



Times Remembered Betty A. Young
BYoung505@Windstream.Net

This time of year we are start thinking about canning and preserving all the garden vegetables and fruit. My sister was very generous and gave me a freezer she didn't need anymore. I have already put June apples in it and I am purchasing some blackberries to freeze.

A deep-dish apple pie with homemade crust is one of my favorites but my druthers run distinctly in the direction of cobbler. It doesn't matter whether it's a berry cobbler (think blackberries, strawberries, raspberries, or blueberries), give me a cobbler with plenty of crust, hot in a bowl topped with vanilla ice cream and I

Summertime Musings

am happy. I know I indulge and I need to watch myself with such dangerous delights, but fortunately you can substitute Splenda for sugar and pretty much get by. I had a blackberry cobbler earlier this week, and since peaches are becoming available in a big-time way I reckon that will be next on the menu.

At one time, preserving foods was a matter of survival; preserved foods were available at times when fresh products were difficult to come by. Nowadays preserving is done for economy, quality, variety and personal gratification. Preserving dates back to pre-historic times. When man learned to hunt, he needed to preserve the wild foods he gathered, in anticipation of leaner days. Sun-and-wind drying, salting, smoking, freezing and pickling were developed; these methods remain basically unchanged today with canning being the newest invention.

Freezing is today's easiest food preservation method; it does not alter or sterilize the foods but just slows or halts the growth of microorganisms. In canning however, heat destroys most of the

organisms that spoils food. Drying, salting and pickling are other methods used to reduce the number of spoilage organisms or prevent their activity.

Salting involves either covering food with dry kosher salt or immersing it in brine. Salting is often used in conjunction with drying and smoking. Bacon, ham and some sausages are salted, dried or smoked.

I also plan to make some kraut. Green cabbage is the most popular vegetable to salt. Salted cabbage ferments and becomes sauerkraut. It is made by shredding cabbage and layering it with salt in a crock or placed in a jar.

Vinegar like salt is an excellent preservative; its acetic acid content keeps microorganisms from growing in foods. Vinegar is one of the oldest fermentation products known to man, the oldest being wine. The two most popular pickling vinegars are white distilled and apple cider vinegar. Dill pickles are by far the favorites using vinegar. You can also make relishes, ketchups, and chutneys by using vinegar.

By my standards of raising, dinner was the meal you ate in the middle of the day and supper was the one in the evening. Lunch wasn't on the menu or in our vocabulary when it came to practical usage. Dinner was the big meal of the day, especially during the summer. While the fare varied, it was overall pretty predictable and leaned heavily towards produce from the garden.

Standard menu items included green beans cooked with streaked meat (also known as fatback or side meat and sold in grocery stores today as salt pork), corn (either on the cob or creamed), slice tomatoes

and cucumbers, squash cooked in any number of ways (fried or cooked onto a kettle of green beans, slices of raw onion, butterbeans, peas, greens, an assortment of pickles (watermelon pickles, bread and butter pickles, beet pickles, pickled okra, and the like), sliced cantaloupe, and always a big pone of cornbread.

There might or might not be meat, although if it formed part of the meal it came in a form of as fried round steak, or chicken, hamburger, pork chops and gravy or slices of streaked meat fried to the point they were so crisp every bit crunched in a most satisfying fashion.

Some sort of scrumptious dessert such as those mentioned above would round things out quite nicely, and after a morning of hard work in the tobacco patch, garden or hay field every calorie was fully earned. Milk or ice tea washed everything down in a most satisfactory fashion.

Supper was simpler. It would normally be leftovers from lunch or, often as not, just a big chunk of cold cornbread along with a big glass of sweet milk or buttermilk. There was always some kind of dessert to satisfy the sweet tooth, and Mom's refrigerator held plenty of delights for a growing young girl who just might get hungry somewhere between meals.

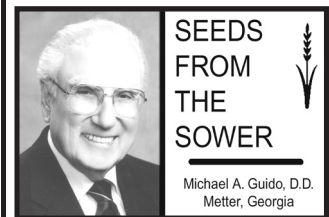
The best part of all this was everything was grown on the farm, we knew where it came from, what it was fed, if was an animal and the type of nutrients used to grow the vegetables. There were no additives or preservatives in the food. For this reason I try to visit farmers markets as much as possible to purchase fresh fruits and vegetables.

THE ILLUSTRATED BIBLE

Do not envy a violent man or choose any of his ways, for the Lord detests a perverse man but takes the upright into his confidence.



PROVERBS 3: 31, 32



SEEDS FROM THE SOWER

Michael A. Guido, D.D. Metter, Georgia

Two men were hunting in Africa. As they were walking across a shaky bridge, two lions started to chase them.

Realizing they may not make it, James said, "Pray, John!"

John, frightened, said, "All I can remember is: 'Lord, make us truly grateful for what we're about to receive.'"

"Not for the lions, John, for us!"

Sadly, it seems that most of the time when we call upon the Lord for His help, guidance, peace or

comfort, it is when we are facing life's biggest threats or problems. When life is pleasant and pleasurable we rarely pause to think about Him or thank Him for the good times. When difficulties arise and we call for help in a hurry, we may not know what to say or how to say it.

If we know how to pray when the sun shines, we will know how to pray when the storm comes.

Most of us have time to pray when we have major problems. We need to develop the habit of praying at all times, and soon we will discover that "God is a very present help in times of trouble."

#1472 - July 17, 2013
Visit us at SowerMinistries.org

BIBLE TRIVIA

by Wilson Casey

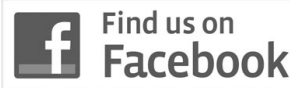
1. Is the book of Pergamos in the Old or New Testament or neither?
2. From the book of Genesis, how did the animals enter Noah's Ark? Single file, In pairs, Huddles of 3, Clusters of 4

3. What prophet was thrown into a muddy pit, sinking in the mire? Caleb, Joshua, Jeremiah, Zimri
4. The book of Nahum predicts the fall of what city? Nineveh, Tarsus, Caesarea, Capernaum
5. From the Beatitudes, who shall inherit the earth? Mourners, Merciful, Meaningful, Meek
6. What person also was known by the name Israel? Aaron, Jacob, Philip, James



99 River Drive, Irvine
Stop By And See Us for Variety and Great Prices

- Several Booths
- Large Selection
- Antiques & More
- Full Service Florist



Open Monday - Saturday, 9 a.m. - 5 p.m.
(606) 726-0321 or (606) 726-9892

Time

by BOB CASEY, Preacher, Church of Christ

Time is the most precious commodity that all of us will ever have. Also it is one thing that all have the same amount of in a single day. Since time it is so precious, we ought to take stock in how we handle it. Someone said that, "time is a very fleeting thing," and so it is. We can never regain even one millisecond of yesterday. Neither can we claim one minute of tomorrow. God's word has a lot to say about time. In the Old Testament book of Ecclesiastes, the writer wrote: "*There is a season and purpose under the heaven.*" Then he elaborates by saying: "*There is a time to be born and a time to die.*" Now you may not have had anything to do with your birth, but you could have something to do with your death. But between the two we all have the same amount of time. So it is very important what we will do with whatever amount we may have. This much I do know, when our Lord says for our heart to cease beating, our time is to be no more upon the earth. Paul wrote in **Ephesians 5:16**, "*Redeeming the time, because the days are evil.*" He also mentions in **Colossians 4:5**, "*Walk in wisdom toward them that are without, redeeming the time.*" Time can also be misused. There have been numerous times that I have invited people to attend church, just to have them say: "Well if I have time, I will come." You know that each one of us has to be doing, or engaged in something during this time, so it will make all the difference in that eternal day. What are we doing with what we presently have? The Bible tells us of a day when time as we know it will cease forever (**Romans 14:15 - Revelation 22:10**). Notice **Revelation 10:5-6**, "*And the angel which I saw stand upon the sea and upon the earth lifted up his hand to heaven, And swore by him that liveth for ever and ever, who created heaven, and the things that therein are, and the earth, and the things that therein are, and the sea, and the things which are therein, that there should be time no longer:*" So then earthly days shall end. The Bible also teaches that we are living in the fullness or completeness of time (**Galatians 4:4**). It is at this present that time God has sent forth His Son to save every obedient person. Hebrews 5:8-9 declares it. So today is all the time we will ever have. Sadly, time can be wasted. We may live a style of life that is absent of a recognition of God and Christ in our lives. What a sad way to live, and to die. A stern warning is issued by our Lord Himself in **Revelation 21:7-8**. He says the fearful, the unbelievers, the abominable, and murderers, and whoremongers, sorcerers, idolaters, and all liars will have their place in the lake which burned with fire and brimstone. **But** this doesn't have to be one's outcome. Use your time wisely, obey the Lord and miss this terrible place. If we can be of help, call us any time.

Sincerely, Bob Casey, Waco 1-859-369-4165

CHURCH NEWS

Church News is published as a free service. The Estill County Tribune. Call your announcement to (606) 723-5012; fax it to (606) 723-2743; or E-mail it to <News@EstillTribune.Com> or mail to 6135 Winchester Road, Irvine, KY 40336

Sunday-Thursday, July 14th-18th

VBS At Calvary Baptist

Calvary Baptist Church, West Irvine, will be conducting Vacation Bible School, July 14-18 from 6-8:30 p.m. VBS Colossal Coaster World will challenge kids to face their

fears and trust God as they zip along the roller coaster of life.

Come and join us for week filled with adventure.

For more information contact Sharon Whitaker 723-7232.

Sunday-Friday, July 14th-19th

Revival At House of Prayer

House of Prayer, 535 Dark Hollow Road in Irvine, will be having a revival, Sunday through Friday, July 14-19, 2013 with Bro. Darrell Isaacs and Bro. Chad Miller preach-

ing.

Sunday service begins at 6:00 p.m., and Monday-Friday services begin at 7:00 p.m.

Everyone is welcome to attend.

Monday-Friday, July 15-19, 6:30-8:30 pm

SonWest Roundup At Ravenna CG

Ravenna Church of God will be having "SonWest Roundup Vacation Bible School, Monday through Friday, July 15th-19th, 6:30-8:30 p.m., nightly.

Kids will have Bible activities, sing catchy songs, pup-

pets, play games, prizes and snacks every night. We will have classes for age two thru teens. Everyone is invited to attend.

For further information, call the Church 723-8596.

Wednesday-Friday, July 17-19, 6-8 p.m.

Crooked Creek Vacation Bible School

Crooked Creek Christian Church will be hosting a Family Bible School for all ages, Wednesday-Friday, July 17th-19th, 6-8 p.m.

There will be Bible classes for all ages (preschool to

adult). Bring the whole family. Snacks will be provided. Transportation is available.

For more information contact Taylor Isfort at 606-643-5292 or John Isfort at 859-625-8104.

Friday, July 19th @ 7:00 p.m.

Gospel Singing At Harg CG

Harg Church of God will be having a special singing on Friday, July 19, 2013, starting at 7:00 p.m.

Special singers will be

"Chester Crabtree & Band" from Stanton.

Everyone is welcome.

Pastor Forrest Turpin and the congregation invite all.

Saturday, July 20th @ 7:00 p.m.

Singing At House of Prayer

There will be a gospel singing at House of Prayer, 535 Dark Hollow Road in Irvine on Saturday, July 20, 2013, starting at 7:00 p.m.

Featured singers will be The

Burns Family from McKee. The Praise singers and others will also be singing.

Refreshments will be served afterwards.

Everyone is welcome.

Sunday-Wednesday, July 21-24, 6-8:30

Irvine Free Methodist VBS

The Irvine Free Methodist Church will be hosting their Vacation Bible School, Sunday-Wednesday, July 21-24, 2013, 6-8:30 p.m.

The VBS is one with a pur-

pose with the theme "Tell it on the mountain - where Jesus Christ is Lord."

If you need a ride please call our parsonage 1-606-531-0465.

Monday-Friday, July 22-26, 6:30-8:30pm

VBS at South Irvine Baptist

There will be Vacation Bible School at South Irvine Baptist Church, Monday-Friday, July 22-26, 2013, 6:30-8:30 p.m.

each night.

Everyone is welcome! Questions, call (606) 723-8298. Bro. Donnie Burford is the pastor.

Friday, July 26th @ 7:00 pm

Benefit Singing At House of Prayer

House of Prayer, 535 Dark Hollow Road, Irvine, will be having a benefit singing for Martha Carol Rogers on Friday, July 26, 2013, starting at 7:00 p.m.

Singers include: The Richardson Family, The Smith Sisters, Faith Builders and The Praise Singers.

Everyone is welcome to support this worthy cause.

True Vine Ministries

102 River Drive, Irvine

Sunday Services

10 a.m. and 6 p.m.

Terry Barnes, Pastor

Everyone Is Welcome!