

## MOTHERS' GUIDE IN CARE OF CHILDREN



The dry breeze and awful hot noons invariably remind us of the Holy Week. This season is a cause of much preparation, especially in the provinces, for it is the time that most Manila residents go home to renew associations with close relatives. It is celebrated in much the same way as Xmas—by paying homage, rounding up old acquaintances, reviving memories of the past and by "eats." But, while roasted pig (*lechón*), stuffed chicken (*relleno*), custard (*leche flan*), ham and oranges express Xmas, *suman*, ripe mango, sweet *macapuno* and *puto* signify the Resurrection, the last Sunday of the Holy Week (Domingo de Pascua).

All of us must have enjoyed the smacking sweetness of eating *suman sa ibos* with either ripe mango or sweet *macapuno*: yet—how many of us know

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## The Young Citizen PANTRY

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how this very common dish—*suman sa ibos* is prepared? True enough, it is such a cheap and common preparation that it can be bought in neighboring stores whenever we wish to serve it, but still won't it be worthwhile to know how to prepare such an everyday recipe as this and take pride in claiming that we prepared it? I shall then discuss how to prepare some common kinds of *suman*.

### "Suman sa Ibos"

3 c. glutinous rice  
1 tbsp. colored rice  
1 coconut  
 $\frac{1}{4}$  tsp. salt  
*ibos* leaves (nipa palm leaves)

Mix the glutinous and colored rice. Sort and wash.

Extract the first milk of the coconut and dissolve the salt. Soak the washed rice in this for a few minutes. Pour by table-



spoons in tube-like *ibos* leaves prepared for the purpose. Seal with small, pointed pieces of bamboo and tie securely. Arrange nicely in a pot or kettle.

Extract the rest of the coconut milk and fill the pot with as much water as when cooking rice. Put weight on the top of the *suman* to prevent them from floating. Boil until the rice is cooked.

This *suman* lends itself to various ways of serving, namely:

1. Cover with hot ashes and serve with chocolate.
2. Soak in chocolate and serve.
3. Fry in deep, hot fat and serve with sugar.
4. Serve with ripe mango.
5. Serve with sweet *macapuno*.

### "Suman sa Lihia"

3 c. glutinous rice  
 $\frac{1}{4}$  tsp. lye (*lihia*)  
banana leaves (*butuan*)

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