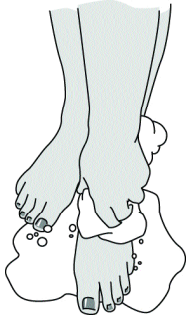
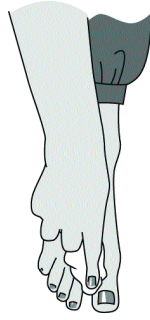


Daryeelka Cagta ee loogu talagalay Dadka qaba Sonkorowga

Dadka qaba sonkorowgu waxay u baahan yihiin in ay daryeel ah cagahooda u sameeyaan.



1. Maalin kasta cagaha isaga dhaq biyo xoogaa diirran iyo saabbuun.



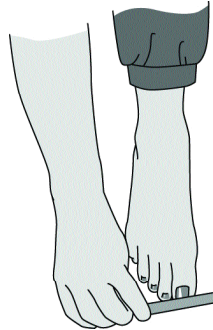
2. Cagaha si fiican isaga engeji, gaar ahaan inta u dhaxeysa faraha.



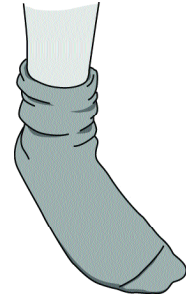
3. Maqaarka ku jilci looshan jidhka jilciya (faraha dhexdooda looshanka ka iska marin).



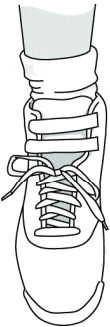
4. Badanaa iska hubi hanbalaaluuq, dillaac ama xanuun. Takhtarkaaga u sheeg haddii aad wax qaldan aragto.



5. Xaashida wax lagu xoqo u isticmaal ciddiyaha faraha xataa cirifyada farahaaga.



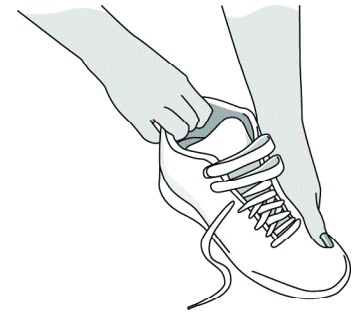
6. Maalin kasta sharaabaad nadiif ah, oo jilicsan ama dhar hoose u beddelo. Xaqiiji in aad xirato cabbir sax ah



7. Cagahaagu diirranaadeen hana engegnaadeen. Mar kasta xiro kabo si fiican kuula eg iyo, haddii ay suuragal tahay, xidho sharaabaad gaar ah oo jilicsan.



8. Marna kabo la'aan ha socon – gudaha guriga iyo dibeddiisaba.



9. Kabahaaga maalin kasta ka fiiri in wax gaareen ama hoos dhagax iyo wax ka galeen (quruurux, masaamiir, iwm.) ee cagtaada dhaawici kara.

Cagahaaga si fiican u daryeel – oo isticmaal! Socod gucleyn ah oo maalin kasta ah wuxuu kiciyaa wareegga dhiigga



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