



Camp Cooking

Fresh Milk in Camp

CANADIAN MILK ...

Cookery Bk's
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FOREWORD

THIS is not a stereotyped recipe book. It is a book designed as a guide where cooking must be done with the primitive tools of the camp. It is written by men who have cooked for the enjoyment of themselves and friends in any and all circumstances. It is not a "laboratory" product and these recipes have been used under the conditions in which our camper-reader will find himself. In short, the recipes which follow are practical—not theoretical.

We take this occasion to thank:

Mr. Charles S. Kirstead
Mr. James Tandy Ellis
Mr. George L. Catton
Mr. Harry C. Phibbs
Mr. Morris Ackerman

for their co-operation and if you enjoy and find helpful these recipes, thank them—not us.

Canadian sportsmen will welcome the chapter of old Southern recipes contributed by Mr. James Tandy Ellis. Just to read it will make you hungry and crave the odor of wood-smoke.

Their contributions have not followed recipe book style. They tell a story, and give you advice as they go along. We believe the tang of the outdoors is blended in these recipes.

If you want a special recipe, just refer to the index. If you want general instructions, just read the book through.

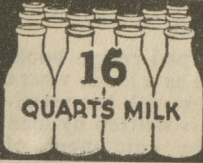

Canadian Milk Products
Limited
Toronto

Montreal

Winnipeg

Vancouver



	16 QUARTS OF MILK AS CONDENSED OR EVAPORATED MILK WEIGH 18 1/2 LBS.	16 QUARTS OF MILK AS KLIM WEIGH 5 LBS
	AS LIQUID MILK WEIGH 40 LBS	

FRESH MILK IN CAMP! HOW ABOUT THE WEIGHT?

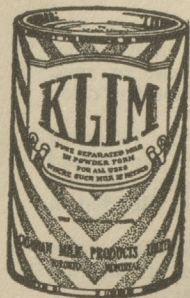
Men—get these facts—

16 quarts of Liquid Milk weigh 40 lbs.
 16 quarts of milk in the form of Condensed or Evaporated MILK weigh 18 1/2 lbs.

16 quarts of Milk in powdered form with only the water removed is KLIM and weighs only 5 lbs.

Replace the water and you have the rich full cream milk again. Invigorating, refreshing, ideal with tea or coffee, and oh! what an improvement it makes in camp cooking!

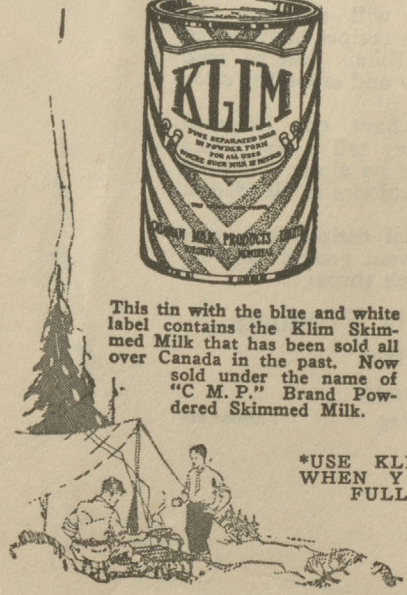
TWO KINDS OF KLIM?



This tin with the blue and white label contains the Klim Skimmed Milk that has been sold all over Canada in the past. Now sold under the name of "C. M. P." Brand Powdered Skimmed Milk.



This tin with the brown and yellow label contains Klim—Powdered Whole (full cream) Milk. It contains 28% butterfat, having been made by drying rich full cream milk. Ideal for all purposes where rich milk or cream is needed and for infants and children.



***USE KLIM WHOLE MILK
WHEN YOU NEED RICH
FULL-CREAM MILK.**

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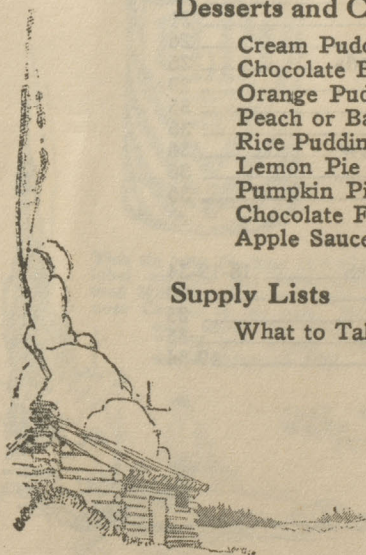
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MORRIS ACKERMAN



MORRIS ACKERMAN, born Madison, Morgan County, Georgia, March 14th, 1883. (Age 42).
* * *

Cut his teeth on a muzzle-loader.
* * *

"Picked up" fishing to pass time between hunting seasons.
* * *

Editor and Publisher, Ackerman's Sportsmen's Guide. (11 years).
* * *

Fish and Game writer, Newspaper Enterprise association. (12 years). (1,000 newspapers.)
* * *

Outdoor Writer, "Cleveland News." (12 years.)
* * *

Former associate editor, Outdoor Recreation; Sporting Goods Dealer. Contributor to all outdoor publications.
* * *

Member: Canadian Camp, N.Y.; Trail Riders of the Canadian Rockies; Mer Bleu Camp, (Quebec); Wilderness Club; Ravers Gap Club; Snow Lake Club; Swick Marsh Club; Bass Lake Club, Etc., Etc.
* * *

Former President, Northern Ohio Fish and Game Protective Assn.; Cleveland Tournament Caster's Club.
* * *

Former Vice-president, League of Ohio Sportsmen.

*THIS LOOKS LIKE I WAS "PUTTING
ON DOG." USE WHAT YOU WANT.
KILL THE REST. ACK.*

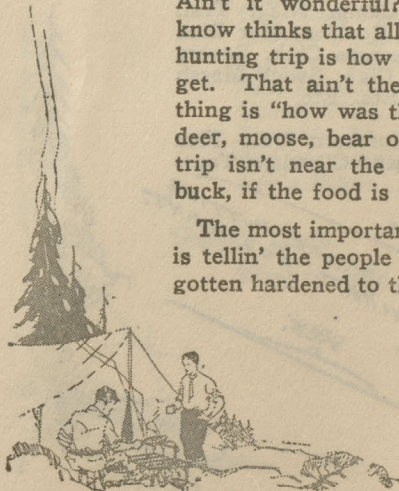


Ack's Chapter

I'm not much on cooking but when it comes to the appreciative consumption of food I average well up in the scores. I've hunted and fished with some of the most notable cooks in the whole world. Guides, most of 'em. But give me a hard day on the trail, with the campfire at night and a woodland repast—and, and you can have your Ritz, Chateau and Waldorf.

Did you ever set out of a night and eat speckled trout and salmon cutlets with that "He-man" of New Brunswick, Harry Allen? Did you ever have a helpin' 'o moose liver and a stack 'o flapjacks in front 'o Louie Harlow's wigwam on the banks 'o Peskewah lake in Nova Scotia? Ever try Curley Phillips big-horn ram roasts up to the head 'o Sheep creek? Have you tried the shanty-cookin' of Ernie St. Jacques, on the Gatineau, or Frank Jawbone at Kipawa? Ain't it wonderful? The guy that don't know thinks that all there is to a fishing or hunting trip is how much fish or game you get. That ain't the half of it. The main thing is "how was the food." A carload of deer, moose, bear or caribou on a hunting trip isn't near the real sport of a missed buck, if the food is good.

The most important part of my whole job is tellin' the people "Where to Go." (I've gotten hardened to the work from bein' told



where to go myself.) However, when the inquiry comes in we never overlook sendin' our folks to a spot where the grub is known to be good. That's a redhot tip for the guide, outfitter, camp and resort.

Just go into camp for three weeks with a few pals, where whiskers get long and rations short—and then you'll know what I mean. And maybe you think the shanty-man won't sack his job pronto, when he knows the eats are better at another camp.

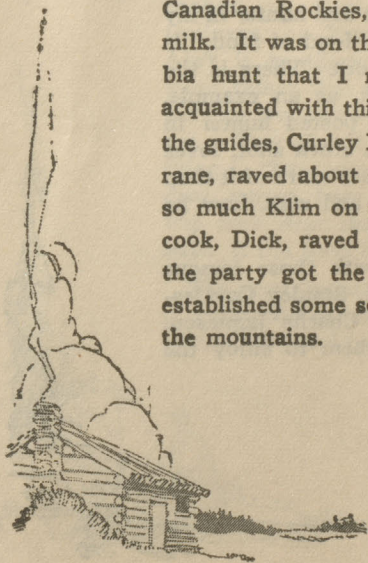
Just at the moment I'm plannin' a Western Canadian hunting trip for Jack Dempsey. "I want you to fix this hunt for me in country where there is plenty of game. I don't care how hard it is to get. The harder the better. Get the best guide and outfit—and **GET A GOOD CAMP COOK,**" he requests. I have never seen a real honest-to-goodness angler and hunter in my life who wasn't especially fond of food. It just goes with the outdoors. There is the great author, Rex Beach, as an example. He is perhaps the best posted hunter in America to-day. He is a crack shot, loves hunting as few men do, does more of it than most anyone I know of, and man, how he can eat.

I fished and hunted with those famous ball players, Tris Speaker, Stanley Coveleskie, Walter Johnson and Charlie Jamieson. You'd naturally expect them to enjoy the



forest fare. Your expectations are entirely justified. There's a quartette of real big league eaters. But when they plan a trip in the woods the matter of game is only part of their anticipations. I have interviewed Vilhjalmur Stefansson, Carl Akeley and Kermit Roosevelt. In each instance the matter of hunting, fishing and exploration was naturally the chief topic of conversation. But don't think this little question of "what did you have to eat" didn't take up its part in the discourse. Yes sir.

And don't forget to take along plenty of Klim. Klim is milk. Some folks say Klim is a splendid "substitute" for fresh milk. I say Klim, mixed with icy waters of the Canadian Rockies, tastes better than fresh milk. It was on the Alberta-British Columbia hunt that I really became intimately acquainted with this product. To start with the guides, Curley Phillips and Curley Cochran, raved about the fact you could carry so much Klim on such a small horse. The cook, Dick, raved because the nine men in the party got the idea that he, Dick, had established some sort of a dairy up there in the mountains.



We had milk to drink; milk on our oatmeal; milk on our berries; milk in the coffee and milk in the tea. Milk in the flapjacks, bannock, biscuits and cake, milk in the soup, puddings and pies. Milk in our stummicks and milk in our eyes. Milk, Milk, you can't get along without milk.

Say, did you ever notice that "Sport Writer's" film? You know the one I mean. That salmon fishing reel made over on the Cain's river in New Brunswick? Hughie Fullerton, Grantland Rice, Jack Lait, Max Foster, et al. The funniest and most realistic part of the whole picture is watching the boys headin' in to put on the feed bag. As a matter of fact can you ever remember of seeing a motion picture depicting the glories of stream or woodland where the enjoyees of same did not put on at least one scene of deft food consumption? Neither have I.

Personally I'm tickled pink to put in a good word for Klim, in this Camp Cooking booklet. It brings fresh milk in camp. It's easy to handle on the portage. Lots of splendid food and drink, with the water left out. (All you have to do is put the water back again.) Food! That's the thing.

When do we eat?

* * *



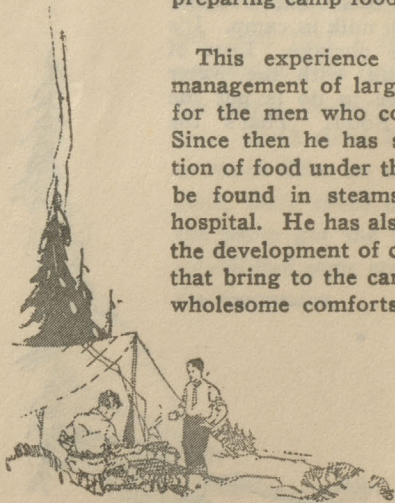
CHARLES S. KIRSTEAD



CHARLES S. KIRSTEAD was born on a pioneer farm in one of the best game sections of Eastern Canada. His earliest recollections were of hunting expeditions that made his father's house the "jumping off place" when in search of

moose, caribou or bear. Later it became his good fortune to join some of these expeditions and since it was usual for the youngest member of the outfit to remain most of his time in camp and prepare food for those who went afield, he early learned something of the rudimentary principles of preparing camp food.

This experience prepared him for the management of large eating establishments for the men who constructed the C. P. R. Since then he has supervised the preparation of food under the varying conditions to be found in steamship, hotel, school and hospital. He has also watched with interest the development of conditions and materials that bring to the camper in any section the wholesome comforts of home.



How to Select Materials for the Camp Larder

First take your list and write **KLIM** **WHOLE MILK** in capital letters because Klim should form the centre around which the camp mess should be built. Make further selections from the following list:

Flour	Ginger	Cocoa
Graham Meal	French Mus-	Tea
Bolted Corn	tard	Butter
Meal	Nutmeg	Salad Oil
Rolled Oats	Prunes	Cheese
Rice	Vanilla	Bacon
Spaghetti	Raisins,	Ham
Crackers	seedless	Salt Pork
Baking Pow-	Dry Beans	Salt Cod
der	Egg Powder	Fish
Soda	(if obtain-	Chipped Beef
Salt	able)	Potatoes
Pepper	Sugar	Onions
	Coffee	

Lemons (or C.M.P. Lemade)
see page 48.

Be sure to include in your camp kit a small flour sieve or medium ordinary wire strainer, a small rotary egg beater and a convenient size double boiler.

Because of its convenient package and ever liquid condition salad oil makes the best all round shortening for camp purposes.

Canned goods and ready to eat cereals are so well known that the selection may be made from any supply house. Care should be taken, however, to have a good variety without over-stocking on any one kind. The fresh foods available in the country through which you pass or make permanent camp should also be taken into account.



KLIM RECIPES

BY CHARLES S. KIRSTEAD

Dishes that Klim Makes Possible For the Camp Mess

CREAM SAUCE

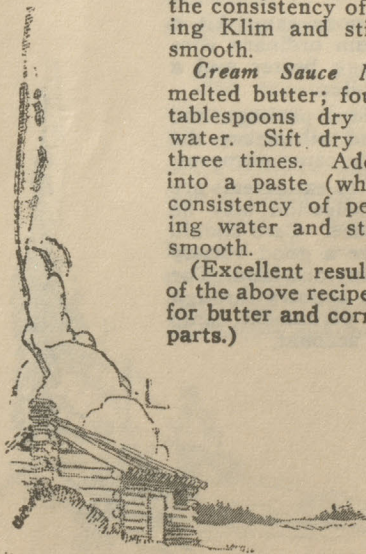
A good cream sauce, which is the foundation for a multitude of very wholesome camp dishes, can be prepared from Klim in any of the three following ways:

Cream Sauce No. 1— Two tablespoons butter; five level tablespoons flour; one cup reliquified Klim. Place reliquified Klim in double boiler, add butter and bring to boiling point. Thicken with flour which has been previously mixed with water or reliquified Klim. Salt to taste.

Cream Sauce No. 2— Four tablespoons melted butter; four tablespoons flour; one cup reliquified Klim. Place reliquified Klim in double boiler and bring to boiling point. Place butter and flour in sauce pan and stir into a smooth paste (which should be about the consistency of peanut butter.) Add boiling Klim and stir over a slow fire until smooth.

Cream Sauce No. 3— Four tablespoons melted butter; four tablespoons flour; four tablespoons dry Klim; one cup boiling water. Sift dry Klim and flour together three times. Add melted butter and stir into a paste (which should be about the consistency of peanut butter.) Add boiling water and stir over a slow fire until smooth.

(Excellent results may be had in any one of the above recipes by substituting salad oil for butter and corn starch for flour, in equal parts.)



Any one of these cream sauces seasoned with salt alone is suitable for cream toast, but if they are to be used for creamed meat or fish, eggs or vegetables, a dust of pepper, a pinch of paprika, a few drops of lemon juice or vinegar may be added.

For ham or eggs, the addition of a teaspoonful of French Mustard makes it very tasty.

If you like curry, you may stir in a third of a teaspoonful dissolved in water. This is especially good for eggs and bland meats.

Welch Rarebit

Combine one cup finely chopped or grated cheese with one cup cream sauce. The cheese should be added while the sauce is hot. Stir over a slow fire until smooth. Serve on toast or crackers.

Chipped Beef in Cream

One cup chipped beef cut in half inch squares; one cup cream sauce. Place beef in about three cups cold water. Bring to boiling point, drain off water and add cream sauce.

Any cooked meat when cut in small cubes or slices is good served in cream.

Macaroni and Cheese

One-third package macaroni or spaghetti; one cup cream sauce; one-fourth cup grated or finely chopped cheese. Place macaroni in boiling water and cook rapidly about twenty minutes, or until tender. Drain, add cream sauce and cheese. Cook over slow fire until cheese is melted. One-third cup chipped beef prepared as above may be added.



Camp Desserts

Perhaps the most easily prepared and satisfactory dessert to be had in camp is the following cream pudding. Always use Klim Whole Milk for desserts.

Cream Pudding

Recipe No. 1—Five cups reliquified Klim; seven level teaspoons cornstarch or flour; one-half cup sugar; one-fourth teaspoon salt. Flavor with vanilla or grated orange or lemon peel. Place sugar, reliquified Klim and salt in double boiler and bring to boiling point. Mix cornstarch or flour with a little cold water or reliquified Klim. Stir slowly into hot Klim. Cook until smooth.

Recipe No. 2—Twelve tablespoons dry Klim; six level teaspoons cornstarch or flour; one-half cup sugar; one-half teaspoon salt; three cups boiling water. Flavor with vanilla or grated orange or lemon peel. Sift together Klim, cornstarch and sugar three times. Add boiling water. Stir over slow fire until smooth.

Either of these puddings may be enriched by the addition of two or three tablespoons of salad oil or butter. One or two beaten eggs may also be folded in if desired.

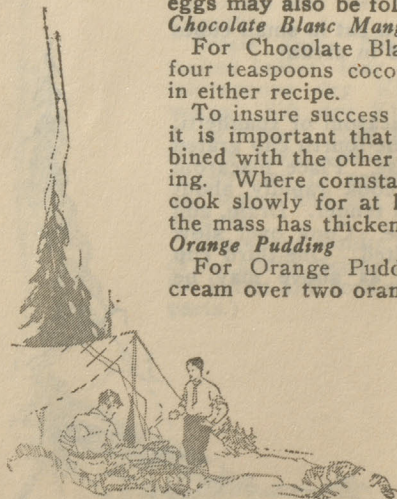
Chocolate Blanc Mange

For Chocolate Blanc Mange simply add four teaspoons cocoa to the dry materials in either recipe.

To insure success with the above recipes it is important that the liquid to be combined with the other materials must be boiling. Where cornstarch is used be sure to cook slowly for at least five minutes after the mass has thickened.

Orange Pudding

For Orange Pudding pour the finished cream over two oranges that have been cut



in small pieces and sweetened with one-half cup sugar. Let stand until cold.

Peach or Banana Pudding

Sliced peaches or bananas may be treated in the same manner.

Serve with double strength reliquified Klim to which sugar and a dust of nutmeg has been added.

Rice for the Camp Mess

Because of its wholesomeness and the variety of ways in which it may be prepared rice should be given an important place in the camp mess.

Boiled Rice

Place one-half cup of rice in two quarts of slightly salted water. Stir until it ceases to stick to the bottom of the sauce pan. Boil twenty-five minutes, strain off all surplus water. In this form rice may be served as a vegetable or with butter and sugar. It is also delicious with a sauce of double strength reliquified Klim to which sugar and nutmeg has been added.

Rice Pudding

One-half cup rice; three cups boiling water; twelve tablespoons Klim; one-half cup sugar; pinch salt; dust of nutmeg.

Add rice to boiling water, stir gently until rice ceases to stick to the bottom. Boil twenty-five minutes. Sift together Klim, sugar, salt and nutmeg three times, stir into boiled rice. Place over slow fire five minutes. If a double boiler is available all these materials may be combined at the start but will require a much longer time to prepare. For variety, one-fourth cup of raisins or currants may be boiled with the rice. Serve with double strength reliquified Klim which has been sweetened and flavored with vanilla or nutmeg.



Biscuits, Corn Bread, Flap Jacks

Although reliquified Klim Whole Milk can be used in exactly the same way and produce equally good results as fresh milk there are conditions where it can be combined with dry materials that are later to be moistened or liquified, thus saving the use of dishes and the trouble of reliquifying. Care must be taken, however, to thoroughly mix the dry materials. This is best accomplished by passing them at least three times through a medium mesh sieve.

Frying Pan Biscuits

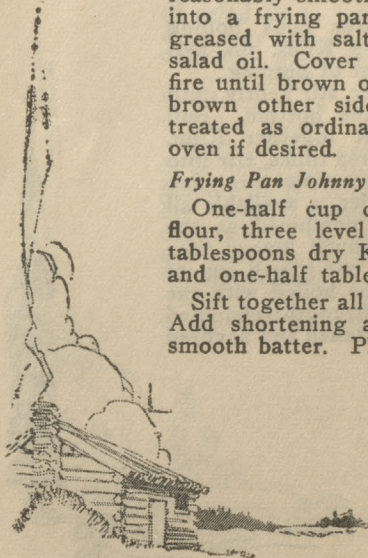
One cup flour; two teaspoons baking powder; two tablespoons shortening; one-fourth teaspoon salt; eight tablespoons dry Klim; one-third cup water.

Sieve all dry ingredients together three times. If cold lard or butter is to be used, rub in lightly. Salad oil is better placed on top of the flour and stirred in with the water. Add water and stir until dough is reasonably smooth. Drop from a teaspoon into a frying pan that has been liberally greased with salt pork fat, bacon fat or salad oil. Cover and cook over a medium fire until brown on the bottom. Turn and brown other side. This recipe may be treated as ordinary biscuit and baked in oven if desired.

Frying Pan Johnny Cake

One-half cup corn meal; one-half cup flour, three level tablespoons sugar; two tablespoons dry Klim; one pinch salt; one and one-half tablespoons shortening.

Sift together all dry materials three times. Add shortening and water and stir to a smooth batter. Place in a liberally greased



frying pan, cover and cook over a slow fire. When brown on the bottom, turn it over and return to the fire until done. To insure success, the batter when placed in the frying pan should not be over one-half inch deep. This recipe is improved by the addition of one egg. This batter may also be baked in the oven as muffins or johnny cake.

Flap Jacks

One cup flour; two teaspoons baking powder; one tablespoon shortening; one-fourth teaspoon salt; three tablespoons dry Klim; one tablespoon sugar; two-third cup water.

Sift all ingredients together three times. Add shortening and water. Stir to a smooth batter. It is then ready for the griddle or frying pan. The addition of one egg improves the batter. For variety you may substitute graham or corn meal for a portion of the white flour. This, however, cannot be run through the sieve. The addition of a handful of fresh blueberries makes a pleasing novelty.

Beverages

A glass of milk on the trail (Klim Whole Milk.)

When hot and tired from a long hike what can be better than a glass of cool, refreshing milk? Klim makes this possible anywhere along the trail where water may be found.

Tea

Every Canadian knows how to brew tea to his own taste, so we will say nothing more about it than that Klim Whole Milk, reliquified, is just what we have always needed. Does not destroy the flavor as does condensed milk.



Coffee

Coffee with Klim can be prepared in any one of the following ways:

No. 1—To each cup of coffee desired use two tablespoons ground coffee made in the usual way. Add double strength reliquified Klim to taste. This will be found delicious.

No. 2—Make coffee as in No. 1. For each cup combine two tablespoons of Klim with the amount of sugar desired. Sift together three times. Place the desired amount in the bottom of your cup. Pour in hot coffee. Stir until sugar and Klim is dissolved.

This is desirable for use on the trail as the sugar and Klim may be prepared before leaving camp.

No. 3—One tablespoon dry Klim; two tablespoons ground coffee; one and one-half cups cold water.

Mix the powdered Klim and coffee. Add water slowly, stirring to prevent lumps. Allow to come to a boil, reduce heat and simmer five minutes. Strain and serve.

Cocoa

Combine one teaspoon cocoa, four tablespoons dry Klim and two spoons sugar for each cup of cocoa desired. Add three-fourths cup boiling water and stir until smooth.

What To Do With The Fish You Catch

Lake Trout, Salmon

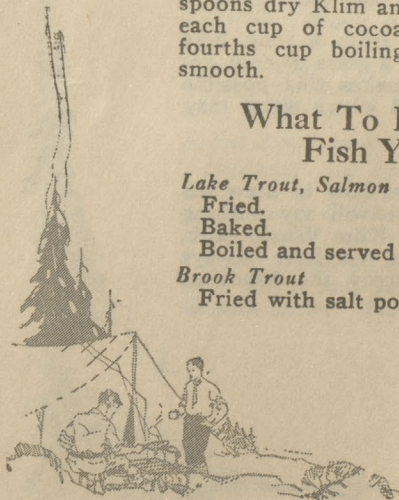
Fried.

Baked.

Boiled and served with cream sauce.

Brook Trout

Fried with salt pork.



Pickeral or Pike

Fried.

Boiled and served with cream sauce.

Chowder.

Black Bass

Fried with salt pork.

Chowder.

Fresh water fish in general can all be treated in about the same manner. Keep them cool and moist. Be sure to avoid soaking in water or actual contact with ice. Where no ice is available surround with wet grass or leaves and wrap in paper or cloth. Keep in the shade. Then comes the unlovely task of dressing. In the case of brook trout and small pickeral remove entrails and gills, wash and dry in a cloth. Lake trout and salmon need further treatment. They are best cut into steaks, but if small may be split lengthwise. Black Bass should be skinned and have the heads removed. Now that they are dressed, further preparation is in order. The smaller fish need only to be dusted with pepper and salt and rolled in flour or a mixture of equal parts of flour and corn meal. The larger ones, however, need to be scored on the sides in order that the seasoning may penetrate and the cooking be more evenly accomplished. Salmon and trout steaks may be treated in the same manner as small fish.

Frying is best accomplished by placing sufficient salt pork, bacon fat or salad oil in the bottom of your pan to about half submerge the fish. Place it over a moderate fire and when it begins to smoke drop in your fish. When brown on the bottom turn and return to the fire till it is done.



Make this chowder from the fish you catch:

Fish Chowder

One-half pound dressed fish cut in cubes one inch square; one cubic inch fat salt pork cut in small dice; one pint reliquified Klim; one pint water; one small onion (if available) cut fine; one potato (if available); salt and pepper to taste; two or three broken crackers.

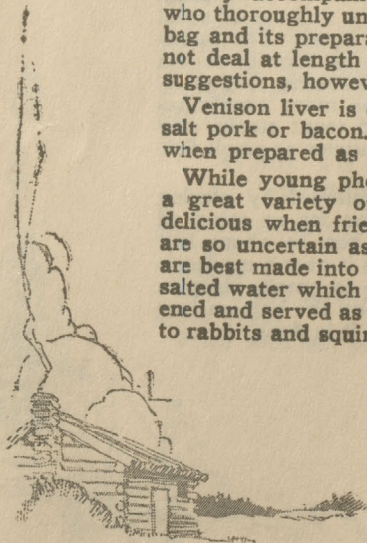
Cut potato in small cubes. Add one pint boiling water and place over fire. Place salt pork in frying pan and cook until quite crisp. Add onion and cook till tender but not brown. When potatoes are done add prepared fish, pork scrap and onions. Place over slow fire until fish is cooked. Add reliquified Klim, crackers and season to taste.

How To Prepare the Game You Bag

As those who hunt for large game are usually accompanied by competent guides, who thoroughly understand the care of their bag and its preparation for the table, I will not deal at length with this matter. A few suggestions, however, may not be amiss.

Venison liver is delicious when fried with salt pork or bacon. The shoulders are best when prepared as stew or pot roast.

While young pheasant, grouse, quail and a great variety of small game birds are delicious when fried or broiled, older birds are so uncertain as to tenderness that they are best made into stew or boiled in slightly salted water which may afterwards be thickened and served as gravy. This also applies to rabbits and squirrels.



Game Stew

One pound game cut in sizable portions, being careful not to splinter bone; one onion if available, cut fine; two medium potatoes cut in small cubes; one quart water; three tablespoons flour; salt and pepper.

Wash game in cold water, cover with cold water, place over a moderate fire and cook until tender. Add onion and potato. Cook twenty minutes or till potato is done. Add salt and pepper to taste. Thicken with flour that has been stirred in a little cold water.

Beef, lamb or veal may be treated in the same manner as game.

Pot Roast

Any thick, coarse piece of meat whether it be venison, bear meat, beef or mutton, is suitable for pot roast. Select your piece of meat, place in fry pan that has been liberally greased with pork or other frying grease. Place over moderate fire. When it is brown on one side turn it until the surface is completely brown.

Place in sauce pan and cover with water to which has been added the rinsing from the pan in which you braised the meat. Cover and place over the fire. When it boils thicken with flour and water, thickening to make a light gravy. Boil slowly until meat is tender. The addition, if available, of a cupful of canned tomatoes, or an onion and carrot very much improves this dish.

Partridge and other small game may be treated in the same manner.



JAMES TANDY ELLIS



JAMES TANDY ELLIS born in Northern Kentucky, learned to hunt and fish when but a lad, and developed an interest in wood-lore; birds and all of the music and glory of nature. Spent many days of his life in the woods and on the streams. Is a sportsman owning a number of fine bird dogs. Has an old cabin on the Ohio river, where he entertains his friends with the cooking that has the tang of the outdoors—loves to broil over charcoal, and cook all game after the old-time recipes, known to the campers and lovers of the wild.

He was engaged in newspaper work in Kentucky and the South. Has a daily column in the Cincinnati and Louisville papers, known as "*The Tang Of The South.*" Was Adjutant General of Kentucky for eight years, serving through the period of the late war.

He is the author of "*Camp Cooking,*" recipes gathered from Army cooks, and from old camp cooks throughout the South, and many of his own original recipes.

He is the author of books, "*Springs O Mint,*" "*Shawn O' Skarrow,*" "*Sycamore Bend,*" "*Awhile In The Mountains,*" "*Kentucky Stories,*" and "*The Tang Of The South,*" and is a popular Chatauqua and Lyceum lecturer.



KLIM RECIPES

BY JAMES TANDY ELLIS

I AM not a cook, nor an expert in the preparation of various dishes, but during my long experience in camps; in the field and on the streams, I naturally became interested in outdoor cooking, and in time, found that there were a great many combinations that could be used toward the heightening of the great essential of camp food. I prepared and compiled a camp cook book, and can say, with all modesty, that it has met with popular favor among those who steal away each year to enjoy the tang of the woods, and catch the wonderful melody of the forest and the stream.

Years ago, milk or cream was a rare treat in the camp, and as it is a luxury, in so many ways, it was missed by those whose appetites were constantly on the alert for the appealing touches of the table-board.

A short time ago the manufacturer sent me a can of powdered whole milk, known as Klim, and I began some experiments with it, which turned out far beyond my expectations, and in a great measure, solved the problem of milk and cream in the camp, and in the home, so far as that is concerned.

This powdered milk is liquified, or reliquified by the simple process of adding water, according to the amount required for different recipes.

Coffee

My first trial of Klim was with coffee. I think the best way to make coffee, is to put one tablespoon of coffee, ground, and level full, for each cup desired. Put it in



cold water and let it stand for twenty minutes before putting it on the fire, then bring it to a boil, but do not boil it longer, but let it brew and stand for five minutes.

I reliquified one cup of Klim by adding four tablespoonfuls of Klim to water, and used this instead of cream in the coffee, and I found it as delightful as any fresh cream.

For Cereal

At the same breakfast I had Bran Flakes, and made up one pint of milk by adding eight tablespoonfuls of Klim, and it gave a rich and delightful addition to the cereal.

Every camper knows the flavor in the morning of flapjacks—the fragrance that permeates the whole outlying depths of the woods, especially, if there is a skillet of bacon broiling nearby, but there are many different ways to make flapjacks, and at the same time, very few to make them right. They are never satisfactory without milk, and this frequently is hard to get.

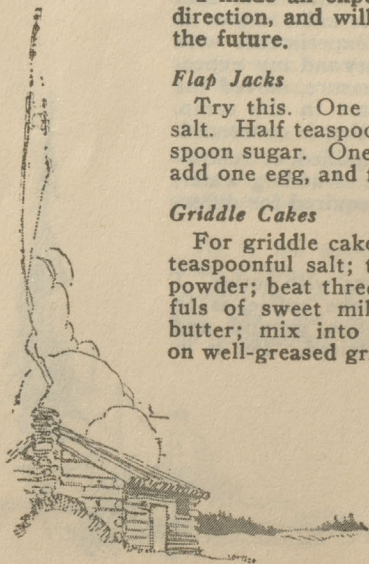
I made an experiment with Klim in this direction, and will carry this preparation in the future.

Flap Jacks

Try this. One cup flour. Half teaspoon salt. Half teaspoon baking soda. Half teaspoon sugar. One pint cup reliquified Klim; add one egg, and fry on hot griddle.

Griddle Cakes

For griddle cakes. Three cups flour; one teaspoonful salt; three teaspoonfuls baking powder; beat three eggs and add three cupfuls of sweet milk, also a cup of melted butter; mix into a smooth batter. Bake on well-greased griddle to light brown.



I substituted Klim to the amount of three cupfuls in this recipe, and found it just as good as the milk.

Corn

At home every fall, I put up two big jars of corn. I select the corn at good roasting-ear condition, boil it on the cob for five minutes, then cut it off and place in jars to layers of about two inches, then cover this with coarse salt to same layer, adding another layer of corn and salt until jar is full, then put plate with weight over this. You can take this out in the winter or the spring, soak it until salt is out, and it is better than any corn that can be put up. To prepare for table, add milk and stew.

I used cupful of Klim in trying this, and believe it is an improvement on the milk.

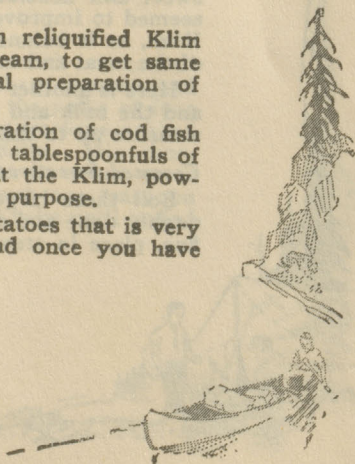
Turbot

Another popular recipe in my camp book, which I have prepared on many occasions, is turbot. Get any good white fish, boil until tender, cut in small pieces and place in baking dish; add a sauce made of a pint of cream, the yellow of one egg beaten light, piece of butter the size of an egg, salt and pepper to taste. Serve with sliced lemon. Bake half an hour.

I used double strength reliquified Klim in this instead of the cream, to get same effect as in the original preparation of recipe.

I also found in preparation of cod fish balls, where three or four tablespoonfuls of milk were necessary, that the Klim, powdered milk, answered the purpose.

Here is a recipe for potatoes that is very popular in the South, and once you have



cooked them in this way, you will not forget them.

Baked Diced Potatoes

Cut five boiled potatoes into dice, then cool, make a white sauce from one tablespoonful of butter; one tablespoonful of flour; one cup of milk; with salt and cayenne pepper to season; toss the potatoes in the sauce, turn into a baking-dish, sprinkle the top thickly with grated cheese, and bake until a light brown.

I used Klim in this again instead of the milk, and to my surprise found that it blended into the combination with a smoothness that added to the general flavor.

Down here in Kentucky we have a dish that we use in the camp, and it is one that never fails.

Baked Ham

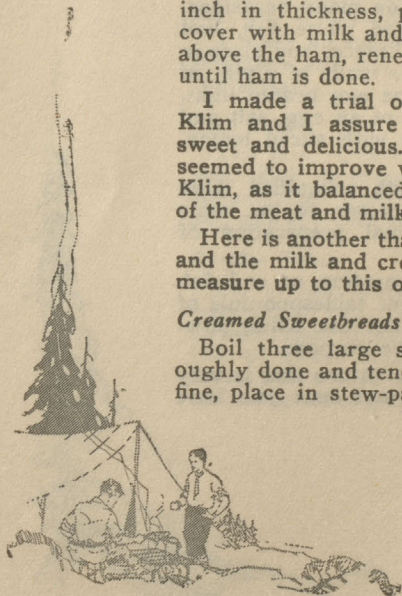
Take a slice of any good ham one-half inch in thickness, put in baking pan and cover with milk and bake, keeping the milk above the ham, renewing it when necessary until ham is done.

I made a trial of this using reliquified Klim and I assure you that it came out sweet and delicious. Somehow, the flavor seemed to improve with the addition of the Klim, as it balanced the essential blending of the meat and milk.

Here is another that I tried very carefully, and the milk and cream must be worthy to measure up to this one.

Creamed Sweetbreads

Boil three large sweetbreads until thoroughly done and tender, then pick and chop fine, place in stew-pan and add one cup of



rich cream; three tablespoonfuls of butter; salt and cayenne pepper to taste; one tablespoonful flour; yolk one egg beaten and a dash of cooking sherry Place in baking dish and sprinkle over top with cracker crumbs. Brown light brown.

I used the Klim instead of the cream in this recipe, and several of my old-time hunting friends who were present to enjoy a dinner with me, were loud in their praise of the dish, and delighted with the substitution of the Klim, which answered in such a favorable manner.

I had to solicit the aid of our old cook in this experiment. She is an old-time colored woman and she *can cook* after the old southern style, and when I mentioned the matter of using the Powdered Milk instead of cream and milk, she bucked and refused to make the pie. A little persuasion in the way of some promise of remuneration always brings them around, and she made the pie after her own recipe, and when she took it out of the oven, a thing of beauty and a dream of the culinary art, she paid a tribute to the Klim which she had reluctantly used.

Here is her way of making a Southern lemon pie.

Lemon Pie

Cream one cup of butter with one cup of sugar; add the juice of three lemons and grated rind of one lemon; the yolks of four eggs, well beaten, and six crackers soaked in a pint of reliquified Klim. Mix thoroughly and bake in a moderate oven; cover with a meringue, season with one teaspoon vanilla, return to oven and bake until puffed and brown.



This is a very popular candy of the home in the South. It is nutritious and delicious. I requested the home-folks to try it with Klim, and we could find no difference from the original and time-tried way of making it.

Chocolate Fudge

Put one quart of reliquified Klim in porcelain kettle; add two quarts of brown sugar, and one cake of chocolate. Let boil until almost to candy consistency; add teacup of butter and dessertspoon of vanilla flavoring. Take from fire and beat with a spoon until creamy or fluffy, then pour into butter-dish, sprinkle with shelled pecans or hickory nuts. Cut in squares and put in cool place.

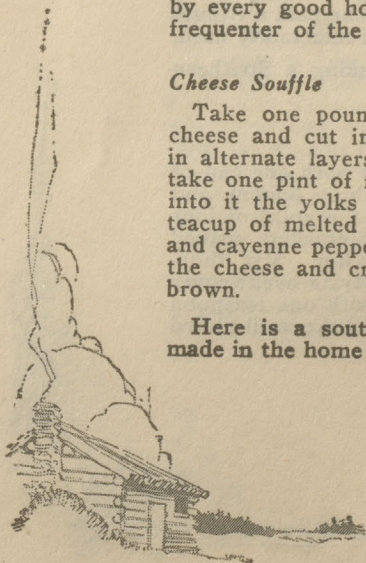
Frequently fresh milk or cream in the making of candy curdles, but the Klim gave a smoothness and consistency that was unquestioned.

Here is a recipe that will find a welcome by every good housekeeper, as well as the frequenter of the out-doors.

Cheese Souffle

Take one pound of Cheddar or Stilton cheese and cut in slices; fill a baking-pan in alternate layers of cheese and crackers; take one pint of reliquified Klim and whip into it the yolks of two eggs, with a half teacup of melted butter. Season with salt and cayenne pepper to taste; pour this over the cheese and crackers and bake to light brown.

Here is a southern dish that has been made in the home and in the camp for years.



Chicken Delicious

Cut up two young chickens into good-sized pieces, put then in saucepan with just enough water to cover them well. When boiled quite tender, take the chicken from the broth and remove all the large bones, place the meat in a well-buttered pudding dish; season with salt, pepper and a half teacup of butter. Now take a pint of cooked rice, and a pint of reliquified Klim, adding a tablespoonful of butter for this. Beat in a tablespoonful of flour. Put in baking-dish a layer of the chicken and a layer of the rice; mix the Klim gravy and broth chickens were cooked in, pour over all and bake in hot oven

A great camp breakfast toast.

French Toast, Southern Style

Take two eggs, stir together whites and yolks gently, add milk (Klim), soak bread in milk and fry in butter or lard.

In my experiments with Klim in Chocolate, I was so well satisfied with it that I will use the Klim altogether in making chocolate now.

Here is the old Kentuck recipe for pumpkin pie. I had our old cook make this, using Klim, and it was true to form.

Pumpkin Pie

One quart of stewed pumpkin; nine eggs, whites and yolks beaten separately, two scant quarts of milk (Klim used in this experiment) one-half tablespoonful cinnamon; same of nutmeg; one and a half cupfuls of white or light brown sugar. Beat all well together and bake in crust without cover. They used a little brandy in the old days.

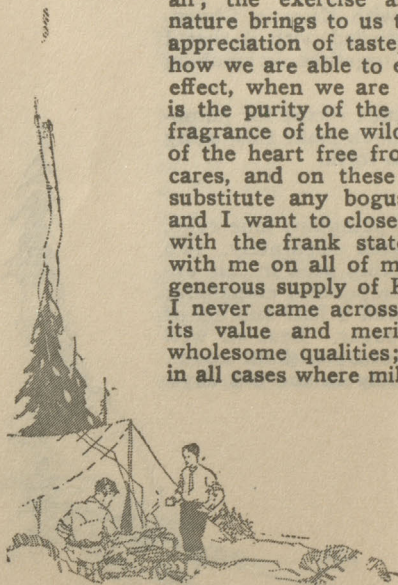


Rice Pudding

To one quart of cooked rice, stir in one quart of sweet milk (Klim), beat up four eggs and add to this one teacup of white sugar, grated nutmeg to taste; one-half teacup of butter; one package of seedless raisins, pour in baking-dish, bake till firm, then cover with meringue flavored with vanilla, baked till fluffed. Serve with pudding sauce.

I find Klim unsurpassed in making all kinds of vegetable soups, such as cream of tomato soup; cream of potato soup and cream of onion and cream of pea soup. In using fresh milk, so often the acids of the vegetables curdle the fresh milk, but the Klim meets all of these tests, and I make this statement after trying it carefully in all of the recipes which I have submitted.

The appetite of the home, and the appetite of the out-doors are two entirely different things. The tang of the woods—the crisp air; the exercise and glad contact with nature brings to us the sharpness and keen appreciation of taste, and we often wonder how we are able to eat so much without ill effect, when we are living in the open. It is the purity of the wandering breeze—the fragrance of the wild bloom; the happiness of the heart free from worry and business cares, and on these occasions you cannot substitute any bogus articles for cooking, and I want to close my little contribution with the frank statement: "I shall carry with me on all of my outing expeditions a generous supply of Klim, and I regret that I never came across it before, for I know its value and merit now—its pure and wholesome qualities; its great convenience in all cases where milk or cream is wanted."





GEORGE L. CATTON, of Harley, Ontario, is an author by profession, contributor to the English and American magazines, "Rod and Gun in Canada," of Woodstock, Ontario, as well as to the other Canadian periodicals;

member of the editorial staff of "Adventure Magazine" (A.A. department), and a recognized authority on hunting, fishing, canoeing, camping and life out of doors. He has upwards of twenty years of practical experience in cooking in all its branches in hotels, cafes, institutions and camps in Canada and the U.S.A., from Alaska to the Rio Grande, and has spent quite a few of his forty-odd years on the trail of what-to-eat, how to eat it and the best way to prepare it.

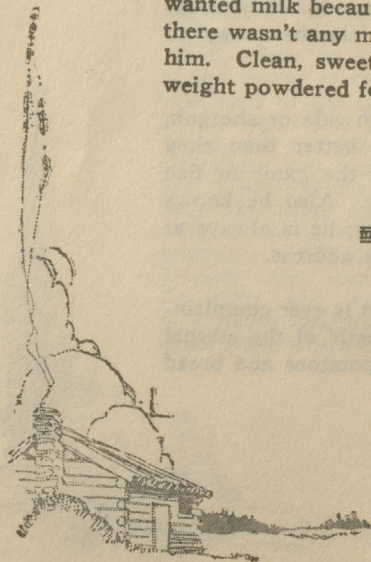
He is a crack shot with rifle or shotgun, knows fresh water fish better than they know themselves, and if the game or fish are there, he'll get them. Also he knows where they are. Ask him; he is always at your service at the above address.

He says: "Civilized man is ever complaining that he is 'sick to death' of the eternal 'beef, pork and mutton, potatoes and bread



diet.' And yet he turns up his nose at the real tidbits. For instance: he'll smack his lips over goose and chicken, and then sneer at raccoon—and the raccoon washes his meat before he eats it. He'll fill up on pork, and is nauseated at the mention of groundhog—the daintiest eater of all the vegetarians. And frogs? He says he'd as soon eat a snake. Yet he'll eat and enjoy a pike. Prejudice! That's all."

Also he says: "One of the big 'wants' of the occasional camper—the city sportsman and the holiday maker—was milk. He lived eleven to eleven and a half months of the year where he found fresh milk on his doorstep every morning, and in camp he missed it. He wanted milk for his coffee and tea, for his breakfast cereal, for his custards, etc., if he was on a diet. He wanted milk because he was used to it, and there wasn't any milk. Then came milk for him. Clean, sweet milk. Milk in a light-weight powdered form. Real milk. KLIM."



KLIM RECIPES

BY GEORGE L. CATTON

SOUP

Most of the canned soups can be made into rich cream soups by the addition of reliquified Klim Whole Milk, instead of the water the directions on the can call for, and straining if thought necessary. Any meat stock or gravy will make good soup. Onions, celery, carrots, turnips, asparagus, leaks, cabbage, etc., will enrich and flavor soups. All meats, and even fish bones if you like fish chowders, will make a soup stock. Cloves and bayleaves, and a can of tomatoes, are a tasty and welcomed addition to any meat-stock soup. And a pint of hot thick soup is as good as a heavy meal on a cold day.

Tomato Soup

The old reliable: Mince and saute lightly in butter two onions; add one can tomatoes, one quart of good meat stock or a pint of water, five cloves and one bayleaf, and simmer for half an hour only. Thicken with flour or cornstarch and strain.

Cream of Tomato

Leave out of the above the meat stock, using a pint of water in its place. Then after thickening add pint of hot reliquified Klim Whole Milk.

Relish

Aside from the cultivated garden stuff, lettuce, radishes, green onions, etc., obtainable these days almost everywhere, the camper along the waterways can nearly always have watercress. Imported into this



country over a hundred years ago, it has spread of its own seeding till practically every running stream and watercourse south of the C.P.R. railroad in Canada contains it. It costs nothing, is packed full of vitamins, and an appetizer par excellence. Merely wash thoroughly the younger plants, leaves and stalks, and eat with a little salt.

"Greens" Dandelions (the younger leaves only) and Lambsquarters (young plants only.)

Wash thoroughly to remove all sand and boil quickly till the stems are tender. Drain well and season with butter and pepper and salt. Also tasty cold, if not boiled to shreds, eaten with a little vinegar and pepper and salt. Better than spinach.

Fish

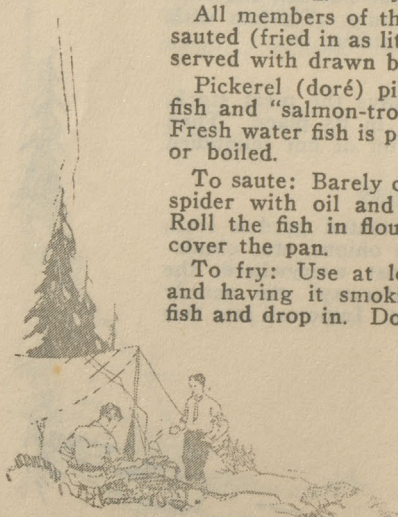
Never scale big fish. The trout family don't need it, and the larger-scaled fish are more easily skinned. Cut out fins and vent, remove head and tail entrails. Loosen skin at the head and pull off. A little practice will convince you. Never wash fish after skinning, always before.

All members of the trout family are best sauted (fried in as little fat as possible) and served with drawn butter and sliced lemon.

Pickarel (doré) pike, maskinonge, white-fish and "salmon-trout" can also be baked. Fresh water fish is poor stuff when steamed or boiled.

To saute: Barely cover the bottom of the spider with oil and have it smoking hot. Roll the fish in flour and drop in. Don't cover the pan.

To fry: Use at least a half-inch of oil and having it smoking hot. "Bread" the fish and drop in. Don't cover the pan. To



"bread" the fish, dip it in flour first, then into the "batter," and then into the biscuit or bread crumbs. The batter is made of: one egg to half cupful of reliquified Klim. Saute tiny fish to a crisp.

Frog's Legs

Use the big dark-skinned frogs; the little green fellows, while good eating, are too trifling to bother with. These big frogs, "Roomers," frequent the quiet waters in ponds and bays where the lily pads and leaves float on the surface and are caught easiest at night. Two in a canoe with an electric torch or flashlight can gather them in as fast as seen. Keep the light in their eyes and take them out of the water with your hand beneath them. They won't move as long as the light is in their eyes—till they feel your hand beneath them. You must be quick.

Skin all four legs and saddles and trim off toes and flanks. Salt and pepper to taste, roll in flour and saute. Cook quickly. Got spring chicken beat to a frazzle.

Rabbits

Cotton-tail and "swamp hare" and, in Southern Ontario, the "Jack" (wild Belgian hare.) No closed season, but of little value as food between May 1st and October 1st.

Skin, draw, and wash. Unjoint and trim off thin flanks. Saute or fry or broil. Also makes a good stew with the addition of onions and carrots.

Ducks

Stuff and roast, or broil. Poor stuff fried.

To roast: Pluck carefully, singe, draw and wash. Stuff and bake slowly. Serve with drawn butter and sliced lemons or a tart jelly if obtainable.



To broil: Pluck, singe, draw and wash. Remove backbone from neck to popesnose, both included, in one long piece and break the breastbone. Flatten out and broil quickly turning often, and serve with drawn butter or jelly.

Partridge, quail, etc. Treat the same as duck. Best roasted or broiled. Can also be sautéd.

Note:—Seasoning for the stuffing for the above is a matter of individual taste. Always saute the onions, though, before adding them to the stuffing. Also, if you have left overs of the above, or old birds or animals that just won't get tender, make a salmis or stew of them. Here's how:

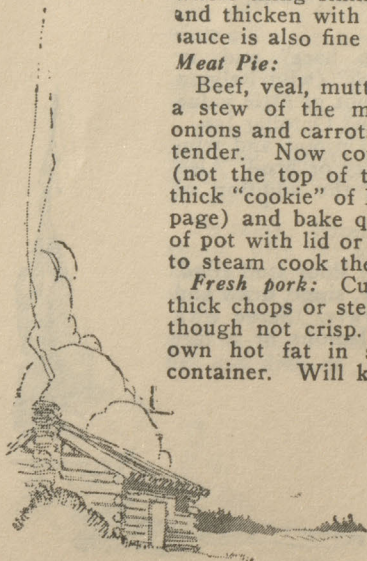
Salmis or Game Stew:

Cut the meat from the bones, if possible, place in a pot or saucepan and cover with the following sauce. One can tomatoes, two big onions (minced fine and sauted in butter), one green pepper, (if obtainable), and pepper and salt to taste. Now let the whole thing simmer till the meat is tender and thicken with flour or cornstarch. This sauce is also fine with baked fish.

Meat Pie:

Beef, veal, mutton, venison, game: Make a stew of the meat with the addition of onions and carrots and cook till the meat is tender. Now cover the top of the stew (not the top of the pot) with a half-inch-thick "cookie" of Bannock dough (see index page) and bake quickly. Or cover the top of pot with lid or plate and set back on fire to steam cook the crust.

Fresh pork: Cut loin or ham, in rather thick chops or steaks and saute thoroughly, though not crisp. Then pack hot in their own hot fat in sealers or other airtight container. Will keep for months.



Hot biscuits: Bannock dough (see index page) make fine biscuits. Mix as directed, but make your dough as slack as you can handle and use a little more baking powder and Klim. For a sweet biscuit, add sugar, a pinch of cinnamon, and a handful of raisins.

Applesauce (dried apples). Soak at least two hours—overnight is better. Add thick slice of lemon and simmer for thirty minutes. Add sugar and whip with fork or egg whip. Cinnamon or nutmeg may be added if desired.

A Quick Lunch

Saute bacon slowly in its own fat and remove from spider. Pour out of spider all surplus grease but don't wipe dry. Place in pan two thin bannocks with the cooked bacon between and press down and bake. With a cup of tea or coffee—a satisfying meal.

A Few Tips:

Carry an extra lens or pair of glasses, if you wear glasses. Such things are easily broken. Include in your supplies a coil of stove-pipe wire, and you'll find a hundred uses for it. Pack fresh uncooked eggs in your salt or cereal to keep them from breaking, and remember that it takes at least seven minutes to set the yolk of a strictly fresh egg when boiling. Wrap your bacon in heavy paper before you start, and then keep it wrapped in that same paper; to keep it free from mold, hang it up occasionally to windward of your campfire, in the smoke, while you are getting a meal. Drain into a tight can all surplus grease and fats and take it along; you'll likely need it before you finish. Keep your matches dry and put out your campfires.



KLIM RECIPES

BY HARRY C. PHIBBS

BANNOCK

The Stuff That Sticks to Your Ribs
By Harry C. Phibbs

(Editor by profession, sportsman and
woodsman by instinct)



IT was somewhere up north on a little known river which the white man calls the Sturgeon, and the Indian calls something that sounds like "Ochagog-ami."

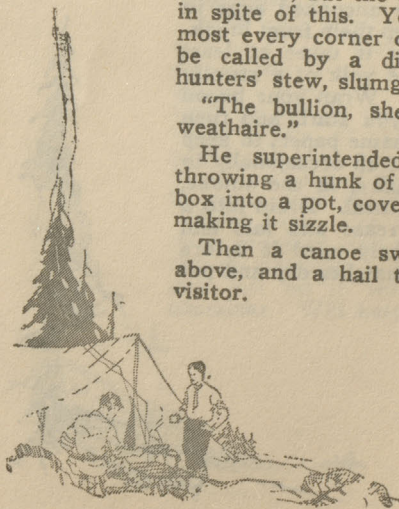
Jean, the guide, had a roaring fire started, and what he called a "bouillon" simmering in the pot. Different people call bouillon by differ-

ent names, but the darn thing still lives on in spite of this. You can eat this stuff in most every corner of the globe and it will be called by a different name—goulash, hunters' stew, slumgoullion—but Jean says:

"The bullion, she be fine for this col' weathaire."

He superintended the mystic rites of throwing a hunk of everything in the grub box into a pot, covering it with water, and making it sizzle.

Then a canoe swung around the bend above, and a hail told us that we had a visitor.



"By gar! That's Jack, sun-uv-a-gun! He always come one time when grub's on the fire!" says Jean, and in a few minutes this redoubtable trapper, who held forth on a certain little lake in the wilds of Northern Ontario, was warming his hands at our generous fire.

Down in civilization, weather is the favorite first topic of conversation. Up there, back of beyond, food being the major consideration, is about the handiest thing we could all talk about.

Jack asked what we were going to have for supper, stating that he had a "snack of caribou meat down there would help out a little bit," and then a solemn discussion was entered into on the menu.

"This guy Harry, he think he bake best bannock in the bush," said Jean, and I stood up, blushed at the compliment, and bowed.

"The devil you say!" says Jack. "Well, I can bake a good bannock, too. How do you go about it?"

Now, there are many ways of baking bannock. A squaw can knock out a bannock from some flour and water and a seasoning of bear-fat, but to enjoy real, good, old-fashioned bannock, which beats bakers' bread a mile, you want to go about it right. For the benefit of the boys, I then gave a demonstration.

For the benefit of you hounds of trail and river who would like to add bannock instead of bread or biscuit to your camp meals, here's the recipe I use:

Get a basin to mix the stuff in. Make your bannock big enough for the party, of course. I find that each hungry hunter will eat about as much bannock as can be made



by the following. Increasing the quantities to suit yourself.

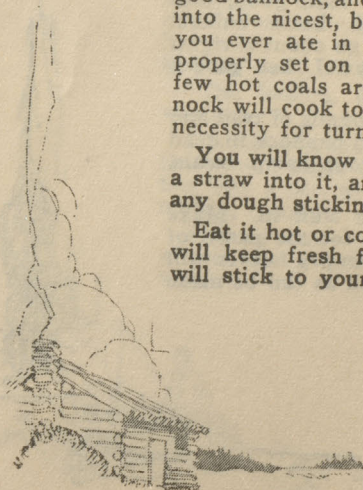
One cupful of flour, a teaspoonful of baking powder, a tablespoon of dry Klim, and a pinch of salt. Put in a little lard or Crisco for shortening. The quantity I use is about a tablespoonful for a two-man bannock. This should be added to the flour before you make it into dough. Rub the shortening into the flour. Then mix in water gradually until you get the thing worked up into a nice, firm dough.

Now you are ready to cook, and here's where you can go wrong. Put your bannock into a pan which has been previously greased with a little lard or bacon fat. You will find the average bannock works out about the circumference and half the height of the pan, when it is in dough.

Set your pan up right in front of a good fire of red hot coals. You tilt the pan up against the log or a hunk of wood, so that it gives the bannock a chance to cook as if it were in a reflecting baker. Don't get your pan too hot, or you will burn the bottom of your bannock. Slow cooking makes good bannock, and the darn thing will rise up into the nicest, brown-crust, whitest cake you ever ate in your life. If your pan is properly set on the edge of the fire, so a few hot coals are under the pan, the bannock will cook top and bottom, without any necessity for turning it.

You will know when it is done by running a straw into it, and if it comes out without any dough sticking to it, it's done.

Eat it hot or cold—it's good any way. It will keep fresh for days and days, and it will stick to your ribs like pork fat.



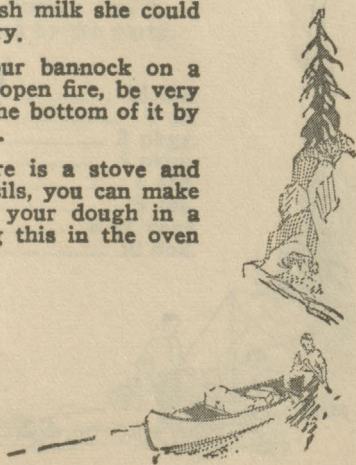
Now if you want to vary the program, you can make sweet bannock as well as plain bannock—the difference being that in sweet bannock you add a little sugar and mix in some raisins or currants. Some fellows make plain bannock for breakfast and supper, and at the same time cook a good, big, fat, sweet bannock, which the boys divide up and carry for a lunch on the trail.

I think bannock was introduced to the north country by the old Scotchmen who went out as factors for the Hudson Bay Company. Up in the highlands of Scotland, they don't have bakers' bread. They don't bake bread in an oven like our housewives do, but the lady of the house makes a bannock.

In the mountainy parts of Ireland they make a variety of bannock, only they call it "griddle cake" or "soda bread," but in both Scotland and Ireland the housewives generally make it from sour milk or buttermilk. It seems that milk in some form is an essential to good bannock—that's why I always use Klim. This powdered milk enables you to make a bannock in the woods that will beat the best that Mrs. MacPherson or Mrs. Maloney could turn out with all the sour milk or buttermilk or fresh milk she could get back in the old country.

If you are cooking your bannock on a stove instead of over an open fire, be very careful or you will burn the bottom of it by getting the stove too hot.

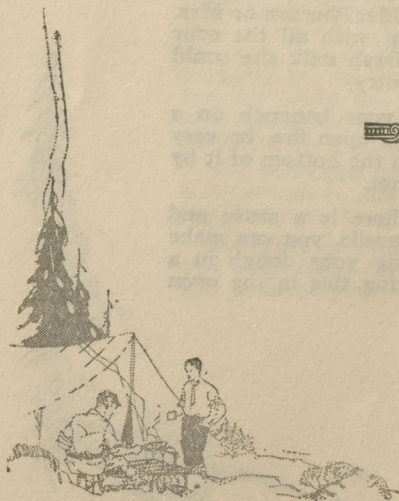
In a shack where there is a stove and some extra cooking utensils, you can make fine bannock by putting your dough in a deep cake tin and setting this in the oven to bake.



Well, on this particular occasion I was on my mettle, because both Jack and Jean were watching every movement with a searching eye. If I made a false step, I was down as a "tenderfoot." However, everything went well, and by the time the bouillon was declared to be gooey enough for eating, the bannock was cooked—a rich, crispy, golden crust on the outside, and fine, light, flaky white within.

The fellows said nothing until they had consumed sufficient to feed an ordinary man three days, and then Jack said:

"Well, my boy, you can cook bannock all right. There's only one place you had me licked, and I see how you do it. It's that powdered milk you put in. When you make bannock with just flour and baking powder and water, it sometimes gets as hard inside as a mother-in-law's heart. That powdered milk's a great thing. I'll paddle up the post to-morrow and trade a mink skin for a couple of cans of it."



Camp Food Lists

We are indebted to Major Townsend Whelen and the Hercules Powder Co., 923 King St., Wilmington, Delaware, U.S.A., for the following grub lists taken from their "Shooter's Guide," a copy of which will be sent free upon application to them.

The grub lists given below are supplied through the kindness of Major Townsend Whelen. Add extras if you want them, but do not fail to include the essentials he has outlined. They are the result of many years of hunting and camping in all parts of North America and they are calculated on a basis of supplying the needs of two men for two weeks, or one man for one month—and allowance has been made for camp appetites.

List No. 1—This is for camps that can be readily reached by wagon, automobile, or water transportation. Such camps are usually within easy access of the settlements and weight is of no particular importance. It is assumed that ice or other means of preserving perishable foods are not available, of course where ice can be had, and the other conditions above pertain, a grub list need not differ from what is eaten at home. Only a small allowance has been made for game or fish killed by the party.

List No. 1.

Flour	15 lbs.
Baking Powder	6 oz.
Pancake flour	3 pkgs.
Crackers, as desired	4 pkgs.
Cereals	6 lbs.
Bacon	5 lbs.
Canned meat or fish	8 qt. cans
Eggs, crated	10 doz.



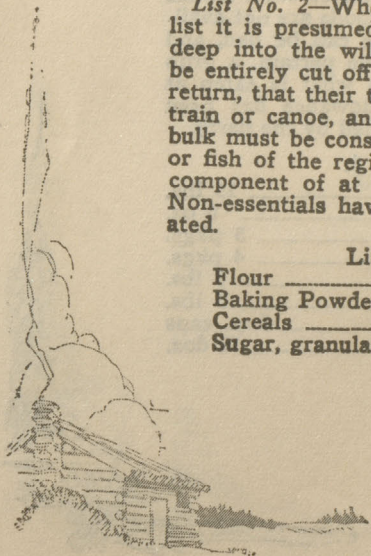
Canned soups	8 cans
Fresh potatoes	20 lbs.
Fresh onions	4 lbs.
Canned tomatoes	4 cans
Canned corn or peas	4 cans
Canned beans	4 cans
Butter (fresh or canned)	4 lbs.
Crisco or lard	3 lbs.
Sugar, granulated	10 lbs.
Salt, table	2 lbs.
Pepper	1 can
Tea	1 lb.
Coffee, in cans	2 lbs.
Klim milk powder	4 lbs.
Maple syrup	1 qt.
Fresh fruit	30 portions
Dried fruit	5 lbs.
Sweet chocolate	3 lbs.

You may wish to include: fresh meat and bread for the first two or three days; and ham, smoked meats or bologna, cheese, cabbage, dehydrated vegetables, lemons, canned fruit, pickles, vinegar, tomato catsup, jelly, jam, marmalade or bouillon cubes.

List No. 2—When grub-staking from this list it is presumed that the party is going deep into the wilderness, where they will be entirely cut off from supplies until their return, that their transportation is by pack-train or canoe, and hence both weight and bulk must be conserved, and that the game or fish of the region will furnish the meat component of at least one meal in three. Non-essentials have therefore, been eliminated.

List No. 2.

Flour	20 lbs.
Baking Powder	$\frac{1}{2}$ lb.
Cereals	10 lbs.
Sugar, granulated	10 lbs.



Salt, table	2 lbs.
Pepper	1 can
Klim milk powder	3 cans
Beans, white navy	7 lbs.
Bacon	7 lbs.
Tea	1 lb.
Coffee	2 lbs.
Dried fruit	10 lbs.
Crisco or lard	3 lbs.
Butter, canned	3 lbs.
Sweet chocolate	3 lbs.
Maple syrup	1 qt.
Potatoes or onions	As desired
Fresh fruit	

Additional salt may be necessary for preserving skins. The quantities of potatoes, onions, and fresh fruit that can be carried is limited by the transportation. They will not keep in freezing weather, but they are very desirable on account of the nourishment they contain. The essential vitamins are almost lacking in a grub list of this kind. The best substitutes for fresh vegetables are meat, bacon, and beans. Canned goods and desiccated vegetables are almost worthless, as they contain neither the essentials nor mineral salts, necessary to outdoor exercise.

The sportsman should take from home a number of water-proof cotton grub-sacks in which to pack provisions. They come in five and ten pound sizes, and can be secured from the larger sportsmen's outfitters. It is well also to take a supply of whole milk powder from home, as it can seldom be obtained locally when needed.



AFTERWORD

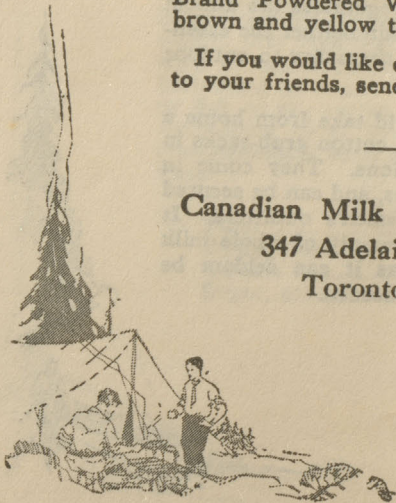
We hope you have enjoyed reading this little book as much as we enjoyed getting it together. Although most of the recipes given by our friends are more suitable for the permanent camp and clubhouse, many suggestions are given to give a little more variety than is usual on the trail and portage.

Many campers, usually the inexperienced, needlessly deprive themselves of many of the little luxuries that will be necessities after a few days of roughing it. Do not neglect that craving for sweets, but take along plenty of dried fruit and raisins. Don't forget a few chocolate bars if you are going on a short trip, but they are better left at home if the trip is a long one, for they will soon be gone and you will miss them.

And above all, do not deprive yourself of plenty of milk. It is no longer necessary, now that milk has been converted to a light dry powder form—but be sure it is Klim Brand Powdered WHOLE Milk, in the brown and yellow tin.

If you would like copies of this book sent to your friends, send us their names.

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