



# KATAKATA

European Edition

THE AUTHENTIC AFRICAN CARTOON MAGAZINE

+HEALTH

**Natural**  
ways of preventing  
**constipation**

**OVER**  
**10** PAGES  
CARTOON

*Fashion*

*Trendy  
Cardigan  
+ Women*



BEAUTY

EYE MAKEUP  
PRODUCTS  
YOU CAN USE  
IN 2020 AND  
BEYOND



**kids**

**COMMON FOODS  
CHILDREN CHOKE ON**



## KATA KATA VILLAGE CHIEF IN TROUBLE OVER TROUBLESOME TUBERCULOSIS

ISSN 2214-059X



**Foods**

COOKING: African  
beef stew recipe

**INTERIOR**

Types of Stairs you May  
Consider for Your House

**TECU**

Best cameras for  
beginners

**TRAVEL**

African Countries Often  
Overlooked by Tourists

KATA KATA App  
is now available on the  
playstore & appstore  
DOWNLOAD IT FOR FREE



Subscribe to our YOUTUBE CHANNEL  
and watch funny and educative cartoons  
[WWW.YOUTUBE.COM/KATAKATA](http://WWW.YOUTUBE.COM/KATAKATA) AFRICAN CARTOONS

© Copyright (2020), Kata Kata Cartoon Magazine  
[www.katakata.org](http://www.katakata.org)

Kata Kata is an authentic African cartoon magazine with both online and printed versions. Humorously, Kata Kata tries to discuss and sensitize typical African / global socio-political issues using cartoons. At the same time, it equally offers a maxim that life is perhaps not all about seriousness; one needs some laughs and relaxation to face serious challenges in life. The duality of Kata Kata is such that it, on the one hand, discusses serious issues and at the same time, it offers therapy for the problems through laughter.

In an educational, informative and yet humorous way, Kata Kata creates awareness of social problems through the dissemination of information and finds solutions to them. This important information can be sent across in many major languages (English, French, Spanish, Portuguese ) as well as / or different African languages, to reach the grass-root audiences.

The quarterly printed edition of Kata Kata is widely available in the Netherlands and some European countries. Equally, the magazine can be read or borrowed from different libraries globally, including the prestigious Stanford University Library, USA, Federal Library Den Haag, (the Netherlands), University of Leiden Library -African Studies (Netherlands), University of Iowa (Main Library), USA, Southern Africa Library, Basel, Switzerland etc.

Likewise, the digital version of Kata Kata can also be read online or subscribed to via Kata Kata website or Magzter, the world's largest digital newsstand with more than 20 million readers.

See: <https://www.magzter.com/NL/KataKata-CartoonMagazine/Kata-Kata-CartoonMagazine/Comics/>

We have expanded to Africa. With our offices in African countries, our humorous magazine is now available to our African readers, especially in various big hotels. We collaborate with a lot of credible international organizations, including the World Bank, the International criminal court (ICC), the CARE International, United Nations Population Fund, Ministries of gender etc.

Don't be left out. Hurry now and get your copy or become a subscriber.

Please visit our website: [www.katakata.org](http://www.katakata.org)

**Welcome on board Kata Kata. Relax with our humorous cartoon magazine and get ready for a long laugh aimed at attitudinal and social changes.**

**Get on board with kata kata through the following platforms:**



Online

Cartoons, celebrity, gossip, sports, politics, fashion.. [www.katakata.org](http://www.katakata.org)



Facebook

Join the already many fans who like us on facebook [web.facebook.com/katak.kata.98](http://web.facebook.com/katak.kata.98)



Twitter

Follow us on Twitter and stay up to date [twitter.com/katakcartoon](https://twitter.com/katakcartoon)



LinkedIn

Connect with us on linkedin [rs.linkedin.com/in/ogoubabukoh](https://rs.linkedin.com/in/ogoubabukoh)



Youtube

Subscribe to our channel to watch our cartoons [www.youtube.com](http://www.youtube.com)

*Kata Kata Team*

*Team*

**Editor-in-chief / Publisher**  
Ogo Ubabukoh

**Art/Graphics Producer-in-chief**  
Deogratus Okudi

**Art/Graphics Assistant**  
Perminus Ngugi

**Editorial Advisory Board**  
Dr Pieterneel Drijvers, Dr Ogu Okany, Eng. Dan Olupot, Dr Beate Ubabukoh

**Editorial Researcher**  
Andrea Shaffner

**Legal Consultants**  
Riek Mollema - de Jong (The Netherlands)  
Geoffrey ntambirweki kandeebe (Uganda)  
Vivian Iro - Uchime (The Netherlands)  
Ebele Topman (Nigeria)  
Lyka Mtambo (Malawi)  
Alice Keshubi (Uganda)

**Marketing**  
Romolo Pusceddu - Consultant (International Business Development)  
Silvia Rugina - Marketing Consultant (Africa)  
Quintus Babirye Luutu (Uganda)

**Contributors:**  
Samuel Ouma  
Liam Katabira  
Robin Ubabukoh  
Tedman Oscar  
Tumwire Edward  
Lara Ubabukoh

**Uganda office**  
Lydia Gift Namuswa - Country Manager

**Malawi office**  
Diana Namasani - Country Manager

**ambassador (africa)**  
Liam Katabira

KATA KATA CARTOON MAGAZINE  
Venloweg 34  
1324 DL Almere, The Netherlands  
+31 (0) 36 52 98 411 +31 (0) 61 98 69 357  
+31 (0) 61 38 46 788  
[info@katakata.org](mailto:info@katakata.org)  
[www.katakata.org](http://www.katakata.org)

MALAWI  
Kampala Building  
3rd Floor, Room No.10, Area 2,  
Lilongwe, Malawi  
+265 881 339 881, +265 993 673 801  
[malawi-office@katakata.org](mailto:malawi-office@katakata.org)  
KENYA  
[kenya\\_office@katakata.org](mailto:kenya_office@katakata.org)

UGANDA  
Arches Building, Kisaasi,  
%00 Metres Off Kisaasi Roundabout  
On Northern Bypass,  
Office No. 2 Second Floor,  
918/938 Block No. 214  
+256 706 751 311 +256 783 868 242  
[Uganda-office@katakata.org](mailto:Uganda-office@katakata.org)



# CONTENTS

06



**HEALTH:**  
Natural ways of preventing constipation

**INTERIOR:**  
Types of Stairs you May Consider for Your House

26



32



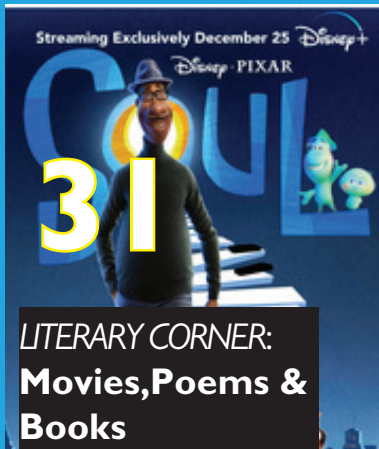
**KIDS:**  
Common foods children choke on

09



**CARTOON:**  
Kata kata Village Chief in Trouble Over Troublesome Tuberculosis

31



34



**TRAVEL:**  
African Countries Often Overlooked by Tourists

22



**FASHION:**  
Cardigans for women

**LITERARY CORNER:**  
Movies, Poems & Books

38



**FOOD:**  
African beef stew recipe

29



**TECHNOLOGY:**  
Best cameras for beginners

26



**BEAUTY:**  
Eye Makeup products you can use in 2020 and beyond

39



**LETTER:**  
Many thanks for your devotion to my column.

## I HEAR YOU

Aghara mwino, tighaira mwino, agharaelino ghaira ilibu. (Soga, Uganda)

Palipo ng'olewa jino hubaki na pengo. (Swahili)

La où une dent est extraite, reste un vide. (French)

Where a tooth is removed there remains a gap.

(English)

**MEANING:** *Patience, endurance and hope are necessary in the face of challenges, if one wants to achieve positive changes and better opportunities in life.*

## TELL ME SOMETHING

### TELL ME SOMETHING!

Jerry John Rawlings: 'I'm just an ordinary, hungry, screaming Ghanaian.' - News



And that screaming eventually transformed Ghana positively.

## SUBSCRIPTION:

Subscription to the printed version is possible via the website ([www.katakata.org](http://www.katakata.org)) or E-mail ([info@katakata.org](mailto:info@katakata.org)) ALTERNATIVELY, you may fill in the form below and send to us:

Name: .....

Address: .....

Telephone Number: .....

Duration of Subscription:  1 year  2 year

Till further notice

Subscription rates per year (4 editions including postage):

THE NETHERLANDS: €45, EUROPE: €55,

USA/AMERICA: €52 AFRICA: €75, ASIA: €75

Send your form to: [info@katakata.org](mailto:info@katakata.org)

OR by post :

KATA KATA Cartoon Magazine

Venloweg 34

1324 DL Almere, The Netherlands

+31 (0) 36 52 98 411 +31 (0) 61 98 69 357

+31 (0) 61 38 46 788

PAYMENT:

Account Nr: 453100619

IBAN: NL02ABNA0453100619

BIC: ABNANL2A

PLACE: Almere, The Netherlands



## Publisher's note:

## That Troublesome Tuberculosis

The arrival of the deadly Coronavirus has created a different attitude towards other global sicknesses. It has made us somehow forget other global sicknesses, that have been killing people in million globally. Amongst the deadly bacteria, tuberculosis, which is caused by strains of mycobacteria, usually Mycobacterium tuberculosis, often attacks the lungs and sometimes affects other parts of the body as well.

No group of people should be very more concerned about tuberculosis than developing countries, because presently, the bacteria manifests itself mainly in poor countries. The transmission of tuberculosis occurs through the air, usually when the infected person coughs, sneezes, or via their saliva through the air. That makes the spread of tuberculosis easy and difficult to control, as such, equally deadly.

Yes, deadly because tuberculosis, which kills more than 1.5 million people globally, can claim the lives of half of its infected persons. A good reason why developing countries need to worry.

But tuberculosis equally causes other social havocs. Misconceptions about the bacteria come with a huge price. While some label tuberculosis a bad omen, and associate its patients with witchcraft, other patients have experienced complete abandonment and even rejection from their families and friends. The result of the social isolation leads to loneliness, depression or even suicide. But that is not all. The social stigma of being a tuberculosis patient often remains with the patient even after being cured. These social problems are very common in Kata Kata Village.

Due to this stigma and negative attitude towards tuberculosis patient, some infected individuals

fear to reveal their health status; as such, the patients might not receive the needed medical treatment. This can be dangerous both to the infected person and others.

To create public awareness of the danger tuberculosis poses to the world, the World Health Organization has set out March 24th each year as World TB Day....

Hold on, I've just received a phone call from Kata Kata Village.....

AGAMA: Agama here. There is a serious commotion here....

OGO: What's going on? Did the Pope want to marry your daughter?

AGAMA: Please be serious. The WHO Police team has just arrested CHIEF...

OGO: Arrested CHIEF?

AGAMA: Do I speak Arabic or Chinese? Yes, they did. According to the police, Kata kata Village has stigmatized former tuberculosis patients, even long after their cure. They insisted that, as the leader of the village, CHIEF should be held responsible for the unacceptable act. Please hurry, we need your intervention...

Dear readers, allow me to rush to Kata Kata Village now. Isn't this incident a good reason for the village to start working together with the WHO to create awareness of tuberculosis and its related problems? Join the team if you believe in this campaign.

Yours in Kata Kata,  
Ogo Ubabukoh  
Editor in- Chief / Publisher

# Natural

## ways of preventing

# constipation



**C**onstipation is one of the most common digestive disorders people suffer from across the world. This epidemic is prevalent in the US, with statistics showing that over 4 million Americans experience frequent constipation. The disease is the reason behind millions of annual clinic visits in the country and more than 700,000 emergency department trips according to Dr Haider J. Warraich, an Associate Director, Heart Failure Program, VA Boston Healthcare System. In as much as constipation is rampant in the USA, it's not limited to the country. It is a global health challenge. The lifestyle change is the major cause of constipation among Americans because their diets contain less fluid and fibre which are important for bowel movements.



Medical News Today, a ULK web-based outlet for medical information and news describes constipation as a condition when a person has difficulty emptying the large bowel. Health experts have found that constipation occurs either when stools pass through the colon at a lower speed or as a result of a blockage in the large intestine. When you have less than three bowel movements in a week the probability that you are constipated is very high.

## CAUSES

Many things cause constipation. They include:

### **Medication**

Certain medications are likely to increase the risk of constipation. For example, antidepressants, antacids containing calcium or aluminium, allergy medications such as antihistamines, strong painkillers like the narcotics containing codeine, iron pills, and certain blood pressure medicines among others.

### **Lack of fibre in the diet**

People with a low intake of dietary fibre are most likely to suffer from constipation. The main function of fibre is to enhance regular bowel movements. Take food rich in fibre such as fruits, vegetables, nuts, whole grain, to avoid constipation. However, minimize the intake of high-fat foods, highly processed foods, and fast foods like chips.

### **Lack of exercise**

According to WebMD, an American corporation popularly known for publishing news and



information about human health and well-being, physical exercise controls constipation by limiting the time it takes food to move through the large intestine. Also, aerobic exercise increases your breathing and heart rate, which stimulates the natural contraction of intestinal muscles. When an intestinal muscle contracts, stools move out faster.

### **Age**

Even though constipation is common in all age groups, older people, especially those above 65 years suffer most from it. Older people are less active, have a low metabolism rate, and less muscle strength along their digestive tracts.

### **Lack of water in the body**

Water assists the food to move through your intestines smoothly. Research shows that if your body does not have enough water, the large intestines absorb water from your food, thus that makes you to have hard stools.



**Constipation is characterized by the following signs and symptoms:**

***Having less than three bowel movements a week,***

***Stomach ache or cramps,***

***Nausea,***

***Loss of appetite,***

***Passing hard and dry stool,***

***Painful or difficulty to pass stools,***

***Feeling bloated,***

***Passing less stool than usual.***

# Homemade remedies

There are many treatment options for constipation but it is advisable to try these natural ways before seeking other options. These ways are cheap and you can do them in the comfort of your home.



## **Drink more water**

You need to drink more water daily to prevent and treat constipation. Water helps food to move through your intestines and prevent stools from becoming hard. Some studies prefer sparkling water to carbonated drinks. The argument is that carbonated drinks can cause some harmful health effects. Drink at least 9 cups of water daily for women and 13 for men to stay hydrated.



## **Exercise regularly**

Experts recommend daily physical activity like going for a walk or run or to the gym. Exercise stimulates the muscles in your intestines and colon. Avoid sleeping or sitting in the house and instead, stroll around in your neighbourhood, do some jumps and press-ups in your compound/house or join a group of players or runners next to your residence to reduce the symptoms of constipation.



## **Eat enough dietary fibre**

Dietary fibres fall into two categories: soluble and insoluble fibres. Soluble fibres absorb water to keep stools soft. They are found in barley, beans, seeds, nuts, peas, and in some fruits and vegetables. On the other hand, insoluble fibres add bulk to stools which help them pass faster and easily through the digestive system. Insoluble fibres are present in wheat bran, whole grains, and vegetables. A high intake of fibre promotes consistency of bowel movements, allowing the stools to pass quickly.

## **Take probiotic foods or supplements**

Probiotics are living bacteria that naturally occur in the gut. Eating more probiotic foods could easily trigger the balance of bacteria, especially to those having chronic constipation. They also produce short-chain fatty acids that promote gut movements and increasingly frequent and consistent movement of stool.

## **Drink caffeinated coffee**

Studies show that caffeinated coffee can stimulate the muscles in the digestive system, therefore increases the rate at which you empty your large bowel. Moreover, it also has a small number of soluble fibres that enhance the balance of bacteria in the gut hence preventing constipation.

## **Take a laxative stimulant such as Senna**

Senna has a compound known as glycosides that stimulate the nerve in the gut and assist in increasing bowel movements. It is available in both oral and rectal forms, but should not be administered to pregnant and breastfeeding women and those with a certain health condition such as inflammatory bowel disease, according to medical advice.

### **Osmotic laxatives**

- Glycerin
- Lactulose
- Saline products
  - ❖ Magnesium citrate
  - ❖ Magnesium hydroxide (milk of magnesia)
  - ❖ Magnesium oxide

## **Eat prebiotic foods**

Bananas, onions, chickpeas, garlic, etc are some of the examples of prebiotic foods. They improve digestive health by feeding the bacteria in the gut, which promotes their balance. Some also moisten the stool and speed up bowel movements.

## **Take Osmotic laxatives**

Osmotic laxatives move fluids through the colon. They include magnesium citrate, lactulose, polyethylene glycol, and magnesium hydroxide.



In conclusion, a whopping majority of us have experienced constipation at one point in our lives. It could have been as a result of what we had eaten or what we failed to eat. Sometimes it was caused by lack of water in our bodies, lack of regular exercise, some medications, and even age. It is medically advised that one seeks some medical help if these natural remedies fail to work for you.



# KATA KATA VILLAGE CHIEF IN TROUBLE OVER TROUBLESOME TUBERCULOSIS



**DON'T WORRY,**

**JUST LAUGH**

# KATA KATA VILLAGE CHIEF IN TROUBLE OVER TROUBLESOME TUBERCULOSIS

THE WORLD HEALTH ORGANISATION'S SPECIAL INTERVENTION POLICE TEAM STORMS KATA KATA VILLAGE TO ARREST CHIEF.



NO TIME FOR RUBBISH. WE WARNED YOU MANY TIMES NOT TO INTERFERE WITH OUR GOOD WORK, AIMED AT COMBATING HEALTH CHALLENGES IN THE WORLD.



YOU PEOPLE JUST STAY THERE AND LOOK LIKE RAPED GORILLA EN DEY JUST CARRY YOUR CHIEF EN GO. WHERE OUR KATA KATA ARMY? IS DAT HOW YOU DEFEND OUR VILLAGE WHEN BOKO HARAM ATTACK US?



HEY, EASY DUDES. WHAT'S GOING ON HERE? YOU CAN'T JUST STORM HERE AND ARREST OUR CHIEF AND EXPECT US TO THANK YOU WITH A PLATE OF FUFU OR MATOKE. WHAT HAS HE DONE WRONG?



HE DISOBEYED THE WHO HEALTH GUIDELINES AND ROLES.



WOOO! YOU DAMN SURE YOU HAVEN'T ARRESTED A BLOODY WRONG PERSON? YOU AREN'T LOOKING FOR TRUMP, ARE YOU?



WE KNOW WHOM WE ARE LOOKING FOR. DON'T TEACH US OUR JOB...

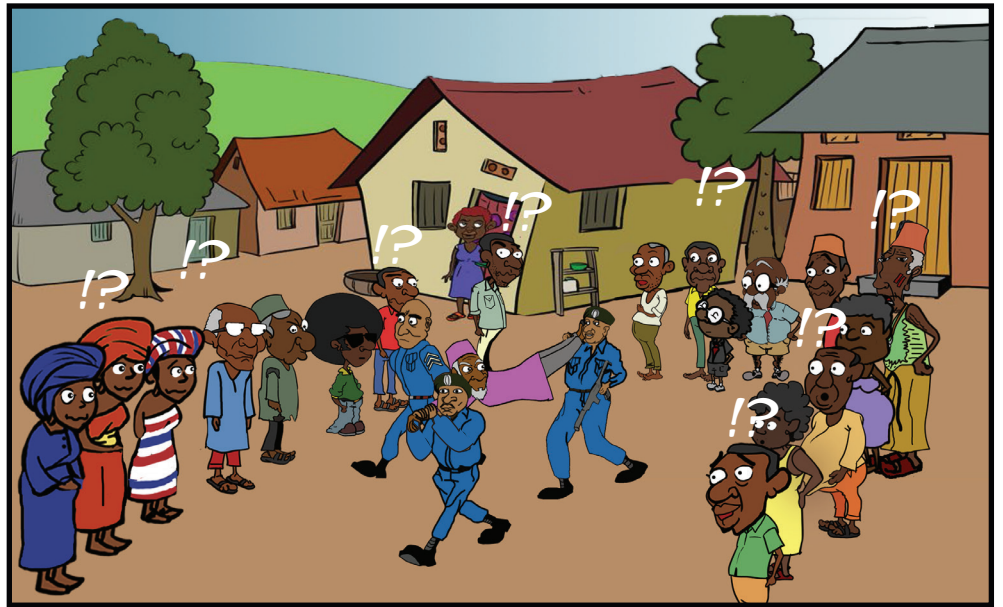


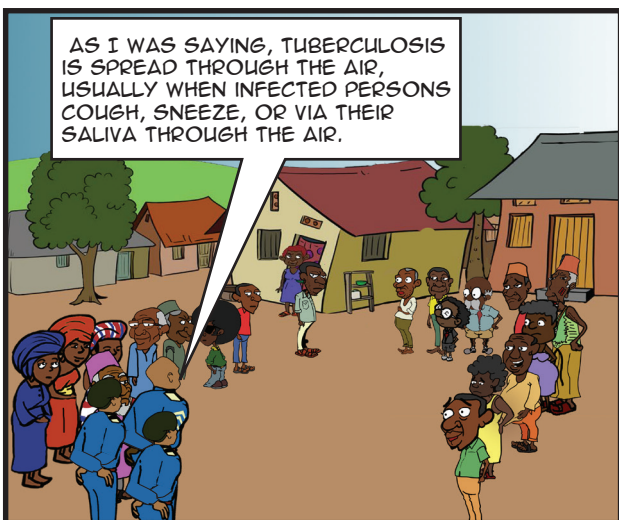
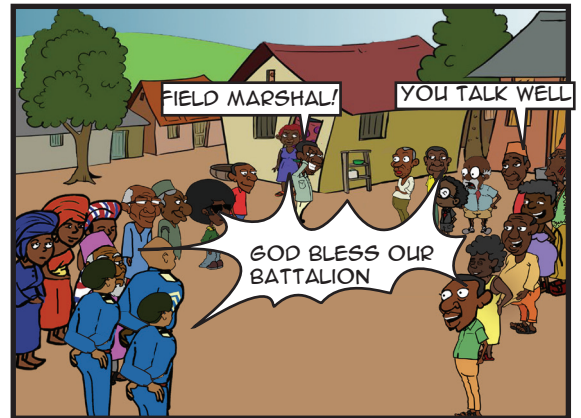
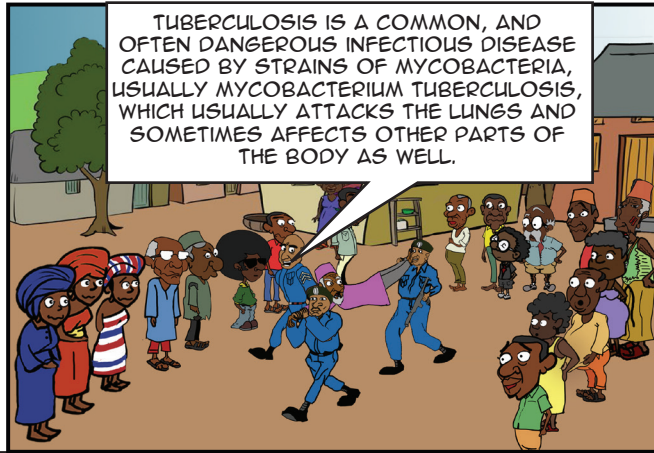
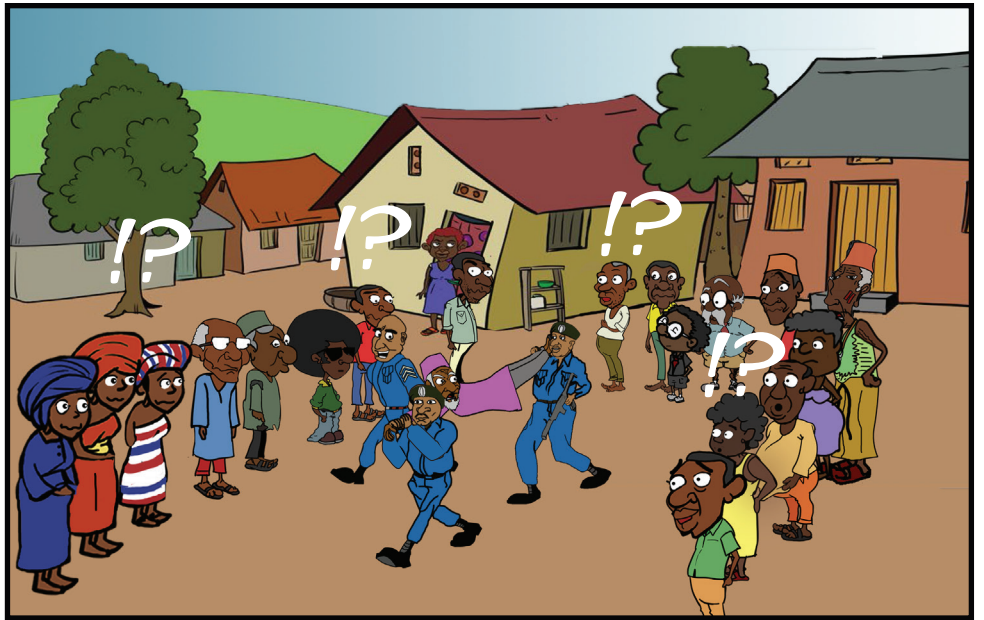
YOUR BLOODY JOB INDEED! DON'T GO BALLISTIC, DUDE. IF YOU WANNA ARREST CHIEF FOR MARRYING MULTIPLE WIVES, I KINDA UNDERSTAND THAT, BUT THAT ISN'T THE DAMN JOB OF THE WHO. SO WHICH OTHER CRIME COULD HE HAVE COMMITTED?



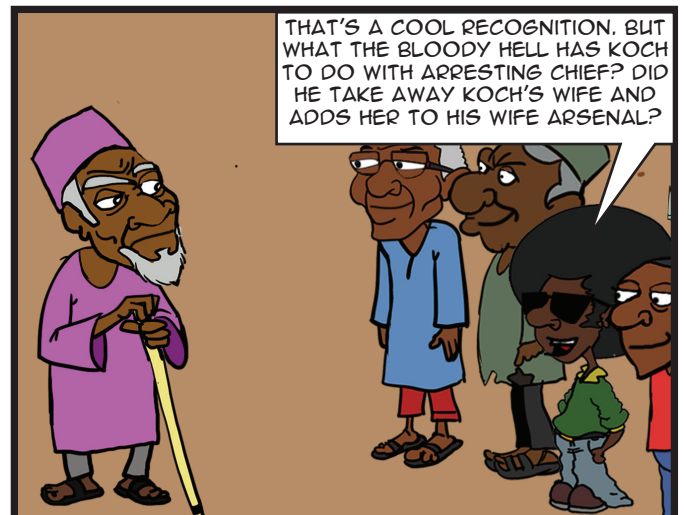
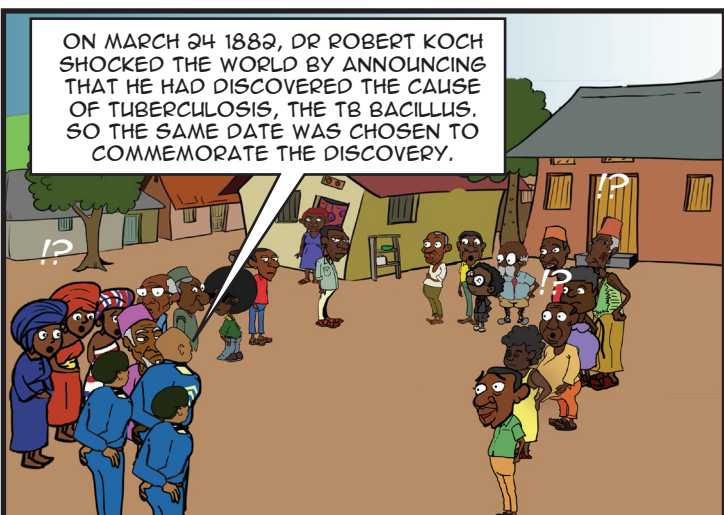
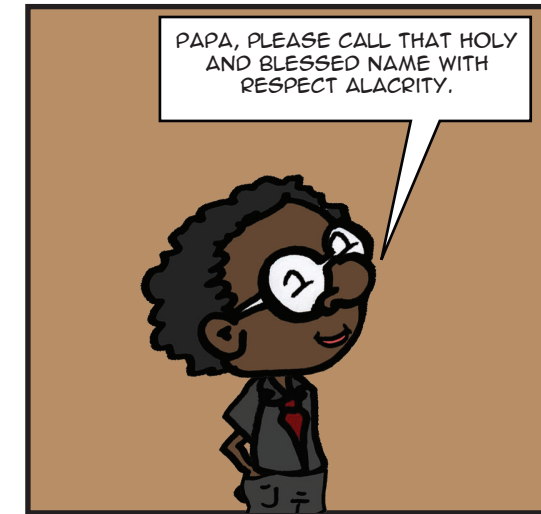
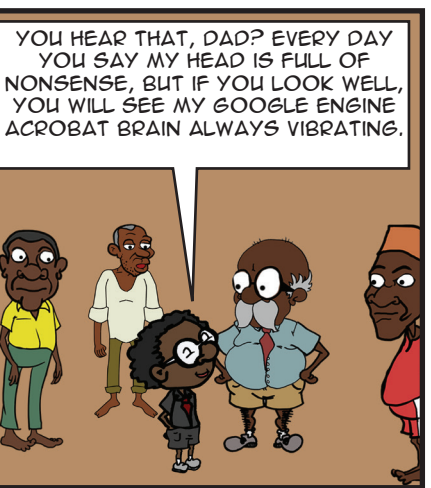


ACCORDING TO THE INFORMATION AVAILABLE TO US, KATA KATA VILLAGE HAS BEEN STIGMATISING FORMER TB PATIENTS EVEN LONG AFTER THEIR CURE.

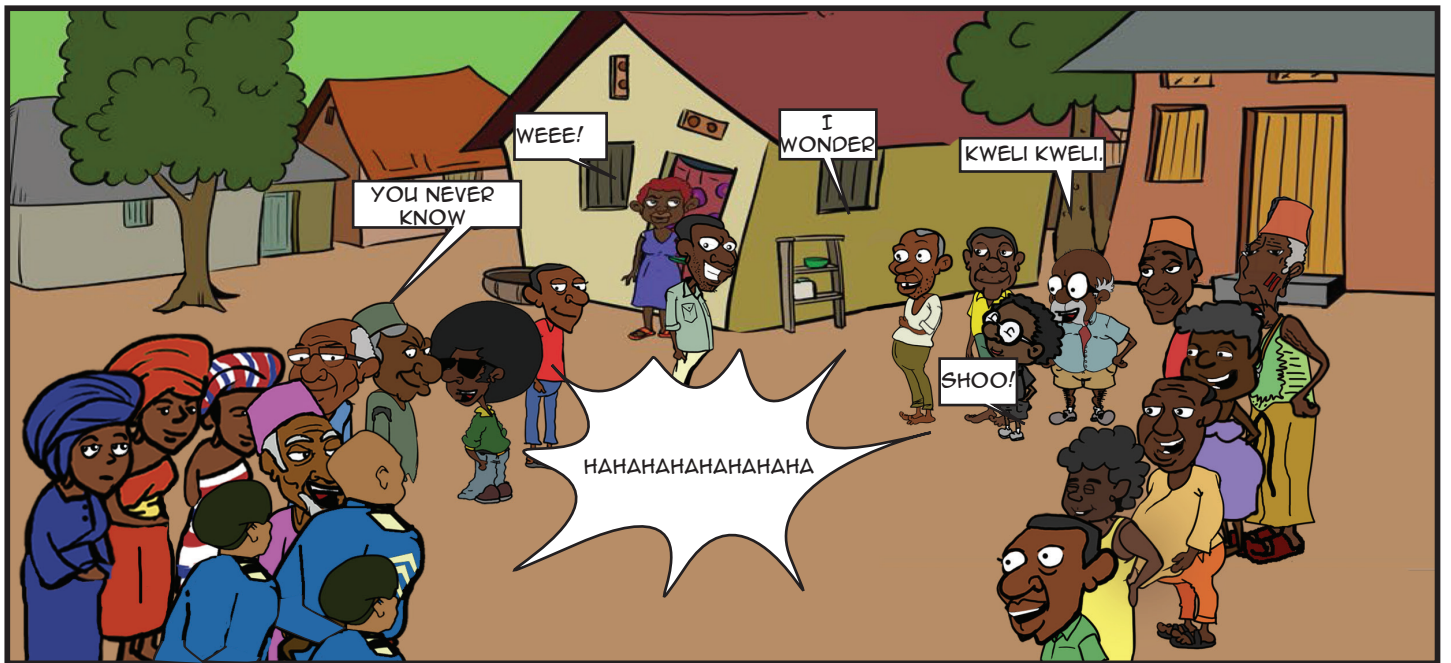




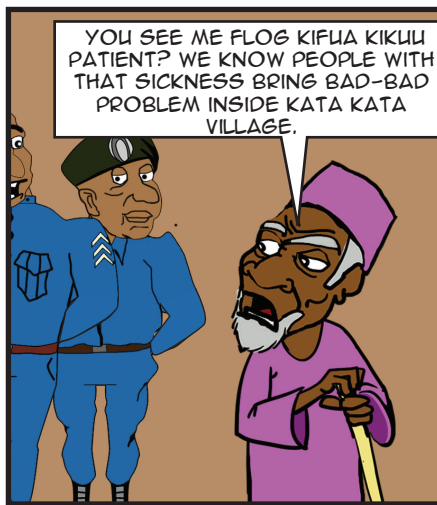
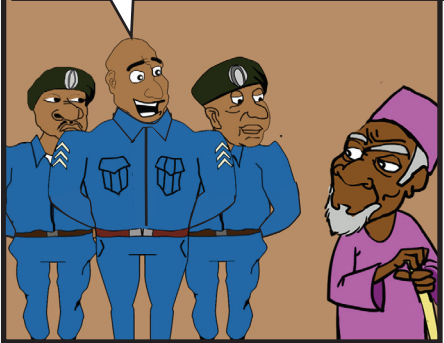








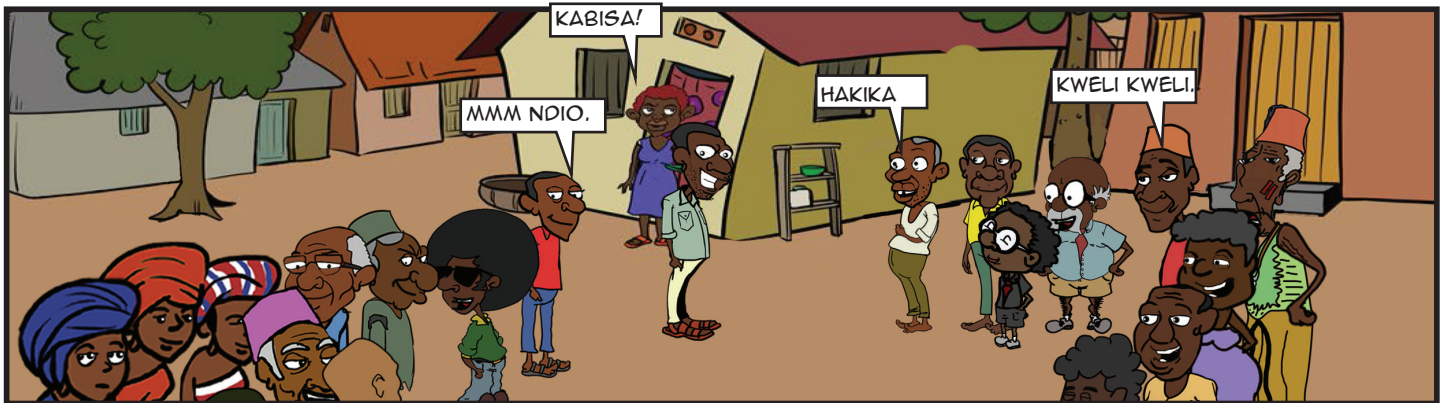
AS I SAID, WE RECEIVED INFORMATION THAT KATA KATA VILLAGE HAS BEEN STIGMATISING FORMER TB PATIENTS EVEN LONG AFTER THEIR CURE. AS THE CHIEF OF THE VILLAGE, WE HOLD YOU RESPONSIBLE FOR THAT IRRESPONSIBLE ACT.



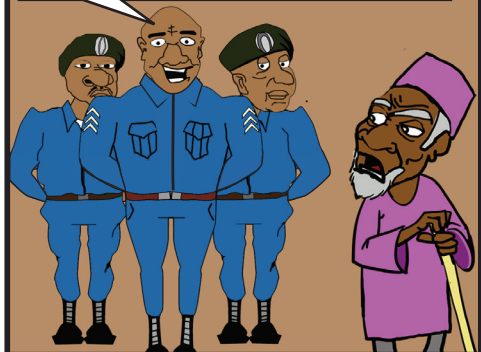
YOU SEE ME FLOG KIFUA KIKUU PATIENT? WE KNOW PEOPLE WITH THAT SICKNESS BRING BAD-BAD PROBLEM INSIDE KATA KATA VILLAGE.



WHAT TYPE OF BOMBASTIC DISCRIMINATION IS THAT? I GUESS YOU SHOULD BE AT THE WHITE HOUSE BECAUSE YOU HAVE MANY ARRESTS TO MAKE THERE.

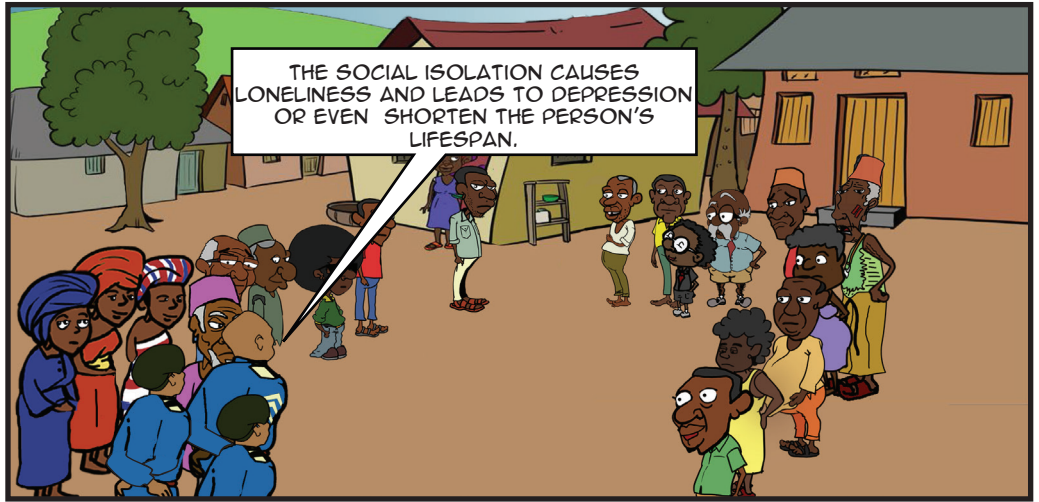


AS I SAID, SOME OF YOU EVEN CALL THE PATIENTS A BAD OMEN, ASSOCIATE THEM WITH WITCHCRAFT AND THEY ARE COMPLETELY ABANDONED BY THEIR FAMILY AND FRIENDS. THIS IS WRONG!

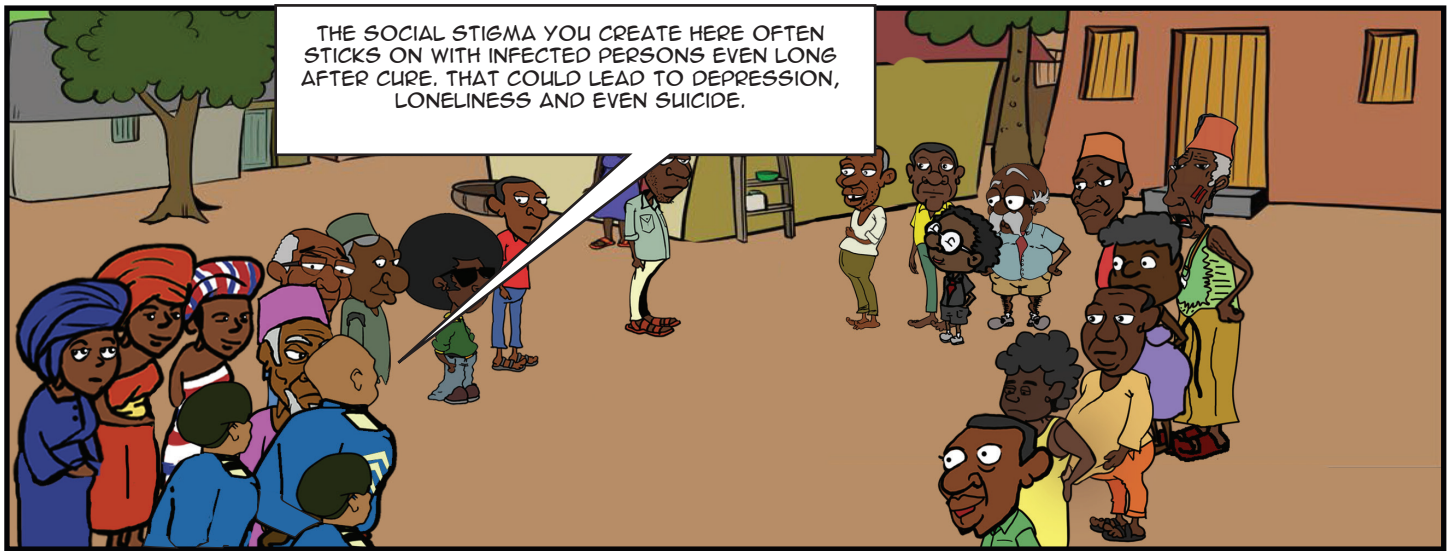




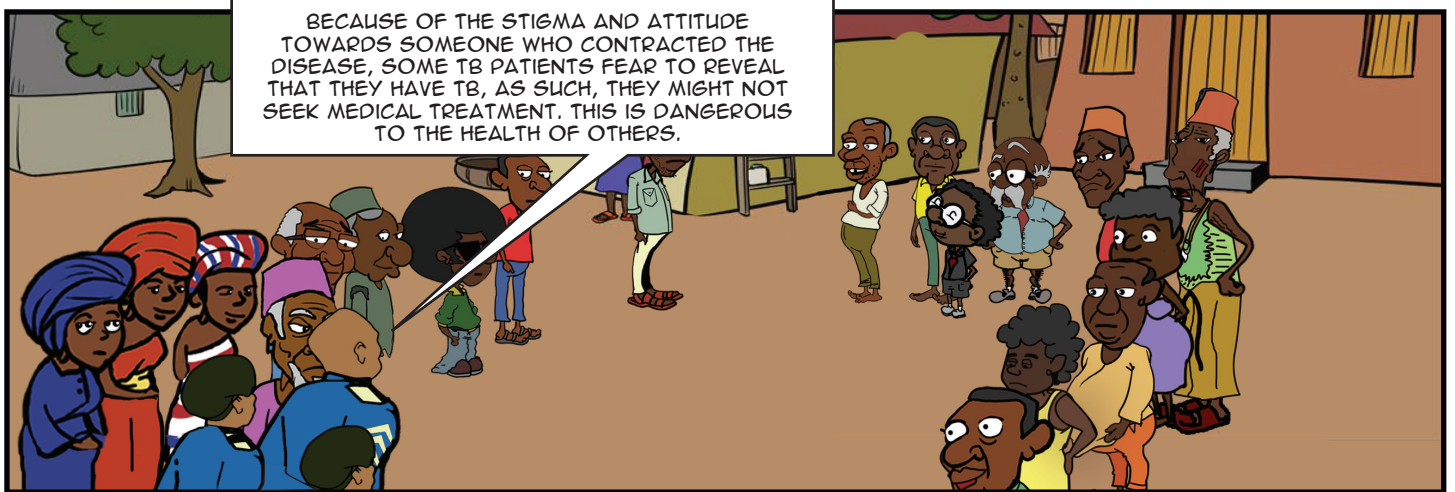
YOU COME FROM MUZUNGU GOVERNMENT EN WAN' COME TO KATA KATA VILLAGE TEACH US OUR CUSTOM?



THE SOCIAL ISOLATION CAUSES LONELINESS AND LEADS TO DEPRESSION OR EVEN SHORTEN THE PERSON'S LIFESPAN.



THE SOCIAL STIGMA YOU CREATE HERE OFTEN STICKS ON WITH INFECTED PERSONS EVEN LONG AFTER CURE. THAT COULD LEAD TO DEPRESSION, LONELINESS AND EVEN SUICIDE.



BECAUSE OF THE STIGMA AND ATTITUDE TOWARDS SOMEONE WHO CONTRACTED THE DISEASE, SOME TB PATIENTS FEAR TO REVEAL THAT THEY HAVE TB, AS SUCH, THEY MIGHT NOT SEEK MEDICAL TREATMENT. THIS IS DANGEROUS TO THE HEALTH OF OTHERS.



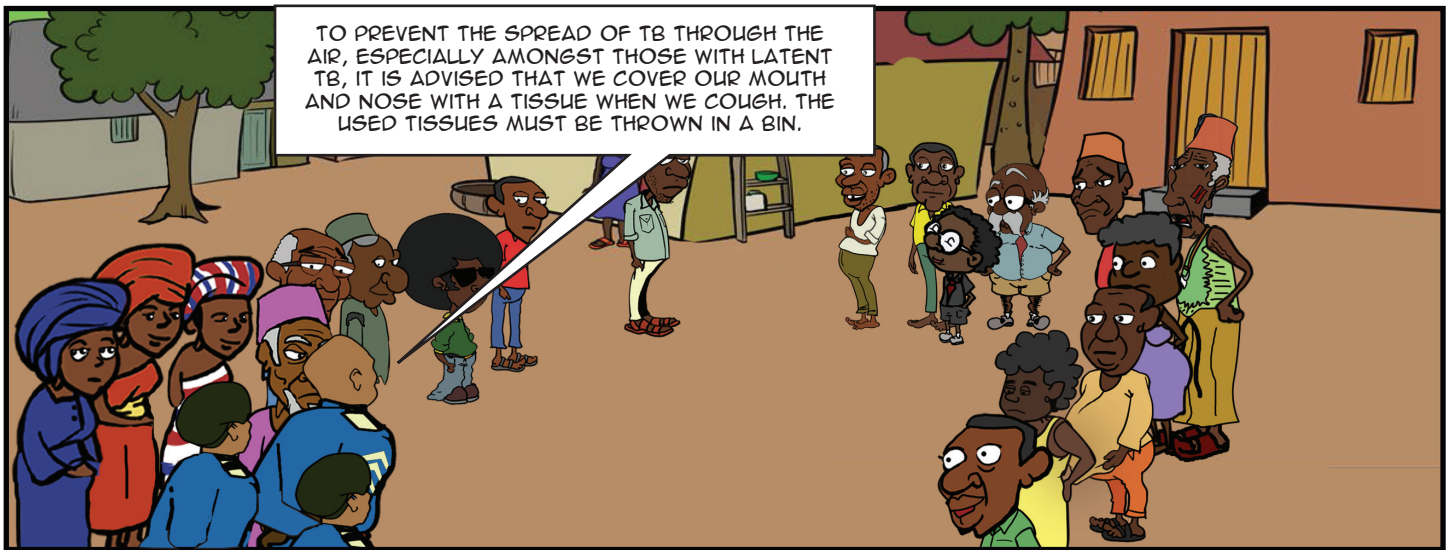
I GUESS YOU GOTTA POINT THERE. BUT WE CAN BETTER SOLVE AND ACHIEVE MORE THROUGH DIALOGUE THAN FIGHTING AND ARRESTS.



NOW WE UNDERSTAND WHY **WHO** ANGRY. WE WAN' WORK WITH DEM TO STOP TB.



WE ARE HAPPY TO HEAR THAT.



WE HAPPY TO WORK WITH WORLD HEALTH ORGANISATION....



ORGANISATION....



...WORLD HEALTH ORGANISATION, TO FIGHT EN DEFEND TB. AGAMA, BRING OUR KATA KATA VILLAGE BATTALION. WE BETTER FIGHT TB TOGETHER DAN FIGHT AMONG OURSELVES



KATA KATA VILLAGE BATTALION AND THE **WHO** TEAM UNITE AS A FORCE TO ELIMINATE THE TROUBLESOME TUBERCULOSIS.



END

**KATA KATA App**  
is now available on the  
playstore & appstore  
**DOWNLOAD IT FOR FREE**

**Visit our**  
**Youtube channel**  
**watch, LIKE AND**  
**subscribe**

**Subscribe**

[www.youtube.com/katakata](http://www.youtube.com/katakata) african cartoons

Trendy  
Cardigan  
4women



While the temperature keeps on fluctuating now and then, it is tempting to stay indoors during winter because it can be cold. That must not be so. The truth is, you do not have to stay indoors at the time like this when there is plenty of fun outside. You need those cosy and adorable clothes which can keep you warm. Unlike in the old days when cardigans were often synonymous with school pupils, school librarians and bundled-up grandmothers, the attires are back on the radar of some of the best clothes of the world. Presently, wearing a cardigan earns one admiration and adoration from all cadres of life.

Specifically, this article will focus on cardigans designed for women. If you hail from cold countries such as Finland, Russia, Norway, Sweden, Iceland, the Japan, Denmark, etc. you might have the best heater at home, but sometimes, you have to get out of your house regardless. Soon, you will be facing the snow squalls and harsh, cold, slippery streets. You might consider having yourself stunning cardigans as you face the challenging weather. In the present face of the COVID-19, which has forced many people to work from home, lightweight cardigans will serve you well, especially if the favourable climate is not on your side. Furthermore, when you desire to dress smart, but you do not want to wear a jacket, go for a cardigan and you will not regret it. In addition to keeping you warm in a cold environment, a classic cardigan can also transform your appearance hence it becomes a closet basic, which is worthy of keeping. Before going for your cardigan, keep the following factors in your mind:

**Colour:** instead of stocking your wardrobe with only black cardigans, try and mix with other colours of choice.

**Material:** Thin cotton will not be of much help during winter, nor will wool give you comfort when it is sunny.

**Fit:** Choose between the ones which are slouchy and fit.

**Price:** You do not have to break your bank to acquire a cardigan because there are cheap ones that you can afford.

**Here is a list of some cardigans you can consider buying since the cold season can be part and parcel of our lives.**

**Loft's cardigans**

This brand of the cardigan has existed for more than 60 years, but it is still trending and coalescing timeless elegance with jewel tones, exceptional cuts and styles. The loft offers a wide selection, numerous unique styles, and affordable price points. This cardigan is also made with comfortable materials and it can last longer.



### **Topshop cardigan**

This UK-based cardigan brand, which is available in traditional lengths, has attractive and beautiful colour features. Topshop is unique in its way due to its sophisticated knit pattern. Nonetheless, it is only available in large sizes hence those who wear small sizes are not lucky here.



### **Norton cardigan**

Once you wear a Norton cardigan, it will not be easy to take it off because of its lightweight feature and cropped design which give it an elegant look. More than that, Norton cardigan can fit in any environment.



### **Yellow Semi Cotton-Jersey cardigan**

This type of cardigan is worn on or off the shoulder. It is fine and lightweight and has features, which give you confidence whenever you put it on.



### **Apricot cardigan knit sweater**

It is a perfect addition to your wardrobe given its bright colour. Do not forget to add a bold bralette underneath for that elegant look that is perfect for summer.



### **Everlane's cardigan**

Everlane displays a timeless elegance, thanks to its use of cashmere, which lends a sense of beauty. You can wear it in the workplace without looking casual; it looks outstanding in social events, such as parties and on a windy beach day, as well. It's transparent sourcing, model, price, elegant design, beauty and comfort make it awesome.



### **Pact's cardigan**

Pact cardigan, which is 100 per cent organic cotton, is one of the softest types. It is also cosy, well-fitting and pre-washed to prevent shrinkage. It equally has beautiful colour options, and it is affordable in price. However, it is limited in selection and size.

Finally, cardigans have gone through fashion metamorphosis, and they are no longer dowdiest attires as before. The era of frumpy knits and boring reputations is behind us, thanks to the modern fashion gurus, who have worked tirelessly to bring cardigans back on the radar of the world best apparel. The new trend enhances your outlook if only you select the right type and length that suits your body type. Experts have recommended that ensure your underneath cloth is fitting to improve your appearance if your cardigan is slouchy. Go for the cardigans!

# EYE MAKEUP PRODUCTS YOU CAN USE IN 2020 AND BEYOND

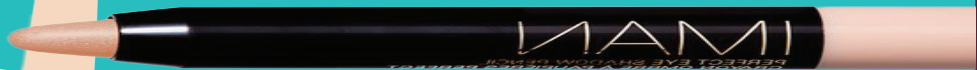
An eye makeup is a cosmetic applied around the eye to enhance its appearance and make it outstanding. These products are common amongst women and stage performers such as actors, actresses, artists, musicians and dancers. Stage makeup serves many roles such as enhancing imperfections, creating the right look and sometimes to employ dramatic application techniques. Some of the eye makeup products that we are going to explore in this article are eyeliner, eye shadow, mascara and eyebrow pencil.



## EYEBROW PENCIL

Well-groomed brows automatically transform your physical outlook and notify people that you care about your beauty. To stand out in the public, use an eyebrow pencil as it will make you look natural and extremely beautiful. Since beauty trend keeps changing, it is necessary to stay up to date and understand how to achieve the perfect look using the modern eyebrow pencils which are slightly larger than the previous ones. Even though these products come in thicknesses, colours and shapes, it is necessary to keep grooming with the selection of your choice. The following are the recommended ways to create an amazing look using an eyebrow pencil. Use an angled brush, draw multiple strokes so that it looks like individual hairs, brush off excess pigment from your brow using a clean makeup and use a clear gel to help your brows stay in place.

**Well-groomed brows automatically transform your physical outlook and notify people that you care about your beauty.**



## EYE SHADOW

Eye shadow is applied to the eyelids and under the eyebrows. Apart from enhancing physical appearance, it is also used to create a memorable look in theatre and other plays. It is familiar with female gender, but some men also use it depending on the society. It exists in different forms such as powder, liquid, pencil, cream, mica and mouse and comes in different colours and textures. It is applied using fingers, brushes and sponges. Moreover, removing an eye shadow is not a difficult task; you can use either water and soap or an eye makeup remover.





## MASCARA



**This product is used to improve the outlook of the eyelashes by thickening, darkening, defining and lengthening them.**

This product is used to improve the outlook of the eyelashes by thickening, darkening, defining and lengthening them. Mascara exists in 3 forms that are liquid, powder and cream. Its components are waxes, oils and preservatives. Initially, it used to be black, but in this age and era, it comes in many colours and tints. The most common types of mascara are washable and waterproof.

If you are using this product for the first time, we advise you to go for washable mascara because they are easier to remove thanks to its high water content and it also allows your lashes to move freely. No makeup remover is needed since it is effective to use water. On the other hand, waterproof mascara sticks for long and can withstand sweat, rain or tears because they have low water content; some do not have at all. To gently remove waterproof makeup, an oil cleanser or a special eye makeup remover is a need.

Experts are intimating bristle brush when applying mascara as it comes in different sizes, shapes and lengths.



## EYELINER



Eyeliner is applied around the eyes along and above the eyelids to improve beauty. Studies state eyeliner can either be dark and smouldering or bright and fresh. There are various types of eyeliner: liquid, powder, wax and gel. A publication on Wattpad, a Toronto-based website and app for writers to publish new user-generated stories, states that there are techniques to follow when applying this cosmetic. It recommended that for larger-looking eyes, the user should apply it to the outer half from the upper and lower eyelid. For narrow eyes, use it only on the upper lid. And for round seeking eye, apply it to the upper lid, then make a thicker line within the middle of the lid, using a pencil or liquid eyeliner.



**T**o conclude, ensure you protect your eyes while using these makeups.

American Academy of Ophthalmology has presented the following tips to help you keep your eyes safe from any harm from the chemical contents of the makeups. They include:

1

Avoid products that contain harsh chemicals

2

If you counter an allergic reaction consult your doctor.

3

In case you develop an eye infection, stop using any makeup until the infection is gone.

4

Dispose of eye makeup after three months and go for new ones

5

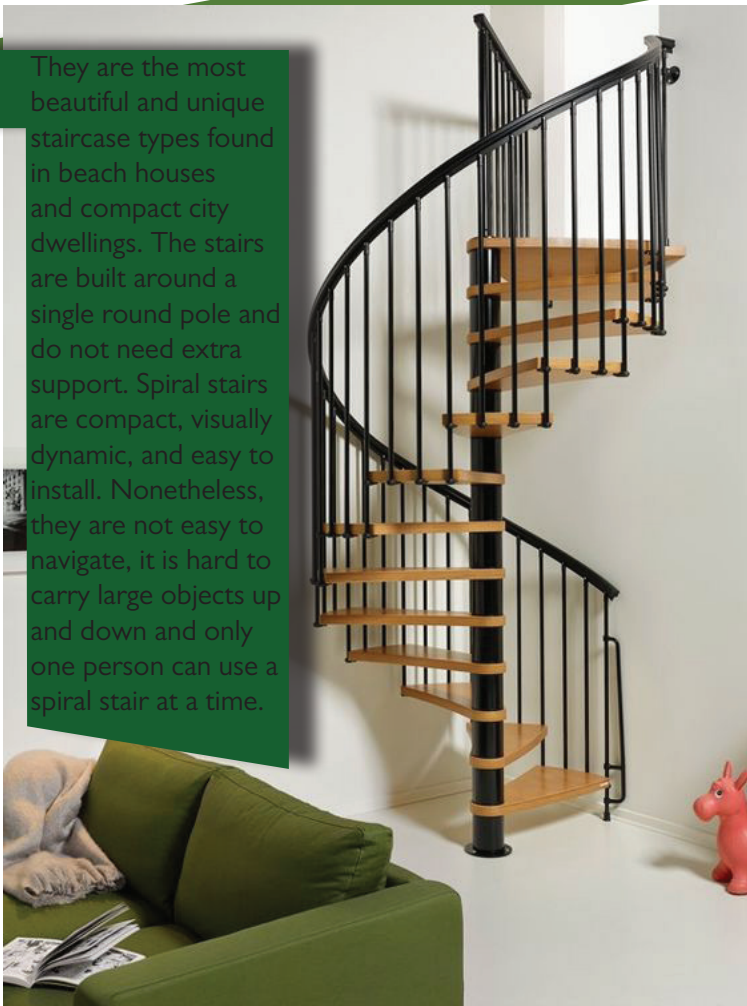
Use only one eye makeup at a time

**WITH THE ABOVE TIPS, IT IS TIME TO WEAR YOUR EYE MAKEUP TO ENHANCE YOUR BEAUTY AND ELEVATE YOUR CLASS.**

## TYPE OF STAIRS YOU MAY CONSIDER FOR YOUR HOUSE

### Spiral stairs

They are the most beautiful and unique staircase types found in beach houses and compact city dwellings. The stairs are built around a single round pole and do not need extra support. Spiral stairs are compact, visually dynamic, and easy to install. Nonetheless, they are not easy to navigate, it is hard to carry large objects up and down and only one person can use a spiral stair at a time.



According to the Constructor, the construction encyclopaedia, a stair is a set of steps leading from one floor of a building to another. Stairs may be round, straight, or may have two or more pieces connected at a particular point. On the other hand, a staircase is a flight of stairs leading from one floor to another and it is composed of landings, handrails, newel posts, and balustrades.

A staircase is not only vital when you are moving from point A to B, but also changes the outlook of your house. A well-designed staircase causes your building to look stylish and modern. With the availability of various staircases, it is good to choose the type that suits you wisely while putting the following factors into consideration: budget, available space, safety, materials, and building regulations among others. Let us take a look at some stairs.



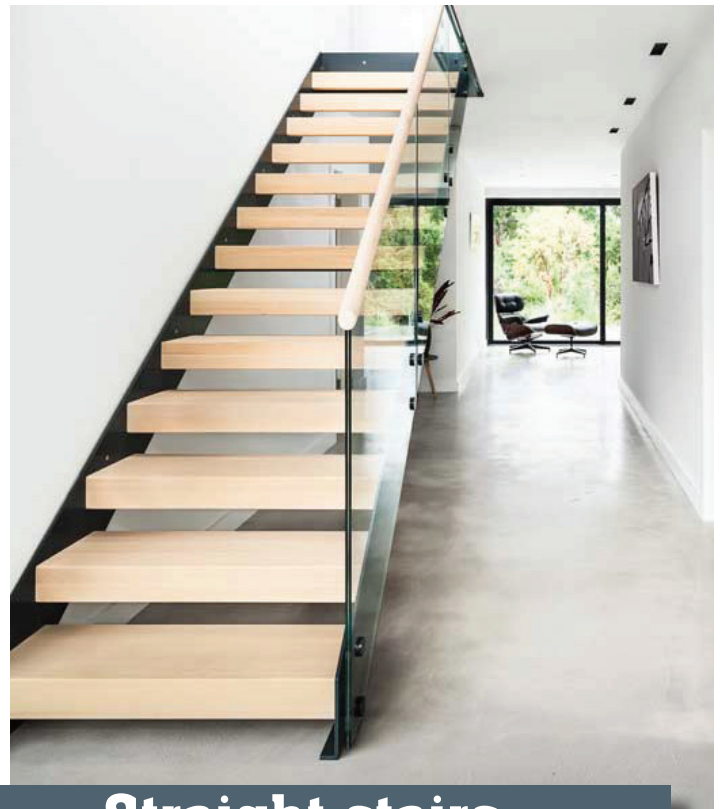
### Curved stairs

Curved stairs resemble spiral stairs only that they do not make a full circle. They are often used in entryways and foyers because of their fantastic impressions. It is easy to walk up and down on and they are often very elegant. The main problem with them is that they are expensive and most difficult to build.



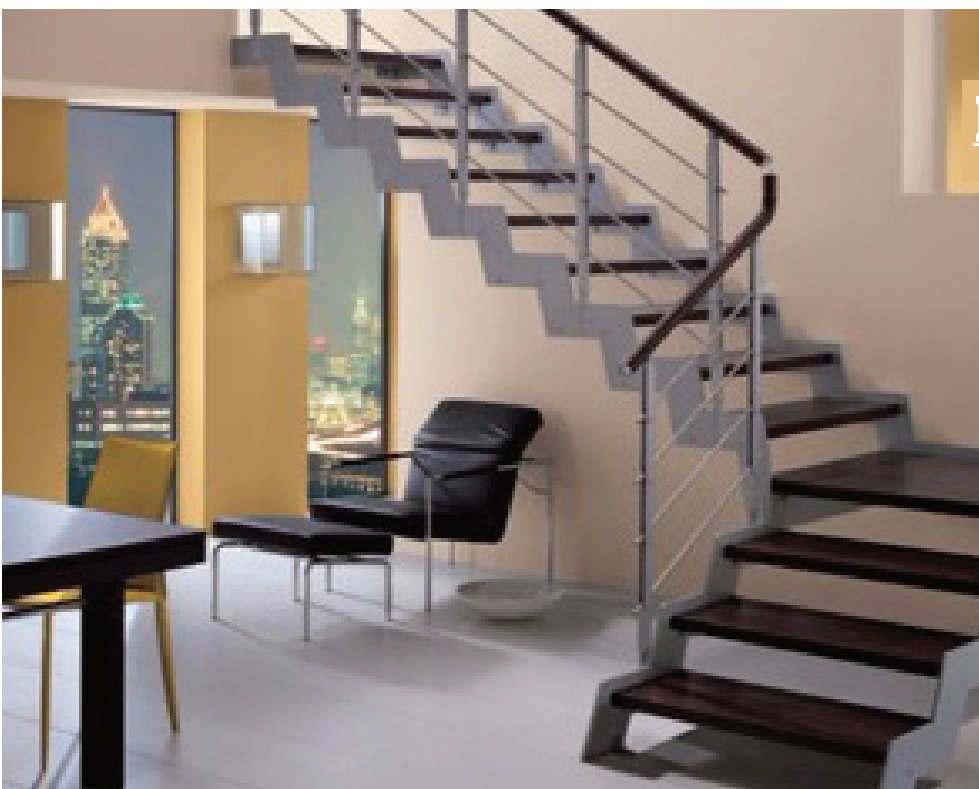
## Ladders

These types of staircases are uncomfortable to use but can be used as a means of access. They come in a variety of styles such as literal and stylized versions. A ladder is mostly used outdoors and sometimes as a temporary solution, but not as the main staircase. It is not only cheaper to construct, it can be used to access shelves that are too high. Moreover, it can be moved out of the way when not in use, especially if they have wheels or the fold-up possibility. Regardless, it is difficult to navigate.



## Straight stairs

These are common in both industrial and commercial properties and they do not require any support since they only need to be attached at the bottom and the top. Many people prefer straight stairs because they are affordable, easy to ascend and descend, simple to construct, easy to build handrails and carry out measuring for railings than other stair designs. Their main disadvantages are: they do not offer privacy and they require more space.

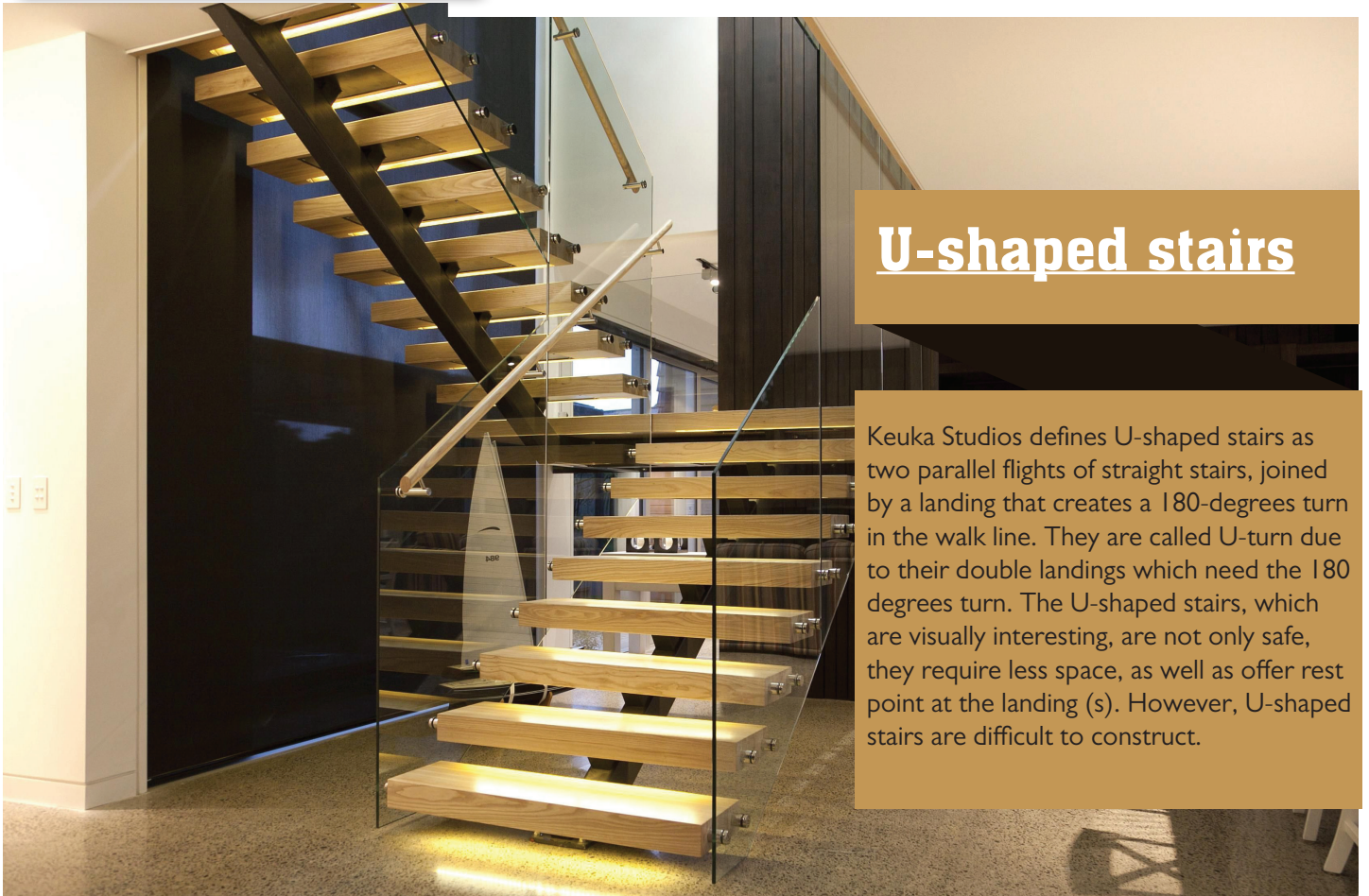
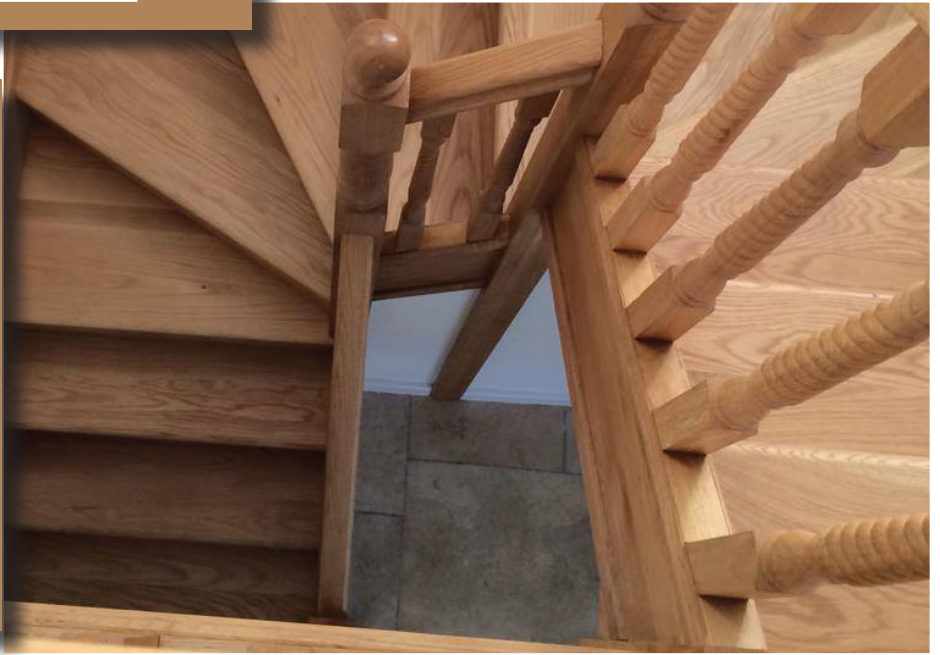


## L-shaped stairs

This is a type of straight stair with a turn at some point of the stair. The turn is 90 degrees and it can be either in the middle or close to one another. The bend is always achieved by adding a landing at the point of transition. This stair which can be located in a corner of a room is visually attractive; it consumes less space, provides a visual barrier between floors, thus adding some privacy. L-shaped stairs are difficult to build; the construction of the handrails requires high skills.

## Winder stairs

These are similar to the L-shaped stair, but they have no flat landing; instead, they have got a triangular step at the corner transition. Winder stairs were common in older residences as secondary sets of stairs. Just like the L-shape, they also require less space and are visually impressive. Recently, they have gained popularity in modern homes, thanks to the new trends that fit smaller rooms. They are difficult to navigate so, an additional handrail and support in the centre are common.



## U-shaped stairs

Keuka Studios defines U-shaped stairs as two parallel flights of straight stairs, joined by a landing that creates a 180-degree turn in the walk line. They are called U-turn due to their double landings which need the 180 degrees turn. The U-shaped stairs, which are visually interesting, are not only safe, they require less space, as well as offer rest point at the landing (s). However, U-shaped stairs are difficult to construct.

Stairs can be inseparable in a house; they provide a good and cheaper alternative to lifts in terms of functionality. Even though we have lifts or elevators and escalators, the importance of lift cannot be overlooked. Unlike lifts, stairs are easy to maintain, affordable and durable. Besides, you do not need to have electricity to use or maintain a stair, unlike elevators.



## BEST CAMERAS



## FOR BEGINNER

Taking photos is nowadays easier than some years back, thanks to the emergence of smartphones. The existence of smartphones such as iPhones has reduced the demand for cameras. Many research works show over 90 per cent of users say that camera is one of the features they use most frequently in their smartphones. According to Flickr, a popular photo-sharing application, the most number of uploads is carried out using camera phones.

However, if you seek to be a photographer, then you need a camera that will enable you to learn and grow from zero to hero. Before you acquire one, ensure you put the following factors into considerations. The first is the size of the camera. Shop for a portable camera, which you can easily carry around with

you. The second issue you need to consider is the connectivity. Since you will have to copy your shots, make sure the camera can connect to your computer or phone. Thirdly, think of the price. It is recommended you start with cameras, which are pocket friendly. The other point you might consider is user-friendliness. Choose cameras with automatic modes to simplify your work.

Here are also some of the things you need to look for in the cameras for amateurs:

**Image quality:** Large sensors in DSLR and mirrorless cameras offer high-quality images, since they give images detail, clarity and sharpness.

**Manual mode:** You need a camera that gives manual exposure and manual options to learn more about it.

**Interchangeable lenses:** You are also advised to shop for interchangeable lenses cameras, which enable you to give a try to different types of lenses.

## Here are some cameras you might consider to buy as a beginner.



### Olympus PENE-PL9/E-PL10

This type of camera is ideal for travel photography, thanks to its excellent build quality. There exist similarity between E-PL9 and E-PL10, however, E-PL9 is not found everywhere while E-PL10 is quite expensive. Olympus has a 16.1 Megapixel sensor; it can shoot 4K videos and it has a 180-degree selfie/vlogging screen. Nonetheless, it lacks a viewfinder.



### Canon EOS Rebel T8i

T8i is the successor of T7i and the latest in the Rebel model. Its features include 7fps burst, wireless connectivity, 3.0 inch fully articulating touch screen, 4K time-lapse and microphone input. Others are 24.1 megapixels, CMOS Sensor, 4K UHD, 1080P full HD and DIGIC 8 image processor.



### Nikon D3500

This DSLR camera has fairly basic controls and an interactive guide shooting mode. Also, it has got a great sensor of APS-C, 24.2 MP and its LCD has no tilt or touch screen. Nikon D3500 works at a maximum speed of 5fps and its maximum video resolution is 1080p (Full HD). It produces high image quality and its overall performance is superb.



### **Sony A6000**

It is one of Sony's best entry-level cameras because of its built-in electronic viewfinder and its small and lightweight body. It is also a right model to a beginner owing to its APS-C format compact camera styling and interchangeable lenses. Even though it lacks the ability to record 4K footages, it produces images of high quality and its autofocus performance is still among the best. It has a limited 921K-dot tilting screen and weak 1440K-dot resolution of the electronic viewfinder.



### **Canon EOS M50**

This camera is easy to use and it is versatile. Its viewfinder feature makes it unique since it is one of the few mirrorless cameras have such. Canon EOS M50 has simplified exterior controls, but its 4K video mode is limited.



### **Nikon Z50**

Nikon Z50 is smaller but has remarkable grip and external controls and 16-50mm kit lens, which contributes towards its overall performance. Its similarity with larger cameras allows the user to use dedicated Nikkor ZDX lenses, full-frame Nikkor Z lenses and regular Nikon DSLR lenses via the FT2 adapter. Its APS-C format compact and 11 fps shooting are amazing.



### **Canon EOS Rebel SL3**

Though Canon EOS Rebel SL3 is very expensive, it is worth having, due to its better range features such as APS-C sensor with 24.1 MP of resolution and wonderful Live View shooting. Moreover, Canon EOS Rebel SL3 has Wi-Fi and NFC connectivity.



### **Fujifilm X-T200**

It has got an electrically powered kit lens between 15-45 mm and this lens offers a much wider angle of view than most of the other cameras, which makes it appropriate for interior shots and big land markers. X-T200 also has 1:6 aspect ratio, which is ideal for videos, an electronic viewfinder and it can shoot 4K videos as well as 24-megapixel stills. It further boasts of a 3.5-inch van-angle touch screen compared to its rivals.



### **Panasonic Lumix GX9**

Panasonic Lumix GX9 can shoot 4K videos and it offers 4K photo modes, thus enabling the user to extract high-quality stills from 4K footages. Panasonic Lumix GX9 has a Micro Thirds lens mouth that provides a user with a huge range of optical options. It also has Post Focus Modes that allow you to select a focus point after the image is captured. However, it lacks physical controls and the user must go through the menu on the touch screen to change settings.

**I**n conclusion, these cameras and many others will give you a good opportunity to begin from the craft; and after you have become pro, you will appreciate the step you took in learning photo shooting with digital cameras. Let not the heavy prices of these gadgets scare and hinder you from achieving your dream of realizing your hobby; some of the cameras are affordable. If you want to produce those amazing shoots, plan well, have a budget of what you would like to purchase, save and go for it.





COMING SOON



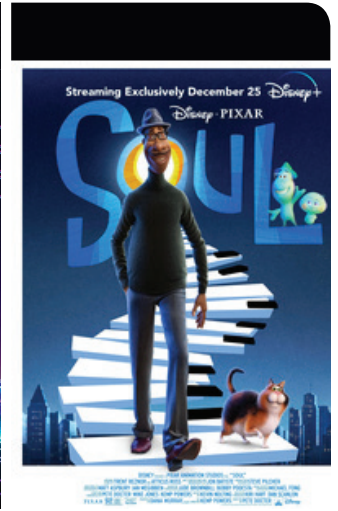
GENRE: COMEDY  
RELEASE DATE: 01 DECEMBER 2020



GENRE: ACTION  
RELEASE DATE: 18<sup>TH</sup> DECEMBER 2020



GENRE: SUPERHERO  
RELEASE DATE: 20<sup>TH</sup> DECEMBER 2020



GENRE: 3D ANIMATION  
RELEASE DATE: 5<sup>TH</sup> DECEMBER 2020

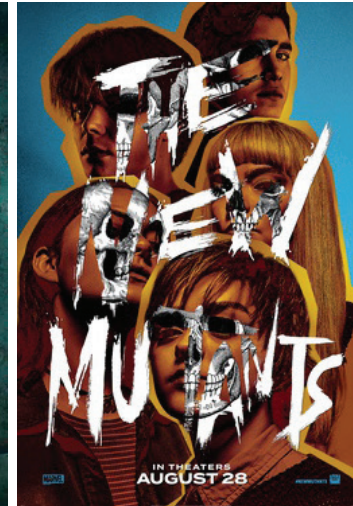
IN CINEMA



GENRE: ROMANCE COMEDY  
RATING: 6.1/10



GENRE: HORROR  
RATING: 5/10



GENRE: SUPERHERO  
RATING: 7/10



GENRE: 3D ANIMATION  
RATING: 6/10

## Deep inside me

By Alyshya

Am sitting here alone, my thoughts within the past.  
Thinking about you, a love I hoped would last.  
Your warm and tender heart, that seems so far away.  
This yearning deep inside me, that I must obey.

Please don't leave me here alone, you must understand.  
That a lost love is like footsteps in the sand.  
So kiss my soul just one more time, that's all I ask of you.  
And heal my heart that aches for you, as only as you can do.

The truth is all I want to know, I seek it in your eyes.  
But the only thing I see, is that the truth is full of lies.  
Hold me now, I feel my soul slowly fade away.  
Let me know you love me too, your heart I won't betray.

There is no place for me without you by my side.  
A world without your love, the pain, how can I hide.  
I want to taste your lips, to feel your body rush.  
And like a starving man, I hunger for your touch.

Let me not wake up from this nightmare, and get myself into an evil dream.  
It's you that I desire.  
I crave for you, and I will never get tired.  
And if I tire, I believe I already acquired.  
Finish the thirst I have at first, I need that love that I know would last.

# COMMON FOODS

# CHILDREN CHOKES ON

**A**rguably, it is the joy of every parent to see their child happy and healthy as well as feed on healthy food. According to the American Academy of Paediatrics, a baby needs to be fed on the mother's breast milk a minimum of 6 months before the child can be introduced to solid food.

How can you know that your baby is ready for solid food? Child experts mentioned certain signs such as when the child will start holding the head in a steady and upright position, sit down without support, mouthing the hands, and craving for food by leaning forward and opening the mouth. When you notice these signs, you know your baby is ready for solid food; but nutritionists recommended that you start simple with a half spoonful or less, increasing the quantity as your baby grows.

Foods are crucial in the development of your toddler, but they equally can be dangerous when wrongly eaten. Certain foods can be dangerous to children because they can easily choke children, especially those under 4 years. Kids at this age have not yet learned to chew and in most cases, they swallow food as a whole. Round and hard foods are dangerous to the life of your kid and it is best you avoid feeding your kid with such foods. If you choose to give them to your child, opt for the grounded ones or cut them into small pieces for easier consumption.

Researchers have discovered that food choking is the leading cause of death in children ages 14 and below. Report by the American Academy of Paediatrics (AAP) shows that one child dies from choking on food every five days. Raw, whole, or foods that are in certain shapes are risky, thus should be replaced with safer ones.

**“Children are around one-and-a-half years old before they have their first set of molars, and they don't have a full set of childhood teeth, including the final set of childhood molars, until age 3. Although 3-year-old children have both sets of molars, they are still learning to chew and grind with their molars effectively,”** said Paediatrician Catie Sandberg of UnityPoint Health.



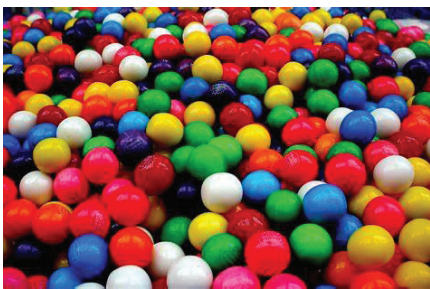


**Kata Kata Cartoons** have come up with the types of food that you should keep away from your baby because they are unsafe. There might be quite many foods missing from the list, however, the information provided is meant to impart you with the knowledge on what is anodyne to your baby.



### **Peanut butter**

Peanut butter sometimes can be hard for toddlers to move around in their mouths. It is advisable to thin the peanut butter a little with water and feed them using a spoon. You can substitute peanut butter with seed butter.



### **Chewing gum**

Children below 5 years should be refrained from taking hard gums, according to the AAP. Gums like taffy can obstruct the child's airway, causing a choking effect. The best solution is to keep gums away from your baby - even if he or she is craving for them.



### **Whole grapes**

There are high possibilities for whole grapes to get stuck in your toddler's throat either with or without skin. Therefore, there is a need to cut them in half or quarters, to make it easier for your kid to swallow. Grapes are smaller in size and round, meaning they can block the kid's airway with ease.



### **Larger chunks of meat/cheese**

If adults find it difficult to chew thin slices of steak or chicken, what do we expect from toddlers? Go for shredded grounded meat or shredded/crumbled cheese that your kid can bite.



### **Hot dogs**

Their tube shape and compressibility make hot dogs a choking hazard. Cut them longwise and in small pieces if you choose to feed them to your toddler. Due to their round shape, they could effortlessly lodge the airway.



### **Raw vegetables**

A whole vegetable can pose danger to your kid. When a piece breaks off or maybe, cuts by the child's incisors, it could potentially stick in the throat. Foods such as carrot, sticks, celery sticks, apple slices, cucumber can become hard to chew. You can either steam or slightly cook your veggies. Besides, you can also shred them instead of serving them as a whole.

In as much as we all want our children to feed well, we must keep close attention to them when they are feeding. Ensure your kid does not run, walk, lie down, and play with food in his mouth. Similarly, your child should sit up while eating, sit in a safe place. As a parent or caregiver, cook and prepare food appropriately to prevent choking.



### **Popcorns**

Just like whole grains, popcorns can easily get stuck in your child's airway. No matter how your kid likes kernels of popcorns, you have no option but to restrain him or her from taking them because they are dry and hard to chew. Opt for rice cakes or puffed popcorn instead.



*Are you a kid?  
Can you write interesting stories?  
Do you want to be part of the Kata Kata creative club?  
Please send us your story(not more than one page) with your email contact details.  
Perhaps your story may be published with your photo or you may win a prize for your creative talent*

*send your story to:  
[info@katakata.org](mailto:info@katakata.org)*





African Countries

Often Overlooked

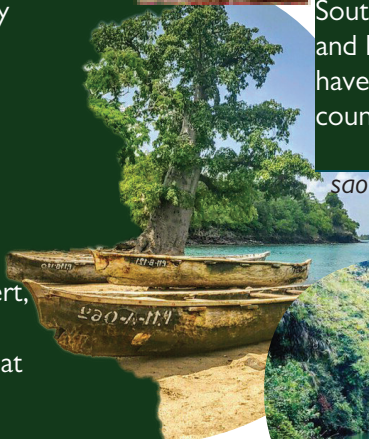
by Tourists

Africa is the second-largest continent in the world after Asia, and it is one of the most diverse places, thanks to its cultures and expansive geographic. The continent boasts a warm tropical climate, friendly people and exotic wildlife. It is also one of the most multilingual continents on the planet, with over 2,000 languages. Arabic is the most spoken language, mostly in Muslim African countries. For instance, Nigeria and Cameroon alone have more than 500 and 200 languages respectively. In terms of religion, Islam is dominant, followed closely by Christianity, and there is also African traditional religion.

When people from other continents hear about Africa, often poverty and diseases come to their mind. Some also refer to Africa as a single nation, which is not right. Africa is a home of 54 countries, with unique cultural diversity. Even the hottest desert, Sahara is found in the continent; same with the Kalahari desert. Africa also has an abundance of great lakes, beautiful coasts with coral reefs and barrier islands, wetlands, mountain ranges, shrublands, rainforests and beautiful landscapes.

The number of visitors coming to Arica has recently hit high with a total of 67 million tourists reported to have visited the continent in 2018, according to a report compiled by Jumia Travel. However, despite the fast-growing tourism industry in the region, there are still some countries that are lagging because visitors stick to some well-known destinations like South Africa, Kenya, Namibia, Botswana and Egypt, among others. Therefore, we have come up with a list of the least visited countries in Africa.

*sao tome and princie*





**São Tomé & Príncipe**

The African island nation receives the lowest number of visitors compared to other island nations such as Mauritius and Seychelles. The

low number of tourists to the country can be attributed to the depressing economy and poor infrastructures. Despite all these challenges, the country's tourism potential is high. It has unspoiled landscapes, black and white sandy beaches, warm tropical climate and Obo National Park which houses more than 700 species of flora and fauna.



**Comoros**

Comoros is the third-smallest nation in Africa, which borders Mozambique in the North and Madagascar in the Northwest. It has a population of

more than 700,000 people and it is one of the poorest countries in the world. Its tourism sector is not robust, due to political instability. Comoros has experienced more than 20 coups since gaining independence in 1975. Nonetheless, its breathtaking beaches are outstanding. Furthermore, its massive Karthala Volcano, located on the La Grande in the Western Indian Ocean is a beautiful tourist attraction site.



**Central Africa Republic (CAR)**

Brutal civil war is to blame for the decrease in the number of tourists in the Central Africa Republic.

Often, Western Governments advise their citizens to stay away from the CAP, which they label as one of the most dangerous countries in the world. The war that began in 2012 has claimed several lives and displaced many. The country is also underdeveloped as flying is the only option in most cases. Thus, a visitor to the Central Africa Republic must prepare for extra hassles, including mobility and infrastructure challenges.



*Andre-Felix-National-Park*



**Sierra Leone**

Sierra Leone had gone through difficult moments of civil war and the Ebola outbreak that deterred tourists. The 11-year civil war, which ended in the year 2002, claimed

over 50,000 lives and displaced thousands of people. Ebola also killed over 3,000 others in 2014. The country has been since declared Ebola-free. With some of the world's rarest wildlife, seductive beaches, hopefully, Sierra Leone will soon start to experience an influx of tourists. It also has a rich food culture - an ideal destination for those who love seafood such as tilapia, lobster and crabs.



Tingi hills



Jollof rice



Atewa-Forest-



**Burundi**

Burundi witnessed a mother of demonstrations in 2015 after the country's ruling party endorsed President Pierre Nkurunziza's alleged unconstitutional third term presidential bid. As a result, thousands of tourists deserted the country for their

safety. The tremendous decline of tourists has raised concern over the future of Burundi's tourism industry. It is expected that the tourism sector will pick up at a very high speed once the situation normalizes because Burundi is rich in culture and history. Moreover, the country boasts of one of the deepest lakes in the world, Lake Tanganyika and beautiful national parks and natural reserves. Hopefully, Burundi's newly elected president Évariste Ndayishimiye will take the right steps to attract many tourists, who will contribute immensely to the economy.



Kibira reserve

Ruvubu National park



Rusizi reserve



**Guinea**

Despite that Guinea is rich in natural resources, aquariums, natural hot springs, mountainous terrain, hiking opportunities and untouched beaches, it still receives very few tourists. Statistics reveal that the West African country receives an average of 56,000 visitors annually.

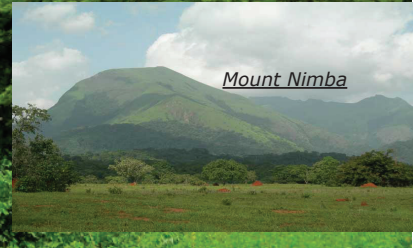
The main challenge tourists face in Guinea is insufficient infrastructure, characterized by poor road networks and shortage of communications equipment.



conakry beach



Pont de Dieu



Mount Nimba



## **The Democratic Republic of Congo**

The DRC has experienced one of the most unfortunate chapters in its history, including, but not limited to brutal

colonialism and exploitation to authoritarian rule and mismanagement. Yet, the country has much to offer in terms of beauty. From large swaths of the rainforest with rare animals, including the mountain gorillas, panoramic mountains, beautiful gushing rivers to captivating volcanoes, the Democratic Republic of Congo (formerly Zaire) is the ultimate African adventure, though neglected by many. Sadly, the abundance of natural minerals in the DRC has fuelled senseless wars and insecurity, which have caused enormous damage to the country's tourism industry.



Political instability, disease outbreak and underdevelopment are some of the factors hindering the growth of the tourism industry in several African countries. Tourism plays an integral part in the sustenance of any economy. It is a potential source of income for countries with good foresight; but for a country to reap from tourism, security is the sine qua non. A tourist needs to feel safe to enjoy a country and all it has to offer. Hence, tourism hardly survives without stability. Constant or less interrupted water, the power supply are all necessary for tourism to flourish. Equally, every serious government must combat any outbreak of diseases and develop infrastructure to earn revenues from its tourism sector. Are these neglected African countries listening?

# African Beef Stew recipe

African beef stew is a popular meal in West African countries such as Nigeria, Cameroon, Ghana and Ivory Coast amongst many others. It is delicious, savoury, and spicy and produces an appetizing aroma in your kitchen. This traditional mouth-watering meal, which can be served with rice, cooked or fried yam, plantain, is often prepared in most homes using tomatoes and other spices. You can add vegetables such as green beans, green pepper and carrots to it to give it that appetizing taste.

**Number of people: 4**

## Ingredients

-  800g beef (Cut in small pieces)
-  1 cup oil
-  200ml water
-  2 medium onions (finely chopped)
-  1 can chopped tomatoes
-  6 tomatoes
-  1 pepper
-  4 cloves garlic (minced)
-  1 teaspoon salt
-  1 teaspoon fresh thyme
-  ¼ cup of chopped parsley
-  4 tablespoon celery leaves
-  1 basil leaves
-  1 scotch bonnet pepper
-  ½ teaspoon curry powder
-  ½ teaspoon white pepper

## steps

**1**

Boil beef for 30 minutes with salt, pepper and some chopped onions in a cooking pot until it becomes tender.

**2**

Add 1 cup of oil to a pan and boil it for around 10 minutes until it turns brown

**3**

Blend the tomatoes, garlic, parsley, celery, onions, thyme, scotch bonnet pepper and basil

**4**

Pour the blend in the saucepan, add curry powder and white pepper, boil and then simmer for about 30 minutes under low temperature.

**5**

Take the browned beef and simmer for another 15 minutes

**6**

Stir the beef frequently while adding water as required to avert burns

**7**

Add onions, salt then simmers for about 5 minutes and remove the pot from the fire.  
*Serve with rice, cooked/fried yam, plantain, boiled potatoes or any other food of choice.*



## ASK AUNT SILVIA



“ Dear readers,

Many thanks for your devotion to my column. I appreciate all your letters and messages. More than anything, I sincerely cherish the trust you have in me by opening up to your problems. It is not something I will take for granted. I hope my advice and counselling provide you with much-needed help.

I have decided to use my last column for 2020 to reflect on some of those pieces of advice I offered to our valued readers. Furthermore, I want to know how helpful the advice has been to you after all. “

If I may begin with Prospère (from the Democratic Republic of Congo), what is the latest with your husband's drinking habits? Is your relationship still under pressure due to his marriage to the bottle? Is he still aggressive and abusive? More than that, has he sought professional help, as recommended? If yes, has that helped?

How is life with Wilson my "special" friend from Yabassi, Cameroon? I am eager to know whether your wife has changed her mind and encouraged your 16-year-old son to focus on his studies, get some life experiences as well as a decent job before he thinks of getting married. I believe it could be suicidal to get married at that ripe age, simply because he is the only son. As I mentioned, girls are not the only victims of early marriage; boys are too. Such a marriage comes with enormous responsibilities, amongst them, taking care of kids, financial expenses like bills, health care, food, shelter and the count continues. Has your wife agreed with you that you both want the best for your only son, but the reality is that he needs more experience in life to prepare himself for the challenges that come with marriage?

Let us knock on Lonwabo's door. I want to know how the wife of my reader from Makhanda, South Africa, is doing. Is she still protective? Have you both started acting as a team and talking with one voice? This step will prevent your children from exploiting on any perceived division between their parents. Have you worked on the best way to come up with a compromise to let your children know you are a team? Have you stopped arguing in the presence of your children? Have you both realised that overriding the decision of each other sends a very wrong signal to your children, which they can capitalise on?

**I want to believe that my advice has been beneficial to you and all our readers out there. We are here to help each other, and we can only achieve something tangible if we can share our problems. Thank you once again for having trust in my counselling.**



Christmas season is at the corner; while you celebrate, kindly stay safe in the face of the mad COVID-19. I wish you a happy, healthy and relaxed new year 2021.

*Yours,  
Aunt Silvia*



**Advertise  
with  
us and  
make  
your  
product or  
service  
known**

Contact us via:

info@katakata.org  
+265 885899553  
+265 992747368



**FREE  
CARTOONS  
BLOGS  
NEWS  
COMICS  
COMMUNITY**  
**JOKES  
SHOP**



**WELCOME ON BOARD  
KATA KATA!!!**

[www.katakata.org](http://www.katakata.org)

© Copyright (2020), KATA KATA CARTOON MAGAZINE

ALL RIGHTS RESERVED. This cartoon magazine contains material protected under International and Federal Copyright Laws and Treaties. Any unauthorized reprint or use of this material is prohibited. No part of this magazine may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system without express written permission from the author / publisher.