

MOTHERS' GUIDE IN CARE OF CHILDREN



The dry breeze and awful hot noons invariably remind us of the Holy Week. This season is a cause of much preparation, especially in the provinces, for it is the time that most Manila residents go home to renew associations with close relatives. It is celebrated in much the same way as Xmas—by paying homage, rounding up old acquaintances, reviving memories of the past and by "eats." But, while roasted pig (*lechón*), stuffed chicken (*relleno*), custard (*leche flan*), ham and oranges express Xmas, *suman*, ripe mango, sweet *macapuno* and *puto* signify the Resurrection, the last Sunday of the Holy Week (Domingo de Pascua).

All of us must have enjoyed the smacking sweetness of eating *suman sa ibos* with either ripe mango or sweet *macapuno*: yet—how many of us know

* Teacher of Home Economics, Emilie Jacinto Elementary School.

The Young Citizen PANTRY

BY

MISS JULIANA MILLAN *

how this very common dish—*suman sa ibos* is prepared? True enough, it is such a cheap and common preparation that it can be bought in neighboring stores whenever we wish to serve it, but still won't it be worthwhile to know how to prepare such an everyday recipe as this and take pride in claiming that we prepared it? I shall then discuss how to prepare some common kinds of *suman*.

"Suman sa Ibos"

3 c. glutinous rice
1 tbsp. colored rice
1 coconut
¼ tsp. salt
ibos leaves (nipa palm leaves)

Mix the glutinous and colored rice. Sort and wash.

Extract the first milk of the coconut and dissolve the salt. Soak the washed rice in this for a few minutes. Pour by table-



spoons in tube-like *ibos* leaves prepared for the purpose. Seal with small, pointed pieces of bamboo and tie securely. Arrange nicely in a pot or kettle.

Extract the rest of the coconut milk and fill the pot with as much water as when cooking rice. Put weight on the top of the *suman* to prevent them from floating. Boil until the rice is cooked.

This *suman* lends itself to various ways of serving, namely:

1. Cover with hot ashes and serve with chocolate.
2. Soak in chocolate and serve.
3. Fry in deep, hot fat and serve with sugar.
4. Serve with ripe mango.
5. Serve with sweet *macapuno*.

"Suman sa Lihia"

3 c. glutinous rice
¼ tsp. lye (*lihia*)
banana leaves (*butuan*)

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CAMPING.....

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ing their boys to camp. The Scoutmaster should know how to deal with this difficulty. Long, personal talks, explanations on camping,—its purposes and its good results,—are often helpful in these instances.

Careful planning is absolutely necessary. "Budgeting on the safe side," securing the required equipment, and above all, thorough physical examinations,—these prerequisites must be met before any troop should attempt to go to camp.

The last item especially—physical examinations—has been a sorely-neglected requirement. Very few Scoutmasters realize the vital importance of thorough physical examinations.

A recent case of a Scout having died in camp because of heart-failure is enough warning to any Scoutmaster to make him seriously consider the question of physical examinations. A mere scratch on the leg, or a sore tooth,—this may prove to be a fatal case of blood poisoning. How would you, Scoutmasters, feel if you had such a case in your troop while out in camp?

The Camping Program is the moulding of a boy's character. It is a serious undertaking, notwithstanding the fact that it is often alluded to as a program of "fun and frolic." It must have *enough* of the elements required to make it successful. *Enough*.—too much fire will burn a loaf of bread; very little fire will leave it half-baked. When a Scoutmaster

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Sort and wash the glutinous rice. Put in a native sieve to drain off the water. Sprinkle the lye over it and mix thoroughly.

Cut the banana leaves into the desired size. Wash, wipe and pass over the fire to evaporate some of the water and make it less brittle. Wrap the prepared glutinous rice and tie by pair. Put in a pot and cover with as much water as when cooking rice. Put weights on the top to keep them down and boil until the rice is cooked.

Remove from the wrapper. Brush the top lightly with butter and serve with *latik* or coconut meat and sugar.

hikes out to the country with his boys, he shoulders a grave responsibility. To go out thus would be to cook a certain food, or rather, to attempt to cook it. The Scout is the raw material. What he will be depends on the Scoutmaster.

The Camping Program is a well-prepared schedule of outdoor activities and fun, of an effective system of teaching the boys "how to do it." It is a well-balanced menu of boys and men, seasoned with high ideals of citizenship—self-reliance, resourcefulness, helpfulness, and loyalty,—cooked and boiled over the hearty embers of a grand and blazing camp fire kindled with comradeship and love.

(Note: For detailed information about camping, write to Philippine Council, B. S. A., P. O. Box 878, Manila, for

VACATION

At last vacation time is here. And now our school-work partly ends;

Without our books we hold so dear

We're out again to meet old friends.

Away to the fields to play the kites,

Or gather flowers by the brooks;

We know we spend the happiest life

As that we find in story-books.

Together with our playmates,
Our fishing hooks we throw

Into the quiet pond in the meadow

Where children use to go.

Then going home in the sunset
With the basket full of fish,
Mother and father are waiting
To cook our delicious dish.

When evening comes and the moon is bright,

We, children come out to play,
And after which we go to bed
and pray

For another pleasant day.

Oh, for the care-free life in vacation!

The thrills and perfect joys!
We know they'll make us
strong and healthy,
Pretty girls and winsome boys.

By A. C. Cancellor
Ligao, Albay

our pamphlet entitled MINI-MUM STANDARDS FOR BOY SCOUT CAMPS.)