

Food Tidbits!

Garlic Recipes!

Tzatziki (Greek yogurt dip, eat with bread or on salad)
250 gr. thick yogurt
3-6 cloves garlic, minced
1 Tablespoon fresh chopped dill
1 teaspoon salt
1 Tablespoon olive oil
1 Tablespoon vinegar
2-3 inches grated cucumber
Mix & let set in fridge for 1 hr before eating. (You can really put as much garlic in as you like.)
—Rose; Greece.

Fried Spinach. We learned this from Andreas & Fiona. Sauté already steamed spinach lightly in olive oil with 10 or so mashed cloves of garlic for 10 minutes.
—Rose; Greece.

Salad Dressing: Delicious & nutritious!
4-5 cloves minced garlic
1 cup olive or veg. oil
1/2 cup vinegar

1 teaspoon mustard (optional)
Put garlic in a bowl, slowly add oil as you whip constantly with a fork. Add mustard, then vinegar as you keep whipping. Pour over salad & gently toss & toss, then serve.—Rose; S.Amer. (Ed.: Can be whipped in electric blender too.)

Cereals!

POPCORN CEREAL! This is a snack we enjoy sometimes before bed, & sometimes it is a good change for breakfast when the kids are still hungry after eggs & yogurt. It is simply popped corn with milk in a bowl like cereal. Sometimes we add honey, but it is hard to

dissolve in cold milk. It is better to dissolve the honey in warm milk first & then pour over the popped corn. The kids & Secundus really like it!
—Seek & Secundus; Europe.

RICE & YOUR REFRIGERATOR: Fried rice especially & other cereal foods left out at room temperature can produce *Bacillus cereus* poisoning. Spores of the organism are heat-resistant, can survive even boiling & later pour out their trouble-causing toxins if food is left at room temperature. Depending on how it hits you, *B. cereus* may incubate a short time (1-6 hours) & cause vomiting & other upper digestive tract symptoms; or, it may incubate for 10-12 hours & cause lower-tract havoc such as cramps & diarrhea. The sickness disappears in about 24 hours, needs no antibiotic treatment. Prevention: Refrigerate leftover rice dishes until time to reheat.
—From "Glamour" Magazine.

How's Food on the Foreign Field?

NOR, DESPITE THE PROPAGANDA FROM WASHINGTON, is American food the world's best. Japan, France & Argentina produce more flavorful steaks & in most countries you can still buy good whole-some meats, fish & produce that has not been frozen, canned, embalmed by processing or made toxic by reckless spraying or the injection of artificial hormones. America's supermarket chickens—puffed up with water induced by artificial hormones—are banned in much of Europe as are American apples because of the poisonous lead spray used by American orchards.

REST ASSURED THAT IN MOST AREAS OF THE WORLD you can shop in the good old-fashioned way...in public markets where fresh fruits & vegetables

were picked ripe the afternoon before & rushed to market overnight. In most other countries, particularly in the Far East & Europe, you will eat infinitely better, fresher, purer food.
—From "Retirement Paradises of the World" by Norman D. Ford.

Outdoor Trip Tips!

ONE EASY METHOD FOR FRYING WITHOUT PANS is to take along some extra-heavy-duty aluminum foil. Find a forked branch or a green willow switch flexible enough to bend into a loop about the size of a frying pan & secure the loop with wire or rope. To convert to a frying pan, cut a piece of foil 3 inches longer than the intended pan. Attach it to the willow loop or forked branch to form the pan, allowing the foil to sag a little in the middle for depth. Roll the excess foil around the edges to secure. Then start frying!

Peanut-Butter Syrup

THIS IS GREAT ON PANCAKES & "FRENCH TOAST" & when cool as a spread on bread.—Not so sweet as regular syrup, more nourishing!
1 cup peanut butter
2 cups water
1/2 cup honey (or to taste)
Mix all ingredients, cooking over low heat. When softened, whip with spoon or hand mixer, bring to boil over low heat, simmer a few minutes. (If heat is too high the peanut butter will burn!)
For variety, add chopped bananas &/or raisins. Kids love it!
—Hope de la Mancha; U.S.A.

PROFILE OF INDIA

Compiled By Paul Post, with Tim and Faith, VS's, October 1981.

Dearest Family,
GUY! GUY! We're so happy you have a burden to come and help us here in India, where the harvest truly is plentiful but the labourers are so few. We trust you have prayed desperately and are sure of God's calling, as Dad says: "Be sure you pray desperately and find God's will for yourself before you go anywhere! Only God knows the best place for you." (95:62) We hope the following information will be a help and blessing to you in your preparations for departure.

How to Get Here: Shop around where you are for the most economical route. From London a number of small airlines offer cheap flights to Bombay, such as Aeroflot (Soviet Airlines), Lot (Polish Airlines), Kuwait Airlines, and Bangladesh Biman.

What to Bring: Besides your return or ongoing tickets, 3 months' worth of electrical equipment or appliances you might need, as these are very expensive here and of poor quality. So bring cassette recorders, radios, cameras, watches, video equipment, etc. For anything very expensive such as video equipment you'll need a re-export order which you'll obtain when you enter. The equipment will be noted in your passport and you'll have to get it out of the country within 6 months, regardless of your nationality. We have not yet looked into the possibility of extending this re-export order. Even if you can't afford to bring video equipment, if you could bring some blank tapes that would be a real blessing, as they are exorbitantly expensive here. Also bring good clothes and shoes (mostly summer but some winter clothes too—there are some very cold places in India, such as the North, Kashmir, etc., and even Delhi at night in winter), guitars and extra strings, kids needs and clothes (such as soft diapers if you need them), toys, calculators, water purifiers, blenders, and anything else you want or need that involves any sophistication of workmanship will most likely be of better quality if bought in the West. Vitamins are available here. The voltage everywhere is 220. If you can bring extra needs for brethren on the field, the most needed items are the equipment listed above, i.e. cassette recorders, guitars, cameras, blank video and music cassettes, etc., as well as light adult and kids clothes. (Pray desperately that you can get such items without having to pay high import duties, according to your faith.—A.A.)

Visas: Commonwealthers, for you it's no problem—it's a wide-open door. As long as you have a valid passport you can come and stay indefinitely as a tourist. Other nationalities, get your visas before you come and not when you land. Outside the country they'll give you a 3 month tourist visa and once you're here you can extend that for a further 3 months. After that you must leave the country and stay out at least 6 months before they'll give you another 3 month tourist visa. Large families especially please note—you'll need extra travel funds for this, and it's not easy to travel in this part of the world with a lot of kids and luggage. The option is to buy visas at certain travel agencies in Bombay, Pune, and Goa—the current rate is about 70 dollars per 3 months per person or passport. The maximum they'll give you at a time is 3 months. This is unreliable and technically illegal, as it involves bribery of visa officials, but it is possible and has been done, so "according to your faith be it unto you." (Matt 9:29) You non-commonwealth girls can come and marry an Indian national (we've

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currently got plenty of precious single brothers to choose from) and get residency that way, but unfortunately a foreign man marrying an Indian woman doesn't change his visa status. Student visas or business visas are very difficult to get, almost impossible, but of course, "with God nothing shall be impossible" (Luke 1:37), so if you feel God is leading you in that direction you should look into it before you come, as once you come as a tourist you can't usually change your visa status here.

Landing Place: We're planning to set up a Reception Home in Bombay, but have not yet done so. In the meantime, there is a Home willing to receive incoming brethren in Pune, which is about 5 hours away by train. So if you arrive before the RH is established, you'll have to spend a day or two or more in a hotel in Bombay, which is where you'll arrive on most international flights and where we recommend you arrive. This will cost 100 to 200 rupees (or 12 to 25 US dollars) per day for rent and food. The Family in Bombay will be glad to help you all they can, if you let us know when you're coming—they can meet you at the airport, help you find a hotel, help you arrange ongoing travel, etc. So it's your choice, whether you want to wait until we've set up the RH, or land in Bombay and go directly from there to Pune, or land in Bombay and (if you can afford it) stay in a hotel there until you're ready to head out to your specific field. Large families please note: living out of hotels and restaurants may not be too good or sanitary especially for the kids, when you're not used to the food or climate. Please read Mag 41 #1025:26 paragraph 2, and please keep in touch and let us know your latest plans so we can help you!

Internal Transport: From city to city, plane fares are expensive, but train travel is very reasonable and we highly recommend it. The airlines are quite strict about baggage weight restrictions, whereas on the train you can take much more (70 kg per ticket 2nd class and 100 kg per ticket 1st class). Just be sure you get berth reservations before you travel by train. An example of prices, from Bombay to Madras: by plane, about \$100 US; by train in 1st class carriage, \$30; by 2nd class carriage, \$10. The prices are proportionate to the distance travelled. Inside the cities, there are taxis, auto rickshaws, cycle rickshaws, (and in Calcutta only there are still hand-pulled rickshaws), buses, suburban trains, and sometimes horse-carts. Almost everywhere there are cheap, fairly convenient ways of getting around.

Rent and Living Costs: As Dad says in 1046:120, "I don't want to see any of you people leaving either Europe or North America going to those poor Southern Hemisphere fields unless you've got your full fare, round-trip or ongoing, plenty of cash for landing, and cash enough with you to live, at least 3 months room and board! Plus pledged support of the minimum living costs per month!" In India, the amount needed would vary a bit depending upon which city or area you plan to make your home or base. Rents in Bombay are the highest in the Subcontinent—a 2 bedroom flat would be about 300 US dollars per month; in Delhi and Calcutta it would be slightly less—about \$250 per month; in the southern major cities such as Bangalore and Madras it would be about \$100 to \$200 per month; in less-urban areas such as Goa, and in less-Westernized major urban areas it would be considerably less—from \$100 to \$150 per month. In addition, most landlords ask at least 3 months deposit, and sometimes more. Other expenses, such as food, transport, medical, entertainment, etc., for a couple with 2 kids in any of the major cities to keep a good clean healthy standard would average about \$375 per month. Most of our Homes are co-op (more than one family living together), and sharing of course always cuts down the cost.

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Languages: English and Hindi are the major languages. If you know English, you can get by almost everywhere with no problem. In addition, every state has its own language, such as Tamil in Tamil Nadu, Bengali in West Bengal, Telugu in Andhra Pradesh, Marathi in Maharashtra, etc.—there are more than 100 languages altogether. The Hindi Lit-Pic is going strong. The Tamil and Bengali Lit-Pics are new but growing fast. There are also translations in Telugu, Marathi, and a few others. You don't have to speak the language to sock it to 'em with a piece of lit! And now there's a new Hindi Music with Meaning Show called "Prem Kiran" (Ray of Love)!

Religions: Hinduism, the major religion, involves worship of an immense pantheon of gods and goddesses, cows, snakes, rats—you name it, they worship it. It's horribly demonic and supports the caste system which in theory is outlawed but in practice is still very much in effect—which subjugates into menial servitude and poverty the majority while allowing the small minority of the upper castes to live in self-righteous luxury. (See #177:3,4) Nevertheless, many of our strong new disciples that are being won by the brethren at the Hindi Lit-Pic come from Hindu backgrounds. In addition, there are large populations of Muslims and Christians, as well as smaller numbers of Buddhists, Jains, Sikhs, and other minor religions. The state of Goa is Catholic, having been a former Portuguese colony.

Attitude Toward Foreigners: In the major cities, Indians are very interested to speak with foreigners, ask where they come from, what they do, etc. The cities of the South seem generally more hospitable and friendly than the cities of the North. Many Indians have the idea that anyone wearing a white skin is rich, and some automatically hike their prices for foreigners, but most are helpful and respectful. Bargaining is a way of life, for both locals and foreigners.

Crime: Since this is a poor country there is a lot of theft. Almost all the windows of apartments, houses, and hotels have built-in bars (usually gracefully ornate), and everybody locks their houses, cars, bicycles, etc., when they leave them. Pickpockets and especially purse-slashers are common in large crowds at bus stands and suburban train stations and so on. So be careful and prayerful, "watch your money and your luggage, travel light and stick together!" (#202:14)

Food and Water: The Family everywhere boils their drinking water. When out, we generally stick to sodas, tea, etc. Good healthy food is available, and usually much cheaper than in the West. For example, filet beef cuts are about 1 US dollar per kg; wheat is 30¢ per kg; rice varies from about 25¢ to 50¢ per kg; vegetables in season are about 20¢ to 30¢ per kg. Fruit is extremely cheap toin season.

Compulsory: A mobile ministry has not yet been pioneered in India, for a number of reasons. First, cars or vehicles are very expensive here. A locally-made 4-cylinder car costs about 8000 US dollars. The import duty on cars is about 200% of the Indian customs estimated value. Tourist vehicles require a carnet for 200% of the value of the vehicle, and the vehicle must leave the country within 6 months. The roads here are narrow, chaotic, and crowded with wildly careening crazy buses and taxis. And outside the major cities and towns, you would use very much an object of curiosity and possible theft. But Mark 9:23 and Matt 9:29.

Health and Medical Services: These are available and cheap and sometimes reliable, but it's best to come with a lot of faith for your health and healing, to stay in prayer, keep a good standard, and obey God's health rules.

Postal Service: Usually quite good, but slow. It's best to use Poste Restante c/o the GPO of the city where you're working. Try to have