

MOTHERS' GUIDE IN CARE OF CHILDREN



The Young Citizen PANTRY



Desserts

Dessert—the last course served in every meal—has for its purposes the following:

1. To remove the taste of the food in the mouth before drinking.
2. To complete the food value of the meal.
3. To have an additional source of vitamins and minerals—fresh fruits.

BY

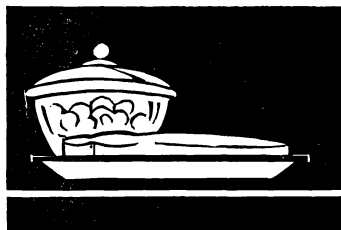
MISS JULIANA MILLAN *

even just plain *caramelo* or a lump of sugar regardless of the kind of meal served. It we shall only plan our dessert together with our meals, it won't be a difficult problem nor need we serve ripe banana too often or a monotony of sweets.

In average homes, 2 courses

dishes need light desserts.

All succulent or juicy fruits like papaya, chico, atis, ripe mango, watermelon, melon, blackberries (*duhut*), *guava*, santol, *balimbing*, *balubud*, pineapple, and a host of other native fruits, fall under light dessert. All prepared desserts that call for the addition of sugar or milk or both sugar and milk are heavy. Under this fall sweet preparations with thin sy-



4. To create a desire for more water—as in the case of eating sweets.

It is customary among us to have for the last course usually ripe bananas, if not some dry, sweet preparation, like *bocayo*, *condol* or *rimas* and sometimes

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are sufficient for every day purpose. A meal consisting of boiled, not sauteed, vegetables and fish is quite light and may be served with heavy desserts to add some more to its food value. One consisting of fish or meat and sauteed vegetables is heavy and another made up of fish and meat is heavier. Such

rup; preserves like jams and jellies; and frozen preparations like ice cream, ice drop and Magnolia tid-bits and sandwich.

Serving fresh fruits the year round is not a problem for us because different kinds of fruit trees and plants bear fruit at

(Please turn to page 132)

ANSWERS TO THE QUESTIONS ON PAGES 112 and 113

GRADE I

OUR ALPHABET

a — are	n — no
b — be	o — of
c — come	p — play
d — door	q — quick
e — eat	r — run
f — father	s — so
g — go	t — to
h — he	u — up
i — in	v — very
j — jar	w — we
k — kite	x — xylophone
l — like	z — zero
m — me	

GRADE II

1. tea, teach, each, ache, her
2. me, an
3. he, ear
4. thin, in ink
5. ever, every, thin, in, thing
6. other, her, is, wise
7. fin, in, is, finish, he, she
8. count, try
9. rain, in, coat, at
10. an, no, not, other, her

GRADE III

1. kind
2. big
3. little
4. above
5. high
6. clean
7. pretty
8. down
9. glad
10. sad

GRADE IV

1. Pedro
2. grocery
3. cap
4. knife
5. kid
6. feet

GRADE V

water	culasisi
book	market
stove	cabbage
room	

GRADE VI

1. here
2. have
3. he
4. basket
5. another
6. ever
7. pig
8. them

GRADE VII

1. plan
2. rat
3. hand
4. trap
5. lack
6. paddle
7. lamb

THE YOUNG CITIZEN

(Continued from page 130)

different seasons. During the dry season we have lanzones, blackberries, watermelon, melon, pineapple, mango, citrus fruit — pomelos and native orange, tamarind, goyabano, and others while during the rainy season we have guava, *santol*, *atis*, *balimbing*, and *seniguelas*. And if we get tired of these, for those who can afford, we have fresh imported fruit to

THE CABIN OF A TREE . . .

(Continued from page 123q)

are bright enough in the dusk to see a moving insect a foot or more away. It is so quick that it can leap from one leaf and catch the insect before he reaches another. It can cling to anything that it touches with a hand or foot, because the tips resort to once in a while. Apples, grapes, and oranges can break the monotony.

of its fingers and toes are sticky.

Some tree-frogs never leave their trees. They deposit their eggs in the central cup of a tree or at the bases of decaying banana leaves. But when the rains fall, for most of them, trees are forgotten for a while and ponds are remembered. However, after the rainy season, the old tree-frogs travel back to their tree homes, each one alone. But the mothers do not go before they have stuck their eggs to the stems of water plants.