



Times Remembered Betty A. Young
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Sunflower Goodness

for a snack anytime. Like pumpkin and corn, sunflowers are genuinely American; cultivated as far back as 900 B.C. Native Americans found they were a tasty food as well as a handy source for yellow dye, hairdressing and medicine.

Radiating the glow of the sun, each sunflower bloom is a multiple flower, thus classified in the composite plant family. The yellow-rayed sunflower bears seeds that are either eaten or crushed to make edible oil.

While sunflowers have been grown for centuries, they have been a U.S. commercial crop (primarily the oil seed variety) only since the Second World War.

Sunflowers seeds were a gift from Spanish settlers returning to the continent from the New World. Europeans became acquainted with sunflowers in the 16th century. Planted first in Spain, sunflower use spread throughout Europe - from the fields of southern France to Russia. (Today, the Russians are the world's largest sunflower oil producers). The French word for sunflower is

tournesol or literally, "turn with the sun." While living in France, Dutch artist Vincent van Gogh immortalized the beautiful golden flowers in his paintings.

Today, in North and South Dakota, Kansas, Minnesota, and Texas, parts of the countryside are ablaze with ripening yellow sunflowers that mature in the fall to provide seeds for eating or oilseeds that are crushed for oil.

Gray with white stripes, edible, or confection sunflower seeds, as they are called in the trade, is used for bakery goods, trail mixes, granola and candy. These non-oil sunflower seeds are graded as small, medium or large. The largest seeds are often sold in health food stores and typically come in the shell for snacking. Medium-size seeds are generally hulled, and the edible kernels are roasted or marketed raw. The smallest in shell seeds are packaged for bird and pet foods.

Edible, non-oil sunflowers comprise 25 percent of the total sunflower production. The other 75 percent is oilseed production. Over five million metric tons of oilseeds are grown worldwide. These small black shelled oil-type sunflower seeds also make an excellent wild-bird food. The birds love the sunflowers seeds; in fact they devour them before the others. Oh! they are more expensive too; I suppose that is why

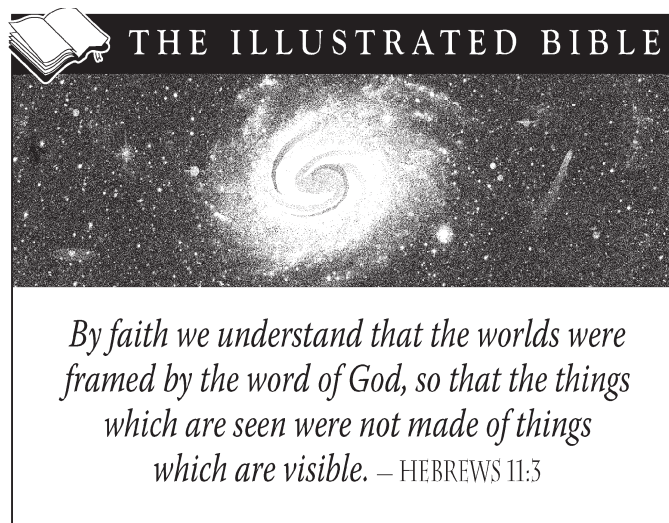
they like them so well. Really, they probably taste a lot better to them.

Sunflower seeds, sprouts, and oil, as well as margarine made from sunflower oil, have grown in popularity. When compared to other nuts or snack foods, sunflower kernels are considered a healthy alternative, providing protein, iron, potassium, thiamin, and vitamin E. Every one ounce serving of kernels (about three tablespoons) has six grams protein, 14 grams fat, five grams carbohydrate, no cholesterol, four grams of fiber, (equal to the fiber in a serving of bran-cereal flakes), and 160 calories.

The sunflower is also prized for cooking because of its clean tasting oil and high smoking point, (desirable in stir frying), sunflower oil is premium oil. Low in saturated fats, high in polyunsaturated fats and essential linoleic acid, sunflower oil is also made into quality spreadable margarine.

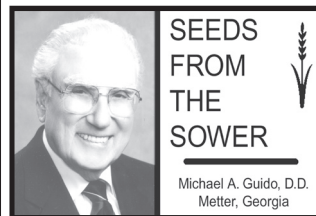
Sunflowers may grow to a height of over 10 feet. Other than bright, yellow they also come in mixed colors, a blend of gold, brown, and red flowers. Sunflowers dot the landscape in yards and gardens and provide beautiful arrangements for tables and mantels.

Sunflowers have had a long gastronomic history... they are dazzling on the stem, and their seed are both versatile and delicious.



By faith we understand that the worlds were framed by the word of God, so that the things which are seen were not made of things which are visible. — HEBREWS 11:3

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SEEDS FROM THE SOWER
Michael A. Guido, D.D.
Metter, Georgia

praying for. Looking at a folding machine he asked, "Think you'll get it?" I replied, "I know we will. God answers prayer!"

A stranger walked into our recording studio and was impressed with all of the equipment that we use. He had difficulty believing everything that he saw. Turning to me he asked, "Where did you get the loot to buy all this?"

"From God," I answered. "We ask Him for what we need and He always provides it to us when we need it!"

We walked to my office and paused in front of our "prayer board" which contained pictures of the items we were

With an unbelieving smile he sat down across from me. The phone rang and a voice said, "I just heard your broadcast and it blessed my heart. I want to do something for you. What do you need?"

"A folding machine," I answered. "Order it," he said, "I'm sending the check right now."

"Wow! I've just seen a live answer to prayer!"

Jesus said, "Whatever you ask in prayer, you will receive, if you have faith."

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Reason to Rejoice

by BOB CASEY, Preacher, Church of Christ

We are now living in such a state of uncertainty in regarding to the many thefts, burglaries, and people seeking drugs, or money to buy them with. That causes the most of us to take notice of our security, of home, tools, or property of any kind that can quickly be turned into cash at a fraction of its true value. So we buy alarms, lights, locks, and chains to protect thieving.

But sadly, today there is a thief working in our country that poses a greater danger than the loss of property, and this of course is the work of Satan, the devil seeking to rob men of their souls. Is there a solution to his evil schemes? **Yes! James 4:7-8** says: "Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded." **1 Peter 5:8-9** says: "Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: Whom resist steadfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world." So then, we may purchase a number of devices in an attempt to thwart, or outwit a theft, but what does our Lord give us to fight the wiles of the devil with? The answer is found in **Ephesians 6:10**. Here he suggests that we put on the whole armour of God, that ye may be able to stand against the wiles of the devil. He tells us again in **verse 13**. He says to stand your ground! Girt yourselves about with the truth. Put on the breastplate of righteousness. Shod, or shoe yourselves with the gospel of peace. Add to this, the shield of faith. Don't forget the helmet of salvation. Equally important is the sword of the spirit, which is the Bible, the word of God.

There is nothing more powerful in fighting the devil than the word of God. In both **Matthew 4** and **Luke 4** when Satan tempted Jesus, He used the word of God to cancel out any of Satan's suggestions. You see, the Bible is dynamite in fighting the devil. Paul wrote in **Romans 1:16-17** "For I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth; to the Jew first, and also to the Greek. For therein is the righteousness of God revealed from faith to faith," (or from the beginning unto the ending). So it is very important that we know that there is no subject, or situation that will come upon us, that the Bible has the information concerning how to deal with it, and come out on the other side victorious. Consider **1 Corinthians 10:13** there hath no temptation taken you but such is common to man. But God is faithful who will not permit you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it. So I hope my point is very clear, there is no eternal security outside of Jesus our Lord. **Acts 4:12** and **John 14:6** are very clear on this matter. Just read it for yourself. See if I speak the truth.

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

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BIBLE TRIVIA
by Wilson Casey

1. Is the book of Labor in the Old or New Testament or neither?
2. From Ecclesiastes 4:9, how many are better than one because they have a good reward for their labor? Two, Three, Five, Seven
3. In 1 Kings 5:13-

14, how many thousand men comprised the labor force that King Solomon raised? 1, 5, 10, 30

4. From Exodus 20:9, how many days shalt thou labor and do all thy work? Two, Four, Six, Seven

5. What son of Abda was in charge of the forced labor in David's kingdom? Baal, Adoniram, Cyrenius, Phaneul

6. From Proverbs 14:23, "In all labor there is" what? Love, Hope, Light, Profit

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