



# THE PREPARED FAMILY



"Prepare Every Needful Thing"

September 1999

## Scripture or Quote of the month:

"Dig a well before you get thirsty."  
"If you fail to plan, you plan to fail"

...There are some who feel that they are secure as long as they have funds to purchase food. Money is not food. If there is no food in the stores or in the warehouses, you cannot sustain life with money. Both President Romney and President Clark have warned us that we will yet live on what we produce. [J. Richard Clark; October Conference, 1980]

## Dry Pack

Did you know that a fifty-five gallon drum will hold approximately 400 pounds of wheat?  
Milk, Hot cocoa mix

## Grocery Items

Canned milk, creamer (powdered), sweetened condensed  
5 lbs of salt per person, 3 boxes of laundry soap

## Non-Food

Non-prescription drugs, disinfectants

## 72 Hour Kit

10 – one dollar bills, small ax, signal flare, laundry soap, review emergency plan with family. Also, check those telephone numbers to make sure they are up to date.

## Stock up by the week

If you miss a week, go the following week, just don't give up!  
Don't forget to use those back-to-school specials and coupons!

- Back-to-school supplies
- Office supplies, postage stamps, stationary
- Baking soda – 3 lbs. Per person, powder, cornstarch, yeast – 2 lbs. per person
- Tomatoes, juice, sauce, whole and paste
- Canned fruit – 80 quarts per person (Buy or can yourself)

## Gardens/Gardening Tips

Grapes should be about ready for juicing. Take the time to check on them and be prepared to pick when they are ready. Some varieties need a frost to bring up the sugar content so keep this in mind. Most soft vines like tomatoes, peppers, cucumbers are frost tender so protect them by covering them during the night. This also applies to some flowering plants.

## Recipes:

For great ideas try these sites...

<http://www.northernutah.com/kitchenscience/>  
[www.grandmascountry.com](http://www.grandmascountry.com)

Cooking for survival

<http://etisurvival.com>

## Peach Marmalade

by Karen

For every cup of crushed peaches, add ½ c crushed orange pulp (or crushed pineapple) & ¼ c chopped maraschino cherries. For each cup of fruit, add one cup of sugar. Cook slowly until thick. It needs to be stirred often so that it won't scorch. When thickened, put into clean bottles & process according to your canner's instructions for jams.

## NO DEPRESSION CAKE

By Dottie Walters from Chicken Soup for the Soul Cookbook  
Copyright 1996 by Jack Canfield, Mark Victor Hansen & Diana von Welanetz Wentworth

Makes 12 to 15 servings and lots of smiles!

1 cup white sugar	2 cups firmly packed brown sugar
2 cups water	1 cup shortening
4 cups seedless raisins (if you have any)	
1 teaspoon cinnamon	
1 teaspoon nutmeg	½ teaspoon cloves
2 teaspoons salt	4 cups flour
2½ teaspoons baking powder	
2 teaspoons baking soda	
2 cups chopped nuts (if you have any)	
Powdered sugar, to decorate	

1. Preheat oven to 350 F. Grease a 13 x 9-inch baking pan. In a large saucepan, combine sugars, water, shortening, raisins, spices and salt. Boil together 3 minutes; cool.

2. Sift together flour, baking powder and baking soda; add to saucepan, along with nuts. Mix well and pour into prepared pan. Bake for 45 minutes.

3. Remove from oven. Let cool for 10 minutes, then turn onto a cake plate. When thoroughly cool sprinkle with a little powdered sugar, or mix lemon juice and grated lemon rind into powdered sugar for frosting.

## Apple Pie Filling

Debi W. Michigan, SouthEast chapter, Newborns In Need  
<http://www.newbornsinneed.org>

For 7 quarts:

Blanched, sliced fresh apples	6 quarts Granulated sugar
5½ cups Clear Jel	1 ½ cups Cinnamon
1 tbs Cold Water	2 ½ cups Apple juice
5 cups Bottled lemon juice	¾ cup Nutmeg (opt.)
1 tsp Yellow food coloring (opt) -- 7 drops	

For 1 quart:

Blanched, sliced fresh apples	3 ½ cups Granulated sugar
¾ cups plus 2 tbs Cold Water	¼ cup Cinnamon
½ tsp Cold water	½ cup Apple juice
¾ cup Bottled lemon juice	2 tbs Nutmeg (opt)
½ tsp Yellow Food Coloring (opt) -- 1 drop	

Procedure: Wash, peel, and core apples. Prepare slices ½ inch wide and place in water containing ascorbic acid to prevent browning. Blanch 2 quarts at a time for 1 minute in boiling water. While blanching other batches of apples, keep blanched apples in a covered pot so they will stay warm. Combine sugar, Clear Jel, and cinnamon in a large kettle with water and apple juice. If desired, food coloring and nutmeg may be added. Stir and cook on medium high heat until mixture thickens and begins to bubble. Drain apple slices. Add lemon juice and boil 1 minute, stirring constantly. Fold in apple slices immediately and fill jars with mixture without delay, leaving ½ inch head space. Adjust lids and process immediately.

Recommended process time in a boiling water canner: Pints or Quarts 0-1000ft for 25 min., 1,001-3,000ft for 30 minutes,

3,001-6,000ft for 35 minutes, above 6,000ft for 40 minutes.

## Rhubarb Jello Jam

by Jill Kershaw

5 cups rhubarb	4 cups sugar
1 3 oz. package wild strawberry Jell-O	

Cut rhubarb into ¼ inch pieces. Place into a large bowl, add the sugar. Mix well – let stand 1 hour. Put into kettle and boil for 10 minutes stirring often. Take off heat – stir in Jell-O. Put into jars--seal when cool. Keep refrigerated.

## Rhubarb Jam

by Carolyn

4 Cups rhubarb, chopped	4 Cups sugar
1 small can crushed pineapple (I use about 10 oz)	
1 package strawberry, red raspberry or other flavored Jell-O	

I have successfully doubled this recipe and it has worked well.

Cover your rhubarb with the sugar and let set for an hour or so. Now heat the sugar and rhubarb (yep, there is no liquid in the pot) and bring it to a boil. You want it to cook for 20 minutes (read further before you set the timer.) You need to stir it well. OK, I cheat at this point....I take the boiling rhubarb and pour it into a bowl and put it in the microwave. Now, I don't stir it. I set

the timer for 13 minutes and leave the room. Add the pineapple and cook for another 7 minutes or so.

Stir in whatever flavor Jell-O that you want your jam to taste like. My kids favorite was strawberry kiwi and mixed fruit. I did a double batch and just grabbed two packages of Jell-O and mixed it all together.

Pour into jars and seal. At our house we use the jam before it would go bad, but I have managed to hide away an occasional jar. I have not had any problems with spoilage so far...but I have not tried long term storage.

For now, pick the rhubarb... wider and larger stems first. Cut it into 1" pieces and place in bags in the freezer. When the weather gets cooler, start using the frozen rhubarb to make jam...and to warm your home. It smells delicious and tastes great. It doesn't matter if you like rhubarb... you will love this simple jam. I have not accurately followed the directions and I have never had a failure. I have added a handful of raspberries or whatever the kids drag in and I have never had to be precise with measurements. I have not tried reducing the sugar yet, to see how far I could cut it and it still not be tart.

## Refried Beans:

by Rita Bingham

<http://www.naturalmeals.com>

2 ½ c water	½ tsp salt
¼ tsp cumin	½ tsp chili powder
¾ c pinto bean flour	

Bring water, salt and seasoning to boil in a small saucepan over med-high heat, whisk in bean flour. Cook and stir for 1 min, while mixture thickens. Reduce heat to low, cover and cook 4 minutes. Add salsa.

## White Bean Gravy

2 c boiling water	2 tsp chicken soup base
5 Tbsp white bean flour	

Whisk bean flour into boiling water and chicken base in small saucepan. Cook for 3 minutes.

To cook old beans try this:

The night before bring a pot of water to a boil. Add beans and keep at a slow rolling boil for 30-45 minutes. Turn off heat and put lid on pot (if not already there). Let sit until the next morning. Dispose of the water, add fresh water and cook at a slow simmer until supper. Add spices (depending on which ones) 1-4 hours before serving. This method makes old beans turn out as nice and plump as new ones.

## Emergency and Family Preparedness



TIPS, IDEAS and PROVIDENT LIVING:

Here are some helpful uses of Cola:

From Michael Holigan's home improvement show  
<http://www.michaelholigan.com/Home.asp>

You know, a cola used to be the pause that refreshes. Now, it's the pause that does a lot of things around the house. Cola is a really good toilet bowl cleaner and all you have to do is pour one bottle or one can in here. Let it sit there for about an hour and then come back in and brush lightly and then flush it on down.

You're gonna love the way it looks. Cola and your car are a good combination. Take a crumpled up piece of aluminum foil. Pour some cola on there and then go to work on the chrome. It'll remove all of the tar and road film that you get on there. Once you get that done you can wipe it off and it'll gleam like it's brand new. Look at that. And don't you just hate it when you get grease all over your favorite pair of jeans? Well, cola to the rescue. Just pour the cola all over the grease spots. Now you're ready to put it in the washing machine along with the detergent and before long you're gonna have clean jeans.

Want a good cockroach killer, try the following recipe?

Take equal parts of oatmeal, flour and plaster-of-paris (dry) and mix well, serve on a paper plate or other flat container and place in a dark corner. The cockroaches will eat the mixture and die. Keep away from pets and children.

Want a way to clean used 55 gallon syrup drums? Here are a couple of solutions that may help:

*By Jen Smith*

Here is what worked for my mom. On a day that will be warm to hot (the hotter the better), set it in the sun, fill the drum up with warm to hot water and dump 4-5 lbs baking soda in it. Next day, empty and rinse a couple of times. The heat opens the "pores" up and the baking soda absorbs it.

*By Jennifer Whitt*

Go to your local do it yourself car wash... take the sprayer (with no soap... just the rinse) and squirt that water barrel out with the sprayer... We did it... and it worked really well.

## FYI

Are we prepared for a famine brought on by insects, drought, flood, or manmade problems. Have we been listening to our prophets old and new?

"Life of Heber C. Kimball" by Orson F. Whitney. Chapter 59-60 is all about the famine.

Excerpt from Page 400:

"In the course of some remarks at a special conference in Provo, July 13, 1855, President Kimball said Perhaps many feel a little sober because our bread is cut off, but I am glad of it, because it will be a warning to us, in teach us to lay it up in the future, as we have been told. How many times have you been told to store up your wheat against the hard times that are coming upon the nations of the earth? When we first came into these valleys are President told us to lay up stores of all kinds of grain that the earth might rest once in seven years. The

earth is determined to rest, and it is right that it should. It only requires a few grasshoppers to make the earth rest, they can soon clear it. This is the seventh year; did you ever think of it?"

"Then can the famine, the second one in history of Saints, in fulfillment of the warning words of the their prophets and seers. It was a famine of 1856."

Drought Plagues Mid-Atlantic

By DAVID DISHNEAU  
Associated Press Writer

HAGERSTOWN, Md. (AP) \_ In drought-ravaged Maryland, retired teacher Starr Myklebust takes water from her kitchen sink and bathtub to tend to the potted hibiscus and geraniums on her backyard deck.

In Delaware, Gov. Thomas Carper on Thursday declared a drought emergency and mandatory water restrictions for two-thirds of the state's estimated 724,000 residents who live in the northern tip. Violators will be subject to fines from \$50 to \$500; Carper said residents failed to heed voluntary restrictions.

Let us remember to conserve water no matter where we live, you never know when you may need it.

National Earthquake Information Center

If you would like more information on Earthquakes check out these web sites.

<http://www.earthquake.usgs.gov/>

[http://www.discover.com/science\\_news/gthere.html?article=en\\_virscience.html#green](http://www.discover.com/science_news/gthere.html?article=en_virscience.html#green)

So far this year we have had 37 earthquakes of 6.5 magnitude strength worldwide. In the last two months over 1,000 quakes of 1.8 or stronger have occurred, according to the NEIC earthquake activity had increased over the last few months. We have had more quakes in the last few months than in the whole of 1998. In this issue we will go over a list of what to do in case you or your family are in an Earthquake.

17 August 1999 Headline

IZMIT, Turkey (Reuters) - An earthquake devastated northwest Turkey Tuesday killing more than 1,100 people and injuring thousands as apartment blocks and houses collapsed and crushed them as they slept.

Turkey registered the quake, which was followed by some 300 after shocks, at 6.7 on the Richter scale. But the U.S Geological Survey in Golden, Colorado, rated it at 7.8 on the Richter scale, the same level as the 1976 quake that killed at least 240,000 in Tangshan, China.

20 August 1999

DILLON, Montana (Reuters) - A moderate earthquake measuring 5.3 on the Richter scale rattled this rural corner of southwestern Montana Thursday, but there were no reports of any damage or injuries.

Montana, Idaho, Utah and Wyoming are all part of the Intermountain Seismic Belt and have a history of earthquakes, including a Richter magnitude 7.5 near Hegben Lake, Montana in 1959 and a magnitude 7.3 near Borah Peak, Idaho, in 1983.

Let us add our prayers and help to those who have suffered through these disasters.

### Earthquake Preparedness List

Things to watch for:

Lights may go out, sprinkler systems may go on, fire alarms may sound, you may feel the ground shaking and see equipment and furniture move.

MOVE AWAY from overhead hazards and remember to "DUCK, COVER AND HOLD". If you are inside a building STAY THERE! Take cover under a heavy desk or table. Brace yourself in a doorway. Crouch in an interior hall or corridor.

If you are outside STAY THERE! Move to an open space away from buildings and power-lines. In a library move away from the shelving area. Inner walls should be the safest. If you are in a lecture theater or classroom, crouch on the floor between chairs and cover your head and neck. DO NOT exit or enter a building. There is danger of falling debris and flying glass. If you are inside a car STOP AND REMAIN THERE! If possible avoid stopping near tall buildings or underpasses. The car will protect you from flying debris.

Always keep a 72 hour evacuation kit in your car/office/home/school. Remember to rotate your non-cook food stuffs every 6 months. Check batteries, light bulbs, radio, and other battery operated items (keep in good working order), teach children how to turn off natural gas, water, and power to home. Never use open flames until told to by gas company or other emergency personnel. Explosions can occur when open flames are used in an unsafe environment. Chemical light sticks are best for small children. Keep a list of phone numbers of out-of-state contacts and have a meeting place for your family to gather to make sure all are well. Also, never forget to have paper and pencil handy in case you or your family have to leave your home. Leave a note to where you will be. i.e., emergency shelter or neighbor. Teach your children how to write a simple message if you're separated because of work or other errands. Above all, practice what your family will do and how to respond. Stay safe, have faith and things will get better.

## Why Be Prepared

Being prepared is more than just food storage!

Ever thought how you might wash your hair during a water shortage or emergency?

By Jewell M.

You can make do in place of doing a wet shampoo by slipping your brush into an old panty hose leg. Then brush your hair. The static will pull oils and dandruff off your hair. – Somewhere in the back of my memory there seems to be something about using cornmeal, rubbing it into the hair – rub is the key word, it will

absorb the oils, then brush it out. It will take a vigorous brushing to remove the cornmeal, but in an emergency it will work.

If you are interested in a pressure cooker there is a supplier in Wisconsin that sells "seconds" units that have been tested for about 4-6 hours before sale:

*All American Pressure Canner/Cookers*

For information and a catalog contact:

Wisconsin Aluminum Foundry Co., Inc.

P.O. Box 246 Manitowoc, Wisconsin, 54220

(414) 682-8286

An excellent idea for everyone: Do you have your funeral plans written down so someone can carry out your wishes?

*by Lynnda*-from LDSCN-prep list

I believe in being prepared in all things. I live in the Baptist Bible Belt of the South, Mayfield, KY. Although I'm only 45 and feel I am quite young and still vital, I realize that death can come at any moment. Having been to the Temple I keep my Temple Clothes always ready to either go to the Temple or HOME. Since we don't have the advantage of a lot of LDS people in the area and with our new RS president not endowed, I felt it a good idea to prepare my Temple Bag with a copy of Clothing the Dead. I also keep a brand spanking new set of garments in the bag to be buried in. I rotate these garments when I buy new sets. I would not want to go HOME with a run or snag or hole in my "drawers", if you know what I mean. Also, I considered the fact that my burial might be an emergency type burial and there might not be ANY LDS people so I have made my wishes known to all those who know me with additional instructions in the bag. I think it was pretty appropriate for me and just thought I'd share it with others who might not be as fortunate to live in the LDS BELT OF THE WEST.

## Get Physical!

Get ready to rake those lawns and take the kids out for an evening stroll. They will love the cooler fall air and will settle down after a full day of school.

## Where to get supplies:

Costco/Sam's

Storehouse/Cannery

Camping Supply Stores

Emergency Supply Houses

Internet Suppliers of your choice

URM/Cash & Carry

Bulk Food Sellers

Nurseries/Seed Suppliers

Food Co-Ops

Local Farmers/Farmers Markets



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