

The Prepared Family



"Prepare Every Needful Thing"

April-June 2003

Scripture or Quote of the month:

"STORING AGAINST A DAY OF WANT."

"Brethren, learn. You have learned a good deal, it is true, but learn more; learn to sustain yourselves; lay up grain and flour, and save it against a day of scarcity. Sisters, do not ask your husbands to sell the last bushel of grain you have to buy something for you out of the stores, but aid your husbands in storing it up against a day of want, and always have a year's or two provision on hand."

Brigham Young, Journal of Discourses 12:204

Dear Friends,

I have decided that because of my very busy schedule I would reduce my workload a bit. I am now putting "The Prepared Family" newsletter out every three months.

We as a nation have been very busy with the war in Iraq, deadly ice storms, late snow storms, over 400 tornados in the month of May, hail and lightning, flooding, and the continuation of drought that has left some without the use of water to take care of their gardens and other needs. Being prepared for these events are just some of the reasons we as Latter-day Saints have been commanded to be prepared. We are to be a warning voice to our neighbors and families help were possible and be good examples to all. May the Lord assist each of you in this very unique calling.

Gayle-Marie

Bug Out Bag-BOB



Pocket knife
Metal fingernail file
Velcro strips
Wire cutters

Stock up by the week

- ★ Seeds
- ★ Canning jars
- ★ Shampoo and Conditioner
- ★ Soap making supplies

Gardens/Gardening Tips

If you are interested in "Edible" landscaping for your property here is an excellent site that can help you.

http://www.pathtofreedom.com/backtobasics/agriculture/article_ediblelandscaping.shtml

Recipes

Here is a great recipe for using peppers:

Naughty Nellie's Five Pepper Jelly

Preparation Total 2:05

An interesting ingredient in a number of sauces or just fantastic on warm tortillas or cornbread.

Ingredients:

- ¾ pound red bell peppers, 2 large
- ⅓ pound green bell peppers, 1 large
- ½ onion, fine dice
- 4 jalapenos, ribs and seeds removed, finely diced
- 2 teaspoons salt
- 5 cups sugar
- 1 ½ cups red wine vinegar
- ½ cup lemon juice, fresh if possible
- ½ teaspoon Ancho chile powder
- ¼ teaspoon cayenne
- ½ teaspoon crushed red pepper
- 6 ounces liquid pectin
- 2 ½ teaspoons cumin seeds, whole, toasted

Remove the seeds and stems from the bell peppers and coarsely chop them. Place the chopped peppers in a food processor and process until they are finely chopped.

Put the processed peppers into a colander and add the onion, jalapeno and 1 teaspoon of the salt. Allow to drain for 3 hours.

Press to extract as much of the moisture as possible.

Transfer the mixture to a large heavy non-reactive saucepan.

Stir in the sugar, vinegar, lemon juice, chile powder, cayenne, crushed red pepper and the remaining salt.

Bring to a boil, stirring, and cook for 10 minutes. Add the pectin and boil for exactly 1 minute, stirring constantly.

Turn off the heat, stir in the toasted cumin seeds and allow to stand for 5 minutes.

Stir to distribute the chopped peppers evenly and pour into hot

sterilized half-pint jars. Wipe the rims clean with a damp towel and seal with new lids and metal rings.

Place the jars on a rack, without letting them touch, in a deep canning kettle with water to cover by 1 inch.

Cover the kettle and bring to a boil. Once the water comes to a boil, boil for five more minutes. Remove the jars to a cooling rack and allow them to cool completely before storing.

Family History Tips

Family reunions are always a great way to gather information on your families. Take the time to write a short history about yourself and a favorite family member, i.e., aunt, uncle, cousin. Take these histories to your family reunion and share them in skit or story form with everyone attending. Not only will this give you something to do, but it can be entertaining and informative. Make copies and put them in your remembrance books and give a copy to your newsletter editor for printing.

A Thought

Practice what you know every day, learn something new each month, and enjoy all things that Heavenly Father gave us.

Get Physical

Walking with a longer stride will help increase your aerobic metabolism. Do this during your regular walk. Just add 3 minutes every ten and your will increase your muscle content.

FYI

Some new health and home hints: As with anything shared in this newsletter please check to make sure that you are not allergic to the products. This is strictly for your information to use with caution.



- ★ Drinking two glasses of Gatorade or equivalent can relieve headache pain almost immediately without the unpleasant side effects caused by traditional pain relievers.
- ★ Did you know that Colgate toothpaste makes an excellent salve for burns?
- ★ Before you head to the drugstore for a high-priced inhaler filled with mysterious chemicals, try chewing on a couple of curiously strong Altoids peppermints. They'll clear up your stuffed nose.
- ★ Achy muscles from a bout of the flu? Mix 1 Tablespoon of horseradish in ½ cup of olive oil. Let the mixture sit for 30 minutes, then apply it as a massage oil, for instant relief for aching muscles.
- ★ Sore Throat? Just mix ¼ cup of vinegar with ¼ cup of honey and take 1 Tablespoon six times a day. Both kill bacteria.
- ★ Cure urinary tract infections with alka-seltzer. Just dissolve two tablets in a glass of water and drink it at the onset of the symptoms. Alka-Seltzer begins eliminating urinary tract infections almost instantly even though the product was never been advertised for this use.
- ★ Eliminate puffiness under your eyes.....All you need is a dab of preparation H, carefully rubbed into the skin, avoiding the eyes. The hemorrhoid ointment acts as a vasoconstrictor, relieving the swelling instantly.
- ★ Honey remedy for Skin Blemishes.....Cover the blemish with a dab of honey and place a Band-Aid over it. Honey kills the bacteria, keeps the skin sterile, and speeds healing. Works overnight.
- ★ Listerine therapy for toenail fungus....Get rid of unsightly toenail fungus by soaking your toes in Listerine mouthwash. The antiseptic leaves your toenails looking healthy again.
- ★ Easy eyeglass protection....To prevent the screws in eyeglasses from loosening, apply a small drop of Maybelline Crystal Clear nail polish to the threads of the screws before tightening them.
- ★ Coca-Cola cure for rust...Forget those expensive rust removers. Just saturate an abrasive sponge with Coca Cola and scrub the rust stain. The phosphoric acid in the coke is what gets the job done.
- ★ Cleaning liquid that doubles as bug killer....If menacing bees, wasps, hornets, or yellow jackets get in your home and you can't find the insecticide, try a spray of Formula 409. Insects drop to the ground instantly.

- ★ Smart splinter remover.....just pour a drop of Elmers Glue-all over the splinter, let dry, and peel the dried glue off the skin. The splinter sticks to the dried glue.
- ★ Hunt's tomato paste boil cure....Cover the boil with Hunt's tomato paste as a compress. The acids from the tomatoes soothe the pain and bring the boil to a head.
- ★ Balm for broken blisters.....To disinfect a broken blister, dab on a few drops of Listerine....a powerful antiseptic.
- ★ Heinz vinegar to heal bruises...Soak a cotton ball in white vinegar and apply it to the bruise for 1 hour. The vinegar reduces the blueness and speeds up the healing process.
- ★ Kills fleas. Dawn dishwashing liquid does the trick. Add a few drops to your dog's bath and shampoo the animal thoroughly. Rinse well to avoid skin irritations. Good-bye fleas
- ★ Rainy day cure for dog odor....Next time your dog comes in from the rain, simply wipe down the animal with Bounce or any dryer sheet, instantly making your dog smell springtime fresh.
- ★ Eliminate ear mites....All it takes is a few drops of Wesson corn oil in your cat's ear. Massage it in, then clean with a cotton ball. Repeat daily for 3 days. The oil soothes the cat's skin, smothers the mites, and accelerates healing.
- ★ Vaseline cure for hairballs.....To prevent troublesome hairballs, apply a dollop of Vaseline petroleum jelly to your cat's nose. The cat will lick off the jelly, lubricating any hair in its stomach so it can pass easily through the digestive system.
- ★ Quaker Oats for fast pain relief....It's not for breakfast anymore! Mix 2 cups of Quaker Oats and 1 cup of water in a bowl and warm in the microwave for 1 minute, cool slightly, and apply the mixture to your hands for soothing relief from arthritis pain

it's time to go back and hang up your handset, which has efficiently completed its task.

(2) Do you ever get those annoying phone calls with no one on the other end? This is a telemarketing technique where a machine makes phone calls and records the time of day when a person answers the phone. This technique is used to determine the best time of day for a "real" sales person to call back and get someone at home. What you can do after answering, if you notice there is no one there, is to immediately start hitting your # button on the phone, 6 or 7 times, as quickly as possible. This confuses the machine that dialed the call and it kicks your number out of their system. Since doing this, my phone calls have decreased dramatically.

(3) Another good idea: When you get "ads" enclosed with your phone or utility bill, return these "ads" with your payment. Let the sending companies throw their own junk mail away. When you get those "pre-approved" letters in the mail for everything from credit cards to 2nd mortgages and similar type junk, do not throw away the return envelope. Most of these come with postage-paid return envelopes, right? It costs them more than the regular 37 cents postage "IF" and when they receive them back. It costs them nothing if you throw them away? The postage was around 50 cents before the last increase and it is according to the weight. In that case, why not get rid of some of your other junk mail and put it in these cool little, postage-paid return envelopes; make sure your name isn't on anything you send them. You can even send the envelope back empty if you want to just to keep them guessing! Eventually, the banks and credit card companies will begin getting their own junk back in the mail.

Let's let them know what it's like to get lots of junk mail, and best of all they're paying for it...twice! Let's help keep our postal service busy since they are saying that e-mail is cutting into their business profits, and that's why they need to increase postage costs again. You get the idea!

If enough people follow these tips, it will work----I have been doing this for years, and I get very little junk mail anymore.

Here's more FYI

Andy Rooney's Tips For Telemarketers

(1) Three little words that work are: "Hold On, Please..." Saying this, while putting down your phone and walking off (instead of hanging-up immediately) would make each telemarketing call so much more time-consuming that boiler room sales would grind to a halt. Then when you eventually hear the phone company's "beep-beep-beep" tone, you know

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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