

A. Jolayne Farrell

An old prayer for the aging

Dear Jo:

I would like to share some thoughts on aging (with you and the readers of your column) that were expressed in a 17th century prayer expressed in a (circa 1675). It says:

"Lord. Thou knowest better than I know myself that I am growing older and will some day be old.
"Keep me from the fatal habit of thinking I must say something on every subject and on every occasion. "Release me from craving to straighten out everyone's affairs.
"Make me thoughtful but not moody, helpful but not bossy, "With my vast store of wisdom, it seems a pity ou use it ail, but Thou knowest, Lord, that I want a few friends at the end.

knowest, Lord, that I want a few firends at the end.

"Keep my mind free from the recital of endiess details; give me wings to get to the point.

"Seal my lips on my aches and pains. They are increasing, and love of rehearsing them is becoming sweeter as years go by. I dare not ask for grace enough to enjoy the tales of other's pains, but help me to endure them with patlence.

Thank you for this excellent look at aging — things haven't changed my control of the second of th

"I dare not ask for improved memory, but for a growing humility and a lessening cocksurences when my memory seems to clash with the memories of others. Teach me the glorious lesson that occasionally I may be mistaken.

"Keep me rasonably sweet, I do not want to be a saint—some of them are so hard to live with—but a sour old person is one of the crowing works of the devil.

"Give me the ability to see good in mexpected places, and talents in unexpected places, and talents in unexpected people. And, give me. O Lord, the grace to tell them so."

Jo, I hope you'll print this as it presents a wise and interesting pic-ture of aging in the distant past.

'Natural flavors' regulated lightly

Q. Many foods have the term "nat-tral flavors" on the label. What ex-telly does that mean?
A. According to the U.S. Food and brug Administration, the term "nat-ral flavors" means that the source of the flavor used in that food is a mice. Full vegetable, weath berh of the flavor used in that food is a spico, fruit, vegetable, yeast, herb, bark, bud, root or leaf. Other sources of natural flavor are dairy foods, meat, poultry and fish. "Artificial flavors," on the other hand, are manufactured by chemists

hand, are manufactured by chemists in laboratories.
Because relatively small amounts of flavorings are used in most foods, natural and artificial flavors are regulated more leniently than most other food additives.
However, flavorings are one of the most important classes of additives because they can be used to replace or hide the absence of expensive nat-



Glbb ural products. They also improve the taste of manufactured foods.

Q. I use a product called "Fruit-Freeh" frequently because my chil-dren prefer their fruit peeled and cut — but not brown. Is this safe to use frequently?

A. Yes. Fruit-Fresh is made pri-marily of ascorbic acid (vitamin C) and a small amount of destrose (sug-ar). It's the vitamin C that prevents cut fruit from turning brown when exposed to air.

and possibly same time, try squeezing a wedge of fresh lemon or lime over the cut fruit. It's just as effective.

the cut fruit. It's just as effective.

Q. I bay large quantities of eggs when they re on sale and store them in the refrigerator until I need them in the refrigerator until I need them in the refrigerator until I need them is this practice a good idea?

A. Due to normal jostling during airping and handling, eggs stored in the refrigerator more than live weeks sometimes develop microscopic cracks in the shell. These cracks can increase the risk of microbial contamination.

Older eggs are fine in foods that are fully cooked. They make good that fresh eggs. They re also easier, to peel than fresh eggs.

Remember, however, hard-bolled eggs are much more perishable than erobial contamination.

Older eggs are fine in foods that are fully cooked. They make good safe fully cooked. They make god sealer than one week after-cooking.

The Consumer Mulibag or microscopic cooked long enough to destroy any cooked long enough to destroy any cooked long enough to destroy any

fresh ones when baking because the have flatter yolks and less cober whites. The egg whites are stable in structure and volume meringues and angel food cakes.



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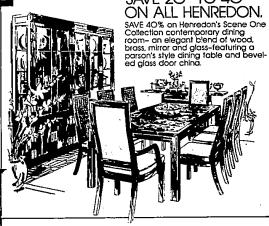


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