

The Incredible Edible Egg!

from an article
by Jack Denton
Scott in "Reader's Digest"



No other food is quite so extraordinary as the ordinary, inexpensive, delicious, nutritious and all but miraculous everyday egg.

Its high-quality protein is amazingly complete, containing all of the essential amino acids, those building blocks necessary for growth and general good health. With the exception of vitamin C, all the vitamins are present, plus 13 minerals.

Eggs provide quick, easily prepared meals. Dieters especially appreciate the egg, which offers more protein per calorie than most other high-protein foods.

What about the old bugaboo, cholesterol? "While excessive consumption of eggs is inadvisable for people with high cholesterol levels," says famed heart surgeon Michael DeBakey, "individuals with normal cholesterol levels run no risk in enjoying sensible amounts of this wonderful food."

To test an egg for freshness, put it in a pan of hot water. If fresh, the egg will sink. And never buy cracked eggs; they can contain bacteria that will cause food poisoning.

Experts do not recommend storing eggs in the special tray provided on many refrigerator doors. Frequent opening and closing exposes the eggs to air. This hastens the loss of carbon dioxide, which increases the air cells in the shell that flatten yolks and thin whites, causing unwanted middle age spread and decreasing flavour.

Store eggs, large end up, in the carton in which they were bought, on the bottom or coldest shelf of the refrigerator. Eggs kept at room temperature lose more quality in one day than they do in a week in the refrigerator.

(Sent in by Bithia Masseuse; Basel, Switzerland.)

FOUND GIRL & LANGUAGE! - By Father David
--(Condensed by Margie.)

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I STILL DON'T KNOW WHAT THIS DREAM MEANS BUT I'LL JUST TELL IT TO YOU ANYHOW because I still remember it pretty clearly & it might have some message! We were driving South on this big super highway in Texas & I pulled off the highway to go back to a station to get a map. There was a typical Texan running this filling station. I started talking with him a little. Then he said, "It's getting so late now. Why don't you just pull over there at that old hotel & then you can go on fresh in the morning!" So we drove to this big old-fashioned hotel & got a room.

THE NEXT THING, I WENT IN & TOOK A BATH, but I couldn't remember where I put my clothes, they weren't there & I figured, "Well, I must have somehow put them in the room." Upstairs they had sort of a lounge. There were two middle-aged ladies sitting on this sofa with its back toward me & then there was this very pretty girl sitting between them who seemed like she was having some kind of mental problem & the women were sort of holding her, trying to quiet her.

FOR SOME REASON I WAS STARK NAKED! So I walked up behind the couch right behind the girl & the back of the sofa was just high enough to cover my public area. I kept thinking, "Well, I've got to stay right behind the couch & talk to this poor girl!"

SO WE TALKED & TALKED & I TRIED TO SOOTHE HER TROUBLED FEARS, talking about the Lord & Scriptures & love. Until finally this big bruiser Texan cowboy came trying to order her to come to him! She just shook her head & smiled & said, "No, she wasn't in that bondage anymore." It's as though he'd had some kind of a hold over her & now his spell was broken, so he stalked off mad!

THEN SHE CALMLY CLIMBED THROUGH THE WINDOW OF THE HOTEL TO A LEDGE & balanced on the edge! I called her "No, no, Linda! That's dangerous, you might fall!" She said, "Oh, I'm not afraid anymore!" I guess I must have persuaded her to come in because next I remember that we were leaving & we went outside the highway waving goodbye.

I SAID, "REMEMBER, LINDA, YOU'RE FREE NOW!" It must be symbolic of the way we've set the youth free & that apparently there are still some even in the States who are in bondage to the System, who still need to be freed. It was as though the Lord has stopped us at that particular point on the highway to liberate someone who needed our help.

WHY I CAME OUT OF THE BATHROOM NAKED, I DON'T KNOW, UNLESS THAT WAS TO SHOW THAT I WAS TOTALLY FREE. Nudity is a sign of total freedom from the bondage & convention of clothing. It perhaps was symbolic to show her that I was free & she could be free. We had set her free & she was happy now, liberated in the Lord & really didn't need us anymore. Once we have preached the message & freed the captives of that area we're to go on & free others too. The U.S. is a reaped field & now they're just gleaming & that was symbolic also in the dream, just this one girl that we stopped & liberated was worth it all!

DON'T GET DISCOURAGED IF YOU HAVE NOT BEEN ABLE TO LEAVE. It must be that you're staying there to try to glean the last little bits of the harvest. So take heart & be encouraged that your labours of love are not in vain. Just keep your eyes on the Lord & keep praying & doing your best to try to win the few that are still left who are still responsive & still need help!

MAYBE YOU'RE ON YOUR WAY OUT! We were on our way South, maybe we were on our way down South to Mexico as you should be on your way out. It's not far, you can go if you pray & ask God to give you the faith & the funds & the Lord can help you go further where you can be of greater help to others.

SOME OF YOU PROBABLY FEAR THAT YOU CAN'T LEARN A LANGUAGE. It's not all that hard to learn a new language. The most difficult part of living in a foreign country & understanding a foreign language is trying to understand them when they rattle it off to you. Maybe you just thought it would be impossible for you to learn a foreign language, you just gave up before you even started. All you have to do is go down & live in one of those foreign countries & you'll just learn it almost by absorption, you'll just learn it by hearing.

SOME OF THESE BOOKS LIKE "SPANISH MADE EASY" ETC. ARE VERY GOOD BOOKS TO BUY because they have the simple grammar, pronunciation & a short Spanish-English dictionary in the back. When you live with the people you'll learn how to pronounce it! If you even start listening to Spanish stations on radio you'll soon be familiarised with the pronunciation of the words & letters. So just listen to Spanish, it's a great help!

IF YOU CAN LEARN THE SIMPLE RULES OF PRONUNCIATION & the various letters & how they're pronounced & then how most of the words are accented, you'll be able to read Spanish in an hour & read it out of your dictionary & let them know what you want. I remember I used the word "necessary" a great deal in Spanish, because a lot of what you need to tell people is something you want or something you need or something you want to do. The quickest way to build up your vocabulary is looking up in the dictionary all the time the word that you want in English & finding the Spanish equivalent.

DID YOU KNOW THAT THERE ARE MORE COUNTRIES IN THE WORLD THAT SPEAK SPANISH THAN ANY OTHER LANGUAGE?--Mostly because there are so many of those little Latin American countries. Brazil, of course, speaks Portuguese or Brazilian & even in Brazil & Portugal you can make yourself understood if you know Spanish.

SPANISH IS THE MOST IMPORTANT ONE TO LEARN BECAUSE it's not only spoken in almost all the countries of South America, Central America, Caribbean, but it's also spoken in the Philippines & of course there's also Spain. Even in some of the former Spanish possessions in North Africa Spanish is still understood. So you have a tremendous variety of choice of fields in all kinds of climates who speak Spanish, as well as a tremendous variety of fields in all kinds of climates who speak English!

THE MOST INTERNATIONAL LANGUAGE IN THE WORLD TODAY IS ENGLISH & spoken by most educated people throughout the World regardless of their native tongue. So for you poor folk who are afraid to leave because you're afraid you can't speak the language or you could never learn, I suggest you either go to one of the many many countries that speak & understand English throughout the World, like the Pacific & Philippines & Africa.

OR YOU CAN GO & LIVE IN A HOME & VERY QUICKLY PICK UP THE LOCAL LANGUAGE & all the simple little words of the necessities of the day. That's the way a little child learns it. A little one-year-old doesn't go to language school & read books in order to learn the language you speak. You'll learn it just like a little child learns it right from scratch just the way they speak it.

THE PEOPLE IN MOST OF THESE HUNGRY POOR COUNTRIES ARE VERY RECEPTIVE. They have a very simple childlike faith in God & even in the Bible. They have little or no faith left in the church but they still have a simple faith in God & in Christ & the Bible & it's very very easy to lead them to salvation!

TO ME, LATIN AMERICA & SOME OF THE SOUTHERN EUROPEAN COUNTRIES ARE THE MOST NEEDY FIELDS where we have some of the fewest people, & yet they're the hungriest & the most receptive & responsive of any place in the World! So why don't you quit fiddling around with trying to just glean one here, one there, when you can come out to these fields where there's light & a tremendous harvest just waiting for you!



(Because 9-year-old Armendria, daughter of Jeremiah & Priscilla, has such unusual singing talent, she was asked to join M&M, & here is her parents' response!)

CHEERFUL GIVERS! (CB'MI)

Dearest Dad & Maria, GBY! ILY! Here's my reaction & feelings concerning your suggestion that our oldest daughter, Armendria, leave us here & go to work full-time with our M&M Unit! First, I'd like to thank you for so sweetly & considerately asking us our opinion even though you probably already knew what our answer would be.

Anyway, here it is for the record - YES! Of course! What an honour & privilege! After all, that's what it's all about anyway & the reason why the Lord gave her to us in the first place!

Of course I must be honest & admit that I'm going to really miss her & that it's a real sacrifice, but on the other hand, it's the ultimate fulfillment of my deepest heart's desire for her. What a blessing it is & real satisfaction to see our children used in such an important far-reaching ministry! It's the real pay-off & ultimate satisfaction as you've always said in the Letters as well as by your own example with your own personal family & children.

I believe with all my heart that our children are our greatest sample & witness & the real proof that what we have is real! Our kids are going to out-shine us all & it's so satisfying to see our ministry continue & soar to heights unknown through them! I also believe that God in His mercy gave them to us because He knew that they would also be such an encouragement to us, being the fruit of our labours.

It's not really a sacrifice at all to give them up for His Service in view of

the returning blessings! I'd much rather see Army on stage anyday than my old mug because it's now her hour & she shines so much more brightly when she's on stage than I do!

So, in reaction to your request that we send her back to be used full-time, I must say, I feel a bit like Mary, the mother of Jesus, must have felt when it was announced to her, "Hail, thou art highly favoured, the Lord is with thee: blessed art thou among women, & blessed is the fruit of thy womb" (Lk. 1:28 & 42). Dad, I feel highly favoured & blessed among men by receiving such an honourable request from the King, giving us such an opportunity to be used & fulfilled via our precious daughter, Armendria.

We always felt that the Lord had only committed her care to us on loan & as a stewardship so therefore, we gladly & cheerfully give her back to Him & His Service. It hurts a little bit but it's a sweet hurt & "I will not give unto the Lord that which costs me nothing". But, as you said, "I've never made a sacrifice" that didn't eventually turn into a blessing received. Thanks! Love in Jesus, Your Son, Jeremiah Singer - Europe

Dear Dad & Maria, GBY! Paul phoned us to let us know of your request for Armendria to be able to be at M&M as she is shining brightly there.



Precious Armendria, now serving Jesus full-time at Music With Meaning Int'l! (eldest daughter of Jeremiah & Priscilla Singer - Europe).

I cannot express how honoured I feel to receive a request from our King & Queen!

I know your sample to us, Dad, of letting Faithy go so many times & sending her to different countries to serve the Lord has prepared us for what to expect with our own children. We pray she will be a blessing to everyone there. We have such a wonderful Family & I know without a doubt she will be well cared for.

I feel fulfilled myself knowing that she is helping in an important ministry that you are so concerned about. I am also excited to hear she will be with Mene as they have always been so close & help each other for the good. Also, Heidi Spencer is a really good sample & big sister for them.

I feel so loved by you, Dad, & feel so close to you as you have helped us all get back to full-time service & full-time loving the Lord & obeying His Will in our lives. Since all the Prodigals returning I have never been so happy in the Family, as everyone seems so aware of their backslidings that they are now even more loving, work harder, & appreciate each other more!

I really am happy, Dad, that you are so concerned for our feeling toward your request & want everyone to be happy! Well, I wholeheartedly agree! She is the Lord's & she belongs to this Family - it's her only one & mine too! Thank you, Dad & Maria for loving us so much!

Your Daughter, Priscilla - Europe

Dear Dad & Maria, GBY! I love you very much! Paul & Marianne passed on to us your message concerning Armendria! TTL!

We believe sincerely that our happiness & fruitfulness in this life depend on our obedience to you & your Word! Armendria is your's & the Lord's first!

"He is no fool who gives what he cannot keep to gain what he cannot lose!" That's our best reward, to know that she's fulfilling the part that God gave her to play & that you are helping by making room for her at M&M!

We want to make sure you know we aren't giving her to the work by pure obedience only, but also with gladness & a cheerful heart!

Many Hugs & Kisses, Jean-Europe

We just received the Garden of Eden tapes & they are sooooo beautiful & the truth explained by you becomes so simple & touchable!! I can hardly wait to see you on video! Reading those video reactions makes me really thirsty to see you on those fantastic videos, Oulala!! - Daniel, Indian Ocean

We love the Garden of Eden tapes! You really sound great & so inspired & that beautiful musical background really sets the stage! We got 4 TKs (without artwork) into the newspapers this month, along with 30 Daily Might columns & our stats for August total 1,540,000 mass media witness! - Levi Piper, C.A.

A FRIEND SPEAKS OUT!

(The following is from a former friend who has been hurt & disappointed by local Family members with whom he had been fellowshiping. Perhaps it will serve as a reminder to us all to take better care of our friends, Kings & queens--& to help us not to fall into the temptation of letting them have & read DO 1:1, regardless of donations! "Love loves the unlovely & casts a veil over countless sins!" (151:52).

I am still very disappointed with the Family who has used me financially & then left me out in the cold without love! Of course I have been reading all the latest Letters & Mags because you know that "money talks"!

Please don't bother to answer my letter, Keren, because I want to hear directly from Dad why the Family does not live the Letters in love & compassion for others as he has written them, & why they are only interested in what they can get from their so-called "friends".

I have been sick & the Drs. say I have tuberculosis. God is, of course, judging me for my sins. I have backslidden so far & am living the life of leisure & taking drugs & drinking. I have been so hurt by the Family that I cannot believe in love any longer! Thank you for placing that Ad in the Mag some time ago, I know that you & He do care & only Dad & the Lord can answer my question. - David McCollum, USA

(We're sorry the Family has not lived up to your expectations, but don't blame God! Backsliding & murmuring are our own sins!)