

YOUNG LADY

July 2022

Volume No. 1 :)

Beauty and the Best

The history of Fashion
Bucket list

Women of the Bible

A Mother
The best study place

Does my music matter?

Babysitting
How to make a training plan



1 Corinthians 3:11

For other foundation can no man lay than that is laid, which is Jesus Christ.



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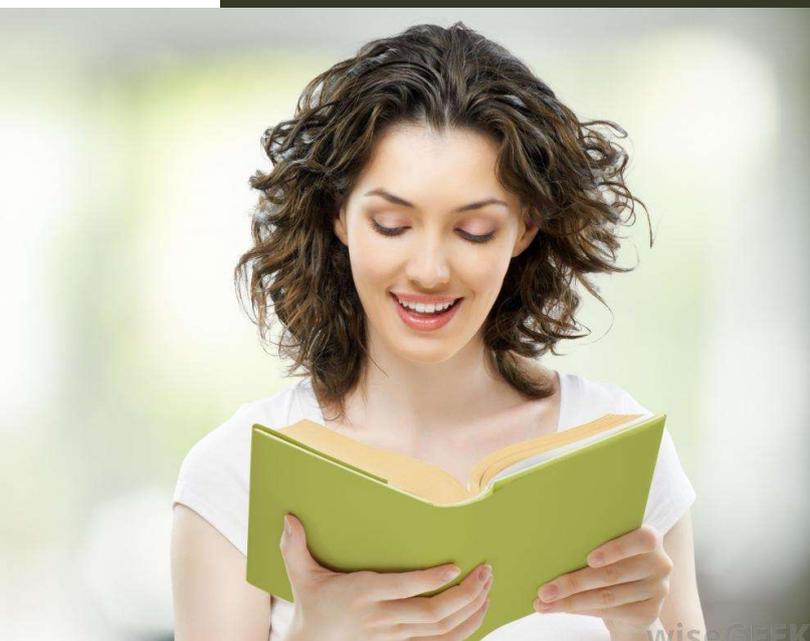
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Get to know us

Dear Reader,

We are very happy that you decided to buy our magazine! In this magazine we've decided to write about some things that girls like to do and are interested in.

Our class had this great idea to make a magazine. It is a school project. The boys made one as well as the girls. We hope you will enjoy reading this magazine!



Mary-Katherine:

Hi, my name is Mary-Katherine. I am 16 years old and enjoy reading books as well as playing the piano. I have five younger siblings. I am a Christian and want to follow Jesus. My mother is American, and we speak English at home.



Noemi:

Hey, my name is Noemi Ina and I am 16 years old. I like listening to music and doing some sport. Since I am a young child, I believe in God and want to follow him my whole life. I have an older brother and a dog.



Tabea:

Hey, I am Tabea, and I am also 16 years old. Since I love fashion, I had the honor of giving a little insight into the topic. I have four brothers and three sisters-in-law. I am very grateful to God that I was allowed to grow up in a godly family and church from an early age. My wish for you is that the magazine can help you in whatever direction, be it in faith or in a few tips.



Frohmute:

Hey, I am Frohmute Ruth, and I am 16 years old. I like listening to music and playing the flute. I grew up in a christian family and I gave my heart to Jesus, over three years ago. I am so grateful for everything, that the Lord has changed in me in the past couple of years and how he has taken care of me.

music



Does *my* music matter?

Written by Frohmute Schäbs

Source: Impact songbook

Why do we have music?

God gave us beautiful voices and abilities to learn how to play instruments. The Bible tells us a lot about why God gave us music: God gave us music to praise and honor him. Psalm 150: 1-6 gives us reasons, why and how we should praise him. We praise him, because of what he has done and because he is the creator of everything. There are so many reasons why we should praise God. On the other hand, if we are His children, this is exactly what we want to talk about and sing of, because our hearts are overwhelmed by His power and magnitude.

A note to our readers:
We want to encourage you to think about this topic deeper and to search God's Word and see, what it says about music and then take action. Do you need to change the type of music you are listening to?

Why shouldn't there be a different kind of music for teens?

Jesus preached the same gospel for the old and for the young. Youth programs and special age-related activities are good, but we should not place them in a different spiritual category as adults. The gospel of the pop and rock world is a completely different gospel than the one that Jesus told us. It is not possible to mix both gospels and still sing to God's glory, because the gospel of the pop and rock music is an abomination for God.

On the contrary, the Bible tells us in 2 Timothy 2: 22a to "Flee the evil desires of youth". Mixing those two gospels is the attempt of combining both gospels and is bringing the wrong gospel into our Christian discipleship and that is the opposite of what the Bible means by "fleeing". A mix of Christian and rock music is a consequence of selfish desire, which addresses the flesh. Church music is for everyone and firstly for God.

Does my music matter?

Aren't the different genres of music morally neutral?

Another important thing you need to know about music is that music itself is not neutral at all! Every kind of music has its own style. Every music type makes you feel and think about something. In 1 Samuel 16 we read that King Saul found moral, physical, and emotional help and relief in the music of David.

Christian music should remind you of Jesus and direct your view towards Him. We have this music to honor and praise him and it can also be a great encouragement for us to sing the songs. It reminds us of what we have in Jesus and how we should live our lives for him. This is how music should be. But the pop and rock music does not talk to our minds. It talks to our flesh and it makes us fall into bad thoughts, it makes us dirty and it is full of immorality and sin. The rock musicians have never hidden what their music intends to achieve. It is supposed to take your sense of responsibility away. It is primitive, it is about pornography, sex, promiscuity, subversion, and appearance. The Bible tells us to kill those fleshly desires in Colossians 3: 5-8.

Listen to the music and sing with the right expectation

Now, what do you expect when you listen to music? Do you think church music is boring? For example, how could an honest and sincere believer call the words of "Shining Shines the Father's Grace" boring? How could a Christian hear glorious truth in a solo piece and at the same time yawn at what is said in the lyrics? When we listen to music selfishly, it can happen that we do not pay attention to what God wants to say through it. We can miss the message and the blessings, because we are singing in the flesh and not in the spirit.

Morify
therefore
your members
which are
upon the earth;
fornication,
uncleanness,
inordinate affection,
evil concupiscence,
and
covetousness,
which
is idolatry:
For which things'
sake the wrath
of God cometh
on the children
of disobedience:
In the which
ye also walked
some time,
when ye lived
in them.
But now
ye also put off
all these;
anger, wrath,
malice,
blasphemy,
filthy,
communication
out of
your mouth.

- Colossians 3:5-8 -

Babysitting

what do I need to know before the parents leave?

Ask the parents anything you're not sure about. The first time you babysit for a family, arrive a few minutes early and get the facts you need. Here are a few ideas for what to ask.

What's the name of the nearest intersection to this house in case I need to call 911?

Are there any bedtime rituals for each child?

What and when do you want me to feed the children?

Are there any snacks I can and can't eat?

Do you have a preferred way to discipline the children? For example, time-outs or no TV?

Are the children taking any medications I need to know about?

What's your cell-phone number so I can reach you in an emergency?

What's this address and phone number in case I need to let someone know?

What time should the kids go to bed?

What time do you expect to be home?



What should I do with the dirty diapers and clothes?

Can you give me the name and number of the children's doctor and hospital?

Are any foods off-limits?

May I have the name and phone number of a neighbor in case I need help immediately?

If I have to call 911 for anything, I'll call you immediately after, if that's OK.

What's the poison control center's number?

Do the children have any allergies to foods or medicine?

Distract children

How to distract children when their parents leave

Some babysitters bring little treats for just this moment a stick of gum for an older child, a colourful adhesive-bandage strip for a toddler. Other babysitters plan a special activity. These treats and games don't have to be fancy. They just have to help kids get over the hump of saying good-bye.



Ask the child to show you her room.



Offer a small treat, such as a cookie.



Offer a hug.



Ask to see her toys.



Put on music and dance around together.



Ask about her pets.



Say, "Whatever you do, don't smile!"



If it's OK with the parents, take the child for a walk.



Pull out a clean sock or pot holder to use as a puppet.



Pull out a pack of crayons and color a picture.



Settle the child onto your lap with a favorite story.

Babysitting text and pictures are taken out of the American Girl book: "a smart girl's guide Babysitting the care and keeping of kids"

Author: Harriet Brown
Illustrations by Karen Wolcott

Published: 2014
Printed in China

A children's story

Violet's flowers



Settle the child onto your lap with a favorite story.

On the next page is a children's story. You could tell this story to a little girl if you ever happen to babysit.

A children's story

Violet's flowers



A long time ago, there was a little girl whose name was Violet. She loved to climb up into the mountains. To Climb up and up and up ... until she would reach the top. One day, as she was climbing up a mountain, she found a beautiful little purple flower. The flower smelled so wonderfully, she just had to take it home, but her mother had warned her not to pick any flowers in other mountains. Little Violet was sad! She had decided to climb up exactly this mountain, although she knew that she was not supposed to. She fought with herself. Should she go back, and explain everything to her mother and ask for forgiveness? Or should she just enjoy this nice walk and keep on looking for beautiful flowers? She had to decide. She decided it would be much nicer just to stay on the mountain and keep on hiking up. She picked more flowers and took a deep breath. It was a wonderful smelling purple flower. She soon spotted much more flowers of the same kind! She was so enchanted by all the beautiful flowers that she just could not stop going farther and farther up the hill. Finally, she had picked so many flowers she could not carry anymore. Her young face was full of joy! Although deep, deep inside she knew she should not be here. Slowly she turned to go back down the mountain realizing she should be at home by now for lunch. She ran down the hill as quickly as possible. Out of breath she opened the kitchen door.

"Violet, where have you been?", her mother asked.

"Mother, I was just out for a walk and in the woods," Violet replied.

"Violet, are you telling me the truth?" her mother exclaimed.

"Of course, mother, I would not lie to you," Violet said.

"Violet!" her mother exclaimed, "but I know those flowers are only on that hill that you are not supposed to be on. And you know exactly you are not permitted to go up those mountains! You deserve a punishment. No more picking flowers for a month!"

"But mother", Violet said; "I love picking flowers!"

"I know you do! And that is why I am forbidding you to pick any more in the next month. It should teach you a lesson to listen to your mother and to not lie to your mother," her mother said.

Sadness filled Violet eyes. She started to cry. Tear after tear slowly ran down her face. "I understand," she told her mother. "I have disobeyed you. I am sorry mother," she sadly replied.

One month later Violet was called by her mother. Her mother said: "Today it has been one month since you have picked those flowers. Today you are allowed to pick flowers again. "

"Oh, thank you mother" Violet said. "May I go now and pick some quickly?"

"Yes, you can go as soon as you have finished sweeping the floor." her mother replied. "You should be home by dinner."

So, Violet finished sweeping the floor as quickly as her little hands would allow it. Five minutes later Violet was running out the door.

"Bye mother, I will be home by dinner." She called out behind her.

A children's story

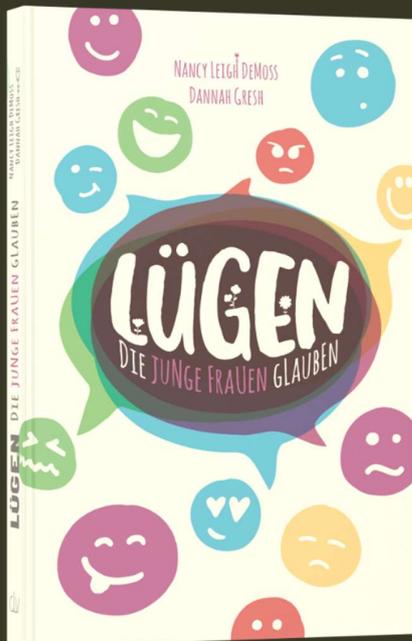
Violet's flowers

Violet ran outside. She enjoyed the fresh air. Violet went to the woods. She started picking flowers. How she enjoyed this special activity after having waited a whole month. Violet picked as many flowers as her little arms managed to carry. This time she could do it with a happy heart. Her eyes shone. After picking a bundle of daisies, daffodils and all the other flowers you can dream of, Violet returned home. As she was walking home, she thought to herself: "These flowers should be for my mommy because I want to thank her for teaching me this lesson."

And so, the most beautiful flowers Violet had ever seen were placed on the table in a glistening vase. All because the **important lesson of obedience** had been learned by a little girl named Violet.



For Readers



This book was written to help young women find the truth – because listening to the right voices can be difficult.

The authors present 25 of the most commonly believed lies. They share the lives of some of the young women they spoke with and write honestly about how they themselves overcame the lies they believed. And they show that the truth really can set you free.



An interview with my mother

Mother: Annette Mutzke

Daughter: Mary-Katherine Mutzke

A MOTHER



- ▶ **Me:** Is it fun/exciting/interesting/boring or how would you describe being a mother?
- ▶ **Mama:** Every day is different, and it requires flexibility. At the same time, you have to be organized to manage the household and other responsibilities.
- ▶ **Me:** What tips would you give a young mother?
- ▶ **Mama:**
 - ▶ Make sure your relationship with God is the most important relationship in your life. And then love your husband and love your children. Enjoy each day that the LORD gives to you.
 - ▶ First discuss things with your christian husband as to how you want to train your children. Make sure that you read christian books about parenting before you become a mother.
 - ▶ Make sure that you take care of yourself so you can take care of your family. Read your Bible every day, eat healthily, work out, get the rest you need and if other people offer to help you say yes. Like cooking you a meal or ironing.

One day
you may be
a MOTHER!

“**Motherhood** is the highest calling to a married woman and brings great blessing to her.”

Required skills:

Plan



Work with
your hands

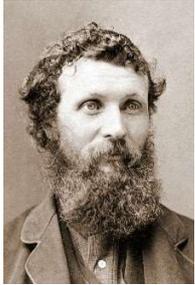


Inter-
personal



National park

By Mary-Katherine Mutzke



John Muir

National Parks all started when John Muir, a man interested in nature, fell in love with the breath-taking view, of the Yosemite Valley. He was so fascinated by it, he started trying to “fight” for it by being a conservationist, which means to try to conserve, so protect something. In this case it was the Yosemite Valley. Finally, in 1872 the first National Park in the world was established. All because of John Muir’s hard work. The president, Theodore Roosevelt even met up with John Muir. After having a wonderful time there, he promised John Muir, that he would preserve a million acres more land for Natural Parks. This and other land were turned later into National Parks for people to enjoy the nature, which God has created.



A national Park is a place of natural beauty. They are places which are left in their original state. Millions of people are attracted by the gorgeous sceneries and views. There are usually only a few trails in the National Parks which means, that there are many things that are not in the city like farms and industries. There are no towns and not many roads. People can go to National Parks to camp, climb, fish, go biking or go on hikes, as well as many other things. There might be a campsite where people could camp. Visitors can even have a picnic or a barbecue. Many people also go to take beautiful pictures. Of course, you have to pay fees to enter the National Parks.

MAP OF NATIONAL PARKS



On this map you can see many National Parks. The country with the most Natural Park is the United States of America. The National Parks are spread all over the United States. This is a map of the 59 National Parks in the USA. There are also National Parks in other countries, but not as many as in the United States.



National Park-*Grand Canyon*



At the Grand Canyon you can see the deepest canyon in the world, which was caused by the flood God performed because of man's sin. You can see many different kinds of rocks. You notice it by the massive rock mountains which are in different red shades. You might see some living creatures. If you are high enough, you sometimes can see the light, fluffy clouds in your own height. When your there, you will be sure to see the long Colorado River, making its way through the huge Grand Canyon. You might be completely overwhelmed seeing so many beautiful things on this earth, which God has created.

The Grand Canyon is in the southwest of the United States. It is on the border of the Arizona, Nevada and to Californian border. After it goes along the borders, it runs through Arizona where it ends at the State Utah. The Colorado River runs through the whole Grand Canyon. (The river comes from Colorado and finally flows out into the Pacific Ocean.) My National Park is not to far away from the Death Valley, the Bryce Canyon as well as the Monument Valley.

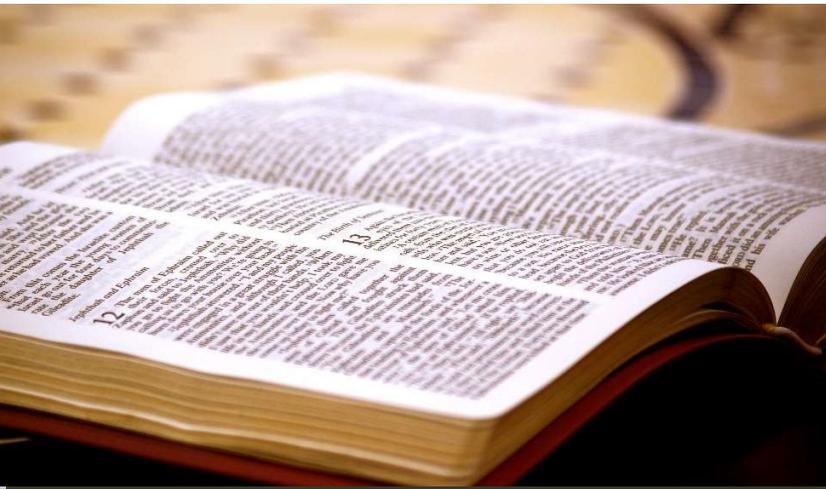


There are fun activities you can do. You can hike on the tall canyon for hours and just enjoy being so high and far away from everything. If you are up to it, you could go rock climbing on very high Rocky Mountains. You also could hike to a spring where you can drink refreshing water. Another thing you might be allowed to do, is to find a nice spot by the Colorado River and take a swim.



Do not forget to bring a picnic along. You just might get hungry on the middle of the mountain. If you would like to, you could bring your hiking sticks for hiking. Taking your swimsuit with would be a good idea. Do not forget your camera, so you can remember your visit to the Grand Canyon.

If you would like to pay extra money (besides the entrance fees), you could go on a high helicopter flight, go on a boat ride on the Colorado river or get a tour of the Grand Canyon.



Biblical role models

Women of the Bible

Us girls have decided
to write about
these women
because
they have names
that are similar to ours

written by

Noemi

Frohmute Ruth

Tabea

Mary-Katherine

Naomi

Ruth

Tabitha

Mary



Mary



Mary was a young woman. Probably a young lady helping in her family. Helping in the kitchen, drawing water from the well and enjoying some time with her friends occasionally. Of course, Mary was not perfect, she was a normal girl. She might have gotten into a fight with her siblings or did not obey joyfully every time her parents told her to do something. She was not much different than any other young Jewish girl. Mary got to know Joseph sooner or later. It could, very likely be that Mary had an arranged marriage with Joseph. In the Jewish culture it often happened that the parents arranged marriages for their children. Mary's parents may have looked for a good worker who could be able to support their young Mary. As tradition says, the girls married at a young age. So, in our eyes Mary was just a girl. Mary must have been excited and worried as to how her life would change after marriage. How would it be to be a wife and mother? Mary must have been in that stage of life. She probably was looking forward to being a carpenter's wife who could care for her.

Well, one day she was in the house. She might have been doing the housework. Was she finished sweeping the floor or washing the clothes? We don't know. But Mary was living her life when suddenly an angel appeared and greeted her. The angel told her that she was blessed among the women! Mary was frightened by the angel. Just imagine, here was a poor ordinary girl living her life when suddenly an angel appeared and told her she is the blessed woman of all.

Mary wondered what that could mean. The angel, whose name was Gabriel, must have seen her fear and told her not to be scared, because she had received grace by God!

Finally, the angel explained why she was so blessed. He told Mary she was to get a baby who she would name Jesus. He was the son of the highest and the Lord was going to give him the throne of his father David. Jesus was to reign over Jacob's house and in return his kingdom would not end. What a son Mary was going to receive! But how in the world was she supposed to get a child? She was a young girl, who wasn't yet married. She had not been with any man. She was engaged to Joseph, but they had not been together yet, as the Jewish law commanded. The Angel had said that this child would be the son of the Highest. The angel told her, that the Holy Spirit would come over her and the strength of the Highest would be over her. Therefore, the Holy One that was to be born from her was going to be named God's Son. Mary was to bear God's Holy Son. Mary must not have known what to think. Mary may have feared the consequences of being with a child without being married.

Luke 1:37 For with God nothing shall be impossible.



The angel told Mary that her barren cousin Elizabeth was expecting a child in her old age. Elizabeth was already in her six month. The angel said to Mary that nothing is impossible with God. I wonder what Mary thought at that moment. If God could do that and if he was able to do something miraculous in her? God could make the impossible happen. God could give her His Son. God was really going to use her, a young Jewish girl.

Mary replied to the angel that she was God's handmaid, thus his servant. She was ready to accept God's plan. She was ready to let God use her for his plan.

Are we young girls ready to do what God wants us to do? Are you willing to let God tell you what you should do? Are you ready to give Him what He wants and asks of you?

The first step of saying yes to God's will is accepting Jesus as your personal Saviour. Jesus, who is God's Son came to earth. Jesus, who is God, died on the cross for you and me. Each of us deserves to go to hell because we have sinned. Therefore, Jesus took our punishment on the cross. In his grace he did this for us. All you must do is give thanks, acknowledge that you are a sinner, and that Jesus is the one who took your punishment on the cross. Jesus died on the cross, was buried, arose, and now sits at the right hand of His Father. Jesus will forgive you of all your sins and you will become his child.



If you are his child, let him talk to you through his Word. Be close to him and have fellowship with him. Do the things you know are God's will. God will talk to you through his Word, the Bible.



**Say
"Yes"
to God**

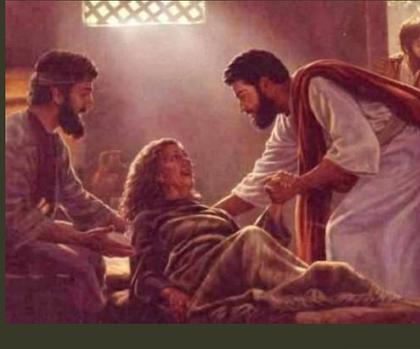


Let us Christians be God's servant. Let us listen to God's word and say "Yes" just as Mary did. Even if we are not able to understand everything as Mary was not able to understand. And remember, no matter how complicated your situation may be, nothing is impossible with God.

Luke 1:37 For with God nothing shall be impossible.



Tabitha



Who was Tabitha? Her story is found in the book of Acts. The apostle Peter was travelling about the countryside, visiting the scattered believers in the different towns and villages to encourage them in the faith. This gave Peter the possibility to come to the rescue of Tabitha and her friends. He was in the right place and at the right time.

Peter visited a small town called Lydda, and there he met a man named Aeneas, who had been paralyzed and bedridden for eight years. The man was healed by Peter and many people started believing through this miracle in Jesus.

In Joppa, a town which was about twelve miles from Lydda, there was a disciple called Tabitha. At the time of Peter's visit to Lydda, she became ill and died.

There must have been a great atmosphere of faith and expectancy among the disciples in Joppa! They had heard that Peter was in Lydda. Quite possibly, they had heard that Aeneas had been healed. They sent two men to walk the twelve miles, each way, to Lydda to urge Peter to come back with them to Joppa. When Peter arrived, he was greeted by the plight of Tabitha's friends whom she has helped. He sent everyone out of the room and got down on his knees to pray. After praying, he talked to the dead woman with a simple command to "get up." A miracle happened and Tabitha was brought back to life, to her friends and her community. As word of this miraculous healing spread, many more people believed in the Lord Jesus.

In my opinion, you can gain a picture of Tabitha as an inspirational woman:

1. Firstly, she was a **'disciple'** – which means she was a committed follower of Jesus.
2. An **Israelite** – Tabitha is a Hebrew name, meaning 'gazelle' and a symbol of gracefulness.
3. A **godly woman**. This is observed by her lifestyle. Tabitha's life demonstrated her faith and good works in harmony, being gracious to those around her.
4. She was a **dressmaker**. The Bible tells us that she made clothes, sewing by hand what indeed is a really strenuous task.
5. **Kindhearted** – From the text, we learn, that she gave away the clothes that she made.
6. **Loved by many** – Friends had gathered and were mourning for Tabitha, they were really upset, crying at the news of her death.

*Acts 9:36 ...there was...a disciple named Tabitha
...this woman was full of good works and almsdeeds*



Naomi

When Naomi and Ruth arrived in Bethlehem some women greeted them and called Naomi by her name:

"And she said unto them, call me not Naomi, call me Mara: for the Almighty hath dealt very bitterly with me. I went out full, and the LORD hath brought me home again empty: why then call ye me Naomi, seeing the LORD hath testified against me, and the Almighty hath afflicted me?" -Ruth 1:20;21-

The name Mara means "bitter". **Little did she know that from this bitter sorrow great blessings would come to her and the world through Jesus Christ.** Naomi's bitterness was turned into joy. She also became a grandmother to Ruth's son, Obed.

"And the women said unto Naomi, Blessed be the LORD, which hath nor left thee this day without a kinsman, that is name may be famous in Israel. And he shall be unto thee a restorer of thy life, and a nourisher of thine old age: for thy daughter in law, which loveth thee, which is better to thee than seven sons, hath born him." -Ruth 4:14;15-

Her life again became sweet, pleasant and blessed by God. Naomi was no longer Mara.

Naomi's life represents the power of God to bring good out of bad circumstances.

You can find Naomi in the Bible in the book of Ruth. She lived during the time of the Judges. Her husband was Elimelech with whom she had two children, Mahlon and Kilion. They lived together in Bethlehem.

Naomi and her family moved to Moab when a famine came over Judea. In Judea her children Mahlon and Kilion married two women, Orpah and Ruth. After about ten years Elimelech, Mahlon and Kilion died. They left their wives Naomi, Orpah and Ruth behind as widows. When Naomi heard that the famine was over, she wanted to return to Bethlehem. Orpah stayed in Moab but Ruth chose to move together with Naomi. Naomi and Ruth returned to Bethlehem and Ruth married again and got children.

The name Naomi means "**sweet and pleasant**", which gives us a little idea of how her character may have been like. She gave her blessing to Orpah and Ruth when their husbands died and told them to return to their mother's home so that they could find new husbands. She kissed them and asked the Lord to deal kindly with them (Ruth 1:8-14).

*Ruth 3:14,15 ...Blessed be the LORD...
he shall be unto thee a restorer of thy life...*

Ruth



My favorite woman in the Bible is Ruth. She is a big role model for me, because she has some important characteristics, that a woman, that honors and loves God should have. Another reason is, because my second name is Ruth and with this circumstance, I feel a special connection to this woman in the Bible.

The name Ruth means "friend" and I am sure that this meaning of the name comes from the Ruth in the Bible. To make the long story short:

There was Naomi, her husband and her two sons and one of her sons married Ruth and the other one married Orpah. After a while all those three men died, and the women became widows. Naomi went back into her home country as well as her two daughters-in-law. And at one point, she wanted them to marry again and to not go with her anymore, but both and especially Ruth wanted to stay with her. Then Ruth and Naomi went back to Bethlehem and they were very poor. Ruth searched for fields where she could harvest cereal after the servants.

She started at one of Boas' fields who was a very honorable man and he allowed her to do that and he made sure that no one would bother her and he was very gracious to her so he gave her bread to eat and water to drink. Back in those times there were close relatives who could free women like her. For Ruth, this person was Boas and another man. She asked him to free her and he talked about this with this other man and Boas freed her. That means that he bought all of the land of the deceased men and that he took Ruth as his wife. Together they had a son called Obed.

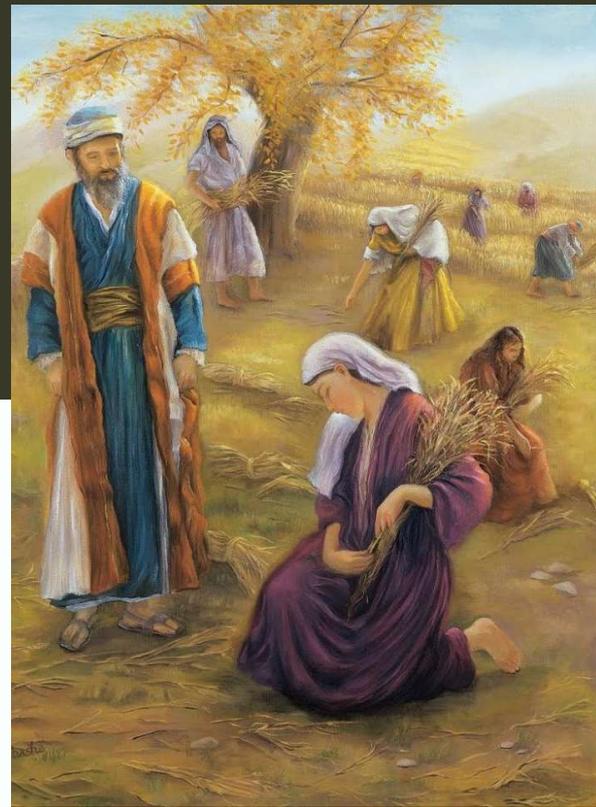
Rut 1:15 -17

"And she said, Behold, thy sister in law is gone back unto her people, and unto her gods: return thou after thy sister in law.

And Ruth said, Intreat me not to leave thee, or to return from following after thee: for whither thou goest, I will go; and where thou lodgest, I will lodge: thy people shall be my people, and thy God my God:

Where thou diest, will I die, and there will I be buried: the LORD do so to me, and more also, if ought but death part thee and me."

Ruth 3:10 And he said, Blessed be thou of the LORD,...



Whenever I read the Story of Ruth in the Bible (Ruth 1-4), which I would recommend to you very much, it touches me every time. The Bible tells only good things about her. She stays with her mother-in-law at all costs, even though she is poor and alone. Ruth could have gone and remarried because she is young, but instead she remained faithful to her mother-in-law and stood by her side. When they arrived in Bethlehem, she immediately started to work. She was a very hard-working woman, and she also had a good reputation. Everyone knew that she was an honorable woman and when you read the story you notice quickly that God was with her and that he provided and blessed her. She got to know her relative Boas, who was a very honorable man, who loved God and at the end she got married to him and they had a son together. His name was Obed. Ruth had the honor to be an ancestor of Jesus Christ. She is the great grandmother of David and Jesus was a descendant of David. In everything she did you can see the attitude of her heart. She honored her mother-in-law, obeyed her, was humble and modest.

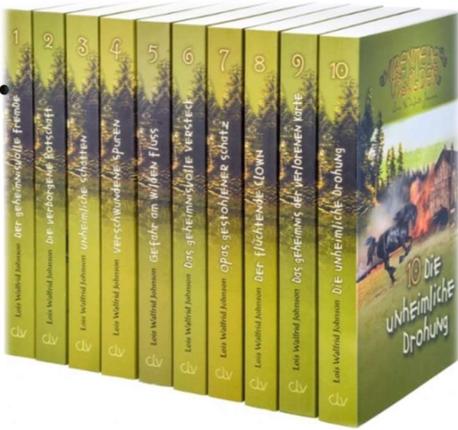


A note to the reader:

This is a short look at Ruth. But I want to encourage you to read the book Ruth in the Bible by yourself. It won't take long and it is worth it. You will surely find more interesting qualities about her.

Ruth 3:10 And he said, Blessed be thou of the LORD,...

Advertisements



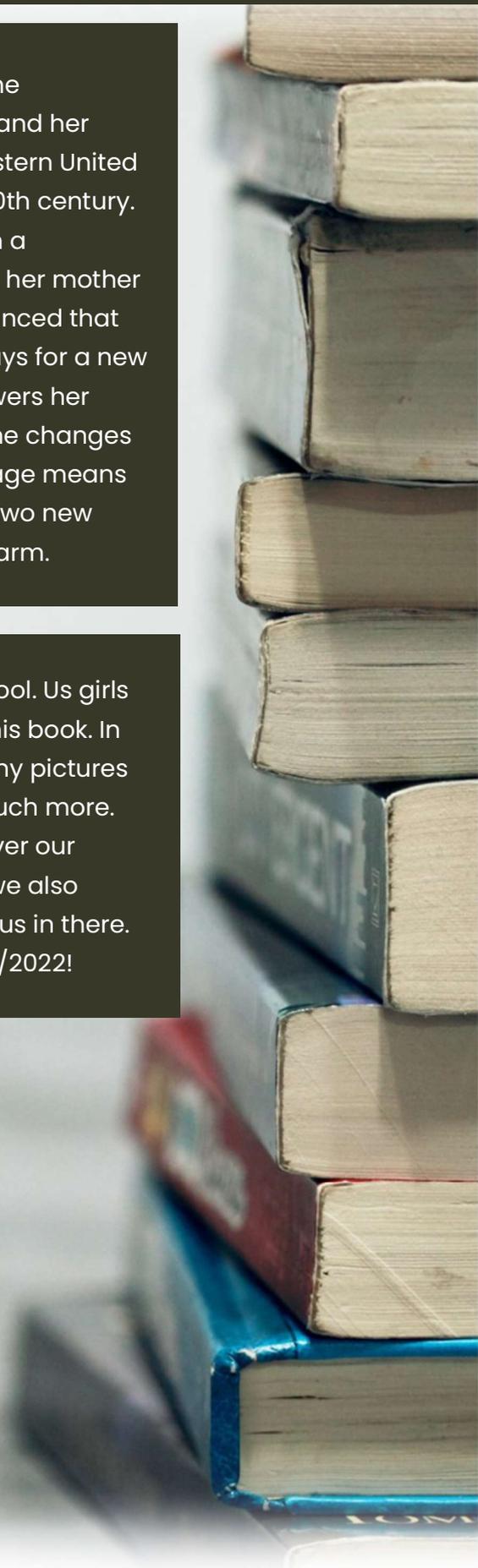
This 10-volume series is about the adventures of 12-year-old Kate and her family on a farm in the northwestern United States at the beginning of the 20th century. After Kate's Irish father is killed in a construction accident, Kate and her mother must fend for themselves. Convinced that her mother needs help, Kate prays for a new father. However, when God answers her prayer, Kate is unprepared for the changes in her life. Kate's mother's marriage means becoming part of a family with two new brothers and a new sister on a farm.



This is the yearbook of our school. Us girls also were able to help make this book. In the yearbook you can find many pictures with captions, portraits and much more. You can get a little overview over our school, all the memories and we also have some information about us in there. So, buy the new yearbook 2021/2022!



In this book, Randy Alcorn shows why it is increasingly difficult to live purely in our sexualized environment. But he also shows how it can succeed despite all temptations. A helpful book for everyone - young and old, singles and couples, women and men.



beauty

Part 1

Beauty and the Best

Title of a handbook of Christian Loveliness

*The Finest
Femininity*

Author of Beauty and the Best:
Beneath Peters Jones

Published: 1983
in Greenville, South Carolina



The twentieth century Christian girl or woman exists in a spiritually-foreign environment: a world shadowed by sin's darkness; a world where the bizarre is applauded and the beautiful is ridiculed; where earth's inhabitants bear out God's prophetic description:

For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, without natural affection, truce-breakers, false accusers, incontinent, fierce, despisers of those that are good, Traitors, heady, high-minded, lovers of pleasures more than lovers of God. (II Timothy 3:2-4)

One of the most distressing characteristics of our age is the rapid demise of femininity.

Ungodly females have so shouted, belittled, and militated against woman's "slavish" lot that many throughout the land—including Christian women—are asking themselves if femininity and its enjoyment—really is passé.

The vital fact to remember in the midst of all the claims, catcalls, and confusion is that God has not changed His mind. As He designed femininity, so He desires femininity. Have you noticed that the concept which brings on the worst fits of fury in women's libbers is that woman's role is God-ordained? It is, therefore, against God Himself that the "women's liberation" tirade is ultimately aimed. That fact identifies the "women's lib" movement and its philosophies as something to be rejected by those who know and love God through His Son Jesus Christ.

Lady like



Amid destructive, disheartening surroundings, where can a Christian woman or girl look for a valid standard of feminine identity? To the same place the libbers look in hatred: to God Himself. He who made us also motivates us toward the ideal womanhood seen in precept and example throughout His Word.

But can we be happy in the "confines" of femininity, you ask? Supremely so! For there and only there can we find the genuine freedom to be and to do all that the Lord intended for women. This truth is written unmistakably upon the faces of the very women who deny it most vehemently: disillusionment and bitterness result from disregarding the Almighty's verities.

The highest level of ladylike sensitivity, appearance, and conduct: that should be the goal to every christian woman.....

... How dare we do less for our Creator, Redeemer, and King. To settle for less than the finest femininity is to be a thief several times over:

-We rob God of the fulfillment of His perfect plan.

-We rob other women of an inspirational, gracious touch and example.

-We rob the men around us of the opportunity to exercise the protective, gentlemanly considerations native to their masculinity.

-We rob ourselves of the beauty possible only in conformity to divine will.

Before progressing further, let me clearly identify my intended audience. It consists, quite simply, of women everywhere who possess genuine internal beauty. That beauty is possible only through sin's cleansing by the shed blood of Jesus Christ and the continuing "housework" of the indwelling Holy Spirit.

Opinions and creeds, labels and deeds don't count for a thing. God's Holy Word, the Bible, makes clear that human beings are helpless to cleanse their own hearts, to purify their own lives; any such futile efforts are, in the sight of an eternal, holy God, a pitiful wrapping in unutterably filthy rags:



But we are all as an unclean thing, and all our righteousnesses are as filthy rags; and we all do fade as a leaf; and our iniquities, away. (Isaiah 64:6)

Wash you, make you clean; put away the evil of your doings from before mine eyes; cease to do evil. (Isaiah 1:16)

Come now, and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool. (Isaiah 1:18)

Perhaps you don't like to acknowledge your sinfulness; the Bible silences any objections by saying,

For all have sinned, and come short of the glory of God. (Romans 3:23)

Rather than deny them, God calls upon us to acknowledge the filth of our sins and to bring them to Him for cleansing:

If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. (1 John 1:9)

Why ask God to remove our sins? Because otherwise a totally righteous, holy, and just God must condemn our sin and punish it.

For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord. (Romans 6:23)

When we acknowledge and confess our sins, God cancels our punishment because Jesus Christ took our sinfulness upon Himself and died in our behalf on the cross of Calvary. As He cancels our sin debt, He simultaneously extends an eternal gift:

For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast. (Ephesians 2:8,9)

He that believeth on the Son of God hath the witness in himself: he that believeth not God hath made him a liar; because he believeth not the record that God gave of his Son. And this is the record, that God hath given us eternal life, and this life is in his Son. He that hath the Son hath life; and he that hath not the Son of God hath not life. (1 John 5:10-12)

That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation. For whosoever shall call upon the name of the Lord shall be saved. (Romans 10:9, 10, 13)

Saved! Cleansed! Made new by the power of God begotten stain through the precious blood of His only begotten Son, the sinless LORD Christ! Sin's stain washed out of the repentant heart, and the golden of God's unspeakable peace sweeping into that heart.

Therefore, being justified by faith, we have peace with God through our Lord Jesus Christ. (Romans 5:1)

Only with a heart made clean and lovely by salvation can a woman move toward genuine beauty of self and life.

So. Beauty: what is it? Is it the same as prettiness? No. The first definition given by Webster is, "the quality attributed to whatever pleases or satisfies the senses or mind, as by line, color, form, texture, proportion, rhythmic motion, tone, etc ..., or by behavior, attitude, etc." That's a much broader definition than we ordinarily hold in our feminine minds, isn't it? What a tremendous encouragement to every one of us. **Proverbs 31** reminds us that beauty in and of itself is "**vain**" (empty and meaningless). But so is virtually every attribute and accomplishment of human beings, the writer of Ecclesiastes reminds us, if it is pursued for its own sake. On the other hand, beauty is a worthy goal for every Christian woman if we

- (a) recognize that our soul has been made beautiful by our altogether lovely Lord,
- (b) desire discernible beauty as demonstrative of His original design in creating femininity, and
- (c) seek to be reflectors of His beautiful holiness.

Having thus defined my intended audience and established a scripturally-acceptable rationale, let me state my intended purpose in writing this book:

To encourage and assist born-again Christian women of any age toward the cultivation of feminine loveliness in every outward aspect of self and life, in order to reflect the beauty Jesus Christ has given to soul and heart.



Read, read, read

Maybe you should buy this book

This book is aimed at every teenage girl who has the desire to be a "young woman after God's own heart". The author - herself a mother of two daughters and a grandmother several times over - reports from her own experience and gives many useful tips to help turn this desire into reality.



The Finest Femininity

Part 2

Beauty and the best

Basics for Beauty



Meticulous grooming, knowledgeable use of cosmetics and clothing, graceful carriage, impeccable manners and pleasing speech—all are wasted motion if we overlook nutrition and good health. Therefore, before dealing with the principles of good grooming, it's fitting to mention a few principles of good health.

It is impossible to look good if you don't feel well. No matter how busy and demanding your life, Christian woman, your good health should be foundational in yourself (and family!) care.

What a marvelous creation the human body is—yet how careless we are in tending it. Those of us who know the God Who created our bodies should be attentive to the care of those bodies.

Volumes have been written on the subject of nutrition—and I would urge you to check a couple of them out of your local library and brush up on the subject. A balanced diet is essential both to your pleasing appearance and to your positive energy quotient. Briefly, let me remind you of the main food groups:

- **Milk and milk products**—Utilized for building/maintaining teeth and bones. High, however, in animal fats.
- **Meat, fish, and eggs**—sources of protein; beef and pork products highest in fats; fowl and fish lowest.
- **Fruits and vegetables**—high in vitamin and mineral content; helpful in providing roughage.
- **Grains and cereals**—wide-ranging in types, texture, and taste; especially important in providing fiber content. Rather than recommending any particular approach to nutrition, I would instead urge a general, common-sense approach including the following suggestions:



Have a complete physical examination by your doctor, and solicit his advice about certain foods for your individual needs. Avoid dietary extremes. Don't let yourself become a "food nut" in any sense of the word. Most of us have had the unpleasant experience of being accosted by "nutrition evangelists." Overemphasis in the matter of foods is a favorite trick of the devil to sidetrack believers from proper spiritual fervor. The Bible specifically warns against those who recommend dietary extremes!

Be faithful in visiting your physician and dentist as often as they recommend: preventive measures are wiser and more pleasant than curative ones.

Get plenty of rest. God has so constructed our bodies that we have definite sleep requirements. These vary from person to person, but the average amount of sleep needed in a 24-hour period is six to eight hours. Whatever the amount best for your peak functioning, be sure that you generally get it. Consistently driving yourself on less rest than you need is courting physical, emotional, and even spiritual disaster. The components of our beings are closely intertwined: neglect or abuse in one area damages the others as well.

Besides the sleep you get at night, learn the

Drink plenty of water. Six to eight glasses of liquid daily is a good goal. Unglamorous though it may be, water is the most important intake-item for maintaining the intricate cleansing system the Lord has built into our bodies.

Having touched upon those few basic considerations having to do with your good health, let's go on now to discuss good grooming.

Cleanliness is foundational to any discussion of personal appearance. If you are not scrupulously clean about your person and clothing, any interest in, effort toward, or program for self-improvement will be doomed to failure.

Specifically, scour-and-polish efforts need to be exerted upon all the "surfaces"

Just as reputable merchants make sure the windows in which they display their goods are well-washed, so we who seek to **direct attention to our lovely Lord** must be consistently careful about cleanliness, because the Christian woman should be an attractive show-window for her Saviour and Lord. Therefore, there is absolutely no excuse for a dirty Christian! Isaiah reminds us:

*Be ye clean, that bear the vessels of the Lord.
(Isaiah 52:11)*

—SKIN, HAIR, NAILS, TEETH and CLOTHING



SKIN

Sometimes we think of ourselves as having skin only on our faces; but of course it covers our entire earthly tabernacle, and we must give it the best of care—beginning with thorough cleansing.

If you tend to shrug your shoulders about your skin, take a few moments to read about wonders of human skin in a good encyclopedia. You may be greatly surprised: that much-abused, taken-for-granted "hide" you carry around is actually a marvelous, intricate part of God's human creation. If His concern in creating us was so detailed, shouldn't our stewardship be similarly painstaking?

Keep your skin—all of it—clean. That means daily-or-oftener scrubbing. Skin is a living organism, a working part of the body. As it labors to maintain body temperature and to protect the delicate internal mechanism, it exudes moisture. That moisture, combined with any body dirt or soiled clothing, and warmed by the skin itself, produces a distinctive, unpleasant aroma: the well-advertised "B.O."—body odor.

Remember that all of your skin is working and leaving odor-producing deposits. So, a dab of deodorant here, a splash of cologne there, will not result in aromatic sweetening! The only way to eliminate odor is to eliminate its cause: in other words, wash off the skin's secretions. Daily cleansing with soap and water is available to, inexpensive for, and demanded of any woman who desires to be a spiritual magnet.

Briefly imagine yourself an unsaved person. Would you be attracted to the religion of someone exuding body odor?

—SKIN, HAIR, NAILS, TEETH and CLOTHING

Another reason for bathing daily is to remove the sloughed-off cells your skin discards as it consistently renews itself.

There are some places on the body that demand special cleaning attention—areas where structure and/or enclosure contribute to the creation and containment of odor:

Feet Underarms Genital area

These must be scrupulously scrubbed at least once daily, and deodorized as needed. It's not a matter of "either-or"—modern anti-perspirants and deodorants are a boon to all who desire to be well-groomed.

Also, some areas of the body need special attention because of their exposure to pressure, surfaces, and elements:

Hands Elbows Knees Heels

The rougher, tougher skin in these areas demands more than a once-over-lightly to insure the removal of staining, clinging dirt.

Since these are areas that also tend toward roughness, by all means be liberal in softening efforts such as soaking and creaming

Now we come to that particular skin-covered patch we're all so familiar with—the face. And as with the rest of the body, here too the basic principle to be observed is cleanliness. No matter how you may back-pedal or bluster, blackheads are not beauty marks!

Generally speaking, women in their thirties, forties, and on up recognize the importance of good skin care. The sad fact is, though, in many cases they've been slow to come to that recognition: **the carelessness of youth is paid for in maturity**. Ideally, a girl should learn good skin-cleansing habits as soon as she's old enough to hold a washcloth.

In cleansing the face, we must first of all consider the type skin which covers its planes and hollows. There are three basic facial skin types: dry, normal, and oily. There are also combinations of types on one face. That is, your skin may be basically normal but have oily areas on forehead, nose, and chin. If you have facial skin that's all one type, use the cleansing method best suited to it. If your facial skin combines two or even all three of the types, resign yourself to a varied cleansing routine.

Whatever the method, the important thing is to keep your skin clean— clean—CLEAN!

The methods of cleansing best suited to the different skin types are as follows:



Normal: Soap and water, twice daily

Dry: Cleansing cream and/or special soaps, post-scrub creaming; twice daily

Oily: Soap and water (perhaps with specially-formulated soap), use Of a face brush or sponge; astringent; twice or more daily

Whenever soap and water is applied to face, be sure all soap is completely rinsed Soap residues clog pores and attract dirt.

Drying your face should always be patting rather than by rubbing.

Never fall into the trap of thinking "another coat of makeup will fix it." Start fresh! You'll not only look better, but you'll also feel better after cleansing your face.

A final consideration in skin hygiene is the regular removal of hair from underarms, face, and legs. Hairiness is unsightly and unacceptable for a lady. Hair can be removed from legs and underarms by razor or depilatory. Facial hair should never be shaved, but may be removed either by depilatory preparations created specifically for facial use or by electrolysis.

—SKIN, HAIR, NAILS, TEETH and CLOTHING



All the styling in the world can't beautiful hair that isn't clean. As in the case of skin, hair comes in three basic types: dry, normal, and oily.

There are shampoos made for each one of the types; you would be wise to buy with that fact in mind. It's easy to be a bit dazzled by the wide array of shampoo choices lining the shelves of drugstore. But don't be bamboozled by either advertising or price tags. You're looking for a shampoo "built" for your kind of hair. Catchy advertising jingles aren't going to help your hair at all; neither is a hefty price tag or highfallutin' manufacturers' names on the label.

Simply buy the shampoo that will do the most for your hair for the least expense. After a bit of experimenting, stick with the one you find.

Once you've decided on the best shampoo for your needs, then decide what frequency is best for keeping your hair at its peak in appearance. Oily hair may need to be washed every day, whereas dry hair may need only a weekly shampoo. Whatever the ideal cleanliness-care schedule for your hair, make that schedule a habit and hold to it. Don't yield to the temptation to get by just one extra day before shampooing. You're not the only one who'll know! That extra day of dirt-gathering will be evident to those around you.

I've always found it interesting that men and women think differently about hair beauty. To a woman, beautiful hair is primarily a matter of style and color; to a man, however, hair is beautiful when it's shinely clean. Herein we women need to acknowledge the greater wisdom of our men! Too often we concentrate on the "metallics" of our crowning glory rather than on its material. The ideal, of course, is to maintain hair that is both squeaky-clean and flatteringly styled.

The most important step of the actual shampoo is the rinse. If you want shining hair, be sure to do a thorough rinse job every time. Any residual shampoo dulls the shine and attracts dirt like a magnet. If you have difficulty removing shampoo from your hair, try "cutting" the suds with a lemon juice-and-water mixture (for blonds) or a vinegar-and-water solution (for brunettes). After several water-only rinsings, pour the mixture through your hair, then rinse again with clean water. Shine will result!

*"But if a woman have long hair,
it is a glory to her..."*

-1. Corinthians 11:15-

—SKIN, HAIR, NAILS, TEETH and CLOTHING

Nails are a distinctive type of surface God made for our bodies. These hard protectors at the ends of fingers and toes are much more functional than we ordinarily realize. If a nail is ripped back deeply into the quick, or torn off completely, we are instantly convinced that toenails and fingernails are important! Our omniscient Heavenly Father installed them as protection and strength for ever-active hands and feet.

Besides being utilitarian, nails are also ornamental. They give a finished, definitive appearance to fingers and toes. The cleanliness and grooming of nails are important to both their practical and ornamental functions. Hands with dirty fingernails moving to and into the mouth are sure to transport germs. And clean, well-cared-for nails enhance attractiveness—not of hands alone, but also of the entire woman.

Years ago, I read of a woman whose face missed beauty by a considerable degree; nevertheless she was considered a beauty—because her hands were flawlessly beautiful in appearance and movement. This woman recognized her hands as her major asset, and she capitalized upon them by giving them meticulous care and by always wearing dresses whose long sleeves and wrist trims called attention to her exquisite hands. Conversely, I can think of women who, despite attractive faces, do not leave the impression of beauty because of poorly-kept hands.

Cleanliness, gloss, and shape are the characteristics of well-groomed nails.



If you use colored nail polish, remember that a Christian woman is wise to avoid garish, super-dark or ultra-bright colors. The "in" look doesn't really matter; our guidelines should be, only and always, the "within" look—within the bounds of subtlety and restraint. It's also "handy" to remember that colored nail polish calls attention to your hands: people will thereby be attracted to notice the size, shape, movements, etc., more than they ordinarily would. And a final word about polish—never wear it chipped: chipped fingernail color screams sloppiness!

Shape of nails attractively maintained by keeping the cuticles pushed back from the inner ends and keeping the outer ends smooth and gently rounded.

There are two unlovely extremes to avoid in the length of fingernails: blunt and misshapen "stubs" from biting/tearing, or over-long "claws." (Nail-biting is an unladylike habit which can—and should—be broken.)

Who among us has the leisurely, unpressurized life to sit around and concentrate on growing perfect fingernails? Nobody! Our hands are constantly busy—and many of our chores make existence difficult for fingernails.

—SKIN, HAIR, NAILS, TEETH and CLOTHING

But there are some counter-measures we can all manage. If your nails are unsightly because they split and break, two particular aides are wearing rubber gloves for household chores and consuming a packet of unflavored gelatin dissolved in fruit juice once daily.

A daily vitamin supplement can offset any dietary vitamin deficiency which might affect nail growth. There are also some nail strengthening solutions available; they work by absorption into the nail after being brushed on.



Toenails deserve better care than most of us give them. They, too, should be cleaned, shaped, and if buffed or polished regularly. Your best length is just to the end of the toe, and relatively straight-cut ends will help avoid the painful problems of ingrown toenails.

—SKIN, HAIR, NAILS, TEETH and CLOTHING



Considering the millions of dollars spent annually on advertising by the manufacturers of toothpaste and mouthwash, it's a nine-day wonder that anyone has to be told of the necessity for good oral hygiene. But sad to say, I have hefty number of Christian women apparently think of their mouths solely as food-intake slots. Naturally, such mouths become halitosis-output slots! Bad breath and unbrushed teeth are a surefire method of repulsing people. It is inconceivable that a Christian woman would presume to speak words of testimony from an odorous, foodstained mouth!

Make frequent tooth brushing and mouth washing habitual. For the time spans between, do not resort to chewing gum to sweeten your breath! Your motives may be good—but your appearance will instantly drop 75 notches! Not long ago I was freshly impressed by the unlovely effects of gum chewing. My husband and I were sitting in the lobby of a hotel near Chicago waiting to be picked up for an evening church service. Also in the lobby were two young women waiting for a bus. They appeared to be in their 20s, and both of them were beautifully dressed in clothes which were carefully and expensively tailored. But the entire effect of a well-groomed appearance was destroyed— because they were chewing gum ninety-to- nothing!

Smile

—SKIN, HAIR, NAILS, TEETH and CLOTHING



I challenge you to spend a week watching female gum-chewers. If you're honest, you will admit before the week is ended that the jawjiggling habit plunges a woman's appearance into the minus bracket.

So, you're worried lest you offend with bad breath? That's a valid concern—but gum is not the solution. There is no shortage of breath- Sweeteners on the market—mouthwashes, sprays, drops, mints, etc.—any one of eliminates any "need" for chewing gum. And you don't care for any of those, here's a tip (remembered from my grandmother): a whole clove in your mouth. It will last for hours and an occasional gentle squeeze with your teeth' will release a fresh spicy essence.

—SKIN, HAIR, NAILS, TEETH and CLOTHING



As with the body, so too with clothing: cleanliness should be the Christian woman's consideration. Most of us who are rich in eternal holdings lack in earthly wealth; a thin purse, however, is no excuse for skimping on neatness.

Some of the best-dressed Christian women I've known through the years have not been those with plenty of money and closets full of clothes. But without exception they've been women who practiced scrupulous sartorial neatness. One freshly-washed, perfectly-pressed dress is better than ten with stains, odor, and wrinkles! Clothes collect soil very quickly when they're worn—not only from contact with externals, but also from contact with the body. You simply can't be too careful, therefore, in insuring that your clothing is clean.

Washable garments should be laundered according to attached fabric instructions every wearing, That includes panties, bras, an other out-of-sight wear. For outer wear' be leery of accepting "permanent press" labels at face value. More often than not, to make such clothing really look its best you must press with a steam iron after the piece comes from the dryer. Almost-smooth should not be considered good enough—after all, it's not the size of the wrinkles that count, but their presence.

—SKIN, HAIR, NAILS, TEETH and CLOTHING

Woolen clothing presents a different cleaning problem. Because of the high cost of dry cleaning, it's usually impractical to clean after every wearing. Therefore, your special care of wools during and after wear is critically important.

The wisest protection you can provide for any wool outfit is to wear underarm shields. You can't count on 100% effectiveness from any and even a tiny bit of perspiration on wool is devastating.

Let a wool outfit hang where air can circulate freely through it for an hour or two each wearing. Don't stuff the garment back into your closet immediately. After its airing, be sure to make a thorough, careful inspection: if there is any sign of griminess or odor, send the outfit to the cleaners. Expensive is better than offensive!

The neatness of your clothing during wear depends upon your concern for accurate fit. Seams should rest exactly in their intended places—not a half inch east, west, north, or south. Waistline and shoulder seams are the greatest offenders in this regard; but vertical seams, too, must receive attention. Whether you purchase or make your clothes, insist on precise fit. A narrow-shouldered woman wearing a dress with shoulder seams hanging halfway to her elbows can't hope for a neat appearance.

Neither can a long-waisted woman look neat if the waistline of her dress rides her midriff. Both these examples are exaggerated to make a point for the importance of accurate "lay" in seams.

Get an unshakable grip on this guideline for every piece of clothing you wear: poor misfits!

Unless you happen to be the one-in-a-million woman whose frame fits the mythical "average," you will rarely find ready-made clothes that are really ready-for you. Most of us find one or more places in a garment where its measurements don't fit ours. Whether shopping or sewing, impatience is bound to whisper in your ear, "Nearly right is good enough!"

But if you are going to look your best for the Lord, you must consistently answer that whisper, "I'm not going to settle for anything less than just right!"



It all boils down to this: misfits not only detract from your appearance; they also detract from your attitude by making you feel uncomfortable, dowdy, and miserable. Therefore, a few clothes that fit perfectly are worth closets full that fit poorly.

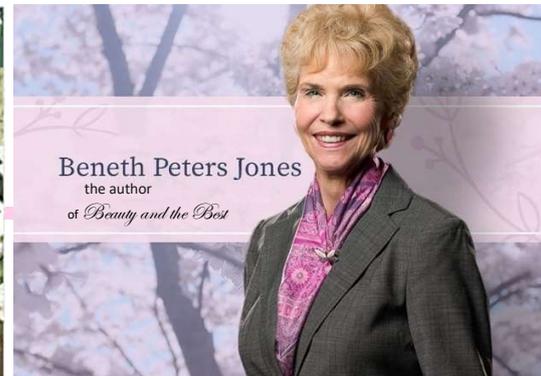
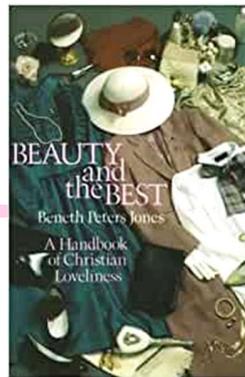
What about the total effect of a garment fitwise? The guiding principle should be God's demand for modesty. The woman who sincerely seeks to glorify the Lord by her appearance should always avoid above-the-knee or deeply slit skirts, low necklines, and peek-a-boo clothing. Remember too, though, that a blouse, skirt or dress that clings to the lines of the body is not modest, no matter how long the hemline or how high the neckline.

—SKIN, HAIR, NAILS, TEETH and CLOTHING

Before leaving home in any outfit, be sure to check your view in a full-length mirror! What looks right in front can look awful in back—especially when you move. Most of us have problems with ups and down of weight; but when the "ups" make any garments too tight, we should stop wearing the outfit until we've stopped wearing the weight.



Some of us put our clothes out of kilter by what we do to it after we put it on. Pulling a belt too tight, for instance, can make you look like a sausage tied in the middle. Yanking at a skirt hem when seated makes for a sagging hemline.



Maybe in reading this chapter, you think, "I don't have time for all this!" But you do—because scrupulous cleanliness and neatness in a matter of depth of attention, not length of attention. Simply apply intensified effort in every area of your personal grooming. If, however, you've really skimmed in the various aspects discussed in this section, you may indeed have to designate a bit more time in grooming.

Or perhaps you react with guilt to the idea of taking time for careful grooming. Many Christian women have picked up the notion that all time and effort should be spent on others.

But, according to God's Word, that's not true. Even the well-known verse, "Thou shalt love thy neighbor as thyself," implies a concern for self—otherwise, it would read, "Thou shalt love thy neighbor instead of thyself." Or consider that marvelous virtuous woman of Proverbs 31. There are roughly 18 verses dealing directly with her various attributes and accomplishments. One of those reveals the obvious care she bestows upon herself (verse 22). If we were to translate those 18 verses into hours (about a normal workday's length for an of us), we could safely say that she spends one hour of her day on herself. Without her self-respecting, attention to her own well-being and appearance, she might very easily serve others with a either martyr's complex or an embittered spirit— either of which would disqualify her for honor!

IN summary, then, the overriding control phrase for **a born-again woman's appearance** should be **MODESTY, a CLEANLINESS, AND NEATNESS—ALWAYS.**



The Proverbs 31 Woman

A woman of noble character who can find?

She is worth far more than rubies. Her husband has full confidence in her and lacks nothing of value. She brings him good, not harm, all the days of her life. She selects wool and flax and works with eager hands.

She is like the merchant ships, bringing her food from afar.

She gets up while it is still night; she provides food for her family and portions for her female servants. She considers a field and buys it; out of her earnings she plants a vineyard.

She sets about her work vigorously; her arms are strong for her tasks. She sees that her trading is profitable, and her lamp does not go out at night. In her hand she holds the distaff and grasps the spindle with her fingers.

She opens her arms to the poor and extends her hands to the needy. When it snows, she has no fear for her household; for all of them are clothed in scarlet.

She makes coverings for her bed; she is clothed in fine linen and purple. Her husband is respected at the city gate, where he takes his seat among the elders of the land.

She makes linen garments and sells them, and supplies the merchants with sashes. She is clothed with strength and dignity; she can laugh at the days to come. She speaks with wisdom, and faithful instruction is on her tongue. She watches over the affairs of her household and does not eat the bread of idleness.

Her children arise and call her blessed; her husband also, and he praises her: "Many women do noble things, but you surpass them all. "Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised.

Honor her for all that her hands have done, and let her works bring her praise at the city gate.



Personal Pinpointing

1. My most serious nutritional neglect is in the _____ food group(s).
2. I generally feel at my best when I have had _____ hours of sleep at night.
3. My present exercise level would most accurately be classified as:
a. Superior b. Good c. Average d. Below average
4. I should consume _____ more glasses of liquid daily in order to reach the proper level of intake.
5. My personal concern for bodily cleanliness would probably be classified:
a. Meticulous b. Average c. Needs improvement
6. I believe my skin is the _____ type. That means I should be using the _____ cleansing method.
7. Because my hair is the _____ type, I need to wash it _____ times a week. The best scheduling for shampoos is _____ (time of day) on _____ (day(s) of the week).
8. The condition and appearance of my fingernails (enhances/detracts from) a well groomed look.
9. This chapter has reminded me that I need to begin or stop _____ for the sake of oral hygiene.
10. I should be more careful about _____ in my clothes care and wear routine.



Why is good grooming important to a Christian woman?

Because it is an outward reflection of the inner reality of her salvation. There are no smudges, tears, or sagging hems on the beautiful garment of salvation as it comes from the hand of the Lord Jesus Christ. Nor does heaven, the eternal home toward which we journey, contain anything but that which is perfect, clean, and bright. Because an eternal God cared enough about the cleanliness of our soul to pay the unutterable price of His only Son's blood, the housing of our immortal souls should surely be the object of our best, our most careful and consistent grooming efforts.

Beauty and the Best

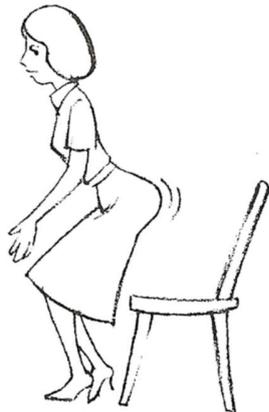
Practical Tips

PICTURES



Avoid the ungainly practices of:

Craning backwards to keep an eye on the chair (It's not going to walk away!)



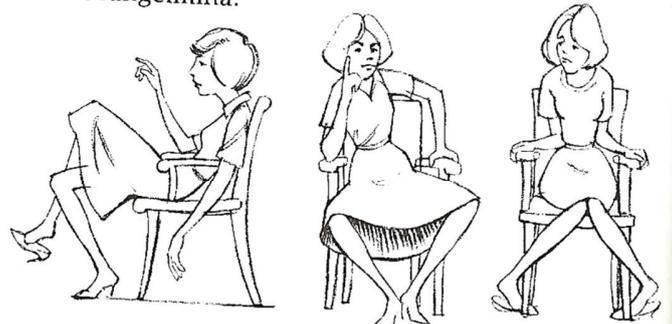
Slinging your spine into a C-curve, forcing your derriere into a yards-ahead lead.



Plopping your weight down onto the chair as if dropped from a steeple.



Finally, and this is a cardinal rule, *keep knees and ankles together!* Don't be a Graceless Grangelmina.



Overweight Orbellina

Orbie should have avoided the big print and large collar in this dress. They accent her too-generous physical proportions. Her hat and bag, on the other hand, also call attention to her size because they are disproportionately small.



Slumped Shoulders



Swayed Back



Potted Tummy



Tall Talmira

Talmira should not have chosen vertical stripe outfit. They draw the observer up—up-accenting rather than minimizing her height.



Hippy Hepsiba

Hepsiba's large-plaid skirt makes her oversized hips look even larger. Also, the gathered style adds bulk right where she least needs it.



Wrong



Right

Busty Buzzelda

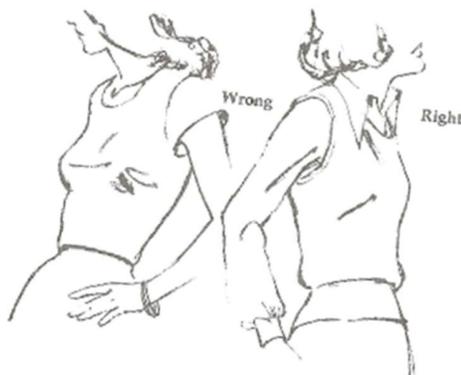
Buzzelda has accentuated her disproportionate figure (1) by wearing a light-colored top and (2) by wearing an attention-drawing contrast trim at the bustline.



covering.

In a nutshell, we Christian women, while avoiding both immodesty and "sexiness," should express our delight in our God-given femininity by our appearance, attitude, and actions.

Specifically, then, here are some guidelines on modest fit of clothing:



Head

chin parallel to the floor (neither raised; "snooty" nor lowered: "defeated") ears riding directly over shoulders

Neck

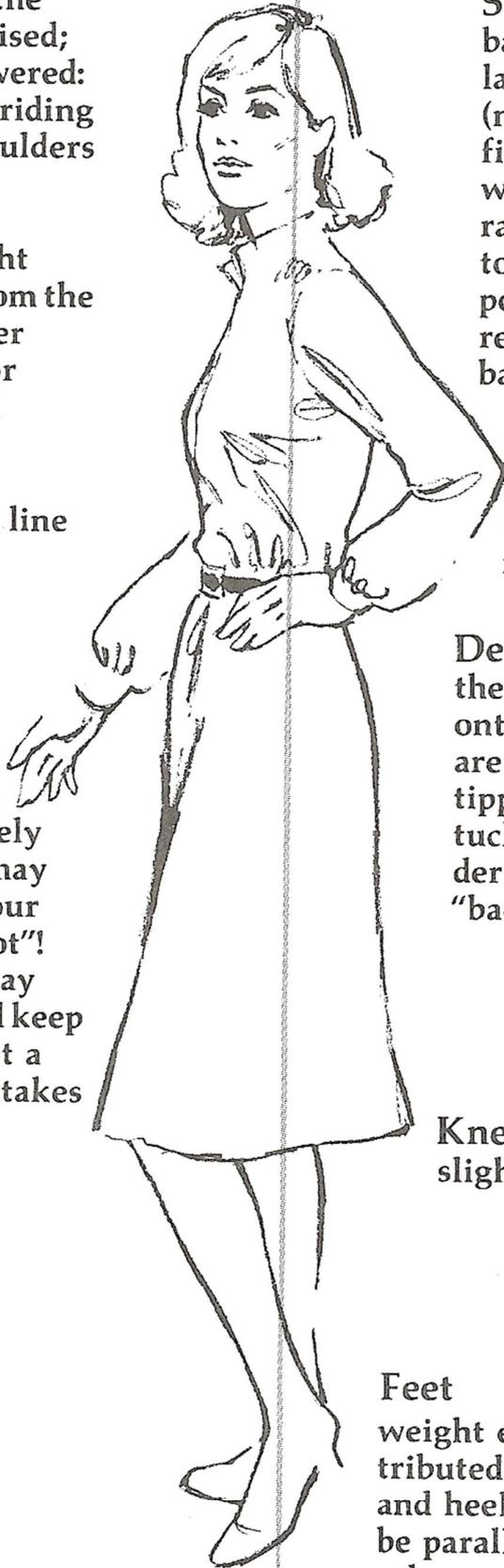
upright, a straight column rising from the shoulders; neither thrust forward or craned backward

Chest

lifted out of belt line

Tummy

pulled in absolutely flat. (Here, you may have really let your muscles "go to pot"! Don't let them stay there. Retrain and keep them in tone. Just a pulled-in tummy takes pounds off your appearance!)



Shoulders

back and down, relaxed rather than stiff (not "military"). To find proper position: with rib cage high, raise shoulders as far toward the ears as possible, then let them relax into a down-and-back position.

Back

straight and tall, having only a *very* slight natural curve at waist

Derriere

the pelvis (bony girdle onto which your legs are hinged) should be tipped so the rear is tucked somewhat under. (This lops off the "back porch" look.)

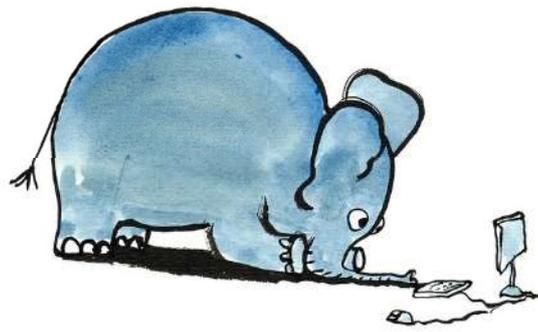
Knees

slightly flexed

Feet

weight evenly distributed between balls and heels. Feet should be parallel to each other—neither pointed out nor in.

Laugh out Loud!!!!



Why won't the elephant use the computer?
He's afraid of the mouse!

What did one wall say to the other?

Hey, let's meet in the corner.

Which are the stronger days of the week?
Saturday and Sunday.
The rest are weekdays.

What did the math book tell the pencil?

I have a lot of problems.



What kind of key does not open a lock?

A mon – KEY!

WHY WAS SIX AFRAID OF SEVEN?



7 ate 9

What is a robot's favorite snack?

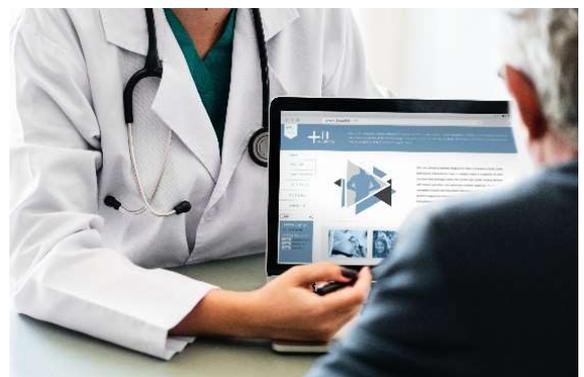
Computer chips!

Why did the boy throw the butter out the window?

To see a butter-fly!



5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9



Why did the computer go to the doctors?

It had a virus.



How to create a training plan!

The most people aren't sport experts and don't exactly know what's good for their body. So, I would like to give you the necessary know-how to create a training plan. First of all, it is important to know what's your goal and what you want to reach with your practice. Probably it is the easiest point to know what's your goal. But you clearly must know if you want to gain weight or muscles or just want to lose weight. There's an enormous difference between these three categories because for each you need another training plan. Also sport professionals have another plan than beginners.



How often do you want to train in the week?

How often you want to train is also a major step to creating a plan. If you have less time a "full-body-training plan" would make more sense.

Because there's less time basic exercises are usefuller but also exercises with your own body weight are useful. If you have more time, for example 3-4 days a week, you could split the exercises into your arms and legs. Between those days you could have breaks where your body could rest.

Written by:

Noemi Ina Schlinck

What's your current performance level?

The second step is to decide what your current performance level is. Of course, there is a difference between the level of the beginners and professionals because a beginner must learn the basic knowledge of how to train right.

Summary

1. A well thought-through training plan is the most important thing
2. Creating your own training plan is easy if you dovetail performance level; time; place and equipment.
3. It doesn't matter if you want to gain muscles or want to lose weight, the right diet besides a good training plan is the best way to your success

How much time do you have for a training unit?

You should use the available time you have for your training because the available time you have is a considerable influence on your plan. If you just have time for a short 20-30 min training, you should do an effective and intensive workout. But if you have more time you should think about setting an endurance training to your plan. Also, you can focus more on warm-ups and cool-downs.

Where do you want to train?

Not everyone wants to train in the gym also you don't need to. You can train at home as well as in the nature or in a gym. But you must decide where you want to train and should write it on your training plan because the place is decisive. Some practice you can do in the nature or at home, for example if you train with your own body weight. If you want to train for a long time, you could also think about buying weights.



Decorating your bedroom

By Noemi Schlinck

Choose a colour you like / tones

It's better just to have tones or colours you like
– shouldn't be that colorful



Don't put too much into your bedroom

–Your bedroom will not look that good if it's absolutely full
–You need some space (less is more)

Keep the decoration simple

You don't need it complicated

Have enough but not too much storage

Your room shouldn't be a mess with a lot of things laying around

Cover the windows

A curtain makes your bedroom look nicer

Get different lighting options

You need different lighting options for example if you study you need a bright light but if you want to hang out with a friend or want to rest a little bit maybe you want something a bit less bright and also colorful light

The History of Fashion

By Tabea Hellwich



The history had a big impact on the fashion trends and the evolution of women clothing. Fashion has undoubtedly changed in the past 100 years. There were many external influences, such as war and the economy, which influenced these changes a lot. For example, during the war women preferred wearing outfits that were suitable for wartime.

Fashion reflects also the changes of societies through the last 100 years. Like Blouses in the 20s and 30s were very popular and would pair with a skirt. Also, the Military - style was very command during the world wars mostly because of their practicable. In the 1980s came the casual styles such as polo shirts and dress shirts. During that decade, sweaters also became famous. Oversized tops were another preferred choice. Then in the 1990s designer labels started appearing on the streets, a reflection of the wearer's status.

Also Accessories have their own history. From 1920 to 2000, some accessories have gone through a big change, while other items such as jewelry haven't changed much at all. Hats were extremely popular from the 20s to the 50s and were often worn on a daily basis. For a woman of 1920s, hats along with cloches and pokes were a popular style statement. Also, a must have been gloves. Even handbags and purses went through a change in their form and colors. Bags have had a big change throughout the decades. In the 1920s- and 1930s-women using handbags as cosmetic bags that had built-in mirrors and were handy for final makeup touches. Then, in the 50s and 60s, handbags became more glamorous. At present we see the handbags and purses have become even more of a status symbol than in the past. These days our small backpacks replace the "historical" clutches.



Shoes also have an important place in the fashion world. In the 1920s, the shoes of women were often a mark of femininity. Usually, women of this era preferred wearing high and wide heels. In the 1950s sandals, flat shoes, heels and pumps with rounded toes gained big popularity. White lace up shoes with black leather accents became popular amongst both genders. Then in the 1970s slip-on heel and cowboy boots. Now we have mostly Sneakers and simple high heels.

The Fashion changed a lot but there are also some components that we still have today.

Hair and Hairstyles

Try it out and have fun!



How to make your room *the best study place!*



Do you have a study place?

For students the place where you can work for school is as important as the effort you put into schoolwork. You can create such a place in your room if you use these few tips when creating your study place.

1. Put away all distractions

The first step to creating a great study place is putting away all distractions. You need a quiet place without your phone, television or computer games. If your room has a TV, music player or PlayStation, make sure you turn them off during your study session. The main idea of a study place is to concentrate on schoolwork.

2. Keep it tidy and well organized

Having a tidy and well-organized desk helps keeping you focused. Chaos on your desk will distract your mind and reduce your motivation. So, before you sit down to study, clean and organize your desk and get rid of unnecessary accessories. Put all the things you need in place before you start. It will help to concentrate if you don't have to move around searching for them.

3. Have proper lighting

Your study place should have good light. Natural light is the best light for studying so put your desk near your window. If you don't have proper natural light, you can use lighting options like lamps. Besides helping you study, tasteful lighting also adds style to your room.

4. Comfortable-but not too comfy

A study place should be a place that invites you to sit and study. Enjoy your new study spot, make it comfy. So, change out of your pajamas and get ready before opening your books. This will help your mind to switch from relax mode to concentration mode. Find a chair with a good back support. This will give you good posture and improve your concentration.

5. Separate areas

Try to keep the areas in your room, in which you chill out and relax, separate from your study place. Don't eat or watch TV there, and in return don't do schoolwork on your cozy sofa. If you stick to this, it will get more and more easy for your mind to concentrate on work as soon as you sit at your desk.



**Is this a good study place?
What do you think?**

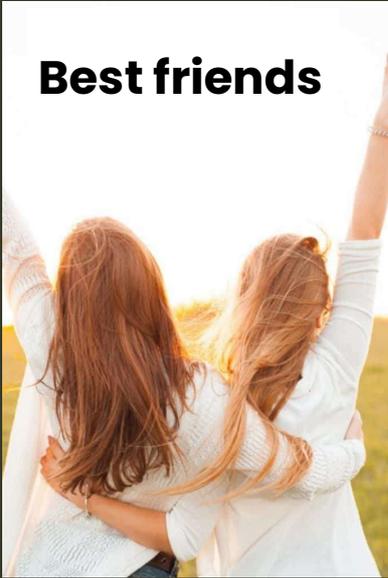
Text Source:

Prüfungsheft Englisch Badenwürttemberg 2022, eine Zusammenstellung nach: How To Make Your Room The Best Study, FAZE, <https://faze.ca/make-your-room-the-best-study-space/>

By Noemi Schlinck

-Bucket list with your best friend-

Best friends



	bought this magazine
	bake an apple pie →
	Travel abroad
	Matching outfits
	Photo collage
	Go camping
	Secret language
	Borrow each other's clothes
	Have a photoshoot together
	Spend a week together
	Go ice skating together
	Cook and bake together
	Go shopping together
	Visit the zoo
	play minigolf
	Go to a museum
	Watch a sunset and sunrise together
	play in a bouncy castle
	Decorate each other's rooms
	Have a park picnic
	Write a story
	Share a tradition
	Built a snowman
	Plan a surprise party
	Homemade ice cream
	Read the same book



"Not many lives, only one we have - only this short time." In this book, W. MacDonal asks the crucial questions: What or who is worth devoting my one life to? Where does right ambition show itself, where wrong ambition?

Recipe:

Apple Pie

Ingredients

- 1 recipe Pastry for Double-Crust Pie
- 6 cups thinly sliced, peeled cooking apples (about 2 ¼ pounds)
- 1 tablespoon lemon juice (optional)
- ¾ cup sugar
- 2 tablespoons all-purpose flour
- ½ teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- ½ cup raisins or chopped walnuts (optional)

Pastry for Double crust pie:

- 2 cups all-purpose flour
- 2/3 cup margarine
- 6 to 7 tablespoons cold water

A Help for Germans:



- **1 cup= 235ml**
- **1 tablespoon=15ml**
(ca. 1 Suppenlöffel und 1 Teelöffel)
- **1 teaspoon = 5 ml**
(ca. 1 Teelöffel)



Recipe:

Out of the Better
Homes and
Gardens New
Cook Book

Editor: Jennifer
Dorland Daring

Published: 1996
in Iowa

1. Prepare and roll out pastry for Double-Crust Pie. Line a 9-inch (23cm) pie plate with half of the pastry
2. If desired, sprinkle apples with lemon juice. In a large mixing bowl stir together sugar, flour, cinnamon, and nutmeg. Add apple slices and, if desired, raisins or walnuts. Gently toss till coated.
3. Transfer apple mixture to the pastry-lined pie plate. Trim pastry to edge of the pie plate. Cut slits in remaining pastry; place on filling and seal. Crimp edge as desired.
4. To prevent overbrowning, cover edge of pie with foil. Bake in a 190 Grad Celsius oven for 25 minutes. Remove foil. Bake for 20 to 30 minutes more or till top is golden. Cool on a wire rack.

Makes 8 servings





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