

"It is better to prepare and prevent than to repair and repent."

~ Ezra Taft Benson

La Habra 1st Ward Preparedness Newsletter

October, 2000

We're back!

Summer is over and school is back in session! It is time to re-focus on preparedness and food storage.

Noah's Ark

We would like to thank those of you who attended the Noah's Ark dinner in August. We had a great time and some even better classes. Big thank you's go to : Dale Chittwood for his class on earthquake preparedness and strapping furniture, Kathy Nielsen who taught us some great first aide tips and to Bishop Little and Bill Burrup for an excellent and tasty demonstration on Dutch oven cooking.

We would also like to thank those who provided great displays: Margie McEldry for her display on helping people with special needs, Paul Skyles for his handout on Small Space Gardening and Catherine Palmer who told us how to care for our pets during an emergency.

Our dinner would not have been possible without the help of the activities committee and we need to thank Kathy DeWitt for her great Jeopardy game.

Thanks everyone!

Family Financial Organizer

The Family Financial Organizer is now available on our web site!
<http://Bekkel.tripod.com> Just print it out, put it into a 3-ring binder and GET ORGANIZED!

When The Wind Blows

(Found on the Internet)

A young man applied for a job as a farmhand. When the farmer asked for his qualifications, he said, "I can sleep when the wind blows." This puzzled the farmer. But he liked the young man and hired him.

A few days later, the farmer and his wife were awakened in the night by a violent storm. They quickly began to check things out to see if all was secure. They found that the shutters on the farmhouse had been securely fastened. A good supply of logs had been set next to the fireplace. The young man slept soundly. The farmer and his wife then inspected their property. They found that the farm tool shed had been placed in the storage shed, safe from the elements. The tractor had been moved into the garage. The barn was properly locked. Even the animals were calm. All was well. The farmer then understood the meaning of the young man's words, "I can sleep when the wind blows." Because the farmhand did his work loyally and faithfully when the skies were clear, he was prepared for the storm when it broke. So when the wind blew, he was not afraid. He could sleep in peace.

CAN YOU SLEEP IN PEACE?



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Recipes:

Brigham Young's Buttermilk Doughnuts

From: The Prepared Family Oct 98

2 C Buttermilk
2 large eggs
1 C sugar
5 C sifted flour
2 t soda
1 t baking powder
1 t salt
1 t nutmeg
1/4 C melted butter

Combine buttermilk, eggs, sugar-blend well. Beat in dry ingredients, stir in melted butter. Roll or pat dough on floured board about 1/4 in thick, cut with doughnut cutter. Fry in hot oil (375) until golden brown on both sides. Drain and sprinkle with powdered sugar.

Fruit Crisp Dessert

by: Jen Smith

3 C dried fruit
3 C boiling water
1/2 C flour
1/2 C butter, cut into small pieces
3/4 C brown sugar
1/4 t nutmeg
1 T corn starch
1 t cinnamon
1/2 C reg or quick oats
1 T Sugar

cut dried fruit into small pieces. Cover with boiling water and let stand for 30 minutes. Butter an 8x8x2 in pan. Make crumb topping by combining flour, butter, brown sugar, cinnamon and nutmeg. Add oats to mixture. Combine cornstarch and sugar; sprinkle over reconstituted fruit and mix well. Place fruit in buttered pan. Cover with crumb topping. Bake at 350 for 30 minutes or until bubbly at edges.

Sixty Uses of Vinegar:

(Contd from July)

46. Half a teaspoon per quart of patching plaster allows you more time to work the plaster before it hardens.
47. Prevent discoloration of peeled potatoes by adding a few drops of vinegar to water. They will keep fresh for days in the fridge.
48. Poultry water: add vinegar to increase egg production and to produce tender meat.
49. Preserve peppers: put freshly picked peppers in a sterilized jar and finish filling with boiling vinegar.
50. Olives and pimentos will keep indefinitely if covered with vinegar and refrigerated.
51. Add 1 tsp. vinegar to cooking water for fluffier rice.
52. Add vinegar to laundry rinse water: removes all soap and prevents yellowing.
53. After shampoo hair rinse: 1 ounce apple cider in 1 quart distilled water.
54. For a shiny crust on homemade bread and rolls, just before they have finished baking, take them out, brush crusts with vinegar, return to finish baking.
55. Homemade sour cream: blend together 1 cup cottage cheese, 1/4 cup skim milk and 1 tsp. vinegar.
56. boil vinegar and water in pots to remove stains.
57. Remove berry stains from hands with vinegar.
58. Prevent sugaring by mixing a drop of vinegar in to cake icing.
59. Cold vinegar relieves sunburn.
60. Marinate tough meat in vinegar overnight to tenderize.

There you have it! Next month we will start the many uses for bounce!