

THE
HEALTH
FOOD
DICTIONARY
with Recipes

by ANSTICE CARROLL and
EMBLEE DE PERSIS VONA

The Health Food Dictionary With Recipes

RM Cervero



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jul 4 1998 the julian jul date format is cyydd where c is added to 19 to create the century i e 0 19 19 1 19 20 yy is the year

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currently the julian calendar is 13 days behind the gregorian calendar so to convert from the julian calendar to the gregorian calendar add 13 days to convert in the opposite direction subtract 13 days the gap between the two calendar

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specifically for dates on or before 4 october 1582 the julian calendar is used for dates on or after 15 october 1582 the gregorian calendar is used thus there is a ten day gap in calendar dates but no discontinuity in julian dates or days of the week 4 october 1582 julian is a thursday which begins at jd 2299159 5 and 15 october

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