

THE PREPARED FAMILY



"Prepare Every Needful Thing"

FEBRUARY 2000

Scripture or Quote of the month:

"A sensible man watches for problems ahead and prepares to meet them. The simpleton never looks, and suffers the consequences." Proverbs 27:12

Dry Pack

Wheat, rolled oats, flour and rice. Try to add some non-traditional items to your grains. Variety is important.


Grocery Items

Mayonnaise, salad dressings both bottled and dry mix.

Non-Food

Have you considered how you might grind your grains if the power was out? Or how about your spices? Whole spices will last longer than pre-ground. Why not invest in a good hand mill and mortar and pestle. I use a small hand coffee grinder for my spices and it works great. I picked one up for around \$20 at the store.

72-hour Evacuation Kit

-  U small collapsible stove and stove fuel
- U paper plates, cups
- U mess kits and silverware
- U fill water containers- 1 gallon minimum pp. per day

Stock up by the week

- U First Aid supplies
- U canned meats - tuna, Spam, beef or turkey jerky
- U Peanut butter - 10 lbs. Pp. (Stores about 1 year)
- U Solid vegetable shortening or oil - 12 lbs. pp. Rotate.

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Gardens/Gardening Tips

Save those egg shells. Use egg cups to start seedlings inside. Just place them in the egg container and fill with soil. Place seeds in the shell halves and keep moist- a spray bottle will work great for this.



Early vegetables such as peas and potatoes should be planted as soon as the ground can be worked.

Recipes

This web site has over 11,000 recipes. It is hosted in Denmark and the recipes are in English. Enjoy...

http://www.sol.dk/dk/io/mortens_opskrifter_uk/main.jhtml

Pinto Bean Snack Cake

- | | |
|----------------------------------|-------------------------------|
| 2 c. well-cooked pinto beans | ¼ c. liquid from cooked beans |
| ½ c. margarine | 6 c. sugar |
| 1 egg | 2 t. vanilla |
| 1 c. whole-wheat flour | ½ c. instant non-fat dry milk |
| 1-½ t. baking powder | 1 t. cinnamon |
| 1 t. allspice | |
| 2 c. finely chopped peeled apple | |
| 1 c. currants or raisins | ½ c. chopped walnuts |

Puree beans with liquid until smooth; set aside. Beat margarine with sugar in bowl until light and fluffy. Beat in egg, vanilla and bean puree; set aside. Combine dry ingredients in another bowl. Mix half of flour mixture into batter. Add apple, currants and walnuts to remaining flour mixture; fold into batter. Coat 9-inch square baking pan with non-stick cooking spray. Pour batter into pan. Bake at 350 for 1 hour. Cool.

Sprinkle with powdered sugar if desired. Serves 20 (so they say).

Fruity whole wheat muffins

- | | |
|---|------------------|
| 1 c. flour | ½ c. wheat flour |
| 2 t. baking powder | ¼ t. salt |
| 1 beaten egg or 2 T. dried egg + 2 ½ T. water | |
| ½ c. milk or ½ C. water + ¼ C. dry milk | |
| ½ c. honey | ¼ c. oil |
| ½ c. frozen, fresh, or rehydrated fruit | |

In a mixing bowl stir together flours, baking powder, and salt. Make a well in the center. In another bowl combine egg, milk, honey, oil. Add egg mixture all at once to dry mixture. Stir just till moistened (batter should be lumpy). Grease muffin cups or line with paper bake cups. If adding fruit, fold into batter. Bake in a 400° oven for 18 to 20 or till golden. Remove muffins from pans; serve warm. Makes 12.

Here is a non-wheat alternative for fruit muffins. Try it out they are very good.

Fruit and Fiber Muffins

1 cup brown rice flour	¼ c. brown rice cereal
½ t. xanthan gum	1 ½ t. baking powder
¾ t. baking soda	1 t. dried orange peel
½ brown sugar	½ c. raisins
½ c. mashed kiwifruit (2 kiwis)	½ c. shredded carrot
½ c. nuts (optional)	2 eggs
¼ c. non dairy liquid	2 T. oil or applesauce

Preheat oven to 400°.

In a large mixing bowl, blend dry ingredients. Cover the raisins with very hot water and let soak while you prepare the kiwi fruit, carrots and nuts.

In a small bowl, beat eggs slightly. Add milk and oil. Pour into dry ingredients and stir until just blended. The batter will be lumpy. Drain raisins and add along with the kiwi, carrot and nut to flour mixture. Stir until blended. Pour the batter into greased muffins tins and bake for 15-18 minutes or until toothpick comes out clean. Let set for a few minutes in the tins to finish cooking before removing. Makes 12 muffins.

A question was asked on one of the online discussion groups that I use. How do you make homemade marshmallows? My mother made them as a kid and another found this recipe. I hope you enjoy them.

From the Woman's Day Encyclopedia of Cookery (1966):

Marshmallows

1 envelope unflavored gelatin	a c. cold water
½ c. sugar	b c. light corn syrup
½ t. vanilla	

equal parts cornstarch and sugar

Soften gelatin in cold water and dissolve over low heat. Add sugar and stir until dissolved. Put in large mixer bowl with corn syrup and vanilla. Beat at high speed for 15 minutes, or until mixture is very thick and of marshmallow consistency. Cover bottom of 9 x 9 x 2 pan with equal parts sugar and cornstarch. Pour in mixture and smooth top. Let stand in cool place 1 hour, or until set. Loosen from pan and turn out on board sprinkled with mixture of equal parts cornstarch and sugar. Cut into squares with knife wet with cold water. Roll in cornstarch and sugar. Makes one pound.

Note: Beat very well, unless you want marshmallow creme.

Marshmallows

sent in by Desi

This is a recipe from The Panguitch Stake Relief society cookbook (a small town northeast of St. George, Utah.) It works like a champ and the marshmallows are out of this world, especially if you dip them in chocolate.

2 cups sugar	½ cup hot water
pinch of salt.	

Mix and cook to soft ball stage. Then add 2 tablespoons unflavored gelatin which has been soaked in ¾ cup cold water. Beat until mixture holds its shape (about 7 minutes) Add 1 teaspoon vanilla and coloring if desired. Pour in pan dusted with powdered sugar or make egg shape molds in a pan of flour. Makes about 36 1x1x1 pieces. Cool, then dip in chocolate if desired.

Emergency and Family Preparedness

TIPS, IDEAS:



Do you know where your 72-hour evacuation kit is? Can you get to it or are there things in the way. If you have it in a shed or garage can you get to it without tripping over something else? If the answer is yes, then move the kits to a new location. If they are in the coat closet are coats and other items such as vacuums in the way. If you were in a hurry to get away these items may keep you or your family from retrieving them. This could cause much harm and fear. Move the kits to a better location. Items like sleeping bags and pads, water containers, cooking supplies, and lighting supplies should be kept in a central location. This should be in an easily accessible location away from the main house.

Nutrition Facts

Are you and your family at risk for lead poisoning? Here are some tips to help reduce the risk and keep your families safe.

Lead can get into your food. If you have water pipes that are lead or have lead solder, your tap water will have more lead when it sits in the pipes for a long time and when you use hot water. Lead may be in some plates, cups, or bowls, and in the seams of some imported tin cans. Lead can also be in house dust, which can get into food.

Lead and Nutritional information from Benton-Franklin Health Dept.

- # Use cold water for cooking, drinking, and making baby formula. If you have lead pipes or pipes with lead solder, let the tap run for a minute before using the water. You cannot remove lead by boiling water.
- # Wash your child's hands before meals. Wash your hands to remove any house dust before fixing food.
 - Also wash:
 - Fruits and vegetables before serving or cooking them.
 - Bottles, pacifiers and foods that fall on the floor before giving them back to your child.
- # Pottery dishes may be a source of lead unless they are made to be safe for food. When in doubt, use glass or plastic containers for serving or storing food.
- # Never heat or store food in opened tin cans.

Test paints, and stains around your house if built before 1978 when the anti-lead legislation was enacted for housing. Some painted wood and plastic blinds may also contain lead. Watch that dust, use a damp paper towel to clean them off. Some crayons are also a source of lead so be aware of where they are made. Small children love to "eat" them.

Iron and calcium are important nutrients that will help children absorb less lead.

Foods rich in Iron:

- Lean beef and pork, liver, chicken, turkey, fish and liverwurst

- Cooked dried beans or peas, baked beans, chili, lima beans, black-eyed peas
- Iron fortified breakfast cereals
- Spinach, Swiss chard, collard greens, kale
- Prunes, raisins, dried apricots
- Enriched noodles, spaghetti, macaroni, rice
- Enriched breads, flour tortillas

Foods high in Calcium:

- Cheese, yogurt, milk
- Mustard greens, collard greens, turnip greens
- Canned fish with edible bones-sardines, salmon, mackerel
- Tofu
- Tahini – Sesame seed butter
- Broccoli – fresh
- Corn tortillas

FYI

Need an alternative to Tylenol?

Cheroo uses this useful and non harmful old time remedy of peppermint, elder flowers, and yarrow, either in a tea form or a sealed simmer glycerite. I have children who can hang onto a runny nose for over a month if I don't give them anything for it. I have given them a tablespoon of the glycerite and had the nose clear up almost immediately. I'll give the recipe I use for colds, flu and fever.

Sealed Simmer Glycerite

1 quart jar fill with 2 oz dried herb (about ½ full)

2 ½ c. glycerine

Add distilled water to glycerine to make 4 cups total liquid pour over herbs put lid and ring on nice and tight simmer 2 hours in a pan with water up to the shoulder of the jar. Put something in the bottom of the pan to keep the glass off the bottom

Strain, bottle, store in a cool dark place, keeps 2 to 3 years.

Just for fun

Did You Know? The 24 cocoa bean silos at the Hershey Plant can hold up to 90 million pounds of cocoa beans. This is enough to make 5-½ billion chocolate bars.

Herbs and Spices

Doctrine and Covenants Sec.89:10-11

"And again, verily I say unto you, all wholesome herbs God hath ordained for the constitution, nature, and use of man— Every herb in the season thereof, and every fruit in the season thereof; all these to be used with prudence and thanksgiving."



Here are few books on herbs that may help you determine which you should use for your families.

Herbs to the Rescue, by Master Herbalist, Kurt King;
The How To Herb Book, by Velma Keith and Monteen Gordon
The ABC Herbal, by Steven Horne
Natural Healing with Herbs, by Humbart Santillo, N.D.

- u Capsicum/cayenne: Highly useful for stanching bleeding, plus many other uses!

- u Garlic: Historically used for anti-viral, anti-bacterial, anti-fungal purposes.
- u Echinacea: immune system support, anti-viral, helps drain the lymph glands, much much more!
- u Goldenseal: anti-bacterial

Atlantic <http://www.atlanticspice.com/index.html>

Azure <http://www.azurefarm.com/>

Financial Preparedness

Credit Card Debt is a problem most people have.

We have been **commanded** to get out of debt. One way is to look at our spending habits. Are we using credit cards to pay for most things? By Lynne

Did you know that Credit cards are not the problem?

... the problem is how you are using them. Credit is a great thing to have and a credit card is one good way to build your credit if you have none. However, do not buy anything on credit if you do not have cash in the bank for payment in full. Then take care of it as soon as the bill comes. Pay off your balance before the due date so that you are never charged interest or have to pay a late fee. This is the only safe way to use any credit card. Don't think of a credit card as a loan ... if you need to borrow money, there are lower interest loans than that. Think of a credit card as one means of building credit. If you're wise, you'll get the best from your credit card instead of it getting the best of you.

An idea when using your credit cards: Record your purchases in your check book register and subtract it from the balance so you will never spends more than then what is in your checking account.



Why Be Prepared?

Being prepared is more than just food storage!

"The decisions we make, individually and personally, become the fabric of our lives. That fabric will be beautiful or ugly according to the threads of which it is woven. I wish to say particularly to the young men who are here that you cannot indulge in any unbecoming behavior without injury to the beauty of the fabric of your lives. Immoral acts of any kind will introduce an ugly thread. Dishonesty of any kind will create a blemish. Foul and profane language will rob the pattern of its beauty."

(Gordon B. Hinckley, "This Work Is Concerned with People," General Conference, April 1995; see Ensign, May 1995, p. 53)

"It is incumbent upon each of us to do everything we can to increase our spiritual knowledge and understanding by studying the scriptures and the words of the living prophets. When we read and study the revelations, the Spirit can confirm in our hearts the truth of what we are learning; in this way, the voice of the Lord speaks to each one of us (see D&C 18:34, 36). As we ponder the teachings of the gospel and apply them in daily living, we become better prepared to receive additional light and truth. Today, I hope we are prepared and eager to understand what President Gordon B. Hinckley is teaching us, for he, along with the other Apostles, will teach us how to cope and how to live in these troubled times."

(Elder M. Russell Ballard, General Conference, April 1998; see Ensign May 1998)

Family History Helps

Since last we last visited we have worked on our family group sheets and pedigrees. We have learned something about the communities that our ancestors lived. Now we are going to review what verification you need to support what you have found out.

- O Documents such as birth, death, marriage and divorce certificates are some of the items that can assist in learning about the lives your families lived.
- O Records where money was exchanged and recorded are invaluable to have, since they are the most accurate records available.

There are several different Census records available to the family historian.

- O Federal Census(FC): most are aware of this census it is useful to locate many family members at one time in some cases. The Federal census started in 1790 (head of household only) and has been taken every ten years since. In 1850 the FC began recording all persons living within the home. An exception was the 1890 census which was destroyed in a fire, with only about 6,000 names in an assorted array being saved. The most recent census available is 1920. The 1930 census will be available around 2003. These records are only as good as the person giving the information. So beware of errors.
- O State Census (SC): These census are also called agricultural census. SC were used on the 5th year i.e. , 1835, 1845, 1855 etc. These are a great source of information and can be used to help locate families. Sometimes a family moved before the next FC and using this tool can be used to locate the area in which your families may have moved. On these censuses they listed those who died during the year. They also list everyone living in the home. You will need to check to see which states took these census -- most did.
- O Territorial Census (TC): Territorial census were taken before an area was opened. I found one for the Oregon Washington territory taken prior to becoming states. I was able to find my husbands and my family on these census and was able to prove they lived in this territory prior to becoming a state. Thus I have a time line to follow for the families. They also listed all the children living at the time.

This is not a complete list and the information is to be used only as a guide to assist in locating information. Ask your local FHC or local Genealogical society to find more information.

Next month church and tax records. Good luck in your research!

Check out the following web sites for helps.

<http://familysearch.org/>
<http://www.CyndisList.com/>

Get Physical

When walking you may want to add a little sprint to your stride. This will help avoid stress injuries. A study at the Hebrew University in Jerusalem found that running was the only exercise that strained the shinbones enough to strengthen them. This can be done by adding a minute at a time to signal the shinbones to grow stronger. Keep walking (about 45 min or so) but increase your pace for 60 seconds or so at a stretch, several times during your workout.



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	

