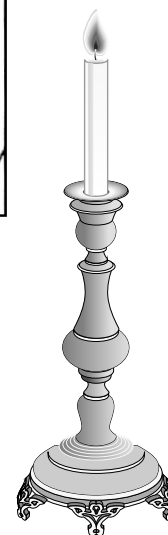
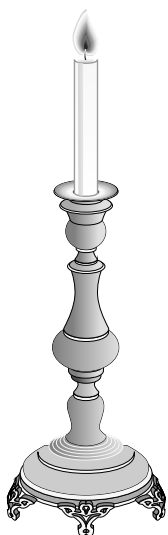


THE THIRD SHABBOS MEAL



Both men and women should eat a third meal on Shabbos. We should begin eating before the sun sets. If it is too hard to eat bread at this time, we should have

cake, meat, fish, fruit, or wine. Some people have this meal in the Shul, where they sing Zemiros and listen to the Rabbi give a D'var Torah.