

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

~ Ezra Taft Benson

La Habra 1st Ward Preparedness Newsletter

July, 2000

Mark Your Calendars!

We are having dinner on Noah's Ark!
Come and join us on Saturday, August
19 at 6:00pm in the cultural hall at the
church! There is going to be lots of
great food and information. Please
bring a salad to share. Don't miss it!!!

Family Financial Organizer

If you did not get a copy of the Family
Financial Organizer you can get it off of
our web site soon. Just print it out, put
it into a 3-ring binder and GET
ORGANIZED!

First Aid

This month we are focusing on first aid.
Please be sure to check your first aid kit
to make sure you have everything you
need. If not, you need to replace it.
Here is a sample list of some the items
that you need to have in your kit:

- first aid book
- assortment of Band-Aids
- gauze pads
- butterfly bandages
- cotton balls
- small roll of gauze
- adhesive tape
- cotton swabs (Q-Tips)
- safety pins
- Pepto-bismol tablets
- antacid tablets
- cold pack
- consecrated oil
- hydrogen peroxide
- alcohol
- smelling salts
- medicine dropper

- tweezers
- Benadryl capsules
- aspirin
- Tylenol (chewable for children)
- collapsible scissors
- thermometer
- crushable heat pack
- special prescriptions or equipment
- antiseptic cream
- ointment
- small spool of thread/two needles

Not only is it important to have our first
aid kits up to date but we need to have
our first aid SKILLS up to date as well.
The first skill is always know how to dial
9-1-1, but do you know what to do is
someone is choking? Do you know CPR?
What if someone is shocked by
electricity, has a heart attack, seizure,
poisoning, bleeding, has a broken bone
or head injury, even burned? It can
mean life or death if you know how to
help a person before Emergency
Medical help can arrive. Take some
time this month to read a book on first
aid.

Handy info to know:

Did you know that you can use your
washing machine as an ice chest? It's
true just fill your empty washer with
food in sealed containers or bottles and
add ice. The insulation will keep your
food cold for up to 24 hours on one load
of ice. This would be a really life saver
in times of power outages.

-Home Matters TV

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Recipes:

FUDGE - The Best

by: B.Margeston

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2 Cups white sugar
12 regular size marshmallows
1/2 Cup butter
160 mil. Evaporated milk
Dash Salt
1 teaspoon vanilla
3/4 lb white chocolate chips

Cook first 5 ingredients in a saucepan on MEDIUM heat until it comes to a boil. Stir constantly. BOIL 5 minutes, continuing to stir ALL the time. Remove pan from heat, add white chocolate chips and vanilla. Pour into 8x8 pan, cool and cut into squares. Mint or Chocolate chips can be substituted at will.

FRESH CANNED SALSA

7 cups tomatoes, cored and chopped coarsely
3 red peppers, chopped
4 cloves garlic, peeled and minced
3/4 cup red wine vinegar
8 chili or jalapeno peppers* (to taste), chopped
2 cups diced onions
2 tsp. cumin
1/2 cup cilantro, minced
1/2 tsp. canning salt**
1/2 cup fresh lime juice

Combine all ingredients in a large saucepan and bring to a boil, stirring frequently. Reduce heat and simmer for 10 minutes. Ladle hot salsa into hot sterilized pint jars. Allow 1/2" headspace. Adjust two-piece caps only to finger-tight; too tight can cause jars to break during processing.

Process in pressure canner at 6 pounds pressure for 15 minutes or at 11 pounds pressure for 10 minutes (or process in boiling water bath for 15 minutes). Yields about 3 pints of salsa.

NOTE: Serve salsa hot or cold with warm unsalted tortilla chips. Just before serving, add chopped avocado according to taste. (Do not process the avocado with the salsa; the avocado will turn black during canning.)

Sixty uses of vinegar

(Cont'd from May)

- 38. Rub vinegar on the cut end of uncooked ham to prevent mold
- 39. Clean jars with vinegar and water to remove odor.
- 40. Avoid cabbage odor by adding vinegar to the cooking water.
- 41. Skunk odor: remove from pets by rubbing fur with vinegar.
- 42. Paint adheres better to galvanized metal that has been wiped with vinegar.
- 43. Pets' drinking water: add vinegar to eliminate odor and encourage shiny fur.
- 44. For fluffy meringue: beat 3 egg whites with a teaspoon of vinegar.
- 45. Pie crust: add 1 Tablespoon vinegar to your pastry recipe for an exceptional crust.

