

The Prepared Family



"Prepare Every Needful Thing"

December 2002

Scripture or Quote of the month:

IMPORTANT NOTICE!

The maker of all human beings is recalling all units manufactured, regardless of make or year, due to serious defect in the primary and central component of the heart. This is due to a malfunction in the original prototype units code named Adam and Eve, resulting in the reproduction of the same defect in all subsequent units. This defect has been technically termed, "subsequential Internal Non-Morality", or more commonly known as SIN, as it is primarily symptomized by loss of moral judgement.

Some other symptoms:

1. Loss of direction
2. Amnesia of origin
3. Lack of peace and joy
4. Selfish, or violent behavior
5. Depression or confusion in the mental component
6. Fearful
7. Idolatry
8. Incorrect use of maternal components

The manufacturer, who is neither liable or at fault for this defect, is providing factory authorized repair and service, free of charge to correct this defect. The number to call for the recall station in your area is: P-R-A-Y-E-R. Once connected, please upload your burden of sin by pressing R-E-P-E-N-T-A-N-C-E. Next download J-E-S-U-S C-H-R-I-S-T into the heart. No matter how big or small the defect is, our Lord will replace the defect with:

1. Love
2. Joy
3. Peace
4. Longsuffering
5. Gentleness
6. Goodness
7. Faith
8. Meekness
9. Willingness to do the right, also known as CTR

Please see the operating manual, The Scriptures, for further details on the use of these fixes. **WARNING:** Continuing to operate the human unit without correction voids the manufacturer's warranty, exposing owner to dangers and problems too numerous to list and will result in the human unit being permanently impounded.

Authorized by: The Creator

Well, another year is about to come to an end. I'm wondering how we all did. This years theme (above) seemed to me a great wake up call for all of us. I do hope that we have found more peace, faith, and goodness within ourselves. We all suffer adversity and many become depressed or loose direction, but it is up to each of us to help our brothers and sisters find joy and hope. Christmas is upon us once again; why not start your holiday early and help someone out that is struggling? We as a nation have overcome so many obstacles; impending war, earthquakes, devastating fires, tornados, hurricanes, drought and many other tragic and senseless losses. It would be worse if we succumb to fear, idolatry or hopelessness. Nothing is hopeless no matter how it appears. The Lord is always there to help and sustain us. Let us not forget to hold fast to Him and pray for strength to endure well until the end. Happy Holidays to all of you! Gayle-Marie

Bug Out Bag-BOB



Whatever is missing should be added now. Plan on stocking stuffers to flesh out your bags and prepare for power outages or winter storms. Is your car kit ready to go? Check your water supply. It will freeze in the containers so plan ahead. Carry salt, de-icers, gravel, and chains are a must for traveling passes (4 for front wheel drive) Do you have snacks? Candles and matches? Shovel? Blankets? Warm hats, mittens, socks? If you get stuck these will be invaluable. If you have to travel a long distance do you have games, radio with extra batteries, crayons, pens or pencils with paper or coloring books? If not get them now. Don't rely on your car battery to hold up during cold weather -- your batteries won't hold up to the drain. If you are stopped, turn the car on and off and keep the exhaust pipe free from snow buildup.

Stock up by the week

What are some of the items that you like for holiday meals. Now is the time to stock up on things like cranberries -- fresh, frozen, and canned (jelled or whole berry) -- juice, olives, pickles if you didn't make any this summer, candies, powdered sugar, brown sugar, bread crumbs, mixes, spices etc. By stocking up now you can enjoy "holiday" meals more often. Turkeys are always lower in price at this time of year and stocking up on a few for future meals is always a budget saver.



Recipes

For a free cookbook you can log on to:
<http://www.campbellkitchen.com/>

There are times in our cooking careers that we will need an egg substitute; the following are great alternatives.

EGG SUBSTITUTE

by: Chris Tyler

I've been told that you can use ¼ cup of soft tofu for an egg in any recipe. It doesn't work in everything, especially if the eggs need to be a leavening agent, but in cookies and cakes it seems to work ok. I like it.

EGG SUBSTITUTE

taken from "Uprisings, The Whole Grain Bakers' Bk":

I've had good luck using a flax-seed mixture in baking. You have to reduce any oil you use in the recipe you use though. Your recipe will still be especially moist, and flax seed is a good form of mono- & unsaturated fat (more healthy, as far as fat goes) Blend 1 cup of flax seed until decimated. Add 3 cups cold water and blend. It should have the consistency of eggs, but looks disgusting. ¼ cup of this mixture is equivalent to 1 egg. It can be stored in refrigerator for "quite some time".

EGG SUBSTITUTE

Makes about ¼ cup. This mixture will bind patties, meat loaves, cookies and cakes as well as eggs do. But it will not leaven like eggs for souffles or sponge cakes. This recipe makes enough to substitute for ONE EGG (my emphasis); you can easily double or triple it.

⅓ cup water
 1 tablespoon whole flaxseed

Place the water and flaxseed in a small sauce pan. Bring to a boil, then reduce heat so mixture bubbles slowly. Cook for 5 minutes, or until mixture is the consistency of a raw egg white. Do not use too high a heat or mixture will become thick and gummy.

Note: Don't bother straining out the flaxseeds. They don't have much flavor and won't detract from whatever you're making.

Xanthan gum

from: "The Allergy Self-Help Cookbook" (Rodale Press 1984) by Marjorie Hurt Jones, page 189.
 Works in baked items with good success.

Mix about ¼ tsp. with about ¼ cup of water. Let stand. It thickens and can be whipped like an egg white. It's okay to replace one egg.

THE POTATO RECIPE COLLECTION

Potatoes are pretty inexpensive and underutilized for things other than to bake, boil or fry them. The following are a collection of candies made from taters. If you have lots of left over mashed potatoes, here are some ideas to use them up. Remember mashed taters can be fried in patties with some olive oil or butter, or added to bread for a nice flavor and texture or they can be made into soup just for starters. For more information on potatoes check out this website.

www.BigSpud.com

HOMEMADE HAPPINESS

by: St. Anne's Parish, Caribou, Maine

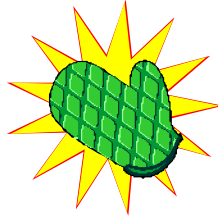
¾ cup mashed potatoes, cold	4 cups confectioner's sugar
4 cups coconut, chopped	1 ½ teaspoons vanilla
½ teaspoon salt	4 squares baking chocolate

Mix Potatoes and confectioners sugar. Stir in coconut, vanilla and salt. Blend well. Press into one large or two small pans, so candy will be ½ inch thick. Melt chocolate over hot water, do not let water boil. Pour chocolate on top of candy, cool and cut in squares. For variations, make haystacks, by forming white mixture into cones 1 inch high. Allow to stand uncovered for 20 minutes. Dip base of each cone in melted chocolate. Place on waxed paper until chocolate hardens. Yields about 100 haystacks.

MASHED POTATO FUDGE

Courtesy: Angie Amalfi

½ C unseasoned, well-mashed cooked potato (about 1 medium potato)
3 C powdered sugar
1 C flaked or shredded coconut
1 tsp vanilla
2 squares semisweet chocolate



While the potato is hot, beat in the sugar and coconut, then the vanilla. Press into a lightly greased 8-inch square pan. Melt chocolate and pour over top. Chill and cut into squares. Keeps indefinitely in airtight container in refrigerator. Makes 64 1-inch pieces.

Variations:

Tennessee Christmas Mints: Substitute a few drops of oil of peppermint for the vanilla. Tint fondant pink and flatten balls to approx 1/2-inch thickness

Candied Fruit Balls: Substitute rum, lemon or maple flavoring for the vanilla. Add ½ C finely chopped candied fruit such as cherries, pineapple, apricots or dates. Dried orange or lemon peel can also be used. Allow to dry at room temp for at least 24 hours. These keep well at room temp for 2 weeks if covered with plastic wrap.

Filbert Squares: Add ¾ C chopped unsalted filberts, lightly toasted, to recipe while kneading mixture. Roll out onto smooth surface in a square approx 1-inch thick. Cut into ¾-inch squares.

Chocolate-Dipped: Melt ¼ cake paraffin wax with 6 oz chocolate chips and 2 squares unsweetened chocolate. Dip refrigerator-hardened balls or squares of candy in chocolate and place on wax paper to dry. If desired, press an almond into the top.

Peanut butter: Roll potato mixture on wax paper sprinkled with powdered sugar until very thin. Spread with creamy peanut butter and then roll into a long log. Roll in a little more powdered sugar and refrigerate. Slice to serve.

Easter Eggs: Shape the potato mixture into any size egg-shape. Place in freezer to harden. Line a cookie sheet with wax paper. Dip eggs into chocolate (see Chocolate-Dipped recipe above). Place on wax paper and refrigerate.

Coconut Peaks: Form mixture into peak-topped mounds, using about 1 Tbsp each. Set on wax paper and allow to dry for 30 minutes. Melt about 3 oz baking chocolate and dip the

bottom of each peak into the chocolate. Chill in refrigerator to harden.

Maine Needham: Increase potato to ¾ C, powdered sugar to 2 lbs, coconut to ½ lb, and vanilla to 2 tsp. Beat in 1 cube butter. Spread onto cookie sheet and freeze 1 hour to harden, then cut into pieces and dip in chocolate as above. In the recipe below, one could substitute mint for the vanilla.

POTATO CANDY

Prepare chocolate

Choose a light or dark chocolate. Suggestions: Lindt, Nestle, Toblar, Ghirardelli, either semi-sweet or milk (in bar or chips). Melt ⅔ of your chocolate in a double boiler. After chocolate is melted, add the other third portion of chocolate. Cut up finely and mix together. This will temper the melted chocolate and reduce its temperature to prevent spotting. If you use white chocolate and it gets too thick, stir vigorously to soften; if still too thick, add a little bit of vegetable oil to soften. Filling cook then mash 1 medium potato

2 T. melted butter

½ tsp. vanilla [/ mint]

1 box powdered sugar

crushed peanuts (optional)

Mix potato, butter and vanilla. Add powdered sugar until mixture can be formed into balls. If it comes out too flaky, add more butter. It'll take a lot of powdered sugar. With butter on your hands, roll the mixture into marble sized balls and let them harden. Next, using two forks to hold the balls, dip them into the melted chocolate, cover them with chocolate, then immediately roll them into crushed peanuts – as few or as many as you wish (to taste). Let harden on waxed paper.

Gardens/Gardening Tips

When planting in a container, place a sponge in the bottom, fill with soil and plant as usual. When you water, the moisture is absorbed into the sponge and helps distribute it more evenly, which also means you'll have to water less often. Pam Hill, South Carolina

Financial Preparedness

Limit the amount that you spend on gifts this year. Evaluate if the gift is really needed. Expensive toys may not be played with for more than a few days or will break. Are you buying a gift because the advertisers are saying it would be great to have? If so, think before you buy. Maybe a hand made gift is better and would be treasured for longer than a store bought one. Do your girls have dolls? How about making them some new clothes? And boys nearly always like toy cars or trucks; how about building one for them? Models are always great ideas and so are puzzles. Watch out for age appropriate gifts. And above all else try not to use your credit card. We have

been commanded to get out of debt! What better way to start the new year off by not having massive credit card debt looming ahead.

Family History Tips



"If you can't get rid of the family skeleton, you may as well dance with it." - George Bernard Shaw

A Thought

In the October 2002, general conference of The Church of Jesus Christ of Latter-day Saints, our beloved Prophet Gordon B. Hinckley taught:

Self-reliance: He reinforced the importance of self-reliance for every church member and family. "I do not predict any impending disaster. I hope that there will not be one, but prudence should govern our lives. Beginning with a week's supply of essentials and building to a year's supply is strongly recommended."

Eliminating debt: "Discipline yourselves in matters of spending, in matters of borrowing, in practices that lead to bankruptcy and the agony that comes therewith," President Hinckley advised.

Get Physical

Take it easy and enjoy the family. If you live alone visit your friends. Enjoy the sights and sounds of the holidays. Go to the mall and walk around.

Gift Ideas

Here are some items that would be great as Christmas gifts. Write out a coupon and put it in a gift box under the tree. Gifts don't have to be expensive. Teaching is a great way to pass along knowledge, skills, and to help our families become more self-sufficient.

- ⊞ Lessons on how to use a hammer, hand saw, or other non power tool.
- ⊞ Lessons on how to use power tools; such as drills or saws.
- ⊞ Teach someone to build a simple shelf, bookcase or night stand
- ⊞ Teach someone to knit, sew, mend, darn socks, sew on buttons etc.
- ⊞ Canning anyone? Teach this valuable skill to younger family members or friends. Your skills could save a

family from the loss of free fruits or vegetables during the harvest months.

- ⊞ Do you know how to use garden tools properly? You would be surprised to find out how many kids don't know how to use them. Plan a small garden, dig holes and refill them, plant trees, anything that could get them to learn how to use the tools.
- ⊞ Do you know how to play an instrument? Have someone in the family that would like to learn? Why not offer to teach or pay for lessons (6 months to start.)
- ⊞ Are you skilled in alternative cooking, such as Dutch oven, pit, camp stove, or open fire? Teach others in small groups; hands on is always the best way to learn.
- ⊞ Teach a friend or family member how to "slow cook" instead of grabbing "fast food" all the time. I know time is limited in all of our families, but take the time to learn or relearn how to get away from the "box, can or frozen" dinners. They maybe available now, but recent events (dock shut down) have shown that our grocery stores are at risk.
- ⊞ Bake bread, make cookies, or bake a cake from scratch, teaching a family member.
- ⊞ Teach how to clean a house. Many of our younger generation do not know how.
- ⊞ Teach automobile maintenance, e.g., fluid checks and changes, regular tire pressure checks, change a tire, check lights, fuses.
- ⊞ Teach household maintenance, e.g., basic plumbing, electrical, HVAC, filters, lighting, weatherstripping.

The old saying: "give a man a fish, he eats for a day... Teach a man how to fish, he feeds himself for life.." Stands to reason. The above skills will only help to improve our standard of living and encourage new skills, confidences, self reliance, and following the Prophets.

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

© 2002 Gayle-Marie Noga
<http://www.ldspreparedness.com/>

