

diately, they may be stored in the refrigerator up to a week.

Eaten raw, sprouts are at their nutritional best. Lightly steamed or sauteed, the large bean or grain sprouts can be served as a vegetable on their own, or with rice or a meat sauce. Sprouted grains may

be combined with other ingredients in baking cakes, bread and biscuits. For a sweet bread, try adding wheat that has been sprouted for 6 or 7 days. Chop the sprouts in little pieces first; they add a nutty flavour and a distinct sweet taste.

RECIPES USING SPROUTS

Meat Loaf w/sprouted sunflower and lentil (serves 6)

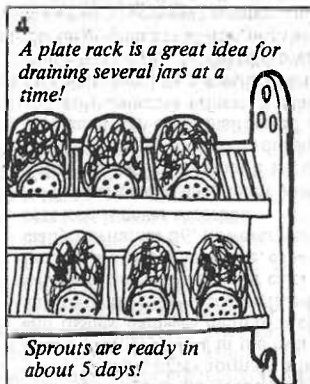
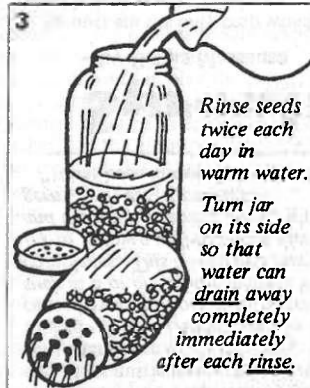
1 kg. freshly minced beef
1 cup lentil sprouts
1 cup sunflower seed sprouts
1 onion, finely chopped
2 eggs, beaten
3 tbsp. brewer's yeast
1 tbsp. each of dill & basil
Mix all ingredients together and put into an oiled loaf pan. Bake at 350° (moderate oven) for one hour.

Completely Sprouted Salad

2 cups alfalfa sprouts
2 cups lentil sprouts
2 cups mung bean sprouts
2 cups sunflower seed sprouts
1 cup 2-3-day-old wheat sprouts
½ cup radish sprouts
½ cup soybean sprouts
Toss in large salad bowl. Add slices of avocado, cucumber, tomato and favourite dressing. A complete lunch for 4!

Sprouted Coleslaw

Sprout in one container for 5-6 days:
1 tbsp. alfalfa seeds
1½ tbsp. cabbage seeds
When mature, slice this sprout "loaf" into 1 to 1½ inch sections. Serve with cole slaw dressing or with ½ cup diced fresh pineapple sprinkled over dressing & loaf slice.
—Bithia Masseuse.



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THE FAMILY NEWS OF LOVE! —BY YOU!

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Another Look Into China!



Melanie at the China-Hong Kong border. Photo by C.

FISH TAKES SISTER ON THREE-WEEK GUIDED TOUR OF CHINA! HER REPORT ON—THE COUNTRY!—THE PEOPLE! & THEIR HUNGER FOR LOVE!

by MELANIE

I've always had a fascination for China, as my parents lived there for several years before 1949. After joining the Family, I prayed I could go there but I never dreamed it would be so soon!

My trip to China came about thanks to my Chinese-Filipino fish, C., a businessman in Manila who does a lot of importing from China and visits there frequently. In June, C. invited me to go with him on a three-week guided tour consisting mainly of U.S. military schoolteachers. C. was like the organizer of the tour and kept everyone together.

On June 16th we left Manila for Hong Kong and the next day took a train to the border. The Red Guard were everywhere. Soon we were on another train to Kwangchow where we stayed overnight. That afternoon C. took a couple of us on a private drive through the city.

Kwangchow is very poor, compared to the other cities we visited.

In fact all the buildings we saw in the different cities were very old and rundown, as there have been few new ones built since 1949.

Kwangchow was definitely the poorest. The people were thin and poorly dressed, especially the children. There were only a few buses and cars but thousands of bicycles!

We drove through the former elite section of the city, the old homes of the Europeans and Americans that had once lived there. The houses were quite old and in a state of disrepair, and now several families occupied each one. I saw two churches in the neighbourhood all boarded up. The top of the cross that rises from the steeple had been cut off, so that now there's only a stick pointing up into the sky!

That night we went to a former private park, which is now open to all as a "Cultural Palace". There were three stages where the people could watch amateur acrobats, ballet or opera; and the park was crowded with people young and old eating ice cream.

I got quite a shock when I first began looking into their eyes, as nearly everyone was so full of hunger and searching! It caught me off guard as I realised what a huge ripe harvest field this was. They've been in darkness for thousands of years and they were all looking at me like they knew who I was and what I had! It was too much for me and I began to cry! I felt so helpless to reach so many!

That night I fell in love with the Chinese people! I wanted to talk to each one so badly, but I can't speak their language. So I had to

use the look of love and they were so receptive to it! I smiled too, and many smiled back, a little shocked!

The next day we flew to Shanghai and spent three to four days there visiting a farm and factory commune, museums, schools, hospitals, etc. There was a park near our hotel by the Whangpoo River, formerly a private park only for the British and on the gate is an old sign which has been left up to remind the people of their former days of oppression. The sign reads: "No dogs or Chinese allowed"! Now it's open for all.

One day I went there and took my Basic Book to get away from the tour group and get refreshed. As I was reading "Become One", I noticed how so many people would stroll by so close to me and try to get a peek at the book. I was thinking about how wonderful it would be to be able to give them all the Words of David, when a woman and her little girl walked up and motioned that they'd like to see some of the book. I showed them some pictures from "Beauty and the Beast" of Papa Lion and they understood the story from the pictures and liked it. They thanked me and went on their way.

One of the members of the tour group was able to meet with his mother there in Shanghai for the first time in 30 years! He had left China at the age of 10 in 1949. C. and I went with him to his mother's little flat for the happy reunion. It was such a blessing!

We took a seven-hour train ride to Nanking where we spent three

days. At one historic temple we visited I spent some time sharing with our young tour guide who spoke English. She helped me talk with a group of school girls and then we sat down on the bench together. She asked me about my life and what I did, etc. I said,

"Well, among other things, I'm a secretary and here's one of the books I typed." And I pulled out the little pocketbook "Change the World" and they really liked the pictures. So I explained the cover and then told the story inside using the pictures. By now there was a large crowd of people all around us, trying to see the pictures! They understood it and liked it! Just then we had to move on so it ended there.

After Nanking, we took an overnight train to Tsinan in an old train—they use only steam engines. China is a beautiful country! I fell in love with her—she was like a virgin, so old, but this is the "new" China and it's a new day! Everywhere we went there was always a large crowd gathered to look at us. Until recently, any foreigner was called "a foreign devil", but now everyone was told to be nice to "our American friends".—We were always addressed as "friends".

We took another eight-hour train ride to Tsingtao, and here is where C. and I made love for the first time. He was so appreciative and thankful as he was always under a lot of pressure from the demands of the Americans on the tour. We couldn't openly spend a lot of time together, as others would talk, etc.

We had one last overnight train ride to Peking where we stayed for

three days. I really liked it there. There are a lot of tourists and foreigners and a lot of Third World embassies, and I saw a lot of blacks. We stayed at the Peking Hotel and it was just packed with lonely foreign businessmen!—A real FF's paradise!

Tien An Men Square, the big square in Peking, was interesting and full of people. We went to Mao Tse Tung's Mausoleum to "pay respects to our great and beloved leader, Chairman Mao", as they told us. His body is entombed there just like Lenin's in Moscow, and you walk by him two by two. Not a word may be spoken and many Chinese people cry as they walk past. We saw the Great Wall, too, which was really fascinating. From it you could see miles and miles of China's beautiful countryside.

On July 3rd we flew back to Kwangchow and then took a train to the border. I looked out the window and thought about everything I'd seen and learned and I was really sad to leave. I kept thinking, "I've got to come back!"

I spent a few days in Hong Kong with C., who prayed and received Jesus! Then we went back to Manila and in just two weeks, he paid for my son and me to return to Hong Kong! God bless him!

I'm in Hong Kong now where some of the brethren really have a burden for China. In September, two of our sisters are supposed to visit their relatives there. Please pray for China and all God's sheep there!

Love,

Melanie