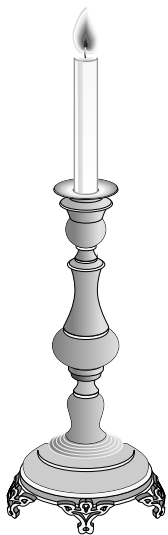
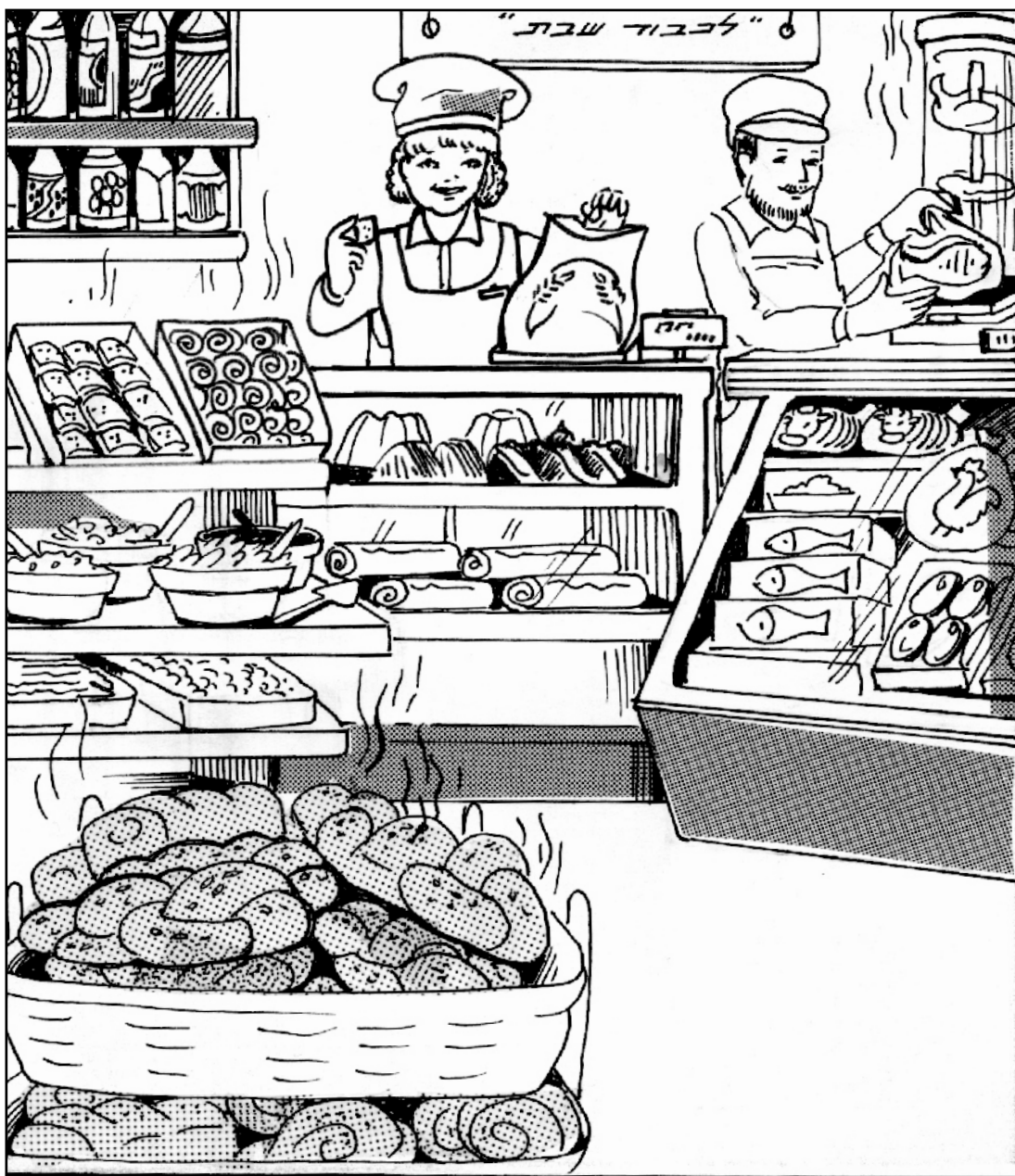


SHOPPING FOR SHABBOS



Friday morning, the family wakes up early so there will be enough time to get ready for Shabbos Ha-Malkah, the Shabbos Queen. We want to honor the Shabbos by making everything beautiful before Shabbos begins. On Thursday, we buy those foods which

take a long time to make. Early Friday morning we buy all the other foods, so everything will be ready in time for Shabbos - especially in the winter when the days are short! As we buy things we should say, "This is lichvod Shabbos - in honor of Shabbos."

