

THE HOUSEWIFE
Edited by VIRTUDES M. GUINTO

BUKO SOUP—

1 c buko, cut in small squares 3/4 tsp. salt
2 c chicken broth 2 segments garlic

1 tsp. Purico
Sauté garlic and remove when brown. Add chicken broth, then add buko and season with salt. Serve with chopped hard boiled eggs if desired.

BUKO AND STRING BEANS SOUP—

1 c buko, cut in small pieces 1 small segment garlic, pounded
1 c coconut milk 1/2 string beans, cut finely

2 c beef stock 1 tsp. salt
1 tbs. fat pepper to taste

Fry garlic and remove when brown. Add stock and when boiling, add string beans and cook until tender. Drop buko and boil 2 minutes. Add coconut milk, bring to a boil, and immediately remove from fire. Season with salt and pepper. Serve hot.

BUKO MOONLIGHT

1 c buko, cut in small pieces 2 eggs, stiffly beaten
3 tbs. boiled shrimps, sliced in pieces 3 tbs. lard
2 tbs. constarch
salt and pepper to taste

Mix buko, shrimps, salt, pepper and cornstarch. Add well beaten eggs. Pour mixture in a hot frying pan containing hot lard, spreading the mixture in the pan evenly. Cook until light brown. Turn over to brown the other side. Cut in squares and serve with tomato catsup.

FISH SPREAD—

1 medium sized bangos, 1/2 tsp. salt

dalagang bukid or nahita 1/4 c pure coconut milk
2 c diluted coconut milk pinch of nutmeg
juice of 8 calamansi 2 egg yolks

Boil the fish in the coconut milk to which has been added the calamansi juice, salt and a pinch of pepper. Flake the fish and mash fine. Add the rest of the ingredients and cook for a few minutes, stirring well to avoid the mixture from sticking to the pan. Spread between two slices of bread.

VISAYAN LUMPIA—

1 coconut heart 1/2 c shrimp juice
1/4 kilo shrimp 1/4 c tahori
1/2 kilo pork salt to taste

1 tsp. sugar

Boil the shrimps and pork until done. Cut into small pieces and extract the shrimp juice from the shrimp shells. Cut the coconut heart (ubod) into strips. Sauté the shrimp and pork, then add the coconut heart and the shrimp juice. Simmer in a slow fire until the coconut heart is tender. Add the sugar and salt and cook a minute longer. Cool. With a little sugar, mash the tahori and sauté in hot lard. Wrap the lumpia wrappers spreading first the tahori, then the fresh lettuce leaf, and lastly the coconut heart.

LECHE PLAN DE COCO—

1 c pure coconut milk 1 tbs. caramelized sugar
2 yolks 2 tbs. sugar

Beat yolks slightly. Add the coconut milk and the sugar. Caramelize the sugar in the baking pan. Then add the previous mixture and bake in a slow oven.

NATIONAL COPRA . . .

(Continued from page 6)

Loss to Philippine planters from bad copra

There have been various estimates regarding the amount of money lost by Philippine copra producers due to its poor quality. Some people figure that 5 to 10 million pesos are being lost annually to P. I. producers because of copra deterioration. According to Dr. F. C. Cooke, an English authority on coconuts, "The Philippines are losing about 200,000 pounds or P2,000,000.00 every year in its copra business due to its poor quality." He claims that because of the higher percentage of moisture of the Philippine copra abroad, there is a loss of about 5% on storage.

The same author further says:

"* * * The discrimination in Europe against Philippine copra has increased from 8 percent in 1929

to 20 percent in 1934 (basis Ceylon prices); this with the present low prices, is indeed a serious penalty." (y).

It can be seen from the foregoing, that Philippine copra because of its poor preparation, is losing around 25% of its real value. The following table will show how our copra is rated in the London Market.

COMPARATIVE PRICES PER TON OF THE PRINCIPAL GRADES OF COPRA IN LONDON

Order	Grade	Country	1929	1934
1.	f. m. g. w. s.	Malabar	P246.79	P N.Q.
2.	f. m. s.	Ceylon	235.93	98.47
3.	f. m. s.	Java	225.56	92.59
4.	f. m. s.	Straits	227.05	91.88
5.	f. m. s.	N. Indies	—	—
6.	f. m. s.	South Seas	215.69	78.69
7.	f. m. s.	Philippines	218.65	78.60