

# The Good News

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## Are You Just WAITING IT OUT?

by Herbert W. Armstrong

RECENTLY I received a letter from a girl, 21 years of age, who has problems I believe to be common to many of you.

This girl found herself totally isolated—without friends or companions—because of the TRUTH of God. She was afraid of what people would think and say if they learned about her religion. They would think her “fanatical”—would ridicule her.

She had been taught as a child by her mother about the second coming of Christ, and the end of this world. She had been led to expect it immediately, but now, since listening to The WORLD TOMORROW, and reading The PLAIN TRUTH, she realizes it may yet be a few years before Christ comes. Now, she faces the problem of “waiting it out,” until Jesus appears.

It just occurred to me that many of you face the same problems, and that the letter I sent her might help many of you, too. So here it is:

### An Open Letter

“Perhaps I can help you. Two or three points stick out in your letter. At first your letter sounded like that of an introvert, but as I proceeded I sensed that you are permitting FEAR to grip you and isolate you. I see indications of fear of people and their opinions, and fear of God—I mean a fear different from the normal true fear of The Eternal we ought to feel.

“You say, ‘I am completely alone in my faith’—which is normal enough and true of hundreds of God’s people—then, ‘I have confided in no one, for . . . they would merely think I had become indoctrinated with some fanatical theory.’ You indicate that the so-called better educated, intelligent people scorn the truth in ridicule, which I gather you fear. True, most so-called better educated people have been indoctrinated with the godless fable of the evolutionary concept, and inoculated with the assumption that all religion is superstition—but this is only ignorance and folklore in itself, and I have many highly educated people in my radio audience, tho the percentage may be small. Personally, I do not fear the opinions of these pseudo-educated, for I know they are merely laymen, and ignorant of TRUTH.

“You continue, ‘I would be laughed at and ridiculed, but I do not believe any amount of brainwashing could make me lose my grip on what I now believe.’ Don’t be AFRAID of the truth you believe. Don’t be afraid of ridicule or of people. You say, ‘How can I alone observe’ what God commands. My dear girl, Mrs. Armstrong and I had to do this for years—hundreds are doing it now—and you can, IF you eradicate that FEAR, and replace it with FAITH, and HOPE and JOY in the truth! You ask, ‘Will I be condemned if I do not observe them to the letter, tho I do not reject them?’

First, don’t be in terror of God. He won’t condemn you—but you could condemn yourself. Remember God LOVES you. His way is RIGHT *for you*. And remember, too, ‘Not the hearers, but the DOERS of the law shall be justified.’ God commands His ways because they are BEST *for us*. To accept them mentally, but reject them in doing, is to reject THE WAY to happiness and eternal life. Try to find JOY in God’s better ways. Quit FEARING people and their opinions and ridicule, which will not come to the extent you imagine anyway.”

### Only One GOAL

“There’s only one GOAL in life that can be satisfying and result in ultimate success—to ATTAIN TO THE RESURRECTION IN THE KINGDOM OF GOD. We are mere temporary mortals, now. You need to have patience and tolerance toward people—real love toward them, even the supposedly highly educated—not FEAR of them. Now, to attain the supreme GOAL, you have to GO TO WORK AT IT. You have to become a busy, enthusiastic DOER, not merely a hearer of God’s truth. You need to put your heart, your enthusiasm, your whole life into it. You indicate you have been just *waiting* for Christ’s coming—waiting it out. Meanwhile life is burdensome, full of weighty problems, upset by fears. ‘This isolation,’ you say, ‘is not pleasant.’

“I remember, when I was eight years old, being taken to church and just hav-

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ing to sit there for hours, with no program, no activity, nothing to do—just SIT, waiting the old century out, and the new century in—just waiting it out! That was almost 55 years ago, and the unpleasant ordeal of it lingers still as a most unpleasant aftertaste. Just to wait out something is stark boredom. YOU HAVE A JOB TO DO, young lady—why not find it, and get so busy with it—so wrapped up in it—you have no time for all this dread, fear, and unhappy state you've permitted your mind to drift into?

"That job is dual—building a godlike CHARACTER, overcoming SELF, growing in grace and the knowledge of Christ, on the one hand, and contributing YOUR PART in the closing WORK OF GOD, the greatest, most wonderful, most important activity on earth, on the other. Perhaps your only part, for now, in God's work is your constant prayers and your tithes and offerings. But even that is a most important part—far more, I realize, than our co-workers know! We are having our part in CHANGING the world. Tho I know the world pays little real heed to the Message from God right now, yet when God supernaturally moves to shake this earth, as people have heard me proclaim in advance, *then* they will turn, by the hundreds of thousands, to God and His ways! We are doing the job now of plowing up the ground, sowing the seed. *God* will cause the seed to sprout forth, and produce an abundant harvest, *after* our labors are over! It's the greatest job on earth. We ought to be THRILLED with it, filled with JOY in being part of it—so INTENT on our

happy job that the ridicule and scorn of the ignorant in this world, coming from those whom we really love and serve, and yet must endure and tolerate, never ruffles us at all. We love them enough to suffer their misconstructions, for their sakes."

## Keep Mind Off SELF

"Next, your mind is too much on YOURSELF. Get your mind on your job in this world—our calling to carry on God's mission PREPARING THE WAY for God's great supernatural intervention and SAVING this world—and the realization that, while our labors, NOW do not bring forth visible evidence of the changed and happy world to come, nevertheless this is OUR PART IN IT, *for now*, and later we shall rejoice to overflowing, when we behold THE WORLD TOMORROW, beaming and shining in happiness and joy and righteousness, and then look back and realize we actually had a part in PREPARING THE WAY for this HAPPY World Tomorrow, bursting into glad and glorious song and exultation!

"Finally, of course we cannot actually fellowship this world, socially, but must withdraw from it in that respect. Nevertheless, tho not OF this world we live in it, and must serve it in God's work, and can be all wrapped up in the joy of so doing, tho isolated in companionship and fellowship. Our fellowship is with CHRIST. Now this means you cannot date, nor marry, any outside God's truth, but only one who is converted, as a begotten son of God.

That should solve your fears of being married to an unbeliever. If you already were so married, before your conversion, then you should live with the unbelieving husband if possible—but a

child of God is commanded NOT to be unequally yoked with unbelievers (II Cor. 6).

"Happiness is a state of mind—not a matter of other people, or their fellowship, their ridicule, or their praise. Happiness comes from the knowledge, the Spirit, and obedience of God—and from being SO BUSY in it—SO ENGROSSED in this glorious interest and activity, and in Bible study and prayer, that we have no time to become despondent, bored, unhappy."

## How to Solve Your Problem

"I believe it would be best for you, for the coming year at least, to go ahead and enroll in the Teachers' college near you. Also to enroll for the Ambassador College Bible Correspondence Course, and make Bible study an active, busy, happy occupation. We have been forced to curtail enrollment in Ambassador College for this year, and our quota is filled. If you were to come to Pasadena, you would be thrown with a growing family of young people who know and believe the truth. Frankly, strange tho it may seem, I do not believe that is best for you right now. You have a problem—to overcome this fear of the world, and the marking-time waiting-for-the-Lord attitude which has made you unhappy. At Ambassador you would have no opportunity to overcome it or fight it off—the problem would be removed entirely. I think it's better for you, will strengthen you and develop you more, to fight out this battle and win the victory over it. A year at Teachers' college will be of great benefit, if you should later come to Ambassador, for we shall need teachers in the future.

"Meanwhile, perhaps you can start attending regular church services at the Tabernacle near Gladewater. It is 8 miles west of Gladewater on Highway 80. Our private driveway back to the Tabernacle grounds is marked by a sign 'PRIVATE GROUNDS—RADIO CHURCH OF GOD TABERNACLE,' and is beside the restaurant and cabins at that place. . . . The Feast of Tabernacles will be held there beginning sunset October 11th, and ending sunset October 19—8 days. Mrs. Armstrong and I return from Europe just in time for this, arriving from New York at Gladewater the morning of the 11th, and I should like to have a talk with you then. Be sure to look up Mrs. Armstrong, or Ted Armstrong, tell them who you are, and they will get you into my room there.

"Just forget SELF, give your life wholly to GOD for Him to USE, lose yourself in the activity of the DOING, trust God, ask Him for wisdom and guidance, rely on Him, and all your problems will be solved."

## RADIO LOG

### "The WORLD TOMORROW"

Herbert W. Armstrong analyzes today's news, with the prophecies of The WORLD TOMORROW!

TO ALL OF EUROPE:  
 RADIO LUXEMBOURG — 23:30  
 Mondays, Greenwich time.  
 TO ASIA AND AFRICA: RADIO  
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ABC NETWORK, TRANSCONTINENTAL—Every Sunday. Consult local newspaper radio schedules for time and station.

TO THE NATION & CANADA:  
 XEG—1050 on dial, every night,  
 8:30 P.M. Central Std. time.  
 Other stations at usual time.

# God's Vacation Plan for YOU

*Have you wondered if a Christian should take a vacation? Here is God's answer—and here is the way YOU can afford it!*

*by Roderick C. Meredith*

**D**ID JESUS ever take a *vacation*? What about those years when He was undoubtedly helping Joseph as a carpenter? Did he ever take trips away from home on special occasions to get a needed *change* from His daily work?

Would God have YOU take such a trip and vacation?

We are commanded to "live by every word of God" (Luke 4:4). Has God in His perfect wisdom *revealed* that each of us should have a change and a rest from our normal work during each year? Has He given specific instructions as to *how* this is to be carried out? Has God revealed a plan which *ensures that this vacation WILL be made possible to all His children?*

## God's Plan

As Mr. Armstrong has mentioned many times, God does not want us to be unhappy, sick, or distressed. We bring these things on ourselves by disobeying *His perfect laws* which are intended to produce abundant *happiness and joy*.

God is LOVE. And so in His love and wisdom, He has revealed to us that it is His will that we take a *special kind of vacation*. It is to be done in a manner which will bring us the greatest possible *joy and lasting benefit*. Some of you brethren already know the kind of vacation I mean. And many of you know from *personal experience* how right I am—or rather how *loving and gracious* God is to give us all this blessing.

I am speaking of your attendance at God's annual festivals or holy days. Be sure you all read Mr. Armstrong's current articles explaining the *purpose and meaning* of these days. You need to understand them *thoroughly*. And, as one of God's children, you are commanded to *keep* these festivals for *your own good*.

Men in this world take their vacations at a *time* and in a *way* that seems right to them. And they plan their religious gatherings around "camp meetings" according to what seems right according to *human reason*.

They are in *ignorance* of the fact that God reveals that we should *combine*

these two activities according to the marvelous plan He has revealed. We are commanded to both *worship and rejoice* together in God's presence at His annual festivals. This is the *best possible* kind of vacation—as many hundreds of you brethren know from experience. How could you more joyfully spend your vacation than with other brethren who believe God's truth as you do, and with whom you can talk and play and worship in an atmosphere of love secluded from the outside world?

## A Command and Privilege

Most of you brethren who receive the *Good News* have already studied and should now understand the subject of God's annual holy days. But some of you may have been recently converted and baptized. You especially need to *study* Mr. Armstrong's current articles on the holy days and their meaning. And you should *study* this matter prayerfully in your Bible—remembering that we are commanded to get back to "the faith once delivered to the saints" (Jude 3) and to follow the *inspired example* of Jesus and the apostles.

We have proved in past articles—and will continue to do so—that the annual sabbaths or feast days God gave His people were commanded *and intended* to be kept *forever* (Lev. 23:21, 31, 41). Jesus set us a perfect example in keeping them, and the apostles *continued* keeping them and even commanded Gentile converts to keep these days of God (I Cor. 5:8).

While the world is busy observing the *pagan* holidays of Christmas and Easter, and devising "camp meetings" according to *human reason*—the "way which seemeth right unto a man" (Proverbs 14:12)—it sneers at the days God has *made holy*. The world ridicules these days as "Jewish"—forgetting that Jesus and the apostles kept these days in the *New Testament*. These days are *never* referred to as being "holy to the Jews." But God calls them "MY sabbaths"—holy unto the Lord!

These annual festivals *are* holy to the Eternal Creator who gives you every breath of air you breathe! He *com-*

*mands* you to keep them—for your own good. You are *defying Him* if you refuse to keep them. In so doing you will lose knowledge of the true God and of *His plan* which is pictured by these days. And you will be missing out on the most happy, joyous, and really worthwhile *vacation opportunity* there is.

God's annual festivals truly are a great *blessing* to those who are yielded to God. Many of you brethren have come out of this world, and then found yourself *unable* to have fellowship with any of God's people. It is often impossible to meet with other true brethren on the weekly Sabbath. BUT God's *annual* Sabbaths or holy days provide an opportunity to travel even some distance and have that needed fellowship with other members of the true church of God.

For many brethren who have attended before, the annual festivals are eagerly anticipated as an opportunity to renew the wonderful fellowship with brethren from all over the nation—and to drink in spiritual food in the inspiring meetings which are the highlights of the entire year.

Yes, God himself instructs us that *we should take a vacation*. In His wisdom, He has ordained that we should take time each year to make the trip to attend His annual festivals—where we can *relax* from our daily routine, *rejoice* with other brethren, and *learn* more spiritual truth in a few days than we ordinarily would in months. This is *God's way!*

Inevitably, many brethren will say, "But we can't afford to attend God's festivals."

The truth is, *you cannot afford not to attend!* And God has instituted a plan to ensure that you CAN attend—if you will do your part.

## How to Afford It?

But HOW can we afford it?

These festive occasions are *commanded* to be kept *in the place that God chooses*. Deuteronomy 16:16 shows particularly that the days of unleavened bread, including the passover (verse 6), the day of pentecost, and the feast of

tabernacles are all to be kept *where God would choose*.

How do we do it?

God has not only provided, but also *commanded*, a way to make it financially possible for everyone to keep His holy days!

It is a way which requires continual EFFORT and determination. If we are to be OVERCOMERS—and *they only* will be in the kingdom of God—then we will have to exercise enough strength of character and will to obey this command of God. Actually it works no real hardship, but brings a great blessing to ourselves and others. It is a way that builds faith and hope and patience and love.

What does God command?

God commands us in Deut. 14:22-27 to save each year a special or *second* tithe, *to go* to the place God selects for each of His festivals, and to rejoice in them. This second tithe is for expense money to enable us to keep God's annual holy days. In ancient Israel most of the money was spent for food there, as the expense for traveling was almost nothing. Today, however, our greatest expense is often transportation rather than food. As the purpose of this *second tithe* is to enable us to attend the festivals, we will often spend a good portion in transportation.

### Not the First Tithe!

Please do not confuse this *second tithe*, especially for these occasions, with the *first tithe*, which God has commanded us to render to His true ministers for proclaiming to the whole world the gospel. *Unlike* the second tithe, the *first* tithe or tenth of our income belongs to God. He created all things and is only *permitting* man to use this material world anyway. "The earth is the Lord's, and the fulness thereof; the world, and they that dwell therein" (Psa. 24:1).

In Numbers 18:21 we read that God gave a tenth or tithe of Israel's income to the Levites for an inheritance. This tithe does *not* belong to us; it is the inheritance of God's ministry. Today the priesthood has been *changed* (Hebrews 7:12), so we now pay our tithes to God's representatives, Christ's true ministers, for the gospel work (I Cor. 9:14). In Malachi 4:8-12, it says that we are *robbing* God if we fail to render to Him (through His true servants) our tithes AND offerings. Most people in this confused world don't even realize this. But once we have the knowledge of the truth, we had better repent and begin to obey God in this manner. As we just read in Malachi, if we do obey God by paying our tithes and giving offerings, He will bless us. But God does want us to be willing to obey Him, and

to put that ahead of our selfish desires.

In Deuteronomy 14:22-27, we find that our Creator commands us to lay by a *second* tithe of our increase or income and go to the place which God has chosen. From this tithe we ourselves are to eat, drink, and rejoice in this place—the place where God has chosen that His annual holy days are to be held. We set aside this special tithe (or tenth) of our income *every year* in order that we might have the expense money to attend and to rejoice with the brethren. Notice that it says in verse 23: "and THOU shalt eat before the Lord thy God. . ."

*This* tithe is to be spent on *yourself*—not for the ministry. Since there is a commanded tithe for the ministry, this must be *another, different* tithe.

In the 12th chapter of Deuteronomy this *special* tithe is mentioned in verses 6, 11, and 17 along with the sacrifices Israel used to bring. Here again this *special* or *second* tithe is for *you* to use AT THE PLACE which God has chosen for you to appear before Him on these holy days.

Yes, God has provided a method by which we can keep His festivals IF we are willing to do our part! It isn't difficult once we try. God has promised to care for our every need (I Peter 5:1). And *if we love the brethren* we won't fail to do it.

Are we going to follow Christ? Let everyone examine his own heart!

### Produce Too!

Let's use the minds God has endowed us with to carry out these commands in a reasonable manner. Deuteronomy 14:22 states that you shall tithe the increase of your seed. Then it is certainly permissible for you who are farmers to bring some of your produce or canned goods to the feasts instead of money.

Sad as it sometimes is, with some families, the second tithe *just hasn't been enough* to bring them to the feast of tabernacles. In this case, those having *more than enough* second tithe should help those who lack. Remember, God doesn't expect the poor to save more than their small tenth, but *they must do their part!* God often blesses others, however, with a larger tenth so they can help those who have less.

We find in Acts 4:32-35 that the early Church of God helped its needy members and we try to follow this principle. If there is not enough second tithe to take the entire family to the three great feasts, then just the man, as head of the family, should go (Deut. 16:16). The other members of the family are expected if circumstances permit, and God will help us work it out in time if we do our part. Of course, if the

husband is an unbeliever, the wife should certainly try to come anyway.

### Tithe for the Poor

In reading the reference given in Deuteronomy 14:22-27, some of you may have wondered about the meaning of verses 28-29. In these verses, God is commanding another, altogether *different* tithe.

Now don't be shocked! You may not have known it before, but God wants us to save *one more tithe* every third year to help the poor and needy! This is *God's way* of providing money for charitable purposes.

In both Deuteronomy 14:28-29 and Deuteronomy 26:12-15 we find this tithe commanded. It used to be set aside in every walled city, "within thy gates" (Deut 26:12). But now many poor are so far away that we simply send it wherever needed. This third tithe is to be saved *only every third year*.

Since the laws of letting the land rest and releasing the poor debtors were based on a cycle of *seven years*, we are to save this special tithe in the third and sixth years out of every seven year period. None of you were really God's children—*spiritually* Israelites (Gal. 3:29)—until you were converted and baptized. So you won't save this third tithe until the third year after you were converted.

Remember that this tithe is *for* the poor and needy. If *you* are really in financial straits God *does not expect you to save this tithe!* This is a matter between you and God alone, and you should be honest about it before Him.

This tithe is *for* the poor, not *from* the poor!

And remember that this special tithe is *only* to be saved every third and sixth year out of seven.

Some of you may think that paying God's (not your!) *first tithe* to His work, saving a *second tithe* with which to attend His feasts, and, every third year only, saving an additional *third tithe* to give the poor and needy is going to be impossible. That's what the *world* believes! But we are not of the world but *of the household of faith*.

Do you think God has commanded you to do something which He knows you will be unable to perform? NO! Those of us who have saved these three tithes know *by experience* that God is able to bless us sufficiently that we abound to every good work (II Cor. 9:6-8). He is doing it this moment for hundreds of the brethren and He will do it for you. You just do YOUR part and God will be faithful to perform HIS!

(Please continue on page 6)

# Meat for the Meal-Planner

by *Isabell Hoeb*

IT IS NOT an exaggeration to say that meat is the most universally liked food.

While consumption of wheat flour in the United States has steadily diminished since 1939, the per capita consumption of meat has risen. In 1939 the average person ate 145 pounds of red meats and poultry combined. By 1952 the total had risen to 179 pounds.

But if you think Americans eat a great deal of meat, notice the figures for two other countries!

Before the Second World War, New Zealanders ate 321 pounds of meat per person and Argentinians, 300 pounds.

## Values in Meat

Why this universal preference for meat? The value of meat has become increasingly apparent since the composition of different foods and their effects on human nutrition have been studied.

Being 75% water and 25% solid matter, meat has the peculiar property of being more concentrated after cooking due to the loss of moisture. A four-ounce serving of average beef contains as much protein as three glasses of milk. Slightly more protein is found in the same quantity of chicken, fish and lamb.

Of the variety meats only liver and heart are significantly higher in some food values than muscle meat. Heart and liver are both rich in iron and copper, and only liver is rich in vitamin A. Sweetbreads contain almost no vitamin B. Fowl and beef are about equal in vitamin value.

Lean meat is 18 to 20 per cent protein—protein that contains ALL the amino acids the body needs for growth and repair. Tests have shown that the healthy body needs a new supply of complete protein every day because it does not store any excess protein that is eaten.

Two to three per cent of the lean is fat. If the meat is well marbled, the lean may contain up to 17 per cent fat. Only the prime cuts ever contain this much fat and by the methods used to cook these (broiling and frying), most of the fat is cooked out.

"Organic extractives" comprise from one to two per cent of meat. These extractives constitute most of the characteristic flavor of meat, and stimulate the flow of digestive juices when eaten. Extractives dissolve easily in water. Therefore, any liquid, other than fat, from the

meat should be served with it as gravy or sauce.

Of the minerals, phosphorus and iron and copper are the principal ones found in meat. It is very deficient in calcium. Whenever meat containing bone is cooked in stews or soups, you can add vinegar, tomato juice or lemon juice to them before cooking. This dissolves some of the calcium from the bones and adds to the food value. The usual proportion is one tablespoon of vinegar or lemon juice to each cup of liquid used. If you use tomato juice, substitute it for part of the liquid, using as much as taste requires.

The vitamins found in meat are mostly of the B complex. Liver is very rich in vitamin A, and the liver and brains contain a little vitamin C. These two are not found in the muscle meats. The fact that meat is rich in B vitamins is another reason for serving the juice with the meat because these vitamins easily dissolve in water.

## Meat Structure Affects Cooking

Different cooking methods are recommended for the various cuts of meat. Why is this?

The way meat is constructed determines to a great extent how it is to be cooked. Muscle meats consist of muscle tissue, connective tissue and fat.

The smallest unit is the muscle cell. It is liquid matter enclosed by a thin, tender sheath. A number of these are bound together by a heavier tissue called connective tissue. It is composed of smaller cells and is therefore tougher just as the closer grain of a hardwood tree is harder than the more open grain of softwood trees. This connective tissue is composed entirely of a protein, collagen, which becomes gelatin when it is put with water or with water and an acid, and heated.

When the animal is fattened, the fat is first deposited around the internal organs and then in the cells of the connective tissue. As the fat collects in the connective tissue, it stretches the cell wall, making it thinner. Consequently, **FAT MEAT IS MORE TENDER THAN LEAN.** The fat protects the meat from excessive drying during cooking, but excess fat should be trimmed off before cooking.

In a well-finished animal, some of the water in the muscles is replaced by fat. Meat from such an animal is firmer

than that from a range-fed animal or from veal.

Meat of the most-used muscles of the animal is tougher because it contains more connective tissue. This tissue also increases in quantity as the animal ages. However, these meats contain more "extractives" which add the flavor that is especially desirable in stews, chili and soups.

## Cooking Methods

One of the main purposes of cooking meat, then, is to break down this connective tissue—to tenderize it.

Cooking also improves the appearance of meat. Not very many people care to think of eating raw meat.

Another object is to develop flavor. Flavor includes aroma as well as taste. This is generally accomplished by browning the meat.

Cooking meat also sterilizes it, eliminating the possibility of any infection being contracted from it.

All methods for cooking meat come under two headings—dry heat and moist heat. Methods using dry heat are broiling (or grilling), frying, pan-broiling and roasting. ONLY the most tender cuts are suitable for cooking by dry heat methods because dry heat toughens meat by evaporating water from it. The fat in the prime cuts, however, reduces evaporation to some extent. Brushing the meat with fat before cooking also prevents some evaporation.

MEATS SUITABLE FOR BROILING are prime cuts of Porterhouse, club, rib, tenderloin and top round steaks, and ground beef patties. Broiling is not an appropriate method for cooking veal because it is watery and has almost no fat.

Beef should be at least one inch thick for broiling. Thinner cuts dry out too much.

Pan-broiling has the same effect as broiling. The meat is put into a hot, ungreased skillet and turned frequently so that it does not burn. Any fat that cooks out is poured off as cooking proceeds, or the meat will be fried instead of broiled. No lid is used on the frying pan.

Since salt draws out moisture, meat cooked by dry heat is salted after cooking.

Frying is adaptable to thin steaks of the less tender cuts. A little oil is put

into the pan. Cuts suitable for frying are good, commercial and utility grades of those listed above for broiling. To this you may add the *prime* cuts of bottom round steak, round steak, shoulder arm steak and chuck steak. The loin, sirloin and rib chops of veal are also suitable.

Larger cuts of meat are often ROASTED. The side of the meat to be turned up should have a layer of fat so that it will be self-basting. The meat is placed fat side up in a pan and baked uncovered. It should not be seared before roasting.

Tests have proven that meat roasted in a temperature no higher than 325° F. retains much more of its juices than when a higher temperature is used. A temperature of 300° or even less is better. Another advantage is that less of the fat layer melts off to soak into the meat.

The fat layer is easily trimmed off after roasting. A small *roast* cooked at this temperature requires *about 30 minutes per pound* to cook well done.

If the roast has much exposed surface, such as a flat roast, it should be brushed with melted butter or oil. This reduces evaporation of the meat juices.

Prime grades of beef rump, chuck ribs, shoulder arm and heel of round are satisfactory for roasting; also chuck ribs and arms of veal. Prime, choice and good grades of *veal* loin, rump, leg and sirloin develop full flavor in *roasting*.

### Moist Heat Cooking

Moist heat is practical for tougher meats because the meat can be cooked slowly for a longer time, giving the moisture time to gelatinize the connective tissue.

Marinating the meat in diluted acids or cooking meat in such acid liquids tenderizes tough cuts. Tomato juice, vinegar, sour cream, sour milk and lemon juice are acids used for this purpose. If meat is *marinated*, it should be sliced fairly thin. After the acid liquid is poured over the slices, set the meat in the refrigerator to soak at least 12 hours. It may be left as long as two days.

Stewing is a common way of cooking very tough meat. It is usually *covered with water and simmered*—NOT BOILED. Protein in meat hardens at boiling temperature just as the white of a boiled egg does. Either small or large pieces of meat can be stewed. The meat is not browned. Stew may be cooked as easily in the oven as top-of-stove. The pot should be covered.

Good to utility grades of the shoulder arm, rib ends, plate (breast), brisket and neck make fine stew meat.

For meat that is not quite so tough, *braising* is a flavorful method. The meat

is first seared in a little fat, then covered and cooked slowly with a small amount of added liquid. The only object of searing is to brown the meat. It is done in a hot, though *not* smoking, skillet. A heavy pan is best. A large piece of meat cooked by braising is called a pot-roast; small pieces of meat braised are called a *fricassée*.

Commercial and utility grades of just about any cut will do for braising. *Braising is especially suitable for veal* because the browning develops flavor which veal naturally lacks. *Chicken* is also tasty cooked this way.

Pressure-cooking is desirable only for exceptionally tough meats or for use at higher altitudes. The high temperature effectually breaks down connective tissue but correct timing must be carefully observed so that the protein is not toughened by over-cooking.

Scaring meat harms *only* the protein in the browned surface, but the improvement in flavor makes it more appetizing and stimulating to digestion.

*Liver* is a problem because it usually contains a considerable amount of blood. If it is washed much, it loses an appreciable amount of its vitamins, particularly those of the B complex. Most of the blood can be eliminated by rinsing the liver once in barely warm water and cutting out the large tubes (blood vessels) with a kitchen scissors or a sharp pointed knife. Cutting out these membranes and trimming off the outside skin makes liver more agreeable to eat.

### Cooking Frozen Meats

Frozen meats can be thawed or not before cooking. There seems to be no consistent difference in flavor or juiciness. If it is thawed first, it should be left in the original package. At room temperature a pound of meat requires about 2 hours to thaw. In the refrigerator it thaws in about 5 hours. Unwrapped meat should not be thawed in water as the juices seep out and are lost in the water.

Frozen meats to be fried, such as chicken and fish, can be placed in a pan and quickly thawed enough in a warm oven so that the pieces can be broken apart. If oven roasts are set to bake while completely frozen, they will require about 20 more minutes per pound of cooking time. Inch-thick frozen steaks and chops require about 8 minutes more; 1½-inch pieces about 15 minutes more than the regular cooking time.

Information about the different cuts and grades of meat can be obtained from the United States Department of Agriculture through writing your state representative in Congress or from some cook books.

There is not space here to discuss

dressing and cooking chicken and fish. The most common ways of preparing these are by frying, broiling and baking or roasting. In general the same principles apply to them as to beef.

## God's Vacation Plan

(Continued from page 4)

### Historical Example

A most convincing example from a reliable historical source of how the Jews paid these tithes is given in the book of Tobit. This book is found in what is known as the Apocrypha—a collection of Jewish history and writings covering and extending beyond the period between the Old and New Testaments.

These writings were not inspired, but they do give us a great deal of reliable information. Tobit was a man of the tribe of Naphtali, which was among the ten tribes taken captive by Assyria. Prior to the captivity, he kept the commandments of God even after the rest of his tribe began offering sacrifices to Baal.

In the third paragraph of the book of Tobit, he tells us, "But I alone went many a time to Jerusalem for the festivals, as the Scripture commands all Israel with an everlasting decree, taking with me the first fruits and the tenth part of my crops and my first shearings, and I would give them to the priests, the sons of Aaron, at the altar. A tenth part of all my produce I would give to the sons of Levi, who officiated at Jerusalem, and *another tenth* I would sell, and go and spend the proceeds in Jerusalem each year, and a *third tenth* I would give to those to whom it was fitting to give it, as Deborah my grandmother had instructed me—for I was left an orphan of my father."

Thus we see that the Israelites had always understood that they were to save three tithes, and that each one was to be used *for a different purpose*. God's commandments are not hidden from anyone who sincerely desires to know the truth.

### Let's Be There

Are you living by every word of God? Let us obey our own spiritual Father by keeping His annual holy days and saving the tithes that He has commanded!

God's annual festivals represent His *vacation plan* for YOU. God *wants* us to live happy and prosperous lives. Jesus came to teach men the way to an *abundance*.  
(Please continue on page 8)

# AN OPEN LETTER

## *to our newly begotten brethren recently baptized*

by Herbert W. Armstrong

**G**REETINGS! newly baptized Brethren in Christ Jesus:  
There is joy and rejoicing among the angels in heaven over your repentance and having been begotten to a lively hope as *children of God* thru Jesus Christ our Lord!

And there is new joy in the hearts of ALL our true brethren and co-workers in Christ over your recent conversion from the desires and will of the flesh and the ways and customs of the world, to the government of God in your life now, that you may have reward in His Kingdom at the coming of Christ, in the World Tomorrow!

### You will Meet Trials

You have entered upon a new life—a life of great happiness and joy—a life to continue FOREVER—yet, in this present evil world it will not be an easy life.

As a matter of fact you have left behind the "easy way"—the popular, broad road that leads to destruction. You have passed the cross-roads and turned off onto the narrow, rutty, bumpy, rocky and HARD and DIFFICULT road which very few people in this world ever are willing to enter—but which leads to SUCCESS, to USEFULNESS, to HAPPINESS, JOY, and ETERNAL LIFE.

It leads to rewards—not of idleness and ease, but to usefulness and service and accomplishment and success—so great that I know your mind can't possibly grasp it, now. BUT YOU'LL HAVE TO PAY THE PRICE!

It won't come easy! All your temptations, trials, persecutions and hardships will come from *other people*—or from the devil—or from the consequences of sin, which means violations of God's laws and ways. You must remember you still have to live in a world organized and living in disregard of God's laws—a world governed by the sway of Satan, and according to the impulses of pride and vanity, the lusts of the flesh, and the greed and tempers of human nature. If you were still OF this

world, the world would love its own. But because you have renounced this world and its ways, and are no longer OF it, the world will hate you, persecute you, turn against you, even as it hated and persecuted your Saviour before you.

### Why You Must Suffer

"My PEACE I give unto you . . . that my JOY might remain in you, *and that your joy might be full,*" said Jesus. "These things have I spoken unto you that *in me* ye might have PEACE. In the world ye shall have tribulation: but be of good cheer; I have overcome the world."

You will meet many afflictions—trials, tests, troubles—even more than before. But, if you trust in Him, the Eternal will deliver you out of them ALL (Psalm 34:19). ALL who will live Godly in Jesus Christ shall suffer persecution. (II Tim. 3:12).

But WHY? Because God has called you to surrender your life to HIM—to GIVE your life into HIS HANDS—that He may transform you into a perfect, holy, righteous CHARACTER. God is CREATOR! And now, with your consent, according to your own free will, you have placed yourself in His Hands to CHANGE you—to CREATE out of you the Supreme Masterpiece of all His Creation!

And CHARACTER means SELF-DIRECTION WITH GOD'S HELP INTO GOD'S WAY OF LIFE. You'll find it is a new and different way of life from the way you have lived up to now. It means SELF-DENIAL! It means SELF-DISCIPLINE!

It means resisting all that is evil or wrong in your nature. It means *breaking up wrong habits*—rooting them out of your life—and instilling into your life NEW habits—and *making these newer right ways fixed HABIT.*

This is not easy. It takes WILL POWER. It requires DETERMINATION.

Besides all this, God will permit trials and tests to come upon you—severe problems. He will permit CIRCUMSTANCES to drive you to HIM for HELP—for deliverance! You may soon think no one in the world is troubled like you are. You will begin to wonder why you have greater trouble to face than anyone else on earth not realizing that all other real Christians are going thru the same tests! Perhaps closest relatives will turn against you, probably because of the Word of God—the TRUTH you have embraced and started to live.

But, if you learn the lesson of FAITH—and if you have PATIENCE—you may KNOW that you will be delivered out of every trouble that comes up. God has PROMISED to deliver you from every trial—if you obey and trust Him. You see, you are now His very own child—actually begotten of Him just as much as you were begotten of your human father. When God gave you the precious gift of His Holy Spirit—placed His Spirit within you to renew your mind, give you a sounder, more understanding mind, fill you with His love; faith, patience, power, goodness—His own character, in short, you became an actual begotten SON—or daughter—of GOD. Not merely a creature or being He created—but His very own child, actually begotten of Him by His seed, so to speak—His SPIRIT, entering within you. He is now *your FATHER!* Not figuratively, but actually—REALLY!

Now you can go to Him just as any child can go to his father, for counsel and advice, for wisdom, for direction, for HELP in any time of need. Would a good human father deny his own child any good thing the child might really need? Neither will your heavenly Father

### COMING NEXT ISSUE!

The concluding installment of Mr. Armstrong's series on the meaning of the annual festivals.

deny you anything that is really for your good. If a human father heard the screams of his child, ran and found his child imprisoned in a burning building, would he break inside and rescue his child from danger? Your heavenly Father has given you His written PROMISE to deliver you from every danger, trouble, or trial—if you call on Him, obey Him and RELY on Him!

Since you are now a real begotten child of God—now one of the FAMILY of God, which is His true Church—you are one of His heirs. Angels are not sons, but servants. And a servant is not an heir like a son. You are now a co-heir with Christ, to inherit, with Him, ALL THINGS—eternal life, this earth as an everlasting possession, eternal happiness and joy!

But we are now only heirs—only begotten sons. And just as it was necessary for us to grow physically from the time we were begotten in our mothers' wombs until we developed ready to be born, finally separated from the dependence on the mother for nourishment and sustenance, and coming into individual and separate existence, so the begotten spiritual infant must grow and develop spiritually, being fed the spiritual food, the Word of God, by the Mother of us all, the true Church, until, at the coming of Christ we shall be CHANGED, finally BORN of God, to have eternal life inherent in ourselves, and to be actual INHERITORS and POSSESSORS of the wonderful Kingdom of God!

In order to GROW in grace and in the knowledge of our Lord (II Peter 3:18), in order to develop spiritually and overcome, and have perfected in you the

CHARACTER of God ready to be fully BORN of God, you must do two things daily without fail!

You must not only read, but eagerly, earnestly STUDY the Word of God to learn how to live—you must live according to God's teachings in His Bible—you must make it your guide for everything you do. In this way, God talks to you!

But you must also talk to Him! You must go to a private place, alone with God, and have long talks with Him—yes, EVERY DAY! Unburden your heart to Him. Take all your problems, your interests, your plans, your troubles to Him. Talk over everything with Him, continually. Then, even when going about your work—when walking down the street—when driving your car, or wherever you are or whatever you do, talk with God as you work, or as you drive or walk along. Go to a private place, and kneel in prayer (on both knees) as often as you can, and at least once every day. But talk with God often

in between. PRAY WITHOUT CEASING! Keep close to Him. You can't afford to be without the SECURITY of His constant guidance and protection.

## God's Vacation Plan

(Continued from page 6)

dent life. He kept God's annual festivals from His youth (Luke 2:41-42), and He rejoiced in them as God directs. This is certainly the kind of vacation Jesus took. And it is the happiest possible solution to your vacation problem.

As most of you know, God's annual festivals are now held at our large Tabernacle near Gladewater, Texas. The location there is beautiful, the climate is ideal, and Gladewater is located in the very center of our heaviest listening area for the broadcast.

Make your plans now to attend the Feast of Tabernacles this year which begins at sunset, October 11, and lasts for eight days. Write us for information immediately. It is an experience you will never forget!

God in His infinite wisdom knew that His children should congregate with instruction and Christian fellowship. That is why God BLESSED us by giving us His annual festivals! We should appreciate this love God has lavished on us by saving the tithe that He commands for His holy days.

Then, let's be there!

God has made your presence possible IF you do your part! Are you willing?

### HOLY DAY CALENDAR FOR 1954

Festival of Trumpets, Tuesday, September 28.

Day of Atonement, fast day, Thursday, October 7.

Festival of Tabernacles, begins sunset, Monday, October 11, ends sunset, Tuesday, October 19.

### The GOOD NEWS

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