



# THE PREPARED FAMILY



"Prepare Every Needful Thing"

August 1999

## Scripture or Quote of the month:

*Organize yourselves; prepare every needful thing, and establish a house, even a house of prayer, a house of fasting, a house of faith, a house of learning, a house of glory, a house of order, a house of God (D&C 109:8).*

Prepare now! Take steps now to strengthen your family. Spend time together. Establish and maintain family traditions that build happy memories. Maintain a discipline with fair rules and regulations. Express unconditional love to one another through word and act. Develop within each one self-esteem and self-respect by loving and believing in him and having him belong. Provide security that children need. These are the values of which life is made. Establish these, and then we won't need to worry about the frills (*Ensign*, November 1979, pp. 27-28).

## Dry Pack

Apple slices, pinto beans, rice, sugar

## Grocery Items

Canned and Garden Vegetables

## Non-Food

Sewing Supplies, Notions

## 72 Hour Kit

Small sewing kit, extra safety pins, buttons and snaps

In the booklet *Essentials of Home Production and Storage* which is put out by the Church, different levels of storage needs are discussed. On page 7 of this booklet it states that there are three categories of home storage, which are:

Basic Storage – Items like wheat, sugar, water, candles, cooking fuel.

Emergency storage – candles, matches, water, flashlight/batteries, and no-cook foods like tuna, pork and beans, canned fruit, jerky.

Expanded storage – canned fruit, jams/jellies, chocolate chips/candies, clothing or the material to make clothing, where possible fuel to last at least one year. These items will make living more bearable.

Here is a list of Emergency storage ideas:

Each family or individual should have portable container(s) with emergency supplies such as the following: water, food requiring no refrigeration or cooking (graham crackers, canned fruits, canned meats), medications and critical medical histories required by family members, change of clothing, including two pair of stockings; sanitary supplies; first aid booklet and equipment; candles; matches; ax; shovel; can opener and blanket. The container should be placed where it can be picked up at a moment's notice. Nearby for easy access should be a packet containing the most valuable of the family's personal documents, such as genealogical records.

On page 11 of this same booklet it goes into more detail outlining food, how much water, etc... Under food it says three day food supply for each person. So while the church may not have specified a "72 hour kit", they have suggested a three day emergency supply that is easily assessable in a portable container.

## Stock up by the week

- Canned goods. Be sure and rotate.
- Sure-Jell, Certo, Paraffin, etc. Or jams and jellies.
- Be sure you have supply of canning jars & lids.
- Baking powder, soda, cornstarch, yeast
- Paper, pens, pencils and other school supplies.

## Gardens/Gardening Tips

Since most crops should be finishing up with their growing season it is time to either replant cool weather crops like carrots, spinach, potatoes, or peas or start preparing the garden for autumn.

If you are not planting a second crop you will need to start cleaning the garden debris out. If you plan to rototill the garden debris wait until all crops are done for the season. If you are growing plants for the seeds start watching them. Some plants go to seed sooner than others. Plan ahead now by getting small paper sacks marked and ready for the seeds. Don't let them freeze or the seed may be lost. Also, hybrid seeds (the ones from the store) will produce "sterile" seeds and saving them would not be a wise investment.

If you are canning you should have started by now. Peaches, apricots, cherries and most of the soft skinned fruits should be done or almost done. Most vegetables are growing strong like beans, peppers, squash (most varieties), corn, and cucumbers are hitting the peak of their seasons and should be picked as they are ready. If canning please follow established procedures to prevent spoilage or food bacteria borne illness. If you have surplus garden foods share it with your neighbors or with your local food bank. Even the LDS Bishops Storehouse can use the fresh produce. Call first to make sure they can use it. Never take in home canned products since they cannot accept it.

**A warning on the use of Pennyroyal**

Pennyroyal has been used for years in herbal remedies and it is very dangerous. According to the *Annals of Internal Medicine*, vol. 124, no. 8 (April 15, 1996), pennyroyal has caused "multiple organ failure after ingestion of pennyroyal oil from herbal tea in two infants." Pennyroyal has also been used to repel fleas on animals, one dog lost its life to its use.

The best thing for people to do is stay clear of any products using pennyroyal either in the plant/flower form or the oil. Taken internally it will cause illness or death, both to animals and humans.

**Recipes:**Swiss Potato Cake

From: Vegetable Cookery by Lou Seibert Pappas

6 Large baking potatoes, whole, unpeeled  
 1 C. shredded Gruyere or Jarlsberg cheese (4 oz.)  
 3 green onions, chopped      ¼ t. salt  
 ¼ t. freshly ground pepper      ½ c. butter

Place potatoes in a medium saucepan w/salted water to a 1-inch depth. Cook over medium heat until tender, about 20 minutes. Place cooked potatoes in a colander and cool under cold running water. Peel potatoes. Shred potatoes coarsely using a hand shredder or a food processor (shred about 6 c.) In bowl, combine potatoes, cheese, 2 chopped onions, salt and pepper. Melt ¼ butter in a large skillet over medium heat. Add potato mixture, patting it smooth on top to make a flat cake. Cook over medium heat until browned on the bottom, about 10 minutes. Loosen potato cake with a spatula. Invert potato cake onto a plate. Add remaining ¼ c. butter to skillet and melt. Slide uncooked side of potato cake back into skillet. Cook until golden brown on the bottom, about 10 minutes. Garnish with 1 chopped onion. Serve in skillet or turn out onto a platter. Cut in wedges. Serve immediately.

Muffin Mix

Make a Mix Cookbook

8 c. flour      3 c. sugar  
 3T. Baking powder      2t. Salt  
 2t. Ground cinnamon      2t. Ground nutmeg

Combine flour, sugar, baking powder, salt, cinnamon and nutmeg. Mix well, put into a large airtight container. Label with date and contents. Store in a cool, dry place. Use within 6-8 months. Makes about 11 cups.

Melt-In-Your-Mouth Muffins

Make a Mix Cookbook

2¾ C. Muffin Mix      1 egg, beaten  
 1 c. milk  
 ½ c. butter, melted or ½ c. vegetable oil

Preheat oven to 400F (205C). Spray muffin pans with vegetable cooking spray. Put muffin mix in bowl and combine egg, milk, and butter in a small bowl. Add all at once to muffin mix. Stir until mix is just moistened; batter should be lumpy. Fill prepared muffin pans ¾ full. Bake 18-20 minutes.

**Variations:**

Fresh Peach Muffins— Gently fold 1 cup diced fresh peaches into batter before filling muffin pans.

Dried Fruit Muffins— Add 1 cup chopped dried fruit (apricots, cherries, peaches, blueberries, pineapple, strawberries) to liquid ingredients.

CHILI SAUCE

by Sandra

1 gallon (or 6¼ lbs.) ripe tomatoes (peel and core before measuring)  
 1 cup white onions (chopped)      1 ½ cups sugar  
 1 teaspoon nutmeg      ¾ teaspoon curry powder  
 2 cups vinegar      5 teaspoons salt  
 2 teaspoons ginger      1 teaspoon cinnamon  
 1 teaspoon mustard

Put tomatoes and onions through food chopper. Add all other ingredients and boil 2 hours or until thick stirring frequently to prevent scorching. Pour into sterilized jars to within ½ inch of top. Put on lid and screw cap. Screw band lightly tight. Process in boiling water bath for 5 minutes after it reaches boiling. Yield 5-6 pints.

Ice Cream in a Baggie

From Becca in FL

Put one cup of milk or half and half in a quart size baggie with ¼ teaspoon vanilla and 3-4 tablespoons of sugar. After carefully sealing that baggie, we add it to a gallon size baggie with ice and table salt. I usually use a heaping handful of salt! After shaking for 5-10 minutes you should have yummy soft serve ice cream. Eat it quickly because it melts quickly! I was disappointed this year because every child ate his or her ice cream! Usually one or two take a taste and give it to me!

Emergency and Family Preparedness**TIPS, IDEAS:**

Do you know which plants to eat? Or how to keep from getting "Scurvy"? Here are some tips to help you when you are out camping or traveling in your own part of the country.

To prevent "Scurvy", Vitamin C deficiency, eat seed sprouts, chew on pine needle tips or take a vitamin supplement. **Never** eat pink coated seeds as they are very poisonous.

Don't eat any of the following. These are very toxic.

Plants:

Any unknown plants, Buttercup plant, mushrooms, unidentified berries (especially red and white berries), any plants with a milky sap or milky juice with the exception of dandelions, Seeds with dark or black mold, pink coating, or fungus (they can be poisonous).

Insects and Animals:

Spiders, centipedes, millipedes, caterpillars with hair, Gila monsters, moray eels, barracudas, raw snails, newts, toads.

These should be cooked before eating:

Ocean fish, raw fish, birds, insects.

To test if a plant is harmful or not, place a small amount (about the size of a pea) in your mouth. Keep it there for about 15 minutes. If you have a burning, stomachache, or any other ill effects, spit it out and do not use the plants. If you don't have ill effects after 10 hours, take a teaspoon-size bite of the plant and eat it. If nothing happens, wait 24-hours (1 full day) eat 1/3 cup, wait an additional 24-hours and still no side effects you may consider this an edible plant. Now this takes time and effort, but your health and well being are worth it. If at any time you experience side effects don't eat the plant.

Some things to look out for:

Stomach ache, diarrhea, blurred vision, vomiting or nausea, numbness, dizziness, rash, tingling or headache

THE YEAR WITHOUT A SUMMER – could it happen again?

I don't know what year it was...but there was a "year with no summer" It frosted EVERY month of the summer. Each time the farmers planted, replanted... it frosted again and again. WE ARE JUST ONE COLD NIGHT away from losing crops.....God can do as He pleases... we need to hearken...listen....learn....plan....prepare... pray....and ACT !!! One cold night is all it takes to kill crops... IF you get a very cold night....and fear frost before your plants are mature.....turn on your sprinklers in the night and don't turn them off until AFTER the sun rises....

Wanna get those whites white again? Try these..

Unusual Solutions to Dingy Whites

Use a paste made of meat tenderizer and water...rub it into the stains just before throwing in the washer. The tenderizer breaks down the proteins and loosens them. This also works wonders on baby spit-up stains.... as a mother of twins who spit up at every feeding, I know this!

Jan P.

Whiter White Clothes

To the family living in the military overseas:

Usually the mineral content of the water is what discolors the white-light colored clothes, to the gray-dingy color.

I have used this recipe with great success:

Dissolve: one cup powdered Tide  
one cup powdered Biz  
one cup powdered Cascade

in large load hot water. Add clothes and soak several hours or overnight. Double-rinse with cold water after final rinse.

Clorox 2 powder will not take out the designs on t-shirts.

I use one cup liquid Clorox on all our white-light t-shirts about once a month and they look brand new.

Linda

FYI

You can make your own "meat" substitute by using one of the following recipes. This is a great way to introduce your families to "meat" free eating.

My recipe was 8 cups flour, 4 cups water.... I then added it to my Kitchen Aid mixer with bread tongs....tho your hands knead just as well.... I then turned mixer on and let it "knead" the mixture until it started thickening and pulling from the sides of the bowl. This is the "gluten" working...becomes elastic. From there, I put it into my large Tupperware bowl, filled it with water and started kneading it by hand. Small amounts of the gluten will try to break away, but just knead them back into the ball. Slowly pour water off into another large container, if you want to save the bran, otherwise rinse down the drain and slowly let your water from the faucet trickle in while you continue to knead. The gluten is "gathered" once you no longer feel the grittiness of the bran, but find a fibrous ball. I then make it into "steakettes" and drop into already prepared broth I've chosen for the flavor of the day... let it simmer for about 30 minutes, lay on cookie sheets in a low oven to "steep"... turn over after a few minutes. From there, either grind into "burger" type texture, or store in fridge for your meal. A good friend makes roasts, grinds burgers, or leaves in steaks and freezes....takes out like any other meat for a meal. Gluten is fun to use and amazing in flavor.... One of the recipes we use our unflavored gluten for is ice cream topping as well as Apple Crisp topping. Gobs of fun!

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Another Recipe for Making your own Gluten from Melanie

Mix flour and water; let it rest for about 15 minutes. Dump the mixture into a large bowl and cover with water. Reach in and "wring" the mixture until you can feel it clump together. Carefully pour out the dirty water without losing the gluten clump. Run new water over the clump and keep wringing until all the bran, starch, and germ is washed out of it.

Reported by Diane Ormstead

Dr. Horowitz is a dentist with a Master's from Harvard in public health.

What can we do to stay healthy in a contaminated world?

1. Detoxify yourself. Exercise, sweat, take herbal cleansing formulas. Go on a master cleanser fast. The master cleanser formula is good, clean water with lemon juice and grade B maple syrup (uncooked, get it from health food store). Add as much strong (90 to 100,000 units) cayenne pepper as you can stand. Drink this spiced up lemonade for 3 to 10 days, no longer. Add steamed vegetables on day 3, if you want to. The cayenne raises your body temperature. Most of us are a little bit sick all the time but have low body temp. This is a fungal infection and the cayenne will fight that.
2. Deacidify yourself. Cancer grows best in a pH of 4 - 4.5. Stress, allopathic medications, lots of things can push us toward acidity. Our bodies should have a pH of 7.5. How to correct our acidity? Squeeze a lemon or a lime into the water you drink. In our bodies, lemon/lime juices change chemically to deacidify us. Another way is to go on a watermelon fast. Watermelon has a pH of 8. Eating millet flour products also deacidifies.
3. Boost your immune system physically, emotionally and spiritually. After you detoxify, start getting sufficient vitamins and minerals. Look at the label of vitamin supplements to see what kind of vitamin E is in the mixture. Only buy those with D alpha-tocopherol. If the label says, DL or mixed, then the product is not effective.

Herbs can boost your immune system. Garlic is very good. Vitamin C is antiviral. CoQ10 is anti-carcinogenic.

Did you know that...

Communication breakdowns in families cause stress.

See Phyllis Schlafly about this at <http://www.eagleforum.org/psr/>

## Why Be Prepared

Being prepared is more than just food storage!

"Prepare for the Days of Tribulation"

(Priesthood Session - Oct. 4, 1980) by Ezra Taft Benson

For over forty years, in a spirit of love, members of the Church have been counseled to be thrifty and self-reliant; to avoid debt; pay tithes and a generous fast offering; be industrious; and have sufficient food, clothing, and fuel on hand to last at least one year.

Today there are compelling reasons to reemphasize this counsel. We heard it done effectively in that great welfare meeting this morning. May I add just a word.

Members of the Church are feeling the economic pinch of higher taxes and inflation coupled with conditions of continuing recession. Some have come to their bishops seeking assistance to pay for house payments, car loans, and utilities.

Unfortunately, there has been fostered in the minds of some an expectation that when we experience hard times, when we have been unwise and extravagant with our resources and have lived beyond our means, we should look to either the Church or government to bail us out. Forgotten by some of our members is an underlying principle of the Church welfare plan that "no true Latter-day Saint will, while physically able, voluntarily shift from himself the burden of his own support" (Marion G. Romney, in Conference Report, Oct. 1973, p. 106). One of the first principles revealed to father Adam when he was driven out of the Garden of Eden was this: "In the sweat of thy face shalt thou eat bread, till thou return unto the ground" (Gen. 3:19). All we obtain in life of a material nature comes as a product of labor and the providence of God. Work alone produces life's necessities

## Get Physical !

Take your kids on a nature hike. Get out and learn a new skill. Study how to identify plants and roots in the area surrounding your home. If you live in the hills take the time to learn what is there. Day hikes are fun for everyone and you only need a few supplies for the day. Remember to take plenty of water or water purifying equipment. Take snack foods with salt to nibble on and take some small lightweight plant and tree identification manuals for your region. (These can be checked out from your local library or purchased at the book store.) Summer time is the best time to identify edible berries and roots. Don't stray off the trails – we don't want to damage the landscape. You may have a local wildlife reserve that your family would enjoy and you can observe plant and animal life in a preserved environment. Use your imagination and enjoy what the Lord has given us.

## 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

