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Book of Mormon Gems of Truth: Lesson 38

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Abstract: Monthly Book of Mormon lessons for adult women (Relief Society). Each month a verse of Book of Mormon scripture is presented with accompanying quotes from General Authorities and writers of the Church.

Visiting Teacher Messages

Book of Mormon Gems of Truth

Lesson 38—"Therefore, Whoso Heareth These Sayings of Mine and Doeth Them, I Will Liken Him Unto a Wise Man, Who Built His House Upon a Rock—And the Rain Descended, and the Floods Came, and the Winds Blew, and Beat Upon That House; and It Fell Not, For It Was Founded Upon a Rock" (3 Nephi 14:24-25).

Edith S. Elliott

For Tuesday, March 6, 1956

Objective: To show the necessity of not only hearing the word of the Lord but in doing it also.

TH**E**R**E** is wisdom in the old adage, "We learn to do by doing." We can listen to masterful teaching, but unless we study and actually participate in the learning processes ourselves, we cannot possibly attain a successful goal. This is true in any branch of edification whether it be in the field of art, science, or religion, and particularly is this true in our spiritual development which requires doing the word of God as well as hearing it.

There are people who, for some reason, think that religious or spiritual knowledge will come to them without much effort on their part. Further, they seem to believe that it will suddenly be theirs and appear like magic, when and if they need it. But, like every other desired knowledge, a complete and continuous study is necessary for comprehension before it can become a part of our being.

We may agree with teachings of the prophets of old and those of today. Their philosophy is majestic and uplifting to contemplate.

We may go so far as to believe in the essentials required for our salvation. Yet, when it comes not only to hearing, but doing the word, some of us find that we are too weak in understanding and faith so to do. We tend to accept just parts of the gospel plan which suit us or are easy to embrace. However, if we want to journey to London, we must meet every requirement necessary to get us to that destination. A halfway ticket will take us only half of the way. So it is with eternal life as our goal; we must accept and live all our Heavenly Father's teachings to gain eternal life.

To have been stirred with the story of the "Good Samaritan" is a rich experience. To be one in reality, is to obey the second great commandment. How many of us walk the extra mile to give personal service? How many of us make the time to brighten the life of a neighbor weighed down with seeming insurmountable burdens? How many of us prepare a meal or run an errand for the homebound? How

many of us repent, have faith in God, and live by his revealed word in this latter day? These are a few of the deeds we may perform to

show that we have applied the hearing of the word into doing the word, which assures us a foundation built upon the rock of truth.

Work Meeting—Food Preparation and Service

(A Course Recommended for Use by Wards and Branches at Work Meeting)

Lesson 6—Vegetable Cookery

PART I

Rhea H. Gardner

For Tuesday, March 13, 1956

FEW foods contribute more to the eye appeal of a meal than do garden-fresh, properly cooked and attractively served vegetables. No meal need be lacking in color interest if vegetables are part of it. Cooking them the right way and for the minimum time intensifies the natural coloring of most vegetables, and even seems to improve the delicate flavor of many kinds.

Cutting Vegetables Before Cooking

If vegetables are left in such large pieces for cooking that the cooking time is prolonged, a loss of color, flavor, and nutrition value results. Vegetables cut into half-inch strips may be cooked quickly and with very little loss, in either a regular saucepan or a pressurized pan.

Cutting vegetables too fine results in flavor, color, and nutritive loss, if they are overcooked. However, if they are cooked just until tender and served immediately they are superior in every way. Carrots, beets, and parsnips are delicious when, after peeling, they are shredded on a salad grater that makes shreds about the size of a pencil, then put

in a heavy saucepan with a close fitting lid. One or two tablespoons of water is all that is needed if the heat is just high enough to keep steam forming. No more than about five minutes cooking time is needed. Stir at least once for evenness of cooking. Vegetables cut in this way also may be panfried. Add two tablespoons butter or meat drippings to the pan for each quart of vegetables. When the fat is melted, add the vegetables, cover the pan tightly, and cook about five minutes over heat just high enough to keep steam forming.

Green beans cut into strips lengthwise shorten the cooking time and add variety and interest to this frequently served vegetable. The color is a bright green when they are cooked just until done.

Removing the stems from spinach, and the stems and heavy rib sections from chard, cuts the cooking time almost in half. Stems of these vegetables are comparatively low in food and nutritive value. If you use them, cook them separately or until they are practically done before adding the leafy portion.