

THE PREPARED FAMILY



"Prepare Every Needful Thing"

August 2000

Scripture or Quote of the month:

Dirt Roads by Paul Harvey (edited)

What is mainly wrong with society today is that there are too many dirt roads that have been paved. Most of the problems in America could be remedied because dirt roads build character. People who live at the end of dirt roads learn early that life is a bumpy ride. It can jar you right down to your teeth at times, but it's worth it; because at the end of the road is home, a loving spouse, happy children, and a pet.

Children walking a dirt road on their way to school got their exercise and learned how to get along. There was less crime on our streets before they were paved. Criminals wouldn't walk two dusty miles to rob or rape because they knew they would be welcomed by five barking dogs and a double barrel shotgun. (There were no drive by shootings either.)

Our values were better when our roads were worse: People didn't worship their cars more than their children, motorists were more courteous - they didn't tailgate by riding the bumper of the person in front of them, because you would choke with dust and rocks would break your windshield.

Dirt roads taught patience, were environmentally friendly, and you didn't hop in your car for a quart of milk. You walked to the barn for your milk and the mailbox for your mail.

What if it rained and the road washed out? Then you had family time roasting marshmallows, popping corn and pony riding on your daddy's shoulders.

At the end of dirt roads you soon learned that bad words tasted like soap. Most paved roads lead to trouble. Dirt roads most likely lead to fishing creeks and swimming holes. You never locked the car except in August to keep neighbors from filling it with too much zucchini.

At the end of dirt roads there was always extra income when city dudes would get stuck, you'd have to hitch up the team to pull them out. Usually you got a dollar... always you got a new friend... at the end of a dirt road.

72-hour Evacuation Kit

- ✓ Change of clothes and two pairs of socks (one wool, one cotton), for everyone.
- ✓ Pencil and paper
- ✓ Scriptures, small games and activities for the kids
- ✓ Money for phone and phone numbers (you can laminate a 3 x 5 card) to contact if you are separated.

Stock up by the week



- ▶ Canned goods – buy what you eat, fruits & vegetable
- ▶ Canned milk – check Ensign 12/89 for use ideas
- ▶ Back-to-school supplies, office supplies
- ▶ Baking powder, soda, cornstarch, yeast
- ▶ Tomatoes, juice, sauce, whole or paste

School supplies may seem different when thinking of being prepared, but have you ever wondered what might happen if you don't have enough paper, or pencils? If you had to use only what you have stored and your schools were closed due to a natural disaster or teachers strike how would you keep your kids education up to date? By stocking up on supplies during the month of August when supplies are on sale, you and your family enter a win-win situation.

Gardens/Gardening Tips

This month the tomatoes and zucchini are over running themselves, the beans are needing to be picked and now you need to know what to do. Don't fret! Do something for your family. Get those canners and pressure cookers out and gather a few friends together and can away. Working with friends or family members will make the work go quicker, you can build better relationships and build your food storage up at the same time. Remember the old quilting bees? Our ancestors used to can together too.



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Recipes

Spagetti Sauce

by Harriett - Iowa

1/2 cup olive or cooking oil
 1/2 cup chopped fresh parsley or slightly less of flakes
 2 cloves chopped or 2 tablespoons of garlic powder
 1 quart chopped celery
 1 1/2 quarts skinned, chopped tomatos or home canned tomato juice
 3 6 oz cans of tomato paste
 3/4 tsp pepper
 1/2 tsp nutmeg (optional)
 5 cups meat stock or bullion cubes diluted in water. Heat oil, Saute the parsley, garlic, onion and celery until tender.
 Add rest of ingredients and simmer slowly 3-4 hours. Stir often to prevent sticking. Cook until it is the thickness you want. Seal in jars or cool and freeze. If you use home grown juice, strain off the clear liquid but use a full 1 1/2 quarts and it won't take so long to cook down. Yield 6 pints. You can also add 1 cup chopped green or red peppers to this recipe for flavor. I use home grown, oregano, parsley, onions and green peppers which gives a much more full flavor than what you buy canned in the store. This recipe doubles, triples or quadruples just fine! This product will be darker in color than the "store kind" but remember you have added no colorings or preservatives!

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If your time is limited, here is another idea you may consider. Make tomato juice by washing and cooking onions, peppers and garlic in a little water. Add cleaned tomatoes cut up and cook until all are tender. Run through the blender and sieve. Jar using the method you are comfortable with. When you want spaghetti sauce you can use this as a base to add spices and celery as you want. Is more versatile because this can be used in goulash and many other recipes requiring tomatoes.

Tomato Sauce for Canning

2 med onions chopped
 2 tsp each of salt, sugar & oregano
 1/2 tsp pepper
 1/4 c. parsley
 5 c. tomato juice
 Simmer 2 hours and seal

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This recipe I used last year when I didn't have time to make the sauce. I just juiced the tomatoes, bottled them, and then made the sauce as I needed it. The best way to juice your tomatoes is with a Victorio Strainer. I takes out the seeds and the peeling and leaves you with all the pulp and juice. It is well worth the investment. This is the recipe I use for plain bottled tomato juice.

1 - qt bottle tomato
 1/2 tsp garlic pwd
 3/4 c water
 1 1/2 tsp salt
 1 1/2 tsp oregano
 1/4 c dried onion
 1 - 6 oz tomato paste
 1 tsp sugar
 1/2 tsp pepper
 1 bay leaf

Simmer uncovered for 30 min. Remove Bay leaf.

Fresh Canned Salsa

by Lynne of LDSCN-Prep list

7 cups tomatoes, cored and chopped coarsely
 3 red peppers, chopped
 4 cloves garlic, peeled and minced
 8 chili or jalapeño peppers* (to taste), chopped
 2 cups diced onions
 1/2 cup cilantro, minced
 3/4 cup red wine vinegar
 2 tsp. cumin
 1/2 tsp. canning salt**
 1/2 cup fresh lime juice

Combine all ingredients in a large saucepan and bring to a boil, stirring frequently. Reduce heat and simmer for 10 minutes. Ladle hot salsa into hot sterilized pint jars. Allow 1/2" headspace. Adjust two-piece caps only to finger-tight; too tight can cause jars to break during processing.

Process in pressure canner at 6 pounds pressure for 15 minutes or at 11 pounds pressure for 10 minutes (or process in boiling water bath for 15 minutes). Yields about 6 pints of salsa.

NOTE: Serve salsa hot or cold with warm unsalted tortilla chips. Just before serving, add chopped avocado according to taste. (Do not process the avocado with the salsa; the avocado will turn black during canning.)

* The heat in peppers varies widely, even among peppers that look nearly identical; red coloring in the ribs means they're hot. When peeling peppers (particularly hot peppers like chilies and jalepeños), they will get hot in your hands. For this reason, you may prefer wearing latex gloves. Do not touch your face when working with peppers; the heat from the peppers can cause severe welting on sensitive skin.

** Canning salt, unlike table salt, does not contain iodine or anti-caking ingredients and is used for the purpose of preventing clouding in canning some products.

Sweet Cucumber Relish

(can also use hard green tomatoes, or zucchini)
 by Wylie Kanan

5 cups of cucumbers*
 3 cups onions.
 2 peppers; red** and green
 Grind together.

Add:
 1/4 cup rock salt, dissolved in 6 cups water
 Pour over vegetables and soak overnight or at least 12 hours. Drain for at least 2 hours.
 Pour mixture back into pan and add:
 4 cups sugar
 2 tsp. Whole mustard seed
 1 tsp. of ground turmeric.
 4 cups real apple cider vinegar
 1 tsp. Celery seed

Mix together, bring to boil for 15 minutes. Seal into hot sterilized jars. Approx. 7 pints.

Notes: *when using old large cucumber or zucchini; peel and remove seeds and stringy insides.
 ** Pimentos can be used if red peppers are not available, add after the 12 hour soaking time.

Don't throw anything away. The above vegetable measurements are minimums. Do not double this recipe.

Emergency and Family Preparedness

TIPS, IDEAS:



In today's busy world, cleaning your houses maybe the last thing you think about. Here are some timely tips to make this daily chore easier and more rewarding.

1. **Get Help!** There's no reason why only one person should carry the load. Children and spouses should help in the clean up. After all unless you live alone and no one visits you didn't make the mess alone.
2. **Only clean where it's dirty.** This may seem obvious, but it's not. How many times have you washed a wall because there were fingerprints on it? Just clean the prints next time. Better yet have the kids clean up after themselves.
3. **Get rid of the clutter.** Knickknacks and bric-a-brac are great dust collectors. Maybe it's time to give some to your children if they are old enough or rotate different themes every month or so. Example: dog and cats, Christmas in July, or Fall/Thanksgiving etc.
4. **Save time and energy.** Buy a cart with wheels or a child's wagon and put your cleaning supplies in it. This would work great for a single level home, you may need one for each floor. Or get a small hand held caddy and carry it from room to room. If you need a longer vacuum cord get a 30 foot extension so that you don't need to stop and unplug every so often.
5. **Have a laundry basket or "junk" box for every room.** This will catch all those things that need to be gone through every week.
6. **Carry a garbage bag with you.** Instead of going outside each time you need to shake the mop or dust rag, shake them in the bag, then toss it.
7. **Get to the mess quickly.** If you clean up as you go along each day, you won't have as much to do at the end of the week. Great rule to remember: Clean up as you go!
8. **Do more than one thing at a time.** This is also known as "Dovetailing". An example, wipe the kitchen counters while you're waiting for the sink to fill.

FYI

Here is a quote from my Ball book....

"Soft spreads continue to thicken as they cool. Exactly how thick the finished product will be is hard to judge while the mixture is hot. After canning, test the set when the spread has cooled to room temperature. Most recipes will develop the desired gel structure within 24 hours. *Some recipes may require additional time to develop the proper set, up to two weeks.*"

A quote from the insert on my MCP Pectin packet.... "Slow setting jams and jellies sometimes occur (they may take up to 2 weeks). This is due to the type of fruit used, its degree of ripeness and tartness. Some examples are apricots, cherries and peaches".

Go to: <http://ext.msstate.edu/pubs/pub1152.htm>

On pages 24 and 25, it discusses jelly remake. The whole 57 pages is an inexpensive conclusive book on preserving. I checked the url and it is working ok. Remake your jam or jelly and don't be stuck with a ton of pancake syrup!!!!

By GJWyatt

It has been my experience that all cooked recipes need to be cooked to 8°F over the boiling point of water. Just before you cook boil a deep sauce pan of water to as 'hard' boil (as hot as you can get it) Read your thermometer. It probably will be less than 212°F. At our

home my thermometer reads 209°F or 210°F. Add 8°F, that's 217°F or 218°F. This is what the term "a hard boil" means. After I learned this I have been able to make syrup when I wanted to or make jelly when so desired.

Nutritional Helps

Did you know that flax seeds are loaded with omega-3s, lignans, and soluble fiber? These substances bolster your immune and cardiovascular systems and may even help prevent tumor growth and cancer. The natural laxative action in flax helps keep the body running smoothly too. The question is how do you add flax to your diet?

You can use ground flax on your cold or hot cereals, add ground seeds to your muffins, breads, and meat loafs, just to name a few. Here are some facts about flax.

- ▶ Grinding flaxseed provides far more nutritional benefits than does the whole seed. The flaxseed shell is hard to digest.
- ▶ Flaxseed is by far the richest source of lignans, which are probable cancer fighters.
- ▶ Flaxseed oil does not contain an appreciable amount of valuable lignans, but it comes packed with omega-3 fats.
- ▶ One tablespoon of ground flaxseed contains about 36 calories.
- ▶ Flaxseed is great as a fat substitute, 3 tablespoons ground flaxseed = 1 tablespoon margarine, butter, or cooking oil.
- ▶ You should gradually add flaxseed to your diet. Start with 1 to 2 teaspoons a day, working up to 1 to 2 tablespoons.
- ▶ Buy the flaxseed whole and grind it yourself. It will store up to 3 months in the refrigerator.

Source: Linda Quinn, RD, Prevention Magazine, May 2000, p.173-173.

Herbs and Spices

Wintergreen— Is found only in its wild form. It is common in North America, growing in woods along the U.S.- Canadian border, in markedly acidic soil; harvested in eastern Pennsylvania. Wintergreen leaves are heavily scented, with astringent and stimulant properties, containing mineral salts and pain-killing principals. The leaves are harvested during the summer, from June to September; distillation of the fresh or fermented product yields wintergreen essence, the principal constituent is methyl salicylate.

Garden Cress— This plant is a great self sower, found in the wild. Originally found in the Middle East, where it has been cultivated since antiquity. Cress can be cultivated in all the temperate regions around the world. This annual plant has a tap-root and an erect stem, up to 20 in. In height, glabrous, divided above by long flower branches, bearing pinkish, white flowers from May to September, producing barely winged siliclea. The leaves of Cress, have a pungent taste, possess a high vitamin content (carotene, group B vitamins, vitamin C) and are used for salads, with vegetables, stewed meats, and as garnishing. A similar species is winter cress, likewise grown in moist, sandy soil but also found wild along seashores.

Financial Preparedness

This part two of Glenn A. Anderson's budget planning. Glenn is not a financial advisor but his suggestions are sound and can assist you and your families become financially sound.

First list everything suggested - even if you do not currently have, for example, life insurance - its a goal you need to work toward, and if you put it up there where you can see it every pay day, you will start to work toward accomplishing that goal.

Here are some equally important things about each of the things I have asked you to list:

a. The "untouchables" ... the principle is to pay the Lord first, yourself second, and your creditors third ... if you have too many bills and too little money, then you need to get rid of some of your creditors and some of your debts.

By paying your tithes you also are guaranteed the blessings associated with that action. By paying yourself you will start building a personal savings account to take care of some of those "unexpected" expenses you were talking about ("savings" always should be specifically for such events - that's why you will see I have also listed a separate column for any contributions towards "retirement" - don't confuse or combine the two as people often do.)

b. You can fully control your "fixed essentials" as not only are they the most important thing next to tithing and savings, but they usually remain levelized of their own accord.

c. You can better control the "variables" by a two step method of preparing to pay them when the monthly bill comes in:

(1) look over last years bills in each category, and select the HIGHEST amount paid as your "estimated amount" in column one. This may be a large "overage" as you may pay more for something in the winter than in the summer or vice versa as is the case with heating and cooling ... but don't let that influence you...list the biggest amount you paid in any month.

(2) when your bills come in, obviously you will "have all the bases covered" even when those bills are at their previous maximum ... and here comes the good part ... when they are LOWER than the estimated amount, divert the difference into your PERSONAL SAVINGS for those unexpected expenses.

d. You can take control of the "non-essentials" ... get out of debt and stay out of debt... we often simply do not need some of the things that we have indebted ourselves to pay. I have addressed this elsewhere on this list in terms of learning to "pay down debts" or how to "consolidate debts."

Why Be Prepared?

Being prepared is more than just food storage!

"How can we receive the personal blessing of the Master's divine and exalting influence in our own lives? ... May I suggest five beginning, essential measures which will greatly clear the channel for a daily flow of living water from the very source of the spring, even the Redeemer Himself.

"First: A daily communion involving prayer....

"Second: A daily selfless service to another....

"Third: A daily striving for an increased obedience and perfection in our lives....

"Fourth: A daily acknowledgment of His divinity....

"Fifth: A daily study of the scriptures."

(James E. Faust, "A Personal Relationship with the Savior," General Conference, October 1976; see *Ensign*, Nov. 1976, p. 58)

A Thought

The between what we do and what we are capable of doing would suffice to solve most of the world's problems.- Gandhi

Family History Helps

IDENTIFYING FAMILY MEMBERS WITH COMMON NAMES

Trying to identify specific members of a family when they all seem to have the same name can be extremely difficult. A good example of this is our search for John Proctor (ca. 1740) of Spotsylvania County, Virginia. There are at least 300 instances of John Proctor mentioned in the Virginia records, all of seemingly different ages.

The first thing to do is find at least one definitive date, either of death or marriage, by which you can determine or estimate other dates. For instance, John Proctor died in 1825 at the age of 85, which means that he was born in 1740. However, for various reasons, people often didn't know their exact age, and sometimes the person recording the date on the tombstone guessed the age. Therefore, any John Proctor who falls in this age range could be the person we're looking for. Generally, most people die before the age of 110. For instance, if John Proctor died in 1825, he was probably born after 1715.

A marriage record helps to establish an approximate age. Most men married in their twenties or thirties. However, you may find that a marriage record documents a second or third marriage, and the age listed for the person is greater than you expected.

You may also be able to trace your ancestor through the people he or she immigrated with, or the people who appeared in close proximity to your ancestor throughout his or her life. We discovered that John Proctor was closely aligned with a Uriah, William, and Hezekiah. Hezekiah and Uriah moved to Kentucky with Proctor. Proctor probably lived in Orange County, as did Hezekiah and Uriah.

The next trick is to determine which events took place during the period your ancestor lived, and then create a timeline. For our John Proctor, we found a probate of William Proctor of Spotsylvania County, Virginia, naming John Proctor of Fayette County, Virginia, (which later became a Kentucky county) as his heir. Our findings were just a matter of putting the pieces of the puzzle together and gathering supporting evidence.

Diana J. Muir, Professional Genealogist

Former Host of the World GenWeb Teacher of 8 free online genealogy classes at: <http://www.rootsweb.com/~genclass/>

Get Physical

Walk, walk, walk....

Take the kids on a hike, to the park, around the zoo, or to their new school if not too far away, anywhere you want but walk. Have fun and enjoy the last days of summer.



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	

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