

values and as much as 77% of mineral values are lost or destroyed by heat and oxidation. The following tips will help you reduce that percentage of loss:

1. **Buy perishable fruits and vegetables in small quantities** and eat them while they are still at their peak of freshness. The leafy greens deteriorate most rapidly, but are loaded with more vitamins and minerals per calorie than any other food. Unfortunately, all of them can be partially or completely destroyed by long storage. As much as 80% of their vitamin C can be lost after just a few days' storage, and 50% after just a few hours' exposure to room temperature and light—not to mention considerable loss of folic acid and vitamin B2.

2. **Avoid buying vegetables that have been chemically bleached and lighter coloured vegetables in general.** Choose the darker coloured ones. Greens with the darkest, brightest leaves contain the greatest concentration of nutrients. Buy the fresh fruits and vegetables that are in season and refrigerate immediately. They need washing, but do not pare or slice until ready to use, and use as soon as possible.

**The enemies of vitamins & minerals: OVERCOOKING WATER EXCESSIVE HEAT AIR LIGHT BICARBONATE OF SODA**

Reduce exposure of vegetables to these nutrient enemies by following these simple rules:

1. **Never start cooking vegetables in cold water.** This prolongs the initial heating, which should be rapid. Use the least possible amount of liquid and bring to a boil before add-

ing the vegetables. Then turn the heat low and gently simmer until tender.

2. **Do not overcook.** Cook for the shortest time possible, at low heat, never at a bubbling boil.

3. **Avoid exposure to light & air.** Heat and oxygen are the worst enemies of vitamins A & C, so foods containing them should not be unduly exposed. Prepare rapidly and cook as quickly as possible—or better still, eat them raw. Vitamin B2 resists heat but succumbs to light and water, so foods containing this vitamin, especially leafy greens and milk, should be kept out of the sun or other strong light.

4. **Wash vegetables thoroughly but quickly, without soaking,** to prevent loss of B-vitamins. Never discard the liquid in which they are cooked; save it to use in soups or drink as a broth. Because of the water solubility of many of the B-vitamins, they can be lost if the vegetable is allowed to soak in water.

5. **Never use bicarbonate of soda in cooking vegetables,** as it destroys vitamin C and some B-vitamins. Instead, use a few drops of lemon juice as a colour retainer for green vegetables and beets. It will also help white vegetables, which discolor when cooked in hard water, to stay whiter.

6. **Do not use salt in cooking vegetables.** Use sea salt after they are cooked and have been removed from the water. Vegetables cooked in salt water suffer considerable vitamin and mineral loss. The tougher types of root vegetables, such as potatoes, celery, carrots, etc., can be rapidly tenderised with

a minimum of cooking if simmered gently in milk, which also gives an extra bit of protein. Powdered skim milk will give the same amount of nutrients at a big saving of money and calories.

7. **Don't peel vegetables with a knife.**—It removes more than the skin. It is far better to scrub quickly but thoroughly with a brush and cook without peeling—or, again eat them raw. Thin sliced or shredded root vegetables add flavour and substance to a salad—even raw potatoes, which have much the same flavour and texture as water chestnuts.

8. **Never use copper-plated peelers, shredders, slicers or cooking utensils.** Copper destroys vitamin C on contact.

9. **Cook vegetables in a covered pan.** This will keep in the steam for rapid tenderising while keeping out air and light. Make sure that all your saucepans have tightly-fitting lids.—And remember to work as quickly as possible during food preparation when handling fresh fruits and leafy green vegetables, which contain the most perishable nutrients. ■

**Tip from Dad for meat shoppers:** Buy your meat the morning it comes in fresh. Make friends with a good meat man who knows that you will buy a certain quantity and good quality meat so that he will even save it for you. He'll know you'll give him good business if he'll give you good meat! The meats our family eats weekly are: Calf liver, chicken livers (thoroughly cooked), fresh fish or a tuna dish, ground beef (twice), and a lamb or roast or sometimes soybeans.

## CARROT CAKE

(revised from "Feeding the R" cookbook)  
**HEALTHY, DELICIOUS DESSERT!**  
(tried & proven by Keren & WS Pubs)  
—*Scrumptious enough for birthdays, special occasions and guests!—They'll never believe it's a—carrot cake!*

2 cups whole wheat flour  
1 tsp. sea salt  
2 tsp. baking soda  
OR 1 Tablespoon baking powder  
2-4 Tbspn. spices as preferred—cinamon, nutmeg, ginger, allspice  
Sift or mix together thoroughly and add to:  
1 cup vegetable oil  
¾ to 1 cup honey or raw sugar  
4 eggs, well beaten  
3 cups grated raw carrots, or:  
1 cup potatoes & 1 cup carrots  
3 cups grated raw apples (unpeeled)  
3 cups grated raw yellow squash  
(add 1/2-cup extra flour when using squash, as this vegetable is quite moist when cooked)

1 cup raisins  
½ to 1 cup chopped nuts (optional)  
Flour & grease a large baking pan. Pour in cake batter and bake in moderate oven for 30-45 minutes. This cake rises quite well and is very moist.

## Coconutty Icing:

Mix powdered milk & water to a very thick paste. Add grated coconut & chopped nuts & 1 tsp. vanilla. Mix well, then thin down with water or canned milk to desired consistency and spread on cooled cake.  
(If you want, you can flavour it with almost any flavouring extract, instant coffee, cinamon, or even mashed bananas.)

# THE FAMILY OF LOVE! NEWS —BY YOU!

Vol. 4, No. 5 D.O. Edited by Maria & The Zs.

## SENEGAL-Music & FF'ing!

—CAN YOU COME AND HELP?



"Les New Love" perform at the National Theater Sorano in Dakar, Senegal! (l-r) Zaccheus, Abigail, Joseph and Sammy. Photo courtesy of Didier Raffin.

Senegal, in black Africa, is a fascinating country of five million people, 90% Muslim. We are in a selah situation where litenssing and proselytising are forbidden. We came in June '77 as a singing group called "Les New Love". Right away, the Lord had us meet Jacques, a TV producer, so that after only a few days in the country, the whole population knew us! We have been singing in restaurants and hotels. Music is a real key to reach the

people here and is what got our FF ministry off the ground.

The Lord gave us a beautiful new house, which attracts many visitors. Each week we have open house and many children come to play with our two children, Vincent (5) and Europa (3½), and love listening to the MO Letters! We have started a little club in an African hut to receive new bottles and to organise parties. We just finished fixing up the garage into a

very nice FF-love room.

Our neighbours are two lonely men. One, a UN official, 62 years old, was so attracted by the music and happy voices that he could hear next door that he came by and then got FF'ed by Abigail. Now he visits frequently, reads the Word and even goes out with us to restaurants and clubs. His house is open for anyone who would like to come and help us here, as well as the house of the other neighbour! So there's plenty of room for you! FF'ing pays! Some of our fish have helped us financially to buy a car. TYL! Dakar and all Senegal are ready for a big harvest. All five of us are FF'ing.

We're also reaching the youth of the country, via music. After doing



"Come to Senegal! We need your help!" —Zaccheus, Europa & Vincent. Photo by Abigail.

two shows in a very important international school (48 different nationalities, 2000 students) where scores of souls were won, we're now running a music club for a whole group of kids—teaching them guitar, singing, stage presence and helping them put shows together.

A., our first black Senegalese fish, is encouraging our activities in different schools. He wants to take us on a singing tour around Senegal and is also taking care of our visas, as he wants us to stay another three years!

**FF'ERS NEEDED!** All these testimonies we hope will inspire you to come and help us in this explosive pioneer field! We need sisters with a real vision for FF'ing and who know how to sing, if possible. Please send photos and testimony to: Joseph & Abigail; c/o Biard; B.P. 8072; Dakar Yoff; Senegal, West Africa.

Love, your Senegal pioneers—Joseph, Abigail, Zaccheus, Sammy, Mocumba, Vincent & Europa.  
—Written by Sammy.

## A REACTION TO DAD'S "PRAYER FOR THE POOR" & COMMENTS ON CARTER!

by Matthew Scribe; Naples, Italy

Dear Dad & Maria, April 4, '78  
God bless you and your courage to want to lay down your life for the poor! I praise God for your damning of the Christ-haters and damning Carter for allowing and