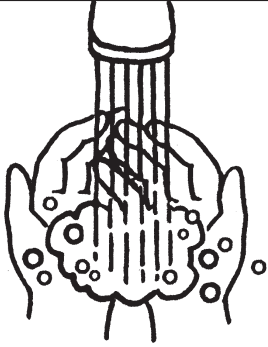


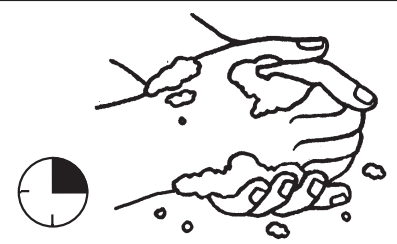
Gacmo Dhaqidda



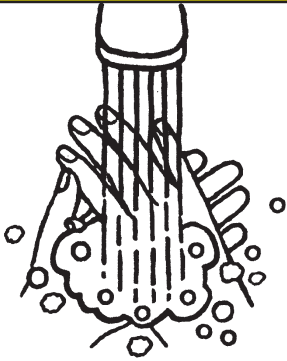
1. Qoy gacmaha.



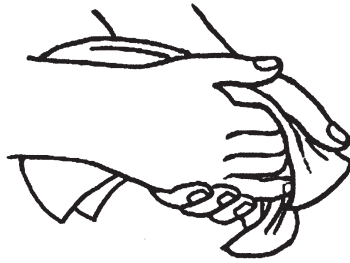
2. Saabuun mari.



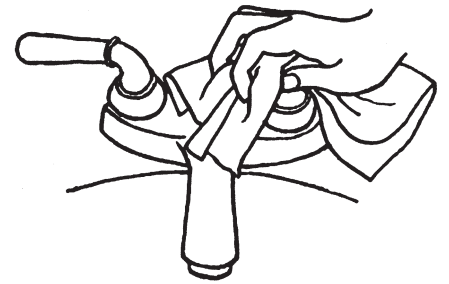
3. Saabuunta ku dhaq gacmaha muddo 15 ilbiriqsi. Dhaq faraha dhexdooda, gacmaha gadaashooda, faraha hortooda, cijiyaha hoostooda.



4. Si fiican ugu dhaq biyo socda.



5. Gacmaha si fiican ugu qallaji xaashida shukumaanka ah ama hawo kulul.



6. Furka biyaha ku xir xaashida shukumaanka ah, haddii la helayo.

Jooji Faafidda Jeermiska

Marwalba Gacmahaaga Nadiifi

Kaddib marka aad:

- Hindhisto, qufacdo ama aad sanko diifsato
- Suuliga isticmaashid ama aad xafaayadda carruurta ka beddeshid
- Marka aad qashinka taabatid

Ka hor iyo Kaddib marka aad:

- Diyaarinaysid ama cuntada cunaysid
- Marka aad taabatid nabar dillaacsan ama afkiisu furan yahay