

FAMILY NEWS -BY YOU!

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Edited by The Zs.

News From The Philippines!

by LYDIA WEST

*FF VICTORIES! *HIT RECORD! *CHILDREN'S NEWS!

WITH LESS LITNESSING BEING DONE due to some outside pressures & regulations, we have found that FF'ing opportunities are increasing, especially during our daytime activities & business.

DURING FAITH & JUAN'S VISIT here, they met a very prominent woman lawyer their first day whom Faith had a dream about that night. She has since proven to be one of our most precious friends! PTL!

SHE OFFERED TO HELP IN GETTING OUR VISAS RENEWED & spent two whole afternoons going with me to the Immigration Office & got things immediately signed without any questions or much to-do. The second afternoon she had to leave early for a meeting, so I was left to finish the paperwork with Mr. F. I got a little nervous remembering that this was the man who had deported one of our brothers a few months ago for litnessing for donations as well as some of his unwise actions.

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NOW AFTER ONLY A FEW WEEKS of going out with Mr. F. about every four days, he is very much in love & witnessing to his friends, family & fellow workers of the happiness he has found & how much closer to God he is now! The last night we were out he even answered for me about what a good work I do when his friends asked what I am doing here.

PTL FOR HIS PERFECT TIMING in having us meet him before our enemies could lie to him or persecution hits. It once again proves the Lord's plan & methods work! Hallelujah! He is a widower & has a lot of personal problems which has created a big vacuum in his life for the Lord to fill. He has also been a long-time friend of our lady lawyer friend, L.

L. ALSO INVITES AT LEAST 5-9 OF OUR SISTERS to each social gathering of top lawyers & judges that she arranges. They all just love us & all have received our literature. This also includes many wives whom

we can talk & witness to as well—& who accept us, especially with L.'s invitation & usually sitting at her table!

ANOTHER GREAT WITNESS HAS BEEN OUR MUSIC—especially the song "How Long You Been Waiting" sung by Elizabeth Rose & recorded here, becoming Number One on the radio for over 7 months! You can hear the song everywhere—shopping centres, nightclubs, discos etc. & she is asked to sing at all these important parties.

ON CHRISMAS DAY, MR. F. VISITED US & got to see our children perform their Christmas operetta of the Nativity. He was really impressed to see the fruits in the lives of our children & also that they are attending the Filipino schools.

THE CHILDREN THEMSELVES HAVE BEEN OUR GREATEST AS-

SET & TESTIMONY! In their last weeks before entering school they devoted much of their time to full-time witnessing, litnessing & singing. Restaurants, offices & shops are their favourite spots, as well as doing special singing concerts at the request of friends & donors. After singing for about 300 personnel at the Food Terminal in Manila, we were able to share donated food with other Homes & neighbourhood "Food Centers" for the poor. At a home for juvenile delinquents & orphans, the children sang, shared Bible stories & then distributed food donated by the Food Terminal & clothes sent from brethren in the U.S. In the last two months, the children helped distribute over 13 thousand pieces of lit & win 220 souls! We are so thankful for all the Lord is doing! Please keep praying for us! Love, Lydia & family.



TASTY RECIPES!

"PAPILLA DE FRUTAS"

In Spain, the Spanish women make "papilla de frutas" for their babies and toddlers by mixing orange juice and various fruits with cookies. It's so delicious and the only way I could get my baby to take orange

juice! Here's the recipe, slightly modified for health. Mix together:
juice of 1 orange
1 banana (mashed)
1 pear, apple or peach (peeled and grated)
a bit of honey to taste
Then add enough wheat germ to thicken to your baby's taste. I also

like to add brewer's yeast and vitamin C drops and sometimes an egg yolk.

In Spain, we serve this for "merienda" (snack-time)!

—Aeon Starlight; La Coruna, Spain.

TO WIN LIVER LOVERS!

***Did you know that whole wheat flour mixed with cumin & oregano is absolutely delicious coated on liver? Wash the liver, coat in flour mixed with spices and fry. It's good!

—Aeon Starlight; La Coruna, Spain.

And from Diana in Illinois, U.S.A.:

***Sautéed in olive oil with any or all of these: sliced onions, fresh tomatoes, basil, oregano and lightly salted just before serving.

***Sautéed in butter or margarine for a different flavour. You could add finely sliced celery and basil or parsley.

***Chop it differently for variety—

into slivers like wide noodles or into squares.

*****Saucy liver:** Sauté liver slivers or squares in vegetable oil or margarine along with diced onions. Then sprinkle over it about the same amount of whole wheat flour as you have oil. Take it off the heat and stir until you have lumps (roux), then gradually add milk, water, or the water you've saved from cooked vegetables! This makes a nice sauce. A nice seasoning is fresh black pepper, bay leaf, oregano and/or parsley. Simmer on low heat stirring constantly until the flour is cooked (no "floury" taste). If you have them and like them, mushrooms are nice. ***Remember to cook liver slowly, at a low temperature, turning often.

—Diana; Illinois, U.S.A.

(Send your recipes, tips & suggestions for health & home to the FN!)

OUR KUTE KIDZ! ♥

by Sara & Davidito!

Dearest Dad & Maria, **JUST A CUTE LIL' THING DITO DID TODAY!**—During school, I suddenly got real loose runs and when I bent over to tie his shoe—OOPS! I "pooped" in my panties! So I charged to the potty with lil' concerned Dito behind me, so worried!

WHEN I PULLED MY PANTIES DOWN he said, "Oh! Your period!" Then looking closer, he said, "Oh, no!! It's.....!" Then he suddenly tried to "cover" for me and said, to save my embarrassment,

"OH, THAT'S OK, SARA. You know, sometimes I do that too. Everybody makes mistakes," he said. "Are you going to change your panties? Good!"

IT WAS SO ADORABLE TO SEE HOW SWEET AND FORGIVING he was—and you know what? It really showed me how reflective he was in love about the way I've handled him for one of his mistakes.

JUST THINK WHAT A HYPOCRITE he would have considered me, if I had screamed at him all this time for "poops", when it happens to me, too! Ha! What a lil' sweetheart! I love you all so much! —Love, Sara.

What's So Bad About Ice Cream?

HAVE YOU EVER BEEN TEMPTED TO BUY ICE CREAM for those "special occasions" such birthdays or "special treats" for the kids? Well, listen to this list of chemicals found in commercial ice creams!—It was sent in by Rachel Mountin' Maid who found it posted in a health food store in the U.S.A.:

Diethyl glucol—a cheap chemical that is used as an emulsifier instead of eggs. It is the same chemical used in anti-freeze & paint removers.

Piperonal—used in place of vanilla. This chemical is used to kill lice.

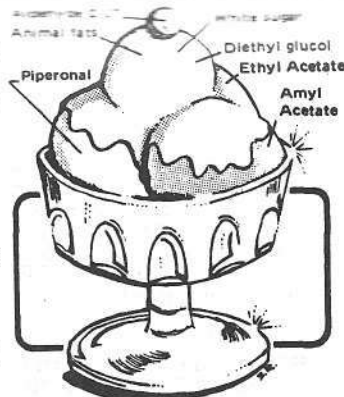
Aldehyde C-17—used to flavour cherry ice cream. It is an inflammable liquid used in aniline dyes, plastic & rubber.

Ethyl Acetate—used for pineapple flavour. Also used as a cleaner for leather & textiles. Its vapours have been known to cause chronic lung, liver & heart damage.

Butyraldehyde—used in nut flavoured ice cream. Also one of the ingredients of rubber cement.

"...& tonite we're gonna make Ice Cream!"

HERE'S A DELICIOUS, NUTRITIOUS & ECONOMICAL WAY to make your own ice cream if you don't have an ice-cream freezer!:
¾ liter whole milk (or milk & cream)
¼ liter milk powder
2 eggs
honey or raw sugar to taste
Blend all ingredients in a blender



Amyl Acetate—for banana flavouring. Also used as an oil paint solvent.

Benzylacetate—for strawberry flavouring. Also a nitrate solvent.

SHOCKING?! & don't forget that commercial ice cream is loaded with white sugar—the killer & thief! And did you know that many cheap ice creams are not cream at all, or even milk! Check the ingredients! Some are made from animal fats & saturated vegetable fats leftover from rendering plants!

or with electric mixer or egg beater. Add desired flavourings, such as vanilla, chopped nuts, banana, instant coffee, etc.
Pour into shallow baking pan or ice cube trays & put into freezer. **Freezing time** will depend on how cold your freezer is—from 2-6 hours. When half-frozen, **re-blend** or beat & return to freezer. Eat when just solid. Serves 4 to 6 people.
(T'n P by the Zs'n family.-xx)