

MOTHERS' GUIDE IN CARE OF CHILDREN



The Young Citizen PANTRY

BY

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VALENTINE RECIPES

The month of February is generally associated with the gaiety, fun and laughter of the carnival season. This year, while it will be introduced by the Carnival Fair (now known as the Philippine Exposition) this will be interrupted by a world-wide celebration for Catholics—the Eucharistic Congress. Catholics from all parts of the world will then visit our fair isles—the only Christian country in the Orient. A solemn and holy aspect will then pervade the air.

But after this, the carnival season will continue in full swing when it will be closed by another mirthful occasion—Valentine's Day. This is always celebrated on the 14th of this month and is dedicated to sweethearts—to those who wish to show their affection to the opposite sex, either in a serious or comic way. This is celebrated by sending cards with love-

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tokens and by parties where red is the dominant color and foods are heart-shaped. Since we are all Nepa-minded nowadays, let me introduce a very common native recipe which can be made to suit the Valentine Spirit.

PALITAO

½ c rice
1 c glutinous rice
liñga
a pinch of red vegetable coloring
sugar
grated coconut

Mix the glutinous and ordinary rice. Sort, wash and soak in water overnight. In the morning, grind in the native grinder. Get a pinch of the red vegetable coloring and dissolve it in the ground mixture until it is of the desired redness. Put this in a bag of cloth and press between the 2 pieces of the native grinder to press out as much water as possible. A moist,

powdery mixture will be the result. Get this by tablespoons and mould into hearts. Put side by side on clean banana leaves.

Fill a kettle half-full of water and boil. Drop the heart-shaped palitao one by one, taking care not to let them be mixed together. When it floats, remove from the kettle and drain off the water. Roll in the grated coconut.

Heat the frying pan. Put in the *liñga*, stir constantly and toast until golden brown. Get a clean and round bottle if no rolling pin is available. Roll this over the *liñga* to reduce it to a powdery state. Mix with the sugar and serve with the palitao. This may be served with either hot or iced tea.

It will be noticed that instead of the colored rice and oblong shape, red vegetable coloring and heart shape is suggested to conform with the spirit of the season. Anyway the colored rice is used more for its grayish color than for its taste.

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