

IN FILIPINO DIET

Nutritive Value Of Coconut

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ABOUT a year ago I spoke on the radio regarding the good qualities of our good friend, Mr.

Coconut. To show the value of proper nutrition, I pictured a woman "with a flight of double chins, and who waddles through a room instead of walking across it." Tonight, I have brought to you her sister "Skinny". You can picture her to yourselves. She is all bones, whether she is tall or short, her waistline is so small you can encircle it with your two hands. She looks fragile so much so that you feel that a strong windy blast may carry her off any minute. She is flat chested, with high cheek bones, and her arms and legs dangling like a twine of rope suspended from a flag pole. To put some flesh into this walking skeleton is bound to be a nutritional achievement and here is a steady job for Mr. Coconut.

It was sheer luck which took me to the Bureau of Animal Husbandry on a morning when one of the doctors was cutting up a hog which had been on a hundred per cent coconut diet for some time.

The doctor told us that it was an experiment which they had undertaken to determine whether coconut, being as cheap as it is, could be utilized in hog-raising intended for hams and bacon. He cut up the

hind legs for the ham, he trimmed the flank for the bacon and there was our coconut fed hog with practically no steaks of pink, almost pure white fat clear through to the skin with only a very thin streak of lean meat. It's no "go" for sure in hog raising, but it is never wise to live on a one-sided diet. But to one on a fattening diet it would be very effective. If we were to put "lanky bones", whether child or adult on a coconut rich diet, couldn't we expect similar results from the experiment? This statement is not without a scientific basis. It is a fact, that granted a perfectly normal body free from parasites and a will power exerted to the utmost in the desire of increasing one's weight, coconut would be a perfect ally of milk, eggs, cod

Coconut Oil As A Shortening

By MARIA OROSA

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Our recent experiments proved that COCONUT OIL may be satisfactorily used as a substitute for expensive shortenings.

We found that an average nut when grated measures about 3 cups and gives about 1/3 cup of oil. If pandan leaves, grated lemon, orange or lime peel is added to the COCONUT milk while it is being made into oil, the natural COCONUT OIL flavor is masked. Cakes made with this oil are very palatable and cannot be distinguished from "butter cakes" baked with butter.

Dozens of experiments in butter cake baking were performed using the COCONUT OIL as shortening. Some of these were flavored with caramel, with coffee, with chocolate, with vanilla, and in all cases, when compared with those made with butter or other expensive shortenings, the samplers all agreed that the cakes baked with the COCONUT OIL cannot be distinguished from those baked with butter.

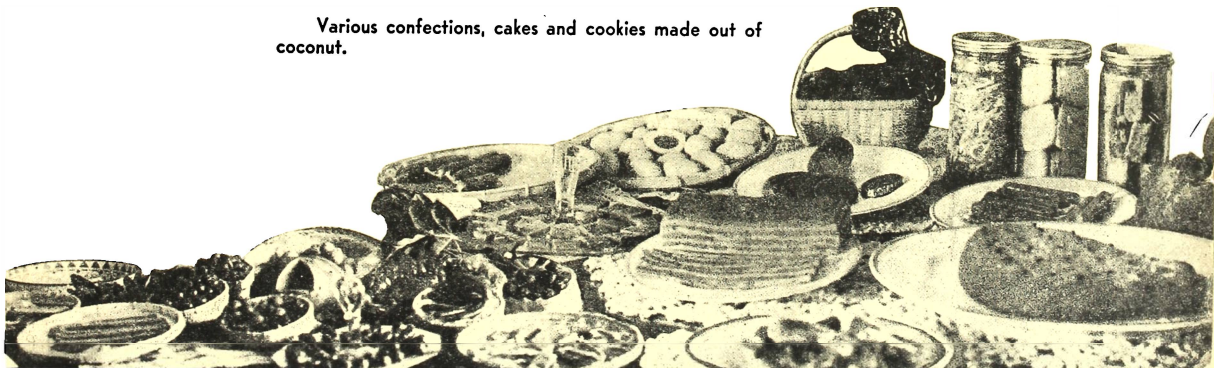
The procedure used in baking with the CO-

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liver oil, whole cereals, fruits and vegetables.

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Various confections, cakes and cookies made out of coconut.



COCONUT OIL AS...

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CONUT OIL is as follows:

Beat 1 cup of sugar with 4 egg yolks. Add gradually 1/2 cup of COCONUT OIL, beating constantly until smooth and lemon colored. Add in small amounts at a time, and alternately, 1-1/2 cups of flour previously sifted with 3 teaspoons of baking powder, and 1/2 cup of diluted evaporated milk. Fold in 4 egg whites, stiffly beaten, and bake in moderate OROSA-PALAYOK-OVEN 15 minutes.

Another procedure that may be used is as follows:

Beat 2 egg yolks and add 2/3 cups COCONUT OIL, and beat until smooth. Add 2 cups sugar and beat until creamy. Then add 2 egg yolks and beat until fluffy. Add 3-1/2 cups flour previously sifted with 4 teaspoons baking powder, alternately with 1 cup diluted evaporated milk, adding small quantities of each at a time, and fold in 4 egg whites stiffly beaten. Bake in moderate OROSA-PALAYOK-OVEN 15 minutes.

A PRACTICAL PROGRAM...

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Role of the Nacoco

The National Coconut Corporation has a triple role to accomplish: first, as an industrial partner supplying the machines and technical assistance; second, as a contractor for the coir produced by the plant; and third, as an organizer of home industries.

The Corporation covenants with a planter or a group of planters forming a cooperative to put up a small defibering plant. If the necessary cash is not available, the Corporation offers small production loans to the planter or cooperative, who pledges his or its coconut crops as securities. The machinery will then be paid for by the planter or cooperative in equal monthly installments until the whole amount has been paid. Installation of the machinery up to the time of its operation will be supervised by a technical man sent over by the Corporation, whose salary will be paid by the Corporation, but whose transportation expenses and per diems will be paid by the planter or cooperative. When the machinery has been installed and the owners of the plantations are familiar with its operations, the planter or cooperative can then take over the full management.

Everything produced from the machines will be bought by the Corporation, provided of course the fiber is of the stipulated quality. The coir fiber is in turn distributed to the spinners in domestic factories. Following are figures showing how home industrialists will be benefited:

Price to be paid by spinner per kilo
for material P0.07
Amount to be paid spinner for labor .. P0.15

Amount received by spinner for material & labor P0.22
If material is furnished on credit:

Price per kilo of material P0.07
Amount to be paid spinner for labor .. P0.15
Amount received by spinner P0.15

Note: In this case material is supplied and not paid by spinner.

The Corporation has a Field Agent or Organizer in charge of coordinating these activities. He sees to it that the defibering plant is working efficiently and producing the expected quantity of coir of standard grades. He supervises the distribution of coir among the local spinners and weavers and sees to it that homes are supplied with materials, that labor is contented, and prevents dictation of prices by either party.

Farmers' Financing Agency

Coinciding with the work of the Corporation, the Department of Labor is extending aid to indigent

FUNDAMENTAL FACTS

The program for the Home Industries in Baler includes the following points:

1. The National Coconut Corporation will establish a plant for coir production.

(a) Total amount of the plant will include cost of machinery, shed (camarin), and installation in the amount contracted by the planter or cooperative.

(b) Management and operation of the plant will be under said private concern.

(c) Manufactured coir will be contracted by the Corporation.

2. Organization of Baler as center for the Home Industries program.

(a) Baler can be easily supplied with husks from the towns of Casiguran and Polillo.

(b) Organization of the inhabitants for a specific activity.

(c) The Corporation's Field Agent will supervise.

3. Joint cooperation of the National Coconut Corporation and the Farmers' Financing Agency (FFA).

(a) Economic and efficient administration.

(b) Consignment of the Corporation's saleable products to the FFA Cooperative Store.

4. A cooperative system of activities is instilled.

(a) Socialized distribution of income.

farmers and workers in Baler by opening a unit of the Farmers' Financing Agency. This agency can be of immeasurable help to the home industries program by acting as sales medium for our finished products.

The coir spun into yarn; the yarn woven into sack-cloth; and the cloth sewed into finished sandbags or copra sacks, may be consigned to the Farmers' Financing Agency (FFA) Cooperative Store