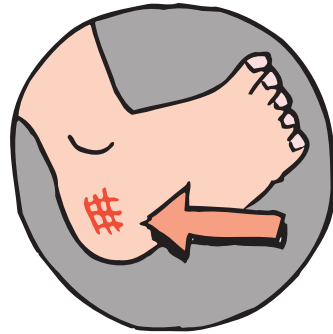


TALOOYINKA DARYEELKA CAGAHA EE WACAN



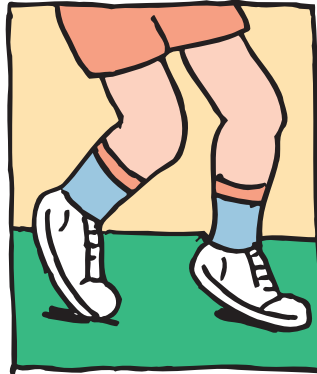
Ka eeg cagahaaga iyo farahaaga maalin walba dildilaac, jabab, ama barar



Xiro kabo iyo sharaabaad/sigsigaan si fiican kuula eg



Isticmaal kareemka maqaarka si aad uga fogaato cagaha qalalan (laakiin ha marinin faraha lugaha dhaxdooda)



Jimicsi samee maalin kasta ugu yaraan 20 ilaa 30 daqiiqo



Dhaq oo qalaji cagahaaga maalin kasta. Isticmaal biyo diirran (ma aha kuwa kulul) iyo saabuun khafiif ah



U jar cidiyaha lugahaaga si siman



U tag dhakhtarkaaga isla markaaba haddii aad dhaawacdo cagahaaga



Haku soconin caga cadaan - waligaa!