

The Prepared Family



"Prepare Every Needful Thing"

September 2002

Scripture or Quote of the month:

"We cannot provide against every contingency. But we can provide against many contingencies. Let the present situation remind us that this we should do.

As we have been continuously counseled for more than 60 years, let us have some food set aside that would sustain us for a time in case of need. But let us not panic nor go to extremes. Let us be prudent in every respect. And above all, my brothers and sisters, let us move forward with faith in the Living God and His Beloved Son. Great are the promises concerning this land of America. We are told unequivocally that it is a "choice land and whatsoever nation shall possess it shall be free from bondage, and from captivity, and from all other nations under heaven, if they will but serve the God of the land, who is Jesus Christ" (Ether 2:12).

This is the crux of the entire matter - obedience to the commandments of God" Pres. Gordon B. Hinckley, 07 Oct 2001

Bug Out Bag-BOB

Bug repellent

long sleeve shirt for everyone

rubber bands; be sure to rotate as they do break down

writing tablets, postcards, drawing paper, colored pencils, pens

Stock up by the week

Shop for back to school sales, you can pick up folders, paper, pencils/pens, markers, binders etc for a fraction of the regular costs. By January your family will have need of them by restocking supplies now you won't have to purchase extras then.

Another great item to stock up on is tissues, cold and flu supplies and other first aid items. It has been proven that within the first 6 weeks back to school kids will get sick.

Gardens/Gardening Tips

Apples are just coming into season along with grapes, squash, potatoes, carrots, late peaches, onions and some berries. Start hardening squash, and potatoes soon this month so that you can have them later in the year. If you are pressure canning carrots or potatoes, follow instructions given by your canning advisors. If at any time you are in doubt on what to do contact your local extension service. They are there to help and will give you current correct canning procedures.



Need to aerate your garden? Using redworms is an easy, inexpensive way to do so. You can get them at your local

bait store, often for less than \$.50 per dozen, and they'll create great composting material as well.— Ron Stearns; North Carolina.

Recipes

The following recipes were submitted by Sherrilee-tecwyn@rogers.com. She received them from another list run by Jo. No address given at this time.

BISQUICK LIKE MIX - GLUTEN FREE

silkensteel@milrem.fsnet.co.uk

½ cups rice flour	3 ½ cups bean flour
5 tablespoons baking powder	4 teaspoons xanthan gum
1 tablespoon salt	2 teaspoons cream of tartar
1 teaspoon baking soda	2 ¼ cups shortening

Mix well all ingredients except shortening. Add shortening and mix well. Store in sealed container in refrigerator. This is the recipe I use all the time. I use brown rice flour and chickpea flour as my bean flour.

BISQUICK LIKE MIX - GLUTEN FREE

7 cups gf flour (5 rice flour & 2 tapioca starch flour)	
5 T. gf baking power	4 tsp. Xanthan Gum
1 T. salt	1 tsp. Cream of Tarter
1 tsp. baking soda	2 ¼ Cup Shortening

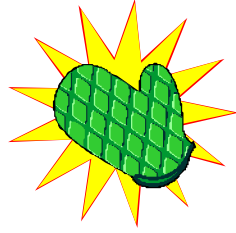
Mix well & store in fridge

BISQUICK LIKE MIX Wheat Quick Mix

4 cups whole wheat flour	4 cups all-purpose flour
⅓ cup baking powder	4 teaspoons salt

½ cup sugar
1 ¼ cups powdered milk

2 cups shortening



Put all ingredients in bowl and blend.
Store in gallon container in the refrigerator.

Quick Bread

by Betty Noga

I tried this quick bread recipe this weekend. I thought it would be so-so but what a surprise. It tasted like it was baked by a gourmet chef. Beautiful texture & ohhhh what delicate flavor. I reheated the leftovers in foil & was just as good the second time around. 1-Hour Cheese Bread

1 Egg, beaten
3 ¾ cup bisquick

1 ½ milk
¾ cup shredded cheddar cheese

Preheat oven to 350 degrees. Combine all & beat 'til blended. Bake 1 hour in well-greased loaf pan.

Bulk Pudding Mix (any Flavor)

1 ⅔ cups cornstarch
1 tsp. salt

2 cups sugar
8 cups skim milk powder

Combine all together and store in an airtight container.
Vanilla Flavor
3 cups water
1 T. Vanilla

2 Cups Pudding Mix
1 T. Margarine

Add water to mix in pot over low heat. Stir and cook until thick. Stir in margarine, cool slightly add vanilla.

Chocolate Pudding

Same as vanilla. But add ¼ cup cocoa and ½ cup sugar to pudding mix.

Chocolate Peanut Butter Pudding

Use ¼ cup of Peanut Butter instead of margarine.

Fruit flavor Pudding

Add 1 cup canned/drained fruit to cooling pudding (diced)

For more kitchen mix recipes you can go online and check out these sites.

<http://www.kitchenmixes.com/>
<http://www.baking911.com>

Fruit pie filling:

by Irene

Use this pie filling for double crust baked fruit pies, or spoon it straight from the jar into pre baked tartlet shells and

decorate with whipped cream. "Complete book of Canning", by Ortho books.

10 pounds apricots, peaches or apples
1 cup plus 2 tablespoons quick-cooking tapioca
1 ½ cups sugar
4 cups sugar

¾ cup lemon juice
Water

1. Peel, core or pit fruit and slice. If you wish, treat to prevent darkening (Julie recommends crushed vitamin C tablets)
 2. In a mixing bowl combine tapioca, sugar and lemon juice; reserve.
 3. If prepared fruit was treated to prevent darkening, rinse well in cold water and drain. Place prepared fruit in large pot with the sugar (4 cups) and enough water to prevent sticking and scorching. Heat to 190 degrees F (just under boiling), stirring frequently.
 4. Add reserved tapioca mixture and, stirring, reheat to 190 degrees F. DO NOT BOIL.
 5. Pour into clean, hot jars, leaving ½ inch headspace; seal.
 6. Process in boiling water bath 15 minutes.
- Yield: about 6 quarts.

Grease your cake pans with this mixture, and you will never have a cake stick again. Mix together equal parts of all-purpose flour, vegetable oil, and shortening . Store unused portion in refrigerator - indefinitely! If the mixture separates a little between uses, just stir before using. Apply to pans using a pastry brush. It's wonderful! So much easier than the old "grease and flour" method that is so messy.

Financial Preparedness

Becoming financial prepared can be as simple as cutting down costs. Here is a great start. These cleaning cloths will get you started.

Take a roll of paper towels (use a good brand) and cut in half with a serrated knife. So now you have two. I use the mega rolls. Place one in a container with a lid. I use a 5 quart bucket from a party ice cream, or you can use a Tupperware™ container. Pour the cleaning solution you wish over the rolls.

Place the lid on the container, and allow paper towels to absorb cleaning solution for 4 hours to overnight. Open the container. Gently pull the wet cardboard tube from the center of the paper towel roll and discard. Carefully pull the end of the paper towel from the inside, where the cardboard roll had been. Pull gently on the end to separate the cleaning wipe. You can also thread the end of the towel through a hole in the lid if you wish.

For

GENERAL SURFACE CLEANING:

1 ½ cups white vinegar 1 ½ cups water

DISINFECTANT CLEANING:

¼ to ½ cup pine cleaning solution such as Pine-Sol brand
2 ½ to 2 ¾ cup water

WINDOW AND GLASS CLEANING:

½ cup rubbing (isopropyl) alcohol ½ cups water
1 tablespoon white vinegar

These recipes make about three cups of solution; increase or decrease amounts if needed. Print this and tape to the top of the container so you always have it on hand when you need to make more!

Soap making has always been a great idea to do. It's verily easy to make and can help reduce the cost of soap from the store. One caution about using your blender or VitaMix, since the recipe calls for lye never again use these items for human consumption or preparation of food. The lye can contaminate the container. If using a wood spoon not stainless never use that spoon again for human consumption of foods.

The following recipe came from Jim. HeyJim@TheMadScientist.net

Olive Oil Soap

Any blender with a very slow speed will work. You need an accurate scale, because all measurements except water are by weight.

Put 16 oz. by weight olive oil in the VitaMix or other slow blender. The lower quality cooking olive oils are better for soap than extra virgin. I buy the 5 liter one at Costco. Put 6 fl. oz. water in a pyrex® bowl or measuring glass. Slowly add 2.06 oz wt lye crystals (Red Devil drain opener is 100% lye, and works well). The accuracy of the weight is important because if you add just a little too much, you get very harsh soap that can cause chemical burns on your skin. If you add too little, it will have too much fat in the finished soap, and it won't harden well. After the lye is added to the water, stir it with a wooden or plastic spoon, then wait for the water to clear up. Pour the water slowly into the oil, being careful not to splash any out. Secure the lid, and turn the blender on it's lowest setting. Every five minutes, turn off the blender, and with your wood or plastic spoon, slowly stir the soap a bit. If your stirring leaves a trail for several seconds after you stop, or if drops that fall off the spoon stay on the surface of the liquid, your soap has traced. Mine took about 20 minutes. Pour it into a greased or plastic wrap lined mold or loaf pan. It should set in 3 or 4 hours. After a few days, unmold it and cut it into bars.

My finished soap looks remarkably like a chunk of white chocolate. It has a very mild smell.

After cutting it into bars, it should sit and cure for at least 3 to 4 weeks. This makes the soap harder and milder as time goes on.

As long as it has been well-washed, as *any* cooking utensil should be, the vitamix is perfectly okay for food use. Lye is only a problem in it's concentrated form or if used in an inappropriate utensil, such as anything aluminum.

Family History Tips

Treasures in a Little Black Suitcase

By William Wynn wwynn1@houston.rr.com

Could this be true in one of your families? Finding treasures in attics or basements that have been long forgotten could be the very clue you have been looking for.



Recently my interests turned to genealogy. Being the sole survivor of a family that included only an older brother, I knew this would be a formidable task. I knew very little about my mother, who was admitted to a tuberculosis hospital when I was four, and died at age 29, when I was only nine years old.

My mother was Frances Pearl JOHNSON, who was born 9 September 1924 in Avinger, Cass County, Texas. She was the daughter of Jack J. JOHNSON and Annie Nora FOSTER. Jack left either before my mother was born or shortly thereafter and was never heard from again. My maternal grandmother married secondly Joe Pruitt HILL in 1926, and she died in 1928 at the age of 22. Mother was subsequently reared by her maternal grandparents – Mary and Lucratus FOSTER.

In 1940, when she was 16 years old mother married my father, William Joseph WYNN. Later my parents divorced and my older brother, Jesse, and I lived with our father. However, in 1953, the year our mother was diagnosed as terminal, we were allowed to live with her second husband, Frank, near the Pines Sanatorium in Shreveport, Louisiana, where she was then being treated. However, we were not allowed to have physical contact with her.

In an attempt to determine the year mother married Frank, I posted a message on the Internet using his surname. I received a reply from Frank's oldest son, who was born after Frank remarried. We exchanged e-mails with no luck on the date I was seeking. A few days later I received an e-mail from Frank's youngest son, Mike.

The hair stood up on the back of my neck as Mike wrote: "I remember playing in our attic as a child and finding this old black suitcase full of letters and things. When I asked my mother, she told me it belonged "Mrs. Frances" (my mother).

That suitcase belonged to my mother and arrangements were made to meet Mike after he determined that the suitcase was still there. Mother's suitcase is now prominently displayed in my living room where I can view it each day of my life. It had collected dust for 48 years and was filled with letters my father had written my mother beginning in 1948. There were also letters and drawings my brother and I had sent to mother when we were barely able to print between the lines.

The shocker came when I discovered a letter addressed to my brother and me dated a few months prior to her death in 1954. The letter had been returned to her unopened. Forty-eight years had passed since she made that letter and now it rested in the trembling hands of her 58-year-old youngest son. I was overcome with emotion as I held that precious message from my mother, regretting that my brother could not be there with me to share the words of love that spilled from mother's broken heart as she gave in to the realization that she had lost her battle with tuberculosis.

Mother must have known she would not be a part of our future for she asked us to grow up to be "good, Christian men." She wrote: "Someday you will know of a mother's love for her babies, for my life is recorded in this hospital." Unfortunately, all medical records for the Pines Sanatorium were destroyed in 1974.

Mother's final message to her babies remained in that lonely, dark and dusty attic for 48 years, protected from all that could have destroyed it by that small, black suitcase.

Never be afraid to dream the impossible for miracles still exist.

A Thought

If you believe in what you are doing, then let nothing hold you up in your work. Much of the best work of the world has been done against seeming impossibilities. The thing is to get the work done. – *Dale Carnegie*

Get Physical

With Fall approaching some things need to be done. Getting the kids off to school, if they live within a mile take the time to walk with them, it is great exercise for both of you. Rake leaves with your kids or grandkids they will enjoy the company and you both will enjoy the exercise. Go for a bike ride, hike some local trails and enjoy the changing colors, or

fly a kite. Be open to suggestions and find new ways to enjoy the outdoors.

For those who may be frightened by the West Nile Virus (WNV) take these simple precautions before venturing outside. Wear long sleeves, long pants and closed toe shoes with socks. Spray a repellent containing DEET™ on your clothes. Try to avoid dusk or dawn when outdoors since, mosquitos tend to like these times of day best. If at camp place containers of citronella candles out as they may help.

FYI

<http://www.foxnews.com/story/0,2933,60894,00.html>

The excerpts below show another reason to prepare. If raw food prices go up your family food budget will also. Eating out may become the once a month family dining experience. By stocking up now (before) the prices go up your family budget will not be hit as hard. To read more on this click on the above web address. *GMN*

CHICAGO — The severe Midwest drought could spell higher retail food prices in the fall if rising commodity costs squeeze profit margins and force food companies to hike the price of their goods, analysts said.

Last week, the United States Department of Agriculture released crop projections for the fall harvest that were below already diminished expectations and sharply below year-ago levels. Corn production was seen at a 7-year low, soybean production at a 6-year low and wheat output at a 20-year low.

That could mean 1 to 3 percent higher prices in grocery stores on everything from meats to cereal and soda, as companies try to offset the impact of higher raw material costs, analysts speculate...

In addition to higher ingredient costs, shrinking crops spell a sharp rise in feed costs for companies such as poultry giant Tyson Foods, Inc., pork producer Smithfield Foods, Inc. and packaged meat producer Hormel Foods Corp.

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	Local Farmers/Farmers Markets

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