

body or smeared with blood, it should not be shared with others; rather one should talk to a lonely tree or a boulder so that the ill effects of the dream will be heard by the tree or the boulder and the dreamer is relieved of its effect.

- If one dreams of flowers or plants being seared by the sun or the cold morning frost it signifies bad omen, whereas if we dream of moist or fresh flowers, plants and milk it brings good fortune to that person.
- Dreaming of carrying weapons will keep you protected from your foes and you will be victorious over your enemies. However, if you see yourself being attacked by the weapon or smeared with blood or drowning or witness lightening, these are all signs of danger or hardships.
- If you see cow-dung in your dream it is a sign of good luck and most people have strong belief in this dream. It brings success in whatever work you planned to do.
- Seeing yourself riding on the black horse down hills foretells a bad destiny in your life or family so this should be prevented by seeking help from the lamas but if you dream of riding on a white horse up hills it's a very good sign in fulfilling your wishes.
- When you see yourself attacked by insects or being bitten by animals, this dream signifies getting sick and being prone to diseases.
- If you dream of being covered by human excreta it promises monetary gain in your future.
- If one dreams of riding a white elephant it signifies wealth and good health.
- Dreaming of riding a tiger indicates job promotion; but if you dream of a monkey it warns you of bad days ahead.

#### 4.9. HOUSEHOLD & KNOWLEDGE OF ECONOMY

People in Bhutan used to produce many varieties of goods generally for domestic consumption. In addition to fulfilling their day to day needs, these products had great economic and cultural values. Although there are numerous household objects that vary in quality, size and make from region to region, the scope of this paper allows only a quick view of few examples to illustrate the knowledge and skills that had determined the Bhutanese economy in the past.

##### Tea Churn

Tea churn or *ja sum* consists of a vessel and a churner, made of wood or bamboo. Some churns are decorated with brass and copper bands embossed or etched with patterns. It has a circular lid decorated with metal. The end of churn handle is often covered with metal ornamentation. Some simpler churns are banded with bamboo strips and sometimes with yak hair cords.



##### Wooden Container for Storing and Serving Ara

The most commonly used container for storing and serving *ara* (local beverage) is called *jandop*. It is made of wood in a cylinder form. This is often painted in

black and bound with metal bands. These bands have embossed or patterns or incised patterns that range from simple to intricate ones. Today, the *jandom* has been replaced by versatile plastic bottles and containers.



##### Milk Churn

It is a tall wooden or bamboo made churn, cylindrical with its bottom made of wood (in case of bamboo made). It is used for churning milk to obtain butter and cheese. It has a wooden lid, a wooden paddle/beater to churn the liquid.



##### Mortar and Pestle

The mortar (*tsiku*) is a receptacle used for pounding and grinding spices with the help of a pestle (*doti*), in





the kitchen. Pestle is a short club like object used for pounding and crushing. It comes in various shapes and is made of various materials like hardwood and stone. In recent years ceramic has come into use.

There is a larger version of mortar and pestle used for pounding rice, maize to make corn flakes and rice flakes. It is also used to make chili powder. The availability of grinding machines has almost eliminated the use of large mortar and pestle from active use.

### Mud Oven

Mud oven or *thab* is a box like fireplace made in the corner of the house kitchen with a round opening at the front base for feeding firewood and two or three openings at the top for placing cooking utensils. It is usually made of stone and mud. Black or red soil is used to make the thab with hands along with flat stones. In front of the thab there is a hearth to collect ashes, to warm the food and sometimes for the cat to sleep. It is generally advised to avoid making a thab in the ninth month in lunar calendar as it is bad for the family.

An auspicious day should be selected for making the thab, as all the items like *tshog* (offering), offered to the Buddhas and Bodhisattvas and deities are prepared on the thab. Moreover, anyone who partake the food



prepared on the thab invariably offers their food to the triple gems before consuming. Thab is also said to be protected by a female deity called *thab kyi lham*. That is why as the food preparation is completed, a bit of food is also offered to this deity.

Most of the traditional kitchens have a drying rack made directly over the thab. The rack is usually made with strips of wood built into a frame. While some use it for drying fire wood during the wet summer months, others use it for drying vegetables, and meat on the bamboo tray and sometimes hung on these strips.

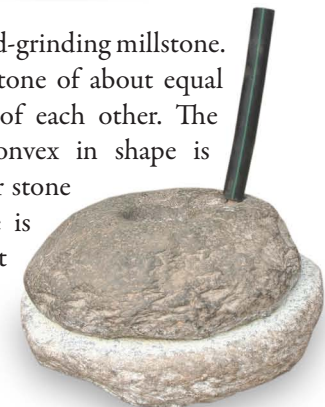
### Wooden Trough

Wooden trough (*zhongpa*) is a long, narrow vessel made of a log. A hollow is carved out in the side of a log so that the other side is flattened to keep on the ground. It is of various shapes and size depending on its use. Traditionally, trough is used for storing water for cattle and horse to drink, for feeding the pigs, and also used for dyeing yarns.



### Quern

Quern (*rangthag*) is a hand-grinding millstone. It has a pair of circular stone of about equal diameter placed on top of each other. The lower stone which is convex in shape is stationary while the upper stone slightly concave in shape is mobile and rests on a pivot in its center. It works in circular motion to grind the materials. A wooden handle is fixed in the margin of upper stone to turn it round. The grain is placed in a central opening or hopper in the upper stone. It is rotated in a clock wise direction to grind grains. There are usually two persons who sit opposite to each other to work on it.



### Pot-stand Ring

Pot-stand ring (*dzekor*) is made from cane or bamboo like a ring. In the early days most households used earthen pot for preparing meals.





These wares were not only rounded at the bottom, they were also easily breakable. Therefore, it was important that the ring like pot stand was used to prevent from breakage and to keep the pot upright. It is used for placing the pots to steady the round bottom of the pot but at the same time keep the soots of the pot off the floor.

#### Leather-covered Cane Boxes

Leather-covered cane box (*kodrom*) is made of fine rattan and then covered with fine yak hide or cow. It comes in various size and shapes like rectangular, cylindrical and square. It was used at home and also as carrying case while travelling.

#### Cane Box

Known as *tsbarzep*, it is made of rattan. Sometimes it can also be covered by intricate woven textile and usually used while travelling.



#### Decoration for Mules

In the past, when motor transportation was not even heard of, people relied upon the mules and horses. The caravan of these beasts was known as *khe dre*. Amongst these animals one or sometimes two of the mules used to be decorated with jingles round its neck, red and white yak hair upon its head and a finely made cloth or leather glittering with mirrors covering the front portion of the head called *chel kheb*.



#### Cylinder Leather Bag

A small bag made of leather or cloth called *chagkhug* which is used for feeding the animal and a long cylindrical leather bag, called *lag khug*, containing the owner's food were added on to the burden in the saddle on long journeys.

#### Basket (lag chung) and Ladle (zaru)

While Baskets are made of bamboo and is usually small in size, ladles are made of both bamboo and wood. Ladles are plain or may be decorated with relief and open work designs. Sometimes ladles are finely polished or lacquered. This basket is used for holding ladles.

#### Noodle Maker

Known as *puta shing*, it is made of wood and used widely in Bumthang for making *puta* (buckwheat/barley noodles). When the handle of this implement is



pushed down, the paste in the central box is squeeze out through the multiple holes in the bottom in the shape of noodles.

#### Wooden Box

Wooden box is used for storing grains and textiles. While some boxes are plain and simple in design, others have intricate design neatly embossed on it. A well to do family also has an elegant looking wooden box reinforced with a brass sheet. It has an elaborate snow lion motif in the front and with flower motifs on both sides.

