



TO the mackerel family belong a number of fishes whose bodies are adapted for speed swimming. The most commonly known are the *hasahasa*, *alumahan*, and the *tanguingue*. Their scales are so fine and smooth that they can hardly be recognized as scales. The *hasahasa* and *alumahan* are called chub mackerel while the *tanguingue* is called the Spanish mackerel. The chub mackerel is much smaller than the Spanish mackerel and is much cheaper. The *tanguingue* is among the finest food fishes in Philippine waters. It grows to almost two meters in length. It is sold in slices either fresh or dried or pickled in brine. The small ones come in great schools and can be taken in large quantities by nets or in fish corrals. They are usually sold for from five to ten centavos each. The *tanguingue* is caught by trawling, which is a method of deep sea fishing.

You are familiar with *hasahasa*, but you may not be acquainted with the *tanguingue*. They are bluish in color, its shade growing paler near the belly. The sides are marked with lines and spots.

THE MACKERELS

Aunt Julia's True Stories

Next time you go to the market with your mother, try to find a whole *tanguingue* before it is sliced.

The *hasahasa* is usually served as *paksiw*, that is, it is boiled in vinegar seasoned with salt and ginger. It is eaten ordinarily with shrimp sauce known as *patis*. Next time your mother prepares *hasahasa* in this way ask her to add a few slices of ampalaya when the fish is almost done. A very appetizing salad is a mixture of chopped tomatoes, raw onions, and wansoy leaves. Use *patis* instead of salt on your salad.

Ask your mother how she prepares the *tanguingue*. Have you tried it cooked with pickled mustard, tomatoes, and soya bean cake? In whatever manner your fish dish is prepared, have plenty of vegetables served with it. Vegetables increase the food value of the fish.



COMPULSORY SCHOOL FOR CYCLISTS

Lectures on "Safety First" and on "Rules of the Road" are given at the police station at Pforzheim, Germany, to all careless drivers. The careless drivers are kept at the police station for one hour. During this time they are forced to listen to a sound lecture on careful driving.

So far, the majority of careless bicycle drivers have been school children. Within one week 60 school children were taken to the station. As they sat there listening to the lectures, many of them showed injuries on their bodies caused by careless driving. So that after all, the lectures are bound to produce *safe driving* for both grown ups and children.

No matter who is found to be a careless driver that person receives a summons to attend the "Safety First" lectures.

A DOG'S LOYALTY

Peter, a lovely German sheep dog, lost his own life because he refused to leave his master.

An old gamekeeper who had been reported missing was found dead in the high Alpine region. He had evidently died of heart failure. But his faithful dog had remained near him. When other gamekeepers discovered the dead body of their companion they found Peter standing over his master's body. The dog had been without food for days. He had already grown thin and bony.

But in spite of this Peter would not leave his master. Nor would he let anyone touch the body. Every time the gamekeepers made an attempt to pick the body up the dog resisted them. Finally, fearing that the dog would bite them they decided to shoot Peter. After Peter, too, lay there dead, the men took the body of their comrade and his faithful dog to the village.