



JULY 17-23, 2009

# Friday



## Manga season

Fashion inspired by the Japanese art form **46**

## ■ COOKERY

### Absolute kitchen essentials

A good kitchen is all about the right tools. Pam Anderson, author of *How to Cook Without a Book*, offers her list of top essentials for an efficient kitchen:

- Spring-action tongs, one of the most useful utensils. Use them to stir, toss, serve and turn. The cheaper and more lightweight, the better. No Teflon tips or locking mechanisms. (If you want them closed, use a rubber band.)
- Wood cutting board that won't skid.
- Decent chef's knife.
- Paring knife. Buy one good one and take care of it. Or pick up a few cheap ones and replace them as they dull.
- Vegetable peeler. Some prefer the peeler on the top; others like the blade on the side.
- Nested mixing bowls. Preferably microwave-safe, so you can heat or melt and mix in the same bowl.
- Wooden spoon. Cheaper is better.
- Silicone spatula. If your budget allows, pick up a couple of different styles and sizes in fun colours.
- Whisk. If you can afford only one, get a medium size. Otherwise, add a small one to the cart.
- Small and medium non-stick skillets. Make sure they've got a little heft and oven-safe handles. You can make an omelette, fry an egg and saute a couple of chicken breasts.
- Medium saucepan, with a handle that stays cool during cooking.
- Large pot for boiling pasta or making soup.
- One set each of measuring cups (for dry ingredients) and measuring spoons.
- Two-cup Pyrex measuring cup. For liquid ingredients. You can get other sizes too.
- 13-by-9-inch pan. You'll eventually want a roasting pan, but for now this one works for baking a cake or a small roast.
- Rimmed baking sheet. For baking pizza and cookies and roasting vegetables.
- Box grater. Make sure one side is a zester.
- Colander.
- Five- to six-quart enameled cast-iron Dutch oven. The only big-ticket item on the list. This pot is great for making stews, braises, pasta sauces and soups.

— Los Angeles Times-  
Washington Post News Service

## ■ SHAWARMA FOR THE SOUL



### A green message

The quickest way to reach the core of a child's being is through effective and dramatic storytelling. Norwegian journalist and author Elizabeth Lingjaerde used this device to convey her passion for saving the environment in her book, *The Tale of Tellus: A tale of wisdom for environmental awareness*.

Written in simple, everyday English, the book is about four children who are chosen by their communities to venture into the metaphorical dark world of the anti-environment dragon in order to re-capture the vanishing environmental landscape of their country.

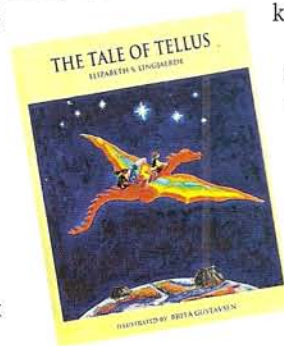
Lingjaerde has deliberately used children representing different cultures as the heroes of this story. She utilises powerful symbols representing various cultures in a way that is comprehensible to all.

In fact, even adults who've read this book felt that children can

teach them a thing or two about saving the environment. Lingjaerde wrote the book for her own children and says, 'At times, they helped me write sections of the book!'

It may have taken five years to write *The Tale of Tellus* but its success is here to stay. So how did the idea of the book come about? She says, 'I have always lived close to nature and in recent years it has been my growing concern that people live more detached to it. I have supported environmental organisations in Norway like Bellona, but it has always been my dream to write a fictional story that addresses key environmental issues.'

'Living in Dubai has increased my concerns as I see the vulnerable desert and the ocean



**Elizabeth Lingjaerde**, the author of children's book *The Tale of Tellus*, feels children need to be made aware of the environment from an early age.

## Sitting pretty

For those investing in their first sofa, US-based designer Shazalynn Cavin-Winfrey has a few tips to offer:

- Choose a sofa that has great overall frame construction. It is important to keep the following elements in mind:
  1. Hardwood frame,
  2. Blocked corners (wood reinforcements placed during assembly),
  3. Double-doweled joints (here pieces are joined with wood pegs, which expand, as opposed to only being screwed together which causes the wood to split over time),
  4. Eight-way-tied spring support (coils are tied from front to back, side to side and diagonally).
- Buy the best cushion fill you can afford. The ideal one is a seat made of spring down (springs wrapped in foam and goose down) with a back cushion filled with 100 per cent down. Foam cushions always lose their shape, and since the sofa is likely to be a bed for guests, you'll want it to stay comfortable.
- The style of a sofa should be timeless and classic.

— Los Angeles Times-  
Washington Post News Service



altered by people's lack of responsibility. It is heart-breaking to see the desert full of litter and camels choking from eating plastic. I remind my children that one does not have to impose the excesses of urban living on nature in order to be a part of it. Surely we can learn to cope with the natural elements the way our ancestors did."

Through the book, one gets a feeling that Lingjaerde is aware of a lot of global environmental issues. "I read and travel a lot, and have lived in the US, Greece, Indonesia and now Dubai. It has been my goal to learn the language of the place I have lived in as well as to integrate into the community. I am a curious person by nature. I believe every person has a unique story to tell and unique knowledge to share."

As always, effective illustrations and artwork are important to convey the essence of a story to its readers and Norwegian artist and illustrator Brita Gustavsen demonstrates this well. The partnership between Lingjaerde and Gustavsen for this project seems to have worked out quite well.

How did their friendship begin? Says Brita, "We met through our husbands here in Dubai, and we have common friends in Norway.

Elizabeth was also the publisher, and together we went through the printing process, quality control of the colours and outcome of the illustrations." Gustavsen is not new to the art scene. She has had her artworks displayed at Dubai's Town Centre, Elements Café in Wafi City, Bur Juman Centre, Art Bay Café as well as Abu Dhabi's Marina Mall. (She has moved back to Norway). This

may have been Gustavsen's first attempt at book illustrations but she has done them with ease.

She recalls, "Elizabeth told me about her desire to translate the book into English from Norwegian. I felt my style of painting would complement her story and taste so I volunteered to illustrate the book.

"I found the story very interesting because of those four children from



**Norwegian artist and illustrator** Brita Gustavsen created the illustrations for Elizabeth's book.

different cultures and lands who are chosen to solve the environmental problems that their lands are facing. It may be fiction but one that contains old wisdom from different cultures from all over the world.

"Also I liked the story because it is about nature and people. I like to paint from my imagination but with elements and objects from nature serving as inspiration."

So far the duo has been pleased with the outcome of this book. Lingjaerde is keen on selling this book mainly through schools across the UAE.

What would be the next best thing to happen? Lingjaerde's eyes light up as she says without hesitation, "To get someone in the movie industry to make

a movie of it, either a feature film or an animated film. That would be fabulous. That's my big dream."

*The book is available at Bookworm and Emirates Hills Town Centre in Dubai, at [www.ARTE.ae](http://www.ARTE.ae) and Jashanmal in Bahrain. You can contact Elizabeth on [elingjaerde@gmail.com](mailto:elingjaerde@gmail.com) and Brita on [britagu@gmail.com](mailto:britagu@gmail.com)*

— Preethi Janice D' Sa is a Dubai-based freelance writer

**'I've always lived close to nature and it has always been my dream to write a fictional story that addresses key environmental issues.'**