

# Daily Stuff

An Online Magazine for Life Hacks

Version: 1 Vol. 4/2012

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***Also Inside:* Home remedies for piles,  
making Facebook better, choosing dining  
table and more life hacks!**

# From Editor's Desk

We already blog at DailyStuff.org but we are taking another initiative to launch our own online magazine for life hacks. With a huge success of DailyStuff.org, we have hope that people have started loving life hack tips and tricks and so, we will be publishing online magazine that will be monthly! This edition will have some various articles on how to charge your iPad through unconventional source of energy that is Solar energy. Moreover it will also feature articles like how to treat piles at home itself and tips shared by Austrailian kitchen designer regarding how to choose a perfect dining table of your choice.

Moreover we are also bringing in articles to help you choose vegetables for buying. This will be dummies guide and people with no experience can really understand how to choose proper vegetables for buying. There are more articles as well.

Do give your feedback at [chintakdholakia@gmail.com](mailto:chintakdholakia@gmail.com) regarding this first issue! We are also looking for articles for next month's edition. Do send in yours in the above mentioned email id.

Thank you!



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# Internet and You

## Facebook Bans Users with Word Ch\*\*\*\*\*

Finally, Facebook bowed down to some un-rational demands of Government of India (rather Kapil Sibal) and has started blocking Facebook accounts with various Hindi slangs but one interesting thing has come up recently due to Facebook ban. Thousands of real profiles have been deleted by Facebook carrying the surname Chutiya. They all belong to a small community in Assam called Chutia community (Pronounced as Sutiya). Facebook blocked it because word is a commonly-used derogatory term in Hindi. They didn't know that there is a community settled in Assam with the surname carrying that derogatory term. The students' organization also decided to burn an effigy of the social networking site in the five upper Assam districts of Tinsukia, Dibrugarh, Sivasagar, Jorhat and Golaghat on Monday and demanded public apology from the social networking website for their action. Lets see what Wikipedia has to say:

***Sutiya Kingdom : The Chutiya kingdom (pronounced sutiya) was established by Birpal in 1187 in northeastern Assam, with the capital at Sadiya. The Sutiya are an indigenous ethnic group that speak a Tibeto-Burman language. According to tradition, Birpal at first became the chief of sixty families.***

That is so stupid of Facebook as they banned without verifying details of profiles. I would like to add that Kapil Sibal, for his political interests is busy playing around with freedom of speech of citizens of India and Internet. First it was capping SMSes, now its Internet. This is unreasonable! Lets speak up against it!



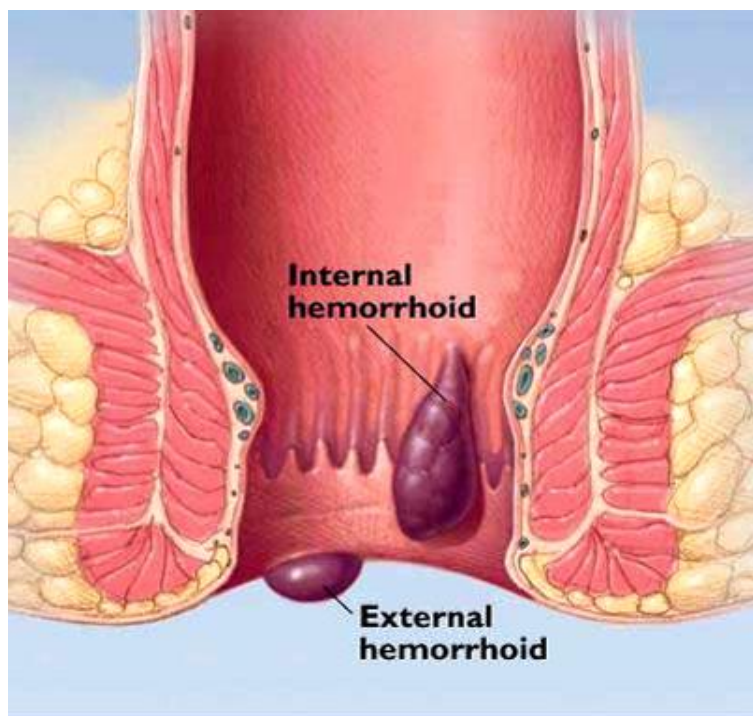
Tip

***"Use Social Fixer Addon/Extension  
to use Facebook Better"***

Available for Chrome, Mozilla Firefox  
and Opera

# Health and You

## Home Remedies For Piles



Number of people suffer from piles or hemorrhoids. Piles are essentially a condition that results due to the swelling of veins in and around the rectum. There are two types of piles; internal piles – where the swelling is located inside the anal passage and can be felt rather than seen; external piles – where the swelling is easily visible because they are located just outside the anus. Internal piles cause the discharge of dark colored blood whereas external piles are extremely painful with little or no blood discharge. Constipation or forcing out stools could lead to the rupture of the veins and this results in bleeding piles. This will cause internal bleeding or external bleeding, depending on the location of the rupture.

### 1) The Use of Dry Figs in the Treatment of Piles

Use hot water to clean three or four figs and then soak them overnight. Eat the figs next morning and drink the water in which they were soaked. It is beneficial if you eat the figs in the evening as well. This effective piles home remedy must be repeated for at least three to four weeks. The figs contain tiny seeds that stimulate the peristaltic movement in the intestines. This causes a bowel movement thus keeping the alimentary canal clean. This is one of the most effective home remedies for piles as it alleviates the pressure on the anal region and the hemorrhoids begin to contract. Therefore in order to get rid of piles, constipation must be avoided at all costs.

### 2) The Use of Mango Seeds to Treat Piles Disease

Mango seeds seem to be an effective cure for piles. The seeds must be properly dried, powdered and stored in a clean, dry place. One or two teaspoons of this powder must be consumed two times a day. You can use this natural piles treatment at home to reduce the swelling and inflammation which will consequently reduce your pain and discomfort.

### 3) The Use of Yam or elephant yam

Yam seems to be a very effective cure for piles. 200 gms of yam a day will help reduce the swelling of the external piles and help get rid of constipation. Take yam in any form such as deep fried yam in ghee is best or boiled yam with jeera or yam kheer. Yam taken in any form will help

### 4) The Use of Radish in the Treatment of Piles

White radish helps alleviate the symptoms of piles. Consume a mixture of 100 mg of grated white radish and a teaspoon of honey, or drink the juice of this vegetable twice a day, about 60 to 90 ml. This piles home remedy can be used as an external medication as well. Make a paste of white radish mixed with milk and apply it on the affected area to experience relief from the swelling and the pain.

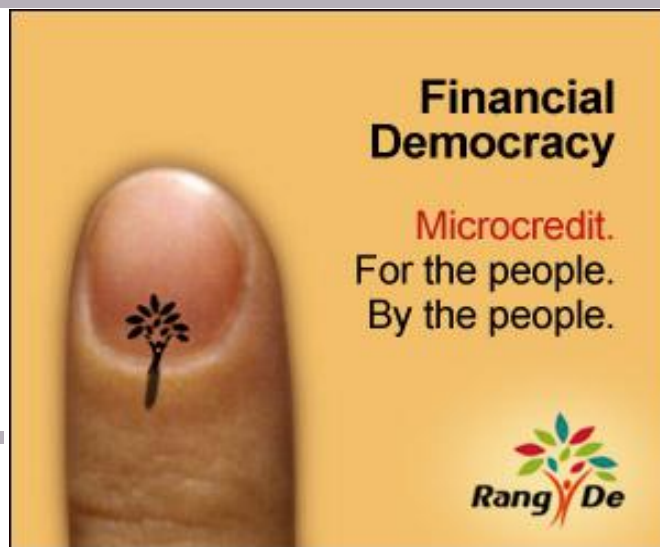
### 5) Piles Treatment Using Onion

Onions are valuable in bleeding piles. About thirty grams of this vegetable should be finely rubbed in water and sixty grams of sugar added to it. It should be taken twice daily by the Patient. It will bring relief within a few days. Onion is also useful in the treatment of dry piles. A crushed onion, skinned and roasted in aches, may be applied with beneficial results.

# Cover Story

## Charge your iPad via Solar Energy

### Technology that helps You



Experiencing troubles of frequently charging your iPad?? Don't worry. This technology dependent world has solutions to number of such problems.

This time its the new Lilypad that comes to rescue your Apple iPad.

It converts the solar light into energy required for the iPad to charge Lilypad is very similar to a normal iPad case, but utilizes "solar ink" technology to continually charge it on the go for up to 12-14 days in typical lighting conditions. While its most crucial feature is its solar charging capabilities, there are other notable and infact very impressive specifications that makes Lilypad worth buying.



These includes built-in iPad-compatible HDMI output as well as USB Power out for charging other devices such as camera and cellphones. The case also allows you to pop up your device by 15 degrees for typing or a in "movies stand" position for reading and watching videos.This feature is really helpful friends. Another standout feature of the Lilypad is the "Whistle-Locator". Suppose you left your iPad somewhere and you simply don't remember where you kept it. All you need to do is to "whistle" and the case will audibly respond to your whistle, thus helping you locate your iPad. Amazing !!

The company has used 80% of recycled materials to make the product. It is coated with soft rubber and made of thermoplastic polyurethane (TPU) for shock absorption.Its sales is expected to start by Mid-October and the price is estimated to be, kind of \$165 initially.

Get more familiar with the Lilypad solar charging iPad case. **Visit [www.lilypadcase.com](http://www.lilypadcase.com) for more information!**

# Daily Hacks

## HOW TO : Choose Vegetables For Buying [Dummies Guide]

Hello, here we give a dummies guide to choose vegetables for buying. As a dummy, you might not know the quality of vegetables and you end up buying poor nutritioned/quality vegetables which may be at times harmful for your health. DailyStuff.org brings you a guide to know and check before buying vegetables. This dummy guide will come handy if you are staying alone and you need proper guidance to choose and buy vegetables else poor quality can be sold to you.



### Here is the Guide to choose vegetables:

**Tomatoes:** Tomatoes are best when they are dark red in colour, solid with small seed cavity, fleshy and smooth. Do not go in for very large tomatoes – they may be quite tasteless.

**Cabbage:** Cabbage leaves should be firm, uniform, of medium size and free from worm injury. The head should only contain a few loose outer leaves. Please remember, darker the green leaves, more juice it will contain. Do not buy already cut cabbage because it will start losing Vitamin C as soon as it is cut, even if its packed.

**Onions:** When you touch the onions, they should show no sign of moistness. They should be dry with thin skin. Young onions will be sweeter than older ones. Avoid onions that are soft.

**Cauliflower:** Look for clean, creamy white and compact bud of flowers which are in good clusters and aren't separated. Do not buy cauliflower that have small flowers and aren't well clustered.

**Garlic:** When selecting garlic, it should be big, plump and firm, tight silky skins with its paper-like covering intact, not spongy, soft, or shriveled.

**Potatoes:** Look for potatoes that are free from sun-burnt (green discolouration), smooth and unbruised. When selecting potatoes, choose new potatoes for boiling and salads. They have thinner skins and are firmer.

**Spinach:** Choose leaves that are crisp and have dark green with a nice fresh fragrance. Avoid those that are limp, damaged, or spotted.

**Brinjals:** Smaller, immature brinjals are best. Full-size puffy ones may have hard seeds and can be bitter. Choose a firm, smooth-skinned brinjals that is heavy for its size; avoid those with soft or brown spots. Gently push with your thumb or forefinger. If the flesh gives slightly but then bounces back, it is ripe. If the indentation remains, it is overripe and the insides will be mushy. If there is no give, the eggplant was picked too early. Also make sure an brinjals isn't dry inside, knock on it with your knuckles. If you hear a hollow sound, don't buy it.

# Daily Hacks

## How to file RTI Application



The Right to Information Act 2005 (RTI) is an Act of the Parliament of India "to provide for setting out the practical regime of right to information for citizens." The Act applies to all States and Union Territories of India except the State of Jammu and Kashmir. Jammu and Kashmir has its own act called Jammu & Kashmir Right to Information Act, 2009. This law was passed by Parliament on 15 June 2005 and came fully into force on 13 October 2005.

Today we will be showing you how to File RTI application on your own and what all procedures are involved and what can you expect from RTI application.

### **What sort of Information can i obtain under RTI?**

The RTI aims to allow citizens to ask for records, documents, circulars, contracts, reports, papers, emails, memos and all other information held in print or electronic form from the public authorities, i.e. all the governing bodies. There are certain sections of administrative activities that are exempt from the RTI Act, details of which can be found in Section 8 and 9 of RTI Act 2005.

The RTI Act 2005 also empowers citizens to physically inspect the records that have been duly maintained by the government and its administrative bodies.

### **How and Who Can ask for such Information?**

All citizens of India are eligible to ask information or to inspect records of governing administrative bodies other than those exempted from RTI Act 2005.

In order to ask for such information, you need to file up application with Central Public Information Officer (CPIO). Every Government body have CPIO and will answer your RTI query in stipulated period of time.

### **What Should be Format of RTI Application?**

Please note, there need not be any format for RTI application. It can be given on a simple paper. Your name as well as your correspondence address must be given in that application without which RTI application is incomplete. So your name and address is compulsory

### **What is the fee to apply for RTI Application?**

There applies a nominal fee for your application under RTI. There are various sections under which you will have to pay the amount.

#### *Initial Application:*

You need to pay a fee of Rs. 10 in Cash, Demand Draft or Cheque

#### *Fees for Information sought:*

Rs. 2 per page printed, copied or created in A4 or A3 size

Cost of the page or paper

Rs. 50 per disc if information is given in that form

Cost or actual price of sample or models requested under the RTI Act

Fees for inspection of records

First hour is free after which there is a fee of Rs. 5 per hour

# Entertainment and You

## Reviews of Movie: "Kahaani"



**Kahaani** is a Bollywood Movie, Directed by Sujoy Ghosh. Starring Vidya Balan, and Parambrata Chatterjee in Lead Roles.

We are running "**Be a Movie Critic**" on DailyStuff.org and these are responses from users.

**"Kahaani indeed has a beautiful Kahaani..!!"**

As the movie starts you can feel the impact of three things-1. Vidya-The Real Hero of Kahaani2. Efforts of Sujoy Ghosh to make viewer feel the culture of Kolkata3. Fluent Narration And the reason why I have give this movie 4 Stars is that the impact of these 3 things is maintained till the very end..Vidya is very intelligent & understands & plays her role so well that there is hardly anything you can do than praising her..Sujoy Ghosh has tried everything to make Kahaani Extra Ordinary is succeeded almost all 1hr & 40 Min.Music is nice & Ekla Chalo by Big B is soul refreshing..So, If you love to watch Suspence Movies than please don't waste time reading reviews.. GO & Watch Now...But if you fall in other category who don't prefer suspence movies than Just trust me, Go & Watch it for a change.. You won't be disappointed..!!"

**By Prakarsh Buch**

"Award winning performance by Vidya Balan and the rest of the cast. This is a must watch movie, filled with twists and turns and a gripping story. The movie lives up to its name. Certainly the cinema gods are blessing the enigmatic actress with strong, impact-making roles.Just like when one is reading a thrilling novel, one wouldn't want to move from their seats while watching the movie, for fear of missing something important to the story. Vidya Balan gives a stunning performance and the screenplay is great."

**By Phenil Buch**

"KAHANI as the name suggests its just like a story, as if we are reading a novel.We get a new twist on every single page that we turn. At every single moment it made me feel "oh...this is the suspense".in short its a 2 hour suspense movie,no songs,pure story. Worth watching.."

**By Pratiksha**

# Lifestyle Hacks

## How to Choose Perfect Dining Table

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Dining tables are among the most significant pieces of furniture. Food is served on the dining table, and it brings the whole family together. However, choosing the perfect dining table isn't just about its use. You have to consider other things as well. For instance, the size of the room affects the choice you make. You cannot afford to buy a large table when the space to accommodate it is limited. Here is a brief guide on how to choose the ideal dining table:

### ***How Many People***

The size of the dining table is not just governed by the space of the dining room. The number of people who will use the table also matters. If you are five people in the family, buying a tiny square will leave one member out. Instead of going for a four edged table, buy a round dining table. If you have enough space in the house, you can get larger dining tables to accommodate six or even twelve people.

### ***It Must Complement its Surroundings***

The dining table cannot be ignored. It is the center piece of the dining area and has an impact on its surroundings. The table must complement other furniture around it. This includes light fixtures, shelves or cabinets in the dining area. The color of the dining table must match and contrast the theme of the house. It is always better to buy a dining table with a complete set of seats. If you are buying a table separately, make sure it matches with the chairs.

### ***Curtains and Table***

If the curtains in your home are dark, go for a light colored table. If both the curtains and table are dark, the area will look cluttered and dull. The table must look inviting and must stand out. The design on the dining table and chairs must match with the curtains in the dining area.

### ***Shape is Important***

You can buy a square, rectangular, oval shaped or round dining table. For larger dining areas, rectangular and oval shaped ones are recommended. They make the house look adorable and accommodating. On the other hand, for small apartments, round or square tables are recommended. They make the small area look spacious and beautiful. There are retractable ones available in every shape now.

### ***Metal, Glass or Wood***

Dining tables are available in metal, glass or wood. Sometimes you can find dining tables made from all three materials. Although, most people prefer buying wooden dining tables because they are elegant. Additionally, they last longer and are durable. Besides, wooden furniture becomes even more valuable with time. Similarly, people go for dining tables made from glass and metal because they are beautiful, sophisticated and classy. Finding the ideal dining table requires a lot of time and thoughtfulness. Dining tables last a lifetime, so make sure you take your time



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