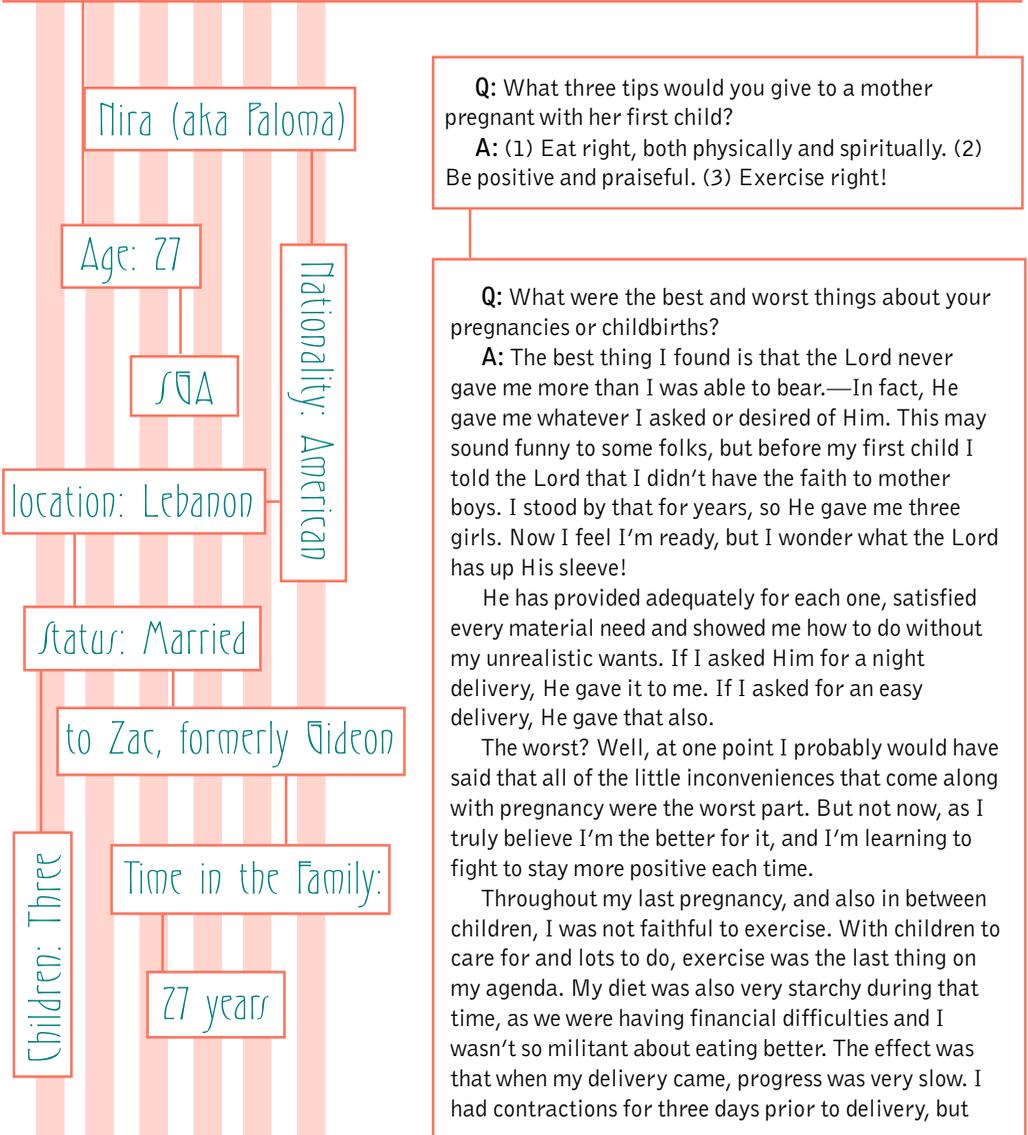


EVE

Issue 15

- | | |
|----------------------------------|----|
| Lures Men Can't Resist | 9 |
| Cool Ways to Use Rubbing Alcohol | 11 |
| Pregnancy and Soft Cheeses | 12 |
| The Science Behind Fat Burning | 19 |

PLATFORM



they were not strong enough to bring me to full dilation, because I believe my muscles were weak due to the lack of care I gave my body.

After prayer and committing it to the Lord we decided to induce stronger contractions, because my general strength was failing after having little rest or sleep for several days. This is just a personal theory of mine; if there is any information that could prove or disprove it, I think it would be helpful. In any case, “be wise and exercise” is my motto now!

Dr. Koger speaking:

Exercise during pregnancy is very important. It keeps you strong and healthy. It keeps your muscles in good shape, including your heart, which enables you to be able to cope with labor more easily. It’s not that exercising is going to give you an easy, painless delivery, but it will help your body be strong enough to endure the long contractions and the hard work of having a baby. Being fit and having exercised faithfully during pregnancy increases your stamina and helps you not to get too tired out. Exercising will help you to have more strength to deliver your baby.

Sometimes not exercising or being vigilant about your health and fitness during pregnancy can slow down the labor, because your body is a little weaker—but not always. It’s different for every woman. Your uterus isn’t really a muscle that you can strengthen through exercise like you can exercise other muscles in your body. But like any

other muscle in the body, some women have strong uteruses and other women have weaker ones.

Your uterus works automatically during labor—that’s just the way the Lord made it. And there’s not a whole lot that you can do to speed up contractions if your uterus just isn’t working efficiently—except for praying for the Lord to speed things up, as well as walking or assuming positions like squatting, where the baby’s head puts more pressure on the cervix. This can sometimes stimulate more regular and efficient contractions in some women. But if natural methods aren’t working, then that’s when you have to pray and see if the Lord has a different plan for your labor—such as inducing the contractions, as was the case with dear Nira.

So although you can’t specifically strengthen the uterus muscles, you can strengthen your stomach and pelvic floor muscles, which when stronger make the pushing stage easier. *(End of message.)*

Q: What is the most important thing you’ve learned in your relationship with your mate?

A: I have to paraphrase this one to “What is the most important thing I am learning,” as I am in no way a wellspring of righteousness, nor a picture of many of you wonderful wives out there. However, the Lord recently gave me some counsel through a spirit helper, with a real encouraging word picture that I wanted to share with you.

If there were an “Adam” mag in which my husband were interviewed, he would probably have some wise words on how to tame the modern-day shrew! We all have our ups and downs. The responsibility we have in marriage is to be there for each other during these times. I don’t know about others, but I find this to be quite a major feat and undertaking.—Partly because of

my personality makeup, and partly because at times I struggle to find my place as a wife, and yet also continue doing my part to stand strong in the Word and help to uphold the spiritual standard. I often feel under attack, and the fight can seem insurmountable at times.

I have just received these prophecies and am still learning how they apply in my life, but if I wait till I have attained before I share them with you, I probably never will, ha! So here it is.

Spirit helper speaking:

When I came Here, I was shown how much effort and energy I could have directed towards my husband in the form of prayer power. I didn't, 'cause I would get so negative and frustrated. If I had turned every thought—especially the negative ones—into prayers, I would have built up a storehouse of energy that could have been used to fulfill the Lord's purpose in a much greater way. However, all my negativity and letting the Enemy into my thoughts worked against us and was a slowing process in the Lord's workings.

As the Lord eventually moved us on to greater things, He chose to separate

our paths, as I had allowed such deep-rooted habits of familiarity to grow that when the Lord finally did complete His work in my husband, I was no longer capable of changing my way of looking at him. The Lord still took care of me, provided for me and blessed me, but I missed the blessing of coming through victorious, and the reward of all those years that I did sacrifice. I was right, yet so wrong.

So, Honey, fight in prayer and fight in the spirit, but don't fight your husband. Don't let the Enemy have any place. Don't let your familiarity get in the way. You believe in prayer as much as you pray; with faith, believing is seeing.

It's no simple task to be a wife and a mother, and I may add that it is even harder spiritually these days than it was just a few generations back. Sure our workload was hard, and physically you could say it was harder, but I really feel for and pray for all you wonderful wives and mothers of this day and age, as the fight you face is awesome.—Especially all you wonderful Family women. Yes, I can say that with the weight you bear in the physical, coupled with

the intensity of the spiritual warfare that wages today, your task seems formidable.

You see this and you feel this, and in your weakness you feel faint and discouraged. But we up Here see even more. We see beautiful female warriors—valiant, strong, fully equipped with all the latest combat weaponry. And we see the Enemy trembling with fear, defensively throwing whatever he can manage to try to reach the force field which surrounds each of you woman warriors. You take a step forward and the Enemy stumbles back in fright, and trembles. Oh God, it's awesome! Can't you see it? Close your eyes and look; it's gorgeous!

You've got to open your eyes to the ways you let the Enemy in, and tighten up your force field. You've got to learn to appreciate the fight for love, and not expect it to come to you on a silver platter. And in some areas you're just going to have to use your shield of faith, toughen up and trust the Lord that He's going to take care of it once you have done your part, what you could do. It's a soldier's life, Sweetie, and it isn't always easy, but your fighting will be worth it all. *(End of prophecy from Spirit Helper.)*

Q: What is the biggest thing you have learned in taking care of your children?

A: Maybe you could say that I have been enlightened, and my eyes have been opened to the true meaning of life. As an idealistic teen and rolling into my early twenties and beginning my family, I had mental notes of all my parents' failings.

Entering motherhood with such a twisted vision, it was hard to see where I was headed. I sought the Lord in prayer many times, asking Him to clear away the bitterness and the beam that was in my eye. I realized this attitude was stunting me and holding me back in many ways from being the mother He wanted me to be and giving my all, but there were certain questions that I had to have an answer for. Then one day I caught a view of the challenge the Lord has set before me and all His wonderful mothers of this last day.

I was reading an article on dealing with children and it got me thinking. Here was an expert in the field, sharing tips that had been passed down to her from her mother. She had strengths and habits ingrained in her from early

childhood. My usual train of thought set in: "It just goes to show why I don't have what it takes, blah, blah, blah. No one in my recent history was very strong in the areas that I now am also lacking in, so what's the use even trying?" I know it sounds bad, but it gets better.

Then it dawned on me: What kind of heritage did my parents have? Children of your average System family. They dropped out to follow the prophet and the Lord, having nine children with initially little know-how or training. It's hard enough raising kids and having a big family, but on top of all that they started a revolution, and pioneered the life of faith! They started from scratch.

Looking back on my childhood, the greatest gift my parents gave me, that I cherish the most, were our life of faith, change and challenge. But I still wondered about the lacks that I felt were the price of our lifestyle and my personal inherited traits. Call me thick, but only now—walking in a parent's shoes—was the true realization of all this starting to sink in.

So here our parents had to start from the bottom—

or shall I say the top. They were the founders and pioneers of our heritage of faith. So they didn't have time for everything; they weren't perfect and they didn't get around to building certain aspects, but they made sure our foundation was solid. Now the heritage has been passed on to me to continue, and what's better we are still in it together.

I would like to take a moment here in honor of my mother and father and all our Family parents. I want to say: "You are tops!—The best! Thank you for choosing the life of faith!" No parent is perfect, but you certainly are the greatest! You built on the right foundation and set such an example of faith for us, so it is my utmost desire to follow in your footsteps and build as the Lord would have me build.

I'm proud of you, and want you to know that! Even though you're not perfect (What a revelation!) and I'm not perfect (What a shock!), we have "perfect peace" (Isa.26:3) and a "firm foundation" (His blessed Word) and a wonderful Lord Who can do anything with those who are willing and yielded to Him. Hallelujah! ■

Arguments, Disagreements, and Hearing from the Lord

Q:

When couples argue and are already quite emotional, it is really hard to hear from the Lord. It's even discouraging to hear from the Lord together, because sometimes the other mate receives only what she (or he) was arguing for! This gets us doubting each other's gift of prophecy! What to do?

Questions sent in by a young wife in Russia

A:

(Dad speaking:) Love, humility and prayer solve all problems. But the three are interconnected, and it's hard to find a full solution to your problem if you are not employing all three to their full capacity. First thing, the only way you're going to come to an amicable agreement in your confrontation is if both of you really desire it—and that might mean being willing to swallow your pride a little and set aside your own ideas of what you think is best.

Hearing from the Lord is not some quick little band-aid that you can just slap on top of a problem and expect it to magically resolve everything. Now don't take that the wrong way. Hearing from the Lord *is* the solution to most—if not all—of the problems that most people find themselves in. The Lord has all the answers, and if you get them from Him you

can't go wrong, right?— But the real key here, the bottom line, is that you have to be getting them clearly from Him. And to receive things clearly from Him, you have to be sure that you're yielded to whatever He has to say and don't have your mind made up ahead of time.

Sometimes you just have to cool down after you've had an argument, and pray about the problem or issue you're disagreeing about later when your mind is clearer and you're in a more humble and yielded state of mind. Other times it's best to ask someone else who's uninvolved to hear from the Lord *for* you. There's no "right" way to go about hearing from the Lord after you've had an argument, but it's wise to remember that hearing from the Lord *is* the right thing to do, one way or another. You just have to ask the Lord exactly how He wants you to go about it in each instance.

You've probably all read "Understanding Prophecy, Part 2" (GN 905), but if the question above has come to your mind, or the situation sounds familiar to you, it might do you good to read it again, and really study and pray over it. Perhaps in a case like the above, your own emotions are influencing the prophecy you're receiving, or you're not quite yielded enough to receive all that the Lord would like to tell you.

If you're right in the middle of a heated argument and you feel like your mate is just not getting the point of what you're trying to get across, and both sides are all steamed up,

right then might *not* be the best time to hear from the Lord. My suggestion is that you just stop everything and pray together. Pray a heartfelt prayer, and really pour out and commit your hearts to the Lord. Get right to the root of things, and perhaps each person can take a turn explaining to the Lord how he or she is feeling. And while your mate is praying, really listen to what he or she is saying. Sometimes you can be so full of your subject in an argument that you do more talking than listening.

Once you've prayed, then you can have a clear mind and heart, and then you can take some time to hear

from the Lord. But first, stop and ask Him if it's the best time for it. Because sometimes if you're still steamed up and full of your subject, you won't be able to have that clear, open channel and unbiased link with Him that you'll need to make sure the answers you're receiving are His Words and not your own mind.

So try that next time things get steamed up. Humble yourselves to stop and pray, give each other some love, and then find out from the Lord what He wants you to do. He really does have all the answers—you've just got to ask.

Q:

What if one mate doesn't want to hear from the Lord on the matter and wants to continue on without checking in? If he or she continues on like that, I would think it could endanger their family.

A:

(Dad speaking:)

This is a very tricky situation to be in, because you can't force anyone to hear from the Lord, not even your mate. Hearing from the Lord is always the best thing to do in every instance, but everyone goes through times when they don't feel like hearing from the Lord for one reason or another. If your husband or wife is going through one of those stages, it's wise not to get self-righteous or condemning. Remember that you've had your times when you

haven't been completely yielded too. As hard as it may be, try to be understanding and don't be too pushy.

You can sweetly suggest to your mate that you think you should hear from the Lord either together or privately about the issue at hand, but if he or she still doesn't want to, then here's what you shouldn't do, followed by what you should do.

Don't:

✗ Push or coerce your mate into hearing from the Lord if he or she doesn't

Sex and Romance

want to after you have sweetly suggested it.

✗ Make your mate feel condemned or like they're really out of it for not wanting to hear from the Lord.

✗ Continue to push your point if your mate is not in agreement.

✗ Speak badly about him or her or the decision being

made to others—especially not your children.

Do:

✓ Act in love, meekness and humility.

✓ Pray that the Lord will get through to your mate as He knows is best.

✓ Receive a prophecy, asking the Lord what steps you should take or what you

should do, if anything, to help the situation—or if nothing else, to put your heart and mind at ease.

✓ Put all of your feelings and frustrations into Jesus' hands and trust that He'll take care of them.

✓ If the Lord leads, bring it up again at a later date, when your mate is calmer.

Q: I'm a very emotional person. When I get heated up, I can say things to my mate that are ugly, untrue, distorted and discouraging for him. A half-hour later I am sorry I said them. Sometimes to avoid this I seek solitude to ask the Lord how to react to things. But my sweet mate knows that something is wrong and tries to find out, and this way he hears all the complaints and bad things. When I ask him to leave me for a minute to pray, he gets offended! Is it wrong that I ask for a 10-minute break? What should we do?

A: *(Dad speaking:)* In a case like this, the best thing to do is to honestly and openly explain the situation to your husband—but do so at a time when you are not heated up, angry or upset. On his side he is probably just trying to help, and there may be times when you are just feeling sad, tired, or discouraged about something, and you *do* appreciate his inquiry as to how you are doing, or if there is anything he can do to help.

He's not psychic, after all—he doesn't know when you want to be left alone, and when you might need a little bit of comfort. So perhaps you could work out a special code ahead of time. Explain to him, "Look, Honey, I really appreciate you coming to find out how I am doing, but sometimes I am just emotional and get on a negative channel. If you

come and try to prod and find out what's going on when I'm in that kind of mood, I'm just going to blow up and lose it. I'll say things I don't mean, and we'll all end up miserable. But I really do appreciate your wanting to find out."

Then you can work out an arrangement. For example, if you're feeling sad and blue and you wouldn't mind a little love and comfort, then when he asks you what's up, you can say, "I'm just feeling a little low right now—do you have a minute to talk and pray?" But if it's one of those times that you want to be left alone, you can agree on a different wording, like, "I just need some time to myself right now. I'll tell you all about it a bit later." Just have some type of agreement worked out ahead of time, so you don't have to explain it all then, which will only add to your frustration.

I think your mate will understand your need for a little time alone with the Lord at times, and I'm sure he'll especially appreciate it when he sees you coming out of your closet with peace and trust on your face, instead of frustration and ill feelings that there might have been otherwise. ■

Lures Men Can't Resist

There are certain charms and wiles to which practically all men are susceptible. These are:

The "come hither" look in the eye. A sort of come-on look, if you get what I mean. A look that subtly indicates to a man that a girl regards him as a great big wonderful sheik, and that she is having the time of her life when gazing worshipfully up into his eyes.

No boy is going to see a girl a second time who high-hats him. No boy is going to make love to a girl who is as unresponsive as a stone image. The modern man has to be lured into love. He doesn't break in of his own accord.

Personality. Get a line. Have some individuality that will make you stand out from the crowd. Don't copycat other girls. Be yourself. Be natural. Don't pose. There is no other girl in the world less attractive to men than the affected one.

Remember that while some men like wild girls, others prefer prim little Puritans; while some men like chatterers, others like the soft, silent, smiling Mona Lisa; and while some men like girls who can mix cocktails, most men want wives who can bake cakes like Mother used to make. So stick to your own line of attractions and put the loud pedal on that instead of trying to crab some other girl's act.

The fine art of jollyng. Don't feed men flattery in hunks, with a shovel. They resent this. But every man will eat out of your hand if it is filled with sugar. Don't be a crude bungler and tell a man in so many words that he is God's masterpiece. Get the idea across to him in other ways—by your air of adoration; by the awe with which you listen to his opinions; by the rapt expression on your face when you listen to him monologuing along about himself.

From "How to Win and Hold a Husband"

Adaptability. Keep your mind as flexible as you do your waistline. A chameleon rampant, in the act of changing its colors, should be the heraldic device of every woman who wants to find a husband and get along with him after she has got him. For in the adjusting of the sexes to each other, it is a woman who must do the adjusting. Men often can't, or won't, or don't know how to do it.

So learn to be all things to all men. If a man is athletic, play golf with him, no matter how much your feet hurt you. If he is bookish, read up so you can discuss his favorite author with him. If he likes to eat, cook him dainty dishes. Lend your ears to the man who likes to talk. Babble to the silent man who can never think of anything to say. Half of the time you may be bored to tears, but the other half of the time you will reap an exceedingly great reward. ■

Caring for your body: Do your part!

The human body is a wonderful, amazing machine. It's perfect in every way and works to accomplish My will. But part of My will is that your body needs you to take care of it in order to keep it running well. You have to do your part if you want your body to perform well for you and be free of sicknesses and problems. I've done the miracle of creating your body and helping it to regenerate and repair itself, but you also play a part in its regular maintenance, so that you can keep going and operating in comfort and good health.

The good health of your body depends in part on what you do to take care of it, and as you give it the care it needs, you will maintain good health. It requires some time and effort to do this; especially as you grow older and your body begins to wear out a bit, it takes even more time to keep it healthy. You have to have exercise; you have to visit the dentist

sometimes; you might have to take vitamins or avoid certain foods; you have to have the right amount of sleep; have your eyes checked periodically—all of these things are part of life and necessary to the care of your body, so that you can stay healthy.

The world is changing, and because of that, the way your body operates or reacts is also changing, which means you may have to invest

and gums, you will need to brush and floss your teeth more carefully and regularly.

There are many things that affect your body, and it's up to you to do your part to care for it, to take the time you need to do this, to put forth the effort to do this if you wish to be healthy and as comfortable as possible. It doesn't mean you will never have any health problems or discomfort, but if you do your part to stay

"The world is changing, and because of that, the way your body operates or reacts is also changing..."

more time into regular health habits. For example, if you live in an area where there is a lot of smog, this affects your body, and you need to care for it and do the things it needs to stay healthy. It may mean you need to wash your eyes to keep them from being sore and infected. Or because of the increased amount of preservatives and additives in food, which may or may not affect your teeth

healthy, then I will do the things that you can't do.

Just use wisdom and moderation in what you do. Don't overdo and go to the extreme as some people have. Just be moderate. Ask Me if you aren't sure what to do, and I will lead and guide you. It is time well invested, because it will make it possible for you to serve Me well with the body that I have given you. ■

By Jesus

Cool ways to use rubbing alcohol

Prevention magazine

Here are some doctor-approved uses for rubbing alcohol.

Drown swimmer's ear: "As an avid swimmer, I'm prone to mild ear infections. I keep my ears healthy with eardrops made from rubbing alcohol." —Janice Dyer. In addition to its germ-killing ability, rubbing alcohol evaporates the water that gets trapped inside the ear, says John House, MD, president of the House Ear Institute in LA. "We recommend an alcohol/vinegar mixture after a swim to prevent ear infections," says Dr. House. "It's inexpensive, convenient and effective." Combine equal amounts of distilled white vinegar (not cider or wine vinegar) and rubbing alcohol in a clean, empty eyedropper bottle. After a swim, use the eyedropper to place a few drops of the blend in your ears. (The alcohol may sting a little.) It helps to tilt your head and gently pull the ear back to straighten out the ear canal. One application after a swim may be all it takes to cure swimmer's ear and prevent it from happening again.

Kathy

From "Kathy Smith's Fitness Makeover"

A single avocado supplies one fourth of your daily need for magnesium, one half the folic acid, and one fourth the vitamin A, plus lots of B vitamins, iron, and trace minerals.

Soothe insect bites and stings: "To take the pain out of a bee sting, dab it with rubbing alcohol. Works wonders for mosquito bites too!" —Carolyn Shields. Rubbing alcohol soothes insect bites as a solvent, by helping to remove material deposited by the bite or sting. It may also inhibit certain proteins in the bite that cause irritation. And since it evaporates quickly, rubbing alcohol feels as though it cools the inflamed area, bringing symptomatic relief.

Prevent poison ivy: "If you're hiking and your bare arms or legs touch poison ivy, cleanse them with alcohol; even the drinking variety will do." —Jeff Fowler. If you're exposed to poison ivy, poison oak or sumac oil, the best thing you can do is gently clean the skin immediately with rubbing alcohol, which will dissolve the resin. Beer or other alcoholic beverages will help to dissolve the resin if rubbing alcohol is not available. Soap works too, but not as well. After applying the alcohol, rinse thoroughly with water. It takes about 15 minutes for the resin to begin to bind with the keratin layer of the skin, starting the inflammatory process. But if you can't tend to exposed areas right away, you may still be able to minimize the rash by treating it within two hours. The resin sticks to clothing too, so wash them thoroughly with hot water as soon as possible.

Hidden Blessings

Message given for a 21-year-old who was experiencing a very difficult first pregnancy.

I use different things in different people's lives to keep them humble and close to Me. This was what I chose to use in your life at this time. Though you felt weak and sick and miserable, I used it to strengthen your spirit. Though you feel you didn't learn much or gain much through the experience—in fact, you feel

you into more of a fighter. You fought not as you have fought in the past, by actively obtaining the victory; you fought by trusting, even when it seemed like there was no victory in sight.

Now you are beginning to see the victory. You're still sick, you're still weak, but you're seeing that it's getting better and will continue to get better. This is the beginning of the victory—and what a great victory it will be. For through this time I say that there has been no loss, only gain. Yes, you have lost some work time and you have lost some of your pride and independence and strength of your flesh, but you have gained much more in their place.

This was a humble time, My love. It was not a time of accomplishing great things in the physical, for you could do practically nothing most of the time. It was a time of allowing Me

to show you that you are weak and needy and can do nothing without Me. It was a time of purging, to draw you closer to Me. It was a time of preparation—spiritual preparation of the heart for the things that I have in store for you. It was a time of sorrow, but after the sorrow will come great joy.

I have much in store for you—not just a new baby, but much, much more. There are new challenges on the horizon, new goals to strive for, new battles to fight and victories to win. This time was a test that you had to go through, a time of preparation for what is ahead. Through your times of sickness and quietness and rest, I was able to fill you up with My Spirit—even though you felt it not. Your spirit was strengthened, your loyalty and trust was tested, and you have come out of this battle better and stronger than before. ■

Jesus speaking

you only lost—I tell you that you have gained much. You've gained spiritual gifts, not seen in the physical.

You feel like you simply lost, because you were weak and helpless and could do nothing. It was as if I took everything away from you—your health, your ability to work, your ability to do anything worthwhile—but through it I gave you much. Through this experience I strengthened your spirit. I toughened your resolve and your dedication, and I made

Babycenter Web site

Can't Get Comfortable in Bed?



Why it happens: Getting—and staying—comfortable in bed may be one of your greatest challenges during pregnancy, particularly if you're used to sleeping on your stomach or your back. Both positions present problems during pregnancy. During your first trimester, tender breasts may keep you from sleeping on your stomach; as your belly grows, lying face-down will become increasingly uncomfortable.

Sleeping on your back puts the full weight of your uterus on your back, intestines, and the inferior vena cava (the vein that transports blood from your lower body to the heart). Back-sleeping can also increase your risk for backaches and hemorrhoids, inefficient digestion, impaired breathing and circulation, and even low blood pressure.

What you can do about it: During your first trimester, start training yourself to sleep on your left side. Sleeping on your left side benefits your baby by maximizing the flow of blood and nutrients to the placenta. It also helps your kidneys efficiently eliminate waste products and fluids from your body, which reduces swelling in your ankles, feet and hands.

Try curling up or stretching out on your left side with a pillow between your legs. (If you wake up at night and find yourself on your stomach or back, simply readjust to the left side.) Arrange pillows between your legs, under your belly, and behind your back for extra comfort and support. In your third trimester, wearing a sleeping bra can give some extra support.

A final tip: If lying on your side puts too much pressure on your hips, try a piece of soft, egg-crate foam. The egg-carton-shaped layer goes on top of your mattress and under the sheet for added comfort and air-circulation. ■

A Question of Cheeses



Q: In *Eve #8* there is a list of foods to avoid in pregnancy, and to my surprise, feta cheese is listed. I was wondering if this is a misprint, or if you really mean the Greek-originated cheese by that name, which not only I, but

thousands—or dare I even say, millions—of PG mothers have been enjoying for centuries. It is considered one of the most nutritious cheeses worldwide. Could you please clarify this point? You see, here in Greece where I live feta is highly recommended for the PG diet, or any diets for that fact.

—Goldie (of Daniel), Greece

Pregnancy and Childbirth

Q: I heard from a number of people that eating soft or any not fully matured cheeses during pregnancy might be dangerous for the fetus. It struck me with surprise to hear this, as women in some parts of the world—for example, here in Eastern Europe—eat cottage cheese, and goat and sheep cheeses as one of their main sources of protein. Either the bacteria growing in these cheeses has not disturbed them since their bodies were used to them, or their recording of any ill effects of these foods would have been very slack in these countries. I don't know, but living here in the EE, I have never heard anyone's concerns about this before. We would very much appreciate some information on this from a dependable source.

—Katie (of Shajjad), Romania

A: (*Dr. Koger speaking:*) Soft cheeses have more of a chance of being contaminated with bacteria than hard cheeses do, so if you have a choice it's always safest to opt for eating hard cheeses. Listeria infection from soft cheeses isn't very common, but it does happen sometimes, and that's why it's best to err on the safe side and be aware of the foods that are slightly risky—including feta cheese. If you have other protein available, try and stay away from the "iffy" foods. But if feta cheese, or some other soft cheese, is the main protein that the Lord has supplied for you, and the Lord leads you personally to do so, then you can go ahead by faith and eat it, trusting that He'll keep you and your little one free from any harm.

It's true that pregnant women, in Greece especially, have been eating feta cheese for centuries. The risk is very marginal, but it's still a risk. In some third world countries the risk is greater, due to bad hygiene and contaminated water and milk. This is something you have to pray about personally and have the faith for. Most of all you need to have the Lord's blessing on the things that you eat, and trust that He's going to take care of you—and He will.

Web reprint

Which types of cheeses are unpasteurized? What about feta cheese?

When purchasing cheese, read the product labels to determine if it has been pasteurized. A 1997 FDA consumer brochure states the following:

"As a pregnant woman, you should be aware that certain soft cheeses can become contaminated with a bacteria called Listeria. If you become sick from Listeria, the baby you're carrying could get sick or die. To protect your unborn baby, eat hard cheeses instead of soft cheeses while you are pregnant." The brochure explains that soft cheeses that

can easily become contaminated include Mexican-style soft cheeses such as queso blanco, queso fresco, queso de hoja, queso de crema, and asadero, as well as other soft cheeses such as feta (goat cheese), brie, Camembert, and the blue-veined cheeses such as Roquefort. (*Eve: A healthy alternative to soft cheeses is yogurt, which will give you a good amount of protein, but less fat than hard cheeses. You can also make yogurt cheese, which is similar to cream cheese, by hanging yogurt in cheesecloth, or something similar, over a bowl or sink [or, if the weather is warm or you have heating on in your house, you can hang it in the fridge over a bowl] until the liquid has drained. You can then add herbs, garlic, or other ingredients into the yogurt cheese to taste. It makes a delicious, healthful alternative to cheese.*) ■



From Heaven's Doors

Battles, blessings and lessons

From Libby Steps
(of Abe), Pakistan

Thank You Jesus for another knew disciple—Kate Saphira! Her delivery took an unexpected turn and I ended up having to have a c-section; due to her being “sunny side up” and my cervix not dilating fully, she wasn’t coming down the birth canal. It was a test for me as I’d prayed for an easy and natural delivery, and this was neither. Also the recovery was quite painful and slow.

It’s certainly made me thankful for all my other natural deliveries, and for having a Family, who gave me time to rest and get adjusted to my new baby. The Lord told me that even though I don’t understand now why it all happened, as time goes on I will understand and see His wisdom, and I

will also be able to be more of a strength and comfort to others because of this.

It’s been humbling for me, as I thought I had the faith for a better childbirth. The Lord has blown on my self-reliance; what physical strength I thought I had has, at least for now, pretty much vanished.

I learned a few practical lessons that I think would be worth noting for future reference. I waited on finding a suitable doctor till quite late, and then the one we found went on holiday around my due date. This left me without a doctor and at the mercy of whoever was on duty at the hospital. Under normal circumstances this might have been okay, but I felt quite uneasy about it. In retrospect, I feel it would have been worthwhile to start looking for a doctor earlier, to have done a bit more research and found someone I was comfortable with.

Anyway, it all ended well. Little Kate is beautiful and adjusting well to life outside the womb. PTL!

Last-minute leading

From Micah and Charity,
Thailand

On March 10th at 1:56 PM, Charity gave birth to a beautiful, 3.3 kilo baby girl named Elaina “Pim Jai.” While Charity’s previous nine children had been born naturally, this one had to be a C-section. When Charity was 7 cm. dilated, the doctor discovered that what he had thought was the baby’s head (at the last checkup) was actually her bottom; she would not have survived a natural delivery.

Everything happened so quickly, but when faced with the decision we had desperate prayer. The Lord told us to go ahead with the C-section, and that He would take care of everything. Micah was even able to go in to the operating room for the birth, and be the first one to hold the baby!

While it was an ordeal of sorts, we can testify of the Lord’s closeness and His ability to deliver!—“Who hath delivered, Who doth deliver, and Who will yet deliver.” Amen! Though the cost of the birth was twice what we had budgeted for it, upon hearing of the extra cost a dear friend of ours volunteered to pay the entire balance. God bless him!—And just another proof that the Lord was in the whole thing!

Rest and recoup!

From Praise (of Jordan),
Guatemala

Kenneth James—our eighth child—was born on April 27th. TYJ! We had planned a home birth with a doctor, but the baby came very quickly.—Jordan delivered him! Everything went very well, just like we had prayed. The Lord gave us a great peace even when we realized the doctor wasn't going to make it in time.

A few days after the birth I went out to the bathroom early in the morning. Because I have to go outside to use a bathroom near the house, I caught a very bad chill. By the time I was back in bed I was shivering uncontrollably and

couldn't stop for over an hour. I later spiked a very high fever and was quite sick the rest of the day. This also affected my milk, which took several extra days to come in fully.

I wanted to share this with others to emphasize how careful we need to be. I've always been very strong and healthy after my babies' births, and usually tend to get back into action quickly. This time the Lord required me to go slow, and I really needed to so I could have the milk the baby needed, and for my own recovery. Mama's counsel in "Convalescence" (Techi's Story. Chap. 11, ML#864) is sound, good advice for all new mommies. Even if you feel strong enough to do more, it pays to rest and recuperate and to prevent longer-lasting problems from coming your way.

The miraculous, Heavenly delivery

From Suzie (of Andy),
Russia

Russian maternity hospitals are notorious for having pretty harsh and strict rules, like not letting the mother and baby be in the same room, using medication across the board, doing C-sections without a good reason, etc. So I was very apprehensive before the delivery of our first baby.

I prayed, and the Lord gave me a specific list of prayer requests to pray for: a natural birth, good hospital, friendly staff, to be able to be in the same room with my baby, for the Lord to supply the baby's needs, etc.

The Lord indicated that I should go to Khabarovsk where my parents live, and have my baby there. So I went on March 20th; before I had a chance to find a doctor or hospital, on March 23rd I went into labor! My mom took me to the best maternity hospital in the city; it had been closed for the whole month

before that, but opened right when I needed it. One of the doctors there is a personal friend of my mother's. By another miracle, she was on duty that very day. She advised my mom to pay for the delivery, as this would basically allow us to "make the rules" as to what I wanted to happen during the delivery.

The doctors were so nice and when it was time to push told me: "Just do what comes naturally! Push with the contractions. Imagine that we are not here—let Nature work." After the baby came out they put her on my tummy and let her nurse before cutting the umbilical cord. After that I was put in the same room with the baby and was able start nursing and taking care of her right away.

They also let Andy (who arrived a day later) and my parents visit me every day, even though normally it's not allowed. As if that were not enough, the Lord did even more for us: My parents and relatives and their friends bought everything we could need and want for the baby—buggy, bathtub, toiletries, and lots of cute, brand new baby clothes. We have enough clothes to last us till she is one year old. We would never have been able to afford all of this; Jesus is spoiling us with His blessings. The whole delivery was done in a God-intended manner. PTL! It pays to pray and listen to Him.

The God of ambulances

From Daniel and Angela,
Romania

Two weeks before the delivery, when praying about how we would be able to get to Bucharest once the contractions started (we don't have a car), the Lord showed us to talk with the director of an ambulance station near our house. The director was very helpful and sweet, and

agreed to help.

So when my labor started, at 6 AM, we called him and he sent us not only an ambulance, but also a doctor to go along and help, PTL! The lady doctor was very receptive and I ended up witnessing to her and the driver all the way to Bucharest. At 11:20 I had the baby, after one push, and at 4 PM we were already home. Truly our God is a God of miracles!

A prayer adjustment

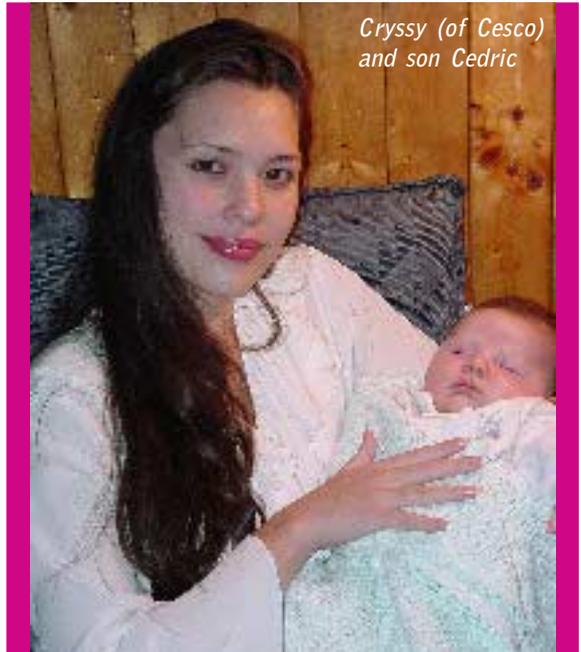
From Cryssy (of Cesco),
Japan

I had been showing signs of having my baby too early; at five months along I started getting cramps and spotting, and when I went for a checkup the doctor said that I was already about 2 cm. dilated, and the baby's head was too far down. He said one more centimeter and I would need bed rest or have to go to the hospital for close monitoring. Not a nice thought!

I didn't want to have a premature baby, but I didn't want to have to stay in the hospital for months either. So I asked for united prayer and prayed desperately myself too. The Lord told me to have faith to slow down, and that He would help take care of everything. In a Home our size there's so much to do that I feel I can never work fast enough, but by faith I asked for help from others, prayed more, and have been trying to train my 1½ year old to not be carried at will!

Two weeks later, I went for another checkup and the Lord did it! Baby's

head is back up and the doctor said that things are looking up.



*Cryssy (of Cesco)
and son Cedric*

A baby is God's opinion that life should go on.—Carl Sandburg

the good effects of exercise!

by
dad

Everyone benefits from exercise! No matter what shape you're in, it's never too late to start! It might not be easy to begin with,

but if you keep at it, it gets easier because you become stronger. You increase your stamina and you become healthier, and pretty soon you can walk for longer, or jog a little more, or go a little farther with whatever it is you're doing for get-out.

Even handicapped people exercise and it does them a lot of good. Look at Christopher Reeve, the actor who played Superman; he's now a quadriplegic after that accident he had, but he exercises to his capacity and is regaining some of his muscle and nerve reflexes. So it doesn't matter what kind of shape you're in—whether you're too overweight, too underweight, too weak, or whatever—exercise is going to help you to feel better and look better.

A normal exercise program—aerobics, walking,

swimming, biking or whatever—will keep you fit, tone your muscles and help you have better circulation. It'll flush out the impurities in your bloodstream with some good breathing and increased heart rate. If you do it regularly, every day (or at least four times a week), it'll help you to lose weight, if you combine it with eating right and using common sense in your diet.

For you girls who might be worried that you're going to end up looking like a muscle man, rest assured that you won't build huge muscles by just normal exercise. If you're

someone who likes to do aerobics, even if you use light weights, such as weights from 1 lb. to 5 lbs. (up to 3 kg. or so), you'll tone your muscles and give them a nice shape, but you won't build muscles. Muscle toning and muscle building are different.

Muscle toning means you help your muscles to work better for you. They're more primed and ready to be flexible and do what they're supposed to do for you.

Usually when people begin exercising and stick with it for a while, they'll see and feel some difference. If you're one of the



blessed ones who sees and feels a difference in a couple of weeks, then praise God, you're getting quick results!—But don't be discouraged if it takes longer. It will come and you'll see the good results of regular get-out if you stick with it.

It's mathematical: if you exercise, your body will respond to it and you'll become healthier. You'll see the benefits in some way! Maybe you'll sleep

better, feel more refreshed, have less headaches, feel better about yourself, become more flexible, lose weight, or be less irritable.

It's a known fact that exercising is also a mood elevator when you're feeling downcast. It can help to lift your spirits. It's even a good way to release frustration. Sometimes people who feel at wits' end and about ready to

explode about something, when they go for a brisk walk or jog, come back feeling much better. A lot of anger, emotion or frustration can be released just through a good physical workout.

Get-out not only improves your body, but it improves your mental health as well. It has good psychological effects and makes you feel better about yourself. ■

the science behind fat burning

by **jonny bowden**,
m.a., c.n.

One of the biggest misunderstandings and “myth-conceptions” in the field of exercise and weight loss has been around the field of fat burning. Aerobic teachers are constantly admonishing their students to work at a slower rate so they can “burn more fat.” Almost all cardio equipment in the gym has a “fat burning” program, and we fitness professionals are constantly bombarded with questions from clients about how to get their heart rate in the target “fat-burning zone.”

The misconceptions come from a basic confusion between percentages and absolute amounts. See, at rest, the body is always burning a mix of fuels. All other things being

equal, it doesn't like to burn protein, so that leaves fats and carbohydrates (more technically, fatty acids and glucose). At rest, the “average” person burns about 70% fat and 30% carbs. As one moves from rest to activity, the percentage of fuel coming from fat decreases and the percentage coming from carbs increases. The more intense the exercise, the more carbs and the less fat in the mix, until you reach the point called the “anaerobic threshold,” where you're going at about your intensity limit. At that point, 99% or more of your fuel is pure carbohydrate and 1 percent or less is coming from fat.

This situation has led many people to assume that in order to “burn fat” they need to exercise at lower intensities. They're missing the boat. Why? Because while at rest, although a higher percentage of your calories is indeed coming from fat, you are ultimately burning a lower absolute number of calories. At higher intensity exercise, the percentage of calories from fat goes down, true—but it is a percentage of a significantly higher number.

To illustrate this critical difference, I often ask audiences to picture multi-millionaire Ross Perot standing next to me. Then I ask them, “Would you rather have 90% of all the money I have in the world, or 3% of all the money Mr. Perot over here has?” When they give the obvious answer, I say, “But why? 90% is so much

higher than 3%!" They get the picture.

So let's say you're exercising at a fairly low intensity that burns, oh, 100 calories in a half-hour. Let's say that 70% of those calories come from fat. Your neighbor, however, is working out much harder, outside the magical "fat burning" zone: She's burning up, say 300 calories in that same half hour, but only 50% of those calories are from fat. Now do the math. You're burning a higher percentage of fat, but 70% of your 100 calories equals 70 fat calories burned. Your neighbor, on the other hand, is burning a lower percentage of fat, but she has burned up 50% of 300 calories, or 150 fat calories, more than twice what you've burned in the same period of time! Get it? ■

stop a side stitch before it starts

That annoying pain in the side may be linked to your pre-workout drinking habits. When researchers instructed men to chug about a quart of water, cola, or sports drink before exercising, they were more likely to get stitches than when they ran on an empty stomach.

But don't stop drinking before you exercise; dehydration can have serious consequences. Instead of gulping one large drink, sip small amounts (4 to 8 ounces) more frequently. If you're still stitch-prone, try these proven remedies:

- Bend forward and tighten your abdominal muscles.
- Breathe without completely exhaling.
- Wear a wide belt cinched tightly around your waist.
- Breathe out through pursed (pucker) lips.

Prevention

walking or running with weights

Don't. True, you do have to exert more effort to walk or run holding light free weights or wearing weight bands. So it seems logical that the extra effort would burn more calories and tone arms and upper body. Surprisingly, however, walking with weights has exactly the opposite effect. Swinging your arms in a vigorous, controlled manner burns 10-15% of the total calories expended by walking, jogging or running. People who add weights generally don't move their arms and upper body as much, and the small amount of toning they may derive from carrying the weights isn't enough to offset what they've lost in terms of calories burned and upper-body movement.

From "Fit Happens," by Joanie Greggains

perfect your posture

It's a fact: slouching can make you look as if you're carrying an extra ten pounds. Plus, poor body alignment sets you up for aches and fatigue. Straighten up and look slimmer with these tips from orthopedic surgeon Peter Slabaugh, MD, of Oakland, California.

Reflect: Study your profile from all angles in a full-length mirror. A slight roundness of your spine is natural, but avoid exaggerated curves in your upper or lower back.

Zip it: Practice the pelvic tilt. Imagine zipping up your snugest pair of jeans. Tightening your buns throws your pelvis forward and automatically straightens your shoulders.

Work out: Strength training, stretching, and activities such as swimming work your shoulders and back and improve muscle tone and flexibility.

Parents magazine

Menopause Q&A

Q: The GNs and FSMs about menopause are a big blessing. A few years ago I wasn't too interested in them as I wasn't going through it, but it looks now that I'm starting it. All the details can be so worrisome, but reading that others had the same problems was a relief.

A question I have is, when your periods are starting to be a bit different, how normal is it to have spotting? Chloe mentioned that she had it for a week afterwards sometimes. In another paragraph it's mentioned that many women start to spot before or after their periods. I just wondered what is "normal" and what isn't. —*From Joyful, India*

A: Dear Joyful, God bless you! At this time of life, spotting before or after your period is quite normal, as are other menstrual irregularities. If you're wondering whether something is not right, or you get a check that the spotting is abnormal, the best thing to do, of course, would be to ask the Lord for His leading as to whether to have a check-up, to be sure there's not a reason other than the normal hormonal roller coaster that menopause can bring on.

The section entitled "Irregular Bleeding" in FSM 315 talks about the various causes of spotting, and can help you know what to expect. But of course the Lord knows your body inside and out; He can lead and guide you if medical help is needed, ease your fears if it's not, and generally help the whole menopause experience go easier.

I experienced spotting through the years, even before I started menopause, usually around the time I would have been ovulating. Then when I began having hot flashes, I would sometimes spot for a week or two—or longer!—after my period. I would vary between months of no periods, and months of heavy periods with spotting, until finally my periods stopped completely. Now I haven't had one in several years, and can hardly

even remember what they are like!

One thing that's good to remember in all this is: "It came to pass." You're going through a process that has a beginning and an end, and there's the "post-menopause zest" to look forward to! And the Lord can make the end result even sweeter, when we are using His gifts of health to be His tool to help others.

Hope this helps!

Love, Chloe

The mags on menopause have been a blessing, with information I hadn't read elsewhere. Though I am only 41 I had been having many menopausal symptoms. I thought I was going crazy, as I knew I wasn't going through menopause yet, but my body just started changing at about 38. So having additional information has helped me relax and not be worried about the strange changes.

From Mary Soulseeker, USA

Have a more satisfying life

I'm walking my 6-year-old son to school and he is in his usual slow-motion mode, stopping to discuss every pebble. When he halts at an anthill to describe everything he knows about ant life (a lot, apparently), I shout, "Levi! If you don't move faster, I am going to lose my mind." As I am walking home, I stop at the anthill and an overwhelming sadness comes over me. Parenting experts always talk about finding "teachable moments," and I had just blown a big one. Only this was a lesson my son was trying to teach me—not about ants, but about how to savor life.

With a few little adjustments, we can learn to stop postponing joy and grab life's everyday pleasures, surprises, and discoveries.

- Tune up your senses. Try this exercise: The next time you're doing something you enjoy, say to yourself, "Right now!" Then focus on what you are hearing, feeling, tasting, smelling, and seeing. Everything but the moment will disappear. This will pull you into a sense of peace.

The "right now" technique will help you appreciate life's small wonders: soft, just-cut grass, the smell of your child's freshly laundered pajamas, the thrill of getting the gum out without

cutting. Look at the delight that a newborn baby has in the simplest of things, and try and get back in touch with that excitement.

- Embrace unexpected "time-outs." Elevator won't come? Instead of furiously stabbing the button, take a deep breath, close your eyes, and fantasize. Your girlfriend stood you up at lunch? Grab something to read in the privacy of a corner booth. These little chunks of time add up to weeks or even months over a lifetime—use them well.

- Drop everything for the elephants. When Linda Hurt of Moneta, Virginia, heard that the circus was coming to town, she grabbed her kids and walked through a rainstorm to watch the elephants get off the train. "No, my laundry didn't get done and there were dirty dishes left to wash, and yes, we got soaked, but we are still talking about those elephants," says Hurt. The moral: Even a tiny spontaneous act can shake you out of a rut and remind you how much fun life can be. Aim for one a day.

- Take the long view. When given a choice of stargazing with someone you love or washing the tower of dinner plates in your sink, ask yourself: In a few years, which one will be most important? After becoming life-threateningly ill during childbirth, Diane Windingland of Chanhassen, Minnesota, had this revelation: "I started making changes right then and there. I didn't want to end up a woman who was going to be happy someday, but 'someday' never came. I decided to choose a fulfilled life now."

Dad speaking:

Praise the Lord! It's so true, and I've said this so many times in the Letters. It takes God time to bring out the simple, quiet joys of living, and it takes us time to appreciate them. Haven't you



noticed how when you rush through your day, before you know it it's over? Then you come to the end of it and you might feel that little nagging emptiness in your heart, because you know you didn't stop and take the time you should with the Lord and with others.

The best thing of all about slowing down and appreciating the beauties of your life as you pass through it is that it opens the door up wide to take

more time with the Lord. There's nothing like stopping and looking and thinking, to get your mind floating heavenward. Jesus is just that wonderful; you can't help but love and think of Him if you'll just stop your doing long enough to notice. So take time to love—to love Jesus, to love others, and even to love yourself by taking the time you need in rest and refilling and praising the Lord for the wonderful life and world that He's made. ■

Not one to spare

From Peace (of Emman), Madagascar
(Re: request in *Eve* #8, pg. 28)

Thanks to a mother of 10 in India for bringing up the need for mothers of large broods to unite! Yes, we do face peculiar battles, but the blessings are many. I've had 10 babies, plus another since she was three months old (from my mate's first wife). I calculated that I've spent 7½ years of my life pregnant and 16 years breastfeeding. Each birth has been totally natural with no stitches. Since my 5th birth the labors have been especially easy, with nothing that could be termed "hard labor." I have almost no transition phase and only need to push one or a few times at most. I'm RH negative but have never had the slightest problem with that.

Oh, and my pregnancies are sickness free. Thank the Lord for His mercy! My biggest physical battle is tiredness. I don't have the stamina I used to, and cope with less work on each one. This is not a major problem, though; the Lord provides the help I need and it makes me more dependent on His strength. Gone are the days I could stay up all night getting a newsletter done or coping with multiple ministries! My health also weakened after my 7th baby, and I started getting frequent bronchitis attacks, which keeps me bedridden for a few days. Still, it's a minor affliction.

Having so many children is a real testimony in today's world, and especially being a missionary

too. A number of positive articles were written about me in my home city. Also it's been a testimony to other missionaries from churches, as none have the faith for large families. I found many Christians, though, are beginning to advocate trusting God for large families. There is a helpful magazine catering to these and advocating home schooling, called "Above Rubies."

My husband and I both enjoy breaking people's bottles, and never get tired of seeing their reaction to the innocent question, "How many children do you have?" Especially when I was alone in Australia to have our last one, everywhere I went with her people asked, "Is it your first?" They always looked shocked and took some seconds to digest my response—a great witnessing opener.

Receiving prophecies about each one when pregnant has been a big faith builder and vision increaser. We did have a trial when I was PG with the 9th one. My husband and I had a temporary (as it turned out) separation, and it was a rough time. But the Lord said we didn't have one to spare, and that she would bring us great joy. This has really been the case as she's exceptionally loving and cuddly. I love it when she says, "Don't worry, Mummy," or "I love you" spontaneously throughout the day. These touches of love make it worth it all. ■

Just Mother!

I'm not a poet;
I'm not a scribe.
I'm just the mother of a tribe.
I specialize in changing diapers
And chasing off those nightmare vipers.
I'm also good at blowing noses
And watering my garden roses.
It's nothing grand what I can do,
But I'll put a smile on a child that's blue.
I'll dry a tear; I'll give a hug.
I'll help the little ones feel snug.
I'll clean the house.
I'll kill a mouse.
It's all the lowly jobs, I guess.
I'm good at cleaning up a mess.
I'll mop a floor;
I'll scrub a door.
My time is filled with helping others,
But that's the calling of us mothers.
The reward, though, is great;
I'll say it straight:
It's nothing other
Than being "Grandmother"!

By Dove (mother of 12), Holland

From the geo-cities website

Nearly sixty uses of

baking soda



Bicarbonate of soda—or baking soda—has many different uses in the household. Although more expensive products have been developed over the years to do the same jobs, baking soda can work for you just as well, if not better. Use it in the following ways:

1. To make your own baking powder, stir and sift together 2 parts of Cream of Tartar to 1 part baking soda and 1 part cornstarch.

2. Keep an extra box of baking soda by your stove in case of grease or electrical fire. Scatter the powder by the handful to safely put it out.

3. Keep a container of baking soda in your garage as well as in your car to put out a fire. It won't damage anything it touches.

4. Baking soda will also put out fires in clothing, fuel, wood, upholstery and rugs.

5. Clean vegetables and fruit with baking soda. Sprinkle in water, soak and rinse the produce.

6. Wash garbage cans

with baking soda.

7. Soak and wash diapers with baking soda.

8. Oil- and grease-stained clothing washes out better with soda added to the washing water.

9. Clean your fridge and freezer with dry soda sprinkled on a damp cloth. Rinse with water.

10. Deodorize your fridge and freezer by putting in an open container of baking soda to absorb odors. Stir and turn over the soda from time to time. Replace every two months.

11. Soda absorbs kitty litter odors. Cover the bottom of the kitty box with 1 part soda; then add a layer of 3 parts kitty litter on top.

12. Add 1/2 cup soda to

your washing machine load.

Baking soda can also be used as a fabric softener. After the final spin, let your clothes sit in a solution of a tablespoon of baking soda and enough water to immerse your clothes. This helps rinse out the soap residue and relaxes the cloth. Also, try this for silk blouses—you'll no longer need to iron them.

13. Clean combs and brushes in a soda solution.

14. Wash food and drink containers with soda and water.

15. Wash marble-topped furniture with a solution of 3 tablespoons of soda in 1 quart (4 cups) of warm water. Let it stand for awhile, then rinse.

16. Clean formica

countertops with baking soda on a damp sponge.

17. Wash out thermos bottles and cooling containers with soda and water to get rid of stale smells.

18. To remove stubborn stains from marble, formica or plastic surfaces, scour with a paste of soda and water.

19. Wash glass or stainless steel coffee pots (but not aluminum) in a soda solution (3 tbsp. soda to 1 quart water).

20. Run your coffee maker through its cycle with a soda solution. Run another cycle once it's done with plain water only, to take away the baking soda taste.

21. Give baby bottles a good cleaning with soda and hot water.

22. Sprinkle soda on barbecue grills, let soak, then rinse off.

23. Sprinkle soda on greasy garage floor. Let stand, scrub and rinse.

24. Polish silverware with

dry soda on a damp cloth. Rub, rinse and dry.

25. For silver pieces without raised patterns or cemented-on handles: place the silver on aluminum foil in an enamel pot. Add boiling water and 4 tbsp. baking soda. Let it stand, rinse and dry.

26. Reduce odor build-up in your dishwasher by sprinkling some soda on the bottom.

27. Run your dishwasher through its cycle with soda in it instead of soap to give it a good cleaning.

28. To remove burned-on food from a pan: let the pan soak in soda and water for 10 minutes before washing. Or scrub the pot with dry soda and a moist scouring pad.

29. For a badly-burned pan with a thick layer of burned-on food: pour a thick layer of soda directly onto the bottom of the pan, then sprinkle on just enough water to moisten the soda. Leave the pot overnight, then scrub it clean next day. (Or bring it to a boil, to speed up the process.)

30. Rub stainless steel and chrome with a moist cloth and dry baking soda to shine it up. Rinse and dry. On stainless steel, scrub in the direction of the grain.

31. Clean plastic,

porcelain and glass with dry soda on a damp cloth. Rinse and dry.

32. Clean your bathroom with dry soda on a moist sponge—sink, tub, tiles, shower stall, etc.

33. Keep your drains clean and free-flowing by putting 4 tablespoons of soda in them. Flush the soda down with hot water.

34. Soak your shower curtains in water and soda to clean them.

35. To remove strong odors from your hands, wet your hands and rub them hard with soda, then rinse.

36. Sprinkle baking soda on your wet toothbrush and brush your teeth and dentures with it. (Or use it as a mouthwash after brushing your teeth.)

37. Sprinkle soda in tennis shoes, socks, boots and slippers to eliminate odor.

38. Add ½ cup or more of baking soda to your bath water to soften your skin.

39. Putting 2 tbsp. of baking soda in your baby's bath water will help relieve diaper rash irritations.

40. Apply soda directly to insect bites, rashes and poison ivy to relieve discomfort. Make a paste with water.

41. Take a soda bath to relieve general skin irrita-



tions such as measles and chickenpox.

42. Take ½ teaspoon of baking soda in ½ glass of water to relieve acid indigestion or heartburn.

43. Gargle with ½ tsp. baking soda in ½ glass of water. Freshens and cleans your mouth.

44. Used as a mouth-wash, baking soda will also relieve canker sore pain.

45. To relieve sunburn: use a paste of baking soda and water.

46. Bug bites and bee stings: use a poultice of baking soda and vinegar.

47. Windburns: moisten some baking soda and apply directly.

48. Make Play Clay with baking soda: combine 1 ¼ cups water, 2 cups soda, 1 cup cornstarch.

49. Use soda as an underarm deodorant.

50. If your baby spits up on his shirt after feeding, moisten a cloth, dip it in baking soda and dab at the dribbled shirt. The odor will go away.

51. When scalding a chicken, add 1 tsp. of soda to the boiling water. The feathers will come off easier and flesh will be clean and white.

52. Repel rain from windshield. Put gobs of baking soda on a dampened cloth and wipe windows inside and out.

53. Add to water to soak dried beans to make them more digestible.

54. Add to water to remove the “gamey” taste from wild game.

55. Use to sweeten sour dishcloths.



56. Use dry with a small brush to rub canvas hand-bags clean.

57. Use to remove melted plastic bread wrapper from toaster. Dampen cloth and make a mild abrasive with baking soda.

58. Use to relieve odorous stains under the arm of shirts, by wetting the area of the clothing item and placing baking soda over it. Will help to remove the smell in the shirt, that even washing won't.

Unconventional Beauty Secrets

From The FUN Place

♥ Do you need a quick glow to your skin and an all-over healthier look? Bend over at the waist, as far as you can possibly go, and hold to the count of thirty.

♥ Oily skin holds perfume scents longer than dry skin. Before applying perfume, rub a very thin layer of Vaseline or petroleum jelly on your skin and you will smell delicious for hours.

♥ Parsley is rich in chlorophyll. It is a major ingredient in leading breath fresheners. Don't spend lots of money for internal breath fresheners—eat parsley! (When eaten with garlic, parsley also helps eliminate lingering odors.)

...feedback...

 really like *Eve*! Our Home tries to apply the health and fitness tips as they come out, and I especially like the articles geared to older women. These pubs fill a need I didn't realize was there. Thank you for thinking of everything!

From Joan Christian, Vietnam

 am learning from *Eve* about the importance of staying on guard and keeping the "little rules" (which is what I always considered physical health rules), and how serious it is. I have gotten more in tune with brushing my children's teeth properly, and giving them a healthy diet. I also finally went for a gynecological checkup, which the Lord had been pointing me to for the last year and which I'd been quite reluctant to do. There I found out that I had a few complications, such as a vaginal infection.

After hearing the doctor's advice and reading about side effects of the prescribed medicine, I asked Jesus what to do. He sent Dr. Koger with some advice, including a reminder to trust Jesus for healing and not just take any medicine blindly, which could bring more complications than help. His advice was confirmed later when I read in *CCHB1* about natural remedies such as garlic, apple cider vinegar, doing Kegel exercises, and wearing cotton underwear or none at all.

Also the excerpts of prophecies from Dad, Jesus and Dr. Koger in *Eve* have taught me to be on guard and to look for Godly counsel at the clinic, and not just take any old advice. That helped a lot to avoid unneeded and even possibly

dangerous encounters with the doctor, who was far from considerate and friendly. Last but not least, I learned to get serious about these problems, because the Enemy is fighting and I must pray and decide what I have faith for in my situation.

From a woman in Russia

 hank you from the bottom of my heart for all the stuff for mommies-to-be. I'm PG with #3, and since the beginning of this pregnancy was going through terrible battles. Everything put together—the way I look, not being able to do as much as I used to or even want to, the way I am gaining weight (though the Lord blessed my efforts at keeping a balanced diet, with end results of 7 kg. less than my previous pregnancy), plus all the emotional swings and so on.

Anyway, every time a new *Eve* came, I was glued to it. I held on for dear life to every word from Dad or our dearest Jesus, or simply loving comments and testimonies from mommies and daddies.—And all the beautiful photos! Thank you, thank you, thank you! These articles saved my life more than once, and pulled me through the hardest moments.

From a woman in Poland

 ve is always one of the first things I browse through. I tried the Cayenne recipes—the pick-me-up and also using it for aching finger joints, and they both helped!

From Kitty, Italy

Cover photo: Jolena (20, of John and Joanna), Indonesia

Suggested reading for ages 16 and up.
Copyright © February 2001 by The Family. CM/FM. For non-profit purposes only. Not for resale.