

Hints for the Camping Diet

WITH the approach of summer, many housewives are confronted with a new phase of the food problem. The whole family, or some part of it, begins going off on hikes, fishing expeditions, camping trips, motor tours.

Or if it doesn't it should. Getting outdoors is a growing national custom, and one that means more for health than almost any other you can think of. The automobile has brought the country and even the wilderness within striking distance of the city dweller. Every boy and girl ought to be taken outdoors early and taught how to live in the woods, how to swim, paddle a canoe, and cook over a campfire. Love of outdoor life is a thing that gets into the blood. If your children acquire a taste for outdoor sports and a love of nature, they have a form of health insurance that will in all probability last a lifetime.

The trouble with many camping trips and some picnics lies in the department of the commissary. You have to learn how to feed yourself outdoors, just as you have to learn how to sleep comfortably on the ground, how to avoid poison ivy and deer-flies, how to make a fire and pitch a camp.

Most camp menus are deficient in fruits and vegetables, and this is especially true of hiking and canoe trips, where economy of space and weight is neces-

sary. It is often impossible to carry fresh fruits and vegetables and difficult to take enough canned goods to last.

Fruits and vegetables supply vitamins, minerals, such as lime and iron and cellulose or roughage, which are just as necessary to health in the long run as sugars and proteids. The typical camp fare of bacon, beans and flapjacks, with a little canned stuff, may do well enough for a few days, but in the long run, without variety, it is bad. In combination with the large appetite which outdoor life brings, it accounts for many an attack of indigestion.

It is well to remember that about one-half the bulk of a wholesome diet should consist of fruits and vegetables. If this rule were followed many of the typical ills of civilization would vanish.

Dried fruit affords one of the most convenient methods of balancing the too heavy camp diet and wise outdoor men know this. Inexperienced campers seldom make enough use of dried fruit, and especially of the imported dried fruits which need no cooking—that is, dates and figs. They think of them as winter delicacies rather

than as substantial all year round food. Dates and figs are packed in paper and glass in such a way that they are available in good condition at all seasons.

Dates are an almost ideal food for the trail, the camp and the road. Unlike most fruits, they are a highly condensed food, affording a large amount of nourishment, both for the space they occupy and for their weight. Arctic explorers use them for this reason, and they are the staple food of those master campers and nomads, the Arabs. They contain a large amount of sugar in a highly digestible form, and easily assimilated sugar is a prime necessity of the man who is undergoing hard physical exertion and exposure. They contain protein, in a small quantity, but enough so that the Arabs are able to live and do hard work on dates alone. The lime and iron, the vitamins and the cellu-



lose, which are the elements that fruits and vegetables supply to the diet, are all present in the date, which is a fruit dried on the tree, and not put through any process of cooking or preparation that could rob it of essential food elements. The date, as it comes to you, contains everything it ever contained except the water.

The same is true in large measure of figs, which have a little less food value than dates, but have a specific action on the bowels that makes them especially val-

uable as an element in a too concentrated diet.

Prunes and dried apricots are two other fruits that should go with every camper for the sake of his health. The secret of preparing these fruits is to let them soak in water over night. High grade dried apricots, so treated before cooking, make a delicious dessert which anyone can prepare.

Don't let indigestion spoil that trip. A little intelligent thought before hand is much better than a pill afterward.

Frozen Dainties Easy to Make

Frozen Pineapple

½ cup sugar
2 cups water
1 ½ cups pineapple-syrup
½ cup lemon-juice
¾ cup crushed pineapple

Make a syrup of the sugar and water; cool and add the lemon-juice, pineapple-syrup and pineapple. Cool the mixture and allow it to stand at least an hour so that the flavors may be thoroughly blended. Then freeze in the usual manner.

Maple Ice Cream

¾ cup hot maple-syrup
2 tablespoons sugar
Speck salt
1 egg
2 cups scalded milk
1 ½ cups cream
1 tablespoon flour

Mix the sugar, flour, and salt together. Add to the scalded milk and cook for five minutes. Stir the hot maple-syrup into the beaten egg very slowly. Add this to the scalded milk. Strain. Cool. Add the cream and freeze.

Pineapple Ice Cream

2 cups crushed pineapple
¾ cup pineapple-juice
½ cup water
1 cup sugar
Juice of a lemon
3 cups cream

Boil the sugar and water to the thread degree. Add the pineapple-pulp and cook for about two minutes. Strain and chill. Add the pineapple-juice and lemon. Add the cream to the syrup and freeze. When half frozen add the pineapple-pulp.

Lemon Sherbet

1 quart milk
1 ½ cups sugar
¾ cups maraschino syrup
¾ cup maraschino cherries (cut into halves)
1 cup cream
3 lemons

Add the sugar to the milk and let stand until dissolved. Then stir in, slowly, the strained lemon-juice, maraschino syrup, maraschino cherries, and the cream last. Freeze.

There Are Many Canned Foods

TO the busy housewife, the difference in time between preparing a meal from the raw produce and from the canned products represents a great portion of the quiet, restful time for relaxation so much needed in the every day routine of household cares.

Take the simplest dinner menu, and let us look into the great amount of time necessary to prepare the raw produce for cooking.

Opening casually to a list of menus the following is noted:

Asparagus Soup
Roast Beef
Green Peas
Stewed Tomatoes
Grape Fruit Salad
Cherry Pie
Bread
Coffee.

Using asparagus, green peas, tomatoes, grapefruit and cherries from the raw stock would involve from an hour to an hour and a half of time in their preparation. On the other hand, most delectable canned asparagus soup, green peas, stewed tomatoes, grapefruit, and cherries are available, and their use would mean the saving of all the bother of assorting, shelling, paring, and otherwise preparing the vegetables and fruit.

In fact, there is hardly a menu used, but what offers an opportunity for demonstrating the convenience of canned foods.




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