Life and Time

Every day I renew my determination
To wait upon God until the night.

In the night, while tying the knot of prayer,
I think what my children will eat on the morrow.

To wait upon God until the night.

Every day I renew my determination
Restrain thee from the heavenly kingdom.

O thou who are encumbered with a family,
Cares for children, raiment and food
Really cook too much but should become softer. Serve over hot rice.

Health Benefits of Pumpkin

Pumpkin's flesh is very low in calories and contains
Vitamin A:
Vitamin C:
Magnesium:

Pumpkin seeds also known as pepitas are a rich source
of Rasht and 32 km west of Fuman. The village
of Kandovan Hotel

Funds for Restoring Masouleh Houses

Ten historical houses in Masouleh, northern Gilan province, will be restored in collaboration with Iran's Cultural Heritage, Handicrafts and Tourism Organization and the owners of houses.

Seven sloping houses. The most of them have also helped lower the LDL (bad) cholesterol levels in the blood and regulate blood sugar levels.

The area corresponds to the greater Pars province.

The language became corrupted into Modern Persian
by hooligans. Some of old families have docu-
manship.

The local men and women largely dress in their tradi-
ional costumes.

Lar is the central city of Larasan County in Fars province.

Life and Time

Pumpkin Stew

Serves 4

Ingredients
Stew meat, 500 grams (lamb or beef)
Pumpkin, 1 medium or small
dried prunes, 1 cup
Tomato paste, 3 tablespoons
Dried mint, 1 teaspoon
Cinnamon, 1/2 teaspoon
Onion, 1 medium, chopped
Oil, 2 tablespoons
Salt and pepper to taste

Directions
Saute onion in oil. Stir in meat for about 1 hour. Add 1 and a 1/2 cup water and cover. Cook for about 1 and 1/2 hours on medium heat.

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