

## MOTHERS' GUIDE IN CARE OF CHILDREN



THE  
**Young Citizen**  
 PANTRY



**A**LL our lives and in all our undertakings, we need heat and energy. At work, at play or even at rest, (in fact, even while sleeping) we use heat and energy. As long as our hearts beat we need to keep the normal temperature of our body. It is this heat and energy that keeps us warm.

The train, the ship and the airplane all need heat and energy to keep them going. So does our body need the same to keep us warm, comfortable and energetic. Unlike these inanimate things which do not need heat and energy while at rest, our body consumes heat and energy even when not in motion. This is explained by the fact that those machines are steel—cold when at rest, while our body is normally warm even while sleeping. While gasoline is the mainstay of these machines for their fuel (or heat and energy) cereals are the chief stuff that furnishes our body with heat and energy.

Cereals are our chief recourse for the supply of heat and energy producing foods because they are the cheapest of all sources of carbohydrates. They are also the most plentiful, easy to prepare and delicious at the same time.

Here are some favorite cereal dishes which even children may try. They are appropriate for desserts, for "meriendas" and for simple Nepa parties.

## SOME CEREAL DISHES

Miss Juliana Millan \*

*Mongo Guinatan*

- 1 cup rice
- 1 cup malagkit (glutinous rice)
- ¼ cup mongo
- 2½ cups sugar
- 2 cups coconut-milk.
- 10 cups water

Boil the water. Mix the rice and malagkit. Sort, winnow and wash. Add to the boiling water. Sort and wash the mongo. Toast in a hot carajay or frying pan. Press with the rolling pin (an empty bottle will do, if no rolling pin is on hand) to break loose the skin. Winnow and add to the boiling mixture. Stir.

Break the coconut and get the water. Grate the meat and extract the first milk (kakang gata). Reserve. Add the coconut water and some faucet water to the grated meat. Extract 2 cups of milk. Add to the mixture on the stoves and stir. Add the sugar. Cook until the rice and mongo are tender. Serve in deep saucers and put about one teaspoon of the first milk on the top. This adds to the attractiveness and improves the flavor.

*Corn Guinatan*

Substitute the same amount of shaved young corn for the mongo. Proceed in the same manner without

toasting the corn.

Note: If the mixture thickens, add some more water to have the desired consistency. Different kinds of rice have variable swelling capacities. Those that have been ripened for over a year or so, swells more than the newly harvested ones.

*Puto Maya*

- 1 cup rice
- 1 cup malagkit (glutinous rice)
- 3 table spoons pirurutong (colored rice)
- sugar
- grated coconut

Mix the rice, malagkit and pirurutong together. Sort, winnow and wash. Put as much water as when cooking rice and boil. Cook in the same manner as when cooking rice.

Wet a cup or a gelatine mould with water. Fill it two-thirds full with cooked preparation and press lightly with the spoon. Wet the end of the spoon or the blade of a thin knife and scrape around the sides. Invert in a saucer and serve with grated coconut and sugar on the top.

This may be served by itself or together with "alcohol" or "guinatan halo-halo."

Some common abbreviations used for recipes are:

- c. for cup
- tbsp. for tablespoon
- tsp. for tea spoon
- lb. for pound
- qt. for quart

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