

Las Ciruelas ~ Plums





Pomegranate



Mint Leaves



Salt Water

Dates



DIARRHEA HOME REMEDIES

Rice Water



Lemon Juice



Boiled Carrots



Plums, fresh or dried, keep your body's "plumbing" from getting stopped up. Too many plums, especially for babies sensitive tummies, can cause diarrhea.

Esperanza did not have any Pepto- Bismol like you may have at home. She needed a home remedy. Which one do you think she might use?

Check for wet diapers during bouts of diarrhea



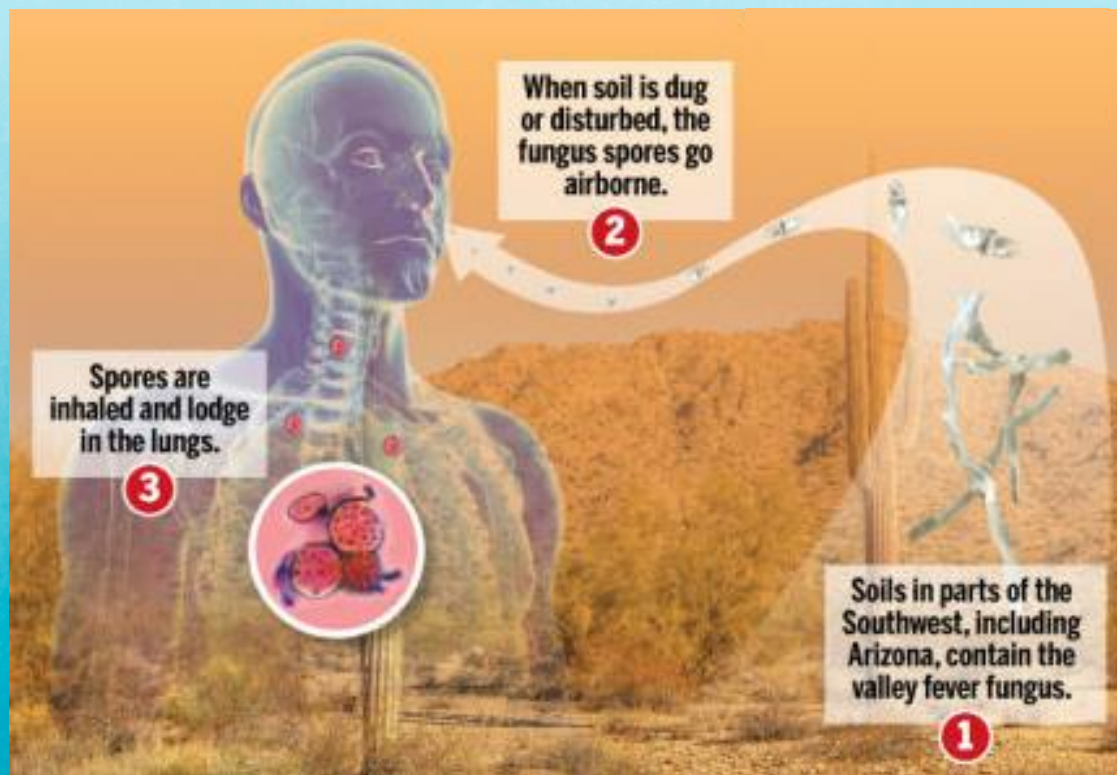


During the Depression, every penny counted. Nothing went to waste. Women used old flour sacks for diapers, dishcloths, and fabric for clothes. Flour manufacturers started putting pretty designs on their flour bags in response.



Dust storms occur suddenly in arid or semi-arid regions. Strong winds pick up loose dirt and sand and transports it somewhere else. Rich topsoil needed for farming can disappear in a matter of hours. The dust can be damaging to people and property.

Valley Fever



Symptoms:

What are the signs?

- ✓ Fever
- ✓ Feeling tired
- ✓ Cough
- ✓ Night sweats
- ✓ Rash

Prevention

How do I avoid getting sick?

- Avoid breathing the air in dusty areas
- Wet the soil or dirt before playing in it
- Stay inside during dust storms
- Roll up car windows if you're in a dusty area



Valley Fever is an illness caused by a fungus (a type of germ) that lives in the soil. If the fungus is breathed in, it can infect the lungs and cause severe illness. Dust from storms or agriculture can spread the disease. People who are new to the area are most at risk. About half of long-term residents are immune. They test positive for Valley Fever but have no symptoms.



Comprehension Questions for Las Ciruelas ~ Plums

1. Who are Pepe and Lupe?
2. What two household mistakes does Esperanza make?
3. What do you think the following statement means, “So many Mexicans have the revolution still in their blood.”
4. Have you ever experienced a natural event like a dust storm? What happened?
5. Who seems to have suffered the most from the dust storm?
6. What does the word “survive” mean? Why does that word scare Esperanza?