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Camp

COOKERY

By

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Oregon State System of Higher Education
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Club Series M-39

4-H Club Cookery Project

TABLE OF CONTENTS

| | Page |
|--|------|
| Requirement for Completion of Camp Cookery Project | 3 |
| Goals | 3 |
| How to Get the Best Results in Camp Cookery | 3 |
| Basis of Awards | 4 |
| Types of Camping Trips | 4 |
| Food Habits to Observe | 4 |
| Camp Cookery Equipment | 5 |
| Selection of a Camp Site | 5 |
| Camp Fires | 6 |
| Making Camp | 7 |
| Accurate Measuring and Calculating Costs of Food Materials | 9 |
| Meal Planning | 10 |
| Recipes for Use in Preparing Camp Meals | 12 |
| Fuel Foods | 12 |
| Recipes for Preparing Potatoes | 12 |
| Recipes for Preparing Cereals | 14 |
| Quick Breads | 14 |
| Body-Regulating Foods | 17 |
| Building Foods | 18 |
| In Place of Meats | 18 |
| Meats | 21 |
| Fish and Game | 23 |
| Desserts | 24 |
| Candies | 26 |
| Beverages | 27 |
| Record Book | 27 |

Camp Cookery

By HELEN COWGILL

As this project has been planned to meet the needs of boys who camp out, not only over the week end, but also for a longer period, it includes details that the one-night camper does not need.

REQUIREMENT FOR COMPLETION OF THE CAMP COOKERY PROJECT

1. The planning and preparation of at least five camp meals, using at least ten new recipes in the preparation of the five meals.
2. The making of an exhibit of four baking-powder biscuits at a local, county, or state fair.
3. The keeping of a record book showing the costs of materials used in preparation of the meals.
4. The filing of a complete record of work done with the one in charge of club work in your county.

GOALS

In addition to the requirements for the completion of the project every Camp Cookery Club member should have certain goals he wishes to reach.

1. An understanding of the uses of different foods.
2. Skill in making a good camp fire.
3. Ability to make a comfortable camp bed.
4. The habit of always leaving a clean camp.
5. Knowledge of how to prevent forest fires.
6. Knowledge of how to conduct a good club meeting.

HOW TO GET THE BEST RESULTS IN CAMP COOKERY

1. Decide at a club meeting on the number and kinds of camping trips you expect to take.
2. Study this bulletin and check the recipes you especially wish to try.
3. Try each recipe chosen at least once at home before attempting it in camp over an open fire.
4. Learn to measure accurately and to follow directions intelligently.
5. Before starting on a trip, plan the meals for the entire trip, then take only the kind and quantities of food your menus call for. Always take along some extra food, however, so that if for

- any reason you do not return at the time intended, you will have enough to eat.
6. As many times it would be difficult for each boy in a club to prepare a complete meal under camp conditions it is suggested that the following plan may be used: At a meeting a few days before the proposed camp trip, let the club members plan the meal, then let each boy prepare the entire meal one or more times at home. When the camp site is reached, divide the boys into groups of from four to six, depending on the size of the group, then assign the various boys in each group to certain duties. (For example, if there are four groups one boy in each group would prepare the vegetables, another cook the meat, etc.) As no one knows ahead of time what his particular job will be, he will need to be familiar with the preparation of the entire meal.
 7. Remember that while there are many recipes in this bulletin you are required to learn how to prepare only ten new dishes in five meals.

BASIS OF AWARDS

The awards in all Camp Cookery Club contests will be as follows:

| | |
|--|-----|
| (a) Exhibit— | |
| Four biscuits baked in an oven or reflector..... | 75 |
| (b) Record— | |
| Completeness and accuracy of report..... | 25 |
| Possible score..... | 100 |

TYPES OF CAMPING TRIPS

1. The one-meal hike.
2. The hike to an overnight camp where all food, blankets, and toilet articles must be carried on the back of the camper.
3. The camp, of three days or longer, where supplies are taken in on pack horses or by automobile.
4. The permanent camp. Such a camp may be near a farm where milk, eggs, fruit, and vegetables may be purchased.
5. The meal prepared under camp conditions on a vacant lot near home or school.

FOOD HABITS TO OBSERVE

1. Wash hands and face before each meal.
2. Eat wholesome, well-cooked food.

3. Drink at least four glasses of water daily.
4. Drink at least one pint (preferably one quart) of milk daily.
5. Chew food well.
6. Eat slowly.
7. Do not eat to excess.
8. When very tired rest a while before eating.

CAMP COOKERY EQUIPMENT

In some camps, the boys are limited to one pail (a five-pound lard pail is excellent). A very simple equipment consists of a pail, a skillet, a sharp knife, and a spoon. A hatchet or small ax makes a useful addition to this outfit. If supplies are being transported, stew pan and a few extra pails are welcome additions to the limited equipment listed above.

Each camper should have a tin or enamel plate, a cup, knife, fork, and teaspoon.

Where only a pail is taken, each boy prepares a different dish in his pail in quantity large enough for the group.

A set of tin cans that will nest is excellent where each camper is to prepare his own meals. For the largest piece use a 2- or 3-pound pail such as lard comes in. Save cans that will nest in this, using a $\frac{1}{2}$ -pound baking powder can for the smallest. The large pail will do for water. Its lid will serve for a frying pan, and the other cans may be used as stew pans. The smallest will do for a cup.

SELECTION OF A CAMP SITE

1. The camp should preferably be near trees, but where the fire can be built without endangering the forest.
2. It is important that a supply of pure water be near by.
3. Your camp should be in a protected place, particularly if you camp where there is much wind or where it gets very cold at night.
4. It may be necessary to camp on a vacant lot near home.
5. Designate a place not less than twenty feet from the water for toilet purposes. Provide means of covering excreta to prevent flies.

A wash basin on a flat stump with a place to hang a small mirror, towels, and tooth brush makes cleaning up easy.

At one of the 4-H Club camps a 3- or 5-pound coffee can had two small holes punched one above the other about 2 inches apart, with the lower hole about 2 inches from the bottom of the can. The holes were small enough so a match could be used to plug the hole.

The can was placed on a flat stump and filled with clean cold water. When the plug was removed a tiny stream of water flowed out, and it was possible to use this water for washing the teeth or hands.

At the base of the stump, a hole was dug about 1 foot in diameter and 6 or 8 inches deep. This hole was filled with stones or pebbles and helped the water to run away without leaving a mud puddle. You will find this device worth trying if you are to be in camp more than a day.

CAMP FIRES

Although any one can build a big blazing bonfire, it takes a skillful camper to build a good camp fire for cooking. Such a fire must be hot, it must be clear so that it will not smoke the food too much, and it must burn long enough to cook the food. A good cooking fire may be built in various places, but certain things are essential if the fire is to fulfill all these requirements.

1. Be sure to have an earth or rock base on which to build your fire. If necessary, scrape down through twigs, dead leaves, and pine or fir needles to the solid ground or rock below.
2. Start the fire with fine shavings, dry twigs, and small pieces of soft wood such as fir or pine, then add some pieces of hard wood (oak, ash, maple) as these make hot, clear-burning coals. If your camp happens to be where no hard wood grows, you will have to use only soft wood, but make a search for the hard wood so as to have some if possible.

A rock fireplace. If your camp site possesses rocks, search for a large flat one on which to make your fire. Around three sides of this rock, build a six- or eight-inch wall with smaller rocks. If the opening is in the direction of the prevailing wind, your fire will draw satisfactorily. Three smaller, flat stones placed on the large stone in a triangle and just far enough apart so that your pans can rest on them, will make cooking easier.

The trench. Many experienced campers dig a trench two or three feet long and six or eight inches across and deep enough so that pans set across the trench will not interfere with the burning of the fire which is built in the trench. This trench should be built in line with the direction of the prevailing winds.

Where there is considerable down timber, two short green logs about six inches in diameter placed closer together at the upper

end than at the lower (so that small pans can rest on the narrow end and your frying-pan at the wider) makes an excellent fireplace, especially if a trench is dug between the logs.

The camp crane. Drive two forked stakes, four or five feet apart, into the ground, and four feet from the ground to the crotches. Cut several green sticks with inverted crotches or with perhaps two such crotches.

Near the end of a crotched stick drive a nail so that you can hang a kettle on it. Hook the crotch over the stick you laid across the top of the two long poles and hang the kettle on the nail. When you want things to cook quickly, hang them close to your fire; later when they need to cook more slowly hang them on a shorter stick. If you hang your kettles from the lug pole itself no difference in heat can be made. If you have no nails with you, cut notches in your sticks, making them deep enough to keep the bail of the pail or kettle from slipping off.

If your camp is on the beach, it is a good practice to build your fire against a log, as the log will throw the heat forward and so cook things more quickly.

Every Camp Cookery Club member should know how to build a good cooking fire in at least two positions. The choice of position will depend on the locality of the camp and the length of time the fire is to be used.

MAKING CAMP

Camp orderliness. The true woodsman knows how to make and break camp with the least work and in the shortest time, and always leaves his camp ground in good order. He is absolutely certain that his fire is completely out.

Such things as a cupboard for food, benches, and table are for you to arrange as you have need of them. The cupboard could be a box fastened up on a tree out of reach of dogs, and should have a good lid that can be fastened. If a strip of tin is tacked around the base of the tree, ants cannot climb beyond it and your food will be safe from them.

You will find that ashes are very good for scouring utensils. Fine sand may be used on iron ware.

As some skill in handling materials and equipment is necessary before one can cook successfully over a camp fire, the first part of your work will be on the home cookstove. Later these same recipes are to be tried under camp conditions.

Bed making. Make the bed in a sheltered place. Make a foundation for your blankets of fir boughs, balsam boughs, or brake fern, using best material on top so that no large pieces protrude to the surface.

A good camp bed to use either on the ground or a cot: Lay the first blanket so that one long edge is even with the right-hand edge of the cot or pile of boughs and the blanket lies on the cot and extends beyond the opposite or left edge. Place the second blanket on the cot with one edge even with the left-hand edge of the cot and let the blanket extend across the cot and beyond the right-hand edge. Continue in this manner until as many blankets have been used as the weather conditions require. Next fold the next to the last blanket back over the cot, then the last and continue in this manner until all the blankets have been folded over. It is necessary to get into this bed from the top, but the covers will not fall off!

Kitchen and camp cleanliness. Before commencing to cook, see that the kitchen or camp is orderly and clean. Never leave garbage around. Of food that cannot be fed to animals burn what you can and bury the rest, or in town put it into a tightly covered garbage can, which is emptied often and washed and scalded. A dirty garbage can is a breeding place for flies.

As you use cooking utensils either wash them and put them away or fill them with cold water so that they can be easily washed later.

When cooking at home, do not set a vessel directly over the fire as it does not heat more rapidly and the pan is much more difficult to clean. In camp, black kettles are to be expected, but on returning home, a good scouring soap soon makes them bright again.

A home-made reflector. In these days of much camping out, and the automobile vacations, there are many excellent portable ovens on the market, but any 4-H Club member who can find a five-gallon kerosene or gasoline can will not need to buy one.

Open the can along one long side, hammering the edges in to make stronger and to keep them from being sharp. If the tin is cut along both sides and the bottom and left on across the top, this piece can be turned up to help throw the heat into the reflector. Stretch two or three wires across the inside of the can from side to side about half way between the top and bottom. This makes a shelf on which to place pans.

To use the reflector, place it on the ground with the open side next the fire. Place the pan of food to be baked on the rack made

by the wires. The heat of the oven is regulated by the distance the reflector is placed from the fire.

A reflector that will bake one good-sized biscuit can be made from a 3-pound coffee can. Use the lid for your pan. Place the lid sideways into the opening of the can. Wedge it in so it won't fall out. Put your dough on this lid. Place the can with the open side toward the fire and brace so it cannot tip the lid to one side. Regulate this baking just as you would the larger reflector.

ACCURATE MEASURING AND CALCULATING COSTS OF FOOD MATERIALS

Measuring. Before we can combine two or more food materials and get a pleasing finished product, we must know how to measure accurately and often how to double or divide a recipe. In order that you may be able to measure accurately you should study this lesson carefully. The following table of weights and measures will make it possible for you to decide quickly whether you need to use a teaspoon, tablespoon, or cup to measure. Learn it well so that you will not need to refer to it constantly.

Table of weights and measures—

| | |
|--------------------------------|---------------------------------------|
| 3 teaspoons equal 1 tablespoon | 2 pints equal 1 quart |
| 16 tablespoons equal 1 cup | 2 cups of sugar weigh 1 pound |
| 2 cups equal 1 pint | 4 cups of rolled oats weigh 1 pound |
| 2 cups of fat weigh 1 pound | 4 cups of flour (white) weigh 1 pound |

Table of abbreviations. In order to make recipe writing take less space the following abbreviations are used:

| | |
|-------------------------|----------------------|
| t stands for teaspoon | oz. stands for ounce |
| T stands for tablespoon | pt. stands for pint |
| c stands for cup | qt. stands for quart |
| lb. stands for pound | |

Rewrite the table of weights and measures using these abbreviations.

To measure accurately. Dip the teaspoon or tablespoon into the substance to be measured (flour, sugar, etc.). It should be heaping. Then take a knife and scrape off all that is above the edge of the spoon. Then if the recipe calls for a half spoonful, scrape out all that is in one half of the spoon, cutting it in half from the handle to the tip of the spoon. For one-fourth spoonful cut out and scrape away one half of the remaining half, cutting across the spoon.

MEAL PLANNING

Club members who are striving to keep in mind the 4-H's which stand for the training of the head, heart, hands, and health, will see to it that the meals they plan and prepare are best suited to build strong healthy bodies, furnishing enough heat and energy to keep them warm and active, and make living a joyous event.

In order to plan such meals you need to know certain simple facts about foods, and doubtless as you grow older you will wish to study the subject more thoroughly.

For convenience in planning meals, foods are usually grouped into certain classes according to their particular use in the body. Some foods are especially valuable because they furnish heat and energy; they are called fuel foods. Other foods make our bodies grow; they are called body builders. Other foods keep our bodies well regulated and healthy and are called body regulators. Of course, some foods such as milk do more than one of these things for us, so in listing foods under the various heads such foods would appear in more than one column.

In planning a meal or the three meals for a day or all the meals for an entire camping trip, foods from each column should be included some time during each day.

It is desirable to plan carefully all the meals for a trip before starting from home, so that the necessary supplies can be assembled with the least effort.

Meals planned for camp, where every one is swimming, hiking, climbing, and best of all sleeping out-of-doors, need to be heartier than those planned for home. What an appetite fresh air and exercise give one! How eager we are to get the meal ready! How good the food tastes!

You will find that you want more energy foods, especially the fats such as butter and bacon. That is because while the sugar and starches are energy foods they do not satisfy for so long a time as the fats. Unless a camper has fats in his ration he becomes hungry long before the next meal time.

A guide to meal planning. Meals in camp differ from home meals principally in the quantity of food required. Where supplies must be carried on the camper's back or in a limited space, the foods requiring water in their preparation will form the larger part of the diet. These include dry beans, dried vegetables and fruits, canned milk or milk powder, dried meats such as chipped beef, in place of the more bulky fresh products.

Canned pineapple and canned tomatoes are exceptions to this general rule because they are found so refreshing on a hike, especially where water is scarce.

In planning a meal these are the points to consider:

1. Be sure to have (a) some food that will build the body; (b) some food that will keep the body running smoothly (well regulated); (c) some food that will supply fuel; (d) plenty of water.
2. Be sure to have the meal easy to prepare.
3. Plan to keep the meal moderate in cost.
4. Plan to have it attractive in appearance and appetizing in taste.

| Body builders | Body regulators | Fuel foods | | Water |
|---------------|-----------------|------------|-------------------|---|
| Milk | Milk | Cereals | Crackers | Needed to replace body water lost, to carry nutriment to different parts of the body. |
| Eggs | Cereals | Bacon | Cookies and cake | |
| Cereals | Apple | Breads | Raisins and other | |
| Meat | Fruits | Butter | dried fruits | |
| Cheese | Vegetables | Potatoes | Jelly | |
| Fish | | Macaroni | Jam | |
| Nuts | | Cream | Peanut butter | |
| | | Sugar | Chocolate | |

Water is found in all food, but the human system requires more than is supplied in this way; therefore everyone should drink several glasses of water a day.

Careful seasoning and the proper amount of cooking help in the preparation of palatable and pleasing meals.

Care should be taken to serve things together that make a pleasing combination and contrast. Do not serve the same food in two ways at the same meal; for example, tomato soup and stewed tomatoes. Do not serve two foods from the same group together except in the case of milk, green vegetables, and fruit.

Serve together foods of contrasting flavor, a mild-flavored one like potatoes with something of more decided flavor such as meat or fish.

In camp, especially a true boys' camp, the matter of table setting and serving is of small moment. The food is dished up from the skillet and kettle onto the camper's plate. He gets his own knife and fork, spoon, and cup. The most important thing is to have everything well cooked and seasoned and ready to serve at the same time.

General outline for camp meal—

One main dish (meat or meat substitute)

A starchy vegetable

The main dish may include the starchy food
Either a green vegetable (dried) or a fruit or both
Bread in some form
A beverage

For breakfast a cereal should be substituted for the starchy vegetable, and no other vegetable served, though a fruit should be, especially if it is not to be served at any other meal.

What to take for lunch on a hike—

1. Sweet chocolate, hard tack, raisins.
2. Nuts, hard tack, raisins, figs, or dried prunes.
3. Canned pineapple, hard tack, cheese.
4. Canned tomatoes, hard tack, sweet chocolate.

For the evening meal, a pleasing variety is given by serving a little camp-made candy. This may be taffy or fudge or butter-scotch. Recipes for several candies will be found further on in this bulletin.

RECIPES FOR USE IN PREPARING CAMP MEALS

These recipes are arranged under general headings, according to their particular value in the diet and will be very easy to find.

They are grouped under the following general heads:

Fuel foods—potatoes, cereals, bread, sweets
Regulating foods—vegetables, fruits
Building and protective foods—meats, cheese, legumes

FUEL FOODS

RECIPES FOR PREPARING POTATOES

Potatoes, like bread, are very generally served on American tables. They are a cheap and valuable source of energy, and they also supply some of the minerals and vitamins required to keep the body in good condition.

Boiled potatoes. Select the required number of potatoes of uniform size. Scrub well. If desired, the potatoes may be pared. Care should be taken to have the parings very thin. Put into a cooking vessel; add 1 teaspoon of salt to every 12 potatoes. Cover with boiling water; cook until tender; drain. Put the pan back on the fire just long enough to dry the potatoes. Serve immediately.

Mashed potatoes. Peel the potatoes cooked with their jackets on. Mash thoroughly with either a wire or wooden potato masher

or a fork. Add enough hot milk to make them fluffy and 1 tablespoon butter to each quart of potatoes. Salt to taste. It is better to add pepper at the table as the black specks are not attractive. Reheat, taking care not to scorch. Serve immediately.

Potato cakes. To each cup of mashed potatoes add 1 T flour. Mix thoroughly; shape into small flat cakes; brown on both sides in a little fat. Serve for lunch or supper.

Creamed potatoes—

| | |
|--|--|
| 1 c milk | 2 T butter |
| 2 T flour | $\frac{1}{2}$ to 1 t salt (according to taste) |
| 1 c cold boiled potatoes cut in thin slices or small cubes | pepper to taste |

Method. Heat the milk, reserving enough to make a thin batter with the flour. Stir in the flour mixture, add the butter and seasonings; cook until shiny—add potatoes. Cook until the potatoes are heated through.

These potatoes would be delicious with fried fish, stewed tomatoes, and corn bread, for a hearty supper.

Fried potatoes. Slice cold boiled potatoes in thin slices and brown in beef drippings, bacon fat, or any other cooking fat. Use only enough fat to brown them nicely. Raw potatoes may be fried also, slicing them thin and frying slowly to prevent burning before they are tender.

Camp potatoes. A favorite way to cook potatoes in a skillet is to peel and cut them in rather thin slices. Cover with water and boil until tender, gradually letting the water boil off. When most of the water has boiled off, add a little bacon fat (one or two T) and brown the potatoes somewhat. Great care must be taken to keep them from scorching. It is best to have a very small fire. Season them with salt and pepper.

Baked potatoes. What is nicer than a fluffy hot baked potato with a lump of butter? Baked potatoes are always a welcome camp fare. They are easily baked in a camp fire. Oil the potatoes, roll them in mud, then bury them in the hot ashes from your fire and bake until done. Or wash them carefully and put in your reflector to bake. You can test them with a sliver or fork.

RECIPES FOR PREPARING CEREALS

CEREALS TIMETABLE

Cook cereals as indicated in the following table. Serve a cereal with sugar and milk, or cream, for breakfast.

| Cereal | Water | Salt | Time |
|--------------------|-------|------|----------------------------|
| 1 c cornmeal | 3 c | 1 t | 1 or more hours |
| 1 c farina | 5 c | 1 t | $\frac{1}{2}$ hr. to 1 hr. |
| 1 c rice | 4 c | 1 t | $\frac{1}{2}$ hour |
| 1 c oatmeal | 3 c | 1 t | 3 hours unless precooked |

Rice may be served as a vegetable, a breakfast food, or a dessert. As a breakfast food it is simply cooked in a double boiler, using 1 cup of rice to 4 cups of water. Rice should not be stirred while cooking as that will break the kernels. Serve with thin cream and a little sugar. Canned milk may be used.

Another method of cooking rice is to put one cup of washed rice slowly into a kettle containing at least six cups of boiling water. Add 1 t salt. Boil vigorously until the rice kernels are tender. Drain and dry over the fire enough to make the kernels plump and light.

Rice may also take the place of potatoes and be served with bacon and brown gravy. Left-over rice may be prepared as a Spanish dish and served for supper.

Spanish rice—

2 c cooked rice

1 c cooked or canned tomatoes

1 small onion

Salt and pepper to taste

Method. Cut the onion up fine. Cook it in the tomato. Add this hot mixture to the rice. Cook slowly until part of the liquid has boiled away. Any left-over meat, cut fine, may be added.

QUICK BREADS

For griddle cakes and biscuits, much time is saved by using prepared flour. Prepared flour can be bought or a mixture prepared at home.

Recipe for prepared flour. To each cup of flour add two level teaspoons of baking powder and $\frac{1}{4}$ t salt. Sift together several times to mix thoroughly.

The dry ingredients for any quick bread or gingerbread or simple cakes may be measured, sifted together, put into a paper bag, properly labeled, and taken to camp all ready to add liquid.

A small amount of plain flour should be taken on a camping trip for flouring meat or fish and for thickening gravy.

Griddle cakes—

1½ c liquid (water or milk, or part of each)

$2\frac{1}{2}$ c flour $\frac{1}{2}$ t salt

4 t single-action or 1 egg (if possible)

2 t double-action baking powder

2½ c prepared flour may be substituted for the flour, baking powder, and salt.

Method. Mix the dry ingredients. Add the liquid and egg. Beat vigorously before frying. Fry in hot greased skillet or griddle, turning cakes when they begin to bubble.

If only enough fat is used to prevent sticking and the cakes are baked so that they are light and tender, they are a wholesome food, unless they are bolted and washed down with a beverage!

Flapjacks. Flapjacks differ from griddle cakes in that the dough is made much stiffer and is spread out over the skillet in one cake.

2 c prepared flour $\frac{3}{4}$ c water or milk

or

2 c flour 4 t baking powder

$\frac{1}{2}$ t salt $\frac{3}{4}$ c liquid

Method. Mix dry ingredients. Add liquid. Spread in one cake in hot, well-oiled frying pan. Brown on one side, turn with case knife and brown the other side. Or, tilt the pan before the fire so that the top can brown. A little twist of the skillet will turn the bread around so that all parts can brown evenly. When utensils are limited in number, flapjacks can be mixed in the top of the sack of flour by making a dent in the flour, putting in the salt and baking powder, stirring down into the hole from the sides what would make nearly the required amount of flour, then adding the liquid and mixing the whole into a fairly stiff dough.

Corn bread—

1 c corn meal $\frac{1}{2}$ t salt

1 c flour 1 egg

4 t baking powder 1½ c milk

1 T sugar 4 T melted shortening

Method. Sift dry ingredients together. Add beaten egg, milk, and shortening. Beat until thoroughly mixed. Put into a greased shallow pan. Bake in a hot oven or reflector.

Good served with crisp bacon, sugar sirup, and stewed prunes for breakfast.

Baking-powder biscuits—

| | |
|--|-------------------------|
| 2 c flour | } or 2 c prepared flour |
| 4 t baking powder | |
| $\frac{1}{2}$ t salt | |
| 2 T shortening | |
| About $\frac{3}{4}$ c liquid (milk, milk and water, or all water); amount of liquid depends on flour. | |

Method. Sift dry ingredients. Mix in shortening and add milk gradually. Roll and cut. Place on slightly greased pan and bake in a quick oven or reflector.

If you cannot roll the dough, add a very little more liquid and drop by spoonfuls onto the greased pan.

Bake in a hot oven or reflector until a golden brown.

Or, if desired, flour your hands and take up a piece of dough and wrap the dough around the greased end of a long stick one inch in diameter. Grease the dough and hold over a bed of coals, turning frequently until brown and well baked. Lots of fun to make and good to eat.

Dumplings. When cooked in a kettle with boiled meat or navy beans drop biscuits are called dumplings. Should you have a stew, or boiled meat, or beans boiled with a ham bone, you can drop the biscuit dough into the kettle on the meat or beans, cover the kettle with a close-fitting lid weighted down with a stone or anything else that will make the lid fit closely enough to keep most of the steam in. Cook for 13 minutes.

Hot-water gingerbread—from Boston Cooking School Cook Book.

| | |
|--------------------------------|-------------------------|
| 1 c molasses | 1 t soda |
| $\frac{1}{2}$ c boiling water | $1\frac{1}{2}$ t ginger |
| $2\frac{1}{4}$ c flour | $\frac{1}{2}$ t salt |
| 4 T melted butter or other fat | |

Method. Add water to molasses. Mix and sift dry ingredients (this may be done at home and carried in a paper sack). Combine liquid and dry mixture. Beat well. Add melted shortening. Pour into well-greased shallow pan and bake about 25 minutes in a moderate oven or reflector.

Hot gingerbread, milk, and either a raw or cooked apple furnishes an excellent meal as it supplies all the various food properties you need, in good proportions.

Being in camp is no real reason for doing without a bit of cake occasionally, provided you will take a little time to stir it up.

Hurry-up cake. (taken from Crown Recipes)—

| | |
|--|--|
| $\frac{3}{4}$ c sugar | } May be measured and sifted together at home |
| $1\frac{1}{2}$ c sifted cake flour | |
| $\frac{1}{4}$ t salt | |
| 2 t baking powder | |
| $\frac{1}{4}$ c melted shortening | |
| 1 egg beaten | |
| $\frac{3}{4}$ c milk (canned milk and water in equal parts may be used, or just water) | |
| 1 t flavoring | |

Method. Sift dry ingredients. Combine liquid, melted shortening, and beaten egg. Combine liquid and dry ingredients. Beat well. Bake in a shallow pan or your tin plates at a moderate temperature, either in an oven or reflector.

BODY-REGULATING FOODS

The fruits and vegetables. These are the foods richest in minerals and vitamins. Every meal should include at least one vegetable other than potatoes. Where fresh fruits and vegetables are not obtainable, dried ones will answer very well.

Most fresh fruits are more often eaten raw than cooked, but if you have some fruit that will not keep until it is eaten, put it on in a little water and cook until tender. Season to taste with sugar. Vegetables such as corn, peas, string beans, and carrots should be boiled in salted water until tender. Serve in any of the ways given a little farther on. Cabbage, onions, and turnips should be cooked in a large amount of water without a cover. When tender the water should be drained off and the vegetables seasoned.

Dried fruits. Dried fruits should be carefully washed and then soaked in three times as much water as fruit. Soak over night or for several hours. Simmer in the same water until tender. Add sugar to taste when nearly finished. A bit of lemon, if you have it, added to the fruits, makes them better. For apples a bit of cinnamon is good.

Left-over dried fruits can frequently be combined with gelatine, tapioca, or cornstarch for desserts.

Dried fruits and vegetables are like the fresh product except that most of the water has been driven off. They can therefore be more easily carried. To prepare them for use, it is only necessary to

put back some of the lost water and then prepare as you would the fresh product. Remember that all dried products will at least double in bulk and that some will increase even more, so put them in a kettle large enough to allow for swelling. Dried fruits weigh about one-fifth as much as the fresh ones. Dried vegetables weigh about one-third as much as the fresh ones. Dried prunes are one of the most satisfactory of the dried fruits.

Some ways of serving vegetables after cooking. Either fresh or dried vegetables may be served in any of the following ways:

1. Seasoned with salt, butter, and pepper.
2. In a milk gravy made of butter, flour, and milk, like the brown gravy except that the flour is not browned.
3. Squash, turnips, parsnips, or carrots may be mashed and seasoned with salt, pepper, and butter.
4. Parsnips or carrots may be fried.
5. Parsnips or carrots may be mashed, a tablespoonful of flour added to each cup of vegetables, and this mixture dropped by spoonfuls into the hot bacon or other cooking fat in the skillet and browned as fritters.

Tomato soup. A good soup for campers may be made from canned tomato soup and hot milk. Combine in equal quantities the hot ingredients and serve immediately.

Milk soups. Add any well-cooked vegetable such as carrots, potatoes, celery, corn, or peas to hot milk and you will have a delicious soup. Season carefully with butter and salt. The vegetables should be in small pieces.

BUILDING FOODS

In order to make young bodies grow and repair the waste of daily living certain building foods are required.

Baked or boiled beans, meat, eggs, cheese, and milk come in this class and the following recipes will give you a few good dishes to serve in camp. Of course you will realize that there are many other excellent dishes you could serve in camp and if you have some favorite you are free to use it.

IN PLACE OF MEATS

Fresh meat is not easy to obtain in camp and one tires of too much cured meat, so beans and cheese make a welcome change in the diet.

Boiled beans. Pick over and wash the required quantity of beans. The pink or Mexican beans are particularly good. Soak them in three times the quantity of water, overnight. In the morning put the pan of beans over the fire to heat slowly, adding $\frac{1}{4}$ t soda to each quart of water. One cup of dry beans makes three cups of cooked beans.

When the beans boil, pour off this water and put on fresh cold water. Boil for at least 6 or 8 hours, preferably 12 hours. A piece of salt pork, a ham bone, or rind from bacon may be added for seasoning. The salt pork, bacon rind, or ham bone, together with the long cooking, makes the beans more digestible.

You can follow the directions for dumplings (page 16) to serve with these boiled beans if you like. Remember that any bean dish will take the place of meat.

Baked beans. (May be used if you have an oven or fireless cooker.)

| | |
|--------------|--|
| 1 qt. beans | $\frac{1}{4}$ to $\frac{1}{2}$ lb. salt pork |
| 1 T salt | $\frac{1}{2}$ t soda |
| 2 T molasses | Water to cover |

Method. Pick over the beans; wash thoroughly; soak over night in cold water. In the morning drain off this water; add enough fresh cold water to cover the beans and $\frac{1}{4}$ t soda. Cook slowly until the skins crack. Drain again. Put the beans into a bean jar, preferably a stone jar, although any pan may be used. Cut the salt pork into strips and put it in with the beans. Mix the molasses or sugar and salt with some hot water. Pour this over the beans. Add enough water to cover the beans. Cover the bean pot. Bake slowly for at least six hours. Eight or twelve hours is none too long. During the last hour uncover so that the beans may brown. Watch them carefully to prevent them from drying out, adding water when necessary.

Bean hole beans. Dig a hole about $2\frac{1}{2}$ feet deep and 2 feet across, each way. Build a good fire close to the edge of the hole, using hard wood after it is well started in order to get a lot of good coals. If there are any stones available, put some in the fire to heat. Put the beans, well seasoned as for any other way of baking and with enough water to make them as you want them when finished, in a tin pail (lard or compound pail) that has a close-fitting lid and a bail. Set this pail by the fire so that the beans will be boiling when it is time to put them in the hole. When you have a good bed of coals, rake a good layer of them into the hole along with some earth. Place a piece of waxed paper over the top of the pail and put

the lid down tight over it. Set the pail on the coals; put more coals on top of the pail, not too many; quickly fill the hole with earth. Do not pack the earth tight as it should be possible for steam to escape, but heap the earth up well. Leave the beans in the hole for 24 hours, and they will be most delicious.

Baked beans, Boston brown bread and butter, and some kind of canned fruit will make an excellent lunch. Baked beans should take the place of meat and should not be served at the same meal with meat.

Lima beans. Soak beans until they swell. Bring to boil. Pour off the water. Put on more to cover well and cook until tender, adding water when necessary. When nearly cooked, season with butter and salt to taste. Cook in small enough quantity of water so that it will not be necessary to drain any off, as the liquid contains valuable minerals.

Cheese is a very good thing to take on a camping trip because it keeps some little time, can be used in a good many ways, and will take the place of meat in the meal. One pound of cheese is equal in food value to two pounds of fresh meat.

How to keep cheese. If kept in a warm place, without any ventilation, cheese will mold readily. Hence it is best to keep it in a cool place in a dish or jar covered with a cloth. Cheese that has been cut may be wrapped in paraffin paper, then in a slightly damp cloth, and then in paper. It will keep this way for a number of days. It should be watched, however, as mold will often grow on the cloth.

Macaroni and cheese—

| | |
|-------------------------|--------------------------|
| 1 c macaroni | 2 T flour |
| 2 c milk | Salt and pepper to taste |
| 6 T cheese (finely cut) | |

Method. Break the macaroni into small pieces. Cook in slightly salted water until tender. Take care not to let it stick to the pan or boil over.

Make a gravy of the milk, flour, and butter, add the cheese to this gravy, and when melted add the macaroni; when boiling again, it is ready to serve. Take care not to let it scorch.

Cheese and rice. Prepare the gravy as for macaroni and cheese and use rice in place of macaroni.

"Name It"—

| | |
|-----------------------------------|---|
| 1 c milk or tomato juice | 1 T cornstarch $\frac{1}{4}$ t mustard |
| 1 T butter | Season to taste |
| $\frac{1}{2}$ c cheese (cut fine) | (Salt, paprika, pepper) |

Method. Make a sauce of the butter, milk, and cornstarch. Add cheese and stir until the cheese is melted. Add seasoning and serve on toast or crackers.

Eggs. A favorite combination, where eggs can be obtained, is either bacon or ham and eggs. After cooking the meat, draw the skillet to one side and let the fat cool a little. Break in the required number of eggs; cook until the white begins to set. Add two or three tablespoons of hot water, cover the pan with a close-fitting lid and cook over a low fire until the eggs are cooked as hard as you like them.

French omelet—

| | |
|------------------------------|----------------------|
| 1 egg for each person served | 1 t butter |
| 1 T milk or water | $\frac{1}{4}$ t salt |

Method. Beat the eggs slightly. Add the liquid. Melt the butter in a frying pan or omelet pan. Pour in the egg mixture. As the egg thickens, lift it from the pan with a fork until the whole is of a creamy consistency. Place the pan on a warmer part of the fire and let the omelet brown on the bottom. Roll out onto a hot platter.

Scrambled eggs are somewhat like a French omelet except that the eggs are stirred constantly while cooking. One tablespoon of milk and two tablespoons of cracker crumbs may be added for each egg to be scrambled so that a few eggs can serve more people.

MEATS

Bacon. Bacon should be sliced thin and cooked quickly over a hot fire. Have the skillet cold, put in the slices of bacon, brown on one side, turn and brown on the other side. If your skillet is in use, bacon can be cooked by putting it on a long stick and toasting it over the fire as one does marshmallows.

Beef steak. Trim off the fat? Wipe with a clean damp cloth if necessary. Have the skillet smoking hot; rub the surface of the skillet with a piece of beef fat. Put in the steak; sear quickly on one side, turn and sear quickly on the other side, then cook more slowly

until as well done as you desire. Season after turning the first time, but not until then, as the salt will make the juice flow. Use same method for chops.

Beef or mutton stew—

| | |
|-----------------------|----------------------|
| 1 lb. meat | Left-over vegetables |
| 1 onion | 2 T fat |
| Salt, pepper to taste | 2 T flour |
| 1 carrot | |

Method. Cut the meat and vegetables into small pieces. Fry the onion, carrot, and meat in the fat until a rich brown. Put in the flour and brown it. Add one cup of cold water. Stir until mixture begins to boil.

Add enough water to cover the meat and vegetables. Cover the pan and cook slowly until the meat is tender. This will take from one to three hours, depending on the kind of meat. Put in any other vegetables you have on hand; for example, half a cup of peas, a few string beans or baked beans, a little cooked cauliflower, cabbage, or tomatoes. Cook until the added vegetables are hot.

Creamed dried beef. Dried beef is easily carried and makes an excellent meal. Put a tablespoonful of butter or bacon fat in the skillet; add the dried beef torn into small bits. Let the meat frizzle or curl up and brown a trifle, sprinkle in two tablespoons of flour, let the flour brown a little, add one cup of milk, stirring constantly until the mixture boils, season to taste.

Croquettes. Chop left-over meat. Add an equal amount of cold rice or mashed potatoes and a little flour. Form into little flat cakes and brown on both sides in your skillet. Use only enough fat to prevent burning.

Hash. Use finely cut cold meat. Add finely cut cold boiled or baked potatoes, and any left-over vegetables such as carrots or peas or tomatoes. Season to taste and unless tomatoes are added, add either water or milk to moisten, and heat.

Serve with biscuits, a fruit dessert, and a beverage.

Cooking on a stone. It is quite possible and great fun to cook bacon and eggs on a flat stone which has been heated in a camp fire. The stone must be smooth, clean, and flat. Build your fire on and around it. When hot, draw the stone to one side. Lay the strips of bacon on it. When the bacon is partly done and the fat has melted enough to grease the center of the stone, break the egg or eggs in between the slices of bacon. If you bake your biscuits on a stick and

have potatoes roasted in hot ashes, and some fruit for dessert, you need wash no dishes or cooking utensils!

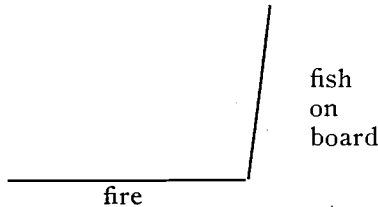
Beef steak may be cooked on a very hot stone, too.

Kabobs. Prepare long sticks with a pointed end. Cut beef steak in pieces about two inches each way. Put a piece of bacon, then a piece of steak, a second piece of bacon, and a second piece of steak on the pointed end of the stick. Hold over a bed of coals, turning often until the meat is cooked.

FISH AND GAME

As all campers hope at some time to catch some fish, and some campers have game to cook, some instructions on cooking them will be welcome.

Cooking fish and shell fish. If camping at the Coast you will want to know how to prepare various kinds of shell fish, and wherever you camp you will be likely to catch fish. Salmon trout or large brook trout are especially good if split open down the back and tacked to a clean board, and the board then stood up on a slant before the camp fire, until the fish is cooked. Slant the board in this manner.



Another good way is to put the split fish in a wire broiler and broil over a clean fire.

A third way is to roll the whole fish in corn-meal and fry it in bacon fat. Small fish will need to be fried. Arrange with the tails toward the center of the pan; then when the fish are browned on one side the whole mass can be turned at once, as the tails will stick together.

Clams. Clams need very thorough cleaning to rid them of all sand. They may be rolled in corn meal and fried whole, or they may be ground or cut up fine, and added to the following batter for fritters.

- | | |
|-------------------|-----------------------|
| 1 c milk | 2 c clams, finely cut |
| 3 c flour | 1 t salt |
| 1 t baking powder | |

Drop by spoonfuls into hot fat in skillet and brown on both sides. The batter should be thick enough to drop from the spoon.

Clam chowder—

- | | |
|---|--|
| 1 c cut-up clams | $\frac{1}{2}$ small onion, cut fine |
| 1 c raw potatoes, cut into $\frac{1}{2}$ -inch cubes | Salt, pepper to taste Sufficient water to make a stew |
| 2 slices bacon, cut in small pieces | |

Method. Fry the bacon and onion together. Add the potatoes and enough water to cover them completely. Boil until the potatoes are tender. Add the clams and cook a very few minutes more. If too thin, add a little flour-and-water thickening. Season to taste; serve piping hot.

Cooking a fowl. Should you be fortunate enough to have a fowl to roast, the following method found in "Camp Cookery" by Ava B. Milam, A. Grace Johnson, and Ruth McNary Smith, will prove to be worth trying.

Roasting a bird. In roasting a bird, clean it in the usual way, then split it down the back and put two or three little sticks in it to keep it as flat as possible. If you have any bacon, cut a few holes in the thick part of the bird and stick some thin strips of bacon in the meat, then rub salt on it. Find a pole several feet long; on one end tie a string and on the other end of the string tie the bird. Set the pole slanting in the ground or lean it against a log, weighing the lower end with a rock. Let the bird hang close to the coals of the camp fire. Twist occasionally or as often as it stops revolving. The longer the string the longer the turning goes on without attention. A short piece of wire for the lower part of the string lessens the danger of the string burning.

A wild fowl can be fried just as chicken is.

Big game like bear and venison would be cooked like any other meat.

If meat, or fish, or game, is put into a sack and hung fifteen or twenty feet up in a tree, blow flies will not bother it.

DESSERTS

Fruit gelatine—

- | | |
|-----------------------------|----------------------------|
| 1 package prepared gelatine | 2 c or 1 pt. boiling water |
|-----------------------------|----------------------------|

Method. Dissolve the gelatine in the boiling liquid. This liquid may be fruit juice with water added to make one pint. When cool and slightly thickened, add the additional ingredients. Be sure in

the case of fruits that they have been well drained, because one package of gelatine will solidify but one pint of liquid.

You can make this in your lard pail. Cover it and set it in a stream to stiffen. When ready to serve you will have a cold, solid dessert which may be dipped out of the pail with a spoon.

To a gelatine dessert you may add chopped nuts, shredded cocoanut, dried fruit, or fruit pulp.

Your dessert may be served plain, with cocoanut sprinkled over it, or with plain or whipped cream.

Prune perfection—

| | |
|-----------------------------|-----------------------|
| 1 package prepared gelatine | 1 pound prunes, dried |
| 1 pt. boiling water | 1 c sugar |

Method. Soak prunes in water to cover. Simmer at low heat until tender. Add sugar before removing from fire. Drain prunes. To prune juice add enough water to make one pint. When boiling, dissolve one package of gelatine in it. Let cool. Remove stones from prunes. Save stones from 1 c prunes; crack and save kernels. Cut prune meats fine. When gelatine is cold and has begun to thicken add prune kernels. Let harden until ready for serving. May be served plain or with plain or whipped cream. Serves 8.

Cornstarch pudding—

| | |
|-----------------------|----------------------|
| 2 c milk scalding hot | $\frac{1}{8}$ t salt |
| 3 to 4 T cornstarch | 1 t flavoring |
| $\frac{1}{4}$ c sugar | |

Method. Mix cornstarch and sugar. Add milk and mix thoroughly. Cook in double boiler, stirring frequently until well thickened and glossy. Add flavoring and salt. May be served with or without a sauce.

Chocolate blanc-mange. To plain cornstarch pudding (see recipe above) add 3 T cocoa when pudding is almost done. Serve with or without plain or whipped cream.

Apple or apricot tapioca—

| | | |
|--|----------------------|-----------------------|
| $\frac{1}{4}$ pound dried apples or apricots | | |
| 3 c water | $\frac{1}{8}$ t salt | $\frac{1}{2}$ c sugar |
| 3 T quick-cooking tapioca | | |

Method. Wash fruit. Soak in the 3 c water about one hour or until soft. Cook in same water until tender. Drain. To juice add enough water to make 2 c liquid. Add tapioca and salt and cook until tapioca is clear. You will need to stir it frequently. Add sugar.

Cool. Force fruit through sieve or cut into tiny pieces. Fold into tapioca mixture. Chill. Serve with or without plain or whipped cream. Serves 6.

You may vary the tapioca by using dried peaches, or prunes. Shredded cocoanut may be folded into the mixture at the same time fruit is added.

Tapioca custard—

| | |
|----------------------------|-----------|
| 3½ T quick-cooking tapioca | 2 eggs |
| 2 c hot milk | ⅛ t salt |
| 1 t vanilla | ⅓ c sugar |

Method. Cook tapioca and milk until tapioca is clear. Stir in gradually egg yolks, salt, and sugar. Cook until thickened. Cool, fold in flavoring and stiffly beaten egg whites.

Serve with sauce, cream, crushed fruits, or cooked apples.

CANDIES

When served at the end of a meal, candy is a valuable food and takes the place of any other dessert.

Fudge—

| | | |
|--------------------------------------|------------|---------------|
| 2 c sugar | 1 T butter | 1 t flavoring |
| ½ c milk or part milk and part water | | |

Method. Cook sugar and liquid until a little dropped into cold water forms a soft ball. Add flavoring and butter and beat until it begins to thicken. Pour into a well-buttered plate or pan.

Chocolate fudge. Add 4 T cocoa to plain fudge recipe, mixing it with sugar.

One-half cup of nut meats, raisins, or cocoanut may be added to either the plain or chocolate fudge.

Butterscotch—

| | |
|-------------------|-------------|
| 2 c sugar (brown) | ¼ c water |
| 8 T (½ c) butter | 1 T vinegar |

Method. Boil all ingredients until a bit dropped into cold water will clink or crack. Watch carefully as when cooked to the crack stage candy burns easily. Pour a thin layer into buttered tins.

White taffy—

| | | |
|-----------|-----------|-------------|
| 3 c sugar | ½ c water | 1 T vinegar |
|-----------|-----------|-------------|

Method. Boil ingredients together until when a little is tried in cold water it becomes brittle. Pour on buttered flat pan. When cool enough to handle, pull until white and smooth. Cut in convenient sized pieces.

BEVERAGES

No meal is quite complete without some beverage. This beverage may be cold water or it may be milk, cocoa, cereal coffee, tea, or coffee.

Aside from water, milk is much the best beverage for boys and girls. Next in value is cocoa. The cereal coffees are harmless, and many consider them very palatable. Follow directions on package.

Cocoa (proportions for one cup)—

| | |
|----------------------------------|----------------------|
| 1 t cocoa (unsweetened) | $\frac{3}{4}$ c milk |
| 1 t sugar or | 2 T water |
| $1\frac{1}{2}$ t sweetened cocoa | Few grains of salt |

Method. Put the cocoa, sugar, and water in the pan and cook until the mixture thickens. Add the milk and stir well to get the cocoa well mixed with milk. Watch closely. As soon as the cocoa boils up once, take off and serve immediately.

RECORD BOOK

Be sure your record book is complete before sending it to your county leader.

ALWAYS A WAY

There is always a way to rise, my lad,
Always a way to advance,
But the road that leads to Mount Success
Does not pass by the way of Chance;
It goes through the stations of Work and Strife,
Through the valley of Persevere,
And the man that succeeds while others fail
Must be willing to pay most dear.

For there's always a way to fail, my lad,
Always a way to slide,
And the men you find at the foot of the hill
All sought for an easy ride.
So on and up, though the road be rough,
And the storms come thick and fast;
There is room at the top for the fellow who tries,
And victory comes at last.

Richard Burton