

# The Prepared Family



"Prepare Every Needful Thing"

September 2001

Scripture or Quote of the month:

*"An individual undertaking to learn to play upon a flute at first finds a difficulty in making the notes, and in order to play a tune correctly there is a great deal of diligence and patience required. He has to go on, to pause, to turn back and commence afresh, but after a time he is enabled, through a great deal of exertions, to master that tune. When called upon to play that tune afterwards, there is no necessity for remembering where to place the fingers, but he plays it naturally. It was not natural at the first; there had to be a great deal of patience and labour, before it became natural to go through with the tune.*

*"It is just so in regard to matters that pertain to the things of God. We have to exert ourselves and go from grace to grace, to get the law of action so incorporated in our systems, that it may be natural to do those things that are required of us." (Lorenzo Snow, *Journal of Discourses*, 4:187; see also *Teachings of Lorenzo Snow*, pp. 45-46)*

## 72-hour Evacuation Kit



- △ 35 mm camera film case for change
- △ Bug repellent
- △ duct tape
- △ plastic garbage bags— 2 sizes

## Stock up by the week

Remember if your goal is to stock up on your food storage this is a great way to get it done. Keep up the good work!



## Food Storage on Five Dollars

**a week.** Double the amount if you have a large family.

- △ Week 33: 1 bottle 500 aspirin
- △ Week 34: 5 cans cream of chicken soup
- △ Week 35: 50 lbs. wheat
- △ Week 36: 7 boxes macaroni and cheese

## Gardens/Gardening Tips

Mulches play an important role all year long. In the spring mulch is used to keep weeds down and promote better water retention. During the hot summer months mulch will continue keeping weeds under control and retain water in the fruit and vegetable plants. During the fall and winter months mulch will add much needed nutrients as the spring and summer applications breakdown and more is added to the mix. Till the soil

well and add a layer of mulch to aide in the feeding of the soil bed to increase water retention and nutrient content of the soil for the next growing season.

## Conquer weeds with vegetable oil

Many gardeners use paper mulches because they are effective, biodegradable and cheaper than plastic mulch. But until now, paper tended to biodegrade much too quickly. Now research in Illinois has shown that paper coated with vegetable oil will hold up in the garden for as long as 13 weeks. This mulch isn't available commercially yet but you can make your own. Here's how Randal Shogren, the chemist who developed the process, does it:

Use a paintbrush to apply boiled linseed oil (available at hardware stores) onto 3 or 4-foot wide rolls of brown craft paper. Allow the paper to dry in the sun for a few hours. Now place the mulch in your garden, and anchor it by burying the edges. By the time you finish harvesting your tomatoes, the mulch will have nearly decomposed, which means little to clean up or throw away!

## Recipes

Bacon Ranch Pasta: from food storage  
by Lynnda/tnlds

- |                          |                          |
|--------------------------|--------------------------|
| 1 lb shell noodles       | 1 pkg ranch dressing mix |
| ¼ cup bacon TVP          | ½ c mayonnaise           |
| ¼ c milk (from powdered) |                          |

Cook noodles til liquid is gone (or drain). Combine Mayo, dressing mix, TVP and milk and let set while noodles cook. Combine, stir and serve cool.

### Cream of Soup Substitute

by Georgia Jean

2 c. non-fat dry milk	¾ c. cornstarch*
¼ c. bouillon	1 t. crushed dried thyme
2 T dried onion flakes, minced dry onion, or 1 T onion powder (you could probably use fresh onion if you are not storing the mix)	
1 t. crushed dried basil	½ t. pepper

Combine all ingredients and store in airtight container. To substitute for one can condensed soup: mix 1/3 cup of dry mix with 1 and 1/4 cups water in saucepan. Cook and stir until thickened. Add other ingredients as called for in your recipe.

\* You can substitute (for one tablespoon of corn starch) either 2 tablespoons of all purpose flour or 2 tablespoons of (non-chocolate) granular tapioca.

### Dad's Cookies

by M. Morton

2 cups fine oatmeal	2 cups flour
3 teaspoons soda	1½ cups sugar
2 eggs	1 cup fine coconut
2 teaspoons ginger	2 teaspoons cinnamon
1 teaspoon allspice	1 cup shortening
½ cup corn syrup	

Mix dry ingredients. Add syrup to beaten egg before mixing everything together. Roll in balls, bake in hot oven at 400 degrees until brown.

### Water Melon Pickles

by Lynnda/nlds

Peel water melon rind skin off and remove soft and pink/red tissue from rind. Cut into strip or chunks. Cover with a pickling lime solution of 2 cups lime to 2 gallon cold water. Let set 24 hours. Drain. Rinse until water is clean and clear. Cover with cold water and let set 12 hrs. Drain. In a large pan mix 12 cups sugar, 4 cups white vinegar (5%), 1/4 cup pickling spice tied up

in a cloth, 2 TBSP salt. Bring to a boil and pour over drained rind cook til HOT (not boil). Let set 6-8 hours. Bring to a boil and boil on med heat for 1 hr. Fill jars and add syrup (juice). Water bath process 5 minutes.

### Emergency and Family Preparedness

#### *TIPS, IDEAS:*

When buying school supplies for the classroom, buy a few extras for the home. When school is out because of snow days other causes you will then have the supplies to keep your children busy. Talk to the teaches in advance and find out if you can take some extra assignments home that the kids can work on during these days off. Work with your children and have them do the assignments for extra credit. Not only will you have something for the kids to do but your childs learning will not be stopped.

#### **FYI**

Did you know that you can check online about the latest food related recalls. This link will take you to an updated list of items recalled and for what they are being recalled for. [http://www.fsis.usda.gov/OA/recalls/rec\\_actv.htm](http://www.fsis.usda.gov/OA/recalls/rec_actv.htm) and for those without internet access this phone number is a must.

For Further Information, Contact:

Voice: Meat and Poultry Hotline, 1-800-535-4555 or (202) 720-3333  
TTY: 1-800-256-7072

or you can write to:

Food Safety and Inspection Service  
United States Department of Agriculture  
Washington, D.C. 20250-3700

### **Herbs and Spices**

This herbal Moth mix will help prevent wool moth infestation. It will also leave a wonderful smell on your favorite woolen garments.

#### **Herbal Moth Mix**

3 cups lavender leaves and blossoms  
1 cup rosemary  
1 cup thyme  
1 cup peppermint  
1 cup bay leaves, crushed or ground

This month's herbs garden tip is:

It is time to transplant those leeks. Winter savory comes into flower; harvest it when in full bloom, cutting it off within an inch of the ground. Hyssop may again be cut back. Later the two labiates can also be propagated by division of clumps. Fruits of the wild fennel are now maturing; remove the umbells (flowers) and leave them to dry upside down so that all the achenes are harvested. Sow feverfew, crumbling a few old flower heads over the place where it is to grow. Do the same for camomile, lightly pressing down the soil.

## A Thought

Automatic simply means that you can't repair it yourself. - Frank Capra

## Family History Helps

Contact the local historical society where your ancestor lived. In addition to published records, they might have transcriptions or indexes that aren't generally available. One county historical society I visited had a 3 by 5 card index that included obituaries, county histories, and other local information. Another society had copied information from fifty years of marriage applications onto cards and partially indexed the bride, groom, and parent names. Sometimes these sources are in out-of-the-way places and not all societies have such indexes, but you won't know until you contact them. Look for more Genealogy Tips from Michael John Neill, Genealogy Instructor:

<http://www.Genealogy.com/tipspage.html>

## Get Physical

Early fall is a wonderful time for kite flying, bike riding, hiking and walking.

Take the time to walk the kids to school; meet up with other moms or dads in your walking area and join a walking group. By encouraging the kids to walk the mile or so to school you not only help the kids keep in shape but also you and the other parents will do so also. What a great way to spend some time getting to know the parents of the children that you will soon be getting to know.

## Did you know?

Both of these recipes are from Glenn A. Anderson of Florida.

### Thistle (Cirsium species)

Color ranging from white, pink, reddish, to purple.

Spiny flower heads commonly large and burr like



Best use is to peel the young flower stem ... before picking them out of the ground. Said to be tasty when raw, with the taste resembling celery. Roots may be boiled or roasted.

None of the species of thistle are known to be toxic. The "thistle down" makes an excellent fire starter.

### Skunk bath for cats:

1 quart of 3 percent hydrogen peroxide, which costs about \$2 at a drugstore; 1/4 cup of baking soda; and 1 teaspoon of liquid soap, which breaks up the oils in skunk spray and allows the other ingredients in the solution to do their stuff. The solution should be rinsed off the pet with tap water.

You can make this recipe a little stronger for dogs that decide to fight off that 'ole skunk.

### 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	

© 2001 Gayle-Marie Noga

<http://prepared.jumpfamily.com/>

