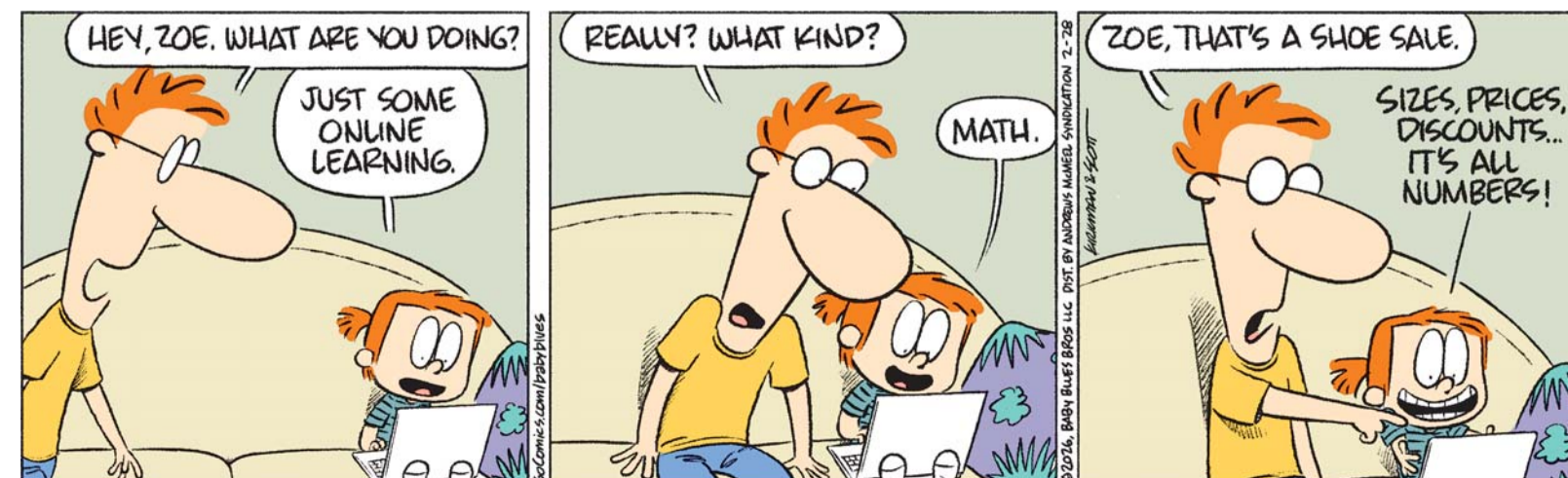
Holmes's iconic methods, his careful observation, his reliance on forensic science, and his ability to think through a problem systematically, set him apart from the other detectives of the time. In a world that was rapidly embracing the scientific revolution, Holmes was a reflection of the era's fascination with reason and logic.



## THE WALL

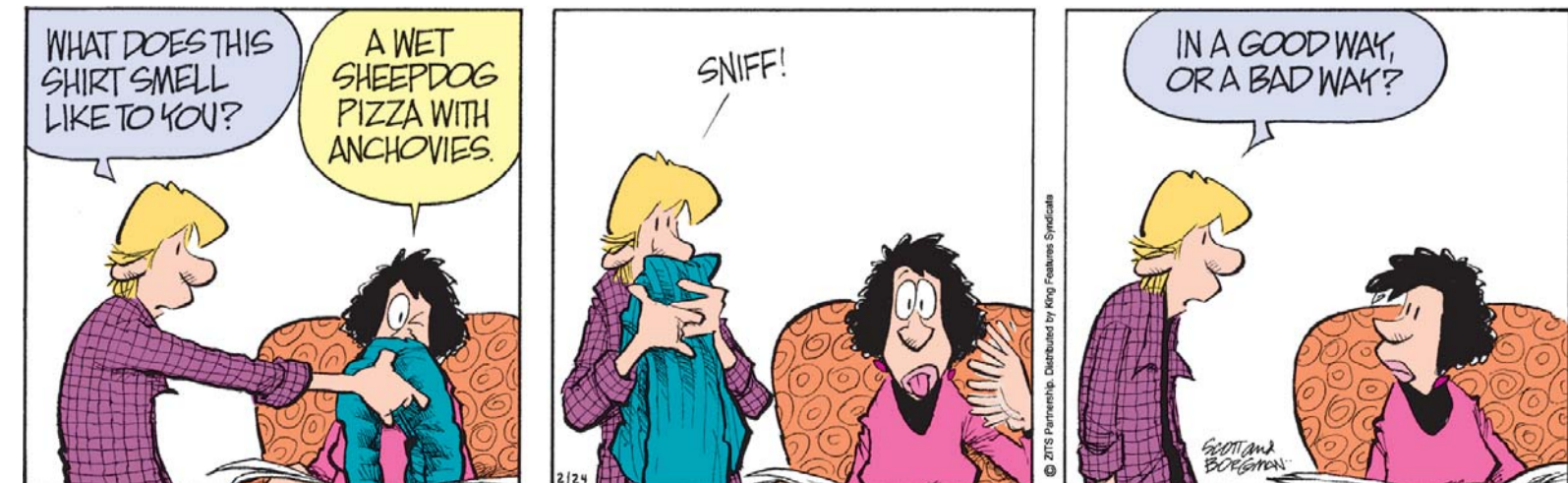


## BABY BLUES



By Rick Kirkman & Jerry Scott

## ZITS



By Jerry Scott & Jim Borgman

