

showed more interest in a picture of some mice, they started talking about them and how Dave wrote a class about catching mice. Then they looked up mouse trap in the dictionary and looked up mice in the encyclopedia and they came to talk about the Pied Piper. It was just really good!

Sara said the parents should teach their children what they are good in. Like if you can play the guitar, you're a teacher! If you can speak a foreign language, then you're a teacher! In the afternoon we went over together this language course from Sarah Ireland and Paul Theophilus. I really like it! It's so beautiful how Sara has the vision about training the children for discipleship and not as scholastically high qualified people.

I prayed and asked the Lord to keep me humble and to just let me be useful here. It's such a privilege to be here and I do really want to redeem the time and just really be a help to all the families in the field.

Something which is handled a lot differently here than I have seen it before is the way Davidito is allowed to choose for himself what he wants to eat, and how it's not such a big thing that he gets up before he is completely finished sometimes, and how he doesn't necessarily have to eat everything up. Also that he is allowed a snack before bed. He is treated as a little person.

I am also amazed how he and Baba are so clean when they eat. There is not a big mess afterwards on the floor. And the reason is that Sara or whoever is sitting beside

pays attention to them. Often, where I've been before, the big people were too involved in themselves and not really taking care of the kids.

It's amazing the commitment people here have for their ministry, whatever it may be. That is so necessary with the children. As Sara mentioned in one of her recent Letters, if you work with children then you have to commit your all to it.

I agree with Maria how we often have different standards for grown-ups and for children. It's so true, Lord help us! Also what I like is how Davidito is exposed to some system influence, like in books or TV and that it's handled without fearing it and that it's explained to him in a very revolutionary way.

Well, the highlight for today was when Dad came up behind me in the garden and gave me a kiss! It was so warm and loving! Hmmm! And Dad, you smelled so nice! And Maria, thank you for your concern, how you asked if the light is okay. It's just so beautiful. I love you so much and I am happy and thankful to be here and to see your sample and the sample of Sara and Sue and all those who are so close to you. Love, your little Dora

OUR KUTE KIDZ!

The other day our Home had a good laugh! Ethan was reading a Bible story to Francis (nearly 3) when suddenly he asked, "What are bones?" We showed him his ribs and told him he has bones in his arms and other parts of his body and what they are for. Suddenly his face lit up as he exclaimed: "Yes! And sometimes there is a bone in my penis!" Children

TIPS ON TEACHING YOUR TODDLER TO READ!



Here's Christina, 23 mo., daughter of Justus Ashtree & Sally Scribe, with her "Word Girl" (left). Christina is learning the parts of her body and how to read them at the same time by putting the word cards in the appropriate places on her "Word Girl." (right) Christina also loves to review her words by sticking them all over herself! Learning is fun! —photos by Sally.

Iron Supplements Can Be Dangerous!

from Christina; Portugal

I read in the book "Let's Have Healthy Children" by Adelle Davis in Chapter 7 "Anemia Destroys Your Vitality" about IRON. It said

don't think many mothers know about either.

I know and have heard from other sisters, that doctors almost always prescribe iron during pregnancy and that without giving enough counsel about it. Here are some quotes from Adelle Davis' book about iron:

"Iron supplements can be dangerous: If the diet is deficient in magnesium, vitamin B6 or choline, as it often is during pregnancy, quantities of iron supplements should be avoided."

and stored in the tissues. The amount of iron in the blood may increase to eight times normal: and excess iron, deposited in the liver and tissues, damages them to such an extent that they become filled with scar tissue, which later calcifies. If the diet is adequate, especially in vitamin B6, however, excess iron is never absorbed.

"Scientists who have spent years doing research on vitamin E stress that iron compounds given during pregnancy can cause malformed or mentally defective infants or bring on miscarriages or premature births. Some physicians are alarmed over the large amounts of iron now being given to pregnant women, and stress that folic acid, vitamin B6 and other nutrients needed to prevent anemia are too often overlooked. (SARA: Anemia can be caused by lack of other nutrients such as E or one of the vitamin B complexes. This is why pg's must try to follow a well-balanced diet and use multi-vitamins, yeast, wheat germ, liver, etc. if possible.)

"It has been known for over 40

years that such iron compounds destroy Vitamin E...If you feel it is necessary to use a supplement containing iron, take all the vitamin E at one time after breakfast, then take iron only after dinner, separating the two by ten hours or more.

"The iron obtained from food is never harmful. If you are willing to eat fresh liver once each day, perhaps have desiccated liver temporarily at other meals, and have eggs, brewer's yeast and a green leafy vegetable daily, even severe anemia usually clears up in two or three weeks; (normally) only 5 to 10 milligrams of iron appear to be needed daily during pregnancy.

"Most tragic of all is that several prenatal supplements contained 150 milligrams of iron salts so toxic that the label carried the warning: 'Keep out of reach of children'. Annually these iron compounds cause the death of many children believing them to be candy."

The whole chapter goes much deeper into that subject, but these are some of the main points.

—Love & prayers, Christina.

time varies, but normally you may expect a harvest within five days. If during this time nothing happens or if mold appears, the seed or bean is probably too old and should be thrown away.

Buy only seeds that are sold as food, to avoid dangerous fungicides and insecticides which are sprayed on the seeds to prevent their being attacked by disease and insects while in storage.

HOW TO SPROUT

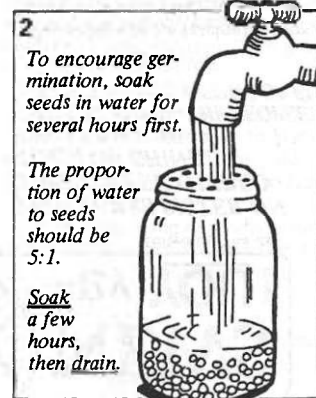
A colander lined with gauze, an old jar with a punctured lid, a jug with gauze fixed firmly over the top —these are just some of the utensils that are effective and easy to improvise. All that's important is a free flow of air and free drainage so that water doesn't lie in the container and rot the seeds. Some people believe it is better to grow sprouts in the dark to keep them white until they are eaten. But the chlorophyll content of sprouts grown in daylight improves them nutritionally, acting as a purifier to the blood. However, try not to expose them to direct sunlight or drafts.

First the seeds or beans must be soaked in warm water. The softer the seed, the less soaking time they need. Alfalfa seeds need only 3-5 hours, whereas soy beans may need up to 15 hours of soaking. The proportion of water to seeds should be five to one.

When putting seeds into a jar, remember that the volume of the sprouts will be several times that of the seeds. Allow enough room in the jar so that when the sprouts are fully grown there is room for air to circulate. Start with a tablespoon of

seeds to a 4 oz. jar (at least).

Normally, seeds are rinsed twice each day. Soy beans need more moisture, so give them an extra rinse. When sprouts have reached their required size, give them a final rinse in cold water. If not eaten imme-



Sprouting Seeds

—by Bithia Masseuse

Sprouts are the only crop which gives instant results, requires no soil or weeding and can be planted any time of the year! Nutritionally, sprouts are an ideal and cheap supplement to any diet: Most sprouts are high in vitamin C, A, E, K, the B-complex vitamins and they are a good source of enzymes to aid diges-

tion and of minerals such as calcium, iron and magnesium. They're great for dieters too!

The usual seeds used for sprouting are: wheat, beans, lentils, alfalfa, sunflower, corn, barley, oats, rye, cabbage and celery seeds. So long as they contain the live germ, they should sprout successfully without much effort on your part. Growing