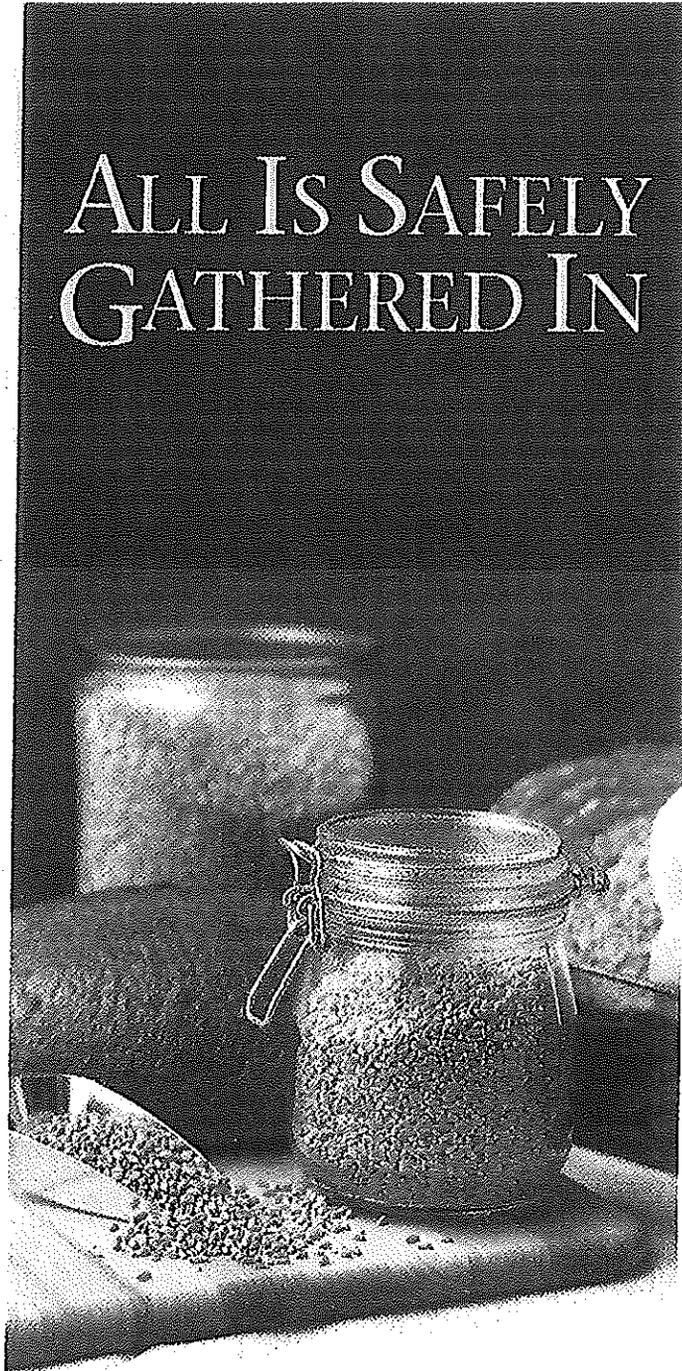


Preparedness

"If We Are Prepared We Shall Not Fear"
D&C 38:29-30

ALL IS SAFELY
GATHERED IN



Emergency Preparedness, 72 Hour Kits,
Food, Water & Fuel Storage
Dutch Oven & Apple Box Cooking & Baking
Spiritual Preparedness

CONTENTS BY COLOR

- Orange.....Emergency Information**
Preparedness Quotes and Thoughts, Emergency Check List, Emergency Preparedness Basic Information, Disaster Preparedness, Helping Children Cope with Disaster, Fingerprint/Medical History Chart
- Yellow.....Family**
A Proclamation to the World, President Hinckley speaks to Fathers, Mothers & Youth, The Internet, Preventing and Responding to Spouse & Child Abuse, 72 Hour Kit, Activity & Comfort Kit Ideas to Aid a Family During a Crisis
- Pink.....First Aid**
Basic First Aid, Bandages, Treating Dehydration, Aromatherapy
- White.....Heat Sources & Refrigeration**
Apple Box Reflector Oven, Fuel Overview, Emergency Heat Sources, Emergency Cooking Sources, Buddy Burner, Egg Carton Fire-Starters, The Iceless Refrigerator
- Light Blue.....Food Storage**
Church of Jesus Christ of Latter-day Saints First Presidency Letter, Jan. 20, 2002 - Home Storage & Financial Reserves, Booklet 'Essentials of Home Production & Storage', Cooking with Basic Food Storage - Whole Wheat, Beans & Legumes, Rice, Oats, Powdered Milk, Soups, Dried Apples, Cornmeal, Sourdough, Desserts & Goodies, Eggs, Nutrition for Babies
- Turquoise.....Water Storage & Purification**
Basic Information on Water Storage, Sources of Water, Evaporation Still, Water Purification, Emergency Chemical Toilet
- Light Brown.....Dutch Oven Cooking**
Basic Information on Dutch Oven Cooking, Tips, Seasoning the Dutch Oven, Recipes
- Green.....Gardening & Sprouting**
Planting the Vegetable Garden, When to Harvest Fruits & Vegetables, Growing Sprouts
- Lavender.....Miscellaneous**
The Weekly Guide to a Year's Supply, Preparing A Living Will, Putting Your Affairs in Order, Preparedness Summary

PREPAREDNESS

Quotes

"Too often we bask in our comfortable complacency and rationalize that the ravages of war, economic disaster, famine, and earthquake cannot happen here. Those who believe this are either not acquainted with the revelations of the Lord, or they do not believe them." *Ezra Taft Benson*

"Be prepared in all things against the day when tribulations and desolations are sent forth upon the wicked." *D&C 29:8*

"We encourage you to follow this counsel with the assurance that a people prepared through obedience to the commandments of God need not fear." *First Presidency Letter, June, 1988*

"I stand before the Church this day and raise the warning voice...It is a voice calling upon the Lord's people to prepare for the troubles and desolations which are about to be poured out upon the world without measure. For the moment we live in a day of peace and prosperity but it shall not ever be thus. Great trials lie ahead. All of the sorrows and perils of the past are but a foretaste of what is yet to be. And must prepare ourselves temporally and spiritually." *Bruce R. McConkie*

"As long as I can remember, we have been taught to prepare for the future and to obtain a year's supply of necessities..I believe the time to disregard this counsel is over. With the events in the world today, it must be considered with all seriousness.. Create a plan if you don't already have one, or update your present plan. We are not in a situation that requires panic buying, but we do need to be careful in purchasing and rotating the storage that we are putting away." *L. Tom Perry, Nov. 1995*

"The counsel to have a year's supply of basic food, clothing and commodities was given fifty years ago and has been repeated many times since. Every father and mother are the family's storekeepers. They should store whatever their own family would like to have in the case of an emergency. Most of us cannot afford to store a year's supply of luxury items, but find it more practical to store staples that might keep us from starving in case of emergency. Surely we all hope that the hour of need will never come. Some have said, "We have followed this counsel in the past and have never had need to a year's supply, so we have difficulty keeping this in mind as a major priority." Perhaps following this counsel could be the reason why they have not needed to use their reserve."

James E. Faust

Fear not, little flock; do good; let earth and hell combine against you, for if ye are built upon my rock, they cannot prevail...Look unto me in every thought; doubt not, fear not." *D&C 6:34, 36*

Fingerprint Card

Date: _____

Full Name: _____

Address: _____

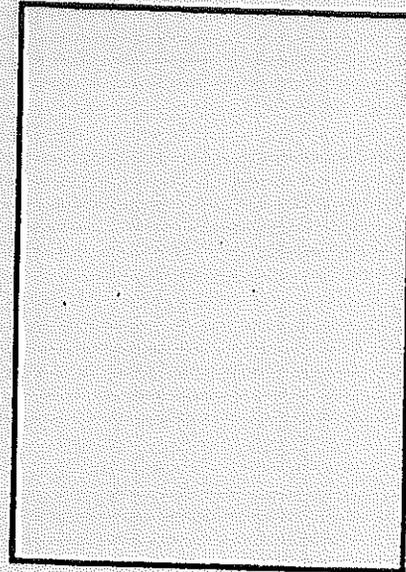
Height: _____ Weight: _____

Sex: _____ Age: _____ Race: _____

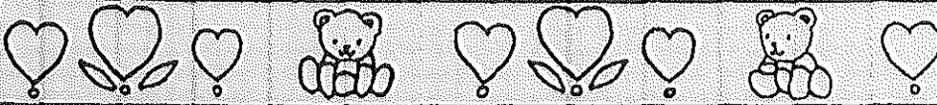
Color: Eyes _____ Hair _____

Date of Birth: _____

Place of Birth: _____



1. RIGHT THUMB	2. RIGHT INDEX	3. RIGHT MIDDLE	4. RIGHT RING	5. RIGHT LITTLE
6. LEFT THUMB	7. LEFT INDEX	8. LEFT MIDDLE	9. LEFT RING	10. LEFT LITTLE
LEFT FOUR FINGERS TAKEN SIMULTANEOUSLY		L. THUMB	R. THUMB	RIGHT FOUR FINGERS TAKEN SIMULTANEOUSLY



Medical Record

Date _____

Blood Type _____

Telephone _____

Physical exam _____

(Location) _____

VACCINATIONS

EXACT DATES

EXACT DATES BOOSTERS

	EXACT DATES				
Diphtheria					
Polio					
Measles					
Mumps					
Whooping Cough					

Birth History (Check the following diseases child has had)

Measles Mumps Pneumonia

Sore throat Ear infections

(Specify) _____

Vision _____ Glasses _____

Fractures (Dates) _____

Other information (Distinguishing marks, scars, etc.) _____



EMERGENCY PREPAREDNESS

- ❖ *Every day, millions of people wake up, go to work, take kids to school, farm their land or go to ball games. But every so often, the unexpected will happen: an earthquake, a fire, a chemical spill on the highway or some other emergency. Routines change drastically, and people are suddenly aware of how fragile their lives can really be.*
- ❖ *Disasters make national headlines, but most emergencies that seriously affect cities, towns and rural communities do not get this kind of publicity - even though hundreds of thousands of lives are disrupted every year. And each disaster has lasting effects - people are seriously injured, sometimes killed, and property damage runs into the billions of dollars.*
- ❖ *Families who are prepared can reduce the fear, inconvenience and losses that surround a disaster. They can be ready to evacuate their homes, make their stays in public shelters more comfortable and know how to take care of their basic medical needs. They can even save each other's lives.*
- ❖ *If a disaster threatens your community, local government and disaster-relief organizations will try to help. But you need to be prepared as well. Local officials may be overwhelmed after a major disaster, and emergency response personnel may not be able to reach you right away. What you do to prepare can make a difference. After most disasters, you and your family should be ready to be self-sufficient for at least *three days* - this may mean providing for your own shelter, first aid, food, water and sanitation.*
- ❖ *Use this booklet as your foundation for disaster preparedness and safety. Some of the recommended actions are general and will be supplemented by specific instructions from your local government. Add to this booklet any items that concern your own family's preparedness.*

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EMERGENCY DISASTER PREPAREDNESS

Before An Earthquake

1. Store water and food supply.
2. Organize a 72-hour portable emergency kit.
3. Bolt down or provide strong support for water heaters and other appliances.
4. Consider earthquake insurance.

During An Earthquake

1. STAY CALM.
2. If you are indoors, stay inside and find protection in a doorway, or crouch under a desk or table, away from windows or glass dividers; avoid masonry wall (brick) and chimneys (fireplaces).
3. Outside: Stand away from buildings, trees, telephone and electric lines.
4. On the Road: Drive away from underpasses/overpasses; stop in a safe area; stay in the vehicle.
5. In an Office Building: Stay next to a pillar or support column or under a heavy table or desk.

After An Earthquake

1. Check for injuries. Provide first aid.
2. Check for safety - gas, water, sewage breaks; check for downed electric lines; turn off interrupted utilities as necessary; check for building damage and potential safety problems during aftershocks, such as cracks around chimney and foundation; check for fires.
3. Clean up dangerous spills.
4. Wear shoes.
5. Tune radio to an emergency station and listen for instructions from public safety agencies.
6. Use the telephone only for emergencies.
7. As soon as possible, notify your family that you are okay.
8. Do not use matches or open flames in the home until you are sure there are no gas leaks.
9. Don't turn light switches off and on. Sparks created by the switch contacts can ignite gas fumes.
10. In public buildings, follow evacuation procedures immediately and return only after the building has been declared safe by the appropriate authorities.

Things You Need To Know

1. How, where and when to turn off electricity, gas and water.
2. First Aid.
3. Plan for reuniting your family.
4. Plan and practice a family drill at least once a year.

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EMERGENCY DISASTER PREPAREDNESS

Before

1. Make sure home is free of combustible materials.
2. Don't run wires under carpets or rugs.
3. Know avenues of escape. **HAVE A FAMILY PLAN** and have frequent fire drills.
4. **HAVE A PLACE TO MEET** - so no one tries to go back into a burning building looking for someone needlessly.
5. Have a fire extinguisher in house and car.
6. Have escape ladders for all windows higher than eight feet off the ground (especially for children).

During

1. If you are outside, do not return to for anything.
2. Go to the nearest house or building and call your fire department by dialing 911. **REPORT THE ADDRESS AND TYPE OF FIRE, LISTEN TO AND FOLLOW INSTRUCTIONS.**
3. If you are inside and have time, make sure everyone is out.
4. If anyone else is home, report to the meeting place, then see that the telephone call to the fire department is made.
5. If you are in a closed room or office, do not open the door without first feeling it or the door knob. If it is warm or hot, do not open it, but unlock it to assist rescue or fire personnel.
6. If there is smoke coming under the door, use clothes, sheets, etc. to stop the smoke from coming in.
7. If you are at home and there is a window, stay close to the floor and exit through the window, using the escape ladder if necessary.
8. If you should catch on fire, do not run. Drop to the ground and start rolling over and over to smother the flames.
9. If you see someone on fire, use a coat or blanket, etc., not your bare hands to smother the flames.
10. Watch to see that children don't go back inside to rescue a pet or prize possession.
11. Turn off the gas and electricity, if possible, from the outside of the house.
12. In a public building, follow the established evacuation procedures.

After

1. Do not re-enter the building until appropriate authorities have given permission.
2. Plan and practice a family drill at least once a year.

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EMERGENCY DISASTER PREPAREDNESS

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Before Flood

1. Know the elevation of your property in relation to flood plains, streams, and other waterways. Determine if your property may be flooded.
2. Make advance plans of what to do and where to go.
3. Store food and water and critical medical supplies (prescriptions, insulin, etc.)
4. Fill your car with gas in case you must evacuate.
5. Move furniture and essential items to higher elevation if time permits.
6. Have a portable radio and flashlights with extra batteries.
7. Open basement windows to equalize water pressure on foundations and walls.
8. Secure house.
9. Consider flood and earthquake insurance.

Evacuation

1. Listen to local radio or TV for weather information.
2. If you are asked to evacuate, shut off main power switch, main gas valve and water valve. Follow local evacuation plan and routes.
3. Do not attempt to drive over a flooded road, as it might be washed out. While you are on the road, watch for possible flooding at bridges, dips and low areas.
4. Watch out for damaged roads, slides and fallen wires.
5. Drive slowly in water, use low gear.
6. If driving and vehicle stalls, abandon it immediately and seek higher ground.
7. Do not attempt to cross a stream on foot where water is above your knees.

After the Flood

1. Remain away from evacuated area until public health officials and building inspector have given approval.
2. Check for structural damage before entering.
3. Make sure electricity is off; watch for electrical wires.
4. Do not use an open flame as a light source because of possibility of escaping gas. Use flashlights. Beware of dangerous sparks.
5. Do not use food that has been contaminated by flood water.
6. Test drinking water for potability.

EMERGENCY DISASTER PREPAREDNESS

Preparation

1. Survey your home and/or property. Take note of materials stored, placed, or used, which in the event of high winds could become missiles and destroy other structures or be destroyed. Devise methods of securing these materials where they will still be accessible for day-to-day needs.
2. Keep radio and/or TV on and monitor for wind advisories.
3. If possible, board up, tape or shutter all windows (leave some ventilation).
4. Draw some water for emergency use in the event water service is interrupted.
5. Have a supply of flashlights, spare batteries, candles, first aid equipment, medicines, etc., available for emergency use.
6. Secure outdoor furniture, trash cans, tools, etc.

During High Winds

1. Take shelter in hallways, closets, and away from windows.
2. Stay out of areas where flying objects may hit you or destroy your place of refuge.

After Winds Subside

1. Inspect for structural damage.
2. Check all utilities for damage and proper operation.
3. Monitor radio and television for instruction from local authorities.
4. Report damage and needs to local authorities.



Emergency Control of Natural Gas

1. Check house piping and appliances for damage.
2. Check for fires or fire hazards.
3. Do not use matches, lighters or other open flames.
4. Do not operate electrical switches, appliances or battery-operated devices if natural gas leaks are suspected. This could create sparks that could ignite gas from broken lines.
5. If gas line breakage is suspected, shut off the gas at the meter. This should be done, however, only if there is a strong smell of natural gas or if you hear gas escaping.
6. Wear heavy shoes in all areas near broken glass or debris. Keep your head and face protected from falling debris.
7. Turn on a battery-operated radio (if no gas leaks are found) or car radio to receive disaster instructions.
8. Do not use your telephone except in extreme emergency situations.

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EMERGENCY DISASTER PREPAREDNESS

Before the Power Outage

1. Learn location of fuse box or circuit breaker.
2. Store candles, flashlights and extra batteries in a handy place.
3. Have food and water supplies on hand, since the outage may last awhile.
4. Know the location of all camping equipment (stove, lantern, sleeping bags). You may need them. Make sure the equipment is operational and that you know how to use them. REMEMBER THAT CAMPING EQUIPMENT REQUIRING GASOLINE, PROPANE, WHITE GAS, COLEMAN FUEL OR CHARCOAL BRIQUETS SHOULD NOT BE USED INSIDE THE HOUSE - ONLY OUTSIDE.
5. Keep adequate supply of fuel on hand. Propane, white gas, gasoline and Coleman fuel must not be stored or used in the house or garage, as they are too volatile. Only kerosene may be used in the house and stored in direct sunlight and is limited in quantity to one 55-gallon drum on a person's property.
6. Keep your refrigerator well defrosted. Built-up ice works against your freezer.

During the Power Outage

1. Unplug all your appliances. The surge of power that comes when power is restored could ruin your appliances.
2. Turn off all but one light switch.
3. A major problem during an outage is food thawing in the refrigerator or freezer. Open door only to take food out, and do so as quickly as possible. If you have access to dry ice, place in a cardboard box and then on top of the food.
4. When using camping equipment during an outage, remember to do so outside. Use only a fireplace, a properly installed wood stove, or a new style kerosene heater used in a safe area with the room vented, i.e., fresh outside air coming into the room.
5. Report any downed lines.
6. Do not allow children to carry lantern, candles or fuel.

After the Outage

1. When power is restored, plug in appliances one by one, waiting a few minutes in between each one. This may prevent an overload on the system.
2. Be patient. Energy may first be restored to police and fire departments and hospitals.
3. Examine your frozen food. If it still contains ice crystal, it may be refrozen. If meat is off-color or has an odd odor, throw it away.

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EMERGENCY DISASTER PREPAREDNESS

Protect Yourself

1. When a thunderstorm or lightning threatens, get inside a home or large building or inside an all metal vehicle (not convertible). Stay indoors and don't venture outside unless absolutely necessary.
2. Stay away from open doors and windows, fireplaces, radiators, stoves, metal pipes, sinks and plug-in appliances.
3. Don't use plug-in electrical equipment such as hair dryers, electric blankets or electric razors during the storm.
4. Except for emergencies, do not use the telephone during the storm. Lightning may strike telephone lines outside.
5. If outside, with no time to reach a safe building or an automobile, follow these rules:
 - a. Do not stand underneath a natural lightning rod such as a tall, isolated tree in an open area.
 - b. Avoid projecting yourself above the surrounding landscape, as you would do if you were standing on a hilltop, in an open field, on the beach, or fishing from a small boat.
 - c. Get out of the water and off small boats.
 - d. Get away from tractors and other metal farm equipment.
 - e. Stay away from wire fences, clotheslines, metal pipes, rails, exposed sheds or anything that is high that would conduct electricity. Some of these could carry electricity to you from some distance away.
 - f. Don't use metal objects like fishing rods and golf clubs. Golfers' cleated shoes are particularly good lightning rods.
 - g. Stay in your automobile if you are traveling. Automobiles offer excellent lightning protection.
 - h. Get off and away from motorcycles, scooters, golf carts and bicycles.
 - i. If no buildings are available, your best protection is a cave, ditch or canyon, or under head-high clumps of trees or shrubs.
 - j. If only isolated trees are nearby, your best protection is to crouch in the open, keeping twice as far away from isolated trees as the trees are high.
 - k. When you feel the electrical charge - if your hair stands on end or your skin tingles - lightning may be about to strike. Drop to the ground immediately.

First Aid

1. Persons struck by lightning receive a severe electrical shock and may be burned, but they carry no electrical charge and may be handled safely.
2. A person "killed" by lightning can often be revived by prompt mouth-to-mouth resuscitation, cardiac massage, and prolonged artificial respiration.
3. In a group struck by lightning, the apparently dead should be treated first; those who show vital signs will probably recover spontaneously, although burns and other injuries may require treatment.

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EMERGENCY DISASTER PREPAREDNESS

Before the Storm

1. Arrange for emergency heat supply in case of power failure.
2. Prepare automobile, battery-powered equipment, food, heating fuel and other supplies.
3. Prepare a winter survival kit. You should have the following items in your car: Blankets or sleeping bags, flares, high energy foods (candy, raisins, nuts, etc.), first aid kit, flashlights, extra batteries, extra clothing, knives, compass, emergency candles and matches, maps, jumper cable, tow chain, shovel, windshield scraper, sack of sand.
4. Your car will help you keep warm, visible and alive should you be trapped in a winter storm. A lighted candle will help keep you from freezing, but you must remember to have a window open slightly for ventilation.
5. Keep car fuel tank above half full.

During and After the Storm

1. Dress warmly. Wear multiple layers of protective, loose-fitting clothing, scarves, mittens and hoods. Cover the mouth and nose to protect lungs from extremely cold air.
2. Avoid travel, but if you become stranded, stay in your vehicle - keep it ventilated, bundle up, light an emergency candle for warmth, occasionally change positions and DON'T PANIC.
3. Avoid overexertion. Heart attacks are a major cause of deaths during and after winter storms. Shoveling snow or freeing stuck vehicles can be extremely hard work. Don't overdo it!
4. Beware of the chill factor if winds are present.
5. Be prepared for isolation at home. If you live in a rural area, make sure you can survive at home for a week or two in case a storm isolates you and makes it impossible for you to leave.

If a Warning is issued, the Storm is Imminent. Know Winter Words of Warning.

1. *WINTER WEATHER ADVISORY* is issued when winter weather conditions, such as cold, ice and snow, are expected to hinder travel, cause inconveniences.
2. *FREEZING RAIN* is forecast when expected rain is likely to freeze as soon as it strikes the ground, creating a coating of ice on roads and walkways.
3. *WINTER STORM WATCH* means that severe winter weather is possible.
4. *WINTER STORM WARNING* means that heavy snow, sleet or freezing rain are expected.
5. *BLIZZARD WARNING* means that heavy snow, winds and dangerously low temperatures are expected. A blizzard can cause severe weather conditions.

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EMERGENCY DISASTER PREPAREDNESS

Biological Threat

A biological attack is the deliberate release of germs or other biological substances that can make you sick. Many agents must be inhaled, enter through a cut in the skin or be eaten to make you sick. Some biological agents, such as anthrax, do not cause contagious diseases. Others, like the smallpox virus, can result in diseases you can catch from people.

Unlike an explosion, a biological attack may or may not be immediately obvious. While it is possible that you will see signs of a biological attack, as was sometimes the case with the anthrax mailings, it is perhaps more likely that local health care workers will report a pattern of unusual illness or there will be a wave of sick people seeking emergency medical attention. You will probably learn of the danger through an emergency radio or TV broadcast or some other signal used in your community. Perhaps you will get a phone call or emergency response workers may come door-to-door. If you become aware of an unusual or suspicious release of an unknown substance nearby, it doesn't hurt to protect yourself. Quickly get away. Cover your mouth and nose with layers of fabric that can filter the air but still allow breathing. Examples include two to three layers of cotton such as a t-shirt, handkerchief or towel. Otherwise, several layers of tissue or paper towels may help. Wash with soap and water and contact authorities.

In the event of a biological attack, public health officials will provide information on what you should do as quickly as they can. However, it can take time for them to determine exactly what the illness is, how it should be treated and who is in danger. What you can do is watch TV, listen to the radio or check the Internet for official news including the following: Are you in the group or area authorities consider in danger? What are the signs and symptoms of the disease? Are medications or vaccines being distributed? Where? Who should get them? Where should you seek emergency medical care if you become sick?

At the time of a declared biological emergency, if a family member becomes sick, it is important to be suspicious. However, do not automatically assume you should go to a hospital emergency room or that any illness is the result of the biological attack. Symptoms of many common illnesses may overlap. Use common sense, practice good hygiene and cleanliness to avoid spreading germs, and seek medical advice.

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EMERGENCY DISASTER PREPAREDNESS

Chemical Threat

A chemical attack is the deliberate release of a toxic gas, liquid or solid that can poison people and the environment. Watch for signs of a chemical attack such as many people suffering from watery eyes, twitching, choking, having trouble breathing or losing coordination. Many sick or dead birds, fish or small animals are also cause for suspicion. If you see signs of a chemical attack, quickly try to define the impacted area or where the chemical is coming from, if possible. Take immediate action to get away from the affected area.

If the chemical is inside a building where you are, try to get out of the building without passing through the contaminated area. Otherwise, it may be better to move as far away from where you suspect the chemical release is and "shelter-in-place". If you are outside when you see signs of a chemical attack, you must quickly decide what is the fastest way to get away from the chemical threat. Consider if you can get out of the area or if it would be better to go inside a building and follow your plan to "shelter-in-place".

If your eyes are watering, your skin is stinging, you are having trouble breathing or you simply think you may have been exposed to a chemical, immediately strip and wash. Look for a hose, fountain or any source of water. Wash with soap, if possible, but do not scrub the chemical into your skin. Seek emergency medical attention.

Nuclear Blast

A nuclear blast is an explosion with intense light and heat, a damaging pressure wave and widespread radioactive material that can contaminate the air, water and ground surfaces for miles around. While experts may predict at this time that a nuclear attack is less likely than others, terrorism by its nature is unpredictable. If there is a flash or fireball, take cover immediately, below ground if possible, though any shield or shelter will help protect you from the immediate effects of the blast and the pressure wave. In order to limit the amount of radiation you are exposed to, think about *shielding, distance and time*. If you have a thick shield between yourself and the radioactive materials, it will absorb more of the radiation and you will be exposed to less. Similarly, the farther away you are from the blast and the fallout, the lower your exposure. Finally, minimizing time spent exposed will also reduce your risk.

Radiation Threat or "Dirty Bomb"

A radiation threat or "Dirty Bomb" is the use of common explosives to spread radioactive materials over a targeted area. It is not a nuclear blast. The force of the explosion and radioactive contamination will be more localized. While the blast will be immediately obvious, the presence of radiation may not be clearly defined until trained personnel with specialized equipment are on the scene. As with any radiation, you want to try to limit your exposure. Think about *shielding, distance and time*.

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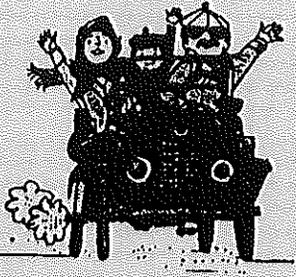
Emergency Check List



At Home:

- The water heater is strapped to the wall.
- Know where to shut off the water, power and gas and have placed the tools at each location.
- Anything that would have fallen on heads has been secured to the wall.
- The bleach and ammonia have been moved to separate locations.
- Know the unsafe locations in the house.
- Have an emergency plan and know escape routes and meeting places.
- Emergency lighting has been installed in selected outlets.
- Know the location of the nearest police, fire station and hospital.
- Know which neighbors have medical experience.
- Talk with neighbors about emergency preparedness.
- Give neighbors keys to the house and tell them how to turn off utilities.
- Give neighbors list a list of your important phone numbers.
- Conduct a home evacuation drill.
- Teach children how to get help from neighbors and 911.
- Each family member carries a family photo.
- Evaluate what supplies your family needs to store.
- Have the proper amount of water stored for emergency use.
- Have stored emergency food supplies.
- Have stored cooking items for emergency use.
- Have stored emergency items to use as shelter.
- Have a first aid kit.
- Have stored emergency lighting equipment.
- Have stored items to keep in touch with the world.
- Have positioned tools that I will need in an emergency.
- Have stored sanitation supplies.
- Have stored supplies for the baby.
- Have stored miscellaneous supplies including money for emergency use.

Emergency Check List Continued.....



The Car:

- Make a point to keep the tank full.
- Keep tools in the trunk.
- Keep the car mechanically sound and ready to use.
- Keep supplies in the car for use in an emergency. These could include: Jumper cables, blankets, first aid kit, 72 hr food kit, flashlight, etc.



At Work:

- Read the company's evacuation plan and know where to meet after an emergency.
- Know where exit routes, fire extinguishers, and medical kits are located.
- Assemble supplies and have them stored in desk.
- Carry a list of important phone numbers in wallet.

EMERGENCY PREPAREDNESS

The next time disaster strikes, you may not have much time to act. Prepare now for a sudden emergency. Learn how to protect yourself and cope with disaster by planning ahead. This list will help you get started. Discuss these ideas with your family, then prepare an emergency plan. Post the plan where everyone will see it...on the refrigerator or bulletin board. For additional information about how to prepare for hazards in your community, contact your local emergency management or civil defense office and your American Red Cross chapter.

- ◆ Call your Emergency Management Office or American Red Cross.
- ◆ Find out which disasters could occur in your area.
- ◆ Ask how to prepare for each disaster.
- ◆ Ask how you would be warned of an emergency.
- ◆ Learn your community's evacuation routes.
- ◆ Ask about special assistance for elderly or disabled.
- ◆ Ask your workplace about emergency plans.
- ◆ Learn about emergency plans for your child's school or day care.

Create an Emergency Plan

- ◆ Discuss with children the dangers of fire, severe weather, earthquakes and other emergencies.
- ◆ Discuss how to respond to each disaster that could occur.
- ◆ Discuss what to do about power outages and personal injuries.
- ◆ Draw a floor plan of your home. Mark two escape routes from each room.
- ◆ Post emergency telephone numbers near the telephones.
- ◆ Learn how to turn off the water, gas and electricity at main switches.
- ◆ Teach children how and when to call 911, police, and fire.
- ◆ Instruct household members to turn on the radio for emergency info.
- ◆ Pick one out-of-state and one local friend or relative for family members to call if separated by disaster (it is often easier to call out-of-state than within the affected area).
- ◆ Teach children how to make long distance telephone calls.
- ◆ Pick two meeting places:
 1. A place near your home in case of fire.
 2. A place outside your neighborhood in case you cannot return home after a disaster.

Emergency Preparedness Page Two

Take a Basic first Aid and CPR Class

- ◆Keep family records in a water - and fire - proof container.

Prepare a Disaster Supplies Kit

Assemble supplies you might need in an evacuation. Store them in an easy-to-carry container, such as a backpack or duffle bag. Include:

- ◆A supply of water (one gallon per person per day). Store water in sealed, unbreakable containers. Identify the storage date and replace every six months.
- ◆A Supply of non-perishable packaged or canned food and a non-electric can opener.
- ◆A change of clothing, rain gear and sturdy shoes.
- ◆Blankets or sleeping bags.
- ◆A first aid kit and prescription medications.
- ◆An extra pair of glasses.
- ◆A battery-powered radio, flashlight and extra batteries.
- ◆Credit cards and cash.
- ◆An extra set of car keys.
- ◆A list of family physicians.
- ◆A list of important family information: the style and serial number of medical devices...such as pacemakers.
- ◆Special items for infants, elderly, or disabled family members.

Escape Plan

In a fire or other emergency, you may need to evacuate your house, apartment or mobile home on a moment's notice. You should be ready to get out fast.

Develop an escape plan by drawing a floor plan of your residence. Using a black or blue pen, show the locations of doors, windows, stairways, and large furniture. Indicate the location of emergency supplies (Disaster Supplies Kit), fire extinguishers, smoke detectors, collapsible ladders, first aid kits and utility shut off points. Next, use a colored pen to draw a broken line charting at least two escape routes from each room. Finally, mark a place outside of the home where household members should meet in case of fire. Be sure to include important points outside, such as garages, patios,

Emergency Preparedness Page Three

stairways, elevators, driveways and porches. If your home has more than two floors, use an additional sheet of paper. Practice emergency evacuation drills with all household members at least two times each year.

Home Hazard Hunt

- ◆ In a disaster, ordinary items in the home can cause injury and damage. Anything that can move, fall, break or cause a fire is a potential hazard.
- ◆ Repair defective electrical wiring and leaky gas connections.
- ◆ Fasten shelves securely.
- ◆ Place large, heavy objects on lower shelves.
- ◆ Hang pictures and mirrors away from beds.
- ◆ Brace overhead light fixtures.
- ◆ Secure water heater. Strap to wall studs.
- ◆ Repair cracks in ceilings or foundations.
- ◆ Store weed killers, pesticides and flammable products away from heat sources.
- ◆ Place oily polishing rags or waste in covered metal cans.
- ◆ Clean and repair chimneys, flue pipes, vent connectors.

If You Need To Evacuate

- ◆ Listen to a battery-powered radio for location of emergency shelters.
- ◆ Follow instructions of local officials.
- ◆ Wear protective clothing and sturdy shoes.
- ◆ Take your Disaster Supplies Kit. Lock your home.
- ◆ Use travel routes specified by local officials.

If You Are Sure You Have Time

- ◆ Shut off water, gas and electricity if instructed to do so.
- ◆ Let others know when you left and where you are going.
- ◆ Make arrangements for pets. Animals can't go to shelters.

Prepare An Emergency Car Kit

- ◆ Battery powered radio and batteries
- ◆ Flashlight and batteries
- ◆ Blanket
- ◆ Booster Cables

Emergency Preparedness Page Four

- ◆ Fire Extinguisher (5 lb., A-B-C type)
- ◆ First Aid Kit and manual
- ◆ Tire repair kit and pump
- ◆ Bottled water and non-perishable high energy foods, such as granola bars, raisins and peanut butter.
- ◆ Maps
- ◆ Shovel
- ◆ Flares

Fire Safety

- ◆ Plan two escape routes out of each room.
- ◆ Teach family member to stay low to the ground when escaping fire.
- ◆ Teach family members never to open doors that are hot. In a fire, feel the bottom of the door with the palm of your hand. If it is hot, do not open the door. Find another way out.
- ◆ Install smoke detectors. Clean and test smoke detectors once a month.
- ◆ Change batteries at least once a year.
- ◆ Keep a whistle in each bedroom to awaken household members in case of fire.
- ◆ Check electrical outlets. Do not overload outlets.
- ◆ Purchase a fire extinguisher (5lb., A-B-C type).
- ◆ Have a collapsible ladder on each upper floor of your house.
- ◆ Consider installing home sprinklers.

Helping Children Cope With Disaster



Children may respond to a disaster by demonstrating increased anxiety or emotional and behavioral problems. Some younger children may return to earlier behavior patterns, such as bed wetting and separation anxiety. Older children may react to physical and emotional disruptions with aggression or withdrawal. Even children who have only indirect contact with the disaster may have unresolved feelings.

In most cases, such responses are temporary. As time passes, symptoms usually ease. However, high winds, sirens or other reminders of the emotions associated with the disaster may cause anxiety to return.

Children imitate the way adults cope with emergencies. They can detect adults' uncertainty and grief. Adults can make disasters less traumatic for children by maintaining a sense of control over the situation. The best assistance you can provide a child is to be calm, honest, and caring.

A Child's Reaction to Disaster by Age

Below are some common physical and emotional reactions in children after a disaster or traumatic event:

BIRTH TO 2 YEARS -- When children are pre-verbal and experience a trauma, they do not have the words to describe the event or their feelings. However, they can retain memories of particular sights, sounds, or smells. Infants may react to trauma by being irritable, crying more than usual, or wanting to be held or cuddled. As children get older, their play may involve acting out elements of the traumatic event that occurred several years in the past and was seemingly forgotten.

PRESCHOOL - 2 TO 6 YEARS -- Preschool children often feel helpless and powerless in the face of an overwhelming event. Because of their age and small size, they lack the ability to protect themselves or others. As a result, they feel intense fear and insecurity. Preschoolers cannot grasp the concept of permanent loss. They see consequences as being reversible. In the weeks following a traumatic event, preschoolers' play activities may involve aspects of the event. They may reenact the incident or the disaster over and over again.

SCHOOL AGE - 8 TO 10 YEARS -- The school-age child has the ability to understand the permanence of loss. Some children become intensely preoccupied with the details of a traumatic event and want to talk about it continually. This preoccupation can interfere with the child's concentration at school and academic performance may decline. School-aged children may display a wide range of reactions -- guilt, feelings of failure, anger that the event was not prevented, or fantasies of playing rescuer.

PRE-ADOLESCENCE TO ADOLESCENCE- 11 TO 18 YEARS -- As children grow older, their responses begin to resemble adults' reaction to trauma. They combine some more childlike reactions with others that seem more consistent with adult reactions. Survival of trauma can be equated with a sense of immortality. A teenager may become involved in dangerous, risk-taking behavior, such as reckless driving or alcohol or drug use. In contrast, a teenager can become fearful of leaving home. Much of adolescence is focused on moving out into the world. After a trauma, the world can seem dangerous and unsafe. A teenager may feel overwhelmed by intense emotions, and yet feel unable to discuss them with relatives.

PREPAREDNESS HELPS

Preparing for a disaster helps everyone in the family accept the fact that disasters can happen, and provides an opportunity to identify and collect the resources needed to meet basic needs after a disaster. Preparedness includes:

- Talking about damage that may be caused by disasters that can strike in your area.
- Deciding on a number to call and a place where the family will reunite if separated by a disaster.
- Pulling together supplies of basic items: food, water, batteries, radio, flashlight, etc.
- Selecting valued personal items for each member of the family to take if you are required to leave your home. For a child, such items may include a favorite toy, blanket, or other item that the child uses as a source of comfort when upset.
- Safeguarding personal possessions with emotional importance such as photographs, family heirlooms, baby books, or other items that can't be replaced. Be sure to include one or two items that your child is proud of.

Meeting the Child's Emotional Needs

Children usually take their lead in a situation by reading the emotions of adults. Adults should share their true feelings about the incident, but maintain a sense of calm for the child's sense of well-being.

Listen to what the child is saying. If a young child is asking questions about the event, answer them simply without the elaboration needed for an older child or adult. If a child has difficulty expressing feelings, allow the child to draw a picture or tell a story of what happened.

Try to understand what is causing anxieties and fears. Be aware that following a disaster, children are most afraid that-

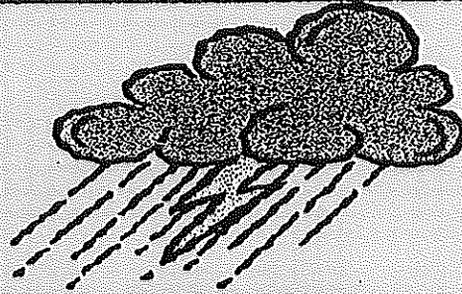
- The event will happen again
- Someone will be killed
- They will be separated from the family
- They will be left alone

Reassure Children With Compassion and Understanding.

- Hug and touch your children.
- Calmly and firmly provide factual information about the recent disaster.
- Encourage your children to talk about their feelings. Be honest about your own.
- Spend extra time with your children at bedtime.
- Re-establish a schedule for work, play, meals and rest.
- Involve your children by giving them specific chores to help them feel they are helping to restore family and community life.
- Encourage your children to help develop a family disaster plan.
- Make sure your children know what to do when they hear smoke detectors, fire alarms, and local community warning systems such as horns or sirens.
- Praise and recognize responsible behavior.
- Understand that your children will need to mourn their own losses.

You've tried to create a reassuring environment. If your children do not respond when you follow the suggestions listed above, seek help from an appropriate professional such as the child's primary care physician, a mental health provider specializing in children's needs, or a member of the clergy.

Wacky Weather Information Sheet



Severe Storms

The Warning Signs:

You observe and/or hear lightning and thunder, or thunderstorms are in the forecast. A Severe Thunderstorm warning is in effect -- what should you do?

At Home:

Follow weather reports. Make sure a battery-powered radio is nearby. Lightning can cause power surges. Unplug all appliances before the storm hits. Avoid using the phone. Metal pipes also conduct lightning strikes to sinks and bathtubs. Close the blinds and shadea of your windows, then keep away from them. Keep pets on a leash or in a carrier.

Away From Home:

There are times when storms come up suddenly. If you are away from home, protect yourself and your family by taking cover in the best shelter you can find. If you are in or near the water, go to land immediately and find shelter. If choosing between a building or a car, choose the building. If choosing between a hard-top and a convertible, choose the hard-top. If you're in a car, keep the windows closed. If there is no shelter, find a low-lying, open place that is a safe distance from trees, poles, or metal objects that can conduct electricity. Make sure it is not likely to flood. Assume a tucked position: Squat low to the ground. Place your hands on your knees with your head tucked between them. Try to touch as little of your body to the ground as possible. Do not lie flat on the ground, as your fully-extended body will provide a larger surface to conduct electricity. Stay in a tuck position well after the storm passes. Watch for local flooding; you may have to move if water begins to accumulate. If you feel your hair stand on end in a storm, drop into the tuck position immediately. This sensation means electric charges are already rushing up your body from the ground toward an electrically charged cloud. Minimize your contact with the ground to minimize your injury.

Be Prepared :

Prepare your property by removing dead or rotting trees and branches that can damage your home in a lightning strike or in the high winds that may occur.

Develop a Family Disaster Plan that includes the following:

Designate a friend or family member outside our area to be a contact in case a storm knocks out your electricity. Update these plans every school year and as places of employment and residence change.

Your Family Disaster Supplies Kit:

These contents can be assembled over a five-month period on a weekly basis, and perishable items should be changed or replaced every six months.

Develop a Family Weather Emergency Plan that includes the following:

Decide where to go if at home, school, work, outdoors, or in a car when a flood, severe thunderstorm, or tornado warning is issued. Update these plans every school year and as places of employment and residence change.

Disaster Supply Kit:

Be sure everyone in the family knows where your Family Disaster Supply Kit is located.

During extreme heat, be sure to include the following in your Kit: extra water or juice, sun screen, and wide brimmed hats.

Communication Plans:

Designate a friend or relative outside your town or area as your family contact in the event you are separated from family members during a flood, tornado, or in case a storm knocks out your electricity.

Agree upon a place where the family members can meet if separated.

After The Storm:

After lightning has struck, there is nothing more important than seeing to the safety and needs of your loved ones. But sometimes people are afraid to touch a lightning victim.

Once lightning has struck a person or even an object, however, the person or object does not carry a charge and cannot harm you.

How To Help Injured Others:

Administer First Aid immediately and call 911. Check for breathing and for a pulse. If there is none, begin to administer CPR. A lightning victim often suffers severe burns in two places on the body: where the bolt entered and where it exited. Expect to find more than one injury.

Beware Of Hazards

Avoid downed power lines. Keep children and pets far away. To prevent accidental fires, use flashlights, not candles if the power is off after a storm. (More people die as a result of fires caused by candles than from the actual impact of the disaster itself.) Keep pets on a leash.

Tornado



A tornado is a violently rotating column of air extending between, and in contact with, a cloud and the surface of the earth. Tornadoes are generally spawned by thunderstorms, though they have been known to occur without the presence of lightning. The stronger tornadoes attain an awe-inspiring intensity, with wind speeds that exceed 200 mph and in extreme cases may approach 300 mph.

A Warning Is Issued - What To Do

When a tornado warning has been issued, you may have very little time to prepare. How you respond now is critical.

OBEY ADVISORIES PROMPTLY!

In A Frame Home:

Carefully evaluate the situation before bringing in outdoor items. Make sure you have a portable radio for information. Seek shelter in the lowest level of your home (basement or storm cellar). If there is no basement, go to an inner hallway, a smaller inner room, or a closet. Keep away from all windows. You can cushion yourself with a mattress, but do not use one to cover yourself. Do cover your head and eyes with a blanket or jacket to protect against flying debris and broken glass. Don't waste time moving mattresses around. Keep your pet on a leash or in a carrier. Multiple tornadoes can emerge from the same storm. Do not go out until officials say it is safe.

In A Mobile Home:

Leave your mobile home immediately and take shelter elsewhere.

Outside:

Try to get inside and seek out a small protected space with no windows. Avoid large-span roof areas such as school gymnasiums, arenas, or shopping malls. If you cannot get inside, crouch for protection beside a strong structure, or lie flat in a ditch or low-lying area and cover your head and neck with your arms or a piece of clothing.

In A Car:

Ideally, you should avoid driving when tornadoes or other kinds of dangerous weather threaten, as a vehicle is a very unsafe place to be. If, however, this is not possible, stay as calm as possible, and assess the situation. Your best option might be to get out of the car and lie flat in a ditch or other low-lying area that is of sufficient depth to provide protection from the wind. If you do so, beware of water runoff from heavy rain that could pose a hazard, get as far away from the vehicle as possible, and shield your head from flying debris. Or, more optimally, if possible take shelter immediately in a nearby building. Do not leave a building to attempt to "escape" a tornado. If you are already in a sturdy building, do not get in a vehicle to try to outrun a tornado.

After The Tornado:

First make sure that the tornado or tornadoes are truly gone.

How To Help Injured Others:

Help injured or trapped persons by administering First Aid and immediately calling 911 if there are life threatening injuries.

Beware Of Hazards:

Stay away from downed power lines, and be sure to report them to your utility company. Stay away from damaged buildings until inspectors have given you the green light. If floods result, watch for snakes and other animals forced into your home from flood waters. Evacuate if you smell fumes or gas and notify emergency personnel. To prevent accidental fires, use flashlights, not candles, if the power is off after a tornado. If your home has been spared, keep children and pets inside. If pets must be walked outside, keep them on a leash.

Adapted from the American Red Cross

Cold and Snow survival:

When it's cold and snowy we need much more than a sled and boots. Our fingers and toes are the first to know that it's not very fun to get cold.

So here are some things to remember.

First, you should always wear lots of clothes, Layer them from thin to thick. Long johns, to sweats, to two pairs of socks. Water proof boots and mittens are a must. Mittens keep your fingers close together so they can stay warmer. Boots keep the wet snow from freezing your feet. Water that turns cold can still freeze your skin.

Next you need a layer of snow pants and jacket, with a HAT. We lose 1/2 of our body heat through our feet and head. The hat should also cover our ears, they don't have much feeling and can freeze just as quick as our fingers and toes.

REMEMBER IF YOU START TO SHIVER YOU ARE GETTING TO COLD, GO INSIDE AND WARM UP. SHIVERING IS THE FIRST SIGN OF HYPOTHERMIA.

HEAT EXHAUSTION AND SUNSTROKE

When it's sunny and hot there are a few things you need to know; Always wear something on your feet. Sandals are wonderful because they help your feet stay protected and cool. Especial on hot sand.
Your feet can really burn.

Sunglasses and a sun hat are important too. The hat should be made of light material like straw to shade your face. Sunglasses should have UV-ray protectors. This protects your eyes because they can get burned too.

Sun lotion for all the other parts of your body that your bathing suit doesn't cover. A lotion that is 30 or 40 is the best. Remember if you get wet you need to but more on every hour. A sunburn is so dangerous and it hurts real bad. Taking just five minutes out of your day each hour can make playing lots more fun.

Cooling down.... Two major ways to cool down are to drink water. not always ice water it can cool you down to fast and cause your body to be shocked. Just something like cold water from the Faust, or fridge. When you sweat you are losing water so it's best to replace water with water. If you take a wet, cold cloth and rub it on you neck and wrist, these are area's were your heart receives messages to cool down.
Across you forehead too.

President Hinckley speaks to Fathers, October 2000 General Conference

"Our youth find this tempting stuff all about them. They need the help of their parents in resisting it. They need a tremendous amount of self-control. They need the strength of good friends. They need prayer to fortify them against this flood tide of filth."

"So lead your sons and daughters, so guide and direct them from the time they are very small, so teach them in the ways of the Lord, that peace will be their companion throughout life"

- *Encourage them to develop good friendships.*
- *Teach them the importance of education.*
- *Teach your children self-respect.*
- *Teach them to stay away from drugs.*
- *Teach them the virtue of honesty.*
- *Teach them to be virtuous.*
- *Teach them to look forward to the time when they may be married in the house of the Lord.*
- *Teach your children to pray.*



President Hinckley speaks to Mothers, October 2000 General Woman's Meeting

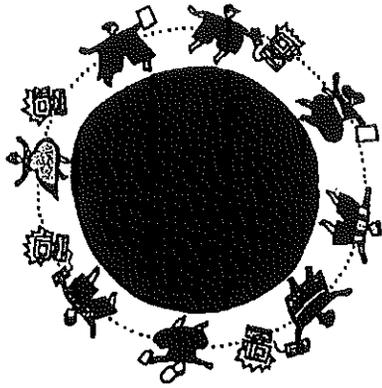
"Teach your children when they are very young and small, and never quit. As long as they are in your home, let them be your primary interest. I take the liberty tonight of suggesting several things that you might teach them. The list is not complete. You can add other items."

- *Teach them to seek for good friends.*
- *Teach them to value education.*
- *Teach them to respect their bodies.*
- *Teach your sons and daughters to avoid illegal drugs as they would the plague.*
- *Teach them to be honest.*
- *Teach them to be virtuous.*
- *Teach them to pray.*



President Hinckley speaks to the Youth, 12 November 2000 – The Six B's

1. Be grateful.
2. Be smart.
3. Be clean.
4. Be true.
5. Be humble.
6. Be prayerful.



The Internet

Computers have literally changed the world, including the way we work, learn, and communicate. Part of the computer world is the Internet— a powerful way for gaining access to the abundant knowledge stores throughout the world. Unfortunately, it's also a gateway into a world of deceit and evil. Because the Internet is becoming so essential in school and in work situations, we need to learn to safely access and use the good things the Internet can bring to our families.

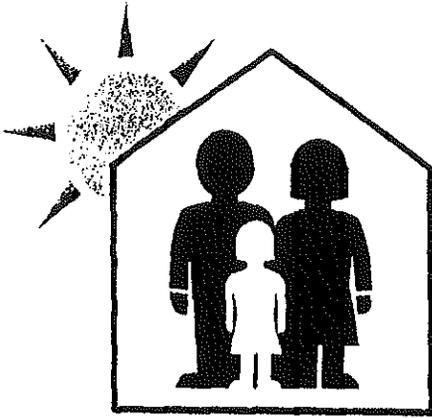
One example of the Internet's potential for good is the official Church Web site (www.lds.org), with general conference talks from the past four years; all the back issues—more than 30 years' worth—plus current issues of the Church magazines; the scriptures, with a simple way to search for individual verses using key words; current curriculum manuals; and news and current events of the Church. Information is available in several languages.

As with other areas in our lives, we have to find ways to use the Internet for worthy purposes and avoid what is bad on it. It can be a tool for great good, connecting us to the far reaches of the globe and spreading good and valuable information.

Some guidelines for using the Internet :

- Your computer has an Off switch. You may have heard horror stories about someone coming upon a pornographic site, and when they try to exit it, the computer cycles through a series of disgusting pictures. This doesn't need to happen. If, at any time, you accidentally come across anything you do not want to see, just turn the computer off. This is a guaranteed way of leaving the site immediately.
- You are in control. In general, you have to be looking for inappropriate sites to find them. Only on rare occasions will you access an inappropriate site accidentally. Accidental access is usually caused by misspelling a Web address. But remember, you have the Off switch.
- Educate parents. Young people seem unafraid of computers and have become adept at using them. Take time to help your parents better understand the computer and the Internet if they aren't already familiar with them.
- Keep the computer in a public place. Set up the computer in a place where the family regularly can see what is happening on the screen.
- Don't believe everything you read. Just as with books or magazines, you can't believe everything. Being in print doesn't make it fact. The same is true of the Internet . Just because it's on the Internet doesn't make it true. Consider the source of the information.
- Don't give out personal information. Family members should not give out their address, telephone number, social security number, credit card number, name, or location, without a parent's permission.
- Discuss family rules for computer use. Decide as a family how much time can be spent on the computer and how it will be used.
- Don't post pictures on a public Web site. Use e-mail to send photos to friends and family. Don't put family pictures on a Web site that anyone can access.

PREVENTING AND RESPONDING TO SPOUSE ABUSE



Spouse abuse is wrongly or improperly treating a wife or husband in a way that causes injury or serious offense. It is a term used to describe the failure of husbands and wives to love one another "even as Christ also loved the Church, and gave himself for it." (Ephesians 5:25)

Children who witness abuse are hurt emotionally and are more likely to have problems of their own as adults. Adult family members and others are responsible to help stop abuse and to protect and get help for those who have been injured. To keep the abuse secret often allows it to continue. Most repeat offenders have difficulty changing until they experience the consequences of their actions.

Spouse Abuse May Be Emotional, Physical or Sexual

- ◆ Emotional Abuse can consist of constant name calling, demeaning statements, unrighteous control or compulsion, threats, isolation, intimidation, manipulation, or neglect.
- ◆ Physical Abuse includes physical violence such as pushing, choking, scratching, pinching, restraining or hitting.
- ◆ Sexual Abuse may be either emotional or physical and includes sexual harassment, inflicting pain and the use of force or intimidation.

In an address to married couples, President Gordon B. Hinckley said, "Each of us is an individual. Each of us is different....I have long felt that happiness in marriage is not so much a matter of romance as it is an anxious concern for the comfort and well-being of one's companion. That involves a willingness to overlook weaknesses and mistakes."

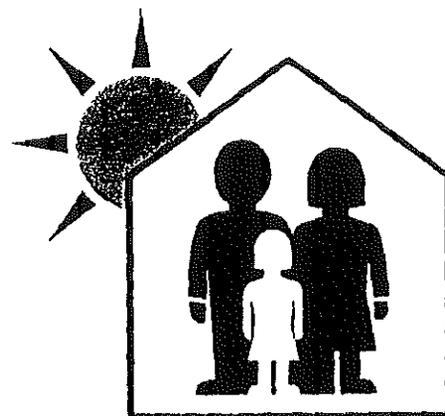
The best response to spouse abuse is a clear message from the victim and other concerned leaders, family members and friends that violence or abusive behavior will not be tolerated.

Some offenders feel remorse, a desire to confess their sins, and a willingness to begin the repentance process. Others deny wrongdoing or seek to place the blame on others.

Offenders usually persist in abusive behavior until they accept responsibility for their behavior, confess their sins, and accept spiritual and, in some cases, professional help.

President Hinckley has given the following counsel on abusive behavior: "Unfortunately a few [women] may be married to men who are abusive. Some of them put on a fine face before the world during the day and come home in the evening, set aside their self-discipline, and on the slightest provocation fly into outbursts of anger. "No man who engages in such evil and unbecoming behavior is worthy of the Priesthood of God. No man who so conducts himself is worthy of the privileges of the House of the Lord."

PREVENTING AND RESPONDING TO CHILD ABUSE



“All Human Beings - male and female - are created in the image of God. Each is a beloved spirit son or daughter of heavenly parents, and as such, each has a divine destiny...Husband and Wife have a solemn responsibility to love and care for each other and for their children...Parents have a sacred duty to rear their children in love and righteousness, to provide for their physical and spiritual needs...Husbands and wives — mothers and fathers — will be held accountable before God for the discharge of these obligations.” (The Family: A Proclamation to the World)

The Savior warned: “But whoso shall offend one of these little ones which believe in me, it were better for him that a millstone were hanged about his neck, and that he were drowned in the depth of the sea.” (Matthew 18:6)

Recognizing Child Abuse

Child abuse occurs when someone who is in a position of trust or control threatens or causes physical or emotional harm to a child. This harm may be in the form of:

- ◆ *Physical Abuse or Neglect* occurs when an individual, in most cases an adult, causes bodily harm to a child. Child abuse in the form of neglect includes failure to provide for the basic nutritional, clothing, housing, medical and educational needs of a child. Neglect includes leaving a child for extended periods of time without adequate supervision.
- ◆ *Emotional Abuse* is treating a child in a way that attacks his or her emotional development and sense of worth. Examples include constant faultfinding, belittling, rejection and with-holding of love, support and guidance.
- ◆ *Child Sexual Abuse* is any lewd or sexual activity between a child of any age and an adult or a significantly older youth who is in a position of power, trust or control. It includes the sexual exploitation of a child in pornographic materials.

Parents should ensure that the atmosphere in the home allows children to feel comfortable in discussing sensitive matters...They should feel that they can tell their parents if someone approaches them in an inappropriate manner or in a way that makes them uncomfortable. Both male and female children can be abused sexually. The abuser usually is someone they know and trust, often a relative or friend of the family.

Anyone who knows or has cause to believe that a child has been or is a victim of physical, emotional or sexual abuse has a solemn responsibility to do something constructive.

VIOLENCE

PHYSICAL

USING COERCION & THREATS

Making and/or carrying out threats to do something to hurt her • Threatening to leave her, to commit suicide, to report her to welfare, • Making her drop charges, • Making her do illegal things.

USING INTIMIDATION

Making her afraid by using looks, actions, gestures • Smashing things • Destroying her property • Abusing pets • Displaying weapons.

SEXUAL

USING EMOTIONAL ABUSE

Putting her down • Making her feel bad about herself • Calling her names • Making her think she's crazy • Playing mind games • Humiliating her • Making her feel guilty.

USING ECONOMIC ABUSE

Preventing her from getting a job • Making her ask for money • Giving her an allowance • Taking her money • Not letting her know about or have access to family income.

POWER & CONTROL

USING MALE PRIVILEGE

Treating her like a servant • Making all the big decisions • Acting like the 'master of the castle' • Being the one to define men's and women's roles.

USING ISOLATION

Controlling what she does, who she sees and talks to, what she reads, where she goes • Limiting her outside involvement • Using jealousy to justify actions.

USING CHILDREN

Making her feel guilty about the children • Using the children to relay messages • Using visitation to harass her • Threatening to take the children away.

MINIMIZING, DENYING & BLAMING

Making light of the abuse and not taking her concerns about it seriously • Saying the abuse didn't happen • Shifting responsibility for abusive behavior • Saying she caused it.

PHYSICAL

SEXUAL

VIOLENCE

NON VIOLENCE

NEGOTIATION & FAIRNESS

Seeking mutually satisfying resolutions to conflict • Accepting change • Being willing to compromise.

NON-THREATENING BEHAVIOR

Talking and acting so that she feels safe and comfortable expressing herself and doing things.

RESPECT

Listening to her non-judgmentally • Being emotionally affirming and understanding • Valuing opinion.

ECONOMIC PARTNERSHIP

Making money decisions together • Making sure both partners benefit from financial arrangements.

EQUALITY

SHARED RESPONSIBILITY

Mutually agreeing on a fair distribution of work • Making family decisions together.

TRUST & SUPPORT

Supporting her goals in life • Respecting her right to her own feelings, friends, activities and opinions.

RESPONSIBLE PARENTING

Sharing parental responsibilities • Being a positive non-violent role model for the children.

HONESTY & ACCOUNTABILITY

Accepting responsibility for self • Acknowledging past use of violence • Admitting being wrong • Communicating openly and truthfully.

NON VIOLENCE

Activity and Comfort Kit Ideas to Aid a Family During A Crisis



Comfort Kit Ideas

1. Picture of Family with love message on back.
2. Small notebooks & pencils (to record what has happened or feelings).
3. Small coloring book & 5 or 6 crayons.
4. Small set of scriptures, especially the Book of Mormon.
5. Small games (chess, checkers, ball, yo-yo, button, dice, etc.).
6. Puzzles, crosswords, story books.
7. Small toys or stuffed animals.
8. Small battery tape/CD player with tapes/CD's of children's stories and music.
9. Flashlight.
10. Snacks to munch on.

Activity Ideas - Things to do when a disaster comes without warning.

1. Draw on prayer and priesthood blessings for strength, healing, comfort, safety and protection, etc.
2. Remember to have faith, trust in the Lord and look to the future with hope.
3. Follow church and community leaders.
4. Reassure your children by hugging and holding them.
5. Provide information about what has happened.
6. Keep busy and optimize some sense of control. (A significant problem in a disaster is a feeling of having no control.) Involve children by giving them tasks that will help them feel part of restoring order in their home or neighborhood, (picking up tree limbs or broken glass, etc.). Staying busy will optimize a sense of control even if limited in nature.
7. Stay with your family. Older children could accept responsibility for younger children, etc. Praise and recognize responsible behavior.
8. Encourage children to share their feelings and be honest with your own feelings.
9. Sing cheerful songs (hymns, Primary songs, camp-songs, etc.).
10. Tell stories (Bible, Book of Mormon, Church History, missionary experiences).
11. Play Games (charades, button-botton or pebble-pebble, who stole the cookie from the cookie jar, etc.).

Your Personal 72 Hour Kit

There are many types of disasters: floods, fires, earthquakes, hurricanes and tornados, to name just a few. Government and Relief agencies estimate that after a major disaster, it could take up to three days for relief workers to reach some areas. In such a case, your 72 Hour Kit could mean the difference between life and death. In other disasters affecting your family, a 72 Hour Kit means the difference between having a miserable experience or one that's like a pleasant family camp out.

72 Hour Kit Checklist

Water

- 3-5 gallons of water stored for sanitation and drinking
- Method of water purification

Food

- 72 Hour Supply of Food and Water

Warmth and Shelter

- Windproof/waterproof matches
- Second method to start a fire
- Tent/ shelter
- Wool-blend blanket or
- Sleeping bag
- Emergency reflective blanket
- Lightweight stove and fuel
- Hand and body warm packs
- Poncho

Light Sources

- Flashlight with batteries
- Candle
- Lightsticks

Tools

- Pocket knife
- Shovel
- Hatchet or Axe
- Sewing kit
- 50-foot nylon rope

First Aid

- First aid kit and supplies
- Burn gel dressings
- Bottle of potassium iodide tablets

Communication

- Radio with batteries or radio with alternate power sources
- Whistle with neck cord

Personal Sanitation

- Personal comfort kit (include soap, toothbrush and-gel, comb, tissue, sanitary napkins, razor), and other needed items

Extra Clothing

- A complete outfit of appropriate clothing for each family member. Include extra socks, underwear, hat, sturdy shoes, and gloves.

Money

- At least \$20 in your kit. Be sure to include quarters for phone calls.

Important Papers

- Copies of documents important to your family

(such as birth certificates, marriage licenses, wills, insurance forms), phone numbers you might need, credit card information

Stress Relievers

- Games, books, hard candy, inspirational reading. For children: small toys, paper and pen, favorite security items

Additional Items

- Extra food
- Camp stove
- Mess kits and other cooking equipment
- Sun block
- Insect repellent
- Portable toilet
- Snakebitekit
- Special medication or other needs

Portable Container

- Durable water resistant duffel bag, framepack or day pack

•Important to Know•

1 Your kit should be in a portable container located near an exit of your house. This is so you can grab it on your way out of the house in a serious emergency. Do not overload your kit—you may have to carry it long distances to reach safety or shelter.

2 Each family member should have their own kit with food, clothing, and water. Distribute heavy items between kits.

3 Enclose the extra clothing,

matches, personal documents, and other items damageable by smoke or water in plastic to protect them. If it's raining when you have to evacuate, you will appreciate the dry clothes.

4 Keep a light source in the top of your kit, so you can find it quickly in the dark.

5 Personalize your kit. Make sure you fill the needs of each family member.

6 Inspect your kit at least twice a year. Rotate food and water.

Check children's clothing for proper fit. Adjust clothing for winter or summer needs. Check expiration dates on batteries, light sticks, warm packs, food, and water.

7 Consider the needs of elderly people as well as those with handicaps or other special needs. For example: for babies, store diapers, washcloth, ointment, bottles and pacifiers, and other special supplies.

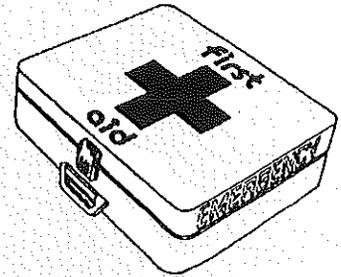
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**EMERGENCY
ESSENTIALS**

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First Aid

Breathing Failure, Choking, Fractures,
Sprains & Strains and Dislocations



Breathing Failure

Breathing failure can be recognized by absence of breathing movements or by a bluish tint to the lips, tongue and/or fingernails. Rescue breathing should be performed immediately if a person stops breathing.

Rescue Breathing:

- 1) Open airway by tipping head back while lifting jaw.
- 2) Look, Listen and Feel for breathing.
- 3) Keep head tipped back and pinch nose closed.
- 4) Give 2 slow breaths through the mouth until chest rises.
- 5) Check for pulse by placing index and middle finger on the side of the neck.
- 6) If a pulse is present, give 1 breath every 5 seconds for adults, 1 breath every 4 seconds for children, and 1 breath every 3 seconds for infants.

Choking

Choking occurs when food or other foreign objects become lodged in the throat or airway. If the choking person can talk or cough hard enough to dislodge the object, do not interfere. If they are coughing weakly, cannot speak, gasping for breath or having violent fits of coughing, perform the Heimlich Maneuver immediately. Other times to perform the Heimlich Maneuver are when the person asks for help or they make the universal choking sign.

Heimlich Maneuver:

- 1) Determine that the person is choking.
- 2) Position yourself behind the choking person either by standing or kneeling so you can easily reach around person's waist.
- 3) Position one hand on person's abdomen in a fist with thumb side against their abdomen.
- 4) Deliver abdominal thrusts by grasping fist with other hand and pushing upward in a quick thrust. Repeat thrust several times until the object is dislodged, or person can cough or breathe.

What to do if the person becomes unconscious:

- A) Lay person down on their back.
- B) Use finger sweep to check throat for an obstruction.
- C) Attempt ventilation using Rescue Breathing Technique.
- D) If chest does not rise, deliver up to 5 abdominal thrusts by straddling victims legs, interlocking fingers and thrusting upward with palm in an upward thrust motion.

First Aid Page Two

Fractures

A fracture is a crack or break in a bone. There are 2 types of fractures: an open fracture and a closed fracture. An open fracture consists of the bone breaking through the surface of the skin revealing the bone. An open fracture may bleed heavily and become infected. A closed fracture doesn't break the surface of the skin, but it may damage the tissue immediately under the skin. Fractures are not always easy to detect, the only sure way to know is by an X-ray. Recognizable symptoms of fractures are: Crookedness, discoloration, swelling, grating, exposed bone, inability to move the part and severe pain.

Care:

- 1) If open fracture, stop the bleeding. Do not apply pressure directly to the bone.
- 2) Immobilize fractured area. Use a splint where necessary.

Splints: A splint can be made from boards, folded newspaper, a pillow or folded blankets or towels. Attach splint to immobilize joints above and below broken bone. Be sure that the material used to tie splint does not limit circulation in any way and that the knots are on the splint itself and not the injured area. Seek medical attention soon.

Sprains and Strains

A sprain occurs when ligaments or tendons near a joint are torn or stretched. (Ligaments = fibrous tissue that prevents bones from popping out of a joint. Tendons = thick strands of tissue that connect muscles to bones.) Symptoms: Pain on movement, swelling and/or discoloration.

Care for Sprains:

- 1) Apply cold pack.
- 2) Elevate.
- 3) Do not use or walk on injured part if it causes discomfort or pain.

Strains: Strains are caused by over stretching a muscle or tendon. A common strain caused by lifting heavy objects incorrectly is the Back Strain. Signs of a strain may include: intense pain, slight swelling and difficulty moving or using the affected part.

Care for Strains:

- 1) Rest injured part.
- 2) Apply cold packs and elevate injured area. For a back strain apply moist heat to area.
- 3) Get medical help, especially if pain persists.

*Note: Because symptoms of sprains and strains are closely related to those of a fracture, an X-ray may be taken to rule out the possibility.

Dislocation

A dislocation is the separation of the bone from its joint. Symptoms include: Deformity, pain and loss of function. *Care:* Don't try to set the joint. Immobilize and support affected part as in the treatment for fractures. Apply cold packs to keep the swelling at a minimum. Seek immediate medical attention.

Treating Wounds & Cuts

Some wounds and cuts are minor, and some are very serious. For major wounds that bleed a lot or are very deep, the person may need to see a doctor. However, you can treat most minor wounds at home without medical help. You can treat minor wounds and give initial treatment for major wounds by learning the following five basic steps:

1. **Stop the bleeding.** Put any clean cloth (towel, handkerchief, gauze, etc.) over the wound. Press down on the cloth for at least three minutes.
2. **Wash the wound.** This is the most important thing you can do to prevent infection and to help the wound heal quickly. First wash your hands well with soap and water and rinse them in a sanitizing solution or purified water. Then wash the wound with disinfectant soap and purified water.
3. **Clean out dirt particles.** If there are flaps of skin, lift them gently with sterile tweezers. Squirt, spray, or pour purified water on the wound to clean it completely. Do not put alcohol, tincture of iodine, or Merthiolate directly on a wound. These things hurt the flesh and slow the healing process.
4. **Close the skin.** A fresh wound less than twelve hours old will heal faster if the edges of the skin are held together. If the wound or cut is severe, a health worker may need to stitch it. However, you can close many wounds with a butterfly bandage made of adhesive tape.
5. **Dress and cover the wound.** Antiseptic or antibiotic ointment can be put on the wound when it is clean and closed. Cover the wound gently with a clean covering such as gauze, toilet paper or a sterilized cloth bandage.

Get medical help to treat wounds that are infected.

Sometimes wounds can become infected. If they do, they need to be treated by a doctor or a health worker. Any of the following signs may mean that wounds are infected:

- ◆ They are painful, and the skin is red and hot to the touch.
- ◆ There is swelling and pus.
- ◆ They smell bad.

General Skin Care

The following things are signs of skin disease:

- ◆ Swelling or inflammation
- ◆ Itching or stinging
- ◆ Areas that feel hot to the touch
- ◆ Infected sores with pus
- ◆ Pain or a burning sensation
- ◆ Rashes or dry, scaly patches
- ◆ Areas that blister, crust, or ooze
- ◆ Sores that heal slowly

There are three simple treatments that you can use in your home to treat mild skin problems:

- ◆ **Hot Compresses** - For swelling, inflammation, pain, skin that feels hot to the touch, or pus, apply hot compresses. You can make hot compresses in the following way:

Boil water and allow it to cool just enough so that it is still hot but you can hold your hand in it. Fold a clean cloth so it is slightly larger than the area you want to treat. Moisten it in the hot water. Put the cloth over the affected skin. Cover the cloth with a sheet of thin plastic or cellophane. Wrap the cloth and the plastic with a towel. Keep the affected part raised above the body if possible. Put the cloth in hot water again whenever it becomes cool.

- ◆ **Cold Compresses** - For itching, stinging, blistering, crusting, or oozing of clear fluid, apply cold compresses. You can make cold compresses in the following way:

Soak cloths in cool water and white vinegar (two tablespoons of vinegar in one liter of boiled or chlorinated water). Apply cloths to the affected area several times a day. After several days, when the affected area feels better and has formed new skin, mix talc and water (one part talc to one part purified water). Spread the mixture lightly over the skin. When the new skin begins to thicken or to flake, rub on a little vegetable oil or baby oil.

- ◆ **Protection from Sunlight** - When any signs of skin disease appear on parts of the body that are normally exposed to the sun, protect the affected area from sunlight.

Serious skin infections should be treated by a health worker. You should see a health worker whenever the following things happen:

- ◆ A skin disease gets worse with home treatment rather than healing.
- ◆ The lymph nodes behind the ears, under the chin, in the armpits or in the groin become swollen.
- ◆ A red line on or under the skin appears near the infected area and follows the blood vein in the direction of the heart.
- ◆ The affected area begins to smell bad.

Treatment of Burns

Heat and flame can cause very painful wounds. Around the home and workplace, people can be burned by open fires, hot grease, cooking pans, explosions of flammable liquids, hot irons, and overexposure to the sun. Some burns are merely painful, while others are very dangerous.

First-degree burns are minor burns that do not form blisters. They are red and slightly swollen. They can be safely treated at home. To treat them, relieve the pain by soaking the burned part in cold, purified water immediately. The person can take Tylenol or another pain reliever containing acetaminophen to relieve the pain. No other treatment is necessary. Ointments and creams do not need to be applied.

Second-degree burns are more serious. They form blisters that swell and fill with fluid but do not expose raw flesh. If the blisters are not broken, do not break them. Protect the blisters from breaking and treat as a first-degree burn. If the blisters are broken, keep the burn area clean. Wash your hands in soap and purified water, and gently wash the burn with soap and purified water. Then place sterile petroleum jelly on a sterile bandage or a piece of gauze and cover the burn. If the burn is small or if you do not have a way to cover it, leave it open. Wash the open burn area twice daily with soap and purified water. Never put grease, fat, hides of animals, coffee grounds, or feces on a burn. These things are used in some parts of the world, but they do not help burns. They cause germs to spread in the body. If the burn develops pus, a bad smell or swelling, take the victim to a health clinic or trained health worker.

Third-degree burns are very painful because they destroy the skin and expose raw or burned flesh. These burns should not be treated at home because the danger of infection is very great. Any person who is burned over a large part of his body should be treated by a health professional. Until treatment can be received, loosely wrap the burned area with a very clean cloth or towel.

A Very Simple First-Aid Box Might Have the Following Items In It:

- ◆ A roll of good quality toilet paper in its original wrapper (for drying wounds or cuts that have been cleaned)
- ◆ A bar or bottle of disinfectant soap (for cleaning cuts and scrapes)
- ◆ A liter of purified water (boiled or chlorinated)
- ◆ A small bottle of alcohol (for disinfecting around cuts and for sterilizing scissors, needles, and thermometers)
- ◆ A small bottle of antiseptic (for use on wounds)
- ◆ Pieces of clean cloth that are carefully wrapped so they will stay clean
- ◆ Tylenol (or other pain reliever containing acetaminophen) for reducing pain & fever
- ◆ A thermometer with instructions
- ◆ A jar of sterile petroleum jelly (Vaseline)
- ◆ A packet of dry ingredients for oral rehydration solution
- ◆ Adhesive tape
- ◆ Scissors or a knife

Bee Stings

- * Remove the stinger - It has a venom sac attached so you will want to remove it, but don't try to pull it out. Pulling it out will squeeze more venom into the sting. Take a blunt edged object such as a credit card, knife or fingernail and gently scrape the stinger and whisk it out.
- * Keep the area clean - A child's own germs getting into the wound could cause infection. Wash the area several times the first day and a few days after. Infection usually occurs 3-4 days after the sting.
- * Cool it - Put an ice cloth on the site for 10-30 min, You can also use a cold water wash cloth. This will help with itching, pain and tenderness.
- * Make a paste - A paste of baking soda and water applied for 15-20 min. can help reduce pain.
- * Apply Antiperspirant - Apply a deodorant that contains aluminum chlorohydrate. This will relieve pain and itching.
- * Swab with Ammonia - Dab a bit of household ammonia on a cotton ball and swab the sting. This will help relieve pain and itching as well.
- * Try an antihistamine - This can help reduce side effects of stings such as swelling, pain, allergic reactions, etc.
- * Give pain relief - Tylenol (or other pain reliever) can help reduce side effects as well.

When to call the Doctor:

- | | |
|--|---------------------------------|
| *Swelling over a large area of the body | *Dizziness |
| *Shortness of breath or difficulty breathing | *Hives |
| *Tightness in the throat or chest | *Faint |
| *Nausea or Vomiting | *Pain & swelling 72 hrs or more |

Insect & Spider Bites

- ◆ Keep the area clean - Wash with soap and water 2-3 times a day & apply antibiotic cream.
- ◆ Soothe with ice - Apply an ice pack or cold wash to soothe the itch.
- ◆ Make a paste - Apply baking soda paste for 15-20 min. to soothe itch & pain.
- ◆ Treat pain - Administer acetaminophen as needed.

When to see the Doctor:

- ◆ A deep blue-purple mottled area around the bite, surrounded by a whitish halo with an outer ring of redness. (Brown Recluse)
- ◆ Muscle spasms, tightness, stiffness, abdominal pain. (Black Widow)
- ◆ Body rash.

Ticks

Grasp the tick with fine-tipped tweezers, pull slowly. DO NOT burn, apply Vaseline or nail polish to the tick.

Wash the bite area and apply antibiotic ointment. If you can't remove the tick or part of it remains imbedded, get medical help.

Not all ticks carry Lyme Disease. If rash or flu-like symptoms appear, see your health care provider immediately.

Treating Fever, Diarrhea and Dehydration

Diarrhea and fever are caused by germs that get into the body through dirty hands, bare feet and impure food and water. If not treated properly, diarrhea and fever can cause poor nutrition or dehydration.

A high fever can be very dangerous, especially in a child. Do not wrap a child in a blanket when he/she has a fever...this can make the child sicker. When a person has a fever you can do several things to bring the body temperature back to normal:

- ◆ Loosen or remove clothing
- ◆ Sponge the body with cool water
- ◆ Give the person a proper dose of Tylenol or other pain reliever containing acetaminophen.
- ◆ Give the person liquids frequently.

When you eat or drink, your intestine prepares water, salts and nutrients to be carried by the blood to all parts of the body. When you have diarrhea, your intestine does not work properly. It lets too much water pass through the intestine and out of the body. This can cause a serious condition called dehydration. The intestine also lets food pass through so quickly that the body cannot use it. This results in poor nutrition. Dehydration and poor nutrition from diarrhea often cause death, especially among small children.

When a person has diarrhea, he needs a lot of liquid or he may become dehydrated and die. If someone in your family has mild diarrhea, you should give him lots of liquids to drink. As soon as he is able to eat, you should give him soft foods that are easy to digest such as soup, creamed cereals, cooked bananas or mashed potatoes. If you are nursing an infant who gets diarrhea, do not stop breastfeeding the child. *Breastfeeding helps prevent diarrhea and dehydration.*

If a person has very bad diarrhea or has had diarrhea for several days in a row, he can become dehydrated. This is especially true for small children. Some of the symptoms of severe diarrhea and dehydration are the following:

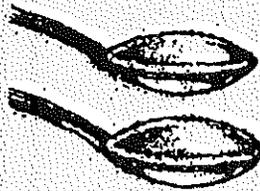
- ◆ Frequent bowel movements that the person cannot control
- ◆ Watery stools
- ◆ Little urine or dark yellow urine
- ◆ Fast, weak pulse
- ◆ Flushed, dry skin
- ◆ More than normal thirst
- ◆ Dry mouth and tongue
- ◆ Sunken or dry eyes
- ◆ Lethargy
- ◆ Irritability and confusion

If someone in your family has diarrhea and has two or more of these symptoms, you should give him oral rehydration solution. You can buy oral rehydration solution in a grocery store or pharmacy. It may come in powdered form that you can mix with purified water, or it may be a liquid (Pedialite).

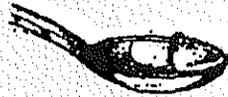
You can also make a simple oral rehydration solution at home. (See directions on next page.) Give the person small sips of the solution every 5 min., even if he vomits, until he begins to urinate normally. The drink can be given with fruit juices as flavoring. Thin vegetable soup can also be used.

TREATING DEHYDRATION

(Replacing Body Fluids)



2 Tablespoons
Sugar



$\frac{1}{2}$ teaspoon
Salt



1 liter water
(about 1 quart)

OR



2 Fistfuls
Sugar

3 pinches
Salt

1 liter water
(about 1 quart)

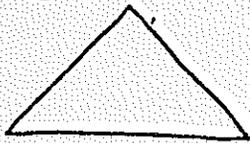
Give small sips (even with vomiting)
until urination returns to normal.

Practical Health Tips

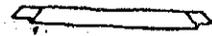
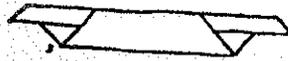
Bandages

To make a **triangular bandage**, start with a square piece of unbleached muslin or an ordinary piece of cotton cloth 36-40 inches square. Fold it diagonally from the corner to cut on the fold. This makes two bandages.

To make a **cravat bandage**, start with one triangle. Fold a 1½-inch hem along the base, placing the apex or point of the triangle underneath the hem. This bandage is again folded lengthwise along the middle until it is the desired width.



Triangular bandage

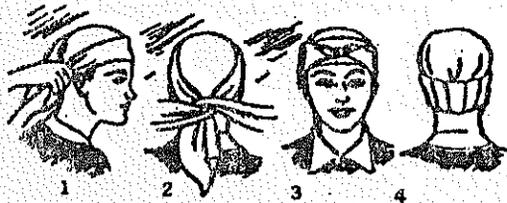


Cravat

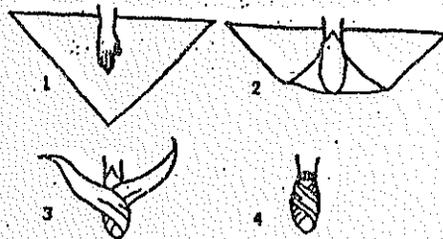
The convenient triangular bandage is one of the most commonly used to hold a dressing in place. (A dressing, or compress, is the protective covering placed directly over a wound. A bandage is the material that holds the dressing in place.) It is used open to cover large areas and is folded into a cravat to cover smaller wounds or to help stabilize an injured limb. It is also used as a sling. Figures below show various ways a triangular bandage and cravat may be used.

Uses of Triangular Bandage

Head

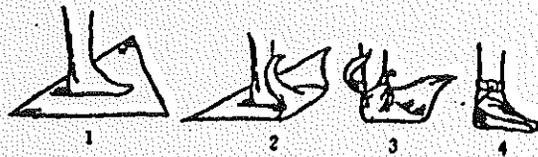


Hand

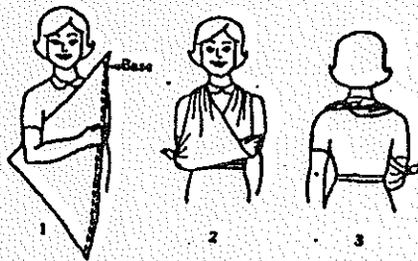


Uses of Triangular Bandage (continued)

Foot

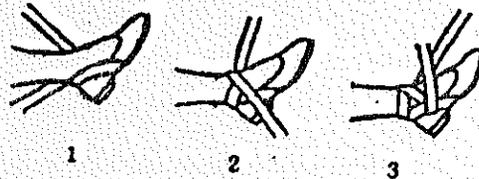


Sling

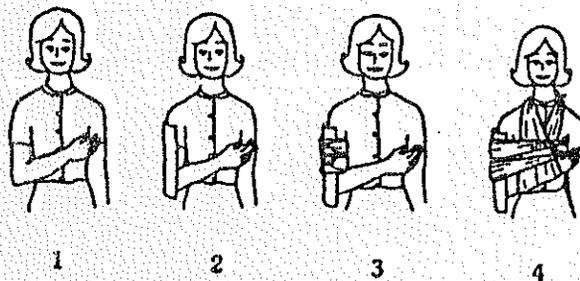


Uses of Cravat

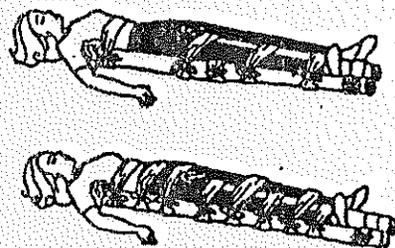
Sprained ankle

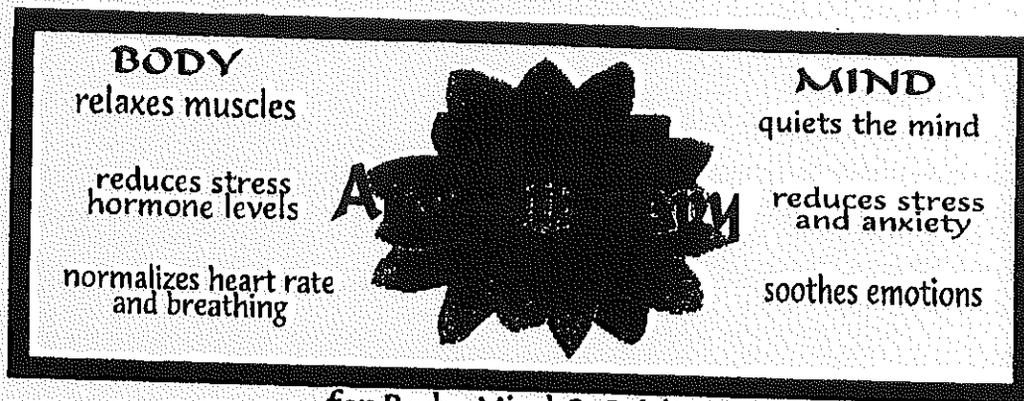


Splint or stabilize an arm



Splint or stabilize a leg





for Body, Mind & Spirit
"Ointment and perfume rejoice the heart"
 (Proverbs 27:9)

The Bible contains more than 100 references to the use of essential oils. Two stories stand out among these. The first is the story of Mary Magdalene washing Jesus' feet, drying them with her hair, and then anointing his head with expensive oil.

The second and perhaps most well known story is of the gift of the Magi to the Christ child... Gold, Frankincense and Myrrh. In ancient times, Frankincense and Myrrh were as valuable as Gold.

Aromatherapy is the use of essential oil to address various physical and emotional concerns. It is powerful not just because of its healing benefits for the body, but also because of its soothing effects on the emotions. Essential oils can work almost instantly, especially for hormonal and emotional concerns.

Smelling aromatic oils seems to activate the mysterious mind--body connection. The aromas bring us to a quieter state of mind so we can do a better job of taking care of ourselves. Essential oils awaken our natural healing intuition. Just by smelling an essential oil, our bodies will often give us feedback about how that oil will affect us physically and mentally.

Essential oils go to work immediately in the body because they don't have to go through the digestive system to get into the bloodstream. When you inhale an essential oil, the volatile molecules begin to be absorbed right into the mucosa of the sinuses. Other volatile molecules enter the lungs and are absorbed into the bloodstream through the alveoli, or air sacs. Thus, simply smelling or breathing an essential oil efficiently gets the essential oil into the bloodstream, where it can affect our physiology.

Aromatherapy is derived from the ancient practice of using natural plant essences to promote health and well-being. It consists of the use of pure essential oils obtained from a wide assortment of plants, which have been steam distilled or cold-pressed from flowers, fruit, bark and roots. Aromatherapy can help ease a wide assortment of ailments; easing aches, pains, and injuries, while relieving the discomforts of many health problems. Aromatherapy also acts on the central nervous system, relieving depression and anxiety, reducing stress, relaxing, uplifting, sedating or stimulating, restoring both physical and emotional well-being.

Essential Oils For First Aid

When you only have room to carry a few essential oils, three of the most basic and versatile are:

● **Lavender:** Is one of the most useful of all essential oils. It is perhaps most famous for its ability to accelerate the healing of wounds and burns. Lavender is also useful for coughs, colds and sore throats. It is an effective relaxant and sedative and may be useful in cases of insomnia and nightmares. Lavender essential oil is reputed to help with migraine headaches, and it is often used in skin care products due to its healing soothing, and moisturizing properties.

KEY USES: Acne, Anger, Anxiety, Bruises, Burns, Sunburn, Cuts, Convulsions, Eczema, Hair Loss, Headache and migraine, Hiccups, Hypertension, Infection, Insect bites, Insect repellent, Insomnia, Inflammation, Muscle spasms, Pain--arthritic, strains, sprains, Rash--itchy skin, Scars, Wounds.

EMOTIONAL CONCERNS: Lavender is very balancing and calming to the nervous system and can soothe states of anxiety, irritability, anger, frustration and compulsion. Lavender may be helpful in cases of manic depression.

CAUTION: Use caution during pregnancy. Be sure to use only true lavender.

Sun Burn - Lavender essential oil (pure, grade A) : 2-3 drops mixed in with a small amount of chemical-free lotion applied to sunburn will take away for hot, burning pain.

● **Peppermint:** Has a fresh, minty, earthy, penetrating and invigorating aroma. It is used as an analgesic, antiseptic, anti-inflammatory and expectorant. Peppermint helps with the assimilation and digestion of ideas. It stimulates and awakens the mind and refreshes the spirit.

KEY USES: Asthma, Bad breath, Bronchitis - chronic, Colds & flu - dry cough, Concentration - clarity - memory, Decongestant, Fatigue - mental & physical, Headache, Gastrointestinal spasm, Gastrointestinal poisoning, Diarrhea, Indigestion, Heartburn, Colic, Irritable bowel syndrome, Migraine, Muscle aches & pains, Nausea & vomiting, Pain relief.

CAUTION: Peppermint may cause wakefulness in the evenings. Due to its cooling effect, do not rub peppermint over the whole body, and use with caution and only in diluted form in the bath.

Recipe for Dry Cough - 5 drops peppermint, 4 drops sandalwood, 3 drops pine; combine with 1 ½ teaspoons aloe vera gel and rub onto chest. Or add to a bowl of almost boiling water and use as an inhalation.

● **Eucalyptus:** Is a powerful decongestant and expectorant and is therefore useful in inhalations in cases of colds, catarrh and respiratory infections. It is specific for colds accompanied by chills and thin mucus. Eucalyptus is one of the best oils to use in a diffuser to prevent the airborne transmission of illness. Massages with eucalyptus can reduce fevers and relieve the pain of muscle strain and rheumatism. Using eucalyptus on the dressing of a wound will speed healing.

KEY USES: Air purifier, Antiseptic, Arthritis - rheumatoid & osteo, Bronchitis, Chicken pox, Mind clearer, Colds & flu, coughs, Decongestant, Diabetes, Fevers, Insect-repellent, Muscle aches & stiffness, Respiratory infections, Sinus infection & congestion, Wounds & burns.

CAUTION: Eucalyptus may interfere with homeopathic remedies. Beware of rectified oil. Do not use in large concentrations on the skin. Avoid in cases of epilepsy or hypertension and exercise caution in case of asthma.

Anti-Infectious Chest Rub - 10 drops eucalyptus, 4 drops peppermint, 6 drops pine (wheezy cough, white mucus) or rosemary (catarrhal cough); Combine 1 oz. Aloe vera gel, plus 1/8 teaspoon massage oil. Massage into chest and lower neck.

Essential Oils - Emergency Reference Chart

Animal Bites Lavender, Eucalyptus	Bruises & Bumps Lavender	Burns Lavender
Colds, flu & dry cough Eucalyptus, Peppermint	Constipation Peppermint	Dry Flaky Skin Lavender
Physical Exhaustion Lavender, Peppermint	Exposure to Heat Eucalyptus, Peppermint, Lavender	Fevers Eucalyptus, Peppermint, Lavender
Fractures Lavender	Grazes, Cuts Lavender, Eucalyptus	Hay Fever Eucalyptus
Headaches & Migraines Peppermint, Lavender	Heat Exhaustion Lavender, Eucalyptus	Heatstroke Lavender, Eucalyptus, Peppermint
Indigestion, heartburn, colic Peppermint	Infections Lavender, Eucalyptus	Insect Bites Lavender, Eucalyptus
Insect Repellant Lavender, Peppermint	Itching Eucalyptus, Peppermint	Jet Lag Lavender, Eucalyptus, Peppermint
Muscles, Over Exercised Lavender, Eucalyptus	Prickly Heat Eucalyptus, Lavender	Rashes Lavender, Eucalyptus
Sleeplessness Lavender	Sprains, Strains Lavender	Sunburn Lavender, Peppermint, Eucalyptus
Sunstroke Eucalyptus, Lavender	Swellings Eucalyptus, Lavender	Toothache Peppermint
Travel Sickness Peppermint	Vomiting & nausea Peppermint, Lavender	Wounds Eucalyptus, Lavendar

Beating the Cold Bug

Do you already feel a cold coming on? Have you been experiencing chills, mild fever, headache, stuffy nose, dry sore throat, and fatigue? To help you battle your cold or flu, take a hot bath with the following aromatic recipe once or twice a day if necessary.

In a 10-ml bottle, pour the essential oils first and then add an organic vegetable oil to fill:

- ◆ 15 drops of Ravensara
- ◆ 10 drops of Rosemary
- ◆ 8 drops of Thyme officinalis
- ◆ 8 drops of Eucalyptus

Pour a big package of Epsom Salts into the bathtub and add your aromatic blend.

Make sure you allow at least 20 minutes to breathe in the vapors, adding more hot water as needed to keep steaminess at a maximum. Wrap yourself warmly when you get out, then treat yourself to a good hot soup.

Headache & Migraine

Essential Oils: Peppermint, Lavender, Pink Grapefruit

Lightly massage diluted essential oils into the temples and the hairline. Be sure not to get them close to the eyes, as this could aggravate the discomfort. For migraine headaches, lightly apply a small amount of peppermint oil in alcohol to the forehead and temples. This may be too strong for some people. Check for neck and back tension as a possible cause.

Headache Oil

1 ounce massage oil

12 drops lavender

6 drops peppermint

4 drops eucalyptus

Mix the ingredients together. Use only a small amount on the temples, back of the head and top of the face just inside the hairline.

Essential Oil Safety

- ◆ Follow label instructions. Use externally; do not ingest.
- ◆ Keep essential oils away from children.
- ◆ Dilute essential oils before using topically. Undiluted oils may cause skin irritation. Essential oils do not dissolve in water and must be diluted with vegetable oil.
- ◆ Always keep a carrier oil readily available when using essential oils, in case of irritation.
- ◆ Patch test essential oils on a small area of skin to determine skin sensitivity. Potentially irritating oils include but are not limited to eucalyptus, pine, cinnamon, clove and lemon.
- ◆ Generally, people with allergies must be very cautious with essential oils. The least sensitive area is the soles of the feet.
- ◆ Essential oils, in their concentrated state, must never come in contact with mucous membranes, eyes, or sensitive skin areas. Milk can be used to flush the eye should contact occur.
- ◆ Avoid exposure to the sun or tanning beds after topical application of essential oils. This is especially important with citrus oils.
- ◆ Some oils have strong, caustic characteristics and should be used cautiously and in a diluted form.
- ◆ Before using essential oils, consult a physician if you are pregnant, terminally ill, or undergoing drug therapy.
- ◆ Periodically take a break from using essential oils. Use for six days and rest for one day, or use for three weeks and rest for one week.

EMERGENCY LIGHTING

During an emergency you may be without electric lighting. Since most of us have never had to rely upon any other form of lighting we may not be aware of other options available. Most of the alternatives require a fire or flame, so use caution.

Cyalume Sticks

These are the safest form of indoor lighting available but very few people even know what they are. Cyalume sticks can be purchased at most sporting goods stores for about \$2 per stick. To activate them simply bend them until the glass tube inside them breaks, then shake them to mix the chemicals inside, and it will glow a bright green light for up to 8 hrs. *Cyalume is the only form of light that is safe to turn on inside a home after an earthquake. Cyalume will not ignite natural gas.*



Flash Lights

Flash lights are excellent for most types of emergencies except in situations where ruptured natural gas lines may be present. Never turn a flash light on or off if there is any possibility of ruptured gas lines. The three main problems with relying upon flash lights are that they give light to very small areas, the batteries run down fairly quickly during use, and batteries do not store well for extended time periods. Alkaline batteries store the best. If stored in a cool location and in an airtight container these batteries should be expected to store for three to five years. Store at least 2-3 extra bulbs in a place where they will not be crushed or broken.

Candles

Every family should have a large supply of candles, 365 candles, or one per day is not too many. 50 hr candles are available in both solid and liquid form. White or light colored candles burn brighter than dark candles. Candles are a good source of light and are the least expensive of all the methods of providing light. However, candles are extremely dangerous indoors because of the high fire danger. For this reason be sure to store several candle lanterns or broad-based candle holders. Be sure to store a goodly supply of wooden matches.

Kerosene Lamps

Kerosene lamps will burn approx. 45 hrs. on a quart of fuel. The main problem with using kerosene lamps is failure to properly trim the wicks and using the wrong size chimney. Wicks should be trimmed in an arch, a "V", an "A" or straight across the top. Failure to properly trim and maintain wicks will result in smoke and poor light. Be sure to store extra wicks, chimneys and mantles.

Propane & Coleman Lantern

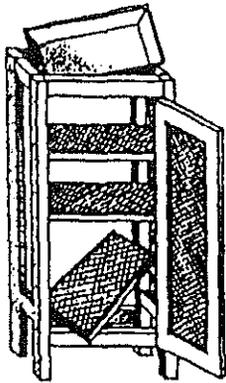
Caution should be used in using camp lanterns burning fuel. Fuel is very volatile and a flash type fire is easy to set off. Always fill them outside. Propane on the other hand is much safer. It is not as explosive and does not turn quite as hot. Be sure to store plenty of extra mantles and matches.

NOTE: Store lots of wooden matches. 1,000 - 2,000 matches are not too many.

The Iceless Refrigerator

An iceless refrigerator will keep meats, fruits, vegetables, milk, and butter cool. It costs very little to build and nothing to operate. The following directions will provide a general outline of how to make it. Use local knowledge and materials to make the refrigerator useful for your area.

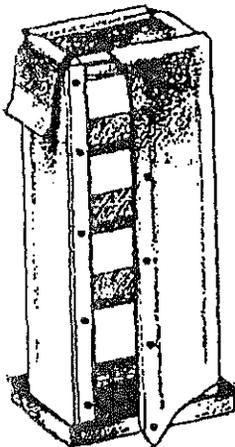
Make a wooden frame, approximately 140 centimeters (55 inches) high by 30 centimeters (12 inches) wide by 35 centimeters (14 inches) deep. Cover it with screen wire or hardware cloth, the kind that will not rust if possible. If you cannot get such wire, you can use woven grasses or branches. The top of the frame should be covered with wire, but the bottom may be solid. Make a door for one side, and mount it on hinges or leather thongs. Fasten it with a wooden button or latch.



You can make adjustable shelves out of light wooden frames covered with poultry wire mesh or woven grass or other plant material. Put these shelves on side braces.

Paint the woodwork and the shelves. If this is not possible, oil the wooden parts with linseed oil, coconut oil, or cooking oil, and let them dry for a few days before using.

Make a cover of flannel, burlap, or other heavy, coarse, water-absorbent cloth to fit the frame. Put the smooth side of the fabric on the outside. Button the cover around the top of the frame and down the side on which the door opens. Use buggy hooks and eyes or large-headed tacks and eyelets, or simply lace cord through wadded eyelets.

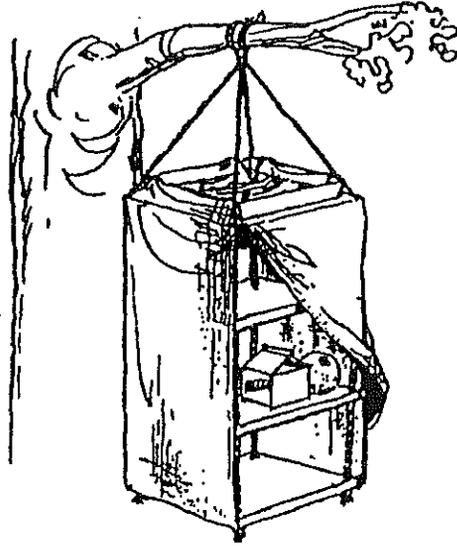


Place a pan 10 centimeters (4 inches) deep or a shallow bucket on top of the frame. Put the frame in a larger container of water. Both containers should be painted. The bottom of the cover should extend down into the lower pan. Sew four doubled strips of cloth, 20-25 centimeters (8-10 inches) wide, to the upper part of the cover. These strips form wicks that dip over into the upper pan.

The operation of the refrigerator is simple. Keep it in a shady place where the wind can blow over it. Keep the upper pan filled with water. The water is drawn through the wicks, and it saturates the cover. Cooling starts more quickly when the cover is dampened by dipping it in water or throwing water on it. The greater the evaporation, the lower the temperature inside the refrigerator.

NOTE: Modification to the iceless refrigerator: When the door is hinged on the side, the cloth or burlap must come out of the water when the door is opened and will drip on the ground. To avoid this, the door may be made by dividing it horizontally in the center into two doors, placing hinges at the top and at the bottom of the refrigerator. You may fasten the lower and upper doors with latches. The doors will open up and down rather than to the side.

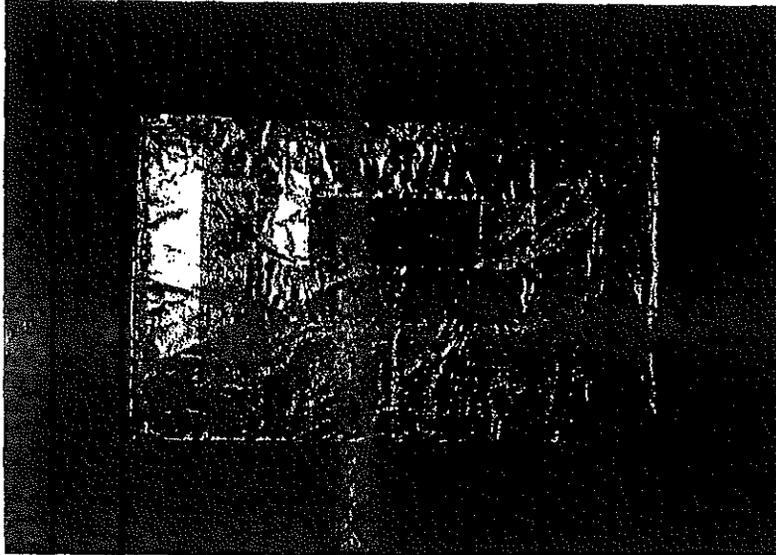
The Burlap or Evaporation Cooler



The burlap cooler is perhaps the second most efficient camp refrigerator, next to the commercial ice chest. If sturdily constructed, it can be a valuable piece of camping equipment that can be used year after year. This cooler consists of a wooden frame with shelves and a piece of heavy burlap or other material which will absorb water. Immerse the material in water and drape it over the top and sides of the wooden frame. Keeping the material wet, suspend the cooler from a tree using a rope or some heavy twine. This will keep food cool and prevent infestation by animals.

APPLE BOX OVEN

An Apple Box Oven is a great way to bake when an emergency situation exists. All you need is your oven, charcoal and matches and you will be able to bake anything that you could bake in a conventional oven. It is also economical as you are not using electricity and it actually uses almost half the charcoal as Dutch oven baking. You can bake bread, pies, casseroles, cookies....anything that you want to bake.



Constructing the Apple Box Oven:

- You will need:**
- 1 sturdy cardboard apple box (20 inch x 13 inch and 12½ inch high). Try to find one that does not have handle holes on the sides. If it does have handle holes, you will need extra cardboard to fill any handle holes.
 - (1) 80-inch length heavy duty aluminum foil
 - (1) 90-inch length heavy duty aluminum foil
 - Masking Tape & Metal Repair Tape (this tape was found in the duct-work department of our local hardware store. It looks like duct tape but is shiny - like metal.)
 - Optional for a window: (1) plastic oven bag & Metal Tape

If there are any holes, in your apple box cut extra cardboard to fill holes and cover patch with metal tape on both sides.

If an oven window is desired, cut a horizontal oven window (approx. 9x4 inches) in one of the long sides, centered and 2½ inches from the closed bottom of the box. Make sure that you measure and cut the hole in the correct spot so that it will view right over the rack level.

To Cover the Box:

You will need to completely cover the box inside and out with foil. Secure the foil to the cardboard box with masking tape curls. (Tape Curls are small lengths of masking tape, curled around to attach ends so that the sticky side of the tape is on the outside of curl. These are used to hold the foil into place until you can tape outside seams and corners with metal tape.) Any exposed cardboard or tape will burn so overlap the foil.

1. The 80-inch length of foil will cover the box inside and outside ends and the outside only of the bottom.
 - ◆ Lay this foil shiny-side down. Position the box lengthwise and bottom down, centered on the foil strip.
 - ◆ Fold one length of the foil up the end and inside of the box. This end of the foil should fold onto the inside bottom about 4 inches.
 - ◆ Making sure the foil on the end just covered is snug, repeat the same procedure for the other end of the box.
 - ◆ Fold the excess foil on the outside edges of the box onto the box sides and secure foil with hidden masking tape curls-both inside and outside the box.
2. The 90-inch length of foil will cover the inner and box outer sides and bottom
 - ◆ Lay foil, shiny-side down. Position and center the box across the foil, so the foil will cover the bare sides.
 - ◆ Begin on the side of the box without a window. Fold the very end of the foil strip over 1 in. Fold this end over the side of the box and position it into the inside crease where the bottom and side meet.
 - ◆ Making sure the foil on the side just covered is snug, pull the foil around the bottom and up the side (covering the window), down the inside (covering the window) and across the bottom. Tuck the extra foil underneath the first edge with the 1-inch fold so it goes up the side.
 - ◆ With hidden masking tape curls, secure the foil inside and outside the box.
 - ◆ Using Metal Repair Tape, tape up all seams. Do not leave any edges un-taped.
3. If you are making a window:
 - ◆ Using scissors, cut a horizontal slit in the middle of the window hole, stopping 2 inches from each side. Fold the outside flaps through the window to the inside of the box.
 - ◆ Cut a plastic roasting oven bag $\frac{1}{2}$ inch larger than the window in a rectangle shape. Using a double layer, secure the roasting bag edges with metal tape.

To Bake with Your Apple Box Oven:

- You will need:
- ◆ 4 empty soda pop cans, filled part way with rocks & opening covered with metal tape. (The rocks make it so the cans will not tip over)
 - ◆ 10 x 14 inch cookie cooling rack (We found ours at Walmart)
 - ◆ Ground Heavy Duty Foil (Make it longer than the apple box)
 - ◆ Charcoal briquets
 - ◆ Long-handled tongs
 - ◆ Matches
 - ◆ 1-inch rock

To Bake:

1. Place ground foil, shiny side up, on level ground.
2. Space pop cans on foil so as to support the cookie cooling rack.
3. Position cooling rack so that only the very corners are resting on the pop cans. Check to make sure the cans are not spaced too far apart to prevent the apple box from fitting over them.
4. You will regulate the temperature of your oven by the number of briquets you put in it. One briquet= approx. 35 degrees F. (Example...for 350 degrees use 10 charcoals.)
5. Using tongs, place hot briquets on foil, spreading them out evenly between the cans and across the middle. Place cooling rack on top of cans.
6. To pre-heat oven, place the apple box over coals and empty rack, resting one corner on a 1-inch rock. (This allows enough air in the box for the charcoal to stay lit.) Let stand for 5 min. Charcoal will become whiter as heat spreads.
7. Carefully lift apple box off coals taking care not to tilt and place it beside the ground foil. (This holds trapped heat in the box.)
8. Quickly place food on the cooling rack that is on the pop cans and replace box over coals, resting one corner on the rock. (Make sure that the pan you are using fits on the center of the rack since the heat will not bake any food that is directly over the pop cans.)
9. The charcoal will burn for about 35-40 min. When longer cooking times are required, you can add more hot charcoals by slightly lifting the box and slipping them in with long tongs. We found that if a recipe calls for 45 min baking time and it is warm outside, no additional charcoals would be needed .

REMEMBER:

One briquet= approx. 35 degrees F. (Example...for 350 degrees use 10 charcoals.)

GOOD ADVISE:

You will not want to use lighter fluid to start your charcoal since it may affect the taste of your food. We have found that if you use a charcoal starter, (we found it at a Cal-Ranch store...farming/camping/hunting supplies) your charcoals lite faster and they are ready to use within 5 minutes time. They are ready to use when there are white spots on them the size of a dime. As the cooking time goes on, they will become whiter.

BASIC FUELS & STORAGE

Along with the food that you store, you should also be prepared with a fuel source to cook your food. Many sources are available but it is **CRITICAL** that you are educated in the general safety guidelines for indoor and outdoor cooking which are not included in this information.

Also, you should find out the laws pertaining to the legal limits of the types of fuel you may store in your particular area.

FUEL	INDOOR COOKING OPTIONS	OUTDOOR COOKING OPTIONS	SHELF LIFE	PLANNING FOR LONG TERM USE/STORAGE
Wood	Wood-burning Stove (one pot cooking) Open Fireplace (one pot cooking) Cookstove (one pot cooking & baking)	Open fires (one pot cooking) Cooking with coals (Dutch oven & Pit cooking)	If covered & kept dry, wood will store for a very long time.	Large covered storage space or tarp required to keep dry. Large amount required. Store hardwood (burns longer). Good for cooking & heating. If you live in wooded area, restocking your wood supply is an option to storing large amounts.
Coal	Coal-burning stove (one pot cooking) <i>Warning:</i> Do not burn coal in a wood burning stove. The heat from the coal will get too hot & crack the stove.		Anthracite (Indefinite) Bituminous (Several years if kept dry)	Large covered storage space or tarp required to keep dry. Large amount required. Good for cooking & heating.
Propane	Imitation wood stove (one pot cooking) Converted Gas Range (one pot cooking & baking)	Propane -fueled generator to use with home appliances. Gas BBQ's (one pot cooking & baking) Portable camp stove Table top or free standing. (One pot cooking)	Indefinite	EXPLOSIVE - Cylinders are designed to leak so it is imperative that propane is not stored near any open flame such as in a furnace room, near water heater or garage. There are legal limits on amounts you may store. Cylinders must always be stored outside (in shade if possible). Good for cooking. Possible heating source.
Charcoal	NEVER USE CHARCOAL INDOORS OR IN AN ENCLOSED AREA SUCH AS TENT OR RV.	Dutch oven (one pot cooking & baking) Charcoal Stove made from #10 tin can. AppleBox Oven (baking)	Indefinite if kept dry. Can store in large black garbage cans w/lids.	Large amount required but easy to calculate amount of charcoal needed to cook/bake daily for years supply. Can store in small area. Outdoor cooking source ONLY.
Gasoline	NEVER	Generator - gas fueled. Use for home appliances.	1 yr in cool place/sealed container	Legal limits on amounts to store. Never store indoors. Generators use LARGE amounts.
Kerosene	Cooker/Heater (one pot cooking)		Up to 3 yrs if stored out of sunlight.	Legal limits on amounts to store. Cooking & heating possibilities. Store in garage/shed if allowed.

EMERGENCY HEAT SOURCES

Keeping warm is essential for survival. Loss of body heat, Hypothermia, is very dangerous and can lead to loss of body parts and even death.

Wet conditions quickly increase the loss of body heat. When traditional heat sources are not available, below are a few ideas to help you keep warm.

- Dry, (preferably wool) clothing. If you get wet from rain, snow or sweat, change into clothing that is dry. Wet clothing loses its insulation value and extracts body heat 240 times faster than dry clothing. Wool clothing and blankets are preferred. Cotton clothing, particularly denim, retains water. Wool clothing is insulating, water resistant and keeps your body warm even if it is wet.
- Hats, mittens (warmer than gloves). Covering your head is vital as you can lose up to 80% of your body heat through your head. A knitted wool stocking hat is good.
- Insulated boots or shoes. Feet can be kept warm by wearing wool socks and wearing two pair if your shoes are large enough. A towel could also be wrapped over shoes and duct-taped on.
- Layered clothing. Several thin layers of loose-fitting clothing retain body heat and can be removed easily if body starts to perspire and/or you are chilling. Water & wind resistant outer clothing with a hood. Also, scarf or towel to cover your mouth to keep cold air from your lungs.
- Sleeping Bags. Two or more people huddled together inside two sleeping bags zipped together will be warmer than each in separate sleeping bags. A smaller bag can also be placed inside a larger-sized one.
- Car heater. If trapped in your car during a snowstorm, run heater 10 min ever hour. Make sure the exhaust pipe is not blocked by snow and open one window a crack to allow ventilation.
- Mylar blankets or emergency bags. Good in wind or rain. Put a wool blanket between you and the Mylar blanket, if possible.
- Survival candles, safety heat (in can), hand warmers.
- Rice or bean-filled packs (or socks filled with rice/beans & tied) that have been heated, perhaps in a can in a fire or coals. They will maintain heat for a period of time. Rocks or bricks can also be heated thoroughly, then carefully wrapped in towels or newspapers.



Emergency Heat Sources

- Thermal undergarments.
- Insulated Clothing.
 1. Open-cell foam rubber (1/2")
 2. Leaves, newspaper, straw, etc. (Stuffed between two layers of clothing). Tie your shoe laces around the cuffs of your pants to hold material in. If you were trapped in a car during a snowstorm, use the stuffing from the seat cushions.
- Plastic garbage bag. Can be worn as a rain jacket or can insulate body if stuffed with dry leaves or grass.

HEATING INDOOR AND OUTDOOR AREAS

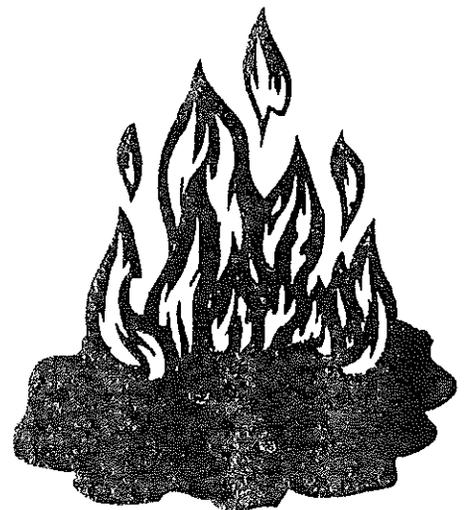
You will need matches (waterproof or metal), steel wool and batteries, or lighters to start a fire.

Indoors

- Wood or coal for use in a fireplace or wood-burning stove.
- One room: have all family members stay in one room (closing off other rooms) to conserve heat source and to provide body warmth for each other.

Outdoors

- Fire Pits.
- Dig a hole (about 2' x 4'), put some rocks in and build a fire in it. When it's out, cover the hole with dirt. The area will stay warm for quite some time. You can put your sleeping bag over the area.
- Snow Cave. Use a shovel or empty large can, etc. to build. Make it large enough to lie down in and elevate the sleeping area above the floor area for extra warmth. Poke air holes in ceiling (larger ones if building a fire or lighting a stove) and close off entrance with snow, back pack, etc. Put insulation under your sleeping bag, such as leaves, grass, straw, newspaper, etc. and cover with plastic. Wear a wool cap to bed.
- Shelter. Use a tarp, plastic sheet, or space blanket to build a lean-to by draping over a low-hanging branchy or tall stick and anchoring with rocks or logs.
- Cave, rock cove, or rock wall. Find a natural shelter protected from the wind and insulate ground with leaves and branches. Building a fire will create an oven effect as it reflects off the rock faces.



EMERGENCY HEAT & COOKING SOURCE

Heat Source

Materials

- Unused quart paint can and lid
- 1 roll cheap bathroom tissue
- Isopropyl alcohol (approximately 1½ pints)
- Book of matches
- Small coin

Instructions

1. Remove core from roll of tissue and stuff tissue into paint can.
2. Fill can to top of tissue with isopropyl (rubbing) alcohol.
3. Place the lid tightly on can to prevent evaporation until use.
4. Tape the instructions, the coin and the book of matches to the outside of the quart can.

To use: Open the lid using the coin and light the tissue with match to create heat. The heat can be controlled by the position of the lid.

This heat source can be used to heat a room, a car (vent window slightly) or for cooking. It can be prepared ahead of time or can be done at the time of an emergency if supplies are available.

Cooking Source

Materials

- Gallon can or a #10 tin can
- Wire

Instructions

1. Cut out the top and bottom of the can. Punch 8 holes around one end of the can to make the stove top.
2. Secure wire in a criss-cross fashion to create a cooking rack.

This can be used over a quart paint can as a stove top.

Label for Can



Emergency Heat & Cooking Source

To use: Remove lid & light. Control the intensity of heat by adjusting the lid over the opening. You can place a wire cooking rack over it & use it like a stove. You can use this inside a car for heat with the window open a crack. Can will not get hot on the bottom until the alcohol has burned down (the can gets hot above the alcohol level). The paper will begin to burn with the alcohol gets low. You may add more alcohol but first put out the flame. You can relight it after adding the alcohol.

It will burn approximately 6-8 hours.

CHARCOAL STOVE

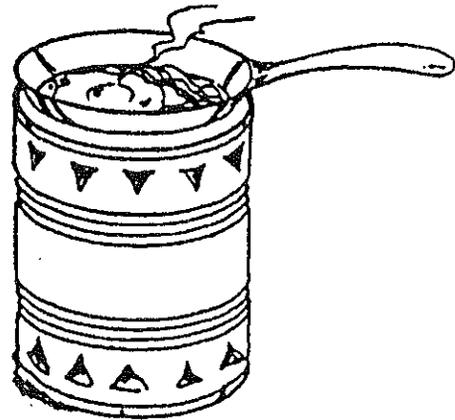
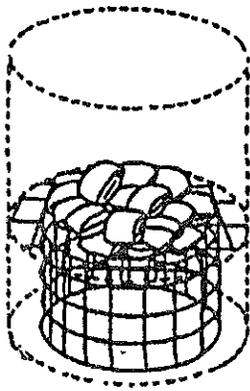
For cooking a meal in a single pot or a small can, you can turn a #10 tin can into a charcoal stove.

Materials

- Empty tin can (#10 or larger) with one end cut out for the top of the stove
- Three sturdy pieces of wire screening
- Ice Pick, awl, or large nail
- Wire for handle

Instructions

1. Punch air holes around the top and bottom of the empty can with an ice pick, awl or nail.
2. Make a handle by sticking the ends of the wire through two of the holes at the top and twisting them together inside.
3. Curl a piece of wire screening into a cylinder and put it in the bottom of the can. Add another piece of wire screening on top of this to make a grate. The grate will hold the charcoal near the top for cooking and the cylinder in the bottom will keep the grate in place and let air under the charcoal.
4. Make a stove top out of the third piece of wire screening to support whatever you are cooking.



How to Use:

Set the stove on cleared ground or cement and put some tinder on the grate. When the tinder is burning well, drop the charcoal into the fire. Place the third piece of screenwire on top of the can to support the food and begin cooking. This stove is to be used in a well-ventilated area.

Charcoal Tips:

A charcoal fire is quite different than a wood fire. Using wood you have a hot fire to start with, a slower fire later. Using charcoal you have a slow fire in the beginning, a hot fire later. Plan on about 20 minutes from starting the charcoal fire to having the heat you need. A charcoal chimney will heat the charcoals a lot faster.

MAKING THE BUDDY BURNER

You will need:

Large Tang or Crisco can

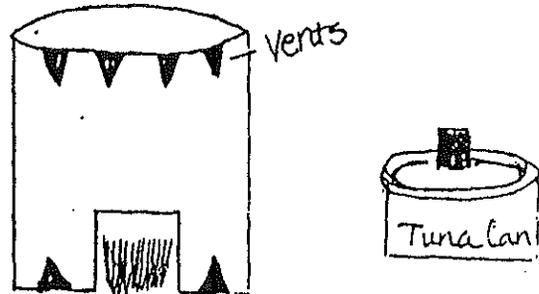
Tuna Can

Can Opener

Tin Snips

Melted Paraffin

Cardboard cut in strips the width
of the tuna can



1. Cut door in Tang can with tin snips.
2. With can opener, punch vent holes along the top of the can.
3. Place cardboard (wound up) in tuna can with a piece in the center sticking up for a wick.
4. Pour melted paraffin over the paper and fill the tuna can.

The tuna can is lit and placed under the larger can.

This will boil water long enough to cook noodles.

EGG CARTON FIRE-STARTERS

You will need:

Paper egg carton

Saw Dust or dryer lint

Paraffin

1. Mix paraffin - melted - with sawdust.
2. Pack this mix into egg carton sections.

*When you need a fire, tear off a section,
place in fire area and light as kindling.*

SUGGESTED AMOUNTS OF BASIC FOODS FOR HOME STORAGE*

Per adult for one year.

This list may vary according to location.

Grains	lbs.	400
Legumes**	lbs.	60
Powdered milk	lbs.	16
Cooking oil	qts.	10
Sugar or honey	lbs.	60
Salt	lbs.	8
Water (2 weeks)	gal	14

* See also *Essentials of Home Production and Storage*, 1978

** Legumes include dry beans, split peas, lentils, etc.

This letter is being translated and will be distributed to units identified as Chinese, Danish, Dutch, Fijian, Finnish, French, German, Hungarian, Indonesian, Italian, Japanese, Kiribati, Korean, Norwegian, Portuguese, Russian, Samoan, Spanish, Swedish, Tagalog, Tahitian, Thai, Tongan, and Ukrainian units. Distribution in these languages will be complete within two weeks. Leaders of units in the United States and Canada may request original copies from the Salt Lake Mail Operations Center (ext. 21990). Leaders in other areas of the world may request original copies in these languages from local service centers. If leaders need it in languages not listed above, they may contact the Area Presidency who can forward requests to Scriptures and Production Coordination at Church headquarters (ext. 22933).

LIVING STOPAGE

IDEAS FOR STORAGE IF YOU LIVE IN A ONE-ROOM APARTMENT

Your home and storage area is yours and it is individual. There is no set pattern for everyone to follow. Your needed space varies with the size of your family and your eating and living habits. Your home storage should begin with basic items that will sustain life in an emergency. Later, after these are obtained in adequate amounts, consideration could be given to storing foods that are ordinarily eaten. The choice of which foods to store must be based on a consideration of food value, storage qualities, and personal preferences.

The following guidelines will help:

1. Storage should be cool, dark, and dry whenever possible.
2. Store foods away from products that may affect flavor and odor of food.
3. Storage areas should be well ventilated and clean.
4. Place storage containers on a piece of wood away from concrete or dirt floors and walls.
5. Store dehydrated foods that take less storage space than canned goods.
6. Use what you store and store what you use.

Basic Food Storage Items:

Grains (wheat, rice, corn, etc.)	300 lbs. per person
Powdered Milk (nonfat)	100 lbs. per person
Sweetener (sugar, honey, syrups)	14 - 20 gals. per person
Water (two weeks emergency supply)	5 - 10 lbs. per person
Salt	20 lbs. per person
Fat or Oil	60 lbs. per person
Dried Legumes	

The following ideas can be used for storage if you live in a one room apartment. If your situation will not allow you to follow every guideline, use your imagination to do the best you can with what space you have.

Idea I - Shelves

Open shelves make an attractive display using decorative jars for dried fruits and vegetables, sprouting seeds, hand soap unwrapped and put in a jar, spices and herbs, grains, candles, oil lamps, informative books and games, treats such as hard candies.

Shelves may be made by using five gallon storage cans covered with contact or wallpaper with supports of 1" lumber for the shelves. The wood can be painted, stained or covered. The cans will supply much

needed storage for grains, salt, sugar and powdered milk. Each five gallon can will hold approximately 33 lbs. grain, or 33 lbs. sugar or 25 lbs. powdered milk or 60 lbs. honey.
(See following illustration Items #1)

Idea II - Sewing Supplies

It is important to store fabrics in a cabinet, cupboard or sturdy box where they can be kept clean and dry. Store only fabrics that will meet the demands of your family. Versatile fabrics are flannel, tricot, denim and printed cotton.

Sewing supplies or notions such as a variety of thread, pins, needles, buttons, zippers, machine needles and oil can be stored in drawers.

Creative materials such as yarn and thread for crocheting, knitting, needlepoint and embroidery while not essential would be enjoyable to have.
(See following illustration Items #2)

Idea III - Hidden Storage

An attractive end table may be made from storage cans stacked together or a large 55 gallon emergency water barrel could be used. Either of these will need a circular top made from wood or other sturdy material covered with an attractive cloth to the floor. (See following illustrations - Items #3)

Idea IV - Hidden Storage

A single bed used as a sofa in the daytime and as a bed at night can serve as a place to store blankets, bed pillows and other bedding storage items inside decorative pillow covers. Quilt bats can be covered as bolsters.

Under the bed is an ideal place for storage items that need dark, dry storage conditions. Also a good spot for bulky items such as paper products.

An additional seating area could be made by placing five gallon storage cans close together covered with a thick foam pad. The addition of bolsters, colorful quilt cover and pillows will help to coordinate the room. (See following illustration Items #4)

Idea V - Hidden Storage

When space is at a premium, purchase furnishings with storage in mind such as cubes, foot stools, occasional tables, ecology boxes. The following items could be stored in these areas: Salt, dehydrated foods, soap, rice, pasta, shortening, legumes and powdered milk. (See following illustration Items #5)

Idea VI - Emergency Supplies

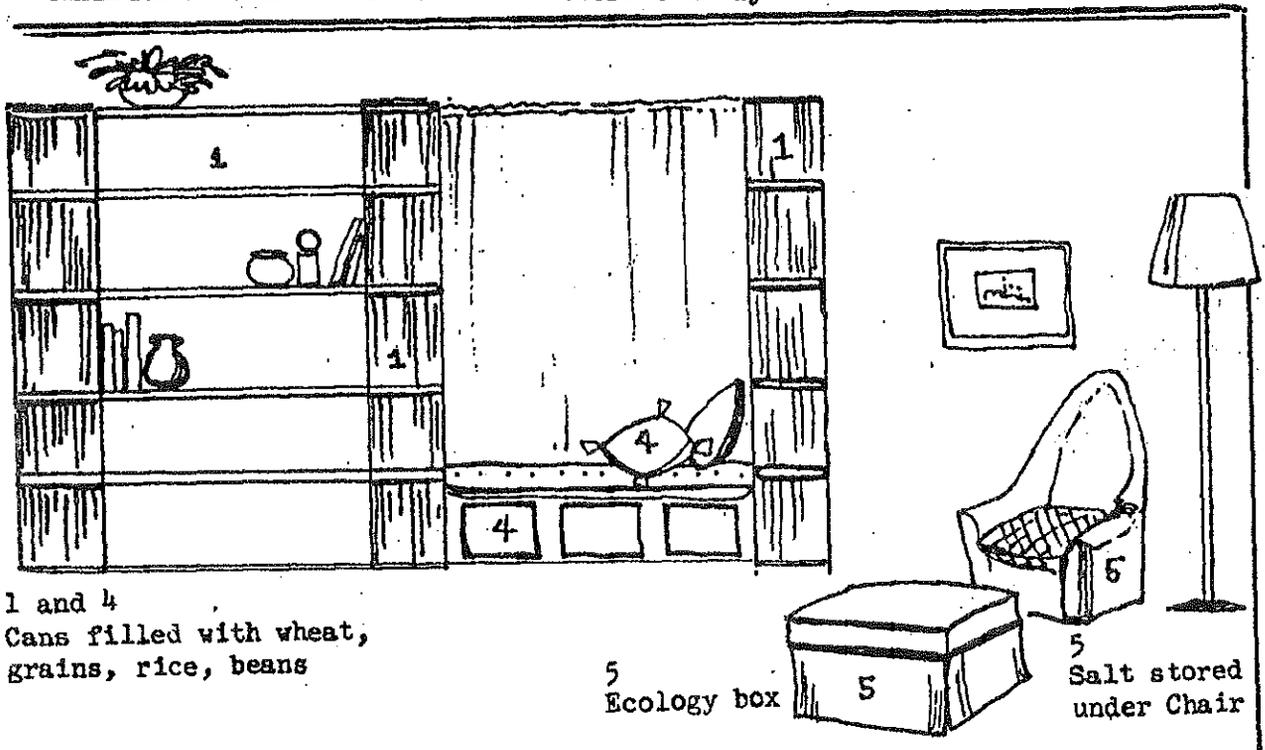
Every home should have an emergency supply kit. A sturdy box made of plywood or a trunk, painted or covered with wallpaper could be filled with emergency items and used as an occasional table. Some cautions to remember are: It must be accessible, easy to carry, have handles and must be strong. The following items could be included: Ax, saw, pliers, screw driver, hammer and nails, shovel, hunting knife, flashlight, steel wool, whistle, compass, binoculars, first aid kit, insect repellent, radio, clock, pocket knife, two canned fuel tablets, two mat pads, campers candle, emergency blanket, waterproof matches, heat tabs.

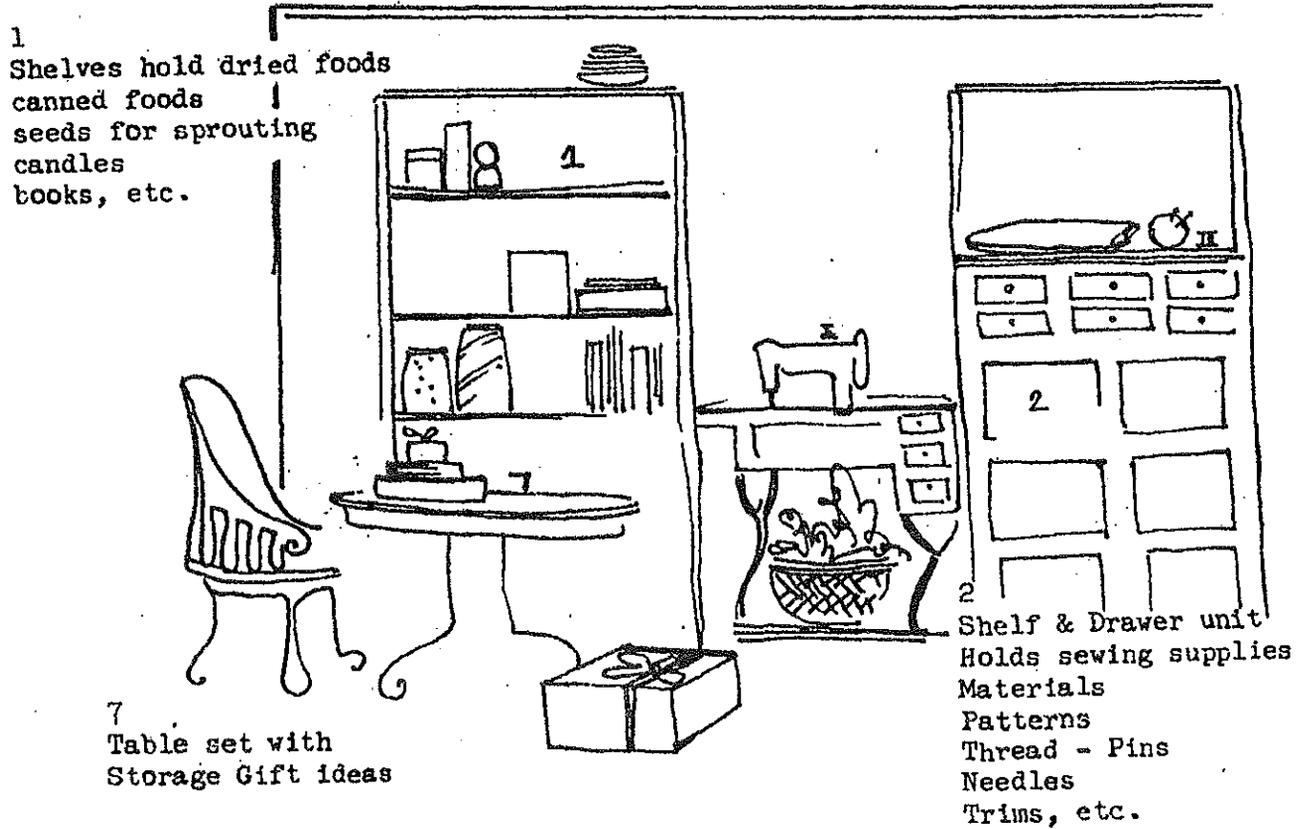
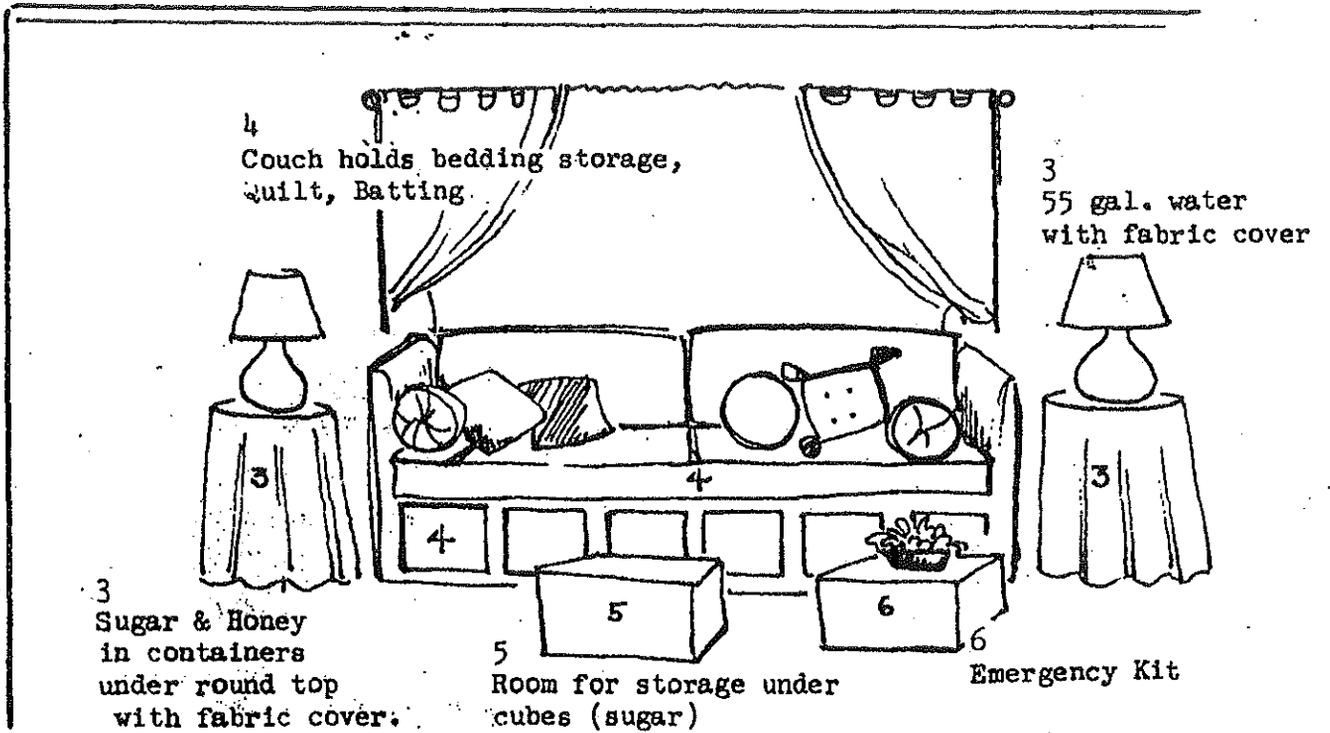
Other items to be included could be lotion, toothbrushes, shoe laces, soap, towels and washcloths, socks, paper plates and cups, disposable diapers, magazine and map, salt, wheat, plastic bags, sewing packet, toilet paper, foil, tampax, water bottle, razor and blades, pan, scriptures, scout handbook, forks. (See following illustrations Items #6)

Idea VII - Storage Gifts

Basic storage items as well as useful items make welcome gifts. For example: Light globes, soups, toiletries, a fruit tree to plant, games, puzzles, paper products including writing and drawing supplies. (See following illustrations Items #7).

REMEMBER: Where there's a will there's a way!





Quotes from Church Leaders about Food Storage

"Be prepared in all things against the day when tribulations and desolations are sent forth upon the wicked" D&C 29:8

We encourage you to follow this counsel with the assurance that a people prepared through obedience to the commandments of God need not fear" (First Presidency letter, 24 June 1988)

"Consider the important (food storage) program which we must never forget nor put in the background. As we become more affluent and our bank accounts enlarge, there comes a feeling of security, and we feel sometimes that we do not need the supply that has been suggested by the Brethren. . . We must remember that conditions could change and a year's supply of basic commodities could be very much appreciated by us or others. So we would do well to listen to what we have been told and to follow it explicitly" (Spencer W. Kimball, Conference Apr. 1976)

Recent Surveys of Church members have shown a serious erosion in the number of families who have a year's supply of life's necessities. Most members plan to do it. Too few have begun. . . It is our sacred duty to care for our families, including our extended families." (Thomas S Monson, *Ensign*, Sept. 1986)

"Let us be in position so we are able to not only feed ourselves through home production and storage, but others as well" (Ezra Taft Benson, Conference, Oct. 1980)

"As we have been continuously counseled for more than 60 years, let us have some food set aside that would sustain us for a time in case of need. But let us not panic nor go to extremes. Let us be prudent in every respect. And, above all, my brothers and sisters, let us move forward with faith in the Living God and His Beloved Son" (Gordon B Hinckley, Conference, Oct 2001)

"We want you to be ready with your personal storehouses filled with at least a year's supply. You don't argue why it cannot be done; you just plan to organize and get it done" (Spencer W Kimball, August 1976)

"As long as I can remember, we have been taught to prepare for the future and to obtain a year's supply of necessities. . . I believe the time to disregard this counsel is over. With the events in the world today, it must be considered with all seriousness. . . Create a plan if you don't already have one, or update your present plan. . . We are not in a situation that requires panic buying, but we do need to be careful in purchasing and rotating the storage that we're putting away." (L. Tom Perry, Conference, Oct 1995)

**ESSENTIALS OF
HOME
PRODUCTION
& STORAGE**

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PERSONAL & FAMILY PREPAREDNESS

The Church of Jesus Christ teaches independence, industry, thrift, and self-reliance.

"As you know, in the recent past we have placed considerable emphasis on personal and family preparedness. I hope that each member of the Church is responding appropriately to this direction. I also hope that we are understanding and accentuating the positive and not the negative.

"I like the way the Relief Society teaches personal and family preparedness as 'provident living.' This implies the husbanding of our resources, the wise planning of financial matters, full provision for

personal health, and adequate preparation for education and career development, giving appropriate attention to home production and storage as well as the development of emotional resiliency" (Spencer W. Kimball, "Welfare Services: The Gospel in Action," *Ensign*, Nov. 1977, p. 78).

Latter-day Saints have been counseled to prepare to care for themselves and their families in time of need. Personal and family preparedness should be a way of life, a way of provident living. Being provident involves being "wise, frugal, prudent, making provision for the future while attending to immediate needs" (Barbara B.

Smith, "Teach LDS Women Self-Sufficiency," *Ensign*, May 1976, p. 118). One area of personal and family preparedness is home production and storage.

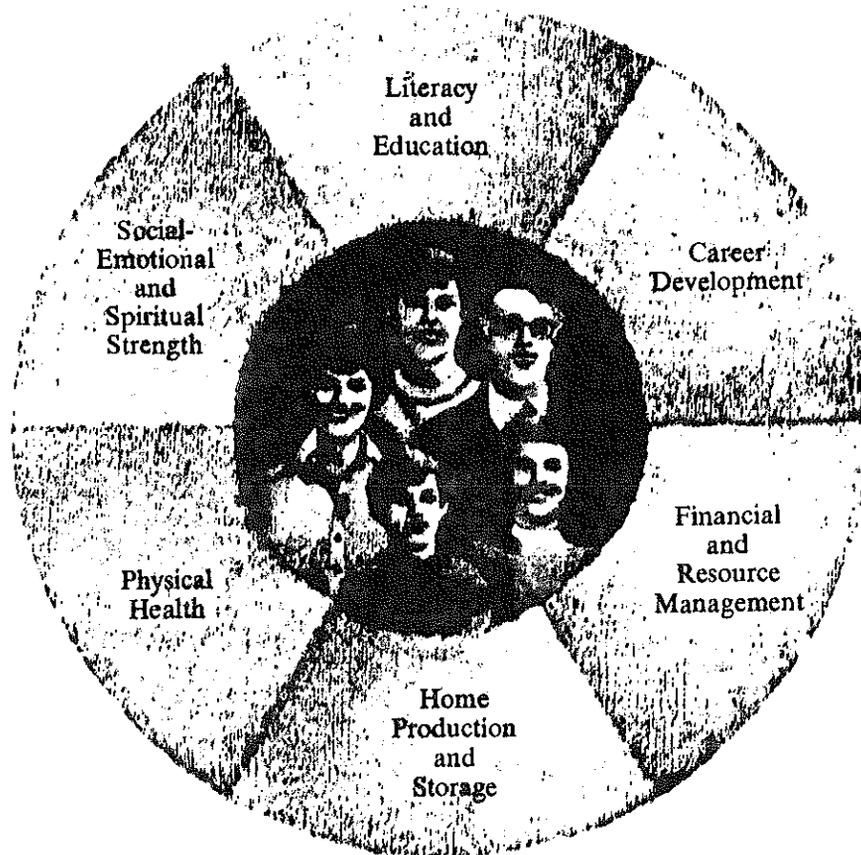
Essentials of Home Production and Storage

"Home production and storage is a very necessary element of personal and family preparedness; however, it is not the only element, nor is it necessarily the most significant element. Some people have reacted to the theme of preparedness as if it were a doomsday matter. In reality, all six elements of personal and family preparedness are to be emphasized so that the Latter-day Saints may be better prepared to meet the ordinary, day-to-day requirements of successful living.

"Our emphasis on this subject is not grounds for crisis thinking or panic. Quite the contrary, personal and family preparedness should be a way of provident living, an orderly approach to using the resources, gifts, and talents the Lord shares with us. So the first step is to teach our people to be self-reliant and independent through proper preparation for daily life" (Victor L. Brown, "Welfare Services Essentials: The Bishops Storehouse," *Ensign*, Nov. 1976, pp. 112-13).

Standards for Home Production and Storage

Each person or family should produce as much as possible through gardening, sewing, and making household items. Each person and family should learn techniques of home canning, freezing and drying foods, and where legally permitted, should store and save a one-year supply of food, clothing, and if possible, fuel.



HOME PRODUCTION

Let every Latter-day Saint that has land, produce some valuable, essential foodstuff thereon and then preserve it; or if he cannot produce an essential foodstuff, let him produce some other kind and exchange it for an essential foodstuff; let them who have no land of their own, and who have knowledge of farming and gardening, try to rent some, either by themselves or with others, and produce foodstuff thereon, and preserve it. Let those who have land produce enough extra to help their less fortunate brethren" (Conference Report, April 1942, p. 89; *Messages of the First Presidency*, vol. 6 [Salt Lake City: Bookcraft, Inc., 1975], p. 151).

"We encourage you to grow all the food that you feasibly can on your own property. Berry bushes, grapevines, fruit trees—plant them if your climate is right for their growth. Grow vegetables and eat them from your own yard. Even those residing in apartments or condominiums can generally grow a little food in pots and planters. Study the best methods of providing your own foods. Make your garden . . . neat and attractive as well as productive. If there are children in your home, involve them in the process with assigned responsibilities. . . .

"Wherever possible, produce your nonfood necessities of life. Improve your sewing skills; sew and mend clothing for your family. All the girls want to learn to type, they all want to go to an office. They don't seem to want to sew any more, and to plant and protect and renew the things that they use. Develop handicraft skills as the sisters have told us, and make or build needed items" (Spencer W. Kimball, "Family Preparedness," *Ensign*, May 1976, pp. 124-25; Conference Report, April 1976, pp. 170-71).

" . . . Grow all the food you possibly can. Also remember to buy

a year's supply of garden seeds so that, in case of shortage, you will have them for the following spring.

" . . . Raise animals where means and local laws permit" (Vaughn J. Featherstone, *Ensign*, May 1976, pp. 116-17).

" . . . We will see the day when we will live on what we produce" (Marion G. Romney, Conference Report, April 1975, p. 165).

Gardening

To determine proper varieties and quality of seed, planting dates, and correct procedures for your geographical area, obtain current information and assistance from local government, university, or other qualified sources.

The following general rules are appropriate for most areas:

Location

Every yard has space for a garden. Part of the lawn, play area, or flower garden may be converted

to a garden. If you have no yard, vegetables may be grown in window boxes or pots. Plant the garden where it will receive at least four to six hours of direct sunshine each day. The soil should drain well, and an adequate source of water should be available.

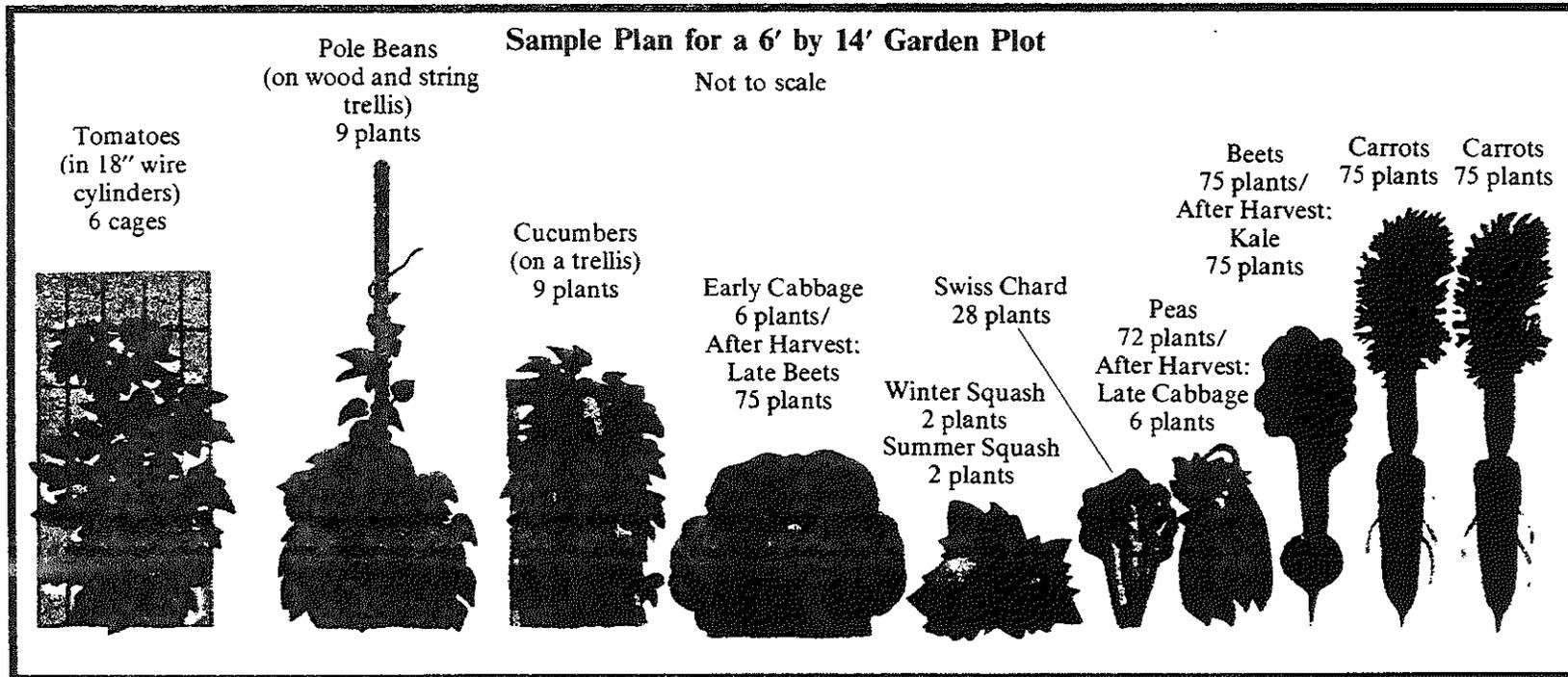
Soil Preparation

Soils that are low in fertility can be improved by the addition of fertilizer. Some fertilizer should be added before tilling, and the remainder should be used during the growing season.

Planning the Garden

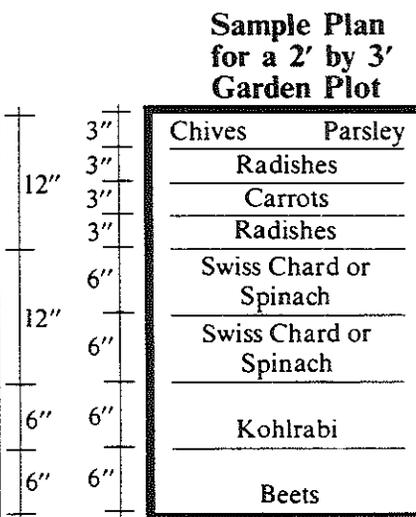
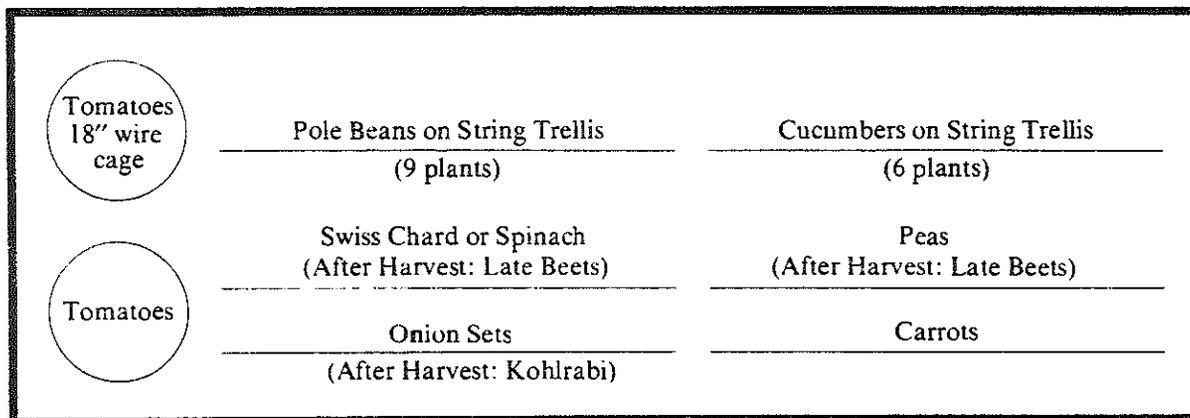
Begin with a small garden plot. The garden can be enlarged as you become more experienced and become acquainted with the growing conditions. Draw a garden plan showing the location of each type of plant. You can use this plan the next year in developing a rotation system to control the buildup of disease and insect infestation. The size of the garden





These plans are only suggestions.
Use imagination in planning your yard.
Vegetables and fruit trees can be used in home landscaping.

Sample Plan for a 3' by 9' Garden Plot



and the type of produce should be adapted to local conditions and to your ability to care for them properly. Several crops usually can be planted successively in the same ground during the same year.

What to Plant

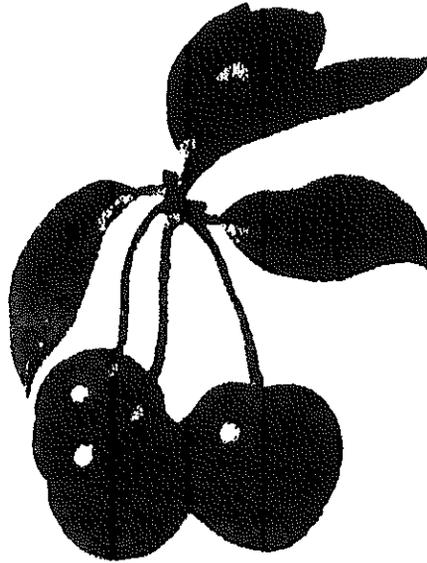
When deciding which vegetables and fruits to plant, determine which are suited to your geographical area and will be used by your family. Grow a variety of foods for better nutrition and more interesting eating. In appropriate climates, berry bushes, grapevines, and fruit trees could be included in the garden plan. Consider plants rich in vitamins, especially A and C. Dark green and orange vegetables are rich in vitamin A. Tomatoes, green peppers, strawberries, cantaloupe, and citrus fruits are excellent sources of vitamin C.

When to Plant

Plan the planting times to conform to the length of growing season and to growth requirements for individual plants.

How to Plant

Fine seeds should be scattered on top of the soil and pressed down lightly. As a general rule, larger seeds should be sown at a depth three times the diameter of the seed. Stakes or trellises may be used for climbing plants, such as tomatoes and beans. It is best *not* to plant fruit trees in a lawn area. The watering and fertilizing program for a lawn is not suitable for fruit trees. Avoid planting so closely that you will not be able to walk or work in the garden.



Mulch

In addition to eliminating weeds, mulching promotes the retaining of moisture and the building up of the soil. Straw, hay, and grass clippings are all effective mulch. Usually, you should wait until the plants are well aboveground before applying the mulch.

Compost Pile

Organic matter from the garden and yard and leftover food scraps should be used in a compost pile to prepare nutrients for another crop. Check with local experts for instructions on how to build a compost pile.

Seeds

Seeds of a good quality should be used. A year's supply of seed may be stored in a dark, cool place to help maintain seed quality.

Food Preservation

The best method to use to preserve any fresh food for storage is determined by such factors as the nature of the food itself, space and equipment available, climate, other storage conditions, and cost. Because any method of food preservation presents both advantages and disadvantages, no single method will solve all storage problems. The following list includes several methods that have been used in various parts of the world for many centuries.

Live Plants and Animals

It is possible to maintain live sources of food in a variety of home situations. Live animals—such as chickens, pigs, rabbits, and goats—may be raised in many areas. Provision for adequate feed for the animals must be considered. A productive year-round garden is possible in tropical and some semitropical climates, and some sort of indoor gardening is feasible in other areas.

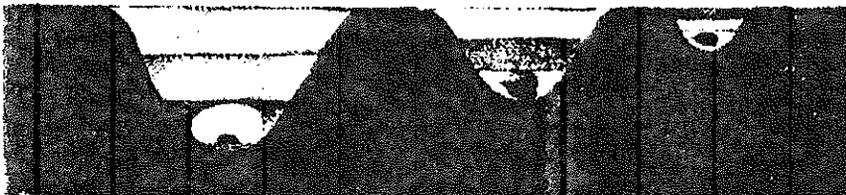
Drying

Many food products can be dried with little or no cost and equipment using the sun's rays or a simple stove. In general, this type of drying causes some loss of vitamins and of flavor, especially if the food is dried too long. Some foods may also be dried in an oven or in home dryers that contain a heat source and a fan to circulate the heat.

Smoking and Curing

A type of drying using smoke increases the storage life of food. Curing involves a combination of curing agents and smoking to preserve the food. Commonly used for preserving meats and fish, these methods greatly alter the flavor of the original product. Use of large amounts of curing agents, such as nitrates and nitrites, may produce cancer-causing substances and is limited by law in the United States.

Seed Depth: Sow seed at depth three times the diameter of seed.



Salting

Salt may be used in the drying to increase storage time of some foods, such as fish. Salt and water brines may be used to prevent the growth of spoilage organisms in some foods. Excess salt may be washed away before the salted food is used.

Sugar Preserving

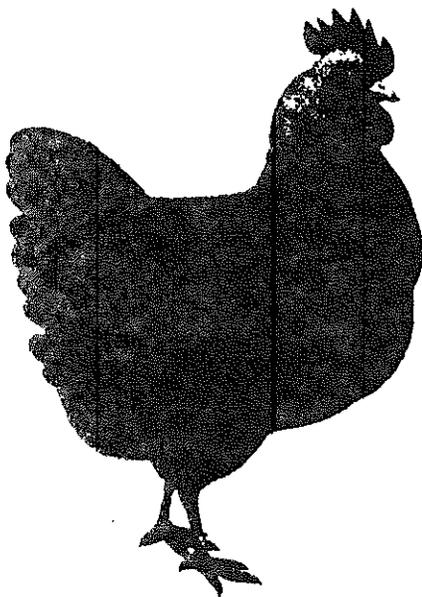
Concentrated tree saps which contain sugars, such as maple, produce syrups that can be stored. Sugar may be added to fruits or fruit juices to make jams, preserves, and jellies.

Canning or Bottling

Heat-processed foods that are sealed in a closed container, such as a glass bottle or a tin can, can be stored for a year or more. However, appropriate containers, equipment, and fuel are necessary for this process and may be expensive. Low acid foods, such as vegetables and meats, may cause severe illness and death if they are improperly processed. Canning must be done in a steam or water bath and not in the oven.

Bin Storage

In cool climates, some foods may be stored for short lengths of



time in spring houses, root cellars, cool dark rooms, or bins of sand.

Cold Storage and Freezing

Refrigeration and freezing are useful ways of preserving many foods. However, these methods usually take a great deal of space and fuel consumption unless the food can be stored outside in very cold climates.

Fermenting and Pickling

Fermented or pickled products include pickles, sauerkraut, fermented soybean curd, and pickled eggs and olives. These methods make it possible to store vegetables for several months.

Production of Nonfood Items

In order to become independent and to stimulate their industry and thrift, individuals and families should develop skills in making and producing nonfood essentials. Home production of nonfood items might include the following:

Quilt Making

Material left from sewing or from outgrown clothing can be used to make bedding.

Clothing Production

Hand and machine sewing skills should be learned and practiced. Knitting, crocheting, and weaving are also useful for clothing production. A provident homemaker can make over and refurbish used clothing.

Soapmaking

Soap can be made out of fats drained from cooked foods, but lye is also necessary. Lye should be handled and stored with great care.

Fuel Production

When a source of coal or wood is not available, fuels can be made by the following methods:

1. Newspaper logs. Divide newspapers into sections and fold the sections to the size of half a page. Soak the folded sections in a

tub of water to which a tablespoon of detergent has been added. While they are still wet, roll the sections individually on a rod one inch in diameter; squeeze out the excess water. Slide the rolls off the rod and stand them on end to dry. The rolls are ready to use as fuel when completely dry.

2. Candles. Cut strips of corrugated paper in 1½-inch widths. Roll each strip tightly and fit it in a tuna-fish can. Pour melted paraffin wax in the can so that it soaks the paper and fills the remaining space. Each can will burn for 1½ to 2 hours.

3. Briquettes. Punch a few holes in an empty can. Place in the can such flammable items as pieces of twigs, limbs and branches from fruit, nut or other hardwood trees; or black walnut, peach or apricot pits. Secure a lid on the can. Heat the can in a hot fire until the flames from the can turn yellow-red. Remove the can from the fire and allow it to cool. Store the briquettes in a moistureproof container until they are needed for fuel.

4. Fire starters can be made by filling paper (not plastic) egg cartons with melted paraffin wax. Tear the cartons into cubes. Build twigs or briquettes around the cube before lighting the paper covering. The paper of the carton burns rapidly, melting and igniting the wax, which starts the fire.

Furniture Making

Learning to make simple furniture or refinish old furniture can result in financial savings and can be rewarding.

HOME STORAGE

Planned storage in the home can help individuals and families be self-sustaining in whatever situation they meet. Accident, illness, unemployment, or commodity shortage may affect any family at any time. Wars, depressions, famines, earthquakes, floods, and tornadoes are also possibilities to consider in planning for the care and protection of the family.

President J. Reuben Clark, Jr. counseled that the Saints should save in times of plenty for emergencies in the lean years: "Let every head of every household see to it that he has on hand enough food and clothing, and, where possible, fuel also, for at least a year ahead" (Conference Report, April 1937, p. 26).

Other Church leaders have stressed the importance of home storage:

"But the Lord has told us to prepare ourselves individually in our homes; to see to it that we have reserves of food and clothing; and it wouldn't hurt to have some reserves of cash on hand. One has said: 'Where preparations are being made there will be little difficulty, but where no preparation has been made, suffering and difficulties will come.' We don't mean to alarm people. This has been the message of this Church since the institution of the Welfare Program, and we constantly bring it before you" (John H. Vandenberg, "Program of the Church," Welfare Agricultural Conference, 4 April 1970, p. 374).

Elder Harold B. Lee, in a welfare agricultural meeting on 1 October 1966, said:

"We have never laid down an exact formula for what anybody should store. . . . Perhaps if we think not in terms of a year's supply of what we ordinarily would use, and think more in terms of what it would take to keep us alive in case we didn't have anything else to eat,

that last would be very easy to put in storage for a year. . . . If you think in terms of that kind of annual storage rather than a whole year's supply of everything that you are accustomed to eat which, in most cases, is utterly impossible for the average family, I think we will come nearer to what President Clark advised us way back in 1937" ("Storage Problems," p. 76).

The First Presidency has counseled: "The utmost care should be taken to see that foodstuffs so produced and preserved by the householder, do not spoil, for that would be waste, and the Lord looks with disfavor upon waste. He has blessed His people with abundant crops. . . . The Lord is doing His part; He expects us to do ours" (James R. Clark, comp., *Messages of the First Presidency of The Church of Jesus Christ of Latter-day Saints*, 6 vols. [Salt Lake City: Bookcraft, 1965-75], 6:151; Conference Report, April 1942, p. 89).

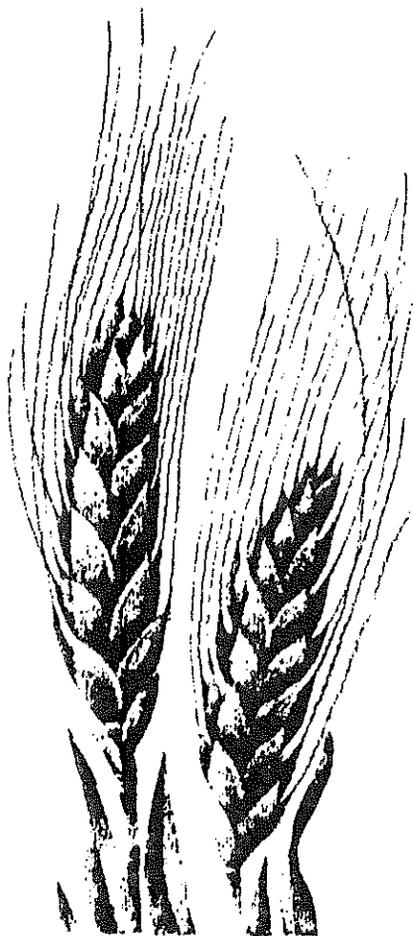
" . . . Every precaution should be taken to avoid spoilage. All families should get the finest information available for local areas and condition. Good information can be obtained from colleges and universities, county agents, the U. S. Government printing office and from reliable people in the food business" (John H. Vandenberg, "Counsel for the Church," Welfare Agricultural Meeting, 3 Oct. 1970, p. 390).

"As to the foodstuffs which should be stored, the Church has left that decision primarily to the individual members. . . .

"From the standpoint of food production, storage, handling, and the Lord's counsel, wheat [or other grains] should have high priority. Water, of course, is essential. Other basics could include honey or sugar, legumes, milk products or substitutes, and salt or its equivalent. The revelation to store food may be as essential to our

temporal salvation today as boarding the ark was to the people in the days of Noah" (Ezra Taft Benson, Conference Report, Oct. 1973, p. 91; "Prepare Ye," *Ensign*, Jan. 1974, pp. 69, 80; italics added).

"We encourage families to have on hand this year's supply; and we say it over and over and over and repeat over and over the scripture of the Lord where He says, 'Why call ye me, Lord, Lord, and do not the things which I say?' How empty it is as they put their spirituality, so called, into action and call him by his important names, but fail to do the things which he says" (Spencer W. Kimball, "Family Preparedness," *Ensign*, May 1976, p. 125; Conference Report, May 1976, p. 171; italics added).



Three Categories of Home Storage

Basic Storage

Included in basic storage are life-sustaining foods and nonfood items that will store reasonably well for long periods. These include such basic food items as grains (wheat, rice, corn, or other cereal grains), nonfat dried milk, dried fish, legumes (beans and peas), sugar, salt (iodized for some areas), fat, and water. Store a year's supply of garden seeds to plant and to supplement the diet. Where garden space is limited, a multiple vitamin pill for daily use by each person may be stored as a safety measure for long periods of emergency. However, vitamin pills deteriorate so must be replaced within two to four years. Fresh taro or sweet potato, live pigs, chickens, and fish might be considered as basic items in areas where it is difficult to store food. Regular use of whole grains is vital to build a digestive tolerance for roughage. Basic storage should also include fuel, bedding, clothing, and medical supplies. (See pages 7-8.)

In addition, a grinder (preferably hand powered) for preparing flour (if wheat is the stored grain), recipes for using stored foods, and other such items are necessary.

Emergency Storage

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 pairs of stockings; sanitary supplies; first aid booklet and equipment (see pages 7-8); 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.

Expanded Storage

This type of storage would include foods and other daily essentials to supply total nutritional needs and allow for variety and personal preferences in diet and living. This would include items normally used each day, such as baking powder, soda, and spices. Many foods that are adaptable for long-term storage, such as grains and legumes, lack certain essential nutrients; therefore, they need to be supplemented with fruits and vegetables to supply adequate amounts of vitamins A and C (dark green or orange fruits and vegetables and citrus fruits). These items may be stored in root cellars, or they may be bottled, canned, pickled, dehydrated, or freeze-dried. Smoked, canned, or freeze-dried meat and fish supply additional nutrients. Because these foods have limited storage life, they should be used and replaced regularly. Special provision should be made for infants or small children in the family. Soaps and cleaning supplies are essential, and some paper products very useful. (See Barbara B. Smith, "She Is Not Afraid of the Snow for Her Household," *Ensign*, Nov. 1976, p. 121.)

Water Storage

Some water reserve should also be considered. The approximate requirement per person on a two-week basis is fourteen gallons (seven gallons for drinking and seven gallons for other uses). Storage may be in plastic bottles, to which sodium hypochlorite (bleach) may be added if the purity of the water is in doubt (generally one-half teaspoon per five gallons if the water is clear and one teaspoon per five gallons if the water is cloudy).

Sterilized water may also be

stored. (To sterilize, boil water one to three minutes and pour into hot, sterilized jars with sterilized lids, or process bottles of water in a water bath—twenty minutes for a quart jar and twenty-five minutes for a two-quart jar).

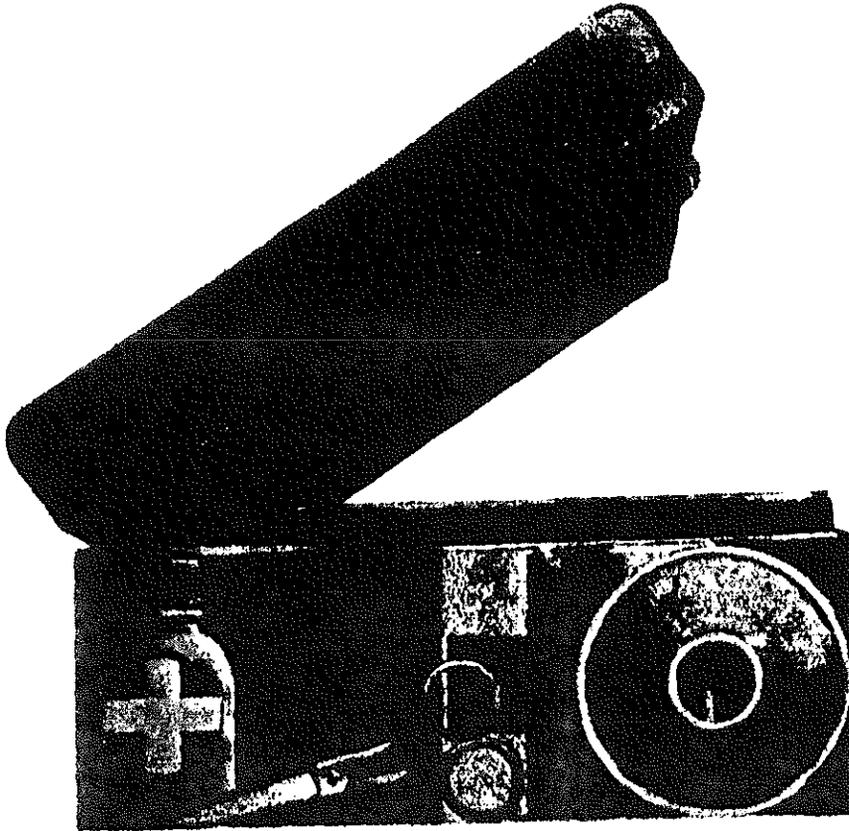
In cases of emergency, the water in water beds, water heaters, toilet tanks, and cisterns may be purified and used. Water heaters should be drained periodically to release any accumulated sediment so that the full capacity of the container is readily usable. Do not use bleach to purify water in water beds; obtain from the manufacturer a purifier that will not harm the plastic material of the bed.

Because it is impractical to store a year's supply of water in most places, it may be wise to store water-purifying agents.

First Aid Supplies

Basic emergency home storage should include first aid supplies. Store first aid supplies together in a metal, wood, straw, or plastic container with a tightly fitted cover. Supplies may be kept organized by dividing the box into compartments. Although you should check with your family doctor for any specific medicines and supplies that your family might require for an emergency, the following items are standard first aid supplies:

- Adhesive tape
- Ammonia
- Antibiotic ointment
- Bicarbonate of soda
- Calamine lotion (for sunburn and insect bites)
- Diarrhea remedy
- Elastic bandages
- Gauze bandages
- Hot-water bottle
- Hydrogen peroxide
- Ipecac syrup (induces vomiting)
- Knife
- Matches
- Measuring cup



Medicine dropper
 Needles
 Paper bags
 Razor blades
 Rubbing alcohol
 Safety pins
 Scissors
 Soap
 Thermometer
 Triangular bandages
 Tweezers
 First aid instruction book
 Medications prescribed by
 physician
 Consecrated oil

First aid kits and supplies should be checked and replenished regularly. Old or contaminated supplies are unsafe and should be replaced. Tubes or plastic bottles eliminate breakage. All supplies should be labeled and organized for fast use. (Another important

emergency precaution is to have tetanus immunization regularly—at least every ten years. When deep or dirty wounds occur, a booster shot is recommended.)

Clothing

Sufficient durable clothing should be included in a home storage program to meet the family's requirements for at least a year. This clothing should accommodate seasonal needs.

Where possible and practical, it is wise also to store fabric, thread, needles, and other sewing items. The provident consumer takes advantage of sales of material suitable for clothing that the family may require and will store these purchases until needed. A family can also save money by keeping a supply of clean used clothing that can be used in making needed

clothes. A reserve of bedding should also be included.

Fuel and Light

If possible, a reserve of fuel (coal, oil, wood, etc.) should be part of the storage plan, at least enough for cooking purposes. Various supplementary heating and cooking units—some portable—are available. The best types can be used in an emergency both for the preparation of foods and for warmth. *Storage of fuel can be dangerous, and in some areas it is prohibited by law.*

Suggestions for Storage

Home storage should consist of a year's supply of basic food, clothing, and, where possible, fuel. After this goal has been reached, emergency and expanded storage should be begun.

People who are in mobile situations (such as the armed forces and school) or who have small homes with limited storage area should prepare as best they can for emergencies. Basic food items often can be stored in rather limited space. Closets, attics, space under beds, and even space made available by family or friends can be used. It is wiser to have food storage sufficient for only a few weeks or months than to have no storage at all. The food storage program should be adapted to meet individual needs, but the following general suggestions may be helpful:

1. The choice of foods for storage depends on availability, nutritive value, cost, storage qualities, and other considerations.

2. Store a variety of foods, as no single food has all the essential nutrients in the correct proportions.

3. Store the highest quality or grade of food obtainable. Wheat should be cereal grade, double cleaned, at least 11 percent protein, and no more than 10 percent moisture.

4. Foods should be stored in sturdy metal, plastic, or glass containers with tightly fitting lids. Sturdy wooden, straw, or earthenware containers may also be used, but a plastic bag liner should be used to protect the food from possible contamination.

5. Foods should be stored in areas that permit easy access and allow control of temperature and humidity. (In general, cool temperatures prolong storage life and quality.) Not all storage items should be located in one area of the house; not all should be stored in one type of container.

6. To destroy insects that may infest grains, nuts, dried fruit, or other foods, place the food in a home freezer and keep it at 0°F (or below) for four days. As an alternative, the food may be sterilized by being heated in an oven at a low temperature (setting of warm or 200°F) for about one hour, depending on the nature of the food. Spread the food on shallow pans so that the heat can penetrate easily. Stir the food

occasionally to keep it from scorching. Dry ice kills most adult insects and larvae, but it probably will not destroy the eggs or pupae. Pour two inches of wheat into the bottom of the container. Add dry ice; then fill with wheat. Eight ounces of dry ice is recommended for one hundred pounds of grain, or one pound for each thirty gallons of stored grain. Seal the containers loosely for five to six hours; then seal them tightly.

7. Storage should be acquired according to an orderly and systematic plan consistent with the family's needs. Borrowing money to acquire food storage is discouraged.

8. Food costs can be minimized by budgeting and shopping wisely.

9. Store foods that the family is willing to eat. In times of stress, it may be difficult to eat unfamiliar or disliked foods.

10. Stored foods should be used and replaced on a regular basis to maintain quality and minimize waste.

11. Maintain a food inventory and replace items as they are used.

12. Specific information regarding appropriate foods and optimal storage conditions in given localities should be obtained from local universities or government agencies.

Buying and Selling Storage Items

Reminder to leaders: Merchandising activities not related to the exempt purposes of the Church are not to be conducted by stakes, wards, or quorums. Stakes, wards, and quorums are not to be involved in purchasing and selling items such as food, storage containers, or nonreligious books. (See *General Handbook of Instructions*, number 21 [1976], pp. 107-108.) If individuals or groups wish to form independent organizations to obtain group discounts on home storage items, they may do so. These independent groups should abide by local laws and should not be identified with the Church.

CONCLUSION

Security through home production and storage can be strengthened if members of the Church live righteously, avoid debt, practice thrift, and are willing to work.

Each family or individual is encouraged to participate in home production and storage in order to

provide for themselves. "If any provide not for his own, and specially for those of his own house, he hath denied the faith" (1 Timothy 5:8).

The home production and storage program is an integral part of personal and family preparedness. The program should

be undertaken individually, according to the needs of the individual or family. Although the application varies in different locations and circumstances, the responsibility for preparedness remains.

SUMMARY OF HOME PRODUCTION & STORAGE

Home Production

(See pp. 2 through 5)

1

Gardening

In a garden plot or pots, a variety of vegetables and fruits suitable to the area, particularly those rich in vitamins A and C

2

Food Preservation

Live plants and animals
Drying
Canning or bottling
Bins
Freezing
Smoking, salting, pickling

3

Nonfoods

Quilts
Clothing
Soap
Fuel
Furniture

Basic Storage

(See pp. 6 through 9)

1

Food for one year such as:

Grains (wheat, rice, corn, or other cereal grains) (300 lbs/person)
Nonfat dry milk (75 lbs/person)
Sugar or honey (60 lbs/person)
Salt (5 lbs/person)
Fat or oil (20 lbs/person)
Dried legumes (60 lbs/person)
Garden seeds

The above amounts are estimated for an average adult. They supply 2300 calories per day.

or
Fresh taro
Sweet potato
Pigs
Chickens
Fish

2

Water

Two-week supply (14 gal./person)

3

Bedding

Enough to keep each person warm if there were no other heating supplies

4

Clothing

Enough to last one year (or fabric and necessities for sewing clothing)

5

Medical

First aid and cleaning supplies (see pp. 7-8, 27)

6

Fuel and Light

(a year's supply of fuel—at least enough for cooking)

Coal
Wood
Matches
Candles
Flashlights

Emergency Storage

(Easily accessible and in portable container) (See p. 7)

1	2	5	7	9
Food * Three-day supply of food requiring no refrigeration or cooking, such as canned tuna fish or pork and beans (½ lb/person) Nonfat dry milk (½ lb/person) Graham crackers (1 lb/person) Dried apricots (1 lb/person) Canned orange or tomato juice (46 oz/person) Peanut butter (½ lb/person) *This supplies daily 2100 calories and essential nutrients.	Water 1 gal./person	Personal Supplies and Medication Toiletries First aid supplies Cleaning supplies (tetanus immunization every five to ten years)	Equipment Can opener Dishpan Dishes Utensils Matches Candles Flashlight Ax Shovel Bucket Radio (battery powered) Paper Pencil	Personal Documents Scriptures Genealogy records Legal documents (will, insurance policies, contracts, passports, birth certificates, etc.) Patriarchal blessings
	3	6	8	10
	Bedding Blanket Cloth sheet Plastic sheet	Fuel and Light Matches Candle Battery-powered light Signal flare	Infant Needs If applicable	Money Cash
	4			
	Clothing One change for each person			

Expanded Storage

(See p.7)

1	2	5	7	8
Foods Foods to give greater variety and nutrition, such as meats and cheese, and fruits and vegetables Miscellaneous: Baking powder Yeast Jello Spices Soups Canned and bottled foods Freeze-dried foods	Water Water tanks or Water beds	Personal Supplies and Medication Locate in various places—car, home, shed	Equipment Tools Grinders Sewing machines Battery-powered radio Gardening supplies Coal stove	Paper and Cleaning Products Facial and toilet tissues Aluminum foil Plastic bags Soap and cleaning supplies
	3	6		9
	Bedding Sleeping bags Pillows	Fuel and Light Acquire a variety—paper logs, hurricane lamps, candles, etc.		Financial Resources Traveler's checks Stocks and bonds Real estate Checking account Other investments
	4			
	Clothing Various kinds and sizes of clothing for all seasons			

RECIPES

Whole Wheat Bread

- 1 cup (240 milliliters) hot water
- 1 cup (212 grams) brown sugar (or ½ cup [154 grams] molasses and ½ cup [97 grams] white sugar)
- 6 tablespoons (70 grams) shortening
- 1 cup (240 milliliters) warm water
- 2 tablespoons (30 milliliters) honey
- ½ ounce (14 grams) dry yeast
(or substitute 1 cup [240 milliliters] everlasting yeast for water-honey-yeast mixture)
- 3 cups (70 milliliters) warm water
- 4 teaspoons (24 grams) salt
- 6 cups (858 grams) white flour
- 6 cups (822 grams) whole wheat flour
- 1 cup (150 grams) cracked wheat (optional)

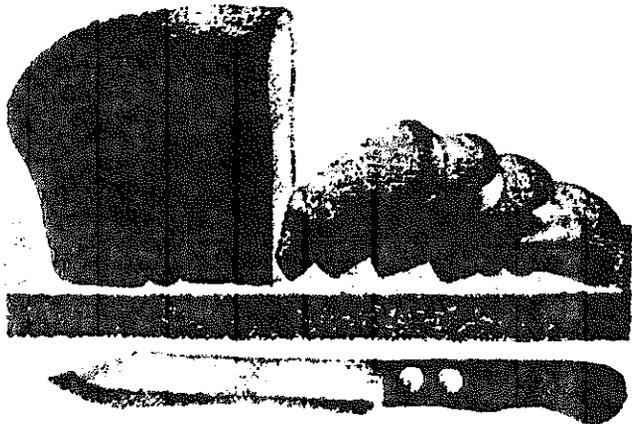
Combine first three ingredients; stir until dissolved. Let stand.

Combine next three ingredients; let rise.

Combine the above two mixtures. Add warm water, salt, and white flour. Beat vigorously to make a sponge. Mix in whole wheat flour and cracked wheat (if used). Knead, adding more white flour as needed.

Let rise until double in bulk. Punch down. Form into loaves, and let rise until double in bulk.

Bake at 400°F (204°C) for 45 minutes. Makes 6 loaves.



Wheat Cereal

- 1 cup (88 grams) wheat
- 2 cups (480 milliliters) water
- ½ teaspoon (3 grams) salt

Mix above ingredients together. Put in shallow pan or slow cooker. Bake overnight at 200°F (93°C). Or may soak overnight; then cook on top of stove for 2 hours. Serve with milk and sugar or dates. Wheat may be ground in food blender or grinder for a finer texture.

Wheat Thins

- 1¼ cups (239 grams) whole wheat flour
- 1½ cups (212 grams) white flour
- ½ cup (80 milliliters) oil, emulsified in blender with ¾ teaspoon (4 grams) salt and 1 cup (240 milliliters) water

Mix dry ingredients. Add oil-salt-water mixture. Knead as little as possible. Makes a smooth dough. Roll dough as thin as possible on unoled cookie sheet (not more than ⅛ inch [0.3 centimeters]).

Mark with knife to size of crackers desired, but do not cut through. Prick each cracker a few times with a fork. Sprinkle dough lightly with salt or onion salt as desired. Bake at 350°F (177°C) until crisp and light brown (30 to 35 minutes).

Graham Crackers

Mix together:

- ½ cup (115 milliliters) evaporated milk
(or ½ cup [22 grams] dry milk powder plus ½ cup [120 milliliters] water)
- 2 tablespoons (30 milliliters) lemon juice or vinegar

Mix the following ingredients in the order listed. Blend well to keep oil in emulsion.

- 1 cup (212 grams) dark brown sugar
- ½ cup (120 milliliters) honey or (97 grams) white sugar
- 1 cup (240 milliliters) oil
- 2 teaspoons (10 milliliters) vanilla
- 2 eggs, beaten slightly

Combine above two mixtures. Add the following:

- 6 cups (822 grams) whole wheat or graham flour
- 1 teaspoon (6 grams) salt
- 1 teaspoon (6 grams) soda

Divide mixture into four equal parts. Place each part on a greased and floured cookie sheet. Roll from center to edges until about ⅛ inch (0.3 centimeters) thick. Prick with a fork.

Bake at 375°F (191°C) for about 15 minutes or until light brown. Remove from oven and cut in squares immediately. Makes 60 crackers.

Wheat Flakes

- 2 cups (274 grams) coarse-ground whole wheat flour
- 2 cups (480 milliliters) water
- 1 teaspoon (6 grams) salt

Mix lightly with spoon until free from lumps. Beat just until mixed. Pour onto cookie sheet or jelly roll pan. Use ½ cup dough on a 12-inch (30.5 centimeters) by 15-inch (38 centimeters) cookie sheet. Tip sheet back and forth to cover entire surface. Drain excess (about ¼ cup) from one corner, leaving a thin film.

Bake at 350°F (177°C) for 15 minutes. Break into bite-sized pieces.

Wheat Treats

Soak wheat in cold water for 24 hours, changing water once or twice during this period; or boil wheat for 30 minutes. (Wheat will triple in volume.)

Drain wheat and rinse. Remove excess water by rolling wheat on a cloth or paper towel.

In a heavy kettle, heat vegetable oil to 360°F (182°C). Put small amount of wheat (about 1½ cups [130 grams]) in a wire basket or strainer and deep fry in hot oil for 1½ minutes. Drain on absorbent paper.

Season wheat with salt or other seasonings as desired—garlic, celery, onion, or seasoned salts. This makes a crunchy treat.

Honey Wheat

1 tablespoon (15 milliliters) water
1 cup (240 milliliters) honey

Boil to hard crack stage and pour over Wheat Treats.

Everlasting Yeast

1 quart (960 milliliters) warm potato water
½ yeast cake or ½ tablespoon (5 grams) dry yeast
1 teaspoon (6 grams) salt
2 tablespoons (25 grams) sugar
2 cups (286 grams) white flour or (274 grams) whole wheat flour

Stir all ingredients together. Place mixture in a warm place to rise until ready to mix for baking. Leave a small amount of everlasting yeast for a start for next time. Between uses, keep in covered jar in refrigerator until a few hours before ready to use again.

Add same ingredients, except yeast, to the everlasting yeast start for the next baking. By keeping the everlasting yeast start and remaking some each time, yeast can be kept on hand indefinitely.

Sour Dough Starter

2 cups (286 grams) white flour or (274 grams) whole wheat flour
2 cups (480 milliliters) warm water
2 teaspoons (10 milliliters) honey or (8 grams) sugar

Mix well. Place in uncovered bottle or crockery jar. Allow mixture to ferment 5 days in a warm room, stirring mixture several times a day. This will aerate the batter and allow the air to activate the mixture. It will smell yeasty, and small bubbles will come to the top.

After using some yeast for baking, "feed" the starter (to

replace the amount used in baking) by using equal parts of flour and water or potato water. In 24 hours the yeast will form and work and be ready for the next use.

Store unused portion of yeast in the refrigerator in a glass or crockery jar with a tight-fitting lid. Shake the jar often. Activate the yeast again before using by adding 2 to 3 tablespoons (18 to 27 grams) of flour and the same amount (30 to 45 milliliters) of water and store.

Homemade yeast can be used to replace all or part of the commercial yeast called for in a recipe; allow 24 hours for homemade yeast to rise.

Yogurt

1 quart (960 milliliters) lukewarm water
2 cups (134 grams) dry milk powder
2 tablespoons (32 grams) plain yogurt or dry yogurt starter

Mix all ingredients together. Pour into a thermos bottle and let stand overnight.

To make cream cheese: Hang the finished yogurt in a cheesecloth bag overnight. Add salt to taste.

To make salad dressing or sour cream substitute: Add salt and seasonings.

To serve as a dessert: Add sugar to taste.

Sweetened Condensed Milk

In a small bowl combine 1 cup plus 2 tablespoons (75 grams) nonfat dry milk and ½ cup (120 milliliters) warm water. Add ¾ cup (147 grams) sugar, and stir until dissolved. If necessary, set bowl in hot water to hasten dissolving. Although not as thick as regular sweetened condensed milk, this works well as a substitute.

Egg Substitute (for use in baking)

Before starting recipe for cookies, cake, etc., combine 1 teaspoon (2 grams) unflavored gelatin with 3 tablespoons (45 milliliters) cold water and 2 tablespoons plus 1 teaspoon (35 milliliters) boiling water. This mixture will substitute for 1 egg in a recipe.

Rice Pudding

1 cup (198 grams) rice
¾ cup (147 grams) sugar
¾ cup (107 grams) raisins
1 quart (960 milliliters) milk (reconstituted canned or powdered)
½ teaspoon (8 grams) nutmeg
Mix all ingredients together in a 1½ quart (1½ liters)

ovenware casserole. Bake at 300°F (148°C) for 1 hour. Serve hot or cold. Serves 8.

French Salad Dressing

1 can (10 ounces or 300 milliliters) condensed tomato soup
1 teaspoon (2 grams) pepper
1 teaspoon (6 grams) salt
1 teaspoon (2 grams) dry mustard
1 teaspoon (5 milliliters) Worcestershire sauce
½ cup (120 milliliters) vinegar
1 cup (200 grams) brown sugar
1 small onion, chopped
1 cup (245 milliliters) salad oil

Combine all ingredients. Shake well and keep in refrigerator.

Sprouting

Rotate your seed storage, as fresh seeds tend to be more viable than those stored for long periods of time. When sprouting, place proper amount of seeds and water in a widemouthed bottle and soak at least 8 to 12 hours.

After soaking, cover bottle with a piece of nylon stocking, net, or fiberglass window screening. Hold in place with an elastic band or a regular bottle ring so air and water can pass through freely. Pour water in jar and gently shake. Pour off water, and lay jar on its side in a dark place. Repeat this two or three times a day.

Seeds Sprouting in Two Days

Use 2 cups per quart (approximately 1 liter).

Rye (500 grams)
Wheat (180 grams)
Beans (360 grams)
Rice (400 grams)
Oats (500 grams)

Seeds Sprouting in Three to Five Days

Use the following quantities per quart (approximately 1 liter):

Alfalfa (1 tablespoon [18 grams])
Lentils (2 tablespoons [30 grams])
Clover (2 tablespoons [30 grams])
Mung beans (2 tablespoons [30 grams])
Garbanzo beans (½ cup [120 grams])

Suggestions for Using Sprouts

Mix sprouts into casseroles, nut loaves, meat loaves, poultry dressing, vegetable salads, gelatin salads, soups, stews, egg dishes, soufflés, scrambled eggs. For bread dough, use sprouts from wheat, rye, or oats.

In soups, stews, and omelets, add sprouts just before serving. Navy bean, soybean, and pinto bean sprouts should be cooked.

Most sprouts make a fine crisp salad or sandwich filling when served with a dressing made from cream cheese, cottage cheese, yogurt, avocados, cooked sprouts, mashed beans, or cheese spread.

Alfalfa and lentil sprouts make an excellent salad when used alone or with leafy salad vegetables. Use the dressing of your choice on such a salad.

Macaroni Salad

1 cup (136 grams) uncooked macaroni
1 teaspoon (6 grams) salt
4 cups (960 milliliters) boiling water
1 can (6½ ounces or 196 grams) tuna fish
1 cup (150 grams) chopped vegetables (celery, green pepper, onion, sprouts, cooked peas, carrots, etc.)
Salad dressing

Bring water and salt to a boil. Add macaroni. Boil until tender (10 minutes); do not overcook. Drain. Rinse in cold water. Drain again. Chill. Mix with tuna fish (or other cold meats) and vegetables. Marinate with salad dressing to taste (approximately ½ cup [50 grams]).

Tuna and Noodle Casserole

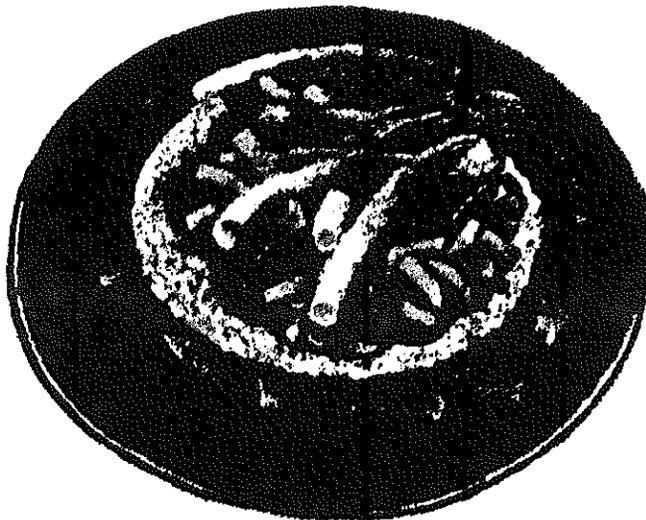
8 ounces (220 grams) noodles
1 can (6½ ounces or 196 grams) tuna fish
1 can (10 ounces or 280 grams) condensed mushroom or chicken soup
¾ cup (161 milliliters) milk (canned or reconstituted powdered milk)
½ cup (70 grams) buttered crumbs

Cook noodles in 4 cups (approximately 1 liter) boiling water. Rinse and drain. Arrange noodles and tuna fish in layers in casserole. Combine soup and milk. Pour over noodles and fish. Top with buttered crumbs and a dash of paprika. Bake in moderate oven (375°F; 190°C) about 25 minutes or until browned. Makes about 6 servings.

Tortillas

1 cup (146 grams) corn meal
1 cup (143 grams) white flour
Ground corn may be substituted for above two ingredients.
½ cup (120 milliliters) water
½ teaspoon (3 grams) salt

Mix ingredients together and knead well. Add small amount of water, if necessary. Let stand for 10 minutes. Knead and pat or slap into the shape of a thin pancake. Add more water or flour as needed. Cook on top of the stove in ungreased heavy iron or Teflon-coated skillet, turning so as to cook through but not to burn. Serve



with a topping of mashed chili beans and grated cheese (optional).

Chili Beans

- 2 cups (360 grams) dried beans (red kidney or pinto)
- 4 cups (960 milliliters) boiling water
- 1 teaspoon (6 grams) salt
- 1 teaspoon (2 grams) dry mustard
- 2 tablespoons (25 grams) sugar
- 1 cup (240 milliliters) tomato sauce or catsup (optional)
- 1 onion, chopped (optional)
- 1 tablespoon (6 grams) chili powder

Soak beans overnight. Drain and add other ingredients. Cook for ½ hour on top of stove. Put in bean pot and cook in slow oven (200-250°F; 93-121°C) for 3 hours, or turn heat down and cook in a heavy saucepan on top of stove until tender.

Browned Rice

- 1 cup (198 grams) rice
- ¼ cup (46 grams) shortening
- ¼ cup (40 grams) chopped onion, meat, celery, or other vegetables (optional)
- 1 teaspoon (6 grams) salt
- 3½ cups (846 milliliters) water

Heat shortening in skillet. Add rice. Cook, stirring constantly, about 10 minutes or until lightly browned. Add vegetables and continue cooking 2 or 3 minutes (optional). Add salt and water. Simmer over low heat 20 to 25 minutes or until rice is tender and excess liquid has evaporated. Makes 6 to 8 servings.

Peanut Butter Cookies

- ½ cup (92 grams) shortening
- ½ cup (97 grams) white sugar
- ½ cup (106 grams) brown sugar
- 1 egg or egg substitute
- ½ cup (120 grams) peanut butter
- 1½ cups (215 grams) white flour or (196 grams) wheat flour
- ½ teaspoon (3 grams) soda
- ¼ teaspoon (1 gram) salt

Cream shortening. Gradually add sugars, beating until smooth and fluffy. Add egg and beat well. Add peanut butter and mix thoroughly. Sift flour, soda, and salt into mixture. Drop by teaspoonfuls onto ungreased cookie sheet. Press down with floured fork. Bake at 350°F (177°C) until lightly browned.

Soy Patties

- 2 cups (400 grams) soybean pulp
- 2 cups (400 grams) cooked brown rice
- 2 tablespoons (23 grams) vegetable fat
- 1 onion, chopped fine
- ½ tablespoon (8 milliliters) soy sauce
- ½ teaspoon (3 grams) salt
- Flavor with garlic or sage
- ½ cup (70 grams) whole wheat bread crumbs (buttered)

Mix all ingredients (except bread crumbs) together. Shape into patties. Roll in whole wheat bread crumbs. Bake in greased pan at 350°F (177°C) until brown, or warm in frying pan. Serve with gravy, if desired.

To make soybean pulp: Soak beans in water for at least 3 hours. Boil beans in water for 15 minutes. Drain. Mix beans thoroughly by pounding or in a blender with enough water to puree into a stiff paste.

Soy Meat

- 1 pound (545 grams) mashed soybeans
- 1 cup (137 grams) whole wheat flour
- 2 eggs or egg substitute
- 1 tablespoon (18 grams) salt
- 1 teaspoon (1.5 grams) garlic
- 1 teaspoon (0.6 grams) oregano
- 1 teaspoon (0.6 grams) basil

Mix all ingredients together. Spoon into hot oil in fry pan. Cook on medium heat for a few hours, turning occasionally until brown and crusty. Use in place of ground meat.

PUBLICATIONS

Requests for publications on home production and storage may be made to local food and nutrition or health departments of universities or government agencies.

Commercial Publications

Chevron Chemical Company. *All about Vegetables*. West Edition. San Francisco, California: Chevron Chemical Company, 1973.

Chevron Chemical Company. *Twelve-Months Harvest*. San Francisco, California: Chevron Chemical Company.

Ball Blue Book, New Revised Edition 29. Muncie, Indiana 47302: Ball Corporation. 50¢

Food and Agriculture Organization of United Nations. *Bigger Crops and Better Storage. The Role of Storage in the World Food Supplies*. Rome, Italy: 1969. World Food Problems, no. 9.

Kerr Glass Manufacturing Corporation. *Kerr Home Canning and Freezing Book*. Sand Springs, Oklahoma 74063. \$1.00

Sunset Books. *Vegetable Gardening*. Menlo Park, California: Lane Books, 1977. \$2.45

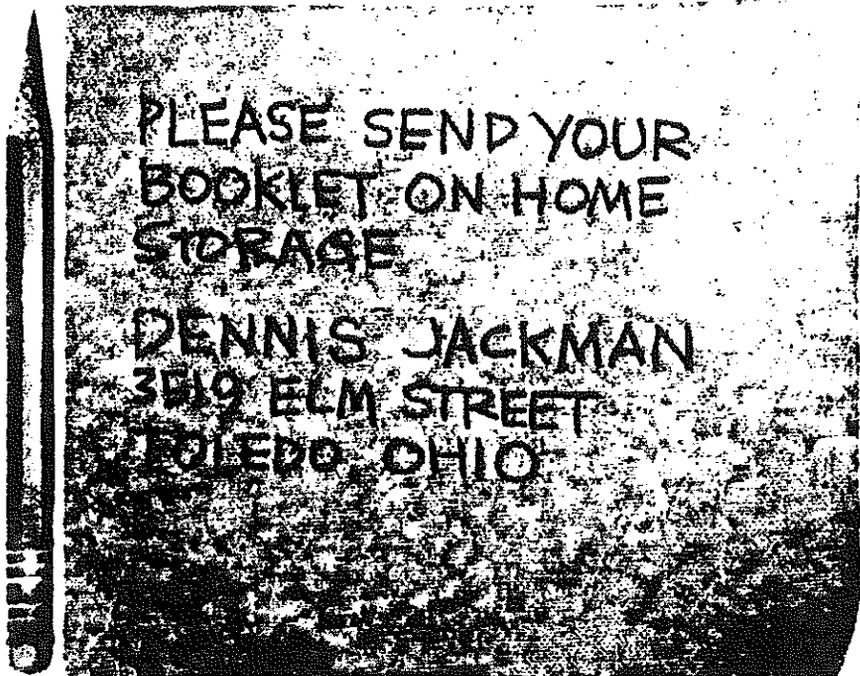
James Underwood Crockett and the Editors of Time-Life. *Vegetables and Fruit*. New York: Time, Inc., 1972.

Magazines

American Horticulturalist. Mount Vernon, Virginia: American Horticulture Society. Six times a year.

American Vegetable Grower. Western Edition. Willoughby, Ohio: Meister Publishing Company. Monthly.

Experiment Station Quarterly Research Publication. Presents findings and research being conducted. Can be obtained from each land-grant university. Issued quarterly.



Horticulture. Boston: Massachusetts Horticulture Society. Issued monthly.

Western Fruit Grower. Willoughby, Ohio: Meister Publishing Company. Issued monthly.

Land-Grant University and USDA Publications

Information on various subjects may be obtained by writing to the publications mailing service in the land-grant university in your state. If information is not available in your area, materials listed below may be ordered for the charge as noted at the end of the reference.

Materials marked with an asterisk (*) may be obtained from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

Beekeeping

**Beekeeping for Beginners*. USDA Home and Garden Bulletin no. 158. 25¢

Raising Bees. Utah State University,

Logan, Utah 84322. EC157. 20¢

Selecting and Operating Beekeeping Equipment. USDA Farmers Bulletin no. 2204. 30¢

Canning

Canning Foods: Fruits, Vegetables, Pickles, Jellies. Agricultural Extension Service, University of Tennessee, Knoxville 37916. Publication 724. 50¢

Canning Fruits and Vegetables. Pennsylvania State University, College of Agriculture Extension Service, University Park, Pennsylvania 16802. Circular 561. 15¢

Canning Fruits and Vegetables in North Carolina. North Carolina Agricultural Extension Service, North Carolina State University, Raleigh 27607. HE203. 15¢

Home Canning of Fruits. Division of Agricultural Sciences, University of California. Leaflet 2269.

**Home Canning of Fruits and*

Vegetables. USDA Home and Garden Bulletin no. 8. May 1976. 45¢

**Home Canning of Meats and Poultry.* USDA Home and Garden Bulletin no. 106. Revised Feb. 1975. 35¢

Home Canning of Vegetables. Division of Agricultural Sciences, University of California. Leaflet 2270. Free

**How to Make Jellies, Jams, and Preserves at Home.* USDA Home and Garden Bulletin no. 56. 1975. 45¢

**Making Pickles and Relishes at Home.* USDA Home and Garden Bulletin no. 92. 45¢

Drying

**Drying Foods at Home.* USDA Home and Garden Bulletin no. 217. Jan. 1977. 45¢

Drying Fruits and Vegetables at Home. College of Agriculture Cooperative Extension Service, University of Arizona, Tucson 85721. A-80. Free

Home Drying of Fruits and Vegetables. Extension Service, Utah State University, Logan, Utah 84322. EC 332. 25¢

How to Build a Portable Electric Food Dehydrator. Bulletin Mailing Service, Industrial Building, Oregon State University, Extension Service, Corvallis, Oregon 97331. Circular 855. 15¢

Freezing

Handbook for Freezing Foods. Mabel Doremus and Ruth Klippstein, Extension Service, New York State College of Human Economics, Cornell University. Mailing Room, Building 7, Research Park, Media Services, Ithaca, New York 14853. Bulletin 1179. 50¢

Home Freezing of Fruits. Division of Agricultural Sciences, University of California. Leaflet 2713. Free

**Home Freezing of Fruits and Vegetables.* USDA Home and Garden Bulletin no. 10. Slightly revised 1971. 75¢

Home Freezing of Vegetables. Division of Agricultural Sciences, University of California. Leaflet 2724. Free

**Home Care of Purchased Frozen Foods.* USDA Home and Garden Bulletin no. 69. 1960. 5¢

**Home Freezing of Poultry and Poultry Main Dishes.* USDA Agriculture Information Bulletin no. 371. Revised 1975. 50¢

**Freezing Meat and Fish in the Home.* USDA Home and Garden Bulletin no. 93. Slightly revised 1970. 25¢

Vegetable Freezing Methods. Flora Bardwell and Georgia Lauritzen, Cooperative Extension Service, Utah State University, Logan, Utah 84322. EL168. Free

Ball Freezer Book, vol. 1, no. 1. Ball Corporation, Muncie, Indiana 47306. 1976. 75¢

Home Gardening

Gardening. Cooperative Extension Service, University of Georgia, College of Agriculture, Athens 30601. ?¢

Getting Along with Your Garden. Ezra Taft Benson Institute, Brigham Young University, Provo, Utah 84602. 75¢

Grow a Vegetable Garden. Agricultural Extension Service, University of Tennessee, Knoxville 37916. Publication 645. Revised Aug. 1973. 50¢

Grow Your Own Vegetables. Extension Service, College of Agriculture, Pennsylvania State University, University Park, Pennsylvania 16802. Circular 559. 10¢

Growing Vegetables. Cooperative Extension Service, University of

New Hampshire, Durham, New Hampshire 03824. 1977. No price

The Home Vegetable Garden. Cooperative Extension Service, College of Agriculture, University of Connecticut, Storrs 06268. Publication 69-36. 25¢

Home Gardens. Cooperative Extension Service, College of Agriculture, Washington State University, Pullman 99163. Bulletin 422. Slightly revised Feb. 1976. 25¢

Home Vegetable Garden. Cooperative Extension Service, Michigan State University, East Lansing 48823. Bulletin E-529, Farm Science Series. 25¢

Home Vegetable Gardening. Cooperative Extension Service, Ohio State University, Columbus 43210. Bulletin 287. 30¢

Introduction to Home Gardening. New York State College of Agriculture and Life Sciences, Cornell University, Ithaca 14850. Extension Bulletin 1049. 15¢

**Minigardens for Vegetables.* USDA Home and Garden Bulletin 163. Revised 1974. 30¢

Growing Vegetables—Recommended Varieties for Utah. Alvin R. Hanson and Melvin S. Burningham, Utah State University, Logan, Utah 84322. EC313. 20¢

Vegetable Gardening in Containers. Texas Agricultural Extension Service, The Texas A&M University System, College Station, Texas 77843. MP 1150. Free

Insect Control

How to Control Insects and Diseases in Your Home Orchard. Division of Agricultural Sciences, University of California. Leaflet 2249. Free

**Insects and Diseases of Vegetables in the Home Garden.* USDA Home and Garden Bulletin no. 380 \$1.20

Vegetable Garden Insect Control. Reed S. Roberts, Cooperative

Extension Service, Utah State University, Logan, Utah 84322. Insect Control Series no. 27. Revised June 1977. 25¢

Utah Fruit Pest Control. Utah State University, Logan, Utah 84322. EC299 Revised. 25¢

Household Insect Control. Reed S. Roberts, Cooperative Extension Service, Utah State University, Logan, Utah 84322. CS23. Revised 1977. 25¢

Fruit Spray Program for the Home Orchardist. Extension Service, Utah State University, Logan, Utah 84322. EL137. Free

Pruning

Pruning for Fruit. Extension Service, College of Agriculture, Pennsylvania State University, University Park, Pennsylvania 16802. Special Circular 126. 30¢

Pruning the Home Orchard. Cooperative Extension Service, College of Agriculture, Washington

State University, Pullman, Washington 99163. Extension Bulletin 660. 25¢

Training and Pruning Fruit Trees Around the Home. Division of Agricultural Sciences, University of California. Leaflet 2252. Free

Pruning the Home Orchard. Extension Service, Utah State University, Logan, Utah 84322. EC363. 20¢

Safety

**Keeping Food Safe to Eat.* USDA Home and Garden Bulletin no. 162. Revised 1975. 35¢

Storage

**Can Your Kitchen Pass the Food Storage Test?* DHEW Publication no. (FDA) 74-2052. ?¢

Food Storage in the Home. Flora Bardwell, Reed S. Roberts, D. K. Salunkhe, Extension Service, Utah State University, Logan, Utah 84322. EC257. Revised. 25¢

Home Storage of Wheat and Grain Products. DeVere R. McAllister and

Reed S. Roberts, Extension Service, Utah State University, Logan, Utah 84322. Extension Circular 371. 20¢

**Storing Vegetables and Fruits in Basements, Cellars, Outbuildings, and Pits.* USDA Home and Garden Bulletin no. 119. Slightly revised 1973. 40¢

**Storing Perishable Foods in the Home.* USDA Home and Garden Bulletin no. 18 Revised 1971. 10¢

Water

Twenty-three Ways to Save Water in an Emergency. Extension Service, College of Agriculture, Pennsylvania State University, University Park, Pennsylvania 16802. Special Circular 199. 10¢

Emergency Water: Home Storage and Emergency Disinfection. Department of Social Services, Division of Health, State of Utah, P.O. Box 2500, Salt Lake City, Utah 84110. 1977. Free

Also check with your local Civil Defense unit.

INVENTORY METHODS

To evaluate the adequacy of your home storage program, take a written inventory. The inventory should be kept current by maintaining a record of items removed from and added to the storage. Three inventory methods are described below:

1. Keep a sheet of paper and pencil near your storage area. Each time an item is removed or added, it should be recorded. When the sheet is filled, it can be used as a shopping list to replenish the supply or to bring the inventory up to date.

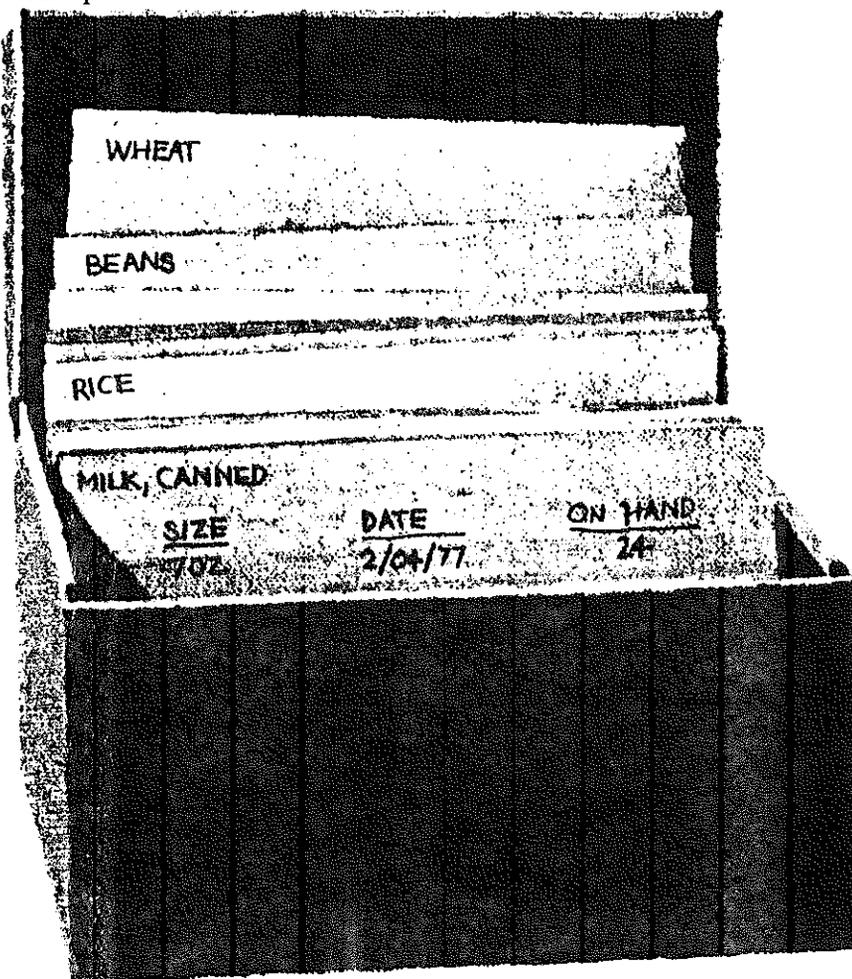
2. A card file may be used with each type of food listed on a separate card.

3. Perpetual Inventory. The suggested inventory is shown on pages 20 through 27. This inventory offers a list of possible foods that could be stored. It allows three entries. If pencil is used, the entries could be erased and the sheet reused. Or the sheets could be duplicated before any are used; then new sheets can be added as the first ones are filled. Design an inventory to meet your particular needs.

Example

<i>Date</i>	<i>Amount Added</i>	<i>Amount Used</i>	<i>Size</i>	<i>Product</i>
January 3		2	6½ oz.	Canned Tuna
January 7		1	16 oz.	Canned Corn
January 11	12		6½ oz.	Canned Tuna

Example



Perpetual Inventory— Basic Storage

Item	Number in Family	Approx. Amount Needed per Person*	Total Amount Needed	Amount on Hand	Date	Amount Added or Subt'd**	Amount on Hand	Date	Amount Added or Subt'd**	Amount on Hand
Grains										
Wheat	<i>Example</i>	<i>300 lbs</i>	<i>1500</i>	<i>200</i>	<i>2/1/78</i>	<i>-10</i>	<i>190</i>	<i>2/10/78</i>	<i>+25</i>	<i>215</i>
Flour										
Rice										
Corn										
Oatmeal										
Pastas (enriched)										
Other cereals										
Dairy Products										
Powdered (regular, nonfat)(4 qt/lb)		<i>300 qts</i>								
Canned, evaporated										
Cheese (bottled or canned)										
Other										
Sugar		<i>60 lbs</i>								
Sugar										
Honey										
Jam										
Jello										
Other										
Salt		<i>5 lbs</i>								
Fats		<i>20 lbs</i>								
Shortening (vacuum-packed)										
Vegetable oil										
Other										

* Supplies daily 2300 calories (average required for each family member) and essential nutrients

** Minus (-) indicates removal from storage; (+) indicates additions to storage.

Item	Number in Family	Approx. Amount Needed per Person*	Total Amount Needed	Amount on Hand	Date	Amount Added or Subt'd**	Amount on Hand	Date	Amount Added or Subt'd**	Amount on Hand
Legumes		60 lbs								
Dried soybeans										
Pinto beans										
Navy beans										
Red beans										
Split peas or lentils										
Canned beans										
Canned nuts or peanut butter										
Other										
Garden Seeds										
Multiple Vitamins (especially A and C)		365								
Alternative Live Storage										
Taro										
Sweet potato										
Pigs										
Chickens										
Fish										
Other										
Water (for two weeks)		14 gals								
Bedding (see p. 26)										
Clothing (enough to last one year; see p. 26)										
Medical (see p. 27)										
Fuel and Light (see p. 26)										

**Perpetual Inventory--
Expanded Storage *****

Item	Number in Family	Approx. Amount Needed per Person*	Total Amount Needed	Amount on Hand	Date	Amount Added or Subt'd**	Amount on Hand	Date	Amount Added or Subt'd**	Amount on Hand
Meats										
		60 lbs								
Meat (canned)										
Cheese (canned or bottled)										
Poultry (canned)										
(cooked or canned equivalents)										
Tuna (canned)										
Other canned fish										
Smoked or dried meats										
Frozen meat										
Frozen fish										
Frozen poultry										
Freeze-dried meats										
Freeze-dried fish										
Freeze-dried poultry										
Other										
Canned Fruits and Vegetables:****										
		365 lbs								
Peas										
Green beans										
Corn										
Peaches										
Apricots										
Tomatoes										
Tomato or fruit juice										
Other										
Frozen fruit										
Frozen vegetables										
Dehydrated fruits										
Dehydrated vegetables										
Freeze-dried fruits										
Freeze-dried vegetables										
Miscellaneous										
Yeast										
Baking soda										
Baking powder										
Vinegar										
Spices										
Pickles										
Soup										
Other										

* Supplies daily 2300 calories (average required for each family member) and essential nutrients.

** Minus (-) indicates removal from storage; (+) indicates additions to storage.

*** These foods increase the number of calories stored, so could be substituted for some of the sugar, fat, or lentils.

**** Include good sources of vitamin A--such as carrots, spinach, and apricots--and good sources of vitamin C--such as orange or tomato juice. Provides four 4-oz. servings per day.

<u>Item</u>	Number in Family	Approx. Amount Needed per Person*	Total Amount Needed	Amount on Hand	Date	Amount Added or Subt'd**	Amount on Hand	Date	Amount Added or Subt'd**	Amount on Hand
Water										
Water tanks										
Water beds										
Other										
Equipment										
Tools										
Grinders										
Manual can opener										
Sewing machine										
Radio (battery-powered)										
Gardening supplies										
Other										

Item	Number in Family	Approx. Amount Needed per Person	Total Amount Needed	Amount on Hand	Date	Amount Added or Sub't'd**	Amount on Hand	Date	Amount Added or Sub't'd**	Amount on Hand
Financial Resources										
First Aid Supplies*										
Scissors										
Knife										
Thermometer										
Measuring cup										
Medicine dropper										
Hot water bottle										
Triangular bandages										
Soap										
Matches										
Razor blades										
Needles										
Safety pins										
Adhesive tape										
Elastic bandage										
Gauze bandages										
Paper bags										
Bicarbonate of soda										
Ipecac syrup (induces vomiting)										
Ammonia										
Hydrogen peroxide										
Calamine lotion (for sunburn and insect bites)										
Rubbing alcohol										
Diarrhea remedy										
Antibiotic ointment										
First aid instruction book										
Medication as prescribed by physician										
Consecrated oil										
Other										

*Anything that has been sterilized must be resterilized periodically.

** Minus (-) indicates removal from storage; (+) indicates additions to storage.

Cooking with Basic Food Storage

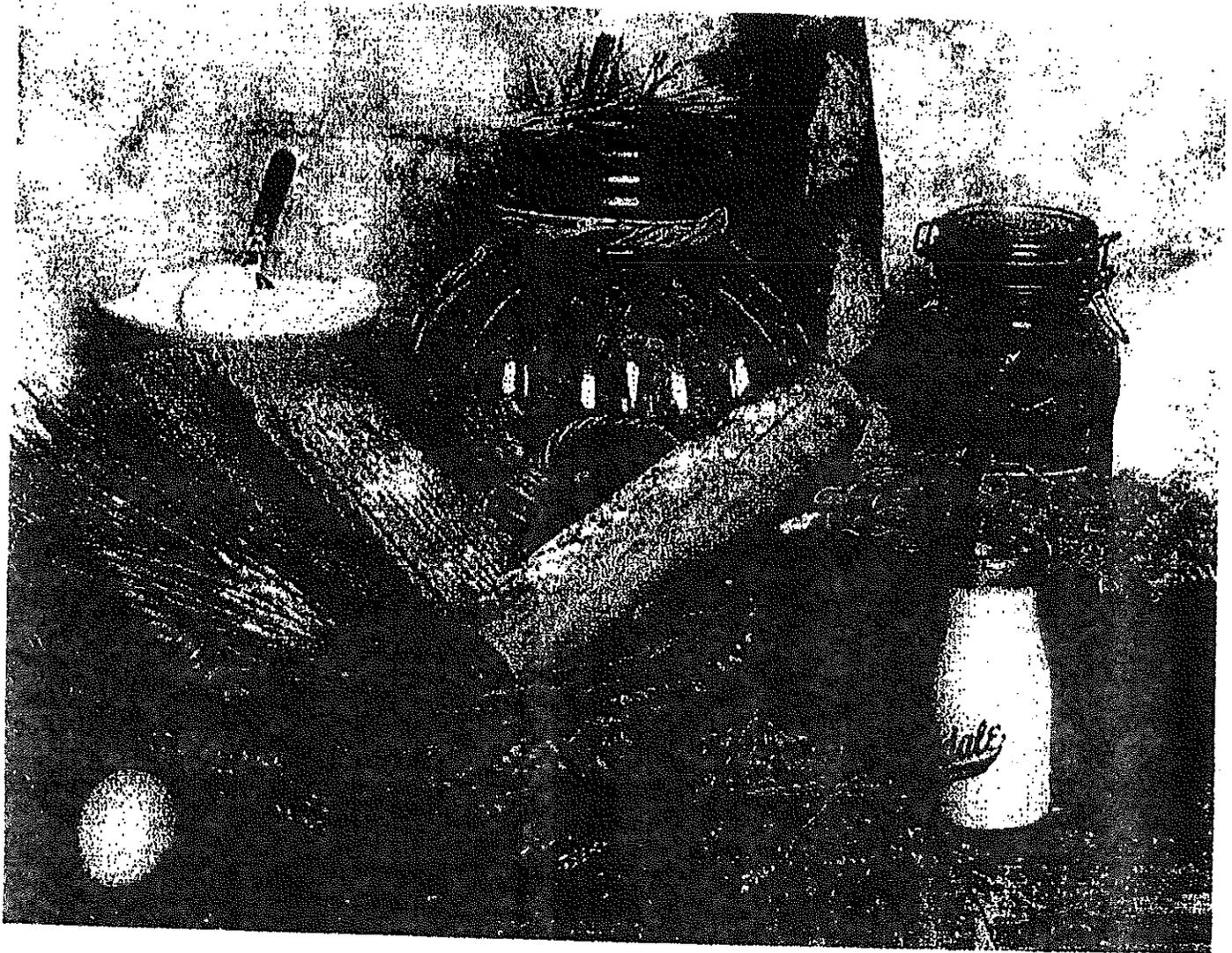


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Food production and storage is a vital part of any families emergency preparedness. Food storage can provide a family with peace of mind; knowing that in the event of an emergency there would be food to eat. This collection of recipes should provide some basic ideas on how to incorporate food storage items into daily life. After all, if a body has not been conditioned to eating whole grains and then, because of an emergency, is suddenly introduced to this way of eating, most likely the body will become ill and not be able to digest these types of foods. It is recommended that food storage foods be incorporated into daily living and rotated often.

TIPS:

1. Make sure you store a good variety of foods of high quality. Proteins, vitamins, minerals and fats are essential for the maintenance of good health.
2. Home storage of food should begin with basic items that will sustain life in an emergency, in case there is nothing else available to eat. The following basic items might be considered for storage. *(Per one adult for one year and may vary according to location.)*

Grains (Wheat, rice, oats or other cereals)	400 lbs.
Legumes (Dry beans, split peas, lentils, etc.)	60 lbs.
Powdered Milk	20 lbs.
Cooking Oil	10 qrts.
Sugar or Honey	60 lbs.
Salt	8 lbs.
Baking Powder	2 lbs.
Water (2 weeks)	14 gal.

5. Store your foods in a cool, dry place away from any sunlight.
6. Store baking powder, soda, yeast, powdered eggs, bouillon, tomatoes, cheese and onions. You cannot cook even the most basic recipes without these items.
7. A good variety of spices and flavorings will enhance your recipes.
8. To improve the flavor of powdered milk add powdered chocolate or vanilla and chill. Your powdered milk will dissolve better in warm water and then chill.
9. Store iodized salt to provide essential iodine in the diet.
10. Store flavored gelatin - can provide a clear liquid during flu or diarrhea.
11. Egg Substitution - (for use in baking). Before starting recipe for cookies, cakes, etc., combine 1 tsp. unflavored gelatin with 3 tbsp. cold water and 2 tbsp. plus 1 tsp. boiling water. This mixture will substitute for 1 egg in a recipe.
12. REMEMBER: Store what you eat & eat what you store. ROTATE your storage.

3. Make sure you have a good hand grinder in your storage.
4. Cooking oil is extremely important. It adds calories and flavor and it is very hard to cook without. During World War II, oil was the most popular bartering item.

WHOLE WHEAT

USING WHOLE-WHEAT FLOUR

Use wheat in recipes your family already likes, then it is not totally unfamiliar and you know the recipe is good.

Try wheat in desserts first - who can turn down a chocolate chip cookie?

Do not feel you must use 100 percent whole wheat. Half white and half whole wheat gives excellent results.

Hard white wheat is sometimes milder to the digestive system than red wheat.

Grind only enough wheat flour to be used in a week's time for greatest freshness and nutrition.

How to substitute whole wheat in your favorite recipes:

Wheat flour is heavier than white flour and needs more leavening.

In yeast breads, use more yeast and/or let it rise longer.

In baking powder leavened products, increase baking powder by 1 tsp. for each 3 cups of whole-wheat flour.

Recipes using baking soda need not be adjusted.

In baked products using eggs, separate the eggs and beat the whites until stiff. Then fold in just before baking. For extra lightness, an extra separated egg may be added. Good for waffles and especially cakes.

CRACKED WHEAT

Cracked wheat may be made in a blender by using the "chop" selection on the machine. Depending upon the coarseness desired, adjust the length of processing time. Cracked wheat may also be made by using various food processors or a nut chopper.

EASIEST WHOLE WHEAT BREAD

Lemon juice in this recipe acts as a dough enhancer which gives bread a fine, light texture.

To Make: 2 (8x4-inch Loaves)
3 ½ c. whole wheat flour 1/3 c. gluten flour
1 ¼ T. instant yeast
2 ½ c. steaming hot tap water (120-130 deg. F)
1 T. salt 1/3 c. oil
1/3 c. honey or ½ c. sugar
1 ¼ T. bottled lemon juice
2 ½ c. whole wheat flour

To Make: 4 (8x4-inch Loaves)
7 c. whole wheat flour 2/3 c. gluten flour
2 ½ T. instant yeast
5 c. steaming hot tap water (120 - 130 deg. F)
2 T. salt 2/3 c. oil
2/3 c. honey or 1 c. sugar
2 ½ T. bottled lemon juice
5 c. whole wheat flour

Mix together first three ingredients in mixer with a dough hook. Add water all at once and mix for 1 minute; cover and let rest for 10 min. Add salt, oil, honey, or sugar and lemon juice and beat for 1 min. Add last flour, 1 cup at a time, beating between each cup. Beat for about 6-10 min. until dough pulls away from sides of the bowl. This makes a very soft dough.

Preheat oven for 1 min. to lukewarm and turn off. Turn dough onto oiled counter top; divide, shape into loaves place in oiled bread pans. Let rise in warm oven for 10 - 15 mins. until dough reaches top of pan. Do not remove bread from oven; turn oven to 350 deg. F and bake for 30 minutes. Remove from pans and cool on racks.

If you do not have a mixer with a dough hook and are kneading this by hand, gradually add last cup of flour to keep dough from sticking to counter. You will add more flour when kneading by hand than when using a mixer simply to be able to handle this moist dough. With wheat bread, always add the least amount of flour possible to keep bread moist. Knead 10 minutes before shaping dough into loaves.

WHOLE WHEAT BREAD

Makes 3 loaves

1 tbsp. dry yeast 1/4 tbsp. warm water
2 cups hot water 2 tbsp. shortening
1/2 cup brown sugar 2 tsp. Salt
1 cup cold water 1/2 cup dry milk
7-8 cups whole-wheat flour

Mix yeast and warm water and set aside. Pour hot water over shortening, sugar and salt. Mix dry milk with 1 cup whole-wheat flour, add hot water mixture and 1 cup of cold water, then add yeast mixture. Add 6-7 more cups of whole-wheat flour. Knead until smooth & elastic and let rise almost double--then time as follows: Let rise 40 min. - punch down; 20 min. - punch down; 20 min. - punch down. Shape into 3 loaves and place in 3 small greased bread pans. Allow to rise until double in bulk. Bake at 375 degrees for 40-45 minutes.

FAVORITE ROLL MIX

9 cups whole wheat flour
9 cups white flour
1 cup sugar
2 Tbsp salt
1 cup instant dry milk

Mix all ingredients together well in a large bowl. Store in a cool dry place in an airtight container. Label and date; use within 10-12 weeks. Makes about 22 cups of mix. (This mix can be made with all whole wheat flour.)

BREAD ROLLS

1 3/4 cups steaming hot tap water
1/2 cup oil 1 Tbsp instant yeast
2 Tbsp whole egg 4-5 1/2 c. Favorite Roll Mix

Pour hot tap water into large bowl. Whisk in oil and egg. Stir in 2 cups Favorite Roll Mix. Stir in 1 more cup of Favorite Roll Mix & yeast. Add remaining mix as needed to make a soft dough. Knead dough 5 min. by hand until smooth. Place smooth side down in lightly oiled bowl; turn dough smooth side up. (This oils the top of the dough.) Cover with a damp towel; let rise in a warm place about 40 min., until doubled. Punch dough down. Divide into 16-24 rolls. Form rolls and place on greased pans. Cover; let rise in warm place until about doubled. Preheat oven to 350 deg. F. Bake 20-25 min.

WHOLE WHEAT MUFFINS

2 eggs, beaten 2 cups whole wheat flour
1 cup milk 1/2 tsp salt
3 Tbsp honey 3 tsp baking powder
1 Tbsp oil

Combine first four ingredients. Sift remaining ingredients and stir in, only until flour is absorbed. Bake 20-30 min. at 375-400 deg. F.

BULGUR WHEAT

Wash wheat in cool water and discard water. Add enough water to cover wheat, simmer until all water is absorbed and wheat is tender. Spread wheat thinly on cookie sheet or shallow pan and dry in oven at 200 deg. F., until very dry so that it will crack easily. Wet surface of dried wheat slightly and rub kernels between hands to loosen and remove chaff. Crack wheat in moderate size pieces, using a mill, grinder or leave whole.

This processed bulgur when thoroughly dried is easily stored and may be used in many wheat recipes. If the recipe calls for cooked wheat or bulgur, simply boil in water for 5-10 min. It will approximately double in volume. It makes an excellent meat extender when used in meat loaves, meat balls, chili and recipes where rice is used. Soaked overnight in salt water, may be added to yeast bread recipes to give a nut like taste.

MEAT SUBSTITUTES & EXTENDERS

Cooked wheat, cracked or whole, can be fried with hamburger and used in sloppy joes, spaghetti, pizza, etc.

BLENDER WHEAT PANCAKES

Makes 6 to 8 pancakes.

1 cup milk 1 cup uncooked whole wheat
2 eggs 2 Tbsp oil
1 1/2 tsp salt 2 tsp baking powder
2 Tbsp honey or sugar

Put milk and wheat in blender. Blend on highest speed for four or five minutes or until batter is smooth. Add and blend on low, eggs, oil, baking powder, honey and salt. Bake on hot griddle.

Variation for Waffles:

Add one additional Tbsp wheat & increase oil to 4 Tbsp.

WHEAT WAFFLES

Makes 8 Waffles

2 cups flour (1 cup white & 1 cup wheat)
4 tsp baking powder ½ tsp salt
2 Tbsp honey or sugar 1 3/4 cup milk
6 Tbsp oil 2 eggs

Mix dry ingredients together, including nonfat dry milk. Stir in remaining ingredients. For lighter waffles, separate eggs. Beat egg whites and carefully fold in.

GERMAN PANCAKES

1 cup whole wheat flour 1 cup dry milk
3 Tbsp dried whole egg 2/3 cup water
2 Tbsp sugar 1 tsp vanilla
1/4 tsp baking powder oil for pan

Whisk together dry ingredients; add liquid ingredients and beat 1 min. Cook large pancakes one at a time in an 8-9 inch skillet on medium heat. Swirl about 1/3 cup batter around in heated and oiled pan. Turn when lightly browned on the edges and dry on the top. Remove from pan when second side is lightly browned. Hold pancakes on plate in warm oven until they are all cooked. Spread jam on warm pancakes and sprinkle with cinnamon; roll and eat with fingers. Makes 7-8 pancakes.

WHEAT CEREAL

1 cup wheat 2 cups water
½ tsp salt

Mix above ingredients together. Put in shallow pan or slow cooker. Bake overnight at 200 deg. F. Or may soak overnight; then cook on top of stove for 2 hours. Serve with milk and sugar or dates. Wheat may be ground in food blender or grinder for a finer texture.

WHEAT FLAKES

2 cups coarse-ground whole wheat flour
2 cups water 1 tsp salt

Mix lightly with spoon until free from lumps. Beat just until mixed. Pour onto cookie sheet or jelly roll pan. Use ½ c. dough on a 12-15 inch cookie sheet. Tip sheet back and forth to cover entire surface. Drain excess (1/4 c.) from one corner, leaving thin film. Bake 350 deg. 15 min.

CRUNCHY WHEAT CEREAL

Makes approximately 5 c. cereal & 2 c. crumbs

6 cups whole wheat flour 1 tsp baking soda
1 ½ c. brown sugar ½ tsp salt
2 cups buttermilk (2/3 c. powdered milk, 2 c. water, 2 tbsp vinegar or lemon juice)

Mix ingredients thoroughly. Press or roll evenly to fit two ungreased cookie sheets. Bake at 350 degrees until golden brown around edges. Turn over with spatula, break into small pieces and return to 200 deg. Oven to dry out thoroughly. Grind chunks in food or meat chopper on coarse blade. Put ground chunks in strainer and sift out small granular pieces. Larger pieces may be used for cereal and casseroles. Finer pieces may be used as you would graham cracker crumbs for pie crusts and other desserts.

Variations: Add cinnamon to the dough before baking. Add nutmeg to give a custard or eggnog flavor. Poultry stuffing can be made by eliminating sugar and adding sage, poultry seasoning, celery salt and bouillon granules. Make salad toppers by adding garlic salt, onion powder, salt, or other favorite condiments. You can even make dog & cat food by reducing sugar and adding bouillon, then breaking up into sizes.

BREAKFAST CEREAL

Use wheat either whole or cracked with raisins, honey or brown sugar. One cup of wheat makes 4-6 servings.

Thermos Method

1 cup whole wheat 2 cups boiling water
½ tsp salt

Place in quart-sized thermos; screw top lightly. Leave overnight.

Gas Range Method

1 cup whole wheat 2 cups boiling water
½ tsp salt

Place ingredients in a pan over the pilot light all night.

Crock Pot Method

1 cup whole wheat 2 ½ cups water
½ tsp salt

Cook 6-8 hours or overnight on low.

NAVAJO FRY BREAD OR TORTILLAS

4 c flour (½ whole wheat & ½ white)
2 Tbsp dry milk 1 tsp salt
1 Tbsp baking powder 2 cups warm water
oil

Mix dry ingredients together; stir in warm water. Knead 10 min. Let rise in warm place 45 min. Roll 2 inch balls of dough into 8-10 inch circles. Heat oil just until it starts to smoke. Fry dough circles 20 seconds on each side until golden brown. Serve in place of rolls or cornbread with bean dishes, soups, or stews. Makes 8, 10-inch breads or tortillas.

Flour Tortillas: Reduce baking powder to 1 tsp and cut 3 tbsp shortening into dry ingredients. Cook in ungreased fry pan or other hot surface about 30 seconds on each side.

BASIC CREPES

1 cup whole wheat flour ½ cup dry milk
2 tbsp dried whole egg 1 ¾ cup water
1/4 tsp salt

Beat all ingredients together until lumps disappear. Fry in hot greased skillet, lightly browning on both sides. Roll each with one of the following fillings inside. Serve warm. Makes about 12 servings.

- ◆ Make a white sauce using the liquid from canned meat (chicken or turkey chunks). Whisk the soup until there are no lumps and bring to a boil. Stir in meat; heat thoroughly. Fill crepe with mixture.
- ◆ For a sweet crepe, omit salt and add 2 tbsp sugar to crepes. Fill with pudding and fruit, pie filling or jam. Serve hot or cold. Sprinkle with powdered sugar.

BANANA BREAD

2 c whole wheat flour 3/4 c. honey
½ c. butter 1 tsp baking soda
2 eggs ½ tsp oil
3 ripe bananas

Mix well and fill greased loaf pan ¾ full. Bake at 325 degrees for 60 minutes.

WHOLE WHEAT ZUCCHINI BREAD

2 c sugar 1 tsp salt
1 c oil 1 tsp baking soda
3 eggs, beaten 3 tsp cinnamon
2 zucchini (unpeeled/grated)
1/4 tsp baking powder 3 tsp vanilla
3 c whole wheat flour ½ c chopped nuts

Mix sugar, oil, eggs, zucchini and vanilla in large bowl. Sift together in separate bowl whole wheat flour, salt, baking soda, cinnamon and baking powder. Add dry ingredients to first bowl, stirring to combine well. Add chopped nuts. Fill greased loaf pans. Bake at 350 degrees for 45-60 min. Yield: 2 loaves.

CHOCOLATE CHIP COOKIES

1 c. shortening 3 c. whole wheat flour
¾ c. sugar ½ tsp baking soda
¾ c. brown sugar ½ tsp salt
2 tbsp dried whole egg 2 c. chocolate chips
1/4 c. water ½ c. walnuts, chopped
2 tbsp dry milk
1 tsp vanilla

Put all ingredients in first column in bowl; mix together just until combined. (Shortening will be in small lumps.) Mix dry ingredients together and blend into shortening mixture. Add chocolate chips and nuts. Drop by tablespoon onto an ungreased cookie sheet. Bake at 375 deg. for 10-12 min. Makes 3 dozen cookies.

WHOLE WHEAT BROWNIES

1 c. melted shortening 4 tbsp cocoa
4 eggs, beaten 2 c whole wheat flour
1 c. sugar

Beat together, spread in greased and floured 9x13 inch pan. Bake at 350 deg. for 25 minutes.

NOTE: To make (2) loafs of wheat bread every other day for (1) year, you will need 275 lbs of wheat ground into flour, 4 gallons of oil, 46 lbs. of honey or sugar, 8 (1 lb.) pkgs yeast, 61 cups gluten flour, 3 2/3 qts. of lemon juice and 7.3 lbs of salt.

LEGUMES

THE BENEFITS OF BEANS

- ◆ Inexpensive
- ◆ Low in fat/no cholesterol
- ◆ High in protein, carbohydrates, B Vitamins and Iron
- ◆ Easy to store (dry beans will keep indefinitely if stored below 70 degrees F. in a tightly covered container in a dry place).

THE DOWNSIDE OF BEANS

If beans are not a regular part of your diet they are hard for your system to digest. You can overcome this by eating beans more regularly, giving your body more practice in producing the enzymes needed to help digest beans.

COOKING BEANS

Soaking and cooking beans before mixing with other recipe ingredients helps to get the right tenderness and can minimize final cooking time

Preparation: Rinse all beans and legumes in cold water. Remove all dirt, rocks and bad beans.

Overnight soaking: For each 1 pound of beans, dissolve 2 tsp. Salt in 6 cups of water. Wash beans, add to salted water and soak overnight.

Quick soaking: For each 1 pound beans, bring 8 cups of water to boiling. Wash beans, add to boiling water, boil for 2 min. Remove from heat, cover and soak 1 hr.

To cook soaked beans: For each 1 pound dried beans, dissolve 2 tsp salt in 6 cups hot water, bring to a boil. Add soaked beans, boil gently, uncovered, adding water if needed to keep beans covered, until tender. Yield 6 to 7 cups.

To cook old hard beans: Wash and sort to remove any discolored beans or foreign material. For each cup of dry beans, add 2 ½ cups of hot tap water and 2 tsp of baking soda and soak overnight. Drain and rinse two times, then add water to cover and cook until tender and soft, about two hours, adding more water as needed.

Adding a 1/8 tsp baking soda and 1 Tbsp of oil to each cup of beans while soaking will cut down on foam as beans cook and shorten the cooking time.

Add meat, onions, celery and herbs during the cooking to add more flavor. Add tomatoes, catsup, vinegar and other acid foods after the beans are tender. The acid prevents softening of the beans.

COOKING TIMES

●Black Beans	1 to 1½ hours
●Garbanzo Beans	2 to 2½ hours
●Kidney Beans	1 to 1½ hours
●Pink, Pinto & Red	1½ to 2 hours
●White Beans	1 to 1½ hours
●Black Eyed Peas	1 to 1½ hours
●Great Northern Beans	1 to 1½ hours
●Lima Beans	1 to 1½ hours
●Soybeans	3 to 3½ hours
●Split Peas, Green & Yellow	35 to 45 minutes (No soaking required)
●Lentils	30 to 40 minutes (No soaking required)

STORING COOKED BEANS

- ◆ Freeze cooked beans in zip lock bags. Will keep 3-6 months.
- ◆ Store cooked beans 3-5 days in refrigerator. Beans spoil easily so don't keep too long.

ALTERNATE USES FOR BEANS

The following are great ways to put more beans into your diet without feeling like you are always eating beans.

Bean Flour:

- Any dry bean can be ground into flour using a hand or electric mill. (Read your instructions carefully, some specifically say you cannot use beans in them.) Baby lima or small white beans are the mildest in flavor.
- Bean flour can be whisked into boiling water and seasonings to make an almost instant soup or thickener.

- Bean flour can be used in any recipe calling for flour by replacing up to 25% of the wheat flour with any variety of bean flour. The bean flour combined with the wheat flour creates complete protein.

WHITE BEANS REPLACE FAT IN MOST BAKING:

Method 1: Cover beans with water and cook until very soft. Mash until consistency of shortening (use blender). Replace in recipes cup for cup. Example: Recipe calls for 1 cup margarine - use 1 cup mashed beans. Liquid may be added to adjust the consistency. Mashed beans do not keep long in the fridge, so freeze them.

Method 2: Grind beans in your wheat grinder. Store in air-tight container. Replace fat in the recipe cup for cup as above. You will need to add liquid since the ground beans will be part of the dry ingredients.

CHILI

- 1 lb. Chili beans (about 2 cups)
- 2 lbs. ground beef
- 3-4 ribs of celery
- 1 can diced tomatoes (use juice)
- 3-4 tbsp chili powder
- 1 lrg. onion, chopped
- ½ tsp cumin

Soak beans overnight. Bring beans to boil and simmer until tender. Leave the water in the pot that should cover the beans and add the tomato juice to it. Brown ground beef. Add ground beef, onion, celery, chili powder and cumin. Let simmer until flavors blend. Adjust the amount of chili powder to taste.

REFRIED BEANS

- 1 c. chopped onion
- 1 tsp chili powder
- 1 tsp salt
- 2 c. pinto beans
- 1 tsp garlic powder

Fill crock pot 1/3 full of pinto beans (sorted & rinsed). Fill with water until 3/4 full. Cook beans & ingredients on high temperature for approximately 4 hours. Mash by hand or with a blender. Add oregano and salt to taste. Can be frozen.

PIONEER BEAN SOUP MIX

- 1 cup pinto beans
- 1 cup black beans
- 1 cup kidney beans
- 1 cup yellow split beans
- 1 cup great northern beans
- 1 cup black-eyed peas
- 1 cup lentils
- 1 cup green split peas

In clean pint jars, spoon 2 Tbsp of pinto beans in bottom; continue, adding 2 Tbsp of each bean or pea variety in the order given until jar is full. Makes 4 jars.

PIONEER BEAN SOUP

- 1 pt. Bean Soup Mix
- 7 cups water
- 1 (8oz) can tomato sauce
- 1 clove garlic, minced
- 1 lg. onion, chopped
- 1 tsp chili powder
- 1-2 tsp salt
- 1 ham hock
- 2 carrots, chopped
- 1 rib celery, chopped
- Juice of 1 lemon
- Grated cheese

Place all ingredients in a slow cooker. Cover and cook on medium for 7 hours, or until beans are tender, or place in stock pot and cook on stove at simmer. Remove meat from ham hock and return to soup. Before serving, add juice of 1 lemon and top with grated cheese. Makes 6-8 servings.

BAKED BEANS (WHITE BEANS)

- 2 c. white beans
- 1 onion, chopped
- 3/4 c. brown sugar
- 1 tsp dry mustard
- 1 c. reserved liquid
- 1 tsp salt
- 1/8 lb. bacon, diced
- 1/4 c. catsup
- 1 Tbsp soy sauce

Cover beans with cold water and add salt. Simmer until tender. Keep liquid. Add remaining ingredients. Place in greased casserole or bean pot. Top with 1/8 bacon strips. Bake at 275 degrees for 6-8 hours.

1 lb. beans = 2 cups dry = 6 cups cooked.
 1 lb. beans ground to flour = 5 cups flour.
 Substitute 1/4 wheat flour with bean flour (instead of 2 cups wheat flour use ½ cup bean flour and 1½ cup wheat flour).

PINTO BEAN CASSEROLE

- 1 (15 oz) can pinto beans (use juice)
- 1 lb. ground beef
- 1 c. grated cheese
- 1 (15 oz) can Italian style marinara sauce
- 1 pkg. corn tortillas

Butter tortillas and layer and cover bottom of oblong cake pan. Brown ground beef and drain. Put beans over tortillas, then sauce and ground beef and grated cheese. Bake at 350 deg. for 30 minutes.

PIONEER STEW

Makes 8 servings

- 1 1/4 cups (1/2 lb.) Dried pinto or kidney beans
- 3 cups cold water
- *1/2 to 1 lb. ground beef
- 1/2 cup finely diced green pepper
- 1 can (16 oz) whole kernel corn, undrained
- 1 can (16 oz) tomatoes, undrained
- 1/2 tsp chili powder
- 1/2 c. shredded sharp American cheese
- 1 tsp salt
- 1/2 c. onion, chopped
- 3/4 tsp salt

In large saucepan place washed and drained beans, cold water and salt. Bring to boil. Cover and simmer 2 minutes. Remove from heat and let stand for 1 hour. Return to heat and simmer 1 hour and 15 min. In skillet cook ground beef, chopped onion and green pepper until meat is browned and vegetables are tender. Drain off fat. Add meat mixture, corn, tomatoes, chili powder and salt to taste to beans. Simmer 20 min. Combine 1 Tbsp flour with 2 Tbsp water. Stir into stew. Cook and stir until thickened and bubbly. Stir in cheese.

***or 1 can of chunk turkey or beef*

CREAM OF SPLIT PEA SOUP

- 2 c. split peas
- 1/2 c. celery, diced
- 1 onion, chopped
- 2 1/2 c. milk (2/3 c. powdered milk & 2 1/2 c. water)
- Season to taste (may add chunks of ham, bacon, etc.)
- 4 1/2 c. boiling water
- 1/2 c. carrots, diced
- 2 tsp salt

Wash split peas and sort. In large saucepan combine water, split peas, vegetables and salt. Simmer until peas are soft, about 45 min., stirring occasionally. Put through a sieve or a blender. Add powdered milk and seasonings, chunks of meat, then reheat and serve.

BEAN WRAPS

- 2 lbs. pinto beans (4 cups)
- 1 qt. tomatoes
- 1 lb. salt pork or bacon (optional)
- 1 1/2 lbs. Ground beef, browned (optional)
- 3 onions, chopped
- 1/2 lb. shredded beef or pork (optional)
- 4 bay leaves
- 1 clove garlic, chopped
- 1 chill brick, warm and drain fat
- 1/2 lb. brown sugar
- 3/4 tsp thyme
- 1 tsp chili (to taste)

Simmer beans, salt pork, onions, bay leaves and garlic in Dutch oven for approx. 20 hours. Add chili brick, tomatoes, meat and spices. Simmer 2 hours. Add brown sugar the last 1/2 hr.

Wrap beans in flour tortillas. Place tightly in an oblong or square baking dish. Sprinkle with cheese and bake or microwave until hot. Serve with chopped lettuce, tomatoes, peppers, onions and sour cream.

LENTIL SOUP

- 2 cups lentils
- 1 1/2 quarts water and 6 chicken bouillon cubes (or 3 - 14 1/2 oz. cans chicken broth & 3 cans of water)
- 1 large can (No. 2 1/2) stewed tomatoes
- 1 bay leaf
- 1 onion, chopped
- 1 lb. cooked ground beef
- 3 carrots, cut in chunks
- Salt & pepper to taste

Put all ingredients except ground beef in a 4-qrt. kettle, bring to a boil, and let cook until tender. Add cooked ground beef and heat. A ham hock may be cooked with above ingredients instead of ground beef or pieces of ham may be added at the last. Makes 8-10 servings.

CROCKPOT BEAN SOUP

- 3 c. and dried beans
- 1 med. onion
- 1/4 tsp garlic powder
- 1/4 c. dried soup blend
- 1/4 tsp seasonings
- 2 stalks celery, chopped

Sort & wash beans. Put them in a crockpot & add water to fill to 2/3 full. Add remaining ingredients, turn crockpot on high & let simmer all day. Check occasionally to see if more water is needed. Do not salt beans until they are soft.

OATS

Regular oats and quick oats are basically interchangeable. However, when using regular oats in a recipe that calls for quick oats, it is advisable to soak the regular oats in water for about 5 minutes to soften them.

OATMEAL BREAD

Makes 2 loaves

½ c. warm water	2 Tbsp dry yeast
¾ c. water, boiling	¾ c. rolled oats
1 c. buttermilk (or 1/3 c. powdered milk, 1 cup water, 1 Tbsp vinegar or lemon juice)	
1/3 c. oil	½ c. honey
2 c. flour	1 Tbsp salt
½ tsp soda	3 to 3½ cups flour

In small bowl, stir yeast into ½ c. warm water; allow to stand until yeast dissolves and bubbles up. In medium saucepan, bring ¾ c. water to boiling; stir in oatmeal and cook several min. Remove from heat; add buttermilk, oil & honey. Sift flour, salt and soda into a large mixing bowl. Add yeast mixture & oat mixture and beat with wire whip or slotted spoon; let stand 5 min. Gradually add enough of remaining flour until dough is stiff enough for kneading. Turn out onto floured surface and knead 8 to 10 min. or until a soft, elastic ball forms. Place dough in clean greased bowl, cover with plastic wrap and allow to rise until double in bulk, about 1½ hrs. Punch down dough & divide into two portions; cover with bowl or towel & allow to rest 10 min. Form into loaves and place in greased 8x4 inch pans. Cover and let rise until double in bulk. Bake at 350 deg. for 45-50 min. or until done. Remove from oven and turn out to cool on wire rack.

APPLE OATMEAL

1½ c. rolled oats	1½ c. milk
1 1/4 c. water	1/4 tsp salt
1-2 apples	vanilla
Cinnamon	honey

Place oats, milk, water & salt in a sauce pan and let stand 10 min. Bring to boil. Reduce heat & simmer 10-15 min. until oatmeal is thick & creamy. Stir in apples, honey, vanilla & cinnamon.

OATMEAL RAISIN MUFFINS

1 egg	3 tsp baking powder
¾ c. milk	½ tsp salt
1 c. raisins	½ tsp ground nutmeg
½ c. oil	1/4 tsp ground cinnamon
1/3 c. sugar	1 c. rolled oats
	1 c. white/whole wheat flour

Heat oven to 400 deg. Grease bottom of about 12 medium muffin cups or line with cupcake liners. Beat egg, stir in milk, raisins and oil. Stir in remaining ingredients all at once just until flour is moistened (batter will be lumpy). Fill muffin cups about ¾ full. Bake in preheated oven until golden brown, about 20 min. Remove from pan immediately.

OATMEAL PANCAKES

Makes 8-10 pancakes

½ c. whole wheat flour	2 tsp baking powder
1/4 tsp salt	2 Tbsp sugar
1/3 c. powdered milk	2 eggs, separated
1 c. water	3 Tbsp oil
	1 c. rolled oats

In medium bowl, combine flour, baking powder, salt, sugar and powdered milk; stir until well blended. In small bowl, beat egg whites until stiff; set aside. In large mixing bowl, combine egg yolks, water, oil and oats; beat slightly and allow to stand 5 min. then beat until blended. Mix in dry ingredients, then fold in beaten egg whites. For small pancakes, drop 2 Tbsp batter onto griddle, or pour 1/4 measuring cup full, if larger pancakes are desired. Bake until cakes are full of bubbles on top and undersides are lightly browned. Turn the spatula and brown other side. Serve with applesauce or jam or butter and maple syrup.

BREAKFAST GRANOLA

1 c. brown sugar	1 tsp vanilla
1 c. warm water	10 c. rolled oats-
1 c. canola oil	2 c. dried fruit

Measure brown sugar & water into large bowl. Add oil & vanilla; stir. Dump in oats & stir again. Spread onto lrg. baking sheet with sides. Bake 325 deg. for 40 min., stirring after the first 20. Turn oven off but don't take granola out until morning. Spread with dried fruit.

POWDERED MILK

USE DRY MILK IN ANY RECIPE

- Foods made with powdered milk will have fewer calories and less cholesterol than those made from whole milk. Adding additional milk to the recipe will enhance the nutritive value of the recipe.
- In any recipe calling for milk, simply add the dry milk to other dry ingredients. Sift to blend, then add water for the milk called for in the recipe.
- For use in meat loaf, hamburgers, etc., use 1/4 to 1/2 cup per pound of meat.
- In mashed potatoes; mash cooked potatoes, then add 1/4 cup dry milk for each cup of potatoes. Use either the water the potatoes were cooked in or fresh milk to give the right consistency.
- Instant and non-instant powdered milk are basically interchangeable. However, because of different consistencies, end product will vary when using other than what is called for in the recipe.
- Non-instant powdered milk lasts longer than instant powdered milk.
- Many dairy products can be made from powdered milk, such as reconstituted milk, cottage cheese, yogurt, cream cheese and hard cheeses.

COCOA MIX

Makes enough for 10 qrts or 40 1-cup servings.

15 c. instant dry milk 1 1/2 c. sugar
1 c. cocoa 1 1/2 tsp salt

To use: Mix 1/2 cup mix with 1 cup hot water.

ORANGE JULIUS

Makes (3) 6 oz servings.

2 c. orange juice 2 Tbsp sugar
1/2 c. powdered milk 1/2 tsp vanilla
1/2 c. crushed ice

Put all ingredients in blender and blend until ice is totally crushed.

All of the following recipes can be made with powdered milk:

WHOLE MILK

1 cup water 1/3 cup powdered milk

EVAPORATED MILK

1 cup water 2/3 cup powdered milk

WHIPPED EVAPORATED MILK (makes 3 cups)

1 c. evaporated milk 2 Tbsp lemon juice
Thoroughly chill evaporated milk. Add lemon juice and whip until stiff. Sweeten and flavor as desired.

WHIPPED TOPPING

1 c. ice cold water 1 c. powdered milk
1 c. powdered sugar
Whip at high speed until desired consistency is achieved. Store in refrigerator.

SWEETENED CONDENSED MILK

1 c. hot water 2 c. sugar
4 c. powdered milk 1/4 c. butter
Blend in blender very well. Can be stored in the refrigerator or frozen.

BUTTERMILK OR SOUR MILK

1 c. water 1/3 c. powdered milk
1 Tbsp vinegar or lemon juice

DRINKABLE POWDERED MILK

To improve the flavor of powdered milk, mix it half and half with whole or 2% milk. Another suggestion would be to try adding a little sugar or vanilla to enhance the flavor. Let it chill several hours before drinking.

EGG NOG

2/3 c. powdered milk 1/2 tsp vanilla
2 c. water 2 Tbsp honey or sugar
2 eggs (do not use dry eggs) Grated nutmeg
Blend together. Top with spice and serve.

SOUPS

HAMBURGER SOUP

3/4 c. ground beef 1 Tbsp beef bouillon
 2 onions, chopped 1/4 tsp pepper
 3 quarts water 8 potatoes, diced
 2 tsp salt 1 tsp Worcestershire

Fry hamburger and onions. Drain grease. Add water and rest of ingredients. Cook until potatoes are tender. Season to taste. This recipe could be used with dehydrated potatoes and dehydrated onions. Makes 8 servings.

CORN CHOWDER

1 chicken, cooked, boned & diced
 2 c. chicken broth, reserved from chicken
 3-4 c. potatoes, diced Salt
 2 c. carrots, diced 1 onion, chopped
 1 c. flour 2 cubes butter

Cook vegetables until tender in water. Do not drain. Make white sauce by melting butter and stirring in flour. Add 2 cups broth and stir over medium heat until thickened. Add to vegetables and chicken. Salt to taste.

TACO SOUP

1 1/2 lbs. ground beef
 1 (12 oz) can corn, drained
 2 (8 oz) cans tomato sauce
 2 (14 oz) cans homestyle stewed tomatoes
 2 (16 oz) cans pinto beans, drained
 1 (16 oz) can kidney beans, drained
 1 small onion, chopped
 1/3 pkg. mild taco seasoning
 1 to 1 1/2 c. water

Brown beef and onion; drain grease. Add taco seasoning, pinto beans, kidney beans, corn, tomato sauce, stewed tomatoes and water. Cook until heated through.

**Can be served on top of nacho chips with lettuce and cheese with your favorite dressing.*

CHICKEN BROCCOLI CHEESE SOUP

5 pieces chicken breasts 1 qt. half & half
 2 pkgs frozen broccoli 1 onion, chopped
 2 c. grated cheddar cheese 1tsp salt
 3 stalks celery, sliced thin 1/4 tsp pepper
 3 carrots, sliced thin 1 cube butter
 2 Tbsp chicken-flavored bouillon
 1/2 c. unbleached white flour

Put chicken, celery, carrots, onion, bouillon, salt and pepper in pan. Cover with water, about 5-6 cups, and cook until done. In a pan, melt butter and add flour. Add 4 cups of hot chicken broth and vegetables, cooking until bubbly. Add half & half and broccoli. Cook until broccoli is done. Add any extra salt and pepper if needed. Add chicken at end. Makes 8 servings.

This recipe can be altered to use the Creamy Soup Base (pg 12), dehydrated broccoli, carrots, onion, cheese and canned or TVP chicken.

CREAMY "ANYTHING" SOUP

2 Tbsp oil 1/2 tsp salt
 2 Tbsp flour 3/4 c. powdered milk
 2 Tbsp butter or margarine powder
 3 1/4 c. water

Add the flour to the oil and blend. Add the butter or margarine powder. Stir in all remaining ingredients and cook on low heat until thickened. Serves 4.

Cream of Potato Soup; Add 1 1/2 c. Diced cooked potatoes, 1 Tbsp minced onion. Season with salt and pepper.

Cream of Chicken Soup; Add 1 cup small pieces of cut up chicken and 1 Tbsp minced onions.

Cream of Vegetable Soup; Add 1 cup dried broccoli or 2 cups fresh broccoli or potato (OR combination of dried carrots and celery). Add 2 tsp chicken bouillon and salt & pepper to taste.

NOTE: Fresh or dehydrated vegetables may be used. To rehydrate, add enough water to cover. Let stand until all the water is absorbed. Then you can use as you would fresh vegetables.

DRIED APPLES

Dried apples are an excellent snack right out of the can. To reconstitute them use equal parts of dried apples to boiling water. For example:

2 cups dried apples 2 cups boiling water

Let this set at least 5 minutes.

APPLESAUCE

If you put the above mixture through the blender you will have applesauce. For variety add 3 Tbsp cinnamon heart candy to the mixture before you let it set or try some cinnamon & sugar mixture in it.

APPLESAUCE BREAD

2/3 c. oil	1 tsp soda
1/2 c. honey	1 tsp salt
3/4 c. brown sugar	2 tsp baking powder
4 eggs	1 tsp cinnamon
2 c. applesauce (see above recipe)	
1/2 c. milk	1/2 tsp cloves
4 c. whole wheat flour	1/2 tsp nutmeg

Combine oil, honey, brown sugar, eggs, applesauce and milk. Add flour, soda, salt, baking powder, cinnamon, cloves and nutmeg. Mix until moistened. Pour into 2 medium-sized loaf pans that have been greased and floured. Bake 350 deg. for 40-50 minutes.

APPLE FRITTERS

3 c. flour	2 tsp sugar
1/3 c. dried egg powder	2 Tbsp oil
1 1/2 c. milk	1/4 c. water
4 tsp baking powder	1 1/2 tsp salt
1 c. dried apple slices (reconstituted)	

Sift together dry ingredients. Combine milk, oil and water. Add to dry ingredients; mix well until moistened. Chop rehydrated apple slices and add to the batter. Mix. Heat 2 inches of oil in a skillet and drop batter by spoonfuls into hot oil. Fry, turning once, until brown. Drain on a paper towel.

APPLE PIE FILLING

1 2/3 c. dry apple slices	2 1/2 c. water
2 Tbsp cornstarch	2/3 c. sugar
1/4 tsp salt	2 tsp lemon juice
1/2 tsp cinnamon	1/4 tsp nutmeg

Mix all dry ingredients together, then add water and mix well. Bring to a rolling boil, stirring occasionally. If baking in a pie, preheat oven to 425 deg., place in oven and bake 40 min. or until golden brown in pastry shell. (May use peeled and sliced fresh apples - enough to fill pie crust.)

APPLE CRISP

(Using Pie Filling Above)

Put pie filling in a greased square pan. Mix together:

1/4 c. flour	1/4 c. butter
1/4 tsp salt	1/4 c. rolled oats
2 Tbsp sugar	

Mix together thoroughly and spread over pie filling. Bake at 375 deg. for 25 minutes.

DUTCH APPLE PIE

One pie crust.

Filling:

2 c. dried apples, firmly packed
2 c. boiling water
Pour over apples and let set for at least 5 min.

Mix together:

1/3 c. sugar	2 Tbsp flour
1/2 tsp cinnamon	

Add to the apple mix and continue cooking until thick. Stir constantly to prevent scorching. Pour mixture into pie shell and dot with 1 Tbsp butter.

Topping:

1/3 c. packed brown-sugar	1/2 c. flour
1/4 c. butter	

Cut butter into sugar and flour until crumbly. Sprinkle over the apple mixture and bake at 350 degrees for 55 minutes.

APPLE FILLED COOKIES

Filling:

Chop or break 2 cups dried apples into small pieces. DO NOT RECONSTITUTE as in previous recipes. Place in a sauce pan then add:

3/4 c. water 1/2 c. chopped nuts
1/2 c. sugar 1 Tbsp flour

Cook together slowly, stir constantly to prevent scorching until thick. Cool dough.

Cream together:

1 c. butter 2 eggs
1 3/4 c. brown sugar 1/2 c. water

1 tsp vanilla

Mix well:

1/2 tsp salt 1 tsp soda

1/4 tsp cinnamon

Blend in 3 1/2 c. flour (wheat or white)

Drop by teaspoon full onto an ungreased cookie sheet. Make a depression in the middle of each drop and place filling in the depression and then place 1/2 tsp of dough on top of the filling. Bake at 350 deg. about 12 minutes.

APPLESAUCE OATMEAL COOKIES

Cream:

1 c. shortening 2 c. sugar

Add:

2 eggs 2 c. applesauce

(applesauce: 2 cups dried apples, 2 cups boiling water; let stand 5 minutes)

Add and mix well:

2 tsp soda 1 tsp cinnamon

1 tsp nutmeg 1 tsp cloves

1 tsp salt

Add:

3 1/2 c. flour 2 c. oatmeal

1 c. chopped nuts 1 c. chocolate chips

1 c. raisins

Mix well and drop by spoonfuls on greased baking sheet. Bake at 350 deg. 10-15 min.

CORNMEAL

CORN BREAD

Makes one loaf

1 2/3 c. flour 2/3 c. sugar
5 tsp baking powder 1 tsp salt
1 2/3 c. cornmeal 2 eggs, beaten
1 2/3 c. milk 1/3 c. melted butter

Mix flour, sugar, baking powder and salt in a large bowl. Stir in cornmeal until well blended. Add eggs and milk, stir to smooth batter. Stir in melted butter just until blended. Do not over stir. Pour into well-buttered 9x5x3 loaf pan. Bake at 425 degrees for 40-50 min. or until toothpick inserted in center comes out clean. Cool in pan 10 min., loosen around edges and turn out to cool.

EARLY AMERICAN HOT BREAD

2/3 c. corn meal 1 egg
3/4 c. whole wheat flour 1 c. milk
2 1/2 tsp baking powder 1 tsp salt
3 Tbsp melted shortening
2 Tbsp maple syrup or honey

Beat egg until light; add milk and honey. Mix together the dry ingredients and sift into the liquid. Add melted shortening. Stir briskly and bake in 8x8 inch pan for 20 min. at 425 degrees.

CORN TORTILLAS

1 c. cornmeal 1 c. white flour 1/2 c. water 1/2 tsp salt

Mix ingredients together and knead well. Add small amount of water, if necessary. Let stand for 10 min. Knead and pat or slap into shape of a thin pancake. Add more water or flour as needed. Cook on top of the stove in ungreased heavy iron or Teflon-coated skillet, turning so as to cook through but not to burn. Serve with mashed chili beans & cheese.

SOURDOUGH

SOURDOUGH STARTER

2 c. warm water 2 c. flour
1 pkg. dry yeast 1 Tbsp sugar

Put warm water into crock. Sprinkle yeast over water and stir with wooden spoon until dissolved. Add flour and sugar. Mix until smooth. Cover and set aside 36 to 45 hours. Stir 3 - 4 times a day. Use 1½ cups of the starter in bread recipe.

To store remainder: Beat 2 cups flour and 2 cups warm water into remaining starter batter. Let stand in warm place at least 5 hours. Cover and store in refrigerator. Allow water needed in bread to warm to room temperature before using. Never add anything to starter but the flour and water needed to keep it going.

Do Not use metal spoons or containers.

SOURDOUGH BREAD

1 pkg. dry yeast 2 Tbsp sugar
1½ c. sourdough starter 2 tsp salt
3½ - 4 c. flour 1 egg
1½ c. sourdough starter

Mix starter, yeast and 1 cup warm water. Let stand until yeast is dissolved. Add remaining ingredients, except egg. Punch down. Form into loaves. Cover and let rise until doubled. Beat egg and brush over unbaked loaves. Bake in 400 degree oven for 30-35 minutes.

SOURDOUGH PANCAKES

1 c. sourdough starter 2 tsp baking soda
2 eggs (beaten) 2 c. flour
2 c. milk 1 tsp salt
3 Tbsp melted shortening 2 Tbsp sugar

About 12 hours before planning to serve pancakes, mix starter batter with the flour, milk and salt. Let stand in bowl, covered with cheesecloth in warm place.

Just before baking pancakes, remove 1 cup of batter to replenish starter in crock. To remaining batter in the bowl add soda, salt, eggs, shortening and sugar. Mix well. Bake on lightly greased hot griddle. For thinner pancakes, add more milk.

SOURDOUGH ENGLISH MUFFINS

2 c. sourdough starter 6 Tbsp cornmeal
¾ c. buttermilk 1 tsp baking soda
2 ¾ - 3 c. flour ¼ tsp salt

Mix together sourdough starter and buttermilk. Combine flour, 4 Tbsp of the cornmeal, soda, salt and add to the buttermilk mixture. Stir to combine using hands when necessary. Turn onto lightly floured surface; knead until smooth, adding more flour if necessary. Roll dough to ¾ inch thickness.

Cover & let rise a few minutes. Using a 3 inch cutter, cut muffins. Sprinkle sheet of waxed paper with the remaining cornmeal. Cover & let rise until very light, about 45 min. Bake on medium hot, lightly greased griddle about 30 minutes, turning often. Cool and split. Toast and serve with butter. Makes 12-14 muffins.

SPOON BREAD

2 (8 oz) sour cream 2 Jiffy cornbread mixes 1 egg ½ c. melted butter—
1 (1 lb) can peaches, cut up OR 1 (1 lb) can cream style corn
Grease 2 quart casserole. Mix sour cream, egg, butter, cornbread mix and peaches or cream-styled corn together. Pour into casserole dish and bake at 350 degrees for 65 to 70 minutes, until golden brown and puffed.

NOTE: If you half this recipe, bake for 1 hour.

DESSERTS & GOODIES

WHOLE WHEAT BROWNIES

1 c. melted shortening 4 Tbsp cocoa
2 c. whole wheat flour 1 c. sugar
4 eggs, beaten

Beat together, spread in greased and floured 9x13 inch pan. Bake at 350 degrees for 25 min.

Frosting:

½ c. melted butter 2 Tbsp cocoa
2 c. powdered sugar 1 tsp vanilla
Mix above ingredients with a few drops of milk to spreading consistency.

WHEAT & RAISIN

CHOCOLATE CHIP COOKIES

Makes 6 dozen cookies

1½ c. butter 1½ c. sugar
1½ c. brown sugar 2 tsp vanilla
4 eggs 2½ c. flour
2½ c. whole wheat flour ½ tsp salt
2 tsp baking soda 2 Tbsp hot water
1 c. chopped nuts 1 c. raisins
1 pkg. (12 oz) chocolate chips

Preheat oven to 350 degrees. Beat butter in large bowl until soft. Gradually add sugars, beating until light & fluffy. Add vanilla. Add eggs, one at a time, beating well. Blend both kinds of flour and salt in a bowl. Gradually add flour mixture to sugar mixture, beating at low speed until well mixed.

Dissolve baking soda in hot water and add to sugar-flour mixture. Stir in nuts, raisins and chocolate chips. Using 1 generous Tbsp of dough for each cookie, place on greased cookie sheet. Bake at 350 deg. for 10-12 min. Allow to cool.

HONEY GRAHAM CRACKERS

2 c. whole wheat flour 3 Tbsp brown sugar
2 tsp baking powder 1½ c. butter
1/4 tsp salt 1½ Tbsp honey

Blend flour, baking powder, salt, sugar, butter & honey. Roll out on greased and floured cookie sheet to 1/8 inch. Prick with fork. Bake 8 min. at 400 degrees. Cut right away.

OATMEAL COOKIES WITH WHEAT FLOUR

3 c. oil 4 tsp salt
6 c. brown sugar or honey 2 tsp soda
4 eggs 12 c. rolled oats
1 c. water 1 c. flour
4 tsp vanilla 6 tsp cinnamon
4 c. whole wheat flour 2 c. raisins

Blend oil, sugar or honey, eggs, water, vanilla, whole wheat flour, salt, soda, oats, flour, cinnamon and raisins. Place spoonfuls on cookie sheet. Bake 12 minutes at 350 degrees.

OH HENRY BARS

½ c. melted butter ½ c. Karo syrup
1 c. brown sugar 1 tsp vanilla
½ c. peanut butter 4 c. oats
1 (6 oz) pkg. chocolate chips

Mix together first five ingredients. Heat until dissolved. Stir in oats and chips. Press into greased 9x13 inch pan. Bake at 375 degrees for 15 min. Do not over bake. Cut into bars.

COWBOY COOKIES

½ c. butter 1 tsp baking soda
¾ c. honey or 1 c. sugar 2 c. rolled oats
1 c. light brown sugar 2 eggs, beaten
2 1/4 c. whole wheat flour 1 tsp cinnamon
1 c. chocolate chips 1/4 tsp salt
1 tsp vanilla 1 tsp baking powder
¾ c. chopped walnuts

Cream butter, sugar and honey. Add beaten eggs and vanilla. Combine flour, cinnamon, salt, baking powder and soda. Add dry ingredients to butter-sugar mixture. Add oats and mix. Add chocolate chips and nuts. Drop by teaspoonfuls on greased cookie sheet. Bake at 350 deg. for about 10 min. Makes 5 dozen.

NOTE: If cookies are too flat on your first batch in the oven, add more whole wheat flour (1/4 c).

PINTO BEAN FUDGE

1 c. cooked soft pinto beans (drained & mashed)
1/4 c. milk 1 Tbsp vanilla
6 oz unsweetened chocolate
6 Tbsp butter or margarine
2 lbs. powdered sugar Nuts (optional)

In large bowl stir beans and milk together, adding enough milk to resemble mashed potatoes; stir in vanilla. Melt chocolate and butter and stir into bean mixture. Gradually stir in powdered sugar. Knead with hands until well blended. Spread into lightly greased 9 inch baking dish or form into two 1½ inch rolls. Chill 1-2 hours.

BREAD OR RICE PUDDING

2 1/4 c. soft bread crumbs or 1½ c. cooked rice
1/4 c. sugar 1/8 tsp sugar
2 tsp butter 1 tsp vanilla
½ c. dry milk* ½ c. raisins
1/3 c. dried whole egg* 2½ c. water

Mix bread crumbs or rice and butter together. Reconstitute milk with 2½ c. hot water or use hot milk. Mix with crumbs. Sift together egg, sugar and salt. Slowly stir the milk mixture into dry ingredients; blend until smooth. Add vanilla and raisins. Pour into a greased, shallow baking dish. Set pan of hot water on bottom shelf of oven. Place pudding in oven and bake at 350 degrees for 1 hour and 20 minutes. Sprinkle with cinnamon or nutmeg.

*2½ c. milk or 2 eggs can be interchanged.

BASIC WHITE CAKE

½ c. shortening 1/4 c. dried milk
1 tsp vanilla 1 c. water
1 c. sugar 2 c. flour
1/3 c. dried whole egg 1/4 tsp salt
2½ tsp baking powder

Cream the shortening, vanilla and sugar until well blended. Add water. Mix dried milk, egg, salt, baking powder and flour. Gradually add to cream mixture. Blend well. Pour into a greased pan and bake at 350 deg. for 30 minutes.

EASY CHOCOLATE CAKE

1½ c. flour 1 Tbsp vanilla
1 c. brown sugar 1 tsp baking soda
1 c. water ½ c. oil
2 tsp powdered sugar 1/3 c. cocoa

In a bowl, combine cocoa, flour, brown sugar water, oil, vanilla and baking soda with a fork or whisk until blended. Pour into a greased 8x8 inch square pan and bake at 400 degrees for 20 minutes or until done. Cool 10 min. & sprinkle with powdered sugar. Serves 9.

PEANUT BUTTER CHEWS

1 c. powdered sugar 1 c. peanut butter
2 c. instant (1 c. non-instant) dry milk
1 c. corn syrup or honey

Mix powdered sugar and powdered milk thoroughly. Add peanut butter and syrup mixture. You may need to knead it with your hands. Press into a cake pan or roll into walnut size balls.

Variations: Add nuts or Rice Krispies. Dip in chocolate.

HONEY MINTS

1 c. warm honey
4 drops oil of peppermint
2 3/4 c. powdered milk (non-instant)
green food coloring

Mix ingredients and knead until all milk is absorbed.

TOOTSIE ROLLS

1 c. honey 1 tsp vanilla
1 c. non-instant powdered milk
½ c. cocoa

Cook honey to 255 degrees (hard ball). Do not overcook. Remove from heat. Add vanilla. Mix cocoa and powdered milk well and stir into honey. Pull like taffy until gloss is gone and roll into rolls.

FRUIT LEATHER

Apricots or strawberries or other berries
Wash and blend the fruit to a liquid. Pour the fruit onto a cookie sheet. Cover with plastic wrap. Place in a parked car. Check in 3 hrs.

Be sure it's a summer day.

EGGS

Egg Substitute - (for use in baking)

Before starting recipe for cookies, cake, etc., combine 1 tsp unflavored gelatin with 3 Tbsp cold water & 2 Tbsp plus 1 tsp boiling water. This mixture will substitute for 1 egg in a recipe.

HARD COOKED EGGS USING DRIED WHOLE EGGS

This is an excellent way to increase variety of uses for dried eggs. There are 2 ways to cook the eggs; baking and boiling. They may be used to replace all or part of the hard-cooked eggs in different dishes. Here are some variations for egg salad sandwiches.

Variations: Cooked chopped bacon, ham, chopped green or black olives, chopped green onions or sweet relish.

Method 1 for Hard-Cooked Eggs: sprinkle 2 cups whole egg solids over 2 cups of water. Add 1 teaspoon salt. Beat thoroughly. Pour into greased baking pan. Bake at 400 deg. for 10-12 minutes, or until just firm. Remove from oven promptly. Cool. Cut into 1 inch squares. Makes the equivalent of 1 dozen hard-cooked eggs.

Method 2, Beaded Eggs:

1 c. dried whole egg 1 Tbsp salt
1 c. water 3 qrt. water

Sprinkle dried egg over the 1 cup water and beat to blend. Add salt to 3 quarts water and bring to a boil. Pour egg mixture in a thin stream into the boiling water slowly enough so that the water does not stop boiling. After all egg is added, continue boiling for 5 min. Drain. Use immediately in creamed dishes or chill in the refrigerator and use in salads or as a sandwich filling. Makes 1 to 2 cups, the equivalent of 6 hard-cooked eggs.

SCRAMBLED EGGS

1 c. dried whole eggs 2 Tbsp dry milk
½ Tbsp salt 1½ c. water

Sprinkle dried egg over the water and beat to blend. Add salt, dry milk and mix. Melt some butter in a frying pan. Cook over low heat, stirring continuously until dry and crumbly. Do not cook more than 6 eggs at one time. For flavor, add bacon bits.

Scrambled Egg Variations: Add chopped green chiles and ½ teaspoon dried cheese powder, stirred into 1/4 teaspoon water.

- ◆ Sprinkle cheese and chili onto egg just before set.
- ◆ Add ½ teaspoon bacon bits before egg is set.
- ◆ Add rehydrated bell peppers and ½ tsp dried minced onions. Cook as souffle.
- ◆ Add chicken chunks just before cooking.
- ◆ In a saucepan, add 1/4 cup dried tomatoes, ½ tsp dried green bell pepper, ½ tsp minced onion in 2/3 cup water. Cook until tender. Add ½ tsp sugar and 1/4 tsp salt. Season and serve over scrambled eggs.

OMELET

3 eggs or (reconstituted egg mix)
1 Tbsp cold water 1/4 tsp salt
1/8 tsp pepper 1 Tbsp butter

Choose items: Chopped ham, sauteed mushrooms, cooked onions, chopped tomatoes, and cheddar cheese.**

Beat all ingredients except butter. In a medium saucepan, melt the butter. Pour in the eggs all at once. Let cook until the omelet is set. Add other ingredients**. Fold omelet in half with a spatula. Continue to cook until cheese melts.

RECONSTITUTING POWDERED EGGS

Amount of Eggs	Egg Powder	Water
1 egg	2 Tbsp	2½ Tbsp
2 eggs	4 Tbsp	5 Tbsp
3 eggs	6 Tbsp	7½ Tbsp
4 eggs	8 Tbsp	10 Tbsp

NUTRITION FOR BABIES

MAIN IDEAS

- ◆ A baby should be breast fed from the day it is born if at all possible.
- ◆ Mothers who cannot breast feed their babies should give them special formulas.
- ◆ A baby should begin eating other foods at about six months.

RECIPES FOR BABY FOOD

The water from unsalted cooked vegetables or broth from cooked meat is nutritious and safe. You can use it to make baby foods.

Make gruel from boiled rice in the following way:

FOOD	AMOUNT OF BOILED RICE	AMOUNT OF WATER	BOILING TIME	YIELD
Thin gruel	½ Tablespoon	½ cup	10 minutes	5 Tablespoons
Thick gruel	4 Tablespoons	1 cup	10 minutes	12 Tablespoons
Soft Rice	1 cup	1 cup	5 minutes	1½ cup

You can make other gruels from corn or oats as well as from starchy roots such as cassava, potato and yam. Wheat does not make a good gruel for babies under the age of one year since it causes allergies.

EGG YOLK-RICE GRUEL

½ c. unsalted meat or chicken broth
2 Tbsp of boiled rice 1 egg yolk, beaten
1 Tbsp of milk or evaporated milk

Add broth to rice and mash with the back of a spoon. Bring to a boil. Combine egg yolk and milk. Add to the rice-broth mixture. Lower heat and cook three minutes. Give to babies seven to eight months or older.

MIXED VEGETABLE & BEAN PUREE

1/4 c. of water from unsalted cooked vegetables
(or purified water)
1/4 c. boiled beans, mashed
1/4 c. tender greens
1 Tbsp milk or evaporated milk

Add water to greens and boil for 5 minutes. Add beans and heat to boiling. Remove from fire, mash well and pass through a sieve. Add milk and cook 2 minutes, stirring constantly. Give to babies seven to eight months or older.

PEANUT-BANANA MASH

Blend a ripe banana with 1/4 cup smooth peanut butter. Give to babies six months or older.

For most babies the first solid food is rice cereal, followed by oatmeal and barley. Generally, it's good to introduce wheat & mixed cereals last, since they may cause allergic reactions in very young babies.

Using a blender or food processor, your baby can have many fresh foods instead of canned or bottled. Everything should be soft, unsalted, well cooked and unseasoned.

Cook fresh vegetables and stew fruits for easiest preparation.

DO NOT HOME-PREPARE THESE FOODS

Beets, Turnips, Carrots, Collard Greens. In some parts of the country, these vegetables contain large amounts of nitrates, a chemical that can cause an unusual type of anemia in young infants.

WATER STORAGE

Store enough water for each member of your family to last for at least two weeks.

During times of serious emergency, the normal water supply to your home may be cut off or become so polluted that it is undrinkable. In fact, a supply of stored water, could be your most precious survival item. Remember that typhoid fever, amoebic dysentery, diarrhea, infectious hepatitis, salmonella and giardiasis are diseases often associated with unsafe water, not to mention the many kinds of parasites that may be contracted. Under emergency conditions, **NO WATER CAN BE PRESUMED SAFE. ALL DRINKING & COOKING WATER MUST BE PURIFIED.**

Store 2 gallons of water per person per day. One gallon for drinking and cooking, the other for bathing and other needs. Thus, a family of 4 would need at least 112 gallons of pure water for their 2-week reserve supply. With careful use, this amount would be sufficient for drinking and food preparation. Store water supply in a cool dark area on pieces of wood, not directly on concrete or dirt. Put date of storage on your water.

Obtain storage containers: A good container is airtight, breakage resistant, and heavy enough to hold water. Containers should stack well and have a lining that will not rust or effect the flavor. A few good choices are:

- ▲ 30-50 gallon FDA approved food grade plastic barrels
- ▲ 5-7 gallon plastic jugs (FDA approved as well)
- ▲ 2 liter soda pop bottles

NOTE: To economized many people are tempted to use empty milk jugs, but don't plan to store water in these for more than 3-4 months. They are bio-degradable and will break down within 6 months. Not only may you lose your water, but if they are stored near food or other items they may damage them.

Water weighs over eight lbs. per gallon. Do not store more than 15 gallons (about 125 lbs) in any container meant to be portable. Obtain a siphon pump for use with the large water barrels.

Obtain a 3 day supply of water per person for your 72 hour kit. Place water in small, portable containers along with extra bleach or filter.

household bleach (5.25% hypochlorite with no additives) when storing water. The following amounts are suggested:

- 4 drops for two-liter bottles
- 8 drops per gallon
- ½ teaspoon for 5 gallons
- 1 Tablespoon for 30 gallons
- 2 Tablespoons for 55 gallons

Some people are afraid that chlorine is not safe for their bodies. The above amounts to purify water are completely safe. Major cities throughout the world use chlorinated tap water.

Remember that if water is bacteria free and is stored in clean containers it will stay fresh for several years. It is a good idea, however, to periodically check your water for freshness and taste. And every few years it's a good idea to change it. One of the things that affects the taste of water is it "going flat". That occurs because of the oxidation that takes place as it sits. You can improve the taste by pouring the water back and forth between containers to aerate it or by beating it with a hand egg beater. You also want to store some flavorings such as fruit drink powders, kool-aid, etc. to add to the water if you find the taste objectionable.

Methods for Purifying Potentially Contaminated Water for Drinking:

Boiling - According to the American Red Cross, boiling is the safest method of purifying water. Boil for 8-10 min.

Disinfecting - According to the American Red Cross, "The only agent used to purify water should be household liquid bleach. Add 16 drops of bleach per gallon, stir and let stand for 30 min. If the water does not have a slight bleach odor, repeat the dosage and let stand another 15 minutes.

Filters - Consider obtaining a good water filter or purifier.

NOTE: Filtering water will not destroy germs or parasites eggs. After water has been filtered, it should be purified using chlorine bleach or by boiling.

A great way to store water is in a variety of containers for example: store the majority of your water in 30-55 gallon drums. Store some in 5-7 gallon containers and re-use those two-liter bottles.

Remember also that you have several sources of water already in your home that can be used in an emergency such as your hot water heater, toilet tanks (don't use water in a tank that contains colored disinfectant, it is poisonous), water pipes, ice in the freezer, etc.

Water is relatively inexpensive to store and certainly not difficult to do - but certainly the time to store is now. Water that we take so for granted when things are normal, in an emergency becomes absolutely critical.

Sources Of Water

Scarcity of water for human consumption and use can be caused by:

Water available, but contaminated. Need some method of filtering or purification.

- Rivers and streams
- Ponds and lakes
- Snow and ice
- Rainwater

Lack of supply due to environment.

Sources of water can be found if a person knows how to look for them.

Groundwater

1. Most of the moisture can be found on the sloping side of the hills in dry mountain ranges.
2. Narrow canyons and gullies should be followed up to their heads because small seeps and springs are often located nearby and run only a short distance before drying up.
3. The water table is usually close to the surface and one can locate it by digging:
 - At the base of cliffs and rocks where an abnormal amount of vegetation is thriving
 - In dry mudholes, sinks, riverbeds, and the bends of riverbeds, the latter usually providing the easiest source of water
 - At the base of large sand dunes on the shady or steep sides
 - Anywhere the ground is damp or muddy
 - In low spots where patches of salt grass, cattails, greasewood, willows or elderberries grow

Obtaining Water from the Soil

- A hole dug in damp or muddy sink area allows water to seep in and collect
- Mud wrung in a shirt or other cloth will force water out
- An evaporation sill. (See directions on other side)

Collecting Water from the Air and from Plants

In many arid regions of the world, people supply themselves with water by arising before dawn to mop up the dew from the rocks and plants. A person using this technique in desert areas can find a large supply of dew in the early morning. The easiest way to gather it is to use a handkerchief or a shirt to gently mop it up and then wring it into a container. If a handkerchief or other cloth is not available, a handful of dry grass will do the job. It is possible to mop up almost a quart an hour using this method.

Precautions in Using Water

Be thrifty in use of water.

- Nothing should be eaten if water is not available - eating uses up the body's water reserve.
- Water should be stored in the stomach and not in a canteen; people have died from dehydration with water still in their canteens.
- Water polluted by animals or mud tastes bad, but it is harmless if boiled.
- Muddy water can be partially cleared by allowing it to stand overnight, run through several thickness of cloth or a grass filter.
- There should be no traveling during the heat of day and walking should be done slowly, not in a hurry.

Evaporation Still

American scientists, Dr. Ray D. Jackson and Dr. Cornelius H. M. Van Bavel of the U. S. Department of Agriculture, have developed an evaporation still that will extract water from the soil if it appears quite dry.

- Materials
- six-by-six foot square piece of clear plastic
- drinking tube
- bucket or container to catch the water

Directions

1. Dig a hole three feet deep and large enough at the bottom to hold the bucket or container

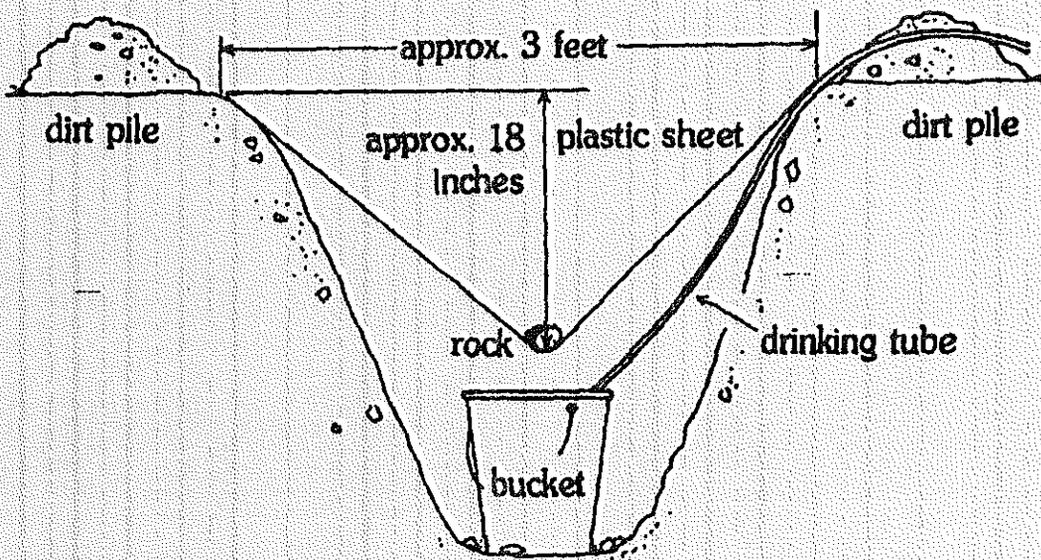
2. Place one end of the drinking tube at the bottom of the bucket and put the bucket in the hole.

3. If possible, line the sides of the hole with shredded vegetation and slices of succulent plants.

4. Place the plastic over the hole, securing the edges all around the soil. Extend the drinking tube from the bucket under the plastic and up through the soil that holds the plastic to the surface. Wrap a towel or clean cloth around the end of the tube to protect it from soil and contamination.

5. Position a rock in the center of the plastic sheet two to three inches above and directly over the bucket.

6. Water can be sipped through the tube without dismantling the still. Two stills will provide enough water for one person per day.



Practical Health Tips

Water Purification

Impure water is a common source of infection and disease. Seventy out of every one hundred people in the world can only get impure water. Even when cities try to purify the water, the water can become impure in the water pipes or as it is brought to the home. Environmental conditions may also result in unexpected water contamination.

Two easy ways to purify water in your home include:

1. Add 4 drops of chlorine bleach to 1 liter of water. Bleach used for this purpose should contain 4-6 percent sodium hypochlorite. Sometimes you can only get bleach with 1 percent sodium hypochlorite. Then you must add twenty drops of bleach to a liter of water.

Cover the container with a clean lid or cloth. Let the water stand for thirty minutes. If the water is cloudy, double the amount of the chlorine bleach.

Taste the water and notice the faint chlorine taste. If there is no chlorine taste, add two more drops of bleach. If the chlorine taste is too strong, pour the water back and forth from one clean container to another several times. This will improve the flavor.

Some people are afraid that chlorine will hurt their bodies. In the amounts used to purify water, it is completely safe. Major cities throughout the world use chlorine to purify water.

2. Water can also be purified by boiling it. To do this, bring it to a rolling boil, and let it continue to boil for two minutes. In many places in the world, the fuel - wood, gas, kerosene, etc. (for boiling water) is much more expensive than the chlorine bleach to purify the same amount of water. However, if you have enough fuel or cannot get chlorine bleach, boiling may be the best way for you to purify water.



NOTE: One way to make water clear and better tasting is to pour it through a water filter. However, filtering water will not destroy germs or parasite eggs. After water has been filtered, it still should be purified by using chlorine bleach or by boiling.

EMERGENCY CHEMICAL TOILET

The following items should be stored together inside a five gallon plastic bucket. The bucket will serve as the toilet during an emergency.

- ◆ 5 gallon plastic bucket (with tight fitting lid)
- ◆ 2 large boxes of garbage can liners (30 gallon size)
- ◆ 1 gallon of liquid chlorine bleach
- ◆ Pinesol
- ◆ 6-8 rolls toilet paper
- ◆ Sanitary napkins
- ◆ Tampons
- ◆ 2 boxes baking soda
- ◆ 2 boxes trash can liners (8-10 gallon size)
- ◆ Paper towels
- ◆ 1 bar hand soap

To use this toilet simply remove the contents from the bucket, insert a large plastic garbage can liner into the bucket and fold the edges over rim of the bucket. Mix one cup of liquid chlorine bleach to one half gallon of water (one to ten ratio - do not use dry or powdered bleach as it is caustic and not safe for this type of use) and pour this solution into the bucket. This will kill germs and insure adequate coverage. Though the bucket may be uncomfortable to sit upon it certainly beats the alternative. For greater comfort you can remove the seat from the toilet and secure it to the top of the bucket.

After each usage replace the lid securely upon the bucket to keep insects out and to keep the smell contained. When the bucket is one third to one half full tie the garbage bag liner shut and dispose of it appropriately (i.e., burying it, placing it inside a large covered metal garbage can for later disposal, or placing it in an approved disposal location). Put another liner inside the bucket and continue as above.

Where radioactive fallout does not present a hazard, a temporary pit may be constructed in the yard for use by several families. This offers a good method of waste disposal over extended periods of time. The structure need not be elaborate, so long as it provides reasonable privacy and shelter.

The pit should be made fly proof by means of a tightfitting riser, seat, and cover. A low mound of earth should be tamped around the base of the privy to divert surface drainage and help keep the pit dry. Accumulated waste should be covered with not less than 12 inches of earth when the privy is moved or abandoned.

If you have a baby in your home, it is best to keep an ample supply of disposable diapers on hand for emergency use.

Dutch Oven Cooking

Dough Tips

Good Dutch oven breads seem to be a rarity. However, marvelous corn breads, biscuits, rolls, and sourdough loaves are surprisingly easy to perfect in the old black pot. The larger the oven the better when it comes to cooking breads. A 14-inch oven serves nicely to produce three loaves of bread or up to three dozen rolls or biscuits. To successfully brown breads, however, you must alter the cooking process for the last five to eight minutes of the traditional 25-30 minute, 350° baking time.

First, put a light coat of oil on the interior of a cool oven (including the lid), and let the rolls or bread complete their final rise in the oven prior to applying the coals. Second, place the oven on the coals with the proper number of coals on top as noted earlier. (Remember: no coals directly under the center of the oven.) Third, when there are five to eight minutes left in the cooking time, lift the lid, lightly brush the tops of the breads with butter, replace the lid, then take all the coals from under the oven and distribute them evenly on the top. With all the heat now on the lid, check the bread every couple of minutes until you think it looks perfect. After brushing the coals and ashes from the lid, remove it, tilt the oven over a bread board, and your perfect bread will gently fall out.

Garden Vegetables Tips

Garden vegetables are a magnificent addition to any Dutch oven dinner. Most Dutch oven vegetables are prepared in a sauce of some type, but they may be steamed or boiled as you would on a traditional stove. However, if you choose to bake or roast Dutch oven vegetables, they should cook for approximately three minutes per inch of oven diameter. A 10-inch oven full of squash should cook for about 30 minutes, a 12-inch oven full for 36 minutes. Vegetables to be cooked in sauces, such as sour cream potatoes, broccoli in cheese sauce, or new peas and potatoes in white sauce, should be brought to a rapid boil first, the water discarded, the sauces added, then baked for the proper time noted for other vegetables.

Cooking Meats

Meats prepared in a Dutch oven are delectable. They have a flavor and aroma you will never duplicate using any other cooking method. While the taste is always exquisite, some Dutch oven users have difficulty producing a visually appealing meat from inside the steamy oven. The secret is simple: regardless of the spice and flavorings you use on any meat or poultry, always brown the meat first.

To brown the meat, place some oil, bacon, or any fatty item in the hot oven to produce a good covering of oil on the bottom, heat the oven, then put the meat you want to cook in the oven and sear or brown it well. This will seal in natural juices and provide the outer texture and color more typical of grilled or fried meats. Once the meat is well browned on all sides, drain off any leftover fat drippings, add whatever seasonings you like, put on the lid, and cook the meat for 30 to 35 minutes per pound of beef, pork, or lamb, or 25 to 30 minutes per pound of poultry.

Dutch Oven Cooking

They say that the pioneers brought Dutch ovens across the plains. While only the very essentials were packed on the wagons to make the journey to the west, Dutch ovens were included. This tells us that they were important to pioneer life.

Dutch Oven Initial Seasoning

1 Brillow pad or SOS pad

1 can shortening (cheap works well)

2 (12 oz) cans room temperature beer

1 roll paper towels

Preheat oven to 200 degrees.

1. Wash Dutch oven with very warm water and soap. Scrub all over using SOS pad.
2. Fill Dutch oven with very hot tap water until full, then let it overflow with water running out, carrying remaining soap with it.
3. Empty clean water out of Dutch oven. Be careful not to scald yourself.
4. Dry Dutch oven, inside and outside, thoroughly.
5. Rub inside and outside of Dutch oven with thin layer of shortening.
6. Place inside preheated oven. Let it cook for approximately 30 to 45 min.
7. Remove Dutch oven and wipe out inside with paper towels.
8. Pour 1 can of beer inside of Dutch oven and carefully swish around inside of Dutch oven; the beer should cover the bottom of the Dutch oven. Allow beer to sit approx. 10 min. Using paper towels, dip into beer and wipe the outside of the oven. Pour out beer.
9. Next, apply a generous amount of shortening inside and outside of Dutch oven and replace in the oven. Allow to cook approximately 45 min.
10. After cooking, wipe excess grease out and pour more beer into Dutch oven. Repeat No. 8.
11. Repeat No. 9 and No. 10.
12. After this last cooking, wipe out grease and apply a fresh layer of grease inside.

After the seasoning, the best thing you can do is cook something really greasy. Any deep-fried food is a great suggestion. After cooking whatever you deep-fry, wipe out and reapply shortening. The second thing you should cook is a highly seasoned meat - chili, sloppy burgers, anything like this. I like to start with bacon to really deeply flavor the Dutch oven. Repeat this seasoning recipe if you burn something and cannot get rid of the burnt taste.

Note: The alcohol strips all the factory shellac and bad tasting gunk from the Dutch oven.

The alcohol and beer taste are cooked out.

To clean a Dutch oven, simply scrape the scraps of food out of it with a spatula or spoon. Then place the oven in the campfire for a few minutes to warm it well. When it is nicely warmed, place it on a firm surface such as a picnic table. Sprinkle table salt into it, pour a little oil in and use paper towels to rub the oil and salt around the inside of the oven. The salt is an abrasive, and the oil the lubricant. If your oven was well seasoned to begin with, the food will come right out. Clean out the salt with more paper towels. Your oven should be clean. Once the oven is clean, place a paper towel in the bottom of the oven to absorb any moisture that might try to sneak in and rust the oven.

The general rule of thumb is to use twice as many briquettes as the oven is in diameter. For example, if the oven is a 14 inch oven, you would use 28 briquettes. Put half on top of the oven (right on the lid), and half underneath the oven. When stacking the ovens, use briquettes between each layer. If you have a campfire, you can also use wood coals from the fire. Just place some coals on top of the oven, and place some underneath.

Dutch Oven Recipes

Old Fashioned Dutch Oven Potatoes

12" Dutch Oven.....350 degress

6 slices bacon cut into bite sized pieces
2 medium onions sliced
5 lbs potatoes sliced
1 cup chopped mushrooms
1 can cream of mushroom soup
1 cup shredded cheese

Warm Dutch oven and cook bacon until almost done. Add onions and cook till lightly brown. Put in potatoes and stir together. Cover and cook until potatoes are almost done. About 20-25 min. Add mushrooms, cover and cook for 5 min. Add soup and cook for 5 min. heating all the way through. Remove from heat. Spread cheese over the top. Cover and let stand till cheese melts.

Au Gratin Potatoes

12" Dutch Oven.....350 degress

14-16 shredded cooked potatoes, cooled
1 can cream of celery soup
1 can cream of chicken soup
1 lb. Sour cream
1 stick butter or margarine
1/4 cup chopped green onion
2 cups crumbled corn flakes
1/2 cup grated cheese

Melt 3/4 stick butter in Dutch oven. Add potatoes, soups, sour cream and onions. Melt 1/4 stick butter and pour over corn flake crumbs. Add crumb mixture to cheese. Top potato mixture with cheese mixture. Cook 45 min. 12 coals on top and 12 coals on bottom.

Cowboy Potatoes

12" Dutch Oven.....350 degress

12 medium potatoes, sliced
3 medium onions, diced
12 sliced bacon, diced
salt and pepper to taste
1-2 cups frozen peas
2 cups cheddar cheese, grated

Brown the bacon in a 12" Dutch oven using 15 coals on the bottom. When well browned, use a slotted spoon to remove bacon from the grease. Place bacon on paper towel to drain and set aside. Lightly brown onions in bacon grease. Stir in sliced potatoes and salt and pepper. Cook 35-45 min. until potatoes are tender. Use 9 coals on the bottom and 15 on top. When potatoes are tender, stir in frozen peas and bacon. Sprinkle cheese on top. Remove coals from the bottom but leave approximately 15 coals on the lid to melt the cheese.

Mountain Man Breakfast

12" Dutch oven 8 eggs
2 lbs ground sausage grated cheese
2 lb bag hash browns 23 Briquettes

Using 12" Dutch oven, brown sausage, then take out. Put hash browns in bottom of oven, then put browned sausage on top of hash browns. Whip the eggs and pour over sausage evenly. Put grated cheese on top. Place 8 Briquets under Dutch oven and 15 on top. Cook 20-30 min. until eggs cooked.

Dutch Oven Recipes

Lemon Chicken

12" Dutch Oven.....350 degress

5-6 lbs boneless, skinless chicken breasts

1 ½ cup flour 1 Tbsp seasoned salt

Lemon Sauce:

½ cup bottled lemon juice

Rind from 1 lemon, grated

Juice from above lemon

¾ cup sugar 3 Tbs cornstarch

2 ½ cup water Pinch salt

Mix flour and seasoned salt together.

Dredge chicken in flour. Brown in oil.

Sauce: Mix lemon juice, rind and juice, sugar, water, cornstarch and salt

together and pour into heated Dutch

oven. Stir until thickened. Add

browned chicken and cook 30 min.

8 coals on bottom of oven and 16 coals on top.

Easy Dutch Oven Chicken & Potatoes

12" Dutch Oven.....350 degress

6 - 8 boneless, skinless chicken breasts

10 medium potatoes, quartered

2 onions, sliced

1 lb carrots, cut

1 (16 oz) bottle Italian salad dressing

Cut each chicken breast into two pieces.

Put all ingredients into Dutch oven. Place

12 briquets on top of oven and 12

underneath. Cook for about 1 hour.

Chicken & Dressing

14" Dutch Oven

12 boneless, skinless chicken breasts

½ cube butter

½ cup chopped celery

1 medium chopped onion

2 cans cream of mushroom soup

1 box stuffing mix (Rice-A-Roni)

Salt and pepper to taste

Saute butter, onions, celery and chicken

until meat is white on both sides. Stir in

soup, salt and pepper. Simmer for 1 hour.

Add dry stuffing mix. Cook 10 min. and

serve. 14 coals on top of oven and 14

coals on bottom.

Bar-B-Que Chicken and Potatoes

12" Dutch Oven.....350 degress

6 - 8 boneless, skinless chicken breasts

10 medium potatoes, sliced

3-4 onions, sliced

1 (18 oz) bottle BBQ sauce

Place half of the potatoes in the bottom

of the Dutch oven. Place a layer of

onions on top of the potatoes. Repeat.

Next place the chicken breasts on top of

the potatoes and onions. Top with any

remaining onions. Pour BBQ sauce over

all ingredients. Put the lid on the Dutch

oven. Place 12 briquets on tip of the

Dutch oven and 12 underneath. Cook

for about 1 ½ hours.

Sweet & Sour Chicken

12 chicken breasts 1 cup honey

2 (10 oz) bottles sweet & sour sauce

1 (12 oz) Bullseye BBQ sauce

1 chopped green pepper

3 medium onions

1 lb fresh mushrooms

1 large can chunk pineapple

Salt, pepper and quarter breasts and lay

them 1st in the bottom of oven. Layer the

rest of the ingredients, in the above order

ending with mushrooms. Cook for 1 ½ hrs

with 12 coals on bottom & 20 on top.

Dutch Oven Recipes

Hunter's Stew

14" Dutch oven	5-7 lbs of stew meat
12 carrots	8 large potatoes
2 onions	1 lb fresh mushrooms
1 lb frozen corn	2 cups minute rice
2 cans cream of chicken soup	2 cans cream of mushroom soup
8 stalks of celery	½ cup flour

Coat stew meat with the flour and brown in butter in the bottom of the dutch oven, stirring frequently until the meat is nicely browned. Season with salt and pepper to taste. Cut up potatoes, carrots, onions, and celery. Add to pot. Add 1 can cream of mushroom soup and 1 can cream of chicken soup. Add rice, corn and mushrooms. Top with two remaining cans of soup. Add water to the top of the Dutch oven. Put the lid on. Place 14 briquets on top of oven and 14 underneath. Cook about 1 ½ hours....checking about every 15 minutes.

Son Of A Gun Stew

14" Dutch oven	2 lbs cubed stew meat
1 lb carrots, diced	1 qt. Tomatoes
2 Tbs Worcestershire sauce	3 lbs potatoes, diced
¾ cup soy sauce	2 green peppers, chopped
7-8 drops Tabasco sauce	5 stalks celery, sliced
2 cans refrigerator biscuits	3 medium onions, chopped

Put meat, onions and celery in bottom of heated Dutch oven with small amount of oil and brown well. Add all other ingredients and stir well. Cover and cook with 14 to 16 coals on bottom and 20 or more on top. Stir occasionally until vegetables are almost tender. Put refrigerator biscuits on top. Cook another 20 min. or until biscuits are browned. (This is a favorite with men.)

Dutch Oven Tacos

5 lbs hamburger, browned	5 medium onions
5 (30 oz) cans tomato sauce	5 (15 oz) cans kidney beans
5 (15 oz) cans pinto beans	5 (15 oz) cans corn
10 tsp chili powder	Pepper

Brown meat and onions. Add tomato sauce, drained beans and corn.

Add chili powder and simmer until flavors blend. Serve over chips.

Top with lettuce, sour cream, salsa, diced tomatoes, olives and cheese.

This will serve 25 boys. Serve with roll and drink and the Scouts love this!!!

Dutch Oven Recipes

Bar-B-Que Spare Ribs

12" Dutch Oven.....350 degrees

- 4 - 5 lbs boneless spareribs
- 3 - 4 onions, sliced
- 1 large bottle (18 oz) BBQ sauce

Place one layer of spare ribs on the bottom of the Dutch oven. Then place a layer of sliced onions on top of spare ribs. Repeat until all meat and onions have been used. Pour entire bottle of BBQ sauce over the top of the onions and meat. Put the lid on the Dutch oven. Place 12 briquets on top and 12 underneath. Cook for about 1 ½ hours.

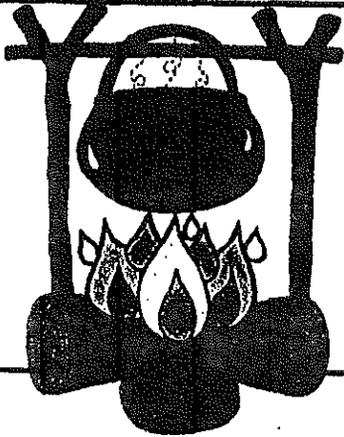
Dutch Oven Lasagna

12" Dutch Oven

- 1 lb hamburger, browned and drained
 - 2 pkgs dry spaghetti sauce seasoning
 - 1 qt. Bottled tomatoes
 - 2 cans tomato sauce, plus 1 can water
- Mix above ingredients together.

- 16 oz cottage cheese
- Shredded mozzarella cheese
- Lasagna noodles, uncooked
- Parmesan cheese

Make sauce with hamburger, bottled tomatoes, tomato sauce, water and spaghetti seasoning. Put a little sauce in bottom of Dutch oven. Layer uncooked noodles over sauce in bottom, then a layer of cottage cheese. Repeat layers with more sauce, noodles and cottage cheese. End with a little sauce on top. Cover top with mozzarella and Parmesan cheeses. Bake for approximately 1 hour. Coals: 14-16 on top, 8-10 on bottom.



Grandma Vera's Beans

14" Dutch Oven

Brown in hot oven (14-16 briquets) 2 lbs lean ground beef & 1 lb diced bacon.

Add, cook until clear: 2 lg onions, diced & 2 green peppers, diced.

Stir in and simmer 10-15 min: 1 lb cubed pre-cooked ham, 3-16 oz jars Homestyle

Chile Sauce, 1 ½ cups brown sugar, 1 ½ cups catsup, ¾ cup Dijon mustard.

Drain and add to mixture: 5 (31 oz) cans pork & beans.

Reduce briquets and simmer with top and bottom heat for 45-60 min. Crack lid slightly, allowing moisture to escape, if necessary. Beans should be slightly thick.

Serves 25- 30.

To save time, start this recipe one day ahead. Prepare main mixture, omitting beans until ready to cook. Refrigerate overnight. Blended flavors make this a great second-day dish.

Dutch Oven Recipes

Dutch Oven Rolls

4 cups scalded milk
1 cup sugar
4 eggs

1 cup water
2 cubes butter
12-13 cups bread flour

3 Tbs yeast
1 ½ Tbs salt

Scald milk (do not boil). Add butter to milk and let it melt. Dissolve yeast in warm water with a sprinkle of sugar added. (Set aside) Add milk mixture to 4 cups flour, salt and sugar and mix. Add yeast mixture and more flour. Just slightly mix until blended. Add eggs and add all but 2 cups flour. Dough will be sticky. Cover and let rise until double. Add rest of flour or flour until dough is still soft but easy to work with. Line a 14 or 16 inch Dutch oven (you will need several) with tin foil and spray with non stick cooking spray. Roll bits of dough into balls (a little bit bigger than a golf ball). Place in Dutch oven so almost touching. Pour 1/4 to ½ cup melted butter over rolls. Cover and let rise until double. While rising get coals ready. For a 14 inch Dutch oven you will need 10 coals on the bottom and 18-20 coals on the top. A 16 inch oven will need 12 coals on bottom and 20-22 coals on top. Cook 20 min.

You can make navajo tacos with dough. Flatten balls and fry in pan with oil. You can eliminate the eggs for a more bread-like rolls. Also, dough can be divided and rolled into (3) 24" strips and braided. Then put in foil lined oven around outer edge. Melt 1/4 - ½ cup butter and pour over bread. Bake with coals the same only at least ½ hour to 45 min for bread loaf.

Hint: It works best if you do not mix roll dough very much. Some kneading and mixing is needed but keep to a minimum.

Scones

1 Tbs dry yeast
2 tsp salt

2 cups warm water
1/3 cup powdered milk

1/4 cup sugar
2 Tbs butter

4-5 cups flour (substitute 3 cups white and 2 cups whole wheat flour)

Oil for frying

Sprinkle yeast over warm water. Add sugar, salt and milk. Mix well. Stir in 2 cups flour and butter. Beat until smooth, 3-4 min. Add more flour until a soft dough forms. Knead 3-5 min. until smooth. Let rise for 1 hr or until doubled. Punch down. Heat 3" of oil to 350 deg. in large Dutch oven. Pinch off small balls of dough and flatten. Fry for 3-4 min per side until golden. Drain on towels.

Dutch Oven Recipes

Raspberry Surprise

12" Dutch Oven
1 white cake mix
1 can raspberry pie filling
1 can sprite

Mix cake mix and Sprite together. Pour cake mixture into oiled Dutch oven, or if you lined the oven with foil, make sure to spray foil with nonstick spray. Pour raspberry pie filling on top and cook for 20 min. using 16 coals on top and 8 coals on bottom.

Pineapple Upside-Down Cake

12" Dutch Oven
3 Tbs butter
1 can (20 oz) sliced pineapple
½ cup brown sugar
1 yellow cake mix
1 1/4 cups water*
1/3 cup oil
3 eggs

Line Dutch oven with foil. Place 9 coals under the oven. Melt butter in foil-lined pan. Arrange pineapple slices in bottom of oven. Sprinkle brown sugar evenly over fruit. Prepare cake mix according to package directions.* (You may use juice drained from pineapple slices for part of the water.) Carefully pour the cake batter over the fruit. Bake 30-40 min until cake is brown and springs back when touched. Use 9 coals on bottom of oven and 12 on the top.

Peach Cobbler

12" Dutch Oven
1 box yellow cake mix
(2) 1 qt. bottles peaches
1 can 7-up

Line Dutch oven with foil (sides & bottom). Line it so no liquid can seep through. Drain peaches. Dice peaches. Pour them into bottom of Dutch oven. Pour cake mix on top of peaches. Pour soda over cake mix in a crisscross pattern. Slightly break up chunks of mix with a fork. Seal Dutch oven with lid and put 10 briquets on bottom and 12 on top. Be sure to rotate oven every ten min. Cook 30-45 min.

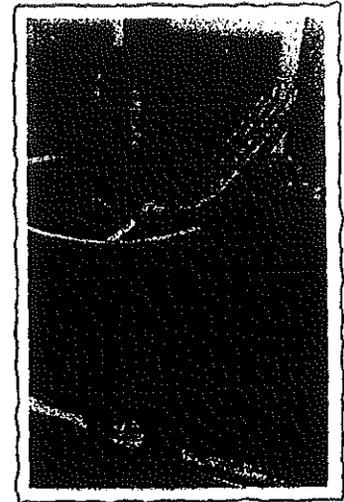
Fruit Cocktail Pudding Cake

12" Dutch Oven
2 large cans fruit cocktail, drained
2 cups sugar 2 tsp baking soda
2 tsp salt 2 cups flour
1 cup nuts 2 eggs
About ½ cup brown sugar

Mix fruit cocktail, sugar, flour, eggs, baking soda and salt well and pour into greased Dutch oven. Sprinkle nuts and brown sugar on top. Cook 45-60 min. 8 coals on bottom and 14-16 coals on top. Top with Cool Whip. —

Planting the Vegetable Garden

Planting a vegetable garden is not hard, but without careful planning and proper follow through, your garden may perform poorly or even fail.



Soil Preparation

Soils should not be prepared for planting when too wet or too dry. If soil sticks to your shoes or shovel, it is too wet. Press a small amount of soil in your hand. When the moisture is right, the soil crumbles and breaks into small clumps. If too wet, it stays molded in a ball.

Have your soil tested for the amount of fertilizer or manure to apply before planting. A routine soil test gives information on any lime requirement, phosphorous and potassium needs and estimated nitrogen requirements.

Rake or harrow the planting area immediately after tilling or spading. A firm, fine seedbed is best, particularly for small-seeded crops, but packing the soil too much could promote crusting of the soil surface and damage-emerging seedlings. Tilling the soil in late fall facilitates earlier spring planting.

Planting Early Crops

Cool Season Crops

You can sow early "cool-season" crops such as lettuce, cabbage, cauliflower, broccoli, Brussels sprouts, and onions immediately after preparing your garden plot. Mark the rows by stretching a string tightly across the area where you want a furrow. Use the end of a hoe handle or small hand shovel to make furrows the right depth. You can usually sow sandy soils a little deeper than clay soils.

Warm Season Crops

Wait until danger of frost is past (mid-to-late May) before transplanting tomatoes, eggplants, peppers, and similar "warm season" crops.

Tender Crops

Cucumbers, pumpkins and watermelons can be seeded earlier by placing hot caps over the soil one week before planting. This warms the soil and helps those crops germinate more quickly. Keep the hot caps on until the plants emerge and are growing vigorously.

Starting Plants Inside

Warm season crops need a long growing season and usually will not mature if seeded directly in the garden. Cool season crops must mature before hot weather. It is necessary, then, either to start these crops early inside or to buy plants at a garden center or greenhouse. Start seeds in plastic trays or peat pots that are 3-4 inches deep. A good soil mixture contains two parts loam, one part sand, and one part organic matter.

Thoroughly mix the soil in a wheelbarrow with a shovel and sift it through a ¼-inch mesh screen. Premixed soil mixtures are available at garden centers.

Fill the transplant tray or peat pots with the soil mixture and carefully firm the soil along the sides. After filling in the depressions, level the soil to about ¼ inch below the top. Firm the soil evenly. Sow the seed by making a ¼-½ inch hole using a dibble or pencil with a tape mark to keep the depth consistent. Sow 2-3 seeds in each tray cell or peat pot.

Start warm-season crops later than cool-season crops. Peppers and eggplant germinate slowly and should be started before tomatoes. Cover the seeds lightly with sand, screened soil, or vermiculite. Gently water the transplant trays using a fine screened waterer to prevent washing the seeds out of the soil. Cover the transplant tray or peat pots with clear plastic and keep in a warm room until germination. As soon as the seedlings appear, remove the plastic cover and keep the seedlings in full sunlight or directly under fluorescent lights. Once the seedlings emerge, thin to one plant and apply a starter fertilizer of 1½ tablespoons of 5-10-5 in 1 gallon of water. Apply approximately ¼ cup of the solution to each seedling every two weeks until transplanting. Rinse the seedlings with water after fertilizing to prevent leaf burn. "Hardening" transplants by shading them for a few days outside using either a lath house or shade cloth and slightly withholding water (but not to the point of wilting) will reduce plant growth delay after transplanting, otherwise known as "transplant shock."

Transplanting

Transplant in late afternoon or on a cool, cloudy, calm day. Water plants before transplanting. Cut the soil between the plants with a knife so each plant can separate easily with a substantial root ball attached. Seedlings grown in separate containers can be transplanted without disturbing the roots. If seedlings are transplanted in peat pots, make sure the top edge of the peat pot is not exposed above the soil surface or the peat pot will act like a wick and rapidly draw the moisture from the root ball, stressing the plant.

Scrape the dry surface soil from the planting area. With a hand shovel, make a hole large enough to easily receive the root ball of the transplant. Firm the soil around the roots and water with the starter fertilizer solution. Apply ½ cup per plant at planting time.

Transplanted crops may be set out in the garden a week or two before it would otherwise be safe if hot caps are used. Remove the caps after the air temperatures get real warm during the day. If paper hot caps are used, punch ventilation holes in the tops. High temperatures within the hot cap can kill young plants.

Planting Dates & Planting Distances

Vegetable	Planting Dates		Planting Distances (in inches)		Depth of Seeding (inches)	Amount to Order per 20 Feet of Row "Packet" refers to average commercially-packaged seed packet
	Start Seed Indoors	Plant Seed or Plant Outdoors	Between Rows, Hand Cultivated	Between Plants		
Asparagus		April 15 - May 1 (crowns)	36	12 - 18	6 - 8 (crowns)	15 crowns
Beans, snap (Bush)		May 15 - July 1	18 - 24	3 - 4	1½ - 2	3 - 4 oz
Beans, snap (pole)		May 15 - July 1	36	4 - 6	1½ - 2	2 - 3 oz
Beans, dry shell		May 15	18 - 24	3 - 4	1½	3 - 4 oz
Beans, Lima		May 15 - June 10	18 - 24	4 - 6	1½	3 - 4 oz
Beets		April 15 - July 1	12 - 18	2 - 4	½ - 1	1 packet
Broccoli	March 1 - March 15	April 15 or June 1	24 - 30	24	1/4 (indoors)	1 packet or 9 plants
Brussels Sprouts	March 1 - March 15	April 15 or June 1	24 - 30	24	1/4 (indoors)	1 packet or 9 plants
Cabbage, early	March 1 - March 15	April 1 - May 1	24 - 30	18	1/4 (indoors)	1 packet or 12 plants
Cabbage, late	April 15 - May 1	June 1	24 - 30	24	1/4 (indoors)	1 packet or 9 plants
Cabbage, Chinese		July 1	24 - 30	18	½	1 packet
Carrots		April 15 - June 15	18 - 24	2 - 3	1/4	1 packet
Cauliflower	March 1 - March 15	April 15 or June 1	24 - 30	18 - 24	1/4 (Indoors)	1 packet or 12 plants

Planting Dates & Planting Distances

Vegetable	Planting Dates		Planting Distances (in inches)		Depth of Seeding (inches)	Amount to Order per 20 Feet of Row "Packet" refers to average commercially-packaged seed packet
	Start Seed Indoors	Plant Seed or Plant Outdoors	Between Rows, Hand Cultivated	Between Plants		
Celery	Feb. 15 - March 1	May 15	18 - 24	8	1/8 (indoors)	1 packet or 24 plants
Chard, Swiss		May 1	18 - 24	6 - 8	1	1 packet
Collards		April 15	24 - 36	6	1/4	1 packet
Cucumbers		May 1 - June 15	48 - 60	12 between single plants, 36 between hills of tree	1	1 packet
Eggplant	March 15 - April 1	June 1	24 - 30	24	1/4 (indoors)	1 packet or 9 plants
Endive		April 15	18 - 24	8 - 12	1/2	1 packet
Garlic		Oct. 1 - Nov. 1	18 - 24	4 - 6	3 - 4	1 lb of cloves
Horseradish		April 15 - May 1	24 - 30	12 - 18	6 (roots)	18 roots
Kale		April 1 - July 15	18 - 24	12 - 18	1/2	1 packet
Kohlrabi		April 15 - June 1 or Aug. 1-15	18 - 24	6	1/2	1 packet
Lettuce, leaf		April 15 - June 1 or Aug. 1-15	12 - 18	4 - 6	1/4	1 packet

Planting Dates & Planting Distances

Vegetable	Planting Dates		Planting Distances (in inches)		Depth of Seeding (inches)	Amount to Order per 20 Feet of Row "Packet" refers to average commercially-packaged seed packet
	Start Seed Indoors	Plant Seed or Plant Outdoors	Between Rows, Hand Cultivated	Between Plants		
Lettuce, head	March 1 - March 15	April 15 - May 1	18 - 24	12	1/4 (indoors)	1 packet or 18 plants
Muskmelon		May 15 - June 1	60 - 72	18	1	1 packet
Okra	March 15 - April 1	June 1	24 - 36	12 - 15	1/2 (indoors)	1 packet
Onion Seeds		April 15	12 - 24	2	1/2	1 packet
Onion, transplants	Feb. 1 - 15	April 15	12 - 24	2 - 3	1/2 (indoors)	1 packet
Onion, sets		April 15	12 - 24	2 - 3	1 - 2	1/2 lb
Parsley		April 15 - May 1	12 - 24	4 - 6	1/4	1 packet
Parsnips		May 1 - 15	18 - 24	3 - 4	1/2	1 packet
Peas		April 10 - May 15	18 - 24	2	1 1/2	1 packet
Pepper	March 15 - April 1	June 1	24 - 36	18 - 24	1/2 (indoors)	1 packet or 12 plants
Potatoes, Irish		April 15 - June 1	24 - 30	12 - 18	4 (each piece)	3 lb seed potatoes
Potatoes, Sweet	April 15 (roots)	June 1	36 - 48	18 - 24		9 - 12 plants
Pumpkin		May 10 - June 1	72 - 96	24 - 36 between single plants; 60 - 72 between hills	1 - 2	1 packet

Planting Dates & Planting Distances

Vegetable	Planting Dates		Planting Distances (in inches)		Depth of Seeding (inches)	Amount to Order per 20 Feet of Row "Packet" refers to average commercially-packaged seed packet
	Start Seed Indoors	Plant Seed or Plant Outdoors	Between Rows, Hand Cultivated	Between Plants		
Radish		April 10 - June 1 or Aug. 1-15	6 - 12	1 - 2	1/2	1 packet
Rhubarb		April 15 - May 1	36 - 48	36 - 48		5 or 6 plants
Rutabaga		May 15 - June 15	18 - 24	8 - 12	1/2	1 packet
Spinach		April 15 or Aug. 1-15	12 - 18	3 - 4	1/2	1 packet
Squash, summer		May 10 - June 1	24 - 36	24 - 36	1	1 packet
Squash, winter		May 10 - June 1	72 - 96	24 - 36 between single plants; 60 - 72 between hills of three	1	1 packet
Sweet Corn		May 10 - July 1	30	12	1 - 2	1 packet
Tomato	April 1-15	May 15 - June 1	24 - 36	36 - 48	1/4 (indoors)	1 packet or 6-8 plants
Turnip		April 15 or Aug. 1	15 - 18	3 - 4	1/2	1 packet
Watermelon		May 15 - June 1	60 - 72	24 - 36 between single plants	1/2	1 packet



When to Harvest Fruits and Vegetables

To obtain a quality food product from your garden for fresh use or storage, you must harvest fruits and vegetables at their proper stage of development. Improper harvesting influences quality as well as continued productivity of the plant.

When to Harvest Fruit

Apple -- There is no sure method for home gardeners to determine maturity for all cultivars (varieties). If picked prematurely, the fruit is likely to be sour, tough, small and poorly colored; if picked overripe, it may develop internal breakdown and store poorly.

To harvest apples correctly, you must be familiar with the term "ground color." Ground color is the color of an apple's skin, disregarding any areas that have become red. In red fruited cultivars, observe the portion of the apple that faces the interior of the tree. When the ground color of red cultivars changes from leaf green to yellowish green or creamy, the apples are ready to harvest. In yellow cultivars, the ground color becomes golden. Mature apples with a yellowish-green background color are suitable for storage. Apples will improve in storage if they are picked when hard but mature: i.e., showing the mature skin color. When harvesting, do not remove the stems from apples that will be stored.

Cherry, red, tart -- The size of the fruit increases until mature. Sample the fruit to determine the proper time to harvest. It should be fully colored and flavorful as quality will not improve after harvesting.

Currant -- Harvest currants for jelly when they are slightly underripe for high pectin content. Pick them fully ripe to use for jams or if they are to be stewed. Fully ripe currants are colored, juicy and beginning to soften.

Elderberry--The fruit should be fully colored and just beginning to soften. Quality does not improve after harvest.

Gooseberry -- Pick when the berries are firm and a transparent greenish-yellow with darkened seeds. Fruit of some of the newer cultivars often turns a very light to dark red when mature. Overmature fruit is purplish. Quality does not improve after harvest.

Grape -- Taste grapes to determine peak ripeness. Grapes change color before they are ripe.

Peach -- Ground color is the best guide for maturity. Harvest when ground color changes from green to full yellow. Red color is not a reliable index of maturity. Taste one or more of the fruits before harvesting to correlate ground color with flavor.

Pear -- Harvest when the ground color changes from a dark green to a yellowish green and before the fruit is tree-ripe. Additional guides to proper harvesting time are when the fruit separates from the twig with an upward twist of the fruit and when the lenticels (spots on fruit surface), which are white or green on immature fruits, become brown.

Plum -- Harvest when the flesh starts to soften. The skin changes color before the fruit is mature.

Raspberry -- Harvest when the fruit is full color and separates easily from the center.

Strawberry -- Harvest when uniformly red and beginning to soften. Harvest with the cap.

When to Harvest Vegetables

Asparagus -- Begin harvesting the third year after planting. Harvest when the spears are 6 to 10 inches above the ground but before the heads open. Cut or snap spears off at the soil line. Stop harvesting if spears show a marked decrease in size. Maximum harvest period is 6 to 8 weeks.

Snap Bean -- Harvest before pods are full sized and when seeds are tender and about one-fourth developed. Harvesting usually begins 2 to 3 weeks after first bloom. Don't allow beans to mature on plants or bean production will decrease.

Bean, lima, broad -- Harvest when pods are fully developed and seeds are green and tender.

Beet -- Harvest when roots are 1 1/4 to 2 inches in diameter. Some cultivars may maintain quality in larger sizes.

Broccoli -- Harvest when flower head is fully developed, but before the flowers begin to open. Cut 6 to 7 inches below the flower head. Side heads will develop after the main head is cut.

Cabbage -- Harvest when heads are solid, but before they split. On early cabbage, cut just beneath the solid head. Small lateral heads will develop from buds in the axils of the older leaves.

Carrot -- Harvest when 3/4 to 1 inch in diameter or smaller when thinning. For storage, leave carrots in soil until a light frost occurs. Use care when harvesting, since bruising favors the development of soft rot during storage.

Cauliflower -- Cover curds when they are 2 to 3 inches in diameter by tying the outer

leaves loosely about the head, or using leaves from other plants in the garden. Check for developing curds every 2 to 3 days, and retie if further development is necessary. Harvest when the heads are full sized but still white and smooth.

Celery -- Harvest when plants are 10 to 12 inches tall.

Cucumber -- Proper harvesting size is determined by product use. Pickles: Sweets are 1 1/2 to 2 inches long; dills are 3 to 4 inches long. Fresh slicing are 7 to 9 inches long and a bright dark green. Leave a short piece of stem on each fruit. Harvest daily and don't allow fruit to mature.

Eggplant -- Harvest when fruit is firm and bright purple to black in color.

Kohlrabi -- Harvest when the thickened stem is 2 to 3 inches in diameter.

Muskmelon -- Harvest when a crack appears completely around the base of the fruit stem. The fruit will readily separate from the stem.

Okra -- Harvest when 3 to 5 inches long and tender.

Onion -- Correct harvesting stage is determined by the type and product use. Harvest onions grown from sets when they are 6 to 9 inches tall for immediate table use. Onions grown from seed for fresh use should be harvested when the bulbs are 1/4 to 1 inch in diameter. Harvest seed grown onions for boiling when the bulbs are 1 1/2 inches in diameter. Harvest for storage (seed or set grown) when the tops have weakened and fallen over and the bulbs are 2 or more inches in diameter. Harvest before hard frost.

Parsnip -- Harvest after a hard frost or in early spring before new growth starts. To harvest in spring, place a 3- to 5-inch soil mulch over the parsnips. Parsnips are not poisonous if harvested in early spring.

Pea -- Harvest when the pods are fully developed and still tender, and before seeds develop fully.

Edible Pod Pea -- Harvest when the pods are fully developed, but before seeds are more than one-half full size.

Peanut -- Harvest when plants turn yellow at season's end or before the first early frost.

Pepper, green -- Harvest when fruits are full sized and firm. Red -- Allow peppers to remain on the plant until they become completely red. This usually requires an additional 2 to 3 weeks.

Potato -- For storage, harvest when full sized with firm skins. Tubers continue to grow until the vine dies. For new potatoes, harvest at any early stage of development. This is usually when tubers are 1 1/4 to 1 1/2 inches in diameter.

Pumpkin -- Harvest pumpkins when they are fully colored and the skins have hardened enough to resist the fingernail test. Harvest before a killing frost.

Rhubarb -- Do not harvest the first year after planting; harvest only a few stalks the second year. Established plantings can be harvested for approximately 8 weeks. The quality of the stalks decreases toward the end of the harvest period. Harvest only the largest and best stalks by grasping each stalk near the base and pulling slightly to one direction. Note: there is no evidence to show that stalks harvested from frost damaged plants are poisonous, so they should be considered safe to eat.

Rutabaga -- Harvest when the roots are full sized but before a heavy frost.

Soybean--for fresh use, shell out just before pods begin to dry. For dried use, harvest when pods turn brown but before shattering occurs.

Squash, summer type -- Harvest when fruit is young and tender. Your fingernail should easily penetrate the rind. Long-fruited cultivars, such as zucchini, are harvested when 1 1/2 inches in diameter and 4 to 8 inches long; scallops are taken when 3 to 4 inches long.

Squash, winter type -- Harvest when mature. The rind should be firm and glossy and not easily punctured by your thumbnail. The portion that contacts the soil is cream to orange when mature. Leave a portion of the vine (2 to 3 inches) attached to the fruit to help prevent storage rot. Harvest squash before a heavy frost.

Sweet corn -- Harvest when kernels are completely filled and in the milk stage. Use your thumbnail to determine this. The silks are dry and brown at this stage.

Sweet potato -- Harvest in late fall before the first early frost.

Tomato -- For peak quality, harvest 5 to 8 days after fruits are fully colored. Tomatoes lose their firmness quickly if they are overripe.

Turnip -- Harvest when roots are 1 1/2 to 3 inches in diameter.

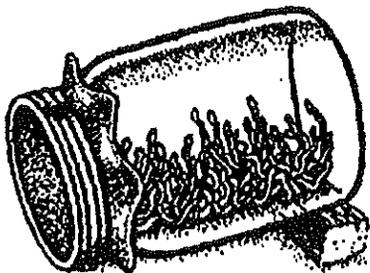
Watermelon -- Harvest when full sized. The portion in contact with the soil is cream to yellow when mature.

Growing Sprouts

Sprouts are tasty and delicious, and growing them is a simple process, although it does require a few minutes of your time each day to get quality sprouts. They can be grown year-round, and provide an opportunity for simple gardening projects for limited spaces and for children. Seeds often used for sprouting include mung bean, soybean, lentil and alfalfa.

When purchasing seeds for sprouting, be sure to get seeds that have not been treated with a fungicide, insecticide or any other material. This type of seed is available at health food stores and many supermarkets.

To grow sprouts, begin with a clean, wide-mouth quart jar. This size allows you to grow up to two cups of sprouts with little difficulty. The wide mouth allows easier removal of the sprouts with minimal damage.



Cover the bottom of the jar with the desired amount of seed, generally not more than 1/4 cup. (Depending on the type of seed that is used, only one to two tablespoons may be required to fill a jar.)

Cover the mouth of the jar with cheese cloth and secure with a rubber band or screw-top ring, or use a commercially available screw-top sprouting lid. Soak the seeds for 8-12 hours in a volume of water at least double that of the seeds. This will soften the seed coat for sprouting.

After soaking, drain off the water and rinse the seeds. After the rinse water has been drained off, invert the jar and prop it at an angle with seed distributed evenly along the side of the jar. By placing the jar at an angle, the sprouts will have good drainage and air circulation.

Keep the jar in a dark place, at 68 - 70 deg. F. Sprouts grown in a light location will turn green and may be bitter and tough.

Continue to rinse the sprouts two to four times a day until they have grown to the desired length. Always be sure excess water is drained off the sprouts; if the sprouts remain in the water they could ferment and spoil.

Some seeds need only to be sprinkled over a moist cloth or paper towel to sprout. Again, keep the seeds in the dark while they sprout, and keep them moist. —

Most sprouts will take two to five days to grow to their optimum size. Wash them thoroughly to remove the seed coat, if necessary. Sprouts may be kept for one to two weeks in the refrigerator if kept in a sealed container. Sprouts may be frozen by blanching them over steam for three minutes and cooling them in ice water. Drain them and pack into freezer containers.

DO NOT SPROUT TOMATO OR POTATO SEEDS - They are generally poisonous to humans.

A WEEKLY GUIDE TO A YEAR'S SUPPLY

These items are extra, in addition to your regular shopping list. Store properly. Rotate.

Buy the largest amount you can sensibly afford. It is better to buy a little and get started than to put it off. Replace items as you use them. Watch for sales. If you miss a week, skip to the next. Don't get behind. Share your "hot buys" with others in the ward.

This list is just suggestions of items, make it applicable to you and your needs.

- Week 1: Fill those water jugs - 14 gallons/per family member/for 2 week supply. Buy water purification tablets or bleach (1 gallon per family member).
- Week 2: Flour - buy an extra 10 lbs. for small family, 25 lbs. for large family. Purchase 100 lbs of hard white wheat preferably in plastic storage buckets with tight fitting lids.
- Week 3: Salt - iodized (5 lbs per person)
- Week 4: Sweeteners - honey (20 lbs), sugar (25 lbs) and any additional sweeteners that you can find on sale such as: brown or powdered sugar, corn syrup, maple syrup or flavoring to make your own.
- Week 5: Powdered milk - 40 oz will make five gallons. Buy at least (3) #10 cans of powdered milk this week...more if you can.
- Week 6: Sugar - buy another 25 lbs.
- Week 7: Peanut Butter - add some jams or jellies. Buy (3) more #10 cans of powdered milk.
- Week 8: Pasta - buy at least 5 lbs. Select a variety.
- Week 9: Canned meats - tuna, chicken, turkey, ham, spam, dried beef, etc. (10 cans).
- Week 10: Condensed soups - also add boxes of favorite crackers.
- Week 11: Laundry items - detergent, bleach, fabric softener, ammonia, disinfectant.
- Week 12: Canned milk, Flour (25 lbs).
- Week 13: Toothpaste, floss, razors, shaving cream.
- Week 14: Baking powder, baking soda, cornstarch. Purchase at least (5 lbs) of yeast.
- Week 15: Raisins and other dried fruits. Dried apples from Dry Pack, fruit leather.
- Week 16: Oats - rolled, quick, cornmeal, Cream of Wheat, etc.
- Week 17: Treats for baking - chocolate chips, coconut, baking cocoa.
- Week 18: Garden seeds - look for seeds that are *NON-Hybrid*. That way you can use the seeds from the plants you grow to grow a garden the next season. A good price for them is about \$18-\$20 per can with about 10 varieties per can. Buy alot of vegetable seeds, they have lots of vitamins and minerals. Include a few flower seeds. In times of emergency, our spirits need brightening, too! Don't forget fertilizer.
- Week 19: Spices - cinnamon, nutmeg, oregano, dried onions, pepper, etc.
- Week 20: Whole wheat flour, wheat, other grains.
- Week 21: Paper towels, aluminum foil, wax paper, garbage bags, freezer bags, etc.
- Week 22: Graham Crackers, 200 lbs of wheat, 25 lbs of rice.
- Week 23: Personal products - bar soap, deodorant, shampoo, lotion, feminine products.
- Week 24: Canned Fruits - buy some or can your own.

A WEEKLY GUIDE TO A YEAR'S SUPPLY

- 1: Jell-O and pudding mixes. (3) #10 cans of powdered milk.
- 2: Vitamins - multi-vitamins, vitamin c, etc.
- 3: Canned Potatoes, Potato Pearls from the Dry Pack, dried potato slices.
- 4: Canning Supplies - jars, lids, Sure-Jell, paraffin, rings.
- 5: Kleenex's and toilet paper.
- 6: *Water Storage - Check your water supply. Purchase another 55 gallon drum and fill it with water. Water is your most important item!*
- 7: Catsup, mustard, salad dressing, mayo, pickles.
- 8: Gallon of vinegar - good for cleaning, cooking and medicinal.
- 9: Candles, matches - put where you can get to in the dark. Hurricane lamps & oil. (NOTE: You should have on hand 1,000 - 2,000 matches.)
- 0: Tomato Products - juice, sauce, paste, whole, Spaghetti Sauce.
- 1: Juices - avoid watered products, buy 100% juice, lemon, orange, fruit drink.
- 2: Mixes - cake, muffin, Bisquick, etc. Purchase or make your own.
- 3: First Aid Supplies - band aids, calamine, neosporin, etc.
- 4: Other Medicines - Pepto Bismol, Vicks, cough syrup, cough drops.
- 5: Nuts - Nuts are a good source of vitamins & materials. Dry roasted store best. Try freezing them.
- 6: Sewing supplies - thread, buttons, snaps, zippers, fabric, etc.
- 7: More First Aid - gauze pads, swabs, cotton balls, tape, burn ointment.
- 8: Dry soup mixes - remember to store enough extra water.
- 9: Dried whole eggs (buy 2 cans & keep in a cool, dry place), (2)boxes of Rennet (used for making cottage cheese & other dairy products from dry milk).
- 0: Lighting Supplies - flashlights & batteries (dated), 50-hr candles
- 1: Favorite Family Foods - stress foods like hard candy, popcorn, snack foods.
- 2: Shortening (2 cans), Oil (2 gallons) preferably Canola or Olive oil.
- 3: Beans, split peas, lentils, etc.
- 4: Heating supplies - firewood, kerosene, propane for BBQ grill, charcoal.
- 5: Rice - 10, 15 or 20 lbs.
- 6: Canned Vegetables - corn, peas, string beans, creamed corn, etc.
- 7: Margarine Powder (#10 can), (2) large cans of fruit juice powder
- 8: Congratulations - You have just given yourself and your family the greatest Christmas gift of all...SECURITY!!! Now, take inventory of your storage, assess your families needs and start a new year of staying prepared.

vital to get WATER STORAGE. If you don't have water, you will not be able to use
of the foods you have that are dehydrated or require water to cook. Many times
natural disasters, the electricity goes down and you will not be able to access your
er. Sometimes the water is contaminated from flooding and cross-contamination
from sewage. You should have enough water on hand to last you two weeks.

Putting Your Affairs in Order

To be prepared in the event of hospitalization or death of a family member, the following items should be gathered and documented in a planning book.

Personal Information

- Full name, birth date, birthplace, address, and social security number for each family member.
- Emergency notification list of family and friends to call in case of death or serious illness.
- A list of organizations to which each person belongs.
- Summary of military service information and where corresponding documents are kept.

Legal Information

- Certified copies of birth and marriage certificates.
- Durable power of attorney for each parent, which allows legal decisions to be made even when a spouse is incapacitated.
- A legal will drawn up by an attorney.
- Trust documents for each parent.

Financial Information

- Sources of income, lists of assets and liabilities.
- A list of bank, savings, and credit card accounts, with corresponding account numbers.
- All real estate holdings, along with the names of mortgage lenders and loan account numbers.
- Insurance policies, names of agents and numbers to call in case of emergencies, beneficiaries, and a brief summary of provisions.
- Location of safe deposit boxes and a record of their contents.

Putting Your Affairs in Order - page 2

Medical Information

- A list of doctors and their phone numbers; a summary of family members' known allergies and long-term medications.
- A statement from each parent regarding donation of organs.
- A living will, if desired, specifying no use of artificial life-support systems beyond reasonable hope of recovery.
- Medical power of attorney for each spouse, which allows medical decisions to be made by one spouse in the event the other spouse is too ill to do so.

Funeral Arrangements

- Funeral and burial information indicating the name of the funeral home and cemetery, the location of burial lots, and a list of which services, if any, have already been prearranged for or prepaid.
- Drafts of obituaries and funeral programs.
- A list of professional people familiar with your affairs that may be called upon for help, such as accountants, attorneys, and insurance agents.

Make sure your plan book contains information about where important documents or other needed information can be found. Schedule to review the information on a periodic basis and keep it updated.

When you complete your plan book, you will feel a sense of satisfaction in having put your temporal affairs in order. Discuss the contents of the book with your children and show them where the book will be kept. Keep the original and make one copy to give to the executor of your estate. Hopefully, your plan book won't be needed for many years, but you will feel secure knowing it is ready and you have "Set your house in order".

Preparing a Living Will

A Living Will and a Durable Power of Attorney for health care can give families peace of mind when unexpected illness or health problems arise. The following explains the purpose of each document.

A Living Will takes effect once a terminal medical condition arises or a person is in a persistent vegetative state. It contains your personal instructions to family or medical care providers about your wishes regarding the use of life-sustaining procedures should you become unable to direct your own medical decisions. In such a document you may instruct medical personnel to provide one of three levels of care: extensive life-sustaining procedures, such as a feeding tube and intravenous liquids; limited life-sustaining procedures; or no life-sustaining procedures. One can also request that no artificial life support be administered when, in the judgment of a competent medical practitioner, a condition becomes medically hopeless.

A Durable Power of Attorney for Health Care is a legal document that lets you empower someone, generally a family member, to be your proxy and to make health-care decisions under circumstances where you are unable to give current health-care directions. An example might be if you were to lapse into a coma or become unconscious. The Durable Power of Attorney is broader than a Living Will because it permits your proxy to handle medical issues for you when you have become incapacitated but your condition is not terminal. The Durable Power of Attorney gives your proxy authority only while the condition continues and terminates once you are again able to be personally responsible for your own care.

These two legal documents can be helpful for all adults and may be especially helpful for the elderly, who might wish to draw up the documents while they still have their full mental faculties.

To prepare these documents, families need to counsel together about medical measures that are to be used once an incurable condition arises. These documents must be signed in the presence of two adult witnesses and a copy should be sent to your physician, who will place it in your medical record. Forms and instructions vary from state to state and country to country; these forms can be obtained through some senior citizen service agencies, lawyers, or medical associations.

Summary

- ❖ Begin building your storage and preparedness supplies NOW!!!!
 - A) Wheat - Buy and store a TON of it. Use the wheat in your daily meals so that you and your family's bodies will be conditioned to eating it and it won't be such a shock if you are suddenly forced to use and eat it.
 - B) Honey or sugar.
 - C) Powdered Milk.
 - D) Cooking Oil. A person living in Germany during World War II said that the food item they relied on most was vegetable oil. With a bottle of vegetable oil, one could acquire nearly every other desirable item. It had such value that with a quart of vegetable oil one could probably trade for three bushels of apples or three hundred pounds of potatoes. Vegetable oil has a high calorie content, is easy to transport, and in cooking can give a tasty flavor to all kinds of food items that one would not normally consider as food—wild flowers, wild plants, and roots from shrubs and trees.
 - E) Salt.
 - F) Water - The most important item to store.
- ❖ Continue to work on your storage, revise it, use and rotate it, expand it, and get used to eating it.
- ❖ Organize your 72-Hour Survival Kits.
- ❖ Store not only food but all items that you would need to live for a minimum period of one year, including clothing, fuel, medicines and anything else that your family may need.
- ❖ Do not go into debt but plan to build your storage systematically within the limitations of your budget.
- ❖ Store a year's supply of garden seeds. These can be stored in their packages in a tightly closed canning jar and stored in a cool, dry place.
- ❖ Find ways to become more self reliant and frugal with your money and resources.
 - A) Buy food storage for Christmas gifts.
 - B) Make or repair clothing and spend the money on storage.
 - C) Watch for advertised sales and buy extra amounts of good products.
 - D) Change the mix of your family's diet. Cut junk food from diet and grocery costs and you will be amazed at how much you have to spend on storage.
 - E) Eat out less often.

Those who do not plan for the future, will have to live through it anyway!" Len Fisher

