

MEN-OTO, MENTALAKEN, MENMOLA TAKO  
(Let's Cook, Raise Rabbits and Coffee)

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## FOREWORD

Some of the glory of the Philippines lies in the beautiful variety of people and languages within its coasts. It is to the great credit of the national leadership over the years that no attempt has been made to destroy this national heritage. The goal has been instead to preserve its integrity and dignity while building on this strong foundation a lasting superstructure of national language and culture.

The present book is one of many designed for this purpose. It recognizes the pedagogical importance of dividing literacy and second language learning into two steps--literacy being the first. When a student has learned to read the language he understands best, the resulting satisfaction in his accomplishment gives the drive and confidence he needs to learn the national language. His ability to read, furthermore, is the indispensable tool for the study this program will require.

The Department of Education and Culture of the Philippines is proud to present this latest volume in a nationwide series designed to teach the national language through literacy in the vernaculars. It will strengthen both the parts of the nation and the whole.

JUAN L. MANUEL  
Secretary

## Preface

Hinay ay liblo et nahapo ta mangigwa hi impormasyon han iyat ay men-oto hi Kalobaha ya tobon di Pihing, mentalaken hi Koniho ken menmola hi Kapi, tay ad-ado danay han ilin di nangiholat. Naiholatna hin Writer's Workshop ay inpangolon di Summer Institute of Linguistics ed Bagabag, Nueva Vizcaya hin bowan di Nobyembre ya Disyembre, 1976.

Men-iyaman onay han nangiholat ken amin han nangbadang ken hihiya, am-amed ken da Miss Kathleen Bosschor ken Miss Anne West ay nangit-itdo.

Romeo Palod  
Mabaay, Bauko, Mt. Prov.

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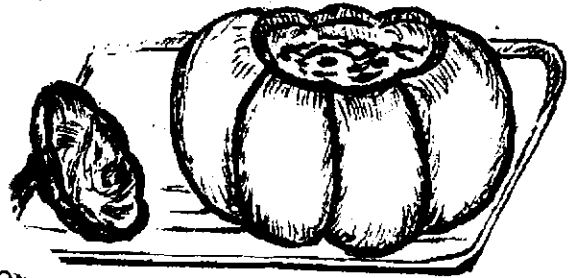
HEB-CIO TAKO



HAN IYAT AY MEN-OTO HI KALOBABA

Han Maohal:

- Ehay kalobaha ay kalkalaingana
- Toloy kothala ay alamang
- Opat ay hili ay nal-om wenne
- Daway pit-ang ay bawang
- Daway kothala ay mantik.
- Ehay taha ay gitan di niyob
- Ehay hiboyah ya ahin ken ehay pit-ang ay laya



Han Iyat ay Mang-oto:

1. Liwhem ay gedgeden han kad-an di naipotingan di kalobaha ta kaman hokop.
2. Kaanem han bowana.
3. Igadem han kagodwan di oneg di kalobaha ya han hinapom ay hokop.
4. Galipem han hili, hiboyah ya laya dan ka taltalen han bawang.
5. Ipaey mo han mantika han palyok ta malonaw.
6. Mo Pomooh han mantika, ipaey mo han bawang, haet han hiboyah ya laya.
7. Ipaey mo abe han alamang haet han inigad mo ay kalobaha ya han hili haka et ahinan.
8. Iyotom danay hi hinkaattikan, haka et ipenpen han nen-igadam ay kalobaha tahyay kaman egay kakotkoti. Ipaey mo abe han gitan di niyog haka et ihokop han hinapom ay hokop.
9. Ihalopohop mo hi kagodwan di olah haka et tbken mo naoto.

KINOHKOHO AY TOBON DI PIHING

Han Maohal:

- Toloy taha ay nagehgeh ay tobon di pihing
- Opat ay tobon di pihing ay egay kagehgeh - para bongon
- Ehay taha ay gitan di niyog
- Ehay taha ay monamon
- Ehay hiboyah
- Doway hili ay nal-om wenna egay
- Ehay pit-ang ay laya
- Ahin

Han Iyat ay Mang-oto:

1. Galipen han hiboyah, laya ya hili.
2. Bongonem han nagehgeh ay tobon di pihing ya monamon.  
Ohalem han tobon di pihing ay egay nagehgeh dan ka  
galotan ay nalaing ta adi kabadbad.
3. Ipaey mo han ehay taha ay gitan di niyog han kaldelo  
haha et itapi han hili, laya ya hiboyah.
4. Palowagem haka pay ipenpen han nabongen ay tobon di  
pihing ya monamon.
5. Palowagem enggana kaman danum han kolol di niyog.  
Hiya na han pangil-am ay na-oto.

MENTALAKEN TAKO



## IYAT AY MENTALAKEN HI KONIHO

Nan kalnin di koniho, nagitgita mo han kalnin di otik ya manok dampay mo toloy bowan da mabalin ay maipangan. Nan abe kaen da adi naligat tay adi kaoto. Daytako abe wada han lom-a ay men-aan hi agno. Ad-ado pay han galgalot ay mabalin ay ipakan. Mo laydem ay mentalaken, hiya danay han'iyat:

### HAN BAEY DA

#### A. Maohal:

- Chicken wire w enno kawayan - para datal ya diding
- Dos por dos ay kaew wenno edging ken pating - para pohte ken mahangal hi tangkal
- Lansa
- Hihim, latan di petololyo wenno goon ay para atep

B. Lekod na:

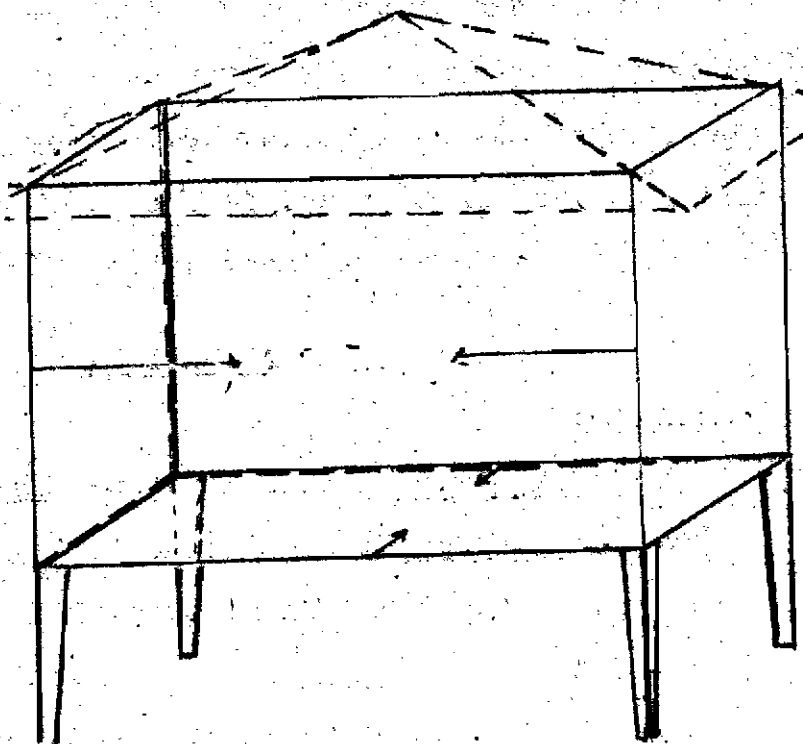
Kalawa - doway piya

Kangato - toloy piya

Kaando - doway piya

Kangatona han lota -

toloy piya wenna  
nangatngato



K. Kahapolan ay impormasyon:

1. Nan lokod di tangkal ay naibaga et para eha iho nga mo ad-ado han talaknem, ad-ado abe han hapowem.
2. Nan babai ya lalaki et adi mentatapiyen amed mo anggey ay opat ay bowan da wenna naketket-eng da. Mahapol ay kahag-e-eha da hi tangkal.
3. Dalohan ay binongbongo han baey da. Bombaan pay mo hagdaminhan.
4. Han kaipay-an di tangkal da et han mahey-angan han bongbongo ya malolongan han mahmahdem.

HAN KAEN DA

A. Dowa ay kita:

1. Tobon di kaew wenna loot. Goon han adi kabalin ay ipakan. Kaman han tobon di baat; hayote, kamkamaolaw, ipil-ipil ya han galgalot.
2. Han ilik, igi, toyo wenna han malakowan han tindaan ay pellets wenna laying mash ken growing mash ay kaen di otik ya manok.

B. Han Iyat ay mapakan:

1. Pakanen han koniho hi mamindowa hi hin-agew. Han bongbongo ya mahmahdem.
2. Adi eh-ehay klahl han ipalpakay ay kankanayon. Mahapol ay nateketeken. Mo tobon di baat hi down agew wenno hin-agew, hin tapin di agew abe et agno. Mo baken, tobo idwan haet mo hi bigat, toyo wenno igi. Men-  
hihinoblalen.
3. Painomem daida hi nadaloh ken ad-ado ay danum hi binigat am-amed mo mangagew. Nan men-inomanda et mahapol ay nadaloh dan maigalot tahyay adi kabalbalintowag.
4. Iyaan da ida hi ahin hi bagpaminhan tahyay adi da ngabngaban han tangkal da.

HAN IYAT AY MANGIPAD-AM

- A. Mo anggey ay enem wenzo pito ay bowan di koniho, mabalin ay maipad-am. Han iyat, alam han babai ta iyey han tangkal di lalaki ay teken han agin-anak. Menteem hidi hi himpo ay minotoh. Mo damen di lalaki haet milohdoy, nalpah di. Kaanem han babai et iyey mo han tangkal na.
- B. Mo malpah han tolompo ay minotoh, kahin mo iyey han babai han lalaki ta kahin menpad-am. Mahapol ay mamindowa ay menpad-am han babai tahyay higo lado. Kahin mo wet itaoli han tangkal na mo malpah.
- K. Mo han babai et adina layden ay menpad-am, kaanem haka pay itaoli hin ika-pito ay agew. Mayatna enggana menpad-am han babai hi mamindowa.
- D. Mo nakapad-aman han babai testingem mo maliton wenzo adi hin ika-himpo ya lima ay agew di nenpad-amana. Alam hin babai ta iyey mo inkahin hin lalaki et mo kahin menpad-am, baken maliton ngem no adi, maliton. Mo baken maliton kahin mo iyat han inyap mo han damona.

## HAN OMANAKAN DA

- A. Han koniho, omanak da mo ika-tolompo wenna ika-tolompo ya tolo ay agew di liton da, iho nga mo ika-dowampo ya enem ay agew, yaam hi kahon hi men-anakana. Mayaan hi ongay han kahon hi toloy polgada han kapohkolna.
- B. Ahikahowem han kaen di kaan-anak tay menpatoto am-amed han mahmahdem tay han koniho, malabi han menpatotowana.
- K. Han koniho, pito wenna wa-o han mapatotona. Mo ad-adoda han anakna, mabalin ay itapi han tapin di koniho ay atatik di anakna mo wada. Iyat mo na mo maid tolo wenna opat ay agew da tay mo malabeh adi layden di teken ay koniho ay patotowen.
- D. Mabalin ay mapohot han koniho mo way doway bowan da. Mabalin pay han enem ay dominggo.
- E. No malpah han doway ay domonggo ay naihina han anak di koniho mabalin inkahin ay ipad-am han in-inada.

MENMOLA TAKO



## MEN-IMOLA KEN MENHIKEN HI KAPI

### Han layden di kapi ay kaimolaan:

1. Laylayden di kapi ay tomobo han lota ay mengapo, adi menpipidak ken ad-ado han nadonot ay loot ya tobon di kaew. Laylaydena abe han kabatowan.
2. Han kapi abe adina piliyen han it-holan di kaimolaana. Mabalín han na-aagohadhad ken nahihimpa,
3. Laylayden da pay ay malololongan.

### Han iyat ay mangimola han bonobon:

1. Han mayat ay men-imolaan et han menlogiyan di panagoodan wenna nanatbe han lota.
2. Ag-agyod mo men-abot ka haka et adi molaan ay dagoh danka penpenpenan hi takkin di animal ta abono. Agyod mo han men-abotan et han tiyagew haet mo logiyan di odan, hiya han men-imolaan.

3. Mo men-iyalih ka haet adi higolado han odan, kaltibem han kagodwan di tobona. Nalaka ay homimit mo kaman nay, ngem no men-od-odan adi mahapol.
4. Han iyat ay men-imola, ilam ta diretso han lamot di kapi. Adi kapalpalikot. Adi abe mendodohayen han iyat ay men-imola. Penpenam hi lota ay agintapaw dan ka bedheden.

Kaadawin di iyat ay men-imola:

1. Mo han arabica, native wenno San Ramon, dowo wenno tolo ay mitros han kaadawida.
2. Han robusta et toloy mitros.
3. Han excelsa wenno liberica et opat ya kagodwa ay mitros han kaadawida.

Han iyat ay manghiken:

1. Kanayon ay logaman han poona.
2. Ap-apan hi naango ay goon han liweh di poona tahyay adi nalaka ay mamagaan kon adi nalaka ay tomobo han loot.
3. Men-imola hi katolalia ta lolongana dan mangtolong ay mangmintinal han abonon di lota.
4. Abonowan hi ohto ay abono. Danay han iyat ay men-abono:
  - a. Nan kamayatan ay men-abonowan et han kaloglogin di panag-oodan wanno kabengbengan di kapi ya mo kalkalpahan di panag-oodan wanno kabolbolah han kapi.
  - b. Han iyabono han kaimolmola ay kapi et han complete wanno Urea.
  - c. Complete abe han iyabono mo anggeyay menlamlameh.
  - d. Nan takkin di manok wanno tapin di animal et mabalin abe ay iyabono.

Han Iyat ay Menpron:

1. Mo anggeyay omat-atik han lamehna, mabalin ay pronon tahyay mentaoli han panaglamamehna ay mayat. Pronon omona han kadakke-an ay poon. Homimit et ya han menlameh.
2. Mo anggey ay menlameh han himmimit, pronon han tapin di naketket-eng ay poon. Menhinoblat. Adi mengiddanen tay mapep-eng han menlameh ay poon.
3. Han iyat pay, mabalin abe ay podanen han kapi ta mendohay. Mo mendohay homimit et omad-ado han panga ay mabalin ay menlameh to.

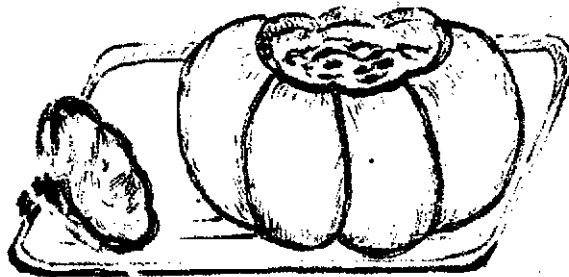
1. Let's Cook
2. Let's Raise Rabbits
3. Let's Raise Coffee

## RECIPES

### Filled-in KALABASA

#### Ingrodients:

- 1 medium size squash
- 3 tablespoons alamang
- 4 pieces red or green pepper
- 2 cloves garlic
- 2 tablespoons lard
- 1 cup coconut milk (first squeezing)
- 1 medium size onion
- salt
- small piece of ginger



Kalabasa (Filled-In)

## Procedure:

1. Cut the top end off the squash.
2. Remove the seeds.
3. Grate  $\frac{1}{2}$  of the inside of the squash along with the squash removed from the top.
4. Slice peppers, onion and ginger.
5. Smash the garlic.
6. Melt lard in a pan and saute garlic, and then the onion and ginger in it.
7. Add the alamang.
8. Add grated squash, pepper and salt.
9. Cook together for a few minutes, then put this mixture inside the squash shell.
10. Pour the coconut milk over this mixture and place the top back on the squash.
11. Steam in a covered pot for approximately one half hour until a fork can easily be inserted into the squash.

## RECIPES

### Gabi Pinangat

#### Ingredients:

- 4 gabi leaves for wrapping
- 3 cups of shredded gabi leaves for filling
- 1 cup coconut milk
- 1 cup monamon
- 1 onion
- 1 red pepper and 1 green pepper
- 1 inch ginger
- salt

**Procedure:**

1. Slice onion, pepper and ginger.
2. Wrap shredded gabi leaves and monamon in the four whole gabi leaves.
3. Place coconut milk in cooking pot and add pepper, ginger, onion and salt to taste.
4. Boil this mixture and then add the wrapped mixture to it.
5. Cover and boil until the coconut milk is colorless. Then it is ready for serving.

## HOW TO RAISE RABBITS

Rabbit meat is more nutritious than pork or chicken, and in only three months a rabbit is ready to be eaten. Another advantage is that, there food is easy because it does not have to be cooked. We have gardens where we can get camote leaves to feed them. There are even grasses around which they eat. If you are interested in raising rabbits, this is what to do:

### HOUSING

#### Materials:

chicken wire or bamboo for floor and sides  
2x2 lumber or edgings or branches for posts, for frame  
nails  
G.I. sheets, petroleum cans or cogon for the roof

#### Dimensions:

width - 2 feet  
height - 3 feet  
length - 2 feet  
elevation from ground - 3 feet or even higher

### Related Informations:

1. The size specified is good for only one rabbit, so if you are raising more than one, you need a house for each one. The houses can be joined together or separate.
2. The doe and buck especially should be housed separately.
3. The house should be cleaned everyday and sprayed once in a while.
4. The site of the house should have sun in the morning shade in the afternoon.

## FOOD

Rabbits need these two kinds of food:

1. Ruffage - this includes all leaves and grasses but cogon grass is not good. Examples of food they can eat are banana leaves, sayote, sunflower, ipil-ipil and Johnson grass.
2. Concentrates - these are palay, corn, rice bran, commercial pellets, hog mash or chicken laying mash.

How to feed:

1. Feed rabbits twice a day, morning and evening.
2. Don't give the same food all the time but rather vary their food. For example if you give them banana leaves for a day or two, then give them camote leaves the next day or give them leaves one day and corn or rice bran the next.
3. Give them plenty of clean water, especially when it is hot. The drinking bowl should also be clean and tied down so that the rabbit cannot knock it over.
4. Give them salt from time to time. Otherwise they will start eating their cages.

## MATING

1. If the doe is six or seven months old, you can mate her by taking her to the buck of a different breed. Leave her there for about ten minutes. If she accepts the buck, he will fall over on his side when the mating is finished.
2. After mating, take the doe back to her cage, but after thirty minutes return her to the buck for a second mating. Repeat the first procedure and then return the doe to her cage.
3. If the doe does not accept the buck, take her back after seven days. Repeat the procedures until you are sure that the doe has mated twice.
4. To test whether or not the doe is pregnant, wait for fifteen days after mating and take her back to the buck. She is not pregnant if she accepts the buck, and you need to repeat the mating procedure. If the doe does not accept the buck, she is pregnant.

## GIVING BIRTH

1. The rabbit will give birth after thirty to thirty-three days. On the twenty-sixth day of her pregnancy, provide her with a box, with three inches of rice straw in it, where she can build her nest for delivery.
2. Feed the mother rabbit well so she will be able to nurse her litters. She will need more to eat in the evening, as the young nurse more at night.
3. A rabbit can nurse only seven to eight at a time, so if there are more than this number in a litter, some of the young can be given to another mother provided it is within three or four days after delivery.
4. Wean the young rabbits when they are six weeks to two months old.
5. The doe can be mated again two weeks after her young have been weaned.

## PLANTING AND CARING FOR COFFEE TREES

### Where to plant coffee:

1. Coffee does best in deep, well drained, fertile soil.
2. It can be grown either on level or mountainous areas.
3. It needs shade.

### How to transplant:

1. The best time to transplant is at the start of the rainy season when the ground is wet.
2. It is good to dig holes in advance during the dry season so they can be exposed for sometime. If animal manure is then placed in the holes, it gives the coffee trees a head start.
3. If rain is uncertain, cutting half of the leaves from the trees will hasten their recovery after transplanting. This is not necessary if it is raining.

4. In planting, the tap roots and stems must be kept straight. Fill the hole with the top soil and compact around the plant.

#### Distance in planting:

1. Arabica, native coffee and San Ramon - 2 to 3 meters apart
2. Robusta - 3 meters apart
3. Excelsa and Liberica - 4.5 meters apart

#### Care of the tree:

1. Weed regularly.
2. Mulch around the coffee trees with dried cogon, to prevent soil's drying and to cut down on the growth of weeds.
3. Plant croton for shade and to improve the fertility of the soil.

### Fertilizing:

1. The best time to apply fertilizer is at the start of rainy season or when the tree has just bloomed and just after rainy season or just after harvest.
2. Apply either complete fertilizer or Urea to newly planted trees.
3. Complete fertilizer is used for trees which are already bearing fruit.
4. Chicken dung and other manures can also be used.

## Pruning:

1. Trees producing few berries can be rejuvenated by Pruning. Prune the main stem first. Small branches will sprout from the pruned stem.
2. When these new branches have started bearing fruit, prune the older branches, alternately, so that not all branches are pruned at the same time. If all branches are pruned at the same time, fruit bearing will stop for a while.
3. It is also possible to bend the tree, slanting it at an angle. This causes new branches to sprout which will also bear fruit later.