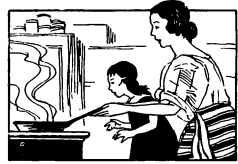


MOTHERS' GUIDE IN CARE OF CHILDREN



The Young Citizen PANTRY

BY

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JELLIES



The rain is with us once more and mean to stay for some time because the rainy season has come. With the incessant rain, for continuous days and nights, most of the streets become awfully muddy while rivers and canals become swollen and overflow their banks. Low streets become knee-deep in water and classes have to be suspended in some cases. But the pitter-patter-pour of the rain have varying effects on different kinds of people.

To healthy, normal children it means frolic and fun in the flooded neighborhood and under the downpour. To children with cold and to those whose parents are over-careful with the health of their children, it spells gloomy days at home with envy gnawing their hearts and an ardent longing to be among the crowd of merry-makers and fun seekers. Ah, rainy days are indeed both a blessing and a curse!

In our dear old city, the favorite rendezvous when the rain sets are the suburbs, like San Francisco del Monte and Balintawak, where fruit trees

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abound. Both the young and the near-young throng these places for a few santols, guavas, *seniquelas* and *duhats*. Because they are accustomed to buy fruits that are several hours away from the mother tree and probably never having seen these fruits in their native abode, they derive much pleasure in getting these themselves and eating them, not from the tree to the lips, as the poet say, but from the tree, to the ground and then to the mouth. Here is where all laws of hygiene and health are flung to the winds, and people

go native.

They not only fill their stomachs but stuff their pockets, hats and hands and take these home. But upon reaching home, because they are much satisfied, they just abandon the fruits that have caused strife and energy. This should not be the case for these fruits can be made into sweets and jellies for future use.

The native fruits that can be utilized for jelly-making are santol, guava, *duhat* (native black berry), bignay, and tamarind, because they contain both pectin and acid which are very essential in this. Most sour fruits contain not only acid but pectin as well. Pectin is sometimes called vegetable jelly and its presence may be tested by using steel knives for paring or dividing the fruit. If the knife becomes tarnished, then pectin is present. Mature and just ripe fruits are richest in pectin because this is changed into sugar when the fruit ripens.

Jelly is a preparation made from fruit juices and sugar and boiled until it jells. Some of the characteristics of a successfully made jelly are:

1. It must gelatinize when cool.

2. It retains the shape of the container when it is removed from it.

3. It is clear, transparent and retains the flavor of the fruit after which it is named.

4. It is soft and pliant and moves when shaken but does not flow nor break.

If the jelly does not jell, then it must be because of any of the following stumbling blocks:

1. The fruit contained too little pectin.

2. The fruit contained too little acid.

3. Too much sugar was used.

4. Too long or too short boiling time.

I shall now tell you how to make some kinds of jelly.

GUAVA JELLY

Wash and cut into pieces fresh and just ripe guavas. Add a little water and boil until tender. Pour into a jelly-bag cut a piece of cloth into a triangle and sew two opposite sides together) and hang overnight to drain the juice. To every cup of juice add $\frac{3}{4}$ cup sugar. Boil and skim the scum from the top every now and then. Or, better yet, strain thru a piece of cloth. Boil again and stir frequently to prevent the mixture from bubbling over and from sticking to the bottom of the container. Lift up the mixing spoon and when the mixture drops in balls, remove from the fire. Pour into jelly moulds or any suitable container to cool.

SANTOL JELLY

Wash, pare and divide fresh santols into pieces. Boil until the flesh is tender. Proceed in the same way as for Guava Jel-

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successful lawyer.

"He is bound to be successful because he is very industrious," said a man in town.

"Yes, even when he was a student he never fooled around with movies and athletics. He was always studying his lessons," said another.

"Now, he is popular and successful."

One morning there was an excitement in his office. He was in the middle of an interview with one of his clients when he suddenly fainted.

"Call a doctor!" said one of the clerks to the office boy.

Dr. Jose came. He was a high school classmate of Attorney Labrador. He examined his friend and he discovered that he had a high blood pressure and some symptoms of nervousness. Dr. Jose took him to a hospital for treatment. Pedro remained in the hospital for several days.

The doctor advised him to have some exercise and recreation. He promised to try but somehow he could not make himself take regular daily recreation and exercise. He must work because it was his habit to work; besides, he had many clients.

ly, adding 1 cup of sugar to every cup of juice. Another way to test if the "jellying" point is reached: drop a little of the mixture into a pan of water. If it forms a soft mass and retains its shape in the water, remove from the fire and pour into suitable containers. Serve when it cools or set aside for future use.

"Do you remember what you told me when we were in the high school? You said that after attaining success you would have time for wholesome pleasure," Dr. Jose reminded Attorney Labrador.

"Yes. Many times I feel like going to the talkies at night, play golf, tennis, or swim, but somehow I can not," said the lawyer.

"The truth of the matter is this—habit made work your master. Your life is so made that recreations have no more place in you. You cannot enjoy those things now even if you want to and have time. The desire to participate in those things so that they would bring to you real enjoyment should have been cultivated when you were yet young. I am afraid now it is too late!"

"That is true," said Attorney Labrador, "talkies, golf, the athletic activities or the like bored me. I do not enjoy them. I have more enjoyment in my office reading law books, and writing briefs."

"Yes, but the office work alone would bring you no relaxation which is very necessary to one's health and happiness."

Five years later Dr. Jose was reading the *Tribune*. To his surprise and sorrow he read the story of the death of his friend Attorney Pedro Labrador. "He is young; he is very popular and has already achieved a degree of success that is seldom achieved by an ordinary lawyer of his age," he read a part of the story in the *Tribune*.

"Yes. It is too bad," said the doctor. "He went too fast."