



The Prepared Family



"Prepare Every Needful Thing"

November 1998

Scriptures of the Month:

"With revelation and prophecy as our guide, I think... we have hardly enough time to prepare."

"We teach self-reliance as a principle of life, that we ought to provide for ourselves and take care of our own needs. And so we encourage our people to have something, to plan ahead, keep... food on hand, to establish a savings account, if possible, against a rainy day" (Gordon B. Hinckley, Ensign, Nov. 1996, 50).

Dry Pack

Any item available or approved by the cannery.

Grocery Items

Baking Powder/Soda and Vinegar.

Wet Pack

The 1999 Wet Pack schedule is as follows:

January 16th, March 20th, April 24th, September 25th

If you are interested in doing wet pack on a Friday please let your EP/FP specialist know.

Items listed below are usually done on half day schedules:

Salsa, spaghetti sauce, jam, apple and concord grape juice concentrate.

All day items are:

Chili, beef stew, veg. soup, turkey chunks, applesauce.

Non-Food

Soap, Shampoo, Detergent

Gardens/Gardening tips

Gardens should be mulched and ready for Winter. Some crops like carrots, potatoes and other Winter vegetables should be prepared for cold nights.

Recipes:

Sour Cream Cranberry Pudding Cake

1 C. flour	b C. sugar
2 t. baking powder	¼ t. salt
¾ C. sour cream	2 T. oil
1 C. dry cranberries	½ C. nuts, chopped
¾ C. brown sugar	1 ½ C. hot water
½ C. cream, whipped	½ C. sour cream

Heat oven to 350°. Combine flour, sugar baking powder, salt, ¾ C. sour cream and oil. Mix well. Stir in Cranberries and nuts. Spread in ungreased 8x9 inch pan. Combine brown sugar and hot water and pour over batter. Bake 50-60 min., or until cake is golden brown. Fold together whipped cream and ½ C. sour cream, refrigerate. Serve cake warm, topped with cream topping.

Pumpkin Patch Potatoes

One 2-lb or sugar pumpkin halved, seeded and pulp removed.

1 small onion, chopped	2 T. butter, melted
1 T. Light brown sugar	1 t. salt
c t. freshly ground pepper	2 oz. Neufchatel cheese
1 lb. Baking Potatoes, peeled, cut in chunks	
2 T. snipped fresh chives or green part of scallions	

Heat oven 425°. Have ready a 15½" x 10½" jelly-roll pan. Place pumpkin halves cut side down on work surface and peel with sharp knife, following shape of pumpkin. Cut in 1½" chunks. Place in pan with onion, butter, brown sugar, ¼t. Of salt and pepper. Toss to mix, then spread out. Roast 25 min. stirring once, until pumpkin is tender and lightly browned in spots. Boil potatoes until tender and drain reserve **a**C. water. Add pumpkin mixture and any juices that remain, salt, cream cheese and ¼ C. of the reserved cooking water. Mash leaving potatoes slightly chunky and adding remaining cooking water if dry. Stir in chives. Serve warm , (Oct. 1998, Woman's Day, 154-155).

Cranberry Crunch

by Pam Anderson

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| 1 C. rolled oats | 1 C. brown sugar |
| ½ C. flour | ¾ C. nuts |
| ½ C. butter | 1 can whole berry cranberry sauce |

Combine dry ingredients, then cut in butter to make coarse crumbs. Grease 8x8 pan and cover bottom with half of crumb mixture. Cover this with 1 can whole berry cranberry sauce.

Then top with the rest of crumb mixture. Bake at 350° for 45 min. Serve with whipped cream or vanilla ice cream while still warm.

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Where to get supplies:

Costco
Storehouse/Cannery
Camping Supply Stores
Emergency Supply Houses
URM
Bulk Food Sellers
Nurseries/Seed Suppliers
Food Co-Ops

Emergency and Family Preparedness

Tips, Ideas and Provident Living Helps

Gas Fireplaces and Space Heaters:

- Remember to keep the damper clip on at all times.
- Light properly, light your match or lighter BEFORE you turn on the gas
- As with your oven, the burner flame should be BLUE. If the burner flame is yellow or sooty, call your gas appliance expert.
- Make sure you turn off the propane valves when finished.

Winter Weather Hazards:

- To avoid frozen pipes, insulate pipes near outside walls, in attics and in crawl spaces, and seal cold-air leaks in your walls that allow cold air inside.
- Keep snow and ice away from basement windows where leaking can occur. Watch for icicles on gutters.
- Keep an eye out for ice dams on your roof-edge, frozen barriers that cause subsequent snow runoff to backup and seep into the attic, into insulation and ceilings.
- Keep walkways clear of ice.
- Establish a Fire Escape route that everyone can follow and practice, practice, practice.
- Know where the water shut off valve is in case of broken pipes.
- During very cold nights open your cabinet doors and open tap to drip water to prevent frozen pipes. (Outside wall pipes only)

Internet sites of interest

Richland Stake Emergency and Family Preparedness Site

<http://members.xoom.com/GayleMarie/>

The Cornwell Family Web page

<http://www.geocities.com/Heartland/Prairie/6704/prepbook.htm>

Great Value in Disaster

Thomas Edison's laboratory was virtually destroyed by fire in December, 1914. Although the damage exceeded \$2 million, the buildings were only insured for \$238,000 because they were made of concrete and thought to be fireproof. Much of Edison's life's work went up in spectacular flames that December night.

At the height of the fire, Edison's 24-year old son, Charles, frantically searched for his father among the smoke and debris. He finally found him, calmly watching the scene, his face glowing in the reflection, his white hair blowing in the wind.

"My heart ached for him," said Charles. "He was 67 – no longer a young man – and everything was going up in flames.

When he saw me, he shouted, "Charles, where's your mother?"

When I told him I didn't know, he said, "Find her. Bring her here. She will never see anything like this as long as she lives."

The next morning, Edison looked at the ruins and said, "There is great value in disaster. All our mistakes are burned up. Thank God we can start anew."

Three weeks after the fire, Edison managed to deliver his first phonograph.

By The Sower's Seeds

from A 3rd Serving of Chicken Soup for the Soul

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