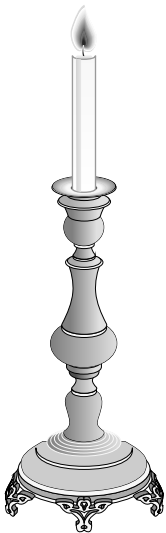




בִּישׁוּל לְשַׁבָּת  
**COOKING FOR SHABBOS**



We should make sure to have lots of tasty food for Shabbos. Everyone can help prepare something for the meals. Be sure not to eat too much on Friday afternoon, or we will lose our appetite

for the Shabbos seuda (meal)! It may be hard to hold ourselves back, when the whole house smells so delicious from all the Shabbos foods.

