

MOTHERS' GUIDE IN CARE OF CHILDREN



The Young Citizen PANTRY



MORE ABOUT DESSERTS

BY

MISS JULIANA MILLAN *

Aside from serving fresh or canned fruits by themselves in desserts, variety may be had by adding different ingredients to them:

1. Semi-ripe papaya:

Wash the fruit. Pare, divide, and remove the seeds. Dice into cubes. Serve with either lime fruit (calamansi) juice or vinegar and salt.

2. Ripe papaya:

Wash the fruit and divide into fourths. Remove the seeds.

a. Put refined sugar on top and serve with lemon (dayap).

b. Scoop by spoonfuls and serve with finely crushed ice, sugar and milk.

3. Ripe mango:

Divide the fruit and scoop by teaspoonfuls or dice the flesh into cubes. Serve with finely crushed ice, sugar and milk.

4. Melon (Castilá)

Wash the fruit. Divide and remove the seeds.

a. Cut each half into 3 parts. Sprinkle refined sugar and put finely crushed ice on top. Serve.

b. Scoop with the coconut scraper and serve with finely crushed ice, sugar and milk.

* Teacher of Home Economics, Emilic Jacinto Elementary School.

5. Melon (Tagalog)

Use 2 times as much water as the fruit. Dissolve enough sugar to taste.

Wash the fruit. Pare, divide, and put the seeds in a strainer. Strain the juice into the water. Dice the pared melon into cubes and add to the water. Serve.

If desired, sweeten the mixture with some more sugar and add ice before serving.

6. Atis:

Break open the ripe fruit with the fingers. Scrape the edible part with a spoon into a soup plate or any deep container. With a fork in either hand, remove the seeds. Serve with finely crushed ice, milk and sugar.

The addition of milk and sugar naturally makes the dessert richer in food value. The milk may conveniently be omitted in most cases if the meal served is quite heavy. However, if the meal is not very heavy, a little milk won't add too much to the food value and is desirable especially for growing boys and girls.

The same treatment may be done to canned fruit to vary the taste a little. Sugar need not be added if the syrup is utilized.

Not only may fresh or canned fruit be served singly or in disguise, but several the flavors of which blend and colors harmonize may be combined and served with a dressing. Such a combination of diced or chopped food with any kind of dressing is called "salad." Salads are excellent sources of vitamins and minerals.

Below I shall give typical examples of fruit salads out of native fruits. Combination of other native fruits in season may also be tried. Imported fresh fruit like apples, pears, grapes, and canned ones like pineapple, peaches, cherries and others, may be added, if desired.

FRUIT SALAD

(a)

- ½ ripe papaya
- 2 bananas (lactan)
- 2 ripe mangoes
- 2 native oranges (naranjita)
- 10 lanzones

a few lettuce leaves
Wash, pare, and dice the papaya into cubes.

(Please turn to page 164)

AMONG THE BOY SCOUTS

(Continued from page 165)

real leaders. They are responsible for attendance, dues, health and safety, and troop activities. Boys have always the "gang spirit." Normal attempts at applying the Patrol Method will produce good results.

The names of patrols should depend upon the decision of the boys. The most common ones are those of animals and birds. "Flying Eagle" Patrol, "Fox" Patrol, "Bear" Patrol, "Cobra" Patrol, etc.—these names appeal to the boys. Each patrol has a patrol flag, its emblem. It is always a thrill to march beneath that significant banner. Patrols have their own calls, their own yells and songs. Very often, much fun can be had at singing and yelling contests. The "Dog" Patrol barks. (Boys do know how to bark.) And the "Cats" answer with a loud "meow." The "Flying Eagles" screech, the "Owls" hoot, and pretty soon, a forest serenade is in the air.

The Scoutmaster who makes use of the Patrol Method wisely will always feel at ease concerning his troop's progress, and will have more time for other things more important than meeting routines. The boys can go on without much pre-occupation on his part. Sometimes, a Scoutmaster comes in and tells us his troubles. He is disappointed with the Patrol Method. It doesn't work as effectively as guaranteed. The previous week, he announced that there would be a water-boiling contest the following week. The date came, one patrol leader was absent, three pa-

THE YOUNG CITIZEN . . .

(Continued from page 162)

Wash, peel, and dice the *lacatan* bananas.

Peel the oranges and divide into sections. Remove the seeds and skin.

Divide the mango, scoop the flesh and dice into cubes also.

Mix all together. Add a little sugar and enough milk to moisten the mixture.

Wash the lettuce leaves and wipe dry with a clean piece of cloth. Arrange attractively on a platter or salad dish. Pour the mixture.

Peel the lanzones and arrange the seedless segments nicely on top. Serve cold, if possible.

trots didn't bring any equipment, and the one which brought didn't know what to do with it. The Scoutmaster blames the Patrol Method.

He should blame himself. His Patrol Leaders were not trained in the right manner. They had not been made to realize the responsibility that their positions entailed. Working through Patrol Leaders is effective. Do not be afraid to give them work. Tell Juan to be in charge of pitching the tents during the camp. Pedro is the Chief Cook, Pablo is the one assigned to construct the toilets, while Martin leads the boys to the forest to get firewood. In no time, you will see each of these jobs finished,—and finished satisfactorily too, if you have made the right choice in selecting your men.

"The Patrol Method is not one method in which Scouting can be carried on. It is the ONLY method!"

(b)

- 1/2 ripe papaya
- 1/2 pineapple
- 4 bananas (lacatan)
- 2 atis
- 20 ripe ratiles
- a few lettuce leaves

Wash, pare, and dice the papaya into cubes.

Wash, pare, and remove the eyes of the pineapple. Rub with salt and rinse well. Dice into cubes.

Wash, peel, and dice the bananas.

Break open the atis and remove the pulp from the seeds with 2 forks.

Mix all ingredients. Add a little sugar and enough milk to moisten the mixture. Proceed as in (a) and garnish on top with the ratiles. Serve cold, if possible.

AMBROSIA

- 1 young coconut (buco)
- 1 pineapple
- 6 native oranges (naranjita)
- or
- 1 pomeio (suha)

Wash, pare, and remove the eyes of the pineapple. Rub with salt and rinse. Cut into rings and remove the core in the middle.

Peel the native oranges. Divide into sections and remove the seeds and skin.

Break open the young coconut. Scoop the meat with the coconut shredder. Mix this and the grains of the native oranges. Add a little sugar. Fill the hollow of the pineapple rings with this and put some more by heaps on top. Be careful not to let this cover the side of the pineapple. Serve cold.