

RECIPE

Garlic Bread



Ingredients
2 pieces baguette
10 cloves minced garlic
250 gm butter
1 handful finely chopped mint leaves

Method:
To make this delicious Garlic Bread recipe, take a glass bowl and add the chopped mint leaves (keep some aside for garnishing), butter and minced garlic in a bowl. Mix all the ingredients properly.

Now take both the baguettes and cut them into 15 to 20 slices. Make sure that you don't cut them entirely and their base is still intact.

Now, with the help of the spoon or knife, spread the prepared butter mixture on every slice. Once it is properly coated, take a foil and wrap the baguette in it.

Keep this on a baking tray and place it inside a pre-heated oven at 200 degrees Celsius.

Check after 5-6 minutes and remove the foil. Then, place the garlic bread back into the oven and bake until crisp. It will take around 5-6 more minutes.

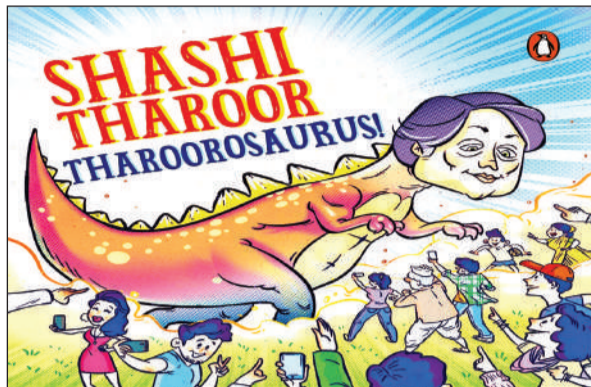
Once done, remove the garlic bread from the oven and cut it into individual slices. Now, garnish the bread with mint leaves and serve this scrumptious bread with a dip of your choice.

Tips
You can also use a combination of any other herbs such as thyme, basil or rosemary to flavour your garlic bread.

For enhancing the taste, you can grate some mozzarella cheese and sprinkle chilli flakes over the warm garlic bread slices just before serving!

BOOK REVIEW

Tharoorosaurus



Title: Tharoorosaurus
Author: Shashi Tharoor
Genre: Non fiction
Publisher: Penguin Books
Pages: 336
Price: 399 INR

REVIEW: Tharoorosaurus' is politician and author Dr Shashi Tharoor's latest book and it's quite a change from what he usually writes.

It is a vocabulary book, with interesting words from every letter of the alphabet. Tharoor has gained the reputation of using long obscure words and so he uses this book to share words, both long and short, with those interested in language.

The book has 53 words with definitions and the history of the word and even an Indian context in some. The extra details and choice of words are what make this book unique. Some are words he's used earlier in tweets, so big fans of Tharoor will already know them and some are actually common words but their history gives them a new meaning.

The book is great for linguaphiles of any age and good for anyone who needs to understand the beauty of language and the way it constantly evolves.

GADGET REVIEW

Xiaomi Mi Notebook 14



Expected Price	Rs 43,999
Display size	14.00-inch
Display resolution	1920x1080 pixels
Touchscreen	No
Processor	Core i5
RAM	8GB
OS	Windows 10 Home
SSD	256GB
Battery Capacity	10 Hrs
Weight	1.50 kg
Bluetooth version	5.0
Web Camera	Yes
Pointer Device	Touchpad
Touchpad	Yes
Internal Mic	Yes
Speakers	Stereo Speakers
USB Ports	3
HDMI Port	Yes
Headphone	Yes
Mic Jack	Yes
Colours	Silver

Pros

- * Good work-related performance.
- * Bright and vibrant display.
- * 10 hours of battery life on moderate use.

Cons

- * Poor trackpad construction.

VEHICLE REVIEW

Renault KWID Climber



Starting Price	Rs. 4.95 Lakh
Fuel Type	Petrol
Engine Displacement	999 cc
Max Power	67bhp@5500rpm
Max Torque	91Nm@4250rpm
Seating Capacity	5
Transmission Type	Automatic
Boot Space	279 L
Fuel Tank Capacity	28 L
Body Type	Hatchback
Front Brake Type	Disc
Rear Brake Type	Drum
Seating Capacity	5
Ground Clearance	184 mm
Power Steering	Yes
Power Windows-Front	Yes
Power Windows-Rear	No
Adjustable Steering	No
Central Locking	Yes
Anti-Theft Alarm	No
No of Airbags	1

Pros

- * Nice interior and exterior looks.
- * Ride quality of this car is good.
- * Good performance and gives good Mileage.

Cons

- * Don't have good build quality.

Health and Lifestyle

Vitamin D toxicity: What are the side effects and how to prevent it



The Sun is the greatest source of vitamin D, which is available to us in abundance. Even then, a large majority of people are deficient of this essential mineral and thus, they rely on supplements to meet the daily body requirements. This process of piling up of nutrients leads to vitamin D toxicity.

Vitamin D toxicity, as known as hypervitaminosis D is caused due to high intake of Vitamin D supplement. This happens because hormones control the absorption of vitamin D from the Sun, and the amount of the nutrient present in the foods is too low to cause danger.

Just like the low intake of vitamin D is bad for health, the presence of an excessive amount of this nutrient in the body can also be dangerous.

The importance of Vitamin D

Vitamin D is necessary to regulate the amount of calcium and phosphate in the body. Deficiency of this vitamin may lead to several health concerns like loss of bones, weak muscles, rickets and osteoporosis. To prevent these diseases, it is crucial to obtain the daily recommended amount of Vitamin D.

Vitamin D2 and Vitamin D3 are the two commonly available supplements of Vitamin D. D2 occur in plants, whereas D3 is produced in response to sun exposure and is found in animal products. D3 is considered better as compared to D2, but prolonged intake of the nutrient may lead to Vitamin D toxicity.

RDA for vitamin D is 600 international units (IU) per day for young adults and 800 IU per day for adults older than 70. If the level goes up above 150 ng/ml (375 nmol/l) it leads to vitamin D intoxication. Here are 4 common side-effects of Vitamin D intoxication:



Bone loss

Sufficient intake of Vitamin D is essential for bone health. But too much of the nutrient in the body can lead to low levels of vitamin K2 in the blood. Vitamin K2 also has a major role to play in maintaining bone health. To avoid bone loss Vitamin D supplement should be taken in a normal amount.

Nausea and vomiting

Nausea and vomiting are other common symptoms of Vitamin D toxicity, which is also caused due to a high level of calcium in the blood. However,

these symptoms are not commonly experienced by all the people dealing with high calcium levels in the blood.

High calcium in the blood

Too much vitamin D in the body can increase the amount of calcium in the blood. This can lead to deposition of calcium on tissues and skin and can also affect the bones. High blood pressure, bone loss, kidney damage, fatigue and dizziness are common with a high level of calcium in the blood.

Kidney failure

High doses of vitamin D in the blood will also put unnecessary pressure on the kidneys. Our kidneys are responsible for excreting waste from the body. Excessive vitamin D makes them work harder and further damages them with time.

The bottom line

Try to get the maximum amount of Vitamin D from natural sources like the sun and foods. If the level of Vitamin D is too low in your body then you may require supplements. However, do not take supplements without consulting your doctor and keep your dosage in check. Even too much of good things can prove to be chronic for your health.

ASTROLOGY

WEEKLY PREDICTIONS 27ST - 03RD OCTOBER 2020

ARIES
MAR 21 - APR 20

Your relationship equations with people within your family and those with whom you are close, will remain on a beautiful note. You will be able to spend a very pleasant time with your family. You will have an opportunity to gain a major financial deal during this week. You will be presented with several opportunities to gain a substantial amount of money.

LIBRA
SEP 24 - OCT 22

You will be able to spend a very pleasant and enjoyable time with everyone that is close to you during this period. You are advised to take very good care of your younger siblings. Habitual expenses and expenses related to your family are seen increasing. Despite your efforts, you may not be able to save as much money as you would want to.

TAURUS
APR 21 - MAY 20

The week does not seem to be very favorable for married couples. They will not be happy because of an indifferent attitude shown by their partner. Planetary influences indicate that you will need to work very hard to increase the inflow of money. Besides your regular income, you will be presented with several opportunities to earn money. Salaried employees will be brimming with enthusiasm.

SCORPIO
OCT 23 - NOV 22

Singles will want to commit to their partner for a long time to come. We advise you to make maximum use of this week and be as honest as possible with your partner. Around midweek, you will be presented with an opportunity to gain a major financial breakthrough. This will enable your financial situation to strengthen substantially.

GEMINI
MAY 21 - JUN 20

Some of you with an extended family will remain negatively stressed due to some issue within the family. You may not be able to resolve the issue to preserve harmony, at least as of now. Think twice before making any major financial decisions. Do so only after considering all the pros and cons associated. No major financial gains are envisaged.

SAGITTARIUS
NOV 23 - DEC 22

You must be lenient with your approach. Start working upon your anger issues to enjoy a pleasantly romantic time with your partner. Do not raise issues related to petty matters. Expenses related to your family will substantially increase during this period. Always keep enough contingency funds available to tackle any emergencies. No major accidental expenses are foreseen during this week.

CANCER
JUN 22 - JUL 23

An intelligent and timely move will help increase your financial inflow substantially. This will fill you up with positivity and enthusiasm! You will remain motivated to keep trying for more financial gains. Those in a serious relationship will be under constant pressure from the elders of their family members to get married as soon as possible. Salaried employees will feel constantly insecure.

CAPRICORN
DEC 23 - JUL 20

Planetary influences can create a lot of differences of opinions with your partner with regards to future planning. Singles will remain very agitated and angry in this regard. Inflow of funds will substantially increase for you. There is a possibility of spending some money for renovation or repair work of your residence. No major expenses are envisaged for you.

LEO
JUL 24 - AUG 23

Married couples will be seriously stressed due to various happenings and misunderstandings in their married life. Unfortunately, there does not seem to be any way out of it, at least as of now. Your twelfth house is linked with expenses and losses. Two major planets are negatively influencing this house very strongly. You must have enough contingency funds available to deal with emergencies and unexpected expenses.

AQUARIUS
JAN 21 - FEB 23

Singles are going to fall in love with someone who has come to stay in the vicinity. The person has come here from abroad and has settled here for good. Do not take any undue risks. Adopting shortcuts and unethical practices of earning a quick buck will only end in a financial disaster later on. Always be on the good side of the law.

VIRGO
JUL 24 - AUG 23

You will need to keep a check over your temper tantrums and be considerate towards everybody. This will help you maintain harmony within your relationship equations, which, in general, do not seem to be very promising. There is a distinct possibility that you will spend a lot of money purchasing items of luxury and personal pleasure.

PISCES
FEB 20 - MAR 20

Your well-wishers and elders within the family will pressurize you to get married as soon as possible. As a matter of fact, even your partner will insist for the same! A lot of hard work will be required to increase your financial inflow. You will be presented with an excellent opportunity to earn money somewhere around the mid-week.