

---

# The Prepared Family

---

“Prepare Every Needful Thing”

March 1998

---

## Directions to Cannery:

To get to the Cannery take the Col. Center exit, turn Left on Deschutes and continue until you come to Storehouse/Cannery/Employment Office on the Right hand side of the street. During the night we park at the back of the building behind the gate.

## Dry Pack

Suggestions for Dry Pack this month are: Carrots, Onions, Soup Mix, Additional cereals, and cornmeal.

## Wet Pack

Saturday March 21<sup>st</sup>, 9:00 a.m. to finished has been slated for Wet Pack Beef Stew for \$23.61 per case, 14oz. 24/cans per case.

Saturday May 2<sup>nd</sup>, 9:00 a.m. we are doing Spaghetti Sauce in jars and the prices are: .87 qt. and .35 pt. ingredients only.(if you bring your own jars) Jars purchased at cannery; .51qt. and .43 pt. are extra.

Contact: Pam Anderson --967-3575 for information.

## Non-Food

Garden Seeds and Emergency Water Supply.

## Gardens

Start your seed collecting and plant early crops such as peas. Seedlings should be started indoors.

## Where to get supplies

Costco	Emergency Supply houses
Camping Supply Stores	Food Co-Ops
Storehouse- see list	Bulk food outlets

### Recipes: Yellow Corn Muffins

1 C. Cornmeal	1 t. salt
1 C. Corn flour	2 eggs, beaten
1/4 c. sugar	1 C buttermilk

2 t. baking powder      2 T. shortening, melted

Sift dry ingredients, stir in eggs, buttermilk, and shortening mix until all dry ingredients are incorporated. Pour into greased muffin cups and bake at 400 degrees for 25 min. Makes about 12 muffins.

Honey Butter/Cinnamon butter  
1/2 C. butter      1C. bland honey  
Combine ingredients with electric mixer on high. Store in refrigerator in a tightly closed container.

Same as above except add: 1 t. Cinnamon.

Miss Mary Rogers of Mexico, MO

1/2 cup starter	1 Tbsp. sugar
1 cup milk	3/4 tsp. salt
2 1/2 cups flour	2 tsps. baking powder
1/3 cup shortening	1/2 tsp. baking soda
1/4 tsp cream of tarter	

At bedtime make a batter (sponge) of the half-cup of starter, cup of milk, and 1 cup flour. Let set overnight if biscuits are wanted for breakfast. If wanted for noon, the batter may be mixed early in the morning and set in a warm place to rise. However, unless the weather is real warm, it is always all right to let it ferment overnight. It will get very light and bubbly. When ready to mix the biscuits, sift together the remaining cup and a half of flour and all other dry ingredients, except the baking soda, work in shortening with fingers or a fork. Add the sponge, to which the soda, dissolved in a little warm water, has been added. Mix to a soft dough. Knead lightly a few times to get in shape. Roll out to about 1/2-inch thickness or a little more, and cut with a biscuit cutter. Place close together in well-greased 9x13 inch pan turning to grease tops. Cover and set in a warm place to rise for about 45 minutes. Bake in a 375 degree oven for 30 to 35 minutes. Leftovers are good split and toasted in sandwich toaster.



## **Emergency and Family Preparedness**

This month we had Brothers Melvin Campbell and Glendon Gee teach those in attendance about water, water safety and water storage. They did an excellent job and Pam and I would like to thank them for their participation.

Here is what they covered in a nut shell:

1. *Distilled* water is *best – removes all doubt!*
2. A person needs 1 gallon of water a day to live.
3. Store water in **thoroughly washed plastic containers**.
4. Store water no more then 6 months at a time.
5. Plastic containers with **tight fitting lids are** best.
6. Store water in a cool dark place.
7. **DO NOT USE VINEGAR BOTTLES!!**
8. Fill water containers to the top!
9. Stored water can be **frozen** if freezer space is available.
10. Bleach out-gases and should not be stored in water bottles for long periods of time.
11. Wash bottles in hot soapy water and rinse

There are two ways of treating water: boiling or adding bleach. If the supply has been made unsafe because of untreated surface water (floods, streams or lakes), **boiling is the better treatment**.

Use this treated water for drinking, cooking, or brushing teeth.

If tap water is chemically treated (by a commercial water utility company, for instance), **do not add bleach or other agents to the water unless** directed to do so by the local department of health.

If the water looks cloudy, it should be filtered, before treating. You may use coffee filters, towels (paper or cotton), cheese cloth, a cotton plug in a tunnel, etc. Using several layers for best results. You can also use filters designed for camping and backpacking.

### **Boiling**

Place the water in a clean container and bring it to a full boil and continue boiling for at least 3 *minutes*. If over 5000 ft. or more above sea level, increase the boiling time to at least 5 *minutes*.

Keep covered while cooling.

### **Purifying by adding liquid bleach**

Bleach should contain 5.25 percent sodium hypochlorite. (Clorox, Purex, etc.) Do not use scented or “color-safe” bleaches or bleaches with added cleaners.

Place water (filtered if necessary) in a clean container and add bleach. For each gallon of water, add **16** drops of bleach. About 1/4 teaspoon. Two liter soft drink bottles are about one-half gallon in size; use 8 drops of **1/8 teaspoon bleach for each of these** bottles. Mix the water and bleach thoroughly and allow to stand for at least 30 minutes before using the water. If the water is cloudy, or very cold, increase the standing time to 60 minutes before using. If the water does not have a slight bleach odor after standing, repeat the bleach treatment and let **stand another 15 minutes**.

NOTE:

**Chlorine will not kill Cryptosporidium cysts, which may be present in flood waters.**

Cryptosporidium can cause severe illness in persons who are weakened because of health problems. Boiling is the best treatment in these situations.

The best filters are solid carbon with a pore surface is 1/3 (.3) micron.

These notes are for use in the Family and Emergency Preparedness classes for your wards. Take a few minutes each Sunday and teach something that you have learned.

Firesides are a nice way to get together and work on learning and sharing information.

During the **fifth** Sunday suggest to the Bishops to have joint Priesthood and Relief Society class together and teach during this time.

Gayle-Marie Noga — 943-0836 for information