

## MOTHERS' GUIDE IN CARE OF CHILDREN



Christmas is just around the corner! But before Christmas bells ring to remind us once more of the birth of Christ, the "Simbang Gabi" (Misa de Gallo) on chilly and foggy mornings will come first. Bands will then round the neighborhood to awaken the people so that they may be able to hear the 4:00 o'clock mass which is carried for nine consecutive days. And the people, either before or after hearing the early morning mass flock somewhere. They stream to the sheds where at a distance nothing but a flickering light and voluminous smoke may be seen. They go there for a light repast of "bibingca, puto bumbong or puto sulot" and a cup or two of steaming hot tea. Have you ever come to wonder, or do you know what foodstuff is made into these common native dishes? Well, it is none other than our popular friend, the cereal—rice, to be exact.

This time I shall tell you how to prepare these common dishes if only to satisfy your curiosity or to try your hand on them during leisure hours. Or else, to make a living out of them during the "Simbang Gabi" or during moonlit nights when crowds are tempted to take a walk.

## BIBINGCA

- 1 cup rice
- 1 cup water
- 1 cup sugar
- $\frac{1}{8}$  tea spoon baking powder
- 2 eggs
- butter and few slices of cheese
- sugar or grated coconut.

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THE  
**Young Citizen**  
 PANT RY

## FOR DECEMBER

MISS JULIANA MILLAN \*

Sort, winnow and wash the rice three times. Soak in one cup water overnight. In the morning, grind in the native grinder (gilingan). Add the sugar, the well beaten eggs and the baking powder. Mix thoroughly.

Heat the native oven (bibingcahan) with live charcoal or dry coconut husk. Cut "butuan" banana leaves into circles large enough to cover the bottom and sides of the native oven. Line the oven with this and put a ladle full of the mixture or fill the oven  $\frac{1}{3}$  full. Cover the top with a flat piece of tin large enough to cover the mouth of the oven. When slightly risen, put a few slices of cheese on the top. Transfer some live charcoals to the cover. When slightly brown, brush lightly with butter. Continue browning until golden. Remove from the oven. Brush with butter again and serve with either grated coconut or sugar on the top.

## PUTO BUMBONG

- 1 cup malagkit (glutinous rice)
- 2 table spoons pirurutong (colored rice)
- 1 cup water
- butter, coconut and sugar

Mix the glutinous and colored rice together. Proceed in the same way as for preparing the bibingca and grind in the native grinder. Put in a bag of cloth (a clean flour sack will do) and press between the 2 pieces of the native grinder. Leave it for a day or overnight to press out as much water as possible. Press thru a native sieve (bithay).



Fill a pot half full of water. Cover the mouth with pieces of cloth. Leave enough spaces in the middle for the bottom of the "bumbong" to be inserted. Boil the water.

The "bumbong" should have both ends open to allow the steam to pass thru its contents. Fill this with the sifted mixture. Insert the end thru the hole on the top of the pot when steam passes thru the "bumbong" to the top of the mixture, remove the "bumbong." Shake the contents on a plate. Brush lightly with butter. Serve with grated coconut and sugar on the top.

## PUTO SULOT

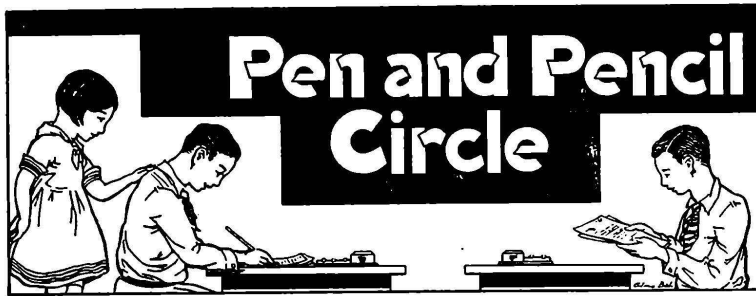
- 1 cup glutinous rice (malagkit)
- 1 cup rich coconut milk
- butter, sugar and grated coconut.

Divide the coconut and get the water. Grate the coconut. Add the coconut water and extract the milk. Strain.

Sort, winnow and wash the glutinous rice three times. Soak in the coconut milk for three hours.

Insert a metal ring thru the "bumbong" to partially cover one end. Fill it with the soaked glutinous rice. Insert in the hole of the pot with boiling water. Pour coconut milk in the "bumbong" once in a while to moisten the mixture. After about five minutes, or when the rice is cooked, remove the bumbong. Insert a piece of stick thru the bottom to push out the puto sulot (Can you tell why it is called "puto sulot"?). Put on plates. Brush lightly with butter. Serve with grated coconut and sugar.

These three preparations are almost always served with boiled tea



Dear Aunt Alma.

I have not been a good boy this year. Now that New Year is coming I will tell you my resolutions. Aunt Alma, I have been a disobedient boy this year, so I will check this up and be always obedient. I will try my very best to be an ideal school boy in any academic subject. Usually I always spend and spend all money I have without saving some. What I will do is to shorten my expenses and be thrifty. I will change all my undesirable habits to gain respect and confidence.

Yours truly,

Antonio Cinco

Dear Antonio,

*The beginning of goodness lies in knowing one's faults. Knowing your weaknesses will really help correct them. I hope you will strive to live up to your resolutions.*

Aunt Alma

Pagsanjan, Laguna, P. I.  
November 28, 1936

My dear Aunt Alma.

I am seven years old. I am a grade two pupil of the Pagsanjan Elementary School.

or coffee. Water is seldom drunk after serving them. Can you tell why?

Note: The bibingca may be safely baked in a moderate gas oven. The "puto bumbong" and "puto sulot" may be steamed in tin containers made purposely for these. They are available in most tin stores.



LILY TORRES

My father is a subscriber for *The Young Citizen* and I am always reading your short stories in it.

Dear Aunt Alma I am very glad to tell you that I won the first prize in the parade for the most beautifully decorated bicycle during the Commonwealth celebration in our town. Now I am sending you my picture riding on that bicycle. Will you please put this in your magazine?

Sincerely yours,

Lily Torres

Dear Lily,

*Thank you for your beautiful picture. I am sure the readers of The Young Citizen will like it, too.*

Aunt Alma

## YOUNG WRITERS

### WHAT I DID ON ALL-SAINTS' DAY

Before we went to the cemetery, we made two crosses. One cross was big and the other little. The crosses were made of different flowers. They were roses, dahlias, cadena de amor and sampaguita.

When we reached the cemetery we put them on my aunt's tomb. The big cross was for my aunt and the little cross was for her baby because they were buried together. We put the big cross beside the little cross. We lighted two candles. We watched the candles burn. Soon we saw one of the candles bent like a hunchback. We went home and told my mother about the things we saw and about the candle.

Flerida R. Pineda

### MY AMBITION

When I grow up to be a man, I will take a course in aviation. I will study in the American Far Eastern School of Aeronautics.

The Philippine Army is lacking in air defense forces. So I think aviators and airplanes are needed. If we have them, the Philippines would have a strong air force.

During times of peace I could do some air stunts to amuse the people, and I think I will earn much in doing this. Besides, I can be an air-taxi driver so that people will have easier time in going from place to place.

Florencio G. Goyena  
Grade VII-A<sup>1</sup>

Burgos Elementary School

### HOW LUCAS GOT A CHRISTMAS PRESENT

Lucas was a poor boy who lived with his mother. His father was dead and they supported themselves by selling "puto." Even then, they did not get much.

One day when he was passing a  
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