



The amazing cucumber!

Feeling tired in the afternoon? Put down the caffeinated soda and pick up a glass of cucumber juice. Cucumbers are a good source of B vitamins and carbohydrates that can provide that quick pick-me-up that can last for hours. And one cup of one hundred grams juice has just 14 calories in it.

Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries for quick meals to stave off starvation.

Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumber along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles, too!



Cucumbers are renowned for their health benefits, as well as cosmetic properties. It is an excellent source of vitamin C, folic acid (unpeeled), and of potassium. The skin of the cucumber is rich in fibre that contains a variety of minerals such as potassium, magnesium and silica. Cucumber removes accumulated waste and toxins from our body. It is beneficial in arthritis since it eliminates uric acid and its juice mixed with carrot juice is good for rheumatic conditions caused by excessive uric acid in the body. People with diabetes are benefited from the consumption of cucumber or cucumber juice. Gout and eczema patients show considerable improvement when cucumber juice is taken daily. Eating cucumber helps people suffering from chest, lung and stomach problems.

Even when cooked – yes, cooked – they can be delicious. Cookbook author and New York based Indian cooking teacher Julie Sahni likes to cook cucumbers with one caveat. Never overcook them. But the main pleasure in eating cucumbers is to slice them and eat with a little salt and/or pepper.

Cucumber as a health food:

- Raw cucumber, when applied on the skin, can help reduce heat and inflammation.
- The diuretic, cooling and cleansing property of cucumber makes it good for skin.
- Fresh cucumber juice can provide relief from heartburn, acid stomach, gastritis and even ulcer.
- Daily consumption of cucumber juice helps control cases of eczema, arthritis and gout.
- Cucumber has been found to be beneficial for those suffering from lung, stomach and chest problems.
- The potassium in cucumber makes it useful for the problems of high and low blood pressure.
- Cucumber contains Erepsin, the enzyme that helps in protein digestion.
- Cucumber juice is said to promote hair growth, especially when it is added to the juice of carrot, lettuce and spinach.
- Cucumber juice, when mixed with carrot juice, is said to be good for rheumatic conditions caused by excessive uric acid in the body.
- Cucumber can prove to be beneficial for those suffering from diseases of the teeth and gums, especially in cases of pyorrhea.
- Being rich in minerals, cucumber helps prevent splitting of the nails of the fingers and toes.
- Cucumber has been associated with healing properties in relation to diseases of the kidney, urinary bladder, liver and pancreas.

Cucumber as a beauty aid:

If you want happy skin, cucumber is your answer, say beauty experts. As cucumber and the skin share the same level of hydrogen, it becomes easy for cucumber to mask all the problem areas. Cucumbers are the most wonderful and natural eye pads you can find for yourself. The puffiness and the tiredness in your eyes may just leave you, if you do this in a relaxed fashion. These natural eye pads do wonders after a long day's work.

Face pack for oily skin:

Green gram powder – 2 tps, Tomato juice – 2 tps, Buttermilk – 2 tps.

Mix all the above and apply on the face and neck, avoiding the eye area. Wash after five minutes, using cucumber juice and then water. For sensitive skin, use oatmeal powder – 3 tps, cucumber juice – 3 tps. Mix and apply on face and neck. Wash after a few minutes with cucumber juice, followed by water.

Go moist: Try cucumber water to give that instant freshness. Cucumbers should be stored in the refrigerator where they will keep fresh for several days. If you do not use the entire cucumber during one meal, wrap the remainder tightly in plastic or place it in a sealed container, so that it does not become dried out. For maximum quality, cucumber should be used within one or two days. Cucumbers should not be left out at room temperature for too long, as this will cause them to wilt and become limp.

MAHARAJA FEATURES

Parents? You must be kidding!

To my eternal regret, I have never belonged to a single club. I have never had the golden chance to make an off the cuff remark about some elite club of which I was a card carrying member and watch eyeballs pop. Club memberships continue to be an effective way of stating to the world that you have arrived, and that you are among the chosen ones. I was almost a member of a highly respectable club once, a club known for its service to society, and I say almost, because I was supposed to attend three meetings in a row. But after the first, I forgot all about it and on the other two evenings, when I should have been out there creating a good impression of myself, I was happily strolling on my evening walk, and another day, cracking up with laughter watching an episode of *Frasier*. So, I guess it doesn't take a Sherlock Holmes to deduce that I don't have an ice-cube's chance in hell of ever getting admitted into any club. Clubs are about rules and subscriptions, they are about being cordial to the other blokes at all times because you belong to the same pen. They are about feeling proud of rubbing shoulders with people who don't care about rubbing shoulders with you. They are about conforming and getting whittled down into stereotypes. Nah, I like flying solo.

But on hindsight, I guess I belong to a global club which can beat any club hollow in the sheer volume of its members, a club that demands no subscription fees, does not enforce any dress code, has bewilderingly changing rules, leaves it to you to decide if you are a worthy member and finally, the catch is... you can never get out of the club, at least not alive. No matter what you do, they won't take away your membership. That last one seems tempting enough, right? So, what is this club I'm talking about? Simple. It's the Parent Club. All of you who have brought those adorable brats into this world would qualify as members. All of you who have stayed awake nights, rinsed foul smelling diapers, followed those staggering baby steps with your handycams, band-aided scraped knees, told bedtime stories, sat stoically through parent teacher meets, banned television, banned phone talks with opposite sex, banned beer, Kurt Cobain, wept at graduation ceremonies... yes, all of you are in. You have earned this membership by your tenacity, your ability to choke back swear words, your fortitude in the face of report cards lined with screaming red ink, your insistence on their eating vegetables and brushing their teeth, and your touching optimism that your kid is actually a misunderstood Einstein.

I have only two children, but unlimited theories on parenthood. But I suspect that what is fundamentally wrong with theories is just that — they are theories. Theories are dreary, dry as dust speculations which miss the wood for the trees. Theories state what should be, rather than what is. Parenting theories pretend to lay out a map of what is actually a dark continent, a place where, as you are admiring some gushing waterfall, cannibals are creeping up behind you. Parenthood is a journey, one filled with great views, memories and unexpected perils. It is an end in itself and success in it is purely a matter of perception. If, once your brats have flown the nest, you are still standing, still sane and still have your sense of humour around you, then you've done it, mate. Welcome to the next level—the Survivor Parent Club.

The thing with parenthood is — it is a lot easier to get into than wriggle out of. Parenthood is not a job, it is an adventure. I would say parenthood is alarmingly like bungee jumping. Like this mad sport, parenthood also ties your legs with ropes. It involves a leap of faith into the unknown. It causes a hollow at the pit of your stomach and the rush of adrenaline. It also involves coming back with a whoosh to the point where you started. When children grow up and fly the coop, that is when parents come back with a whoosh to the point where they started years ago... when they were a couple and the stork was yet to visit.

It is then you realise that this parenthood stuff has a peculiar contradiction — just when you are experienced, you become unemployed. Just when you have perfected the art of outstaring your rebellious teen, that darned kid has done so well in his exams that he has relocated to another city and is out of reach. And talk about the fool that cuts the tree it sits on. You raise your kids with the loving attention to detail of a Swiss watchmaker, brick by brick you build their career, and *voila!* They are



3rd eye

Indrani Raimedhi

gone, and there is no one to heed your advice, hear your silly jokes, tussle with you for the TV remote and laugh at your dress sense.

The transition from Parent Club to Survivor Parent Club occurs just when children fly the nest. Talking from experience, let me tell you that you get actual withdrawal symptoms. When I came home from the airport after the younger one, too, had left, I got the weepies which lasted almost a year. The first thing that hit me was the silence. Thick, impenetrable silence. No Dire Straits playing on the music system. No fridge door banged shut and hour long phone conversations. No teen friends with fingers pressed long and hard on the calling bell. No tap-water pouring out of a full bucket, forgotten. No stereophonic yells for Coke and Spanish omelettes and french fries and clean vests and towels. I wanted all that noise back. In retrospect, they were sweeter music to my ears than Beethoven's *Fur Elise*.

Being a sentimental fool is part of the deal when you are a Survivor Parent Club member. I am no different. I have my children's smiley balls, cricket bats, slam books, birthday cards, Charlie Brown comics, GI Joes and all the paraphernalia of their childhood around me, drawing comfort from them as they awaken memories. Of course, I use the bats to open the ven-

tilators, and I also stumble over them in the dark and utter unlady-like imprecations which will no longer comfort my absent offspring. After the weepies and sentimentality, you are hit with the next aspect — you suddenly have nothing to do. You don't have to set the alarm at five

So, when you graduate to Survivor Parent Club membership, you need a crash course on long distance parenting. This is a course which clearly doesn't involve outstaring your progeny, considering their distance from you, nor is a raised voice going to do the trick. Long distance parenting consists of asking all the right questions to ferret out information, listening to their voices to measure the exact state of their health, cautious enquiries about classes, logical, persuasive pleas to stay away from hotel food, tipping friends and sundry nuisances, and a last desperate exhortation not to stay up all night. These phone calls (almost always from your side, missed calls from theirs) is the last vestige of your claim over them. You know they will do exactly as they please, and will not even remember what you look like when they knock back that chilled Foster. But your call gives you the pious satisfaction of knowing you have done your duty.

I end with a note of warning. Your final, ignoble descent from parent status is when your kids have the gall to actually parent you. We are sternly admonished if we take a night out to gorge on *biryani*. I am wittingly told to switch from fiction to more realistic reading material (ugh!). When junior comes visiting, I scurry around hiding my salty snacks, books on crime and certain shades of lipstick. My other half staggers home pretending he has returned from a marathon walk. We both are on our best behaviour when they are here. And, when they leave, we are back having dinner in front of TV, doing all the things we once forbade them to do, including leaving the toothpaste tube uncapped. We are feeling absurdly liberated, something very close to fun. Giving up the reins of parenthood doesn't seem so bad, after all.

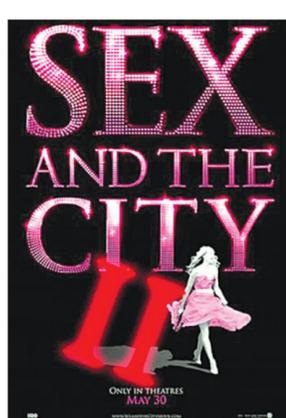
With the loss of authority also comes the dissolving of your structured daily routine. Suddenly, you can do anything you like, go anywhere you like. You can also have nice, full-fledged fights with your spouse without trying to lower your voices and fake a false sense of cordiality when you are actually dying to get at each other's throats. But do you fight now, when you are demoted to being a parent in exile? Oh no, you are so miserably together that the thought of even passing a malicious remark doesn't cross your

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Sex and the City 2

Cast: Sarah Jessica Parker, Kim Cattrall, Kristin Davis.
Director: Michael Patrick King.

The fun, the fashion, the friendship: *Sex and the City 2* brings it all back and more as Carrie (Sarah Jessica Parker), Samantha (Kim Cattrall), Charlotte (Kristin Davis) and Miranda (Cynthia Nixon) take another bite out of The Big Apple—and beyond—carrying on with

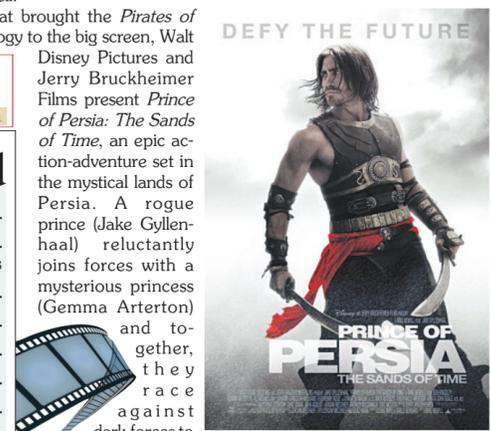


their busy lives and loves in a sequel that truly sparkles. What happens after you say "I do"? Life is everything the ladies ever wished it to be, but it wouldn't be *Sex and the City* if life didn't hold a few more surprises...this time in the form of a glamorous, sun-drenched adventure that whisks the women away from New York to one of the most luxurious, exotic and vivid places on earth, where the party never ends and there's something mysterious around every corner. It's an escape that comes exactly at the right moment for the four friends, who are finding themselves in—and fighting against—the traditional roles of marriage, motherhood and more. After all, sometimes you just have to get away with the girls.

Prince of Persia: The Sands of Time

Cast: Jake Gyllenhaal, Gemma Arterton, Ben Kingsley.
Director: Mike Newell.

From the team that brought the *Pirates of the Caribbean* trilogy to the big screen, Walt Disney Pictures and Jerry Bruckheimer Films present *Prince of Persia: The Sands of Time*, an epic action-adventure set in the mystical lands of Persia. A rogue prince (Jake Gyllenhaal) reluctantly joins forces with a mysterious princess (Gemma Arterton) and together, they race against dark forces to safeguard an ancient dagger capable of releasing the Sands of Time - a gift from the gods that can reverse time and allow its possessor to rule the world.



MOVIE WATCH
Vikram Barkataki

TOP 10 Hollywood

- Shrek Forever After
- Sex and the City 2
- Prince of Persia: The Sands of Time
- Iron Man 2
- Robin Hood
- Letters to Juliet
- Just Wright
- Date Night
- MacGruber
- How to Train Your Dragon



"Mirror, mirror on the wall, who's the fairest of them all if you dim the lights and squint?"

"Actually, I'm 55 years old. It takes a lot of work to look this young!"

"Moisturizer isn't enough to keep me looking young, so I bought some press-on pimples."

"Don't worry about wrinkles. Basset hounds have wrinkles and people think they're adorable!"

"The commercial says that men love longer, thicker lashes!"

FORECAST JUNE 7 - 13, 2010

ARIES (MAR 21-APR 19)
Activity and avidity are key themes on Monday and Tuesday, but Wednesday and Thursday are defined by roadblocks. You don't mind an obstacle, though. Friday and Saturday, communication is crucial. Sunday is best spent in a hammock.

TAURUS (APR 20-May 20)
On Monday, you don't have to accept the first offer that comes your way. On Tuesday, as much as you may want to race ahead, pace yourself. Wednesday and Thursday are beautiful days, marked by luxury, happiness and amusement. Friday will mostly be wasted time. On Sunday, tell someone how you feel — how you really, really feel.

GEMINI (MAY 21-JUN 21)
On Monday and Tuesday, you are surrounded by intelligent people, and inspire them to greatness. Wednesday and Thursday are full of examples of what can go wrong with a project. On Friday, you're meeting a lot of people, and your current quandaries give you something to talk about. You're nothing if not social on Saturday, and Sunday is a day of real progress.

CANCER (JUN 22-JUL 22)
A new project is not always the best way to solve an old problem. It may just create more work. And the chemistry in your workplace is off on Monday and Tuesday, further complicating everything. Wednesday and Thursday are weird and cloudy, and Friday finds you strangely torn between friends whom you adore. This weekend, you may not feel like doing anything more than sticking around the house and chilling out. You're your own best company.

LEO (JUL 23-AUG 22)
It doesn't really matter what you do at the start of the week — you're going to have a good time regardless. Wednesday and Thursday will be interesting, but not in ways you like. But Friday, you'll get to go to a lecture that taxes your brain in beautiful ways. Saturday is social, but Sunday is all blankets and pillows.

VIRGO (AUG 23-SEPT 22)
If there's a pizza in your life on Monday, don't dawdle when it's time to take your share. On Tuesday, there's tension between you and your coworkers, but by Wednesday, you've turned that on its head, thanks to the force of your personality. Midweek, you're compatible with others. And, when you join forces with someone on Thursday, you two can do anything. Friday and the weekend require you to be in constant communication with others.

LIBRA (SEPT 23-OCT 22)
The world is a two-person show at the start of the week: You and you-know-who. The middle of the week is almost entirely about beauty, and the end of the week is about harmony, companionship and kindness. You are virtuous this week, or at least you aspire to be. Sunday brings out your deepest emotions.

SCORPIO (OCT 23-NOV 21)
Your health is your top concern at the start of the week. However, no matter what you do, Wednesday and Thursday will likely be defined by opposition. Friday and Saturday, money will figure strongly in your life, although good luck won't. Sunday will be intellectually rewarding.

SAGITTARIUS (NOV 22-DEC 21)
The wide-eyed energy of childhood defines Monday or Tuesday. Wednesday and Thursday, your focus should be on small personal issues, but Friday and Saturday are full of big ideas. On Sunday, make a fort with your couch cushions, crawl in with a magazine or some headphones and don't come out for anyone.

CAPRICORN (DEC 22-JAN 19)
As much as you'd like to charge into the week with the confidence of an ox, you're feeling much more like a worried sheep. Stability is a major preoccupation on Tuesday. Your mood doesn't lift until Wednesday, which is marked by romance and relaxation. Thursday is a stellar day. Friday and Saturday move at breakneck pace. On Sunday, find a relaxing place to catch your breath.

AQUARIUS (JAN 20-FEB 18)
Monday is a museum of amusements, and by Wednesday, you're swimming in a swarm of discoveries. Thursday is full of learning, but there's nothing academic about Friday. On Saturday, you get to show off your impressive communication abilities. The skills you need on Sunday are manual: A few things need fixing.

PISCES (FEB 19-MARCH 20)
On Monday and Tuesday, even holding a lantern out in front of you won't help you see things better. Consider keeping the lights dim on Wednesday, too. Flowers, poetry and clever stationery figure on Thursday, but Friday and Saturday are less floral and more frantic. Sunday will be fun and regenerative.