

# THE PREPARED FAMILY



"Prepare Every Needful Thing"

JANUARY 2000

## Scripture or Quote of the month:

*"And he shall go before him in the spirit and power of Elias, to turn the hearts of the fathers to the children, and the disobedient to the wisdom of the just; to make ready a people prepared for the Lord." Luke 1:17*

Happy New Year to one and all! This new year will bring each of us new challenges – some which we can predict and some we cannot. We can look forward with gratitude and thanksgiving or we can say "why me" and have anger and frustrations. I prefer to see good in all that comes my way. This is my wish for each and everyone of you.

You will notice that I have added some new areas of focus: Herbs and Family History. It is my wish that everyone engages in some new area of learning and it is my hope that these new categories will encourage that.

I have chose the theme of this new year from Luke 1:17. I think we all need to prepare for the Lord and His coming. Since, we know not the hour in which He will come we had best get prepared. I have heard many a story on the news lately about the Y2k issues that never happened. (No surprise.) Well, does this mean we are not to prepare? No, it just means that we have some more time to prepare. If we stop now and sell what we have worked so hard to get, we are only hurting ourselves in the end.

It is my prayer that we not forfeit what we have done so far and strive to be an obedient people as we prepare for the Lord.

**Dry Pack** rice, assorted beans

**Grocery Items**

10 bars of soap per person

**Non-Food**

With your family designate an emergency meeting place with maps

## In this issue...

Dry Pack .....	1
Stock up by the week .....	1
Emergency and Family Preparedness .....	2
FYI .....	3
Herbs and Spices .....	3
Financial Preparedness .....	4
Family History Helps .....	4

and escape plans.



## 72-hour Evac Kit

- Polarshield (Mylar) blankets for everyone
- Plastic tarps (enough to cover your tents)
- Immunization forms (up to date)

## Stock up by the week

A program for getting supplies without overwhelming the budget.

Here is how it works:

Purchase the items below to start your food storage. Use grease pens to mark your products as you get them and use them first. Store what your family will eat. Buy the largest amount possible that is within your budgets and store it. Eat what you store and share the "hot" buys you find with others. If you miss a week, keep going.

- Store and freeze nuts. Dry roasted; store the best. (2lbs.pp)
- Detergent(156 loads pp), bleach(1 gal.pp), cleanser; Use those coupons
- Medicines: feminine products, Pepto Bismol, cough drops, etc.
- First aid supplies, Band-aids, Neosporin, Calamine, etc.

Check expiration dates! Throw it out if outdated. (pp=per person)

## Gardens/Gardening Tips

Get tools and other gardening supplies ready for use in February. Remember pruning needs to be done in February in most areas. Check your local extension offices for information in your areas for pruning times.

It's also a great time to start looking into what you want to grow this spring and summer. Try a new variety of spinach or lettuce for example.



## Recipes:

### Egg Whites from Flax Seed

by Melanie

1. Grind (mill or mortar & pestle) 1 Tbl. flax seed.
2. Add ¼ cup boiling water and let set, covered to keep it hot.
3. Soon you will have a gooey substance similar to egg white.

The above will replace 1 egg in most recipes. I've used it in baking cakes and brownies, and in making meatballs. Don't worry about the ground flax seed not dissolving - it doesn't; just dump the whole thing into your batter, etc.

I ground up about 3 cups of flax seed to keep in the pantry so I don't have to grind it each time I want to use it. For this, 1 Tbl. WHOLE flax seed = about 1½ to 1¾ Tbl. GROUND flax seed.

### Oatmeal Scottchies

This recipe from Nestles, has been converted for powdered products. By Jen Smith

1-½ C. flour	1 t. baking powder
½ t. salt	1 C. butter powder
¾ C. brown sugar	¾ C. sugar
¼ C. egg powder	1 t. vanilla powder
2 T. oil	½ C. water
3 C. quick or regular oats	1-2/3 C. butterscotch chips

Combine the first three ingredients in a small bowl. Beat butter powder, sugars, egg powder, vanilla, oil & water in a large bowl. Gradually beat in flour mixture. Stir in oats & butterscotch chips. Drop by the rounded spoonful onto an ungreased baking sheet. Bake in a preheated 375 degree oven for 7 to 8 minutes for chewy cookies, 9 to 10 for crisp cookies. Cool on baking sheet for 2 minutes, remove to a wire rack to cool completely.

Pan cookie variation: Spread dough into a greased 15" X 10" pan. Preheat oven to 350 degrees. Cook for 18 to 22 minutes, or until very lightly golden brown. Cool completely.

### CREAMY OATMEAL

1 quart milk	dash salt
1 cup slow-cooking oats	¼ cup sugar
½ tsp vanilla	
2 tbsp coconut (may substitute ½ tsp coconut flavoring)	
cinnamon, to taste	

Pour milk with a dash of salt to boil over medium heat. When milk starts to boil, reduce heat and add remaining ingredients, stirring constantly until the oatmeal thickens and is creamy. Serve hot. Sprinkle with cinnamon, if desired. For a quick breakfast, cook as directed the night before and heat in the morning. Serves 4.

### INSTANT POTATO SOUP MIX: in a pint jar

(this recipe can easily be doubled and put in a quart jar. If you have extra room on top, just add more of the mashed potato flakes)

Place these first 3 ingredients in a bowl and mix with a whisk:

1-½ cups Hungry Jack mashed potato flakes
1 cup powdered coffee creamer
½ of a 1 ounce packet of chicken gravy mix (reserve the other half for another jar of potato soup)

Place half of this mixture into a wide mouth PINT size canning jar.

Add on top of the potato mixture add:

1 tablespoon parsley flakes. Smooth the flakes towards the edges so they can be seen on the outside of the jar.

Next, mix these ingredients together in a bowl, then spread them on top of the parsley flakes:

2 tablespoon grated Parmesan cheese (green can)	
1 teaspoon salt free seasoning mix (Mrs. Dash or Spike or a similar brand)	
½ teaspoon minced onion	¼ teaspoon pepper

Top with the remaining potato mixture and stomp it down firmly to make it all fit.

### RECIPE for POTATO SOUP

Empty jar of soup mix into a medium pan. Add 4 cups of boiling water. Let stand 3 minutes to thicken. Serve immediately.

Makes 5 cups of soup.

### BEEF JERKY

10 lb Lean Beef	2 tsp salt
4 tsp Liquid Smoke	1-½ tsp garlic powder
1 tsp grated black pepper	4 tsp onion powder
1 c. soy sauce	1 c. Worcestershire sauce
2 tsp brown sugar	

Combine all ingredients except meat. Have Butcher slice lean beef ¼ inch in thickness. Marinate meat in the other ingredients. Spread evenly on drying racks. Dry in dehydrator at 130° for 8 to 12 hours.

## Emergency and Family Preparedness TIPS, IDEAS:



What to do with all the extra supplies that you may have purchased. By Jean in Georgia

Instead of seeing all this as surplus stuff to get rid of, I can't wait to experiment and learn how to use it for when I need it – we will be healthier and make fewer trips to the grocery store. My dear hubby even got me a treadle sewing machine for Christmas (to replace the antique one we had to sell during college years)

And just think – I won't have to go out and buy any chocolate for a month or two – even I can't eat all I have stored in less than a few months. So much chocolate, so little time!!!

One thing I am not going to practice on though – the porta-potty – we will just have to wing it if we ever need it!

So let's use the coming months to sharpen our skills, fine tune our storage by discovering what we like, use new recipes, find out what we really still need, etc. Let's share recipes, practice emergency techniques, have emergency drills and just continue on and have a good time. One day we will need this stuff or our kids will so let's make sure they have the skills to go with the storage.

## FYI

How many eggs does your family eat in a week? How many would you use if you baked all of your own baked goods, ate no fast food or school lunches, etc?

I did some math tonight because STORAGE IS ALL about math. Here are the results.

If your family uses 1 dozen eggs per wk. that equals 624 eggs in 1 year.

18 per week is 936 a year  
24 per wk (2 doz.) is 1248

I think 50# of dry whole egg is equal to about 1300 eggs. I also think I just decided to hang on to the box I have in stock. If we were helping others besides ourselves, even 2 dozen per wk. may not be adequate, esp. if we could not get fresh meats etc.

PLEASE PLEASE use math to figure your needs in CONCRETE numbers. Numbers talk to you, they teach you, they give you information. USE THEM.

Janis the Arkladie  
www.JustInCaseFoods.com

Did you know that:

Regular Crisco has a very very long shelf life -- I called the company and they told me indefinite, until opened, then 18 months. But, the butter flavored has a very short shelf life and needs to get used rather quickly once opened.

## Herbs and Spices



Red Raspberry tea is one of the most renowned herbs used by women, especially during pregnancy. It contains nutrients that help to strengthen the uterus wall, reduce nausea, prevent hemorrhage, and reduce pain of childbirth. Red raspberry helps reduce false labor pains common in some pregnancies. It also helps enrich the colostrum found in breast milk. Drinking the tea will relieve painful menstruation and aid the blood flow. If your flow is too heavy, red raspberry tea will help it decrease gradually. Drinking the tea after childbirth will help decrease uterine swelling and cut down on post-partum bleeding. Red raspberry contains vitamins A, C, D, E, G, F, and B. It is rich in iron and calcium and contains phosphorus and manganese.  
Louise Tenney, M.H. Today's Herbal Health.

Stevia: nature's sweetest herb. You can grow it in many areas of the world.

(c) 1996 David Richard (Excerpted with permission from Stevia Rebaudiana: Nature's Sweet Secret, Blue Heron Press)

<http://www.stevia.com/>

For Stevia Plants you may try this site:

<http://www.mulberrycreek.com/>

What is Stevia?

Stevia Rebaudiana is an herb in the Chrysanthemum family which grows wild as a small shrub in parts of Paraguay and Brazil. The

glycosides in its leaves, including up to 10% Stevioside, account for its incredible sweetness, making it unique among the nearly 300 species of Stevia plants. There are indications that Stevia (or Ca-he-he) has been used to sweeten a native beverage called mate since Pre-Columbian times. However, a Natural Scientist names Antonio Bertoni first recorded its usage by native tribes in 1887.

## Why Be Prepared?

Being prepared is more than just food storage! "Among Latter-day Saints there ought to be no occasion for what is called 'swearing-off' or for the general making of resolutions of improvement on New Year's day. Every day should witness with them a determination to lay aside weaknesses and take on more of the graces of godliness. Each day furnishes opportunity to look closely into one's habits, to examine and discard the worthless and cleave unto that which is elevating and holy.

"The partaking of the Sacrament in the Sunday Schools and Ward meetings, when done worthily, of itself implies an earnest endeavor towards improvement. Every time a true Saint, whether old or young, kneels in prayer, he or she should consider anew the duty of leading a better life, one more in conformity with the precepts and example of our Great Master. Not alone on New Year's, therefore, but on every day, should people seek to effect an improvement in their habits of life."

(George Q. Cannon, Jan. 1, 1897, JI 32:23; Gospel Truth, 1:164-165)

[NOTE - perhaps the resolution many of us should make this year is to live our lives in a way that we won't have to make resolutions next year! -Ed]

I think at the time we are working through the flu season that this information contained will not only benefit those suffering through the flu, but also those who are caring for it's victims.

This message caught my eye and I'd like to dispel a few myths...

By Rita Bingham

> PLEASE be prepared for flu. My son is on his 2<sup>nd</sup> round in about 12 days. ONE is a tummy kind...my neighbor taught me the importance of having 7 UP on hand...it's the ONLY thing that goes down well after the vomiting stops...do NOT drink when the vomiting is still active...

> My son drinks Gatorade slurpies...we freeze it until slushy and he eats SMALL bites at first and works his way up.

> FLU TWO is 102 and higher fever for up to a WEEK...have a working thermometer on hand, plenty of good tasting fluids...drink, drink, drink, and GOOD fever reducer. MOTRIN and ADVIL liquids or tablets are preferred for kids as they last up to 8 hours.

> THE DOSAGE for fevers OVER 102 is diff from UNDER 102 so read label carefully. MOTRIN should NOT be overdosed, do not make mistakes. A year's supply of proper beverages and fever reducers is a MUST.

1) First of all, sugar actually DOES suppress the immune system, so giving sugary drinks like 7-up and Gatorade to an already sick person is harmful rather than helpful. If the immune system is suppressed, then the body is even more susceptible to colds and flu, and will certainly be bothered more frequently and more severely.

What if the kids don't WANT to drink water or orange juice because they prefer sugary drinks???? In raising my five grown children, I've found that if children have the "facts" explained to them, they are most often willing to follow the rules of better health. No one I know drinks nearly enough water, mainly because sugary drinks are so readily available...but that doesn't make them good for you. Only water will properly flush toxins from the body and when a person gets sick it's because there are too many toxins present.

2) FEVER is the body's way of eliminating toxins and to constantly be giving Motrin or any other fever reducer just suppresses the immune system longer and takes the body take longer to heal. Unless it's dangerously high, many doctors are now recommending to leave it alone and let it work FOR you instead of trying to get rid of it.

So what's the SOLUTION??? First of all, when a person is sick is NOT a good time to tell them to cut out or at least drastically reduce intake of all refined foods, and to eat more fruits and veggies. It's the symptoms we as moms naturally want to eliminate so we can help those who are sick feel better fast! The easiest, cheapest, and most "natural" solution is to take Nutribiotic GSE drops, the kind I recommend for purifying water. Tests show that GSE is more effective than any of the popular products tested on bacteria AND viruses. Fifteen drops twice a day in a glass of orange juice is very effective for eliminating colds and flu. When we take it at the first symptom, we have been able to get completely better in from 2-24 hours with no fever or vomiting (as compared to my friends and neighbors that have had flu and "green gombu" lasting 2-6 weeks!).

To me, it makes sense to work WITH the body instead of just trying to get rid of symptoms using OTC or prescription drugs...only to have them return time and time again.

For REALLY tough viruses, GSE Capsules Plus is fantastic. Hospitals are now using it to treat drug-resistant bacteria and viruses.

To purchase, check out your local health store. Most carry both of these products.

For instructions on how to use these products, go to <http://www.naturalmeals.com/GSE.html>

## Financial Preparedness

This is an excerpt from the LDSfinance newsletter that is written by Devin D. Thorpe; Editor. It would be wise to find out more from this really great newsletter on becoming better financially prepared. <http://www.ldsfinance.com/newsletter/jan00.htm>

### Start Mission Savings Today

There may be little else that will help your future missionaries to better prepare than to begin a clearly defined savings plan. Not only can the savings pay for the mission, but if your future missionary participates in the plan, the act of saving will also serve to commit your missionary to serving a mission.

The power of starting now can be dramatic—no matter how far away the mission may be. This can be seen by visiting the LDSfinance.com website pages for Elders' and Sisters' Savings Plans.

You will notice that by starting to save one year before your missionary son leaves, you can cut the monthly cost from \$375 to \$250 per month or by about 1/3. In fact, by starting now the savings are likely to be greater. The Church must periodically recognize inflation costs in the fair share assessment, so the \$375 could grow—and the \$250 per month will allow for an increase to \$385 per month during your son's two year mission starting a year from now. ©2000 LDSfinance.com

## Family History Helps

Introduction: I have been doing family history research for over 25 years. I have learned some hard and true facts during this time. One, family history research is addicting; second it is both amazing and frustrating at the same time. I am a member of the APG and teach beginning research classes at our local FHC. I have also worked at this center for over 10 years and have enjoyed learning and assisting others in embarking on this wonderful journey into their ancestors. May you find and embrace those who have come before and learn from them. *Gayle-Marie Noga*

When you begin your family history start with yourself. Fill out a family group sheet for you as a child, and parent. Then add one for each of your parents as a child and so on until you have your family done. Now you may only know enough for yourself and your parents. That's okay – that's where you will begin your research. Start asking those that are still living; parents, grandparents, aunts, uncles, even cousins may have information that you need to fill in the blanks. Next, you need to find out where your family lived. What was the community like, what religious institutions were there, what employment was available (mining, farming, steel mills, coke factories). Most of the companies kept employment logs on who worked for them. County or city halls are good places to locate information.



## Get Physical

Get those muscles working! Take a walk either at the Mall or outside if the weather is cooperative. Enjoy this new year.

## Quote

A budget is just a method of worrying *before* you spend money, as well as afterward. Spinola's Budget Principle

## Where to get supplies:

Costco/Sam's	URM/Cash & Carry
Storehouse/Cannery	Bulk Food Sellers
Camping Supply Stores	Food Co-Ops
Nurseries/Seed Suppliers	Emergency Supply Houses
Internet Suppliers of your choice	
Local Farmers/Farmers Markets	

