



Times Remembered Betty A. Young
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What do you eat for breakfast? Bacon, eggs, pancakes or maybe gravy and biscuit? I usually eat cereal and fruit or a granola bar. Many people grab fast food such as sausage and biscuit, an Egg McMuffin or a breakfast burrito.

Most kids eat a large amount of cereal because it is a fast and easy breakfast and very popular. Bob eats cereal for a snack; I call him a cereal addict. But you have to watch the sugar that is it contains. Many cereals are sugar laden.

People don't have the time to eat a full breakfast like our parents and grandparents did. It is a mad rush to grab a bite of something and head to school or work.

Well..... hold on to your

What do you eat for breakfast?

cereal bowls; unbelievable as it sounds preachers, vegetarians, miracle cures, and mental chasteness are the high jinks behind our breakfast habits. And it all started over a century ago. Nineteenth century religious and moral movements prompted America's breakfast regimen of bowls of cereal.

In the beginning, the Colonists ate commmeal mush for breakfast. Soon, the affluence of newly industrial 19th century America made breakfast an elaborate meal with large portions of meat, cheese, breads, and last night's leftovers served in the morning.

In the early 1890s many Americans rose up against the typical diet, which relied heavily upon foods such as white bread, salted meat and fat-laden desserts. Word spread that many diseases both mental and physical were brought about by poor eating habits.

The health movement took hold around 1830; with Presbyterian minister Sylvester Graham encouraging Americans to eat more fresh fruits and vegetables. Graham's advice was fearfully controversial considering the general opinion that raw foods were dangerous (a cholera outbreak in 1832)

was blamed on the ingestion of raw fruit.

In 1866, Seventh - Day Adventist Ellen Gould White founded the Battle Creek Sanitarium near Battle Creek, Michigan and opened chapter one of the cereal story. A vegetarian menu was part of the attraction, and medical superintendent Dr. John Harvey Kellogg, himself a Seventh -Day Adventist and vegetarian, developed granola and cornflakes as part of the sanatorium's regimen.

Graham praised home-baked goods and promoted whole grain flour that came to be called graham flour. (I remember my Mom baking graham biscuits; as a kid I wasn't too fond of graham biscuits).

Kellogg produced their version of granola in 1877 and Charles W. Post's version, Grape-Nuts, which Post introduced just before the turn of the century.

The cereal bandwagon didn't stop there; Shredded Wheat was invented in the early 1890s, when Henry Perky sold biscuits made of wheat that had been shredded and steamed. Eventually, they were baked and Perky founded the Shredded Wheat Company to sell the

new product.

New breakfast foods kept coming. Flakes debuted in 1884 as the result of a kitchen foul-up. Instead of getting the usual large sheets from the wheat berries Kellogg cooked and ran the sheets through rollers but they came out as small flakes. Originally, the wheat flakes were to eaten as a dry snack but Battle Creek invalids, were not crazy about them. The invalids loved the flakes when Kellogg tried corn instead of wheat thus Toasted Corn Flakes were born and by 1906 they were sold to the general public.

Another famous cereal was developed when Alexander Anderson came to Quaker Oats in the early 1900s. He experimented with ways to puff grains. After joining Quaker, he developed pressurized, steam-injected machines that looked like cannons and cooked rice in such a way that it puffed. Puffed rice was introduced at the 1904 St. Louis World's Fair. Puffed Rice is still made the same way today.

There are probably a hundred different cereals on the market today but miniature Shredded Wheat and Raisin Brand are still my favorites.

What Type of Seed Are We Sowing?

by BOB CASEY, Preacher
Church of Christ, 262 Broadway, Irvine, KY

I suppose that nearly all of us recognize that spring time is also sowing and planting time. As a youngster I loved springtime and even though we knew that a long year of field work was awaiting us, still I loved it, and still do today. I know that I am not an expert on sowing or planting physical things, because sometimes I make a mistake or have a failure, but still we continue it.

Now for a lesson from the Bible, our Lord uses these same principles in spiritual sowing. First of all, God has said concerning the seasons, **Genesis 8:22** saying "While the earth remaineth, seedtime and harvest, and cold and heat, and summer and winter, and day and night shall not cease." In **Matthew 13:3**, **Micah 3**, and **Luke 8:5**, here our Lord tells all of the necessities of sowing seed. First, there must be a tilling of the ground in order for the seed to find a place to be nurtured. If we do these things in the spiritual realm here is what will happen.

II Corinthians 9:20 "Now he that ministereth seed to the Savior (which is the Lord) both minister bread for your food, and multiply your seed sown, and increase the fruits of your righteousness." Thereby the sowers of God's seed will always have an abundant harvest.

In **II Corinthians 9:6**, here we are once again reminded of the need to be generous savers, because if we sow sparingly we will have a small harvest, but if we are sowers in a bountiful way, here it says we will have a great harvest. So remember in this that our Lord is speaking concerning a spiritual work, even though the principle is true in any application. This is revealed in **John 4:36**. He calls this work a pathway to eternal life.

As a novice gardener I can usually tell when the time arrives to harvest my produce. In **Matthew 13:37-39** here our Lord reminds us that there is also to be a day of harvest of this world, saying: "The enemy that sowed them is the devil, (speaking of evil words). The harvest is the end of the world, and the reapers are the angels. As therefore the tares are gathered and burned in the fire, so shall it be at the end of this world. The son of man shall send forth His angels, and they shall gather out of His kingdom all things that offend, and them which do iniquity, and shall cast them into a furnace of fire, there shall be wailing and gnashing of teeth." In like manner **verse 43** says: "Then shall the righteous shine forth as the sun in the kingdom of their father, who hath ears to hear, let him hear!"

So this day will be a great day of retribution, both good and bad. **Revelation 14:14-16** "And I looked, and behold a white cloud and upon the cloud one sat like the Son of Man having on his head a golden crown, and in his hand a sharp sickle. And another angel came out of the temple crying with a loud voice to him that sat on the cloud, thrust in the sickle and reap, for the time is come for thee to reap; for the harvest of the world is ripe, and he that sat on the cloud, thrust in his sickle on the earth and the earth was reaped! This reinforced with **Revelation chapters 19 and 20**.

Friends, I have not the knowledge when this will happen, but I believe with all my being it will. This is the best reason I have for continued saving of God's ord, you see, I don't want to stand before my Saviour spiritually bankrupt. What about you? Visit with us this next Lord's Day.

Sincerely, Bob Casey (859) 369-4165



Everyone seems to have a need to be safe and secure. We see warnings everywhere we look and watch for them everywhere we go. They alert us to potential dangers and advise of impending problems. They are an important part of life.

There were several times in the life of David when he was forced to flee for his life. Even though he was God's anointed king, he was not immune to the injustice and hatred of others. Even Saul had a desire to destroy him.

Once when he was in danger he stood his ground and said, "I trust in the Lord for protection, so why do you say to me, Fly like a bird to the mountain?" During this

time of outward trouble he looked inside himself and found what he needed: His Lord!

Our society has become heavily involved in seeking temporary solutions to eternal problems. More than we want to admit are addicted to drugs - whether legal or illegal, prescribed or purchased without proper authority. But those solutions are temporary and only last for a short time and ultimately end in disaster.

But that is not true if we trust in the Lord. He is more than a stimulus; He will become our Savior and remain so throughout eternity. He does not destroy - He delivers. He does not control us, He transforms us to that which is good, pure, wholesome and life giving. No prayer is too hard for Him to answer and there is no problem too complex from Him to solve.

PS 016 April 30, 2014
Visit us at Guido Gardens, Metter GA

OBITUARIES

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Monday, April 28, 2014

Barbara Lee Montgomery, 61

Barbara Lee Rogers Montgomery, age 61, of Rogers Lane in Irvine, Kentucky, passed away Monday, April 28, 2014, at her home.

She was born October 11, 1952 in Estill County and was the daughter of Delilah Johnson Rogers and the late George Kenneth Rogers. She was a waitress and had lived in Estill County most of her life. She was preceded in death by her husband, Harold Montgomery.

Survivors in addition to her mother include three sons: Greg Stamper (Shiela), Irvine; Kenneth Stamper (Amanda), Waco; and Scott Stamper (Angela), Irvine; three sisters: Debbie Johnson, Dorothy Rogers, both of Madison County; and Faye Rogers, Massachusetts; five brothers: Kenny Rogers, Estill County; Omer Rogers, Lee County; and Jimmy Rogers, Estill County; Donnie Rogers Madison County; and Joey Rogers, Menifee County; and eight grandchildren: Gregory, Morgan, Justin, Austin, Kara, Shayla, Jacob and Savannah.

Mrs. Montgomery was preceded in death by one sister, Edna "Cookie" Rogers; and one brother, Charles Douglas Rogers.

Funeral services will be conducted at 11:00 a.m., today, Wednesday, April 30th at the Warren F. Toler Funeral Home Chapel by Bro. Elwood Patrick. Burial will be at the Cobb Hill Cemetery. Friends called between 7 and 9 p.m., Tuesday, April 29th at the funeral home.

Pallbearers will be David Stamper, Justin Stamper, Craig Stamper, Kenneth Stamper, Scott Stamper, Dee Banks, Gregory Stamper and Blake Stamper.

<tolerfuneralhome.com>

BIBLE TRIVIA

by Wilson Casey

1. Is the book of Jonah in the Old or New Testament or neither?
2. Who were Hebrew midwives at the time of Moses' birth? Puah/Shiprah, Merab/Joanna, Zillah/ Michal, Jael/Abi?
3. Which queen refused to appear before King Ahasuerus, though requested

to do so? Anna, Vashti, Gomer, Claudia?

4. From 2 Chronicles, how many talents of gold did the Queen of Sheba give Solomon? 2, 50, 100, 120?

5. After Jesus, who is the second most mentioned man in the Bible (KJV)? Paul, Moses, David, Solomon?

6. In Ruth 1, what did Naomi call herself after suffering tragedy? Cozbi, Haggith, Mara, Asa

Bible Trivia answers are at the bottom of Page 12

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The Estill County Adult Learning Center at 200 Wallace Circle offers regularly scheduled classes on Monday through Thursday in English, math, science, and social studies. These classes are designed to help those individuals preparing to take the GED test. To receive a copy of our class schedule, come by the center or call 723-7323.

Upcoming test dates for the GED are May 14, and May 22. We can provide you with all the information necessary to prepare for one of these dates. Earning your GED diploma may be easier and less time consuming than you think.

Keep Our County Moving Forward!
Re-Elect EARL YOUNG JR.
Magistrate District #2
Your vote will be appreciated!
Paid by Earl Young Jr., 77 Dry Branch Rd., Irvine, KY

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