



Thrifty Tips for Trying Times

An educational resource from
Crossfire Ministries

Which are you?

Sparing

ECONOMICAL, CHARY, FRUGALLY
RESTRICTED, SCANTY, LIMITED.

Thrifty

USING OR CHARACTERIZED BY THRIFT
OR FRUGALITY, PROVIDENT, THRIVING,
PROSPEROUS OR SUCCESSFUL

Frugal

ECONOMICAL IN USE OR EXPENDITURE,
PRUDENTLY SAVING OR SPARING,
ENTAILING LITTLE EXPENSE; COSTING
LITTLE, PROVIDENT

Economical

AVOIDING WASTE OR EXTRAVAGANCE,
THRIFTY

Miserly

...HOARD OR SAVE MONEY

Provident

HAVING OR SHOWING FORESIGHT,
CAREFUL IN PROVIDING FOR THE
FUTURE, MINDFUL IN MAKING
PROVISION

Bread —The staff of life

Easy to come by, especially the day old variety. Be creative and put it all to good use. Never throw away a piece.

Whole wheat is most nutritional.

Some ideas for using day old bread.

Dry bread thoroughly in a slow oven, turning occasionally. Add herbs and seasoned salt if desired. Uses: Coating for meat before frying, use in meat loafs, top au gratin dishes and casseroles, coating for oven-fried chicken

Meatloaf

Dice untoasted stale bread to use in meat loaves and patties. A blender quickly turns pieces into crumbs.

French Bread

Dip stale bread in egg and milk mixture and fry for French Toast.

Dry for Bread Stuffing and Bread Pudding

Croutons

Spread stale bread lightly with margarine or brush with oil, dice into cubes. Sprinkle with seasoned salt, garlic or onion salt, parsley, basil, oregano or a combination. Toast in slow oven until thoroughly dry and crisp. Sprinkle on salads, into soup, on casseroles before baking.

Bread Crumb Cookies

1/2 tsp. baking powder	2 cups bread crumbs
1/3 cups cocoa	1 1/4 cups flour
1/2 cups milk	1 1/4 cups sugar
1 egg	1/2 tsp. salt
1 1/2 tsp. vanilla	
2/3 cup melted shortening	

Sift together dry ingredients. Combine wet ingredients and add to dry mixture. Add melted shortening and bread crumbs. Drop by spoonfuls onto an ungreased cookie sheet. Bake at 350 for 15 minutes or until done. For a healthier version you can sub 1/2 cup applesauce for 1/3 cup shortening.

WISE SAYINGS:

“THE SAFEST WAY TO DOUBLE YOUR
MONEY IS TO FOLD IT OVER ONCE
AND PUT IT IN YOUR POCKET.”
FRANK MCKINNEY HUBBARD
(1868-1930)

“WEALTH CONSISTS NOT IN HAVING
GREAT POSSESSIONS BUT IN HAVING
FEW WANTS.”
EPICURUS (341-270 BC)

IS THE GLASS HALF EMPTY OR HALF
FULL?

THRIFTY READERS TIPS:

Marilyn S. shares this thrifty tip: *Ammonia is a great inexpensive cleaning agent. You can clean windows, floors, tubs, sinks for a fraction of the cost of more expensive cleaners. Just use it diluted with water according to directions or desired strength.*

If you wish to share a thrifty tip, send your tip, neatly typed or printed to the attention of Leslie at Crossfire Ministries, 307 N. Union Blvd. Colorado Springs, CO 80909 or email it to crossfireministries@msn.com. Include your name, address and phone number. Those chosen to be published in this newsletter will receive an extra free food service from Crossfire Mission. You will be notified if yours has been chosen.

Thrifty Word Search

T H R I F T Y K L Q O U Y E U

W V M F L O C G A A A J O E T

R E G Z T S Q G C C N T I N Z

Z M M A E Q X W I N F Q E N J

Q S I L O K N X M Q B D F E C

D A Y S C C G D O K I W A F R

L G V U E R T V N V P K R U R

N J V Q L R G F O S Z U U S F

S Q M V O V L R C O G Z F Q A

P E B B D U P Y E A T O Y Q S

A Q H H X U W S L H U Q C E E

R N V F T D Y C U E P C B P Z

I N K G J I G A K J U R U L C

N K Z Z M L I S J Z K Q C F Q

G N F W Z C Y R D C S E V A S

ECONOMICAL

FRUGAL

MISERLY

PROVIDENT

SAVE

SPARING

THRIFTY

What are two horrendous money wasters?

Bad habits

What bad habit do you have that you can quit?

A testimonial: When I was younger, I reached a crossroads in life. We were short of money and I could buy a carton of cigarettes or food for the week. I thought how ridiculous to be so addicted that I might even consider cigarettes over food for my family. That changed my life. Over 30 years ago I quit a habit that not only was draining my finances but was killing my body. If you can do it for three days, you can do it for a week. If you can do it for three weeks, you are close to success. After that it is a matter of determination. Not that it wasn't hard. But it was worth it.

You figure out what you can save a month in money and your health.

I'll be praying for you.

Leslie

Eating Out

If the Big Mack meal costs \$5.00, and your family of four eats out once a week that is \$20.00 a week, \$80.00 a month, or \$960.00 a year. Eat at home as much as possible. Prepare several meals ahead and freeze them for the occasions you do not have time to cook.

There is treasure to be desired and oil in the dwelling of the wise; but a foolish spendeth it up.

Proverbs 21:20

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